

Sheet1

TITLE_INUTR_INGRED,C,40	QUANTIMEASURE,C
11 511 Frozen broccolis	1.00 pk
11 825 Grated cheddar sharp cheese	2.00 c
11 2362 Med. onion	1.00 ea.
11 Box jiffy cornbread mix	1.00 ea.
10 20 oz. Apple Pie Filling	1.00 ea
10 Butter	1.00 T
10 Lemon juice	1.00 t
10 Dash of cinnamon	1.00 ea
10 Prepared biscuit mix	1.00 c
10 Milk	0.33 c
12 Parmesan cheese	1.00 c
12 Mayonnaise	1.00 c
12 Dash of Tabasco	1.00 ea.
12 Dash of garlic salt	1.00 ea.
12 Artichokes	2.00 can
13 Artichoke hearts	1.00 can
13 Sour cream	1.00 c
13 Parmesan cheese	1.33 c
14 Salmon fillet	1.50 lb.
14 Butter	1.00 T
14 Salt and pepper	1.00 ea.
14 Mayonnaise	0.50 c
14 Parsley	1.00 T
14 Dill	0.50 t
14 Lemon wedges	1.00 ea.
14 Greens of onion, fine chop	1.00 ea.
15 Butter	1.00 c
15 Sugar	1.00 c
15 Eggs	2.00 ea.
15 Mashed bananas	3.00 ea.
15 Plain flour	2.00 c
15 Soda	1.00 t
16 Shoe-peg corn	1.00 cn
16 Green beans French cut	1.00 cn
16 Cream of celery	1.00 cn
16 Sour cream	0.50 c
16 Chopped onion	0.50 c
16 Grated cheese	0.50 c
16 Stick of butter	1.00 ea.
16 Roll of Ritz crackers	1.00 ea.
16 Slivered almonds	0.50 c
17 Flour	2.67 c
17 Baking powder	2.50 t
17 Salt	0.50 t
17 Butter	0.67 c
17 3899 Box light brown sugar	1.00 lb.
17 Eggs	3.00 ea.
17 Pkg chocolate chips	6.00 oz

Sheet1

17	Pkg butterscotch chips	6.00 oz
17	Pecans	1.00 c
18	Cream of chicken soup	1.00 c
18	Oil	2.00 T
18	Milk	0.50 cn
18	Grated cheese	0.50 c
18	Mustard	2.00 T
18	Box of broccoli spears	1.00 ea
18	Chopped pimienta	2.00 T
19	Can artichoke hearts	14.00 oz
19	Butter	0.50 c
19	Cream cheese (soft)	8.00 oz
19	Lemon juice	1.50 t
19	10 oz. broccoli chopped	2.00 ea
19	Saltine cracker crumbs	1.00 x
20	Head of broccoli flowerets	1.00 ea
20	Shredded cheddar cheese	0.75 c
20	Drained kidney beans	0.50 c
20	Basket of 1/2'd cherry tom	0.50 ea
20	Small onion (cut thin)	1.00 ea
20	Sliced fresh mushrooms	0.75 c
20	Good Seasons Italian sal mix	1.00 pk
21	Butter	3.00 T
21	Package yellow cake mix	8.00 oz
21	21 oz. can cherry Pie Fill	1.00 ea
21	Chopped pecans	0.25 c
21	Whipping cream or ice cream	1.00 ea
22	Oil	6.00 T
22	Whole chicken	1.00 ea
22	Can of tomatoes	1.00 lb
22	Onion	0.50 c
22	Celery	0.50 c
22	Bell pepper	0.50 c
22	Garlic	1.00 t
22	Basil	1.00 t
22	Oregano	1.00 t
22	Can of tomato sauce	1.00 lb
2	Celery leaves	1.00 pinch
2	Mozzarella Cheese	4.00 oz.
2	Muenster cheese	8.00 oz.
2	Parmesan cheese	1.00 C.
2	Parsley	1.25 C.
2	Butter Or Margarine	4.00 T.
2	Onion	1.00 C.
2	Celery	0.50 C.
2	Carrots	0.33 C.
2	Mushrooms	2.00 C.
2	Flour	0.38 C.
2	Poultry seasoning	0.25 T.

Sheet1

2	Dry white wine	0.50 C.
2	Chicken Broth	2.50 C.
2	Half and Half	1.50 C.
2	Salt	0.25 T.
2	Pepper	0.25 T.
2	Chicken	4.00 C.
2	Lasagna Noodles	12.00 ea.
2	Mushrooms	3.00 ea.
23	Fine, dry bread crumbs	0.50 c
23	Grated Parmesan cheese	0.25 c
23	Chicken breast, boneless	4.00 ea
23	Butter	3.00 T
23	8 oz. can tomato sauce	1.00 ea
23	Water	0.50 c
23	Dried whole oregano	0.25 t
23	Shredded mozzarella cheese	1.00 c
23	Egg, beaten	1.00 ea
5	Corn Tortillas	8.00 ea
5	Sour Cream	1.00 cp
5	chili powder	1.50 tsp
5	ground cumin	2.00 tsp
5	salt	0.50 tsp
5	sliced scallion	0.50 cup
5	Cooked Chicken	3.00 cups
5	mild taco salsa sauce	12.00 oz
5	cheddar cheese	1.50 cup
24	Water	1.00 c
24	Minute rice	1.33 c
24	Egg	1.00 ea
24	Butter	3.00 T
24	Onion	0.33 c
24	Water	0.50 c
24	Soy sauce	3.00 T
25	Sugar	1.00 c
25	Brown sugar	1.00 c
25	Self-rising flour	1.50 c
25	Stick of butter	1.00 ea
25	Eggs	2.00 ea
25	Vanilla	1.00 t
25	Minute oatmeal	3.00 c
25	Milk choc. chips	12.00 oz
25	Pecans	1.50 c
26	Nestle choc. chip	6.00 oz
26	Duncan Hines Yellow mix	1.00 ea
26	Small instant choc. pudding	1.00 ea
26	Oil	0.75 c
26	Sour cream	8.00 oz
26	Eggs	4.00 ea
26	Vanilla	1.00 t

Sheet1

27	Stick of butter	1.00 ea
27	Brown sugar	6.00 T
27	White sugar	6.00 T
27	Vanilla	0.50 t
27	Egg	1.00 ea
27	Flour	0.75 c
27	Chocolate chips	1.00 c
27	Oats	1.00 c
27	Salt	0.50 t
28	Oil	1.50 c
28	Sugar	0.50 c
28	Onion flakes	3.00 t
28	Vinegar	0.50 c
28	Celery seed	1.00 t
28	Mayonnaise	1.00 pt
28	Pickle relish	3.00 T
29	Olive oil	1.00 c
29	Vinegar	0.50 c
29	Lemon juice	0.25 c
29	Tarragon	1.00 t
29	Black pepper	0.75 t
29	Salt	0.75 t
29	Sugar	0.75 t
29	Parsley	1.00 c
29	Celery	1.00 c
29	Scallions	1.00 c
29	Cloves of garlic (4-10)	4.00 ea
30	Cream Cheese	16.00 oz
30	Worcester sauce	2.00 T
30	Lemon juice	1.00 T
30	Mayonnaise	2.00 T
30	Small onion	1.00 ea
30	Bottle of chili sauce	0.75 ea
30	Bunch of scallions	1.00 ea
30	Crab meat	1.00 pt
30	Dash of parsley	1.00 ea
32	Stick of butter	1.00 ea
32	Bunch of green onions (chop)	1.00 ea
32	Evaporated milk	1.00 cn
32	Swiss cheese (five slices)	0.50 lb
32	Dry white wine	4.00 T
32	Crab meat	1.00 lb
31	Butter	0.50 c
31	Flour	0.50 c
31	Milk	2.00 c
31	Egg yolks	4.00 ea
31	Salt	0.50 t
31	Dash of red pepper	1.00 ea
31	Snipped chives	2.00 t



Sheet1

31	Egg whites	4.00 ea
31	Cream of tartar	0.25 t
31	Parmesan cheese	0.33 c
31	Scallions (finely chopped)	4.00 ea
31	Butter	2.00 T
31	(6oz. ea) crab meat	2.00 pk
31	3 oz. cream cheese	1.00 ea
31	Half and half	0.33 c
31	Snipped parsley	2.00 t
31	Dash of Tabasco	1.00 ea
31	Salt and pepper to taste	1.00 ea
33	Salt	2.00 t
33	Cayenne pepper	2.00 t
33	White pepper	1.00 t
33	Black pepper	1.00 t
33	Dried basil leaves	1.00 t
33	Dried thyme leaves	0.50 t
33	Chopped onions	0.25 c
33	Chopped celery	0.25 c
33	Chopped green peppers	0.25 c
33	Vegetable oil	7.00 T
33	All-purpose flour	0.75 c
33	Seafood stock	3.00 c
33	Butter	0.50 lb
33	Shrimp or crawfish	2.00 lb
33	Finely chopped green onion	1.00 c
33	Cooked rice	4.00 c
34	Cream cheese	8.00 oz
34	Sour cream	8.00 oz
34	Jar Armour dry beef (chop)	1.00 ea
34	Grated cheddar cheese	4.00 oz
34	Lea-Perrins Sauce sprinkle	1.00 ea
34	Garlic to taste	1.00 ea
34	Tabasco to taste	1.00 ea
34	Chopped green onions	3.00 ea
34	Round sour dough bread loaf	1.00 ea
35	Cream Cheese	8.00 oz
35	Condensed Milk	14.00 oz
35	Lemon juice	0.33 c
35	Whipped cream	9.00 oz
35	Pecans	0.50 c
35	Drained fruit (pineapple)	1.00 c
35	Graham cracker pie shells	2.00 ea
36	Sticks of butter	2.00 ea
36	All-pur flour	1.00 c
36	Sugar	1.00 c
36	Eggs	4.00 ea
36	Salt	0.50 t
36	Vanilla	1.00 t

Sheet1

36	Conf. sugar	2.00 c
36	Cream dementhe	2.00 T
36	Semi-sweet choc.(6 oz.)chips	1.00 pk
37	Oil	2.00 T
37	Chicken	2.50 lb
37	Envelope Lipton Onion Soup	1.00 ea
37	Tarragon	0.50 t
37	Water	1.00 c
37	Dry white wine	0.50 c
37	All-purpose flour	2.00 T
37	Whipping or heavy cream	0.50 c
38	Alaska Snow crab-frozen	8.00 oz
38	Slices of bacon	4.00 ea
38	Eggs	3.00 ea
38	Bisquick	0.50 c
38	Melted butter	0.33 c
38	Milk	1.50 c
38	Salt, dash pepper	0.12 t
38	Shredded swiss cheese	2.00 c
39	Mayonnaise	1.00 c
39	Curry	2.00 t
39	Garlic salt	1.00 t
39	Lemon juice	1.00 t
39	Horseradish	1.00 t
39	Grated onion (opt)	1.00 t
40	Brown sugar	1.00 lb
40	White sugar	0.33 c
40	Stick of butter	1.50 ea
40	Eggs	3.00 ea
40	Flour-plain	2.50 c
40	Salt	0.50 t
40	Vanilla	1.00 T
40	Chopped pecans	1.00 c
40	Dates	1.00 pk
41	Frozen Rich's rolls	1.00 pk
41	Stick of butter	1.00 ea
41	Small vanilla pudding	1.00 pk
41	Brown sugar	0.50 c
41	Pecans	0.50 c
42	Pinto beans	1.00 lb
42	Grated cheddar cheese	0.50 lb
42	Med. onion	1.00 ea
42	Bottle catalina dressing	1.00 ea
42	Small pkg. large fritos	1.00 ea
42	Head of lettuce	0.50 ea
42	Large tomato	1.00 ea
43	Chicken breasts, skinless	4.00 ea
43	Cream of mushroom	1.00 cn
43	Cream of celery	1.00 cn

Sheet1

43	Water	1.33 c
43	Rice (converters)	1.00 c
43	Lipton onion soup mix	0.50 pk
44	Chicken parts	2.00 lb
44	Pineapple chunks	8.00 oz
44	Chicken broth	1.00 c
44	Shortening	2.00 T
44	Brown sugar	2.00 T
44	Vinegar	0.25 c
44	Soy sauce	2.00 t
44	Large onion	1.00 ea
44	Med. green pepper	1.00 ea
44	Cornstarch	3.00 T
44	Water	0.25 c
4	Fettucini	8.00 oz.
4	Butter Or Margarine	0.25 C.
4	Parmesan cheese	0.25 C.
4	Half and Half	2.00 T.
4	Salt	0.25 tsp.
4	Pepper	0.12 tsp.
45	Water	1.00 c
45	Diced potatoes	1.00 c
45	Slices of bacon	3.00 ea
45	Med. onion	1.00 ea
45	Fish fillets	0.75 lb
45	Thyme	0.12 t
45	Half and half	1.00 c
45	Salt	0.50 t
45	Pepper	0.25 t
45	Fresh parsley	2.00 T
9	seeded, diced unpeeled tomato	1.00 cup
9	red bell pepper	0.50 cup
9	yellow bell pepper	0.50 cup
9	canned chopped green chiles	2.00 tablespoon
9	minced fresh cilantro	2.00 tablespoon
9	minced fresh onion	1.00 tablespoon
9	salt	0.25 teaspoon
9	balsamic vinegar	1.00 tablespoon
9	fresh lime juice	3.00 tablespoon
9	4 oz prouper or perch filets	4.00 piece
46	Small onions	3.00 ea
46	Butter	0.50 c
46	10 1/2 oz. can beef broth	2.00 ea
46	Hot water	1.00 c
46	Dry white wine	0.50 c
46	Salt	0.25 t
46	Cayenne pepper	0.25 t
46	Slice of French bread	6.00 ea
46	Muenster cheese	1.00 c

Sheet1

47	Jar of marshmallow cream	1.00 x
47	Cream cheese	8.00 oz
48	Orange juice	1.00 c
48	Water	0.75 c
48	Lemon juice	0.25 c
48	Cornstarch	3.00 T
48	Dash of salt	1.00 x
48	Sugar	1.00 c
48	Cream cheese	8.00 oz
48	Vanilla	1.00 t
48	Sugar	0.50 c
48	Sugar cookie dough	1.00 pk
48	Peaches	1.00 x
48	Grapes	1.00 x
48	Bananas	1.00 x
48	Strawberries	1.00 x
48	Kiwi	1.00 x
49	Chocolate squares-unsweetened	2.00 ea
49	Butter	0.25 lb
49	Sugar	1.50 c
49	Vanilla	1.00 t
49	Flour	1.00 T
49	Eggs	4.00 ea
49	Pinch of salt	1.00 x
50	Large eggs	3.00 ea
50	Half and half	0.67 c
50	All purpose flour	0.50 c
50	Unsalted butter	4.00 T
50	Sugar	4.00 T
50	Cinnamon	0.75 t
50	Pinch of salt	1.00 ea
50	Large green apple	1.00 ea
50	Powered sugar	1.00 t
51	Baker's German Sweet Chol	1.00 pk
51	Boiling water	0.50 c
51	Sugar	2.00 c
51	Unsifted all-pur flour	2.00 c
51	Baking soda	1.00 t
51	Buttermilk	1.00 c
51	Butter	1.00 c
51	Vanilla	1.00 t
51	Salt	0.50 t
51	Egg whites	4.00 ea
52	Apple jelly	0.25 c
52	Cinnamon	0.50 t
52	Cornish game hens	2.00 ea
52	Pkg of uncle Ben's wild rice	1.00 ea
52	Apple jelly	2.00 T
52	Red seedless grapes halved	1.50 c

Sheet1

52	Thinly sliced celery	0.50 c
52	Unsalted cashews	0.33 c
53	Finely chopped ginger snaps	0.75 c
53	Finely crushed graham. cracker	0.50 c
53	Sugar	1.00 T
53	Butter, melted	3.00 T
53	Env. unflavored gelatin	1.00 ea
53	Can pineapple slices	8.00 oz
53	Small bananas	2.00 ea
53	Sliced strawberries	2.00 c
53	Kiwi fruit, peeled and slice	2.00 ea
54	Medium onion	1.00 ea
54	Olive oils	0.50 c
54	Lemon juice	5.00 T
54	Soy sauce	2.00 T
54	Minced fresh parsley	2.00 T
54	Minced fresh ginger	5.50 T
54	Ground cumin	1.00 T
54	Chili powder	1.00 T
54	Sherry	2.00 t
54	Turmeric	1.00 t
54	Dried oregano	1.00 t
54	Coarsely ground pepper	1.00 t
54	Large garlic clove	2.00 ea
54	Flank steak	4.00 lb
55	Lime juice	3.00 T
55	Vegetable oil	1.00 T
55	Honey	1.00 T
55	Sea Scallops	1.00 lb
55	Soy sauce	1.00 T
55	Ginger	0.25 t
55	Toasted sesame seeds	2.00 T
56	Cold chopped chicken	4.00 c
56	Lemon juice	2.00 T
56	Finely cut chopped almonds	0.67 c
56	Mayonnaise	0.75 c
56	Salt	1.00 t
56	Monosodium glutamate	0.50 T
56	Grated cheddar cheese	1.00 c
56	Chopped celery	2.00 c
56	Cream of chicken soup	0.75 c
56	Pimentos cut fine	2.00 ea
56	Crushed potato chips	1.50 c
57	Bay leaves-small	4.00 ea
57	Salt	1.00 t
57	White pepper	1.00 t
57	Dry mustard	1.00 t
57	Cayenne pepper	1.00 t
57	Ground cumin	0.50 t

Sheet1

57	Black pepper	0.50 t
57	Dried thyme leaves	0.50 t
57	Margarine	4.00 t
57	Ham cured 81 diced	6.00 oz
57	Kielbasa sausage diced	6.00 oz
57	Chopped celery	1.50 c
57	Chopped onion	1.50 c
57	Bell pepper	1.00 c
57	Minced garlic	1.50 t
57	Chicken broth	4.00 c
57	Uncooked rice (converters)	2.00 c
58	Frozen chopped spinach	2.00 pk
58	Butter	4.00 T
58	Flour	2.00 T
58	Chopped onion	2.00 T
58	Evap. milk	0.50 c
58	Veg. liquor	0.50 c
58	Black pepper	0.50 t
58	Celery salt	0.75 t
58	Garlic salt	0.75 t
58	Salt to taste	1.00 x
58	Roll jalapeno cheese	6.00 oz
58	Worcestershire sauce	1.00 t
58	Red pepper to taste	1.00 x
59	Sugar	1.50 c
59	Flour	0.75 c
59	Eggs	3.00 ea
59	Sticks of butter	1.50 ea
59	Pecans	1.50 c
59	Chocolate chips	1.50 c
59	Vanilla	1.50 t
59	Unbaked pie shells	2.00 ea
60	Italian sausage	1.00 lb
60	Minced garlic	1.00 ea
60	Whole basil	1.00 T
60	1lb. can stewed tom.(stewed)	1.00 ea
60	6 oz. can tomato paste	2.00 ea
60	Lasagna noodles(6-8)	10.00 oz
60	Eggs	2.00 ea
60	Cottage cheese	3.00 c
60	Parmesan cheese	0.50 c
60	Parsley flakes	1.00 T
60	Salt	1.00 t
60	Pepper	0.50 t
60	Mozzarella cheese (2 pk)	1.00 lb
61	Refried beans	1.00 cn
61	Bean dip	1.00 cn
61	Minced onion	1.00 ea
61	Avocados (soak in lem juice)	2.00 ea

Sheet1

61	Small sour cream	1.00 ea
61	Taco mix	1.00 pk
61	Mayonnaise	2.00 T
61	Monterey jack cheese (shred)	6.00 oz
61	Cheddar cheese (shred)	6.00 oz
61	Small black olives (chopped)	1.00 cn
61	Tomatoes (chopped)	2.00 ea
61	Green onions (chopped)	2.00 ea
62	Medium eggplant -peel & dice	1.00 ea
62	Shopped onion	0.50 c
62	Clove of garlic	1.00 ea
62	Sliced mushroom	0.50 c
62	Olive oil	0.25 c
62	All purpose flour	1.00 T
62	Tomatoes (drained) 16 oz.	1.00 cn
62	Salt	0.50 t
62	Brown sugar	0.50 t
62	Dried whole basil	0.25 t
62	Pepper	0.12 t
62	Grated Parmesan cheese	2.00 T
8	Cooking Spray	1.00 -
8	non-fat ricotta cheese	2.00 Cup
8	light process cream cheese	2.00 8 oz tubs
8	Brown sugar	1.00 cup
8	All purpose flour	3.00 tablespoon
8	ground cinnamon	1.50 teaspoons
8	ground ginger	0.50 teaspoon
8	ground nutmeg	0.50 teaspoon
8	ground cloves	0.50 teaspoon
8	eggs	2.00 -
8	mashed cooked pumpkin	1.00 16 oz can
8	egg whites	4.00 -
8	cream of tartar	0.25 teaspoon
8	plus 3 tablespoons sugar, divided	0.25 cup
63	Cream cheese (2)	8.00 oz
63	Sugar	0.75 c
63	Eggs	2.00 ea
63	Vanilla	1.00 t
64	Med bowl of mixed greens	1.00 ea
64	Large can of mandarin oranges	1.00 ea
64	Chopped pecans	0.50 c
64	Purple onion rings	1.00 ea
64	Wine vinegar	0.33 c
64	Sugar	0.50 c
64	Salad oil	1.00 c
64	Salt	1.00 t
64	Dry mustard	1.00 t
64	Water	2.00 T
65	Soy sauce	0.25 c

Sheet1

65	Sherry	0.25 c
65	Chinese oyster sauce	3.00 T
65	Honey	2.00 T
65	Crystallized ginger	2.00 T
65	Clove of garlic	1.00 ea
66	775 Bag of carrots	2.00 lb
66	Onion	1.00 ea
66	Bell pepper	1.00 ea
66	Sugar	1.00 c
66	Vinegar	0.75 c
66	Tomato soup	1.00 cn
66	Crisco oil	0.50 c
66	Worcheshire sauce	1.00 t
67	Bag of carrots	1.00 ea
67	Little nutmeg	1.00 x
67	Little sugar	1.00 x
67	Light Karo syrup	2.00 T
67	Butter	2.00 T
68	Jalopeno bean dip	2.00 cn
68	Large avocados (mashed)	2.00 ea
68	Taco sauce	8.00 oz
68	Sour cream	1.00 pt
68	Taco mix	1.00 pk
68	Cheddar cheese (shred)	1.00 c
68	Chopped tomatoes	1.00 x
68	Green chiles	1.00 x
68	Black olives	1.00 x
68	Green onions	1.00 x
70	Hamburger meat	1.00 lb
70	Minced garlic	1.00 ea
70	Whole basil	1.00 T
70	Can of tomatoes	1.00 lb
70	6oz. cans tomato paste	2.00 ea
70	Small mushrooms	1.00 ea
70	Noodle	12.00 oz
70	Salt	1.00 t
70	Water	1.00 c
71	Pecans	0.50 c
71	Cinnamon	1.00 t
71	Sugar	0.50 c
71	Biscuits	3.00 cn
71	Stick of butter	1.00 ea
71	Brown sugar	1.00 c
72	Butter	0.25 c
72	Flour	0.25 c
72	Milk	2.00 c
72	Salt	0.50 t
72	Pepper	0.12 t
72	Egg yolks	2.00 ea



Sheet1

72	Whipping cream	1.00 T
72	Swiss cheese	0.25 c
73	Pimento-stuffed olives,ch	1.67 c
73	Black olives,pitted,ch	1.50 c
73	olive oil	0.67 c
73	4oz. jar pimentos, drain, ch	1.00 ea
73	Minced fresh parsley	0.33 c
73	Anchovey filets, minced	3.00 ea
73	Capers, drained	2.00 T
73	Minced garlic	1.00 T
73	Oregano	1.00 t
73	Salt and pepper	1.00 ea
73	Round french bread	1.00 ea
73	Thinly sliced salami	4.00 oz
73	Thinly sliced provolone	4.00 oz
73	Thinly sliced pastrami	4.00 oz
74	Package wild rice	4.00 oz
74	Water	2.00 c
74	Beef-flavored bouillon	1.00 T
74	Fresh mushrooms	0.50 lb
74	Butter	0.25 c
74	Lemon juice	1.00 T
74	Minced onion	2.00 T
74	Minced fresh parsley	1.00 T
74	Garlic powder	0.12 t
74	Coarsely chopped pecans	0.50 c
75	Package wild rice	4.00 oz
75	Water	2.00 c
75	Beef-flavored bouillon gran.	1.00 T
75	Fresh mushrooms, sliced	0.50 lb
75	Butter, melted	0.25 c
75	Lemon juice	1.00 T
75	Minced onion	2.00 T
75	Minced fresh parsley	1.00 T
75	Garlic powder	0.12 t
75	Coarsely chopped pecans,	0.50 c
76	Thinly sliced onions	5.00 c
76	Butter	5.00 T
76	Oil	1.00 T
76	Flour	1.00 t
76	Salt	1.00 t
76	Dijon-style mustard	1.00 t
76	Pepper	1.00 t
76	Beef broth	6.00 c
76	Sherry	1.00 c
76	Grated Swiss cheese	2.00 T
76	Freshly grated parm. cheese	1.00 T
77	Bunch of spinach	1.00 ea
77	Water chestnuts(sliced)	1.00 cn

Sheet1

77	Bean sprouts(drained)	1.00 cn
77	Hard boiled eggs	2.00 ea
77	Bacon (fried and crumbled)	0.25 lb
77	Oil	0.50 c
77	White vinegar	0.12 c
77	Med. onion	0.50 c
77	Sugar	0.25 c
77	Salt	1.00 t
77	Ketchup	3.00 t
78	Water	2.67 c
78	Sugar	2.00 c
78	Vanilla	1.00 t
78	Ripe, small whole pears	8.00 ea
78	Squares of unsweetened choc.	2.00 ea
78	Corn syrup	1.00 c
78	Vanilla	0.50 t
78	Butter	1.00 T
79	Eggs	3.00 ea
79	Butter	0.25 c
79	White karo	1.00 c
79	Dash of salt	1.00 ea
79	Pecans	1.00 c
79	Unbaked pie shell	1.00 ea
80	Can of pineapple slices	1.00 lb
80	Soy sauce	0.50 c
80	Molasses	1.00 T
80	Brown sugar	2.00 T
80	Cooking oil	0.25 c
80	Cider vinegar	2.00 T
80	Small clove of garlic	1.00 ea
80	Sauterne	0.25 c
80	Chicken breasts (boneless)	5.00 ea
81	Box of yellow cake mix	1.00 ea
81	Eggs	4.00 ea
81	Oil	1.00 c
81	Sour cream	8.00 oz
81	Cooking sherry	0.50 c
81	Small vanilla inst. pudding	1.00 ea
81	Poppy seed	0.25 c
82	Lipton Onion Soup pkg.	1.00 ea
82	Water	0.75 c
82	Brown sugar	2.00 T
82	Cinnamon	0.50 t
82	Nutmeg	0.25 t
82	Thinly sliced potatoes	4.00 c
82	Medium onions	2.00 ea
82	Apples cup in 1/2" rings	4.00 ea
82	Thick pork chops	4.00 ea
83	Cider vinegar	1.00 c

Sheet1

83	Soy sauce	0.67 c
83	Brown sugar	0.67 c
83	Salt	0.67 T
83	Minced garlic	1.00 ea
83	Pepper corn	1.00 t
3	Half and Half	2.00 C.
3	Semi Sweet Chocolate Squares	5.00 oz
3	Eggs	6.00 ea.
3	Sugar	2.00 Tb
3	Salt	0.25 tsp.
3	Vanilla Extract	2.00 tsp.
3	Heavy cream	0.25 C.
3	Confectioners sugar	2.00 T.
84	Unbaked 9-in pastry shell	1.00 ea
84	slices of bacon	4.00 ea
84	Finely chopped onion	0.25 c
84	Shredded cheddar cheese	1.50 c
84	Eggs slightly beaten	4.00 ea
84	Milk	1.33 c
84	Salt	0.75 t
84	Dry mustard	0.50 t
84	White pepper	0.12 t
84	Ground nutmeg	0.12 t
85	Salmon Steaks	2.00 lb
85	Salt and pepper	1.00 ea
85	Butter	1.00 T
85	Sour cream	1.00 c
85	Dill	0.50 t
86	Salmon Steaks	4.00 ea
86	Butter	1.00 T
86	Soy sauce	1.00 t
86	Garlic powder	0.25 t
86	Lemon slices	4.00 ea
87	Pasta, tri-colored spiral	2.00 c
87	Shrimp, cooked	1.00 c
87	Green pepper, diced	0.33 c
87	Carrots, sliced	0.25 c
87	Zucchini, sliced	0.50 c
87	White wine Worcestershire	0.33 c
87	Mayonnaise	0.33 c
88	Med onion	1.00 ea
88	Green onion chopped	2.00 ea
88	Celery chopped	0.25 c
88	Pods of garlic	3.00 ea
88	Butter (melted)	0.50 c
88	Worcestershire sauce	1.00 t
88	Thyme	0.50 t
88	Raw shrimp	1.00 lb
88	Flour	2.00 t

Sheet1

88	Dash of Tabasco	1.00 ea
88	Sugar	0.50 t
88	Bay leaves	2.00 ea
88	Tomatoes	1.00 cn
88	Tomato sauce	1.00 cn
88	Water (use tomato can)	0.50 cn
88	Pepper to taste	1.00 ea
89	Stick of butter	1.00 ea
89	Cloves of garlic	2.00 ea
89	Juice of lemon	1.00 ea
89	Bacon for each shrimp	0.50 ea
90	Butter	0.50 c
90	Salt	1.00 t
90	Clove of garlic crushed	3.00 ea
90	Lemon peel	2.00 t
90	Lemon juice	2.00 T
90	Jumbo shrimp	2.00 lb
90	Parsley	0.25 c
91	Box yellow cake mix	1.00 ea
91	Sugar	0.50 c
91	Oil	0.50 c
91	Sour cream	8.00 oz
91	Eggs	4.00 ea
91	Brown sugar	3.00 T
91	Cinnamon	2.00 t
91	Chopped nuts	1.00 c
91	Butter	10.50 T
91	Packed sugar	1.50 c
91	Milk	0.25 c
92	Butter	2.00 T
92	Chopped onion	0.25 c
92	Chopped green pepper	0.25 c
92	2oz. jar pimento	1.00 ea
92	All-pur flour	3.00 T
92	Dry mustard	2.00 t
92	Salt	0.25 t
92	White pepper	0.25 t
92	Dash of Tabasco	1.00 ea
92	Milk	1.00 c
92	Chablis	3.00 T
92	Fresh lump crab meat	1.00 lb
93	Box chopped spinach or broc	1.00 ea
93	Onion	0.50 ea
93	Bell pepper	0.50 c
93	Cheese	1.00 c
93	Bisquick	0.75 c
93	Eggs	3.00 ea
93	Salt	0.50 t
93	Pepper	0.25 t

Sheet1

94	Fresh spinach	2.00 lb
94	Hard boiled eggs	2.00 ea
94	Chopped pitted black olives	0.25 c
94	Red onion sliced	0.50 ea
94	Crumble feta cheese	0.50 c
95	Fresh squash	1.50 lb
95	Small jar pimienta	1.00 ea
95	Small chopped onions	2.00 ea
95	Pepperidge farm stuffing mix	1.50 pk
95	Sour cream	1.00 c
95	Cream chicken soup	1.00 cn
95	Small grated carrots	4.00 ea
95	Stick of butter	1.00 ea
96	Mushrooms(chopped)	1.00 lb
96	Scallions	6.00 ea
96	Butter melted	0.25 c
96	Soft bread crumbs	1.00 c
96	Salt	1.00 t
96	Pepper	0.12 t
96	Ketchup	1.00 T
96	Lemon juice	1.00 T
96	Flaked crab meat	1.00 c
98	Cooked sweet potatoes	3.00 c
98	Butter	0.50 c
98	Sugar	0.75 c
98	Bag of marshmallows	0.50 ea
98	Brown sugar	1.00 c
98	Flour-plain	0.50 c
98	Chopped nuts (pecans)	1.00 c
98	Butter	0.33 c
99	Beef chuck blade steak	3.50 lb
99	Salad oil	0.25 c
99	Chopped onion	2.00 c
99	Med green peppers-diced	3.00 ea
99	8oz. can tomatoes	2.00 ea
99	Garlic cloves	4.00 ea
99	2oz. can tom. paste	1.00 ea
99	Chili powder	0.33 c
99	Sugar	0.25 c
99	Salt	2.00 T
99	Oregano	2.00 t
99	Pepper	0.75 t
99	Cheese for garnish	0.50 c
7	Cracked Wheat	0.50 c
7	Water	1.00 c
7	Tomato	1.00 -
7	Fresh Parsely	0.50 c
7	Lemon Juice	2.00 T
7	Garlic Powder	0.12 Tsp

Sheet1

7	Chopped Scallions	0.25 C
7	Mint	0.25 C
7	Garbanzo Beans, from can	0.50 C
1	Prosciutto	0.50 lb.
1	Peas	1.00 lb.
1	Basil	1.00 bunch
1	White wine vinegar	0.25 C.
1	lemon juice	0.25 C.
1	Dijon Mustard	1.00 T.
1	Garlic	3.00 cloves
1	Olive oil	1.00 C.
1	Pepperoni	1.00 ea.
1	Tortellini	2.00 lb.
100	Chicken broth (see recipe)	8.00 c
100	Olive oil	0.33 c
100	Chopped parsley	0.25 c
100	Garlic cloves	4.00 ea
100	Pancetta or unsmoked bacon	0.25 lb
100	Shredded cabbage	3.00 c
100	Medium onion, finely chopped	1.00 ea
100	Carrots, finely chopped	2.00 ea
100	Celery stalk, finely chopped	1.00 ea
100	Potato, peeled, chopped	1.00 ea
100	Zucchini, finely chopped	2.00 ea
100	Large tomato, chopped	1.00 ea
100	Mushrooms, finely chopped	0.25 lb
100	String beans finely chopped	0.25 lb
100	Pieces prosciutto rind	4.00 ea
100	Salt, to taste	1.00 x
100	Pepper, to taste	1.00 x
100	Grated Parmesan cheese	0.50 c
6	Navy or Great Northern Beans	1.00 C.
6	Onion	1.00 C.
6	Garlic	1.00 clove
6	Water	1.00 C.
6	Brown Sugar	0.25 C.
6	Molasses	2.00 T.
6	Vinegar	1.00 T.
6	Small Bay Leaf	1.00 ea
6	Dry Mustard	0.50 tsp.
6	Black Pepper	0.12 tsp.
6	Nutmeg	0.12 tsp.
6	Cinnamon	0.12 tsp.
6	Allspice	1.00 dash
6	can tomato sauce (8 oz)	1.00 can
101	Crushed pineapple	1.00 c
101	Small bag of marshmallows	0.50 ea
101	Sm. pistachio inst. pudding	2.00 ea
101	Pecans	0.50 c

Sheet1

101	Large cool whip	1.00 ea
102	Crab meat	1.00 lb
102	Chopped onion	3.00 T
102	Salt and pepper	1.00 x
102	Olive oil	4.00 oz
102	Vinegar	4.00 oz
102	Ice water	4.00 oz
103	Zucchini	4.00 ea
103	Tomatoes (sliced and peeled)	3.00 ea
103	Small onion sliced	1.00 ea
103	Dash of Worcestershire	1.00 x
103	Salt and pepper to taste	1.00 x
103	Dots of butter	1.00 x
104	Sliced zucchini	6.00 c
104	Chopped onion	0.50 c
104	Can cream of chicken soup	1.00 ea
104	Sour cream	1.00 c
104	Shredded sharp cheddar	4.00 oz
104	Pkg. herb seasoned stuffing	8.00 oz
104	Melted butter	0.50 c
105	fresh green beans	3.00 lbs
105	onions	3.00 med
105	gree or red peppers	3.00 lg
105	olive oil	0.25 cup
105	lemon juice	0.25 cup
105	garlic	2.00 cloves
105	dry mustard	0.25 tsp
105	black pepper to taste	0.00
106	Slices of Italian bread,	16.00
106	Cut 1/2-inch thick	0.00
106	Extra-virgin olive oil	0.25 c
106	Black or green olivada* OR	0.33 c
106	(4 oz.) Calamata olives,	0.33 c
106	Pitted or finely chopped	0.00
106	Fresh mozzarella cheese,	0.50 lb
106	Cut in 14 1/4-inch slices	0.00
106	Plum tomatoes, cut	0.50 lb
106	Lengthwise into 16 1/4-inch	0.00
106	Slices	0.00
106	Salt	0.12 ts
106	Freshly ground black pepper	0.12 ts
107	Head lettuce, torn	1.00
107	Celery, chopped	0.50 c
107	Green pepper, diced	0.50 c
107	Red onion, chopped	1.00
107	Frozen baby green peas,	1.00 pk
107	Slightly thawed	0.00
107	Mayonnaise	1.00 c
107	Sugar or honey	2.00 ts

Sheet1

107	Cheddar cheese, grated	4.00 oz
107	Slices bacon, crumbled	8.00
108	16-oz green beans	1.00 cn
108	16-oz kidney beans	1.00 cn
108	16-oz wax beans	1.00 cn
108	Chopped green pepper	0.50 c
108	Sugar	0.50 c
108	Vinegar	0.67 c
108	Salad oil	0.50 c
108	Pepper	0.25 ts
108	Salt	0.25 ts
108	Chopped onion	0.50 c
109	To 2 1/2 c unsifted flour	2.00 c
109	Sugar	2.00 tb
109	Salt	0.50 ts
109	Active dry yeast	1.00 pk
109	Milk	0.50 c
109	Water	0.25 c
109	Margarine	2.00 tb
111	Uncooked lentils	1.00 c
111	Salt	0.50 ts
111	Water	2.25 c
111	Olive oil	1.00 tb
111	Green onions, sliced	6.00 ea
111	Garlic clove, minced	1.00 sm
111	Parsley	1.50 tb
111	Cayenne	1.00 ds
111	Turmeric	1.00 ds
111	Water, as needed	0.25 c
114	Crackers	0.00
114	Pine sprigs for garnish	0.00
114	Worcestershire sauce	0.50 ts
114	Minced green onions	0.25 c
114	Crumbled blue cheese	0.50 lb
114	Blanch toast whole almonds	2.00 cn
114	(8-oz ea) cream cheese	3.00 pk
114	softened	0.00
114	(5-oz ea) pasturized process	2.00 pk
114	cheese spread w/pimento	0.00
115	Margarine	2.00 tb
115	Sm Onion, chopped (1/4 c)	0.00
115	Clove garlic, minced	0.00
115	Sliced Mushrooms (4 oz)	1.50 c
115	Tarragon	0.50 ts
115	Blanched Whole Almonds(6 oz)	1.00 c
115	Lemon juice	1.00 tb
115	Soy Sauce	2.00 ts
115	White Pepper	1.00 ds
115	Cream Cheese, opt. *	2.00 tb



Sheet1

116	(4-oz) blanched whole	1.00 pk
116	almonds	0.00
116	Pitted dates	1.00 lb
116	Lean thinly sliced bacon	1.50 lb
116	cut into thirds	0.00
117	Potatoes; small size if	1.00 lb
117	possible	0.00
117	Jalapeno peppers;opt	4.00 ea
117	Seeded & sliced into long	0.00
117	strips	0.00
117	Lime; juice of	1.00 ea
117	Salt to taste	0.00
117	Sesame seeds; roasted,ground	0.25 c
117	optional	0.00
117	Tumeric powder	1.00 ts
117	Cumin seeds	1.00 ts
117	Chilies, whole, dried	2.00 ea
117	Up to 3	0.00
117	Corn oil;or mustard oil	3.00 ts
117	mustard gives best flavour	0.00
117	Water	0.50 c
117	Coriander, fresh; chopped	0.50 c
118	Chicken wings	0.00
119	Dairy sour cream	1.00 c
119	Fine chopped stuffed	0.50 c
119	green olives	0.00
119	Anchovy paste	1.50 tb
119	Grated onion	0.50 ts
120	Dry white wine	1.00 c
120	Andouille or smoked sausage	2.00 lb
120	Honey	2.00 tb
120	Creole mustard	1.00 tb
121	Onions, finely chopped	4.00 c
121	Celery, finely chopped	1.00 c
121	Bell pepper, finely chopped	1.00 c
121	Parsley, finely chopped	1.00 c
121	Peanut oil	1.00 c
121	Garlic, finely chopped	1.00 tb
121	Steak sauce	3.00 c
121	Louisiana hot sauce OR	0.50 c
121	Ketchup	3.00 c
121	Cayenne pepper	2.00 tb
121	Salt, to taste	3.00 ts
121	Southern Comfort Liquor	1.00 c
121	Andouille sausage	1.00 lb
122	Fresh globe artichokes	6.00 sm
122	Tarama; rinsed if necessary	1.50 oz
122	=OR=-	0.00
122	Smoked skinned cod's roe	2.00 oz

Sheet1

122	Finely grated onion pulp	1.00 tb
122	Juicy lemons	2.00 lg
122	Fruity olive oil	1.00 c
122	Salt	0.00
122	Freshly ground white pepper	0.00
123	Sugar	1.00 c
123	Salt	0.50 ts
123	Vinegar	1.00 c
123	Green beans, can, drained	16.00 oz
123	Yellow beans, can, drained	16.00 oz
123	Lima beans, can, drained	16.00 oz
123	Garbanzo beans, can, drained	16.00 oz
123	Red kidney beans, drained	16.00 oz
123	Green pepper, slivered	1.00
123	Celery, sliced	4.00
123	Onions, medium, sliced thin	3.00
124	Garlic, peeled & minced	1.00 c
124	Onion, chopped	1.00 tb
124	Olive oil	2.00 tb
124	Tomatoes	0.67 c
124	Stock	1.00 qt
124	Pepper	0.00
124	Croutons	0.00
125	Salami, casing removed	8.00
125	Pepper, pickled, mild, sm	8.00
125	Zucchini, quarter crosswise	2.00
125	Olives, black, pitted	16.00
125	Tomatoes, cherry, washed & Drained	16.00 0.00
125	Oil, olive	0.33 c
125	Lemon juice, freshly squeeze	2.00 tb
125	Vinegar, balsamic	1.00 tb
125	Oregano, dried	0.25 ts
125	Garlic, clove, minced	1.00
125	Salt	0.25 ts
125	Pepper, fresh ground, white	0.25 ts
126	Cauliflower;small in small	1.00
126	Carrots; large, thinly slic	3.00
126	Green pepper; diced	1.00
126	Black olives	1.00 c
126	Pasta; rotini	2.50 c
126	Dressing:	0.00
126	Oil; vegetable or corn	1.25 c
126	Vinegar; cider	0.75 c
126	Garlic cloves; peeled & min	2.00
126	Sugar; granulated	1.00 ts
126	Salt & pepper	0.00
127	Cream Cheese; Room Temp.	8.00 oz
127	Blue Cheese, Crumbled	4.00 oz

Sheet1

127	Cheddar Cheese; Shredded	4.00 oz
127	Mustard; Dijon-style	2.00 ts
127	Worcestershire Sauce	1.00 ts
127	Garlic Powder	0.12 ts
127	Salt	0.25 ts
127	Pecans; Finely Chopped	0.50 c
127	Currants	0.67 c
127	Parsley; Chopped	0.75 c
127	Assorted Crackers	0.00
127	Apple Wedges	0.00
128	Pork; Boneless, Cut Julienne	0.50 lb
128	Onion; Small, Sliced	1.00
128	Cabbage; Green Or Chinese *	1.00 c
128	Vegetable Oil	2.00 tb
128	Mushrooms; Sliced	0.50 c
128	Sprouts; Bean Or Alfalfa	0.25 c
128	Currants	0.25 c
128	Almonds; Slivered	0.25 c
128	Cornstarch	1.00 ts
128	Sherry; Dry	2.00 tb
128	Soy Sauce	1.00 tb
128	Ginger	0.50 ts
128	Egg Roll Wrappers; Abt 6" Sq	12.00
128	;Oil For Deep Fat Frying	0.00
128	GINGER APRICOT SAUCE -----	0.00 -----
128	Apricots; Dried (Abt. 10)	0.25 c
128	Sugar	0.25 c
128	Ginger	1.00 ts
128	Salt	0.25 ts
128	Lemon Juice	1.00 tb
129	4.5-oz can deviled ham	2.00
129	Chopped stuffed	3.00 tb
129	green olives	0.00
129	Prepared mustard	1.00 tb
129	Tabasco sauce to taste	0.00
129	3-oz cream cheese softened	1.00 pk
129	Milk	2.00 ts
131	Fresh Spinach	5.00 oz
131	Small Fennel Head, sliced	1.00
131	Medium Granny Smith Apples	2.00
131	Small Red Onion, sliced	1.00
132	Apples, thinly sliced	2.00 x
132	Lemon Juice	2.00 tb
132	Shredded Cabbage	3.00 c
132	Stalk Celery, chopped	0.00
132	Carrot, grated	0.00
132	Med Onion, thinly sliced	0.00
132	Sour Cream	0.50 c
132	Mayonnaise	0.25 c

Sheet1

132	Celery Salt	0.75 ts
133	Monterey Jack Cheese	0.50 lb
133	Sharp cheddar cheese	0.50 lb
133	Hot pork sausage*	0.50 lb
133	Bisquick mix	1.50 c
133	Egg	1.00
133	Pork flavor Shake 'n Bake	1.00 pk
133	Whole jalapeno peppers**	20.00
134	Scallops, bay, washed	0.75 lb
134	Bread crumbs, fresh, fine	1.00 c
134	Parsley, fresh, minced	3.00 tb
134	Tarragon, dried	0.50 ts
134	Celery, minced	0.25 c
134	Garlic, cloves, minced	2.00
134	Artichoke bottoms, drained	28.00 oz
134	(2-14 oz cans)	0.00
134	Oil, canola, for brushing	0.00
134	On grill rack	0.00
135	(14-oz) artichoke hearts	1.00 cn
135	drained and chopped	0.00
135	Grated parmesan cheese	1.00 c
135	(4-oz) green chili peppers	1.00 cn
135	chopped	0.00
135	Mayonnaise	1.00 c
135	Tortilla chips for dipping	0.00
136	Artichoke Hearts	14.00 oz
136	Parmesan Cheese	0.25 c
136	Romano Cheese	0.25 c
136	Mozzarella Cheese	1.00 c
136	Garlic Clove; Small, Minced	1.00
136	Mayonnaise	0.50 c
136	GARNISH -----	0.00 -----
136	Paprika	0.00
137	Parmesan cheese	1.00 c
137	Mayonnaise	1.00 c
137	Artichoke hearts	1.50 cn
137	Garlic powder	0.00
138	Artichoke hearts; frozen, 9	1.00 pk
138	Olive oil; extra-virgin	2.50 tb
138	Raddicho; small, separated	1.00 ea
138	Basil leaves; chopped	14.00 ea
138	Marinated in a jar]	1.00 x
138	Lemon juice; fresh	2.00 ts
138	Leaves torn into halves)	1.00 x
138	Parmesan cheese	1.00 x
139	SALAD -----	0.00 -----
139	Jars (6 oz) marinated	2.00
139	Artichoke bottoms	0.00
139	Bottle (4 oz) stuffed	1.00

Sheet1

139	Green olives	0.00
139	Green onions	5.00
139	Green pepper, sliced	0.50
139	Rice pilaf mix OR	1.00 pk
139	Chicken rice mix	0.00
139	DRESSING -----	0.00 -----
139	Mayonnaise	0.33 c
139	Curry powder	0.50 ts
139	Jars marinade from	2.00
139	Artichoke bottoms	0.00
140	Fresh artichoke hearts	4.00
140	Wine vinegar	1.00 tb
140	Artichoke hearts, quartered	2.00 cn
140	Louisiana hot sauce	1.00 ts
140	Small garlic clove	1.00
140	Salt	2.00 ts
140	Lea & Perrins	1.00 ts
140	Olive oil	3.00 tb
140	Lemon juice	1.00 tb
141	340ml Jr Artichokes drained	1.50 oz
141	Bag spinach	10.00 oz
141	Mayonnaise	0.75 c
141	Lemon juice	3.00 tb
141	Grated lemon rind	0.50 ts
141	Tabasco to taste	1.00
141	Salt and pepperr	1.00
142	6-oz jars marinated artichok	2.00
142	Small onion, mincec	1.00
142	Large eggs	4.00
142	8-oz. package mozzarella che	1.00
142	Dried bread crumbs	0.25 c
142	Chopped parsley	2.00 tb
142	Salt	0.25 ts
142	Pepper	0.25 ts
142	Non-toxic flowers for garnis	0.00
143	Arugula leaves	0.75 lb
143	Size red onion cut into	1.00 md
143	Thin slices	0.00
143	Finely chopped garlic	1.00 ts
143	Red-wine vinegar	1.00 tb
143	Olive oil	3.00 tb
143	Salt and fresh ground	0.00
143	Pepper	0.00
144	Cucumber, large	3.00 ea
144	Onion, med	1.00 ea
144	Thai chile	1.00 ea
144	-----DRESSING-----	0.00
144	-	0.00
144	Vinegar, white	0.25 c

Sheet1

144	Oil	0.25 c
144	Salt	0.50 ts
144	Sugar	2.00 ts
144	Garlic powder	0.50 ts
145	Medium-size asparagus	12.00
145	Pieces pickled red ginger	4.00
145	DRESSING -----	0.00 -----
145	Thin soy sauce	1.00 tb
145	Ginger juice	0.25 ts
145	Sugar	1.00 pn
145	Sesame oil	1.00 tb
146	Shrimp shelled and cleaned	1.00 lb
146	Cleaned asparagus	1.50 lb
146	Thin lemon slice	1.00
146	Sliced green onion	0.25 c
146	Minced parsley	2.00 tb
146	Diced tomato	1.00 md
146	Lettuce leaves	0.00
146	Grated Monterey jack cheese	1.00 oz
146	DRESSING -----	0.00 -----
146	Salad oil	0.50 c
146	Vinegar	4.00 tb
146	Salt	0.25 ts
146	Dash cayenne	0.00
146	Pepper	0.12 ts
146	Parsley	1.00 tb
146	Basil	1.00 tb
146	Oregano	1.00 tb
146	Chervil	1.00 tb
147	Avocados; peeled & chopped	2.00
147	Raisins	0.50 c
147	Vegetable oil	0.50 c
147	Lime juice	0.25 c
147	Sugar	1.00 ts
147	Salt	1.00 ts
147	Freshly ground pepper	0.25 ts
148	Fresh corn kernels	0.25 c
148	Avocado; diced medium	1.00
148	Tomato; seeded and diced	1.00 md
148	Jalapeno chile; minced	0.25
148	Onion; minced	0.50 sm
148	Lime juice	2.00 ts
148	Salt to taste	0.00
149	Abalone (canned)	15.00 oz
149	Sake	2.50 tb
149	Soya Sauce	2.50 ts
149	Water	0.25 pt
149	Sugar	1.00 oz
150	Avocado; *	3.00

Sheet1

150	Lemon Juice	2.00 tb
150	Cream Cheese; Softened	1.00 c
150	Sour Cream	2.00 c
150	Taco Seasoning Mix; 1 Pkg	1.33 oz
150	Cheddar; Sharp, Shredded	2.00 c
150	Fresh Tomatoes; Fine Chopped	3.00 c
150	Green Onions; Sliced,Use All	5.00
150	Black Olives; Sliced	0.50 c
151	Eggplants	6.00 lg
151	Lemons, juiced	2.00 ea
151	Tahini	2.00 tb
151	Salt	0.00
151	Garlic clove	1.00 lg
151	Chopped parsley, fresh	0.25 c
151	Olive oil	2.00 tb
152	Med Eggplant, peeled *	0.00
152	Tahini	0.25 c
152	Lemon juice	1.00 tb
152	Clove garlic	0.00
152	Black Pepper	0.25 ts
152	Ground Cumin	1.00 ds
152	Sesame seeds	2.00 tb
152	Finely chopped fresh Parsley	2.00 tb
153	Dijon Mustard	2.00 tb
153	Lemon Juice	1.00 ts
153	White Wine Vinegar	1.50 ts
153	Fresh Tarragon; Chopped, OR	2.00 tb
153	Dried Tarragon; Crushed	2.00 ts
153	Mayonnaise	1.00 c
153	Baby Shrimp	0.75 c
153	Sour Cream	0.50 c
154	Bacon	1.00 lb
154	Jars marinated artichoke	3.00
154	hearts; drained	0.00
154	Jar spicy brown mustard	1.00
155	Mayonnaise	1.00 c
155	Sour cream	1.00 c
155	Bacon bits	0.25 c
155	Horseradish	0.25 c
156	Cream cheese w/chives	6.00 oz
156	Mixed grain sandwich bread	25.00
156	Milk	1.00 tb
156	Bacon cut in halves	25.00
157	Bagel	1.00
157	Soft margarine, melted	2.00 ts
157	Oregano, dried	1.00 ts
158	Olive oil	0.50 c
158	Butter	0.25 lb
158	Garlic cloves; chopped fine	4.00

Sheet1

158	Anchovy fillets;	6.00
158	chopped/mashed	0.00
158	Pepper	0.00
159	Flour tortilla dough	0.67 lb
159	Flour	0.00
159	Granny Smith apples,	3.00
159	Peeled and sliced	0.00
159	Lemon juice	2.00 tb
159	Brown sugar	0.50 c
159	Cloves	0.50 ts
159	Ground cinnamon	0.50 ts
159	Walnuts, chopped	0.50 c
159	Cornstarch dissolved	2.00 tb
159	Water	3.00 tb
160	Cheddar cheese, grated	1.00 c
160	Unsalted butter, softened	2.00 tb
160	Flour	0.50 c
160	Cayenne pepper	0.12 ts
160	Pimiento-stuffed olives (a 3	24.00
160	Oz. jar)	0.00
161	Fresh log chevre, 1/2" thick	4.00 sl
161	Thyme sprigs (or more)	3.00
161	Olive oil	0.00
161	Fine dried bread crumbs	1.00 c
161	Dried thyme; crushed	1.00 ts
161	Red wine vinegar -or more	2.00 tb
161	Salt, pepper	0.00
161	Head rocket (or see note)	0.50
161	Day-old baguette	1.00
161	Butter; melted	0.50 c
161	Garlic cloves; split	2.00 lg
162	Baking Potatoes	3.00 lg
162	Miracle Whip Salad Dressing	0.25 c
162	;Onion Salt	0.00
162	;Pepper	0.00
163	Butter	0.50 c
163	Cream Cheese	8.00 oz
163	Frozen Spinach	2.00 pk
163	Lipton Onion Soup Mix	1.00 pk
163	Breadcrumbs	0.00
164	Sweet red peppers	2.00 md
164	Sweet yellow pepper	2.00 md
164	Onion fine chopped	1.00 md
164	(28-oz) crushed tomatoes	1.00 cn
164	well drained	0.00
164	Chopped fresh parsley	0.25 c
164	Olive oil 1/4 c + 2 tb	0.00
164	Pine nuts	3.00 tb
164	Clove garlic fine chopped	4.00



Sheet1

164	Salt	1.00 ts
164	Pepper	0.25 ts
164	Fresh bread crumbs	0.25 c
165	Tomatoes (firm)	6.00 md
165	Chopped coriander leaves	0.50 c
165	Hot chili; -OR-	1.00 sm
165	Freshly ground black pepper	0.00
165	Lemon; juiced	0.50
165	Salt	0.00
165	Olive oil	0.25 c
166	Bananas	10.00
166	Peanuts (ground)	0.50 c
166	Vinegar	1.00 tb
166	Water	2.00 tb
166	Egg, well beaten	1.00
166	Sugar	0.67 c
166	Butter/margarine	0.00 ts
167	Chicken wings	3.00 lb
167	Brown sugar	3.00 tb
167	Worcestershire sauce	2.00 dr
167	Ketchup	4.00 c
167	Onion	1.00
168	Heads Garlic	8.00
168	Butter	4.00 tb
168	Springs of Fresh Rosemary *	0.00
169	Bamboo skewers, 4" long	12.00
169	Skinless salmon filet	0.75 lb
169	Oriental sesame oil	2.00 tb
169	Dry sherry	2.00 tb
169	Light soy sauce	1.00 tb
169	Olive oil	1.00 tb
169	Freshly ground black pepper	0.50 ts
169	Chopped cilantro	0.25 c
169	Finely minced fresh ginger	2.00 tb
169	Dipping sauce of your choice	0.00
170	Pork spareribs	2.00 lb
170	Dark soy sauce	2.00 tb
170	Tomato paste	1.00 tb
170	Five Spice Powder	2.00 pn
170	Honey	3.00 tb
170	Garlic clove, crushed	1.00
170	Piece ginger root, peeled, grated (1/2")	1.00 0.00
170	Unsweetened orange juice	0.50 c
170	Mustard powder	0.25 ts
170	Orange peel (opt)	0.00
171	Barley	1.50 c
171	Water	8.00 c
171	Parsley, diced	0.33 c

Sheet1

171	Basil, crushed	2.00 tb
171	Green onions, sliced	0.25 c
171	Lemon juice, fresh	0.25 c
171	Salad oil	0.50 c
171	Soy sauce	1.00 ts
171	Tomatoes, diced	2.00
172	Potatoes; *	4.00 c
172	Chicken broth; **	2.00 c
172	Salt	0.50 ts
172	Vegetable oil	0.25 c
172	Onion; chopped	0.33 c
172	Sugar	0.50 ts
172	Lemon juice	2.00 tb
172	Pepper; as desired	0.00
173	Knockwurst; cooked / cooled	0.50 lb
173	Pickles; small	2.00
173	Onion; medium	1.00
173	Vinegar	3.00 tb
173	Mustard; prepared *	1.00 tb
173	Vegetable oil	2.00 tb
173	Salt	0.50 ts
173	Pepper	0.25 ts
173	Paprika	0.25 ts
173	Sugar	0.25 ts
173	Capers	1.00 tb
173	Parsley; chopped	1.00 tb
174	Whitefish fillets	0.50 lb
174	Brandy	2.00 tb
174	Cooked lobster	0.50 lb
174	Tomato paste	1.00 tb
174	Finely diced onion	2.00 tb
174	Egg whites	0.50 c
174	Salt	0.50 ts
174	Whipping cream	0.75 c
175	4 oz red new potatoes, scrubbed and quartered	1.00 lb 0.00
175	Nonfat plain yogurt	0.75 c
175	Minced scallions	0.25 c
175	+2 t low cal mayonnaise	2.00 tb
175	Cider or red wine vinegar	1.00 tb
175	Dijon or spicy brown mustard	2.00 ts
175	Basil	1.00 ts
175	Salt	0.25 ts
175	White pepper	0.12 ts
175	Hard cooked eggs, chopped	2.00 lg
175	Cooked turkey bacon crumbled	2.00 sl
176	Recipe buttermilk bisquits	1.00
176	Parmesan	0.50 c
176	Basil	1.00 tb

Sheet1

176	Dash garlic & onion	0.00
176	Powder, black pepper	0.00
177	Ground Chuck	1.50 lb
177	Egg; Large	1.00
177	Bread Crumbs; Dry	0.25 c
177	Beer Or Apple Juice	2.00 tb
177	Garlic Salt	1.00 ts
177	Salad Oil	2.00 c
177	Butter;Do NOT UseMargarine,*	0.50 c
177	FROTHY BATTER -----	0.00 -----
177	Biscuit Baking Mix; Bisquick	1.00 c
177	Beer Or Apple Juice	0.50 c
177	Egg; Lg	1.00
177	MUSTARD SAUCE -----	0.00 -----
177	Mayonnaise Or Salad Dressing	0.50 c
177	Mustard; Prepared	2.00 tb
177	Onion; Finely Chopped	1.00 tb
177	HORSERADISH SAUCE -----	0.00 -----
177	Dairy Sour Cream	0.50 c
177	Horseradish	1.00 tb
177	Worcestershire Sauce	0.12 ts
178	Liverwurst	1.00 c
178	Sour Cream	0.50 c
178	White Onion; Minced	0.25 c
178	Dill Pickle Relish	1.00 tb
178	Dijon Mustard	1.00 tb
178	White Pepper	0.50 ts
179	Cream cheese	8.00 oz
179	Garlic and curry powders	0.00
179	Chinese duck sauce	0.00
180	Potatoes; *	4.00 c
180	Chicken Broth; **	2.00 c
180	Salt	0.50 ts
180	Vegetable Oil	0.25 c
180	Onion; Chopped	0.33 c
180	Sugar	0.50 ts
180	Lemon Juice	2.00 tb
180	Pepper; As Desired	0.00
181	Pinto beans; *	2.00 c
181	Mayonnaise or salad dressing	0.25 c
181	Clove garlic; finely chopped	1.00
181	Red chiles; ground	1.50 ts
181	Salt	0.25 ts
181	Pepper; dash of	0.00
182	Can Red Kidney Beans, drain	1.00
182	Tomato Paste	3.00 tb
182	Oil	2.00 tb
182	Salt	1.00 ts
182	Black Pepper	0.25 ts

Sheet1

182	Clove Garlic, minced	1.00
182	Dr. Pepper	0.50 c
182	Can Green Chilies, drained	4.00 oz
182	Worcestershire Sauce	1.00 ts
182	Sharp Cheddar, shredded	1.00 c
182	Crisp Chopped Bacon	0.00
183	Flank steak	1.50 lb
184	Red wine vinegar	0.25 c
184	Water	0.25 c
184	Lemon juice	2.00 tb
184	Sugar	2.00 tb
184	Dill weed	0.25 ts
184	Salt	0.50 ts
184	White pepper	1.00 ds
184	Julienne cut cold roast beef	3.00 c
184	Onion; thinly sliced	1.00 sm
184	Torn salad greens	8.00 c
184	Sour cream	1.00 c
185	Pace Picante Sauce	0.75 c
185	Olive oil	2.00 tb
185	Balsamic vinegar	2.00 tb
185	OR	0.00
185	Red wine vinegar	1.00 tb
185	Dried oregano, crushed	0.50 ts
185	Garlic clove, minced	1.00
185	Deli roast beef, sliced	0.75 lb
185	1/4" thick, cut into short,	0.00
185	thin strips	0.00
185	Tomato, seeded and diced	1.00 md
185	Cucumber, cut lengthwise	1.00 md
185	into quarters, seeded and	0.00
185	thinly sliced	0.00
185	Red or green bell pepper,	1.00 md
185	or 1/2 each, cut into	0.00
185	short, thin strips	0.00
185	Thinly sliced celery	1.00 c
185	Short, thin red onion strips	1.00 c
186	Corn oil	3.00 tb
186	Onion, finely chopped	1.00 sm
186	Garlic clove, crushed	1.00
186	Hot chili powder	0.50 ts
186	Curry Powder	1.50 ts
186	Water	1.25 c
186	Crunchy peanut butter	0.67 c
186	Light brown sugar	1.00 ts
186	Dark soy sauce	2.00 ts
186	Lemon juice	1.00 ts
186	Salt to taste	0.00
186	Fresh ground pepper to taste	0.00

Sheet1

186	Boneless sirloin steak	1.00 lb
186	Lemon pieces (opt)	0.00
186	Fresh cilantro sprigs (opt)	0.00
187	Soy sauce	0.50 c
187	Lemon juice	2.00 tb
187	Sugar	2.00 tb
187	Garlic clove (crushed)	1.00
187	Ginger (ground)	0.50 ts
187	Vegetable oil	2.00 tb
187	Sesame seeds	1.00 ts
187	Beef sirloin(finely chopped)	1.00 lb
187	Green onions(finely chopped)	2.00
188	Bisquick baking mix	2.00 c
188	Shredded cheddar cheese	0.50 c
188	Melted butter/	2.00 tb
188	margarine	0.00
188	Beer	0.50 c
188	Sesame/poppy seeds	0.00
189	Oil	0.00
189	Env. Golden Onion Soup Mix	1.00
189	Unbleached All-purpose Flour	1.00 c
189	Baking Powder	1.00 ts
189	Large Eggs	2.00
189	Beer, Any regular Beer	0.50 c
189	Prepared Mustard	1.00 tb
189	Vegies 'n' Things *	0.00
190	Finely chopped garlic	1.50 ts
190	Worcestershire sauce	1.00 tb
190	Tabasco sauce	0.50 ts
190	Dry mustard	0.50 ts
190	Salt	0.50 ts
190	Beer	1.00 c
190	Sharp cheddar cheese	4.00 c
190	(freshly grated)	0.00
192	Fresh Beets With Greens	1.50 lb
192	(About 1 Bunch)	0.00
192	Orange	1.00 lg
192	Unpeeled Granny Smith	2.00
192	Apples Thinly Sliced	0.00
192	Olive Oil	1.00 tb
192	Raspberry Vinegar	1.00 tb
192	Sugar	0.50 ts
192	Salt	0.25 ts
192	Garlic Minced	1.00 cl
192	Unsalted Sunflower Seeds	2.00 tb
192	Toasted	0.00
193	Green bell pepper; *	0.50
193	Red bell pepper; *	0.50
193	Yellow bell pepper; *	0.50

Sheet1

193	Montery jack cheese;shredded	0.75 c
193	Chopped ripe olives	2.00 tb
193	Red pepper; crushed	0.25 ts
194	Whole skinned boned chicken	2.00
194	Breasts about 1 1/4 lb	0.00
194	Vegetable oil divide	3.00 tb
194	Salt	0.50 ts
194	Pepper	0.25 ts
194	10-oz bag spinach washed	1.00
194	Dried and stems removed	0.00
194	Strawberries hulled and	1.00 pt
194	Cut in half	0.00
194	Sliced thin red onion	1.00 sm
194	Cider vinegar	2.00 tb
194	Sugar	1.00 tb
194	Poppy seeds	1.00 ts
195	Head chicory	0.50
195	Bunch arugula	0.50
195	Head radicchio	1.00 sm
195	Bottled Italian style	0.25 c
195	Salad dressing	0.00
196	Black Beans; Cooked	1.50 c
196	Carrot; Minced	0.33 c
196	Celery; Minced	0.33 c
196	Garlic; Minced	1.00 tb
196	Oregano; Dried	1.00 ts
196	Coriander; Ground	0.50 ts
196	Cumin; Ground	1.00 ts
196	Salt	0.25 ts
196	Sour Cream	0.50 c
196	Fresh Cilantro; Chopped, OR	1.00 tb
196	Dried Cilantro; Crushed, *	1.00 ts
196	GARNISH -----	0.00 -----
196	Fresh Cilantro; OR	0.00
196	Parsley; Chopped	0.00
197	French-cut green beans	2.00 c
197	Black beans, cooked	3.00 c
197	Garbanzo beans, cooked	1.00 c
197	Adzuki beans (or red	1.00 c
197	Beans), cooked	0.00
197	Onions, sliced	2.00
197	Green peppers, sliced	2.00
197	Stalks celery, sliced	2.00
197	Green onions, thin sliced	2.00
197	Oil	2.00 c
197	Honey	0.50 c
197	Cloves garlic, pressed	2.00
197	Lemon, juiced	1.00
197	White wine	1.00 c

Sheet1

197	Oregano	1.00 ts
197	Parsley	1.00 tb
198	Black turtle beans	2.00 c
198	Diced Onion	1.00 c
198	Diced Carrot	1.00
198	Diced Celery Stalks	2.00
198	Strips of bacon	3.00
198	Chicken Stock	2.00 c
198	Salt and Pepper	1.00
198	Bay leaves	4.00
198	Honey	1.00 tb
199	Black eyed peas	2.00 c
199	Ground coriander	3.00 ts
199	Garlic cloves, minced	3.00 ea
199	Fresh ginger, grated	3.00 tb
199	Red pepper, chopped OR	0.50 ea
199	- cayenne to taste	0.00
199	Olive oil	0.00
199	Wine vinegar	0.00
199	Salt	0.00
199	Hungarian paprika	0.00
200	Eggs	4.00
200	Flour	1.00 c
200	Corn oil	1.00 tb
200	Pinch salt	1.00 pn
200	Milk or water	1.00 c
201	Sour Cream	1.00 c
201	Mayonnaise	1.00 c
201	Dry mustard	1.00 tb
201	Oregano	1.00 tb
201	Fresh Ground black pepper	1.00 tb
201	Blue cheese	4.00 oz
201	Garlic oil	0.50 tb
201	Lemon juice	1.00 tb
201	Package fresh spinach	1.00
202	Unflavored gelatin	1.00 pk
202	Cold water	0.25 c
202	Boiling water	0.50 c
202	Sour cream	0.50 c
202	Milk	0.33 c
202	Lemon juice	1.00 tb
202	Worcestershire sauce	1.00 ts
202	Blue cheese crumbled	4.00 oz
202	(8-oz) softened cream	1.00 pk
202	cheese	0.00
202	Walnuts	0.50 c
203	Lime Juice	0.25 c
203	Vegetable Oil	0.25 c
203	Crushed Red Pepper Flakes,	0.50 c

Sheet1

203	Or To Taste	0.00
203	Chicken Wings (About 2 Lbs)	10.00
203	Butter Or Margarine	2.00 tb
203	Blue Or Yellow Cornmeal	0.50 c
203	Unbleached All Purpose Flour	2.00 tb
203	Salt	0.50 ts
203	Ground Cumin	0.50 ts
203	Pepper	0.12 ts
204	Stalk celery; finely chopped	1.00
204	Green onions; finely chopped	1.00 bn
204	Parsley; finely chopped	1.00 bn
204	Egg	1.00
204	Dijon mustard	1.00 tb
204	Mayonnaise	0.75 c
204	Lemons, juiced	2.00
204	Salt	0.50 ts
204	Pepper	0.50 ts
204	Carr's Water Biscuits	4.50 oz
204	ground	0.00
204	Blue Crab meat	1.00 lb
204	Butter (or as needed)	4.00 tb
204	CAYENNE MAYONNAISE -----	0.00 -----
204	Red bell pepper, roasted	1.00
204	peeled and seeded	0.00
204	Egg yolks	2.00
204	White wine vinegar	1.00 tb
204	Lemon, juiced	1.00
204	Capers	1.50 ts
204	Garlic cloves	6.00
204	Anchovy fillets	8.00
204	Cayenne pepper	1.50 ts
204	Salad oil	1.00 c
204	Salt (to taste)	0.00
205	Sugar	1.00 c
205	Sugar	2.00 tb
205	Water, boiling	1.00 c
205	Butter	2.00 tb
205	Salt	1.00
205	Pie shell, baked	1.00
205	Sugar	2.00 tb
205	Lemon juice	4.00 tb
205	Egg yolks	4.00
205	Grated rind of lemon	1.00
205	Egg whites	3.00
206	Thin pretzel sticks	0.67 c
206	Butter	3.00 tb
206	Garlic clove, crushed	1.00
206	Unblanched almonds	0.33 c
206	Pine nuts	0.33 c



Sheet1

206	Unsalted cashews	0.33 c
206	Worcestershire sauce	1.00 ts
206	Curry powder	1.00 ts
206	Hot chili powder	0.50 ts
206	Seedless raisins	0.33 c
206	Salt	0.25 ts
207	Phyllo sheets	6.00
207	Butter; melted	0.25 c
207	Parmesan cheese; freshly grated	0.25 c 0.00
207	Tomatoes, sun dried; packed in oil	6.00 ea 0.00
207	Red pepper; roasted*	1.00 ea
207	Asiago cheese; grated	0.50 c
207	Mushrooms; sliced	0.50 c
208	Currants	0.25 c
208	Low Cal. Mayonnaise	0.25 c
208	Celery Seeds	0.25 ts
208	Pepper	0.12 ts
208	Shredded Green Cabbage (About 10 Oz.)	4.00 c 0.00
208	Shredded Carrot (1 Medium)	0.50 c
208	Finely Slivered Green Pepper	0.50 c 0.00
208	Pepper	0.50 lg
208	Cider Vinegar	0.25 c
208	Low Cal. Mayonnaise	4.00 ts
208	Mincned Onion	1.00 tb
208	Lemon Juice	2.00 ts
208	Sugar	2.00 ts
208	Celery Seed	0.25 ts
208	Salt	0.12 ts
208	Pepper To Taste	0.00
209	Sharp cheddar cheese	1.00 lb
209	Brandy	0.33 c
209	Butter (room temp)	3.00 tb
209	Heavy cream	2.00 tb
209	Dash nutmeg	1.00
209	Dash cayenne pepper	1.00
210	Gorgonzola Cheese	0.50 c
210	Sour Cream	0.75 c
210	White Pepper	0.25 ts
210	Brandy	0.75 ts
211	Braunschweiger	1.00 lb
211	Basil leaves	0.50 ts
211	Cream cheese	8.00 oz
211	Garlic powder	0.75 ts
211	Clove garlic OR 3/4 ts garlic powder	1.00 0.00

Sheet1

211	Salad dressing/	1.00 tb
211	mayonnaise	0.00
211	Dry minced onion	3.00 ts
212	(1 tb) unflavored gelatin	1.00 pk
212	(1 c) braunschweiger	0.50 lb
212	Mayonnaise	3.00 tb
212	Cold water	0.50 c
212	Vinegar	1.00 tb
212	Condensed consomme	1.00 cn
212	Minced onion	1.00 tb
213	Head mixed romaine and	1.50
213	Leaf lettuce washed well,	0.00
213	Gently patted dry	0.00
213	Tomatos peeled and sliced	3.00
213	Thin	0.00
213	Onion sliced thin	1.00 lg
213	(14-oz) hearts of palm	1.00 cn
213	Drained and sliced	0.00
213	(6-oz) drained black olives	1.00 cn
213	(15-oz) drained garbanzo	1.00 cn
213	Beans	0.00
213	Fresh chopped parsley to	0.00
213	Garnish	0.00
213	Olive oil	0.00
214	Loaf (1 pound) Italian	1.00
214	Bread, cut into 1-inch	0.00
214	Thick slices	0.00
214	Tomatoes, cut into med dice	2.00 lg
214	Red wine vinegar	2.00 tb
214	Olive oil	0.33 c
214	Minced basil	0.25 c
214	Salt and ground black	0.00
214	Pepper	0.00
215	Brie round	1.00
215	Pastry dough	1.00
215	Egg	1.00
215	Milk	2.00 tb
216	Beets; soft cooked, peeled	1.00 lb
216	and cut into chunks	0.00
216	Soft tofu; drained	4.00 oz
216	Apple cider vinegar	1.00 tb
216	(Or more, to taste)	0.00
216	Minced shallots	2.00 tb
216	Dry mustard	0.50 ts
216	Dried thyme	0.50 ts
216	Dried tarragon	0.50 ts
217	Bunch broccoli	1.00 sm
217	Salt to taste	0.00
217	Ripe avocado	1.00 lg

Sheet1

217	Lemon	0.50
217	Dijon style mustard	1.00 ts
217	Finely chopped garlic	0.50 ts
217	Red wine vinegar	1.00 tb
217	Freshly ground black pepper	0.00
217	To taste	0.00
217	Olive oil	3.00 tb
218	Broccoli, chopped	2.00 c
218	Vegetable oil	1.00 tb
218	Garlic clove	1.00
218	Onion, chopped	0.50
218	Mushrooms, chopped	0.25 lb
218	Cottage cheese, low fat	0.75 c
218	Yogurt, low fat plain	0.25 c
218	Salt, pepper	1.00 pn
219	Sugar	0.25 c
219	Salt optional	0.50 ts
219	Paprika	1.00 ts
219	Celery seed	1.00 ts
219	Onion powder OR	1.00 ts
219	Onion flakes	2.00 ts
219	Cider or wine vinegar	0.33 c
219	Water	0.75 c
219	Bulgur (cracked wheat)	1.00 c
219	Head broccoli cut into	1.00
219	Florets	0.00
219	Mushroom thin sliced	1.00 lb
219	Shredded/finely chopped	2.00 tb
219	Green onion tops	0.00
220	Head broccoli washed	1.00 lg
220	Trimmed use florets only no	0.00
220	Stems and drained dry	0.00
220	Chopped red sweet onion	1.00 c
220	White raisins	0.50 c
220	Chopped pecans	0.50 c
220	Bacon fried crisp and	0.50 lb
220	Crumbled	0.00
220	DRESSING -----	0.00 -----
220	Red wine vinegar	2.00 tb
220	Mayonnaise	0.75 c
220	Sugar	0.50 c
221	Garlic cloves mashed	4.00
221	Dijon mustard	1.00 tb
221	Dry mustard	0.50 ts
221	Salt and pepper to taste	1.00
221	Virgin olive oil	2.00 tb
221	Small tomatoes, halved	4.00
222	Grapfruit; 1/2 of one for	0.00
222	each person	0.00

Sheet1

222	Butter per half	1.50 ts
222	Sugar per half	0.50 ts
222	Sugar-cinnamon	2.00 tb
222	mixture per half	0.00
222	4 part sugar	0.00
222	and 1 part cinnamon	0.00
222	Cooked chicken liver for	0.00
222	each half	0.00
223	Beef	2.00 lb
223	Onion, medium	0.00
223	Pepper, bell, medium	0.00
223	Tomato sauce	8.00 oz
223	Beer	16.00 oz
223	Brown Bag Mix	1.00 pk
223	Tabasco sauce	4.00 tb
224	Bulgur (Health Food Store)	0.50 c
224	Boiling Water	0.50 c
224	Apple Juice	2.00 tb
224	Lemon Juice	2.00 tb
224	Finely Grated Lemon Rind	0.12 ts
224	Celery Stalk	1.00
224	Red Apple Cored & Diced	1.00 lg
224	Carrot Grated	0.50
224	Minced Italian Parsley	1.00 tb
224	Red Seedless Grapes	1.00 c
225	(2 cups) pk butterscotch	12.00 oz
225	flavored morsels	0.00
225	Peanut butter	1.00 c
225	Your favorite chex brand	8.00 c
225	cereals	0.00
225	Pk (1 c) milk chocolate	12.00 oz
225	morsels	0.00
226	Water	2.00 c
226	Lemon Juice	1.50 ts
226	Md Granny Smith Apple	1.00
226	Mayonnaise	1.00 c
226	Celery; Finely Diced	1.00 c
226	Fresh Pineapple; Crushed, OR	0.75 c
226	Pineapple;Crushed,Drain Well	8.25 oz
226	Curry Powder	2.00 ts
226	Salt	0.50 ts
226	Black Pepper	0.25 ts
226	Cashews; Chopped	0.50 c
226	Blue Cheese; Crumbled, *	0.25 c
227	Frim tofu	0.25 lb
227	Water	4.00 tb
227	Whole wheat flour	1.00 c
227	Black pepper	0.12 ts
227	Salt	0.25 ts

Sheet1

227	Head cabbage	0.50 md
227	Corn oil	1.00 tb
227	Boiling water	8.00 c
227	Bay leaf	1.00 ea
227	Soy sauce	1.00 tb
227	Chopped scallions	0.00
228	Cabbage; raw, shredded	2.00 c
228	Apple; med., diced, unpeeled	1.00
228	Lemon juice	1.00 tb
228	Raisins	0.50 c
228	Pineapple juice	0.25 c
228	Lemon juice	1.50 ts
228	Salt	0.25 ts
228	Sugar	1.00 tb
228	Sour cream	0.50 c
229	Anchovy Fillets	2.00
229	Mayonnaise	1.50 c
229	Dijon Mustard	1.00 ts
229	Parmesan Cheese	2.00 tb
229	Worcestershire Sauce	1.00 ts
229	Lemon Juice	1.00 tb
229	Black Pepper	0.25 ts
230	Tofu	0.33 c
230	Lemon juice	2.00 tb
230	Dijon mustard	1.50 ts
230	Garlic clove, minced	1.00
230	Anchovy paste, or anchovy	1.00 ts
230	Salt	0.25 ts
230	Parmesan cheese, grated	2.00 tb
230	Olive oil	1.00 tb
230	Sugar, pinch	1.00 pn
230	Pepper	1.00 pn
231	Unsalted Butter	1.00 tb
231	White Vinegar Or	2.00 ts
231	Red-Wine Vinegar	0.00
231	Tabasco Sauce	2.00 ts
231	Cayenne Pepper	1.00 ts
231	Garlic Salt	0.50 ts
231	Salt	0.50 ts
231	Unsalted Raw Cashews	2.00 c
232	Mayonnaise, (heaping)	5.00 tb
232	Louisiana hot sauce	1.00 ts
232	Yellow mustard (heaping)	2.00 tb
232	Ketchup	2.00 tb
232	Olive oil	2.00 tb
232	Wine vinegar	1.00 tb
232	Garlic salt	1.00 ts
232	Lea & perrins	1.00 tb
232	Juice of mediums size lemon	1.00

Sheet1

232	Salt (to taste)	3.00 ts
232	Bell peppers, sliced	4.00
232	Onions, medium, shredded	2.00
232	Large cabbage, shredded	1.00
233	Extra large shrimp, peeled	1.00 lb
233	Fresh lime juice	1.00 tb
233	Garlic powder	0.50 ts
233	Onion powder	0.50 ts
233	Thyme	0.25 ts
233	Salt	0.25 ts
233	Red pepper	0.25 ts
233	Black pepper	0.12 ts
233	Lime wedges	0.00
234	Env. Onion Soup Mix *	1.00
234	Plain Dry Bread Crumbs	0.50 c
234	Chili Powder	1.50 ts
234	Ground Cumin	1.00 ts
234	Thyme Leaves	1.00 ts
234	Red Pepper	0.25 ts
234	Boneless Chicken Breasts **	2.00 lb
234	Oil	0.00
235	Ears Corn Cut From Cob	4.00
235	Water	0.25 c
235	Zucchini (About 1 Lb.)	4.00 sm
235	Chopped Red Bell Pepper	0.50 c
235	Finely Chopped Green	0.33 c
235	Onions	0.00
235	Chopped Green Chiles	2.00 tb
235	Lime Juice	0.25 c
235	Vegetable Oil	2.00 tb
235	Salt	0.50 ts
236	Ice Berg Lettuce Chunks;	1.00 qt
236	(Otherwise Known As Head	0.00
236	Lettuce)	0.00
236	Tart Apples; Chopped	2.00 c
236	Bananas; Sliced	2.00 lg
236	Raisins	0.50 c
236	PEANUT BUTTER DRESSING -----	0.00 -----
236	Peanut Butter	0.25 c
236	Honey	3.00 tb
236	Milk	0.25 c
236	Miracle Whip Salad Dressing	0.50 c
237	Sugar	0.50 c
237	Green pepper, chopped	0.50
237	Salad oil	0.50 c
237	Med. onion, chopped or rings	1.00
237	Vinegar	0.50 c
237	Cut green beans	1.00 cn
237	Salt	1.00 ts

Sheet1

237	Red kidney beans	1.00 cn
237	Pepper	0.50 ts
237	Yellow wax beans	1.00 cn
238	Unsalted butter	1.00 tb
238	Peanut oil	1.00 tb
238	Large red onion, sliced	0.00
238	Sour cream	0.50 c
238	Mayonnaise	0.50 c
238	Salt	0.25 ts
238	Cayenne pepper	0.25 ts
238	Red pepper flakes	1.00 ts
238	Tabasco sauce	0.12 ts
238	----crackers or chips-----	0.00
239	Container (8-oz) frozen	1.00
239	Whipped topping thawed	0.00
239	Dry instant butterscotch	1.00 pk
239	Pudding	0.00
239	(8-oz) crushed pineapple	1.00 cn
239	With juice	0.00
239	Diced apples	3.00 c
239	Dry roasted nuts	1.00 c
239	Marshmallows	1.00 c
240	Pork shoulder; bonless, *	1.50 lb
240	Brown sugar; packed	2.00 tb
240	Tequila	1.00 tb
240	Molasses	1.00 tb
240	Salt	0.50 ts
240	Pepper	0.25 ts
240	Clove garlic; finely chopped	2.00
240	Water	0.33 c
240	Green onion w/top; sliced	1.00
241	Carrots, sliced	5.00 c
241	Tomato soup	1.00 c
241	Vinegar, white	0.75 c
241	Oil	0.50 c
241	Mustard, dry	1.00 ts
241	Salt	1.00 ts
241	Worcestershire sauce	1.00 ts
241	Onion, cut in rings	1.00
241	Green pepper, large	1.00
241	Sugar, white	0.75 c
242	Head cabbage, shredded	1.00 lg
242	Onion, chopped	1.00
242	Carrot, grated	1.00
242	Vinegar	0.75 c
242	Prepared mustard	1.00 ts
242	Vegetable oil	2.00 tb
242	Frozen apple juice	6.00 oz
242	concentrate (1 can)	0.00

Sheet1

242	Salt and pepper to taste	0.00
243	White Castle hamburgers	10.00
243	Can nacho cheese	1.00 lg
243	Head lettuce, chopped	1.00
243	Chopped tomatoes	2.00
243	Chopped onion	1.00 md
243	Jar salsa	1.00 lg
243	Bag nacho chips	1.00 lg
243	Sour cream	8.00 oz
243	Chopped black olives	25.00
243	Bag shredded cheddar cheese	1.00 lg
244	Tomatoes	6.00 md
244	Ripe avacados	2.00
244	Lemon juice	2.00 ts
244	Salt	2.00 ts
244	Onion, chopped finely	1.00 sm
244	Green California chiles,	1.00 cn
244	chopped	0.00
244	Bottled wax pepper, chopped	1.00
244	very fine	0.00
244	Wax pepper juice	0.50 ts
244	Bacon slices, crisp-cooked	4.00
244	and crumbled	0.00
244	Bed or lettuce for tomatoes	0.00
245	Chopped parsley	1.00 c
245	Cream cheese	1.00 c
245	Dry white wine	0.50 c
245	Salt, to taste	0.00
245	Lemon juice	1.00 tb
245	Catfish meat, cooked	1.00 lb
245	Louisiana hot sauce	1.00 ts
245	Crawfish meat, cooked	1.00 lb
245	Lea & Perrins	1.00 tb
246	Cream Cheese; Softened	0.50 c
246	Sour Cream	0.75 c
246	Red Or Black Caviar	3.00 oz
246	Lemon Juice	1.00 ts
246	Fresh Dill; Chopped, OR	1.00 tb
246	Dried Dill; Crushed	1.00 ts
246	Purple Onion; Diced	2.00 ts
246	GARNISH -----	0.00 -----
246	Egg; Lg, Hard Boiled	1.00
247	Mayonnaise	1.50 c
247	Sour Cream	0.50 c
247	Cayenne Pepper; To Taste	0.00
248	Gruyere cheese, grated	0.50 lb
248	Unsalted butter, at room	1.00 c
248	Temperature	0.00
248	Cayenne pepper	1.00 ts



Sheet1

248	Salt	1.00 ts
248	Sifted all-purpose flour	2.50 c
248	Chopped walnuts or pecans.	1.00 c
249	Clove garlic, minced	1.00
249	Head romaine lettuce	1.00
249	Tin anchovies (millionares)	1.00
249	Croutons	0.00
249	Bacon chopped	4.00
249	Olive oil	2.00 tb
249	White vinegar	2.00 tb
249	Worcestershire	2.00 tb
249	Dash tobasco	0.00
249	Lemon	0.50 x
249	Egg yolks	2.00
249	Cappers	0.00
249	Parmasean cheese	3.00 tb
250	Large romaine leaves	20.00
250	Head lettuce	1.00
250	French bread cut 1/2 in cube	1.00 c
250	Large garlic clove	1.00
250	Egg	1.00
250	Salt	0.25 ts
250	Juice of one lemon	0.50
250	Olive oil	0.25 c
250	Worcestershire sauce	0.50 ts
250	Grated romano cheese	0.25 c
250	Fresh ground pepper to taste	1.00
251	Sugar	0.50 c
251	Lemon Juice	0.25 c
251	Cider Vinegar	2.00 ts
251	Dry Mustard	1.00 ts
251	Salt	0.50 ts
251	Vegetable Oil	0.50 c
251	Celery Seed OR Poppy Seed	1.00 ts
252	Bananas	2.00
252	Slices canned pineapple	4.00
252	Orange gumdrops	4.00
252	Strips green pepper	4.00
252	Lettuce	0.00
252	Mayonnaise	0.00
252	VARIATION -----	0.00 -----
252	Red apples	2.00
252	VARIATION #2 -----	0.00 -----
252	Asparagus tips	0.00
252	Lettuce	0.00
252	Carrots	0.00
252	Water cress	0.00
252	Olives	0.00
252	Radishes	0.00

Sheet1

252	Parsley	0.00
252	French dressing	0.00
253	Butter	1.00 lb
253	Cheddar; Sharp, Grated	8.00 oz
253	Romano Cheese; Grated	4.00 oz
253	Worcestershire Sauce	1.00 ts
253	Garlic Powder	0.25 ts
253	Paprika; Sweet Or Hot	0.50 ts
254	Grated orange peel	0.50 ts
254	Fine chopped walnuts	2.00 tb
254	(3-oz) softened cream	1.00 pk
254	cheese	0.00
254	Orange juice	1.00 tb
254	Slices party rye bread	16.00
254	Slices (4 oz) thinly	4.00
254	sliced ham	0.00
254	Pitted sweet cherries	15.00
255	(8-oz) cream cheese	2.00 pk
255	(10-oz) sharp cheddar	1.00 pk
255	cheese	0.00
255	Worcestershire sauce	1.00 ts
255	(3-oz) chopped shredded	2.00 pk
255	dried beef	0.00
255	Chopped pimento olives	0.50 c
256	Muenster cheese grated	1.50 lb
256	Beaten egg	1.00
256	Pepper	0.50 ts
256	Gralic salt	0.50 ts
256	Salt	0.50 ts
256	Melted butter	3.00 tb
256	Chopped parsley	0.75 c
256	Refrigerated crescent rolls	1.00 pk
257	Bar cream cheese	8.00 oz
257	Sharp cheddar cheese	0.25 lb
257	spread	0.00
257	Minced onion	1.00 ts
257	Worcestershire sauce	1.00 ts
257	Lemon juice	0.50 ts
257	Dry mustard	0.50 ts
257	Garlic salt	0.50 ts
257	Can deviled ham	4.00 oz
258	Jar old english kraft	2.00
258	Jar roka blue cheese	1.00
258	Cream cheese	16.00 oz
258	Garlic cloves OR 1/2 ts	3.00
258	garlic powder	0.00
258	Grated onion	1.00 sm
258	Wine vinegar	6.00 ts
259	Stick butter, melted	1.00

Sheet1

259	Plain flour	1.00 c
259	Cayenne pepper	0.12 ts
259	Grated sharp cheddar cheese	1.00 c
259	Rice Krispies	1.00 c
259	Dash hot sauce	1.00
260	Cheddar Cheese; Shredded	1.00 c
260	Colby Cheese; Shredded	1.00 c
260	Red Chiles; Ground	1.00 ts
260	Cilantro Stems; Bunch, *	1.00
260	Paprika	0.00
261	All-purpose flour	1.00 c
261	Salt	0.25 ts
261	Dry mustard	0.50 ts
261	Hot chili powder	0.50 ts
261	Pinch cayenne pepper	1.00 lg
261	Butter or margarine	0.25 c
261	Finely grated Cheddar cheese	0.50 c
261	Egg, beaten	1.00
261	Cold water	1.00 tb
261	Sesame seeds	1.00 tb
261	Poppy seeds	1.00 tb
262	Unbleached Flour	1.00 c
262	Sharp Cheddar Cheese, Grated	0.50 lb
262	Softened Butter Or Margarine	0.50 c
262	Cayenne	1.00 ts
263	Cheddar cheese	0.75 lb
263	Roquefort cheese	0.25 lb
263	Butter	2.00 tb
263	Worcestershire sauce	0.50 ts
263	Prepared mustard	0.50 ts
263	Salt	0.25 ts
263	Pressed clove of garlic	0.50
263	Beer	1.00 c
264	New York Sharp Cheese	0.50 lb
264	Worcestershire sauce	2.00 ts
264	Pimento cheese	0.50 lb
264	Red pepper	0.25 ts
264	Cream cheese	0.50 lb
264	Mayonnaise	2.00 tb
264	Garlic cloves	2.00
264	Salt	0.25 ts
265	Jar (5-oz) cheese spread	1.00
265	Jar (5-oz) blue cheese	1.00
265	spread	0.00
265	(8-oz) soften cream cheese	1.00 pk
265	Wine vinegar	1.50 tb
265	Garlic powder to taste	0.00
265	Paprika	0.00
265	Minced fresh/dried parsley	0.00

Sheet1

265	to garnish	0.00
266	Butter	0.50 c
266	Tomato juice	2.00 tb
266	Grated cheddar cheese	2.00 c
266	Sifted all-purpose flour	1.00 c
266	Chopped pecans	0.75 c
266	Red pepper	0.25 ts
266	Salt	0.50 ts
267	Butter	2.00 tb
267	Mushrooms, coarsely chopped	4.00 oz
267	All-purpose flour	4.00 ts
267	Shredded cheddar cheese	2.00 c
267	Mustard powder	1.00 ts
267	Worcestershire sauce	1.00 ts
267	Fresh ground pepper to taste	0.00
267	Slices French bread (3/4")	8.00
267	Chopped fresh parsley	2.00 tb
267	Paprika	0.00
267	Fresh parsley sprigs (opt)	0.00
268	Shredded Farmer Cheese(4 oz)	1.00 c
268	Plain Yogurt	3.00 tb
268	Lemon juice	1.00 ts
268	Soy sauce	1.00 ts
268	Chopped Apple	0.25 c
268	Chopped Carrot	0.25 c
268	Finely chopped Celery	2.00 tb
268	Chopped Pecans	2.00 tb
268	Currants	2.00 tb
268	Toasted Wheat germ	1.00 tb
268	Curry powder	0.50 ts
269	Cherries; Dark, Pitted, 2 cn	40.00 oz
269	Jello; Cherry Gelatin (1 pk)	3.00 oz
269	Pineapple; Crushed, (1 Cn)	20.00 oz
269	Coca-Cola	1.00 c
269	Chopped Pecans	0.50 c
270	Boiling Water	2.00 c
270	(1 pk) Cerry Flavor Gelatin	6.00 oz
270	Cold Water	1.00 c
270	Lemon Juice	0.25 c
270	Chopped Cored Apples	1.50 c
270	Chopped Celery	1.00 c
270	Chopped Walnuts Or Pecans	1.00 c
270	Lettuce Leaves	0.00
270	Garnishes*	0.00
271	Your favoritor chex brand	9.00 c
271	cereals	0.00
271	Shredded coconut optional	2.00 c
271	Peanuts	1.00 c
271	Paked light brown sugar	1.00 c

Sheet1

271	(1 stick) butter	0.50 c
271	Light corn syrup	0.50 c
271	Vanilla extract	1.00 ts
271	Baking soda	0.50 ts
271	(2 cups) semi-sweet	12.00 oz
271	chocolate morsels	0.00
271	Raisins	1.50 c
272	Soaked chick peas	8.00 oz
272	Lemons, juiced	2.00 ea
272	Crushed garlic cloves	2.00 ea
272	Olive oil	5.00 tb
272	Tahini	2.00 tb
272	Salt & pepper	0.00
272	Water	0.00
272	Paprika & parsley	0.00
273	Chick peas, cooked	1.50 c
273	Lemon juice	4.00 tb
273	Garlic cloves	2.00 ea
273	Olive oil	4.00 tb
273	Stock from chick peas	0.00
273	Parsley, chopped	2.00 tb
273	Coriander	0.50 ts
273	Salt	0.50 ts
273	Black pepper	0.25 ts
273	Sesame paste	4.00 ts
273	Paprika	0.50 ts
273	Parsley to garnish	0.00
274	Uncooked Bulgur	0.33 c
274	(1 C. Cooked Brown Rice	0.00
274	May Be Substituted For	0.00
274	Bulgur.)	0.00
274	Boiling Water Divided	2.67 c
274	Chicken Bouillon Granules	1.00 ts
274	Garlic Crushed	1.00 cl
274	(10 Oz.) Chicken Breast	1.00
274	Skinned	0.00
274	Broccoli Flowerets	0.50 c
274	Minced Green Onions	2.00 tb
274	Lime Juice	1.00 ts
274	Pepper	0.25 ts
274	Crushed Red Pepper Flakes	0.25 ts
274	Minced Gingerroot	1.00 ts
275	1 oz. slices French bread	4.00
275	Vegetable cooking spray	0.00
275	Garlic powder	0.50 ts
275	Boneless chicken breasts	2.00 lb
275	Fresh lemon juice	0.33 c
275	Red wine vinegar	0.25 c
275	Olive oil	1.00 tb

Sheet1

275	Anchovy paste	1.00 ts
275	Fresh ground pepper	0.25 ts
275	Garlic	5.00 cl
275	Romaine lettuce	9.00 c
275	Grated parmesan cheese	0.25 c
276	Butter	0.50 c
276	Flour	2.00 tb
276	Mixed milk and chicken	1.25 c
276	stock	0.00
276	Ground cooked chicken	2.00 c
276	Salt	0.00
276	Freshly ground pepper	0.00
276	Beaten egg	1.00
276	Dry bread crumbs	2.00 tb
276	Oil for frying	0.00
277	Pre-grilled chicken breast	2.00
277	Filets (see note)	0.00
277	Sliced mushrooms	0.50 lb
277	Onions, coarsely chopped	2.00 md
277	(see note)	0.00
277	Chrushed garlic	1.00 tb
277	Green onions, minced,	2.00
277	including green portions	0.00
277	Teriyaki or ginger sauce	2.00 tb
277	Tomato sauce	0.50 c
277	White wine (see note)	32.00 oz
277	Oil	0.00
277	Parsley	0.00
277	Basil	0.00
277	Spike	0.00
277	Arrowroot (see note)	0.00
278	(8-oz) jar divided salsa	1.00
278	(6 1/4-oz) hormel chunk	1.00 cn
278	chicken drained flaked	0.00
278	Sour cream	0.25 c
278	Tortilla chips	7.50 oz
278	Shredded cheddar cheese	1.00 c
279	Chicken Breast,cooked,minced	1.50 c
279	Neufchatel Cheese, softened	8.00 oz
279	Chopped Onion	3.00 tb
279	Dry Sherry	2.00 tb
279	Mayonnaise (diet)	2.00 tb
279	Lemon juice	2.00 ts
279	Hot sauce	0.25 ts
279	Ground Nutmeg	0.12 ts
279	Paprika	1.00 ds
280	Cooked chicken breast meat	2.00 oz
280	Lettuce	1.00 x
280	Honey	1.00 tb

Sheet1

280	Sliced cucumber	0.50 c
280	Small pita	1.00 ea
280	Tomato slices	2.00 ea
280	Dijon mustard	1.00 tb
280	Low-cal vinaigrette	2.00 tb
281	Butter	4.00 tb
281	Water; boiling	0.50 c
281	Flour	0.50 c
281	Eggs	2.00
281	Cheese, shredded	0.50 c
281	Chicken, cooked	2.00 c
281	Olives	2.00 tb
281	Wine	2.00 tb
281	Mayonnaise	0.25 c
282	Frozen artichoke hearts	9.00 oz
282	Italian salad dressing	2.00 c
282	Cooked, cubed chicken	3.00 c
282	Sliced water chestnuts	0.33 c
282	Slivered green olives	0.25 c
282	Soy sauce	1.00 tb
282	Butter	2.00 tb
282	Pecan halves	0.50 c
282	Mixed vegetable seasoning	1.00 pn
282	Diced celery	0.75 c
283	Small sweet pickle	1.00 ea
283	1-inch piece onion	1.00 ea
283	Cooked chicken breast, cubed	1.00 ea
283	Mayonnaise	0.33 c
283	Sugar	0.50 ts
283	Salt	1.00 ds
283	Pepper	1.00 ds
284	Chicken, cooked, cubed	3.00 c
284	Asparagus, steamed	1.00 lb
284	Pineapple, cubed and	0.50
284	Steamed (OR	0.00
284	(20 oz) pineapple chunks,	1.00 cn
284	Drained)	0.00
284	Tomatoes, sliced	2.00
284	Onion, diced	1.00
284	Green pepper, sliced	1.00
284	(7 oz) green olives,	1.00 cn
284	Sliced	0.00
284	Parsley, chopped	1.00 tb
284	Basil	1.00 tb
284	Head iceberg lettuce, torn	1.00
285	Mayo Or Salad Dressing	1.00 c
285	Lime Juice	0.25 c
285	Salt	1.00 ts
285	Ground Nutmeg	0.25 ts

Sheet1

285	Cubed Chicken Or Turkey	4.00 c
285	(1 cn) Mandarin Oranges *	11.00 oz
285	Seedless Green Grape Halves	1.00 c
285	Chopped Celery	0.75 c
285	Slivered Almonds, Toasted	0.50 c
286	Whole chicken beasts,	2.00
286	Skinned and boned	0.00
286	Szechuan peppercorns	2.00 tb
286	Sesame paste	4.00 tb
286	Green tea	3.00 tb
286	Wine vinegar	2.00 tb
286	Soy sauce	2.50 ts
286	Peanut oil	3.00 tb
286	Crushed red pepper *	2.00 ts
286	Slices fresh ginger, minced	3.00
286	Scallion (white part only),	1.00
286	Chopped	0.00
286	Garlic, minced fine	1.00 cl
286	Dry sherry or	1.50 tb
286	Shaoshing wine	0.00
286	Cayenne pepper	0.50 ts
286	Lettuce leaves	0.00
287	Chickpeas (16 oz)	1.00 cn
287	Cucumber, peeled	1.00 md
287	Tomato	1.00 lg
287	Red pepper, seeded & diced	1.00
287	Scallions, chopped	2.00
287	Avocado	1.00
287	Olive oil	0.33 c
287	Lemon	1.00
287	Salt	0.25 ts
287	White pepper	0.12 ts
287	Leaves fresh basil, chopped	8.00
287	Dill, fresh	0.33 c
288	Chopped Onion	2.00 tb
288	Butter Or Margarine	0.50 ts
288	American Cheese Spread	0.25 c
288	Small Tomato *	1.00
288	Green Chili Peppers **	1.00 tb
288	Dash Hot Pepper Sauce (Opt.)	0.00
288	Tortilla Or Corn Chips	0.00
289	Cheese; shredded *	1.00 c
289	Green chiles; **	4.00 oz
289	Half & half	0.25 c
289	Onion; finely chopped	2.00 tb
289	Cumin; ground	2.00 ts
289	Salt	0.50 ts
290	Chopped Tomato	0.50 c
290	Minced Green Onions	0.25 c



Sheet1

290	Garlic Minced	1.00 cl
290	Eggs Beaten	4.00
290	(2 Oz.) Shredded Cheddar	0.50 c
290	(2 Oz.) Monterey Jack	0.50 c
290	Cheese With Jalapeno Pepper	0.00
290	Chili Powder	1.00 ts
290	Cumin, 1/8 t. Red Pepper	0.50 ts
290	(4 Oz.) Chopped Green	1.00 cn
290	Chiles Rinsed & Drained	0.00
290	Whole Green Chiles Sliced	0.00
291	Chiles, calif.; roast & peel	2.00
291	Cheese, monterey jack	1.33 oz
291	Oil; for frying	0.00
291	Eggs; separated	1.00
291	Flour, all purpose	0.00 c
291	TOMATO SAUCE -----	0.00 -----
291	Tomatoes; peeled	1.33 sm
291	Onion	0.33 sm
291	Garlic clove	0.33
291	Oil, vegetable	0.33 tb
291	Chicken broth	0.00 c
291	Salt	0.00 ts
291	Chiles, calif.	0.67 sm
291	Cinnamon, ground	0.00 pn
291	Cloves, ground	0.00 pn
292	Cottage cheese; low fat	12.00 oz
292	creamy	0.00
292	Kidney beans; drained	2.00 cn
292	(about 1 lb each)	0.00
292	Chili seasoning mix	1.00 pk
292	or to taste	0.00
292	Dippers: raw vegetables or	0.00
292	tortilla chips	0.00
293	Prepared chili mix	2.00 c
293	(8-oz) jar pasteurized	1.00
293	process cheese spread	0.00
293	(8-oz) pk tortilla chips	1.00
293	Shredded lettuce	2.00 c
293	Chopped tomatoes	1.00 c
293	Sour cream	0.50 c
294	Carrot; Diced	0.50 c
294	Sour Cream	2.00 c
294	Yellow Onion; Diced	0.50 c
294	Dijon Mustard	1.00 tb
294	Chili Powder	1.00 tb
294	Cumin; Ground	1.00 ts
294	Fresh Parsley; Chopped, OR	2.00 tb
294	Dried Parsley; Crushed	2.00 ts
295	Chopped Onion	0.25 c

Sheet1

295	Butter Or Margarine	1.00 ts
295	American Cheese Spread	0.50 c
295	Med. Tomato *	1.00
295	Chili Peppers **	2.00 tb
295	Dash Hot Pepper Sauce (Opt.)	0.00
295	Tortilla Or Corn Chips	0.00
296	Raw medium shrimp	1.00 lb
296	Salt	0.00
296	Sweet red pepper	0.50
296	Chives	8.00
296	Unsalted roasted peanuts	2.00 tb
296	SAUCE -----	0.00 -----
296	Fish sauce	2.00 tb
296	Lime juice	2.00 tb
296	Water	2.00 tb
296	Sugar	2.00 ts
296	Chinese chili sauce	1.00 ts
296	Garlic cloves	2.00
296	finely minced	0.00
296	Chopped fresh basil	2.00 tb
297	Corn oil	2.00 tb
297	Garlic clove, crushed	1.00
297	Onion, finely chopped	1.00
297	Fresh green chili, seeded,	1.00
297	finely chopped	0.00
297	Hot chili powder	1.00 ts
297	Red kidney beans (15 oz)	1.00 cn
297	Shredded Cheddar cheese	0.50 c
297	Salt to taste	0.00
297	Thin slivers fresh red and	0.00
297	green chilies	0.00
297	Fresh parsley sprig (opt)	0.00
297	Tortilla chips	0.00
298	COMBINE IN 2 QUART PAN -----	0.00 -----
298	TVP chunks	2.00 c
298	Boiling water	2.00 c
298	Ketchup	2.00 tb
298	MIX IN SMALL PAN -----	0.00 -----
298	Ketchup	0.33 c
298	Brown sugar	0.25 c
298	Dark sesame oil	2.00 tb
298	Tamari	2.00 tb
298	5 Spice powder *	2.00 ts
299	Chinese Cabbage	1.00 lb
299	Finely Shredded	0.00
299	Thinkly Sliced Red Pepper	0.75 c
299	Finely Chopped Green Onions	2.00 tb
299	Finely Chopped Fresh	2.00 tb
299	Cilantro	0.00

Sheet1

299	Lime Juice	0.25 c
299	Vegetable Oil	2.00 tb
299	Salt	0.12 ts
299	Red Pepper Flakes	0.12 ts
299	Garlic Sliced	1.00 cl
300	Chinese cabbage, shredded	4.00 c
300	Pineapple, crushed, drained*	8.25 oz
300	Water chestnuts, sliced **	8.00 oz
300	Parsley, fresh, snipped	1.00 c
300	Green onions, sliced	0.25 c
300	Mayonnaise, reduced calor.	0.25 c
300	Mustard, prepared	1.00 tb
300	Gingerroot, grated	1.00 ts
301	Soy sauce	0.50 c
301	Water	0.25 c
301	Mashed garlic clove	1.00
301	Juice from 1/4 lemon	0.00
301	Quartered roasting chicken	1.00
301	Lean pork tenderloin	2.00 lb
301	Vegetable oil	3.00 tb
301	Finely sliced celery stalk	1.00
301	Head cabbage finely diced	1.00 sm
301	Finely diced onions	3.00 lg
301	(8-oz) finely diced	1.00 pk
301	fresh mushrooms	0.00
301	Soy sauce to taste	0.00
301	Salt and pepper	0.00
301	Bean sprouts thoroughly cleaned	1.00 lb 0.00
301	Egg roll wrappers	0.00
301	Lightly beaten egg white	1.00
301	Vegetable oil for frying	0.00
301	DIPPING SAUCE:	0.00
301	Soy sauce	0.50 c
301	Dry mustard	1.00 ts
301	Garlic powder	2.00 ts
301	Vinegar	1.00 ts
301	Brown sugar	1.00 ts
302	Snow peas	1.50 c
302	Rice vermicelli	250.00 g
302	Red pepper sliced thin	0.00
302	English cucumber sliced thin	0.50
302	Cooked shrimp	6.00 oz
302	Crabmeat	130.00 g
302	Fine chopped fresh ginger	1.00 tb
302	Chopped garlic clove	1.00
302	Sesame oil	2.00 tb
302	Black pepper	0.50 ts
302	Salt	1.50 ts

Sheet1

302	Lemon juice	2.00 tb
302	Vegetable oil	3.00 ts
302	Red wine vinegar	1.00 ts
303	Precooked shanghai noodles	1.00 lb
303	Dash sesame oil for noodles	1.00
303	Snow peas	0.50 lb
303	Shrimp, shelled deveined	0.50 lb
303	Coriander, chopped	2.00 tb
303	Scallions, minced	2.00 tb
303	Oil	1.00 tb
303	SHRIMP MARINADE -----	0.00 -----
303	Salt	1.00 ts
303	White pepper	0.25 ts
303	Chinese cooking wine	0.50 ts
303	DRESSING -----	0.00 -----
303	Fresh ginger, grated	3.00 tb
303	Small garlic clove, crushed	1.00
303	Egg yolk	1.00
303	Egg white	1.00 ts
303	Lemon juice	2.00 ts
303	Vegetable oil (not olive)	0.67 c
303	Soy sauce	1.50 ts
303	Sesame oil	2.50 tb
303	Cream	1.00 tb
304	Raw shrimp	1.00 lb
304	Egg white; beaten	0.50
304	Cornstarch	1.00 c
304	Salt	0.50 ts
304	to	3.00
304	Oil; for deep frying	4.00 c
304	Green onions; for garnish	0.00
304	SWEET AND PUNGENT SAUCE -----	0.00 -----
304	Sugar	4.50 tb
304	Catsup	4.50 tb
304	Vinegar	0.25 c
304	Salt	0.50 ts
304	Sherry	1.00 tb
304	Cornstarch	0.50 ts
304	Oil	1.00 ts
304	Garlic cloves; minced	2.00 lg
304	Minced fresh ginger root	0.75 ts
304	Chopped green onion	1.00 tb
304	Crushed red pepper	1.00 ts
304	Lemon zest	1.00 ts
304	Orange zest	1.00 ts
305	Butter or Margarine	0.50 c
305	Med. Clove Garlic *	1.00
305	Env. Soup Mix **	1.00
305	(1 Can) Tomato Puree	16.00 oz

Sheet1

305	Brown Sugar	0.50 c
305	Imported Soy Sauce ***	0.25 c
305	White Vinegar	0.25 c
305	Chili Sauce	0.25 c
305	Spareribs ****	5.00 lb
306	Sesame oil	1.00 tb
306	Celery stalks, sliced	2.00 ea
306	Carrot, sliced	1.00 md
306	Garlic cloves, minced	2.00 ea
306	Vermicelli	1.00 c
306	Turnip, diced	1.00 md
306	Scallions, chopped	2.00 bn
306	Mushrooms, chopped	1.50 c
306	Snow peas	0.75 c
306	Mung bean sprouts	1.00 c
306	Dry sherry	2.00 tb
306	Rice or white vinegar	1.00 tb
306	Tofu cakes, diced	2.00 ea
306	Miso	4.00 tb
307	Cream cheese (room-	8.00 oz
307	Temperature)	0.00
307	Milk	2.00 tb
307	Jars (2-1/2 oz) chipped	1.00
307	Beef (finely chipped)	0.00
307	Onions (minced)	2.00 tb
307	Green bell pepper	1.00 tb
307	(finely chopped)	0.00
307	Black pepper	0.12 ts
307	Sour cream	0.50 c
307	Pecans (finely chopped)	0.25 c
307	Chips or crackers	1.00 lb
308	Rice, uncooked (not	0.33 c
308	Converted)	0.00
308	Water	1.00 c
308	Salt	0.25 ts
308	Cabbage leaves, large	4.00
308	Chorizo, dry or pepperoni	0.25 lb
308	Onions, green, (bunch)	1.00
308	Cucumber, medium	1.00
308	Oil, olive	3.00 tb
308	Parsley, minced	1.00 tb
308	Garlic, minced	1.00 ts
308	Pepper sauce, hot	0.25 ts
308	Salt	0.00
309	Frozen tiny peas, thawed	1.00 pk
309	Red onion, chopped	0.50
309	Shredded cheddar cheese	4.00 oz
309	Real bacon bits	0.00
309	Ranch dressing	0.00

Sheet1

310	Red onion, chopped	0.50
310	Green pepper, chopped	0.50
310	Sliced pepperoni, cut in	6.00 oz
310	halves or quarters	0.00
310	Shredded cheddar cheese	4.00 oz
310	Tomato, cubed	1.00 sm
310	Chopped black olives (small)	0.50 cn
310	Presto Italian dressing	0.00
310	Box Three colored pasta	1.00
311	Green cabbage, shredded	2.00 c
311	Red cabbage, shredded	2.00 c
311	Green pepper, grated	1.00
311	Red pepper, grated	1.00
311	Onion, red, grated	1.00
311	Mayonnaise	1.00 c
311	Oil & vinegar dressing	0.50 c
311	Carrots, grated	2.00
312	Butter or margarine,	0.25 lb
312	Divided	0.00
312	Whole shallot (or 2 or 3	1.00
312	Green onion), finely	0.00
312	Minced	0.00
312	Chopped fresh chives	1.00 ts
312	Lump crab meat, picked over	0.50 lb
312	To remove shells	0.00
312	Sour cream	2.00 tb
312	Chopped fresh dill	1.00 ts
312	Salt, to taste	0.00
312	Hot pepper flakes, to taste	0.00
312	10-inch flour tortillas at	6.00
312	Room temperature	0.00
312	Grated Monteray Jack cheese	0.75 c
312	GARNISHES -----	0.00 -----
312	(each) finely chopped red	0.50 c
312	And green bell peppers	0.00
312	Radicchio leaves, 3 per	0.00
312	Plate	0.00
312	Salsa	0.00
312	Quacamole	0.00
312	Sour cream	0.00
313	Kidney Beans; Cooked	1.50 c
313	Sour Cream	0.25 c
313	Lemon Juice	1.00 ts
313	Cumin; Ground	1.00 tb
313	Hot Sauce	1.00 ts
313	Coriander; Ground	1.00 tb
314	Shredded sharp cheddar	1.50 c
314	cheese (6-8 oz)	0.00
314	Cream cheese, softened	8.00 oz

Sheet1

314	Dry sherry	2.50 tb
314	Curry powder	0.50 ts
314	Salt	0.25 ts
314	Finely chopped chutney	0.33 c
314	Snipped chives	1.00 tb
314	Crackers	0.00
314	Fresh fruit	0.00
315	Large Egg	1.00
315	Whole Fresh Cilantro Leaves	0.75 c
315	Olive Oil	0.75 c
315	Minced Garlic	1.00 tb
315	Salt	1.00 ts
315	Turns Fresh Ground Black Pe	7.00
315	Cooked, unpeeled "New	2.00 lb
315	Potatoes" (halved if small,	0.00
315	Quartered if large)	0.00
315	Finely minced onion	0.33 c
316	Sharp cheese; (6-oz each)	3.00
316	softened	0.00
316	Roquefort or blue cheese	1.50 oz
316	Margarine; softened	2.00 tb
316	Garlic cloves; minced	2.00 md
316	Onion	1.00 md
316	Worcestershire sauce	1.00 ts
316	Tabasco	0.50 ts
316	Beer, heated and	1.00 c
316	slightly cooled	0.00
316	Rye bread loaf	1.00
317	Bite-sized rice cereal	2.00 c
317	Squares	0.00
317	Hexagon-shaped corn and rice	2.00 c
317	Cereal	0.00
317	Pretzel sticks	2.00 c
317	Raisins	0.50 c
317	Chopped dried apricots	0.50 c
317	Reduced-calorie margarine	2.00 tb
317	Brown sugar	2.00 tb
317	Cinnamon	1.00 ts
317	Ginger	0.50 ts
318	Fresh Fennel	1.25 lb
318	Grated Orange Rind	1.00 ts
318	Salt	0.25 ts
318	Pepper	0.12 ts
318	Fennel Seeds Crushed	0.25 ts
318	Unsweetened Orange Juice	0.25 c
318	Olive Oil	1.00 tb
318	Seedless Oranges, Each	1.00
318	Peeled & Cut Crosswise	0.00
318	Into 8 Slices	0.00

Sheet1

318	Pink Grapefruit, Each	2.00
318	Peeled & Cut Crosswise	0.00
318	Into 4 Slices	0.00
318	Purple Onion Sliced Rings	1.00 sm
318	Head Radicchio	1.00 sm
319	Naval oranges	2.00 lg
319	Cooked grains, such as	4.00 c
319	brown rice, barley or	0.00
319	kamut	0.00
319	Grated orange zest	1.00 tb
319	Fresh parsley, minced and	0.33 c
319	tightly packed	0.00
319	Carrots, shredded	1.00 c
319	Celery, finely chopped	0.50 c
319	Raisins or currants	0.33 c
319	Olive oil	2.00 tb
319	Safflower or canola oil	2.00 tb
319	Wine vinegar	1.00 tb
319	Lemon juice, fresh squeezed	3.00 tb
319	Sea salt or to taste	0.50 ts
319	Freshly ground pepper	0.00
319	Lettuce or radicchio leaves	0.00
320	Steamed softshell clams	1.00 qt
320	Onion	1.00
320	Medium potatoes, diced	3.00
320	Chopped parsley	2.00 tb
320	Butter	0.25 lb
320	Milk	2.00 c
320	Salt/pepper to taste	0.00
321	Cream cheese (8-oz pk)	3.00
321	Horseradish sauce	1.00 ts
321	Minced clams	2.00 cn
321	Green onions; chopped	0.50 c
321	Clam juice; drained	1.00 cn
321	Worcheshire sauce	1.00 ts
322	Clams; 8-oz can minced	2.00
322	Garlic cloves	4.00
322	Ritz crackers	50.00
322	Liberal oregano	0.00
322	Margarine; stick	0.50
323	Clams; minced drained	2.00 cn
323	Cream of mushroom soup	1.00 cn
323	undiluted	0.00
323	Philadelphia cream cheese	3.00 oz
323	Onion juice	0.00
323	Lawry's salt	0.00
324	Sour Cream	16.00 oz
324	Philadelphia Cream Cheese	16.00 oz
324	Onions, small, chop fine	2.00



Sheet1

324	Garlic (Polaner/Fiesta)	3.00 ts
324	White Pepper	2.00 ts
324	Red Pepper	1.00 ts
324	Horseradish (or 2" piece"	2.00 ts
324	Half bottle chives	1.00
324	Louis Rich Krab (or more)	8.00 oz
324	Lemon & Herb Seasoning	2.00 ts
324	Mushrooms	0.50 cn
325	Spareribs, in one piece	2.00 lb
325	(have the butcher trim the	0.00
325	Fat and discard the	0.00
325	Breastbone)	0.00
325	Plum sauce	4.00 c
325	MARINADE -----	0.00 -----
325	Chicken broth	4.00 tb
325	Soy sauce	0.25 c
325	Honey or corn syrup	3.00 tb
325	Hoisin sauce	3.00 tb
325	Wine vinegar	2.00 tb
325	Dry sherry or	2.00 tb
325	Shaoshing wine	0.00
325	Sugar	1.00 ts
325	(medium) garlic,	2.00 cl
325	Chopped fine	0.00
325	Cinnamon	0.50 ts
325	(tiny) 5-spice powder	0.00 pn
325	(optional)	0.00
325	DIPPING SAUCE -----	0.00 -----
325	Plum sauce	0.00
325	Scallion, chopped	0.00
326	Dijon Mustard	1.00 tb
326	Garlic Powder	0.50 ts
326	Mayonnaise	1.00 c
326	Capers	1.00 tb
326	Fresh Tarragon; Chopped, OR	1.00 tb
326	Dried Tarragon; Crushed	1.00 ts
326	Fresh Parsley; Chopped, OR	1.00 tb
326	Dried Parsley; Crushed	1.00 ts
327	Frying chicken cut up	2.50 lb
327	Water	4.00 c
327	Medium carrot, sliced	1.00
327	Medium stalk celery, sliced	1.00
327	Barley	0.50 c
327	Chicken bouillon	2.00 ts
327	Salt	2.00 ts
327	Pepper	0.25 ts
327	Bay leaf	1.00
327	Sliced leeks, with topps	1.50 c
328	Neufchatel cheese, softened	8.00 oz

Sheet1

328	Plain nonfat yogurt	0.25 c
328	Shredded reduced-fat 40% less-fat cheddar cheese	4.00 oz 0.00
328	Shredded reduced-fat Swiss cheese	4.00 oz 0.00
328	Grated onion	2.00 ts
328	Prepared horseradish	2.00 ts
328	Country-style Dijon Mustard	1.00 ts
328	Chopped fresh parsley	0.25 c
329	Catsup	0.75 c
329	Prepared Horseradish	2.00 tb
329	Hot Sauce	0.12 ts
329	Crabmeat; Flaked, OR	0.50 c
329	Crabmeat; Flaked, Drain Well	6.00 oz
329	Cream Cheese; Softened	1.00 c
329	White Onion; Diced	3.00 tb
329	Salt	0.12 ts
330	Mayonnaise	0.50 c
330	Catsup	1.00 tb
330	Lemon juice	2.00 ts
330	Horseradish	2.00 ts
330	Paprika	0.50 ts
330	Worcestershire sauce	0.25 ts
330	Tabasco sauce	2.00 dr
331	Shrimp, cooked	8.00 lg
331	Green onions, trimmed	2.00
331	Red bell pepper, seeded, cut in thin strips and decorative shapes	0.50 0.00 0.00
331	Ripe or green olives	8.00 sm
331	Garlic clove, crushed	1.00
331	Lemon juice	2.00 tb
331	Olive oil	2.00 tb
331	Sugar	1.00 ts
331	Coarsely ground mustard	1.00 ts
331	Creamed horseradish	0.25 ts
332	Scallions/shallots	1.00 bn
332	Salt	0.00
332	Bunch parsley	0.50 lg
332	Pepper	0.00
332	Whole pimentos	2.00 cn
332	Dry mustard	0.00
332	Pods garlic	2.00 lg
332	Red pepper	0.00
332	3 parts salad oil to 1 part white vinegar	1.00 0.00
332	Boiled shelled cleaned	5.00 lb
332	shrimp or defrosted frozen	0.00
333	Chili sauce	0.75 c

Sheet1

333	Lemon juice	3.00 tb
333	Horseradish	2.50 tb
333	Worcestershire sauce	2.00 ts
333	Grated onion	1.00 ts
333	Few drop tabasco sauce	0.00
334	Prepared mustard	6.00 oz
334	Currant jelly	10.00 oz
334	(8-10) frankfurters/vienna	1.00 lb
334	sausages or cocktail	0.00
334	wieners	0.00
335	Sour Cream	0.50 c
335	Flaked Coconut	3.00 tb
335	Honey	1.00 tb
335	Lime Juice	1.00 tb
336	Clams	10.00 oz
336	Philadelphia Cream Cheese	6.00 oz
336	Lemon Juice	1.00 ts
336	Salt	0.50 ts
336	Pepper	0.12 ts
336	Worcestershire sauce	1.00 ts
336	Garlic clove (pressed)	1.00
336	Tabassco sauce	0.00
337	Dry white wine	0.75 c
337	Basil leaves	8.00
337	Tarragon (plus more for	3.00
337	garnish)	0.00
337	Shallots, minced	3.00
337	Rosemary	2.00
337	Lemon slices	2.00
337	Celery leaves	3.00
337	Whole salmon, cleaned,	7.00 lb
337	rinsed, patted dry	0.00
337	Fish aspic (see recipe)	8.00 c
337	Turnip	1.00
337	Egg yolk, hard cooked,	1.00
337	mashed	0.00
337	Unsalted butter	1.00 ts
338	Onion	1.00 md
338	(whole) chicken beast	1.00 lb
338	Celery leaves	6.00
338	Chinese lemon sauce	4.00 tb
338	Dark soy sauce	1.50 tb
338	Lettuce leaves	0.00
338	Cilantro leaves and stem,	4.00 tb
338	Finely chopped	0.00
338	Lemon's juice	1.00
339	Potatoes; large *	6.00
339	;boiling water	0.00
339	Salt	0.50 ts

Sheet1

339	Onion; medium, minced	1.00
339	Vinegar	3.00 tb
339	Mustard; prepared	0.50 ts
339	Sugar	1.00 ts
339	Dillseed	2.00 ts
340	Olive oil	3.00 oz
340	Onion, chopped	7.00 oz
340	Cabbage, chopped	10.50 oz
340	Tomatoes, chopped	10.50 oz
340	Water	1.00 pt
340	Lemon juice	3.25 oz
340	Honey	4.00 tb
340	Orange juice	3.25 oz
340	Tofu balls	1.00 oz
341	Mayonnaise, (heaping)	5.00 tb
341	Louisiana hot sauce	1.00 ts
341	Yellow mustard (heaping)	2.00 tb
341	Ketchup	2.00 tb
341	Olive oil	2.00 tb
341	Wine vinegar	1.00 tb
341	Garlic salt	1.00 ts
341	Lea & Perrins	1.00 tb
341	Juice of mediums size lemon	1.00
341	Salt (to taste)	3.00 ts
341	Bell peppers, sliced	4.00
341	Onions, medium, shredded	2.00
341	Large cabbage, shredded	1.00
342	Head iceberg or romaine	1.00
342	Lettuce	0.00
342	Savory	0.50 ts
342	Mint	2.00 ts
342	Fresh rue, chopped (opt.)	2.00 ts
342	Fresh coriander, chopped	2.00 ts
342	(opt.)	0.00
342	Parsley, chopped	2.00 tb
342	Green onions, trimmed and	4.00
342	Chopped	0.00
342	Thyme	0.50 ts
342	Feta cheese, crumbled	0.75 c
342	Ground pepper	0.25 ts
342	Vinegar	0.25 c
342	Olive oil	0.25 c
342	Walnuts, chopped	0.75 c
343	Zucchini	0.00
343	Olive oil	0.00
343	Garlic; minced	0.00
343	Basil, fresh; shredded	0.00
343	salt	0.00
343	pepper	0.00

Sheet1

343	Wine vinegar	0.00
344	(4-oz) shredded monterey	1.00 c
344	jack cheese	0.00
344	Salad dressing/mayonnaise	0.25 c
344	Chopped carrot	2.00 tb
344	Chopped green onion	1.00 tb
344	Chopped red pepper	1.00 tb
344	Pre sliced frozen plain	6.00
344	toasted mini-bagels	0.00
345	Clams; Minced, OR	0.50 c
345	Clams; Minced, Well Drained	6.50 oz
345	Clam Juice	2.00 tb
345	Cream Cheese; Softened	1.00 c
345	Chili Sauce	1.00 tb
345	Hot Sauce	0.12 ts
345	Onion Juice	1.00 tb
345	Lemon Juice	1.00 ts
345	Worcestershire Sauce	0.25 ts
346	Cream cheese; softened, 2 pk	16.00 oz
346	Vegetable oil	0.25 c
346	Lime juice	0.25 c
346	Red chiles; ground	1.00 tb
346	Cumin; ground	1.00 tb
346	Salt	0.50 ts
346	Pepper; dash of	0.00
346	Corn; whole kernel, drained	8.75 oz
346	Walnuts; chopped	1.00 c
346	Onion; chopped, 1 small	0.25 c
347	Cucumber; Diced	0.25 c
347	Green Onion; Diced, Use All	0.25 c
347	Radish; Diced	0.25 c
347	Cottage Cheese	0.50 c
347	Sour Cream	0.50 c
347	Celery Salt	0.50 ts
347	Black Pepper	0.25 ts
348	Fresh Dill; Chopped, OR	3.00 tb
348	Dried Dill; Crushed	1.00 tb
348	Lemon Juice	1.00 tb
348	Sour Cream	1.00 c
348	Salt	1.00 ts
348	White Pepper	0.50 ts
348	White Onion; Grated	2.00 tb
348	Mayonnaise	1.00 c
349	(8 ounces) cream cheese,	1.00 pk
349	softened	0.00
349	Minced parsley	2.00 tb
349	Lea & Perrins Worcestershire	1.00 ts
349	(4 ounces) shredded sharp	1.00 c
349	cheddar cheese	0.00

Sheet1

349	1/4 ts Salt	0.00
349	Minced onion	0.25 c
350	Black beans; rinse & drain *	15.00 oz
350	Ripe olives; chop & drained *	4.00 oz
350	Onion; finely chopped, 1 sm.	0.25 c
350	Clove garlic; finely chopped	1.00
350	Vegetable oil	2.00 tb
350	Lime juice	2.00 tb
350	Salt	0.25 ts
350	Red pepper; crushed	0.25 ts
350	Cumin; ground	0.25 ts
350	Pepper	0.12 ts
350	Cream cheese; softened, 1 pk	8.00 oz
350	Eggs; large hard cooked, **	2.00
350	Green onion w/top; sliced	1.00
351	Pace Picante Sauce	0.00
351	Mayonnaise	0.33 c
351	OR	0.00
351	Light mayonnaise	0.33 c
351	Tomato paste	2.00 tb
351	Sugar, or less	2.00 tb
351	Sweet pickle relish	1.00 tb
351	Crab meat or imitation crab	1.00 lb
351	meat, cut into bite-size	0.00
351	pieces	0.00
351	Thinly sliced or chopped	0.25 c
351	ripe olives or pimiento-	0.00
351	stuffed green olives, as	0.00
351	desired	0.00
351	Ripe avacados	4.00
351	Hard-cooked eggs, sliced or	2.00
351	cut into wedges (opt)	0.00
352	Crab meat; cooked	1.00 c
352	Avocados; peeled & chopped	2.00
352	Jalapeno chiles; *	2.00
352	Tomato; chopped, 1 small	0.25 c
352	Lime juice	0.25 c
352	Olive or vegetable oil	2.00 tb
352	Onion; chopped	2.00 tb
352	Cilantro; fresh, snipped	2.00 tb
352	Clove garlic; finely chopped	1.00
352	Salt	0.75 ts
352	Pepper; dash of	0.00
352	Lettuce; finely chopped	1.50 c
352	Lemon or lime wedges	0.00
353	Pkg Cream Cheese, softened	8.00 oz
353	Backfin crabmeat	8.00 oz
353	Milk	1.00 tb
353	Chopped onion	2.00 tb

Sheet1

353	Horseradish	0.50 ts
353	Slivered almonds	2.00 oz
353	Salt	0.00
353	Pepper	0.00
354	Crabmeat	1.00 lb
354	Mayonnaise or salad dressing	0.50 c
354	Garlic salt, to taste	0.00
354	Onion, grated	2.00 tb
354	Prepared Mustard	2.00 ts
354	Powdered Sugar	2.00 ts
354	White Wine	0.67 c
355	Cream cheese	24.00 oz
355	Crab meat	1.00 lb
355	Mayonnaise	0.50 c
355	Mustard	2.00 tb
355	Powdered sugar	1.00 tb
355	Chopped onion	1.00 ts
355	Salt and pepper	0.00
355	Sherry	0.50 c
356	Mayonaise	0.50 c
356	Sour cream	0.50 c
356	Celery	0.00
356	Green onion	0.00
356	Mock crab, flaked	0.75 lb
356	Dill	0.00
357	All-purpose flour	1.75 c
357	Warm water	1.50 c
357	Vegetable oil	2.00 tb
357	Baking powder	2.00 ts
357	Salt	0.12 ts
357	Crabmeat	1.00 lb
357	Fresh white breadcrums	0.75 c
357	Egg whites, divided	4.00 lg
357	Chopped fresh parsley	3.00 tb
357	Salt and pepper, to taste	0.00
357	All-purpose flour, for	0.00
357	Dredging	0.00
357	Vegetable oil,for deep	0.00
357	Frying	0.00
357	CURRY SAUCE -----	0.00 -----
357	Olive oil	1.50 tb
357	Garlic clove, minced	1.00 sm
357	Curry powder	1.00 ts
357	Mayonnaise	0.50 c
357	Sour cream	0.50 c
357	Orange Juice	2.00 tb
357	Sugar	1.00 tb
357	Fresh lemon juice	1.00 tb
357	Chutney	1.00 tb

Sheet1

358	Stick butter or margarine	1.00
358	Sm bunch chopped green onion	1.00
358	Parsley, finely chopped	0.50 c
358	Celery, finely chopped	0.50 c
358	(small) mushrooms, drained	1.00 cn
358	Flour	3.00 tb
358	Light cream	2.00 c
358	Swiss cheese, grated	2.00 c
358	Sherry or vermouth, dry	0.50 c
358	Cayenne pepper	0.00
358	Salt, to taste	0.00
358	White crab meat (or shrimp)	1.00 lb
359	Tomato juice	0.25 c
359	Egg well beaten	1.00
359	6.5-7.5 oz can (1 c) crab	1.00
359	meat drained and flaked	0.00
359	Dry fine bread crumbs	0.50 c
359	Chopped parsley	1.00 tb
359	Lemon juice	1.00 tb
359	Salt	0.25 ts
359	Worcestershire sauce	0.25 ts
359	Pepper	1.00 ds
359	Bacon cut in half	9.00 sl
360	Vegetable cooking spray	0.00
360	Envelope unflavored gelatin	1.00
360	Skim milk	3.00 tb
360	Neufchatel cheese, softened	8.00 oz
360	Plain nonfat yogurt	8.00 oz
360	Fresh lump crabmeat, drained	0.50 lb
360	Minced celery	1.00 c
360	Sliced green onions	0.33 c
360	Lemon juice	1.00 tb
360	Pepper	1.00 ts
360	Prepared horseradish	0.50 ts
360	Fresh radishes (optional)	0.00
361	Crabmeat (7 oz. can)	0.50 lb
361	Stick margarine	1.00
361	Jar Old English Cheese	1.00
361	Garlic salt	0.50 ts
361	Mayonnaise	2.00 tb
361	Season salt	0.50 ts
361	English Muffins	6.00
362	Backfin crabmeat	1.00 lb
362	Cream cheese, softened	8.00 oz
363	Frozen Crab Meat	8.00 oz
363	Defrosted	0.00
363	Fozen Cut Asparagus,	5.00 oz
363	Defrosted	0.00
363	Sliced Green Onion	0.25 c



Sheet1

363	Sliced Water Chestnuts	0.50 c
363	Lettuce Leaves	0.00
363	Parsley	0.00
364	Flaked crabmeat	1.00 lb
364	Jalapeno peppers (1 lb 11oz)	1.00 cn
364	Green pepper; finely chopped	2.00 tb
364	Onions; finely chopped	2.00 tb
364	Cracker meal	0.25 c
364	Egg; beaten	1.00
364	Salt	0.25 ts
364	Black pepper	0.25 ts
364	Cayenne pepper	0.12 ts
364	Garlic clove; minced	1.00
364	Milk	0.25 c
364	BREADING MIXTURE -----	0.00 -----
364	Cracker meal	2.00 c
364	Milk	1.00 c
364	Eggs	2.00
364	Salt	0.25 ts
364	Pepper	0.25 ts
365	Large Mushrooms	20.00
365	Italian dressing	0.00
365	Crabmeat, well picked	8.00 oz
365	Fresh breadcrumbs	0.75 c
365	Eggs, beaten	2.00
365	Mayonnaise	0.25 c
365	Onion, minced	0.25 c
365	Lemon juice	1.00 ts
366	Cream cheese	8.00 oz
366	Crabmeat	1.00 cn
366	Chili sauce	0.50 c
366	Horseradish	1.00 ts
366	Worcestershire sauce	1.00 ts
366	Tobasco sauce	0.25 ts
366	Chopped chives	1.00 ts
366	Parsley	0.25 ts
366	Salt	1.00 ts
367	12-oz package salad-style im	0.50
367	(about 1 cup)	0.00
367	Jarlsberg or swiss cheese (s	0.25 lb
367	Mayonnaise or whipped salad	0.25 c
367	Dry mustard	0.25 ts
367	Melba toast rounds	30.00
367	Sliced pitted ripe olives	0.50 c
367	Rosemary or wattercress spri	0.00
368	Crab meat	1.00 c
368	Bread crumbs	1.00 tb
368	Onions, minced	1.00 tb
368	Parmesan cheese, grated	1.00 tb

Sheet1

368	Salt	1.00 ts
368	Parsley, minced	2.00 tb
368	Mushroom stems, chopped fine	12.00
368	Mushroom caps	12.00
368	Egg, beaten	1.00
368	Louisiana hot sauce, to tast	0.00
369	Cream cheese	8.00 oz
369	Miracle whip	2.00 tb
369	Sugar	2.00 tb
369	Chunk pineapple (drained)	1.00 cn
369	Whole cranberry sauce	1.00 cn
369	Chopped walnuts	1.00 c
369	Dream whip	1.00 pk
370	Eggs, hard boiled	3.00
370	Durkee's famous sauce	1.00 tb
370	Chopped crawfish or shrimp	1.00 lb
370	Mayonnaise	2.00 tb
370	Salt, if needed	0.00
370	Dill pickles, finely chopped	2.00 tb
370	Red cayenne pepper	1.00 ts
370	Poupon mustard	1.00 ts
371	Heinz chili sauce	0.50 c
371	Catsup	0.50 c
371	Horseradish	0.50 c
371	Lea & Perrins Worcestershire	1.00 tb
371	Salt	0.50 ts
371	Lemon or lime juice	1.00 tb
371	Parsley, chopped fine	0.50 c
371	Louisiana hot sauce	0.00
371	Boiled crawfish or shrimp	0.00
372	Cream cheese softened	8.00 oz
372	Milk	1.00 tb
372	Corned/chipped beef cut in	1.00 pk
372	strips with scissors	0.00
372	Chopped ripe/green olives	0.00
372	as desired	0.00
372	Salt and pepper	0.00
373	Cream cheese (8 oz)	2.00 pk
373	Lawry's salt to taste	0.00
373	Onions; chopped	0.25 c
373	Green pepper; chopped	0.25 c
373	Pineapple; tall can	1.00
373	drained crushed	0.00
373	Chopped walnuts	0.25 c
374	Medium cucumbers, scrubbed	3.00
374	Cream cheese, softened	8.00 oz
374	Pimiento-stuffed olives,	0.50 c
374	Chopped	0.00
374	Chopped chives	0.25 c

Sheet1

375	Cucumber	1.00 ea
375	Vinegar	1.00 tb
375	Salt	1.00 x
375	Sour cream	0.50 c
375	Paprika	1.00 x
376	Mayonnaise; light/reduced	1.00 c
376	calorie	0.00
376	Milk	0.25 c
376	Onion; finely chopped green	2.00 tb
376	Parsley; finely chopped	2.00 tb
376	Lemon juice	1.00 tb
376	Dried dillweed	2.00 ts
376	Salt	0.25 ts
376	Hot pepper sauce	0.25 ts
377	Crabmeat	1.00 lb
377	Celery salt	0.25 ts
377	Chicken bouillion cube	1.00
377	Boiling water	1.00 c
377	Dash pepper	0.00
377	Chopped onion	0.25 c
377	Milk	1.00 qt
377	Butter	1.00 c
377	Chopped parsley	0.00
377	Flour	3.00 tb
378	Cream cheese; (8-oz) soften	1.00 pk
378	Hot pepper rings; fine	0.33 c
378	chopped	0.00
378	Liquid from hot	1.00 tb
378	pepper rings	0.00
378	Onion; fine chopped	2.00 tb
378	Apple jelly or sweet	2.00 tb
378	orange marmalade	0.00
378	Celery; fine chopped	2.00 tb
378	Sweet red pepper; fine	2.00 tb
378	chopped	0.00
378	Hot pepper rings for garnish	0.00
379	Pickled HerringIn Sour Cream	4.00 oz
379	Apple; Tart, Finely Diced	0.50 c
379	White Onion; Finely Diced	1.00 tb
379	Sour Cream	1.00 c
380	Ripe Avocado	1.00
380	Lemon Juice	1.00 ts
380	Sour Cream	0.50 c
380	Bacon; Crumbled, 2 strips,OR	2.00 tb
380	Imitation Bacon Bits	2.00 tb
380	Onion Powder	0.25 ts
380	Hot Sauce	0.25 ts
380	Cucumber; Finely Diced	2.00 tb
381	Mayonnaise; reduced	1.00 c

Sheet1

381	calorie; light/cholesterol	0.00
381	free	0.00
381	Milk	0.25 c
381	Onion; fine chopped green	2.00 tb
381	Fine chopped parsley	2.00 tb
381	Lemon juice	1.00 tb
381	Dried dillweed	2.00 ts
381	Salt	0.25 ts
381	Hot pepper sauce	0.25 ts
382	Cream cheese; 8 oz softened	1.00 pk
382	Onions; chopped green	0.25 c
382	Kraft real mayonnaise	0.50 c
382	Horseradish sauce	0.33 c
382	Onions; chopped green	0.25 c
382	6 3/4 oz chunk ham, drained	1.00 cn
382	flaked	0.00
383	Velveeta cheese; cubed	0.50 lb
383	Horseradish spread	0.33 c
383	Milk	0.25 c
384	Cream cheese; (8-oz)softened	1.00 pk
384	Hot pepper rings; fine diced	0.33 c
384	chopped	0.00
384	Liquid from hot	1.00 tb
384	pepper rings	0.00
384	Fine chopped onion	2.00 tb
384	Apple jelly/sweet	2.00 tb
384	orange marmalade	0.00
384	Celery; fine chopped	2.00 tb
384	Sweet red pepper; fine	2.00 tb
384	chopped	0.00
384	Whole hot pepper rings for	0.00
384	Garnish	0.00
385	Mayonnaise	0.67 c
385	Pace Picante Sauce	0.50 c
385	Dairy sour cream	0.33 c
385	Ground cumin (opt)	0.50 ts
386	Cream Cheese; Softened	1.00 c
386	Fresh Basil; Chopped, OR	0.25 c
386	Dried Basil; Crushed	4.00 ts
386	Sour Cream	1.00 c
386	Carrot; Shredded	0.25 c
386	Purple Onion; Chopped	0.25 c
386	Salt	0.25 ts
386	Black Pepper	0.25 ts
387	Sour cream	1.00 c
387	Chunky salsa	1.00 c
387	Ranch salad dressing	1.00 pk
387	mix	0.00
388	Gelatine, unflavored (envel)	1.00

Sheet1

388	Milk, skim	0.50 c
388	Yogurt, plain	8.00 oz
388	Mayonnaise	0.50 c
388	Shrimp, cleaned, cooked and	1.00 lb
388	Coarsely chopped	0.00
388	Celery, chopped	1.00
388	Cheese, Parmesan, grated	0.25 c
388	Mustard, Dijon, prepared	1.00 tb
388	Dill, fresh, snipped	2.00 tb
388	Salt	0.50 ts
388	Pepper	0.25 ts
388	Mixed salad greens (optional	0.00
389	Dairy sour cream	8.00 oz
389	Mayonnaise	1.00 c
389	Celery salt	0.50 ts
389	Dill weed	0.50 ts
389	Onion salt	0.25 ts
389	Onions; chopped green	0.25 c
389	Frozen leaf spinach thawed	3.00 c
389	and well drained	0.00
389	Water chestnuts drained and	8.00 oz
389	finely chopped	0.00
389	Pepper; chopped red bell	3.00 tb
389	if desired	0.00
390	Trouts (6 oz ea. cleaned) *	2.00
390	Whole egg	1.00
390	Egg white	1.00
390	Olive or sunflower oil	0.25 pt
390	Creamy yoghurt	5.00 tb
390	Dijon mustard	1.00 ts
390	Gelatine powder (or more)	1.25 ts
390	Fresh parsley & tarragon	0.00
390	Cucumber	0.50
390	Caster sugar	0.00
390	Tarragon vinegar	0.00
391	Eggplant	1.00 sm
391	Salt	2.00 ts
391	Olive oil	3.00 tb
391	Onion, chopped	1.00 lg
391	Red pepper, seeded, diced	1.00
391	Garlic clove, crushed	1.00
391	Paprika	2.00 ts
391	Hot chili powder	0.50 ts
391	Fresh okra	4.00 oz
391	Frozen corn, thawed	0.75 c
391	Boiling chicken stock	2.00 c
391	Tomatoes in tomato juice	1.00 cn
391	(8 oz)	0.00
391	Long grain white rice	2.00 tb

Sheet1

391	Peeled cooked medium-size	8.00 oz
391	shrimp, thawed if frozen	0.00
391	Salt to taste	0.00
391	Fresh ground pepper to taste	0.00
391	Fresh dill sprigs (opt)	0.00
392	Medium artichokes	4.00
392	Stick butter	0.50
392	Green onions, finely chopped	4.00
392	Onions, finely chopped	0.25 c
392	Cooked shrimp or crab meat	1.00 c
392	Seasoned bread crumbs	1.50 c
392	Parmesan cheese	0.50 c
392	Salt	0.00
392	Lemon juice	4.00 tb
392	Egg, beaten	1.00
392	Shakes Tabasco sauce	2.00
392	Olive oil	0.00
393	Flour	1.50 c
393	Sugar	1.00 tb
393	Baking powder	0.50 ts
393	Salt	0.50 ts
393	Milk	2.00 c
393	Eggs	2.00
393	Vanilla	0.50 ts
393	Melted butter	2.00 tb
394	Vegetable Oil	0.25 c
394	Tarragon OR White Wine	0.25 c
394	Vinegar	0.00
394	Lemon Juice, 1/2 t. Pepper	1.00 tb
394	Sugar, 1 t. Dried Dillweed	1.00 ts
394	Dried Basil, 1 t. Tarragon	1.00 ts
394	Chopped Cauliflower	1.00 c
394	Shredded Carrot	1.00 c
394	Shredded Red Cabbage	1.00 c
394	Chopped Green Pepper	0.25 c
394	Chopped Fresh Parsley	0.25 c
394	Chopped Green Onions	0.25 c
395	Wonton skins	12.00
395	Corn oil, for frying	0.00
395	Goat cheese	4.00 oz
395	Cream cheese	1.00 oz
395	(about 2 Tbsps) sour cream	1.00 oz
395	Chives, chopped	1.00 tb
395	Fresh parsley	1.00 tb
395	Fresh thyme leaves	0.50 ts
395	Garlic, chopped	1.00 ts
395	Shallots, chopped	1.00 ts
395	Black pepper, freshly	0.00
395	Ground	0.00

Sheet1

395	Hearts of palm, cut into	4.00
395	1/4-in slices	0.00
395	Cherry tomatoes or yellow	16.00
395	Teardrop tomatoes	0.00
395	SALAD DRESSING -----	0.00 -----
395	Dijon mustard	2.00 tb
395	Garlic, chopped	0.50 ts
395	Salt	1.00 ts
395	White pepper	0.33 ts
395	Red wine vinegar	1.00 tb
395	Olive oil, extra virgin	5.00 tb
395	SALAD MIX -----	0.00 -----
395	Head Boston lettuce	1.00
395	Head red tip lettuce	1.25
395	Belgian endive	1.00
395	Head radicchio	0.50
396	Yellow split peas	1.00 c
396	Baking soda	2.00 ts
396	Vegetable oil	0.00
396	- for deep-frying	0.00
396	Chili powder	0.50 ts
396	Ground coriander	0.50 ts
396	Ground cinnamon	1.00 pn
396	Ground cloves	1.00 pn
396	Salt	1.00 ts
397	Bean curd (tofu)	0.75 lb
397	cut into 1-inch cubes	0.00
397	Peanut oil; for deep-frying	1.25 c
397	SAUCE -----	0.00 -----
397	Roasted peanuts	1.00 oz
397	Sugar	1.00 tb
397	Water	2.00 tb
397	Chinese white rice vinegar	2.00 ts
397	OR- cider vinegar	0.00
397	Finely chopped cilantro	1.00 tb
397	Salt	0.50 ts
397	Chili oil	0.50 ts
398	Oil; for deep-frying	0.00
398	Sen mee noodles	4.00 oz
398	- soaked in water for 20	0.00
398	- minutes, and drained	0.00
398	THE SAUCE -----	0.00 -----
398	Oil	2.00 tb
398	Ready-fried beancurd	4.00 oz
398	- cut into thin strips	0.00
398	Oil	2.00 tb
398	Garlic cloves	2.00
398	- finely chopped	0.00
398	Shallots; finely chopped	2.00

Sheet1

398	Light soy sauce	1.00 tb
398	Salt	0.50 ts
398	Sugar	4.00 tb
398	Vegetable stock	4.00 ts
398	Lemon juice	3.00 tb
398	Chili powder	0.50 ts
398	TO GARNISH -----	0.00 -----
398	Oil	2.00 tb
398	Egg; lightly beaten with:	1.00
398	Cold water	1.00 tb
398	Beansprouts	0.33 c
398	Spring onion	1.00
398	- cut into 1/2-inch slivers	0.00
398	Fresh red chili; deseeded	1.00 md
398	- and slivered lengthways	0.00
398	Whole head pickled garlic	1.00
398	- finely sliced across	0.00
398	- the bulb to make	0.00
398	- flower-shaped sections	0.00
399	Flour	1.50 c
399	Salt	0.50 ts
399	Cayenne pepper	0.12 ts
399	Unsalted butter, cut into	6.00 tb
399	bits	0.00
399	Sharp cheddar cheese,	1.00 c
399	coarsely grated	0.00
399	Heavy cream	3.00 tb
399	Egg, beaten lightly	1.00 lg
399	Swiss cheese, finely shredde	1.50 c
399	Butter, softened	3.00 tb
400	Dressing, Miracle Whip	0.75 c
400	Sugar	1.00 tb
400	Cabbage, green, shredded	4.00 c
400	Cabbage, red, shredded	1.00 c
400	Peanuts, chopped	0.50 c
400	Bacon, crisply cooked, crumb	4.00
401	Fresh or frozen peas	10.00 oz
401	Crisp bacon (crumbled)	0.25 c
401	Diced celery	1.00 c
401	Sour cream	0.50 c
401	Chopped celery	1.00 c
401	Diced green onion	0.25 c
401	Cashews	1.00 c
401	Dijon mustard	0.50 ts
401	Garlic (minced)	1.00 cl
401	Prepared Hidden Valley Ranch	1.00 c
402	(6 1/2 Oz.) Can Solid	1.00 cn
402	White Tuna Packed in Water,	0.00
402	Drained & Flaked	0.00



Sheet1

402	(8 Oz.) Water Chestnuts	1.00 cn
402	Drained & Chopped	0.00
402	Chopped Celery	1.00 c
402	Shredded Carrots	0.50 c
402	Sliced Green Onions	0.25 c
402	Low Cal. Mayonnaise	0.25 c
402	Dijon Mustard	1.00 tb
402	Soy Sauce	1.00 ts
402	Pepper	0.25 ts
403	Diced turkey, white meat	2.00 c
403	Crushed pineapple, in its	1.00 cn
403	own juice, drained	0.00
403	reserve 2 tablespoons juice	0.00
403	Seedless, green grapes, cut	0.50 lb
403	in half	0.00
403	Carrot, shredded	1.00
403	Chopped celery	0.50 c
403	Diced jicama	0.25 c
403	Slivered almonds	0.25 c
403	DRESSING -----	0.00 -----
403	Plain low fat yogurt	0.25 c
403	Reduced calorie or fat-free	0.25 c
403	mayonnaise	0.00
403	Reserved pineapple juice	2.00 tb
403	Curry, or more, to taste	0.25 ts
404	Lean Beef, minced	12.00 oz
404	Soy Sauce	1.50 tb
404	Salt	0.00
404	Egg White	1.00
404	Vegetable Oil	1.00 tb
404	Sugar	1.50 ts
404	Black Pepper, freshly ground	0.00
404	Won Ton Wrappers (skins)	50.00
405	English Seedless Cucumber	1.00
405	Salt	0.00
405	Chili Pepper	0.00
405	Fresh Lime Juice	1.00 tb
405	Minced Onion	1.00 ts
405	Slices, Sweet Red Pepper	0.00
405	Lettuce	0.00
405	Ripe Avocado, sliced	1.00
405	Fresh Parsley	0.00
406	Cream cheese; (8-oz)	1.00 pk
406	softened	0.00
406	Reduced calorie mayonnaise	1.00 c
406	Cucumbers peeled seeded	2.00 md
406	and chopped	0.00
406	Onion; sliced green	2.00 tb
406	Lemon juice	1.00 tb

Sheet1

406	Snipped fresh dill or	2.00 ts
406	Dried dillweed	0.50 ts
406	Hot pepper sauce	0.50 ts
407	Med Cucumber thin sl 3 cups	1.00
407	Salt	1.00 ts
407	Sour cream	0.50 c
407	White vinegar	1.00 tb
407	Drops of Tabasco	2.00
407	Chopped chives	2.00 tb
407	Dill seed or fresh chop dill	1.00 ts
407	Dash of pepper	1.00
408	Cucumbers; medium	2.00
408	Sugar	1.50 tb
408	Cider vinegar	1.50 tb
408	Salt	0.50 ts
408	Pepper	0.12 ts
408	Sour cream	0.50 c
408	Parsley; fresh, minced	1.00 tb
409	Lime gelatin (3 oz.)	1.00 pk
409	Hot water	1.00 c
409	Cucumber, scrubbed & grated	1.00 c
409	Onion, grated	0.50 c
409	Sour cream	1.00 c
409	Cottage cheese	1.00 c
409	Mayonnaise	1.00 c
410	Cream cheese, softened	8.00 oz
410	Mayonnaise	1.00 c
410	Cucumbers, seeded, chopped	2.00
410	Sliced green onion	2.00 tb
410	Lemon juice	1.00 tb
410	Snipped fresh dill	2.00 ts
410	Hot pepper sauce	0.50 ts
411	Chopped Tomato	0.25 c
411	Peeled, Chopped Cucumber	3.00 tb
411	Chopped Green Pepper	3.00 tb
411	Chopped Purple Onion	1.00 tb
411	Jalapeno Pepper Chopped	1.00 sm
411	Ground Cumin	1.00 tb
411	Pepper	1.00 ts
411	(4 Oz. ) Chicken Breasts	4.00
411	Boned And Skinned	0.00
411	Red Wine Vinegar	1.00 tb
411	Cherry Tomatoes (Optional)	0.00
411	Fresh Basil (Optional)	0.00
412	Blanched almonds	8.00 oz
412	Mango chutney	2.00 tb
412	Turmeric	1.00 ts
412	Curry powder	1.00 ts
413	Red Delicious Apples	2.00 md

Sheet1

413	Granny Smith Apple	1.00 md
413	+ 2 T. Lemon Juice	0.33 c
413	Divided	0.00
413	Diced Celery With Leaves	2.00 c
413	Chopped Walnuts	2.00 tb
413	Salt, 1/4 t. Pepper	0.50 ts
413	Curry Powder	0.50 ts
413	Water	0.25 c
413	Vegetable Oil	1.00 tb
413	Boston Lettuce Leaves	0.00
414	Water	2.00 qt
414	(4 Oz.) Boneless, Skinned	4.00
414	Chicken Breasts	0.00
414	Plain Yogurt	0.75 c
414	Lime Juice	1.00 tb
414	Honey	1.00 tb
414	Curry Powder	1.00 ts
414	Salt	0.12 ts
414	Pepper	0.50 ts
414	Peeled Cubed Mango, Papaya	1.00 c
414	OR Pineapple	0.00
414	Lettuce Leaves	4.00
415	Butter	0.75 c
415	Onion, finely chopped	1.00
415	Garlic clove, chopped	1.00
415	Chicken livers	8.00 oz
415	Curry powder	2.00 ts
415	Chicken stock	0.50 c
415	Hard-boiled eggs, shelled	2.00
415	Salt to taste	0.00
415	Fresh ground pepper to taste	0.00
415	Cayenne pepper	2.00 pn
415	Fresh bay leaves (opt)	0.00
415	Lemon slices (opt)	0.00
415	Crusty bread	0.00
416	Phyllo dough thaw if frozen	1.00 lb
416	Whole chicken breasts	2.00
416	skinned and bonned	0.00
416	Butter	2.00 tb
416	Minced onion	1.00 tb
416	Flour	2.50 tb
416	Curry powder to taste	1.00 ts
416	Light cream	1.00 c
416	Salt	0.50 ts
416	Chopped walnut	0.50 c
416	Melted butter/margarine	0.50 lb
417	(4-oz) diced chicken	0.50 c
417	breast	0.00
417	Flour	2.00 tb

Sheet1

417	Salt	0.50 ts
417	Curry powder	1.50 ts
417	Evaporated milk	0.67 c
417	Golden raisins	0.33 c
417	Chopped fine green onion	0.25 c
417	Toasted chopped almonds	0.25 c
417	Sheets thawed phyllo dough	12.00
417	Melted butter	0.50 c
417	Chutney/hot mustard sauce	0.00
418	Plain Yogurt	1.00 c
418	Sour Cream	1.00 c
418	Dry Mustard	1.00 ts
418	Curry Powder	2.00 ts
418	Garlic Powder	2.00 ts
419	Water	1.00 c
419	Tahini	0.67 c
419	Curry powder	1.00 tb
419	Soy sauce	2.00 tb
420	Vegetable oil	2.00 tb
420	Garlic cloves, minced	2.00 ea
420	Carrot, grated	1.00 md
420	Raw barley	0.25 c
420	Bay leaf	1.00 ea
420	Stock	2.50 c
420	Cooked chick peas	4.00 c
420	Spinach, steamed & chopped	0.75 lb
420	Zucchini, diced	1.00 sm
420	Favourite curry powder	1.50 ts
420	Thyme	0.25 ts
420	Cumin	0.25 ts
420	Salt & pepper	0.00
420	Stock	2.00 c
420	Lemon juice	2.00 tb
421	Bows egg noodles	12.00 oz
421	Chopped cucumber	2.00 c
421	Mayonnaise	0.50 c
421	Curry powder	2.00 ts
421	Cut up cooked pork, ham,	2.00 c
421	Wish-Bone Sweet 'n Spicy	1.00 c
421	Shredded carrot	1.00 c
421	Chopped green onions	0.25 c
422	Plain Yogurt	0.75 c
422	Curry powder	2.00 ts
422	Lemon juice	1.00 ts
422	Honey	0.50 ts
422	Black pepper	0.25 ts
422	Hot pepper sauce	0.12 ts
423	Mayonnaise (no dressing)	1.00 qt
423	Worcestershire sauce (dash)	1.00

Sheet1

423	Green onions (chopped)	3.00
423	Crazy salt	0.00
423	Black pepper	0.00
423	Curry powder	1.00 tb
423	Seasonings	0.00
424	Lime Juice	4.00 tb
424	Dijon Mustard	2.00 tb
424	Garlic; Minced	1.00 ts
424	Mayonnaise	1.00 c
424	Cayenne Pepper To Taste	0.00
424	Curry Powder	1.00 tb
425	Sausage (medium roll)	1.00
425	Velveeta cheese	1.00 c
425	Onion (chopped)	0.50 c
425	Crescent rolls	2.00
426	Lettuce	1.00 ea
426	Sm Onion	4.00 ea
426	Med Tomato	2.00 ea
426	Swiss cheese	0.33 lb
426	Olive oil	3.00 tb
426	Dandelion	1.00 pt
426	Bell pepper, green	0.50 ea
426	Egg, hard boiled, sliced	2.00 ea
426	Salt & pepper	1.00 x
426	Vinegar	4.00 tb
427	Dishpan full of young dandel	0.00
427	Strips of bacon	4.00 x
427	Sugar	0.50 c
427	Flour	2.00 tb
427	Egg beaten	1.00
427	Salt	1.00 ts
427	Vinegar	0.50 c
427	Water	1.50 c
427	Eggs, hard boiled, diced	3.00
428	Avocados	3.00
428	Lemon juice	2.00 ts
428	Salt	0.50 ts
428	Pepper	0.25 ts
428	Sour cream	8.00 oz
428	Mayonnaise	0.50 c
428	Taco seasoning mix	1.00 pk
428	Green onion (chopped)	0.50 c
428	Tomatoes (chopped/drained)	3.00
428	Cheddar cheese (grated)	8.00 oz
429	Firm tofu	1.00 lb
429	Sesame seeds	0.50 c
429	Cornstarch	2.00 tb
429	Whole-wheat flour	3.00 tb
429	Vegetable oil	0.25 c

Sheet1

429	Red plums, pitted, peeled &	1.50 lb
429	- chopped	0.00
429	Sugar	0.75 c
429	Soy sauce	1.00 tb
429	Teriyaki sauce	1.00 tb
429	Garlic cloves, chopped	2.00 ea
429	Water to cover	0.00
430	Shrimp	1.00 lb
430	Slices, thin ginger, fresh	2.00
430	Garlic	1.00 cl
430	Stalk, good-sized celery,	1.00
430	Very crisp and fresh	0.00
430	Light soy sauce	1.00 ts
430	Oyster sauce	1.00 tb
430	Vodka	1.00 tb
430	Chicken broth	3.00 tb
430	Cornstarch	1.00 tb
430	Salt	1.00 ts
430	Cornstarch	1.00 tb
430	Oil, for deep-frying	2.00 c
430	Lettuce leaves	0.00
431	Dried moong beans	4.00 oz
431	- soaked in water for 30	0.00
431	- minutes, and drained	0.00
431	Plain flour	1.00 tb
431	Red curry paste	2.00 ts
431	Light soy sauce	1.00 tb
431	Sugar	1.00 ts
431	Kaffir lime leaves	2.00
431	rolled into a cigarette &	0.00
431	finely sliced into slivers	0.00
431	Oil; for deep-frying	0.00
431	THE SAUCE -----	0.00 -----
431	Sugar	4.00 tb
431	Rice vinegar	6.00 tb
431	Salt	0.50 ts
432	Cottage cheese	0.25 c
432	Grated cheese	2.00 tb
432	Dill weed	0.25 ts
432	Worcestershire sauce	0.50 ts
432	Salt	0.25 ts
433	Softened light cream cheese	12.00 oz
433	(4.25-oz) deviled ham	1.00 cn
433	Worcestershire sauce	1.00 tb
433	Cayenne pepper	1.00 ds
433	Finely chopped green bell	0.33 c
433	pepper	0.00
433	Finely chopped red bell	0.33 c
433	pepper	0.00

Sheet1

434	Cooked canned salmon	1.00 lb
434	Mayonnaise	1.00 c
434	Green pepper (diced)	2.00 tb
434	Pimento diced	2.00 tb
434	Lemon juice	2.00 ts
434	Tarragon vinegar	1.00 ts
434	Horseradish	1.00 ts
434	Chopped dried dill	1.00 ts
435	Smelt, thawed if frozen	12.00 oz
435	All-purpose flour	0.25 c
435	Salt	0.25 ts
435	Dry mustard	1.00 ts
435	Cayenne pepper	0.25 ts
435	Paprika	0.50 ts
435	Finely grated lemon peel	1.00
435	Vegetable oil for frying	0.00
435	Chopped fresh parsley	2.00 tb
435	Lemon wedges	0.00
435	Lemon peel strips (opt)	0.00
435	Fresh dill sprig (opt)	0.00
436	Firm tomatoes	4.00
436	Butter	2.00 tb
436	Garlic clove, crushed	1.00 sm
436	Fresh white bread crumbs	0.50 c
436	Chopped fresh parsley	1.00 tb
436	Cayenne pepper	0.25 ts
436	Paprika	0.50 ts
436	Dry mustard	0.25 ts
436	Grated Parmesan cheese	1.00 tb
436	Salt to taste	0.00
436	Fresh parsley sprigs	0.00
437	Hard boiled eggs	6.00
437	Mayonnaise	2.00 tb
437	Poupon mustard	2.00 tb
437	Louisiana hot sauce	1.00 tb
437	Pimentos, mashed	1.00 tb
437	Dill relish	3.00 tb
437	Salt, to taste	0.00
438	Hard-cooked eggs	6.00
438	Pace Picante Sauce	0.33 c
438	OR	0.00
438	Pace Thick & Chunky Salsa	0.33 c
438	Crisply cooked bacon slices,	2.00
438	crumbled	0.00
438	Mayonnaise	1.00 tb
439	Cooked crab meat, flaked.	3.00 c
439	Lemon grass, sliced fine.	0.25 c
439	Nam-prik Pao.	2.00 tb
439	Lime juice.	3.00 tb

## Sheet1

439	Scallions, chopped.	2.00 tb
439	Cucumber.	0.00
439	Hard boiled eggs, chopped.	2.00
439	Onion, chopped.	0.25 c
439	Fish sauce.	2.00 tb
439	Sugar.	1.00 tb
439	Corianders leaves, chopped.	2.00 tb
440	Crabs	12.00
440	Flour	2.00 tb
440	Butter	1.00 tb
440	Worcestershire sauce	1.00 ts
440	Salt & pepper	0.00
440	Cream	1.00 c
440	Mace	0.25 ts
440	Parsley, minced	1.00 ts
440	Egg, hard boiled, mashed	4.00
440	Bread crumbs	0.00
441	Brown lentils	1.25 c
441	Water	3.75 c
441	Turmeric	1.00 ts
441	Garlic clove, crushed	1.00
441	Ghee	2.00 tb
441	Onion, chopped	1.00 lg
441	Garam Masala	1.00 ts
441	Ground ginger	0.50 ts
441	Coriander	1.00 ts
441	Cayenne pepper	0.50 ts
441	Fresh cilantro sprigs (opt)	0.00
442	Ground beef, lean	1.00 lb
442	Onion, medium	0.00
442	Green pepper, large, chopped	0.00
442	Tomatoe sauce, no-salt	8.00 oz
442	Vinegar	1.00 tb
442	Mustard, dry	1.00 ts
442	Pepper, red, crushed	0.50 ts
442	Basil, dried, crushed	0.50 ts
442	Garlic powder	0.25 ts
442	Water	1.00 tb
442	Tortillas, 8-inch	4.00 x
442	Lettuce, shredded	4.00 c
442	Tomatoes, cherry, halved	12.00 x
442	Carrot, medium, shredded	0.00
442	Parmesan cheese, grated	0.25 c
443	Mayonnaise	1.00 c
443	Sour cream	1.00 c
443	Dried parsley	1.00 tb
443	Onions; minced dried	1.00 tb
443	Dill weed	1.50 tb
443	Seasoned salt	0.75 tb



Sheet1

444	Plain Low Fat Yogurt	8.00 oz
444	Cucumbers, Peeled, Seeded	2.00 sm
444	And Shredded	0.00
444	Finely Chopped Green Onions	2.00 tb
444	White Pepper	0.25 ts
444	Minced Fresh Dill	2.00 tb
445	Red Potatoes (About	4.00 sm
445	1/2 Lb.)	0.00
445	+ 1 T. Water Divided	2.00 c
445	(1/2 in. Pieces) Diagonal	0.50 c
445	Cut Snow Peas	0.00
445	Chopped Celery	0.50 c
445	Thinly Sliced Green Onions	2.00 tb
445	Unpeeled Red Apple	1.00 md
445	Cut Into Thin Slices	0.00
445	White Wine Vinegar	3.00 tb
445	Vegetable Oil	1.00 tb
445	Dillweed	1.00 ts
445	Sugar	0.50 ts
446	Squeeze tube of hickory	1.00
446	Smoked cheese	0.00
446	Sour cream	1.00 c
446	Bean with bacon soup,	1.00 cn
446	Undiluted	0.00
446	(2-3) minced green onions	2.00
447	Tamari soy sauce	1.00 tb
447	Dark sesame oil	1.00 ts
447	Rice vinegar	1.00 ts
447	Chili oil	0.25 ts
447	Honey	0.25 ts
447	Water	1.00 tb
448	Grape leaves	16.00 oz
448	Extra virgin olive oil	0.75 c
448	Onions; more if desired	3.00
448	(shredded or minced finely)	0.00
448	Rice	1.75 c
448	Lemon, juiced	1.00
448	or more, to taste	0.00
448	Dill; very finely chopped	0.00
448	Hot water	1.75 c
448	Salt	0.75 ts
448	Pepper	0.25 ts
449	Olive oil	0.75 c
449	Onion; chopped	0.50 sm
449	Scallions; chopped fine	8.00
449	Garlic cloves; chopped	2.00 lg
449	Raw long-grain rice	1.00 c
449	Fresh dill; chopped	1.00 bn
449	Fresh parsley; chopped	0.50 bn

Sheet1

449	Lemons (or more), juice only	1.50
449	Salt & freshly ground pepper	0.00
449	Hot water	1.00 c
449	Jar grapevine leaves	1.00 lb
450	Garlic Cloves	6.00
450	Black Pepper	0.25 ts
450	Olive Oil	1.00 c
450	Lemon Juice	0.50 c
450	Salt	1.00 tb
450	Chick-Peas; Cooked	3.00 c
450	GARNISH -----	0.00 -----
450	Parsley; Chopped	0.00
451	Shredded cabbage	2.00 c
451	Shredded carrots	1.00 c
451	Cooked, chopped chicken	1.00 c
451	breast	0.00
451	Sliced radish	0.25 c
451	Plain yogurt	1.00 c
451	Skim milk	0.25 c
451	Dijon mustard	2.00 ts
451	Crushed thyme	0.25 ts
452	Cheese; *	1.00 lb
452	Cream cheese; softened, 1 pk	3.00 oz
452	Marinated artichoke hearts**	0.25 c
452	Pine nuts; toasted, 1 oz	0.25 c
452	Fresh basil leaves; or ***	1.50 ts
452	Basil leaves; dried.***	0.50 ts
453	Raspberry Jello	1.00 pk
453	Boiling water	1.00 c
453	Frozen raspberries	1.00 pk
453	Whole cranberries	1.00 cn
454	Dry yeast	1.00 pk
454	Warm water	1.00 c
454	Sugar	2.00 tb
454	Salt	1.00 ts
454	Egg	1.00
454	Shortening	2.00 tb
454	All-purpose flour	2.25 c
455	Chunky Applesauce; Unsweeten	1.00 c
455	Honey	0.25 c
455	Raisins	0.25 c
455	Lemon Juice	4.00 ts
455	Tarragon Vinegar	1.00 tb
455	Dark Brown Sugar	2.00 tb
455	Curry Powder	1.25 ts
455	Celery Salt	1.00 ts
456	Cream cheese softened	8.00 oz
456	Grated parmesan cheese	0.25 c
456	Prepared horseradish	1.00 tb

Sheet1

456	Chopped stuffed olives	0.33 c
456	Dried beef	2.50 oz
457	Brandy	1.50 tb
457	Cream Cheese; Softened	1.00 c
457	Sour Cream	0.25 c
457	Mayonnaise	0.25 c
457	Fresh Tuna; Flaked, OR	0.75 c
457	Tuna; Flaked, Well Drained	6.50 oz
457	Green Onion; Minced, Use All	2.00 tb
457	Lemon Juice	1.00 tb
457	Hot Sauce	0.12 ts
457	Salt	0.12 ts
458	Peach or apricot preserves	0.50 c
458	White vinegar	0.25 c
458	Grated ginger	1.00 tb
458	Finely chopped scallions	0.33 c
459	Cooked, diced Ham	1.00 c
459	Apples, peeled cored, chopped	2.00 x
459	Cooked, diced Potatoes	0.75 c
459	Hard-cooked Eggs, chopped	2.00 x
459	Pickles, chopped	2.00 x
459	Italian or Buttermilk dressi	0.25 c
460	Beef	2.00 lb
460	Brown Bag Chili Mix	0.00
460	Tomato sauce	8.00 oz
461	Milk Chocolate	8.00 oz
461	Hazelnut-Flavored Liqueur; *	0.00
461	Whipping Cream	0.50 c
462	Mayonnaise	0.25 c
462	Grated Parmesan cheese	0.25 c
462	Slices good-quality white	4.00
462	Bread	0.00
462	Medium onion, very thinly	1.00
462	Sliced	0.00
463	Slices dense and chewy	3.00
463	Bread	0.00
463	Melted butter	0.33 c
463	Garlic powder	1.00 ts
463	Head romaine lettuce	1.00
463	Quarter jar Durkee's famous	1.00
463	Sandwich and salad sauce	0.00
463	With mayonnaise	0.00
463	Oil and vinegar dressing	4.00 tb
463	Parmesan cheese	2.00 tb
464	Cooked, shelled, shrimp	2.00 lb
464	French dressing	1.00 pt
464	Diced celery	1.00 c
464	Chopped onion	0.50 c
464	Mayonnaise	0.50 c

Sheet1

465	DRY INGREDIENTS -----	0.00 -----
465	Sunflower seeds;	1.00 c
465	finely ground	0.00
465	Cornmeal; or kamut or	0.50 c
465	amaranth flour	0.00
465	Engevita; or other yellow	0.50 c
465	nutritional yeast, powdered	0.00
465	Parsley flakes, dried	3.00 ts
465	crushed	0.00
465	Basil, dried; crushed	1.50 ts
465	Thyme, dried; crushed	1.00 ts
465	Sea salt; up to 1 tsp	0.75 ts
465	Sage, dried; crushed	0.50 ts
465	Sea kelp	0.25 ts
465	OTHER INGREDIENTS -----	0.00 -----
465	Potato; finely grated	1.00 c
465	Water	1.33 c
465	Sunflower oil; or other	0.25 c
465	natural oil	0.00
465	Tamari soy sauce	2.00 tb
465	Horseradish, prepared	3.00 ts
465	up to 4 tsp	0.00
466	Onions, coarsely chopped	2.00 md
466	Olive oil	2.00 tb
466	Potatoes, diced	1.50 lb
466	Oregano	2.00 ts
466	Basil	1.00 ts
466	Parsley	2.00 ts
466	Salt	1.00 ts
466	Black pepper	2.00 ts
466	Can tomatoes	28.00 oz
466	Stock	7.00 c
467	Large egg white	1.00
467	Olive oil	1.00 tb
467	Salt	0.25 ts
467	Cayenne (optional)	0.12 ts
467	Sheets phyllo dough 14"x18"	6.00
467	Freshly grated Parmesan or	0.75 c
467	Asiago cheese	0.00
468	SUSHI -----	0.00 -----
468	Med., Raw, Unshelled, Shrimp	6.00
468	MARINADE -----	0.00 -----
468	Rice Vinegar	3.00 tb
468	Sugar	1.00 ts
468	MSG	1.00 pn
468	Water	4.00 tb
468	Salt	0.25 ts
468	FILLING -----	0.00 -----
468	Egg Yolks	4.00

Sheet1

468	Salt	0.25 ts
468	MSG	1.00 pn
468	Sugar	1.25 ts
468	Lemon Juice	2.50 ts
469	Hard-boiled eggs	4.00
469	Tuna, drained, flaked	1.00 cn
469	(3.5 oz)	0.00
469	Mayonnaise	0.50 c
469	Salt to taste	0.00
469	Fresh ground pepper to taste	0.00
469	Cocktail gherkins, chopped	4.00
469	Half and half	3.00 tb
469	Tomato paste	2.00 ts
469	Curry Powder	1.50 ts
469	Paprika	0.00
469	Fresh Italian parsley	0.00
469	sprigs (opt)	0.00
470	Eggs	4.00
470	Dry sherry	1.00 tb
470	Carrots, finely chopped	0.00
470	(for garnish)	0.00
470	FILLING -----	0.00 -----
470	(about 1/2 lb) ground pork,	1.00 c
470	Uncooked	0.00
470	Fresh mushrooms,	2.00 md
470	Chopped fine	0.00
470	Scallions, chopped fine	2.00
470	(white parts separate from	0.00
470	The green)	0.00
470	Cornstarch, dissolved in	2.00 ts
470	Water, cold	2.00 tb
470	Dark soy sauce	0.50 tb
470	Dry sherry	1.00 tb
470	Salt	1.00 ts
470	Peanut oil	1.00 tb
470	SAUCE -----	0.00 -----
470	Oyster sauce	2.00 tb
470	Light soy sauce	1.00 tb
470	Plum sauce	1.00 tb
470	Dash hot chili oil or	0.00
470	Tabasco	0.00
470	Sauce	0.00
471	Package egg roll skins	1.00 lb
471	Egg beaten	0.00
471	Enough oil to deepfry	0.00
471	Diced roast pork	1.00 c
471	Cooked and diced shrimp	0.50 c
471	Water chestnuts	0.25 c
471	Shredded bamboo shoots canned	0.25 c

Sheet1

471	Chopped bean sprouts fresh	2.00 c
471	Green onion; finely chopped	2.00
471	Fresh mushroom chopped	4.00
471	Sugar	0.50 ts
471	Soy sauce	2.00 tb
471	Sesame oil	1.00 tb
471	Salt and pepper to taste	0.00
472	FILLING -----	0.00 -----
472	Fine chopped size onion	1.00 md
472	Olive oil	2.00 tb
472	Size sweet red pepper	1.00 md
472	cored seeded and cut into	0.00
472	1/2 inch dice	0.00
472	(10-oz) frozen chopped	1.00 pk
472	spinach thawed and	0.00
472	squeezed dry	0.00
472	Grated lemon rind	1.00 ts
472	Salt	0.25 ts
472	Sugar	0.12 ts
472	Pepper	0.12 ts
472	Ricotta cheese drained	0.75 c
472	ROULADE -----	0.00 -----
472	(1/2 stick) unsalted	0.25 c
472	butter	0.00
472	Unsifted all purpose	0.33 c
472	flour	0.00
472	Warmed milk	1.33 c
472	Pepper	0.25 ts
472	Separated eggs	6.00
472	Grated parmesan cheese	1.25 c
472	Egg white	1.00
473	Eggplants	3.00 lg
473	Coarse salt	0.00
473	Olive oil	0.00
473	Ripe tomatoes	2.00 lb
473	Garlic cloves, chopped	3.00 ea
473	Parsley, chopped	2.00 tb
473	Lemon juice	1.00 tb
473	Sugar	0.12 ts
473	Salt & pepper	0.00
473	Parsley to garnish	0.00
474	Eggplant; Md, About 1 Lb.	1.00
474	Cloves Garlic	2.00
474	Soy Sauce	0.50 ts
474	Olive Oil	2.00 tb
474	Lemon Juice	1.00 tb
474	Fresh Tomato; Chopped	1.00 c
474	Green Onion; Diced, Use All	2.00 tb
474	Fresh Parsley; Minced	2.00 tb

Sheet1

474	Fresh Basil; Chopped, OR	1.00 tb
474	Dried Basil; Crushed	1.00 ts
475	Eggplants, Total Weight	2.00
475	About 1 Lb., Washed	0.00
475	Lemon Juice	0.25 c
475	Or Less Olive Oil	0.25 c
475	Chopped Parsley	0.25 c
475	Garlic Crushed	2.00 cl
475	Black Pepper	0.00
475	Serve With Melba Toast or	0.00
475	Crudites.	0.00
475	(May add 1 T. Tahini Before	0.00
475	Pureeing.)	0.00
476	Eggplant, peeled & cubed	1.00 lb
476	Tomatoes, chopped	1.00 lb
476	Hungarian paprika	2.00 ts
476	Salt	1.00 ts
476	Garlic clove, minced	1.00 ea
476	Tabasco sauce to taste	0.00
476	Olive oil	4.00 tb
477	Eggplant	1.00 lg
477	Garlic clove	1.00 lg
477	Shallots	3.00
477	Garam Masala	1.00 ts
477	Tahini (creamed sesame)	3.00 tb
477	Lemon peel, finely grated	1.00
477	Lemon juice	3.00 tb
477	Salt to taste	0.00
477	Olive oil	2.00 ts
477	Cayenne pepper	0.00
477	Halved lemon slices (opt)	0.00
477	Fresh parsley sprig (opt)	0.00
477	Pita bread, cut in strips	0.00
478	7 oz. Creamettes	1.00 pk
478	Elephant (med., diced)	1.00
478	Rabbits (opt.)	2.00
478	Salt and Pepper to taste	0.00
479	Ground beef	0.50 lb
479	Onion; finely chopped, 1 md	0.25 c
479	Raisins; finely chopped	2.00 tb
479	Chopped green olives	2.00 tb
479	Salt	0.25 ts
479	Pepper	0.12 ts
479	Cottage cheese;sm curd,cream	0.25 c
479	Egg;large hard cooked, *	1.00
479	Egg; large, separated	1.00
479	Water	1.00 ts
479	10-inch pastryrecipe,2 crust	0.00
479	Milk	2.00 ts

Sheet1

480	Medium-sized heads belgiam e	6.00
480	8-oz. package cream cheese (	1.00
480	Milk	3.00 tb
480	Dried tomatoes, in oil (chop	2.00 oz
480	Basil leaves or watercress s	0.00
480	Flower for garnish	0.00
481	Raw Beets, trimmed	0.50 lb
481	Heads of Belgian Endives, md	3.00
481	Red onion	1.00
481	Dijon Mustard	1.00 tb
481	Red Wine Vinegar	1.00 tb
481	Vegetable oil	3.00 tb
481	Finely Chopped Parsley	4.00 tb
482	Bunch red leaf lettuce	1.00
482	Bunch watercress	1.00
482	Arugula	0.50 lb
482	Walnut halves	1.00 c
482	DRESSING -----	0.00 -----
482	Walnut oil	0.50 c
482	Good quality olive oil	0.50 c
482	Red wine vinegar	0.33 c
482	Salt	2.00 ts
482	Sugar	2.00 ts
482	Pepper	0.25 ts
483	Soft butter	1.00 c
483	Finely chopped parsley	0.25 c
483	Shallots, finely chopped	2.00
483	Clove garlic, finely chopped	1.00
483	Brandy	2.00 tb
483	Canned French snails	32.00
483	Snail shells	32.00
484	Snails	18.00
484	Bay leaf	1.00
484	White wine	1.00 c
484	Chopped onion	2.00 tb
484	Cloves garlic, crushed	4.00
484	Dash allspice	1.00
484	Soy sauce	1.00 ts
484	Vegetable seasoning	0.25 ts
484	Butter	0.50 c
484	Finely chopped parsley	3.00 tb
484	Minced green onions	2.00 tb
484	Nutmeg	0.25 ts
484	Mushroom caps	18.00
485	Soy Sauce	1.00 tb
485	Water	4.00 ts
485	Rice Wine Vinegar	2.00 ts
485	Peanut Butter; Chunky	1.00 c
485	Sesame Oil	1.00 tb



Sheet1

485	Chili Paste With Garlic	1.00 ts
485	Cayenne Pepper	0.12 ts
485	Mayonnaise	0.25 c
486	Butter	1.00 tb
486	Large fennel bulb chopped	0.50 x
486	Small onion, thinly sliced	1.00
486	Potatoes, peeled, sliced(4)	1.00 lb
486	Strong chicken stock	4.00 c
486	Parsley, bay leaves	0.00
486	Peppercorn, thyme	0.00
486	Salt and pepper	0.00
486	Whipping cream	0.50 c
486	Chopped parsley	1.00 ts
486	Large bunch watercress	0.00
487	Fennel Seeds	0.50 ts
487	Cream Cheese; Softened	1.00 c
487	Sour Cream	1.00 c
487	White Onion; Minced	0.25 c
487	Salt	0.50 ts
487	Black Pepper	0.25 ts
487	Paprika	1.00 ts
488	Cream cheese; (3-oz)	1.00 pk
488	softened	0.00
488	Shredded process sharp	0.50 lb
488	american cheese (2 cs)	0.00
488	Toasted sesame seeds	2.00 tb
488	Worcestershire	2.50 tb
488	sauce	0.00
488	Coarsely chopped	0.00
488	pecans/slivered almonds	0.00
488	lightly toasted	0.00
488	Celery stalks	0.00
489	Italian/garlic & herb	1.00 pk
489	salad dressing mix	0.00
489	Mayonnaise	1.00 c
489	Lowfat plain yogurt	1.00 c
489	Onion; fine chopped green	2.00 tb
490	Pasta shells; large	48.00
490	Feta cheese; crumbled	0.75 c
490	Red pepper; finely diced	0.75 c
490	Olives; black pitted and fi	12.00
490	Walnuts; finely chopped	0.25 c
490	Parsley; fresh chopped	2.00 tb
490	Oregano; dried	0.50 ts
491	Filo pastry sheets	1.00 pk
491	Flat mushrooms (w/o stalks)	0.75 lb
491	Onions	0.50 lb
491	Feta cheese	7.00 oz
491	Whole cumin	2.00 ts

Sheet1

491	Coriander seeds	2.00 ts
491	toasted & lightly crushed	0.00
491	Butter or oil	0.00
491	Eggs	2.00 sm
492	Sesame oil	1.00 tb
492	Corn oil	2.00 tb
492	Garlic clove, crushed	1.00
492	Onion, finely chopped	1.00
492	Piece ginger root (1"),	1.00
492	peeled, grated	0.00
492	Turmeric	0.50 ts
492	Chili powder	0.50 ts
492	Ground cumin	0.25 ts
492	Medium-size peeled shrimp,	6.00 oz
492	raw, thawed if frozen	0.00
492	Creamed coconut, diced	2.00 tb
492	Filo pastry sheets	5.00
492	Butter or ghee, melted	0.25 c
492	Fresh Italian parsley sprigs	0.00
493	DUMPLINGS -----	0.00 -----
493	Chopped carrots	1.00 c
493	Green onions	2.00
493	Ground raw chicken	1.00 lb
493	Light soy sauce	1.00 tb
493	Dry sherry	2.00 ts
493	Oriental sesame oil	1.00 ts
493	Chinese chili sauce	1.00 ts
493	Salt	0.25 ts
493	White sesame seeds	1.00 tb
493	Won ton skins	30.00
493	Cooking oil	4.00 tb
493	DRESSING -----	0.00 -----
493	Spinach leaves	12.00 oz
493	washed and dried	0.00
493	Garlic cloves; minced	2.00
493	Minced fresh ginger	2.00 ts
493	Grated or minced orange peel	1.00 ts
493	Chopped cilantro	0.25 c
493	Basil leaves	8.00
493	Green onion	1.00
493	Light soy sauce	1.00 tb
493	Dry sherry	2.00 tb
493	Distilled white vinegar	2.00 tb
493	Oriental sesame oil	2.00 tb
493	Hoisin sauce	2.00 ts
493	Sugar	2.00 ts
493	Chinese chili sauce	0.50 ts
494	Firm white fish fillets; *	1.00 lb
494	Lemon juice	0.33 c

Sheet1

494	Lime juice	0.33 c
494	Olive or vegetable oil	0.25 c
494	Cilantro; fresh, snipped, **	1.00 tb
494	Oregano; fresh, snipped, ***	1.00 ts
494	Salt	0.75 ts
494	Pepper	0.25 ts
494	Stuffed green olives; ****	12.00
494	Jalapenos chiles; *****	2.00
494	Onion; finely chopped, 1 sm	0.25 c
494	Clove garlic; finely chopped	1.00
494	Tomato; seeded & chopped	1.00 c
494	Avocado, peeled & chopped	1.00
495	Can mandarin oranges, drained	11.00 oz
495	Can pineapple chunks, drained	13.50 oz
495	Juice from pineapple	0.50 c
495	Miniature marshmallows	1.50 c
495	Sour cream	2.00 c
495	Flaked coconut	3.50 oz
495	Grapes/cherries for garnish	0.00
496	Ckes tofu, firm	2.00 ea
496	Tamari	3.00 tb
496	Water	0.75 c
496	Five-spice powder	0.25 ts
496	Whole stars of star anise	2.00 ea
496	Molasses	1.00 ts
497	Flour	2.00 c
497	Cream cheese	0.50 lb
497	Goose liver paste	2.00 oz
497	Steak sauce	1.00 ts
497	Ham, ground	2.00 oz
497	Catsup	1.00 ts
497	Anchovy paste	0.00
497	Caviar	0.00
497	Butter	0.50 lb
497	Worcestershire sauce	1.00 ts
497	Steak sauce	1.00 ts
498	Salt	0.50 ts
498	Black pepper	0.50 ts
498	White pepper	0.25 ts
498	Dijon-style mustard	1.00 tb
498	Hot dry mustard	1.00 ts
498	Red wine vinegar	2.00 tb
498	Red wine	3.00 tb
498	Peanut oil	10.00 tb
499	Sweet Potatoes	3.00 md
499	Crushed Corn Flakes	1.00 c
499	Egg	1.00 lg
499	Water	1.00 tb
500	Mayonnaise	0.50 c

Sheet1

500	Sour cream	2.00 c
500	Knorr french onion soup mix	1.00 pk
501	Medium onions	2.00
501	Chicken boullion cubes	2.00
501	Water	1.00 qt
501	Kitchen Bouquet	0.50 ts
501	Beef boullion cubes	2.00
502	Softened cream cheese	8.00 oz
502	Milk	2.00 tb
502	Crushed dried	0.25 ts
502	oregano leaves	0.00
502	Garlic powder	0.12 ts
502	Onion powder	0.12 ts
502	Pepper	0.12 ts
503	Heavy cream	0.25 c
503	Dairy sour cream	0.25 c
503	Cold water	3.00 c
503	Peeled and sliced thin	1.00
503	carrot	0.00
503	Thin sliced small onion	1.00
503	Bay leaf	1.00
503	Thin lemon slices	3.00
503	Fresh red chili pepper	1.00
503	Fresh salmon fillets w/skin	1.00 lb
503	Shallots fine chopped	4.00
503	Butter; 1 1/2 tb + 1/2 c (1	0.00
503	stick) unsalted at room	0.00
503	temperature	0.00
503	Smoked salmon diced	8.00 oz
503	Lemon juice	2.00 tb
503	Salt	1.50 ts
503	White pepper	0.25 ts
503	Fine chopped fresh	1.00 tb
503	dill plus a few sprigs for	0.00
503	garnish	0.00
503	Clarified butter	6.00 tb
504	Eggplant	1.00 lb
504	Salt	0.00
504	Olive oil	3.00 tb
504	Onion, chopped	1.00 md
504	Celery stalk, chopped	1.00 lg
504	Firm mushrooms, chopped	2.00 md
504	Garlic, chopped	1.50 ts
504	Tomato, chopped	1.00 lg
504	Breadcrumbs	2.00 tb
504	Tomato paste	1.00 tb
504	Fresh parsley, chopped	5.00 tb
504	Basil	1.00 ts
504	Fresh lemon juice	0.00

Sheet1

504	Whole mushrooms	30.00 md
505	Caesar salad dressing	2.00 tb
505	Cottage cheese	4.00 tb
505	Fresh spinach	0.00
506	Pillsbury Crescent Rolls	2.00 c
506	Sour cream	8.00 oz
506	Prepared horseradish	1.50 tb
506	Salt	0.25 ts
506	Pepper	0.12 ts
506	Fresh mushrooms, chopped	2.00 c
506	Chopped, seeded tomatoes	1.00 c
506	Small broccoli florets	1.00 c
506	Chopped green peppers	0.50 c
506	Chopped green onions	0.50 c
507	Ready-fried beancurd	16.00 oz
507	Oil; for deep-frying	0.00
507	White vinegar	5.00 tb
507	Sugar	4.00 tb
507	Salt	1.00 ts
507	Chili powder	0.50 ts
507	Ground roast peanuts	2.00 tb
507	TO GARNISH -----	0.00 -----
507	Coriander leaves	0.00
508	Pieces fairly firm Camembert	4.00
508	cheese (1.5 oz)	0.00
508	All-purpose flour	2.00 ts
508	Dry mustard	0.50 ts
508	Dried mixed herbs	0.50 ts
508	Fresh ground pepper to taste	0.00
508	Egg, beaten	1.00
508	Dry bread crumbs	0.25 c
508	Hot chili powder	0.50 ts
508	Cayenne pepper	4.00 pn
508	Vegetable oil for frying	0.00
508	Fresh sage sprigs (opt)	0.00
508	Fresh rosemary sprigs (opt)	0.00
508	Fresh thyme sprigs (opt)	0.00
509	Fresh shrimp	1.00 lb
509	Water chestnuts chopped fine	4.00
509	Bamboo shoots chopped fine	0.50 c
509	Fresh chopped ginger	0.25 ts
509	Salt	1.00 ts
509	White wine	1.00 tb
509	Corn starch	2.00 ts
509	Egg white	1.00
509	Deep frying oil	0.00
510	Corn tortillas	8.00
510	Salad oil	0.00
511	Pieces of yucca root	4.00

Sheet1

511	Vegetable oil for frying	0.25 c
511	Fine chopped hot	2.00 tb
511	chile pepper	0.00
511	Salt	0.25 ts
511	Vegetable oil	0.50 c
511	Evaporated milk	0.50 c
511	Lemon juice	0.50 ts
511	Chopped onion rinsed in	0.25 c
511	boiling water	0.00
512	Sugar	1.00 c
512	Flour	2.00 tb
512	Salt	2.50 ts
512	Pineapple juice	1.75 c
512	Eggs; beaten	2.00
512	Lemon juice	1.00 tb
512	Water	3.00 qt
512	Whipped topping	1.00 ct
512	Oil	1.00 tb
512	Acini-de-pepe	16.00 oz
512	Madarin Oranges	3.00 cn
512	Pineapple, Chunks	2.00 cn
512	Pineapple, crushed	1.00 cn
512	Marshmallows, mini	1.00 c
512	Coconut	1.00 c
513	(7-oz) package shells/rings	1.00
513	Uncooked	0.00
513	(15-oz) fruit cocktail	1.00 cn
513	Drained	0.00
513	Sliced banana	1.00 md
513	Apple cored and chopped	1.00 md
513	Whipped topping	2.00 c
513	Ground cinnamon	0.25 ts
514	Sour cream	2.00 c
514	Drained crushed pineapple	0.25 c
514	Chopped red apples	0.67 c
514	Curry powder	0.50 ts
514	Garlic salt	0.50 ts
514	Apple slices for garnish	0.00
515	Brown sugar	0.75 c
515	Sour cream	8.00 oz
515	Cream cheese	8.00 oz
515	Cool whip	8.00 oz
515	Chopped unsalted peanuts	6.00 oz
515	Kahlua	0.33 c
515	Fresh fruit	0.00
516	Pk whipped marshmallow crene	3.00 sm
516	Cream cheese; (8-oz) - soften	1.00 pk
516	Vanilla to taste	0.00
517	Cut up apples	2.00

Sheet1

517	Cut up pears	3.00
517	Cut up orange	1.00
517	Seedless grapes cut in half	0.00
517	Crushed/tidbit pineapple	1.00 cn
517	Cut up peaches	2.00
517	Sugar optional	0.50 c
517	Non dairy whipped topping	0.00
517	Thawed	0.00
517	Sliced bananas	0.00
518	Cubed cantaloupe melon	1.00
518	Cubed honeydew melon	1.00
518	Baskets sliced strawberries	2.00
518	Peeled & wedged oranges	2.00
518	Cubed watermelon (optional)	0.50
518	Seedless grapes	1.00 lb
518	Cubed peaches	4.00
518	Lemon juiced OR	1.00
518	Yogurt, any fruit flavor	1.00 c
519	Dried cherry vinegar	3.00 tb
519	Vegetable oil	4.00 tb
519	Salt	0.25 ts
519	Ground black pepper	0.25 ts
519	Dried cherries	1.00 c
519	Granny smith apple thin	1.00 sm
519	Sliced	0.00
519	Orange peeled and cut	1.00 sm
519	Into sections	0.00
519	Whole salted cashews	0.25 c
519	Belgian endive	1.50 c
519	Spinach	1.50 c
519	Boston lettuce	1.50 c
520	Honeydew melon; small	1.00
520	Oranges	2.00
520	Blue grapes	1.00 c
520	Lettuce leaves	0.00
520	Walnut halves	12.00
520	DRESSING -----	0.00 -----
520	Yogurt; (1 container)	8.00 oz
520	Lemon juice	1.00 tb
520	Orange juice	1.00 tb
520	Tomato catsup	1.00 tb
520	Evaporated milk	2.00 tb
520	Salt; dash	0.00
520	White pepper; dash	0.00
521	Dried apricots	0.50 c
521	Poppy seed (optional)	1.00 ts
521	Monterey Jack cheese, shred	1.00 lb
521	Seasoned salt	0.50 ts
521	Golden raisins	0.33 c

Sheet1

521	Cream cheese, softened	8.00 oz
521	Dates, chopped	0.33 c
521	Dry sherry	0.33 c
521	Walnuts, chopped	0.00
521	Cherries, grapes for garnish	0.00
522	Cooked Diced Chicken OR	2.00 c
522	Turkey	0.00
522	Soy Sauce	2.00 tb
522	Diced Apples	1.00 c
522	Orange Sections	1.00 c
522	Halved Green Grapes	0.50 c
522	Chopped Celery	2.00 c
522	Lettuce Leaves	0.00
523	Uncooked long grain rice	0.67 c
523	(11-oz) mandarin oranges	1.00 cn
523	Juice reserved	0.00
523	Seedless red grapes each	1.00 c
523	Cut in half	0.00
523	Golden raisins	0.33 c
523	Sliced natural almonds	0.33 c
523	Vegetable oil	2.00 tb
523	Cider vinegar	1.00 tb
523	Dijon style mustard	1.00 ts
523	Chopped parsley	1.00 tb
523	Lettuce leaves	0.00
524	Vinegar, white wine	0.25 c
524	Honey	2.00 tb
524	Oil, salad	3.00 tb
524	Poppy seed	1.00 ts
524	Mustard, dry	0.50 ts
524	Spinach, fresh, torn	8.00 c
524	Papaya, medium *	0.00
524	Grapes, seedless, halved	1.50 c
525	Dried Chinese black	6.00
525	Mushrooms	0.00
525	Shrimp, shelled & deveined	6.00 oz
525	Salt	1.00 ts
525	Peanut oil	1.50 tb
525	Ground pork butt	6.00 oz
525	Finely diced bamboo shoots	0.25 c
525	Finely diced water	0.25 c
525	Chestnuts, preferably fresh	0.00
525	Green onions, chopped	2.00
525	Sugar	2.00 ts
525	White pepper	0.25 ts
525	Shao Hsing rice wine or dry	1.00 tb
525	Sherry	0.00
525	Light soy sauce	1.50 ts
525	Cornstarch	2.00 ts



Sheet1

525	Chicken stock	2.00 tb
525	Coarsely chopped fresh	2.00 tb
525	Coriander leaves	0.00
525	Oil	1.00
525	Wheat Starch Wrappers	0.00
525	(see recipe)	0.00
525	Light soy sauce, for	0.00
525	Dipping	0.00
525	Chinese mustard, for	0.00
525	Dipping	0.00
526	Raw pecans	1.00 c
526	Raw walnuts	1.00 c
526	Raw sunflower seeds	1.00 c
526	Chopped onions	0.75 c
526	Spike seasoning	2.00 tb
526	Bottled water	2.33 c
526	Chopped fresh cilantro	0.50 c
526	Chopped fresh parsley	0.25 c
526	Grated carrots	0.50 c
526	Grated zucchini	0.50 c
526	Diced red bell peppers	0.50 c
526	Bell peppers	0.00
526	- red, yellow and green	0.00
526	- hollowed out in center	0.00
526	Lettuce leaves	0.00
526	Assorted crudites	0.00
527	Oil	1.00 ts
527	Ground pork	1.00 lb
527	to	4.00
527	Garlic cloves	8.00
527	- finely chopped	0.00
527	Green onions, white part	3.00
527	- chopped	0.00
527	Roasted salted peanuts	0.75 c
527	Fresh pineapple; -OR-	1.00
527	Tangerines, -OR-	5.00
527	Oranges	4.00
527	Sugar	0.33 c
527	Pepper	0.50 ts
527	Lettuce leaves	0.00
527	Mint or coriander leaves	0.00
527	Chopped chilis	0.00
528	Salad oil	0.25 c
528	Sliced mushrooms	1.00 c
528	Chopped onion	0.50 c
528	Clove garlic, minced	1.00
528	Thinly sliced zucchini	1.00 c
528	Broccoli cut into bite sized	1.00 c
528	Pieces	0.00

Sheet1

528	Basil leaves, crushed	1.00 ts
528	Corkscrew macaroni, cooked	4.00 oz
528	And drained	0.00
528	Sliced, pitted ripe olives	0.25 c
528	(10.5 oz.) condensed Spamis	1.00 cn
528	Style vegetable soup	0.00
528	Red wine vinegar	0.25 c
528	Cubed Muenster	1.00 c
529	Cream cheese; (8-oz)	1.00 pk
529	softened cream	0.00
529	Chili powder	0.50 ts
529	Salt	0.25 ts
529	Chili sauce	0.67 c
529	Pepper	0.12 ts
529	Onion; minced	2.00 tb
530	Chickpeas, soaked & cooked	8.00 oz
530	Garlic bulbs, boiled whole	2.00 ea
530	- for 20 minutes, drained	0.00
530	Olive oil	4.00 oz
530	Juice of lemons	2.00 ea
530	Tahini	3.00 oz
530	Black pepper	0.00
530	Fresh chopped parsley	4.00 tb
530	Tomatoes to garnish	0.00
531	Garlic heads, unpeeled but	2.00 ea
531	- heads separated	0.00
531	Bay leaf, crumbled	1.00 ea
531	Water	6.00 c
531	Chopped fresh parsley	0.50 c
531	Sage	0.50 ts
531	Curry powder	0.50 ts
531	Saffron	1.00 pn
531	Onion, peeled & quartered	1.00 lg
531	Celery stalks, cut to thirds	2.00 ea
532	Low-fat Cottage Cheese	1.00 lb
532	Cheese *	1.00 lb
532	Purree **	1.00
532	Plain Yogurt	2.00 c
533	Garlic; Minced	1.00 tb
533	Green Onion; Finely Chopped	0.25 c
533	Olive Oil	0.25 c
533	Mayonnaise	2.00 c
534	Large head of garlic	1.00
534	Slices white bread	10.00
534	Olive oil	1.00 c
534	White vinegar	0.50 c
534	Lemon juice	1.00 tb
534	Water	3.00 tb
535	Water	1.50 qt

Sheet1

535	Potatoes, diced	4.00 ea
535	Carrot, diced	1.00 ea
535	Celery stalks, diced	2.00 ea
535	Onion, diced	1.00 ea
535	Bulbs garlic, peeled	2.00 lg
535	Thyme	0.50 ts
535	Cayenne	1.00 ds
535	Salt to taste	0.00
536	Garlic Cloves	2.00
536	Cream Cheese; Softened	0.50 c
536	Sour Cream	0.50 c
536	White Onion; Diced	0.25 c
536	Paprika	1.50 ts
536	Curry Powder	1.50 ts
536	Chili Powder	1.50 ts
536	Fresh Dill; Chopped, OR	1.00 tb
536	Dried Dill; Crushed	1.00 ts
536	Cheddar; Sharp, Shredded	1.00 c
536	Walnuts; Chopped	0.33 c
537	Mushrooms, medium	12.00
537	Butter, unsalted	3.00 tb
537	Scallions, sliced	2.00
537	Pecans, coarsely ground	1.50 tb
537	Cheese parmesan fresh grated	1.50 tb
537	Bread crumbs	1.50 tb
537	Garlic bechemel	0.25 c
537	Salt	0.00
537	White pepper, fresh ground	0.00
537	Pepper, cayenne	0.00
537	Butter, unsalted	4.00 tb
537	Flour, all-purpose, unbleach	4.00 tb
537	Egg, room temp, large	1.00
537	Milk	2.50 c
538	Cream cheese	8.00 oz
538	Salt	0.50 ts
538	Garlic	0.50 tb
538	Fresh ground pepper; dash	0.00
538	Clams; drained and minced	7.00 oz
538	Clam broth	0.25 c
538	Worcestershire	1.50 ts
538	Lemon juice	2.00 ts
539	Garbanzo Beans; Cooked	3.00 c
539	Water	0.25 c
539	Tahini; Sesame Paste	0.50 c
539	Lemon Juice	0.33 c
539	Garlic; Chopped	1.50 tb
539	Salt	1.00 tb
539	Cumin; Ground	1.00 ts
539	Olive Oil	2.00 tb

Sheet1

539	GARNISHES -----	0.00 -----
539	Lemon Slices	0.00
539	Parsley; Chopped	0.00
539	Paprika	0.00
540	Chicken wings	2.00 lb
540	Heads fresh garlic;separated	3.00
540	Into cloves and peeled	0.00
540	Plus 1 T. olive oil;divided	1.00 c
540	Drops tabasco pepper sauce	15.00
540	Grated parmesan cheese	1.00 c
540	Italian style bread crumbs	1.00 c
540	Black pepper	1.00 ts
541	Zucchini	0.00
541	Green pepper, small	0.00
541	Onion, small	0.00
541	Cucumber	0.00
541	Tomato, large	0.00
541	Garlic, cloves	3.00 x
541	Cumin	0.50 ts
541	Chili powder	0.25 ts
541	Olive oil	4.00 tb
541	V8 or tomato juice	12.00 oz
543	Fish; equal amounts	5.00 lb
543	pike, carp, etc	0.00
543	Onions; sliced	3.00
543	Celery stalk; sliced	0.00
543	Large carrots; sliced	3.00
543	Water; to cover	1.00
543	Salt; to taste	1.00
543	White pepper; to taste	1.00
543	Eggs	4.00
543	Matzo meal	2.00 tb
543	Salt to taste	1.00
543	White pepper to taste	1.00
543	Water	0.25 c
543	Carrots; sliced for pan	0.00
543	Onions; sliced for pan	0.00
543	Beets; sliced (optional)	1.00 bn
544	Jar gifilte fish; good brand	1.00 lg
544	Beets	1.00 bn
544	Carrots	1.00 bn
544	Onions	2.00 lg
544	Pepper; lots	0.00
544	Salt; to taste	0.00
545	Apples, cored and chopped	8.00 x
545	Grated Ginger Root	1.00 tb
545	Chopped Celery	1.00 c
545	Raisins	0.50 c
545	Chopped Walnuts	0.50 c

Sheet1

545	Honey	2.00 tb
545	Orange Juice	0.33 c
546	Ghee	1.00 tb
546	Onion, sliced finely	1.00 md
546	Vegetable stock	3.75 c
546	Water	2.50 c
546	1" piece of ginger, grated	1.00 ea
546	Cayenne pepper	0.50 ts
546	Juice of 1 lemon	0.00
546	Fresh broccoli, cut into	0.75 lb
546	- bite sized florets	0.00
547	Mayonnaise	0.50 c
547	Grated lime peel	2.00 ts
547	Honey	1.00 tb
547	Sour cream	0.50 c
547	Lime juice	1.00 tb
547	Ground ginger	0.50 ts
548	Sesame or soy oil	0.50 c
548	Soy sauce	0.25 c
548	Diced Onion	0.33 c
548	Diced celery	0.25 c
548	Rice wine vinegar; PLUS:	3.00 tb
548	Rice wine vinegar	1.00 ts
548	Diced fresh ginger	2.00 tb
548	Sugar	2.00 ts
548	Grated lemon peel	1.50 ts
548	Catsup	0.50 ts
548	Black pepper	0.25 ts
549	Cubed Cooked Chicken Breast	2.00 c
549	Sliced Scallions	0.50 c
549	Snow Peas, Julienned	1.00 c
549	Bean Sprouts	1.00 c
549	Thinly Sliced Mushrooms	1.00 c
549	Low Sodium Soy Sauce	2.00 tb
549	Finely Minced Ginger	2.00 tb
549	Oil	1.00 tb
549	Oriental Sesame Oil (Opt)	0.50 ts
549	Lemon Juice	0.33 c
549	Garlic Finely Minced	1.00 cl
549	Watercress (Garnish)	1.00 bn
550	Beaten egg	2.00
550	Salt	2.00 ts
550	Dry mustard	2.00 ts
550	Ground coriander	2.00 ts
550	Ground allspice	1.00 ts
550	Pepper	0.75 ts
550	Fine chopped large onion	1.00
550	Minced/pressed cloves garlic	2.00
550	Fine dry bread crumbs	0.50 c

Sheet1

550	Ground turkey	2.00 lb
550	Bulk pork sausage	0.75 lb
550	Apple jelly	0.33 c
550	Chutney finely chopped	0.33 c
550	Raisins	0.33 c
551	Egg	2.00
551	(20-oz) crushed pineapple	1.00 cn
551	Drained reserving 2 Tb	0.00
551	Liquid	0.00
551	Lemon juice from	3.00 tb
551	Concentrate	0.00
551	Sugar	2.00 tb
551	Butter/margarine	1.00 tb
551	Salt	0.25 ts
551	(11-oz) mandarin oranges	1.00 cn
551	Drained and halved	0.00
551	(8-oz) seedless grapes	1.00 cn
551	Drained and halved	0.00
551	Miniature marshmallows	2.00 c
551	Whipping cream whipped	2.50 c
551	Finely chopped maraschino	0.25 c
551	Cherries	0.00
551	Acini di pepe/rosmarina/	1.00 c
551	Rings uncooked	0.00
552	Orange; Md, *	1.00
552	Pecans; Chopped	1.00 c
552	Golden Raisins	2.00 c
552	Mayonnaise	0.50 c
552	Plain Yogurt	0.50 c
553	Carrots, peeled,sliced thin	2.00 md
553	Beets	2.00 md
553	Potatoes	4.00 md
553	Onion, finely chopped	1.00 md
553	Dill pickles, finely chopped	2.00
553	Herring fillets, fine chop'd	0.50 c
553	Sour cream	1.00 c
553	Mayonnaise	1.00 c
553	Prepared mustard	2.00 tb
553	Sugar	2.00 tb
553	Vinegar	2.00 tb
553	Chopped parsley	0.00
553	Sliced hard boiled egg	0.00
554	French beans	1.00 lb
554	Niban Dashi	0.38 pt
554	MSG	1.00 pn
554	Soy Sauce	0.25 ts
554	Salt	1.00 pn
554	Sugar	2.50 ts
554	Sake	1.50 ts

Sheet1

554	DRESSING -----	0.00 -----
554	White Sesame Seed, Ground	1.50 oz
554	Sugar	1.50 ts
554	Sake	2.50 tb
554	Soy Sauce	5.00 ts
555	Chopped onions	5.00 tb
555	Oil	1.00 c
555	Water	2.00 c
555	Brown rice	1.00 c
555	Salt	1.00 ts
555	Kelp	2.00 ts
555	Dill weed	2.00 ts
555	Cinnamon	0.25 ts
555	Peppermint	0.50 ts
555	Paprika	1.00 ts
555	Pepper	0.50 ts
555	Allspice	0.50 ts
555	Juice of 1 lemon	0.00
555	Grape leaves	12.00 ea
556	Smoked fresh salmon, center	3.00 lb
556	Cut and boned	0.00
556	Bunches fresh dill	2.00 lg
556	Coarse salt	0.25 c
556	Sugar	0.25 c
556	Crushed white peppercorns	2.00 tb
556	Lemon wedges and pepper	0.00
557	Carrots; chopped	2.00 c
557	Green pepper; chopped	1.00 c
557	Cauliflower; florets, cut i	1.00 c
557	Mushrooms; quartered	1.00 c
557	Celery; chopped	0.50 c
557	Tomatoes; chopped and seede	2.00
557	Black olives; sliced	1.00 c
557	Onions; small, pickled, cho	0.50 c
557	Artichoke hearts; jar of ma	0.50 c
557	Tomato sauce; or 8 oz can	1.00 c
557	Ketchup	0.75 c
557	Oil; olive	3.00 tb
558	Yard cheesecloth	0.50
558	Poultry Flavoring Mix	2.00 tb
558	Water	1.50 c
558	Margarine or oil	1.00 tb
558	White wine or gluten stock	2.00 tb
558	Pieces bean curd sheet (	2.00
558	a.k.a. yuba)	0.00
558	Dressing of choice	2.00 c
558	Fl.oz. Vital wheat gluten	5.00
558	flour	0.00
558	Fl. oz. whole wheat pastry	1.00

Sheet1

558	flour	0.00
558	Poultry Flavoring Mix.	1.00 tb
558	Fl.oz. water	5.00
559	Avocado	1.00
559	Cumin	0.50 ts
559	Spike or parsley	12.00 ts
559	Dried oregano	0.50 ts
559	Mexican seasoning	1.00 pn
560	Olive oil	2.00 tb
560	Onions, chopped	2.00 ea
560	Garlic cloves, chopped	2.00 ea
560	Potato, chopped	1.00 ea
560	Salt	1.00 ts
560	Ground black pepper	1.00 pn
560	A few bay leaves	0.00
560	Marjoram	0.50 ts
560	Yogurt	1.00 c
560	Stock	2.00 pt
560	Chopped parsley	1.00 tb
561	Boiling potatoes	10.00
561	Green onions	4.00
561	Thinly sliced green pepper	0.50 c
561	Salt to taste	0.00
561	Mayonnaise	0.67 c
561	Head of lettuce	1.00
561	Potatoe Salad (see direct.)	4.00 c
561	Tomato's cut in wedges	5.00
561	Peeled Cucumbers (in wedges)	3.00
561	Avocados, sliced	2.00
561	Feta cheese	1.00 lb
561	Green Peppers cut in rings	2.00
561	Can cooked beet slices	16.00 oz
561	Large onion thinly sliced	1.00
561	Jar of Greek olives	5.00 oz
561	White vinegar	1.00 c
561	Vegetable oil	0.50 c
561	Olive oil	0.50 c
561	Oregano	1.00
562	(1lb) cut grn beans, drained	1.00 cn
562	(1lb) cut wax beans, drained	1.00 cn
562	Diced celery	1.00 c
562	Dillweed	1.00 ts
562	Bottled creamy onion dressng	0.50 c
562	Slivered almonds (optional)	0.25 c
562	Salad croutons	0.50 c
563	Green beans	1.00 lb
563	Red onion, very	1.00 sm
563	Thinly sliced	0.00
563	Finely minced parsley	0.33 c



Sheet1

563	Minced fresh mint	2.00 tb
563	Coarsely shredded Parmesan	0.33 c
563	Olive oil	3.00 tb
563	Salt	0.25 ts
563	Freshly ground black	0.25 ts
563	Pepper	0.00
563	White wine vinegar.	1.00 ts
564	Tomatillos; *	12.00
564	Yellow Onion; Chopped	0.50 c
564	Jalapeno Peppers; **	5.00
564	Fresh Cilantro; Chopped	3.00 tb
564	Garlic; Minced	1.50 ts
564	Lime Juice	2.00 tb
564	Olive Oil	2.00 tb
564	Fresh Tarragon; Chopped, OR	1.50 ts
564	Dried Tarragon; Crushed	0.50 ts
564	Sugar	0.50 ts
564	Salt	0.50 ts
564	Black Pepper	0.12 ts
565	Green lentils, washed	2.00 c
565	Olive oil	3.00 ts
565	Vegetable stock	6.00 c
565	Bay leaf	1.00 ea
565	Onions, chopped	2.00 lg
565	Garlic cloves, crushed	3.00 ea
565	Coriander	2.00 ts
565	Cumin	2.00 ts
565	Sweet Hungarian paprika	0.50 ts
565	Carrots, diced	2.00 lg
565	Lemon juice, or to taste	2.00 tb
565	Salt & pepper	0.00
566	Mayonnaise	1.00 c
566	Sour cream	1.00 c
566	Sliced green onion	0.50 c
566	Parsley sprigs	0.50 c
566	Dijon mustard	1.00 ts
566	Clove, crushed	1.00
567	Green papaya	4.00 oz
567	Garlic clove	1.00
567	Red or green chilis	3.00 sm
567	Roast peanuts	1.00 tb
567	Long beans; chopped into	1.00 oz
567	1-inch (2.5 cm) lengths	0.00
567	OR - French beans	0.00
567	Lemon juice	2.00 tb
567	Light soy sauce	3.00 tb
567	Sugar	1.00 ts
567	Tomato	1.00 md
567	- chopped into segments	0.00

Sheet1

567	Chinese cabbage leaves	2.00 lg
568	Green beans; fresh *	1.00 lb
568	;boiling salted water	0.00
568	Stock; **	0.25 c
568	Vinegar	3.00 tb
568	Vegetable oil	3.00 tb
568	Onions; med., thinly sliced	2.00
568	Dried dillseed	0.50 ts
568	Sugar	1.00 ts
569	Balsamic Vinegar	1.50 ts
569	Finely Slivered Orange	1.50 ts
569	Zest	0.00
569	Pinch Of Salt	0.00
569	Ground Pepper	0.25 ts
569	Hazelnut Oil	1.25 ts
569	Heads Of Endive (4 OZ.)	2.00
569	Separate Leaves	0.00
569	Bunch Watercress (4 OZ.)	1.00 lg
569	Tough Stems Removed	0.00
570	Tomatoes, seeded and chopped	2.00 md
570	Zucchini, diced	1.00 md
570	Frozen whole kernel corn,	1.00 c
570	thawed	0.00
570	Ripe avacado, peeled, seeded	1.00 sm
570	and coarsely chopped	0.00
570	Thinly sliced green onions	0.33 c
570	with tops	0.00
570	Pace Picante Sauce	0.33 c
570	Vegetable oil	2.00 tb
570	Chopped fresh cilantro or	2.00 tb
570	parsley	0.00
570	Lemon or lime juice	1.00 tb
570	Garlic salt	0.75 ts
570	Ground cumin	0.25 ts
571	Well-seasoned mustard	2.00 tb
571	to 3 tablespoons	0.00
571	Chicken breast halves	4.00
571	skinned and boned	0.00
571	Frozen black-eyed peas	1.00 pk
571	10-ounce package	0.00
571	Canned beans combined	32.00 oz
571	kidney, garbanzos, white	0.00
571	Medium-large red onion	1.00
571	finely chopped	0.00
571	Medium-large ripe tomatoes	2.00
571	coarsely chopped	0.00
571	Fresh thyme, chopped	2.00 tb
571	to 3 tablespoons	0.00
571	Fresh oregano, chopped	2.00 tb

Sheet1

571	to 3 tablespoons	0.00
571	Sun-dried tomato halves	4.00
571	in oil, finely chopped	0.00
571	Extra-virgin olive oil	3.00 tb
571	Balsamic vinegar	3.00 tb
571	Black pepper to taste	0.00
571	freshly ground	0.00
572	Warm water (110 to 115 F)	0.67 c
572	Active dry yeast	1.00 pk
572	Olive oil	1.00 tb
572	Sugar	2.00 ts
572	All-purpose flour	1.33 c
572	Quick or old-fashioned oats	0.75 c
572	Romano cheese	0.25 c
572	Green bell pepper, sliced	0.50 c
572	Red onion, thinly sliced	0.50 c
572	Chopped fresh basil OR	0.25 c
572	Cloves of garlic	2.00
572	Dried basil	4.00 ts
572	Plum tomatoes, thinly sliced	2.00 c
572	Shredded part-skim mozzarella	1.50 c
573	Peppers	3.00
573	Apples	3.00
573	Oil	2.00 tb
573	Onion powder	1.00 ts
573	Rosemary leaves	0.50 ts
573	crushed	0.00
573	Garlic powder	0.25 ts
573	Salt	0.25 ts
573	Black pepper	0.25 ts
574	Large shrimp (deveined)	1.00 lb
574	Fresh sea scallops	1.00 lb
574	Large mushrooms	1.00 lb
574	Bottled bar-b-q sauce	17.00 oz
574	Honey	0.25 c
574	Stone ground dijon mustard	4.00 tb
574	Wooden skewers	8.00
574	Fresh fruit (as garnish)	2.00 lb
575	Avocados	2.00
575	Tomatoes; diced fine	2.00
575	Onion; diced fine	0.50
575	Diced fine Ortega chilis	1.00 cn
575	(7-oz) diced fine olives	0.25 cn
575	Corn/tortilla chips	2.00 pk
575	Soy sauce	1.00 tb
576	Avocado	1.00 lg
576	Finely grated onion	1.00 tb
576	Minced garlic	1.00 ts
576	Serrano chilies	0.50 ts

Sheet1

576	Lime juice	2.00 tb
576	Coriander seeds	0.50 ts
576	Cubed tomato	0.25 c
576	Olive oil	1.00 tb
576	Sliced red radish	1.00 lg
576	Coriander leaves	1.00 tb
577	Moderately rip avocados	2.00
577	peeled and pitted	0.00
577	Garlic clove; minced	1.00
577	Onion; minced white	2.00 tb
577	Green chili roasted peeled	1.00
577	and minced	0.00
577	Lemon juice	0.00
577	Salt and pepper to taste	0.00
578	Avocado, medium, seeded,	1.00
578	Peeled, and coarsely mashed	0.00
578	Lemon juice	1.00 tb
578	Garlic, clove, minced	1.00
578	Tomato, small, chopped	1.00
578	Onion, green, chopped	1.00
578	Pepper, bell, minced	0.25
578	Pepper, chile, chopped	0.50 ts
578	Chili powder	0.50 ts
578	Cilantro, fresh, minced	1.00 tb
578	CHIPS -----	0.00 -----
578	Tortillas, corn	6.00
579	Large avocados	5.00
579	Medium garlic clove, minced	1.00
579	Medium tomato, chopped	1.00
579	Can chopped green chili	4.00 oz
579	Lemon or lime juice	2.50 tb
579	Salt	1.00 ts
580	Cucumbers; Medium	2.00
580	Sugar	1.50 tb
580	Cider Vinegar	1.50 tb
580	Salt	0.50 ts
580	Pepper	0.12 ts
580	Sour Cream	0.50 c
580	Parsley; Fresh, Minced	1.00 tb
581	Slice Rump Steak	4.00 oz
581	Teriyaki Sauce	3.00 tb
581	Spring Onions w/ 3" of stalk	2.00
582	Pace Picante Sauce	0.50 c
582	Ranch, creamy garlic, creamy	0.50 c
582	cucumber or creamy Italian	0.00
582	dressing	0.00
583	Chopped cooked ham	1.00 c
583	Chopped hard cooked eggs	2.00
583	(3-oz) soften cream cheese	1.00 pk

Sheet1

583	Dijon mustard	1.00 ts
583	Mushrooms finely chopped	3.00
583	Finely chopped onion	1.00 tb
583	Melted butter	3.00 tb
584	(6-oz) honey ham slices	1.00 pk
584	Jar (5-oz) sharp pasteurized	1.00
584	process cheese spread	0.00
584	Green/red bell pepper	1.00 sm
584	seeded and cut into 14	0.00
584	strips	0.00
584	Sliced tomatoes	0.00
585	Sliced ham (1 package)	8.00 oz
585	Green onions, whole	1.00 bn
585	Cream cheese, softened	8.00 oz
585	(1 package)	0.00
586	Littleneck Clams or Cockles	12.00
586	Sake	3.00 tb
586	Thin slices of lemon	6.00
586	Boiling Water	1.50 pt
586	MSG	1.00 pn
587	Sake	3.00 tb
587	Small Clams or Cockles	24.00
587	Sugar	1.50 oz
587	Soya Sauce	2.50 tb
588	Butter	1.00 tb
588	White fish fillets; *	1.00 lb
588	;hot water	0.50 c
588	Eggs; large, hard cooked	4.00
588	Pickles; dill	2.00
588	Capers	1.00 tb
588	SAUCE -----	0.00 -----
588	Mayonnaise	2.00 tb
588	Sour cream	2.00 tb
588	Lemon juice	2.00 ts
588	Mustard; dijon-style	1.00 ts
588	Salt	0.50 ts
588	Pepper; white	0.25 ts
588	GARNISH -----	0.00 -----
588	Egg; large, hard cooked	1.00
588	Beets; canned, slices	4.00
589	(11.5-oz) condensed bean	1.00 cn
589	with bacon soup	0.00
589	Open pit special recipe	0.25 c
589	original flavor barbecue	0.00
589	sauce	0.00
589	Minced green pepper	2.00 tb
589	if desired	0.00
589	Minced onion	1.00 ts
589	Worcestershire	1.00 ts

Sheet1

589	Hotdogs sliced in 1/4 inch	2.00
589	pieces	0.00
590	Raw, med-size shaped pasta	2.00 c
590	Cooked/canned red beans OR	2.00 c
590	Kidney beans	2.00 c
590	Diced zucchini (@ 1 med)	1.00 c
590	Sm green pepper, fine chop	1.00
590	Med ripe tomato, chopped	1.00
590	Chopped green olives	0.33 c
590	Grated Parmesan cheese	0.25 c
590	Plain yogurt	1.00 c
590	Chili powder r more to taste	0.50 ts
590	Ground coriander	0.50 ts
590	Paprika	0.50 ts
590	Dried sage	0.25 ts
591	Margarine (unsalted)	4.00 tb
591	Cloves garlic, minced	2.00 x
591	Basil	0.50 ts
591	Oregano	0.50 ts
591	Whole wheat bread cubes,1/2"	2.00 c
592	SOUR -----	0.00 -----
592	Sour cream	1.00 c
592	Yogurt	0.50 c
592	Lemon; juice only	0.50 x
592	Sugar	0.25 ts
592	SALAD -----	0.00 -----
592	Onions; small	2.00
592	Apples; medium, tart	2.00
592	Herring fillets; marinated	8.00
592	Dill; fresh or	2.00 ts
592	Dillweed; dried	0.50 ts
593	Cottage Cheese	1.00 c
593	Sour Cream	0.50 c
593	Green Onion; Minced, Use All	1.00 tb
593	Garlic; Minced	0.25 ts
593	Salt; Hickory-Smoked	0.50 ts
594	Small red new potatoes	2.00 lb
594	Sliced green onions	0.50 c
594	HiddenValley Ranch dressing*	1.00 c
594	Paprika or Black Pepper	0.00
594	Chives	0.00
595	Hidden Valley Ranch (R)	1.00 pk
595	Salad dressing mix	0.00
595	Dill	0.50 ts
595	Salad oil	0.75 c
595	Plain oyster crackers	5.00 c
596	Venison (trimmed weight)	10.00 oz
596	Belly of pork (trimmed wt.)	6.00 oz
596	Pitted prunes	2.00 oz

Sheet1

596	Onion	1.00 sm
596	Remains of a pot of tea	0.00
596	Port	3.00 tb
596	Allspice, thyme or Worcester	0.00
596	Ready-made puff pastry	1.00 lb
596	Beaten egg to glaze	1.00
597	Garlic, Coarsely Chopped.	0.25 c
597	Shallot, Coarsely Chopped.	0.25 c
597	Thai Pickled Garlic,Julienne	0.25 c
597	Fish Sauce (Best Quality).	0.25 c
597	Sugar.	1.00 c
597	Lime/Lemon Juice.	0.50 c
597	White Vinegar.	0.25 c
597	Mashed Fermented Beans.	1.00 tb
597	Paprika.	1.00 tb
597	Hard Tufu, Sliced, Fried. *	0.25 c
597	Eggs.	3.00
597	Rice Stick (Very Small).	3.00 pk
597	Cooked Pork. **	1.00 c
597	Cooked Chicken. **	1.00 c
597	Fresh Shrimps, Shelled.	2.00 c
597	Oil for Frying (Approx.).	3.00 c
597	Raw, Fresh, Bean Sprouts.	0.00
597	Raw, Fresh, Chinese Chives.	0.00
597	Cilantro.	0.00
597	Fresh Mild Red Chili Peppers	0.00
598	CRUST -----	0.00 -----
598	Butter crackers crushed	0.50 c
598	Butter flavored crisco	0.67 c
598	All purpose flour	1.50 c
598	FILLING -----	0.00 -----
598	Snipped fresh parsley	0.25 c
598	Whipping cream	1.00 c
598	Half and half	1.00 c
598	Salt	1.00 ts
598	Pepper	0.25 ts
598	Eggs	5.00
598	Shredded swiss cheese	2.00 pk
598	(4-oz) diced pimentos,	1.00 cn
598	well drained	0.00
598	Thin sliced green onions	0.75 c
598	with tops	0.00
598	Chopped ham, crumbled	0.67 c
598	sausage, diced pepperoni or	0.00
598	crumbled cooked bacon	0.00
599	(4-oz) shredded cheese	1.00 c
599	(3-oz) cream cheese at room	1.00 pk
599	temperature	0.00
599	(4.5-oz) deviled ham	1.00 cn

Sheet1

599	Finely chopped	2.00 tb
599	scallions	0.00
599	Chopped green chilie	3.00 tb
599	Chopped walnuts	0.50 c
599	Crackers	0.00
600	Unpeeled baking potatoe	1.00
600	Fat free italian dressing	2.00 tb
601	Butter	1.00 tb
601	Light Oil	5.00 tb
601	Garlic cloves minced	2.00
601	Oregano	1.00 ts
601	Thyme	1.00 ts
601	Day old bread	5.00
602	Garbonzo beans drained	1.00 cn
602	Tahini (crushed	3.00 tb
602	sesame seeds)	0.00
602	Lemon juice	0.33 c
602	Clove garlic	1.00
602	Cumin	0.50 ts
602	Salt	0.50 ts
602	Water	0.00
603	Mayonnaise	1.50 c
603	Red Wine Vinegar	0.25 c
603	Liquid Honey	3.00 tb
603	Garlic cloves, crushed	2.00
603	Dijon mustard	1.00 tb
603	Worcestershire sauce	1.00 tb
603	Tabasco	1.00 ts
603	Salt and Pepper to taste	1.00
604	Egg Yolks	3.00
604	Olive oil	4.00 c
604	Paprika	1.00 tb
604	Crushed black pepper	1.00 tb
604	Salt	1.50 tb
604	Fresh purred garlic	1.00 tb
604	Honey	0.50 c
604	Tarragon	0.75 c
604	Red wine vinegar	0.75 c
605	Cider vinegar	3.00 tb
605	Honey	3.00 tb
605	Mayonnaise	6.00 tb
605	Salt	0.00
605	Dijon mustard	1.00 tb
605	Onion; minced finely	1.00 tb
605	Parsley; chopped	1.50 tb
605	Vegetable oil	0.75 c
606	Honey	0.50 c
606	Butter/margarine	2.00 tb
606	Ground cinnamon	1.00 ts



Sheet1

606	divided	0.00
606	Mixed nuts with no peanuts	4.00 c
606	Superfine sugar	3.00 tb
607	Vinegar; white, wine	0.50 c
607	Lemon juice; fresh	2.00 tb
607	Parsley; finely chopped	2.00 ts
607	Onion; chopped	2.00 ts
607	Dijon mustard	1.00 ts
607	Honey	1.00 ts
607	Pepper; ground	0.00
607	Vegetable oil	0.33 c
608	Salt	2.50 ts
608	Sesame Seeds	2.50 ts
608	Sugar	0.50 ts
608	MSG	1.00 pn
608	Fresh Spinach	1.50 lb
608	Niban Dashi	3.00 tb
608	Soy Sauce	1.00 ts
609	Bacon sliced, diced	4.00
609	Pace Picante Sauce	0.33 c
609	Red wine vinegar	0.25 c
609	Sugar	2.00 ts
610	THE GARNISH -----	0.00 -----
610	Crisp lettuce leaves	5.00
610	Garlic clove; finely chopped	1.00
610	Cooking oil	1.00 tb
610	Sprig coriander leaves	1.00
610	- finely chopped	0.00
610	THE YAM -----	0.00 -----
610	Vegetable stock	4.00 tb
610	Medium button mushrooms	2.00 oz
610	- sliced	0.00
610	Dry clear vermicelli noodles	4.00 oz
610	- soaked in water for	0.00
610	- 20 minutes until soft,	0.00
610	- then drained	0.00
610	Lemon juice	2.00 tb
610	Light soy sauce	3.00 tb
610	Chili powder	0.50 ts
610	Sugar	1.00 ts
610	Black fungus mushrooms	0.67 c
610	- pre-soaked	0.00
610	Med. fresh button mushrooms	0.67 c
610	Shallots; finely sliced	2.00
610	Spring onion/scallion	1.00
610	- chopped	0.00
610	Celery stalk with leaves	1.00
610	- chopped	0.00
610	Carrot; finely chopped	1.00 sm

Sheet1

611	14-oz artichoke hearts	1.00 cn
611	drained and chopped	0.00
611	Grated parmesan cheese	1.00 c
611	Mayonnaise	1.00 c
612	Mayonnaise	0.50 c
612	Pinto beans drained, mashed	16.00 oz
612	Shredded cheddar cheese	1.00 c
612	Chopped green chilies	4.00 oz
612	Hot pepper sauce	0.25 ts
613	Paprika	0.50 ts
613	Pepper	0.25 ts
613	(4 Oz.) Boned, Skinned	4.00
613	Chicken Breast Halves, Cut	0.00
613	Into Bite Size	0.00
613	Unsweetened Apple Cider	3.00 tb
613	Diagonally Sliced Carrots	1.00 c
613	(1/2 in.) Cubes Unpeeled	3.00 c
613	Granny Smith Apples (1 Lb.)	0.00
613	(2 Oz.) Gorgonzola	0.50 c
613	Cheese Divided	0.00
613	Minched Shallots	2.00 ts
613	White Wine Vinegar	2.00 tb
613	Torn Fresh Spinach	4.00 c
614	Chicken wings	2.50 lb
614	Oil for frying (optional)	0.00
614	Hot sauce or Tabasco	6.00 oz
614	Melted butter	0.50 c
615	Chopped onion	1.00 sm
615	Chopped green pepper	0.50
615	Butter	3.00 tb
615	Catsup	0.50 c
615	Worcestershire sauce	1.00 tb
615	Bottled hot sauce	0.25 ts
615	Clams	1.00 cn
615	Grated cheddar cheese	0.25 c
615	Crackers or tortilla chips	0.00
616	Crabmeat	1.00 lb
616	Cream Cheese, softened	8.00 oz
616	Medium Onion, finely diced	1.00
616	Horseradish	2.00 ts
616	Milk	1.00 tb
616	Worcestershire Sauce (opt.)	2.00 tb
616	Salt and Pepper	0.00
616	Almonds, sliced	0.00
617	#2.5 (3.5 c) pork and	1.00 cn
617	beans in tomato sauce	0.00
617	sieved	0.00
617	Shredded sharp process	0.50 c
617	american cheese	0.00

Sheet1

617	Garlic salt	1.00 ts
617	Chili powder	1.00 ts
617	Salt	0.50 ts
617	Cayenne pepper	1.00 ds
617	Vinegar	2.00 ts
617	Worcestershire sauce	2.00 ts
617	Liquid smoke	0.50 ts
617	Crisp cooked bacon	4.00 sl
618	PASTRY -----	0.00 -----
618	(8-oz) cream cheese soften	1.00 pk
618	All purpose flour	1.50 c
618	Butter/margarine softened	0.50 c
618	FILLING -----	0.00 -----
618	Butter/margarine	3.00 tb
618	softened	0.00
618	Minced mushrooms	0.50 lb
618	Minced large onion	1.00
618	Sour cream	0.25 c
618	Salt	1.00 ts
618	Thyme leaves	0.25 ts
618	Flour	2.00 tb
618	Beaten egg	1.00
619	Mayonnaise; light/reduced	1.00 c
619	calorie	0.00
619	Dijon style mustard	0.25 c
619	Honey	0.25 c
620	Potatoes, medium, peeled	4.00
620	Bunch broccoli, broken flore	1.00
620	Vegetable or salad oil	0.25 c
620	Lemon juice	0.25 c
620	Garlic powder	0.25 ts
620	Salt	0.75 ts
620	Basil	1.00 ts
620	Liquid hot pepper sauce	0.25 ts
620	Green onions, sliced	2.00
621	Fat	1.00 tb
621	Butter	1.00 tb
621	Sugar	2.00 ts
621	Pepper	0.12 ts
621	Vinegar	0.50 c
621	Flour	1.00 ts
621	Mustard, dry	0.50 ts
621	Salt	0.50 ts
621	Egg yolk	1.00
622	Medium Russet Potatoes,	1.00 lb
622	Cut Into Julienne Strips	0.00
622	Chopped Red Bell Pepper	0.50 c
622	Finely Chopped Green	0.25 c
622	Onions	0.00

Sheet1

622	Rice Wine Vinegar	1.00 tb
622	Hoisin Sauce	2.00 ts
622	Sesame Seeds, Toasted	1.00 ts
623	Horseradish; Prepared	4.00 tb
623	Garlic Powder	1.00 ts
623	Sour Cream	2.00 c
623	White Pepper	1.00 ts
624	Tomatoes	4.00 md
624	Chopped scallions to taste	0.00
624	Chopped red onion	0.25 md
624	Quartered black olives	10.00
624	Olive oil	1.00 tb
624	Red wine vinegar	2.00 ts
624	Chopped red pepper	0.00
624	Chopped green pepper	0.00
624	Salt	1.00 ts
624	Ground cumin	1.00 tb
624	Garlic	1.00 ts
624	Oregano	1.00 ts
624	Ground red peppers to taste	0.00
624	Cayenne pepper to taste	0.00
625	(2 cns) Chick Peas	31.00 oz
625	Liquid *	0.00
625	Tahini **	6.00 tb
625	Lemon Juice or To Taste	0.33 c
625	Large Cloves Garlic(or More)	3.00
625	Salt & Fresh Ground Pepper	0.00
625	GARINISHES -----	0.00 -----
625	Olive Oil	0.00
625	Paprika	0.00
625	Fresh Chopped Parsley	0.00
626	(2 cns) Chick Peas	31.00 oz
626	Liquid *	0.00
626	Tahini **	6.00 tb
626	Lemon Juice or To Taste	0.33 c
626	Large Cloves Garlic(or More)	3.00
626	Salt & Fresh Ground Pepper	0.00
626	GARINISHES -----	0.00 -----
626	Olive Oil	0.00
626	Paprika	0.00
626	Fresh Chopped Parsley	0.00
627	Safflower Oil	1.00 tb
627	Chopped Onion	2.00 tb
627	Clove garlic, minced	0.00
627	Minced fresh parsley	0.25 c
627	Basil	1.00 ts
627	Ground Coriander	0.25 ts
627	Oregano	0.25 ts
627	Black pepper	0.25 ts

Sheet1

627	Can drained Chick Peas	15.00 oz
627	Lemon juice	3.00 tb
627	Toasted Sesame seeds	2.00 tb
627	Cumin	1.00 ds
628	Chickpeas	16.00 cn
628	Lemon	1.00
628	Clove garlic	1.00
628	Tahini	0.50 ts
628	Olive oil	2.00 tb
628	Salt	0.50 ts
628	Onion	1.00
628	Tomato	1.00
628	Coarse chopped parsley	1.00 c
629	Chickpeas; soaked overnight and drained	0.75 c 0.00
629	Garlic cloves; minced	2.00
629	Salt	1.00 ts
629	Pepper	0.25 ts
629	Tahini (sesame paste)	6.00 tb
629	Lemons, juiced	2.00
629	Corn oil (or as needed)	1.00 tb
629	Olive oil	1.00 tb
629	Paprika	0.25 ts
629	Fresh parsley; chopped	1.00 tb
630	Cottage Cheese	1.00 c
630	Hungarian Paprika	2.00 ts
630	Caraway Seeds	1.00 ts
630	Capers; Mashed	1.00 ts
630	Mustard; Dry	0.50 ts
630	Green Onion; Chopped,Use All	2.00 tb
630	Sour Cream	0.50 c
631	Dried mushroom	4.00
631	Water	0.25 c
631	Sauerkraut	2.00 lb
631	Apple, peel, core, sliced	1.00
631	20 oz tomatoes	1.00 c
631	Peppercorns	5.00
631	Bay leaf	1.00
631	Diced polish sausage	2.00 c
631	Coarsely chopped bacon	1.00 c
631	Steamed potatoes	1.00
632	Butter; melted	0.25 c
632	Frozen chopped broccoli*	10.00 oz
632	Whole kernal corn; drained	8.00 oz
632	Onion; chopped	0.25 c
632	Walnuts; coarsely chopped	0.50 c
632	Milk	0.50 c
632	Eggs	2.00
632	Bisquick	0.50 c

Sheet1

632	Garlic salt	0.25 ts
632	Cheddar cheese; shredded	1.00 c
633	Tomatoes, blanched, skinned	6.00 lg
633	Red onion	1.00 lg
633	Green or red bell pepper	1.00 lg
633	Radishes, trimmed	2.00 bn
633	Carrots	3.00 lg
633	Celery ribs	3.00 lg
633	Cucumbers, unpeeled	2.00 md
633	Hot green chilies, seeded	2.00 ea
633	Garlic cloves, peeled	6.00 lg
633	Olive oil	2.00 tb
633	Tomato paste	0.50 c
633	Vegetable stock	6.25 c
633	Dry red wine	1.75 c
633	Salt	0.00
634	Mayonnaise	1.00 tb
634	Anchovy paste OR	1.00 ts
634	Anchovy fillet--rinsed,	1.00
634	Dried & mashed	0.00
634	Red wine vinegar	1.00 ts
634	Extra-virgin olive oil	1.00 c
634	Red onion, minced	0.50 md
634	Chopped parsley	3.00 tb
634	Capers--rinsed, dried &	3.00 tb
634	Finely chopped	0.00
634	Salt	0.50 ts
634	Green bell peppers	6.00 md
634	(about 2-1/2 lbs.)	0.00
634	Red bell peppers	6.00 md
634	(about 2-1/2 lbs.)	0.00
634	Fresh peas OR	0.50 c
634	Thawed frozen peas	0.50 c
634	Fresh mozzarella cheese,	1.00 lb
634	Cut into 1/4-inch slices	0.00
634	Ripe tomatoes	6.00 md
634	(about 3 lbs), peeled and	0.00
634	Sliced 1/4-inch thick	0.00
635	Peas frozen	1.00
635	Cheese, cheddar cut in square	4.00
635	Pickle juice sweet variety	0.25 c
635	Eggs, hard boiled	2.00
635	Mayonnaise	0.38 c
635	Salt or to taste	0.25 ts
636	Italian Sausage	2.00 lb
636	Olive oil	2.00 tb
636	Tomato sauce	2.00 c
636	Oregano	1.00 ts
636	Chablis wine	1.00 c

Sheet1

636	Mushrooms, fresh and sliced	1.00 lb
637	Eggplant	1.00 lg
637	Bell peppers, red or green	2.00 lg
637	Celery stalks	2.00 lg
637	Olive oil for sauteeing	0.00
637	Garlic cloves, minced	2.00 ea
637	Olive oil	0.25 c
637	Red wine vinegar	0.25 c
637	Oregano	1.00 ts
637	Salt & pepper	0.00
637	Black olives, chopped	0.25 c
638	Deidre-Anne Penrod, FGGT98B	0.00
638	----INGREDIENTS-----	0.00
638	Carrots	0.00
638	Celery	0.00
638	Radishes	0.00
638	Salami, polish ham, cold	0.00
638	Cuts, cut in halves or in	0.00
638	Triangles	0.00
638	Cream cheese	0.00
638	Cherry tomatoes	0.00
638	Tuna or deviled ham salad	0.00
638	Olives, black and green	0.00
638	Green onions	0.00
638	Whatever else you want	0.00
639	(No Ingredients)	0.00
640	Sour cream	1.00 c
640	Mayonnaise/salad dressing	1.00 c
640	(6-oz) italian salad	1.00 pk
640	dressing mix	0.00
640	Fine chopped red pepper	0.25 c
640	Fine chopped green pepper	0.25 c
641	Cheddar cheese; 1/2" cubes	3.00 oz
641	about 1/2 cup	0.00
641	Jalapeno pepper	1.00 tb
641	seeded & minced or to taste	0.00
641	Butter; cold,	0.33 c
641	cut in 1/2" cubes	0.00
641	Flour; all purpose	0.75 c
641	Cornmeal	0.25 c
641	Salt	0.50 ts
641	Chili powder	0.25 ts
641	Mustard; dry	0.25 ts
641	Water; ice	4.00 tb
642	Gyoza wrappers	0.00
642	Cabbage	1.50 c
642	Green onions chopped	4.00
642	Dried mushrooms soaked in	3.00
642	warm water 15 minutes	0.00

Sheet1

642	drained and chopped	0.00
642	Ginger root grated	2.00 ts
642	Ground beef	0.50 lb
642	Cooking wine	1.00 tb
642	Kikkiman soy sauce	1.00 tb
642	Sesame oil	1.00 tb
642	Black pepper	0.25 ts
642	Salad oil	0.00
642	SAUCE -----	0.00 -----
642	Kikkoman soy sauce	0.00
642	Chili sesame oil which is	0.00
642	very very hot	0.00
643	DRESSING -----	0.00 -----
643	Rice wine vinegar	0.67 c
643	Soy sauce	0.25 c
643	Vegetable oil	0.25 c
643	Sugar	3.00 tb
643	Dry mustard	1.00 ts
643	Cayenne pepper	1.00 pn
643	SALAD -----	0.00 -----
643	Fresh bean sprouts	1.00 lb
643	Dried chuka soba noodles	14.00 oz
643	Oriental sesame oil	0.25 c
643	Cooked bay shrimp	2.00 lb
643	Cucumbers; peeled	3.00 lg
643	halved, thinly sliced	0.00
643	Green onions; sliced	6.00
643	Red cabbage leaves	0.00
644	Sesame seed	0.25 c
644	Linguine, broken in half	0.50 lb
644	Small shrimp, cooked	1.00 lb
644	Bunch green onions, thinly	1.00
644	Sliced	0.00
644	Sesame oil	0.25 c
644	Olive oil	0.25 c
644	Mushrooms, sliced	0.50 lb
644	Soy sauce	0.33 c
644	Sake or white wine	0.50 c
644	Grated fresh ginger	2.00 tb
644	Garlic cloves, pressed	2.00
644	Eggs	3.00
644	Seaweed, coarsely crumbled	1.00 tb
645	Inch cube fresh ginger	1.00
645	Egg (medium)	1.00
645	Chicken, skinned, minced	10.00 oz
645	Blades fresh chives	3.00
645	Or 1 spring onion, chopped	0.00
645	Freshly ground black pepper	0.00
645	Large well formed mushrooms	18.00



Sheet1

645	Vegetable oil	1.00 tb
645	Japanese soy sauce (shoyu)	6.00 tb
645	Distilled white vinegar OR	2.00 tb
645	Japanese rice vinegar	3.00 tb
646	Lemon jello	1.00 oz
646	Vinegar	2.00 ts
646	Finely chopped broccoli OR	1.00 c
646	(10 oz) frozen chopped	1.00 pk
646	Sour cream	0.50 c
646	Mayonnaize	0.25 c
647	Soy sauce	1.00 c
647	Red wine vinegar	0.50 c
647	Vegetable oil	0.50 c
647	To 8 ea green onions,chopped	6.00
647	Med onion, diced	1.00
647	To 4 ea Scotch Bonnet *	2.00
647	Fresh thyme leaves -OR-	0.25 c
647	Dried thyme	1.00 tb
647	Fresh ginger, minced	2.00 tb
647	Brown sugar	0.25 c
647	Ground nutmeg	2.00 ts
647	Ground cloves	2.00 ts
647	Ground allspice	2.00 ts
647	Dozen chicken wings	1.00
648	Eggplant	3.00 lb
648	salt	1.00 tb
648	pepper	0.25 ts
648	Olive oil	0.75 c
648	Celery stalks;diced	2.00
648	Onion;large, diced	1.00
648	Peppers, green,red & yellow	3.00
648	cored & diced	0.00
648	Garlic clove-sliced	1.00
648	Carrot;large, peeled &	1.00
648	diced	0.00
648	Flour	2.00 ts
648	Tomatoes; ripe, peeled* and	2.00 lb
648	cut up	0.00
648	Green olives; pitted,	1.00 c
648	coarsely chopped	0.00
648	Wine vinegar	2.00 tb
648	Sugar	1.00 ts
648	Basil leaves;fresh ;-OR	3.00
648	dried Basil	1.00 ts
648	Parsley, Italian;fresh	1.00 tb
648	chopped	0.00
648	Capers; drained	2.00 tb
649	Jicama; peeled	1.00 md
649	Navel oranges; peeled	2.00

Sheet1

649	Salt	0.00
649	Chili powder	1.00 ts
649	Chopped unsalted peanuts	2.00 tb
649	(optional)	0.00
649	Dried red chiles (optional)	0.12 ts
649	Lettuce	0.00
650	Cold, boiled potatoes	6.00
650	Hard-boiled eggs	2.00
650	Onions, chopped	2.00
650	Bacon, fried, cut into	0.25 lb
650	small pieces	0.00
650	Mustard	1.00 ts
650	Mayonaise	0.50 c
650	Salt	1.00 ts
650	Seasoned pepper	1.00 ts
650	Vinegar	2.00 tb
650	Heavy cream	1.00 c
650	Butter	2.00 tb
651	Eggs, hard-boiled, chopped	3.00
651	Mayonnaise	2.00 tb
651	Dill relish (heaping)	2.00 tb
651	Louisiana hot sauce	1.00 ts
651	Poupon mustard	2.00 ts
651	6 1/2 oz can tuna, drained	1.00
652	Small squid	1.00 kg
652	Corn oil	0.50 c
652	Onion; finely chopped	1.00 md
652	Short-grain rice	0.50 c
652	Tomato puree	0.50 c
652	Water	0.25 c
652	Cinnamon stick	1.00 sm
652	Cloves	2.00
652	Salt	0.00
652	Freshly ground black pepper	0.00
652	Dry white wine	0.50 c
653	Potatoes; Large *	6.00
653	;Boiling Water	0.00
653	Salt	0.50 ts
653	Onion; Medium, Minced	1.00
653	Vinegar	3.00 tb
653	Mustard; Prepared	0.50 ts
653	Sugar	1.00 ts
653	Dillseed	2.00 ts
654	Whole Duck or Chicken Breast	2.00
654	Sake	2.50 ts
655	Garlic cloves; peeled	3.00 lg
655	Chickpeas; cooked -OR-	2.00 c
655	19 oz	1.00 cn
655	Tahini: *	0.33 c

Sheet1

655	Olive oil	2.00 tb
655	Lemon juice; fresh	0.33 c
655	Cumin; ground	1.00 ts
655	Pepper	0.25 ts
655	Salt; opt	1.00 pn
656	Potatoes; Medium	6.00
656	Bacon; Slices	4.00
656	Onion; Chopped	1.00 tb
656	Celery; Stalk, Chopped	1.00
656	Salt	1.00 ts
656	Butter	2.00 tb
656	Unbleached Flour	2.00 tb
656	Mustard; Dry	0.50 ts
656	Sugar	1.00 tb
656	Beer; Any Brand	1.00 c
656	Tobasco Sauce	0.50 ts
656	Parsley; Chopped Fresh	2.00 tb
657	Chopped green pepper	0.50 c
657	Chopped red pepper	0.50 c
657	Jalepeno peppers	3.00 sm
657	Chopped white onion	0.50 c
657	Green onions	4.00 x
657	Minced garlic cloves	2.00 x
657	14 oz crushed tomatoes	1.00 cn
657	Small tomatoes chopped	2.00 x
657	Sliced black olives	0.50 c
657	Olive oil	1.00 tb
657	Red wine vinegar	1.00 tb
657	Salt	0.50 ts
657	Ground cumin	1.00 ts
657	Oregano	1.00 ts
657	Juice of 1/2 lemon	0.00
658	Long Grain Rice.	2.00 c
658	Water.	6.00 c
658	DIP -----	0.00 -----
658	Raw Shrimp (Ground/Chopped).	1.00 c
658	Coconut Milk. *	3.00 c
658	Shallots or Onions, Chopped.	0.50 c
658	Cilantro Roots & Stem, Mash.	2.00 tb
658	Garlic, Chopped.	2.00 tb
658	Tomato Paste.	2.00 tb
658	Peanuts, Crushed Fine.	0.50 c
658	Fish Sauce.	3.00 tb
658	Sugar.	0.25 c
658	Cilantro Leaves, Chopped.	0.00
658	Fresh Red Chili Peppers.	0.00
659	Cucumbers	3.00 lg
659	Salt	1.50 tb
659	Scallion (including top)	1.00

Sheet1

659	Clove garlic	1.00
659	Red chili pepper	0.50 ts
659	Water	0.50 c
660	Bamboo Shoots (Takenoko)	10.00 oz
660	Sugar	1.50 ts
660	MSG	1.00 pn
660	2" Square Kombu	0.00
660	Neri Shiro Miso	3.00 tb
660	Niban Dashi	0.38 pt
660	Salt	2.00 ts
660	Sake	5.00 ts
660	Fresh Spinach leaves	4.00 oz
660	Kona Sansho (Pepper)	0.25 ts
661	PUMPKIN FILLING -----	0.00 -----
661	Diced butternut pumpkin	3.00 c
661	Pougouri (coarse burghul)	2.00 tb
661	Onion; chopped	1.00 md
661	Peanut or corn oil	0.25 c
661	Ground cinnamon	0.50 ts
661	Ground cloves	1.00 pn
661	Salt	1.50 ts
661	Freshly ground black pepper	0.00
661	PASTRY -----	0.00 -----
661	Plain flour	4.00 c
661	Salt	1.00 pn
661	Peanut or corn oil	0.75 c
661	Cold water	0.50 c
661	Lemon juice	3.00 ts
661	Beaten egg & milk for glaze	0.00
662	Bean sprouts	0.50 lb
662	Salt; or to taste	1.00 ts
662	Sesame seeds, toasted	2.00 tb
662	Garlic powder	0.50 ts
662	Karen says: use REAL garlic	0.00
662	Cayenne pepper, optional	1.00 pn
662	Finely chopped green onions	0.25 c
663	Soy sauce	4.00 tb
663	Rice vinegar	4.00 ts
663	Sesame oil	1.00 ts
664	Mixed greens (Boston, bibb,	0.00
664	Red tip, and romaine	0.00
664	Lettuce	0.00
664	Radicchio leaves, filled	2.00
664	With	0.00
664	Lump crab meat	2.00 oz
664	Shrimp, grilled	2.00 lg
664	Slices fresh papaya	0.00
664	Lime Dill Vinaigrette	1.00
664	LIME DILL VINAIGRETTE -----	0.00 -----

Sheet1

664	Dijon mustard	0.25 c
664	Red wine vinegar	0.50 c
664	White wine vinegar	0.12 c
664	Egg yolk	1.00
664	Salad oil	0.75 c
664	Lime's juice	1.00
664	Honey	3.00 oz
664	Tarragon leaves	0.25 ts
664	Basil leaves, whole	0.25 ts
664	Oregano leaves	0.25 ts
664	Parsley leaves	0.50 ts
664	Garlic, crushed	0.50 cl
664	White pepper	0.50 ts
664	Seasoned salt	0.50 ts
664	Salt	1.00 ts
664	Fresh dill weed, chopped	1.00 tb
664	Drop, small green food	1.00
664	Coloring (optional)	0.00
665	Sour cream	0.25 c
665	Mayonnaise	0.25 c
665	Taco seasoning	0.50 pk
665	(10.5 oz) bean dip or	1.00 cn
665	refried beans	0.00
665	Mashed avocados	2.00 md
665	Grated cheddar cheese	0.50 c
665	Grated jack cheese	0.50 c
665	Chopped green	4.00
665	onions/scallions	0.00
665	(4.5-oz) chopped ripe olive	1.00 cn
665	Diced tomatoes	3.00
665	Tortilla chips	0.00
666	(1 cn) Refried Beans	16.00 oz
666	Yogurt	1.00 c
666	Taco Seasoning	0.50 pk
666	Avacodos (Can Use 4) *	3.00
666	Sour Cream	1.00 c
666	Grated Cheddar Cheese	0.00
666	Finely Chopped Tomatoes	0.00
667	Uncooked rice not	1.50 c
667	instant	0.00
667	Cinnamon	0.75 ts
667	Melted butter	2.00 tb
667	Salt	2.00 ts
667	Lean ground lamb	2.00 lb
667	Pepper	1.00 ts
667	Grape leaves	100.00
667	Allspice	0.75 ts
667	Sliced fresh lemon	1.00
668	Leeks	4.00 md

Sheet1

668	Boiling potatoes	6.00 ea
668	Tomatoes	3.00 md
668	Onions	2.00 md
668	Ghee	5.00 tb
668	Stock	4.00 c
668	Sugar	2.00 ts
668	Salt & pepper	0.00
668	Water	0.00
669	Mayonnaise	0.50 c
669	Sour cream	0.50 c
669	Fresh lemon juice	0.25 c
669	Dijon mustard	2.00 tb
669	Olive oil	2.00 tb
669	Sugar	2.00 tb
669	White wine vinegar	1.00 tb
669	Prepared horseradish	1.00 tb
669	Salt	1.00 ts
669	Celery seeds	0.50 ts
669	Pepper	0.50 ts
669	Shredded cabbage (about 1 1/2)	8.00 c
669	Red bell pepper (cut into ma)	0.50
669	Green bell pepper (cut into)	0.50
669	Red onion (cut into matchsti)	0.25
669	Carrot, shredded	1.00
669	Chopped fresh parsley	2.00 tb
669	Grated lemon peel	2.00 ts
670	Whole skinnd chicken breasts	2.00
670	Egg	1.00
670	Water	1.00 ts
670	Flour	0.25 c
670	Paprika	1.00 ts
670	Onion powder	1.00 ts
670	Poultry seasoning	0.50 ts
670	Oil	2.00 tb
670	Unsalted chicken broth	0.75 c
670	Lemon peel	0.25 ts
670	Lemon juice	1.00 tb
670	Toasted sesame seeds	1.00 tb
671	Fresh Tarragon; Chopped, OR	4.00 tb
671	Dried Tarragon; Crushed	4.00 ts
671	Lemon Juice	1.00 ts
671	Mayonnaise	1.00 c
671	Capers	2.00 ts
672	Carrots Scraped	6.00 md
672	Water	0.25 c
672	Lemon Juice	1.00 tb
672	Sugar	1.00 ts
672	Garlic Minced	1.00 cl
672	Dried Whole Basil	1.00 ts

Sheet1

672	Grated Lemon Rind	0.25 ts
672	Olive Oil	1.00 tb
672	Green Onions	6.00
672	Lemons Thinly Sliced	3.00
673	Lentils	0.50 c
673	Brown rice	0.33 c
673	Olive oil	2.00 tb
673	Garlic cloves, minced	2.00 ea
673	Soy sauce	2.00 tb
673	Bay leaves	2.00 ea
673	Onion, chopped	1.00 sm
673	Carrots, sliced	2.00 md
673	Celery stalk, chopped	1.00 lg
673	Can tomatoes, chopped	14.00 oz
673	Tomato juice	0.50 c
673	Sherry	0.25 c
673	Basil	1.00 ts
673	Paprika	1.00 ts
673	Marjoram	0.50 ts
673	Thyme	0.50 ts
673	Salt & pepper	0.00
674	Lentils, cooked	0.50 lb
674	Onion, diced	1.00
674	Clove garlic, pressed	1.00
674	White wine	3.00 c
674	Basil	1.00 tb
674	Thyme	0.50 ts
674	Parsley	4.00 tb
674	Lemon juice	1.00 tb
674	Oil	4.00 tb
674	Tomato wedges	2.00
674	Head iceberg lettuce,	0.50
674	Washed	0.00
675	Lettuce	1.00 ea
675	A few spring onions	0.00
675	Olive oil	3.00 tb
675	White vinegar	1.00 tb
675	Salt	0.50 ts
675	Black pepper	1.00 pn
675	Basil	0.50 ts
675	Chopped garlic	0.50 ts
676	Head lettuce, torn	1.00
676	Celery, chopped	0.50 c
676	Green pepper, diced	0.50 c
676	Red onion, chopped	1.00
676	Frozen baby green peas,	1.00 pk
676	Slightly thawed	0.00
676	Mayonnaise	1.00 c
676	Sugar or honey	2.00 ts

Sheet1

676	Cheddar cheese, grated	4.00 oz
676	Slices bacon, crumbled	8.00
677	Vinegar; White	0.33 c
677	Onion Juice	1.50 tb
677	Sugar	0.50 c
677	Mustard; Dry	1.00 ts
677	Salt	1.00 ts
677	Vegetable Oil	1.00 c
677	Poppy Seeds	2.00 tb
677	Iceberg Lettuce; Head Of	0.00
678	Head iceberg lettuce	1.00
678	Cumin seed, ground	1.00 ts
678	Ground ginger	0.50 ts
678	Fresh rue, chopped (opt.)	0.50 ts
678	Ground pepper	0.25 ts
678	Honey	0.33 c
678	White vinegar	3.00 tb
678	Liquamen (sep. recipe)	1.00 tb
678	Pitted dates	2.00
679	Lime Jello	1.00 pk
679	Boiling water	1.00 c
679	Pkg cream cheese	3.00 oz
679	Crushed pineapple, w/juice	0.67 c
679	Celery, chopped fine	0.50 c
679	Chopped nuts	0.25 c
679	Heavy cream, whipped	0.50 c
679	Cherries (optional garnish)	0.00
680	Water	0.50 c
680	Lemon juice	2.00 tb
680	Cored and cut in half firm	2.00
680	Ripe bosc/anjou pears	0.00
680	Cored and cut in 1/2-in	2.00
680	Pieces celery stalks	0.00
680	Tart green apples cut	2.00
680	Lengthwise then in 1/2-in	0.00
680	Pieces	0.00
680	Peeled and cut in 1/4-in	2.00
680	Dice carrots	0.00
680	Walnut halves	1.00 c
680	Golden raisins	1.00 c
680	Lime mayonnaise	0.00
680	Chopped fresh mint	1.00 tb
680	Sunflower seeds	2.00 tb
681	Mayonnaise	32.00 oz
681	Catsup	0.50 c
681	Honey	0.50 c
681	Lemon juice	0.25 c
681	Onion, chopped	0.50 c
681	Curry powder	1.00 tb



Sheet1

681	Tabasco	6.00 dr
682	Linguine, Broken In Half	7.00 oz
682	Lemon Juice	0.25 c
682	Vegetable Oil	0.25 c
682	Chopped Green Onions	0.25 c
682	Sugar	2.00 ts
682	Italian Seasoning	1.00 ts
682	Seasoned Salt	1.00 ts
682	(1 cn) Tuna, Drained	12.50 oz
682	(1 Pk) Frozen Green Peas *	10.00 oz
682	Med. Firm Toamtoes, Chopped	2.00
683	Cream cheese, softened	6.00 oz
683	Butter, softened	0.25 c
683	Sweet paprika	1.00 ts
683	Capers, drained	1.00 ts
683	Anchovy fillets, rinsed,	2.00 fl
683	dried, & minced	0.00
683	Shallot, minced	1.00
683	Caraway seeds	0.50 ts
683	Crackers or toast points as	0.00
683	an accompaniment	0.00
684	Oyster	1.00
684	SI Bacon	1.00
685	Hot dogs (cut into bites)	2.00 pk
685	Cornstarch	3.00 tb
685	Cloves whole	8.00
685	Vinegar	0.25 c
685	Sugar	0.50 c
685	Orange juice	1.50 c
685	Cinnamon	0.25 ts
686	Stick oleo	1.00
686	Garlic salt	0.50 ts
686	Chicken liver	2.00 lb
686	Salt and pepper to taste	0.00
686	Dry minced onion flakes	1.00 c
686	Hard boiled eggs	4.00
687	Chicken livers thoroughly	1.00 lb
687	rinsed trimmed of fat and	0.00
687	membran and patted dry	0.00
687	Stick butter/margarine	1.00
687	Dry onion soup mix	1.00 pk
687	Water	0.33 c
687	(8-oz) soften cream cheese	1.00 pk
687	Garlic powder to taste	0.00
687	Wine vinegar to taste	0.00
687	Crackers/pretzels/apple	0.00
687	slices	0.00
688	Cottage Cheese	1.00 c
688	Chili With Beans; 1 can	15.00 oz

Sheet1

688	Hot Sauce	1.00 tb
688	Lemon Juice	1.00 tb
688	Cumin; Ground	1.50 ts
688	Cheddar; Sharp, Shredded	0.75 c
689	Fresh mushrooms, sliced	1.00 c
689	Cooked shrimp	1.00 c
689	Tarragon leaves, crushed	0.75 ts
689	Garlic powder	1.00 ds
689	Italian or herb dressing	0.50 c
689	Head loose leaf lettuce	1.00
689	Ripe avocados	3.00
689	Basket cherry tomatoes	1.00
690	Cream Cheese; Softened	1.00 c
690	Sour Cream	0.50 c
690	Lox Or Smoked Salmon; Cubed	0.50 c
690	Fresh Chives; Chopped, OR	0.25 c
690	Dried Chives; Crushed	4.00 ts
690	Onion; White, Chopped	2.00 tb
690	White Pepper	0.12 ts
690	Whipping Cream	1.00 ts
691	Lumpia wrappers	1.00 pk
691	Fresh ground pork (plain)	1.50 lb
691	Chopped shrimps (optional)	0.50 lb
691	Chopped onion	1.00 md
691	Chopped carrots	2.00 md
691	Chopped water chestnut	1.00 cn
691	Eggs	2.00 md
691	Ground pepper	1.00 ts
691	Salt	2.00 tb
692	Jumbo Shrimps (an oxymoron)	12.00
692	Dried Chinese Mushrooms	4.00
692	Straw Mushrooms	6.00
692	Large White Mushrooms	4.00
692	Green Onion	1.00
692	Ginger Root Slices	2.00
692	Vegetable Oil	4.00 c
692	Chicken Stock	1.00 c
692	Chinese Cooking Wine	1.00 ts
692	Salt	0.25 ts
692	Sugar	0.50 ts
692	Soya Sauce	1.00 ts
692	Oyster Sauce	2.00 tb
692	Corn Starch	1.00 tb
692	Water	2.00 tb
692	Sesame Oil	3.00 dr
692	White Pepper	0.00
693	Macaroni or tiny shells	2.00 c
693	Oil	1.00 ts
693	Salt	2.00 ts

Sheet1

693	Miracle whip	0.75 c
693	Pimento; chopped	2.00 ts
693	Green onion	2.00 ts
693	Sweet pickle, chopped	2.00 ts
693	Sugar	1.00 ts
693	Mustard, prepared	1.00 ts
693	Seasoned salt	0.50 ts
693	Pepper	0.25 ts
693	Paprika	0.00
693	Boiling water	2.50 qt
694	Uncooked elbow or spiral	1.50 c
694	Macaroni (about 6 ounces)	0.00
694	(10 ounces) frozen green	1.00 pk
694	Peas	0.00
694	Shredded cheddar cheese	1.00 c
694	(4 ounces)	0.00
694	Mayonnaise or salad dressing	0.75 c
694	Green onions (with tops),	8.00
694	slices (about 1/2 cup)	0.00
694	Sweet pickle relish	0.33 c
694	Stalk celery, sliced	1.00
694	(about 1/2 cup)	0.00
694	Cut-up cooked chicken or	0.50 c
694	Turkey	0.00
694	Head iceberg lettuce, torn	0.50
694	into Bite-size pieces	0.00
694	(about 3 cups)	0.00
694	Bacon, crisply cooked and	6.00 sl
694	Crumbled	0.00
695	Hard-boiled eggs	2.00
695	Sour cream	2.00 c
695	Curry powder	2.00 c
695	Onion (grated)	1.00 ts
695	Green pepper (grated)	2.00 tb
695	Celery (grated)	2.00 tb
695	Seasonings	0.00
696	Almonds; slivered	0.25 c
696	Onions; green, chopped	2.00
696	Lettuce; romaine	1.00
696	Mandarin oranges; drained 1	1.00 c
696	Mushrooms; sliced (optional	0.50 c
696	Dressing:	0.00
696	Sugar	1.00 ts
696	Tarragon; dried	0.50 ts
696	Oil; vegetable	0.33 c
696	Salt & pepper	0.00
696	Tabasco sauce	0.12 ts
696	Egg yolk	1.00
697	Bottle seven seas viva	8.00 oz

Sheet1

697	italian dressing	0.00
697	Can artichoke hearts,	14.00 oz
697	drained, cut into quarters	0.00
697	3" pepperoni slices	0.50 lb
697	Cherry tomato halves	1.00 c
697	Pitted ripe olives	0.50 c
697	Pepperoncini peppers	8.00
697	Package monterey jack	8.00 oz
697	cheese, cut into sticks	0.00
697	Lettuce leaves	0.00
698	Pimento, diced	0.50 c
698	Olives, green, Spanish	0.25 c
698	Eggplant, chopped, pickled	0.25 c
698	Onions, sliced, green	0.25 c
698	Parsley, chopped	2.00 tb
698	Eggs, hard cooked, quartered	2.00
698	Salt	0.00
698	Pepper	0.00
698	Roast beef, deli, thin slice	6.00
698	MARINADE -----	0.00 -----
698	Oil, olive, fruity	0.50 c
698	Parsley, minced	0.50 c
698	Lemon juice, fresh	0.25 c
698	Capers, minced	2.00 ts
698	Garlic, minced	0.75 ts
698	Basil leaves, dried	0.50 ts
698	Thyme leaves, dried	0.50 ts
698	Bay leaf	1.00
698	Salt	0.00
698	Pepper	0.00
699	Broccoli	1.00 lb
699	Mushrooms, fresh	0.25 lb
699	Black olives, pitted, drain	0.75 c
699	Tomatoes, cherry	1.00 c
699	DRESSING -----	0.00 -----
699	Olive oil	0.33 c
699	Vinegar, white wine	1.00 tb
699	Lemon juice	1.00 tb
699	Parsley, fresh chopped	2.00 tb
699	Onion, green, minced	1.00
699	Garlic, clove, minced	1.00
699	Salt	0.50 ts
699	Pepper, freshly ground	0.25 ts
700	Rice Vinegar	1.00 tb
700	Olive Oil	1.00 tb
700	Dried Dillweed	0.25 ts
700	Garlic Minced	1.00 cl
700	Fresh Broccoli	2.00 lb
700	Red Cabbage Leaves	0.00

Sheet1

700	Fresh Dill Sprig (Opt)	0.00
700	Pimiento Strips	0.00
701	Lemons	1.50
701	Olive oil	0.50 c
701	Cloves garlic, minced	6.00
701	Stalks celery, chopped	3.00
701	Parsley, chopped	0.00
702	Fresh mushroom	1.00 lb
702	White vinegar	1.00 c
702	Water	2.00 c
702	Sliced carrots	0.50 c
702	Diced celery	0.50 c
702	Green peppers strips	0.50 c
702	Red pepper strips	0.50 c
702	Olive oil	0.33 c
702	Oregano leaves, crushed	1.00 ts
702	Salt	0.75 ts
702	Garlic powder	0.25 ts
702	Black pepper	0.25 ts
703	CORIANDER OLIVES -----	0.00 -----
703	Black olives	1.00 lb
703	Hot pepper, fresh; seeded & cut into strips	1.00 sm 0.00
703	Coriander, fresh; coarsely chopped	0.50 c 0.00
703	Black peppercorns	1.00 ts
703	Olive oil; to cover	0.00
703	LEMON FENNEL OLIVES -----	0.00 -----
703	Green olives	1.00 lb
703	Garlic cloves	4.00 ea
703	Fennel seeds	1.00 tb
703	Lemon; juice & zest of	1.00 ea
703	Olive oil; to cover	0.00
703	ZESTY OLIVES -----	0.00 -----
703	Green olives	1.00 lb
703	Garlic cloves; peeled	3.00 ea
703	Thyme, dried	1.50 ts
703	Oregano, dried	1.50 ts
703	Bay leaf; crushed	1.00 ea
703	Lemon	2.00 sl
703	Allspice	1.00 ts
703	Olive oil; to cover	0.00
703	FRANKLIN ADAM'S KALAMATA -----	0.00 -----
703	OLIVES -----	0.00 -----
703	Kalamata olives	1.00 lb
703	Orange zest	1.00 ts
703	Hot peppers; dried or fresh	6.00 ea
703	Rosemary, fresh;few sprigs	0.00
703	Thyme, fresh;few sprigs	0.00

Sheet1

703	Olive oil; to cover	0.00
703	TIPSY OLIVES -----	0.00 -----
703	Green olives	1.00 lb
703	Sherry	0.25 c
703	Mustard seeds	2.00 tb
703	Dried red pepper flakes	1.00 ts
703	Olive oil; to cover	0.00
703	ORANGE CARDAMOM OLIVES -----	0.00 -----
703	Black olives	1.00 lb
703	Oranges; zest of, cut in strips	2.00 ea
703	Cardamom seeds; lightly crushed	0.00
703	White peppercorns	1.00 ts
703	Olive oil; to cover	0.00
704	Shrimp	0.00
704	Pace Picante Sauce	8.00 oz
704	Bottled Italian dressing	8.00 oz
705	Pitted ripe olives	0.75 c
705	Pimiento-stuffed green olives	0.75 c
705	Lemon slices	3.00
705	Dried red chillies	3.00
705	Garlic cloves, crushed	2.00
705	Mustard seeds	1.00 ts
705	Black peppercorns	1.00 ts
705	Allspice berries	3.00
705	Olive oil	1.75 c
706	Fresh Broccoli	2.00 c
706	Carrots, cut diagonally	0.75 c
706	Celery, cut diagonally	1.00 c
706	Red pepper, sliced	0.50 c
706	Pitted olives*	0.25 c
706	14-oz, artichoke hearts, in water	1.00 cn
706	Fat-free Italian Dressing	0.25 c
706	Red pepper	0.12 ts
707	Sour cream	1.50 c
707	Mayonnaise	1.50 c
707	Chopped corned beef	6.00 oz
707	Minced onion	2.00 tb
707	Minced fresh parsley	2.00 tb
707	Dill seed	2.00 ts
707	To 2 ts Beau Monde seasoning	1.00
707	Small rye loaf	1.00
707	Cocktail rye slicews	0.00
708	Egg yolk, hard boiled	2.00 ea
708	Mustard	0.50 ts
708	Vinegar	2.00 ts

Sheet1

708	Olive oil	0.50 c
708	Egg yolk	1.00 ea
708	Salt	0.50 ts
708	Lemon, juice of	0.50 ea
708	Paprika	1.00 x
709	Corn tortillas; *	3.00
709	Milk	0.50 c
709	Ground beef	0.50 lb
709	Ground pork	0.50 lb
709	Ground ham; smoked, cooked	0.50 lb
709	Onion; chopped, 1 small	0.25 c
709	Clove garlic; finely chopped	1.00
709	Cumin; ground	1.00 ts
709	Oregano leaves; dried	1.00 ts
709	Salt	0.50 ts
709	Pepper	0.25 ts
709	Basic red sauce; **	1.00 c
709	Beef broth	1.00 c
710	Eggplants (1 - 1-1/2 lbs ea)	2.00
710	Garlic cloves	4.00
710	Tomatoes; peeled and chopped	2.00
710	Salt & freshly ground pepper	0.00
710	Fresh parsley; chopped	2.00 tb
710	Dried oregano; crumbled	1.00 ts
710	Olive oil, more if necessary	0.33 c
710	Red wine vinegar, or more	6.00 tb
711	4-oz blue cheese	1.00 pk
711	3-oz cream cheese softened	1.00 pk
711	Milk	2.00 tb
711	Salad dressing	2.00 tb
711	Cantaloupe/honeydew balls	0.00
712	Cantaloupe; cubed	1.00 c
712	Watermelon; cubed & seeded	1.00 c
712	Grapes; green seedless	2.00 c
712	Lime juice	5.00 ts
712	Honey	0.50 c
712	Mustard; dijon	2.00 ts
713	Small cantaloupe balls	2.00 c
713	Small honeydew melon balls	2.00 c
713	Small watermelon balls	2.00 c
713	Small crenshaw melon balls	2.00 c
713	Chopped celery	1.00 c
713	Chopped pistachio/almonds	0.25 c
713	DRESSING -----	0.00 -----
713	Light sour cream	0.25 c
713	Honey	2.00 tb
713	Minced fresh mint	1.00 tb
713	Leaves	0.00
713	Triple sec liqueur	1.00 tb

Sheet1

713	Lettuce leaves optional	0.00
714	Mesclun salad mix* or	8.00 c
714	4 oz bag mixed greens,	0.00
714	chilled	0.00
714	Hearts of palm; drained	14.00 oz
714	cut into 1/2 inch slices	0.00
714	Diced cantaloupe	2.00 c
714	Prosciutto; thinly sliced	0.25 lb
714	or boiled ham cut into 2	0.00
714	inch pieces	0.00
714	Red-wine vinaigrette	0.50 c
714	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
714	240 calories	0.00 x
714	10 g protein	0.00 x
714	17 g carbohydrate	0.00 x
714	16 g fat	0.00 x
714	13 mg cholesterol	0.00 x
714	467 mg sodium	0.00 x
715	Chorizo sausage	0.50 lb
715	or any other spicy sausage	0.00
715	Rice sticks	1.00 oz
715	Dried Chinese blk. mushrooms	6.00
715	Shredded green cabbage	2.00 c
715	Bean sprouts	2.00 c
715	Julienned carrots	1.00 c
715	Green onions; minced	2.00
715	Dry sherry	2.00 tb
715	Oyster sauce	1.00 tb
715	Oriental sesame oil	1.00 tb
715	Chinese chili sauce	1.00 ts
715	Sugar	0.50 ts
715	Garlic cloves	3.00
715	finely minced	0.00
715	Cornstarch	2.00 tb
715	Cooking oil; PLUS:	2.00 tb
715	Cooking oil	3.00 c
715	Spring roll skins	12.00
715	Eggs; beaten	2.00
715	Dipping sauce of your choice	0.00
715	Bibb lettuce leaves	20.00
716	Velveeta cheese	2.00 lb
716	Horseradish	6.00 oz
716	Mayonnaise	1.00 c
716	Tabasco sauce	2.00 dr
717	Ground beef	0.50 lb
717	Chopped onions	0.50 c
717	Chili powder	1.00 tb
717	Cumin	0.25 ts
717	Cheddar cheese	0.50 lb



## Sheet1

717	15-oz can drained kidney	1.00
717	beans	0.00
717	Ketchup	0.50 c
717	Salt	0.50 ts
717	Cayenne pepper	0.50 ts
718	Refried beans	30.00 oz
718	Shredded cheese	2.00 c
718	Mayonnaise	0.50 c
718	(4-oz) black olives	1.00 cn
718	Sour cream	0.50 c
718	Tortilla chips	0.00
718	Picante sauce	0.50 c
719	(3 Oz.) Boneless Skinned	4.00
719	Chicken Breasts	0.00
719	Ground Cumin	1.00 ts
719	Vegetable Oil	1.00 ts
719	Water	0.50 c
719	Chili Powder	0.25 tb
719	Chicken Bouillon Granules	0.50 ts
719	Ripe Avocado Chopped	1.00 sm
719	Fresh Cilantro	1.00 c
719	Lime Juice	3.00 tb
719	Green Onions	0.25 c
719	Jalapeno Pepper Chopped	1.00 lg
719	Garlic	1.00 cl
719	Uncooked Fettucine	6.00 oz
719	Shredded Zucchini	0.50 c
719	Sliced Black Olives	0.25 c
719	Chopped Tomatoes	2.00 tb
719	Fresh Cilantro Leaves	0.00
719	(Optional)	0.00
720	Pinto beans; cooked	3.00 c
720	Water	0.25 c
720	Monterey jack; shredded	0.50 c
720	Chili powder	0.50 c
720	Salsa verde; hot green salsa	1.50 ts
721	Lite margarine softened	0.25 c
721	Crushed garlic clove	1.00
721	Dried oregano	1.00 tb
721	Chopped parsley	1.00 tb
721	Chili powder	1.00 ts
721	Worcestershire sauce	1.00 ts
721	Large pita breads	4.00
722	Water	1.00 c
722	Lime juice	0.33 c
722	Clove garlic; finely chopped	1.00
722	Salt	2.00 ts
722	Pepper; dash of	0.00
722	Shrimp; raw, *	24.00

Sheet1

722	Avocado; peeled and chopped	1.00
722	Jalapeno chiles; **	2.00
722	Tomato; chopped	0.25 c
722	Onion; chopped	2.00 tb
722	Carrot; finely chopped	2.00 tb
722	Cilantro; fresh, snipped	2.00 tb
722	Vegetable or olive oil	2.00 tb
722	Lettuce; finely shredded	1.50 c
722	Lemon or lime wedges	0.00
723	Bisquick Reduced Fat baking	1.50 c
723	Mix	0.00
723	Cornmeal	0.25 c
723	Envelope (about 1 1/4 oz.)	1.00
723	Taco seasoning mix	0.00
723	Skim milk	0.50 c
723	(16 oz.) Refried beans	1.00 cn
723	Salsa	0.75 c
723	Shredded reduced-fat	0.50 c
723	Cheddar cheese (2 oz.)	0.00
723	Chopped green onions	0.25 c
724	(2 medium) fresh ripe	12.00 oz
724	tomatoes	0.00
724	Seeded/coarse chopped orange	0.50
724	Sliced green onion	2.00 tb
724	Chopped fresh	1.00 tb
724	cilantro/parsley	0.00
724	Mince fresh/jarred	1.50 ts
724	jalapeno pepper	0.00
724	Grated orange peel	0.25 ts
724	Salt, optional	0.25 ts
725	CHICKEN NUGGETS -----	0.00 -----
725	Boneless, skinless chicken	4.00
725	Breast halves (about 1 lb.)	0.00
725	Vegetable oil	1.00 tb
725	Bisquick reduced fat baking	0.50 c
725	Mix	0.00
725	Cornflake crumbs	0.50 c
725	Paprika	0.25 ts
725	Salt	0.50 ts
725	Pepper	0.25 ts
725	APRICOT -----	0.00 -----
725	Apricot spreadable fruit	0.50 c
725	Honey	2.00 tb
725	Dijon mustard	2.00 tb
725	Vinegar	1.00 tb
726	Butter Or Margarine, Softened	2.00 tb
726	Prepared Mustard	2.00 tb
726	Slices White Bread	8.00
726	(4 slices) Swiss or Fontina*	4.00 oz

Sheet1

726	(4 slices) Cooked Ham	4.00 oz
726	Large Eggs	3.00
726	Milk	0.50 c
726	Env. Golden Onion Soup Mix	1.00
726	Butter Or Margarine	0.25 c
727	Smoked sausage	0.50 lb
727	Loaf party rye bread	1.00
727	(1/2 stick) butter	4.00 tb
727	Thousand island dressing	1.00 c
727	(16oz) saurkraut	1.00
727	Slices of swiss cheese	10.00
728	Water	1.00 c
728	Butter/margarine	0.50 c
728	Flour	1.00 c
728	Eggs	4.00
728	CORN BEEF FILLING -----	0.00 -----
728	(12-oz) corned beef	1.00 cn
728	Dried french onion	2.00 tb
728	soup mix 1 1/4 c sour cream	0.00
728	DEVILED HAM FILLING -----	0.00 -----
728	(2 1/2-oz) deviled ham	1.00 cn
728	(3-oz) soften cream cheese	1.00 pk
728	Chili sauce	1.00 tb
728	Prepared mustard	0.50 ts
728	SPINACH FILLING -----	0.00 -----
728	(10 1/2-oz) frozen chopped	1.00 pk
728	thawed and drained well	0.00
728	spinach	0.00
728	Sour cream	1.50 c
728	Salad dressing	0.50 c
728	Vegetable dry soup mix	1.00 pk
728	Chopped water chestnuts/	1.00 c
728	almonds	0.00
729	PASTRY -----	0.00 -----
729	Flour	2.00 c
729	Lard	0.67 c
729	Salt	1.00 ts
729	Vinegar	1.00 ts
729	Cold water	4.00 tb
729	FILLING -----	0.00 -----
729	Chopped cokked shrimp	0.75 c
729	Fine sliced green onions	0.25 c
729	(4-oz) shred swiss cheese	1.00 c
729	Mayonnaise	0.50 c
729	Eggs	2.00
730	Eggplants	2.00 lg
730	Salt	1.00 tb
730	Olive oil	1.00 tb
730	Juice of lemon	1.00

Sheet1

730	Freshly chopped mint	4.00 tb
730	Ground cumin	1.00 ts
730	Garlic clove, crushed	1.00
730	Black pepper	0.00
730	Yogurt	5.00 oz
730	Freshly chopped mint	4.00 tb
730	Ground cumin	0.50 ts
731	Boiling Water	1.50 c
731	(1 pk) Lemon Flavor Gelatin	3.00 oz
731	(1 pk) Lime Flavor Gelatin	3.00 oz
731	Lime Juice	0.75 c
731	Cold Water	0.50 c
731	Peppermint Extract	0.12 ts
731	Melon Balls *	2.00 c
731	Lettuce Leaves	0.00
731	Coconut Cream Dressing	0.00
731	Garnishes **	0.00
732	Cantaloupe pared seeded	1.00 md
732	Cut into chunks	0.00
732	Fresh/thawed frozen	1.00 pt
732	Blueberries	0.00
732	Strawberries washed	0.50 pt
732	Hulled and sliced	0.00
732	Packed mint leaves cut	0.25 c
732	Into thin strips	0.00
732	Orange juice	0.25 c
732	Honey	2.00 tb
733	Ghee	2.00 tb
733	Minced ginger	1.00 ts
733	Minced garlic	1.00 ts
733	Diced onion	0.50 c
733	Garam masala	0.50 ts
733	Turmeric	0.12 ts
733	Chili powder	0.50 ts
733	Diced tomatoes	1.00 c
733	Water	1.00 c
733	White vinegar	0.50 ts
733	Soy sauce	1.00 ts
733	Salt	0.25 ts
733	Pepper	0.25 ts
733	Green onions, chopped	0.00
733	Sprigs cilantro, chopped	2.00 ea
734	Flour	2.50 c
734	Baking powder	0.25 ts
734	Salt	1.00 pn
734	Water	0.75 c
735	Chickpeas, cooked	2.00 c
735	Parsley	0.50 c
735	Tahini	0.25 c

Sheet1

735	Garlic cloves, minced	2.00
735	Dried milk	0.25 c
735	Beaten egg	1.00
735	Dry mustard	0.50 ts
735	Cumin	1.00 ts
735	Chili powder	0.50 ts
735	Celery salt to taste	0.00
735	Salt & pepper to taste	0.00
735	Worcestershire sauce	1.00 ts
735	Oil as needed	0.00
736	Size ripe cantaloupe	0.50 md
736	Ripe kiwi fruit	2.00
736	Ripe strawberries	1.00 pt
736	Fresh raspberries/	0.50 pt
736	Blackberries	0.00
736	Chopped fresh mint	3.00 tb
736	Plus 4 whole sprigs for	0.00
736	Garnish	0.00
736	Fresh squeeze orange	0.25 c
736	Juice	0.00
737	Large avocado	1.00
737	Lea & Perrins	2.00 ts
737	Clove garlic	1.00
737	Salt	1.00 tb
737	Feta cheese	4.00 oz
737	Olive oil	2.00 tb
737	Poupon or creole mustard	1.00 tb
737	Lemon juice	1.00 tb
737	Wine vinegar	2.00 tb
737	Chopped parsley or cilantro	0.75 c
737	Louisiana hot sauce	2.00 ts
737	Chopped tomatoes	1.00 c
737	Lettuce, as bed for serving	0.00
738	Med head cabbage, shredded	0.00
738	Carrots, sliced thin	3.00 x
738	Green pepper, sliced thin	0.00
738	Cucumbers, peeled & diced	2.00 x
738	Sugar	0.50 c
738	Water	0.25 c
738	Oil	0.50 c
738	Lg Onion, sliced thin	0.00
738	Vinegar	0.75 c
738	Salt	0.25 ts
739	Refried beans; 14 oz	1.00 cn
739	Sour cream	1.25 c
739	Cumin; ground	0.25 ts
739	Hot pepper sauce	0.00
739	Onion; finely chopped	0.33 c
739	Lime juice	1.00 ts

Sheet1

739	Hot pepper flakes	0.25 ts
739	Green onions	0.33 c
739	Olives; black sliced	0.50 c
739	Tomatoes; chopped	2.00
739	Cheddar; shredded	2.00 c
740	Flour	5.00 oz
740	water	6.00 tb
740	Salt	0.50 ts
740	Ground white pepper	0.50 ts
740	Sesame seeds	1.00 ts
740	Egg	1.00
740	Fresh button mushrooms	8.00 oz
740	- left whole	0.00
740	Oil; for deep-frying	0.00
740	PLUM SAUCE -----	0.00 -----
740	Rice vinegar	6.00 tb
740	Sugar	4.00 tb
740	Preserved plum (Chinese)	1.00 sm
740	Red chili; finely chopped	1.00 sm
740	Green chili; finely chopped	1.00 sm
741	Chopped onions	1.00 c
741	Chopped mushrooms	2.00 c
741	Margarine	3.00 tb
741	Chopped parsley	0.50 c
741	Egg Yolks	2.00
741	Grated mozzarella cheese	0.75 c
741	Grated parmasean cheese	0.50 c
741	Salt	1.00 ts
741	Sliced white bread	8.00
741	Melted Butter	0.50 c
742	Presoaked Chinese mushrooms	8.00 oz
742	THE MARINADE -----	0.00 -----
742	Finely chopped galangal	1.00 ts
742	Finely chopped lemon grass	1.00 ts
742	Kaffir lime leaf	1.00 ts
742	-(finely chopped)	0.00
742	Coriander roots	2.00
742	Garlic cloves	4.00 sm
742	- coarsely chopped	0.00
742	Curry powder	0.50 ts
742	Light soy sauce	1.00 tb
742	Sugar	2.00 tb
742	Powdered coriander seed	1.00 ts
742	Ground cumin	1.00 ts
742	Salt	1.00 ts
742	Oil	2.00 tb
742	Coconut milk	0.50 c
742	THE PEANUT SAUCE -----	0.00 -----
742	Oil	1.00 tb

Sheet1

742	Red curry paste	1.00 tb
742	Coconut milk	1.00 c
742	Sugar	2.00 tb
742	Salt	0.25 ts
742	Lemon juice	1.00 tb
742	Ground roast peanuts	3.00 tb
743	Biscuit mix	1.00 c
743	Mushrooms, fresh, chopped	1.00 c
743	Onion, green, slice	1.00 tb
743	Pimiento	1.00 tb
743	Salt	0.25 ts
743	Celery seed	0.25 ts
743	Egg yolk, beaten	1.00
743	Sour cream	0.25 c
743	Egg white	1.00
743	Oil	0.00
744	Carrot	2.00
744	Parsley root	1.00
744	Celery stalks	2.00
744	Onions, sliced	2.00
744	Salted water	4.00 c
744	Mushrooms, sliced	1.00 lb
744	Water	1.00 c
744	Salt and pepper	1.00
744	Instant flour	2.00 tb
744	Cold water	0.25 c
744	Sour cream	0.50 c
744	Dill leaves	1.00 tb
744	Rhubarb finely chopped	1.00 lb
744	Noodles, fine macaroni	1.00
745	to	3.00 ts
745	Olive oil	2.00 tb
745	Coarsely chopped leeks	1.00 c
745	(white part only)	0.00
745	Garlic clove	1.00 lg
745	peeled and finely chopped	0.00
745	Mushrooms; wiped clean	0.75 lb
745	and coarsely chopped	0.00
745	Dried leaf oregano	0.50 ts
745	Salt	0.50 ts
745	Freshly ground black pepper	0.00
745	to	1.00 tb
745	Freshly squeezed lemon juice	2.00 tb
745	Prepared horseradish; -OR-	0.25 ts
745	Prepared mustard	0.50 ts
746	Butter	3.00 tb
746	Large onion, chopped	1.00
746	Diced sweet red pepper	0.33 c
746	Cloves garlic minced	2.00

Sheet1

746	Sliced mushrooms	7.00 c
746	Salt	0.50 ts
746	Pepper	0.50 ts
746	Thyme	0.50 ts
746	Lemon juice	2.00 ts
746	Diced black forest ham	0.50 c
746	Shredded mozzarella cheese	0.50 c
746	Minced fresh parsley	0.25 c
746	Fine bread crumbs	2.00 tb
746	Sheets phyllo pastry	8.00
746	Melted clarified butter	0.33 c
746	Dijon mustard	2.00 ts
746	Grated parmesan cheese	0.25 c
747	Pecans (2-oz)	0.50 c
747	Size leeks well washed	3.00 md
747	and finely diced (1 1/2 c)	0.00
747	Butter	3.50 tb
747	Mushrooms trimmed halved and	1.00 lb
747	thinly sliced (about 5 c)	0.00
747	Salt	0.50 ts
747	Pepper	0.12 ts
747	Dairy sour cream	0.50 c
747	13 x 9 inch sheets phyllo	8.00
747	dough	0.00
747	(from 8-oz package)	0.00
747	Melted butter	6.00 tb
748	Pecans (about 2-oz)	0.50 c
748	Size leeks washed and	3.00 md
748	finely diced (1 1/2 c)	0.00
748	Butter	3.50 tb
748	Mushrooms trimmed and finely	1.00 lb
748	sliced (about 5 c)	0.00
748	Fennel seed crushed	0.50 ts
748	Dill seed	0.50 ts
748	Salt	0.50 ts
748	Pepper	0.25 ts
748	Sour cream	0.50 c
748	13x9 inch sheets phyllo	8.00
748	dough from 8-oz package	0.00
748	Melted butter	6.00 tb
749	Mushrooms	3.00 c
749	Clove garlic	1.00 ea
749	Oil	1.00 ts
749	Tarragon	1.00 tb
749	Soy sauce	0.50 ts
749	Salt to taste	0.00
750	Mussels	2.00 lb
750	Dry white wine	1.25 c
750	Water	1.50 c



Sheet1

750	Butter	3.00 tb
750	Olive oil	1.00 tb
750	Onion, finely chopped	1.00
750	Garlic clove, crushed	1.00
750	Leek, trimmed, fine shredded	1.00
750	Fenugreek, finely crushed	0.50 ts
750	All-purpose flour	1.50 tb
750	Saffron strands, soaked in	2.00 pk
750	Boiling water	1.00 tb
750	Chicken stock	1.25 c
750	Chopped fresh parsley	1.00 tb
750	Salt to taste	0.00
750	Fresh ground pepper to taste	0.00
750	Whipping cream	2.00 tb
750	Fresh parsley sprigs (opt)	0.00
751	Butter or margarine	0.75 c
751	Chicken livers	1.00 lb
751	Onion, minced	1.00 md
751	Brandy	2.00 tb
751	Salt	0.25 ts
751	Pepper	0.12 ts
752	Chicken livers	1.00 lb
752	Schmaltz or Nyafat	0.50 c
752	Onion, coarsely chopped	1.00 lg
752	Eggs, hard boiled and	3.00
752	Peeled	0.00
752	Brandy	2.00 tb
752	Kosher salt	0.50 ts
752	Pepper to taste	0.00
753	Cheddar cheese; shredded, *	6.00 oz
753	Jalepeno chilies; **	6.00
753	Tortilla chips;	0.00
754	Daikon, peeled & Shredded	0.50 lb
754	Salt	2.50 ts
754	Rice Vinegar	2.50 ts
754	MSG	1.00 pn
754	Small Carrot, shredded	1.00
754	Katsuobushi	0.25 oz
754	Sugar	1.50 ts
755	Eggplant	1.00 lb
755	White Miso Dressing	4.00 tb
755	Powdered mustard (Wasabi)	2.50 ts
755	Salt	1.00 pn
755	Soy Sauce	2.50 ts
756	Cucumber; Md	1.00
756	White Pepper	0.25 ts
756	Dried Dill; Crushed	2.00 ts
756	Mayonnaise	1.50 c
756	Sour Cream	0.75 c

Sheet1

756	Green Bell Pepper; Diced	0.25 c
756	Fresh Dill; Chopped, OR	2.00 tb
757	Potatoes; new (approximatel	2.00 lb
757	Dill cream dressing recipe	1.00
757	Green onions; finely choppe	5.00
757	Salt & pepper to taste	0.00
758	Sour cream	1.00 c
758	Mayonnaise	0.25 c
758	Lemon juice	1.00 tb
758	Tuna; 3/1 oz, well drained	1.00 cn
758	Garlic clove;minced	1.00
758	salt & pepper to taste	0.00
759	16 oz can peeled tomatoes	1.00
759	Chopped onion	0.50 c
759	Celery seed	0.50 ts
759	Eggs, hard boiled	4.00
759	Juice from peeled tomatoes	2.00 tb
759	6 1/2 oz can tuna, mashed	1.00
759	Dill relish	2.00 tb
759	Mayonnaise (heaping)	2.00 tb
759	Lea & perrins	1.00 tb
759	Poupon or creole mustard	2.00 ts
759	Garlic powder	0.25 ts
759	Olive oil	1.00 tb
759	Salt, to taste	0.00
759	Louisiana hot sauce	2.00 ts
759	Wine vinegar	2.00 ts
760	Egg noodles	8.00 oz
760	Sour cream or plain yogurt	2.00 c
760	Honey	0.33 c
760	Apples, cut into chunks	3.00 md
760	Chopped celery	1.50 c
760	Chopped walnuts	1.00 c
760	Raisins	0.50 c
761	Fresh Chinese Noodles	10.00 oz
761	Oil	0.00
761	SPICY SESAME SAUCE -----	0.00 -----
761	Vegetable Oil	1.50 tb
761	Green Onions white minced	3.00
761	Cloves of garlic, minced	3.00
761	Piece of Giner, minced	0.50 x
761	Small Asian Chilli Peppers	2.00
761	Rice Vinegar	3.50 ts
761	Soya Sauce	2.00 tb
761	Sugar	2.00 tb
761	Chinese sesame paste	1.50 tb
761	Chicken stock or broth	0.50 c
761	Sesame oil	1.00 ts
761	GARNISH -----	0.00 -----

Sheet1

761	Roasted Sesame Seeds	1.00 tb
761	Fresh coriander leaves chop	0.00
761	Julienned carrots/cucumbers	0.50 c
762	Cream Cheese; Softened	1.00 c
762	Sour Cream	1.00 c
762	Black Olives; Chopped	0.25 c
762	Worcestershire Sauce	2.00 tb
762	Paprika	1.00 tb
762	Garlic Powder	0.50 ts
762	Fresh Parsley; Chopped, OR	1.00 tb
762	Dried Parsley; Crushed	1.00 ts
763	Shredded sharp cheddar	1.50 c
763	cheese	0.00
763	Low fat cottage cheese	0.50 c
763	Port wine	2.00 tb
763	Parsley chopped fine	1.00 tb
763	Dry mustard	0.25 ts
763	Ground red pepper	0.12 ts
763	Chopped walnuts	3.00 tb
764	Brie Cheese, Rind Removed OR	4.00 oz
764	Camembert CheeseRind Removed	5.50 oz
764	Ice Cream Topping *	1.00 tb
764	Broken Pecans Or Walnuts	2.00 tb
764	DIPPERS -----	0.00 -----
764	Flat Bread	0.00
764	Unsalted Crackers	0.00
764	Apple or Pear Slices	0.00
765	Raw brown rice	0.33 c
765	Butter	2.00 tb
765	Sliced mushrooms	2.00 c
765	Grated zucchini	1.00 c
765	Grated onion	0.50 c
765	Chopped garlic clove	1.00 lg
765	Egg	1.00
765	Finely ground walnuts,	1.75 c
765	Peanuts, or cashews	0.00
765	Finely chopped parsley	0.50 c
765	Wheat germ	0.25 c
765	Dried sage	1.00 ts
765	Dried basil	1.00 ts
765	Dried thyme	0.50 ts
765	Freshly ground pepper	0.25 ts
765	Lettuce leaves	0.00
765	Sour pickles	0.00
766	Cream cheese	6.00 oz
766	Mayonnaise	0.50 c
766	Pecans,chopped	0.50 c
766	Salad olives	1.00 c
766	Olive juice	2.00 tb

Sheet1

766	Pepper	1.00 ds
766	Bread	0.00
766	Lettuce	0.00
767	Black olives	1.00 c
767	Green olives	1.00 c
767	Lemon; juice of	1.00
767	Parsley; chopped	2.00 tb
767	Paprika	1.00 ts
767	Chili powder	0.25 ts
767	Garlic clove; crushed	1.00
767	Cumin, ground	0.50 ts
767	Oil	2.00 tb
768	Anchovy Fillets	2.00
768	Black Olives; Chopped	1.00 c
768	Worcestershire Sauce	4.00 ts
768	Mayonnaise	0.50 c
768	Fresh Parsley; Chopped, OR	0.25 c
768	Dried Parsley; Crushed	4.00 ts
768	Salt	0.50 ts
768	Garlic; Minced	1.00 tb
768	Fresh Basil; Chopped, OR	3.00 tb
768	Dried Basil; Crushed	1.00 tb
769	Chopped sweet onions	1.00 c
769	Black-eyed peas, cooked	1.00 c
769	Pimento, diced	0.25 c
769	Green bell pepper, diced	1.00 c
769	Green onion, chopped	0.50 c
769	Fresh garlic, chopped	2.00 tb
769	Italian dressing	0.25 c
769	Salt & pepper	0.00
770	Onion	1.00
770	Button mushrooms	2.00 oz
770	Brown rice flour	0.25 c
770	All-purpose flour	0.25 c
770	Turmeric	0.50 ts
770	Hot chili powder	0.50 ts
770	Ground cumin	0.25 ts
770	Ground coriander	0.25 ts
770	Salt	0.25 ts
770	Plain yogurt	0.67 c
770	Vegetable oil for deep	0.00
770	frying	0.00
770	Fresh parsley sprig (opt)	0.00
771	Onions	2.00 ea
771	Egg; beaten	1.00 ea
771	Chick pea flour; besan -OR-	1.50 c
771	all purpose flour &	0.75 c
771	whole wheat flour	0.75 c
771	Cold water, approx.	1.00 c

Sheet1

771	Cumin, ground	0.50 ts
771	Cayenne	1.00 pn
771	Cilantro, fresh; chopped	2.00 tb
772	Large onions	8.00
772	All purpose flour	1.50 c
772	Corn meal	4.00 tb
772	Onion powder	4.00 tb
772	Salt	2.00 ts
772	Milk	1.50 c
772	Large egg	1.00
772	Water	0.50 c
772	Orange food color	1.00 tb
773	Chopped sweet onions	0.75 c
773	Cooked red kidney beans	16.00 oz
773	Green bell pepper, diced	1.00 c
773	Yellow bell pepper, diced	1.00 c
773	Minced jalapeno	1.00 tb
773	White wine vinegar	0.50 c
773	Vegetable oil	2.00 tb
773	Minced coriander, fresh	3.00 tb
773	Chili powder	1.00 ts
774	Oil	0.25 c
774	Garlic cloves, minced	4.00 ea
774	Onions, sliced	8.00 lg
774	Vegetable stock	8.00 c
774	Soy flour	2.00 tb
774	Tomato puree	1.00 cn
774	Dried parsley	2.00 tb
774	Tarragon	2.00 ts
774	Tamari	0.33 c
774	Basil	1.00 ts
774	Oregano	1.00 ts
775	White onions	16.00 sm
775	Olive oil	2.00 tb
775	Margarine	1.00 tb
775	Onion, finely chopped	1.00 md
775	Garlic clove, monced	1.00 ea
775	Dry white wine	2.00 tb
775	Honey	1.00 tb
775	Coriander	1.00 ds
775	Water	0.00
775	White wine vinegar	0.00
776	Dark rye bread, toasted	14.00 sl
776	Prepared mustard	0.00
776	16 oz sauerkraut,drained and chopped	1.00 cn 0.00
776	Sliced corned beef, finely chopped	5.00 oz 0.00
776	Shredded lofat swiss cheese	2.00 c

Sheet1

776	(8 oz)	0.00
776	Lofat mayonaisse or salad	0.50 c
776	dressing	0.00
777	Dijon Mustard	3.00 tb
777	Ginger; Ground	0.50 ts
777	Soy Sauce	2.00 ts
777	Sesame Oil	1.00 ts
777	Sesame Seeds	0.50 ts
777	Black Pepper	0.25 ts
777	Green Onion;Chopped, Use All	3.00 tb
777	Sour Cream	1.00 c
778	Naval oranges	6.00
778	Handful of black olives	0.00
778	Packed in oil	0.00
778	Juice of 1/2 lemon	0.00
778	Salt	0.50 ts
778	Powdered sugar	1.00 ts
778	Orange flower water,	2.00 tb
778	Optional	0.00
779	Head romaine lettuce	1.00
779	Mandarin oranges,drained	7.00 oz
779	Toasted sliced almonds	1.00
779	DRESSING -----	0.00 -----
779	Sugar	2.00 tb
779	Salt	0.50 tb
779	Tarragon	1.00 ts
779	Pepper	0.25 ts
779	Dashes Tabasco sauce	2.00
779	Vinegar	0.33 c
779	Egg Yolk	1.00
779	Vegetable oil	0.75 c
779	Dijon mustard	0.50 ts
780	Long white radish, about	1.00
780	1 lb in weight, or red ones	0.00
780	Navel oranges	3.00
780	Juice of 1/2 lemon	0.00
780	Olive oil	1.00 tb
780	Salt or to taste	0.25 ts
780	Powdered sugar	1.00 ts
780	Orange flower water,	2.00 tb
780	Optional	0.00
781	Orange Jello, large	1.00 pk
781	Small curd cott cheese,large	1.00 pk
781	Cool whip, large	1.00 pk
782	Safflower or corn oil	0.67 c
782	Lime juice	0.25 c
782	Orange juice	2.00 tb
782	Orange rind; grated	2.00 tb
782	Honey	2.00 tb

Sheet1

782	Onion; minced	2.00 tb
782	Poppy seeds	1.00 tb
782	Salt & pepper to taste	0.00
783	Ginger, dried	1.50 ts
783	Cream cheese, softened	0.50 c
783	Sour cream	0.50 c
783	Orange juice	0.25 c
783	Orange zest	0.50 ts
784	Butter lettuce leaves	0.00
784	Fresh orange juice	1.00 tb
784	Large orange, peeled/sliced	1.00
784	White wine vinegar	1.00 ts
784	Julienne of peeled jicama	1.00 c
784	Salt & freshly ground pepper	0.00
784	Chopped red onion	0.50 c
784	Minced fresh cilantro	1.00 tb
784	Olive oil	3.00 tb
785	Olive or salad oil	0.50 c
785	(peanut oil Oriental theme	0.00
785	White wine vinegar	2.00 tb
785	Dry mustard	0.50 ts
785	Paprika	0.25 ts
785	Sugar	1.00 tb
785	Salt	1.00 ts
785	Dash freshly ground pepper	0.00
785	Clove garlic, minced	1.00
785	Soy sauce	1.00 tb
785	Can fancy mixed Chinese veg	16.00 oz
785	drained	0.00
785	Shredded cabbage	3.00 c
785	Sliced green onions	0.50 c
785	Tomatoes, cut in wedges	2.00 md
786	Pace Picante Sauce	0.33 c
786	Vegetable oil	2.00 tb
786	Soy sauce	2.00 ts
786	White wine vinegar	2.00 ts
786	Sugar	1.00 ts
787	English cucumber	1.00
787	Rice vinegar	1.00 tb
787	Soy sauce	1.00 tb
787	Vegetable oil	1.00 tb
787	Oriental sesame oil	0.50 ts
787	Salt	0.50 ts
787	Sugar	0.50 ts
787	Hot chinese chili paste	0.25 ts
787	Small clove garlic, minced	1.00
788	Unshelled raw jumbo shrimp,	8.00
788	thawed if frozen	0.00
788	All-purpose flour	0.50 c

Sheet1

788	Salt	0.25 ts
788	Corn oil	1.00 ts
788	Water	0.25 c
788	Piece ginger root, peeled,	1.00
788	grated (1")	0.00
788	Garlic clove, crushed	1.00
788	Chili sauce	1.00 ts
788	Egg white	1.00
788	Vegetable oil	0.00
788	Green onion daisy	1.00
788	Red bell pepper strips	0.00
789	Low-fat Ricotta Cheese	0.33 c
789	Finely shredded radish	2.00 tb
789	Fresh Pea Pods	24.00 x
789	Cream cheese (reduced cal.)	2.00 tb
789	Snipped fresh Chives	1.00 tb
789	Onion salt	1.00 ds
790	(20 Oz.) Unsweetened	1.00 cn
790	Pineapple Chunks Undrained	0.00
790	White Wine Vinegar	2.00 tb
790	Low Sodium Soy Sauce	2.00 tb
790	Sesame Oil	1.00 ts
790	Minced Gingerroot	0.50 ts
790	Snow Peas Trimmed	0.50 lb
790	Diagonally Sliced	1.25 c
790	Carrots	0.00
790	Sesame Seeds	1.50 ts
790	Watercress	1.00 bn
790	Size Red Bell Peppers	2.00 md
790	Cut Into 1/2 in. Strips	0.00
791	Butter or margarine	0.25 c
791	Seasoned salt	1.25 ts
791	Worcestershire sauce	4.50 ts
791	Chex cereals (mixed)	8.00 c
791	Mixed nuts	1.00 c
791	Pretzels	1.00 c
792	Shredded cabbage (1 med.)	12.00 c
792	Green pepper, chopped	1.00
792	Red onion, chopped	1.00 md
792	Carrots, shredded	2.00 md
792	Sugar	1.00 c
792	DRESSING -----	0.00 -----
792	Sugar	2.00 ts
792	Dry mustard	1.00 ts
792	Celery seed	1.00 ts
792	Salt	1.00 ts
792	Vinegar	1.00 c
792	Vegetable oil	0.75 c
793	Shredded lettuce	3.00 c



Sheet1

793	Shredded spinach	2.00 c
793	Sliced radishes	0.50 c
793	Cooked cubed chicken	2.00 c
793	Celery cut diagonally	0.50 c
793	Shredded cheddar cheese	1.00 c
793	Mayonnaise	0.67 c
793	Worcestershire sauce	0.50 ts
793	Dry Mustard	0.25 ts
793	Sliced green onions	2.00 tb
794	Oil, Crisco, Wesson, etc	1.00 c
794	Hidden valley ranch dry	1.00 pk
794	dressing	0.00
794	Dill weed	1.00 ts
794	Garlic salt	0.50 ts
794	Lemon and pepper	1.00 ts
794	seasoning	0.00
794	Small oyster crackers	2.00 pk
795	Oysters (retain liquid)	1.00 qt
795	Garlic powder	0.25 ts
795	Louisiana hot sauce	1.00 ts
795	Onion powder	0.50 ts
795	Lea & Perrins Worcestershire	1.00 tb
795	Water (enough to cover oyste	0.00
795	Salt, to taste	0.00
796	Shucked oysters, with liquor	1.00 pt
796	Milk	1.00 qt
796	Butter	0.25 c
796	Salt/pepper to taste	0.00
796	Seafood seasoning (optional)	0.00
797	Freshly shucked oysters	16.00
797	Dry white wine	6.00 oz
797	Olive oil	2.00 oz
797	Fresh lemon juice	2.00 oz
797	Salt	0.25 ts
797	White pepper	0.25 ts
797	Dried thyme	0.25 ts
797	Dried chervil	0.25 ts
797	Chopped fresh parsley	1.00 ts
797	Garlic clove, crushed	1.00
798	Boston lettuce, washed,	1.00
798	dried & chopped fine	0.00
798	Fresh spinach, washed, dried	0.50 lb
798	& chopped fine	0.00
798	Scallion, minced	1.00 c
798	Dry bread crumbs, fine	2.75 c
798	Fresh parsley, minced	0.50 c
798	Celery, minced	0.25 c
798	Garlic cloves, minced	3.00
798	Unsalted butter	1.00 c

Sheet1

798	Pernod	2.00 tb
798	Anchovy paste	1.00 tb
798	Cayenne pepper	0.12 ts
798	Bacon, lean	12.00 sl
798	Oysters in shells	36.00 lg
798	Coarse salt for platters	0.00
798	Lemon wedges	0.00
799	White bread, crusts removed,	20.00 sl
799	in 1/4-inch cubes	0.00
799	Shrimp, shelled, deveined, &	1.12 lb
799	rinsed	0.00
799	Water chestnuts, blanched &	0.50 c
799	finely chopped	0.00
799	Egg white, beaten lightly	1.00 lg
799	Lard, finely chopped	2.00 tb
799	Rice wine	1.00 tb
799	Gingerroot, minced	1.50 ts
799	Scallion, minced	1.50 ts
799	Salt	1.50 ts
799	Cornstarch	1.50 tb
799	Peanut or corn oil for fryin	0.00
799	Coarse salt	3.00 tb
799	Szechwan peppercorns, crushe	1.00 tb
799	& lightly toasted	0.00
800	Pork spare ribs *	2.50 lb
800	cut in 1- or 2-inch lengths	0.00
800	then cut apart into cubes	0.00
800	MARINADE -----	0.00 -----
800	Salt	2.00 ts
800	Sugar	2.00 tb
800	Sherry	1.00 tb
800	Oyster Sauce *	2.00 tb
800	Fermented black beans *	2.00 tb
800	Tapioca flour *	4.00 tb
800	Sesame oil	1.00 ts
800	Minced garlic	2.00 ts
800	Baking soda	0.75 ts
800	Hot pepper flakes	0.50 ts
800	White pepper	1.00 pn
800	Diced red bell pepper	2.00 tb
801	Ground lamb	1.50 lb
801	Yellow onion; chopped fine	1.00 lg
801	Parsley; chopped	1.00 bn
801	Fresh mint; chopped	1.00 bn
801	Pine nuts	1.00 c
801	Fresh lemon juice	0.50 c
801	Olive oil	0.50 c
801	Oregano	0.50 ts
801	Salt	0.50 ts

Sheet1

801	Pepper	0.50 ts
801	Jar grape leaves *	1.00
801	Water (as needed)	0.00
802	Scallions, green tops only	4.00
802	Whole chicken beast	2.00
802	Ginger juice (see below)	1.00 ts
802	Dry sherry or	2.00 ts
802	Shaoshing wine	0.00
802	Light soy sauce	2.00 ts
802	Salt	1.00 ts
802	Sugar	1.00 ts
802	Oil	2.00 ts
802	Squares (6-in) parchment	24.00
802	(see NOTE)	0.00
802	Oil, for deep-frying	2.00 c
802	Hoisin sauce, for dipping	0.00
803	Salad dressing	1.00 c
803	Grated parmesan cheese	0.25 c
803	Milk	0.25 c
803	Chopped chives	1.00 tb
804	Onion, chopped	1.00 md
804	Olive oil	1.00 ts
804	Chopped potatoes	2.00 c
804	Sliced leeks, white only	1.00 c
804	Stock	4.00 c
804	Salt	1.00 ts
804	White pepper	0.25 ts
804	Chopped fresh chives	2.00 tb
804	Chopped fresh parsley	0.25 c
805	(3 ounces) cream cheese,	1.00 pk
805	cubed and softened	0.00
805	Sharp cheddar cheese, cubed	0.50 lb
805	Onion salt	1.00 ds
805	Pitted ripe olives	6.00 ea
805	Garlic salt or powder	1.00 ds
805	Dry sherry	3.00 tb
805	Celery salt	1.00 ds
805	Worcestershire sauce	0.50 ts
805	Parsley sprigs	0.50 c
806	8-oz philidelphia cream	2.00 pk
806	cheese	0.00
806	Cracker barrel cheese	8.00 oz
806	Jar pimento cheese	1.00
806	Chopped onion	1.00
806	Chopped green pepper	1.00
806	Worcestershire sauce	2.00 ts
806	Lemon juice/real lemon	1.00 ts
806	Ground pecans/almonds/etc	1.00 pk
807	Pinto beans, soaked	1.00 c

Sheet1

807	Water	3.00 c
807	Bay leaf	1.00 ea
807	Garlic cloves, peeled &	5.00 ea
807	- mashed	0.00
807	Salt	1.00 ts
807	Marjoram	1.00 ts
807	Oregano	1.00 ts
807	TVP granules or flakes	1.00 c
807	Ketchup	1.00 tb
807	Hot water	0.88 c
807	Chopped onion	0.50 c
807	Olive oil	1.00 tb
807	Shiitake mushrooms soaked in	3.00 lg
807	- 1 c hot water	0.00
807	Mirin sauce	2.00 tb
807	Soy sauce	1.00 tb
807	Black pepper	0.25 ts
807	Mace	1.00 ts
808	Ground Beef	1.00 lb
808	Egg; Large	1.00
808	Onion; Chopped, 1 Sm.	0.25 c
808	Bread Crumbs; Dry	0.33 c
808	Milk	0.25 c
808	Salt	0.75 ts
808	Pepper	0.12 ts
808	Worcestershire Sauce	1.00 ts
808	Coconut; Flaked	0.50 c
808	Currant Or Grape Jelly	0.25 c
808	Chutney Or Chutney Sauce; **	0.25 c
808	Dry Red Wine OR Orange Juice	0.25 c
808	Mustard; Dry	2.00 ts
809	Rotini, or ziti	2.00 c
809	Red kidney beans, cooked	2.00 c
809	Diced zucchini	1.00 c
809	Green bell pepper, diced	1.00 sm
809	Tomato, chopped	1.00 md
809	Chopped green olives	0.33 c
809	Tofu mayonnaise	1.00 c
809	Chili powder	0.50 ts
809	Coriander	0.50 ts
809	Paprika	0.50 ts
809	Sage	0.25 ts
809	Salt & pepper	0.00
810	Olive Oil	3.00 tb
810	Med. Cloves Garlic *	4.00
810	Fresh Bread Crumbs	2.00 tb
810	Pepper	0.12 ts
810	Env. Golden Onion Soup Mix	1.00
810	Water	3.50 c

Sheet1

810	Uncooked Fine Egg Noodles	6.00 oz
810	Finely Chopped Parsley	2.00 tb
810	Grated Parmesan Cheese	0.00
811	Pasta, spirals	1.00 lb
811	Viva Italian dressing	1.00 pk
811	Cucumber, cubed	1.00
811	Fresh Broccoli, cut up	1.00
811	Cici beans, optional	1.00 cn
811	Carrots, cut up	1.00
811	Celery, cut up	1.00
812	Elbow macaroni	2.00 c
812	Marinated artichoke hearts	0.75 lb
812	Alfalfa sprouts	0.75 c
812	Green bell pepper, chopped	1.00 sm
812	Carrot, coarsely grated	1.00 md
812	Sliced black olives	0.50 c
812	Red wine vinegar	0.25 c
812	Basil	0.50 ts
812	Savoury	0.50 ts
812	Salt & pepper	0.00
813	Cooked pasta	1.00 c
813	Carrots	0.25 c
813	Oil-free dressing	0.25 c
813	Broccoli	1.00 c
813	Celery	0.25 c
813	Minestrone soup	1.00 c
814	Cooked and shelled mussels	3.00 oz
814	Celery	1.00 oz
814	Carrot	1.00 oz
814	Breadcrumbs	1.00 oz
814	Egg yolks	4.00
814	Herring roe	2.00 oz
814	Pinch mixed herbs	0.00
814	Pinch dill weed	0.00
814	Pinch crushed garlic	0.00
814	Brandy & double cream to tst	0.00
814	Seasoning	0.00
815	White Castle hamburgers	12.00
815	Eggs	4.00
815	Milk	2.00 c
815	Cream cheese	0.00
816	Fine minced onion	1.00 c
816	Dried thyme	1.00 pn
816	Lard	8.00 tb
816	Mace	1.00 pn
816	Chicken liver	8.00 oz
816	Rosemary	1.00 pn
816	White cooked chicken	2.00 c
816	Basil	1.00 pn

Sheet1

816	Unsalted butter	6.00 tb
816	room temperture	0.00
816	Cloves	1.00 pn
816	Nutmeg	1.00 pn
816	Lard	4.00 tb
816	Allspice	1.00 pn
816	Cognac	4.00 tb
816	White pepper	1.00 pn
816	Cinnamon	1.00 ts
816	Spanish paprika	1.00 pn
816	Crushed bay leaf	1.00 pn
816	Salt	1.00 pn
817	Celery ribs with leaves	2.00 sm
817	Whole peppercorns	4.00
817	Water	6.00 c
817	Salt	1.00 ts
817	Chicken livers	1.00 lb
817	Tiny pinch of cayenne pepper	0.00
817	(2 sticks) sweet butter	0.50 lb
817	Dry mustard	2.00 ts
817	Grated nutmeg	0.50 ts
817	Ground cloves	0.25 ts
817	Roughly chopped onion	0.25 c
817	Garlic clove	1.00 sm
817	Calvados	0.25 c
817	Dried currants	0.50 c
818	Butter (1/4 lb)	0.50 c
818	Medium yellow onions, choppe	2.00
818	Small bell pepper, chopped	1.00
818	Garlic cloves, minced	2.00
818	Heavy cream,	1.00 pt
818	Green onions, chopped	1.00 c
818	Parsley, chopped	0.50 c
818	Dried basil	1.00 ts
818	Dried thyme	1.00 ts
818	Salt	2.00 ts
818	Ground black pepper	2.00 ts
818	Ground white pepper	1.00 ts
818	5-6 shots Tabasco sauce	0.00
818	Fresh white crab meat	1.00 lb
819	Peaches sliced 1/3 segments	6.00
819	Kiwi fruit peeled sliced	5.00
819	Juice of 3 oranges	3.00
819	Juice of 1 lemon	1.00
819	Sugar	1.50 tb
819	Fresh mint leaves	4.00
820	Pasta; linguine (1 package)	8.00 oz
820	Peanut butter	3.00 ts
820	Salt	0.50 ts

Sheet1

820	Soy sauce	2.00 tb
820	Sesame oil (can substitute o	1.00 tb
820	Sugar	1.00 ts
820	Vinegar; white wine	0.50 ts
820	Garlic cloves; minced	2.00
820	Onion; grated or minced	1.00 ts
821	Peanut Butter (any variety)	0.33 c
821	Water	3.00 tb
821	Soy sauce	2.00 tb
821	Lemon juice	2.00 tb
821	Honey	2.00 ts
821	Cloves garlic, finely minced	2.00 x
821	Chili powder	1.00 tb
821	Crushed dried Red Pepper	1.00 ds
822	Sour cream	1.00 c
822	Peanut butter	3.00 tb
822	Lemon or lime juice	1.00 tb
822	Soy sauce	1.00 tb
822	Garlic clove;minced	1.00
822	Ginger root;fresh, minced	1.00 ts
822	Hot pepper sauce; optional	1.00 ds
823	Diced Parsnips	3.00 c
823	(1 1/2 Lbs.)	0.00
823	Water	2.00 c
823	Thinly Sliced Green Onions	3.00 tb
823	Honey-Yogurt Dressing	0.00
823	Size Firm, Ripe Pears	3.00 md
823	Lemon Juice	1.00 tb
823	Ground Black Pepper (Opt)	0.00
824	Cabbage, shredded	2.00 c
824	*hot salad dressing	0.50 c
824	Bell pepper, green, finely c	1.00
824	Bell pepper, red, finely cho	1.00
824	Salt	1.00 ts
825	Sweet red pepper	1.00
825	Bread cubes, packed	2.00 c
825	(see note)	0.00
825	Capers	2.50 tb
825	Fresh thyme leaves, minced	1.00 tb
825	Green onion, minced	1.00
825	both white and green parts	0.00
825	Celery stalk,	1.00
825	trimmed and diced	0.00
825	Olive oil	2.50 tb
825	Sherry vinegar	2.00 ts
825	Prepared Dijon mustard	1.00 ts
825	Freshly ground pepper	0.00
826	(8-oz) grated monterey jack	2.00 c
826	cheese	0.00

Sheet1

826	(8-oz) cream cheese at room	1.00 pk
826	temperature	0.00
826	Fine herbs	1.00 ts
826	Minced chives	1.00 ts
826	Worcestershire sauce	1.00 ts
826	Clove garlic crushed or	1.00
826	garlic powder to equal	0.00
826	one clove	0.00
826	Any flavored seasoned	1.50 tb
826	pepper such as lemon and	0.00
826	onion pepper	0.00
827	Cream cheese; (8-oz)	1.00 pk
827	softened	0.00
827	Dairy sour cream	0.50 c
827	Crushed dry oregano	1.00 ts
827	Garlic powder	0.12 ts
827	Crushed red pepper	0.12 ts
827	Pizza sauce	0.50 c
827	Chopped pepperoni	0.50 c
827	Sliced green onion	0.25 c
827	Chopped green pepper	0.25 c
827	Shredded mozzarella cheese	0.50 c
827	Sweet pepper strips	0.00
827	Broccoli flowerets or	0.00
827	crackers, optional	0.00
828	Mozzarella cheese	6.00 oz
828	Beefsteak tomatoes, cut in	2.00 lg
828	half	0.00
828	Ripe avacado	1.00
828	Shallots, peeled, thinly	2.00
828	sliced	0.00
828	Olive oil	0.33 c
828	Lemon juice	2.00 tb
828	Sugar	0.50 ts
828	Salt to taste	0.00
828	Dry mustard	0.50 ts
828	Green peppercorns, crushed	2.00 ts
828	Dried oregano	0.50 ts
828	Crusty bread or bread sticks	0.00
829	Envelopes Unflavored Gelatin	2.00
829	Lemon Juice	0.33 c
829	Water	2.75 c
829	Sugar	0.50 c
829	Cider Vinegar	0.25 c
829	Salt	0.50 ts
829	Finely Shredded Cabbage	2.00 c
829	Chopped Celery	1.00 c
829	Chopped Green Pepper	0.50 c
829	(1 jar) Slice Pimientos *	2.00 oz



Sheet1

830	Red potatoes; small, halved	1.50 lb
830	or quartered if large	0.00
830	Smoked hot sausage or	1.00 lb
830	kielbasa	0.00
830	Cherry tomatoes; halved	1.00 pt
830	Red-wine vinegar	2.00 tb
830	Prepared pesto	0.33 c
830	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
830	260 calories	0.00 x
830	8 g protein	0.00 x
830	25 g carbohydrate	0.00 x
830	15 g fat	0.00 x
830	23 mg cholesterol	0.00 x
830	524 mg sodium	0.00 x
831	Jars Pickles; dill	1.00
831	Cream cheese	1.00 pk
831	Smoked meat, thin sliced	3.00 pk
832	Holland herring	1.00 pk
832	FOR EACH WIDE MOUTH JAR	0.00
832	(QUART)	0.00
832	Spanish onions coarsely cut	2.00 c
832	divided	0.00
832	Mustard seed	0.50 ts
832	Whole black	0.50 ts
832	peppercorns	0.00
832	Salt	0.25 ts
832	Small/half bay leaf	1.00
832	White pepper	0.00
833	Crab boil, tied in cheese	0.25 c
833	cloth	0.00
833	Shrimp, peeled & deveined	2.50 lb
833	White vinegar	0.75 c
833	Celery seeds	5.00 ts
833	Salt	2.00 ts
833	Olive oil	1.00 c
833	Onion, sliced thin	1.00 lg
833	Bay leaves	3.00
834	Potatoes	10.00 lb
834	Eggs, hard-boiled	8.00 ea
834	Dill relish	2.00 c
834	Sweet relish	1.00 c
834	Salad olives, chopped	2.00 c
834	Onions, finely chopped	2.00 c
834	Celery, finely chopped	1.00 c
834	Fresh parsley, finely chopped	1.00 c
834	Mayonnaise	1.50 pt
834	Yellow mustard	0.50 c
834	Salt, to taste	1.00 x
834	Louisiana hot sauce	1.00 x

Sheet1

835	Potatoes	10.00 lb
835	Celery, finely chopped	1.00 c
835	Eggs, hard-boiled	8.00
835	Fresh parsley,finely chopped	1.00 c
835	Dill relish	2.00 c
835	Mayonnaise	1.50 pt
835	Sweet relish	1.00 c
835	Yellow mustard	0.50 c
835	Salad olives, chopped	2.00 c
835	Salt, to taste	0.00
835	Onions, finely chopped	2.00 c
835	Louisiana hot sauce	0.00
836	Egg beaten	1.00
836	Sugar	0.33 c
836	Vinegar	0.25 c
836	Water	1.00 tb
836	Cheddar cheese (grated)	2.00 c
836	Pimientos (chopped)	0.25 c
837	Cheddar cheese	0.50 lb
837	20-oz pineapple chunks	1.00 cn
837	Lettuce leaves	6.00 lg
837	Mayonnaise	0.75 c
838	#2.5 (3 1/2-c) pineapple	1.00 cn
838	chunks	0.00
838	Halved and seeded tokay	1.00 c
838	garpes	0.00
838	White cream mints broken	0.50 c
838	Chilled ginger ale	0.00
839	#2.5 (3 1/2-cup) pineapple	1.00 cn
839	Chunks	0.00
839	Halved and seeded tokay	1.00 c
839	Grapes	0.00
839	White cream mints broken	0.50 c
839	Chilled ginger ale	0.00
840	Salad oil	1.50 tb
840	Onion; finely chopped	1.00 sm
840	Red bell pepper	0.25 c
840	(finely chopped)	0.00
840	Garlic cloves; minced	2.00
840	Fresh jalapeno chili	1.00 md
840	seeded & finely chopped	0.00
840	Pinto beans (15 oz each)	2.00 cn
840	drained & rinsed	0.00
840	Liquid smoke	0.12 ts
840	Chopped fresh cilantro	0.25 c
840	Ground cumin	0.50 ts
840	Pepper	0.25 ts
840	Yellow cornmeal	0.33 c
840	Cooking spray (optional)	0.00

Sheet1

840	Tomato-based salsa	1.00 c
840	homemade or purchased	0.00
841	Corn oil	2.00 tb
841	Garlic cloves, crushed	2.00
841	1/2" piece ginger root,	1.00
841	peeled, chopped	0.00
841	Popping corn	1.00 c
841	Butter	0.25 c
841	Hot chili sauce	2.00 ts
841	Chopped fresh parsley	2.00 tb
841	Salt to taste	0.00
842	Cream cheese	4.00 oz
842	Walnuts, chopped	0.25 c
842	Chopped fresh chives	1.00 tb
842	Stalk celery, chopped	1.00
842	Lemon juice	3.00 ts
842	Cayenne pepper	3.00 pn
842	Ground coriander	0.25 ts
842	Thin slices smoked salmon	8.00
842	Thin slices whole-wheat	8.00
842	bread	0.00
842	Butter	0.00
842	Thin slices cucumber	8.00
842	Fresh ground pepper	0.00
842	Fresh dill sprigs (opt)	0.00
842	Chives (opt)	0.00
843	All purpose flour	1.00 c
843	Water	1.00 c
843	Baking powder	1.00 ts
843	Egg beaten	1.00
843	Pinch of salt	1.00
843	Ripe Bananas peeled halved	4.00
843	10% cream	0.50 c
843	Brown Sugar	1.00 c
843	Butter	1.00 tb
843	Dark rum	2.00 tb
844	Mushrooms	20.00 md
844	Onions, minced	3.00 tb
844	Butter or margarine	0.00
844	Fine dried breadcrumbs	0.33 c
844	Chopped pistachios	0.25 c
844	Chopped parsley	2.00 tb
844	Dried marjoram	0.25 ts
844	Salt	0.25 ts
845	Pita breads (6" diameter)	2.00 x
845	Margarine	2.00 ts
845	Oregano	2.00 ts
845	Grated Parmesan cheese	4.00 tb
846	Pita bread rounds	4.00

Sheet1

846	Butter, softened	0.25 c
847	Spiral macaroni, cooked &	1.00 lb
847	drained	0.00
847	Tomatoes, seeded and diced	3.00 md
847	Cheddar cheese, cubed	1.00 lb
847	Green onions, sliced	2.00 bn
847	Sliced pepperoni	3.00 oz
847	Vegetable oil	0.75 c
847	Grated parmesan cheese	0.67 c
847	Red wine vinegar	0.50 c
847	Dried oregano	2.00 ts
847	Garlic powder	1.00 ts
847	Salt	1.00 ts
847	Pepper	0.25 ts
847	Croutons, optional	0.00
848	Italian sausage	0.50 lb
848	Crushed oregano	1.00 tb
848	Minced clove garlic	1.00
848	Refrigerated biscuits	1.00 pk
848	Tomato paste	0.00
848	Shredded sharp process	1.00 c
848	cheese	0.00
848	Grated parmesan cheese	0.25 c
848	Olives sliced for garnish	0.00
849	Dry Mustard	0.50 ts
849	Salt	0.50 ts
849	Large Egg	1.00
849	Salad Oil	1.25 c
849	White Vinegar	1.00 tb
849	Lemon Juice	2.00 tb
849	Cloves Garlic, finely minced	6.00
849	Dried Oregano	1.00 ts
849	Worcestershire sauce	0.50 ts
849	Pepper (to taste)	1.00 ds
850	Cold water	3.00 c
850	Coarse yellow cornmeal	1.00 c
850	Env. onion soup mix	1.00
850	Mild chopped green chilies,	4.00 oz
850	Drained (1 can)	0.00
850	Whole kernel corn	0.50 c
850	Red pepper, roasted and	0.50 c
850	Finely chopped	0.00
850	Sharp Cheddar cheese,	0.50 c
850	Shredded	0.00
851	Leftover chopped roast pork	1.00 lb
851	Chopped parsley	1.00 ts
851	Grated nutmeg	0.25 ts
851	Chicken stock	0.25 c
851	Mined onion	0.33 c

Sheet1

851	Powdered mace	0.25 ts
851	Salt and pepper	0.00
851	Butter softened optional	0.12 lb
851	Melted butter	3.00 tb
852	THE SALAD -----	0.00 -----
852	(approx.) mixed greens	2.00 c
852	Slices cooked loin of pork,	8.00
852	At room temperature	0.00
852	Red bell pepper, seeded and	1.00
852	Cut into thick slices	0.00
852	THE VINAIGRETTE -----	0.00 -----
852	Dijon mustard	2.00 tb
852	Soy sauce	1.50 ts
852	Fresh lemon juice	1.00 tb
852	Wine vinegar	1.00 tb
852	Olive oil	3.50 tb
852	Pepper	1.00
853	Boneless Pork; Lean	0.50 lb
853	Soy Sauce	2.00 tb
853	Steak Sauce; Thick	2.00 tb
853	Apricots; Dried	10.00
853	Peanut Butter; Chunky/Smooth	0.25 c
853	Salt	0.50 ts
853	Hot Pepper Sauce; drops	5.00
854	Butter	1.00 oz
854	Potatoes	1.00 lb
854	Onion	0.00
854	Water (575ml)	1.00 pt
854	Meat stock cube	0.00
854	Single cream	4.00 tb
854	Parsley	1.00 tb
855	Mashed potatoes	2.00 c
855	Egg white, slightly beaten	1.00
855	Chopped onion	2.00 tb
855	All purpose flour	2.00 tb
855	Salt	0.12 ts
855	Pepper to taste	1.00
855	Oil	1.00 ts
856	Baking potatoes, peeled	3.00 ea
856	Chives, chopped	0.25 c
856	Salt	0.00
856	Pepper, fresh ground	0.00
856	Parsley, chopped	0.25 c
856	Vegetable oil for frying	0.00
856	GARNISH -----	0.00 -----
856	Sour cream	0.50 c
856	Salmon caviar	2.00 oz
856	Chives, chopped	0.25 c
857	Potatoes (3 or 4)	1.25 lb

Sheet1

857	Butter, melted	2.00 tb
857	Flour, all purpose	1.00 c
857	Salt	0.50 ts
857	Vegetable oil	4.00 ts
858	Ghee	0.25 c
858	Minced ginger	0.50 tb
858	Minced garlic	0.50 tb
858	Onion, diced	0.25 c
858	Garam masala	0.50 ts
858	Chili powder	0.50 ts
858	Salt	0.25 ts
858	Pepper	0.25 ts
858	Soy sauce	1.00 tb
858	Mashed potatoes	2.00 c
858	Fresh spinach, parboiled &	0.50 c
858	- chopped	0.00
858	Cilantro, chopped	0.25 c
858	Green onions, sliced	0.25 c
858	Momo wrappers, see recipe	0.00
858	Momo sauce, see recipe	0.00
859	Potatoes	6.00 md
859	Yellow split peas	3.00 tb
859	Salt	0.00
859	Oil	2.00 tb
859	Fenugreek seeds	5.00 ea
859	Chopped onions	2.00 tb
859	Parsley	3.00 tb
859	Fresh hot green chili	1.00 ea
860	Red potatoes, boiled, cubed	2.00 lb
860	Safflower oil	0.50 c
860	White wine	4.00 tb
860	Lemon juice	2.00 tb
860	Oregano	1.00 ts
860	Soy sauce	1.00 ts
860	Fresh mushrooms, sliced	0.75 lb
860	Snow peas, fresh & trimmed	4.00 oz
860	Ham, cubed	0.25 lb
860	Bell pepper, cut in strips	1.00
860	Stalk celery w/leaves,	1.00
860	Diced	0.00
860	Scallions, sliced	3.00
860	Parsley	3.00 tb
860	Head iceberg lettuce	1.00
861	Potatoes, diced & cooked	10.00 md
861	Green bell pepper, diced	0.50 ea
861	Celery stalks, diced	2.00 ea
861	Scallions, chopped	3.00 ea
861	Olive oil	0.50 c
861	Hungarian paprika	1.00 ts

Sheet1

861	Basil	1.00 ts
861	Salt	1.00 ts
861	Oregano	1.00 ts
861	Garlic powder	1.00 ts
861	Red pepper	1.00 ds
862	Potatoes; cold, mashed -OR-	3.00 c
862	Potatoes	7.00
862	Mayonnaise	0.33 c
862	Onion; chopped	2.00 ts
862	Milk	2.00 ts
862	Salt	0.50 ts
862	Paprika	0.50 ts
862	Parsley; fresh, chopped	3.00 tb
862	Lettuce leaves	0.00
862	FILLING -----	0.00 -----
862	Eggs; hard-cooked, chopped	6.00
862	Green peppers; finely chopped	0.25 c
862	Red pepper, sweet	0.25 c
862	finely chopped	0.00
862	Mayonnaise	2.00 tb
862	Salt	0.25 ts
862	Pepper	1.00 pn
863	Potatoes; medium	6.00
863	Bacon; slices	4.00
863	Onion; chopped	1.00 tb
863	Celery; stalk, chopped	1.00
863	Salt	1.00 ts
863	Butter	2.00 tb
863	Unbleached flour	2.00 tb
863	Mustard; dry	0.50 ts
863	Sugar	1.00 tb
863	Beer; any brand	1.00 c
863	Tobasco sauce	0.50 ts
863	Parsley; chopped fresh	2.00 tb
864	Oil	2.00 tb
864	Onion, chopped	1.00 md
864	Celery stalks, diced	3.00 ea
864	Potatoes, diced	3.00 lg
864	Stock	4.00 c
864	Bay leaf	1.00 ea
864	Salt & pepper	0.00
865	Jumbo prawns	1.00 lb
865	Dry sherry	0.25 c
865	Rice vinegar	0.25 c
865	Sesame oil	2.00 tb
865	Minced fresh ginger	1.00 tb
865	Sugar	2.00 ts
865	Soy sauce	1.00 ts
865	Finely shredded orange peel	1.00 ts

Sheet1

865	Oranges (about 1 lb total)	3.00 sm
865	Quarts bite-sized pieces sps	3.50
865	Bell pepper, cut into thin	1.00 lg
865	slivers	0.00
866	Scoop low-fat cottage cheese	1.00 lg
866	To 4 Rye Crisp crackers	3.00
866	Hard-boiled egg, cut into	1.00
866	wedges	0.00
866	Fresh tomato, cut into	0.50
866	wedges	0.00
866	Cucumber, thinly sliced	0.25
866	Green pepper, seeded and	0.25
866	thinly sliced	0.00
866	OR:	0.00
866	Fresh pineapple, diced	0.25
866	Fresh peach, peeled and	0.50
866	sliced	0.00
866	Fresh papaya, peeled and	0.25
866	sliced	0.00
867	Pressed bean curd, slivered	1.00 lb
867	Cooking oil	0.00
867	Green onions, sliced	4.00 ea
867	Green peas	1.00 c
867	Chopped tomatoes	1.00 c
867	Sweet corn	0.50 c
867	Soy sauce	2.00 tb
867	Dry sherry	2.00 tb
867	Brown sugar	1.00 ts
867	Salt	2.00 ts
867	Sesame oil	1.00 tb
867	Stock or water	1.00 l
868	Ripe cantaloupe sliced or	1.00
868	cubed and peeled	0.00
868	Thin sliced prosciutto	3.00 oz
869	Peeled, chopped plum tomato	1.25 c
869	(See Note)	0.00
869	Finely chopped scallions	0.50 c
869	Garlic clove; finely chopped	1.00
869	Freshly chopped parsley	1.00 tb
869	Oregano	0.50 ts
869	Cinnamon	0.25 ts
869	Fresh mint (heaping measure)	1.00 ts
869	Salt	0.00
869	Freshly ground black pepper	0.00
869	All-purpose flour	1.00 c
869	Double-acting baking powder	1.00 ts
869	Olive oil; for frying	0.00
870	Rennet tablets;buy a drug	2.00
870	store or supermarket	0.00



Sheet1

870	Lukewarm water	2.00 tb
870	Milk; homogenized	4.00 c
870	Salt	1.00 ts
871	Frozen Chopped Spinach; *	10.00 oz
871	Imitation Bacon Bits; OR	0.50 c
871	Crisp Bacon; Crumbled, **	0.50 c
871	Mayonnaise	1.00 c
871	Fresh Dill; Chopped, OR	2.25 ts
871	Dried Dill; Crushed	0.75 ts
871	Garlic Powder	0.50 ts
871	Cayenne Pepper	0.12 ts
872	10 oz cans beef broth	2.00
872	1 lb cans red beets	2.00
872	Water	1.00 c
872	Lemon juice	1.00 tb
872	Sugar	1.00 ts
872	Pepper	0.12 ts
872	Dash of garlic powder	0.00
872	Salt to taste	0.00
872	Red table wine	0.50 c
873	10 oz cans beef broth	2.00
873	1 lb cans red beets	2.00
873	Water	1.00 c
873	Lemon juice	1.00 tb
873	Sugar	1.00 ts
873	Pepper	0.12 ts
873	Dash of garlic powder	0.00
873	Salt to taste	0.00
873	Red table wine	0.50 c
874	Liver sausage	0.50 lb
874	Onion, green, finely chopped	2.00 tb
874	Parsley, minced	2.00 tb
874	Walnuts or pine nuts,	2.00 tb
874	Coarsely chopped	0.00
874	Brandy	4.00 ts
874	Worcestershire sauce	4.00 ts
874	Thyme leaves, dried	0.50 ts
874	Pepper, freshly ground	0.25 ts
874	Nutmeg, ground	0.25 ts
874	Bread, French, thin slices,	24.00
874	Toasted	0.00
874	Parsley, minced	0.00
874	ONION -----	0.00 -----
874	Oil, olive	1.50 ts
874	Onion, finely chopped	3.00 tb
874	Apricots, dried, chopped	0.25 c
874	Orange juice, fresh	0.25 c
874	Raisins, chopped	2.00 tb
874	Sherry, sweet	2.00 tb

Sheet1

874	Lemon juice, fresh	2.00 ts
874	Lemon rind, grated	1.00 ts
874	Orange rind, grated	1.00 ts
874	Preserves, blackberry or	0.33 c
874	Other berry	0.00
874	Salt	0.00
874	Pepper	0.00
875	Torn romaine lettuce	6.00 c
875	Tortilla chips	2.00 c
875	OR	0.00
875	Corn chips	2.00 c
875	Tomatoes, cut into thin	2.00 md
875	wedges	0.00
875	Ripe olive slices	0.67 c
875	Pace Picante Sauce	0.33 c
875	Bottled Italian dressing	0.33 c
875	Freshly shredded cheddar	0.50 c
875	OR	0.00
875	Freshly shredded Monterey	0.50 c
875	Jack	0.00
875	Crisply cooked bacon slices,	3.00
875	crumbled	0.00
876	Spinach	1.00 lb
876	Alfalfa Sprouts	0.50 c
876	Feta Cheese, crumbled	0.25 c
876	Sunflower Seeds	2.00 tb
876	Olive Oil	2.00 tb
876	Lemon Juice	2.00 tb
876	Water	2.00 tb
876	Garlic Clove, small, minced	1.00
876	Dijon Mustard	1.00 ts
876	Salt	0.00
876	Freshly Ground Black Pepper	0.00
877	Cream Cheese; Room Temp.	8.00 oz
877	Salt	0.25 ts
877	Raisins or Currants	0.33 c
877	Chutney; Chopped	2.00 tb
877	Ginger	0.50 ts
877	Sherry; Medium Dry	4.00 tb
878	Fresh Tomatoes; Diced	2.00 c
878	Onion; Coarsely Chopped	0.25 c
878	Garlic; Minced	1.50 ts
878	Jalapeno Pepper, Coarse Chop	1.00 tb
878	Salt	0.12 ts
878	Oregano; Dried	0.25 ts
878	Fresh Cilantro; Chopped	1.00 tb
878	Lime Juice	0.75 ts
879	Raspberries	4.00 lb
879	Sugar	1.00 x

Sheet1

879	Vinegar	2.00 c
880	Cut up chicken wings (or 4)	3.00 lb
880	Lg bottle Durkee hot sauce	1.00
880	Stick butter	1.00
880	Smoked hickory flavor	2.00 tb
880	Worcestershire sauce	1.00 tb
880	Horseradish	1.25 ts
880	Crushed garlic	1.25 ts
880	Salt	0.25 ts
880	Pepper	0.25 ts
880	Oil	3.00 c
881	Bacon; slices	5.00
881	Sugar	1.00 ts
881	Vinegar	2.00 tb
881	Wine; red or white	0.25 c
881	Red cabbage; head, shredded	0.50
881	Vegetable oil	2.00 tb
881	Salt	0.50 ts
881	Pepper	0.25 ts
881	Caraway seeds	1.00 tb
882	Ghee	3.00 tb
882	Onion, chopped	1.00 md
882	Peppercorns	12.00 ea
882	Bay leaves, crumbled	4.00 ea
882	Vegetable stock	3.75 c
882	Red lentils, washed	0.50 lb
882	Chopped fresh parsley	2.00 tb
882	Dry red chilies, seeded	3.00 ea
882	Salt	0.00
882	1/2" piece of ginger, grated	1.00 ea
883	Cloves peeled garlic	2.00
883	Jalapeno pepper seeded about	0.50
883	1 tb	0.00
883	Pecan pieces	0.33 c
883	Drained sweet roasted or	1.00 c
883	pimento peppers	0.00
883	Virgin olive oil	0.33 c
883	Salt	0.25 ts
884	WHOLE FAMILY COOKBOOK -----	0.00 -----
884	Red potatoes ;small	2.00 lb
884	Bacon ;diced	0.33 lb
884	Yellow onion ;peeled, thinly	1.00 c
884	sliced	0.00
884	Scallions ;chopped	4.00
884	Mayonaise	0.25 c
884	Dry mustard (Coleman's)	0.50 ts
884	White wine vinegar	1.00 tb
884	Olive oil	0.50 c
884	Salt	0.00

Sheet1

884	Black pepper ;feshly ground	0.00
884	Eggs ;hard boiled	2.00
885	Fresh Salmon; Flaked, OR	0.75 c
885	Salmon; Canned, Well Drained	8.00 oz
885	White Onion; Finely Diced	0.50 ts
885	Fresh Dill; Chopped, OR	1.50 ts
885	Dried Dill; Crushed	0.50 ts
885	Mayonnaise	0.50 c
885	Whipping Cream	0.25 c
885	Lemon Juice	1.00 tb
886	Red beets; bunches	2.00
886	MARINADE -----	0.00 -----
886	;water	2.00 tb
886	Vinegar	0.25 c
886	Caraway seeds	2.00 tb
886	Sugar	1.00 ts
886	Onion; minced	2.00 tb
886	Horseradish	1.00 ts
886	Cloves; ground	0.25 ts
886	Salt	0.50 ts
886	Pepper	0.25 ts
886	Vegetable oil	5.00 tb
887	Eggs	6.00
887	Brown sugar	0.25 c
887	Dark soy sauce	0.50 c
887	Chicken broth	0.50 c
887	Sesame oil	1.00 ts
887	Hoisin sauce	0.00
887	Oyster sauce	0.00
888	(3-oz) lime jello	1.00 pk
888	(3-oz) raspberry jello	1.00 pk
888	(15-oz jar) applesauce	1.50 c
888	Double graham crackers	18.00
888	Dream whip dessert	1.00 pk
888	topping mix	0.00
888	Almond extract	0.25 ts
888	Confectioners sugar	3.00 tb
888	Toasted chopped blanched	0.25 c
888	almonds	0.00
889	Uncooked rice	1.00 c
889	Chopepd onions	1.50 c
889	Celery stalks, sliced	2.00 ea
889	Carrots, peeled & cut into	2.00 sm
889	- half moons	0.00
889	Olive oil	3.00 tb
889	Vegetable stock	3.00 c
889	Ripe plum tomatoes, chopped,	10.00 ea
889	- or 28 oz can whole plum	0.00
889	- tomatoes, crushed	0.00

Sheet1

889	Head curly endive, chopped	1.00 ea
889	Chopped fresh parsley	0.50 c
889	Chopped fresh basil	1.50 tb
889	Salt & pepper	0.00
890	Rice; short grained	2.00 c
890	Onion; finely minced	0.25 c
890	Olive oil	2.00 tb
890	salt	1.00 ts
890	hot water	3.50 c
890	Tomatoes; peeled	1.00 c
890	Eggs; slightly beaten	2.00
890	Mozzarella; cut in 24 1/4	1.00 lb
890	inch X 1 inch bits	0.00
890	Bread crumbs; fine	1.00 c
890	Vegetable oil; for frying	1.00 c
891	Turkey, cooked and diced	2.00 c
891	Brown rice, cooked	1.50 c
891	Garbanzo beans, cooked	1.00 c
891	Red kidney beans, cooked	1.00 c
891	Apples, cored and chopped	2.00
891	Celery, sliced	0.50 c
891	Green pepper, chopped	1.00
891	Plain green olives, sliced	0.50 c
891	Green onion, sliced	0.25 c
891	Parsley, diced	0.25 c
892	Ghee	1.00 tb
892	Mixed vegetables, diced*	1.00 c
892	Garlic cloves	2.00 ea
892	Cooked rice	2.00 c
892	Water	3.00 c
892	Sage	0.50 ts
892	Rosemary	1.00 ts
892	Parsley	1.00 ts
892	Soy sauce	1.00 tb
892	Salt & pepper	0.00
893	Cooked brown rice	3.00 c
893	Orange juice	1.00 c
893	Orange sections, or canned	1.00 c
893	mandarin orange sections	0.00
893	Golden raisins	0.50 c
893	Cider vinegar	0.50 c
893	Olive oil	2.00 tb
893	Pecan halves, toasted	2.00 tb
893	Salt and Pepper, to taste	0.00
894	Refried Beans	1.00 c
894	Sour Cream	0.50 c
894	Black Olives; Chopped	2.00 tb
894	Fresh Tomato; Chopped	0.25 c
894	Salsa Verde; Hot Green Salsa	1.00 ts

Sheet1

894	Salt	0.12 ts
894	Black Pepper; To Taste	0.00
894	GARNISH -----	0.00 -----
894	Cheddar; Sharp, Shredded	0.00
895	Whole Heads Of Garlic	0.00
895	Toasted Rounds French Bread	0.00
895	Softened Sweet Butter	0.00
896	Red Bell Pepper	1.00
896	Green Bell Pepper	1.00
896	Mayonnaise	1.50 c
896	Sour Cream	0.50 c
896	Lemon Juice	2.00 tb
896	Fresh Parsley; Chopped, OR	1.00 tb
896	Dried Parsley; Crushed	1.00 ts
896	GARNISHES -----	0.00 -----
896	Fresh Parsley; Chopped, OR	0.00
896	Dried Parsley; Crushed	0.00
896	Paprika	0.00
897	Sweet red pepper; medium-si	1.00
897	Prepared roasted red peppers	0.50 c
897	Red wine vinegar	0.33 c
897	Garlic clove; medium minced	1.00
897	Olive oil	1.00 c
897	Finely chopped fresh chives	0.33 c
897	Salt	0.00
897	White pepper; freshly groun	0.00
898	Honey and poppy seed	1.00
898	Dressing	0.00
898	Small inner leaves from 2	0.00
898	Large heads romaine lettuce	0.00
898	(about 30 leaves)	0.00
898	Peeled tangelo/mandarin	1.00 c
898	Orange segments	0.00
898	Pecan halves/sliced	6.00 tb
898	Almonds	0.00
899	Head romain lettuce	1.00
899	Salt	0.25 ts
899	Peanut oil	2.00 tb
899	Premium oyster sauce	1.00 tb
900	Cabbage	1.00 md
900	Olive oil	3.00 oz
900	Liquamen (sep. recipe)	1.00 tb
900	White wine	1.00 tb
900	Cumin seed, ground	0.50 ts
900	Caraway seed	1.00 ts
900	Leek, trimmed, chopped fine	1.00
900	Coriander leaf, chopped	1.00
900	(optional)	0.00
900	Pepper and salt to taste	0.00

Sheet1

901	Head radicchio, torn into	1.00 sm
901	Bite-size pieces (about	0.00
901	4 cups)	0.00
901	Head bibb lettuce, torn into	1.00
901	Bite-size pieces (about	0.00
901	4 cups)	0.00
901	Crumbled roquefort or blue	0.50 c
901	Cheese (about 2 ounces)	0.00
901	One-half-inch pieces fresh	0.50 c
901	Chives	0.00
901	Coarsely chopped walnuts,	0.33 c
901	Toasted	0.00
901	TOASTED WALNUT DRESSING -----	0.00 -----
901	Olive or vegetable oil	0.33 c
901	Coarsely chopped walnuts,	0.25 c
901	Toasted	0.00
901	Lemon juice	2.00 tb
901	Cl Garlic	1.00
901	Salt	0.12 ts
902	Self-raising flour	1.00 c
902	Butter; well-chilled	0.50 c
902	Roquefort	2.00 oz
902	OR other blue-veined cheese	0.00
902	Cheddar cheese; shredded	2.00 oz
902	Sesame seeds	0.50 c
902	Cucumber slices	0.00
902	Cherries	0.00
903	Sharp cheddar cheese	1.00 lb
903	finely grated	0.00
903	Mayonnaise	1.00 c
903	Pecans; chopped	1.00 c
903	Onions; very finely chopped	0.50 c
903	Black pepper; 6 twists	0.00
903	Cayenne pepper	1.00 ds
903	Strawberry preserves;1 12 oz	0.00
903	jar	0.00
903	Whole grain cracker;-OR-	0.00
903	Melba toast	0.00
904	Low Cal. Mayonnaise	0.25 c
904	Chopped Fresh Parsley	0.25 c
904	Fresh Rosemary Leaves	1.00 tb
904	White Pepper	0.12 ts
904	Cooked Turkey	1.50 c
904	Granny Smith Apple OR	1.00 lg
904	Red Bartlett Pear, Cored	0.00
904	And Shredded	0.00
904	Leaf Lettuce Leaves	2.00 lg
904	Alfalfa Sprouts	1.00 c
905	Cubed cooked chicken	2.00 lb

Sheet1

905	Chopped celery	2.00 c
905	Toasted bread cubes	2.00 ts
905	Miracle Whip	2.50 c
905	Toasted chopped almonds	4.00 ts
905	Lemon juice	2.50 ts
905	Grated onion	2.00 ts
905	Salt	1.00 ts
905	Shredded cheddar cheese	0.75 c
905	Bread crumbs	0.33 c
906	Red Beets; Bunches	2.00
906	MARINADE -----	0.00 -----
906	;Water	2.00 tb
906	Vinegar	0.25 c
906	Caraway Seeds	2.00 tb
906	Sugar	1.00 ts
906	Onion; Minced	2.00 tb
906	Horseradish	1.00 ts
906	Cloves; Ground	0.25 ts
906	Salt	0.50 ts
906	Pepper	0.25 ts
906	Vegetable Oil	5.00 tb
907	Bacon; Slices	5.00
907	Sugar	1.00 ts
907	Vinegar	2.00 tb
907	Wine; Red or White	0.25 c
907	Red Cabbage; Head, Shredded	0.50
907	Vegetable Oil	2.00 tb
907	Salt	0.50 ts
907	Pepper	0.25 ts
907	Caraway Seeds	1.00 tb
908	Chicken Livers	1.00 lb
908	Water Chestnuts; Drained	8.00 oz
908	Bacon Strips	12.00
908	Soy Sauce	0.25 c
908	Ginger; Powdered	0.50 ts
908	Chinese 5-Spice Powder; OR	0.50 ts
908	Curry Powder	0.50 ts
909	Macaroni, cooked	2.00 lb
909	Shrimp, boiled and peeled	4.00 lb
909	Eggs, hard boiled, chopped	24.00
909	Onion, finely chopped	2.00 c
909	Celery, finely chopped	1.00 c
909	Black olives, finely chopped	2.00 c
909	Dill pickles, chopped	2.00 c
910	Mayonnaise	1.00 qt
910	Olive oil	0.50 c
910	Louisiana hot sauce	2.00 tb
910	Lemon juice	2.00 tb
910	Lea & Perrins Worcestershire	1.00 tb



Sheet1

910	Mustard	1.00 tb
910	Ketchup	2.00 tb
911	Sago (Small Tapioca).	2.00 c
911	Hot Water.	0.00
911	Ground Pork (or Chicken).	1.00 c
911	Cilantro Roots.	1.00 tb
911	Garlic.	1.00 tb
911	Ground Black Peppers.	0.00
911	Onion, Finely Diced.	0.50 c
911	Coarsely Ground Peanuts.	0.50 c
911	Oil.	0.25 c
911	Fish Sauce.	0.25 c
911	Sugar.	0.25 c
911	Sauteed Garlic WITH Oil.	0.50 c
912	Water	0.67 c
912	Butter or margarine	5.00 tb
912	Salt	0.25 ts
912	All-purpose flour	0.67 c
912	Eggs	3.00
912	Shredded Swiss cheese	0.75 c
912	Small spinach leaves	1.50 c
912	Cherry tomatoes	8.00
912	EGG -----	0.00 -----
912	Mayonnaise	0.50 c
912	Dijon mustard	1.00 ts
912	Ground cumin	0.25 ts
912	Raw cauliflower, sliced	1.00 c
912	Raw mushrooms, thinly sliced	0.25 lb
912	Frozen peas (thawed)	1.00 c
912	Celery, thinly sliced	1.00 c
912	Green onions & tops, sliced	2.00
912	Hard-cooked eggs	6.00
913	Beans; green, topped & tail	8.00 oz
913	Potatoes; new, small, peelee	16.00
913	Eggs- hard boiled, sliced	4.00
913	Tuna; 7 1/2 oz drained	1.00 cn
913	Tomatoes; cut in wedges	3.00
913	Mustard; dijon	0.50 ts
913	Garlic clove- finely chopped	1.00
913	Vinegar; red wine	2.00 tb
913	Olive oil	0.50 c
913	Parlsey- finely chopped	1.00 tb
913	Chives; fresh chopped	1.00 tb
913	Anchovy fillets (opt)	8.00
913	Olives; black	16.00
914	Egg noodles or bows	8.00 oz
914	Italian Dressing	8.00 oz
914	Mayonnaise	1.00 c
914	Sliced celery	1.00 c

Sheet1

914	Chopped cucumber	1.00 c
914	Chopped green pepper	1.00 c
914	Chopped tomato	1.00 c
915	Can salmon (drained)	16.00 oz
915	Pkg cream cheese	8.00 oz
915	Lemon juice	1.00 tb
915	Grated onion	2.00 ts
915	Horseradish	1.00 ts
915	Salt	0.25 ts
915	Liquid smoke	0.25 ts
915	Pecans	0.50 c
915	Snipped parsley	3.00 tb
916	White bread	1.00 sl
916	Unsalted butter	1.00 tb
916	Diced onion	0.50 c
916	Dry white wine	0.50 c
916	Eggs	4.00
916	Egg whites	3.00
916	Whitefish	0.50 lb
916	Salmon	2.25 lb
916	Salt	1.00 ts
916	Ground white pepper	1.00 ts
916	Ground coriander	1.00 ts
916	Ground nutmeg	0.25 ts
916	Whipping cream	0.50 c
917	Salmon (drained, flaked)	7.75 oz
917	Egg (beaten)	1.00
917	Parsley (dried)	1.00 ts
917	Instant minced onions	1.00 ts
917	Dill weed	0.50 ts
917	Crescent rolls	1.00 c
917	Cayenne pepper	0.00
918	Can of salmon *	15.50 oz
918	Celery stalks, **	2.00
918	Onion, small	0.50
918	Lemon juice	1.00 tb
918	Dill weed	0.25 ts
918	Miracle whip ***	0.50 c
918	Egg, boiled, chopped	1.00
919	Ripe tomatoes, peeled	3.00 md
919	cored, seeded and chopped	0.00
919	Red chopped onion	0.50 c
919	Minced garlic clove	1.00
919	Fresh/canned jalapeno pepper	0.50
919	cored, seeded and fine	0.00
919	chopped	0.00
919	Red wine vinegar	1.00 tb
919	Lime juice	2.00 ts
919	Olive oil	2.00 ts

Sheet1

919	Hot red pepper sauce	0.25 ts
920	Fresh tomatoes	4.00 qt
920	Salt	2.00 ts
920	Onions	6.00 md
920	White vinegar	0.75 c
920	Jalapeno peppers	5.00
921	DRESSING -----	0.00 -----
921	Thick and chunk salsa	1.00 c
921	Fresh lime juice	0.33 c
921	about 2 limes	0.00
921	Vegetable oil	0.33 c
921	Chili powder	1.00 ts
921	SALAD -----	0.00 -----
921	Light OR dark kidney beans	1.00 cn
921	drained (15.5oz can)	0.00
921	Black beans (15 ounce can)	1.00 cn
921	drained and rinsed	0.00
921	Garbanzo beans (15 oz can)	1.00 cn
921	drained	0.00
921	Chopped red bell pepper	1.00 c
921	Sliced green onions	0.25 c
921	Medium carrot, thinly sliced	1.00
922	Tomatoes (chopped/drained)	4.00
922	Green onions (chopped)	2.00 pk
922	Black olives (chopped)	1.00 cn
922	Green chilies (chopped)	1.00 cn
922	Olive oil	1.00 tb
922	Vinegar	1.00 tb
922	Garlic salt	1.00 tb
923	Farfalle pasta; (bow ties)	0.50 lb
923	Vegetable oil	0.50 c
923	Scallions; cut into 3 inch	2.00 bn
923	julienne	0.00
923	Bottled hot or medium salsa	0.75 c
923	Jack cheese; shredded or	4.00 oz
923	Montery Jack cheese	0.00
923	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
923	371 calories	0.00 x
923	16 g protein	0.00 x
923	51 g carbohydrate	0.00 x
923	12 g fat	0.00 x
923	25 mg cholesterol	0.00 x
923	211 mg sodium	0.00 x
924	Chopped onion	1.00 tb
924	Clove of garlic	1.00
924	Butter for frying	0.00
924	Coconut milk	1.00 c
924	Stock	1.00 c
924	Salt to taste	1.00

Sheet1

924	Crushed red pepper	1.00 ts
924	Paprika	0.50 ts
924	Laos powder if available	0.50 ts
924	Hard boiled eggs	4.00
925	Very lean ground beef	0.50 lb
925	Medium onion, chopped	0.50
925	1 in fresh ginger root	0.50
925	Cloves garlic	6.00
925	Cumin seed	0.50 ts
925	Salt (optional)	0.50 ts
925	Chili powder	1.00 ts
925	1 in cinnamon stick	0.50
925	Cardamom seed (optional)	1.00
925	Water	1.00 c
925	Cilantro leaves, chopped	0.33 c
925	All-purpose flour	2.00 c
925	Vegetable shortening	2.00 tb
925	Water approximately	10.00 tb
925	Liquid egg substitute	2.00 ts
926	Whole chicken breasts,	2.00 lg
926	split, boned and skinned	0.00
926	Pace Picante Sauce	0.50 c
926	Ground cumin	0.50 ts
926	Salt	0.25 ts
926	Dairy sour cream	0.25 c
926	Mayonnaise	2.00 tb
926	Ripe avacado	1.00
926	Sliced celery	1.00 c
926	Bibb or leaf lettuce leaves	0.00
926	Crisply cooked bacon slices,	4.00
926	crumbled	0.00
927	Pace Picante Sauce	8.00 oz
927	OR	0.00
927	Pace Thick & Chunky Salsa	8.00 oz
927	Ketchup	8.00 oz
927	Squeeze of fresh lemon juice	1.00
928	Cal/appetizer: 60	0.00
928	Prep time: 20 min	0.00
928	Sardines (3 1/4 oz ea)	2.00 cn
928	Cream cheese (8 oz)	1.00 pk
928	Worcestershire sauce	2.00 ts
928	Pepper	1.00 ds
928	Walnuts; finely chopped	1.00 c
929	Sardine Fillets; Boned & Skin	8.00
929	Sour Cream	1.00 c
929	Mayonnaise	2.00 tb
929	Green Onion; Chopped, *	1.00 tb
929	Fresh Parsley; Chopped	1.00 tb
929	Lemon Juice	0.25 ts

Sheet1

930	Onion, chopped fine	1.00
930	Unsalted butter	3.00 tb
930	Cooked ham, finely chopped	1.00 c
930	Corned beef, finely chopped	1.00 c
930	Garlic clove, minced &	0.50
930	mashed to a paste	0.00
930	Flour	6.00 tb
930	Sauerkraut, drained &	2.00 c
930	chopped fine	0.00
930	Fresh parsley, finely	1.00 tb
930	chopped	0.00
930	Beef broth	0.50 c
930	Egg	1.00 lg
930	Milk	2.00 c
930	Flour	2.50 c
930	Dry bread crumbs, fine	4.00 c
930	Vegetable oil for frying	0.00
931	Sauerkraut, drained (16-oz.)	1.00 cn
931	Grated carrots	1.00 c
931	Chopped celery	1.00 c
931	Green pepper	1.00 c
931	Chopped onion	1.00 c
931	Jar (4-oz.) diced pimientos	1.00
931	drained	0.00
931	Sugar	0.75 c
931	Vegetable oil	0.50 c
932	Sauerkraut; (1 lb can)	1.00 lb
932	Blue grapes	0.50 lb
932	Ham; cooked	6.00 oz
932	DRESSING -----	0.00 -----
932	Yogurt	0.50 c
932	Salt	0.25 ts
932	Pepper; white	0.25 ts
932	Honey	1.00 ts
933	Pork sausage meat crumbled	0.50 lb
933	Minced small onion	1.00
933	Minced garlic clove	1.00
933	Unsalted butter	1.00 tb
933	Mushroom chopped fine	0.50 lb
933	Ground cumin	0.50 ts
933	Allspice	1.00 pn
933	Dried crumbled mint	0.50 ts
933	Minced fresh parsley	0.25 c
933	leaves	0.00
933	Cream cheese softened	2.00 oz
933	16 x 12 inch sheets phyllo	4.00
933	stacked between 2 sheets	0.00
933	of wax paper and covered	0.00
933	with damp dish towel	0.00

Sheet1

933	Clarified butter	0.25 c
933	Fine fresh bread	2.00 tb
933	crumbs	0.00
934	Bulk Sausage (Hot Or Mild)	1.00 lb
934	Sharp Cheddar Cheese Grated	2.00 c
934	Bisquick	3.00 c
935	Medium tofu	16.00 oz
935	Vegetable oil	3.00 tb
936	(2 pk) Red Raspberries *	20.00 oz
936	Orange Juice	0.50 c
936	Lemon Juice	0.25 c
936	Cornstarch	1.00 tb
936	Chablis **	0.75 c
936	Fresh Orange Sections	0.00
936	Granishes ***	0.00
936	Sour Cream	0.00
937	Green Beans; Fresh *	1.00 lb
937	;Boiling Salted Water	0.00
937	Stock; **	0.25 c
937	Vinegar	3.00 tb
937	Vegetable Oil	3.00 tb
937	Onions; Med., Thinly Sliced	2.00
937	Dried Dillseed	0.50 ts
937	Sugar	1.00 ts
938	Firm-textured white bread	12.00 sl
938	Skinned whitefish fillets	0.50 lb
938	Uncooked shrimp	0.50 lb
938	- shelled, deveined	0.00
938	Eggs	2.00
938	Dry sherry or ginger wine	1.00 tb
938	Shredded fresh gingerroot	0.25 ts
938	Soy sauce	1.00 tb
938	Salt	0.50 ts
938	Cornstarch	1.00 tb
938	Italian parsley sprigs	0.00
938	- (if desired)	0.00
938	Vegetable oil	0.00
938	- for deep-frying	0.00
939	Scallops	1.00 lb
939	Pepper, white	0.00
939	Salt	0.00
939	Olive oil	2.00 tb
939	RELISH -----	0.00 -----
939	Lemon grass stalk	1.00
939	Sugar	0.25 c
939	Cucumber, med	2.00
939	Serrano, red; deveined/mince	1.00
939	Basil, fresh; minced	2.00 ts
939	Lime juice	0.33 c

Sheet1

939	Pepper, white	0.00
939	Rice vinegar	0.50 c
939	Red pepper flakes	0.50 ts
939	Banana pepper; devein/minced	1.00
939	Cilantro; minced	2.00 ts
939	Mint, fresh; minced	2.00 ts
939	Salt	0.00
940	Tempeh, precooked;	8.00 oz
940	grated or minced fine	0.00
940	Tamari	2.00 tb
940	Vegetable Bouillon	0.50 ts
940	dissolved in:	0.00
940	Water	0.50 c
940	Hot Pepper Sesame Oil	0.50 ts
940	Cornstarch (or Arrowroot)	1.00 tb
940	Honey	1.00 ts
940	Green Onions; chopped fine	1.00 c
940	Mushrooms; chopped fine	1.00 c
940	Ginger Root, minced	2.00 ts
940	Wonton Skins (3-inch size)	1.00 pk
941	Chicken drumettes (bottom	36.00
941	Part of chicken wing)	0.00
941	Garlic	2.00 cl
941	Inch fresh ginger, peeled	1.00
941	Onion, quartered	1.00
941	Red pepper flakes	1.00 ts
941	Salt	2.00 ts
941	Ground coriander	2.00 ts
941	Soy sauce	3.00 tb
941	Fresh lemon juice	3.00 tb
941	Sesame oil	2.00 tb
941	Sugar	2.00 tb
941	Sesame seeds (approx)	0.50 c
942	MARINADE -----	0.00 -----
942	Sesame seeds	2.00 tb
942	2 1/2 inch piece fresh	1.00
942	gingerroot peeled and	0.00
942	coarsely chopped	0.00
942	Rice wine vinegar	1.00 tb
942	Oriental sesame oil	1.00 tb
942	Cold water	0.25 c
942	Honey	2.00 ts
942	Salt	0.50 ts
942	Ground hot red	0.12 ts
942	pepper	0.00
942	Large shrimp (about 35)	2.50 lb
942	shelled and deveined (2 lb	0.00
942	when cleaned)	0.00
942	SAUCE -----	0.00 -----

Sheet1

942	Honey	2.00 tb
942	Rice wine vinegar	2.00 tb
942	Soy sauce	2.00 tb
942	Oriental sesame oil	4.00 ts
942	Dijon style mustard	0.50 ts
942	Peanut oil for	3.00 tb
942	cooking shrimp	0.00
943	Cooked peeled medium-size	6.00 oz
943	shrimp, thawed if frozen	0.00
943	Piece ginger root, peeled,	1.00
943	grated (3/4")	0.00
943	Garlic clove, crushed	1.00
943	Cornstarch	2.00 ts
943	Egg white	1.00
943	Five Spice Powder	3.00 pn
943	Salt to taste	0.00
943	Fresh ground pepper to taste	0.00
943	Thin slices white bread,	4.00
943	crusts removed	0.00
943	Sesame seeds	3.00 tb
943	Vegetable oil for shallow	0.00
943	frying	0.00
943	Green onion daisies	0.00
944	Stock	3.00 pt
944	Sesame paste	1.00 c
944	Water	0.50 c
944	Lemon, juiced	1.00
944	Chopped parsley	1.00 tb
945	Sea/fresh water scallops	1.50 lb
945	Lemon juice	0.50 c
945	Lime juice	0.50 c
945	Olive oil	0.25 c
945	Salt	0.50 ts
945	White pepper	0.25 ts
945	Tabasco sauce	6.00 dr
945	Ground coriander	1.00 ts
945	Diced into 1 inch pieces	2.00 md
945	tomatoes	0.00
945	Green pepper diced in 1	1.00
945	inch cubes	0.00
945	Dried onion	0.50
945	Minced garlic	1.00 tb
946	(14oz) green beans, drained	1.00 cn
946	(14oz) kidney beans,drained	1.00 cn
946	Diced onion	1.00 c
946	Diced celery	1.00 c
946	Can or jar of pimento,	1.00 sm
946	chopped	0.00
946	(14oz) chick peas	1.00 cn



Sheet1

946	(garbanzo's)	0.00
946	(10-14oz) kernel corn,	1.00 cn
946	drained	0.00
946	Carrots, diced into small	2.00 lg
946	pieces	0.00
946	DRESSING:	0.00
946	White sugar	1.00 c
946	Dry mustard	0.50 ts
946	Salt	0.25 ts
946	Vinegar	1.00 c
946	Cooking oil	2.00 tb
947	Cheddar; Sharp, Shredded	1.50 c
947	Sherry	1.00 tb
947	Sour Cream	0.50 c
947	Jalapeno Pepper; Chopped	1.00 tb
947	Hot Sauce	0.50 ts
947	Garlic Powder	0.25 ts
948	8-oz softened cream cheese	1.00 pk
948	Sherry/light cream	0.33 c
948	Worcestershire sauce	0.50 ts
948	7-oz drained tuna	1.00 cn
948	Regular wheat germ	0.25 c
948	Mayonnaise	1.00 tb
948	Sweet pickles	2.00 tb
948	Salt	1.00 ts
948	Onion flakes	1.00 ts
949	Peeled Chestnuts	6.00
949	Sugar	4.00 ts
949	Green Tea Leaves	2.50 ts
949	Soya Sauce	1.00 ts
950	Pieces Canned Konnyaku	2.00
950	Sm Carrot, Scraped & Shred	1.00
950	Vegetable Oil	1.00 ts
950	Sugar	3.00 ts
950	Soy Sauce	0.25 ts
950	Loaf Tofu	1.00
950	Salt	1.00 pn
950	Niban Dashi	6.00 tb
950	MSG	1.00 pn
950	White Sesame-Seeds	2.50 ts
951	GREEN OR PURPLE ASPARAGUS	1.00 lb
951	TRIMMED & CUT IN 1/2 "Pieces	0.00
951	Cooked, pealed & cleaned	1.00 lb
951	Shrimp.....	0.00
951	Chopped red bell pepper	0.50 c
951	Mayonnaise (not salad dressg	1.00 c
951	Finely chopped parsley	0.25 c
951	Freshly ground white pepper	0.50 ts
951	Celery seed	0.50 ts

Sheet1

951	Salt	0.50 ts
951	Prepared horseradish	1.00 tb
951	Freshly squeezed lemon juice	0.25 c
951	Endive or Green leaf lettuce	0.00
951	Hard-cooked eggs, diced	2.00
951	Lemon wedges	4.00
952	Shelled and deveined	24.00 md
952	shrimp	0.00
952	Boneless beef sirloin	1.00
952	steak cut 3/4 to 1 inch	0.00
952	thick about 2/3 lb	0.00
952	Soy sauce	0.25 c
952	Dry sherry	0.25 c
952	Sesame oil	2.00 tb
952	Sliced green onion	0.25 c
952	Minced clove garlic	2.00
952	Brown sugar	2.00 tb
952	Ground ginger	0.50 ts
952	Red pepper flakes	1.00 ts
952	divided	0.00
952	Crunchy peanut butter	0.50 c
952	Water	0.75 c
953	Box shrimp chips	1.00 lb
953	(approx) vegetable oil	3.50 c
954	Milk	0.25 c
954	Mayonnaise	1.00 c
954	Tabasco sauce (drops)	3.00
954	Worcestershire sauce	1.00 tb
954	Garlic salt	0.25 ts
954	Onion (chopped)	1.00
954	Cheddar cheese (cubed)	8.00 oz
954	Shrimp (drained)	5.00 oz
955	Mayonnaise	1.00 c
955	Sour cream	1.00 c
955	Fine chopped green pepper	0.33 c
955	Chili sauce	0.25 c
955	Horseradish	1.00 tb
955	Salt	0.25 ts
955	Pepper	0.12 ts
955	Fine chopped cooked shrimp	2.00 c
956	Salad oil	0.50 c
956	Vinegar	2.00 tb
956	Prepared mustard	2.00 tb
956	Paprika	1.00 ts
956	Green onion with tops	2.00
956	minced	0.00
956	Celery heart minced	1.00
956	Cleaned cooked shrimp	2.00 c
956	Shredded lettuce	0.00

Sheet1

957	Chicken Bouillon Granules	1.00 ts
957	Water	1.00 c
957	Bay Leaves	2.00
957	Dry White Wine	1.00 c
957	Lemon Thinly Sliced	1.00 sm
957	Onion Thinly Sliced	1.00 sm
957	Garlic	3.00 cl
957	Red Pepper Flakes	0.25 ts
957	Medium Fresh Shrimp	1.00 lb
957	Olive Oil	2.00 tb
957	White Wine Vinegar	1.00 tb
957	Dijon Mustard	1.00 tb
957	Uncooked Seashell	6.00 oz
957	Macaroni	0.00
957	Red Bell Pepper Chopped	1.00 lg
957	Frozen Peas Thawed	1.00 c
957	Minced Fresh Basil	0.75 c
957	Minced Purple Onion	0.50 c
957	Minced Parsley	0.25 c
957	Red Pepper	0.12 tb
959	(2 Pk) Softened Cream Cheese	16.00 oz
959	Lemon Juice	0.25 c
959	Cooked Shrimp Chopped	0.50 lb
959	Finely Chopped Green Onions*	0.00
959	Prepared Horseradish	1.00 tb
959	Worcestershire Sauce	1.00 tb
959	Pepper	0.25 ts
959	Garlic Powder	0.12 ts
961	Medium Size Fresh Shrimp	0.50 lb
961	Unpeeled	0.00
961	(1/8 Inch) Thick Gingerroot	2.00
961	Slices Peeled	0.00
961	Green Onion Cut Into 1 in.	1.00
961	Pieces	0.00
961	Minced Fresh Mint	1.00 tb
961	Egg White	1.00
961	Salt	0.25 ts
961	Pepper	0.12 ts
961	(4 Inch Long) French Bread	1.00
961	Banquette	0.00
962	Muenster Cheese (shredded)	1.50 c
962	Pepper	0.12 ts
962	Cooked shrimp	1.00 c
962	Crescent Rolls	1.00 pk
962	Green onion (slice thin)	0.25 c
962	Butter (melted)	1.00 tb
962	Eggs	2.00
962	Egg yolk w/1 T water (opt)	1.00
962	Salt	0.50 ts

Sheet1

963	Water	0.33 c
963	White Vinegar	0.33 c
963	Granulated Sugar	0.33 c
963	Chili Paste With Garlic	0.50 ts
963	Salt	0.25 ts
963	Garlic; Minced	0.50 ts
964	Eggplant	3.00 md
964	Olive oil	0.00
964	Celery stalks, diced	4.00 sm
964	Tomato sauce	4.00 tb
964	White vinegar	4.00 tb
964	Honey	0.50 ts
964	Green olives, halved	4.00 ea
964	Black olives, halved	4.00 ea
964	Capers	4.00 tb
964	Pine nuts	1.00 tb
964	Black pepper	0.50 ts
964	Salt	0.00
965	Apricot Preserves	0.75 c
965	Brandy	2.00 tb
965	Cream Cheese; Softened	1.00 c
965	Sour Cream	1.00 c
965	Almond Extract	1.00 ts
965	Almonds; Blanched, Slivered	0.25 c
966	Wrapper recipe	1.00
966	Water	1.00 c
966	Oil	1.00 tb
966	Salt	0.25 ts
966	Chopped shrimp	1.00 c
966	Ground pork	0.25 c
966	Minced water chestnuts	1.00 c
966	Minced scallions	0.25 c
966	Minced onions	0.25 c
966	Egg	1.00
966	Pepper	1.00 ts
966	Salt	1.00 ts
967	Sliced Canadian bacon	28.00
967	Mozzarella cheese	12.00 oz
967	Slices french bread	12.00
967	Slices raw tomato	12.00
967	Salad oil	0.33 c
967	Cans tomato sauce	2.00
967	Grated parmesan cheese	1.50 c
967	Paprika	1.00
967	Salad oil again	1.00
968	Slices Bacon	4.00
968	Vinegar	0.25 c
968	Water	2.00 tb
968	Sugar	2.00 tb

Sheet1

968	Salt	0.50 ts
968	Dash pepper	0.00
968	Torn lettuce	0.50 qt
969	(8 Oz.) Pkg. Neufchatel	0.50
969	Cheese Softened	0.00
969	Grated Lime Rind	0.50 ts
969	Onion Powder	0.25 ts
969	Jicama, Unpeeled	1.50 lb
969	Worcestershire Sauce	0.50 ts
969	Ground Black Pepper	1.00 tb
969	Smoked Salmon Cut Into	2.00 oz
969	36 Thin Strips.	0.00
969	3 Lime Wedges	0.00
970	Frozen chopped spinach	2.00 c
970	Parmesan cheese, grated	1.00 tb
970	Refrigerated Pizza dough	4.00 oz
970	Tomato, med.,8 slices	1.00
970	Part-skim ricotta cheese	0.50 c
970	Garlic powder	0.25 ts
970	Smoked turkey, thin slice	6.00 oz
971	Slices bacon, fried crisp	4.00 x
971	Cream cheese, softened	8.00 oz
971	Brie cheese, room temp.	4.50 oz
971	Milk	2.00 tb
971	Lemon juice	1.00 tb
972	Butter; Softened	0.50 c
972	Garlic Clove;CrushedIn Press	1.00
972	Italian Seasoning	1.00 ts
972	Walnuts; Minced	2.00 tb
972	Cream Cheese; Softened	1.00 c
972	White Onion; Finely Minced	2.00 ts
972	Milk	2.00 tb
973	Canned or cooked snails	0.00
973	Oil for frying	0.00
973	Parsley sprigs to garnish	0.00
973	Eggs, separated	2.00
973	Flour	1.50 c
973	Olive oil	2.00 tb
973	Salt and pepper	0.00
973	Olive oil	1.00 tb
973	Herbs	0.00
974	FOR FRITTERS -----	0.00 -----
974	Oil	0.00
974	Lemon juice	0.00
974	Parsley, chopped	0.00
974	Tomato sauce	0.00
974	CORROISE -----	0.00 -----
974	Red wine	0.00
974	Garlic	0.00

Sheet1

974	Onions	0.00
974	Thyme	0.00
974	Bay leave	0.00
974	Cloves	0.00
974	A LA POULETTE -----	0.00 -----
974	White wine	0.00
974	Onions	0.00
974	Shallots	0.00
974	Pepper	0.00
974	Parsley	0.00
974	Egg yokes	0.00
974	Cream	0.00
974	Lemon juice	0.00
975	Large Paris mushrooms	24.00
975	Salt and pepper	0.00
975	Oil	0.50 c
975	Canned Burgundy snails	100.00
975	Snail butter	0.50 c
976	Lard	6.00 tb
976	Raw country ham	3.00 oz
976	Shallots	10.00
976	Fresh white breadcrumbs	0.00
976	Dry white bordeaux	0.25 c
976	Chicken stock	0.00
976	Salt and pepper	0.00
976	Bouquet garni	0.00
976	Petits-gris snails	100.00
977	Butter	1.00 lb
977	Parsley, chopped	0.50 c
977	Crushed garlic	1.00 tb
977	Shallots, chopped	3.00 tb
977	Canned anchovy fillets	12.00
977	Salt	1.00 tb
977	Pepper	1.00 ts
977	Quatre-epices	1.00 tb
977	Canned snails	100.00
977	White wine (optional)	0.50 c
977	Fresh white breadcrumbs	2.00 c
978	Snails	100.00
978	Vinegar	0.00
978	Thyme sprigs	2.00
978	Bay leaf	0.50
978	Basil sprig	1.00
978	Pared orange peel	1.00
978	Pork rind	7.00 oz
978	Olive oil	0.50 c
978	Fatty bacon	0.50 lb
978	Shelled walnuts, ground	6.00
978	Canned anchovy fillets	4.00

Sheet1

978	Garlic cloves	3.00
978	Salt and pepper	0.00
978	Flour	3.00 tb
978	Whole trimmed spinach leaves	6.50 lb
979	Burgundy snails	48.00
979	Court bouillon	0.00
979	Shallots	4.00
979	Chives	0.00
979	White Macon wine	0.75 c
979	Frogs' legs	24.00
979	Milk	0.50 c
979	Flour	0.00
979	Butter	4.00 tb
979	Salt and pepper	0.00
979	Chopped parsley, to garnish	0.00
980	Land snails	2.00 lb
980	Water	0.00
980	Salt	0.00
980	Cloves garlic finely chopped	2.00
980	Olive oil	0.25 c
980	Freshly ground black pepper	0.00
980	Lemon juice	0.50 c
981	Dry vegetable/onion soup	1.00 pk
981	Sour cream	1.00 c
981	Plain yogurt	1.00 c
981	Chopped green onions	0.33 c
981	(10-oz) frozen chopped	1.00 pk
981	spinach thawed and	0.00
981	well drained	0.00
982	Plain Yogurt	0.25 c
982	Pineapple Juice	2.00 tb
982	Sugar	0.50 ts
982	Firm, Ripe Pear	1.00 lg
982	Lime Juice	1.00 ts
982	Radicchio Leaves	8.00
982	Green Onions, Thinly Sliced	3.00
982	Chopped Walnuts Toasted	2.00 tb
982	Snow Peas Divided	20.00
983	Snow peas	1.50 lb
983	Mushrooms	1.00 lb
983	Peppers; red sweet	2.00
983	Garlic cloves; finely chopp	3.00
983	Vinegar; white wine	3.00 ts
983	Sesame seeds; toasted, opt.	0.33 c
983	Sugar	1.00 ts
983	Salt	1.00 ts
983	Oil	1.00 c
983	Lemon juice	3.00 ts
984	All-purpose flour	2.75 c

## Sheet1

984	Sugar	0.25 c
984	Baking soda	0.50 ts
984	Butter	0.50 c
984	Sour cream	1.00 c
984	Creole seasoning	2.00 tb
984	Kosher salt for sprinkling	2.00 tb
985	Eggs, hard boiled	2.00
985	Sour cream	0.50 pt
985	Spring onions	2.00
985	Vinegar (4?... to taste)	3.00 tb
985	Dry mustard	0.50 ts
985	Salt	0.50 ts
985	Sugar	1.00 tb
985	Red pepper or paprika	0.00
986	Veal round streak, 1/4"	3.00 lb
986	Thick	0.00
986	Garlic,pressed	2.00 cl
986	Pieces ham, sliced thin	12.00
986	Pieces cheese, sliced thin	12.00
986	Flour for dredging	0.00
986	Eggs, beaten	2.00
986	Milk	3.00 tb
986	Horseradish	0.50 ts
986	Bread crumbs	1.00 c
986	Poultry seasoning	0.25 ts
986	Condensed cream of mushroom	1.00 cn
986	Soup	0.00
986	White wine	2.00 tb
986	Milk	0.50 c
986	Sprinkle of paprika	0.00
987	Avocados; ripe, peel & pit	5.00
987	Cloves garlic;finely chopped	4.00
987	Tomato; chopped, 1 medium	1.00 c
987	Lime juice	0.25 c
987	Salt	0.50 ts
988	Cooked smoked ham slices	6.00
988	Flour tortillas; 7" dia.	6.00
988	Cheddar cheese; mild	3.00
988	Vegetable oil	6.00 tb
989	Onion; chopped, 1 medium	0.50 c
989	Vegetable oil	2.00 tb
989	Red chiles; ground	1.00 tb
989	Juniper berries; dried,crush	6.00
989	Cloves garlic;finely chopped	3.00
989	Salt	0.50 ts
989	Baking chocolate; grated	0.50 oz
989	Water	1.00 c
989	Cider vinegar	2.00 tb
989	Tomato paste; 1 cn.	6.00 oz



Sheet1

989	Sugar	2.00 tb
989	Pork back ribs; fresh, *	3.00 lb
990	Lowfat cottage cheese	2.00 c
990	Fresh parsley leaves	0.50 c
990	Cilantro leaves	0.50 c
990	4-oz chopped green chilies	1.00 cn
990	Chopped seeded tomato	0.33 c
990	Chopped green pepper	2.00 tb
990	Minced garlic clove	1.00
990	Cumin	0.50 ts
991	Spam	1.00 cn
991	Sugar	2.00 tb
991	Vinegar	1.00 tb
991	Catsup	0.25 c
991	Prepared mustard	1.00 ts
991	Minced onion	1.00 ts
991	Cubed velveeta cheese	0.25 lb
991	Potato roll buns	0.00
991	Melted butter	2.00 tb
992	Curly endive	1.00 lb
992	Fresh bulk spinach	3.00 lb
992	washed, large stems removed	0.00
992	Large scallions	3.00 bn
992	white and green chopped	0.00
992	together	0.00
992	Fruity olive oil	5.00 tb
992	Lemon	1.00
992	Finely chopped fresh dill	1.50 c
992	Salt	1.00 ts
992	Freshly ground black pepper	0.00
992	Rice or cracked wheat	1.00 tb
992	PASTRY -----	0.00 -----
992	All-purpose flour	1.50 c
992	Extra flour for rolling	0.00
992	Sea salt	1.00 ts
992	Baking powder	1.00 ts
992	Olive oil (about)	5.00 tb
992	Sesame seeds	1.00 tb
993	Spinach	1.00 kg
993	Onion; chopped	1.00 md
993	Leek; chopped	1.00
993	Chopped spring onions	1.00 c
993	Olive oil	0.33 c
993	Chopped parsley	0.50 c
993	Ground nutmeg	3.00 ts
993	Salt	0.00
993	Freshly ground black pepper	0.00
993	Fillo pastry sheets	8.00
993	Olive oil or butter	0.00

Sheet1

994	Spinach	1.00 kg
994	Onion; chopped	1.00 md
994	Leek; chopped	1.00
994	Chopped spring onions	1.00 c
994	Olive oil	0.33 c
994	Chopped parsley	0.50 c
994	Chopped dill or fennel	3.00 ts
994	Ground nutmeg	14.00 ts
994	Salt	0.00
994	Freshly ground black pepper	0.00
994	Fillo pastry sheets	8.00
994	Olive oil (or butter)	0.00
994	for assembling rolls	0.00
995	Fresh spinach; -OR-	750.00 g
995	Frozen leaf spinach	500.00 g
995	Finely chopped spring onions	1.00 c
995	Olive oil	0.25 c
995	Crumbled feta cheese	2.00 c
995	Finely chopped dill	0.25 c
995	OR fennel	0.00
995	Eggs; beaten	2.00
995	Ground nutmeg	0.25 ts
995	Salt	0.00
995	Freshly ground pepper	0.00
995	TO FINSH -----	0.00 -----
995	Filo pastry sheets	10.00
995	Olive oil	0.50 c
996	Pace Picante Sauce	0.50 c
996	Bottled Italian Dressing	0.33 c
997	Sweet potatoes	2.00 md
997	Vegetable oil	1.50 tb
997	Curry powder	1.00 ts
997	Turmeric	0.25 ts
997	Cumin	0.25 ts
997	Ginger powder	0.25 ts
997	Salt	0.50 ts
998	Ripe honeydew melon, cut in	1.00
998	half, seeded	0.00
998	Whipping cream	1.50 c
998	Mayonnaise	1.50 c
998	Lemon juice	2.00 ts
998	Paprika	1.00 ts
998	Hot pepper sauce	0.50 ts
998	Worcestershire sauce	0.50 ts
998	Tomato paste	2.00 tb
998	White crabmeat, flaked	8.00 oz
998	Radicchio leaves (opt)	8.00
998	Lemon and lime slices (opt)	0.00
998	Fresh mint leaves (opt)	0.00

Sheet1

999	Sweet potatoes	2.00 md
999	Vegetable oil	1.50 tb
999	Coriander	0.50 ts
999	Garlic powder	0.50 ts
999	Ginger powder	0.25 ts
999	Soy sauce	1.00 tb
1000	Corn syrup	0.25 c
1000	Water	2.00 tb
1000	Salt, coarse	2.00 ts
1000	Cumin, ground	2.00 ts
1000	Curry powder	1.00 ts
1000	Cayenne pepper	1.00 ts
1000	Cashews, raw, unsalted	1.00 lb
1001	Robbie Shelton	0.00
1001	*****SALAD*****	0.00
1001	Mexicorn; (corn and red and	2.00 cn
1001	green peppers), 11oz,	0.00
1001	drained	0.00
1001	Black beans; drained, rinsed	15.00 oz
1001	Sliced Mushrooms; drained	4.50 oz
1001	Green Onions; sliced	0.50 c
1001	Cucumbers; peeled, slice	0.50 c
1001	thin	0.00
1001	Fresh Jalapeno Pepper;	2.00 tb
1001	finely chopped	0.00
1001	*****DRESSING*****	0.00
1001	Oil	0.33 c
1001	Rice Wine Vinegar or White	0.25 c
1001	Vinegar	0.00
1001	Orange Juice	0.25 c
1001	Garlic; minced	1.00 ts
1001	Salt	0.50 ts
1001	*****BEFORE SERVING*****	0.00
1001	Fresh Cilantro; chopped	0.25 c
1001	Orange Peel; grated	1.00 tb
1001	Cumin seed (or 1 ts)	2.00 ts
1001	Lettuce Leaves	0.00
1002	FRUIT SALAD -----	0.00 -----
1002	Orange, peeled, sectioned	1.00 lg
1002	Pear, cubed	1.00 md
1002	Bananas, peeled, sliced	2.00
1002	Prunes, diced	0.50 c
1002	Grapes, red or purple	1.00 c
1002	seedless	0.00
1002	Walnuts, toasted	0.33 c
1002	SPICY YOGURT DRESSING -----	0.00 -----
1002	Vanilla low-fat yogurt	1.00 c
1002	Ground cinnamon	0.25 ts
1002	Ground cardamom or nutmeg	0.12 ts

Sheet1

1003	MEATBALLS -----	0.00 -----
1003	Ground beef	1.00 lb
1003	Onion soup	1.00 pk
1003	Small can of evaporated	0.00
1003	milk	0.00
1003	Worcestershire	1.50 ts
1003	sauce	0.00
1003	SAUCE -----	0.00 -----
1003	Ketchup or 1 cup ketchup &	2.00 pk
1003	1 cup open pit barbecue	0.00
1003	sauce	0.00
1003	Brown sugar	1.00 c
1003	Worcestershire sauce	1.00 tb
1004	Peanut Butter	0.25 c
1004	Plain Yogurt	1.00 c
1004	Coriander; Ground	1.00 ts
1004	Cayenne Pepper	1.25 ts
1004	Pepper	0.12 ts
1005	Pace Picante Sauce	0.33 c
1005	Orange marmalade	0.25 c
1005	Soy sauce	1.00 tb
1005	Finely shredded fresh ginger	1.00 ts
1006	Pace Picante Sauce	8.00 oz
1006	Honey	8.00 oz
1006	Cubed chicken breast	0.00
1006	Cubed turkey breast	0.00
1006	Cooked shrimp	0.00
1006	Smoked sausage slices (1/4")	0.00
1007	Sheets Phyllo Pastry	8.00
1007	Melted Oleo	6.00 tb
1007	FILLING -----	0.00 -----
1007	Onion Chopped	1.00
1007	Olive Oil	1.00 tb
1007	Frozen Spinach, Thawed and	1.00 c
1007	Squeezed Dry AS Possible,	0.00
1007	Cooked	0.00
1007	Chopped Parsley	2.00 tb
1007	Fennel Seed	1.00 ts
1007	Black Pepper	0.00
1008	Peanut oil	1.50 tb
1008	Garlic cloves, minced	2.00 ea
1008	Leeks, sliced	2.00 lg
1008	Carrot, sliced very thinly	1.00 md
1008	- into matchsticks	0.00
1008	Fresh spinach, washed &	10.00 oz
1008	- stemmed	0.00
1008	Canned water chestnuts,	0.50 c
1008	- drained, rinsed, sliced	0.00
1008	Vegetable stock	6.00 c

Sheet1

1008	Tamari	2.00 tb
1008	Rice vinegar	1.00 tb
1008	Salt & pepper	0.00
1008	Strips of 5-spice tofu	0.00
1009	Spinach, washed & drained	1.00 lb
1009	Lentils	1.00 c
1009	A few bay leaves	0.00
1009	Olive oil	3.00 tb
1009	Green onions, sliced	1.00 bn
1009	Garlic cloves, chopped	2.00 ea
1009	Cumin powder	0.50 ts
1009	Salt	0.50 ts
1009	Black pepper	1.00 pn
1009	Water/stock as required	0.00
1010	Phyllo dough	0.75 lb
1010	cheese	0.00
1010	Butter or more	1.00 lb
1010	Minced cloves garlic	2.00
1010	Egg	3.00
1010	Finely minced onion	0.25 c
1010	Feta cheese	0.75 lb
1010	Fresh spinach	1.00 lb
1010	Fresh parmesan	0.12 lb
1010	Cayenne pepper	1.00 pn
1010	(8-oz) softened cream	1.00 pk
1010	Black pepper	1.00 pn
1011	Mayonnaise	1.00 c
1011	Water Chestnuts, Chopped	1.00 cn
1011	Green Onions, Finely Chopped	3.00
1011	Sour Cream	1.00 c
1011	Dry Vegetable Soup Mix	1.00 pk
1011	Frozen Chopped Spinach	1.00 pk
1012	Sour cream	1.00 c
1012	Green onion chopped	4.00 sm
1012	Frozen spinach finely chopped and drained	1.00 pk 0.00
1012	Can water chestnuts fine chopped	1.00 sm 0.00
1012	Mayonnaise	1.00 c
1012	Knorr's soup mix	1.00 pk
1012	Round loaf unsliced	1.00
1012	pumpernickle bread	0.00
1013	Fresh spinach	1.00 lb
1013	Dairy sour cream	1.00 c
1013	Plain yogurt	0.50 c
1013	Finely chopped fresh parsley	0.50 c
1013	Chopped green onions	0.25 c
1013	Salt	1.00 ts
1013	Fresh ground pepper to taste	0.00

Sheet1

1014	(10-oz) frozen chopped	1.00 pk
1014	spinach thawed and drained	0.00
1014	Sour cream	1.50 c
1014	Reduced calorie mayonnaise	1.00 c
1014	(1.4-oz) vegetable soup and	1.00 pk
1014	recipe mix	0.00
1014	(8-oz) water chestnuts	1.00 cn
1014	drained and chopped	0.00
1014	optional	0.00
1014	Chopped green onions	3.00
1015	SALAD -----	0.00 -----
1015	Bunches spinach, washed,	2.00
1015	Drained, stems removed	0.00
1015	Onion, thinly sliced	1.00
1015	Eggs, hard cooked, chopped	2.00
1015	Tomatoes, cut into wedges	2.00
1015	Strips bacon, crumbled	4.00
1015	Asparagus spears	1.00 cn
1015	DRESSING -----	0.00 -----
1015	Sugar	0.50 c
1015	Safflower oil	1.00 c
1015	Mustard	1.00 ts
1015	Salt	1.00 ts
1015	Vinegar	0.50 c
1015	Whole celery seeds	1.00 ts
1015	Grated onion	1.00 tb
1016	Spinach, cleaned, patted	1.00 lb
1016	Dry, torn into pieces	0.00
1016	Sliced raw mushrooms, (as	0.00
1016	Much as you can afford!)	0.00
1016	Slices bacon, fried,	6.00
1016	Drained, and crumbled	0.00
1016	Hardboiled eggs, chilled	6.00
1016	And sliced	0.00
1016	Radishes, one bag, sliced,	0.00
1016	(again, as many as you have	0.00
1016	Sliced red onion, optional	1.00
1016	DRESSING -----	0.00 -----
1016	Sour cream	0.50 pt
1016	Lemon juice	3.00 tb
1016	Envelope Good Seasons GARLIC	1.00
1016	CHEESE dressing mix (no	0.00
1016	Substitution on this one)	0.00
1017	SALAD -----	0.00 -----
1017	Heads spinach, washed and	3.00
1017	Drained	0.00
1017	Sliced water chestnuts	1.00 c
1017	Eggs, hard boiled, chopped	3.00
1017	Fresh bean sprouts	1.00 c

Sheet1

1017	Slices bacon, cooked and	4.00
1017	Crumbled	0.00
1017	DRESSING -----	0.00 -----
1017	Sunflower oil	1.00 c
1017	Chopped onion	0.75 c
1017	Worcestershire sauce	1.00 tb
1017	Red wine vinegar	0.25 c
1017	Sugar	0.50 c
1017	Salt	1.00 ts
1017	Catsup	0.33 c
1018	Frozen chopped leaf spinach	1.00 pk
1018	Helman's Mayonaise (16 oz)	1.00 pt
1018	Sour cream (8 oz.)	1.00 c
1018	Chopped onions	0.50 c
1019	Margarine	2.00 tb
1019	Chopped medium onion	2.00
1019	(10-oz each) frozen chopped	2.00 pk
1019	spinach thawed and	0.00
1019	squeezed dry	0.00
1019	Lightly beaten egg	1.00
1019	Chopped walnuts/almonds/ pecan	0.50 0.00
1019	Raisins	0.33 c
1019	Chopped parsley	0.50 c
1019	Salt	0.75 ts
1019	Fresh ground black pepper	0.00
1019	Dried dill	1.00 ts
1019	Phyllo leaves	1.00 lb
1019	Stick margarine melted	1.50
1019	Poppy seeds	0.00
1020	10-oz package frozen chopped	1.00
1020	Milk	1.00 c
1020	Margarine or butter (1 stick	0.50 c
1020	Salt	1.00 ts
1020	All-purpose flour	1.00 c
1020	Large eggs	4.00
1020	Gruyere or swiss cheese (shr	0.25 lb
1020	Grated parmesan cheese	0.50 c
1020	Parsley, beet or salad green	0.00
1021	Fresh Spinach	1.00 lb
1021	Head Radicchio, Separated	1.00 sm
1021	Into Leaves	0.00
1021	Lemon Juice	2.00 tb
1021	Vegetable Oil	2.00 tb
1021	Sugar 1/2 t. Pepper	1.00 ts
1021	Paprika, 1/8 t. Red Pepper	0.25 ts
1021	Peeled, Cubed Ripe Papaya	2.00 c
1021	Pink Grapefruit, Peeled	2.00 lg
1021	& Sectioned	0.00

Sheet1

1021	Oranges,	2.00 md
1021	Peeled & Sectioned	0.00
1021	Onion Thin Onion Rings	0.50 md
1022	Radicchio, Washed	0.25 lb
1022	Fresh Spinach Washed &	0.50 lb
1022	Torn	0.00
1022	Thinly Sliced Mushrooms	0.50 c
1022	Sweet Red Pepper Thinly	1.00
1022	Sliced	0.00
1022	Pitted Black Olives, Sliced	8.00
1022	Red Wine Vinegar	0.25 c
1022	Lemon Juice	2.00 tb
1022	+ 1 1/2 t. Olive Oil	1.00 tb
1022	Freshly Ground Pepper	0.25 ts
1022	+ 1 t. Grated Parmesan	1.00 tb
1022	Cheese	0.00
1023	Ripe Avocados; Md.Lg.	4.00
1023	Lime Juice	0.25 c
1023	Tomatoes; Fresh, Ripe, Diced	2.00 c
1023	Yellow Onion; Diced	1.00 c
1023	Jalapeno Pepper; Diced	1.00 tb
1023	Hot Sauce	0.25 ts
1023	Fresh Cilantro; Chopped, OR	0.25 c
1023	Dried Cilantro; Crushed	4.00 ts
1023	GARNISHES -----	0.00 -----
1023	Cilantro	0.00
1023	Sour Cream	0.00
1024	Snow peas	0.50 lb
1024	Mixed green and yellow beans	0.50 lb
1024	New red skinned potatoes	6.00
1024	Carrots	0.50 lb
1024	Frozen sweet corn	1.00 c
1024	Fresh or frozen peas	1.00 c
1024	Tomatoes	2.00
1024	Hard Cooked eggs	4.00
1024	DRESSING -----	0.00 -----
1024	Large egg yolks	3.00
1024	Dijon mustard	1.00 ts
1024	Salt	1.00
1024	Pepper	1.00
1024	Saflower oil	1.50 c
1024	Lemon juice	1.00 tb
1024	Shallots, finely chopped	1.00
1024	Honey	1.00 ts
1024	Finely chopped fresh mint	1.00 tb
1024	Finely chopped fresh parsley	1.00 tb
1025	Fresh, raw sirloin or	0.25 lb
1025	Tenderloin beef, cubed	0.25 lb
1025	Capers	0.50 ts



Sheet1

1025	Worcestershire sauce	0.25 ts
1025	Dijon mustard	0.25 ts
1025	1-inch piece onion	0.00
1026	Uncooked Short Grain Rice	0.75 c
1026	Water	1.50 c
1026	Dried Shiitake Mushrooms	4.00
1026	Hot Water	0.50 c
1026	Lean, Boneless Pork	1.00 lb
1026	Egg	1.00
1026	Green Onions Chopped	2.00
1026	Chopped Water Chestnuts	0.25 c
1026	Cornstarch	1.00 ts
1026	Minced Gingerrot	1.00 ts
1026	Salt	0.25 ts
1026	Pepper	0.25 ts
1026	Low Sodium Soy Sauce	2.00 ts
1027	Butter Or Regular Margarine	1.00 tb
1027	Almonds; Sliced	0.50 c
1027	Cream Cheese; Softened	1.00 c
1027	Milk	1.00 tb
1027	Black Pepper; To Taste	0.00
1027	Horseradish; Prepared	1.50 ts
1027	White Onion; Chopped	2.00 tb
1027	Smoked Oysters; *	7.00 oz
1028	Mushrooms	0.50 lb
1028	Queens (bay scallops)	0.50 lb
1028	Milk	0.25 pt
1028	Single cream or jersey milk	0.25 pt
1028	Tarragon vinegar	0.00
1028	Anchovy essence	0.00
1028	Bay leaf	1.00 sm
1028	Fresh parsley	0.00
1028	Butter	1.50 tb
1028	Flour	1.50 tb
1028	Fried breadcrumbs; -OR-	0.00
1028	Triangles of fried bread	0.00
1029	Beef round steak, boneless	1.00 lb
1029	Oil, cooking	2.00 tb
1029	Garlic clove, minced	0.00
1029	Mushrooms, fresh, sliced	8.00 oz
1029	Cucumber, chopped	0.00
1029	Green pepper, strips	0.00
1029	Onion,sliced *	0.00
1029	Italian seasoning	1.00 ts
1029	Salt, seasoned	1.00 ts
1029	Pepper, red, ground	0.12 ts
1029	Tomatoe,large **	0.00
1029	Spinach leaves, fresh	8.00 oz
1030	Strawberry Jello	1.00 pk

Sheet1

1030	Boiling water	2.00 c
1030	Bananas, mashed	3.00
1030	(lg) crushed pineapple	1.00 cn
1030	Frozen strawberries, undrain	30.00 oz
1030	Sour cream, large	1.00 pk
1031	Plain Yogurt	1.00 c
1031	Sliced fresh Strawberries	1.00 c
1031	Orange juice	2.00 tb
1031	Honey	1.00 tb
1032	Eggplants	2.00 lg
1032	A little oil	0.00
1032	Flaked almonds	1.00 oz
1032	Onion, finely chopped	1.00 sm
1032	Garlic clove, crushed	1.00
1032	Fresh parsley, chopped	1.00 tb
1032	Salt & pepper	0.00
1032	Cucumber	1.00
1032	Lettuce	1.00
1032	Tomatoes, sliced	1.00 lb
1032	Lemon wedges	0.00
1032	Parsley sprigs	0.00
1033	Olive oil	2.00 tb
1033	Onion, finely chopped	1.00 md
1033	Chopped mushrooms	5.00 c
1033	Dried parsley or to taste	1.00 tb
1033	Black pepper or to taste	0.25 ts
1033	Cayenne pepper or to taste	0.12 ts
1033	Turmeric or to taste	0.25 ts
1033	Cooked yellow split peas	1.00 c
1033	Cooked white or brown rice	2.00 c
1033	16-oz jar grape leaves	1.00
1033	Water	1.00 c
1034	To 14 oz can pickled	11.00
1034	jalapeno peppers, whole and	0.00
1034	Drained	0.00
1034	8 oz pkg cream cheese,	1.00
1034	softened	0.00
1034	Eggs, boiled	2.00
1034	Garlic salt	0.25 ts
1034	Finely chopped onion	1.00 tb
1034	Mayonnaise	4.00 tb
1035	Mushrooms	10.00 lg
1035	Cold-pressed olive oil	1.00 ts
1035	Onion; finely chopped	0.25
1035	Garlic cloves	3.00 lg
1035	finely chopped	0.00
1035	Basil	0.25 ts
1035	Oregano	0.25 ts
1035	Fresh parsley, chopped	1.00 tb

Sheet1

1035	Whole wheat bread	1.00 sl
1035	made into crumbs in blender	0.00
1035	Pepper	0.12 ts
1035	Natural soy sauce	1.00 tb
1035	Sherry	1.00 tb
1036	Mushrooms; medium	24.00
1036	Margarine or butter	2.00 tb
1036	Onion; chopped, 1 medium	0.25 c
1036	White wine; dry	2.00 tb
1036	Bread crumbs; dry	0.25 c
1036	Cooked smoked ham; fine chop	0.25 c
1036	Parsley; snipped	2.00 tb
1036	Lime juice	1.00 tb
1036	Clove garlic; finely chopped	1.00
1036	Oregano leaves; dried	1.00 ts
1036	Dash of pepper	0.00
1036	Cheese; finely shredded, *	0.50 c
1037	Large Mushrooms	12.00
1037	Env. Vegetable Soup Mix	1.00
1037	Frozen Crab Meat *	6.00 oz
1037	Sour Cream or Plain Yogurt	0.50 c
1037	Plain Dry Bread Crumbs	3.00 tb
1037	Snipped Fresh Dill **	1.00 tb
1037	Dashes Hot Pepper Sauce	3.00 x
1037	Pepper	0.12 ts
1037	Butter Or Margarine, Melted	2.00 tb
1038	Thawed and raised loaf of	1.00
1038	bread dough	0.00
1038	Chopped ham	1.00 pk
1038	Chipped beef	1.00 pk
1038	Pepperoni	1.00 pk
1038	Grated cheddar cheese	0.50 c
1038	Grated mozzarella cheese	0.50 c
1038	Grated parmesan cheese	0.50 c
1038	Garlic powder	0.00
1039	Black Mushrooms, dried	3.00
1039	Pork Loin with Fatback	0.50 lb
1039	Rice Wine or Dry Sherry	1.00 ts
1039	Egg White	1.00
1039	Granulated Sugar	0.50 ts
1039	Won Ton Skins, defrosted	30.00
1039	Bamboo Shoots, canned	0.33 c
1039	Sesame Oil	1.00 ts
1039	Cornstarch	1.00 tb
1039	Salt	1.00 ts
1039	White Pepper, freshly ground	0.25 ts
1040	Maple syrup	0.50 c
1040	Water	2.00 c
1040	Halved & pitted plums	1.50 lb

Sheet1

1040	Basket boysenberries	1.00
1040	Basket raspberries	1.00
1040	Peeled & sectioned naval	2.00
1040	Oranges	0.00
1040	Fresh mint leaves	0.00
1040	Peeled & sectioned	1.00
1040	Grapefruit	0.00
1040	Green seedless grapes	0.50 lb
1040	Wine (plum is good)	0.33 c
1040	Fresh mint leaves	0.00
1041	Cooked new potatoes	4.00 c
1041	cut into 1/2-inch pieces	0.00
1041	Chopped red bell peppers	0.50 c
1041	Chopped green bell peppers	0.50 c
1041	Chopped yellow bell peppers	0.50 c
1041	Chopped celery	0.25 c
1041	Chopped red onion	0.25 c
1041	Chopped fresh chives	0.25 c
1041	Fresh flat-leaf parsley	2.00 tb
1041	chopped	0.00
1041	Puritan oil	0.25 c
1041	Red-wine vinegar	2.00 tb
1041	Chopped fresh thyme	1.00 tb
1041	or 1 teaspoon dried	0.00
1041	Salt to taste	0.00
1041	Ground pepper to taste	0.00
1042	Soft fresh goat cheese	9.00 oz
1042	room temperature	0.00
1042	Cream cheese	9.00 oz
1042	room temperature	0.00
1042	Minced sun-dried tomatoes	0.25 c
1042	PLUS:	0.00
1042	Minced sun-dried tomatoes	2.00 tb
1042	(oil-packed, drained)	0.00
1042	Minced fresh parsley	2.00 tb
1042	Minced fresh oregano	2.00 tb
1042	Phyllo pastry sheets; thawed	12.00
1042	Olive oil	0.33 c
1042	Plum tomato; seeded & diced	1.00 lg
1042	Fresh oregano sprigs	0.00
1043	28 oz whole peeled tomatoes	1.00 cn
1043	And juice, chopped	0.00
1043	Thinly sliced celery	3.00 c
1043	19 oz chick peas, pureed	1.00 cn
1043	Cucumber, peeled and diced	1.00 md
1043	Chopped fresh cilantro	1.00 c
1043	4 oz chopped green chiles	1.00 cn
1043	Fresh lime juice	2.00 tb
1043	Vinegar	1.00 tb

Sheet1

1043	Sugar	0.50 tb
1043	Garlic, chopped	2.00 cl
1043	Ground cumin	1.00 ts
1043	Oregano	1.00 ts
1044	Cucumbers, peeled	2.00
1044	Sweet wine OR	1.00 oz
1044	Honey	1.00 tb
1044	Wine vinegar	2.00 ts
1044	Liquamen (sep. recipe)	2.00 ts
1044	Pinch of pennyroyal	1.00
1044	(or mint)	0.00
1044	Pinch of asafetida (opt.)	1.00
1044	Black pepper and salt to	0.00
1044	Taste	0.00
1045	Brown Sugar	0.33 c
1045	Cornstarch	2.00 tb
1045	Chicken Broth	0.50 c
1045	Red Wine Vinegar	0.50 c
1045	Soy Sauce	1.00 tb
1045	Garlic Clove, Minced	1.00
1045	Gingerroot, Grated	1.00 ts
1046	Virgin olive oil	2.00 tb
1046	Fresh lime juice	2.00 tb
1046	Cilantro	0.25 bn
1046	trimmed of long stems	0.00
1046	Jalapeno pepper; seeded, -OR	1.00
1046	Serrano peppers, seeded	2.00
1046	Frozen peas; defrosted	1.00 lb
1046	Ground cumin	0.25 ts
1046	Salt	0.75 ts
1046	Red onion; finely diced	0.25 md
1047	Coarsely chopped macadamia	0.33 c
1047	or Hazelnuts	0.00
1047	Sugar	1.00 tb
1047	Bite-size pieces lettuce	3.00 c
1047	Bite-size pieces romaine	3.00 c
1047	Stalks celery, sliced	2.00 md
1047	(about 1 cup)	0.00
1047	Green onions (with tops),	2.00
1047	Thinly sliced (about 2 tabl	0.00
1047	Pineapple chunks*	1.00 c
1047	SWEET -----	0.00 -----
1047	Olive or vegetable oil	0.25 c
1047	Sugar	2.00 tb
1047	Vinegar	2.00 tb
1047	Chopped fresh parsley	1.00 tb
1047	Salt	0.50 ts
1047	Freshly ground pepper	0.00
1047	Dash of red pepper sauce	0.00

Sheet1

1048	Dry White Wine	1.00 c
1048	Swiss Cheese; Shredded	2.00 c
1048	Unbleached Flour	1.00 tb
1048	Brandy	1.00 tb
1048	Garlic Clove;CrushedIn Press	1.00
1048	White Onion; Finely Diced	1.00 tb
1048	Black Pepper; To Taste	0.00
1048	Smoked Ham; Finely Diced	0.25 c
1048	GARNISH -----	0.00 -----
1048	Nutmeg	0.00
1049	Garlic clove	0.50
1049	Dry white wine	1.67 c
1049	Gruyere cheese, coarsely grated	1.00 lb 0.00
1049	Cornstarch	2.00 ts
1049	Kirsch (or more)	0.25 c
1049	Nutmeg to taste, freshly grated	0.00 0.00
1049	French bread, in 1-inch cubed	2.00 0.00
1050	Boneless sirloin steak 1in	0.50 lb
1050	Clarified butter	2.00 tb
1050	Cloves garlic finely chopped	2.00
1050	Shallots, finely chopped	4.00
1050	Ginger	1.00 ts
1050	Chili pepper	0.25 ts
1050	Chili paste oriental	0.50 ts
1050	Snow peas julienned	16.00
1050	Red sweet pepper julienned	1.00
1050	Green onions, sliced	4.00
1051	Bulgur wheat, uncooked	1.00 c
1051	Boiling water	2.00 c
1051	Vegetable oil	0.33 c
1051	Lemon juice	0.33 c
1051	Salt	2.00 ts
1051	Pepper	1.00 ts
1051	Parsley, chopped	0.50 c
1051	Mint, fresh chopped or, Mint, dry crumbled	3.00 tb 2.00 ts
1051	Green onions & tops, minced	6.00
1051	Tomatoes, chopped	2.00
1052	Fine bulgur wheat	1.00 c
1052	Diced onion	0.75 c
1052	Diced green onions (including tops)	0.50 c 0.00
1052	Parsley	1.50 ts
1052	Basil	1.00 ts
1052	Fresh mint, cut fine	0.50 c
1052	Lemon juice	0.50 c

Sheet1

1052	Oil	0.75 c
1052	Tomatoes, cut in slices	2.00
1053	Olive oil	4.00 tb
1053	Lemons, juiced	3.00
1053	Salt (to taste)	0.00
1053	Pepper (to taste)	0.00
1053	#1 bulgur	0.67 c
1053	(the finest grain possible)	0.00
1053	Parsley; finely chopped	1.50 bn
1053	Fresh mint, chopped	2.00 tb
1053	Garlic cloves; minced	2.00
1053	Tomatoes; finely chopped	2.00
1053	Scallions; minced	1.00 bn
1053	Onion; grated	0.50
1053	Green bell pepper; seeded	1.00
1053	and finely chopped	0.00
1053	Head romaine lettuce,	0.50
1053	washed, dried, and	0.00
1053	leaves separated.	0.00
1054	Cream cheese - 8 oz	1.00 pk
1054	Taco mix	1.00 pk
1054	Small sour cream	1.00 pk
1054	Taco sauce (hot)	2.00 tb
1054	Milk	2.00 tb
1054	Cheddar cheese	1.00 pk
1054	Head of lettuce	0.50
1054	Tomatoes, cubed	1.50
1055	30 oz can Refried beans	1.00 ea
1055	Frito-Lay Jalepeno bean dip	1.00 cn
1055	Ripe Avocados	3.00 ea
1055	Lemon Juice	2.00 tb
1055	Salt	0.50 ts
1055	Pepper	0.25 ts
1055	Sour cream	1.00 c
1055	Lawry's Taco seasoning	1.00 pk
1055	Mayonnaise	0.25 c
1055	Chopped Lettuce	2.00 c
1055	Chopped Tomatoes	2.00 c
1055	Diced Onion	0.50 c
1055	Sliced Black Olives	1.00 c
1055	Small can diced Ortega	1.00 ea
1055	chilles	0.00
1055	Grated Cheddar cheese	2.00 c
1056	LISA CRAWLEY TSPN00B -----	0.00 -----
1056	Brown sugar	0.75 c
1056	Powder sugar	0.12 ts
1056	Cream cheese; softened	8.00 oz
1056	Vanilla	1.00 ts
1057	Blue Cheese; Crumbled	0.50 c

Sheet1

1057	Sour Cream	1.50 c
1057	Garlic; Minced	1.00 ts
1057	Fresh Chives; Finely Chopped	2.00 tb
1057	Dried Chives; Crumbled, *	2.00 ts
1057	Hot Sauce	0.12 ts
1058	Cheddar cheese	4.00 oz
1058	Butter, softened	0.25 c
1058	Port or sherry	1.00 tb
1058	Green onions, finely chopped	4.00
1058	Caraway seeds	0.50 ts
1058	Coarsely ground mustard	1.00 ts
1058	Worcestershire sauce	0.25 ts
1058	Walnuts, coarsely chopped	0.25 c
1058	Crackers or melba toast	0.00
1058	Fresh parsley sprigs (opt)	0.00
1059	French or Italian bread;-OR-	3.00 sl
1059	Potatoes, boiled & peeled	2.00 md
1059	Tarama (fish roe)	5.00 oz
1059	Olive oil	1.00 c
1059	Lemon's juice (or more)	1.00
1059	Vinegar	2.00 tb
1059	Water (more if necessary)	1.00 tb
1059	Onion, (optional); grated	0.50
1060	(4 1/2 Lb. ) Fryer	1.00
1060	Dry White Wine OR	0.50 c
1060	Vermouth	0.00
1060	Minced Shallots	2.00 tb
1060	Chopped Fresh Tarragon	1.00 tb
1060	OR 1 t. Dried Tarragon	0.00
1060	Crushed	0.00
1060	Salt	0.12 ts
1060	Pepper	0.12 ts
1060	Plain Yogurt	1.50 c
1060	Water	2.00 c
1060	Small New Potatoes	0.75 lb
1060	Quartered	0.00
1060	Fresh Green Beans	1.00 lb
1060	Safflower OR Other	1.00 tb
1060	Vegetable Oil	0.00
1060	Salt	0.12 ts
1060	Pepper	0.12 ts
1060	Purple Onion Cut Into	0.50 sm
1060	Thin Strips	0.00
1061	Lemon juice	3.00 tb
1061	Dried whole tarragon	2.00 ts
1061	Small clove garlic, minced	1.00
1061	Medium-sized fresh shrimp,	23.00
1061	peeled and deveined (1/2lb)	0.00
1061	Sliced fresh mushroom (1/2-	24.00



Sheet1

1061	inch-thick) (about 1 lb)	0.00
1061	Water	1.00 tb
1061	Chopped fresh parsley	1.00 tb
1061	Dijon mustard	1.50 ts
1061	Pepper	0.12 ts
1062	Fresh Tarragon; Chopped, OR	1.00 tb
1062	Dried Tarragon; Crushed	1.00 ts
1062	White Wine Vinegar	1.00 tb
1062	Dijon Mustard	1.00 tb
1062	Salt	0.25 ts
1062	Black Pepper	0.25 ts
1062	Mayonnaise	1.00 c
1062	Sour Cream	0.50 c
1063	Smoked salmon minced by hand	1.00 lb
1063	Capers	1.00 tb
1063	Juice of 1 lemon only	0.00
1063	Minced onion	1.00 ts
1063	Egg white	1.00
1063	Fresh chives finely	0.50 ts
1063	chopped	0.00
1063	Barquettes-boat shaped	30.00
1063	pastry	0.00
1064	New York strip steaks	3.00
1064	Soy sauce	0.75 c
1064	Sake	0.75 c
1064	Mirin	0.50 c
1064	Dashi	2.00 c
1065	Piece tangerine peel	1.00
1065	Water	0.00
1065	Eggs	4.00
1065	Tea, preferably black (or	3.00 tb
1065	If using another tea, such	0.00
1065	As jasmine or lychee,	0.00
1065	Increase soy sauce quantity	0.00
1065	By 2 tablespoons)	0.00
1065	Whole star anise	1.00
1065	Salt	1.00 tb
1065	Soy sauce	0.25 c
1065	Stick cinnamon *	1.00
1065	Plum sauce, for dipping	0.00
1066	Oil	2.00 tb
1066	Tempeh, cubed	4.00 oz
1066	Onion, chopped	0.50
1066	Bulgur	0.50 c
1066	Mushrooms, chopped	4.00 lg
1066	Water	1.00 c
1066	Soy sauce	1.00 tb
1066	Celery stalk, diced	1.00
1066	Carrot, grated	0.50 lg

Sheet1

1066	Tomato, diced	1.00
1066	Fresh minced parsley	2.00 tb
1066	Vinegar	1.00 tb
1066	Lemon juice	1.00 tb
1066	Honey	1.50 ts
1066	Dillweed	0.50 ts
1066	Oregano	0.12 ts
1066	White pepper	1.00 ds
1067	Tempeh	6.00 oz
1067	Mayonnaise*	0.25 c
1067	Celery stalk, finely chopped	1.00
1067	Minced dill pickle	2.00 tb
1067	Minced onion	2.00 tb
1067	Minced fresh parsley	2.00 tb
1067	Prepared mustard	1.00 ts
1067	Soy sauce	1.00 ts
1067	Garlic powder	1.00 ds
1068	Tempeh, ready to eat *	8.00 oz
1068	cut small	0.00
1068	Water	0.25 c
1068	Tahini	1.00 tb
1068	Tamari	1.00 tb
1068	Garlic Powder	1.00 ts
1068	Cumin	0.50 ts
1068	Paprika	0.25 ts
1068	Tumeric	0.25 ts
1068	Minced Black Olives	0.50 c
1068	Minced Onion	0.50 c
1069	Grated coconut	0.50 c
1069	Orange juice	0.25 c
1069	Honey	1.00 ts
1069	Tarmari	0.25 c
1069	Cayenne pepper	0.12 ts
1069	Tempeh cutlets	4.00
1069	ASIAN PEANUT SAUCE -----	0.00 -----
1069	Smooth peanut butter	0.25 c
1069	Tamari	3.00 tb
1069	Mirin or sherry	1.00 ts
1069	Rice vinegar	0.50 ts
1069	Garlic powder	0.12 ts
1069	Honey	1.00 tb
1069	Plain, nonfat yogurt	1.00 c
1069	Cayenne pepper	0.12 ts
1070	FOR SMOKING -----	0.00 -----
1070	5-8 oz catfish fillets	4.00 ea
1070	Olive oil	0.50 c
1070	Red wine vinegar	0.25 c
1070	Dry thyme	1.00 ts
1070	Dry basil	1.00 ts

Sheet1

1070	Cracked black pepper	1.00 ts
1070	Pepper sauce	1.00 ds
1070	FOR TERRINE -----	0.00 -----
1070	5-8 oz smoked fillets	4.00 ea
1070	Heavy duty mayonnaise	1.00 c
1070	Sour cream	0.50 c
1070	Diced garlic	1.00 tb
1070	Chopped parsley	0.25 c
1070	Diced red bell pepper	0.25 c
1070	Diced yellow bell pepper	0.25 c
1070	Cracked black pepper	2.00 tb
1070	Lemon juice	1.00 tb
1070	Sherry wine	0.50 oz
1070	Worcestershire sauce	1.00 tb
1070	Pepper sauce	1.00 ds
1070	Salt to taste	0.00
1070	Unflavored gelatin dissolve	2.00 pk
1070	In 1/4 cup cold water.	0.00
1071	Container guacomole dip	1.00 sm
1071	Container bean dip	1.00 sm
1071	Container sour cream	1.00 sm
1071	Taco seasoning mix	1.00 pk
1071	Chopped tomato	1.00 md
1071	Green pepper chopped	1.00 md
1071	Grated colby cheese	1.00 pk
1071	Black olives sliced	1.00 cn
1071	Taco chips	0.00
1072	Lemon juice	2.00 tb
1072	Salt	0.50 ts
1072	Avocados, medium size	3.00
1072	Pepper	0.25 ts
1072	Sour cream	1.00 c
1072	Mayonnaise	0.50 c
1072	Taco seasoning mix packet	1.00
1072	Bean dip; plain or jalepeno	21.00 oz
1072	Green onions; chopped	1.00 c
1072	Tomatoes; seeded and chopped	3.00
1072	Olives; chopped	7.00 oz
1072	Sharp cheddar cheese; grated	8.00 oz
1072	Tortilla chips	0.00
1073	Onion, chopped	1.00
1073	Tomatoes, chopped	4.00
1073	Head lettuce, chopped	1.00
1073	Cheddar cheese, grated	1.25 c
1073	Italian dressing	0.75 c
1073	Ground meat, beef, turkey,	1.00 lb
1073	Or chicken	0.00
1073	(15 oz) kidney beans,	1.00 cn
1073	Drained	0.00

Sheet1

1073	Mixed vegetable seasoning	0.25 ts
1073	Bag tortilla chips,	1.00
1073	Crushed	0.00
1073	Large avocado, sliced	1.00
1073	(7 1/2 oz) plain black	1.00 cn
1073	Or green olives (opt.)	0.00
1074	Solid white tuna in water,	2.00 cn
1074	drained and flaked (6.5 oz)	0.00
1074	Sliced ripe olives	0.50 c
1074	Sliced green onions w/tops	0.50 c
1074	Thinly sliced celery	0.50 c
1074	Pace Picante Sauce	0.67 c
1074	Dairy sour cream	0.50 c
1074	Ground cumin	1.00 ts
1074	Lettuce leaves	0.00
1074	OR	0.00
1074	Shredded lettuce	0.00
1074	Taco shells	12.00
1074	OR	0.00
1074	Tortilla chips	3.00 c
1075	Spinach	10.00 oz
1075	Butter	0.25 lb
1075	Onion	0.50 ea
1075	Crabmeat	6.50 oz
1075	Parmesan	0.75 c
1076	Mayonnaise	1.00 c
1076	OR	0.00
1076	Light mayonnaise	1.00 c
1076	Pace Picante Sauce	0.50 c
1076	Tomato paste	0.25 c
1076	Sweet pickle relish	2.00 tb
1076	Sugar	1.00 tb
1077	Chicken wing drumettes	3.00 lb
1077	MARINADE -----	0.00 -----
1077	Coarsely chopped garlic	0.25 c
1077	Cilantro	1.00 bn
1077	chop roots & lower stems,	0.00
1077	reserve leaves for garnish	0.00
1077	Ground turmeric	1.00 ts
1077	Curry powder	1.00 ts
1077	Ground dried chilis	1.50 ts
1077	- (cayenne or equivalent)	0.00
1077	Sugar	1.00 tb
1077	Salt	0.25 ts
1077	Thai fish sauce	3.00 tb
1077	- (filipino or	0.00
1077	- vietnamese is ok, too)	0.00
1077	BASTING LIQUID -----	0.00 -----
1077	Coconut milk (canned is ok)	0.50 c

Sheet1

1077	DIPPING SAUCE -----	0.00 -----
1077	Dried chili flakes	0.50 ts
1077	OR- cayenne	0.00
1077	Garlic cloves	2.00
1077	- coarsely chopped	0.00
1077	Brown sugar	1.00 tb
1077	Salt	0.25 ts
1077	Chinese red rice vinegar	0.50 c
1077	Green onion; thinly sliced	1.00
1077	Coarsely chopped cilantro	1.00 tb
1077	- (leaves)	0.00
1078	Garlic cloves; minced	2.00
1078	Black peppercorn	1.00 ts
1078	Fresh coriander roots	1.00 tb
1078	Salt	0.50 ts
1078	Vegetable oil	2.00 ts
1078	Flank or flatiron steak	1.00 lb
1078	trimmed	0.00
1078	Firm tomatoes	3.00 sm
1078	Bermuda onion	1.00
1078	cut into 1/4-in slices	0.00
1078	Sheet heavy-duty alum. foil	1.00
1078	(8" x 18")	0.00
1078	Head red-leaf lettuce	1.00
1078	DRESSING -----	0.00 -----
1078	Ground Dried Shrimp w/Chiles	1.00 ts
1078	(optional)	0.00
1078	Garlic cloves; chopped	2.00
1078	Red serrano chiles; sliced	2.00
1078	Green serrano chiles; sliced	2.00
1078	Roasted chile sauce	1.00 tb
1078	(nam prik pao)	0.00
1078	Fish sauce (nam pla)	3.00 tb
1078	Lime juice	5.00 tb
1078	Sugar	2.00 ts
1078	Coarsely chopped fresh mint	0.25 c
1078	Fresh coriander leaves	0.25 c
1078	(coarsely chopped)	0.00
1079	Large fresh shrimp	1.00 lb
1079	Celery stalk, thinly sliced	1.00
1079	On the bias	0.00
1079	Thai fish sauce (nam pla)	1.50 tb
1079	Fresh lime juice	1.50 tb
1079	Sugar	1.00 ts
1079	Chili oil	1.00 ts
1079	Good quality peanut oil	2.00 ts
1079	Tiny fresh Thai "bird"	2.00
1079	Chiles (red or green),	0.00
1079	Chopped, seeds	0.00

Sheet1

1079	Cloves, minced	3.00 c
1079	Leaves, chopped	10.00 ts
1079	Fresh coriander leaves	2.00 tb
1079	Cucumber, peeled, seeded,	1.00
1079	Sliced	0.00
1079	Pinch of salt	0.00
1080	Thai rice noodles (banh pho)	8.00 oz
1080	Fish Sauce (or soya sauce)	4.00 tb
1080	Lime juice (lemon juice)	4.00 tb
1080	Tomoto puree	4.00 tb
1080	Sugar	4.00 tb
1080	Hot red pepper flakes	1.00 tb
1080	Ground peanuts	0.50 c
1080	Vegetable oil	0.50 c
1080	Cloves of garlic minced	4.00
1080	Chicken cut in small pieces	1.00 lb
1080	Large tofu cut in chunks	1.00
1080	Very large tiger shrimp	8.00
1080	Eggs lightly beaten	4.00
1080	Bean sprouts	4.00 c
1080	Scallions, cut 1/2 in pieces	4.00
1081	Head chicory, cleaned and	1.00
1081	Broken into bite-size pieces	0.00
1081	Head romaine, cleaned and	1.00
1081	Broken into bite-size pieces	0.00
1081	Carrot, shredded	1.00
1081	Tomato, sliced into eighths	1.00
1081	Sliced thinly	1.00 c
1081	House vinaigrette dressing	0.00
1082	Dry mustard	1.00 ts
1082	Salt	0.50 ts
1082	Pepper	0.25 ts
1082	Sugar	0.50 ts
1082	Dried Oregano	1.00 ts
1082	Parsley	2.00 tb
1082	Minced onions	2.00 tb
1082	Minced Garlic cloves	1.00 tb
1082	Minced Sweet Red peppers	1.00 tb
1082	Lemon juice	4.00 ts
1082	White wine vinegar	4.00 ts
1082	Light Oil	0.50 c
1083	Head radicchio about 1/4 lb	1.00
1083	Core removed	0.00
1083	Head bibb lettuce 1/4 lb ea	2.00
1083	Head iceburg lettuce about	0.50
1083	1/4 lb core removed	0.00
1083	Green bell pepper 1/4 lb	1.00
1083	Cored	0.00
1083	Olive oil	0.25 c

Sheet1

1083	Red-wine vinegar	3.50 tb
1083	Salt and fresh ground	0.00
1083	Pepper	0.00
1084	Extra virgin olive	2.00 tb
1084	oil	0.00
1084	Small red onion peeled and	0.50
1084	diced	0.00
1084	White wine	2.00 tb
1084	Tomatillos husked cored	8.00
1084	and cut in one-quarter	0.00
1084	inch dice	0.00
1084	Tomatoes seeded and cut in	4.00
1084	one quarter inch dice	0.00
1084	Yellow cherry tomatoes	1.00 pt
1084	seeded and cut in one	0.00
1084	quarter inch dice	0.00
1084	Salt to taste	0.00
1084	Coarsely ground white pepper	0.00
1084	Sprigs minced fresh basil	6.00
1085	Tofu	8.00 oz
1085	Ripe avocado	0.50 lg
1085	Garlic cloves; chopped	2.00
1085	Minced fresh ginger	2.00 ts
1085	Parsley leaves	0.50 c
1085	(stems removed)	0.00
1085	Lemon juice	2.00 tb
1085	Tahini or peanut butter	1.00 tb
1085	OR- sunflower seed butter	0.00
1085	Applesauce; -=OR=-	1.00 tb
1085	Sugar or a little Honey	1.00 pn
1086	Firm tofu	0.50 lb
1086	Corn or canola oil	1.00 tb
1086	- (amount may be doubled)	0.00
1086	Minced ginger root	1.00 ts
1086	Chopped onion	0.50 c
1086	Curry powder; blended with:	1.00 tb
1086	Water	2.00 tb
1086	Cornstarch; blended with:	1.00 ts
1086	Water	1.00 tb
1086	Sesame oil	1.00 tb
1086	Wonton skins	20.00
1086	Oil for deep-frying	0.00
1086	Fresh mushrooms; minced	0.25 lb
1086	Soy sauce (or double amount)	1.00
1086	Pepper	0.25 ts
1086	Sherry	1.00 ts
1086	Paprika	0.25 ts
1086	Low sodium instant bouillon	1.00 ts
1086	- chicken, or vegetable	0.00

Sheet1

1086	- (amount may be doubled)	0.00
1087	Tomatoes; Med., Chopped	5.00
1087	Sugar	1.00 tb
1087	Salt	1.00 ts
1087	Basil; Dried	1.00 ts
1087	Thyme; Dried	0.25 ts
1087	Pepper; Freshly Ground	0.25 ts
1087	Vegetable Oil	0.50 c
1087	Vinegar	6.00 tb
1087	Worcestershire Sauce	1.00 tb
1087	Onion; Large, Diced	1.00
1088	Onions, minced	2.00
1088	Cloves garlic, chopped	2.00
1088	Olive oil	1.00 ts
1088	Chopped plum tomatoes	4.00 c
1088	Diced sweet red peppers	1.00 c
1088	Diced celery	0.25 c
1088	Chopped green chilies	2.00 tb
1088	Stock	2.00 c
1088	Fresh dill, chopped	2.00 ts
1088	Chopped fresh cilantro	2.00 tb
1088	Cayenne	0.50 ts
1088	Cumin	0.25 ts
1089	Slices fr or italian bread	8.00
1089	Garlic cloves, halved	2.00
1089	Olive oil	1.00 ts
1089	Onion, minced	2.00 tb
1089	Tomato, diced	1.00
1089	Oregano,dried	1.00 pn
1089	Ground pepper	1.00 pn
1089	Parmesan cheese, optional	2.00 ts
1090	Tomatoes	4.00 ea
1090	Lemon juice	3.00 tb
1090	Oil	4.00 tb
1090	Salt	0.50 ts
1090	Black pepper	0.25 ts
1090	Catsup	4.00 tb
1091	Tomatoes, cut into thin	2.00 lg
1091	- wedges	0.00
1091	Scallions, chopped	2.00 ea
1091	Chopped fresh mint	2.00 ts
1091	Grated ginger	0.50 ts
1091	Fresh lime juice	4.00 ts
1091	Vegetable oil	4.00 ts
1091	Black mustard seeds	0.25 ts
1091	Salt to taste	0.00
1092	Olive oil	3.00 tb
1092	Onion, chopped	1.00 sm
1092	Tomatoes, chopped	1.00 lb



Sheet1

1092	Carrot, sliced	1.00 ea
1092	Celery stick, sliced	1.00 ea
1092	Salt	1.00 ts
1092	Black pepper	0.50 ts
1092	Basil	1.00 ts
1092	Stock	3.00 pt
1092	Small pasta/broken vermicell	1.00 c
1092	Chopped parsley	1.00 tb
1093	Tomato, cut into about 18	1.00
1093	Pieces (cut in half, then	0.00
1093	Each half in thirds	0.00
1093	Sideways and lengthwise)	0.00
1093	Cucumber, peeled and thinly	1.00
1093	Sliced	0.00
1093	Onion, thinly sliced	0.33 lg
1093	Vinegar	3.00 tb
1093	Sugar	3.00 tb
1093	Water	3.00 tb
1093	Salt and pepper	0.00
1094	Regular can refried beans	1.00
1094	Chopped green chilies	1.00 cn
1094	Taco seasoning	1.00 pk
1094	Montery jack cheese	1.00 c
1094	Sour cream	1.00 c
1094	Cheddar cheese	1.00 c
1094	Mashed avocados	2.00
1094	Chopped tomatoes	2.00
1094	Chopped onion	1.00
1094	Alfalfa sprouts	0.00
1094	Sliced black olives	1.00 cn
1095	Butter/margarine - 1/2	0.25 c
1095	stick	0.00
1095	Seasoned salt	1.25 ts
1095	Worcestershire	4.50 ts
1095	sauce	0.00
1095	Favorite chex brand cereal	8.00 c
1095	Salted mixed nuts	1.00 c
1095	Pretzel sticks	1.00 c
1096	(1/4 stick) butter	2.00 tb
1096	or margarine	0.00
1096	Traditional chex party mix	1.00
1096	seasoning pack	0.00
1096	Favorite cereals (corn	4.00 c
1096	rice and/or wheat)	0.00
1096	Peanuts	0.50 c
1096	Pretzel sticks	0.50 c
1097	Bacon fried crisp and drain	1.00 lb
1097	and broken into pieces	0.00
1097	Salad dressing	0.50 c

Sheet1

1097	Green onions and stems chop	5.00
1097	fine	0.00
1097	Triscuits	0.00
1098	Chicken, white meat, *	2.00 c
1098	Apples, peeled and diced	2.00 x
1098	Pineapple Chunks	1.00 c
1098	Chopped almonds	0.33 c
1098	Shredded Coconut	0.50 c
1098	White Raisins (opt.)	0.25 c
1098	Chopped Chutney	3.00 tb
1098	Curry Powder	2.00 ts
1098	Mayonnaise	0.75 c
1099	Or mangoes, pared and cubed	2.00 pk
1099	(about 2 cups)	0.00
1099	Sliced strawberries	1.00 c
1099	Cubed pineapple*	1.00 c
1099	Kiwifruit, pared and sliced	1.00
1099	Frozen (thawed)	2.00 tb
1099	Limeade concentrate	0.00
1099	Vegetable oil	1.00 tb
1099	Honey	1.00 tb
1099	Poppy seed	0.12 ts
1100	Large hard-boiled eggs	2.00
1100	Louisiana hot sauce	2.00 ts
1100	Avocado, mashed	1.00 c
1100	Onion, chopped	0.50 c
1100	6 1/2 oz can tuna (in water)	1.00
1100	Mayonnaise (maybe 3 Tbs)	2.00 tb
1100	Dill relish	2.00 tb
1100	Fresh lemon juice	0.00
1100	Salt to taste	0.00
1101	Can (6.5 oz) tuna	1.00
1101	Torn lettuce	3.00 c
1101	Apple	1.00
1101	Stalk celery, chopped	1.00
1101	Chopped olives (opt.)	4.25 oz
1101	Cheese, grated (opt.)	0.25 c
1101	Boiled egg, chopped	1.00
1101	Thousand Island dressing	3.00 tb
1102	(15 ounces each) cannellini	3.00 cn
1102	Beans or great northern bea	0.00
1102	Drained	0.00
1102	Jars (2 ounces) diced pimien	1.00
1102	Drained	0.00
1102	Green bell pepper, chopped	1.00 lg
1102	(about 1 cup)	0.00
1102	Onion, chopped	1.00 md
1102	(about 1/2 cup)	0.00
1102	Chopped fresh parsley	0.25 c

Sheet1

1102	Olive or vegetable oil	0.25 c
1102	Lemon juice	2.00 tb
1102	Capers	2.00 tb
1102	Red pepper sauce	0.25 ts
1102	Lettuce leaves	0.00
1102	(6-1/2 ounces) tuna in water	1.00 cn
1102	Drained	0.00
1103	Uncooked medium shell macaro	3.00 c
1103	Olive or vegetable oil	1.00 tb
1103	Pesto or	1.00 c
1103	Container (8 ounces) pesto	1.00
1103	Small pitted ripe olives	0.50 c
1103	White wine vinegar	0.25 c
1103	Italian plum tomatoes, each	4.00
1103	Into 4 wedges	0.00
1103	Coarsely shredded spinach	4.00 c
1103	Grated parmesan cheese, if	0.00
1103	(6-1/2 ounces) tuna, drained	1.00 cn
1104	Eggplant	1.00 lb
1104	Green bell pepper; chopped	1.00 lg
1104	Garlic clove; crushed	1.00
1104	Olive oil	0.50 c
1104	Red wine vinegar	0.33 c
1104	Dried oregano; crushed	1.00 ts
1104	Salt	1.00 ts
1104	Chunk-style tuna (12 1/2-oz)	1.00 cn
1104	drained	0.00
1104	Tomato; seeded and chopped	1.00 lg
1104	Crisp salad greens	0.00
1104	Crumbled feta cheese	0.25 c
1105	Cooked chopped ham	0.50 lb
1105	Leftover chopped cooked	1.00 lb
1105	turkey	0.00
1105	Soft butter	0.25 lb
1105	Fresh ground pepper	0.50 ts
1105	Tarragon	0.50 ts
1105	Melted butter	3.00 tb
1106	Vanilla Wafer Crumbs	1.00 c
1106	Margarine, Melted	0.25 c
1106	Cream Cheese, Softened	16.00 oz
1106	Sugar	0.33 c
1106	Milk	2.00 T
1106	Large Eggs	2.00 ea
1106	Macadamia Nuts, Toasted	0.50 c
1106	Crushed Pineapple, Drained	8.50 oz
1106	Med Kiwi Peeled, Sliced	1.00 ea
1107	Margarine	3.00 T
1107	Sugar	0.33 c
1107	Large Egg	1.00 ea

Sheet1

1107	Unbleached All-purpose Flour	0.75 c
1107	Cream Cheese, Softened	24.00 oz
1107	Sugar	0.75 c
1107	Unbleached All-purpose Flour	3.00 T
1107	Large Eggs	3.00 ea
1107	Canned Peach Halves *	16.00 oz
1107	Almond Flavored Liqueur	0.25 c
1108	Graham Cracker Crumbs	1.00 c
1108	Sugar	3.00 T
1108	Cinnamon	0.50 t
1108	Margarine, Melted	0.25 c
1108	Cream Cheese, Softened	16.00 oz
1108	Sugar	0.50 c
1108	Large Eggs	2.00 ea
1108	Vanilla	0.50 t
1108	Thinly Sliced Peeled Apples	4.00 c
1108	Sugar	0.33 c
1108	Cinnamon	0.50 t
1108	Chopped Pecans	0.25 c
1109	Chocolate Wafer Crumbs	1.00 c
1109	Margarine, Melted	0.25 c
1109	Cream Cheese Softened	16.00 oz
1109	Sugar	0.50 c
1109	Mashed Ripe Bananas	0.50 c
1109	Large Eggs	2.00 ea
1109	Chopped Walnuts	0.25 c
1109	Milk Chocolate Chips	0.33 c
1109	Margarine	1.00 T
1109	Water	2.00 T
1110	Chocolate Wafer Crumbs	1.00 c
1110	Margarine, Melted	3.00 T
1110	Cream Cheese Softened	16.00 oz
1110	Sugar	0.67 c
1110	Large Eggs	2.00 ea
1110	Semi-sweet Chocolate Chips *	6.00 oz
1110	Almond Extract	0.25 t
1110	Cherry Pie Filling (1 Cn)	21.00 oz
1110	Frozen Whipped Topping Thawed	1.00 x
1111	(1 Pk) Brownie Mix	8.00 oz
1111	Cream Cheese, Softened	16.00 oz
1111	Sugar	0.50 c
1111	Vanilla	1.00 t
1111	Large Eggs	2.00 ea
1111	Milk Chocolate Chips, Melted	1.00 c
1112	Finely Chopped Nuts	1.50 c
1112	Sugar	2.00 T
1112	Margarine, Melted	3.00 T
1112	Cream Cheese, Softened	32.00 oz
1112	Sugar	1.00 c

Sheet1

1112	Unbleached All-purpose Flour	3.00 T
1112	Large Eggs	4.00 ea
1112	Sour Cream	1.00 c
1112	Instant Coffee Granules	1.00 T
1112	Cinnamon	0.25 t
1112	Boiling water	0.25 c
1113	Graham Cracker Crumbs	1.00 c
1113	Granulated Sugar	3.00 T
1113	Margarine, Melted	3.00 T
1113	Cream Cheese, Softened	24.00 oz
1113	Granulated Sugar	0.50 c
1113	Unbleached All-Purpose Flour	0.50 c
1113	Large Eggs	4.00 ea
1113	Unsweetened Orange Juice	0.25 c
1113	Finely Shredded Carrot	1.00 c
1113	Raisins	0.25 c
1113	Ground Nutmeg	0.50 t
1113	Ground Ginger	0.25 t
1113	Unsweetened Orane Juice	1.00 T
1113	Sifted Powdered Sugar	1.00 c
1114	Graham Cracker Crumbs	1.00 c
1114	Sugar	3.00 T
1114	Margarine, Melted	3.00 T
1114	Cream Cheese, Softened	24.00 oz
1114	Sugar	0.75 c
1114	Large Eggs	3.00 ea
1114	Vanilla	1.00 t
1114	Cherry Pie Filling (1 cn)	21.00 oz
1115	Chocolate Wafers, Fine Crush	8.50 oz
1115	Butter, Melted	0.50 c
1115	Semi-sweet Chocolate Chips	12.00 oz
1115	Heavy cream	1.50 c
1115	Cream Cheese, Softened	16.00 oz
1115	Sugar	0.25 c
1115	Large Eggs	4.00 ea
1115	Cherry Flavored Liqueur	0.75 c
1115	Vanilla Extract	1.00 t
1115	Cherry Pie Filling	1.00 lb
1115	Heavy Cream Whipped (Opt.)	0.50 c
1116	Chocolate Wafer Crumbs	1.00 c
1116	Margarine, Melted	3.00 T
1116	Cream Cheese, Softened	24.00 oz
1116	Sugar	0.75 c
1116	Unbleached All-Purpose Flour	0.25 c
1116	Large Eggs	3.00 ea
1116	Sour Cream	0.50 c
1116	Vanilla	1.00 t
1116	Mini Semi-sweet Chips	1.00 c
1117	Chocolate Wafer Crumbs	1.00 c

## Sheet1

1117	Margarine, Melted	3.00 T
1117	Sugar	2.00 T
1117	Cream Cheese, Softened	24.00 oz
1117	Sugar	0.67 c
1117	Large Eggs	3.00 ea
1117	Mint Chocolate Chips, Melted	1.00 c
1117	Vanilla	1.00 t
1117	Large Egg Whites	3.00 ea
1117	Marshmallow Creme (1 Jr)	7.00 oz
1118	Chocolate Wafer Crumbs	1.00 c
1118	Cinnamon	0.25 t
1118	Margarine, Melted	3.00 T
1118	Cream Cheese, Softened	32.00 oz
1118	Sugar	0.75 c
1118	Large Eggs	4.00 ea
1118	Sour Cream	0.50 c
1118	Vanilla	1.00 t
1118	Semi-sweet Choc. ChipsMelted	0.50 c
1118	Orange Flavord Liqueur	2.00 T
1118	Grated Orange Peel	0.50 t
1119	Creme-filled Cookie Crumbs *	1.50 c
1119	Margarine, Melted	2.00 T
1119	Cream Cheese, Softened	32.00 oz
1119	Sugar	1.25 c
1119	Large Eggs	3.00 ea
1119	Sour Cream	1.00 c
1119	Vanilla	1.00 t
1119	Semi-sweet Chocolate Chips**	6.00 oz
1119	Strained Raspberry Preserves	0.33 c
1119	Semi-sweet Chocolate Chips	6.00 oz
1119	Whipping Cream	0.25 c
1120	Vanilla Wafer Crumbs	2.00 c
1120	Margarine, Melted	6.00 T
1120	Carmels ( 1 bag)	14.00 oz
1120	(1 cn) Evaporated Milk	5.00 oz
1120	Chopped Pecans, Toasted	1.00 c
1120	Cream Cheese, Softened	16.00 oz
1120	Sugar	0.50 c
1120	Vanilla	1.00 t
1120	Large Eggs	2.00 ea
1120	Semi-sweet Chocolate Chips *	0.50 c
1121	Vanilla Wafer Crumbs	1.00 c
1121	Chopped Pecans	0.50 c
1121	Granulated Sugar	3.00 T
1121	Margarine, Melted	0.25 c
1121	Cream Cheese, Softened	16.00 oz
1121	Brown Sugar, Packed	0.50 c
1121	Large Eggs	2.00 ea
1121	Semi-sweet Chips, Melted	6.00 oz

Sheet1

1121	Almond Flavored Liqueur	3.00 T
1121	Sour Cream	2.00 c
1121	Granulated Sugar	2.00 T
1122	(1 pk) Flaked Coconut *	7.00 oz
1122	Chopped pecans	0.25 c
1122	Margarine, Melted	3.00 T
1122	Cream Cheese, Softened	16.00 oz
1122	Sugar	0.33 c
1122	Cocoa	3.00 T
1122	Water	2.00 T
1122	Vanilla	1.00 t
1122	Large Eggs, Separated	3.00 ea
1122	Dash salt	1.00 x
1122	(1 jr) Marshmallow Creme	7.00 oz
1122	Chopped Pecans	0.50 c
1123	Grham Cracker Crumbs	1.00 c
1123	Sugar	3.00 T
1123	Margarine, Melted	3.00 T
1123	Unsweetened Baking Chocolate	2.00 oz
1123	Margarine	2.00 T
1123	Cream Cheese, Softened	16.00 oz
1123	Sugar	1.25 c
1123	Salt	0.25 t
1123	Large Eggs	5.00 ea
1123	Flaked Coconut (3.5 oz Can)	1.33 c
1123	Sour Cream	1.00 c
1123	Sugar	2.00 T
1123	Brandy	2.00 T
1124	Cream-filled Cookies *	2.00 c
1124	Margarine, Softened	6.00 T
1124	Env. Unflavored Gelatin	1.00 ea
1124	Cold Water	0.25 c
1124	Cream Cheese Softened	8.00 oz
1124	Sugar	0.50 c
1124	Milk	0.75 c
1124	Whipping Cream, Whipped	1.00 c
1124	Creme-filled Cookies **	1.25 c
1125	Graham Cracker Crumbs	1.00 c
1125	Sugar	0.25 c
1125	Margarine, Melted	0.25 c
1125	Env. Unflavored Gelatin	1.00 ea
1125	Cold Water	0.25 c
1125	Cream Cheese, Softened	8.00 oz
1125	Sugar	0.50 c
1125	Milk	0.75 c
1125	Lemon Juice	0.25 c
1125	Shipping Cream, Whipped	1.00 c
1125	Strawberry Halves	1.00 x
1126	Margarine	0.25 c

Sheet1

1126	Packed Brown Sugar	0.33 c
1126	Unbleached All-purpose Flour	1.00 c
1126	Chopped Walnuts	0.50 c
1126	Cream Cheese, Softened	8.00 oz
1126	Granulated Sugar	0.25 c
1126	Vanilla	1.00 t
1126	Large Egg	1.00 ea
1126	M&M Candies	0.75 c
1127	Graham Cracker Crumbs	1.00 c
1127	Sugar	0.25 c
1127	Margarine, melted	0.25 c
1127	Env. Unflavored Gelatin	1.00 ea
1127	Cold Water	0.50 c
1127	Sugar	1.00 c
1127	Large Eggs, Separated	3.00 ea
1127	Cream Cheese, Softened	16.00 oz
1127	Cocoa	2.00 T
1127	Bourbon	2.00 T
1127	Whipping Cream, Whipped	1.00 c
1128	Quick Oats, Uncooked	2.25 c
1128	Brown Sugar, Packed	0.33 c
1128	Unbleached All-purpose Flour	3.00 T
1128	Margarine, Melted	0.33 c
1128	Env. Unflavored Gelatin	1.00 ea
1128	Cold Water	0.33 c
1128	Cream Cheese, Softened	16.00 oz
1128	Granulated Sugar	0.50 c
1128	Brandy	2.00 T
1128	Dried Apricots, Fine Chop	0.50 c
1128	Whipping Cream, Whipped	1.00 c
1128	(1 Jr) Apricot Preserves	10.00 oz
1128	Brandy	1.00 T
1129	Vanilla Wafers, Fine Crush	2.00 c
1129	Ground Toasted Almonds	1.00 c
1129	Butter, Melted	0.50 c
1129	Sugar	0.50 c
1129	Milk Chocolate Chips	12.00 oz
1129	Milk	0.50 c
1129	Env. Unflavored Gelatin	1.00 ea
1129	Cream Cheese, Softened	16.00 oz
1129	Sour Cream	0.50 c
1129	Almond Extract	0.50 t
1129	Heavy Cream, Whipped	0.50 c
1129	Garnishes *	1.00 x
1130	Graham Cracker Crumbs	1.00 T
1130	Low Fat Cottage Cheese	1.00 c
1130	Nufchatel Cheese*	16.00 oz
1130	Sugar	0.67 c
1130	Unbleached All-purpose Flour	2.00 T



Sheet1

1130	Skim Milk	2.00 T
1130	Almond Extract	0.25 c
1131	Graham Cracker Crumbs	1.00 c
1131	Sugar	0.25 c
1131	Ground Nutmeg	0.25 t
1131	Margarine, Melted	0.25 c
1131	Env. Unflavored Gelatin	1.00 ea
1131	Cold Water	0.25 c
1131	Cream Cheese, Softened	8.00 oz
1131	Sugar	0.25 c
1131	Eggnog	1.00 c
1131	Whipping Cream, Whipped	1.00 c
1132	(20 oz) Cookie Mix *	1.00 pk
1132	Cream Cheese, Softened	16.00 oz
1132	Sour Cream	1.00 c
1132	Sugar	0.75 c
1132	Almond Extract	0.25 t
1132	Large Eggs	3.00 ea
1132	(1 cn) Cherry Pie Filling	21.00 oz
1133	Graham Cracker Crumbs	1.50 c
1133	Sugar	0.25 c
1133	Margarine, Melted	0.50 c
1133	Env. Unflavored Gelatin	1.00 ea
1133	Cold Water	0.33 c
1133	Lemon Juice	0.33 c
1133	Large Eggs, Separated	3.00 ea
1133	Sugar	0.50 c
1133	Grated Lemon Peel	1.00 t
1133	Cream Cheese, Softened*	16.00 oz
1134	Zwieback Toast Crumbs	1.25 c
1134	Sugar	2.00 T
1134	Margarine, Melted	0.33 c
1134	Env. Unflavored Gelatin	1.00 ea
1134	Cold Water	0.25 c
1134	Lime Juice	0.25 c
1134	Large Eggs, Separated	3.00 ea
1134	Sugar	0.50 c
1134	Grated Lime Peel	1.50 t
1134	Light Neufchatel Cheese,Soft	16.00 oz
1134	Thawed Whipped Topping	2.00 c
1135	Graham Cracker Crumbs	1.00 c
1135	Sugar	3.00 T
1135	Margarine, Melted	3.00 T
1135	Cream Cheese, Softened	24.00 oz
1135	Sugar	0.75 c
1135	Vanilla	1.00 t
1135	Large Eggs	3.00 ea
1135	Square Unsweeted Chocolate *	1.00 oz
1136	Graham Cracker Crumbs	0.33 c

Sheet1

1136	Sugar	1.00 T
1136	Margarine, Melted	1.00 T
1136	Cream Cheese, Softened	8.00 oz
1136	Sugar	0.25 c
1136	Lemon Juice	1.50 t
1136	Grated Lemon Peel	0.50 t
1136	Vanilla	0.25 t
1136	Large Egg	1.00 ea
1136	Garnishes *	1.00 x
1137	Graham Cracker Crumbs	2.25 c
1137	Seimi Sweet Choc.Chips *	12.00 oz
1137	Butter, melted **	2.33 c
1137	Milk	0.50 c
1137	Instant Coffee	4.00 t
1137	Env. Unflavored Gelatin	1.00 ea
1137	Cream Cheese, Softened	16.00 oz
1137	Sweetened Condensed Milk	14.00 oz
1137	Heavy Cream, Whipped	2.00 c
1137	Chocolate Chips *	1.00 c
1138	Graham Cracker Crumbs	1.00 c
1138	Sugar	3.00 T
1138	Margarine, Melted	3.00 T
1138	Cream Cheese, Softened	32.00 oz
1138	Sugar	1.00 c
1138	Unbleached All-purpose Flour	3.00 T
1138	Large Eggs	4.00 ea
1138	Sour Cream	1.00 c
1138	Vanilla	1.00 T
1138	(1 can) Cherry Pie Filling	21.00 oz
1139	Env. Unflavored Gelatin	1.00 ea
1139	Unsweetened Orange Juice	1.50 c
1139	Sugar	0.25 c
1139	Orange Section	2.00 c
1139	Env. Unflavored Gelatin	1.00 ea
1139	Unsweetened Orange Juice	0.50 c
1139	Cream Cheese, Softened	24.00 oz
1139	Sugar	1.00 c
1139	Grated Orange Peel	2.00 t
1139	Whipping Cream, Whipped	1.00 c
1139	Vanilla wafer crumbs	1.00 c
1139	Cinnamon	0.50 t
1139	Margarine, Melted	3.00 T
1140	Old Fashioned Oats Uncooked	1.25 c
1140	Margarine, Melted	0.25 c
1140	Packed Brown Sugar	0.25 c
1140	Unbleached All-purpose Flour	2.00 T
1140	Cream Cheese, Softened	24.00 oz
1140	Granulated Sugar	0.75 c
1140	Grated Orange Peel	2.00 t

Sheet1

1140	Vanilla	1.00 t
1140	Large Eggs	4.00 ea
1140	Packed Brown Sugar	0.50 c
1140	Light Corn Syrup	0.33 c
1140	Margarine Melted	0.25 c
1140	Vanilla	1.00 t
1141	Graham Cracker Crumbs	1.00 c
1141	Margarine, Melted	3.00 T
1141	Cream Cheese, Softened	24.00 oz
1141	Sugar	0.75 c
1141	Lemon Juice	5.00 T
1141	Grated Lemnon Peel	1.50 t
1141	Vanilla	1.00 t
1141	Large Eggs, Separated	3.00 ea
1142	Chocolate Wafer Crumbs	1.00 c
1142	Margarine, Melted	3.00 T
1142	Env. Unflavored Gelatin	1.00 ea
1142	Cold Water	0.25 c
1142	SOFT Philly Cream Cheese	16.00 oz
1142	Sugar	0.50 c
1142	Milk	0.50 c
1142	Crushed Peppermint Candy	0.25 c
1142	Whipping Cream, Whipped	1.00 c
1142	Milk Chocolate Candy *	3.00 oz
1143	Graham Cracker Crumbs	1.00 c
1143	Sugar	3.00 T
1143	Margarine, Melted	3.00 T
1143	Cream Cheese, Softened	24.00 oz
1143	Dark Brown Sugar, Packed	0.75 c
1143	Unbleached All-purpose Flour	2.00 T
1143	Large Eggs	3.00 ea
1143	Vanilla	2.00 t
1143	Pecans, Finely Chopped	0.50 c
1143	Granishes *	1.00 x
1144	Gingersnap Crumbs	1.50 c
1144	Finely Chopped Pecans	0.50 c
1144	Margarine, Melted	0.33 c
1144	Cream Cheese, Softened	16.00 oz
1144	Sugar	0.75 c
1144	Vanilla	1.00 t
1144	Eggs	3.00 ea
1144	Canned Pumpkin	1.00 c
1144	Cinnamon	0.75 t
1144	Ground Nutmeg	0.25 t
1145	Chocolate Wafer Crumbs	1.00 c
1145	Margarine, Melted	3.00 T
1145	Env. Unflavored Gelatin	1.00 ea
1145	Cold Water	0.25 c
1145	Soft Cream Cheese	16.00 oz

## Sheet1

1145	Sugar	0.75 c
1145	Cocoa	0.33 c
1145	Vanilla	0.50 t
1145	Mini Marshmallows	2.00 c
1145	Whipping Cream, Whipped	1.00 c
1145	Chopped Nuts	0.50 c
1146	Old Fashioned Oats, Uncooked	1.00 c
1146	Chopped Nuts	0.25 c
1146	Brown Sugar, Packed	3.00 T
1146	Margarine, Melted	3.00 T
1146	Cream Cheese, Softened	16.00 oz
1146	Granulated Sugar	0.33 c
1146	Unbleached All-purpose Flour	0.25 c
1146	Large Eggs	2.00 ea
1146	Sour Cream	0.50 c
1146	Rum	3.00 T
1146	Margarine	2.00 T
1146	Brown Sugar, Packed	0.33 c
1146	Raisins	0.33 c
1146	Chopped Nuts	0.25 c
1146	Old Fashioned Oats, Uncooked	2.00 T
1147	Graham Cracker Crumbs	1.00 c
1147	Sugar	3.00 T
1147	Margarine, Melted	3.00 T
1147	Cream Cheese, Softened	24.00 oz
1147	Sugar	1.00 c
1147	Unbleached All-purpose Flour	3.00 T
1147	Lemon Juice	2.00 T
1147	Grated Lemon Peel	1.00 T
1147	Vanilla	0.50 t
1147	Large Eggs (1 Separated)	4.00 ea
1147	Sugar	0.75 c
1147	Cornstarch	2.00 T
1147	Water	0.50 c
1147	Lemon Juice	0.25 c
1148	Soft Coconut Macaroons*	1.50 c
1148	Cream Cheese, Softened	24.00 oz
1148	Sugar	0.75 c
1148	Large Eggs	4.00 ea
1148	Whipping cream	0.50 c
1148	Sour Cream	0.50 c
1148	Sweet Sherry	2.00 T
1148	Vanilla	1.00 t
1148	Red Raspberry Preserves	10.00 oz
1148	Whipping Cream, Whipped	0.50 c
1148	Toasted Slivered Almonds	1.00 x
1149	Vanilla Wafer Crumbs	1.50 c
1149	Margarine, Melted	0.25 c
1149	Env. Unflavored Gelatin	1.00 ea

Sheet1

1149	Cold Water	0.25 c
1149	Cream Cheese, Softened	16.00 oz
1149	Lemon Juice	1.00 T
1149	Grated Lemon Peel	1.00 t
1149	(1 jr) Marshmallow Creme	7.00 oz
1149	Frozen Whipped Topping(thaw)	3.00 c
1149	Blueberries Frozen or Fresh	2.00 c
1150	Graham Cracker Crumbs	1.00 c
1150	Sugar	3.00 T
1150	Margarine, Melted	3.00 T
1150	Env Unflavored Gelatin	1.00 ea
1150	Cold Water	0.25 c
1150	Cream Cheese, Softened	8.00 oz
1150	Sugar	0.50 c
1150	Frozen Strawberries, Thawed	10.00 oz
1150	Milk	1.00 x
1150	Whipping Cream, Whipped	1.00 c
1151	Butter	1.00 lb
1151	Lemon juice	0.50 c
1151	Fresh basil, chopped	2.00 ts
1151	Cayenne pepper	2.00 ts
1151	Fresh oregano, chopped	2.00 ts
1151	Garlic cloves, minced	5.00
1151	Bay leaf, crumbled	1.00
1151	Black pepper, finely ground	0.50 c
1151	Salt	0.00
1151	Large raw shrimp in shells	4.00 lb
1152	Butter	1.50 tb
1152	Flour	1.50 tb
1152	Milk	1.50 c
1152	35 per cent cream	0.50 c
1152	Pesto sauce	1.50 tb
1152	Chopped parsley	1.50 tb
1152	Minced garlic	1.00 tb
1152	Grated paresan cheese	2.00 tb
1152	Salt	0.50 ts
1152	White pepper	0.50 ts
1152	Worcestershire and tabasco	0.00
1152	Capellini	0.67 lb
1152	Red pepper, cut in strips	0.50
1152	Snow peas, trimmed	0.25 lb
1152	Jumbo shrimp	1.00 lb
1153	Lrg.freshly-shucked oysters	12.00
1153	Thin slices smoked bacon,	6.00
1153	Cut in half	0.00
1153	Paprika or white pepper	0.00
1153	Wooden toothpicks,	12.00
1153	Unflavored and not colored	0.00
1153	Lemon juice or crisp	1.00 tb

Sheet1

1153	Dry wine	0.00
1153	Low-moisture	2.00 sl
1153	Mozzarella cheese	0.00
1154	Garlic salt	0.25 ts
1154	Cornstarch	1.00 tb
1154	Soy sauce	1.00 ts
1154	Can sliced water chestnuts	4.00 oz
1154	Can unpeeled apricot halves	16.00 oz
1154	Curry powder (to taste)	1.50 ts
1154	Ground ginger	0.12 ts
1154	Sliced green onions	0.25 c
1155	Lemon pasta	0.00
1155	Plain yogurt	1.00 c
1155	Chopped fresh or	1.00 tb
1155	Freeze-dried chives	1.00 ts
1155	Finely shredded	1.00 ts
1155	Lemon peel	0.00
1155	Salt	0.50 ts
1155	Pound cooked shrimp or	0.75
1155	(12 ounces) frozen	1.00 pk
1155	Cooked shrimp, thawed	0.00
1155	Jars (6 ounces) marinated	1.00
1155	Artichoke hearts,undrained	0.00
1155	(3 ounces) cream cheese	1.00 pk
1155	Chopped fresh or	1.00 tb
1155	Freeze-dried chives	1.00 ts
1156	MARINATING -----	0.00 -----
1156	Water	1.50 c
1156	Headless shrimp	2.00 lb
1156	Oyster sauce	1.00 tb
1156	Hot chili sauce	0.50 ts
1156	Tamarind	6.00 oz
1156	COOKING -----	0.00 -----
1156	Young ginger root	3.00 oz
1156	Large garlic cloves	4.00
1156	Blachan	1.00 ts
1156	Small red onions	2.00
1156	Oyster sauce	3.00 tb
1156	Dark soya sauce	1.00 tb
1156	Hot chili sauce	1.00 tb
1156	Oil	3.00 tb
1156	Packed brown sugar	0.25 c
1157	Turnips	2.00 md
1157	Carrots	2.00 sm
1157	Green onions	4.00
1157	Fresh asparagus spears	3.00
1157	Button mushrooms	0.50 c
1157	Peeled straw mushrooms	0.50 c
1157	Baby sweet corn	8.00

Sheet1

1157	Water chestnuts	8.00
1157	Fresh ginger root	0.50 ts
1157	Tientsin preserved	1.00 tb
1157	Vegetable	0.00
1157	Peanut oil	2.00 tb
1157	Chicken stock	2.00 c
1157	Salt	1.00 ts
1157	Sugar	1.00 pn
1157	Cornstarch paste	0.00
1157	Chicken fat	1.00 tb
1157	Crab meat or shelled	0.50 c
1157	Shrimp (opt)	0.00
1158	Lobsters (about 2 lbs each)	2.00
1158	(live, or recently dead)	0.00
1158	Saffron strands; soaked in	25.00
1158	Hot water	0.25 c
1158	Finely chopped onion	0.25 lb
1158	Leek; washed, finely chopped	1.00 md
1158	Fruity olive oil	8.00 tb
1158	Garlic cloves; minced	3.00
1158	Tomatoes; skinned, seeded, and finely chopped	1.00 lb 0.00
1158	Sun-dried tomatoes (in oil)	4.00
1158	pounded to a paste	0.00
1158	White wine	0.50 c
1158	Orange juice	0.25 c
1158	Bay leaf	1.00
1158	Salt & freshly ground Pepper	0.00
1158	Finely chopped Fennel	0.50 c
1158	Minced flat-leaf Parsley	0.50 c
1158	Finely chopped fresh Mint	1.00 tb
1158	Saffron Rice	0.00
1159	Stephen Ceideburg	0.00
1159	Aubergines (eggplants)	4.00 lg
1159	Pork, minced or ground	5.00 oz
1159	Prawns (shrimp), shelled	7.00 oz
1159	Pepper	0.50 ts
1159	Shallots, chopped	3.00
1159	Oil	1.00 tb
1159	Cloves garlic, crushed	4.00
1159	Vinegar	1.00 tb
1159	Fish sauce (Nam Pla)	1.00 tb
1159	Fermented soya beans	2.00 tb
1159	Sugar	1.00 ts
1159	Red Bell Pepper Or:	0.00
1159	Red Chines	3.00
1160	Giant Prawns, shelled and deveined (heads and tails intact)	12.00 0.00 0.00

Sheet1

1160	Butter	0.25 c
1160	Orange juice (freshly	1.00 c
1160	squeezed)	0.00
1160	Sherry	2.00 tb
1160	Orange Zest (grated)	1.00 ts
1160	Green onions, tops and white	2.00 ea
1160	(minced)	0.00
1160	Ginger root (freshly grated)	1.00 ts
1161	Onion, large diced	1.00 ea
1161	Celery, diced	2.00 c
1161	Potatoes, small diced	3.00 ea
1161	Boiling water	3.00 c
1161	Skimmed milk	2.00 c
1161	Cod or Flounder	1.50 lb
1161	Broccoli, diced	2.00 c
1161	Cauliflower, diced	2.00 c
1161	Salt	1.50 ts
1161	Pepper	0.50 ts
1161	Marjoram	0.50 ts
1161	Basil	0.50 ts
1162	Dried salt cod	1.50 lb
1162	All-purpose flour	1.25 c
1162	Cold water	0.67 c
1162	Salt	1.00 pn
1162	Baking powder	0.25 ts
1162	Vegetable oil for frying	0.00
1163	Catfish fillets (5 oz ea)	4.00
1163	Cracker meal	0.50 c
1163	Parmesan cheese	0.25 c
1163	Lemon and herb seasoning	1.00 tb
1163	Egg	1.00
1163	Meuni`ere suace	0.00
1163	Water	1.00 tb
1164	FOR SAUCE -----	0.00 -----
1164	Melted butter	0.75 c
1164	Chopped onions	1.00 c
1164	Chopped celery	1.00 c
1164	Chopped bell pepper	0.50 c
1164	Diced garlic	0.25 c
1164	Bay leaves	2.00 ea
1164	Tomato sauce (8 oz)	2.00 cn
1164	Fish stock	1.00 c
1164	Sugar	0.50 ts
1164	Dry thyme	1.00 pn
1164	Dry basil	1.00 pn
1164	Chopped green onions	1.00 c
1164	Chopped parsley	0.50 c
1164	Salt and cracked black	0.00
1164	Pepper to taste	0.00



Sheet1

1164	FOR COOKING -----	0.00 -----
1164	5-8 oz catfish fillets	4.00 ea
1164	90-110 count shrimp (peeled	1.00 c
1164	And deveined)	0.00
1164	Reserved Creole sauce	0.00
1164	Cooked white rice	4.00 c
1164	Chopped parsley	0.25 c
1165	Catfish fillets	1.50 lb
1165	Lemon juice	1.00 tb
1165	Egg whites	2.00 x
1165	Sour cream	2.00 tb
1165	Grated onion	1.00 tb
1165	Clove garlic	0.00
1165	Dry mustard	0.25 ts
1165	White pepper	0.25 ts
1165	Butter or margarine	2.00 tb
1165	Flour	2.00 tb
1165	Milk	1.00 c
1165	Prepared horseradish	4.00 ts
1167	Crabmeat	1.00 lb
1167	Green pepper; finely chopped	1.00 sm
1167	Parsley; chopped	2.00 tb
1167	Onion; chopped	0.50 c
1167	Celery; finely chopped	1.00 c
1167	Eggs; hard boiled, chopped	4.00
1167	Worcestershire sauce	1.00 tb
1167	Butter	3.00 tb
1167	All purpose flour	0.25 c
1167	Salt	0.25 ts
1167	Milk	1.00 c
1167	Bread; toasted, crushed	8.00 sl
1167	Mayonnaise	1.00 c
1168	Fish steaks, tamure	6.00
1168	(snapper), or hapuka	0.00
1168	(groper)	0.00
1168	Milk	0.50 c
1168	Salt	0.50 ts
1168	Dry breadcrumbs	1.00 c
1168	Butter	2.00 oz
1168	Watercress or parsley	0.00
1168	Sliced lemon	0.00
1169	Whitefish, whole (about	2.00
1169	300 g each)	0.00
1169	Onion, chopped	1.00
1169	Garlic clove, crushed	1.00
1169	Fresh ginger, chopped	1.00 ts
1169	Lemon rind, chopped	0.00 ts
1169	Tamarind sauce	2.00 tb
1169	Light soy sauce	1.00 tb

Sheet1

1169	Peanut oil	1.00 tb
1170	4-oz flounder or sole fillet	4.00 x
1170	Mayonnaise or salad dressing	0.25 c
1170	Skim milk	2.00 ts
1170	Egg white	0.00
1170	Pkg frozen cut Asparagus	10.00 oz
1170	Snipped fresh parsley	1.00 tb
1170	Dijon-style mustard	1.00 ts
1171	Prawns	1.00 lb
1171	Coriander roots, crushed	5.00
1171	Pepper corns	1.00 tb
1171	Onion, thinly sliced	1.00
1171	Ginger, crushed	3.00 sl
1171	Cooking oil	2.00 tb
1171	Maggi sauce	1.00 tb
1171	Salt	0.25 ts
1171	Sugar	1.00 tb
1171	Oyster sauce	1.00 tb
1171	Light soy sauce	2.00 tb
1171	Sesame oil	1.00 ts
1171	Whiskey	1.00 tb
1171	Mungbean noodles, soaked and cut into short lengths	2.00 c 0.00
1172	Red Snapper Fillets; *	2.00 lb
1172	Milk	1.00 c
1172	Oregano Leaves; Dried	1.00 ts
1172	Onion; Medium, Sliced	1.00 ea
1172	Olive Or Vegetable Oil	0.25 c
1172	Ripe Olives; Pitted	0.50 c
1172	White Wine; Dry	0.25 c
1172	Lemon Juice	0.25 c
1172	Capers	2.00 tb
1172	Cumin; Ground	1.00 ts
1172	Salt	0.50 ts
1172	Pepper	0.25 ts
1172	Tomatoes; Chopped, 4 Large	4.00 c
1172	Cloves Garlic;Finely Chopped	2.00 ea
1173	Plain Lowfat Yogurt	2.00 tb
1173	Reduced Cal. Mayonnaise	2.00 tb
1173	Capers Drained	1.00 ts
1173	White Wine Vinegar	0.50 ts
1173	Lemon-Pepper Seasoning	0.25 ts
1173	(4 Oz.) Salmon Steaks	2.00
1173	Onion Thinly Sliced	1.00 sm
1173	Dry White Wine	2.00 tb
1173	Dried Dillweed	1.00 ts
1173	Lemon Slices	0.00
1173	Fresh Dill Sprigs (Opt)	0.00
1174	HERB STUFFING FOR FISH -----	0.00 -----

Sheet1

1174	Package herb-seasoned	1.00
1174	Stuffing (about 3 1/2 cups)	0.00
1174	Ground sage	1.00 ts
1174	Ground thyme	0.50 ts
1174	Ground rosemary	0.50 ts
1174	Salt	1.00 ts
1174	Chopped parsley	1.00 tb
1174	Melted butter	0.33 c
1174	Fish broth or chicken broth	1.00 c
1174	Dry sherry, if desired	1.00 tb
1174	Flaked crabmeat or sliced	0.50 c
1174	Shrimp, if desired	0.00
1174	BEARNAISE SAUCE -----	0.00 -----
1174	Butter	0.25 c
1174	Hot water	2.00 tb
1174	Egg yolks	2.00
1174	Tarragon vinegar	1.00 tb
1174	Finely chopped shallot	1.00 ts
1174	Or onion	0.00
1174	Finely chopped parsley	0.75 ts
1174	Salt	0.12 ts
1174	Paprika	0.00
1174	SAUCE CHABLIS -----	0.00 -----
1174	Chablis Wine	0.50 c
1174	Fresh lemon juice	2.00 tb
1174	Bay leaf	0.50
1174	Salt	0.25 ts
1174	Peppercorns	6.00
1174	Water	0.00
1174	Butter	1.00 tb
1174	All-purpose flour	1.00 tb
1174	Eggs, beaten	2.00
1174	With 1 TB. water	0.00
1175	Salt	1.00 ts
1175	Carrot, thinly sliced	1.00
1175	White pepper	0.00
1175	Rib celery, thinly sliced	1.00
1175	Fish, dressed	6.00 lb
1175	Dried marjoram	0.75 ts
1175	Stuffing recipe	1.00
1175	Bay leaf	1.00
1175	White wine	1.50 c
1175	Lemon, sliced very thin	1.00
1175	Butter, melted	4.00 tb
1175	Shallots, thinly sliced	2.00
1175	CELERY STUFFING -----	0.00 -----
1175	(4 ribs)	0.75 c
1175	Bread crumbs	0.50 c
1175	Chopped celery	0.00

Sheet1

1175	Salt and fresh black pepper	0.00
1175	Chopped onions	0.50
1175	Savory	0.25 ts
1175	Butter	4.00 tb
1175	Chopped celery tops	0.25 c
1175	FENNEL / TARRAGON STUFFING -----	0.00 -----
1175	Chopped parsley	2.00 tb
1175	Fennel seed	0.50 ts
1175	Chopped fresh tarragon	2.00 tb
1175	Salt and fresh pepper	0.00
1175	Butter, melted	6.00 tb
1175	Roughly torn fresh	1.50 c
1175	Bread crumbs	0.00
1176	6-8 oz trouts	6.00
1176	Greek strained yoghurt	7.50 fl
1176	Whipping cream	2.50 fl
1176	Fresh chopped parsley	2.00 tb
1176	Chopped chives	2.00 tb
1176	Chopped fennel	2.00 tb
1176	Fresh chopped thyme	1.00 ts
1176	Fresh chopped oregano	1.00 ts
1176	Fresh chopped tarragon	1.00 ts
1176	Clarified or unsalted butter	0.00
1177	Salt and pepper	0.00
1177	Sour cream	1.00 c
1177	3-lb. walleye, scaled and	1.00
1177	Dressed	0.00
1177	Thyme	0.25 ts
1177	Grated Parmesan cheese	0.50 c
1177	Finely minced onion	2.00 tb
1177	Bread crumbs	0.50 c
1177	Soft butter	2.00 tb
1177	Lemon juice	2.00 tb
1177	Strips bacon	5.00
1178	Allspice; whole	2.00 tb
1178	Garlic cloves; minced	2.00
1178	Black pepper; ground	0.50 tb
1178	Vegetable oil	0.25 c
1178	Whole snapper; cleaned	2.00
1178	3/4 lb to 1 lb each	0.00
1178	Red onion; cut in long thin	1.00 sm
1178	strips	0.00
1178	Red pepper;cut in long, thin	1.00 sm
1178	strips	0.00
1178	Raspberry vinegar	0.25 c
1178	Liquid honey	2.00 tb
1179	Flour	0.25 c
1179	Curry powder	2.00 ts
1179	Soy sauce	0.25 ts

Sheet1

1179	Bananas, peeled & halved	4.00
1179	Lengthwise	0.00
1179	Fish fillets	1.00 lb
1179	Oil	1.00 tb
1179	Stalks celery, sliced	3.00
1179	Butter	4.00 tb
1179	Lemon juice	2.00 tb
1180	Crab	1.00 c
1180	Tomato Sauce	0.50 c
1180	Green Stuffed Olives; Sliced	0.25 c
1180	Cheddar; Md, In Small Cubes	8.00 oz
1180	English Muffins	8.00
1181	OLIVE OIL	0.33 c
1181	SALT AND PEPPER TO TASTE	0.00
1181	TOMATO PASTE	2.00 ts
1181	EARS WHITE CORN UNSHUCKED	4.00
1181	HOT PEPPER PASTE	1.00 ts
1181	Hard shelled crabs; cooked	8.00
1181	washed and dried	0.00
1181	CLOVE MINCED GARLIC	1.00
1182	Lobster (1 to 1 1/2 lb)	1.00 sm
1183	SEASONING MIX -----	0.00 -----
1183	Ground cayenne pepper	1.00 ts
1183	Black pepper	1.00 ts
1183	Salt	0.50 ts
1183	Crushed red pepper	0.50 ts
1183	Dried thyme leaves	0.50 ts
1183	Dried rosemary leaves, crush	0.50 ts
1183	Dried oregano leaves	0.12 ts
1183	MAIN INGREDIENTS -----	0.00 -----
1183	+ 5 Tbsp unsalted butter	0.25 lb
1183	Worcestershire sauce	1.00 ts
1183	Minced garlic	1.50 ts
1183	Basic shrimp stock	0.50 c
1183	Beer at room temperature	0.25 c
1184	Roasted rice powder	1.00 tb
1184	Scallion oil	0.00
1184	Crisp-fried shallots	0.00
1184	Roasted peanuts, ground	1.00 tb
1184	Raw shrimp in the shell	1.00 lb
1184	Salt	1.00 tb
1184	Garlic cloves, crushed	6.00
1184	Shallots, crushed	6.00
1184	Rock sugar, crushed to a	2.00 oz
1184	powder, or	0.00
1184	Granulated sugar	1.00 tb
1184	Pork fat	4.00 oz
1184	Nuoc mam (Vietnamese fish	4.00 ts
1184	sauce)	0.00

Sheet1

1184	Freshly ground black pepper	0.00
1184	Peanut Sauce	0.00
1184	Vegetable Platter	0.00
1184	6 1/2-inch rice paper rounds	8.00 oz
1184	(banh trang)	0.00
1184	Inch piece fresh sugar cane	12.00
1184	Packed in light syrup,	0.00
1184	drained	0.00
1184	Eight 1/2-inch bamboo	12.00
1184	skewers	0.00
1184	Vegetable oil, for shaping	0.00
1184	shrimp paste	0.00
1184	Extra-thin rice vermicelli	8.00 oz
1185	Water	4.00 qt
1185	Dry white wine	1.00 c
1185	Fish trimmings	4.00 lb
1185	Lemon juice	2.00 tb
1185	Onion peeled/halved	1.00
1185	Stalks celery, halved	2.00
1185	Sprigs parsley	4.00
1185	Sprigs thyme (or 1/2 t dried	2.00
1185	Peppercorns	6.00
1186	Cold water	2.50 qt
1186	(3-inch) square kombu (dried	1.00
1186	Kelp) washed in cold water	0.00
1186	Katsuobushi (dried	1.00 c
1186	Bonito fish), flaked	0.00
1187	Unsalted Oleo (1/4 Stick)	2.00 tb
1187	Bay Scallop	1.50 lb
1187	Dry Vermouth	0.67 c
1187	Lemon Juice	1.00 tb
1187	Finely Grated Lemon Peel	0.50 ts
1187	Chopped Fresh Dill OR	0.25 c
1187	Dried Dillweed	0.50 ts
1187	Freshly Ground Pepper	0.25 ts
1188	Stephen Ceideburg	0.00
1188	Jerusalem Artichokes	12.00 lg
1188	Olive oil	0.00
1188	Cloves shallots	12.00
1188	Scallops	20.00
1188	Kaffir Lime Leaves	4.00
1188	Wing Beans	8.00
1188	Fish Stock	600.00 ml
1188	Limes, Juice Only	3.00
1188	Fish Sauce	2.00 tb
1188	Pepper to taste	0.00
1189	Crab	1.00 c
1189	Tomato Sauce	0.50 c
1189	Green Stuffed Olives; Sliced	0.25 c

Sheet1

1189	Cheddar; Md, In Small Cubes	8.00 oz
1189	English Muffins	8.00
1190	MARINADE FOR FISH -----	0.00 -----
1190	Soy sauce	0.50 c
1190	Cooking sherry	0.50 c
1190	Lemon juice	1.00 tb
1190	Crushed garlic	1.00 cl
1190	Salad oil	0.25 c
1191	Peanut oil	2.00 tb
1191	Sliced green onion	1.25 c
1191	Minced garlic	1.00 ts
1191	Water	1.00 tb
1191	Beef cut for stirfry	1.00 lb
1191	Fresh ginger	1.00 pn
1191	Red pepper flakes	1.00 pn
1191	White pepper	1.00 pn
1191	Sea scallops	0.75 lb
1191	Salt	1.00 ts
1191	Red pepper flakes	1.00 pn
1192	Red shrimp from spain	16.00 lg
1192	Or jumbo shrimp	0.00
1192	Bay scallops with coral	0.50 lb
1192	Olive oil	2.00 tb
1192	Brandy	1.00 tb
1192	Herbs de provence	1.00 ts
1192	Salt and pepper to taste	0.00
1192	Bread crumbs	0.50 c
1192	Lemon (juice only)	1.00
1192	Beurre blanc	0.00
1192	Sticks butter	2.50
1192	Chopped shallots	2.00 tb
1192	White wine	1.25 c
1192	Bay leaf	1.00
1192	Salt and pepper	0.00
1193	Mussels, scrubbed and	3.50 lb
1193	ODE-bearded	0.00
1193	White wine	1.00 c
1193	Water, to cover	0.00
1193	Stalk celery, diced	1.00
1193	Onion, diced	1.00 sm
1193	Thyme	0.00
1193	Bay leaf	1.00
1193	Quart heavy cream	1.00
1194	SAUCE -----	0.00 -----
1194	Heavy cream	1.00 qt
1194	Clam juice	1.00 c
1194	Dry white wine	1.00 c
1194	Whole garlic cloves; peeled	6.00
1194	Whole black peppercorns	2.00 ts

Sheet1

1194	Dillweed	2.00 tb
1194	Champagne vinegar	1.00 tb
1194	Grated parmesan cheese	0.75 c
1194	Blk pepper angel hair pasta	16.00 oz
1194	Salt	2.00 ts
1194	TOPPING -----	0.00 -----
1194	Smoked salmon	8.00 oz
1194	Heavy cream	8.00 oz
1194	Sour cream	1.00 c
1194	Sprigs fresh dillweed	4.00
1195	Arctic char - 1 kg(4.5 lbs)	1.00
1195	Butter	6.00 tb
1195	Lemons, cut into wedges	2.00
1195	Cajun spice (recipe follows)	1.00 tb
1196	Arctic char - 1 kg(4.5 lbs)	1.00
1196	Butter	6.00 tb
1196	Lemons, cut into wedges	2.00
1196	Cajun spice (recipe follows)	1.00 tb
1197	Onion Powder	2.00 ts
1197	Garlic Powder	1.50 ts
1197	Dry Mustard	1.00 ts
1197	Ground Thyme	1.00 ts
1197	Pepper	0.12 ts
1197	Crushed Pequin	2.00 ts
1197	Quebrado Chile	0.00
1197	(4 Oz.) Red Snapper OR	4.00
1197	Other Lean Whitefish	0.00
1197	Fillets	0.00
1198	8-10oz redfish fillets	6.00
1198	Unsalted butter, melted	0.75 lb
1198	SEASONING MIX -----	0.00 -----
1198	Sweet paprika	1.00 tb
1198	Salt	2.50 ts
1198	Onion powder	1.00 ts
1198	Garlic powder	1.00 ts
1198	Ground cayenne pepper	1.00 ts
1198	Ground white pepper	0.75 ts
1198	Ground black pepper	0.75 ts
1198	Dried thyme leaves	0.50 ts
1198	Dried oregano leaves	0.50 ts
1199	Butter	2.00 tb
1199	Shallot of scallion, minced	1.00
1199	Rib celery w/leaves/chopped	1.00
1199	Carrot, thinly sliced	1.00
1199	Dressed trout, head and all	1.00
1199	But cut into chunks	0.00
1199	Salt	1.00 tb
1199	Peppercorns	6.00
1199	Thyme	0.50 ts



Sheet1

1199	Minced fresh parsley	2.00 tb
1199	Bay leaf	1.00
1199	Water	3.00 c
1199	White wine or dry vermouth	1.00 c
1199	Tarragon vinegar	3.00 tb
1199	Whole 10" trout	5.00
1200	White vinegar	0.25 c
1200	Wine vinegar	2.00 tb
1200	Juice of 1/2 lemon	0.00
1200	Water	1.00 pt
1200	Salt	0.50 ts
1200	Bay leaf	0.50
1200	Clove	1.00
1200	Peppercorns	2.00
1200	Onion, chopped	0.25
1200	Carrot, chopped	0.25
1200	Celery heart, chopped	0.25
1200	Fish bones and heads	1.00 lb
1200	Fresh brook trout	2.00
1201	Lemons, quartered	2.00
1201	New red potatoes	8.00
1201	Small ears fresh corn	4.00
1201	Small yellow onions	4.00
1201	Salt	1.00 c
1201	Ground red pepper	0.50 c
1201	Ground white pepper	0.50 c
1201	Ground black pepper	0.50 c
1201	Live blue crabs	12.00
1202	Boxes salt (no size mentione	4.00
1202	Pouches crab boil	6.00
1202	Lemons	9.00
1202	Cayenne pepper	8.00 oz
1202	Small white onions	5.00 lb
1202	Garlic	0.00
1202	Small potatoes	24.00
1202	Smoked sausage	0.00
1202	Corn	0.00
1202	Live crawfish	50.00 lb
1203	Boxes salt (no size mentione	4.00
1203	Pouches crab boil	6.00
1203	Lemons	9.00
1203	Cayenne pepper	8.00 oz
1203	Small white onions	5.00 lb
1203	Garlic	0.00
1203	Small potatoes	24.00
1203	Smoked sausage	0.00
1203	Corn	0.00
1203	Live crawfish	50.00 lb
1204	Quarts water	4.00

Sheet1

1204	Live hard-shell blue crabs	16.00
1205	Quarts water	4.00
1205	Live lobsters (about 1 pound	2.00
1206	Water	4.00 c
1206	Pounds fresh or frozen raw	1.50
1206	Medium shrimp (in shells)	0.00
1207	Monkfish, skinned	1.00 lb
1207	Milk to cover	0.00
1207	Shrimp, shelled	0.25 lb
1207	Eggs	2.00
1207	Tomato paste	3.00 tb
1207	Curry powder	0.50 ts
1207	Lemon juice	2.00 ts
1207	Fresh rosemary, chopped or	0.25 ts
1207	pinch of dried	0.00
1207	Of saffron or tumeric	1.00 pn
1207	Light or single cream	0.75 c
1207	Salt and pepper to taste	0.00
1208	Butter	0.25 c
1208	Mushrooms, sliced	6.00
1208	Frozen condensed cream of sh	1.00 cn
1208	Sour cream	1.00 c
1208	Soy sauce	1.00 ts
1208	Black pepper	0.25 ts
1208	Shrimp*	1.50 lb
1208	Toast slices or cooked rice	0.00
1209	Boneless pork butt, cut in	0.50 lb
1209	1 1/2" cubes	0.00
1209	Fresh Pacific oysters (OR	8.00 md
1209	10 oz. jar)	1.00
1209	Green onions	4.00
1209	Warm water	1.50 c
1209	Brown bean sauce	1.00 tb
1209	Dark soy sauce	1.00 ts
1209	Fresh ginger, minced	1.00 ts
1209	Piece dried orange peel	1.00
1209	Medium sherry	2.00 tb
1209	Cornstarch paste	0.00
1209	Peanut oil	0.50 c
1209	Chinese parsley for garnish	0.00
1209	MARINADE -----	0.00 -----
1209	Medium sherry	0.25 c
1209	Thin soy sauce	2.00 ts
1209	Cloves garlic, minced	2.00
1209	5-spice powder	1.00 ts
1209	Lemon juice	1.00 ts
1210	Dry Shiitake mushrooms	2.00
1210	Soy sauce	1.00 tb
1210	Shao Hsing wine OR dry	1.00 tb

Sheet1

1210	sherry	0.00
1210	Cornstarch	1.00 ts
1210	Medium shrimp, peeled,	0.25 lb
1210	deveined and minced	0.00
1210	Whole Cleaned fish, scaled	1.00
1210	if necessary OR	0.00
1210	Fish fillets or steak	1.50 lb
1210	Salt and pepper (optional)	0.00
1210	To 2 tb Cornstarch	1.00 tb
1210	Salad oil	2.00 tb
1210	Shredded or minced fresh	1.00 tb
1210	ginger	0.00
1210	Low-salt chicken broth	0.50 c
1210	Soy sauce or bean sauce	1.00 tb
1210	Corn starch, mixed with 2	1.00 ts
1210	teaspoons water	0.00
1210	Green onions, thinly slice	3.00
1210	on a sharp diagonal	0.00
1210	(garnish)	0.00
1211	Mayonnaise	2.00 tb
1211	Water	0.50 c
1211	Tomato soup	1.00 cn
1211	8 oz cream cheese	1.00 pk
1211	Paprika	1.00 ts
1211	Shrimp or 2 sm cns tuna	1.00 lb
1211	Peppers, finely chopped	0.25 c
1211	Celery, finely chopped	0.50 c
1211	Onion, grated	1.00 tb
1211	Worchestershire Sauce	1.00 ts
1211	Salt	0.25 ts
1211	Unflavored gelatin in	1.00 pk
1211	Water as directed	0.00
1212	Rainbow Trout (1 per person)	1.00
1212	Fresh rosemary	0.00
1212	Fresh thyme	0.00
1212	Fresh parsley	0.00
1212	Fresh sage	0.00
1212	Rasher of bacon (per person)	1.00
1212	A little butter	0.00
1213	Pound fish fillets, about 3/	1.00
1213	Thick, cut into 4 serving p	0.00
1213	Salt	0.00
1213	Pepper	0.00
1213	Margarine or	2.00 tb
1213	Butter, melted	0.00
1214	Fish steaks, about 3/4-inch	4.00 sm
1214	Thick (about 1-1/2 pounds)	0.00
1214	Salt	0.00
1214	Pepper	0.00

Sheet1

1214	Margarine or	2.00 tb
1214	Butter, melted	0.00
1215	Fillets of monkfish	4.00
1215	Light soy sauce	0.50 c
1215	Minced garlic clove	1.00
1215	Grated fresh ginger	1.00 tb
1215	White pepper to taste	0.00
1216	Fresh lemon juice	2.00 tb
1216	Soy sauce	2.00 tb
1216	Olive oil	1.00 tb
1216	Fresh minced ginger	1.00 tb
1216	Swordfish steak cut 1 1/4 to	0.50 lb
1216	1 1/2 inch thick	0.00
1216	Vegetable oil for broiling	0.00
1216	dish	0.00
1216	Scallion thin sliced on the	1.00
1216	diagonal for garnish	0.00
1216	Lemon cut in half for	1.00
1216	garnish	0.00
1217	Chicken Broth	0.25 c
1217	Rice Wine OR Dry White	0.25 c
1217	Sugar	2.00 tb
1217	Grated Gingerroot	2.00 tb
1217	Low Sodium Soy Sauce	2.00 tb
1217	(4 Oz.) Salmon Fillets	4.00
1217	Skinned	0.00
1218	Serving size rainbow trout	6.00
1218	Or other locally available	0.00
1218	Trout, pan-dressed	0.00
1218	Lemon juice	0.50 c
1218	Salt	4.00 ts
1218	Pepper	0.25 ts
1218	Sesame seed	0.25 c
1218	Butter or margarine	0.75 c
1219	Shark fillets (3/4" thick)	1.00 lb
1219	Lemon juice	0.33 c
1219	Chopped parsley	0.25 c
1219	Chopped fresh basil, or	1.00 tb
1219	Dried basil	1.00 ts
1219	Clove garlic, minced	0.00
1219	Seafood sauce or chili sauce	2.00 tb
1219	Light soy sauce	1.00 tb
1220	Broken shrimp (cooked)	1.50 lb
1220	Paprika	2.00 ts
1220	Peanut oil	1.00 c
1220	Red, black, white pepper	0.00
1220	Onions; chopped	4.00
1220	Salt	0.00
1220	Cloves garlic	5.00

Sheet1

1220	Smoked sausage	0.25 lb
1220	Bunches shallots	2.00
1220	Rice	3.00 c
1220	Bell pepper, chopped	1.00
1220	Water	5.00 c
1221	Brook trout	6.00
1221	Milk	0.00
1221	Flour	0.33 c
1221	Salt	0.50 ts
1221	Pepper	0.00
1221	Peanut oil	0.00
1221	Butter	0.67 c
1221	Lemon slices	0.00
1221	Chopped parsley	0.00
1222	Whole trout (about 1/2 lb.	6.00
1222	Each when cleaned) or	0.00
1222	12 fillets with skin	0.00
1222	Milk	0.25 c
1222	Salt and freshly ground	0.00
1222	Black pepper	0.00
1222	All-purpose flour	0.33 c
1222	Vegetable oil	3.00 tb
1222	Unsalted butter	6.00 tb
1222	Mushrooms, cut into	6.00 lg
1222	Thin slices	0.00
1222	Fresh lime juice	2.00 tb
1222	Finely chopped fresh	4.00 tb
1222	Parsley leaves	0.00
1223	De-tailed, butterfly	1.00 lb
1223	Shrimp	0.00
1223	Stick margarine	1.00
1223	Olive oil	1.00 tb
1223	Cloves minced garlic	4.00
1223	Flour	1.50 tb
1223	Chicken broth	0.75 c
1223	Juiced lemon	1.00
1223	Chicken broth	0.25 c
1223	Dry white wine	0.50 c
1223	Flakes parsley	0.00
1224	Water	1.25 c
1224	Finely shredded carrot	0.67 c
1224	Finely shredded orange peel	0.25 ts
1224	Pepper	0.12 ts
1224	Margarine	1.00 tb
1224	Bulgur	0.50 c
1224	Sliced green onion	0.25 c
1224	Salt	0.12 ts
1224	Frzn orange juice concentrat	2.00 tb
1224	Ground ginger	1.00 ds

Sheet1

1225	Fresh or frozen medium-	0.25 lb
1225	Sized shrimp	0.00
1225	Fresh snowpeas	0.33 lb
1225	Fresh or canned water	8.00 lg
1225	Chestnuts	0.00
1225	Unpeeled straw mushrooms	0.50 c
1225	Fresh ginger, slivered	2.00 ts
1225	Clove garlic, minced	1.00 lg
1225	Green onions	2.00
1225	Peanut oil	3.00 tb
1225	Chicken stock	0.50 c
1225	Thin soy sauce	2.00 ts
1225	Dry sherry	1.00 ts
1225	Salt	0.50 ts
1225	Sugar	1.00 pn
1225	Cornstarch paste	0.00
1226	Catfish fillets (4 oz. each	4.00
1226	Wheat flakes cereal	1.00 oz
1226	Paprika	1.00 tb
1226	Salt	0.25 ts
1226	Onion powder	0.25 ts
1226	Garlic powder	0.25 ts
1226	Cayenne pepper	0.50 ts
1226	Black pepper	0.50 ts
1226	White pepper	0.50 ts
1226	Thyme	0.50 ts
1226	Oil	1.00 tb
1227	Catfish Fillets	2.00 lb
1227	Salt	0.00
1227	Black Pepper	0.00
1227	Hot Pepper Sauce	2.00 oz
1227	Strawberry Preserves	1.50 c
1227	Red Wine Vinegar	0.50 c
1227	Soy Sauce	1.00 tb
1227	Seafood Cocktail Sauce	0.25 c
1227	Clove Garlic, minced	1.00
1227	Horseradish	2.00 ts
1227	Cornmeal	0.75 c
1227	Flour	0.75 c
1227	Safflower Oil	0.50 c
1227	Fresh Strawberries,	0.00
1227	Parsley Sprigs, optional	0.00
1228	PHILLY.INQUIRER -----	0.00 -----
1228	DRAINED OYSTERS	1.00 pt
1228	TOBASCO SAUCE	2.00 ts
1228	HEAVY CREAM	1.00 c
1229	Oysters, shucked	36.00 ea
1229	Bay Scallops	24.00 ea
1229	Half & Half	1.00 qt

Sheet1

1229	Scallions, whole, chopped	12.00 ea
1229	Parsley, chopped	1.00 T
1229	Flour	2.00 T
1229	Cayenne pepper flakes	0.50 ts
1229	White pepper	0.50 ts
1229	Salt	1.00 ts
1229	Butter	0.12 lb
1229	Water, HOT	1.00 c
1229	Celery, chopped	0.25 c
1229	Basil	0.50 ts
1229	Thyme	0.25 ts
1229	Oregano flakes	0.50 ts
1229	Black pepper	0.50 ts
1229	Sherry	1.00 oz
1229	Croutons	1.00 c
1229	Garlic clove, minced	1.00 ea
1229	Worcestershire sauce	1.50 T
1230	6 oz. filets flounder, or	4.00
1230	Any delicate fish	0.00
1230	Calvert's cedar street	2.00 tb
1230	Chive mustard	0.00
1230	Calvert's cedar street peca	0.00
1230	Vinaigrette	0.00
1230	Dry white wine	4.00 tb
1230	Garnish	0.00
1230	Pecan halves	0.50 c
1230	Thin lemon slices	8.00
1231	Stephen Ceideburg	0.00
1231	Eggplant	1.00 md
1231	Oil	1.00 tb
1231	Garlic clove, chopped	1.00
1231	Finely ground pork	0.50 c
1231	Fresh red chile, seeds and	1.00
1231	veins removed, minced	0.00
1231	Soy sauce	1.00 tb
1231	Fish sauce	0.50 ts
1231	Mild chili powder	0.50 ts
1231	Sugar	1.00 tb
1231	Chicken stock	0.50 c
1231	Water	0.50 c
1231	Spicy Lime Sauce	2.00 tb
1231	Raw shrimp, peeled and	0.50 c
1231	chopped	0.00
1231	Salt, pepper	0.00
1231	Garnishes: fresh coriander,	0.00
1231	sliced green onions	0.00
1231	SPICY LIME SAUCE:	0.00
1231	Garlic cloves, peeled	2.00
1231	Or 2 red chiles, stems,	1.00

Sheet1

1231	seeds and veins removed	0.00
1231	Water	0.50 c
1231	Fish sauce	2.00 tb
1231	Juice of 1 medium lime	0.00
1231	Sugar	3.00 tb
1231	Shredded carrot, for garnish	0.00
1232	Cooked and cleaned medium	1.00 lb
1232	shrimp	0.00
1232	(15 oz) can black beans,	1.00
1232	rinsed and drained	0.00
1232	Green or red pepper cut into	1.00 sm
1232	short, thin strips	0.00
1232	Thinly sliced celery	0.50 c
1232	Very thinly sliced red onion	0.33 c
1232	rings	0.00
1232	Fresh salsa	0.67 c
1232	Fresh cilantro, chopped	2.00 tb
1232	Vegetable oil	2.00 tb
1232	Honey	2.00 tb
1232	Lime (2 Tbsp juice and 1 tsp	1.00
1232	shredded peel)	0.00
1232	Cherry tomato halves	1.00 c
1233	Fillet, white fillet 3/4-in	3.00 lb
1233	Shallots, peeled and chopped	4.00
1233	Cloves garlic, peeled and mi	4.00
1233	Orange juice	1.00 c
1233	White wine	1.00 c
1233	Dark rum	0.25 c
1233	Juice of 2 limes	1.00
1233	Soy sauce	0.25 c
1233	Chopped parsley	0.25 c
1233	White pepper	0.25 ts
1233	Salt	0.25 ts
1233	Fresh chopped rosemary (2 t	2.00 tb
1234	Butter	3.00 tb
1234	Shrimp, medium, shelled	3.00 lb
1234	Onion chopped	2.00 tb
1234	Greenpepper, chopped	2.00 tb
1234	Tomatoes, chopped, peeled	2.00
1234	Okra, fresh or frozen 10oz*	0.50 lb
1234	Shrimp, dried**	0.25 lb
1234	Coconut, fresh grated	2.00 c
1234	Boiling water	1.50 c
1234	Manioc meal ***	2.00 tb
1234	Olive oil, or spanish oil	0.33 c
1234	Peanuts, ground, roasted	0.33 c
1234	Coriander, fresh ****	2.00 tb
1234	Salt	0.00
1234	Pepper, white	0.00



Sheet1

1235	Fresh prawns	0.50 lb
1235	Mini sweet corn	0.50 cn
1235	Stalks celery	2.00
1235	Green onions	2.00
1235	Raw cashew nuts (1/2 cup)	2.00 oz
1235	Water	2.00 c
1235	Salt	1.00 ts
1235	Oil	1.00 tb
1235	Oil for deep-frying	1.00 c
1235	THICKENING MIXTURE -----	0.00 -----
1235	Water	2.00 tb
1235	Thin soy sauce	1.00 ts
1235	Dark soy sauce	0.50 ts
1235	Dash of pepper	0.00
1235	Cornstarch	1.50 ts
1236	Catfish Fillets (about 2 lb)	6.00
1236	Flour	0.25 c
1236	Black pepper to taste	0.00
1236	Egg, lightly beaten	1.00
1236	Butter, melted	8.00 tb
1236	Fresh grated Parmesan	0.50 c
1236	Cheese	0.00
1236	Salt to taste	0.00
1236	Paprika	1.00 ts
1236	Milk	1.00 tb
1237	Cloves garlic; minced	2.00
1237	Parsley; chopped	1.00 c
1237	Green pepper; chopped	1.00 lg
1237	Celery stalks; chopped	3.00
1237	Bunch green onions; chopped	1.00
1237	Catfish filleted & chunked	5.00 lb
1237	Salt	1.00 ts
1237	Pepper	1.00 ts
1237	Red pepper	0.25 ts
1237	Vegetable oil	3.00 tb
1237	All-purpose flour; divided	2.00 tb
1237	Tomato sauce; divided	15.00 oz
1237	Ground thyme	0.25 ts
1237	Bay leaf	1.00 lg
1237	Lemon slices	2.00
1237	Water	0.25 c
1238	Catfish fillets	8.00
1238	Carrots; scraped, thinly sliced, parboild	2.00 md 0.00
1238	Grated onion	0.25 c
1238	Lemon juice	2.00 tb
1238	Bay leaf	1.00 sm
1238	Clove garlic; crushed	1.00
1238	Parsley flakes	1.00 ts

Sheet1

1238	Salt	0.25 ts
1238	White pepper	0.25 ts
1238	Butter	0.25 c
1238	Lemon slices	0.00
1238	Fresh parsley sprigs	0.00
1238	MUSHROOM CREAM SAUCE -----	0.00 -----
1238	Reserved pan liquid	0.00
1238	Butter; divided	0.25 c
1238	All-purpose flour	3.00 tb
1238	Salt	0.25 ts
1238	Red pepper	0.25 ts
1238	Milk	0.25 c
1238	Whipping cream	0.25 c
1238	Sliced fresh mushrooms	1.00 c
1238	Pepper	0.12 ts
1238	Lemon juice	1.00 ts
1239	5-8 oz catfish fillets	6.00 ea
1239	Vegetable oil	0.75 c
1239	Eggwash (1 egg, 1/2 cup	1.00 c
1239	Water, 1/2 cup milk)	0.00
1239	Unseasoned flour	0.50 c
1239	Julienned andouille sausage	0.25 c
1239	Garlic	1.00 ts
1239	Sliced mushrooms	0.50 c
1239	Chopped green onions	0.50 c
1239	Fresh shucked oysters	24.00 ea
1239	Dry white wine	0.50 c
1239	Heavy whipping cream	1.50 c
1239	Salt and white pepper to	0.00
1239	Taste	0.00
1239	Cold butter	4.00 sl
1240	BACON,DICED	0.50 lb
1240	CLOVE GARLIC,MINCED	2.00
1240	ONIONS, DICED (LARGE)	2.00
1240	GREEN PEPPER, DICED (LARGE)	1.00
1240	RED PEPPER, DICED (LARGE)	1.00
1240	CRUSHED RED PEPPER FLAKES	0.00
1240	OKRA, SLICED	8.00 oz
1240	TOMATO PASTE	6.00 oz
1240	CATFISH,CUBED	2.00 lb
1240	Salt	0.00
1240	Pepper	0.00
1240	DICED, CANNED TOMATOES	2.50 c
1240	FISH STOCK	3.00 c
1241	Skinned fillets of mackerel	1.00 lb
1241	or sierra	0.00
1241	Juice of 6 or 7 large limes	0.00
1241	(1 1/4 to 1 1/2 cups)	0.00
1241	Tomatoes	2.00 md

Sheet1

1241	Or 4 canned chiles serranos	3.00
1241	en escabeche	0.00
1241	Olive oil	0.25 c
1241	Oregano	0.50 ts
1241	Salt (or to taste)	0.50 ts
1241	Pepper	0.00
1242	Prawns, shelled and	8.00 lg
1242	Deveined, per person	0.00
1242	Sweet butter	0.50 c
1242	Garlic, minced	2.00 cl
1242	White mushrooms, cleaned,	4.00
1242	Per person	0.00
1242	Juice of 1 lemon, per four	0.00
1242	People	0.00
1242	Fettucine noodles, cooked	0.00
1242	And drained	0.00
1242	Grated Romano Cheese, to	0.00
1242	Taste	0.00
1243	Shrimp, shelled and deveined	1.00 lb
1243	Salt	2.00 ts
1243	Garlic cloves	2.00
1243	Shallots	2.00
1243	Sugar	2.00 ts
1243	Black pepper	0.25 ts
1243	Toasted rice powder	1.00 tb
1243	Vietnamese fish sauce (nuoc	1.00 tb
1243	mam)	0.00
1243	Ice water	2.00 tb
1244	Whole Squid	1.00 lb
1244	Fish Sauce (Nam Pla)	2.00 tb
1244	Soy Sauce	1.00 tb
1244	SAUCE -----	0.00 -----
1244	Cloves Garlic, Minced	6.00
1244	Chopped Cilantro Leaves	1.00 tb
1244	Chopped Onion	1.00 tb
1244	Fish Sauce (Nam Pla)	3.00 tb
1244	Lime Juice	3.00 tb
1244	Palm Sugar	1.00 tb
1245	Flour; Unbleached	0.25 c
1245	Baking Powder	0.50 ts
1245	Salt	0.25 ts
1245	Pepper	0.12 ts
1245	Parsley; Chopped	1.00 tb
1245	Clams;Minced,Canned (1 cn) *	6.50 oz
1245	Egg; Beaten	1.00
1245	Rice Chex	2.00 c
1245	Oil For Frying	0.00
1245	Sour Cream	0.00
1246	Flounder or white fish	2.00 lb

Sheet1

1246	Lemon juice	2.00 tb
1246	Parmesian cheese	0.50 c
1246	Butter, softened	0.25 c
1246	Mayonnaise	3.00 tb
1246	Green onions, chopped	3.00
1246	Salt	0.25 ts
1246	Dash of hot sauce	1.00
1247	Crepes	4.00
1247	Chopped celery	0.50 c
1247	Chopped onion	0.25 c
1247	(7 3/4 oz) tuna, drained	1.00 cn
1247	Frozen broccoli, cut up	2.00 c
1247	Shredded Cheddar cheese	2.00 c
1248	Poblano peppers	4.00 lg
1248	Onion, chopped	0.25 c
1248	Medium shrimp, lightly	0.50 lb
1248	Cooked, peeled, and chopped	0.00
1248	Cilantro, chopped	0.25 c
1248	Monterey jack cheese,	0.25 lb
1248	Shredded	0.00
1248	8 ozs chicken breasts,	2.00
1248	Halved, deboned, and	0.00
1248	Pounded flat	0.00
1248	White pepper	2.00 ts
1248	Salt, to taste	0.00
1248	6-in long strings	12.00
1248	Oil, for frying	0.00
1248	CREAMY SHRIMP SAUCE -----	0.00 -----
1248	Shallots, diced	3.00
1248	White wine	1.00 c
1248	Fish stock or chicken broth	0.50 c
1248	Small shrimp	1.00 lb
1248	Whipping cream	2.00 c
1248	Butter	0.75 lb
1249	Squid	0.50 lb
1249	Diced onion	0.50 c
1249	Cloves garlic, minced	2.00
1249	Semi-hot fresh red chiles,	4.00
1249	minced, or	0.00
1249	Sambal ulek	1.00 ts
1249	Kosher salt	0.50 ts
1249	Oil	2.00 tb
1249	Paprika, if needed	1.00 ts
1249	Tamarind Water or lemon	2.00 tb
1249	juice	0.00
1250	Whole cleaned trout	4.00
1250	(each about 1/2 lb.)	0.00
1250	Basic poaching liquid	0.00
1250	Parsley sprigs	0.00

Sheet1

1250	Lemon wedges	0.00
1250	Sour cream	1.00 c
1250	Lemon juice	4.00 ts
1250	Salt	0.75 ts
1250	Dillweed	0.50 ts
1250	BASIC POACHING LIQUID -----	0.00 -----
1250	Onion (sliced)	1.00 md
1250	Whole black peppers	6.00
1250	Whole allspice	2.00
1250	Lemon juice or white wine	3.00 tb
1250	Vinegar	0.00
1250	Bay leaf	1.00
1250	Salt	1.00 ts
1250	Dry white wine (or water)	0.50 c
1250	Water	1.00 qt
1251	Stephen Ceideburg	0.00
1251	Green onions, chopped	2.00
1251	Piece fresh ginger, 2-3 cm,	1.00
1251	grated	0.00
1251	Dry sherry	4.00 tb
1251	Light soy sauce	3.00 tb
1251	Blue crabs	3.00
1251	Glutinous rice	400.00 g
1251	Soy sauce	1.00 tb
1251	Oil	1.00 tb
1251	Sugar	1.00 ts
1252	Halibut steaks, 1/2 lb each	4.00 lg
1252	MARINADE -----	0.00 -----
1252	Finely chopped fresh ginger	3.00 tb
1252	Finely chopped scallions	6.00 tb
1252	Light soy sauce	2.00 tb
1252	Dark soy sauce	1.00 tb
1252	Chinese rice wine or:	2.00 tb
1252	Dry sherry	0.00
1252	Chinese sesame oil	1.00 tb
1252	GARNISH -----	0.00 -----
1252	Minced fresh coriander	1.50 tb
1253	Medium shrimp	1.00 lb
1253	Minced garlic	2.00 tb
1253	Soy sauce	3.00 tb
1253	Black pepper	0.50 tb
1253	Spring onions, chopped	2.00
1253	Carrot, thinly sliced	1.00
1253	Stalk celery, thinly sliced	1.00
1253	Hard peel snow peas	1.00
1254	Medium shrimp	3.00 lb
1254	Unsalted butter	1.00 tb
1254	Raw eggs	2.00 x
1254	Milk	2.00 tb

## Sheet1

1254	Sesame oil	2.00 tb
1254	Finely chopped Spanish onion	1.00 c
1254	Fresh grated ginger *	0.25 ts
1254	Sweet sherry (Oloroso)	0.33 c
1254	Bean sprouts	2.00 c
1254	Cooked long grained rice	2.00 c
1254	Light soy sauce **	0.33 c
1254	Green onions, chopped	6.00 x
1254	Vegetable cooking spray	0.00
1254	Salt and pepper, to taste	0.00
1255	Rockfish fillets or other	1.33 lb
1255	thick firm flesh fish	0.00
1255	Approximately	0.00
1255	Inch thick	0.75
1255	Sliced mushrooms	1.50 c
1255	Green onions, cut into 1	4.00
1255	inch lengths	0.00
1255	1 inch pieces asparagus (or	1.50 c
1255	green beans or snow peas)	0.00
1255	Sliced carrots	1.50 c
1255	Sauce:	0.00
1255	Low-salt soy sauce	2.00 tb
1255	Oriental sesame oil	1.00 tb
1255	Grated fresh ginger	0.75 ts
1255	Unseasoned rice vinegar	3.00 tb
1255	Orange juice	6.00 tb
1255	Grated fresh orange rind	0.75 ts
1256	Tuna steak	1.00
1256	Salt	1.00 ts
1256	Finely chopped ginger root	1.00 ts
1256	White pepper	0.25 ts
1256	Cornstarch	1.00 ts
1256	Salted black beans	2.00 tb
1256	Green onions with tops	4.00
1256	Green chilies	2.00 ts
1256	Cornstarch	1.00 tb
1256	Water	1.00 tb
1256	Sugar	1.00 ts
1256	Peanut oil	2.00 tb
1256	Peanut oil	1.00 tb
1256	Finely minced garlic	2.00 ts
1256	Chicken broth (or fish	1.00 c
1256	Stock)	0.00
1256	Spinach or red-leaf lettuce	0.00
1256	Leaves	0.00
1257	Fresh Mussels; Washed,Abt 50	4.00 lb
1257	Garlic; Thinly Sliced	3.00 tb
1257	Zest Of 2 Oranges; *	0.00
1257	Chipotle Chiles; Canned, **	4.00 tb

Sheet1

1257	Water; ***	4.00 c
1257	Olive Oil	3.00 tb
1257	Fresh Orange Juice	4.00 tb
1257	Sprigs Of Cilantro	12.00
1257	Egg Yolk; Extra Large, ****	1.00
1257	Virgin Olive Oil	1.00 c
1257	Orange Zest; Very Fine Chop	1.00 tb
1257	Fresh Orange Juice	4.00 tb
1257	Fresh Lime Juice	1.00 tb
1257	Cilantro; Finely Chopped	2.00 tb
1258	Unpeeled Medium Size	0.50 lb
1258	Fresh Shrimp	0.00
1258	Lean Whitefish Fillets	1.00 lb
1258	Water	1.00 c
1258	Red Wine Vinegar	2.00 tb
1258	Olive Oil	1.00 tb
1258	Onion Sliced	1.00 md
1258	Thinly Sliced Green	0.50 c
1258	Pepper	0.00
1258	(14 1/2 Oz.) Tomatoes,	2.00 cn
1258	Undrained & Chopped	0.00
1258	Dried Basil	1.00 ts
1258	Red Pepper Flakes	0.50 ts
1258	Burgundy OR Dry Red Wine	1.50 c
1258	Small Clams in Shells,	1.75 lb
1258	About 16, Scrubbed	0.00
1258	Fresh Crabmeat	0.50 lb
1259	(2) Frozen Lobster Tails	16.00 oz
1259	Water	0.50 c
1259	Butter Or Margaine	0.25 c
1259	Lemon Juice	1.00 tb
1259	Finely Shredded Orange Peel	0.50 ts
1259	Salt	0.12 ts
1259	Dash Ground Ginger	0.00
1259	Dash Paprika	0.00
1260	Vegetable oil	2.00 tb
1260	Snow peas, stringed	0.25 lb
1260	Stalks bok choy or Napa cabb	2.00
1260	Large shrimp, peeled and dev	1.00 lb
1260	Salt	0.50 ts
1260	Lemon juice	2.00 tb
1260	Orange juice	0.33 c
1260	Grated orange rind	1.00 ts
1260	Grated lemon rind	0.50 ts
1260	Cornstarch mixed with 1 T co	1.00 ts
1260	Black pepper	1.00 pn
1261	Olive oil	0.25 c
1261	Cloves garlic, minced	3.00
1261	6 oz cans minced or chopped	2.00

Sheet1

1261	clams with juice	0.00
1261	Crushed red pepper	0.12 ts
1261	Dried oregano	0.25 ts
1261	Fresh lemon juice	1.00 tb
1261	Chopped fresh parsley	2.00 tb
1261	Pkg dried linguine or	8.00 oz
1261	spaghetti, cooked	0.00
1262	Bean Thread Noodles	8.00 oz
1262	Vegetable Oil	2.00 tb
1262	Cilantro Pesto (See Recipe)	0.25 c
1262	Fresh Ginger, Finely Chopped	1.00 tb
1262	Shrimp, Peeled & Deveined	1.00 lb
1262	Coarsely Chopped Green Onion	0.33 c
1262	Chicken Stock	0.25 c
1262	Fish Sauce (Nam Pla)	2.00 tb
1262	Oyster Sauce	1.00 tb
1262	Chinese Rice Wine Or:	1.00 tb
1262	Dry Sherry	0.00
1262	Dark Soy Sauce	1.00 ts
1262	Asian Sesame Oil	1.00 ts
1262	Sugar	1.00 ts
1262	Salt	0.25 ts
1262	Handful Of Cilantro Leaves	0.00
1262	CILANTRO PESTO -----	0.00 -----
1262	Whole White Or Black	1.00 ts
1262	Peppercorns	0.00
1262	Coarsely Chopped Fresh	2.00 tb
1262	Cilantro Roots Or Leaves	0.00
1262	And Stems	0.00
1262	Coarsely Chopped Garlic	2.00 tb
1263	Fillets of fresh cod *	4.00
1263	Egg white	1.00
1263	Cornstarch	2.00 tb
1263	Oil for frying	2.00 c
1263	Clove garlic	1.00
1263	Leek	0.50
1263	Chives or scallions	7.00
1263	Bean curd	1.00
1263	Peanut oil	2.00 tb
1263	Ground beef	4.00 oz
1263	Soy sauce	2.00 tb
1263	Stock	2.00 c
1263	Rice wine	2.00 tb
1263	Cornstarch mixed w/ 2 tb H2O	1.00 tb
1263	Chili powder	0.50 ts
1263	Sesame oil	2.00 ts
1264	Scrod Or Cod Fillets; *	2.00 lb
1264	Cloves Garlic;Finely Chopped	8.00
1264	Margarine Or Butter	2.00 tb



Sheet1

1264	Vegetable Oil	2.00 tb
1264	Lemon Juice	0.25 c
1264	Salt	1.00 ts
1264	Fresh Cilantro; Snipped	1.00
1265	Water	2.00 c
1265	Dry white wine or water	1.00 c
1265	Salt	0.50 ts
1265	Sprig fresh or	1.00
1265	Dried thyme leaves	0.25 ts
1265	Sprig fresh or	1.00
1265	Dried tarragon leaves	0.25 ts
1265	Peppercorns	5.00
1265	Fresh parsley sprigs	4.00
1265	Onion, sliced	1.00 sm
1265	Stalk celery (with leaves),	1.00
1265	Bay leaf	1.00
1265	Salmon or other fatty fish	4.00 sm
1265	Steaks, 1-inch thick	0.00
1265	(about 1-1/2 pounds)	0.00
1265	Green sauce	0.00
1266	GREEN SAUCE -----	0.00 -----
1266	Fresh parsley sprigs	1.00 c
1266	Large curd creamed	1.50 c
1266	Cottage cheese	0.00
1266	Lemon juice	1.00 tb
1266	Milk	1.00 tb
1266	Chopped fresh or	2.00 ts
1266	Dried basil leaves	0.50 ts
1266	Salt	0.50 ts
1266	Pepper	0.12 ts
1266	Red pepper sauce	6.00 dr
1267	Medium-size raw shrimp	0.50 lb
1267	Dry sherry	1.00 tb
1267	Minced fresh ginger	1.00 tb
1267	Salt	1.00 ts
1267	Whole green onions, finely	4.00
1267	chopped	0.00
1267	Szechwan peppercorns	1.00 ts
1267	Water (more or less)	1.50 c
1268	Trout	6.00
1268	Salted Water	0.00
1268	Quick fish aspic	4.00 c
1268	Green onion stems and	0.00
1268	Hard-cooked egg whites	0.00
1268	(sliced thin) for decorating	0.00
1269	Peppercorns	6.00
1269	Coriander roots	8.00
1269	Stalks lemon grass	3.00
1269	Fish stock	4.00 c

Sheet1

1269	Slices siamese ginger	3.00
1269	Uncooked shrimp	2.00 c
1269	Lime juice	3.00 tb
1269	Fish suace (nam pla)	3.00 tb
1269	Red chilies (prik khee nu),	5.00
1269	Minced	0.00
1269	Chopped coriander	2.00 tb
1270	Or about 2 c. scallops	1.00 lb
1270	Cut into 1/2 inch pieces	0.00
1270	Lemon juice, salt, and	0.00
1270	Pepper	0.00
1270	Flour	0.50 c
1270	Olive oil or cooking oil	0.00
1270	A 10 inch frying pan	0.00
1270	(preferably a no-stick	0.00
1270	Pan)	0.00
1270	Minced shallots or	2.00 tb
1270	Scallions	0.00
1270	Clove garlic, mashed	1.00
1270	Butter	2.00 tb
1270	Minced fresh parsley	2.00 tb
1271	(1/4 stick) unsalted	2.00 tb
1271	Butter	0.00
1271	Shallot, chopped	1.00 lg
1271	Brut champagne or dry	1.00 c
1271	White wine	0.00
1271	Salt and freshly ground	0.00
1271	White pepper	0.00
1271	Fresh scallops	1.50 lb
1271	Calvert's cedar street	2.00 tb
1271	Chive mustard	0.00
1271	Whipping cream	3.00 c
1271	(1/2 stick) unsalted	0.25 c
1271	Butter, cut into pieces	0.00
1271	Kiwi fruit, peeled, sliced	2.00
1271	1/8-inch thick (garnish)	0.00
1272	Small cauliflower	1.00
1272	Thick Bechamel sauce	1.00 pt
1272	Teacup double cream	1.00
1272	Peeled prawns	0.50 lb
1272	Caerphilly cheese	0.25 lb
1272	Garlic salt	1.00 ts
1272	Tomato ketchup	1.00 tb
1272	Celery salt	1.00 ts
1272	Ground bay leaf	1.00 ts
1272	Turmeric	1.00 ts
1272	Mustard powder	1.00 ts
1273	Eggs; Lg, Hard Cooked	2.00
1273	Crab Meat	1.00 c

Sheet1

1273	Cheddar; Md, Grated	1.00 c
1273	Green Onion; Md, Diced	1.00
1273	Mayonnaise	0.50 c
1273	Catsup Or BBQ Sauce;To Taste	0.00
1273	Celery Salt	1.00 ds
1273	Onion Salt	1.00 ds
1273	Garlic Powder	1.00 ds
1273	Sweet Pickle Juice	2.00 tb
1274	Backfin crabmeat	1.00 lb
1274	Worcestershire sauce	1.00 ts
1274	Mayonnaise	2.00 tb
1274	Egg, beaten	1.00
1274	Cracker meal	0.25 c
1274	Garlic to taste	0.00
1274	Pinch cayenne pepper	0.00
1275	Croissants, cut into 1/2-inc	4.00 lg
1275	Cubes, or	0.00
1275	1/2-inch cubes french bread	4.00 c
1275	Shredded jarslberg, swiss or	1.00 c
1275	Mozzarella cheese (4 ounces	0.00
1275	(6 ounces) frozen crabmeat,	1.00 pk
1275	Thawed and well drained or	0.00
1275	Ounces imitation crabmeat, c	6.00
1275	Into 1/2-inch pieces	0.00
1275	Green onions (with tops), sl	2.00
1275	Milk	1.50 c
1275	Eggs	3.00
1275	Dry mustard	0.50 ts
1275	Salt	0.50 ts
1276	Crab delights flakes	8.00 oz
1276	or chunks	0.00
1276	Frozen oriental style	10.00 oz
1276	vegetables with seasoning	0.00
1276	Garlic powder	0.12 ts
1276	Ground ginger	0.12 ts
1276	Soy sauce optional	0.00
1277	(17-1/2 ounce-size)	0.50 pk
1277	Frozen puff pastry	0.00
1277	Margarine or butter	2.00 tb
1277	Thinly sliced green	2.00 tb
1277	Onions (with tops)	0.00
1277	All-purpose flour	2.00 tb
1277	Milk	0.50 c
1277	Whipping (heavy) cream	0.50 c
1277	Chopped cooked crabmeat	1.50 c
1277	Dry white wine or chicken br	0.50 c
1277	Chopped fresh parsley	2.00 tb
1277	Finely shredded lemon peel	1.00 ts
1277	Salt	0.25 ts

Sheet1

1277	Pepper	0.12 ts
1278	Bite-size pieces salad green	4.00 c
1278	Cut-up cooked crabmeat or	2.00 c
1278	1 pk (8 ounces) frozen	0.00
1278	Salad-style imitation	0.00
1278	crabmeat Thawed*	0.00
1278	Tomatoes, cut into fourths	4.00
1278	Hard-cooked eggs, cut into	4.00
1278	fourths	0.00
1278	Ripe or pimiento-stuffed	0.00
1278	olives	0.00
1278	LOUIS DRESSING -----	0.00 -----
1278	Chili sauce	0.75 c
1278	Mayonnaise or salad dressing	0.50 c
1278	Finely chopped onion	1.00 ts
1278	Sugar	0.50 ts
1278	Worcestershire sauce	0.25 ts
1278	Salt to taste	0.00
1279	Louis dressing	0.00
1279	Bite-size pieces salad green	4.00 c
1279	Cut-up cooked crabmeat or	2.00 c
1279	(8 ounces) frozen	1.00 pk
1279	Salad-style imitation crabm	0.00
1279	Thawed*	0.00
1279	Tomatoes, cut into fourths	4.00
1279	Hard-cooked eggs, cut into f	4.00
1279	Ripe or pimiento-stuffed ol	0.00
1280	Louis dressing	0.00
1280	Chili sauce	0.75 c
1280	Mayonnaise or salad dressing	0.50 c
1280	Finely chopped onion	1.00 ts
1280	Sugar	0.50 ts
1280	Worcestershire sauce	0.25 ts
1280	Salt to taste	0.00
1281	Oil	3.00 ts
1281	Ground pork	1.00 lb
1281	Chopped cooked or canned	6.00 oz
1281	crab meat	0.00
1281	Eggs	2.00
1281	Sherry	2.00 ts
1281	Salt	1.00 ts
1281	Cornstarch	1.00 tb
1281	Black pepper	0.00
1281	Scallions	2.00
1281	Minced ginger	4.00 sl
1281	Light soy sauce	1.00 tb
1281	Celery or chinese cabbage	1.00 lb
1281	Cornstarch mixed with 3 tb.	1.00 tb
1281	water	0.00

Sheet1

1282	Butter	2.00 tb
1282	Flour	2.00 tb
1282	Salt	0.50 ts
1282	Paprika	0.25 ts
1282	Cayenne Pepper	1.00 ds
1282	Half and Half	1.00 c
1282	Milk	0.50 c
1282	Sherry	0.25 c
1282	Egg Yolks, beaten	2.00
1282	Crabmeat, picked	1.00 lb
1283	Popovers	0.00
1283	Margarine or butter	0.25 c
1283	All-purpose flour	3.00 tb
1283	Salt	0.50 ts
1283	Dry mustard	0.50 ts
1283	Pepper	0.25 ts
1283	Milk	2.00 c
1283	Chopped cooked crab meat or	2.00 c
1283	Seafood sticks	0.00
1283	Dry sherry or	2.00 tb
1283	Apple juice	0.00
1284	CRUST -----	0.00 -----
1284	Recipe plain pastry or 1	0.50
1284	Layer pie crust mix for	0.00
1284	9 inch pie pan	0.00
1284	FILLING -----	0.00 -----
1284	Fresh lump crabmeat	7.50 oz
1284	(shells and cartilage re-	0.00
1284	Moved)	0.00
1284	Swiss cheese (grated)	3.00 oz
1284	Eggs	4.00
1284	Table cream	2.00 c
1284	Onion (minced)	0.33 c
1284	Salt	1.00 ts
1284	Cayenne pepper	0.25 ts
1284	Fresh parsley (chopped)	1.00 tb
1285	Chicken breasts	6.00
1285	Onion, chopped	0.50 c
1285	Celery, chopped	0.50 c
1285	Butter	3.00 tb
1285	White wine, dry	3.00 tb
1285	Crabmeat, flaked	7.50 oz
1285	Herb stuffing mix	0.50 c
1285	All-purpose flour	2.00 tb
1285	Paprika	0.50 ts
1285	Hollandaise sauce mix	1.00 pk
1285	Milk	0.75 c
1285	White wine, dry	2.00 tb
1285	Swiss cheese, shredded	0.50 c

Sheet1

1285	Salt	0.00
1285	Pepper	0.00
1286	Celery; minced	0.75 c
1286	Onion; minced	0.50 c
1286	Parsley; minced	0.50 c
1286	Shallots; minced	0.25 c
1286	Clove garlic; minced	1.00
1286	Butter; melted	0.50 c
1286	All-purpose flour	1.00 tb
1286	Milk	0.50 c
1286	Dry white wine	0.50 c
1286	Crabmeat	0.50 lb
1286	Seasoned dry breadcrumbs	1.25 c
1286	Salt	0.25 ts
1286	Pepper	0.00
1286	8 oz flounder fillets; cut half crosswise	6.00 0.00
1286	Mornay sauce	0.00
1286	Paprika	0.00
1287	Jumbo fresh shrimp	12.00
1287	Onion; finely chopped	1.00 md
1287	Green pepper; finely chopped	0.50 md
1287	Celery; finely chopped	0.50 c
1287	Butter; melted	0.50 c
1287	Crabmeat; drained, flaked	1.00 lb
1287	Saltine cracker crumbs	0.75 c
1287	Mayonnaise	0.50 c
1287	Prepared mustard	1.00 tb
1287	Worcestershire sauce	2.00 ts
1287	Red pepper	0.12 ts
1287	Egg; beaten	1.00
1287	Paprika	0.00
1288	Large Shrimp *	12.00
1288	Sliced Green Onion	2.00 tb
1288	Butter Or Margarine	1.00 tb
1288	Lemon Juice	1.00 ts
1288	Dash Bottled HotPepper Sauce	0.00
1288	Canned Crab Meat **	5.50 oz
1288	Fine Dry Bread Crumbs	2.00 tb
1288	Lemon Wedges	0.00
1289	Thin slices prosciutto	24.00
1289	Fresh lump crabmeat	2.00 lb
1289	Sweet butter	12.00 tb
1289	Worchestershire sauce	1.00 ts
1289	Tabasco sauce	0.50 ts
1289	Lemon (juice only)	1.00
1289	Finely chopped parsley	1.00 tb
1289	Freshly ground black pepper	0.00
1290	Vegetable oil	2.00 tb

Sheet1

1290	Fresh crab meat, diced	1.00 lb
1290	Cloves garlic, crushed	2.00
1290	Fresh snow peas	0.50 lb
1290	(8 oz) water chestnuts (OR	1.00 cn
1290	Jicama, cut in 1/2" cubes)	1.00 c
1290	White wine	0.25 c
1290	Soy sauce	1.00 tb
1290	Arrowroot	1.00 tb
1290	Water	0.25 c
1290	Rice, freshly cooked	4.00 c
1291	Fresh, lump crabmeat	1.00 lb
1291	Grapefruit	2.00
1291	DRESSING -----	0.00 -----
1291	Fresh lemon juice	0.25 c
1291	Oil	0.67 c
1291	Salt	0.25 ts
1291	Black pepper	0.25 ts
1291	Romaine lettuce	0.75 lb
1291	VARIATION -----	0.00 -----
1291	Instead of the dressing, us	0.00
1291	Vinaigrette	1.00 c
1292	Peanut oil	4.00 tb
1292	Live, unshelled, crab	2.00 lb
1292	(cleaned)	0.00
1292	Minced garlic	2.00 tb
1292	Minced fresh ginger root	1.00 ts
1292	Coarsely chopped scallions	4.00 tb
1292	Chinese rice wine or:	2.00 tb
1292	dry sherry	0.00
1292	Light soy sauce	2.00 tb
1292	Dark soy sauce	0.50 ts
1292	Salt	1.00 pn
1292	Chicken broth	0.25 c
1293	Lean ground beef	2.00 lb
1293	Crawfish tails	2.00 lb
1293	Garlic, chopped fine	1.00 ts
1293	Salt	2.00 ts
1293	Soy sauce	1.00 tb
1293	Cayenne pepper	1.00 ts
1293	Dried mint	1.00 ts
1293	Dried parsley	1.00 tb
1293	Chili powder	3.00 tb
1293	(8 oz) tomato sauce	1.00 cn
1293	Dry white wine	1.00 c
1293	Water	0.00
1293	Lemon or lime juice	1.00 ts
1293	Chopped onions	1.00 c
1293	Bacon drippings	0.00
1294	Pound cleaned raw crawfish	1.00

Sheet1

1294	Margarine or butter	0.25 c
1294	All-purpose flour	3.00 tb
1294	Onion, chopped	1.00 md
1294	(about 1/2 cup)	0.00
1294	Green bell pepper,	1.00 sm
1294	Chopped (about 1/2 cup)	0.00
1294	Stalk celery, sliced	1.00 md
1294	(about 1/2 cup)	0.00
1294	Cl Garlic, finely chopped	1.00
1294	Water	1.00 c
1294	Chopped fresh parsley	2.00 tb
1294	Lemon juice	2.00 ts
1294	Salt	0.50 ts
1294	Pepper	0.25 ts
1294	Red pepper sauce	0.25 ts
1294	Hot cooked rice	2.00 c
1295	Crayfish meat (or lobster as	1.50 c
1295	a substitute)	0.00
1295	Long rice (long grain)	1.00 c
1295	Bacon	4.00 oz
1295	White sauce	1.50 c
1295	Oysters, beaded	18.00
1295	Salt	0.50 ts
1295	Dry sherry	2.00 tb
1295	Doz Tomatoes, halved	0.50
1295	Lemons, sliced	3.00
1295	Parsley	0.00
1296	Chopped garlic	1.00 tb
1296	Chopped yellow onions	0.50 c
1296	Chopped carrots	0.50 c
1296	Crayfish (cooked)	1.00 lb
1296	Butter	1.00 tb
1296	Tomato puree	2.00 tb
1296	Brandy	2.00 tb
1296	Flour	3.00 tb
1296	Dry white wine	0.50 c
1296	Water	4.00 c
1296	Salt and pepper, to taste	0.00
1297	Butter	0.75 lb
1297	Chopped onion	6.00 c
1297	Chopped green pepper	2.00 c
1297	Cloves of garlic	5.00
1297	Salt	4.00 ts
1297	Black pepper	1.00 ts
1297	Cayenne pepper	1.00 ts
1297	Sugar	1.00 ts
1297	Tomato paste	0.25 c
1297	Cornstarch	3.00 tb
1297	Water	1.50 c



Sheet1

1297	White wine	1.50 c
1297	Crayfish tail meat	4.00 lb
1297	Scallion, chopped	1.00
1297	Kitchen Bouquet	1.00 ts
1298	(8 ounces) cream cheese,	1.00 pk
1298	Cut into cubes	0.00
1298	Milk	1.00 c
1298	Dijon mustard	2.00 ts
1298	Chopped fresh or	1.50 ts
1298	Dried dill weed	0.50 ts
1298	Green onions (with tops), sl	2.00
1298	(14-1/2 ounces) ready-to-ser	1.00 cn
1298	Chicken broth	0.00
1298	Ounces smoked salmon, flaked	12.00
1299	Pounds catfish or other medi	2.00
1299	Fish fillets	0.00
1299	Chopped green bell pepper	0.33 c
1299	Chopped	2.00 tb
1299	Fresh parsley	0.00
1299	Lemon juice	1.00 tb
1299	Salt	0.50 ts
1299	Ground red	0.50 ts
1299	Pepper (cayenne)	0.00
1299	Onion, chopped	1.00 md
1299	(about 1/2 cup)	0.00
1299	Cl Garlic, crushed	1.00
1299	(28 ounces) whole	1.00 cn
1299	Tomatoes, undrained	0.00
1299	Hot cooked rice	3.00 c
1300	Rice	0.75 c
1300	Butter or margarine	2.00 tb
1300	Onion	1.00 sm
1300	Green pepper, cored and	1.00 sm
1300	seeded and chopped	0.00
1300	15 oz can tomatoes, chopped,	1.00
1300	juice included	0.00
1300	Cajun seasoning	1.00 ts
1300	Black pepper	0.25 ts
1300	Sugar	0.50 ts
1300	Worchestershire sauce	0.50 ts
1300	Bay leaf	1.00
1300	Ground cloves	0.12 ts
1300	6 oz can crab meat, white or	1.00
1300	lump, drained	0.00
1300	Grated parmesan	3.00 tb
1301	SAUCE -----	0.00 -----
1301	(15 Oz.) Tomato Puree	1.00 cn
1301	Water	0.50 c
1301	White Vinegar	3.00 tb

## Sheet1

1301	Worcestershire Sauce	3.00 tb
1301	Hot Sauce	0.50 ts
1301	Garlic Powder	0.50 ts
1301	Mustard	1.00 tb
1301	Salt	0.25 ts
1301	Pepper	0.33 ts
1301	Orange Juice Concentrate	2.00 tb
1301	Thawed	0.00
1301	Packets Equal	3.00
1301	Cooked Shrimp	12.00 oz
1302	Tuna; 6 1/2 oz, packed in	1.00 cn
1302	oil	0.00
1302	Anchovies; 2 oz	1.00 cn
1302	Parsley, Italian; fresh,	1.00 tb
1302	chopped	0.00
1302	Salt	0.00
1302	freshly ground black pepper	0.00
1302	Flour;unbleached	0.50 c
1302	Cold water	0.50 c
1302	Eggs; slightly beaten	3.00
1302	Onion salt	1.00 ts
1302	Oil	0.00
1303	Fillets white fish, 1 lb	4.00
1303	Egg white	1.00
1303	Water	1.00 tb
1303	Cornflake crumbs	0.50 c
1303	Lemon pepper	0.12 ts
1303	Chopped fresh parsley	2.00 ts
1303	Low fat margarine, melted	1.00 ts
1304	Fillets white fish, 1 lb	4.00
1304	Water	1.00 tb
1304	Lemon pepper	0.12 ts
1304	Low fat margarine, melted	1.00 ts
1304	Egg white	1.00
1304	Cornflake crumbs	0.50 c
1304	Chopped fresh parsley	2.00 ts
1305	Shrimp	24.00 md
1305	Garlic and herb seasoning	0.50 ts
1305	Black pepper	0.25 ts
1305	Flour	0.75 c
1305	Egg, well beaten	1.00
1305	Shredded coconut	0.25 c
1306	Fillets (catfish, snapper,fl	1.50 lb
1306	Milk	1.00 c
1306	Yellow cornmeal	2.00 c
1306	Tabasco	1.00 ts
1306	Salt	0.50 ts
1306	(1 stick) unsalted butter	0.25 lb
1306	Vegetable oil	0.25 c

Sheet1

1306	Chopped pecans	1.00 c
1306	Chopped parsley	1.00 c
1306	Freshly squeezed lemon juice	0.50 c
1307	4-oz catfish or other fillet	4.00 x
1307	Cooking oil or margarine	2.00 ts
1307	Crushed herb stuffing mix	0.75 c
1307	Med baking potatoes (12 oz)	2.00 x
1307	Garlic salt	1.00 ds
1307	Margarine, melted	2.00 tb
1308	Squid, fresh	1.00 lb
1308	Snapper fillets	0.75 lb
1308	Garlic clove	1.00 ea
1308	Egg white	1.00 ea
1308	Salt	0.50 ts
1308	Pepper, white	0.25 ts
1308	Nutmeg; dash	1.00 x
1308	Shallot	2.00 ea
1308	Thai chile, fresh	2.00 ea
1308	Candlenut	3.00 ea
1308	Lemon grass, stem	2.00 ea
1308	Oil; for frying	1.00 x
1308	Coconut milk	1.00 c
1309	Rock salt	0.50 c
1309	Sugar	1.00 c
1309	Cracked white pepper	2.00 tb
1309	Bunch fresh dill	1.00
1309	Salmon fillet	2.00 lb
1309	In.thick. (2 pieces)	1.00
1309	Aquavite (optional)	2.00 tb
1309	Butter lettuce	0.00
1309	Lemon wedges	4.00
1309	Sauce	0.00
1309	Dijon mustard	4.00 tb
1309	Vinegar	1.00 tb
1309	Sugar	0.50 tb
1309	Peanut oil	0.50 c
1309	Chopped dill	1.00 tb
1309	Salt and pepper, to taste	0.00
1310	Med Onion, chopped	0.00
1310	Stalks Celery, chopped	2.00 x
1310	Butter or Margarine	4.00 tb
1310	Apples, sliced	2.00 x
1310	Curry Powder	0.75 ts
1310	Flour	2.00 ts
1310	Water	0.75 c
1310	Chicken Bouillon Cube	0.00
1310	Med Shrimp, shelled & cleane	0.75 lb
1311	Shrimp, shelled and deveined	24.00
1311	Butter or margarine	2.00 tb

Sheet1

1311	Coconut milk	4.00 c
1311	Curry Spice Paste	1.00 c
1311	Julienned fresh basil	1.00 tb
1312	Margarine or butter	3.00 tb
1312	Pound sea scallops, cut in h	1.00
1312	Green onions (with tops), ch	3.00
1312	All-purpose flour	1.00 tb
1312	Curry powder	1.00 tb
1312	Salt	0.50 ts
1312	Chicken broth	0.50 c
1312	Milk	0.50 c
1312	Tomato, chopped	1.00 md
1312	(about 1/2 cup)	0.00
1312	Hot cooked rice	3.00 c
1313	Oil	2.00 tb
1313	Minced Garlic Cloves	3.00
1313	Shrimp, Shelled & Deveined	8.00 oz
1313	Curry Powder	1.00 ts
1313	Fish Sauce (Nam Pla)	2.00 tb
1313	Oyster Sauce	1.00 tb
1313	Sugar	1.50 tb
1313	Slivered Green Bell Pepper	0.25 c
1313	Slivered Red Bell Pepper	0.25 c
1313	Sweet Basil Leaves	0.25 c
1313	Sliced Onions	0.25 c
1314	Dashi	3.00 c
1314	Miso	0.50 c
1314	Mochi-flour	0.25 pk
1314	Stalks green onions	2.00
1314	White fleshed fish	1.00 lb
1314	Gourmet powder	0.25 ts
1315	Stephen Ceideburg	0.00
1315	White peppercorns	10.00
1315	Mace	0.00
1315	Thai shrimp paste	1.00 ts
1315	To 5 long red dried chillies	3.00
1315	Cloves shallots	4.00
1315	Stalk lemon grass	0.50
1315	Galangal	1.00 ts
1315	Kaffir Lime Zest	0.50 ts
1315	Chopped Coriander Root	1.00 tb
1315	Salt	0.50 ts
1315	Coconut Cream	250.00 ml
1315	To 3 tb Red Curry Paste	2.00 tb
1315	Fish Sauce	1.00 tb
1315	Palm Sugar	0.50 tb
1315	Coffin Bay Scallops	24.00
1315	Coconut Milk	125.00 ml
1315	Kaffir Lime Leaves	5.00

## Sheet1

1315	Fresh Red Chilli, Julienned	1.00 lg
1315	Coriander Leaves	2.00 tb
1315	Jasmine Rice	0.00
1316	Catfish fillets	3.00 lb
1316	Eggs, lightly beaten	2.00 ea
1316	Ground mustard	1.00 ts
1316	Salt	0.50 ts
1316	White pepper	0.50 ts
1316	Ground red pepper	0.50 ts
1316	Corn flour	0.50 c
1316	Corn meal	0.75 c
1316	Light veg. or peanut oil	2.00 qt
1317	Vegetable oil or shortening	0.00
1317	Pound lean fish fillets, About 3/4-inch thick	1.00 0.00
1317	All-purpose flour	0.33 c
1317	Salt	0.25 ts
1317	Pepper	0.12 ts
1317	Eggs, slightly beaten	2.00
1317	Dry bread crumbs	0.50 c
1318	Ounces shucked oysters or cl	12.00
1318	Vegetable oil	0.00
1318	All-purpose flour	0.50 c
1318	Salt	1.00 ts
1318	Pepper	0.50 ts
1318	Eggs, slightly beaten	2.00
1318	Dry bread crumbs	0.75 c
1319	Ounces shucked scallops, dra	12.00
1319	Vegetable oil	0.00
1319	All-purpose flour	0.50 c
1319	Salt	1.00 ts
1319	Pepper	0.50 ts
1319	Eggs, slightly beaten	2.00
1319	Dry bread crumbs	0.75 c
1320	Pounds medium raw shrimp	1.50
1320	Vegetable oil	0.00
1320	All-purpose flour	0.50 c
1320	Salt	1.00 ts
1320	Pepper	0.50 ts
1320	Eggs, slightly beaten	2.00
1320	Dry bread crumbs	0.75 c
1321	10-oz. trout	4.00
1321	Milk	0.25 c
1321	Salt	0.00
1321	Freshly ground pepper	0.00
1321	Flour	0.50 c
1321	Oil for deep frying	0.00
1321	Tartar Sauce	0.00
1321	Lemon wedges for garnish	0.00

Sheet1

1322	Crap flakes or chunks	8.00 oz
1322	Mayonnaise	0.33 c
1322	Sliced celery	1.00 c
1322	Finely chopped onion	2.00 tb
1322	Uncut round sandwich buns	6.00
1323	Cracker crumbs	0.50 c
1323	Butter; melted	1.50 ts
1323	Claw crabmeat	0.50 lb
1323	Mayonnaise; divided	0.25 c
1323	White wine	2.00 ts
1323	Worcestershire sauce	1.00 tb
1323	Dijon mustard	1.00 tb
1323	Egg; hard boiled, chopped	1.00
1323	Hot sauce	0.25 ts
1323	Ground nutmeg	0.25 ts
1323	Paprika	0.25 ts
1324	Crabmeat	1.00 lb
1324	Salt	0.50 ts
1324	Mashed potatoes	1.00 c
1324	Old Bay seasoning	0.00
1324	Eggs, hard boiled, chopped	2.00
1324	Dash onion powder	0.00
1324	Sm. green pepper, chopped	1.00
1324	Parsley, chopped	1.00 tb
1324	Egg, beaten	1.00
1324	Cracker meal	0.00
1325	Crabmeat	1.00 lb
1325	Salt	0.50 ts
1325	Mashed potatoes	1.00 c
1325	Old Bay seasoning	0.00
1325	Eggs, hard boiled, chopped	2.00
1325	Dash onion powder	0.00
1325	Sm. green pepper, chopped	1.00
1325	Parsley, chopped	1.00 tb
1325	Egg, beaten	1.00
1325	Cracker meal	0.00
1326	Onion, very finely diced	1.00 sm
1326	Lemon juice	3.00 tb
1326	Green pepper, chopped	0.50 sm
1326	Bread crumbs	0.50 c
1326	Butter (1 stick)	0.25 lb
1326	Grated provolone	0.50 c
1326	OR Parmesan	0.00
1326	Dijon mustard	1.50 tb
1326	Soy sauce	1.00 ts
1326	Salt and pepper	0.00
1326	Cayenne or dash of	1.00 pn
1326	Tabasco	0.00
1326	Walleye fillets	2.00 lb

Sheet1

1327	Jumbo shrimp	20.00
1327	Onion (sliced)	1.00
1327	Lemons (sliced)	2.00
1327	Salt	1.00 tb
1327	Freshly ground pepper	1.00 tb
1327	Paprika	1.00 tb
1327	Garlic (chopped)	2.00 cl
1328	Basic soup stock	6.00 c
1328	Soy sauce	1.00 ts
1328	Salt	1.50 ts
1328	Sake	2.00 ts
1328	Mushrooms, each in thirds	6.00
1328	(1/4-in.) slices kamaboko	6.00
1328	(fish cake)	0.00
1328	Bite-size pieces boneless	6.00
1328	Chicken	0.00
1328	Ginko nuts	12.00
1328	Shrimp, peeled,	6.00 sm
1328	Deveined	0.00
1328	(1/2-in.) cubes fresh white	6.00
1328	Meat fish	0.00
1328	Spinach leaves	6.00
1328	Lime, cut into 6 slices	1.00
1330	Fish; Whole, *	3.00 lb
1330	Ancho Chiles; Dried, OR	2.00 ea
1330	Red Peppers; Crushed	0.50 ts
1330	Red Wine, Dry	0.33 c
1330	Onion; Chopped, 1 Md.	0.50 c
1330	Clove Garlic; Minced	1.00 ea
1330	Olive Or Vegetable Oil	2.00 tb
1330	Tomatoes; Md, **	3.00 ea
1330	Water	0.33 c
1330	Parsley; Snipped	0.25 c
1330	Sugar	1.00 ts
1330	Salt	0.50 ts
1330	Oregano; Dried, Crushed	0.50 ts
1330	Cumin; Ground	0.25 ts
1330	Salt And Pepper	1.00 x
1330	Pimento Stuffed Olives; ***	0.50 c
1330	Capers; (Optional)	1.00 tb
1331	Fresh shrimp, steamed	1.00 lb
1331	Until just pink, deveined	0.00
1331	And peeled	0.00
1331	Calvert's cedar street	0.75 c
1331	Shallot vermouth vinaigret	0.00
1331	Calvert's cedar street	1.00 tb
1331	Basil mustard	0.00
1332	Peanut oil	4.00 tb
1332	Cleaned, unshelled shrimp	2.00 lb

Sheet1

1332	Minced garlic	2.00 tb
1332	Minced fresh ginger root	1.00 ts
1332	Coarsely chopped scallions	4.00 tb
1332	Chinese rice wine, or:	2.00 tb
1332	Dry sherry	0.00
1332	Light soy sauce	2.00 tb
1332	Dark soy sauce	0.50 ts
1332	Salt	1.00 pn
1332	Chicken broth	0.25 c
1333	Stephen Ceideburg	0.00
1333	Medium shrimp, peeled,	1.00 lb
1333	deveined, tails left on	0.00
1333	Salt	0.50 ts
1333	Turmeric	0.25 ts
1333	Mustard seeds	0.50 ts
1333	Cumin seeds	1.00 ts
1333	Whole garlic cloves, peeled	4.00
1333	Half-inch piece fresh	1.00
1333	ginger, peeled	0.00
1333	Dried red chiles, stemmed	2.00
1333	Lemon juice	1.00 tb
1333	Mustard oil or light olive	2.00 tb
1333	oil	0.00
1333	Finely chopped onion	1.00 c
1333	Chopped tomato	1.50 c
1333	To 1/2 cup water	0.25 c
1333	Freshly cooked basmati or	0.00
1333	long-grain rice	0.00
1334	Stephen Ceideburg	0.00
1334	To 3/4 ts cayenne pepper	0.50 ts
1334	Mustard oil or light olive	3.00 tb
1334	oil	0.00
1334	Fresh salmon or red snapper	1.00 lb
1334	filet	0.00
1334	Broccoli florets	0.50 c
1334	Red bell pepper julienne	0.25 c
1334	Peeled, sliced carrots	0.50 c
1334	Petite peas, fresh or frozen	0.25 c
1334	Whole cloves	5.00
1334	Two-inch piece cinnamon	1.00
1334	stick, broken	0.00
1334	Green cardamom pods	2.00
1334	Bay leaf	1.00
1334	Finely chopped onion	0.50 c
1334	Grated fresh ginger	2.00 ts
1334	Dijon-style mustard	1.00 tb
1334	Unflavored yogurt	4.00 tb
1334	Salt	0.50 ts
1334	Lemon juice	2.00 ts



Sheet1

1334	Fresh mint leaves for	0.00
1334	garnish	0.00
1335	Sticks margarine	1.50 x
1335	Medium onions, chopped	3.00
1335	Bell pepper, chopped	1.00
1335	Ribs celery, chopped	4.00
1335	Ro-tel tomatoes	1.00 c
1335	Juice of 1/2 lemon	0.00
1335	Worcestershire sauce	1.00 ts
1335	Parsley, chopped	0.25 c
1335	Garlic cloves, minced	2.00 x
1335	Shrimp, peeled	2.00 lb
1335	Cream of mushroom soup	1.00 c
1335	Green onion tops, chopped	0.25 c
1336	Cal/serving 325	0.00
1336	Prep time: 20 min	0.00
1336	Cooking time: 25 min	0.00
1336	Turbot fillets; frozen **	1.00 lb
1336	Green onions; minced	0.25 c
1336	Parsley; finely chopped	2.00 tb
1336	Tarragon	0.25 ts
1336	Chervil	0.50 ts
1336	Salt	0.50 ts
1336	White wine; dry	0.50 c
1336	Water	1.00 c
1336	Milk	0.33 c
1336	Butter	2.00 tb
1336	Flour	2.00 tb
1336	Green grapes, seedless	0.50 c
1336	cut in half	0.00
1337	Cornbread mix, prepared	1.00 pk
1337	Red onion, small	1.00
1337	Red bell pepper, small	1.00
1337	Green bell pepper, small	1.00
1337	Garlic cloves	2.00
1337	Olive oil	2.00 tb
1337	Lump crabmeat	1.00 lb
1337	Shrimp	0.50 lb
1337	Flounder fillets	0.50 lb
1337	Scallops	0.25 lb
1337	Mayonnaise	0.50 c
1337	Lime juice	2.00 tb
1337	Cayenne	0.12 ts
1337	Salt to taste	0.00
1337	White pepper to taste	0.00
1337	Clarified butter	6.00 tb
1338	Celery	0.50 c
1338	Garlic clove, minced	1.00
1338	Nuts, chopped	0.25 c

Sheet1

1338	Cumin	0.12 ts
1338	Fish, cooked	4.00 oz
1338	Onion	2.00 tb
1338	Butter	1.00 tb
1338	Turmeric	0.25 ts
1338	Salt & pepper to taste	0.00
1338	Rice, cooked	0.50 c
1339	Fresh peas (or 10-oz pkg	2.00 c
1339	frozen)	0.00
1339	Fettuccine	0.75 lb
1339	Sea scallops, rinsed, patted	1.25 lb
1339	dry	0.00
1339	Unsalted butter, cut into	2.00 tb
1339	bits	0.00
1339	Saffron butter sauce (see	0.00
1339	recipe)	0.00
1340	Olive oil	0.50 c
1340	Shrimp - medium, uncooked,	1.00 lb
1340	Peeled & deveined	0.00
1340	Tomatoes - seeded and	4.00 lg
1340	Coarsely chopped	0.00
1340	Fresh basil - chopped	0.50 c
1340	Black olives -	0.33 c
1340	Sliced & pitted	0.00
1340	Garlic cloves - minced	3.00 lg
1340	Shallots - minced	2.00 tb
1340	Salt & freshly ground	0.00
1340	Black pepper	0.00
1340	Fettuccine, freshly cooked	1.00 lb
1340	Romano cheese - grated	0.00
1341	Karen Mintzias	0.00
1341	Lemon grass stalks, or:	2.00
1341	Lemon zest	2.00 ts
1341	Shallots, minced	2.00
1341	Garlic cloves, minced	3.00
1341	Fresh ginger, grated	2.00 ts
1341	Coriander seeds	2.00 ts
1341	Yellow or green chilies	6.00
1341	(minced)	0.00
1341	Fresh kaffir lime leaves	0.50 c
1341	(minced), or:	0.00
1341	Lime zest	1.00 ts
1341	Honey	1.00 ts
1341	Unsweetened coconut milk	0.50 c
1341	Shrimp, peeled	1.00 lb
1341	Canola oil	2.00 ts
1341	Lime juice	0.50 c
1341	Mirin or white wine	0.25 c
1341	Salt	0.50 ts

Sheet1

1342	Haddock fillets, frozen **	1.00 lb
1342	Onion; chopped	0.50 c
1342	Green pepper; chopped	0.50 c
1342	Garlic clove; crushed	1.00
1342	Olive or vegetable oil	2.00 tb
1342	Tomatoes; canned	19.00 oz
1342	Tomatoe sauce; canned	7.50 oz
1342	Potatoes; diced	1.00 c
1342	Bay leaf	1.00 sm
1342	Oregano	0.25 ts
1342	Salt and pepper	1.00 ds
1343	Pkg frozen fish portions	11.50 oz
1343	Can stewed tomatoes, cut up	16.00 oz
1343	Chili powder	2.00 ts
1343	Shredded Cheddar cheese	0.25 c
1343	Tiny shell macaroni	1.00 c
1343	Chopped onion	0.50 c
1343	Garlic salt	0.25 ts
1343	Parsley (opt)	1.00 ds
1344	Olive Oil	1.00 tb
1344	Medium Carrots, chopped	2.00
1344	Small Onion, chopped	1.00
1344	Minced Fresh Mushrooms	0.50 c
1344	Fish scraps	2.00 lb
1344	Lobster head	1.00
1344	Bouquet Garni	1.00
1344	Fresh Seaweed	0.67 lb
1344	Water	1.50 qt
1344	Salt	0.00
1344	Ground White Pepper	0.00
1344	Cornstarch (optional)	2.00 tb
1344	Skim Milk (optional)	0.25 c
1344	3/4 in. Red Snapper fillets	4.00
1345	Firm tomatoes	4.00 md
1345	Sweet butter	12.00 tb
1345	Skinless fillets of sole	4.00
1345	(1-3/4 lbs.)	0.00
1345	Salt	1.00 ts
1345	Pepper	0.25 ts
1345	Fish stock (fume)	0.50 c
1345	Dry white wine	0.50 c
1345	Onions, finely sliced	3.00 sm
1346	Thin sole fillets	1.50 lb
1346	Thin salmon fillets	0.50 lb
1346	Spinach leaves; rinsed	12.00 lg
1346	Fish or chicken stock	2.00 c
1346	Shallot; minced	1.00
1346	Dry white wine	0.50 c
1346	Red peppers	2.00 lg

Sheet1

1346	roasted, peeled & pureed	0.00
1346	Apple jelly	1.00 tb
1346	Lemon juice	1.00 tb
1346	Salt, pepper	0.00
1347	Small chopped green onions	6.00
1347	Fresh mushrooms, sliced	0.50 lb
1347	Flounder	1.00 lb
1347	Salt & pepper	0.25 ts
1347	Dried whole italian season	0.50 ts
1347	Olive oil	2.00 tb
1347	Soy sauce	0.25 ts
1347	White wine	0.50 c
1347	Orange juice	0.25 c
1347	Curacau liqueur	3.00 tb
1347	Paprika	1.00
1347	Minced parsley	2.00 tb
1348	Frozend spinach, cooked per	21.00 oz
1348	Fish fillets	2.00 lb
1348	Court bouillon	1.50 c
1348	Butter	3.00 tb
1348	Flour	2.00 tb
1348	Cream	0.33 c
1348	Grated Swiss cheese	0.50 c
1348	Salt and pepper to taste	0.00
1348	Grated Parmesan cheese	2.00 tb
1349	Olive oil	2.00 tb
1349	Onion, peeled and sliced	1.00
1349	Minced garlic	2.00 ts
1349	Red bell peppers	2.00
1349	Ripe tomatoes, diced	3.00
1349	Salt and pepper to taste	0.00
1349	Thyme	0.50 ts
1349	Fish fillets	2.00 lb
1349	Court bouillon	0.00
1350	Head, tail, backbone of fish	0.00
1350	Butter	4.00 tb
1350	Peppercorns	6.00
1350	Hollandaise sauce **	1.00 c
1350	Shallots, sliced	2.00
1350	Flour	1.50 tb
1350	Water	1.00 c
1350	Milk	4.00 tb
1350	White wine	0.33 c
1350	Salt and pepper	0.00
1350	Fillets of steelhead	2.00 lb
1350	Cucumber and lemon slices	0.00
1350	Bouquet garni	1.00
1350	Thyme,	0.25 ts
1350	Tarragon	0.50 ts

Sheet1

1350	Mushrooms	0.50 lb
1350	HOLLANDAISE SAUCE -----	0.00 -----
1350	Egg yolks	2.00
1350	Salt	0.00
1350	Fresh lemon juice	0.00
1350	Cayenne	1.00 pn
1350	Cold butter, 8 pieces	0.25 lb
1351	Head, tail, backbone of fish	0.00
1351	Butter	4.00 tb
1351	Peppercorns	6.00
1351	Hollandaise sauce **	1.00 c
1351	Shallots, sliced	2.00
1351	Flour	1.50 tb
1351	Water	1.00 c
1351	Milk	4.00 tb
1351	White wine	0.33 c
1351	Salt and pepper	0.00
1351	Fillets of steelhead	2.00 lb
1351	Cucumber and lemon slices	0.00
1351	Bouquet garni	1.00
1351	Thyme,	0.25 ts
1351	Tarragon	0.50 ts
1351	Mushrooms	0.50 lb
1351	HOLLANDAISE SAUCE -----	0.00 -----
1351	Egg yolks	2.00
1351	Salt	0.00
1351	Fresh lemon juice	0.00
1351	Cayenne	1.00 pn
1351	Cold butter, 8 pieces	0.25 lb
1353	Butter	4.00 tb
1353	Splash of dry white wine	0.00
1353	Trout filleted	2.00
1353	Fish stock, OR half clam	0.25 c
1353	Juice, half water	0.00
1353	Salt and fresh pepper	0.00
1353	Macadamia nuts, sliced	0.25 c
1353	Heavy cream	3.00 tb
1353	Oil for deep frying	0.00
1353	Tomato sauce	0.12 ts
1353	Capers	2.00 tb
1354	Fillets or steaks	2.50 lb
1354	Butter	4.00 tb
1354	Salt	0.00
1354	Onion, minced	1.00
1354	Juice from 1/2 lemon	0.00
1354	Tarragon OR	0.50 ts
1354	Pinch of cayenne OR dash	0.00
1354	Of hot sauce	0.00
1354	Marjoram	0.00

Sheet1

1354	Egg yolks, beaten	2.00
1354	Cream	1.00 c
1354	Fish broth	1.00 c
1354	Grated cheese	6.00 tb
1355	Fillets or steaks	2.50 lb
1355	Butter	4.00 tb
1355	Salt	0.00
1355	Onion, minced	1.00
1355	Juice from 1/2 lemon	0.00
1355	Tarragon OR	0.50 ts
1355	Pinch of cayenne OR dash	0.00
1355	Of hot sauce	0.00
1355	Marjoram	0.00
1355	Egg yolks, beaten	2.00
1355	Cream	1.00 c
1355	Fish broth	1.00 c
1355	Grated cheese	6.00 tb
1356	Salt cod	1.00 lb
1356	Hardbread or hardtack cakes	2.00
1356	Salt prok; diced	1.00 c
1357	Potatoes	4.00
1357	Vegetable oil	0.00
1357	Pound cod or other lean	1.00
1357	Fish fillets	0.00
1357	All-purpose flour	0.67 c
1357	Salt	0.50 ts
1357	Baking soda	0.50 ts
1357	Vinegar	1.00 tb
1357	Water	0.67 c
1358	4-oz Cod or other fish fille	4.00 x
1358	Med onion, sliced into rings	0.00
1358	Finely shredded lemon peel	0.50 ts
1358	Garlic clove, minced	0.00
1358	Swt red pepper cut in strips	0.75 c
1358	Water	1.00 tb
1358	Chicken broth	0.75 c
1358	Dried Oregano or Marjoram	0.75 ts
1358	Lemon juice	1.00 tb
1358	Green pepper cut into strips	0.75 c
1358	Cornstarch	1.50 ts
1358	Lemon, sliced and halved	0.00
1359	Plain non-fat yogurt	8.00 oz
1359	Chopped fresh dill	0.25 c
1359	Rice vinegar	2.00 tb
1359	Chopped chives	2.00 tb
1359	Salt	0.50 ts
1359	Pepper	0.50 ts
1359	Small red potatoes, sliced	0.75 lb
1359	Salmon filets, cut in pieces	1.00 lb

## Sheet1

1359	Broccoli florets	1.00 c
1359	Lemon juice	2.00 tb
1360	White fish trimmings and	2.00 lb
1360	bones	0.00
1360	Dry white wine	1.00 c
1360	Lemon juice	2.00 tb
1360	Onions, sliced	2.00
1360	Tarragon	4.00
1360	Parsley	4.00
1360	Bay leaf	1.00
1360	Unflavored gelatin	6.00
1360	Egg whites and shells	3.00 lg
1361	Fillets, or whole small	6.00
1361	Pan-dressed fish	0.00
1361	(about 2 lbs.)	0.00
1361	Sheets heavy aluminum foil	6.00
1361	Salt	0.00
1361	Seasoned pepper	0.00
1361	Dried dill seed, parsley,	0.00
1361	Or rosemary, if desired	0.00
1361	Butter	0.00
1361	Lemon or lime slices	6.00
1361	Dry white wine	12.00 tb
1362	Pounds fish bones and trimmi	1.50
1362	Cold water	4.00 c
1362	Dry white wine	1.50 c
1362	Lemon juice	1.00 tb
1362	Salt	1.00 ts
1362	Ground thyme or	0.50 ts
1362	Fresh chopped thyme	2.00 ts
1362	Leaves	0.00
1362	Celery stalk, chopped	1.00 lg
1362	(about 1/2 cup)	0.00
1362	Onion, sliced	1.00 sm
1362	Mushrooms, chopped	3.00
1362	Sprigs parsley	2.00
1362	Bay leaf	1.00
1363	Oil	1.00 tb
1363	Onion, sliced thickly from	1.00
1363	top to base	0.00
1363	Fresh ginger, grated	1.00 ts
1363	Candlenuts, chopped into 8	8.00
1363	pieces	0.00
1363	Curry powder	1.00 ts
1363	Light soy sauce	2.00 ts
1363	Lemon juice	2.00 ts
1363	Water	1.00 c
1363	Fish cutlets, (fillets??)	4.00
1363	Spring onions, chopped	2.00

Sheet1

1364	Fish fillets (any kind)	0.50 lb
1364	Stick of butter	0.25 x
1364	Lemon juice	2.00 tb
1364	Curry	0.00
1364	Cayanne pepper	0.00
1364	Minced garlic	0.00
1364	Mrs. dash	0.00
1364	Chicken bullion	0.50 ts
1364	Water	2.00 tb
1365	Fish fillets	2.00 lb
1365	Sliced water chestnuts	10.00 oz
1365	Sliced bamboo shoots	10.00 oz
1365	Scallions trimmed	6.00
1365	Fresh snow peas, cut into f	0.50 lb
1365	Court bouillon	1.00 c
1365	Soy sauce	0.25 c
1365	Sesame oil	0.25 c
1365	Pepper	0.25 ts
1365	Minced garlic	1.00 ts
1365	Finely minced ginger	2.00 ts
1366	Tomato sauce; (15 oz. can)	2.00 c
1366	Dry white wine	0.50 c
1366	Butter, melted	4.00 tb
1366	Lemon juice	2.00 tb
1366	Green onion, chopped	2.00 tb
1366	Salad herbs, dried	1.00 ts
1366	Sugar	0.50 ts
1366	Salt	0.50 ts
1366	Hot pepper sauce	0.12 ts
1366	Trout, whole, dressed	6.00
1367	Ancho Chiles; Dried, OR	2.00 ea
1367	Red Peppers; Crushed	0.50 ts
1367	Fish Fillets; *	2.00 lb
1367	Vegetable Oil	0.25 c
1367	Tomatoes; 1 cn	8.00 oz
1367	Orange Juice	1.00 c
1367	Onion; Cut Up, 2 Md.	1.00 c
1367	Clove Garlic; Minced	1.00 ea
1367	Salt	1.00 ts
1367	Oregano; Dried, Crushed	0.50 ts
1367	Cumin; Ground	0.25 ts
1367	Cinnamon; Ground	0.25 ts
1367	Cloves; Ground	1.00 ds
1367	GARNISHES -----	0.00 -----
1367	Lettuce; Shredded, Half Head	1.00 x
1367	Orange; Thinly Sliced, 1 lg	1.00 ea
1367	Radish Roses	1.00 x
1368	Fish Fillets; *	2.00 lb
1368	Onion; Sliced, 1 small	1.00 ea



Sheet1

1368	Clove Garlic; Small, Minced	1.00 ea
1368	Vegetable Oil	1.00 tb
1368	Almonds; Toasted, Ground	0.25 c
1368	Lime Juice	2.00 tb
1368	Pickled Jalapeno Pepper; **	0.50 ea
1368	Salt	0.50 ts
1368	Pepper	1.00 ds
1368	Salt	1.00 x
1368	Cilantro; Snipped	0.50 c
1369	Green New Mexican chiles,	5.00
1369	roasted, peeled, stems and	0.00
1369	Seeds, removed, chopped	0.00
1369	Garlic, minced	1.00 ts
1369	Lemon juice	0.25 c
1369	Chopped fresh cilantro	4.00 tb
1369	Ground coriander seeds	0.50 ts
1369	Firm white fish such as	1.50 lb
1369	halibut	0.00
1369	Ghee or vegetable oil	4.00 tb
1369	Lemon slices for garnish	0.00
1370	Frozen Fish Steaks; *	2.00 lb
1370	Onion; Finely Chopped	0.50 c
1370	Cloves Garlic; Minced	2.00 ea
1370	Vegetable Oil	2.00 tb
1370	Fresh Cilantro; Snipped	2.00 tb
1370	Salt	1.00 ts
1370	Pepper	0.12 ts
1370	Orange Juice	0.50 c
1370	Lemon Juice	1.00 tb
1370	Egg; Large, Hard Cooked, **	1.00 ea
1371	KABOB -----	0.00 -----
1371	Bass / lean fish, cubed	1.50 lb
1371	Mushroom caps	16.00
1371	Green peppers, cut in chunks	2.00
1371	Chunks pineapple	16.00
1371	Onions, cut in chunks	3.00
1371	Firm tomatoes, cut in wedges	3.00
1371	MARINADE -----	0.00 -----
1371	Vinegar	0.25 c
1371	Salt	1.00 ts
1371	Pepper	0.25 ts
1371	Oil	0.50 c
1371	Pinch Cayenne	1.00
1371	Powdered mustard	0.25 ts
1372	Redfish	2.00 lg
1372	Stalk Lemongrass	1.00
1372	Hot Pepper, Bias-Sliced Thin	1.00
1372	Curry Powder	0.50 ts
1372	Salt	1.00 ts

Sheet1

1372	Clove Garlic, Crushed	1.00
1372	Oil	3.00 tb
1373	Pound fish, cooked and	1.00
1373	Flaked (about 3 cups)	0.00
1373	Finely chopped onion	0.50 c
1373	Lemon juice	2.00 tb
1373	Chopped fresh or	1.00 ts
1373	Dried marjoram leaves	0.50 ts
1373	Salt	0.50 ts
1373	Dry mustard	0.50 ts
1373	Bread, torn into crumbs	2.00 sl
1373	Eggs, beaten	2.00
1373	Vegetable oil	1.00 tb
1373	Fresh tomato salsa	0.00
1374	Fish fillets, cubed	1.00 lb
1374	Cornstarch for dredging fish	0.00
1374	Oil for deep frying	0.00
1374	+ dried chile peppers	2.00
1374	Thin slice of ginger, minced	1.00
1374	To 3 cloves of garlic	2.00
1374	Scallions, chopped coarsely	2.00
1374	Dried shiitake mushrooms	2.00
1374	MARINADE -----	0.00 -----
1374	Salt	0.50 ts
1374	White pepper	0.12 ts
1374	Sugar	0.25 ts
1374	Dry sherry	2.00 tb
1374	Freshly minced ginger	1.00 ts
1374	Beaten egg	1.00
1374	SAUCE -----	0.00 -----
1374	White vinegar	1.00 tb
1374	Sugar	4.00 ts
1374	Black soy sauce	3.00 tb
1374	Rice wine	2.00 tb
1374	Chicken broth	1.00 c
1374	Cornstarch mixed with 3 TB	2.00 tb
1374	water	0.00
1374	Sesame oil	1.00 ts
1375	Leaves Napa cabbage	12.00
1375	Salmon fillets, skinned	1.00 lb
1375	Sole fillets, skinned	1.00 lb
1375	Olive oil	2.00 tb
1375	Lemon juice	1.00 tb
1375	Minced garlic	1.00 ts
1375	Minced shallots or scallions	0.25 c
1375	Pepper	0.25 ts
1375	Salt	0.50 ts
1375	Chopped fresh thyme (1/4 t d	1.00 ts
1375	Chopped fresh basil (1/4 t d	1.00 ts

Sheet1

1375	FOR THE SAUCE -----	0.00 -----
1375	Seafood stock	0.50 c
1375	Red bell peppers roasted pee	2.00
1375	Lemon juice	1.50 ts
1375	Anchovy paste or salt	1.00 ts
1375	White pepper	1.00 pn
1376	Monkfish (or see note)	1.50 lb
1376	Seasoned flour	0.00
1376	Vegetable oil	3.00 tb
1376	Sesame oil	1.00 tb
1376	Ginger root	1.00 oz
1376	- peeled & finely sliced	0.00
1376	Garlic cloves; peeled,sliced	5.00
1376	Dried chilies; broken	2.00
1376	Mustard seeds	1.00 tb
1376	Asafoetida	1.00 ts
1376	Tamarind; soaked in water	1.00 ts
1376	Mushrooms	8.00 oz
1376	Water	2.50 pt
1376	Potatoes; peeled & diced	1.00 lb
1376	Sea salt	0.00
1376	Freshly ground pepper	0.00
1376	Coconut, grated	0.25 oz
1376	Chopped coriander leaves	2.00 tb
1377	Fish bones, heads included	2.00 lb
1377	Diced onions	2.00 ea
1377	Diced carrots	2.00 ea
1377	Diced celery stalks	2.00 ea
1377	Cloves diced garlic	6.00 ea
1377	Sprigs parsley	4.00 ea
1377	Bay leaves	2.00 ea
1377	Dry thyme	1.00 ts
1377	Black peppercorns	6.00 ea
1377	Lemon, sliced	1.00 ea
1377	Cold water	1.00 ga
1377	Dry white wine	3.00 c
1378	Nonfat Milk	0.50 c
1378	Seasoned Bread Crumbs	0.75 c
1378	Firm Fish Fillets (red	8.00 oz
1378	snapper, sea bass, etc.)	0.00
1378	Nonstick Vegetable Spray	0.00
1378	Corn Tortillas	8.00
1378	Cabbage, shredded	1.00 c
1378	Tomato, sliced	1.00
1379	White fish filets (such as	0.25 lb
1379	rockfish or turbot)	0.00
1379	Minced green onions	2.00 ts
1379	Soy sauce	1.00 ts
1379	Cornstarch	0.25 ts

Sheet1

1379	Salad oil	0.25 ts
1379	Sesame oil	0.25 ts
1379	Salt	0.12 ts
1379	Sugar	0.12 ts
1379	Liquid hot pepper seasoning	0.12 ts
1379	Pepper	1.00 ds
1379	Tofu (about 22 oz)	1.00 pk
1379	Salad oil	0.00
1379	Cloves garlic, minced	3.00
1379	Head iceberg lettuce, cut in	0.50
1379	2 inch squares	0.00
1379	Frozen peas, thawed	0.25 c
1379	Whole mushrooms	4.00 oz
1379	Chicken broth	1.00 c
1379	Cornstarch	1.00 tb
1379	Soy sauce	2.00 ts
1379	Water	1.00 tb
1380	Pistachios (about 1 ounce)	0.25 c
1380	Fresh basil leaves or 1/4	10.00 lg
1380	cup parsley and 2 tsp.	0.00
1380	dried basil, crumbled	0.00
1380	Garlic clove	1.00
1380	(1 stick) butter, room	0.50 c
1380	temperature	0.00
1380	Lime juice	1.00 ts
1380	1-1/2-inch-thick	6.00 oz
1380	salmon fillets	0.00
1380	Dry white wine	0.50
1381	Chopped onion	0.75 c
1381	Clove garlic, pressed or	1.00
1381	minced	0.00
1381	Green pepper, finely chopped	1.00 md
1381	Finely chopped celery	0.50 c
1381	Butter	2.00 tb
1381	Tomato sauce	1.00 cn
1381	Water	0.50 c
1381	Bay leaf, crushed	1.00
1381	Minced fresh parsley	1.00 ts
1381	Salt	0.50 ts
1381	Cayenne pepper	0.12 ts
1381	Salad shrimp	0.50 lb
1381	* Serve over bed of rice*	0.00
1382	Red snapper fillets	2.00 lb
1382	Grated onion	0.25 c
1382	Orange juice	2.00 tb
1382	Lemon juice	2.00 tb
1382	Grated orange rind	2.00 ts
1382	Salt	0.50 ts
1382	Nutmeg	0.12 ts

Sheet1

1383	Leaf Lettuce Leaves	4.00
1383	Minced Fresh Chives	0.25 c
1383	Minced Fresh Dill OR	1.00 tb
1383	Dried Dillweed	1.00 ts
1383	Salt	0.25 ts
1383	Pepper	0.25 ts
1383	Prepared Mustard	2.00 ts
1383	(8 Oz.) Flounder OR Sole	2.00
1383	Fillets	0.00
1384	Margarine	1.00 tb
1384	Green Onons Cut Into 1/2	4.00
1384	Inch Pieces	0.00
1384	Diced Celery	2.00 tb
1384	Flour	2.00 ts
1384	Salt	0.12 ts
1384	White Pepper	0.12 ts
1384	Skim Milk	0.50 c
1384	(1 Oz.) Shredded Swiss	0.25 c
1384	Cheese	0.00
1384	(16 Oz.) Package Frozen	1.00
1384	Flounder, Thawed & Drained	0.00
1384	Minced Fresh Parsley	1.00 tb
1385	Flounder fillets	1.00 lb
1385	Cornstarch	0.25 c
1385	Egg white	1.00
1385	Dry sherry	2.00 tb
1385	Ground ginger	0.25 ts
1385	Fresh ground black pepper	0.00
1385	Vegetable oil	3.00 tb
1385	Fresh thin slice mushrooms	1.00 c
1385	Chopped scallions with tops	1.00 c
1385	Soy sauce	1.00 tb
1386	Small squid	1.50 lb
1386	Chopped fresh basil	0.25 c
1386	OR- Mint or Cilantro	0.00
1386	Red bell pepper; seeded	0.50
1386	Garlic cloves	3.00
1386	finely minced	0.00
1386	Chillies; minced	3.00 sm
1386	Lime zest	1.00 tb
1386	Chicken broth	0.25 c
1386	Light brown sugar	0.25 c
1386	Distilled white vinegar	0.25 c
1386	Fish sauce	1.00 tb
1386	Rice sticks	2.00 oz
1386	Cooking oil; for deep frying	0.00
1386	Cornstarch	1.00 tb
1387	Green pepper, sliced	0.50 x
1387	Tomato, sliced	0.50 x

Sheet1

1387	Green onion, sliced	0.00
1387	Basil	0.50 tb
1387	Salt	1.00
1387	White pepper	1.00
1387	Filet firm white fish	0.00
1387	Slices lemon	3.00 x
1388	Butter or margarine	0.25 c
1388	Tomatoes, chopped	1.00 c
1388	Flour, all-purpose	3.00 tb
1388	Crayfish meat	2.00 c
1388	Onions, minced	1.50 c
1388	Parsley, chopped	0.25 c
1388	Green onion	0.50 c
1388	Salt	1.00 ts
1388	Celery, chopped	0.50 c
1388	Black pepper	0.50 ts
1388	Garlic cloves, minced	2.00
1388	Pepper, cayenne	0.50 ts
1388	Tomato paste	1.00 ts
1388	Rice, hot cooked	2.00 c
1388	Fish stock (from heads and	2.00 c
1388	Tails of fish or crawfish)	0.00
1389	Medium shrimp	2.00 lb
1389	All-purpose flour	1.00 c
1389	Baking powder	1.50 ts
1389	Salt	0.50 ts
1389	Water	0.67 c
1389	Lemon juice	2.00 tb
1389	Vegetable oil	1.00 tb
1389	Egg; beaten	1.00
1389	Vegetable oil	0.00
1389	ZIPPY COCKTAIL SAUCE -----	0.00 -----
1389	Chili sauce	0.67 c
1389	Lemon juice	0.25 c
1389	Prepared horseradish	3.00 tb
1389	Worcestershire sauce	2.00 tb
1389	Hot sauce	0.25 ts
1390	FILLING:	0.00
1390	Ground pork	1.00 lb
1390	Raw shrimp, shelled and	0.33 lb
1390	finely chopped	0.00
1390	Chopped water chestnuts	0.50 c
1390	Minced fresh ginger root	2.50 tb
1390	Minced scallions, white part	2.00 tb
1390	only	0.00
1390	Soy sauce	3.00 tb
1390	Rice wine or sake	1.00 tb
1390	Sesame oil	1.50 ts
1390	Ground black pepper	0.25 ts

Sheet1

1390	Cornstarch	2.00 tb
1390	HOT CHILI SAUCE:	0.00
1390	Soy sauce	3.00 tb
1390	Chinese black vinegar (or	1.00 tb
1390	substitute 1 1/2	0.00
1390	Teaspoon Worcestershire	0.00
1390	sauce)	0.00
1390	Sugar	1.00 tb
1390	Hot chili paste	0.50 ts
1390	Minced ginger root	1.00 ts
1390	FINISHING:	0.00
1390	Dumpling or gyoza skins	40.00
1390	Cornstarch for dusting	0.00
1390	Safflower or corn oil	1.00 c
1391	Fresh fish fillets	1.00 lb
1391	(pref. snapper or halibut)	0.00
1391	Salt	1.00 ts
1391	Cornstarch	3.00 tb
1391	Garlic cloves, peeled	8.00
1391	Fresh ginger, coarsely	2.00 tb
1391	chopped	0.00
1391	Oil, preferably peanut	4.00 tb
1391	SAUCE -----	0.00 -----
1391	Rice wine or dry sherry	1.00 tb
1391	Water	3.00 tb
1391	Light soy sauce	1.00 tb
1391	Bean sauce	1.00 tb
1391	Sugar	1.00 ts
1391	Dark soy sauce	1.00 tb
1392	Lake trout	1.00
1392	Salt	0.50 ts
1392	Butter	2.00 tb
1392	Lemon pepper	0.25 ts
1392	Sour cream	1.00 c
1392	Lemon juice	0.50 ts
1392	Cornmeal for dredging	0.00
1392	Shotening for frying	0.00
1393	Dozen fresh, shucked oysters	1.00
1393	(in a jar)	0.00
1393	Oyster liquor (from jar)	0.25 c
1393	Bay leaf	1.00
1393	Worcestershire sauce	1.00 ts
1393	(1/2 oz each) lean,	4.00 sl
1393	Raw bacon	0.00
1393	Unbleached white flour	0.50 c
1393	(in a small bowl)	0.00
1393	Eggs (beaten in a small	2.00
1393	Bowl)	0.00
1393	Bread crumbs	1.00 c

Sheet1

1393	Oil (for frying)	2.00 c
1393	Toothpicks (for wrapping	12.00
1393	Bacon)	0.00
1394	Dried salt cod	1.50 lb
1394	All-purpose flour	1.25 c
1394	Cold water	0.67 c
1394	Salt	1.00 pn
1394	Baking powder	0.25 ts
1394	Vegetable oil for frying	0.00
1395	Scallops	2.00 lb
1395	All-purpose flour	1.00 c
1395	Salt	1.00 ts
1395	Pepper	0.50 ts
1395	Eggs; lightly beaten	3.00
1395	Milk	0.50 c
1395	Fine dry breadcrumbs	2.00 c
1395	Vegetable oil	0.00
1395	Cocktail sauce	0.00
1396	Soft Shell Crabs	12.00 md
1396	Plain Flour	2.00 c
1396	Salt	1.00 ts
1396	Cayenne Pepper	0.25 ts
1396	Cumin	1.00 ts
1396	Coriander	1.00 ts
1396	Buttermilk	2.00 c
1396	Eggs, beaten	4.00
1396	Crackermeal	3.00 c
1396	Lemon wedges	6.00
1396	Oil for frying	0.00
1397	Fresh Squid, Cleaned	1.50 lb
1397	Vegetable Oil	4.00 tb
1397	Yellow Onion, Finely Chopped	1.00 lg
1397	Cloves Garlic, Crushed	4.00 lg
1397	Fresh Red Chilies, Thinly	2.00 lg
1397	Sliced Or To Taste	0.00
1397	Fresh Ginger, Thinly Sliced	1.00 ts
1397	Fish Sauce (Nam Pla)	1.00 tb
1397	Oyster Sauce	1.00 tb
1397	Rice Wine	2.00 tb
1397	Salt	1.00 ts
1397	Brown Sugar	1.00 ts
1397	Ground White Pepper	1.00 ts
1397	Fresh Coriander, Chopped	4.00 tb
1398	Sun-Dried Mackerel Steaks	4.00
1398	Cut From Sun-Dried Fish	0.00
1398	Oil	3.00 tb
1398	Thinly Sliced Shallots	2.00
1398	Chopped Green Thai Chili	1.00 tb
1398	Peppers	0.00



Sheet1

1398	Fresh Lime Juice	2.00 tb
1399	Trout	1.00
1399	Salt	0.50 ts
1399	Butter	2.00 tb
1399	Lemon pepper	0.25 ts
1399	Sour cream	1.00 c
1399	Lemon juice	0.50 ts
1399	Cornmeal for dredging	0.00
1399	Shotening for frying	0.00
1400	Stephen Ceideburg	0.00
1400	Whole Snapper, Rockfish,	1.50 lb
1400	Porgy, or similar fish	0.00
1400	Salt	0.00
1400	Onion or 1/4 pound shallots,	1.00 md
1400	chopped	0.00
1400	Cloves garlic, chopped	2.00
1400	Stalk lemongrass, thinly	1.00
1400	sliced	0.00
1400	Shrimp paste (optional)	0.50 ts
1400	Fresh red or green chiles,	3.00
1400	seeds and veins removed,	0.00
1400	chopped, or:	0.00
1400	Chili powder	0.50 ts
1400	Fresh galangal or 1 teaspoon	2.00 sl
1400	ground	0.00
1400	(approximately) cornstarch	0.33 c
1400	Oil, for deep frying	0.00
1400	Yellow bean sauce, mashed	2.00 tb
1400	Tamarind Water	0.33 c
1400	Sugar	1.00 pn
1400	Fresh Basil for garnish	0.00
1401	Uncooked Shrimp in shell	2.00 lb
1401	Ears corn on the cob	4.00 x
1401	Medium potatoes	4.00 x
1401	Sausage (kilbasa, etc.)	2.00 lb
1401	Liquid shrimp & crab boil	0.00
1401	Lemon	0.00
1401	Medium onions (optional)	2.00 x
1402	Rainbow trout (6 to 8	4.00 pk
1402	Ounces each)or drawn trout	0.00
1402	(about 12 ounces each)	0.00
1402	Margarine or	2.00 tb
1402	Butter, melted	0.00
1402	Lemon juice	1.00 tb
1402	FRUIT STUFFING -----	0.00 -----
1402	Unseasoned croutons	1.00 c
1402	Diced fruits and raisins	0.33 c
1402	Margarine or butter,	2.00 tb
1402	Melted	0.00

## Sheet1

1402	Dry white wine	2.00 tb
1402	Salt	0.25 ts
1402	Ground allspice	0.12 ts
1402	Green onion (with top), chop	1.00
1403	Butter	3.00 tb
1403	Shallots chopped	4.00
1403	Green apple, peeled cored	1.00
1403	and diced	0.00
1403	Dill	1.00 pn
1403	Mild curry powder	2.00 ts
1403	Plain flour	2.00 tb
1403	Apple juice	1.00 c
1403	Scallops	1.00 lb
1403	Banana sliced	1.00
1403	Green prawns in bite sized	0.50 lb
1403	pieces	0.00
1403	Cream	0.50 c
1403	Salt to taste	0.00
1404	Packages of cream cheese	2.00 lg
1404	Shrimp or crab, undrained	1.00 cn
1404	Inches of grated ginger root	2.00
1404	Package wonton skins	1.00 lg
1405	Plum tomatoes	12.00
1405	quartered lengthwise	0.00
1405	Olive oil	4.00 ts
1405	Fresh ground black pepper	0.00
1405	Small head garlic	1.00
1405	Thin asparagus	1.00 lb
1405	trim & cut 2 in lengths	0.00
1405	Large shrimp, peel & devein	1.00 lb
1405	Corkscrew pasta-fus/rotini	0.75 lb
1405	Fresh lemon juice	2.00 ts
1405	Chopped fresh oregano	1.00 tb
1405	or 1 t dried	0.00
1405	Chopped frsh thyme	1.00 tb
1405	or 1 t dried	0.00
1405	Salt	0.00
1406	Raw large shrimp	3.00 lb
1406	Lemon juice	0.50 c
1406	Butter; whipped	0.50 c
1406	Garlic clove; minced	1.00
1406	Chopped green onion tops	1.00 c
1406	Tomatoes; peeled, in wedges	3.00 lg
1406	Oregano	1.00 ts
1406	Salt & pepper	0.00
1406	Feta cheese, crumbled	1.00 lb
1406	Cream sherry	0.75 c
1407	Large mackerel (or 8 small)	4.00 x
1407	Clove garlic	0.00

Sheet1

1407	Seasoned flour	0.00
1407	Butter for frying	0.00
1407	Lemon juice	0.00
1408	Vegetable Oil	3.00 tb
1408	Shrimp, Peeled And Deveined	0.50 lb
1408	Cilantro Pesto (See Recipe)	2.00 tb
1408	Fish Sauce (Nam Pla)	1.00 tb
1408	Fresh Cilantro Leaves	0.00
1409	MARINADE -----	0.00 -----
1409	Cloves Crushed Garlic	8.00
1409	Minced Cilantro Root	2.00 tb
1409	White Pepper	1.00 ts
1409	Salt	0.50 ts
1409	Fish Sauce (Nam Pla)	2.00 tb
1409	Sugar	1.50 tb
1409	SHRIMP -----	0.00 -----
1409	Shrimp, Shelled & Deveined	1.00 lb
1409	Oil	3.00 tb
1409	Tomato, Cut Into Wedges	1.00
1409	Cucumber, Sliced	1.00
1410	Jumbo shrimp	1.50 lb
1410	Garlic oil	0.50 c
1410	Tomato paste	1.00 tb
1410	Red wine vinegar	2.00 tb
1410	Chopped fresh basil or 1 1/2	2.00 tb
1410	tsp dried	0.00
1410	Salt	0.00
1410	Freshly ground pepper	0.00
1411	Pound fresh or frozen medium	1.00
1411	Raw shrimp (in shells)	0.00
1411	Beer	0.75 c
1411	Vegetable oil	1.00 tb
1411	Chopped fresh or	2.00 ts
1411	Freeze-dried chives	0.50 ts
1411	Red pepper sauce	0.50 ts
1411	Salt	0.25 ts
1411	Cl Garlic, crushed	2.00
1412	Raw prawns or shrimp	1.00 lb
1412	Sweet butter	4.00 tb
1412	Minced shallots	2.00 tb
1412	Cl Garlic, minced	1.00
1412	Brut champagne	0.33 c
1412	Fresh lemon juice	2.00 ts
1412	Calvert's cedar street	1.00 tb
1412	Dill mustard	0.00
1413	Medium salmon steaks	6.00 x
1413	Olive oil	0.33 c
1413	Cloves garlic, crushed	4.00 x
1413	Chopped parsley	0.50 c

Sheet1

1413	Dried dill weed	0.25 ts
1413	Salt	1.00 ts
1413	Fine dry bread crumbs	1.00 c
1413	Butter or marg., softened	0.25 c
1414	Peanut oil	2.00 tb
1414	Sesame oil	0.25 ts
1414	Medium shrimp, peeled and	0.75 lb
1414	deveined	0.00
1414	Clove garlic, crushed	1.00
1414	Fresh or frozen snow peas	1.50 c
1414	(about 1/4 Lb)	0.00
1414	Sliced water chestnuts (1	8.00 oz
1414	can)	0.00
1414	Chicken broth	0.50 c
1414	Soy sauce	2.00 tb
1414	Cornstarch	1.00 tb
1414	Cold water	1.00 tb
1414	Fresh ginger, grated	1.00 tb
1414	Chow Mein Noodles OR:	0.00
1414	Freshly Cooked Rice	0.00
1415	Jumbo Shrimp, With Shell	16.00
1415	Vegetable Oil	0.25 c
1415	Piece Ginger *	1.00
1415	Cloves Garlic Peeled/Crushed	3.00
1415	Green Onions/Scallions **	2.00
1415	Salt & Pepper To Taste	0.00
1416	Large Shrimp, Shelled &	1.00 lb
1416	Deveined	0.00
1416	Green Onions Minced	2.00 lg
1416	Soy Sauce	2.00 tb
1416	Mirin (Syrupy Rice Wine)	2.00 tb
1416	Oriental Sesame Oil	1.00 tb
1416	Hot Chili Oil	0.50 ts
1416	Finely Grated Orange Peel	0.50 ts
1416	Finely Grated Lemon Peel	0.25 ts
1416	Chicken Broth	0.75 c
1416	Dry Sherry OR Port	2.00 tb
1416	Cornstarch	1.00 ts
1416	Nonstick Vegetable Oil	0.00
1416	Spray	0.00
1416	Oriental Sesame Oil	1.00 tb
1416	Asparagus, Peeled & Cut	1.50 lb
1416	Into 2 Inch. Pieces	0.00
1416	Green Onions, Cut Into	2.00
1416	Match-Stick Julienne	0.00
1416	Long-Grain Rice Cooked	1.50 c
1416	Orange Peel Julienne	0.00
1417	Sole fillets, 4 oz each	4.00
1417	Egg yolk	1.00

Sheet1

1417	Lemon juice	1.50 tb
1417	Dry mustard	0.25 ts
1417	Oyster sauce	1.00 tb
1417	To 6 drops sesame oil	5.00
1417	Grated fresh ginger	1.50 ts
1417	Olive oil	4.00 tb
1417	Green onions, chopped	4.00
1418	Margarine or	0.25 c
1418	Butter, melted	0.00
1418	Dry sherry	1.00 tb
1418	Soy sauce	1.00 tb
1418	Grated gingerroot	1.00 tb
1418	Albacore tuna or other	6.00 sm
1418	Fatty fish steaks, about 1	0.00
1418	Thick (about 2 pounds)	0.00
1419	Fish Fillets	1.00 lb
1419	Salt	1.00 pn
1419	Vinegar	3.00 tb
1419	Saffron	1.00 pn
1419	Peppercorns	0.50 ts
1419	Dry Mustard	1.00 ts
1419	Ghee Or 3 Tb Of Vegetable	0.25 c
1419	Oil	0.00
1419	Onion, Thinly Sliced	1.00 lg
1419	Garlic Cloves, Crushed	2.00 lg
1419	Red Chili Peppers, Finely	2.00 md
1419	Chopped	0.00
1420	Slices white bread	10.00
1420	Backfin crabmeat	1.00 lb
1420	Eggs	6.00
1420	Milk	3.00 c
1420	Minced parsley	2.00 tb
1420	Dry mustard	0.75 ts
1420	Salt	0.50 ts
1420	Shredded sharp Am. cheese	8.00 oz
1421	Chow Mein Noodles	15.00 oz
1421	(not canned)	0.00
1421	Vegetable oil, divided	0.25 c
1421	Garlic cloves, minced	2.00
1421	Fresh bean sprouts	1.50 c
1421	Slivered bok choy	0.25 c
1421	Slivered carrot	0.25 c
1421	Slivered green pepper	0.25 c
1421	Slivered celery	0.25 c
1421	Sliced water chestnuts	2.00 tb
1421	Slivered bamboo shoots	2.00 tb
1421	Sliced canned mushrooms	2.00 tb
1421	Slivered onion	2.00 tb
1421	Peeled small shrimp	0.25 lb

Sheet1

1421	60 to 75 per pound size)	0.00
1421	Chopped chicken	0.25 c
1421	Slivered Chinese BBQ pork	0.25 c
1421	Chicken broth	1.00 c
1421	Cornstarch	1.00 tb
1421	Oyster sauce	1.00 ts
1421	Granulated sugar	0.50 ts
1421	MSG (Optional)	0.50 ts
1421	Salt	0.12 ts
1422	Stephen Ceideburg	0.00
1422	SWEET AND SOUR SAUCE:	0.00
1422	Water	1.00 c
1422	White vinegar	0.50 c
1422	Sugar	0.50 c
1422	Tomato paste	0.25 c
1422	Cornstarch	4.00 ts
1422	GOW GEES	0.00
1422	Dried mushrooms	1.00 oz
1422	Boiling water	0.00
1422	Wonton wrappers (about 1	48.00
1422	pound)	0.00
1422	Shrimp	2.00 oz
1422	Uncooked boneless lean pork	4.00 oz
1422	Green onions	3.00
1422	Soy sauce	2.00 ts
1422	Grated pared fresh ginger	0.50 ts
1422	root	0.00
1422	Clove garlic, crushed	1.00 sm
1422	Vegetable oil	3.00 c
1423	Walleye fillets	2.00 lb
1423	Parsley, minced	2.00 tb
1423	Salt and pepper	0.00
1423	Capers (W/juice)	2.00 tb
1423	Green peppers	2.00
1423	Cooking oil	5.00 tb
1423	Bread crumbs	0.50 c
1423	Cloves garlic, chopped fine	2.00
1423	Powdered thyme	0.50 ts
1424	Fresh salmon	12.00 oz
1424	Bunch fresh dill	1.00
1424	Granulated sugar	7.00 tb
1424	Kosher salt	7.00 tb
1424	Pinch coarse black pepper	0.00
1424	Mustard dill sauce	0.00
1425	Red Potatoes, Cut Into	1.00 lb
1425	1/2-inch Dice	0.00
1425	Onion, Finely Chopped	1.00 md
1425	Fish Stock Or Clam Juice	2.50 c
1425	Bay Leaf	1.00 md

Sheet1

1425	Fresh Green Chiles	0.50 lb
1425	Peanut Oil	2.00 c
1425	Fresh Corn Kernels	0.50 c
1425	Shucked Oysters In Their	16.00
1425	Liquor	0.00
1425	Sweet Red Bell Pepper,	1.00 lg
1425	Roasted, Peeled and Cut	0.00
1425	Into 1/2-inch Dice	0.00
1425	Half & Half	2.00 c
1425	Salt To Taste	0.00
1425	Butter	1.00 tb
1425	Fresh Marjoram, Chopped	1.00 ts
1426	Garlic cloves	3.00
1426	Black peppercorns	1.00 ts
1426	Chopped fresh coriander root	2.00 tb
1426	Fresh ginger, quarter-sized	1.00 sl
1426	crushed -	0.00
1426	Soy sauce	1.50 tb
1426	Whole Snapper	2.00 lb
1426	=OR= Striped Bass -=OR=	0.00
1426	Whole Trout	4.00
1426	Banana leaf	1.00 lg
1426	(or more if needed)	0.00
1426	Vegetable oil	0.00
1426	(for oiling leaf)	0.00
1426	CHILE LIME SAUCE -----	0.00 -----
1426	Green serrano chiles	3.00 sm
1426	seeded and finely chopped	0.00
1426	Garlic cloves	3.00
1426	Fresh coriander leaves	2.00 tb
1426	Sugar	1.00 ts
1426	Salt	0.25 ts
1426	Fresh lime juice	0.50 c
1426	Chicken stock	0.33 c
1427	Fish Fillets,Fresh or Frozen	1.00 lb
1427	Margarine Or Butter	2.00 tb
1427	Lemon Juice	0.25 c
1427	Chopped Parsley	1.00 tb
1427	Dill Weed	1.00 ts
1427	Salt	1.00 ts
1427	Pepper	0.25 ts
1427	Paprika	0.00
1427	Med. Onion, Thinly Sliced	1.00
1428	Dry Sherry	0.33 c
1428	Minced Gingerroot	1.00 tb
1428	Low Sodium Soy Sauce	1.00 tb
1428	Honey	1.00 ts
1428	Garlic Minced	1.00 cl
1428	Tuna Steaks Cut Into 4	1.00 lb

Sheet1

1428	Pieces	0.00
1429	Soy Sauce	0.50 c
1429	Ketchup	0.25 c
1429	Lemon juice	2.00 tb
1429	Cloves, minced garlic	2.00
1429	Halibut Steaks(1-inch thick)	6.00
1429	Orange juice	0.50 c
1429	Fresh parsely, chopped	0.25 c
1429	Ground ginger	0.33 tb
1429	Ground pepper, to taste	0.00
1430	Grouper fillets	1.50 lb
1430	White or gold tequila	0.33 c
1430	Triple sec	0.50 c
1430	Fresh lime juice	0.75 c
1430	Salt plus more to taste	1.00 ts
1430	Or 3 large cloves garlic,	2.00
1430	crushed	0.00
1430	Vegetable oil	1.00 tb
1430	Tomatoes, diced	3.00 md
1430	Onion, finely chopped	1.00 md
1430	Minced jalapeno or serrano	1.00 tb
1430	chilies, or more to	0.00
1430	Taste	0.00
1430	To 4 Tbsp chopped fresh	2.00
1430	cilantro	0.00
1430	Of sugar	1.00 pn
1431	Fish steaks (halibut, salmon	4.00
1431	or swordfish),	0.00
1431	About 3/4" thick	0.00
1431	Lite soy sauce	0.25 c
1431	Minced onion	3.00 tb
1431	Chopped fresh ginger root	1.00 tb
1431	Toasted sesame seeds	1.00 tb
1431	Sugar	0.50 ts
1432	Prawns, fresh or frozen	1.00 lb
1432	MARINADE -----	0.00 -----
1432	Light soy sauce	1.00 tb
1432	Rice wine or dry sherry	1.00 ts
1432	Sesame oil	1.00 ts
1432	SAUCE -----	0.00 -----
1432	Fresh coriander, minced	2.00 tb
1432	White rice vinegar	2.00 ts
1432	Fresh ginger, finely chopped	1.00 ts
1433	Salmon; 1 Cn	1.00 lb
1433	Onion; Grated	1.00 tb
1433	Cheddar; Md, *	10.00 oz
1433	Lemon Juice	1.00 tb
1433	Mayonnaise	0.25 c
1434	Soy sauce	0.50 c



Sheet1

1434	Orange juice	0.50 c
1434	Catsup	0.25 c
1434	Chopped fresh parsley	0.25 c
1434	Lemon juice	2.00 tb
1434	Ground pepper	0.33 tb
1434	Cloves garlic, minced	2.00 x
1434	Shark steaks, or	6.00 x
1434	Swordfish or salmon steaks	6.00 x
1435	Large shrimp	2.00 lb
1435	Fresh parsley	0.25 c
1435	Olive oil	1.00 c
1435	Oregano	1.00 tb
1435	Lemon juice	4.00 tb
1435	Chopped garlic	1.00 tb
1435	Drops hot sauce	4.00 x
1435	Salt	1.00 ts
1435	Tomato paste	1.00 tb
1435	Pepper to taste	0.00
1436	Med shrimp; cleaned deveined	20.00
1436	Strips bacon; raw, cut in ha	10.00
1436	Red or yellow sweet peppers;	3.00
1436	Extra-virgin olive oil	4.00 tb
1436	Balsamic vinegar	2.00 tb
1436	Pommery mustard	1.00 tb
1436	Sprig fresh thyme	0.00
1436	Head radicchio	1.00
1436	Head endive	1.00
1436	Head Bibb lettuce	1.00
1437	Sole, skinned	4.00 oz
1437	Salt and pepper to taste	0.00
1437	Plain yogurt	0.67 c
1437	Garam Masala	2.00 ts
1437	Ground coriander	1.00 ts
1437	Garlic cloves, crushed	2.00
1437	Chile powder	0.50 ts
1437	Lemon juice	1.00 tb
1437	Lemon wedges for garnish	0.00
1438	Uncleaned Squid or 2 1/2	5.00 lb
1438	pounds of Cleaned Squid	0.00
1438	Sesame Oil	1.00 tb
1438	Salt and Freshly Cracked	0.00
1438	Black Pepper	0.00
1439	Swordfish steaks, 1" thick	2.00 lb
1439	MARINADE -----	0.00 -----
1439	Grated or minced lemon peel	1.00 tb
1439	Lemon juice	0.33 c
1439	Dry white wine	0.25 c
1439	Safflower oil	3.00 tb
1439	Light soy sauce	2.00 tb

Sheet1

1439	Black pepper	0.25 ts
1439	Minced green onions	0.25 c
1439	Finely minced fresh ginger	1.00 tb
1439	Garlic cloves	2.00
1439	finely minced	0.00
1440	Swordfish fillets	2.00 lb
1440	Catsup	1.00 c
1440	Lemon juice	0.33 c
1440	Oil	0.25 c
1440	Worcestershire sauce	2.00 ts
1440	Clove garlic, minced	0.00
1440	Chopped onion	0.50 c
1440	Water	0.25 c
1440	Sugar	1.00 ts
1440	Hot pepper sauce	0.25 ts
1440	Small bay leaf	0.00
1441	Fresh swordfish steaks	4.00
1441	Light soy sauce	0.50 c
1441	Pineapple juice (no sugar added)	0.25 c 0.00
1441	Sherry	0.25 c
1441	Brown sugar	1.00 tb
1441	Ground ginger	0.50 ts
1441	Clove garlic minced or pressed	1.00 0.00
1441	Lemon juice	2.00 ts
1442	Whole fish (about 1 lb. Each), cleaned	2.00 sm 0.00
1442	Salt	0.00
1442	Freshly ground pepper	0.00
1442	To taste	0.00
1442	Lemon	1.00
1442	Sprigs thyme	12.00
1443	MARINADE -----	0.00 -----
1443	Dry sherry	0.25 c
1443	Light soy sauce	0.25 c
1443	Oyster sauce	2.00 tb
1443	Lemon juice	2.00 tb
1443	Oriental sesame oil	2.00 tb
1443	Freshly ground black pepper	0.50 ts
1443	Chives; minced	1.00 bn
1443	Finely minced fresh ginger	0.25 c
1443	Cooking oil	2.00 tb
1443	Lemon wedges	0.00
1443	FISH -----	0.00 -----
1443	Tuna filets, 6 ounces each	4.00
1443	SAUCE -----	0.00 -----
1443	Dry white wine	0.67 c
1443	White wine vinegar	0.25 c

Sheet1

1443	Finely minced fresh ginger	1.00 tb
1443	Shallot; minced	1.00 sm
1443	Unsalted butter	1.00 c
1443	at room temperature	0.00
1443	Grated or minced lemon peel	1.00 ts
1443	Finely minced cilantro	0.25 c
1443	Freshly ground white pepper	0.25 ts
1443	more if desired	0.00
1443	Salt	0.25 ts
1444	Yellowfin tuna steaks	4.00 ea
1444	Coriander, ground	1.00 ts
1444	Pepper, white	1.00 x
1444	Oil	1.00 tb
1444	Salt	1.00 x
1444	RELISH -----	0.00 -----
1444	Mango, large	1.00 ea
1444	Lemon juice	2.00 tb
1444	Salt	1.00 x
1444	Papaya, large	1.00 ea
1444	Cilantro, fresh; minced	3.00 ts
1444	Pepper, white	1.00 x
1445	Small green pepper, sliced	1.00
1445	Grouper	1.00 lb
1445	Pepper	0.25 ts
1445	Onion slices, thin	4.00
1445	Catalina dressing	0.33 c
1445	Prepared horseradish	2.00 tb
1445	Hot sauce	0.25 ts
1445	Lemon juice	1.00 tb
1446	Small green pepper, sliced	1.00
1446	Pepper	0.25 ts
1446	Catalina dressing	0.33 c
1446	Hot sauce	0.25 ts
1446	Grouper	1.00 lb
1446	Onion slices, thin	4.00
1446	Prepared horseradish	2.00 tb
1446	Lemon juice	1.00 tb
1447	Margarine or butter	1.00 tb
1447	Onion, sliced and	1.00 md
1447	Separated into rings	0.00
1447	Yellow bell pepper, cut	1.00 sm
1447	Into 1/4-inch slices	0.00
1447	Red bell pepper, cut	1.00 sm
1447	Into 1/4-inch slices	0.00
1447	Ounces spinach, coarsely	8.00
1447	Chopped (about 6 cups)	0.00
1447	Halibut or other lean	4.00 sm
1447	Fish steaks, 1-inch thick	0.00
1447	(about 1-1/2 pounds)*	0.00

Sheet1

1447	Chopped fresh or	1.00 tb
1447	Dried savory leaves	1.00 ts
1447	Salt	0.12 ts
1447	Pepper	0.12 ts
1447	Thin slices lemon	4.00
1448	Halibut, fresh or frozen	2.00 lb
1448	Butter	4.00 tb
1448	Rind of orange	1.00
1448	Juice of orange	1.00
1448	Lemon juice	1.00 ts
1448	Salt and pepper to taste	1.00
1448	Nutmeg	0.12 ts
1448	Minced parsley	0.25 c
1449	Cilantro Pesto; See Sowest 2	1.00 x
1449	Halibut Steaks; *	6.00 ea
1449	Margarine Or Butter; Melted	2.00 tb
1449	Lemon Juice	2.00 tb
1450	Hawaiian fish*	2.00 lb
1450	Coarsely chopped cilantro	0.25 c
1450	Fresh cilantro sprigs	0.00
1450	Salt	0.00
1450	THAI BANANA SALSA -----	0.00 -----
1450	Large firm-ripe banana	1.00
1450	Oriental sesame oil	1.00 ts
1450	Chopped golden raisins	0.50 c
1450	Chopped fresh cilantro	2.00 tb
1450	Grated lemon peel	1.00 ts
1450	Japanese chili spice	1.00 ts
1451	Green onions, chopped OR	3.00
1451	Freeze-dried chives	0.25 c
1451	Chopped parsley OR	1.00 tb
1451	Dried parsley flakes	0.00
1451	Lemon juice	2.00 tb
1451	Pepper	0.25 ts
1451	Whole cleaned trout	6.00
1451	(each about 8 oz.)	0.00
1451	Seasoned salt	0.00
1451	Strips bacon	6.00
1451	Baking mix (biscuit mix)	0.50 c
1451	Yellow cornmeal	2.00 tb
1451	Lemon wedges (optional)	0.00
1452	(4 Oz.) Salmon Fillets	4.00
1452	Sprigs Fresh Dill OR Basil	8.00
1452	Fresh Sorrel Leaves	8.00
1452	Chopped Shallots Divided	2.00 tb
1452	Lime Juice Divided	2.00 ts
1452	Pepper Divided	0.25 ts
1453	Dried Tangerine Peel, or:	0.50 oz
1453	citrus peel	0.00

Sheet1

1453	Firm, white-fleshed Fish	3.00 lb
1453	such as Rock Fish, Cod,	0.00
1453	Halibut, Haddock, Scrod,	0.00
1453	Red Snapper, or Sole,	0.00
1453	(cleaned & left whole)	0.00
1453	Salt	2.00 ts
1453	Cornstarch	4.00 tb
1453	Peanut oil	2.00 c
1453	Finely chopped garlic	2.00 tb
1453	Minced peeled fresh ginger	3.00 tb
1453	Finely chopped scallions	4.00 tb
1453	Rice wine or dry sherry	3.00 tb
1453	Whole bean sauce, (yellow	1.00 tb
1453	bean sauce)	0.00
1453	Dark soy sauce	2.00 tb
1453	Sugar	1.00 tb
1453	Chicken stock or water	6.00 tb
1454	Butter	1.00 lb
1454	Peanut oil	0.25 c
1454	Cloves garlic, chopped	3.00
1454	Rosemary	2.00 tb
1454	Chopped basil	1.00 ts
1454	Chopped thyme	1.00 ts
1454	Chopped oregano	1.00 ts
1454	Small hot pepper chopped OR	1.00
1454	Ground cayenne pepper	2.00 tb
1454	Fresh ground black pepper	2.00 ts
1454	Bay leaves, crumbled	2.00
1454	Paprika	1.00 tb
1454	Lemon juice	2.00 ts
1454	Raw shrimp in their shells	2.00 lb
1454	Salt	0.00
1455	Mussels	2.00 pt
1455	Butter	4.00 oz
1455	Salt and pepper	0.00
1455	Chopped chives	2.00 tb
1456	Large prawns	1.00 lb
1456	Salt	1.00 ts
1456	Cornstarch	2.00 ts
1456	Sesame oil	2.00 ts
1456	Oil	2.00 tb
1456	Fresh chiles, seeded	2.00
1456	and coarsely chopped	0.00
1456	Chinese fermented black	1.00 tb
1456	beans	0.00
1456	Garlic, coarsely chopped	2.00 tb
1456	Green onions, coarsely	4.00 tb
1456	chopped	0.00
1456	White rice vinegar	3.00 tb

Sheet1

1456	Dark soy sauce	2.00 tb
1456	Sugar	1.00 tb
1456	Cornstarch, mixed with	2.00 ts
1456	Water	2.00 ts
1458	Red Snapper	2.00 lb
1458	Chicken - can be used	0.00
1458	instead of fish.	0.00
1458	Salt	0.50 ts
1458	Achiote Paste*	1.00 tb
1458	Oregano	1.00 ts
1458	Garlic cloves, peeled	5.00
1458	Peppercorns, ground	6.00
1458	Seville Orange Juice*	4.00 tb
1458	Water	3.00 tb
1458	Olive Oil	0.00
1459	Snapper, 3 lb	1.00
1459	Salt	1.00 ts
1459	Lime juice	2.00 tb
1459	Tomato	2.00 lb
1459	Olive oil	0.25 c
1459	Onion; finely sliced	1.00
1459	Garlic clove	2.00
1459	Bay leaf	1.00
1459	Oregano	0.25 ts
1459	Olive, green; halved	12.00
1459	Capers	2.00 tb
1459	Jalapeños en escabeche	2.00
1459	Salt	0.50 ts
1459	Olive oil	3.00 tb
1460	Red Snapper	1.00 lb
1460	Onion, chopped fine	1.00 sm
1460	Salt	1.00 ts
1460	Tomatoes, peeled, chopped	3.00
1460	and drained	0.00
1460	Laurel	1.00 ts
1460	Thyme	1.00 ts
1460	Sprigs parsley, chopped fine	3.00
1460	Marjoram	1.00 ts
1460	Pepper	0.50 ts
1460	Olives, chopped	10.00
1460	Clove garlic	1.00
1460	Tortillas	12.00
1460	Vinegar	1.00 tb
1460	Fat	0.25 c
1460	Olive oil	2.00 tb
1461	Red Snapper	2.00 lb
1461	Cream	4.00 tb
1461	Salt and pepper	0.00
1461	Butter	1.00 tb

Sheet1

1461	Chopped parsley	2.00 ts
1461	Bread crumbs	4.00 tb
1461	Eggs slightly beaten	4.00
1461	Canned chili, sliced	1.00
1461	Red peppers, chopped	2.00
1462	Fish filets	1.50 lb
1462	Shallots	2.00
1462	Ginger, 1" piece	0.00
1462	Garlic cloves	2.00
1462	Chiles, Thai	2.00
1462	Turmeric	0.50 ts
1462	Tamarind	0.50 ts
1462	Black soy sauce	2.00 tb
1462	Oil	2.00 tb
1462	Salt	0.00
1462	Pepper	0.00
1463	Fish fillet	1.50 lb
1463	Shallot	2.00 ea
1463	Ginger, 1" piece	1.00 x
1463	Thai chile	2.00 ea
1463	Turmeric	0.50 ts
1463	Tamarind	0.50 ts
1463	Soy sauce, dark	2.00 tb
1463	Oil	2.00 tb
1463	Salt; to taste	1.00 x
1463	Pepper, black; to taste	1.00 x
1464	Halibut or rock cod	2.00 oz
1464	Crabmeat	10.00 oz
1464	Eggs	2.00
1464	Salt	0.00
1464	Fresh japanese eggplants	6.00
1464	Flour (or more if needed)	0.50 c
1465	Toasted sesame seeds	2.00 ts
1465	Soy sauce	0.25 c
1465	Distilled white vinegar	2.00 ts
1465	Minced fresh ginger root	2.00 ts
1465	Sugar	0.50 ts
1465	Water	0.50 c
1465	Fresh or thawed fish	1.50 lb
1465	fillets,	0.00
1465	To 3/4" thick	0.50
1465	Cornstarch	2.00 ts
1465	Green onion and top, chopped	1.00
1466	To 1/4 t red pepper sauce	0.12 ts
1466	(6-1/2 oz) crabmeat; *	1.00
1466	(10-oz) okra, frozen; **	1.00 pk
1466	(16-oz) whole tomatoes; ***	1.00 cn
1466	Green pepper; chopped	0.50 c
1466	Green onions; sliced	0.33 c

Sheet1

1466	Chili powder	0.50 ts
1466	Milk	1.00 c
1466	Bisquick baking mix	0.67 c
1466	Eggs	2.00
1466	Salt	1.00 ts
1466	Pepper	0.50 ts
1467	Milk	2.00 c
1467	Frozen crab or shrimp*	6.00 oz
1467	Sharp Am. cheese; shredded	1.00 c
1467	Cream cheese; in 1/4" cubes	3.00 oz
1467	Green onions; thinly sliced	0.25 c
1467	Bisquick	1.00 c
1467	Eggs	4.00
1467	Salt	0.75 ts
1467	Nutmeg	1.00 ds
1468	Onions; chopped	2.00 c
1468	Butter	0.25 c
1468	Tuna; 6/2 oz -drained	2.00 cn
1468	Cheddar; shredded	2.00 c
1468	Eggs	3.00
1468	Milk	1.25 c
1468	Bisquick	1.00 c
1468	Salt	0.25 ts
1468	Pepper	0.12 ts
1468	Tomatoes; thinly sliced	2.00
1469	Tuna; 8 oz - drained	1.00 cn
1469	Celery; thinly sliced	0.33 c
1469	Cheese; cheddar, shredded	2.00 c
1469	Green onions; sliced, opt.	0.25 c
1469	Milk	1.50 c
1469	Eggs	4.00
1469	Bisquick baking mix	1.00 c
1469	Lemon rind; grated	0.50 ts
1469	Lemon juice	1.00 ts
1469	Salt	0.25 ts
1469	Pepper	0.12 ts
1469	Garlic clove; crushed	1.00
1469	Approx. Cook Time: :40	0.00
1470	Waldine Van Geffen, VGHC42A	0.00
1470	Onions, Chopped	2.00 md
1470	Butter or Margarine	0.25 c
1470	Tuna, Drained 6-1/2oz	2.00 cn
1470	Shredded Cheddar Cheese	2.00 c
1470	Bisquick	1.00 c
1470	Milk	1.25 c
1470	Salt, If Desired	0.25 ts
1470	Pepper	0.12 ts
1470	Eggs	3.00
1470	Tomatoes, Thinly Sliced	2.00



Sheet1

1471	Oyster crackers	3.00 c
1471	Envelopes lobster bisque	2.00
1471	Dry soup mix	0.00
1471	Chopped green onions with	0.75 c
1471	Tops	0.00
1471	Lemon juice	3.00 tb
1471	Sliced, drained water	1.00 c
1471	Chestnuts	0.00
1471	Lemon pepper seasoning	0.50 ts
1471	Frozen peas	1.00 c
1471	Frozen crabmeat, thawed	8.00 oz
1471	Cherry tomatoes, optional	0.00
1471	Green onion tops, optional	0.00
1471	Eggs	8.00
1471	Milk	2.00 c
1472	Stephen Ceideburg	0.00
1472	Blue crabs	2.00
1472	Shallots	6.00
1472	Stalks lemon grass	2.00
1472	Tamarind	2.00 ts
1472	Boiling water	0.50 c
1472	Handful coriander leaves	1.00
1472	Cloves garlic	3.00
1472	Fresh galangal	1.00 tb
1472	To 3 birdseye chillies,	2.00
1472	seeded	0.00
1472	Candlenuts	4.00
1472	Blachan	1.00 ts
1472	Tumeric	1.00 ts
1472	Salt and pepper to taste	0.00
1472	Oil	3.00 tb
1472	Coconut milk	2.00 c
1473	Sheets Nori	6.00 x
1473	Fresh fish fillet	1.00 lb
1473	DIPPING SAUCE -----	0.00 -----
1473	Chirizu -OR-	6.00 tb
1473	Tosa Joyu	6.00 tb
1474	Olive oil	2.00 tb
1474	Sliced onion	1.00 md
1474	Jar sliced mushrooms, drain	2.50 oz
1474	Basil	0.50 ts
1474	Fennel	0.50 ts
1474	Frozen mixed vegetables	2.00 c
1474	Fresh or frozen sole (thaw)	2.00 lb
1474	Salt	0.25 ts
1474	Pepper	0.25 ts
1474	Tomatoes, sliced	2.00 md
1474	Grated parmesan cheese	0.33 c
1475	Olive oil	3.00 ts

Sheet1

1475	Flour	0.50 c
1475	Paprika	1.00 ts
1475	Garlic powder	1.00 ts
1475	Parmesan cheese	1.00 tb
1475	Trout fillets	1.00 lb
1475	Frozen spinach	1.00 pk
1475	Spaghetti sauce	1.00 c
1476	Butter	0.25 c
1476	Chopped onion	1.00 c
1476	Cloves garlic, crushed	2.00
1476	Can tomatoes	28.00 oz
1476	Long grain rice	1.50 c
1476	Basil	1.00 ts
1476	Salt	1.00 ts
1476	Pepper	0.50 ts
1476	Cayenne	0.25 ts
1476	Soup mix	1.00 tb
1476	Chopped green pepper	0.50 c
1476	Sliced celery	0.50 c
1476	Parsley, dried	0.25 c
1476	Shrimp uncooked	1.00 lb
1476	Chicken breasts cook cube	3.00
1476	Sliced mushrooms	6.00
1477	Raw prawns	12.00
1477	(1 lb) fish fillets (see	500.00 g
1477	note)	0.00
1477	Egg, beaten with 1 Tb.	1.00
1477	water	0.00
1477	Finely grated fresh ginger	0.25 ts
1477	Salt	0.50 ts
1477	Plain flour	0.00
1477	Dry breadcrumbs	0.00
1477	Oil for frying	0.00
1478	CURRY PASTE -----	0.00 -----
1478	Chopped Lemon Grass	2.00 tb
1478	Shallots	8.00
1478	Cloves Garlic	6.00
1478	Chopped Lesser Ginger	0.25 c
1478	Dried Jalapeno Peppers	8.00
1478	Canned Peppercorns	1.00 ts
1478	Shrimp Paste	1.00 ts
1478	Salt	0.50 ts
1478	PREPARATION -----	0.00 -----
1478	Oil	2.00 tb
1478	Catfish, Cut Into 1" Slices	1.50 lb
1478	Fish Sauce (Nam Pla)	0.25 c
1478	Water	3.00 c
1478	Thai Eggplant	0.50 c
1478	Sliced Green Jalapeno Pepper	0.25 c

Sheet1

1478	Sweet Basil Leaves	0.50 c
1478	Whole Kaffir Lime Leaves	10.00
1479	Boxes salt (no size mentione	4.00
1479	Pouches crab boil	6.00
1479	Lemons	9.00
1479	Cayenne pepper	8.00 oz
1479	Small white onions	5.00 lb
1479	Garlic	0.00
1479	Small potatoes	24.00
1479	Smoked sausage	0.00
1479	Corn	0.00
1479	Live crawfish	50.00 lb
1480	Trout, (6-8 oz each)	2.00 sm
1480	Rashers streaky bacon	2.00
1480	(heaped) coarse oatmeal	1.00 tb
1480	Unsalted or clarified butter	2.00 oz
1480	Lemon	1.00
1480	A little plain flour	0.00
1481	Pacific salmon fillets; 4 oz	4.00 ea
1481	skinned	0.00
1481	Shallots; finely chopped	2.00 ea
1481	White wine	0.50 c
1481	Water	0.50 c
1481	SAUCE -----	0.00 -----
1481	Shallots; finely chopped	2.00 ea
1481	Fish stock	1.00 c
1481	White wine	1.00 c
1481	Lemon juice	2.00 tb
1481	Butter	0.50 c
1481	Dill; finely chopped	2.00 tb
1481	Salt and pepper	0.00
1482	Squid tubes (or tubes and	0.75 lb
1482	tentacles) OR	0.00
1482	Whole squid, cleaned	1.50 lb
1482	MARINADE -----	0.00 -----
1482	Cornstarch	2.00 ts
1482	Sesame oil	1.00 ts
1482	Salt (optional)	0.25 ts
1482	Of white pepper	1.00 pn
1482	CHILI SEASONING -----	0.00 -----
1482	Dry red chilies	6.00 sm
1482	Minced fresh ginger	2.00 ts
1482	Minced or pressed garlic	1.00 ts
1482	Crushed hot red pepper or	0.50 ts
1482	chili flakes	0.00
1482	SAUCE -----	0.00 -----
1482	Low-salt chicken broth	0.33 c
1482	Balsamic vinegar, or Chinese	3.00 tb
1482	black rice vinegar	0.00

Sheet1

1482	Soy sauce	2.50 tb
1482	Sugar	5.00 ts
1482	Sesame oil	1.50 ts
1482	VEGETABLES -----	0.00 -----
1482	Salad oil	2.00 tb
1482	Stalks Celery, cut into 1/2	2.00
1482	inch slices	0.00
1482	Green or red bell pepper,	1.00 sm
1482	cut into 1 inch squares or	0.00
1482	julienned	0.00
1482	Onion, cut into 1 inch	1.00 sm
1482	chunks, layers separated	0.00
1482	Whole bamboo shoots (15	1.00 cn
1482	oz.), drained and cut into	0.00
1482	Inch cubes OR	0.50
1482	Sliced bamboo shoots (8	1.00 cn
1482	oz.), drained	0.00
1482	Cornstarch dissolved in 1	1.50 ts
1482	tablespoon of water	0.00
1483	Stephen Ceideburg	0.00
1483	Lobsters	1.00 lb
1483	Palm sugar	1.50 tb
1483	Fish sauce	1.50 tb
1483	Salt	0.50 ts
1483	Chopped coriander root	1.00 tb
1483	Thinly sliced shallot	0.33 c
1483	Chopped coriander greens	0.33 c
1483	Tamarind juice	2.50 tb
1483	To 5 fried dried small	4.00
1483	chillies	0.00
1483	Vegetable oil	1.50 tb
1483	Finely chopped garlic	1.00 tb
1483	Water	1.00 tb
1484	Scampi with heads on,	6.00
1484	Shelled	0.00
1484	Onion, finely chopped	1.00 sm
1484	Bell pepper, finely chopped	1.00
1484	Asparagus, finely chopped	4.00
1484	Sheets sea weed	2.00
1484	Vegetable oil	6.00 c
1484	Dip	0.00
1484	Water	2.00 c
1484	Soy sauce	0.33 c
1484	Mirin	0.33 c
1484	Pinch of bonito shavings	0.00
1484	Thumb-size piece of ginger	1.00
1485	THE SOUFFLES -----	0.00 -----
1485	Boiled crab; -OR-	1.00
1485	Prepared Crabmeat	6.00 oz

Sheet1

1485	Prepared laverbread	6.00 oz
1485	OR- nori or spinach	0.00
1485	Butter	2.00 oz
1485	Flour	2.00 oz
1485	Milk	0.75 pt
1485	Eggs	3.00
1485	Grated nutmeg	0.50 ts
1485	Salt & pepper	0.00
1485	COCKLE SAUCE -----	0.00 -----
1485	White sauce from souffle mix	0.25 pt
1485	Whipping cream	0.25 pt
1485	Cockles or clams (shelled)	4.00 oz
1485	Prepared laverbread **	2.00 oz
1486	Oil	2.00 tb
1486	Shrimp, Shelled & Deveined	4.00 oz
1486	Scallops	4.00 oz
1486	Fish Fillets Sliced 1/2"	4.00 oz
1486	Thick	0.00
1486	Cleaned Mussels	4.00 oz
1486	Green Curry Paste	0.25 c
1486	Coconut Milk	0.25 c
1486	Fish Sauce (Nam Pla)	0.25 c
1486	Sugar	1.00 tb
1486	Slivered Bamboo Shoots	0.12 c
1486	Stalk Lemon Grass In 1" Long	1.00
1486	Pieces	0.00
1486	Sliced Green Bell Pepper	0.25 c
1486	Sweet Basil Leaves	0.33 c
1487	Butter	4.00 ts
1487	Oil; olive	1.00 ts
1487	Garlic cloves, chopped	4.00 lg
1487	Lemon juice	0.12 c
1487	Capers, drained	3.00 ts
1487	Black olives,pitted & sliced	18.00
1487	Tuna; chunk,drained	2.00 cn
1487	Pasta; penne ,	0.00
1487	cooked and drained	0.00
1487	Butter (add at end)	4.00 ts
1488	(4 Oz) Swordfish Steaks	2.00
1488	(About 3/4 Inch Thick)	0.00
1488	Garlic Minced	1.00 cl
1488	Lemon Juice Divided	1.00 tb
1488	Vegetable Oil	0.50 ts
1488	Basil	0.25 ts
1488	Carrot Cut in Julienne	1.00 sm
1488	Strips	0.00
1488	Sliced Radishes	0.75 c
1488	Fresh Snow Peas	2.00 oz
1488	Dash Of Pepper	0.00

Sheet1

1489	Sea scallops	1.50 lb
1489	Dry sherry	3.00 tb
1489	Teriyaki sauce	3.00 tb
1489	Juice and zest of one lemon	0.00
1489	Cornstarch	1.00 ts
1489	Water	1.00 tb
1490	Large ocean scallops	8.00 oz
1490	Medium sized shrimp	8.00 oz
1490	1 inch cubes grouper or	8.00 oz
1490	Halibut fillet	0.00
1490	Fresh lime juice	0.33 c
1490	Clove garlic, minced	1.00 lg
1490	Oriental sesame oil	1.00 tb
1490	Small fresh zucchini, cut	0.00
1490	Into 1/2 inch slices	0.00
1490	Fresh button mushrooms	0.00
1490	Corn, husked and cut	2.00
1490	Into 1/2 inch rounds	0.00
1490	Carrots, peeled and cut into	2.00
1490	1/2 Inch diagonal strips	0.00
1490	Purple onions	2.00 md
1491	PHILLY.INQUIRER -----	0.00 -----
1491	BUTTER	2.00 tb
1491	MINCED GREEN ONIONS	2.00 tb
1491	OLIVE OIL	2.00 tb
1491	CAN MINCED CLAMS OR 1	10.00 oz
1491	6 oz.CAN TUNA IN WATER	0.00
1491	LARGE CLOVE GARLIC,MINCED	1.00
1491	DRY WHITE WINE	0.25 c
1491	LINGUINE	6.00 oz
1491	INCE FRESH PARSLEY	0.25 c
1491	ALT AND PEPPER TO TASTE	0.00
1491	MINCED WATERCRESS	2.00 tb
1492	Saffron threads	0.50 ts
1492	Shiitake mushrooms; stemmed	8.00 oz
1492	Tomato paste	1.00 tb
1492	Tarragon; fresh, or 3/4 tea	2.00 ts
1492	Butter	3.00 tb
1492	Green onions; thinly sliced	1.00 ea
1492	Crabmeat; cut into bite-siz	8.00 oz
1492	Linguine; [or other pasta,	8.00 oz
1493	Fresh or frozen Scallops	1.00 lb
1493	Margarine	1.00 ts
1493	Chicken Broth	1.50 c
1493	Lemon Juice	3.00 tb
1493	Snipped fresh Parsley	0.75 c
1493	Capers, drained	2.00 tb
1493	Linguine	12.00 oz
1493	Olive Oil or cooking oil	1.00 ts

Sheet1

1493	Dry white wine (or vermouth)	0.75 c
1493	Sliced green Onion	0.75 c
1493	Dried dillweed	1.00 ts
1493	Pepper	0.25 ts
1494	Margarine	0.67 c
1494	Basil	0.25 ts
1494	Olive oil	0.33 c
1494	Oregano	0.25 ts
1494	Cloves garlic	3.00
1494	Salt	0.25 ts
1494	(8 oz) cans minced clams dra	3.00
1494	Finely chopped parsley	0.33 c
1494	Linguine	1.00 lb
1495	Trout (8-9 oz ea cleaned wt)	3.00
1495	Courgettes	0.50 lb
1495	Carrots	0.50 lb
1495	Mangetout peas	0.25 lb
1495	Butter	2.50 oz
1495	Lemon	0.50
1495	Fresh mint & chives	0.00
1496	Lobster tails	2.00 lb
1496	Clove garlic, minced	1.00
1496	Fermented black beans,	1.00 ts
1496	rinsed and drained	0.00
1496	Oil	2.00 tb
1496	Ground pork	0.25 lb
1496	Hot water	1.50 c
1496	Soy sauce	1.50 tb
1496	MSG (optional)	1.00 ts
1496	Cornstarch	2.00 tb
1496	Dry sherry	3.00 tb
1496	Egg	1.00
1496	Water	3.00 tb
1496	Cilantro sprigs	0.00
1496	Green onion curls	0.00
1496	Hot cooked rice	0.00
1497	Eggs	3.00
1497	Water	3.00 tb
1497	Lemon juice	3.00 tb
1497	Oil	0.50 c
1497	Milk	3.00 tb
1497	Sugar	1.00 ts
1497	Salt, pepper to taste	0.50 ts
1497	Cooked lobster	1.00 c
1498	(17-1/2 ounce-size)	0.50 pk
1498	Frozen puff pastry	0.00
1498	Margarine or butter	2.00 tb
1498	Thinly sliced green	2.00 tb
1498	Onions (with tops)	0.00

Sheet1

1498	All-purpose flour	2.00 tb
1498	Milk	0.50 c
1498	Whipping (heavy) cream	0.50 c
1498	Chopped cooked lobster	1.50 c
1498	Dry white wine or chicken	0.50 c
1498	broth	0.00
1498	Chopped fresh parsley	2.00 tb
1498	Finely shredded lemon peel	1.00 ts
1498	Salt	0.25 ts
1498	Pepper	0.12 ts
1499	Flour	3.00 tb
1499	Butter	3.00 tb
1499	Warm milk	3.00 c
1499	Salt	0.50 ts
1499	(approximately) cooked lobst	1.00 c
1499	Cracker crumbs (fine)	1.00 c
1499	Juice of 1 lemon	1.00
1499	Worchestershire sauce*	1.00 ts
1499	Minced parsley	1.00 tb
1499	Egg yolks, mixed lightly	2.00
1499	Butter	2.00 tb
1499	Cream	0.25 c
1500	Lobsters (about 2 lbs each)	2.00
1500	(live, or recently dead)	0.00
1500	Saffron strands; soaked in	25.00
1500	Hot water	0.25 c
1500	Finely chopped onion	0.25 lb
1500	Leek; washed, finely chopped	1.00 md
1500	Fruity olive oil	8.00 tb
1500	Garlic cloves; minced	3.00
1500	Tomatoes; skinned, seeded,	1.00 lb
1500	and finely chopped	0.00
1500	Sun-dried tomatoes (in oil)	4.00
1500	pounded to a paste	0.00
1500	White wine	0.50 c
1500	Orange juice	0.25 c
1500	Bay leaf	1.00
1500	Salt & freshly ground Pepper	0.00
1500	Finely chopped Fennel	0.50 c
1500	Minced flat-leaf Parsley	0.50 c
1500	Finely chopped fresh Mint	1.00 tb
1500	Saffron Rice	0.00
1501	Popovers	0.00
1501	Margarine or butter	0.25 c
1501	All-purpose flour	3.00 tb
1501	Salt	0.50 ts
1501	Dry mustard	0.50 ts
1501	Pepper	0.25 ts
1501	Milk	2.00 c



Sheet1

1501	Cut-up cooked lobster	2.00 c
1501	Dry sherry or	2.00 tb
1501	Apple juice	0.00
1502	Thai Coconut Milk	14.00 oz
1502	Thai Red Curry Base	1.00 tb
1502	Frozen Or Fresh Scallops	1.00 lb
1502	Cooked Lobster Meat	1.00 lb
1502	Fish Sauce	2.00 tb
1502	Lemon Juice	2.00 ts
1502	Tomato, Diced	1.00
1502	Scallions, Diced	3.00
1502	Mushrooms, Sliced	2.00 c
1502	Yellow Pepper, Diced	1.00
1502	Thai Garlic Chili Sauce	2.00 ts
1502	Fresh Sweet Basil	0.00
1503	PHILLY.INQUIRER -----	0.00 -----
1503	BUTTER	0.50 c
1503	LIGHT CREAM	1.00 qt
1503	PAPRIKA	1.00 ts
1503	SALT AND FRESHLY GROUND PEP	0.00
1503	NUTMEG	1.00 pn
1503	WORCESTERSHIRE SAUCE	2.00 tb
1503	COOKED LOBSTER MEAT	1.00 lb
1503	DRY SHERRY AT LEAST	2.00 tb
1503	MILK	1.00 qt
1504	THE PASTRY -----	0.00 -----
1504	Flour	8.00 oz
1504	Cold lard	3.00 oz
1504	Cold butter	3.00 oz
1504	Ice-cold water (or more)	3.00 tb
1504	THE FILLING -----	0.00 -----
1504	Live lobster *	1.00
1504	Eggs **	5.00
1504	Milk	0.50 pt
1504	Single cream	0.50 pt
1505	Salt Salmon	1.00 lb
1505	Large ripe tomatoes	5.00
1505	Medium yellow onion; chopped	1.00
1505	Green onions	8.00
1506	Smoked salmon;finely chopped	4.00 oz
1506	Green onion; sliced	0.50 c
1506	Tomato; peeled,chopped	0.50 c
1506	Green pepper; chopped	2.00 tb
1507	Butter	2.00 tb
1507	Celery, chopped	0.50 c
1507	Shredded cheese	1.50 c
1507	Eggs	3.00 ea
1507	Pepper	0.50 ts
1507	Pinch red pepper	1.00 x

Sheet1

1507	Sliced onion rings	1.00 c
1507	Crabmeat	1.00 c
1507	9" unbaked pastry shell	1.00 ea
1507	Salt	1.00 ts
1507	"Half and Half"	0.67 c
1508	Medium raw shrimp	1.00 lb
1508	Salt	2.00 ts
1508	Long Jing (Dragon Well) tea	1.00 tb
1508	or any Chinese green tea	0.00
1508	Boiling water	1.00 c
1508	Peanut oil	1.50 tb
1508	Rice wine or dry sherry	1.00 tb
1509	Louisiana shrimp or	1.50 lb
1509	Other lg shrimp in shell	0.00
1509	Bunch mustard greens	1.00 lg
1509	Tasso	4.00 oz
1509	Olive oil	3.00 tb
1509	Cloves garlic, finely	2.00 md
1509	Chopped	0.00
1509	Fish stock	1.00 c
1509	Large pinch ground	0.00
1509	Sassafrass	0.00
1509	Salt and pepper, to taste	0.00
1509	Butter	2.00 tb
1510	STEP ONE -----	0.00 -----
1510	Boned trout; halved	2.00
1510	Butter	0.50 c
1510	Flour	0.25 c
1510	To 2 T fresh lemon juice	1.00
1510	Lemon; sliced	0.50
1510	STEP TWO -----	0.00 -----
1510	Grand Marnier	0.75 c
1510	Butter; sliced	0.33 c
1510	Parsley; chopped	2.00 tb
1511	Sole fillets, *	1.00 lb
1511	fresh or thawed	0.00
1511	Spinach, (300g/10 oz)	1.00 pk
1511	frozen/chopped	0.00
1511	Pimento cream cheese	1.00 pk
1511	(125g/4.5 oz)	0.00
1511	Butter	1.00 tb
1511	Flour	1.00 tb
1511	Chicken broth	0.50 c
1511	Salt	1.00 ds
1511	Pepper	1.00 ds
1511	Paprika	0.00
1512	Uncooked elbow or spiral	1.50 c
1512	Macaroni (about 6 ounces)	0.00
1512	(10 ounces) frozen green	1.00 pk

Sheet1

1512	Peas	0.00
1512	Shredded cheddar cheese	1.00 c
1512	(4 ounces)	0.00
1512	Mayonnaise or salad dressing	0.75 c
1512	Green onions (with tops),	8.00
1512	sliced (about 1/2 cup)	0.00
1512	Sweet pickle relish	0.33 c
1512	Stalk celery, sliced	1.00
1512	(about 1/2 cup)	0.00
1512	(4-1/2 ounces) tiny shrimp,	1.00 cn
1512	Rinsed and drained	0.00
1512	Head iceberg lettuce, torn	0.50
1512	into Bite-size pieces	0.00
1512	(about 3 cups)	0.00
1512	Bacon, crisply cooked and	6.00 sl
1512	Crumbled	0.00
1513	Mackerel	0.00
1513	Butter or oil	0.00
1513	Large onion	0.00
1513	Sugar	0.00
1513	Salt and pepper	0.00
1513	Malt vinegar	0.00
1514	Blue crabs, lg	4.00
1514	Oil	0.00
1514	Cooked ham, cut in 1" cubes	1.00 lb
1514	Chicken gizzards, sliced	0.50 lb
1514	Whole tomatoes (1-lb 12 oz)	2.00 cn
1514	Onions, lg, diced	2.00
1514	Celery stalks, diced	5.00
1514	Chicken wings and backs	2.00 lb
1514	Sugar	0.25 c
1514	Salt, pepper	0.00
1514	Hot pepper sauce (optional)	0.00
1514	Shrimp	4.00 lb
1514	Beef stew meat, in 1" cubes	1.50 lb
1514	Link sausage, sliced	1.00 lb
1514	Salt pork, cut in 1/2"	1.00 lb
1514	Cubes	0.00
1514	Bay leaves, crumbled	4.00
1514	Gn bell peppers, lg, diced	2.00
1514	Cloves garlic, crushed	4.00
1514	Okra, fresh	1.50 lb
1514	Parsley flakes, dried	0.25 c
1514	Hot cooked rice	0.00
1514	Crackers (optional)	0.00
1515	Pounds mahimahi or other	1.50
1515	lean Fish fillets	0.00
1515	Olive oil	2.00 tb
1515	Margarine	2.00 tb

Sheet1

1515	Or butter	0.00
1515	Chopped fennel bulb	0.50 c
1515	Chopped onion	0.25 c
1515	Salt	0.25 ts
1515	Pepper	0.12 ts
1516	Cucumber	1.00 md
1516	Lobster Meat	1.00 lb
1516	Ghee Or Butter	0.50 c
1516	Onions, Chopped	5.00 md
1516	Garlic Cloves, Crushed	2.00 md
1516	Ginger Powder	2.00 ts
1516	Cayenne Pepper	1.00 pn
1516	Salt	2.00 ts
1516	Curry Powder	3.00 tb
1516	Tomatoes, Chopped	2.00 lg
1516	Unbleached All-Purpose Flour	3.00 tb
1516	Coconut Milk	3.00 c
1516	Lemon Juice	1.00 tb
1516	Plum Jam	2.00 ts
1517	Male blue crabs *	12.00 lg
1517	Seasoned all-purpose flour	2.00 c
1517	Vegetable oil for frying	0.00
1517	Butter	6.00 tb
1517	Olive oil	6.00 tb
1517	Stalks lemongrass **	3.00
1517	Minced garlic	4.00 tb
1517	Hot pepper flakes	3.00 tb
1517	Kosher salt	3.00 tb
1517	Sugar	3.00 tb
1517	Inch piece fresh ginger ***	3.00
1517	Green onions, chopped	1.00 bn
1517	Fresh serrano chiles, thinly sliced	5.00
1517		0.00
1518	Finely chopped bacon or	0.25 c
1518	Salt pork	0.00
1518	Onion, finely chopped	1.00 sm
1518	(about 1/4 cup)	0.00
1518	Shucked fresh clams	1.00 pn
1518	With liquor*	0.00
1518	Finely chopped potatoes	2.00 c
1518	Chopped celery	0.33 c
1518	Water	1.00 c
1518	Chopped fresh parsley	2.00 ts
1518	Salt	0.50 ts
1518	Chopped fresh or 1/4 ts	1.00 ts
1518	Dried thyme leaves	0.00
1518	Pepper	0.12 ts
1518	(16 ounces) whole tomatoes,	1.00 cn
1518	Undrained	0.00

Sheet1

1519	Shrimp;*	12.00 oz
1519	Vinegar	2.00 tb
1519	Lemon Juice	1.50 ts
1519	Salt	0.25 ts
1519	Mustard; Dry	0.12 ts
1519	Pepper; Dash Of	1.00
1519	Onion; Thinly Sliced,1 small	0.25 c
1519	Clove Garlic; Halved	1.00
1519	Vegetable Oil	3.00 tb
1519	Jalapeno Pepper; Pickled, **	1.00
1519	Avocados; Halved & Seeded	2.00
1519	Tomato; Chopped, 1 Medium	0.50 c
1520	Lo-cal Italian salad dressin	2.00 tb
1520	Grated Parmesan cheese	1.00 tb
1520	Fine dry bread crumbs	1.00 tb
1520	Small Tomato, sliced	0.00
1521	Stephen Ceideburg	0.00
1521	Fish sauce	2.00 tb
1521	Dark soy sauce	2.00 tb
1521	Limes, juice only	2.00
1521	Vinegar	3.00 tb
1521	Brown sugar or half brown	0.25 c
1521	and half palm sugar	0.00
1521	Oil, for deep-frying	0.00
1521	Rice sticks	6.00 oz
1521	Eggs, lightly beaten	4.00
1521	Onion, finely diced	1.00 md
1521	Cloves garlic, minced	3.00
1521	Red or green chile, seeds	1.00 sm
1521	removed, finely minced	0.00
1521	Minced pork, diced chicken,	0.75 lb
1521	or peeled shrimp, or a	0.00
1521	mixture	0.00
1521	Green onions, sliced, for	2.00
1521	garnish	0.00
1522	Red Snapper	2.00 lb
1522	Salt	0.50 ts
1522	Achiote Paste*	1.00 tb
1522	Oregano	1.00 ts
1522	Garlic cloves, peeled	5.00
1522	Peppercorns, ground	6.00
1522	Seville Orange Juice*	4.00 tb
1522	Water	3.00 tb
1522	Olive Oil	0.00
1523	STEP ONE -----	0.00 -----
1523	Fillet of sole; pat dry	4.00
1523	Small scallops	10.00
1523	Crab meat	0.75 c
1523	Small cooked shrimp	0.75 c

Sheet1

1523	Monterey Jack cheese; grated	0.50 c
1523	STEP TWO -----	0.00 -----
1523	Butter	0.50 c
1523	Egg yolks	2.00
1523	Lemon juice	1.00 tb
1523	Dry mustard	0.50 ts
1523	Salt	0.12 ts
1523	STEP THREE -----	0.00 -----
1523	Parsley; chopped	2.00 tb
1523	Paprika	0.00
1524	Fillets of sole	8.00
1524	Minced onion	1.00 ts
1524	Lemon juice	1.00 ts
1524	Dry white wine	0.50 c
1524	Seedless grapes	1.00 c
1524	Cognac	0.25 c
1524	Butter	2.00 tb
1524	Flour	2.00 tb
1524	Cream	1.00 c
1524	Mixed vegetable seasoning	0.50 ts
1525	Salmon; 15 oz	1.00 cn
1525	Egg; lightly beaten	1.00
1525	Breadcrumbs	1.00 c
1525	Sour cream or whipping cream	0.25 c
1525	Curry powder	0.50 ts
1525	Onion; small minced	1.00
1525	Salt	1.00 ts
1525	Pepper	0.25 ts
1525	Lemon; juice & rind	1.00
1525	SAUCE -----	0.00 -----
1525	Butter	2.00 tb
1525	Flour	2.00 tb
1525	Milk	1.00 c
1525	Dill; chopped fresh or dill	3.00 ts
1526	Bacon	4.00 sl
1526	Onion, thinly sliced	1.00 md
1526	Green bell pepper, chopped	1.00 md
1526	(about 1 cup)	0.00
1526	Uncooked millet	1.00 c
1526	Water	3.00 c
1526	Chicken	1.00 tb
1526	Bouillon granules	0.00
1526	Ground ginger	0.12 ts
1526	Unpared apple, coarsely	1.00 md
1526	Chopped (about 1 cup)	0.00
1527	Shrimp, peeled and	18.00 lg
1527	Deveined	0.00
1527	Salt and pepper to taste	0.00
1527	Egg white	1.00

Sheet1

1527	Cornstarch	0.50 ts
1527	Oil	2.00 c
1527	Cl Garlic, chopped	1.00
1527	Diced onion	0.50 c
1527	Sliced water chestnuts	1.50 c
1527	Sliced mushrooms	0.50 c
1527	Chopped scallions	0.00
1527	Hot sauce	0.00
1528	Unpeeled Fresh Shrimp	0.75 lb
1528	Salmon Fillet	0.50 lb
1528	Sea Scallops	0.50 lb
1528	Lemon-Pepper Seasoning	2.00 ts
1528	Dry White Wine	3.00 tb
1528	Low Cal. Oleo	3.00 tb
1528	Ears Fresh Corn in Husks	8.00
1528	Sprigs Fresh Dill	8.00
1529	Haddock; fillet	2.00 lb
1529	Tomato juice; or V8/to cover	0.00
1529	Chili sauce	0.50 c
1529	Horseradish; prepared	0.50 c
1529	Sour cream	0.25 c
1530	Pound monkfish or other	1.00
1530	Lean fish fillets	0.00
1530	Margarine or	2.00 tb
1530	Butter	0.00
1530	Ounces mushrooms, sliced	4.00
1530	(about 1-1/3 cups)	0.00
1530	Onion, chopped	1.00 sm
1530	(about 1/4 cup)	0.00
1530	Chopped fresh or 1/2 ts	1.00 ts
1530	Dried thyme Leaves	0.00
1530	Salt	0.25 ts
1530	White pepper	0.12 ts
1530	Dry white wine or	0.50 ts
1530	Chicken broth	0.00
1530	Sour cream	0.50 c
1531	Mussels, scrubbed well	4.00 lb
1531	Sweet butter	2.00 tb
1531	Onion, minced	1.00
1531	Flour	1.00 tb
1531	Heavy cream	8.00 oz
1531	Freshly chopped parsley	2.00 tb
1531	Calvert's cedar street	1.00 tb
1531	Chive mustard	0.00
1531	Pinch saffron threads,	0.00
1531	Soaking in 1 tbs. warm	0.00
1531	Mussel liquid	0.00
1531	Coriander	0.50 ts
1532	Fresh mussels	1.50 lb

Sheet1

1532	Peanut oil	2.00 tb
1532	Finely chopped garlic	1.00 tb
1532	Minced peeled fresh ginger	2.00 ts
1532	Fermented black beans	2.00 tb
1532	Bean sauce	1.00 tb
1532	Chili bean sauce	1.00 ts
1532	Rice wine	1.00 tb
1532	Light soy sauce	1.00 tb
1532	Chicken stock	2.00 tb
1532	Minced whole scallions	3.00 tb
1533	Dozen Mussels	2.00
1533	Chopped onion	0.50 tb
1533	Wine Glass of sauterne OR	1.00
1533	sweet sherry	0.00
1533	Bacon	2.00 sl
1533	Grated cheese	0.25 c
1534	Long grain white rice	1.50 c
1534	Corn oil	3.00 tb
1534	Onions, cut in half, sliced	2.00
1534	Fresh green chilies, seeded,	2.00 sm
1534	chopped	0.00
1534	Pork tenderloin, diced (6oz)	1.00
1534	Skinned chicken breast (6oz)	1.00
1534	Paprika	1.00 ts
1534	Light soy sauce	2.00 tb
1534	Cooked peeled medium shrimp,	4.00 oz
1534	thawed if frozen	0.00
1534	Salt to taste	0.00
1534	Egg	1.00
1534	Cold water	1.00 ts
1534	Butter	1.50 ts
1534	Shrimp crackers	0.00
1535	To 2 lbs soaked dried cod *	1.50
1535	Onions, sliced	2.00 lg
1535	Butter	6.00 tb
1535	Garlic, minced	1.00 cl
1535	Potatoes	3.00 lg
1535	Bread crumbs	2.00 tb
1535	Pitted green olives	10.00
1535	Black olives	10.00
1535	Hard-cooked eggs	4.00
1535	Chopped fresh parsley	0.50 c
1535	Wine vinegar	0.00
1535	Olive oil	0.00
1535	Fresh ground black pepper	0.00
1536	To 2 lbs soaked dried cod *	1.50
1536	Onions, sliced	2.00 lg
1536	Butter	6.00 tb
1536	Garlic, minced	1.00 cl



Sheet1

1536	Potatoes	3.00 lg
1536	Bread crumbs	2.00 tb
1536	Pitted green olives	10.00
1536	Black olives	10.00
1536	Hard-cooked eggs	4.00
1536	Chopped fresh parsley	0.50 c
1536	Wine vinegar	0.00
1536	Olive oil	0.00
1536	Fresh ground black pepper	0.00
1537	Shad fillets, fresh	3.00 lb
1537	Olive oil, extra virgin	0.33 c
1537	Lemon, juice of	1.00 lg
1537	Bay leaf	1.00
1537	Sprigs fresh thyme	2.00
1537	Fresh oregano -OR-	0.50 ts
1537	Dried leaves	0.25 ts
1537	Salt	0.25 ts
1537	Black pepper	1.00 pn
1537	Fresh sorrel	3.00 lb
1537	Butter	2.00 tb
1537	Minced shallots	1.00 tb
1537	Dry white wine	1.00 c
1537	Heavy cream	0.75 c
1537	Salt & freshly ground black	0.00
1537	pepper to taste	0.00
1538	Dozen cherrystone clams	2.00
1538	Butter	3.00 tb
1538	Mushrooms	6.00 lg
1538	Green pepper	1.00 lg
1538	Eggs	4.00 lg
1538	Potatos	2.00
1538	Parsley, fresh chopped	1.00 tb
1538	Chives, fresh chopped	1.00 tb
1538	Salt	2.00 ts
1538	Fresh ground black pepper	0.25 ts
1538	Dry sherry	1.00 tb
1538	Paprika	0.25 ts
1538	Bacon	6.00 sl
1539	Finnan haddie (smoked	2.00 lb
1539	haddock	0.00
1539	Milk	1.00 c
1539	Water	1.00 c
1539	Butter	0.25 c
1539	Flour	3.00 tb
1539	Heavy cream	2.00 c
1539	Freshly ground black pepper	0.00
1539	to taste	0.00
1539	Nutmeg	0.12 ts
1539	Chopped pimiento	1.00 tb

Sheet1

1539	Hard cooked eggs	4.00
1539	Bread crumbs	0.00
1539	Bread triangles fried in	12.00
1539	anchovy butter	0.00
1540	Cut-up bacon or	0.25 c
1540	Lean salt pork	0.00
1540	Onion, chopped	1.00 md
1540	(about 1/2 cup)	0.00
1540	(8 ounces each) minced	2.00 cn
1540	Or whole clams*	0.00
1540	Finely chopped potato	1.00 c
1540	Salt	0.50 ts
1540	Dash of pepper	0.00
1540	Milk	2.00 c
1541	Live lobster 2 to 2 1/2 lbs.	1.00
1541	Oil	2.00 tb
1541	Garlic, minced	1.00 cl
1541	Rum	2.00 tb
1541	Chicken or veal broth	0.50 c
1541	Bean sprouts	1.00 c
1541	Water chestnuts, sliced	1.00 c
1541	Snow peas	1.00 c
1541	Chinese cabbage, coarsley	1.50 c
1541	cut	0.00
1541	Salt & fresh black pepper	0.00
1541	Egg, beaten	1.00
1542	Live lobsters, 1 1/2 lb ea	4.00
1542	Butter	0.75 c
1542	Chopped mushrooms	1.00 c
1542	Salt & fresh black pepper	0.00
1542	Soft bread crumbs	0.50 c
1542	Worcestershire sauce	1.00 tb
1542	Maggi seasoning	1.50 ts
1542	Tabasco sauce	0.00
1542	Parsley, chopped	4.00 ts
1542	Pimento, chopped	4.00 ts
1542	Sherry	0.75 c
1542	Cognac	0.25 c
1542	Heavy cream	2.00 c
1542	Egg yolks	4.00
1542	Parmesan cheese, grated	0.50 c
1542	Paprika	0.00
1543	Whole trout, cleaned	4.00
1543	Lemon	0.50
1543	Salt	0.00
1543	Freshly ground pepper	0.00
1543	Olive oil	2.00 tb
1543	Soft fresh bread crumbs	0.50 c
1543	Garlic, minced	1.00 cl

Sheet1

1543	Finely chopped parsley	2.00 tb
1543	Sherry	0.33 c
1544	Cleaned fresh squid	1.00 lb
1544	OR -----	0.00 -----
1544	Cockles or Clams	18.00 ea
1545	Cooked brown rice	1.50 c
1545	Rolled cooked oat/groat	1.50 c
1545	Beaten egg white or	2.00
1545	substitute	0.00
1545	Park skim grated mozzarella	3.00 c
1545	cheese	0.00
1545	No salt tomato sauce	1.50 c
1545	Clove chopped garlic	2.00
1545	Basil	0.50 ts
1545	Oregano	0.50 ts
1545	Fresh cooked shrimp	0.00
1545	for topping	0.00
1546	Sheet nori (8x7")	1.00
1546	SAUCE	0.00
1546	Catsup	0.25 c
1546	Worcestershire sauce	1.50 tb
1546	Dijon mustard	0.25 ts
1546	Sake	2.00 tb
1546	Tamari soy sauce	1.00 ts
1546	OKONOMIYAKI	0.00
1546	Eggs	2.00
1546	White flour	1.00 c
1546	Water	1.00 c
1546	Sake	2.00 tb
1546	Of salt	1.00 pn
1546	Shredded cabbage (1 1/2"	2.00 c
1546	strips)	0.00
1546	Shredded carrot	0.25 c
1546	Whole scallions, cut in 1/2	4.00
1546	lengthwise and into 1-inch	0.00
1546	strips	0.00
1546	Vegetable oil	0.25 c
1546	Cooked shrimp, cut in	0.50 c
1546	1/2-inch pieces	0.00
1547	Shrimp,shelled and cleaned.	1.00 lb
1547	Fresh linguine or angelhair	1.00 lb
1547	BASIL BUTTER -----	0.00 -----
1547	Fresh basil	2.00 oz
1547	Butter	10.00 oz
1547	Garlic, chopped	1.00 ts
1547	Salt	0.25 ts
1547	Black pepper	0.12 ts
1547	Grated parmesan cheese	3.00 tb
1547	Grated romano cheese	1.00 tb

Sheet1

1548	Cream Cheese; 2 Pks	16.00 oz
1548	Ginger Ale	0.50 c
1548	Onion; Grated	2.00 tb
1548	Worcestershire Sauce	2.00 tb
1548	Crab; 2 Cns	13.00 oz
1548	English Muffins	6.00
1548	Cheddar; Md. Sliced, *	24.00 oz
1548	Tomato Slices	12.00
1549	Onion, cut into thin wedges	1.00
1549	Green, red or yellow pepper,	0.50
1549	sliced	0.00
1549	Snow peas	12.00
1549	Finely chopped fresh ginger	0.50 ts
1549	Cloved garlic, minced	1.00 sm
1549	1 7.5 oz can salmon	0.00
1549	Chicken or fish stock	0.25 c
1549	Orange juice	0.25 c
1549	Lemon juice	1.00 tb
1549	Cornstarch	1.00 ts
1549	5 spice powder, optional	0.25 ts
1549	Sliced almonds	0.25 c
1550	Carrot; Julienned	1.00
1550	Chinese Pea Pods; Whole	6.00
1550	Orange Roughy Fillets; 2-6oz	12.00 oz
1550	Lime Juice	0.25 c
1550	Paprika	0.00
1550	Stuffed Olives; Sliced	3.00 tb
1550	Capers	2.00 tb
1550	Parsley; Chopped	2.00 tb
1551	Orange Roughy Fillets	0.75 lb
1551	Vegetable Oil	0.50 tb
1551	Julienned Green Onion	0.50 c
1551	Strips	0.00
1551	Minced Garlic	0.50 ts
1551	Gingerrot	0.50 ts
1551	Soy Sauce	2.00 tb
1551	Pinch Red Pepper Flakes	0.00
1551	Bamboo Shoots Drained	0.50 c
1552	Olive oil	2.00 ts
1552	Sliced onion	1.00 c
1552	Garlic, minced	2.00 cl
1552	Yellow bell pepper rings	1.00 c
1552	(14.5 oz) mexican-style	1.00 cn
1552	Stewed tomatos w/jalapeno	0.00
1552	Peppers undrained	0.00
1552	4 oz pieces orange roughy	4.00
1552	Dash of garlic powder	0.00
1552	Dash of ground red pepper	0.00
1553	4-oz orange roughy fillets	4.00 x

## Sheet1

1553	Finely chopped dill pickle	0.25 c
1553	Snipped fresh Parsley	2.00 tb
1553	Dried tarragon or dry mustar	0.25 ts
1553	Mayonnaise or salad dressing	0.25 c
1553	Plain lo-cal Yogurt	2.00 tb
1553	Thinly sliced green onion	1.00 tb
1553	Cooking oil	1.00 tb
1554	Dry sherry	2.00 tb
1554	Soy sauce	2.00 ts
1554	Garlic clove, minced	0.00
1554	Cherry Tomatoes	8.00 x
1554	Sugar	2.00 ts
1554	Grated gingerroot	0.50 ts
1554	Sm Zucchini, cut 1/2" slices	2.00 x
1555	Pound orange roughy or	1.00
1555	Other lean fish fillets	0.00
1555	Pound bok choy	0.50
1555	Sesame seed	1.00 tb
1555	Vegetable oil	1.00 tb
1555	Bunch green onions (with top	1.00
1555	Cut into 2-inch pieces	0.00
1555	Red bell pepper, cut	1.00 sm
1555	Into 1-inch pieces	0.00
1555	Chicken broth	0.50 c
1555	Red pepper flakes	0.50 ts
1555	Cornstarch	1.00 tb
1555	Teriyaki sauce	1.00 tb
1555	Hot cooked rice	2.00 c
1556	White fish steaks, about	4.00
1556	3/4" thick	0.00
1556	Slivered fresh ginger root	1.00 tb
1556	Orange juice	0.25 c
1556	Soy sauce	2.00 tb
1556	Distilled white vinegar	1.50 ts
1556	Brown sugar	0.50 ts
1556	Sesame oil	1.00 ts
1556	Green onions and tops,	2.00
1556	minced	0.00
1557	Sea scallops, cut in 1/4's	15.00 oz
1557	Low fat buttermilk	3.00 tb
1557	Plus 2 tsp seasoned dried	0.33 c
1557	bread crumbs or seasoned	0.00
1557	crushed corn flake crumbs	0.00
1557	Ground thyme	0.50 ts
1558	Ritz crackers, crushed coars	1.25 c
1558	Egg, slightly beaten	1.00
1558	Parsley, snipped	2.00 tb
1558	Green onion, sliced	2.00 tb
1558	Milk	2.00 tb

Sheet1

1558	Pepper	0.12 ts
1558	Worcestershire sauce	0.12 ts
1558	Salmon, drained and flaked	16.00 oz
1558	Sharp cheese, shredded	1.00 c
1558	Butter	1.00 tb
1559	Pound lean fish fillets	1.00
1559	Cornmeal	0.25 c
1559	Dry bread crumbs	0.25 c
1559	Paprika	0.50 ts
1559	Salt	0.25 ts
1559	Chopped fresh or	0.75 ts
1559	Dried dill weed	0.25 ts
1559	Pepper	0.12 ts
1559	Milk	0.25 c
1559	Margarine or	3.00 tb
1559	Butter, melted	0.00
1560	Orange Roughy or other fish	1.00 lb
1560	Fillets, similar sized	0.00
1560	Butter or margarine	3.00 tb
1560	Egg	1.00 ea
1560	Water	1.00 tb
1560	Lemon juice	1.00 tb
1560	Onion salt	0.75 ts
1560	Cayenne pepper	1.00 ds
1560	Crushed cereal flakes or	0.75 c
1560	Seasoned bread crumbs	0.00
1560	Fresh herbs for garnish	0.00
1560	Lemon slices for garnish	0.00
1561	Shucked oysters w/liquid	48.00 ea
1561	Eggs, beaten	6.00 ea
1561	Baking powder	4.00 T
1561	Oregano flakes	0.25 ts
1561	Black pepper	1.00 ts
1561	White pepper	0.50 ts
1561	Tabasco sauce	1.50 ts
1561	Flour, all-purpose is best	2.00 c
1561	Milk or Half & Half	1.00 c
1561	Salt	1.00 ts
1561	Butter	0.25 lb
1561	Peanut or corn oil	0.50 c
1562	Dz.oysters, fresh and	1.00
1562	Shelled-or from jar, drain	0.00
1562	Dz.mussels, fresh and	1.00
1562	Shelled-or smoked and cann	0.00
1562	And drained	0.00
1562	Sweet butter	3.00 tb
1562	Onion, peeled and diced	1.00
1562	Freshly ground peppercorns	5.00
1562	Salt	0.50 ts

## Sheet1

1562	Calvert's cedar street	2.00 tb
1562	Basil mustard	0.00
1562	Clam juice	1.00 c
1562	Half-and-half	2.00 c
1562	Sherry	3.00 tb
1563	Margarine or butter	0.25 c
1563	Shucked oysters, undrained	1.00 pn
1563	Milk	2.00 c
1563	Half-and-half	0.50 c
1563	Salt	0.50 ts
1563	Dash of pepper	0.00
1564	Oysters; Shucked	1.00 pt
1564	Onion; Chopped, 1 Large	1.00 c
1564	Green Bell Pepper; Chopped,*	1.00 ea
1564	Clove Garlic; Minced	1.00 ea
1564	Margarine Or Butter	2.00 tb
1564	Tomatoes; Cut Up, 1 can	8.00 oz
1564	Potatoes; Peeled, Chopped	2.00 ea
1564	Olives; Sliced, **	0.50 c
1564	Capers	2.00 tb
1564	Salt	1.00 ts
1564	Marjoram; Dried, Crushed	0.25 ts
1564	Cinnamon; Ground	0.12 ts
1564	Cayenne; Dash Of	1.00 x
1564	Vinegar	2.00 ts
1565	Oysters, (boiled until	3.00 oz
1565	Edges curl), drained	0.00
1565	Clean oyster shells	3.00 oz
1565	Bienville sauce, cold	0.50
1565	Bread crumbs	1.00 c
1565	Grated Parmesan cheese	1.00 c
1565	Melted butter	8.00 tb
1565	Rock salt	0.00
1566	Rock salt	0.00
1566	Oysters in shell	12.00 md
1566	Sour cream	0.00
1566	Grated parmesan cheese	0.50 c
1566	Cracker crumbs	0.25 c
1566	Margarine or butter, melted	0.25 c
1566	Dry mustard	0.50 ts
1567	Rock salt	0.00
1567	Oysters in shells	12.00 md
1567	Margarine or butter	2.00 tb
1567	Finely chopped onion	2.00 tb
1567	Chopped fresh parsley	2.00 tb
1567	Finely chopped celery	2.00 tb
1567	Chopped fresh or frozen	0.50 c
1567	(partially thawed and	0.00
1567	drained Spinach	0.00

Sheet1

1567	Dry bread crumbs	0.33 c
1567	Salt	0.12 ts
1567	Red pepper sauce	7.00 dr
1568	Kiwifruit	6.00
1568	Skinless, boneless chicken	0.50 lb
1568	breasts	0.00
1568	Red bell pepper	1.00 lg
1568	Red onion	1.00 sm
1568	Peeled shrimp	16.00
1568	LIME -----	0.00 -----
1568	Lime juice	6.00 tb
1568	Honey	3.00 tb
1568	Rice wine vinegar	2.00 tb
1568	Olive oil	2.00 tb
1568	Chopped cilantro	1.50 ts
1568	Grated ginger root	1.00 ts
1568	Red pepper flakes	0.25 ts
1569	Snowpeas, trimmed	0.50 lb
1569	Water	1.00 tb
1569	Vegetable oil	1.00 tb
1569	Minced garlic	2.00 ts
1569	Minced fresh ginger	1.00 ts
1569	Ground red pepper	0.25 ts
1569	Medium shrimp, peeled,	1.00 lb
1569	deveined	0.00
1569	Unsweetened coconut milk *	0.75 c
1569	Salt	0.50 ts
1569	Grated lime peel	0.25 ts
1569	Lime slices for garnish	0.00
1570	Chicken broiler, cut up	1.00
1570	Cloves garlic	2.00
1570	Oil	0.25 c
1570	Raw shrimp	1.00 lb
1570	Sliced tomatoes	4.00
1570	Peas	1.00 lb
1570	Artichoke hearts	12.00
1570	Brown rice	1.50 c
1570	Strands saffron	6.00
1570	Onion, diced	1.00 c
1570	Green bell pepper, diced	1.00
1570	Red bell pepper, diced	1.00
1570	Paprika	1.00 ts
1570	White wine	1.00 c
1570	Water	2.00 c
1571	Fish *	0.00
1571	Lime Juice	0.00
1571	Margarine Or Butter; Melted	0.25 c
1571	Lime Juice	2.00 tb
1571	Lime Wedges	0.00



Sheet1

1571	PAELLA STUFFING -----	0.00 -----
1571	Chorizo SausageLinks;Chopped	0.50 lb
1571	Onion; Chopped, 1 Large	1.00 c
1571	Cloves Garlic;Finely Chopped	2.00
1571	Serrano Chiles; **	2.00
1571	Margarine Or Butter	2.00 tb
1571	Rice; Cooked	2.00 c
1571	Almonds; Slivered, Toasted	0.50 c
1571	Fresh Cilantro; Snipped	0.25 c
1571	Tomato Sauce	0.25 c
1571	Saffron; Ground	0.25 ts
1571	Frozen Medium Shrimp; Cooke	6.00 oz
1572	MAITRE D"HOTEL SAUCE -----	0.00 -----
1572	Clove garlic, smashed	0.50
1572	Butter	0.25 c
1572	Salt	0.50 ts
1572	Lemon juice	1.00 tb
1572	Pepper	0.12 ts
1572	Finely minced parsley	1.00 tb
1572	THE FISH -----	0.00 -----
1572	Yellow cornmeal	0.25 c
1572	1-lb. bass, dressed and	4.00
1572	And skinned	0.00
1572	Flour	0.25 c
1572	Butter	4.00 tb
1572	Salt and fresh pepper	0.00
1573	MAITRE D"HOTEL SAUCE -----	0.00 -----
1573	Clove garlic, smashed	0.50
1573	Butter	0.25 c
1573	Salt	0.50 ts
1573	Lemon juice	1.00 tb
1573	Pepper	0.12 ts
1573	Finely minced parsley	1.00 tb
1573	THE FISH -----	0.00 -----
1573	Yellow cornmeal	0.25 c
1573	1-lb. bass, dressed and	4.00
1573	And skinned	0.00
1573	Flour	0.25 c
1573	Butter	4.00 tb
1573	Salt and fresh pepper	0.00
1574	Chinese fermented black	0.25 c
1574	beans	0.00
1574	Sherry	0.25 c
1574	Fish stock, or: low-sodium	1.00 c
1574	chicken stock, or water	0.00
1574	Finely minced garlic	1.00 tb
1574	Finely minced fresh ginger	1.00 ts
1574	=OR=-	0.00
1574	Powdered ginger	1.00 tb

Sheet1

1574	Whipping cream	0.50 c
1574	Unsalted butter	4.00 tb
1574	Catfish fillets, 6-8 oz each	4.00
1574	Vegetable oil, to fill pan	0.00
1574	to 1-inch depth	0.00
1574	Cornstarch	0.50 c
1574	Cilantro sprigs	8.00
1575	Yellow perch	6.00 sm
1575	7-9 " long	0.00
1575	Bacon fat or lard	4.00 tb
1575	Salt and pepper	0.00
1575	Butter	4.00 tb
1575	Cornmeal	0.00
1575	Lemon (opt.)	1.00
1576	Trout; Whole Or Fillets	2.00 lb
1576	Cornmeal	0.50 c
1576	Butter	3.00 tb
1576	Salt & Pepper; To Taste	0.00
1577	Slices of lean bacon	8.00
1577	3/4 lb. brook trout,	4.00
1577	Cleaned	0.00
1577	Milk	1.00 c
1577	Crushed Triscuit cracker	1.00 c
1577	Crumbs	0.00
1578	10-oz trout, cleaned but	6.00
1578	With heads left on	0.00
1578	Milk	0.50 c
1578	All-purpose flour	0.50 c
1578	Salt and freshly ground	0.00
1578	Black pepper	0.00
1578	Corn or vegetable oil	0.25 c
1578	Unsalted butter	8.00 tb
1578	Lemon slices	6.00
1578	Juice of 1 lemon	0.00
1578	Finely chopped parsley	4.00 tb
1578	Leaves	0.00
1579	Unbleached all-purpose	0.25 c
1579	Flour	0.00
1579	Sliced almonds (with	0.25 c
1579	Skins), toasted	0.00
1579	Dried sage leaves	3.00 tb
1579	Salt	1.00 ts
1579	Freshly ground pepper	0.00
1579	To taste	0.00
1579	Brook trout (about 1 lb.	4.00
1579	Each), cleaned, heads and	0.00
1579	Tails left on	0.00
1579	TB peanut or olive oil	6.00
1580	Pounds lean fish fillets or	1.50

Sheet1

1580	Pan-dressed fish	0.00
1580	Salt	0.50 ts
1580	Pepper	0.12 ts
1580	Egg	1.00
1580	Water	1.00 tb
1580	All-purpose flour, cornmeal,	0.50 c
1580	Dry bread crumbs or grated	0.00
1580	Parmesan cheese	0.00
1580	Vegetable oil or shortening	0.00
1581	Prawns	0.50 lb
1581	Salt	0.25 ts
1581	Sesame oil	1.00 ts
1581	Egg	1.00
1581	Oyster sauce	1.00 tb
1581	Cornstarch	0.50 ts
1581	Rice paper	0.00
1581	Vegetable oil	1.00 c
1582	4-oz fish fillets	4.00 x
1582	Grated Parmesan cheese	2.00 tb
1582	White wine Worcestershire	0.50 ts
1582	Lo-cal mayonnaise	0.33 c
1582	Snipped fresh chives	2.00 tb
1583	Prawns, uncooked	24.00 md
1583	Salt	1.00 tb
1583	Worcestershire sauce	1.50 tb
1583	Lemon juice	1.50 tb
1583	Japanese bread crumbs	2.00 c
1583	Parmesan cheese	1.00 c
1583	DIPPING BATTER -----	0.00 -----
1583	Flour	2.00 tb
1583	Cornstarch	1.00 tb
1583	Oil	1.00 ts
1583	Water	0.50 c
1583	Egg	1.00
1583	Pinch of salt	0.00
1584	Oil or saute butter	1.00 oz
1584	Shrimp (61-70 ct.),	4.00 oz
1584	Peeled, Deveined	0.00
1584	Mushrooms, Sliced	3.00 oz
1584	Crabmeat, Backfin	1.00 oz
1584	Crawfish, Tail Meat	3.00 oz
1584	Heavy Whipping Cream	12.00 oz
1584	Pesto Sauce Mix	1.50 oz
1584	Medium Tomatoes, Diced	4.00 oz
1584	Green Onions, Chopped	1.00 oz
1584	Pasta, Prepared	8.00 oz
1585	PHILLY.INQUIRER -----	0.00 -----
1585	WHOLE WHEAT SPAGHETTI	12.00 oz
1585	BROCOLI	2.00 c

Sheet1

1585	LARGE ONION CHOPPED	0.50
1585	TAMARI OR SOY SAUCE	1.00 ts
1585	CHICKEN STOCK	0.50 c
1585	CAYENNE PEPPER	1.00 ds
1585	SLICED MUSHROOMS	0.50 c
1585	SEA SCALLOPS QUARTERED	0.25 lb
1585	MEDIUM CARROT SLICED THIN	1.00
1586	White wine	1.00 c
1586	Pasta Linguini	1.00 lb
1586	Fresh asparagus	1.50 lb
1586	Jumbo shrimp with shells	16.00
1586	Cooking oil; best olive oil	4.00 tb
1586	Heavy cream	1.00 c
1586	Bacon; strips cut into 2"	4.00
1586	Fresh chives	2.00 tb
1587	FOR THE BOIL -----	0.00 -----
1587	Live crawfish	40.00 lb
1587	Salt	1.00 c
1587	Ground white pepper	0.50 c
1587	Ground red pepper	0.50 c
1587	Ground black pepper	0.50 c
1587	Small white onions	5.00 lb
1587	Ears of corn, shucked	12.00
1587	Small new potatoes	5.00 lb
1587	SPRINKLE -----	0.00 -----
1587	Ground white pepper	0.50 c
1587	Ground red pepper	0.50 c
1587	Ground black pepper	0.50 c
1587	Salt	2.00 c
1588	Olive oil	0.25 c
1588	Onion, minced	1.00 md
1588	Minced Italian parsley	3.00 tb
1588	(28 ounce) plum tomatoes,	1.00 cn
1588	Chopped coarsely with	0.00
1588	Juices reserved	0.00
1588	Dry white wine	0.25 c
1588	Lump crabmeat, picked over	0.50 lb
1588	And flaked	0.00
1588	Salt and ground black	0.00
1588	Pepper	0.00
1588	Penne (or rotini, med.	12.00 oz
1588	Shells)	0.00
1589	Tomatoes - large, ripe OR	8.00
1589	Roma tomatoes	2.00 cn
1589	Scallops	1.00 lb
1589	Garlic - chopped fine	1.00 tb
1589	Salr	1.00 ts
1589	Dried penne	1.00 lb
1589	Italian parsley	2.00 tb

Sheet1

1589	Olive oil	0.33 c
1589	Crushed chilli pepper	0.25 ts
1589	Lemon zest - grated	1.00 ts
1589	Fresh basil leaves	0.50 c
1589	Parmesan cheese - grated	4.00 tb
1590	Cal/Serving: 350	0.00
1590	Prep time: 10 min	0.00
1590	Cooking time: 5 to 7 min	0.00
1590	Salmon steaks; fresh or	6.00
1590	thawed (about 2 lbs)*	0.00
1590	Flour	0.25 c
1590	Pepper, black;	2.00 ts
1590	freshly ground	0.00
1590	Butter	0.25 c
1590	Vegetable oil	2.00 tb
1590	Salt	1.00 ts
1590	White wine; dry	0.25 c
1591	Groupers or red snappers	2.00
1591	(about 2 1/2 pounds each)	0.00
1592	(medium) fresh shrimp	1.00 lb
1592	Vodka	1.00 tb
1592	Salt	1.50 ts
1592	White pepper	0.12 ts
1592	All-purpose flour	1.00 c
1592	Baking powder	2.00 ts
1592	Water, cold	1.00 c
1592	Oil, for deep-frying	2.00 c
1592	Salt, coarse	6.00 tb
1592	Black peppercorns	0.50 ts
1592	Szechuan peppercorns	2.00 tb
1593	Fish Fillets;Fresh Or Frozen	2.00 lb
1593	Vinegar	0.50 c
1593	Green Chile Peppers; 1 cn, *	4.00 oz
1593	Orange Peel; Finely Shredded	1.00 tb
1593	Orange Juice	0.25 c
1593	Onion; Chopped, 1 sm.	0.25 c
1593	Bay Leaves	2.00 ea
1593	Cloves Garlic; Minced	2.00 ea
1593	GARNISHES -----	0.00 -----
1593	Orange; Thinly Sliced, 1 lg	1.00 ea
1594	Fillets salt herring	6.00
1594	Onions, thinly sliced	4.00 lg
1594	White vinegar	1.00 c
1594	Water	0.50 c
1594	Sugar	2.00 tb
1594	Pickling spice	1.00 tb
1594	Bay leaves	4.00
1595	Coconut Milk	2.00 c
1595	Crushed Fresh Pineapple	1.00 c

Sheet1

1595	Red Curry Paste	2.00 tb
1595	Fish Sauce (Nam Pla)	0.25 c
1595	Sugar	1.50 tb
1595	Shrimp, Shelled & Deveined	8.00 oz
1596	4-oz fish fillets	4.00 x
1596	Finely shredded orange peel	1.00 ts
1596	Med Carrot, shredded	0.00
1596	Cornstarch	1.00 tb
1596	Med Cucumber	0.00
1596	Orange juice	1.00 c
1596	Salt	0.25 ts
1596	Water	1.00 tb
1597	Halibut fillets	1.50 lb
1597	Butter	3.00 tb
1597	Chicken broth or white wine	0.50 c
1597	Clove garlic, minced	1.00
1597	Tarragon or basil	0.50 ts
1597	Dijon mustard	0.50 ts
1597	Fresh tomatoes, minced	1.00 c
1597	Sugar	0.50 ts
1597	Paprika	0.50 ts
1597	Heavy cream	0.50 c
1598	6 Oz. Salmon Steak OR	1.00
1598	Filet	0.00
1598	Water	1.00 c
1599	Chicken broth	1.00 c
1599	Pepper	1.00 ds
1599	Water	2.00 tb
1599	Drained Capers	2.00 ts
1599	Dry white wine	0.25 c
1599	Lemon slices	4.00 x
1599	Cornstarch	2.00 ts
1599	Shredded Zucchini	2.00 c
1600	Whole 7-8 lb. salmon	1.00
1600	Salt	0.00
1600	FOR THE BUTTER -----	0.00 -----
1600	Lemon (juice only)	0.50
1600	Green-black lobster brain OR	1.00
1600	Reduced lobster stock *	4.00 tb
1600	Butter	6.00 oz
1601	Water	3.00 c
1601	Dry white wine	1.00 c
1601	Finely snipped chives	2.00 tb
1601	Minced fresh bssil leaves	2.00 tb
1601	Chopped fresh dill	1.00 tb
1601	Chopped fresgh rosemary	1.00 tb
1601	Chopped fresh tarragon	1.00 tb
1601	Salt	1.00 ts
1601	Freshly ground pepper	0.00

Sheet1

1601	To taste	0.00
1601	Strip lemon zest, 2 inches	1.00
1601	By 1/2 inch	0.00
1601	Fresh brook trout (about	2.00
1601	12 inches each), cleaned,	0.00
1601	Heads and tails left on	0.00
1601	Unsalted butter, melted	3.00 tb
1601	Lemon wedges for garnish	0.00
1602	Orange sauce	0.00
1602	Pounds whitefish or other	1.50
1602	Medium-fat fish fillets	0.00
1602	Water	3.00 c
1602	Chopped fresh or 3/4 ts	2.00 ts
1602	Dried tarragon leaves	0.00
1602	Salt	0.50 ts
1602	Pepper	0.12 ts
1602	Orange, cut into wedges	1.00 sm
1602	Onion, sliced	1.00 sm
1602	ORANGE SAUCE -----	0.00 -----
1602	Margarine or butter	1.00 tb
1602	All-purpose flour	1.00 tb
1602	Chopped fresh or 1/4 ts	1.00 ts
1602	Dried tarragon leaves	0.00
1602	Grated orange peel	0.50 ts
1602	Salt	0.25 ts
1602	Orange juice	1.00 c
1603	Halibut; skinned - boneless	2.00 lb
1603	- 1 1/2" thick Or:	0.00
1603	Tuna steaks; fresh - cut	2.00 lb
1603	1-1/2" thick	0.00
1603	Lime juice; fresh	1.00 c
1603	Onions; coarsely chopped	0.50 c
1603	Salt	2.00 ts
1603	Tomatoes *	3.00 ea
1603	Scallions; coarsely chopped	0.50 c
1603	include 2" green tops	0.00
1603	Green bell peppers;	0.25 c
1603	chopped	0.00
1603	Eggs; hard-cooked	2.00 ea
1603	chopped	0.00
1603	Cocoanut top milk; rich	1.00 c
1603	chilled	0.00
1604	Fish Fillets; *	6.00 ea
1604	Parchment or Brown Paper	1.00 x
1604	Onion; Chopped, 1 md	0.50 c
1604	Annatto Seed, Crushed	0.50 ts
1604	Vegetable Oil	1.00 tb
1604	Orange Juice	0.25 c
1604	Lemon Juice	3.00 tb

Sheet1

1604	Pimento; 1 Jar, **	2.00 oz
1604	Ripe Olives; Pitted, Chopped	0.25 c
1604	Parsley; Snipped	2.00 tb
1604	Eggs; Hard Cooked, Chopped	2.00 ea
1605	Pounds pompano or other	1.50
1605	Fatty fish fillets	0.00
1605	Pitted ripe olives, cut	0.25 c
1605	In half	0.00
1605	Chopped fresh or 1 ts	1.00 tb
1605	Dried basil leaves	0.00
1605	Olive oil	1.00 tb
1605	Salt	0.25 ts
1605	Cl Garlic, finely chopped	1.00
1605	(14 ounces) artichoke hearts	1.00 cn
1605	Drained and quartered	0.00
1605	(16 ounces) whole	1.00 cn
1605	Tomatoes, drained	0.00
1606	6 oz salmon fillets,	2.00
1606	Skinned	0.00
1606	Chicken stock	1.00 qt
1606	Rib celery, sliced	1.00
1606	Carrot, peeled and	1.00 md
1606	Julienned	0.00
1606	Leek, julienned	1.00 md
1606	Turnip, julienned	1.00 sm
1606	Sprigs fresh parsley,	2.00
1606	Chopped rock or coarse	0.00
1606	(kosher) salt imported	0.00
1606	Cornichon pickles	0.00
1606	Horseradish sauce	0.00
1606	HORSERADISH SAUCE -----	0.00 -----
1606	Butter	1.00 tb
1606	Flour	1.00 tb
1606	Chicken stock	1.00 c
1606	Heavy (whipping) cream	1.00 tb
1606	Prepared horseradish	2.00 tb
1606	Salt, to taste	0.00
1607	Vegetable oil	2.00 tb
1607	Frozen mixed stir fry	8.00 oz
1607	vegetables	0.00
1607	Large peeled prawns	4.00 oz
1607	Garlic clove, crushed	1.00
1607	Soya sauce	1.00 tb
1607	Sesame oil	1.00 ts
1607	Ground coriander	1.00 ts
1608	Prawns, shelled & deveined	24.00 md
1608	Chinese pea pods	24.00
1608	Ripe black olives	24.00
1608	Dry sherry	0.25 c



Sheet1

1608	Soy sauce	0.25 c
1608	Peanut butter	0.25 c
1608	Sugar	3.00 tb
1608	Veg. oil	2.00 tb
1608	Cloves garlic, minced	4.00 md
1609	Small cauliflower	1.00
1609	Thick Bechamel sauce	1.00 pt
1609	Teacup double cream	1.00
1609	Peeled prawns	0.50 lb
1609	Caerphilly cheese	0.25 lb
1609	Garlic salt	1.00 ts
1609	Tomato ketchup	1.00 tb
1609	Celery salt	1.00 ts
1609	Ground bay leaf	1.00 ts
1609	Turmeric	1.00 ts
1609	Mustard powder	1.00 ts
1610	Garlic, sliced	1.00 tb
1610	Hot red chili peppers, fresh	1.00 tb
1610	sliced	0.00
1610	Cumin seed, ground	2.00 ts
1610	Mustard seeds	1.00 ts
1610	Black peppercorns	1.00 ts
1610	Tumeric, ground	1.00 ts
1610	Cider vinegar	0.25 c
1610	Corn oil	0.25 c
1610	Onion slices, ground to a	1.00 c
1610	paste	0.00
1610	Prawns, or large shrimp	2.00 lb
1610	peeled & deveined	0.00
1610	Water	0.50 c
1610	Salt	1.00 ts
1611	Ginger	1.00 tb
1611	Garlic	1.00 tb
1611	Green onions	1.00 tb
1611	Green hot pepper	1.00
1611	Chicken stock	3.00 c
1611	Soy sauce	1.00 c
1611	Sesame oil	2.00 ts
1611	Cornstarch	3.00 ts
1611	Water	2.00 ts
1611	Peanut oil	1.00 c
1611	Shrimp	2.00 lb
1611	Flour	0.50 c
1611	Bell pepper, chopped	1.00
1611	Red pepper, chopped	1.00
1611	White wine	2.00 tb
1611	Onion, chopped	1.00 md
1612	Fresh Prawns (Shrimp) In	0.75 lb
1612	The Shell (Approx. 32)	0.00

Sheet1

1612	Egg Yolk	1.00 lg
1612	Salt	0.00
1612	Dash Of Pepper	0.00
1612	Cornstarch	1.00 c
1612	Vegetable Oil	3.00 c
1612	Mayonnaise	0.50 c
1612	Sugar	0.50 ts
1612	Water	3.00 ts
1612	Sweet Walnuts (Glazed	5.00 oz
1612	Walnuts Available in	0.00
1612	Chinese Markets)	0.00
1613	STEP ONE -----	0.00 -----
1613	To 3 Tablespoons olive oil	2.00
1613	Clove of garlic; minced	1.00
1613	To 3 green onions; chopped	2.00
1613	To 10 large prawns;*	8.00
1613	Sauterne; or dry white wine	0.67 c
1613	Lemon; juiced	0.50
1613	Parsley; chopped	2.00 tb
1613	To 3 Tablespoons butter	1.00
1613	STEP TWO -----	0.00 -----
1613	Lemon wedges	0.00
1613	Parsley sprigs	0.00
1614	Dried red hot chili flakes	1.00 ts
1614	Fresh lemon juice	1.00 tb
1614	Soy sauce	2.00 ts
1614	Brown sugar	1.00 ts
1614	Corn OR peanut oil	2.00 ts
1614	Clove garlic, chopped fine	1.00
1614	Fresh squids, dressed, cut	1.00 lb
1614	into 1/2-inch round slices	0.00
1614	Dandelion greens, green	0.25 lb
1614	leaves only, halved	0.00
1615	Salmon steaks 4-6	4.00
1615	Oil; salad	1.00 tb
1615	Lemon juice; from 1 lemon	1.00
1615	Lemon peel; from 1/2 lemon	0.00
1615	Salt	1.00 tb
1615	Onion; small-quartered	1.00
1615	Parsley sprigs	4.00
1615	Peppercorns-crushed with	6.00
1615	back of spoon	0.00
1615	SAUCE VERTE (GREEN SAUCE -----	0.00 -----
1615	Green onion tops or: Chives	0.50 c
1615	Green pepper	0.50 c
1615	Parsley	0.25 c
1615	Spinach- uncooked	0.50 c
1615	Lemon juice	2.00 tb
1615	Mayonnaise	1.00 c

Sheet1

1616	Crackers, soda	12.00 x
1616	Eggs	2.00 x
1616	Mayonnaise	2.00 tb
1616	Worcestershire sauce	1.00 ts
1616	OLD BAY SEASONING *	2.00 ts
1616	Pepper, red, crushed	0.25 ts
1616	Crabmeat, lump	1.00 lb
1617	Fish stock	3.00 c
1617	Tomato juice	1.00 c
1617	Envelopes unflavored	4.00
1617	Gelatin	0.00
1617	Salt	0.00
1617	Freshly ground pepper	0.00
1617	Sugar	1.00 ts
1617	Eggshells, crushed	2.00
1617	Egg whites, lightly beaten	2.00
1617	Cognac	2.00 tb
1618	Butter	0.25 c
1618	Cooked Shrimp	3.00 c
1618	Salt	2.00 ts
1618	Pineapple Tid-Bits	1.00 c
1618	Curry Powder	2.00 ts
1618	Dill Weed	0.50 ts
1618	Flour	0.25 c
1618	Milk	2.00 c
1618	Hot Cooked Rice	0.00
1619	To 2 c sliced smoked sausage	1.00 c
1619	Bulk sausage cook & drained	1.00 lb
1619	To 2 c cooked ham	1.00 c
1619	strips/chunks	0.00
1619	To 2 c pork strips/chunks	1.00 c
1619	To 2 c cooked chicken/turkey	1.00 c
1619	strips/chunks	0.00
1619	To 2 c cooked shrimp	1.00 c
1619	Ground beef cooked & drained	1.00 lb
1620	Fillet of red snapper	0.50 lb
1620	(fresh!) or	0.00
1620	Tuna, sea bass, shark or	0.00
1620	swordfish	0.00
1620	Thin rice stick noodle	2.00 oz
1620	Oil for deep-frying	2.00 c
1620	Head iceberg lettuce (inner	0.50
1620	leaves only)	0.00
1620	Pickled red ginger	0.25 c
1620	Chinese parsley (cilantro)	0.50 c
1620	or watercress	0.00
1620	White sesame seeds	1.00 tb
1620	Fresh lemon	1.00
1620	MARINADE -----	0.00 -----

Sheet1

1620	Peanut oil	2.00 tb
1620	Cool water	3.00 tb
1620	Thin soy sauce	2.00 ts
1620	Sugar	2.00 ts
1620	Fresh ginger, half-dollar	3.00 sl
1620	size	0.00
1620	Ground cinnamon	0.50 ts
1620	White pepper	0.25 ts
1621	Bass (raw) or:	1.00 lb
1621	Tuna (raw) or: other	0.00
1621	fish of your choice, fresh	0.00
1621	water or salt, bones and	0.00
1621	skin removed and slivered	0.00
1621	Gingerroot, fresh, chopped	0.50 c
1621	or: 1/4 c powdered ginger	0.00
1621	Horseradish, grated	0.50 c
1621	Mustard sauce or: 1/4 c	0.50 c
1621	mustard powder	0.00
1621	Water, for mixing sauce	0.00
1621	ingredients	0.00
1621	Bowl of very fresh salad	0.00
1621	greens, broken or cut into	0.00
1621	small pieces	0.00
1622	Fish Fillets; *	2.00 lb
1622	New Potatoes; Small, 1 lb	12.00 ea
1622	Flour; Unbleached	0.33 c
1622	Salt	1.00 ts
1622	Pepper	0.12 ts
1622	Olive Or Vegetable Oil	0.25 c
1622	Onion; Large, Sliced	1.00 ea
1622	Clove Garlic; Minced	1.00 ea
1622	Tomato Puree; 1 cn	15.00 oz
1622	Pimento Stuffed Olives; **	0.50 c
1622	Water	0.25 c
1622	Lime Juice	1.00 tb
1622	Pickled Jalapeno Pepper; ***	1.00 ea
1622	Sugar	0.50 ts
1622	Cinnamon; Ground	0.12 ts
1622	Cloves; Ground	0.12 ts
1622	Bay Leaf	1.00 ea
1622	GARNISHES -----	0.00 -----
1622	Toast; Buttered	1.00 x
1623	Long Grain Rice	0.75 c
1623	Onion; Finely Chopped, 1 sm.	0.25 c
1623	Clove Garlic; Minced	1.00 ea
1623	Cooking Oil	2.00 tb
1623	Water	1.25 c
1623	Tomatoes; Cut up, 1 can	8.00 oz
1623	Instant Chicken Bouillon	1.50 ts

Sheet1

1623	Salt	0.25 ts
1623	Hot Pepper Sauce; To Taste	1.00 x
1623	Frozen Peas	0.50 c
1623	Crab Meat; 1 can, *, OR	7.50 oz
1623	Frozen Shrimp; **	7.50 oz
1623	Sherry; Dry	2.00 tb
1624	Cold cooked salmon or trout*	0.50 lb
1624	Cucumber	1.00 lg
1624	Watercress	1.00 bn
1624	Shelled young peas	0.25 lb
1624	Brown rice	8.00 oz
1624	Butter	2.00 oz
1624	A little caster sugar	0.00
1624	A little tarragon vinegar	0.00
1625	Tapenade; (olive paste,	2.00 tb
1625	available at speciality	0.00
1625	food shops	0.00
1625	Dijon mustard	1.00 tb
1625	Snapper fillets; skinned	6.00
1625	3 1/4 lbs	0.00
1625	Tomatoes; seeded, diced	2.00
1625	Fresh basil; chopped	2.00 tb
1625	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
1625	209 calories	0.00 x
1625	40 g protein	0.00 x
1625	3 g carbohydrate	0.00 x
1625	3 g fat	0.00 x
1625	71 mg cholesterol	0.00 x
1625	317 mg sodium	0.00 x
1626	Cod or favorite whitefish	12.00
1626	fillets (1-1/2 oz ea.)	0.00
1626	Tortillas, corn, as	12.00
1626	thick/fresh as possible	0.00
1626	BEER BATTER -----	0.00 -----
1626	Flour	1.00 c
1626	Beer	1.00 c
1626	Garlic powder, pepper to	0.00
1626	taste	0.00
1626	WHITE SAUCE -----	0.00 -----
1626	Mayonaise	0.50 c
1626	Yogurt	0.50 c
1626	SALSA -----	0.00 -----
1626	Garlic clove, peeled and	1.00
1626	minced	0.00
1626	Tomatoes, ripe, peeled,	6.00
1626	seeded and diced	0.00
1626	Onion, minced	0.50
1626	Cilantro leaves, chopped,	2.00 tb
1626	stems removed	0.00

Sheet1

1626	Jalapeno chiles, seeded and	2.00
1626	chopped	0.00
1626	Salt	1.50 ts
1626	Pepper	0.25 ts
1626	Oil for deep frying	0.00
1626	GARNISH -----	0.00 -----
1626	Head cabbage, green,	1.00
1626	shredded	0.00
1626	Lime, cut into wedges	1.00
1627	Pieces of whitefish fillet	4.00
1627	(about 6 oz each)	0.00
1627	Onion; thinly sliced	1.00
1627	Mustard	1.00 tb
1627	Whole coriander seed	1.00 ts
1627	Minced garlic	1.00 ts
1627	White wine	1.00 c
1627	Vinegar	0.25 c
1627	:water	0.25 c
1627	Chopped fresh dill	2.00 tb
1627	Salt and pepper; to taste	0.00
1628	Salmon steaks, 1" - 1 1/2"	2.00
1628	thick	0.00
1628	Juice of 1/2 lemon	0.00
1628	Butter or margarine, melted	4.00 tb
1628	Dill weed, ground	2.00 tb
1629	(15-1/2 ounces) salmon,	1.00 cn
1629	Drained and flaked	0.00
1629	Crushed buttery crackers	0.50 c
1629	Chopped fresh parsley	2.00 tb
1629	Finely shredded lemon peel	0.50 ts
1629	Lemon juice	1.00 tb
1629	Green onions, sliced	2.00
1629	(with tops)	0.00
1629	Egg	1.00
1629	Vegetable oil	2.00 tb
1629	English muffins, split and	5.00
1629	toast	0.00
1629	CUCUMBER SAUCE -----	0.00 -----
1629	Finely chopped, seeded and	0.33 c
1629	Pared cucumber	0.00
1629	Plain yogurt	0.25 c
1629	Mayonnaise or salad dressing	0.25 c
1629	Chopped fresh or 1/4 ts	1.00 ts
1629	Dried tarragon leaves	0.00
1630	7-oz skinless salmon fillets	4.00
1630	Russet potatoes	2.00 lb
1630	Lemon juice	1.00 tb
1630	Scallions	6.00 lg
1630	thinly sliced into rounds	0.00

Sheet1

1630	Kosher salt	0.00
1630	White pepper	0.00
1630	Butter	12.00 tb
1630	Shallots	0.50 c
1630	Dry white wine	0.50 c
1630	White wine vinegar	0.50 c
1631	Can salmon	15.00 oz
1631	Egg	1.00
1631	Flour	0.25 c
1631	Potato flakes	0.25 c
1631	Small onion, grated	1.00
1631	Black pepper	0.00
1631	Baking powder	1.00 ts
1631	Oil for frying	0.00
1631	Dill and lemon wedges, for g	0.00
1632	PHILLY.INQUIRER -----	0.00 -----
1632	4 SKINLESS SALMON FILLET	7.00 oz
1632	KOSHER SALT AND PEPPER	0.00
1632	RUSSET POTATOES	2.00 lb
1632	BUTTER	12.00 tb
1632	LEMON JUICE	1.00 tb
1632	SHALLOTS	0.50 c
1632	LARGE SCALLIONS SLICED	6.00
1632	DRY WHITE WINE	0.50 c
1633	Salmon steaks, 8-10 oz. each	6.00
1633	Butter	0.50 c
1633	Vermouth	0.25 c
1633	Orange peel	2.00 tb
1633	Lemon juice	1.00 tb
1633	Mixed vegetable seasoning	1.00 ts
1633	Large russet potato,	1.00
1633	Sliced paper thin	0.00
1633	Cloves garlic, diced	2.00
1633	Green onion, sliced	0.50 c
1633	Parsley, diced	0.25 c
1634	Vegetable oil	2.00 tb
1634	All-purpose flour	0.25 c
1634	Salmon fillets	1.25 lb
1634	Dry red wine	1.00 c
1634	Fish stock	0.50 c
1634	Salt; to taste	0.00
1634	Freshly ground pepper	0.00
1634	to taste	0.00
1634	Dried apricots	1.00 c
1634	Unsalted butter	2.00 tb
1635	(15-1/2 ounces each)	2.00 cn
1635	Salmon, drained, flaked and	0.00
1635	Liquid reserved	0.00
1635	Eggs	2.00

Sheet1

1635	Milk	0.00
1635	Coarse cracker crumbs	3.00 c
1635	Lemon juice	2.00 tb
1635	Chopped onion	2.00 tb
1635	Salt	0.25 ts
1635	Pepper	0.25 ts
1636	Bulgar wheat; uncooked	0.75 c
1636	Half-and-half	1.00 c
1636	OR- evaporated skim milk	0.00
1636	Chopped carrots	0.67 c
1636	Chopped red pepper	0.67 c
1636	Chopped onion	0.67 c
1636	Garlic clove; minced	1.00
1636	Lemon juice	2.00 tb
1636	Chopped flat-leaf parsley	1.00 tb
1636	Chopped fresh lemon thyme	1.00 tb
1636	OR- Mexican mint marigold	0.00
1636	OR- dill	0.00
1636	Salt	1.00 ts
1636	Pepper	0.25 ts
1636	Boned steamed salmon	6.00 oz
1636	- flaked	0.00
1636	Eggs	3.00
1636	OR- 1 egg and 2 egg whites	0.00
1636	HORSERADISH SAUCE -----	0.00 -----
1636	Sour cream	8.00 oz
1636	OR- 1/2 sour cream and	0.00
1636	- 1/2 low-fat yogurt	0.00
1636	Freshly grated horseradish	0.00
1636	- (to taste)	0.00
1636	Finely chopped green onion	2.00 ts
1636	Lemon juice	1.00 ts
1636	TO GARNISH -----	0.00 -----
1636	Flat-leaf parsley	0.00
1637	Slightly beaten Egg White	0.00
1637	Thinly sliced green onions	0.25 c
1637	Dried dillweed	0.25 ts
1637	Soft bread crumbs	0.50 c
1637	Skim milk	1.00 tb
1637	Can salmon, drained, flaked	7.50 oz
1638	Envelope unflavored gelatin	1.00
1638	Cold water	0.25 c
1638	Boiling water	0.50 c
1638	Mayonnaise	0.50 c
1638	Lemon juice	1.00 tb
1638	Grated onion	1.00 tb
1638	Tabasco sauce	0.50 ts
1638	Paprika	0.25 ts
1638	Salt	1.00 ts



Sheet1

1638	Canned salmon; drained chopp	2.00 c
1638	Chopped capers	1.00 tb
1638	Cottage cheese	3.00 c
1638	Sour cream dill sauce	0.00
1638	Heavy cream	0.50 c
1639	Skinless salmon fillet	1.25 lb
1639	Salt	0.50 ts
1639	White pepper	0.25 ts
1639	Cold water	0.25 c
1639	Thinly sliced mushrooms	0.50 c
1639	Fish stock (or clam juice)	3.00 c
1639	Unsalted butter	1.00 tb
1639	Gelatin	2.00 tb
1639	Shallots, peeled and thinly	3.00
1639	Brandy	2.00 tb
1639	Tabasco	1.00 ds
1639	Whipping cream, cold	2.50 c
1639	Watercress leaves	2.00 c
1639	Fish stock	2.00 tb
1639	Heavy cream	0.50 c
1639	Salt	0.25 ts
1639	Pepper	0.25 ts
1639	Mayonnaise	0.75 c
1640	Salmon steaks, 1 1/2" thick	2.00
1640	Cloud ear black fungus	8.00
1640	Soaked bean thread noodles	2.00 c
1640	Sq. pressed beancurd	1.00
1640	Sprigs Chinese parsley (or	2.00
1640	Slivered green onion)	0.00
1640	Peanut oil	2.00 tb
1640	Slices fresh ginger root	2.00
1640	Clove garlic, sliced	1.00
1640	Chicken stock	3.00 c
1640	Sherry	1.00 tb
1640	Salt	0.25 ts
1640	White pepper	1.00 pn
1640	Drops sesame oil	4.00
1640	Red (sweetened) vinegar	1.00 ts
1641	Salmon steaks	4.00
1641	Oil	0.25 c
1641	Lemon juice	2.00 tb
1641	Soy sauce	2.00 tb
1641	Ginger	0.50 tb
1642	Salmon steaks, 3/4" thick	4.00
1642	Butter	4.00 oz
1642	Lemon	1.00
1642	Fresh parsley, chives, mint,	0.00
1642	Lemon thyme and tarragon	0.00
1642	- (or herbs of your choice)	0.00

Sheet1

1643	BLACK BEAN SAUCE -----	0.00 -----
1643	Salted fermented black beans	3.00 tb
1643	Garlic cloves, chopped	3.00
1643	Minced peeled ginger	1.00 ts
1643	Soy sauce	2.00 tb
1643	Dry vermouth	2.00 tb
1643	Sugar	0.50 ts
1643	Green onions	6.00
1643	Fresh peeled ginger	6.00 sl
1643	(quarter-sized), shredded	0.00
1643	Salmon steaks (1" thick)	6.00
1643	blotted dry	0.00
1643	Salt	2.00 ts
1643	Peanut or corn oil	4.00 tb
1643	White pepper to taste	0.00
1643	Handful of fresh coriander	0.00
1643	(leaves)	0.00
1644	Salmon steaks	2.00
1644	Dry white wine	0.25 c
1644	Bay leaf	1.00
1644	Fresh dill	2.00 tb
1644	Stalk celery, cut up	1.00
1644	CUCUMBER DILL SAUCE -----	0.00 -----
1644	Plain lo-fat yogurt	0.25 c
1644	Lite mayonaise	0.25 c
1644	Small seeded grated cucumber	1.00
1644	Small onion, peeled & grated	1.00
1644	Dry mustard	0.12 ts
1644	Freshly chopped dill	0.25 c
1644	Salt & pepper	1.00
1645	(4 Oz.) Salmon Steaks	4.00
1645	Raspberry Vinegar	2.00 tb
1645	Pepper	0.25 ts
1645	Raspberry Mirepoix	0.00
1646	Parts vinegar	2.25
1646	Parts salt	2.00
1647	Chestnuts	32.00
1647	Slab bacon	0.50 lb
1647	cut into 1/2-in cubes	0.00
1647	Red cabbages	2.00 sm
1647	finely shredded	0.00
1647	Freshly ground pepper	0.50 ts
1647	Whole salmon	5.00 lb
1647	Dry white wine	2.00 c
1647	Unsalted butter	0.50 c
1647	Unsalted butter	2.00 tb
1647	Finely minced shallots	4.00 tb
1647	White vinegar	1.00 c
1647	Salt	0.25 ts

Sheet1

1648	Celery root	1.00 lb
1648	Onions	1.00 lb
1648	Mushrooms	1.50 lb
1648	Minced shallots	2.00 tb
1648	Salt	0.75 ts
1648	Dry white wine	1.00 c
1648	Finely minced garlic	0.50 tb
1648	Fish stock	2.00 c
1648	Whipping cream	1.00 c
1648	Chopped parsley	3.00 tb
1648	7 oz salmon steaks	4.00
1648	=OR=- Salmon fillets	0.00
1648	Melted butter	1.00 tb
1648	Unsalted butter	2.00 tb
1649	Chestnuts	32.00
1649	Slab bacon	0.50 lb
1649	cut into 1/2-in cubes	0.00
1649	Red cabbages	2.00 sm
1649	finely shredded	0.00
1649	Freshly ground pepper	0.50 ts
1649	Whole salmon	5.00 lb
1649	Dry white wine	2.00 c
1649	Unsalted butter	0.50 c
1649	Unsalted butter	2.00 tb
1649	Finely minced shallots	4.00 tb
1649	White vinegar	1.00 c
1649	Salt	0.25 ts
1650	Dry white wine	0.25 c
1650	Chopped onion	2.00 tb
1650	Lemon juice	1.00 tb
1650	Peppercorns	1.00 ts
1650	Salmon steaks 5 oz. each	2.00
1650	Sour cream	2.00 tb
1650	Horseradish	2.00 ts
1650	Flour	1.00 ts
1650	Chopped fresh mint	1.00 ts
1650	White pepper	0.12 ts
1651	Whole side of salmon (2 lb)	1.00
1651	skin and bones removed	0.00
1651	Oil	1.00 tb
1651	Minced onion	1.00 c
1651	White wine	0.50 c
1651	Salt	2.00 ts
1651	White pepper	1.00 ts
1651	Butter	5.00 tb
1651	Fresh bread crumbs	2.00 c
1651	Chopped parsley	1.00 c
1651	Chopped fresh tarragon	3.00 tb
1651	Chopped fresh thyme	2.00 ts

Sheet1

1651	Sherry	0.50 c
1652	Pistachios (about 1 ounce)	0.25 c
1652	Fresh basil leaves or 1/4	10.00 lg
1652	cup parsley and 2 tsp.	0.00
1652	dried basil, crumbled	0.00
1652	Garlic clove	1.00
1652	(1 stick) butter, room	0.50 c
1652	temperature	0.00
1652	Lime juice	1.00 ts
1652	1-1/2-inch-thick	6.00 oz
1652	salmon fillets	0.00
1652	Dry white wine	0.50
1653	Chopped fresh or 1/2 ts	1.00 ts
1653	Dried rosemary leaves	0.00
1653	Fresh parsley sprigs	4.00
1653	Peppercorns	3.00
1653	Lemon	0.25
1653	(14-1/2 ounces) ready-to-ser	1.00 cn
1653	Chicken broth	0.00
1653	Pound salmon or other fatty	1.00
1653	Fish fillets	0.00
1653	Half-and-half	0.50 c
1653	Cornstarch	1.00 ts
1653	Chopped fresh or 1/4 ts	1.00 ts
1653	Dried rosemary leaves	0.00
1653	Salt	0.50 ts
1654	Salmon steaks; 6 oz each	2.00
1654	Yogurt; plain low-fat	0.00
1654	Low-cal bread; crumbed	2.00
1654	Spices of choice	0.00
1655	Pounds salmon or other fatty	1.25
1655	Fish fillets	0.00
1655	Whipping (heavy) cream	0.50 c
1655	Egg white	1.00
1655	Prepared horseradish	1.00 tb
1655	Salt	0.25 ts
1655	Pepper	0.12 ts
1655	Chopped fresh chives	1.00 tb
1656	Tuna	1.00 cn
1656	Mango or papaya, peeled and	1.00
1656	diced	0.00
1656	Orange, peeled and diced	1.00
1656	Pear, peeled and diced	1.00
1656	Sprigs fresh cilantro,	2.00
1656	chopped	0.00
1656	Red onion, finely chopped	0.25 md
1656	Juice of 1/2 lime	0.00
1656	Of cumin	1.00 pn
1656	Red pepper, diced	0.50

Sheet1

1656	Jalapeno pepper, finely	0.50
1656	diced	0.00
1656	Of crushed black pepper	1.00 pn
1657	Salt	2.00 tb
1657	Large shrimp, unpeeled and	1.00 lb
1657	deveined	0.00
1657	Coarse or kosher salt	2.00 ts
1657	Roasted Sichuan peppercorns	1.00 ts
1657	(ground)	0.00
1657	Sugar	1.00 ts
1657	Finely chopped garlic	2.00 tb
1657	Minced peeled fresh ginger	2.00 ts
1657	Finely chopped scallions	2.00 tb
1657	Fresh red chile peppers	2.00
1657	coarsely chopped	0.00
1657	Peanut oil, for deep frying	2.00 c
1658	Fresh fish (sole, halibut,	2.00 lb
1658	flounder)	0.00
1658	Salt	1.00 ts
1658	Water	0.50 c
1658	Juice of 5 to 6 lemons	0.00
1658	Onions	5.00 md
1658	Cloves garlic	5.00
1658	To 4 fresh pimentos	3.00
1658	Finely chopped fennel,	2.00 tb
1658	cilantro, shallots	0.00
1659	Pound freshly filleted	1.00
1659	Porgy, sea bass,striped	0.00
1659	Bass, red snapper,squid,	0.00
1659	Abalone or tuna	0.00
1659	Jars White radish,	1.00
1659	Peeled,shredded and soaked	0.00
1659	In cold water	0.00
1659	Chirizu dipping sauce	0.00
1659	Tosa joyu dipping sauce	0.00
1659	Wasabi	0.00
1659	Wasabi (green horseradish)	1.00 tb
1659	Powder	0.00
1659	Water	0.00
1660	CHOOSE ONE (ONE PIECE -----	0.00 -----
1660	Fresh Sea Bass Fillet	1.00 lb
1660	Squid	1.00 lb
1660	Turbot	1.00 lb
1660	Tunny Fish	1.00 lb
1660	Halibut	1.00 lb
1660	Abalone	1.00 lb
1660	Bream	1.00 lb
1660	DIPPING SAUCE -----	0.00 -----
1660	Soy Sauce -OR-	4.00 tb

Sheet1

1660	Tosa Joyu	0.00
1660	Chirizu -OR-	0.00
1660	GARNISH -----	0.00 -----
1660	2" Secion Diakon	0.00
1660	Celery	1.00
1660	Carrot	1.00
1661	Salmon	2.00 kg
1661	Carrots, sliced	3.00
1661	Onion, sliced	1.00
1661	Onion,pinned with 5-6 cloves	1.00
1661	Leek, sliced	1.00 sm
1661	Thyme, parsley, bay leaf	1.00 c
1661	White wine	65.00 cl
1661	Whole black pepper	0.50 ts
1661	Salt	4.00 tb
1661	Water	20.50 l
1661	BEURRE BLANC -----	0.00 -----
1661	Chopped onion	3.00 tb
1661	White wine	1.00 dl
1661	White wine vinegar	3.00 tb
1661	Cream	1.50 tb
1661	Butter	250.00 g
1662	Sm Garlic; minced/peeled	1.00
1662	Lg Red bell pepper; peeled,	1.00
1662	Yogurt ; non-fat pl/yogurt	1.00 tb
1662	Yogurt; non-fat pl/yogurt	1.00 c
1662	Coriander; torn (cilantro)	0.25 c
1662	Black pepper; to taste	0.00
1662	Olive oil ; fruity	1.00 tb
1662	Pam	0.00
1662	Olive oil	1.00 ts
1662	Sea scallops ; patted dry	1.00 lb
1662	Dry vermouth	2.00 tb
1662	Lemon juice	2.00 tb
1662	Coriander leaves, for garnis	0.00
1663	Large onion	0.50
1663	Bell peppers	1.50
1663	Butter	2.00 oz
1663	Lg. sea scallops	16.00 oz
1663	Jalepeno peppers; slice	2.00
1663	Mozzarella	0.50 c
1663	Feta cheese	0.50 c
1663	White wine	0.50 c
1663	Pinch garlic; to taste	0.00
1663	Salt; to taste	0.00
1663	Chili powder; to taste	0.00
1664	Cooking oil	2.00 oz
1664	Med onion, diced	1.00
1664	Stalk of celery, diced	1.00

Sheet1

1664	Clove garlic, crushed	1.00
1664	Curry powder	1.00 tb
1664	Fresh ginger, grated	0.50 ts
1664	Cardamom	0.50 ts
1664	Cinnamon	0.12 ts
1664	Pinch of ground nutmeg	1.00
1664	Salt	0.50 ts
1664	White pepper	0.50 ts
1664	Red apple, diced	0.50 ts
1664	Banana, cut in 1 in cubes	4.00
1664	Chicken stock	2.00 c
1664	Jumbo shrimp, peeled	36.00
1664	Salt and pepper	1.00
1664	Butter	1.00 oz
1664	Cooking oil	1.00 oz
1665	Soft shelled crabs	3.00
1665	Butter	5.00 tb
1665	Oil	1.00 tb
1665	Pecans	2.00 tb
1666	Sea scallops, rinsed	10.00 oz
1666	Egg white, lightly beaten	1.00 tb
1666	Salt	1.00 ts
1666	White pepper or to taste	0.25 ts
1666	Nutmeg	0.12 ts
1666	Green beans, trimmed & cut into 1/4-inch pieces	0.50 lb 0.00
1666	Unsalted butter, softened	2.00 tb
1666	Crepe fraiche	1.75 c
1666	Parmesan cheese, grated	0.33 c
1666	Tomato coulis (see recipe)	0.75 c
1667	Spinach leaves	12.00 oz
1667	Chopped jicama	0.25 c
1667	Green onion	1.00
1667	Finely minced ginger	1.00 tb
1667	Bay scallops	0.50 lb
1667	Ground raw chicken	0.25 lb
1667	Light soy sauce	2.00 tb
1667	Dry sherry	2.00 ts
1667	Freshly ground white pepper	0.25 ts
1667	Won ton skins	20.00
1667	Cooking oil	4.00 tb
1667	GARNISH -----	0.00 -----
1667	Top-quality black caviar	2.00 oz
1667	Chinese chili sauce	0.25 c
1667	Chives	1.00 bn
1667	SAUCE -----	0.00 -----
1667	Heavy (whipping) cream	2.00 c
1667	Dry sherry	0.50 c
1667	Oriental sesame oil	2.00 ts

## Sheet1

1667	Salt	0.50 ts
1667	Saffron	1.00 pn
1667	Finely minced fresh ginger	1.50 tb
1668	Bay or sea scallops	2.00 lb
1668	Oil	0.00
1668	Butter	0.75 c
1668	Bunches green onions chopped	2.00
1668	White onion, chopped	1.00
1668	Mushrooms, slice	2.00 lb
1668	Minced shallot	2.00 tb
1668	Minced garlic	2.00 tb
1668	Salt	1.00 tb
1668	Freshly ground white pepper	2.00 ts
1668	Pepper	0.00
1668	Juice from lemon	1.00
1668	Dry white wine	2.00 c
1669	Oysters with liquor	1.00 pn
1669	Coarse cracker crumbs	2.00 c
1669	(bland like saltines)	0.00
1669	Butter melted	0.50 c
1669	Light cream	0.75 c
1669	Oyster liquor	0.25 c
1669	Parsley chopped	3.00 tb
1669	Worcestershire sauce	0.50 ts
1669	Salt and pepper to taste	0.00
1670	Dozen Oysters	2.00
1670	Fresh breadcrumbs	1.50 c
1670	Salt	0.25 ts
1670	Melted butter	0.50 c
1670	Rich milk	0.50 c
1671	Cold cooked salmon or trout	0.50 lb
1671	(sea or river trout)	0.00
1671	Florentine fennel	0.50 lb
1671	(trimmed weight)	0.00
1671	Steaky bacon	0.50 lb
1671	Butter	2.00 oz
1671	Flour	1.50 oz
1671	Whole milk	0.50 pt
1671	Fish stock	0.25 pt
1671	Lemon juice	0.00
1671	Dijon mustard	0.00
1671	Toasted or fried breadcrumbs	0.00
1672	Bay scallops	36.00
1672	Lemon juice, or more if	1.00 c
1672	Needed	0.00
1672	Mussels, cleaned and de-	36.00
1672	Bearded	0.00
1672	Asparagus spears, cut to	36.00
1672	Equal lengths	0.00



Sheet1

1672	Head boston lettuce	1.00
1672	Dijon mustard vinaigrette	0.00
1672	Chopped parsley	1.00 ts
1673	Karen Mintzias	0.00
1673	SCALLOPS -----	0.00 -----
1673	Raw cashews	2.00 c
1673	Cooking oil (WHAT!? [km])	2.00 c
1673	Green onions; finely minced	4.00
1673	Bay scallops	1.00 lb
1673	SAUCE -----	0.00 -----
1673	Dry sherry	0.25 c
1673	Tomato sauce	3.00 tb
1673	Oyster sauce	1.00 tb
1673	Oriental sesame oil	1.00 tb
1673	Red wine vinegar	1.00 ts
1673	Chinese chili sauce	2.00 ts
1673	Grated tangerine peel	2.00 ts
1673	(OR finely minced instead)	0.00
1673	TO FINISH -----	0.00 -----
1673	Cornstarch	1.00 tb
1674	Bay scallops	1.50 lb
1674	Butter	1.00 tb
1674	Dry white wine	0.50 c
1674	Minced shallots	2.00 tb
1674	Chives	1.00 tb
1674	Minced garlic	1.00 ts
1674	Minced red bell pepper	2.00 tb
1674	Shredded fresh basil	0.25 c
1674	Heavy cream	1.00 c
1674	Chopped tomato *	0.50 c
1674	Cooked pasta shells	2.00 c
1674	Salt & Pepper	0.00
1674	BASIC PEELED, SEEDED AND CHO -----	0.00 -----
1674	Ripe tomatos	2.00
1674	Gallon boiling water	1.00
1675	Scallops	3.00 lb
1675	Dry white wine	1.50 c
1675	Fresh lemon juice	2.00 tb
1675	Mushrooms; sliced	0.75 lb
1675	Small green pepper; sliced	1.00
1675	Butter	0.25 c
1675	Salt	0.50 ts
1675	Dash fresh ground pepper	0.00
1675	Flour	4.00 tb
1675	Diced Swiss cheese	1.00 c
1675	Grated Romano cheese	0.50 c
1675	Heavy cream, whipped	1.00 c
1675	Butter for topping	2.00 tb
1675	Paprika	0.00

Sheet1

1676	Parmesan cheese	3.00 oz
1676	Nutmeg	1.00 ts
1676	Cloves garlic	3.00
1676	White pepper	0.50 ts
1676	Fresh spinach, stems	1.25 lb
1676	Bay scallops	1.25 lb
1676	Cut off and reserved	0.00
1676	Rinsed and drained	0.00
1676	Unsalted butter	0.50 c
1676	Shell or small pasta	8.00 ea
1676	Salt	1.00 ts
1676	Al dente and drained	1.00
1676	Whipping cream	1.00 c
1677	Fresh sea scallops rinse and	2.00 lb
1677	pat dry	0.00
1677	Vegetable oil	0.25 c
1677	Oriental sesame oil	1.00 ts
1677	Hoisin sauce	2.00 tb
1677	Soy sauce	2.00 tb
1677	Dry sherry	2.00 tb
1677	Distilled white vinegar	0.25 c
1677	Minced clove garlic	1.00
1677	Minced green onion	1.00
1677	Minced fresh ginger	1.00 tb
1678	Peanut oil for deep-frying	4.00 c
1678	up to 5 c	0.00
1678	Large scallops, cut in half	0.75 lb
1678	Sauce	0.00
1678	Dried red chile peppers,	2.00
1678	soaked hour, then chopped	0.00
1678	Light soy sauce	2.00 tb
1678	Sugar	1.00 pn
1678	Rice wine vinegar	0.50 tb
1678	Dry sherry	1.00 tb
1678	Final:	0.00
1678	Fresh peanut oil	2.00 tb
1678	Finely grated fresh ginger	0.50 ts
1678	Cloves garlic, chopped	2.00
1678	Green onions, cut chinese	6.00
1678	style	0.00
1679	Dozen Scallops	2.00
1679	Small Bottle dry white	0.00
1679	wine	0.00
1679	Bay leaf	1.00
1679	Mushroom	0.50 lb
1679	Eggs	2.00
1679	To 6 sl Bread	4.00 sl
1679	Parsley	0.00
1679	To 6 Quarters Lemon	4.00

Sheet1

1680	PHILLY.INQUIRER -----	0.00 -----
1680	OLIVE OIL,FULL FLAVORE	1.00 tb
1680	FRESH PARSLEY,CHOPPED	2.00 tb
1680	CLOVE GARLIC MINCED	1.00
1680	BLACK OLIVES CHOPPED	2.00 oz
1680	SCALLOPS,BAY OR SEA	1.00 lb
1680	DASH OF FRESHLY GROUND PEPPE	0.00
1680	LARGE RIPE TOMATOES PEELED	2.00
1680	AND COARSLEY CHOPPED	0.00
1680	GREEN ONIONS SLICED	0.50 c
1680	THIN	0.00
1680	MUSHROOMS THINLY SLICE	0.50 lb
1681	Fresh Sea Scallops	1.00 lb
1681	Margarine	1.00 tb
1681	Fresh Snow Peas	0.50 lb
1681	Stalks Celery, Diagonally	2.00
1681	Sliced	0.00
1681	Chablis OR Dry White Wine	2.00 tb
1681	+ 1 1/2 t. Lemon Juice	1.00 tb
1681	Dried Dillweed	0.75 ts
1681	Freshly Ground Pepper	0.25 ts
1681	Chopped Fresh Parsley	1.00 ts
1682	Scallops	7.00
1682	Chopped Onions	2.00
1682	Chopped Parsley	1.00 tb
1682	Garlic Minced	1.00 cl
1682	Zinfandel White Wine	0.50 c
1682	Salt, Pepper	0.00
1682	Plain Crackers	0.00
1683	Sea Bass Or Red Snapper; *	2.00 lb
1683	Milk	1.00 c
1683	Cumin; Ground	1.00 ts
1683	Onion; Chopped, 1 Large	1.00 c
1683	Vegetable Oil	0.25 c
1683	Green Chiles; **	1.00 c
1683	Fresh Cilantro; Snipped, ***	0.25 c
1683	Salt	0.75 ts
1683	Pepper	0.25 ts
1683	Lemon Or Lime Wedges	1.00 x
1684	Shrimp	18.00 lg
1684	Cherrystone clams	18.00
1684	Mussels	18.00
1684	(4-oz.) lobster tails	6.00
1684	Light olive oil	0.75 c
1684	Onions, finely chopped	2.00
1684	Cl Garlic, finely minced	3.00
1684	White wine	2.00 c
1684	Plum tomatoes, drained	3.00 c
1684	Bay leaves	2.00

Sheet1

1684	Dried oregano	0.50 ts
1684	Chopped italian parsley	2.00 tb
1684	Salt and freshly ground	0.00
1684	Pepper	0.00
1684	Chopped curly parsley	2.00 tb
1685	Karen Mintzias	0.00
1685	Shrimp	8.00 lg
1685	Oysters	8.00 lg
1685	White meat fish fillets	5.00 oz
1685	(such as cod swordfish)	0.00
1685	Firm tofu	6.00 oz
1685	Pumpkin	4.00 oz
1685	Salt and pepper	0.00
1685	Flour, for dusting	0.50 c
1685	BATTER -----	0.00 -----
1685	Eggs	2.00
1685	Egg yolk	1.00
1685	Salt	1.00 ts
1685	Crushed garlic	1.00 ts
1685	MSG (optional, of course)	0.00
1685	Pepper	0.00
1685	FOR FRYING -----	0.00 -----
1685	Salad oil	0.00
1686	Vegetable Oil	0.50 c
1686	Flour Or Corn Tortillas; *	10.00
1686	Green Onions w/tops; Sliced	0.50 c
1686	Margarine Or Butter	0.25 c
1686	Unbleached Flour	0.25 c
1686	Salt	0.50 ts
1686	Pepper	0.25 ts
1686	Half & Half Light Cream	2.00 c
1686	Chipotle Chile; **	1.00
1686	Bay Scallops	1.00 lb
1686	Raw Shrimp; Medium, Shelled	1.00 lb
1686	Bacon Slices; ***	4.00
1687	Margarine	2.00 tb
1687	Onion, chopped	0.25 c
1687	Red pepper, chopped	0.25 c
1687	Garlic, minced	1.00 cl
1687	Tomatoes (16 oz.)	1.00 cn
1687	Basil	1.00 ts
1687	Cayenne pepper	0.50 ts
1687	Salt	0.50 ts
1687	White pepper	0.25 ts
1687	Cornstarch	3.00 ts
1687	Cold water	2.00 tb
1687	Fresh shrimp OR	0.50 lb
1687	Frozen shrimp, thawed	0.50 lb
1687	Fresh crab OR	0.50 lb

Sheet1

1687	Frozen crab, thawed	0.50 lb
1687	Peppery rice	2.00 c
1688	Margarine	2.00 tb
1688	Onion, chopped	0.25 c
1688	Red pepper, chopped	0.25 c
1688	Garlic, minced	1.00 cl
1688	Tomatoes (16 oz.)	1.00 cn
1688	Basil	1.00 ts
1688	Cayenne pepper	0.50 ts
1688	Salt	0.50 ts
1688	White pepper	0.25 ts
1688	Cornstarch	3.00 ts
1688	Cold water	2.00 tb
1688	Fresh shrimp OR	0.50 lb
1688	Frozen shrimp, thawed	0.50 lb
1688	Fresh crab OR	0.50 lb
1688	Frozen crab, thawed	0.50 lb
1688	Peppery rice	2.00 c
1689	Fresh Shrimp	3.00 lb
1689	Vegetable Oil	3.00 c
1689	Chopped Garlic	4.00 tb
1689	Black pepper	3.00 tb
1689	Oysters	2.00 pt
1689	Bell Peppers Chopped	2.00 c
1689	Green Onions Chopped	1.00 c
1689	Red Pepper	2.00 ts
1689	14oz. Whole tomatoes & juice	3.00 cn
1689	Lump Crabmeat	2.00 lb
1689	Onions - Chopped	8.00 c
1689	8oz. Tomato Sauce	1.00 cn
1689	Water	1.00 ga
1689	Flour	4.50 c
1689	Celery - Chopped	3.00 c
1689	Salt	3.00 tb
1689	Parsley - Chopped	0.75 c
1690	For 9-inch one-crust pie	1.00 pk
1690	Chopped crabmeat, shrimp,	1.00 c
1690	Seafood sticks, salmon	0.00
1690	Shredded natural swiss chees	1.00 c
1690	(4 ounces)	0.00
1690	Finely chopped green onion	0.33 c
1690	Eggs	4.00
1690	Whipping (heavy) cream	2.00 c
1690	Salt	0.50 ts
1690	Pepper	0.25 ts
1690	Ground red pepper	0.12 ts
1690	(cayenne)	0.00
1691	Cold water	8.00 c
1691	Onion, quartered	1.00 md

Sheet1

1691	Rib celery, coarsley chopped	1.00
1691	Cl Garlic, halved	1.00
1691	Seafood trimmings	2.00 lb
1692	SEASONING MIX -----	0.00 -----
1692	Salt	1.00 ts
1692	Sweet paprika	0.50 ts
1692	Black pepper	0.50 ts
1692	Dried thyme leaves	0.50 ts
1692	Sweet basil	0.50 ts
1692	Gumbo file (optional)	0.50 ts
1692	MAIN INGREDIENTS -----	0.00 -----
1692	Slices bacon, diced	3.00
1692	Onions, chopped very fine	1.50 c
1692	Green bell peppers, chopped	1.00 c
1692	+ 1 Tbsp unsalted butter	0.25 lb
1692	White pepper	0.75 ts
1692	Ground cayenne pepper	0.75 ts
1692	Small shrimp	0.50 lb
1692	Basic seafood stock	1.50 c
1692	Shucked oysters (med. size)	6.00
1692	All-purpose flour	0.75 c
1692	Green onions, chopped fine	0.50 c
1692	Grated Parmesan cheese	0.25 c
1692	FLOUNDER SEASONING MIX -----	0.00 -----
1692	Salt	2.00 ts
1692	Sweet paprika	1.00 ts
1692	White pepper	0.50 ts
1692	Onion powder	0.50 ts
1692	Garlic powder	0.50 ts
1692	Dry mustard	0.50 ts
1692	Ground cayenne pepper	0.25 ts
1692	Dried thyme leaves	0.25 ts
1692	Dried sweet basil leaves	0.25 ts
1692	Flounders (see note)	6.00
1692	Grated cheddar cheese	1.50 c
1692	Vegetable oil for frying	0.00
1693	Prepared shredded jellyfish	0.50 lb
1693	Light soy sauce	2.00 ts
1693	Sesame oil	3.00 tb
1693	White rice vinegar	2.00 ts
1693	Sugar	2.00 ts
1693	White sesame seeds, toasted	3.00 tb
1694	Pound ocean perch or other	1.00
1694	Lean fish fillets	0.00
1694	Salt	0.25 ts
1694	Margarine or butter	2.00 tb
1694	Vegetable oil	2.00 tb
1694	Sesame seed	1.00 tb
1694	Lemon, cut in half	1.00

Sheet1

1694	Chopped fresh or 1 ts	1.00 tb
1694	Dried basil leaves	0.00
1694	Chopped fresh parsley	2.00 tb
1695	1/2 lb large sea scallops	1.00
1695	Salad oil	1.00 tb
1695	Soy sauce	1.00 tb
1695	Dry sherry/white wine	2.00 tb
1695	Egg whites/substitute	2.00
1695	Ground ginger/five-spice	0.50 ts
1695	powder	0.00
1695	Bread crumbs	4.00 tb
1695	Sesame seeds	4.00 tb
1696	Stephen Ceideburg	0.00
1696	Shabu shabu or sukiyaki	0.50 lb
1696	meat *	0.00
1696	Sea scallops, cut in half	18.00
1696	Prawns, shelled but tail	12.00 lg
1696	left on	0.00
1696	Shiitake mushrooms, sliced	12.00 lg
1696	Head napa cabbage, shredded	0.50 md
1696	Green onions, cleaned,	12.00
1696	trimmed, with part of green	0.00
1696	left on	0.00
1696	Bamboo shoots	1.00 cn
1696	Leaf spinach	0.50 lb
1696	Firm tofu, cut into 1 inch	12.00 oz
1696	cubes	0.00
1696	Short-grain rice, cooked	2.00 c
1696	Pickled vegetables	0.00
1696	(purchased or homemade)	0.00
1696	Or more dipping sauces (see	1.00
1696	recipes)	0.00
1696	Chicken broth	4.00 c
1696	Piece of kombu (kelp), about	1.00
1696	3 inches square (optional)	0.00
1697	Shrimp; shelled & deveined	1.00 lb
1697	Rice wine	1.00 ts
1697	Egg white	1.00
1697	Cornstarch	2.50 ts
1697	Oil	1.00 c
1697	Sm hot red dried chile *	1.00
1697	Diagonally sliced celery	0.75 c
1697	Wood ears (black fungus)	3.00
1697	Soy sauce	0.50 ts
1697	Sugar	0.50 ts
1697	Ground coriander	0.50 ts
1697	Chicken broth	0.50 c
1697	Grated orange peel	1.00 tb
1698	Butter	3.00 tb

Sheet1

1698	Chopped shallots	3.00 tb
1698	Cognac or other brandy	0.33 c
1698	Chicken stock or canned low-	1.00 c
1698	Beef stock or canned unsalte	0.50 c
1698	Whipping cream	2.00 c
1698	Salt	0.00
1698	1 1/2-inch-thick shark steak	6.00
1698	Coarsely ground pepper	2.00 tb
1699	(7 Oz.) Lobster Tails	2.00
1699	Peeled, Diced Red Potatoes	1.00 c
1699	Chopped Onioin	0.50 c
1699	Garlic Minced	1.00 cl
1699	Water	0.75 c
1699	Clam Juice	0.75 c
1699	Low-Fat Sour Cream	0.33 c
1699	Thyme	0.12 ts
1699	White Pepper	0.12 ts
1699	Dry Sherry.	1.00 tb
1700	Cooked long-grain rice,	3.00 c
1700	preferably cold	0.00
1700	Peanut or vegetable oil	3.00 tb
1700	Salt	0.50 ts
1700	Shrimp paste, or more (opt.)	1.00 ts
1700	Sugar	0.50 ts
1700	Soy sauce	1.50 tb
1700	Oyster sauce	2.00 ts
1700	Eggs; lightly beaten with	2.00 lg
1700	Egg yolk	1.00
1700	Cooked bay shrimp	0.50 c
1700	Chinese barbecued pork	0.50 c
1700	cut into 1/4-inch pieces	0.00
1700	Leftover cooked chicken	0.50 c
1700	cut into 1/4-inch pieces	0.00
1700	Fresh or frozen peas	0.50 c
1700	blanched	0.00
1700	Finely shredded romaine	1.00 c
1700	=OR=- Iceberg lettuce	0.00
1700	Chopped green onions	0.50 c
1701	Artichokes (3/4 Lb. Each.)	4.00
1701	Lemon Wedges	0.00
1701	Water	1.50 c
1701	Unpeeled Medium Shrimp	0.50 lb
1701	(8 Oz.)Carton Plain Yogurt	1.00
1701	Minced Fresh Dillweed	2.00 tb
1701	Dijon Mustard	2.00 tb
1701	Grated Lemon Rind	0.50 ts
1701	Pepper	0.12 ts
1701	Minced Fresh Dillweed	0.00
1701	(Optinal)	0.00



Sheet1

1702	Large Raw Shrimp	1.00 lb
1702	Sea Scallops, Cut In Half	1.00 lb
1702	Vegetable Oil	0.50 c
1702	Lemon Juice	0.25 c
1702	Imported Soy Sauce If Avail.	0.25 c
1702	Cloves Garlic Finely Chopped	2.00
1702	Chopped Crystalized GingerOR	2.00 tb
1702	Ground Ginger	1.50 ts
1702	Onion Powder	1.00 ts
1702	(1 cn) Pinapple Chunks	16.00 oz
1702	Small Zucchini, Sliced	2.00
1703	Uncooked Wild Rice	0.50 c
1703	Water	1.00 c
1703	Chicken Flavored Bouillon	0.25 ts
1703	Granules	0.00
1703	White Wine Vinegar	2.00 tb
1703	Chablis OR Dry White Wine	1.00 tb
1703	Vegetable Oil	1.00 ts
1703	Sugar	0.12 ts
1703	Curry Powder	0.12 ts
1703	Garlic Minced	1.00 cl
1703	Large Shrimp Peeled &	0.75 lb
1703	Deveined	0.00
1703	Thinly Sliced	2.00 tb
1703	Green Onion Tops	0.00
1704	Bread, crusts removed	4.00 sl
1704	Softened butter	6.00 tb
1704	Cooked and peeled shrimp	6.00 oz
1704	Chili powder	0.50 ts
1704	Paprika	0.25 ts
1704	Cumin	0.25 ts
1705	Shrimp, medium, cleaned,cook	1.00 lb
1705	Feta cheese,	1.00 lb
1705	Scallions, sliced	1.00 c
1705	Tomato sauce	1.00 c
1705	Olive oil	0.50 c
1705	Lemon juice, fresh	0.25 c
1705	Parsley, chopped	1.00 tb
1705	Basil, fresh, chopped	1.00 tb
1705	Dill, fresh, chopped	1.00 tb
1705	Salt	0.50 ts
1705	Pepper	0.25 ts
1705	Fettuccine, or flat noodle**	1.50 lb
1706	(1 bag) frozen pasta and	16.00 oz
1706	Vegetables in cheese	0.00
1706	Flavored sauce	0.00
1706	Frozen cleaned raw shrimp	1.50 c
1706	Sour cream	0.25 c
1706	Dill weed	0.50 ts

Sheet1

1707	Creamed cottage cheese	1.00 c
1707	Lemon juice	2.00 tb
1707	Onion powder	0.50 ts
1707	Chopped cooked shrimp*	1.00 c
1707	Chopped pistachio nuts	0.50 c
1708	Large Raw Shrimp	1.00 lb
1708	Sea Scallops, Cut In Half	1.00 lb
1708	Vegetable Oil	0.50 c
1708	Lemon Juice	0.25 c
1708	Imported Soy Sauce If Avail.	0.25 c
1708	Cloves Garlic Finely Chopped	2.00
1708	Chopped Crystalized GingerOR	2.00 tb
1708	Ground Ginger	1.50 ts
1708	Onion Powder	1.00 ts
1708	(1 cn) Pineapple Chunks	16.00 oz
1708	Small Zucchini, Sliced	2.00
1709	Lg shrimp,peeled & deveined	2.00 lb
1709	Yellow peppers, 1/4" dice	2.00
1709	Red peppers, 1/4" dice	2.00
1709	Plum tomatoes, 1/2" dice	6.00
1709	Chopped fresh dill	0.50 c
1709	Dried tarragon	2.00 ts
1709	Chopped shallots	2.00 tb
1709	Dried red pepper flakes	0.50 ts
1709	Coarsely ground black pepper	1.00 ts
1709	Salt	1.00 ts
1709	Fresh lemon juice	0.50 c
1709	1 T olive oil	1.00 c
1709	Hot chile oil	0.25 ts
1709	Head broccoli, cut small	1.00
1709	Cooked peas	1.50 c
1709	Linguine	1.00 lb
1710	Olive oil	0.50 c
1710	Garlic cloves	2.00
1710	Small onion	1.00
1710	Green pepper	1.00
1710	Raw shrimp;peeled & deveined	1.00 lb
1710	Tomatoes	0.75 c
1710	Saffron	1.00 pn
1710	Salt	1.00 tb
1710	Yellow food coloring	0.50 ts
1710	Water	2.00 c
1710	Rice	1.00 c
1710	Green peas; tiny	0.50 c
1710	Pimentos; small jar	1.00 cn
1710	Parsley	1.00
1711	Shrimp, cooked until	0.25 lb
1711	Pink, shelled	0.00
1711	Cl Garlic	2.00

Sheet1

1711	Fresh parsley	1.00 tb
1711	Calvert's cedar street	1.00 tb
1711	Chive mustard	0.00
1711	Freshly ground black pepper	0.00
1711	Salt to taste	0.00
1711	Lemon rind, grated	1.00
1711	Sweet butter (2 sticks),	0.50 lb
1711	Soft and cut into chunks	0.00
1712	PHILLY.INQUIRER -----	0.00 -----
1712	BACON,CUT IN 1/4" DICE	0.25 lb
1712	FINELY MINCED ONION	2.00 ts
1712	DRY WHITE WINE	1.00 c
1712	CELERY SEEDS	1.00 ts
1712	BONELESS SKINLESS	1.50 lb
1712	CHICKEN BREASTS,1"STRIPS	1.00 c
1712	ANISE OR FENNEL SEEDS	1.00 ts
1712	SPRIGS FRESH TARRAGON LEAVES	3.00
1712	OR 1 TB DRIED	0.00
1712	RAW JUMBO SHRIMP CLEANED	12.00
1712	FISH STOCK OR	5.00 c
1712	CHICKEN BROTH	0.00
1712	BROCCOLI FLORETS	2.00 c
1712	MILK	0.75 c
1712	FINELY MINCED GARLIC	1.00 tb
1712	SALT AND FRESHLY GROUND PEP	0.00
1713	White or whole wheat bread,	12.00 sl
1713	Toasted	0.00
1713	Mayonnaise or salad dressin	0.00
1713	Lettuce leaves	4.00
1713	Tomatoes (about 2 medium)	12.00 sl
1713	Bacon, crisply cooked	12.00 sl
1713	(4-1/2 ounces each) large	2.00 cn
1713	Shrimp, rinsed and drained	0.00
1713	Avocado, thinly sliced	1.00 lg
1714	Fresh shrimp, heads off	2.00 lb
1714	Water	1.00 qt
1714	Vegetable oil	0.50 c
1714	Med. yellow onions, chopped	3.00
1714	Large bell peppers, chopped	2.00
1714	Celery ribs, chopped fine	5.00
1714	Lge. tomatoes, peeled&seeded	10.00
1714	Salt	2.00 ts
1714	Ground red pepper	1.00 ts
1714	Ground black pepper	0.50 ts
1714	Ground white pepper	0.50 ts
1714	Fresh thyme or 2 t dried	1.00 tb
1714	Fresh basil or 2 t dried	1.00 tb
1714	Sugar	1.50 ts
1714	Bay leaves	5.00

Sheet1

1714	Green onions, chopped	1.00 c
1714	Parsley, chopped	1.00 c
1715	Chopped onion	0.75 c
1715	Clove garlic, pressed or	1.00
1715	minced	0.00
1715	Green pepper, finely chopped	1.00 md
1715	Finely chopped celery	0.50 c
1715	Butter	2.00 tb
1715	Tomato sauce	1.00 cn
1715	Water	0.50 c
1715	Bay leaf, crushed	1.00
1715	Minced fresh parsley	1.00 ts
1715	Salt	0.50 ts
1715	Cayenne pepper	0.12 ts
1715	Salad shrimp	0.50 lb
1715	* Serve over bed of rice*	0.00
1716	Margarine or butter	0.33 c
1716	Curry powder	1.50 ts
1716	Onion, coarsely chopped	1.00 sm
1716	Cl Garlic, chopped	1.00
1716	All-purpose flour	0.33 c
1716	Sugar	2.00 ts
1716	Ground ginger	0.50 ts
1716	Dry mustard	0.25 ts
1716	Pepper	0.25 ts
1716	Tomato, chopped	1.00 md
1716	Tart apple, chopped	1.00 md
1716	Pound fully cooked smoked	0.25
1716	ham, Chopped	0.00
1716	Shredded coconut	0.25 c
1716	Chicken broth	2.00 c
1716	Pounds fresh or frozen mediu	1.50
1716	Shrimp (in shells), cleaned	0.00
1716	Deveined	0.00
1716	Hot cooked rice	4.00 c
1717	Large shrimp	2.00 lb
1717	Green onions; chopped	0.25 c
1717	Minced garlic	2.00 ts
1717	Butter; melted	1.00 c
1717	White wine	1.00 tb
1717	Lemon juice	1.00 ts
1717	Salt	0.12 ts
1717	Coarsely ground pepper	0.12 ts
1717	Dried whole dillweed	1.00 ts
1717	Chopped fresh parsley	1.00 ts
1717	French rolls; split length-	2.00
1717	wise and toasted	0.00
1718	Eggs	4.00
1718	Cooked Or Canned Shrimp	0.50 c

Sheet1

1718	Peanut Or Corn Oil	4.00 tb
1718	Chopped Onions	0.25 c
1718	Chopped Fresh Mushrooms	0.25 c
1718	Chopped Scallion	1.00
1718	Fresh Bean Sprouts	1.00 c
1718	Sugar	0.50 ts
1718	SAUCE -----	0.00 -----
1718	Cornstarch	2.00 ts
1718	Chicken Broth	0.50 c
1718	Soy Sauce	1.00 tb
1718	Ginger	0.25 ts
1718	Dry Mustard	0.25 ts
1719	Shrimp peeled and deveined	2.00 lb
1719	Onions chopped fine	2.00 lg
1719	Celery chopped fine	0.75 c
1719	Green peppers chopped fine	2.00
1719	Cl Garlic minced	2.00
1719	Butter	8.00 tb
1719	Flour	1.00 tb
1719	Dry white wine	0.50 c
1719	Water	0.50 c
1719	Parsley chopped	0.33 c
1719	Green onion tops chopped	0.50 c
1719	Salt, pepper and cayenne to	0.00
1720	Cooked bay shrimp	2.00 oz
1720	Fresh or frozen peas	0.25 lb
1720	Oil, preferably peanut	2.00 tb
1720	Long-grain rice	2.00 c
1720	steamed and chilled	0.00
1720	Salt	1.00 ts
1720	Eggs, beaten	2.00
1720	Fresh bean sprouts	4.00 oz
1720	GARNISH -----	0.00 -----
1720	Finely chopped scallions	2.00 tb
1721	Onion; Finely Chopped, 1 Md	0.50 c
1721	Clove Garlic; Minced	1.00 ea
1721	Cooking Oil	2.00 tb
1721	Tomatoes; Cut Up, 1 cn	8.00 oz
1721	Green Chile Peppers; 1 cn, *	4.00 oz
1721	Salt	0.75 ts
1721	Pepper	1.00 ds
1721	Eggs; Large, Separated	3.00 ea
1721	Flour; Unbleached	2.00 tb
1721	Shrimp; Drained,Chopped,1 cn	4.50 oz
1721	Vegetable Oil For Frying	1.00 x
1722	Margarine or butter	0.25 c
1722	Onions, sliced	2.00 md
1722	Green bell pepper,	1.00 md
1722	Cut into thin strips	0.00

## Sheet1

1722	Cl Garlic, crushed	2.00
1722	All-purpose flour	2.00 tb
1722	Beef broth	3.00 c
1722	Salt	0.25 ts
1722	Pepper	0.25 ts
1722	Red pepper sauce	0.50 ts
1722	Bay leaf	1.00
1722	(10 ounces) frozen cut	1.00 pk
1722	Okra, thawed, or 1 cn	0.00
1722	(16 ounces) okra, drained	0.00
1722	(16 ounces) whole tomatoes,	1.00 cn
1722	Undrained	0.00
1722	Tomato paste	1.00 cn
1722	Pounds fresh or frozen raw	1.50
1722	shrimp (in shells),* thawed	0.00
1722	Hot cooked rice	3.00 c
1723	Sliced mushrooms	1.00 c
1723	Olive oil	1.00 tb
1723	Medium shrimp; shelled	1.00 lb
1723	Champagne	1.50 c
1723	Salt	0.25 ts
1723	Minced shallots or scallions	2.00 tb
1723	Plum tomatoes; diced	2.00
1723	Heavy cream	1.00 c
1723	Dried angel hair pasta	1.00 lb
1723	Chopped parsley	3.00 tb
1724	Stephen Ceideburg	0.00
1724	Jumbo shrimp (21-25 per	1.00 lb
1724	pound)	0.00
1724	Fermented black beans	1.00 tb
1724	Garlic cloves, minced	2.00
1724	Quarter-sized slice fresh	1.00
1724	ginger, peeled, minced	0.00
1724	Shao Hsing rice wine, or dry	1.00 tb
1724	sherry	0.00
1724	Peanut or corn oil	2.00 tb
1724	Salt	0.50 ts
1724	Ground pork butt	6.00 oz
1724	Onion, cut into 1-inch cubes	1.00 sm
1724	Bell pepper, cut into 1-inch	1.00
1724	cubes	0.00
1724	Sugar	0.50 ts
1724	Big pinch white pepper	0.00
1724	Light soy sauce	0.50 tb
1724	Chicken stock	0.75 c
1724	Cornstarch, blended with:	2.00 ts
1724	Water	1.00 tb
1724	Egg, lightly beaten	1.00 lg
1724	Green onion, chopped	1.00

Sheet1

1724	Asian sesame oil	1.00 ts
1725	Vegetable Oil	2.00 tb
1725	Garlic clove, minced	1.00
1725	Onion, finely chopped	1.00
1725	Ginger, fresh, finely minced	2.00 tb
1725	Curry Powder	3.00 tb
1725	Chicken Broth	1.50 c
1725	Coconut Milk	2.00 c
1725	Pineapple	1.50 c
1725	Shrimp, fresh cooked peeled	1.25 lb
1725	GARNISH -----	0.00 -----
1725	Peanuts, roasted	1.00 c
1725	Cilantro	1.00
1725	Lemon wedges	1.00
1726	Large raw shrimp	1.50 lb
1726	Ghee (or oil)	1.00 tb
1726	Medium onions, thinly sliced	2.00
1726	Cloves garlic (crushed)	2.00
1726	Finely grated fresh ginger	1.00 ts
1726	Fresh red or green chilies (	2.00
1726	Ground turmeric	1.00 ts
1726	Curry leaves	8.00
1726	Coconut milk	2.00 c
1726	Salt	1.00 ts
1726	Lemon juice to taste	0.00
1727	Small shrimp	1.00 lb
1727	Salt	0.00
1727	Dried chili peppers	2.00
1727	Garlic oil	4.00 tb
1727	Olive oil	4.00 tb
1727	Paprika	0.00
1727	Chopped parsley	0.00
1728	Shrimp, peel and devein	1.50 lb
1728	Clam juice or fish stock	0.50 c
1728	Feta cheese, sliced 1/4"	0.50 lb
1728	thick, or crumbled cheese	0.00
1728	Greek tomato sauce	2.00 c
1728	GREEK TOMATO SAUCE -----	0.00 -----
1728	Olive oil	3.00 tb
1728	Yellow onion, peeled and	1.00
1728	coarsley chopped	0.00
1728	Clove garlic, minced	1.00
1728	Very ripe tomatoes, cored	5.00
1728	and coarsley chopped	0.00
1728	(about 4 1/2 cups)	0.00
1728	Chopped parsley	2.00 tb
1728	Whole oregano	2.00 ts
1728	Dry red wine	1.00 c
1728	Can tomato sauce, 8 oz	1.00

Sheet1

1728	Ground cinnamon	0.25 ts
1728	Allspice	0.12 ts
1728	Salt to taste	0.00
1728	Fresh ground black pepper	0.00
1729	Shrimp - P & D	0.50 lb
1729	Cornstarch }	2.00 ts
1729	Dry sherry } A	1.00 ts
1729	Salt }	0.33 ts
1729	Garlic - minced }	1.00 tb
1729	Ginger root - minced } B	1.00 tb
1729	Onion - diced }	0.50 c
1729	Catsup }	3.00 tb
1729	Dry sherry } C	1.00 tb
1729	Hot chili SAUCE* }	1.50 tb
1729	Water }	0.50 c
1729	Cornstarch } D	0.50 tb
1729	Sugar }	0.67 tb
1729	Salt }	0.50 ts
1729	Cooked shrt grain wht rice	2.00 c
1730	Raw shrimp	1.50 lb
1730	Butter	2.00 tb
1730	Finely chopped onion	0.50 c
1730	Dried red pepper	0.25 ts
1730	Ground cumin	0.50 ts
1730	Juice of a lime	1.00
1730	Sour cream	1.00 c
1730	Plain yoghurt	0.50 c
1730	Chopped fresh coriander	0.25 c
1730	Salt & pepper to taste	0.00
1731	Medium shrimp	1.00 lb
1731	completely shelled,	0.00
1731	tails removed,	0.00
1731	cleaned and blotted dry	0.00
1731	MARINADE -----	0.00 -----
1731	Egg white, lightly beaten	1.00
1731	Cornstarch	1.00 ts
1731	Peanut oil for deep-frying	1.50 c
1731	SAUCE -----	0.00 -----
1731	Pork, coarsely ground	0.50 lb
1731	Peanut oil	2.00 tb
1731	Chinese fermented black	1.50 tb
1731	beans	0.00
1731	Coarsely chopped garlic	2.00 tb
1731	Finely chopped ginger root	1.00 ts
1731	Scallions, finely chopped	2.00
1731	Thin soy sauce	1.50 tb
1731	Chinese rice wine	2.00 tb
1731	=OR= Dry sherry	0.00
1731	Sugar	0.25 ts



Sheet1

1731	Salt	1.00 pn
1731	Chicken broth	0.50 c
1731	Cornstarch, dissolved in	1.00 tb
1731	Chicken broth, (cold)	2.00 tb
1731	Egg, beaten with	1.00
1731	Sesame oil	2.00 ts
1732	(17-1/2 ounce-size)	0.50 pk
1732	Frozen puff pastry	0.00
1732	Margarine or butter	2.00 tb
1732	Thinly sliced green	2.00 tb
1732	Onions (with tops)	0.00
1732	All-purpose flour	2.00 tb
1732	Milk	0.50 c
1732	Whipping (heavy) cream	0.50 c
1732	Chopped cooked shrimp	1.50 c
1732	Dry white wine or chicken	0.50 c
1732	broth	0.00
1732	Chopped fresh parsley	2.00 tb
1732	Finely shredded lemon peel	1.00 ts
1732	Salt	0.25 ts
1732	Pepper	0.12 ts
1733	Shrimp, fresh	1.00 lb
1733	Cornstarch	2.00 ts
1733	Sesame oil	1.00 ts
1733	Tamarind liquid *	0.25 c
1733	Salt; pinch	1.00 x
1733	Fish sauce	2.00 tb
1733	Sugar	1.00 tb
1733	Lemon juice	1.00 tb
1733	Ginger, fresh; minced	2.00 tb
1733	Thai chile; finely chopped	2.00 ea
1733	Shallot; chopped	2.00 ea
1733	Oil	1.50 c
1733	Coriander leaves; for	1.00 x
1733	garnish	0.00
1735	Dry Mustard	0.25 tb
1735	Water	1.00 tb
1735	+ 2 T. Plain Yogurt	0.25 c
1735	Low Calorie Mayonnaise	0.25 c
1735	Low Cal. Chili Sauce	3.00 tb
1735	Water	3.00 c
1735	Paprika	1.00 ts
1735	Unpeeled Small Shrimp	1.00 lb
1735	Fresh Asparagus	0.50 lb
1735	Tomatoes, Cut Into	4.00 sm
1735	Wedges & Chilled	0.00
1735	Hard Cooked Egg Thinly	1.00
1735	Sliced	0.00
1735	Torn Leaf Lettuce	4.00 c

Sheet1

1735	Thinly Sliced, Peeled	1.50 c
1735	Cucumber Chilled	0.00
1735	Lemon Wedges (Opt)	0.00
1736	Butter	2.00 tb
1736	Flour	2.00 tb
1736	Milk	1.00 c
1736	Raw shrimp	2.00 lb
1736	Pimentos and 1 can liquid	2.00
1736	Egg	1.00
1736	Cream	0.50 c
1736	Small onion	1.00
1736	Salt	0.25 ts
1736	Pepper	0.25 ts
1736	Lea & Perrins sauce	2.00 tb
1736	Beef bouillon cubes	2.00
1736	Dry mustard	0.50 ts
1736	Onion tops	0.00
1736	Tabasco sauce	0.00
1736	Hot water	0.25 c
1737	Crab legs or several hard	10.00
1737	shell crabs	0.00
1737	Shrimp paste, prepared as	0.00
1737	for Shrimp on Sugar Cane	0.00
1737	Vegetable oil	0.25 c
1738	Raw shrimp in shell	1.00 lb
1738	Cloves garlic	4.00
1738	Rock sugar, pounded to a	1.00 ts
1738	powder, or 1 teaspoon	0.00
1738	granulated sugar	0.00
1738	Egg whites, beaten until	2.00
1738	slightly frothy	0.00
1738	Roasted Rice Powder [see	1.00 tb
1738	below]	0.00
1738	Sprinkling of freshly ground	0.00
1738	black pepper	0.00
1738	Pork fat, boiled for 10	2.00 tb
1738	minutes and diced very	0.00
1738	small	0.00
1738	Twelve-inch section sugar	1.00
1738	cane	0.00
1738	Vegetable oil, approximately	0.25 c
1738	Basic Vegetable Platter [see	0.00
1738	below]	0.00
1738	Dried rice papers (banh	12.00
1738	trang)	0.00
1738	Nuoc Leo with Tamarind Sauce	0.00
1739	Raw shrimp, peeled	24.00 lg
1739	All-purpose flour	0.50 c
1739	Eggs	2.00

Sheet1

1739	Shredded coconut	3.00 c
1740	Butter	0.25 c
1740	Minced onion	0.50 c
1740	Curry powder (or more)	1.00 tb
1740	Flour	0.25 c
1740	Salt	1.50 ts
1740	Sugar	1.50 ts
1740	Ginger	0.25 ts
1740	Chicken broth	2.00 c
1740	Milk	2.00 c
1740	Cooked chicken or shrimp	4.00 c
1740	Lemon juice	1.00 ts
1741	Jumbo shrimp	18.00
1741	Thin slices of pancetta	18.00
1741	Salt and pepper to taste	0.00
1741	Flour for dusting	0.50 c
1741	Olive oil	4.00 tb
1741	Bamboo skewers	6.00 sm
1741	Risotto (see recipe)	0.00
1741	Salsa verde	0.00
1741	Unsalted butter (at room	0.50 lb
1741	Temperature)	0.00
1741	Bunch fresh parsley,washed,	1.00
1741	Dried, stems removed	0.00
1741	Salt and pepper	0.00
1741	Heavy cream	0.50 c
1742	Butter	4.00 tb
1742	Finely chopped celery	0.50 c
1742	Chopped bell pepper	2.00 tb
1742	Medium whole shrimp	2.00 c
1742	Worcestershire sauce	1.00 tb
1742	Ground cayenne pepper	1.00 ts
1742	Flour	1.00 tb
1742	Salt	0.00
1742	Fresh ground black pepper	0.00
1742	Cooked white rice, hot	3.00 c
1742	Slices fried crisp bacon	4.00
1743	Shrimp cooked, shelled	2.00 lb
1743	And deveined	0.00
1743	Green onions chopped	1.00 c
1743	Celery chopped fine	1.00 c
1743	Prepared horseradish	2.00 tb
1743	Dijon mustard	6.00 tb
1743	Tarragon wine vinegar	0.75 c
1743	Paprika	2.00 tb
1743	Tomato catsup	0.25 c
1743	Clove garlic	1.00 lg
1743	Cayenne pepper(or more)	0.50 ts
1743	Salad oil	1.75 c

Sheet1

1743	Salt and pepper to taste	0.00
1743	Lettuce leaves	0.00
1743	Avocados (if serving as main	4.00
1743	Course)	0.00
1744	PHILLY.INQUIRER -----	0.00 -----
1744	UNSALTED BUTTER	8.00 tb
1744	CUT INTO THREE PIECES	0.00
1744	LONG GRAINED RICE	2.00 c
1744	FINELY CHOPPED GARLIC	1.00 ts
1744	FRESH CHICKEN STOCK OR	6.00 c
1744	CANNED BROTH	0.00
1744	SALT AND FRESH GROUND PEPPE	0.00
1744	RATE IMPORTED PARMESAN CHE.	0.50 c
1744	SMALL BAY LEAF	1.00
1744	CHOPPED FLAT LEAF	2.00 tb
1744	PARSLEY	0.00
1744	SMALL SHRIMP SHELLED	1.00 lb
1745	Olive oil	0.25 c
1745	Tomatoes (2x28oz cn)	56.00 oz
1745	drained	0.00
1745	Onions, chopped	2.00 md
1745	Garlic cloves, chopped	2.00 lg
1745	Thyme, dried	2.00 ts
1745	Chili flakes	0.50 ts
1745	Shrimp, large, shelled	2.50 lb
1745	Brandy	0.25 c
1745	Wine, dry white	0.75 c
1745	Saffron (optional)	0.00 pn
1745	Salt to taste	0.00
1745	Pepper, fresh ground	0.00
1745	Parmesan, grated	0.25 c
1745	Butter	0.25 c
1745	Parsley, fresh, chopped	2.00 tb
1746	Margarine or butter	0.25 c
1746	All-purpose flour	0.25 c
1746	Salt	0.50 ts
1746	Milk	1.00 c
1746	(4-1/2 ounces) shrimp, rinse	1.00 cn
1746	And drained	0.00
1746	Chopped fresh or 1 ts Dried	1.00 tb
1746	tarragon leaves	0.00
1746	Eggs, separated	3.00
1746	Cream of tartar	0.25 ts
1747	BATTER -----	0.00 -----
1747	Cornstarch	4.00 tb
1747	Flour	0.25 c
1747	Baking powder	1.00 ts
1747	Water	0.50 c
1747	Salt	0.50 ts

## Sheet1

1747	Egg	1.00
1747	Egg white	1.00
1747	Salt	2.00 tb
1747	Shrimp; peeled and deveined	1.50 lb
1747	Peanut oil, for deep-frying	2.00 c
1747	SAUCE -----	0.00 -----
1747	Peanut oil	1.50 tb
1747	Dried chiles; halved	5.00
1747	Finely sliced garlic	3.00 tb
1747	Salt	1.00 ts
1747	Sugar	3.00 tb
1747	White rice vinegar	1.00 ts
1747	Water	0.50 c
1747	Cornstarch; mixed with	1.00 ts
1747	Water	1.00 ts
1748	Poblano Chiles; *	3.00
1748	Tomatoes; Medium, **	2.00
1748	Onion; Cut Into quarters, Med	1.00
1748	Clove Garlic	1.00
1748	White Wine; Dry	0.25 c
1748	Sugar	1.00 ts
1748	Salt	0.25 ts
1748	Red Pepper; Ground	0.12 ts
1748	Dairy Sour Cream	0.50 c
1748	Shrimp; Cooked, Medium	1.00 lb
1748	CORNMEAL PANCAKES -----	0.00 -----
1748	Eggs; Large	2.00
1748	Yellow Or Blue Cornmeal	1.00 c
1748	Unbleached Flour	0.25 c
1748	Buttermilk	2.00 c
1748	Margarine Or Butter; Melted	0.25 c
1748	Baking Powder	2.00 ts
1748	Baking Soda	1.00 ts
1748	GARNISHES -----	0.00 -----
1748	Monterey Jack Cheese; Shred	0.50 c
1749	Vegetable oil	4.00 tb
1749	Cloves garlic, crushed	4.00
1749	Medium shrimp, shelled &	2.00 lb
1749	deveined	0.00
1749	Coconut milk	14.00 oz
1749	Straw mushrooms, drained	15.00 oz
1749	Ground white pepper	1.00 ts
1749	Nam Pla (fish sauce)	2.00 tb
1749	Fresh cilantro	4.00 tb
1751	Raw shrimp, 3-inch unshelled	16.00
1751	Oil for stir-fry	2.00 tb
1751	LOBSTER SAUCE:	0.00
1751	Salted black beans	2.00 ts
1751	Clove garlic, minced	1.00 lg

Sheet1

1751	Green onions	2.00
1751	Egg	1.00 lg
1751	Water	1.00 tb
1751	Cooking oil	2.00 tb
1751	Ground pork (not sausage)	0.50 lb
1751	Chicken broth	0.50 c
1751	Thin soy sauce	0.50 tb
1751	Sugar	1.00 ts
1751	Cornstarch paste	0.00
1752	Shrimp	16.00 lg
1752	Cornstarch, divided	2.00 tb
1752	Dry sherry	1.00 tb
1752	Water	1.00 tb
1752	Salt	0.50 ts
1752	Peanut or vegetable oil,	2.00 tb
1752	divided	0.00
1752	Garlic cloves, minced	2.00
1752	Minced pared ginger root	1.00 ts
1752	Cooked ground pork, crumbled	3.00 oz
1752	Diagonally sliced scallions,	1.00 c
1752	divided	0.00
1752	Pk instant chicken broth	2.00
1752	and seasoning mix	0.00
1752	dissolved in 1 1/2 quarts	0.00
1752	hot water, divided	0.00
1752	Granulated sugar	1.00 tb
1752	Black bean sauce or oyster	1.00 tb
1752	sauce	0.00
1752	Eggs, lightly beaten	2.00
1752	Cooked long-grain rice (HOT)	2.00 c
1753	Shrimp; *	1.00 lb
1753	Onion; Finely Chopped, 1 Md	0.50 c
1753	Clove Garlic; Minced	1.00 ea
1753	Vegetable Oil	2.00 tb
1753	Flour; Unbleached	2.00 tb
1753	Tomatoes; Cut Up, 1 cn	8.00 oz
1753	Pickled Jalapeno Pepper; **	1.00 ea
1753	Coriander Seed; Ground	1.50 ts
1753	Salt	1.00 ts
1753	Instant Chicken Bouillon	0.50 ts
1753	Sugar	0.50 ts
1753	Pumpkin Seeds, Toasted, ***	0.50 c
1753	Lime Juice	2.00 tb
1753	GARNISH -----	0.00 -----
1753	Rice; Hot, Cooked	1.00 x
1754	Small shrimp	1.00 lb
1754	Peanut oil	0.25 c
1754	Pale dry sherry	1.00 tb
1754	Fermented black beans	1.00 ts

Sheet1

1754	Chopped garlic	1.00 ts
1754	Sugar	0.25 ts
1754	Soy sauce	1.00 tb
1754	Black pepper	0.12 ts
1754	Fine chopped scallions	2.00
1754	Chicken broth	1.00 c
1754	Cornstarch	2.00 tb
1754	Lightly beaten eggs	2.00
1755	Rice wine vinegar	0.67 c
1755	Honey	2.00 tb
1755	Tightly packed fresh mint	0.50 c
1755	leaves, chopped	0.00
1755	Nuoc mam or nam pla	2.00 ts
1755	Low-sodium soy sauce	2.00 ts
1755	Low-fat milk	0.33 c
1755	Dried crushed red pepper	1.00 ts
1755	Garlic cloves, chopped	6.00 lg
1755	Imitation cocount extract	0.50 ts
1755	Minced lemongrass -or-	3.00 tb
1755	Minced lime zest	1.50 ts
1755	Uncooked medium to large	2.00 lb
1755	shrimp, peeled, deveined	0.00
1756	Shrimp, large	1.50 lb
1756	Red pepper flakes, hot	0.25 ts
1756	Olive oil	2.00 tb
1756	Ginger, chopped	2.00 tb
1756	Garlic, chopped	1.00 ts
1756	Black pepper, ground	0.00
1756	Tomatoes, diced	1.50 c
1756	Scallions, chopped	1.00 c
1757	Chicken stock	1.00 c
1757	OR low-sodium chicken broth	0.00
1757	Clam juice	1.00 c
1757	Vegetable oil	1.00 tb
1757	Italian sausages	3.00
1757	cut into 1-in slices	0.00
1757	Onion; finely diced	1.00 md
1757	Uncooked long grain rice	1.50 c
1757	Jalapeno peppers	2.00
1757	seeded and finely minced	0.00
1757	Curry powder	4.00 tb
1757	Thread saffron	0.50 ts
1757	Ground coriander	0.50 ts
1757	Fennel seeds	0.25 ts
1757	Ground cumin	0.25 ts
1757	Chopped fresh dill; -=OR=-	2.00 tb
1757	Dried dill	1.00 tb
1757	Chicken breast meat	2.00 lb
1757	cut into 6 pieces	0.00

Sheet1

1757	Unsweetened coconut milk	1.00 c
1757	Canned or Fresh	0.00
1757	(if unavailable, use	0.00
1757	all stock)	0.00
1757	Jumbo shrimp	12.00
1757	peeled and deveined	0.00
1757	Clams	12.00
1757	Mussels	12.00
1757	CONDIMENTS -----	0.00 -----
1757	Lemon pickle, optional	0.00
1757	Garlic pickle, optional	0.00
1757	Mustard Seeds, optional	0.00
1757	Papaya Chutney, optional	0.00
1757	(See RECIPE)	0.00
1758	Raw shrimp	24.00
1758	Whole allspice	6.00
1758	Red onions	2.00 sm
1758	Seedless navel oranges	3.00 lg
1758	Anchovy filets	8.00 fl
1758	Sauce vinaigrette with	0.50 c
1758	Rosemary	0.00
1758	Italian black olives	12.00
1758	Romaine lettuce leaves	0.00
1758	Dijon mustard	2.00 ts
1758	Garlic, minced	0.50 ts
1758	Red wine vinegar	4.00 ts
1758	Olive oil	0.50 c
1758	Fresh rosemary or	1.00 ts
1758	Dried rosemary	0.50 ts
1759	Jim Vorheis	0.00
1759	Large shrimps, peeled and	1.00 lb
1759	butterflied with tail	0.00
1759	Shells left on	0.00
1759	Fresh lime juice	0.25 c
1759	Light olive oil	0.33 c
1759	White onion, finely sliced	1.00 md
1759	(about 2 medium) tomatoes,	0.75 lb
1759	broiled	0.00
1759	Chilies chipotles adobados,	4.00
1759	or to taste	0.00
1759	Garlic clove, peeled and	1.00
1759	roughly chopped	0.00
1759	Dry white wine	0.33 c
1759	Dried oregano, Mexican if	0.25 ts
1759	possible	0.00
1760	Salmon; fillets are best	0.75 lb
1760	Lemon	1.00
1760	Dill; dried or better, fresh	1.00 ts
1760	Salt	0.00



## Sheet1

1760	Pepper; white	0.00
1760	Mayonaise	2.00 tb
1761	Scallops	2.00 lb
1761	Canned mushrooms	4.00 oz
1761	(10 oz) Cream mushroom soup	1.00 cn
1761	Sherry	0.25 c
1761	Tarragon	0.50 ts
1761	Bread crumbs (topping)	0.00
1761	Grated cheese (topping)	0.00
1762	Microwave spirals uncooked	3.00 c
1762	(10-oz pkg) frozen cooked	3.00 c
1762	shrimp	0.00
1762	(10-oz) frozen japanese	1.00 pk
1762	style vegetables	0.00
1762	Hot water	1.00 c
1762	Jar (9-oz) sweet and sour	1.00
1762	sauce	0.00
1762	Peanuts	0.50 c
1763	Butter	0.25 c
1763	Large green pepper, seeded	1.00
1763	& chopped	0.00
1763	Onion, chopped	1.00
1763	Clove garlic, minced	1.00
1763	(28 oz) stewed tomatoes	1.00 cn
1763	Clam juice	1.00 pt
1763	Dry white wine	1.00 c
1763	Water	0.50 c
1763	Brown rice	1.00 c
1763	Cooked medium shrimp	1.00 lb
1763	(6 1/2 oz) minced clams,	1.00 cn
1763	Drained	0.00
1763	Feta (or mozzarella)	1.00 c
1763	Cheese, crumbled	0.00
1764	Stephen Ceideburg	0.00
1764	Blue crabs	4.00
1764	Tamarind pulp	3.00 ts
1764	Boiling water	0.75 c
1764	Chopped onions	2.00
1764	Piece fresh ginger, 5 cm	1.00
1764	To 3 birdseye chillies	2.00
1764	Green onions, chopped	3.00
1764	Cornflour	2.00 ts
1764	Oil	3.00 tb
1764	Sugar	3.00 ts
1764	Tomato paste	2.00 ts
1765	Large scallops, cut into	1.00 lb
1765	1-inch pieces	0.00
1765	SCALLOP MARINADE -----	0.00 -----
1765	Dry vermouth	1.00 tb

Sheet1

1765	Sugar	0.50 ts
1765	Cornstarch	2.00 ts
1765	Sesame oil	1.00 ts
1765	SAUCE MIXTURE -----	0.00 -----
1765	Chicken stock	0.25 c
1765	Soy sauce	2.00 tb
1765	Chinese rice wine	1.00 tb
1765	=OR=- Dry sherry	0.00
1765	Brown sugar	1.00 tb
1765	Cornstarch	1.00 ts
1765	Peanut or corn oil	3.00 tb
1765	(or more if needed)	0.00
1765	Salt	0.50 ts
1765	Fresh peeled ginger, minced	2.00 ts
1765	Fresh peeled garlic, minced	2.00 ts
1765	Green onions, chopped	2.00
1765	Chili paste with garlic	2.00 ts
1765	Cucumber, peeled and cut	1.00
1765	into 1/2" thick pieces	0.00
1765	Red wine vinegar	1.00 tb
1765	Sesame oil	1.00 ts
1766	Each sugar, white wine	0.33 c
1766	vinegar, chicken broth	0.00
1766	Soy sauce	2.00 tb
1766	Dry sherry	1.00 tb
1766	Cornstarch	1.50 tb
1766	Salad oil	3.00 tb
1766	Cloves garlic, minced	2.00
1766	Minced fresh ginger	1.00 ts
1766	Medium-size raw shrimp,	0.50 lb
1766	shelled and deveined	0.00
1766	Scallops, halved	0.50 lb
1766	Carrot, very thinly sliced	1.00
1766	Sliced bamboo shoots	0.50 c
1766	Green pepper, seeded and cut	1.00
1766	in one inch squares	0.00
1766	Whole green onions, cut in 1	5.00
1766	1/2 inch lengths	0.00
1766	Salt	0.25 ts
1766	2 inch squares sizzling rice	6.00
1767	Firm white fish fillets	1.00 lb
1767	- (very thick),	0.00
1767	- preferably halibut,	0.00
1767	- turbot or monkfish	0.00
1767	Streaky bacon	0.25 lb
1767	Mushrooms	0.25 lb
1767	Onions (or more)	2.00 sm
1767	Cherry tomatoes	8.00
1767	Lemon	1.00

Sheet1

1767	Oil	0.00
1767	FOR THE SAUCE -----	0.00 -----
1767	Honey	2.00 ts
1767	Egg yolk	1.00
1767	(rounded) French mustard	1.00 tb
1767	Tarragon vinegar	1.50 tb
1767	Sunflower or safflower oil	0.25 pt
1768	1 1/2-lb. bass, dressed,	2.00
1768	Heads and tail removed,	0.00
1768	Skinned	0.00
1768	Butter	5.00 tb
1768	Salt and pepper	0.00
1768	Yellow cornmeal	0.33 c
1768	Flour	0.33 c
1768	Vinegar	1.00 tb
1768	Parsley for garnish	0.00
1769	Pounds new potatoes	2.00
1769	(about 16 small)	0.00
1769	(6 ounces each) lemon	2.00 cn
1769	Yogurt (about 1-1/3 cups)	0.00
1769	Jars (2 ounces) diced pimien	1.00
1769	Drained	0.00
1769	Chopped fresh or 1/2 ts	2.00 ts
1769	Dried dill weed	0.00
1769	Dry mustard	1.00 ts
1769	Salt	0.25 ts
1769	Pounds smoked whitefish or	2.00
1769	salmon	0.00
1769	Tomatoes, sliced	3.00 md
1769	Onion, thinly sliced	1.00 md
1769	Salad greens	0.00
1770	Smoked mackerel	2.00 sm
1770	OR- smoked trout	0.00
1770	Chopped, toasted hazelnuts	2.50 oz
1770	OR- walnuts	0.00
1770	Seedless grapes	1.00 lb
1770	Brown rice	0.50 lb
1770	Fresh mint or watercress	0.00
1770	Lemons	2.00
1770	A little sunflower oil	0.00
1770	Creamy yoghurt (or more)	0.50 pt
1771	All-purpose flour	0.50 c
1771	Milk	1.00 c
1771	Chopped green onion	3.00 tb
1771	With tops	0.00
1771	Chopped fresh or 1 ts	1.00 tb
1771	Dried dill weed	0.00
1771	Margarine or butter,	2.00 tb
1771	Melted	0.00

Sheet1

1771	Salt	0.25 ts
1771	Eggs	4.00
1771	Flaked smoked salmon*	1.00 c
1771	(10 ounces) frozen cut	1.00 pk
1771	Asparagus	0.00
1771	Shredded gruyere or	1.50 c
1771	Emmentaler cheese	0.00
1771	(6 ounces)	0.00
1772	Butter	2.00 tb
1772	Minced shallots	1.00 tb
1772	Flour	2.00 tb
1772	Freshly ground pepper	0.12 ts
1772	Heavy cream(I never said it	1.50 c
1772	was Lo-Cal)	0.00
1772	Minced capers	1.00 ts
1772	Fresh spinach fettucine	0.50 lb
1772	Smoked salmon diced and,	0.50 lb
1772	divided	0.00
1772	Chopped green onion tops,	0.50 c
1772	divided	0.00
1773	Pound swordfish or other	1.00
1773	medium Fat fish fillets	0.00
1773	Lime juice	0.25 c
1773	Vegetable oil	0.25 c
1773	Chopped	1.00 tb
1773	Fresh cilantro	0.00
1773	Salt	0.50 ts
1773	Cl Garlic, finely chopped	1.00
1773	Jars Chili, seeded and chopp	0.50
1773	Pineapple chunks*	1.00 c
1773	Zucchini, cut	2.00 sm
1773	Into 1/2-inch pieces	0.00
1773	Red bell pepper, cut	1.00 md
1773	Into 1-inch pieces	0.00
1774	Fillets white fish, 8 oz	2.00
1774	Oil	0.50 ts
1774	Fresh bread crumbs	0.25 c
1774	Grated parmesan cheese	1.00 ts
1774	Garlic powder	0.12 ts
1774	Lemon pepper	0.12 ts
1775	5 Oz. Sole Fillets	2.00
1775	Mushrooms Chopped	5.00
1775	Chopped Parsley	2.00 tb
1775	Chopped Shallots	2.00 tb
1775	Peeled & Chopped Tomatoes	2.00 tb
1775	Soave OR Dry White Wine	0.50 c
1775	Salt & Pepper	0.00
1776	Chicken broth	1.00 c
1776	Olive oil	1.00 tb

Sheet1

1776	4 oz. tuna steaks	8.00
1776	1/2 inch thick	0.00
1776	Minced garlic	3.00 tb
1776	Inch piece of fresh ginger	2.50
1776	Peeled and minced	0.00
1776	Rice vinegar	1.00 c
1776	Soy sauce	0.67 c
1776	Finely grated lemon zest	1.50 tb
1776	Minced serrano chile	1.00 ts
1776	Or	0.00
1776	Crushed red pepper	0.50 ts
1776	Sugar	1.00 ts
1776	Scallions, thinly sliced	6.00
1776	Dried soba noodles or	1.00 lb
1776	Rice noodles or linguine	0.00
1776	Minced fresh chives	0.25 c
1776	Minced fresh mint	1.00 tb
1776	Sprigs of mint for garnish	0.00
1777	PHILLY.INQUIRER -----	0.00 -----
1777	LIVE SOFT-SHELL CRABS	4.00
1777	COARSELY CHOPPED FRESH	3.00 tb
1777	MINT	0.00
1777	OLIVE OIL	3.00 tb
1777	CLOVES GARLIC FINELY CHOPPED	3.00
1777	HOT PEPPER FLAKES TO TASTE	0.00
1777	COARSELY CHOPPED TOMAT	1.00 c
1777	DRY WHITE WINE	0.50 c
1777	THINLY SLICED SCALLION	1.00 c
1777	SALT TO TASTE	0.00
1778	Fillet of sole or other	1.50 lb
1778	White fish	0.00
1778	Mushrooms, whole	0.33 lb
1778	Dry sauterne	1.00 c
1778	Cream	0.25 c
1778	Egg yolks	2.00
1779	Fillet of sole	4.00
1779	Flour	0.50 c
1779	Salt and Pepper to tast	1.00
1779	Oil	0.50 c
1779	SAUCE -----	0.00 -----
1779	Tomatos, peeled, chopped	2.00
1779	Chili peppers, chopped	4.00
1779	Toasted hazelnuts	10.00
1779	Garlic, chopped	3.00
1779	Chopped fresh mint	2.00 tb
1779	Salt	0.50 ts
1779	Olive oil	0.25 c
1779	Dry sherry	0.25 c
1779	Vinegar	2.00 tb

Sheet1

1779	Vinegar	1.00
1780	Chipotle Mayonnaise; *	1.00 x
1780	Corn Husks; Dried	12.00 ea
1780	Poblano Chiles; **	2.00 ea
1780	Red Bell Peppers; Chopped	2.00 ea
1780	Tomato; Seeded & Chopped	0.75 c
1780	Cloves Garlic;Finely Chopped	2.00 ea
1780	Salt	0.25 ts
1780	Orange Roughy Or Cod Fillets	2.00 lb
1781	Butter	3.00 tb
1781	Sliced green onions	2.00 tb
1781	Sole fillets	1.00 lb
1781	Salt	1.00 ts
1781	White pepper	0.12 ts
1781	Water	0.67 c
1781	Dry white wine	0.33 c
1781	Flour	3.00 tb
1781	Half and half	0.75 c
1781	Seedless grapes, halved	1.00 c
1782	Pounds sole or other	1.50
1782	Lean fish fillets	0.00
1782	Water	1.25 c
1782	Dry white wine or	0.33 c
1782	Apple juice	0.00
1782	Lemon juice	1.00 tb
1782	Salt	0.50 ts
1782	Pepper	0.25 ts
1782	Green onions (with tops), sliced	3.00 0.00
1782	Whipping (heavy) cream	0.50 c
1782	All-purpose flour	2.00 tb
1782	Seedless red or green	1.00 c
1782	Grapes, cut lengthwise in half	0.00 0.00
1783	FISH STOCK -----	0.00 -----
1783	Onion, diced	0.50
1783	Stalk celery, diced	1.00
1783	White wine	1.00 c
1783	Bones of white-fleshed	1.00 lb
1783	Fish	0.00
1783	Water	1.00 qt
1783	Black peppercorns	3.00
1783	Bay leaf	0.50
1783	Sprigs parsley	3.00
1783	SOUP -----	0.00 -----
1783	Fish stock	1.00 qt
1783	Salmon, diced	0.25 lb
1783	Whipping cream	0.50 c
1783	Fresh chopped dill	0.00

Sheet1

1784	Loaf sourdough or crusty	1.00 sm
1784	Italian bread	0.00
1784	Finely chopped parsley	2.00 tb
1784	Salt	0.50 ts
1784	Pepper	0.12 ts
1784	Thinly sliced green onions	0.50 c
1784	(including some tops)	0.00
1784	Sized green pepper,	1.00 md
1784	Finely chopped	0.00
1784	Dry white wine	3.00 tb
1784	Melted butter or margarine	0.25 c
1784	Whole cleaned trout (each	6.00
1784	About 12 inches long)	0.00
1784	Salt and pepper	0.00
1785	Jim Vorheis	0.00
1785	Light olive oil	0.50 c
1785	Finely sliced white onion	0.33 c
1785	Garlic cloves, peeled	8.00
1785	Finely sliced carrots,	0.50 c
1785	blanched	0.00
1785	Cauliflower flowerets,	0.50 c
1785	blanched	0.00
1785	California bay leaves	2.00
1785	Fresh marjoram sprigs or 1/4	3.00
1785	tsp dried	0.00
1785	Dried oregano, Mexican if	1.50 ts
1785	possible	0.00
1785	Peppercorns	0.50 ts
1785	Sea salt to taste	0.00
1785	Vinegar	0.25 c
1785	Shucked oysters or other	2.00 c
1785	seafood (shrimp, crab,	0.00
1785	Scallops, alone or together)	0.00
1785	Lime, thinly sliced	1.00
1785	Strips of canned jalapenos	0.00
1785	en escabeche (to taste)	0.00
1786	Bite-size pieces spinach	2.00 c
1786	Shredded chinese cabbage	2.00 c
1786	Ounces cooked cleaned shrimp	8.00
1786	(about 1-1/2 cups)	0.00
1786	Enoki mushrooms	1.00 c
1786	Slivered almonds, toasted	0.25 c
1786	Red bell pepper, cut into	1.00
1786	1/2 inch Pieces	0.00
1786	Green onion (with top), thin	1.00
1786	Sliced (about 1 tablespoon)	0.00
1786	Vegetable oil	2.00 tb
1786	Rice vinegar or vinegar	2.00 tb
1786	Soy sauce	2.00 tb

Sheet1

1786	Five-spice powder	0.50 ts
1787	Stephen Ceideburg	0.00
1787	Fish filets (red snapper,	4.00
1787	sole, bass or whitefish) *	0.00
1787	Fresh lemon juice	2.00 tb
1787	Salt, or to taste	0.50 ts
1787	Freshly ground pepper	0.50 ts
1787	Mild vegetable oil	2.50 tb
1787	Dried curry leaves (or 8	1.00 tb
1787	fresh curry leaves), or	0.00
1787	minced cilantro	0.00
1787	Chopped onion	1.00 c
1787	Grated fresh ginger	2.00 ts
1787	Or 2 fresh serrano chiles,	1.00
1787	stemmed, seeded, minced	0.00
1787	Turmeric	0.25 ts
1787	Ground cumin	0.50 ts
1787	Unsweetened flaked coconut	2.00 tb
1787	Coconut milk	1.50 c
1788	Yellow cornmeal	0.75 c
1788	All-purpose flour	0.33 c
1788	Salt	0.50 ts
1788	Select oysters; drained	24.00 oz
1788	Vegetable oil	0.00
1788	Fresh parsley sprigs	0.00
1788	Lemon wedges	0.00
1789	(10 ounces) frozen cooked	1.00 pk
1789	Shrimp, thawed	0.00
1789	Tomatoes, seeded and	2.00 md
1789	Chopped (about 2 cups)	0.00
1789	Sliced green onions (with	0.33 c
1789	tops)	0.00
1789	Chopped green bell pepper	0.33 c
1789	1 To 2 tb Lime juice	0.00
1789	Finely chopped	2.00 ts
1789	Jalapeno chilies	0.00
1789	Cl Garlic, finely chopped	2.00
1789	Salt	0.25 ts
1789	Breads (6-inch diameter)	3.00 pn
1789	Leaf lettuce	0.00
1790	Olive oil (Extra Virgin)	0.25 c
1790	Garlic	2.00 cl
1790	Chopped celery	0.25 c
1790	Chopped onions	1.50 c
1790	Chopped parsley	0.25 c
1790	Tomato sauce	1.00 ts
1790	Solid pack tomatos	1.00 cn
1790	Black pepper	1.00 ts
1790	Salt	2.00 ts



Sheet1

1790	Paprika	0.50 ts
1790	Water (possibly)	1.50 c
1790	Fresh crabmeat	1.00 lb
1790	Spanish sherry	0.25 c
1791	Cooked and flaked salmon	4.00 oz
1791	Fresh sorrel (or spinach) *	1.00 oz
1791	Broccoli florets	2.00 oz
1791	Fresh spaghetti	8.00 oz
1791	Lemon juice and butter	0.00
1791	Freshly grated Parmesan	2.00 tb
1792	Salt Cod	1.00 lb
1792	Onion; Chopped, 1 sm.	0.25 c
1792	Clove Garlic; Minced	1.00 ea
1792	Vegetable Oil	0.25 c
1792	Tomatoes; Cut Up, 1 cn	8.00 oz
1792	Pimentos; Chopped	2.00 tb
1792	Pepper	1.00 ds
1792	Sherry; Dry	2.00 tb
1792	Pimento Stuffed Olives; *	0.25 c
1793	Stephen Ceideburg	0.00
1793	White fish fillets	1.00 lb
1793	Minced ginger root	1.00 tb
1793	Green onions, chopped	2.00
1793	Light soy sauce	2.00 tb
1793	Rice wine or dry sherry	1.00 tb
1793	Peanut oil	6.00 tb
1793	Five-spice powder	0.50 ts
1793	Sugar	2.00 tb
1793	Boiling water	0.25 c
1794	Fresh prawns	0.50 lb
1794	Cloves garlic, chopped	2.00
1794	Salt	0.50 ts
1794	Sugar	0.50 ts
1794	Dash of white pepper	0.00
1794	Oil	1.00 tb
1794	Oil for deep-frying	2.00 c
1794	BATTER -----	0.00 -----
1794	Egg	1.00 lg
1794	Flour	2.00 tb
1794	Cornstarch	1.25 tb
1794	SAUCE -----	0.00 -----
1794	Thin soy sauce	2.00 tb
1794	Cider vinegar	1.00 tb
1794	Sesame oil	1.00 tb
1794	Sugar	1.25 tb
1794	Dried chili peppers, finely	5.00
1794	chopped, or 1-1/2 tsp.	0.00
1794	crushed red pepper	0.00
1795	Whitebait Or Other Very Tiny	8.00 oz

Sheet1

1795	Whole Fish	0.00
1795	Egg Whites	3.00
1795	Salt	0.75 ts
1795	White Sesame Seeds, Finely	1.00 tb
1795	Ground	0.00
1795	Chili Powder	1.50 ts
1795	Oil For Deep-Frying	0.00
1795	Sesame Oil	2.00 tb
1796	Pound red snapper or other	1.00
1796	Lean fish fillets	0.00
1796	Seasoned croutons, crushed	1.50 c
1796	Dry mustard	0.50 ts
1796	Salt	0.50 ts
1796	Ground	0.25 ts
1796	Red pepper (cayenne)	0.00
1796	Pepper	0.12 ts
1796	Egg	1.00
1796	Water	1.00 tb
1796	Margarine	3.00 tb
1796	Or butter, melted	0.00
1797	Cleaned Squid	1.00 lb
1797	MARINADE -----	0.00 -----
1797	Minced Garlic Cloves	5.00
1797	White Wine	2.00 tb
1797	White Pepper	0.12 ts
1797	Cornstarch	1.00 tb
1797	Fish Sauce (Nam Pla)	2.00 tb
1797	Soy Sauce	1.00 tb
1797	Sugar	1.00 tb
1797	Oil	2.00 tb
1797	GARNISH -----	0.00 -----
1797	Green Leaf Lettuce Or	0.00
1797	Chinese Lettuce	0.00
1797	Cucumber Slices	0.00
1797	Tomato Slices	0.00
1797	Carrot Slices	0.00
1797	Cilantro Leaves	0.00
1798	Oil	2.00 tb
1798	Catfish, Cleaned And Cut	1.00 lb
1798	Into 1/2-Inch Wide Pieces	0.00
1798	Thai Eggplant, Cut Into	0.50 c
1798	Wedges	0.00
1798	Minced Garlic Cloves	6.00
1798	Stalks Lemon Grass, Cut Into	2.00
1798	1-Inch Pieces	0.00
1798	Thinly Sliced Lesser Ginger	0.25 c
1798	Sweet Basil Leaves	0.50 c
1798	Fish Sauce (Nam Pla)	0.25 c
1798	Sugar	1.00 tb

Sheet1

1799	White fish fillets (sole,	1.50 lb
1799	whiting, cod, monkfish)	0.00
1799	Salt to taste	0.00
1799	Ground cumin	1.00 ts
1799	Vegetable oil for	0.00
1799	deep-frying	0.00
1799	Ground coriander	0.50 ts
1799	Garlic cloves, crushed	3.00
1799	Ground anise seeds	1.00 ts
1799	Chile powder	0.50 ts
1799	Lemon juice	1.00 tb
1799	Lettuce leaves	0.00
1799	Sliced radishes	0.00
1800	Olive oil	3.00 tb
1800	Jumbo shrimp	12.00
1800	peeled and deveined	0.00
1800	Minced garlic	2.00 tb
1800	Red pepper flakes	1.00 tb
1800	more to taste	0.00
1800	Lemon juice	2.00 tb
1800	White wine	2.00 tb
1800	Salt	1.00 ts
1800	Unsalted butter	3.00 tb
1800	Chopped parsley	2.00 tb
1801	Low Cal. Catsup	3.00 tb
1801	Low Sodium Soy Sauce	2.00 ts
1801	Vinegar	1.00 ts
1801	Cornstarch	1.00 tb
1801	Baking Soda	0.25 ts
1801	Dry White Wine	1.00 ts
1801	Egg Slightly Beaten	1.00
1801	Medium Shrimp Peeled &	1.00 lb
1801	Deveined	0.00
1801	Vegetable Oil	2.00 tb
1801	Minced Green Onions	0.67 c
1801	Minced Gingerroot	1.00 ts
1801	Garlic Minced	2.00 cl
1801	Crushed Red Pepper	0.50 ts
1801	Cooked Regular Rice	2.00 c
1802	Peanut or vegetable oil	2.00 tb
1802	Onion, chopped	1.00 sm
1802	(about 1/4 cup)	0.00
1802	Curry powder	0.50 ts
1802	1/8 To 1/4 ts Crushed red	1.00
1802	pepper	0.00
1802	Cl Garlic, finely chopped	1.00
1802	Thin diagonal slices green	0.25 c
1802	Beans	0.00
1802	Shredded carrot	0.25 c

Sheet1

1802	Fully cooked small shrimp	0.50 c
1802	Soy sauce	2.00 ts
1802	French omelets	2.00
1802	Chopped fresh cilantro	2.00 ts
1803	White fish fillets (sole,	1.00 lb
1803	cod or whiting)	0.00
1803	Cooked peeled shrimp,	6.00 oz
1803	chopped	0.00
1803	Green onions, chopped	4.00
1803	Vegetable oil	0.25 c
1803	Chopped cilantro (fresh	2.00 tb
1803	coriander)	0.00
1803	Chopped fresh mint	1.00 tb
1803	Inch piece fresh gingerroot,	1.00
1803	grated	0.00
1803	Fresh white bread crumbs	2.00 c
1803	Salt and red (cayenne)	0.00
1803	pepper to taste	0.00
1803	Egg yolk, beaten	1.00
1803	Lemon juice	2.00 tb
1803	Garbanzo bean flour	0.75 c
1803	Ground coriander	1.00 tb
1803	Water	0.50 c
1803	Mint sprigs	0.00
1803	Lemon slices for garnish	0.00
1804	Karen Mintzias	0.00
1804	Squid (4-1/2 oz each)	2.00
1804	Boiled bamboo shoot	5.00 oz
1804	Mushrooms	1.75 oz
1804	Green peppers	3.00
1804	Onion	0.25 md
1804	Green onions	3.00
1804	Salad oil	1.00 tb
1804	SEASONING INGREDIENTS -----	0.00 -----
1804	Kochu jang	0.67 oz
1804	Sake	1.00 tb
1804	Soy sauce	2.00 ts
1804	Sugar	1.00 ts
1804	Ground chili pepper	1.00 ts
1804	Crushed garlic	0.50 ts
1804	Pepper	0.00
1804	MSG (optional)	0.00
1804	IN ADDITION -----	0.00 -----
1804	Roasted sesame seeds	1.00 ts
1804	Sesame oil	0.50 ts
1805	10" freshly caught trout	4.00
1805	Salad oil	0.25 c
1805	White flour	0.25 c
1805	Fiddlehead ferns	0.00

Sheet1

1805	Cornmeal	0.25 c
1805	Boiling water	4.00 qt
1805	Salt and pepper	0.00
1805	Butter	0.00
1805	Dash of garlic powder	0.00
1806	Sirloin tip, sliced 1/2"	1.50 lb
1806	Thick	0.00
1806	Unseasoned meat tenderizer	0.00
1806	Butter	3.00 tb
1806	Tarragon	0.25 ts
1806	Fresh, frozen or canned	6.00 oz
1806	Crab meat	0.00
1806	Dry white wine	0.33 c
1806	Avocado	1.00
1806	Sour cream	0.25 c
1806	Lemon, cut into wedges	1.00
1807	Pounds soft-shell clams (ste	4.00
1807	Water	6.00 c
1807	Vinegar	0.33 c
1807	Boiling water	0.50 c
1808	2 Pound Crab, Cleaned	1.00
1808	HOT SAUCE -----	0.00 -----
1808	Minced Garlic Cloves	8.00
1808	Green Thai Chili Peppers,	10.00
1808	Minced	0.00
1808	Chopped Cilantro Root Or	2.00 tb
1808	Coriander Root And Leaves	0.00
1808	Fish Sauce (Nam Pla)	0.25 c
1808	Lime Juice	0.25 c
1808	Sugar	2.00 tb
1809	Whole Fish	1.50 lb
1809	Sliced Shallots	5.00
1809	Cloves Minced Garlic	4.00
1809	Green Jalapeno Peppers	4.00
1809	Salt	0.50 ts
1809	White Pepper	0.25 ts
1809	Fish Sauce (Nam Pla)	3.00 tb
1809	Tamarind Juice	3.00 tb
1809	Lime Juice	2.00 tb
1809	Thin Slices Galangal	4.00
1809	Thinly Sliced Kaffir Lime	2.00
1809	Leaves	0.00
1809	Oil	1.00 tb
1810	Whole fish (1-1/2 to 2 lbs)	1.00
1810	(sea bass, whitefish, pike,	0.00
1810	trout, rock cod)	0.00
1810	cleaned and scaled	0.00
1810	Salt	1.50 ts
1810	1" piece fresh ginger root	1.00

Sheet1

1810	smashed	0.00
1810	Garlic cloves	2.00
1810	roughly chopped	0.00
1810	Fermented black beans	2.00 tb
1810	Whole scallions, shredded	2.00
1810	Fresh ginger root, shredded	3.00 sl
1810	Soy sauce	2.00 tb
1810	Chinese rice wine	2.00 tb
1810	=OR= Dry sherry	0.00
1810	Sugar	1.00 pn
1810	Peanut oil	1.50 tb
1810	Sesame oil	0.50 ts
1811	Whitefish	1.00 lb
1811	Sauce:	0.00
1811	Peanut oil	1.00 tb
1811	Clove garlic, chopped	2.00
1811	Fresh grated ginger	0.25 ts
1811	Fermented black beans	1.00 tb
1811	(dowsee)	0.00
1811	Green onions, cut chinese	2.00
1811	style	0.00
1811	Sugar	1.00 pn
1811	Dry sherry	1.00 tb
1811	Light soy sauce	2.00 tb
1811	MSG (opt)	1.00 pn
1812	Whole red snapper, cleaned	1.50 lb
1812	Slivered fresh ginger	2.00 tb
1812	Green onions, sliced	6.00
1812	Sherry, mirin or water	0.25 c
1812	SAUCE -----	0.00 -----
1812	Soy sauce	2.00 tb
1812	Sesame oil	1.00 ts
1812	Vegetable oil	1.00 tb
1813	Lemon juice	0.67 c
1813	Ginger root; finely minced	0.50 c
1813	Vegetable oil	3.00 tb
1813	Sesame oil	2.00 tb
1813	Garlic; finely minced	3.00 tb
1813	Soy sauce	3.00 tb
1813	Fish fillets; sole, red	2.00 lb
1813	snapper or sea bass	0.00
1813	Banana leaves;or aluminium	0.00
1813	foil	0.00
1814	Whole fresh crab	1.00 lg
1814	Slices ginger root	6.00
1814	Dry sherry	2.00 tb
1814	Spring onions or Chinese	3.00
1814	Parsley	0.00
1814	SAUCE -----	0.00 -----

Sheet1

1814	Bell pepper, diced	0.50
1814	Curry powder	1.00 ts
1814	Salt	0.25 ts
1814	Sugar	0.50 ts
1814	Stock	1.00 c
1814	Ginger, minced	1.00 ts
1814	Clove garlic, minced	1.00
1814	Peanut oil	2.00 tb
1814	Cornstarch paste	0.00
1815	Shrimp/Prawns With Shell	1.00 lb
1815	Oil	2.00 tb
1815	Salt	0.50 ts
1815	White Pepper	0.50 ts
1815	Maggi Seasoning	1.00 tb
1815	Minced Garlic Cloves	8.00
1815	Chopped Cilantro/Coriander	3.00 tb
1815	Leaves	0.00
1816	Dry white wine	1.00 c
1816	Chopped garlic	2.00 tb
1816	Stalk lemongrass, cut into	1.00
1816	small pieces ( 1/3 cup)	0.00
1816	Clam juice	1.00 c
1816	Dozen clams, in their shells	4.00
1816	Coconut milk	2.00 c
1816	Green curry paste	1.50 ts
1816	Sliced basil leaves	0.25 c
1816	Chopped fresh chili pepper	0.50 ts
1817	Pounds mussels	4.00
1817	Boiling water	0.50 c
1818	Pounds oysters	4.00
1818	Boiling water	0.50 c
1819	Raw prawns	0.75 lb
1819	Black beans	1.25 tb
1819	Clove garlic, chopped	1.00
1819	Green onion, chopped	1.00
1819	Oil	1.00 tb
1819	Salt	0.50 ts
1819	Oil	1.00 ts
1819	Thin soy sauce	1.50 ts
1819	White wine	1.00 ts
1819	Oyster sauce	1.00 ts
1820	Raw prawns	0.75 lb
1820	Black beans	1.25 tb
1820	Clove garlic, chopped	1.00
1820	Green onion, chopped	1.00
1820	Oil	1.00 tb
1820	Salt	0.50 ts
1820	Oil	1.00 ts
1820	Thin soy sauce	1.50 ts

Sheet1

1820	White wine	1.00 ts
1820	Oyster sauce	1.00 ts
1821	Thick filet of cod	0.75 lb
1821	Leaves of Napa (celery)	4.00 lg
1821	Cabbage	0.00
1821	Fresh ginger root, minced	0.50 tb
1821	Sesame oil	1.00 ts
1821	Water	1.50 c
1821	Crushed rock sugar	1.00 tb
1821	Sweet Mixed Pickles, diced	0.50 c
1821	Pickle juice	0.25 c
1821	Thin soy sauce	0.50 tb
1821	White vinegar	1.00 tb
1821	Cornstarch paste	0.00
1821	Green onions, sliced in	2.00
1821	Thin strips	0.00
1822	Whole fish (cleaned weight)	2.00 lb
1822	Rock cod, flounder, pomfret	0.00
1822	Salt	2.00 ts
1822	Scallions	4.00
1822	Ginger slivers	1.00 tb
1822	Stock	1.00 c
1822	Dry gin	1.00 tb
1822	Sugar	0.50 ts
1822	Cornstarch paste	0.00
1822	Peanut oil	2.00 tb
1822	Sprig Chinese parsley	1.00
1823	Whole Rock Cod	1.50 lb
1823	Salt	1.00 ts
1823	White Pepper	0.50 ts
1823	Minced Garlic Cloves	2.00
1823	Chopped Celery	1.00 c
1823	White Wine	2.00 tb
1823	Fish Sauce (Nam Pla)	1.00 tb
1823	Sliced Green Jalapeno	2.00
1823	Peppers	0.00
1823	Chopped Green Onions,	1.00 c
1823	Scallions Or Spring Onions	0.00
1824	Cauliflower florets	2.00 c
1824	Unpeeled canned straw	0.50 c
1824	Mushrooms	0.00
1824	Green onions	3.00
1824	Clove garlic, smashed	1.00
1824	Tientsin cabbage	1.00 ts
1824	Shrimp or crab meat (opt)	0.00
1824	Salt	1.00 ts
1824	Sugar	1.00 ts
1824	Peanut oil	2.00 tb
1824	Peanut oil	0.50 ts



Sheet1

1824	Cornstarch paste	0.00
1824	SAUCE -----	0.00 -----
1824	Stock	0.67 c
1824	Dry sherry	1.00 ts
1824	Milk	0.25 c
1825	Oysters, shucked	1.00 lb
1825	Cornstarch	1.00 ts
1825	Oyster sauce	1.00 ts
1825	Soy sauce	1.50 ts
1825	Salt	0.12 ts
1825	Oil	1.00 tb
1825	White wine	0.50 ts
1825	Garlic cloves; minced	2.00
1825	Green onions; in 2" pieces	2.00
1825	1/4" slice gingerroot *	1.00
1826	Fresh scallops	1.00 lb
1826	Leeks	1.00 lb
1826	Oil, preferably peanut	1.50 tb
1826	Scallions, coarsely chopped	2.00 tb
1826	Garlic, coarsely chopped	1.00 tb
1826	Fresh ginger, finely chopped	2.00 ts
1826	Salt	0.50 ts
1826	SAUCE -----	0.00 -----
1826	Dark soy sauce	2.00 tb
1826	Chili bean sauce	2.00 ts
1826	Rice wine or dry sherry	2.00 tb
1826	Sugar	2.00 ts
1826	Sesame oil	2.00 ts
1827	Stephen Ceideburg	0.00
1827	Small cherrystone clams	2.00 lb
1827	(about 24)	0.00
1827	Chinese salted and fermented	1.00 tb
1827	black beans	0.00
1827	Inch lump fresh ginger,	1.00
1827	peeled, minced	0.00
1827	Garlic cloves, chopped	2.00
1827	Peanut or corn oil	2.00 tb
1827	To 3 fresh green chiles,	2.00
1827	sliced diagonally	0.00
1827	Green onions, coarsely	2.00
1827	chopped	0.00
1827	Sugar	1.00 ts
1827	White pepper to taste	0.00
1827	Chinese Shaoxing rice wine	2.00 tb
1827	or dry vermouth	0.00
1827	Dark soy sauce	1.00 tb
1827	Chicken stock	0.25 c
1827	Cornstarch mixed with 1	1.00 ts
1827	tablespoon water	0.00

Sheet1

1827	Asian hot sesame oil	1.00 ts
1828	Whole Crab	1.50 lb
1828	Oil	3.00 tb
1828	Minced Garlic Cloves	4.00
1828	Sliced Onion	1.00 sm
1828	Fish Sauce (Nam Pla)	0.25 c
1828	Sugar	2.00 tb
1828	Curry Powder	2.00 tb
1828	Oriental Sesame Oil	1.00 tb
1828	White Pepper	0.25 ts
1828	Beaten Egg	1.00
1828	Chopped Cilantro/Coriander	1.00 tb
1828	Leaves	0.00
1828	Green Onions, Cut Into	2.00
1828	1-Inch Lengths	0.00
1829	Cooked Lobster	1.50 lb
1829	Oil	2.00 tb
1829	Minced Garlic Cloves	4.00
1829	Sliced Fresh Ginger	2.00 tb
1829	Sliced Green Jalapeno	0.25 c
1829	Peppers (Prik Chee Fa)	0.00
1829	Chopped Green Onions,	0.50 c
1829	Scallions, Spring Onions	0.00
1829	Beaten Eggs	1.00
1829	Freshly Ground Peppercorns	1.00 ts
1829	Oyster Sauce	2.00 tb
1829	Fish Sauce (Nam Pla)	1.00 tb
1829	Sugar	1.00 tb
1830	Stalks Celery	2.00 x
1830	Scallops	1.00 lb
1830	Apples	2.00 x
1830	Margarine	3.00 tb
1830	Lemon	0.00
1831	Fresh scallops (or prawns,	12.00
1831	Chicken breast, or fish	0.00
1831	balls)	0.00
1831	Giant bamboo shoot	12.00 sl
1831	Carrot	12.00 sl
1831	Fresh snow peas or thinly	12.00
1831	sliced broccoli	0.00
1831	Shredded lettuce	2.00 c
1831	Potatoes	2.00 md
1831	Salt	0.50 ts
1831	Oil for deep frying	4.00 c
1831	Fresh ginger	3.00 sl
1831	Clove garlic, crushed	1.00
1831	Peanut oil	2.00 tb
1831	Salt	1.00 pn
1831	Chicken stock	0.67 c

Sheet1

1831	Gin	2.00 tb
1831	Sugar	0.50 ts
1831	White pepper	0.25 ts
1831	Thin soy sauce	2.00 ts
1831	Cornstarch paste	0.00
1832	Large Raw Shrimp (25 To 30	1.00 lb
1832	Per Pound), Shelled And	0.00
1832	Deveined	0.00
1832	Rice Wine Or Dry Sherry	1.00 tb
1832	Cornstarch	1.00 tb
1832	Salad Oil	2.00 tb
1832	Green Onions, (Including The	4.00
1832	Tops), Thinly Sliced	0.00
1832	Soy Sauce (Optional)	0.00
1833	Fresh OR frozen, shelled and	6.00 oz
1833	deveined shrimp	0.00
1833	Vegetable oil	2.00 tb
1833	Chopped fresh ginger root	1.00 tb
1833	Scallions, cut into 2-inch	2.00
1833	lengths on the bias	0.00
1833	Sweet green peppers, cored,	2.00 sm
1833	seeded, and sliced	0.00
1833	(8 oz) water chestnuts (7 to	0.50 cn
1833	8), sliced	0.00
1833	Dry sherry	1.50 tb
1833	Soy sauce	1.50 tb
1833	Cornstarch	1.00 ts
1833	Water	2.00 tb
1833	Hot red pepper flakes, OR to	0.25 ts
1833	taste	0.00
1834	Stephen Ceideburg	0.00
1834	Water	1.00 c
1834	Basic Chicken Stock	1.00 c
1834	Light or dark soy sauce	1.00 tb
1834	Pork shoulder, in one piece	0.50 lb
1834	Squid, cleaned and cut up	0.25 lb
1834	Raw shrimp in the shell	0.25 lb
1834	Oil or lard	2.00 tb
1834	Unpeeled cloves garlic,	3.00
1834	crushed	0.00
1834	Thin egg noodles, boiled,	6.00 oz
1834	drained, and tossed in a	0.00
1834	Oil	1.00 tb
1834	Thick rice sticks (see	4.00 oz
1834	Note), soaked and drained	0.00
1834	Bean sprouts	2.00 c
1834	Chinese chives or garlic	0.25 c
1834	chives, cut into 1-inch	0.00
1834	lengths	0.00

Sheet1

1835	Medium bellpeppers	3.00
1835	Large onions	2.00
1835	Bread crumbs	2.00 c
1835	Flour	1.00 tb
1835	Parsley	1.00 pn
1835	Stalks celery	2.00
1835	Stick butter	1.00
1835	Claw crab meat	0.50 lb
1835	Green onions	1.00 pn
1835	Eggs	3.00
1836	Reduced calorie margarine	2.00 tb
1836	Chopped scallions	0.25 c
1836	Chopped green peppers	0.25 c
1836	Slices white bread, crumbed	2.00
1836	Egg, beaten	1.00
1836	Chopped fresh parsley,	0.33 c
1836	divided	0.00
1836	Salt	0.50 ts
1836	Dash each nutmeg & redpepper	0.00
1836	Red snapper or flounder	4.00
1836	fillets (5 oz each)	0.00
1836	Lemon juice	1.00 tb
1837	Margarine	2.00 tb
1837	Finely chopped scallions	0.25 c
1837	Finely chopped green bell	0.25 c
1837	peppers	0.00
1837	White bread, made into	2.00 sl
1837	crumbs	0.00
1837	Egg, beaten	1.00
1837	Chopped fresh parsley,	0.33 c
1837	divided	0.00
1837	Salt	0.50 ts
1837	Crushed red pepper	1.00 ds
1837	Ground nutmeg	1.00 ds
1837	Red snapper fillets (5 oz	4.00
1837	each or flounder)	0.00
1837	Lemon juice	1.00 tb
1838	Giant prawns	8.00
1838	Olive oil	1.00 tb
1838	Minced onions	2.00 tb
1838	Minced garlic	1.00 tb
1838	Bread crumbs	0.25 c
1838	Chopped parsley	1.00 tb
1838	Smoked salmon	0.25 lb
1838	Egg whites	2.00
1838	Dry white wine	0.33 c
1838	Unsalted butter	3.00 tb
1839	Seasoned croutons	1.00 c
1839	Sliced fresh mushrooms	1.00 c

Sheet1

1839	Dry white wine	0.50 c
1839	Chopped fresh parsley	1.00 tb
1839	Chopped fresh basil	1.00 tb
1839	Salt	0.50 ts
1839	Pepper	0.50 ts
1839	Clove garlic, finely chopped	1.00
1839	Egg	1.00
1839	Dressed sea bass (about 2 lb	1.00
1839	Olive oil	0.50 c
1840	Shrimp, 12-15 count	1.00 lb
1840	Margarine	2.00 tb
1840	Green onion, minced	0.50 c
1840	Celery, minced	0.50 c
1840	Green bell pepper, minced	0.33 c
1840	Salt	1.00 ts
1840	Fresh ground black pepper	0.25 ts
1840	Dash of cayenne	0.00
1840	Minced crab meat or shrimp	1.00 c
1840	or mixture of both	0.00
1840	Bread crumbs plus more for	0.25 c
1840	dredging, divided	0.00
1840	Eggs, divided use	2.00
1840	Mayonnaise	0.50 ts
1840	Prepared mustard	1.00 ts
1841	Ground Pork	0.75 lb
1841	Coarsley Chopped Bamboo	0.50 c
1841	Shoots	0.00
1841	Coarsley Chopped Water	0.25 c
1841	Chestnuts	0.00
1841	Ground Black Pepper	1.00 ts
1841	Finely Chopped Garlic	1.00 ts
1841	Coriander Stem With Root,	1.00
1841	Finely Chopped	0.00
1841	Sugar	0.50 ts
1841	Fish Sauce	2.00 tb
1841	Whole Squid, Cleaned With	12.00
1841	Cavities Intact	0.00
1841	SAUCE -----	0.00 -----
1841	Butter	3.00 tb
1841	Tomato Sauce	0.25 c
1841	Dry Red Wine	0.50 c
1841	Black Soy Sauce	0.25 c
1841	Sugar	1.00 tb
1841	Ground Black Pepper	1.00 ts
1842	Small Squid	2.00 lb
1842	Vegetable Oil	2.00 tb
1842	Lean Ground Beef	4.00 oz
1842	Chopped Cabbage	1.00 c
1842	Chopped Fresh Bean Sprouts	1.00 c

Sheet1

1842	Finely Chopped Green Onions	3.00 tb
1842	Crushed Garlic	1.00 ts
1842	Dried Chinese Mushrooms,	3.00
1842	Soaked	0.00
1842	Light Soy Sauce	1.25 tb
1842	Sesame Oil	2.00 ts
1842	Salt And White Pepper	0.00
1842	VINEGAR/SOY DIP -----	0.00 -----
1842	Light Soy Sauce	0.75 c
1842	White Vinegar	0.25 c
1842	White Sesame Seeds, Toasted	0.25 c
1842	And Ground	0.00
1842	Finely Chopped Green Onions	2.00 ts
1843	Salmon fillet	10.00 oz
1843	(remove the skin)	0.00
1843	Red potatoes	2.00 md
1843	Onions, sliced 1/4 inch	1.00 lg
1843	Baby carrots or 8 carrot	8.00
1843	Sections, cut into 2"	0.00
1843	Pieces	0.00
1843	Fresh orange juice	0.25 c
1843	Broccoli, cut into florets	0.00
1843	Olive oil	1.00 tb
1843	Thyme	0.25 ts
1843	Basil	0.50 ts
1843	Herb-ox low salt	1.00 pk
1843	Chicken stock mix	0.00
1843	Salt, pepper,to taste	0.00
1844	Mackerel	2.00 lb
1844	Salt	3.00 tb
1844	Water	0.50 c
1845	Firm white fish fillets,	1.25 lb
1845	such as cod, sea bass, or	0.00
1845	Halibut, cut into 1 1/2 x 2	0.00
1845	inch strips	0.00
1845	Salt	0.50 ts
1845	White pepper	0.25 ts
1845	Sweet and Sour Sauce	0.00
1845	Water	0.50 c
1845	Distilled white vinegar	0.50 c
1845	Packed brown sugar	0.33 c
1845	Chinese pickled cucumber	0.25 c
1845	(optional)	0.00
1845	Ketchup	3.00 tb
1845	Salt	0.25 ts
1845	Hot pepper sauce	0.25 ts
1845	White pepper	1.00 pn
1845	Flour for dry-coating	0.00
1845	Egg, lightly beaten	1.00

Sheet1

1845	Cornstarch for dry-coating	0.00
1845	Vegetable oil for	0.00
1845	deep-frying	0.00
1845	Carrot, cut into match-stick	0.50 sm
1845	pieces	0.00
1845	Green onion (including top)	1.00
1845	cut into 2-inch slivers	0.00
1845	Cornstarch mixed with 1	2.00 ts
1845	tablespoon water	0.00
1846	Shrimp	1.50 lb
1846	All-purpose flour	0.50 c
1846	Cornstarch	0.25 c
1846	Baking powder	0.50 ts
1846	Egg; beaten	1.00
1846	Salt	0.25 ts
1846	Water	0.50 c
1846	Vegetable oil	0.00
1846	Hot cooked rice	0.00
1846	SWEET AND SOUR SAUCE -----	0.00 -----
1846	Sliced carrots	0.50 c
1846	Chopped green pepper	0.50 c
1846	Sugar	0.50 c
1846	Catsup	0.33 c
1846	Soy sauce	1.00 tb
1846	Salt	0.25 ts
1846	Water; divided	1.00 c
1846	Cornstarch	3.50 tb
1846	Vinegar	0.50 c
1846	Unsweetened pineapple chunks	15.25 oz
1846	drained	0.00
1847	Catsup	1.00 c
1847	Honey	1.00 tb
1847	Brown sugar	1.00 tb
1847	Vinegar	2.00 tb
1847	Hot sauce	2.00 ts
1847	Cayenne pepper	1.00 ts
1847	Thyme	0.50 ts
1847	Black pepper	1.00 ts
1847	Onion powder	1.00 ts
1847	Shrimp, peeled and deveined	1.00 lb
1848	Fresh ears of corn, husks	2.00 lg
1848	intact	0.00
1848	(scant) salt	0.50 ts
1848	Finely chopped red bell	2.00 tb
1848	pepper	0.00
1848	Packed fresh cilantro,	0.50 c
1848	trimmed	0.00
1848	One inch thick halibut	1.00 lb
1848	fillets	0.00

Sheet1

1848	Yellow cornmeal	1.00 tb
1848	Sugar	1.00 ts
1849	Pound yellowfin tuna or othe	1.00
1849	Lean fish steaks, 1-inch th	0.00
1849	(8 ounces) pineapple	1.00 cn
1849	Chunks in juice, drained an	0.00
1849	Juice reserved	0.00
1849	Packed brown sugar	0.33 c
1849	Cider vinegar	0.33 c
1849	Grated gingerroot	1.00 tb
1849	Soy sauce	2.00 tb
1849	Salt	0.50 ts
1849	Carrot, cut diagonally into	1.00
1849	Thin slices	0.00
1849	Cl Garlic, finely chopped	2.00
1849	Cornstarch	3.00 tb
1849	Cold water	3.00 tb
1849	Green bell pepper, cut	1.00
1849	Into 3/4-inch pieces	0.00
1849	Hot cooked rice	2.00 c
1850	Scallions;minced	0.50 c
1850	Bamboo shoots;minced	0.50 c
1850	Water	3.00 tb
1850	Garlic; minced	3.00 cl
1850	Catsup	0.50 c
1850	Soy sauce	1.00 tb
1850	Sugar	2.00 tb
1850	Cornstarch	1.00 tb
1850	Tabasco	0.25 ts
1850	Peanut oil	1.50 c
1850	Fresh shrimp;shelled;veined	1.00 lb
1850	Fresh ginger root;minced	0.25 ts
1850	Sherry	3.00 tb
1850	Sesame oil or	1.50 ts
1850	Toasted sesame seeds;(opt.)	1.00 tb
1851	Medium-size raw shrimp,	1.00 lb
1851	shelled and deveined	0.00
1851	Sliced bamboo shoots	0.50 c
1851	Whole green onions, thinly	2.00
1851	sliced	0.00
1851	Dry sherry	1.00 tb
1851	Salad oil	3.00 tb
1851	Cloves garlic, minced	3.00
1851	Minced fresh ginger	1.50 tb
1851	Crushed red pepper	0.25 ts
1851	Stalks celery, cut in 1/2	2.00 lg
1851	inch thick slices	0.00
1851	Cooking Sauce:	0.00
1851	Vinegar	0.25 c



Sheet1

1851	Soy sauce	2.00 tb
1851	Sugar	5.00 ts
1851	Cornstarch	2.00 ts
1852	Fish fillets (snapper or	1.00 lb
1852	Grouper)	0.00
1852	Boned and diced cooked	0.50 c
1852	Chicken (skinles)	0.00
1852	Slices of bacon	2.00
1852	Diced potatos	1.00 c
1852	Chopped onion	0.67 c
1852	Garlic minced	1.00 cl
1852	Diced carrots	0.25 c
1852	Dice celery	1.00 tb
1852	Lemon- juice of	1.00
1852	Salt	1.00 ts
1852	Black pepper	0.25 ts
1852	Paprika	0.12 ts
1852	Ground dill	0.25 ts
1852	Half & Half	2.00 c
1852	HOT water(not quite boiling)	2.00 c
1852	Ground cumin	0.25 ts
1852	Ground ginger	0.25 ts
1853	Plain yogurt	1.00 c
1853	Garlic powder	1.00 ts
1853	Red chili powder	1.00 ts
1853	Vegetable oil	1.00 ts
1853	Fresh shrimp, cleaned and	2.00 lb
1853	deveined	0.00
1853	Lemon juice	1.00 c
1854	Cal/serving: 275	0.00
1854	Prep Time: 20 Min	0.00
1854	Cooking Time: 40 Min	0.00
1854	Haddock fillets; frozen,	1.00 pk
1854	cooked (700g)(1 1/2 lbs)	0.00
1854	Butter	2.00 tb
1854	Onion; chopped	0.50 c
1854	Garlic clove; crushed	1.00
1854	Zucchini; diced	1.00 c
1854	Flour	2.00 tb
1854	Salt	0.50 ts
1854	Pepper	1.00 ds
1854	Thyme	0.50 ts
1854	Basil	0.50 ts
1854	Tomatoes; peeled, seeded	2.00 c
1854	chopped	0.00
1854	Pie crust (9 inch)	1.00
1855	Stephen Ceideburg	0.00
1855	Raw shrimp, deveined	1.00 lb
1855	Green Peppers	2.00

Sheet1

1855	Carrot	1.00
1855	Eggplant (1/2 lb	1.00 sm
1855	Sweet potato	1.00 md
1855	Shiitake mushrooms	6.00
1855	Inch piece raw squid	6.00
1855	Onions	2.00 md
1855	Vegetable oil	0.00
1855	BATTER	0.00
1855	Egg yolks	2.00
1855	Ice-water	2.00 c
1855	Sifted all purpose flour	2.00 c
1855	All-purpose flour	0.75 c
1855	DIPPING SAUCE	0.00
1855	Ichiban dashi	1.00 c
1855	Light soy sauce	3.00 tb
1855	Mirin	1.00 tb
1855	Sugar	1.00 tb
1855	Grated daikon (white radish)	0.25 c
1855	Fresh ginger, grated	2.00 ts
1856	Broccoli	2.00 lb
1856	Cloves garlic	4.00 lg
1856	Fermented soy beans	1.00 tb
1856	Canned baby clams (or	0.25 c
1856	crabmeat or shrimp)	0.00
1856	Stock	0.50 c
1856	Peanut oil for first	2.00 tb
1856	stir-frying	0.00
1856	Peanut oil	1.00 tb
1856	Cornstarch paste	0.00
1857	Boneless tender beef steak	1.00 lb
1857	about 1 inch thick cut into	0.00
1857	Inch pieces	1.50
1857	Large shrimp peeled and	0.75 lb
1857	deveined leaving tails on	0.00
1857	Bottle teriyaki marinade and	0.50
1857	sauce	0.00
1857	Minced green onion	2.00 tb
1857	Dry sherry	1.00 tb
1857	Minced fresh ginger root	2.00 ts
1857	Green onion cut crosswise	4.00
1857	into 2 inch lengths	0.00
1857	Metal or wooden skewers,	4.00
1857	each about 12 inches long	0.00
1858	Redfish fillets	2.00 lb
1858	Egg lightly beaten	1.00
1858	Chopped fresh coriander	2.00 tb
1858	Caster (fine) sugar	2.00 ts
1858	Green beans, finely sliced	3.50 oz
1858	Oil for frying	0.00

Sheet1

1858	Red curry paste	0.00
1858	Red (Spanish) onion chopped	1.00 sm
1858	Cloves garlic crushed	3.00
1858	Chopped fresh lemon grass	2.00 tb
1858	Chopped fresh coriander root	2.00 ts
1858	Dried chilli flakes	2.00 ts
1858	Grated lime rind	1.00 ts
1858	Shrimp paste	0.50 ts
1858	Paprika	3.00 ts
1858	Turmeric	0.50 ts
1858	Cumin seeds	0.50 ts
1859	Stephen Ceideburg	0.00
1859	Cloves Garlic, Crushed	8.00
1859	Minced Corriander Root	2.00 tb
1859	Fish Sauce	2.00 tb
1859	Brown Sugar	1.50 tb
1859	Sugar	0.50 ts
1859	Cleaned Prawns	1.25 lb
1859	Oil For Frying	0.00
1860	4-5oz salmon fillets	2.00
1860	Sheets filo pastry	4.00
1860	Butter	1.00 oz
1860	Grated ginger	1.00 ts
1860	Garlic clove; pressed	1.00
1860	Spring onion; finely chopped	1.00
1860	Fresh coriander	1.00 tb
1860	- (finely chopped)	0.00
1860	Lime; zest & juice	1.00
1860	Salt & pepper	0.00
1861	8 Ounce Salmon Steaks	2.00
1861	Thai Panang Curry Base *	2.00 ts
1861	Chicken Broth (Skim Fat)	0.50 c
1861	White Wine	4.00 ts
1861	Thai Coconut Milk **	0.50 c
1862	Large shrimp	0.75 lb
1862	Salt	1.00 ts
1862	Fresh asparagus	1.00 lb
1862	Whole straw mushrooms	0.50 c
1862	Fresh or Canned	0.00
1862	Green onions	4.00
1862	Vegetable or peanut oil	2.00 tb
1862	Garlic cloves; chopped	3.00
1862	Sugar	1.00 ts
1862	Ground black pepper	0.50 ts
1862	Thai fish sauce (nam pla)	1.00 tb
1862	Oyster sauce	1.00 tb
1862	Chicken stock	0.25 c
1863	Fish Fillets 1-2" Thick	4.00 lg
1863	Soy Sauce	2.00 c

Sheet1

1863	Rice Vinegar	1.00 c
1863	Sesame Oil	1.00 ts
1863	STUFFING -----	0.00 -----
1863	Black Peppercorns	1.00 ts
1863	Peanut Oil	2.00 tb
1863	Raw Small Shrimp, Shelled,	1.00 lb
1863	Deveined & Chopped	0.00
1863	Fish Sauce (Nam Pla)	2.00 tb
1863	Corn Oil	6.00 tb
1863	Well Beaten Eggs	8.00
1863	Chopped Cilantro Leaves	36.00
1863	Serrano Or Jalapeno Peppers	6.00
1863	Seeded & Slivered	0.00
1863	Limes, Cut Into Wedges	4.00
1863	Sprigs Mint Or Cilantro	0.00
1864	Stephen Ceideburg	0.00
1864	Gemfish	1.50 lb
1864	Green beans	4.00 oz
1864	Button mushrooms	4.00 oz
1864	Fish sauce	2.00 tb
1864	Sugar	1.00 tb
1864	Flour	1.00 tb
1864	Peanuts	1.00 c
1864	Bird's eye chilis	3.00
1864	Capsicum (bell pepper)	0.00
1864	Spring onions	0.00
1864	Lemon grass	1.00 tb
1864	Cloves garlic	4.00
1864	Pepper	2.00 ts
1864	Salt	1.00 pn
1865	Fried fish fillets,	4.00
1865	Oriental mushrooms, julienne	5.00
1865	strips	0.00
1865	Fish sauce (nuoc mam)	2.00 tb
1865	Sugar	2.00 ts
1865	Water	0.50 c
1865	Freshly ground white pepper	1.00 ts
1865	Vegetable oil	2.00 ts
1865	Minced garlic	2.00 ts
1865	Minced fresh ginger	2.00 ts
1865	Ground pork	0.25 lb
1865	Fresh coriander sprigs for	0.00
1865	garnish	0.00
1866	to	2.00
1866	Stalks of lemon grass	3.00
1866	Tiger shrimps	2.00 lb
1866	OR- boneless chicken meat	0.00
1866	to	5.00
1866	Lime leaves (kaffir)	6.00

Sheet1

1866	Lemon juice & fish sauce	0.00
1866	to	2.00
1866	Red/green chili peppers	3.00 sm
1866	Straw mushrooms	1.00 cn
1866	Thai chili paste *	1.50 tb
1866	Cilantro/parsley	0.00
1867	Cooked lobster meat	1.00 lb
1867	Unsalted butter	4.00 oz
1867	Half-and-half	2.00 c
1867	Chopped fresh chives	0.00
1868	Sheets Dried Compressed	6.00
1868	Sea Laver	0.00
1868	Sesame Oil	1.00 tb
1868	Salt	0.50 ts
1869	Squares hard tofu (3"x3")	6.00
1869	Cooked crabmeat	0.50 c
1869	Cooked crab roe (optional)	2.00 ts
1869	Chopped ginger	0.50 ts
1869	Wine	1.00 ts
1869	Soup stock	3.00 c
1869	Salt	2.00 tb
1869	Cornstarch	3.00 ts
1869	Egg white	1.00
1869	Chopped scallion	2.00 ts
1869	Chicken grease	1.00 tb
1870	Japanese all-purpose	0.25 c
1870	Soy sauce	0.00
1870	Sake	1.00 tb
1870	Pre-flaked katsuobushi	2.00 tb
1870	(dried bonito)	0.00
1870	Dash of msg	0.00
1871	Trout; butterflied	4.00
1871	Figs; (never used them)	12.00
1871	Sherry; dry(not cooking)	1.00 c
1871	Vinegar; (sherry or mild)	3.00 tb
1871	Maple syrup; or honey	1.00 tb
1871	Dijon	1.00 tb
1871	Salt & pepper; to taste	0.00
1872	Rainbow Trout (1 per person)	1.00
1872	Fresh rosemary	0.00
1872	Fresh thyme	0.00
1872	Fresh parsley	0.00
1872	Fresh sage	0.00
1872	Rasher of bacon (per person)	1.00
1872	A little butter	0.00
1873	Butter or margarine	0.33 c
1873	Small mushrooms (or large)	0.50 lb
1873	Mushrooms, sliced)	0.00
1873	Finely chopped parsley	2.00 tb

Sheet1

1873	Whole dressed trout (each	4.00
1873	About 1/2 lb.)	0.00
1873	All-purpose flour	0.00
1873	Ts salt	0.25
1873	Lemon juice	2.00 tb
1873	Whipping cream	0.33 c
1874	10" trout	4.00
1874	Carrots	2.00
1874	Juice of 1/2 lemon	0.00
1874	Onions	2.00 sm
1874	Salt and pepper	0.00
1874	Ribs celery	3.00
1874	Thyme	0.50 ts
1874	Butter	4.00 ts
1875	CREPES -----	0.00 -----
1875	Eggs	4.00
1875	Water	1.00 c
1875	Flour	1.00 c
1875	FILLING -----	0.00 -----
1875	Minced onion	0.33
1875	Pepper	0.25 ts
1875	Clove garlic, minced	1.00
1875	Milk	1.33 c
1875	Butter	0.33 c
1875	Sauterne	0.67 c
1875	Flour	0.25 c
1875	Cooked, skinned, deboned	4.00 c
1875	Trout	0.00
1875	Salt	0.50 ts
1877	Whole Trout	1.00
1877	Chopped herbs (marjoram,	0.00
1877	Parsley, thyme)	0.00
1877	Butter	0.00
1878	Salt and pepper	0.00
1878	Fresh trout, dressed	4.00
1878	A few Tbsp. flour	0.00
1878	Unsalted butter	6.00 tb
1878	Parsley sprigs	0.00
1878	Lemon wedges	0.00
1879	Poached trout	1.00
1879	Tomato sauce	1.00 c
1879	Gelatin	4.00 ts
1879	Parsley	0.00
1879	Lemon slices	0.00
1880	Mushrooms, sliced	0.25 lb
1880	Vegetable oil	2.00 tb
1880	Seeded, sliced in 1/4"	1.00 c
1880	Eggs, lightly beaten	4.00
1880	Strips, red or green pepper	0.00

Sheet1

1880	Soy sauce	2.00 ts
1880	Trout, 8-10 oz. boned with	4.00
1880	Skin, head and tail	0.00
1880	Scallions, cut in 1/2"	3.00
1880	Including greens	0.00
1880	Strips of bacon	8.00
1880	Bean sprouts	1.00 c
1880	Ribs celery, sliced	2.00
1881	Rainbow trout	6.00
1881	Salt	0.00
1881	Freshly ground black pepper	0.00
1881	Garlic	1.00 cl
1881	Dried thyme	1.00 ts
1881	Bay leaves	6.00
1881	Slices of bacon	12.00
1881	Salad oil	2.00 tb
1881	Melted bytter	0.25 c
1881	Juice of 2 lemons	0.00
1881	Chopped parsley	0.25 c
1882	Fresh trout,about 10 ozs.	4.00
1882	Each	0.00
1882	Milk	0.50 c
1882	Flour	0.50 c
1882	Salt	0.00
1882	Freshly ground pepper	0.00
1882	Peanut, corn or	0.50 c
1882	Vegetable oil	0.00
1882	Lemon peeled and cut into	1.00
1882	Very small cubes	0.00
1882	Butter	6.00 tb
1882	Drained capers	0.33 c
1882	Finely chopped parsley	2.00 tb
1883	Butter	2.00 tb
1883	Shallot of scallion, minced	1.00
1883	Rib celery w/leaves/chopped	1.00
1883	Carrot, thinly sliced	1.00
1883	Dressed trout, head and all	1.00
1883	But cut into chunks	0.00
1883	Salt	1.00 tb
1883	Peppercorns	6.00
1883	Thyme	0.50 ts
1883	Minced fresh parsley	2.00 tb
1883	Bay leaf	1.00
1883	Water	3.00 c
1883	White wine or dry vermouth	1.00 c
1883	Tarragon vinegar	3.00 tb
1883	Whole 10" trout	5.00
1884	10-oz. trout	4.00
1884	Water	4.00 qt

Sheet1

1884	White vinegar	1.00 c
1884	Bay leaf	1.00
1884	Salt to taste	0.00
1884	Peppercorns	10.00
1884	Lemon wedges	0.00
1884	Melted butter or	0.00
1884	Hollandaise Sauce	0.00
1885	Hardcooked Eggs, Chopped	2.00
1885	(1 cn) Tuna, Drained	6.50 oz
1885	Shredded Cheddar Cheese	4.00 oz
1885	Chopped Green Pepper	0.25 c
1885	Finely Chopped Onion	2.00 tb
1885	Prepared Mustard	0.50 ts
1885	Mayo or Salad Dressing	0.50 c
1885	Hamburger Buns, Split	8.00
1886	Oil	2.00 ts
1886	Curry powder	2.00 ts
1886	Apple; peeled & chopped	1.00
1886	Tuna; drained - 8 oz	1.00 cn
1886	Tomato sauce (8 oz) or 1 cup	1.00 cn
1886	Apple juice	2.00 tb
1886	Hot cooked rice	2.00 c
1887	Onions, chopped	2.00 md
1887	Bisquick baking mix	1.00 c
1887	Milk	1.25 c
1887	Butter	0.25 c
1887	Pepper	0.12 ts
1887	(6 1/2 oz) tuna, drained	2.00 cn
1887	Eggs	3.00
1887	Tomatoes, thinly sliced	2.00
1887	Shredded Cheddar cheese	2.00 c
1888	Medium Noodles	4.00 oz
1888	Margarine	1.00 tb
1888	Pkg frozen cut Green Beans	10.00 oz
1888	Chopped Onion	1.00 c
1888	Sliced Celery	0.25 c
1888	Garlic clove, minced	0.00
1888	Skim milk	1.50 c
1888	Shredded Swiss cheese	0.50 c
1888	Can Tuna in water	9.25 oz
1888	Fine dry breadcrumbs	0.25 c
1888	Sliced Mushrooms	1.00 c
1888	Chopped green or red Pepper	0.75 c
1888	Chicken bouillon granules	1.00 ts
1888	Dried Dillweed	0.50 ts
1888	Cornstarch	1.00 tb
1888	Low-cal Mayonnaise	0.25 c
1889	6 1/2 Oz. Solid White Tuna	1.00 cn
1889	In Water, Drained & Flaked	0.00



Sheet1

1889	Plain Lowfat Yogurt	0.50 c
1889	Celery Stalk Diced	1.00
1889	Coarse Grained Mustard	1.00 ts
1889	Dillweed	0.25 ts
1889	Salt & Pepper	0.00
1889	Pita Breads, Halved	2.00
1889	Crosswise	0.00
1889	Lettuce Leaves	2.00
1889	Tomatoes Sliced Thickly	2.00
1890	(9-1/2 ounces) tuna in	1.00 cn
1890	Water, drained	0.00
1890	Mayonnaise or salad dressing	0.50 c
1890	Stalk celery, chopped	1.00 md
1890	(about 1/2 cup)	0.00
1890	Onion, chopped (about 1/4	1.00 sm
1890	Cup)	0.00
1890	Salt	0.25 ts
1890	Pepper	0.25 ts
1890	Lemon juice	1.00 ts
1891	Ripe plum tomatoes	2.00
1891	Fresh orange juice	2.00 c
1891	Green peppercorns in water	2.00 tb
1891	drained	0.00
1891	Salt; or as desired	0.50 ts
1891	Vegetable oil	0.25 c
1891	Fresh tuna;	1.00 lb
1891	in 1/4-in-thick slices	0.00
1891	Oranges; peeled, in sections	2.00
1892	Olive oil	2.00 ts
1892	Margarine, melted	2.00 ts
1892	Soy sauce	2.00 ts
1892	Tuna steaks	0.00
1893	Tuna steaks, 1 in thick	4.00
1893	Lime juice	2.00 tb
1893	Soy sauce	1.50 tb
1893	Garlic cloves, crushed	2.00
1893	Ginger, grated	2.00 ts
1893	Sesame oil	1.50 ts
1893	Chili pepper, minced	1.00 ts
1893	Sugar	1.00 ts
1894	Cloves garlic; minced	4.00
1894	Pitted black olives	1.00 c
1894	chopped	0.00
1894	Crumbled dried oregano	1.00 ts
1894	Crumbled dried basil	1.00 ts
1894	Minced parsley	2.00 tb
1894	Salt	1.50 ts
1894	Fresh grnd. black pepper	2.00 ts
1894	Olive oil	0.25 c

Sheet1

1894	Sea bass fillets	2.00 lb
1894	(4 to 6 ea)	0.00
1894	Vegetable stock -OR-	0.50 c
1894	dry white wine	0.00
1895	BRINE #1 -----	0.00 -----
1895	Water	4.00 c
1895	Salt	0.50 c
1895	Sugar	0.50 c
1895	Plus your choice of	0.00
1895	Flavorings	0.00
1895	BRINE #2 -----	0.00 -----
1895	Water	4.00 c
1895	Rock salt	1.00 c
1895	Brown sugar	2.00 c
1895	Salt, regular or curing	1.00 c
1895	Plus your choice of	0.00
1895	Flavorings	0.00
1896	Sole or cod filets	1.00 lb
1896	Oil	1.00 tb
1896	Sliced onion	1.00 c
1896	Sliced zucchini	3.00 c
1896	Green pepper slices	1.00 c
1896	Chopped tomatoes	0.75 c
1896	Dry sherry (optional)	3.00 tb
1896	Lemon juice	1.00 tb
1896	Salt	0.50 ts
1896	Basil	0.50 ts
1896	Pepper	0.25 ts
1896	Drops hot pepper sauce	2.00 x
1896	Parmesian cheese	0.25 c
1897	Salt	0.50 ts
1897	Chopped fresh or	0.50 ts
1897	Dried dill weed	0.50 ts
1897	Pepper	0.25 ts
1897	Sole or other lean fish fill	6.00
1897	(about 2 pounds)	0.00
1897	Carrots, cut into	2.00 md
1897	Julienne strips	0.00
1897	Green bell pepper, cut into	1.00
1897	Julienne strips	0.00
1897	Dry white wine or apple juic	0.25 c
1897	Margarine or butter	2.00 tb
1897	All-purpose flour	2.00 tb
1897	Salt	0.50 ts
1897	Pepper	0.12 ts
1897	Milk	1.00 c
1897	Dry white wine or apple juic	0.25 c
1898	Shrimp (16-20/lb)	3.00 lb
1898	Spanish Olive Oil	3.00 c

Sheet1

1898	Large Red Bell Peppers *	4.00
1898	Cloves Garlic **	8.00
1898	Chili Pepper Seeded/Minced	1.00
1898	Loaf French Bread 1" Slices	1.00
1898	Feta Cheese (optional)	0.00
1899	Lobster; or 1/2 large	1.00 md
1899	Shallot, sliced	1.00
1899	Morels, halved; regular	3.00
1899	mushrooms will do)	0.00
1899	Butter	2.00 tb
1899	Wine, white	1.00 oz
1899	Bourbon; Cognac will do	1.00 tb
1899	Heavy cream; or more	1.00 oz
1899	salt	0.00
1900	Salt and fresh pepper	0.00
1900	Boiling water	1.00 c
1900	Walleyes, cleaned	4.00
1900	Bay leaves	2.00
1900	Flour for dredging	2.00 tb
1900	Thyme	0.50 ts
1900	Onion, minced	1.00
1900	Tomate pureee	1.00 tb
1900	Olive oil	6.00 tb
1900	Capers	2.00 tb
1900	Cloves garlic, minced	2.00
1900	Chopped parsley	3.00 tb
1900	Red wine	1.00 c
1901	Whole lobsters (1 lb each)	4.00
1901	Corn oil	3.00 tb
1901	Whole flour tortillas, 7	6.00
1901	inches each	0.00
1901	Tillamook Jalapeno Jack	1.00 c
1901	cheese, grated	0.00
1901	Spinach leaves, shredded	1.00 c
1901	Yellow Tomato Salsa:	0.00
1901	Yellow cherry tomatoes or 1	4.00 c
1901	lb yellow tomatoes	0.00
1901	Whole shallot, large, finely	1.00
1901	minced	0.00
1901	Whole garlic clove, finely	1.00
1901	minced	0.00
1901	Fresh cilantro, finely	2.00 tb
1901	minced	0.00
1901	Champagne or white wine	1.00 tb
1901	vinegar	0.00
1901	Whole Serrano Chilies,	2.00
1901	seeded and minced	0.00
1901	Lime juice	2.00 ts
1901	Salt to taste	0.00

Sheet1

1901	Maple syrup (if tomatoes	1.00 tb
1901	aren't sweet)	0.00
1902	Fish filets (soft flesh fish	0.50 lb
1902	like sole)	0.00
1902	Dry sherry	0.50 c
1902	Sugar	1.00 ts
1902	Thin soy sauce	0.50 ts
1902	Fresh ginger, minced	0.50 ts
1902	Cloud Ear black fungus (or	1.00 tb
1902	water chestnuts)	0.00
1902	Chicken stock	0.67 c
1902	Szechwan Soybean Paste	0.50 ts
1902	Cornstarch paste (approx)	1.00 ts
1902	Sesame oil	0.50 ts
1903	Flour	6.00 tb
1903	Can (3 oz.) beer	0.25
1903	Yellow cornmeal	2.00 tb
1903	White perch scaled and	4.00
1903	Sprinkled inside and out	0.00
1903	With lemon juice	0.00
1903	Dill weed or tarragon	0.50 ts
1903	Salt	1.00 ts
1903	Paprika	1.00 tb
1903	Lard or cooking oil	4.00 tb
1904	Raw whitebait	4.00 oz
1904	Eggs	2.00
1904	Salt	1.00 ts
1904	Fresh breadcrumbs	2.00 tb
1905	Whitefish fillets **	2.00 lb
1905	Red onion; finely chopped	1.00 c
1905	Butter	0.33 c
1905	Sauerkraut (canned/drained)	28.00 oz
1905	Chicken bouillon	1.00 c
1905	Red onion; thinly SLICED	1.00 md
1906	Whole salmon (about 6 lb)	1.00
1906	Court bouillon	2.00 qt
1906	Cumbers	2.00 c
1906	Lemons	2.00
1906	Sour cream	1.00 pt
1906	Mayonnaise	1.00 c
1906	Grated onion	0.33 c
1906	Lemon juice	0.25 c
1906	Chopped fresh dill	0.25 c
1906	Salt and pepper to taste	0.00
1907	Wild rice stuffing	0.00
1907	2-1/2- to 3-pound pan-	1.00
1907	dressed Northern pike	0.00
1907	Lemon juice	0.00
1907	Salt	0.00

Sheet1

1907	Vegetable oil	0.00
1907	Margarine or butter, melted	0.25 c
1907	Lemon juice	2.00 tb
1907	Lemon wedges	0.00
1907	WILD RICE STUFFING -----	0.00 -----
1907	Uncooked wild rice	0.75 c
1907	Water	2.00 c
1907	Chicken bouillon	1.50 ts
1907	Granules	0.00
1907	Margarine or butter	0.25 c
1907	Ounces mushrooms, sliced	8.00
1907	(about 2-1/2 cups)	0.00
1907	Thinly sliced celery	0.50 c
1907	Chopped onion (about 1 mediu	0.50 c
1908	Oily fish, such as mackerel	2.00 lb
1908	Salt	2.00 ts
1908	Good dry white wine	0.50 c
1908	Salt	0.25 ts
1908	Ginger root, minced	0.50 ts
1908	Napa cabbage leaves	4.00
1908	Scallions	2.00
1908	Cubes hard bean curd	2.00
1908	Cooked salad oil	1.00 tb
1908	Ground white pepper	0.50 ts
1909	Oily fish, such as mackerel	2.00 lb
1909	Salt	2.00 ts
1909	Good quality dry white wine	0.50 c
1909	Chicken stock	3.00 c
1909	Ginger root, minced	0.50 ts
1909	Salt	0.25 ts
1909	Napa cabbage leaves	4.00
1909	Scallions	2.00
1909	Cubes hard beancurd	2.00
1909	Cooked salad oil	1.00 tb
1909	Ground white pepper	0.50 ts
1910	Prawns	12.00 lg
1910	Chinese wine or dry sherry,	1.00 tb
1910	optional	0.00
1910	Light soy sauce	2.00 tb
1910	Clove garlic, crushed	1.00 sm
1910	Salt	0.25 ts
1910	Finely grated fresh ginger	0.50 ts
1910	Corn flour (I assume this is	0.50 c
1910	cornstarch?)	0.00
1910	Egg, beaten	1.00 lg
1910	Breadcrumbs for coating	0.00
1910	Peanut oil for deep frying	0.00
1911	Onions; finely chopped	3.00 sm
1911	Garlic cloves; minced	4.00

Sheet1

1911	Green pepper; finely chopped	0.50 c
1911	Hot red pepper; chopped	1.00 ts
1911	Vegetable oil	0.25 c
1911	Tomato paste	6.00 oz
1911	Bay leaves	2.00
1911	Salt; divided	1.75 ts
1911	Sugar	0.50 ts
1911	Crab claw meat	1.00 lb
1911	Eggs; beaten	6.00
1911	Milk	1.50 c
1911	Pepper	0.25 ts
1911	Cracker crumbs	3.00 c
1911	All-purpose flour	1.50 c
1911	Additional vegetable oil	0.00
1911	CROQUETTE DOUGH -----	0.00 -----
1911	White bread	3.00 lb
1911	Cuban bread; sliced toasted	1.00 lb
1911	Paprika	1.00 tb
1911	Salt	1.00 ts
1912	Coarsely chopped onion	0.25 c
1912	Coarsely chopped celery	1.00 ts
1912	Coarsely chopped garlic	1.00 ts
1912	Olive oil	0.50 c
1912	Finely chopped fresh	1.00 tb
1912	Basil or	0.00
1912	Dried basil	1.00 ts
1912	Freshly ground black pepper	0.00
1912	Dry white wine	0.50 c
1912	Canned italian plum or	2.00 c
1912	Wholepack tomatoes,chopped	0.00
1912	Including juice	0.00
1912	Dozen small mussels in	4.00
1912	Shells, scrubbed thorough	0.00
1912	Freshly grated lemon	2.00 ts
1912	Peel	0.00
1913	Zucchini, medium sized	3.00 ea
1913	Tomatoes, medium sized	2.00 ea
1913	Sweet geen pepper, medium	1.00 x
1913	Yellow onion, medium sized	1.00 x
1913	Salt	0.50 t
1913	Pepper, black	0.12 t
1913	Olive oil	0.25 c
1914	Broccoli flowerets	2.00 c
1914	Fettuccine, broken up	4.00 oz
1914	Oil, cooking	1.00 T
1914	Parmesan cheese, grated	3.00 T
1914	Sesame seed, toasted	1.00 t
1914	Garlic powder	0.12 t
1915	Blueberries	1.00 c

Sheet1

1915	Apricot preserves	0.25 c
1915	Yogurt, frozen, vanilla	1.00 pt
1915	Almonds, slivered (optional)	4.00 T
1916	Med. Cantaloupes *	2.00 ea
1916	Large Pineapple **	1.00 ea
1916	Raisins	1.00 c
1916	Fresh Shredded Coconut	1.00 c
1916	Finely Chopped Walnuts	1.00 c
1916	Large Apple ***	1.00 ea
1916	Low-fat Yogurt	1.00 x
1917	Parmesan cheese, grated	0.33 c
1917	Italian seasoning, crushed	0.25 t
1917	Chicken breast, *	3.00 x
1917	Green onion, sliced	0.25 c
1917	Margarine	1.00 T
1917	Flour, all-purpose	1.00 T
1917	Milk, skim	0.50 c
1917	Spinach, frozen **	5.00 oz
1917	Pimiento, chopped	1.00 T
1918	Chinese cabbage, shredded	4.00 c
1918	Pineapple, crushed, drained*	8.25 oz
1918	Water chestnuts, sliced **	8.00 oz
1918	Parsley, fresh, snipped	1.00 c
1918	Green onions, sliced	0.25 c
1918	Mayonnaise, reduced calor.	0.25 c
1918	Mustard, prepared	1.00 T
1918	Gingerroot, grated	1.00 t
1919	Chicken broth, can	14.50 oz
1919	Broccoli, frozen, cut	1.00 c
1919	Mushrooms, fresh, sliced	1.00 c
1919	Onion, chopped	0.50 c
1919	Margarine	1.00 T
1919	Flour, all-purpose	2.00 T
1919	Evaporated skim milk, can	13.50 oz
1919	Corn, whole kernal, drained	8.00 oz
1919	Pimiento, chopped	1.00 T
1919	Salt	0.25 t
1919	Pepper	0.12 t
1920	Ground beef, lean	1.00 lb
1920	Onion, medium	1.00 x
1920	Green pepper, large, chopped	1.00 x
1920	Tomatoe sauce, no-salt	8.00 oz
1920	Vinegar	1.00 T
1920	Mustard, dry	1.00 t
1920	Pepper, red, crushed	0.50 t
1920	Basil, dried, crushed	0.50 t
1920	Garlic powder	0.25 t
1920	Water	1.00 T
1920	Tortillas, 8-inch	4.00 x

Sheet1

1920	Lettuce, shredded	4.00 c
1920	Tomatoes, cherry, halved	12.00 x
1920	Carrot, medium, shredded	1.00 x
1920	Parmesan cheese, grated	0.25 c
1921	Fruit cocktail, can, chilled	8.00 oz
1921	Milk	1.00 c
1921	Nonfat dry milk powder	0.25 c
1921	Vanilla	0.50 t
1921	Ice cubes	0.50 c
1921	Cinnamon, ground (dashes)	2.00 x
1922	Vinegar, white wine	0.25 c
1922	Honey	2.00 T
1922	Oil, salad	3.00 T
1922	Poppy seed	1.00 t
1922	Mustard, dry	0.50 t
1922	Spinach, fresh, torn	8.00 c
1922	Papaya, medium *	1.00 x
1922	Grapes, seedless, halved	1.50 c
1923	Turkey Breast Tenderloins	1.25 lb
1923	Chili Sauce	0.33 c
1923	Lemon Juice	2.00 T
1923	Sugar	1.00 T
1923	Bay Leaves	2.00 ea
1923	Mushrooms	8.00 ea
1923	Cherry Tomatoes	8.00 ea
1923	Zucchini medium (1/2" slices)	1.00 x
1923	Green Pepper (2" squares)	0.50 x
1923	Onions (cut into 1/4's)	2.00 ea
1923	Cooking Oil	2.00 T
1924	Corn, ears, medium	4.00 x
1924	Margarine	2.00 T
1924	Basil, dried	0.12 t
1924	Chervil, dried	0.12 t
1924	Thyme, dried	0.12 t
1925	Lean boneless lamb	2.00 lb
1925	Soy sauce	0.25 c
1925	Honey	1.00 T
1925	Vinegar	2.00 T
1925	Sherry	2.00 T
1925	Garlic cloves	2.00 ea
1925	Ground ginger	0.25 t
1925	Bouillon	1.50 c
1926	Carrots, small	0.50 lb
1926	Asparagus spears, frozen	8.00 oz
1926	Lemon pepper (dash)	1.00 x
1926	Lemon juice	0.12 c
1927	Sugar	0.25 c
1927	Gelatin, unflavored, envelop	1.00 x
1927	Peach slices, frozen *	1.00 c



Sheet1

1927	Yougart, peach	8.00 oz
1927	Egg whites	2.00 x
1927	Sugar	2.00 T
1927	Cream, whipping	0.50 c
1928	Gelatin, unflavored, envelop	2.00 x
1928	Orange juice	2.50 c
1928	Pineapple, crushed *	20.00 oz
1928	Pears, medium **	2.00 x
1928	Green pepper, optional ***	3.00 T
1929	Mayonanaise	0.50 c
1929	Hamburger relish	1.00 T
1929	Dijon-style mustard, grainy	1.00 t
1929	Lemon juice	1.00 t
1930	Pork loin chops, 1/2 thick	4.00 x
1930	Onion, medium	1.00 x
1930	Dijon-style mustard	3.00 T
1930	Italian salad dressing *	2.00 T
1930	Pepper	0.25 t
1931	Pork tenderloin	1.00 lb
1931	SAUCE -----	0.00 -----
1931	Cornstarch	1.50 t
1931	Nutmeg, (dash)	1.00 x
1931	Apricot nectar	1.00 c
1931	APRICOT STUFFING -----	0.00 -----
1931	Bouillon, chicken, instant *	1.00 t
1931	Water, hot	0.67 c
1931	Apricots, dried, snipped	0.33 c
1931	Celery, chopped	2.00 T
1931	Margarine	1.00 T
1931	Cinnamon, ground	0.12 t
1931	Pepper, black, (dash)	1.00 x
1931	Whole wheat bread cubes	2.00 c
1932	Zucchini, 6-7"long	2.00 x
1932	Corn, whole-kernel, frozen	1.00 c
1932	Cottage Cheese, small curd	0.50 c
1932	Salt	0.12 t
1932	Pepper, black	0.12 t
1932	Green onions, chopped	2.00 T
1932	Parmesan Cheese, grated	0.25 c
1933	Chicken pieces, skinned	2.00 lb
1933	Mushrooms, fresh, sliced	3.00 c
1933	Carrots, peeled, sliced 1/2"	4.00 x
1933	Rice, long grain	0.75 c
1933	Onion, chopped	0.50 c
1933	Poultry seasoning	1.00 t
1933	Bouillon, chicken, granules	1.00 t
1933	Salt	0.25 t
1934	Beef top round steak, *	0.75 lb
1934	Broccoli, fresh, **	1.50 c

Sheet1

1934	Carrot, small	**	1.00 x
1934	Onion, small	**	1.00 x
1934	Green pepper		0.50 x
1934	Oil, cooking		1.00 T
1934	Pea pods, halved crosswise		8.00 x
1934	Mushrooms	**	6.00 x
1934	Tomato, small, chopped		1.00 x
1934	Soy sauce		3.00 T
1934	Cornstarch		1.50 t
1934	Pita bread rounds, halved		4.00 x
1935	Strawberries, fresh	*	1.00 pt
1935	Orange juice		0.75 c
1935	Milk		0.50 c
1935	Honey		0.25 c
1935	Egg whites		2.00 x
1935	Honey		1.00 T
1936	Condensed chicken broth	*	3.00 x
1936	Oriental noodles	**	3.00 oz
1936	Pepper, red, ground		0.50 t
1936	Chicken, cooked, cubed,	***	3.00 c
1936	Apples, medium, cored	****	2.00 x
1936	Pea pods, frozen, cut up		6.00 oz
1936	Green onions,	*****	4.00 x
1937	Shrimp, shelled		0.50 lb
1937	Onion, chopped		1.00 c
1937	Garlic cloves, minced		2.00 x
1937	Oil, cooking		1.00 T
1937	Tomatoes, cut up, can		16.00 oz
1937	Tomatoe sauce, sodium reduce		8.00 oz
1937	Potato, peeled, chopped		1.00 x
1937	Celery, stalk, chopped		1.00 x
1937	Green pepper, medium, choppe		1.00 x
1937	Carrot, medium, shredded		1.00 x
1937	Thyme, dried, crushed		1.00 t
1937	Pepper		0.25 t
1937	Hot sauce, bottled, (dashes)		4.00 x
1937	Whole baby clams,drained,can		20.00 oz
1937	Parsley, snipped		2.00 T
1938	Ground Turkey		1.25 lb
1938	Dry bread crumbs		0.33 c
1938	Egg		1.00 ea
1938	Garlic salt		0.75 t
1938	Cooking oil		1.00 T
1938	Stalks celery, cut diagonal		2.00 ea
1938	Onion, cut in thin rings		1.00 ea
1938	Green pepper, cut 3/4"pieces		1.00 x
1938	Tomatoes, med., cut in 1/8's		2.00 ea
1938	Oriental Sauce		1.00 x
1938	Chicken broth		1.00 c

Sheet1

1938	Soy sauce	1.00 T
1938	Cornstarch	2.00 t
1938	Sugar	1.00 t
1938	Vinegar	1.00 t
1938	Dash, white pepper	1.00 x
1939	Cabbage, finely chopped	0.25 c
1939	Carrot, finely chopped	0.25 c
1939	Green pepper, finely chopped	2.00 T
1939	Celery, finely chopped	2.00 T
1939	Onion, finely chopped	2.00 T
1939	Radishes, finely chopped	2.00 T
1939	Bread, whole wheat, toasted	2.00 x
1939	Cheese, cheddar, shredded	1.00 c
1939	Alfalfa sprouts	0.25 c
1939	Red pepper (dash)	1.00 x
1940	Plain Yogurt	8.00 oz
1940	Shredded cucumber, drained	0.50 c
1940	Dill weed	0.33 t
1941	Zucchini	4.00 x
1941	Tomatoes	3.00 x
1941	Italian dressing	0.25 c
1942	Butter or margarine	2.00 T
1942	Vegetable oil	3.00 T
1942	Zucchini, coarsely grated	3.50 c
1942	Flour, all-purpose	0.25 c
1942	Eggs, lightly beaten	2.00 x
1942	Salt	0.50 t
1942	Pepper, black	0.12 t
1943	Whole buckwheat	0.50 c
1943	Brown rice; raw	0.50 c
1943	Wild rice; raw	0.50 c
1943	Water; seasoned with salt	4.00 c
1943	Vegetable stock	0.50 c
1943	Medium onions; chopped	2.00 ea
1943	Celery; chopped	1.00 c
1943	Mushrooms; chopped	0.50 c
1943	Fresh parsley; chopped	0.25 c
1943	Cumin	2.00 ts
1943	Salt and pepper to taste	0.00
1944	Acorn Squash	2.00 md
1944	Unsweetened Orange Juice	0.50 c
1944	Firmly Packed Brown Sugar	0.25 c
1944	OR Brown Sugar Twin To	0.00
1944	Equal.	0.00
1944	Light Corn Syrup	2.00 tb
1944	Oleo	2.00 tb
1944	Grated Lemon Rind	1.00 ts
1947	Lean Ground Beef	1.00 lb
1947	Onion; Chopped, 1 Md	0.50 c

Sheet1

1947	Whole Kernel Corn, 1 Cn	8.00 oz
1947	Tomato Sauce; 1 Cn	8.00 oz
1947	Ripe Olives; Pitted, Halved	0.25 c
1947	Noodles; Uncooked, Abt 2 C	4.00 oz
1947	Water	2.00 c
1947	Oregano Leaves	1.00 ts
1947	Salt	0.50 ts
1947	Pepper	0.25 ts
1947	Cheddar Cheese; Shredded	1.00 c
1948	Carrots	2.00 lb
1948	Onion,medium-sized	1.00
1948	Green pepper,medium	1.00
1948	Tomato soup	1.00 cn
1948	Sugar	1.00 c
1948	Vinegar	0.75 c
1948	Worcestershire sauce	1.00 ts
1948	Mustard	1.00 ts
1948	Salt	0.50 ts
1949	Acorn Squash	3.00 x
1949	COMBINE -----	0.00 -----
1949	Apples, chopped	2.00 x
1949	Chopped Walnuts	0.50 c
1949	Grated Orange Peel	1.00 tb
1949	Brown Sugar	0.50 c
1949	Margarine, melted	2.00 tb
1950	Acorn Squash; Md	2.00
1950	Lean Ground Beef	1.00 lb
1950	Salt	1.50 ts
1950	Cinnamon	0.50 ts
1950	Apples; Pared & Chopped,2 Lg	2.00 c
1950	Raisins	0.25 c
1950	Salt	0.00
1950	Brown Sugar; Packed	4.00 tb
1950	Margarine Or Butter; Melted	2.00 tb
1951	Zucchini, washed and trimmed	2.00 lb
1951	Ground lamb shoulder*	1.00 c
1951	Raw rice	0.50 c
1951	Small onion, chopped fine	1.00
1951	Chopped parsley	1.00 tb
1951	Stewed tomatoes	0.50 c
1951	Salt	0.00
1951	Black pepper	0.00
1952	Artichokes (about 12oz each)	2.00
1952	Fat free mayonnaise	0.50 c
1952	Garlic, minced	1.00 cl
1952	Small capers, OR	1.00 tb
1952	Pickle, chopped	1.00 sm
1952	Caper or pickle brine	1.00 tb
1953	Jerusalem artichokes	0.75 lb

Sheet1

1953	- thinly sliced	0.00
1953	- (prepared weight given)	0.00
1953	Salt	0.00
1953	Pepper	0.00
1953	Crushed garlic	0.00
1953	Stock	7.00 fl
1953	Butter	0.00
1953	Cream; hot	0.00
1953	Parsley; chopped	0.00
1955	Artichokes, trimmed	6.00
1955	Finely chopped onion	6.00 tb
1955	Dry vermouth	6.00 tb
1955	Extra virgin olive oil	6.00 tb
1955	Boiling salted water	0.00
1955	Salt and freshly ground	0.00
1955	Pepper	0.00
1955	Dry white wine	1.00 c
1955	Olive oil	0.25 c
1955	Cloves, minced	2.00 c
1955	Vinaigrette Sauce	1.00
1958	Asparagus	1.50 lb
1959	Asparagus stalks	16.00
1959	Small or medium acorn squash	2.00 x
1959	----- Sauce -----	0.00
1959	Clarified butter (see note)	0.25 c
1959	Sugar	2.00 tb
1959	Chopped walnuts	0.50 c
1959	Fresh lemon juice	0.25 c
1959	Cider vinegar	2.00 tb
1959	Apple cider	6.00 tb
1961	Hot cooked Brown Rice	4.00 c
1961	SAUCE -----	0.00 -----
1961	Soy sauce	3.00 tb
1961	Cornstarch	2.00 tb
1961	Water or vegetable stock	1.50 c
1961	Minced Gingerroot	1.00 tb
1961	(pref toasted) Sesame Oil	1.00 ts
1961	Dry crushed red pepper	0.25 ts
1961	White pepper	1.00 ds
1961	2ND STEP -----	0.00 -----
1961	Safflower oil	2.00 tb
1961	Fresh Asparagus *	1.00 lb
1961	Scallions, chopped	4.00 x
1961	Sm sweet red pepper, chopped	0.00
1961	Clove Garlic, minced	0.00
1961	Cashews **	1.00 c
1962	Fresh Asparagus spears *	0.75 lb
1962	Lo-fat Cottage Cheese	0.75 c
1962	Salt	0.12 ts

Sheet1

1962	Sliced fresh mushrooms	1.00 c
1962	Eggs	6.00 x
1962	Prepared Mustard	2.00 ts
1962	Pepper	0.12 ts
1962	Sm Tomato, cut in wedges	0.00
1963	Asparagus, trimmed	0.50 lb
1963	Butter	2.00 tb
1963	Small clove garlic,minced	0.00
1963	Mushrooms, sliced	0.50 lb
1963	Eggs, lightly beaten	4.00 x
1963	Milk	2.00 tb
1963	Salt	0.50 ts
1963	Crushed dried basil or	0.25 ts
1963	Minced fresh basil.....	0.75 ts
1963	Freshly ground black pepper	1.00 ds
1964	Asparagus, pieces or spears	1.00 cn
1964	American cheese slices	4.00
1964	Bread slices, thin	8.00
1964	Eggs	4.00
1964	Milk	4.00 c
1964	Salt	0.50 ts
1964	Dry mustard	0.50 ts
1964	Pepper	0.50 ts
1965	Fresh Asparagus	1.00 lb
1965	Butter	2.00 tb
1965	Mushrooms, sliced (2 cups)	0.50 lb
1965	Chopped shallots	2.00 tb
1965	Salt	0.50 ts
1965	Freshly ground black pepper	1.00
1965	Chopped, fresh coriander	4.00 tb
1966	Asparagus	2.25 lb
1966	Onion	1.00
1966	Butter	0.25 c
1966	Arborio rice	1.25 c
1966	Dry white wine	0.50 c
1966	Bouillon cube	1.00
1966	Meat extract	0.50 ts
1966	Salt	0.00
1966	Freshly ground pepper	0.00
1966	Grated Parmesan cheese	0.00
1966	Butter	1.00 tb
1967	Asparagus	1.50 lb
1967	Salt	1.00 ds
1967	Fragrant peanut oil or olive	3.00 ts
1967	Shallots, peeled and minced	2.00
1967	Finely chopped parsley	1.00 ds
1968	Asparagus, fresh spears	1.00 lb
1968	Pine nuts	3.00 tb
1968	Olive oil	0.25 c

Sheet1

1968	Lemon juice, fresh	1.00 tb
1968	Clove garlic, crushed	1.00
1968	Salt	0.50 ts
1968	Basil, dried whole	0.50 ts
1968	Oregano, dried whole	0.50 ts
1968	Pepper, freshly ground	0.00
1969	Asparagus, fresh spears	1.00 lb
1969	Pine nuts	3.00 tb
1969	Olive oil	0.25 c
1969	Lemon juice, fresh	1.00 tb
1969	Clove garlic, crushed	1.00
1969	Salt	0.50 ts
1969	Basil, dried whole	0.50 ts
1969	Oregano, dried whole	0.50 ts
1969	Pepper, freshly ground	0.00
1970	Oil for deep frying	0.00
1970	Envelope veg soup mix	1.00
1970	Asparagus, finely chopped	1.00 c
1970	Water chestnut, finely chopd	0.25 c
1970	Won Ton wrappers (3" sq)	20.00
1970	Soy sauce, (optional)	0.00
1971	Stephen Ceideburg	0.00
1971	Eggs, beaten	2.00
1971	Salt to taste	0.00
1971	Milk	2.00 tb
1971	Aubergines (eggplants),	2.00
1971	finely sliced	0.00
1971	Oil for deep frying	0.00
1972	Stephen Ceideburg	0.00
1972	Lentils	0.25 lb
1972	Salt	0.50 ts
1972	Aubergine (eggplant)	8.00 oz
1972	Cloves garlic	4.00
1972	Fresh chili	1.00
1972	Vegetable oil	2.00 tb
1972	Fish sauce	1.00 tb
1972	Water	4.00 tb
1972	Mint leaves	10.00
1973	(2 gal) Green Tomatoes *	15.00 lb
1973	Powdered Alum	0.50 tb
1973	Cider Vinegar	2.00 c
1973	Stick Cinnamon	2.00
1973	Pickling Salt	1.00 c
1973	Boiling Water	2.00 qt
1973	Sugar	5.00 c
1973	Handful Cloves	0.00
1974	Fresh asparagus cut in 2"	1.00 c
1974	Pieces or 1/2 a 10-oz	0.00
1974	Package of frozen asparagus	0.00

Sheet1

1974	Sliced fresh mushrooms	1.00 c
1974	Sliced green onion	0.25 c
1974	Eggs	6.00
1974	Milk	0.50 c
1974	Salt	0.25 ts
1974	Ground nutmeg	0.12 ts
1974	Shredded Swiss OR	1.00 c
1974	Gruyere cheese	0.00
1974	Snipped parsley, optional	2.00 tb
1975	Pork & beans (16 oz cans)	2.00 c
1975	Bottled bar-b-que sauce	0.33 c
1975	Brown sugar	0.25 c
1975	Golden rasins	0.25 c
1975	Tart (granny smith) apples	0.33 c
1975	Chopped onion	0.50 c
1975	Bacon strips	8.00
1976	Carrots, small	18.00
1976	Butter	0.33 c
1976	Sugar	0.50 c
1976	Salt	1.00 ts
1976	Cinnamon	0.33 ts
1976	Boiling water	0.33 c
1977	Egg, separated	1.00 lg
1977	Egg white	1.00 lg
1977	Salt	0.00 ds
1977	Canned whole small green	1.00
1977	chili, drained	0.00
1977	Shredded cheddar cheese	0.75 oz
1977	Hot or medium salsa (opt)	0.00
1978	Green Pepper; Chopped	0.25 c
1978	Onion; Finely Chopped	0.33 c
1978	Butter	2.00 tb
1978	Eggs; Large	3.00
1978	Milk	2.00 c
1978	Salt	1.00 ts
1978	Sugar	0.50 ts
1978	Pepper	0.12 ts
1978	American Cheese; Shredded	1.00 c
1978	Corn; Canned, Drained	1.00 lb
1978	Corn Chex; Coarsely Broken	2.00 c
1979	Can condensed Crm of Celery	10.75 oz
1979	Chopped Water Chestnuts	0.50 c
1979	Grated Parmesan Cheese	2.00 ts
1979	Pkg frz chopped Spinach *	20.00 oz
1979	Shredded carrot	0.50 c
1979	Plain lo-fat yogurt	0.25 c
1979	Pepper	0.12 ts
1979	Eggs	4.00 x
1980	Tomoatoes; medium	8.00



Sheet1

1980	Bread crumbs; fresh, coarse	0.50 c
1980	Salt	2.00 ts
1980	Pepper	2.00 ts
1980	Tarragon; dried	1.00 ts
1980	Honey	4.00 ts
1980	Butter	4.00 ts
1981	Large field mushrooms	16.00 x
1981	Chopped onions	4.00 oz
1981	Whole wheat breadcrumbs	4.00 oz
1981	Sausage meat	4.00 oz
1981	Chopped sage	1.00 ts
1981	Salt and pepper	0.00
1982	Lean Ground Beef	1.00 lb
1982	Tomato Sauce; 1 Cn, OR	15.00 oz
1982	Pizza Sauce; 1 Cn	15.00 oz
1982	Oregano Leaves	1.00 ts
1982	Biscuit Baking Mix	2.00 c
1982	Egg; Lg	1.00
1982	Milk	0.67 c
1982	Cheese; *	8.00 oz
1982	Mushrooms;Sliced,Drained,1Cn	2.00 oz
1982	Parmesan Cheese; Grated	0.25 c
1983	Dry Lima Beans	1.00 lb
1983	Water	6.00 c
1983	Slices Bacon	4.00
1983	Round Steak (cutin 1"strips)	2.00 lb
1983	(1 cn) Tomato Juice	18.00 oz
1983	Packed Brown Sugar	1.00 tb
1983	Salt, Or To Taste	0.50 ts
1983	Dry Mustard	1.00 ts
1983	Black Pepper	0.50 ts
1984	Potato	3.00 ea
1984	Cream	1.00 tb
1984	Milk	1.00 tb
1984	Pepper	0.12 ts
1984	Butter	1.00 tb
1984	*or:	1.00 x
1984	Salt	0.50 ts
1984	Egg white, stiffly beaten	1.00 ea
1985	Good sized plum tomatoes	2.00
1985	Fine bread crumbs	1.00
1985	Grated parmesan cheese	1.00
1985	Dried thyme	1.00
1986	(16 oz) tomatoes	1.00 cn
1986	Sugar	1.00 tb
1986	Pinch rosemary	0.00
1986	Pinch black pepper	0.00
1986	Frozen corn kernels	16.00 oz
1986	Green bell pepper, chopped	1.00

Sheet1

1986	Onions, chopped	2.00
1986	Chili colorado (or you can	2.00 tb
1986	Use any hot sauce - use	0.00
1986	Less if you like)	0.00
1986	Margarine	1.00 tb
1986	Salt	0.50 ts
1986	Dry bread crumbs	2.00 c
1986	Grated cheese	1.00 c
1987	Large onion per person	1.00
1987	Olive oil	0.00
1987	Salt	0.00
1987	Balsamic or red wine vinegar	0.00
1989	Zucchini, medium	4.00 x
1989	Rice,long grain cooked	1.00 c
1989	Onion, yellow, chopped	0.00
1989	Garlic clove, chopped	0.00
1989	Egg, beaten	1.00
1989	Olive oil	2.00 tb
1989	Ground beef, lean	0.50 lb
1989	Bread crumbs	0.50 c
1989	Spaghetti sauce,canned *	2.00 c
1989	Dill, fresh, chopped	3.00 tb
1989	Parsley, fresh, chopped	2.00 tb
1989	Parmesan cheese, grated	2.00 tb
1990	Olive oil	7.00 tb
1990	Shallot; minced	1.00
1990	Pearl barley	2.00 c
1990	Vegetable stock	8.00 c
1990	Japanese eggplant	3.00
1990	Lg shrimp; peeled cut 4 piec	10.00
1990	Grated pecorino cheese	0.25 c
1991	Coarsely Chopped	4.50 c
1991	Fresh Broccoli	0.00
1991	Water	0.50 c
1991	Egg Whites	4.00
1991	Egg Yolks	2.00
1991	Grated Parmesan	1.00 tb
1991	Lemon Juice	2.00 ts
1991	Dried Basil	0.50 ts
1991	Salt	0.25 ts
1991	Pepper	0.12 ts
1991	Cherry Tomatoes Halved	12.00
1991	Fresh Basil Leaves (Opt)	0.00
1992	Green Onions, Cut Into 3	4.00
1992	In. pieces	0.00
1992	Zucchini, Cut Into 3 X 1/4	1.00 md
1992	In. Strips	0.00
1992	Size Green Pepper, Cut	1.00 md
1992	Into 1/4 in. Strips	0.00

Sheet1

1992	Size Red Bell Pepper	1.00 md
1992	Cut Into 1/4 in. Strips.	0.00
1992	Vegetable Oil	1.00 tb
1992	Garlic Minched	1.00 cl
1992	Finely Chopped Fresh Basil	1.00 tb
1993	Slices bacon	4.00 ea
1993	Sliced green onions/tops	2.00 ts
1993	Salt	0.75 ts
1993	Dash pepper	1.00 x
1993	Med. potatoes	3.00 ea
1993	Snipped parsley	1.00 tb
1993	Dried thyme, crushed	0.12 ts
1993	Large eggs	4.00 ea
1994	Corn Starch	0.75 c
1994	Unsifted, all-purpose flour	0.25 c
1994	Baking Powder	1.00 ts
1994	Salt	0.50 ts
1994	Pepper	0.25 ts
1994	Water*	0.50 c
1994	Egg, slightly beaten	1.00
1994	Corn oil	1.00 qt
1994	Vegetable, cut in serving	4.00 c
1994	sizes (suitable veggies	0.00
1994	include: zucchini, carrots,	0.00
1994	onion, mushrooms, peppers,	0.00
1994	broccoli)	0.00
1995	Ground Beef	1.50 lb
1995	Applesauce	0.50 c
1995	Bread Crumbs; Dry	0.33 c
1995	Onion; Finely Chopped, 1 sm.	0.25 c
1995	Egg; Large	1.00
1995	Salt	1.00 ts
1995	Allspice	0.50 ts
1995	Sauerkraut; Drained, 1 can	16.00 oz
1996	Veal; Cubed	2.00 lb
1996	Vegetable Oil	2.00 tb
1996	Onion; Large, Chopped	1.00
1996	Carrots; Chopped	1.00 c
1996	Parsley; Chopped	1.00 tb
1996	Lemon Juice; Fresh	0.25 c
1996	Beef Broth	2.00 c
1996	Unbleached Flour	3.00 tb
1996	Salt	0.50 ts
1996	Pepper; Fresh Ground, To Taste	0.00
1996	Frozen Asparagus; * OR	20.00 oz
1996	Asparagus; Fresh **	2.00 lb
1997	Green beans	1.00 lb
1997	Sunflower oil	3.00 tb
1997	Cashew nuts	3.00 oz

Sheet1

1997	Garlic clove, chopped	1.00 ea
1997	Chopped thyme	1.00 tb
1998	Boneless beef*	0.50 lb
1998	Oyster sauce**	1.00 tb
1998	Rice wine**	2.00 ts
1998	Brown sugar**	0.50 ts
1998	Cornstarch**	2.00 ts
1998	Broccoli; chopped	1.00 lb
1998	Rice wine***	2.00 ts
1998	Brown sugar***	0.50 ts
1998	Cornstarch; dissolved in ***	1.00 ts
1998	Water***	2.00 tb
1998	Peanut oil	3.00 tb
1998	Slices ginger; minced	2.00
1998	Salt	0.50 ts
1998	Water	0.25 c
1998	Sesame oil	2.00 ts
1999	Ground Beef	1.00 lb
1999	Onion; Chopped, 1 Md.	0.50 c
1999	Celery; Thinly Sliced	0.50 c
1999	Cabbage; Shredded	2.00 c
1999	Green Pepper; Chopped	0.33 c
1999	Catsup	0.75 c
1999	Water	0.25 c
1999	Salt	0.25 ts
1999	Mustard; Prepared	1.00 tb
1999	Hamburger Buns; *	8.00
2000	Ground Beef	2.00 lb
2000	Dairy Sour Cream	1.00 c
2000	Bread Crumbs; Dry	0.50 c
2000	Mushrooms; *	4.00 oz
2000	Onion; Finely Chopped	2.00 tb
2000	Parsley; Snipped	2.00 tb
2000	Salt	1.50 ts
2000	Pepper	0.25 ts
2001	Beef bottom round steak, with bone, cut 1" thick	1.00 lb 0.00
2001	Dried thyme leaves	1.00 ts
2001	Salt	0.50 ts
2001	Pepper	0.25 ts
2001	Vegetable oil	2.00 tb
2001	Onion, cut into wedges	1.00 lg
2001	Cloves garlic, crushed	2.00
2001	Ready-to-serve beef broth (1 can)	13.75 oz 0.00
2001	Dry red wine (optional) or water	0.50 c 0.00
2001	Carrots, thinly sliced	4.00 md
2001	Fresh mushrooms, sliced	2.00 c

Sheet1

2001	Hot, cooked noodles	1.50 c
2001	Parsley, chopped (optional)	1.00 tb
2002	Red cabbage (1-1/2 to 2 lbs)	1.00
2002	Onion	1.00
2002	Parsnip	1.00
2002	Apple	1.00 lg
2002	Honey	1.00 tb
2002	Butter	0.50 oz
2002	Fruit vinegar (or more)	2.00 tb
2002	- preferably raspberry	0.00
2002	Caraway seeds	0.00
2002	Yoghurt or sour cream, opt.	0.25 pt
2003	FOR THE ONION VINAIGRETTE -----	0.00 -----
2003	Onions	2.00 md
2003	Kosher salt	0.50 ts
2003	Cracked black pepper	0.12 ts
2003	Olive oil	2.00 tb
2003	Champagne or sherry vinegar	0.50 tb
2003	FOR THE GLAZED BEETS -----	0.00 -----
2003	Onion	1.00
2003	Butter	1.00 tb
2003	Beets	3.00 md
2003	Kosher salt	0.25 ts
2003	Black pepper, to taste	0.00
2003	Sugar	2.50 tb
2003	Chopped chives or parsley	0.00
2004	Small (Italian style)	2.00 lb
2004	eggplants	0.00
2004	Oil or ghee for frying	4.00 c
2004	Oil or ghee	2.00 tb
2004	Cloves	6.00
2004	Whole cardamon pods, crushed	6.00
2004	Piece (2 inch) cinnamon,	1.00
2004	crushed	0.00
2004	Turmeric	1.00 ts
2004	Cayenne powder	1.00 ts
2004	Yogurt	1.00 c
2004	Salt or to taste	1.00 ts
2005	Raw almonds	0.67 c
2005	Warm water	2.00 c
2005	Ghee	3.00 tb
2005	Black mustard seeds	1.00 ts
2005	Whole cumin seeds	0.50 ts
2005	Fenugreek	0.25 ts
2005	Brown sugar	1.50 tb
2005	Grated ginger	0.50 tb
2005	Minced green chilies	1.00 ts
2005	Trimmed fresh spinach	2.00 lb
2005	Shredded coconut	0.33 c

Sheet1

2005	Salt	1.00 ts
2005	Water	2.00 tb
2005	Nutmeg	0.12 ts
2006	Whole cloves	1.50 ts
2006	Broken stick cinnamon	1.50 ts
2006	Celery seed	1.00 ts
2006	White vinegar	1.00 c
2006	Ripe tomatoes (25 med)	8.00 lb
2006	Chopped onion	1.00 tb
2006	Red pepper	0.25 ts
2006	Sugar	1.00 c
2006	Salt	4.00 ts
2007	Oil	0.25 c
2007	Onion, chopped	1.00 lg
2007	Garlic cloves, minced	10.00 ea
2007	Fresh green chilies, chopped	2.00 ea
2007	Turmeric	1.00 ts
2007	Cumin, ground	1.00 tb
2007	Okra	3.00 lb
2007	Salt	0.00
2008	Fresh okra	1.00 lb
2008	Ghee	3.00 tb
2008	Coriander	1.50 tb
2008	Cumin	0.50 ts
2008	Hungarian paprika	0.50 ts
2008	Garam masala	0.50 ts
2008	Turmeric	0.50 ts
2008	Salt	1.00 ts
2009	Butter	6.00 tb
2009	Almonds	0.50 c
2009	Cashews	0.50 c
2009	Raisins	0.50 c
2009	Chicken stock	0.75 c
2010	FOR THE BEANS -----	0.00 -----
2010	Dried black beans	0.33 c
2010	Stick cinnamon	1.00
2010	Cloves garlic	2.00
2010	Peppercorns	4.00
2010	FOR THE SALAD -----	0.00 -----
2010	Ripe papaya peeled, seeded d	1.00
2010	Med jicama (to yield 3 1/2 c	1.00
2010	FOR THE DRESSING -----	0.00 -----
2010	Garlic cloves, peeled and mi	2.00
2010	Shallots, peeled and chopped	3.00
2010	Ground cumin	0.25 ts
2010	Freshly squeezed lime juice	2.00 tb
2010	Sherry vinegar	3.00 tb
2010	Freshly squeezed orange juic	0.33 c
2010	Olive oil	2.00 tb

Sheet1

2010	Cayenne pepper	1.00 pn
2011	Black Beans; Canned, *	15.00 oz
2011	Tomato; Finely Chopped,1 med	0.75 c
2011	Serrano Chile; **	1.00
2011	Red Bell Pepper; Chopped	0.50 c
2011	Red Onion; Finely Chopped	0.25 c
2011	White Wine Vinegar	2.00 tb
2011	Vegetable Oil	1.00 tb
2011	Salt	0.25 ts
2012	(15 Oz.) Black Beans,	1.00 cn
2012	Rinsed & Drained	0.00
2012	Chili Powder	0.50 ts
2012	(6 in.) Corn Tortillas	6.00
2012	Minced Cilantro	0.25 c
2012	Lime Cut Into 6 Wedges	1.00
2012	(3 Oz.) Shredded	0.25 c
2012	Cheddar	0.00
2012	Fresh Salsa	0.00
2012	(4 Oz.) Chopped Green	2.00 cn
2012	Chiles Undrained	0.00
2013	Black beans	1.00 lb
2013	Water	0.50 ga
2013	Onion	1.00
2013	Green peppers	3.00
2013	Garlic clove	1.00
2013	Olive oil	0.50 c
2013	Ham boil; fresh,not smoked	0.25
2013	Bay leaves	3.00
2013	Salt	1.00 tb
2013	Bacon	1.00 oz
2013	Vinegar	0.50 c
2014	Black-eyed peas	1.00 lb
2014	Salt	1.00 tb
2014	Garlic clove; halved	1.00
2014	Bacon drippings; or veg. oil	0.50 c
2014	Garlic cloves; crushed	3.00
2014	Green peppers; chopped	3.00
2014	Onions; chopped	3.00
2014	Bay leaves	2.00
2014	Vinegar	3.00 tb
2014	Salt	1.00 ts
2014	Black pepper; to taste	0.00
2015	Plain Low Fat Yogurt	0.25 c
2015	Low Cal. Mayonnaise	2.00 tb
2015	Onion Powder	0.25 ts
2015	Tomatoes, Halved Crosswise	4.00 sm
2015	Lettuce Leaves	0.00
2015	+ 1 t. Black Caviar,	1.00 tb
2015	Rinsed And Drained	0.00

Sheet1

2016	Sweet onion	1.00 ea
2016	Eggs	1.00 ea
2016	Milk	1.00 tb
2016	Flour	2.00 tb
2016	Cracker crumbs, crushed	1.00 c
2017	Ground Beef	2.00 lb
2017	Worcestershire Sauce	2.00 ts
2017	Salt	0.50 ts
2017	Garlic Salt	0.25 ts
2017	Pepper	0.25 ts
2017	Cream Cheese; Softened, 1 pk	3.00 oz
2017	Blue Cheese; Crumbled	2.00 tb
2017	Mushrooms; 1 can, *	4.00 oz
2018	Navy beans	4.00 c
2018	Salt	3.00 ts
2018	Onion, chopped	1.00
2018	Brown sugar	4.00 tb
2018	Dry mustard	1.00 tb
2018	Salt pork	0.50 lb
2019	Env. Soup Mix *	1.00
2019	Lean Ground Beef	1.50 lb
2019	Fresh Bread Crumbs	2.00 c
2019	Sour Cream or Plain Yogurt	8.00 oz
2019	Large Egg	1.00
2019	Thyme or Basil Leaves	0.25 ts
2019	Unbleached All-Purpose Flour	1.00 tb
2019	Shredded Cheddar Cheese	6.00 oz
2019	Hot Cooked Assorted Veggies	3.50 c
2020	Corn of flour tortillas	4.00
2020	Vegetable oil	1.00 ts
2020	Scallions, chopped	0.50 c
2020	(4 to 6 scallions)	0.00
2020	Red potaotes, cooked,	2.00
2020	peeled, if desired, and	0.00
2020	diced (1 1/2 cups)	0.00
2020	Tomato, seeded and diced	1.00
2020	Chopped green chilies,	4.00 oz
2020	drained (1 can)	0.00
2020	Salt and freshly ground	0.00
2020	black pepper to taste	0.00
2020	Eggs	2.00 lg
2020	Egg whites	2.00 lg
2020	Cayenne pepper	0.00 pn
2020	Fresh cilantro, chopped	2.00 tb
2020	Tomato salsa	0.50 c
2020	Cheddar or Monterey Jack	0.25 c
2020	cheese, low-fat (grated)	0.00
2020	(1 ounce)	0.00
2021	Cucumbers	4.00 md



Sheet1

2021	Salt	1.00 pn
2021	Ground beef	8.88 oz
2021	Vinegar	1.00 tb
2021	Bacon	2.12 oz
2021	Onion	1.00 sm
2021	Water	1.00 c
2021	Cornstarch	1.00 tb
2021	Vinegar, salt and sugar to	0.00
2021	taste	0.00
2022	Prepared puff pastry, defros	0.00
2022	Eggs	4.00
2022	Ricotta cheese	1.00 lb
2022	Crumbled bleu cheese	0.50 lb
2022	Cooked chopped broccoli flow	4.00 c
2023	Cream style canned corn	2.00 c
2023	Broccoli, cooked and chopped	1.25 c
2023	Egg	1.00
2023	Coarse crumbs	0.50 c
2023	Melted butter or margarine	0.25 c
2024	Bunch of fresh broccoli	1.00
2024	Cloves of garlic	6.00 lg
2024	Olive oil	1.00 c
2024	Garlic powder	1.00 tb
2024	Salt	1.00 ts
2024	Romano cheese (grated)	0.25 c
2024	Cooked macaroni	1.00 lb
2025	Bunch broccoli in pieces	1.00
2025	Mushrooms, sliced	0.50 lb
2025	Garlic, minced	1.00 tb
2025	Water or chicken stock	1.00
2025	Vegetable oil	2.00 tb
2025	Oyster sauce	2.00 tb
2026	Broccoli	1.50 lb
2026	Butter or Margarine	2.00 tb
2026	Chopped Onion	0.50 c
2026	Clove Garlic; minced	1.00 md
2026	Campbell's Soup *	1.00 cn
2026	Dried Basil Leaf; crushed	0.50 ts
2026	Monterey Jack Cheese **	1.00 c
2026	Parmesan Cheese; grated	0.50 c
2026	Sour Cream	1.00 c
2026	Cooked Wide Egg Noodles ***	5.00 c
2027	Frozen chopped broccoli	2.00 pk
2027	Cream of mushroom soup	1.00 cn
2027	Mayonaise only	0.75 c
2027	Shredded cheddar cheese	1.00 c
2027	Eggs	3.00
2027	Medium onion, chopped	1.00
2027	Cornbread stuffing(crumbly)	0.50 pk

Sheet1

2027	Stick of butter	0.50
2028	Frozen cut broccoli	16.00 oz
2028	(1 package)	0.00
2028	Chopped onion	0.50 c
2028	Margarine	0.25 c
2028	Cream of mushroom soup	20.00 oz
2028	(2 cans)	0.00
2028	Grated Cheddar cheese (or	0.50 c
2028	2 ounces each Cheddar	0.00
2028	cheese and mild Mexican	0.00
2028	Cheeze Whiz)	0.00
2028	Slivered almonds or canned	0.50 c
2028	sliced water chestnuts	0.00
2029	Onions, chopped	2.00
2029	Butter	0.33 c
2029	Rice, cooked	2.00 c
2029	Cheddar cheese, grated	0.50 c
2029	Mushroom soup	1.00 c
2029	Broccoli, chopped	2.00 lb
2030	Broccoli flowerets	2.00 c
2030	Fettuccine, broken up	4.00 oz
2030	Oil, cooking	1.00 tb
2030	Parmesan cheese, grated	3.00 tb
2030	Sesame seed, toasted	1.00 ts
2030	Garlic powder	0.12 ts
2031	Broccoli flowerets	2.00 c
2031	Fettuccine, uncooked	8.00 oz
2031	Butter or margarine	2.00 tb
2031	Package Canadian bacon, cut	6.00 oz
2031	In thin strips	0.00 x
2031	Whipping cream	0.33 c
2031	Parmesan cheese, grated	1.50 c
2031	Salt	0.50 ts
2031	Pepper	0.50 ts
2032	Eggs; Lg,HardCooked, Chopped	8.00
2032	Cheddar; Sharp, Shredded	2.00 c
2032	Green Bell Pepper; Chopped	1.00 c
2032	Onion; Grated	3.00 tb
2032	Milk; Evaporated	0.67 c
2032	Mustard; Prepared	3.00 tb
2032	Salt	1.50 ts
2032	Pepper	0.25 ts
2032	Sandwich Buns Or Rolls; *	3.00
2033	Olive Oil	1.00 ts
2033	Minced Onions	1.50 c
2033	Garlic Minced	2.00 cl
2033	Unpeeled Tomatoes (About	3.00 md
2033	1 1/2 Lb.) Quartered	0.00
2033	Oregano	0.50 ts

## Sheet1

2033	Dry Breadcrumbs	0.50 c
2033	Pepper	0.12 ts
2033	Bay Leaf	1.00
2033	Salt	0.25 ts
2033	(3/4 Lb.) Unpeeled Eggplant	1.00
2033	Cut Into 12 (1/2 in.)	0.00
2033	Slices	0.00
2033	Egg White Slightly Beaten	1.00
2033	Grated Parmesan	0.50 c
2034	Butter Or Margarine	1.00 tb
2034	Nutmeg	0.12 ts
2034	Onion; Chopped, 2 Medium	1.00 c
2034	Dairy Sour Cream	2.00 tb
2035	Mayonnaise	0.25 c
2035	Grated Parmesan or Gruyere	0.25 c
2035	Cheese	0.00
2035	Minced Shallot or Green	0.25 c
2035	Onion	0.00
2035	Minced Parsley	2.00 tb
2035	Ripe Tomatoes, sliced into	2.00 lg
2035	Thirds	0.00
2036	Size Fresh Brussel	12.00 md
2036	Sprouts	0.00
2036	Margarine	1.00 tb
2036	White Pepper	0.12 ts
2037	Brussel sprouts	1.50 lb
2037	Chestnuts	0.50 lb
2037	Rosemary	0.50 ts
2037	Tarragon	0.50 ts
2037	Cumin	0.50 ts
2037	Chicken broth	1.00 c
2037	Cornstarch	1.00 ts
2038	Brussel sprouts; trimmed wi	1.00 lb
2038	Margarine	3.00 tb
2038	Pecans; chopped	0.25 c
2038	Salt and pepper to taste	0.00
2039	Fresh brussel sprouts	1.50 lb
2039	Olive oil	2.00 tb
2039	Cloves garlic, peeled and sl	2.00
2039	Medium yellow onion, peeled	1.00
2039	Balsamic vinegar	0.25 c
2039	Butter	2.00 tb
2039	Salt and freshly ground blac	0.00
2040	10 3/4 ounces condensed	1.00 cn
2040	Cream of Mushroom soup	0.00
2040	Milk	1.00 c
2040	Butter	1.00 tb
2040	Salt	1.00 ts
2040	Caraway Seed	0.75 ts

Sheet1

2040	Regular Rice	0.67 c
2040	Frozen Brussel Sprouts	2.00 pk
2040	10 ounces each, cut in half	0.00
2041	Brussels sprouts; fresh	1.00 lb
2041	Beer; any brand, to cover	0.00
2041	Salt	0.50 ts
2041	Butter	2.00 tb
2042	Brussels Sprouts; Frozen, OR	10.00 oz
2042	Brussels Sprouts; Fresh	0.75 lb
2042	Chicken Broth	0.50 c
2042	Canola Oil; Puritan	1.00 ts
2042	Green Onion; Chopped	2.00 tb
2042	Chicken Broth	1.00 c
2042	Mustard; Dijon-style	1.00 ts
2042	Pepper	0.50 ts
2042	Cornstarch	1.00 tb
2042	Skimmed Evaporated Milk	0.50 c
2043	Belgian endive; heads	8.00
2043	Butter; or margerine	2.00 tb
2043	Salt and pepper to taste	0.00
2043	Water	2.00 tb
2043	Lemon; juice	0.50
2043	Parsley;leaves fine chop	1.00 tb
2044	Parsnips	2.00 lb
2044	Butter	4.00 tb
2044	Nutmeg	0.12 ts
2044	Salt & Pepper; To Taste	0.00
2044	Parsley; Chopped	1.00 tb
2045	Peas, Frozen (in butter	1.00 pk
2045	sauce) (10 oz pkg)	0.00
2045	Water	2.00 tb
2045	Zucchini	1.00 md
2045	Cut into thin strips	0.00
2045	Pimiento; diced	1.00 tb
2046	Leaves Chinese cabbage	6.00 ea
2046	Clove garlic	1.00 ea
2046	Sesame oil	1.00 tb
2046	Sesame seeds	0.50 ts
2046	Dash cayenne pepper	0.00
2046	Dash black pepper	0.00
2046	Chang, meat sauce	2.00 tb
2047	Finely Chopped Green	4.00 c
2047	Cabbage	0.00
2047	Chopped Onion	0.25 c
2047	Peeled, Chopped Apples	1.50 c
2047	Chopped Pitted Dates	0.33 c
2047	+ 2 T. Low Fat Sour Cream	0.25 c
2047	Prepared Mustard	1.00 ts
2047	Sheets Frozen Phyllo	8.00

Sheet1

2047	Pastry Thawed	0.00
2047	Melted Margarine	1.00 ts
2048	Vegetable oil	2.00 tb
2048	Yellow onion	1.00
2048	Cloves garlic, chopped	2.00
2048	Zucchini, halved & sliced	1.00
2048	Carrot, peeled & sliced	1.00 lg
2048	Broccoli flowerets	1.00 lb
2048	Asparagus, trimmed	0.50 lb
2048	Head of cauliflower, chopped	0.25
2048	Ribs celery, chopped	2.00
2048	Chopped parsley	1.00 tb
2048	Lemon juice	2.00 tb
2048	Butter	4.00 tb
2048	Flour	4.00 tb
2048	Milk	2.00 c
2048	Swiss cheese, sliced	0.50 lb
2049	Bacon drippings	0.50 c
2049	Corn, can, drained	35.00 oz
2049	Onion, chopped	1.00 lg
2049	Garlic cloves, minced	2.00 md
2049	Green pepper, chopped	1.00 lg
2049	Tomatoes, peeled, chopped	2.00 md
2049	Salt	1.00 ts
2049	Black pepper	0.50 ts
2049	Sugar	1.00 tb
2049	Cayenne pepper	0.50 ts
2049	Chicken broth, canned	1.00 c
2050	Zucchini or yellow squash,	4.00
2050	Sliced	1.00
2050	Large onion, chopped	1.00
2050	Oil	3.00 tb
2050	Garlic salt or	0.25 ts
2050	Cloves garlic minced	2.00
2050	Can chopped green chili	4.00 oz
2050	Can whole kernel corn	16.00 oz
2050	Grated cheddar cheese	1.00 c
2051	White beans, drained and rin	16.00 oz
2051	Cut-up potatoes	3.00
2051	Diced smoked ham	0.50 lb
2051	Fresh, chopped kale	1.00 lb
2051	Chorizo, sliced	0.25 lb
2051	Chicken broth	8.00 c
2051	Turnips, peeled and sliced	3.00
2051	Onion, sliced	1.00
2051	Clove garlic minced	1.00
2051	Oregano	0.50 ts
2051	Salt and black pepper to tas	0.00
2052	Butter	3.00 tb

Sheet1

2052	White Wine; Dry	0.50 c
2052	Monterey Jack Cheese; Cubed	2.50 c
2052	Egg; Lg, Lightly Beaten	1.00
2052	Worcestershire Sauce	1.00 ts
2052	Basil; Crushed	0.50 ts
2052	Mushrooms; Fresh, Sliced	2.00 c
2052	Garlic Powder	0.50 ts
2053	Baby carrots, peeled	1.00 lb
2053	Butter or margarine	0.25 c
2053	Packed brown sugar	0.25 c
2053	Lemon juice	1.00 ts
2053	To 1/4 tsp. hot pepper sauc	0.12 ts
2053	Salt	0.12 ts
2054	Coarse breadcrumbs	1.00 c
2054	Butter	4.00 tb
2054	Chopped parsley leaves	0.25 c
2054	Small white onion	2.00 lb
2054	Butter	6.00 tb
2054	Sugar	2.00 tb
2054	Marsala wine	0.25 c
2054	Beef broth	0.25 c
2054	All purpose flour	1.25 c
2054	Salt	0.50 pt
2054	Cold unsalted butter, cut up	6.00 tb
2054	Vegetable shortening	2.00 tb
2054	Cold water	3.00 tb
2055	Pork steaks	4.00
2055	Small cabbage head	1.00
2055	Carrots	4.00
2055	Chicken stock or broth	1.00 c
2055	Garlic salt	0.25 ts
2055	Ground Allspice	1.00 tb
2055	Salt & pepper; to taste	0.00
2055	Butter, margarine or oil	1.00 tb
2055	Water; for deglazing	2.00 tb
2056	Chopped Onion	1.00 c
2056	Water	2.00 tb
2056	Oat bran	0.50 c
2056	Salt	0.50 ts
2056	Pepper	0.12 ts
2056	Clove garlic, minced	0.00
2056	Shredded carrots	1.00 c
2056	Skim milk	1.50 c
2056	Snipped fresh Parsley	2.00 tb
2056	Ground Nutmeg	0.12 ts
2056	Shredded Cheddar cheese *	1.00 c
2056	Egg Whites	4.00 x
2057	Large carrots,peeled,chunked	12.00
2057	Medium,russet or idaho potat	2.00

Sheet1

2057	Peeled and cubed	1.00
2057	Yams or sweet potatoes	3.00
2057	Peeled and cubed	1.00
2057	Medium onion,diced	1.00
2057	Large pitted prunes halved	10.00
2057	Clove garlic,crushed	1.00
2057	Brown sugar	0.50 c
2057	Salt	1.00 ts
2057	Cinnamon,optional	1.00 ts
2057	Orange juice	2.00 c
2058	Green Giant Crinkle Cut**	2.00 pk
2058	Brown Sugar, firmly packed	3.00 tb
2058	Vermouth	3.00 tb
2058	Cornstarch	2.00 ts
2058	Water	2.00 tb
2058	Green Grapes, halved	0.75 c
2058	Red Grapes, halved	0.75 c
2059	Large carrots	1.00 lb
2059	Butter	3.00 tb
2059	Water	0.33 c
2059	Light brown sugar	0.25 c
2059	French Dijon Mustard	2.00 tb
2059	Minced Parsley	2.00 tb
2059	Green onions, chopped fine	3.00
2060	Carrots; large	4.00
2060	Butter	1.00 tb
2060	Dark beer; any brand	1.00 c
2060	Salt	0.25 ts
2060	Sugar	1.00 ts
2061	Med. Carrots *	2.00
2061	Water	1.00 tb
2061	Butter Or Margarine	1.00 tb
2061	Finely Shredded Orange Peel	0.12 ts
2061	Pinch Dried Basil, Crushed	0.00
2061	Snipped Parsley (Opt.)	0.00
2062	Butter or margarine	6.00 tb
2062	Garlic, minced	2.00 cl
2062	Cooked ham, chopped	4.00 oz
2062	Cauliflower, brokem into	0.00
2062	Florets	0.00
2062	All-purpose flour	2.00 tb
2062	Whipping cream	1.50 c
2062	Salt	0.25 ts
2062	Pepper to taste	0.00
2062	Pinch Cayenne pepper	0.00
2062	Shredded Swiss cheese	1.50 c
2062	(4-6 oz.)	0.00
2062	Chopped fresh parsley	2.00 tb
2063	Butter or margarine	6.00 tb

Sheet1

2063	Garlic, minced	2.00 cl
2063	Cooked ham, chopped	4.00 oz
2063	Cauliflower, brokem into	0.00
2063	Florets	0.00
2063	All-purpose flour	2.00 tb
2063	Whipping cream	1.50 c
2063	Salt	0.25 ts
2063	Pepper to taste	0.00
2063	Pinch Cayenne pepper	0.00
2063	Shredded Swiss cheese	1.50 c
2063	(4-6 oz.)	0.00
2063	Chopped fresh parsley	2.00 tb
2064	Cauliflowettes	1.25 lb
2064	Eggs; beaten	3.00
2064	Milk	1.50 c
2064	Butter; melted	2.00 tb
2064	Salt and pepper	1.00
2064	Swiss cheese; grated	1.00 c
2065	Water	10.00 c
2065	Milk	1.00 c
2065	Salt	2.00 ts
2065	Cauliflower heads, cut into	2.00
2065	Flowerets	0.00
2065	Olive oil	3.00 tb
2065	Lemon juice	1.00 tb
2065	Drained capers	1.50 ts
2065	Anchovy paste	1.00 ts
2065	Dijon mustard	0.50 ts
2065	Fresh bread crumbs	0.25 c
2065	Parmesan cheese, grated	0.25 c
2066	PHILLY.INQUIRER -----	0.00 -----
2066	CHOPPED ONION	1.00 tb
2066	CHOPPED GREEN PEPPER	2.00 tb
2066	SMALL CLOVE GARLIC CRUSHED	1.00
2066	CHERRY TOMATOES HALVED	1.00 c
2066	ITALIIAN SALAD DRESS	2.00 tb
2066	SALT	0.50 ts
2066	SMALL FRESH CAULIFLOWERETS	3.00 c
2067	Cauliflower Pieces, fresh	4.00 c
2067	Vegetable Oil	0.33 c
2067	Cider Vinegar	2.00 tb
2067	Dried Dill	0.50 ts
2067	Pn White Pepper, ground	0.00
2068	Potatoes	0.50 lb
2068	Cauliflower florets	1.00 lb
2068	Vegetable oil1	5.00 tb
2068	Whole cumin seeds	1.00 ts
2068	Ground cumin	1.00 ts
2068	Coriander seeds,ground	0.50 ts



Sheet1

2068	Tumeric,ground	0.25 ts
2068	Cayenne pepper	0.25 ts
2068	A fresh green chili	0.50 x
2068	chopped finely	0.00
2068	Roasted cumin seeds	0.50 ts
2068	ground	0.00
2068	Salt	1.00 ts
2068	Pepper to taste	0.00
2069	Baking potatoes	2.00
2069	Fresh mushrooms, sliced	0.50 lb
2069	Sweet red pepper, cup up	1.00
2069	Clove garlic, minced	1.00
2069	Olive oil	2.00 tb
2069	Water	2.00 tb
2069	Lemon juice	1.50 ts
2069	Salt	1.50 ts
2069	Pepper	0.12 ts
2069	Butter, divided	2.00 tb
2069	Salt & pepper to taste	0.00
2069	Fresh parsley	0.00
2070	Cabbage; coarsely chopped	4.00 c
2070	Cheddar; grated	1.00 c
2070	Celery; sliced	3.00 c
2070	Beer	0.50 c
2070	Caraway	1.00 ts
2070	Milk	2.00 c
2070	Butter	2.00 ts
2070	Flour	0.50 c
2071	Celery; large bunch	1.00
2071	Onion; small chopped	1.00
2071	Pinenuts; toasted	0.50 c
2071	Butter	4.00 ts
2071	Salt & pepper	0.00
2071	Parsley; chopped italian	1.00 ts
2072	Eggplant, cut into 1" cubes	1.00 md
2072	Fresh or frozen green peas	2.00 c
2072	Ghee	4.00 tb
2072	Coarsely crushed coriander	1.00 tb
2072	Coarsely crushed cumin seeds	0.50 tb
2072	Turmeric	1.00 ts
2072	Salt	1.00 ts
2072	Whole hot chilies	3.00 ea
2072	Asafetida	0.12 ts
2072	Sprigs fresh coriander	3.00 ea
2072	Stock	2.00 c
2073	Tomatoes, chopped	2.00 md
2073	Potatoes, cubed	5.00 md
2073	Green beans, cut into 1 1/2	2.50 c
2073	inch pieces	0.00

Sheet1

2073	Basil	1.00 tb
2073	Whole dried red chilies	2.00 ea
2073	Sprigs fresh coriander	4.00 ea
2073	Turmeric	0.50 ts
2073	Asafetida	0.12 ts
2073	Salt	1.00 ts
2073	Black pepper	1.00 ds
2073	Ghee	6.00 tb
2073	Water	2.67 c
2074	Chopped red onion	0.50 c
2074	Olive oil	1.00 tb
2074	Chayotes	2.00
2074	Fresh Anaheim or poblano	2.00
2074	chiles, charred, peeled,	0.00
2074	diced	0.00
2074	Frozen or fresh corn kernels	1.00 c
2074	(cut from 2 ears of corn)	0.00
2074	Salt	0.50 ts
2074	Pepper to taste	0.00
2074	Evaporated milk	0.50 c
2074	Grated Parmesan cheese	0.25 c
2074	Grated sharp cheddar cheese	0.25 c
2074	Red chile powder, for	0.50 ts
2074	garnish	0.00
2075	Cheddar; Sharp, Shredded, 1C	4.00 oz
2075	Lemon Juice; Fresh	0.50 ts
2075	Worcestershire Sauce	0.50 ts
2075	Paprika	0.12 ts
2075	Garlic Powder	0.12 ts
2075	Pepper	1.00 ds
2075	Dairy Sour Cream	2.00 tb
2075	Bacon; Slices, *	3.00
2075	Bread; Slices, Buttered	4.00
2075	Lettuce	0.00
2075	Tomato Slices	0.00
2076	Cream of Mushroom Soup	1.00 cn
2076	Paprika	0.50 ts
2076	Pepper	0.50 ts
2076	Baking potatoes, cut into	4.00 md
2076	1/4" slices (about 4 cups)	0.00
2076	Shredded Cheddar Cheese	1.00 c
2077	Mushrooms; Fresh, Chopped	1.50 c
2077	Butter; Melted	2.00 tb
2077	Egg; Lg, Beaten	1.00
2077	Oregano	1.00 ts
2077	Cheddar; Md Sharp, Shredded	1.00 c
2077	Dk. Rye Bread Slices;Toasted	6.00
2077	Tomato; Slices, Thin	12.00
2077	Celery Salt	0.00

Sheet1

2077	Parsley	0.00
2078	Unsalted butter	2.00 tb
2078	Flour	0.25 c
2078	Milk	1.50 c
2078	Tomato paste	3.00 tb
2078	Swiss cheese, grated	1.00 c
2078	Parmesan cheese, grated	3.00 tb
2078	Cayenne pepper to taste	0.00
2078	Eggs, separated	3.00 lg
2078	Medium dry sherry	1.00 tb
2079	Medium zucchini (or other	4.00
2079	Summer squash)	0.00
2079	Milk	0.50 c
2079	Mayonnaise	0.33 c
2079	Grated sharp cheese	0.67 c
2079	Salt	0.25 ts
2079	Dash of pepper	0.00
2080	Skim Milk	1.00 c
2080	Dry Mustard	0.50 ts
2080	Shredded American Cheese	0.75 c
2080	Med Baking Potatoes,baked **	4.00 x
2080	Cornstarch	1.00 tb
2080	Pepper	0.12 ts
2080	Pkg frozen mixed vegetables*	10.00 oz
2081	Medium potatoes	6.00
2081	Salt	1.00 ts
2081	Pepper	0.50 ts
2081	Butter	0.25 c
2081	Baking powder	0.50 ts
2081	Light cream	3.00 tb
2081	Milk	0.25 c
2081	Cream cheese	1.50 oz
2081	Old english cheese	4.00 oz
2081	Egg yolks	2.00
2081	Egg whites	2.00
2081	Grated parmesan cheese	2.00 tb
2082	Cottage Cheese; Creamed	1.50 c
2082	Wheat Germ; Regular	0.50 c
2082	Green Chiles; Chopped	2.00 tb
2082	Oregano Leaves; Crushed	0.25 ts
2082	Basil Leaves; Crushed	0.25 ts
2082	Salt	0.25 ts
2082	WholeWheat English Muffins;*	3.00
2082	Tomato; Slices	6.00
2082	Cheddar; Sharp, Slices	0.00
2083	Pasta *	8.00 oz
2083	Safflower Oil	2.00 tb
2083	Sm Onion, chopped (1/4 cup)	0.00
2083	Clove Garlic, minced	0.00

Sheet1

2083	Sliced Mushrooms (4 oz)	1.50 c
2083	Med Zucchini, sliced	2.00 x
2083	Lg Tomato, cubed	0.00
2083	Can Chick peas,drained(1.5 c	15.00 oz
2083	Can Tomato paste (2/3 c)	6.00 oz
2083	Curry powder, to taste	2.00 ts
2083	Water	1.00 c
2083	Black pepper	0.25 ts
2084	Chopped onion	0.75 c
2084	Cloves garlic	2.00
2084	Olive oil	3.00 tb
2084	Chili powder	2.00 tb
2084	Basil	0.25 ts
2084	Oregano	0.25 ts
2084	Cumin	0.25 ts
2084	Finely chopped zucchini	2.00 c
2084	Finely chopped carrot	1.00 c
2084	Can tomatoes, drain & chop	28.00 oz
2084	Can tomatoes, drain & chop	14.50 oz
2084	Can-kidney beans,undrained	15.00 oz
2084	Can-kidney beans, drained	30.00 oz
2084	And thoroughly rinsed	0.00
2084	Chopped onions, tomatoes,	0.00
2084	Lettuce, or green peppers	0.00
2084	For garnish	0.00
2085	Olive Oil	1.00 ts
2085	Onion, chopped	0.50
2085	Garlic Cloves, minced	2.00
2085	Cooked Brown Rice	2.00 c
2085	SAUCE:	0.00
2085	Salsa	3.00 tb
2085	Can Green Chilies -or-	4.00 oz
2085	To 3 Anaheim or California	2.00
2085	Chilies, fresh	0.00
2085	White Vinegar	0.33 c
2085	Onion, chopped	0.25 c
2085	Cilantro, freshly chopped	0.50 c
2086	Black beans, sorted rinsed	1.75 c
2086	Ginger, fresh minced	2.00 tb
2086	Water, or more as needed	2.00 qt
2086	Thyme, fresh minced or	2.00 tb
2086	Lamb bones	2.00 lb
2086	Thyme, dried crumbled	2.00 ts
2086	Thyme sprigs	4.00
2086	Jalapeno, seeded, deveined	1.00 tb
2086	Parsley sprigs	4.00
2086	Marjoram, dried, crumbled	1.25 ts
2086	Bay leaf	1.00
2086	White pepper, fresh ground	0.75 ts

## Sheet1

2086	Garlic clove, crushed	3.00
2086	Black pepper, fresh ground	0.75 ts
2086	Olive oil	6.00 tb
2086	Pepper, cayenne	0.75 ts
2086	Onions, lg yel, chopped	2.00
2086	Allspice	0.75 ts
2086	Lamb shoulder, ground	1.50 lb
2086	Italian tomatoes, chopped	2.00 lb
2086	Chili powder	2.00 tb
2086	Wine, light zinfandel	1.25 c
2086	Salt as needed	0.00
2087	Anaheim or any mild long gre	6.00
2087	Vegetable oil	2.00 c
2087	Mozzarella cheese, grated	0.25 lb
2087	Monterey Jack cheese, grated	0.25 lb
2087	Minced garlic	1.00 ts
2087	Dried thyme	0.50 ts
2087	Dried oregano	0.50 ts
2087	Chopped fresh cilantro or pa	2.00 tb
2087	Salt	0.25 ts
2087	Pepper	0.25 ts
2087	Egg	1.00
2087	Milk	2.00 tb
2087	Yellow cornmeal	1.00 c
2087	Mild or hot tomato salsa	1.00 c
2088	Anaheim or poblano chilies	6.00
2088	Olive oil	1.00 tb
2088	Minced shallots	1.00 tb
2088	Minced garlic	2.00 ts
2088	Chopped fresh basil	2.00 tb
2088	Chopped fresh thyme (1/4 t d	1.00 ts
2088	Chopped fresh rosemary (1/4	1.00 ts
2088	Chopped parsley	2.00 tb
2088	Salt	0.50 ts
2088	White pepper	1.00 pn
2088	Mild goat cheese, crumbled	0.25 lb
2088	Mozzarella cheese, grated	0.25 lb
2088	Oil or shortening for deep f	0.00
2088	Egg	1.00
2088	Milk	2.00 tb
2088	Flour for dredging	0.00
2088	Fresh tomato salsa on the si	0.00
2089	Cooked white or soy beans	1.00 c
2089	Medium Onions, chopped	2.00
2089	Salad Oil	1.00 tb
2089	Brewer's Yeast	1.00 ts
2089	Hard cooked egg, sieved	1.00
2089	Salt	0.00
2089	Pepper	0.00

Sheet1

2089	Soya Sauce (optional)	0.00
2090	Ground Beef	1.00 lb
2090	Onion; Thinly Sliced, Medium	1.00
2090	Water	0.67 c
2090	Cornstarch	2.00 tb
2090	Soy Sauce	3.00 tb
2090	Molasses	1.00 tb
2090	Ginger	0.25 ts
2090	Bean Sprouts; 1 cn, *	16.00 oz
2090	Water Chestnuts; 1 cn, **	8.50 oz
2090	Hamburger Buns; ***	8.00
2091	Rice uncooked	1.00 c
2091	Chopped almonds	0.25 c
2091	Currants	2.00 T
2091	Raisins	2.00 T
2091	Prunes dried, pitted, & coarsely chopped	6.00 ea 0.00
2091	Dates chopped	3.00 T
2091	Butter	4.00 T
2091	Apricots, dried, pitted & cut into strips 1/4"x1"	0.25 c 0.00
2091	Honey	1.00 T
2091	Cold water	2.00 c
2092	Cream of Mushroom Soup	1.00 c
2092	Milk	0.50 c
2092	Soy sauce	1.00 ts
2092	Dash pepper	0.00
2092	Cooked green beans	4.00 c
2092	French-fried onions	1.00 cn
2093	Fresh asparagus	1.50 lb
2093	Walnuts, finely chopped	1.00 c
2093	Walnut or sesame oil	2.00 tb
2093	Cider vinegar	0.25 c
2093	Soy sauce	0.25 c
2093	Sugar	0.33 c
2093	Pepper to taste	0.00
2094	Lean Ground Beef	1.50 lb
2094	Onion; Sliced, Md	1.00
2094	Clove Garlic; Minced	1.00
2094	Soy Sauce	0.25 c
2094	Cornstarch	2.00 tb
2094	Molasses	1.00 tb
2094	Beef Bouillon; Instant	1.00 ts
2094	Water	0.75 c
2094	Frozen Chinese Pea Pods, 1Pk	6.00 oz
2094	Water Chestnuts; *	5.00 oz
2094	Bamboo Shoots; Drained, 1 Cn	5.00 oz
2094	Mandarin Orange Segments; **	11.00 oz
2095	Penne	0.50 lb

Sheet1

2095	Olive oil	1.00 tb
2095	Carrots; peeled, julienned	2.00
2095	Zucchini;trimmed,julienned	2.00
2095	Green onions, julienned	3.00
2095	Chopped basil leaves	2.00 tb
2095	Whipping cream; whipped	0.25 c
2095	Rice or cider vinegar	2.00 tb
2095	Salt	0.00
2095	Freshly ground blk. pepper	0.00
2095	Sesame oil	0.50 ts
2095	Radicchio (optional)	0.00
2095	Fresh basil (optional)	0.00
2095	Baby zucchini (optional)	0.00
2096	Wild Rice	0.33 c
2096	Water	1.00 c
2096	Bacon Strip; Thick, Lean	1.00
2096	Butter; Unsalted	1.00 ts
2096	Salt	0.00
2096	White Pepper; Freshly Ground	0.00
2097	Carrots	2.00 lb
2097	Vinegar	0.75 c
2097	Worcestershire sauce	1.00 ts
2097	Chopped onion	1.00
2097	Oil	0.25 c
2097	Sugar	0.75 c
2097	Prepared mustard	1.00 ts
2097	Can tomato soup	1.00
2097	Chopped green pepper	1.00
2097	Salt	1.00 ts
2098	All-purpose flour*	4.00 c
2098	Yellow commeal	4.00 c
2098	Nonfat dry milk	1.75 c
2098	Baking powder	0.33 c
2098	Salt	2.00 ts
2098	Shortening	1.75 c
2099	Cornstarch	2.00 tb
2099	Cream style corn (#2)	1.00 cn
2099	Eggs	6.00
2099	Canned milk	3.00 c
2099	Sugar	1.00 tb
2099	Salt, pinch	0.00
2100	Jim Vorheis	0.00
2100	Unsalted butter	1.00 tb
2100	Toasted fine bread crumbs,	2.00 tb
2100	approximately	0.00
2100	For the budin:	0.00
2100	Corn kernels*	2.00 c
2100	Milk	0.50 c
2100	Unsalted butter	5.00 tb

Sheet1

2100	Eggs	3.00
2100	Sugar	1.00 ts
2100	Sea salt, or to taste	1.00 ts
2101	Butter softened	0.75 c
2101	Minced parsley	1.50 tb
2101	Lemon juice	1.50 tb
2101	Minced green onion	2.50 tb
2101	Freshly grated nutmeg	0.25 ts
2101	Salt and pepper	0.50 ts
2101	Dash of Tabasco	0.00
2101	Dash of Worcestershire sauce	0.00
2102	Poblano Chiles	6.00
2102	Eggs; Large	2.00
2102	Whole Kernel Corn	1.50 c
2102	Cheddar Cheese;Shredded,1/2C	2.00 oz
2102	Pecans; Chopped	0.50 c
2102	Red Pepper; Finely Chopped	0.50 c
2102	Onion; Finely Chopped	0.50 c
2102	Salt	0.50 ts
2102	Red Pepper; Ground	0.12 ts
2103	Can whole kernel Corn *	12.00 oz
2103	Slightly beaten Eggs	2.00 x
2103	Salt	0.25 ts
2103	Fine dry Bread Crumbs	2.00 tb
2103	Margarine, melted	2.00 ts
2103	Sliced Green Onion	0.25 c
2103	Skim Milk	1.00 c
2103	Pepper	0.12 ts
2103	Grated Parmesan Cheese	2.00 tb
2104	Potatoes, quartered	4.00 lg
2104	Onion, chopped	1.00 md
2104	Salt & pepper to taste	1.00 ea
2105	Lamb or beef	4.00 lb
2105	Carrots, peeled and halved	1.00 lb
2105	Turnips, peeled and halved	1.00 lb
2105	Pumpkin, cut in pieces	1.00 lb
2105	Zucchini	1.00 lb
2105	Eggplant, peeled cut in piec	1.00 lb
2105	Leeks	1.00 lb
2105	Oil	2.00 tb
2105	Chopped onions	1.00 lb
2105	Saffron	0.25 ts
2105	Chopped parsley	1.00 ts
2105	Tomatoes chopped	2.00
2105	Small bunch coriander	1.00
2105	Bouillon cubes	4.00
2105	Ginger	0.25 ts
2105	Pepper	1.00 ts
2105	Turmeric	1.00 ts



Sheet1

2105	Sweet red pepper	2.00 tb
2105	Hot peppers	2.00
2105	Couscous	2.00 lb
2105	Salt	1.50 ts
2105	Butter	2.00 tb
2106	Acorn Squash	2.00 md
2106	Apple, chopped	1.00
2106	Cranberries, fresh or	0.50 c
2106	Frozen, chopped	0.00
2106	Orange, peeled and chopped	1.00
2106	Ground Cinnamon	0.50 ts
2106	Honey -or- Equal Sweetener	2.00 ts
2107	White onions	8.00
2107	Whipping cream	0.50 pt
2107	Flour	4.00 tb
2107	Cayenne pepper	0.25 ts
2107	Butter	4.00 tb
2107	Salt	0.50 ts
2108	Spinach	0.25 ea
2108	Pepper	1.00 ds
2108	Butter	1.00 tb
2108	Milk	0.75 c
2108	Salt	0.50 ts
2108	Nutmeg	0.12 ts
2108	Flour	2.00 ts
2109	PHILLY.INQUIRER -----	0.00 -----
2109	DRIED WILD MUSHROOMS	0.50 oz
2109	PORCINI OR CEPES	0.00
2109	CHOPPED FROZEN SPINACH OR	20.00 oz
2109	FRESH,STEMMED CHOPPED	2.00 lb
2109	SPINACH	0.00
2109	BOILING WATER	0.50 c
2109	HEAVY CREAM	0.25 c
2109	FINELY CHOPPED ONION	2.00 tb
2109	EGG YOLK	1.00
2109	BUTTER	2.00 tb
2109	SALT AND PEPPER TO TASTE	0.00
2110	Lean Ground Beef	1.00 lb
2110	Onion; Chopped, 1 Md	0.50 c
2110	Mushroom Stem/Pieces; 1 cn	4.00 oz
2110	Cream Of Mushroom Soup; 1 Cn	10.75 oz
2110	Celery; Sliced, 2 Stalks	1.00 c
2110	Green Bell Pepper; Chopped	0.50 c
2110	Pimento; Sliced	0.25 c
2110	Milk	1.00 c
2110	Worcestershire Sauce	1.00 tb
2110	Salt	1.00 ts
2110	Noodles; Uncooked, Abt 2 C	4.00 oz
2111	Cubed peeled potatoes	2.00 c

Sheet1

2111	Frozen mixed Vegetables	1.00 c
2111	Cornstarch	1.00 tb
2111	Pepper	0.12 ts
2111	Dijon-style Mustard	1.00 ts
2111	Sm Tomato, halved & sliced	0.00
2111	Chopped Onion	0.50 c
2111	Skim Milk	1.25 c
2111	Instant Chicken Bouillon	2.00 ts
2111	Shredded Cheddar cheese(2oz)	0.50 c
2111	Hard-cooked Eggs, sliced	4.00 x
2112	Butter	2.00 tb
2112	Med Onion, finely chopped	0.00
2112	Med stalk celery, diced	0.00
2112	Cloves Garlic, minced	2.00 x
2112	Unbleached white Flour	1.00 tb
2112	Minced fresh parsley	2.00 tb
2112	Minced fresh basil	1.00 tb
2112	Dried Thyme	0.50 ts
2112	Whole or low-fat Milk	0.50 c
2112	Lg Eggplant , peeled & diced	0.00
2112	Fresh, soft bread crumbs	0.50 c
2112	Grated white cheese *	1.00 c
2112	Eggs, separated, room temp.	3.00 x
2112	Cayenne pepper	1.00 ds
2113	Safflower oil	2.00 tb
2113	Lg Onion, finely chopped	0.00
2113	Lg stalk Celery, chopped fine	0.00
2113	Cloves Garlic, minced	2.00 x
2113	Sm green bell Pepper, diced	0.00
2113	Med Eggplants (1 lb each)	2.00 x
2113	Chopped fresh Basil	1.00 tb
2113	Chopped fresh Parsley	0.25 c
2113	Dried Thyme	0.50 ts
2113	Cayenne pepper	1.00 ds
2113	Dry whole-grain Bread Crumbs	0.50 c
2114	Sliced Button Mushrooms	1.00 lb
2114	Cottage Cheese	1.00 lb
2114	Black Pepper	0.00
2114	BATTER -----	0.00 -----
2114	White Flour	1.00 c
2114	Eggs	2.00
2114	Olive Oil or Melted Oleo	1.00 tb
2114	(Generous) Milk	0.50 c
2114	(Generous) Water	0.50 c
2115	Onions, large	2.00
2115	Package cornflakes, crushed	7.00 oz
2115	Seasoned salt *	1.00 ts
2115	Sugar	2.00 ts
2115	Paprika	1.00 ts

Sheet1

2115	Egg substitute	1.00 c
2115	Vegetable cooking spray	0.00
2116	Dried Navy beans	1.00 lb
2116	Onions, chopped	2.00
2116	Brown sugar	0.50 c
2116	Molasses	0.25 c
2116	Catsup	0.33 c
2116	Bacon, diced	0.25 lb
2116	Salt	1.00 tb
2116	Dry mustard	1.50 ts
2116	Pepper	0.25 ts
2117	Thinly sliced carrots	3.00 c
2117	Butter or margarine	3.00 tb
2117	Water	2.00 c
2117	Orange marmalade	3.00 tb
2117	Salt	0.25 ts
2117	Chopped pecans	2.00 tb
2118	Green peppers	6.00
2118	Worcestershire sauce	1.00 tb
2118	Lean ground beef	0.50 lb
2118	Finely chopped onion	0.25 c
2118	Prepared mustard	1.00 ts
2118	Chopped pimiento	1.00 tb
2118	Salt	1.00 ts
2118	Can cream of tomato soup	10.75 oz
2118	Can whole kernel corn	12.00 oz
2119	Large cabbage leaves	12.00
2119	Lean ground beef	1.00 lb
2119	Beaten egg	1.00
2119	Cooked rice	1.00 c
2119	Milk	0.25 c
2119	Tomato sauce	8.00 oz
2119	Finely chopped onions	0.25 c
2119	Brown sugar	1.00 ts
2119	Salt	1.00 ts
2119	Worcestershire sauce	1.00 ts
2119	Pepper	0.25 ts
2119	Lemon juice	1.00 tb
2120	16 oz Frz. cut green beans	1.00 pk
2120	thawed	0.00
2120	Sliced fresh mushrooms	2.00 c
2120	Finely chopped onion	0.25 c
2120	Water	2.00 tb
2120	Salt	0.25 ts
2120	Pepper	0.12 ts
2120	Butter or low cal margarine	1.00 tb
2120	Olive oil	1.00 tb
2120	Fresh white bread crumbs	1.00 c
2120	Dried basil leaves	1.00 ts

Sheet1

2121	Ground Beef	1.50 lb
2121	Water Chestnuts; *	0.50 c
2121	Soy Sauce	0.25 c
2121	Orange Juice; OR	0.25 c
2121	Sherry; Dry	0.25 c
2121	Clove Garlic; Minced	1.00
2121	Molasses Or Brown Sugar	1.00 ts
2121	Ginger; Ground	0.12 ts
2122	HABICHUELAS Y ARROZ CUBANO -----	0.00 -----
2122	Olive oil	2.00 tb
2122	Glove garlic	1.00
2122	Green pepper, chopped	1.00
2122	Black beans, cooked	2.00 c
2122	Oregano	0.25 ts
2122	White vinegar	1.00 tb
2122	Pimientos, minced	2.00
2122	Salt	0.00
2122	Pepper	0.00
2122	Rice, cooked	3.00 c
2123	Hot green chilies, minced	2.00 ea
2123	1/2" piece of ginger root	1.00 ea
2123	Cumin seeds	1.00 ts
2123	Black mustard seeds	1.00 ts
2123	Ghee	4.00 tb
2123	Potatoes, diced	3.00 md
2123	Cauliflower in florets	1.00 md
2123	Tomatoes, diced	2.00 md
2123	Turmeric	0.50 ts
2123	Coriander	2.00 ts
2123	Garam masala	0.50 ts
2123	Brown sugar	1.00 ts
2123	Salt	1.00 ts
2123	Coarsely chopped coriander	3.00 tb
2124	Dry Lentils (10 oz.)	2.00 c
2124	Chopped Carots	1.50 c
2124	Chopped Celery	1.00 c
2124	Curry powder (or less)	3.00 ts
2124	Salt	1.00 ts
2124	Med Tomato, chopped	0.00
2124	Water	4.00 c
2124	Chopped onions	1.50 c
2124	Clove garlic, minced	0.00
2124	Grated fresh Gingerroot	1.00 ts
2124	Plain lo-fat Yogurt	1.50 c
2124	Snipped fresh Parsley (opt.)	1.00 tb
2125	1/2" piece of ginger root	1.00 ea
2125	Minced green chilies	2.00 ea
2125	Shredded unsweetened coconut	0.25 c
2125	Garam masala	0.50 ts

Sheet1

2125	Ghee	4.00 tb
2125	Black mustard seeds	1.00 ts
2125	Whole cumin seeds	0.50 tb
2125	Asafetida	0.12 ts
2125	Potatoes, boiled & cubed	6.00 md
2125	Turmeric	1.00 ts
2125	Coriander	1.00 tb
2125	Eggplant in 1" cubes	1.00 sm
2125	Salt	1.00 ts
2125	Fresh coriander, chopped	3.00 tb
2125	Lemon juice	1.00 tb
2126	Butter	2.00 ts
2126	Rice	1.00 c
2126	Shallots, chopped	2.00 tb
2126	Carrot, peeled	1.00
2126	Garlic, minced	1.00 ts
2126	Chicken broth, unsaltd	1.50 c
2126	Bay leaf	1.00
2126	Curry powder	2.00 ts
2127	Lean Ground Beef	2.00 lb
2127	Onion; Chopped, 1 Lg	1.00 c
2127	Tomatoes; 1 Cn	16.00 oz
2127	Apple; Cored, Chopped	1.25 c
2127	Curry Powder; 1 to 1 1/2 Tb	0.00
2127	Coconut; Optional	2.00 tb
2127	Raisins	2.00 tb
2127	Chutney; Chopped	1.00 tb
2127	Beef Bouillon; Instant	2.00 ts
2127	Salt	1.50 ts
2127	Rice; Regular, Uncooked	1.00 c
2127	Water	2.50 c
2127	GARNISH -----	0.00 -----
2127	Peanuts; Chopped	0.00
2128	String beans	1.50 qt
2128	Butter	1.00 tb
2128	Med Tomato, chopped	4.00 ea
2128	Red pepper	1.00 ds
2128	Bacon, smoked, diced	2.00 tb
2128	Onion, sliced	3.00 ea
2128	Salt	1.00 ts
2128	Water, hot	1.00 c
2129	Corn, creamed	16.00 oz
2129	Onion, med	1.00 ea
2129	Garlic clove	3.00 ea
2129	Thai chile	1.00 ea
2129	Egg; beaten	1.00 ea
2129	Flour	1.00 c
2129	Salt; to taste	1.00 x
2129	Oil; for frying	1.00 x

## Sheet1

2130	Carrots, cut into 1/2 inch s	1.00 lb
2130	Creme fraiche	0.75 c
2130	Dill, chopped	0.25 c
2130	Sugar	2.00 ts
2130	White wine	0.50 c
2130	Salt and pepper, to taste	0.00
2131	Baby Carrots	1.50 lb
2131	Water	2.00 c
2131	Cider Vinegar	2.00 c
2131	Cloves Peeled Garlic	3.00
2131	Dried Red Pepper Flakes	1.00 tb
2131	Dill Seeds	1.00 tb
2131	Salt	2.00 ts
2131	Sprigs Fresh Dill *	4.00
2132	Tender Green Beans *	2.00 lb
2132	Water	2.00 c
2132	White Distilled Vinegar	2.00 c
2132	Pickling Salt To Taste	1.50 ts
2132	Sugar	0.33 c
2132	Bay Leaves	2.00
2132	Onions **	2.00 sm
2132	Red Hot Peppers	8.00
2132	Cloves Garlic, Peeled	8.00
2132	Sprigs Fresh Dill	8.00
2133	Dark Red Kidney Beans	2.00 cn
2133	Onion; Chopped	0.50
2133	Cajun, Creole seasoning	0.00
2133	Cayenne pepper	0.00
2133	Sausage, fully cooked	0.50 pk
2133	Rice, long cooking white	1.00 c
2133	Louisiana hot sauce	0.00
2133	Black pepper	0.00
2134	Mung beans	0.25 c
2134	Water, tepid	1.00 qt
2135	Noodles; Uncooked, Abt 2 C	4.00 oz
2135	Lean Ground Beef	1.00 lb
2135	Onion; Chopped	0.33 c
2135	Celery Chopped	0.25 c
2135	Tomato Sauce; 1 Cn	8.00 oz
2135	Salt	1.00 ts
2135	Cream Cheese; Softened, 1 Pk	3.00 oz
2135	Cottage Cheese; Creamed	0.50 c
2135	Dairy Sour Cream	0.25 c
2135	Tomato; Md., Optional	1.00
2136	Pork & Beans; Canned	28.00 oz
2136	Onion; Finely Chopped	1.00
2136	Green Pepper; Finely Chopped	1.00
2136	Tomato; Finely Chopped	1.00
2136	Brown Sugar; Dark, Packed	0.50 c

Sheet1

2136	Dr. Pepper	0.33 c
2136	Cloves; Ground	0.12 ts
2137	Cabbage	1.00 x
2137	Vinegar	0.25 c
2137	Salt	1.00 ts
2137	Egg	1.00 ea
2137	Sugar	1.00 tb
2137	Pepper	1.00 ds
2138	Potato, raw, diced	2.00 c
2138	Salt	0.50 ts
2138	Parsley, minced	1.00 ts
2138	Flour	2.00 ts
2138	Butter	1.00 tb
2138	Pepper	1.00 ds
2138	Onion, sliced	1.00 ea
2139	Water	2.00 c
2139	Tomatoes, whole drained	16.00 oz
2139	Pinto beans, soaked	0.50 c
2139	Chili powder	2.00 tb
2139	Oil or bacon drippings	1.00 tb
2139	Green chile, jalapeno or	0.00
2139	Onion, sliced	0.00
2139	Green pepper, seeded chopped	0.50 x
2139	Oregano, dried, crumbled	1.00 ts
2139	Garlic clove, minced	0.00
2139	Cumin	2.00 ts
2139	Boneless pork, 1/2" cubes	0.67 lb
2139	Tortilla flour	2.00 tb
2139	Beef stew meat, 1/2" cubes	0.33 lb
2139	Dry red wine	0.33 c
2140	Potatoes unpeeled & cubed	6.00
2140	Butter	0.25 c
2140	Envelope onion soup mix	1.00 oz
2140	Shredded Cheddar cheese	1.00 c
2140	Chopped green onions	0.25 c
2141	Beef top round steak, cut 1" thick	1.50 lb 0.00
2141	Soy sauce	3.00 tb
2141	Dry sherry or beef broth	3.00 tb
2141	Dark sesame oil	1.00 tb
2141	Sugar	2.00 ts
2141	Clove garlic, crushed	1.00 lg
2141	Red pepper, crushed	0.12 ts
2141	Broccoli flowerets	3.00 c
2141	Vegetable oil	2.00 tb
2141	Cornstarch	1.00 ts
2141	Hot, cooked rice	0.00
2141	Peanuts	0.25 c
2141	Sliced green onions	2.00 tb

Sheet1

2142	Med Potato; cubed	5.00
2142	Lg Onion; diced	1.00
2142	Egg	3.00
2142	Salt ;(optional)	1.50 ts
2142	Baking powder	0.25 ts
2142	Black pepper	0.25 ts
2142	Margarine; melted	0.25 c
2142	Flour	0.33 c
2143	Asparagus spears	0.00
2143	Paul Newman Salad Dressing	0.00
2144	Eggplant (about 1 lb.)	1.00
2144	Fresh Mushrooms	0.50 lb
2144	Juice of 1/2 lemon	0.00
2144	Milk	0.50 c
2144	Pepper, to taste	0.00
2144	Tabasco, to taste	0.00
2144	Bread crumbs	2.00 tb
2144	Salt to taste	0.00
2144	Butter	3.50 tb
2144	Flour	1.50 tb
2144	Heavy cream	0.25 c
2144	Nutmeg	0.25 ts
2144	Egg, lightly beaten	1.00
2144	Parmesan cheese	2.00 tb
2145	Eggplants, peeled & cubed	2.00
2145	Sharp cheese, grated	1.00 c
2145	Bread crumbs, seasoned	1.00 c
2145	Eggs	2.00
2145	Parsley, fresh, chopped	2.00 tb
2145	Onion	2.00 tb
2145	Clove garlic, minced	1.00
2145	Corn oil	1.00 c
2145	Salt	1.00 ts
2145	Pepper	0.50 ts
2146	Eggplant;large	1.00
2146	Salt	1.00 ts
2146	Butter	0.25 c
2146	Onion;chopped	1.00
2146	Ginger,fresh;chopped	1.00 tb
2146	Chili, dried,red;chopped	1.00
2146	Cumin seeds	1.00 tb
2146	Tomatoes;peeled & chopped	3.00
2146	Salt & pepper	0.00
2146	Coriander,fresh;(opt), chopped	2.00 tb 0.00
2147	Large eggplant *	1.00
2147	Turmeric	1.00 ts
2147	Salt	1.50 ts
2147	Vegetable oil	5.00 tb



Sheet1

2147	Black mustard seeds	0.50 ts
2147	Small onion, chopped	1.00
2147	Clove garlic, crushed	1.00
2147	Green chili, finely chopped	1.00
2147	Grated ginger	1.00 ts
2147	Ground coriander	2.00 ts
2147	Ground cumin	1.00 ts
2147	Chili powder	0.50 ts
2147	Bay leaf	1.00
2147	Ground cinnamon	1.00 pn
2147	Cider vinegar	3.00 tb
2147	Thin coconut milk **	1.50 c
2147	Sugar	0.50 ts
2148	Tomato sauce	1.00 qt
2148	Eggplants. sliced	2.00 lg
2148	Onion, cut in rings	1.00 lg
2148	Green peppers, cut in rings	2.00
2148	Garlic cloves, diced	3.00
2148	Nutritional yeast (optional)	0.00
2149	Chopped green onion	0.50 c
2149	Sliced mushrooms	0.50 c
2149	Water	0.25 c
2149	Spaghetti sauce	2.00 c
2149	Salt	0.50 ts
2149	Small eggplant. peeled, slic	1.00
2149	Egg white, slightly beaten	1.00
2149	Water	1.00 tb
2149	All purpose flour	0.50 c
2149	Olive oil	1.00 ts
2149	Low fat cottage cheese	1.00 c
2149	Shredded mozzarella cheese*	1.00 c
2150	Onion, chopped	1.00
2150	Cloves garlic, minced	2.00
2150	Cans tomatoes	2.00 lg
2150	(approx. 32 oz ea)	0.00
2150	Ketchup	0.50 c
2150	Salt	0.75 ts
2150	Pepper	0.25 ts
2150	Oil	1.00 c
2150	Eggplants	0.00 md
2150	Grated Parmesan cheese	0.50 c
2150	Chopped parsley	1.00 tb
2150	Italian bread crumbs	1.00 c
2150	Plain bread crumbs	1.00 c
2150	Oregano (optional)	1.00 tb
2150	Mozzarella cheese,	0.50 lb
2150	Thinly sliced	0.00
2151	Eggplant ;sliced short side	1.00 lg
2151	Shredded Mozzarella Cheese	1.00 pk

## Sheet1

2151	Parmesian Cheese ;(optional)	0.00
2151	Jar Tomato Sauce (Ragu	1.00
2151	Today's Recipe Mushroom I	0.00
2151	use)	0.00
2151	Oil ;enough for frying	0.00
2151	slices	0.00
2151	Flavored Bread Crumbs ;	0.00
2151	enough to cover all egg-	0.00
2151	plant slices	0.00
2152	Olive oil	8.00 tb
2152	Tomatoes, peeled, seeded and	4.00
2152	Bread crumbs, home made or p	1.50 c
2152	7oz tuna fish, canned;-opt	1.00 cn
2152	Anchovy filets	6.00
2152	finely chopped	0.00
2152	Capers, minced	2.00 tb
2152	Parsley and basil (optional)	0.00
2152	Olives, finely minced	0.50 c
2152	Eggplants, very small or l l	5.00
2153	Large eggplant	1.00
2153	Vegetable oil	4.00 tb
2153	Large onions, chopped	3.00
2153	Cloves garlic, crushed	2.00
2153	Freshly grated ginger	1.00 tb
2153	Ground coriander	1.00 ts
2153	Cayenne pepper	0.25 ts
2153	Turmeric	0.50 ts
2153	Cumin	1.00 ts
2153	Salt	1.00 ts
2153	Ogurt	1.00 c
2153	Sugar	0.50 ts
2154	Red-skin potatoes	5.00 lb
2154	Bacon, diced	1.00 lb
2154	Diced celery	4.00 c
2154	Onions, sliced or diced	3.00 lg
2154	Half-and-half	2.00 c
2155	Cream of mushroom soup	1.00
2155	Milk	0.50 c
2155	Soy sauce	1.00 ts
2155	Pepper to taste	0.00
2155	Green beans, can	15.50 oz
2155	French fried onions, can	1.00 sm
2156	Yellow Split-peas; Dry	2.00 c
2156	Stock, Broth; Or Water	6.00 c
2156	Onion; Large, Whole	1.00
2156	Carrot; Large	1.00
2156	Turnip or Parsnip; Large	1.00
2156	Marjoram; Dried	0.12 ts
2156	Thyme; Dried	0.12 ts

Sheet1

2156	Salt	1.00 ts
2156	Onion; Small, Minced	1.00
2156	Butter; Melted	2.00 tb
2156	Unbleached Flour	2.00 tb
2157	Potatos, raw, sliced thin	6.00 c
2157	Butter	3.00 tb
2157	Flour	3.00 tb
2157	Milk	1.50 c
2157	Salt	1.00 ts
2157	Cayenne	0.00
2157	Velveeta, grated	1.00 c
2157	Gn pepper/pimento mix grated	0.75 c
2158	Cooked chickpeas (2 cups, Soaked 1 1/2 hours, boiled Until very soft, drained)	4.00 c 0.00 0.00
2158	Cloves crushed garlic	3.00 md
2158	Eggs	2.00
2158	Each celery and scallions Finely minced	0.50 c 0.00
2158	Ground cumin	0.50 ts
2158	Tahini (sesame seed paste)	3.00 tb
2158	Tumeric	0.50 ts
2158	Flour or fine bread crumbs	3.00 tb
2158	Cayenne;	0.25 ts
2158	Dash of black pepper	0.00
2158	Salt	1.50 ts
2159	Large Ripe Tomatoes	25.00
2159	Sweet Red Peppers *	3.00
2159	Small Bunch Celery Chopped	1.00
2159	Large Onions, Chopped	6.00
2159	Cloves Garlic, Minced	3.00
2159	Whole Allspice, Tied In Bag	2.00 tb
2159	Cider Vinegar	2.00 c
2159	Light Brown Sugar	1.50 c
2159	Pickling Salt	2.00 tb
2159	Pepper	1.00 ts
2159	Dry Mustard	1.00 ts
2160	Heavy cream	3.00 c
2160	Butter	3.00 tb
2160	Dried prosciutto	0.25 lb
2160	Chopped spinach	1.50 c
2160	Salt and pepper to taste	0.00
2160	Parmesan cheese	0.50 c
2161	Extra virgin olive oil	2.00 tb
2161	Marinara sauce (Frank's)	1.00 qt
2161	Eggplant, peeled & sliced	1.00 ea
2161	Italian sausage, pan sauteed	1.00 lb
2161	Mozzarella cheese	1.00 lb
2161	Romano cheese, grated	2.00 c

Sheet1

2161	Garlic powder	1.00 ts
2161	Basil leaves	4.00 ts
2161	Oregano	2.00 ts
2161	Black pepper to taste	0.00
2162	Asparagus; Fresh, Any Color	2.00 lb
2162	;Water, Boiling Salted	0.00
2162	Butter	0.25 c
2162	Parmesan Cheese; Grated	3.00 tb
2162	Egg; Large, Hard-cooked	1.00
2163	Large red peppers	8.00
2163	Oil	0.50 c
2163	Vinegar	0.25 c
2163	Salt to taste	0.00
2164	Onion; Cut Into Pieces	0.50 md
2164	Green Bell Pepper; Cut Into	0.50 md
2164	Pieces	0.00
2164	Vinegar	0.25 c
2164	Sugar	2.00 ts
2164	Celery Seed	1.00 ts
2164	Salt	0.50 ts
2164	Pepper	1.00 ds
2164	Tomatoes; Cut Up	2.00 md
2165	Sliced green onion	2.00 tb
2165	Butter or margarine	1.00 tb
2165	Fine dry breadcrumbs	0.50 c
2165	Parmesan cheese	2.00 tb
2165	Chopped toasted pecans	2.00 tb
2165	Medium tomatoes	5.00
2165	White wine vinegar	1.00 tb
2165	Dash Worcestershire sauce	0.00
2166	Asparagus, trimmed	1.00 lb
2166	Egg	1.00
2166	Milk	1.00 tb
2166	Fine dry bread crumbs	1.00 c
2166	Olive oil for frying	0.00
2166	Salt & pepper to taste	0.00
2166	Freshly grated Romano cheese	4.00 oz
2167	PHILLY.INQUIRER -----	0.00 -----
2167	MEDIUM EGGPLANT	1.00
2167	FINE BREADCRUMBS	1.00 c
2167	KOSHER SALT	0.00
2167	SWEET BUTTER 3/4 STICK	6.00 tb
2167	FLOUR	1.00 c
2167	CORN,OR OLIVE OIL	0.25 c
2167	WHITE PEPPER	0.50 ts
2167	SALT TO TASTE	0.00
2167	JUMBO EGG	1.00
2167	LEMON WEDGES FOR GARNISH	0.00
2167	LEMON JUICE	1.50 ts

Sheet1

2168	Medium green tomato; per per	1.00
2168	Salt	0.00
2168	Pepper	0.00
2168	White cornmeal	0.00
2168	Bacon drippings	0.00
2169	Dipping sauces	0.00
2169	Vegetable oil for frying	0.00
2169	Okra	8.00 oz
2169	Yellow cornmeal	0.50 c
2169	Paprika	0.50 ts
2169	Ground red pepper	0.25 ts
2169	Salt	0.25 ts
2169	Drop hot pepper sauce	5.00
2169	Egg	1.00
2170	Oil	2.00 tb
2170	Garlic cloves	2.00 ea
2170	Carrots, shredded	4.00 ea
2170	Tamari	2.00 tb
2170	Nutritional yeast	4.00 tb
2170	Fresh ginger, minced	0.25 ts
2171	Rump steak	6.00 oz
2171	Black pepper	1.00 ts
2171	Cornstarch	1.00 tb
2171	Large tomato	1.00
2171	Oil	3.00 tb
2171	Medium onion	1.00
2171	Fish sauce (nuoc mam)	1.50 tb
2171	Fresh spinach	1.00
2171	Clove of garlic	1.00
2172	Cooked beans	2.00 c
2172	Lard or bacon drippings	3.00 tb
2172	Grated longhorn cheese	0.50 c
2173	Green beans	0.50 lb
2173	Spinach, fresh	20.00 oz
2173	Cabbage; sliced fine	0.50 ea
2173	Bean sprouts	1.00 lb
2173	Potato, new	1.00 lb
2173	Egg, hard boiled	3.00 ea
2174	Garbanzo beans	2.00 c
2174	Water	6.00 c
2174	Oil	2.00 tb
2174	Garlic cloves, diced	2.00
2174	Onions	2.00 lg
2174	Carrots, diced	2.00
2174	Celery stalks, diced	3.00
2174	Green peppers, diced	3.00
2174	Tamari (similar to soy sauce)	3.00 tb 0.00
2174	Sea salt	0.50 ts

Sheet1

2174	Basil	0.50 ts
2174	Tahini (sesame-seed paste)	0.50 ts
2174	Paprika	0.25 ts
2174	Oregano	0.25 ts
2174	Cumin	0.25 ts
2175	Shrimp	2.00 lb
2175	Can water chestnuts sliced a	1.00
2175	Frozen peas thawed	0.50 pk
2175	Cloves of garlic chopped	2.00
2175	Green onions chopped	2.00
2175	Stalks chinese celery cabbag	2.00
2175	Hicken stock	0.50 c
2175	Ornstarch	2.00 tb
2175	Oy sauce	2.00 tb
2175	Ugar	0.50 ts
2176	Green beans, ends trimmed	1.00 lb
2176	Cloves garlic, minced	2.00
2176	Red-wine vinegar	1.00 tb
2176	Walnut or olive oil	1.00 tb
2176	Salt (optional)	0.12 ts
2176	Freshly ground black pepper	0.12 ts
2177	Heads of garlic	2.00
2177	Milk	1.00 c
2177	Potatoes,russets,peeled qtrd	2.50 lb
2177	Butter	3.00 tb
2177	Salt and pepper to taste	1.00
2178	Rind Of 1 Lemon	0.00
2178	Cloves Garlic, Peeled	8.00
2178	Parsley	0.50 c
2178	Unsalted Butter	6.00 tb
2178	Regular Rice (Not Instant)	1.00 c
2178	Chicken Stock	1.25 c
2178	Dry Vermouth	0.75 c
2178	Salt & Pepper To Taste	0.00
2179	Potatoes	6.00
2179	Garlic cloves	8.00
2179	Salt	0.50 ts
2179	Butter	2.00 tb
2179	Milk	0.25 c
2179	White pepper	0.00
2180	Vegetable Oil	2.00 tb
2180	Cabbage; Finely Shredded	3.00 c
2180	Celery; Chopped	1.00 c
2180	Green Pepper; Small, Chopped	1.00
2180	Onion; Small, Chopped	1.00
2180	Salt	0.50 ts
2180	Pepper	0.25 ts
2181	Carrots	1.00 lb
2181	Carbonated Soda Water	0.67 c

Sheet1

2181	White Wine	1.00 c
2181	Salt	1.00 ts
2181	Sugar	0.25 ts
2181	Sirloin Steak	1.00 lb
2181	Vegetable Oil	2.00 tb
2181	Onions; Small, Diced	2.00
2181	White Pepper	0.25 ts
2181	Heavy Cream	0.50 c
2181	Parsley; Chopped	1.00 tb
2182	Brown Rice	1.50 c
2182	Water	3.00 c
2182	Salt	2.00 ts
2182	Dillseed	1.00 ts
2182	Marjoram	0.50 ts
2182	Pepper	0.75 ts
2182	Onion; Chopped	2.50 c
2182	Vegetable Oil	5.00 tb
2182	Paprika	0.50 ts
2182	Garlic; Cloves, Minced	2.00
2182	Eggs; Large, Slightly Beaten	2.00
2182	Bread Crumbs	0.25 c
2182	Parsley; Fresh, Minced	0.50 c
2182	Cabbage	2.50 lb
2182	Cheesecloth; About 6 ft.	0.00
2182	Tomatoes; Canned, Chopped	2.50 c
2182	Vermouth; Dry	0.50 c
2182	Beef Broth	0.50 c
2182	Tomato Paste	2.00 tb
2182	Sugar	0.50 ts
2183	Medium carrots, 1" pieces	6.00
2183	Sugar	1.00 tb
2183	Cornstarch	1.00 ts
2183	Ground nutmeg	0.12 ts
2183	Ground ginger	0.25 ts
2183	Orange juice	0.25 c
2183	Low fat margarine	1.00 ts
2184	Fresh white breadcrumbs	5.00 oz
2184	Small onion finely chopped	0.00
2184	Grated cheese	3.00 oz
2184	Salt and pepper	0.00
2184	Pinch of mustard	0.00
2184	Eggs	2.00
2184	Flour and raspings to coat	0.00
2185	Sliced Carrots	5.00 c
2185	Water	0.33 c
2185	Cornstarch	1.00 tb
2185	Unsweetened Orange Juice	0.25 c
2185	Salt	0.25 ts
2185	Pepper	0.12 ts

Sheet1

2185	+ 1 t. Margarine	1.00 tb
2185	Chopped Fresh Parsley	2.00 ts
2186	Glutinous rice	3.00 lb
2186	Coconut milk	3.00 c
2186	Salt	1.00 tb
2186	Sugar	1.00 c
2186	Fresh mangos (optional)	2.00
2187	Masoor Dal (Pink Lentils)	0.50 lb
2187	Cauliflower	1.00 sm
2187	Onions, finely chopped	2.00 md
2187	Ghee or Oil	0.50 c
2187	Ground Chili	1.00 ts
2187	Freshly Ground Black Pepper	2.00 ts
2187	Ground Cumin	0.50 tb
2187	Ground Coriander	0.50 tb
2187	Ground Turmeric	2.00 ts
2187	Juice of 1/2 Lemon	0.00
2187	Chicken Broth	2.50 c
2187	Desiccated Coconut	2.00 oz
2187	Flour	0.50 tb
2187	Salt	1.00 ts
2187	Raw Cashew Nuts	4.00 oz
2188	Artichokes, small;tender	12.00
2188	Lemons; juice & rinds	2.00
2188	Flour	1.00 c
2188	Eggs	2.00
2188	Egg yolks	2.00
2188	salt	0.00
2188	Lemon;cut lengthwise into	1.00
2188	6 wedges	0.00
2189	Onion Chopped	1.00
2189	Oil	2.00 tb
2189	Garlic Clove Crushed	1.00
2189	Turmeric	0.50 ts
2189	Ground Coriander	1.00 ts
2189	Cardamon Pods	2.00
2189	Cauliflower Divided	1.00 sm
2189	Into Florets	0.00
2189	(Generous) Water	0.50 c
2189	Black Pepper.	0.00
2190	Dried navy beans, picked	2.00 c
2190	over and rinsed	0.00
2190	Salt pork	0.75 lb
2190	Molasses	0.50 c
2190	Dry mustard (english style)	0.50 ts
2190	Paprika	0.25 ts
2190	Onion, grated	1.00 ts
2191	Fresh okra, cut 1 inch pcs	1.00 lb
2191	Green tomato, diced	1.00 lg



Sheet1

2191	Onion chopped	1.00 md
2191	Clove garlic, minced (opt)	1.00
2191	Jalapeno pepper halved &	1.00
2191	sliced- remove seeds if too	0.00
2191	hot	0.00
2191	Eggs beaten	2.00
2191	Salt	0.25 ts
2191	Black pepper	0.25 ts
2191	Milk	0.50 c
2191	Cornmeal	1.00 c
2191	Vegetable oil	0.25 c
2192	Dried blackeyed peas	8.00 oz
2192	Sausage	1.00 lb
2192	Tomatoes	3.00 cn
2192	Water	2.00 c
2192	Black pepper	1.00 tb
2192	Garlic salt	2.00 tb
2192	Chili powder	2.00 tb
2193	Lg. Cloves Garlic *	2.00
2193	Lg. Idaho Potatoes **	4.00
2193	Salt & Pepper To Taste	0.00
2193	Grated Gruyere Cheese	2.00 c
2193	Whipping Cream	2.00 pt
2194	Cut Green Beans; Frozen(1pk)	9.00 oz
2194	;Water, Boiling	0.33 c
2194	Beef Bouillon Cube	1.00
2194	Dillweed OR Dillseed	1.00 ts
2194	Butter	2.00 tb
2195	Canned Green Beans, Drained	32.00 oz
2195	Onions *	2.00 sm
2195	Minced Garlic Cloves	2.00
2195	Chopped Fresh Parsley	0.25 c
2195	Sugar	2.00 tb
2195	Oregano	2.00 ts
2195	Prepared Mustard	2.00 ts
2195	Salt	0.50 ts
2195	Coca-Cola	0.50 c
2195	Olive Oil	0.25 c
2195	Vinegar	2.00 tb
2196	(16 oz ea) small whole	2.00 cn
2196	Green beans, drained	0.00
2196	Shallots or small onions,	2.00
2196	Peeled, thinly sliced, and	0.00
2196	Separated into individual	0.00
2196	Rings	0.00
2196	Garlic, minced	2.00 cl
2196	Fresh parsley, chopped	0.25 c
2196	Sugar	2.00 tb
2196	Oregano leaves	2.00 ts

Sheet1

2196	Prepared mustard	2.00 ts
2196	Salt	0.50 ts
2196	COCA-COLA	0.50 c
2196	Olive oil	0.25 c
2196	Vinegar	2.00 tb
2197	White potatoes	3.00 lb
2197	Chopped yellow onions	0.50 c
2197	Finely minced garlic	0.25 c
2197	Salt	0.50 ts
2197	Pepper	0.50 ts
2197	Dry oregano	0.50 ts
2197	Basil	0.50 ts
2197	Fresh lemon juice	1.00 c
2197	Vegetable oil	0.50 c
2197	Water (as needed)	0.00
2198	Round Red OR White	1.50 lb
2198	Potatoes	0.00
2198	Water	5.00 c
2198	Purple Onion Rings	0.00
2198	Coarsely Chopped Cucumber	0.50 c
2198	Cherry Tomatoes, Halved	5.00
2198	Clove Garlic	1.00 sm
2198	Plain Low Fat Yogurt	0.25 c
2198	Crumbled Feta Cheese	2.00 tb
2198	Dried Oregano,	0.25 ts
2198	Dried Rosemary Crushed	0.12 ts
2198	Pepper	0.12 ts
2198	Ripe Olives	4.00
2198	Chopped Fresh Parsley	1.00 tb
2199	Potatoes, cubed	6.00 md
2199	Fresh lemon juice	0.50 c
2199	Vegetable oil	0.33 c
2199	Olive oil	1.00 tb
2199	Salt	2.00 ts
2199	Black pepper	0.50 ts
2199	Dried oregano	1.50 ts
2199	Gralic cloves, pressed	2.00 ea
2199	Hot water	3.00 c
2199	Chopped fresh parsley	0.00
2200	Olive oil	2.00 tb
2200	Onion, diced	1.00 sm
2200	Spinach, chopped and cooked	2.00 c
2200	Dried basil	2.00 ts
2200	Bread crumbs	0.50 c
2200	Egg	1.00
2200	Feta cheese, crumbled	0.50 lb
2200	Salt, to taste	0.00
2200	Pepper, to taste	0.00
2200	Tomatoes, firm and with	6.00

Sheet1

2200	Insides scooped out	0.00
2201	Frozen Cut Green Beans	1.00 c
2201	Water	2.00 ts
2201	Butter Or Margarine	2.00 ts
2201	Slivered Almonds, Toasted	2.00 tb
2201	Lemon Juice	0.50 ts
2202	(1 pk) Frozen Green Beans *	10.00 oz
2202	Bamboo Shoots **	1.00 c
2202	Margarine or Butter	1.00 tb
2202	Salt	0.25 ts
2202	Sugar	0.25 ts
2202	Ground Ginger	0.25 ts
2203	Olive oil & margarine, mixed	3.00 tb
2203	Tomato juice or sauce	1.00 c
2203	Fresh green beans	1.00 lb
2203	trimmed, cut	0.00
2203	Chopped fresh parsley, opt.	1.00 tb
2203	Potatoes; peeled	2.00 md
2203	Salt & freshly ground pepper	0.00
2203	Chopped fresh mint	0.00
2204	Olive oil & margarine, mixed	3.00 tb
2204	Tomato juice or sauce	1.00 c
2204	Fresh green beans	1.00 lb
2204	trimmed, cut	0.00
2204	Chopped fresh parsley, opt.	1.00 tb
2204	Potatoes; peeled	2.00 md
2204	Salt & freshly ground pepper	0.00
2204	Chopped fresh mint	0.00
2205	Butter or margarine	2.00 tb
2205	Fresh green beans	1.50 lb
2205	Large tomato, peeled and cho	1.00
2205	Green onion, chopped	0.50 c
2205	Salt	1.00 ts
2205	Pepper	0.12 ts
2205	Dried basil leaves	0.50 ts
2206	Tomatoes, broken up (8oz cn)	1.00 cn
2206	Tomato juice	0.75 c
2206	Water	0.25 c
2206	Onion, finely chopped	1.00
2206	Dried oregano -OR-	0.25 ts
2206	pizza seasoning	0.00
2206	Salt -OR- garlic salt	0.00
2206	to taste	0.00
2206	Pepper, to taste	0.00
2206	Fresh sliced green beans	2.00 c
2206	OR 1 pkg (10oz) frozen	0.00
2206	sliced green beans	0.00
2206	partially thawed	0.00
2207	Cut green beans; frozen(1pk)	9.00 oz

Sheet1

2207	;water, boiling	0.33 c
2207	Beef bouillon cube	1.00
2207	Dillweed or dillseed	1.00 ts
2207	Butter	2.00 tb
2208	Fresh green beans, washed	1.50 lb
2208	and trimmed	0.00
2208	Onion, finely chopped	1.00 md
2208	Fresh garlic, chopped	2.00 ts
2208	Olive oil*	1.00 ts
2208	Fresh sliced mushrooms	1.00 c
2208	Cherry tomatoes, halved	1.00 c
2209	Lamb, Boneless Shoulder	3.00 lb
2209	Onion, Chopped	1.00 c
2209	Cloves Garlic, Fine Chopped	3.00
2209	Vegetable Oil	0.25 c
2209	Chicken Broth	2.00 c
2209	Salt	1.00 ts
2209	Juniper Berries, Crushed	1.00 ts
2209	Pepper	0.75 ts
2209	Unbleached Flour	1.00 tb
2209	Water	0.25 c
2209	Poblano Chiles *	4.00 md
2209	Lemon Peel, Finely Shredded	2.00 tb
2210	Green chilies roast&peel	10.00
2210	Longhorn or Jack cheese	10.00 oz
2210	BATTER -----	0.00 -----
2210	All-purpose flour	1.00 c
2210	Baking powder	1.00 ts
2210	Salt	0.50 ts
2210	Cornmeal	0.75 c
2210	Milk	1.00 c
2210	Eggs, slightly beaten	2.00
2211	Green Tomatoes	6.00 lb
2211	Med. Onions	3.00
2211	Pickling Salt	4.00 tb
2211	Thin Slices Lemon	5.00
2211	Sweet Red Pepper *	0.75 c
2211	Brown Sugar	1.50 c
2211	Vinegar	1.50 c
2211	White Peppercorns	2.00 ts
2211	Whole Allspice	2.00 ts
2211	Whole Cloves	2.00 ts
2211	Celery Seeds	2.00 ts
2211	Mustard Seeds	2.00 ts
2211	Dry Mustard	2.00 ts
2212	Tomatoes, green	1.00 lb
2212	Pepper, red for contrast	1.00
2212	Cream	0.50 c
2212	Butter or oil for frying	0.00

Sheet1

2212	Salt and pepper to taste	0.00
2213	Aubergine (eggplant)	1.00
2213	Red or yellow pepper	1.00 lg
2213	Courgettes (baby zucchinis)	3.00
2213	Onions	6.00 sm
2213	Cap mushrooms	12.00 sm
2213	FLAVOURINGS -----	0.00 -----
2213	Lemon juice	4.00 tb
2213	Peanut oil	4.00 tb
2213	Honey	2.00 tb
2213	Coriander seed,coarse ground	0.00
2213	Coarsely ground black pepper	0.00
2213	FOR THE SAUCE -----	0.00 -----
2213	Peeled onion	2.50 oz
2213	Garlic cloves	2.00
2213	Peanut butter	5.00 tb
2213	Peanut oil	2.00 tb
2213	Honey	1.50 tb
2213	Lemon juice	1.50 tb
2213	Coriander seeds	1.00 ts
2213	Chili powder	0.75 ts
2213	Anchovy essence	2.00 ts
2214	Finely chopped fresh young	2.00 c
2214	Spinach or Swiss chard	0.00
2214	Thinly sliced yellow squash	2.00 c
2214	Olive oil	2.00 tb
2214	Garlic, pressed	2.00 cl
2214	Dried oregano leaf	1.00 ts
2214	Red pepper flakes	0.00
2214	Eggs	4.00
2214	Shredded jack cheese	1.00 c
2214	Crumbled feta or blue	0.67 c
2214	Cheese	0.00
2214	Chopped ripe olives	3.00 tb
2214	Minced fresh parsley	2.00 tb
2214	Lemon juice	2.00 tb
2215	Ears Of Fresh Corn/Husks	6.00
2215	BUTTERS -----	0.00 -----
2215	CHILE LIME SPREAD -----	0.00 -----
2215	Margarine Or Butter;Softened	0.50 c
2215	Grated Lime Peel	0.50 ts
2215	Lime Juice	3.00 tb
2215	Red Chiles; Ground, To Taste	0.00
2215	PESTO BUTTER -----	0.00 -----
2215	Margarine Or Butter;Softened	0.50 c
2215	Fresh Basil Leaves;LoosePack	1.00 c
2215	Scallion; Chopped	1.00 tb
2215	Lemon Juice	1.00 ts
2215	Salt	0.25 ts

## Sheet1

2215	HORSERADISH BUTTER -----	0.00 -----
2215	Margarine Or Butter;Softened	0.50 c
2215	Prepared Red Horseradish; *	0.00
2215	Salt	0.25 ts
2216	Russet Potatoes Halved	2.00 md
2216	Lengthwise	0.00
2216	Low Cal. Margarine, Melted	0.50 c
2216	Lemon Juice	2.00 tb
2216	Reduced Sodium Lemon-	1.50 ts
2216	Pepper Seasoning	0.00
2216	Garlic Powder	0.12 ts
2217	Medium red onions	4.00
2217	Worcestershire sauce	2.00 tb
2217	Balsamic vinegar or red wine	2.00 tb
2217	Vinegar	0.00
2217	Soy sauce	2.00 tb
2217	Olive oil	2.00 tb
2217	Pepper	0.75 ts
2218	Low Cal. Italian Salad	0.50 c
2218	Dressing	0.00
2218	Dried Basil	1.00 ts
2218	Minced Fresh Parsley	1.00 tb
2218	Size Yellow Squash	1.00 md
2218	(About 1 Lb.) Cut Into	0.00
2218	1 1/2 in. Pieces	0.00
2218	Boiling Onions	8.00 sm
2218	Cherry Tomatoes	8.00
2218	Size Mushrooms	8.00 md
2218	Hot Cooked Brown Rice	2.00 c
2219	Sliced Mushrooms	1.50 c
2219	Cauliflower Flowerets	1.00 c
2219	Broccoli Flowerets	1.00 c
2219	Thinly Sliced Carrots	1.00 c
2219	Onion Thinly Sliced	1.00 sm
2219	Dried Basil	0.50 ts
2219	Salt	0.25 ts
2219	Pepper	0.25 ts
2219	+ 1 t. Low Calorie	1.00 tb
2219	Margarine Divided	0.00
2220	Cut Green Beans; Frozen(1pk)	9.00 oz
2220	;Water, Boiling	0.33 c
2220	Beef Bouillon Cube	1.00
2220	Dillweed OR Dillseed	1.00 ts
2220	Butter	2.00 tb
2221	Avacodas	2.00
2221	Chopped tomato	0.50 c
2221	Finely chopped onion	2.00 tb
2221	Finely chopped serrano or ja	1.00 tb
2221	Olive oil	2.00 tb

Sheet1

2221	Chopped cilantro	0.25 c
2221	Juice of 1/2 lime	1.00
2221	Salt and pepper to taste	0.00
2222	Cabbage	0.50 lb
2222	Carrots	0.50 lb
2222	Fresh hot green chili	0.50
2222	Vegetable oil	2.67 tb
2222	Asafetida	1.00 pn
2222	Whole black mustard seed	0.67 tb
2222	Hot dried red chili	1.00
2222	Salt	0.00 ts
2222	Sugar	0.33 ts
2222	Chopped fresh coriander	2.67 tb
2222	Lemon juice	0.67 ts
2223	Sliced peeled potatoes,	2.00 c
2223	cooked	0.00
2223	Diced cooked ham	1.00 c
2223	Minced onion	1.00 tb
2223	Butter or margarine	0.33 c
2223	All-purpose flour	3.00 tb
2223	Milk	1.50 c
2223	Shredded cheddar cheese (4	1.00 c
2223	oz.)	0.00
2223	Salt	0.75 ts
2223	White pepper	1.00 ds
2223	Chopped fresh parsley	0.00
2224	Egg Substitute	8.00 oz
2224	Lean Ham	0.50 c
2224	Dijon Mustard	1.00 tb
2224	Parsley Flakes	1.00 ts
2224	Black Pepper	1.00 ts
2224	Potatoes; cubed	1.00 c
2224	Sliced Mushrooms	0.25 c
2224	Green Pepper; chopped	2.00 tb
2225	Ground Beef	1.00 lb
2225	Onion; Chopped, 1 sm.	0.25 c
2225	Canned Vegetables; 1 cn, *	8.00 oz
2225	Cheese; Shredded, (4 oz), **	1.00 c
2225	Catsup	0.25 c
2225	Garlic Salt	0.50 ts
2225	Pepper	0.25 ts
2225	Mustard; Prepared	1.00 tb
2225	Pie Crust Mix Or Sticks; 1Pk	11.00 oz
2226	Ground Beef	1.00 lb
2226	Canned Vegetables; 1 cn, *	8.00 oz
2226	Catsup	0.25 c
2226	Pepper	0.25 ts
2226	Pie Crust Mix Or Sticks; 1Pk	11.00 oz
2226	Onion; Chopped, 1 sm.	0.25 c

Sheet1

2226	Cheese; Shredded, (4 oz), **	1.00 c
2226	Garlic Salt	0.50 ts
2226	Mustard; Prepared	1.00 tb
2227	CRUST -----	0.00 -----
2227	Bisquick Baking Mix	2.50 c
2227	Active Dry Yeast; Package	1.00
2227	Water; Hot	0.67 c
2227	MEAT MIXTURE -----	0.00 -----
2227	Lean Ground Beef	1.00 lb
2227	Onion; Chopped, 1 Md	0.50 c
2227	Tomato Sauce; 1 Cn	15.00 oz
2227	Oregano Leaves	2.00 ts
2227	Pepper	0.25 ts
2227	TOPPING -----	0.00 -----
2227	Green Pepper; Chopped, Opt.	0.50 c
2227	Mozzarella Cheese; Shredded	2.00 c
2227	Parmesan Cheese; Grated	1.00 c
2228	Lean Ground Beef	1.00 lb
2228	Onion; Chopped, 1 md	0.50 c
2228	Clove Garlic; Minced	1.00
2228	Unbleached Flour	3.00 tb
2228	Beef Bouillon; Instant	1.00 ts
2228	Salt	0.75 ts
2228	Pepper	0.25 ts
2228	Mushroom Stem/Pieces;Drained	4.00 oz
2228	Water	1.00 c
2228	Dairy Sour Cream	1.00 c
2228	Noodles Or Rice; Cooked, Hot	2.00 c
2229	Margarine Or Butter	2.00 tb
2229	Worcestershire Sauce	1.00 ts
2229	Lemon Juice	0.25 ts
2229	Clove Garlic; Minced	1.00
2229	Onion; Sliced, Small	1.00
2229	Fresh Mushrooms; *	1.00 c
2229	Lean Ground Chuck	1.00 lb
2229	Salt	0.50 ts
2229	Pepper	0.25 ts
2231	Carrots, sliced	2.00
2231	Squash, cubed, peeled	2.00 c
2231	Broccoli Florets	2.00 c
2231	Sweet Red Pepper	1.00
2231	Yellow Zucchini, wedged	1.00
2231	Red Onion, wedged	1.00
2231	Cooked Chickpeas	1.00 c
2231	Olive Oil	1.00 tb
2231	Curry Powder	1.00 tb
2231	Gingerroot, minced	2.00 tb
2231	Cumin	1.00 ts
2231	Garlic Cloves, minced	3.00



Sheet1

2231	Hot Pepper Flakes	0.25 ts
2231	Chicken Stock	0.25 c
2231	Lemon Juice	2.00 tb
2231	Brown Rice, cooked	3.00 c
2231	Coriander, fresh, chopped	2.00 tb
2232	Salt pork, diced	1.00 lb
2232	Pepper	0.12 ts
2232	Potato, boiled, cold	2.00 c
2232	Salt	1.00 x
2233	ASPARAGUS pencil-thin	2.00 lb
2233	Shiitake mushrooms	8.00 oz
2233	(1/2 stick) unsalted butter	0.25 c
2233	Minced shallots	0.25 c
2233	Finely chopped parsley	1.00 tb
2233	Chopped basil	1.00 tb
2233	Salt to taste	1.00 dr
2233	Freshly cracked black pepper	1.00 ts
2233	Parmesan cheese shaved thin	5.00 oz
2234	ASPARAGUS pencil-thin	2.00 lb
2234	Shiitake mushrooms	8.00 oz
2234	(1/2 stick) unsalted butter	0.25 c
2234	Minced shallots	0.25 c
2234	Finely chopped parsley	1.00 tb
2234	Chopped basil	1.00 tb
2234	Salt to taste	1.00 dr
2234	Freshly cracked black pepper	1.00 ts
2234	Parmesan cheese shaved thin	5.00 oz
2235	Cauliflower (2 10oz. pks	1.50 lb
2235	Frozen)	0.00
2235	Margarine	0.25 c
2235	Chopped onions	0.50 c
2235	Chopped celery	0.50 c
2235	Poultry seasoning	1.00 ts
2235	Chicken flavored broth mix	2.00 ts
2235	Ground sage	0.50 ts
2235	(4oz) mushrooms	1.00 cn
2235	Salt and pepper to taste	0.00
2236	French Sytle Green Beans*	3.00 pk
2236	Crushed Rosemary	0.12 ts
2236	Crushed Basil	0.12 ts
2236	Chopped Parsley	2.00 tb
2237	Med onions; peeled and quart	4.00
2237	Chopped mushrooms	0.25 c
2237	Tomatoes; peeled seeded chop	3.00
2237	Clove garlic; mashed through	1.00
2237	Sage	0.50 ts
2237	Basil	0.50 ts
2237	Minced celery leaves	1.00 tb
2237	Defatted chicken or vegetabl	0.25 c

Sheet1

2238	Round OR Long White	1.00 lb
2238	Potatoes	0.00
2238	Water	3.00 c
2238	Low Fat Cottage Cheese	0.25 c
2238	Minced Fresh Parsley	1.00 tb
2238	Rubbed Sage	0.50 ts
2238	Dried Rosemary	0.50 ts
2238	Dried Thyme	0.50 ts
2238	Salt	0.25 ts
2238	Garlic Powder	0.12 ts
2238	Onion Grated	1.00 sm
2238	Egg Whites Mixed Thoroughly	2.00
2238	Wheat Germ	0.50 c
2239	Spaghetti squash (3 lb)	1.00 lg
2239	Unsalted butter; cut in bits	4.00 tb
2239	Cloves garlic; peeled, halve	5.00 lg
2239	Smoked or plain mozzarella	4.00 oz
2239	cut into 1/4 inch dice	0.00
2239	Basil leaves; packed finely	1.00 c
2239	shredded	0.00
2239	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
2239	157 calories	0.00 x
2239	5 g protein	0.00 x
2239	9 g carbohydrate	0.00 x
2239	12 g fat	0.00 x
2239	36 mg cholesterol	0.00 x
2239	265 mg sodium	0.00 x
2240	Water	2.00 tb
2240	Zucchini, thinly sliced	1.00 c
2240	Yellow squash, thinly sliced	1.25 c
2240	Green pepper, cut in 2-inch	0.50 c
2240	strips	0.00
2240	Celery, cut in 2-inch strip	0.25 c
2240	Chopped onion	0.25 c
2240	Caraway seeds	0.50 ts
2240	Garlic powder	0.12 ts
2240	Tomato, cut into 8 wedges	1.00 md
2241	Whole tiny New Potatoes	12.00 x
2241	Olive oil or margarine,melte	2.00 ts
2241	Med Carrots *	4.00 x
2241	Rosemary or Thyme, crushed	0.25 ts
2242	Mayo Or Salad Dressing	2.00 tb
2242	Prepared Mustard	0.50 ts
2242	Kaiser or French Rolls,Split	3.00
2242	Slices Bologna	3.00
2242	Large Tomato, Sliced	1.00
2242	Green Pepper Rings	3.00
2242	Slices Cheese	3.00
2243	Sauerkraut; Canned (2 Cans)	32.00 oz

## Sheet1

2243	Spareribs; Country Style	3.00 lb
2243	Paprika	2.00 ts
2243	Beef Bouillon Cubes	6.00
2243	Caraway Seeds	0.50 ts
2243	Pepper	0.50 ts
2243	Bacon; Slices,Rolled InFlour	10.00
2244	Navy beans	1.00 pt
2244	Mustard, dry	1.00 ts
2244	Molasses	1.00 tb
2244	Sugar	1.50 tb
2244	Salt pork	0.25 lb
2244	Salt	1.50 ts
2244	Water, boiling	0.50 c
2245	Oil	2.00 tb
2245	Med Clove Garlic Fine Chop	1.00
2245	Thinly Sliced Zucchini	4.50 c
2245	(1 Can) Tomatoes *	14.50 oz
2245	Env. Soup Mix **	1.00
2245	Basil Leaves	1.25 ts
2246	Oil	2.00 tb
2246	Med Clove Garlic Fine Chop	1.00
2246	Thinly Sliced Zucchini	4.50 c
2246	(1 Can) Tomatoes *	14.50 oz
2246	Env. Soup Mix **	1.00
2246	Basil Leaves	1.25 ts
2247	Onions	2.00
2247	Cloves garlic, minced	2.00
2247	Corn oil	2.00 tb
2247	Meaty pork bones	2.00 lb
2247	Oregano	1.00 ts
2247	Black peppercorns, crushed	8.00
2247	Canned hominy	2.00 c
2247	Chicken broth	1.00 qt
2247	Red bell pepper	1.00
2247	Yellow bell pepper	1.00
2247	Picante sauce, mild or hot	1.00 c
2247	Hot sausage, Italian or	1.00
2247	Spanish	0.00
2247	Salt, to taste	0.00
2248	Sweet Red Peppers	3.00 lb
2248	Sweet Green Peppers *	3.00 lb
2248	Onions, Peeled	3.00 lb
2248	Cider Vinegar	4.00 c
2248	Sugar	0.50 c
2248	Mustard Seeds	1.00 ts
2248	Dry Mustard	1.00 ts
2248	Celery Seeds	1.00 ts
2248	Salt	2.00 tb
2252	Dried Chick Peas Cooked or	1.33 c

## Sheet1

2252	One 15-Ounce Can	0.00
2252	Garlic Crushed	0.50 cl
2252	Tahini	1.00 tb
2252	Olive Oil	3.00 tb
2252	Lemon Juice	2.00 tb
2252	Black Pepper	0.00
2252	Garnish: Olive Oil,	0.00
2252	Paprika, Black Olives,	0.00
2252	Lemon Wedge.	0.00
2253	Broccoli bunch	1.00 lb
2253	Onion; chopped	0.67 c
2253	Water	0.25 c
2253	Eggs; slightly beaten	4.00
2253	Milk	1.25 c
2253	To 6 drops Hot Sauce	4.00
2253	Salt	0.50 ts
2253	Ground pepper; fresh	0.12 ts
2253	Ground nutmeg	0.12 ts
2253	Fresh parsley; minced	1.00 tb
2253	Swiss cheese; fresh\shredded	0.67 c
2253	Parmesan cheese; grated	0.33 c
2254	Salt	0.00
2254	Boiling Water	0.00
2254	Thinly Sliced Cauliflorets	2.00 c
2254	9oz or	0.00
2254	Frozen Cauliflower, Thaw,	1.00 pk
2254	Drain 9oz	0.00
2254	Chopped Onion	0.33 c
2254	Chopped Green Pepper	0.50 c
2254	Shredded Colby Cheese 4oz	1.00 c
2254	Milk	1.00 c
2254	Bisquick	0.50 c
2254	Eggs	3.00 x
2254	Salt	0.50 ts
2254	Pepper	0.12 ts
2255	Eggs; beaten	5.00
2255	Onion; large\chopped	1.00
2255	Vegetable oil	1.00 tb
2255	Frozen chopped spinach; *	1.00
2255	Muenster cheese; shredded;**	3.00 c
2255	Salt	0.25 ts
2255	Pepper	0.12 ts
2256	Onions;sliced thin-sep.rings	3.00
2256	Butter	0.25 c
2256	Bacon;crisp fried/crumbled	0.50 lb
2256	Milk	1.25 c
2256	Worcestershire	2.00 ts
2256	Eggs	3.00
2256	Bisquick	1.00 c

Sheet1

2256	Dried savory leaves	0.25 ts
2256	Dried basil leaves	0.25 ts
2256	Dried parsley leaves	0.25 ts
2257	Bunch spinach	1.00
2257	Oil	1.00
2257	Black mustard seeds	0.00
2257	Crushed red chillis	0.00
2257	Turmeric	0.00
2257	Mint	0.00
2257	Yoghurt	0.00
2257	Lemon juice	0.00
2259	No Ingredients	0.00
2260	Red potatoes (about 6)	3.00 lb
2260	Chopped bell pepper	1.00
2260	Sliced pimiento	2.00 oz
2260	Salt	0.50 ts
2260	Pepper	0.50 ts
2260	Butter	2.00 tb
2260	All purpose flour	1.00 tb
2260	Milk	1.00 c
2260	Jalapeno or garlic cheese	6.00 oz
2261	Dried beans	2.00 c
2261	Onions	3.00 lg
2261	Cloves	3.00
2261	Bay leaf	1.00
2261	Garlic cloves	11.00
2261	Salt	1.00 tb
2261	Unsalted butter	0.25 c
2261	Olive oil	6.00 tb
2261	Lamb shanks, meaty	6.00
2261	Rosemary, crumbled	0.25 ts
2261	Beef broth	1.25 c
2261	Dry red wine	1.25 c
2261	Bacon, lean	6.00 sl
2261	Dry bread crumbs	0.50 c
2262	DOUGH -----	0.00 -----
2262	Flour	2.00 c
2262	Baking powder	0.50 ts
2262	Salt	0.25 ts
2262	Egg	1.00
2262	Oil	0.25 c
2262	POTATO FILLING -----	0.00 -----
2262	Potato; cooked mashed	4.00
2262	Chicken fat; melted	0.00
2262	Salt	0.00
2262	Pepper; lots of pepper	0.00
2262	LIVER FILLING -----	0.00 -----
2262	Liver; beef, broiled, choppd	0.50 lb
2262	Chicken liver; broiled chopd	3.00

Sheet1

2262	Ground beef; sauteed	0.50 lb
2262	Potato; mashed	0.50 c
2262	Egg	1.00
2262	Onion; minced and browned i	1.00
2262	Oil	1.00 tb
2262	Salt	0.50 ts
2263	Diced green chiles (2 cans)	8.00 oz
2263	Monterey Jack cheese,	1.00 lb
2263	grated	0.00
2263	Cheddar cheese, grated	1.00 lb
2263	Eggs, separated	4.00
2263	Canned evaporated milk	0.67 c
2263	Flour	1.00 tb
2263	Salt	0.50 ts
2263	Pepper	0.12 ts
2263	Tomatoes, sliced	2.00 md
2263	Green chiles	0.00
2263	(optional garnish)	0.00
2264	Salt; Or To Taste	0.50 ts
2264	Pepper; Or To Taste	0.25 ts
2264	Paprika; Or To Taste	0.25 ts
2264	Veal Fillets; Cut 1/4" Thick	4.00
2264	Butter	4.00 tb
2264	Stewed Tomatoes; Whole	4.00
2264	White Asparagus Spears; *	12.00
2264	Mushrooms; Fresh, Sliced	0.25 lb
2265	Carrots; Large	4.00
2265	Butter	1.00 tb
2265	Dark Beer; Any Brand	1.00 c
2265	Salt	0.25 ts
2265	Sugar	1.00 ts
2266	Potatoes; (2 Large) *	2.50 c
2266	;Water	3.00 c
2266	Lemon Juice	1.00 ts
2266	Potato; Boiled, Mashed	1.00
2266	Egg; Large, Beaten	1.00
2266	Milk	2.00 tb
2266	Salt	0.50 ts
2266	Vegetable Oil; As Needed	0.00
2267	Potatoes; Medium	5.00 ea
2267	;Boiling Water	1.00 x
2267	Salt	0.50 ts
2267	Butter	2.00 tb
2267	Pepper; Freshly Ground	1.00 x
2267	Sour Cream	0.50 c
2267	Horseradish	1.00 tb
2267	Parsley; Minced	2.00 ts
2268	Potatoes; Medium	5.00
2268	;Boiling Water	0.00

Sheet1

2268	Salt	0.50 ts
2268	Butter	2.00 tb
2268	Pepper; Freshly Ground	0.00
2268	Sour Cream	0.50 c
2268	Horseradish	1.00 tb
2268	Parsley; Minced	2.00 ts
2269	Medium buckwheat groats	1.00 c
2269	Egg	1.00
2269	Boiling chicken stock or	2.00 c
2269	Knorr bouil. cubes diss 2cup	1.00
2269	Boiling water	0.00
2269	Water	1.00 qt
2269	Uncooked varnishkes,bowtie	1.00 c
2269	Noodles	1.00
2269	Corn oil	3.00 tb
2269	Large onion, coarsely choppe	1.00
2270	Buckwheat groats	1.33 c
2270	Water	2.00 c
2270	Sweet potatoes	2.00 lb
2270	Butter (optional)	1.00 tb
2270	Medium Onions, thin sliced	2.00
2270	Milk	0.25 c
2270	Tamari	0.50 c
2270	Vegetable oil	0.25 c
2270	Garlic cloves, minced	2.00
2271	Oil	5.00 tb
2271	Asafetida (hing), ground	0.12 ts
2271	Spinach, washed, chopped	2.50 lb
2271	Turmeric, ground	0.50 ts
2271	Cayenne pepper	0.50 ts
2271	Salt	1.25 ts
2271	Garam masala (see below)	0.25 ts
2271	GARAM MASALA -----	0.00 -----
2271	Black cumin seeds	1.00 ts
2271	Cloves, whole	1.00 ts
2271	Cardamom seeds, shelled	1.00 tb
2271	Nutmeg, whole	0.33
2271	Cinnamon stick, 2", broken	0.00
2272	Gallons Ripe Tomatoes	4.00
2272	Onions	2.00
2272	Stalks Celery	5.00
2272	Green Sweet Peppers	2.00
2272	Granulated Sugar	3.00 c
2272	Apple Cider Vinegar	2.00 c
2272	Ground Cloves	0.25 ts
2272	Allspice	0.50 ts
2272	Cinnamon	0.50 ts
2272	Salt	3.00 tb
2273	Chinese celery cabbage (napa	4.00 lb

## Sheet1

2273	cabbage)	0.00
2273	Chinese white radish	0.25 lb
2273	(small ones) flat anchovies	2.00 cn
2273	Cloves garlic	4.00 lg
2273	Scallions (including tops)	3.00
2273	Salt	0.25 c
2273	Hot pepper flakes	4.00 tb
2273	Cayenne pepper	2.00 tb
2274	Head napa cabbage (1-1/2 to	1.00 md
2274	2 pounds)	0.00
2274	Salt	2.50 tb
2274	Daikon (it's a Asian turnip)	0.25 lb
2274	peeled and cut into	0.00
2274	matchstick pieces (option)	0.00
2274	Green onions (including	2.00
2274	tops), cut itno thin	0.00
2274	slivers	0.00
2274	Cloves garlic, minced or	3.00
2274	pressed	0.00
2274	To 2 teaspoons Korean red	1.00
2274	pepper or ground red	0.00
2274	pepper (cayenne)	0.00
2274	Sugar	2.00 ts
2275	Chinese cabbage, large head	1.00
2275	Salt	0.00
2275	Green onion with tops	4.00
2275	Garlic clove	1.00
2275	Hot red chile, dried	1.00
2275	Ginger root, grated fresh	1.00 ts
2276	Head Chinese cabbage	1.00
2276	cut into 1/2-in. strips	0.00
2276	Salt	3.00 tb
2276	Green onions; chopped	6.00
2276	(or less, if desired)	0.00
2276	Garlic clove; minced	3.00
2276	(or less, if desired)	0.00
2276	Crushed dried hot red chile	0.50 ts
2276	Chopped gingerroot	1.00 ts
2277	Onion	1.00 x
2277	Salt & pepper	1.00 x
2277	Cabbage, finely cut	1.00 x
2277	Butter	2.00 tb
2278	Cabbage; (1 Head) Approx Wt.	2.00 lb
2278	Vegetable Oil	3.00 tb
2278	Salt	1.00 ts
2278	Caraway Seeds	1.00 ts
2278	Beef Broth	1.00 c
2278	Apples; Small, Tart	3.00
2278	Cornstarch	1.00 tb



Sheet1

2278	;Water, Cold	2.00 tb
2278	Red Wine Vinegar	3.00 tb
2278	Sugar	0.25 ts
2279	Margarine	2.00 tb
2279	Hopped onion	1.00
2279	Garlic cloves	4.00
2279	Can plum tom w liquid, chop	14.00 oz
2279	Can mild chiles drained chop	4.00 oz
2279	Grated ginger, salt, cumin	1.00 ts
2279	Coriander, dry mustard	1.00 ts
2279	Turmeric, nutmeg, cinnamon	0.50 ts
2279	Potatoes, peeled and diced	2.00
2279	Bite sized cauliflower	3.00 c
2279	Large carrots	2.00
2279	Chopped fresh cilantro	3.00 tb
2279	String beans, 1 in. pieces	2.00 c
2279	Plain low fat yogurt	1.00 c
2280	White vinegar	3.00 c
2280	Water	3.00 c
2280	Garlic cloves	12.00
2280	peeled and sliced	0.00
2280	Salt	0.50 c
2280	Green tomatoes	4.00 lb
2280	Dill seeds	0.25 c
2280	Peppercorns	1.00 tb
2281	Lean Ground Beef	1.00 lb
2281	Large Onion, Finely Chopped	1.00
2281	Shortening	3.00 tb
2281	Loaves Frozen Bread Dough*	2.00
2281	Sm. Head Of Cabbage Shredded	1.00
2281	Salt & Pepper To Taste	0.00
2282	Potatos	750.00 g
2282	Breadcrumbs	4.00 tb
2282	Egg yolk	4.00
2282	Parmesan cheese	1.00 tb
2282	Salt, nutmeg	1.00
2282	COATING -----	0.00 -----
2282	Flour	2.00 tb
2282	Breadcrumbs	4.00 tb
2282	Egg white	4.00
2282	FRYING -----	0.00 -----
2282	Oil or shortening	0.00
2283	Fresh whole okra	3.00 c
2283	Tomato, chopped	0.25 c
2283	Red onion, chopped	0.25 c
2283	Fresh ginger root, finely ch	1.00 tb
2283	Vinegar	0.25 c
2284	Lima beans	1.00 lb
2284	Milk	2.00 c

Sheet1

2284	Salt & pepper	1.00 x
2284	Potato, diced	4.00 ea
2284	Butter	2.00 tb
2285	Margarine	2.00 tb
2285	Lg leeks, white part chopped	2.00
2285	Red bell pepper, diced	1.00
2285	Matzos, broken	3.00
2285	Hot water	1.00 c
2285	Potatoes, baked, peel, slice	4.00
2285	Evaporated skim milk	6.00 oz
2285	Salt and pepper	1.00
2285	Grated mozzarella	1.00 c
2285	Minced chives for top	1.00
2286	Broccoli spears, fresh	1.00 lb
2286	Onion, sliced	1.00 sm
2286	Margarine	2.00 tb
2286	Lemon juice	1.00 tb
2286	Dried tarragon	0.25 ts
2286	Salt and pepper, to taste	0.00
2287	Small red potatoes; *	2.50 lb
2287	Olive oil	0.25 c
2287	Lemon juice; fresh	2.00 tb
2287	Salt	1.00 ts
2287	Fresh oregano; OR	1.00 ts
2287	Dried oregano	0.50 ts
2287	Fresh thyme; OR	1.00 ts
2287	Dried thyme	0.50 ts
2287	Paprika	0.25 ts
2287	Pepper; finely ground	0.50 ts
2288	Lima beans, frozen	10.00 oz
2288	Pimento	1.00
2288	Sour cream	0.50 c
2288	Chives	3.00 tb
2288	Garlic powder	0.25 ts
2288	Salt	0.25 ts
2288	Pepper	0.25 ts
2289	Potato; grated	4.00 c
2289	Onion; grated	1.00 c
2289	Egg whites	2.00 ea
2289	Salt & pepper; to taste	0.00
2289	Vegetable oil; or baking	2.00 tb
2289	spray	0.00
2290	Pasta (bow-ties or ribbed)	8.00 oz
2290	Margarine, divided	3.00 tb
2290	Unbleached Flour	1.00 tb
2290	Vegetable stock	0.50 c
2290	Milk	0.75 c
2290	Grated Cheddar cheese (2 oz)	0.50 c
2290	Grated Parmesan cheese(2 oz)	0.50 c

Sheet1

2290	Chopped fresh parsley	1.00 tb
2290	Basil	1.00 ts
2290	Paprika	0.25 ts
2290	Black Pepper	0.25 ts
2290	Broccoli florets	2.00 c
2290	Med sweet red pepper,chopped	0.00
2290	Sliced Mushrooms (3 oz)	1.00 c
2290	Scallions, sliced	2.00 x
2291	Cashew nut pieces; broken	2.00 tb
2291	Peanuts; roasted, skinless	1.00 tb
2291	Coconut flakes;unsweetened	1.00 tb
2291	White poppy seeds	1.00 ts
2291	Onion	1.00 md
2291	Ginger piece; fresh 1/4"	1.00 ea
2291	Garlic cloves	2.00 lg
2291	Green chilli pepper;	1.00 ea
2291	deseeded if desired	0.00
2291	Vegetable oil	3.00 tb
2291	Black mustard seeds	0.50 ts
2291	Dried curry leaves; up to 10	8.00 ea
2291	White sesame seeds	1.00 ts
2291	Tomato	1.00 md
2291	Coriander seeds; ground	0.25 ts
2291	Cumin seeds; ground	0.25 ts
2291	Black Pepper; ground	0.50 ts
2291	Tumeric; ground	0.50 ts
2291	Salt, to taste	0.00
2291	Sugar	0.25 ts
2291	Corn kernels	3.00 c
2291	Yogurt; plain, diluted with	0.25 c
2291	Water	0.25 c
2292	MEAT FILLING -----	0.00 -----
2292	Lean Ground Beef	1.00 lb
2292	Onion; Chopped, 1 Sm	0.25 c
2292	Slices Bread; Torn Up Small	3.00
2292	Mozzarella Cheese; Shredded	1.50 c
2292	Egg; Lg	1.00
2292	Milk	0.50 c
2292	Parsley; Snipped	1.00 tb
2292	Salt	1.00 ts
2292	Pepper	0.25 ts
2292	PASTA -----	0.00 -----
2292	Manicotti Shells; 1 Pk	8.00 oz
2292	TOMATO SAUCE -----	0.00 -----
2292	Mushroom Stems & Pieces;1 Cn	4.00 oz
2292	Tomato Sauce; 1 Cn	15.00 oz
2292	Tomato Paste; 1 Cn	12.00 oz
2292	Onion; Chopped, 1 Sm	0.25 c
2292	Clove Garlic; Minced	1.00

## Sheet1

2292	Water	4.00 c
2292	Italian Seasoning	1.00 tb
2292	Sugar	0.50 ts
2292	Salt	0.50 ts
2292	Pepper	0.12 ts
2292	Parmesan Cheese; Grated	0.33 c
2293	Medium sized carrots	8.00
2293	Fresh Orange juice	0.50 c
2293	Rind, of orange grated	1.00
2293	Maple syrup	3.00 tb
2293	Pinch of mace or nutmeg	1.00
2293	Butter	3.00 tb
2294	Eggplants (about 3 1/2 lbs.	4.00 md
2294	Total)	0.00
2294	Salt	0.50 c
2294	White vinegar	1.00 ts
2294	Extra virgin olive oil [go	1.00 ts
2294	For the greenest you can	0.00
2294	Find]	0.00
2294	Regular olive oil [all	3.00 c
2294	Extra virgin would be	0.00
2294	Prohibitive for too many]	0.00
2294	Chopped garlic	0.25 c
2294	Crushed red pepper	1.00 ts
2294	Dried oregano OR	1.00 tb
2294	Fresh oregano if available	2.50 tb
2294	Salt	0.50 ts
2295	Bell peppers	6.00 lg
2295	Olive or vegetable oil	0.25 c
2295	Chopped fresh parsley	2.00 tb
2295	Lemon juice	2.00 tb
2295	Lime juice	2.00 tb
2295	Salt	0.50 ts
2295	Chopped fresh or 1/4 ts	1.00 ts
2295	Dried oregano leaves	0.00
2295	Chopped fresh or 1/4 ts	1.00 ts
2295	Dried basil leaves	0.00
2295	Chopped fresh or 1/8 ts	0.50 ts
2295	Dried sage leaves	0.00
2295	Pepper	0.12 ts
2295	Cloves garlic, finely	2.00 lg
2295	chopped	0.00
2296	Bell peppers	6.00 lg
2296	Olive or vegetable oil	0.25 c
2296	Chopped fresh parsley	2.00 tb
2296	Lemon juice	2.00 tb
2296	Lime juice	2.00 tb
2296	Salt	0.50 ts
2296	Chopped fresh or 1/4 ts	1.00 ts

## Sheet1

2296	Dried oregano leaves	0.00
2296	Chopped fresh or 1/4 ts	1.00 ts
2296	Dried basil leaves	0.00
2296	Chopped fresh or 1/8 ts	0.50 ts
2296	Dried sage leaves	0.00
2296	Pepper	0.12 ts
2296	Cloves garlic, finely	2.00 lg
2296	chopped	0.00
2296	Pitted greek or black olives	1.00 c
2296	Drained	0.00
2296	Ounces feta or mozzarella	4.00
2296	cheese	0.00
2297	Tomatoes; large *	4.00
2297	Vegetable oil	1.00 c
2297	Wine vinegar	0.25 c
2297	Mustard; dry	0.25 ts
2297	Salt	1.00 ts
2297	Black pepper	0.25 ts
2297	Garlic; clove, large, minced	1.00
2297	Basil; fresh, chopped	1.00 tb
2297	Thyme; sprigs, fresh,chopped	2.00
2297	Marjoram; fresh, sprig, chop	1.00
2297	Scallion; minced	1.00 tb
2298	Tomatoes; Large *	4.00
2298	Vegetable Oil	1.00 c
2298	Wine Vinegar	0.25 c
2298	Mustard; Dry	0.25 ts
2298	Salt	1.00 ts
2298	Black Pepper	0.25 ts
2298	Garlic; Clove, Large, Minced	1.00
2298	Basil; Fresh, Chopped	1.00 tb
2298	Thyme; Sprigs, Fresh,Chopped	2.00
2298	Marjoram; Fresh, Sprig, Chop	1.00
2298	Scallion; Minced	1.00 tb
2299	Baked Potatoes	4.00
2299	Slices Bacon	2.00
2299	Chopped Green Onions	2.00
2299	Salt & Pepper to Taste	0.00
2299	Sour Cream	0.50 c
2299	Cheddar Cheeze (Shreaded)	0.50 c
2299	Butter	0.25 c
2300	Tomatos (peeled/cubed)	3.00
2300	Head garlic	1.00
2300	Heavy cream	5.00 tb
2300	Butter at room temperature	4.00 tb
2300	Egg yolk	1.00
2301	Potatoes; medium	5.00
2301	;boiling water	0.00
2301	Salt	0.50 ts

Sheet1

2301	Butter	2.00 tb
2301	Pepper; freshly ground	0.00
2301	Sour cream	0.50 c
2301	Horseradish	1.00 tb
2301	Parsley; minced	2.00 ts
2302	Potatoes	8.00 md
2302	Oil for deep frying	0.00
2302	Onion, coarsely chopped	1.00 ea
2302	Garlic cloves, pressed	4.00 ea
2302	Oil	6.00 tb
2302	Asafetida	1.00 pn
2302	Fenugreek seeds	7.00 ea
2302	Fennel seeds	0.50 ts
2302	Black onion seeds	0.25 ts
2302	Black mustard seeds	0.25 ts
2302	Bay leaf	1.00 ea
2302	Dried red peppers	3.00 ea
2302	Turmeric	0.50 ts
2302	Tomatoes, chopped	2.00 md
2302	Sugar	1.00 pn
2302	Salt	1.50 ts
2303	Ground beef (or leftover cooked meat)	1.00 lb 0.00
2303	Wide egg noodles, uncooked (1 package)	8.00 oz 0.00
2303	Onion, chopped (1 cup)	1.00 lg
2303	Celery ribs, chopped (1 1/2 cups)	4.00 0.00
2303	Garlic clove, crushed	1.00 lg
2303	Corn, undrained (1 can)	12.00 oz
2303	Condensed tomato soup (1 can)	10.00 oz 0.00
2303	Mushrooms, stems and pieces undrained (1 can)	4.00 oz 0.00
2303	Milk	0.50 c
2303	Salt	0.25 ts
2303	Pepper	0.50 ts
2303	Cheddar cheese, shredded	0.25 c
2304	Round Steak, 1/2" Thick	3.00 lb
2304	Potatoes	2.00 lb
2304	Tomato Sauce	8.00 oz
2304	Salt	1.50 ts
2304	Ground Pepper	0.50 ts
2304	Ground Cumin	0.50 ts
2304	Large Clove Garlic, Smashed	1.00
2304	Water	0.00
2305	Lean Ground Beef	1.50 lb
2305	Egg; Lg	1.00
2305	Bananas; Ripe, Mashed, 2 Lg	1.00 c

Sheet1

2305	Oats; Quick Cooking	0.50 c
2305	Green Bell Pepper; Chopped	0.50 c
2305	Onion; Chopped	2.00 tb
2305	Salt	1.00 ts
2305	Mustard; Prepared	1.00 ts
2305	Nutmeg	0.25 ts
2305	Allspice	0.12 ts
2305	Slices Bacon	2.00
2305	Orange Marmalade	3.00 tb
2306	Lean Ground Beef	1.50 lb
2306	Egg; Lg	1.00
2306	Bananas; Ripe, Mashed, 2 Lg	1.00 c
2306	Oats; Quick Cooking	0.50 c
2306	Green Bell Pepper; Chopped	0.50 c
2306	Onion; Chopped	2.00 tb
2306	Salt	1.00 ts
2306	Mustard; Prepared	1.00 ts
2306	Nutmeg	0.25 ts
2306	Allspice	0.12 ts
2306	Slices Bacon	2.00
2306	Orange Marmalade	3.00 tb
2308	Dry Pinto Beans	2.00 c
2308	Water To More Than Cover	0.00
2308	Meat *	0.50 lb
2308	Large Onion Chopped	1.00
2308	Clove Garlic	1.00
2308	Red Chili Powder	1.00 tb
2308	Ground Cumin	0.25 ts
2308	Oregano	0.50 ts
2309	Shredded Red Cabbage	0.50 c
2309	Shredded Green Cabbage	0.50 c
2309	Carrot, Pared, Grated	1.00 md
2309	Low Fat Yogurt	0.25 c
2309	Ground Cumin	0.25 ts
2309	Salt	0.12 ts
2309	Fresh Ground Pepper	1.00 pn
2310	Frozen corn	2.00 c
2310	Butter	2.00 tb
2310	Diced onion	0.25 c
2310	Diced sweet green pepper	0.25 c
2310	Chopped pimiento	2.00 tb
2310	Salt	0.50 ts
2310	Pepper	0.25 ts
2311	Lean Ground Beef	1.00 lb
2311	Salt & Pepper; To Taste	0.00
2311	Cheddar Cheese; Shredded,1 C	4.00 oz
2311	Dairy Sour Cream	1.00 c
2311	Mayonnaise Or Salad Dressing	0.67 c
2311	Onion; Finely Chopped	2.00 tb

Sheet1

2311	Bisquick Baking Mix	2.00 c
2311	Water	0.50 c
2311	Tomatoes; Thinly Sliced, *	0.00
2311	Green Bell Pepper; Chopped	0.75 c
2311	Paprika; Optional	0.00
2312	Shortening	3.00 tb
2312	Rice	1.50 c
2312	Onion, sliced	0.50 c
2312	Bell pepper,sliced	0.50 c
2312	Can whole tomatoes	14.00 oz
2312	Clove garlic, minced	1.00 md
2312	Black pepper	1.00 ts
2312	Salt	2.00 ts
2312	Water	3.00 c
2313	Butter or margarine	2.00 tb
2313	Spinach, chopped, frozen	2.00 pk
2313	Salt	1.00 ts
2313	Light cream	0.25 c
2313	Prepared horseradish	2.00 tb
2313	Pepper	0.12 ts
2313	Egg, hard-cooked, sliced	1.00 ea
2314	Pkg frozen whole kernel Corn	10.00 oz
2314	Chopped sweet Red Pepper	0.25 c
2314	Cream Cheese (reduced cal.)	0.25 c
2314	Skim Milk	1.00 tb
2314	Chopped Green Pepper	0.25 c
2314	Chopped Celery	0.25 c
2314	Diced green Chili Peppers	0.25 c
2315	Small sliced pickling	3.00
2315	cucumbers	0.00
2315	Sliced onions	1.00
2315	Green peppers, julienne cut	3.00
2315	Red peppers, julienne cut	2.00
2315	Tumeric	2.00 ts
2315	Mustard seed	2.00 ts
2315	Celery seed	1.00 ts
2315	White sugar	6.00 c
2315	White vinegar	3.50 c
2315	Pickling salt	0.33 c
2316	Cauliflower florets	1.00 c
2316	Potatoes, diced & peeled	1.00 c
2316	Green peas, frozen or fresh	1.00 c
2316	Green beans, 1/4 inch pieces	1.00 c
2316	Finely shredded carrots	1.00 c
2316	Finely shredded beets	0.50 c
2316	Finely chopped celery	0.25 c
2316	Hot green chilies, quartered	2.00 ea
2316	Cooked chick peas	0.67 c
2316	Almonds	3.00 tb



Sheet1

2316	Walnuts	3.00 tb
2316	Sunflower seeds	3.00 tb
2316	Salt	1.50 ts
2316	Black pepper	0.25 ts
2316	Turmeric	0.50 ts
2316	Garam masala	1.00 ts
2316	Soy milk	0.75 c
2316	Cornstarch	2.00 tb
2316	Whole wheat flour	2.00 tb
2316	White poppy seeds	0.67 c
2316	Ghee for shallow frying	0.00
2317	Stephen Ceideburg	0.00
2317	Unsalted butter	3.00 tb
2317	Mixed nuts (cashews and pistachios are good)	0.25 c
2317	Raisins	0.25 c
2317	Minced garlic	2.00 ts
2317	Onion, finely chopped	1.00 lg
2317	Medium-size tomato, chopped	1.00
2317	Broccoli florets	0.50 c
2317	Cauliflower florets	0.50 c
2317	Green bell pepper, cut into 1-inch diamonds	0.50 c
2317	Red bell pepper, cut into 1-inch diamonds	0.50 c
2317	Medium-size carrot, sliced, then cut into diamonds	1.00
2317	Green beans, cut in 1-inch diagonal pieces	0.25 c
2317	Peas (fresh or frozen)	0.00
2317	Turmeric	0.25 c
2317	Ground coriander	0.25 ts
2317	Ground cumin	1.00 ts
2317	Ground cardamom.	1.00 ts
2317	To 1 teaspoon cayenne pepper	0.50
2317	Salt	1.00 ts
2317	Water	0.25 c
2317	Paneer (see recipe), cub- ed and broiled or sauteed	8.00 oz
2317	Heavy cream	0.00
2317	Pineapple chunks (fresh or canned, drained)	0.50 c
2317		0.00
2318	Carrots	1.00 lb
2318	Carbonated Soda Water	0.67 c
2318	White Wine	1.00 c
2318	Salt	1.00 ts
2318	Sugar	0.25 ts
2318	Sirloin Steak	1.00 lb
2318	Vegetable Oil	2.00 tb

Sheet1

2318	Onions; Small, Diced	2.00
2318	White Pepper	0.25 ts
2318	Heavy Cream	0.50 c
2318	Parsley; Chopped	1.00 tb
2319	Onion, sliced	1.00
2319	Onion, chopped	1.00
2319	Clove garlic	1.00
2319	Peanut oil	2.00 tb
2319	Diced butternut squash	1.00 c
2319	Chicken broth	1.00 c
2319	Raisins	0.50 c
2319	Ground turmeric	1.00 ts
2319	Ground cinnamon	1.00 ts
2319	Ground ginger	0.50 ts
2319	Garbanzo beans (chick-peas)	15.00 oz
2319	Hot cooked rice	2.00 c
2320	Uncooked regular rice	1.33 c
2320	Water	2.67 c
2320	Salt	0.50 ts
2320	Margarine or butter	0.25 c
2320	Powdered sugar	0.25 c
2320	Ground cinnamon	0.00
2321	Spinach	2.00 lb
2321	Salt	1.00 ts
2321	Olive oil	0.25 c
2321	Sugar	0.25 ts
2321	Garlic cloves; minced	2.00
2321	Lemon juice	2.00 tb
2322	Safflower oil	1.00 tb
2322	Garlic cloves, minced	2.00 ea
2322	Onion, chopped	1.00 lg
2322	Mushrooms, sliced	1.50 lb
2322	Green bell pepper, diced	0.50 md
2322	Dry white wine	0.50 c
2322	Tamari	0.25 c
2322	Grated ginger	0.50 ts
2322	Sesame oil	2.00 ts
2322	Cornstarch	1.50 tb
2322	Cakes tofu, grated	2.00 ea
2322	Crushed almonds	0.00
2323	Mushrooms; fresh	2.00 lb
2323	Bacon; diced	0.25 lb
2323	Butter or margarine	0.25 c
2323	Onions; large, diced	2.00
2323	White wine	1.00 c
2323	Salt	0.50 ts
2323	Pepper	0.25 ts
2323	Paprika	0.25 ts
2323	Nutmeg; pinch of	0.00

Sheet1

2323	Mace; pinch of	0.00
2323	Cream; heavy	1.00 c
2323	Lemon juice; 1/2 med lemon	0.00
2323	Parsley; sprigs	2.00
2324	Mushrooms, small	1.00 lb
2324	White wine vinegar	2.00 c
2324	Lemon;juice of	1.00
2324	Salt	2.00 tb
2324	Garlic clove;cut lengthwise	1.00
2324	in 4 pieces	0.00
2324	Whole peppercorns	0.50 ts
2324	Olive oil	1.00 c
2325	Red cabbage; some slices;*	0.00
2325	Cabbage; some slices	0.00
2325	Oil	2.00 tb
2325	Black mustard seeds;*	1.00 tb
2325	Tumeric; ground	0.50 ts
2326	Head bok choi (napa, etc)	1.00
2326	chopped into 2"x1" pieces	0.00
2326	Daikon radishes (or more)	1.00
2326	sliced thinly	0.00
2326	Carrots; shredded	2.00
2326	Garlic cloves (or more)	8.00
2326	thinly sliced	0.00
2326	Garlic cloves; crushed	2.00
2326	Sea salt	1.50 c
2326	Flaked dried red peppers*	0.50 c
2326	*(crushed) OR MORE	0.00
2326	Fresh ginger root slices*	0.33 c
2326	*or more to taste	0.00
2326	Coarsely chopped scallions	1.00 c
2326	Japanese horseradishes *	1.00
2326	*or more to taste	0.00
2326	water (boiled)	2.00 c
2326	Rice vinegar	2.00 c
2326	Sesame seeds	3.00 tb
2327	Rice; cooked	4.00 c
2327	Egg	6.00 ea
2327	Oil	4.00 tb
2327	Onion, med; minced	2.00 ea
2327	Garlic clove; minced	1.00 ea
2327	Pork; minced	0.50 c
2327	Shrimp, popcorn;	0.50 c
2327	cooked/peeled	0.00
2327	Soy sauce	2.00 tb
2327	Chilies; sliced thin	2.00 ea
2327	Smithfield Ham	0.50 c
2327	Crab; cooked	0.50 c
2327	Celery; chopped	0.25 c

Sheet1

2327	Onion flakes, dried	0.50 c
2328	Carrots	1.00 lb
2328	Cold water	0.25 c
2328	Butter	8.00 tb
2328	Salt	0.25 ts
2328	Sugar	3.00 tb
2328	Orange rind, grated	1.00 tb
2328	Egg yolks	3.00
2328	Heavy cream	0.50 c
2328	Parsley, chopped	1.00 tb
2328	Sweet butter, melted	2.00 tb
2329	Ears fresh corn	8.00
2329	Salt	1.25 ts
2329	Milk	0.25 c
2329	All-purpose flour	2.00 tb
2329	Egg whites	2.00
2329	Vegetable oil (or more)	0.50 c
2330	Ears very young corn	6.00
2330	Sugar	1.00 tb
2330	Cornstarch	1.00 tb
2330	Salt	1.00 ts
2330	Pimiento, chopped	2.00 tb
2330	Eggs	3.00 lg
2330	Butter, melted	4.00 tb
2330	Milk	1.00 c
2331	Dry pinto beans (1-1/2 lb)	3.00 c
2331	Water	2.50 qt
2331	Meaty hambone or	1.00
2331	Salt pork or cubed bacon	0.25 lb
2331	Salt, or more to taste	1.00 ts
2332	White onions	1.00 lb
2332	Butter	2.00 tb
2332	Consomme	0.50 c
2332	Water	2.00 tb
2332	Sugar	1.00 tb
2332	Flour	1.00 tb
2332	Salt to taste	0.00
2332	Pepper to taste	0.00
2333	Utter; melted	3.00 tb
2333	Soy sauce	2.00 ts
2333	Tabasco sauce	4.00 ds
2333	Can chow mein noodles	3.00 oz
2333	Celery salt	0.25 ts
2333	Onion powder	1.00 ds
2334	KOSHER GOURMET COOKBOOK -----	0.00 -----
2334	HEAD CABBAGE	0.75 lb
2334	CORED,SHREDDED	0.00
2334	SUGAR	0.50 ts
2334	FRESHLY GROUND PEPPER	0.00

## Sheet1

2334	SCHMALTZ,OR BUTTER,OR OIL	6.00 tb
2334	MEDIUM EGG NOODLES	1.50 c
2334	LARGE ONION MINCED	0.50
2335	Bacon strips; crisp save fat	4.00
2335	Okra; sliced thin	1.50 lb
2335	Med. Onion; chopped	1.00
2335	Vinegar	1.00 ts
2335	Bell Pepper; strips	0.50
2335	Celery Stalks; sliced thin	2.00
2335	RO*TEL Tomato w/Green Chili	10.00 oz
2335	Sugar	1.00 ts
2335	Salt	0.00
2335	Pepper	0.00
2335	Chili Powder	1.50 ts
2336	String beans	1.00 c
2336	Liquid	0.00
2336	Bacon, diced	0.25 lb
2336	Sm Onion	1.00
2336	Med Potato, diced	2.00
2336	Salt	0.25 ts
2336	Water	1.00 c
2337	Beef stew meat	1.50 lb
2337	Cooking oil	2.00 tb
2337	Potatoes; cubed	2.00 c
2337	Carrots; in 1" pieces	1.00 c
2337	Onion; cut into thin wedges	1.00 md
2337	Celery; sliced	0.50 c
2337	Green beans; frozen (9oz)	1.00 pk
2337	Tapioca; quick-cooking	3.00 tb
2337	Beef bouillon granules	1.00 tb
2337	Worcestershire sauce	2.00 ts
2337	Thyme; dry & crushed	0.75 ts
2337	Salt	0.50 ts
2337	Pepper	0.25 ts
2337	Tomatoes; canned, cut up	16.00 oz
2337	Water	1.50 c
2338	Sweet potatoe, thinly sliced	4.00 c
2338	New potatoe, thinly sliced	4.00 c
2338	Butter Buds, or Molly	0.00
2338	McButter or other butter	0.00
2338	substitute	0.00
2338	Minced onion	4.00 tb
2338	Pepper (or to taste)	0.50 ts
2338	Skim milk	1.00 c
2338	Minced parsley	2.00 tb
2339	Onions, minced	2.00 c
2339	Olive oil	1.00 tb
2339	Butter	1.00 ts
2339	Flour	1.50 tb

## Sheet1

2339	Eggs	3.00
2339	Milk	0.50 c
2339	Plain yogurt	0.33 c
2339	Salt	1.00 ts
2339	Fresh ground pepper	0.12 ts
2339	Nutmeg	0.12 ts
2339	Swiss cheese, grated,	0.50 c
2339	divided	0.00
2339	Pepperoni (thin slices)	18.00 sl
2339	Pastry shell (8-inch,	1.00
2339	partially baked)	0.00
2340	Yeast; Active Dry	1.00 pk
2340	Sugar	1.00 ts
2340	Salt	1.50 ts
2340	Unbleached Flour	3.00 c
2340	Shortening	1.00 tb
2340	Water; 120 to 130 Degrees F.	1.00 c
2340	Bacon; Slices, Cut Up	6.00
2340	Onions; Medium, Sliced	2.00
2340	Cumin	0.25 ts
2340	Salt	0.50 ts
2340	Pepper; As Desired	0.00
2340	Egg Yolk	1.00
2340	Sour Cream	1.00 c
2341	Onions, large and sweet	2.00 lb
2341	Butter melted	1.00 oz
2341	Cream of mushroom soup,undil	1.00
2341	Half and half cream	0.50 c
2341	Salt and pepper to taste	0.00
2341	Cheese cheddar shredded	0.50 c
2341	SI Bread, french	4.00
2341	Butter melted	1.50 tb
2342	Oil	2.00 tb
2342	Onion; chopped	1.00 tb
2342	Garlic clove	3.00 ea
2342	Shrimp, small; cooked &	3.00 oz
2342	diced	0.00
2342	Salt	0.50 ts
2342	Pepper, black	0.50 ts
2342	Cabbage, small; very finely	0.50 ea
2342	shredded	0.00
2342	Egg; beaten	4.00 ea
2342	Scallion; finely sliced	2.00 ea
2343	Med. Sweet Potatoes	2.00
2343	Finely Shredded Orange Peel	0.25 ts
2343	Orange Juice	2.00 tb
2343	Orange Juice	0.50 c
2343	Cornstarch	2.00 ts
2343	Honey Or Maple (flvrd) syrup	4.00 tb

Sheet1

2343	Peanuts	2.00 tb
2344	Utter/margarine;softened	0.50 c
2344	Owdered sugar	2.00 tb
2344	Ight corn syrup	0.25 c
2344	Rated orange peel	2.00 ts
2345	Sweet potatoes or yams	6.00 md
2345	(about 2 pounds)*	0.00
2345	Packed brown sugar	0.50 c
2345	Margarine or butter	3.00 tb
2345	Orange juice	3.00 tb
2345	Salt	0.50 ts
2345	Grated orange peel	1.00 tb
2346	Idaho potatoes (about 10oz	5.00 lg
2346	Each	0.00
2346	Light olive oil (not extra-	2.50 tb
2346	Virgin	0.00
2346	Freshly grated Parmigiano	0.33 c
2346	Reggiano cheese	0.00
2346	Cloves garlic, finely mince	3.00 lg
2346	Crushed red pepper flakes	0.25 ts
2346	Salt to taste	0.00
2347	Medium potatoes	6.00
2347	Oil	2.00 tb
2347	1 oz. good seasons italian *	1.00
2347	Chopped fresh parsley	1.00 tb
2348	Potatoes, quartered	6.00 lg
2348	Onions, quartered	6.00 md
2348	Vegetable oil	0.33 c
2348	Black pepper	1.00 ts
2348	Fresh parsley, chopped	1.00 tb
2348	Fresh basil, chopped	1.00 tb
2348	Fresh marjoram, chopped	1.00 ts
2349	Corn pulp	2.00 c
2349	Egg, separated	2.00 ea
2349	Pepper	0.25 ts
2349	Flour	2.00 tb
2349	Salt	0.50 ts
2350	Stephen Ceideburg	0.00
2350	Paneer (see recipe)	8.00 oz
2350	+ 2 tablespoons light	1.00 ts
2350	vegetable oil	0.00
2350	Cups, (packed) chopped fresh	3.00
2350	spinach	0.00
2350	Fresh hot green chiles	2.00
2350	Garlic cloves, crushed	2.00
2350	Inch piece fresh ginger,	0.50
2350	crushed	0.00
2350	Medium-size onion, finely	1.00
2350	chopped	0.00

Sheet1

2350	Turmeric	0.25 ts
2350	Tomato, chopped	1.00 sm
2350	Half-and-half	1.00 c
2350	Salt	1.00 ts
2351	Firm ripe or green medium	4.00
2351	Tomatoes	0.00
2351	(about 1-1/2 pound)	0.00
2351	All-purpose flour	0.50 c
2351	Salt	1.00 ts
2351	Pepper	0.25 ts
2351	Margarine or butter.	0.33 c
2352	Dried mirasol chilies, stems	6.00
2352	and seeds removed, crushed	0.00
2352	Meduim tomatoes, peeled and	2.00
2352	diced	0.00
2352	Ground cumin	0.50 ts
2352	Large potato, cooked,peeled,	1.00
2352	and diced	0.00
2352	Medium sweet potato, cooked,	1.00
2352	peeled and diced	0.00
2352	Chopped fresh cilantro for	0.00
2352	garnish	0.00
2353	Baking potatoes, medium,	2.00
2353	Peeled and cubed	0.00
2353	Freshly grated Parmesan	0.25 c
2353	Cheese	0.00
2353	Skim milk	2.00 tb
2353	Salt	0.12 ts
2353	Ground white pepper	0.12 ts
2353	Ground nutmeg	0.12 ts
2353	Frozen egg substitute,	0.25 c
2353	Thawed	0.00
2353	Vegetable cooking spray	0.00
2353	Freshly grated parmesan	1.00 tb
2353	Cheese	0.00
2354	Eggplant (1 med)	1.00 lb
2354	Cooked pinto beans or chickp	2.00 c
2354	Olive oil	1.00 tb
2354	Cloves garlic, minced	2.00 ea
2354	Med zucchini	3.00 ea
2354	Tomato sauce	2.00 c
2354	Olive oil	1.00 tb
2354	Sliced or diced onions	1.00 c
2354	Mushrooms, sliced	0.50 lb
2354	To 4oz soft goat's milk chee	2.00 oz
2354	Dried oregano	1.00 ts
2354	Bread crumbs (optional)	1.00 x
2355	Artichokes; medium	9.00
2355	Lemons; the juice & the	2.00



Sheet1

2355	4 rinds	0.00
2355	cold water	2.00 c
2355	salt	1.50 ts
2355	pepper;freshly ground black	0.25 ts
2355	Olive oil	0.50 c
2355	Garlic clove;minced fine	1.00
2355	Italian parsley; fresh,	0.25 c
2355	chopped	0.00
2355	Bread crumbs;coarse, dry	0.50 c
2356	Parsnips	5.00 md
2356	(about 1-1/4 pounds)	0.00
2356	All-purpose flour	2.00 tb
2356	Salt	0.50 ts
2356	Dash of pepper	0.00
2356	Margarine or butter,	2.00 tb
2356	Softened	0.00
2356	Chopped onion	1.00 tb
2356	Egg, beaten	1.00
2356	Dry bread crumbs or cracker	0.00
2356	Shortening	0.25 c
2357	Pounds parsnips	1.50
2357	(6 to 8 medium)	0.00
2358	Pasta (preferably linguine)	8.00 oz
2358	Carrots, thinly sliced	3.00 x
2358	Safflower or Olive oil	2.00 tb
2358	Sm Zucchini, thinly sliced	3.00 x
2358	Peapods	0.25 lb
2358	PESTO -----	0.00 -----
2358	Fresh Basil Leaves	2.00 c
2358	Pine nuts (pignolli)	0.25 c
2358	Cloves Garlic	2.00 x
2358	Olive oil	1.00 tb
2359	Olive Oil	1.00 tb
2359	Onion Finely Chopped	1.00
2359	Carrots Diced	0.50 lb
2359	Zucchini, Sliced	0.50 lb
2359	Peas or Snow Peas	0.50 lb
2359	Vermicelli	0.75 lb
2359	Chopped Mint	2.00 tb
2359	Freshly Ground Black Pepper	0.00
2360	Jumbo Pasta Shells	12.00 x
2360	FILLING -----	0.00 -----
2360	Ricotta cheese, part skim	1.50 c
2360	Chopped fresh chives *	3.00 tb
2360	Black Pepper	0.75 ts
2360	Grated Lemon Peel	2.00 tb
2360	Very finely chopped Almonds	0.50 c
2360	LEMON VINAIGRETTE -----	0.00 -----
2360	Lemon juice	0.25 c

Sheet1

2360	Olive oil	2.00 tb
2360	Dijon Mustard	1.00 ts
2360	Chopped fresh parsley	2.00 tb
2360	Basil	1.00 tb
2360	Clove garlic, finely minced	0.00
2361	Bunch broccoli, trimmed	1.00 lg
2361	And cut into flowerettes	0.00
2361	Extra virgin olive oil	0.50 c
2361	(1 stick) unsalted butter	0.50 c
2361	Garlic cloves, sliced	6.00 lg
2361	Paper thin	0.00
2361	Crushed red pepper flakes	2.00 ts
2361	Large shell macaroni,	1.00 lb
2361	Cooked	0.00
2362	Bunch Fresh Broccoli,	1.00
2362	Broken Into Flowerets	0.00
2362	Carrots Cut Into Small	4.00
2362	Pieces	0.00
2362	Olive Oil	0.25 c
2362	Onions Diced	2.00 md
2362	Fresh Mushrooms, Sliced	1.00 pt
2362	Zucchini, Sliced	3.00 md
2362	Linguini	2.00 lb
2362	Minced Garlic	2.00 cl
2362	Pepper	0.00
2362	Minced Parsly To Taste	0.00
2362	Olive Oil and Oleo for	0.00
2362	Tossing	0.00
2362	Linguine	1.00 lb
2363	Asparagus, fresh	1.50 lb
2363	Chives, chopped fresh	2.00 tb
2363	Fettuccine	1.00 lb
2363	Pepper freshly ground	0.00
2363	Goat cheese	0.25 lb
2363	Butter	2.00 tb
2364	Artichoke, cleaned,	1.00
2364	Trimmed and cooked	0.00
2364	Package cream cheese	13.00 oz
2364	Garlic powder	0.25 ts
2364	Onion powder	0.25 ts
2364	Hot pepper seasoning	0.25 ts
2364	Milk or cream (approx.)	2.00 tb
2364	Small cooked shrimp	0.25 lb
2364	Paprika	0.00
2365	1/3 To 1/2 cup Mayonnaise	1.00
2365	or salad Dressing	0.00
2365	Salt	0.50 ts
2365	Prepared mustard	0.50 ts
2365	Sugar	0.25 ts

## Sheet1

2365	Pepper	0.12 ts
2365	(10 ounces) frozen green	1.00 pk
2365	Peas, thawed and drained	0.00
2365	Diced mild cheddar or colby	1.00 c
2365	Cheese	0.00
2365	Stalk celery, thinly sliced	1.00 md
2365	(about 1/3 cup)	0.00
2365	Sweet pickles, chopped	3.00
2365	(about 1/4 cup)	0.00
2365	Finely chopped onion	2.00 tb
2365	Hard-cooked eggs, chopped	2.00
2366	Pounds green peas*	2.00
2366	Olive or vegetable oil	2.00 ts
2366	Pound thinly sliced prosciut	0.25
2366	Chopped	0.00
2366	Chopped fresh or 1/2 ts	1.00 ts
2366	Dried thyme leaves	0.00
2366	Pepper	0.12 ts
2366	Cl Garlic, finely chopped	1.00
2367	Pounds green peas*	3.00
2367	Bacon	2.00 sl
2367	Onion, chopped	1.00 md
2367	(about 1/2 cup)	0.00
2367	Clove garlic, finely chopped	1.00 lg
2367	Finely chopped salted peanut	0.25 c
2367	Finely chopped gingerroot	1.00 ts
2367	All-purpose flour	2.00 ts
2367	Curry powder	1.00 ts
2367	Salt	0.25 ts
2367	Dry mustard	0.25 ts
2367	Milk	0.67 c
2368	Tomatoes; chopped	2.00 c
2368	Green peas	1.50 c
2368	Yogurt	0.25 c
2368	Minced garlic	4.00 ts
2368	Minced ginger root	4.00 ts
2368	Ground coriander	2.00 ts
2368	Ground cumin	1.00 ts
2368	Garam masala	1.00 ts
2368	Salt	0.00
2368	Ground turmeric	0.25 ts
2368	Canola oil	2.00 tb
2368	Finely diced onion	1.00 c
2368	Green chiles	2.00
2368	Sticks cinnamon	2.00
2368	Black peppercorns	16.00
2368	Cumin seeds	2.00 ts
2368	Water, about	3.00 c
2368	Potatoes; cut into l6 pieces	0.75 lb

Sheet1

2368	Cilantro; finely chopped	0.25 c
2368	Basmati rice; washed and dra	2.00 c
2369	Pounds green peas	2.00
2370	Wild rice	0.75 c
2370	Chicken broth, divided	4.50 c
2370	Butter	1.00 tb
2370	Long grain rice	1.00 c
2370	Toasted chopped pecans	0.75 c
2370	Chopped parsley	0.50 c
2371	Potatoes	8.00 md
2371	Salt	2.00 ts
2371	Turmeric	1.25 ts
2371	Oil	3.00 tb
2371	Green chili, seeded, sliced	1.00 ea
2372	Large sweet potatoes	6.00
2372	Sugar	1.00 c
2372	Lightly packed brown sugar	0.50 c
2372	Ground ginger	0.25 ts
2372	Cornstarch	2.00 tb
2372	Unsweetened pineapple juice	1.00 c
2372	Lemon juice	1.00 ts
2372	Low fat margarine	1.00 tb
2373	Shredded Cabbage	4.00 c
2373	Vinegar	2.00 tb
2373	Shreeded Green Pepper	1.00 md
2373	Sugar	2.00 tb
2373	Thin Sliced Onion	1.00 tb
2373	Celery Seed	0.50 ts
2373	Shredded Carrot	1.00 sm
2373	Pepper	0.50 ts
2374	Bell peppers	2.00 md
2374	(about 1/2 pound)	0.00
2375	Dried beans	1.00 lb
2375	Sugar	1.00
2375	Salt	1.00 tb
2375	Arlic cloves	3.00
2375	Sausage links	2.00 lb
2375	Nions	2.00
2375	Jalapeno peppers	3.00
2375	Hili powder	3.00
2376	Eggplant, large	2.00 ea
2376	Vinegar, white	0.25 c
2376	;Water	0.25 c
2376	Salt	0.50 ts
2376	Oil; for deep frying	1.00 x
2376	-----SAUCE-----	0.00
2376	Sambal badjak	1.00 tb
2376	Peanut butter, smooth	2.00 tb
2376	VInegar, white	0.50 ts

Sheet1

2376	Salt	0.50 ts
2376	Coconut milk	1.00 c
2377	Green Tomatoes, Chopped	1.00 qt
2377	Red Peppers *	2.00 md
2377	Green Peppers *	2.00 md
2377	Onions, Peeled & Chopped	2.00 lg
2377	Head Cabbage ** Or	1.00 sm
2377	Cucumber, Chopped	2.00 c
2377	Salt	0.50 c
2377	Cider Vinegar	3.00 c
2377	Brown Sugar	2.00 c
2377	3-Inch Stick Cinnamon	1.00
2377	Whole Cloves	1.00 ts
2377	Whole Allspice	1.00 ts
2377	Mustard Seeds	1.00 ts
2378	Medium Beets	7.00 lb
2378	Vinegar	0.00
2378	Sugar	2.50 c
2378	Whole Mixed Pickling Spices	2.00 tb
2378	Salt	2.00 ts
2378	White Vinegar	3.50 c
2378	Water	1.50 c
2378	Medium Onions	2.00 lb
2379	Pickled Beets	1.00 c
2379	Thin Sliced Red Onion	0.25 c
2379	Diced Seedless Cucumber	0.75 c
2379	Chopped Fresh Dill	2.00 tb
2380	Dried black eyed peas	1.00 lb
2380	Italian salad dressing	2.00 c
2380	Green pepper; diced	2.00 c
2380	Onion; diced	1.50 c
2380	Jalapeno peppers; finely	0.50 c
2380	minced	0.00
2380	Pimiento; diced; drained	2.00 oz
2380	Garlic; finely chopped	1.00 tb
2380	Salt to taste	0.00
2380	Hot pepper sauce; to taste	0.00
2380	Parsley; chopped; optional	1.00 c
2381	Heads Cauliflower	2.00 lg
2381	Pearl Onions *	2.00 c
2381	Pickling Salt	1.00 c
2381	Sugar	1.00 c
2381	White Vinegar	3.00 c
2381	White Mustard Seeds	2.00 tb
2381	Celery Seeds	1.00 tb
2381	Hot Pepper	1.00 sm
2382	Small, fresh hot red peppers	2.00 lb
2382	Garlic cloves; peeled	4.00
2382	=OR=- More if you like	0.00

Sheet1

2382	Whole allspice	8.00
2382	Peppercorns	24.00
2382	Bay leaf; torn into quarters	1.00 lg
2382	Distilled white vinegar	2.00 c
2382	Water	2.00 c
2382	Salt	2.00 ts
2382	Olive oil, or as needed	4.00 tb
2383	Pickling Onions	1.00 ga
2383	Pickling Salt	1.00 c
2383	Sugar Or To Taste (2 c Max)	1.00 c
2383	White Vinegar	5.00 c
2383	White Mustard Seeds	3.00 tb
2383	Horseradish Or	2.00 tb
2383	Peppercorns	2.00 tb
2383	Hot Red Peppers	0.00
2383	Bay Leaves	0.00
2384	Onions, thinly sliced	8.00
2384	Zucchini, cut into 1/2-inch	1.00 ga
2384	Slices	0.00
2384	Peppers, green, fine chopped	3.00
2384	Salt	0.50 c
2384	Vinegar, cider	5.00 c
2384	Sugar	5.00 c
2384	Tumeric	1.50 ts
2384	Mustard seed	2.00 tb
2384	Celery seeds	2.00 ts
2384	Cinnamon stick, broken into	1.00
2384	4 pieces	0.00
2385	Mushrooms; Fresh	2.00 lb
2385	Bacon; Diced	0.25 lb
2385	Butter Or Margarine	0.25 c
2385	Onions; Large, Diced	2.00
2385	White Wine	1.00 c
2385	Salt	0.50 ts
2385	Pepper	0.25 ts
2385	Paprika	0.25 ts
2385	Nutmeg; Pinch of	0.00
2385	Mace; Pinch Of	0.00
2385	Cream; Heavy	1.00 c
2385	Lemon Juice; 1/2 Med Lemon	0.00
2385	Parsley; Sprigs	2.00
2386	Sweet potatoes or yams	6.00 md
2386	(about 2 pounds)*	0.00
2386	Packed brown sugar	0.50 c
2386	Margarine or butter	3.00 tb
2386	(8-1/4 ounces) crushed	1.00 cn
2386	Pineapple in syrup,	0.00
2386	undrained	0.00
2386	Salt	0.50 ts

Sheet1

2387	Sour cream or plain yogurt	0.50 c
2387	Mayonnaise or salad dressing	0.25 c
2387	Sugar	1.00 ts
2387	Dry mustard	0.50 ts
2387	Seasoned salt	0.50 ts
2387	Pepper	0.12 ts
2387	Head cabbage, finely	0.50 md
2387	Shredded or chopped	0.00
2387	Carrot, shredded	1.00 md
2387	(about 1/2 cup)	0.00
2387	(8 ounces) crushed	1.00 cn
2387	Pineapple, drained	0.00
2387	Miniature marshmallows	1.00 c
2388	Pound green beans*	0.75
2388	Radishes, cut into fourths	6.00 md
2388	Sprigs parsley	2.00
2388	Salt	0.25 ts
2388	Mustard seed	0.25 ts
2388	Margarine or butter	1.00 tb
2388	Lime juice	2.00 ts
2389	POACHED EGGS MASSENA -----	0.00 -----
2389	Artichokes	4.00 lg
2389	Lemon	0.50
2389	Salt	0.00
2389	Bearnaise sauce (see below)	0.00
2389	BERNAISE SAUCE -----	0.00 -----
2389	Dry white wine	0.67 c
2389	Tarragon vinegar	0.33 c
2389	Shallots, minced	3.00 tb
2389	Fresh tarragon, chopped	2.00 tb
2389	White pepper	0.50 ts
2389	Unsalted butter (1 stick)	0.50 c
2389	Egg yolks	3.00
2389	Salt and cayenne pepper	0.00
2389	Whole eggs	4.00
2389	Water	2.00 qt
2389	Wine vinegar	1.00 tb
2390	Cabbage head; course sliced	0.50
2390	Potato; small; peeled/diced	1.00
2390	Salt	1.00 ts
2390	Caraway seed	0.50 ts
2390	Onion; large; cut 1" slices	1.00
2390	Polish sausage; cut 1" piec	1.50 lb
2390	Broth; chicken	14.00 oz
2391	Polk salad; fresh	3.00 lb
2391	Onion; diced	1.00 md
2391	Baking soda	1.00 tb
2391	Bacon fat	0.50 c
2391	Eggs	3.00

Sheet1

2392	Russet potatoes, uniform in	3.00 md
2392	size	0.00
2392	Vegetable oil for deep fryin	0.00
2392	Coarse salt	0.00
2393	Ground Beef	1.00 lb
2393	Rice; Regular, Uncooked	0.50 c
2393	Water	0.50 c
2393	Onion; Chopped, 1 Sm.	0.25 c
2393	Salt	1.00 ts
2393	Celery Salt	0.50 ts
2393	Garlic Powder	0.12 ts
2393	Pepper	0.12 ts
2393	Tomato Sauce; 1 Cn.	15.00 oz
2393	Water	1.00 c
2393	Worcestershire Sauce	2.00 ts
2394	Red Bell Pepper	1.00 sm
2394	Yellow Bell Pepper	1.00 sm
2394	Pork Boneless Loin *	1.00 lb
2394	Chorizo Sausage, Bulk	0.50 lb
2394	Onion, Chopped	1.00 c
2394	Cloves Garlic, Fine Chop	2.00
2394	Beef Broth	1.00 c
2394	Basil Leaves, Dried	1.00 tb
2394	Cilantro Leaves, Dried	1.00 tb
2394	Red Chiles, Ground	2.00 ts
2394	Corn, Whole Kernel	1.00 c
2394	Tomato, Chopped	1.00 c
2394	Squash **	1.00 sm
2394	Sliced Ripe Olives, Drained	2.25 oz
2394	CORN BREAD TOPPING -----	0.00 -----
2394	Cornmeal, Yellow	1.50 c
2394	Unbleached Flour	0.50 c
2394	Dairy Sour Cream	1.00 c
2394	Milk	0.67 c
2394	Vegetable Oil	0.25 c
2394	Baking Powder	2.00 ts
2394	Baking Soda	0.50 ts
2394	Salt	0.50 ts
2394	Egg	1.00
2394	GARNISH -----	0.00 -----
2394	Fresh Tomato Salsa	0.00
2395	Stephen Ceideburg	0.00
2395	Potatoes, peeled	4.00 md
2395	Turmeric	0.50 ts
2395	Corn oil	1.00 tb
2395	Chana dal	1.00 tb
2395	Urad dal	1.00 tb
2395	Dried red chiles, broken	2.00
2395	into pieces by hand	0.00



## Sheet1

2395	Mustard seeds	2.00 ts
2395	One-inch cube fresh ginger,	1.00
2395	peeled and minced	0.00
2395	Fresh green chiles, minced	2.00
2395	Onion, thinly sliced	1.00 lg
2395	Salt to taste	0.00
2395	Fresh lemon juice	1.00 ts
2396	Medium potato, grated (1 cup	1.00
2396	Resh horseradish; grated	0.25 c
2396	Nion; grated	0.25 c
2396	All-purpose flour	2.00 tb
2396	Oil for frying	0.25 c
2397	Irish potatoes	1.00 x
2397	Butter	1.00 x
2397	Salt	1.00 x
2397	Water	1.00 x
2397	Parsley, fresh, minced	1.00 x
2398	Med Potato	9.00 ea
2398	Flour	1.00 c
2398	Nutmeg	0.50 ts
2398	Butter	0.50 lb
2398	Onion, chopped	1.00 ts
2398	Egg, well beaten	3.00 ea
2398	Bread crumbs	0.67 c
2398	Salt	1.00 ts
2398	Bread crumbs	0.50 c
2399	Med. Potatoes	8.00
2399	Egg Yolks, Beaten	3.00
2399	Corn Starch	3.00 tb
2399	Bread Crumbs	1.00 c
2399	Pepper	0.50 ts
2399	Salt	1.50 ts
2399	Flour	0.00
2400	Potatoes, peeled and cut	2.00 sm
2400	into 1/8-inch-thick slices	0.00
2400	(1/2 pound total)	0.00
2400	Olive oil	1.00 ts
2400	Salt and freshly ground	0.00
2400	black pepper to taste	0.00
2401	Potatoes, grated	9.00
2401	Slices bacon	4.00
2401	Onion, chopped	0.50
2401	Milk, boiled	1.00 c
2401	Egg, beaten	1.00
2401	Sour cream (heaping)	2.00 tb
2401	Dash Salt	1.00
2401	Dash pepper	1.00
2402	Eggs	2.00
2402	Grated, drained potatoes	3.00 c

Sheet1

2402	Grated onion	4.00 T
2402	Salt	1.00 t
2402	Pepper	0.25 t
2402	Matzoh meal	5.00 T
2402	Oil for frying	0.00
2403	Potatoes (about 1 pound)	3.00 md
2403	Milk	0.25 c
2403	All-purpose flour	2.00 tb
2403	Finely chopped onion	1.00 tb
2403	Salt	0.50 ts
2403	Pepper	0.12 ts
2403	Eggs, beaten	2.00
2403	Margarine or butter	2.00 tb
2404	Eggs	2.00 ea
2404	Onion; grated	1.00 sm
2404	Potatoes, baking; peeled	3.00 lg
2404	about 8 oz/250 g. each	0.00
2404	Salt	0.75 ts
2404	Black pepper; or less to	0.25 ts
2404	taste	0.00
2404	Cornflake crumbs; or matzo	3.00 tb
2404	meal	0.00
2404	Vegetable oil	0.00
2405	Potatoes	1.50 lb
2405	Salt & pepper	0.00
2405	Orange (grated zest only)	1.00
2405	Juniper berries (or more)	6.00
2405	Butter or oil	0.00
2406	Eggs, separated	2.00
2406	Leftover mashed potatoes	2.00 c
2406	Grated parmesan cheese	2.00 tb
2406	Minced fresh parsley or	1.00 tb
2406	chives	0.00
2406	Dried minced onion	1.00 ts
2406	Garlic powder	0.12 ts
2406	Butter or margarine, melted	3.00 tb
2407	Potato	8.00 oz
2407	Scallion; finely minced	4.00 ea
2407	Chile serrano; finely	2.00 ea
2407	chopped	0.00
2407	Salt	0.50 ts
2407	Lemon juice	1.00 tb
2407	Coconut milk	2.00 tb
2407	Cilantro; chopped	1.00 tb
2408	Medium baking potatoes	3.00 ea
2408	Mrs. Dash Seasoning	2.50 ts
2408	Sour cream	1.00 c
2408	Unsalted margarine/butter	0.33 c
2408	Shredded cheese	0.50 c

Sheet1

2408	Mrs. Dash Seasoning (dip)	1.00 tb
2409	Large red potatoes	5.00
2409	Salt and pepper, to taste	0.00
2409	Whipping cream	2.50 c
2409	Butter	2.00 tb
2409	Parmesan cheese	0.50 c
2409	Paprika	0.00
2409	Cloves garlic, minced	2.00
2410	Baking potatoes	2.50 lb
2410	Butter	0.33 c
2410	Finely chopped shallots	1.00 c
2410	Flour	2.00 tb
2410	Cream	1.50 c
2410	Sliced fresh mushrooms	0.25 lb
2410	Salt	0.50 ts
2410	Cayenne	0.25 ts
2410	Dry sherry wine	0.50 c
2410	Egg yolks; beaten	2.00
2411	Potatoes	4.00
2411	Garlic cloves, unpeeled	10.00
2411	Oil	0.25 tb
2412	New potatoes (about 1-1/2	11.00
2412	pounds)	0.00
2413	White potatoes	6.00 md
2413	(about 2 pounds)	0.00
2414	Sweet potatoes	4.00 md
2414	(about 1-1/2 pounds)	0.00
2415	Elbow Macaroni; Uncooked	1.50 c
2415	Lean Ground Beef	1.50 lb
2415	Onion; Chopped, 1 Md	0.50 c
2415	Salt	1.50 ts
2415	Italian Seasoning	1.00 ts
2415	Pepper	0.25 ts
2415	Eggplant; Sm, *	1.00
2415	Dairy Sour Cream	1.00 c
2415	Pimento; Chopped, **	0.25 c
2415	Cheddar Cheese; Shredded,8oz	2.00 c
2416	49oz Pork & Beans	1.00 cn
2416	Onion, chopped	1.00 md
2416	Bacon slices	6.00
2416	Ketchup	1.00 c
2416	To 3/4 c Sorghum or	0.50 c
2416	Brer Rabbit syrup	0.00
2416	Vinegar	1.00 tb
2417	Pumpkin ;(equal parts of)	0.00
2417	peeled	0.00
2417	Potatoes; peeled	0.00
2417	Onion; finely chopped	1.00
2417	Butter	0.00

Sheet1

2417	Bacon	0.00
2417	salt & pepper to taste	0.00
2418	Leeks; very thinly sliced	0.75 lb
2418	Butter	0.00
2419	Onion, chopped	3.00 tb
2419	Bacon drippings	1.00 tb
2419	Prepared pinto beans	1.50 c
2419	Chili seeds	1.00 tb
2419	Salt	0.25 ts
2419	Cooked fresh spinach	1.50 lb
2419	Boiled egg, sliced	1.00
2420	Slices bacon	6.00
2420	Garlic clove	1.00
2420	Rice, raw	1.00 c
2420	Salt	1.00 ts
2420	Kidney beans	2.00 c
2420	Onions	2.00
2420	Beef broth	1.00 c
2420	Thyme	1.00 ts
2420	Bell pepper	1.00
2421	Slices bacon	6.00
2421	Onions	2.00
2421	Garlic clove	1.00
2421	Beef broth	1.00 c
2421	Rice, raw	1.00 c
2421	Thyme	1.00 ts
2421	Salt	1.00 ts
2421	Bell pepper	1.00
2421	Kidney beans	2.00 c
2422	Red beans, small	0.50 lb
2422	Ham hocks or smoked	0.50 lb
2422	Onion yellow; large (peeled. and chopped)	1.00 0.00
2422	Celery stalks; (chopped)	3.00
2422	Parsley; chopped	1.00 tb
2422	Green pepper; chopped	0.50
2422	Bay leaves	2.00
2422	Garlic cloves; large, chopped	2.00 0.00
2422	Margarine	0.12 lb
2422	Pepper to taste	0.00
2422	Worcestershire sauce	1.00 tb
2422	Tabasco to taste	0.00
2422	Salt to taste	0.00
2422	White rice; cooked	3.00 c
2423	Red kidney beans	1.00 lb
2423	Salt pork	1.00 lb
2423	Cloves garlic	2.00
2423	Italian seasoning	1.00 ts

Sheet1

2423	Bell pepper	1.00
2423	Chopped onion	1.00
2423	Stalk celery	1.00
2423	Whole hot pepper	1.00
2424	Red Beans	1.00 lb
2424	Ham Seasoning Meat with Fat	1.00 lb
2424	Water	3.00 qt
2424	Onions; Chopped	2.00 c
2424	Green Onion; Chopped	0.50 c
2424	Parsley; Chopped	0.25 c
2424	Toes Garlic; Chopped	6.00
2424	Salt	1.00 ts
2424	Pepper	0.25 ts
2424	Cayenne Pepper	0.12 ts
2425	Red kidney beans	1.00 lb
2425	Salt pork	1.00 lb
2425	Cloves garlic	2.00
2425	Italian seasoning	1.00 ts
2425	Bell pepper	1.00
2425	Chopped onion	1.00
2425	Stalk celery	1.00
2425	Whole hot pepper	1.00
2426	Dried red beans	1.00 lb
2426	Garlic clove chopped	1.00
2426	Smoked sausage cut	1.50 lb
2426	into chunks	0.00
2426	Dried thyme	1.00 ts
2426	Ground pepper	1.00 ts
2426	Smoked ham shanks	8.00 oz
2426	Sage	0.50 ts
2426	Large onion chopped	1.00
2426	Cayenne pepper	1.00 pn
2426	Salt	0.00
2426	Freshly cooked rice	0.00
2427	Red kidney beans	1.00 lb
2427	Hot smoked sausage, chunks	2.00 lb
2427	Large onions, chopped	2.00 ea
2427	Garlic powder, to taste	1.00 x
2427	Pepper, to taste	1.00 ea
2427	Ham, cubed	0.50 lb
2427	Water	10.00 c
2427	Cooking oil	4.00 tb
2427	Salt, to taste	1.00 ea
2428	Red kidney beans	1.00 lb
2428	Salt pork	1.00 lb
2428	Cloves garlic	2.00
2428	Italian seasoning	1.00 ts
2428	Bell pepper	1.00
2428	Chopped onion	1.00

Sheet1

2428	Stalk celery	1.00
2428	Whole hot pepper	1.00
2429	Red cabbage; cored & thinly	1.00 ea
2429	sliced	0.00
2429	Butter; 2 oz, 50 g	0.25 c
2429	Onion; sliced in rings	1.00 lg
2429	Apples, cooking;peeled,cored	2.00 lg
2429	& thinly sliced	0.00
2429	Yellow chrysanthemum petals	2.00 tb
2429	Brown sugar; very dark	2.00 tb
2429	Cold water	5.00 tb
2429	Red wine vinegar	4.00 tb
2429	Sea salt	0.00
2429	Black pepper	0.00
2429	TO SERVE -----	0.00 -----
2429	Butter	0.00
2429	Chrysanthemum petals; fresh	0.00
2430	Bacon	10.00 sl
2430	Onions, chopped	2.00
2430	Green apples, peeled, cored,	2.00
2430	and sliced	0.00
2430	Red cabbage, shredded	1.00 sm
2430	Red currant jelly	1.00 tb
2430	Nutmeg	1.00 pn
2430	Beer	0.50 c
2430	Salt & pepper, to taste	0.00
2431	Red cabbage; medium heads,	2.00 ea
2431	Brown sugar; dark	1.50 tb
2431	Sm Apples; granny smith, pee	2.00 ea
2431	Red wine vinegar; plus 2 ta	0.25 c
2431	Dry red wine; plus 2 tables	0.25 c
2431	(actually 1 to 1-1/3 cups)	1.00 x
2431	Unsalted butter	4.00 tb
2431	Med Onions; finely chopped	2.00 ea
2431	Chopped	1.00 x
2431	Coarse salt; kosher type	1.00 ts
2431	Meat stock; or canned beef	1.33 c
2431	Red currant jelly	3.00 tb
2432	Long Hot Peppers	24.00
2432	Ripe Tomatoes	12.00
2432	Vinegar	4.00 c
2432	Sugar	1.00 c
2432	Pickling Salt	1.00 tb
2432	Mixed Pickling Spices	2.00 tb
2433	Dried pinto beans	1.00 lb
2433	Sugar	1.00 tb
2433	Salt	1.00 tb
2433	Bacon drippings	0.50 c
2433	Garlic cloves	3.00

Sheet1

2433	Bacon drippings	0.25 c
2434	Dried pinto beans	1.00 lb
2434	Salt	1.00 tb
2434	Garlic cloves	3.00
2434	Sugar	1.00 tb
2434	Bacon drippings	0.50 c
2434	Bacon drippings	0.25 c
2435	Finely chopped rhubarb	1.50 c
2435	Finely chopped pears	1.50 c
2435	Sugar	1.67 c
2435	Vegetable oil	0.67 c
2435	Vanilla	2.00 ts
2435	Eggs	4.00
2435	All-purpose* or	3.00 c
2435	Whole wheat flour	0.00
2435	Baking soda	2.00 ts
2435	Salt	1.00 ts
2435	Ground cinnamon	1.00 ts
2435	Ground cloves	0.50 ts
2435	Baking powder	0.50 ts
2435	Coarsely chopped nuts	0.50 c
2436	Sour cream or plain yogurt	1.00 c
2436	Whipping (heavy) cream	1.00 c
2436	Packed brown sugar	0.33 c
2436	RHUBARB -----	0.00 -----
2436	1/2 To 3/4 cups Sugar	0.00
2436	Water	0.33 c
2436	Pound rhubarb, cut into 1-in	1.00
2436	Pieces (about 4 cups)	0.00
2436	Sliced strawberries	1.00 c
2436	Few drops red food color,	0.00
2436	if Desired	0.00
2437	Onion, chopped	1.00 md
2437	Butter	2.00 ts
2437	Chicken broth	1.25 c
2437	Lemon juice	1.00 tb
2437	Garlic powder	0.50 ts
2437	MINUTE (R) Instant Brown	1.50 c
2437	Rice	0.00
2437	Frozen green beans, thawed	1.00 c
2437	Toasted sliced almonds	2.00 tb
2437	Dill	0.50 ts
2438	Sliced Fresh Mushrooms	0.50 c
2438	Green Onions, Sliced	2.00
2438	Butter Or Margarine	1.00 tb
2438	Water	0.67 c
2438	Regular Long Grain Rice	0.33 c
2438	Med. Bell Pepper *	0.25
2438	Salt	0.25 ts

Sheet1

2438	Dried Sage, Crushed	0.25 ts
2438	Snipped Parsley	2.00 ts
2439	SEASONING MIX -----	0.00 -----
2439	Salt	2.00 ts
2439	White pepper	1.50 ts
2439	Garlic powder	1.00 ts
2439	Dry mustard	1.00 ts
2439	Ground cayenne pepper	1.00 ts
2439	Black pepper	0.50 ts
2439	RICE INGREDIENTS -----	0.00 -----
2439	Vegetable oil	0.25 c
2439	Chopped onions	1.00 c
2439	Chopped green bell peppers	1.00 c
2439	Pecan halves, dry roasted	0.50 c
2439	Raisins	0.50 c
2439	Unsalted butter	4.00 tb
2439	Uncooked rice (converted)	1.50 c
2439	Pork, beef or chicken stock	3.00 c
2439	Chopped unpeeled apples	2.00 c
2440	Unsalted Butter	4.00 tb
2440	Garlic Puree(1 Roasted Head)	0.00
2440	Cooked Regular Rice	4.00 c
2440	Pine Nuts	0.75 c
2440	Salt & Pepper To Taste	0.00
2441	Rice, short grained;	1.50 c
2441	Arborio would be excellent	0.00
2441	Tomatoes; large, ripe,	6.00
2441	peeled	0.00
2441	Garlic clove; finely chopped	1.00
2441	Salt	1.00 tb
2441	Black pepper	0.50 ts
2441	Oregano, dried	1.00 ts
2441	Basil leaves;fresh,chopped	1.00 tb
2441	OR-	0.00
2441	Basil, dried	1.00 ts
2441	Italian parsley;fresh	1.00 tb
2441	chopped	0.00
2441	Olive oil	0.50 c
2442	Med. Artichoke	1.00
2442	Lemon Juice	1.00 ts
2442	Water	2.00 tb
2442	Shredded Carrot	0.25 c
2442	Sliced Green Onion	2.00 tb
2442	Butter Or Margarine	1.00 tb
2442	Dried Sage, Crushed	0.12 ts
2442	Cooked Rice	0.50 c
2442	Chicken Broth	0.25 c
2442	Lemon Juice	0.50 ts
2442	Dash White Pepper	0.00



Sheet1

2442	Large Beaten Egg Yolk	1.00
2443	Bacon grease or oil	2.00 tb
2443	Rice	1.50 c
2443	Garlic powder	0.50 ts
2443	Cumin seed	1.00 ts
2443	Oregano (Mexican)	0.50 ts
2443	Black pepper (chopped)	0.50 ts
2443	Bell pepper (chopped)	0.50 c
2443	Onion	0.50 c
2443	Tomato sauce	1.00 c
2443	Boiling salted water	3.00 c
2444	Spanish Onion	1.00 lg
2444	Vegetable oil	1.00 tb
2444	Chopped coriander leaves	2.00 tb
2445	PHILLY.INQUIRER -----	0.00 -----
2445	LARGE FIRM GREEN PEPPERS	6.00
2445	CLOVES GARLIC,LIGHTLY CRUSHE	7.00
2445	TEASPOONS SALT	2.00
2446	Yellow and red bell peppers	4.00 md
2446	Extra-virgin olive oil	2.00 tb
2446	Garlic cloves, sliced	18.00
2446	Plus 1-1/2 teaspoons	0.25 c
2446	Balsamic vinegar	0.00
2446	Sprigs of fresh thyme OR	2.00
2446	Dried	0.25 ts
2446	Fresh mozzarella cheese,	6.00 oz
2446	Sliced as thin as possible	0.00
2446	Coarsely chopped flat-leaf	0.25 c
2446	Parsley or fresh basil	0.00
2446	Freshly ground black pepper	0.00
2447	Unpeeled Baking Potatoes	3.00 md
2447	(About 1 3/4 Lb.)	0.00
2447	+ 1 t. Olive Oil	1.00 tb
2447	Salt	0.50 ts
2447	Pepper	0.25 ts
2447	Dried Rosemary	0.50 ts
2448	Potatoes, pref. long narrow	6.00
2448	Ripe plum tomatoes, sliced	6.00
2448	Olive oil	1.00
2448	Minced fresh rosemary (t dry	1.00 tb
2448	Minced chives	1.00
2448	Salt and pepper	1.00
2449	Potatoes	1.00 lb
2449	Low fat spread	2.00 tb
2449	Rosemary; finely chopped	1.00 tb
2449	Garlic Clove; crushed	1.00
2449	Small Onion; chopped	1.00
2449	Skim Milk	2.00 tb
2449	Sea Salt	0.00

## Sheet1

2449	Black Pepper; freshly ground	0.00
2450	Brussels Sprouts; Fresh	1.00 lb
2450	Beer; Any Brand, To Cover	0.00
2450	Salt	0.50 ts
2450	Butter	2.00 tb
2451	Potato	1.00 lg
2451	Salt and pepper; to taste	0.00
2451	Butter	2.00 tb
2452	Vegetable Oil	2.00 tb
2452	Onions; Small, Sliced	2.00
2452	Red Cabbage; Shredded	2.00 lb
2452	Vinegar	2.00 tb
2452	Salt; To Taste	0.00
2452	Sugar	1.00 ts
2452	Apple; Large, Tart, *, OR	1.00
2452	Applesauce	0.50 c
2452	Red Wine	0.50 c
2452	Beef Broth; Hot	0.50 c
2453	Pounds rutabagas (2 medium)	1.50
2454	Rutabagas	2.00 md
2454	(about 1-1/2 pounds)	0.00
2454	Applesauce	0.75 c
2454	Chopped fresh parsley	1.00 tb
2454	Margarine or butter	1.00 tb
2454	Grated lemon peel	1.00 ts
2454	Salt	0.50 ts
2455	Onion	1.00 lg
2455	Cloves garlic	6.00
2455	Fresh ginger	1.00 oz
2455	Frozen spinach, thawed	1.00 lb
2455	Plain yogurt	1.00 c
2455	Buttermilk	4.00 oz
2455	Red chili powder	2.00 ts
2455	Garam masala	2.00 ts
2455	Half and half	1.00 c
2455	Paneer, a homemade cheese	6.00 oz
2455	Salt to taste	0.00
2456	Mung beans, whole	0.50 c
2456	Water	5.50 c
2456	Rice	0.50 c
2456	Ginger, 1/4"	1.00 sl
2456	Spinach, fresh	1.00 lb
2456	Salt	1.50 ts
2456	Ghi	4.00 ts
2456	Hing; (asafetida)	0.12 ts
2456	Cumin seeds, whole	1.00 ts
2456	Onion	1.00
2456	Cumin, ground	1.00 ts
2456	Coriander, ground	2.00 ts

## Sheet1

2456	Cayenne	0.12 ts
2456	Pepper, black	0.00
2456	GARNISHES -----	0.00 -----
2456	Lemon juice	0.00
2456	Butter	0.00
2456	Cilantro	0.00
2457	Lean Ground Beef	1.50 lb
2457	Onion; Sliced, Md	1.00
2457	Regular Rice; Uncooked	1.00 c
2457	Water	2.50 c
2457	Chicken Bouillon; Instant	2.00 ts
2457	Curry Powder	1.00 ts
2457	Salt	0.50 ts
2457	Ginger	0.25 ts
2457	Cinnamon	0.25 ts
2457	Peanut Butter; Chunky	3.00 tb
2457	Honey	1.00 tb
2457	Raisins	0.50 c
2458	Butter	2.00 tb
2458	Cumin seeds	1.00 ts
2458	1 inch Cinnamon stick	1.00
2458	Brown cardamon pods, crushed	3.00
2458	Whole Cloves	4.00
2458	Black Peppercorns	0.50 ts
2458	Bay Leaves	2.00
2458	Uncooked rice	0.50 c
2458	Salt	1.00 ts
2458	Chicken stock	1.50 c
2458	Saffron	0.25 ts
2459	Spinach, fresh; bunch	1.00 x
2459	Onion, large	1.00 ea
2459	Garlic clove	3.00 ea
2459	Thai chile	1.00 ea
2459	Shrimp paste	0.50 ts
2459	Corn, creamed	16.00 oz
2459	Salt	1.00 ts
2459	Coconut milk	4.00 c
2460	Lean Ground Beef	1.00 lb
2460	French Fried Onions; 1 Cn	3.50 oz
2460	Bread Crumbs; Dry	0.25 c
2460	Cream Of Mushroom Soup; 1 Cn	10.75 oz
2460	Egg; Lg	1.00
2460	Thyme Leaves	0.25 ts
2460	Salt	0.25 ts
2460	Pepper	1.00 ds
2460	French Cut Green Beans; 1 Cn	16.00 oz
2461	Lean Ground Beef	1.00 lb
2461	Cracker Crumbs	0.50 c
2461	Cream Of Mushroom Soup; 1 cn	10.75 oz

Sheet1

2461	Milk	0.25 c
2461	Egg; Lg	1.00
2461	Onion; Chopped, 1 Sm	0.25 c
2461	Salt	0.75 ts
2461	Nutmeg	0.12 ts
2461	Pepper	0.12 ts
2461	Cucumber; Chopped, Unpared	0.50 c
2461	Milk	3.00 tb
2461	Tomato; Chopped	0.33 c
2461	Dairy Sour Cream	0.50 c
2462	Crookneck squash	2.50 lb
2462	Butter	0.25 c
2462	Olive oil	1.00 tb
2462	Onion; medium, chopped fine	1.00
2462	Water chestnuts; finely chop	0.50 c
2462	Salt	1.00 ts
2462	Pepper	0.50 ts
2463	Fresh green beans	1.00 lb
2463	Kosher salt	2.00 tb
2463	Mushrooms	0.50 lb
2463	Olive oil	2.00 tb
2463	Unsalted butter	1.00 tb
2463	Pine nuts	3.00 tb
2463	Chopped fresh tarragon	1.00 ts
2463	=OR=-	0.00
2463	Dried tarragon	0.25 ts
2464	Ghee	6.00 tb
2464	Lemon juice	3.00 tb
2464	Cayenne	0.50 ts
2464	Cumin seeds	0.50 ts
2464	Button mushrooms, sliced	6.00 oz
2465	Bell peppers	3.00 md
2465	(about 3/4 pound)	0.00
2465	Chopped fresh parsley	1.00 tb
2465	Chopped fresh or 1 ts Dried	1.00 tb
2465	basil leaves	0.00
2465	Olive or vegetable oil	1.00 tb
2465	Salt	0.25 ts
2465	Cl Garlic, crushed	1.00
2465	Sliced ripe olives	0.25 c
2466	Cheddar; Sharp, Grated	10.00 oz
2466	Egg; Lg	1.00
2466	Butter	2.00 tb
2466	Onion; Chopped	1.00 tb
2466	Flour; Unbleached	1.00 tb
2466	Cream; Regular	0.50 c
2466	Salt	0.25 ts
2466	Tobasco Sauce	2.00 dr
2466	Lemon Juice	2.00 tb

Sheet1

2466	Pimento; Chopped	1.00 tb
2466	Stuffed Olives; Chopped	1.00 tb
2466	Bacon; Slices	12.00
2466	Bread; Slices	6.00
2466	Butter; Softened	0.00
2467	Rice (raw)	1.00 c
2467	Chicken broth soup	1.00 cn
2467	Butter or margarine	0.25 lb
2467	Mushrooms, chopped	0.50 c
2467	Onions, diced	0.50 c
2467	Celery, diced	0.50 c
2467	Salt	1.00 ts
2467	Beef consomme soup	1.00 cn
2468	Lean Ground Beef	1.50 lb
2468	Slices Bacon; Cut Up	2.00
2468	Milk	0.50 c
2468	Egg; Lg	1.00
2468	Bread Crumbs; Dry	0.25 c
2468	Parsley; Snipped	2.00 tb
2468	Worcestershire Sauce	1.00 tb
2468	Salt	1.00 ts
2468	Mustard; Dry	0.50 ts
2468	Pepper	0.25 ts
2468	Garlic Powder	0.12 ts
2468	MEAT LOAF STUFFING -----	0.00 -----
2468	Butter Or Margarine	0.50 c
2468	Onion; Chopped, 1 Sm	0.25 c
2468	Celery/Leaves; Chopped	0.50 c
2468	Bread Crumbs; Fresh	2.00 c
2468	Salt	0.25 ts
2468	Sage	0.25 ts
2468	Thyme	0.12 ts
2468	Pepper	1.00 ds
2469	Sweet potatoes	3.00 md
2469	Ground almonds or cashews	3.00 tb
2469	Ground sunflower seeds	3.00 tb
2469	Grated coconut	3.00 tb
2469	Cayenne	0.50 ts
2469	Cumin	0.50 ts
2469	Coriander	1.00 ts
2469	Maple sugar	1.00 tb
2469	Salt	1.00 ts
2469	Chick pea flour	3.00 tb
2469	Ghee for frying	0.00
2470	Onion	1.00 ea
2470	Shallots	4.00 ea
2470	Garlic clove	2.00 ea
2470	Cauliflower	1.00 ea
2470	Carrot	6.00 ea

Sheet1

2470	Thai chile	3.00 ea
2470	Bell pepper, green	1.00 ea
2470	Baby corn	12.00 ea
2470	Beans, yard-long	20.00 ea
2470	Oil	0.25 c
2470	Catsup	0.33 c
2470	Chili sauce	0.33 c
2470	Salt; to taste	1.00 x
2470	Pepper, black; to taste	1.00 x
2471	Corn*	4.00 ea
2471	Margarine or butter	2.00 tb
2471	Onion, chopped	1.00 sm
2471	(about 1/4 cup)	0.00
2471	Green bell pepper, chopped	0.50 sm
2471	All-purpose flour	2.00 tb
2471	Salt	0.50 ts
2471	Paprika	0.50 ts
2471	Dry mustard	0.25 ts
2471	Dash of pepper	0.00
2471	Milk	0.75 c
2471	Egg, slightly beaten	1.00
2471	Cracker crumbs	0.33 c
2471	Margarine or butter,	1.00 tb
2471	Melted	0.00
2472	Potatoes, peeled, sliced	2.00 lb
2472	Chopped onion	0.33 c
2472	All purpose flour	3.00 tb
2472	Salt	0.50 ts
2472	Pepper	0.25 ts
2472	Low fat margarine	1.00 tb
2472	Skimmed milk, heated	3.00 c
2473	Med Potato, sweet	6.00 ea
2473	Apple, sliced	1.50 c
2473	Salt	0.50 ts
2473	Brown sugar	0.50 c
2473	Butter	4.00 tb
2473	Mace	1.00 ts
2474	Pounds potatoes (about 6 med	2.00
2474	Mayonnaise or salad	1.50 c
2474	Dressing	0.00
2474	Vinegar	1.00 tb
2474	Prepared mustard	1.00 tb
2474	Salt	1.00 ts
2474	Pepper	0.25 ts
2474	Stalks celery, chopped	2.00 md
2474	(about 1 cup)	0.00
2474	Onion, chopped	1.00 md
2474	(about 1/2 cup)	0.00
2474	Hard-cooked eggs, chopped	4.00

## Sheet1

2474	Jars (8 ounces) pickled	1.00
2474	herring Drained and chopped	0.00
2474	(8-1/4 ounces) julienne beet	1.00 cn
2474	Drained	0.00
2474	Dried dill weed	1.00 ts
2475	Fresh white breadcrumbs	5.00 oz
2475	Small onion finely chopped	0.00
2475	Grated cheese	3.00 oz
2475	Salt and pepper	0.00
2475	Pinch of mustard	0.00
2475	Eggs	2.00
2475	Flour and raspings to coat	0.00
2476	Dried navy beans	2.00 c
2476	(about 1 pound)	0.00
2476	Water	12.00 c
2476	Ham bone	1.00
2476	Mashed cooked potatoes	2.50 c
2476	Salt	2.00 ts
2476	Pepper	0.25 ts
2476	Onion, chopped (about 1 cup)	1.00 lg
2476	Stalks celery, chopped	2.00
2476	(about 1 cup)	0.00
2476	Cl Garlic, finely chopped	1.00
2477	Red Bell Pepper; Chopped	0.50 c
2477	Green Onions/Tops; Sliced	0.50 c
2477	Serrano Chiles; *	2.00 ea
2477	Margarine Or Butter	2.00 tb
2477	Milk	1.50 c
2477	Water	1.50 c
2477	Salt	0.50 ts
2477	Pepper	0.25 ts
2477	White Hominy Quick Grits	0.75 c
2477	Cheese; 6 oz, **	1.50 c
2478	Corn*	3.00 ea
2478	Margarine or butter	3.00 tb
2478	Cl Garlic, crushed	1.00
2478	Sesame seed	2.00 tb
2478	Chopped green pepper	2.00 tb
2478	Salt	0.50 ts
2478	Chopped fresh or 1/4 ts	1.00 ts
2478	Dried basil leaves	0.00
2478	Pepper	0.12 ts
2479	Corn, grated	6.00 ea
2479	Milk	4.00 tb
2479	Pepper	0.12 ts
2479	Egg, separated	2.00 ea
2479	Salt	0.25 ts
2480	Vegetable Cooking Spray	0.00
2480	Vegetable Oil	2.00 ts

Sheet1

2480	Garlic Crushed	1.00 cl
2480	Jicama Peeled, Thinly	0.75 lb
2480	Sliced & Cut Into 2 X 1/4	0.00
2480	In. Strips	0.00
2480	Chopped Red Bell Pepper	2.00 tb
2480	Paprika	0.12 ts
2480	Salt	0.12 ts
2480	Pepper	0.12 ts
2481	Fresh carrots	1.00 lb
2481	unpared, shredded	0.00
2481	Orange juice concentrate	3.00 tb
2481	frozen, undiluted	0.00
2481	Water	0.25 c
2481	Raisins	0.25 c
2481	Pinch ground cinnamon	0.00
2481	Salt and pepper to taste	0.00
2482	Yellow Squash, Coarsely	1.00 lb
2482	Shredded	0.00
2482	Margarine	1.00 ts
2482	Dried Oregano	0.25 ts
2482	Garlic Powder	0.12 ts
2482	Chicken Bouillon Granules	0.12 ts
2483	Anchovy filets	2.00
2483	Long grain rice	1.50 c
2483	Onion,finely chopped	1.00
2483	Olive oil	5.00 tb
2483	White wine vinegar	1.00 tb
2483	White wine	0.67 c
2483	Lemons for juice	3.00
2483	Mustard	0.50 ts
2483	Tomato paste	0.50 ts
2483	Salt and pepper to taste	1.00
2483	Tomatoes seeded cubed	3.00
2483	Black olives pitted	0.33 c
2483	Dried marjoram	1.00 pn
2484	SMALL HEAD OF CABBAGE,CORED,	1.00
2484	RINSED,SHREDED,ABOUT 1 LB.	0.00
2484	RED PEPPER FLAKES,OR	0.25 ts
2484	CAYENNE PEPPER TO TASTE	0.00
2484	TO TASTE SALT	0.00
2484	FRESHLY GROUND PEPPER	0.00
2484	TO TASTE	0.00
2484	SCHMALTZ,VEGETABLE OIL,	2.00 tb
2484	OR OLIVE OIL	0.00
2484	DRIED THYME LEAVES	0.50 ts
2484	CRUMBLED	0.00
2484	MEDIUM CLOVES GARLIC,MINCED	2.00
2485	Chicken broth	2.00 c
2485	Diced ham	0.25 c



Sheet1

2485	Small shrimp	0.25 c
2485	Green peas	0.25 c
2485	Bamboo shoots	0.25 c
2485	Large mushroom, cut up	1.00
2485	Sugar	0.50 ts
2485	Salt to taste	0.00
2485	Cornstarch	1.00 ts
2485	Water	0.25 c
2485	Long grain parboiled rice	0.25 c
2486	Vegetable oil	2.00 tb
2486	Cabbage; finely shredded	3.00 c
2486	Celery; chopped	1.00 c
2486	Green pepper; small, chopped	1.00
2486	Onion; small, chopped	1.00
2486	Salt	0.50 ts
2486	Pepper	0.25 ts
2487	Red-skinned potatoes	1.50 lb
2487	Scallions, minced	2.00 ea
2487	Oil for frying	1.00 ea
2487	Buttermilk	0.50 c
2487	Salt and pepper	1.00 ea
2488	Mushrooms (wild if possible)	8.00 oz
2488	Good meat dripping	5.00 oz
2488	Onions	2.00
2488	Medium oatmeal	1.00 lb
2488	Salt and black pepper	0.00
2489	VIVIAN THIELE	0.00
2489	Frozen Stir Fry Vegetables	16.00 oz
2489	OR-	0.00
2489	Fresh Vegetables for	4.00 c
2489	Stir Fry	0.00
2489	*****A COMBINATION OF*****	0.00
2489	***ANY OF THE FOLLOWING****	0.00
2489	Broccoli	0.00
2489	Carrots	0.00
2489	Water Chestnuts	0.00
2489	Green or Red Peppers	0.00
2489	Celery	0.00
2489	Mushrooms	0.00
2489	Pea Pods	0.00
2489	Oil	2.00 tb
2489	Pita Pockets; whole	4.00
2489	wheat preferably	0.00
2489	*****SAUCE*****	0.00
2489	Orange Juice	0.50 c
2489	Cornstarch	2.00 ts
2489	Honey	2.00 tb
2489	Garlic Powder	0.25 ts
2489	Vinegar	1.00 tb

Sheet1

2489	Ground Ginger	0.25 ts
2489	Soy Sauce	1.00 tb
2490	VIVIAN THIELE	0.00
2490	Frozen Stir Fry Vegetables	16.00 oz
2490	OR-	0.00
2490	Fresh Vegetables for	4.00 c
2490	Stir Fry	0.00
2490	*****A COMBINATION OF*****	0.00
2490	***ANY OF THE FOLLOWING****	0.00
2490	Broccoli	0.00
2490	Carrots	0.00
2490	Water Chestnuts	0.00
2490	Green or Red Peppers	0.00
2490	Celery	0.00
2490	Mushrooms	0.00
2490	Pea Pods	0.00
2490	Oil	2.00 tb
2490	Pita Pockets; whole	4.00
2490	wheat preferably	0.00
2490	*****SAUCE*****	0.00
2490	Orange Juice	0.50 c
2490	Cornstarch	2.00 ts
2490	Honey	2.00 tb
2490	Garlic Powder	0.25 ts
2490	Vinegar	1.00 tb
2490	Ground Ginger	0.25 ts
2490	Soy Sauce	1.00 tb
2491	PHILLY.INQUIRER -----	0.00 -----
2491	COOKED SMOKED PORK LOIN CHOP	4.00
2491	SALT AND PEPPER TO TASTE	0.00
2491	MEDIUM HEAD GREEN CABBAGE	1.00
2491	MEDIUM CARROTS,SLICED IN	2.00
2491	FINELY SLICED RIBBONS	0.00
2491	BUTTER	1.00 tb
2492	Can whole peeled tomatoes	28.00 oz
2492	Tomatoe juice	2.00 c
2492	Finely chopped onions	1.50 c
2492	Water	1.00 c
2492	Canned diced green chilis	1.00 c
2492	Safflower oil	2.00 tb
2492	Small Jalapeno chili	1.00
2492	Chopped fresh basil	2.00 ts
2492	Garlic powder	2.00 ts
2492	Ground cumin	1.50 ts
2492	White pepper	1.00 ts
2492	Ground corriander	0.75 ts
2492	Uncooked rice	1.50 c
2493	Corn kernels	3.50 c
2493	Of chicken broth	1.00 c

Sheet1

2493	Butter	4.00 tb
2493	Milk	2.00 c
2493	Ground cumin	1.00 ts
2493	Clove garlic, minced	1.00
2493	Can diced green chiles	4.00 oz
2493	Tabasco sauce	3.00 ds
2493	Ground white pepper	1.00 ts
2493	Corn tortillas	8.00
2493	Oil for frying	0.00
2493	Salt to taste	0.00
2493	Diced tomatoes	1.00 c
2493	Monterey Jack Cheese with ja	2.00 c
2494	Tomatoes; large firm ripe	4.00
2494	Sour cream	0.50 c
2494	Mayonnaise	0.50 c
2494	Salt	0.50 ts
2494	Pepper	0.12 ts
2494	Parsley	1.00 ts
2494	Basil	0.50 ts
2494	Flour	2.00 ts
2494	Sugar, granulated	1.00 ts
2495	Lean Ground Beef	2.00 lb
2495	Onion; Chopped, 1 Md	0.50 c
2495	Celery; Sliced	1.00 c
2495	Apple;Pared,Coarsely Chopped	2.50 c
2495	Curry Powder; To Taste,2-3ts	0.00
2495	Unbleached Flour	2.00 tb
2495	Beef Bouillon; Instant	2.00 ts
2495	Water	1.00 c
2495	Mushroom Stems & Pieces; *	4.00 oz
2495	Sherry; Optional	2.00 tb
2495	Bananas; Peeled And Sliced	2.00
2495	Rice; Hot, Cooked	4.00 c
2496	Black Beans	2.50 c
2496	Water	6.00 c
2496	Onions Sliced	2.00
2496	Green Pepper Sliced	1.00
2496	Garlic Crushed	1.00 cl
2496	Bay Leaf	1.00
2496	Oregano	0.50 ts
2496	Marjoram	0.25 ts
2496	Arrowroot or Cornstarch	2.00 ts
2497	Tomatillos; Chopped, 6 oz	1.00 c
2497	Tomato; Seeded And Chopped	0.75 c
2497	Green Bell Pepper; Diced	0.75 c
2497	Yellow Bell Pepper; Diced	0.75 c
2497	Pine Nuts; Toasted, 1 oz	0.25 c
2497	Cloves Garlic;Finely Choppe	2.00
2497	Fresh Sage Leaves; Snipped	1.00 tb

Sheet1

2497	Lemon Juice	1.00 tb
2497	Salt	0.25 ts
2498	Water	2.00 c
2498	Dried black-eyed peas	0.75 c
2498	Sliced okra	1.00 c
2498	Onion, chopped	1.00 sm
2498	(about 1/4 cup)	0.00
2498	Salt	0.50 ts
2498	Cl Garlic, crushed	2.00
2498	Red pepper sauce	0.25 ts
2498	Vegetable oil	1.00 tb
2498	Chopped fresh cilantro	1.00 tb
2498	Tomato, seeded and chopped	1.00 sm
2499	Spaghetti squash, 1 1/2	1.00
2499	To 2 lbs.	0.00
2499	Grated Cheddar cheese	1.00 c
2499	Grated Mozzarella cheese	1.00 c
2499	Grated zucchini or diced	1.50 c
2499	Green pepper	0.00
2499	Tomato sauce	2.00 c
2499	Oregano	0.50 ts
2499	Garlic powder	0.50 ts
2499	Salt (or less)	0.50 ts
2499	Dash of pepper	0.00
2499	Grated Parmesan cheese	0.50 c
2500	Spaghetti squash	1.00 md
2500	(about 2-1/2 pounds)	0.00
2500	Chopped fresh cilantro	0.75 c
2500	Chopped fresh parsley	0.25 c
2500	Grated parmesan cheese	0.25 c
2500	Olive or vegetable oil	2.00 tb
2500	Salt	0.50 ts
2500	Pepper	0.12 ts
2500	Cl Garlic	2.00
2500	Coarsely chopped walnuts,	0.50 c
2500	Toasted	0.00
2501	Olive oil	0.50 c
2501	Parsley; chopped fine	1.00 bn
2501	Yellow onion; chopped fine	1.00 lg
2501	Garlic, finely chopped	1.00 tb
2501	Water	3.00 c
2501	Tomato paste	2.00 tb
2501	Tomatoes, chopped	1.00 c
2501	Salt	0.12 ts
2501	Pepper	0.12 ts
2501	Spinach; stems removed,	2.00 bn
2501	chopped	0.00
2501	White rice, uncooked	1.00 c
2502	Shortening	3.00 tb

Sheet1

2502	Rice	1.50 c
2502	Onion, sliced	0.50 c
2502	Bell pepper,sliced	0.50 c
2502	14 oz can whole tomatoes	1.00
2502	Medium clove garlic, minced	1.00
2502	Black pepper	1.00 ts
2502	Salt	2.00 ts
2502	Water	3.00 c
2503	Uncooked long grain rice	1.00 c
2503	Oil	4.00 tb
2503	Diced bell pepper	2.00 tb
2503	Diced onion	3.00 tb
2503	Dried parsley flakes	1.00 ts
2503	Tomato paste	3.00 oz
2503	Cloves garlic, minced	2.00
2503	Cold water	2.50 c
2503	Salt	0.75 ts
2504	Lean Ground Beef	1.00 lb
2504	Onion; Chopped, 1 Md	0.50 c
2504	Rice; Regular, Uncooked	1.00 c
2504	Green Bell Pepper; Chopped	0.67 c
2504	Stewed Tomatoes; 1 Cn	16.00 oz
2504	Bacon Slices; Crisp,Crumbled	5.00
2504	Water	2.00 c
2504	Chili Powder	1.00 ts
2504	Oregano Leaves	0.50 ts
2504	Salt	1.25 ts
2504	Pepper	0.12 ts
2505	Potatoes peeled & sliced	3.00
2505	Medium eggs	4.00
2505	Olive oil	4.00 tb
2505	Salt to taste	0.00
2506	White Asparagus; (2 Cans)	29.00 oz
2506	Margarine	2.00 tb
2506	Unbleached Flour	2.00 tb
2506	;Asparagus Liquid	0.50 c
2506	Milk	0.50 c
2506	Ham;Cut into Julienne Strips	4.00 oz
2506	Nutmeg; Freshly Grated	0.12 ts
2506	Salt	0.25 ts
2507	Asparagus; Fresh, Any Color	2.00 lb
2507	;Water, Boiling Salted	0.00
2507	Butter	0.25 c
2507	Parmesan Cheese; Grated	3.00 tb
2507	Egg; Large, Hard-cooked	1.00
2508	Basmati rice	2.00 c
2508	Vegetable oil	3.00 tb
2508	Small onion finely chopped	1.00
2508	Finely minced garlic	0.50 ts

Sheet1

2508	Garam masala	0.50 ts
2508	Salt	1.00 ts
2508	Chicken stock	2.67 c
2509	Ground cumin	1.00 tb
2509	Turmeric	0.50 ts
2509	Chili powder	1.00 ts
2509	Salt	0.25 ts
2509	Lemon juice	0.25 c
2509	Dijon mustard	1.00 ts
2509	Okra	0.50 lb
2509	Vegetable oil	0.25 c
2510	Carrots, scrubbed	1.00 lb
2510	Margarine	1.00 oz
2510	Cider	3.00 oz
2510	Water	3.00 oz
2510	Rosemary	1.00 ts
2510	Mustard powder	1.00 ts
2511	Ghee	4.00 tb
2511	1" piece of ginger root	1.00 ea
2511	Green chilies, minced	2.00 ea
2511	Black mustard seeds	0.50 ts
2511	Cumin seeds	1.00 ts
2511	Cauliflower into florets	1.00 lg
2511	Coriander	1.00 tb
2511	Turmeric	0.50 ts
2511	Salt	1.00 ts
2511	Diced toamtoes	3.00 ea
2511	Garam masala	1.00 ts
2511	Minced coriander	3.00 tb
2512	Fresh green beans	1.50 lb
2512	In cube peeled chopped ginge	1.00
2512	Whole cloves garlic	10.00
2512	Water	1.50 c
2512	Vegetable oil	5.00 tb
2512	Whole cumin seeds	2.00 ts
2512	Dried hot red chili	1.00
2512	Ground coriander	2.00 ts
2512	Salt	1.25 ts
2512	Lemon juice	3.00 tb
2512	Ground roasted cumin	1.00 ts
2513	Fresh green beans	1.50 lb
2513	In cube peeled chopped ginge	1.00
2513	Whole cloves garlic	10.00
2513	Water	1.50 c
2513	Vegetable oil	5.00 tb
2513	Whole cumin seeds	2.00 ts
2513	Dried hot red chili	1.00
2513	Ground coriander	2.00 ts
2513	Salt	1.25 ts

Sheet1

2513	Lemon juice	3.00 tb
2513	Ground roasted cumin	1.00 ts
2514	Corn	4.00 ea
2514	Margarine or butter	2.00 tb
2514	Taco seasoning mix or	1.00 tb
2514	Lemon pepper	0.00
2514	Water	2.00 tb
2515	Cooking Spray	0.00
2515	Olive Oil	1.00 ts
2515	Garlic Minced	3.00 cl
2515	(14 1/2 Oz.) No Salt	2.00 cn
2515	Whole Tomatoes Drained	0.00
2515	& Chopped	0.00
2515	(15 Oz.) Cans Black Beans	2.00 cn
2515	& Drained	0.00
2515	Ground Red Pepper	0.50 ts
2515	Fresh Cilantro	0.25 ts
2515	Chopped Fresh Cilantro	0.00
2515	(Opt.)	0.00
2516	Head cauliflower	1.00 md
2516	(about 2 pounds)	0.00
2516	Apple juice or water	0.33 c
2516	Peanut butter	0.25 c
2516	Ground ginger	0.50 ts
2516	Curry powder	0.25 ts
2516	Ground cumin	0.25 ts
2517	Water	3.00 c
2517	Dried split peas	0.75 c
2517	Margarine or butter	2.00 tb
2517	Finely chopped gingerroot	1.00 ts
2517	Or 1/4 ts Ground ginger	0.00
2517	Salt	0.50 ts
2517	Ground turmeric	0.50 ts
2517	Ground cumin	0.50 ts
2517	Onion, finely chopped	1.00 sm
2517	(about 1/4 cup)	0.00
2518	Vegetable oil	0.25 c
2518	Onion, chopped	1.00 md
2518	Potatoes, cubed	2.00 lg
2518	Cayenne	1.00 ts
2518	Lemon juice	0.25 c
2518	Salt	1.00 ts
2518	Turmeric	0.25 ts
2518	Cauliflower, cut into floret	1.00 md
2518	Green chili, seeded, sliced	1.00 ea
2518	Dry red chili, seeded, crush	1.00 ea
2519	Zucchini (about 3/4 pound)	2.00 md
2519	Yellow squash	1.00 sm
2519	(about 1/4 pound)	0.00

Sheet1

2519	Olive or vegetable oil	1.00 tb
2519	Curry powder	0.75 ts
2519	Salt	0.50 ts
2519	Ground cinnamon	0.25 ts
2519	Ground cumin	0.12 ts
2519	Cl Garlic, finely chopped	1.00
2519	Raisins	0.25 c
2520	Sweet potatoes or yams	6.00 md
2520	(about 2 pounds)*	0.00
2520	Packed brown sugar	0.50 c
2520	Margarine or butter	3.00 tb
2520	Water	3.00 tb
2520	Ground cinnamon or 1/4 ts	0.50 ts
2520	Ground allspice, cloves,	0.00
2520	Mace or nutmeg	0.00
2520	Salt	0.50 ts
2521	Spinach, trimmed & washed	2.00 lb
2521	Butter, softened	6.00 tb
2521	Salt	0.00
2521	Pepper, freshly ground	0.00
2521	Nutmeg, pinch	0.00
2521	Clove garlic, sm	1.00
2521	Pine nuts	0.50 c
2521	Seeded raisins	0.50 c
2521	Ham, smoked (optional)	0.00
2522	Fresh spinach	1.00 lb
2522	Soy sauce	3.00 tb
2522	Sesame oil	2.00 tb
2522	Sesame seeds	1.00 tb
2522	Clove garlic, crushed	1.00 ea
2522	Sugar	1.00 tb
2522	White vinegar	1.00 tb
2522	Dash pepper	0.00
2523	Ounces spinach*	8.00
2523	Eggs	2.00
2523	Olive or vegetable oil	1.00 tb
2523	Salt	1.00 ts
2523	2 To 2 1/4 c All-purpose	0.00
2523	flour**	0.00
2523	Quarts water	4.50
2523	Salt, if desired	0.25 ts
2524	Spinach, frozen, chopped	1.00 pk
2524	Cottage cheese	0.50 c
2524	Onions, chopped	0.50 c
2524	Swiss cheese, grated	1.00 c
2524	Celery, chopped	0.50 c
2524	Eggs	2.00
2524	Butter, stick	0.50
2524	Milk	1.00 c



Sheet1

2524	Salt	1.00 ts
2524	Pepper	0.50 ts
2524	Nutmeg	0.25 ts
2524	9" pastry shell, deep	1.00
2525	PHILLY.INQUIRER -----	0.00 -----
2525	SPINACH	0.50 lb
2525	UNSALTED BUTTER MELTED	4.00 tb
2525	DRY WHITE WINE	0.50 c
2525	ARBORIO RICE	2.00 c
2525	CHICKEN BROTH	4.50 c
2525	PARESAN CHEESE	0.00
2526	Pound spinach	1.00
2526	Chopped fennel bulb	0.25 c
2526	Margarine or butter	0.25 c
2526	All-purpose flour	0.25 c
2526	Chopped fresh or 1/4 ts	1.00 ts
2526	Dried dill weed	0.00
2526	Ground nutmeg	0.12 ts
2526	Salt	0.25 ts
2526	Pepper	0.12 ts
2526	Milk	1.00 c
2526	Eggs, separated	3.00
2526	Cream of tartar	0.25 ts
2527	Onion, chopped	3.00 tb
2527	Prepared pinto beans	1.50 c
2527	Salt	0.25 ts
2527	Boiled egg, sliced	1.00
2527	Bacon drippings	1.00 tb
2527	Chili seeds	1.00 tb
2527	Cooked fresh spinach	1.50 lb
2528	Stephen Ceideburg	0.00
2528	Moong dal	2.00 c
2528	Frozen chopped spinach,	1.00 lb
2528	defrosted	0.00
2528	Fresh green chiles, stemmed	3.00
2528	and sliced lengthwise	0.00
2528	Tamarind paste	1.00 tb
2528	Turmeric	1.00 ts
2528	Sugar	1.00 ts
2528	Salt to taste	0.00
2528	Corn oil	1.00 tb
2528	Mustard seeds	2.00 ts
2528	Fenugreek seeds	1.00 ts
2528	Whole, dried red chile	2.00
2528	peppers	0.00
2528	Asafetida	0.50 ts
2529	Olive oil	1.50 tb
2529	Chopped cauliflower	1.00 c
2529	Thawed frozen peas	0.50 c

Sheet1

2529	Eggs beaten	4.00 ea
2529	Crumbled feta cheese	4.00 oz
2529	Pepper, to taste	1.00 ea
2529	Medium carrot, cut length	1.00 ea
2529	Scallions, minced	3.00 ea
2529	Minced fresh parsley	2.00 tb
2529	Low fat milk	2.00 tb
2529	Dried thyme	0.25 ts
2529	Fresh bread crumbs	0.50 c
2530	Potatoes, new, small	1.50 lb
2530	Cucumber, chopped	0.50 c
2530	Green onion, chopped	1.50 tb
2530	Green pepper, chopped	2.00 tb
2530	Radishes, sliced	2.00 tb
2530	Salt	1.00 ts
2530	Pepper, dash	0.00
2530	Sour cream	0.50 c
2531	Pizza sauce	0.75 c
2531	Italian pizza shell or crust	1.00 lg
2531	Broccoli, chopped	1.00 c
2531	Carrots, shredded	1.00 c
2531	Red or green bell pepper, sliced	0.50 c 0.00
2531	Low-fat mozzarella or	6.00 oz
2531	Cheddar cheese, shredded	0.00
2532	Pounds butternut or buttercu	2.00
2532	Squash	0.00
2532	Packed brown sugar	0.50 c
2532	Margarine or butter, melted	0.25 c
2532	All-purpose flour	1.00 tb
2532	Salt	1.00 ts
2532	Ground mace	0.50 ts
2532	Baking apples, cored and cut Into 1/2-inch slices	2.00 0.00
2533	Pounds summer squash	1.50
2533	(chayote, crookneck, pattyp Straightneck or zucchini)	0.00 0.00
2534	Pounds winter squash	2.00
2534	(acorn, buttercup, butternu Or spaghetti)	0.00 0.00
2535	Beef top round steak, *	0.75 lb
2535	Broccoli, fresh, **	1.50 c
2535	Carrot, small **	0.00
2535	Onion, small **	0.00
2535	Green pepper	0.50 x
2535	Oil, cooking	1.00 tb
2535	Pea pods, halved crosswise	8.00 x
2535	Mushrooms **	6.00 x
2535	Tomato, small, chopped	0.00

Sheet1

2535	Soy sauce	3.00 tb
2535	Cornstarch	1.50 ts
2535	Pita bread rounds, halved	4.00 x
2536	Pound assorted greens	0.75
2536	Margarine or butter	1.00 tb
2536	Sliced mushrooms	1.00 c
2536	All-purpose flour	1.00 tb
2536	Pepper	0.12 ts
2536	Water	0.33 c
2536	Milk	0.25 c
2536	Spicy prepared mustard	1.00 tb
2536	Beef bouillon granules	0.50 ts
2537	Vegetable oil	0.25 c
2537	Onion, chopped	1.00 md
2537	Bay leaves crumbled	4.00 ea
2537	Eggplant	1.00 lg
2537	Chili powder	0.50 ts
2537	Salt	0.50 ts
2537	Canned tomatoes	1.75 c
2537	Red wine vinegar	2.00 tb
2537	Caraway seeds, bruised	0.50 ts
2537	Lemon juice	0.25 c
2538	Dried red kidney beans	1.00 lb
2538	Smoked pork or ham hocks	3.00
2538	Kielbasa, or smoked pork sau	1.00 lb
2538	Celery stalks, chopped	4.00
2538	Large onions, peeled and cho	2.00
2538	Large green bell pepper	1.00
2538	Minced garlic	2.00 ts
2538	Bay leaves	3.00
2538	Salt	0.00
2538	White pepper	1.00 ts
2538	Thyme	1.00 ts
2538	Oregano	1.00 ts
2538	Tabasco, depending on taste	2.00 ts
2539	Asparagus	1.00 lb
2539	Water	0.50 c
2539	Instant chicken boullion	0.50 ts
2539	Cornstarch	1.00 tb
2539	Water, cold	1.00 tb
2539	Vegetable oil	2.00 tb
2539	Mushrooms, fresh, sliced	1.50 c
2539	Pepper, fresh ground blk	0.12 ts
2540	Tofu; extra firm	1.00 lb
2540	Pale dry sherry	1.00 tb
2540	Salt	0.50 ts
2540	Black pepper;fresh ground	0.00
2540	Soy sauce	2.00 tb
2540	Sugar	1.00 ts

Sheet1

2540	Oil	0.25 c
2540	Ginger root slices;shredded	2.00
2540	Onion;large;thinly sliced	1.00
2540	Garlic cloves; minced	3.00
2540	Cornstarch**	1.50 ts
2540	Stock**	3.00 tb
2541	Zucchini, medium	3.00 x
2541	Salad oil	1.00 tb
2541	Water	0.25 c
2541	Salt	1.50 ts
2541	Sugar	0.50 ts
2542	Bite-size pieces spinach	5.00 c
2542	Sliced strawberries	1.00 c
2542	Honeydew melon balls	1.00 c
2542	Broken pecans, toasted	0.33 c
2542	Julienne strips gouda or eda	0.33 c
2542	Cheese (about 2 ounces)	0.00
2542	GINGER -----	0.00 -----
2542	Lime juice	2.00 tb
2542	Honey	2.00 tb
2542	Vegetable oil	1.00 tb
2542	Grated gingerroot or	0.50 ts
2542	1/4 ts Ground ginger	0.00
2543	Olive oil	1.00 tb
2543	Onions, chopped	4.00 md
2543	Garlic cloves, chopped	4.00
2543	Plum tomatoes in thick puree	28.00 oz
2543	Leaf thyme, crumbled	2.00 ts
2543	Sugar	2.00 ts
2543	Salt	0.25 ts
2543	Ground black pepper	0.25 ts
2543	String beans, trimmed and	2.00 lb
2543	Halved	0.00
2544	Stephen Ceideburg	0.00
2544	Green beans, trimmed	1.00 lb
2544	Salt to taste	0.00
2544	Turmeric	0.50 ts
2544	Corn oil	1.00 tb
2544	Chana dal	1.00 tb
2544	Urad dal	1.00 tb
2544	Mustard seeds	0.50 tb
2544	Cumin seeds	0.50 tb
2544	Whole red chile peppers,	3.00
2544	broken up by hand into	0.00
2544	pieces	0.00
2544	Curry leaves (optional)	0.50 tb
2544	Shredded, unsweetened	2.00 tb
2544	coconut	0.00
2545	French Bread; Loaf, Unsliced	1.00

## Sheet1

2545	Ground Beef; Lean	1.50 lb
2545	Onion; Grated	2.00 tb
2545	Cheddar, Md. Sharp, Grated	1.50 c
2545	Sour Cream	1.00 c
2545	Worcestershire Sauce	1.00 tb
2545	Salt & Pepper; To Taste	0.00
2545	Tomatoes; Md. Chopped	2.00
2545	Green Pepper; Bell, *	1.00
2546	Artichokes	3.00 lg
2546	Parmesan cheese, grated	5.00 oz
2546	Clove of garlic, minced	1.00 lg
2546	Italian bread crumbs	1.00 c
2546	Olive oil (this needs to	0.25 c
2546	Be olive oil, NO	0.00
2546	Substitute)	0.00
2546	Lemon juice	0.00
2547	Potatoes, peeled, cooked,	4.00 md
2547	And drained	0.00
2547	Fat, red or green bell	6.00
2547	Peppers	0.00
2547	Margarine	6.00 tb
2547	Onion, chopped	1.00 md
2547	Ground coriander	1.00 ts
2547	Ground cumin	1.00 ts
2547	Mustard seed	1.00 ts
2547	Ground turmeric or curry	0.50 ts
2547	Powder	0.00
2547	Salt	1.00 ts
2547	Pepper	0.12 ts
2547	Lemon juice	2.00 ts
2547	Pepper, to taste	0.00
2548	Brown rice	1.50 c
2548	Water	3.00 c
2548	Salt	2.00 ts
2548	Dillseed	1.00 ts
2548	Marjoram	0.50 ts
2548	Pepper	0.75 ts
2548	Onion; chopped	2.50 c
2548	Vegetable oil	5.00 tb
2548	Paprika	0.50 ts
2548	Garlic; cloves, minced	2.00
2548	Eggs; large, slightly beaten	2.00
2548	Bread crumbs	0.25 c
2548	Parsley; fresh, minced	0.50 c
2548	Cabbage	2.50 lb
2548	Cheesecloth; about 6 ft.	0.00
2548	Tomatoes; canned, chopped	2.50 c
2548	Vermouth; dry	0.50 c
2548	Beef broth	0.50 c

Sheet1

2548	Tomato paste	2.00 tb
2548	Sugar	0.50 ts
2549	Celery bunch; large	1.00
2549	salt	0.00
2549	Bread; stale	1.00 sl
2549	Ground beef; lean	1.00 lb
2549	Eggs	3.00
2549	Parsley, Italian;fresh	2.00 tb
2549	chopped	0.00
2549	black pepper,freshly ground	0.00
2549	Flour; unbleached	0.50 c
2549	Olive oil	0.00
2549	Garlic clove;minced	1.00
2549	Tomatoes; peeled -OR-	1.50 c
2549	Tomatoes;canned	1.50 c
2550	Frankfurters	20.00
2550	Cooked sauerkraut	2.00 c
2551	Grape Leaves	36.00
2551	Long-Grain Brown Rice	1.25 c
2551	Onion Chopped	1.00 lg
2551	Chopped Parsley	2.00 tb
2551	Tomatoes Peeled & Chopped	2.00
2551	Pine Nuts	0.50 c
2551	Raisins	0.50 c
2551	Cinnamon or Allspice	0.50 ts
2551	Crushed Garlic Cloves	2.00
2551	Black Pepper	0.00
2551	Olive Oil	6.00 tb
2551	(Generous) Water	0.50 c
2551	Juice Of 1-2 Lemons.	0.00
2552	Green chili peppers	10.00
2552	-----batter-----	0.00
2552	Baking powder	1.00 ts
2552	Cornmeal	0.75 c
2552	Eggs, slightly beaten	2.00
2552	Longhorn or jack cheese	10.00 oz
2552	All-purpose flour	1.00 c
2552	Salt	0.50 ts
2552	Milk	1.00 c
2553	Fresh okra, washed & dried	1.50 lb
2553	Whole coriander seeds,	2.00 tb
2553	coarsely crushed	0.00
2553	Whole cumin seeds	1.00 tb
2553	coarsely crushed	0.00
2553	Fennel seeds	2.00 ts
2553	Black pepper	0.50 ts
2553	Garam masala	1.00 tb
2553	Cayenne	0.25 ts
2553	Asafetida	0.12 ts

Sheet1

2553	Turmeric	0.50 ts
2553	Ground almonds	1.00 tb
2553	Lemon juice	0.50 tb
2553	Ghee	5.00 tb
2553	Salt	0.50 ts
2554	Summer squash	0.00
2554	Yellow cheese, diced fine	0.00
2554	Cream or milk	0.00
2554	Salt & pepper	0.00
2554	Bread crumbs, fine	0.00
2554	Butter	0.00
2555	Tomatoes; large	4.00
2555	Sl Bread; toasted	2.00
2555	Anchovies	8.00
2555	Parmesan; grated	0.00
2556	Med. Zucchini	4.00
2556	Green Onions, Sliced	3.00
2556	Butter Or Margarine	2.00 tb
2556	Slice Bread, Cubed	1.00
2556	Grated Parmesian Cheese	0.25 c
2556	Med Tomato, Chopped	1.00
2556	Salt	0.25 ts
2556	Dash Pepper	0.00
2558	Pounds lima beans*	3.00
2558	Corn*	4.00 ea
2558	Bacon, cut up	3.00 sl
2558	Onion, chopped	1.00 sm
2558	(about 1/4 cup)	0.00
2558	Half-and-half	0.50 c
2558	Salt	0.25 ts
2558	Pepper	0.12 ts
2559	Carrot, cooked, mashed	2.00 c
2559	Molasses	1.00 c
2559	Baking soda	1.00 ts
2559	Water, hot	0.25 c
2559	Salt	0.25 ts
2559	Allspice	1.00 ts
2559	Nutmeg	1.00 ts
2559	Raisins	0.50 c
2559	Citron, chopped	0.50 c
2559	Suet, chopped	1.00 c
2559	Egg	1.00
2559	Brown sugar	2.00 tb
2559	Lemon, grated rind of	0.50
2559	Cinnamon	1.00 ts
2559	Cloves	1.00 ts
2559	Currants	0.50 c
2559	Flour	0.50 c
2560	Corn Bread Mix (INDEX)	3.00 c

Sheet1

2560	Water	0.75 c
2560	Packed brown sugar	0.25 c
2560	Egg	1.00
2560	Fresh blueberries*	1.00 c
2560	Granulated sugar	3.00 tb
2560	Ground cinnamon	0.50 ts
2560	Butter/margarine;melted	2.00 tb
2561	Bacon slices	4.00
2561	Onions, small white	12.00 x
2561	Green pepper, small diced	0.00
2561	Hot water	2.00 c
2561	Green beans	1.00 lb
2561	Ears of corn, broken-1/3s	6.00
2561	Salt	1.00 tb
2561	Sugar	2.00 ts
2561	Pepper, white	0.25 ts
2561	Zucchini, small, 1" chunks	6.00
2561	Celery stalks, 1" slices	2.00 x
2561	Tomato, large, cut in wedges	0.00
2562	Olive oil	2.00 tb
2562	Zucchini trimmed and thinly	0.25 lb
2562	Yellow squash trimmed and th	0.25 lb
2562	Small red onion, peeled and	1.00
2562	Minced garlic	2.00 ts
2562	Red bell pepper, seeds/ribs	1.00
2562	Tomatoes, diced	3.00
2562	Salt	0.50 ts
2562	Pepper	0.25 ts
2562	Oregano	0.25 ts
2562	Basil	0.25 ts
2562	Grated Parmesan cheese	0.25 c
2563	Lean Ground Beef	1.50 lb
2563	Eggplant;Pared,FinelyChopped	2.00 c
2563	Onion; Chopped, 1 Md	0.50 c
2563	Egg; Lg	1.00
2563	Milk	0.50 c
2563	Oats; Quick Cooking	0.25 c
2563	Salt	1.50 ts
2563	Basil Leaves	0.50 ts
2563	Tomatoes; Stewed, 1 Cn	16.00 oz
2563	Clove Garlic; Minced	1.00
2563	Cornstarch	1.00 tb
2563	Salt	0.75 ts
2564	New Potatoes; Boiled In Skin	8.00
2564	Onion; Medium, Diced	1.00
2564	Salt	0.25 ts
2564	Pepper	0.25 ts
2564	Sugar	0.75 c
2564	Bacon; Slices, Cut Up	4.00



Sheet1

2564	Vinegar	0.75 c
2565	Butter	0.25 c
2565	Apples; Med., Peel, Slice	4.00
2565	Onion; Red, Chopped	0.50
2565	Red Cabbage; Head,Fine Shred	1.00
2565	Red Wine	1.00 c
2565	Cloves; Whole	4.00
2565	Brown Sugar	0.33 c
2565	Bay Leaves	2.00
2565	Vinegar	0.25 c
2565	Butter	0.25 c
2565	Lemon Juice;Of 1/2 Med.Lemon	0.00
2566	Firmly Packed Brown Sugar	1.00 c
2566	Mustard Seeds	1.00 ts
2566	Stick Cinnamon	1.00
2566	Whole Cloves	4.00
2566	White Wine Vinegar	1.00 c
2566	Lemon Slices	3.00
2566	Tomato Cut Into Wedges	1.00 md
2566	Pattypan Squash, Sliced	1.00 md
2566	Horizontally & Cut Into	0.00
2566	Wedges	0.00
2566	Green Beans, Cut Into	0.25 lb
2566	1 in. Pieces	0.00
2566	Zucchini Sliced	1.00 sm
2566	Yellow Squash, Halved	1.00 sm
2566	Lengthwise & Sliced	0.00
2566	Green Onion Chopped	1.00
2567	Stephen Ceideburg	0.00
2567	Aubergines (eggplants)	4.00
2567	Shallots, chopped	3.00
2567	Fish sauce	3.00 tb
2567	Lemon juice	3.00 tb
2567	Sugar	4.00 tb
2567	GARNISH -----	0.00 -----
2567	Coriander leaves	10.00
2567	Powdered dried shrimp	4.00 tb
2568	Ground Beef	1.00 lb
2568	Egg; Large	1.00
2568	Onion; Chopped, 1 Sm.	0.25 c
2568	Bread Crumbs; Dry	0.33 c
2568	Milk	0.25 c
2568	Salt	0.75 ts
2568	Pepper	0.12 ts
2568	Worcestershire Sauce	1.00 ts
2568	Cornstarch	1.00 tb
2568	Brown Sugar; Packed	0.50 c
2568	Pineapple Tidbits; 1 Cn	13.50 oz
2568	Soy Sauce	1.00 tb

Sheet1

2568	Vinegar	0.33 c
2568	Green Bell Pepper; *	0.50 c
2569	Dark raisins (2 oz.)	0.33 c
2569	Red bell peppers	3.00 md
2569	(about 1-1/4 lbs.),	0.00
2569	Quartered and deribbed	0.00
2569	Green bell peppers	2.00 md
2569	(about 3/4 lb.),	0.00
2569	Quartered and deribbed	0.00
2569	Extra-virgin olive oil	3.00 tb
2569	Slivered almonds	0.33 c
2569	(1-1/2 oz.)	0.00
2569	Sugar	2.00 tb
2569	Red wine vinegar	3.00 tb
2569	Salt	1.50 ts
2570	New Potatoes; Boiled In Skin	8.00
2570	Onion; Medium, Diced	1.00
2570	Salt	0.25 ts
2570	Pepper	0.25 ts
2570	Sugar	0.75 c
2570	Bacon; Slices, Cut Up	4.00
2570	Vinegar	0.75 c
2571	Red cabbage core and shred	3.00 lb
2571	Minced garlic cloves	4.00
2571	Vegetable oil	0.25 c
2571	Cider vinegar	0.33 c
2571	Tamari soy sauce	0.33 c
2571	Honey	3.00 tb
2571	Ground ginger	1.00 ts
2571	Pepper	0.50 ts
2572	PHILLY.INQUIRER -----	0.00 -----
2572	LARGE HEAD CABBAGE	1.00
2572	SALT AND PEPPER TO TASTE	0.00
2572	GROUND BEEF	1.00 lb
2572	MILK	0.33 c
2572	CRACKED WHEAT	0.33 c
2572	BROWN SUGAR PACKED	0.50 c
2572	DRY MUSTARD	0.50 ts
2572	TOMATO SAUCE	0.75 c
2572	MEDIUM EGG	1.00
2572	FRESH LEMON JUICE	0.25 c
2573	Hot cooked Brown Rice	3.50 c
2573	SWEET & SOUR SAUCE (1 3/4 C -----	0.00 -----
2573	Pineapple juice	1.00 c
2573	Rice vinegar	0.33 c
2573	Soy sauce	2.00 tb
2573	Cornstarch	2.00 tb
2573	Tomato Paste	3.00 tb
2573	Honey	2.00 tb

Sheet1

2573	Minced Gingerroot	1.00 tb
2573	White Pepper	1.00 ds
2573	ND STEP -----	0.00 -----
2573	Safflower oil	2.00 tb
2573	Med carrots, sliced thin	2.00 x
2573	Med sweet red pepper, sliced	0.00
2573	Med green bell pepper, sliced	0.00
2573	Med Onion, sliced	0.00
2573	Clove garlic, minced	0.00
2573	Firm Tofu (cut in 1/2" cubes	0.75 lb
2573	Lg Tomato, cut in wedges	0.00
2573	Can Pineapple chunks, drained	8.00 oz
2573	Toasted sesame seeds	2.00 tb
2574	Sweet Green Peppers *	12.00
2574	Sweet Red Peppers *	12.00
2574	Onions, Peeled	12.00 md
2574	Cider Vinegar	4.00 c
2574	Sugar	2.00 c
2574	Pickling Salt	2.00 tb
2575	Carrots; peeled	2.00 lb
2575	Sugar	1.00 c
2575	Vinegar	2.00 c
2575	Water	1.50 c
2575	Salt	1.00 ts
2575	Cinnamon stick	1.00
2575	Mixed pickling spice	1.00 tb
2576	Firm Cherry Tomatoes	4.00 lb
2576	Sugar	3.50 lb
2576	Water	4.00 c
2576	Fresh Ginger Root, Grated	1.00
2576	Lemon *	2.00
2576	Pickling Salt	1.00 ts
2577	Unsalted butter; melted	2.00 tb
2577	Cooked sweet potatoes	0.50 c
2577	peeled and chopped	0.00
2577	or roughly mashed	0.00
2577	Egg	1.00
2577	All-purpose flour	0.33 c
2577	Baking powder	0.50 ts
2577	Milk (or more)	0.25 c
2577	Sour cream	0.00
2578	Sweet potatoes (about 1-1/2	2.00 lg
2578	Pounds), cut into large pie	0.00
2578	Chicken broth	1.00 c
2578	Orange juice	0.25 c
2578	Salt	0.25 ts
2578	Ground nutmeg	0.25 ts
2578	Half-and-half	1.00 c
2578	Chopped pecans	0.50 c

Sheet1

2579	Sweet Potatoes *	2.00 c
2579	Apples, peeled	2.00 x
2579	Brown Sugar	0.50 c
2579	Butter	4.00 tb
2579	Salt	0.50 ts
2580	Sweet potatoes	4.00 md
2580	(about 1-1/2 pounds)	0.00
2580	Coarsely chopped walnuts	0.25 c
2580	Maple-flavored syrup	0.25 c
2580	Margarine or butter	1.00 tb
2580	Ground nutmeg	0.12 ts
2580	Pared eating apple,	1.00 md
2580	Cut into 1/2-inch pieces	0.00
2581	New potatoes; boiled in skin	8.00
2581	Onion; medium, diced	1.00
2581	Salt	0.25 ts
2581	Pepper	0.25 ts
2581	Sugar	0.75 c
2581	Bacon; slices, cut up	4.00
2581	Vinegar	0.75 c
2582	Cauliflower	1.00 lg
2582	about 2 lbs., trimmed wt.	0.00
2582	Salt	2.00 oz
2582	Water	1.00 pt
2582	Onions	8.00 oz
2582	Sugar	1.00 lb
2582	Wine vinegar	1.00 pt
2582	Mustard seed	1.00 tb
2582	Short pieces cinnamon bark	2.00
2582	Cloves	0.50 ts
2582	Allspice	0.50 ts
2582	Little dried red peppers	3.00
2583	Frozen sliced carrots	1.00 pk
2583	Green pepper, lg, diced	1.00
2583	Onion, lg, diced	1.00
2583	Condensed tomato soup	1.00 cn
2583	Sugar	1.00 c
2583	Vinegar	0.50 c
2583	Oil	0.50 c
2583	Pepper	1.00 ts
2583	Salt	1.00 ts
2583	Dry mustard	1.00 ts
2584	Ground Beef	1.50 lb
2584	Soy Sauce	1.00 tb
2584	Pineapple; Sliced, 1 Cn	14.50 oz
2584	Brown Sugar	2.00 tb
2584	Vinegar	2.00 tb
2584	Soy Sauce	2.00 tb
2584	Cornstarch	2.00 tb

## Sheet1

2584	Green Onions; *	4.00
2584	Green Pepper; Sm., **	1.00
2584	Cherry Tomatoes	12.00
2585	Head red cabbage	1.00 md
2585	(about 1-1/2 pounds)	0.00
2585	Bacon, diced	4.00 sl
2585	Packed brown sugar	0.25 c
2585	All-purpose flour	2.00 tb
2585	Water	0.50 c
2585	Vinegar	0.25 c
2585	Salt	0.25 ts
2585	Pepper	0.12 ts
2585	Onion, sliced	1.00 sm
2586	Water	0.50 c
2586	Asparagus spears, trimmed	1.50 lb
2586	Finely Shredded Natural	2.00 oz
2586	Swiss Cheese	0.00
2586	Dry bread crumbs	0.25 c
2586	Kraft Touch of Butter	2.00 tb
2586	Spread, melted	0.00
2586	Dry mustard	0.50 ts
2586	Pepper	0.12 ts
2587	Med potatoes (about 1 1/2 lb	4.00
2587	Margarine or butter	0.25 c
2587	Small onion, chopped	1.00
2587	Diced Gruyere or Swiss chees	0.50 c
2587	Salt	0.50 ts
2587	Pepper	0.25 ts
2587	Water	2.00 tb
2588	Ground Beef	1.50 lb
2588	Onion; Chopped	0.25 c
2588	Salt	1.00 ts
2588	Worcestershire Sauce	1.00 ts
2588	Pepper	0.25 ts
2588	Water	0.75 c
2588	Taco Seasoning Mix; 1 Env.	1.25 oz
2588	Avocado; Ripe, Small	1.00
2588	Cheddar Cheese; Shredded, 1C	4.00 oz
2589	Med size yellow crook neck	3.00 ea
2589	Squash (about 3/4 lb)	0.00
2589	Butter	2.00 tb
2589	Onion, small	1.00 ea
2589	Garlic cloves	2.00 ea
2589	Tomatoes, peeled & chopped	2.00 ea
2589	Corn, whole kernal (10oz)	1.00 cn
2589	Salt	0.50 ts
2589	Chopped green chile	2.00 tb
2589	Oregano	0.25 ts
2589	Ground cumin	0.50 ts

Sheet1

2589	Ground black pepper	0.25 ts
2589	Light cream	1.00 c
2589	Tabasco sauce	0.25 ts
2589	Cream cheese, cubed	3.00 oz
2590	Flour	0.33 c
2590	Baking powder	1.00 ts
2590	Beaten Egg White	0.00
2590	Cooking Oil	2.00 tb
2590	Chopped Onion	1.00 c
2590	Can Garbanzo Beans, drained	15.00 oz
2590	Can Tomato Sauce	15.00 oz
2590	Chili powder	2.00 ts
2590	Cornstarch	1.50 ts
2590	Yellow Cornmeal	0.33 c
2590	Salt	0.25 ts
2590	Skim Milk	0.25 c
2590	Water	0.75 c
2590	Clove Garlic, minced	0.00
2590	Can Red Kidney Beans,drained	15.00 oz
2590	Can diced green chili pepper	4.00 oz
2590	Salt	0.25 ts
2591	Beef Boneless Round Steak; *	3.00 lb
2591	Onion; Finely Chopped, 1 lg	1.00 c
2591	Cloves Garlic;Finely Chopped	4.00
2591	Vegetable Oil	0.25 c
2591	Tomato Puree	2.00 c
2591	Red Chiles; Ground, To Taste	2.00 tb
2591	Cumin Seed; Ground	1.00 ts
2591	Coriander; Ground	1.00 ts
2591	Anaheim Chiles; **	4.00
2591	Jalapeno Chiles; **	4.00
2591	GARNISHES -----	0.00 -----
2591	Cheddar Cheese; Shredded	0.00
2591	Flour Tortillas	0.00
2591	Pinto Beans; Cooked	0.00
2592	Chickpeas	9.00 oz
2592	Oil	3.00 tb
2592	Onion	0.50 oz
2592	Dry chilli	1.00
2592	Mustard	1.00 ts
2592	Coconut pieces	1.75 oz
2592	Sprig curry leaves	0.00
2592	Salt to taste	0.00
2593	Cabbage; finely grated	3.00 c
2593	Onion; small,minced	1.00
2593	salt	0.50 ts
2593	Apples; red, unpeeled,grated	2.00
2593	Sugar	1.00 tb
2593	Vinegar	2.00 tb

Sheet1

2593	salt	0.25 ts
2593	pepper	0.25 ts
2593	Sour cream;thick	0.50 c
2594	Ground turkey	1.00 lb
2594	Chopped onions	1.00 c
2594	Frozen baby lima beans (9oz)	1.00 pk
2594	Baked beans (16 ounces)	1.00 cn
2594	undrained	0.00
2594	Red kidney beans (15.5 oz)	1.00 cn
2594	light or dark, drained	0.00
2594	Packed brown sugar	0.25 c
2594	Salt	1.00 ts
2594	Prepared mustard	1.00 ts
2594	Pepper	0.12 ts
2594	Ketchup	0.50 c
2594	Molasses	2.00 tb
2594	Vinegar	1.00 tb
2595	Safflower oil	2.00 tb
2595	Large red onion, quartered	1.00 ea
2595	Large leeks, white,	2.00 ea
2595	Chop fresh parsley, divided	3.00 tb
2595	Dried tarragon	1.00 ts
2595	Pepper	1.00 ea
2595	Dry bread crumbs	1.00 ea
2595	Large yellow onion, chopped	1.00 ea
2595	Dry white wine	2.00 tb
2595	Eggs beaten	2.00 ea
2595	Chop fresh dill, or 1t dry	1.00 tb
2595	Crumbled feta	4.00 oz
2595	Plum tomato, thinly sliced	1.00 ea
2596	(16 ounces) green beans,	1.00 cn
2596	Drained	0.00
2596	(16 ounces) wax beans, drai	1.00 cn
2596	(15 ounces) kidney beans,	1.00 cn
2596	Drained	0.00
2596	Green onions (with tops), ch	4.00
2596	(about 1/4 cup)	0.00
2596	Chopped fresh parsley	0.25 c
2596	Italian dressing	1.00 c
2596	Sugar	1.00 tb
2596	Cl Garlic, crushed	2.00
2597	Firm Tofu	1.00 lb
2597	Ginger root, grated	0.33 c
2597	Sunflower oil	0.67 c
2597	Tamari	0.67 c
2598	Margarine	1.00 ts
2598	Tofu, drained	12.00 oz
2598	Egg	0.00
2598	Oregano, crushed	0.50 ts

Sheet1

2598	Shredded lo-fat Cheddar chee	0.75 c
2598	Dried minced Onion	1.00 tb
2598	Snipped fresh parsley (opt.)	1.00 tb
2598	Fine dry Bread Crumbs	2.00 tb
2598	Egg Whites	2.00 x
2598	Skim Milk	0.33 c
2598	Garlic powder	0.12 ts
2598	Can Whole Kernel Corn, drain	7.00 oz
2598	Med Tomato	0.00
2599	Green peppers - large	6.00
2599	Pork - ground	1.00 lb
2599	Egg - lightly beaten	1.00
2599	Rice - uncooked	0.50 c
2599	Onion - small, chopped	1.00
2599	Bacon strips - cooked and	6.00
2599	Crumbled	0.00
2599	Tomato sauce	1.00 ts
2599	Tomato juice	6.00 ts
2599	Paprika	1.00 tb
2599	Salt and Pepper	0.00
2599	Sugar to taste	0.00
2600	Firm Ripe Tomatoes	18.00
2600	Stalk Celery	1.00
2600	Onions	4.00 md
2600	Sweet Green Peppers	2.00
2600	Sweet Red Peppers	2.00
2600	Salt	0.33 c
2600	Granulated Sugar	2.25 c
2600	Ground Cloves	0.50 ts
2600	Cinnamon	2.00 ts
2600	Black Pepper	0.50 ts
2600	Mustard Seed, Tied In Bag	2.00 tb
2600	Apple Cider Vinegar	1.50 c
2601	(7 ounces) macaroni shells	1.00 pk
2601	Tomatoes, chopped	2.00 md
2601	(about 2 cups)	0.00
2601	Green onions (with tops),	2.00
2601	Chopped (about 2 tablespoon	0.00
2601	Cl Garlic, finely chopped	2.00
2601	Chopped fresh parsley	0.25 c
2601	Olive or vegetable oil	2.00 tb
2601	Salt	0.50 ts
2601	Chopped fresh or	1.50 ts
2601	Dried basil leaves	0.50 ts
2601	Coarsely cracked pepper	0.12 ts
2602	Tomatoes	4.00 md
2602	(about 1-1/3 pounds)	0.00
2603	Tomatoes; halved and seeded	6.00
2603	Salt	0.00



Sheet1

2603	Oil; olive	0.38 c
2603	Pine nuts	0.50 c
2603	Unsalted butter	0.25 c
2603	Garlic cloves; minced	3.00
2603	Parsley; fresh, minced	1.00 c
2604	Bulgur; or cracked wheat	0.50 c
2604	cooked	0.00
2604	Tomatoes	6.00 lg
2604	Olive oil	3.00 tb
2604	Lemon juice; up to 2 Tbsp	1.00 tb
2604	Tomatoes	4.00 sm
2604	Chives, Parsley & Fresh mint	0.00
2604	handful of, chopped	0.00
2604	Scallion;spring onions -OR-	6.00 ea
2604	Onion	1.00 md
2604	sliced finely	0.00
2604	Lettuce leaves; a few	0.00
2604	Salt & pepper	0.00
2605	Fresh Snow Peas Cut Into	0.50 c
2605	1 Inch Diagonal Pieces	0.00
2605	Zucchini, Thinly Sliced	1.00 sm
2605	Cherry Tomatoes, Quartered	2.00
2605	Pine Nuts Toasted	1.00 tb
2605	Minced Shallot	1.00 tb
2605	Red Wine Vinegar	1.50 ts
2605	Safflower OR Vegetable Oil	1.00 ts
2605	Pepper	0.12 ts
2606	Medium summer squash, sliced	4.00
2606	Butter or maragarine	0.25 c
2606	15 oz can corn, drained	1.00
2606	Onion, thinly sliced	0.50 c
2606	Salt	0.50 ts
2606	Dash pepper	1.00
2606	4 oz can chopped green chili	1.00
2606	Milk	1.00 c
2606	Grated cheddar cheese	0.50 c
2607	Diagonally sliced carrots	1.75 c
2607	Can pineapple tidbits in	8.00 oz
2607	Juice, undrained	0.00
2607	Cornstarch	2.00 ts
2607	Ground ginger	0.25 ts
2608	Eggplants;about 1 lb each	3.00
2608	Olive oil	0.25 c
2608	Onions;sliced	6.00
2608	Garlic cloves;minced	6.00
2608	Tomatoes;peeled, seeded &	6.00
2608	chopped	0.00
2608	Parsley;minced	0.50 c
2608	Lemon juice	2.00 tb

Sheet1

2608	pepper	0.00
2608	Parmesan cheese;grated opt	0.00
2609	Pound turnips (4 medium)	1.00
2610	Med. Baking Potato	1.00
2610	Shredded Cheddar Cheese	2.00 tb
2610	Butter Or Margarine	1.50 ts
2610	Sliced Green Onion	1.00 ts
2610	Milk	0.00
2610	Paprika (Optional)	0.00
2611	Unpeeled sweet potatoes	4.00 sm
2611	Golden raisins	0.50 c
2611	Brown sugar	2.00 tb
2611	Ground cinnamon	0.25 ts
2611	(8oz) Unsweetened crushed	1.00 c
2611	pineapple, drained	0.00
2611	Pecans, chopped	2.00 tb
2612	Salt; Or To Taste	0.50 ts
2612	Pepper; Or To Taste	0.25 ts
2612	Paprika; Or To Taste	0.25 ts
2612	Veal Fillets; Cut 1/4" Thick	4.00
2612	Butter	4.00 tb
2612	Stewed Tomatoes; Whole	4.00
2612	White Asparagus Spears; *	12.00
2612	Mushrooms; Fresh, Sliced	0.25 lb
2613	Olive Oil	1.00 ts
2613	Large Onion, chopped	1.00
2613	Cloves of Garlic, chopped	2.00
2613	Medium Carrots, sliced	2.00
2613	Celery, sliced diagonally	1.00 c
2613	Medium Zucchini, quartered	1.00
2613	Red or Green Pepper	1.00
2613	Jalapeno Peppers	2.00
2613	28 oz, Tomatoes, chopped	1.00 cn
2613	19 oz, Kidney Beans	1.00 cn
2613	Chili Powder	1.00 tb
2613	Ground Cumin	1.00 ts
2613	Dried Oregano	1.00 ts
2613	Salt	0.00
2613	Freshly Ground Black Pepper	0.00
2613	Granulated Sugar	1.00 pn
2613	Shredded Mozzarella	0.00
2614	Hot cooked Brown Rice	4.00 c
2614	Cauliflower florets	1.00 c
2614	Carrots, sliced	2.00 x
2614	Broccoli florets	1.00 c
2614	Sweet red pepper,coarse chop	0.00
2614	Onion, cut into wedges	0.00
2614	Peas	1.00 c
2614	Tomatoes, cut into wedges	2.00 x

Sheet1

2614	SAUCE -----	0.00 -----
2614	Safflower oil	2.00 tb
2614	Curry powder (to taste)	2.00 tb
2614	Minced Gingerroot	2.00 tb
2614	Cloves garlic, minced	3.00 x
2614	Sm hot chili pepper *	0.00
2614	Vegetable stock	0.50 c
2614	Lime juice	2.00 tb
2615	Chopped onion	0.33 c
2615	Chopped green pepper	0.67 c
2615	Butter	1.00 tb
2615	Olive oil	4.00 tb
2615	Scrubbed, chopped zucchini	1.50 c
2615	Minced garlic cloves	2.00
2615	Salt	0.50 ts
2615	Peel, seed and chop tomatoe	0.25 c
2615	Large eggs, beaten	6.00
2616	Button Mushrooms	12.00 sm
2616	Firm Tofu Cut Into	0.50 lb
2616	1/2 Inch Cubes	0.00
2616	Red Pepper Cut Into	1.00 sm
2616	Strips About 1 Inch Long	0.00
2616	And 1/2 Inch Wide	0.00
2616	Minature Corn	12.00
2616	Zucchini, Total Weight	3.00 sm
2616	About 3/4 Lb. Cut Into	0.00
2616	Slices 1/2 Inch Thick	0.00
2616	Cherry Tomatoes	12.00
2616	Kebab Skewers	6.00
2616	MARINADE -----	0.00 -----
2616	Mustard Powdder	1.00 ts
2616	Garlic Clove Crushed	1.00
2616	Clear Honey	2.00 tb
2616	Soy Sauce	2.00 tb
2616	Olive Oil	2.00 tb
2616	Ground Black Pepper	0.00
2617	Lasagna noodles; uncooked	9.00
2617	Mushrooms	0.50 c
2617	Milk; skim	2.25 c
2617	Parmesan; grated	0.75 c
2617	Pepper	0.25 ts
2617	Spaghetti sauce; lo-fat	3.00 c
2617	Onion; diced	0.50 c
2617	Sauce mix; white,[Knoor]	1.00 pk
2617	Mozzarella; shredded,no-fat	2.00 c
2617	Broccoli; frozen/thawed or	16.00 oz
2617	Zucchini, fresh/frozen	0.00
2617	Garlic powder	0.25 ts
2618	Instant Chicken Bouillon	2.00 ts

Sheet1

2618	Chopped Green Pepper	0.50 c
2618	Shredded Zucchini *	2.00 c
2618	Onion powder	0.50 ts
2618	Dried Oregano, crushed	0.50 ts
2618	Lo-cal cream cheese (soft)	4.00 oz
2618	Long grain Rice	0.67 c
2618	Beaten Eggs	2.00 x
2618	Skim Milk	1.00 c
2618	Dried Basil, crushed	0.50 ts
2618	Shredded lo-fat Cheddar chee	0.75 c
2618	Diced Pimento	2.00 tb
2619	Red Pepper	1.00 lg
2619	Green Pepper	1.00 lg
2619	Zucchini	1.00 md
2619	Celery Stalks	4.00
2619	Bunch Scallions	1.00
2619	Button Mushrooms	0.50 lb
2619	Olive Oil	0.50 c
2619	Blanched Almonds	1.00 c
2619	SWEET & SOUR DRESSING -----	0.00 -----
2619	Garlic Cloves Crushed	2.00
2619	Grated Fresh Ginger	0.25 c
2619	Soy Sauce	0.25 c
2619	Lemon Juice	0.25 c
2619	Wine Vinegar	1.00 tb
2619	Clear honey	2.00 tb
2620	Cabbage, finely chopped	0.25 c
2620	Carrot, finely chopped	0.25 c
2620	Green pepper, finely chopped	2.00 tb
2620	Celery, finely chopped	2.00 tb
2620	Onion, finely chopped	2.00 tb
2620	Radishes, finely chopped	2.00 tb
2620	Bread, whole wheat, toasted	2.00 x
2620	Cheese, cheddar, shredded	1.00 c
2620	Alfalfa sprouts	0.25 c
2620	Red pepper (dash)	0.00
2621	Carrot; shredded	0.50 c
2621	Potato; shredded	0.50 c
2621	Oil	1.00 tb
2621	Egg; beaten	1.00
2621	Milk	2.00 tb
2621	Bread crumbs; fine & dry	0.50 c
2621	Parsley; snipped	3.00 tb
2621	Onion salt	0.50 ts
2621	Garlic powder	0.25 ts
2621	Pepper	0.25 ts
2621	Ground beef; lean	1.50 lb
2621	Catsup	3.00 tb
2621	Mustard; prepared	1.00 ts

Sheet1

2622	Can Red Kidney Beans *	15.50 oz
2622	Can Tomato Sauce	8.00 oz
2622	Chopped onion	0.50 c
2622	Sugar	1.00 ts
2622	Can Tomatoes, cut up	14.50 oz
2622	Hot cooked Rice	2.00 c
2622	Can Great Northern Beans *	15.00 oz
2622	Chopped Green Pepper	0.75 c
2622	Chili powder	1.00 tb
2622	Dried Basil, crushed	0.50 ts
2622	Cloves Garlic, minced	2.00 x
2623	Chops	6.00
2623	Uncooked rice	6.00 tb
2623	Slices onion	6.00
2623	Slices tomato	6.00
2623	Chicken broth	1.00 cn
2624	Broccoli	1.00 bn
2624	Head cauliflower,	1.00
2624	Cut into flowerets	0.00
2624	Potatoes, peeled and	3.00
2624	Sliced 1/4 inch thick	0.00
2624	Olive oil	3.00 tb
2624	Safflower oil	1.00 tb
2624	Cloves garlic, finely	3.00
2624	Chopped	0.00
2624	Chopped tomatoes, fresh	2.00 c
2624	If possible (drain canned)	0.00
2624	Black olives (about)	22.00
2624	Hot pepper flakes to	0.00
2624	Taste (Optional)	0.00
2624	Dried oregano	1.00 tb
2624	Salt and freshly ground	0.00
2624	Black pepper to taste	0.00
2624	Olive oil	1.00 tb
2625	Eggplants, or however many	2.00
2625	You can afford	0.00
2625	Litre Kentucky Bourbon	1.00
2626	Cabbage; (1 head) approx wt.	2.00 lb
2626	Vegetable oil	3.00 tb
2626	Salt	1.00 ts
2626	Caraway seeds	1.00 ts
2626	Beef broth	1.00 c
2626	Apples; small, tart	3.00
2626	Cornstarch	1.00 tb
2626	;water, cold	2.00 tb
2626	Red wine vinegar	3.00 tb
2626	Sugar	0.25 ts
2627	White asparagus; (2 cans)	29.00 oz
2627	Margarine	2.00 tb

Sheet1

2627	Unbleached flour	2.00 tb
2627	;asparagus liquid	0.50 c
2627	Milk	0.50 c
2627	Ham;cut into julienne strips	4.00 oz
2627	Nutmeg; freshly grated	0.12 ts
2627	Salt	0.25 ts
2628	Acorn Squash	2.00 md
2628	Wild Rice, cooked	0.50 c
2628	Orange Rind, grated	1.00 ts
2628	Walnuts, chopped	0.50 c
2628	To 2 tb Frozen Orange Juice	1.00 tb
2628	Concentrate	0.00
2629	SI Bacon	3.00
2629	Onion, chopped	1.00
2629	Vinegar, white wine	0.25 c
2629	Sugar	1.00 ts
2629	Prepared mustard	1.00 ts
2629	Horseradish	0.50 ts
2629	Salt	0.50 ts
2629	Pepper	1.00 ds
2629	Greens, leaf lettuce, escaro	1.00 lb
2630	New potatoes; diced	1.00 lb
2630	Broccoli heads; up to 3	2.00 ea
2630	Carrots; sliced	3.00 lg
2630	Cauliflower florets;up to 8	6.00 ea
2630	chopped	0.00
2630	Margarine; or ghee	2.00 tb
2630	up to 3 Tbsp	0.00
2630	Onion; finely chopped	1.00 ea
2630	Garlic cloves	2.00 ea
2630	Tumeric	1.00 ts
2630	Nutmeg; ground, up to 2 tsp	1.00 ts
2630	Cinnamon; ground	1.00 ts
2630	Ginger piece; 1/2" long	1.00 ea
2630	peeled & finely chopped	0.00
2630	Clove	1.00 ea
2630	Salt and Pepper	0.00
2631	Yellow split-peas; dry	2.00 c
2631	Stock, broth; or water	6.00 c
2631	Onion; large, whole	1.00
2631	Carrot; large	1.00
2631	Turnip or parsnip; large	1.00
2631	Marjoram; dried	0.12 ts
2631	Thyme; dried	0.12 ts
2631	Salt	1.00 ts
2631	Onion; small, minced	1.00
2631	Butter; melted	2.00 tb
2631	Unbleached flour	2.00 tb
2632	Zucchini	8.00

Sheet1

2632	Water	0.50 c
2632	Onion, chopped	0.50 c
2632	Cheddar cheese, grated	1.00 c
2632	Gruyere cheese, grated	0.50 c
2632	Sour cream	1.00 c
2632	Salt	1.00 ts
2632	Paprika	0.50 ts
2632	Bread crumbs	1.00 c
2632	Parmesan cheese to taste	0.00
2633	Cherry or piemento pepers	30.00
2633	Green peppers	30.00
2633	Onions	2.00 lb
2633	Eggplants	8.00
2633	Carrots	1.00 lb
2633	Vegetable oil	0.75 l
2633	Black olives	0.50 c
2633	Bay leaves	4.00
2633	Heavy tomato juice or	1.00 lb
2633	Stewed tomatoes	7.00 lb
2633	Salt and pepper	0.00
2634	Cauliflower	3.00 c
2634	Low fat margarine	0.50 ts
2634	All purpose flour	1.00 tb
2634	Red (cayenne) pepper	0.12 ts
2634	Salt	0.25 ts
2634	Pepper	0.12 ts
2634	Skim milk	0.75 c
2634	Shredded low fat cheddar ch	0.50 c
2634	Chopped green chilies	2.00 tb
2634	Fresh bread crumbs	0.25 c
2635	Dry Pinto Beans	2.00 c
2635	Water To More Than Cover	0.00
2635	Meat *	0.50 lb
2635	Large Onion Chopped	1.00
2635	Clove Garlic	1.00
2635	Red Chili Powder	1.00 tb
2635	Ground Cumin	0.25 ts
2635	Oregano	0.50 ts
2636	Onion; Chopped, 1 Sm	0.25 c
2636	Margarine Or Butter	2.00 tb
2636	Vegetable Oil	2.00 tb
2636	Zucchini; Md., *	3.00
2636	Tomatoes; Chopped, 2 Md	2.00 c
2636	Hominy; Drained, 1 cn	20.00 oz
2636	Lime Juice	2.00 tb
2636	Chile Powder	1.00 tb
2636	Salt	1.00 ts
2636	Pepper	1.00 ds
2637	Zucchini blossoms	6.00

Sheet1

2637	Butter or margarine	0.50 ts
2637	7-inch flour tortilla	1.00
2637	Shredded Jack cheese	3.00 tb
2637	Grated Parmesan cheese	0.50 ts
2637	Thin avocado slices	3.00
2637	Salsa to taste	0.00
2638	Zucchini	0.00
2638	Bread crumbs	2.00 tb
2638	Milk	2.00 tb
2638	Lemon peel, fresh, grated	0.50 ts
2638	Eggs	6.00
2638	Water	2.00 tb
2638	Parmesan or Romano cheese	3.00 tb
2638	Butter or oil	1.00 tb
2638	Nutmeg	0.25 ts
2638	Salt and Pepper to taste	0.00
2639	Butter or margarine	2.00 tb
2639	Vegetable oil	3.00 tb
2639	Zucchini, coarsely grated	3.50 c
2639	Flour, all-purpose	0.25 c
2639	Eggs, lightly beaten	2.00 x
2639	Salt	0.50 ts
2639	Pepper, black	0.12 ts
2640	Onion; medium, minced	1.00
2640	Olive oil	0.00
2640	Zuchini;green or yellow	3.50 lb
2640	Carrot;small, peeled &	1.00
2640	grated or finely chopped	0.00
2640	Basil leaves;fresh,shredded	3.00
2640	OR-	0.00
2640	Basil; dried	1.00 ts
2640	Parsley,Italian;coarsely	1.00 tb
2640	chopped	0.00
2640	salt	1.00 ts
2640	pepper, freshly ground	0.25 ts
2640	Parmesan;freshly ground(opt)	4.00 tb
2640	Eggs;slightly beaten	2.00
2640	Bread crumbs; fine, dry	0.50 c
2641	Shredded carrots	0.75 c
2641	Onion, chopped	0.50 c
2641	Butter	6.00 tb
2641	Herbed stuffing cubes	2.50 c
2641	Condensed cream of chicken	1.00 cn
2641	Soup	0.00
2641	Sour cream	0.50 c
2641	Zucchini, cut 2 inch thick	4.00 md
2642	Recipe Basic Meat Loaf; *	0.00
2642	Swiss Cheese; Shredded	0.50 c
2642	Zucchini; Thinly Sliced	0.50 c



Sheet1

2642	Pimento; Chopped	2.00 tb
2643	Zucchini;courgettes, sliced	1.50 lb
2643	Garlic cloves; up to 2	1.00 ea
2643	crushed	0.00
2643	Lemon juice	1.00 tb
2643	Margarine	2.00 ts
2643	Peanuts; toasted and	1.50 c
2643	coarsely chopped	0.00
2643	Salt and pepper	0.00
2644	Onion, Chopped	0.75 c
2644	Clove Garlic, Finely Chopped	1.00
2644	Vegetable Oil	2.00 tb
2644	Red Bell Pepper *	1.00 lg
2644	Chiles **	2.00 md
2644	Jalapeno Chile, Seed & Chop	1.00
2644	Squash, Cubed ***	1.00 c
2644	Chicken Broth	29.00 oz
2644	Salt	0.50 ts
2644	Pepper	0.50 ts
2644	Coriander, Ground	0.50 ts
2644	Zucchini, Thinly Sliced	1.00 c
2644	Yellow Squash, Thinly Sliced	1.00 c
2644	Whole Kernel Corn, Drained	17.00 oz
2644	Pinto Beans, Drained	16.00 oz
2645	Yeast; active dry	1.00 pk
2645	Sugar	1.00 ts
2645	Salt	1.50 ts
2645	Unbleached flour	3.00 c
2645	Shortening	1.00 tb
2645	Water; 120 to 130 degrees f.	1.00 c
2645	Bacon; slices, cut up	6.00 ea
2645	Onions; medium, sliced	2.00 ea
2645	Cumin	0.25 ts
2645	Salt	0.50 ts
2645	Pepper; as desired	1.00 x
2645	Egg yolk	1.00 ea
2645	Sour cream	1.00 c
2646	Eggs	7.00
2646	Skim milk	2.00 tb
2646	Chicken stock	1.00 tb
2646	Corn	1.00 c
2646	Chili powder	0.25 ts
2646	Corn tortillas	4.00
2646	Sweet red pepper rings	1.00
2646	Parsley sprigs	1.00
2647	Margarine, melted	0.25 c
2647	Onion/garlic croutons	2.00 c
2647	Milk	2.00 c
2647	Prepared mustard	1.00 tb

Sheet1

2647	Unseasoned croutons	2.00 c
2647	Cheddar cheese, grated	2.00 c
2647	Eggs	6.00 ea
2647	Slices bacon	10.00 ea
2648	Heavy Or Whipping Cream	1.00 c
2648	Cheddar Cheese; Md, Shredded	1.00 c
2648	Nutmeg	0.50 ts
2648	White Pepper	0.25 ts
2648	Eggs; Lg, Well Beaten	4.00 ea
2648	Bread Slices; White	12.00 ea
2649	Eggs	8.00
2649	Milk	2.00 c
2649	Velveeta cheese, cut in	0.67 lb
2649	1/2" cubes	0.00
2649	Slices buttered bread, cut	8.00
2649	In 1/2" cubes	0.00
2649	Ham, cut in 1/2" cubes	2.00 c
2649	Salt,	0.00
2649	Pepper to taste	0.00
2650	Sized tomatoes	6.00 md
2650	Salt	0.00
2650	Onion powder	1.00 ts
2650	Tarragon leaves,crushed	0.50 ts
2650	Ground black pepper	0.33 ts
2650	Eggs	6.00
2650	Soft bread crumbs	1.50 tb
2650	Grated Parmesan cheese	2.00 ts
2650	Parsley flakes	1.00 ts
2650	Butter or margarine	1.00 ts
2651	Tortillas	12.00
2651	Oil for frying	0.00
2651	Sauce:	0.00
2651	Oil	2.00 tb
2651	Salsa Jalapena or your	2.00 tb
2651	favorite chili relish	0.00
2651	Onion, chopped	1.00 sm
2651	Solid pack tomatoes, Chopped	1.00 cn
2651	Salt	0.00
2651	Monterey Jack cheese, cubed	1.00 lb
2651	Rubbed oregano	1.00 ts
2651	Sour Cream, salted	1.00 pt
2652	Spinach; fresh *	1.00 lb
2652	Butter	0.25 lb
2652	Onion; large, diced	1.00
2652	Garlic; cloves, minced	2.00
2652	Salt	0.50 ts
2652	Emmenthaler cheese; grated	0.50 lb
2652	Paprika	1.00 ts
2652	Nutmeg	0.12 ts

Sheet1

2652	Pepper	0.25 ts
2653	Butter	2.00 tb
2653	Onion; chopped	0.50
2653	Garlic clove; minced	1.00
2653	Broccoli florets; cooked	2.00 c
2653	Eggs	6.00
2653	Salt	0.50 ts
2653	Mozzarella; cubed	0.75 c
2653	Parsley; minced	2.00 ts
2653	Onion green tops;	2.00 ts
2653	SI Red sweet red pepper (opt	0.25
2654	Eggs	8.00
2654	Onion	0.50
2654	Fresh chili	1.00
2654	Turmeric	0.50 ts
2654	Salt	1.00 ts
2654	Litre oil	1.00
2654	Thick coconut milk	1.00 c
2654	Chili powder	0.50 ts
2654	Cumin	0.50 ts
2654	Coriander	1.00 ts
2654	Fennel	0.25 ts
2654	Inch cinnamon stick	1.00
2655	Sharp cheddar cheese	8.00 oz
2655	Salt	1.00 ts
2655	Slc bread, buttered/cubed	10.00
2655	Eggs	4.00
2655	Milk	2.00 c
2655	French cream mustard	1.00 ts
2656	Tomato soup	10.50 oz
2656	Dry mustard	0.25 ts
2656	Sharp cheese, cut in pieces	0.50 lb
2656	Egg, slightly beaten	1.00
2657	Apricot Basting Sauce	0.00
2657	Cream Cheese Softened	8.00 oz
2657	Ricotta Cheese	0.50 c
2657	Sugar	0.25 c
2657	Orange Peel, Grated	1.00 ts
2657	Flour Tortillas *	6.00
2657	Apricot Preserves	0.25 c
2657	Egg, Beaten	1.00 lg
2657	Butter, Softened	2.00 tb
2657	Apricots, Sliced	1.00 c
2658	Mozzarella Cheese, grated	8.00 oz
2658	Eggs	6.00
2658	Milk and/or cream	1.50 c
2658	Salt and Pepper, to taste	0.00
2658	Onion, chopped	0.25 md
2658	Onion, from above, ringed	0.75 md

Sheet1

2658	Green pepper, ringed	1.00 md
2658	Pizza crust	1.00
2659	Eggs; lg	2.00
2659	Cheddar; sharp, grated	8.00 oz
2659	Olives; ripe, chopped, pitted	1.25 c
2659	Green bell pepper; chopped	0.50 c
2659	Onion; chopped	0.25 c
2659	Catsup	0.33 c
2659	Mayonnaise	2.00 ts
2659	Mustard; prepared	2.00 ts
2659	Marjoram	0.25 ts
2659	Oregano	0.12 ts
2659	Salt	0.12 ts
2659	Pepper; to taste	1.00 pn
2659	Sandwich buns	4.00
2659	Butter	0.00
2660	Slices bread, cubed	8.00
2660	Cheddar cheese, cubed	0.50 lb
2660	Bacon, crisp fried,	1.00 lb
2660	Crumbled	0.00
2660	(4 oz) mushrooms, optional	1.00 cn
2660	Eggs, beaten with:	3.00
2660	Milk	2.00 c
2660	Salt	0.50 ts
2660	Dried mustard	0.50 ts
2660	Dash pepper	0.00
2660	Dash paprika	0.00
2661	Butter	3.00 tb
2661	Thick slices of sourdough	4.00
2661	OR pumpernickel bread,	0.00
2661	Toasted	0.00
2661	Flour	3.00 tb
2661	Dry white wine	1.33 c
2661	Crushed tarragon	0.50 ts
2661	Nutmeg	0.00
2661	Green onions with tops,	8.00 md
2661	Minced	0.00
2661	Monterey Jack cheese	1.00 c
2661	Green onions with tops,	4.00
2661	Trimmed (opt. garnish)	0.00
2662	Olive oil	1.00 tb
2662	Medium-size onion, chopped	0.50
2662	Tomato juice, OR 1/2 cup	0.75 c
2662	tomato sauce thinned with 2	0.00
2662	Tbsp water	0.00
2662	Clove garlic, minced	1.00 sm
2662	Whole chiles, parched,	3.00
2662	peeled and chopped, OR 4 oz	0.00
2662	Canned whole green chiles,	0.00

Sheet1

2662	chopped	0.00
2662	Ground cumin	0.75 ts
2662	Ground Mexican oregano	0.25 ts
2662	Salt	0.50 ts
2662	Corn tortillas	4.00
2662	To 8 eggs	4.00
2662	Avocados, peeled and thinly sliced lengthwise	2.00 0.00
2662	Grated Monterey Jack or Cheddar cheese	0.50 c 0.00
2662	Lettuce leaves, coarsely chopped	4.00 0.00
2663	Butter	1.00 tb
2663	Parmesan cheese, grated	3.00 tb
2663	Eggs, separated	6.00
2663	Cream cheese (soft)	8.00 oz
2663	Grated cheddar cheese	1.00 c
2663	Sour cream	0.50 c
2663	Chopped pimento	3.00 tb
2663	Chopped chives	1.00 tb
2663	Dry mustard	0.75 ts
2663	Canadian bacon, diced	0.75 lb
2664	FILLING -----	0.00 -----
2664	Ricotta cheese	3.00 c
2664	Sugar	1.25 c
2664	Vanilla extract	2.00 ts
2664	Finely chopped candied	0.50 c
2664	Citron	0.00
2664	Semi=sweet chocolate pieces	0.25 c
2664	SHELL -----	0.00 -----
2664	Flour	3.00 c
2664	Sugar	0.25 c
2664	Ground cinnamon	1.00 ts
2664	Salt	0.25 ts
2664	Shortening	3.00 tb
2664	Eggs, well beaten	2.00
2664	White vinegar	2.00 tb
2664	Cold water	2.00 tb
2664	Pistachio nuts	2.00 oz
2664	Egg white, slightly beaten	1.00
2665	Dried black mushrooms	4.00
2665	Water chestnuts	4.00
2665	Chinese cabbage	0.25 lb
2665	Sliced bamboo shoots	0.25 c
2665	Chinese roast pork	0.12 lb
2665	Eggs	3.00
2665	Peanut oil	2.00 tb
2665	Salt	0.50 ts
2665	Sugar	0.50 ts

Sheet1

2665	Dry sherry	1.00 ts
2665	Dash of pepper	1.00 ds
2666	Chopped cauliflower	2.00 c
2666	Water	0.00
2666	Butter	2.50 tb
2666	Flour	2.50 tb
2666	Warm milk	1.50 c
2666	Salt	0.00
2666	Grated Gouda cheese	0.50 c
2666	Eggs, separated	6.00
2667	Cheddar; md, grated	8.00 oz
2667	Dairy sour cream	0.75 c
2667	Egg yolks, lg, beaten	3.00
2667	Unbleached flour; plus	2.00 ts
2667	Unbleached flour	1.00 ts
2667	Salt	0.75 ts
2667	Thyme	1.50 ts
2667	Mustard; dry	0.50 ts
2667	Butter	2.00 ts
2668	Cheddar; Sharp, Grated	3.00 c
2668	Pimento-StuffedOlives;Sliced	3.00 oz
2668	Mayonnaise	1.00 c
2668	French Bread; Loaf, Unsliced	1.00 ea
2669	FILLING -----	0.00 -----
2669	Dry cottage cheese	0.50 lb
2669	Cream cheese	0.50 lb
2669	Vanilla	1.00 ts
2669	Egg	1.00
2669	Sugar	2.00 tb
2669	Melted butter	2.00 tb
2669	WRAPPERS -----	0.00 -----
2669	Eggs	4.00
2669	Salt	0.75 ts
2669	Flour	1.50 c
2669	Melted butter	2.00 tb
2669	Milk	2.00 c
2669	Water	0.25 c
2670	Slices white bread	8.00
2670	Milk	2.00 c
2670	Old English cheese slices	8.00 oz
2670	Pepper	0.50 ts
2670	Dry mustard	0.75 ts
2670	Butter, melted	0.25 c
2670	Salt	1.00 ts
2670	Eggs	3.00
2671	Milk	1.50 c
2671	Mild cheddar, shredded	0.50 c
2671	Salt	0.50 ts
2671	Eggs, separated	3.00

Sheet1

2671	Cream of Rice	0.50 c
2671	Butter	2.00 tb
2671	Grated Parmesan, optional	0.00
2672	Cheddar; sharp, shredded	16.00 oz
2672	Green olives; stuffed, *	8.00 oz
2672	Green bell peppers; md	2.00
2672	French rolls; large	12.00
2672	Tomato sauce; *	6.00 oz
2672	Onion; md.	1.00
2673	CHEESE FILLING -----	0.00 -----
2673	Fresh mozzarella cheese,	0.50 lb
2673	1/2-inch dice	0.00
2673	Ricotta cheese (or 2	2.00 lb
2673	15-ounce containers)	0.00
2673	Prosciutto, 1/4-inch dice	0.25 lb
2673	Eggs	2.00
2673	Freshly graterd Parmesan	0.50 c
2673	Cheese	0.00
2673	Salt and freshly ground	0.00
2673	Black pepper	0.00
2673	Minced fresh parsley	0.25 c
2673	Manicotti shells	14.00
2673	Tomato sauce (Meat or	3.00 c
2673	Marinara)	0.00
2673	Freshly grated Parmesan	0.50 c
2673	Cheese	0.00
2674	Flour (or a little less)	1.50 c
2674	Sugar	0.50 ts
2674	Lo-fat Cottage cheese,draine	0.75 c
2674	Egg	0.00
2674	Dried Basil, crushed	1.00 ts
2674	Med Green / Sweet Red Pepper	0.00
2674	Shredded Mozzarella Cheese *	1.00 c
2674	Active dry Yeast	1.00 pk
2674	Cooking oil	1.00 ts
2674	Cornmeal	1.00 tb
2674	Grated Parmesan Cheese	2.00 tb
2674	Clove Garlic, minced	0.00
2674	Sliced fresh Mushrooms	1.00 c
2675	Margarine (1)	0.12 lb
2675	Milk (3)	1.00 c
2675	Can tomato soup (5)	1.00 ea
2675	Egg, Slightly beaten (7)	1.00 ea
2675	Flour (2)	1.00 tb
2675	Egg, Slightly beaten (4)	1.00 ea
2675	Cheese (sharp Cheddar)(6)	2.00 c
2676	Unbaked 9" pastry shell	1.00
2676	Chopped cooked chicken	1.00 c
2676	Shredded Swiss cheese	1.00 c

Sheet1

2676	(10 oz) frozen chopped	1.00 pk
2676	Spinach, cooked, well	0.00
2676	Drained ( 1/2 cup)	0.00
2676	Finely chopped onion	0.25 c
2676	Eggs, lightly beaten	2.00
2676	Real mayonnaise	0.75 c
2676	Milk	0.75 c
2676	Dried basil leaves	0.50 ts
2676	Pepper	0.12 ts
2677	Quick grits	1.50 c
2677	Salt	1.50 ts
2677	Boiling water	6.00 c
2677	Butter	0.50 c
2677	Shredded cheddar cheese	2.00 c
2677	Finely chopped jalapenos	2.00 tb
2677	Eggs, beaten	3.00
2677	Can, cream of chicken soup	1.00
2677	Salt	0.50 ts
2678	Cooked rice	0.50 c
2678	Eggs, separated	3.00
2678	Butter	4.00 tb
2678	Paprika	0.25 ts
2678	All-purpose flour	4.00 tb
2678	Salt	1.25 ts
2678	Dry mustard	0.12 ts
2678	Milk	2.00 c
2678	Grated cheese	4.00 tb
2679	Lge Egg, beaten	0.00
2679	Milk	0.25 c
2679	Vanilla extract	1.00 ts
2679	Ground Cinnamon	0.25 ts
2679	Slices Bread	3.00 x
2680	Lge Pancake	0.00
2680	Poached or fried Eggs	2.00 x
2680	Orange Slices	3.00 x
2680	Cherry Tomato	0.50 x
2681	Margarine Or Butter	3.00 tb
2681	Unbleached Flour	3.00 tb
2681	Sugar	0.25 ts
2681	Cumin; Ground	0.25 ts
2681	Nutmeg; Ground	0.25 ts
2681	Red Pepper; Ground	0.25 ts
2681	Milk	1.00 c
2681	Eggs; Large, Separated	3.00 ea
2681	Onion; Finely Chopped	2.00 tb
2681	Green Chiles; Finely Chopped	2.00 tb
2681	Whole KernelCorn;Drained,1cn	8.75 oz
2681	GREEN CHILE CHEESE SAUCE -----	0.00 -----
2681	Cheddar Cheese; Shredded,2oz	0.50 c



Sheet1

2681	Green Chiles; Finely Chopped	0.25 c
2681	Half & Half	0.33 c
2681	Onion; Finely Chopped	1.00 tb
2681	Cumin; Ground	1.00 ts
2681	Salt	0.25 ts
2682	Milk, sour	1.00 qt
2682	Cream	0.00
2682	Sour cream	0.00
2682	Water	0.00
2683	Eggs	4.00 lg
2683	Salt and Pepper to taste	0.00
2683	Butter	1.50 tb
2683	Small curd cream style	0.50 c
2683	Cottage cheese	0.00
2683	Finely diced Cheddar cheese	2.00 tb
2684	Eggs	8.00
2684	Heavy cream	0.25 c
2684	Grated Parmesan cheese	3.00 tb
2684	Onion, finely chopped	1.00 sm
2684	Dried parsley	0.50 ts
2684	Pepper to taste	0.00
2684	Paprika	0.00
2685	Brown sugar; packed	0.50 c
2685	Butter	0.25 c
2685	Bisquick baking mix	1.00 c
2685	Walnuts; chopped	0.50 c
2685	Cream cheese; 8 oz softened	1.00 pk
2685	Sugar; granulated	0.25 c
2685	Lemon juice	1.00 tb
2685	Milk	2.00 ts
2685	Vanilla	0.50 ts
2685	Egg	1.00
2686	Garlic cloves, chopped	3.00 ea
2686	Cream cheese	6.00 oz
2686	Feta cheese	6.00 oz
2686	Yoghurt	0.25 c
2686	Parsley, chopped, fresh	0.25 c
2686	Oregano, dried	2.00 ts
2686	Cayenne or hot sauce	0.25 ts
2686	Green olives, chopped	0.25 c
2686	Salt	0.00
2686	Pepper, freshly ground	0.00
2686	GARNISH -----	0.00 -----
2686	Dill sprigs	0.00
2687	Whole eggs	3.00
2687	+ 1 ts witch hazel	0.25 c
2687	+ 1 ts corn oil	0.25 c
2687	Cider vinegar	1.00 ts
2687	Yogurt	0.50 c

Sheet1

2687	Melted butter	2.00 tb
2687	Whole milk	1.75 c
2687	Peach or apricot juice	1.00 c
2688	Onion, cut in half and	1.00
2688	Thinly sliced	0.00
2688	Green bell pepper,	1.00
2688	Julienned	0.00
2688	Ribs celery,julienned	2.00
2688	Garlic,thinly sliced	2.00 cl
2688	Bay leaf	1.00
2688	Butter or margarine	2.00 tb
2688	(16 oz) tomatoes,including	1.00 cn
2688	Liquid	0.00
2688	Tomato juice	1.00 c
2688	Worcestershire sauce	4.00 ts
2688	Louisiana red hot sauce	4.00 ts
2688	Paprika	2.00 ts
2688	Cornstarch	1.50 tb
2688	English muffins, split in	4.00
2688	Half	0.00
2688	Hard cooked eggs, sliced	8.00
2689	WHITE SAUCE -----	0.00 -----
2689	Butter	4.00 tb
2689	Flour	4.00 tb
2689	Milk	2.00 c
2689	Salt	0.50 ts
2689	Pepper	0.25 ts
2689	TOMATO SAUCE -----	0.00 -----
2689	Butter	4.00 tb
2689	Chopped onion	4.00 tb
2689	Chopped green pepper	4.00 tb
2689	Garlic clove, mashed	1.00
2689	Canned tomatoes	2.50 c
2689	Chili powder (or more)	1.00 tb
2689	-----	0.00 -----
2689	Hardboiled eggs	8.00
2689	Grated American cheese	1.00 c
2689	Cracker crumbs (9 crackers)	1.00 c
2690	Vegetable oil	3.00 tb
2690	Potatoes, peeled and thinly	12.00 oz
2690	Sliced, about 2 cups	0.00
2690	Red bell pepper, cored,	1.00 md
2690	Seeded and cut into thin	0.00
2690	Strips, about 1 cup	0.00
2690	Onion,diced, about 3/4 cup	1.00 md
2690	Rib celery, cut into thin	1.00 md
2690	2" strips, about 1/2 cup	0.00
2690	Eggs	8.00 lg
2690	Salt	0.50 ts

Sheet1

2690	Ground red cayenne pepper	0.50 ts
2690	(10 oz) frozen whole okra,	1.00 pk
2690	Thawed	0.00
2690	Cooked ham, diced, about	4.00 oz
2690	1 cup	0.00
2690	Fresh parsley sprigs,	0.00
2690	Optional	0.00
2691	All purpose flour	1.50 c
2691	Sugar	6.00 tb
2691	Salt	0.25 ts
2691	Eggs	5.00
2691	Milk	1.50 c
2691	Grated orange rind,optional	1.50 ts
2691	Melted butter	3.00 tb
2691	FILLING -----	0.00 -----
2691	Cottage cheese	1.00 pt
2691	Sugar	3.00 tb
2691	Cinnamon	1.00 ts
2692	Small box elbow macaroni	1.00
2692	Cheddar cheese, shredded	3.00 c
2692	Evaporated milk	1.00 cn
2692	Homogenized milk	1.50 c
2692	Eggs	3.00
2692	Stick butter	0.50
2692	Salt and pepper to taste	0.00
2693	10-3/4 cans condensed cheese	2.00
2693	Freeze dried or fresh chive	1.00 pk
2693	Grated sharp cheddar cheese	2.00 c
2693	Celery sticks	0.00
2693	Cauliflower, cut up	0.00
2693	Worcestershire sauce	1.00 tb
2693	Lemon juice	1.00 ts
2693	Corn chips	0.00
2694	Full cream milk	2.00 pt
2694	Rennet (or follow instruct.)	2.00 ts
2694	Salt	0.50 ts
2694	Black pepper	0.50 ts
2694	Garlic clove	1.00
2694	Parsley	1.00 tb
2694	Butter	2.00 oz
2695	Eggs	4.00 lg
2695	Flour	3.00 tb
2695	+2 t low fat margarine,	2.00 tb
2695	melted	0.00
2695	Dijon mustard	1.00 tb
2695	Salt	0.25 ts
2695	Red pepper sauce	3.00 dr
2695	Nonfat cottage cheese	1.00 c
2695	Shredded MontereyJack cheese	1.50 oz

## Sheet1

2695	Chopped green chiles, canned	0.25 c
2695	Grated Parmesan cheese	1.00 tb
2695	Drained chopped roasted red	0.25 c
2695	pepper	0.00
2696	Butter (1/2 stick)	0.25 c
2696	Flour	0.50 c
2696	Eggs	6.00 lg
2696	Milk	1.00 c
2696	Monterey Jack cheese, cubed	1.00 lb
2696	Cream cheese, softened	3.00 oz
2696	(1 package)	0.00
2696	Cottage cheese	2.00 c
2696	Baking powder	1.00 ts
2696	Salt	1.00 ts
2696	Sugar	1.00 ts
2696	Bacon, cooked crisp and	0.00
2696	crumbled (optional)	0.00
2697	Thick milk **	1.00 x
2697	Baking soda	1.00 ts
2697	Butter	0.50 lb
2697	Salt	1.00 pn
2697	Cream	1.00 c
2697	Egg	1.00 x
2698	Large Hard Cooked Eggs	3.00
2698	Mayo Or Salad Dressing	2.00 tb
2698	Prepared Mustard	0.50 ts
2698	Dash Of Pepper	1.00
2699	Large hard cooked eggs	3.00
2699	Prepared mustard	0.50 ts
2699	Mayo or salad dressing	2.00 tb
2699	Dash of pepper	1.00
2700	Recipe #19 (Deviled Eggs)	1.00
2700	Chopped Onion	2.00 tb
2700	Margarine Or Butter	1.00 tb
2700	Noodles, Cooked	2.50 c
2700	( 8 ozs) Dairy Sour Cream	1.00 c
2700	Grated Parmesan Cheese	0.33 c
2700	Milk	0.33 c
2700	Sliced Ripe Olives	0.33 c
2700	Poppy Seeds	2.00 ts
2700	Salt	0.50 ts
2701	Dozen Hard Boiled Eggs	3.00
2701	<hopefully peeled>	0.00
2701	Bunches Fresh Dill, roughly	2.00 lg
2701	chopped	0.00
2701	Jars, Generic Dill Spears	2.00 lg
2701	<or slices>	0.00
2701	Yellow Onions, sliced into	2.00 lg
2701	rings	0.00

Sheet1

2701	Green Pepper, sliced into	1.00 lg
2701	rings	0.00
2701	Sweet Red Peppers, sliced	2.00 lg
2701	into rings	0.00
2701	Cider Vinegar	1.00 qt
2701	Bottled Water <Purified or	1.00 qt
2701	Spring Water>	0.00
2701	Handful Whole Cloves	1.00 sm
2702	Cheese	1.00 c
2702	Cream	1.00 x
2702	Milk	1.00 x
2702	Salt & pepper	1.00 x
2703	Sized tomatoes	2.00 md
2703	Mayonnaise	0.50 c
2703	Milk	0.25 c
2703	Fresh lemon juice	1.50 ts
2703	Basil leaves,crushed	0.50 ts
2703	Ground black pepper	0.00 ts
2703	English muffins, split and	4.00
2703	Toasted	0.00
2703	Salt	0.00
2703	Eggs, poached and well	8.00
2703	Drained	0.00
2704	Vegetable Oil	1.00 x
2704	Corn Tortillas; *	6.00 ea
2704	Bacon; Slices	2.00 ea
2704	Onion; Chopped, 1 Sm.	0.25 c
2704	Clove Garlic; Finely Chopped	1.00 ea
2704	Margarine Or Butter	2.00 tb
2704	Vegetable Oil	1.00 tb
2704	Tomatoes; Chopped, 2 Md.	2.00 c
2704	Salt	1.00 ts
2704	Pepper	0.50 ts
2704	Nutmeg; Ground	0.25 ts
2704	Spinach; Fresh, Chopped	1.00 lb
2704	Hard Cooked Eggs; Lg, Peeled	8.00 ea
2704	Basic Green Sauce; **	1.00 c
2704	Cheese; Shredded, ***	4.00 oz
2705	Pepperidge farm French Rolls	1.00 pk
2705	Butter or margarine	2.00 tb
2705	Chopped scallions	0.33 c
2705	Eggs	6.00
2705	Milk	3.00 tb
2705	Seasoned salt	0.50 ts
2705	Salt	0.25 ts
2705	Pepper	0.25 ts
2706	Egg, hard boiled, chopped	4.00 ea
2706	Flour	1.00 tb
2706	Salt	0.50 ts

Sheet1

2706	Cracker crumbs	1.00 x
2706	Oil	1.00 x
2706	Butter	1.00 tb
2706	Milk	0.75 c
2706	Paprika	1.00 ds
2706	Egg, beaten	1.00 ea
2707	Eggs	4.00
2707	Bean sprouts, bite sz pces	2.00 c
2707	Sm. white onion, chopped	0.25
2707	Green onion, chopped	1.00
2707	Flour	2.00 tb
2707	Salt	0.25 ts
2707	Vegetable oil	0.25 c
2707	Gravy	0.00
2707	Vegetable oil	2.00 tb
2707	Flour	2.00 tb
2707	Chicken broth	1.00 c
2707	Oyster sauce	1.00 tb
2707	Dry sherry	1.00 ts
2707	Salt	0.25 ts
2707	White pepper	0.25 ts
2708	Sour half and half	1.00 c
2708	Egg	1.00
2708	Salt	1.00 ts
2708	Dried dill weed	0.50 ts
2708	Hard cooked eggs,chopped	10.00
2708	Crumbled crisp - cooked	1.00 c
2708	Bacon, about 10 slices	0.00
2708	Chopped green onions with	0.50 c
2708	Tops	0.00
2708	Chopped celery	0.50 c
2708	English muffins,split	6.00
2708	(3 oz.) shredded Cheddar	0.75 c
2708	Cheese	0.00
2709	Sour cream	1.75 c
2709	Dry bread crumbs	0.50 c
2709	Butter	0.25 c
2709	Eggs	6.00
2709	Parmesan cheese, grated	0.00
2710	Cholesterol-free egg product	0.25 c
2710	Evaporated milk	3.00 tb
2710	Cayenne pepper	1.00 ds
2710	Canadian bacon slices, warme	4.00 ea
2710	Lemon juice	1.50 ts
2710	Butter	0.50 c
2710	Frozen waffles, toasted	4.00 ea
2710	Egg, poached	4.00 ea
2711	Dry bread crumbs	0.25 c
2711	Melted butter	1.00 tb

Sheet1

2711	Hard cooked eggs, peeled	4.00
2711	And sliced	0.00
2711	Slices crisp fried bacon,	4.00
2711	Crumbled	0.00
2711	Sour cream	1.00 c
2711	Milk	1.00 tb
2711	Instant dried onion	1.00 tb
2711	Seasoning	0.00
2711	Salt	0.50 ts
2711	Paprika	0.25 ts
2711	Black pepper	0.12 ts
2711	Shredded Cheddar cheese	0.50 c
2712	Fresh mushrooms,chopped	2.00 oz
2712	Butter	2.00 tb
2712	Flour	2.00 tb
2712	Chicken broth	0.75 c
2712	Sour cream	0.50 c
2712	Pepper	0.50 ts
2712	Worcestershire sauce	0.25 ts
2712	Hot pepper sauce	0.12 ts
2712	English muffins, split and	4.00
2712	Toasted	0.00
2712	Poached eggs	8.00
2712	Watercress sprigs	0.00
2713	(16 oz) tomatoes,cut up	1.00 cn
2713	Onion,chopped (1/2 cup)	1.00 md
2713	Garlic,minced	2.00 cl
2713	Bay leaf	1.00
2713	Pepper	0.33 ts
2713	Frozen peas	1.00 c
2713	Eggs	4.00
2713	Sliced smoked sausage OR	1.00 c
2713	Fully cooked ham cut into	0.00
2713	Bite - sized strips	0.00
2713	2 oz. jar sliced pimento,	1.00
2713	Drained	0.00
2714	Oil	3.00 tb
2714	Onion, small, peeled	1.00
2714	and minced	0.00
2714	Ginger, fresh, peeled	0.50 ts
2714	and grated	0.00
2714	Chile serrano, finely	0.50
2714	chopped	0.00
2714	Cilantro, fresh,	1.00 tb
2714	minced	0.00
2714	Turmeric	0.50 ts
2714	Cumin, ground	0.50 ts
2714	Tomato, small, peeled,	1.00
2714	chopped	0.00

Sheet1

2714	Egg, lightly beaten	6.00
2714	Salt	0.00
2714	Pepper, black	0.00
2715	Corn Oil	1.00 ts
2715	Onion, Chopped	0.50 lg
2715	Garlic, Minced or	2.00 cl
2715	Pressed	0.00
2715	Black Beans, Cooked &	1.00 c
2715	Drained & Rinsed	0.00
2715	Kernel Corn Cooked &	0.50 c
2715	Drained	0.00
2715	Cumin	1.00 ts
2715	Prepared Salsa Divided	1.00 c
2715	Corn Tortillas	4.00
2715	Shredded Monterey Jack	0.25 c
2715	Cheese	0.00
2716	Corn Tortillas	12.00
2716	Oil Or Lard	4.00 tb
2716	Clove Garlic	1.00
2716	Flour	1.00 tb
2716	Green Chili Sauce	4.00 c
2716	Salt To Taste	1.00
2716	Cheddar Cheese, Grated	2.00 c
2716	Minced Onion	0.25 c
2717	Macaroni	0.50 lb
2717	White sauce	1.00 c
2717	Prepared mustard	1.00 ts
2717	Cayenne pepper	1.00 pn
2717	Sharp cheddar ch.shredded	0.50 lb
2717	Salt to taste	1.00
2717	Fresh ground pepper to taste	1.00
2717	Munster cheese,thin sliced	2.00 oz
2717	Fresh ground parmesan ch.	0.25 c
2717	Breadcrumbs	2.00 tb
2717	Butter,cut in small pieces	1.00 tb
2718	Butter	3.00 tb
2718	Potatoes, peeled and thinly	3.00 md
2718	Sliced	0.00
2718	Green onions, sliced	4.00
2718	Sweet green pepper,diced	0.50
2718	Diced ham	2.00 c
2718	Salt and pepper to taste	0.00
2718	Eggs,beaten	4.00 lg
2718	Cheddar cheese, shredded	4.00 oz
2719	Buttermilk; low-fat	5.00 qt
2719	Water	0.00
2719	Cheesecloth strainer	0.00
2720	Eggs, separated	24.00
2720	Sugar	2.00 c



Sheet1

2720	Bourbon	1.00 qt
2720	Brandy	2.00 c
2720	Heavy cream	1.00 qt
2720	Milk	2.00 qt
2720	Vanilla ice cream	1.00 qt
2720	Nutmeg	0.00
2721	Margarine Or Butter	0.25 c
2721	Vegetable Oil	0.25 c
2721	Tortillas; Flour, *	6.00 ea
2721	Onion; Chopped, 1 Md	0.50 c
2721	Eggs; Large	6.00 ea
2721	Tomatoes, Chopped, 2 Md	2.00 c
2721	Jalapeno Chile; Seed & Chop	1.00 ea
2721	Cilantro; Fresh, Snipped	2.00 tb
2721	Salt	0.25 ts
2721	Pepper	0.25 ts
2721	Colby Cheese; Shredded,1/2 C	2.00 oz
2722	Butter or margarine	3.00 tb
2722	Feta cheese 1/2" cubes	4.00 oz
2722	Pepper, black	0.12 ts
2722	Lemon, juice of	1.00
2722	Parsley, minced (optional)	1.00 tb
2722	Ricotta cheese	1.00 c
2723	FROM: MIKE AVERY -----	0.00 -----
2724	FROM: SALLIE AUSTIN -----	0.00 -----
2725	Green bananas	3.00 lb
2725	Chicken Stock	2.00 c
2725	Butter	2.00 tb
2725	Small Onion, chopped	1.00
2725	Light cream or milk	1.00 c
2725	Eggs, beaten	2.00
2725	Salt	0.00
2725	Ground Nutmeg	0.00
2725	Cinnamon	1.00 pn
2725	Grated Cheddar Cheese	1.00 c
2725	Fresh Bread Crumbs	0.50 c
2726	Eggs	4.00
2726	Pinch of pepper	0.00
2726	Salt	0.50 ts
2726	Milk	4.00 tb
2726	Butter	1.00 tb
2727	Eggs; Lg	2.00 ea
2727	Milk Or Light Cream	0.33 c
2727	Salt	0.50 ts
2727	White Bread; Slices	8.00 ea
2727	Mustard; Prepared	1.00 x
2727	Cheddar Cheese; Thick,Slices	4.00 ea
2727	Butter	3.00 ts
2728	Butter or margarine, melted	3.00 tb

Sheet1

2728	Chopped onion	0.50 c
2728	Chopped green bell pepper	0.50 c
2728	Cubed cooked ham	0.75 c
2728	15 oz Ranch Style Beans	2.00 cn
2728	Eggs	8.00
2728	Water	2.00 tb
2729	Margarine	0.50 c
2729	Dried Basil; Crushed	2.00 ts
2729	Lemon Juice	2.00 ts
2729	Garlic Powder W/Parsley	1.25 ts
2729	Seasoned Salt	0.75 ts
2729	Fettuccine; Cooked & Drained	8.00 oz
2729	Broccoli Floweretts; Cooked	1.50 c
2729	Tender Crisp	0.00
2729	Walnuts; Chopped	3.00 tb
2730	*noodles	1.00 c
2730	Salt	1.00 x
2730	Flour	3.00 tb
2730	Paprika	0.50 ts
2730	Egg, well beaten	2.00 ea
2730	Water, boiling	3.00 c
2730	Butter	3.00 tb
2730	Salt	0.50 ts
2730	Milk	1.50 c
2730	Cheese, american swiss	0.25 lb
2731	Cottage cheese, large curd	2.00 lb
2731	Egg, separated	4.00 ea
2731	Salt	0.50 ts
2731	Cheese	1.00 x
2731	Butter	10.00 tb
2731	Phyllo dough	1.00 lb
2732	Dried Apricots	0.50 lb
2732	Water	1.00 c
2732	Sugar	0.25 c
2732	Cinnamon Stick (3")	1.00
2732	Non-fat Milk	1.00 c
2732	Vanilla	1.00 tb
2732	Non-fat Milk	7.00 c
2732	Ground Nutmeg	0.50 ts
2732	Egg whites	4.00 lg
2732	Sugar	0.50 c
2732	Rum or Brandy (optional)	0.75 c
2733	Eggs	2.00
2733	Yeast	1.00 pk
2733	Flour	3.00 c
2733	Sugar	4.00 tb
2733	Vegetable oil	6.00 tb
2733	Salt	1.50 ts
2733	Water; warm	0.75 c

Sheet1

2734	Soft butter and flour for	0.00
2734	Coating the dish	0.00
2734	Sugar	6.00 tb
2734	Flour	0.75 c
2734	Butter	6.00 tb
2734	Milk	2.00 c
2734	Grand Marnier liqueur	0.25 c
2734	Grated orange rind	1.00 ts
2734	Eggs,separated	7.00
2734	Finely chopped hazelnuts,	2.00 ts
2734	Plus more for top, if	0.00
2734	Desired	0.00
2735	Ground lamb or beef	1.50 lb
2735	Garlic, minced	1.00 cl
2735	Minced parsley	2.00 tb
2735	Dried oregano	1.00 ts
2735	Tablespoons vegetable oil	2.00
2735	Onion, grated or minced	1.00 md
2735	Uncooked rice	0.33 c
2735	Dried basil or mint	1.00 ts
2735	Eggs	3.00
2735	Lemon juice, or to taste	0.25 c
2736	Vegetable oil	3.00 tb
2736	Med red onion, peeled thinly	0.50
2736	8-in flour tortillas	8.00
2736	Red bell pepper roasted peel	1.00
2736	Mozzarella cheese, grated	4.00 oz
2736	Monterey Jack cheese, grated	6.00 oz
2736	Garlic cloves, peeled and mi	2.00
2736	Fresh chopped marjoram	2.00 tb
2736	Fresh chopped oregano	2.00 tb
2736	Salt	0.50 ts
2736	Black pepper	1.00 pn
2737	Avocado; peeled	0.50
2737	Lemon juice	0.50 ts
2737	Seasoned salt	1.00 ds
2737	Hot pepper sauce	3.00 dr
2737	Tomato; chopped	1.00 sm
2737	Eggs	2.00
2737	Water	1.00 tb
2737	Salt, pepper	0.00
2738	Macaroni noodles	8.00 oz
2738	Margarine	3.00 tb
2738	Grated Parmesan cheese(2 oz)	0.50 c
2738	Italian Plum Tomato, chopped	0.00
2738	Minced fresh Basil(2 t dried	2.00 tb
2738	Chopped fresh Parsley	2.00 tb
2738	Freshly ground black pepper	1.00 ds
2739	Frozen chopped spinach,	2.00

## Sheet1

2739	(10 oz) cooked and drained	0.00
2739	Cooked rice	2.00 c
2739	Shredded American Cheese	2.00 c
2739	Eggs, beaten	4.00
2739	Melted butter	0.25 c
2739	Milk	0.67 c
2739	Chopped onion	0.50 c
2739	Worcester sauce	1.00 ts
2739	Salt	1.00 ts
2739	Rosemary leaves	0.50 ts
2740	Eggs, separate	3.00
2740	Sugar	0.50 c
2740	Milk	2.00 c
2740	Bottle beer	1.00
2740	Brandy or bourbon	0.25 c
2740	Whipping cream, whipped	1.00 c
2740	Nutmeg	0.00
2741	Egg whites	6.00
2741	Nonfat dry milk	0.25 c
2741	Vegetable oil	1.00 tb
2742	Red bell pepper, cut into	0.50
2742	8 lengthwise strips	0.00
2742	Green bell pepper, chopped	0.50
2742	(1/4" slices) zucchini	0.50 c
2742	Green onion, thinly sliced	1.00
2742	Olive oil	1.00 ts
2742	Basil leaves	0.50 ts
2742	Shredded Provolone cheese	1.00 c
2742	Muenster or Mozzarella	0.00
2742	Cheese, divided use	0.00
2742	Milk	0.50 c
2742	Eggs	4.00
2742	Salt free seasoning, such	0.00
2742	As Parsley Patch	0.00
2743	Chorizo sausage links	6.00 oz
2743	Onion small/chopped	1.00
2743	Pepper; small/chopped	1.00
2743	Butter	1.00 tb
2743	Eggs	8.00
2743	Water	1.00 tb
2743	Flour tortillas;	8.00
2743	Cheddar cheese; grated	2.00 c
2743	Salsa	1.00 c
2744	Avocados	2.00
2744	Lemon juice	1.00 tb
2744	Refried beans (1 pound)	1.00 cn
2744	Eggs, fresh	4.00 lg
2744	Salsa	0.50 c
2744	Lettuce, shredded	2.00 c

Sheet1

2745	Onions, chopped	2.00
2745	Cloves garlic, diced	2.00
2745	Olive oil	0.33 c
2745	Tomatoes, chopped	2.00
2745	Chili	2.50 ts
2745	Eggs	6.00
2745	Cheddar cheese, grated	0.50 c
2745	Tortillas	2.00
2746	(32 oz) refried beans	1.00 cn
2746	Tabasco pepper sauce	1.00 ts
2746	Dozen eggs	1.00
2746	Butter or margarine	0.00
2746	Shredded Monterey Jack	0.50 lb
2746	Cheese	0.00
2746	Corn tortillas	1.00 pk
2746	SALSA -----	0.00 -----
2746	Leaves from 10 sprigs	0.00
2746	Cilantro, minced	0.00
2746	Ripe tomatoes, chopped	2.00
2746	Jalapeno pepper, thinly	1.00
2746	Sliced	0.00
2746	Chopped onion	2.00 tb
2746	Avocado, finely diced	0.50
2747	Extra-large eggs	6.00
2747	Sea salt to taste	0.00
2747	Melted lard or safflower oil	4.00 tb
2747	Finely chopped, unpeeled	1.00 c
2747	tomatoes	0.00
2747	Finely chopped white onion	3.00 tb
2747	Chiles serranos, finely	4.00
2747	chopped	0.00
2748	Bacon	1.00 lb
2748	Green Chili (chopped)	1.00 cn
2748	Grated cheese (Jack)	1.00 c
2748	Milk	1.50 c
2748	Bisquick	1.00 c
2748	Sour cream	6.00 oz
2748	Eggs	3.00
2748	Salt & Pepper to taste	1.00
2749	Eggs	3.00
2749	Bisquick	0.50 c
2749	Butter-melted	0.50 c
2749	Milk	1.50 c
2749	Salt	0.25 ts
2749	Pepper	1.00 ds
2749	Sausage cooked and crumbled	0.50 c
2750	Peas; frozen, 10 oz size	0.50 pk
2750	Ham; finely chopped cooked	1.00 c
2750	Cheddar cheese; shredded	1.00 c

Sheet1

2750	Milk	1.00 c
2750	Mayonnaise	0.50 c
2750	Mustard; prepared	1.50 ts
2750	Bisquick baking mix	0.75 c
2750	Eggs	3.00
2751	Sausage (bulk)	1.00 lb
2751	Green onion bunch, chopped	1.00
2751	Mozzerella, grated	1.00 c
2751	Milk	1.50 c
2751	Bisquick	1.00 c
2751	Sour cream	6.00 oz
2751	Eggs	3.00
2751	Salt & pepper to taste	0.00
2752	Stephen Ceideburg	0.00
2752	Whole milk	1.50 qt
2752	Cultured buttermilk	1.50 c
2753	Elbow macaroni	9.00 oz
2753	Mild or hot Italian sausage	0.75 lb
2753	Butter or margarine	2.00 tb
2753	Large onion chopped	1.00
2753	Cloves garlic, minced	2.00
2753	Large chopped red/green pepp	1.00
2753	Thinly sliced mushrooms	0.50 lb
2753	Flour	0.25 c
2753	Milk	2.00 c
2753	Oregano	1.50 ts
2753	Dry basil	1.50 ts
2753	Salt	0.50 ts
2753	Parmesan]	0.75 c
2753	Shreed Jack cheese	1.50 c
2754	Sugar	0.75 c
2754	Eggs, separated	12.00
2754	Bourbon	1.00 pt
2754	Heavy cream	2.00 c
2755	Water	4.00 c
2755	Salt	1.00 c
2755	Duck eggs or chicken eggs	9.00
2756	Butter Or Margarine	3.00 tb
2756	Onions;Sliced In Small Rings	3.00
2756	Emmenthaler Cheese; Grated	3.00 oz
2756	Dry Mustard	1.00 ts
2756	Spaetzle Noodles	2.00 c
2756	Chives; Chopped	2.00 tb
2757	Egg	6.00
2757	Salt; pepper to taste	0.00
2757	Butter	0.25 lb
2757	Noodles,	1.00 lb
2758	Whole green chiles	29.00 oz
2758	(1 can)	0.00

Sheet1

2758	Sharp Cheddar cheese, cut	1.00 lb
2758	in strips	0.00
2758	Milk	1.50 c
2758	Eggs, beaten	12.00
2758	Salt	0.50 ts
2759	Sugar	1.50 c
2759	Flour	0.25 c
2759	Salt	0.12 ts
2759	Eggs	4.00 ea
2759	Egg whites	2.00 ea
2759	Milk, skim	8.00 c
2759	Vanilla extract	2.00 ts
2759	Nutmeg, ground	0.12 ts
2759	Whiskey (optional)	1.00 c
2760	Milk, skim	4.00 c
2760	Milk, evaporated skim	12.00 oz
2760	Eggs	4.00 ea
2760	Sugar	0.50 c
2760	Vanilla	1.00 ts
2761	Medium egg noodles	1.00 lb
2761	Cottage cheese	1.00 c
2761	Sugar	0.50 c
2761	Brown sugar	0.50 c
2761	Cinnamon	1.00 tb
2761	Eggs	6.00 ea
2761	Sour cream	1.00 c
2761	Raisins (optional)	1.00 c
2761	Walnuts or pecans	0.50 c
2762	Elbow macaroni	8.00 oz
2762	Velvetta cheese	8.00 oz
2762	Shredded mozzarella cheese	12.00 oz
2762	Sour cream	1.00 c
2762	Cream cheese	8.00 oz
2762	Evaporated milk	12.00 oz
2762	Stick butter	0.50
2763	Elbow macaroni	0.50 lb
2763	Butter	2.00 tb
2763	Cayenne pepper	1.00 ds
2763	Salt and fresh pepper to tas	1.00
2763	Milk	0.33 c
2763	Egg,beaten	0.00
2763	Brown mustard	2.00 ts
2763	Sharp cheddar ch.shredded	0.50 lb
2763	Mild yellow cheddar,shredded	0.50 lb
2764	Eggs, separated	4.00
2764	Process cheese spread	6.00 oz
2764	Milk	2.00 tb
2764	Dash of salt	0.00
2764	Butter	2.00 tb

Sheet1

2764	Strawberry Preserves	0.50 c
2764	Sliced almonds,toasted	2.00 tb
2765	Spinach	4.00 lb
2765	Salt	0.00
2765	Ricotta	2.00 c
2765	Eggs	2.00
2765	Freshly grated parmesan	1.50 c
2765	Pepper	0.00
2765	Freshly grated nutmeg	0.00
2765	Flour	0.00
2765	Butter, melted	6.00 tb
2766	Sifted all-purpose flour	3.00 c
2766	Eggs	4.00
2766	Cold water	4.50 ts
2766	Pinch salt	0.00
2766	Olive oil	1.00 tb
2766	Meat sauce	3.00 c
2766	Freshly grated Parmesan	0.25 c
2766	Cheese	0.00
2766	STUFFING FOR MANICOTTI -----	0.00 -----
2766	Ricotta cheese	0.75 c
2766	Mozarella cheese, diced	0.75 lb
2766	Eggs, lightly beaten	3.00
2766	Butter	2.00 tb
2766	Freshly grated Parmesan	2.00 tb
2766	Cheese	0.00
2766	Salt	0.50 ts
2766	Black pepper	0.00 pn
2767	Container whole or skim	1.00 lb
2767	Milk ricotta cheese	0.00
2767	Chunk whole-milk mozzarella	1.00 oz
2767	Cheese, shredded	0.00
2767	Pkg. frozen chopped spinach	1.00 oz
2767	Thawed and squeezed as dry	0.00
2767	As possible	0.00
2767	Fresh grated Parmesan cheese	0.50 c
2767	Eggs, slightly beaten	4.00 lg
2767	Fresh snipped parsley	0.50 c
2767	Scallions sliced thin	0.50 c
2767	Salt	1.00 ts
2767	Freshly ground pepper to	0.00
2767	Taste	0.00
2768	Homogenized milk	5.00 c
2768	Fresh lemon juice	3.00 tb
2768	All purpose flour	3.00 tb
2768	Cheesecloth	0.00
2768	Vegetable oil	2.00 tb
2768	SAUCE -----	0.00 -----
2768	Onion, cut into chunks	1.00 md



Sheet1

2768	Tomatoes	3.00 md
2768	Piece ginger, chopped ( 1	1.00
2768	inch)	0.00
2768	Garlic clove	2.00
2768	Red or green chili	1.00 sm
2768	Garam masala (a ground	2.00 tb
2768	spice)	0.00
2768	Salt	1.00 ts
2768	Water	1.00 c
2768	Vegetable oil	2.00 tb
2768	Fresh or frozen peas	3.00 c
2769	Ground beef	1.00 lb
2769	Can whole kernel corn,	17.00 oz
2769	drained	0.00
2769	Can tomato sauce	15.00 oz
2769	Picante sauce	1.00 c
2769	Chili powder	1.00 tb
2769	Ground cumin	1.50 ts
2769	Carton low fat cottage	16.00 oz
2769	cheese	0.00
2769	Eggs, slightly beaten	2.00
2769	Parmesan cheese	0.25 c
2769	Dried oregano	1.00 ts
2769	Garlic salt	0.50 ts
2769	Corn tortillas, divided	12.00
2769	Shredded cheddar cheese (4	1.00 c
2769	oz)	0.00
2770	Heinz 'n Onions	0.33 c
2770	Drained chopped green	2.00 tb
2770	Chilies	0.00
2770	Eggs	6.00
2770	Water	2.00 tb
2770	Salt	0.25 ts
2770	Dash pepper	0.00
2770	Butter or margarine	2.00 tb
2771	Casera Sauce; *	1.00 x
2771	Eggs; Large	2.00 ea
2771	Half & Half	2.00 tb
2771	Oregano Leaves; Dried	0.50 ts
2771	Salt	0.25 ts
2771	Pepper	1.00 ds
2771	Butter Or Margarine	1.00 tb
2771	Green Chiles; Chopped	2.00 tb
2771	Dairy Sour Cream	1.00 x
2772	Chopped green pepper	3.00 tb
2772	Butter	1.00 tb
2772	Canned tomatos, drained and	0.50 c
2772	chopped	0.00
2772	(8 oz.) can whole kernel	1.00

## Sheet1

2772	corn	0.00
2772	Diced canned green chilies	2.00 tb
2772	Salt	0.25 ts
2772	Sharp Cheddar or Monterey	1.00 lb
2772	Jack cheese, or a	0.00
2772	combination of both	0.00
2772	Bread crumbs	0.25 c
2772	Egg, lightly beaten	1.00
2773	Bacon, cut up	0.25 lb
2773	Swiss cheese, grated	6.00 oz
2773	Eggs	4.00
2773	Flour	1.00 tb
2773	Salt	0.75 ts
2773	Pepper	0.12 ts
2773	Nutmeg	0.12 ts
2773	Half & half	1.00 pt
2773	Butter	1.00 tb
2773	Green onions, inc. tops*	4.00
2773	Pimientos as garnish	0.00
2773	Unbaked piecrust	1.00
2774	Fresh mushrooms,	0.50 lb
2774	Coarsely chopped	0.00
2774	Butter	2.00 tb
2774	Chopped green onions	0.50 c
2774	Eggs, slightly beaten	3.00
2774	Salt	0.25 ts
2774	Cayenne pepper	0.25 ts
2774	Fine dry bread crumbs	0.50 c
2774	Cottage cheese	1.00 c
2774	Shredded Monterey Jack	1.00 c
2774	Cheese	0.00
2775	Mushrooms, cleaned and	0.25 lb
2775	Sliced	0.00
2775	Green or red pepper,	0.50
2775	Chopped	0.00
2775	Olive or vegetable oil	2.00 tb
2775	Eggs	4.00
2775	Egg whites	4.00
2775	Milk or water	0.25 c
2775	Salt and pepper	0.00
2776	Mushrooms,sliced	1.00 lb
2776	Butter,melted	0.50 c
2776	Slices white bread	10.00
2776	Onion,finely chopped	0.50 c
2776	Celery,finely chopped	0.50 c
2776	Green pepper,finely chopped	0.50 c
2776	Mayonnaise	0.50 c
2776	Eggs, well beaten	4.00
2776	Milk	1.50 c

Sheet1

2776	Salt	0.75 ts
2776	Pepper	0.25 ts
2776	Cream of mushroom soup	1.00 cn
2776	Grated Cheddar cheese	1.00 c
2777	To 6 md potatoes, peeled, and sliced	4.00 md 0.00
2777	Onion, chopped	1.00 lg
2777	Green pepper, chopped	1.00
2777	Green onions, chopped	1.00 bn
2777	Barbecue sauce	1.00 c
2777	Water	1.00 c
2777	Garlic powder	1.00 ts
2777	Parsley flakes	1.00 ts
2777	Taco seasoning	4.00 tb
2777	Black pepper	0.25 ts
2777	Grated cheese (cheddar, mozzarella, or combination of)	2.00 c 0.00
2778	Butter	1.00 tb
2778	Cheshire cheese, grated	1.00 lb
2778	Ale (not beer)	1.00 c
2778	Eggs	7.00 lg
2778	Salt	0.25 ts
2778	Dry mustard	1.00 ts
2778	Tabasco	2.00 ds
2778	Canadian back bacon	6.00 sl
2778	English muffins	3.00
2778	Dijon mustard	2.00 tb
2779	Half-and-half	4.00 c
2779	Sugar	1.50 c
2779	Large egg yolks	12.00
2779	Heavy cream	2.00 c
2779	Dark rum	0.50 c
2779	Brandy or cognac	0.50 c
2779	Bourbon or scotch	0.50 c
2779	High-quality vanilla ice cre	1.00 pt
2780	EGG SALAD FILLING -----	0.00 -----
2780	Eggs; lg, hard cooked, *	3.00
2780	Celery, minced	0.33 c
2780	Hot pepper sauce, to taste	0.00
2780	Mayonnaise, to moisten	0.00
2780	SANDWICH -----	0.00 -----
2780	Monterey jack cheese, slices	8.00
2780	Tomato; slices, thin	4.00
2780	Lettuce leaves	4.00
2780	Salt & pepper; to taste	0.00
2780	Dill pickle wedge	0.00
2780	Stuffed olives	0.00
2781	Butter	1.00 c

Sheet1

2781	(8 oz) Cream Cheese	1.00 pk
2781	Salt	0.50 ts
2781	Unsifted all-purpose flour	2.00 c
2781	Egg yolk	1.00
2781	Cream or milk	2.00 ts
2782	Chopped red bell pepper	0.25 c
2782	Green onion slices	2.00 tb
2782	Margarine or butter	2.00 tb
2782	Eggs,beaten	3.00
2782	Milk	2.00 tb
2782	Velveeta Mexican	0.25 lb
2782	Pasteurized Process Cheese	0.00
2782	Spread with Jalapeno Pepper	0.00
2782	Cubed	0.00
2783	FILLING -----	0.00 -----
2783	Unsalted butter	2.00 tb
2783	Shallot; minced	1.00
2783	Mushrooms; thinly sliced	0.25 lb
2783	Zucchini; medium/julienned	1.00
2783	Tomato; medium *	1.00
2783	Salt	0.25 ts
2783	Pepper	0.12 ts
2783	Basil; chopped	2.00 tb
2783	Parmesan cheese;grated fresh	6.00 tb
2783	OMELETTES -----	0.00 -----
2783	18 eggs; (2 to 3 per person)	12.00
2783	Pinch salt	0.00
2783	Pinch pepper	0.00
2783	Club soda	1.00 tb
2783	Unsalted butter; (3/4 stick)	6.00 tb
2784	Butter,margarine or bacon	1.00 ts
2784	Fat	0.00
2784	Egg,at room temperature	1.00 lg
2784	Pinch of salt	0.00
2784	Cold water	2.00 ts
2784	Salt and black pepper	0.00
2785	QUICHE -----	0.00 -----
2785	Eggs	10.00
2785	Flour	0.50 c
2785	Baking powder	1.00 ts
2785	Salt	0.25 ts
2785	Large curd cottage cheese	1.00 lb
2785	Monterey Jack cheese	1.00 lb
2785	Stick (1/2 cup) butter,	1.00
2785	Melted, cooled	0.00
2785	FILLING -----	0.00 -----
2785	Onions (or assorted	2.00 lg
2785	Vegetables)	0.00
2785	Caraway seeds	0.50 ts

Sheet1

2785	Butter	1.00 tb
2786	Envelopes unflavored	2.00
2786	Gelatin	0.00
2786	Sugar, divided	0.75 c
2786	Semisweet chocolate,	8.00 oz
2786	Coarsely chopped	0.00
2786	Vanilla custard sauce	2.00 ts
2786	Whipped cream	0.00
2786	Toasted almonds	0.00
2786	Salt	0.25 ts
2786	Eggs, separated	5.00
2786	Water	1.00 c
2786	Frozen orange juice	0.25 c
2786	Concentrate	0.00
2786	Grated orange peel	1.00 ts
2786	Eggnog	2.00 c
2786	Rum extract	1.00 tb
2786	Cream of tartar	0.25 ts
2786	Whipping cream,divided	2.00 c
2786	Orange slice	0.00
2787	Milk	1.00 ga
2787	Vinegar	1.00 c
2787	Vegetable oil	0.00
2788	DOUGH -----	0.00 -----
2788	All-purpose flour	2.25 c
2788	Plus	0.25 c
2788	Butter	3.00 tb
2788	Salt	0.00
2788	Egg yolk	1.00
2788	FILLING -----	0.00 -----
2788	Mozzarella	4.00 oz
2788	Cooked ham	3.00 oz
2788	Eggs	2.00
2788	Grated Parmesan cheese	0.50 c
2788	Pinch of nutmeg	0.00
2788	Chopped parsley	2.00 tb
2788	Eggs, beaten	2.00
2788	Oil for frying	0.00
2789	Grated parmesan cheese	0.33 c
2789	Mayonnaise, salad dressing	0.67 c
2789	or Plain yogurt	0.00
2789	Vinegar	2.00 tb
2789	Chopped fresh or 1 ts Dried	1.00 tb
2789	basil leaves	0.00
2789	Cl Garlic, finely chopped	1.00
2789	Bite-size pieces broccoli	2.00 c
2789	Flowerets and stems	0.00
2789	Cauliflowerets	1.50 c
2789	Zucchini, cut into cubes	1.00 md

Sheet1

2789	Carrot, thinly sliced	1.00 md
2789	Onion, thinly sliced and	1.00 sm
2789	Separated into rings	0.00
2790	Hard-cooked eggs, peeled	6.00
2790	Mayonnaise, salad	3.00 tb
2790	Dressing or half-and-half	0.00
2790	Dry mustard	0.50 ts
2790	Salt	0.12 ts
2790	Pepper	0.25 ts
2790	Garnishes; caviar, finely	0.00
2790	Parsley, scallions. capers.	0.00
2790	Shrimp. rolled anchovy fill	0.00
2790	Sliced pimiento-stuffed	0.00
2790	olives	0.00
2791	Dry pasta	0.50 lb
2791	Eggs, beaten	2.00
2791	Olive oil	0.50 c
2791	Cloves of garlic	4.00
2791	Parmesan cheese	2.00 tb
2791	Salt and pepper, taste	1.00
2792	Pasta (preferably spinach)	8.00 oz
2792	Softened margarine	2.00 tb
2792	Pine nuts	0.50 c
2792	Sm Onion, chopped (1/4 cup)	0.00
2792	Ricotta cheese (part skim)	0.75 c
2792	Chopped fresh parsley	2.00 tb
2792	Tarragon	1.00 tb
2792	Lemon juice	1.00 tb
2792	Grated lemon rind	0.50 ts
2792	Pepper	0.50 ts
2792	Ground pepper	1.00 ds
2793	Pasta (preferably vermicelli)	8.00 oz
2793	RICOTTA -----	0.00 -----
2793	Ricotta cheese	0.50 c
2793	Plain Yogurt	0.50 c
2793	Margarine, softened	1.00 tb
2793	Cloves Garlic, minced	2.00 x
2793	Chopped Walnuts (about 2 oz)	0.50 c
2793	Grated Parmesan cheese (1 oz)	0.25 c
2793	Chopped fresh parsley	0.50 c
2793	Chopped fresh Basil	1.00 tb
2793	Black Pepper	0.50 ts
2794	Eggs	12.00
2794	Parts Vinegar To	3.00
2794	Part Water	1.00
2794	Salt	0.25 c
2794	Cayenne Pepper for Hot	0.25 c
2794	Head Garlic	1.00
2794	Bottle Texas Pete Peppers	1.00

Sheet1

2794	Makes Eggs Yellow	0.00
2794	Worcestershire Sauce	0.25 c
2794	Make Eggs Brown	0.00
2794	Dillweed to Taste	0.00
2795	Hard cooked eggs, cooled	16.00
2795	And shelled	0.00
2795	Beet juice	1.00 c
2795	Cider vinegar	3.00 c
2795	EACH, whole cloves,allspice,	1.00 ts
2795	And peppercorns	0.00
2795	1/2" piece ginger root	0.00
2796	Hard cooked eggs, cooled	16.00
2796	And shelled	0.00
2796	White distilled vinegar	1.00 qt
2796	Dried red chile peppers,	4.00
2796	Seeded	0.00
2796	Mixed pickling spices	1.00 tb
2796	EACH, black peppercorns,	1.00 ts
2796	Salt, and mustard seeds	0.00
2797	Egg	1.00
2798	Eggs, separated	4.00
2798	Water	0.25 c
2798	Salt	0.25 ts
2798	Pepper	0.12 ts
2798	Margarine or butter	1.00 tb
2799	Egg yolks	6.00 x
2799	Salt	0.25 ts
2799	Egg Whites	6.00 x
2799	Med Zucchini *	0.50 x
2799	Onion powder	0.50 ts
2799	Pepper	0.12 ts
2799	Can stewed Tomatoes, cut up	14.50 oz
2799	Pepper	0.12 ts
2800	Ricotta Cheese	1.00 c
2800	Pumpkin; Canned	0.50 c
2800	Salt	0.50 ts
2800	Nutmeg; Ground	0.25 ts
2800	Unbleached Flour	2.00 c
2800	Salt	0.50 ts
2800	Tomato Paste	0.25 c
2800	Olive Or Vegetable Oil	1.00 tb
2800	Eggs; Large	2.00 ea
2800	Pumpkin Seed Sauce; *	1.00 x
2801	Ready to use pie crust	15.00 oz
2801	All-purpose flour	1.00 ts
2801	Coarsely chopped onion	1.00 c
2801	Vegetable oil	1.00 tb
2801	Coarsely chopped tomatoes	1.00 c
2801	Sliced ripe olives	4.00 oz

Sheet1

2801	Garlic powder	0.50 ts
2801	Chili powder	0.50 ts
2801	Black pepper	0.12 ts
2801	Eggs, beaten	2.00
2801	Hot pepper sauce to taste	0.00
2801	Shredded Monterey Cheese	4.00 oz
2801	Shredded cheddar cheese	4.00 oz
2801	Sour cream	1.00 c
2801	Watkins Salsa and Sour	2.00 tb
2801	Cream snack dip seasoning	0.00
2801	Finely chopped tomatoes	1.00 c
2802	(15 oz) ready made pie	1.00 pk
2802	Crust	0.00
2802	(8 oz.) Velveeta shredded	2.00 c
2802	Pasteurized Process Cheese	0.00
2802	Food	0.00
2802	(1 1/2 oz.) grated Parmesan	0.33 c
2802	Cheese	0.00
2802	(10 oz) frozen chopped	1.00 pk
2802	Spinach, thawed and well	0.00
2802	Drained	0.00
2802	Crispy cooked bacon slices,	4.00
2802	Crumbled	0.00
2802	Milk	0.75 c
2802	Eggs,beaten	3.00
2802	Black pepper	0.25 ts
2803	For 9-inch one-crust pie	1.00 pk
2803	Bacon, crisply cooked and	8.00 sl
2803	Crumbled	0.00
2803	Shredded natural swiss chees	1.00 c
2803	(4 ounces)	0.00
2803	Finely chopped onion	0.33 c
2803	Eggs	4.00
2803	Whipping (heavy) cream	2.00 c
2803	Salt	0.25 ts
2803	Pepper	0.25 ts
2803	Ground red pepper	0.12 ts
2803	(cayenne)	0.00
2804	Slices side bacon chopped	8.00
2804	Frozen hash brown potatoes	2.00 c
2804	Shredded old cheddar, colby	1.50 c
2804	Eggs, beaten	6.00
2804	Milk	1.00 c
2804	Thinly sliced green onions	0.50 c
2805	BASIC PASTA DOUGH -----	0.00 -----
2805	Sifted flour	4.00 c
2805	Salt	0.50 ts
2805	Eggs	4.00
2805	Very cold water	6.00 tb



Sheet1

2805	RICOTTA FILLING -----	0.00 -----
2805	Ricotta cheese (about	3.00 c
2805	1 1/2 lbs)	0.00
2805	Eggs, well beaten	2.00
2805	Parmesan cheese	1.00 tb
2805	Salt	0.75 ts
2805	Pepper	0.25 ts
2805	Chopped parsley	1.50 tb
2806	Onion; Finely Chopped, 1 Lge	1.00 c
2806	Cloves Garlic;Finely Chopped	2.00
2806	Vegetable Oil	0.25 c
2806	Chicken Broth	0.50 c
2806	Tomatoes; Chopped, 4 Medium	4.00 c
2806	Red Chiles; Ground	1.00 tb
2806	Salt	1.00 ts
2806	Cumin; Ground	1.00 ts
2806	Oregano Leaves; Dried	1.00 ts
2806	Pepper	0.12 ts
2806	Corn Or Flour Tortillas; *	12.00
2806	Mozzarella Cheese; Shredded	12.00 oz
2806	Dairy Sour Cream	0.00
2807	Egg	1.00
2807	Margarine, butter or bacon	0.00
2808	Cooked Beans	2.00 c
2808	Lard Or Bacon Drippings	3.00 tb
2808	Grated Longhorn Cheese	0.50 c
2809	Milk	2.00 qt
2809	Distilled white vinegar OR	3.00 tb
2809	Fresh lemon juice	0.25 c
2809	Salt (if desired)	0.00
2810	Water	1.33 c
2810	Shredded Carrots	1.00 c
2810	Instant chicken bouillon	1.00 ts
2810	Salt	0.25 ts
2810	Can Pinto / Navy Beans,drain	15.00 oz
2810	Plain lo-fat Yogurt	8.00 oz
2810	Shredded lo-fat Cheddar chee	0.50 c
2810	Long grain Rice	0.67 c
2810	Sliced Green Onions	0.50 c
2810	Ground Coriander	0.50 ts
2810	Hot pepper Sauce	1.00 ts
2810	Lo-fat Cottage Cheese	1.00 c
2810	Snipped fresh parsley	1.00 tb
2811	Cooked brown rice	2.50 c
2811	Green onions, chopped	3.00
2811	Low-fat cottage cheese	1.00 c
2811	Dill weed	1.00 ts
2811	Freshly grated Parmesan	0.25 c
2811	cheese	0.00

Sheet1

2811	Low-fat milk	0.50 c
2811	Dijon-style mustard	0.50 ts
2811	Nonstick vegetable spray	0.00
2812	Jim Vorheis	0.00
2812	Fresh lime juice	0.33 c
2812	Sea salt to taste	0.00
2812	Finely chopped radishes	0.33 c
2812	Finely chopped white onion	0.25 c
2812	Chile peron, black seeds	1.00
2812	removed and roughly	0.00
2812	chopped,	0.00
2812	Or any hot green chile,	0.00
2812	chopped with seeds	0.00
2812	Roughly chopped cilantro	1.00 tb
2812	The tacos:	0.00
2812	Drained and lightly salted	1.00 c
2812	ricotta cheese	0.00
2812	Thin 5-inch corn tortillas	6.00
2812	Toothpicks	6.00
2812	Safflower oil for frying	0.00
2813	Butter	1.00 tb
2813	Cheese	1.00 lb
2813	Flour	1.00 tb
2813	Mustard, dry	1.00 ts
2813	Salt	0.50 ts
2813	Egg, well beaten	1.00 ea
2813	Sm Onion, minced	1.00 ea
2813	Milk	1.00 c
2813	Catsup	1.00 c
2813	Worcestershire sauce	1.00 tb
2813	Paprika	0.25 ts
2814	Kasseri cheese	0.25 lb
2814	Butter	4.00 tb
2814	Lemon, juice of	0.50
2815	Eggs, hardboiled	8.00
2815	Sausage meat	2.00 lb
2816	Eggs	2.00
2816	Milk, cream or water	2.00 tb
2816	Salt	0.25 ts
2816	Dash of pepper	0.00
2816	Margarine or butter	1.50 ts
2817	Hollandaise Sauce Mix *	1.00 pk
2817	Thin Slices Canadian Bacon	8.00
2817	Large Eggs	4.00
2817	Milk	0.25 c
2817	Chopped Green Peppers (Opt.)	2.00 tb
2817	Salt	0.12 ts
2817	Dash Pepper	1.00
2817	English Muffins, Split	2.00

Sheet1

2818	Nopalitos; *	8.00 oz
2818	Onion; Chopped	1.00 tb
2818	Margarine Or Butter	2.00 tb
2818	Eggs; Large	8.00 ea
2818	Milk	0.33 c
2818	Salt	0.25 ts
2818	Pepper	1.00 ds
2819	Eggs	6.00 lg
2819	Kosher salt	1.00 ts
2819	Light vegetable oil	2.00 tb
2819	Onions, peeled, cut into 3/4	2.00 md
2819	inch pieces	0.00
2819	Ground roasted cumin seeds	0.50 ts
2819	Finely chopped fresh	1.00 tb
2819	Coriander leaves *	0.00
2819	To 2 green chilies, seeded	1.00
2819	and sliced (optional)	0.00
2820	Zucchini; Coarsely Chopped	1.00 c
2820	Margarine Or Butter	2.00 tb
2820	Eggs; Large	6.00 ea
2820	Milk	0.25 c
2820	Chile Powder	0.50 ts
2820	Salt	0.25 ts
2820	Pepper	1.00 ds
2820	Monterey Jack Cheese; *	0.50 c
2821	Hollandaise sauce	0.00
2821	English muffins	3.00
2821	Margarine or butter, soften	0.00
2821	Chopped cooked mixed	1.50 c
2821	Crabmeat, scallops, shrimp	0.00
2821	or Lobster	0.00
2821	Margarine or butter	1.00 ts
2821	Poached eggs	6.00
2822	Butter or margarine	1.00 tb
2822	Eggs,beaten	6.00
2822	Velveeta Pasteurized	0.25 lb
2822	Process Cheese Spread,	0.00
2822	Cubed	0.00
2823	Butter	0.25 c
2823	Whipping cream	0.50 c
2823	Salt and pepper to taste	0.00
2823	Eggs	8.00
2824	Margarine or butter	0.12 c
2824	Eggs	9.00
2824	Sour cream	0.50 c
2824	Milk	0.50 c
2824	Salt	1.00 ts
2824	Chopped green onions	0.12 c
2824	(with tops)	0.00

Sheet1

2825	Nonfat milk	2.00 c
2825	Cornstarch	1.00 tb
2825	Freshly grated nutmeg	0.25 ts
2825	Lg egg whites	2.00
2825	Sugar	0.25 c
2825	Rum	0.25 c
2826	Petits-gris snails	50.00
2826	Salt and pepper	0.00
2826	Fennel	0.00
2826	Dried fig leaf	1.00
2826	Eggs, separated	6.00
2827	Petits-gris snails	50.00
2827	Salt and pepper	0.00
2827	Fennel	0.00
2827	Dried fig leaf	1.00
2827	Eggs, separated	6.00
2828	Egg, with shell	1.00
2829	Flour and butter for	0.00
2829	Coating souffle dish	0.00
2829	Butter	3.00 tb
2829	Flour	0.25 c
2829	Milk	1.00 c
2829	Salt and pepper	0.00
2829	Prepared mustard	1.00 ts
2829	Egg yolks	4.00
2829	Plus 1 tbsp. grated cheese	0.50 c
2829	Egg whites	6.00
2830	Cheddar Cheese; Shredded	1.00 c
2830	Ripe Olives; Sliced	0.25 c
2830	Bacon Slices; *	4.00
2830	Red Bell Pepper; Chopped	0.50 c
2830	Corn; Whole Kernel	0.50 c
2830	Eggs; Large	3.00
2830	Half & Half; Light Cream	1.50 c
2830	Red Pepper; Ground	0.25 ts
2830	CORNMEAL PASTRY -----	0.00 -----
2830	Unbleached Flour	1.00 c
2830	Cornmeal; Yellow	0.33 c
2830	Oregano Leaves; Dried	1.00 tb
2830	Salt	0.50 ts
2830	Shortening; Vegetable	0.50 c
2830	Cold Water	0.00
2831	Ears of corn or 10 1/2-oz fr	6.00
2831	Egg yolks	6.00
2831	Eggs	3.00
2831	Half and half	1.50 c
2831	Grated Monterey Jack or Ched	1.00 c
2831	(4 oz) chopped green mild ch	1.00 cn
2831	Salt	0.50 ts

## Sheet1

2831	Pepper	0.25 ts
2832	Velveeta Mexican	1.00 lb
2832	Pasteurized Process Cheese	0.00
2832	Spread with Jalapeno Pepper	0.00
2832	Cubed	0.00
2832	Cottage cheese	2.00 c
2832	Eggs,beaten	6.00
2832	Picante sauce	0.50 c
2832	Margarine or butter,melted	0.25 c
2832	Flour	0.25 c
2832	Baking powder	0.50 ts
2832	Seasoned salt	0.50 ts
2832	(12 oz) whole kernel corn	1.00 cn
2832	With sweet peppers,drained	0.00
2832	Picante sauce,	0.00
2832	Sour cream	0.00
2832	Avocado slices	0.00
2833	Butter or margarine	3.00 tb
2833	Onions;sliced in small rings	3.00
2833	Emmenthaler cheese; grated	3.00 oz
2833	Dry mustard	1.00 ts
2833	Spaetzle noodles	2.00 c
2833	Chives; chopped	2.00 tb
2834	Potatoes; *	3.00 c
2834	Onion; Chopped, 1 Md.	0.50 c
2834	Salt	0.75 ts
2834	Red Pepper; Crushed, **	0.25 ts
2834	Vegetable Oil	2.00 tb
2834	Eggs; Large, Beaten	6.00 ea
2834	Milk	0.33 c
2834	Salt	0.50 ts
2834	Pepper	0.12 ts
2835	Spinach, frozen, chopped, *	10.00 oz
2835	Eggs, beaten	4.00
2835	Cream	0.75 c
2835	Milk	1.25 c
2835	Lemon juice	2.00 tb
2835	Parsley, chopped	2.00 tb
2835	Feta cheese, crumbled	0.25 lb
2835	Parmesan or Romano	3.00 tb
2835	Cheese **	0.00
2836	Fresh Spinach Cooked	1.50 lb
2836	& Drained & Chopped OR	0.00
2836	Frozen Chopped Spinach	1.00 lb
2836	Thawed	0.00
2836	Mozzarella Grated	0.50 lb
2836	Flour	1.50 c
2836	Grated Parmesan Cheese	1.00 c
2836	Eggs Beaten	2.00

## Sheet1

2836	Black Pepper	0.00
2836	Freshly Grated Nutmeg	0.00
2836	Extra Flour for Coating	0.00
2836	A Little Butter	0.00
2837	Finely minced lemon rind	0.25 ts
2837	Lemon juice	1.00 tb
2837	Plain yogurt	3.00 tb
2837	Salt	0.50 ts
2837	Eggs, hard cooked	6.00
2837	Tabasco	0.00
2837	Capers, for garnish	6.00
2839	Uncooked Fine Noodles; *	3.00 oz
2839	Vegetable Oil	2.00 tb
2839	Onion; Chopped	0.75 c
2839	Clove Garlic; Minced	1.00 ea
2839	Tomatoes; 4 Lg., **	3.00 c
2839	Green Chile Peppers; ***	4.00 oz
2839	Sugar	4.00 ts
2839	Vinegar	4.00 ts
2839	Salt	1.00 ts
2839	Cinnamon; Ground	0.25 ts
2839	Cloves; Ground	0.12 ts
2839	Vegetable Oil	1.00 tb
2839	Eggs; Large	6.00 ea
2839	Water	1.00 tb
2839	Avocado; Large	1.00 ea
2840	Ounces monterey jack, muenst	8.00
2840	Provolone or mozzarella che	0.00
2840	Thinly sliced	0.00
2840	White or whole wheat bread	8.00 sl
2840	Onion, chopped	1.00 sm
2840	(about 1/4 cup)	0.00
2840	Bacon, crisply cooked	8.00 sl
2840	Tomato, thinly sliced	1.00 md
2840	Avocado, thinly sliced	1.00
2840	Margarine or butter, soften	0.00
2841	Sweet onions, finely chopped	1.00 lb
2841	New potatoes, finely chopped	0.75 lb
2841	Plum tomatoes, finely	4.00
2841	chopped	0.00
2841	Carrots, finely chopped	6.00 oz
2841	Clove garlic, minced	1.00
2841	Jalepeno, minced	1.00
2841	Dry white or red wine	0.50 c
2841	Flour tortillas	4.00 lg
2841	Freshly ground black pepper	0.00
2841	to taste	0.00
2841	Minced cilantro	2.00 tb
2841	Grated Monterey Jack of	2.00 oz

Sheet1

2841	Muenster cheese	0.00
2841	Non-fat plain yogurt	8.00 ts
2842	Sweet Potatoes, Diced, Raw	1.50 c
2842	Bacon; Slices, Cut Up	4.00 ea
2842	Eggs; Large, Beaten	6.00 ea
2842	Red Chiles; Ground	1.00 ts
2842	Salt	0.25 ts
2842	Green Onions/Tops; Sliced	2.00 ea
2843	Shredded natural Swiss chees	2.00 c
2843	Shredded Gruyere cheese (8 o	2.00 c
2843	Cornstarch	1.00 tb
2843	Clove garlic, cut into halve	1.00
2843	Dry white wine	1.00 c
2843	Lemon juice	1.00 tb
2843	Kirsch or dry sherry	3.00 tb
2843	Salt	0.50 ts
2843	White pepper	0.12 ts
2843	French bread, cut into 1-inc	0.00
2844	Corn tortillas (6-inch diame	6.00
2844	Vegetable oil	3.00 tb
2844	Chopped green onions	0.50 c
2844	(with tops)	0.00
2844	Eggs, beaten	6.00
2844	Cubed mexican-style process	1.00 c
2844	Cheese spread with jalapeno	0.00
2844	(about 4 ounces)	0.00
2844	Tomato, chopped	1.00 md
2845	9-oz. pkg. (2 cups) frozen	1.00
2845	Chopped cooked chicken	0.00
2845	Finely chopped, peeled	1.00 c
2845	Jicama	0.00
2845	Taco sauce	0.50 c
2845	10-inch flour tortillas	8.00
2845	6-oz. container frozen	1.00
2845	Avocado dip, thawed	0.00
2845	Chopped lettuce	2.00 c
2845	16-oz. can refried beans	1.00
2845	With green chili peppers or	0.00
2845	Mexican-style beans, drained	0.00
2845	And mashed	0.00
2845	8-oz. carton reduced-fat or	1.00
2845	Regular dairy sour cream	0.00
2845	Chopped red sweet pepper	0.50 c
2845	Sliced green onion	0.33 c
2845	Shredded lower-fat or	1.00 c
2845	Regular cheddar cheese, or	0.00
2845	Monterey Jack cheese with	0.00
2845	Jalapeno peppers	0.00
2845	Sliced pitted ripe olives	0.25 c

Sheet1

2845	Taco sauce (optional)	0.00
2846	Chili	3.00 c
2846	Butter	0.00
2846	Eggs, fried or poached	8.00
2846	Thick slices bread	8.00
2847	(8 ounces) tomato sauce	1.00 cn
2847	Envelope spaghetti sauce	1.00
2847	Mix	0.00
2847	Shredded mozzarella cheese	2.00 c
2847	Cream-style cottage cheese	1.00 c
2847	Grated parmesan cheese	0.50 c
2847	Eggs, beaten	2.00
2847	Snipped parsley	0.25 c
2847	Salt	0.50 ts
2847	Pepper	0.12 ts
2847	Manicotti shells, cooked	8.00
2847	And drained	0.00
2848	Butter	1.00 tb
2848	Finely chopped onion	0.33 c
2848	Drained, canned plum	1.00 c
2848	Tomatoes	0.00
2848	12 oz. bottle beer	1.00
2848	Sharp Cheddar cheese,	1.00 lb
2848	Shredded	0.00
2848	Mild grainy mustard	2.00 tb
2848	Worcestershire sauce	0.50 ts
2848	Several drops hot red	0.00
2848	Pepper sauce	0.00
2848	Freshly ground black	0.00
2848	Pepper, to taste	0.00
2848	Cornstarch	2.00 tb
2848	Cold water	2.00 tb
2849	Eggs	10.00
2849	Milk	10.00 tb
2849	Flour	2.00 tb
2849	Salt and Pepper to taste	0.00
2849	Sauce or Filling:	0.00
2849	Fat or oil	4.00 tb
2849	Onions, minced	2.00 lg
2849	Green peppers, chopped	5.00 md
2849	Tomatoes, peeled and chopped	4.00 md
2849	Tomato puree	1.00 c
2850	Wide Egg Noodles	8.00 oz
2850	Ricotta cheese (part skim)	0.50 c
2850	Plain Yogurt	0.50 c
2850	Cottage cheese	0.50 c
2850	Jar chopped Pimiento	2.00 oz
2850	Clove garlic, finely minced	0.00
2850	Poppyseed	1.00 tb



Sheet1

2850	Hot Pepper sauce	0.50 ts
2850	Black pepper	0.50 ts
2850	Grated Cheddar cheese (2 oz)	0.50 c
2850	Paprika	1.00 ds
2851	Spinach; Fresh *	1.00 lb
2851	Butter	0.25 lb
2851	Onion; Large, Diced	1.00
2851	Garlic; Cloves, Minced	2.00
2851	Salt	0.50 ts
2851	Emmenthaler Cheese; Grated	0.50 lb
2851	Paprika	1.00 ts
2851	Nutmeg	0.12 ts
2851	Pepper	0.25 ts
2852	Lasagna Noodles	8.00 x
2852	Can Tomatoes	14.50 oz
2852	Chopped Celery	1.00 c
2852	Chopped Grn/Sweet Red Pepper	1.00 c
2852	Bay leaves	2.00 x
2852	Beaten Egg	0.00
2852	Grated Parmesan Cheese	0.25 c
2852	Pk frozen chopped Broccoli	10.00 oz
2852	Can Tomato Sauce	15.00 oz
2852	Chopped Onion	1.00 c
2852	Dried Basil, crushed *	1.50 ts
2852	Clove garlic, minnced	0.00
2852	Lo-fat Ricotta or Cottage Ch	2.00 c
2852	Shredded Mozzarella Cheese	1.00 c
2853	Vegetable oil	1.00 ts
2853	Red bell pepper, cored,	1.00 md
2853	Seeded and cut into thin	0.00
2853	Strips	0.00
2853	Green bell pepper, cored,	1.00 md
2853	Seeded and cut into thin	0.00
2853	Strips	0.00
2853	Turkey ham, cut into	4.00 oz
2853	Julienne strips, about 1	0.00
2853	Cup	0.00
2853	Salt and black pepper, to	0.00
2853	Taste	0.00
2853	Eggs	4.00 lg
2853	Egg whites	4.00 lg
2853	Fresh parsley sprigs, opt.	0.00
2854	Butter	1.00 tb
2854	Sharp cheddar cheese,grated	1.00 lb
2854	Beer	0.75 c
2854	Dash of cayenne pepper OR	0.00
2854	Tabasco	0.00
2854	Dry mustard	1.00 ts
2854	Salt	0.50 ts

Sheet1

2854	Worcestershire sauce	0.50 ts
2854	Egg, slightly beaten	1.00
2854	Slices warm toast, each	8.00
2854	Halved	0.00
2855	Butter	1.00 tb
2855	A few grains cayenne pepper	0.00
2855	Salt and pepper to taste	0.00
2855	Soft cheese,grated or cut	0.50 lb
2855	In small pieces	0.00
2855	Evaporated milk	0.50 c
2855	Egg	1.00
2856	Eggs	6.00 lg
2856	Black pepper	0.25 ts
2856	Salt	0.00
2856	Onion	1.00 sm
2856	Sized green bell pepper	1.00 md
2856	(4 oz) sliced ham	1.00 pk
2856	(8 oz) mushrooms	1.00 pk
2856	Tomatoes	2.00 lg
2856	Salad oil	0.00
2856	Parsley sprigs for garnish	0.00
2857	Onion,chopped	1.00 md
2857	Ground beef	0.50 lb
2857	(10 1/2 oz) pizza sauce	2.00 cn
2857	Fennel seeds	1.50 ts
2857	Leaf oregano	1.50 ts
2857	Garlic powder	0.25 ts
2857	(10 oz.) shredded Cheddar	2.50 c
2857	Cheese	0.00
2857	(4 oz.) Mozzarella cheese	1.00 c
2857	Italian or French bread or	0.00
2857	English muffins	0.00
2858	Onion; Chopped, 1 Sm.	0.25 c
2858	Margarine Or Butter	2.00 tb
2858	Vegetable Oil	1.00 tb
2858	Tomatoes; Chopped, 2 Md.	2.00 c
2858	Jalapeno Chile; *	1.00 ea
2858	Cilantro; Fresh, Snipped	2.00 tb
2858	Eggs; Large	4.00 ea
2858	Salt And Pepper To Taste	1.00 x
2858	Shelled Pumpkin Seeds; **	0.50 c
2859	Salty Eggs (recipe follows),	3.00
2859	cooked and cooled to room	0.00
2859	temperature	0.00
2859	Fresh kii noo chilies or 2	6.00
2859	serrano chilies, thinly	0.00
2859	sliced crosswise	0.00
2859	Coarsely chopped shallot	2.00 tb
2859	Freshly squeezed lime juice	2.00 tb

Sheet1

2860	9" deep dish pie shell	1.00
2860	Onion, chopped ( 1/2 cup)	1.00 md
2860	Butter or margarine	1.00 tb
2860	Packed coarsely shredded	1.50 c
2860	Zucchini (8 oz.)	0.00
2860	Leaf oregano, crumbled	0.50 ts
2860	Leaf thyme, crumbled	0.25 ts
2860	Salt	0.75 ts
2860	Pepper	0.25 ts
2860	Eggs	3.00
2860	Grated Parmesan cheese	2.00 tb
2860	Half and half	1.50 c
2860	Coarsely shredded sharp	0.50 c
2860	Cheddar cheese (2 oz.)	0.00
2860	Rectangular slices Cheddar	2.00
2860	Cheese, each cut in half	0.00
2860	Into 2 triangles	0.00
2861	9" prebaked pastry shell	1.00
2861	Zucchini (halved and cut	3.00 sm
2861	In 1/4" slices	0.00
2861	Pesto	2.00 tb
2861	Swiss cheese, grated	2.00 c
2861	Jack cheese, grated	1.25 c
2861	Cloves garlic, minced	2.00
2861	White pepper	0.50 ts
2861	Cayenne pepper	0.25 ts
2861	Red bell pepper, chopped	0.25 c
2861	Eggs	3.00
2861	Half-and-half	1.00 c
2862	Medium onions, minced	4.00
2862	Lean beef brisket, finely ch	10.00 lb
2862	Oil	0.25 c
2862	Cloves garlic; minced	1.50
2862	Ground pork	2.00 lb
2862	Whole green chiles; minced	7.00 oz
2862	Tomato sauce	15.00 oz
2862	Whole tomatoes; finely chopp	1.00 lb
2862	Cumin	1.00 tb
2862	Salt	1.00 ts
2862	Oregano	1.00 ts
2862	Dry mustard	1.00 tb
2862	Tequila	1.00 oz
2862	Beer	1.00 cn
2862	Chili powder	3.00 oz
2862	Beef bouillon cubes	2.00
2863	Beef brisket	4.00 lb
2863	Pepper	0.25 ts
2863	Envelope dry onion soup mix	1.00
2863	Water	1.00 c

Sheet1

2863	Ketchup	0.33 c
2863	Beer	1.00 c
2863	Flour	1.00 tb
2864	Grd chuck or sirloin	2.00 lb
2864	Oatmeal	0.75 c
2864	Onion	0.00
2864	Catsup	0.50 c
2864	Milk	0.25 c
2864	Eggs	2.00 x
2864	Horseradish	1.00 tb
2864	Salt	1.00 ts
2864	Pepper	0.25 ts
2864	Catsup	0.50 c
2864	Horseradish	1.00 tb
2864	B. sugar	3.00 tb
2864	Mustard(prepared)	2.00 ts
2866	Pork Chops; 1/2 " thick	4.00
2866	Salt & Pepper	0.00
2866	Shortening for Browning	0.00
2866	Chopped onion	0.25 c
2866	Uncooked rice, not the quick	0.50 c
2866	Water	0.75 c
2866	Peeled and chopped tart appl	0.50 c
2866	Orange sections	0.50 c
2866	Salt	0.50 ts
2866	Poultry seasoning	0.12 ts
2867	Lean Ground Beef	1.00 lb
2867	Apple, cored and chopped	0.00
2867	Med Onion, chopped	0.00
2867	Pepper	0.12 ts
2867	Garlic Salt	0.50 ts
2868	Ham	3.00 lb
2868	Brown sugar	2.00 tb
2868	Milk	1.00 x
2868	Pepper	0.25 ts
2868	Butter, melted	3.00 tb
2868	Apple, dried	1.00 qt
2868	Flour	2.00 c
2868	Baking powder	4.00 ts
2868	Egg, well beaten	1.00 ea
2868	Salt	1.00 ts
2869	Middle neck of lamb, cut in	4.00 lb
2869	One inch chunks	0.00
2869	Potatoes, peeled	4.00 lb
2869	Onions, sliced	10.00 sm
2869	Pearl barley	2.00 oz
2869	Beef stock	2.00 pt
2869	Salt and pepper to taste	0.00
2870	Leg of lamb (about 4 lbs)	1.00

Sheet1

2870	Potatoes (about 5 oz each)	3.00 lb
2870	Lemon (may be doubled)	0.00
2870	Honey	0.00
2870	Olive oil	0.00
2870	Butter	0.00
2870	Rosemary, thyme & oregano	0.00
2871	Top round, trimmed of fat	10.00 lb
2871	Black peppercorns	0.33 c
2871	Ground cardamon	1.00 ts
2872	Ground beef - lean	1.00 lb
2872	Sausage stuffing	1.00 lb
2872	Breadcrumbs - fine	1.00 c
2872	Onions - medium, chopped	2.00
2872	Fine	0.00
2872	Curry powder	1.00 tb
2872	Water	0.50 c
2872	Parsley - chopped	1.00 tb
2872	Egg - beaten	1.00
2872	Clove - crushed	1.00 c
2872	Milk	0.50 c
2872	Salt and pepper to taste	0.00
2872	SAUCE -----	0.00 -----
2872	Onion - chopped very fine	1.00
2872	Water	0.25 c
2872	Ketchup	0.50 c
2872	Dry red wine OR beef stock	0.25 c
2872	Worcestershire sauce -	0.25 c
2872	Lea & Perrins	0.00
2872	Vinegar	2.00 tb
2872	Instant coffee	1.00 tb
2872	Brown sugar - packed	0.25 c
2872	Margarine	1.00 oz
2872	Lemon juice	2.00 ts
2873	Lean Ground Beef	1.50 lb
2873	Cheddar Cheese;Shredded,4 Oz	1.00 c
2873	Egg; Lg	1.00
2873	Bread Crumbs; Dry	0.25 c
2873	Onion; Chopped, 1 Sm	0.25 c
2873	Lemon Juice	0.25 c
2873	Green Bell Pepper; Chopped	0.25 c
2873	Water	0.50 c
2873	Beef Bouillon; Instant	0.50 ts
2873	Salt	1.00 ts
2873	ThinSlicesofBacon,Cut In 1/2	6.00
2874	Raw kibbee	2.00 lb
2874	Meat filling	1.00 lb
2874	Onion	0.50 c
2874	Pine nuts	0.25 c
2874	Cinnamon	1.00 pn

Sheet1

2874	Olive oli	4.00 tb
2875	Spare ribs	1.00 x
2875	Flour	2.00 c
2875	Baking powder	1.00 ts
2875	Sauerkraut	1.00 x
2875	Egg, beaten	1.00 ea
2875	Milk	1.00 c
2878	Ribs, Parboiled	2.00 lb
2878	Apple Sauce	1.00 c
2878	Brown Sugar	2.00 c
2878	Lemon Juice	0.50 c
2878	Salt	0.50 ts
2878	Pepper	0.50 ts
2878	Paprika	0.50 ts
2878	Garlic Powder	0.50 ts
2878	Cinnamon	0.50 ts
2879	Ground beef	1.00 lb
2879	Pepper	0.50 tb
2879	Cheddar cheese; cubed	0.75 c
2879	Celery seed	0.50 tb
2879	Onion; chopped	0.50
2879	Paprika	0.25 tb
2879	Bell pepper; chopped	0.50
2879	Milk	0.50 c
2879	Egg; beaten	1.00
2879	Bread crumbs; dry	0.50 c
2879	Salt	1.00 tb
2880	Ground Beef	1.50 lb
2880	Onion; Chopped, 1 medium	0.50 c
2880	Salt	1.00 ts
2880	Catsup	0.33 c
2880	Chili Sauce	0.50 c
2880	Brown Sugar	2.00 tb
2880	Lemon Juice	1.00 tb
2881	Beef brisket	6.00 lb
2881	Salt	1.00 ts
2881	Pepper	0.50 ts
2881	Minced garlic	1.00 ts
2881	Medium onions, thinly sliced	4.00
2881	Water, divided	2.00 c
2881	Tomato sauce	16.00 oz
2881	Chopped onion	0.50 c
2881	Worcestershire sauce	0.25 c
2881	Butter, melted	0.25 c
2881	Lemon juice	2.00 tb
2881	White vinegar	2.00 tb
2881	Chili powder	2.00 ts
2881	Minced garlic	1.00 ts
2881	Hot sauce	0.12 ts

Sheet1

2881	Cornstarch	3.00 tb
2882	Ground Beef	1.50 lb
2882	Onion; Chopped, 1 medium	0.50 c
2882	Salt	1.00 ts
2882	Catsup	0.33 c
2882	Chili Sauce	0.50 c
2882	Brown Sugar	2.00 tb
2882	Lemon Juice	1.00 tb
2883	Pork ribs, cut in pieces	4.00 lb
2883	Lemon	1.00
2883	Large onion	1.00
2883	Catsup	1.00 c
2883	Worcestershire sauce	0.33 c
2883	Chili powder	1.00 ts
2883	Salt	1.00 ts
2883	Dashes Tabasco sauce	2.00 x
2883	Water	2.00 c
2884	Water	2.50 c
2884	Ketchup	3.00 c
2884	White vinegar	1.00 tb
2884	Lemon juice	0.25 c
2884	Worcestershire sauce	0.50 c
2884	100% Wisconsin maple syrup	0.50 c
2884	Brown sugar	0.50 c
2884	Onions,diced	2.00 md
2884	Chili powder	2.00 tb
2884	Salt	0.50 ts
2884	Venison ribs with some loin	6.00 lb
2884	Meat attached	0.00
2884	Freshly ground black pepper	0.00
2884	To taste	0.00
2885	Water	6.00 c
2885	Salt	2.00 ts
2885	Boneless lamb, cut into	2.00 lb
2885	Serving chunks	0.00
2885	Cloves garlic, crushed	3.00
2885	Barley	1.00 c
2885	Olive oil	2.00 tb
2886	Veal; cut in 4 thin slices	1.00 lb
2886	Salt	0.50 ts
2886	Sugar	0.12 ts
2886	Pepper; white	0.50 ts
2886	Mustard; dijon style	1.00 tb
2886	Bacon; slices	4.00
2886	Eggs; large, hard cooked	4.00
2886	Vegetable oil	2.00 tb
2886	Onion; medium, diced	1.00
2886	Beef bouillon; heated	0.75 c
2886	Tomato paste	1.00 tb

Sheet1

2886	Unbleached flour	2.00 tb
2886	Red wine	0.25 c
2887	Veal; cubed	2.00 lb
2887	Vegetable oil	2.00 tb
2887	Onion; large, chopped	1.00
2887	Carrots; chopped	1.00 c
2887	Parsley; chopped	1.00 tb
2887	Lemon juice; fresh	0.25 c
2887	Beef broth	2.00 c
2887	Unbleached flour	3.00 tb
2887	Salt	0.50 ts
2887	Pepper;fresh ground,to taste	0.00
2887	Frozen asparagus; * or	20.00 oz
2887	Asparagus; fresh **	2.00 lb
2888	Ground Beef	1.50 lb
2888	Onion; Finely Chopped, 1 sm.	0.25 c
2888	Water Or Evaporated Milk	0.25 c
2888	Salt	1.00 ts
2888	Worcestershire Sauce	1.00 ts
2888	Pepper	0.25 ts
2888	VARIATIONS -----	0.00 -----
2888	Horseradish	1.00 tb
2888	Mustard; Prepared	1.00 tb
2888	Chives; Snipped	1.00 tb
2888	Blue Cheese; Crumbled, *	2.00 tb
2888	Sesame Seed	2.00 tb
2888	Ripe Olives; Chopped	0.25 c
2888	Dill Pickle; Chopped, OR	0.25 c
2888	Pickle Relish	0.25 c
2888	Nuts; Chopped	0.25 c
2889	Lean Ground Beef	1.50 lb
2889	Bread Slices; *	3.00
2889	Egg; Lg	1.00
2889	Milk	1.00 c
2889	Onion; Chopped, 1 Sm	0.25 c
2889	Worcestershire Sauce	1.00 tb
2889	Salt	1.00 ts
2889	Mustard, Dry	0.50 ts
2889	Pepper	0.25 ts
2889	Sage	0.25 ts
2889	Garlic Powder	0.12 ts
2889	Sauce **	0.50 c
2890	Ground Beef	1.00 lb
2890	Egg; Large	1.00
2890	Onion; Chopped, 1 Sm.	0.25 c
2890	Bread Crumbs; Dry	0.33 c
2890	Milk	0.25 c
2890	Salt	0.75 ts
2890	Pepper	0.12 ts



Sheet1

2890	Worcestershire Sauce	1.00 ts
2891	Boneless chuck roast	3.00 lb
2891	Vegetable oil	1.00 tb
2891	Dried whole basil, crushed	1.00 tb
2891	Small onion, ringed	1.00
2891	Garlic powder	0.50 ts
2891	Pepper	0.50 ts
2891	Hot water	1.00 c
2892	Vegetable oil, divided	2.00 tb
2892	Boneless beef sirloin or	0.75 lb
2892	top round steak, 3/4 inch	0.00
2892	thick, sliced across the	0.00
2892	grain into thin strips	0.00
2892	Broccoli flowerets	2.00 c
2892	Medium onion	1.00
2892	cut into wedges	0.00
2892	Clove garlic -OR-	1.00
2892	1/8 ts garlic powder	0.00
2892	Cream of Broccoli Soup	1.00 cn
2892	Campbell's (10 3/4 oz can)	0.00
2892	Water	0.25 c
2892	Soy sauce	1.00 tb
2892	Hot cooked rice	4.00 c
2893	Boneless chuck	4.00 lb
2893	Mushrooms, cut into chunks	12.00
2893	Salt & pepper	0.00
2893	Beer	1.50 cn
2893	Onions, lg, thinly sliced	2.00
2893	Catsup	1.50 tb
2893	Green peppers, lg, sliced	2.00
2893	Prepared mustard	1.00 tb
2895	Ground beef	1.00 lb
2895	Mushrooms	1.00 c
2895	Onion; chopped	1.00
2895	Clove garlic; chopped	1.00
2895	Parsley; chopped - to taste	0.00
2895	Celery; chopped	1.00
2895	Green pepper; chopped	1.00
2895	Crescent rolls; or see below	1.00 c
2895	CRUST R -----	0.00 -----
2895	Salt	1.00 ts
2895	Baking powder	2.00 ts
2895	Poultry seasoning	0.50 ts
2895	Flour	2.00 c
2896	Lean beef	1.00 lb
2896	Dry red wine	1.00 c
2896	Balsamic vinegar	0.25 c
2896	Minced garlic	1.00 tb
2896	Chopped onion	0.25 c

Sheet1

2896	Dried marjoram	1.00 ts
2896	Chopped parsley	0.25 c
2896	Bay leaf	1.00
2896	Salt	0.50 ts
2896	Black pepper	0.25 ts
2896	Green, red and yellow bell p	1.00
2896	Small red onion, peeled and	1.00
2896	Stalks celery, trimmed and t	2.00
2897	Vegetable Oil	3.00 tb
2897	Round Steak; Cubed	1.00 lb
2897	Onions; Medium, Chopped	3.00
2897	Salt	0.50 ts
2897	Pepper	0.25 ts
2897	Garlic Salt	0.50 ts
2897	Paprika	1.00 ts
2897	Sugar	0.25 ts
2897	Water; Hot	2.00 c
2897	Unbleached Flour	1.00 tb
2897	Water; Cold	0.25 c
2897	Cream; Heavy	0.50 c
2898	Medium onions sliced	5.00
2898	Shortening	2.00 ts
2898	Salt	1.00 ts
2898	Crushed thyme	0.50 ts
2898	Flour	1.50 tb
2898	Red burgundy	1.50 c
2898	Fresh mushrooms	0.50 lb
2898	Stew meat	2.00 lb
2898	Crushed marjoram	0.50 ts
2898	Pepper	0.12 ts
2898	Beef stock	0.75 c
2899	Steak bite siz pieces	2.00 lb
2899	Large onion finely chopped	0.50
2899	Sprigs parsley chopped	10.00
2899	Salt	1.00 ts
2899	Black pepper	0.25 ts
2899	Paprika	2.00 ts
2899	Cumin	1.00 ts
2899	Vinegar	1.00 tb
2899	Olive oil.	1.00 tb
2899	Tomato paste	4.00 tb
2899	Salt	1.00 ts
2899	Olive oil	2.00 tb
2899	Tobasco sauce (more if desir	0.50 ts
2899	Vinegar	4.00 tb
2899	Water	2.00 tb
2900	Lean stewing beef	2.00 lb
2900	SI Bacon; diced	2.00
2900	Doz tiny boiling onions	2.00

Sheet1

2900	Red wine vinegar	1.00 tb
2900	Brown sugar	1.00 tb
2900	Dry red wine	1.50 c
2900	Salt and pepper to taste	0.00
2900	Buds garlic; minced	2.00
2900	Fresh thyme OR	1.00 ts
2900	Dried thyme	0.50 ts
2900	Beef stock base	1.00 ts
2900	Strips orange peel	2.00
2900	Cornstarch	2.00 tb
2900	Parsley; chopped	2.00 tb
2901	Rump roast, cut in cubes	4.00 lb
2901	Seasoned flour	0.00
2901	Olive oil	0.00
2901	Water	0.50 c
2901	(8-oz) tomato sauce	1.00 cn
2901	To 6 garlic buds; minced	4.00
2901	Cider vinegar	0.33 c
2901	Whole cinnamon stick	1.00
2901	Whole cloves	8.00
2901	Allspice	8.00
2901	Ground walnuts	1.00 c
2901	Lemon juice	1.00 tb
2901	Sliced Sourdough French	0.00
2901	Bread, toasted	0.00
2902	Ground beef	4.00 lb
2902	Large onions	2.50
2902	Cloves garlic,minced	2.00
2902	Cream/mushroom soup(10.75oz)	3.00 cn
2902	Mushroom stems/pieces(4oz)	3.00 cn
2902	Water or red wine	0.50 c
2902	Instant beef bouillon	1.00 tb
2902	Pepper	0.50 ts
2903	Beef brisket	6.00 lb
2903	Salt	0.50 c
2903	Saltpeter	1.00 ts
2903	Black pepper; freshly ground	4.00 tb
2903	Brown sugar; firmly packed	2.00 tb
2903	Mixed whole pickling spice	3.00 tb
2903	Ginger; ground	3.00 ts
2904	Ground Beef	2.00 lb
2904	Onion, Chopped	1.00 md
2904	Garlic, Minced	4.00 cl
2904	Fresh Mushrooms, Sliced	0.50 lb
2904	Bay Leaf	1.00
2904	Salt	1.25 ts
2904	Chili Powder	0.50 ts
2904	Cumin Powder	0.50 ts
2904	Cinnamon	0.25 ts

Sheet1

2904	(1 cn) Tomato Sauce	8.00 oz
2904	Burgundy Or Rose Wine	0.33 c
2904	Egg	1.00
2904	(1 pk) Cream Cheese,	8.00 oz
2904	Softened	0.00
2904	Creamed Cottage Cheese	1.00 c
2904	Crumbled Feta Cheese	0.50 c
2904	Unsalted Butter, Melted *	0.50 c
2904	(1/2 Pk) Phyllo Leaves **	8.00 oz
2904	Dry Bread Crumbs	0.25 c
2904	GARNISHES -----	0.00 -----
2904	Parlsey Sprigs	0.00
2904	Cherry Tomatos	12.00
2904	Fresh Fruit Kabobs (opt.)	0.00
2905	Pot Roast	2.00 lb
2905	Oil	1.00 tb
2905	Onion-diced	1.00
2905	Carrots-thinly sliced	1.00 c
2905	Coca-Cola	2.00 c
2905	Chicken Stock	2.00 c
2905	Salt	1.00 ts
2905	Frozen	1.00 c
2906	Sandwich Or Roll Steaks; *	4.00
2906	Mustard; Dijon-style	2.00 ts
2906	Salt	0.50 ts
2906	Pepper	0.25 ts
2906	Pickles; **	2.00
2906	Salt Pork; ** OR	2.00 oz
2906	Bacon; Strips **	2.00
2906	Onion; Large, Chopped	1.00
2906	Vegetable Oil	0.25 c
2906	Beef Broth; Hot	1.50 c
2906	Peppercorns	4.00
2906	Bay Leaf	0.50
2906	Cornstarch	1.00 tb
2907	To 4 lbs beef ribs*	3.00
2907	Onion; chopped	1.00
2907	Butter	1.00 tb
2907	Catsup	0.67 c
2907	Soy sauce	3.00 tb
2907	Cider vinegar	2.00 tb
2907	Brown sugar	2.00 tb
2908	Stewing beef (prime round)	2.00 lb
2908	Small Irish potatoes	1.00 lb
2908	Small carrots	1.00 bn
2908	Small onions	0.25 lb
2908	Fresh tomatoes	2.00
2908	Assorted spces (thyme, bay	0.00
2908	Leaves, garlic, etc.) in	0.00

Sheet1

2908	Cheesecloth bag	0.00
2908	Beef stock	2.50 pt
2908	Salt, to taste	0.00
2908	Pepper, to taste	0.00
2908	Accent - MSG	0.00
2909	Lean stewing beef	2.50 lb
2909	Butter	3.00 tb
2909	(1 lb) small onions	1.00 cn
2909	Brown sugar	1.00 tb
2909	Dry white wine	0.50 c
2909	Water	0.50 c
2909	Tomato paste	3.00 tb
2909	Red wine vinegar	0.25 c
2909	Mixed pickling spices	1.00 ts
2909	Whole cloves	4.00
2909	Buds garlic, minced	3.00
2909	Salt and pepper to taste	0.00
2909	(12 oz) frozen tiny peas	1.00 pk
2910	Shin bones	4.00 lb
2910	Thyme, dried	0.50 ts
2910	Onions, sliced	1.00 c
2910	Whole peppercorns, black	4.00
2910	Carrots, sliced	1.00 c
2910	Sprigs parsley, fresh	2.00
2910	Celery, sliced	1.00 c
2910	Bay leaf	1.00
2911	Vegetable Oil	1.00 tb
2911	Sirloin Steak *	1.00 lb
2911	Fresh Mushrooms, Sliced	8.00 oz
2911	Water	0.25 c
2911	Unbleached Flour	2.00 tb
2911	Dry Mustard	1.00 ts
2911	Salt	1.00 ts
2911	Pepper	0.25 ts
2911	Dairy Sour Cream	1.00 c
2911	Hot Cooked Rice Or Noodles	2.00 c
2911	Medium Onino, Sliced	1.00
2912	Ground beef	4.00 lb
2912	Onion; chopped, large	2.50
2912	Green pepper; chopped	1.00 c
2912	Cloves garlic;minced	3.00
2912	Tomato sauce;(15oz)	3.00 cn
2912	Tomato paste;(12oz)	1.00 cn
2912	Salt	2.00 ts
2912	Pepper	0.75 ts
2913	Beef tongue	4.00 lb
2913	Onion	0.00
2913	Peppercorns	5.00 x
2913	Water	3.00 qt

Sheet1

2913	Bay leaves	2.00 x
2914	Defatted beef stock	0.50 c
2914	Gin	2.00 tb
2914	Balsamic vinegar	2.00 tb
2914	Juniper berries, crushed	2.00 ts
2914	Vegetable oil	1.00 ts
2914	Beef tenderloin steaks,	2.00
2914	trimmed of fat (4 ounces	0.00
2914	each)	0.00
2914	Coarsely ground black peppe	0.50 ts
2914	Salt to taste	0.00
2915	Stewing steak	2.25 lb
2915	Ox kidney	0.50 lb
2915	Onions	4.00
2915	Carrots	1.00 lb
2915	Pickled walnuts (or more)	6.00
2915	Bay leaves	2.00
2915	Beef dripping or olive oil	3.00 tb
2915	Flour	1.50 oz
2915	(scant) light stock	1.00 pt
2916	Butter	0.75 c
2916	Round Steak; Bonless *	3.50 lb
2916	Onion; Chopped	1.00 c
2916	Green Bell Pepper; Chopped	1.50 c
2916	Mushrooms; Sliced	1.00 lb
2916	Unbleached Flour	0.50 c
2916	Beef Broth; Canned/Homemade	2.00 c
2916	White Wine; Dry	1.00 c
2916	Salt	1.00 ts
2916	Worcestershire Sauce	1.00 ts
2916	Tabasco Sauce; To Taste	0.00
2917	Lbs beef chuck*	4.00
2917	Buttter or margarine	0.25 c
2917	Carrots;cut in 1/2-in slices	6.00
2917	Onions, chopped	2.00
2917	Beef broth; 13 1/2 oz each	2.00 cn
2917	Dry red wine	2.00 c
2917	(6-ounces) tomato paste	1.00 cn
2917	Teaspoons fines herbes	1.00
2917	Salt & pepper to taste	0.00
2917	Fresh mushrooms, quarterd	0.50 lb
2917	Sm White onions, peeled	18.00
2917	Flour	0.25 c
2917	Butter or margarine	0.25 c
2917	ROBBIE S -----	0.00 -----
2918	Pork butt, fine ground	2.50 lb
2918	Chicken breast, fine ground	2.50 lb
2918	Salt	2.00 tb
2918	White Pepper	3.00 ts

## Sheet1

2918	Quatre-epices	3.00 ts
2918	Eggs	20.00
2918	Rice flour	6.00 tb
2918	Milk	6.00 c
2919	Pork butt, fine ground	2.50 lb
2919	Salt	2.00 tb
2919	Quatre-epices	3.00 ts
2919	Rice flour	6.00 tb
2919	Chicken breast, fine ground	2.50 lb
2919	White Pepper	3.00 ts
2919	Eggs	20.00
2919	Milk	6.00 c
2920	Pork butt, fine ground	2.50 lb
2920	Chicken breast, fine ground	2.50 lb
2920	Salt	2.00 tb
2920	White Pepper	3.00 ts
2920	Quatre-epices	3.00 ts
2920	Eggs	20.00
2920	Rice flour	6.00 tb
2920	Milk	6.00 c
2921	Olive oil	2.00 tb
2921	Sweet Italian sausage, Casings removed, crumbled	1.00 lb 0.00
2921	Dried red pepper flakes	0.50 ts
2921	Diced onions	0.50 c
2921	Garlic cloves, minced	3.00
2921	28-oz. can Italian plum	1.00
2921	Tomatoes, drained, Coarsely chopped	0.00 0.00
2921	Whipping cream	1.50 c
2921	Salt	0.50 ts
2921	Bow tie pasta	12.00 oz
2921	Minced fresh parsley	3.00 tb
2921	Grated Parmesan cheese	0.00
2922	Whole trimmed tenderloin	3.00 lb
2922	Brandy	0.75 c
2922	Salt and pepper	0.00
2923	All purpose flour	2.00 tb
2923	Pepper	0.25 ts
2923	Salt	1.00 pn
2923	Calves liver sliced thin	1.00 lb
2923	Onion sliced into rings	1.00
2923	Raisins	0.50 c
2923	Brandy	2.00 tb
2923	Cider vinegar	1.00 tb
2924	Ground Beef	1.00 lb
2924	Braunschweiger Sausage; *	0.25 lb
2924	Dairy Sour Cream	0.25 c
2924	Onion; Finely Chopped	2.00 tb

Sheet1

2925	Veal steak	2.00 lb
2925	Drippings	4.00 tb
2925	Egg, beaten	1.00
2925	Water	1.00 c
2925	Bread crumbs	0.00
2925	Worcestershire sauce	1.00 tb
2925	Salt and pepper	0.00
2926	Large eggs	6.00
2926	Salt	1.00 ts
2926	Slices white bread, cubed	2.00
2926	Sharp/mild cheddar shreds *	1.00 c
2926	Milk	2.00 c
2926	Dry mustard	1.00 ts
2926	Sausage browned	1.00 lb
2927	SALT	5.00 tb
2927	GROUND RED PEPPER	1.00 tb
2927	PEPPER	1.00 tb
2927	RUBBED SAGE	2.00 tb
2927	GINGER	1.00 ts
2927	NUTMEG	1.00 tb
2927	ICE WATER OR TOMATO Juice	2.00 c
2928	Pancetta; or bacon	0.25 lb
2928	Olive oil	1.00 tb
2928	Onion; finely diced, about 3	1.00
2928	Minced garlic	1.00 tb
2928	Lentils	0.25 c
2928	Arborio rice	0.25 c
2928	Chicken broth;*	2.00 c
2928	Chopped fresh sage	2.00 tb
2928	Salt and pepper to taste	0.00
2929	Sliced beef liver	1.00 lb
2929	French dressing	0.00
2930	Flank steak	1.50 lb
2930	Onion, thinly sliced	1.00
2930	Grated lemon rind	1.00 ts
2930	Lemon juice	0.50 c
2930	Sugar	2.00 tb
2930	Soy sauce	2.00 tb
2930	Salt	0.50 ts
2930	Dried whole oregano	0.50 ts
2930	Coarsely ground pepper	0.12 ts
2930	Butter, melted	1.00 tb
2931	Veal Bones	5.00 lb
2931	Water	6.00 qt
2931	Carrots Sliced	1.25 lb
2931	Onions Quartered	3.00 md
2931	Stalks Celery Cut Into	5.00
2931	Pieces	0.00
2931	Garlic Halved	4.00 cl



Sheet1

2931	Bay Leaves Crumbled	5.00
2931	Bunch Fresh Parsley	1.00 lg
2932	Ground beef	4.00 lb
2932	Large onion,chopped	1.50
2932	Cloves garlic,minced	3.00
2932	Salt	2.00 ts
2932	Pepper	0.75 ts
2933	Hog's head	0.50 ea
2933	Heart	1.00 ea
2933	Corn meal, yellow	1.00 x
2933	Salt & pepper	1.00 x
2933	Mace	1.00 x
2933	Liver	1.00 ea
2933	Sweetbreads	1.00 ea
2933	Buckwheat flour	1.00 x
2933	Sage, powdered	1.00 x
2934	Beef short ribs	5.00 lb
2934	Garlic cloves; crushed	2.00
2934	Sesame seeds	0.25 c
2934	toasted and crushed	0.00
2934	Finely chopped green onions	1.00 c
2934	Pepper	1.00 ts
2934	Sesame oil	1.00 ts
2934	Soy sauce	2.00 c
2934	Sugar	1.00 c
2934	Oil	0.25 c
2935	Ground Beef	1.50 lb
2935	Burgundy Or Other Red Wine	0.25 c
2935	Onion; Finely Chopped, 1 sm.	0.25 c
2935	Worcestershire Sauce	1.00 tb
2935	Seasoned Salt	1.00 ts
2935	Pepper	0.25 ts
2935	Garlic Salt	0.12 ts
2936	Leg of lamb, boned	6.00 lb
2936	Black pepper, ground	2.00 ts
2936	Olive oil	0.25 c
2936	Bay leaf	1.00
2936	Lemon juice	1.00 tb
2936	Rosemary dried	1.00 tb
2937	Kids [baby goats], 6 1/2 to	2.00
2937	8 1/2 lbs each	0.00
2937	Salt	3.00 tb
2937	Mild vinegar	1.00 c
2937	For the garnish:	0.00
2937	Guacamole (recipe	2.00 c
2937	separately)	0.00
2937	White onion, chopped	3.00 tb
2937	Tomato, finely chopped	1.00 c
2937	Cilantro, finely chopped	3.00 tb

Sheet1

2937	Chiles serranos, finely	3.00 tb
2937	chopped	0.00
2937	Recipe Frijoles de Olla,	1.00
2937	mashed (recipe separately)	0.00
2937	Mozzarella OR Monterey Jack	1.50 c
2937	cheese, freshly grated	0.00
2937	Totopos (crisply fried	16.00
2937	tortilla wedges)	0.00
2938	SEASONING MIX -----	0.00 -----
2938	Whole bay leaves	2.00
2938	Salt	1.00 ts
2938	Ground cayenne pepper	1.00 ts
2938	Black pepper	1.00 ts
2938	White pepper	0.50 ts
2938	Ground cumin	0.50 ts
2938	Ground nutmeg	0.50 ts
2938	MAIN INGREDIENTS -----	0.00 -----
2938	Unsalted butter	4.00 tb
2938	Finely chopped onions	0.75 c
2938	Green bell peppers, chopped	0.50 c
2938	Green onions, finely chopped	0.25 c
2938	Minced garlic	2.00 ts
2938	Tabasco sauce	1.00 tb
2938	Worcestershire sauce	1.00 tb
2938	Evaporated milk	0.50 c
2938	Catsup	0.50 c
2938	Ground beef	1.50 lb
2938	Ground pork	0.50 lb
2938	Eggs, lightly beaten	2.00
2938	Very fine bread crumbs	1.00 c
2939	Prime rib roast (10-1/2 lbs)	4.00 lb
2939	Black pepper	0.25 c
2939	Garlic powder	0.25 c
2939	Salt	0.25 c
2939	Onions, thinly sliced	2.00
2939	SEASONING MIX (OPTIONAL -----	0.00 -----
2939	Plus 1 tsp, salt	1.00 tb
2939	Plus 2 tsp, white pepper	1.00 tb
2939	Plus 2 tsp, fennel seeds	1.00 tb
2939	Plus 3/4 tsp, black pepper	1.00 tb
2939	Dry mustard	2.50 ts
2939	Ground cayenne pepper	2.50 ts
2940	Leg of lamb	1.00
2940	Garlic cloves	2.00
2940	Seasoned salt	1.00 ts
2940	Pepper	1.00 ts
2940	Dried oregano	1.00 ts
2940	Tomato sauce (8 oz each)	2.00 cn
2940	Water	1.00 c

Sheet1

2940	Juice of one lemon	0.00
2940	Large fresh artichokes,	4.00
2940	Quartered	0.00
2940	Fresh lemon slices	0.00
2941	Ground Beef	1.50 lb
2941	Onion; Finely Chopped, 1 Md.	0.50 c
2941	Salt	1.00 ts
2941	Caraway Seed	1.00 ts
2941	Worcestershire Sauce	1.00 ts
2941	Pepper	0.25 ts
2941	Beer; Any Brand	1.00 c
2942	Caribou, cubed	3.00 lb
2942	Soy Sauce	0.25 c
2942	Bay Leaves	2.00 ea
2942	Garlic Clove, minced	1.00 ea
2942	Red Peppers, chopped	2.00 ea
2942	Peppercorns, crushed	0.25 ts
2942	Onion, large, diced	1.00 ea
2942	Red Wine	1.00 c
2942	Thyme	0.25 ts
2943	ROMANIAN BEEF SAUSAGES -----	0.00 -----
2943	PHILLY.INQUIRER -----	0.00 -----
2943	LEAN GROUND BEEF	2.00 lb
2943	BLACK PEPPER	1.00 ts
2943	CLOVES GARLIC,CRUSHED	3.00
2943	ALLSPICE	0.50 ts
2943	SALT	1.00 ts
2943	CLUB SODA	0.50 c
2944	Sirloin	3.00 lb
2944	Clove garlic, crushed	1.00
2944	Bay leaves	3.00
2944	Dry Red Wine	4.00 tb
2944	Onions, sliced	2.00
2944	Salt/pepper	0.00
2945	Green peppers, chopped	2.00
2945	Pimentos, small can	1.00
2945	Cans tomatoes, 12 oz.	2.00
2945	Olive oil	1.00 tb
2945	Onions, chopped	2.00
2945	Worchesterchire	1.00 tb
2946	Barbecue Sauce:	0.00
2946	Bottled barbecue sauce	1.00 c
2946	Dijon mustard	0.33 c
2946	Packed dark brown sugar	0.25 c
2946	Soy sauce	2.00 ts
2946	Fish sauce(see note)	2.00 ts
2946	Chili paste (see note)	1.00 ts
2946	Racks baby back ribs about	6.00
2946	1 1/4 lbs each	0.00

Sheet1

2946	(12 oz each) light beer	4.00 cn
2946	Onions; 12 oz each peeled,	2.00 lg
2946	Sliced	0.00
2946	Cloves garlic, peeled,split	8.00 lg
2946	EACH: Dried thyme, rosemary	1.00 ts
2946	Basil, salt, freshly ground	0.00
2946	Pepper	0.00
2946	Bay leaves	2.00
2946	Cloves	3.00
2946	Honey	1.00 c
2947	White Castle hamburgers	12.00
2947	(Pickles & ketchup included)	0.00
2947	Ground pork	1.00 lb
2947	Cloves garlic	2.00
2947	Sprigs chopped parsley	8.00
2947	Pepper	0.50 ts
2947	Milk	0.33 c
2947	Pinch oregano	1.00
2947	Can tomato sauce	0.50
2947	Salt to taste	0.00
2948	Round steak; *	0.50 lb
2948	Nami black mushrooms	5.00
2948	Carrots; medium	2.00
2948	Cauliflower	2.00 c
2948	Green onions, minced	3.00
2948	Ginger; fresh, minced	0.50 ts
2948	Cloves garlic, minced	2.00
2948	Szechuan peppercorns, crushe	0.50 ts
2948	Peanut oil	3.00 tb
2948	-----marinade-----	0.00
2948	Soy sauce; thin	0.25 c
2948	Dry sherry	0.25 c
2948	-----sauce-----	0.00
2948	Chicken stock	1.00 c
2948	Lan chi black bean paste wit	1.00 ts
2948	Dashes of chinkiang black vi	2.00 x
2948	Drops sesame oil	3.00 x
2948	Cornstarch paste; **	1.00
2948	-----s-----	0.00
2948	Carrot stock; reserved	0.50 c
2948	Marinade	0.25 c
2948	Mushroom soaking liquid	0.25 c
2950	Frankfurters; Deli Style	12.00
2950	Sweet Pickle Relish	0.50 c
2950	Mustard; Prepared	1.00 tb
2950	Cheddar; Medium Sharp	0.75 lb
2950	Bacon; Slices	12.00
2950	Buns; Buttered & Toasted	12.00
2951	Basic Meat Loaf; Recipe # 8	0.00

Sheet1

2951	Blue Cheese; Crumbled	0.25 c
2951	Potatoes; Instant Mashed	0.00
2951	Bacon; Crisp & Crumbled	0.00
2952	CRUST -----	0.00 -----
2952	Bisquick Baking Mix	1.00 c
2952	Milk Or Light Cream	0.25 c
2952	MEAT FILLING -----	0.00 -----
2952	Lean Ground Beef	1.00 lb
2952	Salt	0.50 ts
2952	Onion; Chopped, 1 md	0.50 c
2952	Pepper	0.25 ts
2952	TOPPING -----	0.00 -----
2952	Tomatoes; Sliced, Md	2.00 ea
2952	Cheddar Cheese; Shredded,4oz	1.00 c
2952	Worcestershire Sauce	1.00 tb
2952	Eggs; Lg	2.00 ea
2952	Bisquick Baking Mix	2.00 tb
2953	Pork chops	6.00
2953	Flour	0.25 c
2953	Salt	0.00
2953	Paprika	0.00
2953	Pepper	0.00
2953	Butter to fry in	0.00
2953	ilk	0.75 c
2953	Package of cream cheese, cu	8.00 oz
2953	Garlic salt ( I now use garl	0.50 tb
2953	Parmesan cheese ( I usually	0.50 c
2954	Rack of lamb;	1.00
2954	Garlic; cloves, sliced	0.00
2954	Salt & pepper	0.00
2954	Oil	0.00
2954	Sauce	0.00
2954	Butter	2.00 tb
2954	Mint jelly	0.50 c
2954	Vinegar; i use wine vinegar	2.00 tb
2954	Dry mustard	1.00 tb
2955	Pork loin roast	3.00 lb
2955	Cherry preserves	12.00 oz
2955	Light corn syrup	2.00 tb
2955	Red wine vinegar	0.25 c
2955	Salt	0.25 ts
2955	Cinnamon; ground	0.25 ts
2955	Nutmeg; ground	0.25 ts
2955	Cloves; ground	0.25 ts
2955	Slivered almonds; toasted	3.00 tb
2955	Pepper; to taste	0.00
2955	Salt; to taste	0.00
2956	5 to 7 lb ham	1.00
2956	Sherry flavoring	0.25 c

Sheet1

2956	Cherry pie filling	21.00 oz
2956	Orange juice	0.25 c
2956	Orange marmalade	1.00 c
2958	STEAK -----	0.00 -----
2958	Round Steak; 1/2-inch Thick	4.00 lb
2958	Milk	1.00 c
2958	Flour; unbleached	1.00 c
2958	Black Pepper	0.25 ts
2958	Salt	0.25 ts
2958	Milk	0.00
2958	GRAVY -----	0.00 -----
2958	:Fat	4.00 tb
2958	Flour; unbleached	4.00 tb
2958	Milk	1.00 qt
2959	Lean pork chops, 1-in thick	6.00
2959	Flour	0.50 c
2959	Salt	1.00 tb
2959	Dry mustard	1.50 ts
2959	Garlic powder	0.50 ts
2959	Oil	2.00 tb
2959	Chicken and rice soup	1.00 c
2960	Fresh Beef Brisket	2.50 lb
2960	Salt	1.00 ts
2960	Garlic Powder	0.25 ts
2960	Bottle (12 oz) Beer	1.00
2960	Diced Onion	0.50 c
2960	Pepper	1.00 ts
2960	Bottle (12 Oz) Chili Sauce	1.00
2960	Wild Rice Amadine	0.00
2960	GARNISHES -----	0.00 -----
2960	Med. Ripe Tomatoes, Sliced	2.00
2960	Parsley Sprigs	0.00
2961	Ground Beef	1.50 lb
2961	Onion; Finely Chopped, 1 sm.	0.25 c
2961	Chili Powder	1.00 ts
2961	Worcestershire Sauce	1.00 ts
2961	Salt	0.75 ts
2961	Garlic Salt	0.25 ts
2961	Pepper	0.25 ts
2961	Red Pepper Sauce	0.25 ts
2961	Cheddar Cheese Slices; *	6.00
2961	Green Chiles; Canned,Chopped	2.00 tb
2961	Cayenne Red Pepper	1.00 ds
2962	PHILLY.INQUIRER -----	0.00 -----
2962	LARGE ONION CHOPPED	1.00
2962	SUGAR	1.50 tb
2962	CLOVES GARLIC CRUSHED	5.00
2962	DRIED THYME	0.50 ts
2962	VEGETABLE OIL	2.00 tb

## Sheet1

2962	DRIED BASIL	0.50 ts
2962	GROUND BEEF	1.00 lb
2962	LIQUID HOT PEPPER SAUC	0.25 ts
2962	CANNED TOMATOES,DRAIND	1.00 c
2962	AND SEEDED	0.00
2962	GROUND BAY LEAVES	0.25 ts
2962	SALT AND PEPPER TO TASTE	0.00
2962	TOMATO PUREE	4.00 tb
2962	OF RED CHILI PEPPER	1.00 pn
2962	FLAKES	0.00
2962	CHILI POWDER	2.00 tb
2962	WORCHESTERSHIRE SAUCE	1.50 tb
2962	RED WINE VINEGAR	1.50 tb
2965	-----sauce-----	0.00
2965	Soy sauce	2.00 tb
2965	Fresh garlic finely chopped	1.00
2965	Salt & pepper	0.50 ts
2965	Hoisin sauce	1.00 tb
2965	Sesame oil	1.00 ts
2965	Sugar	4.00 tb
2965	--lb pork roast boneless---	0.00
2966	Standing roast of beef	1.00
2966	(4-rib, about 10-11 lbs)	0.00
2966	Flavorless cooking oil	2.00 tb
2966	Salt and pepper; to taste	0.00
2967	Yellow corn meal	0.50 c
2967	Frankfurters	6.00
2967	Flour	0.50 c
2967	Sugar	1.00 tb
2967	Dry mustard	1.00 ts
2967	Baking powder	1.00 ts
2967	Salt	0.50 ts
2967	Milk	0.50 c
2967	Egg, lightly beaten	1.00
2967	Melted shortening	1.00 tb
2967	Skewers or sticks	6.00
2968	Yellow corn meal	0.50 c
2968	Flour	0.50 c
2968	Dry mustard	1.00 ts
2968	Salt	0.50 ts
2968	Egg, lightly beaten	1.00
2968	Skewers or sticks	6.00
2968	Frankfurters	6.00
2968	Sugar	1.00 tb
2968	Baking powder	1.00 ts
2968	Milk	0.50 c
2968	Melted shortening	1.00 tb
2969	Brisket; boneless	8.00 lb
2969	Salt	1.00 c

Sheet1

2969	Sugar	0.50 ts
2969	Mixed pickling spices	2.00 tb
2969	Garlic; the whole head	1.00
2969	Saltpeter	0.25 ts
2969	Alum	1.00 pn
2970	SHORTCUT PASTRY -----	0.00 -----
2970	Flour	2.25 c
2970	Salt	0.25 ts
2970	Unsalted butter	3.00 oz
2970	Lard	4.00 oz
2970	Confectioners' sugar	1.00 tb
2970	Egg yolk	1.00
2970	Cold water	3.00 tb
2970	Milk and beaten egg *	0.00
2970	FILLING -----	0.00 -----
2970	Chuck steak	12.00 oz
2970	Medium onion; finely chopped	1.00
2970	Turnip; finely chopped **	1.00
2970	Potato; finely chopped	1.00
2970	Salt	0.00
2970	Black pepper; fresh ground	0.00
2971	Lean belly pork *	1.12 lb
2971	Pig's liver	0.75 lb
2971	Lean green streaky bacon	6.00 oz
2971	Grated carrot	6.00 oz
2971	Fresh brown breadcrumbs	6.00 oz
2971	Onions	2.00 sm
2971	Green pepper	1.00 lg
2971	Fresh chopped parsley	0.00
2971	Garlic clove; crushed w/salt	1.00
2971	Lemon juice	4.00 ts
2971	Lemon zest	1.00 ts
2971	(generous) dried thyme	0.25 ts
2971	(generous) dried marjoram	0.25 ts
2972	Sirloin Tip Roast; *	3.00 lb
2972	Salt; To Taste	1.00 ts
2972	White Vinegar; Distilled	1.00 tb
2972	Unbleached Flour	3.00 c
2972	Pepper; Freshly Ground	2.00 tb
2972	Vegetable Oil; For Deep Fry	0.00
2972	Unbleached Flour	2.00 tb
2972	Milk	1.00 c
2972	Salt	0.25 ts
2972	Parsley Sprigs	0.00
2973	Round steak	1.00 lb
2973	Flour	0.50 c
2973	Salt	0.50 ts
2973	Pepper	0.25 ts
2973	Bacon grease or canola oil	2.00 tb



Sheet1

2973	Flour	2.00 tb
2973	Milk	2.00 c
2974	First Cut Brisket Of Beef	4.00 lb
2974	Cloves Garlic, Slivered	3.00
2974	Cloves Gralic, Crushed	3.00
2974	Large Onions, Thinly Sliced	4.00
2974	Apple Cider Vinegar	1.00 c
2974	Bacon Fat	1.50 tb
2974	Strong Black Coffee	1.00 c
2974	Salt & Pepper, To Taste	0.00
2974	Water	0.50 c
2975	3 -5 lb rump roast	1.00
2975	Good Seasons Italian Dress-	1.00 pk
2975	ing Mix	0.00
2975	Water	1.00 c
2975	Au jus gravy mix	1.00 pk
2975	Italian seasoning	2.00 ts
2975	Pepperoncini peppers	6.00
2976	Beef round steak*	2.00 lb
2976	Flour	0.50 c
2976	Curry powder	1.00 tb
2976	Garlic cloves; minced	2.00
2976	Raisins	1.00 c
2976	Apples;peeled, cored, sliced	2.00
2976	Diced onion	1.00 c
2976	Salt	2.00 ts
2976	Pepper	0.50 ts
2976	Beef broth (14 oz)	1.00 cn
2976	Apples**	2.00
2976	Fluffy rice	1.00
2977	Turkey drumsticks	4.00
2977	Worcestershire sauce	2.00 tb
2977	Salt and pepper	0.00
2977	Molasses	0.25 c
2977	Hickory smoke	0.50 ts
2977	Vinegar	0.25 c
2977	Catsup	0.25 c
2977	Instant minced onion	1.00 tb
2978	Lean ground beef	2.00 lb
2978	Condensed tomato soup	1.00 cn
2978	Salt	1.00 ts
2978	Medium potatoes	6.00
2978	Pepper	0.50 ts
2978	Light cream	1.00 c
2978	Finely chopped onions	0.25 c
2979	Round steak	2.00 lb
2979	Beef bouillon	1.50 c
2979	Salt	1.00 ts
2979	Catsup	1.00 tb

Sheet1

2979	Pepper	0.12 ts
2979	Dry white wine	2.00 tb
2979	Onion sliced	1.00
2979	Fresh mushrooms	0.25 lb
2979	Garlic salt	0.25 ts
2979	Worcestershire sauce	1.00 tb
2979	Sour cream	1.00 c
2980	PORK RIBS	1.50 lb
2980	CARROTS	1.00 cn
2980	GARLIC; PRESSED	1.00 ts
2980	PEPPER	0.25 ts
2980	BAR-B-Q SAUCE	0.00
2981	Soy sauce	0.25 c
2981	Clove garlic, crushed	1.00
2981	Orange marmalade	0.25 c
2981	Country style spareribs	4.00 lb
2981	Catsup	2.00 tb
2982	Pork chops	6.00
2982	Minced green pepper	2.00 tb
2982	Whole kernel corn undrained	7.00 oz
2982	Salt	1.00 ts
2982	Sage	0.50 ts
2982	Soft bread crumbs	1.00 c
2982	Instant minced onion	1.00 tb
2983	Lean beef round, trimmed	2.00 lb
2983	Of fat and cut in 2-in cubes	0.00
2983	Curry powder	1.00 tb
2983	Cumin seeds	1.00 ts
2983	Ground cinnamon	0.50 ts
2983	Ground ginger	0.25 ts
2983	Cloves	1.00 ts
2983	Allspice	1.00 ts
2983	Bud garlic; minced	1.00
2983	Lemon; juiced	1.00
2983	Raisins	2.00 tb
2983	Light soy sauce	1.00 tb
2983	Cornstarch	2.00 ts
2983	Cold water	0.25 c
2983	OPTIONAL GARNISHES -----	0.00 -----
2983	Yogurt	0.00
2983	Lemon wedges	0.00
2983	Cilantro; chopped	1.00 c
2983	Fresh parsley; chopped	0.00
2984	Lean ground beef	1.00 lb
2984	Mozzarella cheese	8.00 oz
2984	Envelope spaghetti sauce mix	1.00
2984	15 oz cans tomato sauce	2.00
2984	Cornstarch	2.00 tb
2984	Sharp cheddar cheese	1.00 lb

Sheet1

2984	Dry red wine	0.50 c
2985	Frankfurters, cut 1" slices	6.00
2985	Can condensed tomato soup	10.75 oz
2985	Milk or water	2.00 c
2985	Prepared mustard	1.00 ts
2985	Chopped onion	0.50 c
2985	Green peppers	0.25 c
2985	Black pepper	0.12 ts
2985	Noodles, cooked	8.00 oz
2985	Shredded Cheddar cheese	1.00 c
2986	Corned beef	4.00 lb
2986	Horseradish	1.50 ts
2986	Water	0.00
2986	Red wine vinegar	2.00 tb
2986	Prepared mustard	2.00 tb
2986	Molasses	0.25 c
2987	Beef chuck roast	4.00 lb
2987	Pkg. spaghetti sauce mix	1.50 oz
2987	Salt and pepper	0.00
2987	Tomatoes, chopped	2.00
2988	Knockwurst links	6.00
2988	Salt	0.50 ts
2988	Onion, thinly sliced	1.00
2988	Caraway seeds	1.00 ts
2988	Small head cabbage shredded	1.00
2988	Chicken bouillon	2.00 c
2989	Beef short ribs	4.00 lb
2989	Chopped green pepper	0.25 c
2989	Can beef consomme	10.50 oz
2989	Pkg. Taco seasoning mix	1.25 oz
2990	Chuck roast	3.00 lb
2990	Salt	1.00 ts
2990	Pepper	0.25 ts
2990	Onions, cut into quarters	2.00
2990	Celery, cut into 8 chunks	1.00
2990	Carrots, cut into quarters	4.00
2990	Bay leaf	1.00
2990	Vinegar	2.00 ts
2990	Water	5.00 c
2990	Small wedged cabbage	1.00
2990	-----	0.00 -----
2990	SAUCE -----	0.00 -----
2990	Butter	3.00 tb
2990	Instant minced onion	1.00 tb
2990	Flour	2.00 tb
2990	Reserved beef broth	1.50 c
2990	Prepared horseradish	1.00 tb
2990	Salt	0.50 ts
2991	Chuck roast, 1 1/2 " thick	3.00 lb

## Sheet1

2991	Envelope mushroom or onion s	1.00
2991	Minced dried onion	1.00 tb
2991	Dry red wine or water	1.00 c
2992	Ground beef	1.50 lb
2992	Egg, beaten	1.00
2992	Bread crumbs	0.50 c
2992	Tomato juice	0.50 c
2992	Chopped onion	3.00 tb
2992	Chopped bell pepper	3.00 tb
2992	Chopped celery	3.00 tb
2992	Seasoned salt	2.00 ts
2992	Thyme	0.25 ts
2992	Catsup or chili sauce	0.00
2993	Boneless porkchops, browned	6.00
2993	Brown sugar	0.25 c
2993	Ground cinammon	0.50 ts
2993	Can tomato sauce	8.00 oz
2993	Syrup from drained Peaches	0.25 c
2993	Vinegar	0.25 c
2994	Round steak	1.50 lb
2994	Spaghetti sauce w/mushrooms	15.50 oz
2994	Salt	1.00 ts
2994	Oregano	0.50 ts
2994	Pepper	0.25 ts
2994	Can whole small onions	16.00 oz
2995	Round steak	2.50 lb
2995	Cream of mushroom soup	10.50 oz
2995	Pkg onion soup mix	1.50 oz
2995	Water	0.25 c
2996	Kielbasa, or Polish sausage	1.00
2996	Large onion sliced	1.00
2996	Shredded red cabbage	4.00 c
2996	Pie sliced apples	20.00 oz
2996	Salt	1.00 ts
2996	Pepper	0.25 ts
2996	Caraway seeds ( optional )	0.25 ts
2996	Bay leaf	1.00
2996	Beer	0.50 c
2996	Condensed chicken broth	1.00 cn
2997	Dried pinto beans	1.00 lb
2997	Water	6.00 c
2997	Salt pork; cut up	0.50 lb
2997	Chuck steak; 1-inch cubed	1.00 lb
2997	Red chili pepper	1.00
2997	Medium onion; chopped	1.00
2997	Cloves garlic; minced	2.00
2997	6 oz can tomato paste	1.00
2997	Chili powder	1.50 tb
2997	Cumin seeds	1.00 ts

Sheet1

2997	Marjoram	0.50 ts
2998	Boneless round steak	2.50 lb
2998	Bouillon cube, crumbled	1.00
2998	Water	0.75 c
2998	Salt and pepper	0.00
2998	Flour	0.25 c
2998	Dill weed	1.00 ts
2998	Medium onion sliced	1.00
2998	Sour cream	1.00 c
2999	Boneless chuck steak	2.50 lb
2999	Oil	2.00 tb
2999	Ground ginger	1.00 ts
2999	Soy sauce	0.50 c
2999	Sugar	1.00 tb
2999	Clove garlic crushed	1.00
3000	Frankfurters	2.00 lb
3000	Bottled real Italian	0.67 c
3000	Dressing	0.00
3000	Sliced celery	1.00 c
3000	Chopped onion	0.50 c
3000	Diced cooked potatoes	4.50 c
3000	(about 8 medium)	0.00
3000	Caraway seeds	0.50 ts
3001	Vegetable oil	2.00 tb
3001	Cloves garlic;minced	6.00
3001	Onions, chopped	2.00
3001	Curry powder	3.00 tb
3001	Ground beef	1.00 lb
3001	Potatoes, peeled and diced	2.00 lg
3001	Sweet potatoes, peeled and	2.00
3001	diced	0.00
3001	(28oz) tomatoes, pureed	1.00 cn
3001	salt and pepper	0.00
3001	Chopped fresh	0.50 c
3001	coriander or parsley	0.00
3001	Flour tortillas OR ROTI	8.00
3002	Ground beef	0.50 lb
3002	Sour cream	0.50 c
3002	Mayonnaise	0.33 c
3002	Sharp Cheedar cheese	0.50 c
3002	Onion chopped	1.00 tb
3002	Biscuit mix	1.00 c
3002	Water	0.25 c
3002	Medium tomato, thinly sliced	1.00
3002	Green pepper, chopped	0.50 c
3003	CRUST -----	0.00 -----
3003	Instant dry yeast	1.00 pk
3003	Divided water	2.00 c
3003	Sugar	1.00 tb

Sheet1

3003	Mayonnaise	0.25 c
3003	Melted butter	2.00 tb
3003	White flour	0.50 c
3003	Cornmeal flour	1.00 c
3003	Salt	1.00 ts
3003	Dill weed	1.00 ts
3003	Garlic powder	0.25 ts
3003	Ground oregano	1.00 ts
3003	TOPPING -----	0.00 -----
3003	Bacon cut into small	0.50 lb
3003	pieces fried and drained	0.00
3003	Large green pepper chopped	1.00
3003	Velveeta cheese sliced	0.25 c
3003	Sliced pepperoni	6.00 oz
3003	Medium sliced tomatoes	2.00
3003	Medium sliced onions	2.00
3003	Grated colby cheese	8.00 oz
3003	Grated monterey jack cheese	8.00 oz
3003	(15-oz) pizza sauce	1.00 cn
3004	Round Steak, 1/2 " Thick	3.00 lb
3004	Dry Mustard	2.00 tb
3004	Salt Or To Taste	0.50 ts
3004	Pepper	0.25 ts
3004	Cooking Oil Or As Needed	2.00 tb
3004	(1 cn) Mushroom Stems&Pieces	10.00 oz
3004	Worcestershire Sauce	1.00 tb
3004	Dry Red Wine	0.50 c
3005	English Muffins; *	6.00
3005	Deviled Ham; 2 Cns	9.00 oz
3005	Oregano	0.25 ts
3005	Apple Rings; **	12.00
3005	Cheddar; Md, ***	24.00 oz
3006	Ground Beef	1.00 lb
3006	Deviled Ham; 1 can	2.50 oz
3006	Worcestershire Sauce	1.00 ts
3006	Instant Mashed Potatoes; *	0.00
3006	Creamed Cottage Cheese	0.50 c
3006	French Fried Onions; 1 can	3.50 oz
3007	Butter	2.00 tb
3007	Dijon mustard	1.00 tb
3007	Hot pepper sauce	0.25 ts
3007	Chopped cooked corned beef	1.50 c
3007	Eggs	4.00
3007	Diced cooked, peeled	4.00 c
3007	Potatoes	0.00
3007	Cream of Celery soup	1.00 cn
3007	Milk	0.25 c
3008	Salt	1.00 ts
3008	Pepper	1.00 ts

Sheet1

3008	Cayenne pepper	0.50 ts
3008	Chili powder	3.00 tb
3008	Cumin	2.00 ts
3008	Cloves garlic minced	2.00
3008	Steak sliced thinly	2.00 lb
3009	Pork pieces	1.50 lb
3009	Cooking apples	2.00 lb
3009	Onions	1.00 lb
3009	Brown sugar	1.00 tb
3009	Stock or water	0.75 c
3009	Cream	0.75 c
3009	Seasoned flour	0.00
3009	Butter or bacon fat	0.00
3010	STUFFING INGREDIENTS -----	0.00 -----
3010	Duck	2.00
3010	Chopped celery	1.00 c
3010	Chopped cooking onion	0.67 c
3010	Chopped carrots	1.00 c
3010	Peeled and diced orange	1.00 c
3010	Salt and Pepper to taste	1.00
3010	BLACK BEAN SAUCE INGREDIENTS -----	0.00 -----
3010	Black beans	2.00 c
3010	Apple, skinned	0.50
3010	Shallots, diced	2.00
3010	Port	1.00 tb
3010	Cumin	1.00 ts
3010	Crushed chilies	1.00 ts
3010	Fresh lemon juice	0.50 ts
3010	Fresh chopped coriander	1.00 tb
3010	Worcestershire sauce	1.00 ts
3010	Fresh chopped tarragon	1.00 ts
3010	Duck stock	2.00 c
3010	Butter	1.00 ts
3010	TAMARIND JUS INGREDIENTS -----	0.00 -----
3010	Tamarind	0.50 lb
3010	Duck stock	1.00 c
3010	Butter	1.00 ts
3011	Ground neat	1.50 lb
3011	Salt	1.50 ts
3011	Breadcrumbs	1.00 c
3011	Pepper	0.25 ts
3011	Tomato sauce. w/onions	8.00 oz
3011	Brown sugar	2.00 tb
3011	Mustard	2.00 tb
3011	Egg	1.00
3011	Vinegar	1.00 tb
3012	ROAST PIG	0.00
3013	Boneless pork chops; lean	8.00
3013	(thick ones)	0.00

## Sheet1

3013	Dried dillweed	3.00 tb
3013	Spicy mustard; or dijon	3.00 tb
3013	Dark brown sugar	4.00 tb
3013	White wine	0.75 c
3013	Large Lemon; sliced	0.00
3014	PRK SAUSAGE (bulk)	1.00 lb
3014	Slices bread/cubed	8.00
3014	Cheddar cheese/shredded	0.75 lb
3014	Eggs;beaten	4.00
3014	Milk	2.50 c
3014	Mustard	0.75 ts
3014	Mushroom soup	1.00 cn
3014	Vermouth	0.25 c
3015	Potatoes; 3 lb/ 1.5 kg	10.00
3015	Ground beef; 1 kg	2.00 lb
3015	Garlic cloves; minced	2.00
3015	Bread crumbs, dry	0.75 c
3015	Parsley; fresh, chopped	2.00 tb
3015	Mint; crushed, dry	1.00 tb
3015	Egg	1.00
3015	Salt	1.75 ts
3015	Pepper	1.50 ts
3015	Egg; hard cooked	2.00
3015	Lemon juice	3.00 tb
3015	Oregano; dried	2.00 tb
3015	Olive oil	2.00 tb
3016	Veal cutlets	4.00
3016	Salt & pepper	0.00
3016	Gruyere cheese, sliced	4.00 oz
3016	Lemon juice	2.00 tb
3016	Parmesan cheese, grated	1.00 tb
3016	Flour	0.33 c
3016	Eggs	1.00
3016	Breadcrumbs	0.00
3016	Butter	4.00 tb
3017	Ground Beef; Lean	0.50 lb
3017	Ground Pork; Lean	0.50 lb
3017	Onion; Medium, Chopped	1.00
3017	Bread Crumbs	3.00 tb
3017	Water; Cold	3.00 tb
3017	Eggs; Large	2.00
3017	Salt	0.50 ts
3017	Paprika	1.00 ts
3017	Mustard; Prepared	1.00 ts
3017	Parsley; Chopped	2.00 tb
3017	Hard Cooked Eggs; Peeled	3.00
3017	Bacon; Strips	4.00
3017	Vegetable Oil	4.00 tb
3017	Beef Broth	1.00 c



Sheet1

3017	SAUCE -----	0.00 -----
3017	Water; Hot	0.25 c
3017	Cornstarch	1.00 ts
3017	Water	0.25 c
3017	Sour Cream	0.50 c
3018	Boneless beef chuck roast (3	1.00
3018	Sliced celery	1.00 c
3018	Chopped onion	1.00 c
3018	Condensed tomato or cream of	10.75 oz
3018	Beef bouillon granules	2.00 ts
3018	Dried sage leaves, crushed	2.00 ts
3018	Pepper	0.25 ts
3018	Cold water	0.50 c
3018	All-purpose flour	0.33 c
3019	Unsalted butter	5.00 tb
3019	Parmesan cheese	1.00 c
3019	Green onions	6.00
3019	Fettuccine cooked	1.00 lb
3019	Mushrooms sliced	8.00 oz
3019	Salt and pepper	0.00
3019	Whipping cream	1.25 c
3019	10 oz pk frozen tiny peas	1.00
3019	Boiled ham chopped	4.00 oz
3020	Tenderloin filet	1.00 lb
3020	Olive oil	0.50 c
3020	Garlic cloves; chopped	2.00
3020	Onion; chopped	1.00
3020	Green pepper; chopped	1.00
3020	Potatoes; diced	2.00
3020	Chorizos	2.00
3020	Mushroom buttons	15.00
3020	Salt	1.00 tb
3020	White pepper	1.00 pn
3020	Red wine	0.50 c
3021	Mulato peppers	5.00
3021	Tomatoes, coarsely chopped	3.00
3021	Cl Garlic	2.00
3021	Oregano	1.00 ts
3021	White pepper	0.50 ts
3021	Beef tenderloin, sliced	1.50 lb
3021	1/4 in. thick	0.00
3021	Fresh mushrooms, sliced	0.50 lb
3021	Red wine	0.50 c
3021	Chopped parsley	1.00 tb
3021	Butter, melted	2.00 tb
3021	Olive oil	1.00 ts
3022	2 lb piece beef tenderloin	1.00
3022	Salt, pepper	0.00
3022	Butter	3.00 tb

Sheet1

3022	Onion; finely chopped	0.50
3022	Garlic cloves	2.00
3022	finely chopped	0.00
3022	White wine	0.50 c
3022	Water	1.00 c
3022	Unsweetened chocolate	1.00 oz
3022	Queso fresco; crumbled	0.50 lb
3022	Chopped parsley	2.00 tb
3023	Macaroni; Broken	1.50 c
3023	Milk; Evaporated	0.75 c
3023	Mustard; Dry	1.25 ts
3023	Salt	1.25 ts
3023	Pepper	0.12 ts
3023	Cheddar; Md, Grated	2.50 c
3023	Frankfurters; Deli-Style	1.50 lb
3024	Ground Beef	1.50 lb
3024	Bread Crumbs; Dry	0.25 c
3024	Onion; Chopped, 1 small	0.25 c
3024	Egg; Large	1.00
3024	Salt	1.00 ts
3024	Worcestershire Sauce	1.00 ts
3024	Pepper	0.25 ts
3024	FILLINGS -----	0.00 -----
3024	Dill Pickle Or Pickle Relish	0.00
3024	Prepared Mustard	0.00
3024	Catsup	0.00
3024	Horseradish	0.00
3024	Onion Slices OR	0.00
3024	Finely Chopped Onion	0.00
3024	Tomato Slices	0.00
3024	Process American Cheese OR	0.00
3024	Cheddar Cheese Slices	0.00
3024	PEPPY CHEESE FILLING -----	0.00 -----
3024	Cheese; **	0.25 c
3024	Mayonnaise Or Salad Dressing	2.00 tb
3024	Worcestershire Sauce	1.00 lb
3024	Salt	0.50 ts
3024	Mustard; Prepared	0.50 ts
3024	Pepper	0.25 ts
3024	OPTIONAL -----	0.00 -----
3024	Green Chiles,Canned,To Taste	0.00
3024	Jalapenos; Canned, To Taste	0.00
3025	Flank Steak (1 piece)	1.50 lb
3025	Salt & Pepper, To Taste	0.00
3025	Unsalted Butter	2.00 tb
3025	Unsalted Butter, Softened	2.00 tb
3025	Thinly Slice Scallions	2.00 tb
3025	Dry Red Wine	1.00 c
3025	Garlic Puree(1 head Roasted)	0.00

Sheet1

3026	Flank steak	1.00 lb
3026	Soy sauce; reduced sodium	3.00 tb
3026	Vegetable oil	3.00 tb
3026	Cornstarch	4.00 ts
3026	Bell pepper; red or green	1.00
3026	Onion; medium sized	1.00
3026	Celery; stalks	2.00
3026	Beef broth	0.50 c
3026	Black pepper	0.25 ts
3026	Fresh ginger; slices 1/4"thk	5.00
3027	Sea salt	5.00 lb
3027	Whole peppercorns	2.00 ts
3027	Brown sugar; firmly packed	4.50 tb
3027	Juniper berries; dried	1.50 ts
3027	Bay leaf; dried, crumbled	1.00
3027	Thyme; sprigs of, leavesonly	6.00
3027	Cloves; whole	8.00
3028	Loin lamb	1.50 lb
3028	Onions	3.00 oz
3028	Drippings	4.00 oz
3028	Mushroom trimmings	1.00 oz
3028	Breadcrumbs	4.00 oz
3028	Laverbread	2.00 oz
3028	Shortcrust pastry	12.00 oz
3028	Seasoning	0.00
3028	Chopped parsley	0.00
3028	1/2 Gill milk	0.50 x
3028	Sliced tomato (for garnish)	1.00
3029	Rye bread; stale slices	15.00
3029	Potatoes; medium chopped	5.00
3029	Red onions; chopped medium	2.00
3029	Dill weed	0.25 c
3029	Turns pepper (about 1/4 c)	25.00
3029	Water to make pasty	0.00
3029	Italian seasoning	0.12 c
3029	Rasins (optional but best)	1.00 c
3030	Loaf of French Bread, split	1.00
3030	2 Onions, slice	0.00
3031	Beef brisket, 1" cubes	2.50 lb
3031	Lean pork, ground	1.00 lb
3031	Large onion, chopped fine	0.00
3031	Wesson oil	2.00 tb
3031	Garlic cloves, minced	3.00 x
3031	Diced green chilies	2.00 tb
3031	Tomato sauce	8.00 oz
3031	Salt and pepper to taste	0.00
3031	Beef bouillon cube	0.00
3031	Budweiser beer	12.00 oz
3031	Water	1.25 c

Sheet1

3031	Chili powder	6.00 tb
3031	Ground cumin	2.50 tb
3031	Dry mustard	0.12 ts
3031	Brown sugar	0.12 ts
3031	Oregano, pinch	0.00
3032	Browned/Seasoned Freezer Mix	3.50 c
3032	Corn; (8 oz), whole kernal	1.00 cn
3032	Tomato sauce;(8 oz)	1.00 cn
3032	Ripe olives; halved, pitted	0.25 c
3032	Noodles; uncooked	4.00 oz
3032	Water	2.00 c
3032	Oregano leaves	1.00 ts
3032	Salt	0.50 ts
3032	Pepper	0.25 ts
3032	Cheddar cheese; shreaded	1.00 c
3033	Beef-Mushroom Freezer Mix	1.00 pk
3033	Water	3.00 c
3033	Barley; uncooked	0.50 c
3033	Celery; sliced	1.00 c
3033	Carrot; sliced	1.00 c
3033	Parsley; sprig	1.00
3033	Bay leaf	1.00
3033	Salt	0.75 ts
3034	CRUST -----	0.00 -----
3034	Biscuit baking mix	1.00 c
3034	Milk; or light cream	0.25 c
3034	MEAT FILLING -----	0.00 -----
3034	Browned/Seasoned Freezer Mix	3.50 c
3034	Salt	0.50 ts
3034	Pepper	0.25 ts
3034	Biscuit baking mix	2.00 tb
3034	Worcestershire sauce	1.00 tb
3034	TOPPING -----	0.00 -----
3034	Tomatoes;sliced,medium	2.00
3034	Eggs	2.00
3034	Cheddar cheese; shreaded	1.00 c
3035	Beef-Mushroom Freezer Mix	1.00 pk
3035	Water	0.25 c
3035	Soy sauce	1.00 tb
3035	Cornstarch	2.00 ts
3035	Molasses	2.00 ts
3035	Ginger	0.25 ts
3035	Chinese vegetables,drained	1.00 cn
3035	Chow main noodles	3.00 c
3035	Hoot cooked rice	3.00 c
3036	Beef noodle dinner mix	1.00 pk
3036	Chili tomato dinner mix	1.00 pk
3036	Browned/Seasoned Freezer Mix	3.50 c
3037	Beef-Tomato Freezer Mix	1.00 pk

Sheet1

3037	Water	0.25 c
3037	Catsup	0.25 c
3037	Celery; sliced	1.00 c
3037	Mushroom;stems/pieces(4oz)	1.00 cn
3037	Paprika	1.00 ts
3037	Brown sugar	1.00 ts
3037	Worcestershire sauce	1.00 ts
3037	Noodles	3.00 oz
3038	Beef-Tomato Freezer Mix	1.00 pk
3038	Oregano leaves	0.50 ts
3038	Snipped parsley	1.00 tb
3038	Water	0.25 c
3038	NOODLES AND CHEESE -----	0.00 -----
3038	Lasagne noodles	1.00 pk
3038	Creamed cottage cheese	1.00 pk
3038	Shredded Mozzarella cheese	2.00 c
3038	Shredded Swiss cheese	2.00 c
3038	Grated Parmesan cheese	0.33 c
3039	Beef-Tomato Freezer Mix	1.00 pk
3039	Water	3.00 c
3039	Uncooked lentils	1.00 c
3039	Sprig parsley	1.00
3039	Bay leaf	1.00
3039	Sliced fresh mushrooms	1.50 c
3039	Large carrot,sliced	1.00
3039	Large stalk celery,sliced	1.00
3039	Red wine	0.25 c
3039	Salt	0.50 ts
3040	Beef-Mushroom Freezer Mix	1.00 pk
3040	Water	0.33 c
3040	Fried shredded potato rounds	2.00 c
3041	Au gratin potatoes(5.5oz)	1.00 pk
3041	Browned/Seasoned Freezer Mix	3.50 c
3042	Beef-Tomato Freezer Mix	1.00 pk
3042	Water	3.00 c
3042	Mushroom stems/pieces(4oz)	1.00 cn
3042	Thin spaghetti	1.00 pk
3042	Oregano leaves	1.00 ts
3042	Sugar	1.00 ts
3042	Chili powder	1.00 ts
3042	Shredded Cheddar cheese	1.00 c
3043	Browned/Seasoned Freezer Mix	3.50 c
3043	Carrot; (8oz), diced	1.00 cn
3043	Potato;pared/shredded, mediu	1.00
3043	American cheese; shredded	0.50 c
3043	Cheddar cheese; shredded	0.50 c
3043	Catsup	0.25 c
3043	Garlic salt	0.50 ts
3043	Pepper	0.25 ts

Sheet1

3043	Prepared mustard	1.00 tb
3043	Pie crust mix/sticks(11oz)	1.00 pk
3044	CRUST -----	0.00 -----
3044	Biscuit baking mix	2.50 c
3044	Active dry yeast	1.00 pk
3044	Hot water	0.67 c
3044	MEAT MIXTURE -----	0.00 -----
3044	Beef-Tomato Freezer Mix	1.00 pk
3044	Water	0.25 c
3044	Italian seasoning	1.00 ts
3044	Red pepper sauce	1.00 ds
3044	TOPPING -----	0.00 -----
3044	Shredded Cheddar cheese	2.00 c
3044	Shredded mozzarella cheese	2.00 c
3044	Grated Parmesan cheese	1.00 c
3045	Tomato paste;(6oz)	1.00 cn
3045	Parmesan cheese; grated	0.25 c
3045	Browned/Seasoned Freezer Mix	3.50 c
3045	Italian seasoning	1.00 ts
3045	Red pepper sauce	1.00 ds
3045	Bread; slices	6.00
3045	Hamburger buns;split	5.00
3045	Mozzarella cheese; shredded	0.00
3045	American cheese; shredded	0.00
3046	Beef-Mushroom Freezer Mix	1.00 pk
3046	Water	0.33 c
3046	Noodles Romanoff	1.00 pk
3047	Browned/Seasoned Freezer Mix	3.50 c
3047	Tomatoes;(16oz),canned	1.00 cn
3047	Celery; chopped	0.50 c
3047	Water	0.50 c
3047	Salt	1.25 ts
3047	Pepper	0.25 ts
3047	Basil leaves	0.12 ts
3047	Marjoram leaves	0.12 ts
3047	Noodle; uncooked, fine	3.00 oz
3048	Beef-Tomato Freezer Mix	1.00 pk
3048	Water	0.25 c
3048	Sliced celery	1.00 c
3048	Catsup	1.00 tb
3048	Brown sugar	1.00 ts
3048	Worcestershire sauce	1.00 ts
3048	Hamburger buns,split/toasted	8.00
3049	Beef-Tomato Freezer Mix	1.00 pk
3049	Bacon;crisply fried, slices	5.00
3049	Rice; uncooked regular	1.00 c
3049	Water	2.50 c
3049	Chili powder	1.00 ts
3049	Oregano leaves	1.25 ts

Sheet1

3050	Beef-Mushroom Freezer Mix	1.00 pk
3050	Water	0.25 c
3050	Dairy sour cream	0.75 c
3050	Hot cooked noodle or rice	2.00 c
3051	MEAT FILLING -----	0.00 -----
3051	Beef-Tomato Freezer Mix	1.00 pk
3051	Chili powder	2.00 ts
3051	Cayenne red pepper	0.12 ts
3051	Red pepper sauce	1.00 ds
3051	Water	0.25 c
3051	SHELLS AND TOPPINGS -----	0.00 -----
3051	Taco shells	8.00
3051	Shredded Cheddar cheese	1.00 c
3051	Shredded lettuce	1.00 c
3051	Large tomato,chopped	1.00
3052	Loaf of French Bread, split	1.00
3052	lengthwise	0.00
3052	Ground beef	1.00 lb
3052	Taco seasoning	1.00 pk
3052	Tomatoes, slice	2.00
3052	Onions, slice	2.00
3052	American Cheese, halved	8.00 sl
3052	triangles	0.00
3052	Tomato sauce	1.00 cn
3053	Deer ham parts	0.00
3053	Adolph's Meat Tenderizer	0.00
3053	Coarsley grnd black pepper	0.00
3053	Squeezable soft margarine	0.00
3054	Beef fillet(500g)	1.00 lb
3054	Black pepper	0.50 ts
3054	Oil	3.00 tb
3054	Vinegar	2.00 tb
3054	Watercress (as required)	1.00
3054	Cloves garlic crushed	5.00
3054	Granulated sugar	1.50 ts
3054	Large onion	1.00
3054	Salad oil	2.00 tb
3055	Vermicelli	0.50 lb
3055	Hot Italian sausage,	12.00 oz
3055	Removed from casing	0.00
3055	Onions, sliced	2.00 md
3055	Garlic cloves, minced	2.00
3055	Red or green bell peppers,	2.00
3055	Seeded, cut in 1" cubes	0.00
3055	Chopped fresh basil, OR	0.25 c
3055	Chopped fresh parsley	0.25 c
3055	Dried basil	1.00 tb
3055	Black pepper	0.25 ts
3055	Plum tomatoes, chopped	4.00

Sheet1

3055	Marinara Sauce	1.33 c
3055	Olive oil	2.00 tb
3055	MARINARA SAUCE -----	0.00 -----
3055	Vegetable oil	1.00 tb
3055	Chopped onion	0.50 c
3055	Canned tomatoes, chopped	16.00 oz
3055	Dry red wine	2.00 tb
3055	Tomato paste	1.00 tb
3055	Salt	0.25 ts
3055	Dried basil	0.12 ts
3055	Pepper	0.12 ts
3055	Dash of dried oregano	0.00
3056	Beef, boneless & lean	2.25 lb
3056	Hardboiled eggs	4.00
3056	Canadian bacon	3.50 oz
3056	Salt to taste	0.00
3056	Mustard, spicy	2.00 tb
3056	Butter	1.75 oz
3056	Onion	1.00
3056	Carrot	1.00
3056	Flour	1.00 tb
3056	Sour cream	0.50 c
3057	Ground Beef; Lean	0.50 lb
3057	Ground Pork	0.25 lb
3057	Egg; Large	1.00
3057	Bread Crumbs; Soft	1.00 c
3057	Lemon Juice	1.00 tb
3057	Nutmeg	0.12 ts
3057	Salt	0.50 ts
3057	Pepper; To Taste	0.00
3057	Breast Of Veal; With Brisket	4.00 lb
3057	Shortening	3.00 tb
3057	Paprika	2.00 ts
3057	Bay Leaves	2.00
3057	Cloves; Whole	6.00
3057	Rosemary	0.50 ts
3057	Basil	0.50 ts
3057	Water	2.00 c
3058	Ground Beef; Lean	0.50 lb
3058	Ground Pork; Lean	0.50 lb
3058	Onion; Medium, Chopped	1.00
3058	Bread Crumbs	3.00 tb
3058	Water; Cold	3.00 tb
3058	Eggs; Large	2.00
3058	Salt	0.50 ts
3058	Paprika	1.00 ts
3058	Mustard; Prepared	1.00 ts
3058	Parsley; Chopped	2.00 tb
3058	Hard Cooked Eggs; Peeled	3.00



Sheet1

3058	Bacon; Strips	4.00
3058	Vegetable Oil	4.00 tb
3058	Beef Broth	1.00 c
3058	SAUCE -----	0.00 -----
3058	Water; Hot	0.25 c
3058	Cornstarch	1.00 ts
3058	Water	0.25 c
3058	Sour Cream	0.50 c
3059	Venison (trimmed weight)	1.00 lb
3059	Belly of pork (trimmed wt.)	0.50 lb
3059	Chicken livers	0.50 lb
3059	Orange	1.00 sm
3059	Lemon	1.00
3059	Garlic cloves	2.00
3059	Fresh thyme (more to taste)	1.50 ts
3059	Whole and ground bay leaves	0.00
3059	Red wine vinegar	1.00 tb
3059	Olive oil	1.00 tb
3059	Red wine	0.25 pt
3059	Gelatine powder	1.00 ts
3059	A few kumquats to decorate	0.00
3060	Whole cumin seeds	2.00 ts
3060	Hot, dried red chilies	2.00
3060	Black pepper corns	1.00 ts
3060	Cardamom seeds	1.00 ts
3060	In stick cinnamon	3.00
3060	Black mustard seeds	1.50 ts
3060	Fenugreek seeds	1.00 ts
3060	White wine vinegar	5.00 tb
3060	Salt	1.50 ts
3060	Brown sugar	1.00 ts
3060	Vegetable oil	5.00 tb
3060	Medium onions cut into rings	2.00
3060	Water	1.33 c
3060	Pork cut into 1" cubes	2.00 lb
3060	One in cube ginger chopped	1.00
3060	Cloves garlic peeled	8.00
3060	Ground coriander seeds	1.00 tb
3060	Turmeric	0.50 ts
3061	Boneless beef chuck	1.00 lb
3061	Boneless pork shoulder	1.00 lb
3061	Water	8.00 c
3061	Pinhead oatmeal	2.50 c
3061	Chopped large onion	1.00
3061	To 2 bay leaves optional	1.00
3061	Salt	2.00 ts
3061	Black pepper	0.25 ts
3062	Vegetable oil	0.50 c
3062	Chuck roast (4 to 6 lbs.)	5.00 lb

Sheet1

3062	Onion, chopped	1.00 lg
3062	Chopped green chiles (1 can)	7.00 oz
3062	Beer (1 can)	12.00 oz
3062	Salt	0.00
3062	Pepper	0.00
3062	Garlic salt	0.00
3063	Cubed stew beef	1.00 lb
3063	Suet	0.50 c
3063	Green tomatoes,cored	20.00
3063	Tart apples,peeled	18.00
3063	Raisins	1.50 lb
3063	Cinnamon	3.00 tb
3063	Any sweet fruit juice	0.75 c
3063	Minced citron	0.75 c
3063	Orange rind	6.00 tb
3063	Salt	3.00 ts
3063	Cloves	1.00 tb
3063	Allspice	1.50 ts
3063	Ginger	1.00 ts
3063	Beef stock	1.00 c
3063	Brandy,if desired	0.00
3064	MARINADE:	0.00
3064	Fruity olive oil	0.50 c
3064	Cloves garlic, minced	3.00
3064	Dry red wine	0.75 c
3064	Black pepper	1.00 ts
3064	STEAKS 6-8 oz each	0.00
3064	Strip buffalo steaks	4.00
3065	MARINATING SAUCE -----	0.00 -----
3065	Vegetable oil	1.00 c
3065	White vinegar	0.25 c
3065	Eggs	4.00
3065	Salt	1.00 tb
3065	Black pepper	0.50 ts
3065	Bell's seasoning	0.75 ts
3065	Parsley flakes	1.00 tb
3065	Oregano	0.25 ts
3065	Garlic Powder	0.25 ts
3065	FOILED POTATOES -----	0.00 -----
3065	Potatoes	5.00 md
3065	Stick of butter	0.25
3065	Parsley	0.50 ts
3065	Clove garlic, chopped	1.00
3065	Onion, halved and sl	1.00 sm
3065	Salt & Pepper to tas	0.00
3065	Veg. shortening	0.00
3066	Hot Chile Sauce; *	0.00
3066	Buffalo Or Beef; Ground	1.50 lb
3066	Onion; Finely Chopped, 1 Med	0.50 c

Sheet1

3066	Jalapeno Chiles; **	0.00
3066	Clove Garlic; Finely Choppe	1.00
3067	Red current jelly	1.00 c
3067	Poupon mustard	1.00 c
3067	Rack of lamb	1.00
3067	White wine	1.00 c
3067	Butter	0.50 c
3067	Shallots (minced)	0.50 c
3067	Rosemary (crushed)	2.00 tb
3068	Hot bulk pork sausage	1.00 lb
3068	Salt	0.12 ts
3068	Lean ground beef	1.50 lb
3068	Pepper	0.12 ts
3068	Regular grits	0.75 c
3068	Garlic powder	0.25 ts
3068	Jar pizza sauce	14.00 oz
3068	Shredded Cheddar cheese	10.00 oz
3068	Med. onion, chopped	1.00
3068	Green pepper, chopped	1.00 lg
3069	Stewing beef; cubed	0.00
3069	small amount	0.00
3069	Onions; chopped	0.00
3069	Leeks; chopped	0.00
3069	Salt & Pepper	0.00
3069	omit salt if using bouillon	0.00
3069	Oat groats; if you can't get	0.00
3069	at health food store, try	0.00
3069	pet store	0.00
3069	Stock; homemade, preferable	0.00
3070	Butter; melted	4.00 tb
3070	Tomatoes; peeled	1.00 lb
3070	Granulated sugar	1.00 ts
3070	Salt & freshly ground pepper	0.00
3070	Garlic cloves; crushed	3.00
3070	Dry white wine	0.25 c
3070	Bay leaf	1.00 sm
3070	Lean ground beef	1.00 lb
3070	Bread; crusts removed,	2.00 sl
3070	soaked in water, and	0.00
3070	squeezed dry	0.00
3070	Ground cumin	1.00 ts
3070	Egg; lightly beaten	1.00
3070	Parsley; minced	2.00 ts
3070	Salt; (or more to taste)	1.00 ts
3070	Freshly ground pepper	1.00 pn
3070	Oil for frying	0.00
3071	Plastic baking bag;-OR-	1.00 ea
3071	Sheep's stomach*,thoroughly	1.00 ea
3071	cleaned	0.00

## Sheet1

3071	OR-	0.00
3071	sausage casing	1.00 lg
3071	Sheep liver,heart,& lights	1.00 ea
3071	(lungs)	0.00
3071	Beef Suet	0.50 lb
3071	Onion, large;*	1.00
3071	Salt	1.00 tb
3071	Black pepper;freshly ground*	0.50 ts
3071	Cayenne	0.50 ts
3071	Allspice	0.50 ts
3071	Oatmeal; old fashioned, slow	1.00 lb
3071	cooking type	0.00
3071	Broth; in which liver, heart	1.00 c
3071	were cooked; up to 1 1/2c	0.00
3072	Liver ; 225 grams	0.50 lb
3072	Beef, minced; 225 grams	0.50 lb
3072	Onions	2.00 md
3072	Oatmeal, medium; 175 grams	6.00 oz
3072	Suet; shredded; 175 grams	6.00 oz
3072	Salt	1.00 ts
3072	Pepper	1.00 pn
3072	Nutmeg;grated	1.00 pn
3072	Water; 50 ml approx.	0.33 c
3072	in which liver had been	0.00
3072	boiled	0.00
3072	Cayenne pepper	1.00 pn
3073	Pork fat or salt pork	2.50 lb
3073	Pork liver; approx 3 lb	1.00 lb
3073	Rolled oats	1.50 c
3073	Salt	2.00 ts
3073	Pepper	0.50 ts
3074	Ham steaks	4.00 x
3074	Finely chopped onion	2.00 tb
3074	Brown sugar	1.00 tb
3074	Whiskey	1.00 tb
3074	Flour	1.00 oz
3074	Butter	1.00 oz
3074	Water or stock	0.75 c
3074	Salt or pepper to taste	0.00
3075	HAM (w/ bone) 3-5 lbs.	1.00
3075	A buncha potatoes	0.00
3075	A couple a handfuls of	0.00
3075	Cut green beans (canned is	0.00
3075	OK in a pinch)	0.00
3076	Lean Hamburger	1.00 lb
3076	Small Onion, Chopped	1.00
3076	Slice Bread, Cubed	1.00
3076	Catsup	2.00 tb
3076	Salt	0.50 ts

## Sheet1

3076	Prepared Mustard	1.50 ts
3076	Worcestershire Sauce	1.00 ts
3076	Prepared Horseradish	1.00 ts
3077	Ground Beef	1.00 lb
3077	Salt	0.50 ts
3077	Freshly CrackedBlackPepper;*	0.50 tb
3077	Brandy Or Cognac; Optional	1.00 tb
3077	Red Wine; Dry, Optional	3.00 tb
3078	Chicken breast (2 halves)	1.00
3078	ground	0.00
3078	Olive oil	4.00 ts
3078	Egg; slightly beaten	1.00
3078	Matza meal*	2.00 tb
3078	Chicken broth	8.00 c
3078	salt	0.00
3078	freshly ground black pepper	0.00
3078	Nutmeg	1.00 ds
3078	Lamb,breast of or rib chops	2.50 lb
3078	Garlic cloves; sliced	2.00
3078	Parsley, Italian sprigs	2.00
3078	coarsely chopped	0.00
3078	Warm water	1.00 c
3078	Spinach,cooked and slightly drained	2.00 lb 0.00
3078	Matzot;regular, broken into large pieces	4.00 0.00
3079	Rabbit, deboned	1.00 lb
3079	Water	1.00 x
3079	Salt & pepper	1.00 x
3079	Bay leaf	1.00 ea
3079	Sour cream	1.00 c
3079	Vinegar	1.00 x
3079	Onion, sliced	1.00 ea
3079	Cloves	1.00 ea
3079	Butter	1.00 x
3080	Butter	4.00 tb
3080	Pine Nuts	0.50 c
3080	Chopped Onion	0.50 c
3080	Ground Beef or Lamb	0.50 lb
3080	Salt	1.00 ts
3080	Pepper	0.50 ts
3080	Cinnamon	0.50 ts
3081	Lean Ground Beef	2.00 lb
3081	Onion; Chopped, 1 Lg	1.00 c
3081	Cracked Wheat; Uncooked	1.00 c
3081	Tomato; Fresh, Chopped, 2 Md	2.00 c
3081	Water	2.00 c
3081	Parsley; Snipped	3.00 tb
3081	Beef Bouillon; Instant	2.00 ts

Sheet1

3081	Salt	1.50 ts
3081	Oregano Leaves	0.50 ts
3081	Minced Garlic; Instant	0.25 ts
3081	Pepper	0.25 ts
3081	Parmesan Cheese; Grated	0.50 c
3082	Lean Ground Beef	1.50 lb
3082	Slices Rye Bread; Torn Up	3.00
3082	Beer Or Bouillon; Any Brand	1.00 c
3082	Egg; Lg	1.00
3082	Onion; Chopped, 1 Sm	0.25 c
3082	Salt	1.00 ts
3082	Caraway Seed; Optional	1.00 ts
3082	Celery Seed	0.50 ts
3082	Pepper	0.25 ts
3083	Hamburger	0.00
3083	Potatoes	0.00
3083	Onion	1.00
3083	Forzen peas	1.00 pk
3083	Diced carrots	1.00 c
3083	Celery stalks, cut up	2.00
3083	Cream of mushroom soup	1.00 cn
3084	Pork loin roast	1.00
3084	Cloves garlic, minced	6.00
3084	Salt & pepper, to taste	0.00
3084	Fresh rosemary, or more	4.00 tb
3084	Honey	0.50 c
3084	Dijon mustard	0.50 c
3084	Olive oil	0.25 c
3085	Honey	2.00 c
3085	Cider vinegar	0.33 c
3085	Ground cloves	2.00 ts
3085	Ham; boneless	5.00 lb
3085	Brown sugar; packed	2.00 c
3085	Ground cinnamon	2.00 ts
3086	Lean ground meat	1.50 lb
3086	Dry bread crumbs	0.33 c
3086	Eggs	2.00
3086	Chopped onion	0.50 c
3086	Basil leaves	1.00 ts
3086	Salt	0.50 ts
3086	Pepper	0.25 ts
3086	Dijon style mustard	3.00 tb
3086	Honey	3.00 tb
3086	Scallions, chopped	2.00 tb
3087	Crushed red chile	1.00 ts
3087	Cayenne powder	0.50 ts
3087	Pork, coarsely ground	2.00 lb
3087	Garlic cloves, minced	2.00
3087	Coarsely ground black pepper	1.00 ts

Sheet1

3087	Salt	1.00 ts
3087	Fennel seed	1.50 ts
3087	Italian seasoning	1.00 ts
3087	Dry red wine	3.00 oz
3087	Sugar	1.00 tb
3088	Coarse (kosher) salt	2.50 ts
3088	Whole black peppercorns	0.50 ts
3088	Dried hot red peppers	6.00
3088	(each about 1-1/2 inches	0.00
3088	Long), seeds removed, OR	0.00
3088	Crushed dried red pepper	2.00 ts
3088	Flakes	0.00
3088	Paprika	1.00 tb
3088	Dried thyme	0.50 ts
3088	Fennel seeds	1.00 ts
3088	Very finely minced garlic	0.50 ts
3088	Lean, trimmed pork, cut	1.75 lb
3088	Into 1-inch dice and	0.00
3088	Chilled	0.00
3088	Fresh pork fat, cut into	0.50 lb
3088	1/2-inch dice and chilled	0.00
3089	Lasagna noodles	1.00 lb
3089	Ricotta	1.00 lb
3089	Eggs, well beaten	2.00
3089	Mozzarella cheese sliced	0.50 lb
3089	Salt	1.00 ts
3089	White pepper	0.50 ts
3090	Beef; cooked; cut bite-size	3.00 c
3090	Onion; chopped	1.00 c
3090	Celery; thinly sliced	1.00 c
3090	Tomatoes; coarsely chopped	3.00
3090	Swiss cheese; shredded	1.50 c
3090	Milk	2.25 c
3090	Butter; melted	0.25 c
3090	Eggs	5.00
3090	Bisquick	1.25 c
3090	Garlic salt	0.50 ts
3091	Ground beef	1.00 lb
3091	Onions; chopped	1.50 c
3091	Salt	0.50 ts
3091	Pepper	0.25 ts
3091	Milk	1.50 c
3091	Eggs	3.00
3091	Bisquick	0.75 c
3091	Tomatoes; sliced	2.00
3091	Cheddar or Am. Cheese;shred	1.00 c
3092	Smoked ham, fully cooked, cu	2.00 c
3092	Swiss cheese,shredded	1.50 c
3092	Asparagus,frozen, cut up, th	1.00 pk

Sheet1

3092	Onions, green, sliced	2.00
3092	Milk	1.50 c
3092	Eggs	3.00
3092	Bisquick	0.75 c
3092	Salt	0.25 ts
3092	Pepper	0.12 ts
3093	English muffins	16.00
3093	Crushed red peppers	0.00
3093	Butter	0.00
3093	Garlic	0.00
3093	Large onions	2.00
3093	Salt and pepper	0.00
3093	Chuck	2.50 lb
3093	Parmesan cheese	0.00
3094	Coarse Ground Pork Butt	5.00 lb
3094	Salt	1.33 tb
3094	Ground Coriander	1.33 tb
3094	Coarse Ground Black	0.00 tb
3094	Cloves pressed garlic	5.00
3094	Paprika	2.00 tb
3094	Cold water	1.00 c
3095	Coarse Ground Pork Butt	5.00 lb
3095	Fennel seed	3.00 ts
3095	White Pepper	2.00 ts
3095	Sage Leaves	1.50 ts
3095	Cloves pressed garlic	5.00
3095	Salt	3.00 ts
3095	White wine	1.00 c
3096	Coarse ground Pork butt	5.00 lb
3096	Salt	2.00 tb
3096	Fennel Seed	1.50 ts
3096	Black Pepper	1.00 ts
3096	Sugar	2.00 ts
3096	Water	1.00 c
3097	Veal	3.00 lb
3097	Celery, chopped	2.00 ea
3097	Salt & pepper	1.00 x
3097	Water, cold	0.50 c
3097	Onion, chopped	1.00 ea
3097	Butter	1.00 tb
3097	Gelatin	1.00 tb
3098	Ground beef - lean	2.00 lb
3098	HP Fruity Sauce	0.25 c
3098	Saltine crackers - crushed	1.00 c
3098	Worcestershire sauce -	2.00 tb
3098	Lea & Perrins	0.00
3098	Ketchup	0.25 c
3098	Prepared mustard	2.00 tb
3098	Celery salt	1.00 ts



Sheet1

3098	Onion salt	1.00 ts
3098	Garlic salt	1.00 ts
3098	Eggs - large	2.00
3098	Onions - diced	1.00 c
3098	Green olives - sliced fine	0.50 c
3098	Tarragon leaves	1.00 ts
3098	Parmesan cheese - grated	0.25 c
3098	Monterey Jack cheese	2.00 c
3099	Finely ground lean lamb	750.00 g
3099	OR- finely ground lean beef	0.00
3099	Boiled rice	1.00 c
3099	Onion; finely chopped	1.00 md
3099	Crumbled beyaz peynir (feta cheese)	0.50 c 0.00
3099	Finely chopped parsley	0.25 c
3099	Finely chopped dill	1.00 ts
3099	Salt	0.00
3099	Freshly ground black pepper	0.00
3099	Eggs	2.00 lg
3099	Plain flour; for coating	0.00
3099	Oil; for shallow frying	0.00
3100	Veal; Sliced Thin	1.00 lb
3100	Salt	0.50 ts
3100	Pepper	0.25 ts
3100	Vegetable Oil	3.00 tb
3100	Apples; Med. Peel And Slice	4.00
3100	Evaporated Milk	0.50 c
3100	Yogurt; Small Container	8.00 oz
3101	Veal Cutlets; Sliced Thin	1.00 lb
3101	Salt	0.50 ts
3101	Pepper	0.25 ts
3101	Curry Powder	0.75 ts
3101	Vegetable Oil	3.00 tb
3101	Onions; Diced	2.00
3101	Evaporated Milk	2.00 tb
3101	Tomato Paste	2.00 tb
3101	Lemon; Juiced	1.00
3101	Parsley Sprigs; Chopped	10.00
3101	Cognac Or Brandy	2.00 tb
3102	HERB STUFFING -----	0.00 -----
3102	Bacon; Strips	3.00
3102	Onion; Medium	1.00
3102	Mushroom Pieces; (1 can)	4.00 oz
3102	Fresh Parsley; Chopped	0.25 c
3102	Dill; Fresh, Chopped	1.00 tb
3102	Tarragon Leaves; Dried	1.00 ts
3102	Basil Leaves; Dried	1.00 ts
3102	Ground Beef; Lean	0.50 lb
3102	Bread Crumbs; Dry	0.50 c

Sheet1

3102	Eggs; Large	3.00
3102	Sour Cream	0.33 c
3102	Salt	0.50 ts
3102	Pepper	0.25 ts
3102	VEAL -----	0.00 -----
3102	Boned Veal Breast; OR	3.00 lb
3102	Boned Leg Of Veal	4.00 lb
3102	Salt	0.50 ts
3102	Pepper	0.25 ts
3102	Vegetable Oil	1.00 tb
3102	Beef Broth; Hot	2.00 c
3102	Cornstarch	2.00 tb
3102	Sour Cream	0.50 c
3103	Veal Cutlets (4 @ 6oz each)	24.00 oz
3103	Lemon Juice	2.00 tb
3103	Salt	0.50 ts
3103	Pepper	0.12 ts
3103	Paprika	0.50 ts
3103	Vegetable Oil	1.00 tb
3103	Capers; Drained(1/2 Sm. Jar)	2.00 oz
3103	White Wine; Dry	0.25 c
3103	Bay Leaf	1.00
3103	Evaporated Milk	3.00 tb
3103	GARNISH -----	0.00 -----
3103	Pickled Beets; Sliced	0.00
3103	Lettuce Leaves	4.00
3104	Pork loin, smoked	1.00 x
3104	Sauerkraut	1.00 x
3104	Water	1.00 x
3105	NUT STUFFING -----	0.00 -----
3105	Coarsely ground lamb	0.50 c
3105	Pine nuts	0.33 c
3105	Salt	0.12 ts
3105	Pepper	0.00
3105	Butter or margarine	1.00 tb
3105	LAMB -----	0.00 -----
3105	Bulgur	0.33 c
3105	Ground lean lamb	1.00 lb
3105	Minced onion	0.25 c
3105	Ground oregano	0.12 ts
3105	Salt	1.50 ts
3105	Pepper	0.00
3105	Butter or margarine	2.00 tb
3106	STUFFING -----	0.00 -----
3106	Olive oil	2.00 tb
3106	Coarsely ground lamb	1.00 lb
3106	Pine nuts	2.00 tb
3106	Onion; finely chopped	1.00 lg
3106	Salt to taste	0.00

Sheet1

3106	Ground allspice; to taste	0.00
3106	KIBBEE -----	0.00 -----
3106	Fine bulgur	1.50 c
3106	Ground lamb; finely ground	2.00 lb
3106	Cold water	0.25 c
3106	Medium onion; grated	2.00
3106	Salt	2.00 ts
3106	Ground allspice	0.50 ts
3106	Nutmeg; grated, pinch	1.00 pn
3106	Cayenne pepper (optional)	1.00 pn
3106	Butter; room temperature	3.00 tb
3107	Cracked Wheat	2.00 c
3107	Ground Lamb or Beef	2.00 lb
3107	Onions	2.00 lg
3107	Salt	2.00 ts
3107	Black Pepper	1.00 ts
3107	Ground Cinnamon	1.00 ts
3108	Veal Cutlets; Lean *	4.00
3108	Vegetable Oil	1.00 tb
3108	Salt	0.50 ts
3108	Pepper; White	0.12 ts
3108	Red Wine	0.25 c
3108	Evaporated Milk	2.00 tb
3108	Cherries; Tart, Canned, Drain	16.00 oz
3108	GARNISH -----	0.00 -----
3108	Parsley	0.00
3109	Lamb sweetbreads	250.00 g
3109	Water	0.00
3109	Lemons	1.50
3109	Lamb hearts	500.00 g
3109	Lamb kidneys	2.00
3109	MARINADE -----	0.00 -----
3109	Onion; grated	1.00 sm
3109	Lemons (juice only)	2.00
3109	Olive oil	0.50 c
3109	Bay leaves; each in 3 pieces	3.00
3109	Dried rigani or oregano	1.00 ts
3109	Chopped parsley	2.00 tb
3109	Salt	1.00 ts
3109	Freshly ground black pepper	0.00
3109	TO FINISH -----	0.00 -----
3109	Sausage casings	0.00
3110	Pork; tenderloin, slices	12.00 ts
3110	Marinade:	0.00
3110	Soy sauce,	0.50 c
3110	Water,	0.25 c
3110	Sugar,	3.00 tb
3110	Green onion;-- scallions, c	2.00
3110	Garlic; crushed	2.00 c

Sheet1

3110	Ginger; chopped,	2.00 pn
3110	Salt & pepper.	0.00
3111	Sauerkraut	1.00 qt
3111	Pork chop	8.00 ea
3112	NOODLE DOUGH -----	0.00 -----
3112	Salt	0.50 ts
3112	Eggs; slightly beaten	2.00
3112	Flour; unsifted (scant)	2.00 c
3112	CHICKEN FILLING -----	0.00 -----
3112	Cooked chicken; minced	2.00 c
3112	Onion; minced	1.00 tb
3112	Egg	1.00
3112	Salt and pepper; to taste	0.00
3112	CHICKEN LIVER FILLING -----	0.00 -----
3112	Broiled chicken livers	2.00 c
3112	Eggs; hard boiled	2.00
3112	Onion; small minced	1.00
3112	Salt and pepper	0.00
3112	Scmaltz; chicken fat	1.00 tb
3112	MEAT FILLING -----	0.00 -----
3112	MEAT; Cooked and ground*	2.00 c
3112	Egg	1.00
3112	Onion; minced	1.00 tb
3112	Salt and pepper	0.00
3112	CHEESE FILLING -----	0.00 -----
3112	Cottage cheese; farmers, dry	2.00 c
3112	Bread crumbs; fine soft	3.00 tb
3112	Egg	1.00
3112	Onion; minced	2.00 tb
3112	Salt and pepper	0.00
3113	Pork Tenderloin; chunked	1.00 lb
3113	RO*TEL Tomato w/Green Chili	10.00 oz
3113	Refried Beans	16.00 oz
3113	Picante Sauce	0.00
3113	Flour Tortillas	6.00
3113	Cheese; shredded	0.00
3113	Lettuce; shredded	0.00
3113	Tomato; sliced	0.00
3113	Avocado; sliced	0.00
3113	Sour Cream	0.00
3114	Onions, peeled & sliced	2.00 lg
3114	Lean lamb, leg or shoulder	1.00 kg
3114	cut into 4cm cubes.	0.00
3114	Pears, peeled cored & cut	4.00
3114	into 4cm chunks	0.00
3114	Sultanas	0.50 c
3114	Silvered almonds	0.50 c
3114	Olive oil	1.00 tb
3114	Cumin	1.00 ts

Sheet1

3114	Ground coriander	1.00 ts
3114	Ground ginger	1.00 ts
3114	Cinnamon	1.00 ts
3114	Black pepper	1.00 ts
3114	Water, to cover the meat	0.00
3114	Salt, to tast	0.00
3115	Boneless Lamb	4.00 oz
3115	Water	0.33 c
3115	Oyster Sauce *	1.00 tb
3115	Cornstarch	1.50 ts
3115	Grated Gingerroot	1.00 ts
3115	Instant Chicken Bouillon	0.50 ts
3115	Bok Choy, Cut In 1" Pieces	1.50 c
3115	Sliced Fresh Mushrooms	0.50 c
3115	Water	2.00 tb
3115	Cooking Oil	1.00 tb
3115	Pine Nuts, Toasted	0.25 c
3115	Hot Cooked Rice (Opt.)	0.00
3116	Boneless lamb stew meat	3.00 lb
3116	Olive oil	6.00 tb
3116	Diced onions	1.00 c
3116	Carrot, peeled and sliced	1.00
3116	Minced garlic	1.00 tb
3116	(28 oz) crushed tomatoes,	1.00 cn
3116	Thyme	0.50 ts
3116	Rosemary	0.50 ts
3116	Salt	1.00 ts
3116	Pepper	0.25 ts
3116	Minced parsley	2.00 tb
3116	Dry red wine	1.00 c
3116	Beef stock	2.00 c
3116	Cooked Great Northern beans	3.00 c
3117	Leg of lamb *	1.00
3117	Feta or Kasseri (or more)	2.00 oz
3117	Thyme	1.00 ts
3117	Spearmint flakes	1.00 ts
3117	Oregano	1.00 ts
3117	Garlic cloves	2.00
3117	Lemons, juice only	2.00
3117	Salt	1.00 tb
3117	Pepper to taste	0.00
3118	Green onions	6.00
3118	2-inch piece fresh ginger	1.00
3118	root, finely chopped	0.00
3118	1 or 2 chili peppers,	0.00
3118	crushed	0.00
3118	Soy sauce	0.50 c
3118	Honey	6.00 tb
3118	Sesame oil	4.00 tb

Sheet1

3118	Toasted sesame seeds	0.25 c
3118	Cloves garlic, minced	3.00
3118	Leg of lamb	1.00
3119	Canned lima beans,drained	2.00 c
3119	Salt	2.00 ts
3119	Olive oil	0.25 c
3119	Cubed,lamb stew meat	1.75 lb
3119	Freshly ground pepper	1.00 ts
3119	Bay leaves	3.00
3119	Ground coriander	1.00 ts
3119	Dried savory	2.00 ts
3119	Milk	1.00 c
3119	Medium onions	2.00
3119	Tomatoes	2.00
3119	Salt and frsh pepper to tast	1.00
3120	Butter	0.25 c
3120	Garlic Powder	0.00
3120	Mushrooms sliced	10.00
3120	Salt and pepper	0.00
3120	Green onions sliced	3.00
3120	Dry red wine	1.00 c
3120	Lamb chops	4.00
3120	Rosemary	0.50 ts
3121	Lamb chops	18.00
3121	Gorgonzola *	8.00 oz
3121	SAUCE -----	0.00 -----
3121	White wine	8.00 oz
3121	Heavy cream	6.00 oz
3121	Butter; room temp.	8.00 oz
3121	Salt & pepper; to taste	0.00
3121	Olive oil	0.50 c
3122	Bulgar wheat, fine ground	0.75 c
3122	Boiling water	2.00 c
3122	Lamb stew meat, ground fine	2.00 lb
3122	Finely chopped yellow onion	0.50 c
3122	Pine nuts	0.50 c
3122	Olive oil	3.00 tb
3122	Eggs, beaten	2.00
3122	Ground coriander	1.00 ts
3122	Ground cumin	2.00 ts
3122	Lemon juice	3.00 tb
3122	Ground fresh dill	2.00 tb
3122	Chopped fresh mint	1.00 tb
3122	Salt	0.50 ts
3122	Ground pepper to taste	0.00
3123	Ground raw lamb	1.00 lb
3123	Large egg	1.00
3123	Bread crumbs	2.00 tb
3123	Salt	1.25 ts

Sheet1

3123	Rosemary	1.00 ts
3123	Hot pepper sauce	1.00 ds
3123	Olive oil	1.00 tb
3123	Med onion cut in rings	1.00
3123	Cloves crushed garlic	2.00 lg
3123	Zucchini cut in 1/4"	8.00 oz
3123	Slices	0.00
3123	Canned tomatoes	14.50 oz
3123	Can sm whole potatoes	16.00 oz
3123	Drained	0.00
3124	Boneless lamb shoulder	3.00 lb
3124	Small onion,chopped	1.00
3124	Garlic cloves,presse, minced	2.00
3124	Ground ginger	1.50 ts
3124	Ground turmeric	0.50 ts
3124	Powdered saffron (opt)	1.00 ts
3124	Vinegar	3.00 tb
3124	Artichokes,small,wide	12.00
3124	Moroccan preserved lemons	12.00
3124	Calamata olives	0.50 c
3124	Lemon juice (opt)	2.00 tb
3125	Unsalted cashews	0.25 c
3125	Dried hot red chilies	3.00
3125	In piece of stick cinnamon	2.00
3125	1 in cube fresh ginger	1.00
3125	Cardamom seeds	0.25 ts
3125	Whole cloves	3.00
3125	Large garlic cloves peeled	2.00
3125	Poppy seed (white)	2.00 tb
3125	Coriander seeds	1.00 tb
3125	Cumin seeds	1.00 ts
3125	Saffron threads	0.50 ts
3125	Ghee (or melted butter)	6.00 tb
3125	Chopped onion	1.00 c
3125	Salt	2.00 ts
3125	Unflavored yoghurt	0.50 c
3125	Lamb cut into 2" cubes	1.50 lb
3125	Finely chopped coriander	2.00 tb
3125	Lemon juice	1.00 tb
3125	Boiling water	0.25 c
3125	Cold water	1.00 c
3126	Onions;large	4.00 ea
3126	Garlic cloves;peeled	7.00 ea
3126	Ginger; piece, 1 inch long	1.00 ea
3126	coarsely chopped	0.00
3126	Water	1.50 c
3126	Vegetable oil	0.67 c
3126	Cinnamon stick;1 inch	1.00 ea
3126	Cardamom pods	10.00 ea

## Sheet1

3126	Cloves, whole	10.00 ea
3126	Lamb shoulder;boneless	2.50 lb
3126	trimmed of fat,	0.00
3126	cut in 1 inch pieces	0.00
3126	Coriander, ground	1.00 tb
3126	Cumin, ground	2.00 ts
3126	Yogurt, plain;beaten lightly	6.00 tb
3126	Cayenne pepper	0.50 ts
3126	Salt	1.00 ts
3126	Garam marsala	0.50 ts
3127	Boneless lamb shoulder	3.00 lb
3127	Olive oil for pan browning	3.00 tb
3127	Canned / fresh chicken broth	6.00 c
3127	Olive oil	0.50 c
3127	Orzo paste	2.00 c
3127	Peeled/chopped yellow onion	1.50 c
3127	Ripe tomatoes, chopped	2.00 lg
3127	Dried dillweed	2.00 ts
3127	Chopped parsley	0.25 c
3127	Juice of lemon	0.00
3128	Vegetable oil	8.00 tb
3128	Black peppercorns	0.25 ts
3128	Whole cloves	6.00
3128	Bay leaves	2.00
3128	Cardamom pods	6.00
3128	Medium onions finely chopped	2.00
3128	Garlic cloves chopped	6.00
3128	Inch cube of ginger chopped	1.00
3128	Cubed lamb	2.00 lb
3128	Ground cumin seeds	2.00 ts
3128	Coriander seeds	1.00 ts
3128	Cayenne pepper	0.25 ts
3128	Salt	2.00 ts
3128	Plain yogurt well beaten	5.00 tb
3128	Fresh spinach chopped	2.00 lb
3128	Garam masala	0.25 ts
3129	Bulk Italian Sausage	0.50 lb
3129	Chopped Onion	0.25 c
3129	Large Beaten Egg	1.00
3129	Cream-style Cottage Cheese	0.50 c
3129	Grated Parmesan Cheese	2.00 tb
3129	Lasagna Noodles, Cooked	4.00
3129	(1 can) Pizza Sauce	8.00 oz
3129	Water or Dry Red Wine	1.00 tb
3129	Shredded Mozzarella Cheese	0.25 c
3130	Leg of lamb; butterflied	5.00 lb
3130	Olive oil	0.00
3130	Dried Rosemary	3.00 tb
3130	Grated rind of 1 lemon	1.00



Sheet1

3131	Boneless center-cut leg of	3.00 lb
3131	Lamb	0.00
3131	Finely shredded lemon peel	0.50 ts
3131	Lemon juice	1.00 tb
3131	Dried rosemary	0.50 ts
3131	Dried crushed thyme	0.25 ts
3131	Pepper	0.25 ts
3131	Plain yogurt	3.00 c
3131	Cornstarch	1.00 tb
3131	Beef boullion granules	0.75 ts
3132	PHILLY.INQUIRER -----	0.00 -----
3132	PORK; lean, boneless or	8.00 oz
3132	GROUND TURKEY	0.00
3132	WATER	1.00 c
3132	CHILI POWDER	2.00 ts
3132	TOMATOES; CUT UP	16.00 oz
3132	SUGAR	1.00 ts
3132	CELERY; STALKS, SLICED	3.00
3132	GARLIC POWDER	0.25 ts
3132	ONION; CHOPPED	1.00 md
3132	CUMIN; GROUND	0.25 ts
3132	LENTILS	1.00 c
3132	SPICY TOMATO JUICE	0.75 c
3133	Env. Soup Mix; *	1.00
3133	Beef; Ground	2.00 lb
3134	Calf Or Beef Liver *	0.50 lb
3134	Med. Onions, Sliced	2.00
3134	Vegetable Oil	2.00 tb
3134	Pepper	0.25 ts
3134	Ground Sage	0.25 ts
3134	Soy Sauce (ImportedIf Avail)	2.00 ts
3134	Lemon Juice	1.00 tb
3134	Chopped Parsley	0.00
3135	Liver, ground	1.00 lb
3135	Sm Onion, finely chopped	1.00 ea
3135	Egg, well beaten	1.00 ea
3135	Bacon, sliced	1.00 x
3135	Flour	1.00 tb
3135	Salt & pepper	1.00 x
3136	Liver	1.50 lb
3136	Butter	1.00 tb
3136	Other shortening	1.00 tb
3136	Egg, well beaten	2.00
3136	Salt & pepper	0.00
3136	Onion, diced	1.00
3136	Bread crumbs	2.00 qt
3136	Flour	0.50 c
3137	Salt	0.00
3137	Ground red cayenne pepper	0.00

Sheet1

3137	Slices liver 1/2 - 3/4"thick	4.00
3137	Oleo (margarine)	0.00
3137	Shallots, chopped	1.00 c
3137	Dry white wine	1.00 c
3137	Creole or poupon mustard	1.00 tb
3138	Liver, beef or calves	4.00 sl
3138	Flour	1.00 c
3138	Water, hot	2.50 c
3138	Onions	2.00
3138	Apples	2.00
3138	Oil	0.25 c
3138	Butter	0.25 c
3138	Salt	0.00
3138	Pepper	0.00
3138	Paprika hot	0.00
3138	Hotsauce	1.00 ds
3139	Liver (beef)	2.00 lb
3139	Flour	2.00 c
3139	Salt to taste	0.00
3139	Pepper	1.00 ts
3139	Milk	2.00 c
3139	Bacon	0.50 lb
3139	Onions	2.00 lg
3139	Canola oil	2.00 tb
3139	Corn flour	2.00 tb
3139	Basil	1.00 pn
3139	Thyme	1.00 pn
3140	Meat loaf mix (Ground Beef, Pork, & Veal)	2.00 lb 0.00
3140	Onion soup mix	1.00 pk
3140	Italian bread crumbs	1.50 c
3140	Eggs	2.00
3140	Water	0.75 c
3140	Salt	1.00 ts
3140	Garlic powder	1.00 ts
3140	Pepper	0.50 ts
3140	Ketchup (optional)	0.00
3141	Onions, chopped very fine	0.25 c
3141	Celery, chopped very fine	0.25 c
3141	Bell peppers, chopped fine	0.25 c
3141	Unsalted butter	2.00 tb
3141	Salt	1.00 ts
3141	White pepper	1.00 ts
3141	Black pepper	0.75 ts
3141	Minced garlic	0.75 ts
3141	Dry mustard	0.50 ts
3141	Ground cayenne	0.50 ts
3141	Boneless sirloin roast	4.00 lb
3142	Pigs' hearts	2.00 lb

Sheet1

3142	Onion	1.00 sm
3142	Fresh breadcrumbs	4.00 oz
3142	Bay leaves	0.00
3142	Parsley	0.00
3142	Lemons (zest only)	2.00
3142	Egg; beaten with milk	1.00
3142	Milk; to beat with egg	2.00 tb
3142	Wine vinegar	2.00 ts
3142	French mustard	0.00
3142	Canned tomatoes	15.00 oz
3142	A little stock	0.00
3142	Butter	2.00 oz
3142	Well-seasoned flour	1.00 oz
3142	Few spoonfuls yoghurt (opt.)	0.00
3143	(7-oz) or 1/2 lb package	1.00
3143	elbow macaroni/spaghetti	0.00
3143	uncooked	0.00
3143	Milk	0.50 c
3143	Beaten egg	1.00
3143	Salt	0.50 ts
3143	(14-oz) jar past sauce any	1.00
3143	flavor	0.00
3143	Shredded mozzarella cheese	2.00 c
3143	TOPPING: MEAT -----	0.00 -----
3143	Ground beef small uncooked	0.50 lb
3143	bits	0.00
3143	Sliced pepperoni	3.00 oz
3143	Sliced smoked sausage	0.50 lb
3143	Bacon cooked drained	10.00 sl
3143	and crumbled	0.00
3143	TOPPING: VEGETALE -----	0.00 -----
3143	(4-oz) container sliced	1.00
3143	mushroom or 1 c sliced	0.00
3143	fresh mushroom	0.00
3143	Small tomato seeded and	1.00
3143	chopped	0.00
3143	Small grenn bell pepper	1.00
3143	chopped	0.00
3143	Small onion chopped or thin	1.00
3143	sliced	0.00
3144	Pork; (ribs, chops or other)	4.00 lb
3144	Salt	2.00 ts
3144	Garlic cloves; crushed	3.00
3144	Whole leaf oregano	2.00 ts
3144	Blended red chili sauce	1.00 qt
3145	(1 inch) pork chops	4.00
3145	Peppercorns	0.00
3145	Olive oil	0.50 c
3145	Wine vinegar	0.50 c

## Sheet1

3145	Cloves garlic, minced	3.00
3145	Bay leaf, crushed	1.00
3145	Salt and pepper, to taste	0.00
3145	Dry mustard	0.25 ts
3146	Gin	3.00 tb
3146	Vegetable oil	2.00 tb
3146	Dry Vermouth	1.00 tb
3146	Garlic cloves crushed	2.00
3146	Dried basil	0.50 ts
3146	Dried Marjoram	0.50 ts
3146	Salt	0.25 ts
3146	5 oz Rib Eye/Sirloin Steaks	2.00
3146	Pimento stuffed olives	6.00
3146	Dash of Angostura Bitters	0.00
3147	Cubed smoked ham	1.00 lb
3147	Very hot New Orleans-style sausage, cut into 1/2" pieces (see note)	0.50 lb 0.00
3147	Smoked sausage cut into 1/2" pieces	0.50 lb 0.00
3147	Chopped onions	1.00 c
3147	Uncooked white rice	3.00 c
3147	Chopped green pepper	0.50 c
3147	Chopped scallions	0.25 c
3147	Boiling water	4.00 c
3147	Chopped parsley	1.00 tb
3147	Chopped garlic	1.00 ts
3147	Salt	1.00 ts
3147	Ground thyme	1.00 ts
3147	Paprika	0.50 ts
3147	Bay leaf	1.00
3147	Medium shrimp, peeled and deveined	1.00 lb 0.00
3148	Lean Ground Beef	1.50 lb
3148	Bread Slices; *	3.00
3148	Egg; Lg	1.00
3148	Milk	1.00 c
3148	Onion; Chopped, 1 Sm	0.25 c
3148	Worcestershire Sauce	1.00 tb
3148	Salt	1.00 ts
3148	Mustard, Dry	0.50 ts
3148	Pepper	0.25 ts
3148	Sage	0.25 ts
3148	Garlic Powder	0.12 ts
3148	Sauce **	0.50 c
3148	Mashed Potatoes; Instant, *	0.00
3148	Cheddar Cheese; Shredded	0.50 c
3149	Recipe Of Basic Meatballs; *	1.00 x
3149	Cream of Celery Soup; **	10.50 oz

Sheet1

3149	Dairy Sour Cream	0.25 c
3149	Vegetables; ***	16.00 oz
3149	Potatoes;Drained&Sliced, 1Cn	15.00 oz
3149	Egg Or Parsley Dumplings	1.00 x
3149	-----EGG	0.00
3149	DUMPLINGS-----	0.00
3149	Biscuit Baking Mix; Bisquick	2.00 c
3149	Eggs; Lg.	2.00 ea
3149	Milk	2.00 tb
3149	----PARSLEY	0.00
3149	DUMPLINGS-----	0.00
3149	Biscuit Baking Mix; Bisquick	2.00 c
3149	Parsley Flakes	2.00 tb
3149	Milk	0.67 c
3150	Pork tenderloin; in 2-oz.por	3.00 lb
3150	Corn oil	1.00 tb
3150	Chicken stock	3.00 c
3150	Tomato paste; rounded	1.00 tb
3150	Butter; clarified	2.00 oz
3150	White wine	2.00 c
3150	Butter; room temp	2.00 tb
3151	Pork Crown Roast	7.00 lb
3151	Salt	0.50 ts
3151	Pepper	0.25 ts
3152	THE LAMB -----	0.00 -----
3152	Lamb; leg of	4.00 lb
3152	Carrot	1.00
3152	Onion; med.	1.00
3152	Tomatoes	2.00
3152	Celery; rib	1.00
3152	Parsley; small bunch	1.00
3152	Paprika	1.00 tb
3152	Salt	1.00 tb
3152	Black Pepper	1.00 tb
3152	Chopped Carlic	2.00 tb
3152	Water	1.00 qt
3152	SAUCE -----	0.00 -----
3152	Water	1.00 qt
3152	Tomato paste	1.00 tb
3153	Ground chuck	1.50 lb
3153	Cottage cheese	1.00 c
3153	Sm. Onion, chopped	1.00
3153	Green chiles (sm. can)	1.00 cn
3153	Tomato sauce (8 oz. ea.)	3.00 cn
3153	Slice black olives (sm. can)	1.00 cn
3153	Salt	1.00 ts
3153	Tortilla chips (10 oz.)	1.00 pk
3153	crushed	0.00
3153	Sout cream	1.00 c

Sheet1

3153	Cheddar cheese, grated	0.50 lb
3153	Garlic powder	0.25 ts
3154	NEVER -----	0.00 -----
3154	All-purpose flour	6.00 c
3154	Baking powder	1.50 ts
3154	Salt	1.50 ts
3154	Sugar	1.50 ts
3154	Solid vegetable shortening	2.75 c
3154	Egg	2.00
3154	Cider vinegar	1.50 ts
3154	Cold water	0.75 c
3154	FILLING -----	0.00 -----
3154	Boneless beef sirloin *	1.00 lb
3154	Boneless pork butt **	1.00 lb
3154	Ground suet	0.33 c
3154	Medium carrots;finely minced	2.00
3154	Potatoes; cut 1/4 inch cubes	2.00
3154	Medium onion; finely chopped	1.00
3154	Salt	1.00 ts
3154	Dried thyme	1.00 ts
3154	Black pepper; fresh ground	0.25 ts
3154	Hot red pepper sauce	0.25 ts
3154	ADD LATER -----	0.00 -----
3154	Hot water	0.50 c
3154	Margarine; melted	0.50 c
3154	Chili sauce; optional	0.00
3155	Beef chuck pot roast, cut	3.00 lb
3155	2 inches thick	0.00
3155	Worcestershire Sauce	1.00 tb
3155	Instant beef bouillon-	1.00 ts
3155	granules	0.00
3155	Sugar	0.50 ts
3155	Dried oregano, crushed	0.50 ts
3155	Garlic clove, minced	1.00
3155	Potatoes, peeled and cut-	3.00 md
3155	into 1-inch cubes	0.00
3155	Carrots, cut into julienne-	3.00 md
3155	strips	0.00
3155	Celery stalks, cut into 2-	3.00
3155	inch pieces	0.00
3155	Onions, quartered	2.00 md
3155	Can of Tomato Sauce	8.00 oz
3155	Flour	0.25 c
3155	Can of Mushrooms, drained	4.00 oz
3156	Dried Chopped Onion	0.25 c
3156	Ground beef	1.50 lb
3156	Bread crumbs	0.75 c
3156	Parsley sprigs	0.25 c
3156	Pepper	0.50 ts

Sheet1

3156	Tomato sauce; 8 oz.	1.00 cn
3156	Egg	1.00
3156	Carrot	1.00
3156	A1 Sauce	3.00 tb
3156	Dried Oregano	0.50 ts
3156	TOPPING -----	0.00 -----
3156	Tomato paste (3 oz)	0.50 cn
3157	Ground beef	1.50 qt
3157	Apples, chopped	4.50 qt
3157	Water	1.00 qt
3157	Raisins	1.50 lb
3157	Maple syrup	1.50 qt
3157	Cinnamon	10.00 ts
3157	Pepper	2.00 ts
3157	Salt	2.00 ts
3157	Cloves	9.00
3157	Ts nutmeg	4.00
3158	Cooked salami ground up	16.00 oz
3158	Cheddar cheese shredded	2.00 oz
3158	Bottle chili sauce	10.00 oz
3158	English muffins	1.00 pk
3160	Onion;chopped	1.00
3160	Celery;chopped	0.50 c
3160	Mushroom;chopped	0.50 c
3160	Butter	1.00 tb
3160	Dry bread crumbs	0.75 c
3160	Savory,dried	0.50 ts
3160	Thyme,dried	0.25 ts
3160	salt & pepper	0.00
3160	Round steak	1.00 lb
3160	Vegetable oil	1.00 tb
3160	Beef stock	0.75 c
3161	Ground beef	2.00 lb
3161	Egg	2.00
3161	Salt	2.00 ts
3161	Mustard seed	1.00 tb
3161	Celery seed; whole	1.00 ts
3161	Pepper	0.50 ts
3161	Catsup	3.00 tb
3161	Garlic cloves; sliced	2.00
3161	Onion; Med./small dice	0.50
3161	Boiling water	0.00
3161	Flour; for dredging	0.00
3161	Fat; for cooking	0.00
3161	FOR SAUCE -----	0.00 -----
3161	Water	1.00 qt
3161	Catsup	1.00 c
3161	Flour	1.00 tb
3161	Cornstarch	4.00 tb

Sheet1

3161	Vinegar	1.00 tb
3161	Sugar	1.00 tb
3161	Salt	1.00 ts
3161	Pepper; to taste	0.00
3161	Water; to make thin cream	0.00
3162	Thinly sliced pork tenderloin	1.00 c
3162	Clove garlic-smashed and cho	1.00
3162	Small white onion-sliced	1.00
3162	Bell pepper-center removed a	1.00
3162	Chunky pineapple	0.50 c
3162	Cucumber sliced bite sized	1.00
3162	Tomato sliced bite sized	1.00
3162	Soy sauce	0.50 ts
3162	Green onion-cut into 1"piece	1.00
3162	Sugar	1.00 ts
3162	Fish sauce	0.50 ts
3162	White vinegar	0.50 ts
3162	MSG-OPTIONAL	0.12 ts
3162	Cornstarch-dissolved in 1/4 c	0.50 ts
3162	Vegetable oil	0.00
3163	Sirloin lamb chops 1" thick	4.00
3163	Stone ground mustard	3.00 tb
3163	Red wine	1.00 c
3163	Salt	1.00 ts
3163	Pepper	0.25 ts
3164	Sirloin lamb chops 1" thick	4.00
3164	Salt	1.00 ts
3164	Stone ground mustard	3.00 tb
3164	Pepper	0.25 ts
3164	Red wine	1.00 c
3165	Ground chuck	1.50 lb
3165	Onion, chopped	1.00 md
3165	Bread crumbs, or as needed	0.50 c
3165	Ketsup	0.25 c
3165	Egg	1.00
3165	Steak seasoning salt	1.00 t
3165	Garlic powder	1.00 t
3165	Medium head cabbage	1.00
3165	Bacon	0.50 lb
3165	Tomato sauce	16.00 oz
3165	Oregano	0.50 t
3165	Onion flakes	0.50 t
3165	Salt as needed	0.00
3165	Pats butter	3.00
3166	Unsweet. pomegranate juice	1.00 c
3166	Dry red wine	0.50 c
3166	Onions	2.00 lg
3166	Lemon; unpeeled, chopped	1.00
3166	Garlic cloves	3.00



Sheet1

3166	Black pepper	1.00 ts
3166	Chopped fresh basil leaves	1.00 tb
3166	Salt	1.00 ts
3166	(5- to 6-lb) leg of lamb	1.00
3166	butterflied	0.00
3167	Pork shoulder, trimmed	3.00 lb
3167	of fat	0.00
3167	Stewed tomatos	2.00 c
3167	Bacon grease	3.00 tb
3167	6oz. can tomato paste	1.00
3167	Flour	0.33 c
3167	Water	3.00 c
3167	Medium onions chopped	3.00
3167	Salt	2.50 ts
3167	6 cloves of garlic, minced	4.00
3167	Dried, ground Mexican	0.50 ts
3167	oregano	0.00
3167	16 oz. cans of whole green	2.00
3167	chiles	0.00
3168	Pickled ox tongue (4-5 lbs.)	1.00
3168	Onions	2.00
3168	Carrots	2.00
3168	Celery stalks	2.00
3168	Bay leaves	0.00
3168	Parsley	0.00
3168	Rosemary	0.00
3168	Black peppercorns	12.00
3168	ALSO, IF SERVING TONGUE COLD -----	0.00 -----
3168	A little Madeira	0.00
3168	Gelatine powder	0.00
3169	Lamb kidneys	18.00
3169	Flour	0.50 c
3169	Salt	0.00
3169	Pepper, freshly ground	0.00
3169	Butter	6.00 tb
3169	Shallots, minced	2.00
3169	Mushrooms, minced	0.50 lb
3169	Dry red wine	2.00 c
3169	Bay leaf	0.50
3169	Minced watercress	1.00 tb
3169	Minced celery	1.00 tb
3169	Thyme	0.25 ts
3170	Cooking oil	1.00 tb
3170	Boneless lean lamb	2.00 lb
3170	Onion, Chopped	1.00
3170	All-purpose flour	0.25 c
3170	Chicken broth	5.00 c
3170	Carrots, sliced	2.00
3170	Leeks, cut into 2 inch	2.00

## Sheet1

3170	Pieces	0.00
3170	Minced fresh parsley,	2.00 tb
3170	Divided	0.00
3170	Bay leaf	1.00
3170	Dried rosemary	0.50 ts
3170	Dried thyme	0.25 ts
3170	Salt	0.50 ts
3170	Pepper	0.25 ts
3170	Potatoes, peeled and sliced	3.00
3170	Butter or margarine	0.25 c
3171	Water	0.50 c
3171	Med onion; sliced or chopped	1.00
3171	Ketchup	0.33 c
3171	Cider vinegar	4.00 tb
3171	Coleman's dry mustard	1.00 ts
3171	Paprika	1.00 ts
3171	Freshly ground pepper	0.00
3171	Foot long hot dogs	6.00
3172	LAMB SHANKS	2.00
3172	TOMATO SAUCE	8.00 oz
3172	LARGE YELLOW ONION,CHOPPED	0.50
3172	PARSLEY,CHOPPED FINE	0.33 c
3172	OREGANO,FINE GROUND	0.50 tb
3172	SALT TO TASTE	1.00
3172	PEPPER TO TASTE	1.00
3173	Leg of Lamb or Pork	0.00
3173	Olive Oil	0.50 c
3173	Lemons	2.00 x
3173	White wine-dry	0.50 c
3173	Onions,chopped fine	1.33 x
3173	Cloves of garlic,preserved	2.00 x
3173	Greek oregano	1.00 pn
3173	Salt	0.25 ts
3173	Pepper	0.25 ts
3173	Bamboo skewers	1.00 pk
3174	Hamburger Buns; *	8.00
3174	Prepared Mustard Or Catsup	0.00
3174	Lean Ground Beef	1.00 lb
3174	Onion; Chopped, 1 small	0.25 c
3174	Salt	1.00 ts
3174	Pepper	0.25 ts
3175	Feet medium (2-inch	3.00
3175	Diameter) hog casings	0.00
3175	Lean pork butt, cubed	2.50 lb
3175	Pork fat, cubed	0.50 lb
3175	Salt, or to taste	1.50 ts
3175	Freshly coarse ground	2.00 ts
3175	Black pepper	0.00
3175	Finely ground coriander	2.00 ts

Sheet1

3175	Garlic, finely minced	2.00 cl
3175	Crushed red pepper for	1.00 ts
3175	Hot sausage, or to taste	0.00
3176	Flank steak	1.00 lb
3176	Serrano chilies	14.00
3176	finely chopped	0.00
3176	Finely chopped garlic	0.25 c
3176	Finely chopped yellow onion	0.50 c
3176	Vegetable oil; PLUS:	0.25 c
3176	Vegetable oil	2.00 tb
3176	Fish sauce	3.00 tb
3176	Granulated sugar	1.00 tb
3176	Water (more if needed)	0.50 c
3176	Mint or basil leaves	0.50 c
3176	(loosely packed)	0.00
3176	Green lettuce leaves	0.00
3177	Serrano chilies	3.00
3177	White vinegar	0.25 c
3177	Flank steak	1.50 lb
3177	Red onion; sliced	0.25 lb
3177	Green onions	4.00
3177	Lime juice; PLUS:	0.25 c
3177	Lime juice	1.00 tb
3177	Fish sauce	2.00 tb
3177	Ground roasted chilies *	1.00 ts
3177	Ground toasted rice **	2.00 tb
3177	Red lettuce leaves	0.00
3177	Coriander sprigs	0.00
3177	Mint or Basil leaves	0.00
3178	Pork, lean	3.00 lb
3178	Oatmeal	1.00 lb
3178	Pepper	1.50 ts
3178	Bone	1.00 ea
3178	Salt	5.00 ts
3178	Onion juice	5.00 ts
3179	Sauerkraut, drained (16-oz	2.00 cn
3179	each)	0.00
3179	Caraway seed	1.00 tb
3179	Onions, halved	2.00 md
3179	Tart green apples, peeled	2.00
3179	and cut into wedges	0.00
3179	Packed brown sugar	0.25 c
3179	Pork spareribs	2.00 lb
3180	Venison chops	3.00
3180	Potatoes	2.00
3180	Medium carrots	3.00
3180	Small chopped onion	1.00
3180	Celery stalk	1.00
3180	Parsley	0.50 ts

Sheet1

3181	BUTTER SAUCE -----	0.00 -----
3181	Butter	0.50 c
3181	Minced onion	0.25 c
3181	Worcestershire or soy sauce	2.00 ts
3181	Dry mustard	0.50 ts
3181	Freshly ground pepper	0.50 ts
3182	Lean Ground Beef	2.00 lb
3182	Onion Soup Mix; 1 pk	1.50 oz
3182	Milk	0.67 c
3182	Egg; Lg	1.00
3182	Brown Sugar	3.00 tb
3182	Catsup	3.00 tb
3182	Mustard; Prepared	1.00 tb
3183	Beef tenderloin steaks, cut	4.00
3183	1 inch thick	0.00
3183	Coarse grind black pepper	2.00 ts
3183	Orange marmalade	0.50 c
3183	Cider vinegar	4.00 ts
3183	Ground ginger	0.50 ts
3184	Flank steak; sliced	0.75 lb
3184	MARINADE -----	0.00 -----
3184	Soy sauce; dark	2.00 ts
3184	Rice wine	2.00 ts
3184	Ginger; chopped fine;	1.00 ts
3184	Cornstarch	1.00 ts
3184	Sesame oil	1.00 ts
3184	Peanut oil	0.33 c
3184	Red chilies; dried halved	2.00
3184	Orange peel; dried soaked	5.00 pn
3184	SEASONING -----	0.00 -----
3184	Szechuan peppercorns; roaste	0.50 ts
3184	Soy sauce; dark	2.00 ts
3184	Salt	0.25 ts
3184	Sugar	1.00 ts
3184	Sesame oil	0.50 ts
3185	Milk	0.50 c
3185	Eggs	2.00
3185	Soft bread crumbs	3.00 c
3185	Onion salt	1.00 ts
3185	Ground beef	1.00 lb
3185	Peanut oil	2.00 ts
3185	Pineapple chunks	8.25 oz
3185	Green peppers, cut 1/2" sqs.	2.00
3185	Carrots, sliced	2.00
3185	Stalks celery, sliced	2.00
3185	Brown sugar, packed	0.50 c
3185	Corn starch	2.00 tb
3185	Dry white wine	0.50 c
3185	Vinegar	0.50 c

Sheet1

3185	Soy sauce	2.00 tb
3185	Tomatoes, wedged	2.00
3185	Shredded lettuce	0.00
3186	Veal shanks, patted dry and	8.00 lg
3186	tied	0.00
3186	Salt, pepper to taste	0.00
3186	Flour	0.00
3186	Unsalted butter	7.00 tb
3186	Olive oil	3.00 tb
3186	Dry white wine	1.50 c
3186	Onion, finely chopped	1.50 c
3186	Carrots, finely chopped	0.75 c
3186	Celery, finely chopped	0.75 c
3186	Garlic, minced	1.00 ts
3186	Beef broth	4.00 c
3186	Plum tomatoes, chopped	1.50 c
3186	Bouquet garni	0.00
3186	Salt	0.50 ts
3186	GREMOLATA -----	0.00 -----
3186	Fresh parsley, minced	0.50 c
3186	Lemon zest	2.00 tb
3186	Garlic, minced	1.00 tb
3187	Veal Shanks	6.00
3187	All purpose flour	0.50 c
3187	Butter	4.00 tb
3187	Olive oil	0.25 c
3187	Salt	1.00 ds
3187	Ground Pepper	1.00 ds
3187	Large Onion, chopped	1.00
3187	Carrots, chopped	2.00
3187	Stalk celery, chopped	1.00
3187	Clove of Garlic, chopped	1.00
3187	White wine	1.00 c
3187	Chicken and beef stock	1.00 c
3187	Bay leaves	2.00
3188	Bonless Beef Chuck *	2.00 lb
3188	Unbleached All-purpose Flour	0.25 c
3188	Sliced Carrots	1.33 c
3188	(1 cn) Tomatoes **	14.50 oz
3188	Med. Bay Leaf	1.00
3188	Env. Soup Mix ***	1.00
3188	Red Wine	0.50 c
3188	Mushrooms ****	8.00 oz
3188	Medium Or Broad Egg Noodles	8.00 oz
3189	Season salt	0.00
3189	Liquid smoke	0.00
3189	Pork roast; more or less	8.00 lb
3189	Banana leaves	7.00
3190	3-5 kg (6-11 lb) lightly	1.00

Sheet1

3190	salted ham	0.00
3190	GLAZE -----	0.00 -----
3190	Egg yolk	1.00
3190	Sugar	0.50 tb
3190	Prepared Swedish mustard	3.00 tb
3190	Fine dry breadcrumbs	3.00 tb
3191	Pork tenderloin 2" pieces	1.00 lb
3191	Soy sauce	4.00 ts
3191	Sugar	1.00 tb
3191	Oyster sauce	2.00 tb
3191	Rice wine	0.25 c
3191	1" cube ginger finely choppe	1.00
3191	Cloves garlic finely chopped	2.00
3191	Five spice	1.00 ts
3192	Boneless chuck roast	1.00
3192	Cloves fresh garlic	8.00
3192	Salt	1.50 ts
3192	Black pepper	0.50 ts
3192	Red pepper	0.25 ts
3192	Oil for browning	0.00
3192	Cups water	1.50
3192	Large onion, chopped	1.00
3192	Flour	0.00
3192	Water	0.00
3192	Worchestershire sauce	1.00 tb
3192	Tomato juice	0.25 c
3192	Salt to taste	0.00
3193	Ground beef	1.00 lb
3193	Chopped onion	0.25 c
3193	Chopped green pepper opt.	0.25 c
3193	16-oz can chopped tomatoes	1.00
3193	Kraft cheese pizza	1.00 pk
3193	6-oz pkg kraft natural low	2.00
3193	moisture part-skim	0.00
3193	Mozzarella cheese slices	0.00
3193	ERB SPICE MIX; SIMMER 15 MIN -----	0.00 -----
3194	Hot water	4.00 qt
3194	Vegetable oil	2.00 tb
3194	Salt	1.00 tb
3194	Fresh fettucini (1/2 lb dry)	0.75 lb
3194	Unsalted butter	0.50 lb
3194	Heavy cream	2.50 c
3194	Cayenne pepper	0.50 ts
3194	+ 4 tsp. Parmesan cheese	0.75 c
3194	Very fine dry bread crumbs	1.75 c
3194	Minced fresh parsley	1.50 tb
3194	Olive oil	1.50 tb
3194	White pepper	0.75 ts
3194	Onion powder	0.50 ts

Sheet1

3194	Garlic powder	0.50 ts
3194	Eggs	3.00
3194	4 oz slices white veal (note	6.00
3194	Vegetable oil for pan frying	0.00
3195	Veal steak	1.50 lb
3195	Onion, chopped	2.00 tb
3195	Sour cream	1.00 c
3195	Salt	1.00 x
3195	SI Bacon, finely chopped	4.00 ea
3195	Paprika, hungarian	1.00 ts
3195	Tomato sauce	0.50 c
3196	Fusilli or other fresh pasta	8.00 oz
3196	Mushrooms	6.00 oz
3196	Fresh basil, parsley, chives	0.00
3196	FOR THE MEATBALLS -----	0.00 -----
3196	Lean freshly minced pork	1.00 lb
3196	Parmesan cheese	0.00
3196	Fresh basil	0.00
3196	Garlic	0.00
3196	Egg; lightly beaten	0.50 sm
3196	A little butter or oil	0.00
3196	FOR THE SAUCE -----	0.00 -----
3196	Butter	0.50 oz
3196	Plain flour	1.50 tb
3196	Double cream	0.25 pt
3196	(scant) stock	0.50 pt
3196	Parmesan cheese	0.00
3196	Dijon mustard	0.00
3197	Ground Beef; *	1.50 lb
3197	Onion; Finely Chopped, 1 Sm.	0.25 c
3197	Salt	1.00 ts
3197	Worcestershire Sauce	1.00 ts
3197	Pepper	0.25 ts
3197	Parmesan Cheese; Grated	0.50 c
3197	Cornflake Crumbs	0.25 c
3197	Egg; Large, Slightly Beaten	1.00
3197	Tomato Sauce; 1 can	8.00 oz
3197	Italian Seasoning	1.00 ts
3197	Mozzarella Cheese; Slices,**	6.00
3198	Or more beef stew meat or	1.00 lb
3198	Cut up boneless chuck	0.00
3198	Carrots, sliced	0.50 lb
3198	Potatoes, peeled and chunked	7.00
3198	Onion, diced	1.00 sm
3198	Onion soup mix	1.00 pk
3198	Oil	2.00 ts
3199	Env. Meat Marinade *	1.00
3199	Round Steak **	1.00 lb
3199	Med. Onion, Chopped	1.00

Sheet1

3199	Butter Or Margarine	2.00 tb
3199	Bottled Brown Boquet Sauce	1.00 ts
3199	(1 can) Stewed Tomatoes	8.00 oz
3199	Dried Thyme Leaves	0.50 ts
3199	Unbleached Flour	2.00 tb
3199	Red Wine Or Water	0.25 c
3199	Med Green Pepper ***	1.00
3199	(1 Can) Mushrooms ****	8.00 oz
3199	Hot Cooked Rice	3.00 c
3200	Pizza dough	0.00
3200	(8 ounces) tomato sauce	1.00 cn
3200	(4 ounces) mushroom stems	1.00 cn
3200	And pieces, drained	0.00
3200	Chopped fresh or 1 ts	1.00 tb
3200	Dried basil leaves	0.00
3200	Chopped fresh or 1 ts	1.00 tb
3200	Dried oregano leaves	0.00
3200	Cl Garlic, crushed	1.00
3200	Ounces thinly sliced	8.00
3200	pepperoni	0.00
3200	Green bell pepper, chopped	1.00 sm
3200	(about 1/2 cup)	0.00
3200	Shredded mozzarella cheese	1.00 c
3200	(4 ounces)	0.00
3200	Egg, beaten	1.00
3200	PIZZA DOUGH -----	0.00 -----
3200	Regular or quick-acting	1.00 pk
3200	Active dry yeast	0.00
3200	Warm water	1.00 c
3200	(105 to 115 degrees)	0.00
3200	Sugar	1.00 tb
3200	Vegetable oil	2.00 tb
3200	Salt	0.50 ts
3200	2 3/4 To 3 1/4 c	1.00
3200	All-purpose flour	0.00
3201	Lean round steak	2.00 lb
3201	Green peppers, chopped	2.00
3201	Minced dried onion	2.00 tb
3201	Beef boullion	1.00 c
3201	Soy sauce	0.25 c
3201	Ground ginger	0.50 ts
3201	Garlic powder	0.50 ts
3202	Lean Ground Beef	1.00 lb
3202	Bread Crumbs; Dry	0.33 c
3202	Oregano Leaves	0.50 ts
3202	Tomato Sauce; 1 Cn	8.00 oz
3202	Ripe Olives; Pitted, Sliced	0.25 c
3202	Pepperoni; Chopped,1/3 C Abt	2.00 oz
3202	Egg; Lg	1.00 ea



Sheet1

3202	Salt	0.25 ts
3202	Mushroom Stems & Pieces; *	8.00 oz
3202	Mozzarella Cheese; Shredded	1.00 c
3203	Lamb, cut in 1-inch cubes	2.00 lb
3203	Salad oil	0.50 c
3203	Lemon juice	0.25 c
3203	Cloves garlic, crushed	2.00
3203	Salt	1.00 ts
3203	Pepper, fresh	0.50 ts
3203	Bay leaves	6.00
3203	Small tomatoes, halved	4.00
3203	Green Pepper, cubed	2.00
3203	Small eggplants, cubed	2.00
3204	Egg, well beaten	1.00 ea
3204	Butter, melted	1.50 tb
3204	Salt	0.50 ts
3204	Pig's knuckles	5.00 ea
3204	Flour	1.00 c
3204	Water	0.50 c
3204	Nutmeg	1.00 ds
3204	Sauerkraut	2.50 lb
3205	Ground fully cooked ham	3.00 c
3205	Ground pork	0.50 lb
3205	Soft bread crumbs	1.00 c
3205	Eggs, beaten	2.00
3205	Pepper	0.25 ts
3205	Sliced pineapple (20-oz.)	1.00 cn
3205	Packed brown sugar	0.75 c
3205	Vinegar	0.25 c
3205	Dry mustard	0.50 ts
3206	Flank steak	2.00 lb
3206	Soy sauce	0.75 c
3206	Hawaiian salt	2.00 tb
3206	Sugar	1.50 tb
3206	Clove garlic;minced	1.00 ea
3206	Piece ginger; crushed	1.00 ea
3206	Red chili pepper; crushed	1.00 ea
3206	(optional)	0.00
3207	Butter	2.00 tb
3207	Chopped onion	0.50 c
3207	Cloves garlic, minced	3.00
3207	Salt	1.00 ts
3207	Prepared mustard	0.25 c
3207	Cayenne pepper	0.25 ts
3207	Cider vinegar	2.00 tb
3207	Packed light brown sugar	2.00 tb
3207	Worcestershire sauce	2.00 tb
3207	Pork chops 1-1/2 inches thic	6.00
3207	Ketchup	0.75 c

Sheet1

3207	Chili sauce	0.50 c
3207	Water	0.33 c
3208	Ricotta cheese	0.25 c
3208	Grated mozzarella cheese	0.75 c
3208	Medium tomato	1.00
3208	Smoked ham	6.00 sl
3208	Dried oregano	0.25 ts
3208	Ready made pizza dough	1.00 lb
3208	Flour for dusting	0.12 c
3209	Hamburger	2.00 lb
3209	(2 cn) Tomato Sauce	12.00 oz
3209	Stuffed Green Olives, Chopped	6.00 oz
3209	Cubed Mozzarella Cheese	1.00 lb
3209	Salt, Pepper, and Oregano	0.00
3210	Pounds fresh pork spareribs,	4.00
3210	Into serving pieces	0.00
3210	Salt	1.00 tb
3210	(16 ounces) whole purple	1.00 cn
3210	plums Drained and syrup	0.00
3210	reserved	0.00
3210	Packed brown sugar	1.00 tb
3210	Chopped onion	3.00 tb
3210	Soy sauce	2.00 ts
3210	Grated lemon peel	0.25 ts
3210	Ground cinnamon	0.25 ts
3210	Dash of ground cloves	0.00
3210	Dash of ground nutmeg	0.00
3210	Red food color	3.00 dr
3211	(10 3/4 oz each) condensed	2.00 cn
3211	Cream of mushroom soup	0.00
3211	Milk	1.33 c
3211	Chopped onion	0.50 c
3211	Prepared mustard	1.00 tb
3211	(16 oz each) sauerkraut,	2.00 cn
3211	Rinsed and drained	0.00
3211	(8 oz) uncooked	1.00 pk
3211	Medium-width noodles	0.00
3211	Polish sausage, fully	1.50 lb
3211	Cooked, cut into 1/2 inch	0.00
3211	Pieces	0.00
3211	(8 oz) shredded Swiss	2.00 c
3211	Cheese	0.00
3211	Whole wheat bread crumbs	0.75 c
3211	Butter, melted	2.00 tb
3212	Hamburger	1.00 lb
3212	Uncooked rice	0.50 c
3212	Minced onion	0.50
3212	Salt	1.00 ts
3212	Accent	0.50 ts

Sheet1

3212	Pepper	0.12 ts
3212	TOMATO QUICK SAUCE -----	0.00 -----
3212	Butter	4.00 tb
3212	Flour	4.00 tb
3212	Onion salt	2.00 ts
3212	Cayenne pepper	0.50 ts
3212	15 oz tomato sauce	2.00 cn
3212	Hot water	3.00 c
3212	Worcestershire sauce	4.00 ts
3213	Pork chops	4.00
3213	Oil	1.00 tb
3213	Slices of bread, cut into cu	3.00
3213	Chopped onion, or 2 t minced	2.00 tb
3213	Melted butter	0.25 c
3213	Water	2.00 tb
3213	Poultry seasoning	0.25 ts
3213	Mushroom soup	1.00 cn
3213	Water	0.33 c
3214	Loin pork chops	6.00
3214	Beef bouillon cube	1.00
3214	Water	0.50 c
3214	Flour	2.00 tb
3214	Brown sugar	2.00 tb
3214	Water	0.25 c
3214	Finely chopped onion	2.00 tb
3214	Dairy sour cream	0.50 c
3214	Catsup	2.00 tb
3214	Garlic clove; minced	1.00
3215	1/2 in thick boneless pork	8.00
3215	Chops	0.00
3215	Cooking apples (granny Smiths), about 1 lb.	0.00
3215	Flour	0.25 c
3215	Oil	2.00 tb
3215	Finely chopped shallots (or Onions)	2.00 tb 0.00
3215	Red wine vinegar	2.00 tb
3215	Chicken broth	0.75 c
3215	Honey	1.00 tb
3215	Tomato paste (just to give Red color, sometimes I Substitute	1.00 ts 0.00 0.00
3215	Catsup)	1.00 tb
3215	Salt and pepper to taste	0.00
3216	Pork chops	4.50 lb
3216	White wine vinegar	2.00 tb
3216	Pepper freshly ground	0.00
3216	Chicken stock	0.75 c
3216	Vegetable oil	1.00 ts

Sheet1

3216	Tomato (ripe, diced)	0.50 c
3216	Capers, drained	0.33 c
3216	Dijon mustard	1.00 tb
3216	Onions, chopped	0.75 c
3216	Parsley leaves chopped	1.00 tb
3216	Garlic, chopped	2.00 ts
3217	Granulated sugar	1.00 tb
3217	Onion	1.00
3217	Vegetable oil	1.00 tb
3217	Fish Sauce(nuoc mam)	2.00 tb
3217	Cloves garlic	4.00
3217	Boneless pork chops	4.00
3218	Flour	0.25 c
3218	Salt	1.00 ts
3218	Pepper	0.25 ts
3218	Shoulder chops 3/4" thick	4.00
3218	Clove garlic	1.00
3218	Salad oil	3.00 tb
3218	Water	0.50 c
3218	Pimiento stuffed olives slice	0.50 c
3219	Pork roast; loin best	5.00 lb
3219	Sauerkraut; *	3.50 c
3219	Tomato sauce	8.00 oz
3219	Molasses; divided	0.75 c
3219	Vinegar	0.50 c
3219	Apples; medium,cored,sliced	3.00
3219	Butter; melted	0.33 c
3219	Lemon juice	2.00 tb
3219	Cinnamon	0.50 ts
3220	Unsalted butter	2.50 tb
3220	Garlic cloves; minced	4.00
3220	Dry mustard	1.00 tb
3220	All-purpose flour	1.50 tb
3220	Chicken stock	3.00 c
3220	OR- canned low-salt broth	0.00
3220	Beef stock	3.00 c
3220	OR- canned unsalted broth	0.00
3220	Apple cider	2.00 c
3220	APPLES -----	0.00 -----
3220	Butter	8.00 tb
3220	Golden Delicious apples	8.00 lg
3220	- cored, each cut into	0.00
3220	- eight wedges	0.00
3220	Golden brown sugar; packed	0.50 c
3220	Pork tenderloins	2.25 lb
3220	- cut into 1" thick rounds	0.00
3220	All-purpose flour	0.00
3220	Butter	2.00 tb
3220	Calvados or applejack	0.50 c

Sheet1

3221	Pork tenderloin, trimmed	2.00 lb
3221	Salt and pepper to taste	0.00
3221	Flour, as needed	0.00
3221	Unsalted butter or margarine	2.00 tb
3221	Olive oil	2.00 tb
3221	Chicken stock	1.00 c
3221	Port wine	1.00 c
3222	BASIC RIBS -----	0.00 -----
3222	Pork Ribs	3.00 lb
3222	Black Pepper	2.00 tb
3222	Cider Vinegar	1.00 c
3222	Garlic Salt	2.00 tb
3222	SAUCE -----	0.00 -----
3222	Open Pit small bottle	1.00
3222	Molasses	0.25 c
3222	Small Bottle A-1 Sauce	1.00
3222	Supply of Hickory Chips	1.00
3223	Pork loin roast	3.00 lb
3223	Fresh rosemary	2.00 tb
3223	Cloves garlic	4.00
3223	Salt	1.00 ts
3223	Pepper	1.00 ts
3223	Butter	2.00 tb
3223	Small onion, chopped	1.00
3223	Olive oil	0.25 c
3224	Pork spareribs cut into piec	1.00 lb
3224	Potatoes peeled and cubed	2.00
3224	Onion slices	0.50 c
3224	Sherry	1.00 tb
3224	Oyster sauce	3.00 tb
3224	Soy sauce	2.00 tb
3224	Sugar	0.50 ts
3224	Oil, butter	2.00 ts
3225	Pork boneless shoulder	2.00 lb
3225	Olive or vegetable oil	1.00 tb
3225	Med onion, chopped	1.00
3225	Cloves garlic, finely choppe	2.00
3225	Can (8 1/4 oz) whole tomatoe	1.00
3225	Red serrano chile, finely ch	1.00
3225	Snipped fresh cilantro	2.00 tb
3225	Salt	1.00 ts
3225	Ground cumin	1.00 ts
3225	Dried oregano leaves	0.50 ts
3225	Beer	12.00 oz
3225	Red pepper, cut pieces	1.00
3225	Hot cooked rice	0.00
3226	Pork tenderloin	3.00 lb
3226	Granny Smith Apples	2.00
3226	Chopped onion	2.00 c

## Sheet1

3226	Garlic cloves,peeled	8.00
3226	Olive oil	3.00 tb
3226	Chicken broth	0.75 c
3226	Wine vinegar	2.00 tb
3226	Honey	1.00 tb
3227	Lean end belly of pork	1.75 lb
3227	Pig's kidneys, (5 oz each)	2.00
3227	Oranges	3.00 sm
3227	Head of celery	1.00
3227	Onion	1.00
3227	Garlic cloves; crushed	2.00
3227	Parsley and rosemary	0.00
3227	Bay leaf	1.00
3227	A little yeast extract	0.00
3227	Flour and dripping	0.00
3228	Pork boneless shoulder	2.00 lb
3228	Oil	1.00 tb
3228	Dry white wine	1.00 c
3228	Ground coriander	1.00 tb
3228	Salt	1.00 ts
3228	Pepper	0.25 ts
3228	New potatoes, cut into halve	1.00 lb
3228	Mushrooms, cut into halves	8.00 oz
3229	Pork boneless shoulder	1.50 lb
3229	Vinegar	0.25 c
3229	Med onion, chopped	1.00
3229	Cloves garlic, chopped	2.00
3229	Crushed red pepper	0.25 ts
3229	Slices bacon	3.00
3229	Boiling water	2.00 c
3229	Uncooked regular rice	1.00 c
3229	Sliced pimiento-stuffed oliv	0.25 c
3229	Snipped parsley	2.00 tb
3229	Salt	1.50 ts
3230	Pork boneless loin or leg	1.25 lb
3230	Plus 2 ts cornstarch	1.00 tb
3230	Salt	1.00 ts
3230	Soy sauce	1.00 ts
3230	Sugar	0.50 ts
3230	White pepper	1.00 ds
3230	Chinese pea pods	8.00 oz
3230	Green onions (with tops)	3.00
3230	Cold water	1.00 tb
3230	Oil	2.00 tb
3230	Finely chopped garlic	1.00 ts
3230	Straw mushrooms, drained	16.00 oz
3230	Sliced bamboo shoots drained	8.50 oz
3230	Dark soy sauce	1.00 tb
3230	Chicken broth	0.25 c

Sheet1

3231	Rib steak	2.00 lb
3231	Onions	1.50 lb
3231	Mushrooms	0.50 lb
3231	Seasoned flour	0.00
3231	Guinness or other stout	10.00 fl
3231	Stock or water	10.00 fl
3231	Pinch of nutmeg	0.00
3231	Salt and pepper	0.00
3231	Fat for frying	0.00
3232	Pork boneless shoulder	2.00 lb
3232	Cloves garlic, chopped	2.00
3232	Lemon juice	2.00 tb
3232	Olive or vegetable oil	2.00 tb
3232	Salt	1.00 ts
3232	Ground cumin	0.25 ts
3232	Crushed red pepper	0.50 ts
3232	Water	0.25 c
3232	Pitted ripe olives	0.50 c
3233	Chuck Arm Pot Roast	5.00 lb
3233	(1 Cn) Apricots *	30.00 oz
3233	Instant Minced Onion	2.00 ts
3233	Marjoram	1.00 ts
3233	Basil	1.00 ts
3233	Pepper	0.25 ts
3233	Cream or Cooking Sherry	0.33 c
3233	Salt	1.00 ts
3234	Roast	2.00 lb
3234	Potato; halved (no need to	6.00
3234	Onion; peeled and quartered	3.00
3234	Carrots; cut into 2" length	4.00
3234	Water	0.50 c
3235	Boneless beef chuck shoulder	2.25 lb
3235	Olive oil	2.00 tb
3235	Water	4.00 c
3235	Condensed beef broth	1.00 c
3235	Dry white wine	1.00 c
3235	Garlic cloves	2.00 x
3235	Thyme	1.50 ts
3235	Black pepper	0.50 ts
3235	Cornstarch	2.00 ts
3235	Dijon mustard	2.50 ts
3235	Chopped parsley	2.00 ts
3236	Slices, White Bread	10.00
3236	Dried Currants	1.00 c
3236	Apples, Peeled, Sliced	4.00
3236	Dried Thyme	1.00 tb
3236	Melted Butter	4.00 tb
3236	Vegetable Oil	1.00 tb
3236	Goose (8 - 10 lbs)	1.00

Sheet1

3236	Chopped Onion	1.00
3236	Chopped Carrot	1.00
3236	Chopped Stalk of Celery	1.00
3236	Clove, Garlic, minced	1.00
3236	Bay Leaf	1.00
3236	Whole Cloves	3.00
3236	Sprig, Fresh Thyme	1.00
3236	Sprig, Fresh Marjoram	1.00
3236	White Wine	0.25 c
3236	Tomato Paste	1.00 ts
3236	10 oz Chicken Bouillon	1.00 cn
3237	Cooked Beef *	1.00 lb
3237	Med Carrots **	4.00 ea
3237	Med Potatoes ***	3.00 ea
3237	Sliced Celery	1.00 c
3237	Envelope Onion Soup Mix	1.00 ea
3237	Unbleached Flour	3.00 tb
3237	Water	2.25 c
3237	MIX ALL INGREDIENTS IN 2 1/2 -----	0.00 -----
3238	Vinegar	1.00 c
3238	Chopped hot pepper; to taste	0.00
3238	Chopped onion; to taste	0.00
3238	Chopped garlic; to taste	0.00
3238	Red pepper flakes; to taste	0.00
3238	Salt; to taste	0.00
3238	Boned leg of pork	1.00
3238	cut into bite-size pieces	0.00
3239	Rabbit	1.00 ea
3239	Broth **	0.50 c
3239	Salt & pepper	1.00 x
3239	*potato filling recipe	1.00 ea
3239	Flour	1.50 tb
3240	Bacon	4.00 sl
3240	All-purpose flour	0.50 c
3240	Salt	1.00 ts
3240	Pepper	0.25 ts
3240	Paprika	0.25 ts
3240	3- to 3-1/2-pound rabbit,	1.00
3240	cut up	0.00
3240	Ounces mushrooms, cut in	8.00
3240	half	0.00
3240	Jars (16 ounces) whole	1.00
3240	Onions, drained	0.00
3240	Chopped fresh or 1/2 ts	2.00 ts
3240	Dried thyme leaves	0.00
3240	Bay leaf	1.00
3240	Bottle (12 ounces) irish	1.00
3240	Dark beer	0.00
3240	Cornstarch	1.00 tb



## Sheet1

3240	Cold water	2.00 tb
3240	Chopped fresh parsley	0.00
3241	Rack of lamb; medium	1.00
3241	Dijon mustard	0.00
3241	Italian bread crumbs	0.00
3242	Trimmed lamb racks	2.00
3242	8 ribs each	0.00
3242	Olive oil	0.25 c
3242	Red wine vinegar	0.67 c
3242	Minced garlic	1.00 ts
3242	Ground coriander	1.00 ts
3242	Kosher salt	1.00 ts
3242	Ground black pepper	1.00 ts
3242	Bacon; cut in 3/4-in pieces	0.50 lb
3242	Low-sodium chicken broth	0.50 c
3242	Dijon mustard	1.00 tb
3243	Butter	0.75 c
3243	Round Steak; Bonless *	3.50 lb
3243	Onion; Chopped	1.00 c
3243	Green Bell Pepper; Chopped	1.50 c
3243	Mushrooms; Sliced	1.00 lb
3243	Unbleached Flour	0.50 c
3243	Beef Broth; Canned/Homemade	2.00 c
3243	White Wine; Dry	1.00 c
3243	Salt	1.00 ts
3243	Worcestershire Sauce	1.00 ts
3243	Tabasco Sauce; To Taste	0.00
3244	Boiling water	1.00 c
3244	(3 ounces) lemon-flavored	1.00 pk
3244	Gelatin	0.00
3244	Sparkling white grape juice,	0.75 c
3244	Chilled	0.00
3244	Chopped fresh, frozen (thawe	1.00 c
3244	Or canned (drained) peaches	0.00
3244	Boiling water	1.50 c
3244	(6 ounces) lime-flavored	1.00 pk
3244	Gelatin	0.00
3244	Plain or vanilla-flavored	2.00 c
3244	Yogurt	0.00
3244	Boiling water	2.00 c
3244	(6 ounces)	1.00 pk
3244	Raspberry-flavored gelatin	0.00
3244	Sparkling white grape	1.50 c
3244	Juice, chilled	0.00
3244	Fresh or frozen raspberries	1.00 c
3245	Beef Round Steak *	3.00 lb
3245	Flour	0.25 c
3245	Dry Mustard	2.00 ts
3245	Salt	1.50 ts

Sheet1

3245	Pepper	0.12 ts
3245	Shortening	0.25 c
3245	Water	0.50 c
3245	Worcestershire Sauce	1.00 tb
3246	Lean beef, trimmed, bite size	1.00 lb
3246	Water	3.00 c
3246	Carrots, large, sliced	2.00 ea
3246	Potatoes, med. diced	2.00 ea
3246	Pearl onion, canned	12.00 ea
3246	Frozen peas	1.00 c
3246	Whole wheat flour (optional)	2.00 tb
3246	Worchestershire sauce	1.00 tb
3246	Salt	0.50 ts
3246	Pepper	0.25 ts
3247	Prime rib roast	12.00 lb
3247	Salt to taste	0.00
3247	Black pepper to taste	0.00
3248	Round steak or lamb	2.00 lb
3248	Fine bulgar	0.75 c
3248	Cumin	0.50 ts
3248	Salt	1.00 ts
3248	Olive oil	0.00
3249	Ground ham	1.00 lb
3249	Ground fresh pork	1.00 lb
3249	Bread crumbs	0.67 c
3249	Milk	0.50 c
3249	Green onions	0.25 c
3249	Slightly beaten egg	1.00
3249	Red currant jelly	10.00 oz
3249	Aro light corn syrup	0.33 c
3249	Orchestershire Sauce	1.00 tb
3249	Ry mustard	2.00 ts
3250	Whole Sirloin Steak	1.00
3250	Red Wine	2.00 c
3250	Oregano	2.00 ts
3250	Black Pepper	1.00 tb
3250	Salt	1.00 ts
3250	Chopped Parsley	2.00 tb
3250	Chopped Garlic	1.00 ts
3250	Cooking Oil	1.00 tb
3250	Mushrooms, halved	2.00 c
3250	Chopped Onions	0.50 c
3250	Worcestershire Sauce	1.00 tb
3251	Cooking oil	2.00 tb
3251	Beef round or rump roast	1.00
3251	(about 4 lb)	0.00
3251	Carrots; roughly diced	2.00 md
3251	Celery stalk; roughly sliced	1.00
3251	Garlic cloves; peeled	24.00

Sheet1

3251	Dry red wine	2.00 c
3251	Salt; to taste	0.00
3251	Whole black peppercorns	1.00 ts
3251	Bay leaves	2.00
3251	Chopped fresh thyme leaves	1.50 ts
3251	=OR=-	0.00
3251	Dried thyme leaves	0.50 ts
3251	Low-sodium chicken broth	1.00 c
3251	Butter	2.00 tb
3252	Italian Sausage *	1.00 lb
3252	Pepperoncini Peppers **	0.25 c
3252	Clove Garlic; minced	0.00
3252	Olives; quartered	0.50 c
3252	Spaghetti Sauce	2.00 c
3252	Grated Cheese (your choice)	1.00 c
3252	Dry Red Wine or Water	0.25 c
3252	Hot Cooked Rigatoni	4.00 c
3253	Larding strips 1 1/2 - 2"	10.00
3253	(about 1/4-1/2 lb salt pork)	0.00
3253	Leg of venison	6.00 lb
3253	Cloves garlic, sliced thin	2.00
3253	Butter, softened	0.25 lb
3253	Powdered thyme	1.00 tb
3253	Flour	3.00 tb
3253	Salt & pepper to taste	0.00
3253	Stock or beef broth	2.25 c
3254	Lean Ground Beef	2.00 lb
3254	Onion; Chopped, 1 Md	0.50 c
3254	Egg; Lg	1.00
3254	Oats; Quick-Cooking	0.50 c
3254	Milk	0.50 c
3254	Parsley; Snipped	1.00 tb
3254	Salt	1.50 ts
3254	Savory Or Thyme	0.50 ts
3254	Pepper	0.25 ts
3254	Catsup Or Chili Sauce	0.50 c
3254	Brown Sugar; Packed	2.00 tb
3255	Salt	1.00 tb
3255	Freshly ground pepper	0.00
3255	to taste	0.00
3255	Fresh thyme leaves; -=OR=-	1.00 tb
3255	Dried thyme	1.00 ts
3255	Finely minced garlic	1.00 tb
3255	Olive oil	3.00 tb
3255	Ground coriander	1.00 ts
3255	Pork loin, with rib bones	1.00
3255	chine bone removed,	0.00
3255	(about 6-to-7 lbs and	0.00
3255	containing 11-or-12 chops)	0.00

Sheet1

3255	Onion	1.00 md
3255	peeled and roughly chopped	0.00
3255	Celery stalks	2.00
3255	roughly sliced	0.00
3255	Flour	2.00 tb
3255	All-purpose broth	2.00 c
3255	OR low-sodium chicken broth	0.00
3255	Southern Comfort	1.00 c
3256	White Castle hamburgers	10.00
3256	Round steak	2.50 lb
3256	Curry powder	0.50 ts
3256	Oil	3.00 tb
3256	Water	0.50 c
3257	FOR THE MEAT LAYERS -----	0.00 -----
3257	Cooked turkey or chicken *	1.00 lb
3257	Cooked ham	0.25 lb
3257	Cooked tongue	0.25 lb
3257	Canned anchovy fillets	50.00 g
3257	Mushrooms	0.75 lb
3257	Bunch parsley	1.00 lg
3257	Lemon juice	0.00
3257	A few black olives	0.00
3257	Canned consomme **	0.00
3257	FOR THE PASTA LAYERS -----	0.00 -----
3257	Macaroni	6.00 oz
3257	Milk	12.50 fl
3257	Single cream	0.50 pt
3257	Butter	1.00 oz
3257	Plain flour	1.00 oz
3257	Cheddar cheese	4.00 oz
3257	Parmesan cheese	1.00 oz
3258	Pounds lamb boneless	2.00
3258	shoulder	0.00
3258	Vegetable oil	2.00 tb
3258	Water	2.50 c
3258	Dry white wine or water	1.00 c
3258	Tomato paste	3.00 tb
3258	Chicken bouillon granules	3.00 ts
3258	Chopped fresh or 1 ts Dried	1.00 tb
3258	rosemary, crushed	0.00
3258	Chopped fresh or 1/2 ts	1.00 ts
3258	Dried thyme leaves	0.00
3258	Pepper	0.25 ts
3258	Cl Garlic, finely chopped	2.00
3258	Red potatoes, cut in half	8.00 sm
3258	Onions, cut into fourths	6.00 sm
3258	Carrots, cut	3.00 md
3258	Into 1-1/2-inch pieces	0.00
3258	Turnips, cut into fourths	3.00 sm

Sheet1

3258	(10 ounces) frozen peas	1.00 pk
3258	Cold water	0.25 c
3259	Round, Cut Into Strips	10.00 lb
3259	Unbleached Flour	1.00 c
3259	Oil To Brown Meat	0.00
3259	Water	5.00 c
3259	Catsup	3.00 c
3259	Brown Sugar, Firmly Packed	1.25 c
3259	Red Wine Vinegar	1.25 c
3259	Worcestershire Sauce	5.00 tb
3259	Med Onions, Chopped	5.00
3259	Salt And Pepper To Taste	0.00
3260	Ground Beef	1.00 lb
3260	Corned Beef Spread; 1 cn, OR	4.50 oz
3260	Deviled Ham; 1 cn	4.50 oz
3260	Onion; Finely Chopped, 1 sm.	0.25 c
3260	Salt	0.25 ts
3260	Garlic Salt	0.12 ts
3260	Pepper	0.12 ts
3260	Sauerkraut; Drained, 1 cn	8.00 oz
3260	Swiss Cheese Slices; *	5.00
3261	Finely crushed vanilla	3.00 c
3261	Wafers (about 75)	0.00
3261	Powdered sugar	2.00 c
3261	Finely chopped pecans	1.00 c
3261	Or walnuts	0.00
3261	Cocoa	0.25 c
3261	Light rum	0.50 c
3261	Light corn syrup	0.25 c
3261	Granulated or powdered suga	0.00
3262	Mushroom soup, canned	10.50 oz
3262	Cracker crumbs	0.50 c
3262	Celery, chopped	0.50 c
3262	Onion, chopped	1.00 sm
3262	Water	0.33 c
3262	Hamburger	1.50 lb
3262	Egg, slightly beaten	1.00 lg
3262	Pepper	0.25 ts
3262	Salt	0.25 ts
3263	Salt	2.00 pt
3263	Ham	1.00
3263	CURING PROCESS -----	0.00 -----
3264	Veal scallopine, each	2.00 lb
3264	Piece about 5" square	0.00
3264	Dried sage	1.00 ts
3264	Thin slices of prosciutto	0.25 lb
3264	Butter	3.00 tb
3264	Salt	0.00
3264	Freshly ground pepper	0.00

Sheet1

3264	Dry white wine	0.50 c
3265	Veal cutlets, very thinly	2.00 lb
3265	Sliced	0.00
3265	Bon Appetit	2.00 ts
3265	Black pepper	0.25 ts
3265	Rubbed sage	0.50 ts
3265	MSG	0.12 ts
3265	Prosciutto, sliced thin	0.50 lb
3265	Sweet butter	6.00 tb
3265	Beef flavor base	0.50 ts
3265	Hot water	0.25 c
3265	Dry white wine	2.00 tb
3266	Veal scaloppine, each	2.00 lb
3266	Piece 5 inches square	0.00
3266	Dried sage	1.00 ts
3266	Thin slices prosciutto	0.25 lb
3266	Butter	3.00 tb
3266	Salt and freshly ground	0.00
3266	Black pepper	0.00
3266	Dry white wine	0.50 c
3267	Boneless Rump Roast	0.00
3267	Salt	0.00
3267	Fresh Rosemary Needles	0.00
3267	Garlic Salt	0.00
3267	Freshly Ground Black Pepper	0.00
3267	Beer; OR	0.00
3267	Wine; OR	0.00
3267	Vinegar; OR	0.00
3267	Lemon Juice	0.00
3267	Beef Stock; OR	0.00
3267	Red Wine	0.00
3267	Minced Shallots	0.00
3268	Pot Roast	3.00 lb
3268	Margarine; OR	2.00 tb
3268	Canola Oil; Puritan	2.00 tb
3268	White Onion; Md, Chopped	0.50
3268	Beef Stock	1.25 c
3268	Sugar	1.00 ts
3268	Apricots; Dried, 1 Pkg	6.00 oz
3268	Lemon Peel; Grated	1.00 ts
3268	Salt & Pepper; To Taste	0.00
3268	Leeks; White Only, *	0.00
3269	Cross-Rib Roast	3.00 lb
3269	Carrots; Coarsely Chopped	0.50 c
3269	Celery; Coarsely Chopped	0.50 c
3269	Onions; Coarsely Chopped	0.50 c
3269	Mushrooms; Coarsely Chopped	0.50 c
3269	Butter; OR	2.00 tb
3269	Canola Oil; Puritan	2.00 tb

Sheet1

3269	Black Olives; Pitted	0.50 c
3269	Tomatoes; Md, *	2.00
3269	Spice Mixture; **	2.00 ts
3269	Bouquet Garni; ***	1.00
3269	Beef Stock Or Red Wine	0.00
3270	Ground Beef	1.00 lb
3270	Egg; Large	1.00
3270	Onion; Chopped, 1 Sm.	0.25 c
3270	Bread Crumbs; Dry	0.33 c
3270	Milk	0.25 c
3270	Salt	0.75 ts
3270	Pepper	0.12 ts
3270	Worcestershire Sauce	1.00 ts
3270	Cream Of Chicken Soup; 1cn,*	10.75 oz
3270	Milk	0.33 c
3270	Nutmeg	0.12 ts
3270	Dairy Sour Cream	0.50 c
3270	GARNISH -----	0.00 -----
3270	Parsley; Snipped	0.00
3271	Beef Roast; Boneless	4.00 lb
3271	Water	1.00 c
3271	Wine Vinegar	1.00 c
3271	Onions; Medium, Sliced	2.00
3271	Salt	1.00 ts
3271	Peppercorns	6.00
3271	Bay Leaves	2.00
3271	Cloves	2.00
3271	Vegetable Oil	2.00 tb
3271	Tomato; Medium *	1.00
3271	Unbleached Flour	2.00 tb
3271	Sugar	2.00 ts
3271	Water	0.25 c
3272	Lean boneless beef roast	2.25 lb
3272	Buttermilk	1.00 pt
3272	Butter	1.75 oz
3272	Bayleaf	1.00
3272	Onion	1.00 md
3272	Whole cloves	2.00
3272	Peppercorns	2.00
3272	Bacon	2.67 oz
3272	Red wine	1.00 c
3272	Water1	2.25 c
3272	Rye bread	1.00 sl
3272	Carrots	2.00
3272	Salt	0.00
3272	Tomato paste	0.50 c
3273	Ground Beef	1.00 lb
3273	Egg; Large	1.00
3273	Onion; Chopped, 1 Sm.	0.25 c

Sheet1

3273	Bread Crumbs; Dry	0.33 c
3273	Milk	0.25 c
3273	Salt	0.75 ts
3273	Pepper	0.12 ts
3273	Worcestershire Sauce	1.00 ts
3273	Brown Sugar	1.00 tb
3273	Instant Beef Bouillon	1.00 ts
3273	Cloves; Ground	0.25 ts
3273	Pepper	0.12 ts
3273	Bay Leaf	1.00
3273	Vinegar	0.25 c
3273	Raisins; Optional	0.33 c
3273	Gingersnaps; **	6.00
3274	Rump roast; beef, boneless	4.00 lb
3274	Onions; thinly sliced	2.00
3274	Peppercorns	8.00
3274	Cloves; whole	4.00
3274	Bay leaf	1.00
3274	White vinegar; mild	1.00 c
3274	Water	1.00 c
3274	Cider vinegar	0.50 c
3274	Vegetable oil	0.25 c
3274	Salt	0.50 ts
3274	Water; boiling	2.00 c
3274	Gingersnaps	10.00
3274	Sour cream	0.50 c
3274	Unbleached flour	1.00 tb
3275	Poached eggs	4.00
3275	(17-1/4-ounce size) frozen	0.50 pk
3275	Puff pastry, thawed	0.00
3275	(10 ounces) frozen chopped	1.00 pk
3275	Spinach, thawed and	0.00
3275	thoroughly Drained	0.00
3275	Fully cooked sausage patties	4.00
3275	Dijon mustard	4.00 ts
3275	Process american or swiss	4.00 sl
3275	Cheese	0.00
3276	Italian Sausage	2.00 lb
3276	(hot/sweet/both)	0.00
3276	Green bell peppers	1.00 lb
3276	Spanish onions	0.75 lb
3276	Garlic	3.00 cl
3276	Canned mushrooms	0.50 lb
3276	Italian tomatoe sauce	3.00 c
3277	Pound pork sausage links	1.00
3277	Corn bread	0.00
3277	Shredded process sharp	0.50 c
3277	American cheese (2 ounces)	0.00
3277	Green onions (with tops),	3.00 md



Sheet1

3277	Chopped (about 1/4 cup)	0.00
3277	SALSA -----	0.00 -----
3277	Prepared salsa	2.00 c
3277	Sour cream	0.50 c
3278	Sausage	1.00 lb
3278	Onion	1.00
3278	Strips of bacon	8.00
3278	Chopped bell pepper	0.50 c
3278	Cream	0.67 c
3278	Milk	0.67 c
3278	Large eggs	4.00
3278	Sharp cheddar cheese	4.00 oz
3278	Salt	0.50 ts
3278	Black pepper	0.25 ts
3279	Bulk Italian Sausage	0.50 lb
3279	Chopped Onion	2.00 tb
3279	Catsup	0.25 c
3279	Dried Oregano, Crushed	0.25 ts
3279	Single French Rolls, Split	2.00
3279	Slices Mozzarella Cheese	2.00
3280	Red potatoes, cut in 1/2"	4.00
3280	Cubes	0.00
3280	Italian-style sausages, cut	4.00
3280	Into 1/4" cubes	0.00
3280	Onion, diced	1.00
3280	Bell pepper, into strips	1.00
3280	Red pepper, into lengths	1.00
3281	Sweet Italian sausage	2.00 lb
3281	Of water	2.00 c
3281	FRIGGIONE -----	0.00 -----
3281	Olive oil	5.00 tb
3281	Potatoes, peeled,	4.00
3281	Cut into small pieces	0.00
3281	Onions, thinly sliced	2.00 lg
3281	Red or green sweet	2.00
3281	Peppers, seeded, cut	0.00
3281	Into strips	0.00
3281	Salt and freshly ground	0.00
3281	Black pepper to taste	0.00
3281	Canned crushed	2.00 c
3281	Italian-style or whole	0.00
3281	Tomatoes	0.00
3282	Ground Beef	1.50 lb
3282	Apple; Finely Chopped, *	1.00 c
3282	Green Onion/tops; Chopped	0.33 c
3282	Egg; Large	1.00
3282	Salt	1.00 ts
3282	Cinnamon	0.25 ts
3282	Brown And Serve Sausage; **	8.00 oz

Sheet1

3282	Flour; Unbleached	2.00 tb
3282	Instant Beef Bouillon	1.00 ts
3282	Water	1.00 c
3282	Cloves; Ground	1.00 ds
3283	Veal scallops, cut 3/8"	1.50 lb
3283	Thick and pounded until	0.00
3283	1/4" thick	0.00
3283	Freshly ground black	0.00
3283	Pepper	0.00
3283	Flour	2.00 tb
3283	Margarine	2.00 tb
3283	Olive oil	2.00 tb
3283	Beef stock,fresh or canned	0.75 c
3283	Paper thin lemon slices	6.00
3283	Lemon juice	1.00 tb
3284	Veal scaloppine	2.00 lb
3284	All-purpose flour	0.50 c
3284	Salt and freshly ground	0.00
3284	Pepper to taste	0.00
3284	Butter	0.25 c
3284	Olive oil	1.00 tb
3284	Juice of 2 lemons	0.00
3284	Chopped parsley	3.00 tb
3284	Garlic cloves - chopped	2.00
3284	Capers	2.00 tb
3285	Medium russet potato (about	1.00
3285	Heavy cream	2.00 tb
3285	Ground cloves	1.00 pn
3285	Butter	2.00 ts
3285	Small onion; minced	1.00
3285	Ground sirloin	1.00 lb
3285	Egg yolk	1.00
3285	Finely chopped pickled beets	0.50 c
3285	Capers	1.00 tb
3285	Flour	0.50 c
3285	Vegetable oil	1.00 tb
3286	Veal steak	1.50 lb
3286	Flour	2.00 tb
3286	Carrot, diced	2.00 ea
3286	Salt & pepper	1.00 x
3286	Shortening	2.00 tb
3286	Tomato, can	16.00 oz
3286	Sm Onion, finely chopped	1.00 ea
3286	Flour	1.00 x
3287	Veal; Cut In 4 Thin Slices	1.00 lb
3287	Salt	0.50 ts
3287	Sugar	0.12 ts
3287	Pepper; White	0.50 ts
3287	Mustard; Dijon Style	1.00 tb

Sheet1

3287	Bacon; Slices	4.00
3287	Eggs; Large, Hard Cooked	4.00
3287	Vegetable Oil	2.00 tb
3287	Onion; Medium, Diced	1.00
3287	Beef Bouillon; Heated	0.75 c
3287	Tomato Paste	1.00 tb
3287	Unbleached Flour	2.00 tb
3287	Red Wine	0.25 c
3288	Hard cooked eggs, peeled, ro	8.00
3288	All purpose flour	0.25 c
3288	Bulk pork sausage	1.50 lb
3288	Dry bread crumbs	1.00 c
3288	Ground sage	0.50 ts
3288	Salt	0.25 ts
3288	Eggs, beaten	2.00
3288	Peanut oil for deep frying	0.00
3289	Hog's head	1.00 ea
3289	Salt & pepper	1.00 x
3289	Corn meal, yellow	1.00 x
3289	Water	1.00 x
3289	Sage, powdered	1.00 ts
3290	Soy sauce	1.00 c
3290	Water	1.00 c
3290	Dry white table wine	1.00 c
3290	Brown sugar; firmly packed	0.25 c
3290	Cloves garlic; minced or mas	2.00
3290	Ground ginger	1.00 tb
3290	Sesame seed	0.25 c
3290	Spareribs	3.00 lb
3291	Pound lamb boneless shoulder	1.00
3291	Lemon juice	0.25 c
3291	Olive or vegetable oil	2.00 tb
3291	Salt	2.00 ts
3291	Chopped fresh or 1/2 ts	2.00 ts
3291	Dried oregano leaves	0.00
3291	Pepper	0.25 ts
3291	Green bell pepper, cut	1.00
3291	Into 1-inch pieces	0.00
3291	Onion, cut into eighths	1.00 md
3291	Cubed eggplant	1.00 c
3292	Feet medium (2-inch	5.00
3292	Diameter) hog casings	0.00
3292	Lean pork butt, cubed	4.50 lb
3292	Pork fat, cubed	0.50 lb
3292	Salt, or to taste	2.50 ts
3292	Freshly coarse ground	3.00 ts
3292	Black pepper	0.00
3292	Fennel seed	3.00 ts
3292	Crushed red pepper to	0.00

Sheet1

3292	Taste for hot sausage	0.00
3293	Feet medium (2-inch	5.00
3293	Diameter) hog casings	0.00
3293	Lean pork butt, cubed	4.50 lb
3293	Pork fat, cubed	0.50 lb
3293	Salt, or to taste	2.50 ts
3293	Freshly coarse ground	3.00 ts
3293	Black pepper	0.00
3293	Fennel seed	3.00 ts
3293	Crushed red pepper to	0.00
3293	Taste for hot sausage	0.00
3293	Garlic, finely minced	2.00 cl
3293	Anise seed	1.00 ts
3294	Cream of Mushroom Soup	1.00 cn
3294	Ground Beef	1.00 lb
3294	Dry Bread Crumbs	0.33 c
3294	Egg Beaten	1.00
3294	Onion Finely Chopped	0.25 c
3294	Fresh Mushrooms Sliced	1.25 c
3295	Prime Rib Roast	8.00 lb
3295	Dry rub seasonings	0.00
3296	Prime Rib Roast	8.00 lb
3296	Dry rub seasonings	1.00 x
3297	Prime Rib Roast	8.00 lb
3297	Dry rub seasonings	1.00 x
3298	Prime Rib Roast	8.00 lb
3298	Dry rub seasonings	1.00 x
3299	Round steak	2.00 lb
3299	Salt	2.00 ts
3299	Ground black pepper	0.50 ts
3299	Ground red pepper	1.00 ts
3299	Ground white pepper	1.00 ts
3299	All-purpose flour (dredging)	0.00
3299	Vegetable oil	0.50 c
3299	Medium onions, chopped	3.00
3299	Bell peppers, chopped	2.00
3299	Celery rib, chopped	1.00
3299	Beef stock or water	1.00 c
3300	Burgundy snails	48.00
3300	Court bouillon	0.00
3300	Shallots	4.00
3300	Chives	0.00
3300	White Macon wine	0.75 c
3300	Frogs' legs	24.00
3300	Milk	0.50 c
3300	Flour	0.00
3300	Butter	4.00 tb
3300	Salt and pepper	0.00
3300	Chopped parsley, to garnish	0.00

## Sheet1

3301	Best venison trimmings	0.75 lb
3301	Cider	2.00 fl
3301	Good stock	4.00 fl
3301	Cap mushrooms	6.00 oz
3301	Chives	1.00 bn
3301	Garlic	0.00
3301	Juniper	0.00
3301	Unsalted butter	0.00
3301	Soured cream or Greek yogurt	4.00 fl
3302	Country ham; uncooked	14.00 lb
3302	Apple juice	7.00 c
3302	Brown sugar; firmly packed	1.50 c
3302	White vinegar	1.00 tb
3302	Prepared mustard	2.00 ts
3302	Cloves; ground	1.00 ts
3302	Whole colves	0.00
3303	Dairy Sour Cream	0.25 c
3303	Sliced Green Onion	2.00 tb
3303	Fine Dry Bread Crumbs	4.00 ts
3303	Salt	0.25 ts
3303	Dash Pepper	0.00
3303	Lean Ground Beef	0.50 lb
3303	Hamburger Buns *	2.00
3303	Lettuce Leaves	0.00
3303	Thin Slices Tomato	2.00
3303	Dairy Sour Cream (Opt.)	0.00
3304	Pound bulk chorizo sausage*	1.00
3304	Chopped onion	0.50 c
3304	Green bell pepper, cut into 1-inch pieces	1.00 lg 0.00
3304	Fresh tomato salsa or Prepared salsa	1.25 c 0.00
3304	Eggs	4.00
3304	Shredded chihuahua or Mozzarella cheese (3 ounces)	0.75 c 0.00 0.00
3305	Butter; melted	4.00 tb
3305	Tomatoes; peeled	1.00 lb
3305	Granulated sugar	1.00 ts
3305	Salt & freshly ground pepper	0.00
3305	Garlic cloves; crushed	3.00
3305	Dry white wine	0.25 c
3305	Bay leaf	1.00 sm
3305	Lean ground beef	1.00 lb
3305	Bread; crusts removed, soaked in water, and squeezed dry	2.00 sl 0.00 0.00
3305	Ground cumin	1.00 ts
3305	Egg; lightly beaten	1.00

Sheet1

3305	Parsley; minced	2.00 ts
3305	Salt; (or more to taste)	1.00 ts
3305	Freshly ground pepper	1.00 pn
3305	Oil for frying	0.00
3306	SOUVLAKI -----	0.00 -----
3306	Lamb shoulder;-OR-	2.00 lb
3306	Sirloin tip;cut in 1 1/2"	0.00
3306	chunks	0.00
3306	Red wine;dry	2.00 c
3306	Garlic cloves; minced	2.00
3306	Oregano;dried	1.00 ts
3306	Lemon rind;long strips up to	2.00 ts
3306	3 tsp	0.00
3306	Olive oil	0.25 c
3306	Sweet peppers and cherry	0.00
3306	tomatoes as needed	0.00
3306	TZAZIKI -----	0.00 -----
3306	Yogurt;pain	2.00 c
3306	Cucumber;English,peeled &	0.50
3306	grated	0.00
3306	Garlic cloves;minced	2.00
3306	Olive oil	3.00 tb
3306	salt	1.00 ts
3307	Stewed tomatoes.	1.00 cn
3307	Hot dogs sliced 1/2"	0.50 lb
3307	Thick	0.00
3307	Green pepper, diced	0.75 c
3307	Onion, diced	0.75 c
3307	Rice for 4 people	0.00
3308	Meaty Spareribs	5.00 lb
3308	Butter	3.00 tb
3308	Pepper	1.00 ds
3308	Sauerkraut, rinsed	1.00 qt
3308	Onions, sliced	2.00 x
3308	Carrot, grated	0.00
3308	Apples, sliced	3.00 x
3308	Dry White Wine	1.50 c
3309	Sauerkraut; canned (2 cans)	32.00 oz
3309	Spareribs; country style	3.00 lb
3309	Paprika	2.00 ts
3309	Beef bouillon cubes	6.00
3309	Caraway seeds	0.50 ts
3309	Pepper	0.50 ts
3309	Bacon; slices,rolled inflour	10.00
3310	Ketchup,catsup,"red stuff"	2.00 c
3310	Water	1.00 c
3310	Vegetable Oil	0.67 c
3310	Soy Sauce	0.50 c
3310	Worcestershire Sauce	2.00 tb

Sheet1

3310	Vinegar	2.00 tb
3310	Sugar	1.00 tb
3310	Paprika	1.00 ts
3310	Tabasco Sauce	0.50 ts
3310	Fine bread crumbs	0.67 c
3310	Flour	0.50 c
3310	Brown sugar, firmly packed	0.25 c
3310	Cornstarch	1.00 tb
3310	Dry Mustard	1.00 tb
3310	Nutmeg	0.25 ts
3310	Ginger	0.25 ts
3311	Lean Ground Beef	1.00 lb
3311	Onion; Chopped, 1 Sm	0.25 c
3311	Apple; Cored & Chopped	1.00
3311	Curry Powder Or To Taste	1.00 ts
3311	Mustard; Dry	0.50 ts
3311	Baked Beans; 1 cn, *	28.00 oz
3311	Apple Cored And Sliced	1.00
3312	Olive oil	1.00 tb
3312	Onion; finely minced	1.00 sm
3312	Finely minced garlic	1.00 tb
3312	Ground black pepper	1.00 ts
3312	Ground nutmeg	0.50 ts
3312	Ground coriander	1.00 ts
3312	Ground beef	2.00 lb
3312	Toasted hamburger buns	4.00
3312	Red onion (thin slices)	4.00 sl
3312	Tomato	4.00 sl
3312	Ketchup	0.00
3312	Mustard	0.00
3312	Mayonnaise	0.00
3313	Boneless pork chops	6.00
3313	Cajun seasoning	1.00 tb
3313	Vegetable oil	2.00 tb
3313	Red onions; sliced	2.00 lg
3313	Bottled barbecue sauce	0.50 c
3313	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
3313	252 calories	0.00 x
3313	24 g protein	0.00 x
3313	10 g carbohydrate	0.00 x
3313	13 g fat	0.00 x
3313	72 mg cholesterol	0.00 x
3313	401 mg sodium	0.00 x
3314	Lean beef bottom round	1.00 lb
3314	Steak, trimmed of fat and	0.00
3314	Cut in 1-1/2-inch pieces	0.00
3314	Onion; chopped	1.00
3314	Bud garlic; finely chopped	1.00
3314	Jalapeno pepper;chopped fine	1.00 tb

Sheet1

3314	Prepared mustard	1.00 tb
3314	Light soy sauce	1.00 tb
3314	Coconut flavoring	1.00 ts
3314	Ground coriander	1.00 ts
3314	Ground ginger	0.50 ts
3314	Ground cumin	0.25 ts
3315	Pound chorizo sausage,	0.50
3315	Casings removed	0.00
3315	Onions, chopped	2.00 md
3315	(about 1 cup)	0.00
3315	Cl Garlic, finely chopped	2.00
3315	(4 ounces) chopped green	1.00 cn
3315	Chilis, drained	0.00
3315	Flour tortillas*	8.00 ts
3315	Shredded monterey jack or	2.00 c
3315	Hot pepper cheese (8 ounces	0.00
3315	(16 ounces) refried beans	1.00 cn
3315	Jars (7 ounces) roasted red	1.00
3315	Peppers, drained	0.00
3316	Butter	4.00 tb
3316	Cloves garlic, fine chopped	2.00
3316	Chili powder	2.00 ts
3316	Soya sauce	0.50 c
3316	Granulated sugar	1.00 tb
3316	Chicken stock	0.50 c
3316	Onion finely chopped	1.00
3316	Canned plum tomatoes	4.00 c
3316	Dry red wine	1.00 c
3316	Cornstarch	2.00 tb
3316	Salt	1.00
3316	Trimmed spareribs	5.00 lb
3317	Butter	4.00 tb
3317	Onion finely chopped	1.00
3317	Cloves garlic, fine chopped	2.00
3317	Canned plum tomatoes	4.00 c
3317	Chili powder	2.00 ts
3317	Dry red wine	1.00 c
3317	Soya sauce	0.50 c
3317	Cornstarch	2.00 tb
3317	Granulated Sugar	1.00 tb
3317	Salt	1.00
3317	Chicken Stock	0.50 c
3317	Trimmed spareribs	5.00 lb
3318	Lean Ground Beef	2.00 lb
3318	Onion Soup Mix; 1 pk	1.50 oz
3318	Oats; Quick Cooking	0.50 c
3318	Water	0.50 c
3318	Dairy Sour Cream	0.50 c
3318	Eggs; Lg, Beaten	2.00



Sheet1

3318	Parmesan Cheese; Grated	0.25 c
3319	Mayonnaise	6.00 tb
3319	Sour cream	6.00 tb
3319	Dijon mustard	0.50 c
3319	Fresh lemon juice	0.50 c
3319	Coarsley ground black pepper	1.00 ts
3319	Minced fresh dill	8.00 ts
3319	Boneless pork loin chops, 1-	4.00
3320	Top Round Steak	2.00 lb
3320	Flour	0.25 c
3320	Salt	0.50 ts
3320	Pepper	0.25 ts
3320	Garlic or Celery Salt	0.25 ts
3320	Butter	6.00 tb
3320	Lg Onion, finely chopped	1.00
3320	Beef Bullion	1.00 c
3320	Sharp Cheddar Cheese, grated	1.00 c
3320	Parsley, finely chopped	2.00 tb
3321	Whole Black Peppercorns	1.00 ts
3321	Cubed Beef Steaks	2.00
3321	Cooking Oil	2.00 tb
3321	Brandy	2.00 tb
3321	Instant Beef Bouillon	0.25 ts
3322	Filet mignon strip steaks	2.00 lb
3322	Oil	2.00 tb
3322	Unsalted butter	2.00 tb
3322	Chopped shallots or scallion	0.25 c
3322	Finely minced garlic	0.50 ts
3322	Dry red wine	0.50 c
3322	Beef stock or bouillon	0.25 c
3322	Dried thyme	1.00 pn
3322	Salt and pepper to taste	0.00
3323	Chuck steak, 1" thick	1.50 lb
3323	Cream of mushroom soup	1.00 cn
3323	Onion soup mix	1.00 pk
3323	Carrots	3.00
3323	Stalks celery	2.00
3323	Potatoes	3.00
3323	Water	2.00 tb
3324	Mushrooms; Diced	0.25 lb
3324	Carrot; Small, Diced	1.00
3324	Shallot Or Green Onion; *	1.00
3324	Butter	2.00 tb
3324	Paprika	1.00 ts
3324	Salt	0.50 ts
3324	Sour Cream	1.00 c
3324	Worcestershire Sauce	1.00 ts
3324	Servings Of Steak; **	4.00
3325	Stew Meat Trimmed 1" cubes	3.00 lb

Sheet1

3325	(1 cn) Tomato Paste	6.00 oz
3325	Fresh Parsley, Chopped	0.50 c
3325	Salt & Pepper To Taste	0.00
3325	Bay Leaf	1.00
3325	Dried Oregano, Crumbled	1.00 ts
3325	Cinnamon	1.00 ts
3325	Ground Cumin	1.00 ts
3325	Sugar	0.50 ts
3325	Dry White Wine	0.50 c
3325	Dry Red Wine Vinegar	0.25 c
3325	Pearl Onions *	1.00 lb
3325	Cloves Garlic *	30.00
3325	Feta Cheese, Crumbled	0.50 lb
3325	Walnuts, Coarsely Chopped	1.00 c
3325	Fresh Parsley, Chopped.	0.50 c
3326	Pork shoulder; fat trimmed	4.00 lb
3326	cut into 1-in cubes	0.00
3326	Salt	0.50 ts
3326	Ground black pepper	0.50 ts
3326	Vegetable oil	0.25 c
3326	Onion	1.00 md
3326	peeled and roughly chopped	0.00
3326	Flour	2.00 tb
3326	Dry white wine	2.00 c
3326	Tarragon vinegar	0.25 c
3326	All-purpose broth	4.00 c
3326	OR low-sodium chicken broth	0.00
3326	Bay leaves	2.00
3326	Sprigs fresh thyme; -=OR=-	4.00
3327	Olive oil	0.25 c
3327	Boneless beef chuck	1.50 lb
3327	cut into 1-1/2" cubes	0.00
3327	All-purpose flour	2.00 tb
3327	Sm. white boiling onions	12.00 oz
3327	Peeled	0.00
3327	Tomatoes,peeled,seeded,chopd	1.00 lb
3327	Garlic cloves; minced	3.00
3327	Chopped fresh thyme *	2.50 tb
3327	Chopped fresh rosemary *	2.50 tb
3327	Chopped fresh oregano *	2.50 tb
3327	Bay leaf; crumbled	1.00
3327	Ground cumin	1.00 ts
3327	Dry red wine	2.00 c
3327	Feta cheese, crumbled	0.50 lb
3327	Salt & freshly ground pepper	0.00
3328	Flank steak	0.75 lb
3328	Soy sauce	1.00 tb
3328	Rice wine	1.00 tb
3328	Water	2.00 tb

Sheet1

3328	Cornstarch	1.00 tb
3328	Vegetable oil	0.12 c
3328	Cloves garlic, minced	3.00
3328	Chopped fresh ginger root	1.00 ts
3328	Green onions, chopped	6.00
3328	Water	0.33 c
3328	Broccoli cut into florets	1.00 lb
3328	SAUCE -----	0.00 -----
3328	Oyster sauce	2.00 tb
3328	Soy sauce	1.00 tb
3328	Rice wine	1.00 tb
3328	Cornstarch	1.00 tb
3329	Thinly sliced Pork tenderloin	1.50 c
3329	Cloves crushed garlic	2.00
3329	Vegetable oil	4.00 tb
3329	Green onion-cut into 1" pcs	1.00
3329	Chinese peapods-ends removed	3.00 c
3329	Sliced-fresh mushrooms	0.50 c
3329	Sliced bamboo shoots	0.50 c
3329	Sugar	0.25 ts
3329	Fish sauce or to taste	0.50 ts
3329	MSG-OPTIONAL	0.12 ts
3329	Water	0.25 c
3330	STUFFING -----	0.00 -----
3330	Red bell pepper; 1/4 x 2" st	1.00
3330	Green bell pepper; 1/4 x 2"	1.00
3330	Jalapeno peppers	2.00
3330	Balsamic vinegar	0.50 c
3330	Granulated sugar	0.50 c
3330	Brown sugar	0.50 c
3330	Coarsely chopped crystalized	0.50 c
3330	Raisins	0.50 c
3330	FOR THE PORK -----	0.00 -----
3330	Finely chopped garlic	2.00 tb
3330	Ground cumin	1.00 ts
3330	Cayenne pepper	0.25 ts
3330	Ketchup	1.00 c
3330	Drainings from stuffing above	0.75 c
3330	Soy sauce	3.00 tb
3330	Worcestershire sauce	2.00 tb
3330	Boned pork loin *	2.00 lb
3331	DOUGH -----	0.00 -----
3331	Brown sugar	2.00 ts
3331	Warm water divided	1.50 c
3331	about 110 degrees	0.00
3331	Instant dry yeast	2.00 pk
3331	Flour divided	4.50 c
3331	Salt	1.00 ts
3331	Olive oil	4.00 tb

Sheet1

3331	SAUCE -----	0.00 -----
3331	Olive oil	2.00 tb
3331	Chopped onion	1.00 c
3331	Minced clove garlic	1.00
3331	(28-oz can) italian	2.50 c
3331	plum tomatoes	0.00
3331	Dried basil	0.50 ts
3331	Dried oregano	1.00 ts
3331	Salt	1.00 ts
3331	Brown sugar	1.50 ts
3331	(6-oz) tomato paste	1.00 cn
3331	Freshly ground black pepper	0.00
3331	FILLING -----	0.00 -----
3331	Grated mozzarella	1.50 lb
3331	cheese	0.00
3331	Parmesan grated cheese	0.50 lb
3331	Sliced mushrooms	0.00
3331	Sausage; browned & cooked	0.00
3331	Sliced pepperoni	0.00
3331	Favorite toppings in	0.00
3331	amounts desired	0.00
3332	Liver, calf	1.00 ea
3332	Salt pork	3.00 ea
3332	Salt & pepper	1.00 x
3332	*bread stuffing recipe	1.00 x
3332	Flour	1.00 x
3333	Ground beef or turkey	2.00 lb
3333	Bread crumbs	0.50 c
3333	Egg	1.00
3333	A-1 Sauce	1.00 tb
3333	Milk	0.25 c
3333	Onion, chopped	1.00 sm
3333	Cheeses:	0.00
3333	Shredded monterey jack,	0.25 c
3333	1/4 c shredded provolone,	0.00
3333	+ 1/2 c shredded cheddar	0.00
3333	Ketsup	2.00 tb
3333	Garlic powder	1.00 ts
3333	Dried basil	0.50 ts
3333	Dill	0.25 ts
3333	Barbeque sauce	1.00 tb
3334	Rabbit	0.00
3334	Butter	2.00 oz
3334	Flour	2.00 oz
3334	Stock	10.00 fl
3334	Breadcrumbs	2.00 c
3334	Large onion	0.00
3334	Large cooking apples	2.00 x
3334	Parsley	2.00 tb

Sheet1

3334	Thyme	1.00 ts
3334	Sugar	1.00 tb
3334	Salt	1.00 ts
3334	Butter	1.00 oz
3334	Egg	0.00
3334	Pepper to taste	0.00
3335	Sheep's hearts	2.00
3335	Little stock	1.00
3335	STUFFING -----	0.00 -----
3335	Onion; small/chopped	1.00
3335	Rasher of bacon; chopped	1.00
3335	Breadcrumbs	4.00 tb
3335	Chopped suet	1.00 tb
3335	Parsley; chopped	1.00 ts
3335	Lemon rind; 1/2; grated	1.00
3335	Egg; beaten	1.00
3336	Boneless Top Round *	0.50 lb
3336	Water	4.00 ts
3336	Butter Or Margarine	1.00 tb
3336	Cornbread Stuffing Mix	0.50 c
3336	Shredded Carrot	2.00 tb
3336	Green Onions, Sliced	2.00
3336	Water	1.00 ts
3336	Kitchen Bouquet	1.00 ts
3336	Butter or Margarine	2.00 ts
3336	Unbleached Flour	2.00 ts
3336	Water	0.50 c
3336	Dry Sherry	2.00 ts
3336	Kitchen Bouquet	1.00 ts
3336	Instant Beef Bouillon	0.50 ts
3337	Ground beef; lean	0.50 lb
3337	Ground pork	0.25 lb
3337	Egg; large	1.00
3337	Bread crumbs; soft	1.00 c
3337	Lemon juice	1.00 tb
3337	Nutmeg	0.12 ts
3337	Salt	0.50 ts
3337	Pepper; to taste	0.00
3337	Breast of veal; with brisket	4.00 lb
3337	Shortening	3.00 tb
3337	Paprika	2.00 ts
3337	Bay leaves	2.00
3337	Cloves; whole	6.00
3337	Rosemary	0.50 ts
3337	Basil	0.50 ts
3337	Water	2.00 c
3338	Loaf (1 pound) french bread	1.00
3338	Margarine or butter, soften	0.00
3338	Ounces swiss cheese slices	4.00

Sheet1

3338	Pound salami, sliced	0.50
3338	Shredded lettuce	2.00 c
3338	Tomatoes, thinly sliced	2.00 md
3338	Onion, thinly sliced	1.00 md
3338	Pound fully cooked smoked	0.50
3338	ham Thinly sliced	0.00
3338	Green bell pepper, thinly	1.00 md
3338	Sliced	0.00
3338	Creamy italian dressing	0.25 c
3339	Jefferson Island Salt or can	1.00 pt
3339	Black pepper	2.00 tb
3339	Ground red pepper	1.00 tb
3340	Ham; 8 to 10 lbs	1.00
3340	Apple juice or Maple sap	3.00 qt
3340	Maple sugar	2.00 c
3340	Mustars; hot dry	1.00 ts
3340	Cloves; ground	2.00 ts
3340	Water	0.25 c
3340	Raisins	2.00 c
3341	Ground Beef	2.00 lb
3341	Onion Soup Mix; 1 Envelope	1.50 oz
3341	Bread Crumbs; Dry	0.50 c
3341	Dairy Sour Cream	1.00 c
3341	Pepper	0.12 ts
3342	Fresh Calves' Liver	1.00 lb
3342	Salad Oil	2.00 tb
3342	Butter	3.00 tb
3342	Large Spanish Onion, chopped	1.00
3342	Egg, hard-cooked, mashed	1.00
3342	Salt	0.00
3342	Freshly Ground Pepper	0.00
3343	Butter	1.00 tb
3343	Anchovies, chopped (opt)	4.00 ea
3343	Salt	2.00 ts
3343	Peppercorns	15.00 ea
3343	Vinegar	1.00 tb
3343	Water	1.00 c
3343	Beef chuck or rump roast	5.00 lb
3343	Onion, minced	1.00 ea
3343	Bay leaf	1.00 ea
3343	Brown sugar	1.00 tb
3343	Whiskey	1.00 tb
3344	Soft bread crumbs	2.00 c
3344	Minced onion	0.50 c
3344	Ground beef or veal	1.50 lb
3344	Salt	2.00 ts
3344	Nutmeg	1.00 ts
3344	Concentrated meat extract	1.00 tb
3344	Water	1.00 c

Sheet1

3344	Minced parsley	2.00 tb
3344	Milk	0.67 c
3344	Butter	4.00 tb
3344	Eggs, slightly beaten	3.00 ea
3344	Pepper	0.50 ts
3344	Paprika	1.00 ts
3344	Flour	3.00 tb
3344	Sour cream	1.00 c
3345	All purpose flour	0.25 c
3345	Salt	0.50 ts
3345	Pepper	0.25 ts
3345	Ground ginger	0.50 ts
3345	Pork chops 1" thick, trimmed	6.00
3345	Butter	1.00 tb
3345	Cooking oil	1.00 tb
3345	Small onion, finely chopped	1.00
3345	Clove garlic, finely minced	1.00
3345	Hot beef broth	0.50 c
3345	Chili sauce	0.25 c
3345	Cider vinegar	3.00 tb
3345	Light brown sugar	1.50 tb
3346	Salad Oil	1.00 tb
3346	Pork Chops	2.00 lb
3346	Brown Sugar	3.00 tb
3346	Cider Vinegar	2.00 tb
3346	Salt	2.00 ts
3346	Cinnamon	0.50 ts
3346	Sweet Potatoes (17-18 ounces)	1.00 cn
3346	Cornstarch	2.00 ts
3347	Bulk Pork Sausage	0.50 lb
3347	Chopped Onion	2.00 tb
3347	Tomato Sauce	0.50 c
3347	Canned Chili Peppers,Chopped	2.00 tb
3347	Unbleached Flour	1.50 ts
3347	Chili Powder (Or To Taste)	1.00 ts
3347	Dash Of Garlic Powder	0.00
3347	Torn Lettuce	3.00 c
3347	Lge. Carrot, Shredded	1.00
3347	Cherry Tomatoes, Halved	0.50 c
3347	Monterey Jack Cheese Shreds	0.25 c
3347	Coarsely Crushed Taco Chips	0.25 c
3348	Onions, chopped	2.00 ea
3348	Olive oil	0.25 c
3348	Canned tomatos, chopd/draind	1.00 c
3348	Corn niblets	1.00 cn
3348	Chili powder (more to taste)	1.00 tb
3348	Pepper	0.50 ts
3348	Clove garlic, minced	1.00 ea
3348	Lean ground meat	1.00 lb

Sheet1

3348	Tamales cut in 1" chunks	1.00 cn
3348	Olives, sm, chopped/sliced	1.00 cn
3348	Salt	0.50 ts
3348	Sharp cheddar cheese, grated	0.50 lb
3349	Flank steak;sliced very thin	0.75 lb
3349	MARINADE -----	0.00 -----
3349	Soy sauce;dark	2.00 ts
3349	Rice wine	2.00 ts
3349	Ginger; chopped fine	1.00 ts
3349	Cornstarch	1.00 ts
3349	Sesame oil	1.00 ts
3349	OTHER INGREDIENTS -----	0.00 -----
3349	Peanut oil	0.33 c
3349	Red chilies; dried halved	2.00
3349	Orange peel; dried/soaked	5.00 pn
3349	SEASONING -----	0.00 -----
3349	Szechuan peppercorns;roasted	0.50 ts
3349	Soy sauce; dark	2.00 ts
3349	Salt	0.25 ts
3349	Sugar	1.00 ts
3349	Sesame oil	0.50 ts
3350	Short Ribs *	4.00 lb
3350	Lemon Juice	0.75 c
3350	Large Onion, Sliced	1.00
3350	Steak Sauce	0.50 c
3350	Clove Garlic, Finely Chopped	1.00
3350	Salt	2.00 ts
3350	Chil Powder	2.00 ts
3350	Ground Cumin	1.50 ts
3350	Pepper	0.50 ts
3351	Vegetable oil	1.00 tb
3351	Cl Garlic, crushed	1.00
3351	One-pound pork tenderloin	1.00
3351	Chopped fresh or	1.00 tb
3351	Dried oregano leaves	1.00 ts
3351	Tomato, finely chopped	1.00 md
3351	(about 1 cup)	0.00
3351	Thinly sliced green onions	0.25 c
3351	Chopped fresh or	1.00 ts
3351	Dried oregano leaves	0.50 ts
3351	Ground cumin	0.50 ts
3351	Salt	0.25 ts
3351	Pepper	0.25 ts
3351	(16 ounces) black beans,	1.00 cn
3351	Rinsed and drained	0.00
3352	Crushed Corn Chips	2.00 c
3352	Large Egg Beaten	1.00
3352	Water	2.00 tb
3352	Env. Onion Soup Mix	1.00



Sheet1

3352	Lean Ground Beef	1.00 lb
3352	(1 Cn) Chopped Green Chilis*	4.00 oz
3352	(1 C) Monterey Jack Cheese**	3.00 oz
3352	(1 cn) Tomato Sauce	8.00 oz
3352	Med. Green Pepper, Chopped	1.00
3353	Crushed crackers	1.25 c
3353	Cheddar cheese-flavored	0.00
3353	Creamed corn (16 oz can)	1.00 cn
3353	Italian peeled tomatoes	1.00 cn
3353	drained (14 oz can)	0.00
3353	Chopped green chilies (4oz)	1.00 cn
3353	Medium onion, chopped	1.00
3353	Medium green bell pepper	1.00
3353	chopped	0.00
3353	Garlic cloves, minced	2.00
3353	Eggs	3.00
3353	Salt	0.50 ts
3353	Chili powder	1.00 tb
3353	Ground round (85% lean)	1.00 lb
3353	Butter	1.00 tb
3354	Curry powder	1.00 tb
3354	Turmeric	1.00 ts
3354	Palm sugar or brown sugar	1.00 tb
3354	Fish sauce (nam pla)	2.00 tb
3354	Lime juice	2.00 tb
3354	Vegetable oil	1.00 tb
3354	Boneless pork loin	1.00 lb
3354	cut into 3" long x 1" wide	0.00
3354	1/4-inch-thick strips	0.00
3354	8-in bamboo skewers	24.00
3354	soaked in water for 1 hour	0.00
3354	Thick coconut cream	0.50 c
3354	(RECIPE Follows)	0.00
3354	COCONUT MILK AND CREAM -----	0.00 -----
3354	Unsweetened coconut milk	1.00 cn
3355	Uncooked sticky rice	3.00 c
3355	Very warm (almost hot) water	6.00 c
3355	Oil	4.00 tb
3355	Pork roast	1.50 lb
3355	Oyster sauce	2.00 tb
3355	Sugar	5.00 tb
3355	Thai dark sweet soy sauce	1.00 tb
3355	Light soy sauce	2.50 tb
3355	Whiskey (optional)	3.00 tb
3355	Chopped cilantro leaves	0.25 c
3355	Chopped green onions	0.50 c
3355	Cucumbers; sliced	3.00 md
3355	Tomatoes; sliced	2.00 lg
3355	Sliced fresh chilies	0.00

Sheet1

3355	to taste	0.00
3356	Ounces beef, lamb, veal or p	3.00
3356	Tongue	0.00
3357	Veal scallops; pounded thin	1.00 lb
3357	Flour	0.00
3357	Salt	0.00
3357	Pepper	0.00
3357	Olive oil	3.00 tb
3357	Garlic; crushed	3.00 c
3357	Dry white wine	0.50 c
3357	Chicken broth	0.50 c
3357	Capers	3.00 tb
3357	Sm Lemon; peeled ,white remo	1.00
3357	Butter	2.00 tb
3357	Parsley; fresh	4.00 tb
3358	CRUST -----	0.00 -----
3358	Flour	2.50 c
3358	Baking powder	2.00 ts
3358	Salt	1.00 ts
3358	Shortening	0.50 lb
3358	Hot water	0.50 c
3358	Lemon juice	2.00 ts
3358	Egg; well beaten	1.00
3358	FILLING -----	0.00 -----
3358	Pork; lean ground	1.00 lb
3358	Onion; finely chopped	1.00
3358	Salt	0.50 ts
3358	Pepper	0.25 ts
3358	Thyme	0.50 ts
3358	Sage	0.50 ts
3358	Dry mustard	0.50 ts
3358	Cloves	0.50 ts
3358	Potato; boiled & mashed	1.00
3358	HERB SAUCE -----	0.00 -----
3358	Celery stalk; minced	1.00
3358	Consomme	2.50 c
3358	Sage	0.50 ts
3358	Thyme	0.50 ts
3358	Butter	0.25 c
3358	Flour	0.50 c
3358	Parsley	1.00 tb
3358	Mushrooms; chopped	1.00 c
3359	Pork; ground	2.00 lb
3359	Onion; large	1.00
3359	Garlic clove	1.00
3359	Mace; ground	0.12 ts
3359	Sage; ground	0.12 ts
3359	Potato; small	1.00
3359	Raisins	0.25 c

Sheet1

3359	Pepper to taste	0.00
3359	Water; boiling	0.00
3359	Pastry for double crust pie	0.00
3360	CRUST -----	0.00 -----
3360	Flour	2.50 c
3360	Baking powder	2.00 ts
3360	Salt	1.00 ts
3360	Shortening	0.50 lb
3360	Hot water	0.50 c
3360	Lemon juice	2.00 ts
3360	Egg; well beaten	1.00
3360	FILLING -----	0.00 -----
3360	Pork; lean ground	1.00 lb
3360	Onion; finely chopped	1.00
3360	Salt	0.50 ts
3360	Pepper	0.25 ts
3360	Thyme	0.50 ts
3360	Sage	0.50 ts
3360	Dry mustard	0.50 ts
3360	Cloves	0.50 ts
3360	Potato; boiled & mashed	1.00
3360	HERB SAUCE -----	0.00 -----
3360	Celery stalk; minced	1.00
3360	Consomme	2.50 c
3360	Sage	0.50 ts
3360	Thyme	0.50 ts
3360	Butter	0.25 c
3360	Flour	0.50 c
3360	Parsley	1.00 tb
3360	Mushrooms; chopped	1.00 c
3361	Tripe	2.00 lb
3361	Peanut oil	4.00 tb
3361	Carrots, grated	2.00
3361	Celery, chopped	0.50 c
3361	Yellow onion, peeled & Chopped	1.00 0.00
3361	Parsley, chopped	0.50 c
3361	Cloves garlic, crushed	3.00
3361	(8-oz) tomato sauce	1.00
3361	Beef stock	0.50 c
3361	Dry red wine	0.50 c
3361	Oregano	1.00 ts
3361	Bay leaf, crushed	1.00
3361	Basil	0.50 ts
3361	Salt & pepper to taste	0.00
3361	1" pieces lemon peel	2.00
3361	Parmesan or Romano	0.50 c
3361	Cheese, freshly grated	0.00
3362	Large, meaty shortribs	4.00

Sheet1

3362	Oriental toasted sesame oil	0.33 c
3362	Peanut butter	4.50 tb
3362	Brown sugar	4.00 tb
3362	Curry powder	2.25 tb
3362	Soy sauce	0.75 c
3362	Black pepper (fresh cracked)	0.50 tb
3362	Rice sherry wine	0.50 c
3362	Fresh ginger root	0.50
3362	Large garlic cloves (minced)	2.00
3362	Green onions	10.00
3363	Lamb boneless cubed 1"	1.00 lb
3363	Carrots julliened	3.00 ea
3363	Onions cut to strips 1/4"	2.00 ea
3363	wide and 2" long	0.00
3363	Peanut oil	0.25 c
3363	Cold water	6.00 c
3363	Rice uncooked	3.00 c
3363	Black pepper fresh ground	1.00 t
3363	Salt	1.00 T
3363	Garlic clove minced	1.00 ea
3363	Raisins	0.25 c
3363	Chick peas <garbanzo beans>	0.25 c
3364	Onion, finely chopped	1.50 c
3364	Mushrooms, finely chopped	0.50 c
3364	Unsalted butter	9.00 tb
3364	Dry bread crumbs, fine	1.00 c
3364	Basil, crumbled	1.00 ts
3364	Veal cutlets, about 1/4-inch	6.00
3364	thick	0.00
3364	White veal stock	0.50 c
3364	Tomato puree	0.50 c
3364	Paprika	2.00 tb
3364	Buttered noodles for	0.00
3364	accompaniment	0.00
3364	Sour cream	1.00 c
3365	HERB STUFFING -----	0.00 -----
3365	Bacon; strips	3.00
3365	Onion; medium	1.00
3365	Mushroom pieces; (1 can)	4.00 oz
3365	Fresh parsley; chopped	0.25 c
3365	Dill; fresh, chopped	1.00 tb
3365	Tarragon leaves; dried	1.00 ts
3365	Basil leaves; dried	1.00 ts
3365	Ground beef; lean	0.50 lb
3365	Bread crumbs; dry	0.50 c
3365	Eggs; large	3.00
3365	Sour cream	0.33 c
3365	Salt	0.50 ts
3365	Pepper	0.25 ts

Sheet1

3365	VEAL -----	0.00 -----
3365	Boned veal breast; or	3.00 lb
3365	Boned leg of veal	4.00 lb
3365	Salt	0.50 ts
3365	Pepper	0.25 ts
3365	Vegetable oil	1.00 tb
3365	Beef broth; hot	2.00 c
3365	Cornstarch	2.00 tb
3365	Sour cream	0.50 c
3366	Veal cutlets (4 @ 6oz each)	24.00 oz
3366	Lemon juice	2.00 tb
3366	Salt	0.50 ts
3366	Pepper	0.12 ts
3366	Paprika	0.50 ts
3366	Vegetable oil	1.00 tb
3366	Capers; drained(1/2 sm. jar)	2.00 oz
3366	White wine; dry	0.25 c
3366	Bay leaf	1.00
3366	Evaporated milk	3.00 tb
3366	GARNISH -----	0.00 -----
3366	Pickled beets; sliced	0.00
3366	Lettuce leaves	4.00
3367	Veal cutlets; lean *	4.00
3367	Vegetable oil	1.00 tb
3367	Salt	0.50 ts
3367	Pepper; white	0.12 ts
3367	Red wine	0.25 c
3367	Evaporated milk	2.00 tb
3367	Cherries;tart, canned, drain	16.00 oz
3367	GARNISH -----	0.00 -----
3367	Parsley	0.00
3368	Veal	4.00 lb
3368	Salt	0.00
3368	Water to cover	0.00
3368	White wine	2.00 c
3368	Peeled onion, cut in half	1.00
3368	Bay leaves	3.00
3368	Cloves	5.00
3368	Butter and Flour for white	0.00
3368	Roux	0.00
3368	Capers	3.00 ts
3368	Dill, chopped	1.00 ts
3368	White pepper	0.00
3368	Nutmeg (pinch)	0.00
3368	Heavy cream	1.00 c
3368	Egg Yolks	2.00
3370	Veal, lean, ground	3.00 lb
3370	Egg, well beaten	1.00 ea
3370	Butter, melted	2.00 tb

Sheet1

3370	Pepper	0.12 ts
3370	Nutmeg	0.12 ts
3370	Bread crumbs	0.75 c
3370	Parsley, chopped	1.00 tb
3370	Salt	1.00 ts
3370	Onion, chopped	1.00 tb
3370	Stock	0.50 c
3371	Boneless veal cutlets,	1.00 lb
3371	Pounded thin	0.00
3371	Flour	0.25 c
3371	Butter or margarine	3.00 tb
3371	Salt	0.50 ts
3371	Dash pepper	0.00
3371	Thinly sliced mushrooms	1.50 c
3371	Butter or margarine	2.00 tb
3371	Flour	2.00 tb
3371	Marsala wine	0.50 c
3371	Chicken broth	1.00 c
3371	Hot cooked rice or noodles,	0.00
3371	Optional	0.00
3372	Veal cutlets	2.00 lb
3372	Flour	0.00
3372	Salt & pepper	0.00
3372	Butter	2.00 tb
3372	Olive oil	2.00 tb
3372	Mushrooms, fresh, sliced	4.00
3372	Marsala wine	0.50 c
3372	Butter, cold	4.00 tb
3372	Provolone cheese, sliced	0.00
3373	Butter	1.50 tb
3373	Hallots	0.50
3373	Oil	1.50 tb
3373	Can cream mushroom soup	1.00 ea
3373	Thinly sliced veal cutlets	6.00
3373	Milk	0.67 c
3373	Or halved chicken breasts	0.00
3373	Tart apple peeled sliced	1.00
3373	Brandy	5.00 tb
3373	Freshly cooked wild rice	0.00
3374	Boneless veal stew meat	1.00 lb
3374	Fresh mushrooms,sliced	8.00 oz
3374	Chicken broth,divided use	1.00 c
3374	Onion,finely chopped	1.00 lg
3374	Paprika	1.00 ts
3374	Salt	0.50 ts
3374	Pepper	0.25 ts
3374	Dash caraway seed	0.00
3374	Flour	3.00 tb
3374	Sour cream	0.50 c

## Sheet1

3375	Veal, thin sliced, pounded	0.50 lb
3375	Thin (1/8" thick)	0.00
3375	Shallot (minced)	1.00
3375	Garlic (minced)	1.00 cl
3375	White wine	0.50 c
3375	Prosciutto (chopped-up	0.25 c
3375	Into 1-inch long strips)	0.00
3375	Olive oil	3.00 tb
3375	Fresh grated parmesan cheese	0.00
3375	Flour	0.00
3375	White pepper	0.00
3375	Chopped parsley	0.00
3376	Boneless veal round,	2.00 lb
3376	(about 9-10 small pieces)	0.00
3376	Salt	1.00 ts
3376	Pepper	0.50 ts
3376	Flour	3.00 tb
3376	Dried oregano	0.75 ts
3376	Olive oil	3.00 tb
3376	Cloves garlic	2.00
3376	Onion, chopped	1.00 lg
3376	Beef broth	1.50 c
3376	Fresh lemon juice	0.25 c
3376	Thin slices lemon	8.00
3376	Capers	2.00 tb
3376	Finely minced fresh	0.25 c
3376	Parsley	0.00
3377	Bacon fat or salad oil	3.00 tb
3377	Garlic cloves, cut in half	2.00
3377	Veal - 1/2 leg or:	1.00
3377	3 or 4 lb rolled shoulder	0.00
3377	of veal	0.00
3377	Salt	1.00 ts
3377	Pepper	0.25 ts
3377	Thyme OR:	0.25 ts
3377	Savory	0.50 ts
3377	Bay leaf	1.00
3377	Potatoes - medium (6-8)	6.00
3377	Onions - medium (6-8)	6.00
3378	Salt; or to taste	0.50 ts
3378	Pepper; or to taste	0.25 ts
3378	Paprika; or to taste	0.25 ts
3378	Veal fillets; cut 1/4" thick	4.00
3378	Butter	4.00 tb
3378	Stewed tomatoes; whole	4.00
3378	White asparagus spears; *	12.00
3378	Mushrooms; fresh, sliced	0.25 lb
3379	Scallopine of veal, cut	0.50 lb
3379	Into 1/4 inch slices	0.00

Sheet1

3379	Flour for dredging	0.00
3379	Salt	0.00
3379	Freshly ground Pepper	0.00
3379	Butter	2.00 tb
3379	Olive oil	2.00 tb
3379	Marsala wine	0.25 c
3380	Slices veal scaloppine,	8.00
3380	About 1 1/4 lbs.	0.00
3380	Sweet red or green peppers,	1.00 c
3380	Cut into thin julienne	0.00
3380	Strips	0.00
3380	Salt and pepper	0.00
3380	Stuffed green olives	24.00 sm
3380	Egg	1.00
3380	Finely minced garlic	2.00 ts
3380	Water	1.00 tb
3380	Chopped onion	0.50 c
3380	Flour	0.25 c
3380	Drained canned tomatoes	0.50 c
3380	Peanut,vegetable or	2.00 tb
3380	Corn oil	0.00
3380	Dried oregano	1.00 ts
3380	Red wine vinegar	2.00 tb
3380	Butter	7.00 tb
3380	Chopped fresh parsley	3.00 tb
3381	Veal cutlets; sliced thin	1.00 lb
3381	Salt	0.50 ts
3381	Pepper	0.25 ts
3381	Curry powder	0.75 ts
3381	Vegetable oil	3.00 tb
3381	Onions; diced	2.00
3381	Evaporated milk	2.00 tb
3381	Tomato paste	2.00 tb
3381	Lemon; juiced	1.00
3381	Parsley sprigs; chopped	10.00
3381	Cognac or brandy	2.00 tb
3382	Veal Cutlets; Sliced Thin	1.00 lb
3382	Salt	0.50 ts
3382	Pepper	0.25 ts
3382	Curry Powder	0.75 ts
3382	Vegetable Oil	3.00 tb
3382	Onions; Diced	2.00
3382	Evaporated Milk	2.00 tb
3382	Tomato Paste	2.00 tb
3382	Lemon; Juiced	1.00
3382	Parsley Sprigs; Chopped	10.00
3382	Cognac Or Brandy	2.00 tb
3383	Veal; sliced thin	1.00 lb
3383	Salt	0.50 ts



Sheet1

3383	Pepper	0.25 ts
3383	Vegetable oil	3.00 tb
3383	Apples; med. peel and slice	4.00
3383	Evaporated milk	0.50 c
3383	Yogurt; small container	8.00 oz
3384	Bacon fat or salad oil	3.00 tb
3384	Garlic cloves, cut in half	2.00
3384	Veal - 1/2 leg or:	1.00
3384	3 or 4 lb rolled shoulder	0.00
3384	of veal	0.00
3384	Salt	1.00 ts
3384	Pepper	0.25 ts
3384	Thyme OR:	0.25 ts
3384	Savory	0.50 ts
3384	Bay leaf	1.00
3384	Potatoes - medium (6-8)	6.00
3384	Onions - medium (6-8)	6.00
3385	Chopped onion	0.75 c
3385	Chopped garlic	1.00 ts
3385	Olive oil	2.00 tb
3385	Venison shoulder or leg,	2.00 lb
3385	Ground	0.00
3385	Red chili flakes	2.00 ts
3385	Dried oregano	1.00 ts
3385	Ground cumin	1.00 ts
3385	Ground coriander	1.00 ts
3385	Ground cloves	0.50 ts
3385	Canned whole tomatoes,	2.00 c
3385	Seeded and chopped	0.00
3385	Red wine vinegar	2.00 tb
3385	Raisins	2.00 tb
3385	Salt	0.25 ts
3385	Black pepper	0.25 ts
3386	MARINADE -----	0.00 -----
3386	Sugar	1.00 c
3386	Vinegar	0.25 c
3386	Salt	0.25 c
3386	Slice of bacon	0.00
3386	Slice of onion	0.00
3386	Chili powder	0.25 ts
3386	BARBECUE SAUCE -----	0.00 -----
3386	Chopped onion	1.00
3386	Tomato juice	6.00 oz
3386	Oregano	0.50 ts
3386	Basil	0.50 ts
3386	Marjoram	0.50 ts
3386	Stalk of celery	1.00
3386	Chopped carrot	1.00
3387	Chunk of venison roast (or	3.00 lb

Sheet1

3387	Roll it if its in steak	0.00
3387	Form)	0.00
3387	Onion - Cut up (2 in.	2.00 c
3387	Pieces)	0.00
3387	Potato - Cut up "	2.00 c
3387	Carrots - cut up "	1.00 c
3387	Fresh mushrooms - sliced	1.00 c
3387	Liquid smoke	2.00 tb
3387	(or more) Worcestershire	3.00 tb
3387	Sauce	0.00
3387	(or more) Soy Sauce	3.00 tb
3387	Beef broth	0.50 c
3388	Roast	6.00 lb
3388	Celery stalk with leaves	1.00
3388	Carrots, quartered	2.00
3388	Dry red wine	0.50 c
3388	Med. onions, quartered	2.00
3388	Salt & Pepper	0.00
3388	Crumbled bay leaf	1.00
3388	Rosemary	0.50 ts
3388	Marjoram	0.50 ts
3389	Butter,divided use	2.00 tb
3389	Finely chopped shallots	0.25 c
3389	Cranberries,crushed	5.00
3389	Scotch whiskey	0.25 c
3389	Orange juice	0.75 c
3389	Lemon juice	2.00 tb
3389	Red currant jelly	2.00 tb
3389	Dijon mustard	1.00 ts
3389	Cornstarch	2.00 ts
3389	Water	2.00 tb
3389	Venison Porterhouse steaks	4.00
3389	OR 4 small beef Porterhouse	0.00
3389	Steaks	0.00
3390	Venison steaks	2.00
3390	Cream of mushroom soup	1.00 cn
3390	Sliced onions	2.00
3390	Salt & Pepper	0.00
3390	Several drops worcestershire	0.00
3391	(1pc) Round Bone Sirloin	3.00 lb
3391	Lemon Juice	0.33 c
3391	Orange Juice	0.33 c
3391	Vegetable Oil	0.25 c
3391	Whiskey	0.25 c
3391	Small Onion, Thinly Sliced	1.00
3391	Peppercorns	12.00
3391	Salt	1.00 ts
3391	Med Orange, Thinly Sliced	1.00
3392	Dried navy beans	1.00 c

Sheet1

3392	Chicken broth	31.50 oz
3392	(3 10 1/2 oz cans)	0.00
3392	Water	8.00 oz
3392	Onion, chopped	1.25 c
3392	Garlic clove, minced	1.00 ea
3392	Salt	0.25 ts
3392	Chicken breasts, skinned	2.00 c
3392	Green chilis, chopped	4.00 oz
3392	Cumin, ground	1.00 ts
3392	Dried whole oregano	0.75 ts
3392	Ground red pepper	0.25 ts
3392	Ground cloves	0.12 ts
3392	Monterey Jack Cheese,	3.00 oz
3392	Shredded	0.00
3393	Ground beef	3.00 lb
3393	Tomato sauce	2.50 c
3393	Onion; chopped	1.00
3393	Garlic to taste - chopped	0.00
3393	Salt	1.00 ts
3393	Cayenne pepper	1.00 ts
3393	Tabasco Sauce	1.00 ts
3393	Oregano; dried, crushed	1.00 tb
3393	Cumin; ground	1.00 tb
3393	Red peppers; 2" long (opt)	6.00
3393	Chili powder	4.00 tb
3393	Paprika	1.00 tb
3393	Flour	2.00 tb
3394	Ground Beef	1.00 lb
3394	Fresh Large Mushrooms; *	0.50 lb
3394	Salad Oil	0.25 c
3394	Burgundy Or Other Red Wine	0.50 c
3394	Marjoram Leaves	1.00 ts
3394	Salt	0.50 ts
3394	Instant Minced Garlic	0.12 ts
3394	Worstershire Sauce	1.00 ts
3394	Catsup	2.00 tb
3395	Lg golden delicious apple	1.00
3395	Olive oil	4.00 tb
3395	Pork loin chops - 1-1/2 to 2	4.00
3395	Milk	1.00 c
3395	Eggs	3.00
3395	Flour	1.00 c
3395	Melted butter	2.00 tb
3395	Salt	0.50 ts
3396	Ground beef	1.00 lb
3396	Onion; grated	0.25 lb
3396	Garlic cloves; minced	3.00
3396	Oregano	0.50 ts
3396	Ground cumin	1.00 ts

Sheet1

3396	Minced flat-leaf parsley	2.00 tb
3396	Finely chopped fresh mint	2.00 tb
3396	Freshly ground black pepper	0.50 ts
3396	Salt	0.00
3396	Long-grain rice	0.25 c
3396	Fruity olive oil	4.00 tb
3396	TOMATO SAUCE -----	0.00 -----
3396	Finely chopped onion	0.50 c
3396	Garlic cloves; minced	4.00
3396	Freshly ground cinnamon	0.50 ts
3396	Honey	1.00 tb
3396	Tomatoes	2.00 lb
3396	skinned, seeded & chopped	0.00
3396	Salt	0.00
3396	Freshly ground black pepper	0.00
3396	Herb broth or water	0.50 c
3396	Minced flat-leaf parsley	2.00 tb
3396	Finely chopped fresh mint	2.00 tb
3396	Finely chopped fresh basil	1.00 tb
3397	Spareribs	6.00 lb
3397	Catsup	2.00 c
3397	Lemon Juice	0.50 c
3397	Brown Sugar, Frimly Packed	0.50 c
3397	Prepared Mustard	1.00 tb
3397	Onion, Finely chopped	0.50 c
3397	Butter Or Margarine	0.25 c
3397	Worcestershire Sauce	0.25 c
3397	Clve Garlic, Finely Chopped	1.00
3397	Salt	0.25 ts
3397	Hot Pepper Sauce	0.12 ts
3398	Ground Beef	1.00 lb
3398	Bread Crumbs; Dry	0.33 c
3398	Water	0.50 c
3398	Instant Beef Bouillon	1.00 ts
3398	Lemon Peel; Grated	1.00 ts
3398	Lemon Juice	1.00 ts
3398	Salt	0.50 ts
3398	Sage	0.50 ts
3398	Ginger; Ground	0.50 ts
3398	Pepper	0.25 ts
3398	Hot Pepper Sauce; Optional	2.00 dr
3399	Sifted Unbleached Flour	1.50 c
3399	Baking Powder	3.00 t
3399	Salt	1.00 t
3399	Baking Soda *	1.50 t
3399	Sugar	2.00 T
3399	Shortening, Melted	0.25 c
3399	Sourdough Starter	1.50 c
3400	Unbleached Flour, Sifted	1.25 c

Sheet1

3400	Baking Powder	1.50 t
3400	Salt	1.00 t
3400	Active Sourdough Starter	0.50 c
3400	Buttermilk or Sour Milk	0.75 c
3400	Finely Chopped Pitted Dates	1.00 c
3400	All Bran	1.00 c
3400	Grated Lemon Peel (ZestOnly)	1.00 t
3400	Large Eggs, Beaten	2.00 ea
3400	Vegetable Oil	0.25 c
3400	Firmly Packed. Brown Sugar	0.75 c
3401	Active Starter	1.00 c
3401	Prepared Biscuit Mix	1.25 c
3401	Baking Powder	0.50 t
3401	Cooking Oil	1.00 T
3402	Active Starter	0.50 c
3402	Milk	1.00 c
3402	Flour	2.50 c
3402	Lard or Shortening	0.33 c
3402	Sugar	1.00 T
3402	Salt	0.75 t
3402	Baking Powder	2.00 t
3402	Baking Soda	0.50 t
3402	Cream Of Tartar	0.25 t
3403	Active Sourdough Starter	1.00 c
3403	Hot Water	0.50 c
3403	Molasses	0.50 c
3403	Salt	0.50 t
3403	Baking Soda	1.00 t
3403	Firmly Packed Brown Sugar	0.50 c
3403	Large Egg	1.00 ea
3403	Unbleached Flour	1.50 c
3403	Ginger	1.00 t
3403	Cinnamon	1.00 t
3403	Shortening	0.50 c
3404	Active Sourdough Starter	1.50 c
3404	Unbleached Flour	4.00 c
3404	Sugar	2.00 T
3404	Shortening, Melted	2.00 T
3404	Salt	1.00 t
3404	Baking Soda	0.25 t
3405	Active Starter	1.00 c
3405	Dry Skim Milk	0.25 c
3405	Unbleached Flour	1.00 c
3405	Applesauce (Homemade IfPos.)	1.00 c
3405	Salt	0.50 t
3405	Cinnamon	1.00 t
3405	Nutmeg	0.50 t
3405	Allspice	0.50 t
3405	Cloves	0.50 t

Sheet1

3405	Baking Soda	2.00 t
3405	White Sugar	0.50 c
3405	Brown Sugar	0.50 c
3405	Butter or Margarine	0.50 c
3405	Large Egg, Well Beaten	1.00 ea
3406	Shortening	0.50 c
3406	Sugar	1.00 c
3406	Large Egg	1.00 ea
3406	Mashed Bananas	1.00 c
3406	Active Sourdough Starter	1.00 c
3406	Unbleached Flour	2.00 c
3406	Salt	1.00 t
3406	Baking Powder	1.00 t
3406	Baking Soda	0.50 t
3406	Chopped Walnuts	0.75 c
3406	Vanilla OR	1.00 t
3406	Grated Orange Peel	1.00 t
3407	Active Sourdough Starter	0.50 c
3407	Margarine, Melted	2.00 T
3407	Cornmeal	0.50 c
3407	Salt	1.00 t
3407	Sugar	1.00 T
3407	Sour Cream or Yogurt	0.50 c
3407	Large Eggs, Stirred	2.00 ea
3407	Unbleached Flour	1.00 c
3407	Cream Of Tartar	0.50 t
3407	Baking Powder	0.50 t
3408	Active Dry Yeast	1.00 pk
3408	Warm Water (110 to 115 F)	0.25 c
3408	Unbleached Flour, Unsifted	4.50 c
3408	Sugar	2.00 T
3408	Salt	2.00 t
3408	Warm Water	1.00 c
3408	Milk	0.50 c
3408	Vegetable Oil	2.00 T
3408	Sourdough Starter	0.25 c
3409	Active Starter	0.50 c
3409	Pancake Mix	0.50 c
3409	Large Egg	1.00 ea
3409	Cooking Oil	1.00 T
3409	Milk	0.50 c
3409	Soda	0.50 t
3410	Active Starter	1.00 c
3410	Large Egg	1.00 ea
3410	Cooking Oil	2.00 T
3410	Instant Or Evaporate Milk	0.25 c
3410	Salt	1.00 t
3410	Baking Soda	1.00 t
3410	Sugar	2.00 T

Sheet1

3411	Active Starter	2.00 c
3411	Unbleached Flour	2.00 c
3411	Baking Soda	1.00 t
3411	Large Eggs, Well Beaten	2.00 ea
3411	Sugar	1.00 T
3411	Salt	1.00 t
3411	Bacon Fat (2 - 3 T)	1.00 x
3412	Buttermilk Pancake Mix	1.00 c
3412	Active Starter	0.50 c
3412	Milk	0.50 c
3412	Large Egg	1.00 ea
3412	Cooking Oil	1.00 T
3412	Baking Powder	0.50 t
3413	Large Eggs, Well Beaten	3.00 ea
3413	Sweet Milk	1.00 c
3413	Active Starter	2.00 c
3413	Unbleached Flour	1.75 c
3413	Baking Soda	1.00 t
3413	Baking Powder	2.00 t
3413	Salt	1.50 t
3413	Sugar	0.25 c
3414	Sourdough Starter	1.00 c
3414	Shortening, Melted	1.00 T
3414	Salt	1.00 t
3414	Flour	1.00 c
3415	Active Sourdough Starter	1.50 c
3415	Caraway Seeds, Chopped	2.00 T
3415	Unsifted Rye Flour	2.00 c
3415	Boiling Black Coffee	0.50 c
3415	Molasses	0.50 c
3415	Dry Skim Milk	0.25 c
3415	Salt	2.00 t
3415	Melted Shortening	3.00 T
3415	Whole Milk	0.50 c
3415	Unbleached Flour	2.75 c
3415	Active Dry Yeast	1.00 pk
3416	Active Sourdough Starter	0.50 c
3416	Sugar	0.50 c
3416	Shortening	2.00 T
3416	Unbleached Flour	2.00 c
3416	Baking Powder	1.00 t
3416	Large Egg	1.00 ea
3416	Nutmeg	0.50 t
3416	Cinnamon	0.25 t
3416	Baking Soda	0.50 t
3416	Salt	0.50 t
3416	Buttermilk or Sour Milk	0.33 c
3417	Unbleached Flour	2.00 c
3417	Active Dry Yeast	1.00 pk

Sheet1

3417	Water To Make Thick Batter	1.00 x
3418	Unbleached Flour	2.00 c
3418	Water To Make Thick Batter	1.00 x
3419	Unbleached Flour	2.00 c
3419	Warm Milk To Make Thick Bat.	1.00 x
3420	Unbleached Flour	1.00 x
3420	Potato Water	1.00 x
3421	Unbleached Flour	4.00 c
3421	Salt	2.00 T
3421	Sugar	2.00 T
3421	Lukewarm Potato Water	4.00 c
3422	Milk	1.00 c
3422	Unbleached Flour	1.00 c
3423	Sourdough Starter	1.00 c
3423	Warm Water	2.00 c
3423	Warm Milk	2.00 c
3423	Butter	1.00 T
3423	Active Dry Yeast	1.00 pk
3423	Honey	0.25 c
3423	Unbleached Flour	7.00 c
3423	Wheat Germ	0.25 c
3423	Sugar	2.00 T
3423	Salt	2.00 t
3423	Baking Soda	2.00 t
3424	Water	0.67 c
3424	Sugar	1.00 tb
3424	Shortening	0.67 c
3424	Molasses	0.50 c
3424	Whole wheat flour	12.00 c
3424	Yeast	3.00 pk
3424	Scalded milk	8.00 c
3424	Sugar	1.00 c
3424	Salt	2.00 tb
3425	Grain Mix Makes 2 1/4 c	9.00
3425	Makes 10c	0.00
3425	Triticale flour	0.00
3425	1/2 c      2 c	0.00
3425	Buckwheat groats or flour	0.00
3425	1 Tbs      1/4 c	0.00
3425	Flax meal (grind flaxseed)	0.00
3425	1 Tbs      1/4 c	0.00
3425	Millet (whole)	0.00
3425	1/4 c      1 c	0.00
3425	Cornmeal	0.00
3425	1/3 c      1 1/3 c	0.00
3425	Sunflower seeds	0.00
3425	1/2 c      2 c	0.00
3425	Oats	0.00
3425	1/4 c      1 c	0.00



Sheet1

3425	Soy flour	0.00
3425	1/4 c      1 c	0.00
3425	Soy grits	0.00
3425	1 1/2 Tbs      3/8 c	0.00
3425	Mix these up and you're	0.00
3425	ready to make bread!	0.00
3425	Makes 2 - 1 1/2 lb loaves	0.00
3425	Warm water	2.33 c
3425	Blackstrap molasses	0.67 tb
3425	Malt syrup	1.75 tb
3425	Yeast	1.00 tb
3425	9 grain mix	1.12 c
3425	Hard whole wheat flour	5.50 c
3425	Salt	1.00 ts
3425	Oil	3.50 tb
3426	All-Purpose Flour; unsifted	3.50 c
3426	Sugar	2.00 tb
3426	Salt	1.00 ts
3426	Active Dry Yeast	1.00 pk
3426	Water	1.00 c
3426	Margarine	1.00 tb
3426	Water	1.00 tb
3426	Egg Yolk; beaten	1.00
3426	Coarse salt	0.00
3427	Honey	1.00 c
3427	Maple syrup	1.00 c
3427	Oil	0.75 c
3427	Zucchini milk	3.00 c
3427	Chopped walnuts	1.00 c
3427	Chopped dates	1.00 c
3427	Sea salt	1.00 ts
3427	Cinnamon	1.00 ts
3427	Ground cloves	1.00 ts
3427	Baking soda	4.00 ts
3427	Unbleached white flour	2.00 c
3427	To 2-1/2 cups whole wheat	2.00
3427	flour	0.00
3427	Wheat germ	0.50 c
3428	ALL-PURPOSE FLOUR	1.75 c
3428	BAKING POWDER	2.00 ts
3428	SODA	0.25 ts
3428	SALT	0.75 ts
3428	SHORTENING	0.33 c
3428	SUGAR	0.67 c
3428	EGGS	3.00
3428	BANANAS(ABOUT 2 OR 3 MEDIUM)	1.00 c
3429	WATER (150 ML)	5.00 oz
3429	EGG, SMALL	1.00
3429	ALL-PURPOSE FLOUR	0.25 c

Sheet1

3429	BREAD FLOUR	1.75 c
3429	NONFAT DRY MILK POWDER	2.00 tb
3429	SUGAR	2.00 tb
3429	SALT	1.00 ts
3429	BUTTER	3.00 tb
3429	DRY YEAST	1.50 ts
3429	WALNUTS, CHOPPED	0.25 c
3430	V-8 juice (11.5-oz) or	1.00 cn
3430	tomato juice	0.00
3430	Egg or egg substitute	2.00
3430	Water	0.67 c
3430	Low fat cottage cheese	2.00 c
3430	Scallions minced or fresh	0.50 c
3430	chives in amounts to taste	0.00
3430	Dill	1.00 ts
3430	Whole wheat flour	3.00 c
3430	To 6 c unbleached white	5.00 c
3430	flour	0.00
3430	Fast rising yeast	2.00 pk
3430	Sugar	1.00 tb
3431	Unbleached white flour	3.00 c
3431	Baking powder	2.00 ts
3431	Baking soda	1.00 ts
3431	Salt	0.50 ts
3431	(1 1/2 sticks) cold, sweet	12.00 tb
3431	butter	0.00
3431	Raisins	2.00 c
3431	Egg	1.00
3431	Honey	0.50 c
3431	Buttermilk	1.00 c
3432	White corn meal	2.00 c
3432	Flour	1.00 c
3432	Milk	2.00 c
3432	Shortening	2.00 tb
3432	Baking powder	2.00 tb
3432	Salt	1.00 ts
3432	Onion	1.00
3432	Eggs	2.00
3433	All-purpose flour	1.50 c
3433	Sugar	0.75 c
3433	Baking powder	2.50 ts
3433	Salt	1.00 ts
3433	Vegetable oil	0.25 c
3433	Milk	0.75 c
3433	Egg	1.00
3433	Blueberries (I use fresh,	1.50 c
3433	but imagine frozen would	0.00
3433	work)	0.00
3433	All-purpose flour	0.33 c

Sheet1

3433	Brown sugar, firmly packed	0.50 c
3433	Cinnamon (or more to taste)	0.50 ts
3433	Firm butter (1/2 stick)	0.25 c
3434	Unbleached, all-purpose	3.00 c
3434	Flour	0.00
3434	Dried yeast	1.00 pk
3434	Salt	1.50 ts
3434	Cumin seed, ground	1.00 ts
3434	Plus 3 oz. lukewarm water	1.00 c
3436	Flour	3.00 c
3436	Soda	2.00 ts
3436	Sugar	2.00 c
3436	Salt	1.00 ts
3436	Vegetable oil	0.75 c
3436	Baking powder	0.50 ts
3436	Eggs	3.00
3436	Vanilla	2.00 ts
3436	Cinnamon	1.50 ts
3436	Chopped walnuts or pecans	0.75 c
3436	Crushed pineapple	1.00 cn
3436	Prepared fruit or	2.00 c
3436	Vegetable, as below	0.00
3437	Whole almonds, with skins	0.50 c
3437	Brown rice flour	1.50 c
3437	Baking powder	4.00 ts
3437	Salt	0.25 ts
3437	Poppy seeds	3.00 ts
3437	Plain low-fat yogurt	0.50 c
3437	Water	0.50 c
3437	Whole egg	1.00 lg
3437	Egg white white	1.00 lg
3437	Vegetable oil	2.00 tb
3438	Milk	1.00 c
3438	Egg	1.00
3438	Unsalted butter	3.00 tb
3438	1 8oz. can almond paste,	0.00
3438	cut into about 1/8-inch	0.00
3438	slices.	0.00
3438	ALL-PURPOSE flour (not	2.50 c
3438	bread flour)	0.00
3438	Dark brown sugar	2.00 tb
3438	=TO=	0.25 ts
3438	Salt to taste	0.50 ts
3438	Active dry yeast	2.00 ts
3438	-GLAZE:	0.00
3438	Dark corn syrup	1.00 ts
3438	Warm water	1.00 ts
3439	Unblanched almonds, finely ground	0.75 c
3439	Butter	0.50 c

Sheet1

3439	Sugar	0.50 c
3439	(rounded) flour	1.00 tb
3439	Heavy cream	1.00 tb
3439	Milk	1.00 tb
3440	Egg	1.00
3440	Salt	0.75 ts
3440	Sugar	0.33 c
3440	Oil	0.25 c
3440	Milk	1.00 c
3440	Flour	2.00 c
3440	Baking powder	1.00 tb
3440	Chopped almonds	0.75 c
3440	Poppy seeds	0.33 c
3441	Butter Or Margarine	0.75 c
3441	Sugar	0.50 c
3441	Eggs; Large	2.00
3441	Rum	1.00 tb
3441	Vanilla Extract	1.00 ts
3441	Milk	3.00 tb
3441	Cinnamon	0.50 ts
3441	Baking Powder	2.00 ts
3441	Flour; Unbleached	2.25 c
3441	Almonds; Ground	0.25 c
3441	Orange Rind; Grated	1.00 tb
3441	Raisins; If Desired	0.25 c
3442	Chopped dates	1.00 c
3442	Amaranth	0.50 c
3442	Boiling water	1.00 c
3442	Eggs	2.00
3442	Honey	0.50 c
3442	Butter, melted	0.25 c
3442	Whole wheat flour	2.00 c
3442	Baking powder	2.00 ts
3442	Chopped pecans	1.00 c
3442	Vanilla extract	1.00 ts
3443	Flour	4.50 c
3443	Baking powder	4.00 ts
3443	Salt	1.00 ts
3443	Sugar	4.00 tb
3443	Butter; or lard - rounded	2.00 tb
3443	Eggs	2.00 ea
3443	Milk	1.33 c
3443	Topping-----	0.00
3443	-----	0.00
3443	Cinnamon	1.00 ts
3443	Butter	1.00 tb
3443	Flour	0.50 c
3443	Sugar	0.50 c
3444	Flour	2.00 c

Sheet1

3444	Double-acting baking powder	2.50 ts
3444	Sugar	2.00 ts
3444	Salt	1.00 ts
3444	Butter	7.00 tb
3444	Milk	0.75 c
3445	Active dry yeast	1.50 ts
3445	Bread flour	3.00 c
3445	Wheat germ	3.00 tb
3445	Wheat bran	3.00 tb
3445	Salt	1.75 ts
3445	Sugar	2.00 tb
3445	Vegetable oil	2.00 tb
3445	Garlic cloves, minced	2.00
3445	Chopped fresh parsley	3.00 tb
3445	Water	1.25 c
3446	Active dry yeast	1.50 ts
3446	Bread flour	3.00 c
3446	Wheat germ	3.00 tb
3446	Wheat bran	3.00 tb
3446	Salt	1.75 ts
3446	Sugar	1.50 tb
3446	Vegetable oil	1.50 tb
3446	Garlic cloves, minced	2.00
3446	Parsley, fresh chopped	2.00 tb
3446	Water	1.25 c
3447	Eggs	3.00
3447	Oil	0.67 c
3447	Flour	2.00 c
3447	Sugar	1.00 c
3447	Baking powder	1.25 ts
3447	Cinnamon	1.50 ts
3447	Salt	0.25 ts
3447	Baking soda	0.50 ts
3447	Chopped nuts or raisins,	1.00 c
3447	optional	0.00
3447	Starter Batter	0.00
3448	Yeast	1.00 pk
3448	Bread flour	3.50 c
3448	Yellow cornmeal	0.33 c
3448	Boiling water	1.50 c
3448	Molasses	0.33 c
3448	Salt	1.00 ts
3448	Butter	2.00 ts
3449	Milk	1.00 c
3449	Water	1.00 c
3449	Corn meal, preferably yellow	1.00 c
3449	and stone-ground	0.00
3449	Sweet butter	3.00 tb
3449	Molasses	0.50 c

Sheet1

3449	Warm water	0.50 c
3449	Dry yeast	2.00 tb
3449	Sugar or honey	0.50 ts
3449	Salt	2.00 ts
3449	Unbleached white flour	5.50 c
3449	(approx)	0.00
3449	Gold raisins	1.00 c
3450	Cake yeast	1.00
3450	Baking powder	3.00 ts
3450	Lukewarm water	2.00 tb
3450	Sugar	4.00 tb
3450	Plain flour	5.00 c
3450	Salt	1.00 ts
3450	Soda	1.00 ts
3450	Shortening	1.00 c
3450	Buttermilk	2.00 c
3451	Yeast	0.50 tb
3451	Flour, bread	2.00 c
3451	Salt	1.00 ts
3451	Sugar	2.00 ts
3451	Basil leaves	0.25 ts
3451	Oregano leaves	0.25 ts
3451	Buttermilk, powdered	3.00 tb
3451	Cheese, Parmesan, grated	1.50 oz
3451	Oil	1.00 tb
3451	Water	0.88 c
3452	Flour,all-purpose,sifted	3.00 c
3452	Salt	1.00 ts
3452	Baking soda	0.50 ts
3452	Baking powder	3.00 ts
3452	Shortening	0.67 c
3452	Buttermilk	1.00 c
3452	Butter (opt)	4.00 tb
3453	Flour	5.50 c
3453	Sugar	0.33 c
3453	Yeast,dry	2.00 pk
3453	Salt	1.00 ts
3453	Milk	0.75 c
3453	Water	0.50 c
3453	Butter,at room temperature	4.00 tb
3453	Eggs	2.00
3453	CONFECTIONERS' SUGAR GLAZE -----	0.00 -----
3453	Confectioners' sugar,sifted	1.00 c
3453	Orange juice	2.00 tb
3454	Dates, dried, finely chopped	0.50 c
3454	Egg	1.00
3454	Sugar	1.00 c
3454	Butter, melted	2.00 tb
3454	Flour, all-purpose, sifted	2.00 c

Sheet1

3454	Baking powder	3.00 ts
3454	Baking soda	0.25 ts
3454	Salt	0.75 ts
3454	Orange juice	0.50 c
3454	Water	0.25 c
3454	Pecans, chopped	1.00 c
3455	Butter or margarine	0.50 c
3455	Sugar	0.67 c
3455	Eggs, beaten	2.00
3455	Lemon juice	1.00 tb
3455	Flour	2.00 c
3455	Baking powder	1.00 ts
3455	Salt	0.50 ts
3455	Chopped apples	2.00 c
3455	Chopped black walnuts or pecans	1.00 c
3455	pecans	0.00
3456	No Ingredients	0.00
3457	Melted butter	1.00 tb
3457	Melted shortening	0.50 tb
3457	Cooked rice	1.00 c
3457	Cornmeal	0.50 c
3457	Salt *	1.00 ts
3457	Cayenne pepper (optional)	1.00 ds
3457	Milk	1.00 c
3457	Eggs, beaten	3.00
3458	Rolled oats	1.00 c
3458	Plain flour	1.00 c
3458	Sugar	1.00 c
3458	Coconut	0.75 c
3458	Butter	0.25 lb
3458	Golden syrup	1.00 tb
3458	Bicarbonate of soda	1.00 ts
3458	Boiling water	2.00 tb
3459	Dry yeast	1.00 tb
3459	Warm water	0.50 c
3459	Unbleached white flour	1.50 c
3459	Oil	2.00 tb
3459	Curry powder	0.50 ts
3459	Parsley	2.00 pn
3459	Salt	0.75 ts
3459	Garlic minced	1.00 ts
3460	Cherri Langley RVS34B	0.00
3460	Flour	1.67 c
3460	Flour	1.00 ts
3460	Uncooked yellow corn meal	1.50 oz
3460	Baking powder	1.00 tb
3460	Apples;cored,pared,finely	0.75 lb
3460	Chopped..wt before cutting	0.00
3460	Corn;thawed frozen	0.50 c

Sheet1

3460	Cheddar;reduced fat,shredded	2.25 oz
3460	Sugar	0.33 c
3460	Cinnamon	1.00 ds
3460	Nutmeg	1.00 ds
3460	Corn oil	0.33 c
3460	Corn oil	2.00 ts
3460	Eggs; lightly beaten	3.00
3461	Whole Wheat Flour	1.25 c
3461	Packed Brown Sugar	0.33 c
3461	Baking Soda	0.25 ts
3461	Ground Nutmeg	0.25 ts
3461	Buttermilk	1.00 c
3461	Cooking Oil	2.00 tb
3461	Oat Bran	1.00 c
3461	Baking Powder	2.50 ts
3461	Salt	0.25 ts
3461	Cinnamon	0.25 ts
3461	Egg Whites	2.00 x
3461	Shredded, peeled Apple	0.75 c
3462	Cubed fresh or stale	5.50 c
3462	Sourdough, wheat, or rye	0.00
3462	Bread	0.00
3462	Raisins	0.50 c
3462	Caraway seeds ->OR<-	1.00 tb
3462	Anise seeds	0.00
3462	Diced apples	5.00 c
3462	Apple bitter	0.50 c
3462	Sunflower butter ->OR<-	1.00 tb
3462	Tahini	0.00
3462	Water	1.00 c
3462	Mellow or sweet miso	2.00 tb
3462	Amazake beverage (original)	2.00 c
3462	>OR<-	0.00
3462	Vanilla soy milk	0.00
3463	Butter, softened	0.50 c
3463	Brown Sugar	0.50 c
3463	Granulated Sugar	0.50 c
3463	Eggs	2.00 x
3463	Sour Cream	3.00 tb
3463	Banana, mashed	0.00
3463	Vanilla	1.00 ts
3463	Flour	2.00 c
3463	Baking Powder	1.00 ts
3463	Baking Soda	1.00 ts
3463	Cinnamon	0.50 ts
3463	Apples, cored and chopped	2.00 x
3463	Chopped Walnuts	0.50 c
3464	Bran	1.25 c
3464	Whole wheat pastry flour	1.00 c



Sheet1

3464	Baking powder	2.50 ts
3464	Nutmeg	0.75 ts
3464	Ground cloves	0.25 ts
3464	Milk	0.33 c
3464	Eggs	2.00
3464	Maple syrup	0.75 c
3464	Butter	0.25 c
3464	Apples, green are best,	1.00 c
3464	Chopped	0.00
3464	Raisins (opt)	1.00 c
3465	Flour	4.00 c
3465	Baking Soda	2.00 ts
3465	Salt	1.00 ts
3465	Cinnamon	2.00 ts
3465	Sugar	2.00 c
3465	Eggs, Beaten	4.00 x
3465	Vegetable Oil	1.00 c
3465	Sour Cream	0.25 c
3465	Vanilla	2.00 ts
3465	Chopped Apples	2.00 c
3465	Chopped Nuts	1.00 c
3468	Flour	2.00 c
3468	Salt	1.00 ts
3468	Brown sugar	2.00 tb
3468	Milk	0.75 c
3468	Cinnamon	1.00 ts
3468	Melted butter or butter	2.00 tb
3468	substitute	0.00
3468	Apples	3.00
3468	Baking powder	4.00 ts
3468	Shortening	4.00 tb
3468	Chopped raisins	2.00 c
3468	Egg, well beaten	1.00
3468	Brown sugar	2.00 tb
3469	Text Only	1.00
3470	Shortening	0.50 c
3470	Sugar; Granulated	0.50 c
3470	Eggs; Lg	2.00
3470	Unbleached Flour	1.50 c
3470	Baking Soda	1.00 ts
3470	Baking Powder	1.00 ts
3470	Salt	0.50 ts
3470	Oats; Quick Cooking	0.75 c
3470	Apples; Finely Chopped	1.00 c
3470	Cheddar; Sharp Coarse Grate	0.67 c
3470	Pecans; Chopped	0.50 c
3470	Milk	0.75 c
3470	Apple Slices; *	0.00
3470	Butter; Melted	0.00

Sheet1

3470	Cinnamon-Sugar Mixture	0.00
3471	Butter or margarine	0.50 c
3471	Sugar	0.67 c
3471	Eggs	2.00 x
3471	Apple, peeled and chopped	0.00
3471	Grated sharp Cheddar cheese	0.50 c
3471	Chopped Walnuts	0.33 c
3471	Flour	2.00 c
3471	Baking Powder	1.00 ts
3471	Baking Soda	0.50 ts
3471	Salt	0.50 ts
3472	Egg	1.00
3472	Bisquick baking mix	2.00 c
3472	Apple; peeled & finely chop	0.75 c
3472	Sugar	0.33 c
3472	Milk	0.67 c
3472	Oil; vegetable	2.00 tb
3472	Cinnamon; ground	2.00 ts
3473	BREAD -----	0.00 -----
3473	TOPPING -----	0.00 -----
3474	Unbleached Flour, Sifted	1.50 c
3474	Sugar	0.50 c
3474	Baking Powder	2.00 ts
3474	Salt	0.50 ts
3474	Ground Cinnamon	1.50 ts
3474	Vegetable Shortening	0.25 c
3474	Large Egg, Slightly Beaten	1.00
3474	Milk	0.50 c
3474	Tart Apples *	1.00 c
3474	Nut Crunch Topping	0.00
3475	To 1 3/4 cups unsifted	1.50
3475	all-purpose	0.00
3475	Flour	0.00
3475	Rapid-rising dry yeast	1.00 pk
3475	Salt	0.50 ts
3475	Very warm water (120 degrees	0.67 c
3475	to	0.00
3475	Degrees F)	130.00
3475	Olive oil	0.50 c
3475	Honey	1.00 tb
3475	Butter	1.00 tb
3475	Golden delicious or other	1.00 lg
3475	Sweet firm apple, peeled,	0.00
3475	cored,	0.00
3475	And cut into 1/4-inch thick	0.00
3475	slices	0.00
3475	Coarse (kosher) salt	0.25 ts
3475	(optional)	0.00
3476	Kathleen Kincaid NRRN96A	0.00

Sheet1

3476	Applesauce	0.50 c
3476	Apples; diced	0.50 c
3476	Cinnamon	1.00 ts
3476	Cloves	0.12 ts
3476	Eggs	2.00
3476	Flour	6.00 tb
3476	Baking powder	1.00 ts
3476	Powdered milk	0.67 c
3476	Sweet and Low	10.00 pk
3476	Vanilla	1.00 ts
3476	Carrots; grated	0.50 c
3477	All-purpose flour	3.00 c
3477	Sugar	0.50 c
3477	Baking powder	2.00 tb
3477	Cinnamon	2.00 ts
3477	Margarine	1.00 c
3477	Oatbran	2.00 c
3477	Golden Delicious apples,	2.00
3477	grated with skin	0.00
3477	Currants	0.67 c
3477	2 % milk	0.75 c
3477	Egg whites	4.00
3478	Flour	3.00 c
3478	Baking powder	6.00 ts
3478	Shortening (lard)	6.00 tb
3478	Milk, enough to form biscuit	0.00
3478	batter,	0.00
3478	Roll thin, cover with sliced	0.00
3478	tart	0.00
3478	Apples, roll lke jelly roll	0.00
3478	and slice	0.00
3478	Into a tin (good sized	0.00
3478	baking dish) put:	0.00
3478	Maple syrup	2.00 c
3478	Hot water	2.00 c
3478	Butter	1.00 tb
3479	Flour	2.00 c
3479	Baking powder	4.00 ts
3479	Milk	0.75 c
3479	Pared, sliced apples	4.00 c
3479	Brown sugar	0.25 c
3479	Salt	0.50 ts
3479	Shortening	0.25 c
3479	Melted butter or butter	2.00 tb
3479	substitute	0.00
3479	Cinnamon	1.00 ts
3479	Brown sugar	1.00 c
3480	Flour	2.00 c
3480	Baking Powder	3.00 ts

Sheet1

3480	Sugar	2.00 tb
3480	Cinnamon	0.50 ts
3480	Salt	0.50 ts
3480	Shortening	6.00 tb
3480	Apples, peeled, chopped fine	0.50 c
3480	Raisins	0.50 c
3480	Cold Apple juice or water	4.00 tb
3481	Milk	1.00 c
3481	Lemon juice	1.50 tb
3481	Stick butter, room temp	1.00
3481	Dark brown sugar	1.50 c
3481	Eggs, beaten	2.00
3481	Vanilla	1.00 ts
3481	All purp flour	3.25 c
3481	Baking soda	2.00 ts
3481	Cinnamon	1.00 ts
3481	Nutmeg	0.50 ts
3481	Salt	0.25 ts
3481	Apples, peeled, chpd	2.00 c
3482	Bisquick baking mix	2.00 c
3482	Cinnamon; ground	1.00 ts
3482	Applesauce; sweetened	0.67 c
3482	Vanilla	1.00 ts
3482	Sugar	0.25 c
3482	Egg	1.00
3482	Vegetable oil	0.25 c
3482	Streusel topping:	0.00
3482	Bisquick baking mix	0.25 c
3482	Firm butter or margarine	2.00 ts
3482	Packed brown sugar	0.25 c
3482	Ground cinnamon	0.50 ts
3482	Finely chopped nuts	2.00 ts
3483	Regular muffins	18.00
3484	Flour	2.50 c
3484	Shortening	2.00 tb
3484	Water, warm	0.50 c
3484	Brown sugar	1.00 c
3484	Nuts, chopped	0.50 c
3484	Cinnamon	0.50 ts
3484	Salt	1.00 ts
3484	Egg, slightly beaten	2.00 ea
3484	Apple, sliced	5.00 c
3484	Raisins	0.50 c
3484	Butter, melted	3.00 tb
3484	Lemon, grated rind of	1.00 ea
3485	Whole eggs	3.00
3485	Milk	1.00 c
3485	Melted butter or margerine	0.50 c
3485	Vanilla	1.00 ts

Sheet1

3485	Flour	2.00 c
3485	Salt	0.25 ts
3485	TBSLP baking powder	1.00
3485	Sugar	2.00 ts
3485	Cinnamon	0.50 ts
3485	Tart apple, peeled and	1.00
3485	shredded	0.00
3486	All-purpose flour	0.50 c
3486	Whole wheat flour	0.50 c
3486	Baking powder	1.50 ts
3486	Ground cinnamon	0.50 ts
3486	Margarine	0.33 c
3486	Apple, peeled and cored	1.00 sm
3486	Quick-cooking rolled oats	1.00 c
3486	Egg whites	2.00
3486	Apple juice or skim milk	2.00 tb
3486	Honey	2.00 tb
3486	Skim milk	0.00
3487	Hazelnuts, grounded in	0.50 c
3487	blender to a coarse flour	0.00
3487	All-purpose flour	0.50 c
3487	Baking powder	2.00 tb
3487	Sugar	0.25 c
3487	Egg	1.00
3487	Unsalted butter, melted and	2.00 tb
3487	cooled	0.00
3487	Warm milk	0.50 c
3487	Vanilla extract	1.00 ts
3487	Of salt	1.00 pn
3487	Chopped dried apples	0.50 c
3488	Flour	0.75 c
3488	Baking powder	1.50 ts
3488	Cinnamon	0.50 ts
3488	Baking soda	0.25 ts
3488	Dash Salt, nutmeg, & cloves	1.00
3488	Instant nonfat dry milk powd	0.33 c
3488	Plus 2 tsp. margarine	2.00 tb
3488	Plus 1 tsp. Fimrly packed	1.00 tb
3488	Brown sugar	1.00
3488	Large egg, separated	1.00
3488	Sm. pared, grated applies	2.00
3488	Raisins	2.00 tb
3488	Plus 1 tsp. frz. concen.	1.00 tb
3488	Apple juice (no sugar added)	0.00
3488	Grated orange peel	1.00
3488	Dash cream of tartar	1.00
3489	Margarine or butter	0.75 c
3489	Chopped celery	1.50 c
3489	(with leaves)	0.00

Sheet1

3489	Finely chopped onion	0.75 c
3489	Soft bread cubes	9.00 c
3489	Salt	1.50 ts
3489	Ground sage	0.50 ts
3489	Chopped fresh or	1.50 ts
3489	Dried thyme leaves	0.50 ts
3489	Pepper	0.25 ts
3489	Finely chopped apples	3.00 c
3489	Raisins	0.75 c
3490	Yeast	1.00 pk
3490	Bread flour	2.25 c
3490	Wheat flour	0.75 c
3490	Salt	0.50 ts
3490	White sugar	4.00 tb
3490	Cinnamon	0.50 ts
3490	Nutmeg	1.00 pn
3490	Warm apple juice	0.67 c
3490	Grated fresh apple (Use	0.50 c
3490	ingredients at room	0.00
3490	temperature)	0.00
3491	Applesauce	0.33 c
3491	Buttermilk	0.75 c
3491	Bread flour	2.50 c
3491	Cinnamon	1.00 tb
3491	Salt	1.00 ts
3491	Brown sugar	2.00 tb
3491	Butter	1.00 tb
3491	Yeast	1.50 ts
3492	All-purpose flour	2.00 c
3492	Baking powder	2.00 ts
3492	Salt	1.00 ts
3492	Cinnamon	1.00 ts
3492	Butter, softened	0.50 c
3492	Granulated sugar	0.75 c
3492	Brown sugar	0.50 c
3492	Eggs	2.00
3492	Chunky-style applesauce	1.25 c
3492	Walnuts, chopped	1.00 c
3493	Eggs	3.00
3493	Sugar	1.50 c
3493	Oil	1.00 c
3493	Applesauce	2.00 c
3493	Vanilla	2.00 ts
3493	Flour	3.00 c
3493	Baking powder	0.50 ts
3493	Salt	1.00 ts
3493	Cinnamon	3.00 ts
3493	Nutmeg	1.00 ts
3493	Coconut	0.75 c

Sheet1

3493	Nuts	0.50 c
3493	Raisins	1.00 c
3494	White flour	2.50 c
3494	Baking powder	2.00 ts
3494	Salt	0.50 ts
3494	Sugar	0.50 c
3494	Cinnamon	1.00 tb
3494	Applesauce	8.00 oz
3494	Egg	1.00
3494	Skim milk	1.00 c
3495	Flour - all purpose	4.75 c
3495	Brown sugar -firm packed	1.00 c
3495	Salt	0.50 ts
3495	Yeast	2.00 pk
3495	Milk	0.50 c
3495	Water	0.50 c
3495	Margarine	3.00 tb
3495	Eggs	2.00
3495	Margarine - melted	0.25 c
3495	Apricots, chopped dried	1.00 c
3495	Almonds, slivered	0.50 c
3496	Packed dried apricots	0.50 c
3496	Water	0.33 c
3496	Whole wheat pastry flour	2.00 c
3496	Baking powder	1.00 tb
3496	Baking soda	0.25 ts
3496	Maple syrup (OR	0.50 c
3496	Brown sugar)	1.00 c
3496	Butter	2.00 tb
3496	Egg	1.00
3496	Orange liqueur	0.33 c
3496	Chopped pecans	0.75 c
3497	Apricots; -=OR=-	12.00 sm
3497	Apricots, halved	6.00 lg
3497	Whole almonds	12.00
3497	White rum	2.00 tb
3497	Unbleached all-purpose flour	0.50 c
3497	Cornstarch	0.50 c
3497	Sugar	3.00 tb
3497	Salt	0.50 ts
3497	Cinnamon	0.50 ts
3497	Baking powder	0.50 ts
3497	Water; plus	0.50 c
3497	Water	1.00 tb
3497	Melted butter	3.00 tb
3497	Vegetable oil; for frying	1.50 qt
3497	Confectioners' sugar	0.00
3498	Dried apricots	8.00 oz
3498	Water	1.50 c

Sheet1

3498	Sugar	0.50 c
3498	Cornstarch	1.00 tb
3499	Dried apricots	8.00 oz
3499	Water	1.50 c
3499	Sugar	0.50 c
3499	Cornstarch	1.00 tb
3500	Apricot preserves	0.50 c
3500	Coconut	0.50 c
3500	Chopped pecans or walnuts	0.50 c
3501	Active Dry Yeast	1.00 tb
3501	Lukewarm Water (105 to 110 degrees)	0.25 c
3501	+ 2 tb Sugar	0.00
3501	Margarine	0.25 c
3501	Salt	0.50 ts
3501	Eggs	2.00
3501	Lemon Extract	0.50 ts
3501	Water	1.00 c
3501	To 4 c Flour	3.50
3501	Dried Apricots -or- Prunes	24.00
3501	Ground Cinnamon	0.50 ts
3502	Dried Apricots, finely snipped	0.50 c
3502	Unsweetened Apple Juice	0.00
3502	Whole Wheat Flour	0.33 c
3502	Baking Powder	1.00 c
3502	Baking Soda	2.00 ts
3502	Ground Cardamom	0.25 ts
3502	Walnuts, chopped	0.25 ts
3502	Vegetable Oil	0.33 c
3502	Sugar	3.00 tb
3502	Egg	1.00 tb
3503	All-purpose flour	1.00
3503	Granulated sugar	2.00 c
3503	Baking powder	0.33 c
3503	Salt	2.00 ts
3503	Unsalted butter, chilled	0.50 ts
3503	Heavy (whipping) cream	0.25 c
3503	Egg	0.50 c
3503	Vanilla extract	1.00 lg
3503	White chocolate, cut into 1/2 inch chunks*	1.50 ts
3503	Toasted coarsely broken walnuts**	6.00 oz
3503	Finely chopped dried apricots	0.00
3503	Ground cinnamon	1.00 c
3503	Eggs	0.00
3504	Butter	1.00 ds
3504		2.00
3504		0.50 c



## Sheet1

3504	Apricots*	1.00 lb
3504	Stale bread crumbs,w/o crust	0.50 c
3504	Milk	1.00 c
3504	Sugar	0.33 c
3504	Salt	0.12 ts
3505	Flour	2.00 c
3505	Sugar	1.25 c
3505	Baking powder	1.50 ts
3505	Soda	0.50 ts
3505	Salt	1.00 ts
3505	Egg	1.00
3505	Cooking oil	2.00 tb
3505	Apricot nectar	0.75 c
3505	Dried apricots, chopped	2.00 c
3505	Pecans, chopped	0.50 c
3506	(2-1/4 teaspoons) active	1.00 pk
3506	Dry yeast	0.00
3506	Sugar	2.00 ts
3506	Warm water	1.25 c
3506	All-purpose flour	4.00 c
3506	Sesame seeds, toasted	0.25 c
3506	Salt	1.50 ts
3507	Artichoke hearts, cooked and	0.50 lb
3507	diced	0.00
3507	Eggs, separated	4.00
3507	Baking powder	1.00 ts
3507	Green onions, chopped (green	3.00
3507	parts only)	0.00
3507	Grated lemon peel	1.00 tb
3507	Flour	0.50 c
3507	Salt and pepper to taste	0.00
3507	Cornstarch	1.00 tb
3507	Oil for frying, Peanut or	4.00 c
3507	corn oil	0.00
3508	Dry yeast	1.00 pk
3508	Warm water	0.50 c
3508	Ground ginger	0.12 ts
3508	Honey	2.00 tb
3508	Can evaporated milk	13.00 oz
3508	Salt (optional)	1.00 ts
3508	Oil	2.00 tb
3508	To 4 1/2 cups whole wheat	4.00
3508	flour	0.00
3509	Butter	1.00 c
3509	Sugar,icing	0.50 c
3509	Flour, all purpose - sifted	2.50 c
3510	Shortening	0.25 c
3510	Sugar	0.67 c
3510	Eggs beaten	2.00

Sheet1

3510	Sifted all purpose flour	2.00 c
3510	Baking powder	1.00 ts
3510	Baking soda	1.00 ts
3510	Salt	1.00 ts
3510	Coarsely grated peeled	2.00 c
3510	apples	0.00
3510	Grated lemon rind	1.00 tb
3510	Walnuts	0.67 c
3511	Butter	0.75 c
3511	Sugar	2.00 c
3511	Eggs	3.00
3511	Flour	2.00 c
3511	Cocoa	0.33 c
3511	Allspice, ground	0.75 ts
3511	Cinnamon, ground	0.75 ts
3511	Salt	0.75 ts
3511	Baking soda	1.50 ts
3511	Avocado pulp	1.50 c
3511	Buttermilk	0.75 c
3511	Dates, chopped	0.50 c
3511	Raisins	0.50 c
3511	Walnuts, chopped	0.50 c
3512	Butter Or Margarine	0.25 c
3512	Sugar	0.25 c
3512	Egg	1.00
3512	Pureed Avocado	1.00
3512	Toasted Slivered Almonds	1.00 c
3512	Milk	1.00 c
3512	Self-Rising Flour	2.00 c
3513	Very Ripe Bananas	3.00 x
3513	Shortening (butter)	0.50 c
3513	Yoghurt or sour cream	3.00 tb
3513	Baking soda	1.00 ts
3513	Vanilla	1.00 ts
3513	Sugar	1.00 c
3513	Eggs	2.00 x
3513	Flour *	2.00 c
3513	Chopped walnuts (optional)	1.00 c
3514	Anna Ellis DTXT63A	0.00
3514	Sourdough starter	1.25 c
3514	Water	0.50 c
3514	Bread flour	3.00 c
3514	Melted margarine	1.00 tb
3514	Sugar	2.00 tb
3514	Salt	1.50 ts
3514	Yeast	2.00 ts
3515	Diana Lewis DTXT63A	0.00
3515	MEDIUM LOAF -----	0.00 -----
3515	Water	1.00 c

Sheet1

3515	Vegetable Oil	0.25 c
3515	Egg	1.00
3515	Sugar	2.00 tb
3515	Salt	1.00 ts
3515	Yellow Cornmeal	1.00 c
3515	Bread flour	2.00 c
3515	Yeast	1.50 ts
3517	Warm water	0.25 c
3517	Packed light brown sugar	4.00 tb
3517	Active dry yeast	2.00 pk
3517	Cold butter or margarine,	0.25 c
3517	cut into 4 pieces	0.00
3517	Eggs	2.00
3517	Salt	0.50 ts
3517	To 2 1/2 cups all-purpose	2.25
3517	flour	0.00
3517	Dark raisins	0.25 c
3517	Sugar	0.50 c
3517	Cinnamon	2.00 tb
3517	Powdered sugar	1.00 c
3518	Bacon, Diced	0.50 lb
3518	Chopped Onion	0.25 c
3518	Unbleached Flour, Sifted	2.25 c
3518	Baking Powder	3.00 ts
3518	Baking Soda	0.50 ts
3518	Salt	0.50 ts
3518	Large Eggs, Slightly Beaten	2.00
3518	Milk	0.33 c
3518	Dairy Sour Cream	1.00 c
3518	Sesame Seeds	0.00
3519	Corn-meal	1.00 c
3519	White flour	1.00 c
3519	Baking powder	3.00 ts
3519	Salt	0.50 ts
3519	Sugar	1.00 tb
3519	Egg, well beaten	1.00
3519	Sweet milk	1.00 c
3519	Diced bacon	0.25 c
3520	Bacon slices	12.00 ea
3520	Cornmeal, self-rising	2.00 c
3520	Sugar	2.00 tb
3520	Peanut butter	0.50 c
3520	Eggs, beaten	2.00 ea
3520	Milk	1.00 c
3520	Oil	3.00 tb
3521	Bacon	6.00 sl
3521	Parmesan cheese	0.25 c
3521	Thin bread sticks about 8	6.00
3521	inches long.	0.00

Sheet1

3522	Slices Bacon	3.00
3522	Slices Rye Bread, Toasted	3.00
3522	Mayo. or Salad Dressing	2.00 tb
3522	Dried Dill Weed	0.50 ts
3522	Large Tomato, Sliced	1.00
3522	Slices Swiss Cheese	3.00
3523	Bagels, each cut horizontall	3.00
3523	Into 6 slices	0.00
3523	Margarine or butter, melted	0.33 c
3523	Garlic powder	0.00
3524	To 5 cups all-purpose flour	4.50
3524	Bs sugar	3.00 tb
3524	Bs salt	1.00 tb
3524	Active yeast	2.00
3524	Bs margarine	2.00 tb
3524	Bs sugar	1.00 tb
3524	Egg white	1.00
3524	Water	0.00
3525	Yellow Cornmeal	0.67 c
3525	Flour	0.33 c
3525	Baking Powder	1.00 ts
3525	Salt	0.50 ts
3525	Minced Onion	0.50 c
3525	Skim Milk	0.33 c
3525	Vegetable Oil	1.00 tb
3525	Pepper	0.12 ts
3525	Egg Beaten	1.00
3526	Slices sourdough bread,	4.00 lg
3526	crusts removed,	0.00
3526	Cubed	0.00
3526	Cream cheese, cut into cubes	8.00 oz
3526	(1 package)	0.00
3526	Granny Smith apple, peeled	1.00 lg
3526	and chopped	0.00
3526	Eggs	6.00
3526	Milk	1.00 c
3526	Ground cinnamon	1.50 ts
3526	To 3 Tbl powdered sugar	2.00
3527	Flour	6.00 c
3527	Baking Powder	4.00 ts
3527	Salt	1.00 ts
3527	Cold boiled potato	1.00 sm
3527	Sugar	1.00 ts
3527	Milk to mix	0.00
3528	Flour	3.00 c
3528	Baking powder	4.00 ts
3528	Salt	1.00 ts
3528	Shortening	6.00 tb
3528	Milk	1.00 c

Sheet1

3529	Ready-mixed flour	3.00 c
3529	Shortening	7.00 tb
3529	Milk	1.00 c
3530	Butter	1.00 c
3530	Packed Brown Sugar	1.25 c
3530	Eggs	3.00
3530	Self-raising flour	3.00 c
3530	Salt	0.50 ts
3530	Cinnamon	0.50 ts
3530	Grated Fresh Nutmeg	0.25 ts
3530	Mashed Ripe Bananas	1.50 c
3530	Small Ripe Mango	1.00
3530	Golden Raisins	1.00 c
3530	Chopped Walnuts	0.50 c
3531	Sifted flour	1.75 c
3531	Baking powder	2.00 ts
3531	Baking soda	0.25 ts
3531	Salt	0.50 ts
3531	Butter	0.33 c
3531	Sugar	0.67 c
3531	Eggs	2.00
3531	Bananas, mashed	1.00 c
3531	Blueberries	1.00 c
3532	Flour; sifted	1.00 c
3532	Salt	0.50 ts
3532	Baking soda	0.50 ts
3532	Baking powder	1.00 ts
3532	Shortening	2.00 tb
3532	Sugar	0.25 c
3532	Egg; well beaten	1.00 ea
3532	Bran; shredded	1.00 c
3532	Milk	2.00 tb
3532	Bananas; thinly sliced	2.00 ea
3533	Margarine	0.75 c
3533	Sugar	1.50 c
3533	Eggs	2.00
3533	Vanilla	1.00 ts
3533	Mashed ripe bananas	1.50 c
3533	(4-6 bananas)	0.00
3533	Buttermilk	0.50 c
3533	Flour	2.00 c
3533	Soda	1.00 ts
3533	Salt	0.50 ts
3533	Chopped dried bananas	0.50 c
3533	Chopped pecans	0.50 c
3533	Raw sugar (plain sugar may be substituted)	2.00 tb 0.00
3534	Nuts	0.25 c
3534	Sifted amaranth flour or	1.75 c

Sheet1

3534	sifted brown rice flour	0.00
3534	Arrowroot	0.50 c
3534	Baking soda	2.00 ts
3534	Chopped nuts	0.50 c
3534	Very ripe mashed bananas	1.50 c
3534	Oil	0.25 c
3534	Honey	0.25 c
3534	Eggs	2.00
3534	Lemon juice	2.00 tb
3534	Pure vanilla extract	1.00 ts
3535	Bread pudding	0.00
3535	Milk	2.00 c
3535	Heavy (whipping) cream	1.00 c
3535	Sugar	0.50 c
3535	Large egg yolks	3.00
3535	Large egg	1.00
3535	Vanilla extract	1.00 tb
3535	Freshly grated nutmeg	1.00 ts
3535	Pinch of salt	0.00
3535	Slices (each 1/2 in thick) f	5.00
3535	resh banana bread	0.00
3535	Large bananas, cut into 1/4	3.00
3535	in. thick rounds	0.00
3535	----for the rum sauce-----	0.00
3535	Unsalted butter (1/2 stick)	4.00 tb
3535	Dark brown sugar	3.00 tb
3535	Freshly squeezed lemon juice	2.00 tb
3535	Rum	0.50 c
3535	Water	0.25 c
3535	----garnish-----	0.00
3535	Heavy whipping cream, whippe	2.00 c
3535	d to soft peaks	0.00
3536	Flour, sifted	2.00 c
3536	Butter or margarine	0.50 c
3536	Baking powder	1.00 ts
3536	Bananas, mashed	1.00 c
3536	Baking soda	0.50 ts
3536	Milk	3.00 tb
3536	Sugar	1.00 c
3536	Semisweet chocolate chips	8.00 oz
3536	Egg	1.00
3537	Currants	1.00 c
3537	Dark rum	0.50 c
3537	Flour	3.00 c
3537	Salt	1.00 ts
3537	Baking soda	1.00 ts
3537	Baking powder	1.00 ts
3537	Cinnamon	2.00 ts
3537	Grated nutmeg	0.50 ts

Sheet1

3537	Sweetened coconut	0.67 c
3537	Vegetable shortening	0.50 c
3537	Packed brown sugar	1.00 c
3537	Eggs beaten lightly	2.00
3537	Buttermilk	0.33 c
3537	Mashed ripe banana	1.00 c
3538	Ripe Bananas	6.00
3539	Whole wheat flour, divided	1.50 c
3539	Coconut, unsweetened shredden.	0.50 c
3539	Baking powder	2.00 ts
3539	Baking soda	0.50 ts
3539	Salt	0.50 ts
3539	Mashed banana (3 small)	1.00 c
3539	Vegetable oil	3.00 tb
3539	Liquid honey	2.00 tb
3540	Shortening	0.50 c
3540	Brown sugar	0.75 c
3540	White vinegar	2.00 tb
3540	Ripe bananas, mashed	3.00
3540	Water	3.00 tb
3540	Lime juice	1.00 tb
3540	Salt	0.50 ts
3540	Ginger powder	0.50 ts
3540	Coconut, grated	0.75 c
3540	Baking powder	1.00 ts
3540	White flour	2.00 c
3540	GLAZE	0.00
3540	Brown sugar	0.25 c
3540	Oil	1.00 tb
3540	Rum	1.00 tb
3540	Lime juice	3.00 tb
3541	Sifted flour	2.00 c
3541	Baking soda	2.00 ts
3541	Salt	0.12 ts
3541	Sugar	1.75 tb
3541	Beaten egg	1.00 ea
3541	Milk	1.00 c
3541	Oil	3.00 tb
3541	Mashed bananas.	0.75 c
3542	Flour - all purpose	4.75 c
3542	Sugar	0.75 c
3542	Salt	1.00 ts
3542	Yeast- active dry	2.00 pk
3542	Evaporated milk - undiluted	0.33 c
3542	Water	0.33 c
3542	Margarine	0.33 c
3542	Eggs - at room	2.00
3542	Banana - mashed	1.00 c
3542	Pecans, chopped	0.50 c

Sheet1

3542	Cinnamon, ground	2.00 ts
3542	Margarine, melted	2.00 tb
3543	Butter or margarine,	0.33 c
3543	softened	0.00
3543	Sugar	0.75 c
3543	Egg	1.00 ea
3543	Mashed banana	1.00 c
3543	All purpose flour	2.00 c
3543	Baking powder	2.50 ts
3543	Baking soda	0.25 ts
3543	Salt	0.50 ts
3543	Chopped pecans (or walnuts)	1.00 c
3543	Chocolate chips (or more if	0.50 c
3543	desired	0.00
3543	Buttermilk	0.50 c
3544	Water	0.25 c
3544	Extra-large egg	1.00
3544	Vegetable oil	2.00 tb
3544	Mashed very ripe bananas	1.00 c
3544	Brown sugar	3.00 tb
3544	Salt	1.50 ts
3544	Powdered buttermilk	4.00 tb
3544	Quick-cooking oats	1.00 c
3544	Unbleached white flour	2.50 c
3544	Steel-cut oats***	0.33 c
3544	Active dry yeast	2.00 ts
3545	Bananas	3.00
3545	Sugar	0.50 c
3545	Brown sugar	0.50 c
3545	Eggs	2.00
3545	Margarine, melted	0.50 c
3545	All-purpose flour	1.00 c
3545	Whole wheat flour	1.00 c
3545	Baking soda	1.50 ts
3545	Buttermilk	3.00 tb
3545	Walnuts, chopped	0.25 c
3546	MICHAEL HATALA RJHP21A -----	0.00 -----
3546	FOR 1 -----	0.00 -----
3546	Yeast	1.00 pk
3546	Bread flour	1.50 c
3546	Wheat flour	1.50 c
3546	Salt	0.50 ts
3546	Medium ripe bananas; sliced	2.00
3546	right into pan	0.00
3546	Honey	0.25 c
3546	Warm water	0.25 c
3546	Egg	1.00
3546	Oil	0.25 c
3546	Vanilla	0.50 ts



Sheet1

3546	Poppy seeds;(optional)	1.00 ts
3547	Whole-wheat flour	1.00 c
3547	Unbleached white flour	0.50 c
3547	Wheat germ	0.33 c
3547	Baking soda	1.00 ts
3547	Salt	0.50 ts
3547	Unsalted margarine,softened	0.50 c
3547	Light brown sugar,firm pack	0.75 c
3547	Egg	1.00
3547	Mashed ripe banana*	1.25 c
3547	Plain yogurt	0.25 c
3548	All-purpose flour	2.25 c
3548	Baking powder	2.00 ts
3548	Salt	0.50 ts
3548	Ground cinnamon	0.50 ts
3548	Ripe bananas, quartered	2.00
3548	Eggs	2.00
3548	Firmly packed brown sugar	0.67 c
3548	Butter, melted	6.00 tb
3548	Vanilla	1.00 ts
3548	Fresh blueberries	1.00 c
3548	TOPPING:	0.00
3548	Granulated sugar	0.25 c
3548	Grated lemon rind	1.00 ts
3549	Ripe banana; mashed	1.50 c
3549	(about 3 large bananas)	0.00
3549	Baking powder	2.00 ts
3549	Baking soda	0.50 ts
3549	Egg whites	2.00
3549	Salt	0.50 ts
3549	Light brown sugar; plus	0.50 c
3549	Light brown sugar	2.00 tb
3549	Oat bran	0.50 c
3549	Ground ginger	1.00 ts
3549	Margarine; melted	1.00 tb
3549	Crystallized ginger	0.25 c
3549	finely chopped	0.00
3549	Vanilla extract	1.00 ts
3549	Peel of 1 lemon	0.00
3549	Grated	0.00
3549	Golden raisins	0.25 c
3549	All-purpose flour	0.75 c
3549	Powdered sugar	1.00 tb
3549	Whole-wheat flour	0.75 c
3549	Lemon juice	1.00 tb
3550	Margarine, room temperature	0.50 c
3550	Honey	0.25 c
3550	Eggs	2.00
3550	Bananas, mashed	3.00

Sheet1

3550	Buttermilk	0.25 c
3550	Vanilla	1.00 ts
3550	Baking powder	1.00 ts
3550	Baking soda	1.00 ts
3550	Salt	0.50 ts
3550	Oats	0.50 c
3550	Wholewheat flour	2.00 c
3550	Broken pecans	1.00 c
3551	Egg whites or 1/4 cup	2.00
3551	cholesterol free egg	0.00
3551	product	0.00
3551	Skim milk	0.67 c
3551	Vegetable oil	0.25 c
3551	Oat flour blend	2.00 c
3551	Sugar	0.50 c
3551	Mashed ripe banana	0.50 c
3551	Baking powder	1.00 tb
3551	Salt	0.50 ts
3551	Nutmeg	0.50 ts
3551	Chopped fresh rhubarb or	0.67 c
3551	frozen rhubarb, thawed and	0.00
3551	well drained	0.00
3552	Whole wheat flour	1.00 c
3552	All purpose flour	0.50 c
3552	Rolled oats	0.50 c
3552	Sugar, granulated	2.00 tb
3552	Baking powder	2.00 ts
3552	Salt	0.50 ts
3552	Butter, melted	2.00 tb
3552	Raisins; optional	0.33 c
3552	Water; approx,	0.75 c
3553	Dried fruit	0.25 lb
3553	Candied peel	4.00 oz
3553	Warm water	1.00 pt
3553	Mixed spice	0.50 ts
3553	Plain flour	2.00 lb
3553	Salt	2.00 ts
3553	Lard	6.00 oz
3553	Fresh yeast	1.00 oz
3553	Demerara sugar	0.50 lb
3553	Eggs	2.00
3554	Dried fruit	6.00 oz
3554	Dark brown sugar	8.00 oz
3554	Strong hot tea	0.50 pt
3554	Self-raising flour	10.00 oz
3554	Egg	1.00
3555	BARB DAY -----	0.00 -----
3555	Yeast	3.00 pk
3555	Water; lukewarm	1.00 c

Sheet1

3555	Egg; slightly beaten	1.00
3555	Flour; sifted	4.00 c
3555	Sugar	3.00 tb
3555	Butter	1.50 c
3555	Salt	1.00 ts
3555	SEE OTHER RECIPE PARTS -----	0.00 -----
3555	FOR VARIATIONS AND FILLINGS -----	0.00 -----
3555	Vanilla cream	0.00
3555	Almond butter	0.00
3555	Plumped currants or	0.00
3555	raisins	0.00
3555	Egg wash	0.00
3555	Icing	0.00
3556	BARB DAY -----	0.00 -----
3556	INSTRUCTIONS FOR WEINERBROD -----	0.00 -----
3557	BARB DAY -----	0.00 -----
3557	INSTRUCTIONS FOR SPANDAUER -----	0.00 -----
3557	Your favorite jelly	0.00
3558	BARB DAY -----	0.00 -----
3558	INSTRUCTIONS FOR SNAILS -----	0.00 -----
3559	BARB DAY -----	0.00 -----
3559	Additional recipes for	0.00
3559	preparing breads in this	0.00
3559	series	0.00
3559	ALMOND BUTTER INGREDIENTS -----	0.00 -----
3559	Sugar	0.50 c
3559	Butter	0.50 c
3559	Blanched almonds; minced	0.50 c
3559		0.00
3559	ICING INGREDIENTS -----	0.00 -----
3559	Confectioners' sugar	1.00 c
3559	Water	2.00 tb
3559	Garnish icing with:	0.00
3559	Candied cherries	0.00
3559	Slivered almonds	0.00
3559		0.00
3559	VANILLA CREAM INGREDIENTS -----	0.00 -----
3559	Sugar	2.00 tb
3559	Flour	2.00 tb
3559	Egg yolks	2.00
3559	Milk	1.00 c
3559	Vanilla	2.00 ts
3559		0.00
3559	PLUMPED RAISINS -----	0.00 -----
3559	Rum or Cognac	2.00 tb
3559	Currants or raisins	0.50 c
3559		0.00
3559	EGG WASH -----	0.00 -----
3559	Egg	1.00

Sheet1

3559	Water	2.00 tb
3560	BARB DAY -----	0.00 -----
3560	Yeast	3.00 pk
3560	Water; lukewarm	1.00 c
3560	Egg; slightly beaten	1.00
3560	Flour; sifted	4.00 c
3560	Sugar	3.00 tb
3560	Butter	1.50 c
3560	Salt	1.00 ts
3560	SEE OTHER RECIPE PARTS -----	0.00 -----
3560	FOR VARIATIONS AND FILLINGS -----	0.00 -----
3560	Vanilla cream	0.00
3560	Almond butter	0.00
3560	Plumped currants or	0.00
3560	raisins	0.00
3560	Egg wash	0.00
3560	Icing	0.00
3561	Sugar	1.00 c
3561	Butter, melted	0.33 c
3561	Lemon or orange extract	1.00 ts
3561	Fresh lemon juice	0.25 c
3561	Eggs	2.00
3561	King Arthur unbleached all-	1.50 c
3561	purpose flour	0.00
3561	Baking powder	1.00 ts
3561	Salt	1.00 ts
3561	Milk	0.50 c
3561	Grated rind of 1 large lemo	0.00
3561	or use 1/2 t lemon oil	0.00
3561	Chopped pecans (optional)	0.50 c
3561	TOPPING -----	0.00 -----
3561	Confectioners' sugar	0.50 c
3561	Fresh lemon juice	0.25 c
3562	Dry yeast	4.50 ts
3562	Warm water	2.00 c
3562	Honey	2.00 tb
3562	Barley flour	2.00 c
3562	Wholewheat flour	2.00 c
3562	Unbleached white flour	2.00 c
3562	Olive oil	2.00 tb
3562	Salt	2.00 ts
3563	Sugar	4.00 tb
3563	Warm water	3.00 tb
3563	Active dry yeast	1.00 pk
3563	Egg, beaten	1.00
3563	All-purpose flour	2.00 c
3563	Butter or margarine	2.00 tb
3563	Salt	0.50 ts
3563	To 1/2 cup milk	0.25

Sheet1

3563	Golden raisins	1.00 c
3563	Currants	1.00 c
3563	Chopped candied orange or	0.50 c
3563	lemon peel	0.00
3563	Vegetable oil	0.00
3563	Cold water	1.00 tb
3564	Milk	0.75 c
3564	Fresh Cake Yeast	1.00
3564	Sugar	0.25 c
3564	Shortening	3.00 tb
3564	Salt	1.00 ts
3564	Egg	1.00
3564	Flour	3.50 c
3564	Lukewarm Water	0.25 c
3565	BASIC BISCUIT BAKING MIX -----	0.00 -----
3565	Flour; sifted	9.00 c
3565	Baking Powder; double	0.33 c
3565	acting	0.00
3565	Nonfat Dry Milk plus	1.00 c
3565	Nonfat Dry Milk	2.00 tb
3565	Salt	4.00 ts
3565	Vegetable Shortening	1.75 c
3566	ALL-PURPOSE FLOUR	1.75 c
3566	SUGAR	0.25 c
3566	BAKING POWDER	2.00 tb
3566	SALT	0.50 ts
3566	EGG	1.00
3566	MILK	0.75 c
3566	COOKING OIL	0.33 c
3567	Warm water	1.00 c
3567	Active dry yeast	1.00 pk
3567	Unbleached all-purpose flour	2.50 c
3567	Olive oil	2.00 tb
3567	Salt	0.50 ts
3568	Baking powder	1.00 c
3568	Baking soda	0.33 c
3568	Salt	2.67 tb
3568	Sugar	3.00 qt
3568	Butter	2.00 qt
3568	Buttermilk	2.00 qt
3568	Eggs	32.00
3569	Starter	2.00 c
3569	Butter	2.00 tb
3569	Milk	0.50 c
3569	Salt	1.00 ts
3569	Sugar	2.00 tb
3569	White flour	3.00 c
3570	NFXS18B	0.00
3570	Active dry yeast	1.00 ts

Sheet1

3570	Warm water	0.25 c
3570	Milk	0.75 c
3570	Flour *	1.00 c
3571	Lg baking potato peeled,cube	0.00
3571	White flour	1.00 c
3571	Active dry yeast	0.50 tb
3571	Sugar	1.00 ts
3572	Yeast	1.00 pk
3572	Warm (105 to 115 degrees)	1.25 c
3572	Whole-wheat flour	1.00 c
3572	Bread flour	1.00 c
3573	Very warm water (105 F to	1.00 c
3573	115F)	0.00
3573	Active dry yeast	2.00 pk
3573	Granulated sugar	0.50 c
3573	Instant nonfat dry milk (in	0.33 c
3573	dry form)	0.00
3573	Eggs, at room temperature	2.00 lg
3573	Lightly salted butter or	0.50 c
3573	margarine, at room	0.00
3573	Temperature	0.00
3573	Salt	1.00 ts
3573	All-purpose flour (up to 5	5.00 c
3573	1/4 cups)	0.00
3574	Bread flour	2.50 c
3574	Sugar	2.00 tb
3574	Dry milk	1.00 tb
3574	Salt	1.00 ts
3574	Butter	1.00 tb
3574	(7 fl. oz.) water	0.88 c
3574	(3/4 cup + 2 Tablespoons)	0.00
3574	Dry yeast	1.00 ts
3575	Water	1.12 c
3575	Olive oil	1.50 tb
3575	Grated swiss cheese	0.33 c
3575	Grated parmesan cheese	0.33 c
3575	Salt	0.33 ts
3575	Sugar	1.00 tb
3575	Basil	1.00 tb
3575	Whole wheat flour	1.50 c
3575	Bread flour	1.50 c
3575	Active dry yeast	1.50 ts
3576	Flour	2.00 c
3576	Shortening	3.00 tb
3576	Baking powder	3.00 ts
3576	Salt	0.50 ts
3576	Sugar	1.00 tb
3576	Lemon rind, grated	0.50
3576	Sugar	0.25 c

Sheet1

3576	Egg, well beaten	1.00
3576	Seedless raisins	0.50 c
3576	Citron	0.00
3576	Milk	0.00
3577	Eggs, beaten	2.00
3577	Salt	0.75 ts
3577	Garlic Powder (or fresh	0.50 ts
3577	minced to death)	0.00
3577	All Purpose Flour	0.50 c
3577	Cornstarch	0.25 c
3577	Milk	0.50 c
3577	Honey	1.00 tb
3577	Lemon Juice	1.00 ts
3577	Sherry	2.00 tb
3577	Fresh Ginger, put through	1.00 ts
3577	garlic press (or grated)	0.00
3578	Granulated Sugar	1.00 ts
3578	Warm water	0.50 c
3578	Dry yeast	1.00 pk
3578	Milk	1.50 c
3578	Granulated sugar	0.25 c
3578	Shortening	0.25 c
3578	Salt	2.00 ts
3578	Egg	2.00
3578	Flour	3.75 c
3579	All-purpose flour	6.50 c
3579	"Instant Dry Yeast"	2.00 pk
3579	Sugar	3.00 tb
3579	Salt	1.00 tb
3579	Warm water	3.00 c
3579	Shortening	2.00 tb
3580	Fresh/frozen blueberries	0.75 c
3580	Flour	2.00 c
3580	Baking soda	1.00 ts
3580	Ginger	1.50 ts
3580	Salt	0.50 ts
3580	Butter or margarine	0.33 c
3580	Egg	1.00
3580	Brown sugar	0.50 c
3580	Molasses	1.00 c
3580	Sour cream	0.50 c
3581	All purpose flour (soft)	6.00 c
3581	Salt	1.50 ts
3581	Sugar	1.00 tb
3581	Baking powder	1.00 ts
3581	Shortening	1.00 c
3581	Milk	1.00 c
3582	Unbleached Flour	2.00 c
3582	Baking Powder	3.00 ts

Sheet1

3582	Salt	1.00 ts
3582	Shortening	0.25 c
3582	Beer	0.75 c
3583	Flour	3.00 c
3583	Baking powder	3.75 ts
3583	Salt	2.25 ts
3583	Honey	1.00 tb
3583	Beer	12.00 oz
3584	Empty beer cans	8.00
3584	Soda	2.00 tb
3584	Dates	1.00 c
3584	Beer	2.00 c
3584	Butter	3.00 tb
3584	Maple syrup	1.00 c
3584	Vanilla	1.00 tb
3584	Eggs	2.00
3584	Whole wheat pastry flour	4.00 c
3584	Pecans	1.00 c
3585	Yeast	1.00 pk
3585	Bread flour	3.00 c
3585	Sugar	1.00 tb
3585	Salt	1.50 ts
3585	Butter	1.00 tb
3585	Beer, flat	10.00 oz
3585	(2 slices) processed	4.00 oz
3585	American cheese	0.00
3585	Jack (or any you wish)	4.00 oz
3585	cheese, cut in 1/4" cubes.	0.00
3586	Beer; flat	1.00
3586	Flour	1.25 c
3587	Dry yeast	2.00 pk
3587	Lukewarm water	0.50 c
3587	Sugar	0.25 c
3587	Salt	1.00 tb
3587	Great western beer, heated	12.00 oz
3587	to lukewarm	0.00
3587	Eggs, lightly beaten	2.00
3587	Sage	1.00 ts
3587	Thyme	2.00 ts
3587	Savory	3.00 ts
3587	Onion, grated	1.00 sm
3587	Flour (approximately)	7.00 c
3588	Unsifted all-purpose flour	2.25 c
3588	Salt	0.50 ts
3588	Eggs, beaten	4.00 lg
3588	Granulated sugar	0.50 c
3588	Butter, softened	0.50 c
3588	Beer	0.50 c
3589	Flour; sifted	2.00 c



Sheet1

3589	Baking Powder	2.00 ts
3589	Salt	0.75 ts
3589	Egg Yolks; beaten	3.00
3589	Milk	1.75 c
3589	Oil	0.33 c
3589	Egg Whites; slightly beaten	3.00
3590	Dry yeast	1.00 pk
3590	Salt	0.50 ts
3590	Lukewarm milk	2.00 c
3590	Sugar	1.00 tb
3590	Eggs; separated	4.00
3590	Butter; melted	0.50 c
3590	Vanilla	1.00 ts
3590	Sifted flour	2.50 c
3591	Eggs	2.00
3591	Warm water	2.00 tb
3591	Sugar	9.00 oz
3591	Apple preserves	2.50 oz
3591	Rum	0.50 c
3591	Ground allspice	1.00 pn
3591	Cinnamon	3.00 ts
3591	Grated chocolate	2.50 oz
3591	Flour	9.00 oz
3591	Baking powder	1.00 ts
3591	Whole almonds or hazelnuts	4.50 oz
3591	Candied lemon peel, diced	1.25 oz
3592	Sugar	0.25 c
3592	Flour	1.50 c
3592	Salt	0.25 ts
3592	Baking powder	2.00 ts
3592	Egg	1.00
3592	Milk	0.50 c
3592	Butter	2.00 tb
3593	Eggs	3.00
3593	All-purpose flour	0.50 c
3593	Milk	0.50 c
3593	Granulated sugar	2.00 tb
3593	Vanilla	1.00 ts
3593	Icing sugar	0.00
3593	Berries	1.50 c
3593	Plain yogurt or	0.00
3593	Whipped cream	0.00
3594	Butter	0.50 c
3594	Sugar	1.00 c
3594	Eggs, beaten	2.00
3594	Bananas, finely crushed	4.00
3594	Flour	1.50 c
3594	Soda	1.00 ts
3594	Salt	0.50 ts

Sheet1

3594	Vanilla	0.50 ts
3595	Flour, all purpose	1.50 c
3595	Baking powder	1.00 ts
3595	Baking soda	1.00 ts
3595	Salt	0.50 ts
3595	Egg	1.00 ea
3595	Sugar, granulated	0.75 c
3595	Butter; melted	0.33 c
3595	Bananas; mashed;3 or 4	1.50 c
3596	Flour	1.00 c
3596	Baking powder	2.00 tb
3596	Salt	1.25 ts
3596	Sugar	2.00 ts
3596	Salad oil (pure virgin olive	1.00 tb
3596	is best)	0.00
3596	Water	1.00 c
3597	Butter	1.00 tb
3597	Cornmeal, yellow or white	0.75 c
3597	Salt	0.50 ts
3597	Baking soda	0.50 ts
3597	Egg	1.00 ea
3597	Buttermilk	1.50 c
3598	QUICK ROLLED BISCUITS -----	0.00 -----
3598	Biscuit baking mix	2.00 c
3598	Milk	0.67 c
3598	DROPPED BISCUITS -----	0.00 -----
3598	Biscuit baking mix	2.00 c
3598	Milk	1.00 c
3598	SWEET BISCUITS -----	0.00 -----
3598	Baking mix	2.00 c
3598	Milk	0.67 c
3598	Cinnamon Sugar	0.25 c
3598	Butter	2.00 tb
3598	FILLED BISCUITS -----	0.00 -----
3598	Biscuit baking mix	2.00 c
3598	Milk	0.67 c
3598	Butter	2.00 tb
3598	Veggies, tuna or another	0.50 c
3598	meat or veggie filling	0.00
3598	ov your choice	0.00
3598	LATVIAN BISCUITS -----	0.00 -----
3598	Onion	1.00 sm
3598	Bacon	2.00 sl
3598	Biscuit baking mix	2.00 c
3598	Milk	0.67 c
3598	Butter	2.00 tb
3599	CREPES -----	0.00 -----
3599	Biscuit Baking Mix	2.00 c
3599	Milk	1.50 c

Sheet1

3599	Eggs	4.00
3599	BLINTZES -----	0.00 -----
3599	Biscuit baking mix	2.00 c
3599	Milk	1.50 c
3599	Sugar	2.00 tb
3599	Vanilla	1.00 ts
3599	Eggs	4.00
3599	*Filling*	0.00
3599	Cream Cheese	1.00 c
3599	Sour cream	0.25 c
3599	Sugar	2.00 tb
3599	Vanilla	1.00 ts
3600	QUICK PANCAKES -----	0.00 -----
3600	Biscuit baking mix	2.00 c
3600	Milk	1.00 c
3600	Eggs	2.00
3600	BERRY PANCAKES -----	0.00 -----
3600	Biscuit baking mix	2.00 c
3600	Milk	0.75 c
3600	Berries and juice	0.50 c
3600	Egg	1.00
3600	QUICK WAFFLES -----	0.00 -----
3600	Biscuit baking mix	2.00 c
3600	Veggie oil	2.00 tb
3600	Egg	1.00
3600	Milk	1.33 c
3601	Flour; sifted	9.00 c
3601	cake & pastry pref	0.00
3601	Baking powder	0.33 c
3601	Milk; powdered	1.00 c
3601	Milk; powdered	2.00 T
3601	Salt	4.00 t
3601	Shortening; vegetable	1.75 c
3602	Dried black beans	1.50 c
3602	Raisins	1.00 c
3602	Granulated sugar	1.00 ts
3602	Warm water	0.25 c
3602	Active dry yeast (or 1 tbsp)	1.00 pk
3602	Fancy molasses	0.25 c
3602	Vegetable oil	2.00 tb
3602	Salt	2.00 ts
3602	Whole wheat flour	3.00 c
3602	All purpose flour	4.00 c
3602	Egg	1.00
3602	Water	1.00 tb
3603	Yeast cakes	2.00 ea
3603	Milk; scalded	2.00 c
3603	Sugar	0.50 c
3603	Salt	2.00 ts

Sheet1

3603	Eggs	2.00 ea
3603	Flour; sifted before measur	7.00 c
3603	ing	0.00
3603	Shortening; softened - part	6.00 tb
3603	butter for flavor	0.00
3604	Fresh blackberries, washed	1.00 c
3604	and dried	0.00
3604	Sugar	1.00 tb
3604	Egg	1.00 lg
3604	Plain or honey yogurt	1.00 c
3604	Butter or margarine, melted	3.00 tb
3604	Variety baking mix ( eg	2.50 c
3604	bisquick)	0.00
3604	Chopped lemon zest	1.00 ts
3605	Eggs	3.00
3605	Wheat germ	2.00 tb
3605	Cottage cheese	1.00 c
3605	Lecithin granules	2.00 tb
3605	Sour cream	3.00 tb
3605	Grated orange rind	1.00 tb
3605	Honey	2.00 tb
3605	Vanilla	1.00 ts
3605	Cinnamon	0.50 ts
3605	Whole wheat pastry flour	0.50 c
3606	Yeast	1.00 pk
3606	Bread flour	3.00 c
3606	Salt	1.00 ts
3606	Sugar	1.00 tb
3606	Soft butter	1.00 tb
3606	6 oz can of spicy V-8 juice	1.00
3606	Vodka	1.00 tb
3606	Water	1.00 tb
3606	Egg (Use ingredients at room	1.00
3606	temperature)	0.00
3607	Blue cornmeal	1.00 c
3607	Barley flour (or any flour)	0.50 c
3607	Baking powder	1.50 ts
3607	Salt (optional)	0.25 ts
3607	Honey or maple syrup	1.00 tb
3607	Egg, beaten (or egg sub)	1.00
3607	Milk (or water)	1.00 c
3607	Fistfull cooked Cracklings	1.00
3607	(optional)	0.00
3608	Yeast	1.00 pk
3608	Bread flour	3.00 c
3608	Salt	0.50 ts
3608	Sugar	2.00 tb
3608	Butter (or margarine)	1.00 tb
3608	(16-1/2 oz) blueberries,	1.00 cn

Sheet1

3608	well drained, reserve	0.00
3608	liquid	0.00
3608	Retained juice (Use	0.25 c
3608	ingredients at room	0.00
3608	temperature.)	0.00
3608	Water, approximately	0.25 c
3609	Blueberries	4.00 c
3609	Milk	1.00 c
3609	Sugar	0.33 c
3609	Eggs	2.00
3609	Vanilla	2.00 ts
3609	Flour	1.25 c
3609	Dash salt	0.00
3610	Flour, sifted	1.00 c
3610	Cornmeal	0.75 c
3610	Sugar	3.00 tb
3610	Baking powder	1.00 ts
3610	Salt	0.75 ts
3610	Blueberries, fresh or frozen	1.00 c
3610	Egg	1.00 ea
3610	Milk, lowfat	0.67 c
3610	Salad oil	0.33 c
3611	Flour	1.50 c
3611	Whole wheat flour	0.50 c
3611	Cornmeal	0.50 c
3611	Sugar	0.75 c
3611	Baking powder	2.50 ts
3611	Baking soda, and salt	0.50 ts
3611	Each... buttermilk, and	0.50 c
3611	orange juice	0.00
3611	Margarine or butter, melted	0.25 c
3611	Egg, beaten	1.00
3611	Grated orange zest	1.00 tb
3611	Fresh or frozen blueberries	2.00 c
3612	Flour	1.50 c
3612	Egg	1.00
3612	Salt	1.00 ts
3612	Baking powder	2.00 ts
3612	Milk (enough for soft dough	0.75 c
3612	Blueberries	2.50 c
3612	Water, enough to cover berr	0.00
3612	Sugar to taste	0.00
3613	Lemon juice	1.00 tb
3613	Milk	1.00 c
3613	Egg, beaten	1.00
3613	Vegetable oil	0.25 c
3613	Molasses	0.25 c
3613	Natural bran	1.00 c
3613	Whole wheat flour	0.75 c

Sheet1

3613	All-purpose flour	0.75 c
3613	Packed brown sugar	0.33 c
3613	Grated lemon rind	1.50 ts
3613	Baking powder	1.50 ts
3613	Baking soda	0.50 ts
3613	Blueberries (fresh or	1.00 c
3613	frozen)	0.00
3614	Sifted flour	1.50 c
3614	Baking powder	1.00 ts
3614	Salt	0.50 ts
3614	Margarine (one stick)	0.50 c
3614	Sugar	1.00 c
3614	Eggs	2.00
3614	Milk	0.33 c
3614	Vanilla	1.00 ts
3614	Blueberries, floured	1.50 c
3615	Sifted flour	2.00 c
3615	Baking powder	3.00 ts
3615	Sugar	3.00 tb
3615	Salt	1.00 ts
3615	Egg, slightly beaten	1.00
3615	Milk	1.00 c
3615	Vegetable oil	0.25 c
3615	Fresh blueberries	1.00 c
3616	Quick oats	1.00 c
3616	Lemon juice to sour milk	1.00 tb
3616	Milk, less 1 tbsp	1.00 c
3616	Flour	1.00 c
3616	Baking powder	1.00 ts
3616	Baking soda	0.50 ts
3616	Salt	0.50 ts
3616	Brown sugar	0.75 c
3616	Egg, lightly beaten	1.00
3616	Melted margarine	0.25 c
3616	Blueberries or cranberries*	1.00 c
3617	Unbleached flour	1.00 c
3617	Whole wheat flour	0.50 c
3617	Rolled oats (NOT instant)	0.50 c
3617	Oat bran	0.33 c
3617	Baking powder	1.00 ts
3617	Baking soda	0.50 ts
3617	Salt	0.75 ts
3617	Ground cinnamon	0.50 ts
3617	Cold unsalted butter, cut in	0.25 c
3617	1/4-inch pieces	0.00
3617	Granulated OR firmly packed	0.25 c
3617	light brown sugar	0.00
3617	Egg	1.00 lg
3617	Milk	0.50 c

Sheet1

3617	Plain yogurt	0.25 c
3617	Fresh blueberries	1.00 c
3618	Sifted flour	2.00 c
3618	Baking powder	4.00 ts
3618	Sugar	0.75 c
3618	Salt	1.00 ts
3618	Frozen or canned blueberries	1.00 c
3618	(drained)	0.00
3618	OR:	0.00
3618	Frozen or canned tart	1.00 c
3618	cherries (drained)	0.00
3618	Eggs	2.00
3618	Melted butter	0.50 c
3618	Milk	1.00 c
3618	CINNAMON AND SUGAR TOPPING:	0.00
3618	Cinnamon	0.12 ts
3618	Sugar	0.50 c
3618	Paper muffin cups	0.00
3619	All-purpose flour	1.75 c
3619	Packed brown	0.67 c
3619	Sugar	0.00
3619	Baking powder	1.00 tb
3619	Grated orange rind	1.00 tb
3619	Milk	1.00 c
3619	Eggs	2.00
3619	Butter, melted	3.00 tb
3619	Vanilla	1.00 ts
3619	Blueberries	1.00 c
3620	Flour	1.67 c
3620	Baking soda	1.00 ts
3620	Baking powder	0.50 ts
3620	Salt	0.50 ts
3620	Cinnamon	1.00 ts
3620	Allspice	0.50 ts
3620	Pumpkin puree	1.00 c
3620	Evaporated milk	0.25 c
3620	Shortening	0.33 c
3620	Firmly packed light brown	1.00 c
3620	sugar	0.00
3620	Egg	1.00
3620	Blueberries	1.00 c
3620	Flour	1.00 tb
3620	Streusel Topping:	0.00
3620	Flour	2.00 tb
3620	Sugar	2.00 tb
3620	Cinnamon	0.25 ts
3620	Butter	1.00 tb
3621	Butter at ROOM TEMPERATURE	0.50 c
3621	Sugar	1.00 c

## Sheet1

3621	Eggs	2.00 lg
3621	Vanilla	1.00 ts
3621	Baking powder	2.00 ts
3621	Salt	0.25 ts
3621	Blueberries (mash 1/2 c with a fork)	2.50 c 0.00
3621	Flour (I used 1 c flour and 1 c mixed whole grains per my usual)	2.00 c 0.00 0.00
3621	Milk	0.50 c
3622	Unsifted all-purpose flour	2.00 c
3622	Sugar	1.00 c
3622	Baking powder	3.00 ts
3622	Salt	0.25 ts
3622	Fresh blueberries	1.50 c
3622	Eggs	2.00
3622	Milk	1.00 c
3622	Salad oil	3.00 tb
3622	Grated fresh orange peel	1.00 ts
3622	Confectioners sugar	0.00
3623	Warm water	0.50 c
3623	Plus 1 tsp sugar	0.25 c
3623	Ground ginger	0.25 ts
3623	Active dry yeast	2.00 pk
3623	Tomato juice, warmed	1.50 c
3623	Unsifted flour	6.00 c
3623	Butter or margarine, softened	0.25 c 0.00
3623	Salt	1.00 ts
3624	From: PDMT15A	0.00
3625	10-oz. package frozen strawberries, in syrup, thawed, undrained	1.00 0.00 0.00
3625	Eggs	2.00
3625	Oil	0.75 c
3625	All-purpose flour	1.50 c
3625	Sugar	1.00 c
3625	Cinnamon	1.00 ts
3625	Baking soda	0.50 ts
3626	Sugar	1.50 c
3626	Shortening (or, preferably, 1/3 Cup shortening + 1/3 Cup Margarine)	0.67 c 0.00 0.00
3626	Eggs	2.00
3626	Mashed bananas (very ripe)	1.00 c
3626	Baking soda	1.00 ts
3626	Sour milk (or 3 Tbsp. milk + 1 Tbsp. vinegar)	4.00 tb 0.00



Sheet1

3626	Flour	1.50 c
3626	Salt	0.50 ts
3626	Vanilla	1.00 ts
3627	Rye meal or Plain flour	0.50 c
3627	Corn Meal	0.50 c
3627	Coarse whole wheat flour	0.50 c
3627	Baking Soda	1.00 ts
3627	Salt	0.50 ts
3627	Molasses	0.38 c
3627	Sour milk	1.00 c
3627	Seedless Raisins	0.50 c
3628	Flour	0.50 c
3628	Sugar	0.75 c
3628	Salt	1.50 ts
3628	Baking soda	1.50 ts
3628	Corn Meal	0.50 c
3628	Whole wheat flour	3.00 c
3628	Dark molasses	0.75 c
3628	Egg	1.00
3628	Milk	2.00 c
3628	Melted shortening	0.50 c
3629	Water	1.12 c
3629	Bread flour	2.67 c
3629	Wheat bran	0.38 c
3629	Salt	1.50 ts
3629	Sugar	3.00 tb
3629	Butter, unsalted	1.50 tb
3629	Dry milk	1.50 tb
3629	Active dry yeast	1.00 ts
3630	Shortening	2.00 tb
3630	Sugar	2.00 tb
3630	Egg	1.00
3630	Milk	1.00 c
3630	Corn-meal	0.50 c
3630	Prepared bran	0.75 c
3630	Flour	1.00 c
3630	Salt	1.00 ts
3630	Baking powder	3.00 ts
3631	White flour	1.00 c
3631	Bran	2.00 c
3631	Cornmeal	0.25 c
3631	Salt	1.00 ts
3631	Skim milk	1.25 c
3631	Molasses	0.50 c
3631	Baking soda, dissolved in wa	1.00 ts
3631	Raisins (optional)	1.00 c
3632	Warm Water	1.00 c
3632	Wheat/Oat Bran Cereal	3.50 c
3632	Unbleached All-purpose Flour	2.50 c

Sheet1

3632	Baking Soda	2.50 ts
3632	Butter/Margarine, Room Temp.	0.50 c
3632	Granulated Sugar	1.50 c
3632	Large Eggs	2.00
3632	Butter/Sour milk.	2.00 c
3633	Bran	1.00 c
3633	Milk	1.00 c
3633	Bananas, mashed 2-3	1.00 c
3633	Eggs	2.00
3633	Brown sugar	0.50 c
3633	Vegetable oil	0.33 c
3633	Flour	2.00 c
3633	Apricots, dried snipped	0.50 c
3633	Nuts, chopped	0.50 c
3633	Baking powder	1.00 tb
3633	Salt	0.50 ts
3634	Cake compressed yeast	1.00
3634	OR 1/2 cake dry yeast	0.00
3634	Sugar	1.00 tb
3634	Salt	1.50 ts
3634	Melted shortening	1.00 tb
3634	Lukewarm water	1.50 c
3634	To 5 1/4 cups flour	5.00
3635	Slices of brea	6.00
3635	Eggs	3.00
3635	Warm milk	2.00 c
3635	Sugar	0.50 c
3635	Vanilla	1.00 ts
3635	Raisins	0.50 c
3635	Maple syrup on the side	1.00
3636	MEDIUM LOAF -----	0.00 -----
3636	Water	1.00 c
3636	Vegetable Oil	0.25 c
3636	Egg	1.00
3636	Sugar	2.00 tb
3636	Salt	1.00 ts
3636	Yellow Cornmeal	1.00 c
3636	Bread flour	2.00 c
3636	Yeast	1.50 ts
3637	10-oz. loaf stale French	1.00
3637	Bread, crumbled (or 6-8	0.00
3637	Cups any type bread)	0.00
3637	Milk	4.00 c
3637	Sugar	2.00 c
3637	Butter, melted	8.00 tb
3637	Eggs	3.00
3637	Vanilla	2.00 tb
3637	Raisins	1.00 c
3637	Coconut	1.00 c

Sheet1

3637	Chopped Pecans	1.00 c
3637	Cinnamon	1.00 ts
3637	Nutmeg	1.00 ts
3637	WHISKEY SAUCE -----	0.00 -----
3637	Butter (1 stick)	0.50 c
3637	Powdered Sugar	1.50 c
3637	Egg Yolks	2.00
3637	Bourbon (to taste)	0.50 c
3637	(or Rum!!)	0.00
3638	Eggs	3.00
3638	Sugar	1.25 c
3638	Nutmeg	1.50 ts
3638	Vanilla extract	1.50 ts
3638	Ground cinnamon	1.50 ts
3638	Unsalted butter	0.25 c
3638	Milk	2.25 c
3638	Raisins	0.50 c
3638	Chopped pecans	0.50 c
3638	Stale french bread cubed	5.00 c
3638	Chopped apple	1.00
3638	Eggs	2.00
3638	Icing sugar	2.00 c
3638	Unsalted butter	0.50 lb
3638	Bourbon whisky	0.25 c
3639	BREAD PUDDING -----	0.00 -----
3639	Slices stale bread	4.00
3639	Sugar	4.00 tb
3639	Milk	3.50 c
3639	Eggs, separatged	4.00
3639	Vanilla	1.00 tb
3639	Salt, pinch	0.00
3639	Block butter	0.50
3639	Raisins (optional)	0.00
3639	WHISKEY SAUCE -----	0.00 -----
3639	Sugar	0.50 c
3639	Water	0.25 c
3639	Block butter	0.25
3639	Whiskey, to taste	0.00
3640	Cake compressed yeast or:	1.00
3640	Package dry granular yeast	1.00
3640	Lukewarm water	1.00 c
3640	Sugar	1.00 tb
3640	Salt	1.00 ts
3640	Melted shortening	2.00 tb
3640	(About) sifted enriched	4.00 c
3640	flour	0.00
3640	Egg whites	2.00
3641	Margarine or butter	0.75 c
3641	Chopped celery	1.50 c

Sheet1

3641	(with leaves)	0.00
3641	Finely chopped onion	0.75 c
3641	Soft bread cubes	9.00 c
3641	Salt	1.00 ts
3641	Ground sage	0.50 ts
3641	Chopped fresh or	1.50 ts
3641	Dried thyme leaves	0.50 ts
3641	Pepper	0.25 ts
3642	Yeast ferment	1.00 qt
3642	Sugar	4.00 tb
3642	Flour	0.00
3642	Melted shortening	4.00 tb
3642	Salt	3.00 ts
3643	Olive oil	2.00 tb
3643	Garlic cloves, finely	3.00
3643	Chopped	0.00
3643	Grated Romano Cheese	2.00 tb
3643	Dried oregano, crumbled	0.50 ts
3643	Pepper	0.12 ts
3643	1/3-inch-thick slices of	6.00
3643	French bread baguette	0.00
3644	1 -----	0.00 -----
3644	Bread flour	2.00 c
3644	Milk	0.67 c
3644	Toasted chopped hazelnuts	0.50 c
3644	Egg	1.00
3644	Sugar	2.00 tb
3644	Margarine or butter	2.00 tb
3644	Amaretto or hazelnut liqueur	4.00 ts
3644	Active dry yeast	0.75 ts
3644	Salt	0.50 ts
3644	Recipe Amaretto Glaze	1.00
3644	Toasted chopped hazlenuts or	0.00
3644	Almonds (optional)	0.00
3644	AMARETTO GLAZE -----	0.00 -----
3644	Sifted powdered sugar	0.50 c
3644	Amaretto or hazelnut	1.00 tb
3644	Liqueur	0.00
3644	*OR*	0.00
3644	Almond extract	1.00 tb
3644	To 2 tablespoons milk *IF	1.00
3644	NEEDED	0.00
3645	Egg, beaten	1.00
3645	Ripe breadfruit, uncooked	1.00 c
3645	Shortening	2.00 tb
3645	Flour, unsifted	1.00 c
3645	Nutmeg	0.25 ts
3645	Cinnamon	0.25 ts
3645	Salt	0.25 ts

## Sheet1

3645	Baking powder	3.00 ts
3645	Sugar	0.50 c
3646	Unbleached all-purpose flour	1.75 c
3646	Baking powder	2.00 ts
3646	Salt	1.00 ts
3646	(1/2 stick) unsalted butter,	4.00 tb
3646	chilled	0.00
3646	Plain yogurt	0.33 c
3646	(+2 Tbsp) milk	0.50 c
3646	!!!-FOR THE SAUSAGES-!!!-	0.00
3646	Pork sausage	1.50 lb
3646	Minced fresh sage leaves, or	1.50 tb
3646	1 t. dried	0.00
3646	Salt	0.25 ts
3646	Freshly ground black pepper	0.00
3646	Paprika	0.50 ts
3646	Ground allspice	0.25 ts
3646	!!!-FOR THE GRAVY-!!!-	0.00
3646	3 tsp	3.00 ts
3646	Unsalted butter, or as	0.00
3646	needed	0.00
3646	All-purpose flour	3.00 tb
3646	Milk	2.25 c
3646	Salt and freshly ground	0.00
3646	black pepper	0.00
3646	!!!-GARNISH WITH-!!!-	0.00
3646	Fresh sage leaves	2.00 ts
3647	Flour	3.00 c
3647	Salt	0.50 ts
3647	Sugar	4.00 tb
3647	Baking powder	3.00 ts
3647	Shortening; melted	3.00 tb
3647	Milk	1.00 c
3647	Egg; slightly beaten	1.00 ea
3648	DEBBIE PUENTE (GCHM44A)	0.00
3648	Yeast	0.75 pk
3648	Bread flour	1.50 c
3648	Of your favorite cereal,	1.12 c
3648	I use Great Grains(Post)	0.00
3648	Just Right (Kelloggs)	0.00
3648	Fruit and Fibre (Post) or	0.00
3648	Raisin bran.	0.00
3648	Salt; and	0.38 ts
3648	Baking soda	0.00 ts
3648	Brown sugar	3.00 tb
3648	Butter; (room temp)	1.50 tb
3648	warm water; -1 T water	0.75 c
3649	Fruit (prepared weight) 4 to	0.00
3649	6 oz. blueberries,	0.00

Sheet1

3649	raspberries, or cranberries	0.00
3649	or 12 oz. (approx.)	0.00
3649	cherries, peaches, or plums	0.00
3649	Zest from 1 small lemon,	0.00
3649	grated	0.00
3649	Sugar, plus additional to	2.00 tb
3649	sweeten fruit	0.00
3649	Unbleached all-purpose flour	0.50 c
3649	Salt	0.25 ts
3649	Eggs, any size	2.00
3649	Milk (low-fat, if desired)	1.00 c
3649	Unsalted butter	1.00 tb
3649	Confectioners' sugar	0.00
3649	Sour cream (optional)	0.00
3650	Flour	3.00 c
3650	Salt	1.00 ts
3650	Eggs	2.00 x
3650	Milk	0.00
3650	Oil for cooking	0.00
3651	Frozen bread dough loaf*	1.00
3651	Plums, firm-ripe, large	3.00
3651	Apple slices, thin	3.00 c
3651	Butter or margarine, melted	1.50 tb
3651	Sugar**	3.00 tb
3651	Cinnamon, ground**	1.00 ts
3652	Egg	1.00
3652	Sugar	2.00 tb
3652	Sour cream	1.00 c
3652	Shortening, melted	1.00 tb
3652	Prepared mustard	1.00 ts
3652	Sifted flour	1.33 c
3652	Baking powder	1.00 ts
3652	Baking soda	0.50 ts
3652	Salt	0.50 ts
3652	(2 1/2 oz) Carl Buddig Ham,	1.00 pk
3652	Finely chopped	0.00
3652	Shredded Wisconsin Swiss	0.50 c
3652	Cheese	0.00
3653	Flour	2.00 c
3653	Eggs, well beaten	2.00
3653	Baking powder	3.00 ts
3653	Sugar	2.00 tb
3653	Salt	1.00 ts
3653	Butter or margarine	2.00 tb
3653	Cold water	0.00
3654	Unsifted flour	5.50 c
3654	Salt	1.00 tb
3654	Sugar	1.00 tb
3654	Butter or margarine	1.00 tb

Sheet1

3654	Pkgs active dry yeast	2.00
3654	Very warm tap water	1.75 c
3654	(120 to 130 degrees)	0.00
3654	Cornmeal	0.00
3654	Corn or other vegetable oil	0.00
3654	Egg white	1.00
3654	Cold water	1.00 tb
3655	Active dry yeast	1.00 pk
3655	Water	0.25 c
3655	Milk, scalded	0.50 c
3655	Butter or margarine	0.50 c
3655	Sugar	0.33 c
3655	Salt	0.50 ts
3655	Sifted enriched flour	3.25 c
3655	Beaten eggs	3.00
3655	Beaten egg yolk	1.00
3655	Slightly beaten egg white	1.00
3655	Sugar	1.00 tb
3656	Active dry yeast	1.75 ts
3656	Bread flour	1.75 c
3656	Bread flour	2.00 tb
3656	Sugar	3.00 tb
3656	Salt	0.75 ts
3656	Whole eggs	2.00
3656	Egg yolk	1.00
3656	Water	0.25 c
3656	Water	2.00 tb
3656	Butter, unsalted	8.00 tb
3657	Chopped broccoli, frozen	1.00 pk
3657	(10-oz size), thawed and	0.00
3657	drained	0.00
3657	Finely chopped onion	2.00 tb
3657	Margarine	0.25 lb
3657	Eggs	4.00
3657	Corn bread mix (recipe	1.00 pk
3657	tested with Jiffy Brand)	0.00
3657	Small curd cottage cheese	8.00 oz
3658	Frozen broccoli,choped(10oz)	1.00 pk
3658	Butter or margarine	0.25 c
3658	All-purpose flour	0.25 c
3658	Salt	0.25 ts
3658	Ground pepper	0.12 ts
3658	Milk	0.75 c
3658	Dry white wine	0.25 c
3658	Instant minced onion	1.00 ts
3658	Salt	1.00 ts
3658	Eggs,separated	3.00
3658	Cream of tartar	0.25 ts
3659	Jim Vorheis	0.00

Sheet1

3659	Softened butter	2.00 tb
3659	Hot water	0.25 c
3659	Orange juice	0.50 c
3659	Freshly grated orange rind	1.50 tb
3659	Egg	1.00
3659	Sugar	1.00 c
3659	Flour	2.00 c
3659	Baking powder	1.00 ts
3659	Salt	0.50 ts
3659	Baking soda	0.25 ts
3659	Fresh blueberries, or frozen	1.00 c
3659	or canned, well-drained	0.00
3660	Yellow cornmeal	1.00 c
3660	Rye flour	1.00 c
3660	Whole wheat flour	1.00 c
3660	Baking soda	2.00 t
3660	Salt	1.00 t
3660	Black raisins or currants	1.00 c
3660	Buttermilk	2.00 c
3660	Dark unsulfured molasses	0.75 c
3661	Molasses	0.50 c
3661	Sugar	0.00
3661	Egg	1.00 ea
3661	Salt	0.50 ts
3661	Milk; sour	1.00 pt
3661	Flour; white	1.00 c
3661	Graham flour	1.00 qt
3661	Baking soda	1.00 tb
3661	Raisins	1.00 c
3662	Brown sugar	1.00 c
3662	Whole wheat flour	2.00 c
3662	Lard; or butter	2.00 tb
3662	Baking soda	1.00 ts
3662	Baking powder	1.00 ts
3662	Eggs	2.00 ea
3662	Sour milk	1.00 pt
3663	Brown rice flour (900 g)	6.00 c
3663	Salt (16.5 g)	1.00 tb
3663	Tepid water (635 ml)	2.67 c
3663	Active dry yeast (1/2 oz or	4.00 ts
3663	14 g)	0.00
3663	Warm water (120 ml)	0.50 c
3663	Honey (30 ml)	2.00 tb
3663	Oil (60 g)	0.25 c
3663	Methocel (28 g)	0.25 c
3664	Flour, all purpose	2.00 c
3664	Whole wheat flour	1.00 c
3664	Natural bran	1.00 c
3664	Quick cooking rolled oats	1.00 c



Sheet1

3664	Sesame seeds	2.00 tb
3664	Poppy seeds	2.00 tb
3664	Baking powder	1.00 tb
3664	Baking soda	1.50 ts
3664	Salt	1.00 ts
3664	Liquid honey	0.25 c
3664	Plain yogurt	2.00 c
3665	All purpose flour	1.75 c
3665	Salt	1.00 ts
3665	(heaped) baking soda	1.00 ts
3665	Whole wheat flour	2.25 c
3665	Margarine	2.00 tb
3665	Buttermilk	1.25 c
3666	Sugar	0.75 c
3666	Butter or butter substitute	2.00 tb
3666	Egg, well beaten	1.00
3666	Milk	0.75 c
3666	Flour	2.00 c
3666	Baking powder	2.00 ts
3666	Salt	0.25 ts
3666	Cinnamon	0.00
3666	Brown sugar	0.50 c
3667	Packed brown sugar	1.00 c
3667	Whipping cream	1.00 c
3667	Sugar	8.00 tb
3667	Cold butter, cut in 3 pieces	3.00 tb
3667	Cinnamon	2.00 ts
3667	To 3 1/4 cups all-purpose	2.75
3667	flour	0.00
3667	Active dry yeast	1.00 pk
3667	Salt	1.00 ts
3667	Hot water	0.75 c
3667	Egg, beaten	1.00
3668	Milk	1.50 c
3668	Whipping cream	1.50 c
3668	Vanilla pod,	1.00
3668	***OR***	0.00
3668	Vanilla extract	0.50 ts
3668	Loaf stale French stick	1.00 sm
3668	Softened butter for spread	4.00 tb
3668	Raisins (plumped in water)	0.50 c
3668	Finely grated zest of	0.00
3668	1 lemon **OR** 1 orange	0.00
3668	Sugar	0.25 c
3668	Whole eggs	4.00
3668	Egg yolks	4.00
3668	Dark rum	1.00 oz
3668	Sugar, for sprinkling	2.00 tb
3669	Water	1.00 c

Sheet1

3669	Milk	1.00 c
3669	Eggs	3.00
3669	Buckwheat flour	0.50 c
3669	White flour	0.67 c
3669	Salt	0.50 ts
3669	Melted butter	3.00 tb
3670	Whole wheat flour	0.75 c
3670	Buckwheat flour	0.50 c
3670	Brown sugar	2.00 tb
3670	Egg, beaten	1.00
3670	Baking powder	2.00
3670	Milk	1.25 c
3670	Cooking oil	1.00 tb
3671	Whole wheat pastry flour	3.00 c
3671	Dry yeast	1.00 tb
3671	Ground cardamom	0.25 ts
3671	Ground nutmeg	0.25 ts
3671	Apple juice	0.75 c
3671	Maple syrup	0.25 c
3671	Butter	3.00 tb
3671	Orange liqueur	2.00 tb
3671	Egg white	1.00
3671	Poppy seeds	0.25 c
3671	Honey	2.00 tb
3671	Butter, melted	0.25 c
3672	BISCUITS -----	0.00 -----
3672	Flour, all purpose	2.00 c
3672	Sugar	4.00 tb
3672	Baking powder	4.00 ts
3672	Cream of tartar	0.50 ts
3672	Salt	0.25 ts
3672	Butter, cut into pieces	0.33 c
3672	Milk	0.67 c
3672	ORANGE BUTTER -----	0.00 -----
3672	Butter, softened	0.50 c
3672	Orange marmalade	3.00 tb
3673	Cake compressed yeast	1.00
3673	OR 1 cake dry yeast	0.00
3673	Salt	1.25 ts
3673	To 4 1/2 cups flour	4.00
3673	Melted shortening	0.50 c
3673	Sugar	0.25 c
3673	Eggs, well beaten	3.00
3673	Milk, scalded	1.00 c
3674	Milk, scalded	2.00 c
3674	Salt	0.50 ts
3674	Egg, well beaten	2.00
3674	Potato, mashed	0.50 c
3674	Powdered sugar	0.25 c

Sheet1

3674	Flour	6.00 c
3674	Sugar	1.00 c
3674	Butter	0.50 c
3674	Yeast	0.50 c
3674	Water, warm	0.25 c
3674	Butter, melted	2.00 tb
3675	Butter	0.25 c
3675	Unbleached All Purpose	1.25 c
3675	Flour	0.00
3675	Sugar	2.00 ts
3675	Baking Powder	2.00 ts
3675	Salt	0.50 ts
3675	Milk	0.67 c
3676	Shortening	0.25 c
3676	Unsifted self-rising flour	2.00 c
3676	Buttermilk	1.00 c
3676	Raw bulk pork sausage,	1.00 lb
3676	Room temperature	0.00
3677	Brown sugar	1.00 c
3677	Oil	0.33 c
3677	Egg, beaten	1.00
3677	Vanilla	1.00 ts
3677	All purp flour	1.50 c
3677	Baking soda	0.50 ts
3677	Salt	0.25 ts
3677	Apples, peel, chp	1.00 c
3677	Buttermilk	0.50 c
3677	Chopped walnuts	0.25 c
3677	Cinnamon	0.50 ts
3678	All-purpose flour	2.00 c
3678	Soda	0.50 ts
3678	Salt	0.75 ts
3678	Baking powder	2.00 ts
3678	Shortening	0.50 c
3678	Buttermilk	1.50 c
3679	Unbleached all-purpose flour	2.00 c
3679	Baking powder	2.25 ts
3679	Salt	1.00 ts
3679	Baking soda	0.25 ts
3680	Water	0.88 c
3680	Saco Buttermilk Powder	3.00 tb
3680	Bread Flour	2.00 c
3680	Salt	0.50 ts
3680	Sugar	2.00 ts
3680	Blue Cheese, Crumbled	0.50 c
3680	Butter/Margarine	1.00 tb
3680	Parsley, Chopped	0.25 c
3680	Yeast	1.50 ts
3681	Buttermilk	6.00 c

Sheet1

3681	Cake dry yeast	1.00
3681	Lukewarm water	0.50 c
3681	Flour	0.00
3681	Salt	1.50 tb
3681	Sugar	2.00 tb
3681	Melted butter or butter	2.00 tb
3681	substitute	0.00
3682	Egg	1.00
3682	Sugar	0.50 c
3682	Flour	1.00 c
3682	Soda	0.50 ts
3682	Baking powder	1.00 ts
3682	Buttermilk (I don't have the	1.00 c
3682	recipe at hand, but you can	0.00
3682	make	0.00
3682	Quite adequate buttermilk	0.00
3682	from dried milk)	0.00
3682	Nut, dates and/or raisins	1.00 c
3682	Water in pressure cooker	4.00 c
3682	with rack.	0.00
3683	Yeast	1.00 pk
3683	Bread flour	3.00 c
3683	Baking powder	1.00 ts
3683	Salt	1.00 ts
3683	Sugar	1.00 tb
3683	Buttermilk (Use ingredients	1.00 c
3683	at room temperature.)	0.00
3683	Warm water	0.25 c
3683	Grated cheese (we used extra	1.00 c
3683	sharp Cheddar)	0.00
3684	Whole wheat flour	0.50 c
3684	Unbleached white flour	0.50 c
3684	Baking powder	2.00 ts
3684	Baking soda	0.50 ts
3684	Cornmeal	1.00 c
3684	Buttermilk	1.25 c
3684	Egg, slightly beaten	1.00
3684	Plus 1 tsp. corn oil,	3.00 tb
3684	divided	0.00
3684	Honey	2.00 tb
3684	Fresh or thawed frozen corn	1.00 c
3684	kernels	0.00
3685	Yeast cakes	2.00 ea
3685	Sugar	0.25 c
3685	Buttermilk; lukewarm	1.50 c
3685	Shortening; melted	0.50 c
3685	Flour; sifted	5.00 c
3685	Baking soda	1.00 ts
3685	Poppy seeds	0.25 c

Sheet1

3686	Flour	4.00 c
3686	Baking powder	0.50 ts
3686	Baking soda	1.00 ts
3686	Margarine (1 stick)	0.50 c
3686	Sugar	0.50 c
3686	Raisins (optional)	0.50 c
3686	Buttermilk (about)	1.50 c
3686	Sugar	0.00
3686	Butter	0.00
3686	Whipped cream and jam	0.00
3687	Water	1.25 c
3687	Honey	0.25 c
3687	Sugar	2.00 tb
3687	Salt	1.50 ts
3687	Bread flour	2.00 c
3687	Whole wheat flour	2.00 c
3687	Buttermilk powder	0.25 c
3687	Yeast	1.00 pk
3688	Natural bran	3.00 c
3688	Whole-wheat flour	2.00 c
3688	Granulated sugar	0.50 c
3688	Baking powder	1.00 tb
3688	Baking soda	1.00 ts
3688	Eggs, beaten	2.00
3688	Buttermilk	2.00 c
3688	Vegetable oil	0.33 c
3688	Molasses	0.50 c
3688	Blueberries, fresh or frozen	1.00 c
3689	Shortening	0.67 c
3689	Sugar	0.67 c
3689	Eggs	2.00 ea
3689	Salt	1.00 ts
3689	Yeast cakes	2.00 ea
3689	Waer; lukewarm	1.00 c
3689	Milk; warm	2.00 c
3689	Flour	10.00 c
3689	Filling;-----	0.00
3689	-----	0.00
3689	Brown sugar	0.50 c
3689	Cinnamon	2.00 ts
3689	Butter; melted	0.50 c
3689	Pecan nuts	1.00 c
3690	All-purpose flour	1.25 c
3690	Sugar	0.50 c
3690	Sour cream	0.75 c
3690	Butter, softened	0.50 c
3690	Baking soda	0.75 ts
3690	Baking powder	0.75 ts
3690	Salt	0.50 ts

Sheet1

3690	Grated orange peel	0.50 ts
3690	Eggs	3.00
3690	Granola	1.00 c
3690	Nestle butterscotch flavored	0.50 c
3690	orsels	0.00
3690	Nuts; chopped	0.50 c
3690	Cinnamon	0.50 ts
3690	Nestle butterscotch flavored	0.50 c
3690	orsels	0.00
3690	Butter	1.00 ts
3690	Half and half	2.00 ts
3690	Finely chopped nuts, if desi	2.00 ts
3690	ed	0.00
3691	Butter or margarine	0.33 c
3691	Firmly packed brown sugar	0.33 c
3691	Water	1.00 tb
3691	All Purpose Flour	2.00 c
3691	Sugar	0.25 c
3691	Baking powder	2.50 ts
3691	Salt	1.00 ts
3691	Milk	0.67 c
3691	Firmly packed brown sugar	0.33 c
3691	Cinnamon	1.00 ts
3691	Chopped pecans	0.33 c
3692	Biscuit mix (w/baking	2.00 c
3692	powder)	0.00
3692	Half and half or milk	0.33 c
3692	Sugar	2.00 tb
3692	Egg	1.00
3692	Nutmeg	1.00 ts
3692	Butter, melted	0.25 c
3692	Cinnamon	0.50 ts
3693	Sifted flour	3.50 c
3693	Baking soda	2.00 ts
3693	Salt	1.50 ts
3693	Cinnamon	1.00 ts
3693	Nutmeg	1.00 ts
3693	Sugar	3.00 c
3693	Pecans	1.00 c
3693	Eggs	4.00
3693	Canned pumpkin	1.50 c
3693	Butter	1.00 c
3693	Water	0.67 c
3693	TOPPING -----	0.00 -----
3693	Melted butter	2.00 tb
3693	Sugar	2.00 tb
3693	Cinammon	0.50 ts
3694	Yeast	1.00 pk
3694	Flour	3.33 c

Sheet1

3694	Baking soda	0.25 ts
3694	Egg	1.00
3694	Cottage cheese	0.75 c
3694	Sour cream	0.75 c
3694	Sugar	3.00 tb
3694	Butter (Use ingredients at	1.50 tb
3694	room temperature.)	0.00
3694	Water	0.25 c
3694	Envelope Lipton's Onion Soup	1.00
3694	mix (or less to taste)	0.00
3695	Loaf french sourdough bread	1.00
3695	Salt	0.00
3695	Pepper	0.00
3695	Oregano	0.00
3695	Basil	0.00
3695	Red-pepper flakes etc.	0.00
3695	to taste	0.00
3695	Green bell pepper	1.00
3695	Sliced fresh mushrooms	1.00 c
3695	Minced garlic clove	1.00
3695	Plain tomato sauce	1.50 c
3695	Shredded part-skim	0.50 c
3695	mozzarella cheese	0.00
3695	Grated sharp romano	2.00 tb
3695	cheese	0.00
3695	Onion	1.00
3696	Seedless raisins	1.50 c
3696	Water	1.50 c
3696	Slightly beaten egg	1.00
3696	Brown sugar	1.00 c
3696	Salad oil	2.00 tb
3696	Grated orange peel	1.00 tb
3696	Sifted all purpose flour	2.50 c
3696	Salt	1.00 ts
3696	Baking powder	2.00 ts
3696	Soda	0.50 ts
3697	Oranges; md	4.00 ea
3697	Sugar	1.00 c
3697	Baking powder	6.00 ts
3697	Butter or regular margarine	0.25 c
3697	Eggs; lg	2.00 ea
3697	Water	1.00 c
3697	Unbleached flour	4.00 c
3697	Salt	0.50 ts
3697	Sugar	0.50 c
3697	Milk	2.00 c
3698	Flour	2.00 c
3698	Sugar	2.00 tb
3698	Baking powder	1.00 tb

Sheet1

3698	salt	1.00 ts
3698	Baking soda	0.25 ts
3698	Raisins or currants	1.00 c
3698	Sour cream	0.50 c
3698	Oil	0.25 c
3698	Egg;slightly beaten	1.00
3698	Milk	3.00 tb
3699	Orange;large, seedless	1.00
3699	Cranberries;picked over	2.00 c
3699	Sugar	2.25 c
3699	Water	0.33 c
3699	Eggs, large	2.00
3699	Cinnamon;ground	1.00 pn
3699	Milk	1.50 c
3699	Heavy cream	0.50 c
3699	Grand Marnier liqueur	3.00 tb
3699	Vanilla	1.00 ts
3699	French bread loaf;or Italian	8.00 oz
3699	trimmed of crusts, cut in	0.00
3699	thin slices	0.00
3699	Heavy or whipping cream	0.00
3700	Slices toasted bread	8.00
3700	Water	2.00 c
3700	Sugar	1.00 c
3700	Cinnamon	1.00 ts
3700	Nutmeg	0.50 ts
3700	Cloves	0.50 ts
3700	Salt	0.25 ts
3700	Grated cheddar cheese	1.50 c
3700	Raisins	1.50 c
3700	Butter	2.00 tb
3700	Whipped cream(optional)	1.00
3701	All-purpose flour	1.00 c
3701	Icing sugar	0.50 c
3701	Butter or margarine	0.50 c
3701	Butter or margarine	0.50 c
3701	Corn syrup (dark is best)	0.25 c
3701	Unflavored gelatin	1.00 ts
3701	Sweetened condensed milk	0.67 c
3702	To 1/2 cup warm water	0.25
3702	Sugar	3.00 tb
3702	Active dry yeast	1.00 pk
3702	Egg, beaten	1.00
3702	All-purpose flour	2.25 c
3702	Instant nonfat dry milk	2.00 tb
3702	Salt	1.00 ts
3702	Caramel Topping	0.00
3702	Butter or margarine, melted	3.00 tb
3703	All-purpose flour*	4.00 c



## Sheet1

3703	Granulated sugar	0.33 c
3703	Salt	1.00 ts
3703	Quick-acting or regular	2.00 pk
3703	Active dry yeast	0.00
3703	Very warm milk (120 to 130	1.00 c
3703	Degrees)	0.00
3703	Margarine or butter, softene	0.33 c
3703	Egg	1.00
3703	Packed brown sugar	1.00 c
3703	Margarine or butter	0.50 c
3703	Dark corn syrup	0.25 c
3703	Pecan halves	0.75 c
3703	Margarine or butter,	2.00 tb
3703	Softened	0.00
3703	Chopped pecans	0.50 c
3703	Granulated sugar	2.00 tb
3703	Packed brown sugar	2.00 tb
3704	Dry yeast	1.00 pk
3704	Warm water (110 to 115	2.25 c
3704	degrees)	0.00
3704	Molasses	2.00 tb
3704	Caraway seeds	4.00 ts
3704	Vegetable oil	1.00 tb
3704	Salt	2.00 ts
3704	Unbleached white flour	4.00 c
3704	Dark rye flour	2.00 c
3704	Egg	1.00
3704	Milk	0.25 c
3705	Water	0.75 c
3705	Vegetable Oil	1.00 tb
3705	Honey	1.00 tb
3705	Dried Onion	2.00 tb
3705	Bread Flour	1.25 c
3705	Whole Wheat Flour	0.50 c
3705	Rye Flour	0.25 c
3705	Powdered Milk	1.50 tb
3705	Salt	0.75 ts
3705	Caraway Seeds	2.00 ts
3705	Yeast	2.00 ts
3706	Warm water	0.25 c
3706	Active dry yeast	1.00 pk
3706	Sugar	1.00 ts
3706	All-purpose flour	2.75 c
3706	Butter or margarine, room	0.25 c
3706	temperature	0.00
3706	Salt	1.00 ts
3706	Ground cardamom	1.00 ts
3706	Egg, beaten	1.00
3706	To 1/2 cup evaporated or	0.33

Sheet1

3706	fresh milk	0.00
3706	Egg white, slightly beaten	1.00
3706	Sugar	1.00 tb
3706	Ground almonds	1.00 tb
3707	Milk	1.50 c
3707	Sugar	0.75 c
3707	Butter	0.50 c
3707	Egg yolks	3.00
3707	TOPPING -----	0.00 -----
3707	Sugar	6.00 tb
3707	Cake yeast	1.00 pk
3707	Sifted all-purpose flour	6.25 c
3707	Salt	0.25 ts
3707	Cardamom	1.00 ts
3707	Milk	2.00 tb
3708	Portion Four-Way Sweet 1 egg	1.00
3708	yolk	0.00
3708	Bread Dough	0.00
3708	1 tsp. cream or canned milk	0.00
3708	Pods whole cardamom	8.00
3709	Salad oil	0.75 c
3709	Sugar	1.00 c
3709	Sifted flour	1.50 c
3709	Soda	1.00 ts
3709	Baking powder	1.00 ts
3709	Cinnamon	1.00 ts
3709	Salt	0.50 ts
3709	Eggs	2.00
3709	Grated raw carrots	1.00 c
3709	Chopped pecans	0.50 c
3710	White Lily self-rising Soft	1.00 c
3710	Wheat Flour	0.00
3710	Sugar	0.50 c
3710	Cinnamon	1.00 ts
3710	Applesauce	0.25 c
3710	Vegetable oil	0.25 c
3710	Eggs	2.00
3710	Finely shredded raw carrots	2.00 c
3710	Chopped pecans	0.25 c
3711	Carrots; grated	1.50 c
3711	Cinnamon	1.00 ts
3711	Cloves	0.12 ts
3711	Orange peel	1.00 ts
3711	Eggs	2.00
3711	Raisins	4.00 tb
3711	Vanilla	1.00 ts
3711	Flour	6.00 tb
3711	Baking Powder	1.00 ts
3711	Powdered milk	0.67 c

Sheet1

3711	Amount of brown sugar Twin	1.00
3711	to equal 20 tsp. sugar	0.00
3712	Whole-wheat flour	1.50 c
3712	Salt	1.00 ts
3712	Baking soda	1.50 ts
3712	Cinnamon	1.00 ts
3712	Nutmeg	0.50 ts
3712	Natural bran	1.50 c
3712	Carrots, 1c grated	3.00
3712	Eggs	2.00
3712	Vegetable oil	0.25 c
3712	Skim milk or orange juice	1.50 c
3712	Vinegar	2.00 tb
3712	Honey	0.50 c
3712	Molasses	0.25 c
3712	Raisins	0.50 c
3713	Brown sugar,firmly packed	1.00 c
3713	Peanut butter,chunky style	0.50 c
3713	Peanut oil	0.50 c
3713	Eggs	2.00
3713	Carrots,peeled,shredded	2.00 c
3713	Vanilla	1.00 ts
3713	Flour,enriched	1.75 c
3713	Baking powder	1.00 ts
3713	Baking soda	1.00 ts
3713	Salt	0.25 ts
3713	Allspice	0.25 ts
3713	Nutmeg	0.25 ts
3713	Milk	0.50 c
3714	Fermipan or Red Star dry	2.25 ts
3714	yeast	0.00
3714	Bread flour	3.00 c
3714	Oat bran (optional)	0.33 c
3714	Salt	1.00 ts
3714	Sugar	1.00 tb
3714	Nonfat dry milk powder (or	2.00 tb
3714	more for extra protein)	0.00
3714	Canola oil	2.00 tb
3714	Cinnamon	1.50 ts
3714	Carrot pulp from the juicer	1.00 c
3714	(at room temp.)	0.00
3714	Tepid water	1.00 c
3714	Raisins, added at the "beep"	0.75 c
3715	Whole-Wheat Four	1.00 c
3715	Unbleached All-Purpose	1.00 c
3715	Flour	0.00
3715	Baking Soda	1.00 ts
3715	Baking Powder	2.00 ts
3715	Salt	0.50 ts

Sheet1

3715	Ground Nutmeg	0.25 ts
3715	Ground Cinnamon	0.50 ts
3715	Eggs, Slightly Beaten	2.00 lg
3715	Honey	0.33 c
3715	Lowfat Lemon Yogurt	1.00 c
3715	Canola Oil	2.00 tb
3715	Shredded Carrots	0.50 c
3715	Chopped Raisins	0.50 c
3716	Unbleached flour; sifted	1.50 c
3716	Cinnamon; ground	0.50 ts
3716	Salt	0.25 ts
3716	Cooking oil	0.75 c
3716	Carrots; pared, shredded	1.50 c
3716	Baking soda	1.00 ts
3716	Nutmeg; ground	0.25 ts
3716	Sugar	1.00 c
3716	Eggs; lg	2.00 ea
3716	Walnuts; chopped	0.50 c
3717	Casserole; 12 slices	1.50 qt
3717	Whole wheat flour	1.50 c
3717	All-purpose flour	1.00 c
3717	Quick-cooking rolled oats	0.50 c
3717	Brown sugar, packed	0.33 c
3717	Finely grated orange peel	1.00 tb
3717	Baking powder	2.00 ts
3717	Baking soda	0.50 ts
3717	Sour skim milk or buttermilk*	1.75 c 0.00
3717	Egg white	1.00
3717	Sunflower seeds	2.00 tb
3718	Margarine or butter	0.75 c
3718	Chopped celery	1.50 c
3718	(with leaves)	0.00
3718	Finely chopped onion	0.75 c
3718	Soft bread cubes	9.00 c
3718	Salt	1.00 ts
3718	Ground sage	0.50 ts
3718	Chopped fresh or	1.50 ts
3718	Dried thyme leaves	0.50 ts
3718	Pepper	0.25 ts
3719	Feta cheese, drained,	1.00 c
3719	Crumbled, and packed into	0.00
3719	The measuring cup	0.00
3719	Unbleached, all-purpose	0.50 c
3719	Flour	0.00
3719	Egg, beaten	1.00
3719	Bay leaves	6.00
3719	Honey	2.00 tb
3720	Unbleached, all-purpose	4.00 c

Sheet1

3720	Flour	0.00
3720	Lard, shortening, or butter	0.50 c
3720	Melted and cooled	0.00
3720	Feta cheese, crumbled and	0.25 c
3720	Mashed into a paste	0.00
3720	Cumin seed, ground	1.00 ts
3720	Anise, ground	1.00 ts
3720	Grape juice, purple or white	1.50 c
3720	Dry yeast	1.00 pk
3720	Bay leaves	8.00
3721	Water	1.00 c
3721	Vegetable oil	1.00 tb
3721	Honey	2.00 tb
3721	Salt	1.00 ts
3721	Caraway seeds	1.00 tb
3721	Rye flour	1.00 c
3721	Bread flour	1.75 c
3721	Dry milk;nonfat	3.00 tb
3721	Yeast;active dry	1.00 tb
3721	Gluten	4.00 tb
3722	Water, tepid (about 110 f)	2.50 c
3722	Salt	3.00 ts
3722	Sugar	3.00 tb
3722	Quick-rising dry yeast,	3.00
3722	envelopes	0.00
3722	Eggs, beaten - at room temp	3.00
3722	Vegetable oil	0.50 c
3722	Unbleached white flour	3.00 lb
3722	Cornmeal, for baking	0.00
3722	EGG WASH -----	0.00 -----
3722	Egg yolks	2.00
3722	Water	1.00 tb
3722	GARNISH -----	0.00 -----
3722	Sesame seeds	1.00 tb
3723	New Basic's CB	0.00
3723	Milk	2.00 c
3723	(1 stick) sweet butter	8.00 tb
3723	Granulated sugar	0.33 c
3723	Packages active dry yeast	2.00
3723	Eggs, at room temperature	4.00
3723	Salt	2.00 ts
3723	Unbleached, all-purpose	6.00 c
3723	flour	0.00
3723	Cornmeal	0.33 c
3723	Cold water	1.00 tb
3723	Poppy seeds	0.00
3724	MICHAEL HATALA (RJHP21A)	0.00
3724	Eggs	6.00
3724	Heavy cream, half-and-half	0.50 c

Sheet1

3724	or milk	0.00
3724	Cinnamon	1.00 ts
3724	Salt	0.25 ts
3724	To 6 T clarified butter	4.00 tb
3724	Challah, cut 1-inch thick	8.00 sl
3725	Whole wheat flour	0.50 c
3725	Unbleached all purpose flour	0.67 c
3725	Water approximately	0.50 c
3725	Salt (optional)	0.25 ts
3726	Whole Wheat Flour	2.00 c
3726	Salt	1.00 ts
3726	Water	0.67 c
3727	Flour, unbleached	1.50 c
3727	Flour, whole wheat	0.50 c
3727	Salt	1.00 ts
3727	Ghee	3.00 tb
3727	Water	0.50 c
3728	Whole wheat flour	0.50 c
3728	Unbleached all purpose flour	0.67 c
3728	Water approximately	0.50 c
3728	Salt (optional)	0.25 ts
3729	Eggs	3.00
3729	Oil	1.00 c
3729	Sugar	2.00 c
3729	Salt	1.00 ts
3729	Grated zucchini	2.00 c
3729	Vanilla	2.00 ts
3729	Cinnamon	3.00 ts
3729	Baking powder	0.25 ts
3729	Flour	3.00 c
3729	Nuts (optional; I left them	1.00 c
3729	out)	0.00
3730	Yeast	2.50 ts
3730	Bread flour	3.00 c
3730	Salt	0.50 ts
3730	Sugar	1.00 tb
3730	Butter	1.33 tb
3730	Milk	1.00 c
3730	ADD FOLLOWING 1ST KNEADING -----	0.00 -----
3730	Shredded cheddar cheese	0.67 c
3730	Cooked, crumbled bacon	0.67 c
3731	CHRISTINE ERICKSON MMVH58B	0.00
3731	Yeast	2.50 ts
3731	Bread flour	3.00 c
3731	Salt	0.50 ts
3731	Sugar	1.00 tb
3731	Butter	1.33 tb
3731	Milk	1.00 c
3731	ADD FOLLOWING 1ST KNEADING -----	0.00 -----

Sheet1

3731	Shredded cheddar cheese	0.67 c
3731	Cooked, crumbled bacon	0.67 c
3732	Cornmeal	0.25 c
3732	Boiling water	0.50 c
3732	Cold water	0.50 c
3732	Molasses	0.25 c
3732	Butter or margarine	2.00 tb
3732	To 3 cups all-purpose flour	2.50
3732	Active dry yeast	1.00 pk
3732	Salt	0.75 ts
3732	Coarsely chopped Cheddar	1.00 c
3732	cheese	0.00
3732	Butter or margarine	0.00
3733	Flour	1.00 c
3733	Sugar	2.00 tb
3733	Baking powder	4.00 ts
3733	Salt	0.50 ts
3733	Yellow cornmeal	1.00 c
3733	(1 cup) shredded cheddar	4.00 oz
3733	2 tsp. dried dill weed	1.50 ts
3733	Skim milk	1.00 c
3733	Egg whites	3.00
3733	Plain nonfat yogurt	0.25 c
3734	Unbleached Flour; Sifted	2.00 c
3734	Baking Powder	4.00 ts
3734	Salt	0.50 ts
3734	Cheddar; Sharp, Grated	1.00 c
3734	Butter	0.25 c
3734	Milk	0.67 c
3735	Water; Warm, 110-115 Deg. F.	1.00 c
3735	Active Dry Yeast; OR	1.00 pk
3735	Active Dry Yeast; Bulk	1.00 tb
3735	Unbleached Flour; *	3.50 c
3735	Sugar	1.00 ts
3735	Salt	1.50 ts
3735	Butter; Room Temperature	0.75 c
3735	Eggs; Lg, Room Temperature	4.00
3735	Cheddar; Extra Sharp, Diced	6.00 oz
3735	Egg; Lg	1.00
3735	Milk	1.00 tb
3735	Celery Seeds	2.00 tb
3736	Bread Flour	2.75 c
3736	Sugar; Granulated	2.00 tb
3736	Active Dry Yeast; OR	1.00 pk
3736	Active Dry Yeast; Bulk	1.00 tb
3736	Salt	0.75 ts
3736	Milk	1.00 c
3736	Butter	2.00 tb
3736	Cheddar; Sharp, Shredded	1.50 c

Sheet1

3736	Butter	0.00
3737	Yeast	1.00 pk
3737	Bread flour	3.00 c
3737	Nonfat dry milk	0.25 c
3737	Soft butter	1.00 tb
3737	Salt	1.00 ts
3737	Sugar	2.00 tb
3737	Warm water	1.25 c
3737	(6 oz) grated sharp cheddar	1.50 c
3737	cheese (Use ingredients at	0.00
3737	room	0.00
3738	Dates; Finely Chopped	8.00 oz
3738	Butter	2.00 tb
3738	Water; Boiling	0.75 c
3738	Unbleached Flour; Sifted	1.75 c
3738	Salt	0.25 ts
3738	Baking Soda	1.00 ts
3738	Sugar; Granulated	0.50 c
3738	Egg; Lg, Well Beaten	1.00
3738	Cheddar Md, Shredded	4.00 oz
3738	Walnuts; Chopped	1.00 c
3739	All-purpose flour	2.50 c
3739	(4 oz.) shredded Cheddar	1.00 c
3739	cheese	0.00
3739	Chopped fresh parsley	0.25 c
3739	Baking powder	1.00 tb
3739	Dill weed	2.00 ts
3739	Salt	0.50 ts
3739	Butter	0.75 c
3739	Eggs, slightly beaten	2.00
3739	Half-and-half	0.50 c
3740	Cheddar; Md, Shredded	16.00 oz
3740	Eggs; Lg	2.00
3740	Unbleached Flour	1.00 c
3740	Salt	1.00 ts
3740	Boiling Water	3.00 qt
3740	Butter	0.50 c
3740	Sour Cream	0.50 pt
3740	GARNISHES -----	0.00 -----
3740	Paprika	0.00
3740	Parsley	0.00
3741	Cheddar; Sharp, Grated	5.00 oz
3741	Unbleached Flour; Sifted	2.00 c
3741	Baking Powder	1.00 tb
3741	Salt	1.00 ts
3741	Butter Or Shortening	0.50 c
3741	Milk	0.50 c
3741	Butter; Softened	0.00
3741	Butter; Melted	0.00



Sheet1

3742	Unbleached Flour; Sifted	2.00 c
3742	Salt	0.50 ts
3742	Baking Powder	1.00 tb
3742	Butter	0.25 c
3742	Milk	0.67 c
3742	Cheddar; Extra Sharp, Grated	1.00 c
3743	Unbleached Flour	2.00 c
3743	Baking Powder	1.00 tb
3743	Salt	1.00 ts
3743	Butter	0.33 c
3743	Cheddar; Sharp, Shredded	1.00 c
3743	Onion; Chopped	0.50 c
3743	Pimento; Chopped	2.00 tb
3743	Milk	0.67 c
3744	Milk	2.75 c
3744	Sugar	1.00 tb
3744	Active dry yeast	1.00 pk
3744	Whole wheat flour	5.50 c
3744	Salt	2.00 ts
3744	Eggs	1.00
3744	Butter	3.00 tb
3744	Flour (approx)	0.75 c
3744	Grated cheddar cheese	1.50 c
3744	Egg wash	0.00
3744	Sesame seeds	2.00 tb
3744	Butter	0.50 lb
3744	Dried basil	1.00 tb
3744	Dried oregano	1.00 tb
3744	Lemon juice	0.00
3745	Flour, all purpose	4.50 c
3745	Sugar, granulated	2.00 ts
3745	Salt	1.00 ts
3745	Fleishmann's Instant yeast	1.00 tb
3745	or 1 pk; 8 g	0.00
3745	Cheddar cheese; shredded	1.25 c
3745	Milk	1.67 c
3745	Dijon mustard	0.33 c
3745	Coarse salt; optional	0.00
3745	Sesame or poppy seeds;opt	0.00
3746	(12 oz) Big Country	1.00 cn
3746	Biscuits	0.00
3746	(12 oz) bulk pork sausage	1.00 pk
3746	Slices Kraft Deluxe	10.00
3746	Pasteurized Process	0.00
3746	American Cheese,	0.00
3746	Quartered *	0.00
3746	Plastic Wrap and freezer	0.00
3746	Bags	0.00
3747	Jim Vorheis	0.00

Sheet1

3747	Plus 2 tb all-purpose	1.00 c
3747	flour	0.00
3747	Baking powder	0.50 ts
3747	Cream of tartar	0.25 ts
3747	Salt	0.50 ts
3747	Baking soda	0.12 ts
3747	Instant nonfat dry milk	0.25 c
3747	Vegetable shortening	0.33 c
3747	Sugar	1.00 tb
3747	Minced onion	1.00 tb
3747	Egg, beaten	1.00
3747	Milk	0.25 c
3747	White wine	0.25 c
3747	Dried oregano	0.50 ts
3747	Freshly grated Parmesan	0.25 c
3747	cheese	0.00
3748	Flour	1.00 c
3748	Baking powder	3.00 ts
3748	Butter or butter substitute	1.00 tb
3748	Milk	0.50 c
3748	Salt	0.25 ts
3748	Grated cheese	0.50 c
3749	Feta cheese, drained,	1.00 c
3749	Crumbled, and packed into	0.00
3749	The measuring cup	0.00
3749	Unbleached, all-purpose	0.50 c
3749	Flour	0.00
3749	Egg, beaten	1.00
3749	Bay leaves	6.00
3749	Honey	2.00 tb
3750	WATER (210 ML)	7.00 oz
3750	EGG	1.00
3750	BREAD FLOUR	1.75 c
3750	ALL-PURPOSE FLOUR	0.25 c
3750	NONFAT DRY MILK POWDER	2.00 tb
3750	SUGAR	2.00 tb
3750	SALT	1.00 ts
3750	BUTTER	2.00 tb
3750	SWISS CHEESE,SHREDDED 2 OZ	0.50 c
3750	PARMESAN CHEESE,GRATED	0.25 c
3750	DRY YEAST	1.50 ts
3751	(1-lb) loaf of white bread	1.00
3751	defrosted according to	0.00
3751	package directions	0.00
3751	Shredded Cheddar cheese	1.00 c
3751	Chopped fresh dill	2.00 tb
3751	Flour; for kneading into	0.00
3751	the bread, as needed	0.00
3751	Egg; mixed with	1.00

Sheet1

3751	Milk or water; for the glaze	1.00 tb
3751	Shredded Cheddar cheese	0.25 c
3751	for topping	0.00
3752	Flour	2.00 c
3752	Butter	4.00 tb
3752	Baking powder	3.00 ts
3752	Salt	0.50 ts
3752	Cheese; ground	6.00 tb
3753	Baker's or pot cheese	2.00 lb
3753	Eggs	3.00
3753	Raisins (optional)	4.00 oz
3753	Sugar	8.00 oz
3753	Grated lemon zest	1.00 tb
3754	Active dry yeast	1.00 pk
3754	Flour	2.33 c
3754	Soda	0.25 ts
3754	Sour cream	1.00 c
3754	Cheddar cheese, shredded	1.00 c
3754	Hot tap water	0.25 c
3754	Sugar	2.00 tb
3754	Salt	1.00 ts
3754	Egg	0.00
3754	Pepper	0.50 ts
3755	BARB DAY -----	0.00 -----
3755	Hot roll mix	1.00 pk
3755	Cream cheese; softened	8.00 pk
3755	Sugar	0.25 c
3755	Sugar	0.50 c
3755	Egg	1.00
3755	Vanilla	1.00 tb
3755	Sour cream	0.50 c
3755	Eggs	2.00
3755	Butter; melted	6.00 tb
3756	Unbleached Flour	1.00 c
3756	Corn Meal; White Or Yellow	1.00 c
3756	Sugar	2.00 tb
3756	Baking Powder	1.00 tb
3756	Salt	1.00 ts
3756	Mustard; Dry	0.25 ts
3756	Cheddar; Sharp, Shredded	2.00 c
3756	Egg; Lg, Slightly Beaten	1.00
3756	Milk	1.00 c
3756	Vegetable Oil	0.25 c
3757	Loaf (1 pound) french bread	1.00
3757	Shredded mozzarella	1.00 c
3757	Cheese (4 ounces)	0.00
3757	Mayonnaise or salad dressing	0.50 c
3757	Finely chopped red, yellow o	0.25 c
3757	Green bell pepper	0.00

Sheet1

3757	Onion, finely chopped	1.00 sm
3757	(about 1/4 cup)	0.00
3757	Chopped fresh or	1.00 tb
3757	Dried cilantro	1.00 ts
3757	Ground cumin	0.50 ts
3758	Eggs, beaten	2.00
3758	Milk	1.00 c
3758	Salt	0.75 ts
3758	Thyme, crushed	0.50 ts
3758	Sage, crushed	0.25 ts
3758	Basil, crushed	0.50 ts
3758	Unbleached flour	1.00 c
3758	Grated cheddar cheese	0.50 c
3759	Ground Pork Sausage;ck,drain	0.25 lb
3759	Cream Cheese; cubed	3.00 oz
3759	Cheddar Cheese; shredded	0.50 c
3759	Green Onions; chopped	0.25 c
3759	Bisquick	1.00 c
3759	Eggs; lightly beaten	2.00 lg
3759	Milk	0.67 c
3760	Butter	0.50 c
3760	Sugar	0.75 c
3760	Eggs	2.00
3760	Cherry soda	1.00 ts
3760	Salt	0.50 ts
3760	Sifted flour	2.00 c
3760	Buttermilk	1.00 ts
3760	Vanilla	1.00 ts
3760	Jar Maraschino cherries,	10.00 oz
3760	Chopped and drained	0.00
3761	Flour	2.50 c
3761	Sugar	0.50 c
3761	Brown sugar, packed	0.50 c
3761	Baking powder	3.00 ts
3761	Salt	1.00 ts
3761	Milk	1.25 c
3761	Egg, beaten	1.00
3761	Oil	3.00 tb
3761	Sweet cherries, frozen	1.25 c
3761	Cheddar cheese, shredded	1.25 c
3762	Butter or margarine	0.25 c
3762	Sugar	1.00 c
3762	Eggs	2.00
3762	Sour cream or plain low fat	1.00 c
3762	ogurt	0.00
3762	Milk	0.25 c
3762	All-purpose flour	2.00 c
3762	Baking powder	1.50 ts
3762	Baking soda	0.50 ts

Sheet1

3762	Salt; optional	0.50 ts
3762	Vanilla extract	0.25 ts
3762	Almond extract	0.25 ts
3762	Cherry pie filling; can	21.00 oz
3762	Topping:	0.00
3762	All-purpose flour	0.50 c
3762	Brown sugar	0.25 c
3762	Cinnamon	1.00 ts
3762	Butter or margarine	3.00 ts
3762	Chopped nutmeats	0.50 c
3763	Sugar,	0.50 c
3763	Baking powder,	2.00 ts
3763	Salt	0.50 ts
3763	Bottle maraschino cherries	0.50
3763	Cut up,	0.00
3763	Eggs,	2.00
3763	Melted butter	3.00 tb
3763	Cherry juice & milk	1.00 c
3763	Combined	0.00
3763	Flour,	1.50 c
3764	Sweet milk	1.00 qt
3764	White cornmeal	1.00 pt
3764	Melted butter	1.00 tb
3764	Salt	0.50 ts
3764	Eggs separated	3.00
3765	Chicken cutlets (6 cutlets)	1.00 lb
3765	Eggs, beaten	2.00
3765	Milk	1.00 c
3765	Flour	1.00 c
3765	Seasoned bread crumbs	1.00 c
3765	Grated Parmesan cheese	0.50 c
3765	Olive oil	0.50 c
3766	Mini Puffs	0.00
3766	Finely chopped cooked	2.00 c
3766	Chicken or 3 cans	0.00
3766	(6 3/4 oz ea.) chicken,	0.00
3766	Drained	0.00
3766	Mayonnaise or salad	0.33 c
3766	Dressing	0.00
3766	Finely chopped onion OR	1.00 tb
3766	Instant minced onion	0.50 ts
3766	Lemon juice	2.00 ts
3766	Ground ginger	1.00 ts
3766	Salt	0.50 ts
3766	Pepper	0.25 ts
3766	Stalks celery, finely	2.00
3766	Chopped (about 1/2 c.)	0.00
3766	MINI -----	0.00 -----
3766	Water	1.00 c

Sheet1

3766	Margarine or butter	0.50 c
3766	All-purpose flour	1.00 c
3766	Eggs	4.00
3767	Eggs	5.00
3767	All purpose flour	0.25 c
3767	Baking powder	0.50 ts
3767	Cottage cheese	1.00 c
3767	Shredded Monterey Jack	2.00 c
3767	cheese (8oz)	0.00
3767	Butter or margarine, melted	0.25 c
3767	(4oz) chopped green chilies,	1.00 cn
3767	drained	0.00
3768	Warm water	0.50 c
3768	Sugar	2.00 tb
3768	Or packet active dry yeast	1.00 tb
3768	(1pint) lowfat cottage	2.00 c
3768	cheese	0.00
3768	Chopped chives (onions or	0.50 c
3768	scallions)	0.00
3768	Heaping tbsp dill weed, or	1.00
3768	seeds	0.00
3768	Eggs	2.00
3768	Salt	2.00 ts
3768	Baking soda	0.50 ts
3768	Stone ground whole wheat	1.00 c
3768	flour	0.00
3768	Unbleached all purpose flour	3.00 c
3769	TOPPING -----	0.00 -----
3769	Sugar	1.00 tb
3769	Cinnamon	0.50 ts
3769	Chopped walnuts or pecans	0.50 c
3769	BREAD -----	0.00 -----
3769	All-purpose flour	4.00 c
3769	Salt	1.00 ts
3769	Baking powder	1.00 ts
3769	Baking soda	1.00 ts
3769	Cinnamon	1.00 ts
3769	Nutmeg	0.50 ts
3769	Butter,softened	1.00 c
3769	Sugar	2.00 c
3769	Eggs	4.00
3769	Vanilla extract	2.00 ts
3769	Buttermilk	0.25 c
3769	Coarsely chopped apples	3.00 c
3769	Chopped walnuts	1.00 c
3769	Semi-sweet chocolate chips	12.00 oz
3770	Unsweetened chocolate	3.00 oz
3770	cut into small pieces	0.00
3770	Half and half	2.00 c

## Sheet1

3770	Soft white bread crumbs	2.00 c
3770	(loosely packed)	0.00
3770	Jumbo eggs	2.00
3770	Sugar	1.00 c
3770	Vanilla	1.50 ts
3770	Salt	1.00 pn
3770	Heavy cream; whipped	1.00 c
3771	Squares (1 oz each)	3.00
3771	unsweetened chocolate, cut	0.00
3771	into	0.00
3771	Small pieces	0.00
3771	Half-and-half	2.00 c
3771	Loosely packed soft white	2.00 c
3771	bread crumbs	0.00
3771	Jumbo eggs	2.00
3771	Sugar	1.00 c
3771	Vanilla	1.50 ts
3771	Salt	1.00 pn
3771	Heavy cream, whipped	1.00 c
3772	Chelsea bun; Danish or	8.00 sl
3772	Croissant	0.00
3772	Milk	2.00 c
3772	Butter	2.00 tb
3772	Brown sugar	2.00 tb
3772	Bittersweet chocolate; 4 sq	4.00 oz
3772	Coffee; strong	0.25 c
3772	Currants & Raisins; mixed	1.00 c
3772	Eggs	4.00
3773	Shortening	0.50 c
3773	Granulated sugar	1.00 c
3773	Unsweetened chocolate	2.00 oz
3773	melted	0.00
3773	Eggs; well beaten	2.00
3773	Salt	0.50 ts
3773	Cake flour	1.25 c
3773	Cinnamon	0.50 ts
3773	Milk	0.50 c
3773	Vanilla extract	1.00 ts
3773	Chopped walnuts (optional)	0.50 c
3774	Butter, softened, divided	1.50 c
3774	Sifted icing sugar	0.50 c
3774	Salt	0.25 ts
3774	All purpose flour	1.25 c
3774	Sweetened condensed milk	1.00 cn
3774	Corn syrup	3.00 tb
3774	Vanilla	1.00 ts
3774	Squares semi sweet	3.00
3774	chocolate, melted	0.00
3775	Salt	1.50 ts

Sheet1

3775	Powdered milk	1.50 tb
3775	Cooking oil	1.50 tb
3775	Chocolate syrup	4.00 tb
3775	Envelope rapid rising yeast	1.00
3775	HOT tap water	1.12 c
3775	100% whole wheat flour	3.00 c
3775	Chocolate chips (semi-sweet	0.50 c
3775	or milk chocolate, your	0.00
3775	choice)	0.00
3776	Mashed bananas	2.00 c
3776	Grated orange	1.00 tb
3776	Rind	0.00
3776	Orange juice	0.33 c
3776	Eggs	3.00
3776	Packed brown	1.00 c
3776	Sugar	0.00
3776	Vegetable oil	0.33 c
3776	All-purpose flour	2.50 c
3776	Chocolate chips	1.00 c
3776	Baking powder	2.00 ts
3776	Baking soda	0.50 ts
3776	Salt	0.50 ts
3776	Nutmeg	0.50 ts
3777	All purpose flour	3.00 c
3777	Sugar	1.00 c
3777	Baking powder	4.00 ts
3777	Cinnamon	1.00 ts
3777	Salt	1.00 ts
3777	Milk	2.00 c
3777	Mashed banana (approximately	1.00 c
3777	3)	0.00
3777	Butter, melted	0.50 c
3777	Whole eggs	2.00
3777	(1 cup) semi sweet chocolate	6.00 oz
3777	chips	0.00
3777	Finely chopped nuts (or	0.75 c
3777	substitute)	0.00
3777	Raisins	1.00 c
3778	Yeast	1.00 pk
3778	Bread flour	3.00 c
3778	Brown sugar	2.00 tb
3778	White sugar	2.00 tb
3778	Salt	1.00 ts
3778	Cinnamon	1.00 ts
3778	Soft butter	4.00 tb
3778	Egg	1.00
3778	Warm milk	1.00 c
3778	Water	0.25 c
3778	Chocolate chips (Use	1.00 c



Sheet1

3778	ingredients at room	0.00
3778	temperature.)	0.00
3779	Sugar,	0.50 c
3779	Eggs	2.00
3779	Milk,	1.00 c
3779	Yoghurt,	0.50 c
3779	Vanilla essence	1.00 ts
3779	Chopped chocolate or	0.50 c
3779	chocolate chips	0.00
3780	Chocolate Chips	1.00 c
3780	Whole Wheat Flour	2.33 c
3780	Baking Powder	2.00 ts
3780	Salt	0.75 ts
3780	Sugar	0.75 c
3780	Egg; Lg, Slightly Beaten	1.00
3780	Skim Milk	0.75 c
3780	Orange Juice	0.50 c
3780	Walnuts; Chopped	0.75 c
3780	Orange Peel; Grated	2.00 ts
3781	(4 oz) Baker's German's	1.00 pk
3781	Sweet chocolate, chopped	0.00
3781	Chopped nuts	0.50 c
3781	Sugar	0.25 c
3781	Cinnamon	1.00 ts
3781	CAKE:	0.00
3781	All purpose flour	1.75 c
3781	Calumet Baking Powder	0.50 ts
3781	Salt	0.25 ts
3781	(1/2 pint) sour cream or	1.00 c
3781	yogurt (plain)	0.00
3781	Baking soda	1.00 ts
3781	(1 stick) margarine or	0.50 c
3781	butter, softened	0.00
3781	Sugar	1.00 c
3781	Eggs	2.00
3781	Vanilla	0.50 ts
3782	Active dry yeast OR;	1.00 pk
3782	Active dry yeast, bulk	1.00 tb
3782	Warm water (110-115F)	0.25 c
3782	Milk, lukewarm (scald, then	0.50 c
3782	cool to lukewarm)	0.00
3782	Sugar	0.25 c
3782	Shortening	0.25 c
3782	Egg, large	1.00
3782	Salt	0.50 ts
3782	Cocoa	0.33 c
3782	Flour, unbleached	2.25 c
3782	Margarine or butter,	2.00 tb
3782	softened	0.00

Sheet1

3782	Sugar	0.25 c
3782	Cinnamon, ground	1.50 ts
3782	POWDERED SUGAR FROSTING -----	0.00 -----
3782	Powdered sugar, sifted	1.00 c
3782	Milk	1.00 tb
3782	Vanilla	0.50 ts
3783	CRUMBLE MIXTURE -----	0.00 -----
3783	Ghirardelli Sweet Dark	2.00 oz
3783	Chocolate	0.00
3783	Packed brown sugar	2.00 tb
3783	Grated fresh orange rind	0.50 ts
3783	Ground cinnamon	0.50 ts
3783	Instant coffee	0.25 ts
3783	Cold butter	1.00 tb
3783	Pecans	0.25 c
3783	COFFEE CAKE MIXTURE -----	0.00 -----
3783	Unsifted flour	1.75 c
3783	Sugar	0.67 c
3783	Baking powder	1.00 tb
3783	Salt	0.50 ts
3783	Cold butter	0.50 c
3783	Egg	1.00
3783	Half & half	0.50 c
3783	Egg yolk	1.00
3783	Water	2.00 ts
3784	Foundation sponge	1.50 c
3784	Salt	1.50 ts
3784	Melted shortening	3.00 tb
3784	Eggs	2.00
3784	Whole wheat flour	1.00 c
3784	Sugar	0.75 c
3784	Grated chocolate	0.50 c
3784	White flour	2.50 c
3785	All-purpose flour	1.75 c
3785	Granulated sugar	0.75 c
3785	Unsweetened nonalkalized	0.50 c
3785	cocoa powder	0.00
3785	Double-acting baking powder	2.00 ts
3785	Salt	0.50 ts
3785	Baking soda	0.25 ts
3785	Milk, at room temperature	1.00 c
3785	(1 stick) unsalted butter,	8.00 tb
3785	Melted and cooled	0.00
3785	Egg, at room temperature,	1.00 lg
3785	lightly beaten	0.00
3785	Vanilla extract	1.00 ts
3785	White chocolate, cut into	6.00 oz
3785	3/4-inch chunks	0.00
3786	CHOCOLATE PANCAKES -----	0.00 -----

Sheet1

3786	All-purpose flour	0.25 c
3786	Sugar	2.00 tb
3786	Unsweetened cocoa powder	1.50 ts
3786	Baking powder	0.25 ts
3786	Salt	0.00 pn
3786	Egg white	1.00 lg
3786	Skim milk	0.25 c
3786	Vegetable oil	1.00 ts
3786	Pure vanilla extract	0.25 ts
3786	Non-fat vanilla frozen	0.50 pt
3786	yogurt	0.00
3786	Chocolate-raspberry sauce	0.33 c
3786	(recipe below)	0.00
3786	Fresh raspberries	0.50 c
3786	CHOCOLATE -----	0.00 -----
3786	Sugar	0.33 c
3786	Unsweetened cocoa powder	2.00 tb
3786	Seedless raspberry jam	3.00 tb
3786	Framboise (optional)	2.00 ts
3786	Arrowroot	1.00 ts
3786	OR -	0.00
3786	Cornstarch	1.50 ts
3787	Flour, all-purpose	2.00 c
3787	Light brown sugar, firmly	0.50 c
3787	packed	0.00
3787	Baking powder	2.50 ts
3787	Salt	0.25 ts
3787	Unsalted butter, chilled	0.25 c
3787	Peanut butter, creamy	0.75 c
3787	Milk	0.25 c
3787	Eggs, large	2.00
3787	Vanilla	2.00 ts
3787	Unsalted peanuts, chopped	0.50 c
3787	Bittersweet chocolate,	1.50 oz
3787	broken into 8 equal pieces	0.00
3788	Unsweetened chocolate	2.00 oz
3788	Sweet butter	0.33 c
3788	Eggs	2.00
3788	Honey	0.33 c
3788	Warm mashed potatoes (in a	1.00 c
3788	pinch, use instant)	0.00
3788	Rum, brandy or orange juice	0.25 c
3788	Vanilla	1.00 ts
3788	Grated orange peel	1.00 ts
3788	Unbleached white flour	1.50 c
3788	Baking powder	2.00 ts
3788	Salt	0.50 ts
3789	Canned Raspberries *	15.00 oz
3789	Self-Rising Flour	2.00 c

Sheet1

3789	Sugar	0.50 c
3789	Chocolate Bits Or Chips	0.50 c
3789	Lightly Beaten Egg	1.00
3789	Melted Butter	2.00 oz
3789	Buttermilk	0.75 c
3790	Flour	2.00 c
3790	Lt brown sugar, firmly	0.50 c
3790	packed	0.00
3790	Baking powder	2.50 ts
3790	Salt	0.25 ts
3790	Unsalted butter, chilled	0.25 c
3790	Peanut butter, creamy	0.75 c
3790	Milk	0.25 c
3790	Eggs	2.00 lg
3790	Vanilla	2.00 ts
3790	Unsalted peanuts, chopped	0.50 c
3790	Bittersweet chocolate,	1.50 oz
3790	broken into 8 equal pieces	0.00
3791	Flour	2.00 c
3791	Lt brown sugar, firmly	0.50 c
3791	packed	0.00
3791	Baking powder	2.50 ts
3791	Salt	0.25 ts
3791	Unsalted butter, chilled	0.25 c
3791	Peanut butter, creamy	0.75 c
3791	Milk	0.25 c
3791	Eggs	2.00 lg
3791	Vanilla	2.00 ts
3791	Unsalted peanuts, chopped	0.50 c
3791	Bittersweet chocolate,	1.50 oz
3791	broken into 8 equal pieces	0.00
3792	Flour	2.25 c
3792	Baking powder	2.00 ts
3792	Baking soda	1.00 ts
3792	Salt	0.50 ts
3792	Cocoa powder	6.00 tb
3792	Butter	2.00 oz
3792	Vanilla extract	0.50 ts
3792	Sugar	0.50 c
3792	Egg	1.00
3792	Buttermilk	1.00 c
3792	Currants; plumped in	2.00 oz
3792	warm water and drained	0.00
3792	Chopped pecans	2.00 oz
3793	Warm water	0.50 c
3793	Pk Yeast	1.00
3793	Cup Flour	3.50
3793	Bs Sugar	1.00 tb
3793	Tsp Salt	1.25

Sheet1

3793	Eggs, room temp.	4.00
3793	Bs Butter, softened	12.00 tb
3793	Walnuts, chopped(lg. pieces)	1.00 c
3793	Chocolate, semisweet *	6.00 oz
3794	Eggs	3.00 md
3794	Sugar	2.00 c
3794	Oil	1.00 c
3794	Vanilla	1.00 ts
3794	Squares unsweetened	2.00
3794	chocolate	0.00
3794	Or 4 tbsp cocoa and 2 tbsp	0.00
3794	oil	0.00
3794	Grated zucchini	2.00 c
3794	Flour	3.00 c
3794	Salt	1.00 ts
3794	Cinnamon	1.00 ts
3794	Nutmeg	0.75 ts
3794	Baking powder	1.50 ts
3794	Baking soda	1.00 ts
3795	Salad Oil	1.00 c
3795	Eggs	3.00
3795	Salt	1.00 ts
3795	Baking Powder	0.25 ts
3795	Baking Soda	1.00 ts
3795	Baking Chocolate, Melted	2.00 oz
3795	Grated, peeled Zucchini	2.00 c
3795	Chopped Nuts	1.00 c
3795	Sugar	2.00 c
3795	Flour	3.00 c
3795	Cinnamon	1.00 ts
3795	Vanilla	1.00 ts
3795	Choc Chips	0.50 c
3796	Eggs; Lg	3.00
3796	Sugar	1.00 c
3796	Water	0.33 c
3796	Coffee-Flavored Liqueur	1.00 ts
3796	Unbleached Flour; OR	0.75 c
3796	Cake Flour	1.00 c
3796	Cocoa	0.25 c
3796	Baking Powder	1.00 ts
3796	Salt	0.25 ts
3796	Cocoa	0.00
3796	Coffee-Flavored Liqueur	2.00 tb
3796	Whipping Cream; Chilled	1.00 c
3796	Powdered Sugar	3.00 tb
3796	Coffee-Flavored Liqueur	1.00 tb
3796	Cinnamon Ground	1.00 ts
3797	Sugar	1.25 c
3797	Margarine or butter,	0.50 c

Sheet1

3797	Softened	0.00
3797	Eggs	2.00
3797	Mashed ripe bananas	1.50 c
3797	(3 to 4 medium)	0.00
3797	Buttermilk	0.50 c
3797	Vanilla	1.00 ts
3797	All-purpose flour*	2.50 c
3797	Baking soda	1.00 ts
3797	Salt	1.00 ts
3797	Semisweet chocolate chips	0.50 c
3797	Chopped peanuts	0.50 c
3798	Frozen Bread Dough	1.00 lb
3798	Candied Mixed Fruit	0.50 c
3798	Walnut, chopped	0.50 c
3798	Mincemeat	0.25 c
3798	Confectioners sugar	1.00 c
3798	Milk	4.00 ts
3798	Cardamom ,ground	0.12 ts
3799	Whole Wheat Bread; slices	9.00
3799	White Bread; slices	8.00
3799	Egg yolks; beaten	3.00
3799	Cream; light	1.50 c
3799	Sugar	0.33 c
3799	Salt	1.00 ds
3799	Vanilla	1.50 ts
3799	Raisins; light	0.67 c
3799	Raisins; dark	0.67 c
3799	Candied red cheerries; halve	0.33 c
3799	Cream sherry	0.75 c
3799	Waer	1.00 c
3799	Egg yolks; beaten	2.00
3799	Powdered sugar; sifted	0.25 c
3799	Cream sherry	2.00 tb
3799	Vanilla	0.25 ts
3799	Whipping cream	0.50 c
3800	Loaf (14-16 oz) frozen sweet	1.00
3800	or white dough bread,	0.00
3800	thawed	0.00
3800	Chopped red candied cherries	0.33 c
3800	Chopped green candied	0.33 c
3800	cherries	0.00
3800	Chopped toasted slivered	0.25 c
3800	almonds	0.00
3800	Slightly beaten egg white	1.00
3800	Egg yolk	1.00
3800	Water	1.00 tb
3801	Raisins, dark or golden	0.50 c
3801	Dried Apricots, chopped	0.25 c
3801	Unsweetened Apple Juice -or-	0.25 c

Sheet1

3801	Rum	0.00
3801	(or 1 tablespoon) Active Dry	1.00 pk
3801	Yeast	0.00
3801	Milk, heated to lukewarm	0.33 c
3801	(105 to 110 degrees)	0.00
3801	Flour	0.50 c
3801	Margarine	0.50 c
3801	Sugar	2.00 tb
3801	Salt	0.25 ts
3801	Almond Extract	0.25 ts
3801	Lemon Rind, grated	1.00 ts
3801	To 1-1/2 c Flour	1.00
3801	Sliced Blanched Almonds	0.50 c
3801	Low-Sugar Apricot Preserves	0.50 c
3802	Flour (all-purpose)	2.50 c
3802	Baking powder	2.00 ts
3802	Sugar	0.75 c
3802	Salt	0.50 ts
3802	Mace	0.50 ts
3802	Cardomon seed pods, seeds	8.00 x
3802	Removed and crushed	0.00
3802	Almonds, blanched, ground	0.75 c
3802	Butter, soft	0.50 c
3802	Cream cheese, softened	1.00 c
3802	Egg	1.00 lg
3802	Vanilla extract	0.50 ts
3802	Almond extract	0.50 ts
3802	Brandy	2.00 tb
3802	Currants	0.50 c
3802	Golden raisins	0.50 c
3802	Candied lemon peel, chopped	0.33 c
3802	Butter, melted	0.25 c
3802	Sugar, powdered	0.25 c
3803	Margarine	0.50 c
3803	Sugar	0.50 c
3803	Salt	2.00 ts
3803	Milk, scalded	2.00 c
3803	Env active yeast	2.00
3803	Warm water	0.50 c
3803	Eggs, lightly beaten	2.00
3803	Unsifted flour	8.00 c
3803	Fruit Nut Filling	0.00
3803	Red and green candied	0.00
3803	cherries, drained	0.00
3803	Tube (3/4 oz) white	1.00
3803	decorator frosting	0.00
3803	Apricot glaze	0.00
3803	FRUIT NUT FILLING:	0.00
3803	Light corn syrup	1.50 c

Sheet1

3803	Chopped mixed candied fruit	1.50 c
3803	Sliced almonds	1.50 c
3803	APRICOT GLAZE:	0.00
3803	Light corn syrup	0.50 c
3803	Apricot preserves	0.50 c
3804	Semolina flour	4.50 c
3804	Sugar	2.25 c
3804	Freshly ground cinnamon	3.00 tb
3804	Freshly ground anise	1.00 tb
3804	Freshly ground coriander	1.00 tb
3804	Freshly ground cloves	2.00 ts
3804	Oranges	3.00
3804	Tangerines	6.00
3804	Dried currants	2.50 c
3804	Golden raisins	1.00 c
3804	Olive oil, mild	1.00 c
3804	STARTER DOUGH -----	0.00 -----
3804	Active dry yeast	4.00 pk
3804	Sugar	0.50 ts
3804	Hot water, just above body	0.50 c
3804	temperature	0.00
3804	All-purpose flour;	4.00 c
3804	plus extra for kneading	0.00
3805	Eggs	5.00
3805	Vanilla	2.00 ts
3805	Sugar	0.50 c
3805	Butter (or shortening)	2.00 tb
3805	Salt	0.50 ts
3805	Flour	2.50 c
3806	BREAD PUDDING -----	0.00 -----
3806	Cinnamon bread pieces (1")	5.00 c
3806	Raisins or dried currants	0.25 c
3806	Eggs	2.00
3806	Egg whites	2.00
3806	Sugar	0.75 c
3806	Hot skim milk	2.50 c
3806	WHISKEY SAUCE -----	0.00 -----
3806	Sugar	1.00 c
3806	Water	1.00 c
3806	Whiskey	0.25 c
3806	Nonfat vanilla yogurt	0.25 c
3807	To 3/4 cup warm water	0.50
3807	Sugar	4.00 tb
3807	Active dry yeast	1.00 pk
3807	All-purpose flour	2.75 c
3807	Cold butter or margarine,	0.25 c
3807	cut into 4 pieces	0.00
3807	Salt	1.00 ts
3807	Egg, beaten	1.00



Sheet1

3807	Cinnamon Sugar	0.00
3807	Egg white, slightly beaten	1.00
3807	Sliced almonds	0.25 c
3808	Flour	2.00 c
3808	Baking powder	4.00 ts
3808	Salt	0.50 ts
3808	Seedless raisins	0.25 c
3808	Sugar	2.00 tb
3808	Cinnamon	1.00 ts
3808	Brown sugar	4.00 tb
3808	Shortening	4.00 tb
3808	Egg, well beaten	1.00
3808	Milk	0.50 c
3808	Melted butter or butter	1.00 tb
3808	substitute	0.00
3809	Milk, scalded	1.00 c
3809	Currants	2.00 tb
3809	Brown sugar	0.00
3809	Yeast	0.50 c
3809	Water, warm	0.25 c
3809	Salt	0.50 ts
3809	Raisins, chopped	0.50 c
3809	Cinnamon	0.50 ts
3809	Citron, finely chopped	2.00 tb
3809	Flour	3.00 c
3809	Butter	3.00 tb
3810	Sugar	0.50 c
3810	Salt	1.00 ts
3810	Active dry yeast	1.00 pk
3810	Flour,all-purpose	4.33 c
3810	Milk	1.00 c
3810	Butter or margarine	0.00
3810	Vanilla extract	2.00 ts
3810	Eggs	2.00
3810	Brown sugar,packed	0.50 c
3810	Pecans,chopped	0.50 c
3810	Raisins,dark seedless	0.50 c
3810	Cinnamon,ground	1.00 ts
3811	Milk	0.50 c
3811	Active dry yeast	2.00 pk
3811	Water; warm	0.50 c
3811	Granulated sugar	0.50 c
3811	Butter or margarine	0.50 c
3811	Eggs; beaten	2.00
3811	Salt	1.00 ts
3811	All-purpose flour	4.50 c
3811	Melted butter; for brushing	0.00
3811	op	0.00
3811	Cinnamon	0.00

Sheet1

3811	Sugar	0.00
3812	Egg; beaten in cup - milk t	1.00 ea
3812	o finish filling cup	0.00
3812	Sugar	3.00 tb
3812	Flour	1.50 c
3812	Baking powder	2.50 ts
3812	Apples; sliced	2.00 ea
3812	Topping;-----	0.00
3812	-----	0.00
3812	Butter	1.00 tb
3812	Flour	1.50 tb
3812	Cinnamon	0.50 tb
3813	Skim or 2% milk	0.75 c
3813	Oatmeal, uncooked	1.00 c
3813	Vegetable oil	0.50 c
3813	Egg whites	2.00
3813	Brown sugar	0.50 c
3813	Cinnamon	0.50 ts
3813	Baking powder	3.00 ts
3813	Flour	1.00 c
3813	Grated orange zest	1.00 tb
3814	Yeast	1.00 tb
3814	Warm water (100 deg F)	1.00 c
3814	Molasses	3.00 tb
3814	Dry nonfat milk	0.33 c
3814	Egg, separated	1.00
3814	Unbleached flour (A)	1.00 c
3814	Butter, melted	3.00 tb
3814	Salt	1.00 ts
3814	Whole wheat pastry flour	0.50 c
3814	Unbleached flour (B)	2.50 c
3814	Butter, softened	3.00 tb
3814	Sugar	0.33 c
3814	Cinnamon	1.00 tb
3814	Raisins	0.33 c
3814	Egg	1.00
3814	Cool water	1.00 c
3815	WATER (120-degrees)	1.50 c
3815	GRANULATED SUGAR	0.50 c
3815	VEGETABLE OIL	0.50 c
3815	POTATOES, mashed (unseasoned	0.50 c
3815	and	0.00
3815	Without milk)	0.00
3815	EGG	1.00
3815	SALT	2.00 ts
3815	ACTIVE DRY YEAST	3.00 tb
3815	NONFAT DRY MILK POWDER	3.00 tb
3815	UNBLEACHED ALL-PURPOSE FLOUR	3.00 c
3815	To 3 cups BREAD FLOUR	2.50

Sheet1

3815	BUTTER, softened	0.33 c
3815	BROWN SUGAR	0.75 c
3815	GROUND CINNAMON	1.50 tb
3815	FROSTING	0.00
3815	BUTTER (1 stick), softened	0.50 c
3815	ALL-PURPOSE FLOUR	2.00 tb
3815	CONFECTIONER'S SUGAR	1.00 c
3815	Speck SALT	0.00
3815	VANILLA EXTRACT	1.00 ts
3815	In a large mixer bowl, place	0.00
3815	the warm water, sugar, oil,	0.00
3815	Potatoes, egg, salt, and	0.00
3815	yeast and mix thoroughly.	0.00
3815	Add the	0.00
3815	Milk powder and the	0.00
3815	all-purpose flour; beat for	0.00
3815	3 minutes.	0.00
3815	Gradually add the bread	0.00
3815	flour, and when the dough	0.00
3815	is	0.00
3815	Workable, transfer to a	0.00
3815	lightly floured surface (or	0.00
3815	use the	0.00
3815	Dough hook attachment on	0.00
3815	your electric mixer) and	0.00
3815	knead for	0.00
3815	Minutes.	10.00
3816	Recipe Basic Sweet Dough	0.50
3816	Lightly salted butter or	1.50 tb
3816	margarine, melted	0.00
3816	Granulated sugar	0.25 c
3816	Ground cinnamon	1.00 ts
3816	Dark seedless raisins	0.33 c
3816	Chopped walnuts	0.25 c
3816	Confectioner's sugar	0.50 c
3816	Warm milk	1.00 tb
3816	Vanilla extract	0.25 ts
3817	To 6 - cups flour	5.50
3817	Sugar	0.25 c
3817	Salt	2.00 ts
3817	Envelopes active dry yeast	2.25 oz
3817	Milk	1.00 c
3817	Butter or margarine	1.00 c
3817	Eggs, at room temperature	2.00
3817	FILLING:	0.00
3817	Raisins	1.50 c
3817	Chopped walnuts	1.00 c
3817	Packed brown sugar	0.25 c
3817	Cinnamon	2.00 ts

Sheet1

3817	TOPPING:	0.00
3817	Egg, beaten	1.00
3817	DOUGH:	0.00
3817	Cinnamon Icing	0.00
3817	Walnuts and raisins	0.00
3818	All-purpose* or	6.50 c
3818	Unbleached flour	0.00
3818	Sugar	3.00 tb
3818	Salt	1.00 tb
3818	Shortening	2.00 tb
3818	Regular or quick-acting	2.00 pk
3818	Active dry yeast	0.00
3818	Very warm water	2.25 c
3818	(120 to 130 degrees)	0.00
3818	Raisins	1.00 c
3818	Sugar	0.25 c
3818	Ground cinnamon	2.00 ts
3819	Finely Shredded Orange Peel	0.50 ts
3819	Orange Juice	0.50 c
3819	Cornstarch	2.00 ts
3819	Ground Cinnamon	0.25 ts
3819	Mandarin Orange Sect., Drain	11.00 oz
3819	Bisquick	0.50 c
3819	Sugar	2.00 tb
3819	Milk	2.00 tb
3819	Sugar	1.00 ts
3819	Dash Ground Cinnamon	0.00
3820	Flour	7.00 c
3820	Dry yeast	2.00 pk
3820	Warm water	1.75 c
3820	Sugar	0.12 c
3820	Salt	0.75 tb
3820	Eggs	3.00
3820	Oil	0.50 c
3820	Poppy seeds; or	0.00
3820	Sesame Seeds	0.00
3821	Milk, hot	0.50 c
3821	Shortening	3.00 tb
3821	Granulated sugar	3.00 tb
3821	Salt	1.50 ts
3821	Envlp yeast, active dry	1.00
3821	Water, warm	0.50 c
3821	Egg, slightly beaten	1.00
3821	Flour, pre-sifted	3.25 c
3821	Butter, melted	0.12 c
3821	Brown sugar	0.33 c
3821	Cinnamon, ground	1.25 ts
3821	Raisins (optional)	0.50 c
3821	Powdered sugar	1.33 c

Sheet1

3821	Vanilla	1.00 ts
3821	Water, warm	6.00 ts
3822	Plain flour	6.00 oz
3822	Shredded suet (usually	3.00 oz
3822	available at your butcher)	0.00
3822	Currants (dark raisins)	3.00 oz
3822	Sultanas (white raisins)	1.00 oz
3822	To 3 oz castor sugar	2.00 oz
3822	Ground cinnamon	1.00 ts
3822	Baking soda	0.50 ts
3822	Buttermilk or sour milk	0.75 c
3823	All-purpose* or unbleached	3.50 c
3823	Flour	0.00
3823	Sugar	0.25 c
3823	Shortening or margarine or	0.25 c
3823	Butter, softened	0.00
3823	Salt	1.00 ts
3823	Regular or quick-acting	1.00 pk
3823	Active dry yeast	0.00
3823	Very warm water	0.50 c
3823	(120 to 130 degrees)	0.00
3823	Very warm milk	0.50 c
3823	(120 to 130 degrees)	0.00
3823	Egg	1.00
3823	Margarine or butter, soften	0.00
3824	Flour	8.00 oz
3824	Egg	1.00
3824	Vegetable oil	1.00 tb
3824	Cockles or clams (shelled)	8.00 oz
3824	(heaped) chopped parsley	2.00 tb
3824	Oil for frying	0.00
3824	Prepared laverbread; -OR-	8.00 oz
3824	Dried nori, reconstituted	0.50 oz
3824	Lemon (juice only)	0.50
3825	Flour	5.50 c
3825	Cake compressed yeast	1.00
3825	OR 1 cake dry yeast	0.00
3825	Milk, scalded and cooled	2.00 c
3825	Salt	0.50 ts
3825	Cocoa	0.50 c
3825	Shortening	0.25 c
3825	Eggs, well beaten	2.00
3825	Sugar	0.50 c
3826	Unbleached All Purpose Flour	2.25 c
3826	Sugar	1.50 c
3826	Cocoa	0.33 c
3826	Baking Powder	3.50 ts
3826	Salt	1.00 ts
3826	Egg	1.00 lg

## Sheet1

3826	Milk	1.25 c
3826	Vegetable Oil	0.50 c
3826	Nuts; Finely Chopped	1.00 c
3827	Cream Cheese; softened	8.00 oz
3827	Whole-berry cranberry sauce	0.25 c
3827	Grated Orange Rind	1.00 ts
3827	Salt	0.12 ts
3827	Flaked Coconut	2.00 tb
3828	Flaked coconut	0.50 c
3828	Chopped pecans	0.50 c
3828	Packed brown sugar	0.50 c
3828	Milk	2.00 tb
3828	Margarine or	2.00 tb
3828	Butter, melted	0.00
3828	Ground cinnamon	1.00 ts
3828	Loaf (about 1 pound) frozen	1.00
3828	Bread dough, thawed	0.00
3828	Margarine or	0.25 c
3828	Butter, softened	0.00
3828	Powdered sugar	0.00
3829	All purpose flour	2.00 c
3829	Baking powder	4.00 ts
3829	Salt	0.50 ts
3829	Granulated sugar	0.25 c
3829	Butter	0.50 c
3829	Mashed ripe banana	0.50 c
3829	Milk	0.25 c
3829	Strong black coffee at room	0.25 c
3829	temperature	0.00
3829	Vanilla	1.00 ts
3830	Fat	2.00 tb
3830	Peanut butter	2.00 tb
3830	Sugar; granulated	0.67 c
3830	Salt	0.75 ts
3830	Cinnamon	2.00 ts
3830	Flour; sifted	1.00 c
3830	Egg	1.00 ea
3830	Milk; sour	1.00 c
3830	Flour; sifted	1.00 c
3830	Baking soda	0.50 ts
3830	Baking powder	1.00 ts
3830	Currants; or raisins	0.50 c
3831	Milk; scalded	1.00 c
3831	Salt	0.75 ts
3831	Sugar	0.67 c
3831	Shortening	4.00 tb
3831	Yeast cake	1.00 ea
3831	Water; warm	0.25 c
3831	Flour	2.00 c

Sheet1

3831	Sugar	0.00
3831	Cinnamon	0.00
3832	Butter	0.50 c
3832	Sugar	1.00 c
3832	Flour	6.50 c
3832	*dissolved in:	1.00 x
3832	Butter, melted	1.00 x
3832	Egg, separated	1.00 ea
3832	Milk	2.00 c
3832	Yeast	1.00 c
3832	Water, lukewarm	0.33 c
3832	Brown sugar	1.00 x
3833	Dry yeast	1.00 pk
3833	Warm water	0.50 c
3833	Continued....	0.00
3834	Very strong cold black	1.00 c
3834	coffee,	0.00
3834	Sugar,	1.00 c
3834	Eggs,	2.00
3834	Yoghurt	1.00 c
3834	Flour,	1.00 c
3834	Baking powder	2.00 ts
3835	Yeast	1.00 pk
3835	Bread flour	3.50 c
3835	Yellow corn meal	0.33 c
3835	Boiling water	1.50 c
3835	Molasses	0.33 c
3835	Salt	1.00 ts
3835	Butter (or margarine) (Use	1.00 tb
3835	ingredients at room	0.00
3835	temperature.)	0.00
3836	Dry yeast	2.00 pk
3836	Brown sugar	0.50 c
3836	Warm water	0.50 c
3836	Melted butter	0.50 c
3836	Whole eggs plus 3 egg yolks	2.00
3836	Salt	1.00 ts
3836	Unbleached white flour	4.50 c
3836	Egg yolk combined with: 2	1.00
3836	tsp flour	0.00
3836	Sugar	2.00 ts
3836	Water	2.00 ts
3837	Flour (More If Necessary)	3.50 c
3837	Sugar	0.25 c
3837	Salt	1.00 ts
3837	Dry Yeast	1.00 pk
3837	Butter Or Margarine Softened	0.00
3837	Very Warm Water	0.67 c
3837	Eggs, Room Temperature	2.00

Sheet1

3837	Honey	0.50 c
3837	Chopped Almonds	0.75 c
3838	Confectioners' sugar,sifted	1.00 c
3838	Orange juice	2.00 tb
3839	Jim Vorheis	0.00
3839	Yellow corn meal	3.00 tb
3839	Can Coors beer	12.00 oz
3839	Butter	1.00 tb
3839	Salt	1.00 tb
3839	Dry yeast	1.00 pk
3839	Sugar	1.00 tb
3839	Honey	1.00 tb
3839	Bread flour	2.00 c
3839	Rye flour	1.50 c
3839	Caraway seeds	1.50 ts
3839	Bread flour	0.25 c
3839	Filling:	0.00
3839	Thousand Island dressing	0.50 c
3839	Sauerkraut, drained	16.00 oz
3839	Corned beef, thinly sliced	0.50 lb
3839	Swiss cheese, thinly sliced	0.50 lb
3840	Egg; well beaten	1.00 ea
3840	Milk; sweet	1.00 c
3840	Sugar	1.00 tb
3840	Salt	1.00 ts
3840	Butter	1.00 ts
3840	Flour	1.00 c
3840	Corn meal	1.00 c
3840	Baking powder	4.00 ts
3841	Corn-meal	1.50 c
3841	Salt	1.00 ts
3841	Baking powder	1.00 ts
3841	Sugar	1.00 tb
3841	Flour	0.50 c
3841	Baking soda	1.00 ts
3841	Sour milk	2.00 c
3841	Eggs, well beaten	2.00
3841	Melted shortening	3.00 tb
3842	Cornmeal	0.75 c
3842	Flour,all-purpose	0.25 c
3842	Salt	0.50 ts
3842	Baking powder	1.50 ts
3842	Sugar	1.00 tb
3842	Egg	1.00
3842	Milk	0.50 c
3842	Vegetable oil	3.00 tb
3843	Olive Oil	2.00 ts
3843	Red Bell Pepper, seeded and	1.00 md
3843	finely chopped	0.00



Sheet1

3843	Green Bell Pepper, seeded	1.00 md
3843	and finely chopped	0.00
3843	Cloves Garlic, peeled and	2.00
3843	minced	0.00
3843	Lime Juice	2.00 tb
3843	Sugar	0.25 ts
3843	Salt	0.25 ts
3843	Finely chopped fresh	2.00 ts
3843	Cilantro	0.00
3843	Corn Cakes:	0.00
3843	Flour	1.00 c
3843	Yellow Cornmeal	0.50 c
3843	Sugar	1.00 ts
3843	Baking Powder	0.75 ts
3843	Salt	0.50 ts
3843	Ground Cumin	0.50 ts
3843	Milk	0.50 c
3843	Milk	2.00 tb
3843	Eggs	2.00
3843	Tabasco Sauce	0.75 ts
3843	Canned chopped green	3.00 tb
3843	chilies, drained	0.00
3843	Frozen Corn Kernels,	1.00 c
3843	defrosted	0.00
3843	Unsalted Butter, cut into	1.00 ts
3843	slivers	0.00
3844	Whole ground self-rising	2.00 c
3844	cornmeal	0.00
3844	Baking soda	0.25 ts
3844	Melted shortening	2.00 tb
3844	Plus 2 tb, buttermilk	1.00 c
3845	Sifted flour	1.50 c
3845	Baking powder	1.50 ts
3845	Salt	1.00 ts
3845	Can cream style corn	16.00 oz
3845	Egg, slightly beaten	1.00
3845	Corn oil	1.00 c
3845	Powdered sugar	0.00
3846	Cornmeal	2.00 c
3846	All purpose flour	1.00 c
3846	Sugar	0.50 c
3846	Baking soda	1.00 ts
3846	Salt	1.00 ts
3846	Buttermilk or sour milk	2.00 c
3846	Oil or bacon drippings	3.00 tb
3847	Unbleached All-purpose Flour	1.00 c
3847	Baking Powder	4.00 ts
3847	Granuleated Sugar	2.00 tb
3847	Salt	1.00 ts

Sheet1

3847	Yellow Cornmeal	1.00 c
3847	Large Eggs	2.00
3847	Vegetable Oil	0.25 c
3848	Unbleached Flour	0.33 c
3848	Yellow Cornmeal	0.33 c
3848	Sugar	2.00 tb
3848	Baking Powder	1.50 ts
3848	Salt	0.25 ts
3848	Large Beaten Egg	1.00
3848	Milk	0.25 c
3848	Cooking Oil	4.00 ts
3848	Yellow Corn Meal	0.00
3849	Shortening	0.25 c
3849	Sugar	0.50 c
3849	Eggs	2.00 ea
3849	Milk; sweet	1.00 c
3849	Corn meal	0.75 c
3849	Flour	1.75 c
3849	Baking powder	2.00 ts
3849	Salt	0.50 ts
3850	Corn Flour Tortilla Mix, *	2.00 c
3850	Water; Warm	1.25 c
3851	Cake compressed yeast	1.00
3851	OR 1 cake dry yeast	0.00
3851	White corn-meal	1.00 c
3851	Salt	1.00 tb
3851	Sugar	0.50 c
3851	Lukewarm water	0.50 c
3851	Boiling water	4.00 c
3851	Melted shortening	1.00 c
3851	Potato water	2.00 c
3851	Flour	0.00
3852	Flour	1.50 c
3852	Corn-meal	0.75 c
3852	Melted shortening	2.00 tb
3852	Egg, well beaten	1.00
3852	Salt	0.50 ts
3852	Baking soda	0.25 ts
3852	Baking powder	2.00 ts
3852	Sugar	1.00 tb
3852	Milk	0.50 c
3853	Cornbread, crumbled	8.00 c
3853	Bread slices, crumbled	2.00 c
3853	Onion chopped	1.50 c
3853	Celery chopped	2.00 c
3853	Pecans chopped	1.00 c
3853	Thyme	1.50 ts
3853	Sage	0.50 ts
3853	Savory	0.25 ts

Sheet1

3853	Salt and pepper to taste	0.00
3853	Eggs beaten	4.00
3853	Turkey giblet broth	3.00 c
3853	Pan juices from turkey	0.00
3853	Onion quartered	1.00
3853	Celery stalk tops w/leaves	2.00
3853	Turkey giblets and neck	0.00
3854	Corn muffin mix	1.00 pk
3854	Can cream corn (1/2 normal	1.00 sm
3854	size)	0.00
3854	Egg	1.00
3854	Chopped jalapenos	0.00
3855	Yeast	1.00 pk
3855	Bread flour	3.00 c
3855	Soy flour	3.00 tb
3855	Nonfat dry milk powder	3.00 tb
3855	Wheat germ	3.00 tb
3855	Salt	1.00 ts
3855	Honey	2.00 tb
3855	Butter	2.00 tb
3855	Egg (Use ingredients at room	1.00
3855	temperature.)	0.00
3855	Plus 2 Tbsp warm water	1.00 c
3856	Flour	2.25 c
3856	Cornmeal	1.25 c
3856	Baking powder	4.00 ts
3856	Paprika	0.75 ts
3856	Salt	0.75 ts
3856	Cold butter, cut in pieces	0.67 c
3856	Milk	1.25 c
3856	Egg, lightly beaten	1.00
3857	Sliced strawberries	3.00 c
3857	Sugar	2.00 tb
3857	Milk	1.00 c
3857	Large eggs	3.00
3857	All-purpose flour	0.67 c
3857	Yellow cornmeal	0.25 c
3857	Vanilla	1.00 ts
3857	Butter or margarine	2.50 ts
3857	Apricot jam	0.25 c
3857	Vanilla low-fat yogurt*	0.00
3858	All-purpose flour	1.50 c
3858	Coarse cornmeal	0.75 c
3858	Baking powder	4.00 ts
3858	Salt	1.00 ts
3858	Baking soda	0.25 ts
3858	Solid vegetable shortening	4.00 tb
3858	Egg	1.00
3858	Buttermilk	0.75 c

Sheet1

3859	White flour	1.25 c
3859	Yellow cornmeal	0.75 c
3859	Baking powder	2.00 ts
3859	Baking soda	0.25 ts
3859	Freshly ground pepper	0.12 ts
3859	Minced fresh sage	1.75 ts
3859	Margarine or veg. oil	4.00 tb
3859	Apple juice (or more)	0.67 c
3859	Egg white; lightly beaten	1.00
3859	Fresh sage leaves OR	14.00 sm
3859	VERY SMALL sage leaves	30.00
3860	To 1/2 cup warm water	0.25
3860	Sugar	2.00 tb
3860	Active dry yeast	1.00 pk
3860	All-purpose flour	2.75 c
3860	Instant minced onions	1.00 tb
3860	Butter or margarine	1.00 tb
3860	Dried dill weed	2.00 ts
3860	Salt	1.00 ts
3860	Baking soda	0.25 ts
3860	Creamed cottage cheese, room	1.00 c
3860	temperature	0.00
3860	Egg, beaten	1.00
3861	Cottage cheese	1.00 c
3861	Egg	1.00 ea
3861	Milk	0.25 c
3861	Flour; sifted	1.00 c
3861	Baking powder	2.00 ts
3861	Salt	0.50 ts
3862	40% Bran Flakes Cereal	1.00 c
3862	Boiling Water	1.00 c
3862	Unbleached Flour, Sifted	2.50 c
3862	Baking Soda	2.50 ts
3862	Salt	0.50 ts
3862	Shortening	0.50 c
3862	Sugar	1.50 c
3862	Large Eggs	2.00
3862	All-Bran Cereal	2.00 c
3862	Butter/Sour Milk	2.00 c
3863	Shortening	0.75 c
3863	Sugar	2.50 c
3863	Eggs, beaten	4.00
3863	Cooked pumpkin	2.00 c
3863	Water	0.67 c
3863	All-purpose flour	3.50 c
3863	Baking powder	0.50 ts
3863	Soda	2.00 ts
3863	Salt	1.00 ts
3863	Cinnamon	1.00 ts

Sheet1

3863	Allspice	1.00 ts
3863	Black walnuts	1.00 c
3863	Raisins	0.67 c
3865	Flour	2.00 c
3865	Baking powder	3.00 ts
3865	Salt	1.00 ts
3865	Lard or shortening	0.50 c
3865	Milk	0.75 c
3865	Milk	2.00 tb
3866	Cracked wheat	0.50 c
3866	Boiling water	1.50 c
3866	Dry yeast	1.00 pk
3866	Warm water	0.33 c
3866	Shortening	0.25 c
3866	Salt	1.50 ts
3866	Molasses	2.00 tb
3866	Honey	2.00 tb
3866	Warm water	1.00 c
3866	Wholewheat flour	1.00 c
3866	All-purpose flour	4.00 c
3867	Corn meal	2.00 c
3867	Soda	0.50 ts
3867	Salt	0.25 ts
3867	Buttermilk	1.00 c
3867	Cracklings, diced (see	1.00 c
3867	below)	0.00
3868	Coarsely ground yellow	1.00 c
3868	cornmeal	0.00
3868	Salt	0.50 ts
3868	Baking soda	0.50 ts
3868	Low-fat buttermilk	1.00 c
3868	Egg	1.00
3868	Fresh or frozen, thawed corn	1.00 c
3868	kernels	0.00
3868	Olive oil	2.00 ts
3868	Whole fresh sage leaves, or	18.00
3868	1 to 2 Tablespoons fresh	0.00
3868	rosemary	0.00
3869	Yeast	2.00 ts
3869	Cranapple sauce	1.33 c
3869	Margarine	2.00 tb
3869	Sugar	1.00 tb
3869	Salt	1.00 ts
3869	Bread flour	3.00 c
3869	Yeast	2.50 ts
3869	CRANAPPLESAUCE -----	0.00 -----
3869	Cranberries	1.25 c
3869	Golden delicious apples*	4.00
3869	Ginger root	1.00 ts

Sheet1

3869	Cinnamom	0.25 ts
3869	Grated zest of lemon	0.50 ts
3869	Sugar +	0.50 c
3869	Water	2.00 tb
3870	Sugar	2.67 c
3870	Water	1.00 c
3870	Fresh cranberries	4.00 c
3870	Sifted flour	1.75 c
3870	Salt	0.50 ts
3870	Baking powder	2.00 ts
3870	Baking soda	0.25 ts
3870	Butter,melted	0.33 c
3870	Eggs,beaten	2.00
3870	Chopped walnuts	0.50 c
3870	Mashed banana	1.00 c
3870	Cranberry juice,reserved	0.25 c
3870	from cooked berries,option	0.00
3870	Granulated sugar,optional	2.00 tb
3870	Grand Marnier,optional	2.00 tb
3871	Baking soda	0.50 ts
3871	Butter or margarine	0.50 c
3871	Sugar	0.75 c
3871	Eggs	2.00 x
3871	Almond extract	0.25 ts
3871	Orange juice	0.25 c
3871	Salt	0.12 ts
3871	Cinnamon	0.25 ts
3871	Flour	2.00 c
3871	Whole berry cranberry sauce	1.00 c
3872	Yeast	0.50 tb
3872	Flour, bread	2.25 c
3872	Sugar	1.00 tb
3872	Peel, lemon, grated	1.00 tb
3872	Milk, powdered	1.00 tb
3872	Salt	0.50 tb
3872	Cinnamon, ground	1.00 ts
3872	Oil	1.00 tb
3872	Water; warm	1.12 c
3872	Cranberries; frozen or fresh	1.00 c
3873	All-purpose flour	2.00 c
3873	Granulated sugar	0.75 c
3873	Sweetened	0.75 c
3873	Shredded coconut	0.00
3873	Baking powder	1.00 tb
3873	Baking soda	1.00 ts
3873	Each cinnamon	0.25 ts
3873	And salt	0.00
3873	Buttermilk	1.25 c
3873	Eggs	2.00

Sheet1

3873	Vegetable oil	0.25 c
3873	Vanilla	1.00 ts
3873	Cranberries,	1.00 c
3873	Chopped	0.00
3874	Ocean Spray Cranberries	1.00 c
3874	Nuts, chopped	0.50 c
3874	Orange Peel, grated	1.00 tb
3874	All Purpose Flour	2.00 c
3874	Sugar	1.00 c
3874	Baking Powder	1.50 ts
3874	Salt	1.00 ts
3874	Baking Soda	0.50 ts
3874	Shortening	2.00 tb
3874	Orange Juice	0.25 c
3874	Egg, well beaten	1.00
3875	Chopped nuts	0.25 c
3875	Brown sugar	0.25 c
3875	Jellied Cranberry Sauce	0.50 c
3875	To 8 brown n' serve rolls	6.00
3876	All purpose flour	1.50 c
3876	Ground cinnamon	1.00 ts
3876	Baking powder	0.50 ts
3876	Baking soda	0.25 ts
3876	Ground cloves	0.25 ts
3876	Dried cranberries, dried	1.00 c
3876	pitted cherries, or	0.00
3876	Snipped dates	0.00
3876	Dried blueberries OR raisins	0.50 c
3876	Chopped hazelnuts OR pecans	0.33 c
3876	Eggs	2.00
3876	Packed brown sugar	0.75 c
3876	Orange juice	0.50 c
3876	Cooking oil	0.33 c
3876	Brandy	0.00
3877	Unbleached Flour, Sifted	2.25 c
3877	Sugar	0.25 c
3877	Baking Soda	0.75 ts
3877	Salt	0.25 ts
3877	Large Egg, Slightly Beaten	1.00
3877	Butter/Sour Milk	0.75 c
3877	Vegetable Oil	0.25 c
3877	Chopped Raw Cranberries	1.00 c
3877	Sugar	0.50 c
3878	Red wine	1.00 ea
3878	Flour, sifted	2.00 c
3878	Baking powder	0.50 tb
3878	Salt	1.00 ts
3878	Orange juice	0.75 c
3878	Egg, beaten	1.00 ea

Sheet1

3878	Cranberries, chopped	2.00 c
3878	Sugar	1.00 c
3878	Baking soda	0.50 ts
3878	Shortening	0.25 c
3878	Orange zest	1.00 tb
3878	Nuts, chopped	0.50 c
3878	Nuts, chopped	1.00 ea
3879	Flour	1.75 c
3879	Salt	0.75 ts
3879	Sugar	0.33 c
3879	Double-acting Baking Powder	2.00 ts
3879	Eggs	2.00
3879	Butter; melted	0.25 c
3879	Milk	0.75 c
3879	Fresh Blueberries OR 1 c	1.00 c
3879	canned blueberries;drained	0.00
3879	OR 1 c Cranberries;chopped	0.00
3879	Grated orange or lemon rind	1.00 ts
3880	CALIFORNIA HERITAGE CONTI	0.00
3880	THE "LARK" (COOKING, WP51, C -----	0.00 -----
3881	Soft butter	0.50 c
3881	Sugar	1.00 c
3881	Eggs	2.00
3881	Flour	2.00 c
3881	Baking powder	1.00 ts
3881	Baking soda	1.00 ts
3881	Salt	0.50 ts
3881	Yogurt	1.00 c
3881	Vanilla	1.00 ts
3881	(16oz) whole cranberry sauce	1.00 cn
3881	Chopped nuts	0.50 c
3882	Rolled oats	2.00 c
3882	Light soy milk	2.00 c
3882	Unbleached all-purpose flour	2.00 c
3882	Sea salt	0.50 ts
3882	Cinnamon	2.00 ts
3882	Nutmeg	0.50 ts
3882	Cream of tartar	1.00 ts
3882	Baking soda	2.00 ts
3882	Brown sugar	1.00 c
3882	Egg replacer; -OR-	2.00 tb
3882	Eggs, beaten* (see note)	2.00
3882	Water	0.50 c
3882	Natural applesauce	0.50 c
3882	Jellied cranberry sauce	0.75 c
3883	Low-Fat Milk, at room	1.25 c
3883	temperature	0.00
3883	All-Bran Cereal	1.50 c
3883	Egg	1.00



## Sheet1

3883	Unsulphured Molasses	0.25 c
3883	Canola or Olive Oil	0.25 c
3883	Pure Maple Syrup	0.25 c
3883	Whole Wheat Pastry Flour*	1.00 c
3883	Cake Flour (not self-rising)	0.50 c
3883	Wheat Germ	0.50 c
3883	Baking Powder	1.00 tb
3883	Salt	0.25 ts
3883	Walnuts, coarsely chopped	0.50 c
3883	Cranberries, finely chopped	1.00 c
3884	Flour	0.75 c
3884	Whole Wheat Flour	0.50 c
3884	Yellow Corn Meal	1.00 c
3884	To 1/2 c Sugar; to taste	0.33 c
3884	Baking Powder	2.00 ts
3884	Baking Soda	0.50 ts
3884	Salt; optional	0.25 ts
3884	Buttermilk	0.67 c
3884	Orange Juice	0.33 c
3884	Vegetable Oil	0.33 c
3884	Egg	1.00
3884	Grated Orange Rind	4.00 ts
3884	Fresh Cranberries;coarse chp	1.00 c
3885	Flour	2.00 c
3885	Whole Wheat Flour	1.00 c
3885	Sugar	1.00 c
3885	Cinnamon	1.50 ts
3885	Baking Powder	1.00 ts
3885	Baking Soda	1.00 ts
3885	Allspice	0.75 ts
3885	Salt	0.50 ts
3885	Butter	0.50 c
3885	Pumpkin; thick puree	2.50 c
3885	Eggs	2.00
3885	Cranberries; cleaned;halved	2.00 c
3886	Flour	4.00 c
3886	Salt	1.00 ts
3886	Cream of tartar	3.00 ts
3886	Baking soda	1.50 ts
3886	Butter	0.25 c
3886	Cream or "Half and Half"	2.00 c
3887	Cream cheese, softened	8.00 oz
3887	Sugar	0.33 c
3887	Almond extract	1.00 ts
3887	Bisquick baking mix	2.00 c
3887	Milk	0.33 c
3887	Sugar	0.25 c
3887	Butter or margarine, softene	2.00 ts
3887		0.00

Sheet1

3887	Fruit preserves (any flavor)	0.25 c
3887	Sliced almonds	0.25 c
3888	Warm water	0.25 c
3888	Sugar	7.00 tb
3888	Active dry yeast	1.00 pk
3888	Whipping cream	1.00 c
3888	Egg yolks, beaten	3.00
3888	All-purpose flour	3.50 c
3888	Cold butter or margarine,	0.50 c
3888	cut into 8 pieces	0.00
3888	Salt	1.00 ts
3888	Almond Icing	0.00
3888	Cinnamon	1.00 ts
3888	Chopped walnuts or pecans	0.25 c
3888	All-purpose flour	0.00
3889	Milk	3.00 c
3889	Cornmeal, enriched self	1.00 c
3889	rising	0.00
3889	Shrimp, cooked, coarse	1.00 lb
3889	chopped	0.00
3889	Green bell pepper, chopped	0.33 c
3889	Parsley, chopped, fresh	0.33 c
3889	Onion, chopped	0.33 c
3889	Vegetable shortening or oil	2.00 tb
3889	Hot pepper sauce	0.25 ts
3889	Egg yolks, beaten	4.00 ea
3889	Egg whites	4.00 ea
3889	Butter or margarine	2.00 tb
3889	Flour, self-rising, enriched	2.00 tb
3889	Milk	1.25 c
3889	Catsup	0.50 c
3889	Worcestershire sauce	1.00 tb
3890	Crescent rolls (large)	3.00 cn
3890	Stick margarine or butter	0.75 ea
3891	All-purpose* or unbleached	3.50 c
3891	Flour	0.00
3891	Sugar	0.25 c
3891	Shortening or margarine or	0.25 c
3891	Butter, softened	0.00
3891	Salt	1.00 ts
3891	Regular or quick-acting	1.00 pk
3891	Active dry yeast	0.00
3891	Very warm water	0.50 c
3891	(120 to 130 degrees)	0.00
3891	Very warm milk	0.50 c
3891	(120 to 130 degrees)	0.00
3891	Egg	1.00
3891	Margarine or butter, soften	0.00
3892	Bacon slices	8.00

## Sheet1

3892	Cake flour	1.33 c
3892	Sugar	1.50 tb
3892	Salt	1.00 ts
3892	Baking powder	2.50 ts
3892	Egg	1.00
3892	Milk	0.75 c
3892	Bacon fat	1.00 tb
3893	Jim Vorheis	0.00
3893	Heaped unsalted butter, softened	1.00 tb 0.00
3893	Heaped lard, plus extra for greasing trays, etc	1.00 tb 0.00
3893	Lukewarm water, approximately 110 F	1.25 c 0.00
3893	Rounded (about 1/2 oz) crumbled cake yeast or 2 rounded ts dry yeast	4.00 ts 0.00 0.00
3893	Unbleached flour, plus extra for kneading	1.00 lb 0.00
3893	Sea salt	1.50 ts
3894	ALL-PURPOSE FLOUR	1.00 c
3894	BAKING POWDER	1.50 ts
3894	PUMPKIN PIE SPICE	1.00 ts
3894	BROWN SUGAR, firmly packed	0.50 c
3894	VEGETABLE OIL	2.00 tb
3894	EGGS	2.00
3894	PUMPKIN (canned)	0.50 c
3894	RAISINS or DRIED CURRANTS, finely	4.00 tb 0.00
3895	Milk	1.00 c
3895	Butter	1.00 tb
3895	Sugar	1.00 tb
3895	Salt	1.00 ts
3895	Dry yeast	1.00 pk
3895	Warm water	0.25 c
3895	Unbleached flour	2.50 c
3895	Butter; cold	1.00 c
3896	Flour	2.00 c
3896	Sugar	2.00 tb
3896	Baking powder	2.00 ts
3896	Milk	0.50 c
3896	Eggs	2.00
3896	Salt	1.00 pn
3896	Pure vanilla extract	1.00 ts
3896	Oil for deep frying	0.00
3896	Powdered sugar	0.00
3897	Plain flour	0.50 lb
3897	Salt	0.50 ts
3897	Yeast	0.50 oz

Sheet1

3897	Sugar	0.50 ts
3897	Milk and water	0.50 pt
3897	Bicarb soda	0.00 pn
3898	*INGREDIENTS*	0.00
3898	Water	1.00 qt
3898	Yeast	2.00 oz
3898	Potatoes	0.50 lb
3898	Salt	0.50 oz
3898	Flour	0.00
3899	Pkg. corn bread mix	15.00 oz
3899	Bacon, cut into 1/2" pieces	8.00 oz
3899	Celery stalks, diced	5.00
3899	Green onion bunch, chopped	1.00
3899	Onion, chopped	1.00 lg
3899	Poultry seasoning	2.50 ts
3899	Eggs, beaten to blend	3.00
3899	Chicken stock or canned	1.00 c
3899	Low-salt broth	0.00
3900	Active Dry Yeast; OR	1.00 pk
3900	Active Dry Yeast; Bulk	1.00 tb
3900	Water; Warm, 110-115 Deg. F.	0.25 c
3900	Cottage Cheese; *	1.00 c
3900	Sugar	1.00 tb
3900	Salt	1.25 ts
3900	Egg; Lg.	1.00
3900	Unbleached Flour; Unsifted,*	2.25 c
3900	Butter; Room Temperature	1.00 tb
3900	Cheddar; Sharp, Grated	1.00 c
3901	Dry yeast	1.00 tb
3901	Warm water	0.50 c
3901	Salt	1.00 ts
3901	Vegetable oil	2.00 tb
3901	Sugar	0.25 ts
3901	White flour	3.00 c
3901	Cornmeal	0.00
3902	Dry yeast	1.00 tb
3902	Warm water	1.00 c
3902	Salt	1.00 ts
3902	Vegetable oil	2.00 tb
3902	Crushed garlic cloves	6.00 ea
3902	Unbleached white flour	4.00 c
3902	Wheatgerm	3.00 tb
3903	Regular or quick-acting	1.00 pk
3903	Active dry yeast	0.00
3903	Warm water (105 to 115	0.25 c
3903	Degrees)	0.00
3903	All-purpose* or	3.00 c
3903	Unbleached flour	0.00
3903	Buttermilk	1.00 c

Sheet1

3903	Shortening	0.25 c
3903	Sugar	2.00 tb
3903	Baking powder	1.00 tb
3903	Salt	0.75 ts
3904	Rye flour	2.00 c
3904	Dry yeast	1.00 tb
3904	Warm water	0.50 c
3904	Salt	1.00 ts
3904	Vegetable oil	2.00 tb
3904	Cider vinegar	2.00 tb
3904	Unbleached white flour	0.50 c
3905	Plus 1 tablespoon cold water	0.50 c
3905	Salt	1.50 ts
3905	Honey	3.00 tb
3905	Whole-wheat flour	1.00 c
3905	Bread flour	0.50 c
3905	Oil and cornmeal for pan	0.00
3906	Flour	0.50 c
3906	Egg	1.00
3906	Salt	1.00 tb
3907	All purpose flour	2.00 c
3907	Active dry yeast	1.00 ts
3907	Sugar	1.00 tb
3907	Salt, optional	1.00 ts
3907	Garlic cloves, minced	3.00 ea
3907	Cold pressed corn oil	1.00 tb
3907	Packaged mash potato flakes	0.33 c
3907	Whole cumin seeds, toasted	1.00 ts
3907	Warm water	1.00 c
3907	-----Glaze-----	0.00
3907	Corn oil	1.00 tb
3907	Garlic cloves, minced	2.00 ea
3908	Currants	1.50 c
3908	Butter	1.00 lb
3908	Sugar	2.00 c
3908	Mace	1.00 ts
3908	Eggs, Separated	9.00
3908	Sifted All-Purpose Flour	4.50 c
3908	Lemon Extract	1.00 ts
3908	Vanilla	1.00 ts
3909	Currants	1.50 c
3909	Margarine or butter	1.00 lb
3909	Sugar	2.00 c
3909	Mace	1.00 ts
3909	Eggs; separated	9.00
3909	Flour, all purpose; sifted	4.25 c
3909	Lemon extract	1.00 ts
3909	Vanilla	1.00 ts
3910	All-purpose flour*	0.50 c

Sheet1

3910	Milk	1.50 c
3910	Sugar	1.00 tb
3910	Vanilla	0.50 ts
3910	Salt	0.25 ts
3910	Eggs	6.00
3910	Margarine, butter or shorte	0.00
3910	French bread, each 1-inch	18.00 sl
3910	Thick	0.00
3911	Bread Flour	1.25 c
3911	Brown sugar	2.00 ts
3911	Rye Flour	0.75 c
3911	Instant Coffee granules	0.67 ts
3911	Whole Wheat Flour	0.50 c
3911	Caraway seeds (opt)	2.00 ts
3911	Dry Milk	1.00 tb
3911	Cocoa powder	1.50 tb
3911	Salt	1.00 ts
3911	Molasses, dark	2.00 tb
3911	Butter	1.00 tb
3911	Water	7.50 oz
3911	Cornmeal	3.00 tb
3911	Yeast	1.00 ts
3912	Yeast	1.00 pk
3912	Whole wheat flour	3.00 c
3912	Kellogg's Bran Flakes	0.50 c
3912	(or equivalent)	0.00
3912	Gluten (optional)	3.00 tb
3912	Cinnamon	1.00 ts
3912	Plus 1 Tbs apple juice,	1.00 c
3912	Warmed	0.00
3912	Applesauce, warmed	0.50 c
3912	Golden delicious apple,	1.00
3912	Grated with skin (measures	0.00
3912	About 1 1/4 cups)	0.00
3913	Yeast	1.00 pk
3913	Whole wheat flour	3.00 c
3913	Salt	1.00 ts
3913	Maple syrup	3.00 tb
3913	Maple extract (optional)	1.00 ts
3913	Pecans	0.50 c
3913	Ripe banana, sliced	1.00 md
3913	(about 1 1/2 cups)	0.00
3913	Warm water	1.00 c
3914	Yeast	1.00 pk
3914	Plus 2 TBS whole wheat flour	3.00 c
3914	Salt	1.00 ts
3914	Brown sugar	2.00 tb
3914	Baking soda	1.00 ts
3914	Egg	1.00

Sheet1

3914	Buttermilk, warmed	1.00 c
3915	Yeast	1.00 pk
3915	Whole wheat flour	1.00 c
3915	Better for Bread flour	1.00 c
3915	Oat bran	0.50 c
3915	Yellow corn meal	0.50 c
3915	Gluten	3.00 tb
3915	Salt	1.00 ts
3915	Oil	2.00 tb
3915	Honey	2.00 tb
3915	Creamed corn, warmed	0.75 c
3915	Durkee Canned French Fried	0.50 c
3915	Onions	0.00
3915	Bac-Os Bacon Flavored bits	2.00 tb
3915	(or equivalent)	0.00
3915	Grated cheddar cheese	0.50 c
3915	Egg	1.00
3915	Plus 2 tb warm water	0.75 c
3916	Yeast	1.00 pk
3916	Whole wheat flour	1.00 c
3916	Better for Bread white flour	1.25 c
3916	Oat bran	0.50 c
3916	Rolled oats (Quaker Oats)	0.50 c
3916	Salt	1.00 ts
3916	Honey	1.00 tb
3916	Margarine, melted and cooled	2.00 tb
3916	Pear juice	1.00 tb
3916	(8 Oz.) of Libby's Lite	1.00 cn
3916	Pears, drained and sliced	0.00
3916	Coconut	0.50 c
3916	Almond extract	1.00 ts
3916	Egg	1.00
3916	Plus 1 tb. warm water	0.25 c
3917	Yeast	1.00 pk
3917	Whole wheat flour	1.25 c
3917	Better for Bread flour	1.25 c
3917	Rolled oats (Quaker Oats)	0.50 c
3917	Oat bran	0.50 c
3917	Gluten	3.00 tb
3917	Salt	1.00 ts
3917	Cinnamon	1.00 ts
3917	Egg whites or 1 egg or 1/4	2.00
3917	Egg substitute	0.00
3917	Warm eggnog	1.25 c
3918	Yeast	1.00 pk
3918	Whole wheat flour	1.25 c
3918	Better for Bread white flour	1.00 c
3918	Oat bran	0.50 c
3918	Rolled oats (Quaker Oats)	0.50 c

Sheet1

3918	Nabisco 100% bran cereal	0.75 c
3918	(or equivalent)	0.00
3918	Salt	1.00 ts
3918	Brown sugar	1.00 ts
3918	Baking powder	0.50 ts
3918	Cinnamon	1.00 ts
3918	Nutmeg	1.00 ts
3918	Vanilla	1.00 ts
3918	8.25-oz can Libby's Lite	1.00 cn
3918	Sliced Peaches, drained,	0.00
3918	Cut in pieces	0.00
3918	Drained peach juice from ca	1.00 tb
3918	Banana, ripe, sliced	1.00 sm
3918	Raisins, warmed 10 seconds	2.00 tb
3918	In microwave	0.00
3918	Egg	1.00
3918	Nonfat milk, warm	0.25 c
3919	Yeast	1.00 pk
3919	Whole wheat flour	3.00 c
3919	Nabisco 100% bran cereal	0.50 c
3919	(or equivalent)	0.00
3919	Salt	1.00 ts
3919	Dark brown sugar	2.00 tb
3919	Dates	0.50 c
3919	Raisins	0.50 c
3919	Pecans	2.00 tb
3919	Almonds	2.00 tb
3919	Almond extract	1.50 ts
3919	Oil	1.00 tb
3919	Egg	1.00
3919	Milk	1.25 c
3920	Yeast	1.00 pk
3920	Whole wheat flour	1.00 c
3920	Better for Bread white flour	1.00 c
3920	Oat bran	0.50 c
3920	Rolled oats (Quaker Oats)	0.50 c
3920	Gluten	4.00 tb
3920	Salt	1.00 ts
3920	Honey	2.00 tb
3920	Cinnamon	0.50 ts
3920	Cloves	0.50 ts
3920	Golden raisins	0.50 c
3920	Egg whites or 1 egg or	2.00
3920	1/4 cup egg substitute	0.00
3920	Small can (8 1/4 oz)	1.00
3920	Julienne beets, drain, save	0.00
3920	Liquid then warm liquid fro	0.00
3920	Beets and combine with wate	0.00
3920	To equal 1/2 cup plus 3 tbs	0.00



Sheet1

3920	Liquid	0.00
3921	Yeast	1.00 pk
3921	Ginger	0.25 ts
3921	Whole wheat flour	1.25 c
3921	Better for Bread white flour	1.25 c
3921	Rolled oats (Quaker Oats)	0.50 c
3921	Oat bran	0.50 c
3921	Salt	1.00 ts
3921	Gluten	3.00 tb
3921	Olive oil	2.00 tb
3921	Sugar	2.00 tb
3921	Egg whites,room temperature	2.00
3921	Water, warmed	1.00 c
3921	Grated zucchini, warmed	1.00 c
3921	Mint leaves, chopped	2.00 tb
3922	Yeast	1.00 pk
3922	Whole wheat flour	3.00 c
3922	Wheat germ	0.25 c
3922	Toasted bran	0.25 c
3922	Oil	1.00 tb
3922	Molasses	4.00 tb
3922	Beer, flat, warm	1.25 c
3922	Egg white	1.00
3923	Yeast	1.00 pk
3923	Whole wheat flour	1.00 c
3923	Better for Bread (R) white	1.00 c
3923	Flour	0.00
3923	100% oat bran	1.00 c
3923	Salt	1.00 ts
3923	Sugar	2.00 tb
3923	Whole, pitted black olives,	1.00 c
3923	Drained	0.00
3923	Egg	1.00
3923	Warm water	0.75 c
3924	Yeast	1.00 pk
3924	Whole wheat flour	3.00 c
3924	Salt	1.00 ts
3924	Raisins	1.00 c
3924	Plus 2 tb fresh orange juice	1.00 c
3924	Warm, or	0.00
3924	Orange juice concentrate,	2.00 tb
3924	And 1 cup warm water	0.00
3924	Egg whites	2.00
3925	Yeast	1.00 pk
3925	Whole wheat flour	3.00 c
3925	Nonfat dry milk powder	0.25 c
3925	Oil	1.00 tb
3925	Honey	2.00 tb
3925	Smooth peanut butter	0.50 c

Sheet1

3925	Dry roasted salted peanuts	0.75 c
3925	Egg	1.00
3925	Hot water	1.00 c
3925	(about 120 degrees)	0.00
3926	Yeast	1.00 pk
3926	Whole wheat flour	3.00 c
3926	Oat bran	1.00 c
3926	Gluten	3.00 tb
3926	Salt	1.00 ts
3926	Honey	2.00 tb
3926	Margarine, soft	2.00 tb
3926	Plus 3 tb warm water	1.50 c
3927	Yeast	1.00 pk
3927	Whole wheat flour	3.00 c
3927	Salt	1.00 ts
3927	Sugar	1.00 tb
3927	Canned pumpkin	1.00 cn
3927	Pumpkin pie spice	1.00 tb
3927	Canned evaporated milk,	1.00 c
3927	Warmed	0.00
3927	Egg	1.00
3928	Yeast	1.00 pk
3928	Whole wheat flour	3.00 c
3928	Black pepper	0.25 ts
3928	Baking soda	0.50 ts
3928	Hidden Valley Original Ranch	1.00 pk
3928	Dressing mix (1 1-oz. pkg.)	0.00
3928	Honey	1.00 tb
3928	Lowfat buttermilk, warmed	1.25 c
3928	Water	1.00 tb
3929	Yeast	1.00 pk
3929	Whole wheat flour	0.75 c
3929	Better for Bread white flour	1.25 c
3929	Oat bran	0.75 c
3929	Salt	1.00 ts
3929	Olive oil	2.00 tb
3929	Honey	2.00 tb
3929	Rosemary (fresh or dried)	2.00 tb
3929	Jack or mozzarella cheese,	0.50 c
3929	Grated	0.00
3929	Parmesan cheese, grated	0.50 c
3929	Black pepper	1.00 ts
3929	Garlic salt	1.00 ts
3929	Gluten	4.00 tb
3929	Plus 3 tbs. warm water	1.00 c
3930	Yeast	1.00 pk
3930	Rye flour	0.75 c
3930	Better for Bread white flour	1.25 c
3930	Rolled oats (Quaker Oats)	0.50 c

## Sheet1

3930	Oat bran	0.50 c
3930	Salt	1.00 ts
3930	Oil	2.00 tb
3930	Molasses	2.00 tb
3930	Gluten (optional for a	4.00 tb
3930	Lighter, higer loaf-add 3 t	0.00
3930	Extra water if you add the	0.00
3930	Gluten)	0.00
3930	Caraway seeds	1.00 tb
3930	Anise seeds	1.00 tb
3930	Unsweetened cocoa	1.00 tb
3930	Egg whites or 1 egg or 1/4	2.00
3930	Egg substitute	0.00
3930	Water	0.75 c
3931	Yeast	1.00 pk
3931	Whole wheat flour	3.00 c
3931	Poppy seeds	4.00 tb
3931	Canola oil	3.00 tb
3931	Creamed sherry, or use	3.00 tb
3931	Water	0.00
3931	Sour cream, warmed	0.50 c
3931	Eggs	2.00
3931	Plus 2 tb warm water	0.25 c
3932	Yeast	1.00 pk
3932	Better for Bread white flour	3.00 c
3932	Salt	1.00 ts
3932	Sugar	1.00 ts
3932	Water (very warm)	1.00 c
3932	Sourdough starter	1.00 c
3933	Nonfat or lowfat milk	1.00 c
3933	Unflavored yogurt (we used	3.00 tb
3933	Nonfat)	0.00
3933	All-purpose flour	1.00 c
3934	Yeast	1.00 pk
3934	Whole wheat flour	3.00 c
3934	Salt	1.00 ts
3934	Sugar	1.00 tb
3934	Margarine	1.00 tb
3934	2-4 oz crumbled blue cheese	2.00 oz
3934	Plus 2 TBS warm water	1.00 c
3934	Toasted walnuts(add at beep	0.50 c
3935	Yeast	1.00 pk
3935	Whole wheat flour	1.50 c
3935	Better for Bread white flour	1.00 c
3935	Oat bran	0.50 c
3935	Quaker multi-grain 100%	0.50 c
3935	Natural hot cereal	0.00
3935	Wheat germ	2.00 tb
3935	Salt	1.00 ts

Sheet1

3935	Gluten	3.00 tb
3935	Applesauce	0.50 c
3935	Raisins	0.50 c
3935	Egg whites or 1 egg or 1/4	2.00
3935	Egg substitute	0.00
3935	Plus 3 t warm water	0.67 c
3936	Active dry yeast	1.00 pk
3936	Honey	0.25 c
3936	Warm water (105-115F)	0.50 c
3936	Bread flour	2.50 c
3936	Whole wheat flour	0.50 c
3936	Wheat germ	0.25 c
3936	Rye flour	0.25 c
3936	Rolled oats	0.25 c
3936	Salt	1.00 ts
3936	Cottage cheese	0.50 c
3936	Egg	1.00 lg
3936	Vegetable oil	2.00 tb
3936	Oil and cornmeal for pan	0.00
3936	Egg white; frothed with fork	1.00
3936	for glaze	0.00
3936	Additional wheat germ	0.00
3936	=OR= Oats, for top of loaf	0.00
3937	DOUGH -----	0.00 -----
3937	Bread flour (or more)	2.50 c
3937	Rapid-rise yeast	1.00 pk
3937	Sugar	1.00 tb
3937	Salt	1.00 ts
3937	Water, heated to 125F	0.67 c
3937	Butter	3.00 tb
3937	Egg	1.00
3937	FILLING -----	0.00 -----
3937	Italian pesto sauce	1.50 tb
3937	Black olives, pref. Italian	0.25 c
3937	or Nicoise, drained,	0.00
3937	pitted and sliced	0.00
3937	Grated mozzarella cheese	0.75 c
3937	Crumbled Garlic-Herb Cheese	0.50 c
3937	(See below for recipe)	0.00
3937	Smoked ham; cut into strips	6.00 oz
3937	Pimento	0.50 c
3937	=OR= Roasted red peppers,	0.00
3937	peeled and seeded	0.00
3937	Sun-dried tomatoes (opt.)	1.00 tb
3937	drained & chopped	0.00
3937	GLAZE -----	0.00 -----
3937	Egg; beaten to mix	1.00
3937	Water	1.00 tb
3937	HOMEMADE GARLIC & HERB CHEES -----	0.00 -----

Sheet1

3937	Cream cheese	1.00 lb
3937	at room temperature	0.00
3937	Butter; at room temperature	1.00 lb
3937	Garlic cloves; chopped	4.00
3937	Fresh chopped herbs; such as	3.00 tb
3937	basil, chives, marjoram	0.00
3937	or thyme	0.00
3937	Salt; to taste	0.00
3937	Freshly ground pepper	0.00
3937	to taste	0.00
3938	Self Raising Flour (2 cups)	250.00 g
3938	Salt	0.50 ts
3938	Milk (1 cup)	250.00 ml
3938	Soft butter or marg (1 oz)	30.00 g
3939	To 35 minutes at 350	30.00
3939	degrees or till lightly	0.00
3939	browned. Serve warm	0.00
3940	Whole wheat flour or 1-1/2	0.75 c
3940	cups all purpose flour	0.00
3940	Unbleached all purp. flour}	0.75 c
3940	Baking powder	2.00 ts
3940	Salt	0.50 ts
3940	Sugar	1.00 tb
3940	Eggs, separated	2.00
3940	Milk	1.00 c
3940	Oil	0.00
3940	Aebleskiver pan	0.00
3940	Bananas or 1 small can of	2.00
3940	peaches, well drained	0.00
3940	(optional)	0.00
3941	Crescent roll dough; (8 cou	1.00 pk
3941	t)	0.00
3941	Cream cheese, softened	8.00 oz
3941	Egg, beaten	1.00
3941	Flour	1.50 ts
3941	Sugar	0.50 c
3941	Vanilla	1.00 ts
3941	Nuts; chopped	0.50 c
3941	Sugar	0.50 c
3941	Cinnamon	1.00 ts
3942	Rolled oats, ground	1.50 c
3942	Flour	0.75 c
3942	Baking soda	0.50 ts
3942	Salt	0.50 ts
3942	Buttermilk plus 2 tb	0.50 c
3942	Butter, melted	0.25 c
3943	Warm water	1.00 c
3943	Maple syrup	0.25 c
3943	Yeast	2.00 tb

Sheet1

3943	Eggs, at room temperature	4.00
3943	Molasses	0.25 c
3943	Instant coffee	1.00 tb
3943	Carob powder	2.00 tb
3943	Whole wheat pastry flour	4.00 c
3943	Rye flour	1.50 c
3943	Corn meal	0.50 c
3943	Egg	1.00
3943	Water	1.00 tb
3944	Whole wheat flour	2.00 c
3944	Bran flakes	1.50 c
3944	Sugar	2.00 tb
3944	Salt	0.25 ts
3944	Baking soda	1.25 ts
3944	Buttermilk	2.00 c
3944	Egg	1.00
3944	Dark molasses	0.50 c
3944	Melted butter or margarine	2.00 tb
3945	Dates; chopped	1.00 c
3945	Water; boiling	1.00 c
3945	Soda	1.00 ts
3945	Sugar	1.00 c
3945	Egg; beaten	1.00 ea
3945	Flour	2.00 c
3945	Baking powder	1.00 ts
3945	Nut meats; chopped	0.50 c
3946	Butter	1.00 tb
3946	Sugar	1.00 c
3946	Egg	1.00 ea
3946	Nut meats	0.50 c
3946	Flour	2.00 c
3946	Salt	0.50 ts
3946	Baking soda	1.00 ts
3946	Dates	1.00 c
3946	Water; boiling	1.00 c
3947	Cooking dates, chopped	1.00 c
3947	Boiling water	1.00 c
3947	Vegetable oil/vegetable	2.00 tb
3947	- shortening	0.00
3947	All purpose white flour	1.75 c
3947	Vanilla	1.00 ts
3947	Baking soda	1.00 ts
3947	Brown sugar	1.00 c
3947	Baking powder	1.50 ts
3947	Salt	0.50 ts
3947	Walnuts, chopped	1.00 c
3948	Whole wheat pastry flour	2.00 c
3948	Baking powder	2.00 ts
3948	Nutmeg	1.00 ts

Sheet1

3948	Butter	0.25 c
3948	Maple syrup	0.33 c
3948	Eggs	2.00
3948	Vanilla	2.00 ts
3948	Milk	0.50 c
3948	Dates, chopped	1.00 c
3948	Walnuts (or other nuts), Chopped	0.50 c 0.00
3949	Wheat/Oat Bran cereal	1.00 c
3949	Milk	0.75 c
3949	Unbleached All-Purpose Flour	1.00 c
3949	Baking Powder	2.50 ts
3949	Salt	0.50 ts
3949	Granulated Sugar	0.25 c
3949	Seedless Raisins *	0.50 c
3949	Chopped Walnuts	0.50 c
3949	Large Egg	1.00
3949	Vegetable Oil	0.25 c
3950	Buttermilk or Dry buttermilk powder and Water	0.88 c 3.00 tb 0.88 c
3950	(for Welbilt/Dak machines Add 1 T more buttermilk)	0.00 0.00
3950	Bread flour	2.00 c
3950	Salt	1.00 ts
3950	Butter or margarine	1.00 tb
3950	Honey	2.00 tb
3950	Baking soda*	0.25 ts
3950	Red Star active dry yeast	1.50 ts
3951	To 3 cup all purpose flour	2.50
3951	Rye flour	2.00 c
3951	Fast acting yeast	2.00 pk
3951	Whole bran cereal	2.00 c
3951	Salt	1.00 tb
3951	Caraway seeds	1.00 tb
3951	Onion powder	2.00 ts
3951	Milk	1.50 c
3951	Water	0.50 c
3951	Dark molasses	0.25 c
3951	Oil	0.25 c
3951	Square (1-oz) unsweetened chocolate	1.00 0.00
3951	Water	0.25 c
3951	Cornstarch	0.50 ts
3952	Potatoes; mashed	1.00 c
3952	Lard	1.00 c
3952	Sugar	1.00 c
3952	Salt	1.00 tb
3952	Potato water	1.00 qt

Sheet1

3952	Eggs; beaten	2.00 ea
3952	Yeast cake	1.00 ea
3953	Cornmeal (yellow or white)	1.00 c
3953	Egg	1.00
3953	Whole wheat flour	0.50 c
3953	Honey or molasses	0.50 c
3953	Unbleached white flour	0.50 c
3953	Oil	0.25 c
3953	Baking powder	2.00 ts
3953	Milk	3.00 c
3953	Salt.	0.50 ts
3954	Stong white bread flour	0.50 lb
3954	Easy-blend yeast	1.00 ts
3954	Salt	0.50 ts
3954	Sugar	1.00 tb
3954	Butter; melted	1.00 oz
3954	Milk; warmed	0.25 pt
3954	TO FINISH -----	0.00 -----
3954	Icing sugar	0.00
3954	Clotted cream	0.00
3954	Good jam	0.00
3955	Jim Vorheis	0.00
3955	Butter or margarine	0.25 c
3955	Brown sugar, packed	0.75 c
3955	Egg	1.00
3955	Flour	2.00 c
3955	Baking soda	1.00 ts
3955	Salt	0.50 ts
3955	Frozen orange juice	0.33 c
3955	concentrate, thawed	0.00
3955	Crushed pineapple spooned	1.00 c
3955	from can with juice	0.00
3955	Included	0.00
3955	Chopped pecans	0.50 c
3956	PNewton vkbb14a	0.00
3956	Water 6 oz	9.00 oz
3956	Bread flour 2 c	3.00 c
3956	Yeast 1 t.	1.50 ts
3957	Yeast	1.00 pk
3957	Bread flour	3.00 c
3957	Diet Rite or any soda (Use	1.25 c
3957	ingredients at room	0.00
3958	Yeast, Active Dry	1.00 pk
3958	Warm Water (110°-120°F)	0.25 c
3958	Cottage Cheese, Creamed *	1.00 c
3958	Sugar	2.00 tb
3958	Onion, Minced	1.00 tb
3958	Butter, Melted	1.00 tb
3958	Egg	1.00 lg



Sheet1

3958	Salt	1.00 ts
3958	Dillseed	2.00 ts
3958	Flour, Unbleached Or Bread	2.25 c
3959	Yeast; Active Dry	1.00 pk
3959	;Warm Water(110-120 degrees)	0.25 c
3959	Cottage Cheese; Creamed *	1.00 c
3959	Sugar	2.00 tb
3959	Onion; Minced	1.00 tb
3959	Butter; Melted	1.00 tb
3959	Egg; Large	1.00
3959	Salt	1.00 ts
3959	Dillseed	2.00 ts
3959	Flour; Unbleached Or Bread	2.25 c
3960	Milk	0.75 c
3960	Dill seeds, coarsely chopped	1.50 tb
3960	Honey	1.00 tb
3960	Canola oil	0.25 c
3960	Eggs, room temperature,	3.00
3960	beaten to blend	0.00
3960	Whole wheat flour	2.50 c
3960	Dry yeast	1.00 pk
3960	Salt	1.50 ts
3960	Packed grated sharp	3.50 c
3960	Tillamook, cheddar cheese	0.00
3960	Chopped fresh dill	3.00 tb
3961	Chopped onion	2.00 tb
3961	Butter	1.00 tb
3961	Active dry yeast	1.00 pk
3961	Warm water	0.25 c
3961	Large curd cottage cheese	1.00 c
3961	,heated until lukewarm	0.00
3961	Sugar	2.00 tb
3961	Dill seed	2.00 ts
3961	Salt	1.00 ts
3961	Soda	0.25 ts
3961	Egg	1.00
3961	Sifted all purpose flour	2.50 c
3962	Active dry yeast	1.00 pk
3962	Sugar	2.00 tb
3962	Dill seed	2.00 ts
3962	Salt	1.00 ts
3962	Baking soda	0.25 ts
3962	Sifted flour	2.50 c
3962	Large-curd, cream style	1.00 c
3962	cottage cheese	0.00
3962	Water	0.25 c
3962	Butter or regular margarine	1.00 tb
3962	Egg	1.00
3962	Chopped green onions	0.25 c

## Sheet1

3963	Flour	1.00 c
3963	Sugar	1.00 tb
3963	Baking Powder	1.00 tb
3963	Egg	1.00
3963	Lowfat Milk	0.50 c
3963	Vegetable Oil	2.00 tb
3963	Rice, cooked	0.25 c
3963	Green Onion (scallion), minced	2.00 tb 0.00
3963	Parsley Leaves, freshly minced -or-	2.00 tb 0.00
3963	Parsley Flakes, dried	2.00 tb
3963	Dill Weed, freshly minced -or-	2.00 tb 0.00
3963	Dried Dill	2.00 ts
3964	Unbleached Flour	1.50 c
3964	Sugar	2.00 tb
3964	Baking Powder	3.00 ts
3964	Salt	0.50 ts
3964	Dill Weed	0.75 ts
3964	Milk	0.25 c
3964	Margarine/Butter, Melted	0.50 c
3964	Large Eggs	2.00
3964	Ricotta Cheese	0.67 c
3964	Shredded Zucchini	0.50 c
3965	White cornmeal	2.00 c
3965	All-purpose flour	3.00 tb
3965	Salt	1.00 ts
3965	Baking soda	1.00 ts
3965	Buttermilk	2.00 c
3965	Egg	1.00
3965	Bacon drippings (or melted butter)	2.00 tb 0.00
3966	Onion, chopped	1.50 c
3966	Egg	1.00
3966	Butter	2.00 tb
3966	Sour cream	0.50 c
3966	Pepper, to taste	0.00
3966	Flour	2.00 c
3966	Baking powder	1.00 tb
3966	Butter	0.25 c
3966	Cheddar, shredded	1.00 c
3966	Milk	0.67 c
3966	Fresh parsley, minced	3.00 tb
3967	Brown sugar, packed	1.00 c
3967	White bread, buttered cut into 3/4-in. cubes	3.00 sl 0.00
3967	Eggs	2.00
3967	Milk	2.00 c

Sheet1

3967	Salt	0.50 ts
3967	Vanilla	1.00 ts
3968	LYMAN EDDY (HKDS25A	0.00
3968	FOR ONE LOAF -----	0.00 -----
3968	Starter	2.00 c
3968	Sugar	2.00 tb
3968	Salt	1.50 ts
3968	Dry yeast	1.00 tb
3968	Pwd milk..dry	3.00 tb
3968	Warm water	1.00 c
3968	Melted shortg or oil	2.00 tb
3968	Etter for Bread flour.	3.50 c
3969	Mashed potatoes	1.00 pt
3969	Eggs	3.00
3969	Warm potato water	1.00 c
3969	Vanilla	2.00 ts
3969	Sugar	1.00 c
3969	Salt	2.00 ts
3969	Butter	1.00 c
3970	Cake of fresh compressed	1.00
3970	yeast	0.00
3970	Of warm water	1.75 c
3970	Of sugar	0.75 c
3970	Baking powder	1.00 ts
3970	Unsifted all purpose flour	6.50 c
3971	Butter	0.50 c
3971	Sugar	1.00 c
3971	Eggs, beaten	2.00
3971	Bananas, finely crushed	4.00
3971	Lemon juice	1.00 ts
3971	Flour	1.50 c
3971	Baking powder	1.50 ts
3971	Salt	0.50 ts
3971	Vanilla	1.00 ts
3972	FOR 1 -----	0.00 -----
3972	ADD -----	0.00 -----
3972	Yeast	1.00 pk
3972	Flour	3.33 c
3972	Baking soda	0.25 ts
3972	Salt	1.50 ts
3972	Egg; unbeaten, room temp	1.00
3972	MIX TOGETHER, WARM AND ADD -----	0.00 -----
3972	Water	0.25 c
3972	Cottage cheese	0.75 c
3972	Sour cream	0.75 c
3972	Sugar	3.00 tb
3972	Minced dried onion	3.00 tb
3972	Whole dill seed	2.00 tb
3972	Butter	1.50 tb

Sheet1

3973	Butter; Softened	0.25 c
3973	Sugar	1.00 c
3973	Egg Yolks; Large, Beaten	2.00
3973	Egg; Large, Whole, Beaten	1.00
3973	Flour; Unbleached	4.00 c
3973	Baking Powder	2.00 ts
3973	Nutmeg	0.25 ts
3973	Baking Soda	0.50 ts
3973	Butter OR Sour Milk	0.75 c
3973	Confectioners' Sugar	0.00
3974	Flour	2.00 c
3974	Baking powder	3.00 ts
3974	Milk	0.75 c
3974	Salt	0.50 ts
3974	Shortening	1.00 tb
3975	Self-raising flour	4.00 oz
3975	Granulated sugar	2.00 tb
3975	Egg, beaten	1.00
3975	Milk*	5.00 fl
3976	All-Purpose Flour	2.00 c
3976	Sugar	1.00 tb
3976	Baking Powder	1.00 tb
3976	Salt	1.00 ts
3976	Lard Or Shortening	0.33 c
3977	Milk	1.00 c
3977	Granulated sugar	0.50 c
3977	Salt	1.00 ts
3977	Butter	0.25 c
3977	Sugar	1.00 ts
3977	Lukewarm water	0.50 c
3977	Dry yeast	1.00 tb
3977	All purpose flour	2.00 c
3977	Egg, lightly beaten	1.00
3977	Almond flavouring	1.00 ts
3977	All purpose flour	0.75 c
3977	Sultana raisins, blanched	1.00 c
3977	Currants	1.00 c
3977	Candied cherries, chopped	0.25 c
3977	Candied citron peel, chopped	0.25 c
3977	All purpose flour	2.00 c
3977	Almond paste	8.00 oz
3978	Flour	3.00 c
3978	Milk	0.75 c
3978	Sugar	1.00 c
3978	Eggs	2.00
3978	Salt	0.50 ts
3978	Baking soda	1.00 ts
3978	Cooking oil	1.00 tb
3978	Cream of tarter	2.00 ts

Sheet1

3978	Powdered ginger	0.50 ts
3978	Powdered cinnamon	0.50 ts
3978	Nutmeg	0.50 ts
3979	Yeast	1.00 c
3979	Water, warm	1.00 c
3979	Salt	0.50 ts
3979	Egg, well beaten	2.00
3979	Flour	0.00
3979	Sugar	4.00 tb
3979	Cinnamon	1.50 ts
3979	Sugar	5.00 tb
3979	Milk, warm	2.00 c
3979	Butter, melted	0.50 c
3979	Butter	4.00 tb
3980	Yellow corn meal	1.00 c
3980	Baking soda	0.50 ts
3980	Flour	0.33 c
3980	Egg	1.00
3980	Baking powder	2.00 ts
3980	Buttermilk	1.00 c
3980	Salt	1.00 ts
3980	Bacon drippings	4.00 tb
3981	Flour, unsifted	3.00 c
3981	Sugar	0.25 c
3981	Salt	1.00 ts
3981	Active Dry Yeast	1.00 pk
3981	Milk	0.67 c
3981	Margarine	2.00 tb
3981	Eggs, room temperature	2.00
3981	Mixed Candied Fruits	0.50 c
3981	Blanched Almonds, chopped	0.25 c
3981	Anise Seeds	0.50 ts
3981	Melted Margarine	0.00
3981	Colored RAW Eggs	5.00
3981	Powdered Sugar	0.00
3981	Colored Sprinkles	0.00
3982	All purpose flour	10.00 c
3982	Shortening	2.00 c
3982	Baking powder	0.33 c
3982	Salt	2.00 ts
3982	Sugar	0.25 c
3983	Milk; scalded	1.25 c
3983	Butter or regular margarine	2.00 ts
3983	Active dry yeast; or	2.00 pk
3983	Lukewarm water; 110 deg. f.	0.25 c
3983	Butter or margarine; melted	2.00 ts
3983	Sugar	3.00 ts
3983	Salt	0.75 ts
3983	Active dry yeast; bulk	2.00 ts

Sheet1

3983	Unbleached flour	4.50 c
3984	Sugar	1.00 c
3984	Butter	1.00 lb
3984	Flour, all purpose	3.50 c
3984	Rice flour	1.00 c
3984	Sugar	2.00 tb
3985	Cornmeal	1.00 c
3985	Sugar	0.25 c
3985	Baking powder	2.00 ts
3985	Shortening, melted	2.00 tb
3985	Flour	0.50 c
3985	Salt	1.00 ts
3985	Milk	1.00 c
3986	Sugar	1.00 c
3986	Shortening	1.00 c
3986	Molasses - baking	1.00 c
3986	Milk - sour	1.00 c
3986	Baking soda	2.00 ts
3986	Ginger - to taste	1.00 ts
3986	Cinnamon	1.00 ts
3987	PUDDING -----	0.00 -----
3987	Eggs	3.00 lg
3987	Egg yolk	1.00 lg
3987	Sugar	0.75 c
3987	Unsalted butter; melted	4.00 tb
3987	Half-and-half	1.75 c
3987	Brandy	3.00 tb
3987	Pure vanilla extract	2.00 tb
3987	Freshly grated nutmeg	0.75 ts
3987	Salt	0.12 ts
3987	Dry cinnamon raisin bread	6.00 sl
3987	quartered	0.00
3987	CRANBERRY -----	0.00 -----
3987	Pure maple syrup	0.33 c
3987	Sugar	2.00 tb
3987	Cranberries	1.50 c
3987	if frozen, do not thaw	0.00
3987	Unsalted butter	3.00 tb
3987	Bourbon	1.50 tb
3988	Sugar	1.00 ts
3988	Shortening	0.25 c
3988	Salt	2.00 ts
3988	Flour	3.00 c
3989	Yeast	2.00 tb
3989	Lukewarm water	0.50 c
3989	Sugar	0.50 c
3989	Margarine, melted	0.50 c
3989	Warm milk	1.75 c
3989	Egg, beaten	1.00

Sheet1

3989	Salt	2.00 ts
3989	Nutmeg	1.50 ts
3989	Cloves	0.12 ts
3989	Mace	0.12 ts
3989	Flour	6.00 c
3989	Beaten egg for tops of buns	0.00
3989	Caraway seeds	0.00
3990	Active dry yeast	1.00 tb
3990	Warm water	0.25 c
3990	Ground coriander	2.00 tb
3990	Ground cardamom	1.00 ts
3990	White pepper	0.50 ts
3990	Ground fenugreek	1.00 ts
3990	Salt	2.00 ts
3990	Vegetable oil	0.33 c
3990	Lukewarm water	1.25 c
3990	Unbleached flour	5.00 c
3990	Cayenne	1.00 tb
3990	Oil	2.00 tb
3990	Ground ginger	0.25 ts
3990	Ground cloves	1.00 pn
3990	Cinnamon	0.12 ts
3991	Eggs	3.00
3991	Vegetable oil	1.00 c
3991	Granulated sugar	2.00 c
3991	Shredded zucchini	2.00 c
3991	Vanilla	2.00 ts
3991	Flour	3.00 c
3991	Baking soda	1.00 ts
3991	Salt	1.00 ts
3991	Baking powder	0.50 ts
3991	Cinnamon	1.00 ts
3991	Chopped walnuts	0.75 c
3991	Raisins (optional)	1.00 c
3992	Sugar	1.00 c
3992	Butter	0.50 c
3992	Eggs	2.00 ea
3992	Milk	1.00 c
3992	Molasses	1.00 c
3992	Flour	2.50 c
3992	Soda	0.50 ts
3992	Ginger	1.00 tb
3993	Sugar	0.75 c
3993	Eggs	2.00
3993	Salt	0.75 ts
3993	Milk	1.50 c
3993	Flour	2.00 c
3993	Cornmeal	1.00 c
3993	Baking Powder	1.00 tb

Sheet1

3993	Melted Butter	1.00 tb
3994	Flour	3.00 c
3994	Desiccated coconut	1.00 c
3994	Curry leaves *	6.00
3994	Crushed dried shrimp	2.00 tb
3994	Onion, chopped	0.50
3994	Green chilies, chopped	10.00
3994	Warm water (approx., just	1.00 c
3994	enough to moisten the	0.00
3994	dough)	0.00
3994	Vegetable oil	0.00
3994	FILLING -----	0.00 -----
3994	Green onions or leeks,	0.50 c
3994	finely chopped	0.00
3994	Crushed, dried red chilies	1.00 ts
3994	Cabbage, finely chopped	0.50 c
3994	Kale, finely chopped	0.50 c
3994	A few curry leaves*	0.00
3994	(optional)	0.00
3994	Salt	0.00
3994	Black pepper	0.00
3994	Vegetable oil for frying	0.00
3995	Sourdough starter	1.00 c
3995	Warm water (105 - 115 F)	2.00 c
3995	Sifted flour	2.50 c
3995	Active dry yeast	1.00 pk
3995	Warm water (105 - 115 F)	0.25 c
3995	Milk	1.00 c
3995	Sugar	3.00 tb
3995	Salt	2.00 ts
3995	Butter or margarine	3.00 tb
3995	Sifted flour	9.00 c
3995	Butter or margarine, melted	1.00 tb
3996	Potato	2.00
3996	Sugar	1.00 c
3996	Nutmeg	0.25 ts
3996	Yeast	1.00 c
3996	Water, warm	0.50 c
3996	Egg	2.00
3996	Salt	1.00 ts
3996	Lard	0.50 c
3996	Other shortening	0.50 c
3996	Flour	0.00
3997	Non-stick cooking spray	0.00
3997	Canned solid-pack pumpkin	1.00 c
3997	High-fiber cereal shreds	1.00 c
3997	Skim milk	0.75 c
3997	Corn syrup, light or dark	0.33 c
3997	Egg white; slightly beaten	2.00



Sheet1

3997	Flour	1.25 c
3997	Sugar	0.33 c
3997	Baking powder	2.00 ts
3997	Salt	0.50 ts
3997	Raisins	0.50 c
3998	Butter; or lard	4.00 tb
3998	Sugar	4.00 tb
3998	Egg	1.00 ea
3998	Milk	0.75 c
3998	Baking powder	3.00 ts
3998	Flour	3.00 c
3999	Unbleached flour; sifted	2.00 c
3999	Baking powder	1.50 ts
3999	Baking soda	0.50 ts
3999	Egg; lg, beaten	1.00 ea
3999	Orange rind; grated	1.00 ts
3999	Walnuts; chopped	0.25 c
3999	Sugar	1.00 c
3999	Salt	1.00 ts
3999	Shortening	0.25 c
3999	Orange juice; fresh	0.75 c
3999	Raw cranberries; coarse chop	1.00 c
3999	Unbleached flour	1.00 ts
4000	Figs	0.50 c
4000	Raisins	0.50 c
4000	Shortening	2.00 tb
4000	Honey	1.00 c
4000	Egg	1.00 ea
4000	Flour	2.50 c
4000	Salt	0.50 ts
4000	Baking powder	1.00 ts
4000	Baking soda	0.50 ts
4000	Sweet milk	0.75 c
4000	Sour milk	0.25 c
4000	Nuts	1.00 c
4001	Pound french bread, torn	0.50
4001	Into 1-inch pieces	0.00
4001	Ounces fresh or dried figs,	4.00
4001	Into fourths	0.00
4001	Milk	1.50 c
4001	Whipping (heavy) cream	1.00 c
4001	Margarine or butter	0.25 c
4001	Sugar	0.50 c
4001	Eggs	3.00
4001	Vanilla	1.00 ts
4001	Sugar	2.00 tb
4002	Active Dry Yeast; OR	1.00 pk
4002	Active Dry Yeast; Bulk	1.00 tb
4002	Warm Water; (110-115 Deg F)	0.25 c

Sheet1

4002	Sugar	0.50 c
4002	Salt	1.00 ts
4002	Butter Or Regular Margarine	0.33 c
4002	Orange Juice	1.00 tb
4002	Rum Extract	2.00 ts
4002	Milk; Scalded	1.00 c
4002	Unbleached Flour; *	0.00
4002	Eggs; Lg, Well Beaten	2.00
4002	Fat For Deep Frying; **	0.00
4002	Jam Or Jelly	0.00
4003	DIRECTIONS FOR 1 LB LOAF -----	0.00 -----
4003	Active dry yeast	1.50 ts
4003	Bread flour	1.50 c
4003	Aramanth flour*	0.25 c
4003	Whole wheat flour	0.25 c
4003	Soy flour	0.25 c
4003	Rolled oats	0.25 c
4003	Powdered milk	2.00 tb
4003	Salt	1.00 ts
4003	Honey	1.00 tb
4003	Flax or sesame seeds	0.25 c
4003	Sourdough starter	0.75 c
4003	Water	0.50 c
4003	DIRECTIONS FOR 1.5 LB LOAF -----	0.00 -----
4003	Active dry yeast	2.25 ts
4003	Bread flour	2.25 c
4003	(plus 2 tb) Aramanth flour*	0.25 c
4003	(plus 2 tb)Whole wheat flour	0.25 c
4003	(plus 2 tb) Soy flour	0.25 c
4003	(plus 2 tb) Rolled oats	0.25 c
4003	Powdered milk	3.00 tb
4003	Salt	1.50 ts
4003	Vegetable oil	1.50 tb
4003	Honey	1.50 tb
4003	Flax or sesame seeds	0.33 c
4003	(plus 2 tb)Sourdough starter	1.00 c
4003	Water	0.75 c
4004	All-purpose flour	4.00 c
4004	Lard (yes, lard. Shortening doesn't work as well)	2.00 tb 0.00
4004	Warm Milk	0.50 c
4004	Baking powder	1.00 tb
4004	Salt	1.00 ts
4005	All purpose flour	4.00 c
4005	Salt	1.50 ts
4005	Baking powder	1.50 ts
4005	Lard or shortening	4.00 tb
4005	Warm Water	1.50 c
4006	Cornmeal	6.00 tb

Sheet1

4006	Buttermilk baking mix	2.00 c
4006	Recipe tested with Bisquick	0.00
4006	Sugar	1.00 c
4006	Eggs	2.00
4006	Milk	1.00 c
4006	Melted butter or margarine	0.50 c
4007	Unbleached flour	4.00 c
4007	Fresh cake yeast,	0.67
4007	Dissolved in 2/3 cup warm	0.00
4007	Water	0.00
4007	Olive oil	10.00 tb
4007	Water	0.33 c
4007	Salt	2.50 ts
4008	ADD TO STARTER -----	0.00 -----
4008	Flour	1.25 c
4008	Water	1.25 c
4008	POUR INTO BREADMAKER -----	0.00 -----
4008	Yeast	0.50 tb
4008	Flour, bread	2.25 c
4008	Sugar	1.00 tb
4008	Salt	0.50 tb
4008	Oil	2.00 tb
4008	Sourdough starter	2.00 c
4009	Yeast	0.50 tb
4009	Flour, bread	3.00 c
4009	Salt	0.50 tb
4009	Sugar	1.00 tb
4009	Dough enhancer; optional	0.50 tb
4009	Oil	2.00 tb
4009	Eggs	1.00
4009	Water; warm	1.25 c
4010	All-purpose flour*	3.50 c
4010	Sugar	2.00 tb
4010	Salt	1.00 ts
4010	Baking soda	0.25 ts
4010	Regular or quick-acting	2.00 pk
4010	Active dry yeast	0.00
4010	Very warm milk (120	2.00 c
4010	To 130 degrees)	0.00
4010	Very warm water (120	0.50 c
4010	To 130 degrees)	0.00
4010	Whole wheat flour	0.50 c
4010	Wheat germ	0.50 c
4010	Quick-cooking oats	0.50 c
4010	All-purpose flour*	1.25 c
4010	Cornmeal	0.00
4011	Potatoes; mashed	1.00 c
4011	Potato water	1.00 qt
4011	Flour	0.50 c

Sheet1

4011	Sugar	0.50 c
4011	Yeast cake	1.00 ea
4011	Lard	2.00 tb
4011	Salt	2.00 tb
4012	Milk	0.75 c
4012	Fresh cake yeast	1.00
4012	Sugar	0.25 c
4012	Shortening	3.00 tb
4012	Salt	1.00 ts
4012	Egg	1.00
4012	Flour	3.50 c
4012	Lukewarm water	0.25 c
4013	Flour	2.00 c
4013	Baking powder	2.00 ts
4013	Baking soda	0.50 ts
4013	Salt	1.00 ts
4013	Ground cinnamon	1.00 ts
4013	Ground nutmeg	0.50 ts
4013	Libby's pumpkin	1.00 c
4013	Sugar	1.00 c
4013	Milk	0.50 c
4013	Eggs beaten slightly	2.00 lg
4013	Chopped nuts	1.00 c
4013	Butter	0.25 c
4014	See Below	0.00
4015	Milk, scalded	1.00 c
4015	Butter (1 stick)	0.50 c
4015	Sugar, granulated	0.50 c
4015	Salt	1.00 ts
4015	Yeast, active, dry (2 pkgs)	2.00 tb
4015	Water (105- to 115-degrees)	0.25 c
4015	Eggs, beaten	4.00 lg
4015	Butter extract (DON'T OMIT!)	0.50 ts
4015	Lemon extract (optional)	0.12 ts
4015	Bread flour (approximately)	6.00 c
4015	Butter, melted	0.25 c
4016	All-purpose* or	6.50 c
4016	Unbleached flour	0.00
4016	Sugar	3.00 tb
4016	Salt	1.00 tb
4016	Shortening	2.00 tb
4016	Regular or quick-acting	2.00 pk
4016	Active dry yeast	0.00
4016	Chopped fresh chives	2.00 tb
4016	Chopped fresh	2.00 tb
4016	Sage leaves	0.00
4016	Chopped fresh thyme	2.00 tb
4016	Leaves	0.00
4016	Very warm water	2.25 c

Sheet1

4016	(120 to 130 degrees)	0.00
4017	Milk; warm - or water	1.00 pt
4017	Lard or butter	2.00 tb
4017	Sugar; granulated	0.50 c
4017	Salt	1.00 ts
4017	Yeast cake	0.50 pk
4017	Flour	0.00
4017	Frosting-----	0.00
4017	-----	0.00
4017	Egg white	1.00 ea
4017	Water; cold	3.00 tb
4017	Sugar; granulated	1.00 c
4018	Flour	12.00 oz
4018	Margarine	6.00 oz
4018	Soft brown sugar	6.00 oz
4018	Sultanas (raisins)	6.00 oz
4018	Chopped almonds	2.00 oz
4018	Treacle (molasses)	4.00 tb
4018	Buttermilk	2.00 tb
4018	Baking soda	1.00 ts
4018	Ground cinnamon	1.00 ts
4018	Ground ginger	1.00 ts
4018	Eggs	2.00
4019	Red & green candied cherries	0.25 c
4019	Nuts	0.25 c
4019	Mixed peel	0.25 c
4019	Flour; sifted	1.75 c
4019	Baking powder	2.00 ts
4019	Sugar; white	0.50 c
4019	Eggs	2.00
4019	Milk	0.33 c
4019	Vanilla	0.50 ts
4019	Almond extract	0.50 ts
4019	Shortening; melted	6.00 tb
4020	Whole wheat pastry flour	2.00 c
4020	Baking powder	2.00 ts
4020	Baking soda	0.25 ts
4020	Butter, small pieces	0.50 c
4020	Maple syrup	4.00 tb
4020	Peach or nectarine, diced	1.00
4020	Orange peel, grated	0.50 ts
4020	Buttermilk	0.50 c
4020	Nutmeg	0.25 ts
4021	Flour	1.00 c
4021	Peeled, cored, finely	1.00 c
4021	Chopped Granny Smith	0.00
4021	Apples	0.00
4021	Buckwheat flour	0.75 c
4021	Sugar	0.33 c

Sheet1

4021	Chopped, pitted dates	0.25 c
4021	Baking powder	1.50 ts
4021	Baking soda	0.25 ts
4021	Salt	0.12 ts
4021	Non fat buttermilk	0.75 c
4021	Oil	2.00 tb
4021	Egg, lightly beaten	1.00
4022	REGULAR LOAF -----	0.00 -----
4022	Water	0.75 c
4022	White bread flour	2.00 c
4022	Dry milk	1.00 tb
4022	Sugar	1.00 tb
4022	Salt	1.00 ts
4022	Butter	1.00 tb
4022	Chives	1.00 ts
4022	Marjoram	1.00 ts
4022	Thyme	1.00 ts
4022	Basil	0.50 ts
4022	Fast-rise yeast ***OR***	1.00 ts
4022	Active-dry yeast	2.00 ts
4022	LARGE LOAF -----	0.00 -----
4022	Water	1.25 c
4022	White bread flour	3.00 c
4022	Dry milk	2.00 tb
4022	Sugar	2.00 tb
4022	Salt	1.50 ts
4022	Butter	2.00 tb
4022	Chives	0.50 tb
4022	Marjoram	0.50 tb
4022	Thyme	0.50 tb
4022	Basil	1.00 ts
4022	Fast-rise yeast ***OR***	2.00 ts
4022	Active-dry yeast	3.00 ts
4023	Margarine or butter, softene	0.50 c
4023	Cl Garlic, finely chopped	1.00
4023	Loaf (1 pound) french bread,	1.00
4023	Cut into 15 slices	0.00
4024	Garlic, halved	2.00 cl
4024	Butter, unsalted	2.00 tb
4024	Thyme, dried, crumbled	0.50 ts
4024	Bread, white, 1/2-inch	2.00 c
4024	Cubes	0.00
4025	Wholewheat bread	2.00 c
4025	Garlic cloves, crushed	5.00 ea
4025	Carom seeds*	1.00 ts
4025	Salt	0.00
4025	Vegetable oil	0.50 c
4025	Warm water	1.00 c
4025	Flour for dusting	0.25 c

Sheet1

4026	Butter	0.50 c
4026	Yeast	1.00 c
4026	Water, lukewarm	0.25 c
4026	Egg, well beaten	2.00
4026	Bread crumbs, soft	1.25 c
4026	Cinnamon	1.00 ts
4026	Butter, melted	2.00 tb
4026	Sugar	0.75 c
4026	Milk, scalded	1.00 c
4026	Flour, bread	2.50 c
4026	Flour, bread	3.00 c
4026	Brown sugar, light	3.00 tb
4026	Salt	0.25 ts
4027	Milk; sour	2.50 c
4027	Maple syrup; or sugar	1.00 c
4027	Baking soda	2.00 ts
4027	Salt	0.50 ts
4027	Graham flour; to make thick	0.00
4027	batter	0.00
4028	Flour	1.75 c
4028	Celery seed	2.00 ts
4028	Baking powder	1.00 tb
4028	Cabbage; grated	2.00 c
4028	Salt	1.00 ts
4028	Eggs	2.00
4028	Sugar	1.00 tb
4028	Low-fat milk	0.75 c
4028	Onion flakes	2.00 ts
4028	Butter; melted	6.00 tb
4029	Flour, rye	400.00 g
4029	Water, 40°C	400.00 cc
4030	Sugar	2.00 c
4030	Butter	4.00 tb
4030	Milk	4.00 c
4030	Flour	0.00
4030	Egg, well beaten	4.00
4030	Yeast	1.00 c
4030	Water, lukewarm	0.50 c
4030	Salt	1.00 ts
4031	Shortening	1.00 c
4031	Egg, well beaten	2.00 ea
4031	Flour	4.00 c
4031	Water, boiling	1.00 tb
4031	Salt	1.00 pn
4031	Brown sugar	1.00 c
4031	Molasses	1.00 c
4031	Soda	1.00 ts
4031	Ginger	1.00 ts
4032	All-purpose flour*	2.33 c

Sheet1

4032	Sugar	0.33 c
4032	Molasses	1.00 c
4032	Hot water	0.75 c
4032	Shortening	0.50 c
4032	Egg	1.00
4032	Baking soda	1.00 ts
4032	Ground ginger	1.00 ts
4032	Ground cinnamon	1.00 ts
4032	Salt	0.75 ts
4032	Butterscotch-pear sauce	0.00
4032	Packed brown sugar	1.00 c
4032	Light corn syrup	0.50 c
4032	Margarine or butter	0.25 c
4032	Half-and-half	0.50 c
4032	Grated lemon peel	2.00 ts
4032	(16 ounces) sliced pears,	1.00 cn
4032	Drained	0.00
4033	GROUND GINGER	2.00 ts
4033	ALL-PURPOSE FLOUR	2.25 c
4033	SUGAR	0.75 c
4033	BAKING SODA	1.00 ts
4033	BAKING POWDER	0.50 ts
4033	SALT	0.25 ts
4033	GROUND CINNAMON	1.00 ts
4033	GROUND CLOVES	0.50 ts
4033	MARGARINE; softened	1.00 c
4033	WATER;hot	0.75 c
4033	MOLASSES	0.50 c
4034	1 1/2 pound loaf	0.00
4034	Milk	0.75 c
4034	Molasses	0.25 c
4034	Egg	1.00
4034	Applesauce	3.00 tb
4034	Bread flour	3.33 c
4034	Brown sugar	1.00 tb
4034	Salt	0.75 ts
4034	Ground cinnamon	0.75 ts
4034	Ground ginger	0.75 ts
4034	Yeast	1.00 ts
4035	Packed brown sugar	1.00 c
4035	Shortening	0.33 c
4035	Dark molasses	1.50 c
4035	Cold water	0.67 c
4035	All-purpose flour*	7.00 c
4035	Baking soda	2.00 ts
4035	Ground ginger	2.00 ts
4035	Salt	0.50 ts
4035	Ground allspice	1.00 ts
4035	Ground cloves	1.00 ts



Sheet1

4035	Ground cinnamon	1.00 ts
4036	Flour;all purpose*	3.50 c
4036	Baking powder	6.00 tb
4036	salt	1.00 ts
4036	Sugar;granulated	1.00 tb
4036	Shortening or lard	0.25 c
4036	Egg	1.00
4036	Milk	1.50 c
4037	CAKE -----	0.00 -----
4037	Unsalted butter	0.75 c
4037	room temperature	0.00
4037	Sugar	1.00 c
4037	Vanilla	2.00 ts
4037	Eggs	2.00 lg
4037	Cream cheese	3.00 oz
4037	room temperature	0.00
4037	Cake flour	1.75 c
4037	Baking powder	1.25 ts
4037	Salt	0.25 ts
4037	Dried currants	1.00 c
4037	Buttermilk	0.67 c
4037	GLAZE -----	0.00 -----
4037	Confectioners' sugar, sifted	0.50 c
4037	Fresh lemon juice	2.00 ts
4038	----bread----	0.00
4038	Land o lakes butter, softene	0.50 c
4038	Eggs	2.00
4038	Applesauce	1.50 c
4038	Baking soda	1.00 ts
4038	Semi-sweet miniature real ch	0.50 c
4038	Semi-sweet miniature real ch	0.50 c
4038	Water	5.00 ts
4038	Vanilla	0.25 ts
4038	Firmly packed brown sugar	0.67 c
4038	Semi-sweet miniature real ch	1.00 c
4038	All-purpose flour	2.50 c
4038	Baking powder	1.00 ts
4038	Vanilla	2.00 ts
4038	----glaze----	0.00
4038	Land o lakes butter	1.00 tb
4038	Powdered sugar	0.50 c
4038	Dash salt	0.00
4039	Corn Meal; White If Poss.	1.00 c
4039	Unbleached Flour	1.00 c
4039	Baking Powder	1.00 tb
4039	Salt	1.50 ts
4039	Cheddar; Sharp, Shredded	10.00 oz
4039	Milk	1.00 c
4039	Butter, Melted	0.25 c

Sheet1

4039	Egg; Lg, Beaten	1.00
4040	Active dry yeast	1.00 pk
4040	Warm water (110-115 degrees)	0.50 c
4040	Milk	1.00 c
4040	Shortening or margarine	0.75 c
4040	Mashed potatoes	1.25 c
4040	Sugar	0.50 c
4040	Salt	2.00 ts
4040	(8-8 1/2 cups) all-purpose	8.00 c
4040	flour, divided	0.00
4040	Eggs, beaten	2.00
4041	Whole wheat flour; stirred	2.00 c
4041	Active dry yeast	2.00 pk
4041	Salt	1.00 ts
4041	Water	0.75 c
4041	Buttermilk	0.50 c
4041	Raisins; golden	1.50 c
4041	Vegetable oil	0.00
4041	Confectioners' sugar	2.00 c
4041	Milk	2.50 ts
4041	Sugar	0.25 c
4041	Active dry yeast	2.00 ts
4041	Cinnamon; ground	2.00 ts
4041	Butter or regular margarine	0.33 c
4041	Eggs; lg	2.00
4041	Unbleached flour; sifted	2.50 c
4041	Vanilla	0.25 ts
4042	Cheddar; Sharp, Grated	10.00 oz
4042	Milk	2.00 c
4042	Egg Yolks; Lg	4.00
4042	Corn Meal; Yellow	1.00 c
4042	Butter	0.25 c
4042	Sugar	1.00 ts
4042	Salt	0.50 ts
4042	Egg Whites; Lg	4.00
4043	Flour	1.00 c
4043	Salt	0.50 ts
4043	Eggs	2.00 lg
4043	Milk	1.00 c
4043	Unsalted butter	0.00
4044	Unbleached flour; sifted	3.33 c
4044	Baking soda	2.00 ts
4044	Salt	1.50 ts
4044	Cooking oil	0.67 c
4044	Pumpkin; mashed, canned, 1cn	2.00 c
4044	Chopped dates	0.67 c
4044	Pumpkin pie spice	4.00 ts
4044	Baking powder	1.00 ts
4044	Sugar	2.67 c

Sheet1

4044	Eggs; lg	4.00 ea
4044	Water	0.67 c
4045	Bread flour	3.00 c
4045	Sugar	0.25 c
4045	Butter	6.00 tb
4045	Salt	1.00 ts
4045	Powdered buttermilk	3.00 tb
4045	Water	0.88 c
4045	Active dry yeast	2.00 ts
4045	Quick rising yeast.	1.50 ts
4045	Cardomon; + -	1.50 ts
4045	or a dash or 2 of nutmeg	0.00
4045	For a change of taste	0.00
4046	Lard	0.50 c
4046	Sugar; granulated	0.50 c
4046	Corn meal; yellow	1.50 c
4046	Flour	1.50 c
4046	Eggs	2.00 ea
4046	Salt	1.00 ts
4046	Baking powder	1.00 ts
4046	Baking soda	1.00 ts
4046	Sour or butter milk	1.00 c
4047	Fine oatmeal	1.00 lb
4047	Baking powder	0.50 ts
4047	Ground ginger	4.00 ts
4047	Allspice	1.00 pn
4047	Pale muscovado sugar	0.50 lb
4047	Butter	0.50 lb
4047	Golden syrup	2.00 tb
4048	(or 1 tablespoon) Active Dry	1.00 pk
4048	Yeast	0.00
4048	Warm Water (110 to 115	0.25 c
4048	degrees)	0.00
4048	Sugar	0.33 c
4048	Ground Cardamom	1.00 ts
4048	Salt	0.25 ts
4048	Egg	1.00
4048	Milk	0.25 c
4048	Vegetable Oil	0.25 c
4048	Whole Wheat Flour	1.50 c
4048	All-Purpose Flour	1.00 c
4048	Golden Raisins	0.25 c
4048	Walnuts, chopped	0.25 c
4049	Flour	2.50 c
4049	Buttermilk	1.25 c
4049	Sugar	0.50 c
4049	Packed brown sugar	0.50 c
4049	Shortening	0.25 c
4049	Eggs	2.00

Sheet1

4049	Baking powder	3.00 ts
4049	Salt	1.00 ts
4049	Vanilla	1.00 ts
4049	Baking soda	0.50 ts
4049	Small gumdrops cut into 1/2	1.00 c
4049	Chopped nuts	0.50 c
4050	Pillsbury Best Bread Flour*	5.50 c
4050	Sugar	3.00 tb
4050	Salt	2.00 ts
4050	Active Dry Yeast	2.00 pk
4050	Water	2.00 c
4050	Oil	0.25 c
4051	Pillsbury Best Bread Flour*	5.50 c
4051	Sugar	3.00 tb
4051	Salt	2.00 ts
4051	Active Dry Yeast	2.00 pk
4051	Water	2.00 c
4051	Oil	0.25 c
4052	SHAPING OF BREADS	0.00
4053	DECORATION DIRECTIONS	0.00
4054	FRIENDSHIP POEM	0.00
4055	Whole wheat pastry flour,	2.00 c
4055	Or unbleached white flour	0.00
4055	Baking soda	4.00 ts
4055	Cooked ham, diced fine	0.50 c
4055	Butter	4.00 tb
4055	Milk, apple juice or water	0.75 c
4056	Flour	1.75 c
4056	Rye Flour	0.33 c
4056	Baking Powder	2.00 ts
4056	Salt	0.25 ts
4056	Light Brown Sugar	1.00 tb
4056	Cooked Ham; finely chopped	0.33 c
4056	Swiss Cheese; shredded	0.50 c
4056	Egg; lightly beaten	1.00 lg
4056	Milk	1.00 c
4056	Vegetable Oil	0.25 c
4056	Spicy Brown Mustard	0.75 ts
4056	Worcestershire Sauce	0.50 ts
4056	Drops Hot Sauce	3.00
4057	Eggs	2.00 ea
4057	Sugar	1.00 c
4057	Flour	1.00 c
4057	Dates	1.00 c
4057	Nuts	1.00 c
4057	Baking soda	0.25 ts
4057	Salt	0.25 ts
4058	Unbleached Flour	2.50 c
4058	Sugar	0.50 c

Sheet1

4058	Baking Powder	2.00 ts
4058	Salt	1.00 ts
4058	Cinnamon; Ground	0.50 ts
4058	Milk	0.75 c
4058	Vegetable Oil	0.25 c
4058	Eggs; Lg	2.00
4058	Apples; Cooking, *	1.50 c
4058	Cheddar; Sharp, Shredded	2.00 c
4058	Walnuts Or Pecans; Chopped	0.75 c
4059	Regular or quick-acting	3.00 pk
4059	Active dry yeast	0.00
4059	Warm water	1.50 c
4059	(105 to 115 degrees)	0.00
4059	All-purpose flour*	2.50 c
4059	Shreds of wheat bran cereal	0.50 c
4059	Dark molasses	0.50 c
4059	Cocoa	0.25 c
4059	Salt	1.00 tb
4059	Caraway seed	1.00 tb
4059	Vegetable oil	2.00 tb
4059	Dark rye flour	2.25 c
4059	Cornmeal	0.00
4059	Cold water	0.25 c
4059	Cornstarch	0.50 ts
4060	Dry yeast	1.00 tb
4060	Warm water	1.00 c
4060	Vegetable oil	3.00 tb
4060	Salt	1.00 ts
4060	Sugar	0.25 ts
4060	White flour	3.00 c
4060	Garlic cloves, pressed	12.00
4061	Raisins	1.00 c
4061	Water	1.00 c
4061	Butter/Regular Margarine	0.50 c
4061	Sugar	0.25 c
4061	Large Eggs	2.00
4061	Unbleached Flour, Sifted	1.50 c
4061	Baking Powder	1.00 ts
4062	MICHAEL HATALA RJHP21A -----	0.00 -----
4062	FOR 1 -----	0.00 -----
4062	DRY INGREDIENTS -----	0.00 -----
4062	Yeast	1.00 pk
4062	Sugar	1.00 tb
4062	Bread flour	1.50 c
4062	Wheat flour	1.50 c
4062	Rye flour	0.67 c
4062	Cornmeal	0.50 c
4062	Unprocessed bran	0.50 c
4062	Salt	1.00 ts

Sheet1

4062	Golden raisins	0.33 c
4062	Chopped pecans or walnuts	0.33 c
4062	Sunflower seeds	0.33 c
4062	Poppy seeds	0.33 c
4062	Caraway seeds	2.00 tb
4062	LIQUID INGREDIENTS -----	0.00 -----
4062	Warm water	1.00 c
4062	Warm milk	0.33 c
4062	Oil	1.00 tb
4062	Honey	4.00 tb
4062	Egg	1.00
4063	Dry yeast	1.00 tb
4063	Warm water	0.50 c
4063	White flour	1.75 c
4063	Oregano	1.00 pn
4063	Parsley	2.00 pn
4063	Chives	3.00 pn
4063	Vegetable oil	2.00 tb
4063	Sugar	0.25 ts
4063	Salt	1.00 ts
4064	Bread cubes (about	1.00 c
4064	1/2-inch cubes)	0.00
4064	Butter	2.00 tb
4064	Dash of Herb Seasoning	0.00
4064	Dash Season-All	0.00
4064	Dash garlic salt	0.00
4065	Margarine or butter,	0.50 c
4065	softened	0.00
4065	Cl Garlic, finely chopped	1.00
4065	Grated parmesan cheese	2.00 tb
4065	Chopped fresh parsley	2.00 ts
4065	Chopped fresh or 1/2 ts	1.00 ts
4065	Dried oregano leaves	0.00
4065	Loaf (1 pound) french bread,	1.00
4065	Cut into 15 slices	0.00
4066	40% Bran Flakes Cereal	2.50 c
4066	Raisins	1.50 c
4066	Milk	1.75 c
4066	Stirred Whole Wheat Flour	1.00 c
4066	Soy Flour	1.00 c
4066	Toasted Wheat Germ	1.00 c
4066	Baking Powder	4.00 ts
4066	Ground Nutmeg	1.50 ts
4066	Salt	0.75 ts
4066	Large Eggs, Slightly Beaten	4.00
4066	Honey	0.67 c
4066	Vegetable Oil	0.67 c
4066	Dark Molasses	0.25 c
4067	Medium oatmeal	8.00 oz

Sheet1

4067	Salt	1.00 ts
4067	Dripping or lard	0.50 oz
4067	Hot water (or more)	3.00 tb
4068	Raisens	1.50 c
4068	Boiling water	1.00 c
4068	Baking soda	4.00 ts
4068	Nutmeg	0.50 ts
4068	Vanilla	1.00 ts
4068	Vegetable oil	3.00 tb
4068	Eggs, beaten	2.00 ea
4068	Sugar	1.00 c
4068	Flour	2.00 c
4068	Chopped nuts	0.50 c
4069	Eggs, slightly beaten	2.00
4069	Milk	2.25 c
4069	Vanilla	1.00 ts
4069	Cinnamon	0.50 ts
4069	Salt	0.25 ts
4069	1-inch bread cubes	2.00 c
4069	Brown sugar	0.50 c
4069	Raisins or chopped dates	0.50 c
4070	Whole blanched almonds	1.00 c
4070	Cakes or packets (6 Oz ea)	2.00
4070	Active yeast	0.00
4070	Warm water (80-85 degrees)	1.00 c
4070	Packed brown sugar	0.25 c
4070	Honey	0.33 c
4070	Eggs, beaten	2.00
4070	Salt	1.00 ts
4070	Butter, melted	0.50 c
4070	Grated orange rind	2.00 ts
4070	Buttermilk or sour milk	0.50 c
4070	Whole wheat flour, unsifted	2.00 c
4070	White flour, unsifted	2.50 c
4070	Brown sugar filling	0.00
4071	All purpose flour	2.00 c
4071	Sugar	0.25 c
4071	Baking powder	2.00 ts
4071	Baking soda	1.00 ts
4071	Salt	0.50 ts
4071	Eggs	2.00
4071	Honey	0.50 c
4071	Orange juice	0.50 c
4071	Butter or margarine, melted	0.33 c
4071	Vanilla extract	1.00 ts
4072	Milk	1.25 c
4072	Butter, unsalted	3.00 tb
4072	Honey	2.00 tb
4072	Active dry yeast	1.50 ts

Sheet1

4072	Bread flour	3.00 c
4072	Salt	0.75 ts
4073	Stone-ground whole wheat or	3.00 c
4073	Graham flour	0.00
4073	Honey	0.33 c
4073	Shortening	0.25 c
4073	Salt	1.00 tb
4073	Regular or quick-acting	2.00 pk
4073	Active dry yeast	0.00
4073	Very warm water (120	2.25 c
4073	To 130 degrees)	0.00
4073	All-purpose* or	3.50 c
4073	Unbleached flour	0.00
4073	Margarine or butter, melted	0.00
4074	TOPPING -----	0.00 -----
4074	Apples, red, medium,	4.00
4074	Dessert	0.00
4074	Sugar	3.00 tb
4074	Cinnamon, ground	2.00 ts
4074	MUFFIN BATTER -----	0.00 -----
4074	Flour, all-purpose	2.00 c
4074	Salt	1.00 ts
4074	Baking powder	1.00 tb
4074	Sugar	0.25 c
4074	Eggs	2.00
4074	Milk	0.67 c
4074	Butter, melted	0.25 c
4074	Apples, peeled, chopped,	1.00 c
4075	Flour	6.00 c
4075	Salt	1.00 ts
4075	Baking powder	4.00 ts
4075	Sour cream	2.00 c
4076	All-Purpose Flour	4.50 c
4076	Granulated Sugar	0.33 c
4076	Quick Rise Instant Yeast	2.00 tb
4076	Salt	1.00 ts
4076	Cinnamon	2.00 ts
4076	Grated Nutmeg	0.50 ts
4076	Warm Water	2.00 c
4076	Melted Butter	0.25 c
4076	Eggs, beaten	2.00
4076	Raisins or part currants	1.00 c
4076	Mixed Candied Peel	0.50 c
4076	Icing Sugar	1.50 c
4076	Milk	2.00 tb
4077	Onion, very thinly sliced	2.00 c
4077	Lard	7.00 tb
4077	Cayenne pepper to taste	0.00
4077	Bread flour	2.00 c



Sheet1

4077	Baking powder	1.00 tb
4077	Salt	0.75 ts
4077	Milk	0.67 c
4077	Egg	1.00 lg
4077	Sour cream	0.75 c
4079	Cornmeal	1.00 c
4079	All-purpose flour	0.50 c
4079	Corn flour	0.50 c
4079	Baking powder	1.00 tb
4079	Ground cayenne pepper	0.75 ts
4079	Salt	0.50 ts
4079	Black pepper	0.50 ts
4079	Dried thyme leaves	0.50 ts
4079	White pepper	0.25 ts
4079	Dried oregano leaves	0.12 ts
4079	Vy fine chopped green onions	0.25 c
4079	Minced garlic	1.50 ts
4079	Eggs, beaten	2.00
4079	Milk	1.00 c
4079	Pork lard	2.00 tb
4079	Vegetable for deep frying	0.00
4080	Yeast cake	1.00 ea
4080	Sugar	0.50 c
4080	Salt	1.00 ts
4080	Water; lukewarm	2.00 c
4080	Egg; beaten light	1.00 ea
4080	Flour	7.00 c
4080	Shortening; melted	3.00 tb
4081	Potatoes; mashed	1.00 c
4081	Water; lukewarm	1.00 qt
4081	Lard	1.00 c
4081	Sugar	1.00 c
4081	Eggs	2.00 ea
4081	Salt	1.00 tb
4081	Yeast cake	1.00 ea
4081	Flour	0.00
4082	Flour	2.00 c
4082	Powdered milk	0.33 c
4082	Baking powder	2.00 ts
4082	Salt	1.00 ts
4082	Lard or shortening	2.00 ts
4082	Warm water	0.75 c
4082	Oil for frying	0.00
4083	Egg, beaten	1.00 ea
4083	Shortening, melted	1.00 ts
4083	Flour	1.50 c
4083	Milk	1.00 c
4083	Cornmeal, heaping	2.00 tb
4083	Baking powder	2.00 ts

Sheet1

4084	All-Purpose Flour, Sifted	4.00 c
4084	Baking Soda	1.00 ts
4084	Sugar	1.00 tb
4084	Dried Currants	1.00 c
4084	Salt	1.50 ts
4084	Buttermilk	1.00 c
4085	(7 oz) instant potatoes	1.00 pk
4085	Butter	1.00 tb
4085	Boiling water	1.00 c
4085	Salt	2.00 ts
4085	Rich milk	1.00 c
4085	Flour	1.50 c
4086	Butter	0.25 lb
4086	Baking powder	2.50 ts
4086	Sugar	0.50 c
4086	Salt	0.25 ts
4086	Eggs	2.00
4086	Milk	1.00 c
4086	Flour	2.50 c
4086	Raisins	1.00 c
4087	Whole wheat pastry flour	1.50 c
4087	Wholemeal flour	0.33 c
4087	Wheat bran	0.75 c
4087	Baking powder	1.00 ts
4087	Soy margarine	2.00 tb
4087	Corn syrup	2.00 tb
4087	Potato or soy milk	1.00 c
4088	Stone Ground	4.00 c
4088	Whole wheat flour	0.00
4088	White flour	2.00 c
4088	Salt	1.50 ts
4088	Baking soda	1.50 ts
4088	Buttermilk or sweet milk	2.00 c
4089	Stone Ground	4.00 c
4089	Whole wheat flour	0.00
4089	White flour	2.00 c
4089	Salt	1.50 ts
4089	Baking soda	1.50 ts
4089	Buttermilk or sweet milk	2.00 c
4089	Butter	2.00 tb
4089	Sugar	2.00 tb
4090	Mealy potatoes	0.50 lb
4090	Flour	4.00 tb
4090	Salt	0.25 ts
4090	Oil	4.00 tb
4090	Chopped parsley	2.00 tb
4090	Dried dill	0.50 ts
4090	Savory	0.25 ts
4090	Marjoram	0.25 ts

Sheet1

4090	Powdered sage	0.25 ts
4090	Oil for frying	0.00
4091	All purpose flour	4.00 c
4091	Baking powder	4.00 ts
4091	Baking soda	1.00 ts
4091	Sugar	0.75 c
4091	Salt	0.25 ts
4091	Big box of raisins	1.00 pk
4091	Caraway seeds	3.00 tb
4091	Milk	1.00 c
4091	Sour cream	0.50 pt
4091	Eggs	2.00 ea
4092	Flour	3.50 c
4092	Sugar	0.50 ts
4092	Salt	0.50 ts
4092	Bicarbonate of soda	0.50 ts
4092	Buttermilk: to 2 1/2 c *	1.25 c
4093	Butter	1.00 tb
4093	White flour	4.00 c
4093	Salt	1.00 ts
4093	Baking soda	1.00 ts
4093	Buttermilk or sweet milk	1.00 c
4094	SMALL CAPACITY MACHINE -----	0.00 -----
4094	Water	0.50 c
4094	Butter or margarine	1.00 tb
4094	Sugar	1.00 tb
4094	Salt	0.50 ts
4094	Baking soda	0.25 ts
4094	Caraway seeds	1.00 tb
4094	Bread flour	1.50 c
4094	Buttermilk powder	1.50 ts
4094	Yeast	1.00 ts
4094	Raisins	0.25 c
4094	MEDIUM CAPACITY MACHINE -----	0.00 -----
4094	Water	0.67 c
4094	Butter or margarine	1.25 tb
4094	Sugar	1.33 tb
4094	Salt	0.67 ts
4094	Baking soda	0.33 ts
4094	Caraway seeds	1.33 ts
4094	Bread flour	2.00 c
4094	Buttermilk powder	2.00 tb
4094	Yeast	1.50 ts
4094	Raisins	0.33 c
4094	LARGE CAPACITY MACHINE -----	0.00 -----
4094	Water	1.00 c
4094	Butter or margarine	2.00 tb
4094	Sugar	2.00 tb
4094	Salt	1.00 ts

Sheet1

4094	Baking soda	0.50 ts
4094	Caraway seeds	2.00 ts
4094	Bread flour	3.00 c
4094	Buttermilk powder	3.00 tb
4094	Yeast	2.50 ts
4094	Raisins	0.50 c
4095	BREAD -----	0.00 -----
4095	Flour, all purpose	4.00 c
4095	Salt	1.00 ts
4095	Baking Soda	1.00 ts
4095	Butter, chilled	0.25 c
4095	Raisins or currants (option)	1.00 c
4095	Honey, liquid	0.50 c
4095	Irish Whisky or buttermilk	0.25 c
4095	GLAZE -----	0.00 -----
4095	Irish Whisky	2.00 ts
4095	Milk	2.00
4096	Whole wheat flour	2.00 c
4096	Wheatgerm	2.00 tb
4096	Baking powder	2.00 ts
4096	Baking soda	1.00 ts
4096	Salt	1.00 ts
4096	Oats	1.00 c
4096	Brown sugar	0.50 c
4096	Oil	0.25 c
4096	Molasses	0.50 c
4096	Water	1.25 c
4096	Raisins	1.00 c
4097	All-purpose* or	2.75 c
4097	Unbleached flour	0.00
4097	Sugar	2.00 ts
4097	Salt	0.25 ts
4097	Regular or quick-acting	1.00 pk
4097	Active dry yeast	0.00
4097	Olive or vegetable oil	0.25 c
4097	Very warm water	1.00 c
4097	(120 to 130 degrees)	0.00
4097	Olive or vegetable oil	0.00
4097	Grated parmesan cheese	2.00 tb
4098	Poppy seeds	0.25 c
4098	Milk	0.67 c
4098	Flour	2.00 c
4098	Sugar	0.50 c
4098	Baking powder	1.00 tb
4098	Salt	0.50 ts
4098	Egg, beaten	1.00
4098	Oil, vegetable	0.33 c
4098	Juice of 1/2 a lemon	1.00
4099	Active dry yeast	1.00 pk

Sheet1

4099	Granulated sugar	1.00 tb
4099	Warm (100-115 deg) water	1.75 c
4099	To 6 cups all purpose flour	5.00
4099	Salt, or to taste	1.00 tb
4099	Butter, softened	0.25 c
4099	Tabasco	1.00 ts
4099	Parmesan cheese, freshly	0.25 c
4099	grated	0.00
4099	Gruyere or Emmenthaler	0.75 c
4099	cheese, shredded	0.00
4100	Eggs	3.00
4100	Granulated sugar	1.00 c
4100	Water	0.33 c
4100	Vanilla	1.00 ts
4100	All-purpose flour* or	0.75 c
4100	1 cups Cake flour	0.00
4100	Baking powder	1.00 ts
4100	Salt	0.25 ts
4100	Jelly or jam,	0.67 c
4100	Powdered sugar	0.00
4101	Yeast cake	1.00 ea
4101	Sugar	1.00 ts
4101	Water; lukewarm	1.00 tb
4101	Egg; well beaten	1.00 ea
4102	Loaf of French bread	1.00 lb
4102	Cream cheese, cubed	8.00 oz
4102	(1 package)	0.00
4102	Eggs	8.00
4102	Milk, light cream or	2.50 c
4102	half and half	0.00
4102	Margarine or butter, melted	6.00 tb
4102	Maple syrup	0.25 c
4103	Vegetable oil	0.50 c
4103	Sugar	1.00 c
4103	Eggs	2.00
4103	Mashed ripe bananas	1.00 c
4103	Lemon juice	1.00 ts
4103	Sifted flour	2.00 c
4103	Baking powder	3.00 tb
4103	Salt	0.50 ts
4103	OPTIONAL:	0.00
4103	Chocolate chips	0.50 c
4103	Raisins	0.50 c
4103	Nuts	0.50 c
4104	Mashed potato	0.50 c
4104	Extra-large egg	1.00
4104	Butter, at room temperature	4.00 tb
4104	OR use vegetable oil	0.00
4104	Water	0.75 c

Sheet1

4104	Dried thyme, rosemary,	0.75 ts
4104	Oregano, or basil OR	0.00
4104	A combination	0.00
4104	Unbleached white flour	2.50 c
4104	Quick-cooking oats	0.50 c
4104	Salt	1.00 ts
4104	Sugar	1.00 tb
4104	Active dry yeast	1.00 tb
4104	AFTER BEEP	0.00
4104	Sunflower seeds	2.00 tb
4105	Butter	1.00 c
4105	Icing sugar	0.75 c
4105	All-purpose flour	2.00 c
4105	Cornstarch	1.00 ts
4105	Baking powder	1.00 pn
4105	Salt	1.00 pn
4106	Active dry yeast	1.00 tb
4106	Warm water	1.00 c
4106	Granulated sugar	0.50 c
4106	Warm milk	1.00 c
4106	Eggs, room temperature	4.00
4106	Stick butter or margarine	1.00
4106	Salt	1.50 ts
4106	Cinnamon	0.50 tb
4106	7-9 cups King Arthur	7.00 c
4106	unbleached all-purpose	0.00
4106	flour	0.00
4106	Dyed uncooked eggs	12.00
4106	EGG WASH -----	0.00 -----
4106	Egg, beaten	1.00
4106	Water	1.00 tb
4106	Pinch of salt	0.00
4107	Flour	2.00 c
4107	Baking powder	1.00 tb
4107	Baking soda	1.00 ts
4107	Sugar	1.00 c
4107	Firm kiwifruit	3.00
4107	peeled and finely chopped	0.00
4107	Eggs	2.00
4107	Oil	0.75 c
4107	Milk	0.75 c
4108	Sugar	1.00 c
4108	Egg	1.00 ea
4108	Hickory nuts	1.00 c
4108	Sponge; enough for 1 loaf	0.00
4108	Butter; piece size of a wal	0.00
4108	nut	0.00
4109	Sticks butter, softened	2.00
4109	Cream cheese, softened	8.00 oz

Sheet1

4109	Milk	1.00 tb
4109	Sugar	1.00 tb
4109	Egg yolk, beaten	1.00
4109	Flour	1.50 c
4109	Baking powder	0.50 ts
4109	Solo filling	1.00 cn
4110	Flour	6.00 c
4110	Shortening	2.00 c
4110	Egg yolks	3.00
4110	Evaporated milk	1.00 cn
4110	Vanilla	1.00 ts
4110	Warm water	4.00 c
4111	Dry yeast	1.00
4111	Lukewarm water	0.50 c
4111	Flour	4.00 c
4111	Eggs	2.00
4111	Sugar	0.50 c
4111	Butter	0.50 lb
4111	Vegetable shortening	4.00 tb
4111	Sour cream	0.50 ts
4111	Vanilla	1.00 ts
4112	Flour	2.00 c
4112	Cream cheese	8.00 oz
4112	Butter	0.50 lb
4112	Egg	1.00
4112	Sugar	2.00 ts
4112	Egg yolk	1.00
4113	Yeast cake; loose - softene	1.00 ea
4113	d	0.00
4113	Sugar	0.50 c
4113	Lard and butter; mixed	1.00 c
4113	Milk	1.00 c
4113	Flour	4.00 c
4113	Salt	2.00 ts
4113	Eggs; well beaten	3.00 ea
4113	Sour cream	0.00
4113	Sugar	0.00
4113	Cinnamon	0.00
4114	Garlic, large	1.00 cl
4114	Olive oil	0.33 c
4114	French bread, slices	12.00
4114	Salt, pinch	0.00
4115	Yeast	1.00 pk
4115	Warm water	2.00 c
4115	Sugar	2.00 tb
4115	All purpose flour	5.50 c
4115	Salt	2.00 ts
4116	Dry yeast	1.00 pk
4116	Warm water	1.50 c

Sheet1

4116	Salt	1.00 ts
4116	All-purpose flour	2.00 c
4116	Whole wheat flour	2.00 c
4116	Toasted sesame seeds	0.00
4117	Milk, scalded	2.00 c
4117	Salt	1.00 tb
4117	Lard	0.50 c
4117	Flour	4.00 c
4118	Whole wheat flour	1.25 c
4118	Brown sugar	2.00 tb
4118	Baking powder	2.00 ts
4118	Eggs	2.00
4118	Skim milk	0.67 c
4118	Vegetable oil	0.25 c
4118	Almond extract	0.25 ts
4118	Cooked brown rice	1.00 c
4119	WET MIX -----	0.00 -----
4119	Margarine	0.50 c
4119	Sugar	0.50 c
4119	Eggs	2.00
4119	Milk or yogurt	1.00 c
4119	Grated lemon rind	2.00 ts
4119	Lemon juice	0.50 c
4119	Poppy seeds	0.25 c
4119	DRY MIX -----	0.00 -----
4119	Self-raising flour	2.00 c
4119	Baking soda	0.25 ts
4120	BREAD -----	0.00 -----
4120	Sugar	1.00 c
4120	Milk	0.50 c
4120	Unsalted butter	6.00 tb
4120	Eggs	2.00
4120	Flour	1.50 c
4120	Baking powder	1.00 ts
4120	Salt	0.12 ts
4120	Lemon rind, grated	1.00
4120	GLAZE -----	0.00 -----
4120	Sugar	0.50 c
4120	Fresh lemon juice	0.25 c
4120	LEMON ICE -----	0.00 -----
4120	Water	2.00 c
4120	Sugar	1.00 c
4120	Grated lemon rind	2.00 tb
4120	Fresh lemon juice	1.00 c
4120	Egg whites (opt)	2.00
4121	Unbleached Flour	2.00 c
4121	Sugar	1.00 c
4121	Baking Powder	3.00 ts
4121	Salt	0.50 ts



Sheet1

4121	Half-and-half	1.00 c
4121	Vegetable Oil.	0.50 c
4121	Lemon Extract	1.00 ts
4121	Large Eggs	2.00
4121	Fresh/Frozen Raspberries *	1.00 c
4122	Rice or soy milk *	1.00 c
4122	Sugar	0.25 c
4122	Maple syrup	0.25 c
4122	Salt (uh, is this right? KM)	4.00 ts
4122	Water	1.00 c
4122	Yeast	6.00 ts
4122	Egg replacer	3.00 ts
4122	Water	6.00 tb
4122	Uncooked oatmeal	0.33 c
4122	Wheateena cereal; cooked in	0.25 c
4122	Water, and cooled	1.00 c
4122	Whole wheat flour	2.00 c
4122	All purpose flour	3.00 c
4123	Active dry yeast	2.25 ts
4123	Bread flour	1.67 c
4123	Whole wheat flour	1.50 c
4123	Salt	1.50 ts
4123	Vegetable oil	1.50 tb
4123	Honey	3.00 tb
4123	Water	1.25 c
4124	Milk	1.00 c
4124	Water	2.00 c
4124	Cornmeal	1.00 c
4124	All-purpose flour	1.50 c
4124	Salt	1.00 ts
4124	Sugar	1.00 tb
4124	Butter	2.00 tb
4124	Dry active yeast	1.50 ts
4124	Eggs	2.00
4125	Strong white bread flour	1.00 lb
4125	Easy-blend yeast	0.25 oz
4125	Ground cinnamon	1.00 ts
4125	Ground allspice	1.00 ts
4125	Sugar	4.00 tb
4125	Salt	1.00 pn
4125	Eggs; lightly beaten	2.00
4125	Butter; melted	0.25 lb
4125	Milk; warm	8.00 tb
4125	Prunes; cut into	0.50 lb
4125	sultana-size pieces	0.00
4125	Currants	2.00 oz
4125	Sultanas	2.00 oz
4126	Flour	3.00 c
4126	Sugar	1.00 tb

Sheet1

4126	Salt	1.00 ts
4126	Yellow Cornmeal	0.50 c
4126	Dry Yeast	1.50 ts
4126	Milk; warmed	0.88 c
4126	Water; plus enough for dough	0.25 c
4126	Butter	1.50 tb
4127	Unbleached Flour	2.00 c
4127	Mustard; Dry	1.00 ts
4127	Paprika	1.00 ts
4127	Baking Powder	0.25 ts
4127	Butter; Room Temperature	1.00 c
4127	Cheddar; Sharp, Grated	10.00 oz
4127	Worcestershire Sauce	1.00 ts
4128	Sugar;granulated	2.00 c
4128	White corn syrup	0.50 c
4128	Milk	0.50 c
4128	Butter	2.00 tb
4128	Milk chocolate	0.50 lb
4128	Nuts;chopped	1.00 c
4128	pecans are preferable	0.00
4129	ROLLS -----	0.00 -----
4129	Eggs	3.00
4129	Boiling water	1.00 c
4129	Shortening	0.75 c
4129	Sugar	0.75 c
4129	Salt	1.00 tb
4129	Envelopes dry yeast,	2.00
4129	dissolved in 1/2 cup	0.00
4129	lukewarm water	0.00
4129	Lukewarm water	1.00 c
4129	Flour	8.00 c
4129	Melted butter	0.50 c
4129	Sugar, *combined with*	1.00 c
4129	Cinnamon (optional)	1.00 tb
4129	Raisins	1.00 c
4129	Glaze (recipe follows)	0.00
4129	GLAZE -----	0.00 -----
4129	Confectioners' sugar	1.00 lb
4129	Milk	0.25 c
4129	Vanilla	1.00 ts
4129	Butter, softened	0.25 lb
4130	Eggs, beaten	6.00
4130	Milk	6.00 c
4130	Sugar	0.75 c
4130	Raisins	1.00 c
4130	Broken bread or rolls or	12.00 c
4130	doughnuts	0.00
4131	Stone-ground whole wheat or	3.00 c
4131	Graham flour	0.00

Sheet1

4131	Honey	0.25 c
4131	Vegetable oil	0.25 c
4131	Salt	1.00 ts
4131	Regular or quick-acting	2.00 pk
4131	Active dry yeast	0.00
4131	Very warm water (120	2.25 c
4131	To 130 degrees)	0.00
4131	All-purpose* or	3.50 c
4131	Unbleached flour	0.00
4131	Margarine or butter, melted	0.00
4132	Regular Rolled Oats	1.00 c
4132	Butter, cut into bits	3.00 tb
4132	Boiling Water	1.00 c
4132	Scalded Milk	1.00 c
4132	Maple Syrup	0.33 c
4132	Salt	2.00 ts
4132	Whole Wheat Flour	2.00 c
4132	Quick Rise Instant Yeast	1.00 tb
4132	Egg, beaten	1.00
4132	All-Purpose Flour	2.00 c
4133	Corn meal; yellow	1.12 c
4133	Wheat flour	1.12 c
4133	Baking powder	3.00 ts
4133	Salt	0.50 ts
4133	Maple syrup	0.33 c
4133	Egg; well beaten	1.00 ea
4133	Milk; sweet	1.00 c
4133	Shortening	3.00 tb
4134	All-purpose flour	1.00 c
4134	Yellow cornmeal	1.00 c
4134	Baking powder	1.00 ts
4134	Baking soda	1.00 ts
4134	Salt	1.00 ts
4134	Butter or margarine,	3.00 tb
4134	softened	0.00
4134	Brown sugar	2.00 tb
4134	Eggs	2.00
4134	Pure Maple syrup	0.33 c
4134	Buttermilk	0.75 c
4134	Chopped pecans	0.75 c
4134	Additional maple syrup,	0.00
4134	optional	0.00
4135	Butter, softened	1.00 lb
4135	Cream cheese, softened	8.00 oz
4135	Flour	3.00 c
4135	Vanilla	0.50 ts
4135	Egg, beaten	1.00
4135	Solo filling (apricot,	2.00 cn
4135	poppyseed, raspberry,	0.00

Sheet1

4135	almond, etc.)	0.00
4136	Marshmallows	0.50 lb
4136	Sweet cream	0.50 c
4136	Dates	0.50 c
4136	Graham crackers	0.50 lb
4136	Walnut or pecan meats	0.50 lb
4137	Yellow cornmeal	1.00 c
4137	Flour	1.00 c
4137	Sugar	1.00 ts
4137	Salt	0.50 ts
4137	Baking powder	4.00 ts
4137	Egg	1.00
4137	Milk	1.00 c
4137	Melted shortening	0.50 c
4138	7-Up	0.25 c
4138	Buttermilk	0.25 c
4138	Bisquick	2.00 c
4139	Water	0.75 c
4139	Bread flour	2.00 c
4139	Salt	1.00 ts
4139	Sugar	2.00 tb
4139	Dry milk (I use buttermilk)	1.00 tb
4139	Butter ( slivered)	1.00 tb
4139	Yeast	1.00 pk
4140	Milk	2.00 c
4140	Sugar	0.25 c
4140	Active dry yeast; or	2.00 pk
4140	Luke-warm water; (110 deg.f)	0.25 c
4140	Eggs; lg	2.00 ea
4140	Shortening	0.25 c
4140	Salt	2.00 ts
4140	Active dry yeast; bulk	2.00 ts
4140	Unbleached flour; sifted	7.00 c
4141	Ground Meat	1.00 lb
4141	Salt & Pepper To Taste	0.00
4141	Chopped Onion	1.00 c
4141	Grated American Cheese	0.50 lb
4141	Jalapeno Peppers Finely Chop	3.00
4141	Cornmeal	1.00 c
4141	Large Eggs	3.00
4141	Soda	0.50 ts
4141	Bacon Drippings	3.00 tb
4141	Sweet Milk	1.00 c
4141	Salt	1.00 ts
4142	Plain cornmeal	1.50 c
4142	Salt	1.00 ts
4142	Baking powder	3.00 ts
4142	Cream style corn	1.00 c
4142	Eggs or egg sub.	2.00

## Sheet1

4142	Bell pepper (chop fine)	1.00 lg
4142	Butttermilk	1.00 ts
4142	Jalopeno peppers (chop fine)	2.00
4142	Sharp cheese - grated	2.00 c
4142	Chopped onion	0.50 c
4142	Cooking oil	0.67 c
4142	Few shakes garlic powder	0.00
4143	Polenta (Maize Meal)	225.00 g
4143	Salt	1.00 ts
4143	Plain white flour	225.00 g
4143	Lard or margarine	25.00 g
4143	Warm water	300.00 ml
4144	Cooked shredded chicken	3.00 c
4144	(4-oz) OLD EL PASO Chopped	1.00 c
4144	Green Chilies	0.00
4144	Salt	1.00 ts
4144	(10-oz) OLD EL PASO Green	1.00 c
4144	Enchilada Sauce	0.00
4144	(5.33 fl oz) PET Evaporated	1.00 cn
4144	Milk	0.00
4144	OLD EL PASO Corn Tortillas	12.00
4144	Shredded Monterey Jack	2.00 c
4144	Cheese	0.00
4145	(3 oz) cream cheese	1.00 pk
4145	Cream of Chicken soup	1.00 cn
4145	Dash pepper	0.00
4145	Cooked broccoli flowerets	1.50 c
4145	Cubed cooked chicken	0.50 c
4145	Dried dill	0.50 ts
4146	Millet flour	1.50 c
4146	Soy flour	0.50 c
4146	Baking powder	1.00 tb
4146	Salt (optional)	0.50 ts
4146	Orange flavoring	0.25 ts
4146	Water or orange juice	1.00 c
4146	Vegetable oil	0.25 c
4146	Rice syrup or honey	0.25 c
4147	Soft shortening/butter mix	0.33 c
4147	Sugar	0.50 c
4147	Nutmeg	0.25 ts
4147	Egg	1.00
4147	Milk	0.50 c
4147	Sifted flour	1.50 c
4147	Butter, melted	0.33 c
4147	Baking powder	1.50 ts
4147	Sugar	0.50 c
4147	Salt	0.50 ts
4147	Cinnamon	1.00 ts
4148	Whole-wheat flour	2.50 c

Sheet1

4148	Wheat germ	1.50 c
4148	Brown sugar	0.33 c
4148	Salt	0.50 ts
4148	Raisins; mixed dark & light	1.00 c
4148	Baking soda	2.00 ts
4148	Buttermilk	1.88 c
4148	Molasses	0.33 c
4149	Unbleached Flour, Sifted	4.00 c
4149	Baking Soda	2.00 ts
4149	Salt	1.00 ts
4149	Ground Cinnamon	1.00 ts
4149	Ground Ginger	1.00 ts
4149	Ground Cloves	0.25 ts
4149	Ground Allspice	0.25 ts
4149	Ground Nutmeg	0.25 ts
4149	Vegetable Shortening	1.33 c
4149	Sugar	1.00 c
4149	Large Eggs, Slightly Beaten	4.00
4149	Molasses	1.00 c
4149	Butter/Sour Milk	1.00 c
4149	Raisins	1.00 c
4150	Corn meal, yellow	2.00 c
4150	Flour	1.00 tb
4150	Baking powder	1.00 ts
4150	Salt	1.00 ts
4150	Baking soda	0.50 ts
4150	Onion, finely chopped	3.00 tb
4150	Buttermilk	1.00 c
4150	Egg, beaten	1.00
4151	Ballard biscuits;cut in 4ths	4.00 cn
4151	Sugar	0.75 c
4151	Cinnamon	1.00 ts
4151	GLAZE -----	0.00 -----
4151	Sugar	1.00 c
4151	Butter	0.75 c
4151	Cinnamon	2.00 tb
4152	Milk	3.00 c
4152	Sugar	1.00 c
4152	Flour	6.00 c
4152	Raisins, chopped	0.50 lb
4152	Citron, chopped	0.25 lb
4152	Butter	1.00 c
4152	Yeast	0.50 c
4152	Water, warm	0.25 c
4152	Salt	1.00 ts
4152	Currants	0.50 lb
4152	Almond, blanched, sliced	0.50 c
4153	Sugar	6.50 tb
4153	Butter	0.25 c

Sheet1

4153	Lemon juice	0.25 c
4153	Eggs	2.00
4153	To 1/2 tsp lemon peel	0.25
4154	Unbleached All-purpose Flour	2.00 c
4154	Baking Powder	1.00 tb
4154	Granulated Sugar	2.00 tb
4154	Salt	1.00 ts
4154	Large Egg	1.00
4154	Milk	1.00 c
4154	Vegetable Oil	0.50 c
4155	Warm water (110F)	1.00 c
4155	Sugar	1.00 tb
4155	Active dry yeast	1.00 tb
4155	Bread flour	3.00 c
4155	Salt	1.50 ts
4155	Vegetable shortening	2.00 tb
4155	Sesame seeds	1.00 ea
4156	Dry Yeast OR 2 Pre-	2.00 tb
4156	Measured Packages	0.00
4156	Nonfat Dry Milk	0.25 c
4156	Aniseed Crushed	2.00 ts
4156	Unbleached Flour	5.50 c
4156	No Sugar Apple Juice	0.50 c
4156	Unsweetened Pinapple Juice	0.75 c
4156	Water	1.25 c
4156	Freshly Grated Orange Rind	2.00 ts
4156	Cinnamon	0.50 ts
4156	Honey	1.00 ts
4156	Oleo + 1/2 t. For Bowl	1.00 ts
4156	Each Whole-Wheat Flour And	0.50 c
4156	Buckwheat Flour	0.00
4156	Unsalted Corn Oil	0.50 ts
4156	Margarine For Pans OR	0.00
4156	Use Spray	0.00
4157	Ll purpose flour	2.00 c
4157	Ry yeast	1.50 ts
4157	Alt	0.25 ts
4157	Ater	0.50 c
4158	Flour	1.00 c
4158	Yeast, dry	1.00 pk
4158	Salt	2.00 ts
4158	Water, hot	1.00 c
4158	Buttermilk; or yogurt	1.00 c
4158	Egg; (room temp)	1.00
4158	Oil	2.00 tb
4158	Honey; or sugar	1.00 tb
4158	Flour	2.50 c
4158	Ghee; (clarified butter)	0.00
4158	Garnishes *	0.00

Sheet1

4159	All purpose flour	2.00 c
4159	Dry yeast	1.50 ts
4159	Salt	0.25 ts
4159	Water	0.50 c
4160	Flour	4.00 c
4160	Sugar	1.00 tb
4160	Baking powder	1.00 tb
4160	Baking soda	0.25 ts
4160	Salt	0.50 ts
4160	Egg	2.00
4160	Milk	1.00 c
4160	Ghee	4.00 tb
4161	All Purpose Flour	4.00 c
4161	Baking Powder	3.00 ts
4161	Baking Soda	1.50 ts
4161	Sugar	1.00 c
4161	Sour Cream	16.00 oz
4161	Eggs	3.00 ea
4161	Vanilla	1.00 ts
4161	Raisins-as much as you like	1.00 x
4162	Oil	0.00
4162	Flour; unsifted	2.00 c
4162	Baking powder	4.00 ts
4162	Salt	1.00 ts
4162	Water;warm (maybe more)	0.67 c
4162	Cornmeal	0.00
4163	Yellow corn meal	2.00 c
4163	All-purpose flour	1.00 c
4163	Baking powder	1.00 ts
4163	Powdered sage	0.25 ts
4163	Salt	1.50 ts
4163	Butter	4.00 tb
4163	Minced celery	0.25 c
4163	Eggs	2.00 lg
4163	Milk	3.00 c
4164	White corn meal	2.00 c
4164	All-purpose flour	1.00 c
4164	Baking powder	1.00 ts
4164	Salt	1.50 ts
4164	Butter	4.00 tb
4164	Eggs	2.00 lg
4164	Black pepper, fresh ground	0.00
4164	Milk	3.00 c
4164	THE SAUCE -----	0.00 -----
4164	Butter	2.00 tb
4164	All-purpose flour	2.00 tb
4164	Heavy cream	1.50 c
4164	Fontina cheese	0.25 lb
4164	Egg yolks	2.00



Sheet1

4164	Tomato puree	0.50 c
4164	Salt	0.50 ts
4164	Grindings black pepper	2.00
4164	Tabasco (optional)	2.00 ds
4165	Shortening	5.00 tb
4165	Milk	0.75 c
4165	Flour	2.00 c
4165	Baking powder	3.00 ts
4165	Salt	1.00 ts
4166	Wholewheat Flour	13.00 c
4166	Molasses	0.25 c
4166	Salt	3.00 tb
4166	Vegetable oil	3.00 tb
4166	Dry yeast	2.00 tb
4166	Sugar	2.00 ts
4166	Lukewarm water	3.50 c
4167	Hot water	0.75 c
4167	Molasses	0.50 c
4167	Milk	0.25 c
4167	Whole wheat flour	2.00 c
4167	All-purpose flour	1.00 c
4167	Sugar	0.75 c
4167	Baking powder	3.00 tb
4167	Baking soda	1.00 ts
4167	Salt	1.00 ts
4167	Chopped dry roasted pecans	1.50 c
4168	Dry yeast	1.00 tb
4168	Warm water	1.00 c
4168	Salt	1.00 ts
4168	Vegetable oil	2.00 tb
4168	Whole wheat flour	3.00 c
4168	Cornmeal	0.00
4169	Unbleached flour; unsifted	1.50 c
4169	Active dry yeast; or	1.00 pk
4169	Active dry yeast; bulk	1.00 ts
4169	Sugar	3.00 ts
4169	Salt	1.00 ts
4169	Milk	0.75 c
4169	Water	0.50 c
4169	Butter	3.00 ts
4169	Unbleached flour; unsifted	1.00 c
4169	Cheddar; sharp, grated	1.00 c
4169	Butter	0.25 c
4169	Egg yolk; lg	1.00
4169	Milk	1.00 ts
4170	NORA MILL buttermilk cb mix	1.50 c
4170	Egg	1.00
4170	Buttermilk	1.00 c
4170	Liquid shortening	2.00 tb

Sheet1

4171	NORA MILL self-rise cornmeal	1.00 c
4171	Salt	0.50 ts
4171	Sour cream	8.00 oz
4171	Vegetable oil	0.50 c
4171	Eggs, beaten	2.00
4171	Cream style corn	4.00 oz
4172	NORA MILL whole wheat m. mix	2.00 c
4172	Buttermilk (milk is okay)	1.00 c
4172	Eggs	2.00
4172	Melted butter or margarine	0.50
4173	Flour	4.00 c
4173	Baking powder	6.00 ts
4173	Sugar	1.00 c
4173	Nut meats	1.00 c
4173	Salt	1.00 ts
4173	Sweet milk	1.00 c
4173	Eggs	2.00 ea
4174	Ground walnuts	0.50 lb
4174	Sugar	0.75 c
4174	Egg whites	3.00
4174	Melted butter	2.00 tb
4174	Egg	1.00
4175	Flour	2.00 c
4175	Sugar	0.50 c
4175	Nuts	0.50 c
4175	Salt	2.00 ts
4175	Baking powder	2.00 ts
4175	Egg	1.00 ea
4176	MEDIUM LOAF -----	0.00 -----
4176	Water	1.00 c
4176	Egg	1.50
4176	Fruit juice concentrate	1.50 tb
4176	Honey	2.50 tb
4176	Salt (1/4 tsp +)	0.25 ts
4176	Nutmeg (1/3 tsp+)	0.33 ts
4176	Vital gluten (up to 3TBL);	1.50 tb
4176	optional	0.00
4176	Whole wheat flour	3.33 c
4176	Yeast	1.50 ts
4177	Crisco Shortening	0.33 c
4177	Sugar	0.50 c
4177	Egg	1.00
4177	Canned applesause	1.00 c
4177	All-purpose flour	1.75 c
4177	Baking powder	1.00 tb
4177	Baking soda	0.50 ts
4177	Salt	0.50 ts
4177	Cinnamon	0.50 ts
4177	Nutmeg	0.25 ts

Sheet1

4177	Finely chopped nuts	1.00 c
4178	Water	3.50 c
4178	Margarine	0.50 c
4178	Honey	0.50 c
4178	White flour	5.50 c
4178	Rolled oats	4.00 c
4178	Yeast	4.00 pk
4178	Salt	2.00 tb
4178	Eggs	4.00
4178	Wheat germ	0.50 c
4178	Cornmeal	0.50 c
4178	Wheat flour	4.50 c
4179	Quick-cooking Oats	1.00 c
4179	Butter/Sour Milk	1.00 c
4179	Unbleached Flour, Sifted	1.00 c
4179	Baking Powder	1.00 ts
4179	Baking Soda	0.50 ts
4179	Salt	1.00 ts
4179	Butter or Regular Margarine	0.33 c
4179	Brown Sugar, Packed	0.50 c
4179	Large Egg	1.00
4180	Diced Celery	1.00 qt
4180	Poultry Seasoning	2.00 ts
4180	Pepper	0.50 ts
4180	Salt	1.00 tb
4180	Broth, milk or water	2.00 c
4180	Finely chopped onion	1.00 c
4180	Bread cubes, firmly packed	4.00 qt
4181	Flour; all purpose	1.50 c
4181	Salt	0.25 ts
4181	Baking powder	1.00 ts
4181	Butter	0.50 c
4181	Sugar	1.00 c
4181	Eggs	2.00
4181	Milk	0.50 c
4181	Lemon rind; finely grated	2.00 tb
4181	Nuts; chopped	0.50 c
4181	GLAZE -----	0.00 -----
4181	Sugar	2.00 ts
4181	Lemon juice	2.00 tb
4182	Self-raising flour	3.00 c
4182	Salt	1.00 ts
4182	Sugar	2.00 ts
4182	(60 g) Butter	2.00 oz
4182	Milk	1.00 c
4183	Butter or margarine	0.75 c
4183	Sugar	0.50 c
4183	Eggs; large	2.00
4183	Rum	1.00 tb

## Sheet1

4183	Vanilla extract	1.00 ts
4183	Milk	3.00 tb
4183	Cinnamon	0.50 ts
4183	Baking powder	2.00 ts
4183	Flour; unbleached	2.25 c
4183	Almonds; ground	0.25 c
4183	Orange rind; grated	1.00 tb
4183	Raisins; if desired	0.25 c
4184	Eggs	2.00
4184	Buttermilk	1.50 c
4184	Salt	1.00 ts
4184	Soda	0.75 ts
4184	Cornmeal	1.50 c
4184	Lard, melted	3.00 tb
4184	Flour	1.00 c
4185	Grated onion	0.50 c
4185	Salt	1.00 ts
4185	Dry yeast	1.00 tb
4185	Warm water	0.50 c
4185	Unbleached white flour	2.50 c
4185	Vegetable oil	0.25 c
4186	Dry yeast	1.00 tb
4186	Warm water	1.00 c
4186	Wholewheat flour	4.00 c
4186	Olive oil	6.00 tb
4186	Salt	1.00 ts
4186	Bermuda onions, thinly	1.00 lb
4186	- sliced	0.00
4186	Freshly ground black pepper	0.00
4186	Cornmeal	0.00
4187	Unbleached All-Purpose Flour	2.50 c
4187	Whole Wheat Flour	1.00 c
4187	Active Dry Yeast	1.00 pk
4187	Warm Water (110-115 Degrees)	0.33 c
4187	Orange Juice	0.50 c
4187	Water	0.50 c
4187	Butter Or Margarine *	2.00 tb
4187	Env. Onion Soup Mix	1.00
4187	Sugar	1.00 tb
4187	Salt	1.00 ts
4187	Shredded Cheddar Cheese	5.00 oz
4187	Melted Butter Or Margarine	0.00
4188	Orange peels	2.00 ea
4188	Water	1.50 c
4188	Sugar	1.00 c
4188	Egg; well beaten	1.00 ea
4188	Milk	1.00 c
4188	Flour	3.00 c
4188	Baking powder	3.00 ts

Sheet1

4189	Flour	3.00 c
4189	Sugar	2.25 c
4189	Baking powder	1.50 ts
4189	Salt	1.50 ts
4189	Poppy seeds	0.25 c
4189	Eggs	3.00
4189	Sour cream	1.00 c
4189	Vegetable oil	0.50 c
4189	Orange juice	1.50 c
4189	Orange extract	2.00 ts
4190	All Purpose Flour, sifted	2.75 c
4190	Baking Powder	2.50 ts
4190	Salt	0.75 ts
4190	Salad Oil	1.00 tb
4190	Fresh Orange Juice	1.25 c
4190	Sugar	1.00 c
4190	Soda	1.00 ts
4190	Egg	1.00
4190	Vanilla	0.50 ts
4190	Grated Orange Rind	1.00 tb
4190	Nuts, chopped	0.50 c
4190	Riced Cooked Potatoes	0.67 c
4191	(3 ounces) cream cheese	1.00 pk
4191	Firm margarine or butter	0.25 c
4191	Variety baking mix	2.50 c
4191	Orange juice	0.50 c
4191	(8 ounces) Cream cheese, softened	1.00 pk 0.00
4191	Orange marmalade	0.33 c
4191	CHOCOLATE GLAZE -----	0.00 -----
4191	Powdered sugar	0.50 c
4191	Cocoa	2.00 tb
4191	Vanilla	0.25 ts
4191	Milk	3.50 ts
4192	Corn Meal; Yellow	1.00 c
4192	Baking Powder	1.00 tb
4192	Cheddar; Sharp, Shredded	1.00 c
4192	Eggs; Lg, Beaten	2.00
4192	Vegetable Oil	0.50 c
4192	Dairy Sour Cream	1.00 c
4192	Corn; Cream Style, 1 Cn	8.00 oz
4192	Green Chile Peppers; Chopped	4.00 oz
4193	Unbleached Flour	2.00 c
4193	Sugar	1.00 tb
4193	Baking Powder	1.50 ts
4193	Baking Soda	0.50 ts
4193	Sage Leaves, Crumbled	0.50 ts
4193	Chopped Fresh Parsley	0.50 c
4193	Grated Parmesan Cheese	0.25 c

## Sheet1

4193	Butter/Sour Milk	1.25 c
4193	Butter/Margarine, Melted	0.25 c
4193	Large Egg	1.00
4194	Butter, unsalted	3.00 tb
4194	Bread, white, slices	3.00
4194	Parsley, fresh, minced	2.00 tb
4194	Salt	0.00
4195	All purpose flour	2.33 c
4195	(for better pasta, use	0.00
4195	AP flour and	1.33 c
4195	Semolina flour)	1.00 c
4195	Eggs	2.00 lg
4195	Olive oil	1.00 tb
4195	Salt	0.50 ts
4195	Water	0.33 c
4196	Dee Penrod FGGT98B	0.00
4196	Yeast	1.00 pk
4196	Bread flour	2.50 c
4196	Wheat flour	0.50 c
4196	Gluten	1.00 tb
4196	Brown sugar, packed	0.25 c
4196	Salt	1.00 ts
4196	Cinnamon	0.25 ts
4196	Nutmeg	0.25 ts
4196	Baking soda	0.12 ts
4196	Chopped dried peaches	0.33 c
4196	Sliced,canned peaches in	1.00 c
4196	Lite syrup (drained)	0.00
4196	Sour cream	0.33 c
4196	Vanilla	1.00 ts
4196	Margarine	1.00 tb
4196	Peach juice warmed	0.33 c
4197	Flour;all purpose	2.00 c
4197	Brown sugar;lightly packed	0.50 c
4197	Baking powder	1.00 tb
4197	Salt	0.25 ts
4197	Peanut butter	0.50 c
4197	Vegetable oil	2.00 tb
4197	Eggs	2.00
4197	Milk	0.25 c
4197	Bananas;ripe, mashed	2.00
4198	Flour	2.00 c
4198	Peanut butter	0.67 c
4198	Sugar	0.50 c
4198	Milk	1.00 c
4198	Baking powder	3.00 ts
4198	Salt	1.00 ts
4199	Raisins	0.50 c
4199	Rum or 1 tsp rum extract & w	0.25 c

Sheet1

4199	Pears; peeled, sliced, ripe	2.00 c
4199	Sugar	0.50 c
4199	Bread; white, coarsely torn	4.00 c
4199	Milk	3.00 c
4199	Eggs	3.00
4199	Vanilla	1.00 ts
4200	Rye Flour	3.50 c
4200	Unsweetened Cocoa	0.50 c
4200	Sugar	0.25 c
4200	Caraway Seed	3.00 tb
4200	Active Dry Yeast OR	2.00 pk
4200	From A Bulk Jar	2.00 tb
4200	Instant Coffee (Powder Or	1.00 tb
4200	Crystals)	0.00
4200	Salt	2.00 ts
4200	Hot Water (120-130° F.)	2.50 c
4200	Vinegar	0.25 c
4200	Dark (Blackstrap) Molasses	0.25 c
4200	Vegetable Oil Or Melted	0.25 c
4200	Butter	0.00
4200	Unbleached Or Bread Flour	4.50 c
4201	Whole wheat pastry flour	1.75 c
4201	Maple syrup	0.50 c
4201	Baking powder	1.00 ts
4201	Baking soda	0.25 ts
4201	Butter	0.50 c
4201	Ripe bananas, mashed	2.00
4201	Pecans, coarsely chopped	0.50 c
4201	Grated lemon peel	1.00 ts
4201	Eggs, slightly beaten	2.00
4202	Unbleached Flour, Sifted	1.50 c
4202	Sugar	0.25 c
4202	Brown Sugar, Packed	0.25 c
4202	Baking Powder	2.00 ts
4202	Salt	0.50 ts
4202	Ground Cinnamon	0.50 ts
4202	Large Egg, Slightly Beaten	1.00
4202	Vegetable Oil	0.50 c
4202	Milk	0.50 c
4202	Chopped Pecans	0.50 c
4203	Milk; scalded	1.00 c
4203	Sugar	0.25 c
4203	Butter	0.33 c
4203	Yeast cakes	2.00 ea
4203	Brown sugar	0.00
4203	Pecans	0.00
4203	Salt	1.50 ts
4203	Eggs; beaten	2.00 ea
4203	Water; warm	0.50 c

Sheet1

4203	Flour	4.00 c
4204	All purpose flour	2.50 c
4204	Baking powder	1.00 tb
4204	Salt	0.50 ts
4204	Coarse cracked black pepper	1.00 tb
4204	Baking soda	0.50 ts
4204	Shortening	0.75 c
4204	Buttermilk	1.00 c
4205	Water	1.00 c
4205	Olive oil	1.50 tb
4205	Salt	0.33 ts
4205	Sugar	0.67 ts
4205	Oregano	1.25 ts
4205	Garlic powder	0.33 ts
4205	Basil	0.33 ts
4205	Whole wheat flour	1.00 c
4205	Bread flour	2.00 c
4205	Active dry yeast	1.50 ts
4205	AFTER BEEP	0.00
4205	Diced pepperoni	0.75 c
4206	Flour, all purpose	2.50 c
4206	Butter, soft	1.00 lb
4206	Fruit sugar	1.00 c
4206	Sifted rice flour	1.00 c
4206	Belgian chocolate	0.50 lb
4207	Milk	4.00 c
4207	Dry bread cubes,about 3	2.00 c
4207	Slices	0.00
4207	Eggs	2.00
4207	Sugar	0.25 c
4207	Salt	0.50 ts
4207	Nutmeg	0.25 ts
4207	Vanilla	1.00 tb
4207	Raisins	0.50 c
4207	Butter	4.00 tb
4207	Flour	2.00 tb
4207	Rum extract	1.00 ts
4207	Pineapple;crushed,canned	18.00 oz
4207	Sugar;optional	1.00 tb
4208	AMBROSIA SALSA -----	0.00 -----
4208	Strawberries, halved	1.00 c
4208	Sugar	2.00 tb
4208	Flaked coconut, toasted	0.25 c
4208	Pineapple tidbits or chunks	20.00 oz
4208	drained (reserve 3/4	0.00
4208	cup juice)	0.00
4208	TOAST -----	0.00 -----
4208	French or Italian bread,	10.00 oz
4208	sliced in 3/4 inch slices	0.00



Sheet1

4208	(1 loaf)	0.00
4208	Eggs	3.00
4208	Milk	1.50 c
4208	Vanilla extract	1.00 ts
4208	Salt	0.25 ts
4208	Sugar	2.00 tb
4208	Pineapple juice (reserved	0.75 c
4208	from above)	0.00
4208	Butter or margarine	1.00 tb
4209	Butter	0.50 c
4209	Sugar	0.75 c
4209	Eggs; beaten	3.00
4209	Milk	1.00 c
4209	Vanilla	1.00 ts
4209	Pineapple; 14 oz crushed	1.00 cn
4209	Bread cubes;stale or toasted	4.00 c
4209	Whipped cream or vanilla	0.00
4209	Ice cream	0.00
4210	Can crushed pineapple w liq.	20.00 oz
4210	Low fat milk	0.50 c
4210	Packed ital. fr bread 1 in.	5.00 c
4210	Raisins	0.67 c
4210	Brown sugar	0.50 c
4210	Margarine, melted	2.00 tb
4210	Rum	1.00 tb
4210	Vanilla extract	1.00 ts
4210	Cinnamon	0.50 ts
4210	Margarine	1.00 ts
4210	Rum	1.00 tb
4210	Light brown sugar	1.00 tb
4210	Sliced almonds	2.00 tb
4211	Whole wheat flour	1.00 c
4211	Baking powder	1.00 tb
4211	Salt	0.25 ts
4211	Brown sugar	1.50 tb
4211	Egg	1.00
4211	100% all-bran cereal	1.00 c
4211	Skim milk	0.33 c
4211	Vegetable oil	0.25 c
4211	Can crushed pineapple w juic	8.00 oz
4212	Yellow Corn Meal	2.50 c
4212	Soda	1.00 ts
4212	Salt	1.00 ts
4212	Granulated Sugar	2.00 tb
4212	All-Purpose Flour	2.00 tb
4212	Baking Powder	1.00 tb
4212	Egg, beaten	1.00
4212	Buttermilk	2.00 c
4212	Cooking Oil (about)	1.50 c

Sheet1

4213	Bread flour (or more)	5.00 c
4213	Sugar	3.00 tb
4213	Salt	2.00 ts
4213	Dry yeast	2.00 pk
4213	Water	2.00 c
4213	Oil or shortening	0.25 c
4213	Cornmeal	0.00
4214	Wholewheat flour	2.00 lb
4214	Salt	2.00 ts
4214	Dry yeast	0.50 tb
4214	Brown sugar	2.00 ts
4214	Warm water	1.25 pt
4215	Dry yeast	2.00 ts
4215	Lukewarm water	1.00 c
4215	Sugar	1.00 tb
4215	Salt	1.50 ts
4215	Wholewheat flour	3.00 c
4216	Breads (6-inch diameter)	2.00 pn
4216	Sliced mushrooms*	2.00 c
4216	(about 5 ounces)	0.00
4216	Red onion, thinly sliced	1.00 sm
4216	Chopped green bell pepper	0.25 c
4216	Chopped fresh or 2 ts	2.00 tb
4216	Dried basil leaves	0.00
4216	Finely shredded mozzarella	1.00 c
4216	Cheese (4 ounces)	0.00
4216	Grated parmesan	1.00 tb
4216	Cheese	0.00
4217	Warm water	1.00 c
4217	Yeast	1.00 pk
4217	Sugar	1.00 tb
4217	Salt	1.50 ts
4217	Oil	2.00 tb
4217	Flour (2 3/4 - 3 1/4)	3.00 c
4218	Unbleached white flour	3.50 c
4218	Eggs	2.00
4218	Salt	0.50 ts
4218	Margarine (room-temp.)	9.00 oz
4218	Water	4.00 tb
4219	Self-raising flour	8.00 oz
4219	Salt	0.50 ts
4219	Soft margarine	2.00 oz
4219	Castor sugar	10.00 oz
4219	Buttermilk	0.25 pt
4220	SOURDOUGH STARTER:	0.00
4220	Cold water	2.00 c
4220	Rye flour	6.00 c
4220	Active dry yeast	1.00 ts
4220	=====	0.00

Sheet1

4220	BREAD:	0.00
4220	Warm water (105-110 F)	4.00 c
4220	Rye flour	5.50 c
4220	All purpose flour	5.50 c
4220	Salt	2.00 tb
4220	Dry yeast dissolved in 1/4	4.00 pk
4220	cup warm water (105-110F)	0.00
4220	Ground cornmeal	0.25 c
4220	Caraway seeds	2.00 ts
4221	Cranberries; Fresh Or Frozen	2.00 c
4221	Milk	1.00 c
4221	Egg; Lg, Slightly Beaten	1.00
4221	Butter; Melted	0.25 c
4221	Orange Peel; Grated	1.00 tb
4221	Unbleached Flour	2.00 c
4221	Sugar	1.00 c
4221	Baking Powder	1.00 tb
4221	Salt	0.50 ts
4221	Cheddar; Md, Shredded	1.50 c
4221	Walnuts; Coarsely Chopped	0.50 c
4222	Flour, all purpose	1.00 c
4222	Flour, whole wheat	1.00 c
4222	Oatmeal, quick-cooking	1.25 c
4222	Baking powder	1.00 tb
4222	Salt	0.25 ts
4222	Poppy seeds	2.00 ts
4222	Buttermilk	1.50 c
4222	Honey, liquid	0.25 c
4222	Egg	1.00
4222	Butter, melted	1.00 ts
4223	Yeast cake; fresh	1.00 ea
4223	Milk; scalded	2.00 c
4223	Fat	4.00 tb
4223	Sugar	4.00 tb
4223	Salt	1.00 ts
4223	Flour; bread	4.00 c
4224	SMALL LOAF -----	0.00 -----
4224	Milk	0.50 c
4224	Egg	1.00
4224	Margarine or butter	1.00 tb
4224	Sugar	2.25 tb
4224	Salt	0.33 ts
4224	Bread flour	1.50 c
4224	Yeast	1.00 ts
4224	MEDIUM LOAF -----	0.00 -----
4224	Milk	0.67 c
4224	Eggs	1.33
4224	Margarine or butter	1.33 tb
4224	Sugar	3.00 tb

Sheet1

4224	Salt	0.50 ts
4224	Bread flour	2.00 c
4224	Yeast	1.50 ts
4224	LARGE LOAF -----	0.00 -----
4224	Milk	1.00 c
4224	Eggs	2.00
4224	Margarine or butter	2.00 tb
4224	Sugar	0.33 c
4224	Salt	0.75 ts
4224	Bread flour	3.00 c
4224	Yeast	2.50 ts
4225	Potato, peeled, cubed	1.00
4225	Water	2.50 c
4225	Yeast	3.00 tb
4225	Maple syrup, warm	4.00 tb
4225	Butter, melted	1.00 tb
4225	Whole Wheat Pastry Flour	6.00 c
4225	Butter, softened	2.00 tb
4225	Monterey Jack Cheese	0.50 c
4226	Yeast	1.00 pk
4226	Better for Bread flour	3.00 c
4226	Sugar	1.00 tb
4226	Salt	1.00 ts
4226	Onion salt	0.50 ts
4226	Baking soda	0.12 ts
4226	Masbed potato flakes;dry	0.50 c
4226	Instant nonfat dry milk	0.25 c
4226	Cbopped chives; dried	2.00 tb
4226	Egg	1.00
4226	Sour cream	0.50 c
4226	Butter;or margarine	1.00 tb
4226	Very warm water	0.75 c
4227	Yeast; (Saf-Instant)	1.00 tb
4227	Water; Lukewarm (115°)	2.00 c
4227	Sugar	0.25 c
4227	Instant Potatoes	0.50 c
4227	Butter; melted	0.50 c
4227	Flour	3.00 c
4227	Powdered Milk	0.50 c
4227	Salt	1.00 tb
4227	Flour	2.50 c
4228	Active dry yeast (1/4-oz ea)	2.00 pk
4228	Plus 1 ts. sugar, divided	2.00 tb
4228	Warm water	0.50 c
4228	Condensed cream of potato	1.00 cn
4228	soup, undiluted (10 3/4-oz)	0.00
4228	Hot water	1.00 c
4228	Nonfat dry milk powder	0.50 c
4228	Sour cream	0.50 c

Sheet1

4228	Snipped fresh chives	0.50 c
4228	Butter or margarine, melted	2.00 tb
4228	Salt	2.00 ts
4228	Dried tarragon, crushed	1.00 ts
4228	All-purpose flour	6.50 c
4229	Potatoes; mashed	1.00 c
4229	Sugar	1.00 c
4229	Yeast cakes	2.00 ea
4229	Shortening	1.00 c
4229	Eggs	4.00 ea
4229	Salt	0.00
4229	Flour	0.00
4230	Med Potato	4.00
4230	Salt	1.00 tb
4230	Flour, bread	4.00 c
4230	Sugar	2.00 tb
4230	Yeast	1.00 c
4230	Water, lukewarm	0.50 c
4231	Flour; pastry	3.00 c
4231	Corn meal	1.00 c
4231	Baking powder ; heaping	3.00 ts
4231	Baking soda; heaping	1.00 ts
4231	Salt	1.00 tb
4232	Molly's Recipes	0.00
4232	PRETZELS -----	0.00 -----
4232	Yeast	2.50 ts
4232	Flour	4.00 c
4232	Salt	0.67 ts
4232	Sugar	1.33 tb
4232	Margarine; or butter	2.50 tb
4232	Water	1.33 c
4232	WATER FOR 'BATH -----	0.00 -----
4232	water; at a simmer	4.00 c
4232	Baking soda	5.00 ts
4233	Brown sugar	0.50 c
4233	Syrup; maple or molasses	0.25 c
4233	Salt	1.00 ts
4233	Egg	1.00 ea
4233	Sour or buttermilk	2.00 c
4233	Baking soda	2.00 ts
4233	Flour; white	1.00 c
4233	Graham flour	2.00 c
4233	Baking powder	1.00 ts
4233	Shortening; melted	1.00 tb
4234	PROFITEROLES -----	0.00 -----
4234	Margarine or butter	0.50 c
4234	(1 stick)	0.00
4234	Water	1.00 c
4234	Salt	0.12 ts

Sheet1

4234	Flour	1.00 c
4234	Eggs	4.00
4234	Filling (recipe follows)	0.00
4234	FILLING -----	0.00 -----
4234	Heavy cream, whipped	0.50 pt
4234	Unsweetened chocolate	4.00 oz
4234	(4 squares)	0.00
4234	Butter or margarine	6.00 tb
4234	Corn syrup	4.00 tb
4235	Shortening	2.00 tb
4235	Citron	2.00 tb
4235	Prunes; large - covered w/w	10.00 ea
4235	ater/soaked over night	0.00
4235	Flour; white	2.50 c
4235	Brown sugar	0.75 c
4235	Salt	1.00 ts
4235	Baking powder	2.50 ts
4236	Shortening	0.25 c
4236	Sugar; granulated	0.25 c
4236	Brown sugar	0.25 c
4236	Egg	1.00 ea
4236	Flour	2.00 c
4236	Salt	0.50 ts
4236	Baking powder	4.00 ts
4236	Nutmeg	0.25 ts
4236	Milk	1.00 c
4236	Prunes; cooked - well drain	0.75 c
4236	ed; chopped	0.00
4237	Pumpkin, pureed	3.50 c
4237	Butter	1.00 c
4237	Eggs	2.00
4237	Flour	2.50 c
4237	Pastry flour	2.50 c
4237	Baking powder	6.00 ts
4237	Molasses	0.25 c
4237	Cloves	1.00 ts
4237	Nutmeg	2.00 ts
4237	Walnuts, broken	2.00 c
4237	Honey	2.00 c
4237	Cream	1.00 c
4237	Vanilla	4.00 tb
4238	Unbleached Flour, Sifted	1.00 c
4238	Baking Powder	2.00 ts
4238	Salt	0.25 ts
4238	Ground Cinnamon	0.25 ts
4238	Vegetable Shortening	0.25 c
4238	Sugar	0.67 c
4238	Large Egg	1.00
4238	Canned, Mashed Pumpkin	0.50 c

Sheet1

4238	Milk	2.00 tb
4239	Unbleached Flour, Sifted	1.00 c
4239	Baking Powder	2.00 ts
4239	Pumpkin Pie Spice	1.00 ts
4239	Baking Soda	0.25 ts
4239	Salt	0.50 ts
4239	Canned, Mashed, Pumpkin	0.75 c
4239	Brown Sugar, Packed	0.50 c
4239	Large Egg, Slightly Beaten	1.00
4239	Milk	0.25 c
4239	Vegetable Oil	0.25 c
4239	Quick-cooking Oats	1.00 c
4239	Raisins	0.50 c
4239	Crumb Topping	0.00
4240	PUMPKIN ROLL -----	0.00 -----
4240	Eggs, beaten	3.00
4240	Sugar	1.00 c
4240	Canned pumpkin	0.67 c
4240	Lemon juice	1.00 ts
4240	Flour	0.75 c
4240	Baking powder	1.00 ts
4240	Cinnamon	2.00 ts
4240	Ginger	1.00 ts
4240	Nutmeg	0.50 ts
4240	Chopped nuts	0.00
4240	Confectioners' sugar	0.00
4240	Filling (recipe follows)	0.00
4240	FILLING -----	0.00 -----
4240	Confectioners' sugar	0.50 c
4240	Cream cheese	4.00 oz
4240	Butter or margarine	2.00 tb
4240	Vanilla	0.50 ts
4241	Bisquick	2.00 c
4241	Sugar	0.25 c
4241	Cinnamon	1.00 ts
4241	Applesauce	0.50 c
4241	Milk	0.25 c
4241	Egg	0.00
4241	Cooking oil	2.00 tb
4241	TOPPING -----	0.00 -----
4241	Sugar	0.25 c
4241	Cinnamon	0.25 ts
4241	Butter or margarine, melted	2.00 tb
4242	Wheat flour	2.75 c
4242	Soy flour; 2 T	0.50 c
4242	salt	1.25 t
4242	Inst dry milk;less 1 T	0.50 c
4242	Baking powder	2.50 T
4242	Wheat germ	1.00 c

Sheet1

4243	Unbleached Flour	3.75 c
4243	Baking Powder	5.00 ts
4243	Salt	0.50 ts
4243	Butter	0.33 c
4243	Cheddar; Sharp	2.50 c
4243	Milk	1.50 c
4243	Eggs; Lg, Slightly Beaten	2.00
4244	(9.9 ounces) coconut	1.00 pk
4244	Pecan frosting mix (dry)	0.00
4244	Milk	2.00 tb
4244	Margarine or Butter, melted	2.00 tb
4244	Ground cinnamon	1.00 ts
4244	Loaf (about 1 pound) frozen	1.00
4244	Bread dough, thawed	0.00
4244	Powdered sugar	0.00
4245	Dry yeast	1.00 tb
4245	Salt	1.00 ts
4245	Warm water	0.75 c
4245	Garlic cloves, pressed	4.00 lg
4245	White flour	2.50 c
4246	Flour	2.00 c
4246	Baking powder	2.00 ts
4246	Baking soda	0.25 ts
4246	Salt	0.75 ts
4246	Sugar	0.33 c
4246	Raisins	1.00 c
4246	Cereal flakes	2.00 c
4246	Egg	1.00 ea
4246	Buttermilk	1.50 c
4246	Shortening; melted	4.00 tb
4247	Cake flour; sifted	4.00 c
4247	Baking powder	2.00 ts
4247	Salt	0.50 ts
4247	Shortening	0.50 c
4247	Sugar	4.00 tb
4247	Egg; beaten	1.00 ea
4247	Milk	1.00 c
4248	Butter	0.25 c
4248	Sugar	0.25 c
4248	Yeast	2.00 pk
4248	Cinnamon	1.50 ts
4248	Corn syrup	2.00 tb
4248	Milk	1.25 c
4248	Flour	3.25 c
4248	Salt	1.00 ts
4248	Egg	1.00
4248	Brown sugar	1.00 c
4248	Butter	0.75 c
4248	Walnuts	1.00 c



Sheet1

4249	Med Potato	1.00 ea
4249	Yeast	1.00 c
4249	Cinnamon	2.00 ts
4249	Sugar	1.00 c
4249	Butter	1.00 tb
4249	Water	1.00 qt
4249	Water, lukewarm	1.00 c
4249	Cloves	0.50 ts
4249	Raisins	1.00 lb
4249	Flour	1.00 x
4250	Loaf frozen bread dough,thaw	16.00 oz
4250	Butter melted & divided	0.25 c
4250	Sugar	0.50 c
4250	Ground cinnamon	2.00 ts
4250	Raisins	0.33 c
4250	Chopped almonds, toasted	2.00 tb
4250	Grated lemon rind	2.00 ts
4250	Sifted powdered sugar	0.50 c
4250	Lemon juice	2.50 ts
4251	Milk	4.00 c
4251	Day-old bread cubes	5.00 c
4251	Sugar	1.00 c
4251	Eggs, beaten	8.00
4251	Butter or margarine, melted	0.50 c
4251	Chopped dates	0.25 c
4251	Raisins	0.25 c
4251	Vanilla extract	1.00 ts
4251	Ground cinnamon	0.50 ts
4251	Dash salt	0.00 ds
4251	Dash ground nutmeg	0.00 ds
4251	Additional sugar, cinnamon, and nutmeg optional	0.00
4251	Whipped cream, optional	0.00
4252	Unbleached Flour *	6.50 c
4252	Sugar	2.00 T
4252	Hot Water (130 degrees F.)	2.25 c
4252	Active Dry Yeast	2.00 pk
4252	Salt	1.00 T
4252	Butter or Margarine **	0.25 c
4253	All-purpose flour	3.75 c
4253	Active dry yeast	1.00 pk
4253	Sugar	1.00 tb
4253	Butter or margarine,	1.00 tb
4253	Softened	0.00
4253	Salt	1.00 ts
4253	Warm water (120 to 130 Degrees)	1.00 c
4253	Thousand Island salad Dressing	0.25 c
4253		0.00

Sheet1

4253	Thinly sliced corned beef	6.00 oz
4253	Swiss cheese	4.00 oz
4253	Sauerkraut (8 oz.), drained	1.00 cn
4253	Egg white, beaten	1.00
4253	Poppy seeds	0.00
4254	Bread slices	4.00
4254	Butter	3.00 tb
4254	Sugar; granulated	0.50 c
4254	Cinnamon	0.75 ts
4254	Rhubarb; 1" pieces	3.00 c
4255	Brown sugar	1.00 c
4255	Salad oil	0.25 c
4255	Egg	1.00
4255	Vanilla	2.00 ts
4255	Buttermilk;*	1.00 c
4255	Rhubarb; finely diced	1.50 c
4255	Walnut pieces	0.50 c
4255	Flour	2.50 c
4255	Baking powder	1.00 ts
4255	Baking soda	1.00 ts
4255	Salt	0.50 ts
4256	Flour	2.00 c
4256	Sugar	0.75 c
4256	Baking powder	1.50 ts
4256	Baking soda	0.50 ts
4256	Salt	1.00 ts
4256	Chopped pecans	0.75 c
4256	Egg, large	1.00
4256	Vegetable oil	0.25 c
4256	Grated orange peel	2.00 ts
4256	Orange juice	0.75 c
4256	Rhubarb, fresh fine chopped	1.25 c
4257	Margarine or butter	2.00 tb
4257	Stalk celery, chopped	1.00 md
4257	(about 1/2 cup)	0.00
4257	Onion, chopped	1.00 sm
4257	(about 1/4 cup)	0.00
4257	Salt	0.50 ts
4257	Pepper	0.12 ts
4257	Cooked rice	2.00 c
4257	Chopped walnuts	0.50 c
4257	Raisins	0.33 c
4257	Paprika	0.25 ts
4257	Bacon, crisply cooked and	4.00 sl
4257	Crumbled	0.00
4258	Sugar,	0.50 c
4258	Baking powder,	2.00 ts
4258	Salt	0.50 ts
4258	Butter or margarine melted,	0.50 c

Sheet1

4258	Fresh orange juice	0.50 c
4258	Eggs,	2.00
4258	Flour,	1.50 c
4258	Grated rind of 1 orange	0.00
4258	TOPPING -----	0.00 -----
4258	Sugar cubes	0.00
4258	Orange juice	0.00
4259	Yeast; Active Dry	2.00 pk
4259	;Warm Water(110-120 degrees)	0.50 c
4259	Milk; Lukewarm	1.50 c
4259	Sugar	2.00 tb
4259	Salt	1.00 ts
4259	Molasses	0.50 c
4259	Butter	2.00 tb
4259	Rye Flour; Unsifted	3.25 c
4259	Bread Flour; Unsifted	2.50 c
4260	Oats; rolled	1.00 c
4260	Water; boiling	2.00 c
4260	Butter	2.00 tb
4260	Brown sugar	0.50 c
4260	Salt	0.50 ts
4260	Yeast cake	1.00 ea
4260	Water; warm	1.00 c
4260	Flour	4.00 c
4260	Nut meats	1.00 c
4260	Raisins; optional	0.00
4261	Pillsbury Refrigerated*	1.00 cn
4261	Spicy French Dressing	0.50 c
4262	Pillsbury Refrigerated*	1.00 cn
4262	Spicy French Dressing	0.50 c
4263	Eggs	3.00 ea
4263	Sugar	0.67 c
4263	Lard	0.50 c
4263	Milk; sweet	1.00 pt
4263	Water	1.00 pt
4263	Yeast cake	1.00 ea
4263	Flour	0.00
4264	MICHAEL HATALA RJHP21A -----	0.00 -----
4264	FOR 1 -----	0.00 -----
4264	Yeast	1.00 pk
4264	White sugar	1.00 tb
4264	Bread flour	1.50 c
4264	Medium rye flour	1.50 c
4264	Whole wheat flour	0.25 c
4264	Unprocessed bran flakes	0.50 c
4264	Caraway seeds	1.00 tb
4264	Salt	1.00 ts
4264	Instant coffee powder	1.00 ts
4264	Fennel seeds	0.25 ts

Sheet1

4264	HEAT THE FOLLOWING OVER LOW -----	0.00 -----
4264	HEAT; STIRRING FREQUENTLY -----	0.00 -----
4264	TILL CHOCOLATE AND BUTTER -----	0.00 -----
4264	MELT. COOL TO 105 -----	0.00 -----
4264	Plus 2 Tbsp water	1.00 c
4264	Molasses	2.00 tb
4264	Cider vinegar	2.00 tb
4264	Butter	2.00 tb
4264	Unsweetened chocolate	0.50 oz
4265	Yeast; Active Dry	2.00
4265	Warm Water(110-120 degrees)	0.50 c
4265	Cup Milk; Lukewarm	1.50
4265	B Sugar	2.00 tb
4265	Salt	1.00 ts
4265	Molasses	0.50 c
4265	B Butter	2.00 tb
4265	Cup Rye Flour; Unsifted	3.25
4265	Cup Bread Flour; Unsifted	2.50
4267	Yeast	1.00 tb
4267	Sugar	1.00 tb
4267	Warm (105 - 110 degrees)	1.00 c
4267	Water	0.00
4267	Flour (we use a blend of	3.00 c
4267	High-protein unbleached,	0.00
4267	Whole wheat, corn _flour_,	0.00
4267	And oat or rye flours,	0.00
4267	Depending upon the	0.00
4267	Mood/likes of the person	0.00
4267	Doing the making)	0.00
4268	SOLIDS -----	0.00 -----
4268	Sausage,cooked and drained	0.50 lb
4268	Bisquick	1.50 c
4268	Grated Cheddar cheese	4.00 oz
4268	(about 1 cup)	0.00
4268	LIQUIDS -----	0.00 -----
4268	Egg	1.00 lg
4268	Milk	2.00 tb
4268	Salt	0.25 ts
4269	Active dry yeast	1.00 tb
4269	Sugar	2.00 ts
4269	Warm water	0.25 c
4269	All-purpose flour	2.00 c
4269	Olive oil	0.25 c
4269	Water	0.75 c
4269	Minced fresh scallions	0.25 c
4269	Cornmeal to sprinkle on the	0.00
4269	Baking sheet	0.00
4269	Egg lightly beaten with 1	1.00
4269	Tablespoon water and a	0.00

Sheet1

4269	Pinch of salt for the glaze	0.00
4269	Coarse salt for the tops	0.00
4270	All-purpose flour	1.00 lb
4270	Baking powder	0.25 ts
4270	Sugar	0.50 ts
4270	Coarse-grain sea salt	2.00 ts
4270	OR- kosher salt	0.00
4270	Scallions; coarsely chopped	5.00
4270	Vegetable oil (or more)	5.00 tb
4271	Butter or margerine	4.00 tb
4271	Flour	2.50 c
4271	(heaping) baking powder	1.00 tb
4271	Pinch of salt	0.00
4271	(to 1 cup) milk	0.75 c
4272	Plain white household flour	0.25 lb
4272	Bicarbonate of soda	1.00 ts
4272	Cream of tartare	1.50 ts
4272	Caster sugar	1.00 oz
4272	Egg	1.00
4272	Milk or cream	0.25 pt
4273	All-purpose flour	2.00 c
4273	Old-fashioned rolled oats	1.00 c
4273	Sugar	0.50 c
4273	Baking powder	2.50 ts
4273	Baking soda	0.50 ts
4273	Salt	1.00 ts
4273	Egg	1.00
4273	Oil or shortening, melted	3.00 tb
4273	Vanilla extract	0.50 ts
4273	COCA-COLA	1.00 c
4273	Prunes, very well drained	1.00 c
4273	And coarsely chopped *	0.00
4273	Walnuts, chopped	0.50 c
4273	Prune halves (optional)	0.00
4274	Boiling water	2.00 c
4274	Raisins	1.00 c
4274	Baking soda	2.00 ts
4274	Oleo (2 sticks)	1.00 c
4274	Sugar	2.00 c
4274	Eggs	2.00
4274	Vanilla	2.00 ts
4274	Flour	4.00 c
4274	Chopped nuts	0.75 c
4275	Flour, all purpose	2.50 c
4275	Fruit sugar	0.50 c
4275	Butter	0.50 lb
4276	Unbleached Flour; Sifted	1.50 c
4276	Sugar; Granulated, *	0.00
4276	Egg; Large, Separated, **	1.00

Sheet1

4276	Butter; Softened, ***	0.50 c
4277	Plain flour	8.00 oz
4277	Bicarbonate of Soda	0.25 ts
4277	Cream of Tartar	0.50 ts
4277	Salt	0.50 ts
4277	Lard	3.00 oz
4277	Currants	3.00 oz
4277	Milk	0.00
4278	Flour	4.00 c
4278	Sugar	2.00 ts
4278	Baking soda	1.00 ts
4278	Cream of tartar	2.00 ts
4278	salt	1.00 pn
4278	Lard	0.25 c
4278	Margarine	0.25 c
4278	Currants or currants and	1.25 c
4278	sultanas mixed	0.00
4278	Milk;or enough to make	2.00 tb
4278	stiff dough	0.00
4279	Yeast cakes	2.00 ea
4279	Water; lukewarm	0.25 c
4279	Milk	1.25 c
4279	Sugar	3.00 tb
4279	Salt	0.75 ts
4279	Butter	0.25 c
4279	Flour; sifted	5.00 c
4280	Refrigerated Biscuits	1.00 cn
4280	Butter	2.00 tb
4280	Garlic Salt	0.12 ts
4280	Parmesan Cheese	0.33 c
4281	Self-rising corn meal	2.00 c
4281	Sugar	1.00 ts
4281	Salt	0.25 ts
4281	Crackers	1.50 c
4281	Buttermilk	1.50 c
4281	Flour	1.00 tb
4281	Melted butter	2.00 ts
4281	Cracklins	1.50 c
4282	Butter and other shortening,	0.50 c
4282	Egg yolk	2.00
4282	Cream	0.50 c
4282	Yeast	1.00 c
4282	Milk, lukewarm	1.00 c
4282	Egg	2.00
4282	Sugar	3.00 tb
4282	Flour, sifted	2.00 c
4282	Salt	0.50 ts
4283	BREAD -----	0.00 -----
4283	Flour, all purpose	4.00 c

Sheet1

4283	Salt	1.00 ts
4283	Baking soda	1.00 ts
4283	Butter, chilled	0.25 c
4283	Raisins or currants (option)	1.00 c
4283	Honey, liquid	0.50 c
4283	Irish whisky or buttermilk	0.25 c
4283	GLAZE -----	0.00 -----
4283	Irish whisky	2.00 ts
4283	Ilk	2.00
4284	Sugar	1.00 c
4284	Butter or other shortening	0.50 c
4284	Milk, sour	1.00 c
4284	Cinnamon	2.00 ts
4284	Nutmeg	0.25 ts
4284	Soda	1.00 ts
4284	Water, boiling	0.25 c
4284	Molasses	1.00 c
4284	Flour	3.00 c
4284	Ginger	2.00 ts
4284	Cloves	1.00 ts
4284	Egg, well beaten	2.00
4285	Cl Garlic	6.00
4285	Large loaf of italian bread	0.00
4285	Italian olive oil	0.00
4285	Salt and pepper	0.00
4286	Flour	4.00 c
4286	Baking powder	1.00 tb
4286	Sugar	2.00 ts
4286	Salt	1.50 ts
4286	Shortening or lard	0.25 c
4286	Water or more if needed	1.25 c
4287	Active dry yeast	1.00 pk
4287	Warm water (110)	0.25 c
4287	Milk	1.50 c
4287	Lard or shortening	3.00 tb
4287	Salt	1.50 ts
4287	Sugar	2.00 tb
4287	All purpose flour	4.00 c
4287	Whole wheat flour	1.00 c
4287	OIL	1.00
4288	Lean Ground Beef	1.50 lb
4288	Onion; Chopped, 1 Sm	0.25 c
4288	Salt	0.50 ts
4288	Celery; Chopped	0.50 c
4288	Herb Stuffing Cubes; Not Mix	4.00 c
4288	Milk	1.50 c
4288	Eggs; Lg	2.00
4288	Cream Of Mushroom Soup; 1 Cn	10.75 oz
4288	Mustard; Dry	1.00 ts

Sheet1

4288	Cheddar Cheese; Shredded,4oz	1.00 c
4289	Flour	4.00 c
4289	Baking powder	4.00 ts
4289	Salt	1.00 ts
4289	Sour cream	1.00 c
4289	Milk; sour	1.25 c
4289	Soda	1.00 ts
4290	Unsalted butter, softened	0.50 c
4290	Light brown sugar, packed	0.25 c
4290	Egg, beaten lightly	1.00 lg
4290	Sour cream	1.00 c
4290	Dark molasses	0.25 c
4290	Raisins	0.50 c
4290	Flour	1.00 c
4290	Baking soda	1.00 ts
4290	Salt	0.25 ts
4290	Miller's bran	1.00 c
4291	Warm water	0.25 c
4291	Yeast	1.00 tb
4291	Butter	0.25 c
4291	Maple syrup	3.00 tb
4291	Egg	1.00
4291	Sour cream	1.00 c
4291	Whole Wheat Pastry Flour	3.00 c
4292	Batter	2.00 c
4292	Sugar	2.00 tb
4292	Soda	0.12 ts
4292	Melted shortening	0.25 c
4292	Baking powder	3.00 ts
4292	Salt	1.00 ts
4293	Flour; general purpose	2.50 c
4293	Buttermilk	1.00 c
4293	Baking powder	0.50 ts
4293	Shortening; rounded	1.00 tb
4293	Soda	1.00 ts
4293	Salt	1.00 ts
4294	NORMA WRENN NPXR56B -----	0.00 -----
4294	Flour	1.00 c
4294	Baking powder	2.00 tb
4294	Salt	0.25 ts
4294	Baking soda	0.25 ts
4294	Lard	0.33 c
4294	Starter	1.00 c
4295	SMALL LOAF -----	0.00 -----
4295	Starter	0.75 c
4295	Milk	6.00 tb
4295	Butter or margarine	1.25 tb
4295	Sugar	1.33 tb
4295	Salt	2.00 ts



Sheet1

4295	Bread Flour	2.00 c
4295	Yeast	1.00 ts
4295	MEDIUM LOAF -----	0.00 -----
4295	Starter	1.00 c
4295	Milk	0.67 c
4295	Butter or margarine	2.00 tb
4295	Sugar	2.00 tb
4295	Salt	1.00 tb
4295	Bread flour	3.00 c
4295	Yeast	1.50 ts
4295	LARGE LOAF -----	0.00 -----
4295	Starter	1.50 c
4295	Milk	0.75 c
4295	Butter or margarine	2.50 tb
4295	Sugar	2.67 tb
4295	Salt	1.33 tb
4295	Bread flour	4.00 c
4295	Yeast	2.50 ts
4296	Sourdough starter	0.50 c
4296	All purpose flour	1.50 c
4296	Sugar	2.00 c
4296	Powdered cocoa (not instant)	0.75 c
4296	Baking powder	2.00 ts
4296	Baking soda	2.00 ts
4296	Milk	1.00 c
4296	Vegetable oil	0.50 c
4296	Cold coffee	0.75 c
4296	Vanilla	1.00 ts
4297	Active Sourdough Starter	1.00 c
4297	Salt	2.00 t
4297	Shortening	2.00 T
4297	Unbleached Flour	2.50 c
4297	Dry Skim Milk	0.50 c
4297	Sugar	3.00 T
4297	Whole Milk	0.50 c
4297	Baking Soda	1.50 t
4298	SMALL LOAF -----	0.00 -----
4298	Starter	0.67 c
4298	Milk	0.67 c
4298	Egg, optional	0.50
4298	Butter	1.00 tb
4298	Baking soda	0.12 ts
4298	Sugar	1.00 tb
4298	Salt	0.50 ts
4298	Cornmeal	0.67 c
4298	Bread flour	1.33 c
4298	Yeast	1.00 ts
4298	MEDIUM LOAF -----	0.00 -----
4298	Starter	1.00 c

Sheet1

4298	Milk	1.00 c
4298	Egg, optional	1.00
4298	Butter	1.50 tb
4298	Baking soda	0.25 ts
4298	Sugar	1.50 tb
4298	Salt	0.75 ts
4298	Cornmeal	1.00 c
4298	Bread flour	2.00 c
4298	Yeast	1.50 ts
4298	LARGE LOAF -----	0.00 -----
4298	Starter	1.33 c
4298	Milk	1.33 c
4298	Egg, optional	1.50
4298	Butter	2.00 tb
4298	Baking soda	0.50 ts
4298	Sugar	2.00 tb
4298	Salt	1.00 ts
4298	Cornmeal	1.33 c
4298	Bread flour	2.67 c
4298	Yeast	2.50 ts
4299	Water, warm	0.50 c
4299	Sourdough starter	1.00 c
4299	White vinegar	1.00 tb
4299	Salt	3.00 ts
4299	Dry instant potatoes	0.25 c
4299	Sifted flour (up to 4 3/4)	4.50 c
4299	Dry yeast	1.00 pk
4300	Active Dry Yeast	1.00 pk
4300	Warm Water	1.00 c
4300	Salt	1.00 ts
4300	Sourdough Starter	0.67 c
4300	Honey	0.50 c
4300	Shortening	1.50 tb
4300	Whole Wheat Flour	4.00 c
4301	SMALL LOAF -----	0.00 -----
4301	Starter	0.50 c
4301	Milk	0.75 c
4301	Butter	1.00 tb
4301	Sugar	2.00 ts
4301	Salt	1.00 ts
4301	Oats	0.50 c
4301	Bread flour	1.50 c
4301	Yeast	1.00 ts
4301	MEDIUM LOAF -----	0.00 -----
4301	Starter	0.75 c
4301	Milk	1.00 c
4301	Butter	1.50 tb
4301	Sugar	1.00 tb
4301	Salt	1.50 ts

Sheet1

4301	Oats	0.75 c
4301	Bread flour	2.25 c
4301	Yeast	1.50 ts
4301	LARGE LOAF -----	0.00 -----
4301	Starter	1.00 c
4301	Milk	1.50 c
4301	Butter	2.00 tb
4301	Sugar	1.33 tb
4301	Salt	2.00 ts
4301	Oats	1.00 c
4301	Bread flour	3.00 c
4301	Yeast	2.50 ts
4302	SMALL LOAF -----	0.00 -----
4302	Starter	0.50 c
4302	Water/milk	0.50 c
4302	Diced onion	0.25 c
4302	Fruit juice concentrate	1.00 tb
4302	Molasses/honey	2.00 tb
4302	Salt	0.50 ts
4302	Anise/caraway (optional)	2.00 ts
4302	(or 2 tb) vital gluten	1.00 tb
4302	Rye flour	0.50 c
4302	Whole wheat flour	2.00 c
4302	Yeast	1.00 ts
4302	MEDIUM LOAF -----	0.00 -----
4302	Starter	0.75 c
4302	Water/milk	0.75 c
4302	Diced onion	0.33 c
4302	Fruit juice concentrate	1.50 tb
4302	Molasses/honey	3.00 tb
4302	Salt	0.75 ts
4302	Anise/caraway (optional)	1.00 tb
4302	(to 3 tb) Vital gluten	1.50 tb
4302	Rye flour	0.75 c
4302	Whole wheat flour	3.00 c
4302	Yeast	1.50 ts
4302	LARGE LOAF -----	0.00 -----
4302	Starter	1.00 c
4302	Water/milk	1.00 c
4302	Diced onion	0.50 c
4302	Fruit juice concentrate	2.00 tb
4302	Molasses/honey	0.25 c
4302	Salt	1.00 ts
4302	Anise/caraway (optional)	1.33 tb
4302	(to 4 tb) Vital gluten	2.00 tb
4302	Rye flour	1.00 c
4302	Whole wheat flour	4.00 c
4302	Yeast	2.00 ts
4303	Sourdough starter	1.00 c

Sheet1

4303	Warm milk 90 to 100 f	1.00 c
4303	Melted margarine	0.33 c
4303	All purpose flour, and	0.50 c
4303	Whole wheat flour, and	0.50 c
4303	Rolled oats;-- or	0.50 c
4303	All purpose flour	1.50 c
4303	Separated fresh eggs	2.00
4303	Baking soda	0.50 ts
4303	Baking powder	1.00 ts
4303	No-salt (or salt)	0.50 ts
4303	Salad oil	1.00 tb
4304	DONNA G BM COOKBOOK III -----	0.00 -----
4304	posted by Gaye Levy DTXT63A	0.00
4304	Sourdough starter	1.12 c
4304	Water	0.50 c
4304	Sugar	1.25 ts
4304	Salt	0.75 ts
4304	Bread flour	2.25 c
4304	Yeast	1.50 ts
4305	Orange juice	1.00 c
4305	Packed brown sugar	0.75 c
4305	Cinnamon	0.50 ts
4305	Raisins	0.75 c
4305	Lightly packed 1-inch cubes	5.00 c
4305	French bread (about 6 oz.)	0.00
4305	Monterey Jack cheese,	6.00 oz
4305	Shredded (about 2 1/2 cups)	0.00
4305	Toasted almonds	0.50 c
4305	Lightly sweetened whipped	0.00
4305	Cream, light cream, or ice	0.00
4305	Cream	0.00
4306	All-purpose flour	2.50 c
4306	Sugar	0.25 c
4306	Baking powder	1.50 tb
4306	Salt	0.25 ts
4306	Plus 2 Tbsp unsalted butter	0.25 lb
4306	Cold milk	1.00 c
4307	DRESSING -----	0.00 -----
4307	Southern Cornbread	0.00
4307	Margarine	1.00 tb
4307	Onions, chopped	1.25 c
4307	Celery, chopped	1.25 c
4307	Water	2.00 tb
4307	Poultry seasoning	1.25 ts
4307	Rubbed sage	1.00 ts
4307	Salt	0.25 ts
4307	Pepper	0.25 ts
4307	White bread, cubed (about 6	3.00 c
4307	slices)	0.00

Sheet1

4307	Low sodium chicken broth	2.50 c
4307	Fresh parsley, finely choppd	0.33 c
4307	Egg	1.00
4307	Vegetable spray	0.00
4307	CORNBREAD -----	0.00 -----
4307	All-purpose flour	1.00 c
4307	Yellow cornmeal	0.75 c
4307	Baking Powder	2.00 ts
4307	Sugar	2.00 ts
4307	Salt	0.12 ts
4307	Skim milk	1.00 c
4307	Apple sauce	2.00 tb
4307	Egg, Beaten	1.00
4307	Vegetable Cooking spray	0.00
4308	Flour	1.00 c
4308	Corn meal	1.00 c
4308	Graham flour	1.00 c
4308	Brown sugar	1.00 c
4308	Salt	1.00 ts
4308	Baking powder	5.00 ts
4308	Egg	1.00 ea
4308	Milk	2.00 c
4308	Butter; melted	3.00 tb
4309	Scalded milk	1.50 c
4309	Corn meal	0.50 c
4309	Salt	0.50 ts
4309	Butter	1.00 tb
4309	Flour	2.00 tb
4309	Baking powder	1.00 ts
4309	Egg	1.00 ea
4310	Active dry yeast	2.50 ts
4310	Bread flour	0.75 c
4310	Whole wheat flour	2.67 c
4310	Wheat bran	3.00 tb
4310	Dried rosemary	1.00 tb
4310	Vegetable oil	0.25 c
4310	Honey	0.25 c
4310	PLUS 2 tablespoons Water	1.00 c
4311	Water	0.25 c
4311	Yeast	1.00
4311	Nutmeg	0.50 ts
4311	Flour	2.00 c
4311	Cinnamon	0.50 ts
4311	Salt	0.50 ts
4311	Softened margarine	1.00 ts
4311	Eggs	2.00
4311	Pecans or walnuts, chopped	0.50 c
4311	Sugar	0.50 c
4311	Powdered sugar	1.50 c

Sheet1

4311	Softened margarine	0.25 c
4311	Vanilla	0.50 ts
4311	Milk, about	1.00 tb
4312	Yeast	1.00 ts
4312	Flour, bread	2.50 c
4312	Sugar, brown	2.00 tb
4312	Salt	0.50 tb
4312	Pumpkin pie spice	1.00 tb
4312	Pumpkin	1.00 c
4312	Oil	3.00 tb
4312	Eggs	2.00
4312	Water	0.25 c
4313	Raisins	1.00 c
4313	Applesauce	1.00 c
4313	Baking soda	1.00 ts
4313	Cloves; ground	0.12 ts
4313	Sugar	1.00 c
4313	Vanilla	1.00 ts
4313	Water	0.50 c
4313	Unbleached flour; sifted	1.50 c
4313	Cinnamon; ground	0.50 ts
4313	Butter or regular margarine	0.50 c
4313	Egg; lg	1.00 ea
4313	Walnuts; chopped	0.50 c
4314	Unbleached Flour, Sifted	2.00 c
4314	Sugar	0.50 c
4314	Baking Powder	3.00 ts
4314	Salt	1.00 ts
4314	Pumpkin Pie Spice	2.00 ts
4314	Quick-cooking Oats	0.50 c
4314	Chopped Dried Apricots	1.00 c
4314	Chopped Walnuts	0.50 c
4314	Large Eggs, Slightly Beaten	2.00
4314	Milk	1.33 c
4314	Vegetable Oil	0.25 c
4315	Green chili, chopped	1.00 lg
4315	Chorizo, coarsely chopped	1.00 lb
4315	(or other spicy sausage)	0.00
4315	Onion, chopped	1.00 lg
4315	Butter	3.00 tb
4315	Eggs	3.00
4315	Sour cream	1.00 c
4315	Cornmeal	1.50 c
4315	Whole wheat pastry flour	0.50 c
4315	Baking soda	1.00 ts
4315	Baking powder	1.00 ts
4315	Soy sauce	0.50 ts
4315	Maple syrup	0.50 c
4315	Milk	1.00 c

Sheet1

4315	Monterey Jack, grated	1.00 c
4315	Ears of fresh cooked corn	3.00
4315	Kernels only	0.00
4316	FOR THE PANCAKES -----	0.00 -----
4316	Buckwheat flour	2.00 oz
4316	Plain white flour	2.00 oz
4316	Eggs	2.00
4316	Butter; melted	2.00 tb
4316	Milk	0.25 pt
4316	Water	0.25 pt
4316	FOR THE FILLING -----	0.00 -----
4316	Fresh spinach	2.00 lb
4316	Onion	1.00 lg
4316	Stilton cheese	3.00 oz
4316	Walnut pieces	2.00 oz
4316	Butter	0.00
4316	Garlic sliver	1.00
4316	FOR THE SAUCE -----	0.00 -----
4316	Butter	1.00 oz
4316	Plain white flour	1.00 oz
4316	Stock	0.50 pt
4316	Double cream	0.25 pt
4316	Freshly grated Parmesan	2.00 tb
4316	(heaped) Dijon mustard	1.00 ts
4317	Milk	2.00 c
4317	Salt	1.00 ts
4317	Corn meal	0.50 c
4317	Eggs separated	3.00 ea
4317	Butter	2.00 tb
4317	Baking powder	0.50 ts
4318	Active dry yeast	2.50 ts
4318	Warm (105-110F) water	1.00 c
4318	Eggs	2.00
4318	Olive oil	2.00 tb
4318	Flour	3.25 c
4318	Salt	1.50 ts
4318	Black pepper	0.50 ts
4318	Fresh Parmesan cheese	1.00 c
4318	Minced prosciutto	2.00 c
4318	Cornmeal for dusting	0.00
4319	All-purpose flour	1.50 c
4319	Whole-wheat flour	0.50 c
4319	Bran	0.25 c
4319	Baking powder	2.00 ts
4319	Baking soda	0.50 ts
4319	Salt	1.00 ts
4319	Cinnamon	2.00 ts
4319	Brown sugar	0.25 c
4319	Butter, unsalted; chilled	0.50 c

Sheet1

4319	Egg	1.00
4319	Buttermilk	0.67 c
4319	Chopped dates	0.67 c
4320	Graham flour	2.00 c
4320	Flour; white	0.50 c
4320	Milk; sour	1.00 c
4320	Milk; sweet	0.50 c
4320	Sugar	0.50 c
4320	Molasses; w. o.	2.00 tb
4320	Salt	0.50 ts
4320	Baking soda	2.00 ts
4320	Raisins	0.50 c
4321	Milk	1.00 c
4321	Soft bread crumbs	3.00 c
4321	Shortening, melted	0.50 c
4321	Molasses	0.50 c
4321	All-purpose flour*	1.00 c
4321	Chopped raisins	0.50 c
4321	Finely chopped citron	0.50 c
4321	Ground cinnamon	2.00 ts
4321	Baking soda	1.00 ts
4321	Salt	0.50 ts
4321	Ground allspice	0.25 ts
4321	Ground cloves	0.25 ts
4321	AMBER SAUCE -----	0.00 -----
4321	Packed brown sugar	1.00 c
4321	Light corn syrup	0.50 c
4321	Half-and-half	0.50 c
4321	Butter or margarine	0.25 c
4321	SHERRIED HARD SAUCE -----	0.00 -----
4321	Margarine or butter, softene	0.50 c
4321	Powdered sugar	1.00 c
4321	Sherry or brandy	1.00 tb
4322	Chopped candied citron	0.50 c
4322	Chopped candied angelica	0.25 c
4322	Golden raisins	0.50 c
4322	:Boiling water	0.00
4322	Butter	8.00 tb
4322	Dry yeast	2.00 pk
4322	Milk; warmed	1.00 c
4322	Salt	1.00 ts
4322	Eggs; slightly beaten	2.00
4322	Granulated sugar	0.67 c
4322	Mace	0.50 ts
4322	Ground cardamom	0.25 ts
4322	All-purpose flour (about)	5.50 c
4322	Chopped blanched almonds	0.75 c
4322	Confectioners' sugar	2.00 tb
4323	Potato, mashed	0.50 c



Sheet1

4323	Butter and other shortening,	0.50 c
4323	Flour	3.50 c
4323	Egg, well beaten	2.00
4323	Flour	1.50 c
4323	Flour	1.00 c
4323	Egg yolk, well beaten	1.00
4323	Potato water	0.50 c
4323	Sugar	0.50 c
4323	Yeast	1.00 c
4323	Water, lukewarm	0.50 c
4323	Sugar	0.50 c
4323	Sugar	0.50 c
4324	Cheddar; Sharp, Shredded	16.00 oz
4324	Green Olives; Stuffed, *	8.00 oz
4324	Green Bell Peppers; Md	2.00
4324	French Rolls; Large	12.00
4324	Tomato Sauce; *	6.00 oz
4324	Onion; Md.	1.00
4325	Vegetable Shortening	4.00 tb
4325	Unbleached Flour	1.33 c
4325	Salt	0.50 ts
4325	Milk	0.67 c
4325	Water	0.67 c
4325	Eggs; Lg	4.00
4325	Cheddar; Sharp, Shredded	0.50 c
4326	Active Dry Yeast	2.00 tb
4326	Lukewarm Water (105 to 110 degrees)	0.50 c 0.00
4326	Milk, scalded	0.50 c
4326	Sugar	0.25 c
4326	Salt	0.50 ts
4326	Vegetable Oil	0.25 c
4326	Egg	1.00
4326	To 4 c Flour	3.50
4326	Ground Cardamom	1.00 ts
4326	Raisins, dark or golden	0.50 c
4327	Corn meal	2.00 c
4327	Milk	1.50 c
4327	Shortening; melted	4.00 tb
4327	Salt	1.00 ts
4327	Flour; white	1.00 c
4327	Eggs; well beaten	2.00 ea
4327	Sugar	2.00 tb
4327	Baking powder	3.00 tb
4328	Flour	1.00 c
4328	Sweet potatos, cooked/mashed	1.00 c
4328	Salt	0.00
4328	(to 3) baking powder	2.50 ts
4328	Sugar (or more, to taste)	3.00 tb

Sheet1

4328	Shortening	0.25 c
4329	Chili Colorado	0.75 c
4329	Frozen whole kernel corn,	10.00 oz
4329	Thawed	0.00
4329	Hominy, drained	1.00 cn
4329	Vegetable shortening	0.75 c
4329	Salt	2.00 ts
4329	Baking powder	2.00 ts
4329	White cornmeal	2.50 c
4330	Active dry yeast (1 T.)	1.00 pk
4330	Warm water	0.25 c
4330	Olive oil; vegetable oil	3.00 tb
4330	may be substituted	0.00
4330	Sugar	2.00 tb
4330	Salt	2.00 ts
4330	Fresh tarragon, chopped or	2.00 tb
4330	1 t. dried tarragon	0.00
4330	Warm water	2.50 c
4330	Unbleached flour	6.50 c
4330	(all purpose may be used)	0.00
4330	may use up to 7 c. flour	0.00
4331	Butter or margarine,	0.50 c
4331	softened	0.00
4331	Pkg. cream cheese, softened	3.00 oz
4331	Flour	1.00 c
4331	FILLING -----	0.00 -----
4331	Butter, melted	1.00 ts
4331	Brown sugar	0.75 c
4331	Or 2 sm eggs	1.00 lg
4331	Vanilla	1.00 ts
4331	Chopped pecans	0.50 c
4332	White flour	3.00 c
4332	Baking powder	4.00 ts
4332	Sugar	0.25 c
4332	Salt	1.00 ts
4332	Shortening	0.67 c
4332	Water	2.00 c
4333	Butter; creamed	0.50 c
4333	Sugar	2.00 tb
4333	Milk; sweet (1/2 c. cream i	1.00 c
4333	s better)	0.00
4333	Egg; unbeaten	1.00 ea
4333	Baking powder	2.00 ts
4333	Raisins; or currants	1.00 c
4333	Flour	1.33 c
4334	Flour, all purpose	2.00 c
4334	Sugar	1.00 tb
4334	Baking powder	0.50 ts
4334	Baking soda	0.50 ts

Sheet1

4334	Salt	0.25 ts
4334	Butter, chilled	0.33 c
4334	Egg	1.00
4334	Buttermilk	0.50 c
4334	Vanilla	1.00 ts
4335	Plain white household flour	0.50 lb
4335	Baking powder	0.50 ts
4335	Ground cinnamon	1.50 ts
4335	Runny honey	0.25 lb
4335	Runny honey	1.00 tb
4335	Butter	0.25 lb
4335	Caster sugar	0.25 lb
4335	Eggs	2.00 lg
4335	Milk (or double this amount)	1.00 tb
4336	Plain cornmeal	1.50 c
4336	Baking powder	3.00 ts
4336	8-oz.carton sour cream	1.00
4336	Corn oil	0.67 c
4336	Cream style corn	1.00 c
4336	Green pepper chopped	0.25 c
4336	Onion, chopped	0.50 c
4336	Eggs beaten	2.00
4336	Cheddar cheese, grated	1.00 c
4337	Bacon drippings or oil	0.25 c
4337	Yellow cornmeal	1.00 c
4337	All-purpose flour	1.00 c
4337	Salt	0.50 ts
4337	Baking powder	1.00 ts
4337	Baking soda	1.00 ts
4337	Sugar (optional)	1.00 tb
4337	Buttermilk	1.00 c
4337	Eggs, slightly beaten	2.00
4338	Rice	1.00 c
4338	Oysters	36.00
4338	French bread loaf	1.00
4338	Butter, seasoning	1.00
4339	Butter, softened	0.50 c
4339	Finely chopped shelled	4.00 tb
4339	Natural pistachios,	0.00
4339	Divided	0.00
4339	Lemon or lime juice	1.00 tb
4339	Oregano, crushed, and	0.50 ts
4339	Pepper	0.50 ts
4339	Dash garlic powder	0.00
4339	Loaf French bread	1.00
4340	Quick-cooking Rolled Oats	0.25 c
4340	Unbleached Flour	0.50 c
4340	Sugar	2.00 tb
4340	Baking Powder	0.50 ts

## Sheet1

4340	Dash Ground Cinnamon	0.00
4340	Large Beaten Egg Yolk	1.00
4340	Cooking Oil	2.00 tb
4340	Milk	2.00 tb
4340	Broken Walnuts, Toasted	0.25 c
4340	Raisins	2.00 tb
4340	Unbleached Flour	2.00 ts
4340	Brown Sugar	1.00 ts
4340	Butter or Margarine	1.00 ts
4341	Hot milk	1.25 c
4341	Eggs	3.00 ea
4341	Oil	2.00 tb
4342	Eggs	3.00
4342	Granulated sugar	1.00 c
4342	Water	0.33 c
4342	Vanilla	1.00 ts
4342	All-purpose flour* or	0.75 c
4342	1 cup Cake flour	0.00
4342	Baking powder	1.00 ts
4342	Salt	0.25 ts
4342	Powdered sugar	0.00
4342	Apricot preserves	0.25 c
4342	Mint jelly	0.25 c
4342	Strawberry or raspberry jell	0.25 c
4343	French bread, sliced 1/2"	6.00 oz
4343	Thick	0.00
4343	Medium bananas, sliced	3.00
4343	Flaked or shredded coconut	0.50 c
4343	Fresh lemon juice	1.00 tb
4343	Eggs	4.00
4343	Packed brown sugar	0.33 c
4343	Half-and-half	1.50 c
4343	Milk	1.00 c
4343	Vanilla	1.00 ts
4343	Powdered sugar	0.00
4343	Banana slices	0.00
4344	Garlic Puree(2 Roasted Head)	0.00
4344	Unsalted Butter, Softened	0.25 lb
4344	(2 pk) Dry yeast	2.00 tb
4344	Warm Water (115-120 degrees)	0.50 c
4344	Warm Water	2.50 c
4344	Kosher Salt	2.00 tb
4344	Whole Wheat Flour	3.25 c
4344	Unbleached All Purpose Flour	3.25 c
4344	Cornmeal	0.00
4345	Fresh yeast; -=OR=-	1.00 oz
4345	Instant dry yeast granules	2.00 pk
4345	Warm water (125F)	1.25 c
4345	Unbleached white flour	2.25 c

Sheet1

4345	Whole wheat flour	0.25 c
4346	Active dry yeast	1.00 pk
4346	Milk; lukewarm	0.75 c
4346	Eggs; beaten	3.00
4346	Grated orange rind	1.50 ts
4346	Caster sugar	0.75 c
4346	Plain flour	4.50 c
4346	Salt	0.25 ts
4346	Ground cinnamon	0.50 ts
4346	Ground masticha	0.25 ts
4346	Butter; melted	0.50 c
4346	Egg; for glazing	1.00
4346	Blanched split almonds	0.00
4347	Egg	1.00 ea
4347	Sugar	1.00 c
4347	Milk	1.00 c
4347	Salt	1.00 ts
4347	Baking powder	3.00 ts
4347	Flour	3.00 c
4347	Walnuts	0.33 c
4348	Raisins	3.00 c
4348	Shortening	0.25 c
4348	Sugar	2.00 c
4348	Salt	2.00 ts
4348	Walnuts; chopped	1.00 c
4348	Water	3.00 c
4348	Unbleached flour; sifted	5.50 c
4348	Baking soda	4.00 ts
4348	Eggs; lg, slightly beaten	2.00 ea
4349	Softened butter	1.00 c
4349	Icing sugar	0.75 c
4349	Vanilla	1.00 ts
4349	Chopped walnuts	1.50 c
4349	Large walnut pieces	12.00
4350	Sifted all-purpose flour	3.00 c
4350	Butter	1.00 tb
4350	Baking powder	2.00 ts
4350	(to 1c) Warm milk	0.75 c
4350	Salt	1.00 ts
4350	Melted butter	2.00 tb
4350	Sugar	1.00 ts
4350	Fat for deep frying	0.00
4351	Whole-Wheat Flour	2.50 c
4351	Wheat Germ	1.50 c
4351	Brown Sugar	0.33 c
4351	Salt	0.50 ts
4351	Raisins; Mixed Dark & Light	1.00 c
4351	Baking Soda	2.00 ts
4351	Buttermilk	1.88 c

Sheet1

4351	Molasses	0.33 c
4352	Self-raising flour	1.00 lb
4352	Butter	2.00 oz
4352	Sugar	4.00 oz
4352	Sultanas and raisins	4.00 oz
4352	Eggs	2.00
4352	Water	0.33 pt
4353	Buttermilk	1.00 c
4353	Bread flour	1.50 c
4353	Oatbran	0.50 c
4353	Whole wheat flour	0.50 c
4353	Salt	1.00 ts
4353	Brown sugar	2.00 tb
4353	Butter	1.00 tb
4353	Active dry yeast	1.50 ts
4354	Flour, whole wheat	3.00 c
4354	Flour, all purpose	1.00 c
4354	Baking soda	1.00 ts
4354	Salt	0.50 ts
4354	Nutmeg, grated	0.50 ts
4354	Buttermilk	2.00 c
4354	Orange rind, grated	1.00 ts
4355	Flour	2.00 c
4355	Baking powder	3.00 ts
4355	Salt	0.75 ts
4355	Heavy cream; whipped	1.00 c
4356	Milk	1.00 pt
4356	Lard	2.00 tb
4356	Sugar	1.00 tb
4356	Salt	1.00 tb
4356	Flour	0.00
4357	Flour; sifted	1.00 c
4357	Baking powder	3.50 ts
4357	Sugar	3.00 tb
4357	Salt	0.25 ts
4357	Milk	0.75 c
4357	Whole bran	1.00 c
4357	Egg; well beaten	1.00 ea
4357	Fat; melted	3.00 tb
4358	Butter	0.50 c
4358	Sugar	1.00 c
4358	Eggs, slightly beaten	2.00 ea
4358	Mashed bananas (3 medium)	1.00 c
4358	Flour	1.00 c
4358	Salt	0.50 ts
4358	Soda	1.00 ts
4358	Whole wheat flour	1.00 c
4358	Hot water	0.33 c
4358	Chopped walnuts	0.50 c

Sheet1

4359	Whole wheat flour	8.00 c
4359	Honey-molasses	4.00 tb
4359	Wheat germ	3.00 tb
4359	Very warm water	3.50 c
4359	Soya flour	3.00 tb
4359	Corn oil	3.00 c
4359	Yeast	3.00 pk
4359	Salt	2.00 tb
4360	Water	0.67 c
4360	Yeast	3.00 pk
4360	Sugar	1.00 tb
4360	Scalded Milk	8.00 c
4360	Shortening	0.67 c
4360	Sugar	1.00 c
4360	Molasses	0.50 c
4360	Salt	2.00 tb
4360	Whole Wheat Flour	12.00 c
4361	Water	0.67 c
4361	Yeast	3.00 pk
4361	Sugar	1.00 tb
4361	Scalded Milk	8.00 c
4361	Shortening	0.67 c
4361	Sugar	1.00 c
4361	Molasses	0.50 c
4361	Salt	2.00 tb
4361	Whole Wheat Flour	12.00 c
4362	Yeast, dry	2.50 ts
4362	Flour, bread	2.25 c
4362	Flour, whole wheat	0.75 c
4362	Salt	1.50 ts
4362	Sugar	1.50 tb
4362	Milk, dry skim	1.50 tb
4362	Shortening or sweet butter	4.50 ts
4362	Plus 1 T lukewarm water	1.25 c
4363	Yeast	2.00 tb
4363	Water, warm	0.75 c
4363	Whole wheat pastry flour	1.75 c
4363	Water	0.50 c
4363	Honey	1.50 tb
4363	Butter, 1/2" pieces	2.00 c
4363	Egg	1.00
4363	Water	1.00 tb
4364	Flour; pastry	2.00 c
4364	Flour; whole wheat	1.00 c
4364	Sugar	0.75 c
4364	Baking powder	2.00 tb
4364	Salt	1.00 ts
4364	Egg; slightly beaten	1.00 ea
4364	Mincemeat; dry	2.00 c

Sheet1

4365	Whole wheat flour	1.00 c
4365	Flour	1.00 c
4365	Baking powder	4.00 t
4365	Salt	0.50 t
4365	Lt brown sugar	0.75 c
4365	Chopped walnuts	0.75 c
4365	Raisins	0.75 c
4365	Milk	1.00 c
4365	Eggs, beaten	2.00 ea
4365	Melted vegetable shortening	0.67 c
4366	Warm water	1.50 c
4366	Veg. oil	2.00 tb
4366	Honey	3.00 tb
4366	Salt	1.00 tb
4366	Whole wheat flour	2.50 c
4366	Gluten flour (opt.)	2.00 tb
4366	White all-purpose flour	1.00 c
4366	(enough to make a satiny	0.00
4366	Dough)	0.00
4366	Yeast	1.00 ts
4366	Cornmeal for shaping surface	0.00
4367	Sugar	3.00 tb
4367	Eggs	2.00
4367	Flour	1.00 c
4367	Whole wheat flour	1.00 c
4367	Baking powder	2.00 ts
4367	Cinnamon	1.50 ts
4367	Baking soda	1.00 ts
4367	Nutmeg	0.50 ts
4367	Salt	0.50 ts
4367	Margarine	0.33 c
4367	Milk	0.50 c
4367	Raisins	0.50 c
4368	Unbleached All-Purpose Flour	1.50 c
4368	Whole Wheat Flour	1.50 c
4368	Baking Powder	0.25 ts
4368	Warm Water (110 F)	1.00 c
4368	Vegetable Oil	2.00 ts
4368	Salt	0.25 ts
4369	Strong white bread flour	0.50 lb
4369	Easy-blend yeast	1.00 ts
4369	Salt	0.50 ts
4369	Melted lard	0.50 oz
4369	Warm water (or milk & water)	0.25 pt
4369	TO FINISH -----	0.00 -----
4369	Pure pork lard; diced	0.25 lb
4369	Lard for greasing the pan	0.00
4369	Cinnamon	0.00
4369	Allspice	0.00



Sheet1

4369	Demerara sugar	0.00
4369	MIX TOGETHER THE FOLLOWING -----	0.00 -----
4369	Sultanas; chopped	1.00 oz
4369	Raisins; chopped	1.00 oz
4369	Currents; chopped	1.00 oz
4369	Chopped candied peel	1.00 oz
4370	Maple syrup	0.50 c
4370	Dry yeast	2.00 tb
4370	Whole wheat pastry flour	9.00 c
4370	Apple juice	2.00 c
4370	Butter	1.00 c
4370	Egg, separated	1.00
4370	Eggs	2.00
4370	Grated lemon peel	1.00 tb
4370	Almond extract	1.00 ts
4370	Sliced almonds	0.25 c
4370	FLOUR WILL BE USED IN 4 PART -----	0.00 -----
4370	Whole wht pastry flour (1)	2.50 c
4370	Whole wht pastry flour (2)	2.00 c
4370	Whole wht pastry flour (3)	3.25 c
4370	Whole wht pastry flour (4)	0.75 c
4371	Yellow cornmeal	1.25 c
4371	All-purpose flour	1.25 c
4371	Sugar	0.25 c
4371	Salt	0.75 ts
4371	Baking powder	4.00 ts
4371	Milk	1.50 c
4371	Shortening, softened	0.25 c
4371	Egg	1.00
4372	Flour	2.00 c
4372	Yellow cornmeal	1.00 c
4372	Baking powder	1.00 tb
4372	Salt	0.75 ts
4372	Eggs	2.00
4372	Light brown sugar	0.25 c
4372	Milk	1.00 c
4372	Maple syrup	0.33 c
4372	Stick butter, melted	0.75
4373	Raisins	1.50 c
4373	Potatoes; peeled (1 lb)	2.00
4373	Milk	1.00 c
4373	Butter	0.75 c
4373	Sugar, granulated; approx	0.50 c
4373	Cinnamon	3.00 tb
4373	Salt	2.00 ts
4373	Nutmeg	1.00 ts
4373	Cloves; ground	0.25 ts
4373	Active dry yeast; or 1 Tbsp	1.00 pk
4373	15 ml	0.00

Sheet1

4373	Eggs; well beaten	2.00
4373	Flour,all purpose	5.00 c
4373	Egg white; lightly beaten	1.00
4374	Slices stale bread	10.00
4374	Eggs, beaten	3.00
4374	Sugar	2.00 c
4374	Oleo	0.50 c
4374	Raisins	1.00 c
4374	Pecan pieces	1.00 c
4374	(16 oz) fruit cocktail/juice	1.00 cn
4374	Pet milk (12 oz)	1.00 cn
4374	Water	1.00 c
4374	Vanilla butternut flavouring	2.00 tb
4375	Milk	1.00 c
4375	Granulated sugar	0.25 c
4375	Salt	1.00 tb
4375	Shortening	0.25 c
4375	Water	0.75 c
4375	Cornmeal	1.00 c
4375	Sugar	1.00 ts
4375	Water, lukewarm	0.50 c
4375	Dry yeast	1.00 tb
4375	All-purpose flour	3.00 c
4375	All-Purpose flour	3.00 c
4376	Eggs	2.00
4376	Flour	1.50 c
4376	Salt, pinch	0.00
4376	Milk	0.00
4376	Beef fat	2.00 tb
4377	Shortening	0.50 c
4377	Brown sugar	1.00 c
4377	Milk; sour	1.00 c
4377	Flour	2.00 c
4377	Baking soda	1.00 ts
4377	Nut meats; chopped	0.50 c
4377	Salt	0.50 ts
4377	Cinnamon	1.00 ts
4377	Nutmeg	1.00 ts
4377	Cloves	0.50 ts
4377	Raisins; chopped	1.00 c
4378	Eggs	3.00
4378	Oil	1.00 c
4378	Shreaded raw zucchini	2.00 c
4378	Sugar	1.75 c
4378	Baking powder	0.25 ts
4378	Baking soda	2.00 ts
4378	Cinnamon	2.00 ts
4378	Salt	1.00 ts
4378	Vanilla	2.00 ts

Sheet1

4378	Chopped nuts	1.00 c
4378	Flour	2.00 c
4379	Boiling water	1.25 c
4379	Agar-agar, cut in pieces	0.50 c
4379	Evaporated milk	1.00 c
4379	Sugar	0.33 c
4379	Almond extract	1.00 tb
4379	Hot water	2.00 c
4379	Mandarin oranges	1.00 c
4380	Ricotta cheese	1.00 c
4380	Evaporated milk	1.00 c
4380	Eggs; beaten	3.00
4380	Sugar	0.75 c
4380	Almond extract	0.50 ts
4380	Cinnamon or nutmeg	0.00
4380	Lemon juice	1.00 tb
4380	Almonds; thin sliced	1.00 tb
4381	Egg	2.00
4381	Flour	0.75 c
4381	Almond, sliced	0.75 c
4381	Lemon extract	0.50 ts
4381	Lemon, juice of	0.50
4381	Sugar	0.50 c
4381	Baking powder	0.50 ts
4381	Water, ice	2.00 tb
4381	*or:	0.00
4381	Sugar	2.00 tb
4382	Apple; unpeeled, thin sliced	4.00
4382	Banana; peeled, thin sliced	3.00
4382	Pear; unpeeled, thin sliced	3.00
4382	Pineapple; fresh (with tops)	2.00
4382	Strawberry; halved, -tops	2.00
4382	Grape; halved, seeded	1.50 lb
4382	Kumquat	1.00 pt
4382	Whipping cream	1.50 c
4382	Powdered sugar; sifted	1.50 c
4382	Vanilla	4.00 ts
4382	Almond extract	0.25 ts
4382	Ice; finely crushed	2.00 qt
4382	Almonds; toasted & slivered	0.75 c
4382	Fresh orange juice	0.75 c
4382	Kirsch	0.25 c
4383	Milk	2.50 qt
4383	Flour	10.00 tb
4383	Sugar	3.75 c
4383	Egg yolks	4.00 ea
4383	Cream; heavy	2.00 c
4383	Vanilla	4.00 ts
4384	Angel food cake	1.00 ea

Sheet1

4384	Pineapple; diced	1.00 c
4384	Cocoanut	1.00 c
4384	Or	0.00
4384	Cherries	1.00 c
4384	Or	0.00
4384	Strawberries	1.00 c
4384	Double cream; whipped	1.00 c
4384	Marshmallows; cut	0.50 lb
4384	Pecan meats; salted	1.00 c
4385	Home-candied angelica	2.00 oz
4385	Shortcrust pastry *	1.00
4385	Butter	1.50 oz
4385	Honey	1.50 tb
4385	Curd cheese	0.50 c
4385	Egg yolk; mixed with:	1.00
4385	Milk	1.00 ts
4385	Egg white	1.00
4386	Egg whites	3.00
4386	Cream of tartar	0.12 ts
4386	Sugar	0.50 c
4386	Ground anise seeds	1.50 ts
4388	Eggs; separated	4.00
4388	Powered sugar; sifted	1.75 c
4388	Pinch salt	0.00
4388	Flour, all purpose	2.00 c
4388	Baking powder	0.25 ts
4388	Aniseed; ground	2.00 ts
4389	Apples,tart,sliced,peeled	4.00 c
4389	Water	0.50 c
4389	Flour	0.75 c
4389	Sugar or brown sugar	1.00 c
4389	Cinnamon	1.00 ts
4389	Butter	0.50 c
4389	Salt	0.25 ts
4389	Cream or whipped cream	0.00
4390	CAKE -----	0.00 -----
4390	Yeast; Dry, Active	1.00 pk
4390	Salt	0.50 ts
4390	Sugar	4.00 tb
4390	Flour; Unbleached, Unsifted	2.00 c
4390	Butter or Margarine	0.25 c
4390	Milk	0.50 c
4390	Egg; Large	1.00
4390	FILLING -----	0.00 -----
4390	Apples; Tart, Sliced	3.00 c
4390	Lemon Juice	1.00 tb
4390	Cinnamon	1.00 ts
4390	Sugar	0.75 c
4390	Flour; Unbleached	2.00 tb

Sheet1

4390	Cream Cheese; Softened	8.00 oz
4390	Egg; Large	1.00
4391	Apples; Tart, Sliced	6.00 c
4391	Raisins	0.75 c
4391	Lemon Rind; Grated	1.00 tb
4391	Sugar	0.75 c
4391	Cinnamon	2.00 ts
4391	Almonds; Ground	0.75 c
4391	Fillo Leaves; 1/2 Box, Thawed	8.00 oz
4391	Butter;(No Margarine),Melted	1.75 c
4391	Bread Crumbs; Finely Crushed	1.00 c
4392	CAKE -----	0.00 -----
4392	Yeast; dry, active	1.00 pk
4392	Salt	0.50 ts
4392	Sugar	4.00 tb
4392	Flour; unbleached, unsifted	2.00 c
4392	Butter or margarine	0.25 c
4392	Milk	0.50 c
4392	Egg; large	1.00
4392	FILLING -----	0.00 -----
4392	Apples; tart, sliced	3.00 c
4392	Lemon juice	1.00 tb
4392	Cinnamon	1.00 ts
4392	Sugar	0.75 c
4392	Flour; unbleached	2.00 tb
4392	Cream cheese; softened	8.00 oz
4392	Egg; large	1.00
4393	DOUGH -----	0.00 -----
4393	Baking soda	0.25 ts
4393	Unsalted butter; softened	8.00 tb
4393	Sugar	1.25 c
4393	Large egg	1.00
4393	Vanilla extract	1.50 ts
4393	Sifted all-purpose flour	2.50 c
4393	Salt	0.50 ts
4393	FILLING -----	0.00 -----
4393	Apple butter	0.67 c
4393	Lemon juice	1.00 tb
4393	Grated zest of 1 lemon	0.00
4393	Finely chopped walnuts	0.25 c
4393	Confectioners' sugar	0.00
4393	for dusting	0.00
4394	Golden Delicious apples	6.00
4394	Granny Smith apples	6.00
4394	Unsalted butter	2.00 tb
4394	Sugar	6.00 tb
4394	Cinnamon	0.50 ts
4394	Nut Mixture:	0.00
4394	Walnuts, chopped	2.50 c

Sheet1

4394	Sugar	0.50 c
4394	Grated lemon peel	0.50 ts
4394	Cinnamon	0.50 ts
4394	Sheets phyllo dough	24.00
4394	Unsalted butter, melted	0.50 c
4394	Plain dry bread crumbs	2.00 tb
4394	Honey	2.00 tb
4395	MAIN INGREDIENTS:	0.00
4395	All-purpose flour	1.00 c
4395	Salt	0.25 ts
4395	Ground cinnamon	0.50 ts
4395	Ground nutmeg	0.25 ts
4395	Sugar	0.75 c
4395	(1 stick) unsalted butter, chilled, cut into 1/2" piec	8.00 tb
4395	Slices firm-textured bread; crusts removed	4.00
4395	Raisins	0.00
4395	Granny Smith apples; peeled, cored, and cut into 1/2-inc pieces (about 1-1/2 pounds)	1.00 c
4395	RUM WHIPPED CREAM:	3.00
4395	Heavy cream	0.00
4395	Sugar	1.00 c
4395	Dark rum	2.00 tb
4396	Butter	0.50 c
4396	Sugar	0.50 c
4396	Egg; Lg	1.00
4396	Vanilla	1.00 ts
4396	Unbleached Flour	1.50 c
4396	Baking Soda	0.50 ts
4396	Cinnamon; Ground	0.50 ts
4396	Salt	0.50 ts
4396	Cheddar; Sharp, Shredded	6.00 oz
4396	Apples; Cored,Peeled,Chopped	1.50 c
4396	Nuts; Chopped	0.25 c
4397	Peanut Oil	0.00
4397	Wonton Skins	1.00 pk
4397	Apples; Md, *	2.00
4397	Cheddar; Sharp, Cubed	10.00 oz
4397	GARNISHES -----	0.00 -----
4397	Brown Sugar	0.50 c
4397	Cinnamon; Ground	2.00 tb
4398	CRESCENT -----	0.00 -----
4398	Yeast	1.00 tb
4398	Milk, body temperature	0.50 c
4398	Butter	0.50 c
4398	Maple syrup	0.12 c
4398	Egg	1.00

Sheet1

4398	Lemon rind	1.00 ts
4398	Whole wheat pastry flour	2.00 c
4398	FILLING -----	0.00 -----
4398	Diced green apples	1.00 c
4398	Dates, diced	0.33 c
4398	Butter	0.25 c
4399	Apples, sliced and peeled	5.00 x
4399	Brown Sugar	1.00 c
4399	Quaker Oats	0.75 c
4399	Flour	0.75 c
4399	Cinnamon	1.00 ts
4399	Nutmeg	1.00 ts
4399	Stick Butter, softened	1.00
4399	Apple Juice, or water	0.25 c
4400	Apples, peeled, cored,sliced	4.00 c
4400	Lemon juice	1.00 tb
4400	Butter or margarine	2.00 tb
4400	Rolled oats	0.75 c
4400	Brown sugar	2.00 tb
4400	Chopped nuts	2.00 tb
4400	Cinnamon	0.25 ts
4401	Apples,tart,sliced,peeled	4.00 c
4401	Water	0.50 c
4401	Flour	0.75 c
4401	Sugar or brown sugar	1.00 c
4401	Cinnamon	1.00 ts
4401	Butter	0.50 c
4401	Salt	0.25 ts
4401	Cream or whipped cream	0.00
4402	Apples, sliced and peeled	5.00 x
4402	Brown Sugar	1.00 c
4402	Quaker Oats	0.75 c
4402	Flour	0.75 c
4402	Cinnamon	1.00 ts
4402	Nutmeg	1.00 ts
4402	Stick Butter, softened	1.00 ea
4402	Apple Juice, or water	0.25 c
4403	Sifted Flour	2.00 c
4403	Baking Powder	2.00 ts
4403	Salt	1.00 ts
4403	Shortening	6.00 tb
4403	Cold Milk	0.50 c
4403	Med Apples, pared & cored	6.00 x
4403	Sugar	0.50 c
4403	Cinnamon	2.00 ts
4404	Flour	1.00 c
4404	Baking Powder	1.00 ts
4404	Cinnamon	0.25 ts
4404	Eggs	2.00 x

Sheet1

4404	Milk	0.50 c
4404	Apples, chopped	2.00 x
4405	Brown Sugar	0.50 c
4405	Chopped Walnuts	0.25 c
4405	Raisins	0.25 c
4405	Apples, sliced	3.00 c
4405	Butter, softened	0.25 c
4405	Sugar	0.67 c
4405	Egg, beaten	0.00
4405	Baking Powder	4.00 ts
4405	Salt	0.50 ts
4405	Milk	1.00 c
4405	Flour	2.25 c
4406	Eggs, separated	3.00 x
4406	Sour cream	3.00 tb
4406	Peeled Apple, finely chopped	0.00
4406	Flour	3.00 tb
4406	Baking Powder	1.00 ts
4406	Cinnamon	0.50 ts
4407	Granny Smith Apples	3.00
4407	Ripe pears	3.00
4407	Lemon juice	1.00 tb
4407	Slices whole wheat bread	5.00
4407	Melted butter	0.25 c
4407	Granulated sugar	1.00 tb
4407	Firmly packed brown sugar	0.67 c
4407	Grated lemon peel	0.50 ts
4407	Cinnamon	0.25 ts
4407	Nutmeg	0.12 ts
4408	Applesauce	3.00 pt
4408	Egg white	1.00 ea
4408	Milk; whole	3.00 pt
4408	Lemons	3.00 ea
4408	Sugar	1.50 c
4409	Butter or margarine	0.50 c
4409	Sugar	1.00 c
4409	Egg	0.00
4409	Flour	1.00 c
4409	Baking Powder	0.50 ts
4409	Salt	0.25 ts
4409	Apples. peeled and chopped	2.00 x
4409	Chopped Nuts	0.50 c
4410	Unsalted Butter or margarine	0.75 c
4410	Flour	2.00 c
4410	Sugar	0.25 c
4410	Sour Cream	3.00 tb
4410	Grated Lemon Rind	0.50 ts
4410	Egg yolk for wash	0.00
4410	Confectioners Sugar (opt)	1.00 ds



Sheet1

4410	FILLING -----	0.00 -----
4410	Med Apples, peeled *	4.00 x
4410	Raisins	1.00 tb
4410	Sugar	0.50 c
4411	Puff pastry dough	1.50 lb
4411	Cooking apples (like	6.00 lg
4411	Newton, Pippin,	0.00
4411	Granny Smith)	0.00
4411	Butter	4.50 tb
4411	Sugar	0.33 c
4411	Calvados	3.00 tb
4411	Egg, lightly beaten	1.00
4411	Caramel sauce:	0.25 c
4411	Sugar	1.00 c
4411	Whipping cream	0.75 c
4411	Unsalted butter, cut in	3.00 tb
4411	Small pieces	0.00
4411	Caramel ice cream:	0.00
4411	Egg yolks	8.00
4411	Sugar	0.67 c
4411	(see part 2 for more)	0.00
4412	Milk	2.00 c
4412	Whipping cream	2.00 c
4412	Vanilla bean, split	1.00
4412	Caramel sauce	1.00 c
4413	Unbleached Flour	2.25 c
4413	Salt	0.25 ts
4413	Vegetable Shortening	0.67 c
4413	Cheddar; Sharp, Shredded	6.00 oz
4413	Water	0.00
4413	Brown Sugar; Firmly Packed	0.75 c
4413	Cinnamon; Ground	1.00 ts
4413	Apples; Pared And Cored	6.00
4413	Butter	0.25 c
4414	Applesauce	4.00 c
4414	Lemon Juice	1.00 tb
4414	Egg Yolks	4.00 x
4414	Egg Whites	4.00 x
4414	Sugar	8.00 tb
4414	Vanilla	0.50 ts
4414	Grated rind of 1 lemon	0.00
4415	Package dried apricots,	6.00 oz
4415	Finely chopped	0.00
4415	Package flaked coconut	14.00 oz
4415	Sweetened condensed milk	14.00 cn
4415	Package white coating	12.00 oz
4415	Chocolate for dipping	0.00
4416	Apricots; juice - mashed pu	2.00 cn
4416	lp	0.00

Sheet1

4416	Oranges; juice	2.00 ea
4416	Sugar	2.00 c
4416	Water	4.00 c
4416	Lemon; juice	1.00 ea
4417	Apricots; large can	1.00 cn
4417	Sugar	1.00 c
4417	Water	0.50 c
4417	Juice; of one lemon	1.00 ea
4417	Whipped cream	1.00 pt
4418	Apricots; sliced, divided	2.50 c
4418	Dark brown sugar	2.00 ts
4418	Orange peel; grated	0.25 ts
4418	Vanilla or raspberry nonfat	2.00 c
4418	frozen yogurt	0.00
4418	Raspberries, optional	0.00
4418	Slivered orange peel, opt.	0.00
4419	Low fat milk	1.50 c
4419	Whole wheat flour	0.75 c
4419	Eggs	3.00
4419	Butter or margarine	2.00 tb
4419	Cinnamon	0.25 ts
4419	Oil	0.00
4419	Orange juice	1.50 c
4419	Cornstarch	2.00 tb
4419	Seedless raisins	0.50 c
4419	Chopped walnuts	0.50 c
4419	(16 oz) apricot halves,	1.00 cn
4419	Drained	0.00
4419	Vanilla yogurt	0.00
4420	Egg	4.00
4420	Flour	1.50 c
4420	Cinnamon	1.00 ts
4420	Raisins	0.75 c
4420	Wine	0.75 c
4420	Coffee	0.75 c
4420	Brown sugar	1.00 lb
4420	Baking powder	1.00 ts
4420	Cloves	0.50 ts
4420	Nuts, chopped	0.75 c
4421	Bisquick drop biscuits	0.00
4421	French vanilla ice cream	0.00
4421	Fresh sliced strawberries	0.00
4421	Fresh whipped cream	0.00
4422	Butter, softened	0.50 c
4422	Peanut butter, smooth	0.75 c
4422	Sugar	1.50 c
4422	Eggs, beaten	2.00
4422	Vanilla	1.25 ts
4422	Flour, sifted	3.00 c

Sheet1

4422	Baking powder	1.00 ts
4422	Salt	0.50 ts
4422	Milk	0.67 c
4422	Baby Ruth bars, 1.9oz, cutup	5.00
4423	Butter, cold	0.25 c
4423	Salt	1.00 pn
4423	Flour, all-purpose	1.33 c
4423	Nutmeg	1.00 pn
4423	Egg	1.00
4423	Sugar for sprinkling	0.00
4423	Sugar	5.00 oz
4424	Baking Apples (ex. Rome)	4.00 x
4424	Brown Sugar	0.50 c
4424	Powdered Cloves	0.50 ts
4424	Cinnamon	0.50 ts
4424	Honey	0.50 c
4424	Water	0.50 c
4425	Sugar	2.00 c
4425	Flour	0.50 c
4425	Cocoa	0.50 c
4425	Eggs; beaten	4.00
4425	Butter; melted	1.00 c
4425	Vanilla	1.00 ts
4425	Nuts; chopped (almonds or w	1.00 c
4426	Yellow Cornmeal	0.50 c
4426	Hot Milk	4.00 c
4426	Maple Or Maple Flavor Syrup	0.50 c
4426	Light Molasses	0.25 c
4426	Eggs, Slightly Beaten	2.00
4426	Butter Or Margarine, Melted	2.00 tb
4426	Brown Sugar, Packed	0.33 c
4426	Salt	1.00 ts
4426	Cinnamon	0.25 ts
4426	Ginger	0.75 ts
4426	Cold Milk	0.50 c
4427	Eggs	2.00
4427	All-purpose flour	0.50 c
4427	Milk	0.50 c
4427	Almond or vanilla extract	0.25 ts
4427	Unsalted butter	0.25 lb
4427	Orange marmalade	6.00 tb
4427	=OR=- any citrus marmalade	0.00
4427	Confectioners' sugar	2.00 tb
4428	Walnuts (16 oz), chop fine	4.50 c
4428	Sugar	0.50 c
4428	Ground cinnamon	1.00 ts
4428	Phyllo sheets	1.00 lb
4428	Unsalted butter, melted	1.00 c
4428	Honey	1.00 c

Sheet1

4434	Phyllo dough sheets	1.00 lb
4434	Unsalted butter; melted	0.75 c
4434	Chopped pistachio nuts, opt.	0.50 c
4434	NUT FILLING -----	0.00 -----
4434	Egg whites	2.00
4434	Caster sugar	0.50 c
4434	Coarsely ground walnuts	2.00 c
4434	Coarsely ground almonds	2.00 c
4434	Rose water	1.00 ts
4434	ALTAR SYRUP -----	0.00 -----
4434	Granulated sugar	2.00 c
4434	Water	1.50 c
4434	Lemon juice	1.00 ts
4434	Orange flower water	1.00 ts
4434	Rose water	1.00 ts
4435	PATTI -----	0.00 -----
4435	Milk	2.00 c
4435	Whipping cream	2.00 c
4435	Eggs; beaten	2.00
4435	Sugar	1.25 c
4435	Bananas, extra ripe; peeled	2.00 md
4435	Vanilla	0.50 ts
4435	Salt	0.25 ts
4435	Ground nutmeg	0.12 ts
4436	PATTI -----	0.00 -----
4436	Bananas, ripe; peel, mashed	2.00
4436	Chocolate sandwich cookies;	10.00
4436	finely chopped	0.00
4436	Vanilla ice cream	1.00 qt
4436	Chocolate syrup	0.25 c
4436	Additional chocolate syrup	0.00
4436	Banana slices	0.00
4436	Maraschino cherries	0.00
4437	Sugar	2.50 c
4437	All-purpose flour	0.50 c
4437	Cornstarch	0.25 c
4437	Milk	7.00 c
4437	Egg yolks, beaten	4.00
4437	Butter, softened	0.25 c
4437	Vanilla extract	1.00 ts
4437	(12-oz) vanilla wafers	1.00 pk
4437	Med bananas, peeled & sliced	9.00
4438	Package chocolate cake mix	18.50 oz
4438	Mashed bananas, ripe	0.33 c
4438	Egg	1.00
4438	Water	2.00 tb
4438	Semisweet chocolate pieces	6.00 oz
4439	Bananas, extra ripe; peeled	3.00 md
4439	Eggs; clean, uncracked	4.00

Sheet1

4439	Whipping cream	2.00 c
4439	Half & half	1.00 c
4439	Sugar	1.00 c
4439	Chocolate syrup	0.50 c
4439	Instant coffee crystals	2.00 tb
4439	Vanilla	2.00 ts
4439	Ground cinnamon	0.25 ts
4439	Salt	0.12 ts
4440	Ripe bananas	2.00
4440	Self-raising flour	100.00 g
4440	Castor sugar	0.50 ts
4440	Lemon juice	0.50 ts
4440	Castor sugar	100.00 g
4440	Cinnamon	1.00 ts
4440	Oil for frying	1.00 c
4440	Strawberry or raspberry jam	0.00
4441	Semisweet Chocolate	2.00 oz
4441	Light Corn Syrup	0.25 c
4441	Sweetened Condensed Milk	0.25 c
4441	Vanilla	0.25 ts
4441	Ice Cream	0.00
4441	Unsalted, Roasted Peanuts	2.00 tb
4441	Small Bananas, Quartered	2.00
4442	Flour, all purpose	1.00 c
4442	Coca, unsweetened	0.33 c
4442	Nonfat dry milk powder	0.25 c
4442	Baking soda	0.25 ts
4442	Salt	0.25 ts
4442	Large very ripe banana	1.00
4442	Sugar	1.00 c
4442	Large egg whites	2.00
4442	Buttermilk	0.25 c
4442	Vanilla	1.00 ts
4443	Bananas	5.00 md
4443	Margarine or butter	1.00 tb
4443	Orange juice	0.33 c
4443	Lemon juice	1.00 tb
4443	Brown sugar, packed	3.00 tb
4443	Shredded coconut	0.67 c
4444	Bananas, ripe but not soft	2.00
4444	Butter	0.00
4444	Brown sugar	3.00 tb
4444	Rum, dark	0.00
4445	Firm Bananas	4.00
4445	Beer Batter	2.00 c
4445	Oil For Deep-Frying	0.00
4445	Lemon, Juice of	0.50
4445	Honey	0.50 c
4445	Vanilla Ice Cream or	1.00 pt

Sheet1

4445	Flavored Whipped Cream	1.00 c
4446	Cooked beef, cut into 1/2"	2.00 c
4446	Pieces	0.00
4446	Chopped onion, saluted in	0.50 c
4446	Butter	0.00
4446	Cooked carrots, cut in	1.00 c
4446	Chunks	0.00
4446	Cooked potatoes, cut in	1.00 c
4446	Chunks	0.00
4446	Beef gravy	1.00 c
4446	Butter	0.25 c
4446	Flour	1.50 c
4446	Grated Cheddar cheese	1.00 c
4446	Dried minced onion	1.00 tb
4446	Sugar	1.00 tb
4446	Baking powder	2.00 ts
4446	Salt	1.00 ts
4446	Milk	1.50 c
4447	Gelatin; unflavored	2.00 pk
4447	;water, cold	0.50 c
4447	Sugar	9.00 tb
4447	Cornstarch	1.00 tb
4447	Eggs; large, beaten	2.00
4447	Milk; scalded	1.50 c
4447	Ice cream; vanilla	1.00 c
4447	Vanilla	1.00 ts
4447	Cream; heavy, whipped	1.00 c
4448	Strawberries; Fresh	1.00 qt
4448	Sugar	0.75 c
4448	Gelatin; Unflavored,(1 env.)	1.00 tb
4448	;Water, Cold	0.50 c
4448	Lemon Juice	2.00 ts
4448	Cream; Heavy, Whipped	1.00 c
4449	Gelatin; Unflavored	2.00 pk
4449	;Water, Cold	0.50 c
4449	Sugar	9.00 tb
4449	Cornstarch	1.00 tb
4449	Eggs; Large, Beaten	2.00
4449	Milk; Scalded	1.50 c
4449	Ice Cream; Vanilla	1.00 c
4449	Vanilla	1.00 ts
4449	Cream; Heavy, Whipped	1.00 c
4450	Egg whites	2.00
4450	Sugar	0.50 c
4450	Vinegar	0.50 ts
4450	Vanilla	0.50 ts
4450	Chocolate chips	1.00 c
4450	Chopped walnuts or pecans	0.75 c
4451	Ground beef	1.25 lb

Sheet1

4451	Cinnamon	0.33 tb
4451	Chopped green bell pepper	0.25
4451	8oz tomato sauce & mushrooms	1.00 cn
4451	8 oz. cut green beans	1.00 cn
4451	Garlic salt	0.25 ts
4451	8 oz. can crescent rolls	1.00 cn
4451	Egg,slightly beaten	1.00
4451	Shredded Cheddar cheese	2.00 c
4452	CRUST -----	0.00 -----
4452	Shortbread; See Recipe	0.00
4452	TART -----	0.00 -----
4452	Cream Cheese	0.50 lb
4452	Confectioners' Sugar	3.00 tb
4452	Lemon Juice	1.00 ts
4452	Eggs; Large	2.00
4452	Heavy Cream	0.67 c
4453	Cantaloupe, very ripe	1.00 lg
4453	Lemon; juice of	1.00
4453	Sweet cream base #1	0.00
4454	Ripe peaches; finely chopped	2.00 c
4454	Sugar	1.25 c
4454	Juice of lemon	0.50
4454	Eggs	2.00 lg
4454	Heavy or whipping cream	2.00 c
4454	Milk	1.00 c
4455	Heath Bars	4.00
4455	Eggs	2.00 lg
4455	Sugar	0.75 c
4455	Heavy or whipping cream	2.00 c
4455	Whole milk	1.00 c
4455	Vanilla	2.00 ts
4456	Ripe kiwis	6.00
4456	Sugar	1.00 c
4456	Sugar	1.00 tb
4456	Eggs	2.00 lg
4456	Heavy or whipping cream	2.00 c
4457	White chocolate; chop coarse	0.25 c
4457	Semisweet chocoate; chop	0.25 c
4457	Pecan halves; chopped	0.25 c
4457	Walnuts; chop coarse	0.25 c
4457	Chocolate covered almonds;	0.25 c
4457	cut in half	0.00
4457	Unsweetened chocolate	4.00 oz
4457	Milk	1.00 c
4457	Eggs	2.00 lg
4457	Sugar	1.00 c
4457	Heavy or whipping cream	1.00 c
4457	Vanilla extract	1.00 ts
4457	Salt	1.00 pn

Sheet1

4458	Orange juice concentrate;	0.33 c
4458	thawed	0.00
4458	Vanilla	2.00 ts
4458	Sweet cream base	0.00
4459	Oreo's; coarsely chopped	0.67 c
4459	Eggs	2.00 lg
4459	Sugar	0.75 c
4459	Heavy or whipping cream	2.00 c
4459	Milk	1.00 c
4459	Peppermint extract	2.00 ts
4460	Ripe plums; peeled, chopped	1.00 c
4460	Sugar	0.25 c
4460	Sweet cream Base	0.00
4461	Fresh raspberries	1.00 pt
4461	Sugar	1.50 c
4461	Lemon; juice of	0.50
4461	Eggs	2.00 lg
4461	Heavy or whipping cream	2.00 c
4461	Milk	1.00 c
4462	Eggs	2.00 lg
4462	Sugar	0.75 c
4462	Heavy or whipping cream	2.00 c
4462	Milk	1.00 c
4463	Heavy or whipping cream	2.00 c
4463	Sugar	0.75 c
4463	Half & half	0.67 c
4464	Light cream	2.00 c
4464	Sweetened condensed milk;	1.00 c
4464	cold	0.00
4465	Unsweetened chocolate	4.00 oz
4465	Milk	1.00 c
4465	Eggs	2.00 lg
4465	Sugar	1.00 c
4465	Heavy or whipping cream	1.00 c
4465	Vanilla	1.00 ts
4465	Salt	1.00 pn
4466	Strawberries; halved	2.00 c
4466	Champagne; chilled or spark	0.50 c
4466	Nutmeg hearts; see recipe	0.00
4466	Sugar	1.00 tb
4466	Creme de cassis	1.00 tb
4467	Boysenberries	2.00 pt
4467	Blueberries	0.50 pt
4467	Raspberries	0.50 pt
4467	Sugar	0.33 c
4467	Flour, or up to:	1.00 tb
4467	Flour	1.50 tb
4467	COBBLER DOUGH -----	0.00 -----
4467	Flour	1.50 c



Sheet1

4467	Salt	0.38 ts
4467	Sugar	1.50 tb
4467	Baking powder	2.25 ts
4467	Unsalted butter	6.00 tb
4467	Whipping cream	0.75 c
4468	Jell-o; any flavor, (1 pk)	3.00 oz
4468	Cream cheese; 1/2 cubes	8.00 oz
4468	Nuts; if desired	0.50 c
4468	Cola; cold	8.00 oz
4468	Dark cherries;pitted drained	1.00 c
4469	Low fat margarine, room temp	0.75 c
4469	White sugar	1.00 c
4469	Packed brown sugar	0.50 c
4469	Egg whites, slightly beaten	2.00
4469	All purpose flour	1.50 c
4469	Baking soda	1.00 ts
4469	Ground cinnamon	1.00 ts
4469	Ground nutmeg	0.25 ts
4469	Oats, uncooked	1.50 c
4469	Raisins	1.00 c
4469	Vanilla	1.00 ts
4470	Devil's food cake mix	0.50 pk
4470	Rum	0.50 c
4470	Can cherry pie filling	21.00 oz
4470	CHOCOLATE CUSTARD -----	0.00 -----
4470	Sugar	0.67 c
4470	Cocoa	0.25 c
4470	Salt	0.12 ts
4470	Eggs, beaten	3.00
4470	Milk	2.00 c
4470	Toppings	1.00
4470	Whipping cream	1.00 c
4470	Powdered sugar	2.00 tb
4470	Sliced almonds, toasted	0.25 c
4471	PATTI -----	0.00 -----
4471	Oreo cookies	42.00
4471	Margarine; melted	2.00 tb
4471	Chocolate ice cream	1.00 qt
4471	Vanilla ice cream; softened	1.00 pt
4471	Whipped topping	0.50 c
4471	Chocolate fudge sauce	0.00
4472	Cornstarch	2.00 tb
4472	Sugar	1.50 c
4472	Lemon juice	1.00 tb
4472	Blackberries, picked over, rinsed & drained well	4.00 c 0.00
4472	Flour	1.00 c
4472	Baking powder	1.00 ts
4472	Salt	0.50 ts

Sheet1

4472	Unsalted butter, cold, cut	6.00 tb
4472	into bits	0.00
4472	Vanilla ice cream	0.00
4473	Blackberries, fresh	4.00 c
4473	Sugar	0.75 c
4473	Flour	3.00 tb
4473	Water	1.50 c
4473	Lemon juice	1.00 tb
4473	Butter, melted	2.00 tb
4473	Pastry	0.00
4473	Cream & sugar	0.00
4473	PASTRY -----	0.00 -----
4473	Flour	1.75 c
4473	Sugar	2.00 tb
4473	Baking powder	2.00 ts
4473	Salt	1.00 ts
4473	Shortening	0.25 c
4473	Whipping cream	6.00 tb
4473	Buttermilk; or sour milk	6.00 tb
4474	Fresh Blackberries	4.00 c
4474	Water	1.00 c
4474	Sugar	0.00
4474	Whipping cream	2.50 c
4474	Blackberries for garnish	0.00
4474	Mint leaves for garnish	0.00
4475	PATTI -----	0.00 -----
4475	Unsweetened blackberries	2.00 c
4475	Fresh or frozen; mashed	0.00
4475	Sweetened condensed milk	1.00 cn
4475	Lemon juice	0.25 c
4475	Grated lemon peel (opt)	1.00 ts
4475	Half & half	3.00 c
4476	Blackberries	3.00 c
4476	Lemon	1.00
4476	Sugar	2.00 tb
4476	Flour	2.00 tb
4476	Butter	0.50 ts
4476	Crushed biscuits OR:	0.00
4476	Cake crumbs	0.00
4477	Butter	4.00 tb
4477	Egg, beaten	2.00
4477	Baking powder	1.50 ts
4477	Milk	0.50 c
4477	Cinnamon	0.50 ts
4477	Sugar	4.00 tb
4477	Sugar	10.00 tb
4477	Flour, sifted	1.33 c
4477	Salt	0.25 ts
4477	Vanilla	1.00 ts

Sheet1

4477	Walnuts, chopped	0.25 c
4478	Flour	2.00 c
4478	Sugar	1.50 c
4478	Butter	0.67 c
4478	Baking powder	2.00 ts
4478	Salt	1.00 ts
4478	Milk	1.00 c
4478	Eggs, separated	2.00
4478	Blueberries	1.00 c
4479	Flour	2.50 c
4479	Baking powder	1.50 ts
4479	Soda	0.50 ts
4479	Sugar	0.75 c
4479	Salt	0.25 ts
4479	Eggs, beaten	2.00 x
4479	Buttermilk	1.00 c
4479	Butter	4.00 oz
4479	Blueberries	1.50 c
4480	PATTI -----	0.00 -----
4480	Unflavored gelatin	1.00 pk
4480	Milk; cold	0.50 c
4480	Milk; heated to boiling	0.50 c
4480	Fresh blueberries -OR-	2.00 c
4480	Dry-pack frozen blueberries;	2.00 c
4480	thawed	0.00
4480	Sugar	0.75 c
4480	Whipping cream; whipped	2.00 c
4481	Blueberries;fresh -OR-	2.00 c
4481	Blueberries, 300 g	1.00 pk
4481	individually frozen,	0.00
4481	unsweetened	0.00
4481	Sugar,granulated	0.75 c
4481	Lemon rind;grated	1.00 ts
4481	Flour;all purpose	1.25 c
4481	Baking powder	1.50 ts
4481	Salt	0.25 ts
4481	Shortening	0.25 c
4481	Egg;beaten	1.00
4481	Vanilla	1.00 ts
4481	Milk	0.67 c
4481	Whipped cream -OR-	0.00
4481	Ice cream; opt	0.00
4482	Butter	2.00 c
4482	Sugar	2.00 c
4482	Brown Sugar	2.00 c
4482	Eggs	4.00
4482	Vanilla	2.00 ts
4482	Flour	4.00 c
4482	Ground Oatmeal	5.00 c

Sheet1

4482	Salt	1.00 ts
4482	Baking Powder	2.00 ts
4482	Baking Soda	2.00 ts
4482	Chocolate Chips	24.00 oz
4482	Hershey Bar, grated	8.00 oz
4482	Chopped Nuts (any kind)	3.00 c
4483	Sugar	1.00 c
4483	Egg white, beaten	1.00
4483	Water, cold	4.00 tb
4483	Vanilla	1.00 ts
4484	9" cookie pie crust	1.00
4484	Nestles Bon Bon Ice Cream	1.25 pk
4484	nuggets	0.00
4484	Instant vanilla pudding	1.00 pk
4484	Milk	1.75 c
4484	Green food coloring	0.00
4484	Peppermint extract	1.00 ts
4484	Chocolate; melted	0.00
4484	Whipping topping	0.00
4485	Half and half cream	0.75 c
4485	Milk	0.50 c
4485	4 oz instant vanilla pudding	1.00 pk
4485	Bourbon or rum	2.00 tb
4486	PATTI -----	0.00 -----
4486	Egg	1.00
4486	Sugar	2.00 tb
4486	Whipping cream	1.00 c
4486	Milk	0.75 c
4486	Brach's chocolate mints;	0.50 c
4486	chopped, about 8 mints	0.00
4487	PATTI -----	0.00 -----
4487	Egg	1.00
4487	Sugar	3.00 tb
4487	Whipping cream	1.00 c
4487	Milk	0.75 c
4487	Brach's chocolate covered	0.67 c
4487	peanuts; finely chopped	0.00
4488	PATTI -----	0.00 -----
4488	Whipping cream	1.00 c
4488	Brach's chocolate covered	0.50 c
4488	raisins	0.00
4488	Milk	0.75 c
4488	Egg	1.00
4488	Rum flavoring	2.00 ts
4489	Brown Sugar; Firmly Packed	1.50 c
4489	Shortening	0.67 c
4489	Eggs; Large	2.00
4489	Milk	2.00 tb
4489	Orange Rind; Grated	1.00 tb

Sheet1

4489	Baking Powder	2.00 ts
4489	Cinnamon	1.00 ts
4489	Cloves	0.50 ts
4489	Salt	0.25 ts
4489	Unbleached Flour	2.00 c
4489	Raisins	1.00 c
4489	Nuts; Chopped, If Desired	0.50 c
4490	VANILLA SAUCE -----	0.00 -----
4490	Milk	1.00 c
4490	Heavy cream	1.00 c
4490	Vanilla	0.50 ts
4490	Egg yolks	4.00
4490	Sugar	0.50 c
4490	BREAD PUDDING -----	0.00 -----
4490	White bread	4.00 sl
4490	Pitted sweet dark cherries	1.00 cn
4490	Milk	3.50 c
4490	Whole eggs	5.00
4490	Egg yolks	2.00
4490	Sugar	1.00 c
4490	Vanilla	1.00 ts
4491	Semisweet chocolate	4.00 oz
4491	Unsweetened chocolate	1.00 oz
4491	Sifted all-purpose flour	2.33 c
4491	Baking soda	1.50 ts
4491	Baking powder	0.50 ts
4491	Unsalted butter	0.25 lb
4491	Granulated sugar	1.00 c
4491	Vanilla extract	1.00 tb
4491	Egg	2.00
4491	Milk	1.00 tb
4491	Finely chopped walnuts	0.75 c
4492	Large instant choc. pudding	2.00 pk
4492	Large cool whip, thawed	1.00 pk
4492	Brownie mix	1.00 pk
4492	Toffee sprinkles	1.00 pk
4493	All purpose flour	0.50 c
4493	Granulated sugar	0.50 c
4493	Unsweetened cocoa, divided	0.50 c
4493	Baking powder	2.00 ts
4493	Salt	0.25 ts
4493	Milk	0.50 c
4493	Vanilla	1.00 ts
4493	Melted butter	2.00 tb
4493	Semi-sweet chocolate chips	0.50 c
4493	Firmly packed brown sugar	0.50 c
4493	Boiling water	1.75 c
4494	Eggs	6.00
4494	Granulated Sugar	1.00 c

Sheet1

4494	Cake and pastry flour	1.00 c
4494	Baking powder	1.00 ts
4494	Salt	1.00 pn
4494	Vanilla Extract	1.00 ds
4494	Fruit Jelly or Jam	1.00
4495	Flour	4.00 c
4495	Baking powder	1.00 ts
4495	Salt	1.00 ts
4495	Sugar	2.00 tb
4495	Eggs, beaten	2.00
4495	Milk	1.00 c
4495	Butter ,melted	0.25 c
4496	Milk	3.00 c
4496	Vanilla bean	0.50
4496	slit and scraped, -=OR=-	0.00
4496	Vanilla extract	1.00 ts
4496	Eggs; whole	4.00
4496	Egg yolks	2.00
4496	Flour	2.00 tb
4496	White sugar	0.75 c
4496	Brown sugar	0.25 c
4497	PATTI -----	0.00 -----
4497	Sweetened condensed milk	1.00 cn
4497	Pecans; chopped, toasted	1.50 c
4497	Butter or margarine; melted	3.00 tb
4497	Maple flavoring	1.00 ts
4497	Half & half	2.00 c
4497	Whipping cream, unwhipped	2.00 c
4498	PATTI -----	0.00 -----
4498	Butter or margarine; softend	0.50 c
4498	Lorna Doone cookies	1.00 pk
4498	Butter pecan ice cream	1.00 qt
4498	Vanilla instant pudding	2.00 sm
4498	Milk; cold	2.00 c
4498	Cool Whip	13.00 oz
4498	Heath Bars; frozen	4.00
4499	Egg yolks	3.00
4499	Sugar	2.00 tb
4499	Whipping cream	0.50 c
4499	Milk	0.50 c
4499	Vanilla extract	1.00 ts
4499	Unsalted butter	1.00 c
4499	at room temperature	0.00
4499	Confectioners' sugar	0.25 c
4500	PATTI -----	0.00 -----
4500	Graham cracker crumbs	2.00 c
4500	Soda cracker crumbs	1.00 c
4500	Butter; melted	0.50 c
4500	Instant vanilla pudding	1.00 pk

Sheet1

4500	Instant butterscotch pudding	1.00 pk
4500	Milk	2.00 c
4500	Vanilla ice cream	1.00 qt
4500	Cool Whip	8.00 oz
4500	Frozen Butterfingers	4.00
4501	Buttermilk	4.00 c
4501	Corn syrup	1.50 c
4501	Lemon juice	0.50 c
4501	Sugar	0.50 c
4501	Zest of 4 lemons, grated	0.00
4501	Zest strips for garnish	0.00
4502	ELLIE COLLIN CMKD93F	1.00 x
4503	Fresh raspberries*	2.00 c
4503	Sugar	0.33 c
4503	Orange-flavored liqueur**	2.00 tb
4503	Cantaloupes	2.00
4503	Raspberry sherbet	3.00 c
4504	Cantaloupe; peeled,	1.00 md
4504	seeded, cubed	0.00
4504	Lemon juice	2.00 tb
4504	Sugar	0.50 c
4504	Honey	0.25 c
4504	Milk	3.00 c
4504	Vanilla	0.50 ts
4505	Caramels	14.00 oz
4505	Evaporated milk	0.33 c
4505	German sweet chocolate	8.00 oz
4505	Butter	6.00 tb
4505	Eggs	4.00
4505	Sugar	1.00 c
4505	Flour (sifted)	1.00 c
4505	Baking powder	1.00 ts
4505	Salt	0.50 ts
4505	Vanilla	2.00 ts
4505	Chocolate chips	6.00 oz
4505	Chopped walnuts	1.00 c
4506	Sugar	3.00 tb
4506	Eggs	3.00 lg
4506	Brown sugar - dark brown,	0.33 c
4506	packed	0.00
4506	Vanilla extract	2.00 ts
4506	Almond extract	0.25 ts
4506	Evaporated whole milk - (12	1.00 cn
4506	oz.)	0.00
4506	Whole milk	0.50 c
4507	All purpose flour	0.50 c
4507	Cornstarch	2.00 tb
4507	Baking powder	0.75 ts
4507	Water	0.50 c

Sheet1

4507	Golden Delicious apples -or-	2.00
4507	Bananas	2.00
4507	Salad oil	0.00
4507	Granulated sugar	0.67 c
4507	Warm water	0.33 c
4507	Salad oil	1.00 tb
4507	Sesame seeds	2.00 ts
4508	Brown sugar	2.00 c
4508	White sugar	1.00 c
4508	White syrup	1.00 tb
4508	Cream	1.00 c
4508	Vanilla	1.00 ts
4509	CRUST -----	0.00 -----
4509	Butter	1.00 c
4509	Brown sugar; lightly packed	0.50 c
4509	Flour, all purpose	3.00 c
4509	Egg	1.00 lg
4509	FILLING -----	0.00 -----
4509	Pecan halves	3.00 c
4509	Butter	0.75 c
4509	Honey, liquid	0.50 c
4509	Brown sugar;lightly packed	0.75 c
4509	Whipping cream	0.25 c
4510	Sugar	1.00 c
4510	Water	1.00 c
4510	Sauterne	1.00 c
4510	Heavy cream	1.25 c
4510	Egg yolks	5.00
4510	Whole eggs	2.00
4510	Sugar	1.50 c
4510	Heavy cream	0.00
4510	(in Australia, they have	0.00
4510	double cream, which is	0.00
4510	thick)	0.00
4510	Passion fruit, spooned from	1.50 c
4510	shells and chilled	0.00
4511	Whole milk	1.50 qt
4511	Sugar	0.33 c
4511	Ground cardamom	0.75 ts
4511	Paper cups	8.00
4511	OR	0.00
4511	Cooking parchment	0.00
4511	OR	0.00
4511	Waxed paper	0.00
4511	Ice cream sticks (opt)	8.00
4512	Apple cider vinegar	1.00 ts
4512	Flour	1.00 tb
4512	Sugar	0.50 c
4512	Egg; beaten	1.00



Sheet1

4512	8 oz crushed pineapple	1.00
4512	8 oz Cool Whip	1.00
4512	To 6 cups diced apples	4.00 c
4512	Small bag crushed peanuts	1.00
4513	Carob powder	0.50 c
4513	Wheat germ	0.25 c
4513	Honey	0.50 c
4513	Dry milk powder	0.25 c
4513	Peanut butter	0.50 c
4513	Honey graham cracker crumbs	1.00 c
4513	Sesame seeds	0.50 c
4514	Milk	1.50 pt
4514	Strip lemon peel	1.00
4514	Prepared dried carrageen *	0.50 oz
4514	Sugar	1.00 tb
4514	Egg	1.00
4514	Sticks rhubarb **	2.00
4514	Rosehip or redcurrant jelly	4.00 tb
4515	All purpose flour	0.50 c
4515	Whole wheat flour	0.50 c
4515	Nonfat dry milk powder	0.25 c
4515	Baking powder	1.00 ts
4515	Baking soda	0.25 ts
4515	Salt	0.50 ts
4515	Ground nutmeg	0.25 ts
4515	Ground cinnamon	0.25 ts
4515	Solid shortening	0.25 c
4515	Brown sugar	0.33 c
4515	Molasses	0.50 c
4515	Egg	1.00
4515	Shredded carrots	1.00 c
4515	Vanilla	1.00 ts
4515	Quick cook rolled oats	1.75 c
4516	Yeast,active dry envelopes	2.00
4516	Warm water	1.00 c
4516	Flour;unbleached up to 3	2.50 c
4516	Salt	1.00 ts
4516	Anise seeds	2.00 ts
4516	Olive oil	2.00 tb
4516	Raisins;seedless dark	1.00 c
4516	Olive oil;or other for	1.00 c
4516	frying	0.00
4516	Honey	1.50 c
4516	Lemon juice	2.00 tb
4517	Egg, well beaten	1.00
4517	Sugar	0.75 c
4517	Flour	0.50 c
4517	Baking powder	1.00 ts
4517	Chopped apples	1.00 c

Sheet1

4517	Chopped nuts	0.50 c
4518	Chayotes (about 6 ounces	3.00 sm
4518	each)	0.00
4518	Almonds	0.50 c
4518	Sugar	0.50 c
4518	Eggs	3.00
4518	Brandy	1.00 tb
4518	Vanilla	1.00 ts
4518	Milk or cream	2.00 tb
4518	Nutmeg	1.00 pn
4518	Sponge cake or pound cake,	1.50 c
4518	crumbled into fine crumbs,	0.00
4518	Plus 2 tablespoons for	0.00
4518	topping (see note)	0.00
4518	Golden sultana or black	0.50 c
4518	raisins	0.00
4518	Slivered almonds	3.00 tb
4518	Softly whipped cream, barely	1.00 c
4518	sweetened	0.00
4519	Sugar	1.00 c
4519	Unbleached Flour	0.25 c
4519	Cinnamon; Ground	0.25 ts
4519	Apple Slices; *	6.00 c
4519	TOPPING -----	0.00 -----
4519	Unbleached Flour	1.00 c
4519	Sugar	0.25 c
4519	Baking Powder	1.50 ts
4519	Salt	0.50 ts
4519	Cheddar;Md, Shredded,1 1/2 C	6.00 oz
4519	Butter; Melted	0.33 c
4519	Milk	0.25 c
4520	Apples; *	6.00 c
4520	Sugar	0.25 c
4520	Unbleached Flour	2.00 tb
4520	Cheddar; Sharp, Shredded	1.50 c
4520	Unbleached Flour	0.75 c
4520	Sugar	0.25 c
4520	Cinnamon; Ground	0.50 ts
4520	Salt	0.25 ts
4520	Butter	0.50 c
4521	Butter	0.50 c
4521	Sugar; Granulated	0.25 c
4521	Brown Sugar; Firmly Packed	0.25 c
4521	Egg; Lg	1.00
4521	Vanilla	1.00 ts
4521	Unbleached Flour	1.50 c
4521	Baking Soda	0.50 ts
4521	Salt	0.50 ts
4521	Cheddar; Sharp, Shredded	1.50 c

Sheet1

4521	Pineapple, Crushed, Drained	8.25 oz
4521	Maraschino Cherries; Chopped	0.25 c
4522	Pear Halves; 2 Cns	2.00 lb
4522	Sugar	1.00 tb
4522	Cornstarch	2.00 tb
4522	Lemon Juice	1.00 tb
4522	Cinnamon; Ground	0.25 ts
4522	TOPPING -----	0.00 -----
4522	Unbleached Flour	1.00 c
4522	Sugar	0.33 c
4522	Baking Powder	1.50 ts
4522	Salt	0.50 ts
4522	Cheddar; Sharp Shredded	6.00 oz
4522	Butter; Melted	0.33 c
4522	Milk	0.25 c
4523	Italian sausage	1.00 lb
4523	Eggs	6.00
4523	Frozen spinach	2.00 pk
4523	Mozzarella	16.00 oz
4523	Ricotta cheese	0.67 c
4523	Salt	0.50 ts
4523	Pepper	0.12 ts
4523	Garlic powder	0.12 ts
4523	Pastry for two crust pie	1.00
4523	Water	1.00 tb
4524	Cake, angel food, prepared,	0.50
4524	Cut into 1-inch cubes (6 c)	0.00
4524	Cherries, drained and coarse	8.75 oz
4524	Chopped	0.00
4524	Gelatine, unflavored	1.00
4524	Milk, skim, cold	0.33 c
4524	Milk, skim, heated to boil	0.67 c
4524	Cottage cheese	8.00 oz
4524	Sugar, brown	0.50 c
4524	Vanilla extract	1.00 ts
4524	Almond extract	0.50 ts
4525	Refrigerated pie crust	1.00
4525	Fresh or frozen cranberries	3.00 c
4525	Sugar	1.00 c
4525	Cornstarch	0.25 c
4525	Cinnamon	0.50 ts
4525	Water	0.25 c
4525	21 oz cherry pie filling	1.00 cn
4525	(3.4 oz) instant vanilla	2.00 pk
4525	pudding & pie filling mix	0.00
4525	Skim milk	2.00 c
4525	Rum extract	0.50 ts
4525	Frozen light whipped topping	1.00 c
4525	thawed	0.00

Sheet1

4526	Cherries; Tart, Fresh	1.00 lb
4526	Kirsch	3.00 tb
4526	Sugar	6.00 tb
4526	;Water	2.00 tb
4526	Ladyfingers	12.00
4526	Cream Cheese; *	8.00 oz
4526	Vailla Extract	0.50 ts
4526	Almonds; Ground **	2.00 oz
4526	Cream; Heavy	1.00 c
4526	GARNISH -----	0.00 -----
4526	Pistachio Nuts; Chopped	0.00
4527	Cherries; tart, fresh	1.00 lb
4527	Kirsch	3.00 tb
4527	Sugar	6.00 tb
4527	;water	2.00 tb
4527	Ladyfingers	12.00
4527	Cream cheese; *	8.00 oz
4527	Vailla extract	0.50 ts
4527	Almonds; ground **	2.00 oz
4527	Cream; heavy	1.00 c
4527	-----garnish-----	0.00
4527	Pistachio nuts; chopped	0.00
4528	Shaved plain chocolate	0.25 c
4528	Fresh Bing cherries, halved	0.25 c
4528	Eggs	2.00
4528	Milk	1.00 c
4529	18-ounce jar or can	1.00
4529	Cherries	0.00
4529	Envelope gelatin	1.00
4529	Cranberry juice	1.00 c
4529	Sugar to taste	0.00
4530	Flour	2.00 c
4530	Quick oats	2.00 c
4530	Sugar	1.50 c
4530	Chopped pecans	0.50 c
4530	Baking soda	1.00 ts
4530	Butter, melted	1.25 c
4530	Cherry pie filling	21.00 oz
4530	Mini marshmallows	1.00 c
4531	Sugar	0.33 c
4531	Chopped walnuts or pecans	1.00 c
4531	Quick oats	1.00 c
4531	(1 stick) margarine, soft.	0.50 c
4531	All-purpose flour	0.75
4531	Cinnamon	0.50 ts
4531	Wilderness cherry or light	1.00 cn
4531	cherry pie filling-21-oz.	0.00
4532	PATTI -----	0.00 -----
4532	Vanilla ice cream; soften	1.00 qt

Sheet1

4532	slightly	0.00
4532	8" cookie crumb pie crust	1.00
4532	Cherry pie filling	1.00 cn
4532	Whipped cream topping (opt)	0.00
4533	Cherry puree	0.75 c
4533	Fresh lemon juice	1.00 tb
4533	Egg whites	3.00
4533	Pinch of salt	1.00
4533	Sugar to taste	0.00
4534	Cake flour	2.00 c
4534	Baking powder	0.75 ts
4534	Salt	0.50 ts
4534	Quick-cooking oats	1.50 c
4534	Dark-brown sugar, packed	1.00 c
4534	Egg whites	2.00
4534	Raisin Puree	0.00
4534	Chopped bittersweet	0.75 c
4534	Chocolate	0.00
4534	Toasted walnuts, optional	0.33 c
4534	Grated orange zest	1.00 tb
4535	Butter	0.25 c
4535	Sugar;divided	0.75 c
4535	Flour	0.50 c
4535	Salt	0.12 ts
4535	Vanilla or almond extract	1.00 ts
4535	Egg	1.00
4535	Nuts; chopped	0.50 c
4535	Coconut	0.50 c
4536	Filling:	0.00
4536	Chicken broth	4.00 c
4536	Carrots, in 1/4-inch slices	3.00
4536	Red potatoes, in 1/2-inch di	0.75 lb
4536	Celery, in 1/2-inch slices	2.00
4536	Cooked chicken, cubed	2.50 c
4536	Onion, chopped	1.00
4536	Unsalted butter	6.00 tb
4536	Flour	6.00 tb
4536	Thyme	0.25 ts
4536	Nutmeg	0.25 ts
4536	Fresh parsley, minced	0.50 c
4536	Biscuit crust:	0.00
4536	Flour	1.33 c
4536	Baking powder	1.50 ts
4536	Baking soda	0.50 ts
4536	Salt	0.50 ts
4536	Unsalted butter, cut into bi	2.00 tb
4536	Shortening, cut into bits	2.00 tb
4536	Cheddar cheese, grated	0.33 c
4536	Lg Egg	1.00

Sheet1

4536	Buttermilk	0.33 c
4536	Egg wash:	0.00
4536	Lg Egg yolk	1.00
4536	Milk	1.00 tb
4537	Shredded Cheddar cheese	3.00 c
4537	(12 oz.)	0.00
4537	Cut-up cooked chicken	1.50 c
4537	Finely chopped onion	0.67 c
4537	(10 oz) frozen chopped	1.00 pk
4537	Broccoli, thawed and	0.00
4537	Drained	0.00
4537	Milk	1.33 c
4537	Eggs	3.00
4537	Bisquick baking mix	0.75 c
4537	Pepper	0.25 ts
4537	Dried thyme leaves	0.12 ts
4538	(8 oz. ea.) green chilies	2.00 cn
4538	Jack cheese, sliced	1.00 lb
4538	Cheddar cheese, sliced	1.00 lb
4538	Whole wheat flour	4.00 tb
4538	Evaporated milk	1.00 c
4538	Sour cream	1.00 c
4538	Eggs	4.00
4538	Diced chicken or turkey	1.00 c
4538	Mild salsa	2.00 c
4539	Apples	2.00
4539	Oranges	2.00
4539	Cantaloupe	1.00 sm
4539	Leches, drained	14.00 oz
4540	Cooked Chinese gooseberry	1.00 c
4540	pulp	0.00
4540	Eggs	2.00
4540	Boiled milk	1.00 c
4540	Cornflour	1.00 tb
4540	Vanilla	0.50 ts
4540	Sugar	3.00 oz
4540	Whipped cream	0.50 c
4540	Salt	0.12 ts
4541	Apples	3.00
4541	Egg whites	2.00
4541	Flour	2.00 tb
4541	Cornstarch	2.00 tb
4541	Peanut oil for deep frying	0.00
4541	Sugar	0.50 c
4541	Honey	0.25 c
4541	Water	0.33 c
4541	Peanut oil	1.00 tb
4542	Brown sugar; firmly packed	1.25 c
4542	Butter	0.50 c

Sheet1

4542	Shortening	0.50 c
4542	Peanut butter; crunchy	0.33 c
4542	Vanilla	1.00 ts
4542	Egg	1.00
4542	Flour; all purpose	2.25 c
4542	Salt	0.50 ts
4542	TOPPING -----	0.00 -----
4542	Chocolate chips; semisweet	1.00 c
4542	Peanut butter; crunchy	0.50 c
4542	Corn flakes, slightly crushe	1.50 c
4543	Unsweetened Chocolate	4.00 oz
4543	Semi-Sweet Chocolate	12.00 oz
4543	Unsalted Butter	3.00 oz
4543	Margarine	3.00 oz
4543	Instant Espresso	1.50 tb
4543	Eggs	4.00
4543	Sugar	1.50 c
4543	Vanilla	4.00 tb
4543	Flour	3.00 c
4543	Baking Powder	0.50 ts
4543	Salt	0.25 ts
4543	Semi-Sweet Chocolate	6.00 oz
4543	Pecan Halves	8.00 oz
4543	Walnut Halves	8.00 oz
4543	Semi-Sweet Chocolate, melted	6.00 oz
4544	Shortening	1.00 c
4544	Sq unsweetened chocolate	4.00 oz
4544	Sugar	2.00 c
4544	Eggs, beaten	4.00
4544	Amaretto/almond-flavor	2.00 tb
4544	Flour	1.50 c
4544	Salt	0.50 ts
4544	Recipe Amaretto Frosting	1.00
4544	Handful sliced almonds	0.00
4544	Butter or margarine	0.25 c
4544	Half-and-half	2.00 tb
4544	Sq unsweetened chocolate	1.00 oz
4544	Salt	1.00 ds
4544	Powdered sugar, sifted	2.50 c
4544	Amaretto	2.00 tb
4545	Bananas	4.00
4545	Cornstarch	0.88 oz
4545	Sugar	1.75 oz
4545	Milk	1.00 tb
4545	Baking chocolate	1.75 oz
4546	Powdered sugar	0.75 c
4546	Margarine or butter, softene	0.50 c
4546	Vanilla	1.00 tb
4546	Ounce unsweetened chocolate,	1.00

Sheet1

4546	Melted and cooled	0.00
4546	All-purpose flour*	1.50 c
4546	Salt	0.12 ts
4546	Dates, nuts, semisweet choc	0.00
4546	Chips and candied or marasc	0.00
4546	Cherries.	0.00
4546	Glaze or chocolate glaze	0.00
4546	GLAZE -----	0.00 -----
4546	Powdered sugar	1.00 c
4546	Plus 1 1/2 ts Milk	1.00 tb
4546	Vanilla	1.00 ts
4546	Food color, if desired	0.00
4546	CHOCOLATE GLAZE -----	0.00 -----
4546	Powdered sugar	1.00 c
4546	Milk	2.00 tb
4546	Vanilla	1.00 ts
4546	Ounce unsweetened chocolate,	1.00
4546	Melted and cooled	0.00
4547	Chocolate, semisweet	6.00 oz
4547	Hot water	0.50 c
4547	Egg whites	4.00
4547	Vanilla	1.00 ts
4547	Sugar	0.67 c
4547	Flour, all-purpose	0.67 c
4547	Baking powder	1.00 ts
4547	Salt	1.00 pn
4547	Icing sugar	1.00
4548	Milk	2.00 c
4548	Sugar	1.75 c
4548	Salt	0.50 ts
4548	Half & Half	2.00 c
4548	Vanilla Extract	1.00 tb
4548	Whipping Cream	4.00 c
4548	Pillsbury Chocolate Chip	0.00
4548	Cookie Dough (large size)	0.00
4548	OR homeade cookie dough	0.00
4549	Marg; softened	0.75 c
4549	Shortening	0.75 c
4549	Brown sugar, lt; packed	1.50 c
4549	Sugar	0.75 c
4549	Eggs	3.00
4549	Corn syrup, lt	3.00 tb
4549	Water	3.00 tb
4549	Vanilla	3.00 ts
4549	Flour; unsifted	3.75 c
4549	Baking soda	1.50 ts
4549	Salt	0.75 ts
4549	Chocolate chips; semi-sweet	3.00 c
4550	Firmly Packed Brown Sugar	0.50 c



Sheet1

4550	Margarine Softened	0.50 c
4550	Large Egg	1.00
4550	Vanilla	1.00 ts
4550	Unbleached Flour	0.50 c
4550	Rolled Oats	0.50 c
4550	Baking Powder	1.00 ts
4550	Salt	0.25 ts
4550	Semisweet Chocolate Chips	0.33 c
4550	Chopped Nuts	0.25 c
4551	Egg Whites; Large	3.00 ea
4551	Salt	0.25 ts
4551	Cream Of Tartar	0.12 ts
4551	Sugar	1.33 c
4551	Vanilla Extract	1.00 ts
4551	Potato Chips; Crushed	1.00 c
4551	Unsweetend Chocolate	1.50 oz
4551	Milk	1.00 c
4551	Flour; Unbleached	1.00 tb
4551	Salt	0.25 ts
4551	Egg Yolks; Large,Beat Slight	3.00 ea
4551	Butter	1.00 tb
4551	Vanilla Extract	0.50 ts
4551	Heavy Cream;Sweeten, Whipped	0.50 c
4552	Margarine or butter	1.50 c
4552	Eggs	2.00
4552	Flour	2.25 c
4552	Cocoa	0.25 c
4552	Sugar	2.00 c
4552	Baking soda	1.00 ts
4552	Salt	0.50 ts
4552	Chocolate chips	1.00 c
4553	Semisweet choco, broken	10.00 oz
4553	Pkg choco-fudge cake m	1.00 pk
4553	Choco/fudge pudding mix	2.00 pk
4553	Mayonnaise	1.50 c
4553	Chopped walnuts (optional)	0.50 c
4554	Semisweet or bittersweet cho	16.00 oz
4554	Large eggs, separated	5.00
4554	Cream of tartar	0.25 ts
4554	Heavy cream	4.00 c
4554	Raspberry sauce	0.00
4554	Orange sauce	0.00
4554	Sweet butter	5.00 oz
4554	Flour	1.00 tb
4554	Sugar (to 4 tbsp)	3.00 tb
4554	One or a pair of the followi	0.00
4554	Sauce bijou (cranberry/raspb	0.00
4557	Cocoa powder	3.00 tb
4557	Butter	4.00 tb

Sheet1

4557	Bittersweet or semisweet cho	4.00 oz
4557	Dark corn syrup	1.00 c
4557	Eggs	3.00
4557	Sugar	0.25 c
4557	Lg Egg	1.00
4557	Butter	4.00 tb
4557	Sugar	0.50 c
4557	Dark rum (optional)	2.00 tb
4558	----filling-----	0.00
4558	Strong coffee	0.50 c
4558	Eggs, seperated	3.00
4558	Heavy cream	0.50 c
4558	(23-ounce) brownie mix	1.00 pk
4558	Eggs	3.00
4558	Semisweet chocolate	0.50 lb
4558	Semisweet chocolate	1.50 lb
4558	Sugar	2.00 tb
4558	Tia maria	0.50 c
4558	----cake-----	0.00
4558	Water	2.00 tb
4558	----glaze-----	0.00
4558	Water	0.33 c
4559	Unsweetened chocolate	2.00 oz
4559	Butter	0.50 c
4559	Sugar	1.00 c
4559	Eggs	2.00
4559	Flour	0.50 c
4559	Vanilla	1.00 ts
4559	Chopped pecans	1.00 c
4559	Large marshmallows	16.00
4560	Unsweetened chocolate	2.00 oz
4560	Butter	0.50 c
4560	Sugar	1.00 c
4560	Eggs	2.00
4560	Flour	0.50 c
4560	Vanilla	1.00 ts
4560	Chopped pecans	1.00 c
4560	Large marshmallows	16.00
4561	(8 oz) cream cheese, soft.	1.00 pk
4561	HELLMAN'S (R) Real mayonaise	0.50 c
4561	Sugar	0.50 c
4561	Eggs	2.00
4561	Semi-sweet chocolate chips,	1.00 pk
4561	Melted	0.00
4561	Vanilla	1.00 ts
4561	Chocolate pie crust	1.00
4562	CRUST -----	0.00 -----
4562	Mint-Chocolate Chips;Nestles	1.50 c
4562	Butter	3.00 ts

Sheet1

4562	Chocolate Wafer Crumbs	1.50 c
4562	FILLING -----	0.00 -----
4562	Mint-Chocolate Chips;Nestles	1.00 c
4562	Corn Syrup	2.00 tb
4562	Heavy Cream	2.00 tb
4562	Vanilla Ice Cream; Softened	3.00 pt
4562	MERINGUE -----	0.00 -----
4562	Egg Whites; Large	4.00
4562	Cream Of Tartar	0.50 ts
4562	Sugar	0.75 c
4563	Milk; Divided	1.50 c
4563	Mint-Chocolate Chips;Nestles	1.00 c
4563	Sweetened Condensed Milk	1.00 c
4563	Eggs; Large	2.00
4564	Mint Chocolate Chips; *	1.50 c
4564	Flour; Unbleached	1.00 c
4564	Baking Powder	0.75 ts
4564	Baking Soda	0.25 ts
4564	Salt	0.25 ts
4564	Butter; Softened	0.25 c
4564	Sugar	6.00 tb
4564	Vanilla Extract	0.50 ts
4564	Egg; Large	1.00
4564	GLAZE -----	0.00 -----
4564	Mint Chocolate Chips; *	1.00 c
4564	Vegetable Shortening	0.25 c
4564	Corn Syrup	3.00 tb
4564	;Water	2.25 ts
4565	CRUST -----	0.00 -----
4565	Oreo cookies; crush in chunk	1.00 pk
4565	Butter; melted	1.00 c
4565	FILLING -----	0.00 -----
4565	Ice Cream; mint choco-chip	1.00 ga
4565	Heath bars/Skors;crushed	8.00
4565	TOPPING -----	0.00 -----
4565	Jars hot Fudge Sauce	2.00
4565	Cool Whip; thawed	12.00 oz
4566	Heavy Cream	1.50 c
4566	Milk	1.00 c
4566	Sugar	0.33 c
4566	Mint-Chocolate Chips;Nestles	1.50 c
4566	Egg Yolks; Large	2.00
4566	Salt	0.12 ts
4567	Mint-Chocolate Chips; *	1.50 c
4567	Butter; Softened	0.75 c
4567	Confectioners' Sugar; Sifted	0.50 c
4567	Egg Yolk; Large	1.00
4567	Flour; Unbleached	1.25 c
4567	GLAZE -----	0.00 -----

Sheet1

4567	Mint Chocolate Chips; *	0.50 c
4567	Vegetable Shortening	1.50 tb
4567	Almonds; Toasted, Chopped	2.00 tb
4568	Chocolate Mint Chips; *	1.50 c
4568	Butter; Softened	0.75 c
4568	Sugar	0.33 c
4568	Egg; Large	1.00
4568	Vanilla Extract	1.00 ts
4568	Salt	0.50 ts
4569	COOKIE -----	0.00 -----
4569	Eggs	2.00
4569	Melted butter	0.50 c
4569	Sugar	1.00 c
4569	Unsweetened chocolate melted	2.00 oz
4569	Peppermint extract	0.50 ts
4569	Flour	0.50 c
4569	Ground almonds	0.50 c
4569	PEPPERMINT FILLING -----	0.00 -----
4569	Butter	2.00 tb
4569	Heavy cream	1.00 tb
4569	Confectioners sugar (sifted)	1.00 c
4569	Peppermint extract	1.00 ts
4569	FROSTING -----	0.00 -----
4569	Semi-sweet chocolate	1.00 oz
4569	Butter	1.00 tb
4570	Flour; Unbleached	2.50 c
4570	Baking Powder	1.50 ts
4570	Salt	0.75 ts
4570	Sugar; Divided	1.25 c
4570	Vegetable Oil	0.75 c
4570	Eggs; Large	2.00
4570	Vanilla Extract	1.00 ts
4570	Mint-Chocolate Chips; *	1.50 c
4571	Half and half,scalded	1.00 c
4571	Chocolate chips	1.00 c
4571	Egg	1.00
4571	Pinch of salt	1.00
4571	Creme de menthe	1.00 tb
4571	Whipped cream	2.00 c
4572	Flour; all purpose	1.00 c
4572	PASTRY -----	0.00 -----
4572	Sugar; icing	2.00 tb
4572	Chocolate; melted (1 square	1.00 oz
4572	Butter; softened	0.50 c
4572	MOUSSE FILLING -----	0.00 -----
4572	Whipping cream	0.33 c
4572	Chocolate; 5 squares	5.00 oz
4572	Butter	2.00 tb
4572	Eggs	2.00

Sheet1

4572	Sugar	0.25 c
4572	GARNISH -----	0.00 -----
4572	Chocolate; 3 squares	3.00 oz
4572	Sugar; icing	0.00
4573	Envelope unflavored gelatin	1.00
4573	Water	1.00 c
4573	+ 1 t. unsweetened cocoa	1.00 tb
4573	Part skim ricotta cheese	1.00 c
4573	+ 2 t. chocolate syrup	2.00 tb
4573	Thawed frozen dairy whipped	0.50 c
4573	topping	0.00
4573	Dark chocolate, grated	0.50 oz
4574	Semi-sweet chocolate chips	1.00 c
4574	Marshmallows	8.00
4574	Water	1.00 tb
4574	Sifted flour	0.75 c
4574	Sugar	0.50 c
4574	Salt	0.75 ts
4574	Baking sodaa	0.50 ts
4574	Softened butter	0.50 c
4574	Packed brown sugar	0.33 c
4574	Egg	1.00
4574	Almond extract	2.00 ts
4574	Vanilla	0.50 ts
4574	Quick cooking oats	1.25 c
4574	Chopped pecans	1.00 c
4575	Butter	0.50 c
4575	Sugar	2.00 c
4575	Water	0.50 c
4575	Cocoa	2.00 tb
4575	Peanut butter	0.50 c
4575	Oatmeal or:	3.00 c
4575	Coconut	1.00 c
4576	PATTI -----	0.00 -----
4576	Chocolate wafer crumbs	1.00 c
4576	Butter; melted	3.00 tb
4576	Peppermint ice cream; soft	1.00 qt
4576	Chocolate fudge topping	0.50 c
4577	Light Cream	0.50 c
4577	German Cooking Chocolate *	2.00 oz
4577	Sugar	1.50 ts
4577	Dash Salt	0.00
4577	Large Beaten Egg Yolks	2.00
4577	Vanilla	0.25 ts
4577	Whipped Cream (Opt.)	0.00
4578	Blanched almonds, toasted	0.50 c
4578	lightly	0.00
4578	Unsweetened chocolate	2.00 oz
4578	Unsalted butter	2.00 tb

Sheet1

4578	Eggs	2.00 lg
4578	Sugar	1.00 c
4578	Framboise (or other raspberr	1.00 tb
4578	brandy)	0.00
4578	Flour	0.75 c
4578	Baking powder	1.00 ts
4578	Salt	0.50 ts
4578	Raspberries	1.00 c
4578	Glaze:	0.00
4578	Raspberry jam	0.33 c
4578	Sugar	1.00 tb
4578	Ganache:	0.00
4578	Heavy cream	0.25 c
4578	Bittersweet chocolate,	6.00 oz
4578	chopped	0.00
4578	Lemon leaves for garnish	0.00
4578	Raspberries for garnish and	0.00
4578	accompaniment	0.00
4579	Condensed milk (14 oz.)	1.00 cn
4579	Chopped semi-sweet	2.00 oz
4579	(1/2 stick) unsalted butter	4.00 tb
4579	Milk	0.50 c
4579	Egg yolks	2.00
4579	Vanilla extract	3.00 ts
4579	Steamed boiled long-grained	2.00 c
4579	Confectioners' sugar	1.00 ts
4579	Heavy or whipping cream	1.00 c
4579	Piece of semi-sweet chocolat	1.00
4580	Sq Unsweetened Chocolate	2.00
4580	Semi Sweet Chocolate	6.00 oz
4580	Chopped almonds	0.50 c
4580	Egg Whites	4.00
4580	Cream of Tartar	0.12 ts
4580	Salt	0.12 ts
4580	Sugar	0.25 c
4580	Whipping Cream	2.50 c
4580	Sugar	2.00 ts
4580	Vanilla	1.00 tb
4580	Chopped Candied Red Cherries	6.00 oz
4581	2-1/4-inch chocolate wafer	160.00
4581	Cookies from chocolate wafer	0.00
4581	Slice & bake cookie mix	0.00
4581	(see index) or store bought	0.00
4581	Granulated sugar	0.50 c
4582	Margarine	2.00 c
4582	Granulated sugar	2.50 c
4582	Whole smiling eggs	3.00
4582	Teaspoons vanilla extract	2.00
4582	All-purpose flour	5.00 c

Sheet1

4582	Teaspoon baking soda	1.00
4582	Unsweetened cocoa	1.25 c
4582	Powder	0.00
4583	Flour	1.00 c
4583	Baking soda	0.25 ts
4583	Salt	0.25 ts
4583	Sugar	0.75 c
4583	Butter	0.33 c
4583	Water	2.00 tb
4583	(1 c.) semi-sweet chocolate	6.00 oz
4583	Chips OR	0.00
4583	(3 bars.) baking bars	6.00 oz
4583	Vanilla	1.00 ts
4583	Eggs	2.00
4583	(1-1/2 c.) white treasures	10.00 oz
4583	Baking pieces	0.00
4584	Mascarpone or soft cream	1.00 lb
4584	Cheese	0.00
4584	Sugar	0.75 c
4584	Egg yolks	8.00 lg
4584	Sweet wine	0.50 c
4584	Espresso or very strong	2.00 c
4584	Black coffee (approx)	0.00
4584	Ladyfingers or 14 oz. angel	9.00 oz
4584	Food or sponge cake, thinly	0.00
4584	Sliced	0.00
4584	Unsweetened cocoa	1.00 tb
4585	RUM BUTTERCREAM FROSTING -----	0.00 -----
4585	Rum	0.50 c
4585	Sugar	0.75 c
4585	Corn syrup	1.50 ts
4585	Egg yolks	6.00 ea
4585	Vanilla extract	1.00 ts
4585	Butter	1.50 c
4585	CAKE -----	0.00 -----
4585	Flour	0.75 c
4585	Cocoa powder	0.25 c
4585	Salt	0.25 ts
4585	Eggs	6.00 ea
4585	Vanilla extract	1.00 ts
4585	Almond extract	0.50 ts
4585	Sugar, superfine	1.00 c
4585	Butter, clarified	6.00 tb
4585	Almonds, toasted, chopped	0.50 c
4585	Vanilla wafers	4.00 ea
4585	Almonds, chocolate-covered	30.00 ea
4585	ALMOND CHOCOLATE MOUSSE -----	0.00 -----
4585	Cream, heavy	0.50 c
4585	Sugar	7.00 ts

## Sheet1

4585	Chocolate, semisweet	8.00 oz
4585	Cream, heavy	1.25 c
4585	Almond extract	0.75 ts
4586	Red cinnamon candies(seetip)	1.00 tb
4586	Boiling water	1.00 c
4586	Apples,peeled, cored and	6.00 md
4586	thinly sliced	0.00
4586	DH*Moist Deluxe White Cake	1.00 pk
4586	Mix	0.00
4586	Light brown sugar,firmly	1.00 c
4586	packed	0.00
4586	Butter or margarine, melted	0.50 c
4586	Frozen whipped topping(thaw)	0.00
4586	Crushed red cinnamon candies	0.00
4586	Mint leaves, for garnish	0.00
4587	All-purpose flour	1.25 c
4587	Unsalted butter; softened	8.00 tb
4587	Sugar	0.33 c
4587	Sugar	1.00 tb
4587	Large egg yolk	1.00
4587	Vanilla	0.50 ts
4587	Baking powder	1.00 ts
4587	Ground cinnamon	1.00 ts
4587	Salt	0.12 ts
4587	Walnut halves	24.00
4588	Sugar	1.00 c
4588	Flour	2.00 c
4588	Baking powder	2.00 ts
4588	Melted butter	1.00 tb
4588	Milk	1.00 c
4588	Brown Sugar	0.00
4588	Cinnamon	0.00
4588	Butter	0.00
4589	Half & half	6.00 c
4589	Cinnamon stick;	1.00 oz
4589	in small pieces	0.00
4589	Vanilla bean; split length	1.00
4589	Sugar	2.50 c
4589	Egg yolks	12.00
4589	Whipping cream	4.00 c
4589	Strawberry for garnish	0.00
4590	Sugar	2.00 c
4590	Tablespoons cinnamon	5.00
4591	Sugar	0.50 c
4591	Can sweetened condensed milk	14.00 oz
4591	Milk	1.00 c
4591	Large eggs plus	3.00
4591	Yolks of large eggs	3.00
4591	Almond extract	0.50 ts



Sheet1

4591	Vanilla extract	1.00 ts
4592	THE DUMPLING -----	0.00 -----
4592	Self-raising flour	1.00 lb
4592	Fresh brown breadcrumbs	6.00 oz
4592	Soft brown sugar	4.00 oz
4592	Mixed spice	1.00 ts
4592	A little extra cinnamon	0.00
4592	Vegetable fat or butter	5.00 oz
4592	Black treacle	1.00 tb
4592	Apples	2.00
4592	cored, unpeeled, grated	0.00
4592	Carrot; grated	1.00
4592	Currants	8.00 oz
4592	Sultanas	8.00 oz
4592	Egg	1.00
4592	Milk	0.25 pt
4592	18" sq. clean cotton sheet	1.00
4592	GINGER CREAM -----	0.00 -----
4592	Crabbe's Green Ginger Wine	8.00 oz
4592	Egg yolks	3.00
4592	Single cream	0.25 pt
4593	Milk	2.00 c
4593	Granulated sugar	0.75 c
4593	Small coconut	1.00
4593	Small eggs, separated	5.00
4593	Pinch salt	0.00
4593	Flan mold coated with	0.00
4593	Caramel	0.00
4595	Eggs	5.00
4595	Coconut cream (the thick,	1.00 c
4595	Top part of a can of canned	0.00
4595	Coconut milk	0.00
4595	Sugar	1.00 c
4596	Vanilla ice cream	1.00 pt
4596	Coconut, flaked	1.00 c
4596	Unsweetened cocoa	0.50 c
4596	Milk	1.00 qt
4596	Dark rum (optional)	0.50 c
4596	Cream of coconut	1.00 c
4596	Coconut extract	1.00 ts
4596	Chocolate ice cream suace	0.50 c
4596	Marachino cherries	8.00
4597	PATTI -----	0.00 -----
4597	Instant coffee	2.00 tb
4597	Water; hot	2.00 ts
4597	Sweetened condensed milk	1.00 cn
4597	Half & half	4.00 c
4597	Almonds; chopped, toasted	0.75 c
4597	Brickle chips	0.33 c

Sheet1

4597	Vanilla	2.00 ts
4597	Almond extract	1.00 ts
4598	Envelopes unflavored gelatin	2.00
4598	Water	0.25 c
4598	Eggs	4.00
4598	Sugar	0.67 c
4598	Pumpkin (1-lb)	1.00 cn
4598	Rum	0.25 c
4598	Ground cinnamon	0.50 ts
4598	Ground ginger	0.50 ts
4598	Ground mace	0.25 ts
4598	Ground cloves	0.25 ts
4598	Whipping cream; whipped	1.00 c
4598	Candied kumquats (optional)	0.00
4599	All-purpose flour	2.00 c
4599	Molasses	1.00 c
4599	Buttermilk	0.75 c
4599	Sugar	0.50 c
4599	Butter, softened	0.50 c
4599	Egg	1.00
4599	Baking soda	1.00 ts
4599	Ground ginger	1.00 ts
4599	Ground cinnamon	1.00 ts
4599	Salt	0.50 ts
4599	10X sugar	0.00
4600	Pills. Slice'n Bake cookies	1.00 pk
4600	Vanill ice cream (1/2 gall.)	1.00 pk
4601	Butter	2.00 c
4601	Salt	1.00 ts
4601	Sugar	2.00 c
4601	Baking Powder	2.00 ts
4601	Brown sugar	2.00 c
4601	Baking Soda	2.00 ts
4601	Eggs	4.00
4601	Chocolate Chips	4.00 oz
4601	Vanilla	2.00 ts
4601	8-Oz Hershey Bar, grated	1.00
4601	Flour	4.00 c
4601	Chopped nuts	3.00 c
4601	Blended Oatmeal *	5.00 c
4602	All-Purpose Flour*	1.33 c
4602	Firmly Packed Brown Sugar	0.25 c
4602	Cinnamon	0.50 ts
4602	Allspice	0.25 ts
4602	Baking Soda	1.00 ts
4602	Baking Powder	0.50 ts
4602	Brandy	3.00 tb
4602	Milk	0.25 c
4602	Oil	3.00 tb

Sheet1

4602	Egg	0.00
4602	Chopped Walnuts	0.75 c
4602	Cranberries, Halved	2.00 c
4603	All-Purpose Flour*	1.33 c
4603	Firmly Packed Brown Sugar	0.25 c
4603	Cinnamon	0.50 ts
4603	Allspice	0.25 ts
4603	Baking Soda	1.00 ts
4603	Baking Powder	0.50 ts
4603	Brandy	3.00 tb
4603	Milk	0.25 c
4603	Oil	3.00 tb
4603	Egg	0.00
4603	Chopped Walnuts	0.75 c
4603	Cranberries, Halved	2.00 c
4604	Cranberry jelly, canned	8.00 oz
4604	Flour	5.00 tb
4604	Baking powder	0.50 ts
4604	Sugar	0.50 ts
4604	Water	5.00 tb
4604	Vegetable oil	0.00
4604	- for deep-frying	0.00
4604	Flour; for dredging	0.00
4605	Water	2.00 c
4605	Sugar; or to taste	1.33 c
4605	Knox gelatine; unnecessary	1.00 ts
4605	Cranberries; more if desire	1.00 pt
4605	d	0.00
4605	Lemon; juice	1.00 ea
4605	Egg whites; stiffly beaten	2.00 ea
4606	Flour, all-purpose	3.75 c
4606	Yeast, rapid rise	2.00 pk
4606	Salt	0.50 ts
4606	Milk	0.50 c
4606	Water	0.25 c
4606	Honey	0.25 c
4606	Margarine	0.25 c
4606	Eggs	2.00
4606	Pam	0.00
4606	CRANBERRY ORANGE NUT FILLING -----	0.00 -----
4606	Cranberries, finely chopped	1.00 c
4606	Orange segments, chopped	0.50 c
4606	Honey	3.00 tb
4606	Nabisco 100% bran	0.75 c
4606	Pecans, toasted and chopped	0.50 c
4606	Confectioners' Sugar Glaze	0.00
4606	Confectioners' sugar	1.00 c
4606	Milk	5.00 ts
4606	Vanilla extract	0.50 ts

Sheet1

4607	PATTI -----	0.00 -----
4607	Milk	1.00 c
4607	Sugar	0.33 c
4607	Salt	0.25 ts
4607	Egg	1.00
4607	Cran-raspberry sauce	16.00 oz
4607	Light cream	1.00 c
4607	Vanilla	0.50 ts
4608	Pate sucree' recipe	1.00
4608	Raw rice	0.00
4608	Eggs	3.00 lg
4608	Dark brown sugar, firmly	0.67 c
4608	packed	0.00
4608	Corn syrup	0.67 c
4608	Unsalted butter, melted and	0.25 c
4608	cooled	0.00
4608	Salt	0.50 ts
4608	Vanilla	1.00 ts
4608	Cranberries, chopped	1.25 c
4608	Walnuts, chopped	1.00 c
4609	Cream Cheese, softened	3.00 oz
4609	Butter, softened	1.00 tb
4609	Honey	2.00 tb
4609	Grated Lemon Rind	0.25 ts
4610	Margarine or Butter	0.25 lb
4610	Cream cheese	8.00 oz
4610	Powdered sugar	1.00 lb
4611	8-ounce pkg's cream cheese,	3.00
4611	Softened	0.00
4611	Sugar	2.50 c
4611	Eggs	4.00
4611	Lemon juice	2.00 tb
4611	Vanilla	2.00 ts
4611	Light cream	5.00 c
4612	Chocolate -sweet baking	4.00 oz
4612	Butter or margarine	3.00 tb
4612	Butter /margarine - softened	2.00 tb
4612	Cream cheese - softened	3.00 oz
4612	Sugar	0.25 c
4612	Egg	1.00
4612	Flour - all purpose	1.00 tb
4612	Vanilla extract	0.50 ts
4612	Eggs	2.00
4612	Sugar	0.75 c
4612	Flour - all purpose	0.50 c
4612	Baking powder	0.50 ts
4612	Salt	0.25 ts
4612	Vanilla extract	1.00 ts
4612	Almond extract	0.25 ts

Sheet1

4612	Pecans or walnuts-chopped	0.50 c
4613	Softened cream cheese	2.00 pk
4613	Sugar	0.75 c
4613	Eggs	2.00
4613	Lemon juice	1.00 tb
4613	Vanilla	1.00 ts
4613	Sunshine vanilla wafers	1.00 pk
4613	Thank You Cherry Pie filling	1.00 cn
4614	Sweet milk	1.50 c
4614	Egg whites	2.00
4614	Sugar	1.00 tb
4614	Butter size of a nutmeg	0.00
4614	Cornstarch	1.00 ts
4615	Package silken tofu	10.50 oz
4615	Fresh lemon juice	0.75 c
4615	Arrowroot powder/cornstarch	2.00 tb
4615	Fructose/sugar	1.00 c
4616	Instant coffee granules	2.00 ts
4616	Hot water	1.00 tb
4616	Cream-filled chocolate	1.00 c
4616	cookie crumbs	0.00
4616	Chopped pecans, divided	0.75 c
4616	Butter or margarine, melted	0.25 c
4616	Cream cheese (8-oz.),	2.00 pk
4616	softened	0.00
4616	Sweetened condensed milk	1.00 cn
4616	(14 oz.)	0.00
4616	Chocolate flavored syrup	0.50 c
4616	Frozen whipped topping,	1.00 ct
4616	thawed (8-oz.)	0.00
4617	9" unbaked deep-dish pie	1.00
4617	Crust	0.00
4617	(4 oz) whole green chilies	2.00 cn
4617	Monterey Jack cheese, cut	3.00 oz
4617	Into 1/2 x 1/4" strips	0.00
4617	(10 3/4 oz) condensed	1.00 cn
4617	Creamy onion soup	0.00
4617	Milk	0.75 c
4617	Half and half	0.25 c
4617	Eggs, slightly beaten	3.00
4617	Shredded Swiss cheese	1.50 c
4617	Dry mustard	1.00 ts
4617	Dash white pepper	0.00
4617	Hot pepper sauce	0.12 ts
4617	Pitted ripe olives	0.33 c
4618	Short grain rice, uncooked	0.33 c
4618	Whipping cream	0.50 c
4618	Milk	1.00 qt
4618	Sugar	0.50 c

Sheet1

4618	Nutmeg; -=OR=-	0.12 ts
4618	Vanilla	1.00 ts
4618	Butter or margarine	3.00 tb
4619	Unsweetened chocolate, chopp	16.00 oz
4619	Magarine or butter	0.50 c
4619	All-purpose flour	1.00 c
4619	Nuts, chopped & toasted	0.50 c
4619	Baking powder	0.25 ts
4619	Sugar	1.50 c
4619	Eggs	3.00
4619	Vanilla	1.00 ts
4619	TOPPING -----	0.00 -----
4619	Bittersweet chocolate, chopp	3.00 oz
4619	Cream cheese	6.00 oz
4619	Egg	1.00
4619	Sugar	0.25 c
4619	Milk	1.00 tb
4619	Vanilla	0.50 ts
4619	GLAZE -----	0.00 -----
4619	Semisweet chocolate	2.00 oz
4619	Shortening	1.00 ts
4619	Fresh raspberries	0.00
4620	Egg yolks	4.00
4620	Sugar	3.00 tb
4620	Pinch salt	0.00
4620	Table cream	2.00 c
4620	Vanilla	1.00 ts
4620	Fresh sliced peaches	0.00
4620	Fresh strawberries	0.00
4621	Chocolate -1 oz squares	4.00
4621	Butter or margarine	1.00 c
4621	Eggs	4.00
4621	Sugar	2.00 c
4621	Flour	1.00 c
4621	Salt	0.50 ts
4621	Vanilla extract	1.00 ts
4621	Chocolate morsels, melted	0.50 c
4621	Powdered sugar - sifted	4.00 c
4621	Butter or margarine- melted	0.50 c
4621	Half and half	0.25 c
4621	Creme de Menthe - green	0.25 c
4621	Walnuts - finely chopped	1.00 c
4622	Creme de Menthe	2.00 oz
4622	Crushed Pineapple & Juice	0.50 c
4622	Water	1.00 c
4622	Sugar	1.00 c
4622	White Corn Syrup	0.50 c
4622	Salt	1.00 ds
4622	Vanilla Ice Cream	1.00 qt

Sheet1

4622	Green Coloring	3.00 dr
4623	Eggs	2.00
4623	Milk	0.67 c
4623	Beer	0.67 c
4623	Pinches of salt	2.00
4623	Peanut oil	0.50 ts
4623	Flour	1.00 c
4624	Flour	1.00 c
4624	Salt	0.50 ts
4624	Sugar	0.33 c
4624	Eggs; separated	3.00
4624	Milk	1.50 c
4624	Vanilla	1.00 ts
4624	Sweet wine	0.33 c
4625	Pillsbury Crescent rolls	2.00 pk
4625	Cream cheese	2.00 pk
4625	Sugar	1.00 c
4625	Vanilla	1.00 ts
4625	Egg	1.00
4626	Butter	0.50 c
4626	Sugar	0.25 c
4626	Salt	0.25 ts
4626	Extract, vanilla	1.00 tb
4626	Flour	1.00 c
4626	Nuts, ground	0.25 c
4626	Sugar, powdered	0.50 c
4627	Loaf french bread	1.00 lb
4627	Frozen pina colada drink mix	10.00 oz
4627	Pineapple juice	6.00 oz
4627	Evaporated milk	12.00 oz
4627	Cream of coconut	0.50 c
4627	Large bananas; sliced crossw	2.00
4627	Large eggs	3.00
4627	Light rum	0.25 c
4627	Aisins	1.00 c
4627	Pineapple; crushed w/juice	8.00 oz
4627	Lemon peel; grated	1.00 ts
4627	Fresh mint sprigs	0.00
4628	Sugar	0.50 c
4628	Flour	0.33 c
4628	Cinnamon	0.50 ts
4628	Butter	0.25 c
4629	PASTRY -----	0.00 -----
4629	Flour	1.00 c
4629	Butter, cut into small	4.00 tb
4629	pieces	0.00
4629	Sugar	2.00 tb
4629	Whipping cream	2.00 tb
4629	Salt	0.50 ts

Sheet1

4629	Dried beans, for weighting	3.00 c
4629	down pastry shell	0.00
4629	FILLING -----	0.00 -----
4629	Water	0.50 c
4629	Sugar	4.00 tb
4629	Eggs, beaten	3.00
4630	-----crust-----	0.00
4630	Sugar	0.25 c
4630	Butter	8.00 tb
4630	Jell-o; (3 pkgs.), *	9.00 oz
4630	Pineapple juice; hot	1.00 c
4630	Pinapple; crushed, drained	1.00 c
4630	Vanilla wafer crumbs	1.67 c
4630	Pecans; finely chopped	1.00 c
4630	-----filling-----	0.00
4630	Lemon jell-o; (1 pkg.)	3.00 oz
4630	Heavy cream	1.00 c
4631	Cold water	0.50 c
4631	Unflavoured gelatin	1.00 tb
4631	Large eggs, separated	4.00
4631	Sugar	0.75 c
4631	Rind of lemon and lime	1.00
4631	Lime juice	2.00 tb
4631	Lemon juice	2.00 tb
4631	Light rum	4.00 tb
4631	Whipped cream	1.00 c
4632	Eggs; slightly beaten	3.00
4632	Sugar	0.50 c
4632	Sweetened condensed milk	1.00 cn
4632	Light cream	2.00 c
4632	Strawberry soda (Big Red)	20.00 oz
4632	Vanilla	1.00 ts
4632	Frozen strawberries; thawed	2.00 pk
4633	To 6 cups flour	4.00
4633	Dry yeast or 1 ounce fresh	2.00 pk
4633	yeast	0.00
4633	Sugar	3.00 tb
4633	Salt	1.00 ts
4633	Whole eggs or 6 egg yolks	3.00
4633	Grated orange rind	1.00 ts
4633	Ground cardamom seeds	0.25 ts
4633	(optional)	0.00
4633	Vanilla	1.00 ts
4633	Cold milk (approximately)	1.25 c
4633	Butter, firm, but not ice	2.00 c
4633	cold	0.00
4634	Sweet butter	0.75 c
4634	Cocoa	1.50 c
4634	Heavy cream; well-chilled.	1.00 c



Sheet1

4634	Eggs; room temperature.	6.00
4634	10x sugar	1.25 c
4634	10x sugar	3.00 tb
4634	Cognac	2.00 tb
4634	Strong coffee	1.50 tb
4635	Butter or margarine,softened	0.50 c
4635	Sugar	0.75 c
4635	Egg	0.00
4635	Apples, peeled, finely chopp	2.00 x
4635	Chopped Nuts	0.50 c
4635	Chopped Dates	0.50 c
4635	Flour	1.50 c
4635	Baking Soda	0.50 ts
4635	Baking Powder	1.00 ts
4636	19.8 oz fudge brownie mix	1.00 pk
4636	Coffee liqueur	0.50 c
4636	3.5 oz each instant choco-	3.00 pk
4636	late pudding (can use local	0.00
4636	Chocolate-covered toffee	8.00
4636	candy bars (like Heath or	0.00
4636	Skor)	0.00
4636	12 oz frozen whipped topping	1.00 ct
4637	Tapioca; small pearl	1.00 c
4637	Whole cream	1.00 qt
4637	Water	2.00 c
4637	Salt	0.25 ts
4637	Sugar; brown	1.00 c
4637	Eggs; large	4.00
4637	Vanilla; madagascar bourbon	3.00 ts
4638	Slices (1/2 oz each) fat	4.00
4638	Free marble poundcake.	0.00
4638	Strawberries, divided	3.00
4638	Drops red food coloring	2.00
4638	Reduced calorie nondairy	0.50 c
4638	Whipped topping	0.00
4639	CAKE LAYERS -----	0.00 -----
4639	Eggs, separated	14.00 lg
4639	Sugar	1.75 c
4639	Bittersweet chocolate,	9.00 oz
4639	melted and cooled	0.00
4639	Buttercream:	0.00
4639	Sugar	1.00 c
4639	Eggs	2.00 lg
4639	Unsalted butter, softened	1.50 c
4639	Instant espresso, dissolved	3.00 tb
4639	in	0.00
4639	Hot water	1.00 tb
4639	GANACHE -----	0.00 -----
4639	Heavy cream	1.50 c

Sheet1

4639	Bittersweet chocolate,	6.00 oz
4639	chopped fine	0.00
4639	ASSEMBLY -----	0.00 -----
4639	Apricot preserves, heated to	0.75 c
4639	lukewarm	0.00
4639	Chocolate coffee beans for	0.00
4639	decoration	0.00
4640	Glutinous rice powder	0.50 lb
4640	Boiling water	0.67 c
4640	Chinese brown slab sugar	2.00
4640	(sticks)-	0.00
4640	=OR=-	0.00
4640	Dark brown sugar	0.50 c
4640	Sweet red bean paste	0.50 c
4640	Sesame seeds	0.50 c
4640	Peanut oil for deep-frying	0.00
4641	Butter or margarine	0.75 c
4641	Sugar	1.50 c
4641	Eggs	3.00
4641	Vanilla extract	1.00 ts
4641	All-purpose flour	1.33 c
4641	Baking powder	0.50 ts
4641	Salt	0.50 ts
4641	Baking cocoa	3.00 tb
4641	Chopped nuts, optional	0.50 c
4641	Miniature marshmallows	4.00 c
4641	TOPPING -----	0.00 -----
4641	Chocolate chips (8 oz.)	1.33 c
4641	Butter or margarine	3.00 tb
4641	Peanut butter	1.00 c
4641	Crisp rice cereal	2.00 c
4642	Sugar	0.33 c
4642	Chopped walnuts or pecans	1.00 c
4642	Quick oats	1.00 c
4642	(1 stick) margarine, soft.	0.50 c
4642	All-pourpose flour	0.75
4642	Cinnamon	0.50 ts
4642	Wilderness cherry or light	1.00 cn
4642	cherry pie filling-21-oz.	0.00
4643	PATTI -----	0.00 -----
4643	Whipping cream	3.00 c
4643	Milk	1.00 c
4643	Sugar + 2 tbls; divided	0.75 c
4643	Egg yolks; beaten	4.00
4643	Vanilla	1.00 tb
4643	Almond extract	2.00 ts
4643	Butter	2.00 tb
4643	Natural almonds; chopped	1.50 c
4644	Semi sweet chocolate, melted	5.00 oz

Sheet1

4644	Butter, melted	0.50 c
4644	Eggs	2.00
4644	Sugar	1.00 c
4644	Pure vanilla extract	1.00 ts
4644	All purpose flour	0.50 c
4644	Baking powder	0.50 ts
4644	Salt	0.00
4644	White cho. cut 1/2 in pieces	2.00 oz
4644	Chopped pecans	0.50 c
4644	TOPPINGS -----	0.00 -----
4644	White chocolate, melted	1.00 oz
4644	Semi sweet chocolate melted	1.00 oz
4645	Mint-Chocolate Chips; *	1.50 c
4645	Flour; Unbleached	1.25 c
4645	Baking Soda	0.75 ts
4645	Salt	0.50 ts
4645	Butter; Softened	0.50 c
4645	Brown Sugar; Firmly Packed	0.50 c
4645	Sugar; Granulated	0.25 c
4645	Vanilla Extract	0.50 ts
4645	Egg; Large	1.00
4645	Nuts; Chopped	0.50 c
4646	Unsifted self-rising flour	2.00 c
4646	Sugar	0.25 c
4646	Heavy cream	2.33 c
4646	Strawberries, hulled	2.00 pt
4646	Blueberries	1.00 c
4646	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
4646	601 calories	0.00 x
4646	7 g protein	0.00 x
4646	69 g carbohydrate	0.00 x
4646	35 g fat	0.00 x
4646	125 mg cholesterol	0.00 x
4646	566 mg sodium	0.00 x
4647	Milk	2.00 c
4647	Sugar	1.00 c
4647	Flour	6.00 c
4647	Nutmeg	0.50 ts
4647	Yeast	1.00 c
4647	Water, warm	1.00 c
4647	Salt	0.25 ts
4647	Egg, well beaten	3.00
4647	Butter, melted	0.25 c
4648	*pastry	0.00
4648	Flour	1.00 tb
4648	Nutmeg	0.25 ts
4648	Apple	5.00
4648	Sugar	1.00 c
4648	Butter	2.00 ts

Sheet1

4649	German sweet chocolate	8.00 oz
4649	Water	0.33 c
4649	Pkg cream cheese, softened	8.00 oz
4649	Sugar	0.25 c
4649	Vanila	2.00 ts
4649	Pkg whipped topping,	12.00 oz
4649	Thawed (about 4-3/4 c)	0.00
4649	Milk	1.00 tb
4649	Almond liqueur	2.00 tb
4650	Unflavored gelatin	2.00 pk
4650	Sugar	1.00 c
4650	Water	3.00 c
4650	Pureed strawberries	1.00 qt
4650	about 3 pints fresh	0.00
4650	Cranberry juice cocktail	1.00 c
4650	Fresh squeezed lemon juice	0.25 c
4651	Eggs	3.00 ea
4651	Sugar	1.00 c
4651	Salt; pinch	1.00
4651	Whipping cream	1.00 c
4651	Milk	1.00 c
4651	Orange juice	1.00 c
4651	Or	0.00
4651	Lemon; juice of	1.00 ea
4651	Or	0.00
4651	Seasonal fruit	1.00 c
4652	Softened vanilla ice cream	1.00 qt
4652	Pumpkin pie mix	0.50 c
4653	Tart Pastry:	0.00
4653	Butter	0.25 c
4653	Lard	0.25 c
4653	Egg	1.00
4653	Sugar	6.00 tb
4653	Sifted all purpose flour.	2.00 c
4653	Egg Custard Filling:	0.00
4653	Whole extra large eggs	2.00
4653	Extra large egg yolks	3.00
4653	Whole milk	1.00 c
4653	Half and half	0.50 c
4653	Sugar	1.00 c
4654	Eggs - beat until light	3.00
4654	and fluffy	0.00
4654	BEAT IN SLOWLY -----	0.00 -----
4654	Sugar	0.25 c
4654	Salt	0.12 t
4654	BEAT IN -----	0.00 -----
4654	Vanilla	1.50 t
4654	STIR IN MIXTURE OF -----	0.00 -----
4654	Evaporated milk	2.00 c

Sheet1

4654	Water	1.00 c
4654	(or 3 cups of milk)	0.00
4654	Nutmeg	0.50 t
4655	BREAD PUDDING -----	0.00 -----
4655	Skim milk	2.00 c
4655	Vanilla	1.00 ts
4655	Sugar	1.00 c
4655	Nutmeg	1.00 ts
4655	Eggs	2.00
4655	12 oz French bread cubes 1"	10.00 c
4655	Raisins	0.67 c
4655	RUM SAUCE -----	0.00 -----
4655	Firmly packed brown sugar	1.00 c
4655	Light corn syrup	0.50 c
4655	Rum	2.00 tb
4655	Margarine or butter	2.00 tb
4655	Vanilla	0.50 ts
4656	Gelatine,unflavored	2.00 pk
4656	Cold Water	0.50 c
4656	Eggnog,chilled	1.00 cn
4656	Almonds,ground	1.00 c
4656	Mandarin Oranges,drained	1.00 cn
4656	Coolwhip to taste	0.00
4657	Cornstarch	2.00 tb
4657	Cooked Rice	2.00 c
4657	Eggnog	1.00 qt
4657	Nutmeg	1.00 ds
4658	MAIN INGREDIENTS -----	0.00 -----
4658	All-purpose flour	2.75 c
4658	Cream of tartar	2.00 ts
4658	Sugar	1.50 c
4658	Baking soda	1.00 ts
4658	Butter-softened	1.00 c
4658	Salt	0.25 ts
4658	Eggs	2.00
4658	Brandy extract	0.50 ts
4658	Rum extract	0.50 ts
4658	SUGAR MIXTURE -----	0.00 -----
4658	Sugar or colored sugar	0.25 c
4658	Nutmeg	1.00 ts
4659	10" shortcrust pastry case	1.00
4659	- thoroughly blind-bakec	0.00
4659	Thin-skinned oranges	2.00
4659	Honey and sugar	0.00
4659	Stick cinnamon	0.00
4659	Ground cinnamon	0.00
4659	Allspice	0.00
4659	Double cream	0.25 pt
4659	Fromage blanc (or see note)	0.25 lb

Sheet1

4659	OR- Low-fat soft cheese	0.00
4659	Ground almonds	2.00 tb
4660	Pillsbury Date or Cranberry	1.00 pk
4660	Quick Bread Mix	0.00
4660	TRIFLE MIXTURE -----	0.00 -----
4660	To 1/2 cup orange-flavored	0.25
4660	liqueur or orange juice	0.00
4660	(3.5 oz) vanilla pudding &	1.00 pk
4660	pie filling (Not instant)	0.00
4660	Milk	2.00 c
4660	Grated orange peel	1.00 tb
4660	Whipping cream, whipped	1.00 c
4660	Jar (12 oz) (1 1/2 cups)	1.00
4660	orange marmalade or peach	0.00
4660	preserves	0.00
4660	FROSTING -----	0.00 -----
4660	Whipping cream	1.00 c
4660	Powdered sugar	1.00 tb
4661	Jelly roll, yellow cake,	0.00
4661	Or lady's fingers	0.00
4661	Carton of whipping cream	1.00
4661	Box raspberry Jell-O	1.00
4661	Package frozen raspberries	1.00
4661	Chopped pecans	0.00
4661	Package Bird's English	1.00
4661	Custard powder	0.00
4661	Or vanilla pudding	0.00
4662	Strawberries	1.00 lb
4662	Kirsch	6.00 tb
4662	Heavy cream; whipping cream	2.00 c
4662	Meringue shells;crushed	6.00
4663	Cornstarch	1.00 tb
4663	Cold water	2.00 tb
4663	Boiling water	0.50 c
4663	Egg whites; at room temp	3.00
4663	Sugar	6.00 tb
4663	Vanilla	1.00 ts
4664	Chocolate, bitter squares	2.00
4664	Chocolate, semi-sweet square	2.00
4664	Butter	3.00 tb
4664	Water	6.00 tb
4664	Marshmallows	6.00
4664	Confectioners sugar	0.50 c
4664	Vanilla	1.00 ts
4665	Brown sugar	0.50 c
4665	Broken nut meats	0.50 c
4665	Flour	1.25 c
4665	White sugar	1.00 c
4665	Baking soda	1.00 ts

Sheet1

4665	Salt	0.25 ts
4665	(#2) fruit cocktail, drained	1.00 cn
4666	Ripe Figs	6.00 c
4666	Sugar	6.00 c
4666	Water	1.00 c
4666	Strawberry Jello	3.00 pk
4666	Sure Jell	1.00 pk
4667	Honey	0.50 c
4667	Bottle dry white wine	1.00
4667	Continuous lemon peel spiral	1.00
4667	Fresh lemon juice	2.00 tb
4667	Sprigs fresh thyme	6.00
4667	Bay leaves	2.00
4667	White peppercorns	4.00
4667	Fresh figs	2.50 lb
4667	Lightly whipped cream	0.00
4668	Milk	2.00 c
4668	Sugar	1.00 c
4668	Oranges; large	2.00 ea
4668	Lemon	1.00 ea
4669	Small Yellow Cake layer	1.00
4669	Ice Cream or Sherbet	1.00 pt
4669	Clay Flower Pots	8.00
4669	Large Soda Straws	8.00
4669	Meringue	1.00
4669	Egg Whites	3.00
4669	Sugar	6.00 tb
4669	Vanilla	0.50 ts
4671	Egg Whites	2.00
4671	Salt	1.00 pn
4671	White Sugar	0.25 c
4671	Vanilla	1.00 ts
4671	Chocolate Chips	1.00 c
4672	Chocolate	12.00 oz
4672	Margarine	0.50 c
4672	Eggs	2.00
4672	Peppermint extract	0.00
4672	Powdered sugar	1.50 c
4672	Vanilla	2.00 ts
4673	Refrigerated pie crusts;	15.00 oz
4673	ready to bake	0.00
4673	Golden Delicious apples	4.00
4673	Sugar	3.00 tb
4673	Ground cinnamon	0.12 ts
4673	Apricot jam	0.25 c
4673	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
4673	287 calories	0.00 x
4673	3 g protein	0.00 x
4673	42 g carbohydrate	0.00 x

Sheet1

4673	13 g fat	0.00 x
4673	0 cholesterol	0.00 x
4673	347 mg sodium	0.00 x
4674	FRUIT BASE -----	0.00 -----
4674	Thinly sliced pared tart	6.00 c
4674	Apples	0.00
4674	Ground cinnamon	0.25 ts
4674	Ground nutmeg	0.25 ts
4674	Skim milk	0.25 c
4674	Margerine, softened	2.00 tb
4674	Egg whites OR 1/2 cup	3.00
4674	Cholesterol-free egg	0.00
4674	Product	0.00
4674	Sugar	1.00 c
4674	Bisquick Reduced Fat	0.25 c
4674	Baking mix	0.00
4674	STREUSEL -----	0.00 -----
4674	Bisquick Reduced Fat baking	1.00 c
4674	Mix	0.00
4674	Chopped nuts	0.50 c
4674	Packed brown sugar	0.33 c
4674	Firm margerine	3.00 tb
4675	(9-in) pre-cooked tart shell	1.00
4675	Apples	2.00 lb
4675	preferably Golden Delicious	0.00
4675	Lemon, juiced	0.50
4675	Sugar (or more if needed)	2.00 tb
4675	Apricot jam	0.75 c
4675	Calvados	0.25 c
4675	=OR=- Dark Rum or Cognac	0.00
4675	Butter	2.00 tb
4676	PATTI -----	0.00 -----
4676	Egg; separated	4.00
4676	Sugar	1.50 c
4676	Light cream -OR- half & half	6.00 c
4676	Vanilla extract	2.00 tb
4677	PATTI -----	0.00 -----
4677	Evaporated milk	12.00 oz
4677	Unflavored gelatin	1.00 pk
4677	Sugar	0.75 c
4677	Apricot nectar	12.00 oz
4677	Fresh apricots; diced	1.50 c
4677	about 3/4 lb	0.00
4677	Plain yogurt	0.50 pt
4677	Vanilla	1.00 ts
4678	Fresh corn Kernels	4.00 c
4678	Heavy cream	2.00 c
4678	Granulated sugar	0.25 c
4678	Milk	2.00 c



Sheet1

4678	Bourbon	2.00 tb
4678	Egg yolks	9.00 lg
4678	Light brown sugar; packed	0.75 c
4679	(1-1/2 pts) Half-and-Half	3.00 c
4679	Sweetened condensed milk	14.00 cn
4679	(NOT evaporated)	0.00
4679	Pureed or mashed fresh fruit	1.00 c
4679	(peaches, strawberries,	0.00
4679	Bananas, raspberries, etc)	0.00
4679	Vanilla	1.00 tb
4679	Food coloring, optional	0.00
4680	Sugar	1.50 c
4680	Water	1.50 c
4680	Fresh pineapple;	1.00 c
4680	crushed finely	0.00
4680	Mint leaves; crush finely	2.00 c
4680	Light corn syrup	1.00 c
4680	Unsweetened pineapple juice	1.00 c
4680	Milk	2.00 c
4680	Whipping cream	2.00 c
4680	Creme de menthe	0.25 c
4681	Banana, quartered	1.00
4681	Flour	0.50 c
4681	Double action baking	2.00 ts
4681	Powder	0.00
4681	Water	6.00 tb
4681	Cooking oil	4.00 c
4681	Honey	4.00 tb
4682	Vanilla ice cream OR	1.00 pt
4682	other flavor	0.00
4682	Crushed cornflake OR	0.50 c
4682	cookie crumbs	0.00
4682	Ground cinnamon	1.00 ts
4682	Sugar	2.00 ts
4682	Egg	1.00
4682	Oil for deep frying	0.00
4682	Honey	0.00
4682	Whipped cream	0.00
4683	Butter	0.50 c
4683	Evaporated Milk	12.00 oz
4683	Sugar	4.00 c
4683	Large Marshmallows	10.00 oz
4683	Unsweetened Chocolate,	2.00 oz
4683	Chopped	0.00
4683	Semisweet Chocolate Chips	12.00 oz
4683	Milk Chocolate, Chopped	12.00 oz
4683	Pure Vanilla Extract	1.00 tb
4683	Chopped Walnuts Or Pecans	2.00 c
4684	Butter/margarine, softened	0.50 c

Sheet1

4684	Brown sugar, firmly	1.50 c
4684	Eggs	2.00
4684	Pumpkin -cooked, mashed	1.00 c
4684	Lemon extract	0.50 ts
4684	Vanilla extract	0.50 ts
4684	Flour - all purpose	2.50 c
4684	Baking powder	1.00 tb
4684	Salt	0.50 ts
4684	Pumpkin pie spice	2.00 ts
4684	Walnuts, chopped	1.00 c
4684	Maple frosting recipe	1.00
4684	Butter/margarine, softened	0.25 c
4684	Powdered sugar, sifted	2.25 c
4684	Milk	2.00 tb
4684	Maple extract	0.75 ts
4685	PATTI -----	0.00 -----
4685	Nectarines; cut in chunks	3.00
4685	Sugar	1.50 c
4685	Half & half	3.00 c
4685	Egg yolks	6.00
4685	Amaretto	0.50 c
4685	Almonds; chopped	0.00
4685	Additional nectarines; slice	0.00
4686	Eggs	3.00 ea
4686	Sugar	0.75 c
4686	Milk; sweet	0.25 c
4686	Pineapple juice	0.50 c
4686	Orange juice	0.50 c
4686	Pineapple; crushed	0.50 c
4686	Cream; whipped	1.00 c
4687	Vanilla yogurt	4.00 c
4687	Sugar	1.00 c
4687	Cinnamon	0.50 ts
4687	Salt	0.00
4687	Whipping cream	1.00 c
4687	Vanilla	1.00 ts
4687	Walnut pieces	1.00 c
4688	Egg yolks	8.00 ea
4688	Vinegar	2.00 tb
4688	Sugar	8.00 tb
4688	Marshmallows	1.00 lb
4688	Crushed pineapple; large ca	1.00 cn
4688	n	0.00
4688	Cherries; 25 cent bottle	1.00 ea
4688	Pecan nuts; chopped	1.00 c
4688	Cream; whipped	1.00 qt
4689	Eggs	2.00
4689	Sugar	0.50 c
4689	Vanilla	1.00 ts

Sheet1

4689	Lemon juice	2.00 ts
4689	Evaporated milk, chilled	1.33 c
4689	Graham cracker crumbs	0.75 c
4690	PATTI -----	0.00 -----
4690	HoHo cakes	2.00 pk
4690	Ice cream, 1 qt each of 2	2.00 qt
4690	different flavors, any	0.00
4690	you choose	0.00
4690	Cool Whip	13.00 oz
4690	Oreo cookies; crushed	16.00 oz
4690	Hot fudge sauce	12.00 oz
4690	Chocolate shavings	0.00
4691	PATTI -----	0.00 -----
4691	Navel oranges	12.00
4691	Dark chocolate ice cream	0.50 ga
4691	Cinnamon sticks	12.00
4692	PATTI -----	0.00 -----
4692	To 24 ladyfingers; split	18.00
4692	Instant coffee	1.00 tb
4692	Water; boiling	1.00 tb
4692	1.4oz Heath Bars; frozen	5.00
4692	Vanilla ice cream; softened	1.00 qt
4692	Whipping cream	1.00 c
4692	Cream de cacao	2.00 tb
4693	Sugar	1.50 c
4693	Cornstarch	3.00 tb
4693	Env. Unflavored Gelatin	1.00
4693	Water	1.00 c
4693	Lemon Juice OR Lime Juice	0.67 c
4693	Large Egg Whites	3.00
4693	( 1 C) Whipping Cream	0.50 pt
4694	(14 oz) Sweetened	2.00 cn
4694	Condensed Milk	0.00
4694	2-litre bottle OR	1.00
4694	(12 oz) cans carbonated	5.00
4694	Beverage, any flavor	0.00
4695	Shortening	0.25 c
4695	Egg	1.00
4695	Baking powder	0.50 ts
4695	Milk	0.25 c
4695	Sugar	0.50 c
4695	Flour	1.00 c
4695	Salt	0.50 ts
4695	Fruit of choice	0.00
4696	Unbleached Flour	2.75 c
4696	Baking Powder	1.00 ts
4696	Salt	0.50 ts
4696	Butter	0.75 c
4696	Cheddar; Sharp, Shredded	2.50 c

Sheet1

4696	Eggs; Lg, Beaten	2.00
4696	Peach Preserves	0.50 c
4696	Strawberry Preserves	0.50 c
4697	Stick butter	0.75
4697	Flour	0.75 c
4697	Milk	0.75 c
4697	Sugar	1.00 c
4697	Baking powder	2.00 ts
4697	Sweetened fruit	2.00 c
4698	Egg	1.00 ea
4698	Sugar	0.67 c
4698	Milk	0.50 c
4698	Pineapple juice	0.50 c
4698	Gelatine	1.00 tb
4698	Water	0.25 c
4698	Banana; mashed	1.00 ea
4698	Fruit cocktail	1.50 c
4698	Heavy cream	0.50 c
4699	Sliced apples, pears, etc *	3.00 c
4699	Ground cinnamon	1.00 pn
4699	Salt	1.00 pn
4699	Juice of 1/2 lemon	0.00
4700	Butter	1.00 c
4700	Brown Sugar, packed	1.00 c
4700	Flour	1.50 c
4700	Baking Soda	0.50 ts
4700	Almond Extract	0.50 ts
4700	Oats, uncooked	1.50 c
4700	Fruit Preserves	1.00 c
4700	Sliced Almonds, toasted	0.25 c
4701	Whole Wheat Flour	0.33 c
4701	Sugar	1.00 tb
4701	Ice Water	2.00 tb
4701	Cornstarch	1.00 ts
4701	Kiwi, peeled and sliced	0.00
4701	Thinly sliced Strawberries	1.00 c
4701	All purpose Flour	0.33 c
4701	Margarine	3.00 tb
4701	Sugar	2.00 ts
4701	Orange Juice	0.50 c
4701	Thinly sliced Banana	0.75 c
4702	CHEESE TART SHELLS -----	0.00 -----
4702	Vegetable Shortening	0.50 c
4702	American Cheese Spread;1 Jar	5.00 oz
4702	Unbleached Flour	1.50 c
4702	FILLING -----	0.00 -----
4702	Navel Oranges;Peel & Section	2.00
4702	Pineapple; Crushed, 1 Cn	8.25 oz
4702	Sugar	0.25 c

Sheet1

4702	Cornstarch	5.00 ts
4702	Salt	0.12 ts
4702	Orange Juice	0.50 c
4702	Lemon Juice	1.00 tb
4702	Cheddar; Sharp, Shredded	0.75 c
4703	Pineapple-ylw candy'd,chop'd	16.00 oz
4703	Cherries, red	8.00 oz
4703	Cherries,grn candy'd,chop'd	8.00 oz
4703	Raisins, golden	2.00 c
4703	Pecans or walnuts, chopped	4.00 c
4703	Flour, all purpose	3.50 c
4703	Butter/margarine, softened	0.50 c
4703	Brown sugar, firmly	1.00 c
4703	Eggs, separated	4.00
4703	Baking soda	1.00 tb
4703	Milk	3.00 tb
4703	Brandy	0.25 c
4703	Cinnamon, ground	1.00 ts
4703	Nutmeg, ground	1.00 ts
4704	Skim milk	4.00 c
4704	Ground cimmamon	0.25 ts
4704	Plus 1 Tbsp brown sugar	0.25 c
4704	Salt	0.25 ts
4704	Long grain rice	0.50 c
4704	Egg yolk, at room	1.00
4704	Temperature	0.00
4704	Vanilla	1.00 ts
4704	Nectarines and/or plums,	1.00 lb
4704	Pitted and diced	0.00
4705	Butter	1.00 c
4705	Unsweetened chocolate	4.00 oz
4705	Eggs	4.00
4705	Pinch salt	0.00
4705	Sugar	2.00 c
4705	Sifted flour	1.00 c
4705	Baking powder	1.00 ts
4705	Vanilla	1.00 ts
4705	Chopped pecans	1.00 c
4706	+ 2 Tbsp. self rising flour	1.00 c
4706	Unsweetened cocoa	0.25 c
4706	+ 2 tsp.sugar	0.33 c
4706	Margarine	0.25 c
4706	Egg, lightly beaten	1.00
4706	Vanilla	0.50 ts
4706	Skim milk	0.50 c
4706	Hot water	2.00 c
4707	Milk	6.00 c
4707	Fine semolina	1.00 c
4707	Cornstarch	3.50 tb

Sheet1

4707	Granulated sugar	3.00 c
4707	Salt	0.25 ts
4707	Eggs	6.00
4707	Vanilla extract; opt	1.00 ts
4707	Butter	1.00 tb
4707	Commercial filo sheets	12.00
4707	Butter; melted & hot	0.75 c
4707	Water	1.00 c
4707	Lemon or orange (peel only)	1.00
4707	Fine brandy or cognac (opt.)	2.00 tb
4708	Milk	2.00 c
4708	Cornstarch	2.50 tb
4708	Sugar	0.67 c
4708	Chocolate, unsw. baking	3.00 oz
4708	Vanilla extract	1.00 ts
4708	Oil or Butter	1.00 tb
4709	NECTARINE MOUSSE -----	0.00 -----
4709	Nectarines	1.50 lb
4709	Sugar	0.50 c
4709	Unflavored gelatin	5.00 ts
4709	Lemon juice	0.25 c
4709	Peach schnapps	0.25 c
4709	Heavy cream, well chilled	1.50 c
4709	Genoise cake (see recipe)	0.00
4709	PEACH SYRUP -----	0.00 -----
4709	Sugar	0.25 c
4709	Peach schnapps	0.33 c
4709	PEACH GLAZE -----	0.00 -----
4709	Unflavored gelatin	1.25 ts
4709	Peach preserves or jam	0.75 c
4709	Peach schnapps	3.00 tb
4710	PATTI -----	0.00 -----
4710	Sugar	0.50 c
4710	Flour	2.00 tb
4710	Salt	0.12 ts
4710	Cinnamon	0.12 ts
4710	Milk	2.00 c
4710	Sweet chocolate; melted	4.00 oz
4710	Eggs; beaten	2.00
4710	Shredded coconut	0.50 c
4710	Light cream -OR- Half & Half	2.00 c
4710	Pecans; chopped	0.50 c
4711	PATTI -----	0.00 -----
4711	Egg whites	2.00 lg
4711	Cream of tartar	0.25 ts
4711	Sugar	0.50 c
4711	Unflavored gelatin	1.00 pk
4711	Water; cold	0.25 c
4711	Egg yolks	5.00

Sheet1

4711	Sugar	0.67 c
4711	Sherry	6.00 tb
4711	Whipping cream; whipped	3.00 c
4711	Cocoa	2.00 tb
4711	Frozen red raspberries;	10.00 oz
4711	thawed and drained	0.00
4711	Unsweetened chocolate	1.00 oz
4711	Whipping cream; whipped and	0.50 c
4711	chilled	0.00
4711	Chocolate kisses	12.00
4712	CRUST -----	0.00 -----
4712	Unbleached Flour; Sifted	2.00 c
4712	Butter; No Margarine	4.00 tb
4712	Sugar; Granulated	0.50 c
4712	Egg; Large	1.00
4712	Baking Powder	1.00 ts
4712	CHEESECAKE -----	0.00 -----
4712	Cottage Cheese; 1 1/2 lbs	3.00 c
4712	Cornstarch	0.50 c
4712	Baking soda	1.00 ts
4712	Sugar; Granulated	1.00 c
4712	Eggs; Large	4.00
4712	Lemon Rind; Grated	0.50 ts
4712	Vanilla Extract; Real only	0.50 ts
4712	Sour Cream	1.00 c
4712	Raisins	1.00 c
4713	BROWNIE LAYER -----	0.00 -----
4713	Germans sweet chocolate	4.00 oz
4713	Margarine	0.25 c
4713	Sugar	0.25 c
4713	Eggs	2.00
4713	Vanilla	1.00 ts
4713	Flour	0.50 c
4713	Chopped nuts	0.50 c
4713	CREAM CHEESE TOPPING -----	0.00 -----
4713	Cream cheese softened	4.00 oz
4713	Sugar	0.25 c
4713	Egg	1.00
4713	Flour	1.00 tb
4714	Butter Or Margarine	0.50 c
4714	Shortening	0.25 c
4714	Brown Sugar; Firmly Packed	1.00 c
4714	Egg; Large	1.00
4714	Molasses	0.25 c
4714	Flour; Unbleached, Unsifted	2.50 c
4714	Salt	0.25 ts
4714	Baking Soda	2.00 ts
4714	Cinnamon	1.00 ts
4714	Ginger	0.50 ts

Sheet1

4714	Cloves; Ground	0.50 ts
4714	Allspice; Ground	0.50 ts
4715	Ginger snap cookies	20.00
4715	Can libby's pumpkin pie mix	1.00
4715	Whipped topping	2.00 c
4715	Crush peanut brittle	0.25 c
4716	Stephen Ceideburg	0.00
4716	To 3 pounds fresh rhubarb	2.50 lb
4716	Lumps "ginger in syrup" *	4.00
4716	Sugar	1.00 c
4716	Cornstarch	3.00 tb
4716	Vanilla ice cream	0.00
4716	CRUMB TOPPING:	0.00
4716	Flour	1.00 c
4716	Sugar	1.00 c
4716	Salt	1.00 pn
4716	Chilled unsalted butter, cut	0.75 c
4716	into small pieces	0.00
4717	Melon rind	1.00 lb
4717	Sugar	1.50 lb
4717	Ground ginger	1.00 oz
4717	Lemon	2.00
4718	Sifted flour	2.50 c
4718	Vanilla	0.50 ts
4718	Baking soda	1.00 ts
4718	Lemon flavoring	1.00 ts
4718	Cream of tartar	1.00 ts
4718	Sugar	2.00 c
4718	Salt	0.25 ts
4718	Egg yolks	2.00
4718	Butter	1.00 c
4719	Pears	6.00
4719	Lemon	1.00
4719	Honey	0.00
4719	White grape juice	8.00 fl
4720	Raw rice	1.50 c
4720	Evaporated milk (5 ounces	2.00 cn
4720	Each)	0.00
4720	Raisins	0.50 c
4720	Box vanilla pudding (3	0.50
4720	Ounce size)	0.00
4720	Eggs, separated	5.00
4720	Vanilla	1.00 ts
4720	Cinnamon to taste	0.00
4720	Milk	0.00
4721	Tart green gooseberries	1.00 lb
4721	Caster sugar (or more)	4.00 oz
4721	Granulated sugar	5.00 oz
4721	Fromage blanc or quark	0.50 lb



Sheet1

4721	OR- creamy Greek yoghurt	0.00
4721	Double cream	0.50 pt
4722	Eggs	2.00
4722	Caster sugar	2.00 ts
4722	Salt	0.25 ts
4722	Milk	0.50 c
4722	Oil	4.00 ts
4722	Plain flour	2.50 c
4722	Plain flour for kneading	0.25 c
4722	Ground cardamom	0.50 ts
4722	Oil for deep-frying	0.00
4722	TO FINISH -----	0.00 -----
4722	Icing (confectioners') sugar	1.00 c
4722	Ground cardamom (optional)	0.50 ts
4722	Finely chopped pistachios	0.50 c
4723	Large strawberries with	1.00 pt
4723	stems	0.00
4723	Ghirardelli Sweet Chocolate	8.00 oz
4724	Gelatin	1.00 ts
4724	Cold water	0.50 c
4724	Boiling water	0.50 c
4724	Sugar	2.00 tb
4724	Whipping cream	2.00 c
4724	Graham cracker crumbs	1.50 c
4724	Vanilla	0.50 ts
4724	Few grains salt	0.00
4725	Applesauce	2.00 c
4725	Graham crackers	24.00
4725	Butter, melted	0.25 lb
4725	Sugar	1.00 c
4725	Cinnamon	2.00 ts
4725	Egg whites	2.00
4725	Chopped nuts	0.00
4726	Graham crackers; crushed	1.00 c
4726	Sugar	0.50 c
4726	Coffee cream	2.00 c
4726	Vanilla	1.00 ts
4727	Graham crackers	1.00 lb
4727	Marshmallows	0.50 lb
4727	Dates; chopped	0.50 lb
4727	Nuts	0.50 lb
4727	Milk	1.00 c
4728	Graham crackers	0.50 lb
4728	Dates, pitted an chopped	0.50 lb
4728	Chopped nuts	0.50 c
4728	Marshmallows, diced	0.50 lb
4728	Lemon juice	3.00 tb
4728	Salt	0.25 ts
4729	Graham wafers; rolled fine	24.00 ea

Sheet1

4729	Marshmallows	14.00 ea
4729	Pineapple; small - crushed	1.00 cn
4730	SOUFFLE -----	0.00 -----
4730	Butter	3.00 tb
4730	Flour	3.00 tb
4730	Warm whole milk	1.00 c
4730	Egg yolks, large	4.00
4730	Sugar	0.25 c
4730	Salt	1.00 pn
4730	Grand Marnier or Cointreau	0.25 c
4730	Egg whites, large, room temp	6.00
4730	Sugar	1.00 tb
4730	CREME ANGLAISE -----	0.00 -----
4730	Heavy cream	1.25 c
4730	Egg yolks, large	4.00
4730	Sugar	0.50 c
4730	Salt	1.00 pn
4730	Grand Marnier	3.00 tb
4731	Sugar (short)	1.50 c
4731	Flour	2.00 c
4731	Milk (short)	1.00 qt
4731	Persimmon pulp	1.00 pt
4731	Eggs	2.00
4731	Salt	0.50 ts
4731	Soda	0.50 ts
4731	Baking powder	0.50 ts
4732	Milk	2.00 c
4732	Egg yolks	2.00
4732	Whole egg	1.00
4732	Salt	0.12 ts
4732	Beet or cane sugar	0.25 c
4732	Vanilla	0.50 ts
4732	Well-drained, diced peaches	0.50 c
4733	ENVELOPES ACTIVE DRY YEAST	2.00
4733	LUKEWARM WATER	0.25 c
4733	SUGAR	1.00 tb
4733	EVAPORATED MILK WITH ENOUGH	1.00 cn
4733	WATER ADDED TO MAKE 2 CUPS	0.00
4733	BUTTER	0.75 c
4733	SUGAR	0.75 c
4733	SALT	2.00 ts
4733	EGG YOLKS PLUS ONE WHOLE EGG	4.00
4733	SLIGHTLY BEATEN	0.00
4733	GRATED LEMON RIND	1.00 ts
4733	SIFTED FLOUR	6.25 c
4733	SOFTENED BUTTER AS NEEDED	0.00
4733	Topping	0.00
4733	Flour	1.00 c
4733	Sugar	0.50 c

## Sheet1

4733	Butter or margarine	0.25 c
4733	Poppy Seed Filling	0.00
4733	Poppy Seeds	1.00 cn
4733	Vanilla Crumb Wafers	0.25 c
4733	Pecan Meal Or Finely Chopped	0.25 c
4733	Pecans	0.00
4733	Honey	0.33 c
4733	Cream Cheese Filling	0.00
4733	Cream Cheese	8.00 oz
4733	Egg Yolks	2.00
4733	Sugar	0.25 c
4734	Jim Vorheis	0.00
4734	All-purpose flour	1.00 c
4734	Baking powder	1.00 ts
4734	Salt	0.25 ts
4734	Sugar	0.67 c
4734	Unsweetened cocoa powder	2.00 tb
4734	Butter, melted	2.00 tb
4734	Vanilla	1.00 ts
4734	Half and half	0.50 c
4734	Chopped walnuts	1.00 c
4734	Packed light brown sugar	1.00 c
4734	Unsweetened cocoa powder	0.25 c
4734	Boiling water	1.75 c
4734	Sweetened whipped cream	0.00
4735	Milk	1.50 c
4735	Eggs, or 3 egg yolks, slightly beaten	2.00 0.00
4735	Granulated sugar	0.75 c
4735	Flour	2.00 tb
4735	Vanilla extract	1.50 ts
4735	Salt	1.00 ds
4735	Heavy cream	1.50 c
4736	Uncooked regular rice	0.50 c
4736	Whole milk	1.00 qt
4736	Cinnamon or nutmeg	0.50 ts
4736	Sugar (white or brown)	0.50 c
4736	Salt	0.50 ts
4736	Raisins, Optional	0.50 c
4736	Eggs, Optional	2.00
4737	Lemons	4.00 lg
4737	Sugar	0.50 c
4737	Water	2.00 c
4738	Granny Smith apples, peeled and cored	6.00 0.00
4738	Lemon juice, lime juice or a combination of both	0.67 c 0.00
4738	Sugar	0.33 c
4738	Calvados or applejack	0.33 c

Sheet1

4739	Grape juice	2.00 c
4739	Lemon juice	0.25 c
4739	Water	2.00 c
4739	Sugar	0.67 c
4740	Egg yolks, slightly beaten	2.00
4740	Grape juice	2.00 tb
4740	Powdered sugar	1.50 ts
4741	Grape juice	1.00 c
4741	Few grains salt	0.00
4741	Milk	3.00 c
4741	Lemon juice	0.25 c
4741	Sugar	0.75 c
4742	DOUGH -----	0.00 -----
4742	Flour; Unbleached, Unsifted	2.00 c
4742	Sugar	0.67 c
4742	Butter Or Margarine	0.25 c
4742	Egg; Large	1.00
4742	Egg Yolk; Large	1.00
4742	Lemon; Grated Rind Of	1.00
4742	Salt	0.12 ts
4742	TOPPING -----	0.00 -----
4742	Grapes	1.00 lb
4742	Egg Whites; Large	3.00
4742	Sugar	6.00 tb
4742	Lemon; Juice Of	0.50
4742	Almonds; Ground	4.00 oz
4743	Quick Cooking Tapioca	1.50 tb
4743	Boiling Water	1.00 c
4743	Brown Sugar	0.25 c
4743	Raisins	0.75 c
4743	Grape-Nuts	0.25 c
4743	Vanilla Extract	0.50 ts
4744	Sugar	0.50 c
4744	Water	1.25 c
4744	Grapefruit juice	2.00 c
4744	Fresh mint, chopped	2.00 tb
4744	Egg whites	2.00
4745	Egg yolks	2.00
4745	Sugar	0.33 c
4745	Unflavored gelatin	1.00 pk
4745	Gin	3.00 tb
4745	Grapefruit juice	8.00 oz
4745	Grated grapefruit rind	1.00 ts
4745	Sour cream	1.00 c
4745	Whipping cream	2.00 c
4745	Sugar	3.00 tb
4745	Egg whites	2.00
4745	Sliced fresh strawberries	2.00 c
4745	Whole strawberries for	0.00

Sheet1

4745	garnish	0.00
4746	Sugar	0.33 c
4746	Thin strips lemon peel,1-2"	6.00
4746	Large ruby/yellow grapefruit	3.00
4746	Citrus leaves,rinsed/patted	0.00
4746	Gin or orange juice	0.00
4746	Lemon wedges	0.00
4747	(12 ounces) semi-sweet	1.00 pk
4747	chocolate chips	0.00
4747	Shortening	2.00 tb
4747	Marshmallows	32.00 lg
4747	Milk	0.50 c
4747	Creme de menthe	0.25 c
4747	White creme de cacao	3.00 tb
4747	Whipping cream	1.50 c
4748	Coarsely chopped walnuts	0.25 c
4748	Coarsely chopped almonds*	0.25 c
4748	Coarsely chopped cashews	0.25 c
4748	Coarsely chopped pistachios	0.25 c
4748	Honey	1.00 c
4748	Chilled whipping cream	1.00 c
4748	Mixed fresh fruit*	0.00
4749	Green bananas	12.00
4750	Large ripe peaches	0.00
4750	Blueberries	0.00
4750	Brown sugar	0.00
4750	Lemon Juice	0.00
4751	(10-oz) pkg frozen	0.50
4751	raspberries in light syrup,	0.00
4751	slightly thawed	0.00
4751	Lemon juice	1.50 ts
4751	Peaches, peeled, halved and	2.00 md
4751	pitted	0.00
4751	Brown sugar	1.50 tb
4751	Ground cinnamon	0.25 ts
4751	Rum flavoring	1.50 ts
4751	Margarine	1.50 ts
4752	Sized ripe guavas	2.00 md
4752	To 6 ts sugar	4.00 ts
4752	Heavy cream NOT	0.25 c
4752	ultrapasturized	0.00
4753	Fresh guava puree	1.00 c
4753	Evaporated milk	1.00 c
4753	Sugar or honey	0.75 c
4753	Lemon juice	1.00 tb
4754	Yeast; Dry Active	1.00 pk
4754	Milk; Scalded Then Cooled	1.00 c
4754	Sugar	1.00 c
4754	Butter Or Margarine	1.00 c

## Sheet1

4754	Eggs; Large	5.00
4754	Vanilla Extract	1.00 ts
4754	Lemon; Rind Of, Grated	0.00
4754	Raisins	0.75 c
4754	Almonds; Ground (2 oz Pk)	0.33 c
4754	Salt	0.50 ts
4754	Flour; Unbleached, Unsifted	4.00 c
4755	PASTRY:	0.00
4755	Cottage cheese and oil	0.00
4755	Pastry (2)	0.00
4755	FOR BRUSHING THE PASTRY:	0.00
4755	(50g) soft butter or marg.	1.75 oz
4755	FILLING:	0.00
4755	(100g) candied lemon peel	3.50 oz
4755	(diced)	0.00
4755	(100g) almonds (blanched	3.50 oz
4755	And finely chopped)	0.00
4755	Sultanas (washed and well	5.50 oz
4755	Drained)	0.00
4755	(heaping) sugar	2.00 tb
4755	Vanillin sugar	1.00 pk
4755	Cinnamon	1.00 ts
4755	Bottle oetker rum flavor	0.00
4755	Drops oetker baking	3.00
4755	Essence, bitter almond	0.00
4755	Flavor	0.00
4755	FOR BRUSHING THE RING:	0.00
4755	A little tinned milk	0.00
4756	Sugar	1.00 c
4756	Water	2.00 c
4756	Ghee	0.75 c
4756	Coarse semolina (farina)	1.00 c
4756	Blanched pistachio nuts	0.25 c
4756	Blanched, slivered almonds	0.25 c
4756	Ground cardamom (or more)	0.50 ts
4756	Rose water (or more)	1.00 ts
4756	Add'l pistachios or almonds	0.00
4757	Ham, cooked, chopped fine	4.00 lb
4757	Green apples, chopped	5.00
4757	Onions, chopped fine	2.00
4757	Sage	1.00 ts
4757	Mixed vegetable seasoning	1.00 tb
4757	Cube bouillon (dissolved in	1.00
4757	1 c water)	0.00
4757	Potatoes, cooked and mashed	4.00
4757	Melted butter	3.00 tb
4758	Eggs	2.00
4758	Egg yolks	2.00
4758	Sugar	0.25 c

Sheet1

4758	salt	0.50 ts
4758	Lemon rind;grated	1.00 ts
4758	Olive oil	3.00 tb
4758	Vanilla extract	0.50 ts
4758	Rum or brandy	2.00 tb
4758	Flour, unbleached	2.50 c
4758	Oil; olive or otherwise for	1.00 c
4758	frying	0.00
4758	Confectioner's or icing	0.00
4758	sugar	0.00
4759	All-purpose flour	1.00 c
4759	Egg yolks	3.00
4759	Egg whites	3.00
4759	Melted butter (unsalted)	2.00 tb
4759	Of salt	1.00 pn
4759	Milk	1.00 c
4759	Water	0.50 c
4760	Eggs; Large, Separated	5.00
4760	Sugar	0.75 c
4760	;Water	6.00 tb
4760	Cake Flour; Sifted	1.75 c
4760	Baking Powder	1.00 ts
4760	Hazelnuts (Filberts);Ground*	1.50 c
4760	Vanilla Extract	1.00 ts
4760	Confectioners' Sugar	2.00 tb
4760	Cream; Heavy, Whipped	1.00 c
4760	Fresh Strawberries,If Desire	0.00
4761	Servings	6.00
4761	Milk	1.00 qt
4761	Yellow cornmeal	0.50 c
4761	Butter	3.00 tb
4761	Cooking apple, pared and	1.00
4761	diced	0.00
4761	Molasses	0.50 c
4761	Salt	1.00 ts
4761	Nutmeg	0.50 ts
4762	*INGREDIENTS*	0.00
4762	Milk	1.00 pt
4762	Sugar	0.00
4762	Flour, tapioca or sago	0.00
4762	Salt	0.00
4763	3 1/2 oz. can coconut	1.00 ea
4763	Milk; hot	2.50 c
4763	Cornstarch	0.25 c
4763	Sugar	0.25 c
4764	CAKE:	0.00
4764	Semi-sweet chocolate	7.00 oz
4764	Butter	0.50 c
4764	Sugar	0.67 c

Sheet1

4764	Eggs; separated	5.00
4764	Hazelnuts; ground filberts	1.00 c
4764	Vanilla	1.00 ts
4764	Vanilla	2.00 tb
4764	CUSTARD SAUCE:	0.00
4764	Whipping cream	1.00 c
4764	Egg yolks	2.00
4764	Sugar	0.33 c
4764	RASPBERRY SAUCE:	0.00
4764	Raspberries; frozen,	10.00 oz
4764	Thawed and drained	0.00
4764	Seedless raspberry jam	0.50 c
4764	Cherry flavor liqueur;	1.00 tb
4764	If desired	0.00
4765	Hazelnuts (about 4 oz)	1.00 c
4765	Stick butter, unsalted, room	1.00
4765	temp	0.00
4765	Sugar	1.00 c
4765	Lemon, grated zest of	1.00 lg
4765	Eggs	2.00
4765	Vanilla extract	1.00 ts
4765	All purpose flour, plus 2	2.00 c
4765	Tbsp	0.00
4765	Baking powder	1.00 ts
4765	Salt	0.25 ts
4766	CAKE -----	0.00 -----
4766	Butter	16.00 tb
4766	Sugar	1.00 c
4766	Eggs	2.00 ea
4766	Flour	1.50 c
4766	Hazelnuts, chopped	3.00 oz
4766	Baking powder	2.00 ts
4766	Half and half	0.50 c
4766	TOPPING -----	0.00 -----
4766	Almond liqueur	0.25 c
4766	Chocolate chips	8.00 oz
4766	KIWI SAUCE -----	0.00 -----
4766	Kiwis	4.00 ea
4766	Vanilla	0.25 ts
4766	ORANGE SAUCE -----	0.00 -----
4766	Cornstarch	1.00 tb
4766	Water	1.00 tb
4766	Orange juice	1.00 c
4766	Almond liqueur	2.00 tb
4766	FINALLY -----	0.00 -----
4766	Raspberries, fresh	2.00 c
4767	Sugar	0.50 c
4767	Water	2.00 tb
4767	Toasted & husked hazelnut	0.50 c



Sheet1

4767	Well-chilled whipping cream	2.67 c
4767	Amaretto liqueur	8.00 ts
4767	Yolks only-room temp egg	8.00
4767	Sugar	10.00 tb
4767	Garnish	0.00
4767	red seedless grapes	0.00
4767	White only egg	1.00
4767	Sugar	0.00
4767	Sprigs mint	0.00
4768	Pineapple, cubed 1-inch	1.50 c
4768	Muscat dessert wine	1.50 c
4768	Hulled strawberries	0.50 lb
4768	Whipping cream	0.50 c
4768	Hazelnut liqueur	1.50 tb
4768	Butter	0.00
4768	Sugar	0.00
4768	Toasted & husked hazelnut	0.25 c
4768	Milk	1.50 c
4768	Sugar	0.50 c
4768	Unsalted butter	0.25 c
4768	All purpose flour	0.25 c
4768	Eggs separated, room temp	6.00
4768	Hazelnut liqueur	2.00 tb
4769	Karen Mintzias	0.00
4769	Hazelnuts	5.00 oz
4769	lightly toasted & skinned	0.00
4769	Confectioners' sugar	1.00 c
4769	Egg whites; room temperature	6.00
4769	Cream of tartar	1.00 pn
4769	Granulated sugar	1.00 c
4769	HAZELNUT PRALINE BUTTERCREAM ----	0.00 -----
4769	Granulated sugar	0.75 c
4769	Water	0.50 c
4769	Egg yolks	5.00
4769	Egg; (whole)	1.00
4769	Unsalted butter	0.75 lb
4769	softened & lightly beaten	0.00
4769	Hazelnut Praline; (below)	1.67 c
4769	HAZELNUT PRALINE -----	0.00 -----
4769	Hazelnuts	5.00 oz
4769	lightly toasted & skinned	0.00
4769	Granulated sugar	1.25 c
4769	Water	0.50 c
4770	Unflavored gelatin	1.00 pk
4770	Cold water	0.25 c
4770	Milk	1.00 c
4770	Egg yolks	4.00
4770	Sugar	0.25 c
4770	Of salt	1.00 pn

Sheet1

4770	Hazelnuts or filberts,	0.75 c
4770	toasted and pulverized	0.00
4770	Dark rum	2.00 tb
4770	Heavy cream	1.00 c
4770	Toasted whole hazlenuts or	0.00
4770	filberts for garnish	0.00
4770	(optional)	0.00
4771	ICE CREAM -----	0.00 -----
4771	Vanilla ice cream	1.00 qt
4771	Heath bars; chopped	1.00 c
4771	CARAMEL SAUCE -----	0.00 -----
4771	Whipping cream	1.33 c
4771	Sugar	1.00 c
4771	Water	3.00 tb
4771	Unsalted butter; cut into	2.00 tb
4771	4 pieces	0.00
4771	BROWNIES -----	0.00 -----
4771	Unsalted butter; cut into	1.00 c
4771	1/2" pieces	0.00
4771	Semisweet chocolate; chopped	8.00 oz
4771	Unsweetened chocolate; chop	2.00 oz
4771	Egg	3.00 lg
4771	Sugar	1.00 c
4771	Vanilla extract	2.00 ts
4771	All purpose flour	0.75 c
4771	Baking powder	1.00 ts
4771	Salt	0.25 ts
4771	Heath bar; chopped	1.00 c
4771	+ 2 tb	0.00
4771	about 6 1/2 ounces	0.00
4772	Heath Bars, 1 1/8 oz ea	4.00
4772	Eggs, large	2.00
4772	Sugar	0.75 c
4772	Cream, heavy or whipping	2.00 c
4772	Milk, whole	1.00 c
4772	Vanilla	2.00 ts
4773	Brown sugar	2.00 c
4773	Sifted flour	2.00 c
4773	Oleo	0.25 lb
4773	Egg	1.00
4773	Milk	1.00 c
4773	Vanilla	1.00 ts
4773	Soda	1.00 ts
4773	Of salt	1.00 pn
4774	Fresh strawberries	2.00 c
4774	Sugar	2.00 tb
4774	(85gr) jell-o strawberry	2.00 pk
4774	jelly powder	0.00
4774	Boiling water	2.00 c

Sheet1

4774	Brandy *	2.00 tb
4774	Orange liqueur *	1.00 tb
4774	Envelope Dream Whip dessert	1.00
4774	topping (prepared)	0.00
4775	Angel food cake (store	1.00
4775	bought, homemade, mix,	0.00
4775	whatever)	0.00
4775	Envelope whipped topping mix	1.00
4775	To 6 oz cartons non-fat	2.00 oz
4775	strawberry yogurt	0.00
4775	Sliced strawberries	1.00 pt
4775	Kiwi fruit, sliced	3.00
4775	Toasted slivered almonds	0.25 c
4776	Butter	0.50 c
4776	Unsweetened chocolate	4.00 oz
4776	Sugar	3.00 c
4776	Pet milk	1.00 cn
4777	Cottage cheese and oil	0.00
4777	Pastry (2)	0.00
4777	FOR BRUSHING PASTRY:	0.00
4777	(100g) soft butter or	3.50 oz
4777	Margarine	0.00
4777	FILLING:	0.00
4777	(100g) candied lemon peel	3.50 oz
4777	(diced)	0.00
4777	(100g) almonds (blanched	3.50 oz
4777	And finely chopped)	0.00
4777	(150g) sultanas (washed and	5.50 oz
4777	Well drained)	0.00
4777	(heaping) sugar	2.00 tb
4777	Packet Vanillin Sugar	0.00
4777	Cinnamon	1.00 ts
4777	Bottle Oetker Rum flavor	1.00
4777	Drops oetker baking	3.00
4777	Essence, Bitter almond	0.00
4777	Flavor	0.00
4777	FOR BRUSHING THE ROLL:	0.00
4777	A little milk	0.00
4777	ICING:	0.00
4777	(150g) icing sugar	5.50 oz
4777	(or 2 tb) hot water	1.00 tb
4777	FOR DECORATING:	0.00
4777	(15g) almonds (blanched and	0.50 oz
4777	Cut lengthways into spikes	0.00
4778	Syrup, because that is the	789.00
4778	proportions. I have arrived	0.00
4778	at this	0.00
4779	Butter/margarine	0.75 c
4779	Hersheys cocoa	6.00 tb

## Sheet1

4779	Divided sugar	1.00 c
4779	Ground blanched almonds	0.67 c
4779	Flour	2.00 tb
4779	Separated eggs	3.00
4779	Water	2.00 tb
4779	Butter/margarine	2.00 tb
4779	Hersheys cocoa	2.00 tb
4779	Water	2.00 tb
4779	Vanilla	0.50 ts
4779	Confectioners sugar	1.00 c
4780	Cranberry or cran-raspberry	0.25 c
4780	juice cocktail	0.00
4780	Blackberry brandy or kirsch	2.50 tb
4780	(cherry brandy)	0.00
4780	Or orange juice	0.00
4780	Envelope plus 1 1/2 tsp	1.00
4780	unflavored gelatin	0.00
4780	Red or black plums, pitted	1.00 lb
4780	and chopped (5-6 medium)	0.00
4780	Sugar	1.00 c
4780	Fresh peaches, peeled,	1.25 lb
4780	pitted and chopped (4-5	0.00
4780	medium)	0.00
4780	Fresh blackberries or black	2.50 c
4780	or red raspberries	0.00
4780	Finely grated lemon zest	1.00 tb
4780	Cinnamon	0.12 ts
4780	Thin-sliced homemade-style	15.00 sl
4780	white bread (such as	0.00
4781	Heavy cream	1.00 c
4781	Whisky	4.00 tb
4781	Clear honey	4.00 tb
4781	Plain yogurt	1.00 c
4781	Brown sugar	2.00 tb
4782	Gamar id-din *	200.00 g
4782	Sugar	100.00 g
4782	Cornflour starch	1.00 tb
4782	Whole cardamom seeds	4.00
4782	Mixture of crushed walnuts,	1.00 c
4782	crushed almonds, raisins,	0.00
4782	pine	0.00
4783	Eggs, beaten	3.00
4783	Sugar	2.00 c
4783	Flour	6.00 tb
4783	Baking powder	2.00 tb
4783	Chopped nuts	2.00 c
4783	Chopped dates	2.00 c
4784	Graham cracker crumbs	1.00 c
4784	Sugar	3.00 tb

Sheet1

4784	Margarine, melted	2.00 tb
4784	Fat-free Cream Cheese (8oz)	3.00 pk
4784	Sugar	0.75 c
4784	Flour	2.00 tb
4784	Lemon juice	3.00 tb
4784	Cholesterol-free egg product	3.00 tb
4784	Non-fat lemon yogurt	1.00 ct
4784	Lite whipped topping	0.00
4784	Cherry pie filling	1.00 cn
4785	Sugar	2.25 c
4785	Flour	6.00 tb
4785	Salt	0.50 ts
4785	Scalded milk	5.00 c
4785	Eggs, beaten	6.00
4785	Heavy cream	4.00 c
4785	Vanilla	4.50 ts
4786	Unsweetened chocolate	5.00 oz
4786	Sweetened condensed milk	14.00 oz
4786	(not evaporated milk)	0.00
4786	Egg yolks	4.00
4786	Vanilla	2.00 ts
4786	Half-and-half	2.00 c
4786	Whipping cream, unwhipped	2.00 c
4786	Chopped nuts, optional	1.00 c
4787	Sweetened condensed milk	14.00 oz
4787	Fresh strawberries, mashed	1.00 qt
4787	or pureed	0.00
4787	Eggs, beaten	4.00
4787	Vanilla	1.00 ts
4788	Half & Half OR	3.00 c
4788	Light cream	4.00 c
4788	Heavy cream OR	4.50 c
4788	Heavy cream	4.00 c
4788	Milk OR	4.50 c
4788	Milk	4.00 c
4788	Sugar	2.50 c
4788	Salt	0.38 ts
4788	Vanilla bean** OR	1.00
4788	Vanilla extract	3.00 tb
4788	Unsweetened cocoa	0.75 c
4788	Unsalted butter	3.00 tb
4788	To 2 Ts almond extract	1.50
4788	Semi-sweet mini-chips	6.00 oz
4789	(14 oz) caramels	1.00 pk
4789	Canned evaporated milk,	0.67 c
4789	divided	0.00
4789	German chocolate cake mix,	1.00
4789	or light chocolate cake mix	0.00
4789	Margarine	0.75 c

Sheet1

4789	Chopped nuts	1.00 c
4789	Chocolate chips	1.00 c
4790	Bread cubes	2.50 c
4790	Milk	2.50 c
4790	Butter	4.00 tb
4790	Honey	0.50 c
4790	Salt	0.25 ts
4790	Eggs, slightly beaten	2.00
4790	Vanilla extract	1.00 ts
4790	Raisins	0.25 c
4791	Honey	0.33 c
4791	Light cream	2.00 c
4791	Egg	1.00
4791	Vanilla	2.00 ts
4791	Heavy cream.	1.00 c
4792	Apples; Lg, *	6.00
4792	Granola Type Cereal	0.33 c
4792	Dates; Pitted	0.33 c
4792	Almonds Or Walnuts; Chopped	0.25 c
4792	Cinnamon; Ground	0.50 ts
4792	Nutmeg; Ground	0.25 ts
4792	Lemon Juice	2.00 ts
4792	Honey	6.00 tb
4792	Melted Butter Or Margarine	3.00 tb
4792	Apple Juice Or Water	0.75 c
4793	Peanut butter	1.25 c
4793	Toasted oats (below)	0.67 c
4793	Honey	0.50 c
4794	Unflavored gelatin	1.00 pk
4794	Instant nonfat dry milk	0.50 c
4794	Milk	2.00 c
4794	Honey	0.50 c
4794	Orange juice	1.00 ts
4794	Lemon juice	1.00 ts
4794	Egg whites	2.00
4795	Whole or skim milk	3.50 c
4795	Honey	0.50 c
4795	Salt	0.12 ts
4796	Butter/margarine	0.50 c
4796	Honey	0.75 c
4796	Eggs	2.00
4796	Vanilla	1.00 ts
4796	Flour	2.00 c
4796	Ground cinnamon	3.00 ts
4796	Baking powder	1.00 ts
4796	*each* baking soda, salt	0.50 ts
4796	Rolled oats	2.00 c
4796	Nuts, chopped	0.50 c
4797	Rice, cooked	3.00 c

Sheet1

4797	Raisins	0.50 c
4797	Milk	2.50 c
4797	Honey	0.50 c
4797	Butter	2.00 tb
4797	Grated Lemon peel	1.00 ts
4797	Lemon Juice	1.00 tb
4798	Egg yolks, slightly beaten	2.00
4798	Milk, scalded	0.50 c
4798	Salt	0.12 ts
4798	Walnut flavoring	0.50 ts
4798	Whipping cream	0.75 c
4798	Water	0.50 c
4798	Honey	1.00 c
4799	Cooking Apples; Med.	2.00
4799	Raisins	2.00 tb
4799	Honey	2.00 tb
4799	Cinnamon; Ground	0.25 ts
4799	Regular Margarine Or Butter	2.00 ts
4800	Cream	1.00 pt
4800	Honey	1.25 c
4800	Plain gelatine	0.50 pk
4800	Milk	1.00 c
4800	Milk	3.00 pt
4800	Salt	0.25 ts
4800	Eggs	3.00 ea
4800	Vanilla	3.00 ts
4801	Unsalted Butter	0.25 c
4801	Worcestershire sauce	2.00 tb
4801	Ground Cumin	1.00 ts
4801	Sugar	0.50 ts
4801	Garlic Powder	1.00 ts
4801	Cayenne Powder	0.50 ts
4801	Whole Natural Almonds	3.00 c
4801	Coarse Salt	0.50 c
4802	Butter	1.25 c
4802	Sugar	0.67 c
4802	Egg, well-beaten	1.00
4802	Sifted all-purpose flour	2.50 c
4802	Baking powder	3.00 ts
4802	Salt	0.50 ts
4802	Milk	1.00 c
4802	Apples, sliced & pared	3.00 c
4802	Brown sugar	0.25 c
4802	Cinnamon, ground	1.00 ts
4802	Sweetened whipped cream	2.00 c
4804	Bing cherries, well drained	16.00 oz
4804	Royal Ann cherries, drained	16.00 oz
4804	Peach slices, well drained	16.00 oz
4804	Pineapple chunks, drained	20.00 oz

Sheet1

4804	Mandarin orange sections	11.00 oz
4804	Light raisins	0.33 c
4804	Crystallized ginger, minced	0.25 c
4804	Grated lemon rind	1.00
4804	Butter, melted	0.25 c
4804	Brown sugar	0.50 c
4804	Curry powder (optional)	1.00 ts
4804	Cherry pie filling	21.00 oz
4804	Rum (brandy, sherry, GM)	0.25 c
4805	Warm Water	2.00 c
4805	Env. Instant Cocoa Mix	2.00
4805	Ice Cream *	0.00
4806	Semisweet chocolate, chopped	9.00 oz
4806	Egg yolks	4.00 lg
4806	Dark rum	2.00 tb
4806	Unsalted butter, melted	1.00 tb
4806	Egg whites	6.00 lg
4806	Cream of tartar	1.00 pn
4807	DOUBLE HOT WINE SAUCE RECIPE -----	0.00 -----
4807	FOR MORE GENEROUS SERVINGS -----	0.00 -----
4807	Butter	0.50 c
4807	Eggs	2.00
4807	Molasses	1.00 c
4807	Finely chopped dried figs	2.00 c
4807	Grated lemon peel	0.50 ts
4807	Buttermilk	1.00 c
4807	Sifted flour	2.50 c
4807	Baking soda	0.50 ts
4807	Baking powder	2.00 ts
4807	Ground ginger	1.00 ts
4807	Salt	1.00 ts
4807	HOT WINE SAUCE -----	0.00 -----
4807	Butter	0.50 c
4807	Sugar	1.00 c
4807	Eggs	2.00
4807	Dry sherry	0.75 c
4807	Grated lemon peel	1.00 ts
4807	Nutmeg	0.25 ts
4808	Egg yolks	8.00
4808	Sugar	0.50 c
4808	Dry Marsala wine,	0.75 c
4808	Sherry or port	0.00
4809	Regular marshmallows	12.00
4809	Milk	0.33 c
4809	Broken milk chocolate bars	0.50 c
4809	with almonds (2 1/2 oz.)	0.00
4809	Whipping cream	0.50 c
4809	Coarsely crushed vanilla	0.25 c
4809	wafers	0.00



Sheet1

4809	Butter, melted	1.00 tb
4810	Cottage cheese and oil	0.00
4810	Pastry (1)	0.00
4810	Currants (washed and well	2.50 oz
4810	Drained)	0.00
4810	FOR BRUSHING:	0.00
4810	A little tinned milk	0.00
4811	Hunza Apricots	250.00 g
4811	Thick plain yogurt, Greek or	225.00 g
4811	Home made	0.00
4812	Hydrox cookies, crushed *	0.50 lb
4812	Sugar	1.00 c
4812	Water	0.25 c
4812	Salt	1.00 pn
4812	Egg whites	2.00
4812	Whipped cream	2.00 c
4812	Mint or peppermint flavoring	1.00 ts
4813	Milk; whole	3.00 qt
4813	Cream	1.00 qt
4813	Eggs	2.00 ea
4813	Gelatine; unflavored	1.00 oz
4813	Sugar	2.50 c
4813	Vanilla	2.00 ts
4814	Eggs	5.00
4814	Pinch of Salt	0.00
4814	Sugar	2.00 c
4814	Instant pudding mix	2.00 pk
4814	Evaporated milk	1.00 cn
4814	Qt. milk	2.00
4815	Sweetened condensed milk	14.00 oz
4815	(NOT evaporated milk)	0.00
4815	(1 pint) whipping cream,	2.00 c
4815	whipped	0.00
4816	Sugar	2.00 tb
4816	Ground cinnamon	0.50 ts
4816	Butter, melted	1.50 tb
4816	(5 inch) taco shells	8.00
4816	Ice cream, any flavor	1.00 qt
4816	(preferably in a	0.00
4816	cylindrical container)	0.00
4817	Morello cherries; pitted	10.00 oz
4817	or other if these not	0.00
4817	available (maybe Bing)	0.00
4817	reserve the stones	0.00
4817	Sugar	0.75 c
4817	Lemon	0.50
4817	Vanilla bean	1.00
4817	Eggs; yolks only	4.00
4817	Milk	2.00 c

Sheet1

4818	Flour	1.00 c
4818	Crushed peanuts	0.75 c
4818	Melted margarine	0.50 c
4818	Cream cheese	8.00 oz
4818	Confectioners sugar	1.00 c
4818	Non-dairy whipped topping	1.00 c
4818	Package instant chocolate pudding	1.00 lg 0.00
4819	THE CAKE	0.00
4819	Eggs, seperated	6.00
4819	Sugar	0.50 c
4819	Pureed pumpkin	0.50 c
4819	Mixed pumpkin pie spice	1.00 ts
4819	All-purpose flour	0.33 c
4819	Baking powder	0.50 ts
4819	Salt	0.25 ts
4819	THE FILLING	0.00
4819	Heavy cream	1.00 c
4819	Powdered sugar	0.25 c
4819	Cooked pureed pumpkin	0.50 c
4819	Mixed pumpkin pie spice	0.50 ts
4819	Chopped toasted pecans	1.00 c
4819	Vanilla	1.00 ts
4820	Sugar	1.00 c
4820	Butter, softened	0.50 c
4820	Eggs	4.00
4820	Can chocolate-flavored syrup	16.00 oz
4820	Flour	1.00 c
4820	Chopped nuts	0.50 c
4820	ICING:	0.00
4820	Sugar	1.25 c
4820	Butter	6.00 tb
4820	Milk or light cream	6.00 tb
4820	Vanilla extract	1.00 ts
4820	Semisweet chocolate chips	6.00 oz
4821	Butter/marg. (2 sticks)	1.00 c
4821	Butter flavored Crisco	2.00 c
4821	Powdered sugar	6.00 c
4821	Vanilla	2.00 ts
4821	Almond extract	1.00 ts
4822	Milk	2.00 c
4822	Granulated sugar	0.75 c
4822	Small coconut	1.00
4822	Small eggs, separated	5.00
4822	Pinch salt	0.00
4822	Flan mold coated with Caramel	0.00 0.00
4823	Sugar	1.50 c
4823	Milk	1.00 c

Sheet1

4823	Margarine, melted	0.33 c
4823	Vanilla	1.00 ts
4823	Eggs	3.00
4823	Bisquick	0.50 c
4823	Bananas, sliced	2.00
4823	Whipping cream, chilled	1.00 c
4823	Sugar, confectionary	2.00 tb
4824	Milk	2.25 c
4824	Beef; cooked; cut bite-size	3.00 c
4824	Onion; chopped	1.00 c
4824	Celery; thinly sliced	1.00 c
4824	Tomatoes; coarsely chopped	3.00
4824	Swiss cheese; shredded	1.50 c
4824	Butter; melted	0.25 c
4824	Eggs	5.00
4824	Bisquick	1.25 c
4824	Garlic salt	0.50 ts
4825	Eggs	4.00 x
4825	Cooked diced chicken	2.00 c
4825	Peas and carrots	0.50 c
4825	Mushroom pieces	0.25 c
4825	Milk	1.33 c
4825	Bisquick	0.75 c
4825	Salt	0.50 ts
4825	Pepper	0.25 ts
4826	Milk	1.50 c
4826	Smoked ham, fully cooked, cu	2.00 c
4826	Swiss cheese,shredded	1.50 c
4826	Asparagus,frozen, cut up, th	1.00 pk
4826	Onions, green, sliced	2.00
4826	Eggs	3.00
4826	Bisquick	0.75 c
4826	Salt	0.25 ts
4826	Pepper	0.12 ts
4827	Milk	2.00 c
4827	Ham,smoked fully cooked, cut	2.00 c
4827	Swiss cheese,shredded	1.00 c
4827	Onion, chopped	0.33 c
4827	Eggs	4.00
4827	Bisquick baking mix	1.00 c
4827	Pepper	0.12 ts
4828	Bisquick	1.00 c
4828	Cold water	0.33 c
4828	Ground beef	1.00 lb
4828	Salt	0.50 ts
4828	Oregano	0.50 ts
4828	Pepper	0.25 ts
4828	Bread crumbs	0.50 c
4828	Onion, chopped	0.25 c

Sheet1

4828	Green pepper; chopped	0.25 c
4828	Egg	1.00
4828	Milk	0.25 c
4828	Salt	0.50 ts
4828	Dry mustard	0.50 ts
4828	Cheddar cheese; shredded	8.00 oz
4828	Tomato sauce	8.00 oz
4829	Tomatoe paste	6.00 oz
4829	Sm. curd creamed cot. cheese	0.50 c
4829	Parmesan cheese; grated	0.50 c
4829	Gr. beef; cooked; drained	1.00 lb
4829	Mozzarella; shredded	2.00 c
4829	Oregano	1.00 ts
4829	Basil	0.50 ts
4829	Milk	1.00 c
4829	Bisquick	0.67 c
4829	Salt	0.50 ts
4829	Pepper	0.25 ts
4829	Fresh parsley; chopped	0.00
4830	Sugar	1.00 c
4830	Peanut butter	1.00 c
4830	Egg	0.00
4831	Salt	0.75 ts
4831	Zucchini; chopped	1.00 c
4831	Eggplant; chopped pared	1.00 c
4831	Tomato	0.50 c
4831	Green pepper; chopped	0.50 c
4831	Onion; chopped	0.25 c
4831	Garlic; crushed	1.00 c
4831	Margarine ;or butter	0.25 c
4831	Thyme; leaves	0.50 ts
4831	Pepper	0.12 ts
4831	Monterey jack cheese; shred	1.00 c
4831	Milk	1.25 c
4831	Sour cream	0.25 c
4831	Bisquick	0.75 c
4831	Egg	3.00
4832	Milk	1.50 c
4832	Fresh broccoli or caulif.*	2.00 c
4832	Onion; chopped	0.50 c
4832	Green pepper; chopped	0.50 c
4832	Cheddar cheese; shredded	1.00 c
4832	Bisquick	0.75 c
4832	Eggs	3.00
4832	Salt	1.00 ts
4832	Pepper	0.25 ts
4833	Salt	0.50 ts
4833	Uncooked rice	0.25 c
4833	Boiling water	2.00 c

## Sheet1

4833	Milk	1.00 qt
4833	Butter or margarine	1.00 tb
4833	Sugar	3.00 tb
4833	Chopped almonds	3.00 tb
4833	Fresh coconut, grated	2.00 tb
4833	Raisins	0.33 c
4834	Milk	2.00 c
4834	Yellow cornmeal	0.50 c
4834	Molasses	0.25 c
4834	Honey	0.25 c
4834	Butter	2.00 tb
4834	Ground ginger	0.50 ts
4834	Ground cinnamon	0.50 ts
4834	Tart apple, peeled, cored, and thinly sliced	1.00 sm 0.00
4835	Milk	1.00 qt
4835	Cornmeal	0.67 c
4835	Molasses	0.75 c
4835	Butter [I've tried margarine, but it doesn't taste the same]	0.25 c 0.00 0.00
4835	Sugar	3.00 tb
4835	Ginger	1.00 ts
4835	Salt	1.00 ts
4836	Long grain rice	2.33 c
4836	Raisins	0.25 c
4836	Salt	1.00 ts
4836	Unroasted pistachios	0.25 c
4836	Powdered saffron	0.25 ts
4836	Blanched almonds sliced and toasted	0.25 c 0.00
4836	Sugar	2.00 c
4836	Butter	1.25 c
4836	Unsalted cashews and toasted	0.25 c
4836	Whole cardamon seeds shelled	2.00
4836	Juice of one Lemon	0.00
4836	Whole cloves	5.00
4836	Heavy cream, whipped	1.00 c
4837	Rice, uncooked	0.50 c
4837	Milk (whole or 2%)	0.50 ga
4837	White sugar	0.75 c
4837	Saffrom (optional)	0.25 ts
4837	Cardamoms, whole	0.75 ts
4837	Currents	0.50 c
4838	Flour,all-purpose	2.50 c
4838	Butter or margarine,cold	0.67 c
4838	Water,cold	0.50 c
4838	Eggs,separated	2.00
4838	Vanilla pudding(3 3/8oz)	2.00 pk

## Sheet1

4838	Milk	2.50 c
4838	Whipping cream	1.00 c
4838	Almond extract	1.00 ts
4838	Mandarin-orange sect.(11oz)	1.00 cn
4838	Kiwifruit,medium	1.00
4838	Strawberries,large	5.00
4838	Grapes,green,seedless	0.25 lb
4838	Chocolate square,unsweetened	1.00
4838	Apple jelly	5.50 oz
4838	Water	1.00 ts
4839	Sugar	1.00 c
4839	;Water, hot	1.00 tb
4839	Egg	8.00
4839	Sugar	1.50 c
4839	Vanilla extract	1.00 ts
4839	Salt	0.50 ts
4839	Milk; scalded	1.00 qt
4840	Short pastry	0.00
4840	rolled out	0.00
4840	to about 1/8-in thickness	0.00
4840	Granulated sugar	12.00 tb
4840	Granulated sugar	2.00 tb
4840	to sprinkle on	0.00
4840	rolled pastry	0.00
4840	Apricot jam; warmed	0.00
4840	Fresh fruit	0.00
4840	such as	0.00
4840	Golden Delicious apples,	0.00
4840	Pears and so forth	0.00
4840	Butter	0.00
4840	Lemon, juice only	0.50
4841	Dry unsweetened cocoa	0.75 c
4841	Cinnamon	1.00 pn
4841	Water	1.25 c
4841	Vanilla	1.00 ts
4841	Sugar ( or use artifical	0.50 c
4841	sweetener)	0.00
4842	Sugar	1.00 c
4842	Water	0.33 c
4842	Egg whites	3.00
4842	Cream of tartar	0.12 ts
4842	Salt	1.00 pn
4843	Ricotta cheese	0.50 lb
4843	Grated milk chocolate	0.25 c
4843	Finely chopped walnuts	0.25 c
4843	Cream, approximately	2.00 tb
4844	Lemons, juiced thoroughly	4.00
4844	Sugar	1.00 c
4844	Lemon rind, grated--opt.	1.00 tb

## Sheet1

4844	Ice cubes	0.00
4845	Flour, unsifted	1.00 c
4845	Butter, softened	0.50 c
4845	Pecans, chopped	1.00 c
4845	Cream cheese	8.00 oz
4845	Cool Whip	8.00 oz
4845	Sugar	1.00 c
4845	Instant chocolate pudding	7.00 oz
4845	Milk	1.50 c
4845	Instant vanilla pudding	7.00 oz
4845	Milk	1.50 c
4845	Strawberries, fresh, sliced	0.75 c
4845	Candy bar, chocolate	1.00
4846	Large Egg Yolks	7.00
4846	Sugar	1.00 c
4846	Heavy Cream	1.00 c
4846	Cold Milk	2.00 c
4846	Vanilla Bean, split	1.00
4846	Chocolate chips	6.00 oz
4846	Jack Daniel's Whiskey	0.50 c
4847	Suet	8.00 lb
4847	Peanut butter	2.00 lb
4847	To 8 oz bottle corn syrup	1.00 oz
4847	Rolled oats	2.00 lb
4848	Egg white	1.00
4848	Sugar	0.75 c
4848	Cream of tartar	0.25 ts
4848	Orange juice	0.25 c
4848	Vanilla	0.50 ts
4848	Yellow and red food coloring	0.00
4849	Box vanilla wafers	1.00
4849	Flour	4.00 tb
4849	Sugar	0.50 c
4849	Salt	0.25 ts
4849	Bananas (3-4) large	1.00 lb
4849	Scalded milk	2.00 c
4849	Eggs (separated)	2.00
4849	Vanilla	0.50 ts
4849	Sugar for meringue	0.25 c
4850	Butter 1 t lemon juice	0.50 c
4850	Lemon juice	1.00 ts
4850	Cream cheese	4.00 oz
4850	Unbleached flour	1.00 c
4850	Pure maple syrup	1.00 tb
4850	Jam or preserves	0.00
4851	Milk	4.00 c
4851	Uncooked long-grain white	7.00 tb
4851	rice	0.00
4851	Strip fresh lemon peel	1.00

Sheet1

4851	=(1"x3")	0.00
4851	Granulated sugar	0.33 c
4851	Vanilla	2.00 ts
4851	Heavy cream	0.50 c
4851	Strip fresh orange peel	1.00
4851	=(1" x 3")	0.00
4851	Pinch of cinnamon	0.00
4852	Day-old baguette	1.00
4852	Fresh or frozen cranberries	1.00 c
4852	Unsalted butter, melted	6.00 tb
4852	Milk	3.00 c
4852	Whole eggs	6.00
4852	Sugar	0.75 c
4852	Vanilla	1.00 ts
4852	Custard Sauce (recipe	0.00
4852	follows) or whipped cream	0.00
4853	Flour	2.00 c
4853	Granulated sugar	2.00 tb
4853	Baking powder	4.00 ts
4853	Salt	1.00 ts
4853	Cold butter	0.25 c
4853	Milk (approx)	1.00 c
4853	CINNAMON TOPPING:	0.00
4853	Butter, softened	0.33 c
4853	Packed brown sugar	1.00 c
4853	Cinamon	1.00 tb
4853	Currants or chopped raisins	0.33 c
4854	Eggs	4.00
4854	Sugar	0.75 c
4854	Bourbon	0.50 c
4854	Eagle Sweetened Condensed	1.00 cn
4854	Milk (14 oz)	0.00
4854	Half-Half	6.00 c
4854	Fresh Mint (Garnish)	0.00
4855	170 gram jello jelly powder	2.00 pk
4855	OR	0.00
4855	85 gram jello jelly powder	4.00 pk
4855	Boiling water	2.50 c
4856	Package raspberry JELL-O	1.00 sm
4856	Salt	0.12 ts
4856	Ginger, powdered	0.12 ts
4856	Cloves	0.50 ts
4856	Boiling eater	1.50 c
4856	Raisins	0.50 c
4856	Currants	0.25 c
4856	Chopped dates	0.50 c
4856	Drained, crushed pineapple	1.00 c
4856	Chopped pecans	1.00 c
4857	Cold milk	2.00 c



## Sheet1

4857	Jell-o chocolate flavored	1.00 pk
4857	instand pudding	0.00
4857	Tub chocolate Cool Whip,	8.00 oz
4857	thawed	0.00
4857	Chcolate sandwich cookies,	16.00 oz
4857	crushed	0.00
4857	Seven ounce plastic cups	10.00
4858	Water	1.00 c
4858	Gelatin PLUS	3.00 tb
4858	Gelatin	2.00 ts
4858	Fresh orange juice	3.00 c
4858	Lemon juice	0.25 c
4858	Sugar	0.25 c
4858	Kiwi fruit, peeled and	2.00
4858	sliced crosswise	0.00
4858	White grapes	1.25 c
4858	Pear, cored, peeled and cut	1.00
4858	into 3/4" squares	0.00
4858	Tangerines, peeled and	2.00
4858	sectioned, membrane removed	0.00
4859	(12 oz) can frozen grape	1.00
4859	juice concentrate, thawed	0.00
4859	Envelopes unflavored gelatin	3.00
4859	(1 can) water	1.50 c
4860	Unsweetened chocolate	2.00 oz
4860	Unsweetened cocoa powder	0.33 c
4860	Milk	1.50 c
4860	Eggs	2.00 lg
4860	Sugar	1.00 c
4860	Heavy or whipping cream	1.00 c
4860	Vanilla	1.00 ts
4861	Water,boiling	2.50 c
4861	JELL-O Brand gelatin (sm)	4.00 pk
4861	Milk,cold	1.00 c
4861	JELL-O Vanilla Pudding (sm)	1.00 pk
4862	Evaporated milk	1.00 cn
4862	Sweetened condensed milk	1.00 cn
4862	Sugar	2.00 c
4862	Water	0.25 c
4862	Vanilla extract	1.00 tb
4862	Lemon; juice only	0.50
4862	Eggs	8.00
4863	Sweet or semi sweet baking	8.00 oz
4863	chocolate, melted with	0.00
4863	Strong coffee	0.25 c
4863	Unsalted butter (6 Tb)	3.00 oz
4863	Egg yolks	3.00
4863	Heavy cream (make sure it's	1.00 c
4863	the heavy variety)	0.00

Sheet1

4863	Egg whites	3.00
4863	Instant (finely ground)	0.25 c
4863	sugar	0.00
4863	OPTIONAL -----	0.00 -----
4863	Whipped cream	0.00
4864	Junket	1.00 pk
4864	Milk	2.00 c
4865	Milk; whole	4.00 qt
4865	Sugar	3.00 c
4865	Vanilla	1.00 tb
4865	Junket tablets	3.00 ea
4865	Water; cold	2.00 tb
4865	Cream	1.00 pt
4866	SYRUP -----	0.00 -----
4866	Granulated sugar	2.00 c
4866	Water	1.50 c
4866	Lemon; strained juice only	0.50
4866	CHOUX PASTRY -----	0.00 -----
4866	Plain flour	1.00 c
4866	Salt	0.25 ts
4866	Water	1.00 c
4866	Butter	0.25 c
4866	Eggs; lightly beaten	2.00 lg
4866	Almond essence	0.12 ts
4866	TO FINISH -----	0.00 -----
4866	Oil; for shaping and frying	0.00
4866	Whipped cream or kaymak	0.00
4866	(kaymak is clotted cream)	0.00
4866	Blanched pistachio nuts	0.25 c
4866	(finely chopped)	0.00
4867	BROWNIE -----	0.00 -----
4867	Chocolate, unsweetened	2.00 oz
4867	Butter	0.25 c
4867	Flour, all purpose	1.00 c
4867	Sugar	1.00 c
4867	Eggs; well beaten	2.00
4867	Vanilla	1.00 ts
4867	Coffee, instant crystals	1.00 tb
4867	Kahlua	2.00 tb
4867	Salt	0.50 ts
4867	Baking powder	0.50 ts
4867	ICING -----	0.00 -----
4867	Chocolate, unsweetened; chpd	2.00 oz
4867	Sugar	1.50 c
4867	Milk	7.00 tb
4867	Butter	0.25 c
4867	Corn syrup, light	1.00 tb
4867	Salt	0.25 ts
4867	Vanilla	1.00 ts

Sheet1

4867	TOPPING -----	0.00 -----
4867	Chocolate chips, semi-sweet	6.00 oz
4868	Kahlua	0.25 c
4868	Instant coffee crystals	1.00 ts
4868	Unsweetened chocolate	3.00 oz
4868	Seni-sweet chocolate	2.00 oz
4868	Butter	1.00 c
4868	Shortening	0.50 c
4868	Large eggs	6.00
4868	Sugar	2.00 c
4868	Sifted cake flour	0.75 c
4868	Baking powder	1.00 ts
4868	Salt	1.00 ts
4868	Pecans, chopped med. fine	1.00 c
4869	PATTI -----	0.00 -----
4869	Macaroon cookies	8.00
4869	Kahlua	0.50 c
4869	Vanilla ice cream	1.00 qt
4869	Rum	8.00 ts
4869	Crushed pineapple, in juice;	20.00 oz
4869	well drained	0.00
4869	Shredded coconut; toasted	0.25 c
4870	Butter (1/2 Stick)	4.00 tb
4870	Box of Powdered Sugar	1.00
4870	Bourbon	0.33 c
4870	Pecans, chopped	1.00 c
4871	Envelopes unflavored gelatin	2.00
4871	Cold water	0.25 c
4871	Boiling water	1.00 c
4871	Fresh lime juice	1.00 c
4871	Grated lime rind	1.00 tb
4871	Sugar	0.50 c
4871	Nonfat yogurt cheese*	3.00 c
4872	Flour	0.75 c
4872	Baking powder	0.75 ts
4872	Eggs	4.00
4872	Sugar	0.75 c
4872	FILLING:	0.00
4872	Jello lemon pie filling	1.00 pk
4872	Lime juice	3.00 tb
4872	Grated lime rind	0.75 ts
4872	Prepared dream whip topping	2.00 c
4873	(heaping) flour	2.00 c
4873	Sugar	3.00 tb
4873	(heaping) Sour Cream	1.00 tb
4873	Butter	1.00 c
4873	Egg yolks	3.00
4873	Prune Butter	1.00 cn
4874	Milk	4.00 c

Sheet1

4874	Converted rice	0.25 c
4874	Eggs	4.00
4874	Sugar	0.50 c
4874	Lemon extract	1.50 ts
4874	Vanilla	1.50 ts
4874	Butter; melted	1.00 tb
4874	Nutmeg	1.00 ts
4874	Light raisins	0.75 c
4875	Red seedless grapes	1.50 lb
4875	Dry white wine	0.50 c
4875	Cold water	0.50 c
4875	Fresh lemon juice	4.00 ts
4875	Creme de cassis	1.00 tb
4875	Garnish red seedless grapes	0.00
4875	Julienned lemon peel	0.00
4876	Semisweet chocolate	18.00 oz
4876	Heavy cream; well chilled	2.00 c
4876	Egg	6.00
4876	Confectioner's sugar	2.00 tb
4876	Creme de cacao	2.00 tb
4876	Vanilla extract	1.00 tb
4877	Mashed ripe kiwi	1.00 c
4877	(about 5 small)	0.00
4877	Whole kiwi	1.00
4877	Eggs, separated	2.00
4877	Salt	1.00 pn
4877	Cornstarch	2.00 tb
4877	Sugar	5.00 tb
4877	Vanilla	1.00 ts
4877	Whole milk, very	1.00 c
4877	Hot	0.00
4877	Whipping cream,	0.50 c
4878	Water	1.00 c
4878	Sugar	0.50 c
4878	Light corn syrup	0.50 c
4878	Kiwi fruit; pared	4.00
4878	Lemon juice	5.00 tb
4878	Lemon peel; grated	0.25 ts
4879	Kiwi	1.00 lg
4879	Plain yogurt	0.75 c
4879	Milk	0.25 c
4879	Honey	2.00 ts
4879	To 3 ice cubes	2.00
4880	PATTI -----	0.00 -----
4880	Water	1.00 c
4880	Sugar	0.50 c
4880	Light corn syrup	0.50 c
4880	Kiwifruits; pared	4.00
4880	Lemon juice	5.00 ts

Sheet1

4880	Grated lemon peel	0.25 ts
4881	Unflavored Gelatin	4.00
4881	Fruit juice, chilled	1.00 c
4881	Fruit juice, heated	3.00 c
4882	Butter	1.00 c
4882	Creamed cottage cheese	1.00 c
4882	Flour	2.00 c
4882	Salt	0.25 ts
4882	Fruit filling (see below)	1.00 cn
4882	PINEAPPLE FILLING -----	0.00 -----
4882	(9 oz can) crushed pineapple	1.00 c
4882	Sugar	0.33 c
4882	Cornstarch	1.00 tb
4882	APRICOT FILLING -----	0.00 -----
4882	Chopped dried apricots	1.00 c
4882	Sugar	0.25 c
4882	Butter	2.00 tb
4882	Cinnamon	0.12 ts
4883	Creamed cottage cheese,	1.50 c
4883	Small curd	0.00
4883	Egg, beaten	1.00
4883	Sugar	0.50 c
4883	Vanilla	1.00 ts
4883	Salt	0.12 ts
4883	Melted butter	3.00 ts
4884	Margarine (4 sticks)	1.00 lb
4884	Cream cheese	2.00 pk
4884	Flour	4.00 c
4884	Solo canned filling	2.00 cn
4885	Preserved kumquat	0.50 c
4885	Egg	3.00 lg
4885	Diced pecan	1.50 c
4885	Sugar	0.75 c
4885	Room temperature butter	0.75 c
4885	Cognac	3.00 tb
4885	Diced pecan	0.50 c
4885	Sugar	0.25 c
4885	Melted butter	0.25 c
4885	Cognac	0.50 c
4886	Basket fresh strawberries	1.00
4886	with stems	0.00
4886	Grand Marnier	2.00 oz
4886	Squares white or bittersweet	2.00
4886	chocolate	0.00
4887	Puff pastry - fresh or	0.50 lb
4887	thawed frozen	0.00
4887	Sugar	1.00 c
4887	Water	0.25 c
4887	Apples - Golden Delicious,	5.00 lb

Sheet1

4887	peeled, cored,	0.00
4887	Quartered and tossed with	0.00
4887	lemon juice	0.00
4887	Cinnamon	0.50 ts
4887	Stick unsalted butter -	0.50
4887	melted (1/4 cup)	0.00
4887	Sugar	0.00
4888	16 oz. Jar Whole Spiced*	0.00
4888	3 oz. Pkg. Cream Cheese**	0.00
4888	Milk***	1.00 ts
4888	Red Food Coloring****	2.00 dr
4888	Chopped, Toasted Pecans	0.33 c
4888	Bunch Parsley or Watercress	0.00
4889	Egg white	6.00 ea
4889	Sugar	1.50 c
4889	Egg yolk	10.00 ea
4889	Butter	1.33 c
4889	Flour	2.50 c
4889	Vanilla extract	0.50 ts
4889	Cinnamon powder	0.50 ts
4889	Nutmeg	0.50 ts
4889	Allspice, ground	0.50 ts
4890	Egg whites	6.00
4890	Vanilla extract	0.50 ts
4890	Sugar	1.50 c
4890	Cinnamon powder	0.50 ts
4890	Egg yolks	10.00
4890	Nutmeg	0.50 ts
4890	Butter	1.33 c
4890	Allspice powder	0.50 ts
4890	Flour	2.50 c
4891	Large pearl tapioca	1.00 c
4891	Vanilla extract	1.50 ts
4891	Water	4.00 c
4891	Chopped English walnuts	1.00 c
4891	Brown sugar	3.00 c
4891	Whipped Cream Topping	0.00
4891	Salt	1.00 ds
4892	Milk	14.00 oz
4892	Lavender leaves and flowers	3.00 oz
4892	Crystallized ginger; chopped	2.00 oz
4892	Sugar	1.00 c
4892	Egg yolks	3.00
4892	Heavy whipping cream; cold	2.00 c
4892	FOR GARNISH -----	0.00 -----
4892	Lavender flowers	0.00
4893	White sugar (125 mL)	0.50 c
4893	Shortening (30 mL)	2.00 tb
4893	Cocoa (30 mL)	2.00 tb

Sheet1

4893	Baking powder (10 mL)	2.00 ts
4893	Flour (250 mL)	1.00 c
4893	Salt (2 mL)	0.50 ts
4893	Warm milk (125 mL)	0.50 c
4893	Brown sugar (125 mL)	0.50 c
4893	Cocoa (45 mL)	3.00 tb
4893	Boiling water (500 mL)	2.00 c
4893	Butter or margarine (15 mL)	1.00 tb
4894	Cinnamon	1.00 ts
4894	Allspice; Ground	1.00 ts
4894	Cloves; Ground	0.25 ts
4894	Salt	0.50 ts
4894	Flour; Unbleached, Unsifted	2.25 c
4894	Baking Powder	0.50 ts
4894	Almonds, Ground	0.50 c
4894	Lemon Rind; Grated	1.00 ts
4894	Eggs; Large	2.00
4894	Sugar	0.75 c
4894	Honey	0.75 c
4894	Milk	0.50 c
4894	ALMOND GLAZE -----	0.00 -----
4894	Confectioners' Sugar	1.00 c
4894	Almond Extract	0.50 ts
4894	Rum	1.00 ts
4894	;Water	1.00 tb
4895	Nonfat milk	0.67 c
4895	Poppy seeds	2.00 tb
4895	Jar (4-ounce) baby food	1.00
4895	Pear puree	0.00
4895	Egg white, lightly beaten	1.00
4895	Vanilla	0.75 ts
4895	Grated zest of 2 lemons	0.00
4895	Cake flour	1.33 c
4895	Sugar	1.00 c
4895	Baking powder	1.00 ts
4895	Lemon juice	0.25 c
4895	Raspberries	0.50 pt
4895	Kiwi fruits, peeled and	2.00
4895	Cut into thin wedges	0.00
4895	Papaya balls	10.00 sm
4895	Lemon zest rose, optional	0.00
4895	Lemon leaves, optional	0.00
4896	(8 oz) cream cheese, soft.	1.00 pk
4896	Hellman's (R) real mayonaise	0.50 c
4896	Sugar	0.50 c
4896	Eggs	3.00
4896	Grated lemon rind	2.00 ts
4896	Lemon juice (opt)	1.00 tb
4896	Vanilla	1.00 ts

Sheet1

4896	Graham cracker pie crust	1.00
4897	All-purpose flour	1.00 c
4897	Salt	0.50 ts
4897	Sugar	2.00 tb
4897	Almond paste (1/4 cup)	2.00 oz
4897	Chilled butter	6.00 ts
4897	Egg yolk	1.00
4897	LEMON FILLING:	0.00
4897	Lemons	2.00 md
4897	Butter	4.00 tb
4897	Eggs	2.00
4897	Sour cream	0.25 c
4897	Sugar	0.75 c
4897	Confectioners' sugar	2.00 tb
4898	Flour	3.00 c
4898	Sugar Lemon Glaze	0.50 c
4898	Yeast 1/4 cup sugar	1.00 pk
4898	Salt 1/4 cup water	0.50 ts
4898	Milk 2 tbsp. lemon juice	0.75 c
4898	Butter Heat 5 min. until	0.50 c
4898	syrupe	0.00
4898	Water	0.25 c
4898	Egg yolks	3.00
4898	Raisins	1.00 c
4899	Box lemon cake mix	1.00
4899	Sugar	2.00 tb
4899	Brandy	1.00 oz
4899	Lemon ice cream	2.00 qt
4899	Meringue:	0.00
4899	Egg whites	4.00
4899	Powdered sugar	0.75 c
4900	Flour	0.75 c
4900	Butter	0.33 c
4900	Eggs	2.00
4900	Brown sugar	2.00 c
4900	Baking powder	0.12 ts
4900	Nuts	0.50 c
4900	Vanilla	0.50 ts
4900	Confectioners sugar	0.67 c
4900	Lemon rind, grated	1.00 ts
4900	Lemon juice	1.50 tb
4901	Sweetened lemon flavored	1.00 pk
4901	gelatin	0.00
4901	Marshmallows, diced	12.00
4901	Crushed macaroons	4.00
4901	Whipped cream	1.00 c
4901	Maraschino cherries, well	12.00
4901	drained	0.00
4901	Boiling water	2.00 c



Sheet1

4901	Sugar	0.25 c
4901	Salt	0.25 ts
4901	Chopped, blanched almonds	0.50 c
4902	Milk	2.00 c
4902	Sugar	0.50 c
4902	Inch size bread cubes	2.00 c
4902	Eggs, separated	2.00
4902	Grated rind 1 lemon	0.00
4902	Lemon Sauce	0.00
4902	Sugar + 2 Tbsp	0.50 c
4902	Hot water	1.00 c
4902	Cornstarch	1.00 tb
4902	Butter	2.00 ts
4902	Lemon juice	1.50 tb
4902	Nutmeg	1.00 ds
4902	Salt	1.00 pn
4903	Flour	2.00 c
4903	Lemon extract	1.00 ts
4903	Baking powder	2.25 ts
4903	Sugar	1.25 c
4903	Salt	0.50 ts
4903	Eggs, unbeaten	6.00
4903	Butter	1.00 c
4903	LEMON CREAM FILLING -----	0.00 -----
4903	Lemon pudding and pie mix	4.00 oz
4903	Water	2.00 c
4903	Sugar	0.67 c
4903	Butter	0.75 c
4903	NUT CRUNCH -----	0.00 -----
4903	Sugar	0.50 c
4903	Walnuts or almonds	0.75 c
4904	Fresh lemon juice; PLUS:	0.33 c
4904	Fresh lemon juice	3.00 tb
4904	Finely grated lemon zest	1.00 ts
4904	Unflavored gelatin	0.25 oz
4904	Heavy cream	1.00 c
4904	Eggs; separated, room temp.	6.00
4904	Salt	0.25 ts
4904	Sifted confectioners' sugar	3.00 c
4904	Unsalted butter; room temp.	0.25 lb
4905	Sugar	1.50 c
4905	Cream of tartar	1.00 pn
4905	Milk	3.50 c
4905	Heavy cream	1.00 c
4905	Eggs	5.00 lg
4905	Egg yolks	5.00 lg
4905	Fresh lemon juice	2.00 tb
4905	Lemon zest	1.00 tb
4905	Vanilla	1.00 ts

Sheet1

4906	Lemon flavor gelatin	1.00 pk
4906	Sugar	1.00 tb
4906	Water, boiling	0.75 c
4906	Ice cubes	1.00 c
4906	Cream cheese, softened	3.00 oz
4906	TOPPINGS -----	0.00 -----
4906	Pie filling, canned	0.00
4906	Fruit, fresh	0.00
4906	Fruit, canned, drained	0.00
4907	Unflavored gelatin	1.00 oz
4907	Water	2.00 tb
4907	Milk	1.00 c
4907	Cream cheese; softened	3.00 oz
4907	Sugar	0.50 c
4907	Lemon yogurt	1.00 c
4907	GARNISHES -----	0.00 -----
4907	Fresh strawberries optional	0.00
4908	Cream cheese; softened	8.00 oz
4908	Sugar	1.00 tb
4908	Lemon juice	1.00 tb
4908	Heavy cream	1.00 tb
4908	Lemon balm leaves; chopped	2.00 tb
4908	Nectarines; ripe freestone	6.00 ea
4908	OR-	0.00
4908	peaches	6.00 ea
4908	Lemon balm leaves	0.00
4908	for garnish	0.00
4909	Sugar	1.00 c
4909	Butter	3.00 tb
4909	Flour	4.00 tb
4909	Salt	0.25 ts
4909	Lemon juice	0.25 c
4909	Lemon grated rind of	0.50
4909	Milk	1.00 c
4909	Eggs, separated	3.00
4910	Rice	0.50 c
4910	Sugar	0.50 c
4910	Salt	0.75 ts
4910	Sugar, powdered	2.00 tb
4910	Milk	3.00 c
4910	Lemon juice	1.33 tb
4910	Lemon rind, grated	1.00
4910	Eggs	2.00
4910	Lemon extract	0.25 ts
4911	Sugar	1.50 c
4911	Water; boiling	2.00 c
4911	Lemons; juice	2.00 ea
4911	Lemon; rind - grated	1.00 ea
4911	Salt	0.12 ts

Sheet1

4911	Egg yolks	2.00 ea
4911	Cream; whipped	2.00 c
4911	Egg whites	2.00 ea
4912	Granulated sugar	0.75 c
4912	Cornstarch	2.00 tb
4912	Lemon juice	0.67 c
4912	Coarsely grated lemon rind	2.00 tb
4912	Eggs	3.00
4912	Egg yolks	3.00
4912	Unsalted butter	0.33 c
4912	Whipping cream	1.50 c
4912	GARNISH;	0.00
4912	Kiwi fruit	2.00
4912	Frozen raspberries, slightly thawed	1.00 c 0.00
4912	Mint leaves	0.00
4912	LEMON PAVLOVA	0.00
4912	Egg whites	4.00
4912	Of cream of tartar	1.00 pn
4912	Granulated sugar	0.67 c
4912	Icing sugar	0.33 c
4912	Cornstarch	1.00 tb
4912	Finely grated lemon rind	0.25 ts
4912	Lemon juice	1.00 tb
4913	All-purpose flour	1.50 c
4913	Salt	0.50 ts
4913	Shortening	0.50 c
4913	Eggs, well beaten	3.00
4913	Sugar	1.25 c
4913	Finely shredded lemon peel	0.50 ts
4913	Lemon juice	0.33 c
4913	Blueberries	0.00
4914	Eggs, separated	3.00
4914	Vinegar	0.50 ts
4914	Salt, divided	0.25 ts
4914	Vanilla extract	0.25 ts
4914	Sugar, divided	2.00 c
4914	Cornstarch	0.33 c
4914	Water	1.50 c
4914	Grated lemon peel	1.00 tb
4914	Fresh lemon juice	6.00 tb
4914	Butter or margarine	2.00 tb
4915	Flour	2.00 c
4915	Butter or margarine	1.00 c
4915	Finely chopped pecans	1.00 c
4915	SECOND LAYER	0.00
4915	8 oz pkg cream cheese	2.00
4915	Icing sugar	1.00 c
4915	Whipping cream	1.00 c

Sheet1

4915	THIRD LAYER	0.00
4915	Lemon pudding and pie	2.00 pk
4915	filling	0.00
4915	FOURTH LAYER	0.00
4915	Whipping cream	2.00 c
4915	Sugar	2.00 tb
4915	Vanilla	1.00 ts
4916	Whipping cream	1.00 c
4916	Milk	1.00 c
4916	Egg, well beaten	1.00
4916	Few grains salt	0.00
4916	Sugar	0.75 c
4916	Chopped preserved figs, and	1.00 c
4916	juice	0.00
4916	Juice 2 lemons	0.00
4917	Sugar	1.00 c
4917	Boiling water	1.00 c
4917	Corn-starch	2.67 tb
4917	Egg yolk, well beaten	1.00
4917	Salt	0.12 ts
4917	Grated rind 1 lemon	0.00
4917	Butter	1.00 tb
4917	Lemon juice	0.25 c
4918	Eggs; well beaten	3.00
4918	Sugar	0.50 c
4918	Salt; optional	0.50 ts
4918	Half and half; scalded	1.00 c
4918	Sour cream	1.00 c
4918	Lemon juice; fresh squeezed	0.25 c
4918	Cinnamon	1.00 ds
4918	Nutmeg	1.00 ds
4918	Currants; or raisins	0.75 c
4918	Rice; cooked/cooled	1.25 c
4918	Nutmeg; fresh grated	1.00
4919	Sweetened lemon flavored	1.00 pk
4919	gelatin	0.00
4919	Cold water	1.00 c
4919	Boiling water	1.00 c
4919	Diced fruit	1.00 c
4919	Few grains salt	0.00
4920	Whipping cream	1.25 c
4920	Sugar	0.33 c
4920	Finely grated lemon peel	1.00
4920	Lemon juice	2.00 tb
4920	Pieces stem ginger, chopped	2.00
4920	Egg white	1.00
4920	Kiwifruit, peeled, cut in	2.00
4920	fourths, then sliced	0.00
4920	Stem ginger syrup	4.00 ts

Sheet1

4920	Lemon twists	0.00
4920	Stem ginger slices	0.00
4920	Cookies	0.00
4921	Water	2.00 c
4921	Sugar	1.00 c
4921	Freshly squeezed lemon juice	1.50 c
4922	Water	2.00 c
4922	Sugar	1.00 c
4922	Few grains salt	0.00
4922	Lemon juice	6.00 tb
4923	Large Egg Yolks	3.00
4923	Sweetend Condensed Milk	14.00 oz
4923	Lemon Juice	0.50 c
4923	Yellow Food Coloring (Opt.)	0.00
4923	(1 pt) Whipping Cream	2.00 c
4924	Water	3.00 c
4924	Sugar	1.25 c
4924	Grated lemon peel	1.50 ts
4924	Lemon juice	0.75 c
4925	Shortening	0.50 c
4925	Sugar	1.00 c
4925	Eggs	2.00
4925	A-P flour	1.50 c
4925	Baking powder	1.00 ts
4925	Salt	0.25 ts
4925	Milk	0.50 c
4925	Grated rind of 1 lemon	0.00
4925	Chopped walnuts or pecans	0.25 c
4925	GLAZE:	0.00
4925	Juice of 1 lemon	0.00
4925	Sugar	0.25 c
4926	Graham crackers, crushed to	12.00
4926	crumbs	0.00
4926	Butter, melted	6.00 tb
4926	Superfine sugar	0.25 c
4926	Cinnamon	0.50 ts
4926	Water	2.00 tb
4926	Gelatin	3.50 ts
4926	Lemon juice	1.00 c
4926	Grated rind of 1 lemon	0.00
4926	Can evaporated milk (14 1/2	1.00
4926	oz)	0.00
4926	Superfine sugar	0.50 c
4927	Lemons	3.50
4927	Sugar	1.50 c
4927	Gelatin	1.00 tb
4927	Milk	4.00 c
4927	Egg whites	2.00
4927	Few grains salt	0.00

## Sheet1

4928	Sprig fresh spearmint (4-6	1.00
4928	leaves)	0.00
4928	Lemon juice	0.50 c
4928	Sugar	1.00 c
4928	Half & half	3.00 c
4929	Sugar	1.00 c
4929	Juice of 1 lemon and small a	0.00
4929	mount of fine cut peel	0.00
4929	Milk	1.00 c
4929	Cream; whipped	1.00 c
4930	Egg yolks	3.00
4930	Sugar	3.00 tb
4930	Unflavored gelatin	1.00 pk
4930	Hot water	0.33 c
4930	Fresh lemon juice	0.50 c
4930	Egg whites	3.00
4930	Sugar	2.00 tb
4930	Grated lemon rind	1.00 tb
4930	Whipping cream	1.00 c
4930	Sugar	2.00 tb
4930	Package frozen raspberries,	10.00 oz
4930	thawed, or 1-1/2 cups fresh	0.00
4930	raspberries.	0.00
4930	Fresh lemon juice	1.00 tb
4930	Sugar	1.00 tb
4931	Lemons	2.00 md
4931	Sugar	0.67 c
4931	Egg	1.00
4931	Egg yolks	4.00
4931	Heavy cream	1.25 c
4931	Confectioners' sugar	5.00 ts
4931	Candied violets (optional)	6.00
4932	Butter	2.00 tb
4932	Sugar	1.00 c
4932	Eggs, separated	2.00
4932	Flour	2.00 tb
4932	Lemon, juice and grated rind	1.00
4932	Milk	1.00 c
4933	Lemon; juice - rind - grate	1.00 ea
4933	d	0.00
4933	Sugar	0.75 c
4933	Milk	2.00 c
4934	Butter	0.50 c
4934	Sugar	0.67 c
4934	Grated lemon rind	2.00 ts
4934	Egg	1.00
4934	Lemon juice	3.00 tb
4934	Water	1.00 tb
4934	Flour	1.75 c

Sheet1

4934	Baking soda	0.25 ts
4934	Salt	0.50 ts
4934	Cream of tartar	0.25 ts
4934	Finely chopped pecans	0.50 c
4935	Egg, separated	2.00
4935	Milk	1.00 c
4935	Lemon, juice of	1.00
4935	Butter, melted	1.00 tb
4935	Sugar	1.00 c
4935	Flour	3.00 tb
4935	Lemon, rind of	1.00
4935	Salt	1.00 pn
4936	Sweet flan pastry	250.00 g
4936	Butter and flour for the	0.00
4936	tart tin	0.00
4936	FILLING -----	0.00 -----
4936	Eggs	3.00 x
4936	Egg yolk	1.00 x
4936	Juice of 3 lemons	1.00 x
4936	Juice of 1 orange	1.00 x
4936	Double cream	1.50 dl
4936	Sugar	150.00 g
4937	SNOW -----	0.00 -----
4937	Envelope Unflavored Gelatin	0.00
4937	Sugar	0.75 c
4937	Salt	0.25 ts
4937	Boiling Water	1.00 c
4937	Instant Tea, Lemon Flavored	3.00 tb
4937	Lemon Juice	0.33 c
4937	Grated Lemon Rind	1.00 ts
4937	Egg Whites	2.00 x
4937	STRAWBERRY SAUCE -----	0.00 -----
4937	Halved Strawberries	1.50 c
4937	Sugar	0.33 c
4937	Currant Jelly Or Lemon Jelly	0.50 c
4937	Cornstarch	2.00 ts
4937	Cold Water	1.00 tb
4938	Fresh lemon juice	0.75 c
4938	Cornstarch	2.00 tb
4938	Plus 2 tbsp sugar	1.00 c
4938	Eggs	3.00 lg
4938	Egg yolks	6.00 lg
4938	Plus 1 tbsp unsalted butter,	0.50 c
4938	cut into small pieces	0.00
4938	Grated lemon peel	2.00 tb
4938	FROSTING	0.00
4938	Whipping cream	2.25 c
4938	Imported white chocolate,	4.50 oz
4938	chopped	0.00

Sheet1

4938	Vanilla extract	0.75 ts
4938	CAKE	0.00
4938	Sifted all purpose flour	2.75 c
4938	Baking powder	1.00 ts
4938	Salt	0.75 ts
4938	Imported white chocolate,	4.00 oz
4938	chopped	0.00
4938	Whipping cream	1.00 c
4938	Plus 2 tbsp milk	0.50 c
4938	Vanilla extract	1.00 ts
4938	Unsalted butter, room	0.50 c
4938	temperature	0.00
4938	Sugar	2.00 c
4938	Eggs, separated	4.00 lg
4939	LEMON -----	0.00 -----
4939	Vegetable oil	0.25 c
4939	Milk	1.00 c
4939	Eggs	2.00
4939	Packaged baking mix	2.00 c
4939	Poppy seeds	0.25 c
4939	Lemon instant pudding and	1.00 pk
4939	pie filling, dry	0.00
4939	(4 serving size)	0.00
4939	Grated lemon peel	0.25 ts
4939	Glaze (see below)	0.00
4939	GLAZE -----	0.00 -----
4939	Confectioners' sugar	0.67 c
4939	Lemon juice	3.50 ts
4940	Sugar	3.50 c
4940	Whipping cream	1.00 pt
4940	Whole milk	1.00 qt
4941	Apricot jam	6.00 oz
4941	Envelope (1 oz) gelatin	1.00
4941	Lemon juice	2.00 tb
4941	Heavy cream, whipped	0.50 c
4942	Unsalted butter	0.50 c
4942	Dark brown sugar	0.50 c
4942	All-purpose flour	1.00 c
4942	Pecan halves	1.00 c
4942	Eggs	2.00
4942	Firmly packed dark brown sug	1.00 c
4942	Vanilla extract	1.00 ts
4942	Salt	0.50 ts
4942	Baking powder	1.00 ts
4942	Additional flour (see direct	0.00
4942	Chocolate chips	1.00 c
4943	Eggs slightly beaten	2.00
4943	16oz can Libby's pumpkin	1.00
4943	Sugar	0.75 c



Sheet1

4943	Salt	0.50 ts
4943	Grnd Cinnamon	1.00 ts
4943	Grnd ginger	0.50 ts
4943	Grnd cloves	0.75 ts
4943	Can evaporated milk	1.00
4943	9 " pie shell	1.00
4944	Fresh lichees fruit	2.00 lb
4944	peeled and pitted	0.00
4944	Sugar	0.75 c
4944	Fresh orange juice	0.25 c
4944	RASPBERRY SAUCE -----	0.00 -----
4944	Fresh raspberries	2.00 c
4944	Sugar	0.25 c
4945	Licorice toffees (about 6	150.00 g
4945	oz)	0.00
4945	Milk	1.00 c
4945	Carton whipping cream	300.00 ml
4945	Sugar	2.00 tb
4945	Egg yolks	4.00
4946	PUDDING BASE -----	0.00 -----
4946	Sugar	1.25 c
4946	Cornstarch	0.50 c
4946	Water	1.50 c
4946	Egg yolks - slightly beaten	3.00
4946	Butter	2.00 tb
4946	Lemon rind - grated	2.00 ts
4946	MERINGUE -----	0.00 -----
4946	Egg whites	3.00
4946	Lemon juice	0.25 ts
4946	Sugar	0.25 c
4947	Eggs	2.00
4947	Egg yolks	2.00
4947	Granulated sugar	2.00 tb
4948	Unflavored gelatin	1.75 ts
4948	Well-strained lemon juice	0.50 c
4948	Whipping cream; well-chilled	0.75 c
4948	Egg whites	5.00
4948	Sugar	0.75 c
4948	BLACK CURRANT SAUCE -----	0.00 -----
4948	Frozen black currants	12.00 oz
4948	Lemon; juiced	1.00
4948	Sugar	0.75 c
4948	Water	0.50 c
4949	Margarine	0.25 lb
4949	Brown sugar	1.00 c
4949	Water	2.00 c
4949	Flour	1.00 c
4949	Sugar	0.33 c
4949	Salt	0.50 ts

Sheet1

4949	Baking powder	1.50 ts
4949	Chopped walnuts or pecans	0.50 c
4949	Raisins (optional)	0.50 c
4949	Milk, or more as needed	0.33 c
4950	Mini marshmallows	1.50 c
4950	Milk	0.25 c
4950	Green creme de menthe	2.00 tb
4950	Creme de cacao	4.00 ts
4950	Envelope (about 2 oz)	1.00
4950	dessert topping mix	0.00
4951	Squares ( 4 oz.) unsweetened	4.00
4951	chocolate	0.00
4951	Milk	1.00 c
4951	Flour	1.00 c
4951	Salt	0.50 ts
4951	Baking powder	2.50 ts
4951	Eggs, PLUS 1 egg yolk	4.00
4951	Sugar	1.50 c
4951	Almond extract	2.00 ts
4952	LINZER DOUGH -----	0.00 -----
4952	All-purpose flour	1.50 c
4952	Ground, blanched almonds	1.00 c
4952	Sugar	0.75 c
4952	Ground cloves	0.25 ts
4952	Baking powder	1.00 ts
4952	Butter	0.75 c
4952	Grated lemon zest	1.00 ts
4952	Vanilla extract	1.00 ts
4952	Egg	1.00
4952	Egg yolk	1.00
4952	FILLING -----	0.00 -----
4952	Raspberry preserves	0.33 c
4952	Baskets fresh raspberries	2.00
4952	Toasted, sliced almonds	0.33 c
4952	Confectioners' sugar	0.00
4952	VARIATION -----	0.00 -----
4952	CHEESE LINZER TORTE -----	0.00 -----
4952	CHEESE FILLING -----	0.00 -----
4952	Cream cheese	1.00 lb
4952	room temperature	0.00
4952	Sugar	0.25 c
4952	Vanilla extract	1.00 ts
4952	Grated lemon zest	1.00 ts
4952	Eggs	2.00
4952	Egg yolks	2.00
4952	Cream	0.50 c
4953	Bacon	4.00 sl
4953	Milk	1.00 c
4953	Fresh eggs	2.00

Sheet1

4953	Salt	0.50 ts
4953	Sifted all-purpose flour	1.00 c
4953	Softened butter	0.50 c
4953	Fresh oregano	0.12 ts
4953	Fresh sage	0.12 ts
4954	Granulated sugar	4.00 c
4954	Water	4.50 c
4954	Lemon juice	1.00 ts
4954	Cornflour	1.00 c
4954	Cream of tartar	1.00 ts
4954	Rose water (may be doubled)	1.00 tb
4954	Red food coloring	0.00
4954	Chopped, toasted almonds	0.50 c
4954	Confectioners' sugar	0.75 c
4954	Cornflour	0.25 c
4955	Apples, pared, cored and	6.00 c
4955	sliced	0.00
4955	Sugar	1.00 c
4955	Cinnamon	1.00 ts
4955	Water	0.50 c
4955	Sifted all--purpose flour	1.50 c
4955	Salt	0.25 ts
4955	Baking powder	1.50 ts
4955	Milk (about)	0.50 c
4956	Unflavoured gelatin	1.00 tb
4956	Unsweetened concentrated	4.00 tb
4956	Apple juice, thawed	0.00
4956	Lemon juice	2.00 tb
4956	Grated lemon rind	0.25 tb
4956	Unsweetened pineapple juice	0.67 c
4956	Evaporated skim milk	1.00 c
4957	Sugar	0.75 c
4957	Water	0.50 c
4957	Eggs	3.00
4957	Egg whites	2.00
4957	Evaporated skim milk	2.00 c
4957	Maple syrup	3.00 tb
4957	Vanilla	1.50 ts
4957	Salt	0.25 ts
4958	Sugar	1.00 c
4958	Flour	1.00 tb
4958	Milk	1.00 c
4958	Cream	2.00 c
4958	Grated lemon rind	0.50 tb
4958	Lemon juice	0.25 c
4959	Finely chopped macadamia nut	1.50 c
4959	Cold water	0.25 c
4959	Unflavored gelatin	2.00 ts
4959	Egg yolks	4.00

## Sheet1

4959	Sugar	0.50 c
4959	Boiling water	0.50 c
4959	Dark rum	5.00 tb
4959	Lemon zest	1.00 ts
4959	Egg whites	4.00
4959	Pinch of salt	0.00
4959	Pie shell, short crust, 10"	1.00
4959	Heavy cream, chilled	0.50 c
4959	Superfine sugar	2.00 tb
4960	*INGREDIENTS*	0.00
4960	Macaroni or spaghetti	1.00 oz
4960	Butter	1.00 oz
4960	Sugar	1.00 oz
4960	Milk	1.00 pt
4960	Eggs	2.00
4960	Lemon rind, grated (or other flavouring)	0.50 0.00
4960	Salt	0.00
4961	Milk, scalded	2.00 c
4961	Sweetened cherry flavored gelatin	1.00 pk 0.00
4961	Salt	0.12 ts
4961	Whipping cream	1.00 c
4961	Crushed macaroons	1.00 c
4961	Chopped maraschino cherries	0.25 c
4962	Thin cream	2.00 c
4962	Sugar	6.00 tb
4962	Few grains salt	0.00
4962	Vanilla	1.50 ts
4962	Crushed almond macaroons	1.50 c
4963	Evaporated milk	1.00 c
4963	Eggs, slightly beaten	2.00
4963	Sugar	1.00 c
4963	Salt	0.25 ts
4963	Gelatin	1.00 tb
4963	Vanilla	1.00 ts
4963	Macaroons	12.00
4963	Candied cherries	6.00
4963	Water	1.00 c
4964	Ripe large peaches	6.00
4964	Crisp almond macaroons	12.00
4964	To 2 tblspns cognac, Kirsch or raspberry brandy	1.00 0.00
4964	Fresh raspberries	2.00 pt
4965	Thinly Sliced Oranges	4.00 lg
4965	Diced Apples	2.00 lg
4965	Diced Pears	2.00 lg
4965	Walnuts	0.33 c
4965	Cubed Bananas	2.00 lg

Sheet1

4965	Frozen Raspberries	8.00 oz
4965	Lemon	1.00 lg
4965	Rum	4.00 tb
4965	Fresh Orange Juice	0.25 c
4966	MacIntosh apples, peeled,	4.00
4966	cored and cut into large	0.00
4966	pieces	0.00
4966	Sugar	0.25 c
4966	Of salt	1.00 pn
4966	Cold unsalted butter, cut	0.50 c
4966	into small pieces	0.00
4966	All-purpose flour	0.75 c
4966	Light brown sugar	0.50 c
4966	Vanilla ice cream	1.00 pt
4967	Flour	1.50 c
4967	Of Salt	1.00 pn
4967	Cold Butter or margarine	0.50 c
4967	Water	0.00
4967	FILLING	0.00
4967	Jam	0.00
4967	Cottage cheese, sieved	6.00 oz
4967	Golden Raisins	0.33 c
4967	Almond extract	0.50 ts
4967	Ground or finely chopped	2.00 tb
4967	Almonds 2 Eggs	0.00
4967	TOPPING	0.00
4967	Confectioners sugar, sifted	0.67 c
4968	(10oz) mandarin orange	1.00 cn
4968	segments	0.00
4968	(85 gr) Jell-o cherry jelly	1.00 pk
4968	powder	0.00
4968	Boiling water	1.00 c
4968	Cold water	0.75 c
4968	Halved green grapes	1.00 c
4968	Jell-o lemon jelly powder	1.00 pk
4968	Boiling water	1.00 c
4968	Canned or dairy eggnog	1.00 c
4968	Dark rum (optional)	1.00 ts
4968	Envelope Dream whip dessert	1.00
4968	topping	0.00
4969	Butter Or Margarine	1.00 c
4969	Sugar	0.75 c
4969	Vanilla Extract	1.00 ts
4969	Almond Extract	1.50 ts
4969	Flour; Unbleached	2.50 c
4969	Almonds; Ground	1.00 c
4969	Confectioners' Sugar	0.00
4970	Large mangoes,firm-ripe	2.00
4970	Large orange,cut into wedges	1.00

Sheet1

4971	Half-ripe mangoes	2.00
4971	Bread crumbs	0.67 c
4971	Brown sugar	0.75 c
4971	Butter	3.00 tb
4971	Cinnamon	1.00 ts
4972	Mango puree ( from 4 mangos	1.75 c
4972	)	0.00
4972	Lime juice	1.00 tb
4972	Sugar	1.00 c
4972	Of sour cream	1.75 c
4973	Mango	1.00
4973	Lemon juice	1.00 tb
4973	Cornstarch	2.00 ts
4973	Sugar	0.33 c
4973	Half & half	1.50 c
4973	Egg yolk; beaten	1.00
4973	Light corn syrup	2.00 tb
4974	Unflavoured gelatin	1.00 tb
4974	Water	3.00 tb
4974	Ripe mangoes	4.00
4974	Sugar	0.50 c
4974	Lemon juice	1.00 tb
4974	Whipping cream, whipped	1.50 c
4974	until stiff	0.00
4974	Shelled roasted pistachios	0.00
4974	ground	0.00
4975	Spartan Apples	4.00
4975	Juice of 1/2 Lemon	1.00
4975	Maple Syrup	0.75 c
4975	Cornstarch	2.00 ts
4975	Sultana Raisins	0.25 c
4975	Butter	2.00 tb
4976	(1 tablespoon) unflavored	1.00 pk
4976	gelatin	0.00
4976	Cold water	0.25 c
4976	Hot maple syrup	0.75 c
4976	Heavy cream	2.00 c
4977	Maple sirup	1.00 c
4977	Eggs	2.00
4977	Coffee	1.00 c
4977	Salt	0.25 ts
4977	Evaporated milk	1.00 c
4978	Heavy cream	1.00 qt
4978	Egg yolks	10.00
4978	Maple syrup	0.33 c
4978	Vanilla bean	1.00
4979	Egg whites	2.00
4979	Maple Syrup	0.50 c
4979	Sugar	0.75 c

Sheet1

4979	Cream of tartar	0.25 ts
4979	Salt	0.25 ts
4979	Vanilla	1.00 ts
4980	Maple syrup	0.50 c
4980	Egg yolks	4.00 ea
4980	Salt	0.00
4980	Vanilla	1.50 ts
4980	Cream	1.50 c
4980	Pecanse; chopped	0.50 c
4981	Gelatine; granulated	1.00 tb
4981	Water; cold	0.25 c
4981	Maple syrup	1.00 c
4981	Whipping cream	1.00 pt
4982	Text Only	0.00
4983	Eggs	4.00
4983	Whipping cream	2.00 c
4983	Maple sirup	1.00 c
4983	Salt	0.12 ts
4984	Karen Mintzias	0.00
4984	Skim milk	1.00 qt
4984	Cooked long-grain white rice	2.00 c
4984	Maple syrup; PLUS:	0.33 c
4984	Maple syrup	2.00 tb
4984	Grated orange rind	1.00 ts
4984	Broken walnuts	0.33 c
4985	Ice cream:	0.00
4985	Maple syrup; pure	2.50 c
4985	Vanilla beans; split	2.00
4985	Milk	3.00 c
4985	Egg yolks	16.00
4985	Unsalted butter	1.00 tb
4985	Sable rafts:	0.00
4985	Unsalted butter; room tempe	9.50 tb
4985	rature	0.00
4985	Sugar	0.75 c
4985	Egg yolk	1.00
4985	Whipping cream	1.50 ts
4985	Flour; all-purpose	1.33 c
4986	Unflavored gelatin	1.00 tb
4986	Water	0.33 c
4986	Packed light brown sugar	0.33 c
4986	Egg yolks	2.00
4986	Salt	1.00 pn
4986	Pure maple syrup	1.25 c
4986	Egg whites; room temperature	4.00
4986	Cream of tartar	1.00 pn
4986	Sugar	0.25 c
4986	Whipping cream; well chilled	3.00 c
4986	Powdered sugar	1.50 tb

Sheet1

4986	Vanilla	1.00 ts
4986	Crushed gingersnap crumbs	1.00 c
4986	Maple candies (optional)	0.00
4987	Cream	1.00 qt
4987	Granulated maple sugar	0.50 c
4987	Maple syrup	0.25 c
4987	Salt	0.00 pn
4987	Chopped walnuts	0.50 c
4987	Chopped hard maple sugar	0.50 c
4988	Powdered sugar	3.00 c
4988	Margarine or butter,	0.33 c
4988	softened	0.00
4988	Maple-flavored syrup	0.50 c
4988	Finely chopped nuts	0.25 c
4989	Strawberries, hulled	3.00 c
4989	Envelopes unflavored	3.00
4989	Gelatin	0.00
4989	Sugar	0.75 c
4989	Salt	0.12 ts
4989	Water	0.75 c
4989	Lemon juice	2.00 tb
4989	Vanilla extract	1.00 ts
4989	Egg whites, at room temp	4.00
4989	Heavy or whipping cream	2.00 c
4990	Potatoes	1.75 lb
4990	Flour	0.33 lb
4990	Cream of wheat	1.33 oz
4990	Eggs	2.00
4990	Butter	12.00 oz
4990	Salt	1.00 ts
4990	Nutmeg	1.00 pn
4990	Apricots, fresh	27.00 oz
4990	Butter	3.00 oz
4990	Cinnamon sugar	0.00
4990	Sugar cubes	0.00
4991	Sugar	0.50 c
4991	Sticks (1 cup) butter	2.00
4991	To 2 3/4 cups flour	2.50
4991	Egg	1.00
4992	Fresh sliced peaches,	2.00 c
4992	Covered with sugar (about	0.00
4992	1/2 cup)	0.00
4992	Pillsbury yellow cake mix	0.00
4992	(without pudding)	0.00
4992	Chopped pecans	0.50 c
4992	(1 stick) butter or	0.25 lb
4992	Margarine.	0.00
4992	Granulated, or powdered	0.50 c
4992	Sugar.	0.00



Sheet1

4993	Applesauce	0.50 c
4993	Sugar	0.50 c
4993	Light cream	0.67 c
4993	Grated rind and juice of 1	0.00
4993	lemon	0.00
4993	Sherry	0.25 c
4993	Eggs	3.00
4994	Soft bread crumbs	1.00 c
4994	Flour	1.00 c
4994	Baking-powder	3.00 ts
4994	Ground suet	1.00 c
4994	Sugar	0.33 c
4994	Orange marmalade	1.00 c
4994	Eggs, well beaten	3.00
4994	Salt	0.75 ts
4995	Crushed pineapple	1.00 c
4995	Marshmallow cream	1.00 c
4995	Whipped cream	1.00 c
4995	Chopped nuts	1.00 c
4995	Sweetened orange flavored	1.00 pk
4995	gelatin	0.00
4996	Miniature marshmallows	1.50 c
4996	Thawed Cool Whip topping	1.50 c
4996	Cold water	3.00 c
4996	(3 oz) pkg Jell-o Lemon	1.00
4996	flavored gelatin	0.00
4996	(3 oz) pkg Jell-o Lime	1.00
4996	flavored gelatin	0.00
4996	(11 oz) can mandarin orange	1.00
4996	segments, drained	0.00
4997	Text Only	0.00
4998	Brownies:	0.00
4998	Cocoa	0.50 c
4998	Sugar; granulated	1.00 c
4998	Flour; all purpose	0.50 c
4998	Shortening; softened	0.25 c
4998	Eggs	2.00
4998	Coffee; instant	1.00 ts
4998	Icing:	0.00
4998	Butter	0.25 c
4998	Coffee;strong	2.00 tb
4998	Milk	1.00 tb
4998	Sugar; icing	1.00 c
4998	Chocolate; semisweet (2 sq)	2.00 oz
4999	Graham cracker crumbs	0.50 c
4999	Lemon juice	0.33
4999	Orange juice	0.33 c
4999	Envelope unflavored gelatin	1.00
4999	Eggs, separated	3.00

Sheet1

4999	Granulated sugar	1.00 c
4999	Grated lemon rind	0.50 ts
4999	Whipping cream	1.00 c
5000	Plain flour	1.00 c
5000	Pure icing sugar	0.25 c
5000	Egg, lightly beaten	1.00
5000	Water, approximately	1.00 ts
5000	Milk chocolate, melted	30.00 g
5000	Flaked almonds, toasted	2.00 tb
5000	Filling:	0.00
5000	200 g roll prepared	0.50
5000	marzipan, chopped	0.00
5000	Milk chocolate, grated	60.00 g
5000	Water	2.00 ts
5000	Mocha Sauce:	0.00
5000	Carton thickened cream	300.00 ml
5000	Dry instant coffee	2.00 ts
5000	Castor sugar	2.00 tb
5000	Cornstarch	1.00 ts
5000	Milk	0.50 c
5000	Kahlua	0.25 c
5001	Sugar	0.75 c
5001	Water	0.75 c
5001	Egg yolks	10.00 lg
5001	Mascarpone (Italian cream	2.50 lb
5001	cheese	0.00
5001	Light corn syrup	0.50 c
5001	Buttermilk	2.00 c
5002	Min to prepare	30.00
5002	Preheat oven to 375F	0.00
5002	Potatoes	2.00 lg
5002	Butter	2.00 tb
5002	Salt	0.25 ts
5002	Freshly ground black pepper	0.00
5002	Finely minced raw onion	0.50 c
5003	Flour, all purpose	1.50 c
5003	Rolled oats	1.50 c
5003	Brown sugar; packed	1.00 c
5003	Baking soda	0.50 ts
5003	Salt	0.25 ts
5003	Butter; softened	0.75 c
5003	FILLING -----	0.00 -----
5003	Dates; chopped, pitted	2.00 c
5003	Sugar, granulated	0.50 c
5003	Lemon juice	1.00 ts
5003	Boiling water	0.75 c
5004	Matzahs	12.00
5004	Tart Apples, peeled, cored	2.00
5004	and diced	0.00

Sheet1

5004	Shortening	2.00 tb
5004	Eggs, separated	4.00
5004	Cinnamon	1.00 ts
5004	Grated Nutmeg	0.50 ts
5004	Sugar	0.67 c
5004	Of Salt	1.00 pn
5004	Coarsely chopped Almonds	0.50 c
5004	(I've used walnuts, even	0.00
5004	left 'em	0.00
5004	Out)	0.00
5005	Cherries; tart, fresh	1.00 lb
5005	Sugar	6.00 tb
5005	Cream cheese; *	8.00 oz
5005	Almonds; ground **	2.00 oz
5005	-----garnish-----	0.00
5005	Kirsch	3.00 tb
5005	Ladyfingers	12.00
5005	Vailla extract	0.50 ts
5005	Cream; heavy	1.00 c
5005	Pistachio nuts; chopped	0.00
5006	Cherries; Tart, Fresh	1.00 lb
5006	Kirsch	3.00 tb
5006	Sugar	6.00 tb
5006	;Water	2.00 tb
5006	Ladyfingers	12.00
5006	Cream Cheese; *	8.00 oz
5006	Vailla Extract	0.50 ts
5006	Almonds; Ground **	2.00 oz
5006	Cream; Heavy	1.00 c
5006	GARNISH -----	0.00 -----
5006	Pistachio Nuts; Chopped	0.00
5007	Honey	1.50 c
5007	Sugar; granulated	1.50 c
5007	Water	1.00 c
5007	Lemon juice	1.00 tb
5007	Walnuts; finely chopped	1.00 lb
5007	Butter ; softened	1.25 c
5007	Cinnamon; ground (or more)	4.00 ts
5007	Oil; vegetable	1.50 c
5007	Sugar; icing	0.50 c
5007	Oranges' strained juice	2.00
5007	Cognac or brandy	2.00 tb
5007	Cloves; ground	0.25 ts
5007	Nutmeg; ground	0.50 ts
5007	Baking powder	1.00 ts
5007	Baking soda	0.50 ts
5007	Flour; all purpose (or more)	6.00 c
5007	Walnuts; finely chopped	2.00 oz
5008	Ripe honeydew melon	1.00 lg

Sheet1

5008	Orange juice	0.25 c
5008	Pieces stem ginger, thinly	2.00
5008	sliced	0.00
5008	Stem ginger syrup	2.00 tb
5008	Fresh grated nutmeg to taste	0.00
5008	Kiwifruit, peeled, cut in	2.00
5008	half, sliced	0.00
5008	Lychees, peeled, seeded	8.00
5008	Strawberries, cut in half	8.00
5008	Black grapes, cut in half,	8.00
5008	seeded	0.00
5008	Fresh mint sprigs (opt)	0.00
5008	Ice cream	0.00
5009	Cold water	2.00 tb
5009	Envelope unflavored gelatin	1.00
5009	Boiling water	0.50 c
5009	Sugar	0.50 c
5009	Orange juice	0.50 c
5009	Lemon juice	2.00 tb
5009	Midori melon liqueur	0.33 c
5009	Heavy cream	1.00 c
5009	Baked 9-inch deep pie shell	1.00
5009	Honeydew melon balls	1.00 c
5009	GLAZE:	0.00
5009	Apricot preserves	0.25 c
5009	Grand Marnier or other	1.00 tb
5009	orange liqueur	0.00
5010	Butter	10.00 oz
5010	Confectioner's sugar	2.00 oz
5010	Sifted flour	8.00 oz
5010	Cornstarch	2.00 oz
5011	MERINGUE	0.00
5011	Egg whites at room temp.	2.00
5011	White vinegar	0.50 ts
5011	Salt	0.00 pn
5011	Granulated sugar	0.50 c
5011	LEMON SAUCE	0.00
5011	Granulated sugar	0.67 c
5011	Cornstarch	2.00 ts
5011	Grated lemon peel	1.00 ts
5011	Water	0.33 c
5011	Fresh lemon juice	0.33 c
5011	Egg, beaten	1.00
5011	Cut-up fresh fruit	2.00 c
5011	Garnish: Mint leaves	0.00
5012	Semisweet chocolate, melted	6.00 oz
5012	Whipping cream	2.00 c
5012	Icing sugar	0.25 c
5012	Kirsch	0.25 c

Sheet1

5012	(300 gram) unsweetened	1.00 pk
5012	frozen raspberries, thawed	0.00
5012	and drained	0.00
5012	Inch meringue shells	2.00
5012	SAUCE:	0.00
5012	(300 gram) unsweetened	1.00 pk
5012	frozen raspberries	0.00
5012	Icing sugar	2.00 tb
5012	Kirsch	2.00 tb
5013	Egg whites,at room temp.	2.00
5013	Cream of tartar	0.25 ts
5013	Vanilla	0.50 ts
5013	Sugar	0.50 c
5013	CHOCOLATE SYRUP -----	0.00 -----
5013	Unsweetened cocoa powder	2.00 tb
5013	Sugar	1.00 tb
5013	Cornstarch	1.00 tb
5013	Salt	1.00 pn
5013	Light corn syrup	0.50 c
5013	1% milk	0.25 c
5013	Vanilla	0.50 ts
5014	Sugar	1.00 c
5014	Baking powder	0.50 ts
5014	Salt	0.12 ts
5014	Egg whites	3.00
5014	Vanilla	1.00 ts
5014	Vinegar	1.00 ts
5014	Water	1.00 ts
5014	Fresh sliced strawberries	1.00
5015	Whipping cream	2.00 c
5015	Icing sugar	3.00 tb
5015	Orange liqueur	3.00 tb
5015	Semisweet chocolate	6.00 oz
5015	Butter	2.00 tb
5015	Bananas	3.00
5015	MERINGUE:	0.00
5015	Egg whites	4.00
5015	Cream of tartar	1.00 pn
5015	Granulated sugar	1.00 c
5015	Vanilla	0.50 ts
5016	Egg Whites, Room Temperature	3.00
5016	Sugar	1.00 c
5016	Vanilla	0.50 ts
5016	Vinegar	1.00 ts
5016	Cream Of Tartar	0.12 ts
5017	(85gr) JELL-O Strawberry	2.00 pk
5017	jelly powder	0.00
5017	Boiling water	2.00 c
5017	Cranberry juice cocktail	1.00 c

Sheet1

5017	Cinnamon	0.25 ts
5017	Ground cloves	0.12 ts
5017	Whole blanched almonds	0.00
5017	Diced peeled apple	0.75 c
5017	Sliced celery	0.50 c
5017	Chopped almonds	0.50 c
5017	Whole berry cranberry sauce.	0.50 c
5018	EGGS	3.00 x
5018	SUGAR	1.00 c
5018	HALF AND HALF	2.00 qt
5018	CHOCLATE SYRUP	16.00 oz
5018	GROUND CINNAMON	0.50 ts
5018	VANILLA EXTRACT	1.00 tb
5018	ALMOND EXTRACT	0.25 ts
5019	CORNMEAL PASTRY dough	0.50
5019	Egg white, lightly beaten	1.00
5019	Shredded Monterey Jack	2.00 c
5019	cheese with jalapeno	0.00
5019	Pepper (8 ounces)	0.00
5019	Shredded sharp Cheddar	2.00 c
5019	cheese (8 ounces)	0.00
5019	Tomatoes (1 1/4 pounds)	2.00 lg
5019	cored, seeded,	0.00
5019	Cut into 3/4-inch cubes (3	0.00
5019	cups)	0.00
5019	Sliced green onions	0.33 c
5019	Zucchini (3/4 pound), thinly	2.00 md
5019	sliced	0.00
5019	Red or green bell pepper, in	0.50 lg
5019	thin strips	0.00
5019	Sliced pitted ripe olives	0.33 c
5019	Chopped fresh cilantro	0.25 c
5019	(coriander)	0.00
5020	Oranges, pared and sectioned	3.00
5020	Bananas, sliced	3.00
5020	Strawberries, cut in half	1.00 pt
5020	Coffee liqueur	0.25 c
5020	Heavy whipping cream	1.00 c
5020	Powdered sugar	0.25 c
5021	Butter, softened	1.00 c
5021	Powdered sugar	1.00 c
5021	Sifted flour	2.00 c
5021	Ground nuts	1.00 c
5021	Vanilla	1.00 ts
5022	Butter, softened	1.00 c
5022	Sugar	1.00 c
5022	Dark brown sugar	1.00 c
5022	Eggs	2.00
5022	Vanilla	1.50 ts

Sheet1

5022	Unbleached flour	2.00 c
5022	Unbleached flour	2.00 tb
5022	Baking soda	0.75 ts
5022	Salt	1.00 ts
5022	Chocolate chips	2.00 c
5022	Pecans, chopped	0.50 c
5023	Semisweet chocolate pieces	24.00 oz
5023	Pure Vanilla Extract\	0.50 ts
5023	Butter	2.00 tb
5023	Unsweetened cocoa powder	0.00
5023	Sour cream	2.00 tb
5023	Flaked coconut	0.00
5023	Imitation Brandy Extract	0.50 ts
5023	Finely chopped pecans	0.00
5023	Imitation Rum Extract	0.50 ts
5024	Large Red Baking Apples	2.00
5024	Chopped Pecans	0.33 c
5024	Brown Sugar	2.00 tb
5024	Nutmeg	0.12 ts
5024	Gjetost Cheese, 1 c shredded	4.00 oz
5024	Raisins	0.25 c
5024	Cinnamon	0.50 ts
5025	Butter or margarine	0.50 c
5025	Granulated sugar	0.25 c
5025	Cocoa	5.00 tb
5025	Egg, beaten	1.00
5025	Graham cracker crumbs	1.75 c
5025	Chopped walnuts	0.50 c
5025	Fine coconut	0.75 c
5025	Butter or margarine	0.33 c
5025	Milk	3.00 tb
5025	Peppermint flavoring	1.00 ts
5025	Icing sugar	2.00 c
5025	Chocolate chips	0.67 c
5025	Butter or margarine	2.00 tb
5026	Butter	3.00 tb
5026	Sugar	2.00 tb
5026	Flour	2.00 tb
5026	Milk	1.00 c
5026	Egg yolks	3.00
5026	Milk chocolate, fine chop	5.00 oz
5026	Unsweetened chocolate, chop	1.00 oz
5026	Orange peel	1.00 ts
5026	Vanilla extract	2.00 ts
5026	Egg whites	4.00
5026	Cream of tartar	0.25 ts
5026	Semisweet chocolate, fine chop	1.00 oz
5027	Milky way candy bars	16.00 oz
5027	Whipping cream, divided	1.00 qt

Sheet1

5027	Eggs	4.00
5027	Milk	1.50 qt
5027	(3.4 oz) instant vanilla	1.00 pk
5027	pudding mix	0.00
5027	(3.9 oz) instant chocolate	1.00 pk
5027	fudge pudding mix.	0.00
5028	Whole millet, rinsed	0.50 c
5028	Water	2.00 c
5028	Salt	0.25 ts
5028	Ripe peach or 1 - 2 ripe	1.00
5028	nectarines, pureed	0.00
5028	To 1/2 ts ground cinnamon	0.25 ts
5028	Ground cloves	0.12 ts
5028	To 2 tb almond oil	1.00 tb
5028	Pure almond extract	0.25 ts
5028	Chopped, toasted almonds,	3.00 tb
5028	optional	0.00
5028	Ripe peach or 1 nectarine,	0.50
5028	diced	0.00
5029	Long loaf french bread	0.50
5029	Evaporated Milk	12.00 oz
5029	Water	12.00 oz
5029	Beaten eggs	3.00
5029	Sugar	1.50 c
5029	Vanilla	1.00 oz
5029	Flour-dusted raisins	0.50 c
5029	Bananas	2.00
5029	WHISKEY SAUCE -----	0.00 -----
5029	Stick butter	0.50
5029	Sugar	0.50 c
5029	Jigger of whiskey or rum	1.00
5030	Crepes	6.00
5030	Mimosa blossoms	0.00
5030	Milk	0.50 c
5030	Whipping cream	1.50 c
5030	Sugar (less 1 tablespoon)	0.50 c
5030	Egg yolks	2.00
5030	Light flower honey	0.50 c
5030	Sweet butter	0.25 c
5031	Bottled mincemeat	1.50 c
5031	Packed brown sugar	0.50 c
5031	Butter	0.33 c
5031	Orange juice	0.50 c
5031	Finely grated orange rind	1.00 ts
5031	Dark rum or brandy	2.00 tb
5031	All-purpose flour	1.50 c
5031	Baking powder	1.50 ts
5031	Baking soda	0.50 ts
5031	Cinnamon	0.50 ts



Sheet1

5031	Eggs, lightly beaten	2.00
5031	Chopped walnuts or almonds	0.75 c
5032	Sugar	0.50 c
5032	Water	3.00 tb
5032	Hershey's Mini Chips	1.00 c
5032	Marshmallow Creme	3.00 tb
5032	To 2 Tbs. HOT Water	1.00
5033	Milk	1.00 c
5033	Mint Leaves, washed and	10.00 lg
5033	patted dry	0.00
5033	Egg Yolks	6.00
5033	Superfine Sugar	0.75 c
5033	Superfine Sugar	2.00 tb
5033	Bittersweet Chocolate,	8.00 oz
5033	divided	0.00
5033	Unsalted Butter, room	1.00 c
5033	temperature	0.00
5033	Unsweetened Cocoa	1.75 c
5033	Whipping Cream	0.75 c
5033	Mint Extract	0.50 ts
5033	For the Creme Anglaise:	0.00
5033	Egg Yolks	4.00
5033	Sugar	4.00 tb
5033	Milk	1.50 c
5033	Creme de Cacao	2.00 tb
5033	Vanilla	0.25 ts
5034	Caster sugar	0.50 c
5034	Water	0.38 c
5034	Mint leaves	4.00 tb
5034	(less if desired)	0.00
5034	Mint flowers	1.00 ts
5034	Lemon; juiced	0.50
5034	Double cream; -OR-	0.50 pt
5034	Heavy cream	1.25 c
5034	Green food colouring (opt.)	0.00
5034	TO DECORATE -----	0.00 -----
5034	Mint leaves and flowers	0.00
5035	Cantaloupes, peeled, seeded	2.00 sm
5035	and cut into 1/2 inch cubes	0.00
5035	(about 4-1/2 lbs.)	0.00
5035	Medium-size peaches, peeled,	6.00
5035	pitted and sliced (about	0.00
5035	1-1/2 lbs.)	0.00
5035	Slivered toasted almonds	0.50 c
5035	Orange juice	0.50 c
5035	Lemon juice	2.00 tb
5035	Chopped mint	0.25 c
5036	Flour; Unbleached	1.25 c
5036	Baking Soda	0.50 ts

Sheet1

5036	Salt	0.50 ts
5036	Sugar	1.00 c
5036	Butter	0.50 c
5036	;Water	3.00 tb
5036	Mint-Chocolate Chips; *	1.50 c
5036	Vanilla Extract	1.50 ts
5036	Eggs; Large	3.00
5036	Nuts; Chopped	1.00 c
5036	Walnut Halves; Optional	0.00
5037	Sugar	2.00 c
5037	Vanilla	1.00 ts
5037	Cocoa	0.25 c
5037	Salt	1.00 pn
5037	Butter	0.50 c
5037	Milk	0.50 c
5037	Crunchy peanut butter	0.50 c
5037	Quick-cooking or instant	3.00 c
5037	oatmeal, uncooked	0.00
5038	FILLING -----	0.00 -----
5038	Pears	2.00
5038	Granny Smith Apple	1.00
5038	Sugar	0.67 c
5038	Ground Cinnamon	0.75 ts
5038	Ground Cloves	0.12 ts
5038	Salt	0.25 ts
5038	McIntosh Apple	1.00
5038	Can Pitted Cherries	16.50 oz
5038	Quick Cooking Tapioca	2.00 tb
5038	Ground Nutmeg	0.25 ts
5038	Grated Lemon Peel	1.00 ts
5038	TOPPING -----	0.00 -----
5038	Bisquick	1.50 c
5038	Sugar	2.00 tb
5038	Unsalted Chopped Mixed Nuts	0.50 c
5038	Milk	0.50 c
5038	Butter	2.00 tb
5038	Cinnamon Sugar	1.00 ts
5038	BRANDIED CREAM -----	0.00 -----
5038	Heavy Cream	0.50 c
5038	Brandy	2.00 tb
5038	Powdered Sugar	2.00 tb
5039	Lychee fruit with juice	0.50 cn
5039	Canned mandarin oranges	0.50 c
5039	Grass jelly	1.00 cn
5040	Unflavored gelatin	0.75 ts
5040	Cold water	0.25 c
5040	Milk	0.67 c
5040	Sugar	0.67 c
5040	Unsweetened cocoa	1.00 tb

Sheet1

5040	Instant coffee granules or	1.00 ts
5040	powder	0.00
5040	Vanilla extract	0.50 ts
5040	Heavy cream, whipped	1.00 c
5041	Unsweetened cocoa	0.50 c
5041	Boiling water	0.50 c
5041	All purpose flour	2.50 c
5041	Baking soda	1.50 ts
5041	Salt	0.50 ts
5041	Sugar	1.75 c
5041	Butter or margarine	0.67 c
5041	Eggs	2.00
5041	Vanilla extract	1.00 ts
5041	Buttermilk	1.00 c
5041	FILLING:	0.00
5041	Flour	5.00 tb
5041	Milk	1.00 c
5041	Sugar	1.00 c
5041	Butter or margarine	1.00 c
5041	Instant coffee granules	0.50 ts
5041	Water	2.00 ts
5041	Vanilla extract	1.00 ts
5041	Unsweetened cocoa	2.00 ts
5041	Chopped pecans	1.00 c
5041	FROSTING:	0.00
5041	Shortening	0.50 c
5041	Butter or margarine	0.25 c
5041	Evaporated milk	2.50 tb
5041	Boiling water	1.00 tb
5041	Vanilla extract	1.50 ts
5041	Salt	1.00 ds
5041	Sifted confectioners' sugar, divided	1.00 lb 0.00
5042	Butter	0.50 c
5042	Sugar	0.75 c
5042	Packed brown sugar	0.25 c
5042	Egg	1.00
5042	Flour	1.50 c
5042	In. coff. powder No crystals	2.00 tb
5042	Baking powder	1.00 ts
5042	Salt	0.50 ts
5042	Cinnamon	0.50 ts
5042	Vanilla	2.00 ts
5042	Finely chopped walnuts	1.00 c
5042	Semi-sweet chocolate chips	12.00 oz
5043	Sugar	0.67 c
5043	Water	3.00 tb
5043	Whipping cream	1.50 c
5043	Milk	0.50 c

## Sheet1

5043	Sugar	0.25 c
5043	Milk chocolate - imported, c	4.00 oz
5043	Instant coffee granules	2.50 ts
5043	Egg yolks	3.00
5043	Egg	1.00
5043	Instant coffee powder	1.50 ts
5043	Water	0.50 ts
5043	Milk chocolate - imported, c	4.00 oz
5043	Whipping cream	2.00 tb
5044	Ladyfingers	3.00 oz
5044	Coffee ice cream; softened	0.50 ga
5044	Chocolate ice cream; soften	1.00 qt
5044	Instant coffee granules	2.00 tb
5044	Coffee flavored liqueur	0.50 c
5044	Toffee bars; crushed	6.00
5044	Chocolate sauce	0.00
5044	Heavy cream; whipped	1.00 c
5045	Eggs whites only	5.00 lg
5045	Fresh lemon juice	0.50 ts
5045	Salt	1.00 pn
5045	Superfine sugar	1.00 c
5045	Whipping cream	1.50 c
5045	Coffee liqueur	3.00 tb
5045	Instant coffee powder	1.00 tb
5045	Coarsely chopped semisweet	6.00 oz
5045	chocolate	0.00
5045	Chocolate coffee beans	24.00
5046	Sugar	0.25 c
5046	Corn starch	2.00 tb
5046	Hot milk or 1 c milk and 1 c	2.00 c
5046	leftover brewed coffee	0.00
5046	Instant coffee (if not using	2.00 ts
5046	brewed coffee)	0.00
5046	Or 4 oz semisweet or	3.00
5046	bittersweet chocolate,	0.00
5046	preferably imported,	0.00
5046	chopped	0.00
5046	Vanilla extract	1.00 ts
5047	Rich milk	1.00 c
5047	Strong coffee	0.50 c
5047	Square unsweetened chocolate	0.50
5047	Granulated sugar	0.50 c
5047	Salt	0.50 ts
5047	Egg, beaten	1.00
5047	Cooked rice	2.00 c
5047	Chopped raisins	0.50 c
5047	Chopped walnuts	0.50 c
5047	32% cream, whipped	0.50 c
5048	Skim milk	0.50 c

## Sheet1

5048	Nonfat dry milk powder	0.50 c
5048	Cream of tartar	0.12 ts
5048	Lemon juice	4.00 ts
5048	Sugar (opt)	2.00 ts
5048	Vanilla (opt)	0.50 ts
5049	Milk	3.50 c
5049	Superfine Arborio Or Roma	7.00 oz
5049	Rice	0.00
5049	Sugar	8.75 oz
5049	Unsalted Butter	1.50 tb
5049	Eggs, Beaten	5.00 lg
5049	Grated Lemon Zest	2.00 ts
5049	High Quality Candied Citron	4.00 oz
5049	Finely Diced Or:	0.00
5049	Blanched Almonds, Toasted &	0.75 c
5049	Coarsely Chopped	0.00
5050	Margarine or shortening	1.00 c
5050	Packed brown sugar	1.00 c
5050	Teaspoons baking soda	2.00
5050	Teaspoon salt	1.00
5050	Teaspoons ground cinnamon	2.00
5050	Teaspoon ground ginger	1.00
5050	Teaspoon ground cloves	1.00
5050	Teaspoon ground allspice	1.00
5050	All-purpose flour	6.50 c
5050	Water or apple cider	0.67 c
5050	Light-colored molasses	1.50 c
5051	Molasses	6.00 tb
5051	Honey	6.00 tb
5051	Flour	4.00 qt
5051	Butter	1.00 c
5051	Milk	1.50 qt
5051	Yeast	2.00 c
5051	Water, warm	0.50 c
5051	Egg, beaten	4.00
5052	Cold water	0.25 c
5052	Envelope unflavored gelatin	1.00
5052	Eggs, separated	6.00
5052	Sugar, divided	1.50 c
5052	Squares (1 oz each)	6.00
5052	unsweetened chocolate,	0.00
5052	melted and cooled	0.00
5052	Instant coffee	1.00 tb
5052	Boiling water	1.00 c
5052	Vanilla, divided	2.50 ts
5052	Dark rum, brandy or bourbon	2.00 tb
5052	Salt	0.12 ts
5052	Heavy cream	2.00 c
5052	Confectioner's sugar	0.33 c

Sheet1

5053	Egg	1.00
5053	Sugar	0.50 c
5053	Milk	2.00 c
5053	Bread Cubes	1.50 c
5053	Cinnamon	1.00 ts
5053	Cloves	0.50 ts
5053	Allspice	0.50 ts
5053	Nutmeg	0.25 ts
5053	Butter, melted	1.00 ts
5053	Salt	0.12 ts
5053	Chocolate Chips	1.50 c
5054	Bananas (large)	3.00
5054	Orange juice	2.00 tb
5054	Chocolate chips	6.00 oz
5054	Crisco	1.00 tb
5054	Popsicle sticks	6.00
5055	Egg yolks	4.00
5055	Superfine sugar	0.25 c
5055	Cognac	2.00 tb
5055	Semisweet chocolate, cut in small chunks	6.00 oz 0.00
5055	Strong coffee	3.00 tb
5055	Butter; soft, unsalted or Sweet (1 stick) cut into 1/2" pieces	8.00 tb 0.00 0.00
5055	Egg whites	4.00
5055	Heavy cream; whipped	0.50 c
5056	Jello instant pudding (4 oz)	1.00 pk
5056	COLD milk	1.50 c
5056	Thawed Cool Whip	1.00 c
5057	Granulated sugar	0.50 c
5057	Cornstarch	3.00 tb
5057	Cocoa powder	3.00 tb
5057	Instant coffee granules	1.00 ts
5057	Cold milk	2.00 c
5057	Vanilla extract	1.00 ts
5059	Sugar	0.50 c
5059	Droste cocoa	1.25 c
5059	Sherry (add more sugar if you only Have dry sherry in the house :-), but it is best to use a Cream sherry)	0.33 c 0.00 0.00 0.00
5059	Water	2.00 c
5060	Chenin blanc	2.00 c
5060	Granulated sugar	0.75 c
5060	Lemon zest	2.00 ts
5060	Whole cloves	5.00
5060	Whole allspice	4.00

Sheet1

5060	Sticks cinnamon	3.00
5060	Fresh fruit (orange slices,	6.00 c
5060	strawberries, blueberries	0.00
5060	Apricots, plums, pineapple	0.00
5060	slices, peaches and	0.00
5060	Mangos)	0.00
5060	Sorbet, ice cream or whipped	0.00
5060	cream (optional)	0.00
5061	Tart green gooseberries	1.50 lb
5061	Heads elderflower blossoms*	3.00
5061	Caster sugar	6.00 oz
5061	Greek strained yoghurt	225.00 g
5062	Layer devils food cake mix	1.00
5062	Chocolate Glaze	0.00
5062	Light corn syrup	0.25 c
5062	Hot water	2.00 tb
5062	Butter	2.00 tb
5062	(6 oz) chocolate chips	1.00 pk
5063	Balsamic vinegar	0.25 c
5063	Honey	2.00 ts
5063	Dijon mustard	2.00 ts
5063	Salt	1.50 ts
5063	Black pepper	0.50 ts
5063	freshly ground	0.00
5063	Tabasco sauce	0.50 ts
5063	Cloves garlic	2.00
5063	peeled and minced	0.00
5063	Vegetable oil	0.75 c
5064	Dark brown sugar	1.00 lb
5064	Butter	0.50 lb
5064	Egg	1.00
5064	Vanilla	1.00 ts
5064	English walnuts, chopped fine	2.00 pk
5064	Sifted flour	2.00 c
5065	Eggs, separated	4.00
5065	Flour	0.25 c
5065	Milk	1.00 qt
5065	Sugar	0.75 c
5065	Salt	0.12 ts
5065	Nutmeg	1.00
5066	Eggs, seperated	4.00
5066	Flour	0.25 c
5066	Milk	1.00 qt
5066	Sugar	0.75 c
5066	Salt	0.12 ts
5066	Nutmeg	1.00
5067	Envelope plain gelatin	1.00
5067	Dry white wine	0.50 c
5067	Sugar	0.33 c

Sheet1

5067	Nectarines, cut into chunks	4.00
5067	Box raspberries, or one	1.00
5067	10-oz frozen package,	0.00
5067	thawed	0.00
5067	Lemon zest	1.00 ts
5067	Lemon juice	0.25 c
5068	Butter or margarine	2.00 c
5068	Granulated sugar	2.00 c
5068	Brown sugar	2.00 c
5068	Eggs	4.00
5068	Vanilla	2.00 ts
5068	Flour	4.00 c
5068	Ground oatmeal (fine powder)	3.00 c
5068	Salt	1.00 ts
5068	Baking powder	2.00 ts
5068	Baking soda	2.00 ts
5068	Chocolate chips	24.00 oz
5068	8 oz Hershey bar, grated	1.00
5068	Chopped nuts	3.00 c
5069	Milk	2.50 c
5069	Gelatin	3.50 ts
5069	Eggs, separated	4.00
5069	Brown sugar	0.50 c
5069	Sweet sherry	1.00 tb
5069	Marmalade	2.00 tb
5069	Heavy cream	0.50 c
5069	Toasted slivered almonds	0.50 c
5070	Eggs	5.00
5070	Sugar	0.50 c
5070	Gelatin	1.50 tb
5070	Water	0.25 c
5070	Whipping cream	2.00 c
5070	Vanilla	2.00 ts
5070	Sweetened chestnut puree	2.00 c
5070	Chopped candied chestnuts	5.00 oz
5070	Pie shell	1.00
5071	Cornstarch	1.00 tb
5071	Cold water	2.00 tb
5071	Boiling water	0.50 c
5071	Egg whites	3.00
5071	Sugar	6.00 tb
5071	Pinch baking soda	0.00
5071	Vanilla	1.00 ts
5072	Heavy cream	2.00 c
5072	Half & half	2.00 c
5072	Sugar	0.67 c
5072	Unsweetened Cocoa powder	0.33 c
5072	Semi-sweet chocolate; chop	2.50 oz
5072	Eggs; well-beaten	6.00



Sheet1

5072	Jack daniels whiskey	0.50 c
5073	Tart cooking app.les, paread	2.00 lb
5073	and cored	0.00
5073	Hard cider	0.75 c
5073	Quick-cooking tapioca	1.50 tb
5073	Plus 6 tablespoons sugar	1.00 c
5073	Eggs, seperated	2.00
5073	Salt	0.00
5073	Cream of tarter	0.25 ts
5073	Vanilla extract	0.50 ts
5073	All-purpose flour	6.00 tb
5073	Almond extract	0.25 ts
5074	Common crackers, rolled fine	22.00
5074	Sugar	0.50 c
5074	Molasses	1.00 c
5074	Eggs	4.00
5074	Melted shortening	0.50 c
5074	Salt	1.00 ts
5074	Cinnamon	1.00 ts
5074	Clove	1.00 ts
5074	Soda (baking soda)	1.00 ts
5074	Nutmeg	0.50 ts
5074	Milk	2.00 qt
5074	Seeded raisins	1.00 lb
5074	Seedless raisins	0.50 lb
5074	Dried currants	0.50 lb
5074	Citron	0.25 c
5074	Orange peel	0.25 c
5074	Lemon peel	0.25 c
5075	Milk	2.00 c
5075	Butter or margarine	0.50 c
5075	Yeast; active, dry	2.00 pk
5075	Salt	2.00 ts
5075	Sugar	0.50 c
5075	Flour; unbleached	7.00 c
5075	Eggs; large	2.00
5075	Confectioners' sugar	1.00 c
5075	;water	0.00
5075	Vanilla extract	1.00 ts
5075	Almonds; chopped	0.25 c
5076	Flour	1.00 c
5076	Margarine	0.50 c
5076	Pecans; chopped finely	1.00 c
5076	Cream cheese	8.00 oz
5076	Sugar	1.00 c
5076	Cool Whip	12.00 oz
5076	Instant vanilla (lg) pudding	1.00
5076	Instant choco (lg) pudding	1.00
5076	Milk	4.00 c

Sheet1

5076	Hershey bar	1.00
5077	BUTTERMILK BISCUIT CRUST -----	0.00 -----
5077	Self-rising cake flour	3.00 c
5077	Unsalted butter	0.75 c
5077	Buttermilk	1.25 c
5077	FILLING -----	0.00 -----
5077	Peaches; peeled and sliced	3.50 lb
5077	Sugar	0.75 c
5077	Finely grated lemon zest	2.00 ts
5077	Freshly grated nutmeg	0.50 ts
5077	Ground cinnamon	0.50 ts
5077	Unsalted butter	3.00 tb
5077	FOR FINISHING -----	0.00 -----
5077	Buttermilk	0.00
5077	Sugar	0.00
5078	Butterscotch morsels	1.00 pk
5078	Peanut butter	0.75 c
5078	Corn flakes	4.00 c
5078	Peanuts	1.00 c
5079	(16 ozs each) cling peach	2.00 cn
5079	halves in syrup	0.00
5079	Cinnamon granola, broken up	1.00 c
5079	Toasted slivered almonds	0.50 c
5079	Butter	2.00 tb
5079	Brown sugar	2.00 tb
5079	Cinnamon	1.00 ts
5079	Whipping cream	0.50 c
5079	Powdered sugar	0.33 c
5079	Vanilla	0.50 ts
5079	Almond extract	0.25 ts
5079	Nutmeg	0.25 ts
5079	Sour cream	0.50 c
5080	Dried apricots	0.50 c
5080	Raisins	0.25 c
5080	Thinly sliced pears	2.50 c
5080	Maple syrup	0.50 c
5080	Lemon juice	1.00 tb
5080	Ground cinnamon	0.25 ts
5080	Grated nutmeg	0.25 ts
5080	Sheets phyllo dough	8.00
5081	Skim milk	0.67 c
5081	Vegetable oil	1.00 tb
5081	Cholesterol-free egg product	0.25 c
5081	Bisquick baking mix	2.00 c
5081	Sugar	2.00 tb
5081	Fruit preserves (any flavor)	0.25 c
5081	GLAZE -----	0.00 -----
5081	Powdered sugar	0.67 c
5081	Water	4.00 ts

Sheet1

5082	Unsifted flour	3.25 c
5082	Sugar	2.25 c
5082	Unsweetened cocoa powder	1.00 c
5082	Cornstarch	0.50 c
5082	Baking powder	1.00 tb
5082	Baking soda	1.00 ts
5082	Salt	1.50 ts
5082	Sift together all	0.00
5082	ingredients. Store in	0.00
5082	tightly covered	0.00
5082	Container at room	0.00
5082	temperature. Stir before	0.00
5082	using.	0.00
5082	=>Chocolate Cookies	0.00
5082	Egg whites, lightly beaten	2.00
5082	Corn syrup	0.25 c
5082	Water	1.00 tb
5082	Vanilla	1.00 ts
5082	Basic Baking Mix (recipe	2.50 c
5082	above)	0.00
5082	Sugar	0.25 c
5083	Unsifted flour	3.25 c
5083	Sugar	2.25 c
5083	Unsweetened cocoa powder	1.00 c
5083	Cornstarch	0.50 c
5083	Baking powder	1.00 tb
5083	Baking soda	1.00 ts
5083	Salt	1.50 ts
5083	Sift together all	0.00
5083	ingredients. Store in	0.00
5083	tightly covered	0.00
5083	Container at room	0.00
5083	temperature. Stir before	0.00
5083	using.	0.00
5083	=>Chocolate Cupcakes	0.00
5083	Egg whites, lightly beaten	2.00
5083	Water	0.75 c
5083	Light corn syrup	0.50 c
5083	Vanilla	1.00 ts
5083	Basic Baking Mix (recipe	2.50 c
5083	above)	0.00
5084	Unsifted flour	3.25 c
5084	Sugar	2.25 c
5084	Unsweetened cocoa powder	1.00 c
5084	Cornstarch	0.50 c
5084	Baking powder	1.00 tb
5084	Baking soda	1.00 ts
5084	Salt	1.50 ts
5085	Non-fat milk	1.00 qt

Sheet1

5085	Plain yogurt at room temp	0.25 c
5086	Broad noodles	0.50 lb
5086	Eggs (beaten)	3.00
5086	Plus 2 T. milk	0.75 c
5086	Pt. sour cream	0.50
5086	Cottage cheese	0.50 lb
5086	Sugar	0.67 c
5086	Raisins	1.00 c
5086	Vanilla	1.00 ts
5087	Noodles; broad egg	0.50 lb
5087	Eggs	3.00
5087	Sugar	0.75 c
5087	Lemon juice	1.00 tb
5087	Shortening	2.00 tb
5087	Raisins; chopped seedless	0.75 c
5087	Walnuts; chopped	0.50 c
5087	Bread crumbs	0.50 c
5088	NORA MILL buckwheat flour	1.50 c
5088	Dry yeast	1.00 ts
5088	Buttermilk	1.00 c
5088	NORA MILL whole wheat flour	3.00 tb
5088	Lukewarm water	1.00 c
5088	Salt	0.50 ts
5089	NORA MILL whole wheat pc mix	1.50 c
5089	Buttermilk (milk is okay)	1.25 c
5089	Eggs (3 for richer pancakes)	2.00
5089	Melted butter or margarine	2.00 tb
5090	Sugar	1.00 c
5090	Stalks lemongrass, crushed and sliced	2.00 lg 0.00
5090	One-inch piece of ginger root	1.00 0.00
5091	Butter At Room Temperature, Plus Butter For Greasing	6.00 oz 0.00
5091	The Cake Pan.	0.00
5091	Semisweet Chocolate	5.00 oz
5091	Coffee, Reduced To 3 TBLS	1.00 c
5091	Unsifted Unbleached Flour	4.50 tb
5091	(This measurement is right. Very little flour is used	0.00 0.00
5091	In this cake)	0.00
5091	Sugar	0.75 c
5091	Pinch Of Salt	0.00
5091	Rum, Meyers Preferred	0.25 c
5091	Eggs, Separated	6.00 lg
5092	Shortening	0.25 c
5092	Lightly packed brown sugar	0.25 c
5092	Molasses	0.33 c
5092	Egg	1.00

Sheet1

5092	Flour	1.50 c
5092	Salt	1.00 ts
5092	Baking soda	1.00 ts
5092	Cinnamon	1.00 ts
5092	Ginger, ground	1.00 ts
5092	Cloves	0.25 ts
5092	Boiling water	0.75 c
5093	Yeast; Active Dry	1.00 pk
5093	Flour; Unbleached, Unsifted	4.00 c
5093	Butter Or Margarine;Softened	1.00 c
5093	Sour Cream	1.00 c
5093	Egg Yolks; Large	3.00
5093	FILLING -----	0.00 -----
5093	Egg Whites; Large	3.00
5093	Nuts; Ground	1.00 c
5093	Sugar; Or To Taste	1.00 c
5093	Vanilla	1.00 ts
5094	Cottage cheese and oil	0.00
5094	Pastry (1)	0.00
5094	FILLING:	0.00
5094	(200g) ground hazelnuts or	7.00 oz
5094	(200g) almonds (blanched and	7.00 oz
5094	Ground)	0.00
5094	(100g) sugar	3.50 oz
5094	Or 5 drops baking essence	4.00
5094	Bitter almond flavor	0.00
5094	Egg white	0.00
5094	Egg yolk	0.50 x
5094	Or 4 water	3.00 tb
5094	FOR BRUSHING:	0.00
5094	Egg yolk beaten with 1 tbs.	0.50
5094	Milk	0.00
5095	Butter (2 sticks)	1.00 c
5095	Cream cheese	1.00 pk
5095	Sifted flour	2.50 c
5095	Light brown sugar (1 box)	2.50 c
5095	Melted butter	4.00 tb
5095	Vanilla	1.00 ts
5095	Chopped nuts	2.50 c
5095	Eggs	3.00
5096	Eggs	6.00
5096	Sugar	1.00 c
5096	Vanilla sugar (approx. 1	1.00 pk
5096	tsp)	0.00
5096	Ground hazelnuts (8 - 8 3/4	250.00 g
5096	oz*)	0.00
5096	Very strong coffee	4.00 tb
5096	Heavy cream	1.00 pt
5096	Instant coffee	1.00 ts

Sheet1

5096	Vanilla sugar (approx. 1	1.00 pk
5096	tsp)	0.00
5097	Sweet butter	0.25 lb
5097	Fine semolina	1.25 c
5097	Orange flower water	0.00
5097	Salt	0.25 ts
5097	Warm water (more if needed)	3.00 tb
5097	Chopped unsalted pistachios	1.00 c
5097	Granulated sugar	4.50 tb
5097	Ground cinnamon	1.00 tb
5097	Confectioners' sugar	0.00
5098	Apricots - dried	12.00 oz
5098	Sugar	0.75 c
5098	Butter / margarine -softened	0.75 c
5098	Sugar	1.00 c
5098	Flour- all purpose	2.00 c
5098	Baking soda	0.50 ts
5098	Salt	0.25 ts
5098	Coconut - flaked	3.00 oz
5098	Pecans or walnuts - chopped	0.50 c
5099	INGREDIENTS	0.00
5099	Rice	100.00 g
5099	Whole milk	4.00 c
5099	Sweetened condensed milk	400.00 g
5099	Chopped nuts like walnuts,	0.00
5099	Pistas, almonds	0.00
5099	Raisins (optional)	0.00
5099	Cardamom powder (optional)	1.00 pn
5100	Special K cereal	5.00 c
5100	Corn Syrup	1.00 c
5100	Sugar	1.00 c
5100	Pinch of salt	0.00
5100	Peanuts (optional)	1.00 c
5100	Chunky Peanut Butter	1.00 c
5100	Chocolate Chips	12.00 oz
5101	Marshmallows	12.00 ea
5101	Sugar	0.50 c
5101	Lemon; juice	0.50 ea
5101	Salt; a few grains	0.00
5101	Applesauce	1.50 c
5101	Cocoanut	0.50 c
5101	Egg whites; beaten	2.00 ea
5102	Rolled Oats	3.00 c
5102	Flour (unbleached)	1.00 c
5102	Salt	0.25 ts
5102	Light Sesame Oil	2.00 tb
5102	Apple Juice	1.50 c
5102	Honey (opt)	1.00 tb
5103	Stick butter	1.00

Sheet1

5103	Sugar	2.00 c
5103	Milk	0.50 c
5103	Bring to boil and stir while	0.00
5103	boiling for 3 min. exactly.	0.00
5103	Remove from burner and add:	0.00
5103	Cocoa	0.50 c
5103	Oatmeal	2.00 c
5103	Coconut	0.50 c
5103	Pecans	0.50 c
5103	Vanilla	1.00 ts
5103	Of salt	1.00 pn
5104	Margarine; softened	0.50 c
5104	Shortening	0.50 c
5104	Brown sugar, lt; packed	1.00 c
5104	Sugar	0.50 c
5104	Eggs	2.00
5104	Water	2.00 tb
5104	Corn syrup, lt	2.00 tb
5104	Vanilla	2.00 ts
5104	Cinnamon	2.00 ts
5104	Nutmeg	0.25 ts
5104	Ginger	0.12 ts
5104	Flour; unsifted	1.50 c
5104	Baking soda	1.00 ts
5104	Salt	1.00 ts
5104	Oats, old fashioned	3.00 c
5104	Raisins	1.00 c
5105	Box devils food cake mix	1.00
5105	Eggs	4.00
5105	Sour cream	1.00 c
5106	PASTRY -----	0.00 -----
5106	Flour; Unbleached	2.00 c
5106	Sugar	0.25 c
5106	Butter; NO Margarine, Unsalt	1.00 c
5106	Egg Yolks	2.00
5106	FILLING -----	0.00 -----
5106	Fruit; Fresh, Canned, Frozen	4.00 c
5106	Sugar;If Fresh Fruit Is Used	0.50 c
5106	;Water, If Needed	0.25 c
5106	Cornstarch	2.00 tb
5106	ALMOND COATING -----	0.00 -----
5106	Egg White	1.00
5106	Sugar	1.00 tb
5106	Almonds; Toasted, Sliced	0.50 c
5106	TOPPING -----	0.00 -----
5106	Sugar	2.00 tb
5106	Vanilla Extract	1.00 ts
5106	Cream; Heavy, Whipped	1.00 c
5107	Milk	2.00 c

Sheet1

5107	Dry Bread, torn in pieces	4.00 c
5107	Melted Butter	0.25 c
5107	Sugar	0.50 c
5107	Eggs, slightly beater	2.00
5107	Salt	0.25 ts
5107	Seeded Raisins	0.50 c
5107	Cinnamon	1.00 ts
5107	(Optional)	0.00
5107	Strawberries & whipped cream	0.00
5108	Butter	1.00 c
5108	Granulated Sugar	1.00 c
5108	Brown sugar	0.50 c
5108	Egg	1.00
5108	Flour	1.00 c
5108	Old Mill Oates	1.00 c
5108	Wheat Germ	0.25 c
5108	Coconut	0.75 c
5108	Baking powder	1.00 ts
5108	Baking Soda	1.00 ts
5108	Chocolate Chips or raisins	1.50 c
5109	Popped corn	2.00 qt
5109	Karo light or dark corn	1.00 c
5109	syrup	0.00
5109	Firmly packed dark brown	1.00 c
5109	sugar	0.00
5109	Water	0.25 c
5109	White vinegar	1.00 ts
5109	Margarine	2.00 tb
5110	Rice, raw	0.33 c
5110	Sugar	0.33 c
5110	Cornstarch	1.00 ts
5110	Salt	0.25 ts
5110	Milk	1.33 c
5110	Butter	1.00 tb
5110	Vanilla	0.50 ts
5110	Eggs	2.00
5111	Strawberries	1.00 pt
5111	Sugar	1.00 c
5111	Egg	1.00
5111	Half and half	1.00 c
5111	Vanilla	1.00 ts
5111	Heavy cream	3.00 c
5112	Strawberries	1.00 qt
5112	Sugar	0.33 c
5112	Lemon juice	1.00 tb
5112	Heavy cream	1.50 c
5112	Buttermilk Biscuit Dough	0.00
5112	(RECIPE Follows)	0.00
5112	Buttermilk	2.00 tb



Sheet1

5112	Sugar	2.00 tb
5112	Soft butter	2.00 tb
5112	BUTTERMILK BISCUIT DOUGH -----	0.00 -----
5112	All-purpose flour	1.50 c
5112	Cake flour	0.50 c
5112	Salt	0.50 ts
5112	Baking powder	2.00 ts
5112	Cold unsalted butter	0.50 c
5112	Buttermilk or heavy cream	0.75 c
5112	(or more)	0.00
5113	Sugar	1.33 c
5113	Cornstarch	1.00 tb
5113	Salt	0.25 ts
5113	Milk	3.00 c
5113	Egg yolks	2.00
5113	Evaporated milk; 5-oz.	1.00 cn
5113	Whipping cream	1.00 c
5113	Vanilla	1.00 tb
5114	Eggs, separated	6.00
5114	Sugar	1.00 c
5114	Sweetened condensed milk	14.00 oz
5114	Evaporated milk	13.00 oz
5114	5.33 oz. evaporated milk	2.00 cn
5114	Water for each can of milk	0.00
5114	Vanilla	1.00 tb
5115	Softened butter or margarine	0.25 c
5115	Of bread, toasted	8.00 sl
5115	Raisins (optional)	0.33 c
5115	Eggs	4.00
5115	Sugar	0.50 c
5115	Salt	0.25 ts
5115	Evaporated milk	2.00 c
5115	Water	2.00 c
5115	Vanilla	2.00 ts
5115	Sugar	4.00 ts
5115	Ground cinnamon	0.25 ts
5116	Light-brown sugar (packed)	0.50 c
5116	Cinnamon, ground	0.50 ts
5116	Grated lemon rind	1.00 ts
5116	Lemon juice	1.00 tb
5116	Sliced peeled peaches	4.00 c
5116	All-purpose flour	0.75 c
5116	Whole-wheat flour	0.50 c
5116	Baking powder	1.00 tb
5116	Butter (1/2 stick)	0.25 c
5116	Egg whites, beaten	2.00
5116	Milk	0.50 c
5116	Vanilla	0.50 ts
5117	Squares unsweetened chocolate	4.00

## Sheet1

5117	Butter or margarine	0.75 c
5117	Sugar	2.00 c
5117	Eggs	3.00
5117	Vanilla	1.00 ts
5117	Flour	1.00 c
5117	Coarsely chopped nuts (opt.)	1.00 c
5118	Butter	1.00 tb
5118	Vegetable oil	1.00 tb
5118	Finely chopped onion	1.50 c
5118	Stale bread	4.00 sl
5118	Milk	1.00 c
5118	Cream	0.25 c
5118	Eggs	2.00
5118	Worcestershire sauce	1.00 ts
5118	Chopped fresh parsley	2.00 tb
5118	Salt to taste	0.00
5118	Freshly ground black pepper	0.25 ts
5118	Toasted sesame seeds	1.00 ts
5119	To 8 oz package cream	1.00 oz
5119	cheese, softened	0.00
5119	Grated lemon rind	0.50 ts
5119	Chopped nuts	0.50 c
5119	Strawberries, well drained	1.00 c
5119	and chopped into small	0.00
5119	pieces	0.00
5119	Brown bread or whole wheat	0.00
5119	crackers	0.00
5120	Fresh pear	6.00
5120	Lemon juice	2.00 tb
5120	Cornstarch	2.00 tb
5120	Sugar	0.25 c
5120	(6oz) frozen orange juice	1.00 cn
5120	concentrate	0.00
5121	Orange juice	1.50 c
5121	Sweetened lemon flavored	1.00 pk
5121	gelatin	0.00
5121	Few grains salt	0.00
5121	Whipping cream	1.00 c
5121	Sugar	0.50 c
5121	Boiling water	0.50 c
5121	Oranges	2.00
5121	Chopped nuts	0.50 c
5122	Custard cups; sprinkle with	6.00
5122	a little mace or nutmeg on	0.00
5122	top of each	0.00
5123	Orange Blossom Honey. Beat 3	4.00 tb
5123	eggs with 1/4 tsp salt and	0.00
5123	slowly beat	0.00
5124	Confectioner's sugar	1.50 c

Sheet1

5124	Butter or margarine	3.00 tb
5124	Grated orange peel	2.00 ts
5124	Orange juice	1.00 tb
5125	Envelope gelatin	1.00
5125	Sugar	1.00 c
5125	Lemon juice	4.00 tb
5125	Orange juice	0.25 c
5125	Egg whites	3.00
5125	Heavy cream	1.00 c
5126	Milk	1.00 c
5126	Cream	1.50 c
5126	Vanilla	0.50 ts
5126	Orange extract	1.00 ts
5126	Eggs	2.00
5126	Sugar	0.50 c
5126	Chocolate bits	0.50 c
5127	Brown rice syrup	0.50 c
5127	Vanilla	2.00 ts
5127	Firm tofu, cut into chunks	1.00 lb
5127	Unsweetened cocoa powder	0.25 c
5127	Grated orange zest	0.50 ts
5127	Water as needed	0.00
5128	Sweetened condensed milk	2.00 cn
5128	Orange soda, 12 oz each	6.00 cn
5128	Crushed pineapple	20.00 oz
5129	Sugar	0.50 c
5129	Cornstarch	0.25 c
5129	Salt	0.12 ts
5129	Orange Juice	1.50 c
5129	Egg Yolks, beaten	3.00
5129	Yogart, plain	1.00 c
5129	Margarine	2.00 tb
5129	Orange Peel, finely shredde	2.00 ts
5129	Fresh Orange Sections	2.00 c
5130	Boiling water	2.00 c
5130	Orange-flavored gelatin(3oz)	2.00 pk
5130	Pelled whole apricots(16oz)	1.00 cn
5130	Cold water	0.00
5130	Sweet white wine	0.67 c
5130	Seedless green grapes	1.00 c
5130	Banana	1.00
5131	Milk, scalded	1.00 c
5131	Sugar	0.50 c
5131	Butter	1.50 tb
5131	Flour	6.00 tb
5131	Orange juice	0.33 c
5131	Grated rind 1/4 orange	0.00
5131	Few grains salt	0.00
5132	Light cream or half and half	4.00 c

## Sheet1

5132	Vanilla	1.00 ts
5132	Whole eggs	4.00
5132	Egg yolks	2.00
5132	Fresh or frozen orange juice	0.25 c
5132	(not concentrate)	0.00
5132	Plus 3 tbsps sugar	1.00 c
5132	Grated orange rind	1.00 ts
5132	Water	0.50 c
5132	Toasted almond slices	2.00 c
5133	Gelatin	1.00 tb
5133	Cold water	0.75 c
5133	Boiling water	0.50 c
5133	Orange juice	0.50 c
5133	Sugar	0.33 c
5133	Few grains salt	0.00
5133	Lemon juice	2.00 tb
5134	Mandarin Oranges; drained	1.00 cn
5134	Orange Jello	1.00 lg
5134	Water; boiling	1.33 c
5134	Vanilla ice cream; softened	2.00 pt
5135	Oranges; juice	4.00 ea
5135	Water	1.00 qt
5135	Sugar	1.00 lb
5135	Orange; rind - grated	2.00 ea
5135	Lemon; juice	1.00 ea
5136	Sugar	0.50 c
5136	Milk	1.00 c
5136	Orange Juice	1.50 c
5136	Cold Water	1.00 c
5136	Finely Crushed Ice	1.00 c
5137	Oranges	6.00
5137	Sugar	1.00 c
5137	Water	2.00 c
5137	Lemon	1.00
5137	Egg white	1.00
5137	Few grains salt	0.00
5138	Whipping cream	2.00 c
5138	Fresh orange juice	0.50 c
5138	Superfine sugar	0.50 c
5138	Grated, squeezed dry orange	2.00 tb
5138	peel	0.00
5138	Orange liqueur	2.00 tb
5138	Strips orange peel	0.00
5139	Egg yolks	4.00
5139	Sugar	0.50 c
5139	Flour	0.25 c
5139	Cornstarch	1.00 tb
5139	Milk	2.50 c
5139	Packed finely grated	1.00 tb

Sheet1

5139	Orange peel	0.00
5139	Large navel oranges	5.00
5139	Almond meringues	54.00
5139	Chopped walnuts	1.00 c
5139	Sponge cake or	1.00
5139	18 3-inch ladyfingers	0.00
5139	Seedless raspberry jam	0.50 c
5139	Medium-dry sherry	6.00 tb
5139	Heavy cream, chilled	2.00 c
5139	Confectioner's sugar	1.00 tb
5139	Vanilla extract	2.00 ts
5140	Ounces semisweet chocolate,	6.00
5140	Margarine or butter	2.00 tb
5140	Whipping (heavy) cream	0.25 c
5140	Shortening	1.00 tb
5140	Semisweet or milk chocolate	1.00 c
5140	Chips	0.00
5140	Orange-flavored liqueur	2.00 tb
5141	Egg yolks	6.00
5141	Orange juice	0.33 c
5141	Orange liqueur	0.33 c
5141	Granulated sugar	3.00 tb
5142	Orange, zest of, thinly	1.00
5142	sliced	0.00
5142	Oranges	6.00 lg
5142	Chopped walnuts	0.50 c
5142	Butter	2.00 tb
5142	Sugar	0.33 c
5142	Cointreau (or other orange	0.25 c
5142	flavored liqueur),	0.00
5142	Or brandy	0.00
5142	Orange, juice of	1.00
5142	NO-ALCOHOL VARIATION:	0.00
5142	Lemon, juice of- instead of	1.00 lg
5142	the butter and liqueur	0.00
5143	PKG Devil's Food Cake Mix	18.00 oz
5143	Eggs	2.00
5143	Water	2.00 tb
5143	Cooking Oil	2.00 tb
5143	Bitter Cocoa Powder	0.50 c
5143	Envelope Unflavored Gelatin	1.00
5143	Cold Water	0.25 c
5143	Crisco	1.00 c
5143	Vanilla	1.00 ts
5143	Plus 1 Cup Powdered Sugar	1.00 lb
5144	Oreo Cookies; Coarse Chopped	0.67 c
5144	Eggs	2.00 lg
5144	Sugar	0.75 c
5144	Heavy Or Whipping Cream	2.00 c

Sheet1

5144	Milk	1.00 c
5144	Peppermint Extract	2.00 ts
5145	Chow Mein Noodles	6.00 oz
5145	Flaked Coconut	1.00 c
5145	Semisweet Chocolate Chips	6.00 oz
5145	Butterscotch-Flavored Chips	6.00 oz
5145	Slivered Almonds	3.00 oz
5146	Vanilla ice cream; slightly	1.00 qt
5146	Softened	0.00
5146	Jalapenos; diced	3.00 ts
5146	Grated lime peel	0.50 ts
5147	Ripe bananas, peeled, halved	4.00
5147	Butter (or margarine)	2.00 ts
5148	Sugar	2.00 c
5148	Melted butter	1.50 c
5148	Flour	4.50 c
5148	Baking powder	2.00 ts
5148	Eggs	3.00
5148	Vanilla (optional)	0.00
5149	All-purpose flour	0.33 c
5149	Baking powder	1.25 ts
5149	Salt	0.12 ts
5149	Egg	1.00
5149	Sugar	0.75 c
5149	Peeled, chopped apple	0.50 c
5149	Chopped nuts	0.50 c
5149	Vanilla	1.00 ts
5149	Whipping cream; whipped	1.00 c
5149	OR- Vanilla ice cream	0.00
5150	Sifted flour	0.50 c
5150	Baking powder	2.00 ts
5150	Salt	0.50 ts
5150	Eggs, beaten	2.00
5150	Dark brown sugar, packed	1.00 c
5150	Vanilla	2.00 ts
5150	Chopped walnuts	0.50 c
5150	Chopped, peeled apple	1.00 c
5151	Shortening; soft	0.33 c
5151	Sugar	0.33 c
5151	Egg	1.00
5151	Honey	0.67 c
5151	Flour	2.75 c
5151	Baking soda	1.00 ts
5151	Salt	1.00 ts
5151	EGG YOLK PAINT -----	0.00 -----
5151	Egg yolk	1.00
5151	Water	0.25 ts
5151	Food colouring	0.00
5152	Pkg lemon gelatin	1.00 oz

Sheet1

5152	Boiling water	3.00 c
5152	Fluid-oz. can ginger ale	1.00
5152	Prepared whipped topping	1.50 c
5152	Oz pkg orange gelatin	1.00
5152	Oz pkg strawberry gelatin	1.00
5153	Sugar cubes	0.25 lb
5153	Water	0.25 c
5153	Egg whites; room temperature	0.50 c
5153	Imported white chocolate	1.00 lb
5153	cut into very small cubes	0.00
5153	Whipping cream; well chilled	2.00 c
5153	Mint leaves	0.00
5153	STRAWBERRY SAUCE -----	0.00 -----
5153	Strawberries	2.00 pt
5153	washed and hulled	0.00
5153	Imported kirsch	2.00 tb
5153	Sugar	1.00 tb
5153	Salt	1.00 pn
5154	Flour	5.33 oz
5154	Eggs	2.00
5154	Water	1.00 c
5154	Salt	1.00 pn
5154	Sugar	1.00 ts
5154	Squares Baking chocolate	2.00
5154	Butter	1.00 tb
5154	Powdered sugar	2.00 tb
5155	Stephen Ceideburg	0.00
5155	Water	2.00 c
5155	+ 1 tablespoon sugar	0.25 c
5155	Half-and-half	1.00 qt
5155	Grated orange zest	1.00 tb
5155	All-purpose flour	2.00 tb
5155	Paneer (see recipe)	8.00 oz
5155	Chopped unsalted pistachios	2.00 tb
5156	Papaya fruit	4.00 lb
5156	Ground cinnamon	1.00 tb
5156	Ground nutmeg	1.00 tb
5156	Ground pumpkin pie spice	1.00 tb
5156	Brown sugar	0.50 lb
5156	White sugar	1.00 c
5156	Eggs, beaten	3.00
5156	9" Pre-made pie shell	1.00
5156	(Graham cracker shell)	0.00
5157	Water, 6 tblspns butter, cut	1.00 c
5157	into small pieces, 1 cup	0.00
5157	all-purpose	0.00
5158	(10 oz) frozen patty shells	1.00 pk
5158	Sugar	0.00
5158	Milk	1.00 c

Sheet1

5158	Heavy cream	1.00 c
5158	(4 oz) vanilla-flavor soft	1.00 pk
5158	dessert mix	0.00
5158	Medium-size bananas	2.00
5158	Lemon juice	2.00 tb
5158	Apricot preserves	0.33 c
5158	Seedless green grapes,	2.00 c
5158	washed (3/4 lb.)	0.00
5158	(8-1/4 oz) sliced pineapple,	1.00 cn
5158	drained.	0.00
5159	Dates, cut up	3.00 c
5159	Shortening	1.50 c
5159	Boiling water	3.00 c
5159	Eggs	6.00
5159	Baking soda	3.00 ts
5159	Cocoa	3.00 tb
5159	Sugar	4.00 c
5159	Flour	4.50 c
5159	Chopped nuts	1.00 c
5159	Chocolate bits	2.00 c
5160	Egg yolks	6.00 lg
5160	Sugar	0.50 c
5160	Frozen passion fruit juice	0.50 c
5160	drink concentrate, thawed	0.00
5160	Salt	1.00 pn
5160	Grated rind of 1 lemon	0.00
5160	Fresh squeezed lemon Juice	2.00 tb
5160	Unsalted butter	4.00 tb
5161	SHELL -----	0.00 -----
5161	Crisco	1.25 c
5161	Sugar	2.00 c
5161	Eggs	3.00
5161	Honey	2.00 tb
5161	Baking powder	2.00 ts
5161	Flour	4.00 c
5161	CHOCOLATE FILLING -----	0.00 -----
5161	Flour	1.00 c
5161	Sugar	2.00 c
5161	Sifted Cocoa	0.50 c
5161	Milk	3.00 c
5161	Water	1.00 c
5161	Vanilla	1.00 ts
5161	VANILLA FILLING -----	0.00 -----
5161	Sugar	1.50 c
5161	Cornstarch	4.00 tb
5161	Eggs	6.00
5161	Milk	3.00 c
5161	Vanilla	2.00 ts
5161	Butter or Margarine	1.00 c



Sheet1

5161	RICOTTA -----	0.00 -----
5161	Ricotta	2.00 lb
5161	Confectioners Sugar	0.75 lb
5162	(3 1/4 oz.) JELL-O vanilla	1.00 pk
5162	Pudding and pie filling	0.00
5162	(3 oz.) JELL-O	1.00 pk
5162	(any fruit flavor)	0.00
5162	Water	2.50 c
5162	Envelope Dream Whip topping	1.00
5162	Mix	0.00
5162	Combine pudding, gelatin,	0.00
5162	and water in a	0.00
5162	Saucepan. Cook and stir over	0.00
5162	medium heat	0.00
5162	Until mixture comes to a	0.00
5162	full boil and	0.00
5162	Is thick and clear. Remove	0.00
5162	from heat.	0.00
5162	Chill until slightly	0.00
5162	thickened.	0.00
5162	Meanwhile, prepare whipped	0.00
5162	topping mix	0.00
5162	As directed on package.	0.00
5162	Thoroughly blend the whipped	0.00
5162	topping	0.00
5162	Into chilled mixture. Spoon	0.00
5162	into	0.00
5162	Individual sherbet glasses	0.00
5162	or a 1-qt.	0.00
5162	Mold or serving dish. Chill	0.00
5162	until	0.00
5162	Firm. Unmold.	0.00
5162	PASTLE PIE: Prepare Pastle	0.00
5162	Dessert,	0.00
5162	Pouring mixture into a	0.00
5162	cooled baked	0.00
5162	Inch pstry shell.	9.00
5163	Flour	1.00 c
5163	Corn syrup	0.33 c
5163	Milk, skim	2.00 tb
5164	Chicken 5-6 lb boiling	1.00
5164	Potatoes	5.00 lb
5164	Onions; medium- chopped	2.00
5164	Celery stalk-diced	1.00
5164	Carrot; grated	1.00
5164	Thyme or	0.25 ts
5164	1 bay leaf	0.00
5164	Salt & pepper	0.00
5165	Butter	6.00 tb

Sheet1

5165	Leeks; up to 5	4.00
5165	finely chopped	0.00
5165	Water	0.50 c
5165	Flour;all purpose	2.00 tb
5165	Salt & ground black pepper	0.00
5165	Egg	1.00
5165	Light cream	2.00 tb
5165	White cheddar cheese;mild	1.00 c
5165	grated	0.00
5165	Pastry for 9 inch tart shell	0.00
5166	Chocolate Chips	1.00 c
5166	Scalded Coffee Cream	1.25 c
5166	Eggs	2.00 lg
5166	Rum Or Brandy	4.00 tb
5167	Flour	1.33 c
5167	Sugar	2.00 tb
5167	Salt	0.25 ts
5167	Unsalted butter, cold, cut	0.50 c
5167	in bits	0.00
5167	Egg yolk, beaten with	1.00 lg
5167	Ice water	1.50 tb
5168	Egg whites	3.00
5168	COLD water	3.00 tb
5168	Sugar	1.00 c
5168	MALT vinegar	1.00 ts
5168	Vanilla essence	1.00 ts
5168	Corn starch	3.00 ts
5169	PAVLOVA -----	0.00 -----
5169	Egg whites	3.00
5169	Sugar	0.75 c
5169	Cornstarch	1.00 ts
5169	Vinegar	1.00 ts
5169	Vanilla	0.50 ts
5169	Filling (recipe follows)	0.00
5169	FILLING -----	0.00 -----
5169	Heavy cream, whipped	0.50 pt
5169	(or more)	0.00
5169	Fruit as desired	0.00
5170	Egg whites at room	3.00 lg
5170	temperature	0.00
5170	Of cream of tartar	1.00 pn
5170	Sugar	6.00 tb
5170	Cornstarch combined with 6	2.00 ts
5170	Tbsp sugar	0.00
5170	White wine vinegar	1.00 ts
5170	Vanilla	0.50 ts
5170	Additional cornstarch for	0.00
5170	dusting baking sheet	0.00
5170	Well-chilled heavy cream	1.00 c

Sheet1

5170	Strawberries, hulled and	1.00 pt
5170	halved	0.00
5171	Egg whites	4.00 lg
5171	Castor sugar	8.00 oz
5171	Acetic acid OR lemon juice	0.25 ts
5171	Vinegar	0.25 ts
5171	Salt	0.12
5172	Peaches (about 1 1/2 lbs)	4.00
5172	Brown sugar	2.00 tb
5172	Granulated sugar	2.00 tb
5172	Ground cinnamon	0.25 ts
5172	Ground cloves	0.25 ts
5172	Vanilla yogurt	1.33 c
5173	Coarsely crushed amaretti	2.00 c
5173	Cookies or crisp macaroon	0.00
5173	cookies (about 6 ounces)	0.00
5173	(16 ounces) sliced peaches,	1.00 cn
5173	Drained	0.00
5173	Whipping (heavy) cream	1.00 c
5173	(3 ounces) cream cheese,	1.00 pk
5173	Softened	0.00
5174	Unflavored gelatin	1.00 pk
5174	Cold water	0.25 c
5174	Skim milk	0.50 c
5174	Low-cal vanilla shake mix	2.00 pk
5174	Vanilla	1.00 ts
5174	Ice cubes	6.00
5174	Medium peaches; peel,chop	2.00
5174	Coconut	0.50 c
5175	Sugar	0.25 c
5175	Gelatin,unflavored,envelope	1.00
5175	Peach slices, frozen *	1.00 c
5175	Yougart, peach	8.00 oz
5175	Egg whites	2.00
5175	Sugar	2.00 tb
5175	Cream, whipping	0.50 c
5176	PRALINE TOPPING -----	0.00 -----
5176	Sugar	0.50 c
5176	Water	3.00 tb
5176	Almonds - sliced, toasted	1.00 c
5176	Flour - all-purpose	0.50 c
5176	Unsalted butter - chilled,	5.00 tb
5176	cut into pieces	0.00
5176	PEACHES -----	0.00 -----
5176	Sugar	0.50 c
5176	Water	3.00 tb
5176	Peaches - ripe	6.00 lg
5176	Cornstarch	2.00 tb
5176	Vanilla Ice Cream	0.00

Sheet1

5177	Butter	0.50 c
5177	All-purpose soft-wheat	1.00 c
5177	flour*	0.00
5177	Baking powder	1.50 ts
5177	Salt	0.50 ts
5177	Milk	1.00 c
5177	Sugar	1.00 c
5177	Peaches, peeled and sliced,	2.00 c
5177	juices reserved	0.00
5178	Peaches; Sliced	1.00 qt
5178	Sugar	0.75 c
5178	Cornstarch	1.00 tb
5178	Salt	0.25 ts
5178	Lemon Juice	1.00 tb
5178	Almond Extract	1.00 ts
5178	Butter	1.50 tb
5178	CHEDDAR BISCUITS -----	0.00 -----
5178	Biscuit Mix; Bisquick	1.00 c
5178	Cheddar; Md, Grated	0.50 c
5178	Butter; Melted	0.50 tb
5178	Milk	0.33 c
5179	(3/4 cup) reconstituted	180.00 g
5179	dried peaches (measure	0.00
5179	after soaking)	0.00
5179	Brown sugar	6.00 tb
5179	Cornflour (cornstarch) or 1	3.00 tb
5179	1/2 Tbs arrowroot	0.00
5179	Salt	0.12 ts
5179	Vanilla flavoring	0.50 ts
5179	Egg	1.00 lg
5179	(1 cup) scalded milk	250.00 ml
5179	Butter	2.00 tb
5179	(1/2 cup) chopped nuts	125.00
5179	(optional)	0.00
5180	Peeled, sliced fresh peaches	6.00 c
5180	Sifted all-purpose flour	1.00 c
5180	Sugar	1.00 c
5180	Ground cinnamon	0.50 ts
5180	Salt	0.25 ts
5180	Butter, softened	0.50 c
5181	Can Peach slices (juice pack	16.00 oz
5181	Rum	2.00 tb
5181	Lime Juice	2.00 tb
5181	Sugar	0.25 c
5181	Lime peel, finely shredded	0.25 ts
5182	Butter	0.50 c
5182	Icing sugar	0.25 c
5182	All purpose flour	1.00 c
5182	FILLING:	0.00

Sheet1

5182	Peach or apricot jam, melted	2.00 tb
5182	Cream cheese	0.25 lb
5182	Whipping cream	0.50 c
5182	Grated orange rind	1.00 ts
5182	Peaches, peeled, pitted and	6.00
5182	sliced	0.00
5182	GLAZE:	0.00
5182	Orange juice	0.67 c
5182	Peach or apricot jam	0.50 c
5182	Cornstarch	2.00 tb
5182	Packed brown sugar	2.00 tb
5182	GARNISH:	0.00
5182	Whipping cream	0.50 c
5183	Corn-starch	3.00 tb
5183	Sugar	0.50 c
5183	Lemon juice	3.00 tb
5183	Crushed peaches	1.00 c
5183	Boiling water	1.00 c
5183	Butter	1.00 tb
5183	Grated lemon rind	2.00 ts
5183	Pink food coloring	0.00
5183	Few grains salt	0.00
5184	Sugar	0.50 c
5184	Unflavored gelatin	1.00 ts
5184	Ground nutmeg	0.12 ts
5184	Skim milk	0.50 c
5184	Light-colored corn syrup	2.00 tb
5184	Fresh peaches, peeled and	1.50 lb
5184	quartered	0.00
5184	Low-fat plain yogurt	1.00 c
5184	Vanilla extract	0.50 ts
5185	Sweetened orange flavored	1.00 pk
5185	gelatin	0.00
5185	Cold water	0.50 c
5185	Boiling water	1.00 c
5185	Canned peaches	2.00 c
5185	Sugar	0.25 c
5185	Juice 1/2 lemon	0.00
5186	Eggs, beaten	6.00
5186	Eagle Brand milk	1.00 cn
5186	Sugar	1.50 c
5186	Fresh peaches, peeled and	8.00
5186	Mashed	0.00
5186	Vanilla flavoring	0.00
5186	Sweet milk	0.00
5187	Peaches; sliced peeled fre	2.00 c
5187	Raspberry; fresh or frozen	2.00 c
5187	Sugar	0.75 c
5187	Water	2.00 tb

Sheet1

5187	Ice cream; vanilla	0.00
5188	Peaches; fresh - sliced	2.00 c
5188	Sugar	0.67 c
5188	Almond extract	3.00 dr
5188	Cream; whipped	2.00 c
5189	Egg (well beaten)	1.00
5189	Sugar	1.00 c
5189	Flour	0.75 c
5189	Butter	0.00
5189	Peaches	1.00 cn
5190	Whole milk	1.50 c
5190	Bread cubes	2.00 c
5190	Butter, melted	2.00 tb
5190	Eggs, beaten	2.00
5190	Honey	0.25 c
5190	Sugar	0.50 c
5190	Salt	0.12 ts
5190	Vanilla extract	0.25 ts
5190	Grated lemon peel (dry peel	1.00 ts
5190	can be used)	0.00
5190	Fresh diced peaches	2.00 c
5191	Peaches; can	1.00 qt
5191	Fruit syrup	0.75 c
5191	Thin cream	2.00 c
5191	Gelatine; soaked in	1.00 tb
5191	Water; cold	0.25 c
5192	(16 ounces) frozen	1.00 pk
5192	Unsweetened peach slices	0.00
5192	Unsweetened apple juice	0.25 c
5192	Pineapple,* 1/2-inch thick	6.00 sl
5193	Large peaches, sliced	5.00
5193	Water	4.00 c
5193	Lemon juice	2.00 tb
5193	Maple syrup	0.25 c
5193	Arrowroot	1.00 tb
5193	White wine	1.00 c
5193	Orange or peach liqueur	0.25 c
5193	Whipping cream	1.00 c
5193	Nutmeg (opt)	0.25 ts
5194	Peaches	8.00 ea
5194	Sugar	2.00 c
5194	Water	1.00 c
5194	Corn syrup; light	0.50 c
5194	Red food color	0.00
5195	Ripe peaches	2.00 lg
5195	Brandy	2.00 tb
5195	Honey	2.00 tb
5195	Heavy cream	0.33 c
5195	Confectioners' sugar	0.25 c

Sheet1

5195	Egg white	1.00
5196	Milk	2.00 c
5196	Eggs, well beaten	3.00
5196	Sugar	0.33 c
5196	Mashed yams--from can	1.00 c
5196	insyrup but without the	0.00
5196	syrup when mashing	0.00
5196	Salt	0.25 ts
5196	Sliced fresh or frozen	1.00 c
5196	peaches, mashed	0.00
5196	Vanilla or almond extract	0.50 ts
5197	To 10 ripe peaches or 5-1/4	8.00
5197	Cups sliced canned Elberta	0.00
5197	Peaches, drained	0.00
5197	Brown sugar	3.50 tb
5197	Quick-cooking tapioca	2.00 tb
5197	Almond extract	0.50 ts
5197	Canola oil	1.00 tb
5197	LIGHT OAT -----	0.00 -----
5197	CRUST -----	0.00 -----
5197	All-purpose flour	1.00 c
5197	Quick rolled oats	0.33 c
5197	Baking powder	2.00 ts
5197	Granulated sugar	3.00 tb
5197	Raisins	0.25 c
5197	Canola oil	0.25 c
5197	Low-fat milk	0.50 c
5197	TOPPING -----	0.00 -----
5197	Chopped dates mixed with	0.00
5197	Low-fat vanilla yogurt	0.00
5198	Drained, canned peaches (if	2.00 c
5198	fresh peaches are used,	0.00
5198	poach first in a	0.00
5198	Sugar syrup	0.00
5198	Peach schnapps	0.75 c
5198	Honey	2.00 tb
5198	Juice of 1/2 lemon	0.00
5198	Cinnamon	0.50 ts
5198	Vanilla	1.00 ts
5198	Unflavored gelatin	1.00 tb
5198	Cold water	3.00 tb
5198	Whipping cream	1.50 c
5198	Egg white	1.00
5198	(6oz.) plastic cups, coated	8.00
5198	with vegetable oil and	0.00
5198	sugar	0.00
5198	Ripe fresh peaches, sliced	3.00
5199	Flour	0.75 c
5199	Baking powder	1.00 ts

Sheet1

5199	Vanilla pudding mix (3 oz.)	1.00 pk
5199	Salt	0.50 ts
5199	Butter	3.00 tb
5199	Milk	0.50 c
5199	Egg	1.00
5199	Peaches (20 oz.)	1.00 cn
5199	Cream cheese (8 oz.)	1.00 pk
5199	Sugar	0.50 c
5199	Peach juice	3.00 tb
5199	Sugar	1.00 tb
5200	Peaches, pitted and thinly	0.75 lb
5200	sliced	0.00
5200	Kiwi fruit (about 1/4	1.00 md
5200	pound), pared and sliced	0.00
5200	Dry champagne	0.25 c
5200	Garnish:	0.00
5200	Mint Sprigs	2.00
5200	Each julienne-cut	1.00 tb
5200	(matchstick pieces) lime	0.00
5200	and orange zests*	0.00
5201	Firm, ripe peaches, about 12	3.00 lb
5201	Unsweetened apple juice	2.50 c
5202	Sugar	0.25 c
5202	Sweet white wine	0.25 c
5202	Lemon juice	1.00 tb
5202	Sliced peaches(16oz)	1.00 cn
5203	PATTI -----	0.00 -----
5203	Ladyfingers; split	6.00 oz
5203	Vanilla ice cream	0.50 ga
5203	Sugar	1.00 c
5203	Cornstarch	1.00 tb
5203	Dry white wine	0.50 c
5203	Water	0.50 c
5203	Peaches; sliced	3.00 md
5204	Finely chopped dried peaches	1.00 c
5204	Water	0.75 c
5204	Sugar	0.50 c
5204	Ground nutmeg	0.50 ts
5204	Margarine or butter,	0.50 c
5204	softened	0.00
5204	Shortening	0.25 c
5204	Sugar	1.00 c
5204	Eggs	2.00
5204	Vanilla	1.00 ts
5204	All-purpose flour*	2.50 c
5204	Baking powder	1.00 ts
5204	Salt	0.25 ts
5205	Unbleached flour	2.00 c
5205	Baking powder	2.00 ts



Sheet1

5205	Butter	0.33 c
5205	Yeast	2.00 tb
5205	Warm water	0.75 c
5205	Maple syrup	2.00 tb
5205	Filling:	0.00
5205	Fresh peaches, pitted and	2.00 lb
5205	sliced	0.00
5205	Fresh lemon juice	0.33 c
5205	Unbleached flour	0.25 c
5205	Nutmeg	0.25 ts
5205	Butter	0.25 c
5205	Maple syrup	0.25 c
5205	Graham cracker crumbs	0.25 c
5206	Peaches	8.00 md
5206	Brown sugar (packed) or	0.75 c
5206	granulated sugar	0.00
5206	Bisquick baking mix	1.00 c
5206	Nutmeg	0.25 ts
5207	Refrigerated parker house	1.00 cn
5207	rolls	0.00
5207	To 2 Fresh Peaches ( about 1	1.00
5207	cup ) chopped fine	0.00
5207	Ascorbic acid powder	1.00 ts
5207	Sugar	0.25 c
5207	Of Nutmeg ( if desired )	1.00 ds
5208	Fresh peaches, prepared	1.50 c
5208	Fresh strawberries, prepared	0.50 c
5208	Cold water	0.50 c
5208	Lemon juice	1.00 tb
5208	Cold water	0.25 c
5208	Liquid artificial sweetener*	2.00 ts
5208	Unflavoured gelatine	2.00 ts
5209	Baking soda	1.50 ts
5209	Water	1.00 ts
5209	Vanilla	1.00 ts
5209	Sugar	1.50 c
5209	Water	1.00 c
5209	Light corn syrup	1.00 c
5209	Margarine or butter	3.00 tb
5209	Pound shelled unroasted	1.00
5209	peanuts	0.00
5210	Peanut brittle	0.25 lb
5210	Milk	1.00 c
5210	Cream	1.00 c
5211	Granulated sugar	0.50 c
5211	Packed brown sugar	0.50 c
5211	Peanut butter	0.50 c
5211	Shortening	0.25 c
5211	Margarine or butter,	0.25 c

Sheet1

5211	softened	0.00
5211	Egg	1.00
5211	All-purpose four*	1.25 c
5211	Baking soda	0.75 ts
5211	Baking powder	0.50 ts
5211	Finely chopped peanuts	0.50 c
5211	Jelly or jam	0.00
5212	Butter softened	0.50 c
5212	Packed brown sugar	0.75 c
5212	Chunky peanut butter	0.50 c
5212	Eggs	2.00
5212	Flour	1.50 c
5212	Baking soda	1.00 ts
5212	Salted peanuts	1.00 c
5212	Semi-sweet chocolate chips	6.00 oz
5212	(or) butterscotch chips	6.00 oz
5213	Chocolate or chocolate fudge	2.00 pt
5213	ice cream	0.00
5213	Vanilla ice cream	1.50 pt
5213	Chocolate sandwich cookies	18.00
5213	(such as Oreos)	0.00
5213	(1.6 ounce each) peanut	3.00 pk
5213	butter cups	0.00
5213	Banana	1.00 md
5213	Container of a 7.25 bottle	0.25
5213	fudge ice cream "hard	0.00
5213	shell"	0.00
5214	Flour	1.25 c
5214	Baking soda	0.75 ts
5214	Salt	0.25 ts
5214	Margarine (1 stick)	0.50 c
5214	Peanut butter	0.50 c
5214	Sugar	0.50 c
5214	Packed brown sugar	0.50 c
5214	Egg	1.00
5214	Vanilla	0.50 ts
5215	Cream cheese, softened	3.00 oz
5215	Milk	0.50 c
5215	Confectioner's sugar	1.00 c
5215	Whipped topping	8.00 oz
5215	Peanut butter	0.25 c
5216	Powdered sugar	3.00 c
5216	Peanut butter	0.33 c
5216	Vanilla	1.50 ts
5216	1/4 To 1/3 cup Milk	1.00
5217	Egg yolks	3.00
5217	Sugar or honey	0.50 c
5217	Milk	1.00 c
5217	Crunchy peanut butter	1.00 c

Sheet1

5217	Vanilla extract to taste	0.00
5217	Whipping cream	1.50 c
5218	Egg yolks	2.00
5218	Can evaporated milk	14.50 oz
5218	Peanut butter	0.50 c
5218	Sugar	0.67 c
5218	Salt	0.12 ts
5219	Gal. vanilla ice cream	0.50
5219	Of your favorite crunchy	1.00 c
5219	peanut butter	0.00
5219	Cool Whip	1.00 c
5220	Flour	1.75 c
5220	Sugar	0.50 c
5220	Brown sugar	0.50 c
5220	Butter	0.50 c
5220	Peanut butter	0.50 c
5220	Baking soda	1.00 ts
5220	Vanilla	1.00 ts
5220	Salt	0.50 ts
5220	Egg	1.00
5220	Milk	2.00 tb
5220	Hersheys chocolate kisses	1.00 pk
5221	Sweetened condensed milk	0.67 c
5221	(not evaporated)	0.00
5221	Peanut butter	0.25 c
5221	Liht corn syrup	0.25 c
5221	Brown sugar, packed	0.50 c
5221	Rice cereal	4.00 c
5221	ICING -----	0.00 -----
5221	Chocolate Chips	0.50 c
5221	Peanut Butter	2.00 tb
5222	(1 Pk) Semisweet Choc. Chips	6.00 oz
5222	(1 pk) Butterscotch Chips	6.00 oz
5222	Peanut Butter	0.50 c
5222	Miniature Marshmallows	3.00 c
5222	Salted Peanuts	0.50 c
5223	Peanut butter	0.50 c
5223	Butter	0.50 c
5223	Honey or brown sugar	0.25 c
5223	Vanilla	1.00 ts
5223	Eggs (3 or 4)	3.00
5224	BROWNIES -----	0.00 -----
5224	Unsweetened chocolate; 2 sq	2.00 oz
5224	Butter	0.33 c
5224	Flour, all purpose	0.67 c
5224	Baking powder	0.50 ts
5224	Salt	0.25 ts
5224	Eggs	2.00
5224	Sugar	1.00 c

Sheet1

5224	Vanilla	1.00 ts
5224	Peanut butter; smooth	0.50 c
5224	Sugar	0.25 c
5224	Milk	0.25 c
5224	ICING -----	0.00 -----
5224	Semisweet chocolate; 4 sq	4.00 oz
5224	chopped	0.00
5224	Peanut butter;smooth	0.75 c
5225	Marshmallows or 3 cups	32.00 lg
5225	Miniature marshmallows	0.00
5225	Margarine or butter	0.25 c
5225	Vanilla	0.50 ts
5225	Crispy corn puff, toasted	5.00 c
5225	Oat, cornflake or whole	0.00
5225	wheat Flake cereal	0.00
5225	Peanut butter	0.50 c
5226	Figs	1.00 lb
5226	Unsweetened pear juice	1.67 c
5226	Ripe pears	10.00 ea
5226	Cinnamon	1.00 ts
5226	Allspice	0.50 ts
5226	Filo dough	0.50 lb
5226	Melted butter	0.50 c
5226	Toasted wholewheat bread	1.00 c
5226	- crumbs	0.00
5226	Honey	0.50 c
5226	Chopped hazelnuts	0.50 c
5227	All purpose flour	2.00 c
5227	Stick of butter, unsalted, cut into 1 inch slices	1.50
5227	Egg	1.00
5227	Of salt	1.00 pn
5227	Egg shell of water	0.50
5228	Can mandarine segments	11.00 oz
5228	Pears, peeled and cored	3.00
5228	TOPPING -----	0.00 -----
5228	Plain flour	0.67 c
5228	Butter, melted	3.00 oz
5228	Brown sugar, firmly packed	0.33 c
5228	Mixed spice	0.50 ts
5229	Currants	2.00 tb
5229	Ripe pear, halved, cored, pared, and diced	1.00 lg
5229	Muscat wine	0.25 c
5229	White bread, trimmed and cubed	4.00 sl
5229	Milk, scalded	1.50 c
5229	Egg yolks, lightly beaten	6.00
5229	Sugar	0.33 c

Sheet1

5230	PEAR COMPOTE -----	0.00 -----
5230	Pears - Bartlett, peeled,	2.00
5230	cored & chopped	0.00
5230	Water	0.50 c
5230	Lemon juice - fresh	0.50 ts
5230	Cinnamon - ground	0.12 ts
5230	Allspice - ground	0.12 ts
5230	BRANDIED VANILLA CREAM -----	0.00 -----
5230	Yogurt - plain, nonfat	0.25 c
5230	Artificial sweetner -	0.00
5230	equivalent of 2 t. sugar	0.00
5230	Brandy	1.00 tb
5230	Vanilla extract	0.50 ts
5231	Fresh pears, peeled, cored	4.00
5231	and sliced	0.00
5231	Flour	2.00 tb
5231	Cinnamon	0.50 ts
5231	Flour	0.75 c
5231	Sugar	0.33 c
5231	Salt	0.25 ts
5231	Butter	0.25 c
5231	Finely chopped nuts	0.25 c
5232	(6oz) fruit flavored gelatin	2.00 pk
5232	Boiling water	2.50 c
5232	(16oz) pears, drained,	2.00 cn
5232	divided	0.00
5232	Celery stalks	8.00 sm
5233	Orange juice	0.33 c
5233	Cornstarch	2.00 ts
5233	Frozen raspberries, thawed	1.00 pk
5233	Grated lemon rind	1.00 ts
5233	Lemon juice	1.00 tb
5233	Pears	4.00 lg
5234	Currants	1.00 c
5234	Sultana raisins	1.00 c
5234	Dried apricots, chopped	0.50 c
5234	Lemon, juice & grated rind	1.00
5234	Orange, juice & grated rind	1.00
5234	Brown sugar, lightly packed	0.50 c
5234	Ground cinnamon	2.00 ts
5234	Ground nutmeg	2.00 ts
5234	Ground ginger	0.50 ts
5234	Pickling salt	1.00 pn
5234	Pears (10 large)	4.50 lb
5234	Slivered blanched almonds	1.00 c
5234	Rum	0.25 c
5235	Pears	12.00
5235	Lemon juice	0.25 c
5235	Orange juice	2.00 c

Sheet1

5235	Pineapple juice	2.00 c
5235	Sugar	1.50 c
5235	Cinnamon stick, broken into	6.00
5235	4 pieces	0.00
5235	Amaretto	0.50 c
5236	Water	1.00 qt
5236	Sugar	2.50 c
5236	Vanilla bean split	1.00
5236	Pears; peeled	4.00
5236	Dark sweet chocolate	4.00 oz
5236	Whipping cream	0.50 c
5236	French vanilla ice cream	0.00
5237	Lemon juice	1.00 tb
5237	Firm pears	4.00 lg
5237	Pieces crystallized ginger,	4.00
5237	cut in halves	0.00
5237	Butter	2.00 tb
5237	Light-brown sugar	1.00 tb
5237	Pineapple juice	0.67 c
5237	Whipping cream	0.67 c
5237	Fresh bay leaves	0.00
5237	Toasted flaked almonds	0.00
5238	Tapioca	0.50 c
5238	Boiling water	3.00 c
5238	Salt	0.33 ts
5238	Lemon juice	2.00 tb
5238	Dried pears	1.50 c
5238	Sugar	0.50 c
5238	Water	0.25 c
5238	Marshmallows	1.00 c
5239	Dates; chopped	1.00 c
5239	Walnuts; broken	1.00 c
5239	Sugar	0.75 c
5239	Baking powder	1.00 ts
5239	Flour	1.00 tb
5239	Flour; opt, see note	1.00 ts
5239	Eggs; separated	2.00
5239	Whipped cream	0.00
5240	Butter Or Margarine	1.00 tb
5240	Large Beaten Egg	1.00
5240	Dark Corn Syrup	0.33 c
5240	Vanilla	0.25 ts
5240	Unbleached Flour	2.00 tb
5240	Baking Powder	0.12 ts
5240	Chopped Pecans	0.25 c
5240	Powdered Sugar	0.00
5241	Fresh raspberries,	1.00 pt
5241	washed and drained	0.00
5241	Whipping cream	0.50 pt

## Sheet1

5242	Dates,pitted,chopped	1.00 c
5242	Pecans,dry roasted,chopped	1.00 c
5242	Vanilla	0.50 ts
5242	Egg whites,at room temp.	2.00
5242	Salt	0.12 ts
5242	Sugar	0.67 c
5243	Whole cloves	12.00
5243	Gingerroot, 1 inch piece	1.00
5243	Cinnamon Stick, 2 inches	1.00
5243	Whole Allspice grains	24.00
5243	Orange, scrubbed	1.00
5243	Peaches, fresh, ripe	2.00 lb
5243	Granulated Sugar	4.00 c
5243	Cider Vinegar	2.00 c
5244	Raisins	0.50 c
5244	Orange	1.00
5244	Cornstarch	0.50 tb
5244	Cold Water	1.00 tb
5244	Lemon	0.50
5244	Butter	1.00 tb
5244	Crushed Pineapple	1.00 c
5244	Egg	1.00
5244	Sugar	0.75 c
5246	Sugar	1.00 c
5246	Brown sugar	1.00 c
5246	Milk	0.67 c
5246	Corn syrup	2.00 tb
5246	Salt	0.25 ts
5246	Margarine or butter	2.00 tb
5246	Vanilla	1.00 ts
5246	Coarsely chopped nuts,	0.50 c
5246	If desired	0.00
5247	Chocolate ice-cream roll	0.00
5247	Whipping (heavy) cream,	2.50 c
5247	Whipped, or1 cn (12 ounces)	0.00
5247	frozen Whipped topping,	0.00
5247	thawed	0.00
5247	Crushed hard peppermint	0.50 c
5247	candy (about 18 candies)	0.00
5248	Sugar	0.50 c
5248	Light corn syrup	0.25 c
5248	Water	2.00 tb
5248	Egg whites	2.00
5248	Vanilla	1.00 ts
5248	Coarsely crushed peppermint	0.33 c
5248	Candy or 1/2 ts Peppermint	0.00
5248	extract	0.00
5249	Envelope unflavored gelatin	1.00
5249	(1 tbsp)	0.00

Sheet1

5249	Milk	0.50 c
5249	Eggs	2.00
5249	Light corn syrup	2.00 tb
5249	Yogurt	2.00 c
5249	Finely crushed peppermint	1.00 c
5249	sticks	0.00
5249	Lemon juice	1.00 ts
5249	Whipping cream, whipped	0.50 c
5250	Sugar	1.00 c
5250	Cornstarch	1.00 tb
5250	Light corn syrup	0.75 c
5250	Water	0.67 c
5250	Margarine or butter	2.00 tb
5250	Salt	1.00 ts
5250	Peppermint extract	1.00 tb
5250	Red food color, if desired	0.25 ts
5251	(or more) chocolate bars,	1.00
5251	semisweet, white, milk or	0.00
5251	bittersweet, each	0.00
5251	To 4 oz and about 1/4 inch	3.00 oz
5251	thick, unwrapped	0.00
5252	Sugar	0.75 c
5252	Flour	1.00 c
5252	Salt	0.50 ts
5252	Baking powder	0.50 ts
5252	Persimmons (mashed)	1.00 c
5252	Soda	0.50 ts
5252	Milk	1.00 pt
5252	Eggs	2.00
5253	Persimmons	1.50 qt
5253	Eggs	2.00
5253	Sugar	0.75 c
5253	Sweet milk	1.00 pt
5253	Butter	0.50 c
5253	Ground cinnamon	1.00 tb
5253	Nutmeg	1.00 ts
5253	Flour (more or less)	2.50 c
5254	CRUST -----	0.00 -----
5254	Flour	2.00 c
5254	Cream of tartar	2.00 ts
5254	Baking soda	1.00 ts
5254	Salt	0.50 ts
5254	Lard	6.00 tb
5254	Milk	0.50 c
5254	SAUCE -----	0.00 -----
5254	Butter	3.00 tb
5254	Molasses	1.00 c
5254	Water; or milk	2.00 c
5254	Brown sugar	2.00 c



Sheet1

5254	Water	3.50 c
5255	Flour; Unbleached, Unsifted	4.00 c
5255	Baking Powder	1.00 ts
5255	Cinnamon	1.00 ts
5255	Cloves; Ground	1.00 ts
5255	Mace	0.50 ts
5255	Allspice; Ground	1.00 ts
5255	Black Pepper; As Desired	0.00
5255	Honey	1.25 c
5255	Butter; (No Margarine)	2.00 tb
5255	Eggs; Large	2.00
5255	Confectioners' Sugar	1.00 c
5255	Vanilla	1.00 ts
5255	; Water	0.00
5256	Cream	3.00 c
5256	Sugar	0.67 c
5256	Vanilla	0.50 tb
5257	Granulated gelatin	1.00 ts
5257	Cold water	1.00 tb
5257	Boiling water	2.50 tb
5257	Iced water	0.50 c
5257	Instant nonfat dry milk	0.50 c
5257	Vanilla	0.50 ts
5257	Vegetable oil	2.00 tb
5257	Sugar = artificial sweetener	3.00 tb
5258	Ground turkey	1.00 lb
5258	Seasoned bread crumbs	0.50 c
5258	Pace Picante Sauce	1.00 c
5258	Oregano leaves, crushed	1.00 ts
5258	Garlic cloves, minced	4.00
5258	Zucchini, thinly sliced	1.00 md
5258	Thinly sliced mushrooms	1.00 c
5258	Green pepper, chopped	1.00 sm
5258	Olive oil	1.00 tb
5258	Tomato paste (6 oz)	1.00 cn
5258	Sliced ripe olives	0.33 c
5258	Grated Parmesan cheese	0.25 c
5258	Shredded mozzarella cheese	1.00 c
5259	Slightly under ripe peaches	4.00 lb
5259	Sliced onions	3.00 c
5259	Olive oil	0.33 c
5259	Turmeric	1.00 tb
5259	Ground cumin	1.00 tb
5259	Minced garlic	2.00 ts
5259	Minced ginger	1.00 ts
5259	Dried red pepper	1.00 ts
5259	Pepper	0.50 ts
5259	Ground cardamom	0.50 ts
5259	Dry mustard	0.50 ts

Sheet1

5259	Nutmeg	0.25 ts
5259	Ground cloves.	0.25 ts
5259	White wine vinegar	2.00 c
5259	Firmly packed brown sugar	0.67 c
5259	White sugar	0.67 c
5260	Pillsbury white cake mix	1.00 pk
5260	Rolled Oats (quaker oats)	1.25 c
5260	Margarine (1 stick)	0.50 c
5260	Egg	1.00
5260	Cherry pie filling (21 oz)	1.00 cn
5260	Firmly packed brown sugar	0.25 c
5261	Boiling water	1.67 c
5261	(3 ounces each)	2.00 pk
5261	Pineapple-orange-flavored gelatin	0.00
5261	(6 ounces) frozen pina colada Concentrate	1.00 cn
5261	(20 ounces) pineapple tidbit	0.00
5261	In juice, drained and juice	1.00 cn
5261	Reserved	0.00
5261	Flaked coconut	0.50 c
5262	14. oz Crush Pineapple	2.00 cn
5262	Cream of Coconut	0.50 c
5262	Granulated Sugar	0.33 c
5262	Water	0.33 c
5262	Dark Rum	0.25 c
5263	Package Cream cheese soft	8.00 oz
5263	Sugar	0.33 c
5263	Rum	2.00 tb
5263	Thawed Cool Whip	3.50 c
5263	Pineapple Syrup Crushed	8.25 oz
5263	7 oz Angel flake Coconut	2.67 c
5264	Whipping cream	2.00 c
5264	Crushed pineapple	1.00 c
5264	Boiling water	0.75 c
5264	Sugar	0.50 c
5264	Sweetened lemon flavored gelatin	1.00 pk
5264	Few grains salt	0.00
5265	Envelope unflavored gelatin	1.00
5265	Cold water	2.00 tb
5265	Boiling water	0.25 c
5265	Low-fat cottage cheese	1.25 c
5265	Evaporated skim milk	0.50 c
5265	Apple juice concentrate or honey	0.25 c
5265	Vanilla	0.00
5265	Vanilla	1.50 ts
5265	Canned crushed pineapple, unsweetened	2.50 c
5265		0.00

## Sheet1

5265	Frozen or fresh blueberries	1.50 c
5266	Butter or margarine	0.25 lb
5266	Sugar	0.75 c
5266	Eggs, beaten	4.00
5266	Crushed pineapple, drained	1.00 cn
5266	Slices cubed white bread	5.00
5267	Pineapple, crushed	14.00 oz
5267	Gelatin, unflavored	0.50 tb
5267	Water	0.50 c
5267	Sugar	0.50 c
5267	Egg whites, stiffly beaten	2.00
5267	Whip topping, mixed, chilled	2.00 c
5268	Butter	0.50 c
5268	Crushed pineapple; drained	8.75 oz
5268	Confectioners' sugar; sifted	1.50 c
5268	Eggs; separated	2.00
5268	Sour cream	1.00 pt
5268	Lemon extract	0.50 ts
5268	Lady fingers	24.00
5269	Can unsweetened crushed	1.00 oz
5269	pineapple, drained	0.00
5269	Pears or apples, peeled,	2.00 md
5269	cored, and finely	0.00
5269	Diced	0.00
5269	Vanilla	1.00 ts
5269	Cinnamon	0.50 ts
5269	Nutmeg	1.00 ds
5269	Crumb topping:	0.00
5269	Margarine	3.00 tb
5269	Oatmeal or matzo meal	0.67 c
5269	Finely ground walnuts	0.33 c
5269	Light brown sugar	0.50 c
5269	Cinnamon	0.50 ts
5270	Unflavored gelatin (1pkg)	1.00 tb
5270	Pineapple juice, unsweetened	0.50 c
5270	Coconut or almond extract	1.00 ts
5270	Pineapple chunks	0.50 c
5270	2% cottage cheese	1.00 c
5270	Powdered sugartwin sweetener	1.00 ts
5270	Whipped topping mix (2c size	1.00 pk
5270	2% milk	0.50 c
5270	Coconut, toasted or coloured	2.00 ts
5271	Text Only	0.00
5272	Crushed pineapple; large -	1.00 cn
5272	or 2 small	0.00
5272	Lemons; large - juice	4.00 ea
5272	Sugar	4.00 c
5272	Gelatine (unflavored)	1.00 pk
5272	Eggs; yolks & whites beaten	4.00 ea

Sheet1

5272	seperately	0.00
5272	Water; to fill can 4" from	0.00
5272	top	0.00
5273	Cream	1.00 c
5273	Milk	2.00 c
5273	Few grains salt	0.00
5273	Crushed pineapple and juice	1.00 c
5273	Lemon juice	3.00 tb
5273	Sugar	0.50 c
5274	Text Only	0.00
5275	Crushed pineapple	1.00 c
5275	Orange juice	1.00 c
5275	Sugar	0.50 c
5275	Cold water	0.50 c
5275	Gelatin	2.00 tb
5275	Lemon juice	1.00 tb
5275	Evaporated milk	1.00 c
5275	Few grains salt	0.00
5276	Orange juice	0.75 c
5276	Pineapple juice	0.75 c
5276	Sugar	0.33 c
5276	Few grains salt	0.00
5276	Evaporated milk	2.00 c
5276	Crushed pineapple	1.00 c
5277	Pineapple wedge (1/8	1.00
5277	pineapple)	0.00
5277	Toasted wheat germ	1.00 tb
5278	Egg, well beaten	1.00
5278	Crushed pineapple	2.00 c
5278	Thin cream	3.00 tb
5278	Chopped nuts	1.00 c
5278	Butter	0.50 c
5278	Sugar	1.00 c
5278	Vanilla wafers	0.50 lb
5278	Salt	0.12 ts
5279	Cream	1.00 c
5279	Pineapple; crushed	2.00 c
5279	Or	0.00
5279	Mixed fruit	2.00 c
5279	Sugar	0.50 c
5279	Egg whites	2.00 ea
5279	Vanilla	1.00 ts
5280	Pineapple; grated - or juic	1.00 cn
5280	e	0.00
5280	Juice of 2 oranges	0.00
5280	Juice of 2 lemons	0.00
5280	Sugar	3.00 pt
5280	Gelatine	1.00 pk
5281	Water	1.00 c

Sheet1

5281	Pineapple; crushed	1.00 c
5281	Salt	0.25 ts
5281	Sugar	1.00 c
5281	Lemon juice	0.25 c
5281	Milk	1.00 c
5282	Milk	2.00 qt
5282	Pineapple; large - crushed	1.00 cn
5282	Lemons; juice	3.00 ea
5282	Sugar	3.50 c
5283	Crushed pineapple	1.00 c
5283	Water	1.00 c
5283	Sugar	1.00 c
5284	Pineapple - ripe, pared, cut	6.00 oz
5284	into 4 slices	0.00
5284	Ruby port wine	4.00 oz
5284	Ice - crushed	1.00 c
5285	Pink or ruby red grapefruit	0.50 ga
5285	juice	0.00
5285	Honey	2.00 tb
5285	Triple Sec Liqueur	0.50 c
5285	Sprigs of fresh mint for	8.00
5285	garnish	0.00
5286	Pink grapefruit	2.00 lg
5286	Envelope unflavored gelatin	1.00
5286	Water, divided	1.00 c
5286	Equal, sugar substitute	0.50 c
5286	Egg whites, stiffly beaten	2.00
5287	Coconut milk made with 2	4.00 c
5287	fresh coconuts and 4 cups	0.00
5287	Milk	0.00
5287	Rice flour	0.75 c
5287	Salt	1.00 ts
5288	PATTI -----	0.00 -----
5288	Ritz crackers; crushed	56.00
5288	Margarine; melted	0.50 c
5288	Pistachio instant pudding	2.00 sm
5288	Milk	2.00 c
5288	Vanilla ice cream; softened	2.00 pt
5288	Cool Whip	0.00
5289	Milk	2.50 c
5289	Eggs	3.00
5289	Sugar	1.00 c
5289	Whipping cream, whipped	1.00 c
5289	Pistachio nuts.	1.25 c
5289	Pure vanilla extract	1.00 tb
5289	Pure almond extract	1.00 tb
5290	Whole milk	1.50 qt
5290	Sugar	0.33 c
5290	Shelled roasted pistachios	0.50 c

Sheet1

5290	Paper cups	8.00
5290	OR	0.00
5290	Cooking parchment	0.00
5290	OR	0.00
5290	Waxed paper	0.00
5290	Ice cream sticks (opt)	8.00
5291	Ladyfingers	3.00 pk
5291	(2 bx) Pistachio Ins Pudding	7.00 oz
5291	Milk	3.00 c
5291	Cool Whip (lg)	1.00 pk
5291	Heath candy bars	4.00
5292	Karen Mintzias	0.00
5292	Butter; room temperature	0.75 c
5292	Granulated sugar; PLUS:	1.00 c
5292	Granulated sugar	1.00 tb
5292	Eggs; separated	5.00
5292	Dry bread crumbs	0.50 c
5292	Unsalted pistachio nuts	2.00 c
5292	- finely chopped	0.00
5292	Lemon curd; for garnish	1.00 c
5293	All-purpose flour*	2.00 c
5293	Sugar	1.00 c
5293	Baking powder	2.00 ts
5293	Margarine or butter,	0.75 c
5293	Melted and cooled	0.00
5293	Anise extract or	1.00 tb
5293	Vanilla	0.00
5293	Eggs, slightly beaten	4.00
5294	Fruit juice	1.00 c
5294	Fresh, frozen, canned fruit	1.00 c
5294	Posicle sticks or molds	10.00
5294	FRUIT AND CREAM POPS -----	0.00 -----
5294	Fruit juice	1.00 c
5294	Light cream or milk mixed	1.00 c
5294	with 1/2 c dry milk	0.00
5294	Honey	1.00 ts
5294	Vanilla	0.50 ts
5294	Popsicle sticks or molds	10.00
5295	Thin cream	2.00 c
5295	Sugar	6.00 tb
5295	Any flavoring	1.25 ts
5295	Few grains salt	0.00
5296	Flour	1.00 c
5296	Seeded raisins	2.00 lb
5296	Currants	1.00 lb
5296	Finely cut citron	0.25 lb
5296	Brown sugar	1.00 c
5296	Eggs, beaten	5.00
5296	Suet, finely chopped	1.00 c

Sheet1

5296	Sherry or brandy	4.00 oz
5296	Ground cloves	1.00 ts
5296	Nutmeg	1.00 ts
5296	Cinnamon	1.00 ts
5296	Soda	1.00 ts
5296	Bread crumbs	1.00 c
5296	Coarsely chopped almonds	0.25 lb
5297	Bananas	6.00
5297	Butter	1.00 c
5297	Sweet sherry	0.25 c
5297	Sugar	0.50 c
5297	Whipping cream	1.00 c
5297	Vanilla	0.50 ts
5298	Melted shortening	0.50 c
5298	Well drained cut-up pitted	2.00 c
5298	cooked prunes	0.00
5298	Sift together and stir in -	0.00
5298	Sifted Gold Medal flour	1.00 c
5298	Salt	0.50 ts
5298	Soda	1.00 ts
5299	Flour	1.50 c
5299	Sugar	2.00 tb
5299	Pinch of Salt	1.00
5299	Vegetable shortening	10.00 tb
5299	Cold milk	4.00 tb
5299	Ripe plums	2.00 lb
5299	Brown sugar	0.75 c
5299	Cream cheese	0.50 c
5299	Cornstarch	2.00 ts
5299	Kirsch	2.00 tb
5300	Sugar	1.00 c
5300	Butter	0.50 c
5300	Flour; sifted	1.00 c
5300	Baking powder	1.00 ts
5300	Salt	1.00 pn
5300	Eggs	2.00
5300	Plums; halved (24 halves) p	12.00
5300	Sugar, lemon juice, cinnamon	0.00
5301	Dry white wine	5.00 c
5301	Sugar	1.50 c
5301	Zest of 1 large lemon, cut	0.00
5301	into very fine strips	0.00
5301	Granny Smith apples	5.00
5302	Firm Apples	4.00 lg
5302	Maple syrup	1.00 c
5302	Water	0.50 c
5302	Butter	1.00 tb
5302	All-purpose flour	1.00 ts
5302	Light cream or	0.50 c

Sheet1

5302	half-and-half	0.00
5303	Apricot sauce	0.00
5303	Sugar	0.00
5303	Egg whites	10.00
5303	Cream of tartar	0.50 ts
5303	Sugar	1.00 c
5303	APRICOT SAUCE -----	0.00 -----
5303	(6 ounces) dried apricots	1.00 pk
5303	(about 1 cup)	0.00
5303	Water	2.00 c
5303	2 To 3 tb Sugar	1.00
5303	Ground cinnamon	0.50 ts
5303	Lemon juice	1.00 ts
5304	Small pears,cored/halved	6.00
5304	Juice of lemon	1.00
5304	Dry red wine	2.00 c
5304	Sugar	1.33 c
5304	Cinnamon stick,2"	1.00
5305	Mango ice, softened	2.00 c
5305	Raspberry ice, softened	2.00 c
5305	Lime ice, softened	2.00 c
5306	Butter	0.33 c
5306	Sugar; Brown pref.	1.00 c
5306	Vanilla	1.00 ts
5306	Apples	6.00
5307	Popped corn	2.00 c
5307	Milk	3.00 c
5307	Butter, melted	4.00 tb
5307	Eggs, beaten	3.00
5307	Brown sugar	0.50 c
5307	Vanilla	1.00 ts
5307	Salt	0.50 ts
5308	CRUST -----	0.00 -----
5308	Flour	1.00 c
5308	Melted butter	0.50 c
5308	Chopped nuts (walnuts or pecans)	0.50 c
5308		0.00
5308	FILLING -----	0.00 -----
5308	Eggs, separated	5.00
5308	Sugar	1.50 c
5308	Milk	1.50 c
5308	Poppy seeds	0.25 c
5308	Salt	0.25 ts
5308	Cornstarch	2.00 ts
5308	Vanilla	2.00 ts
5308	Unflavored gelatin	1.50 tb
5308	Cold water	0.12 c
5308	Cream of tartar	0.50 ts
5308	Whipped cream	0.00



Sheet1

5309	Sugar	1.00 c
5309	Shortening	0.50 c
5309	Margarine or butter,	0.25 c
5309	softened	0.00
5309	Eggs	2.00
5309	Vanilla	1.00 ts
5309	All-purpose flour*	2.50 c
5309	Baking soda	1.00 ts
5309	Salt	0.50 ts
5309	Poppy seed	0.50 c
5309	Almonds	0.50 c
5309	Milk	0.50 c
5309	Honey	2.00 tb
5309	Finely shredded lemon peel	1.00 ts
5309	Lemon juice	1.00 tb
5309	Honey	0.00
5309	Poppy seed	0.00
5310	Navel oranges	8.00
5310	Sugar	0.50 c
5310	Mavrodaphne or ruby port	2.00 c
5310	Bay leaf	1.00
5310	Clove	1.00
5311	(1/4 lb) butter/margarine	0.50 c
5311	Grated lemon peel	1.00 tb
5311	Lemon juice	0.25 c
5311	Eggs	3.00 lg
5312	Chocolate wafers	16.00 oz
5312	Unsalted butter, melted	10.00 tb
5312	Frozen yogurt, vanilla	1.00 qt
5312	flavored	0.00
5312	Raspberry ice (sorbet)	1.00 qt
5312	Fudge Sauce (see below)	0.00
5312	Whipping cream, whipped	0.00
5312	(optional)	0.00
5312	FUDGE SAUCE -----	0.00 -----
5312	Sugar	1.00 c
5312	Unsweetened cocoa powder	0.50 c
5312	Milk	0.50 c
5312	Light corn syrup	4.00 tb
5312	(1/2 stk) butter	4.00 tb
5312	Vanilla extract	2.00 ts
5313	Text Only	1.00
5314	Blueberries;fresh -OR-	2.00 c
5314	Blueberries, 300 g	1.00 pk
5314	individually frozen,	0.00
5314	unsweetened	0.00
5314	Sugar,granulated	0.75 c
5314	Lemon rind;grated	1.00 ts
5314	Flour;all purpose	1.25 c

Sheet1

5314	Baking powder	1.50 ts
5314	Salt	0.25 ts
5314	Shortening	0.25 c
5314	Egg;beaten	1.00
5314	Vanilla	1.00 ts
5314	Milk	0.67 c
5314	Whipped cream -OR-	0.00
5314	Ice cream; opt	0.00
5315	Golden pound cake mix(16oz)	1.00 pk
5315	Granulated sugar	0.50 c
5315	Sweet white wine	0.50 c
5315	Grated orange peel	0.50 ts
5315	Orange juice	0.50 c
5315	Powdered sugar	0.00
5316	Butter or margarine	1.00 c
5316	Dark semi-sweet chocolate	1.33 lb
5316	Granulated sugar	1.00 tb
5316	Unsifted all-purpose flour	1.00 tb
5316	Whipped Cream	0.00
5316	Raspberry Sauce	0.00
5317	Salt pork, fatty	0.50 lb
5317	Potatoes; finely grated	10.00
5317	Potatoes; cooked & mashed	4.00
5317	Salt & Pepper	0.00
5318	Praline sauce (see below)	1.00
5318	Sweet crepes (see recipe)	4.00
5318	Scoops frozen creole cream-	4.00
5318	Cheese OR vanilla ice cream	1.00
5318	PRALINE SAUCE -----	0.00 -----
5318	Unsalted butter	0.25 c
5318	Powdered sugar	0.50 c
5318	Dark corn syrup	2.00 tb
5318	Dark rum	0.25 c
5318	Chopped pecans	0.50 c
5319	PATTI -----	0.00 -----
5319	Eggs	3.00
5319	Light brown sugar; firm pack	1.75 c
5319	Milk	3.00 c
5319	Whipping cream	3.00 c
5319	Vanilla	1.00 tb
5319	Maple flavoring (opt)	0.25 ts
5319	Slated pecans; chopped	1.00 c
5320	Blanched Almonds	1.00 c
5320	Sugar	1.00 c
5320	Water	2.00 tb
5320	Cream of Tartar	0.12 ts
5320	Vanilla extract	1.00 ts
5321	Ounces vanilla-flavored	6.00
5321	candy Coating	0.00

Sheet1

5321	Tiny paper candy cups	24.00
5321	Ounces semisweet chocolate,	6.00
5321	Margarine or butter,	2.00 tb
5321	Cut into pieces	0.00
5321	Whipping (heavy) cream	0.33 c
5321	Finely ground pecans	0.25 c
5321	Praline liqueur	1.00 tb
5322	Packed light brown sugar	2.00 c
5322	Granulated sugar	1.00 c
5322	Milk	1.25 c
5322	Light corn syrup	0.25 c
5322	Salt	0.12 ts
5322	Vanilla	1.00 ts
5322	Pecan halves (5-1/2 ounces)	1.50 c
5323	PRALINES -----	0.00 -----
5323	Sugar	1.00 c
5323	Brown sugar; firmly packed	1.00 c
5323	Buttermilk	0.75 c
5323	Pecans; coarsely chopped	2.00 c
5323	Salt	0.12 ts
5323	Butter or margarine	2.00 tb
5323	Baking soda	0.50 ts
5323	Vanilla extract	1.50 tb
5323	ICE CREAM -----	0.00 -----
5323	Sugar	2.25 c
5323	All purpose flour	0.33 c
5323	Salt	0.25 ts
5323	Eggs; beaten	3.00
5323	Whole milk	5.00 c
5323	Whipping cream	1.00 qt
5323	Vanilla	1.50 tb
5323	Plus Pralines, above	0.00
5324	Fresh bread crumbs	3.00 c
5324	Black raisins	1.00 c
5324	Golden raisins	1.00 c
5324	Currants	1.00 c
5324	Sugar	1.33 c
5324	Cinnamon	0.50 ts
5324	Mace	0.50 ts
5324	Nutmeg	0.50 ts
5324	Butter;melted	8.00 oz
5324	Eggs;large, beaten	4.00
5324	Almond extract	0.25 ts
5324	Rum or bourbon	0.50 c
5325	Pears (bosc preferred)	3.00
5325	Olive Oil (Ext-Virg. pref.)	3.00 tb
5325	Salt and feshly ground black	0.00
5325	pepper	0.00
5325	Blue cheese (gorgonzola	3.00 tb

Sheet1

5325	dolce* preferred)	0.00
5325	Mascarpone cheese*	3.00 tb
5325	(thin) prosciutto	12.00 sl
5325	(prosciutto di parma pref.)	0.00
5325	Sprigs of Watercress (or	6.00
5325	more to taste)	0.00
5325	Skinned & toasted hazelnuts	0.25 c
5325	(or walnuts)	0.00
5326	Sweetened lemon flavored	1.00 pk
5326	gelatin	0.00
5326	Boiling water	1.00 c
5326	Cooked chopped prunes	1.00 c
5326	Whipping cream	1.00 c
5326	Cooked sweetened prunes	1.00 c
5326	Cold water	1.00 c
5327	Eggs, well beaten	2.00
5327	Sugar	1.00 c
5327	Cooked prunes, chopped	1.00 c
5327	Sour cream	0.50 c
5327	Butter	2.00 tb
5327	Salt	0.12 ts
5327	Vanilla	1.00 ts
5328	Thick prune pulp	0.75 c
5328	Sugar	0.33 c
5328	Few grains salt	0.00
5328	Lemon juice	2.00 tb
5328	Marshmallow cream	0.50 c
5329	Prunes	1.50 c
5329	Sugar	1.00 c
5329	Lemon juice	0.25 c
5329	Sweetened condensed milk	3.00 tb
5329	Water	9.00 tb
5329	Few grains salt	0.00
5330	Dry bread crumbs	1.00 c
5330	Flour	1.00 c
5330	Ground suet	1.00 c
5330	Sugar	1.00 c
5330	Thick prune pulp	1.00 c
5330	Baking-powder	3.00 ts
5330	Eggs, well beaten	3.00
5330	Salt	0.75 ts
5330	Cinnamon	0.50 ts
5330	Cloves	0.25 ts
5330	Milk	1.00 c
5331	(4 serving size) Jello	1.00 pk
5331	French Vanilla or Vanilla	0.00
5331	Instant Pudding and	0.00
5331	Pie Filling	0.00
5331	Milk	2.00 c

Sheet1

5331	Thawed Birds Eye Cool Whip	1.00 c
5331	Strawberries, hulled and	1.00 pt
5331	sliced	0.00
5331	Cooled 6 inch crepes	12.00
5332	Milk	1.00 c
5332	Instant pudding (small)	1.00 pk
5332	Butter/margarine	0.50 c
5332	Shortening	0.50 c
5332	Powdered sugar	1.00 c
5332	Vanilla	0.50 ts
5333	Thawed Cool Whip, non-dairy	2.00 c
5333	whipped topping	0.00
5333	(4 serving size) Jello	1.00 pk
5333	chocolate instant pudding	0.00
5333	Cold milk	2.00 c
5334	Stale bread crumbs	2.00 c
5334	Scalded milk	1.00 qt
5334	Sugar	0.33 c
5334	Melted butter	0.25 c
5334	Egg	1.00
5334	Salt	0.50 ts
5335	White bread, toasted torn in	8.00 sl
5335	pieces	0.00
5335	Raisins	0.50 c
5335	Ground cinnamon	1.00 tb
5335	Ground nutmeg	1.00 ts
5335	Sugar	1.00 c
5335	Hot water	1.50 c
5335	Shredded natural cheese,	4.00 oz
5335	cheddar	0.00
5336	White bread, toasted torn in	6.00 c
5336	pieces	0.00
5336	Raisins	0.50 c
5336	Ground cinnamon	1.00 tb
5336	Ground nutmeg	1.00 ts
5336	Sugar	1.00 c
5336	Hot water	1.50 c
5336	Shredded Cheddar cheese	4.00 oz
5337	All-purpose or unbleached	1.00 lb
5337	flour, very accurately	0.00
5337	Weighed	0.00
5337	(4 sticks) cold unsalted	1.00 lb
5337	butter, cut into small	0.00
5337	Pieces	0.00
5337	Salt	1.00 ts
5337	Heavy cream (or 1/2 cup	1.00 c
5337	heavy cream mixed with 1/2	0.00
5337	Cup ice water)	0.00
5338	Puff pastry; thawed (half o	1.00

Sheet1

5338	Nutmeg; ground	0.50 ts
5338	Sugar	2.00 tb
5339	Pie filling (my family	2.00 cn
5339	prefers peach or cherry)	0.00
5339	Double yellow cake mix	1.00
5339	(butter in mix works best)	0.00
5339	Stick butter or margarine	1.00
5339	Chopped pecans	0.50 c
5339	Shredded cocoanut	0.50 c
5340	Sugar	0.50 c
5340	Port wine	0.50 c
5340	Tart cherry jelly	0.50 c
5340	Cinnamon	0.25 ts
5340	Salt	0.00 ds
5340	Lime juice	1.00 tb
5340	Peach halves; drained	3.50 c
5340	Brandy; heated	0.25 c
5340	Lemon ice cream	1.00 qt
5341	CRUST -----	0.00 -----
5341	Rolled oats	0.33 c
5341	Crushed gingersnaps (20)	1.00 c
5341	Margarine or butter melted	3.00 tb
5341	Cinnamon	0.25 ts
5341	CREAM CHEESE FILLING -----	0.00 -----
5341	8 oz ea lofat cream cheese	2.00 pk
5341	Vanilla	0.50 ts
5341	Sugar	0.33 c
5341	Flour	1.00 tb
5341	Egg	1.00
5341	Skim milk	2.00 tb
5341	PUMPKIN FILLING -----	0.00 -----
5341	Canned pumpkin	1.00 c
5341	Firmly packed brown sugar	0.33 c
5341	Pumpkin pie spice	0.50 ts
5341	Skim milk	0.25 c
5341	CARAMEL SAUCE -----	0.00 -----
5341	Firmly packed brown sugar	0.50 c
5341	Corn syrup	0.25 c
5341	Water	2.00 tb
5341	Margarine or butter	1.00 tb
5341	Vanilla	0.25 ts
5342	Milk, scalded	0.25 c
5342	Sugar	0.25 c
5342	Salt	0.50 ts
5342	Butter or margarine	3.00 tb
5342	Active dry yeast	1.00 pk
5342	Warm water (105-15 degrees	0.25 c
5342	F.)	0.00
5342	Egg, lightly beaten	1.00

Sheet1

5342	Unsifted flour (about)	2.25 c
5342	Egg yolk, beaten with 1	1.00
5342	tablespoon cold water	0.00
5342	(glaze)	0.00
5342	Filling:	0.00
5342	Cooked, mashed pumpkin	0.75 c
5342	Sugar	0.50 c
5342	Cinnamon	1.00 ts
5342	Ginger	0.50 ts
5342	Salt	0.50 ts
5342	Chopped walnuts or pecans	1.00 c
5342	Seedless raisins	0.25 c
5342	Frosting:	0.00
5342	Sifted confectioners' sugar	0.50 c
5342	Milk or light cream	1.00 ts
5342	Vanilla	0.12 ts
5343	Unbleached white flour	2.00 c
5343	Sugar	2.00 tb
5343	Baking powder	2.00 ts
5343	Salt	0.50 ts
5343	Shortening	0.50 c
5343	Cold sweet butter	0.25 c
5343	Brandy	1.00 tb
5343	Milk	3.00 tb
5343	Canned pumpkin puree	16.00 oz
5343	Brown sugar	0.75 c
5343	Cinnamon, or 2 teaspoons	2.00 ts
5343	minced wild anise leaves	0.00
5343	Freshly grated nutmeg	0.25 ts
5343	Egg	1.00
5343	Pure vanilla	2.00 ts
5343	Egg beaten with 1 tablespoon	1.00
5343	water for glaze	0.00
5343	Sugar mixed with 1 teaspoon	2.00 tb
5343	cinnamon	0.00
5344	Unbleached white flour	2.00 c
5344	Sugar	2.00 tb
5344	Baking powder	2.00 ts
5344	Salt	0.50 ts
5344	Shortening	0.50 c
5344	Cold sweet butter	0.25 c
5344	Brandy	1.00 tb
5344	Milk	3.00 tb
5344	Canned pumpkin puree	16.00 oz
5344	Brown sugar	0.75 c
5344	Cinnamon, or 2 teaspoons	2.00 ts
5344	minced wild anise leaves	0.00
5344	Freshly grated nutmeg	0.25 ts
5344	Egg	1.00

## Sheet1

5344	Pure vanilla	2.00 ts
5344	Egg beaten with 1 tablespoon	1.00
5344	water for glaze	0.00
5344	Sugar mixed with 1 teaspoon	2.00 tb
5344	cinnamon	0.00
5345	Sugar	0.75 c
5345	Water	0.25 c
5345	Canned pumpkin	1.00 c
5345	Sugar	0.75 c
5345	Ground cinnamon	1.00 ts
5345	Ground ginger	0.50 ts
5345	Ground allspice	0.25 ts
5345	Ground nutmeg	0.25 ts
5345	Eggs	6.00
5345	Half-and-half	1.00 c
5345	Whipping (heavy) cream	1.00 c
5346	Canned pumpkin	10.00 oz
5346	Sour cream	0.50 c
5346	Cream cheese	0.50 c
5346	Sugar	1.00 c
5346	Salt	0.50 ts
5346	Pumpkin pie spice	2.00 ts
5346	Ground ginger	1.00 ts
5346	Egg yolks	2.00
5346	Whipping cream	1.50 c
5346	Sugar	2.00 tb
5346	Egg whites	2.00
5346	Finely chopped crystallized	0.00
5346	ginger for garnish	0.00
5347	Dry whole wheat bread cubes	6.00 c
5347	Finely chopped walnuts	0.50 c
5347	Slightly beaten eggs	3.00
5347	14 oz can condensed milk	1.00
5347	Cooked, mashed or canned	1.00 c
5347	pumpkin	0.00
5347	Packed brown sugar	0.75 c
5347	Ground cinnamon	2.00 ts
5347	Ground nutmeg	0.50 ts
5347	Milk	2.00 c
5347	Rum	0.25 c
5347	Butter or margarine, melted	0.25 c
5347	Vanilla	2.00 ts
5348	Leftover crumbled unfrosted	3.00 c
5348	spice cake, muffins or	0.00
5348	gingerbread	0.00
5348	Pumpkin (16-oz.)	1.00 cn
5348	Ground cinnamon	1.00 ts
5348	Ground nutmeg	0.25 ts
5348	Ground ginger	0.25 ts



Sheet1

5348	Ground allspice	0.25 ts
5348	Cold milk	2.50 c
5348	Instant butterscotch puddin	4.00 pk
5348	mix (3.4 oz. each)	0.00
5348	Whipping cream	2.00 c
5348	Maraschino cherries,	0.00
5348	optional	0.00
5349	Eggs	4.00
5349	Sugar	2.00 c
5349	Vegetable oil	1.00 c
5349	(16 ounces) pumpkin	1.00 cn
5349	All-purpose flour*	2.00 c
5349	Baking powder	2.00 ts
5349	Ground cinnamon	2.00 ts
5349	Baking soda	1.00 ts
5349	Salt	0.50 ts
5349	Ground ginger	0.50 ts
5349	Ground cloves	0.25 ts
5349	Raisins	1.00 c
5349	Cream cheese frosting	0.00
5349	Chopped walnuts	0.50 c
5349	CREAM CHEESE FROSTING -----	0.00 -----
5349	(3 ounces) cream cheese,	1.00 pk
5349	Softened	0.00
5349	1/4 cup Plus 2 tb Margarine	1.00
5349	or butter, Softened	0.00
5349	Vanilla	1.00 ts
5349	Powdered sugar	2.00 c
5350	Peanut butter	0.50 c
5350	Butter or margarine	0.50 c
5350	Chocolate chips	6.00 oz
5350	Corn Chex cereal	10.00 c
5350	Powdered sugar	2.00 c
5351	(1 cup) dried apricots	250.00 g
5351	Honey	1.00 tb
5351	Grated orange rind (dry or	1.00 ts
5351	fresh)	0.00
5352	Eggs	2.00
5352	salt	0.12 ts
5352	Flour;unbleached	1.50 c
5352	Oil; for frying,olive or	1.00 c
5352	other	0.00
5352	Honey	1.50 c
5353	Good-quality semisweet	0.67 oz
5353	chocolate	0.00
5353	Good-quality unsweetened	2.00 oz
5353	chocolate	0.00
5353	Heavy or whipping cream	2.00 c
5353	Eggs, separated	3.00

Sheet1

5353	Confectioner's sugar	0.25 c
5353	Praline paste	0.50 c
5353	Salt	0.12 ts
5353	Brown creme de cacao	0.25 c
5353	Unsalted butter, melted &	1.00 tb
5353	cooled to room temp	0.00
5353	Brewed espresso or very	1.00 tb
5353	strong coffee, cooled	0.00
5354	Pie dough (double batch)	1.00
5354	Cheddar cheese-grated	0.25 c
5354	Apples; medium- peeled &	12.00
5354	cored	0.00
5354	Mincement	0.50 c
5354	Rum	0.25 c
5354	Butter	0.00
5354	Sugar	0.75 c
5354	Sugar; Brown	0.25 c
5354	Cream	0.25 c
5354	Lemon rind; 1/2 lemon	0.00
5355	Granulated sugar	0.75 c
5355	Semisweet chocolate pieces,	6.00 oz
5355	broken	0.00
5355	Unsweetened cocoa powder	2.00 tb
5355	Whipping cream, chilled	1.25 c
5355	Espresso coffee OR	5.00 tb
5355	double-strength coffee at	0.00
5355	room temp.	0.00
5355	Powdered sugar	3.00 tb
5355	Vanilla	0.50 ts
5355	Creme de cacao, Kahlua or	1.00 tb
5355	Tia Maria	0.00
5355	Chocolate Glaze (recipe	0.00
5355	follows)	0.00
5355	Eggs, separated, at room	6.00 lg
5355	temperature	0.00
5355	Chocolate Glaze	0.00
5355	Unsalted Butter	4.00 tb
5355	Light Corn Syrup	3.00 tb
5355	Semi-Sweet Chocolate broken	4.00 oz
5355	Coffee, Room Temp.	2.00 tb
5355	Rum	1.00 tb
5356	Uncooked rice	0.50 c
5356	Boiling water	2.00 c
5356	Milk	2.00 c
5356	Egg yolks	3.00
5356	Granulated sugar	0.33 c
5356	Vanilla	1.00 ts
5356	Egg whites, stiffly beaten	3.00
5356	Sugar	4.00 tb

Sheet1

5357	Cooked long-grain rice	2.00 c
5357	Milk	2.50 c
5357	Sugar	1.00 c
5357	Vanilla	2.00 ts
5357	Grated lemon zest	2.00 ts
5357	Salt	0.25 ts
5357	Eggs	6.00
5357	Nutmeg	0.25 ts
5357	Light cream or lightly	0.00
5357	Sweetened whipped cream	0.00
5357	(optional)	0.00
5358	Unsweetened cocoa	0.50 c
5358	Sugar	0.50 c
5358	Light corn syrup	0.33 c
5358	Evaporated milk	0.50 c
5358	Sour cream	1.00 tb
5358	Sweet butter	4.00 tb
5358	Vanilla extract	1.00 ts
5359	Pear halves in juice	32.00 oz
5359	Quick-cooking oats	0.25 c
5359	Chopped walnuts	2.00 tb
5359	Golden raisins	2.00 tb
5359	Butter or margarine,melted	1.00 tb
5359	Brown sugar	1.00 tb
5359	Ground cinnamon	0.12 ts
5359	Ground ginger	0.12 ts
5360	Milk	1.00 c
5360	Semi-sweet chocolate bits	6.00 oz
5360	Egg	1.00
5360	Sugar	2.00 tb
5360	Rum	1.00 ts
5360	Pinch salt	0.00
5361	Quince	6.00 md
5361	Water	6.00 c
5361	Sugar	2.00 c
5361	Cloves	12.00
5361	Whole allspice berries	18.00
5361	Orange peel strip	1.00 lg
5361	Cranberries	2.00 pk
5361	Cinnamon stick (3" long)	1.00
5361	Cranberry juice (optional)	0.00
5361	Balsamic vinegar, to taste	0.00
5362	JELLO -----	0.00 -----
5362	3 oz. box strawberry Jello	1.00
5362	3 oz. box lime Jello	1.00
5362	3 oz. box orange Jello	1.00
5362	3 oz. box lemon Jello	1.00
5362	Envelopes unflavored gelatin	4.00
5362	Boiling water	4.00 c

Sheet1

5362	FILLING -----	0.00 -----
5362	Hot water	2.00 c
5362	Envelopes unflavored gelatin	3.00
5362	Sweetened condensed milk	1.00 cn
5363	Chopped raisins	1.00 c
5363	Sugar	0.67 c
5363	Boiling water	1.00 c
5363	Flour	1.50 ts
5363	Lemon juice	1.00 tb
5364	Milk	3.00 c
5364	Sugar	0.50 c
5364	Flour	2.00 tb
5364	Sprigs spearmint	3.00
5364	Chopped spearmint	1.00 tb
5364	Salt	0.25 ts
5364	Vanilla	0.50 ts
5364	Raisins	1.00 c
5365	Butter	4.00 oz
5365	Sugar	4.00 oz
5365	Eggs	3.00
5365	Flour	4.00 oz
5365	Cornstarch	4.00 oz
5365	Baking powder	1.00 ts
5366	Patty shells, homemade or	4.00 lg
5366	frozen	0.00
5366	Egg white	4.00
5366	Sugar	0.25 c
5366	Vanilla	0.25 ts
5366	Fresh raspberries	1.00 c
5366	Scoops vanilla ice cream	4.00
5367	Angelfood cake	1.00
5367	Raspberries	0.00
5367	Raspberry juice	0.00
5368	Plus 2 tsp margarine,	2.00 tb
5368	divided	0.00
5368	Matzo cake meal	0.75 c
5368	Ground almonds, divided	1.50 oz
5368	Eggs	8.00 lg
5368	Granulated sugar, divided	0.50 c
5368	Red raspberry jam	0.25 c
5368	Raspberries, divided	2.00 c
5368	Semisweet chocolate chips	2.00 oz
5369	Sharon Stevens	0.00
5369	Fresh raspberries	4.00 c
5369	Margarine, at room	0.25 c
5369	temperature	0.00
5369	Sugar	1.50 c
5369	Milk	0.50 c
5369	Flour	1.00 c

Sheet1

5369	Baking powder	2.00 ts
5369	Salt	0.50 ts
5369	Vanilla extract	1.00 ts
5369	Water	0.50 c
5370	Package frozen raspberries	10.00 oz
5370	Frozen cranberry juice	6.00 oz
5370	cocktail concentrate,	0.00
5370	thawed	0.00
5370	Egg yolks	2.00
5370	Sugar	0.50 c
5370	Unflavored gelatin	2.00 pk
5370	Whipping cream	3.00 c
5370	Sugar	4.00 tb
5370	Egg whites	2.00
5370	Fresh raspberries for	0.00
5370	garnish	0.00
5371	(225 g) fresh raspberries	8.00 oz
5371	(15 ml) Kirsch	1.00 tb
5371	(3x15 ml) icing sugar	3.00 tb
5371	(400 ml) double cream	0.75 pt
5372	Sugar	0.75 c
5372	Fresh or frozen raspberries	8.00 oz
5372	Egg whites	2.00 md
5372	Raspberries for garnish.	8.00
5373	Red currants, stems removed,	2.50 c
5373	washed	0.00
5373	Raspberries, washed	1.25 c
5373	Water	3.00 c
5373	To 1 1/2 c sugar (depending	1.00 c
5373	on tartness of the berries)	0.00
5373	Vanilla bean	0.50
5373	To 6 tb cornstarch,	5.00 tb
5373	dissolved in 3/4 cup cold	0.00
5373	water	0.00
5374	Eggs, slightly beaten	3.00
5374	Sugar	0.33 c
5374	Vanilla	1.00 ts
5374	Dash of salt	0.00
5374	Milk, scalded	2.50 c
5374	Raspberry preserves	0.33 c
5374	Orange-flavored liqueur	1.33 tb
5374	Fresh raspberries	2.00 c
5375	Sugar	0.33 c
5375	Cornstarch	0.25 c
5375	Salt	0.25 ts
5375	Milk	3.00 c
5375	Egg yolk, beaten	1.00
5375	Vanilla	2.00 ts
5375	Fresh raspberries	2.00 c

## Sheet1

5376	Pureed raspberries,sweetened	2.00 c
5376	To taste	0.00
5376	Kirsch or rum	1.00 tb
5376	Heavy cream, whipped	1.00 c
5377	Raspberries, hulled	1.00 lb
5377	Lemon juice	3.00 ts
5377	Equal spoonful (artificial	6.00 tb
5377	sweetener)	0.00
5377	Egg whites	2.00
5377	Whipping cream, whipped (or	1.00 c
5377	creme fraiche)	0.00
5378	Fresh raspberries (about 3	3.00 c
5378	half-pints)	0.00
5378	Sugar	0.67 c
5378	Cornstarch	1.00 tb
5378	Skim milk	1.00 c
5378	Light-colored corn syrup	0.25 c
5378	Plain low-fat yogurt	1.00 c
5379	Raspberries	0.50 pt
5379	Sugar	2.00 tb
5379	Pkge cream cheese (8 ounces)	1.00
5380	Fresh raspberries	3.00 c
5380	Water	0.75 c
5380	Lemon juice	2.00 tb
5380	Lemon rind, grated fine	2.00 tb
5380	Arrowroot	2.00 tb
5380	Maple syrup	0.50 c
5380	Strawberry wine	2.00 c
5380	Sour cream	0.50 c
5380	Fresh raspberries	0.50 c
5381	Cream Cheese; softened	8.00 oz
5381	Chocolate chips; melted	6.00 oz
5381	Vanilla wafer crumbs	0.75 c
5381	Raspberry preserves;seedless	0.25 c
5381	Almonds; finely chopped	0.33 c
5382	Fresh raspberries	2.00 c
5382	Sugar	0.25 c
5382	Water	0.50 c
5382	Orange juice	2.00 tb
5382	Egg whites	2.00
5382	Cream of tarter	0.25 ts
5382	Of salt	1.00 pn
5383	Egg whites	3.00
5383	Vanilla	1.00 ts
5383	Cream of tartar	0.25 ts
5383	Salt	1.00 ds
5383	Sugar	1.00 c
5383	Fresh raspberries	0.00
5383	Frozen vanilla yogurt	0.00

Sheet1

5383	Whipping cream, whipped	0.00
5383	OPTIONAL INGREDIENTS -----	0.00 -----
5383	Chambord or Framboise	0.00
5383	liqueur	0.00
5384	Pkge frozen raspberries (10	1.00
5384	ounces)	0.00
5384	Lemon juice	1.00 tb
5384	Heavy cream	1.00 c
5384	Egg white	1.00
5384	Sugar	0.25 c
5385	Crushed pretzels	1.50 c
5385	Sugar	0.25 c
5385	Margarine or butter, melted	0.50 c
5385	Filling:	0.00
5385	(12 oz) can sweetened	1.00
5385	condensed milk	0.00
5385	Water	0.50 c
5385	(3.4 oz) instant vanilla	1.00 pk
5385	pudding and pie filling	0.00
5385	Frozen whipped topping,	1.75 c
5385	thawed	0.00
5385	Topping:	0.00
5385	(21 oz) can raspberry fruit	1.00
5385	pie filling	0.00
5386	Water	1.50 c
5386	Frozen raspberry juice	0.75 c
5386	concentrate, thawed	0.00
5387	Raspberries, fresh or frozen	1.33 c
5387	Sugar plus extra for souffle	5.00 tb
5387	dish(es)	0.00
5387	Orange zest	1.50 ts
5387	Cornstarch	2.00 tb
5387	Lemon juice, fresh	2.50 tb
5387	Chambord or framboise	2.00 tb
5387	Egg whites, at room temperat	5.00
5387	ure	0.00
5387	Cream of tartar	0.25 ts
5387	Salt, pinch	0.00
5387	Confectioner's sugar	0.00
5388	Envelope unflavored gelatin	1.00
5388	(1 tbsp)	0.00
5388	Milk	0.50 c
5388	Eggs	2.00
5388	Sugar	2.00 tb
5388	Light corn syrup	2.00 tb
5388	Yogurt	2.00 c
5388	Lemon juice	1.00 tb
5388	Vanilla	2.00 ts
5388	Salt	0.12 ts

Sheet1

5388	Seedless red raspberry	0.50 c
5388	preserves.	0.00
5389	Eggs	3.00 lg
5389	Sugar	2.50 tb
5389	Honey	2.50 tb
5389	Well-chilled heavy cream	0.75 c
5389	Walnuts, toasted lightly,	0.50 c
5389	cooled, and chopped	0.00
5389	Chocolate curls, if desired	6.00
5390	Flour; all purpose	1.00 c
5390	Sugar; granulated	1.00 tb
5390	Butter; cold	6.00 tb
5390	Egg yolk	1.00
5390	Lemon juice	1.00 tb
5390	Cornstarch	3.00 tb
5390	Sugar; granulated	0.75 c
5390	Raspberries; fresh	1.00 c
5391	Sweet flan pastry (9 oz),see	250.00 g
5391	Lemon tart	0.00
5391	FILLING -----	0.00 -----
5391	Raspberries (7 oz)	200.00 g
5391	Egg	1.00 x
5391	Sugar (2 1/2 oz)	70.00 g
5391	Double cream (scant 1/4	100.00 ml
5391	pint	0.00
5391	Egg yolks	2.00 x
5392	Ounces vanilla-flavored	6.00
5392	candy Coating	0.00
5392	Tiny paper candy cups	24.00
5392	Ounces semisweet chocolate,	6.00
5392	Margarine or butter,	2.00 tb
5392	Cut into pieces	0.00
5392	Whipping (heavy) cream	0.33 c
5392	Raspberry liqueur	2.00 tb
5392	Fresh raspberries	24.00
5393	All-purpose flour*	1.50 c
5393	Sugar	0.75 c
5393	Margarine or butter, softene	0.75 c
5393	(10 ounces) frozen	1.00 pk
5393	Raspberries, thawed and	0.00
5393	undrained	0.00
5393	Orange juice	0.25 c
5393	Cornstarch	1.00 tb
5393	Miniature semisweet	0.75 c
5393	Chocolate chips	0.00
5394	Currant jelly	0.50 c
5394	(10 ounces) frozen	1.00 pk
5394	Raspberries, thawed and	0.00
5394	undrained	0.00



Sheet1

5394	Cold water	1.00 tb
5394	Cornstarch	1.50 ts
5395	Plus 2 tblsp. sugar, divided	0.75 c
5395	Corn starch	3.00 tb
5395	1% low-fat milk	1.50 c
5395	Fresh lemon juice	3.00 tb
5395	Eggs, seperated	2.00
5395	Grated lemon rind	0.50 ts
5395	Vegetable cooking spray	0.00
5395	Fresh raspberries (about 1	1.25 c
5395	half-pint)	0.00
5395	Cream of tartar	0.25 ts
5396	Egg whites	3.00
5396	Sugar	0.75 c
5396	Milk	1.00 c
5396	Half & half	1.00 c
5396	Raspberries in syrup; pureed	3.00 c
5396	Lemon juice	2.00 tb
5397	Yeast	1.00 pk
5397	Flour, bread	3.00 c
5397	Sugar	0.50 c
5397	Unsweeted cocoa	0.25 c
5397	Egg, unbeaten	1.00
5397	Soft butter or margarine	0.25 c
5397	Vanilla	0.50 ts
5397	Milk, warm	1.00 c
5398	Egg yolks	4.00
5398	Superfine sugar	0.25 c
5398	Cognac	2.00 tb
5398	Semi--sweet chocolate, cut	6.00 oz
5398	into small chumnks	0.00
5398	Strong coffee	3.00 tb
5398	Soft unsalted (sweet) butter	8.00 tb
5398	(1 quarter lb stick) cut in	0.00
5398	1/2	0.00
5398	Inch pieces	0.00
5398	Egg whites	4.00
5398	Heavy cream, whipped	0.50 c
5399	Heavy cream	1.00 c
5399	Powdered sugar	2.00 tb
5399	Vanilla	0.50 ts
5400	Gran. sugar ( for caramel )	0.67 c
5400	Drk brn sugar (for caramel)	0.25 c
5400	Eggs	5.00
5400	Egg yolks	2.00
5400	Half & half	4.00 c
5400	Salt	0.25 ts
5400	Sugar	1.00 c
5400	Vanilla extract	1.00 tb

Sheet1

5400	*RUM AND BRANDY SYRUP*	0.00
5400	Granulated sugar	1.00 c
5400	Water	6.00 oz
5400	Brandy	1.00 oz
5400	Rum Extract	1.00 tb
5401	(16oz) tart red cherries	1.00 cn
5401	Brown sugar	0.33 c
5401	Cornstarch	3.00 tb
5401	Orange juice	0.50 c
5401	Butter	2.00 tb
5401	Salt	0.12 ts
5401	Almond extract	0.50 ts
5401	Homemade Biscuit Mix	1.50 c
5401	Sugar	0.33 c
5401	Freshly grated nutmeg	0.25 ts
5401	Egg	1.00
5401	Milk	0.25 c
5402	Heavy cream	1.00 c
5402	Tart red currant jelly	0.25 c
5403	Raspberry gelatine	1.00 pk
5403	Sugar	1.00 c
5403	Water	2.00 c
5403	Juice of 1 lemon	0.00
5403	Juice of 1/2 orange	0.00
5403	Red raspberries	1.00 qt
5403	Or	0.00
5403	Red raspberries	1.00 cn
5404	Crust:	0.00
5404	All-purpose flour	1.25 c
5404	Granulated sugar	2.00 tb
5404	Butter or margarine,	0.75 c
5404	softened	0.00
5404	Filling:	0.00
5404	Raspberry flavoured gelatin	3.00 oz
5404	Boiling water	1.00 c
5404	Frozen raspberries, partly	15.00 oz
5404	thawed	0.00
5404	White marshmallows	16.00 lg
5404	Sour cream	0.50 c
5404	Grenadine syrup	1.00 tb
5404	Whipping cream (or 1 env.	1.00 c
5404	topping)	0.00
5405	Shortening	0.50 c
5405	Sugar	1.50 c
5405	Eggs; lightly beaten	2.00
5405	Food coloring, red	1.00 oz
5405	Vanilla extract	1.00 ts
5405	Cocoa	2.00 ts
5405	Flour	2.25 c

Sheet1

5405	Buttermilk	1.00 c
5405	Baking soda	1.00 ts
5405	Vinegar	1.00 tb
5406	Tart apples,cored/thin slice	5.00 c
5406	Sugar	0.75 c
5406	Sweet red wine	0.25 c
5406	Lemon juice	1.00 tb
5406	All-purpose flour	0.25 c
5406	Sugar	2.00 tb
5406	Salt	0.12 ts
5406	Butter or margarine	3.00 tb
5406	All-purpose flour(see NOTE1)	2.00 c
5406	Shredded Cheddar cheese	1.00 c
5406	Salt	1.00 ts
5406	Shortening	0.67 c
5406	Shortening	2.00 tb
5406	Lard	0.67 c
5406	Cold water	5.00 tb
5407	Fruit salad	1.00 cn
5407	Marshmallows	18.00 ea
5407	Lemon	1.00 ea
5407	Orange	1.00 ea
5407	Whipped cream	1.00 pt
5408	Eggs	2.00 ea
5408	Salt	2.00 tb
5408	Sugar	0.50 c
5408	Whipping cream	1.00 c
5408	Milk; whole or condensed	1.50 c
5408	Vanilla	1.00 ts
5409	Eggs, beaten	2.00
5409	Milk	1.00 c
5409	Flour	1.00 c
5409	Melted butter	1.00 tb
5409	Salt	0.12 ts
5410	Butter; room temperature	0.50 c
5410	Sugar	0.50 c
5410	Farina	0.50 c
5410	Eggs; well beaten	3.00
5410	All-purpose flour	0.50 c
5410	Baking powder	1.00 tb
5410	Salt	0.12 ts
5410	Orange juice	0.25 c
5410	Orange (minced zest only)	0.50
5410	Finely chopped almonds	0.50 c
5410	SYRUP -----	0.00 -----
5410	Water	1.50 c
5410	Sugar	1.50 c
5410	Lemon (thick slice)	1.00 sl
5410	TO GARNISH -----	0.00 -----

Sheet1

5410	Whipped cream	0.00
5410	Fresh strawberries	0.00
5411	Rhubarb	400.00 g
5411	Granulated sugar	1.50 dl
5411	White wine	1.50 dl
5411	Melon of various kinds	500.00 g
5411	Fresh mint leaves	0.00
5412	Unsalted butter (1 1/2 sticks) melted and cooled	0.75 c
5412	Phyllo pastry sheets	1.00 lb
5412	Sugar	0.00
5412	Egg white, beaten to blend	1.00
5412	Dry breadcrumbs	2.00 tb
5412	Fresh (1/2-inch pieces) or frozen unsweetened	2.00 c
5412	Rhubarb, thawed	0.00
5412	Strawberries, sliced	2.00 c
5412	Sugar	1.00 c
5412	Quick-cooking tapioca	0.25 c
5412	Fresh lemon juice	1.00 ts
5412	Unsalted butter (1/4 stick), well chilled	2.00 tb
5412		0.00
5413	Rhubarb (chopped)	1.00 c
5413	Butter (cut in pieces) (room temperature)	0.25 c
5413		0.00
5413	Brown sugar	0.25 c
5413	Salt	0.25 ts
5413	Corn syrup	0.50 c
5413	Egg (slightly beaten)	1.00
5413	Vanilla	0.50 ts
5414	Rhubarb	1.00 lb
5414	Water	1.33 c
5414	Sugar	1.00 c
5414	Potato flour or cornstarch	2.00 tb
5415	All-purpose flour	1.00 c
5415	Baking powder	1.00 ts
5415	Confectioners' sugar	3.00 tb
5415	Butter or margarine	0.33 c
5415	Egg, beaten	1.00
5415	Milk	4.00 ts
5415	Filling:	0.00
5415	Diced raw rhubarb	3.00 c
5415	Strawberry flavored gelatin (3 oz.)	1.00 pk
5415		0.00
5415	Crumble Topping:	0.00
5415	All-purpose flour	0.50 c
5415	Sugar	1.00 c
5415	Butter or margarine	0.33 c
5416	Slice fresh or frozen	3.00 c

Sheet1

5416	rhubarb, 1/2 inch pieces	0.00
5416	Cubed peeled apples	1.00 c
5416	To 1 c Sliced strawberries	0.50 c
5416	Sugar	0.33 c
5416	Ground cinnamon	0.50 ts
5416	All-purpose flour	0.50 c
5416	Baking powder	1.00 ts
5416	Salt	0.25 ts
5416	Butter or margarine	4.00 tb
5416	Packed brown sugar	0.67 c
5416	Quick-cooking oats	0.67 c
5416	Vanilla ice cream, optional	0.00
5417	Reduced-calorie tub	1.00 ts
5417	margarine	0.00
5417	Old-fashioned rolled oats	0.75 oz
5417	Granulated brown sugar	1.00 ts
5417	Cubed fresh or frozen	1.50 c
5417	rhubarb	0.00
5417	Thawed frozen apple juice	4.00 ts
5417	concentrate	0.00
5417	Ground cinnamon	0.25 ts
5417	All-fruit strawberry spread	2.00 ts
5417	Whipped topping (Optional)	2.00 tb
5418	CRUST -----	0.00 -----
5418	Flour	1.00 c
5418	Sugar	5.00 tb
5418	Butter	0.25 c
5418	TOPPING -----	0.00 -----
5418	Eggs	2.00
5418	Sugar	1.50 c
5418	Flour	0.25 c
5418	Salt	0.25 ts
5418	Rhubarb; fresh, diced	2.00 c
5419	Sugar	0.75 c
5419	Water	0.25 c
5419	Egg whites, at room	3.00
5419	temperature	0.00
5419	Salt	1.00 pn
5419	Cream of tartar	0.12 ts
5419	Heavy cream	1.00 c
5419	Raspberry liqueur (or other	2.00 tb
5419	fruit flavor)	0.00
5419	Cooked, drained, pureed	2.00 c
5419	rhubarb	0.00
5420	Rhubarb, washed, dried	1.50 lb
5420	Sugar	0.75 c
5420	Orange juice, fresh	5.00 tb
5420	Graham crackers	10.00
5420	Sugar	2.00 tb

Sheet1

5420	Butter, melted	5.00 tb
5420	Gelatin PLUS 2 tsp	1.00 tb
5420	Light cream	1.00 c
5420	Strawberries	1.00 pt
5421	PUDDING -----	0.00 -----
5421	Flour; all purpose	1.00 c
5421	Sugar	0.33 c
5421	Baking powder	1.50 ts
5421	Baking soda	0.50 ts
5421	Salt	0.25 ts
5421	Rhubarb- diced	1.50 c
5421	Raisins	0.25 c
5421	Milk	0.50 c
5421	Egg	1.00
5421	Vanilla	0.50 ts
5421	SAUCE -----	0.00 -----
5421	Water; boiling	1.00 c
5421	Brown sugar- packed	0.25 c
5421	Butter	0.25 c
5421	Lemon juice	1.00 tb
5421	Lemon rind; grated	1.00 ts
5421	Nutmeg	1.00 pn
5422	Rhubarb; trimmed *	3.00 lb
5422	Strawberry preserves **	0.50 c
5422	Raisins	0.50 c
5422	Finely grated orange zest***	1.00 tb
5422	Granola, pref. maple walnut	2.00 c
5422	Maple syrup to taste	0.00
5423	Rhubarb, cut 1" pieces	5.00 c
5423	Stick cinnamon	1.00
5423	Sugar	1.00 c
5423	Flour	2.00 tb
5423	Red food coloring (optional)	0.00
5423	Water	1.50 c
5423	Top:	0.00
5423	Sifted flour	1.00 c
5423	Sugar	3.00 tb
5423	Baking powder	1.50 ts
5423	Salt	0.50 ts
5423	Allspice	0.25 ts
5423	Cinnamon	0.25 ts
5423	Shortening	0.25 c
5423	Pecans	0.50 c
5423	Egg	1.00
5423	Milk	2.00 tb
5423	Egg white	1.00
5423	Sugar	1.00 tb
5423	Whipped or ice cream	0.00
5424	Diced rhubarb	2.00 c

## Sheet1

5424	Gelatin	2.00 ts
5424	Orange marmalade	0.33 c
5424	Sugar	0.50 c
5424	Egg white	1.00
5424	Water	1.25 c
5424	Few grains salt	0.00
5425	Rhubarb, cut in rough chunks	1.00 lb
5425	(don't peel)	0.00
5425	Sugar	1.25 c
5425	Water	1.00 c
5425	Port, elderberry wine, or	2.00 tb
5425	red currant liqueur	0.00
5425	Egg white	1.00
5426	Rhubarb (trimmed weight)	1.00 lb
5426	Honey	4.00 tb
5426	Orange (zest only)	1.00
5426	Egg whites	2.00
5427	FILLING -----	0.00 -----
5427	Rhubarb, sliced	1.00 lb
5427	Sugar	4.00 oz
5427	Water	0.00
5427	PASTRY -----	0.00 -----
5427	Flour	8.00 oz
5427	Fat	4.00 oz
5427	Sugar	1.00 oz
5427	Cinnamon	1.00 ts
5427	Pinch mixed spice	0.00
5427	Water	0.00
5428	All-purpose flour	0.50 c
5428	Ground walnuts (1 ounce)	0.50 c
5428	Sugar	2.00 tb
5428	Well-chilled unsalted butter	0.25 c
5428	(1/2 stick)	0.00
5428	Cut into small pieces	0.00
5428	(about) ice water	1.00 tb
5428	FILLING	0.00
5428	Water	0.33 c
5428	(or more) sugar	0.25 c
5428	Chopped fresh rhubarb *	1.00 c
5428	Water	2.00 tb
5428	Arrowroot	0.75 ts
5428	To 3 Tbl red currant jelly	2.00
5429	Butter or margarine (1/2	0.25 c
5429	stick)	0.00
5429	Eggs	2.00 lg
5429	All-purpose flour	0.75 c
5429	Salt	0.25 ts
5429	Milk	0.75 c
5429	Rhubarb, cur into 3/4-inch	0.50 lb

Sheet1

5429	pieces	0.00
5429	Butter or margarine	0.33 c
5429	(approx) firmly packed brown	1.00 c
5429	sugar	0.00
5429	Whipping cream	0.00
5430	Rhubarb	2.00 lb
5430	Firm apples	2.00 lg
5430	Sugar	0.75 c
5430	Water	2.00 tb
5430	TOPPING:	0.00
5430	Butter	4.00 tb
5430	Sugar	0.75 c
5430	Flour	0.75 c
5430	Heavy cream	0.00
5431	Quick oatmeal	1.00 c
5431	Flour	1.00 c
5431	Brown sugar	1.00 c
5431	Salt	1.00 pn
5431	Butter (1 stick)	0.50 c
5431	FILLING	0.00
5431	Diced fresh rhubarb	4.00 c
5431	Almond flavoring	1.00 ts
5431	Sugar	1.00 c
5431	Cherry pie filling	1.00 cn
5431	Water	1.00 c
5431	Chopped nuts	0.50 c
5431	Cornstarch	2.00 tb
5432	FILLING -----	0.00 -----
5432	Sugar	1.25 c
5432	Flour, all purpose	3.00 tb
5432	Cinnamon	1.50 ts
5432	Orange rind	1.50 ts
5432	Rhubarb, coarsely chopped	6.00 c
5432	Strawberries, sliced	3.00 c
5432	TOPPING -----	0.00 -----
5432	Flour, all purpose	1.50 c
5432	Sugar	3.00 tb
5432	Baking powder	1.50 ts
5432	Baking soda	0.50 ts
5432	Salt	0.25 ts
5432	Margarine, chilled	3.00 tb
5432	Buttermilk	1.00 c
5433	Gelatin	1.00 tb
5433	Hot cooked rice	2.00 c
5433	Sugar	1.00 c
5433	Vanilla	1.00 ts
5433	Milk	1.50 c
5433	Whipping cream	1.00 c
5433	Salt	0.25 ts



Sheet1

5433	Chopped nuts	0.75 c
5433	Candied cherries, chopped	8.00
5434	Rice, White - small grain	1.00 lb
5434	Water	3.00 c
5434	Milk	4.00 c
5434	Salt	1.00 ts
5434	Cream, Heavy	2.00 c
5434	Sugar	4.00 tb
5434	Vanilla	2.00 ts
5434	Preserves, Strawberry	2.00 c
5434	Water	1.00 c
5434	Lemon Juice	1.00 tb
5435	Nonfat milk	3.00 c
5435	Vanilla bean, split	0.50
5435	Medium-grain rice	0.25 c
5435	Sugar	0.50 c
5435	(8-ounce) carton frozen	1.00
5435	Egg substitute, thawed	0.00
5435	Low-fat ricotta cheese or	0.33 c
5435	Pureed fat-free cottage	0.00
5435	Cheese	0.00
5435	Finely slivered candied	2.00 tb
5435	Ginger	0.00
5435	Low-Fat Sweet Pastry	1.00
5435	Ground cinnamon	1.00 ts
5435	Powdered sugar, optional	1.00 tb
5435	Sliced candied ginger,	0.00
5435	Optional	0.00
5435	LOW -----	0.00 -----
5435	Plus 2 tablespoons oat flour	0.50 c
5435	Blend	0.00
5435	All-purpose flour	5.00 tb
5435	Cake flour	0.25 c
5435	Ground cardamom or cinnamon	0.50 ts
5435	Sugar	2.50 tb
5435	Cold butter, diced	3.00 ts
5435	Canola oil	1.00 tb
5436	Rice, long grain	0.25 c
5436	Water, boiling	6.00 c
5436	Milk	1.00 qt
5436	Salt	1.00 ts
5436	Butter, melted	2.00 tb
5436	Sugar	2.00 tb
5436	Almond extract	0.50 ts
5436	Nutmeg, to taste (fresh)	0.00
5436	Almonds, blanched, coarsely	0.50 c
5436	Ground	0.00
5436	Heavy cream, whipped	1.00 c
5437	Rice	0.50 c

Sheet1

5437	Milk	1.00 qt
5437	Sugar	0.25 c
5438	Rice, uncooked	1.00 c
5438	Cinnamon stick	1.00
5438	Water	2.25 c
5438	Sugar	0.50 c
5438	Salt	1.00 ts
5438	Flour	1.00 tb
5438	Milk	1.00 c
5438	Eggs	3.00
5439	Rice	0.50 c
5439	Milk	1.00 qt
5439	Sugar	0.25 c
5440	Short-grain rice (pearl)	0.75 c
5440	Milk	4.00 c
5440	Sugar	0.50 c
5440	Grating of nutmeg	0.00
5440	Fresh blueberries	1.00 c
5440	Heavy cream	0.50 c
5440	Vanilla extract	1.00 ts
5441	Converted rice	6.00 tb
5441	Cold water	1.00 c
5441	Raisins	0.50 c
5441	Dark rum	0.25 c
5441	Whipping cream	6.00 c
5441	Sugar	1.50 c
5441	Egg yolks	12.00
5441	Vanilla	1.00 tb
5441	Nutmeg	0.00
5442	Envelope Unflavored Gelatin	0.25 oz
5442	Water	0.25 c
5442	Milk	1.00 c
5442	Dutch Process Cocoa, Or:	0.50 c
5442	Unsweetened Cocoa)	0.00
5442	NutraSweet (R) Spoonful (tm)	0.33 c
5442	Light Whipped Topping	2.00 c
5442	GARNISH -----	0.00 -----
5442	Light Whipped Topping	0.00
5442	Chocolate Curls Or Cocoa	0.00
5443	Heavy cream	3.00 c
5443	Whole milk	1.00 c
5443	Sugar	0.75 c
5443	(yes, Tablespoons, not	2.00 tb
5443	teaspoons!) Vanilla	0.00
5443	Egg yolks	5.00
5444	Cornstarch	3.00 tb
5444	Skim milk	2.00 c
5444	Fruit Sweet	0.50 c
5444	Salt	0.25 ts

## Sheet1

5444	Egg yolk, beaten	1.00
5444	Butter	2.00 ts
5444	Vanilla	2.00 ts
5445	Blackberries,rinsed/drained	2.00 c
5445	Raspberries,rinsed/drained	2.00 c
5445	Powdered fructose	0.50 c
5445	Water	0.50 c
5445	Lime juice	2.00 tb
5445	Blackberries,rinsed/drained*	0.00
5445	Raspberries,rinsed/drained*	0.00
5445	Black-raspberry liqueur	0.00
5446	Peach halves	2.00
5446	Raspberry jelly	0.67 c
5447	Milk	8.00 c
5447	Raw long-grain white rice	1.00 c
5447	Sugar	0.75 c
5447	Butter	4.00 tb
5447	Cinnamon stick (optional)	1.00
5447	Whole cloves (optional)	3.00
5447	Eggs; slightly beaten	2.00
5447	Ground cinnamon	0.00
5448	Butter	0.50 c
5448	Unsweetened chocolate	1.00 oz
5448	Sugar	1.00 c
5448	Flour	1.00 c
5448	Walnuts, chopped	0.50 c
5448	Baking powder	1.00 ts
5448	Vanilla	1.00 ts
5448	Eggs	2.00
5448	Cream cheese	6.00 oz
5448	Sugar	0.50 c
5448	Flour	2.00 tb
5448	Butter	0.25 c
5448	Eggs	1.00
5448	Vanilla	0.50 ts
5448	Walnuts, chopped	0.25 c
5448	Semi-sweet chocolate bits	6.00 oz
5448	Marshmallow miniatures	2.00 c
5448	Butter	0.25 c
5448	Unsweetened chocolate	1.00 oz
5448	Cream cheese	2.00 oz
5448	Milk	0.25 c
5448	Powdered sugar	3.00 c
5448	Vanilla	1.00 ts
5449	Empty 1 lb can with plastic lid	1.00
5449	lid	0.00
5449	Empty 3 lb can with plastic lid	1.00
5449	lid	0.00
5449	Level surface for rolling	1.00

Sheet1

5449	can(s)	0.00
5449	Rock or kosher salt	1.50 c
5449	(about 7 1/2 lb) crushed ice	20.00 c
5449	Ingredients	0.00
5449	Heavy cream	1.00 c
5449	Milk	1.00 c
5449	Beaten egg	1.00
5449	Sugar	0.50 c
5449	Vanilla	1.00 ts
5449	Raisins, diced peaches or	0.33 c
5449	strawberries	0.00
5450	Melted butter	2.50 tb
5450	Brown sugar, packed	1.00 c
5450	Eggs, separated	2.00
5450	Rolled oats	2.50 c
5450	Baking powder	2.00 ts
5450	Vanilla	1.00 ts
5450	Salt	0.12 ts
5451	FILLING	0.00
5451	Peeled and sliced	6.00 c
5451	Fresh peaches	0.00
5451	Flour	0.25 c
5451	Packed brown sugar	0.25 c
5451	Granulated sugar	0.25 c
5451	Salt	0.25 ts
5451	Lemon juice	2.00 tb
5451	Nutmeg	0.25 ts
5451	Almond extract	0.50 ts
5451	CINNAMON ROLL TOPPING	0.00
5451	Flour	2.00 c
5451	Baking powder	2.00 ts
5451	Salt	0.50 ts
5451	Sugar	0.50 c
5451	Butter or margarine, chilled	0.50 c
5451	Milk (approx)	0.67 c
5451	Cinnamon	0.50 ts
5451	Nutmeg	0.25 ts
5451	Melted butter or marg.	2.00 tb
5452	Bottle root beer	1.00
5452	Lemon juice	1.00 tb
5452	Sugar	1.00 tb
5452	Few grains salt	0.00
5453	Sized red apples	4.00 md
5453	Lemon juice	1.00 tb
5453	Crumbled Roquefort cheese	1.50 oz
5453	French dressing	0.25 c
5453	Chopped walnuts	0.25 c
5453	Seedless raisins	2.00 tb
5454	Cabbage rose petals	3.00 oz

Sheet1

5454	Cream	1.00 qt
5454	Egg yolks	8.00
5454	Pounded sugar	10.00 oz
5454	Drained gelatine	2.00 oz
5454	(steeped in cold water)	0.00
5454	Double cream; well whipped	1.00 qt
5455	Vegetable oil	0.00
5455	Egg	1.00
5455	Sugar	1.00 tb
5455	Salt	0.25 ts
5455	All-purpose flour*	0.50 c
5455	Water or milk	0.50 c
5455	Vegetable oil	1.00 tb
5456	Rhubarb; finely chopped	4.00 c
5456	Sugar	1.00 c
5456	Grated orange peel	1.00 ts
5456	Orange juice	0.50 c
5456	Corn syrup	0.50 c
5456	Egg whites	2.00
5456	Sugar	2.00 tb
5456	Toasted coconut or nuts,	0.00
5456	if desired	0.00
5457	Evaporated skim milk	2.00 c
5457	Sugar	0.25 c
5457	Salt	0.12 ts
5457	Vanilla	1.00 ts
5457	Nutmeg	0.12 ts
5457	Egg yolks	4.00
5457	Diet jam, such as raspberry	8.00 ts
5457	or bysenberry	0.00
5457	Meringue Topping:	0.00
5457	Egg whites	4.00
5457	Salt	1.00 pn
5457	Cream of tartar	0.25 ts
5457	Sugar	0.25 c
5457	Vanilla	0.50 ts
5458	Unsalted butter, softened	1.00 c
5458	Cream cheese, softened	6.00 oz
5458	Unbleached white flour	2.25 c
5458	Salt	0.25 ts
5458	*=+	0.00
5458	CHOCOLATE CHIP FILLING*	0.00
5458	Semi-sweet mini chocolate	0.75 c
5458	pieces	0.00
5458	Finely chopped walnuts	0.75 c
5458	Sugar	0.50 c
5458	Unsweetened powdered cocoa	1.00 tb
5458	Cinnamon	0.50 ts
5458	*=+	0.00

Sheet1

5458	GLAZE*	0.00
5458	Egg yolk, beaten	1.00
5458	Water	0.25 c
5458	Sugar	0.25 c
5459	Sugar	0.25 c
5459	To 4 tb rum	2.00 tb
5459	Melt in double boiler:	0.00
5459	Semi-sweet or sweet	0.25 lb
5459	chocolate	0.00
5460	(3 1/8 oz) pkg vanilla	1.00
5460	pudding and pie filling mix	0.00
5460	(not instant)	0.00
5460	Milk	2.50 c
5460	Vanilla	1.00 ts
5460	(10 3/4 oz) prepared loaf	1.00
5460	pound cake	0.00
5460	Rum or orange-flavored	3.00 tb
5460	liqueur	0.00
5460	Whipping cream	1.00 c
5460	Powdered sugar	2.00 tb
5461	Sugar	1.00 c
5461	Egg yolks	3.00
5461	Eggs	2.00
5461	Evaporated milk	13.00 oz
5461	Grated orange peel	1.00 ts
5461	Rum	2.00 tb
5461	CHIFFON CAKE BATTER -----	0.00 -----
5461	Sifted cake flour	0.75 c
5461	Sugar	0.50 c
5461	Baking powder	1.00 ts
5461	Salt	0.25 ts
5461	Egg yolks	2.00
5461	Oil	3.00 tb
5461	Rum	1.00 tb
5461	Orange juice	3.00 tb
5461	Egg whites	3.00
5461	Cream of tartar	0.25 ts
5461	TO SERVE -----	0.00 -----
5461	Whipped cream	0.00
5462	Pineapple	1.00
5462	Melted butter	0.33 c
5462	Packed light brown sugar	0.25 c
5462	Dark rum	3.00 tb
5462	Ground cinnamon	0.50 ts
5462	Ground cloves	0.12 ts
5462	Freshly grated nutmeg	0.00
5463	Bananas	4.00
5463	Butter	4.00 tb
5463	Confectioners sugar	2.00 tb

## Sheet1

5463	Brown sugar 1/4	2.00 tb
5463	Cup rum	1.00
5464	Light rum	0.33 c
5464	Seedless raisins	0.50 c
5464	Evaporated skim milk (12 oz	2.00 cn
5464	ea.)	0.00
5464	Frozen no-fat liquid egg sub	1.00 c
5464	Lt. brown sugar (packed)	0.67 c
5464	Vanilla extract	1.50 ts
5464	Small loaf (approx 5 oz)	1.00
5464	French bread in 1" cubes	0.00
5465	Water	4.00 tb
5465	Gelatin	1.50 tb
5465	Ladyfingers	25.00
5465	Dark rum	0.33 c
5465	Maple syrup OR:	1.00 c
5465	Maple-flavored syrup	0.75 c
5465	Evaporated milk, chilled	14.00 oz
5465	Chopped pecans	0.50 c
5466	Rolled oats	0.33 c
5466	Flour	0.75 c
5466	Sugar	1.00 ts
5466	Salt	0.50 ts
5466	Chilled solid vegetable	6.00 tb
5466	Shortening	0.00
5466	Egg yolk	1.00
5466	Dark rum	2.00 tb
5467	Raisins	0.25 c
5467	Tart shells; baked	16.00
5467	Butter;soft	0.25 c
5467	Sugar; brown, lightly packe	0.50 c
5467	Corn syrup	0.50 c
5467	Egg	1.00
5467	Vinegar	1.00 ts
5467	Vanilla	1.00 ts
5467	Salt	0.00
5468	Softened butter	1.00 c
5468	Sugar	2.00 c
5468	Eggs--seperated	4.00
5468	Heavy cream	0.50 c
5468	Mashed potatos	1.00 c
5468	Ground almonds	1.00 c
5468	Unsweetened	4.00 oz
5468	chocolate--melted	0.00
5468	Pure vanilla extract	1.00 ts
5468	Rum	2.00 ts
5468	Cinnamon	1.00 ts
5468	Unbleached white flour	1.50 c
5468	Baking powder	2.00 ts

Sheet1

5468	FROSTING:	0.00
5468	Butter--softened	3.00 tb
5468	Powdered sugar--sifted	1.50 c
5468	Strong, warm freshly brewed	2.00 tb
5468	coffee	0.00
5468	Unsweetened	1.00 oz
5468	chocolate--melted	0.00
5468	Strong, dark rum	1.00 tb
5468	Pure vanilla extract	0.50 ts
5468	FILLING:	0.00
5468	Raspberry butter OR jam OR	0.50 c
5468	1/2 cup stewed dried	0.00
5468	apricots--pureed	0.00
5468	Whole almonds or 1/2 cup	16.00
5468	slivered almonds.	0.00
5469	Sugar	0.50 c
5469	Toasted pecans	0.33 c
5469	Flour	0.25 c
5469	Plums, quartered (about 14)	1.25 lb
5469	Nectarines, cut in wedges	0.50 lb
5469	(about 3)	0.00
5469	Butter	1.00 tb
5469	Milk or cream	1.00 tb
5469	Red currant jelly or seived	3.00 tb
5469	apricot jam	0.00
5469	PASTRY	0.00
5469	Flour	2.00 c
5469	Sugar	1.00 tb
5469	Salt	0.50 ts
5469	Cold butter, cubed	0.33 c
5469	Cold lard, cubed	0.33 c
5469	Egg yolk	1.00
5469	Lemon juice	1.00 ts
5470	Eggs, beaten	3.00
5470	Milk	1.00 c
5470	Butter or margarine, melted	3.00 tb
5470	All-purpose flour	0.67 c
5470	Rye flour	0.33 c
5470	Salt	0.50 ts
5471	MM BY HELEN PEAGRAM -----	0.00 -----
5471	Milk	4.00 c
5471	Long grain rice	0.75 c
5471	Eggs	4.00
5471	White sugar	0.50 c
5471	Vanilla	1.00 ts
5471	Orange rind, finely grated	1.50 ts
5471	RED CURRANT SAUCE -----	0.00 -----
5471	Red currants	3.00 c
5471	Sugar	0.75 c



Sheet1

5472	Orange	2.00
5472	Sugar	0.50 c
5472	Egg yolks	16.00
5472	Marsala	0.50 c
5472	Grand Marnier	0.50 c
5472	Chilled water	2.00 tb
5473	Oranges	2.00
5473	Lemons	2.00
5473	Egg yolks	6.00
5473	Sugar	1.50 c
5473	Red wine	0.50 c
5473	White wine	0.50 c
5473	Sherry	0.25 c
5473	French vanilla ice cream	1.00 qt
5473	Strawberries	24.00
5474	Egg Yolks	6.00 lg
5474	Sugar	0.33 c
5474	Dry White Wine	0.33 c
5474	Grand Marnier Or Mandrin	2.00 tb
5474	Napoleon Liqueur	0.00
5474	Whipping Cream, Whipped	0.50 pt
5474	Tart Red Cherries, Fresh Or	2.50 c
5474	Frozen	0.00
5475	Butter	0.75 c
5475	Unsweetened chocolate	3.00 oz
5475	Sugar	1.50 c
5475	Eggs	3.00
5475	Vanilla	1.50 ts
5475	Flour	1.25 c
5475	Preserves (we used 1 c	2.00 c
5475	raspberry on one half, and	0.00
5475	1 cup	0.00
5475	Apricot on the other)	0.00
5475	(approx) semisweet chocolate	9.00 oz
5475	chips	0.00
5476	Basmati rice	0.50 c
5476	Skim milk	2.00 c
5476	Vanilla	1.00 ts
5476	Sugar	3.00 ts
5476	Raisins	0.50 c
5476	On dairy whipped topping	1.00 c
5476	Sprigs mint (optional)	6.00
5477	Basmati rice	0.50 c
5477	Skim milk	2.00 c
5477	Vanilla	1.00 ts
5477	Sugar	3.00 ts
5477	Raisins	0.50 c
5477	Non dairy whipped topping	1.00 c
5477	Sprigs mint (optional)	6.00

Sheet1

5478	Packed brown sugar	1.50 c
5478	Margarine or shortening	0.50 c
5478	Shortening	0.50 c
5478	Eggs	2.00
5478	Vanilla	2.00 ts
5478	All-purpose flour*	3.00 c
5478	Salted peanuts	2.00 c
5478	Baking soda	0.50 ts
5478	Salt	0.25 ts
5479	Cold milk	2.00 c
5479	JELL-O vanilla pudding mix	1.00 pk
5479	COOL-WHIP topping,thawed	1.00 pk
5479	Vanilla wafers,crushed(12oz)	1.00 pk
5479	7 oz plastic cups	10.00
5479	SUGGESTED DECORATIONS -----	0.00 -----
5479	Miniature umbrellas	0.00
5479	Gummy sea shells	0.00
5479	Gummy worms	0.00
5479	Gummy sharks	0.00
5479	Candy stars	0.00
5479	Chopped peanuts	0.00
5480	Light corn	6.00 tb
5480	Oil spread	0.00
5480	Granulated sugar	1.00 c
5480	Cocoa	0.50 c
5480	Powdered instant	1.50 ts
5480	Espresso or powdered	0.00
5480	Instant coffee	0.00
5480	Frozen egg substitute,	0.50 c
5480	Thawed	0.00
5480	All-purpose flour	0.50 c
5480	Finely chopped walnuts	0.25 c
5480	Powdered sugar	0.00
5481	Pet Milk	13.00 oz
5481	Kraft's caramels	1.00 lb
5481	Butter or margarine	0.50 lb
5481	NESTLES MILK CHOCOLATE	12.00 oz
5481	(do not substitute on the	0.00
5481	candy)	0.00
5481	Recipe #2	0.00
5481	Can Eagle Brand Sweetened	14.00 oz
5481	Condensed Milk	0.00
5481	Light Karo syrup	14.00 oz
5481	Butter	0.50 lb
5481	Nestles Milk Chocolate	12.00 oz
5482	Sugar	2.50 c
5482	Butter Or Margarine	2.00 c
5482	Eggs; Large	2.00
5482	Flour; Unbleached, Unsifted	4.00 c

Sheet1

5482	Egg White; Large, Beaten	1.00
5482	Sugar	0.00
5482	Cinnamon	0.00
5482	Pecan; Halves	0.00
5483	Packed brown sugar	0.50 c
5483	Light corn syrup	0.25 c
5483	Water	2.00 tb
5483	Egg whites	2.00
5483	Vanilla	0.50 ts
5484	Dried apricots	2.00 c
5484	Water	1.25 c
5484	Sugar	1.33 c
5484	Canned crushed pineapple	5.00 c
5485	Apples, golden delicious	8.00
5485	Appricots, dried	6.00 oz
5485	Butter or margerine	0.50 c
5485	Brown sugar, packed	0.33 c
5485	Cinnamon, ground	0.50 ts
5486	ICE SWAN (optional, see	0.00
5486	note):	0.00
5486	Gal distilled water	1.00
5486	LEMON SORBET -----	0.00 -----
5486	Water	1.00 c
5486	Sugar	0.75 c
5486	Mineral water	1.50 c
5486	Lemon juice	1.00 c
5486	Grated lemon rind	1.00 ts
5486	Egg white, beaten until	1.00 lg
5486	stiff peaks form	0.00
5486	STRAWBERRY SORBET -----	0.00 -----
5486	Sugar	1.00 c
5486	Water	1.00 c
5486	Fresh strawberries, hulled	2.00 pt
5486	(4 cups)	0.00
5486	Orange juice	2.00 tb
5486	Lemon juice	1.00 tb
5486	BLACKBERRY SORBET -----	0.00 -----
5486	Sugar	1.00 c
5486	Water	1.00 c
5486	Fresh, or 4 cups frozen,	2.00 pt
5486	blackberries	0.00
5486	Egg whites, beaten until	2.00 lg
5486	stiff peaks form	0.00
5486	GARNISH -----	0.00 -----
5486	Mint sprigs (optional)	0.00
5486	Flowers for garnish	0.00
5486	(optional)	0.00
5487	Peaches, ripe, peeled	4.00
5487	Peach Schnapps	0.25 c

Sheet1

5487	Whipping Cream	0.50 c
5487	Orange, juice, grated rind	1.00
5488	Butter	0.50 c
5488	Bar German chocolate	0.50
5488	Eggs	3.00
5488	Sugar	1.00 c
5488	Flour	0.50 c
5488	Vanilla	1.00 ts
5489	Large apples	4.00
5489	Sugar	0.33 c
5489	Cinnamon	0.12 ts
5489	Salt	0.12 ts
5489	Butter	1.00 ts
5489	Rolled oats	0.50 c
5489	Skim milk	1.50 c
5490	Margarine or butter, softene	0.75 c
5490	Sugar	0.25 c
5490	All-purpose flour*	2.00 c
5491	COFFEE -----	0.00 -----
5491	Half and half	2.67 c
5491	Egg yolks	6.00
5491	Dark brown sugar, packed	0.75 c
5491	All-purpose flour	3.00 tb
5491	Vanilla extract	1.50 ts
5491	Whipping cream; chilled +	1.00 c
5491	Whipping cream; chilled	2.00 tb
5491	Instant espresso powder	1.25 ts
5491	OR- instant coffee powder	0.00
5491	Scotch whisky	3.00 tb
5491	TRIFLE -----	0.00 -----
5491	Frozen pound cake, 1-lb.size	1.00
5491	thawed, cut into 3/4" cubes	0.00
5491	Scotch whisky	6.00 tb
5491	Raspberry jam	1.00 c
5491	Fresh raspberries; -OR-	1.00 pt
5491	Frozen raspberries, thawed	24.00 oz
5491	Bananas; peeled,	2.00 lg
5491	halved lengthwise, sliced	0.00
5491	TO FINISH -----	0.00 -----
5491	Whipping cream; chilled	2.00 c
5491	Sugar	3.00 tb
5491	Scotch whisky	3.00 tb
5491	Fresh raspberries	0.50 pt
5491	Semisweet chocolate	0.00
5491	curled or grated	0.00
5492	SPONGE ROLL -----	0.00 -----
5492	Eggs	3.00 lg
5492	Sugar	0.50 c
5492	Vanilla	0.50 ts

Sheet1

5492	Flour	0.75 c
5492	Baking powder	0.50 ts
5492	Raspberry jam, seedless	0.33 c
5492	Kirsch	1.00 tb
5492	Med-dry sherry	0.25 c
5492	CUSTARD -----	0.00 -----
5492	Egg yolks	7.00 lg
5492	Sugar	1.00 c
5492	Milk, scalded & cooled	2.00 c
5492	Heavy cream, scalded &	0.50 c
5492	cooled slightly	0.00
5492	Vanilla	1.00 ts
5492	Creme fraiche	0.50 c
5492	Med-dry sherry	0.25 c
5492	ASSEMBLY -----	0.00 -----
5492	Amaretti	1.50 c
5492	Med-dry sherry	0.25 c
5492	Heavy cream, well chilled	1.00 c
5492	GARNISH -----	0.00 -----
5492	Pistachio nuts, shelled and	2.00 tb
5492	chopped	0.00
5492	Candied citron or angelica,	0.00
5492	cut into bits	0.00
5492	Raspberry jam, seedless	0.00
5493	Strawberries	2.00 c
5493	Yogurt, plain	0.50 c
5493	Sugar, (OR	0.50 c
5493	Honey)	0.25 c
5493	Dry red wine	0.50 c
5493	Strawberry halves	1.00 c
5494	Butter	1.00 c
5494	Sugar	0.67 c
5494	Vanilla	1.00 ts
5494	Flour	2.00 c
5494	Walnuts, chopped fine	1.00 c
5494	Pkg chocolate kisses	1.00
5494	Powdered sugar	1.00 c
5495	Butter	1.00 c
5495	Brown sugar	1.00 c
5495	Sorghum molasses	2.00 c
5495	Sour milk	1.00 c
5495	Soda	1.00 ts
5495	Flour	4.00 c
5495	Powdered ginger	3.00 ts
5495	Eggs	4.00
5496	Toasted sesame seeds	0.75 c
5496	All-purpose flour, sifted	2.25 c
5496	Baking powder	1.00 ts
5496	Baking soda	0.50 ts

Sheet1

5496	Vegetable Shortening	1.50 c
5496	Sugar	1.00 c
5496	Eggs	2.00
5496	Vanilla extract	1.00 ts
5496	Egg yolk	1.00
5497	1ST LAYER -----	0.00 -----
5497	Flour	1.50 c
5497	Melted butter	0.75 c
5497	Walnuts, chopped	0.50 c
5497	2ND LAYER -----	0.00 -----
5497	Cream cheese, softened	8.00 oz
5497	Powdered sugar	1.00 c
5497	Cool Whip	1.00 c
5497	Vanilla	1.00 ts
5497	3RD LAYER -----	0.00 -----
5497	Milk	2.50 c
5497	Vanilla pudding inst, large	2.00
5497	4TH LAYER -----	0.00 -----
5497	Milk	2.50 c
5497	Chocolate inst pudding, larg	2.00
5497	5TH LAYER -----	0.00 -----
5497	Cool Whip	0.00
5498	Flour	0.50 c
5498	White sugar	0.33 c
5498	Brown sugar	0.25 c
5498	Cinnamon	1.00 ts
5498	Allspice	0.25 ts
5498	Butter	4.00 tb
5499	Sugar, heaping	0.00 qt
5499	Evaporated milk	8.00 oz
5499	Oranges, juice of	4.00
5499	Lemons, juice of	3.00
5499	Heavy cream	1.00 qt
5499	Pineapple, small, drained	1.00 cn
5499	Milk, whole	0.00
5500	Pineapple sherbet	0.50 ga
5500	Frozen strawberries, thawed	10.00 oz
5500	(1 package)	0.00
5500	Chopped pecans, as desired	0.00
5500	(optional)	0.00
5500	Bananas, chopped	4.00
5501	Egg whites	5.00
5501	Of salt	1.00 pn
5501	Sugar	1.00 c
5501	Egg yolks, slightly beaten	5.00
5501	Vanilla	1.00 ts
5501	Sifted flour	1.00 c
5501	Baking powder Filling:	1.00 ts
5501	Ricotta cheese	2.00 lb

Sheet1

5501	Confectioners' sugar	3.00 tb
5501	Mixed candied fruit, chopped	1.00 c
5501	fine	0.00
5501	Good quality bittersweet	4.00 oz
5501	chocolate, chopped fine	0.00
5501	Brandy, Maraschino liqueur	0.50 c
5501	or rum Frosting:	0.00
5501	Heavy cream, whipped	1.00 c
5501	Confectioners' sugar	3.00 tb
5501	Bittersweet chocolate	1.00 oz
5501	Maraschino cherries	0.50 c
5501	Pistachio nuts	0.33 c
5502	Cornflour	25.00 g
5502	Milk	250.00 ml
5502	Good dark chocolate	100.00 g
5502	Sugar	50.00 g
5502	Egg yolks	3.00
5502	Egg whites	5.00
5502	Extra sugar, caster if	1.00 tb
5502	available.	0.00
5503	Flour	3.00 c
5503	Baking soda	1.00 ts
5503	Salt	0.50 ts
5503	Butter	0.75 c
5503	Sugar, brown lightly packed	1.50 c
5503	Vanilla	1.00 ts
5503	Egg	1.00
5503	Fruit cocktail, well drained	1.00 c
5503	Walnuts	0.50 c
5504	Egg Yolks	3.00 lg
5504	Sweetened Condensed Milk; 1	14.00 oz
5504	Can	0.00
5504	;Water	3.00 tb
5504	Vanilla Extract	1.00 tb
5504	Skor Toffee Candy Bars; 5	6.25 oz
5504	Bars (English Toffee Can	0.00
5504	Be Used)	0.00
5504	Whipping Cream; Chilled	2.00 c
5505	Margarine, softened	2.00 c
5505	Granulated sugar	2.00 c
5505	Whole smilin' eggs	3.00
5505	Teaspoons vanilla extract	2.00
5505	Teaspoon lemon extract	1.00
5505	All-purpose flour	6.00 c
5505	Teaspoon baking soda	1.00
5506	Strawberries, hulled	1.00 pt
5506	Juice of 1/2 lemon	1.00
5506	Water	0.00
5506	Granulated sugar	0.50 c

Sheet1

5506	Cornstarch	1.00 tb
5506	Kiwis	6.00
5506	Bananas	3.00
5507	Granulated Sugar	2.00 tb
5507	Lemon Juice	2.00 tb
5507	Peaches, peeled, sliced	5.00
5507	Bottle of Champagne	1.00
5508	Pie Crust for 9" pies	2.00
5508	Egg	1.00
5508	Cream Cheese; room temp.,	2.00 pk
5508	3 oz ea.	0.00
5508	Powdered Sugar	0.50 c
5508	Peach Pie Filling	20.00 oz
5509	Plain gelatin	1.00 pk
5509	Milk	0.75 c
5509	Sugar	0.67 c
5509	Plain yogurt	2.50 c
5509	Vanilla	1.00 tb
5510	Plain gelatin	0.50 pk
5510	Milk	2.50 c
5510	Sugar	0.25 c
5510	Vanilla	0.50 tb
5510	Salt	0.12 ts
5510	Eggs	2.00
5510	Sugar	0.25 c
5511	FIRST LAYER -----	0.00 -----
5511	Milk chocolate chips	1.00 c
5511	Butterscotch chips	0.25 c
5511	SECOND LAYER -----	0.00 -----
5511	Sugar	1.00 c
5511	Milk	0.25 c
5511	Margarine	0.25 c
5511	Peanut butter	0.25 c
5511	Marshmallow cream	1.00 c
5511	Vanilla	1.00 ts
5511	Peanuts	2.00 c
5511	THIRD LAYER -----	0.00 -----
5511	Caramels	40.00
5511	Water	2.00 tb
5511	FOURTH LAYER -----	0.00 -----
5511	Milk chocolate chips	1.00 c
5511	Butterscotch chips	0.25 c
5511	Peanut butter	0.25 c
5512	Butter or margarine	1.00 c
5512	Brown sugar; packed	0.75 c
5512	Sugar	0.00 c
5512	Eggs	2.00
5512	Flour; all-purpose	1.75 c
5512	Uncooked oats	2.00 c



Sheet1

5512	Cinnamon	2.00 ts
5512	Baking soda	1.00 ts
5512	Salt; (optional)	0.50 ts
5513	PATTI -----	0.00 -----
5513	Vanilla ice cream	12.00 oz
5513	Crunchy peanut butter	0.25 c
5513	Cool whip	1.00 c
5513	Instant chocolate pudding	1.00 pk
5514	Butter, softened	1.00 c
5514	Powdered sugar	0.75 c
5514	Almond extract	0.50 ts
5514	Flour	2.00 c
5514	Salt	0.25 ts
5514	Uncooked oats	1.00 c
5514	Finely chopped almonds	0.50 c
5515	Water	1.00 c
5515	Sugar	6.00 tb
5515	Cornstarch	3.50 tb
5515	Egg Whites	2.00
5515	Vanilla	1.00 tb
5515	Milk	1.50 c
5515	Egg yolks, Beaten	2.00
5516	Sugar	0.25 c
5516	Salt	0.25 ts
5516	Half-N-half or milk	1.25 c
5516	Orange juice	2.00 tb
5517	Sugar	1.00 c
5517	Shortening	1.00 c
5517	Egg	1.00
5517	Molasses	1.00 c
5517	Sour milk or buttermilk	1.00 c
5517	Flour	4.50 c
5517	Flour	3.00 tb
5517	Baking soda	4.00 ts
5517	Ginger	2.50 ts
5518	Sugar	1.50 c
5518	Cabernet Sauvignon	1.25 c
5518	Water	1.00 c
5518	Red seedless grapes	2.00 lb
5518	Chilled fresh lemon juice	1.00 c
5518	Garnish peeled & sliced thin	4.00
5518	kiwi	0.00
5519	Unflavored gelatin	2.00 ts
5519	Sugar	0.50 c
5519	Water	1.00 c
5519	Salt	0.12 ts
5519	Dry white wine	1.00 c
5519	Lemon juice	2.00 tb
5519	Water	1.00 c

## Sheet1

5519	Water	0.50 c
5519	Cream of tartar	0.12 ts
5519	Egg whites	2.00
5520	CHERRY 'SOUP -----	0.00 -----
5520	Black cherries (2 1/4 lb),	1.00 kg
5520	stoned, weighing 400 g	0.00
5520	(14 oz)	0.00
5520	Unsalted butter (1 oz)	30.00 g
5520	Sugar (2 oz)	60.00 g
5520	Kirsch	0.00
5520	SOUFFLE -----	0.00 -----
5520	Egg yolk	1.00 x
5520	Egg whites	2.00 x
5520	Sugar (2 1/2 oz)	70.00 g
5520	Lemon juice	1.50 tb
5521	Sugar	1.00 c
5521	Shortening	0.25 c
5521	Margarine or butter, softene	0.25 c
5521	Vanilla	1.00 ts
5521	Egg	1.00
5521	All-purpose flour*	2.67 c
5521	Sour cream	0.50 c
5521	Baking powder	1.00 ts
5521	Baking powder	0.50 ts
5521	Salt	0.50 ts
5521	Ground nutmeg	0.25 ts
5521	Sugar	0.00
5522	Lime jell-o; (2 pkgs)	6.00 oz
5522	Sour cream	1.00 pt
5522	Maraschino cherries; drained	8.00 oz
5522	Pineapple;crushed, undrained	20.00 oz
5522	Pecans; coarsely cut	0.50 c
5522	Whipped cream	0.00
5523	Sugar	1.00 c
5523	Shortening	0.50 c
5523	Vanilla	1.00 ts
5523	Eggs	2.00
5523	All-purpose flour*	2.00 c
5523	Sour cream	0.50 c
5523	Baking soda	1.00 ts
5523	Baking powder	0.50 ts
5523	Salt	0.25 ts
5523	Ground nutmeg	0.12 ts
5523	Raisins	1.33 c
5524	Active Sourdough Starter	1.00 c
5524	Hot Water	0.50 c
5524	Molasses	0.50 c
5524	Salt	0.50 ts
5524	Baking Soda	1.00 ts

Sheet1

5524	Firmly Packed Brown Sugar	0.50 c
5524	Egg	1.00 lg
5524	Unbleached Flour	1.50 c
5524	Ginger	1.00 ts
5524	Cinnamon	1.00 ts
5524	Shortening	0.50 c
5525	Soursop puree	2.00 c
5525	Ginger juice	0.25 c
5525	Lime juice	2.00 tb
5525	Vanilla flavoring	0.50 ts
5525	(14 oz) large can condensed	1.00
5525	milk	0.00
5526	Sugar	1.00 c
5526	Water	2.00 c
5526	Soursop puree	2.00 c
5526	Lemon juice	1.00 tb
5526	Egg white	1.00
5527	Milk	2.00 c
5527	Sugar	0.50 c
5527	Egg, beaten	1.00
5527	Butter	4.00 tb
5527	Salt	1.00 ts
5527	Dry yeast	2.00 pk
5527	Flour	6.00 c
5527	Filling	3.00 c
5528	Pears with stems(Bartlett)	8.00
5528	Brown sugar, dark, packed	0.25 c
5528	Gentleman Jack Rare Whiskey	0.25 c
5528	Vanilla ice milk	0.75 c
5528	Mint leaves for garnish	1.00
5528	Strawberries, sliced (opt)	1.00
5529	Grated sweet potatoes	1.50 c
5529	(6 oz) evaporated milk	1.00 cn
5529	Mace	0.25 ts
5529	Ginger	0.25 ts
5529	Cinnamon	0.25 ts
5529	Of salt	1.00 pn
5529	Sugar	0.50 c
5529	Butter, melted	0.25 c
5529	Molasses	2.00 tb
5529	Sweet milk	1.00 c
5529	Eggs	2.00
5529	To 4 tbsp bourbon whiskey	3.00
5529	Lemon juice	1.00 ts
5530	Envelope unflavored gelatin	1.00
5530	Cold water	0.25 c
5530	Fruit juice	0.50 c
5530	Sherbet	2.00 c
5530	Whipping cream, whipped	0.50 c

Sheet1

5531	Flour	1.50 c
5531	Sugar	1.50 ts
5531	Salt	0.75 ts
5531	Oil; corn	0.50 c
5531	Milk; cold	3.00 tb
5532	INGREDIENTS:	0.00
5532	Gooseberries	5.00 lb
5532	Brown sugar	3.00 lb
5532	Vinegar	1.00 pt
5532	Cinnamon	2.00 tb
5532	Ground cloves	1.00 tb
5533	Shortening	0.50 c
5533	Flour	2.75 c
5533	Orange rind, grated	2.00 tb
5533	Soda	1.00 ts
5533	Salt	0.50 ts
5533	Brown sugar	0.50 c
5533	Cinnamon	1.00 ts
5533	Eggs	3.00
5533	Mace	1.00 ts
5533	Molasses or sorghum	1.00 c
5533	Nutmeg	1.00 ts
5533	Orange juice	0.25 c
5533	Raisins	0.50 c
5533	Brandy, fruitjuice or coffee	0.25 c
5534	Peaches, pears or crabapples	3.00 qt
5534	White vinegar	1.00 pt
5534	Sugar	4.00 c
5534	Water	1.00 pt
5534	Cinnamon sticks	3.00
5534	Whole cloves	1.00 ts
5535	Pitted prunes(12oz)	1.00 pk
5535	Sweet red wine	0.33 c
5535	Sugar	0.25 c
5535	Whole cloves	4.00
5535	Cinnamon stick,2"	1.00
5536	Half and half (light cream)	3.00 c
5536	Eggs	6.00 lg
5536	Sugar	0.50 c
5536	Firmly packed golden brown	0.50 c
5536	sugar	0.00
5536	Unsulfered (light) molasses	6.00 tb
5536	Ground cinnamon	1.50 ts
5536	Ground ginger	1.50 ts
5536	Ground nutmeg	0.75 ts
5536	Ground cloves	0.12 ts
5536	Salt	0.25 ts
5536	Solid pack pumpkin (24 oz)	1.50 lb
5536	Walnut Cream:	0.00

Sheet1

5536	Chilled whipping cream	1.50 c
5536	Powdered sugar	3.00 tb
5536	Dark rum	1.50 tb
5536	Walnuts, toasted, finely	0.75 c
5536	chopped	0.00
5537	Water	1.50 qt
5537	Ripe (bright yellow) quinces	2.00 lb
5537	Sugar	1.00 c
5537	Vanilla bean	0.50
5537	split lengthwise	0.00
5537	Cinnamon stick (2-inch)	1.00
5537	Cloves	4.00
5537	Cardamom seeds	0.12 ts
5537	Wide strips orange peel	2.00
5538	Sugar	0.75 c
5538	Flour	1.00 tb
5538	Salt	0.75 ts
5538	Ground ginger	1.00 ts
5538	Ground nutmeg	0.50 ts
5538	Eggs	3.00 lg
5538	Cooked, mashed winter squash	1.50 c
5538	Milk	1.50 c
5538	Light molasses	2.00 tb
5538	Melted butter or margarine	2.00 tb
5539	PASTRY -----	0.00 -----
5539	Wholemeal flour	50.00 g
5539	Plain white flour	50.00 g
5539	Salt	0.25 ts
5539	Margarine	50.00 g
5539	FILLING -----	0.00 -----
5539	Peeled and chopped onion	0.50
5539	Oil	1.00 tb
5539	Crushed garlic clove	0.50
5539	Ground coriander	0.50 tb
5539	Ground cumin	0.50 ts
5539	Peeled and diced potato	50.00 g
5539	Peeled and diced carrots	50.00 g
5539	Chick peas	210.00 g
5539	Salt	0.00
5539	Pepper	0.00
5540	Sifted all-purpose flour	1.00 c
5540	Baking powder	2.00 ts
5540	Sugar	0.75 c
5540	Salt	0.12 ts
5540	Cocoa	2.00 tb
5540	Cinnamon	0.75 ts
5540	Cloves	0.25 ts
5540	Combine:	0.00
5540	Milk	0.50 c

Sheet1

5540	Vanilla	0.50 ts
5540	Melted butter	2.00 tb
5541	Honey	1.50 c
5541	Sugar; granulated	1.50 c
5541	Water	1.00 c
5541	Lemon juice	1.00 tb
5541	Walnuts; finely chopped	1.00 lb
5541	Butter ; softened	1.25 c
5541	Cinnamon; ground (or more)	4.00 ts
5541	Oil; vegetable	1.50 c
5541	Sugar; icing	0.50 c
5541	Oranges' strained juice	2.00
5541	Cognac or brandy	2.00 tb
5541	Cloves; ground	0.25 ts
5541	Nutmeg; ground	0.50 ts
5541	Baking powder	1.00 ts
5541	Baking soda	0.50 ts
5541	Flour; all purpose (or more)	6.00 c
5541	Walnuts; finely chopped	2.00 oz
5542	All purpose flour	2.00 c
5542	Salt	0.50 ts
5542	Ground cayenne	2.00 ts
5542	(2 sticks) unsalted butter, chilled	1.00 c 0.00
5542	Cream cheese, at room temperature	6.00 oz 0.00
5543	Brown sugar	1.00 tb
5543	Maple syrup	2.00 tb
5543	Ground cinnamon	0.25 ts
5543	Peychaud or other cocktail bitters	0.25 ts 0.00
5543	Of ground red pepper	1.00 ds
5543	Kiwifruit, peeled and quartered	2.00 0.00
5543	(1 inch) slices banana	8.00
5543	(about 2 small)	0.00
5543	(1 inch) cubes seeded watermelon	8.00 0.00
5543	(1 inch) chunks fresh pineapple	8.00 0.00
5543	Vegetable cooking spray	0.00
5544	(29 oz) sliced peaches	1.00 cn
5544	Packed brown sugar	0.50 c
5544	Ground cinnamon	0.25 ts
5544	Ground allspice	0.25 ts
5544	Rolled oats	0.50 c
5544	All-purpose flour	0.25 c
5544	Ground nutmet	0.25 ts
5544	Butter or margarine	0.25 c

Sheet1

5545	Peaches, peeled and sliced,	4.00 md
5545	or 1 pkg. (16-oz)	0.00
5545	Frozen sliced peaches,	0.00
5545	thawed and drained.	0.00
5545	Packed brown sugar	3.00 tb
5545	Cornstarch	2.00 tb
5545	Ground cinnamon	0.50 ts
5545	Ground ginger	0.25 ts
5545	Ground all-spice	0.25 ts
5546	Peaches	0.50 c
5546	Sugar	0.67 c
5546	Yogurt	3.00 c
5546	Ground nutmeg	0.12 ts
5546	Ground cinnamon	0.25 ts
5546	Cloves	0.12 ts
5546	Vanilla	1.00 ts
5547	To 7 c fresh summer fruit *	6.00 c
5547	Plain yogurt	1.50 c
5547	Chopped almonds, pecans	0.50 c
5547	or walnuts	0.00
5547	Currants or raisins	0.33 c
5547	Honey	2.00 tb
5547	Freshly grated ginger	0.50 ts
5547	Cinnamon	1.00 ts
5547	Nutmeg	0.25 ts
5547	Ground cloves	0.25 ts
5548	Cinnamon stick,2"	1.00
5548	Whole cloves	6.00
5548	Water	0.50 c
5548	Sweet red wine	0.50 c
5548	Sugar	0.25 c
5548	Lemon juice	2.00 tb
5548	Mixed dried fruit(11oz)	1.00 pk
5548	Bananas	2.00
5549	Box fudge brownie mix	21.50 oz
5549	Water	0.50 c
5549	Oil	0.50 c
5549	Eggs	2.00
5549	Package white chocolate	10.00 oz
5549	pieces	0.00
5549	Jar salted macadamia nuts,	3.50 oz
5549	chopped (reserve 6)	0.00
5549	Topping:	0.00
5549	Package white chocolate	10.00 oz
5549	pieces	0.00
5549	Heavy cream	0.25 c
5549	White chocolate liquer or	1.00 tb
5549	creme de cacao	0.00
5549	Milk chocolate or semisweet	1.00 oz

## Sheet1

5549	chocolate, melted, for	0.00
5549	garnish	0.00
5550	Dark brown sugar, packed	1.00 c
5550	Water	0.50 c
5550	Toasted bread cubes	4.00 c
5550	Raisins	0.50 c
5550	Peeled and thinly sliced	1.00 c
5550	tart baking apples	0.00
5550	Melted butter or margarine	0.25 c
5550	Eggs	2.00
5550	Milk	1.50 c
5550	Ground cinnamon	1.00 ts
5550	Ground nutmeg	0.25 ts
5550	Grated cheddar cheese (1	0.50 c
5550	oz.), optional	0.00
5550	Nonfat frozen vanilla yogurt	1.00 qt
5551	Flour	4.00 c
5551	Baking powder	2.00 ts
5551	Eggs, well beaten	4.00
5551	Sugar	2.00 c
5551	Boiling water	2.00 ts
5551	Anise seed	2.00 tb
5552	Eggs; Large	4.00
5552	Sugar	2.00 c
5552	Anise Extract	1.00 ts
5552	Cake Flour; Sifted	4.50 c
5553	Margarine or butter, softene	1.00 c
5553	Sugar	0.50 c
5553	All-purpose flour*	2.25 c
5553	Almond or vanilla extract	1.00 ts
5553	Egg	1.00
5554	Butter; (No Margarine)	1.00 c
5554	Confectioners' Sugar	0.67 c
5554	Egg; Large	1.00
5554	Egg Yolk; Large	1.00
5554	Almond Or Lemon Extract	1.00 ts
5554	Flour; Unbleached, Unsifted	2.25 c
5554	Salt	0.25 ts
5554	Baking Powder	0.50 ts
5555	Egg yolks	5.00
5555	Sugar	0.75 c
5555	Milk	2.00 c
5555	Piece vanilla bean	1.00
5555	Heavy cream	1.00 c
5555	Sugar	0.25 c
5555	Chopped marachino cherries	1.00 tb
5555	Shredded candied orange peel	1.00 tb
5555	Slivered blanched almonds	1.00 tb
5556	Beef suet	0.25 lb



Sheet1

5556	Small piece stick cinnamon	0.00
5556	Grated rind of one lemon	0.00
5556	Indian meal	1.00 pt
5556	Milk	1.00 pt
5556	Eggs	3.00
5556	Molasses	0.25 pt
5557	Sifted all purpose flour	1.50 c
5557	Soft shortening	0.25 c
5557	Baking soda	1.00 ts
5557	Sugar	1.00 c
5557	Salt	0.50 ts
5557	Eggs, well beaten	2.00
5557	Cinnamon	0.50 ts
5557	Shredded apples	2.50 c
5557	Crushed cardamom seeds	0.25 ts
5557	Golden raisins	0.50 c
5559	Brown sugar	1.00 c
5559	Milk	2.00 c
5559	Seedless raisins	0.50 c
5559	Vanilla extract	1.00 ts
5559	Thin slices good-quality	5.00
5559	white bread	0.00
5559	Ground cinnamon	0.50 ts
5559	Salt	0.25 ts
5559	(1/2 sticks) butter,	0.25 c
5559	softened	0.00
5559	Eggs	3.00
5560	Flour	0.67 c
5560	Ground ginger	1.00 tb
5560	Baking powder	1.00 pn
5560	(4 ounces) butter	0.50 c
5560	Sugar	0.50 c
5560	Eggs	2.00 lg
5560	Scant 1/3 cup milk	0.00
5560	Preserved ginger, chopped	3.00 tb
5560	fine	0.00
5561	Fresh Bartlett pears	4.00
5561	Orange honey	4.00 tb
5561	Minced preserved jujubes	4.00 ts
5561	(Chinese dates)	0.00
5562	Firm pears	4.00
5562	Sugar, preferably Chinese	3.00 tb
5562	rock sugar	0.00
5562	Water	0.33 c
5562	Pieces Chinese cinnamon bark	2.00
5562	or: cinnamon sticks	0.00
5563	Apples	2.00 lb
5563	Butter	2.00 tb
5563	Sugar	0.50 c

Sheet1

5563	Water	0.50 c
5563	White wine	0.50 c
5563	Piece lemon peel	1.00 sm
5563	Lemon juice	1.00 tb
5564	Envelope (1 Tbsp) unflavored	1.00
5564	gelatin	0.00
5564	Cold water	0.75 c
5564	Sour cream, at room	1.00 c
5564	temperature	0.00
5564	Whipping cream	1.00 c
5564	Sugar	0.50 c
5564	Vanilla	1.00 ts
5564	Fresh strawberries, sliced	2.00 pt
5565	Milk	3.00 c
5565	Gelatine	1.00 tb
5565	Rice (uncooked)	0.50 c
5565	Cold Water	0.50 c
5565	Salt	0.50 ts
5565	Lemon Juice	1.00 tb
5565	Sugar	0.50 c
5565	Cream	0.50 c
5566	(4 serving size) strawberry	1.00 pk
5566	flavored gelatin	0.00
5566	Boiling water	0.50 c
5566	Strawberries, washed	2.00 pt
5566	10 oz frozen raspberries,	1.00 pk
5566	thawed	0.00
5566	Raspberry-flavor liqueur	2.00 tb
5567	Strawberry jelly	0.33 c
5567	Strawberries,fresh	1.00 pt
5567	Chocolate curls,dark/light	0.50
5568	Macaroon (cookie) coconut	0.75 lb
5568	Condensed milk	1.00 cn
5568	Drops red coloring	20.00
5568	Pkgs. strawberry jello	3.00 sm
5568	Almond flavoring	1.00 ts
5569	Ripe strawberries	2.00 qt
5569	Bottle fruity, pinot noir	0.50
5569	red wine	0.00
5569	Balsamic vinegar	4.00 tb
5569	Granulated sugar (or to	0.50 c
5569	taste)	0.00
5569	Sprigs of mint for garnish	4.00
5570	Sugar	6.00 tb
5570	Orange-flavor liqueur	0.33 c
5570	Whole fresh strawberries,	2.00 pt
5570	washed and stemmed	0.00
5570	Whipping cream, whipped	1.00 c
5570	stiff and sweetened to	0.00

Sheet1

5570	taste	0.00
5571	Pt. basket Oregon	1.00
5571	strawberries, washed and	0.00
5571	hulled	0.00
5571	Pt. whipping cream.	0.50
5571	Slosh of Kahlua	1.00
5572	Sugar	0.25 c
5572	Sugar	1.00 tb
5572	Egg yolk	3.00
5572	Orange peel, grated	1.50 ts
5572	Champagne, dry	0.50 c
5572	Whipping cream, chilled	0.25 c
5572	Whipping cream, chilled	2.00 tb
5572	Liqueur, Grand Marnier	1.50 ts
5572	Strawberries, fresh, hulled	1.50 pt
5572	& halved	0.00
5572	Mint leaf, fresh	0.00
5573	Egg Yolks	3.00
5573	Granulated Sugar	0.25 c
5573	Orange Juice	0.33 c
5573	Orange Flavoured Liqueur	1.50 tb
5573	*OR*	0.00
5573	Dark Rum	1.50 tb
5573	Whipping Cream	0.33 c
5573	Strawberries, halved	3.00 c
5573	Mint Sprigs	1.00
5574	Fresh Strawberries *	1.00 pt
5574	Sugar	3.00 tb
5574	YOGURT TOPPING -----	0.00 -----
5574	Egg Yolks	3.00 x
5574	Sugar	0.33 c
5574	Vanilla	1.00 ts
5574	Nutmeg	1.00 ds
5574	Brandy	1.00 tb
5574	Plain Yogurt	2.00 c
5574	GARNISH -----	0.00 -----
5574	Sliced Almonds	2.00 tb
5574	Chocolate Shavings/Sprinkles	0.25 c
5575	Angel food cake	1.00
5575	Strawberry Jello, lg	1.00 pk
5575	Frozen whipped topping, lg	1.00 pk
5575	Frozen strawberries	1.00 pk
5576	Unsweetened strawberries	3.00 c
5576	Water	1.00 c
5576	Unflavored gelatin (1 packet	1.00 tb
5576	Cornstarch	1.00 tb
5576	Egg, separated	1.00
5576	Artificial sweetener *	14.00 ts
5576	Vanilla	1.00 ts

Sheet1

5576	Almond extract (optional)	0.50 ts
5576	Instant skim milk powder	0.25 c
5576	Ice water	0.25 c
5577	( 1 inch thick) slices	2.00
5577	commercial angel food cake	0.00
5577	Strawberry sorbet, divided	0.50 c
5577	Egg white	1.00
5577	Of cream of tartar	1.00 ds
5577	Orange extract	0.25 ts
5577	Sugar	2.00 ts
5578	Strawberries; fresh	1.00 qt
5578	Sugar	0.75 c
5578	Gelatin; unflavored,(1 env.)	1.00 tb
5578	;water, cold	0.50 c
5578	Lemon juice	2.00 ts
5578	Cream; heavy, whipped	1.00 c
5579	Prebaked 9-inch pastry	1.00
5579	shell, home made or	0.00
5579	store-bought	0.00
5579	Ricotta cheese	0.50 c
5579	Lowfat strawberry yogurt	0.50 c
5579	Fresh strawberries	4.00 c
5579	Fruit jelly	0.25 c
5580	Fresh Ripe Strawberries	1.00 pt
5580	Fruit Sugar	2.00 ts
5580	Fresh Lemon Juice	1.00 ts
5580	Raspberry Liquor	0.00
5581	Sliced Fresh Strawberries	4.00 c
5581	Sugar	2.00 tb
5581	Can Sweetened Condensed Milk	14.00 oz
5581	Lemon Juice	0.25 c
5581	Heavy Cream, Whipped	0.50 c
5581	Dessert Crepes	12.00 x
5581	Whole Strawberries, Garnish	12.00 x
5582	Strawberries, unsweetened	2.00 c
5582	Envelopes unflavored gelatin	5.00
5582	Powder artificial sweetener	0.50 c
5582	OR 2 tb. liquid SugarTwin	0.00
5582	Plain yogurt	0.50 c
5583	Gelatin	2.00 ts
5583	Milk	3.00 tb
5583	Plain Yogurt	1.00 c
5583	Sugar	2.00 tb
5583	Salt	0.12 ts
5583	Sieved Frozen Strawberries	0.12 c
5583	Lemon Juice	1.50 tb
5583	Whipping Cream, Whipped	0.50 c
5584	Plus 2 tbsps unsalted	0.50 c
5584	margarine	0.00

Sheet1

5584	Sugar	0.75 c
5584	Eggs	2.00
5584	Evaporated milk	2.00 tb
5584	Vanilla	0.25 ts
5584	Flour	1.25 c
5584	Baking powder	2.00 ts
5584	To 1 1/2 pounds fresh	1.00
5584	strawberries	0.00
5584	Sugar	3.00 tb
5584	Red transparent glaze	1.00 pk
5585	Whole strawberries (about 1	4.00 c
5585	qt)	0.00
5585	Cold whipping cream	0.50 c
5585	Vanilla	1.00 ts
5585	Sugar	2.00 tb
5585	Yoghurt	2.00 tb
5585	Gingersnap cookies	4.00
5586	Strawberries	2.00 pt
5586	Water	1.50 c
5586	Sugar	0.75 c
5587	Egg yolks	4.00
5587	Milk	4.00 c
5587	Strawberries, hulled, rinsed	2.00 pt
5587	Plus 1 T Sugar	2.00 c
5587	Water	1.00 c
5587	Heavy cream	1.00 c
5588	GENOISE LAYER -----	0.00 -----
5588	Eggs	4.00 lg
5588	Salt	1.00 pn
5588	Sugar	0.67 c
5588	Cake flour	0.50 c
5588	Cornstarch	3.00 tb
5588	LEMON FILLING -----	0.00 -----
5588	Lemon juice	0.75 c
5588	Sugar	1.00 c
5588	Butter	0.50 c
5588	Egg yolks	6.00
5588	Whipping cream	1.25 c
5588	STRAWBERRY SYRUP -----	0.00 -----
5588	Water	0.50 c
5588	Sugar	0.50 c
5588	Strawberries	1.00 pt
5588	Kirsch	2.00 tb
5588	Toasted sliced almonds	1.00 c
5588	Strawberries	2.00 pt
5588	Whipping cream	1.00 c
5588	for finishing	0.00
5589	Strawberries; ripe	1.00 pt
5589	Marshmallows	24.00 ea

## Sheet1

5589	Salt	0.25 ts
5589	Cream; whipping - whipped	1.00 c
5590	Strawberries Sliced	2.00 pt
5590	Vanilla Extract	2.00 ts
5590	Packets Equal	7.00
5590	Packet Low Calorie Whipped	1.00
5590	Topping Mix	0.00
5590	Skim Milk	0.50 c
5590	Egg Whites	2.00
5590	Strawberry Halves	8.00
5590	Mint Sprigs	8.00
5591	Butter	1.00 tb
5591	Bread Crumbs	1.00 c
5591	Sugar	0.50 c
5591	Strawberries	1.00 c
5591	Egg yolks	2.00
5591	Sugar	0.25 c
5591	Milk	2.00 c
5591	Egg whites	2.00
5592	Gelatin	2.00 tb
5592	Cold water	4.00 tb
5592	Crushed strawberries	3.00 c
5592	Thin slices angel cake	8.00
5592	Whipped cream	1.00 c
5592	Vanilla	1.00 ts
5592	Diced marshmallows	1.00 c
5592	Sugar	1.25 c
5593	Strawberries; crushed	1.00 qt
5593	Sugar	0.75 c
5593	Cream	0.50 pt
5593	Lemon juice	2.00 tb
5594	Sugar	1.00 c
5594	Butter Or Margarine	0.50 c
5594	Almond Extract	1.00 ts
5594	Egg	0.00
5594	All-Purpose Flour	2.00 c
5594	Baking Powder	1.00 ts
5594	Baking Soda	0.50 ts
5594	Sweet Strawberries, Mashed *	1.00 c
5594	Chopped Walnuts	0.50 c
5594	Confectioner's Sugar	0.75 c
5595	Sugar	1.00 c
5595	Crushed strawberries	1.50 c
5595	Whipping cream	1.50 c
5595	Water	0.50 c
5595	Egg whites	2.00
5595	Few grains salt	0.00
5596	Water	0.50 c
5596	Chopped fresh or frozen	5.00 c

Sheet1

5596	rhubarb	0.00
5596	To 4 tb Sugar	2.00 tb
5596	Fresh strawberries, halved	2.00 c
5596	Ground ginger	0.12 ts
5597	Uncooked Rice	1.00 c
5597	Milk	3.00 c
5597	Sugar	0.50 c
5597	Beaten Eggs	2.00 x
5597	Vanilla	1.00 ts
5597	Heavy Cream, Whipped *	0.50 c
5597	Sliced Fresh Strawberries	1.50 c
5598	Part-skim ricotta cheese	2.00 c
5598	Powdered sugar	0.50 c
5598	Vanilla	1.00 ts
5598	Strawberry halves	6.00 c
5598	OATMEAL CRUST -----	0.00 -----
5598	Butter or margarine	0.33 c
5598	Sugar	3.00 tb
5598	Water	1.00 tb
5598	All-purpose flour	0.75 c
5598	Regular rolled oats	0.33 c
5599	To 10 oz frozen, sweetened	6.00 oz
5599	strawberries, thawed	0.00
5599	Milk	2.00 c
5599	Orange Juice	0.50 c
5599	Cinnamon	0.25 ts
5600	Strawberry ice cream	2.00 c
5600	Milk	1.00 c
5600	Strawberry concentrate	3.00 tb
5600	Strawberries	1.00 c
5601	SOUFFLE BATTER -----	0.00 -----
5601	Strawberries	2.00 pt
5601	Water	0.25 c
5601	Sugar	0.75 c
5601	Egg whites	6.00 lg
5601	Salt	1.00 pn
5601	Vegetable cooking spray	0.00
5601	Sugar; for greasing mold	0.00
5601	STRAWBERRY -----	0.00 -----
5601	Strawberries	1.00 pt
5601	Sugar	2.00 tb
5601	Orange juice	3.00 tb
5601	Orange liqueur	1.00 tb
5601	such as Cointreau	0.00
5602	Flour	2.00 c
5602	Sugar	0.25 c
5602	Butter, cut in chunks	0.75 c
5602	Egg yolks	2.00
5602	Pastry Cream:	0.00

Sheet1

5602	Cream cheese, softened	3.00 oz
5602	Whipping cream	1.00 c
5602	Vanilla	0.50 ts
5602	Grated lemon peel	0.50 ts
5602	Lemon juice	1.00 ts
5602	Powdered sugar	4.00 tb
5602	Strawberries and Glaze:	0.00
5602	Strawberries	6.00 c
5602	Red currant jelly	1.50 c
5602	Kirsch	2.00 tb
5603	( 10-oz ) frozen puff pastry	1.00 pk
5603	shells	0.00
5603	Heavy cream	0.50 c
5603	Sugar	1.00 tb
5603	Container (3-1/2 oz)	1.00
5603	mascarpone or cream cheese	0.00
5603	Cherry-flavored liquer	1.00 tb
5603	Strawberries, hulled and	1.00 pt
5603	halved	0.00
5603	Strawberry jelly	0.50 c
5604	INGREDIENTS:	0.00
5604	Angel loaf cake	10.00 oz
5604	Strawberry jam or jelly	0.33 c
5604	Cream sherry OR orange juice	0.33 c
5604	Strawberries	3.00 c
5604	Custard sauce (cf. below)	0.00
5604	Whipping cream	0.75 c
5604	Powdered sugar	2.00 tb
5604	Vanilla extract	1.00 ts
5604	Sliced almonds, toasted	2.00 tb
5604	(optional)	0.00
5604	Egg yolks	3.00
5605	Package frozen strawberries,	10.00 oz
5605	thawed	0.00
5605	Whipping cream	1.00 c
5605	Sugar	0.50 c
5605	Champagne	1.50 c
5605	Egg whites	2.00
5605	Cream of tartar	0.25 ts
5605	Sugar	0.25 c
5606	Egg whites, room temperature	5.00
5606	Salt	0.25 ts
5606	Cream of tartar	0.50 ts
5606	Sugar	1.50 c
5606	Vanilla	1.00 ts
5606	Whipping cream, whipped	1.00 c
5606	Sliced almonds	2.00 tb
5606	Medium strawberries, halved	1.00 pt
5606	Powdered sugar	1.00 ts



Sheet1

5607	Sugar	0.67 c
5607	Arrowroot	2.00 tb
5607	Ground cloves	0.12 ts
5607	Ground cardamom	1.00 ds
5607	Frozen strawberries (1	10.00 oz
5607	package), thawed	0.00
5607	Diced rhubarb	3.00 c
5607	Red food color (optional)	0.00
5607	Butter, softened	0.33 c
5607	Brown sugar, packed	0.67 c
5607	All-purpose flour	0.50 c
5607	Quick-cooking rolled oats	0.50 c
5607	Grated lemon peel	1.50 ts
5607	Nutmeg	0.50 ts
5607	Cinnamon sugar	2.00 tb
5608	FRUIT BASE -----	0.00 -----
5608	Strawberries, sliced	2.00 c
5608	Peaches, sliced	2.00 c
5608	Whole wheat flour	0.25 c
5608	Lemon juice	1.00 tb
5608	Sugar	0.75 c
5608	Cinnamon	0.50 ts
5608	Nutmeg	0.50 ts
5608	TOPPING -----	0.00 -----
5608	Whole wheat flour	1.00 c
5608	Brown sugar	0.75 c
5608	Dry oatmeal	0.50 c
5608	Melted butter	0.50 c
5609	Figs	0.00
5609	Pitted dates	0.00
5609	Shelled walnut halves	0.00
5609	Unsweetened shredded	0.00
5609	- coconut	0.00
5610	Granulated sugar	2.00 c
5610	Ricotta cheese	0.75 c
5610	Pure almond extract	1.00 dr
5610	Chopped blanched almonds	0.67 c
5610	- (finely chopped)	0.00
5610	Heavy cream; stiffly whipped	0.50 c
5610	Nasturtium flowers	16.00
5611	Peaches	4.00 lg
5611	Lemon Juice	2.00 tb
5611	Chopped Raisins	0.25 c
5611	Honey	1.00 tb
5611	Vanilla Extract	1.00 ts
5611	Grated Lemon Rind	1.00 ts
5611	Ground Cinnamon	0.50 ts
5611	Low-Fat Yogurt	0.50 c
5612	Ripe plantains	3.00

Sheet1

5612	Butter	2.00 tb
5612	Cornstarch	2.00 tb
5612	Cheddar cheese, shredded	0.25 lb
5613	Powdered sugar	1.50 c
5613	Margarine or butter, softene	1.00 c
5613	Vanilla	1.00 ts
5613	Almond extract	0.50 ts
5613	Egg	1.00
5613	All-purpose flour*	2.50 c
5613	Baking soda	1.00 ts
5613	Cream of tartar	1.00 ts
5613	Granulated sugar	0.00
5614	Tamarillos (4 servings)	16.00
5614	Sugar (slightly less for the	0.50 c
5614	yellow tomatoes)	0.00
5615	Walnut halves, raw	2.00 c
5615	Sugar	1.00 tb
5615	Peanut oil	1.00 c
5616	Chopped fruit*	4.00 c
5616	Honey	1.00 ts
5616	Nonfat yogurt	2.00 c
5616	Nonfat cottage cheese	2.00 c
5616	Chopped toasted almonds	2.00 tb
5616	Bran flakes or yeast flakes	2.00 ts
5616	Chopped dates or dried figs	1.00 tb
5616	Minced mint or coriander	2.00 ts
5617	Mixed small fruit ie.	5.00 c
5617	Raspberries,blackberries	0.00
5617	Gooseberries or currants	0.00
5617	Water	2.00 tb
5617	Sugar	1.00 c
5617	Bread;white	8.00 sl
5617	Whipping cream and berries	0.00
5617	for garnish	0.00
5618	Instant tapioca	3.00 tb
5618	Pineapple juice	1.00 c
5618	Orange juice	1.00 c
5618	Lemon juice	1.50 tb
5618	Mandarin orange sections	0.50 c
5618	- (canned), drained	0.00
5618	Canned pineapple	1.00 c
5618	- (crushed or tidbits),	0.00
5618	- drained	0.00
5619	Red Apples	4.00 lg
5619	Sugar	0.75 c
5619	Water	0.75 c
5619	Cinnamon	0.50 ts
5619	Red Food Coloring	2.00 dr
5619	Lemon; sliced thin	0.50

Sheet1

5619	Orange; sliced thin	0.50
5619	Chocolate Liqueur Sauce	0.00
5619	Vanilla Ice Cream	1.00 pt
5619	Walnuts; chopped	0.25 c
5619	CHOCOLATE LIQUEUR SAUCE -----	0.00 -----
5619	Butter or Margarine	2.00 tb
5619	Unsweetened Chocolate square	2.00
5619	Sugar	1.00 c
5619	Water	0.50 c
5619	Apple Brandy -OR-	2.00 tb
5619	Creme de Cacao	0.00
5620	(1 stick) light corn oil	0.50 c
5620	Spread	0.00
5620	Granulated sugar	0.67 c
5620	Low-fat sour cream	0.67 c
5620	Vanilla extract	1.00 ts
5620	Egg white	1.00
5620	Freshly grated orange peel	0.25 ts
5620	All-purpose flour	1.75 c
5620	Cocoa	3.00 tb
5620	Baking soda	1.00 ts
5620	Baking powder	0.50 ts
5620	Cocoa glaze	0.00
5620	COCOA GLAZE -----	0.00 -----
5620	Light corn oil spread	1.00 tb
5620	Water	2.00 tb
5620	Vanilla extract	0.50 ts
5620	Cocoa	1.00 tb
5620	Powdered sugar	0.50 c
5621	(1 cup) dried peaches (or	250.00 g
5621	other dried fruit	0.00
5621	[apricots!])	0.00
5621	(4 oz) chopped nuts	125.00 g
5621	(2 oz) cornflour	60.00 g
5621	(cornstarch)	0.00
5621	Eggs, well beaten	2.00 lg
5621	Sugar	2.00 ts
5621	(1/2 cup) cream	125.00 ml
5621	(1/2 cup) water for soaking	125.00 ml
5621	peaches	0.00
5622	Box Yellow Cake Mix	1.00
5622	Cream cheese	8.00 oz
5622	Packaged vanilla instant	12.00 oz
5622	pudding	0.00
5622	Nuts or flake coconut	1.00 c
5622	Crushed pineapple <drained>	40.00 oz
5622	Milk	4.50 c
5622	Cool whip	8.00 oz
5623	Sugar	0.67 c

Sheet1

5623	Flour	0.67 c
5623	Salt	0.25 ts
5623	Milk	4.00 c
5623	Egg yolks	5.00
5623	Peanut butter	1.00 tb
5623	Vanilla wafers (12-oz)	1.00 pk
5623	Bananas, medium-size, ripe,	6.00
5623	sliced	0.00
5623	Carton frozen whipped	1.00
5623	topping (8-oz), optional	0.00
5624	Instant vanilla pudding (3/4	1.00 pk
5624	oz.)	0.00
5624	Cold milk	1.50 c
5624	Plain yogurt	1.00 c
5624	Almond extract	0.12 ts
5624	To 3 c Fresh strawberries,	2.00 c
5624	raspberries, or blueberries	0.00
5625	Blueberries	1.00 pt
5625	Raspberries	1.00 pt
5625	Strawberries	1.00 pt
5625	Red currants	1.00 pt
5625	(or more) granulated sugar	1.00 c
5625	Brandy	0.67 c
5625	Light rum unsweetened	0.67 c
5625	whipped cream for garnish	0.00
5626	Sweet rice flour	0.33 c
5626	+ 2 t almond powder	2.00 tb
5626	Cold water	0.50 c
5626	Cold milk	3.00 c
5626	Granulated sugar	0.25 c
5626	Sliced pitted red dates	0.25 c
5626	Cold milk, if needed	3.00 tb
5627	Sweet rice flour	0.33 c
5627	+ 2 t almond powder	2.00 tb
5627	Cold water	0.50 c
5627	Cold milk	3.00 c
5627	Granulated sugar	0.25 c
5627	Sliced pitted red dates	0.25 c
5627	Cold milk, if needed	3.00 tb
5628	Unflavored Gelatin	1.00 pk
5628	Coconut Flavored Rum	0.25 c
5628	Ripe Avocado	1.00 md
5628	Lemon Yogurt	1.00 c
5628	Egg Whites, Room Temp.	3.00
5628	Sugar	0.25 c
5628	Chopped Pistachios	3.00 tb
5629	Flour	2.00 c
5629	Jumbo eggs	2.00
5629	Sugar	1.00 tb

Sheet1

5629	Ground cinnamon	1.00 ts
5629	Grated lemon peel	1.00 ts
5629	Oil	0.00
5630	Cinnamon equal (1/3 cup	2.00 tb
5630	equal to 1 tsp cinnamon)	0.00
5630	Warm water	1.00 ts
5630	Wontons, cut in half,	12.00
5630	diagonally.	0.00
5631	Unsalted butter	300.00 g
5631	Plain flour	500.00 g
5631	Sugar	150.00 g
5631	Salt	1.00 ds
5631	Egg yolk	1.00 x
5631	Egg	1.00 x
5632	Milk	2.00 c
5632	Egg yolks	6.00
5632	Sugar	6.00 tb
5632	Lemon, grated zest of	1.00
5632	All purpose flour	0.25 c
5632	Very fine, dry unflavored	1.50 c
5632	breadcrumbs	0.00
5632	Eggs, lightly beaten	2.00
5632	Oil for frying	0.00
5632	Powdered sugar	0.33 c
5633	Eggs	2.00 lg
5633	Sugar	0.75 c
5633	Heavy cream or whipping	2.00 c
5633	cream	0.00
5633	Milk	1.00 c
5634	Crescent Rolls	2.00 cn
5634	Sugar	0.50 c
5634	Vanilla (to taste)	2.50 ts
5634	Juice of 1 lemon	0.00
5634	Cream cheese	8.00 oz
5635	Plain flour	1.00 c
5635	Icing sugar	2.00 tb
5635	Egg, lightly beaten	1.00
5635	Red food coloring	0.00
5635	White Chocolate Sauce:	0.00
5635	Milk	0.50 c
5635	Cream	0.50 c
5635	White chocolate, grated	250.00 g
5635	Kahlua	2.00 ts
5635	Ground nutmeg	1.00 pn
5636	Sweet potatoes, peeled and	2.00 lg
5636	cut in 1-inch pieces	0.00
5636	Sugar, divided	1.00 c
5636	Water	0.25 c
5636	Egg whites	4.00

Sheet1

5636	Egg yolks	2.00
5636	1% low-fat milk	0.75 c
5636	Vanilla extract	2.00 ts
5636	Ground cinnamon	1.00 ts
5636	Ground nutmeg	0.25 ts
5636	Ground allspice	0.25 ts
5636	Evaporated skimmed milk	12.00 oz
5637	Milk	1.00 c
5637	Medium sized sweet potatoes	3.00 x
5637	Molasses	1.00 c
5637	Cinnamon	2.00 ts
5637	Eggs	3.00 x
5637	Stick margarine	0.25 x
5638	Ricotta; drained for several	1.00 c
5638	hours or overnight	0.00
5638	Egg yolks	2.00
5638	Sugar	0.25 c
5638	Sugar	3.00 tb
5638	Candied citron peel;minced	2.00 tb
5638	Pine nuts	2.00 tb
5638	Vanilla extract	0.50 ts
5638	Flour, unbleached	2.00 c
5638	salt	0.50 ts
5638	Eggs	2.00
5638	Oil, vegetable	3.00 tb
5638	Rum or brandy	2.00 tb
5638	Lemon extract	0.50 ts
5639	Warm water	0.33 c
5639	Active dry yeast	1.00 pk
5639	Lightly salted butter or	1.00 c
5639	margarine, at room	0.00
5639	Temperature	0.00
5639	Salt	0.12 ts
5639	All-purpose flour, sifted	2.00 c
5639	before measuring	0.00
5639	To 1 cup granulated sugar	0.75
5640	Active Dry Yeast; 1 Pk.	1.00 tb
5640	Water; Warm, 110-115 deg. F.	0.25 c
5640	Unbleached Flour; Sifted	2.00 c
5640	Sugar; Granulated	0.25 c
5640	Salt	0.50 ts
5640	Milk	0.50 c
5640	Butter	0.25 c
5640	Egg; Large, Lightly Beaten	1.00
5641	Sugar	0.67 c
5641	Cornstarch	2.00 ts
5641	Evap. lowfat milk (12-oz.)	1.00 cn
5641	Light corn syrup	2.00 tb
5641	Egg; beaten	1.00

Sheet1

5641	Fresh or frozen unsweetened	2.00 c
5641	Raspberries; thawed	0.00
5641	Buttermilk	1.00 c
5642	TAPIOCA -----	0.00 -----
5642	Sugar	0.33 c
5642	Instant tapioca	0.33 c
5642	Milke	3.00 c
5642	Egg yolks	2.00 lg
5642	Vanilla extract	1.00 ts
5642	FRUIT -----	0.00 -----
5642	Blueberries	1.00 c
5642	Strawberries; quartered	1.00 c
5642	Navel orange; peeled	1.00
5642	with pith removed	0.00
5642	CARAMEL -----	0.00 -----
5642	Sugar	0.50 c
5642	Water	2.00 tb
5642	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
5642	Calories	255.00 x
5642	G protein	6.00 x
5642	G carbohydrate	47.00 x
5642	G fat	6.00 x
5642	Mg cholesterol	87.00 x
5642	My sodium	64.00 x
5643	Milk	1.00 c
5643	Tbsp., 1 tsp., 1/2 tsp.	1.00
5643	tapioca	0.00
5643	Few grains salt	0.00
5643	Tbsp., 1 tsp., 1/2 tsp.	1.00
5643	sugar	0.00
5643	Vanilla	0.25 ts
5643	Egg white and yolk	1.00
5643	Suagar	1.00 tb
5644	CREAM CHEESE PIE DOUGH -----	0.00 -----
5644	Butter	0.50 lb
5644	Cream cheese	0.50 lb
5644	Vanilla	2.00 ts
5644	Flour	2.00 c
5644	FILLING -----	0.00 -----
5644	Half and half	1.50 c
5644	Eggs	2.00
5644	Thinly sliced, green apples	3.00 c
5644	(peeled)	0.00
5644	Sugar	0.50 c
5644	Vanilla extract	1.00 ts
5644	Mace	0.25 ts
5645	Pate sucee' recipes (see	2.00
5645	recipe)	0.00
5645	Raw rice for weighting	0.00

Sheet1

5645	shelled	0.00
5645	Eggs	5.00 lg
5645	Sugar	0.75 c
5645	Lemon zest	3.00 tb
5645	Lemon juice	3.00 c
5646	PASTRY -----	0.00 -----
5646	All-purpose flour	1.00 c
5646	Sugar	1.00 tb
5646	Stick ( 8 tbsp ) cold,	1.00
5646	unsalted butter, cut into	0.00
5646	1" pieces	0.00
5646	Ice water	3.00 tb
5646	FILLING -----	0.00 -----
5646	Unsalted butter	2.00 tb
5646	Sugar	0.50 c
5646	Granny Smith apples, peeled,	2.00 lb
5646	cored, and cut into 1/8ths	0.00
5647	FILLING -----	0.00 -----
5647	Rhubarb, sliced	1.00 lb
5647	Sugar	4.00 oz
5647	Water	0.00
5647	PASTRY -----	0.00 -----
5647	Flour	8.00 oz
5647	Fat	4.00 oz
5647	Sugar	1.00 oz
5647	Cinnamon	1.00 ts
5647	Pinch mixed spice	0.00
5647	Water	0.00
5648	Flour	1.50 c
5648	Salt	0.38 ts
5648	Sugar	1.50 tb
5648	Baking soda	2.25 ts
5648	Unsalted butter	6.00 tb
5648	Heavy cream	0.75 c
5648	FILLING	0.00
5648	Blueberries	4.50 c
5648	Sugar	0.33 c
5648	Flour	1.00 tb
5649	Strong fragrant tea *	0.50 pt
5649	Lemons	2.00
5649	Sugar	8.00 oz
5649	Water	0.50 pt
5649	Egg white	1.00
5649	Carbonated water	6.00 tb
5650	BROWNIE -----	0.00 -----
5650	All-purpose flour	2.00 c
5650	Granulated sugar	2.00 c
5650	Butter or margarine	0.50 c
5650	Shortening	0.50 c



Sheet1

5650	Strong brewed coffee	1.00 c
5650	Dark , unsweetened cocoa	0.25 c
5650	Buttermilk*	0.50 c
5650	Eggs	2.00
5650	Baking soda	1.00 ts
5650	Vanilla	1.00 ts
5650	FROSTING -----	0.00 -----
5650	Butter or margarine	0.50 c
5650	Dark cocoa	2.00 tb
5650	Milk	0.25 c
5650	Unsifted powdered sugar	3.50 c
5650	Vanilla	1.00 ts
5651	Box Semi-Sweet Chocolate	8.00 oz
5651	Butter	3.50 tb
5651	Eggs; separated	3.00
5651	Kahlua (coffee liqueur)	0.25 c
5651	Instant coffee	1.00 ts
5651	Hot water	1.00 ts
5651	Sugar	0.25 c
5651	Whipping cream	2.50 c
5651	Raw pistacchio nuts; chopped	0.25 c
5651	Grand Marnier	3.00 tb
5652	Flour	1.00 c
5652	Margarine	0.50 c
5652	Pecans; finely chopped	1.00 c
5652	(8 oz) cream cheese;softened	1.00 pk
5652	Sugar	1.00 c
5652	Cool whip (9 oz size);thawed	1.00 pk
5652	Instant vanilla pudding (lg)	1.00 pk
5652	Instant chocolate pudding (l)	1.00 pk
5652	Milk; cold	3.00 c
5652	Grated Chocolate candy bar	0.00
5653	Crushed berries, fresh or	1.50 c
5653	frozen	0.00
5653	Chopped Bartlett pears	2.00 c
5653	Sugar	4.50 c
5653	Water	0.75 c
5653	Box Certo crystals fruit	1.00
5653	pectin	0.00
5654	Crisco (golden)	0.50 c
5654	White sugar	0.25 c
5654	Cocoa	0.33 c
5654	Vanilla	1.00 ts
5654	Egg, beaten	1.00
5654	Graham wafer crumbs	1.50
5654	Coconut, flaked	1.00 c
5654	Finely chopped walnuts	0.50 c
5654	FILLING	0.00
5654	Crisco (golden)	0.25 c

## Sheet1

5654	Custard powder	3.00 tb
5654	Milk	3.00 tb
5654	Vanilla	1.00 ts
5654	Icing sugar	2.00 c
5654	TOP	0.00
5654	Squares semi sweet chocolate	4.00
5654	Crisco, (golden)	1.50 ts
5655	Milk	3.00 c
5655	Sugar	0.50 c
5655	Cooked rice	2.00 c
5655	Butter	3.00 tb
5655	Vanilla	1.00 ts
5656	Envelope unflavored gelatin	1.00
5656	Sugar	0.67 c
5656	Cocoa	0.33 c
5656	(12-oz can) evaporated	1.50 c
5656	Skim milk	0.00
5656	Almond extract	0.50 ts
5656	Envelope (1.3 ounces)	1.00
5656	Whipped topping mix	0.00
5656	Cold skim milk	0.50 c
5656	Vanilla extract	0.50 ts
5657	Slivered almonds	1.50 c
5657	(3/8 lb) butter/margarine, at room temperature	0.75 c 0.00
5657	Sugar	1.00 c
5657	Grated orange peel	1.00 tb
5657	Eggs	4.00 lg
5657	Vanilla	1.00 ts
5657	About 4-1/2 cups all-purpose flour	0.00 0.00
5657	Baking powder	4.50 ts
5657	Salt	0.50 ts
5657	Ground cinnamon	0.50 ts
5657	Each ground cloves, ground coriander and ground cinnamon	0.25 ts 0.00 0.00
5658	(6 oz.) package Nestle Toll House Semi-Sweet Chocolate Morsels	1.00 0.00 0.00
5658	Eggs	4.00
5658	Egg white	1.00
5658	Milk	0.33 c
5658	Sugar	0.25 c
5658	(8 oz.) package cream cheese--cubed	1.00 0.00
5659	Sugar	0.50 c
5659	Nonfat cottage cheese	1.00 c
5659	Nonfat sour cream	1.00 c

Sheet1

5659	Dark rum	2.00 tb
5659	(8 oz) Light Cream Cheese	1.00 pk
5659	Hot water	1.25 c
5659	+ 1/2 ts instant espresso	1.00 tb
5659	coffee granules	0.00
5659	Ladyfingers	40.00
5659	Unsweetened cocoa	0.50 ts
5660	Tapioca; quick cooking	3.00 tb
5660	Milk; scalded	2.00 c
5660	Salt	0.25 ts
5660	Sugar	0.33 c
5660	Corn syrup; light	3.00 tb
5660	Sugar	2.00 tb
5660	Egg whites	2.00 ea
5660	Cream; whipped	1.00 c
5660	Vanilla	1.50 ts
5660	Coocoanut; shredded - toast	1.00 c
5660	ed; crumbled	0.00
5661	COOKIE -----	0.00 -----
5661	Butter	1.00 c
5661	Brown sugar	3.00 c
5661	Vanilla	1.00 ts
5661	Flour	2.75 c
5661	Baking powder	0.50 ts
5661	TOPPING -----	0.00 -----
5661	Semi-sweet chocolate chips	6.00 oz
5661	Butter	3.00 tb
5661	Water	1.00 tb
5661	Bits 'o brickle baking chips	0.00
5662	Chocolate-wafer crumbs (20)	1.00 c
5662	Cinnamon	0.50 ts
5662	Butter or margarine, melted	2.00 tb
5662	Premium coffee ice cream	1.00 qt
5662	Toffee candy bars, crushed *	3.00
5662	Premium chocolate ice cream	1.00 qt
5662	Choco-wafer cookies-broken	12.00
5662	Premium vanilla ice cream	1.00 qt
5663	Tofu	1.50 c
5663	Oil	0.50 c
5663	Sugar or	1.25 c
5663	Honey	0.50 c
5663	Cocoa	0.33 c
5663	Vanilla extract	1.50 ts
5663	Salt	0.25 ts
5664	Tofu, chilled & mashed	24.00 oz
5664	Honey	4.50 tb
5664	Vanilla extract	2.00 ts
5664	Strawberries, cut vertically	15.00 ea
5664	- into halves	0.00

Sheet1

5664	Sliced hazelnuts	0.25 c
5665	Butter- soft	0.50 c
5665	Sugar; granulated	6.00 tb
5665	Brown sugar	6.00 tb
5665	Vanilla extract	0.50 ts
5665	Water	0.50 c
5665	Egg	1.00
5665	Flour; all purpose	1.00 c
5665	Flour; all purpose	2.00 tb
5665	Baking powder	0.50 ts
5665	Salt	0.50 ts
5665	Nuts; chopped	0.50 c
5665	Chocolate chips; semisweet	1.00 c
5666	Recipe puff pastry	1.00
5666	Recipe Thick Tomato Coulis	1.00
5666	Vine ripened tomatoes	6.00 md
5666	Shredded basil	3.00 tb
5666	Oil	1.00
5666	Salt and pepper	0.00
5667	Evaporated skim milk	0.33 c
5667	Unfavoured gelatin	0.50 ts
5667	Cold water	1.00 tb
5667	Sugar	1.00 tb
5667	Vanilla extract	0.50 ts
5667	Lemon juice	1.00 ts
5668	Vanilla wafers	10.00
5668	Semi-sweet chocolate chips	0.75 c
5668	Ground almonds	0.50 c
5668	Eggs, separated	6.00
5668	Cream of tartar	0.75 ts
5668	Butter	1.00 c
5668	Sugar	1.00 c
5668	Flour, all-purpose	0.50 c
5668	Almond liqueur or almond	1.00 tb
5668	extract	0.00
5668	Confectioner's sugar	0.00
5668	(optional)	0.00
5669	Egg yolks	2.00
5669	Powdered sugar	0.50 c
5669	Dry white wine	3.00 tb
5669	Vanilla	0.50 ts
5669	Egg whites	2.00
5669	Whipping cream,whipped	1.00 c
5669	Ground dry macaroons	0.75 c
5669	Maraschino cherried,chopped	0.25 c
5669	Ground dry macaroons	0.25 c
5670	Jim Vorheis	0.00
5670	Sugar	0.75 c
5670	The custard:	0.00

Sheet1

5670	Milk	1.00 qt
5670	Of sea salt	1.00 pn
5670	Sugar	0.50 c
5670	Inch cinnamon stick or	2.00
5670	vanilla bean	0.00
5670	Small piece of orange or	0.00
5670	lemon rind (optional)	0.00
5670	Eggs	4.00
5670	Egg yolks	6.00
5671	Butter, unsalted; softened	0.75 c
5671	Sugar	0.50 c
5671	Egg	1.00
5671	Lemon peel; finely grated	1.00 tb
5671	Vanilla	1.00 ts
5671	Salt	0.25 ts
5671	Flour; unsifted	2.25 c
5671	Water; (use 2 if req'd)	1.00 tb
5671	ICING -----	0.00 -----
5671	Egg whites	3.00
5671	Powdered sugar	1.00 lb
5671	Water; (use 3 if req'd)	2.00 ts
5671	Food colors, sprinkles, etc	0.00
5672	Egg whites	4.00
5672	Salt	0.25 ts
5672	Lemon juice	2.00 ts
5672	Vanilla extract	1.00 ts
5672	Cornstarch	4.00 ts
5672	Sugar	1.00 c
5672	Whipping cream	2.00 c
5673	Sugar	0.50 c
5673	Cornstarch	3.00 tb
5673	Salt	0.25 ts
5673	Milk	3.00 c
5673	Dry white wine	0.50 c
5673	Egg yolks,beaten	3.00
5673	Butter or margarine,softened	3.00 tb
5673	Vanilla	1.00 tb
5673	Whole blanched almonds	2.50 oz
5673	Ladyfingers(3oz)	2.00 pk
5673	Red raspberry preserves	0.50 c
5673	Frozen red raspberries(12oz)	1.00 pk
5673	Chilled whipping cream	1.00 c
5673	Sugar	2.00 tb
5674	Heavy or whipping cream	3.00 c
5674	Good quality bittersweet	7.00 oz
5674	chocolate, 1-in pieces	0.00
5674	Good-quality milk chocolate,	6.00 oz
5674	1-inch pieces	0.00
5674	Good-quality white	4.00 oz

Sheet1

5674	chocolate, 1-inch pieces	0.00
5674	Vanilla bean	0.50
5674	Chocolate Fudge Sauce	2.00 c
5675	Butter; Softened	0.25 c
5675	Sugar	1.00 c
5675	Egg Yolks; Large, Beaten	2.00
5675	Egg; Large, Whole, Beaten	1.00
5675	Flour; Unbleached	4.00 c
5675	Baking Powder	2.00 ts
5675	Nutmeg	0.25 ts
5675	Baking Soda	0.50 ts
5675	Butter OR Sour Milk	0.75 c
5675	Confectioners' Sugar	0.00
5676	CRUST -----	0.00 -----
5676	Margarine	0.75 c
5676	Brown sugar	0.75 c
5676	Flour	3.00 c
5676	Almonds, finely chopped	1.00 c
5676	Coconut Rum	0.25 c
5676	CHEESE LAYER -----	0.00 -----
5676	Cream cheese, soft	24.00 oz
5676	Sugar	0.50 c
5676	Eggs	3.00
5676	Coconut Rum	0.25 c
5676	Crushed pineapple, drain LGE	2.00 cn
5676	Coconut	1.00 c
5676	Almonds, chopped	1.00 c
5677	(8 oz) crushed pineapple in	1.00 cn
5677	juice (reserve juice)	0.00
5677	Milk	0.67 c
5677	Cornstarch	1.00 tb
5677	Eggs	2.00
5677	Apricot preserves, divided	4.00 tb
5677	Ground ginger	0.12 ts
5677	Toasted, sweetened flaked	0.25 c
5677	coconut	0.00
5678	Medium-size ripe bananas,	3.00
5678	peeled	0.00
5678	(about 1 1/4 pounds)	0.00
5678	Plain lowfat yogurt	0.50 c
5678	Firmly packed dark brown	0.33 c
5678	sugar	0.00
5678	Dark rum	2.00 tb
5678	Freshly squeezed lime juice	2.00 tb
5678	Finely grated nutmeg	0.12 ts
5678	Coarsely chopped toasted	0.50 c
5678	blanched	0.00
5679	Medium-size ripe banana,	1.00
5679	diagonally cut into 32	0.00

Sheet1

5679	slices	0.00
5679	Lime juice	2.00 ts
5679	(6-onch) flour tortillas	4.00
5679	Canned chopped green chile	2.00 tb
5679	peppers	0.00
5679	Shredded reduced-fat	0.50 c
5679	Monterey Jack cheese	0.00
5680	9 inch chocolate layer cake	1.00
5680	Semi-sweet chocolate	2.00 lb
5680	White fondant	8.00 oz
5680	Whipping cream	2.00 c
5681	Pumpnickel	8.00 sl
5681	(crusts removed)	0.00
5681	Butter; melted	0.50 c
5681	Currants	0.25 c
5681	Whipping cream	2.00 c
5681	Milk	1.00 c
5681	Semisweet chocolate	3.00 oz
5681	(finely chopped)	0.00
5681	Unsweetened chocolate	1.00 oz
5681	(finely chopped)	0.00
5681	Sugar	0.75 c
5681	Egg Yolks	9.00
5681	Vanilla	0.25 ts
5682	Butter	1.50 c
5682	Eggs	6.00
5682	Sifted flour	1.50 c
5682	Double dutch frosting mix	12.50 oz
5682	Walnuts or pecans	2.00 c
5683	Potatoes, mashed	5.00
5683	Egg, slightly beaten	1.00
5683	Mayonnaise	0.50 c
5683	Lemon juice	1.00 tb
5683	Diced turkey	3.00 c
5683	Chopped celery	2.00 c
5683	Cooked peas, drained	1.00 c
5683	Cheddar cheese, grated	1.00 c
5684	Sugar	2.00 c
5684	Cornstarch	2.00 tb
5684	Water	1.00 c
5684	Cream of tartar	0.50 ts
5684	Flavoring: rose, mastic,	1.00 tb
5684	strawberry, orange or lemon	0.00
5684	Food coloring (choice	0.00
5684	depends on flavoring used)	0.00
5684	Toasted nuts, pistachios or	0.50 c
5684	almonds, chopped	0.00
5685	Fruit salad	1.00 c
5685	Maraschino cherries; a jar	1.00

Sheet1

5685	Philadelphia cream cheese	0.25 lb
5685	Sugar; powdered	1.25 c
5685	Cream; whipping	0.50 pt
5686	Butter	0.50 c
5686	Dry Curd Cottage Cheese	2.00 c
5686	Eggs	2.00
5686	Cracker Meal	0.50 c
5686	Flour	2.00 c
5686	Sugar	2.00 tb
5686	Salt	1.00 ds
5687	CAKE -----	0.00 -----
5687	Flour	2.00 c
5687	Sugar	1.50 c
5687	Baking Powder	1.00 tb
5687	Salt	0.50 ts
5687	Vegetable Oil	0.50 c
5687	Cold Water	0.75 c
5687	Vanilla	2.00 ts
5687	Egg Yolks	7.00
5687	Egg Whites	7.00
5687	Cream of tartar	0.50 ts
5687	FILLING -----	0.00 -----
5687	Flour (rounded)	6.00 tb
5687	Butter & Crisco mixture	1.50 c
5687	Sugar	1.50 c
5687	Cold Milk (scant)	1.00 c
5687	Vanilla	2.00 ts
5688	Yeast, cake or dry	2.00 pk
5688	Milk, lukewarm	0.33 c
5688	Flour	6.00 c
5688	Salt	1.00 ts
5688	Sugar	3.00 tb
5688	Butter or margerine, melted	0.50 c
5688	Eggs, beaten slightly	1.00
5688	Evaporated milk, warm	1.00 c
5689	Flavored gelatin	1.00 oz
5689	Boiling water	1.00 c
5689	Same flavor gelatin	1.00 oz
5689	Sugar	0.50 c
5689	Boiling water	1.00 c
5689	Cream	2.50 c
5689	Lemon juice	2.00 tb
5690	Sugar	1.50 c
5690	To 3 tb cornstarch	2.00 tb
5690	Salt	1.00 ts
5690	Add:	0.00
5690	Beaten eggs, one at a	10.00
5690	time(to desired richness)	0.00
5690	Then Add:	0.00



Sheet1

5690	Sweetened condensed milk	1.00 cn
5690	13 oz can evaporated milk	1.00
5690	Milk	1.00 c
5691	Cooked prunes, finely	1.00 c
5691	chopped	0.00
5691	Grapenuts or rolled graham	1.00 c
5691	crackers	0.00
5691	Boiling water	2.00 c
5691	Salt	0.50 ts
5691	Gelatin	4.00 tb
5691	Corn sirup	2.00 tb
5691	Fruit juice	4.00 tb
5691	Sugar	0.50 c
5691	Finely shredded citron	0.50 c
5691	Raisins	1.00 c
5691	Lemon juice	1.00 tb
5691	Cold water	0.25 c
5691	Allspice	0.50 ts
5691	Cinnamon	1.00 ts
5691	Egg whites, stiffly beaten	2.00
5692	Orange jell-o; (2 pkgs)	6.00 oz
5692	Vanilla ice cream; softened	1.00 qt
5692	Pineapple juice	0.50 c
5692	Twinkies	8.00
5693	Milk	4.00 c
5693	Barley	0.50 c
5693	Honey	0.33 c
5693	Salt	0.50 ts
5693	Cinnamon	0.50 ts
5693	Shortening	1.00 tb
5694	Eggs	2.00
5694	All-purpose flour	0.50 c
5694	Granulated sugar	0.50 c
5694	Firmly packed brown sugar	0.50 c
5694	Butter or margarine, melted	1.00 c
5694	and cooled to room temp.	0.00
5694	(300g) semi-sweet chocolate	1.00
5694	chips (about 2 cups)	0.00
5694	Chopped pecans	1.00 c
5694	Squares semi-sweet	3.00
5694	chocolate, melted	0.00
5695	Firm ripe pears (about 3-1/2	7.00
5695	pounds)	0.00
5695	Sugar	0.75 c
5695	(1 stick) butter or	0.50 c
5695	margarine	0.00
5695	Pie crust mix OR your	0.50 pk
5695	favorite single-crust	0.00
5695	recipe	0.00

Sheet1

5695	Heavy cream, whipped	0.50 c
5696	Margarine, melted	0.50 c
5696	Yellow cake mix *	1.00 pk
5696	Eggs	3.00
5696	Package cream cheese, soft	8.00 oz
5696	Powdered sugar	1.00 lb
5696	Flaked coconut	0.50 c
5696	Chopped walnuts or pecans	0.50 c
5697	(10 oz pkg) vanilla milk	1.67 c
5697	flavored chips	0.00
5697	Shortening (not butter,	2.00 tb
5697	margarine or oil), divided	0.00
5697	Semi-sweet chocolate chips	1.00 c
5697	Pts fresh	2.00
5697	strawberries,rinsed, patted	0.00
5697	dry and chilled	0.00
5698	Margarine or butter	0.50 c
5698	Sugar	1.00 c
5698	Eggs	2.00
5698	Shortening	0.50 c
5698	Vanilla extract	2.00 ts
5698	Flour	2.50 c
5699	Sugar	2.00 c
5699	Water	0.50 c
5699	Eggs	6.00 lg
5699	Egg yolks	6.00 lg
5699	Vanilla extract	2.00 tb
5699	Whipping cream	2.00 c
5699	Milk - DO NOT USE LOWFAT OR	2.50 c
5699	NONFAT MILK	0.00
5699	Sugar	1.50 c
5699	Raspberries - fresh	2.00 c
5700	Vanilla bean, split	0.50 lg
5700	Skim milk	2.25 c
5700	Sugar	0.50 c
5700	Envelope unflavored gelatin	1.00
5700	Of salt	1.00 ds
5700	Plain low0fat yogurt	1.50 c
5700	Light-colored corn syrup	0.25 c
5701	MILK	6.00 c
5701	SUGAR	2.00 c
5701	CAN EVAPORATED MILK	12.00 oz
5701	FROZEN WHIPPED TOPPING THAWD	8.00 oz
5701	PKG VANILLA INST PUDDING MIX	5.25 oz
5701	Salt to taste	0.00
5702	BASIC MIX -----	0.00 -----
5702	Instant nonfat dry milk	3.00 c
5702	Salt	1.00 ts
5702	Cornstarch	3.00 c

Sheet1

5702	Vanilla bean	1.00
5702	TO MAKE MIX INTO PUDDING -----	0.00 -----
5702	Milk	2.00 c
5702	Basic mix	0.50 c
5703	2% lowfat milk	4.00 c
5703	Egg, well beaten	1.00
5703	Jello vanilla pudding	1.00 pk
5703	(not instant)	0.00
5703	Minute rice	1.00 c
5703	Raisins	0.25 c
5703	Cinnamon	0.25 ts
5703	Nutmeg	0.12 ts
5704	Butter	3.00 tb
5704	Flour	3.00 tb
5704	Milk	1.50 c
5704	Egg yolks	6.00
5704	Egg whites	8.00
5704	Salt	1.00 pn
5704	Cream of tartar	0.12 ts
5704	Sugar	0.50 c
5704	Vanilla	2.00 ts
5704	Grand Marnier	0.25 c
5704	Whipped cream	0.00
5705	Eggs, beat until pale yellow	6.00 lg
5705	and very frothy	0.00
5705	Cane sugar, adding one cup	4.00 c
5705	at a time; beat until very	0.00
5705	smooth,	0.00
5705	Scraping bowl often	0.00
5705	Vanilla, and beat in well	2.00 tb
5705	Salt	1.00 ts
5705	Heavy whipping cream; slowly	2.00 qt
5705	add this cream to the	0.00
5705	Eggs/sugar/vanilla/salt	0.00
5705	mixture	0.00
5705	Pour mixture into ice cream	0.00
5705	maker	0.00
5705	Of half 'n half; stir	1.50 qt
5705	briskly while adding to	0.00
5705	mixture	0.00
5706	Veal loin chops - 1 to	4.00
5706	1-1/2" thick (8 oz.each)	0.00
5706	Butter	1.00 tb
5706	Olive oil - extra-virgin	1.00 tb
5706	Shallots - finely chopped	2.00
5706	(not green onions)	0.00
5706	Clove garlic - minced	2.00
5706	Mushrooms - imported, such	0.25 lb
5706	as oyster, chanterelles	0.00

Sheet1

5706	Or shiitake - thinly sliced	0.00
5706	Anchovy paste - 2 pencil eraser-sized pieces	0.00
5706	Whole peeled tomatoes - Italian style (roma),	1.00 cn
5706	Drained, juice retained,	0.00
5706	coarsley chopped (28 oz.)	0.00
5706	Sun-dried tomatoes - reconstituted in boiling	1.00 oz
5706	Water for 1 to 2 minutes, drained, thinly sliced	0.00
5706	Basil - fresh, chopped OR 1/2 t. dried, crumbled	1.00 tb
5706	Red wine - quality dry wine only	0.00
5706	Reserved tomato juice from drained tomatoes,	0.25 c
5706	Actually 1/2 to 3/4 cup	0.00
5706	Tabasco	0.00
5706	Freshly ground black pepper, coarsely ground	1.00 ds
5706	Salt to taste	0.00
5706	Pasta - preferably rotini, cooked al dente	12.00 oz
5707	Bisquick baking mix	0.00
5707	Sugar	1.50 c
5707	Egg	0.50 c
5707	Milk or water	1.00
5707	Shortening	0.50 c
5707	Vanilla	2.00 tb
5708	Sugar	1.00 ts
5708	Unflavored gelatin	0.50 c
5708	Salt	2.00 pk
5708	Sweet red wine	0.25 ts
5708	Egg yolks	1.75 c
5708	Egg whites	6.00
5708	Semisweet chocolate chips	6.00
5708	Sugar	16.00 oz
5708	Chilled whipping cream	0.50 c
5708	Sweetened whipping cream	1.50 c
5709	Half & Half	0.00
5709	Eagle milk (14 oz)	3.00 c
5709	Pureed fruit (choice) berries, peaches, bananas	1.00 cn
5709	Vanilla	1.00 c
5709	Food coloring - optional	0.00
5710	Butter	1.00 tb
5710	Sugar	0.25 c
5710	Egg, well beaten	0.50 c
		1.00

Sheet1

5710	Salt	0.25 ts
5710	Milk	1.00 c
5710	Flour	2.00 c
5710	Baking-powder	3.00 ts
5710	Chopped nuts	0.50 c
5710	Vanilla	0.50 ts
5711	Egg yolks	4.00
5711	Sugar	1.00 c
5711	Flour	1.00 tb
5711	Arrowroot	1.00 tb
5711	Whipping cream	0.75 c
5711	Milk	0.75 c
5711	Kirsch ( or...???)	3.00 tb
5711	Butter; room temperature	1.00 c
5711	Walnuts;toasted,chopped fine	2.00 c
5711	CHOCOLATE SAUCE -----	0.00 -----
5711	Butter	0.25 c
5711	Unsweetened cocoa	0.50 c
5711	Sugar	0.50 c
5711	Whipping cream	0.50 c
5712	Salted butter	0.50 lb
5712	Creamed cottage cheese	0.50 lb
5712	Shelled, chopped walnuts	0.50 lb
5712	Cinnamon	1.00 ts
5712	Heavy cream	1.50 c
5712	Flour	1.50 c
5712	Sugar	1.00 c
5712	Egg yolk	1.00
5713	Squares chocolate	3.00
5713	unsweetened	0.00
5713	Crisco	0.50 c
5713	Eggs	3.00
5713	Sugar	1.50 c
5713	Vanilla	1.50 ts
5713	Salt	0.50 ts
5713	Flour	1.00 c
5713	Walnuts, chopped	1.50 c
5713	Raspberry jam	0.33 c
5714	Sugar	1.00 c
5714	Margarine or butter, softened	1.00 c 0.00
5714	Egg, separated	1.00
5714	All-purpose, self-rising or unbleached flour	2.00 c 0.00
5714	Ground cinnamon	0.50 ts
5714	Water	1.00 tb
5714	Very finely chopped walnuts	0.50 c
5715	All purpose flour	1.75 c
5715	Baking soda	0.50 ts

## Sheet1

5715	Baking powder	0.50 ts
5715	Salt	0.12 ts
5715	Freshly ground pepper	1.50 ts
5715	Unsalted butter (room temp)	0.50 c
5715	(1 stick)	0.00
5715	Sugar	1.00 c
5715	Eggs (room temp)	2.00 lg
5715	Grated orange peel	2.00 ts
5715	Vanilla extract	1.50 ts
5715	Almond extract	0.25 ts
5715	Walnuts (lightly toasted and	1.50 c
5715	chopped)	0.00
5716	Apricot halves, drained	8.00 oz
5716	Brown sugar	2.00 tb
5716	Cashew halves	0.25 c
5716	Soft butter or margarine	1.00 tb
5717	Watermelon cubes	1.00 lb
5717	Water	2.00 ts
5717	Lime (calcium oxide)	2.00 tb
5717	Sugar	2.00 c
5717	Water	1.00 ts
5717	Lemon, sliced	0.50
5718	Watermelon balls	6.00 c
5718	Cubed fresh pineapple	5.00 c
5718	Green grapes	1.50 c
5718	Seedless red grapes	1.50 c
5718	Creme de cassis (black	0.75 c
5718	currant liqueur)	0.00
5719	Watermelon	1.00
5719	(5 cups) pineapple, cut into	1.00 md
5719	chunks	0.00
5719	(4 cups) honeydew or	1.00 lg
5719	cantaloupe melon, cut into	0.00
5719	chunks or balls	0.00
5719	(2 cups) strawberries,	1.00 pt
5719	blueberries, or raspberries	0.00
5719	(2 cups) green or red grapes	1.00 lb
5720	Watermelon, peeled, seeded	6.00 c
5720	and cut into 1-inch chunks	0.00
5720	Confectioners' sugar	3.00 tb
5720	Lemon juice	1.00 tb
5720	Salt	0.25 ts
5721	Watermelon; seeded & cubed	5.00 c
5721	Sugar	0.75 c
5721	Lemon juice	1.00 tb
5721	Envelope unflavored geletin	1.00
5721	Water	0.25 c
5721	Evaporated skimmed milk	12.00 oz
5722	Eggs, separated	7.00

Sheet1

5722	Granulated sugar	1.00 c
5722	Zest of 1/2 lemon	0.00
5722	Flour	1.00 c
5722	Baking powder	0.50 ts
5722	Butter, melted	0.33 c
5723	Unflavored gelatin	4.00 pk
5723	Cold water	2.00 c
5723	Sugar	1.00 c
5723	Boiling white grape juice	3.00 c
5723	Medium dry white wine	1.00 c
5723	Sweetened whipped cream	0.00
5723	Strawberries	0.00
5724	DOUGH -----	0.00 -----
5724	Flour; Unbleached, Unsifted	2.00 c
5724	Sugar	0.67 c
5724	Butter Or Margarine	0.25 c
5724	Egg; Large	1.00
5724	Egg Yolk; Large	1.00
5724	Lemon; Grated Rind Of	1.00
5724	Salt	0.12 ts
5724	TOPPING -----	0.00 -----
5724	Grapes	1.00 lb
5724	Egg Whites; Large	3.00
5724	Sugar	6.00 tb
5724	Lemon; Juice Of	0.50
5724	Almonds; Ground	4.00 oz
5725	VIVIAN THIELE NRHF19C	0.00
5725	Flour	1.50 c
5725	Vinegar	1.00 ts
5725	Sugar	1.00 c
5725	Vanilla	1.00 ts
5725	Cocoa	0.25 c
5725	Oil	5.00 tb
5725	Salt	0.50 ts
5725	Cold Water	1.00 c
5725	Soda	1.00 ts
5726	Avacados, peeled and cut into pieces	2.00 0.00
5726	Powdered sugar	0.33 c
5726	Whipping (heavy) cream	0.25 c
5726	Lime juice	3.00 tb
5727	Whipping cream	1.00 c
5727	Few grains salt	0.00
5727	Powdered sugar	2.00 tb
5727	Vanilla	0.25 ts
5728	Apple - grated	1.00
5728	To 3 Tbl. sugar	2.00
5728	Egg white	1.00
5729	Heavy cream	1.00 c

Sheet1

5729	Sugar	0.25 c
5729	Vanilla	1.00 ts
5730	All-purpose flour	2.00 c
5730	Sifted cocoa	0.75 c
5730	Powder	0.00
5730	Baking powder	2.00 ts
5730	Salt	0.25 ts
5730	Each granulated	1.00 c
5730	And packed brown	0.00
5730	Sugar	0.00
5730	Shortening	0.50 c
5730	Butter	0.25 c
5730	Eggs	2.00
5730	Instant coffee	1.00 tb
5730	Granules	0.00
5730	Each hot water	0.25 c
5730	And whiskey	0.00
5730	Milk	1.00 c
5730	Mocha Butter Icing:	0.00
5730	Softened butter	0.75 c
5730	Sifted icing	3.50 c
5730	Sugar	0.00
5730	Sifted cocoa	0.50 c
5730	Powder	0.00
5730	Instant coffee	1.00 tb
5730	Granules	0.00
5730	Each hot water	2.00 tb
5730	And whisky	0.00
5730	Salt	1.00 pn
5731	Hazelnuts, whole, shelled	0.50 c
5731	Chocolate, semisweet	2.00 oz
5731	Butter, unsalted	2.00 tb
5731	Sugar	1.00 tb
5731	Brandy *OR: 1 Tbsp rum	1.00 tb
5731	Chocolate, white, grated	9.00 oz
5733	Unsalted butter	6.00 tb
5733	Grated white chocolate	8.00 oz
5733	Eggs	2.00
5733	Sugar	0.50 c
5733	Vanilla	1.00 tb
5733	Flour	1.00 c
5733	Heaped semi-sweet choc chunk	1.00 c
5734	Unsalted butter softened	0.50 c
5734	Sugar	0.33 c
5734	Brown sugar firm packed	0.33 c
5734	Egg	1.00
5734	Vanilla	1.00 ts
5734	All purpose flour	1.00 c
5734	Baking soda	0.50 ts



Sheet1

5734	Salt	0.25 ts
5734	White chocolate, chopped	6.50 oz
5734	Macadamia nuts, halved	0.75 c
5735	Egg yolks	5.00 lg
5735	Sugar	0.50 c
5735	Whipping cream	2.00 c
5735	White chocolate - imported,	3.00 oz
5735	finely chopped	0.00
5735	Vanilla extract	0.25 ts
5735	Sugar	2.00 tb
5736	Half and half	2.00 c
5736	White chocolate;	12.00 oz
5736	coarsely chopped	0.00
5736	Eggs	4.00
5736	Sugar	1.50 c
5736	Whipping cream	2.00 c
5737	Half & half	3.50 c
5737	Egg yolks	8.00
5737	Sugar	1.75 c
5737	Vanilla	2.00 ts
5737	Smooth peanut butter	0.50 c
5737	Heavy cream	0.50 c
5737	Unsalted dry-roasted	1.00 c
5737	peanuts, coarsely chopped	0.00
5737	(about 5 oz)	0.00
5737	Bars white chocolate, broken	3.00 oz
5737	in half widthwise	0.00
5737	Bittersweet chocolate	16.00 oz
5737	Unsalted butter	8.00 oz
5737	Evaporated milk	1.00 c
5738	White chocolate	1.00 lb
5738	coarsely chopped	0.00
5738	Unsalted butter	2.00 tb
5738	at room temperature	0.00
5738	Egg yolks	6.00
5738	Sugar; PLUS:	0.25 c
5738	Sugar	2.00 tb
5738	Heavy cream	0.67 c
5739	Finely chopped pecans	1.00 tb
5739	Unsalted butter, at room	0.50 lb
5739	temperature	0.00
5739	Sugar	2.00 c
5739	Heavy whipping cream	1.00 c
5739	Finely chopped white	4.00 oz
5739	chocolate, melted and tepid	0.00
5739	Eggs, at room temperature	6.00 lg
5739	All-purpose flour	3.00 c
5739	Salt	0.50 ts
5739	Baking soda	0.25 ts

Sheet1

5740	White chocolate bars	3.00 oz
5740	(Tobler), halved crosswise	0.00
5740	Hazelnuts, toasted and	0.50 c
5740	husked - coarsely chopped	0.00
5740	Mint sprigs	8.00
5740	*** MOUSSE ***	0.00
5740	Chocolate -extra bittersweet	8.00 oz
5740	or semisweet, chopped	0.00
5740	Butter - unsalted	0.25 c
5740	Eggs, separated - at room	2.00
5740	temperature	0.00
5740	Salt	1.00 pn
5740	Cream of tartar	1.00 pn
5740	Sugar	4.00 tb
5740	Whipping cream - well	0.75 c
5740	chilled	0.00
5740	Vanilla	1.00 ts
5741	Eggs, separated	4.00
5741	Sugar, divided	0.75 c
5741	Vegetable Oil	1.00 tb
5741	Vanilla Extract	1.00 ts
5741	Cake Flour, sifted	0.67 c
5741	Baking Powder	1.00 ts
5741	Salt	0.25 ts
5741	Powdered Sugar	2.00 tb
5741	White Chocolate Cream	1.00
5741	Filling (recipe below)	0.00
5741	White Chocolate Curls	1.00
5742	Coarsely chopped white	4.50 oz
5742	chocolate	0.00
5742	Unsalted butter, at room	0.25 lb
5742	temperature	0.00
5742	Firmly packed dark brown	0.25 c
5742	sugar	0.00
5742	Plus 2 tbsp flour, sifted	1.00 c
5743	White chocolate (do not use	8.00 oz
5743	compound coating)	0.00
5743	Perfect walnut or pecan	48.00
5743	halves	0.00
5743	Unsalted butter at room	6.00 tb
5743	temperature	0.00
5743	Water	1.50 tb
5743	Grade A large egg yolk	1.00
5744	White chocolate	6.00 oz
5744	Egg whites (4 full fluid	4.50 lg
5744	ounces)	0.00
5744	Milk	1.00 c
5744	Vanilla	1.50 ts
5744	(300 g) sifted cake flour	3.00 c

Sheet1

5744	+ 3 tbsp sugar	1.00 c
5744	+ 1-1/2 tsp baking powder	1.00 tb
5744	Salt	0.75 ts
5744	Unsalted butter, softened	9.00 tb
5745	FOR THE CAKE -----	0.00 -----
5745	Mooli, white radish (2 lb)	1.00
5745	Rice flour	0.50 c
5745	Wheat flour	2.00 tb
5745	Water	2.00 tb
5745	TO FINISH -----	0.00 -----
5745	Oil	3.00 tb
5745	Batch radish cakes	0.50
5745	- cut into rectangles	0.00
5745	Garlic cloves	2.00
5745	- finely chopped	0.00
5745	Egg	1.00
5745	Light soy sauce	2.00 tb
5745	Dark soy sauce	1.00 ts
5745	Sugar	0.50 ts
5745	Ground white pepper	0.00
5745	Fresh beansprouts	0.33 c
5745	- rinsed and drained	0.00
5745	Spring onions/scallions	3.00
5745	- cut into 1" slivers	0.00
5746	Honey	0.25 c
5746	Finely crushed vanilla wafer	2.50 c
5746	Ground walnuts	2.00 c
5746	Dry white wine	0.33 c
5746	Granulated sugar	0.00
5747	Sugar	0.75 c
5747	Unflavored gelatin	2.00 pk
5747	Dry white wine	1.00 c
5747	Frozen orange juice(6oz)	1.00 cn
5747	Water	2.00 c
5747	Lemon juice	2.00 tb
5747	Grated peel of lemon	1.00
5747	Whipping cream,whipped	2.00 c
5747	Orange in slices	1.00
5748	All purpose flour	1.00 c
5748	Baking powder	1.00 ts
5748	Salt	0.50 ts
5748	Brown sugar	0.50 c
5748	Vanilla	1.00 ts
5748	Whole wheat flour	1.00 c
5748	Ground cinnamon	0.50 ts
5748	Margarine	0.50 c
5748	Egg	1.00 md
5749	Eggs	3.00
5749	Granulated sugar	1.00 c

Sheet1

5749	Water	0.33 c
5749	Vanilla	1.00 ts
5749	Cake flour*	1.00 c
5749	Baking powder	1.00 ts
5749	Salt	0.25 ts
5749	Powdered sugar	0.00
5749	Granulated sugar	0.33 c
5749	Cornstarch	4.00 ts
5749	Dry white wine	1.00 c
5749	Eggs,slightly beaten	2.00
5749	Butter or margarine	3.00 tb
5749	Cornstarch	2.00 tb
5749	Frozen strawberries(10oz)	1.00 pk
5749	Currant jelly	0.75 c
5749	Lemon juice	1.00 tb
5750	Sugar	0.50 c
5750	Water	0.75 c
5750	Red wine	0.75 c
5750	Whole cloves	4.00
5750	Cassia bark, broken in small pieces	2.00 ts 0.00
5750	Piece dried ginger root	1.00 sm
5750	Oranges	4.00 lg
5750	Grated orange peel (opt)	0.00
5750	Half-and-half	0.00
5751	Butter	3.00 tb
5751	Winesap apples, peeled, cored, diced	2.00 0.00
5751	Inch circles frozen puff pastry, thawed	6.00 0.00
5751	Egg, beaten with a little water	1.00 0.00
5752	Rice; long grain, converted	0.33 c
5752	Sugar	0.33 c
5752	Vanilla bean split lengthwise	0.50 0.00
5752	Milk; homogenized	4.00 c
5752	Butter	1.00 ts
5752	Nutmeg	1.00 ds
5752	Cinnamon	1.00 ds
5752	Raisins; golden	0.50 c
5753	Grannt Smith apples, Peeled, Sliced (about 3/4 lb)	2.00 c 0.00
5753	Ripe Pears, peeled, sliced	2.00 c
5753	Fresh lemon juice	3.00 tb
5753	Dried cranberries	0.33 c
5753	Sugar	0.25 c
5753	Ground cinnamon	1.00 ts
5753	Ground nutmeg	0.50 ts

Sheet1

5753	Vegetable cooking spray	0.00
5753	Pear nectar	1.00 c
5753	All-purpose flour	0.75 c
5753	Salt	0.12 ts
5753	Vegetable shortening	2.50 tb
5753	Plus 2 ts ice water	2.00 tb
5753	Fresh lemon juice	0.25 ts
5753	Skim milk	1.50 ts
5753	Sugar	1.00 tb
5753	Ground cinnamon	0.25 ts
5754	Plain flour	1.50 c
5754	Chopped pecans	0.50 c
5754	Packed brown sugar	0.25 c
5754	Melted butter	0.50 c
5754	Cream cheese, softened	8.00 oz
5754	Whipped topping	8.00 oz
5754	(3c) Peaches & sugar	2.00 c
5754	Powdered sugar	1.75 c
5754	Almond flavoring	0.50 ts
5755	Full Cream Yoghurt	150.00 g
5755	Lemon (The Juice)	0.50
5755	Mint Sprig	1.00
5755	Honey	1.00 tb
5755	Egg Yolk	1.00
5755	Scoop Lemon Sorbet	1.00
5756	Envelope of Gelatin	1.00
5756	Cold Water	0.25 c
5756	Skim Milk	1.50 c
5756	Granulated Sugar	0.33 c
5756	Plain Yogurt	2.25 c
5756	Vanilla Extract	1.00 ts
5756	Strawberry Coulis recipe	1.00
5756	Fresh Strawberries	0.00
5757	All-purpose flour	0.75 c
5757	Tightly packed light or dark	1.00 c
5757	brown sugar	0.00
5757	Baking powder	1.50 ts
5757	Salt	0.50 ts
5757	A dash mace	0.00
5757	A dash cinnamon	0.00
5757	Eggs	2.00
5757	Vanilla	1.50 ts
5757	Pared, cored, and chopped	1.50 c
5757	tart apples	0.00
5757	Chopped walnuts	0.75 c
5758	Egg yolks	6.00
5758	Sugar	0.50 c
5758	Medium white wine	0.33 c
5759	Soda crackers (didn't	40.00

Sheet1

5759	specify, but I believe they	0.00
5759	should be	0.00
5759	Crushed)	0.00
5759	Butter	0.50 c
5759	Egg whites	4.00
5759	Sugar	1.00 c
5759	Of salt	1.00 pn
5759	Vanilla	0.50 ts
5759	Pie filling (blueberry,	1.00 cn
5759	raspberry or cherry)	0.00
5759	Whipping cream	0.50 pt
5759	Powdered sugar	2.00 ts
5760	Lemon juice	0.50 c
5760	Lemon zest	0.50 ts
5760	Sugar	0.50 c
5761	Zucchini, peeled, cored and	1.00 lb
5761	sliced in apple-like chunks	0.00
5761	(8 c)	0.00
5761	Lemon juice	0.75 c
5761	Nutmeg	0.50 ts
5761	+ 3/4 c + 1/4 c sugar	1.00 c
5761	+ 1 tsp cinnamon	1.00 ts
5761	Flour	3.00 c
5761	Packed brown sugar	0.75 c
5761	Butter, softened	1.00 c
5762	Zucchini, peeled, cored and	1.00 lb
5762	sliced in apple-like chunks	0.00
5762	(8 c)	0.00
5762	Lemon juice	0.75 c
5762	Nutmeg	0.50 ts
5762	+ 3/4 c + 1/4 c sugar	1.00 c
5762	+ 1 tsp cinnamon	1.00 ts
5762	Flour	3.00 c
5762	Packed brown sugar	0.75 c
5762	Butter, softened	1.00 c
5763	Zucchini, sliced 1/4 inch	4.00 sm
5763	thick	0.00
5763	Sour cream	0.25 c
5763	Seasoned salt	0.50 ts
5763	Pepper	0.12 ts
5763	Egg	1.00
5763	Margarine	2.00 tb
5763	Of garlic salt	1.00 ds
5763	Parmesan or romano cheese,	0.50 c
5763	grated	0.00
5764	Canned unsalted chicken	2.00 c
5764	broth, defatted	0.00
5764	Olive oil	1.00 tb
5764	Ground cumin	2.00 ts

Sheet1

5764	Pickling spice	2.00 tb
5764	Red bell pepper, sliced	0.50
5764	Boneless skinless chicken	1.00 lb
5764	breast halves	0.00
5764	Yellow bell pepper, sliced	0.50
5764	Minced jalapeno chili with	2.00 tb
5764	seeds	0.00
5764	Onion, halved, thinly sliced	1.00
5764	Rice wine vinegar	0.33 c
5764	Fresh cilantro leaves	0.25 c
5764	Garlic cloves, minced	3.00 lg
5766	Chicken; cooked, shredded	3.00 c
5766	Scallions; w/green; minced	0.50 c
5766	Almonds; chopped, blanched	0.50 c
5766	Salt	0.50 ts
5766	Enchilada Chili Sauce; *	3.00 c
5766	Fresh corn tortillas	8.00
5766	Sour cream	0.75 c
5766	Shredded Cheddar cheese	0.50 c
5766	Sliced ripe olives	0.50 c
5766	FOR GARNISH -----	0.00 -----
5766	Sour cream and scallions	0.00
5766	ENCHILADA SAUCE -----	0.00 -----
5766	Vegetable oil	2.00 tb
5766	Onion; chopped	0.67 c
5766	Green bell pepper; chopped	0.25 c
5766	Garlic clove; minced	1.00
5766	Tomato paste	1.00 c
5766	Water	1.00 c
5766	Chili powder; (or more)	1.00 ts
5766	Salt	1.00 ts
5766	Dried oregano	0.50 ts
5767	Stephen Ceideburg	0.00
5767	Doves garlic	2.00 lg
5767	Salt	0.50 ts
5767	Plain, whole-milk yogurt	2.00 c
5767	Juice and pulp of 1 large	0.00
5767	lemon, 3 to 4 tablespoons	0.00
5767	Cracked black pepper	0.50 ts
5767	Whole chicken breasts, about	2.00 lg
5767	2 pounds	0.00
5768	Chicken, frying; cut up	1.00 ea
5768	Chilies; split	2.00 ea
5768	Onion, small; sliced	1.00 ea
5768	Coriander seed, ground	2.00 tb
5768	Caraway seed, ground	1.00 tb
5768	Turmeric	1.00 tb
5768	Salt	1.00 x
5768	Tamarind juice	2.00 tb

Sheet1

5768	Brown sugar	2.00 tb
5768	Coconut milk	1.00 c
5768	Oil	1.00 x
5769	Chicken; boned, skinned	1.00 lb
5769	MARINADE -----	0.00 -----
5769	Salt	0.25 ts
5769	Pepper	0.12 ts
5769	Cornstarch	1.00 ts
5769	Soysauce	1.00 tb
5769	Egg white	1.00
5769	STIR -----	0.00 -----
5769	Vegetable oil	1.00 c
5769	Slices ginger root, fresh	5.00
5769	Green onions; chopped	3.00
5769	into 1-inch pieces	0.00
5769	Bamboo shoots; diced	0.50 c
5769	SEASONING SAUCE -----	0.00 -----
5769	Rice or white vinegar	1.00 tb
5769	Rice wine or dry sherry	1.00 tb
5769	Salt	0.50 ts
5769	Sugar	1.00 ts
5769	Cornstarch	0.50 ts
5769	Almonds; crisped	0.33 c
5770	Blanched almonds; ground	1.00 oz
5770	Bread crumbs; plain, dried	1.00 tb
5770	Parmesan cheese; grated	1.50 ts
5770	Salt	0.12 ts
5770	Basil leaves	0.12 ts
5770	Chicken cutlets; divided 1/2	8.00 oz
5770	Skim milk	1.00 tb
5770	Vegetable oil	1.00 tb
5770	Lemon wedges	2.00
5771	Boned Chicken Breasts	5.00
5771	Flour	3.00 tb
5771	Salt	1.50 ts
5771	Ground Pepper	1.50 ts
5771	Paprika	2.00 ts
5771	Vegetable Oil	1.00 tb
5771	Butter	3.00 tb
5771	Dijon Mustard	1.50 tb
5771	6 1/4 oz Frozen Orange Juice	1.00 cn
5771	Amaretto	1.00 c
5772	Chicken pieces	2.00 lb
5772	Onion, medium, chopped	1.00
5772	Oil	2.00 tb
5772	Salt	2.00 ts
5772	Pumpkin pie spice	1.00 ts
5772	Orange juice, frozen	1.00 cn
5772	Orange rind, grated	2.00 ts



Sheet1

5772	Cranberries	3.00 c
5772	Sugar	1.00 c
5773	Boned skinless chicken	4.00
5773	Breast halves (about 1 lb.	0.00
5773	Total)	0.00
5773	Slices prosciutto or	4.00
5773	Boiled ham	0.00
5773	Finely chopped apple	0.50 c
5773	Apple pie spice	0.12 ts
5773	Apple pie spice	0.00
5773	Finely chopped green onion	2.00 tb
5773	Margarine or butter	1.00 tb
5773	All-purpose flour	1.00 tb
5773	Skim milk	0.67 c
5773	Shredded provolone	0.50 c
5773	Cheese (2 ounces)	0.00
5773	Hot cooked rice (optional)	0.00
5774	Apricot Basting Sauce; *	1.00 x
5774	Quail; 6 Birds	36.00 oz
5774	Bacon Slices	6.00 ea
5775	Apricot nectar	0.50 c
5775	Dry sherry	0.25 c
5775	Soy sauce	2.00 tb
5775	Lemon juice	1.00 tb
5775	Prepared Mustard	1.00 tb
5775	Ground Ginger	0.50 ts
5775	Chicken thighs(2 lb),skinned	6.00 x
5775	Dried Apricot halves	12.00 x
5776	Duckling	1.00
5776	Peppercorns	2.00 ts
5776	Thyme, whole dried	1.00 ts
5776	Bay leaf; crumbled	2.00
5776	Cloves	6.00
5776	Kosher salt	1.00 tb
5776	Sugar, brown	1.00 tb
5776	Brandy	1.00 tb
5776	Garlic clove	1.00
5776	Red cabbage leaves	5.00
5777	Oil	2.00 tb
5777	Chicken thighs & legs	2.00 lb
5777	Paprika	0.50 ts
5777	Cilantro, chopped	1.00 tb
5777	Onion, diced	0.50 c
5777	Clove garlic, crushed	1.00
5777	Water	1.50 c
5777	White wine	0.50 c
5777	Tomatoes, diced	3.00
5777	Bouillon cube	1.00
5777	Bay leaf	1.00

Sheet1

5777	Oregano	0.50 ts
5777	Mixed vegetable seasoning	1.00 ts
5777	Basil	0.50 ts
5777	Celery	1.00 c
5777	Almonds	0.50 c
5777	Short grain brown rice	0.75 c
5777	Wild rice	0.75 c
5777	Peas	2.00 c
5778	Chicken thighs	2.00
5778	Asparagus spears	12.00 md
5778	Peanut or corn oil	3.00 tb
5778	MARINADE -----	0.00 -----
5778	Dry sherry	1.00 tb
5778	Cornstarch	1.00 ts
5778	Thin soy sauce	2.00 ts
5778	Sugar	1.00 pn
5778	SAUCE -----	0.00 -----
5778	Fermented black beans	2.00 ts
5778	Cloves garlic, minced	3.00
5778	Brown sugar	0.50 ts
5778	Black soy sauce	2.00 ts
5778	Chicken stock	0.75 c
5778	Cornstarch paste	0.00
5779	Chicken thighs	2.00
5779	Asparagus spears	12.00 md
5779	Peanut or corn oil	3.00 tb
5779	MARINADE -----	0.00 -----
5779	Dry sherry	1.00 tb
5779	Cornstarch	1.00 ts
5779	Thin soy sauce	2.00 ts
5779	Sugar	1.00 pn
5779	SAUCE -----	0.00 -----
5779	Fermented black beans	2.00 ts
5779	Cloves garlic, minced	3.00
5779	Brown sugar	0.50 ts
5779	Black soy sauce	2.00 ts
5779	Chicken stock	0.75 c
5779	Cornstarch paste	0.00
5780	Firmly packed brown sugar	0.25 c
5780	Cornstarch	2.00 tb
5780	Vinegar	0.25 c
5780	Soy sauce	1.00 tb
5780	15 oz. can pineapple chunks	1.00
5780	Strips, green pepper	1.00 c
5780	Thin onion rings	1.00 c
5780	Oil	1.00 tb
5780	Boneless chicken breasts*	2.00
5781	Chicken, in pieces	3.50 lb
5781	Shallots, peeled and finely sliced	5.00

Sheet1

5781	Garlic Cloves, peeled and finely sliced	4.00
5781	Ground Coriander	2.00 ts
5781	Ground Cumin	0.50 ts
5781	Of Sereh powder *	1.00 pn
5781	Of Laos powder *	1.00 pn
5781	Of grated Nutmeg	1.00 pn
5781	Cinnamon stick	1.00 sm
5781	Bay Leaf	1.00
5781	Brown Sugar	1.00 ts
5781	Salt to taste	0.00
5781	Water	3.75 c
5781	Oil for deep-frying	0.00
5782	Groundnut oil (or sunflower)	3.00 tb
5782	Big onion sliced into rings	1.00
5782	Chicken cut up	1.00 md
5782	Cloves garlic	3.00
5782	Shrimp paste	1.00 tb
5782	Sambal Ulek (see separate	2.00 ts
5782	recipe)	0.00
5782	Tumeric	0.50 ts
5782	Coconut milk (thin)	1.75 c
5782	Brown sugar	1.00 ts
5782	Lemon juice	2.00 tb
5782	Peeled shrimp	0.25 lb
5782	Coriander	1.00 tb
5783	Bacon slices	12.00
5783	Fresh ground turkey	1.00 pk
5783	Fine dry bread crumbs	0.50 c
5783	Worcestershire Sauce	1.00 ts
5783	Garlic salt	0.50 ts
5784	Chicken Breast; *	0.75 lb
5784	Dried Mixed Fruit; **	6.00 oz
5784	Ring Macaroni Or Orzo; Raw	1.00 c
5784	Jicama; Cubed	1.00 c
5784	Green Onions/Tops; Sliced	2.00
5784	Mayonnaise Or Salad Dressing	0.50 c
5784	Sour Cream Or Plain Yogurt	2.00 tb
5784	Red Chiles; Ground	1.00 ts
5784	Salt	0.25 ts
5785	4-oz. boneless, skinless	4.00
5785	chicken breast halves	0.00
5785	Ground red pepper	0.12 ts
5785	Black pepper	0.25 ts
5785	Reduced-calorie Catalina	0.25 c
5785	salad dressing	0.00
5785	Dijon-style mustard	1.00 tb
5785	Worcestershire sauce	1.00 ts
5786	Chicken	2.50 lb
5786	Olive oil	0.50 c

## Sheet1

5786	Garlic clove	1.00
5786	Onion; cut in 1/2 rings	1.00
5786	Green pepper; in 1/2 rings	1.00
5786	Chicken gravy	2.00 c
5786	Salt	1.00 tb
5786	Red wine	0.25 c
5786	Mushroom buttons or slices	20.00
5786	Parmesan cheese; grated	0.25 c
5786	Almonds; toasted & grated	0.25 c
5786	Parsley leaves	1.00
5788	Cornish game hens	4.00
5788	Butter	0.50 c
5788	Lemon juice	2.00 tb
5788	Rosemary	1.00 ts
5788	Cloves garlic, pressed	2.00
5790	Rock Cornish game hens	4.00
5790	Salt & pepper	0.00
5790	Canned beef consomme	0.25 c
5790	Light corn syrup	0.25 c
5790	Butter	0.00
5791	TURKEY, any weight	1.00
5791	Butter, in slices	0.50 c
5791	Oil	0.50 c
5791	Allspice	1.00 ts
5791	Vegetable salt (seasoning)	1.00 ts
5791	Garlic, pressed	4.00 cl
5792	Duck	1.00
5792	Onions	2.00
5792	Apple, studded with cloves	1.00
5792	Margarine, melted	0.00
5793	Cut Up Broiler Fryer	2.50 lb
5793	Catsup	1.00 c
5793	Worcestershire Sauce	0.25 c
5793	Vinegar	0.25 c
5793	Packed Brown Sugar	0.25 c
5793	Med. Onion, Chopped	1.00
5793	Cornstarch	2.00 tb
5793	Lemon Juice	1.00 tb
5793	Salt	1.00 ts
5793	Celery Seed	1.00 ts
5793	Liquid Smoke	0.25 ts
5793	Dashes Red Pepper Sauce	2.00
5794	Chicken Wings	1.50 lb
5794	Salt	1.00 ts
5794	Chopped Lemon Grass	0.25 c
5794	Cloves Garlic, Chopped	8.00
5794	White Pepper	0.50 ts
5794	Minced Cilantro Root Or:	0.25 c
5794	Coriander Root	0.00

Sheet1

5794	Tumeric	1.00 ts
5795	Turkey breast, boned and	1.00
5795	halved, partially frozen	0.00
5795	Plain nonfat yogurt	1.00 c
5795	Minced seeded jalapeno chili	1.00 tb
5795	Ground cumin	1.00 ts
5795	Cayenne pepper	0.25 ts
5795	Nutmeg	2.00 ds
5795	Garlic powder	1.00 ds
5796	Minced garlic	1.00 ts
5796	Ground cumin	0.50 ts
5796	Medium shrimp	0.50 lb
5796	Onion powder	0.50 ts
5796	Melted butter	0.25 c
5796	Boneless chicken breast	1.00 lb
5797	Stephen Ceideburg	0.00
5797	Cornish game hens (14 ounces	4.00
5797	each)	0.00
5797	Garlic cloves	4.00
5797	Shallots, or 3 green onions,	2.00
5797	white part only	0.00
5797	Sugar	1.50 tb
5797	Salt	0.50 ts
5797	Black pepper	0.25 ts
5797	Five spice powder	0.50 ts
5797	Vietnamese fish sauce	1.50 tb
5797	(nouc mam)	0.00
5797	Light soy sauce	1.50 tb
5797	Dry sherry	1.50 tb
5798	Minced garlic	1.00 ts
5798	Onion powder	0.50 ts
5798	Ground cumin	0.50 ts
5798	Melted butter	0.25 c
5798	Medium shrimp	0.50 lb
5798	Boneless chicken breast	1.00 lb
5799	Frying chicken	3.50 lb
5799	Dried lotus leaves	3.00
5799	Wet modeling clay	4.00 lb
5799	STUFFING -----	0.00 -----
5799	Ground pork	0.50 lb
5799	Salted mustard green,	2.00 tb
5799	Minced	0.00
5799	Peanut oil	1.00 tb
5799	Sugar	1.00 ts
5799	Fresh ginger root, minced	1.00 ts
5799	MIXTURE FOR SKIN -----	0.00 -----
5799	Salt	0.50 ts
5799	Medium sherry	1.00 tb
5799	Sesame oil	1.00 ts

Sheet1

5799	Dark soy sauce	1.00 tb
5800	(20 oz.) sliced pineapple in	1.00 cn
5800	syrup	0.00
5800	Whole chicken breasts,split	2.00
5800	(or 1 cut up 3 lb. fryer	0.00
5800	chicken)	0.00
5800	Butter	2.00 tb
5800	Dry sherry	0.25 c
5800	Soy sauce	3.00 tb
5800	Cloves garlic,preserved	2.00 lg
5800	Finely chopped crystallized	2.00 tb
5800	ginger	0.00
5800	Salt	0.50 ts
5800	Red bell	1.00
5800	pepper,seeded,chunked	0.00
5800	Sliced celery	1.50 c
5800	Sliced green onion	0.50 c
5800	Papaya,peeled,sliced	1.00
5800	(optional)	0.00
5800	Cornstarch	1.00 tb
5801	Black ducks, large	2.00
5801	Butter	3.00 tb
5801	Salt	1.50 ts
5801	Thyme	0.50 ts
5801	Onions, white, chopped	3.00
5801	Duck hearts, chopped	1.00
5801	Wine, white, warmed	12.00 oz
5802	Chicken breasts	2.00
5802	Olive oil	2.00 tb
5802	Finely chopped shallots	2.00 tb
5802	Blackberry vinegar	0.25 c
5802	Chicken Stock or canned brot	0.25 c
5802	Heavy or whipping cream or c	0.25 c
5802	Creme de cassis	1.00 tb
5802	Fresh blackberries	10.00
5802	Chervil leaves, for garnish	0.00
5803	Chicken breast filet (1lb)	4.00 ea
5803	skinned	0.00
5803	Whole wheat flour	1.00 tb
5803	Curry powder	1.50 ts
5803	Paprika	0.50 ts
5803	Italian seasoning blend	1.50 ts
5803	Fat-free chicken broth	4.00 tb
5803	Cloves garlic; chopped	2.00 ea
5803	Finely chopped onion	1.00 c
5803	Diced pippin apples	2.00 c
5803	peeled and cored	0.00
5803	Raisins	1.00 c
5803	Lemon juice	1.00 tb

Sheet1

5803	Can mandarin oranges	1.00 ea
5803	in juice,undrained	0.00
5803	Cooked brown rice, cooked	2.00 c
5803	with chicken broth	0.00
5804	Broiler-fryer, cut up	3.00 lb
5804	Salt	0.00
5804	Uncle Ben's Converted Brand	1.00 c
5804	rice	0.00
5804	(6 ounces) dried mixed fruit	1.00 pk
5804	pieces OR 1-1/3 cups diced	0.00
5804	Dried fruit and raisins	0.00
5804	Chopped onion	0.50 c
5804	Curry powder	4.00 ts
5804	Sugar	1.50 ts
5804	Salt	1.00 ts
5804	Water	2.00 c
5804	Butter or margarine, melted	2.00 tb
5804	Paprika	0.50 ts
5804	Chopped parsley, optional	0.00
5805	Cornish game hens	4.00
5805	(2 lb each)	0.00
5805	Salt and pepper	0.00
5805	Peel of 1 orange, thinly	1.00
5805	Sliced	0.00
5805	Lemon juice	1.00 ts
5805	Orange liqueur (Curacao)	1.50 oz
5805	Mandarin orange sections	1.00 c
5805	Wild rice mix	2.00 c
5805	Orange juice	2.00 c
5805	Brown sugar	4.00 ts
5805	Cornstarch	0.00
5805	Bunch watercress	1.00
5806	Cornish game hens	4.00
5806	(2 lb each)	0.00
5806	Salt and pepper	0.00
5806	Peel of 1 orange, thinly	1.00
5806	Sliced	0.00
5806	Lemon juice	1.00 ts
5806	Orange liqueur (Curacao)	1.50 oz
5806	Mandarin orange sections	1.00 c
5806	Wild rice mix	2.00 c
5806	Orange juice	2.00 c
5806	Brown sugar	4.00 ts
5806	Cornstarch	0.00
5806	Bunch watercress	1.00
5807	4-ounce skinned and boned	6.00
5807	chicken breast halves, cut	0.00
5807	into long strips	0.00
5807	Firmly packed dark brown	0.25 c

## Sheet1

5807	sugar	0.00
5807	Dijon Mustard	3.00 tb
5807	Bourbon	3.00 tb
5807	Low sodium Worcestershire	1.00 ts
5807	sauce	0.00
5807	Vegetable cooking spray	0.00
5808	Light vegetable oil	1.00 tb
5808	Medium-size firm mushrooms,s	3.00
5808	Half breasts of duck, boned	4.00
5808	Grated orange rind	2.00 tb
5808	Meat flavoring	1.00 ts
5808	Orange juice	0.25 c
5808	Pureed fresh peaches	0.75 c
5808	Heavy cream,whipped	0.33 c
5808	Butter	2.00 tb
5808	Duck livers	2.00
5808	Finely chopped fresh garlic	0.50 ts
5808	Tomato paste	1.00 ts
5808	Strong chicken stock	1.00 c
5808	Light honey	1.00 tb
5808	Guava or red currant jelly	1.00 ts
5808	Fresh peaches, quartered	4.00
5809	Chicken fryer drumsticks	8.00
5809	Cornstarch for dredging	0.00
5809	Oil for deep-frying	3.00 c
5809	Dried chestnuts	1.00 c
5809	Five-spice bouquet (OR	1.00
5809	Five-spice powder)	1.00 tb
5809	Cold water	4.00 c
5809	Dark soy sauce	0.50 c
5809	Rock sugar	0.50 c
5809	Medium sherry	0.50 c
5809	Salt	0.50 ts
5810	Baking Potatoes	12.00 oz
5810	Chicken Broth	1.75 c
5810	Turnips, Peeled & Cut Into	14.00 oz
5810	1/2 in. Cubes	0.00
5810	(1) Golden Delicious Apple,	7.00 oz
5810	Peeled & Cut Into 1/2 in.	0.00
5810	Cubes	0.00
5810	Marjoram	0.50 ts
5810	Thyme	0.25 ts
5810	Grated Nutmeg	0.25 ts
5810	Rosemary	0.12 ts
5810	Salt	1.00 ts
5810	Oleo, Unsalted	1.00 ts
5810	(1 Lb) Cornish Game Hens	3.00
5810	Clarified Butter	2.00 tb
5810	Calvados, Applejack OR	0.25 c



Sheet1

5810	Brandy	0.00
5810	Unsweetened Apple Juice	0.50 c
5810	Red And Green Skinned	0.00
5810	Appple	0.00
5810	Wedges	0.00
5810	Watercress	0.00
5811	Fresh Cornish Game Hens	2.00
5811	Vegetable Oil	1.00 tb
5811	Lemon Juice, divided	2.00 tb
5811	Ground Ginger, divided	0.25 ts
5811	Salt and Pepper to taste	0.00
5811	Orange Marmalade	0.25 c
5811	Brandy	1.00 tb
5812	Boned, Skinned Chicken	0.50 lb
5812	Breasts	0.00
5812	Lemon Juice	1.00 tb
5812	Garlic Powder	0.50 ts
5812	Seasoned Salt	0.50 ts
5812	Each Oregano & Pepper	0.25 ts
5812	Few Drops Liquid Smoke	0.00
5812	Flavoring	0.00
5812	Vegetable Oil	1.00 tb
5812	Green Pepper Strips,	0.50 c
5812	Thin Onion Wedges	0.50 c
5812	Tomato Wedges	0.50 c
5812	Mild Picante Sauce	0.25 c
5813	Chicken breast	4.00
5813	Garlic clove; quartered	1.00
5813	MARINADE -----	0.00 -----
5813	Lemon juice	0.33 c
5813	Olive oil	0.33 c
5813	Salt & pepper to taste	0.00
5813	Oregano; fresh or 1 tbsp dr	3.00 tb
5813	BASTING INGREDIENTS -----	0.00 -----
5813	Butter; melted	5.00 tb
5813	Lemon juice	0.33 c
5813	Oregano; fresh or 1 tbsp dr	3.00 tb
5814	Chicken legs and thighs; ski	4.00
5814	Malt vinegar	0.75 c
5814	Dry white wine	0.50 c
5814	Large shallots; thinly slice	2.00
5814	Basil leaves; fresh or	2.00 tb
5814	Basil; dried	2.00 ts
5814	Ground pepper; fresh	0.00
5814	Salt	0.25 ts
5815	Chicken legs with thighs (8	4.00
5815	oz each)	0.00
5815	Garlic cloves	4.00 sm
5815	Fresh ginger, cut into	4.00 oz

Sheet1

5815	1/4-inch slices	0.00
5815	Grated peel of 1 large lemon	0.00
5815	Salt	0.50 ts
5815	Freshly-ground pepper	0.50 ts
5815	Fresh cilantro leaves	0.50 c
5815	Fresh lemon juice	0.25 c
5815	Sherry vinegar	2.00 tb
5815	Peanut oil	4.00 ts
5815	Fresh cilantro sprigs	0.00
5815	(garnish)	0.00
5815	Lime wedges (garnish)	4.00
5816	Stephen Ceideburg	0.00
5816	Minced cilantro root	3.00 tb
5816	Fish sauce	3.00 tb
5816	Chinese light soy sauce	3.00 tb
5816	Fresh lime juice	2.00 tb
5816	Freshly ground black pepper	1.00 tb
5816	Minced garlic (3 cloves)	1.00 tb
5816	Chicken legs or breasts,	2.00 lb
5816	skin and fat removed	0.00
5817	Chicken tenders	1.00 pk
5817	Margarine, melted	1.00 tb
5817	Parsley, chopped	0.25 c
5817	Brown sugar	0.25 c
5817	Garlic salt	1.50 ts
5818	Chicken wings	2.50 lb
5818	Butter	0.25 c
5818	Durkees hot sauce	3.00 tb
5818	Vinegar; optional	1.00 tb
5818	Vegetable oil	0.00
5819	Turkey wings, about 5 lbs	4.00
5819	All purpose flour	0.75 c
5819	Salt	0.50 ts
5819	Cayenne pepper	1.00 ts
5819	Vegetable Oil	0.00
5819	Butter, melted	6.00 tb
5819	Distilled white vinegar	2.00 tb
5819	Hot red pepper sauce	2.00 tb
5820	Vegetable oil	3.00 c
5820	Chicken wings	18.00
5820	Melted butter	6.00 tb
5820	Tabasco sauce	0.25 c
5820	Celery stalkse	3.00
5820	Blue cheese or Gorgonzola	0.25 lb
5820	Mayonnaise	0.50 c
5820	Sour cream or yogurt	0.50 c
5820	Black pepper	0.25 ts
5820	Lemon juice	1.00 tb
5820	White wine vinegar	1.00 tb

Sheet1

5821	Chicken wings (about 2 lbs)	12.00
5821	All purpose flour	0.50 c
5821	Butter or margarine	2.00 tb
5821	Sliced green onions	0.25 c
5821	Clove garlic, finely	1.00 md
5821	Chopped	0.00
5821	(8 ounces) WISHBONE Sweet	1.00 c
5821	N' Spicy French Dressing	0.00
5821	Thyme leaves	1.00 ts
5821	Oregano	1.00 ts
5821	Ground cumin	1.00 ts
5821	Hot pepper sauce **	0.50 ts
5822	Chicken breasts	6.00
5822	Butter milk	0.50 c
5822	Flour	1.50 c
5822	White pepper	0.50 ts
5822	Salt	1.00 ts
5822	Canola oil for frying	1.00
5823	6-oz Cubed Steaks	6.00
5823	Eggs; Lg	3.00
5823	Water	0.50 c
5823	Unbleached Flour	2.00 c
5823	Vegetable Oil; For Frying	1.00 qt
5823	Milk	2.50 c
5823	Instant Chicken Bouillon; OR	1.00 tb
5823	Chicken Base	1.00 tb
5823	Jalapeno Seasoning Salt	3.00 tb
5823	Garlic Salt	1.00 c
5823	Celery Salt	0.75 c
5823	Salt	0.25 c
5823	Jalapeno Powder; *	2.00 c
5823	New Mexico Chile Powder; *	0.50 c
5824	Chickens, about 2-1/2 pound,	2.00 ea
5824	Cut into eighths	0.00
5824	Onion, chopped	1.00
5824	Of garlic, chopped	2.00
5824	Salt & white pepper to taste	0.00
5824	Green pepper, diced	1.00 ea
5824	Very ripe tomato, Peeled,	1.00 md
5824	Seeded and chopped	0.00
5824	Dry white wine	1.00 c
5824	Pinch of cayenne pepper	0.00
5825	Vegetable Juice Cocktail	1.00 c
5825	Red Wine Vinegar	2.00 tb
5825	Hot Sauce	2.00 ts
5825	Oregano	0.50 ts
5825	Garlic	1.00 cl
5825	Skinned Drumsticks	4.00
5825	(1 /2 lb.)	0.00

Sheet1

5825	Chopped Celery	2.00 tb
5825	Diced Green Bell Pepper	2.00 tb
5825	Chopped Onion	2.00 tb
5825	Cornstarch	1.00 tb
5825	Hot, Cooked Regular Rice	4.00 c
5826	Butter	1.00 tb
5826	Skinless, boneless chicken	4.00
5826	Breast halves	0.00
5826	Cream of mushroom soup	1.00 c
5826	Paprika	2.00 tb
5826	Ground red pepper	0.12 ts
5826	Sour cream	0.33 c
5826	Hot cooked noodles & parsley	0.00
5827	Each soy sauce and dry	2.00 tb
5827	sherry	0.00
5827	Chinese sausages (lop	0.50 lb
5827	cheong)	0.00
5827	Sugar	1.00 tb
5827	Cloves garlic, minced	2.00
5827	Salad oil	2.00 tb
5827	Quarter-size slices fresh	2.00
5827	ginger crushed	0.00
5827	Water	1.75 c
5827	Long grain rice	1.00 c
5827	Chicken thighs, boned & cut	1.00 lb
5827	in 1-1/2 inch pieces	0.00
5827	Whole green onions, thinly	2.00
5827	sliced	0.00
5827	Medium-size dried mushrooms	4.00
5828	Medium-size dried mushrooms	4.00
5828	Soy sauce	2.00 ts
5828	Cornstarch	2.00 ts
5828	Dry sherry	2.00 ts
5828	Water	2.00 ts
5828	Of white pepper	1.00 ds
5828	Chicken breasts **	1.50 lb
5828	Salad oil	3.50 tb
5828	Clove garlic, minced	1.00 sm
5828	Sliced bamboo shoots	0.50 c
5828	Snow peas **	0.25 lb
5828	Cooking Sauce	0.00
5828	Water	0.50 c
5828	Dry sherry	1.00 tb
5828	Oyster sauce	2.00 tb
5828	Sugar	0.25 ts
5828	Sesame oil	1.00 ts
5828	Cornstarch	1.00 tb
5829	Duckling rubbed inside and	1.00
5829	out with 2 tablespoon salt	0.00

Sheet1

5829	Sherry	2.00 tb
5829	Hoisin sauce	2.00 tb
5829	Dark corn syrup	2.00 tb
5829	Five spice powder	1.00 ts
5829	Ground brown bean sauce	1.00 tb
5830	Boneless, skinless chicken	2.00
5830	breast halves	0.00
5830	Cornstarch	1.00 tb
5830	Kikkoman Soy Sauce	1.00 tb
5830	Minced fresh ginger	1.00 ts
5830	Mandarin orange segments (11	1.00 cn
5830	ounces)	0.00
5830	Kikkoman Sweet & Sour Sauce	0.67 c
5830	Vegetable oil, divided	2.00 tb
5830	Fresh snow peas, trimmed	0.50 lb
5830	Green onions with tops cut	1.00 bn
5830	diagonally into	0.00
5830	Thin slices	0.00
5830	To 1 1/2 cups Blue Diamond	1.00
5830	Toasted No-Salt Almonds or	0.00
5830	Whole	0.00
5830	Natural Almonds	0.00
5831	Chicken breasts, boneless	2.00
5831	Oil	1.00 tb
5831	Mushrooms, canned	8.00 oz
5831	Flour	1.00 tb
5831	Cream of mushroom soup	11.00 oz
5831	Port wine	1.00 c
5831	Water	1.00 c
5831	Dry milk powder	0.25 c
5831	Salt	1.00 ts
5831	Tarragon leaves	0.25 ts
5831	Black pepper	0.25 ts
5831	Artichoke hearts	15.00 oz
5831	Green onions	6.00
5831	Parsley	2.00 tb
5832	Turkey breast, skinned	2.00 lb
5832	Water	0.50 c
5832	Soy sauce	0.25 c
5832	Brown sugar	0.25 c
5832	Dry sherry	0.25 c
5832	Vegetable oil	2.00 tb
5832	Apricot jam	2.00 tb
5832	Lemon juice	2.00 ts
5832	Ginger	0.50 ts
5832	Clove garlic, chopped	1.00
5833	Ground turkey	2.00 lb
5833	Worcestershire sauce	1.00 tb
5833	Hot ketchup	2.00 tb

Sheet1

5833	Medium onion, chopped	1.00
5833	Salt	1.00 ts
5833	Pepper	0.50 ts
5833	Celery, finely chopped	1.00
5833	Rosemary	1.00 ts
5833	Thyme	1.00 ts
5833	Basil	1.00 ts
5833	Chopped parsley	1.00 tb
5833	Oatmeal	0.50 c
5834	Soy sauce	3.00 tb
5834	Ginger, grated	1.50 ts
5834	Salt	0.25 ts
5834	Rice, cooked	1.00 c
5834	Carrot, shredded	2.50 c
5834	Egg	1.00
5834	Vinegar, rice	1.00 tb
5834	Garlic clove, minced	2.00
5834	Turkey, ground	1.00 lb
5834	Green onion, chopped	0.75 c
5834	Water chestnuts, chopped	0.50 c
5834	Oil	2.00 tb
5835	Chicken breasts *	3.00
5835	Chinese pea pods	0.50 lb
5835	Mushrooms	0.50 lb
5835	Green onions	4.00
5835	Bamboo shoots, drained	2.00 c
5835	Chicken broth **	1.00 c
5835	Soy sauce	0.25 c
5835	Corn starch	2.00 tb
5835	Sugar	0.50 ts
5835	Salt	0.50 ts
5835	Salad oil	4.00 tb
5835	Cashew nuts (about 4-oz)	1.00 pk
5836	Chicken breasts *	3.00 x
5836	Chinese pea pods	0.50 lb
5836	Mushrooms	0.50 lb
5836	Green onions	4.00 x
5836	Bamboo shoots, drained	2.00 c
5836	Chicken broth **	1.00 c
5836	Soy sauce	0.25 c
5836	Corn starch	2.00 tb
5836	Sugar	0.50 ts
5836	Salt	0.50 ts
5836	Salad oil	4.00 tb
5836	Cashew nuts (about 4-oz)	1.00 pk
5837	Boneless chicken	2.00 lb
5837	Salt	0.50 ts
5837	Flour	1.50 c
5837	Milk	0.50 c

Sheet1

5837	Eggs, beaten	2.00
5837	Peanut Oil	0.00
5837	SAUCE:	0.00
5837	Chicken broth	2.00 cn
5837	To 4 Tb cornstarch	2.00
5837	To 4 Tb water	2.00
5837	Soy sauce	3.00 tb
5837	Green onions, chopped	0.00
5837	Cashew nuts	0.00
5838	Chicken or 2 whole chicken	3.00 lb
5838	breasts	0.00
5838	Raw cashew nuts	0.25 lb
5838	Chinese mushrooms (or 1	20.00 sm
5838	medium-size can mushrooms)	0.00
5838	Stalks celery	4.00
5838	Bamboo shoot tips (water	0.50 c
5838	packed in 15 oz-can)	0.00
5838	Yellow onion, thinly sliced	1.00
5838	Oil, approximately	3.00 tb
5838	Salt	0.50 ts
5838	Sugar	0.50 ts
5838	Chicken stock	2.00 c
5838	Cornstarch	1.00 tb
5838	Water	2.00 tb
5838	MARINADE -----	0.00 -----
5838	Salt	0.75 ts
5838	Sugar	0.50 ts
5838	Thin soy sauce	1.00 ts
5838	Oyster sauce	1.00 tb
5838	Dash of pepper	0.00
5838	Cornstarch	1.00 tb
5838	Green onions, slivered	2.00
5838	Thin slices ginger root,	3.00
5838	slivered	0.00
5838	Oil for deep-frying	2.00 c
5839	Chicken breasts, halved	2.00
5839	Fresh bread crumbs	1.00 c
5839	Onion powder	0.50 ts
5839	Garlic powder	0.50 ts
5839	Cayenne pepper	0.25 ts
5839	Ground ginger	0.12 ts
5839	Plain low-fat yogurt	0.33 c
5840	Onions	2.00 lg
5840	Piece ginger root, peeled,	1.00
5840	chopped (2")	0.00
5840	Garlic cloves, peeled	2.00
5840	Water	2.00 tb
5840	Corn oil	5.00 tb
5840	Curry Powder	3.00 tb

Sheet1

5840	Boneless chicken breasts,	1.50 lb
5840	skinned	0.00
5840	All-purpose flour	1.50 tb
5840	Chicken stock	1.50 c
5840	Celery stalks, sliced	2.00
5840	Bell pepper, seeded, diced	1.00
5840	Cumin seeds	0.50 ts
5840	Button mushrooms (opt)	3.00 oz
5840	Creamed coconut (opt)	0.75 oz
5840	Tomatoes, peeled, seeded,	2.00
5840	sliced	0.00
5840	Toasted shredded coconut	0.00
5840	Fresh chervil sprigs (opt)	0.00
5841	Chicken breast/boned/skinned	3.00
5841	Olive oil	2.00 tb
5841	Butter	2.00 tb
5841	Champagne (Brut or dry)	0.25 c
5841	Heavy cream	0.50 c
5841	Tarragon, fresh (1 T dry)	3.00 tb
5841	Salt & freshly ground pepper	0.00
5841	OPTIONAL INGREDIENTS -----	0.00 -----
5841	Prosciutto slices/paper thin	6.00
5841	Shallots, finely chopped	3.00
5841	Butter or margarine	1.00 tb
5842	Lasagne noodles	8.00 oz
5842	Onion, chopped	0.50 c
5842	Green pepper, chopped	0.50
5842	Butter	4.00 tb
5842	Can cream of chicken soup	1.00
5842	Mushrooms, sliced	1.00 c
5842	Pimentos, chopped/drained	0.50 c
5842	White wine	0.33 c
5842	Basil, crushed	0.50 ts
5842	Cottage cheese	1.75 c
5842	Chicken, cooked and diced	2.00 c
5842	Mild cheddar cheese, grated	2.00 c
5842	Grated Parmesan cheese	0.50 c
5843	Skinless, boneless chicken	4.00
5843	breast halves	0.00
5843	(about 1 1/2 pounds)	0.00
5843	Coarsely shredded Monterey	1.50 c
5843	Jack cheese with	0.00
5843	Jalapeno peppers ( 8 ounces)	0.00
5843	Dried oregano, crumbled	2.00 ts
5843	Yellow cornmeal	0.75 c
5843	Chili powder	1.00 tb
5843	Flour	0.33 c
5843	Eggs	2.00 lg
5843	Vegetable oil	1.00 c



Sheet1

5843	Guacamole and/or salsa	0.00
5844	Chicken breasts	3.00 lb
5844	Butter	2.00 tb
5844	Salt and pepper	0.00
5844	Bing cherries; pitted (1 lb)	1.00 cn
5844	Chili sauce	1.00 c
5844	Chicken bouillon cubes OR	2.00
5844	Chicken stock base	2.00 ts
5844	Pale dry sherry	0.25 c
5844	Cornstarch	2.00 tb
5844	Water	2.00 tb
5844	Brandy OR Cognac; warmed	3.00 tb
5845	Water Divided	6.50 c
5845	(8 Oz.) Chicken Breast	4.00
5845	Halves	0.00
5845	Sliced Mushrooms	1.50 c
5845	Diced Carrots	0.75 c
5845	Chopped Onion	2.00 tb
5845	Poultry Seasoning	0.75 ts
5845	Salt	0.50 ts
5845	Pepper	0.50 ts
5845	Lemon Juice	1.00 ts
5845	Drops Hot Sauce	4.00
5845	Garlic Minced	1.00 cl
5845	+ 2 T. Flour, Divided	1.25 c
5845	Baking Powder	1.00 ts
5845	Skim Milk	0.50 c
5846	Whole Chicken	1.00
5846	Cream of Chicken soup	2.00 cn
5846	Milk	0.75 c
5846	Lemon Pepper	1.00 tb
5846	DUMPLINGS -----	0.00 -----
5846	Bisquick	2.00 c
5846	Milk	0.67 c
5847	Margarine	2.00 tb
5847	Skinless, boneless chicken	4.00 x
5847	Breasts halves	0.00
5847	Broccoli flowerets	1.50 c
5847	Sliced mushrooms	1.50 c
5847	10 3/4 can Cream Chicken	1.00 x
5847	And Broccoli Soup	0.00
5847	Milk	0.25 c
5847	Dijon mustard	2.00 tb
5848	(15 Oz.) Tomato Sauce	1.00 cn
5848	With Herbs	0.00
5848	Mushrooms Sliced	8.00 oz
5848	Sugar	0.50 ts
5848	Salt	0.25 ts
5848	Pepper	0.12 ts

Sheet1

5848	Frying Chicken Pieces,	2.00 lb
5848	Skinned	0.00
5848	Marsala Wine	2.00 tb
5849	Boned, Skinned Chicken	1.00 lb
5849	Sliced in Very Thin Strips	0.00
5849	Cornstarch	1.50 ts
5849	Soy Sauce	1.00 tb
5849	Dry Sherry	1.00 tb
5849	Minced Garlic	1.00 ts
5849	Oil	0.50 tb
5849	Gingerroot	1.00 ts
5849	Each Carrot Strips, Sliced	0.50 c
5849	Celery, Sliced Green Onions	0.00
5849	Sliced Water Chestnuts	1.00 cn
5849	Drained	0.00
5849	Frozen Chinese Pea Pods	1.00 pk
5849	SAUCE -----	0.00 -----
5849	Chicken broth	0.50 c
5849	Soy Sauce	2.00 tb
5849	Cornstarch	1.00 tb
5849	Sugar	1.00 ts
5850	Vinegar, White	1.50 c
5850	Soya sauce	1.50 c
5850	Garlic head, crushed	1.00
5850	Peppercorns, crushed	0.50 tb
5850	Chicken, whole (3 lbs)	1.00
5850	Pork, boneless; cubed	1.00 lb
5850	Cooking oil	1.00 tb
5850	FORMAT OVER THERE BECAUSE TH ----	0.00 -----
5851	Finely Shredded Red	4.00 c
5851	Cabbage	0.00
5851	Vinegar	1.00 tb
5851	(4 Oz.) Skinned, Boned	4.00
5851	Chicken Breasts	0.00
5851	Low Cal. Oleo	1.00 tb
5851	Cornstarch	1.00 tb
5851	Skim Milk	1.00 c
5851	Fresh Dillweed	1.00 tb
5851	Chicken Bouillon Granules	0.50 ts
5851	Fresh Dill Sprigs (Opt.)	0.00
5852	Pkg. stuffing mix	8.00 oz
5852	Whole chicken	2.50 lb
5852	Browning sauce	0.50 ts
5852	Water	0.50 c
5852	Chicken bouillon granules	0.50 ts
5852	Paprika	0.00
5852	Flour	2.00 tb
5853	Oil	3.00 tb
5853	Bonless Chicken Breasts *	1.00 lb

## Sheet1

5853	Broccoli Forets	0.50 c
5853	Snow Peas (About 1/2 C)	2.00 oz
5853	Med Carrot Thinly Sliced	1.00
5853	Med Red or Green Pepper **	0.50
5853	Env Golden Onion Soup Mix	1.00
5853	Cornstarch	1.00 ts
5853	Ground Ginger	0.50 ts
5853	Water	1.50 c
5853	Imported Soy Sauce	2.00 ts
5853	White or Rice Vinegar	1.00 ts
5853	Hot Cooked Rice	0.00
5854	Stephen Ceideburg	0.00
5854	Young chicken	2.50 lb
5854	Cooked ham	0.50 lb
5854	Green cabbage or broccoli	4.00 c
5854	Salt	0.50 tb
5854	Sugar	1.00 ts
5854	Monosodium glutamate	0.50 ts
5854	Cornstarch (corn flour)	1.00 tb
5854	Sesame seed oil	1.00 ts
5855	5 oz chicken breasts halves	4.00
5855	skinned and boneless	0.00
5855	Crushed cloves of garlic	2.00 lg
5855	Onion, chopped	1.00 md
5855	Rice vinegar	0.50 c
5855	Low sodium soy sauce	0.25 c
5855	Bay leaves	2.00
5855	Water	0.25 c
5855	Sugar	1.00 ts
5855	Fresh black pepper, ground	0.12 ts
5856	Onion, Chopped, (1/2 Cup)	1.00 md
5856	Margarine Or Butter	2.00 tb
5856	Vegetable Oil	1.00 tb
5856	Chicken Broth	1.00 c
5856	Slivered Almonds	0.25 c
5856	Ground Red Chile Flakes	1.00 tb
5856	(Not Red Pepper)	0.00
5856	Vinegar	1.00 ts
5856	Sugar	0.50 ts
5856	Ground Cinnamon	0.50 ts
5856	Boneless Chicken Breast	4.00
5856	Halves	0.00
5856	Slivered Almonds For A	0.00
5856	Garnish	0.00
5857	Raw chicken, cut into 2/3"	0.50 lb
5857	cubes	0.00
5857	Egg white	1.00
5857	Cornstarch	1.00 tb
5857	Soy sauce	1.00 tb

Sheet1

5857	Peanut oil, divided	3.00 tb
5857	Several dashes garlic salt	0.00
5857	Ground ginger	1.00 ds
5857	Diced celery	5.00 tb
5857	Chopped onions	2.00 tb
5857	Diced green pepper	2.00 tb
5857	Chopped carrots	0.25 c
5857	Sliced fresh mushrooms	0.50 c
5857	Sliced water chestnuts	0.50 c
5857	Diced bamboo shoots	0.50 c
5857	SAUCE -----	0.00 -----
5857	Dry white wine	2.00 tb
5857	Soy sauce	2.00 ts
5857	Sugar	0.50 ts
5857	Salt	0.50 ts
5857	Sesame oil	0.25 ts
5857	White pepper	0.25 ts
5858	Oil; vegetable	4.00 ts
5858	Apples; tart thin sliced, u	2.00
5858	Onion; sliced	1.00
5858	Thyme; dried	0.50 ts
5858	Chicken breasts; boneless s	4.00
5858	Apple juice	1.00 c
5858	Vinegar; cider	1.00 ts
5858	Cornstarch	1.00 ts
5858	Salt & pepper	0.00
5859	Chicken breasts	4.00
5859	Sour cream	0.50 c
5859	Chipped beef	0.25 lb
5859	Bacon, chopped	3.00 tb
5859	Cream of mushroom soup	1.00 cn
5859	Paprika	0.00
5860	Chicken; beasts, cut in 1"	4.00 lb
5860	Lg Cashew; nut halves or hon	1.00
5860	Canola ; or peanut for fryin	0.00
5860	Salt,	2.00 ts
5860	Egg; beaten ,	2.00
5860	Pepper,	1.00 ds
5860	Corn starch,	2.00 ts
5860	Soy sauce	6.00 ts
5860	Water chestnuts	2.00 c
5860	Salt & pepper ; .to taste,	0.00
5860	Sugar,	2.00 ts
5860	Corn starch,	4.00 ts
5860	Msg; (optional).	0.00
5860	White vinegar,	3.00 tb
5860	Soy sauce	0.25 c
5861	Chicken breasts	8.00 oz
5861	Egg white	0.50

Sheet1

5861	Cornstarch	1.00 ts
5861	Salt	1.00 pn
5861	Oil for frying	0.00
5861	Green peppers	3.00
5861	Bamboo shoots (parboiled)	3.50 oz
5861	Cashew nuts	2.00 oz
5861	Garlic, chopped	1.00 ts
5861	Rice wine	1.00 tb
5861	Msg (optional)	1.00 pn
5861	SAUCE -----	0.00 -----
5861	Soybean paste	1.00 tb
5861	Soy sauce	1.00 tb
5861	Sugar	2.00 ts
5861	Vinegar	0.50 tb
5861	Salt	0.25 ts
5862	Chicken bouillon granules	1.00 ts
5862	Hot water 3/4 c. carrots,	0.75 c
5862	cut diagonally	0.00
5862	Cornstarch 1/2 onion, cut	1.00 tb
5862	into 1 inch pieces	0.00
5862	Soy sauce 1 6 oz. package	1.00 tb
5862	frozen peapods	0.00
5862	Cold water 1 jar sliced	0.25 c
5862	mushrooms	0.00
5862	Oil 1/3 c. whole cashews	2.00 tb
5862	Whole chicken breasts, boned	2.00
5862	and cubed	0.00
5862	Hot cooked rice	0.00
5863	Broiler fryers, 2-1/2 to 3	2.00
5863	Lb each, or breasts, thighs,	0.00
5863	And drumsticks only	0.00
5863	Butter	2.00 tb
5863	Salt and pepper	0.00
5863	Bing cherries; pitted (1 lb)	1.00 cn
5863	Chili sauce	1.00 c
5863	Chicken bouillon cubes OR	2.00
5863	Chicken stock base	2.00 ts
5863	Pale dry sherry	0.25 c
5863	Cornstarch	2.00 tb
5863	Water	2.00 tb
5863	Brandy OR Cognac; warmed	3.00 tb
5864	Skinned and boned chicken, 1	10.00 oz
5864	1/2-inch pieces	0.00
5864	Reduced-sodium soy sauce	1.00 tb
5864	Peanut oil	1.50 ts
5864	Diced red bell pepper	0.25 c
5864	Chopped scallion (green	2.00 tb
5864	onion)	0.00
5864	Garlic clove, minced	0.50

Sheet1

5864	Minced pared ginger root	0.25 ts
5864	Chestnuts, boiled and peeled	6.00 sm
5864	Water	0.75 c
5864	Dry sherry	1.00 tb
5864	Pkt instant chicken broth &	0.50
5864	seasoning mix (1/2 tsp)	0.00
5864	Cornstarch	1.00 ts
5864	Each granulated sugar and	0.50 ts
5864	Chinese sesame oil	0.00
5864	Pepper	1.00 ds
5865	Chicken	4.00 lb
5865	Carrot	1.00
5865	Celery	2.00
5865	Onion	1.00
5865	Chicken bouillon cubes	2.00
5865	Butter	0.25 c
5865	Flour	1.00 c
5865	Sherry	1.00 oz
5865	Lemon juice	1.00 tb
5865	Salt	0.00
5865	Yellow food color optional	0.00
5865	DUMPLINGS -----	0.00 -----
5865	Flour	1.50 c
5865	Baking powder	2.00 ts
5865	Salt	0.25 ts
5865	Shortening	3.00 ts
5865	Milk	0.75 c
5865	Cooked peas	1.00 c
5866	Small cauliflower	1.00
5866	Ripe tomatoes, sliced	2.00
5866	Med. carrots, sliced thin	2.00
5866	Large onion, sliced thin	1.00
5866	Chopped fresh parsley, divid	2.00 tb
5866	Diced leaf basil, divided	1.00 tb
5866	Pepper	0.25 ts
5866	Chicken cube bouillon	1.00
5866	Boiling water	0.50 c
5866	Lemon juice	2.00 tb
5866	Chicken breasts, skinned,spt	2.00
5867	Mung bean sprouts	2.00 c
5867	Nami dried black mushrooms	8.00
5867	Green bell pepper	1.00 lg
5867	Stewed chicken breast	0.50
5867	Green onions	8.00
5867	Fresh ginger root	1.00 ts
5867	Peanut oil	2.00 tb
5867	Rich chicken stock	0.75 c
5867	Medium sherry	1.00 tb
5867	Sugar	0.50 ts

Sheet1

5867	Shrimp sauce	0.50 ts
5867	Thick cornstarch paste	1.00 ts
5868	Soy sauce	0.25 c
5868	Ground ginger	2.00 ts
5868	Sherry	0.25 c
5868	Boneless chicken parts	1.25 lb
5868	Vegetable oil	2.00 tb
5868	Chopped onions	1.00 c
5868	Garlic cloves, crushed	2.00
5868	Red or green bell peppers	4.00
5868	Water	0.50 c
5868	Odium (WOW!), 99mg Choleste	0.00 g
5869	Stephen Ceideburg	0.00
5869	Long-grain rice	2.00 c
5869	Cold water	2.25 c
5869	Chinese dried black	6.00
5869	mushrooms	0.00
5869	Dried lily buds	0.25 c
5869	Chicken thighs, preferably	6.00
5869	with the skin	0.00
5869	Lean Chinese sausages (about	2.00
5869	2 ounces each)	0.00
5869	Peanut or corn oil	1.00 tb
5869	Garlic cloves, peeled	4.00
5869	Quarter-sized slices fresh	3.00
5869	ginger, peeled	0.00
5869	Fermented bean curd (fu yu),	1.00 tb
5869	mashed (optional)	0.00
5869	Green onions, including the	4.00
5869	green tops, cut into 2-inch	0.00
5869	lengths	0.00
5869	Corn starch	1.00 ts
5869	Chicken stock	0.50 c
5869	Rice wine or dry sherry	2.00 tb
5869	White pepper	0.25 ts
5869	CHICKEN MARINADE:	0.00
5869	So sauce	1.50 tb
5869	Rice wine or dry sherry	1.50 tb
5869	Sugar	0.50 ts
5869	Asian sesame oil	1.00 ts
5869	Corn starch	1.50 ts
5870	PHILLY.INQUIRER -----	0.00 -----
5870	CHICKEN BREASTS BONE	3.00 lb
5870	IN,SPLIT IN HALF	0.00
5870	CHOPPED CELERY	1.00 c
5870	WATER	7.00 c
5870	SALT AND PEPPER,GARLIC,TO T	0.00
5870	THE GARLIC USED WITH SALT	0.00
5870	BLACK PEPPER AND	1.00 ts

## Sheet1

5870	PEPPER IS POWDERED	0.00
5870	SMOKED SAUSAGE,KIELBAS	1.00 lb
5870	CHOPPED GARLIC	1.00 ts
5870	VEGETABLE OIL	0.50 c
5870	CAYENNE PEPPER	0.50 ts
5870	ALL PURPOSE FLOUR	0.50 c
5870	CHOPPED ONIONS	1.00 c
5870	CHOPPED GREEN PEPPER	1.00 c
5871	Chicken legs	8.00
5871	Pepper	0.12 ts
5871	Italian sausage 1" pieces	1.00 lb
5871	Green peppers cut in strips	2.00
5871	Clove garlic, minced	1.00
5871	28 oz can tomatoes	1.00
5871	Mushrooms, quartered	0.50 lb
5871	Bay leaf	1.00
5871	Salt	0.50 ts
5871	Oil	2.00 tb
5871	Uncooked rice	2.00 c
5871	Large onion sliced	1.00
5871	Red wine	0.50 c
5871	Chicken broth	0.75 c
5871	Basil, crushed	1.00 ts
5871	Sugar	0.25 ts
5872	Pkg. stuffing mix	8.00 oz
5872	Whole chicken	2.50 lb
5872	Browning sauce	0.50 ts
5872	Water	0.50 c
5872	Chicken bouillon granules	0.50 ts
5872	Paprika	0.00
5872	Flour	2.00 tb
5873	Mashed, cooked sweet potatoe	2.00 c
5873	Brown sugar	2.00 tb
5873	Ground cinnamon	0.50 ts
5873	Ground nutmeg	0.12 ts
5873	Skimmed evaporated milk	0.33 c
5873	Chicken broth	0.25 c
5873	Minced onion	0.25 c
5873	8 oz. can water chestnuts*	1.00
5873	10 oz. cream of chicken soup	1.00
5873	Or white sauce chicken flav	1.00
5873	Cubed chicken	3.00 c
5873	Water	3.00 tb
5874	Oil	3.00 tb
5874	Bonless Chicken Breasts *	1.00 lb
5874	Broccoli Forets	0.50 c
5874	Snow Peas (About 1/2 C)	2.00 oz
5874	Med Carrot Thinly Sliced	1.00
5874	Med Red or Green Pepper **	0.50



Sheet1

5874	Env Golden Onion Soup Mix	1.00
5874	Cornstarch	1.00 ts
5874	Ground Ginger	0.50 ts
5874	Water	1.50 c
5874	Imported Soy Sauce	2.00 ts
5874	White or Rice Vinegar	1.00 ts
5874	Hot Cooked Rice	0.00
5875	Chicken; cut up*	1.00
5875	Olive oil	2.00 tb
5875	Onion; halved, sliced thinly	1.00
5875	Garlic cloves; minced	2.00
5875	Tomatoes	1.00 cn
5875	Water	4.00 c
5875	Bay leaves	3.00
5875	Salt	2.00 ts
5875	Rice; raw	2.00 c
5875	Saffron	1.00 pn
5875	Green pepper; chopped	1.00
5875	Green peas; small	4.00 oz
5875	Pimientos; small, sliced	1.00 cn
5875	Paprika	1.00 ts
5875	Cornstarch	0.50 ts
5876	Wild/brown rice mix; (cook)	1.00 pk
5876	Large ripe avacado	1.00
5876	Fresh lemon juice	1.00 tb
5876	Scallions; chopped	4.00
5876	Pitted black olives; sliced	12.00
5876	Chicken; cooked, bite-size	3.00 c
5876	Red wine vinegar	0.25 c
5876	Dijon-style mustard	2.00 ts
5876	Light vegetable oil	0.50 c
5876	Sugar	0.50 ts
5876	Fresh parsley; chopped	1.00 tb
5876	GARNISH -----	0.00 -----
5876	Slivered almonds	0.25 c
5876	OR pine nuts; toasted	0.00
5876	Cherry tomatoes	12.00
5877	Chicken breast halves	2.00
5877	Cornstarch	1.00 tb
5877	Cumin, ground	0.50 ts
5877	Garlic salt	0.50 ts
5877	Egg; lightly beaten	0.50
5877	Water	0.50 tb
5877	Cornmeal	3.00 tb
5877	Oil	1.50 tb
5877	Avocado; peeled, sliced	0.50
5877	Cheese, monterey jack;	0.75 c
5877	shredded	0.00
5877	Sour cream; divided	0.25 c

## Sheet1

5877	Onion, green, tops only	0.12 c
5877	Pepper, red bell; chopped	0.12
5877	Tomatoes, cherry	0.00
5877	Parsley sprigs	0.00
5878	PASTA -----	0.00 -----
5878	Hot water	6.00 qt
5878	Vegetable oil	0.25 c
5878	Salt	3.00 tb
5878	Fresh spaghetti (1 lb dry)	1.50 lb
5878	SEASONING MIX -----	0.00 -----
5878	Dried thyme leaves	2.00 ts
5878	Ground cayenne pepper	1.25 ts
5878	White pepper	1.00 ts
5878	Black pepper	0.75 ts
5878	Dried sweet basil leaves	0.50 ts
5878	SAUCE -----	0.00 -----
5878	Unsalted butter plus	1.00 lb
5878	Unsalted butter	4.00 tb
5878	Onions, chopped very fine	1.00 c
5878	Med. garlic cloves, peeled	4.00
5878	Minced garlic	2.00 ts
5878	RICH chicken stock (see note	3.25 c
5878	Worcestershire sauce	2.00 tb
5878	Tabasco sauce + 1 teaspoon	1.00 tb
5878	Tomato sauce (16 oz)	2.00 cn
5878	Sugar	2.00 tb
5878	Green onions, chopped vy fine	2.00 c
5878	CHICKEN SEASONING MIX -----	0.00 -----
5878	Salt	1.50 tb
5878	White pepper	1.50 ts
5878	Garlic powder	1.50 ts
5878	Ground cayenne pepper	1.25 ts
5878	Black pepper	1.00 ts
5878	Cumin (optional)	1.00 ts
5878	Dried sweet basil leaves	0.50 ts
5878	Boneless chicken (see notes)	2.00 lb
5879	Vegetable oil	0.50 c
5879	Medium onions, chopped fine	3.00
5879	Cloves of Garlic, chopped	2.00
5879	Fresh ginger, chopped	1.00 oz
5879	Boneless chicken	0.75 lb
5879	Brown Cardamon pods	2.00
5879	Whole Cloves	4.00
5879	Whole Black Peppercorns	14.00
5879	Dried Coriander	2.00 ts
5879	Cumin seeds	1.00 ts
5879	White poppy seeds	2.00 ts
5879	Fresh lemon juice	2.00 ts
5879	Garam Marsala	0.50 ts

## Sheet1

5879	Cayenne Pepper	0.25 ts
5879	Salt	0.50 ts
5879	Tomato Paste	2.00 ts
5879	Bay Leaves	2.00
5879	Plain yogurt	0.75 c
5879	Saffron rice recipe	1.00
5879	Biryani recipe	1.00
5879	Tomato slices	1.00
5879	Green pepper rings	1.00
5879	Fresh coriander	1.00
5880	Frying or roasting chicken*	1.00
5880	Salt & freshly ground pepper	0.00
5880	Large onion; sliced	1.00
5880	Butter	4.00 tb
5880	Bay leaf	1.00
5880	Sprig of fresh thyme	1.00
5880	Milk	1.00 c
5880	Egg yolks	2.00
5880	Grated nutmeg	1.00 ts
5880	Shelled walnuts; crushed **	1.00 c
5881	Cloves Garlic *	40.00
5881	Chicken Legs/Thighs **	6.00
5881	Med Onions, Coarsely Chopped	2.00
5881	Olive Oil	2.00 tb
5881	Fresh Parsley, Chopped	1.00 c
5881	Dried Tarragon, Crumbled	1.00 ts
5881	Allspice	0.50 ts
5881	Cinnamon	0.25 ts
5881	Salt & Pepper To Taste	0.00
5881	Cognac	0.25 c
5881	Dry White Vermouth	0.33 c
5882	Frying or roasting chicken*	1.00
5882	Lemon (juice only)	1.00
5882	Sweet butter & oil, mixed	4.00 tb
5882	Dry white wine (optional)	0.50 c
5882	Peeled, chopped tomatoes	1.50 lb
5882	Tomato paste; mixed w/ water	1.00 tb
5882	Water to mix w tomato paste	0.25 c
5882	Large stick cinnamon	1.00
5882	Whole cloves	3.00
5882	Salt & freshly ground pepper	0.00
5882	Fresh parsley or watercress	0.00
5883	(4 Oz.) Boneless Skinned	4.00
5883	Chicken Breasts	0.00
5883	Flour	2.00 tb
5883	Finely Chopped Fresh Sage	2.00 tb
5883	Grated Nutmeg	0.25 ts
5883	Salt, 1/8 t. Pepper	0.12 ts
5883	Olive Oil	1.00 tb

Sheet1

5883	Dry Vermouth	0.25 c
5883	Size Red Bell Pepper	1.00 md
5883	Cut Into Julienne Strips	0.00
5883	Fresh Sage Sprigs	0.00
5884	Bonless Chicken Breasts	2.00 lb
5884	Unbleached All-Purpose Flour	0.50 c
5884	Large Eggs, Well Beaten	2.00
5884	Seasoned Dry Bread Crumbs	0.67 c
5884	Oil	0.25 c
5884	Med. Clove Garlic Fine Chop	1.00
5884	Dry White Wine	0.50 c
5884	Env. Golden Onion Soup Mix	1.00
5884	Water	1.50 c
5884	Finely Chopped Parsley	2.00 tb
5884	Pepper	0.12 ts
5884	Side Dishes *	0.00
5885	Whole chicken breasts,	3.00
5885	boneless & split	0.00
5885	Green chilies, diced	4.00 oz
5885	(canned)	0.00
5885	Cheddar cheese, shredded	0.75 c
5885	Monterey Jack cheese,	0.75 c
5885	shredded	0.00
5885	Onion, finely chopped	3.00 tb
5885	Butter, melted	0.33 c
5885	Chili powder	0.25 ts
5885	Cumin, ground	0.25 ts
5885	Tortilla chips, crushed	1.00 c
5885	Wooden toothpicks	0.00
5886	Boneless chicken breasts	2.00
5886	Baby carrots	1.00 bn
5886	Coriander (cilantro)	1.00 bn
5886	Best quality olive oil	2.00 tb
5886	Lemon juice	1.00 ts
5887	Jar (2 1/2 oz) Dried Beef	1.00
5887	Med. Stalks Celery, Chopped	2.00
5887	Small Onion, chopped	1.00
5887	Butter or Margarine	1.00 tb
5887	Cooked Rice	2.00 c
5887	Chopped Parsley	2.00 tb
5887	Jar (1 oz) Pine Nuts (opt.)	1.00
5887	(2 Med.) Chicken Breasts *	1.50 lb
5887	Seasoned Salt	0.50 ts
5887	Paprika	0.00
5888	Chicken breasts	4.00
5888	Vegetable oil	2.00 ts
5888	RUB -----	0.00 -----
5888	Ground cumin	2.00 tb
5888	Paprika	2.00 tb

Sheet1

5888	Brown sugar	2.00 tb
5888	Black pepper	1.00 tb
5888	Curry powder	1.00 ts
5888	Cayenne	1.00 ts
5888	Salt	1.00 ts
5888	Five spice powderr	0.50 ts
5888	Dijon mustard	1.00 tb
5888	Red wine vinegar	1.00 tb
5888	Vegetable	1.00 tb
5888	Cloves garlic, minced	2.00
5889	PHILLY.INQUIRER -----	0.00 -----
5889	LARGE BONELESS CHICKEN	2.00
5889	BREASTS,SPLIT,ABOUT 11/2 lb	0.00
5889	OLIVE OIL	6.00 tb
5889	SHERRY WINE VINEGAR	0.67 c
5889	SALT AND PEPPER TO TASTE	1.00 c
5889	TOMATO PASTE	2.00 tb
5889	MUSHROOMS	0.50 lb
5890	Vegetable oil	1.00 tb
5890	Boneless skinless chicken	1.00 lb
5890	thighs cut into strips	0.00
5890	Onion cut into 1 inch	1.00 sm
5890	squares	0.00
5890	Green/sweet red pepper cut	1.00 md
5890	into 1 inch squares	0.00
5890	Cream of broccoli soup	1.00 cn
5890	Water	3.00 tb
5890	Soy sauce	1.00 tb
5890	(3-oz each) chicken flavor	2.00 pk
5890	ramen noodle soup	0.00
5891	Cooked Chicken Meat, chopped	2.50 c
5891	and/or shredded	0.00
5891	Onion, chopped	1.50 c
5891	Green Pepper, chopped	1.00 c
5891	Chopped Green Chilies	4.00 oz
5891	Garlic	3.00 cl
5891	Cumin	3.00 tb
5891	Basil	2.00 tb
5891	Chili Powder (Mexene brand)	3.00 tb
5891	Chopped Jalapenos (to taste)	0.00
5891	Salt & Pepper (to taste)	0.00
5891	Tomato Juice	0.75 c
5891	Water	0.25 c
5891	Cooking oil	2.00 ts
5891	Shredded Cheddar and/or	0.00
5891	Montery Jack	0.00
5891	Sour Cream	0.00
5892	Chicken, quartered	3.00 lb
5892	Flour	0.50 c

## Sheet1

5892	Salt	1.00 ts
5892	Black Pepper	0.12 ts
5892	Butter or Olive oil	0.25 c
5892	(can be mixed )	0.00
5892	Onion, sliced	1.00 md
5892	Mushrooms, fresh sliced	0.50 lb
5892	Clove Garlic, minced	1.00
5892	Olives, ripe whole	12.00
5892	Tomato puree OR	4.00 oz
5892	Canned	1.00 c
5892	Claret wine or sherry	0.50 c
5893	Chicken, cut up	1.00
5893	Garlic, peeled	1.00 cl
5893	Flour	0.25 c
5893	Salt	2.00 ts
5893	Pepper	0.12 ts
5893	Oil	0.25 c
5893	Tomatoes	28.00 cn
5893	Pearl onions, peeled	8.00
5893	Tomato paste	6.00
5893	Sugar	2.00 ts
5893	Bay leaf	1.00
5894	Chicken, cut up	1.00
5894	Garlic, peeled	1.00 cl
5894	Flour	0.25 c
5894	Salt	2.00 ts
5894	Pepper	0.12 ts
5894	Oil	0.25 c
5894	Tomatoes (28 oz)	1.00 cn
5894	White onions, peeled	8.00 sm
5894	Tomato paste	6.00 oz
5894	Sugar	2.00 ts
5894	Bay leaf	1.00
5895	Boneless chicken breast	8.00 oz
5895	Tamarind pulp *	4.00 oz
5895	Water, very hot	1.00 c
5895	Brown sugar	0.25 c
5895	Cumin seeds, ground and roasted	2.00 ts 0.00
5895	Garam masala	1.00 ts
5895	Chili powder	2.00 ts
5895	Onion, finely chopped	1.00 sm
5895	Leaves iceberg lettuce, shredded	2.00 0.00
5895	Lemon juice	0.50 c
5895	Salt, to taste	0.00
5895	Lemon wedges	0.00
5895	Sprigs cilantro, finely chopped	5.00 0.00

Sheet1

5896	PHILLY.INQUIRER -----	0.00 -----
5896	DARK RUM	0.25 c
5896	VEGETABLE OIL	0.75 c
5896	Japanese soy sauce	0.25 c
5896	OLIVE OIL	0.75 c
5896	FRYER,CHICKEN CUT INTO	3.00 lb
5896	EIGHT PIECES	0.00
5896	8 WEDGES LIME	1.00
5896	HOT PEPPER SAUCE	0.00
5896	FLOUR	1.00 c
5896	LIME JUICE	0.25 c
5896	SALT AND PEPPER TO TASTE	0.00
5897	Skinned & Boned Chicken	1.00 lb
5897	Breasts Cut Into 1 Inch	0.00
5897	Cubes	0.00
5897	Corn Oil	2.00 tb
5897	Onions, Chopped	4.00 md
5897	Green Peppers, Coarsly	2.00 lg
5897	Chopped	0.00
5897	Garlic Cloves Minced	3.00 lg
5897	Cumin	1.00 ts
5897	Oregano	1.00 ts
5897	Thyme	0.50 ts
5897	Salt	0.00
5897	Pepper	0.00
5897	Ground Round	0.50 lb
5897	Bay Leaves	2.00
5897	Chili Powder	3.00 tb
5897	Undrained Tomatoes	3.00 cn
5897	(1 lb ea)	0.00
5897	Avocado Cut Into 1/4 in.	1.00 sm
5897	Dice	0.00
5897	Plain Lowfat Yogurt	1.00 c
5897	Minced Fresh Cilantro OR	0.33 c
5897	Italian Parsley	0.00
5898	Uncooked chicken breast,	1.00 lb
5898	Cut in 1" cubes	0.00
5898	Oil	1.00 tb
5898	Cubes vegetable bouillon	3.00
5898	Unsweetened pineapple juice	0.50 c
5898	Soy sauce	2.00 tb
5898	Ginger	0.50 ts
5898	Horseradish	0.50 ts
5898	Sliced celery	0.50 c
5898	Green pepper, sliced	1.00
5898	Sliced mushrooms	0.50 c
5898	Tomato, diced	1.00
5898	Sliced green onions	0.25 c
5898	Fresh Chinese pea pods	1.50 c

Sheet1

5898	Water chestnuts (1 can)	4.00 oz
5898	Fresh bean sprouts	3.00 c
5899	Uncooked chicken breast,	1.00 lb
5899	Cut in 1" cubes	0.00
5899	Oil	1.00 tb
5899	Cubes vegetable bouillon	3.00
5899	Unsweetened pineapple juice	0.50 c
5899	Soy sauce	2.00 tb
5899	Ginger	0.50 ts
5899	Horseradish	0.50 ts
5899	Sliced celery	0.50 c
5899	Green pepper, sliced	1.00
5899	Sliced mushrooms	0.50 c
5899	Tomato, diced	1.00
5899	Sliced green onions	0.25 c
5899	Fresh Chinese pea pods	1.50 c
5899	Water chestnuts (1 can)	4.00 oz
5899	Fresh bean sprouts	3.00 c
5900	To 2 c chicken parboiled and	1.00 c
5900	cut into bite-size pieces	0.00
5900	Teriyaki sauce	1.00 tb
5900	Soy sauce	1.00 tb
5900	Divided water	2.00 c
5900	Heaping tablespoon peanut	1.00
5900	butter	0.00
5900	(14-oz) fancy mixed chinese	1.00 cn
5900	vegetables	0.00
5900	(8-oz) sliced water	1.00 cn
5900	chestnuts cut in half	0.00
5900	(4-oz) drained mushrooms	1.00 cn
5900	Fresh broccoli florets	0.50 c
5900	Fresh cauliflower florets	0.50 c
5900	Diagonally sliced celery	0.50 c
5901	Dried or fresh egg noodles	0.50 lb
5901	Boneless chicken breasts,	0.25 lb
5901	skinned	0.00
5901	Light soy sauce	2.00 ts
5901	Rice wine or dry sherry	2.00 ts
5901	Oil, preferably peanut, plus	1.00 tb
5901	Oil, preferably peanut	1.00 ts
5901	Finely chopped garlic	1.00 ts
5901	Snow peas, trimmed	2.00 oz
5901	Smithfield ham or prosciutto	1.00 oz
5901	finely shredded	0.00
5901	Light soy sauce	1.00 ts
5901	Granulated sugar	0.50 ts
5901	Finely chopped scallions	1.00 tb
5901	Sesame oil	2.00 ts
5902	Slices thin onions	2.00 lg



Sheet1

5902	Sliced mushrooms	0.50 c
5902	Sliced water chestnuts	0.50 c
5902	Drained bean sprouts	28.00 oz
5902	Bamboo shoots	0.50 c
5902	Cornstarch	2.00 tb
5902	Cooked chicken cut in	2.00 c
5902	large bite sized pieces	0.00
5902	Celery stalks	4.00 lg
5902	Cooking oil	2.00 tb
5902	Chicken broth	2.00 c
5902	Soy sauce	1.00 tb
5902	Ground pepper	0.00
5902	Chinese noodles	0.00
5902	Cooked rice	0.00
5903	Chicken, cut into 2" pieces	3.00 lb
5903	Marinade	0.00
5903	Light soy sauce	2.00 tb
5903	Cornstarch	2.00 tb
5903	Egg white	1.00
5903	Salt	1.00 ts
5903	Peanut oil	2.00 tb
5903	Additional	0.00
5903	Peanut oil	4.00 tb
5903	Cloves garlic, chopped	3.00
5903	Yellow onion, peeled and	1.00
5903	chopped	0.00
5903	Fermented black beans	3.00 tb
5903	(dowsee) mashed with	0.00
5903	Dry sherry	2.00 tb
5903	Green bell peppers cut	2.00
5903	julienne	0.00
5903	Final Sauce:	0.00
5903	Light soy sauce	1.00 tb
5903	Dry sherry	2.00 tb
5903	Chicken stock	1.00 c
5903	Brown sugar	1.00 ts
5904	Peanuts; raw	0.50 c
5904	Peanut Oil	3.00 c
5904	Whole chicken breasts at roo	2.00
5904	Large egg white	1.00
5904	Water chestnut flour	1.50 tb
5904	SAUCE -----	0.00 -----
5904	Green onions	4.00
5904	Large cloves garlic	2.00
5904	Minced ginger root	1.00 tb
5904	Chicken stock	0.50 c
5904	Sesame oil	0.50 tb
5904	Chinese red vingear	0.50 tb
5904	Dark soy sauce	0.50 tb

Sheet1

5904	Chili paste with garlic	1.50 ts
5904	Dry sherry	1.00 tb
5904	Pinch sugar	1.00
5904	Cornstarch paste	1.00
5905	Raw peanuts	0.50 c
5905	Peanut oil	3.00 c
5905	Whole chicken breasts at	2.00
5905	room temp.	0.00
5905	Egg white	1.00 lg
5905	Water chestnut flour	1.50 tb
5905	SAUCE:	0.00
5905	Green onions	4.00
5905	Cloves garlic	2.00 lg
5905	Minced ginger root	1.00 tb
5905	Chicken stock	0.50 c
5905	Sesame oil	0.50 tb
5905	Chinese red vingear	0.50 tb
5905	Dark soy sauce	0.50 tb
5905	(level) chili paste with	1.50 ts
5905	garlic	0.00
5905	Dry sherry	1.00 tb
5905	Sugar	1.00 pn
5905	Cornstarch paste	0.00
5906	3-lb chicken, disjointed	1.00
5906	Cl Garlic, chopped	6.00
5906	Butter	1.00 tb
5906	Olive or corn oil	1.00 tb
5906	Water or stock	1.00 c
5906	White wine or vermouth	1.00 c
5906	Peas, cooked	1.00 c
5906	Potatoes, peeled and chopped	4.00
5906	Corn oil	0.50 c
5906	Head garlic, peeled and	1.00
5906	Chopped	0.00
5907	Parsley Flakes	2.00 tb
5907	Oregano	1.00 tb
5907	Marjaram	1.00 tb
5907	Thyme	1.00 tb
5907	Rosemary	2.00 ts
5907	Arlic Salt	1.00 ts
5907	Onion Salt	1.00 ts
5907	Celery Salt	1.00 tb
5907	Ginger	1.00 tb
5907	Pepper	1.00 ts
5907	Sage	1.00 ts
5907	Paprika	1.00 tb
5908	Chicken breasts	6.00
5908	Swiss cheese slices	6.00
5908	Ham slices	6.00

Sheet1

5908	Flour	3.00 tb
5908	Paprika	1.00 ts
5908	Butter	6.00 tb
5908	Dry white wine	0.50 c
5908	Chicken bouillon	1.00 ts
5908	Corn starch	1.00 tb
5908	Whipping cream	1.00 c
5909	Egg	1.00
5909	Milk	0.50 c
5909	Salt	0.12 ts
5909	Corn oil	1.00 ts
5909	Whole wheat flour	0.33 c
5909	FILLING -----	0.00 -----
5909	Butter	2.00 tb
5909	Whole wheat flour	2.00 tb
5909	Chicken broth	0.50 c
5909	Milk	0.50 c
5909	Dry white wine	2.00 tb
5909	Cooked mushrooms	0.50 c
5909	Swiss cheese,grated	0.50 c
5909	Cooked chicken	0.50 c
5909	Fresh parsley,chopped	0.25 c
5910	Oil	2.00 c
5910	Chicken breast	1.00
5910	Sugar	2.00 tb
5910	Catsup	3.00 tb
5910	Vinegar	3.00 tb
5910	Cornstarch	1.00 tb
5910	Lichees juice	1.00 c
5910	Lichees meat	1.00 c
5910	Maraschino cherries	0.50 c
5910	Pineapple chunks	0.50 c
5910	Sherry	1.00 ts
5910	Light soy sauce	2.00 ts
5910	Anise pepper	0.50 ts
5910	Chopped scallion	1.00 tb
5910	Egg white	1.00
5910	Cornstarch	2.00 tb
5911	Butter Or Margarine	2.00 tb
5911	Bonless Chicken Breasts *	1.00 lb
5911	Lge Tomato Coarsely Chopped	1.00
5911	Env. Onion Soup Mix	1.00
5911	Curry Powder	2.00 ts
5911	Water	1.00 c
5911	Plain Yougurt	0.50 c
5911	Hot Cooked Rice	2.00 c
5911	Hot Cooke Peas	2.00 c
5912	Chicken breast, boneless	1.00 lb
5912	and skinless	0.00

Sheet1

5912	Oil	2.00 tb
5912	Cumin	0.50 ts
5912	Cardamom seeds	4.00
5912	Thai chile	1.00
5912	Cloves	2.00
5912	Onion, finely chopped	2.00 md
5912	Tomato, whole peeled	3.00
5912	Ginger paste	1.00 ts
5912	Garlic paste	1.00 ts
5912	Soy sauce	2.00 ts
5912	Garam masala	1.50 ts
5912	Chilli powder	1.00 ts
5912	Pepper	0.25 ts
5912	Water	0.75 c
5913	Thai Coconut Milk	14.00 oz
5913	Thai Red Curry Base	1.00 tb
5913	Cubed Chicken	1.00 lb
5913	Fish Sauce	2.00 tb
5913	Lemon Juice	2.00 ts
5913	Tomato, Diced	1.00
5913	Scallions, Diced	3.00
5913	Mushrooms, Sliced	2.00 c
5913	Yellow Pepper, Diced	1.00
5913	Thai Garlic Chili Sauce	2.00 ts
5913	Fresh Sweet Basil	0.00
5914	Yogurt, plain	0.50 c
5914	Curry powder	0.25 ts
5914	Ginger	0.25 ts
5914	Chicken breast	1.50 lb
5914	Rice, cooked	3.00 c
5914	Green onions, sliced	2.00
5914	Garlic, minced	1.00 ts
5914	Chili powder	0.25 ts
5914	Salt	0.25 ts
5914	Skewers	6.00
5914	Tomato, chopped	1.00 lg
5914	Parsley	0.00
5915	Boneless Chicken Breasts,	2.00
5915	Cut into thin strips	0.00
5915	Oil	1.00
5915	Green peppers, sliced	2.00
5915	Onion, sliced thick, or cut	1.00
5915	Into chunks	0.00
5915	Fresh mushrooms	1.00
5915	Italian Sausages. Sliced	1.00 lb
5915	Into rounds about 1/2"	0.00
5915	Thick.	0.00
5915	Garlic	2.00 cl
5915	Chicken broth	0.00

## Sheet1

5915	White wine	0.00
5916	Whole chicken breasts,	6.00
5916	Skinned, boned & halved	0.00
5916	Salt & pepper to taste	0.00
5916	Yogurt	0.33 c
5916	Dijon mustard	0.25 c
5916	Fine bread crumbs	0.50 c
5916	Dried thyme, crumbled	1.00 ts
5916	Salt	0.50 ts
5916	Pepper	0.25 ts
5917	Frozen chopped broccoli 10oz	2.00 pk
5917	Cubed cooked chicken -4 brst	2.00 c
5917	Cream of chicken soup	2.00 cn
5917	Mayonaise	1.00 c
5917	Lemon juice	1.00 ts
5917	Cooking sherry (optional)	1.00 ts
5917	Shredded velveeta(cover top)	0.50 c
5917	Soft bread crumbs	1.00 c
5917	Melted butter	2.00 tb
5918	Shredded Nappa cabbage	2.00 c
5918	Ground chicken	0.50 lb
5918	Ginger root, minced	1.00 ts
5918	Salt	0.50 ts
5918	Nonstick cooking spray	1.00 x
5918	Orange marmalade	0.33 c
5918	Minced shiitake mushrooms	0.25 c
5918	Green onion, minced	1.00 ea
5918	Water	3.00 tb
5918	Round wonton wrappers-3 1/2"	30.00 ea
5918	Chicken broth	1.25 c
5918	Rice vinegar	3.00 tb
5919	Chicken breast halves	3.00
5919	Can tomatoes,chopped	16.00 oz
5919	Can cream of chicken soup	10.00 oz
5919	Can chopped green chilies	4.00 oz
5919	Chopped onion or onion salt	1.00 c
5919	Shredded cheddar cheese	2.00 c
5919	Ground cumin	1.00 ts
5919	Garlic powder	0.50 ts
5919	Corn tortillas	12.00
5920	Plus 1/3 cup oil	1.00 tb
5920	(4 ounce) cans shopped green	2.00
5920	chilies	0.00
5920	Clove garlic, minced	1.00 lg
5920	(28 ounce) can tomatoes,	1.00
5920	drained and liquid reserved	0.00
5920	Chopped onions	2.00 c
5920	Salt	2.00 ts
5920	Oregano	0.50 ts

## Sheet1

5920	Shredded, cooked chicken	3.00 c
5920	Dairy sour cream	2.00 c
5920	Grated Cheddar cheese	2.00 c
5920	Corn tortillas	15.00
5921	Peanut oil	2.00 tb
5921	2-oz. package dried pasilla	1.00
5921	Chilies, stemmed, seeded,	0.00
5921	Torn into 1-inch pieces	0.00
5921	Whole blanched almonds,	0.50 c
5921	Chopped	0.00
5921	Chicken breast halves	4.00
5921	Chicken stock or canned	6.00 c
5921	Low-salt broth	0.00
5921	Cumin seeds	0.50 ts
5921	Plum tomatoes, cored,	4.00
5921	Quartered	0.00
5921	Onion, quartered	0.50
5921	Cloves garlic, peeled	4.00
5921	Firmly packed golden brown	2.00 tb
5921	Sugar	0.00
5921	Coarse salt	1.00 ts
5921	Peanut oil (for deep frying)	0.00
5921	Corn tortillas	16.00
5921	Grated Monterey Jack Cheese	2.50 c
5921	Creme fraiche or sour cream	1.00 c
5921	Avocado, peeled, seeded,	1.00
5921	Sliced	0.00
5921	Fresh cilantro sprigs	0.00
5922	Lg Onion, chopped	0.00
5922	Sm Green Pepper, chopped	0.00
5922	Sm Sweet Red Pepper, chopped	0.50 x
5922	Stalks Celery, chopped	2.00 x
5922	Clove garlic, minced	0.00
5922	Margarine	2.00 tb
5922	Flour	2.00 tb
5922	Chopped,cookd Chicken Breast	3.00 c
5922	Water	0.75 c
5922	Dry Chicken bouillon powder	0.75 ts
5922	Dried whole Thyme	0.50 ts
5922	Salt	0.25 ts
5922	Red pepper	0.25 ts
5922	Hot sauce	1.00 ds
5922	Hot cooked parboiled Rice	2.00 c
5922	Chopped fresh Parsley	1.00 tb
5923	Lime juice	0.25 c
5923	Dijon mustard	2.00 ts
5923	Jalapeno pepper, minced	1.00
5923	Garlic cloves, minced	4.00
5923	Chicken breasts	1.25 lb

Sheet1

5923	Olive oil	0.25 c
5923	Flour tortillas	16.00
5923	Pieces romaine lettuce	16.00
5923	PICO DE GALLO -----	0.00 -----
5923	Jalapenos, minced	4.00
5923	Garlic cloves, minced	2.00
5923	Onion, coarsely chopped	1.00
5923	Salt	0.50 ts
5923	Chopped fresh cilantro	0.25 c
5924	(4 Oz.) Boned, Skinned	3.00
5924	Chicken Halves, Diced	0.00
5924	Curry Powder	1.50 ts
5924	Paprika	1.50 ts
5924	Salt	0.25 ts
5924	Pepper	0.25 ts
5924	Garlic	2.00 cl
5924	Chicken Bouillon Granules	0.25 ts
5924	Hot Water	0.50 c
5924	Water	3.00 tb
5924	Oil	1.00 ts
5924	Hot Sauce	0.50 ts
5924	Sliced Green Onions	1.50 c
5924	Flour	1.00 tb
5924	Ground Cumin	0.50 ts
5924	Manicotti Shells	8.00
5924	Plain Yogurt	8.00 oz
5924	Chopped Tomatoes	1.00 c
5925	Boneless chicken breasts	4.00 lg
5925	(halved)	0.00
5925	Milk enough to soak chicken	1.00 c
5925	Breadcrumbs	1.00 c
5925	Grated parmesan cheese	1.00 c
5925	Chopped parsley	2.00 tb
5925	Olive oil	1.00 c
5925	Chicken broth	1.00 c
5925	Grand Marnier Liqueur	0.00
5925	Salt	0.00
5925	Pepper	0.00
5925	Lemon	1.00
5925	White wine	1.00 c
5925	Butter	0.00
5925	Lemon juice	0.25 c
5926	Chicken breast	1.00 lb
5926	Cornstarch	0.50 ts
5926	Salt	1.00 ts
5926	White pepper	1.00 ds
5926	Bean sprouts	1.00 c
5926	Vegetable oil	5.00 tb
5926	Eggs, slightly beaten	2.00

Sheet1

5926	Sliced mushrooms	2.50 oz
5926	White rice	3.00 c
5926	Soy sauce	2.00 tb
5926	Green onions with tops	2.00
5927	Whole chicken breasts	2.00
5927	boned and split	0.00
5927	Salt, pepper	0.00
5927	Fine dry bread crumbs	0.50 c
5927	Butter or margarine	0.50 c
5927	Spinach; cleaned and stemmed	2.00 lb
5927	Minced mushrooms	1.00 c
5927	Whole mushrooms (optional)	0.00
5928	Grand Marnier	0.75 c
5928	Apricot Jam	1.25 c
5928	Distilled white vinegar	0.75 c
5928	Worcestershire sauce	4.50 tb
5928	Dijon mustard	3.00 tb
5928	Honey	3.00 tb
5928	Dried red pepper flakes	1.00 tb
5928	Boneless chicken breasts; *	6.00
5928	Olive oil	0.00
5929	Chicken	3.00 lb
5929	Sticks butter	1.50
5929	Worcestershire sauce	2.00 ts
5929	Curry powder	1.00 ts
5929	Oregano	1.00 ts
5929	Dry mustard	0.50 ts
5929	Garlic	0.50 ts
5929	Paprika	0.25 ts
5929	Tabasco	2.00 ds
5929	Sherry	0.33 c
5930	Chickens, frying, quartered	2.00
5930	Olive oil	0.50 c
5930	Onion, lg, minced	1.00
5930	Clove garlic, minced	1.00
5930	Salt	1.00 ts
5930	Pepper	0.75 ts
5930	Tomato, med, chopped	1.00
5930	White wine, dry	0.50 c
5931	Boneless chicken breasts	1.00 lb
5931	Dry sherry	2.00 tb
5931	Soy sauce	1.00 tb
5931	Sesame oil	2.00 ts
5931	SAUCE -----	0.00 -----
5931	Chicken stock	0.50 c
5931	Cornstarch	2.00 ts
5931	Sugar	0.50 ts
5931	Soy sauce	1.00 ts
5931	Hot chili paste	1.00 ts



Sheet1

5931	Vegetable oil	1.00 tb
5931	Cloves garlic	2.00
5931	Minced fresh ginger	2.00 ts
5931	Fermented black beans	2.00 tb
5932	Fryer chicken without breast	1.00
5932	meat (OR	0.00
5932	Chicken legs & thighs &	2.00
5932	wings	0.00
5932	Cold water	8.00 c
5932	Salted mustard green,	1.00 c
5932	shredded	0.00
5933	Chicken (2 1/2- to 3-lb),	1.00
5933	cut up	0.00
5933	Dried oregano; crushed	1.00 ts
5933	Garlic salt	1.00 tb
5933	Black pepper	1.00 ts
5933	Red wine vinegar	2.00 tb
5933	Cilantro; leaves only	1.00 bn
5933	Onion; quartered	1.00 md
5933	Tomatoes; quartered	2.00 md
5933	Green bell pepper, seeded,	1.00
5933	and chopped	0.00
5933	Yellow chile; seeded	1.00
5933	Oil	2.00 tb
5933	Onion; chopped	1.00 md
5933	Paprika	0.00
5934	Unsweetened coconut milk	1.50 c
5934	Green curry paste	1.50 tb
5934	Boneless chicken sliced	2.50 lb
5934	Into 1-inch strips	0.00
5934	Sliced bamboo shoots	1.00 c
5934	Fish sauce	0.25 c
5934	Sugar	1.00 tb
5934	Bunch mint leaves, chopped	1.00 sm
5934	(about 1/4 cup) or Oriental	0.00
5934	Basil leaves	0.00
5934	Fresh green chili peppers,	2.00
5934	Seeded & thinly sliced on	0.00
5934	The diagonal.	0.00
5935	Chicken	3.00 lb
5935	Large onion	1.00
5935	Salt	1.00
5935	Ground chilies	1.00 ts
5935	Granulated sugar	1.00 tb
5935	Water	1.00 c
5935	Cloves garlic	4.00
5935	Vegetable oil	3.00 tb
5935	Minched lemon grass	2.00 tb
5935	Fish sauce(nuoc mam)	4.00 tb

Sheet1

5935	Caramel sauce	1.00 tb
5936	Chicken	3.00 lb
5936	Cloves garlic	4.00
5936	Large onion	1.00
5936	Vegetable oil	3.00 tb
5936	Salt	1.00
5936	Minched lemon grass	2.00 tb
5936	Ground chilies	1.00 ts
5936	Fish sauce(nuoc mam)	4.00 tb
5936	Granulated sugar	1.00 tb
5936	Caramel Sauce	1.00 tb
5936	Water	1.00 c
5937	Peanut oil	2.00 c
5937	Rice noodles	6.00 oz
5937	Chicken breasts, boned and cut into chunks	2.00 lb 0.00
5937	MARINADE: 2 tablespoon	0.00
5937	sherry	0.00
5937	Soy sauce	2.00 tb
5937	Mix vegetable season	0.25 ts
5937	Fresh ginger, grated	2.00 ts
5937	Honey	1.00 ts
5937	BATTER: 1 tablespoon oil	0.00
5937	Whole wheat or rice flour	1.00 c
5937	Arrowroot	0.50 c
5937	Soy sauce	0.50 ts
5937	Baking powder	1.00 ts
5937	Ice water	2.00 c
5937	LEMON PLUM SAUCE:	0.00
5937	Oil	1.00 tb
5937	Inch ginger root, mashed	0.25
5937	Clove garlic, crushed	1.00
5937	Honey	2.00 tb
5937	Chicken broth	2.00 c
5937	Lemon juice	0.50 c
5937	Bottled plum sauce	0.75 c
5937	Salt	1.00 pn
5937	Sherry	2.00 tb
5937	Arrowroot	2.50 tb
5937	Grated lemon peel	1.00
5937	Salt	1.00 pn
5938	Oil	0.50 c
5938	Clove garlic	1.00
5938	Frying chicken	3.00 lb
5938	Plum sauce	0.33 c
5938	Celery stalks, diced	5.00
5938	Ginger	4.00 sl
5938	Sherry	3.00 tb
5938	Carrots	4.00

Sheet1

5938	Sugar	2.00 ts
5938	Salt	1.00 ts
5938	Chinese pickles	0.33 c
5938	Water	0.25 c
5938	Cornstarch mixed with 1/4	2.00 ts
5938	Cup water	0.00
5939	Oil	0.50 c
5939	Clove garlic	1.00
5939	Frying chicken	3.00 lb
5939	Plum sauce	0.33 c
5939	Celery stalks, diced	5.00
5939	Ginger	4.00 sl
5939	Sherry	3.00 tb
5939	Carrots	4.00
5939	Sugar	2.00 ts
5939	Salt	1.00 ts
5939	Chinese pickles	0.33 c
5939	Water	0.25 c
5939	Cornstarch mixed with 1/4	2.00 ts
5939	Cup water	0.00
5940	Canola oil	2.00 ts
5940	Chicken pieces, skinned, boned	1.00 lb 0.00
5940	Onion, chopped	0.50
5940	Garlic clove, minced	1.00
5940	Fresh or 12 ounces canned	1.00 lb
5940	tomatillos	0.00
5940	Whole roasted green chilies, chopped	3.00 0.00
5940	Apple juice	0.50 c
5940	Fresh chopped cilantro	1.00 tb
5941	Pieces skinned chicken	16.00
5941	Chopped fresh ginger	2.00 tb
5941	Vegetable oil	2.00 tb
5941	Ground cardamom	2.00 ts
5941	Vegetable oil	0.50 c
5941	Ground red pepper	2.00 ts
5941	Medium onions thin sliced	5.00
5941	Ground cumin	1.00 ts
5941	Blanched slivered or	6.00 tb
5941	Ground fennel	0.50 ts
5941	Ground almonds	0.00
5941	Plain yogurt	2.00 c
5941	Ground coriander	3.00 tb
5941	Water	1.00 c
5941	Course salt	0.00
5941	Fresh cilantro (garnish)	0.00
5942	Chicken breasts, skinned	2.00 lb
5942	Butter	0.50 c

Sheet1

5942	Sour cream	0.50 pt
5942	Sherry	0.50 c
5942	Rosemary	0.50 ts
5942	Monsodium glutamte	0.50 ts
5942	Salt	1.00 ts
5942	Parsley	2.00 tb
5942	Thyme	0.50 ts
5942	Chopped green pepper	1.00 tb
5942	Pepper to taste	0.00
5942	Slivered almonds	0.50 c
5942	Sliced fresh mushrooms	0.00
5943	Whole chicken breasts,split	3.00
5943	,boned and skinned	0.00
5943	Vegetable oil	2.00 tb
5943	15 oz can tomato sauce	1.00
5943	Picante sauce	0.50 c
5943	Unsweetened cocoa powder	4.00 ts
5943	Ground cumin	1.00 ts
5943	Oregano	1.00 ts
5943	Garlic salt	0.50 ts
5944	Chicken thighs, skinned	8.00
5944	(8-oz) tomatoes, drained	1.00 cn
5944	Tomato paste	2.00 tb
5944	Chili sauce	2.00 tb
5944	Garlic cloves, crushed	2.00
5944	Inch piece fresh gingerroot,	1.00
5944	grated	0.00
5944	Garam Masala	1.00 tb
5944	Sugar	2.00 ts
5944	Light soy sauce	2.00 tb
5944	Juice of one lime	0.00
5944	Juice of one lemon	0.00
5944	Twists of lime peel	0.00
5944	Twists of lemon peel	0.00
5945	Chicken pieces	2.00 lb
5945	Fresh lemon juice	3.00 tb
5945	All purpose flour	3.00 tb
5945	Salt	1.00 ts
5945	Freshly ground pepper	0.12 ts
5945	Oil	3.00 tb
5945	Butter	1.00 tb
5945	Large onion, chopped	1.00
5945	Curry powder	3.00 tb
5945	Water	0.50 c
5945	Heavy Cream	0.50 c
5945	Chicken stock base	1.00 ts
5945	Candied Ginger	2.00 tb
5945	Lime wedges (optional)	1.00
5946	Onion,chopped	0.50 c

Sheet1

5946	Butter,margarine,chicken fat	0.25 c
5946	Rice,uncooked	1.00 c
5946	Black pepper	0.12 ts
5946	Carrots,diced	1.50 c
5946	Celery,diced	1.00 c
5946	Chicken broth	1.00 qt
5946	Salt	1.00 ts
5946	Chicken,cooked,diced	4.00 c
5946	Parsley,minced	2.00 tb
5947	Bacon slices	6.00
5947	Flour	2.00 tb
5947	Cayenne pepper	0.12 ts
5947	Chicken drumsticks	4.00
5947	Black pepper	0.12 ts
5947	Celery,finely chopped	1.00 c
5947	Garlic cloves,minced	2.00
5947	Chicken broth	2.00 c
5947	Rice,uncooked	1.00 c
5947	Bay leaf	0.50
5947	Flour	0.50 c
5947	Chili powder	1.50 ts
5947	Chicken thighs	4.00
5947	Salt	1.50 ts
5947	Onion,finely chopped	1.00 c
5947	Green bell pepper,chopped	1.00 c
5947	Tomatoes,undrained(28oz)	1.00 cn
5947	Water	1.00 c
5947	Worcestershire sauce	1.00 tb
5948	Chicken breast halves	6.00
5948	Paprika	1.00 ts
5948	Dry white wine	1.00 c
5948	Vegetable oil	2.00 tb
5948	Rosemary, crushed	1.00 ts
5948	Garlic cloves	2.00
5948	Chicken broth	2.50 c
5948	Rice, raw	1.00 c
5948	Yellow squash, medium	2.00
5948	Zucchini squash	1.00
5948	Green onions, chopped	2.00 tb
5949	Chicken breasts	4.00 x
5949	Eggs, beaten	2.00 x
5949	Water	2.00 tb
5949	Parsley, snipped	2.00 tb
5949	Flour	0.50 c
5949	Chopped green onions	2.00 tb
5949	Bread crumbs	0.50 c
5949	Butter	0.25 lb
5950	Butter	0.50 c
5950	Cloves garlic, diced	3.00

Sheet1

5950	Lemon juice	0.25 c
5950	Mixed vegetable seasoning	0.50 ts
5950	Chicken breasts	2.00
5950	Eggs	2.00
5950	Scallions, diced fine	0.50 c
5950	Cracker crumbs	3.00 c
5950	Grated Parmesan cheese	0.50 c
5951	Blanched almonds	0.50 c
5951	Poppy seeds	0.50 c
5951	Fresh coconut meat	0.50 c
5951	Onions, roughly chopped	4.00 md
5951	Inch piece of fresh ginger, peeled and roughly chopped	1.00 0.00
5951	Garlic cloves	2.00
5951	Butter, melted	3.00 tb
5951	Chicken, skinned and cut into 8 pieces	2.50 lb 0.00
5951	Coarsely chopped coriander leaves	4.00 tb 0.00
5951	Chopped fresh mint leaves or 2 tsp dried mint	1.00 tb 0.00
5951	Ground coriander	2.00 tb
5951	Chili powder	0.50 ts
5951	Salt	1.00 ts
5951	Lemon juice	3.00 tb
5951	Plain yogurt	0.50 c
5951	Water	3.00 c
5952	Stephen Ceideburg	0.00
5952	Cloves	4.00
5952	Cardamom pods	3.00
5952	Cinnamon stick	1.00
5952	Coriander seeds	1.00 tb
5952	Cumin seeds	1.00 ts
5952	Turmeric	1.00 ts
5952	Cloves garlic	6.00
5952	Two-inch cube fresh ginger, peeled	1.00 0.00
5952	Yogurt	2.00 c
5952	Salt to taste	0.00
5952	To 4 pound chicken *	3.50 lb
5952	Poppy seeds	2.00 tb
5952	Cashews	2.00 tb
5952	Blanched almonds	10.00
5952	Unsweetened, shredded coconut	2.00 tb 0.00
5952	Ghee	2.00 tb
5952	Onions, finely chopped	3.00 lg
5952	Fresh green chiles, minced	4.00
5952	Chopped cilantro	2.00 tb

Sheet1

5953	Butter	0.25 c
5953	Salt	0.50 ts
5953	Pepper	0.25 ts
5953	Sage	0.50 ts
5953	Slices prosciutto, diced	2.00
5953	Bread triangles, sauteed	8.00
5953	Marsala	0.25 c
5953	Butter	1.00 tb
5954	Chicken livers	0.75 lb
5954	Salt and pepper to taste	1.00
5954	Bay leaf	0.25
5954	Sprig fresh thyme	1.00
5954	Ground allspice	0.12 ts
5954	Ground cumin	0.50 ts
5954	Ground cinnamon	0.12 ts
5954	Cayenne pepper	1.00 pn
5954	Melted chic fat or 1/4 lb.bu	0.25 lb
5954	Thinly sliced shallots	0.50 c
5954	Mushrooms,thin slcd,2 cups	0.25 lb
5954	Cognac	1.00 tb
5955	Jim Vorheis	0.00
5955	(about 1 large) tomatoes,	0.50 lb
5955	broiled	0.00
5955	Garlic cloves, peeled and	2.00
5955	roughly chopped	0.00
5955	Canned chipotles en	2.00
5955	escabeche or en vinagre	0.00
5955	Chicken livers	0.75 lb
5955	Melted chicken fat or	3.00 tb
5955	safflower oil	0.00
5955	Onion, thinly sliced	0.50 md
5955	Sea salt to taste	0.00
5956	Young tender corn	18.00
5956	Large spring chicken	1.00
5956	Large onion, finely chopped	1.00
5956	Bell pepper, chopped	0.50
5956	Large tomato, small pieces	1.00
5956	Salt	1.00 ts
5956	Sugar	1.00 ts
5956	Black pepper	0.00
5956	Cooking oil	2.00 tb
5956	Milk, if needed	0.00
5957	Chicken; (3) cut up	9.00 lb
5957	Garlic; entire head*	1.00
5957	Oregano; dried	0.25 c
5957	Salt and pepper; taste	0.00
5957	Red wine vinegar	0.50 c
5957	Olive oil	0.50 c
5957	Prunes; pitted	1.00 c

Sheet1

5957	Spanish olives; pitted	0.50 c
5957	Capers	0.50 c
5957	Bay leaves	6.00
5957	Brown sugar	1.00 c
5957	White wine	1.00 c
5957	Parsley; finely chopped	0.25 c
5958	Quartered broiler-fryers	2.00
5958	Salt	1.50 ts
5958	Olive or salad oil	2.00 tb
5958	Garlic clove, crushed	1.00
5958	Dried basil leaves	0.50 ts
5958	Ripe tomatoes (2 lb)	4.00
5958	Sugar	0.50 ts
5958	Dry white wine	1.00 c
5958	Flour	3.00 tb
5958	Pepper	0.12 ts
5958	Butter or margarine	4.00 tb
5958	Dried thyme leaves	0.50 ts
5958	Parsley, chopped	1.00 tb
5958	Tomato paste	3.00 tb
5958	Tabasco drops	2.00
5958	Fresh mushrooms	0.50 lb
5958	GARNISH -----	0.00 -----
5958	Chicken livers, washed	2.00
5958	Mushrooms, finely chopped	2.00
5958	White toast slices	8.00
5958	Finely chopped onions	0.25 c
5958	Butter or margarine	0.25 c
5958	Chpped parsley	0.00
5959	Chicken, 3-3-1/2 lb	1.00 ea
5959	Chilli powder	1.00 tb
5959	Garlic cloves (chopped fine)	10.00 ea
5959	Tequilla (white/gold)	0.50 c
5959	Cilantro (garnish)	1.00 x
5959	Ground cumin	1.00 tb
5959	Limes (juice of)	3.00 ea
5959	Olive oil	3.00 tb
5959	Water	0.50 c
5960	Chicken; cutlets, skinless	4.00
5960	Flour,	0.25 c
5960	Salt & pepper	0.00
5960	Olive oil,	3.00 tb
5960	Chicken broth	0.50 c
5960	Marsala	0.50 c
5961	Chicken breast halves; skin	4.00
5961	Parmesan; freshly grated	0.75 c
5961	Parmesan; freshly grated	2.00 tb
5961	Breadcrumbs; fresh white	0.75 c
5961	Parsley; minced fresh	1.00 tb



Sheet1

5961	Salt	0.12 ts
5961	Pepper; freshly ground	0.12 ts
5961	Egg	1.00
5961	Milk	0.50 c
5961	Olive oil	2.00 c
5961	Butter; unsalted	2.00 tb
5961	Lemon juice; fresh	2.00 tb
5961	Lemon; quartered	1.00
5961	Parsley springs; fresh	0.00
5962	Whole Wheat Breadcrumbs	0.50 c
5962	Wheat Germ	0.25 c
5962	Boneless, Skinned Chicken	8.00
5962	Breast Halves (2 Lbs.)	0.00
5962	Skim Milk	0.50 c
5962	Sesame OR Vegetable Oil	2.00 ts
5962	(8 Oz.) Tomato Sauce	1.00 cn
5962	Minced Fresh Parsley	1.00 tb
5962	Dried Basil	1.00 ts
5962	Pepper	0.12 ts
5962	Dried Oregano	1.00 ts
5962	Garlic Minced	1.00 cl
5962	(2 Oz) Shredded Mozzarella	0.50 c
5963	Chicken, fryer, skinned, cut	1.00
5963	Cauliflower, florets	0.50
5963	Potatoes, sliced	2.00
5963	Carrots, sliced	2.00
5963	Eggplant, cubed	0.50
5963	Onions, sliced	2.00
5963	Red or green pepper, sliced	1.00
5963	Celery, sliced	2.00
5963	Pepper	0.50 ts
5963	Tomatoes, can	16.00 oz
5963	Garlic powder	0.50 ts
5963	Chicken boullion powder	2.00 ts
5963	Water	1.50 c
5963	Dill weed	1.00 tb
5964	Hot cooked rice	2.00 c
5964	Boneless skinless chicken	4.00
5964	Halves cooked	0.00
5964	Cups velveeta cheese salsa	2.00 c
5964	Dip	0.00
5965	Parmesan cheese, grated	0.33 c
5965	Chicken breast	3.00 x
5965	Margarine	1.00 tb
5965	Milk, skim	0.50 c
5965	Pimienta, chopped	1.00 tb
5965	Italian seasoning, crushed	0.25 ts
5965	Green onion; sliced	0.25 c
5965	Flour, all-purpose	1.00 tb

Sheet1

5965	Spinach, frozen **	5.00 oz
5966	Fine, dry bread crumbs	0.50 c
5966	Gratedd Parmesian cheese	0.25 c
5966	Chicken breats,boneless	4.00 ea
5966	Butter	3.00 tb
5966	8 oz. can tomatoe sauce	1.00 ea
5966	Water	0.50 c
5966	Dried whole oregano	0.25 ts
5966	Shredded mozzarella cheese	1.00 c
5966	Egg, beaten	1.00 ea
5967	Pasta noodles	0.50 lb
5967	Stick pepperoni	0.50
5967	Flour	0.33 c
5967	Boneless chicken breast	1.00 lb
5967	(8oz) tomato sauce	2.00 cn
5967	Fresh pepper	0.00
5967	Oregano	0.00
5967	Basil	0.00
5967	Tarragon	0.00
5967	Garlic powder	0.00
5967	Onion powder	0.00
5968	PHILLY.INQUIRER -----	0.00 -----
5968	THIGHS BROILER-FRYER,SKINNED	8.00
5968	SALT	0.50 ts
5968	WHOLE TOMATOES CHOPPED	16.00 oz
5968	CUMIN	0.50 ts
5968	GOLDEN RAISINS	0.50 c
5968	RED PEPPER	0.12 ts
5968	CHOPPED GREEN CHILIES	1.00 tb
5968	VEGETABLE OIL	2.00 tb
5968	SUGAR	1.00 ts
5968	CHOPPED ONIONS	0.50 c
5968	CINNAMON	1.00 ts
5968	LICED ALMONDS	0.25 c
5969	Chicken breasts *	4.00
5969	Cube of butter	0.50
5969	Vegetable oil	4.00 tb
5969	Clove garlic, mashed	1.00
5969	Chopped Italian parsley	0.50 c
5969	Fresh lemons **	2.00
5969	Small jar of capers	1.00
5969	Small amount of salt	0.00
5969	Freshly ground pepper	0.00
5970	Chicken	1.00 lg
5970	Potato	4.00 lg
5970	Onion	3.00 lg
5970	Salt & pepper	0.00
5970	*pastry	0.00
5971	Boneless chicken breasts	4.00

Sheet1

5971	Can cream chicken soup	1.00
5971	Can cream celery soup	1.00
5971	Swanson's chicken broth	1.00 c
5971	Stick margarine; melted	1.00
5971	Milk	1.00 c
5971	Box frzn peas & carrots;	1.00
5971	SELF-RISING flour	1.00 c
5971	Baking powder	1.00 ts
5972	Reduced calorie margarine	3.00 tb
5972	Flour	3.00 tb
5972	Salt	0.50 ts
5972	Dried thyme	0.25 ts
5972	Pepper	0.12 ts
5972	Chicken broth	0.75 c
5972	Whipping cream	0.75 c
5972	Cooked chicken or turkey	2.00 c
5972	cut into 1 inch pieces	0.00
5972	10 oz frozen peas & carrots	1.00 pk
5972	Pastry for 9" 2 crust pie	0.00
5972	Canned small whole onions	1.00 c
5973	Zucchini, thinly sliced	2.00
5973	Green onions, sliced	2.00
5973	Skinned diced chicken,cooked	2.00 c
5973	Salt	0.50 ts
5973	Thyme	0.50 ts
5973	Chopped pimento	2.00 tb
5973	Cooked rice	3.00 c
5973	Grated cheese	0.25 c
5974	Chicken breast	6.00
5974	Dried sage	2.00 ts
5974	Salt	0.50 ts
5974	Black pepper	0.50 ts
5974	Minced garlic	2.00 ts
5974	Slices ham	6.00
5974	Flour	0.33 c
5974	Vegetable oil	0.50 c
5975	Slices bacon	4.00
5975	Chopped fresh mushrooms	0.33 c
5975	Snipped chives	0.25 tb
5975	Chopped almonds toasted	0.25 c
5975	Dried thyme,crushed	0.25 ts
5975	Whole chicken breast *	1.00
5975	Plain yogurt or sour cream	0.00
5975	Sliced almonds toasted	0.00
5975	Snipped shives	0.00
5976	Broiler-fryer	2.50 lb
5976	Vegetable oil	2.00 tb
5976	Salt	0.00
5976	Pepper	0.00

Sheet1

5976	Omino, halved & sliced	1.00 md
5976	Chili sauce	12.00 oz
5976	Dried oregano	1.00 ts
5976	Grated parmesan cheese	0.00
5977	Whole chicken breast	1.00
5977	(about 1 pound), halved,	0.00
5977	Boned & skinned	0.00
5977	Pkg of sliced jack cheese	1.00
5977	Pkg of sliced ham	1.00
5977	Butter/margarine	2.00 tb
5977	Salt	0.00
5977	Pepper	0.00
5977	Ground nutmeg	0.00
5977	Mushrooms, sliced	6.00 lg
5977	Cream Sherry (this is	2.00 tb
5977	Niggardly; I use *more*)	0.00
5977	Chopped parsley	0.00
5978	Whole broiler-fryer chicken	2.00
5978	breasts,halved,skinned and	0.00
5978	boned	0.00
5978	Jalapeno pepper jelly,melted	4.00 tb
5978	Sweet red	2.00
5978	peppers,roasted,skinned	0.00
5978	Marinade (Recipe below)	0.00
5979	Chicken broth	0.25 c
5979	Water	0.33 c
5979	Soy sauce	2.00 tb
5979	Minced clove garlic	1.00
5979	Sherry or vermouth	1.00 tb
5979	Minced onion	0.25 c
5979	Sugar	2.00 ts
5979	Soy sauce	1.50 tb
5979	Grated ginger	2.00 ts
5979	Brown sugar	1.00 tb
5979	Minced clove garlic	1.00
5979	Catsup	1.00 tb
5979	Boneless chicken	1.00 lb
5979	Red pepper	1.00 ds
5979	Toothpicks or skewers	0.00
5979	Lime juice	0.50 tb
5979	Crunchy peanut butter	0.25 c
5980	Skinless, Boneless Chicken	4.00 lg
5980	Breast Halves (About	0.00
5980	Pounds)	1.50
5980	Soy Sauce	0.25 c
5980	Salad Oil	1.00 tb
5980	Molasses	1.00 tb
5980	Crushed Red Pepper Flakes	0.25 ts
5980	Clove Garlic, Crushed	1.00 lg

Sheet1

5980	Lemon Juice	0.00
5980	Creamy Peanut Butter	0.50 c
5981	MARINADE -----	0.00 -----
5981	Light brown sugar	1.00 tb
5981	Curry powder	1.00 tb
5981	Crunchy peanut butter	2.00 tb
5981	Soy sauce	0.50 c
5981	Freshly squeezed lime juice	0.50 c
5981	Garlic cloves, minced	2.00
5981	Crushed dried chile peppers	0.00
5981	-----	0.00
5981	Chicken breast halves,	6.00
5981	boned, skinned, and cut	0.00
5981	into 1/2" wide strips	0.00
5981	PEANUT SAUCE -----	0.00 -----
5981	Crunchy peanut butter	0.67 c
5981	Coconut milk, unsweetened	1.50 c
5981	Freshly squeezed lemon juice	0.25 c
5981	Soy sauce	2.00 tb
5981	Molasses (or brown sugar)	2.00 tb
5981	Fresh ginger root, grated	1.00 ts
5981	Garlic cloves, minced	4.00
5981	Chicken broth	0.25 c
5981	Heavy cream	0.25 c
5981	Cayenne pepper	0.00
5981	Grated lime zest	0.00
5981	Fresh cilantro sprigs	0.00
5982	Bacon drippings (for roux)	2.00 c
5982	Plain flour	6.00 c
5982	Onion, chopped	7.00 c
5982	Bell pepper, chopped	1.00 c
5982	Green onions, chopped	3.00 c
5982	Celery, chopped	1.00 c
5982	Parsley, chopped	3.00 c
5982	Garlic, chopped	0.25 c
5982	Bacon drippings/brown chicken	0.00
5982	Baking hens, (see directions	20.00 lb
5982	Water	0.00
5982	Mushrooms, sliced	1.00 lb
5982	Tomato sauce	16.00 c
5982	Chablis wine	8.00 c
5982	Stuffed olives	1.50 pt
5982	Lea & Perrins	6.00 tb
5982	Louisiana hot sauce	8.00 tb
5982	Dried mint, crushed	1.00 ts
5982	Salt	6.00 tb
5983	Your favorite chicken pieces	5.00 lb
5983	Med. mushrooms,sliced thin	12.00
5983	Olive oil	0.25 c

Sheet1

5983	Med.onions,quartered	2.00
5983	Green peppers,sliced in ring	2.00
5983	Cloves garlic,chopped	5.00
5983	Sage leaves	6.00
5983	Rosemary	2.00 tb
5983	Dry white wine	0.25 c
5983	Salt	0.00
5983	Ground pepper	0.00
5984	Broiler-Fryer Chicken	3.00 lb
5984	Salt	1.50 ts
5984	Cooking oil	1.00 c
5984	Green pepper chopped	1.00 c
5984	Clove garlic, Minced	1.00
5984	Chicken drippings	2.00 tb
5984	Flour	0.75 c
5984	Pepper	0.50 ts
5984	Onion chopped	1.00 c
5984	Sieved tomatoes	2.00 c
5984	Basil	0.25 ts
5985	Chicken breasts halves	6.00
5985	Minced parsley	2.00 tb
5985	Boned and skinned	0.00
5985	Finely grated orange peel	1.00 ts
5985	All purpose flour	0.00
5985	Rosemary	1.00 pn
5985	Butter	3.00 tb
5985	Raspberry vinegar	3.00 tb
5985	Safflower oil	2.00 tb
5985	Oranges peeled	2.00
5985	Orange juice	0.75 c
5985	Sectioned & seeded	0.00
5985	Dry white wine	0.33 c
5985	Avocados, peeled	2.00
5985	Sliced mushrooms	0.33 c
5985	Pitted & sliced	0.00
5986	MUSHROOM SAUCE -----	0.00 -----
5986	Chicken Broth	0.75 c
5986	Flour	1.00 tb
5986	Butter	1.00 tb
5986	Green Onion - finely	1.00 ts
5986	Chopped (white part only)	0.00
5986	Mushrooms - thinly sliced	2.00 c
5986	Whipping Cream	0.50 c
5986	Salt & freshly ground pepper	0.00
5986	Nutmeg	0.00
5986	Cayenne Pepper	0.00
5986	CHICKEN -----	0.00 -----
5986	Chicken Breasts - boned	1.00 lb
5986	And skinned,	0.00

Sheet1

5986	OR VEAL SCALLOPINE -----	0.00 -----
5986	Flour	2.00 tb
5986	Salt & freshly ground pepper	0.00
5986	Egg	1.00
5986	Water	2.00 tb
5986	Breadcrumbs	1.50 c
5986	Olive Oil	5.00 tb
5986	Butter	2.00 tb
5987	Butter, divided	4.00 tb
5987	Sliced fresh mushrooms	4.00 c
5987	Boned chicken breasts flat	6.00
5987	Thin sliced green onions	0.33 c
5987	Water	0.33 c
5987	White wine	0.25 c
5987	Chicken bouillon mix	0.50 ts
5987	Whipping cream	0.33 c
5987	Salt & pepper to taste	1.00
5988	PHILLY.INQUIRER -----	0.00 -----
5988	CHICKEN LEGS	6.00
5988	DRIED BASIL	0.50 ts
5988	PINCH OREGANO	1.00
5988	OLIVE OIL	0.00
5988	CLOVE GARLIC MINCED	1.00
5988	TOMATO SAUCE	2.00 c
5988	SALT AND PEPPER TO TASTE	0.00
5988	DRY SHERRY	0.75 c
5989	Chicken breasts; boneless	4.00
5989	skinless	0.00
5989	Carrots; sliced in thin	2.00 lg
5989	wheels	0.00
5989	Green pepper;diced	2.00
5989	Red Pepper;diced, opt	1.00
5989	Vegetable oil	2.00 tb
5989	Chicken stock	1.50 c
5989	Soya sauce;low sodium	2.00 tb
5989	Cornstarch	2.00 tb
5989	hot water	2.00 tb
5989	OPTIONAL ITEMS -----	0.00 -----
5989	Garlic cloves; minced	2.00
5989	Ginger, fresh;finely chopped	1.00 tb
5989	Celery stalks; sliced	2.00
5989	Onion;diced	1.00
5989	Green onions;sliced	3.00
5989	Mushrooms; thin sliced	0.50 c
5989	Broccoli stalk;* divided in	1.00 sm
5989	small flowerets	0.00
5989	Cauliflower;divided into	0.50 sm
5989	small flowerets;*	0.00
5989	Green beans;*	0.50 lb

Sheet1

5989	Asparagus tips;*	0.50 lb
5989	Snow peas; strings removed	2.00 c
5989	Bok choy;sliced	1.00 c
5989	Bean sprouts; add at last	1.00 c
5989	minute with toppings	0.00
5989	OPTIONAL TOPPINGS -----	0.00 -----
5989	Walnuts; cashews or peanuts	0.25 c
5989	Coconut; unsweetened, flaked	0.25 c
5990	Chicken thighs (6 to 8) **	1.50 lb
5990	Egg whites	2.00
5990	Cornstarch, divided	5.00 tb
5990	Minced fresh garlic	3.00 tb
5990	Thin spaghetti	0.25 lb
5990	Water	1.00 c
5990	Rice vinegar	0.50 c
5990	Reduced sodium soy sauce	3.00 tb
5990	Red pepper flakes	1.00 ts
5990	Peanut oil	2.00 tb
5990	Fresh mushrooms, thinly	0.50 lb
5990	sliced (2 cups)	0.00
5990	Diagonally sliced green	1.00 c
5990	onions	0.00
5991	Chicken backbones and wings	7.00 lb
5991	Ginger - fresh, about 1-1/2	1.00 sl
5991	inches, smashed	0.00
5991	Clove garlic	4.00
5991	Green onions - halved	4.00
5991	crosswise (4 to 5	0.00
5991	scallions)	0.00
5991	Onions - quartered	2.00 md
5991	Ribs celery - halved	3.00
5991	lengthwise	0.00
5992	FILLING -----	0.00 -----
5992	Finely chopped cooked	1.50 c
5992	chicken or turkey	0.00
5992	Finely chopped onion	0.50 c
5992	Minced parsley (optional)	0.25 c
5992	Ground thyme	0.25 ts
5992	Garlic salt	0.25 ts
5992	Finely chopped celery	0.50 c
5992	Grated cheddar cheese, med.	1.00 c
5992	Dry white wine - or gravy	0.25 c
5992	Salt and pepper to taste	0.00
5992	SAUCE -----	0.00 -----
5992	Butter	0.50 c
5992	Flour	0.50 c
5992	Chicken broth - I use	3.00 c
5992	homemade gravy instead	0.00
5992	Milk	1.00 c



Sheet1

5992	Grated Cheddar Cheese	2.00 c
5992	Tobasco	0.25 ts
5992	Salt and pepper to taste	0.00
5993	Chicken breasts, halved	6.00
5993	Pepper	0.50 ts
5993	Sliced mushrooms	0.50 lb
5993	White wine	0.50 c
5993	Chopped parsley	0.25 c
5993	Paprika	2.00 ts
5993	Butter	0.25 ts
5993	Env cream of mushroom soup	1.00
5993	Heavy cream	1.00 c
5993	Cooked noodles	0.00
5994	Whole chicken beasts,	2.00
5994	skinned and boned	0.00
5994	Szechwan peppercorns	2.00 tb
5994	Sesame paste	4.00 tb
5994	Green tea	3.00 tb
5994	Wine vinegar	2.00 tb
5994	Soy sauce	2.50 ts
5994	Peanut oil	3.00 tb
5994	Crushed red pepper *	2.00 ts
5994	Fresh ginger, minced	3.00 sl
5994	Scallion (white part only),	1.00
5994	chopped	0.00
5994	Clove garlic, minced fine	1.00
5994	Dry sherry or Shaoshing wine	1.50 tb
5994	Cayenne pepper	0.50 ts
5995	Green onion, chopped	0.25 c
5995	Shortening	1.00 tb
5995	Cooked chicken, shredded	2.00 c
5995	8 oz can taco sauce or	1.00
5995	Green chili salsa	8.00 oz
5995	Salt to taste	1.00
5995	Taco shells	1.00 pk
5995	Grated cheddar cheese	1.00 c
5995	OPTIONAL TOPPINGS -----	0.00 -----
5995	Chopped lettuce	1.00
5995	Chopped tomato	1.00
5995	Sour cream	1.00
5995	Guacamole	1.00
5996	Chicken parts	2.00 lb
5996	Flour	0.25 c
5996	Salt	2.00 ts
5996	Pepper	0.25 ts
5996	Onion, chopped	1.00 c
5996	Butter	0.25 c
5996	Worcestershire sauce	2.00 tb
5996	Garlic powder	0.25 ts

## Sheet1

5996	Chili sauce	1.00 c
5996	Chicken broth	1.50 c
5996	Hot Rice, cooked	3.00 c
5996	Dry Sherry	0.50 c
5997	Mustard powder	1.00 ts
5997	Piece ginger root, peeled,	1.00
5997	chopped (2")	0.00
5997	Cumin seeds	0.50 ts
5997	Ground coriander	0.50 ts
5997	Turmeric	0.50 ts
5997	Lemon juice	1.00 ts
5997	Hot chili powder	0.25 ts
5997	Tomato paste	2.00 ts
5997	Corn oil	0.33 c
5997	Plain yogurt	0.67 c
5997	Chicken drumsticks, skinned	8.00
5997	Lemon twists (opt)	0.00
5997	Lime twists (opt)	0.00
5997	Fresh parsley sprig (opt)	0.00
5998	Chicken pieces	3.50 lb
5998	Onion, minced	1.00 md
5998	Cloves garlic chopped	3.00
5998	Fresh chopped ginger	1.00 ts
5998	Natural yoghurt	10.00 oz
5998	Lemon rind & juice	1.00
5998	Vinegar	2.00 tb
5998	Paprika	1.00 ts
5998	Garam masala	2.00 ts
5998	Ground coriander	2.00 ts
5998	Ground cumin	1.00 ts
5998	Red food colouring	0.50 ts
5999	Lite soy sauce	0.25 c
5999	Prepared spicy brown mustard	3.00 tb
5999	Firmly packed brown sugar	1.00 tb
5999	Ground ginger	0.50 ts
5999	Sesame seeds	1.00 tb
5999	Sliced thin medium onion	1.00
5999	Cut in half garlic clove	1.00
5999	Vegetable oil	2.00 tb
5999	Skinned boned chicken breast	4.00
5999	halves each about 4 oz	0.00
5999	Spinach and pepper saute	0.00
5999	(see recipe for this)	0.00
6000	Chicken breasts, skinned and	1.50 lb
6000	boned	0.00
6000	Green onions, cut into 1"	1.00 bn
6000	lengths	0.00
6000	Soy sauce	0.50 c
6000	Sugar	2.00 tb

Sheet1

6000	Oil	1.00 ts
6000	Minced fresh ginger root	1.00 ts
6000	Clove garlic, minced	1.00
6001	Sliced onions	0.50 c
6001	Margarine OR butter	0.25 c
6001	1/2 stick	0.00
6001	Flour	0.25 c
6001	Salt	0.50 ts
6001	Ground sage	0.50 ts
6001	Pepper	0.25 ts
6001	Chicken broth	2.00 c
6001	Milk	1.00 c
6001	Jar sliced mushrooms	1.00
6001	draines (4.5 oz jar)	0.00
6001	Cubed cooked chicken	3.00 c
6001	OR turkey	0.00
6001	Chopped fresh parsley	0.50 c
6001	Grated Parmesan cheese	0.33 c
6001	Spaghetti (7 oz package)	1.00 pk
6001	cooked and drained	0.00
6001	Jar diced pimienta (2oz jar)	1.00
6001	drained	0.00
6001	Shredded Swiss cheese (2oz)	0.50 c
6002	Chicken Thighs(2 lb),skinned	6.00 x
6002	Salt	0.50 ts
6002	Pepper	0.25 ts
6002	Olive oil	2.00 ts
6002	Sliced fresh Mushrooms	1.00 c
6002	Green onions, sliced	4.00 x
6002	Clove Garlic, minced	0.00
6002	Dry White Wine (or Chablis)	0.50 c
6002	Dried whole Thyme	0.25 ts
6002	Med tomatoes, cut in wedges	2.00 x
6002	Minced fresh parsley	1.00 tb
6003	Sugar	1.50 c
6003	Corn syrup	1.00 c
6003	Soy sauce	5.00 oz
6003	Chicken wings	30.00
6004	Chicken wings, whole	12.00
6004	Water-chestnut flour	1.00 c
6004	Peanut oil for deep-frying	4.00 c
6004	Marinade:	0.00
6004	Freshly grated ginger	0.50 ts
6004	Light soy sauce	0.12 c
6004	Dry sherry or Chinese rice	0.12 c
6004	wine	0.00
6004	Five-spice powder	0.50 ts
6005	Chicken thighs	1.00 lb
6005	Fresh asparagus	1.50 lb

Sheet1

6005	Fermented black beans	1.50 tb
6005	Clove garlic, crushed	1.00
6005	Oil	3.00 tb
6005	Salt	0.50 ts
6005	Sugar	1.00 ts
6005	Water	0.75 c
6005	Cornstarch	0.75 ts
6005	Cold water	1.50 tb
6005	SEASONING -----	0.00 -----
6005	Salt	1.00 ts
6005	Sugar	1.00 ts
6005	Thin soy sauce	1.00 ts
6005	Green onion, slivered	1.00
6005	Dash of pepper	0.00
6006	Boneless chicken breast	1.00 lb
6006	halves	0.00
6006	Chili powder,salt and pepper	0.00
6006	Ripe avocado	1.00
6006	Fresh lime juice	1.00 tb
6006	Chunky salsa	0.50 c
6006	Tomato,chopped	1.00
6006	Green onions with	2.00
6006	tops,thinly sliced	0.00
6006	Heated corn tortillas or	4.00
6006	lettuce leaves	0.00
6007	Olive oil	4.00 tb
6007	Cloves garlic, minced	2.00
6007	Serving-pieces of chicken	0.00
6007	for 6 persons	0.00
6007	Onion, chopped	1.00
6007	Green pepper, chopped	1.00
6007	Slices canned pimento,	3.00
6007	chopped	0.00
6007	Large tomatoes, peeled,	2.00
6007	seeded, and chopped	0.00
6007	Chili powder (or to taste)	2.00 tb
6007	Chicken broth	2.50 c
6007	Slivered almonds	0.25 c
6007	Raisins	0.25 c
6007	Cumin	0.50 ts
6007	Nutmeg	0.25 ts
6007	Ground cloves	0.25 ts
6007	Cinnamon	0.25 ts
6007	Salt	0.50 ts
6007	Pepper	0.25 ts
6007	Sugar	1.00 ts
6007	Grated rind of 1 orange	0.00
6007	Squares bitter chocolate,	2.00
6007	chopped	0.00

Sheet1

6007	Light rum	0.25 c
6008	Vegetable oil	2.00 tb
6008	Chicken thighs, boned	4.00
6008	cut into 1/2-in pieces	0.00
6008	Garlic cloves, chopped	2.00
6008	Dry red curry paste	1.00 tb
6008	(or to taste)	0.00
6008	Thick coconut cream	1.00 c
6008	Roasted peanuts, chopped, or	0.25 c
6008	chunky peanut butter	2.00 tb
6008	Fish sauce (nam pla)	2.00 tb
6008	Palm sugar or brown sugar	2.00 ts
6008	Makrut (kaffir lime) leaves	2.00
6008	(fresh, frozen or dried)	0.00
6008	or substitute	0.00
6008	fresh citrus leaves	0.00
6008	Handful Thai basil leaves	1.00 lg
6008	(fresh)	0.00
6008	GARNISHES -----	0.00 -----
6008	Chopped fresh mint leaves	1.00 ts
6008	Fresh red chile	1.00
6008	cut into slivers	0.00
6009	Boneless chicken cutlets *	1.00 lb
6009	Salt and pepper to taste	0.00
6009	Droed thyme	1.00 ts
6009	Olive oil	2.00 tb
6009	Large bulb fennel	1.00
6009	Large red pepper	1.00
6009	Long grain rice	1.00 c
6009	Chicken broth	1.75 c
6009	Olive oil	2.00 tb
6009	Grated parmeasan cheese	1.00 c
6009	White wine	0.25 c
6010	Light olive oil	2.00 tb
6010	Boneless skinless chicken br	1.50 lb
6010	Mushrooms cut up	12.00 oz
6010	Minced garlic	1.00 tb
6010	Salt	0.50 ts
6010	Pepper	0.25 ts
6010	Butter or margarine	1.00 tb
6010	Chopped parsley	0.25 c
6010	Chicken stock	0.25 c
6011	Fresh lime juice	0.50 c
6011	Hot pepper sauce	0.00
6011	Whole chicken breasts,	2.00
6011	skinned, boned, halved	0.00
6011	Peanut oil	6.00 tb
6011	Fresh ginger, coarsely	1.50 ts
6011	chopped	0.00

Sheet1

6011	Honey (clover or orange blossom)	2.00 ts
6011		0.00
6011	Szechwan peppercorns	1.00 ts
6011	Rice vinegar	1.50 tb
6011	Red wine vinegar	1.50 tb
6011	Water	1.00 tb
6011	Low-sodium soy sauce	2.00 ts
6011	Dried basil, crumbled	1.00 ts
6011	Clove garlic, minced	1.00
6011	Oriental sesame oil	2.00 tb
6011	Unrefined sesame oil	1.00 tb
6011	Fresh oyster mushrooms, thinly sliced	3.00 oz
6011		0.00
6011	Green onions, cut julienne	3.00 md
6011	Red bell pepper, cut julienne	0.50 lg
6011		0.00
6011	Potato starch dissolved in 1 Tb cold water	1.00 ts
6011		0.00
6011	Kale leaves	0.00
6011	Lime halves	0.00
6012	Apple juice or cider	0.50 c
6012	Cornstarch	1.00 ts
6012	Seedless green or red grapes	1.00 c
6012	Chicken bouillon granules	1.00 ts
6012	Dried crushed mint (opt)	0.25 ts
6013	Chicken	1.00 lb
6013	Red pepper	1.00
6013	Oil	3.00 c
6013	Green pepper	1.00
6013	Sliced garlic	3.00 tb
6013	MARINADE -----	0.00 -----
6013	Egg white	0.50 x
6013	Soy sauce	1.00 tb
6013	Cornstarch paste *	1.00 tb
6013	SEASONING SAUCE -----	0.00 -----
6013	Soy sauce	2.00 tb
6013	Wine	0.50 tb
6013	Salt	0.50 ts
6013	Sugar	1.00 ts
6013	Brown vinegar	1.00 tb
6013	Cornstarch	1.00 ts
6013	Sesame oil	1.00 ts
6014	Chicken	1.00
6014	Honey (1/3 cup)	4.00 tb
6014	Whole onion, peeled	1.00
6014	Whole cloves	2.00
6014	Curry powder	1.00 tb
6014	Salt and pepper	0.00
6015	Stephen Ceideburg	0.00

## Sheet1

6015	Chicken	3.00 lb
6015	Butter	1.00 tb
6015	Onion, finely chopped	1.00
6015	Clove garlic, finely chopped	1.00
6015	Carrots, finely chopped	2.00
6015	Stalks celery, finely	2.00
6015	chopped	0.00
6015	Grated rind and juice of 1	0.00
6015	lemon	0.00
6015	Vermouth	0.25 c
6015	Chicken broth	0.25 c
6015	Salt	0.50 ts
6015	Freshly ground black pepper	0.00
6015	Cornstarch dissolved in 2	1.00 tb
6015	Tb. cold water	0.00
6015	Finely chopped parsley	2.00 tb
6016	Chicken	3.00 lb
6016	Cloves Garlic	4.00
6016	Onion	1.00 lg
6016	Vegetable Oil	3.00 tb
6016	Salt	1.00
6016	Minced Lemon Grass	2.00 tb
6016	Ground Chilies	1.00 ts
6016	Fish Sauce (Nuoc Mam)	4.00 tb
6016	Granulated Sugar	1.00 tb
6016	Caramel Sauce	1.00 tb
6016	Water	1.00 c
6017	Chicken, cut up, skinned	1.00
6017	Mushroom soup	1.00 cn
6017	Milk	0.50 cn
6017	Mushrooms	0.50 lb
6017	Sherry	0.50 c
6018	Frying chicken	1.00
6018	Oil, preferably peanut	2.00 tb
6018	Large garlic cloves sliced	2.00
6018	Chopped shallots	2.00 tb
6018	Dry white wine	0.50 c
6018	Leeks, sliced into 2" pieces	1.00 c
6018	Salt and pepper to taste	0.00
6018	Dijon mustard	3.00 tb
6018	Whipping cream	0.25 c
6019	Salt	1.00
6019	Black pepper	1.00
6019	Paprika	1.00
6019	Garlic	1.00
6019	Basil	1.00
6019	Chicken breasts	4.00
6019	Cooking oil	4.00 tb
6019	Cooking onion, chopped	1.00 ts

Sheet1

6019	White wine	1.00 tb
6019	Green peppercorns	1.00 ts
6019	Chicken stock	0.50 c
6019	35% cream	0.50 c
6020	Whole chicken	1.00
6020	(about 2 pounds)	0.00
6020	MIXTURE A -----	0.00 -----
6020	Light soy sauce	4.00 tb
6020	Dark soy sauce	1.00 tb
6020	Sake or Chinese rice wine	1.00 tb
6020	Onion, cut into 1/2-inch	1.00
6020	cubes	0.00
6020	Canned pineapple, cut into	3.00 sl
6020	1/2-inch cubes	0.00
6020	Juice from the pineapple can	0.67 c
6020	Water	2.50 c
6020	Cornstarch dissolved in 2	1.00 tb
6020	Tablespoons water)	0.00
6020	Sesame oil	1.00 tb
6020	Chinese parsley for garnish	0.00
6020	Salad oil	3.00 tb
6020	Oil for deep-frying	3.00 c
6021	Broiler-fryer chicken breast	6.00
6021	halves,skinned and boned	0.00
6021	Cilantro,chopped	2.00 tb
6021	Ginger root,minced	2.00 ts
6021	Salt,divided	0.38 ts
6021	Roma tomato,seeded	1.00 c
6021	Fresh pineapple,diced	0.75 c
6021	Green onion,sliced	0.50 c
6021	4 oz can diced green	1.00
6021	chilies,drained	0.00
6021	Lemon juice	1.00 tb
6021	Butter	2.00 tb
6022	Chicken breast; skinned,	2.00
6022	boned	0.00
6022	Wine, white, dry	3.00 tb
6022	Catsup	1.00 tb
6022	Plum sauce	3.00 tb
6022	Salt	0.50 ts
6022	Sugar	0.50 ts
6022	Oil	3.00 tb
6022	Chicken broth	0.25 c
6022	Cornstarch	1.00 ts
6022	Water	1.00 tb
6023	Chicken cutlets (1/4 lb ea)	2.00
6023	Gorgonzola (or blue) cheese	1.00 oz
6023	Each olive or vegetable oil	1.00 ts
6023	and margarine	0.00



Sheet1

6023	Chopped shallots or onion	2.00 tb
6023	Each canned chicken broth &	0.25 c
6023	port wine	0.00
6023	Salt	0.12 ts
6023	Dash of white pepper	0.00
6023	Flour	2.00 ts
6024	Fresh or frozen Raspberries	1.00 c
6024	Orange juice	0.50 c
6024	Ground nutmeg	0.12 ts
6024	Cornstarch	2.00 ts
6024	Finely shredded orange peel	1.00 ts
6024	Chicken bouillon granules	0.50 ts
6024	White or black pepper	0.12 ts
6024	Cold Water	1.00 tb
6025	Broiler-fryer Chicken	2.50 lb
6025	Salt	1.00 tb
6025	Pepper	0.12 ts
6025	Chicken Soup *	1.00 cn
6025	Dried Parsley Flakes	2.00 ts
6025	Onions **	1.00 cn
6025	Hot Cooked Rice	3.00 c
6026	Unsweetened Pineapple	1.25 c
6026	Juice	0.00
6026	Golden Raisins	0.25 c
6026	Crushed Red Pepper	0.50 ts
6026	Garlic Sliced	2.00 cl
6026	(4 Oz.) Boned, Skinned	4.00
6026	Chicken Breasts	0.00
6026	Low-Sugar Strawberry	0.25 c
6026	Spread	0.00
6026	Cornstarch	0.25 ts
6026	Green Onion Strips	0.00
6027	Boneless, skinless chicken	4.00
6027	breasts	0.00
6027	Butter	3.00 tb
6027	Salt & Pepper to taste	0.00
6027	Shallot, minced	1.00 lg
6027	Heavy cream	0.50 c
6027	Dry white wine	0.50 c
6027	Cajun poultry seasoning	0.12 ts
6027	Sun-ripened dried tomatoes	0.25 c
6028	Olive oil	0.25 c
6028	Boneless chicken breast cube	1.00 lb
6028	Med onion cut into 1/4-in sl	1.00
6028	Minced garlic or 1/4 t garli	1.00 ts
6028	Zucchini trimmed cut into 1/	0.25 lb
6028	Red or green bell pepper	0.50
6028	Tomatoes, cored, seeded cube	2.00
6028	Salt	0.50 ts

Sheet1

6028	Italian seasoning (see Note)	1.00 ts
6028	Black pepper	0.25 ts
6029	Boneless chicken breasts	0.50 lb
6029	skinned	0.00
6029	Egg white	1.00
6029	Salt	1.00 ts
6029	Cornstarch	2.00 ts
6029	Water chestnuts, fresh	0.50 lb
6029	or canned (drained weight)	0.00
6029	Peanut oil	0.50 c
6029	Finely chopped garlic	1.00 tb
6029	Finely chopped ginger	2.00 ts
6029	Chili bean sauce	1.00 tb
6029	Dark soy sauce	2.00 tb
6029	Rice wine or dry sherry	2.00 ts
6029	Sugar	2.00 ts
6029	Salt	0.50 ts
6029	Sesame oil	2.00 ts
6030	Frying chicken	0.00
6030	Oregano	0.50 ts
6030	Basil	0.50 ts
6030	Dry white wine	1.00 c
6030	Garlic salt	0.50 ts
6030	Salt	0.50 ts
6030	Pepper	0.25 ts
6031	Chicken breasts, split,	2.00
6031	Skinned and boned	0.00
6031	Celery, coarsely chopped	1.00 c
6031	Onion, coarsely chopped	1.00 c
6031	Jalapeno(s), fresh minced	3.00
6031	Sesame oil, dark	1.00 tb
6031	Celery seed, whole	0.50 ts
6031	Water chestnuts, sliced	8.00 ts
6031	(canned as a last resort)	0.00
6031	Chili powder, home made	2.00 tb
6031	(prepared if you must)	0.00
6031	Cumin	0.50 ts
6031	Oregano, fresh (3/4 t if	1.00 tb
6031	Dried)	0.00
6031	Red wine, (dry-ish)	0.25 c
6031	Cloves garlic, crushed	4.00
6031	Tomato sauce	3.00 cn
6031	Curry powder	0.50 ts
6031	Szechwan chili sauce	1.00 tb
6031	Oil for saute	0.00
6032	Uncooked Long-Grain Rice	4.00 c
6032	Instant Chicken Bouillon	4.00 tb
6032	Salt	1.00 ts
6032	Dried Tarragon	2.00 ts

Sheet1

6032	Dried Parsley Flakes	2.00 ts
6032	White Pepper	0.25 ts
6033	Chicken breast halves	12.00 oz
6033	Water	2.50 c
6033	Med baking potatoes *	2.00 x
6033	Chopped celery	0.50 c
6033	Dry chicken bouillon powder	1.00 ts
6033	Pkg frzn mixed vegetables	10.00 oz
6033	Unsalted margarine	2.00 tb
6033	Flour	2.00 tb
6033	Skim milk	1.00 c
6033	Poultry seasoning	1.00 ts
6033	Can drained sliced mushrooms	4.00 oz
6033	-----crust-----	0.00
6033	Flour	1.00 c
6033	Baking powder	1.00 ts
6033	Salt	0.25 ts
6033	Plus 1 1/2 t margarine	1.00 tb
6033	Nonfat buttermilk	0.50 c
6034	Jalapeno chiles, stems and	5.00
6034	seeds removed, chopped	0.00
6034	Diced onion	1.00 c
6034	Butter or margarine	0.25 c
6034	Peeled and chopped Granny	2.00 c
6034	Smith apples	0.00
6034	1/2-inch bread cubes	2.00 c
6034	Pinon nuts	0.50 c
6034	Chopped fresh cilantro	0.33 c
6035	Boneless Chicken Breast *	8.00 x
6035	Italian salad dressing (diet	0.50 c
6035	Water	2.00 tb
6035	Lime juice	1.00 tb
6035	White wine vinegar	1.00 tb
6035	Clove Garlic, crushed	0.00
6035	Lime wedges	8.00 x
6035	DILL SAUCE -----	0.00 -----
6035	Plain low-fat Yogurt	0.50 c
6035	Low-fat Cottage Cheese	0.25 c
6035	Lime juice	1.50 ts
6035	Chopped Green Onion	1.50 ts
6035	Dried whole Dillweed	0.50 ts
6035	White pepper	0.12 ts
6036	Ground ham	1.00 lb
6036	Stalk of celery finely diced	0.50
6036	Head of cabbage finely diced	0.50
6036	Finely diced onions	2.00
6036	Egg	6.00
6036	Bread crumbs	0.50 c
6036	To 8 fresh oysters	6.00

Sheet1

6036	Pork sausage	0.50 lb
6036	Soy sauce or to taste	0.25 c
6036	Whole boneless skinless	6.00
6036	breasts of chicken	0.00
6036	butterflied	0.00
6036	Paprika	0.00
6036	Dried parsley	0.00
6036	Radish or olive slices	0.00
6036	for garnish	0.00
6037	Chicken breasts,	3.00
6037	Boned and skinned	0.00
6037	Chinese pea pods	0.50 lb
6037	Mushrooms	0.50 lb
6037	Green onions	4.00
6037	Bamboo shoots, drained	2.00 c
6037	Chicken broth,	1.00 c
6037	Or bouillon cube dissolved	0.00
6037	In water	0.00
6037	Soy sauce	0.25 c
6037	Corn starch	2.00 tb
6037	Sugar	0.50 ts
6037	Salt	0.50 ts
6037	Salad oil	4.00 tb
6037	Cashew nuts	1.00 pk
6037	(about 4-oz)	0.00
6038	Cream Of Mushroom Soup	10.50 oz
6038	Water	0.50 c
6038	Parboiled Celery, Drained	1.00 c
6038	Cooked Chicken Meat	1.50 c
6038	Chinese Noodles *	5.00 oz
6038	Water Chestnuts	8.00 oz
6038	Chopped Onion	2.00 tb
6039	Long grain white rice	1.50 c
6039	Boneless chicken thighs	8.00 oz
6039	with skin removed	0.00
6039	Light soy sauce	1.00 tb
6039	Dark soy sauce	2.00 ts
6039	Rice wine or dry sherry	2.00 ts
6039	Salt	1.00 ts
6039	Sesame oil	2.00 ts
6039	Cornstarch	1.00 ts
6039	Peanut oil	1.50 tb
6039	Minced peeled fresh ginger	2.00 ts
6039	GARNISH -----	0.00 -----
6039	Dark soy sauce	1.00 tb
6039	Finely chopped scallions	2.00 tb
6040	Chicken livers	1.00 lb
6040	Honey	2.00 tb
6040	Soy sauce	1.00 tb

Sheet1

6040	White wine	1.00 tb
6040	Vegetable oil	0.25 c
6040	Or 2 cloves minced garlic	1.00
6041	Lg sweet red Pepper	4.00 x
6041	Sesame oil	1.00 tb
6041	Clove garlic, minced	0.00
6041	Minced fresh Gingerroot	1.00 ts
6041	Finely chopped Carrots	0.50 c
6041	Thinly sliced Green onions	0.25 c
6041	Finely chopped Chicken *	1.00 c
6041	Cooked regular Rice	1.00 c
6041	Frzn English Peas, thawed	0.50 c
6041	Egg, beaten	0.00
6041	Plus 1 1/2 t Soy sauce	1.00 tb
6041	Salt	0.12 ts
6042	CATE VANICEK -----	0.00 -----
6042	Chicken wings (yield 20	10.00
6042	"Drumsticks)	0.00
6042	Egg white, slightly beaten	1.00
6042	Cornstarch--mixed with:	0.33 c
6042	Baking powder	1.00 ts
6042	Peanut oil for deep frying	0.00
6042	MARINADE -----	0.00 -----
6042	Five-spice powder	1.00 ts
6042	MSG (optional)	0.50 ts
6042	Salt	1.00 ts
6042	Sugar	0.50 ts
6042	Rice wine	1.00 ts
6042	Soy sauce	1.00 ts
6043	Boneless beef sirloin	1.00 lb
6043	=OR=- beef round	0.00
6043	Boned chicken breasts	1.00 lb
6043	Fish fillets	1.00 lb
6043	Medium shrimp	1.00 lb
6043	Chinese cabbage	1.00 lb
6043	Fresh forest mushrooms	0.50 lb
6043	=OR=- Cultivated mushrooms	0.00
6043	Lemon juice	0.00
6043	Enoki mushrooms	2.00 pk
6043	(3 1/2-oz packages)	0.00
6043	Chinese pea pods	0.75 lb
6043	Green onions	2.00 bn
6043	Spinach	2.00 bn
6043	Canned water chestnuts	8.00 oz
6043	drained and sliced	0.00
6043	Canned bamboo shoots	8.00 oz
6043	drained and sliced	0.00
6043	Chicken broth	4.00 cn
6043	(13 3/4-oz cans)	0.00

Sheet1

6043	Sweet-and-sour sauce	0.00
6043	Soy sauce	0.00
6043	Prepared hot Chinese mustard	0.00
6043	Fine egg noodles; cooked	0.25 lb
6043	Cilantro or chives; chopped	0.00
6043	(optional)	0.00
6044	Whole goose	1.00
6044	HONEY SYRUP MIXTURE -----	0.00 -----
6044	Lemon	1.00
6044	Water	4.00 c
6044	Honey	3.00 tb
6044	Dark soy sauce	3.00 tb
6044	Rice wine or dry sherry	0.67 c
6045	Vermicelli noodles, cooked	8.00 oz
6045	to yield 4 cups	0.00
6045	Skinned, boneless chicken	1.00 lb
6045	breasts, cut into match	0.00
6045	stick pieces	0.00
6045	Soy sauce	1.00 tb
6045	Dry sherry	2.00 ts
6045	Minced fresh ginger	2.00 ts
6045	Minced fresh garlic	1.00 ts
6045	Red onion, thinly sliced	0.50 md
6045	Carrot, cut into matchstick	1.00 md
6045	pieces	0.00
6045	Cucumber, peeled, seeded and	0.50
6045	cut into matchstick pieces	0.00
6045	Roasted peanuts, coarsely	0.50 c
6045	chopped	0.00
6045	PEANUT SAUCE -----	0.00 -----
6045	Peanut butter	0.25 c
6045	Soy sauce	3.00 tb
6045	Rice vinegar	2.00 tb
6045	Chicken broth or water	2.00 tb
6046	Chicken parts	1.00 lb
6046	Stalk celery	1.00
6046	8-oz. chunk style pineapple	1.00 cn
6046	Water	0.50 c
6046	Catsup	0.50 tb
6046	Rice vinegar	1.00 tb
6046	Sugar	1.25 tb
6046	Dash of salt	0.00
6046	Cornstarch for thickening	1.00 ts
6046	Cold water for thickening	2.00 ts
6046	Oil for deep frying	2.00 c
6046	MARINADE -----	0.00 -----
6046	Salt	0.50 ts
6046	Sugar	0.50 ts
6046	Thin soy sauce	1.00 ts

Sheet1

6046	Dash of pepper	0.00
6046	Thin slice ginger, chopped	1.00
6046	BATTER -----	0.00 -----
6046	Egg	1.00 lg
6046	Water	1.00 tb
6046	Flour	2.50 tb
6046	Cornstarch	3.00 tb
6047	Karen Mintzias	0.00
6047	CHICKEN -----	0.00 -----
6047	Chicken breasts, boned and	8.00
6047	skinned	0.00
6047	Slivered almonds	1.00 c
6047	Chives	1.00 bn
6047	Garlic cloves; finely minced	4.00
6047	Finely minced fresh ginger	1.00 tb
6047	SAUCE -----	0.00 -----
6047	Grated lemon peel, or:	2.00 ts
6047	finely minced lemon peel	0.00
6047	Lemon juice	0.50 c
6047	Sugar	6.00 tb
6047	Chicken broth	0.25 c
6047	Light soy sauce	2.00 tb
6047	Salt	0.50 ts
6047	TO FINISH -----	0.00 -----
6047	Cornstarch	2.00 tb
6047	Cooking oil	0.25 c
6047	Salt and pepper	0.00
6047	All-purpose flour	1.00 c
6047	Unsalted butter	4.00 tb
6048	Chicken livers	0.50 lb
6048	Olive oil	0.75 c
6048	Salt and pepper	0.00
6049	Chicken broth	4.00 c
6049	Diced celery	2.00 c
6049	Diced onion	1.00 c
6049	Chopped cabbage (bok choy if	1.00 c
6049	available)	0.00
6049	Peanut oil	2.00 tb
6049	Sliced fresh mushrooms	1.50 c
6049	Fresh bean sprouts	1.50 c
6049	Dark molasses	2.00 tb
6049	Soy sauce	1.00 tb
6049	Butter	1.00 tb
6049	Eggs, beaten	2.00
6049	To 5 Tbl cornstarch	4.00
6049	Cooked, boned chicken, torn	1.00 lb
6049	into bite-size shreds	0.00
6049	Chow mein noodles	1.00 cn
6050	Water	0.50 c

Sheet1

6050	Dried Apple	0.25 c
6050	(4) Chicken Drumsticks	14.00 oz
6050	Water	0.25 c
6050	Tomato Sauce/Chopped Onions	8.00 oz
6050	Raisins	0.25 c
6050	Cornstarch	0.50 ts
6050	Finely Shreeded Orange Peel	0.50 ts
6050	Dash Ground Cloves	0.00
6050	Dash Bottled HotPepper Sauce	0.00
6050	Hot Cooked Rice (Opt.)	0.00
6051	Stewing chicken	1.00
6051	(3 1/2 to 4 pounds)	0.00
6051	Small carrot	1.00
6051	scraped and diced	0.00
6051	Med. onion	1.00
6051	peeled and chopped	0.00
6051	Chopped parsley--fresh	0.25 c
6051	Salt, pepper to taste	0.00
6051	Shelled walnuts	2.00 c
6051	Slices stale white bread	3.00
6051	Large onion	1.00
6051	peeled and chopped	0.00
6051	Good Hungarian paprika	1.00 tb
6052	Frying Chicken, Skinned &	1.00
6052	Cut Up (Less Calories When	0.00
6052	Skinned)	0.00
6052	Salt	0.25 ts
6052	Pepper	0.25 ts
6052	Onion Powder	0.25 ts
6052	Paprika	0.25 tb
6052	Oleo, Diet	1.00 tb
6052	Orange Juice	1.00 c
6052	White Wine	1.00 c
6052	Worcestershire Sauce	1.00 ts
6052	Garlic Minced	1.00 cl
6052	Cornstarch	2.00 tb
6052	Water	0.25 c
6052	Packets Equal	3.00
6053	Self-rising flour	3.00 c
6053	Good Seasons Italian dressin	2.00 pk
6053	Env Lipton Cup-A-Soup Tomato	2.00
6053	Paprika	1.00 tb
6053	Seasoned salt	1.00 ts
6053	Butter	0.00
6054	Dried Apricot halves, 1/4ed	0.25 c
6054	Chopped red onion	0.25 c
6054	Dry White Wine	2.00 tb
6054	Unsweetened Orange juice	2.00 tb
6054	Red wine Vinegar	1.50 ts



Sheet1

6054	Chicken Breast (chop, cooked	2.00 c
6054	Orange segments(coarse chopp	0.50 c
6054	Seedless Red or Green Grapes	0.50 c
6054	Sliced Almonds, toasted	0.25 c
6054	Chopped fresh Parsley	0.25 c
6054	Pepper	0.25 ts
6054	Salt	0.12 ts
6054	Red pepper	1.00 ds
6054	Leaves Red Leaf Lettuce	4.00 x
6055	Leeks	2.00 lg
6055	Green onions	3.00
6055	Zucchini	2.00 sm
6055	Carrots	2.00 sm
6055	Long "seedless type"	2.00
6055	cucumbers	0.00
6055	Long white radish	1.00
6055	Wood ear black fungus	2.00
6055	Egg	1.00
6055	Peanut oil	1.00 tb
6055	Cooked chicken meat	0.50 c
6055	Tomatoes	2.00 md
6055	SAUCE:	0.00
6055	Juice of ginger root	1.00 ts
6055	Dry mustard	1.00 ts
6055	Sugar	2.00 ts
6055	Thin soy sauce	1.50 tb
6055	Sesame oil	1.50 tb
6055	Chinkiang vinegar	1.50 ts
6055	Freshly squeezed tomato	1.00 tb
6055	juice	0.00
6056	Stephen Ceideburg	0.00
6056	Duck	1.00 ea
6057	Boneless chicken breast, hav	2.00
6057	Low fat margarine	4.00 ts
6057	Garlic powder	0.12 ts
6057	Dried leaf thyme	0.12 ts
6057	Lemon pepper	0.12 ts
6057	Minced chives	0.50 ts
6057	Chopped fresh parsley	1.00 tb
6057	All purpose flour	1.00 tb
6057	Mushrooms, sliced	4.00 oz
6057	Pearl onions	4.00 oz
6057	White wine	0.25 c
6058	Flour	0.50 c
6058	Salt and freshly ground	0.00
6058	Black pepper to taste	0.00
6058	Paprika	0.50 ts
6058	Chicken, cut into joints	3.00 lb
6058	Butter	0.50 c

Sheet1

6058	Shallots	4.00 oz
6058	Slices bacon, roughly	6.00
6058	Chopped	0.00
6058	Garlic, crushed	2.00 cl
6058	Dried marjoram	0.50 ts
6058	Dried thyme	0.50 ts
6058	Bay leaf	1.00
6058	Fresh parsley, finely	1.00 tb
6058	Chopped	0.00
6058	Dry red wine (like	1.25 c
6058	Burgundy)	0.00
6058	Chicken stock	1.25 c
6058	Buttom mushrooms	1.00 c
6058	Brandy	0.33 c
6059	Cornish hens	2.00
6059	Rice mix chicken flavored	1.00 pk
6059	Water	0.00
6059	Butter or margarine	3.00 tb
6059	Peach halves	1.00 cn
6059	Honey	2.00 tb
6059	Dry mustard	1.00 tb
6059	Curry	0.25 ts
6059	Paprika	0.00
6060	Cornish hens, about 1 lb ea.	4.00
6060	Undiluted frozen apple	1.00 c
6060	Juice concentrate, thawed	0.00
6060	Ground cinnamon	0.50 ts
6060	Cornstarch	1.00 tb
6060	Lemon slices	3.00
6061	(1 1/2 Lb. Cornish Hens	4.00
6061	Brandy	0.25 c
6061	Unsweetened Apple Juice	0.50 c
6061	Paprika	1.00 ts
6061	Raisin Rice Pilaf	1.00
6061	Carrot Curls & Strips	0.00
6061	Celery Leaves (Opt)	0.00
6061	RICE PILAF -----	0.00 -----
6061	Raisins	0.25 c
6061	Brandy	0.50 c
6061	Cooked Wild Rice	1.33 c
6061	Diced Carrots	1.33 c
6061	Diced Celery	0.67 c
6061	Cinnamon	1.00 ts
6061	Vegetable Cooking Spray	0.00
6062	Cornish game hens;*	2.00
6062	Dark rum	2.00 tb
6062	Juice of one lime	1.00
6062	Honey	1.50 tb
6062	Garlic clove; crushed	1.00

Sheet1

6062	Salt	0.12 ts
6062	Coriander seeds	1.00 tb
6062	Black peppercorns	0.50 ts
6063	Butter	4.00 tb
6063	Small onion, finely chopped	1.00
6063	Sweet pepper, finely chopped	0.50
6063	Garlic cloves finely chopped	2.00
6063	Vegetable oil	2.00 tb
6063	All purpose flour	0.50 c
6063	Salt	1.50 ts
6063	Pepper	1.00 ts
6063	Chicken serving size pieces	3.00 lb
6063	Plum tomatoes	1.00 c
6063	Chicken stock	2.00 c
6063	Curry powder	2.00 tb
6063	Dried shredded coconut	0.25 c
6063	Sultana raisins	0.25 c
6063	Salt and pepper to taste	0.00
6063	Slived almonds to garnish	1.00
6063	Chopped parsley to garnish	1.00
6064	Whole Chicken Breasts	4.00
6064	Swiss Cheese slices, 4"x4"	4.00
6064	Cream of Chicken Soup, 10 oz	1.00 cn
6064	Dry White Wine	0.25 c
6064	Herb seasoned stuffing mix	1.00 c
6064	Melted Butter	0.25 c
6064	Garlic powder (opt.)	0.00
6064	Parmesan cheese (opt.)	2.00 tb
6065	Margarine	2.00 tb
6065	Chicken breast halves	4.00
6065	skinless, boneless	0.00
6065	Sliced mushrooms	1.50 c
6065	Small onion, sliced	1.00
6065	Clove garlic, minced -OR-	1.00
6065	Garlic powder	0.12 ts
6065	Cream of Mushroom Soup	1.00 cn
6065	Campbell's (10 3/4 oz can)	0.00
6065	Milk	0.50 c
6065	Pepper	0.12 ts
6065	Hot cooked noodles	4.00 c
6066	Ramen noodles (chicken)	2.00 pk
6066	Cream of Mushroom Soup	1.00 cn
6066	Soup can milk	0.50
6066	Cubed cooked chicken	1.50 c
6066	Cooked broccoli flowerets	1.50 c
6066	Quartered cherry tomatoes	0.50 c
6066	(optional)	0.00
6067	Water	2.00 c
6067	Skinned Chicken Breast halve	18.00 oz

Sheet1

6067	Lge Carrot, scraped, sliced	0.00
6067	Sm Onion, sliced	0.00
6067	Sm Onion, chopped	0.00
6067	Flour, divided	1.25 c
6067	Dried Tarragon	0.25 ts
6067	Skim Milk, divided	1.75 c
6067	Plain low-fat Yogurt	0.50 c
6067	Dry white Wine (or Chablis)	0.25 c
6067	Frzn English Peas, thawed	0.50 c
6067	Chopped Pimento	2.00 tb
6067	Salt	0.25 ts
6067	Eggs	2.00 x
6068	8 oz. cheese spread	1.00 pk
6068	Cooked chicken	2.00 c
6068	Fried onions	1.00 cn
6068	Cooked, hot rice	1.50 c
6068	10 oz. green peas	1.00 cn
6069	Ground raw turkey or sausage	1.00 lb
6069	Chopped onion	0.50 c
6069	3 oz light cream cheese,	1.00 pk
6069	cubed	0.00
6069	Jar 3.5 oz sliced mushrooms	1.00
6069	drained	0.00
6069	(10) refrigerator biscuits	1.00 pk
6069	Egg	1.00
6069	Light cottage cheese	1.00 c
6069	Flour	1.00 tb
6069	Chopped tomato (optional)	0.00
6069	Chives (optional)	0.00
6070	Boneless chicken pieces	0.75 lb
6070	Oil	2.00 c
6070	All-purpose flour	0.67 c
6070	MARINADE -----	0.00 -----
6070	Chili bean sauce, or:	1.00 ts
6070	chili powder	0.00
6070	Rice wine or dry sherry	2.00 ts
6070	Light soy sauce	1.00 ts
6070	Dark soy sauce	1.00 ts
6070	Finely chopped ginger	2.00 ts
6070	Finely chopped scallions	1.00 tb
6070	Granulated sugar	1.00 ts
6071	Chicken Drumsticks,skinned *	8.00 x
6071	Dry whole wheat Breadcrumbs	1.50 c
6071	Grated Parmesan Cheese	0.25 c
6071	Minced fresh Parsley	2.00 tb
6071	Garlic powder	0.25 ts
6071	Pepper	0.12 ts
6071	Skim Milk	0.33 c
6072	Skinless boneless breast	4.00

Sheet1

6072	halves, or eight boneless	0.00
6072	chicken thighs	0.00
6072	Egg	1.00
6072	Dry bread crumbs	0.50 c
6072	Vegetable oil	1.00 tb
6072	Cream of Asparagus Soup	1.00 cn
6072	Milk	0.33 c
6072	Water	0.33 c
6072	Hot cooked rice w/ parsley	0.00
6073	Chicken Fryer (2-3 Lbs.)	1.00
6073	Cut Up, Skin & Fat Removed	0.00
6073	Salt	0.50 ts
6073	Pepper	0.12 ts
6073	Skim Milk	1.00 c
6073	Cornflake Crumbs	1.00 c
6073	Garlic Minced	2.00 cl
6074	Egg white	1.00
6074	Cornstarch	2.00 tb
6074	Soy sauce	2.00 tb
6074	Chicken breast halves,	4.00
6074	boneless, skinned,	0.00
6074	cut into 3/4-inch pieces	0.00
6074	Biscuit mix	0.50 c
6074	Water	0.33 c
6074	Sesame seeds	1.00 tb
6074	Vegetable oil	0.00
6074	Mandarin oranges (8-oz),	1.00 cn
6074	undrained	0.00
6074	Carrots, medium, scraped and	2.00
6074	thinly sliced	0.00
6074	Green peppers, medium-size,	2.00
6074	Cut into 1/4-inch wide	0.00
6074	strips	0.00
6074	Catsup	0.50 c
6074	Sugar	0.25 c
6074	Cornstarch	2.00 tb
6074	Vinegar	2.00 tb
6074	Chicken-flavored bouillon	1.00 ts
6074	granules	0.00
6074	Hot cooked rice	0.00
6075	Mayonnaise (diet)	2.00 tb
6075	Prepared Mustard	2.00 tb
6075	Wheat germ	0.25 c
6075	Fine, dry Bread Crumbs	0.33 c
6075	Ground Thyme	0.50 ts
6075	Salt	0.25 ts
6075	Chicken Breast halves *	4.00 x
6076	Tomatoes; cut up (16 oz.)	1.00 c
6076	Tomato paste; (6 oz.)	1.00 c

Sheet1

6076	Chicken; cubbed, cooked	3.00 c
6076	Frozen succotash	1.00 pk
6076	Or 1 pkg. frozen okra;slice	0.00
6076	Onions; chopped	1.00 c
6076	Bay leaf	1.00
6076	Salt	1.00 ts
6076	Rosemary;dried, crushed	0.50 ts
6076	Pepper	0.50 ts
6076	Ground cloves	1.00 ds
6076	Chicken broth	2.50 c
6077	Chicken	2.00 lb
6077	Butter or margerine	2.00 tb
6077	Ham strips	0.50 c
6077	Cream of cheddar soup	10.75 oz
6077	Tomato, chopped	1.00
6077	Onions, chopped	2.00
6077	Basil	0.25 ts
6078	Chicken	3.00 lb
6078	Salt and pepper	0.00
6078	Cloves garlic, minced	2.00
6078	Powdered marjoram	0.25 ts
6078	Powdered thyme	0.25 ts
6078	Bay leaf	1.00
6078	Dry white wine (optional)	0.50 c
6078	Dairy sour cream	1.00 c
6078	Packaged biscuit mix	1.00 c
6078	Chopped parsley	1.00 tb
6078	Milk	6.00 tb
6078	Small white onions	10.00
6079	Med Onions; peeled, sliced t	2.00
6079	Chicken; cut up	3.00 lb
6079	Garlic; minced	2.00 c
6079	Tomatoes; 16 oz	1.00 c
6079	Tomato sauce; 8 oz	1.00 c
6079	Salt	1.00 ts
6079	Pepper	0.25 ts
6079	Dried oregano; crushed	1.50 ts
6079	Dried basil; crushed	0.50 ts
6079	Bay leaf	1.00
6079	Dry white wine	0.25 c
6079	Spaghetti; cooked	0.00
6080	Chicken breasts	3.00
6080	Small egg plant sliced	1.00
6080	Egg	1.00
6080	Can pizza sauce	10.50 oz
6080	Salt	1.00 ts
6080	Slices mozzarella cheese	6.00
6080	Pepper	0.25 ts
6080	Dry bread crumbs	1.00 c

## Sheet1

6080	Butter	0.50 c
6081	Cornish game hens	2.00
6081	Pecan rice	1.00 pk
6081	Water	1.50 c
6081	Salt and pepper to tast	0.00
6082	Chicken	3.50 lb
6082	Salt	0.00
6082	Pepper	0.00
6082	Ground ginger	0.25 ts
6082	Clove Garlic; minced	1.00
6082	Chicken broth	1.00 c
6082	Pineapple; sliced in syrup	8.50 oz
6082	Water chestnuts; drained sli	4.00 oz
6082	Green onions; diagonally cut	4.00
6082	Cornstarch	0.25 c
6082	Soy sauce	0.25 c
6082	Vinegar	1.00 tb
6083	Ground turkey	0.75 lb
6083	Eggplant; cubed	1.00
6083	Salsa	1.00 c
6083	6 oz can tomato paste	1.00
6083	Fresh parsley; chopped	0.25 c
6083	Chili powder	1.00 tb
6083	Ground cumin	1.00 ts
6083	Dried oregano	1.00 ts
6083	10 oz pkg frozen corn; thawe	1.00
6083	Pita rounds; halved and toas	4.00
6083	Yogurt	0.50 c
6083	Lettuce; shredded	2.00 c
6083	Olives; sliced	0.50 c
6083	Cheddar cheese; shredded	0.50 c
6084	Carrot; cut in pieces	1.00
6084	Green pepper; cut in pieces	1.00
6084	Med Onion; quartered	1.00
6084	Boneless chicken breasts; *	4.00
6084	Instant tapioca; (heaping)	3.00 tb
6084	Pineapple chunks; canned, **	8.00 oz
6084	Candied ginger; or fresh,***	2.00 tb
6084	Dark brown sugar; packed	0.33 c
6084	Red wine vinegar	0.33 c
6084	Soy sauce	1.00 tb
6084	Instant Chicken bouillon	1.00 ts
6084	Garlic powder	0.50 ts
6084	Med Green pepper; strips	1.00
6084	Fresh cilantro leaves; opt.	10.00
6084	Rice; hot, cooked	0.00
6085	Skinless, boneless chicken	8.00
6085	breast halves	0.00
6085	Slices swiss cheese, cut	4.00

Sheet1

6085	in half	0.00
6085	Cream of chicken soup	1.00 cn
6085	Thin tomato slices	8.00
6085	Butter, melted	2.00 tb
6085	Herb seasoned stuffing	0.50 c
6085	Hot cooked rice	0.00
6086	Ground cumin	1.00 tb
6086	Paprika	2.00 ts
6086	Salt	1.00 ts
6086	Pepper	0.50 ts
6086	Garlic powder	0.50 ts
6086	Chicken, cut up	3.00 lb
6086	Sliced lemon	1.00
6086	Unpitted green olives	1.00 c
6086	(preferably Mediterr.)	0.00
6086	Olive oil	3.00 tb
6087	Water	2.50 c
6087	Brown Rice, uncooked	1.00 c
6087	Chicken bouillon powder	1.50 ts
6087	Chicken breast halves *	6.00 x
6087	Water	2.50 c
6087	Curry powder	0.50 ts
6087	Salt	0.25 ts
6087	Unsweetened Orange juice	2.00 c
6087	Cornstarch	2.00 tb
6087	Dry Sherry	2.00 tb
6087	Groung Ginger	1.00 ts
6087	Grated Orange rind	1.00 ts
6087	Diagonally sliced Celery	2.00 c
6087	Lg sweet Red Pepper **	0.00
6087	Lg Green Pepper **	0.00
6088	Fryer, cut up	3.00 lb
6088	Cooking oil	2.00 tb
6088	Salt	0.00
6088	Pepper	0.00
6088	Orange Juice	1.00 c
6088	Currants or raisine	0.33 c
6088	Chopped Chutney	3.00 tb
6088	Curry powder	2.00 tb
6088	Grounnd cinnamon	0.50 ts
6088	Ground red pepper	0.50 ts
6088	Med sweet potatoes*	4.00
6088	Cold water	1.00 tb
6088	Cornstarch	2.00 ts
6088	Can Mandarin Oranges	11.00 oz
6088	Bannanas	2.00
6088	Toasted slivered almonds	0.50 c
6089	+ 2 t. soy sauce	1.00 tb
6089	Coconut milk	1.00 tb



Sheet1

6089	White vinegar	1.00 ts
6089	O 2-3/4 t. curry powder	1.75 ts
6089	Ground chicken	0.50 lb
6089	Salt	0.75 ts
6089	Sugar	0.75 ts
6089	Cider vinegar	4.00 ts
6089	Cornstarch in 1 T. water	1.00 tb
6089	Minced gingerroot	2.00 ts
6089	Minced garlic	1.50 ts
6089	Jalapeno chilies, minced	2.00
6089	Diced celery	1.00 c
6089	Diced napa cabbage	2.00 c
6089	Grated carrots	0.75 c
6089	Cellophane noodles (2-inch	1.00 pk
6089	Lengths)	0.00
6089	Spring roll wrappers	16.00
6089	En egg yolk	1.00 ts
6089	DIPPING SAUCE -----	0.00 -----
6089	Halved mild green chilies	5.00
6089	Halved yellow wax chilies	2.00
6089	Garlic	4.00 cl
6089	Bunch minced cilantro	1.00
6089	Pickled ginger juice or	0.75 c
6089	Unseasoned rice vinegar	0.00
6089	Peanut oil	2.00 tb
6089	Salt to taste	0.00
6090	Chicken or Beef; raw	1.00 c
6090	Onions; chunked	0.50 c
6090	Warm water	1.00 c
6090	Green onions; diced	0.25 c
6090	Green onions; shredded	0.25 c
6090	Curry powder	2.00 tb
6090	White sugar	1.00 tb
6090	Ginger; fresh, minced	1.00 tb
6090	Garlic; fresh, minced	1.00 tb
6090	Corn starch	1.00 tb
6090	Salt and pepper	1.00 pn
6091	FILLING -----	0.00 -----
6091	Butter	3.00 tb
6091	Finely diced celery	0.50 c
6091	Finely diced onion	0.50 c
6091	Bay leaf	1.00 sm
6091	Flour	3.00 tb
6091	Chicken stock	1.50 c
6091	Milk or cream	1.50 c
6091	Tabasco (or more, to taste)	1.00 ds
6091	Salt	0.00
6091	Freshly ground black pepper	0.00
6091	Cooked chicken	2.00 c

Sheet1

6091	- (shredded or diced)	0.00
6091	Diced cooked potatoes	0.75 lb
6091	Diced cooked carrots	0.50 lb
6091	Green peas; cooked	6.00 oz
6091	OR- green beans	0.00
6091	- cut into 1-inch pieces	0.00
6091	Chopped dill	0.50 c
6091	BISCUITS -----	0.00 -----
6091	Sifted all-purpose flour	1.00 c
6091	Baking powder	1.50 ts
6091	Salt	0.25 ts
6091	Butter or veg. shortening	3.00 tb
6091	-(or a combination), cold	0.00
6091	Milk	0.50 c
6091	Chopped dill	3.00 tb
6092	Dove breasts	10.00
6092	Ginger Ale	24.00 oz
6092	Rosemary	0.50 ts
6092	Parsley flakes	0.50 ts
6092	Sage	0.50 ts
6092	Thyme	0.50 ts
6092	Seasoning salt	1.00 ts
6092	Pepper	1.00 ts
6092	Margarine	0.25 c
6092	Light corn syrup	1.50 c
6092	Fresh limes	2.00
6092	Large oranges	2.00
6093	Broiler-fryer chicken, cut	1.00
6093	into serving pieces	0.00
6093	MSG	1.00 ts
6093	Corn oil	0.25 c
6093	Salt	1.25 ts
6093	Paprika	1.00 ts
6093	Ground black pepper	0.75 ts
6093	Crushed oregano	0.50 ts
6093	Cumin seed	0.50 ts
6093	Garlic powder	0.25 ts
6093	Cube chicken bouillon,	1.00
6093	crushed	0.00
6093	Can tomatoes, chopped (or	16.00 oz
6093	substitute fresh ones)	0.00
6093	Onion, sliced	1.00 lg
6093	Zucchini, sliced	5.00 md
6093	Red Burgundy wine	1.00 c
6094	Ducks	2.00
6094	Frozen orange juice thawed u	6.00 oz
6094	Mustard	0.75 ts
6094	Salt	0.50 ts
6094	Water	1.00 c

Sheet1

6095	Large DUCK	1.00
6095	Onions minced	1.00 c
6095	Bacon, cut in small pieces	0.50 lb
6095	Celery, heart, minced	2.00 tb
6095	Green bell pepper, minced	3.00 tb
6095	Red wine	0.50 c
6095	Tomato paste	1.00 tb
6095	Basil	1.00 ts
6095	Olives pitted split	1.00 c
6096	Duck breasts, halved	4.00
6096	Mushrooms, fresh, chopped	1.00 c
6096	Celery, chopped	1.00 c
6096	Flour	0.50 ts
6096	Salt	0.50 ts
6096	Garlic salt	0.25 ts
6097	Fresh Duck	6.00 lb
6097	Coconut Milk	6.00 c
6097	Dried Chilies, Soaked	8.00 lg
6097	Salt	1.00 ts
6097	Black Peppercorns	1.00 ts
6097	Caraway Seeds	2.00 ts
6097	Coriander Seeds	1.00 tb
6097	Dried Shrimp Paste	1.00 ts
6097	Minced Cilantro Root Or:	2.00 ts
6097	Use Extra Cilantro Leaves	0.00
6097	Finely Chopped Cilantro	1.00 tb
6097	Leaves	0.00
6097	Finely Shredded Lemon Grass	2.50 tb
6097	Grated Lime Or Lemon Peel	1.00 ts
6097	Minced Shallots	2.00 tb
6097	Crushed Garlic	2.00 ts
6097	Minced Fresh Ginger	1.00 ts
6097	Fish Sauce (Nam Pla)	0.00
6097	Sweet Basil Leaves	0.00
6098	ROUX -----	0.00 -----
6099	Stephen Ceideburg	0.00
6099	To 6 duck webs	5.00
6099	Broccoli	0.50 lb
6099	To 3 Chinese dried	2.00
6099	mushrooms, soaked	0.00
6099	Ginger root, peeled	2.00 sl
6099	Scallions (spring onions)	2.00
6099	Rice wine (or sherry)	2.00 tb
6099	Soy sauce	1.00 ts
6099	Sugar	0.50 tb
6099	Salt	1.00 ts
6099	Star anise	1.00
6099	Oyster sauce	2.00 tb
6099	Sesame seed oil	1.00 ts

Sheet1

6099	Cornstarch (corn flour)	1.00 tb
6099	Oil	4.00 tb
6100	Apricot Basting Sauce; *	1.00 x
6100	Duckling; 4 1/2 to 5 Lbs.	1.00 x
6100	Pine Nut Wild Rice; Below	1.00 x
6100	PINE NUT WILD RICE -----	0.00 -----
6100	Wild Rice; Uncooked	0.50 c
6100	Green Onions/Tops; Sliced	2.00 tb
6100	Margarine Or Butter	1.00 ts
6100	Chicken Broth	1.50 c
6100	Pine Nuts; Toasted, 1/2 Cup	2.00 oz
6100	Pears; Dried, Chopped	0.50 c
6100	Currants	0.50 c
6101	Ducks 4-5 lbs	2.00
6101	Salt	0.00
6101	Freshly ground pepper	0.00
6101	Cloves garlic	2.00
6101	Pieces ginger	2.00 sm
6101	Chopped onion	1.00 c
6101	Stalks celery	2.00
6101	Ice-cold water	1.00 c
6101	Plum sauce	1.33 c
6101	Bean sauce	0.67 c
6102	Wine, dry red	0.50 c
6102	Vegetable oil	0.25 c
6102	Duck-breasts, skin/deboned	4.00
6102	Water	0.25 c
6102	Lime juice	1.00 ts
6102	Salt	0.50 ts
6102	Caraway seeds, crushed	0.25 ts
6103	Shelled peanuts, red skin	0.50 c
6103	removed	0.00
6103	Chestnuts, either fresh or	0.50 c
6103	dried	0.00
6103	Ginkgo nuts, canned or fresh	0.50 c
6103	Dried lotus seeds	0.50 c
6103	Dried Chinese mushrooms	8.00
6103	Red dates (jujubes)	0.50 c
6103	Duck (about 5 pounds)	1.00
6103	Salt	0.00
6103	Finely chopped fresh ginger	1.00 tb
6103	root	0.00
6103	Shallots, chopped fine	3.00
6103	Eighteen-inch pieces of	2.00
6103	sugar cane (if unavailable,	0.00
6103	omit)	0.00
6103	Clear water from 1 coconut	0.00
6103	Rock sugar	1.00 ts
6103	Fish sauce	1.00 tb

Sheet1

6103	Scallions, both green part	3.00
6103	and white, cut into 4	0.00
6103	pieces crosswise	0.00
6103	Black pepper to taste	0.00
6103	Fresh coriander, chopped	0.00
6104	Duckling; Quartered	4.00 lb
6104	Salt & Pepper; To Taste	0.00
6104	Vernors Ginger Ale; *	24.00 oz
6104	Ginger; Slices 1/4" Thick	2.00
6104	Orange Juice	1.00 c
6104	Brown Sugar; Dark, Packed	0.50 c
6104	Orange Marmalade	0.50 c
6104	Mustard; Dijon Style	2.00 tb
6104	Scallions; Minced	1.00 tb
6104	Brandy	0.25 c
6104	GRANISH -----	0.00 -----
6104	Orange Slices	0.00
6105	Chopped onion	0.50 c
6105	Chopped green pepper	0.50 c
6105	Garlic powder	0.25 ts
6105	Vegetable oil	1.00 ts
6105	Skin, cooked diced chicken	2.00 c
6105	Salt	0.50 ts
6105	Pepper	0.50 ts
6105	Curry powder	1.50 ts
6105	Whole tomatoes, can	28.00 oz
6105	Worcestershire sauce	1.00 tb
6105	Chopped parsley	2.00 tb
6105	Raisins	0.25 c
6105	Cooked rice	2.00 c
6106	Chicken	1.00
6106	Water	0.50 cn
6106	Cream of chicken soup	1.00 cn
6106	Melted butter or chicken	0.50 c
6106	Broth	0.00
6106	Cream of celery soup	1.00 cn
6106	Pepperidge Farm corn bread	1.00
6106	Stuffing	0.00
6107	Olive Oil	0.25 c
6107	Crushed Red Pepper	0.50 ts
6107	Boneless Chicken Breasts *	2.00 lb
6107	Thickly Sliced Mushrooms	0.50 lb
6107	Jar Ragu Spaghetti Sauce **	0.00
6107	Sweet Peppers ***	2.00 lg
6107	Green Pepper ****	1.00 lg
6107	Dried Thyme; crushed	0.75 ts
6107	Red Wine Vinegar	2.00 tb
6107	Hot cooked spaghetti or	0.00
6107	linguini	0.00

Sheet1

6108	Lean Bacon	3.00 sl
6108	Med. Onions, thinly sliced	2.00
6108	(1 1/2 cups)	0.00
6108	Med. Potatoes, peeled and	2.00
6108	thinly sliced	0.00
6108	Chicken Drumsticks	2.00 lb
6108	Med. Tomatoes, chopped	2.00
6108	Med. Zucchini, thinly sliced	2.00
6108	Lemon Juice	2.00 tb
6108	Fresh Marjoram or Dill	1.00 tb
6108	Chopped Parsley	0.25 c
6108	Salt and Pepper to taste	0.00
6109	Boneless chicken breast, OR	0.33 lb
6109	Tofu	0.25 lb
6109	Japanese eggplant	0.75 lb
6109	Oil	6.00 tb
6109	Garlic cloves	3.00
6109	Red chile peppers	4.00
6109	Basil leaves	12.00
6109	Yellow bean sauce	2.00 tb
6110	Chicken ; breasts,	2.00
6110	Marinade:	0.00
6110	Soy sauce	3.00 ts
6110	Rice wine ;or dry sherry	3.00 ts
6110	Corn starch	4.00 ts
6110	Med Green peppers; cut into	2.00
6110	Med Yellow onions; diced	2.00
6110	Straw mushrooms	0.50 c
6110	Bok choy; diced	2.00
6110	Water chestnuts; sliced	0.33 c
6110	Raw peanuts	0.33 c
6110	Sauce	0.00
6110	Ketchup	2.00 tb
6110	Oyster sauce ;(or light soy	1.00 tb
6110	Wine	2.00 tb
6110	Hot pepper flakes	1.00 pn
6110	Cornstarch solution to thicken	0.00
6110	Peanut oil ;(appx 3-4 tbs)	0.00
6110	Garlic ; fresh crushed	2.00 c
6110	Ginger; fresh shredded	1.00 tb
6110	MARINATE FOR A 1/2 HOUR -----	0.00 -----
6111	Chicken breasts	6.00 ea
6111	Chopped onion (1 medium)	1.25 c
6111	Minced jalapeno pepper	2.00 tb
6111	(+ 2 tbsp) nonfat dry milk	0.25 c
6111	Water	1.50 c
6111	Salt & 1/2 tsp ground cumin	0.50 ts
6111	Corn tortillas	8.00 ea
6111	Tomato-chopped-unpeeled	0.50 c

Sheet1

6111	Sliced fresh mushrooms	2.00 c
6111	Chopped bell pepper	0.50 c
6111	(4 oz.) can chopped green ch	1.00 ea
6111	All-purpose flour	3.00 tb
6111	Chili powder	0.75 ts
6111	Pepper	0.25 ts
6111	Shredded cheddar cheese	1.00 c
6111	Plain yogurt	0.25 c
6112	Onion,grated	0.50 md
6112	Clove garlic,crushed	1.00
6112	Tablespoon,cooking oil	1.00
6112	Can tomato sauce	8.00 oz
6112	Cooked chicken	2.00
6112	breasts,shredded	0.00
6112	Can green chiles	4.00 oz
6113	Boneless chicken breast or:	0.50 lb
6113	Mixed vegetables	0.50 lb
6113	Small red chile peppers	4.00
6113	Stalk lemon grass	0.50
6113	Kaffir lime leaves	2.00
6113	Oil	2.00 tb
6113	Coconut milk	0.50 c
6113	Fish sauce	2.00 tb
6113	Basil leaves	15.00
6113	Chopped cabbage	1.00 c
6114	Boneless chicken breast	0.50 lb
6114	OR-	0.00
6114	Mixed vegetables,	0.50 lb
6114	(see note below)	0.00
6114	to	2.00
6114	Red chile peppers	6.00 sm
6114	Stalk fresh lemon grass	0.50
6114	Kaffir lime leaves	2.00
6114	Oil	2.00 tb
6114	Coconut milk	0.50 c
6114	Salt	0.50 ts
6114	to	1.00
6114	Fish sauce,	4.00 tb
6114	based on personal taste	0.00
6114	(omit for veggie version)	0.00
6114	to	10.00
6114	Basil leaves	15.00
6114	Chopped cabbage	1.00 c
6115	Boneless chicken breast	1.50 lb
6115	Garlic cloves	2.00 x
6115	Jalapeno peppers	2.00 x
6115	Olive Oil	0.50 c
6115	Dry Sherry	0.33 c
6115	Chili Powder	1.00 tb

Sheet1

6115	Ground cumin	2.00 ts
6116	Boneless chicken breasts	2.00 lb
6116	Lg yellow onion ringed	1.00
6116	Yellow or green pepper 1/4 i	1.00
6116	MARINADE -----	0.00 -----
6116	Cloves garlic; minced	3.00
6116	Cumin	1.00 ts
6116	Worcestershire sauce	0.33 c
6116	Soy sauce	0.25 c
6116	Liquid smoke	1.00 ts
6116	Vegetable oil	2.00 ts
6116	Oregano	0.25 ts
6116	Thyme	0.25 ts
6116	Cayenne	0.25 ts
6116	Black pepper	0.25 ts
6116	Lime juice	3.00 tb
6116	Shot Tequila (optional but r	1.00
6116	Chopped fresh cilantro	0.00
6116	Grated cheddar & jack cheese	0.00
6116	Sour cream	0.00
6116	Salsa	0.00
6116	Guacamole	0.00
6116	Lettuce	0.00
6116	Chopped tomatoes	0.00
6117	Chicken breasts; cut/skinned	1.00
6117	Yogurt; plain	0.67 c
6117	Crumbs; corn flakes, *	1.00 c
6117	Spices; of your choice **	0.00
6118	Bacon strips	4.00
6118	Chicken breast halves	2.00
6118	with skin and bones	0.00
6118	Soy sauce	0.50 c
6118	Sugar	0.25 c
6118	Garlic cloves; minced	2.00
6118	Ginger; ground	1.50 ts
6118	Paprika	0.50 ts
6118	Hot pepper sauce (or 3)	2.00 dr
6119	Fresh bread crumbs	1.00 c
6119	Parmesan cheese	0.25 c
6119	Chili powder	1.00 ts
6119	Ground cumin	0.25 ts
6119	Garlic powder	0.25 ts
6119	Ground oregano	0.25 ts
6119	Whole chicken	2.00
6119	breasts,split,boned,skinned	0.00
6119	Velveeta Mexican Pasteurized	0.25 lb
6119	Process Cheese Spread	0.00
6119	With Jalapeno Pepper,cubed	0.00
6119	Margarine or butter,melted	0.50 c



Sheet1

6120	Rice	3.00 tb
6120	Green onion, chopped	2.00
6120	Water	0.33 c
6120	Five spice	0.25 ts
6120	Chicken breast	0.50
6120	Carrot, chopped	1.00
6120	Garlic clove, minced	1.00
6120	Soy sauce	1.00 tb
6120	Pepper, dash	0.00
6121	Cornish game hens	4.00
6121	Five spice powder	1.00 tb
6121	Salt	2.00 tb
6121	Plum sauce	1.00 tb
6121	Bean sauce	2.00 tb
6121	Hoisin sauce	2.00 tb
6121	Sherry	1.00 tb
6121	Dark soy sauce	0.25 c
6121	Maple syrup	0.25 c
6122	Rock Cornish Game Hens, defr	2.00
6122	Butter	4.00 tb
6122	Sherry	0.25 c
6122	Brandy	0.25 c
6123	Frying chicken (2-1/2 lb)	1.00
6123	Salt and freshly ground	0.00
6123	Pepper to taste	0.00
6123	Parsley - chopped	1.00 tb
6123	Olive oil	0.50 c
6123	Juice of 1 lemon	0.00
6123	All-purpose flour	0.75 c
6123	Eggs	2.00
6123	Oil for frying	0.00
6124	Garlic, minced	3.00 cl
6124	Seasoned salt	1.00 tb
6124	Oil	0.50 c
6124	Fresh lemon juice	1.00 c
6124	Bottle Wishbone Italian	12.00 ts
6124	Salad dressing	0.00
6124	Chopped onions	0.50 c
6124	Pepper	1.00
6124	Crushed thyme	1.00 ts
6124	Rock Cornich Hens, THAWED,	4.00
6124	Giblets removed	0.00
6125	Head of green cabbage	1.00 lb
6125	Medium potatoes, peeled	4.00 ea
6125	Leeks, trimmed & well washed	2.00 ea
6125	Onion*	1.00 ea
6125	Allspice	2.00 ts
6125	Dried thyme	1.00 ts
6125	Peppercorns	6.00 ea

Sheet1

6125	Chicken legs and thighs	4.00 ea
6125	Smoked shoulder or butt pork	1.00 lb
6125	Large carrots, trim & scrape	4.00 ea
6125	Ribs celery,trimmed and tied	4.00 ea
6125	Whole cloves	2.00 ea
6125	Sprigs fresh thyme OR	2.00 ea
6125	Bay leaf	1.00 ea
6125	Salt to taste	1.00 x
6126	Chicken, small frying;cut up	1.00
6126	in small pieces	0.00
6126	Salt	1.50 ts
6126	Pepper, freshly ground	0.25 ts
6126	Nutmeg or cinnamon	0.25 ts
6126	Garlic salt	0.50 ts
6126	Lemon;juice of	1.00
6126	Olive oil	0.00
6126	Flour;unbleached	0.50 c
6126	Eggs;slightly beaten	2.00
6126	Lemon;cut in 6 wedges	1.00
6126	Rice with Raisins;Riso coll'	0.00
6126	uvetta, previously posted	0.00
6127	Chicken cut into 6 serving	3.50 lb
6127	Pieces	0.00
6127	Olive oil	2.00 tb
6127	Butter	2.00 oz
6127	Freshly ground black pepper	0.00
6127	Parma ham or smoked ham in	2.00 oz
6127	One piece, finely diced	0.00
6127	Garlic, finely crushed	2.00 cl
6127	Sage leaves, crumbled	4.00
6127	Dry white wine (Frascati?)	4.00 oz
6127	Dry marsala	4.00 oz
6127	(14 oz) tomatoes, chopped	1.00 cn
6127	Tomato puree	1.00 oz
6128	Chicken breast	0.75 lb
6128	FOR MARINADE -----	0.00 -----
6128	Salt	0.50 ts
6128	Wine	0.50 tb
6128	Light soy sauce	0.50 tb
6128	Cornstarch	1.00 tb
6128	Cold water	1.00 tb
6128	Egg yolk	1.00
6128	Pepper	0.12 ts
6128	Oil	8.00 c
6128	FOR COATING -----	0.00 -----
6128	Cornstarch	6.00 tb
6128	Flour	3.00 tb
6128	FOR SEASONING SAUCE -----	0.00 -----
6128	Lemon juice (fresh)	3.00 tb

Sheet1

6128	Soup stock	3.00 tb
6128	Salt	0.50 ts
6128	Cornstarch	2.00 ts
6128	Sesame oil	1.00 ts
6128	Drops yellow food coloring	3.00
6129	Milk	0.50 c
6129	Egg, slightly beaten	1.00
6129	All-purpose flour	1.00 c
6129	Garlic salt	2.00 ts
6129	Paprika	1.00 ts
6129	Black pepper	1.00 ts
6129	Poultry seasoning	0.25 ts
6129	Frying chicken cut up	3.00 lb
6129	Shortening or oil	3.00 c
6129	Chicken stock	1.00 c
6129	Milk	1.00 c
6130	Ground chicken meat	2.00 lb
6130	White pepper	0.50 ts
6130	Salt	0.50 ts
6130	Cornstarch	2.00 tb
6130	Dark soy sauce	1.00 tb
6130	Egg whites	2.00
6130	Freshly grated ginger	0.50 ts
6130	Dry sherry	2.00 tb
6130	Cloves garlic, crushed	4.00
6130	Coating:	0.00
6130	Cornstarch	1.00 c
6130	Water-chestnut flour	1.00 c
6130	Peanut oil for deep frying	4.00 c
6131	Ground Turkey	1.00 lb
6131	Egg	1.00
6131	Bread Crumbs	1.00 c
6131	Basil	0.50 ts
6131	Oregano	0.50 ts
6131	Sage	0.50 ts
6131	Apricot Preserves	2.00 tb
6131	Dijon Mustard	1.00 ts
6131	Mushrooms, Sliced	8.00 oz
6131	Onion, Medium - diced	1.00
6131	Tarragon	1.00 ts
6131	Cheddar Grated	2.00 tb
6131	Lo Sodium Inst Chicken Broth	1.00 pk
6131	Apricot nectar	0.75 c
6131	Water	0.25 c
6131	Dried Apricot slices	6.00
6131	Raisins	1.00 tb
6131	Garlic, minced	2.00 tb
6131	Ginger root, peeled/minced	1.00 ts
6131	Wondra or other flour	2.00 tb

## Sheet1

6131	Sweet Vermouth	2.00 tb
6131	Fresh ground pepper	0.00
6132	STEP ONE (STUFFING -----	0.00 -----
6132	Slices bacon	2.00
6132	Onion; minced	0.25 c
6132	Mushrooms; chopped	0.33 c
6132	Dry bread crumbs	1.00 c
6132	Walnuts; chopped	0.33 c
6132	Salt; to taste	0.00
6132	Thyme	0.25 ts
6132	Sage	0.25 ts
6132	STEP TWO (BASTING SAUCE -----	0.00 -----
6132	Butter	3.00 tb
6132	Dry white wine	2.00 tb
6132	Garlic; minced	0.25 ts
6132	Sage	0.12 ts
6132	STEP THREE (SAUCE -----	0.00 -----
6132	Flour	1.00 tb
6132	Dry white wine	0.25 c
6132	Black current jelly	0.25 c
6132	Dry mustard	0.25 ts
6132	Salt; to taste	0.00
6133	Bean threads (fun see) *	4.00 oz
6133	Vegetable oil	3.00 tb
6133	Vegetable oil	0.50 ts
6133	Cornstarch	0.50 ts
6133	Dark Chinese soy sauce	1.00 tb
6133	Light Chinese soy sauce	1.00 ts
6133	Dark chicken meat **	1.00 c
6133	Garlic clove; crushed	1.00
6133	Chinese black mushrooms	0.50 c
6133	Thin sliced Chinese cabbage	1.00 c
6133	Thinly sliced bamboo shoots	0.50 c
6133	Bean sprouts	2.00 c
6133	Chinese pea pods	0.50 c
6133	Sugar (optional)	0.25 ts
6134	Chicken Breast	1.00
6134	Chicken Thighs	2.00
6134	Coconut Cream	0.50 c
6134	Green Curry Paste	0.25 c
6134	Coconut Milk	3.00 c
6134	Diced Eggplant	1.50 c
6134	Fish Sauce	2.00 tb
6134	Palm or Brown Sugar	1.00 tb
6134	Coriander leaves	0.50 ts
6134	Basil leaves	0.50 c
6134	Red chilis	3.00
6135	Stalks lemon grass	2.00 ts
6135	Sliced Siamese ginger	3.00 tb

Sheet1

6135	Cloves	4.00 c
6135	Peppercorns	3.00
6135	Coriander roots	7.00
6135	Shallots	3.00
6135	Medium-thick coconut milk	4.00 c
6135	Sliced white chicken	1.00 lb
6135	Red chilies (prik khee nu),	5.00
6135	Minced	0.00
6135	Fish sauce (nam pla)	4.00 tb
6135	Lime juice	4.00 tb
6135	Kaffir lime leaves,	5.00
6135	Shredded	0.00
6135	Chopped coriander sprigs	3.00
6136	Roaster Chicken	3.00 lb
6136	Garlic*	3.00
6136	Cajun Spices,	1.00 tb
6136	Of Olive oil,**	0.75 c
6136	All purpose flour**	1.00 c
6138	Chicken Legs, deboned	10.00 oz
6138	Soya Oil	2.00 c
6138	Ginger Root, minced	1.00 tb
6138	Scallions, chopped	2.00
6138	Garlic, minced	1.00 tb
6138	Dry Chili Pepper	2.00 tb
6138	Sugar	2.00 tb
6138	Soy Sauce	2.00 tb
6138	Vinegar	1.50 ts
6138	Cornstarch	2.00 tb
6138	Chicken Stock	0.25 c
6138	Sesame Oil	1.00 ts
6138	MARINADE -----	0.00 -----
6138	Egg White	1.00
6138	Cornstarch	1.00 tb
6138	Soy Sauce	1.00 tb
6139	Chicken Legs, deboned	10.00 oz
6139	Soya Oil	2.00 c
6139	Ginger Root, minced	1.00 tb
6139	Scallions, chopped	2.00
6139	Garlic, minced	1.00 tb
6139	Dry Chili Pepper	2.00 tb
6139	Sugar	2.00 tb
6139	Soy Sauce	2.00 tb
6139	Vinegar	1.50 ts
6139	Cornstarch	2.00 tb
6139	Chicken Stock	0.25 c
6139	Sesame Oil	1.00 ts
6139	MARINADE	0.00
6139	Egg White	1.00
6139	Cornstarch	1.00 tb

Sheet1

6139	Soy Sauce	1.00 tb
6140	Boneless chicken breasts cut	1.00 lb
6140	into 1 in pieces	0.00
6140	Soy suace	3.00 tb
6140	Cornstarch	3.00 tb
6140	Egg white beaten until	1.00
6140	frothy	0.00
6140	Veg. oil	1.00 c
6140	Hot dried chili peppers,	3.00
6140	broken in half	0.00
6140	Cloves garlic finely chopped	2.00
6140	Piece ginger root (1 in)	1.00
6140	peeled and finely chopped	0.00
6140	White wine vinegar	1.00 tb
6140	White wine	1.00 tb
6140	Cornstarch	1.00 ts
6140	Sesame oil	1.00 ts
6140	Salt	0.50 ts
6140	Brown sugar	1.00 ts
6141	Chicken legs including	4.00 lg
6141	Thighs, boned, cut into	0.00
6141	1/2-inch pieces	0.00
6141	Egg, slightly beaten	1.00
6141	Vegetable oil	0.50 tb
6141	Cornstarch	0.50 tb
6141	Vegetable oil	0.00
6141	SAUCE 1 -----	0.00 -----
6141	Green onions, trimmed to	2.00
6141	4 inches	0.00
6141	Light soy sauce	1.50 tb
6141	Mushroom soy sauce	1.50 tb
6141	Rice wine or dry sherry	1.50 tb
6141	1/2-inch thick pieces fresh	2.00
6141	Ginger, peeled	0.00
6141	Fresh pepper	0.00
6141	Chicken bouillon	3.00 tb
6141	Brown sugar	1.00 ts
6141	Cornstarch	1.00 tb
6141	SAUCE 2 -----	0.00 -----
6141	Rice or cider vinegar	1.00 ts
6141	Chili paste (more, if you	0.50 tb
6141	Like hot food)	0.00
6141	Sesame oil (optional)	1.00 ts
6142	Egg	1.00
6142	Cornstarch	1.00 tb
6142	Boned, Skinned Chicken	1.00 lb
6142	Thigh Or Breast	0.00
6142	Cut Into 2 Inch Chunks	0.00
6142	Green Onions	4.00

Sheet1

6142	Cut Diagonally Into 1" Pcs.	0.00
6142	Vegetable Oil	0.00
6142	Dried Chiles	16.00 sm
6142	Garlic Clove, Minced	1.00
6142	Grated Fresh Ginger	0.25 ts
6142	SAUCE -----	0.00 -----
6142	Cornstarch	4.00 ts
6142	Sugar	4.00 ts
6142	Rice Vinegar	4.00 ts
6142	Soy Sauce	6.00 tb
6142	Chicken Broth	0.25 c
6142	Water	0.25 c
6142	Dry Sherry Wine	0.25 c
6143	Boneless chicken breasts cut into 1 in pieces	1.00 lb 0.00
6143	Soy sauce	3.00 tb
6143	Cornstarch	3.00 tb
6143	Egg white beaten until frothy	1.00 0.00
6143	Veg. oil	1.00 c
6143	Hot dried chili peppers, broken in half	3.00 0.00
6143	Cloves garlic finely chopped	2.00
6143	Piece ginger root (1 in) peeled and finely chopped	1.00 0.00
6143	White wine vinegar	1.00 tb
6143	White wine	1.00 tb
6143	Cornstarch	1.00 ts
6143	Sesame oil	1.00 ts
6143	Salt	0.50 ts
6143	Brown sugar	1.00 ts
6144	Cornstarch	0.50 c
6144	Water	0.25 c
6144	Minced Garlic	1.50 ts
6144	Minced Ginger	1.50 ts
6144	Sugar	0.75 c
6144	Soy Sauce	0.50 c
6144	White Vinegar	0.25 c
6144	Hot Chicken Broth	1.50 c
6144	M.S.G. (Optional)	1.00 ts
6144	Dark Deboned Chicken Meat Cut Into Large Chunks	3.00 lb 0.00
6144	Soy Sauce	0.25 c
6144	White Pepper	1.00 ts
6144	Egg	1.00
6144	Cornstarch	1.00 c
6144	Salad Oil	1.00 c
6144	Scallions, Diced	2.00 c
6144	Dried Hot Peppers	16.00 sm

Sheet1

6145	Whole Chicken Breasts	2.00
6145	Hot Peppers (Or More)	2.00
6145	Crushed	0.00
6145	Cornstarch	0.50 c
6145	Orange Rind, Minced	1.00
6145	Ginger, Minced	1.00 tb
6145	Fried Peanuts, Chopped	0.33 c
6145	BATTER -----	0.00 -----
6145	Egg	1.00
6145	Beer	0.25 c
6145	Soy Sauce	2.00 tb
6145	Salt	0.50 ts
6145	Flour	0.25 c
6145	Cornstarch	0.25 c
6145	Baking Powder	0.50 ts
6145	Pepper	1.00 ds
6145	SEASONING SAUCE -----	0.00 -----
6145	Sugar	6.00 tb
6145	Cider Vinegar	3.00 tb
6145	Soy Sauce	5.00 tb
6145	Cornstarch	1.00 ts
6146	Chicken legs including	4.00 lg
6146	thighs, boned, cut into	0.00
6146	1/2-inch pieces	0.00
6146	Egg, slightly beaten	1.00
6146	Vegetable oil	0.50 tb
6146	Cornstarch	0.50 tb
6146	Vegetable oil	0.00
6146	SAUCE 1 -----	0.00 -----
6146	Green onions, trimmed to 4	2.00
6146	inches	0.00
6146	Light soy sauce	1.50 tb
6146	Mushroom soy sauce	1.50 tb
6146	Rice wine or dry sherry	1.50 tb
6146	Inch thick pieces fresh	2.50
6146	ginger, peeled	0.00
6146	Grinding of fresh pepper	0.00
6146	Chicken bouillon	3.00 tb
6146	Brown sugar	1.00 ts
6146	Cornstarch	1.00 tb
6146	SAUCE 2 -----	0.00 -----
6146	Rice or cider vinegar	1.00 ts
6146	Chili paste (more, if you	0.50 tb
6146	like hot food)	0.00
6146	Sesame oil (optional)	1.00 ts
6147	Boneless chicken breast	0.75 lb
6147	Dark soy sauce	2.00 ts
6147	Rice wine or dry sherry	2.00 ts
6147	Finely chopped ginger root	1.00 ts



Sheet1

6147	Cornstarch	1.00 ts
6147	Sesame oil	1.00 ts
6147	Oil, preferably peanut	0.33 c
6147	Dried red chiles	2.00
6147	cut in half lengthwise	0.00
6147	Chopped fresh orange peel OR	1.00 tb
6147	dried citrus peel	2.00 ts
6147	(soaked & coarsely chopped)	0.00
6147	Roasted Sichuan peppercorns	0.50 ts
6147	* (finely ground), optional	0.00
6147	Dark soy sauce	2.00 ts
6147	Salt	0.25 ts
6147	Sugar	1.00 ts
6147	Sesame oil	0.50 ts
6148	MYRA SABLE HNKV12A -----	0.00 -----
6148	Chicken breasts	1.00 lb
6148	boneless, skinless,	0.00
6148	cut into 1" pieces	0.00
6148	Soy sauce	3.00 tb
6148	Cornstarch	1.00 tb
6148	Egg white; beaten frothy	1.00
6148	Vegetable oil	1.00 c
6148	Dried hot chili peppers	3.00
6148	broken in half	0.00
6148	Garlic cloves; chopped fine	2.00
6148	1" piece ginger root; peeled	1.00
6148	and finely chopped	0.00
6148	White wine vinegar	1.00 tb
6148	White wine	1.00 tb
6148	Cornstarch	1.00 ts
6148	Brown sugar	1.00 tb
6148	Sesame oil	1.00 ts
6148	Salt	0.25 ts
6149	Chicken, skinned and boned	1.50 lb
6149	Egg	1.00
6149	Flour	1.00 c
6149	Bamboo shoots	0.25 lb
6149	Green pepper	1.00
6149	Red pepper	1.00
6149	Water	0.25 c
6149	Dark soy sauce	1.00 tb
6149	Cornstarch	1.00 tb
6149	Vegetable oil (for deep	0.00
6149	frying)	0.00
6149	To 3 tablespoons vegetable	2.00
6149	oil (in addition to the	0.00
6149	above)	0.00
6149	Cloves garlic, minced	2.00
6149	Fresh ginger root, shredded	1.00 ts

Sheet1

6149	To 5 black peppercorns	4.00
6149	White vinegar	1.00 tb
6149	Chinese cooking wine	1.00 tb
6149	Chinese chili sauce	1.00 ts
6149	Sugar	1.00 tb
6150	Cornstarch	0.50 c
6150	Chicken*	3.00 lb
6150	Water	0.25 c
6150	Sauce, soy	0.25 c
6150	Ginger; minced	1.50 ts
6150	Pepper, white	1.00 ts
6150	Garlic; minced	1.50 ts
6150	Eggs	1.00
6150	Sauce, soy	0.50 c
6150	Cornstarch	1.00 c
6150	Vinegar, white	0.25 c
6150	Oil	1.00 c
6150	Sherry	0.25 c
6150	Onions, green ; sliced	2.00 c
6150	Stock, chicken	1.50 c
6150	Hot Dried Peppers	16.00 sm
6150	MSG; (optional)	1.00 tb
6150	Sugar	0.75 c
6151	Chicken breast halves,	4.00
6151	Skinned, boned and sliced	0.00
6151	Salt and pepper, to taste	0.00
6151	Garlic, minced	4.00 cl
6151	Water	2.00 c
6151	Cornstarch	1.00 tb
6151	Corn oil	5.00 tb
6151	Fresh mushrooms, sliced	8.00 oz
6151	Chinese white cabbage,	4.00 lb
6151	Chopped	0.00
6151	Sugar	2.00 tb
6151	Soy sauce	4.00 tb
6151	Scallions, chopped	6.00
6152	Chicken Breast halves *	4.00 x
6152	Cornstarch	1.00 ts
6152	Salt	0.25 ts
6152	Hot cooked Rice	2.00 c
6152	Can Peach slices, lite syrup	8.00 oz
6152	Grated Gingerroot	0.50 ts
6152	Sliced Water Chestnuts, drain	0.50 c
6152	Pkg frozen Pea Pods, cooked	6.00 oz
6153	Whole chicken	2.00
6153	breasts, split, boned, skinned	0.00
6153	Salt as desired	0.00
6153	Vegetable oil	2.00 tb
6153	Red pepper, cut into 1/4 by	1.00 md

Sheet1

6153	2" strips (1 1/2 cups)	0.00
6153	Green pepper, cut into 1/4 x	1.00 md
6153	2" strips (1 1/2 cups)	0.00
6153	8 oz can juice pack	1.00
6153	pineapple chunks, undrained	0.00
6153	Picante sauce	0.50 c
6153	Chopped fresh cilantro or	2.00 tb
6153	parsley	0.00
6153	Or 3 tsp shredded fresh	2.00
6153	ginger or 3/4 to 1 tsp.	0.00
6153	ground ginger	0.00
6154	Coriander seeds	2.25 tb
6154	Whole cumin	2.25 ts
6154	Whole black mustard seeds	1.50 ts
6154	One inch stick cinnamon	1.50
6154	Hole cloves	6.00
6154	Whole black peppercorns	0.38 ts
6154	Ground nutmeg	0.38 ts
6154	Whole dried hot red chili	1.50
6154	Grated fresh coconut	3.00 c
6154	One in cube ginger chopped	1.50
6154	Cloves garlic	9.00
6154	Fresh hod green chili	0.75
6154	Water	2.25 c
6154	Vegetable oil	6.00 tb
6154	Medium onions, minced	3.00
6154	Chicken parts, skinned	3.33 lb
6154	Salt	2.25 ts
6155	Coriander seeds	2.25 tb
6155	Whole cumin	2.25 ts
6155	Whole black mustard seeds	1.50 ts
6155	One inch stick cinnamon	1.50
6155	Hole cloves	6.00
6155	Whole black peppercorns	0.38 ts
6155	Ground nutmeg	0.38 ts
6155	Whole dried hot red chili	1.50
6155	Grated fresh coconut	3.00 c
6155	One in cube ginger chopped	1.50
6155	Cloves garlic	9.00
6155	Fresh hod green chili	0.75
6155	Water	2.25 c
6155	Vegetable oil	6.00 tb
6155	Medium onions, minced	3.00
6155	Chicken parts, skinned	3.33 lb
6155	Salt	2.25 ts
6156	Chicken Breasts	4.00
6156	Skinned and deboned	0.00
6156	Parmesan cheese; grated	0.33 c
6156	Thyme	0.50 ts

## Sheet1

6156	Pepper	0.00
6156	Bread crumbs; dry	1.00 c
6156	Salt	0.50 ts
6156	Basil	0.50 ts
6156	Butter; melted	0.50 c
6157	Broccoli head, cut into 4-in	1.00 lg
6157	spears	0.00
6157	Unsalted butter, cut in	0.25 c
6157	pieces	0.00
6157	Flour	5.00 tb
6157	Chicken broth	2.00 c
6157	Heavy cream, well chilled	0.50 c
6157	Sherry, medium dry	3.00 tb
6157	Lemon juice to taste	0.00
6157	Parmesan cheese, grated	0.50 c
6157	Chicken breasts, skinned &	2.00
6157	boned,cooked and thinly	0.00
6157	sliced	0.00
6158	Chicken, cut in pieces	4.00 lb
6158	Mushrooms, thinly sliced	0.50 lb
6158	Unsalted butter	5.00 tb
6158	Spaghetti	0.50 lb
6158	Flour	2.00 tb
6158	Heavy cream	1.00 c
6158	Medium dry sherry	3.00 tb
6158	Nutmeg to taste	0.00
6158	Parmesan cheese, grated	0.50 c
6159	Chicken liver	1.00 lb
6159	Bread	5.00 sl
6159	Onion	1.00 md
6159	Parsley	0.00
6159	Egg	1.00
6159	All-purpose flour	6.00 tb
6159	Salt	1.50 ts
6159	Pepper	0.25 ts
6159	Marjoram	0.75 ts
6159	Cloves garlic	2.00
6159	Garlic powder to taste	0.00
6160	PHILLY.INQUIRER -----	0.00 -----
6160	FRYING CHICKEN	3.00 lb
6160	GROUND PAPRIKA	0.25 ts
6160	SPRIGS FRESH PARSLEY	20.00
6160	BUTTER	2.00 tb
6160	RIBS CELERY CUT INTO THIRDS	4.00
6160	UNSALTED CHICKEN BROTH	2.00 c
6160	MEDIUM YELLOW ONION HALVED	1.00
6160	LEMON JUICE	0.50
6160	SALT AND FRESH PEPPER TO TA	0.00
6160	DRY WHITE WINE	0.25 c

Sheet1

6161	Chicken 5-6 lb boiling	1.00
6161	Potatoes	5.00 lb
6161	Onions; medium- chopped	2.00
6161	Celery stalk-diced	1.00
6161	Carrot; grated	1.00
6161	Thyme or	0.25 ts
6161	1 bay leaf	0.00
6161	Salt & pepper	0.00
6162	Chicken tenderloins	1.00 pk
6162	Shake 'n Bake coating	1.00 pk
6162	Vegetable oil	1.00 x
6162	Sour cream	1.00 pk
6162	Lemon	1.00 ea
6162	Salt/pepper	1.00 ds
6163	Water	0.75 c
6163	Uncooked Brown Rice	0.25 c
6163	Ground Turkey	0.50 lb
6163	Minced Onion	0.50 c
6163	Garlic Minced	2.00 cl
6163	Oregano, 1/2 t. Thyme	0.50 ts
6163	Chicken Bouillon Granules	0.50 ts
6163	Allspice, 1/4 t. Pepper	0.25 ts
6163	Egg Whites	2.00
6163	(1 Lb.) Loaf Frozen White	1.00
6163	Bread Dough	0.00
6163	Water	1.00 ts
6163	Sesame Seeds	1.50 ts
6164	Basic Green Sauce	2.00 c
6164	Dairy Sour Cream	1.00 c
6164	Flour Or Corn Tortillas; **	10.00
6164	Cooked Chicken; Shredded	3.00 c
6164	MontereyJack Cheese;Shredded	1.00 c
6164	Dairy Sour Cream	1.00
6164	Basic Green Sauce	0.00
6164	Servings: 8	0.00
6164	Onions; Chopped, 2 Med.	1.00 c
6164	Vegetable Oil	0.50 c
6164	Fresh Spinach; Chopped	10.00 oz
6164	Tomatillos; Coarsely Chopped	0.50 lb
6164	Green Chiles; Chopped, 1 cn	4.00 oz
6164	Cloves Garlic; Crushed	2.00
6164	Oregano Leaves; Dried	1.00 tb
6164	Chicken Broth	1.00 c
6164	Dairy Sour Cream	2.00 c
6165	Chicken Breast Halves; *	10.00 ea
6165	Achiote Sauce Base; Below	0.25 c
6165	Orange Juice	1.00 c
6165	Vegetable Oil	2.00 tb
6165	Basil Leaves; Dried	1.00 ts

Sheet1

6165	Cinnamon; Ground	1.00 ts
6165	Salt	0.50 ts
6165	ACHIOTE SAUCE BASE -----	0.00 -----
6165	Achiote Seeds;(AnnottoSeeds)	0.33 c
6165	Orange Juice	0.33 c
6165	Vinegar; White	0.33 c
6165	Red Chiles; Ground	1.00 ts
6165	Pepper	0.50 ts
6165	Clove Garlic	1.00 ea
6166	Boneless, skinless chicken b	1.50 lb
6166	Red bell peppers roasted pee	2.00
6166	Stalks celery, washed and sl	2.00
6166	Med red onion, peeled and ch	1.00
6166	Cooked black beans (about 2	0.50 c
6166	Chopped cilantro leaves	0.25 c
6166	Balsamic vinegar	0.25 c
6166	Oil	0.25 c
6166	Orange juice	0.25 c
6166	Lime juice	0.25 c
6166	Cloves garlic, peeled and mi	2.00
6166	Ground coriander seed	1.00 ts
6166	Pepper	0.50 ts
6166	Salt	0.50 ts
6166	Sour cream or non-fat yogurt	0.25 c
6166	(8-in) flour tortillas	6.00
6167	Chicken breasts halves	4.00
6167	Chicken stock	0.25 c
6167	Lemon juice	1.00 tb
6167	Shallot, finely chopped	1.00
6167	Black pepper	0.00
6167	Raspberry or wine vinegar	0.50 c
6167	Olive oil	2.00 tb
6167	Grated lemon peel	1.00 ts
6167	Dried tarragon leaves	0.50 ts
6168	Chicken breasts halves	4.00 ea
6168	Raspberry or wine vinegar	0.50 c
6168	Chicken stock	0.25 c
6168	Olive oil	2.00 tb
6168	Lemon juice	1.00 tb
6168	Grated lemon peel	1.00 ts
6168	Shallot, finely chopped	1.00 ea
6168	Dried tarragon leaves	0.50 ts
6168	Black pepper	1.00 x
6169	Chicken breasts halves	4.00
6169	Chicken stock	0.25 c
6169	Lemon juice	1.00 tb
6169	Shallot, finely chopped	1.00
6169	Black pepper	0.00
6169	Raspberry or wine vinegar	0.50 c

Sheet1

6169	Olive oil	2.00 tb
6169	Grated lemon peel	1.00 ts
6169	Dried tarragon leaves	0.50 ts
6170	Oil	0.50 c
6170	Fresh lemon juice	0.25 c
6170	Ground pepper	0.50 ts
6170	Chicken breasts halves	6.00
6170	Tarragon vinegar	3.00 tb
6170	Skinned and boned	0.00
6170	Dry white wine	2.00 tb
6170	Dried tarragon	1.00 ts
6170	White pepper	0.50 ts
6170	Butter	1.00 c
6170	Strong dijon mustard	2.00 tb
6170	Emon slices parsley	0.00
6171	Sake or dry sherry	0.33 c
6171	Honey	0.33 c
6171	Teriyaki sauce	3.00 tb
6171	Garlic salt	0.12 ts
6171	Salt and ppper to taste	0.00
6172	Jim Vorheis	0.00
6172	1/2 lb large chicken pieces,	2.00
6172	with the skin attached	0.00
6172	Garlic cloves, peeled	2.00
6172	White onion, roughly sliced	1.00 sm
6172	Reduced chicken broth	1.00 c
6172	Additional garlic cloves,	12.00
6172	peeled and minced	0.00
6172	Dried Oaxacan or Mexican	3.00 tb
6172	oregano, stems removed	0.00
6172	And roughly crumbled	0.00
6172	Additional chicken broth	2.00 tb
6172	Sea salt (or to taste)	0.50 ts
6172	Melted chicken fat or	0.00
6172	oil for broiling	0.00
6173	Salsa; (see below)	1.00
6173	Ground Chicken	0.75 lb
6173	Whole-wheat bread crumbs	0.50 c
6173	fresh	0.00
6173	Carrot; peeled, and grated	1.00 sm
6173	Green onion; minced	1.00
6173	Jalapeno peppers; seeded,	2.00 ts
6173	minced, pickled	0.00
6173	Salt	0.50 ts
6173	Kaiser rolls or whole-grain	4.00
6173	Buns, split	0.00
6173	Curly leaf lettuce, opt	0.00
6173	Whole pickled jalapenos, op	0.00
6173	SALSA -----	0.00 -----

Sheet1

6173	Tomatoes; chopped	2.00 md
6173	Jalapeno peppers; finely	1.00 tb
6173	chopped, pickled or more	0.00
6173	to taste	0.00
6173	Green onion; thinly sliced	1.00
6173	Garlic clove; minced	1.00
6173	Parsley; fresh, chopped	1.00 tb
6173	Lime peel; grated	1.00 ts
6173	Lime juice	1.00 tb
6174	Plum Barbecue Sauce; *	1.00 x
6174	Rock Cornish Hens; **	3.00 ea
6175	Chopped fresh parsley	0.25 c
6175	Freshly ground pepper	0.50 ts
6175	Grated Lime rind	0.50 ts
6175	Lime juice	2.00 tb
6175	Dry White Wine (or Chablis)	1.00 c
6175	Chicken breast halves *	6.00 x
6176	Water	4.00 c
6176	Soy sauce	0.50 c
6176	Honey	0.25 c
6176	Turmeric	2.00 tb
6176	Garlic cloves; crushed	3.00
6176	Ginger, ground	1.00 ts
6176	Duck (5 lb)	1.00
6177	Stephen Ceideburg	0.00
6177	Squab, about 1 lb. each,	4.00
6177	washed, dried and trimmed	0.00
6177	of fat	0.00
6177	Fish sauce or Chinese light	0.25 c
6177	soy sauce	0.00
6177	Minced shallots	2.00 tb
6177	Cloves garlic, minced	2.00
6177	Sugar	2.00 ts
6177	Olive oil	2.00 ts
6177	Toasted sesame oil	1.00 ts
6177	Freshly ground black pepper	0.50 ts
6178	Turkey legs	2.00
6178	Of water	2.00 ts
6178	Onion	1.00
6178	Cloves garlic (whole)	2.00
6178	Corn tortilla	0.50
6178	French roll	1.00
6178	Oil	2.00 tb
6178	Pinch coriander	0.00
6178	Pinch anise	0.00
6178	Pinch cumin	0.00
6178	Pinch ground cloves	0.00
6178	Freshly ground black pepper	0.50 ts
6178	Coarse ground red chile	6.00 tb



Sheet1

6178	Blanched almonds	2.00 tb
6178	Squares unsweetened	2.00
6178	Chocolate	0.00
6179	Chicken--breasts, skinned a	4.00
6179	Lite soy sauce	10.50 tb
6179	Chicken broth;-condensed	0.75 c
6179	Cornstarch	10.50 ts
6179	Oil; lite	4.00 tb
6179	Snow peas;-fresh or defros	1.50 c
6179	Mushrooms; sliced fresh	2.00 c
6179	Celery;-sliced 1/4" wide o	1.00 c
6179	Med Onion;-cut into 6-8 wedg	1.00
6179	Green pepper; strips	0.50 c
6179	Walnuts; (broken) or peanu	0.50 c
6180	1 3/4 lb. fresh or frozen ro	4.00
6180	Salt	0.00
6180	Pepper	0.00
6180	Olive or salad oil	2.00 tb
6180	Dried parsley flakes	1.00 ts
6180	Dried thyme leaves	0.25 ts
6180	Butter or margarine	1.00 tb
6180	10-oz bag carrots, sliced 1/	1.00
6180	10-oz container brussel spro	1.00
6180	12-oz. package mushrooms, sl	1.00
6180	Milk	0.00
6180	All-purpose flour	1.00 tb
6180	Chicken-flavor instant bouil	1.00 ts
6180	Parsley sprigs for garnish	0.00
6181	Pineapple, sliced	1.00 cn
6181	Sweet onion, sliced	1.00 lg
6181	Chicken breasts, split	3.00
6181	Peach preserves	0.50 c
6181	Salt	1.50 ts
6181	Soy sauce	1.00 tb
6181	Vegetable oil	3.00 tb
6181	White vinegar	1.00 tb
6181	Green pepper, sliced	1.00
6182	White wine vinegar	0.33 c
6182	Coarse grain mustard	0.25 c
6182	Dried rosemary	3.00 tb
6182	Broiler-fryers, split (2 to	2.00
6182	2 1/2 Lb each)	0.00
6182	Size ripe pineapple **	0.50 md
6182	Yellow squash, halved	2.00 sm
6182	lengthwise	0.00
6182	Zucchini, halved lengthwise	2.00 sm
6182	Onions, halved	2.00 sm
6182	Red bell peppers, halved and	2.00 sm
6182	seeded	0.00

Sheet1

6183	(about 1 large) tomatoes,	0.50 lb
6183	broiled	0.00
6183	Garlic cloves, peeled and	2.00
6183	roughly chopped	0.00
6183	Canned chipotles en	2.00
6183	escabeche or en vinagre	0.00
6183	Chicken livers	0.75 lb
6183	Melted chicken fat or	3.00 tb
6183	safflower oil	0.00
6183	Onion, thinly sliced	0.50 md
6183	Sea salt to taste	0.00
6184	Fresh thyme leaves, or:	1.00 ts
6184	Dried thyme leaves	0.50 ts
6184	Hoisin sauce	3.00 tb
6184	Rice wine	2.00 tb
6184	Olive oil	1.00 tb
6184	Chicken breast halves, boned	4.00
6185	Chicken Wings (12 to 15)	2.50 lb
6185	(3oz) Texas Pete Hot Sauce *	6.00 tb
6185	(2oz) Butter or Margarine	4.00 tb
6186	Turkey	6.00 lb
6186	Oil	0.50 c
6186	Soya sauce	0.50 c
6186	Honey	2.00 tb
6186	Ground ginger	1.50 ts
6186	Dry mustard	1.50 ts
6186	Cloves garlic, minced	2.00
6187	BATTER -----	0.00 -----
6187	Cornstarch	4.00 tb
6187	Flour	0.25 c
6187	Baking powder	1.00 ts
6187	Water	0.50 c
6187	Salt	0.50 ts
6187	Egg	1.00
6187	Egg white	1.00
6187	Salt	2.00 tb
6187	Boneless chicken breasts	1.50 lb
6187	cut in thin strips	0.00
6187	Peanut oil, for deep-frying	2.00 c
6187	SAUCE -----	0.00 -----
6187	Peanut oil	1.50 tb
6187	Chopped ginger	2.00 ts
6187	Finely sliced garlic	3.00 tb
6187	Salt	1.00 ts
6187	Sugar	3.00 tb
6187	White rice vinegar	1.00 ts
6187	Water	0.50 c
6187	Cornstarch, mixed with	1.00 ts
6187	Water	1.00 ts

Sheet1

6188	Honey	0.25 c
6188	Low-sodium soy sauce	2.00 ts
6188	Salt	0.25 ts
6188	Pepper	0.12 ts
6188	Cloves, garlic, minced	4.00
6188	4-ounce chicken breast,	4.00
6188	skinned and deboned	0.00
6188	Julienne-cut (2-inch) red	1.00 c
6188	bell pepper	0.00
6188	Sliced green onions (1-inch)	0.50 c
6188	Spanish peanuts	2.00 tb
6189	Chicken Breasts - skin on	4.00
6189	Butter melted	0.25 c
6189	Honey	0.25 c
6189	Dijon Mustard	2.00 tb
6189	Curry Powder or Garam Masala	3.00 ts
6189	Hot Pepper Sauce	2.00 x
6189	Clove Garlic small crushed	1.00
6189	Soya Sauce	2.00 tb
6189	Lemon Juice	2.00 tb
6189	Ginger grated or finely chop	1.00 ts
6189	Salt and Pepper to taste	1.00
6190	Almonds, sliced	0.25 c
6190	Medium onion, sliced	1.00
6190	Stalk celery sliced	1.00
6190	Carrot sliced	1.00
6190	Sprig parsley	1.00
6190	Small bayleaf	1.00
6190	Salt	1.00 ts
6190	Pepper	0.50 ts
6190	Rosemary	1.00 ts
6190	Condensed chicken broth	10.75 oz
6190	Water	1.00 c
6190	12 oz chicken breasts	4.00
6190	Honey	0.33 c
6190	Green grapes optional	0.00
6190	Watercress optional	0.00
6191	Butter	2.00 tb
6191	Uncooked turkey, cut into 1-	1.00 lb
6191	Honey	2.00 tb
6191	Dijon-style mustard	2.00 tb
6191	Lemon juice	1.00 ts
6191	Curry powder	1.00 ts
6191	Salt	0.25 ts
6191	Garlic clove; crushed	1.00
6191	Chopped chives for garnish	0.00
6192	Honey	0.33 c
6192	Dry Mustard	1.00 tb
6192	(6 Oz.) Can Frozen Apple	1.00

Sheet1

6192	Juice Concentrate, Thawed	0.00
6192	& Undiluted	0.00
6192	(6 1/2 To 7 Lbs.) Turkey	1.00
6192	Breast Skinned	0.00
6193	Broiler/fryer Chicken,skined	3.00 lb
6193	Shredded yellow Squash	0.75 c
6193	Shredded Zucchini	0.75 c
6193	Finely chopped Onion	0.50 c
6193	Finely chopped Celery	0.50 c
6193	Toasted,wholewheat Breadcrum	1.25 c
6193	Clove Garlic, crushed	0.00
6193	Egg, beaten	0.00
6193	Chopped Pecans	0.25 c
6193	Salt	0.25 ts
6193	Pepper	0.25 ts
6193	Unsweetened Apple Juice	3.00 tb
6193	Honey	2.00 tb
6194	Skinless, boneless chicken	1.50 lb
6194	breasts	0.00
6194	(cut in strips, no more than	0.00
6194	1/4" wide)	0.00
6194	Whole med. size white onion,	1.00
6194	cut into strips or diced	0.00
6194	Red chile powder	2.00 tb
6194	Curry powder	1.00 ts
6194	Ground cumin (optional)	0.50 ts
6194	Pressed garlic clove (or 3/4	1.00
6194	tsp. garlic powder)	0.00
6194	Salt (salt to taste if	1.00 ts
6194	desired)	0.00
6194	Lemon and pepper, or 1 tsp.	1.00 ts
6194	grated lemon peel	0.00
6194	(optional)	0.00
6194	Water (or wine)	0.75 c
6194	Olive oil	2.00 tb
6194	Vegetable oil	1.00 tb
6195	Oil	4.00 tb
6195	Scallion	1.00
6195	To 3 hot peppers	2.00
6195	Shredded ginger	1.00 tb
6195	Sherry	1.00 tb
6195	Light soy sauce	2.00 tb
6195	Fryer	2.00 lb
6195	Chicken broth	0.50 c
6195	Light soy sauce	1.00 tb
6195	Wine vinegar	2.00 tb
6195	Sugar	1.00 tb
6195	Salt	0.50 ts
6195	To 2 teaspoons anise pepper	1.00

Sheet1

6195	Cornstarch	1.00 tb
6196	Tomato sauce (8oz)	1.00 cn
6196	Red pepper flakes	2.00 tb
6196	Hot sauce	2.00 tb
6196	Garlic powder	1.00 tb
6196	Onion powder	1.00 tb
6196	Jalapeno peppers, chopped	2.00 tb
6196	Chicken wings	1.00 lb
6197	Chicken (3 lb)	1.00
6197	Juice of 1-1/2 lemons	0.00
6197	Cloves garlic, (see note)	2.00
6197	Fresh ground black pepper	1.00 tb
6197	Ground cayenne pepper	2.00 tb
6197	Paprika	1.00 tb
6197	Melted butter	2.00 tb
6198	SAUCE -----	0.00 -----
6198	Wine	1.00 tb
6198	Brown sugar	1.00 tb
6198	Oyster sauce	1.00 ts
6198	Sesame oil	0.00 ds
6198	Soup stock	0.25 c
6198	Salt	1.50 ts
6198	Cornstarch	1.50 ts
6198	MAIN INGREDIENTS -----	0.00 -----
6198	Oil	2.00 tb
6198	Ginger, more if desired	2.00 sl
6198	Chicken, with bones	1.00
6198	cut in bit sized pieced	0.00
6198	(boned works well, too)	0.00
6198	Lemon, sliced and seeded	1.00 lg
6198	Green onion stalks, cut	2.00
6198	into 1 1/2 in peices	0.00
6199	Broiler, frying chicken	3.00 lb
6199	Medium onions	6.00
6199	Margarine or butter, melted	0.25 c
6199	OAT STUFFING -----	0.00 -----
6199	Large onion finely chopped	1.00
6199	Margarine	0.25 c
6199	Regular rolled oat	1.00 c
6199	Salt	1.00 ts
6199	Ground coriander	0.50 ts
6199	Pepper	0.50 ts
6199	Grated nutmeg	0.12 ts
6200	Rice wine	2.00 tb
6200	Salt	2.00 ts
6200	Szechwan peppercorns,	1.50 ts
6200	crushed	0.00
6200	Scallions	3.00
6200	Gingerroot, peeled	0.50

Sheet1

6200	Chicken	2.50 lb
6200	China black tea leaves	0.50 c
6200	Dark brown sugar, packed	2.00 tb
6200	Oriental sesame oil	0.00
6201	Toasted sesame seeds	2.00 tb
6201	Ground Szechwan peppercorns	1.00 tb
6201	Garlic	1.00 tb
6201	Ginger	1.00 tb
6201	Dried cilantro	1.00 tb
6201	Red pepper	0.50 tb
6201	Mustard seed	0.50 tb
6201	Plum Delicious Chinese	0.00
6201	Chicken	0.00
6201	Chicken breasts, split, with skin	2.00 lb
6201	Ripe purple plums, pitted and thinly sliced	6.00
6201	Onion, halved and thinly sliced	1.00
6201	Clove garlic, minced	1.00
6201	Water	3.00 tb
6201	Lemon juice	2.00 tb
6201	Light soy sauce	2.00 tb
6201	Liquid sugar substitute	0.50 ts
6201	Hunan Blend	1.00 ts
6202	Each cornstarch and dry sherry	2.00 ts
6202	Each salt and pepper	0.25 ts
6202	Chicken breasts, skinned, boned, and cut in bite-size pieces	1.00 lb
6202	Salad oil	0.00
6202	Minced garlic	3.50 tb
6202	Minced fresh ginger	1.00 tb
6202	Fermented black beans, rinsed and drained	2.00 ts
6202	Green pepper, seeded and cut into 1 inch pieces	1.00 sm
6202	Carrot, thinly sliced	0.00
6202	Sliced bamboo shoots	1.00 md
6202	Water	8.00 oz
6202	Cooking sauce:	1.00 tb
6202	Cornstarch	0.00
6202	Crushed red pepper	2.00 ts
6202	Salad oil	0.50 ts
6202	Soy sauce	2.00 tb
6202	White wine vinegar	2.50 tb
6202	Chicken broth	0.50 c
6203	Butter	0.50 ts

Sheet1

6203	Garlic, minced	1.00 cl
6203	Bread crumbs	2.00 c
6203	Grated Parmesan cheese	0.75 c
6203	Parsley, chopped	0.25 c
6203	Chicken, cut up	1.00
6204	Frozen chopped broccoli	10.00 oz
6204	Cheddar cheese; shredded	8.00 oz
6204	Chicken; cooked; cut-up	1.50 c
6204	Onion; chopped	0.67 c
6204	Milk	1.33 c
6204	Eggs	3.00
6204	Bisquick	0.75 c
6204	Salt	0.50 ts
6204	Pepper	0.25 ts
6204	Round or 1 qt. square casser	1.50 qt
6205	Frozen chopped broccoli	10.00 oz
6205	Cheddar cheese; shredded	8.00 oz
6205	Chicken; cooked; cut-up	1.50 c
6205	Onion; chopped	0.67 c
6205	Milk	1.33 c
6205	Eggs	3.00
6205	Bisquick	0.75 c
6205	Salt	0.50 ts
6205	Pepper	0.25 ts
6205	Round or 1 qt. square casser	1.50 qt
6206	Creamed cottage cheese	0.75 c
6206	Small curd	0.00
6206	Grated parmesan cheese	0.33 c
6206	Garlic powder	0.50 ts
6206	Oregano	0.50 ts
6206	Basil	0.50 ts
6206	Tomato paste 6 oz.	1.00 cn
6206	Milk	1.00 c
6206	Eggs	2.00 x
6206	Bisquick	0.67 c
6206	Pepper	0.25 ts
6206	Chicken, cooked & diced	1.50 c
6206	Mozzarella cheese shredded	1.25 c
6207	Turkey; cooked;diced	2.00 c
6207	Seasoned salt	0.50 ts
6207	Prepared turkey stuffing	1.00 c
6207	Green onions; w/tops,sliced	0.25 c
6207	Green peas; cooked	0.50 c
6207	Milk	1.00 c
6207	Eggs	2.00
6207	Bisquick	0.50 c
6208	Turkey or chicken;cked;cutup	2.00 c
6208	Mushrooms; sliced; drained	4.50 oz
6208	Green onions; sliced	0.50 c

Sheet1

6208	Salt	0.50 ts
6208	Swiss Cheese; shredded	1.00 c
6208	Milk	1.50 c
6208	Bisquick	0.75 c
6208	Eggs	3.00
6209	Cooked, Cubed Chicken	2.50 lb
6209	Water	0.00
6209	Salt	0.00
6209	Celery Tops	0.00
6209	Butter	3.00 tb
6209	Tart Apple, Peeled And Diced	1.00 md
6209	Thinly Sliced Onion	1.00 md
6209	Curry Powder, Or More	1.00 tb
6209	Raisins	0.33 c
6209	Chicken Broth	1.00 c
6209	Coca-Cola	0.50 c
6209	Flour	3.50 tb
6209	Half And Half	1.00 c
6209	Salt	1.00 ts
6209	White Pepper	0.12 ts
6209	Hot Cooked Rice	0.00
6210	Chicken breasts or a	2.50 lb
6210	Chicken, cut-up	0.00
6210	Water	0.00
6210	Salt	0.00
6210	Celery tops	0.00
6210	Butter or margarine	3.00 tb
6210	Tart apple, peeled	1.00
6210	And diced	0.00
6210	Onion, thinly sliced	1.00 md
6210	Curry powder (or more	1.00 tb
6210	For experienced palates)	0.00
6210	Raisins	0.33 c
6210	Chicken broth	1.00 c
6210	COCA-COLA	0.50 c
6210	Flour	3.50 tb
6210	Coffee cream or undiluted	1.00 c
6210	Evaporated milk	0.00
6210	Salt	1.00 ts
6210	White pepper	0.12 ts
6210	Rice, cooked and hot	0.00
6211	Butter	2.00 tb
6211	Button mushrooms, chopped	2.00 oz
6211	Onion, chopped	1.00
6211	Garam Masala	2.00 ts
6211	All-purpose flour	3.25 c
6211	Chicken stock	0.67 c
6211	Cooked chicken, diced	8.00 oz
6211	Frozen corn, thawed	0.33 c



Sheet1

6211	Salt to taste	0.00
6211	Fresh ground pepper to taste	0.00
6211	Salt	0.25 ts
6211	Cold margarine, diced	0.33 c
6211	Lard, diced	0.33 c
6211	Cold water	0.25 c
6211	Egg, beaten	1.00
6211	Tomato slices, halved (opt)	0.00
6211	Fresh parsley sprigs (opt)	0.00
6212	To 6 skinned and boned	4.00
6212	chicken breasts	0.00
6212	Olive oil	3.00 tb
6212	Clove garlic, minced	1.00
6212	Onion, minced	1.00 sm
6212	Inch piece ginger root,	1.00
6212	minced	0.00
6212	Shelled, roasted, unsalted	1.00 c
6212	peanuts, pulverized in a	0.00
6212	Blender or chopper	0.00
6212	Soy sauce	1.00 tb
6212	Tumeric	1.00 ts
6212	Juice of 1 lime	0.00
6212	Chili peppers or other hot	3.00
6212	peppers (minimum), minced	0.00
6212	Water	1.00 c
6212	Onion, cut into rings	1.00 lg
6212	Olive oil	1.00 tb
6212	Rice	0.00
6213	From: Judy Garnett PJXG05A	0.00
6213	Sm Cabbage; cut in wedges	1.00
6213	Mushrooms; canned	1.00 c
6213	Tapioca; quick cooking	2.00 tb
6213	Chicken; broiler or fryer -	1.00
6213	And frozen	0.00
6213	Jars Meatless spaghetti sau	1.00
6213	Parmesan cheese; grated	0.00
6214	Chicken Breast	2.00
6214	Oregano	0.50 ts
6214	Pepper	0.12 ts
6214	Onion, chopped	1.00
6214	Mozzarella cheese	4.00 oz
6214	Lemon juice	1.00 ts
6214	Salt	0.25 ts
6214	Margarine	0.25 c
6214	Chicken broth	1.00 c
6214	Egg noodles	8.00 oz
6215	Boneless, skinless chicken	2.00
6215	breast halves	0.00
6215	Fresh broccoli	1.00 lb

Sheet1

6215	Vegetable oil	2.00 tb
6215	Onion, chunked	1.00 md
6215	Water	2.00 tb
6215	Medium-size red bell	2.00
6215	peppers, chunked	0.00
6215	Fresh mushrooms, quartered	0.50 lb
6215	Kikkoman Stir-Fry Sauce	0.33 c
6215	Crushed red pepper	0.25 ts
6216	Boneless chicken breasts	8.00 oz
6216	Lime juice	0.25 c
6216	Water	2.00 tb
6216	Clove garlic	1.00
6216	Jalapeno Flavor Process	0.00
6216	Cheese Product	0.00
6216	Lettuce	0.00
6216	Green onions	0.00
6216	Tomatoes	0.00
6216	Ripe olives	0.00
6216	Flour tortillas	0.00
6217	Ground allspice	1.00 tb
6217	Dried thyme	1.00 tb
6217	Cayenne pepper	1.50 ts
6217	Freshly ground black pepper	1.50 ts
6217	Ground sage	1.50 ts
6217	Ground netmeg	0.75 ts
6217	Ground cinnamon	0.75 ts
6217	Salt (NO) use Tamari	2.00 tb
6217	Garlic powder (NO) fresh	2.00 tb
6217	Sugar	1.00 tb
6217	Olive oil	0.25 c
6217	Soy sauce	0.25 c
6217	White Vinegar	0.75 c
6217	Orange juice	0.50 c
6217	Lime juiced	1.00
6217	Scotch bonnet pepper	1.00
6217	Green onions, finely chopped	3.00
6217	Onion, finely chopped	1.00 c
6217	Chicken breasts	4.00
6218	CHICKEN -----	0.00 -----
6218	Boneless chicken breast	1.00 lb
6218	halves	0.00
6218	Jerk Seasoning	2.00 ts
6218	Flour tortillas	8.00
6218	Black beans, cooked, drained	1.50 c
6218	and mashed	0.00
6218	Light sour cream	1.00 c
6218	PAPAYA -----	0.00 -----
6218	Ripe papaya, diced	0.75 c
6218	Fresh pineapple, diced	0.75 c

Sheet1

6218	Diced jicama	0.50 c
6218	Chopped red onion	3.00 tb
6218	Chili pepper, serrano or	1.00
6218	jalapeno, seeded and minced	0.00
6218	Garlic clove, minced	1.00
6218	Lime zest	2.00 ts
6218	Fresh lime juice	2.00 tb
6218	Minced cilantro	1.00 tb
6219	Chicken pieces	3.00 lb
6219	Flour	0.50 c
6219	Dry Italian-style salad dres	1.00 pk
6219	Salt	0.00
6219	Egg	1.00
6219	Club soda	2.00 tb
6219	(or more) pancake mix	1.00 c
6219	Poultry seasoning	1.00 ts
6219	Paprika	1.00 ts
6219	Pepper	0.25 ts
6219	Oil for deep frying (the rea	0.00
6220	Chicken breasts	2.00 lb
6220	Cloves garlic, crushed	6.00
6220	Salt	2.00 ts
6220	Black peppercorns, coarsely	2.00 tb
6220	ground	0.00
6220	Whole plants fresh	4.00
6220	coriander, including roots	0.00
6220	Lemon juice	2.00 tb
6221	RED CURRY PASTE -----	0.00 -----
6221	Dry Hot Chili Peppers.	5.00
6221	Lemon Grass (Sliced).	1.00 tb
6221	Galanga.	2.00 sl
6221	Coriander Seeds.	1.00 tb
6221	Cumin.	2.00 ts
6221	Fennel Seed.	1.00 ts
6221	Black Peppers.	1.50 ts
6221	Ground Nutmeg.	0.25
6221	Shallots.	3.00
6221	Cloves of Garlic.	5.00
6221	Shrimp Paste.	1.00 ts
6221	Coriander Roots.	3.00
6221	Zest from 1/4 Sm Kaffir Lime	0.00
6221	Salt	0.50 ts
6221	OTHER INGREDIENTS -----	0.00 -----
6221	Roast Duck.	1.00
6221	Plum Tomatoes.	5.00
6221	* Small Thai Eggplants.	0.50 c
6221	Fresh Med.Hot Chili Peppers.	4.00
6221	Kaffir Lime Leaves.	4.00
6221	Thai Basils (Horapha).	0.50 bn

Sheet1

6221	Coconut Sugar.	1.00 ts
6221	Coconut "Cream".	3.00 c
6221	Coconut "Milk".	5.00 c
6221	Fish Sauce.	0.00
6222	Fryer, cut up	1.50 lb
6222	Salt to taste	0.00
6222	Oil	0.00
6222	Piece fresh ginger	1.00
6222	Clove garlic, minced	1.00
6222	Onion, sliced	1.00 md
6223	Onion, chopped	1.00 md
6223	Clove garlic, minced	1.00
6223	Ground pork	0.50 lb
6223	Or 1/3 pkg fried cured pork	0.25
6223	rinds	0.00
6223	Red OR white pepper to taste	0.00
6223	Salt or Nam Pla	0.00
6223	Coconut milk	0.00
6223	Chicken	2.00 lb
6224	Olive oil	1.00 tb
6224	Whole chickens (3-lbs ea)	2.00 ea
6224	Ground ginger	2.00 ts
6224	Paprika	1.00 ts
6224	Cloves garlic minced	3.00 ea
6224	Large onion chopped	1.00 ea
6224	Saffron	0.25 ts
6224	Nutmeg	0.50 ts
6224	Salt	2.00 ts
6224	Black pepper Fresh grnd.	2.00 tb
6224	Chicken stock	2.00 c
6224	Green olives chopped	1.00 c
6224	without pimientos	0.00
6224	Lemon rinds minced	4.00 tb
6225	Shallots, peeled and chopped	8.00
6225	Garlic Cloves, peeled and	2.00
6225	chopped	0.00
6225	Chopped Candlenuts *	4.00
6225	Water	2.00 tb
6225	Thick Coconut Milk	2.50 c
6225	Ground Ginger	1.00 ts
6225	Ground New Mexico Chili	1.00 ts
6225	Ground Turmeric	1.00 ts
6225	Salam or Bay Leaf	1.00
6225	Salt to taste	0.00
6225	Chicken cut up	3.50 lb
6226	Skinless, boneless Turkey	2.00
6226	Thighs	0.00
6226	Salt	0.50 ts
6226	Kentucky Marinade	1.00

## Sheet1

6226	Strips thinly sliced Bacon	8.00
6226	KENTUCKY MARINADE -----	0.00 -----
6226	Scallions	1.00 bn
6226	Dijon Mustard	0.33 c
6226	Kentucky Bourbon Whiskey	0.25 c
6226	(packed) Brown Sugar	0.25 c
6226	Flavorless cooking Oil	0.25 c
6227	Cream of chicken soup	1.00 cn
6227	Cream of mushroom soup	1.00 cn
6227	Rotel tomatoes w/ peppers	0.50 cn
6227	Onion, chopped	0.50 c
6227	Green pepper, chopped	0.50 c
6227	Chicken, boiled	1.00
6227	Tortillas, or	12.00
6227	Grated Monterey Jack cheese	1.00 pk
6227	Tortilla chips, or noodles	1.00 pk
6227	Chicken broth	1.00 c
6228	Frying or roasting chicken*	1.00
6228	Lemon (juice only)	1.00
6228	Sweet butter & oil, mixed	4.00 tb
6228	Dry white wine (optional)	0.50 c
6228	Peeled, chopped tomatoes	1.50 lb
6228	Tomato paste; mixed w/ water	1.00 tb
6228	Water to mix w tomato paste	0.25 c
6228	Large stick cinnamon	1.00
6228	Whole cloves	3.00
6228	Salt & freshly ground pepper	0.00
6228	Fresh parsley or watercress	0.00
6229	Milk	0.25 c
6229	Chicken breasts, boned &	2.00 lb
6229	skinned	0.00
6229	or -	0.00
6229	Turkey breast meat	2.00 lb
6229	Italian type white bread	5.00 ea
6229	slices	0.00
6229	Unsalted butter	0.25 lb
6229	Salt	0.75 ts
6229	White pepper	0.50 ts
6229	Dried bread crumbs	2.00 c
6229	Unsalted butter in small pcs	10.00 tb
6230	ROAST CHICKEN	0.00
6230	Chicken	3.00 lb
6230	Black pepper fresh ground	1.00 t
6230	Butter melted	4.00 T
6230	Vegetable oil	1.00 T
6230	Salt	0.75 t
6230	WALNUT SAUCE	0.00
6230	Walnuts, shelled,pulverized	1.00 c
6230	into a paste	0.00

## Sheet1

6230	Salt	0.50 t
6230	Saffron	0.12 t
6230	Bay leaf	1.00 ea
6230	Cinnamon ground	0.12 t
6230	Cayenne flakes or Tabasco	0.12 t
6230	sauce	0.00
6230	Parsley freshly chopped fine	1.00 T
6230	Butter	2.00 T
6230	Garlic cloves minced	2.00 ea
6230	Onions chopped	2.00 T
6230	Flour	1.00 T
6230	Chicken stock	1.50 c
6230	Red wine vinegar or cider	2.00 T
6230	vinegar	0.00
6230	Cloves powdered	0.25 t
6231	Roasting chicken (3-4 lbs)	1.00 md
6231	Olive oil	3.00 tb
6231	Salt	0.00
6231	Freshly ground black pepper	0.00
6231	Orzo	1.50 c
6231	Onions; coarsely chopped	3.00 md
6231	Garlic cloves; minced	2.00
6231	Bell peppers; cored, seeded, and finely chopped	2.00 lg 0.00
6231	Peeled, chopped plum tomatoes	1.00 c
6231	Ground cumin	0.50 ts
6231	Brandy	0.33 c
6231	Water	4.00 c
6231	Grated Parmesan cheese	0.00
6232	Neufchatel cheese, softened	4.00 oz
6232	Dried whole tarragon, divide	0.75 ts
6232	Chicken breasts	8.00
6232	Egg white	1.00
6232	Water, divided	0.25 c
6232	Fine, dry breadcrumbs	0.33 c
6232	Toasted wheat germ	2.00 tb
6232	Unsweetened orange juice	1.50 c
6232	Sugar	1.00 tb
6232	Clove garlic, halved	1.00
6232	Cornstarch	1.00 ts
6232	White wine vinegar	2.00 tb
6232	Orange-flavored liqueur	1.50 tb
6232	Sliced kumquats divided	1.50 c
6233	Chicken Breast, Boned	1.00 lb
6233	Cut Into 1" Cubes	0.00
6233	Soy Sauce	4.00 tb
6233	Cold Water	1.50 tb
6233	Cornstarch	0.00
6233	Garlic Salt	0.25 ts

Sheet1

6233	Dried Red Chiles	4.00
6233	Or More To Taste	0.00
6233	White Wine Or Sherry	1.00 tb
6233	Sugar	1.00 tb
6233	Salt	0.50 ts
6233	Sesame Oil	1.00 ts
6233	Oil For Deep Frying	0.00
6233	Chopped Peeled Ginger root	1.00 ts
6233	Peanuts	0.50 c
6234	Chicken Breast	1.00 ea
6234	Dry Sherry	2.00 ts
6234	Vegetable Oil	1.00 tb
6234	Soy Sauce	3.00 tb
6234	Red Rice Vinegar	2.00 tb
6234	Cornstarch Paste	0.50 ts
6234	Water Chestnuts, in 1/4s	8.00 ea
6234	Green Onions (white part)	2.00 ea
6234	Sesame Oil	0.25 ts
6234	Roasted Peanuts	0.25 c
6234	Soy Sauce	2.00 ts
6234	Cornstarch	1.00 ts
6234	Vegetable Oil for blanching	1.00 x
6234	Dry Sherry	1.00 tb
6234	Sugar	1.00 ts
6234	Dried Chili Pods	10.00 ea
6234	Bamboo Shoots, diced	0.25 c
6234	Garlic Clove, minced	1.00 ea
6234	Hot Chili Oil	1.00 ts
6235	Boned Chicken	2.00 lb
6235	Hot Red Chiles	8.00
6235	Peanuts	0.50 c
6235	Chopped Ginger	1.00 ts
6235	Cornstarch In An Equal	1.50 tb
6235	Amount Of Water	0.00
6235	Soy Sauce	1.00 tb
6236	Chicken thighs, boned	1.25 lb
6236	Egg	1.00
6236	+ 2 tea. cornstarch	1.50 tb
6236	Soy sauce	4.00 tb
6236	Peanut oil	4.00 tb
6236	Bamboo shoots, drained and	19.00 oz
6236	Cubed	0.00
6236	Scallions, white only, diced	8.00
6236	3/4 inch	0.00
6236	To 5 dried chili peppers,	3.00
6236	cut into 1/2 inch pieces	0.00
6236	Cold water	1.50 tb
6236	Rice wine	2.00 tb
6236	Sesame oil	2.00 ts

Sheet1

6236	Chinese black vinegar	1.50 tb
6236	+ 1 teaspoon sugar	1.00 tb
6236	Minced fresh ginger	2.00 ts
6236	Clove garlic, minced	1.00
6236	Unsalted, roasted peanuts	1.00 c
6237	SAUCE -----	0.00 -----
6237	Chicken Broth	0.50 c
6237	Soy Sauce	2.00 tb
6237	Cornstarch	1.00 tb
6237	Rice Vinegar	1.00 tb
6237	Sugar	1.00 ts
6237	Sesame Oil	0.25 ts
6237	CHICKEN & VEGETABLES -----	0.00 -----
6237	Cornstarch	1.50 tb
6237	Soy Sauce	1.00 tb
6237	Dry Sherry	1.00 tb
6237	Boneless, Skinless Chicken	1.00 lb
6237	Breasts, Cut Into 2-Inch	0.00
6237	Strips	0.00
6237	Oil, Divided	6.00 tb
6237	Dried Red Chilies	12.00
6237	Unsalted Dry Roasted Peanuts	0.25 c
6237	Sliced Water Chestnuts	8.00 oz
6237	Sliced Bamboo Shoots	8.00 oz
6237	Diced Green Or Red Bell	1.00
6237	Pepper	0.00
6237	Fresh Garlic, Minced	1.00 ts
6237	Minced Fresh Ginger	1.00 ts
6237	Sliced Green Onions	0.25 c
6238	Chicken	1.00 lb
6238	Soy sauce	2.00 tb
6238	Cornstarch	1.00 tb
6238	Rice wine	1.00 tb
6238	Peanuts	2.50 oz
6238	Scallions	4.00
6238	Dried chiles	8.00
6238	Ginger	3.00 sl
6238	Sugar	2.00 ts
6238	Sesame oil	2.00 ts
6238	Oil for frying	0.00
6239	Whole chicken breast,	1.00
6239	skinned and boned	0.00
6239	Cornstarch, divided	2.00 tb
6239	Kikkoman teriyaki sauce,	3.00 tb
6239	divided	0.00
6239	Ground red pepper (cayenne)	0.25 ts
6239	Water	0.75 c
6239	Distilled white vinegar	4.00 tb
6239	Romaine lettuce	0.75 lb



Sheet1

6239	Oil, divided	2.00 tb
6239	Roasted peanuts	0.33 c
6240	Peanuts	1.00 c
6240	Chicken; breast, cut 1" pcs	1.00 lb
6240	Marinade; chicken:	0.00
6240	Rice wine ;or dry sherry	2.00 ts
6240	Cornstarch	1.00 ts
6240	Sesame oil	1.00 ts
6240	Dark soy sauce	1.50 tb
6240	Red wine vinegar	2.00 tb
6240	Sugar	2.00 ts
6240	Peanut oil;or corn oil	2.00 tb
6240	Salt	0.50 ts
6240	Sm Red chile;;dried, seeded	8.00
6240	Ginger; fresh minced	2.00 ts
6240	Garlic; minced	2.00 c
6240	Bell pepper; seeded, cut in	1.00
6241	Whole chicken breasts	2.00
6241	SAUCE -----	0.00 -----
6241	Egg white	1.00
6241	Cornstarch	1.00 tb
6241	Soy sauce	1.00 tb
6241	Cold water	1.00 tb
6241	COOKING INGREDIENTS -----	0.00 -----
6241	Scallions, cut in 1/4 in	2.00
6241	Whole dried red chili pepper	8.00
6241	Sugar	1.00 ts
6241	Salt	0.50 ts
6241	Cornstarch	1.00 ts
6241	Soy sauce	1.00 tb
6241	Distilled white vinegar	1.00 ts
6241	Sesame oil	1.00 ts
6241	Water	2.00 tb
6241	Peanut or corn oil	6.00 tb
6241	Roasted peanuts	0.50 c
6242	Corn OR peanut oil	1.00 tb
6242	Ground turmeric	0.12 ts
6242	Thin-sliced onion	2.00 tb
6242	Chopped fresh ginger	0.50 ts
6242	Clove garlic, sliced	1.00
6242	Dried hot red chili flakes	0.50 ts
6242	Stalk lemongrass, cut into	1.00
6242	4-inch pieces and lightly	0.00
6242	Pounded	0.00
6242	Cornish game hen, incl.	1.00
6242	giblets, cut into 8 pieces	0.00
6242	Fish sauce (nam pya ye)	1.00 tb
6242	Salt	0.50 ts
6242	Chicken broth	1.00 c

Sheet1

6243	Tomatillos,quartered	0.25 lb
6243	Water	0.50 c
6243	Clove garlic,whole	1.00
6243	Serrano chiles	2.00
6243	Salt	0.25 ts
6243	Pepper	0.25 ts
6243	Cilantro leaves,loosely	0.33 c
6243	packed,chopped	0.00
6243	Chicken stock ,if needed	0.00
6243	Whole chicken breasts	2.00
6243	Lightly salted water	0.00
6243	Chicken stock	1.00 c
6243	Peanut oil	1.00 c
6243	Corn tortillas	8.00
6243	Sour cream	1.00 c
6243	Mozzarella cheese,grated	1.00 lb
6244	Butter; melted or chicken	2.00 tb
6244	fat (up to 3T)	0.00
6244	Onion; thinly sliced	1.00
6244	Celery; diced	0.50 c
6244	Turkey; cooked,diced	2.00 c
6244	(up to 3 cups)	0.00
6244	SAUCE -----	0.00 -----
6244	Turkey or chicken fat	2.00 tb
6244	(I would use butter)	0.00
6244	Flour	3.00 tb
6244	Water	2.50 c
6244	Savory	0.50 ts
6244	Salt	0.50 ts
6244	Pepper	0.50 ts
6244	Cream	0.25 c
6244	HOT BISCUITS -----	0.00 -----
6244	Flour; all purpose	2.00 c
6244	Baking powder	1.00 tb
6244	Salt	1.00 ts
6244	Cream	0.75 c
6244	Eggs; beaten	2.00
6245	Skinless, boneless chicken	4.00
6245	breast halves	0.00
6245	Cream of broccoli soup	1.00 cn
6245	Milk	0.25 c
6245	Pepper	0.12 ts
6245	Lemon	1.00
6245	Vegetable oil	1.00 tb
6246	Chicken breast, boneless, sk	4.00
6246	Butter	3.00 ts
6246	Water	3.00 ts
6246	Lemon juice	1.00 ts
6246	Chicken bouillon mix	1.50 ts

Sheet1

6246	Chopped parsley	0.00
6246	Lemon slices	0.00
6247	Vegetable oil	1.00 tb
6247	Cornstarch dissolved in	1.00 ts
6247	Soy sauce	2.00 ts
6247	Sherry	0.50 ts
6247	Vegetable oil	1.00 ts
6247	Boned chicken breasts halves	4.00
6247	Flattened 1/2" thick	0.00
6247	Vegetable oil	0.00
6247	Bean sprouts	0.67 c
6247	Cornstarch	0.00
6247	Snow peas sliced thinly	0.67 c
6247	Water	0.75 c
6247	Water chestnuts sliced	0.50 c
6247	Sugar	3.00 tb
6247	Tomato wedges, lemon	0.00
6247	Catsup	2.00 tb
6247	Slices, green onion slices	0.00
6247	Lemon juiced	1.00
6247	And crushed almonds	0.00
6247	Salt	1.00 pn
6248	Vegetable Oil	1.00 tb
6248	Cornstarch	1.00 ts
6248	Soy Sauce	2.00 ts
6248	Sherry	0.50 ts
6248	Vegetable Oil	1.00 ts
6248	Boned Chicken Breasts Halves	4.00
6248	Flattened 1/2" Thick	0.00
6248	Vegetable Oil	0.00
6248	Bean Sprouts	0.67 c
6248	Cornstarch	0.00
6248	Snow Peas Sliced Thin	0.67 c
6248	Water	0.75 c
6248	Water Chestnuts Sliced	0.50 c
6248	Sugar	3.00 tb
6248	Tomato Wedges, Lemon	0.00
6248	Catsup	2.00 tb
6248	Green Onion Slices	0.00
6248	Lemon Juiced	1.00
6248	And Crushed Almonds	0.00
6248	Salt	1.00 pn
6249	CHICKEN -----	0.00 -----
6249	Whole chicken breasts	4.00
6249	Cornstarch	0.50 c
6249	Salt	0.50 ts
6249	Pepper	0.12 ts
6249	Water	0.25 c
6249	Egg yolks, slightly beaten	4.00

Sheet1

6249	Vegetable oil	3.00 c
6249	Green onions, sliced	4.00
6249	LEMON SAUCE -----	0.00 -----
6249	Water	1.50 c
6249	Lemon juice	0.50 c
6249	Packed light brown sugar	3.50 tb
6249	Cornstarch	3.00 tb
6249	Honey	3.00 tb
6249	Instant chicken bouillon	2.00 ts
6249	Granules	0.00
6249	Grated pared fresh ginger	1.00 ts
6249	Root	0.00
6250	Whole chicken breasts	2.00
6250	Water chestnut powder	0.33 c
6250	Lemon sauce	0.33 c
6250	Vegetable oil	5.00 c
6250	Water	1.00 tb
6250	Sugar	0.50 tb
6250	Cornstarch paste	0.00
6251	Whole skinned/boned chicken	3.00
6251	breasts	0.00
6251	Vodka	1.00 tb
6251	Sesame oil	0.50 ts
6251	Egg white	1.00
6251	Sugar	0.75 c
6251	Cornstarch	1.00 tb
6251	White vinegar	0.50 c
6251	Grated lemon rind	0.00
6251	Whole juiced lemon	1.00
6251	Chicken stock	0.25 c
6251	Cleaned carrot	1.00
6251	Trimmed scallion	1.00
6251	Thin cut green pepper	0.25 c
6251	Drained pineapple	0.25 c
6251	Water chestnut powder	0.75 c
6251	Peanut oil for frying	0.00
6251	Lemon extract	0.50 ts
6252	Chicken	3.00 lb
6252	Lemon juice	0.50 c
6252	Garlic cloves; crushed	0.50 c
6252	Seasoned salt	1.00 ts
6252	Poultry seasoning	1.00 ts
6252	Tabasco	2.00 ds
6252	White wine	1.00 c
6253	Frozen Lemonade Concentrate	6.00 oz
6253	;Water	1.00 c
6253	Fryer; Cut up	2.50 lb
6253	Flour; Unbleached	0.25 c
6253	Salt	1.00 ts

Sheet1

6253	Black Pepper; Ground	0.25 ts
6253	Vegetable Oil	1.00 c
6253	Butter; Melted	2.00 tb
6254	Stephen Ceideburg	0.00
6254	Chicken parts	2.00 lb
6254	Stalks lemongrass	2.00
6254	Fish sauce	2.00 tb
6254	Sugar	1.00 ts
6254	Kosher salt	0.50 ts
6254	Freshly ground pepper	0.25 ts
6254	Green onions, cut into	3.00
6254	1-inch pieces	0.00
6254	Minced garlic	1.00 tb
6254	Oil, for stir frying	0.00
6254	Fresh red chiles, seeded and	2.00
6254	julienned	0.00
6254	Handful fresh basil or mint	1.00
6254	leaves or a combination	0.00
6254	(optional)	0.00
6255	Corn Tortillas	12.00
6255	Medium onion, chopped	1.00
6255	Clove garlic, pressed/minced	1.00
6255	Lean ground chicken	0.50 lb
6255	Can, tomato puree	16.00 oz
6255	Canned whole green chiles	0.25 c
6255	Salt	0.50 ts
6255	Defatted, chicken stock	2.50 c
6255	Dry instant non-fat milk	2.00 c
6255	Low fat Swiss cheese grated	0.50 lb
6255	Fresh cilantro garnish	1.00
6256	Chicken thigh	6.00 ea
6256	Oil	2.00 tb
6256	Onion, med; chopped	1.00 ea
6256	Garlic clove; crushed	2.00 ea
6256	Thai chile, dried; crushed	0.25 ts
6256	Cumin, ground	1.00 ts
6256	Coriander, ground	1.00 ts
6256	Turmeric	0.50 ts
6256	Soy sauce	2.00 tb
6256	Lime wedges	1.00 x
6257	Peanut oil, divided	2.00 tb
6257	Chicken livers, trimmed,	1.00 lb
6257	sliced	0.00
6257	Fermented black beans,	2.00 tb
6257	rinsed, drained	0.00
6257	Garlic clove, minced	1.00
6257	Finely chopped fresh ginger	1.00 ts
6257	Snow peas, trimmed	0.25 lb
6257	Soy sauce	1.00 tb

Sheet1

6257	Sherry	1.00 tb
6257	Chicken broth	0.50 c
6257	Green onions, finely chopped	2.00
6258	LOW FAT COCONUT MILK -----	0.00 -----
6258	Non Fat Plain Yogurt	18.00 oz
6258	Non Fat Milk	8.00 oz
6258	Packets Equal Sweetener	2.00
6258	Imitation Coconut Extract	2.00 ts
6258	CURRY -----	0.00 -----
6258	Low Fat Coconut Milk	3.00 c
6258	Thai Red Curry Base	1.00 tb
6258	Cubed Chicken	1.00 lb
6258	Fish Sauce	2.00 tb
6258	Lemon Juice	2.00 ts
6258	Tomato, Diced	1.00
6258	Scallions, Diced	3.00
6258	Mushrooms, Sliced	2.00 c
6258	Yellow Pepper, Diced	1.00
6258	Thai Garlic Chili Sauce	2.00 ts
6258	Fresh Sweet Basil	0.00
6259	STEP ONE -----	0.00 -----
6259	Chicken breasts;*	2.00
6259	Salt & Pepper to taste	0.00
6259	STEP TWO -----	0.00 -----
6259	Ripe banana; medium/mashed	1.00
6259	Orange curacao OR	0.33 c
6259	Grand Marnier	0.33 c
6259	Lemon juice	1.50 ts
6259	Dark corn syrup	0.25 c
6259	Salt	0.25 ts
6259	STEP THREE -----	0.00 -----
6259	Butter	0.25 c
6259	Chopped walnuts	0.25 c
6259	Raisins	2.00 tb
6259	Salt	0.12 ts
6259	Pepper	0.12 ts
6259	Soft bread crumbs	0.50 c
6259	STEP FOUR -----	0.00 -----
6259	Banana; sliced	0.50
6260	Ducks, 4-1/2; 4-3/4 lb	2.00
6260	MARINADE -----	0.00 -----
6260	Scotch	0.25 c
6260	Fresh gingerroot, peeled &	3.00 tb
6260	shredded	0.00
6260	Garlic, minced	1.50 ts
6260	Orange zest, julienned	2.00 tb
6260	Coriander seeds, crushed	1.00 ts
6260	Black peppercorns, crushed	1.00 ts
6260	Soy sauce	0.75 c

Sheet1

6260	Honey	2.00 tb
6260	Dark brown sugar, packed	2.00 tb
6260	Bread	2.00 sl
6260	Scallions	2.00
6260	Parsley	2.00
6260	Beer	3.00 c
6260	SAUCE -----	0.00 -----
6260	Brown stock	1.75 c
6260	Arrowroot, dissolved in	2.00 ts
6260	Cold water	3.00 tb
6260	Kumquats for garnish	0.00
6261	Stephen Ceideburg	0.00
6261	Cornish game hens	6.00
6261	Kaffir lime leaves, or fresh	10.00
6261	lime leaves	0.00
6261	Candlenuts, soaked in water	6.00
6261	for 10 minutes, or	0.00
6261	substitute skinless almonds	0.00
6261	Stalks fresh lemon grass,	5.00
6261	trimmed, sliced	0.00
6261	Shallots, peeled and halved,	10.00 lg
6261	or 2 onions	0.00
6261	Garlic cloves, peeled,	10.00
6261	halved	0.00
6261	Red jalapeno chiles,	8.00
6261	stemmed,seeded	0.00
6261	Turmeric	1.00 ts
6261	Coconut milk	13.50 oz
6261	Sugar	3.00 tb
6261	Salt	1.00 tb
6261	Vegetable oil	0.33 c
6261	Lime, cut into wedges	1.00
6262	Ducks, ready to cook	2.00
6262	Pepper	1.00 ts
6262	Olive oil, light	1.00 tb
6262	Bay leaves	1.50
6262	Rosemary	0.25 ts
6263	Whole chicken breasts, boned	2.00
6263	and skinned	0.00
6263	Butter	3.00 tb
6263	Sliced mushrooms	1.50 c
6263	All-purpose flour	2.00 ts
6263	Water	0.67 c
6263	Frozen orange juice	0.25 c
6263	concentrate, thawed	0.00
6263	Instant chicken broth and	2.00 pk
6263	seasoning mix	0.00
6263	Can Mandarin orange sections	11.00 oz
6263	Thinly sliced green onions	0.50 c

Sheet1

6263	Cooked rice	0.00
6264	Chicken wings	20.00
6264	Sugar	1.00 c
6264	Garlic salt	0.12 ts
6264	Vinegar	0.75 c
6264	Cornstarch	1.50 c
6264	Water	0.25 c
6264	Eggs	3.00
6264	Soy sauce	0.12 c
6264	Water	6.00 tb
6264	Catsup	0.50 c
6264	cooking oil	0.00
6264	Slivered almonds, walnuts, or grated sesame	0.50 c 0.00
6265	All purpose flour	0.75 c
6265	Salt	0.12 ts
6265	Eggs	2.00
6265	Milk	0.75 c
6265	+ 1 teaspoon vegetable oil	1.00 tb
6265	divided	0.00
6265	Boneless chicken breasts cut into 1/2 inch pieces	1.25 lb 0.00
6265	Chopped onion	1.00
6265	Cut in half garlic clove	1.00
6265	Minced ginger root	1.00 ts
6265	Cornstarch	1.00 tb
6265	Water	0.00
6265	Firm packed light brown sugar	2.00 tb 0.00
6265	Cider vinegar	0.25 c
6265	Lite soy sauce	1.00 tb
6265	Pepper	0.12 ts
6265	(11-oz) mandarin oranges drained and juice reserved	1.00 cn 0.00
6265	(8-oz) sliced drained water chestnuts	1.00 cn 0.00
6265	Chopped parsley	1.00 tb
6266	Chicken wings	20.00
6266	Garlic salt	0.12 ts
6266	Cornstarch	1.50 c
6266	Eggs	3.00
6266	Water	6.00 tb
6266	Cooking oil	0.00
6266	Sugar	1.00 c
6266	Vinegar	0.75 c
6266	Water	0.25 c
6266	Soy sauce	0.12 c
6266	Catsup	0.50 c
6266	Slivered almonds, walnuts	0.50 c



Sheet1

6267	(3 Lb.) Cornish Hens	2.00
6267	Water	0.50 c
6267	Frozen Orange Juice,	2.00 tb
6267	Thawed & Undiluted	0.00
6267	Fines Herbes	1.00 ts
6267	Chicken Bouillon Granules	0.50 ts
6267	Reduced Sodium Soy Sauce	2.00 ts
6268	Chicken, broilers:young,	2.00
6268	tender	0.00
6268	Flour	0.00
6268	Salt & pepper	0.00
6268	Butter	4.00 tb
6268	Onions, large;thinly sliced	2.00
6268	Aniseed	1.00 pn
6268	Savory	1.00 pn
6268	Maple syrup; 1 Tbsp per	8.00 tb
6268	piece of chicken	0.00
6268	Cider or water	0.50 c
6269	Chicken, cut up (cut large	1.00
6269	Pieces into 2 pieces)	0.00
6269	Oil	1.00 c
6269	Vinegar	2.00 c
6269	Onion powder	2.00 ts
6269	Garlic powder	0.50 ts
6269	White pepper	2.00 ts
6269	Marjoram	1.00 ts
6269	Rosemary	1.00 ts
6269	Salt	2.00 ts
6270	2 1/2-3 lb Frying Chicken	1.00
6270	Lemon juice	0.50 c
6270	Vegetable oil	0.50 c
6270	Imported Soy Sauce	0.25 c
6270	Grated Ginger Root OR	1.00 ts
6270	Ground ginger	1.00 tb
6270	Onion Salt	1.00 ts
6270	Garlic Powder	0.25 ts
6271	Greek virgin olive oil	2.00 c
6271	Chicken breasts	8.00 lg
6271	(skin & bones removed)	0.00
6271	Garlic cloves; crushed	6.00
6271	Lemons; juiced	2.00
6271	Fresh oregano; chopped	2.00 tb
6271	White pepper	0.12 ts
6271	Feta cheese; cut in 8 slices	4.00 oz
6272	Turkey breast slices	6.00 oz
6272	Lemon peel	0.25 ts
6272	Lemon juice	1.00 tb
6272	Oil	2.00 ts
6272	Chicken bouillon granules	0.50 ts

## Sheet1

6272	Thyme; crushed	0.12 ts
6272	Clove Garlic; minced	1.00
6272	Salt	0.00 ds
6272	Pepper	0.00 ds
6272	Zucchini; sliced	1.50 c
6272	Cornstarch	1.50 ts
6273	Chicken, cut in parts	1.00 ea
6273	Italian bread crumbs	1.25 c
6273	Mayonnaise	0.50 c
6274	Chicken, cut up	2.50 lb
6274	Oregano	0.50 ts
6274	Fine dry bread crumbs	0.50 c
6274	Thyme	0.50 ts
6274	Parmesan cheese, grated	0.50 c
6274	Epper	0.25
6274	Parsley flakes	2.00 ts
6274	Melted butter	0.25 c
6274	Salt	1.00 ts
6275	Chicken breasts, split	4.00
6275	Eggs	4.00
6275	Bottled taco sauce	0.25 c
6275	Salt	0.50 ts
6275	Fine dry bread crumbs	2.00 c
6275	Chili powder	2.00 ts
6275	Ground cumin	2.00 ts
6275	Garlic powder	1.00 ts
6275	Dried whole oregano,	1.00 ts
6275	crumbled	0.00
6275	Butter or margarine, melted	0.25 c
6275	Shredded Iceburg lettuce	0.00
6275	Shredded Longhorn or Cheddar	0.00
6275	cheese	0.00
6275	Tomato wedges	0.00
6275	Dairy sour cream	0.00
6276	Flour tortillas	1.00 pk
6276	Ro-tel tomatoes and onions	1.00 c
6276	Fryer chicken	0.00
6276	Cream of chicken soup	1.00 c
6276	Cream of mushroom soup	1.00 c
6276	Onion, chopped	0.00
6276	Garlic salt	1.00 ts
6276	Chili powder	1.00 ts
6276	Cheddar cheese	0.50 lb
6277	Veg. oil	2.00 tb
6277	Lg onion; chopped	1.00
6277	Cloves garlic; minced	2.00
6277	Red/green bell pepper	1.00
6277	Seeded and chopped	0.00
6277	Condensed tomato soup	2.00 cn

Sheet1

6277	Enchilada sauce; Rosarita	10.00 oz
6277	Salt	1.50 ts
6277	Pepper	0.50 ts
6277	Chili powder	2.00 tb
6277	Ground cumin	1.00 ts
6277	Cheese Filling*	0.00
6277	Lasagne**	10.00 oz
6277	Cooked chicken or turkey	4.00 c
6277	Cut into bite-size pieces	0.00
6277	Sharp Cheddar; sliced	6.00 oz
6277	Jack Cheese; sliced	6.00 oz
6278	Water	0.50 c
6278	Tomato; Peeled & Seeded,1 Md	0.50 c
6278	Vegetable Oil	1.00 tb
6278	Chili Powder	2.00 ts
6278	Instant Chicken Bouillon	1.00 ts
6278	Cooked Chicken Or Turkey; *	1.00 c
6278	Eggs; Large	8.00 ea
6278	Water	0.25 c
6278	Salt	0.50 ts
6278	Pepper	0.12 ts
6278	Margarine Or Butter	4.00 tb
6279	Chicken breasts, skinned and	2.00
6279	boned	0.00
6279	Dried bread crumbs	1.00 tb
6279	Grated Parmesan cheese	1.00 tb
6279	Mild green chilis, chopped	2.00 tb
6279	Chili powder	0.50 ts
6279	Egg, beaten	1.00
6279	Moneterey Jack cheese, cut	1.00 oz
6279	into two slices, 3 x 1 in.	0.00
6280	Oil	0.50 c
6280	Lemons, juiced	2.00
6280	Garlic powder	2.00 tb
6280	Saffron	0.25 ts
6280	Chicken, cut-up	2.50 lb
6280	Nutmeg	0.25 ts
6280	(7 oz) green olives	1.00 cn
6280	White wine	4.00 c
6280	Onion, diced	1.00
6281	Chicken breast;or 1 chicken	24.00 oz
6281	Leek tops;cut in 3" pieces	2.00 c
6281	Slices of ginger root	2.00
6281	Shantung cabbage;shredded	4.00 c
6281	SAUCE A -----	0.00 -----
6281	Peanut oil	2.00 tb
6281	Scallions;chopped	0.33 c
6281	Ginger root;minced	1.00 ts
6281	Szechuan peppercorns*	0.50 ts

Sheet1

6281	Fresh hot chili pepper;chop	1.00
6281	SAUCE B -----	0.00 -----
6281	Dark soy sauce	2.00 tb
6281	Hoisin sauce	1.00 tb
6281	Honey	2.00 ts
6281	Garlic; minced	2.00 cl
6281	Hot sauce	2.00 ts
6282	Refried Beans; *	1.50 c
6282	Casera Sauce; **	1.50 c
6282	Vegetable Oil	1.00 x
6282	Corn Tortillas; ***	6.00 ea
6282	Chicken; Cooked, Cut Up	2.00 c
6282	Montery Jack Cheese;Shredded	0.75 c
6282	Lettuce; Shredded	3.00 c
6282	Avocado; Cut Into 12 Slices	1.00 ea
6282	Dairy Sour Cream	1.00 x
6283	Chicken cleaned*	3.00 lb
6283	All Purpose flour	2.00 tb
6283	Cornstarch	4.00 tb
6283	Mochiko**	4.00 tb
6283	Granulated Sugar	4.00 tb
6283	Soy sauce	5.00 tb
6283	Chinese Oyster sauce	1.00 tb
6283	Eggs	2.00
6283	MSG; Optional	0.00
6283	Chopped green onions	0.00
6283	Seasame seeds; to taste	7.00 tb
6284	Chicken;whole	3.50 lb
6284	Salt	1.00 ts
6284	freshly ground black pepper	0.00
6284	Vegetable oil	2.00 tb
6284	Butter;unsalted	4.00 tb
6284	Cardamom pods;whole	7.00 ea
6284	Cloves, whole	8.00 ea
6284	Cinnamon stick; 2 inch piece	1.00 ea
6284	Bay leaves	2.00 ea
6284	Almonds;blanched, slivered	2.50 tb
6284	Raisins	2.50 tb
6284	Yogurt, plain	1.00 c
6284	Cumin, ground; freshly	1.00 ts
6284	ground for best results	0.00
6284	Cayenne pepper	0.50 ts
6285	Chicken, cut in parts	1.00
6285	Of water	4.00 c
6285	Jar of mole	1.00
6285	Of tomato sauce	0.25 c
6285	Of Mexican chocolate	0.50 tb
6285	Cube of chicken bouillon	1.00
6285	Salt to taste	0.00

Sheet1

6286	Ancho chiles	6.00
6286	To 5 lb turkey, ready to	4.00 lb
6286	cook, cut into serving	0.00
6286	pieces	0.00
6286	Chicken stock	2.00 c
6286	Salt	0.00
6286	Freshly ground pepper	0.00
6286	Almonds	0.25 c
6286	Pine nuts	0.25 c
6286	Filberts	0.25 c
6286	Walnuts	0.25 c
6286	Sesame seeds	2.00 tb
6286	Clove garlic, chopped	1.00
6286	Tomato, peeled, seeded, and	1.00 sm
6286	chopped	0.00
6286	Ground coriander seed	0.50 ts
6286	Lard or olive oil	2.00 tb
6286	Sugar	0.50 ts
6286	Bouquet garni:	0.00
6286	Sprigs of parsley	2.00
6286	Bay leaf	0.50
6286	Thyme	0.12 ts
6287	Chickens (about 3 1/2 lbs	2.00 lg
6287	each), cut into	0.00
6287	Serving pieces, or 1 7-pound	0.00
6287	turkey	0.00
6287	Heads of garlic, scored	2.00 sm
6287	around the middle	0.00
6287	White onions, roughly sliced	2.00 sm
6287	Fresh mint sprigs	6.00
6287	Sea salt to taste	0.00
6287	The sauce:	0.00
6287	Chilhuacles negros or	0.25 lb
6287	guajillos	0.00
6287	Chilies pasillas (Mexican,	2.00 oz
6287	not Oaxacan)	0.00
6287	Chilies mulatos	2.00 oz
6287	(about 1 large) tomatoes,	0.50 lb
6287	broiled	0.00
6287	Water	1.00 c
6287	Whole cloves	3.00
6287	Whole allspice	3.00
6287	Fresh thyme sprigs, leaves	6.00
6287	only, or 1/4 tsp dried	0.00
6287	Oaxacan or 1 Tbsp Mexican	2.00 tb
6287	oregano	0.00
6287	Melted lard or safflower oil	0.75 c
6287	Sesame seed	0.25 c
6287	Shelled peanuts	0.25 c

Sheet1

6287	Unskinned almonds	10.00
6287	Raisins	0.25 c
6287	Onion, thickly sliced	1.00 sm
6287	Ripe plantain, skinned and	1.00
6287	cut into thick slices	0.00
6287	Crisp-fried corn tortillas	2.00
6287	Thick slices dried French	3.00
6287	bread or semisweet roll	0.00
6287	Tablet Mexican drinking	2.00 oz
6287	chocolate	0.00
6287	Sea salt to taste	0.00
6288	Mulato chiles	6.00
6288	Pasilla chiles	6.00
6288	Turkey, in pieces	8.00 lb
6288	Pork loin, in 2" chunks	1.00 lb
6288	Lard	4.00 tb
6288	Almonds	0.50 c
6288	Peanuts	0.50 c
6288	Tortilla, coarsely chopped	1.00
6288	Sesame seeds	4.00 tb
6288	Ground cloves	0.12 ts
6288	Cinnamon	0.25 ts
6288	Anise	0.50 ts
6288	Tomatoes, seeded, chopped	1.00 lb
6288	Unsweetened chocolate	1.00 oz
6288	Salt	0.00
6288	Freshly ground pepper	0.00
6288	Sugar	1.00 ts
6289	Boned chicken breast	0.50 lb
6289	Snow peas	12.00
6289	Button mushrooms	0.50 c
6289	Chinese cabbage (bok choy)	0.50 lb
6289	Water chestnuts	4.00
6289	Peanut oil	2.00 tb
6289	Salt	0.75 ts
6289	Sliced bamboo shoots	0.25 c
6289	Water	0.25 c
6289	Cornstarch mixed with 3 Tbl.	1.00 ts
6289	Pepper	1.00 ds
6289	Sugar	0.25 ts
6290	Marinade:	0.00
6290	Ginger, finely grated	1.00 tb
6290	Sesame oil	1.50 ts
6290	White wine	1.00 ts
6290	Sugar	0.50 ts
6290	Salt	0.25 ts
6290	Oyster sauce	1.50 ts
6290	Light soy sauce	0.50 ts
6290	Cornstarch	1.00 ts

Sheet1

6290	Pinch freshly ground white	0.00
6290	pepper	0.00
6290	Chicken breasts, strips	0.50 lb
6290	SAUCE:	0.00
6290	Sugar	0.50 ts
6290	Oyster sauce	2.00 ts
6290	Light soy sauce	1.00 ts
6290	Sesame oil	0.50 ts
6290	Cornstarch	2.00 ts
6290	White pepper	1.00 pn
6290	Chicken stock	5.00 tb
6290	Peanut oil	3.50 tb
6290	Ginger, minced	1.00 tb
6290	Salt	0.25 ts
6290	Mushrooms, sliced	0.25 lb
6290	Snow peas, sliced	6.00 oz
6290	Bamboo shoots, sliced	0.25 c
6290	Water chestnuts, sliced	4.00
6290	Clove garlic, minced	1.00
6290	White wine	1.00 tb
6291	Boneless, skinless chicken	1.00 lb
6291	breast	0.00
6291	Soy sauce	1.00 tb
6291	Fresh grated ginger	1.00 tb
6291	Corn starch	1.00 tb
6291	Head/bunch fresh bok choy	1.00
6291	To 3/4 lb fresh mushrooms	0.50 lb
6291	Fresh snow peas, stringed &	0.50 lb
6291	halved	0.00
6291	Chicken stock/bouillon	2.00 c
6291	Corn starch	2.00 tb
6291	To 3 tb peanut oil	2.00 tb
6292	Chicken breast	1.00
6292	DREDGING MIXTURE -----	0.00 -----
6292	Cornstarch	2.00 ts
6292	Salt	0.50 ts
6292	Pepper	0.25 ts
6292	THICKENER -----	0.00 -----
6292	Sherry	2.00 tb
6292	Chicken broth	3.00 tb
6292	Cornstarch	2.00 tb
6292	OTHER INGREDIENTS -----	0.00 -----
6292	Mushrooms, sliced	4.00 oz
6292	Pea pods, strings removed	4.00 oz
6292	Clove garlic minced	1.00
6292	To 3 slices ginger root	2.00
6292	minced	0.00
6292	Oil	2.00 tb
6293	Cilantro	0.25 c

Sheet1

6293	Paprika	1.00 tb
6293	Cumin	2.00 ts
6293	Salt	0.50 ts
6293	Turmeric	0.50 ts
6293	Ginger	0.50 ts
6293	Cloves garlic	2.00
6293	Chicken, cut up	3.50 lb
6293	Flour	0.33 c
6293	Water	0.50 c
6293	Lemon juice	0.25 c
6293	Chicken bouillon	1.00 ts
6293	Kalamata or greek olives	0.50 c
6293	Lemon, sliced	1.00
6294	Rice, long grain; 2 cups	1.00 lb
6294	450 g	0.00
6294	Vegetable oil	2.00 tb
6294	Scallions; spring onions	3.00 ea
6294	Onion; finely chopped	1.00 ea
6294	Dried apricots;50 g, chopped	2.00 oz
6294	Pistachio nuts;shelled 50 g	2.00 oz
6294	Pine kernels; pine nuts 50 g	2.00 oz
6294	Cinnamon, ground;up to 2 tsp	1.00 ts
6294	Chicken; 3 lb/1.4 kg	1.00 ea
6294	skinned, boned & cut in	0.00
6294	strips	0.00
6294	Sea salt & black pepper	0.00
6294	Rose water	1.00 ts
6294	Rose petals; heaped, highly	1.00 ts
6294	scented	0.00
6294	Marigold petals; heaped *	1.00 ts
6295	Quail	12.00
6295	Mushrooms	1.00 c
6295	Fresh bread crumbs	1.00 c
6295	Salt	1.00 ts
6295	Cayenne pepper	0.25 ts
6295	Truffle peelings	4.00 ts
6295	Flour	1.00 tb
6295	Oil	1.00 tb
6295	Chicken broth	2.50 c
6295	Dried minced onion	0.25 ts
6295	Minced parsley	0.50 ts
6296	Corn-oil margarine	2.00 tb
6296	Unbleached flour	6.00 tb
6296	Defatted chicken stock	1.25 c
6296	Non-fat milk	1.00 c
6296	Salt	0.50 ts
6296	Garlic powder	0.12 ts
6296	Freshly ground black pepper	0.12 ts
6296	Cooked diced chicken	4.00 c



Sheet1

6296	without skin	0.00
6296	Calorie-reduced mayonnaise	0.25 c
6296	Diced celery	2.00 c
6296	Chopped onion	2.00 tb
6296	Freshly squeezed lemon juice	2.00 tb
6296	Cooked cooled rice	2.00 c
6296	Sliced almonds	0.25 c
6296	toasted in preheated	0.00
6296	350-degree oven	0.00
6296	8 to 10 minutes	0.00
6297	Red, green, and yellow peppe	2.00 qt
6297	Onion, red, thinly sliced	8.00
6297	Vegetable oil	24.00 ts
6297	Mushrooms, sliced	32.00 c
6297	Chicken breasts, cut in stri	8.00 lb
6297	Chilli and cumin	1.33 tb
6297	Tortillas heated	64.00
6297	Cheese, grated	0.00
6298	Eggs, lightly beaten	4.00
6298	Salt	0.25 ts
6298	Ginger, ground	0.25 ts
6298	Chicken, cooked, finely	0.50 c
6298	chopped	0.00
6298	Mushrooms, sliced	1.00 c
6298	Bean sprouts, fresh	1.00 c
6298	Green onions, finely chopped	2.00
6298	Celery stalk, finely chopped	1.00
6298	Cooking oil	0.00
6298	Soya sauce	0.00
6299	CHICKEN PARTS	3.00 lb
6299	CAL.VERMOUTH OR	0.33 c
6299	WHITE WINE	0.00
6299	DIJON MUSTARD	0.33 c
6299	FRESHLY GROUND PEPPER TO TAS	0.00
6299	SALT TO TASTE	0.00
6300	Chicken cutlets	2.00 x
6300	Sesame Oil	2.00 tb
6300	Sugar	2.00 ts
6300	Tobasco sauce (to taste)	2.00 ts
6300	Flour	0.00
6301	Quail, dressed	6.00
6301	Salt	0.00
6301	Pepper, freshly ground	0.00
6301	Wild rice, cooked	1.50 c
6301	Butter, melted	0.50 c
6301	Dry white wine	0.67 c
6301	Veal bouillon	0.50 c
6301	Peeled green seedless grapes	0.50 c
6301	Slices Fritz's bread (good	12.00

Sheet1

6301	homemade will do)	0.00
6301	Boiled Georgia ham	0.50 lb
6302	PHILLY.INQUIRER -----	0.00 -----
6302	THIGHS BROILER-FRYER SKINNED	8.00
6302	CHOPPED CILANTRO	1.00 tb
6302	PLAIN YOGURT	1.00 c
6302	CURRY POWDER	1.00 ts
6302	MANGO CHUTNEY	0.25 c
6302	PAPRIKA	1.00 ts
6302	VINEGAR	1.00 tb
6302	SALT	1.00 ts
6302	CLOVES GARLIC,HALVED	2.00
6302	CUMIN	0.50 ts
6302	PIECE GINGERROOT,1/2 LONG	1.00
6302	GROUND RED PEPPER	0.25 ts
6303	Head cabbage	1.00 md
6303	Sauerkraut, divided (16-oz)	1.00 cn
6303	Bacon strips, diced	3.00
6303	Finely chopped onion	1.00 c
6303	Garlic cloves, minced	2.00
6303	All-purpose flour	0.25 c
6303	Hungarian paprika	1.00 tb
6303	Cayenne pepper	0.25 ts
6303	Crushed tomatoes (16-oz.)	1.00 cn
6303	Beef broth	2.00 c
6303	Long grain rice, cooked	0.50 c
6303	Ground turkey	1.00 lb
6303	Chopped fresh parsley	2.00 tb
6303	Salt	1.00 ts
6303	Pepper	0.50 ts
6303	Egg, beaten	1.00
6304	Chicken breast halves	4.00
6304	skinned, boned and	0.00
6304	patted dry	0.00
6304	Buttermilk	0.75 c
6304	Grated Parmesan cheese	3.00 tb
6304	Dry bread crumbs	0.50 c
6304	Rosemary	0.50 ts
6304	Thyme	0.50 ts
6304	Garlic powder	0.25 ts
6304	Onion powder	0.25 ts
6304	Black pepper	0.25 ts
6305	Jim Vorheis	0.00
6305	Chickens (about 3 1/2 lbs	2.00 lg
6305	each), cut into	0.00
6305	Serving pieces, or 1 7-pound	0.00
6305	turkey	0.00
6305	Heads of garlic, scored	2.00 sm
6305	around the middle	0.00

Sheet1

6305	White onions, roughly sliced	2.00 sm
6305	Fresh mint sprigs	6.00
6305	Sea salt to taste	0.00
6305	The sauce:	0.00
6305	Chilhuacles negros or	0.25 lb
6305	guajillos	0.00
6305	Chilies pasillas (Mexican,	2.00 oz
6305	not Oaxacan)	0.00
6305	Chilies mulatos	2.00 oz
6305	(about 1 large) tomatoes,	0.50 lb
6305	broiled	0.00
6305	Water	1.00 c
6305	Whole cloves	3.00
6305	Whole allspice	3.00
6305	Fresh thyme sprigs, leaves	6.00
6305	only, or 1/4 tsp dried	0.00
6305	Oaxacan or 1 Tbsp Mexican	2.00 tb
6305	oregano	0.00
6305	Melted lard or safflower oil	0.75 c
6305	Sesame seed	0.25 c
6305	Shelled peanuts	0.25 c
6305	Unskinned almonds	10.00
6305	Raisins	0.25 c
6305	Onion, thickly sliced	1.00 sm
6305	Ripe plantain, skinned and	1.00
6305	cut into thick slices	0.00
6305	Crisp-fried corn tortillas	2.00
6305	Thick slices dried French	3.00
6305	bread or semisweet roll	0.00
6305	Tablet Mexican drinking	2.00 oz
6305	chocolate	0.00
6305	Sea salt to taste	0.00
6306	Chicken breasts, skin, split	3.00
6306	Minced onion	0.25 c
6306	Paprika	0.50 ts
6306	Salt	0.50 ts
6306	Rosemary	0.25 ts
6306	Pepper	0.25 ts
6306	Flour	2.00 tb
6306	Orange juice	2.00 c
6307	Whole Large Chicken Breast *	1.00
6307	Cooked Rice	0.50 c
6307	Finely Shredded Orange Peel	0.25 ts
6307	Dash Ground Cinnamon	0.00
6307	Orange Juice	0.50 c
6307	Cornstarch	1.50 ts
6307	Broken Walnut Meats	2.00 tb
6307	Cucumber Roses (Opt.)	2.00 x
6308	Skinned and boned chicken, 1	1.25 lb

Sheet1

6308	1/2-inch pieces	0.00
6308	Dry sherry, divided	6.00 tb
6308	Salt	0.25 ts
6308	Peanut oil	4.00 ts
6308	Julienne-cut red bell pepper	0.50 c
6308	Diagonally sliced scallions	0.25 c
6308	Zest of 1/2 small orange,	0.00
6308	cut into 2 x 1/8-inch	0.00
6308	strips	0.00
6308	And blanched (use lemon	0.00
6308	zest)	0.00
6308	Garlic clove, minced	1.00
6308	Each reduced-sodium soy	1.00 tb
6308	sauce and water	0.00
6308	Each cornstarch, sugar, and	1.00 ts
6308	rice vinegar	0.00
6308	Trimmed scallions, 4 inches	4.00
6308	long for garnish	0.00
6309	Whole chicken breasts	2.00
6309	Green onion	1.00
6309	MARINADE -----	0.00 -----
6309	Slices ginger	2.00
6309	Salt	0.25 ts
6309	Dried red peppers	4.00
6309	Soy sauce	1.00 tb
6309	SAUCE -----	0.00 -----
6309	Cornstarch	1.00 tb
6309	Rice wine	1.50 tb
6309	Oil	3.00 tb
6309	Soy sauce	1.00 tb
6309	Fresh orange peel	2.00 tb
6309	Red wine vinegar	1.00 ts
6309	Sugar	2.50 ts
6310	Lemon	1.00 lg
6310	Oranges	3.00 lg
6310	Olive oil	2.00 tb
6310	Whole chicken breasts,	2.00
6310	boned, skinned and pounded	0.00
6310	flat	0.00
6310	Inch piece ginger, minced	1.00
6310	Garlic cloves, minced	3.00
6310	Onion, sliced	1.00 lg
6310	Red pepper, julienned	1.00 lg
6310	Trimmed snow peas	1.00 c
6310	Soy sauce	3.00 tb
6310	Hoisin sauce	1.50 tb
6310	Cornstarch, mixed with 2	1.00 tb
6310	tb water	0.00
6311	Chicken tenderloins	1.00 pk

Sheet1

6311	Margarine	2.00 tb
6311	Mandarin oranges, drained	1.00 c
6311	Almonds, sliced (optional)	0.25 c
6311	Salad oil	2.00 tb
6311	Celery, chopped	0.50 c
6311	Rice, cooked	2.00 c
6312	Firmly Packed Brown Sugar	0.25 c
6312	Cornstarch	2.00 tb
6312	Vinegar	0.25 c
6312	Soy Sauce	1.00 tb
6312	Pineapple Chunks, Drained	15.00 oz
6312	Strips, Green Pepper	1.00 c
6312	Thin Onion Rings	1.00 c
6312	Oil	1.00 tb
6312	Boneless Chicken Breasts *	2.00
6313	Chicken breasts	2.00
6313	Cornstarch	1.00 tb
6313	Brown sugar	2.00 tb
6313	Oregano	0.25 ts
6313	Clove crushed garlic	1.00
6313	Cooking oil	2.00 tb
6313	Soy sauce	0.25 c
6313	Wine	0.75 c
6313	Seedless raisins	0.33 c
6314	Vegetable oil	0.00
6314	(3-3/4 ounces) cellophane	1.00 pk
6314	Noodles (bean threads)*	0.00
6314	Head lettuce, shredded	0.50
6314	(about 4 cups)	0.00
6314	Cut-up cooked chicken	3.00 c
6314	Or turkey	0.00
6314	Carrot, shredded	1.00 md
6314	(about 1/2 cup)	0.00
6314	Green onions (with tops)	4.00
6314	sliced (about 1/4 cup)	0.00
6314	Sesame seed, toasted	1.00 tb
6314	GINGER DRESSING -----	0.00 -----
6314	Vegetable oil	0.33 c
6314	White wine vinegar	0.25 c
6314	Sugar	1.00 tb
6314	Soy sauce	2.00 ts
6314	Pepper	0.50 ts
6314	Ground ginger	0.50 ts
6314	Salt	0.25 ts
6315	Lite soy sauce	3.00 tb
6315	Cornstarch	1.50 tb
6315	Sugar	0.50 ts
6315	Skinned boned chicken	2.00
6315	breasts 1 1/4 lb cut into	0.00

Sheet1

6315	thin strips	0.00
6315	Snow peas trimmed	4.00 oz
6315	Minced ginger root	1.00 ts
6315	Peanut/vegetable oil divided	2.00 tb
6315	Red bell pepper seeded and cut into thin strips	1.00 md 0.00
6315	Yellow squash slice thin	1.00 md
6316	Rice vinegar	3.00 tb
6316	Vegetable oil	2.00 tb
6316	Honey	1.50 tb
6316	Each: Hoisin sauce,	1.00 tb
6316	undiluted orange juice	0.00
6316	concentrate	0.00
6316	Soy sauce	2.00 ts
6316	Chili paste, or more or less	1.00 ts
6316	to taste	0.00
6316	Dry mustard	0.50 ts
6316	Green onions, minced	2.00 sm
6316	To 4 pounds chicken parts	3.00
6317	Water chestnuts, drained and chopped	1.00 cn 0.00
6317	Onions, chopped	0.25 c
6317	Fine dry bread crumbs	0.75 c
6317	Chicken bouillon mix	2.00 ts
6317	Ground chicken	1.50 lb
6317	Evaporated 2% milk	0.67 c
6317	Clove garlic, minced	1.00
6317	Soya sauce	0.25 c
6317	Egg	1.00
6318	Chicken breasts, halved, boned and skinned	8.00 0.00
6318	Garlic powder	1.00 ts
6318	Paprika	1.00 ts
6318	Salt and freshly ground	0.00
6318	black pepper to taste	0.00
6318	Safflower oil	3.00 tb
6318	Beef broth	2.00 c
6318	Cornstarch	2.00 ts
6318	Dry red wine	0.33 c
6318	Oyster sauce	2.00 tb
6318	Green onions, including tops, chopped	4.00 0.00
6318	Pistachio nuts, shelled	0.25 c
6318	Chinese rice noodles	0.00
6318	Pistachio nuts (optional)	0.00
6319	Plums for babies, canned	0.25 c
6319	pureed	0.00
6319	Dry white wine	3.00 tb
6319	Soy sauce	2.00 tb

Sheet1

6319	Firmly packed brown sugar	2.00 tb
6319	Lemon juice	2.00 tb
6319	Finely chopped green onion,	2.00 tb
6319	including tops	0.00
6319	Chinese five spice	0.50 ts
6319	OR	0.00
6319	Ground allspice	0.50 ts
6319	Chicken legs, thighs	6.00
6319	attached, skin and fat	0.00
6319	pulled off	0.00
6319	Fresh cilantro sprigs	0.00
6320	Sirloin; boneless	10.00 oz
6320	Vegetable oil	2.00 ts
6320	Green pepper; med/diced/slic	1.00
6320	Garlic clove	1.00
6320	Water'	0.75 c
6320	Instant beef broth; pkg	1.00
6320	Soy sauce	1.00 tb
6320	Cornstarch	1.00 ts
6320	Tomatato; medium	1.00
6320	Pepper	0.12 ts
6321	Chicken breasts, boneless	5.00 lg
6321	Buttermilk baking mix	2.00 c
6321	Chopped green onions	0.33 c
6321	Oil	2.00 tb
6321	Minced shrimp	1.00 c
6321	Water chestnuts, drained and	8.00 oz
6321	chopped	0.00
6321	Bean sprouts, rinsed and	0.75 c
6321	drained	0.00
6321	Soy sauce	3.00 tb
6321	Instant chicken bouillon	1.00 tb
6321	Cornstarch mixed with 1/4	2.00 tb
6321	cup water	0.00
6321	Eggs, slightly beaten with 2	2.00
6321	tablespoons water	0.00
6321	Oil for deep-fat frying	0.00
6321	Sweet-sour Apricot Sauce	0.00
6321	Apricot preserves	0.25 c
6321	Packed brown sugar	0.50 c
6321	Cider vinegar	2.00 tb
6321	Soy sauce	2.00 tb
6321	Dry mustard	0.50 ts
6322	Chicken wings *	30.00
6322	Eggs; beaten	2.00
6322	Flour	1.00 c
6322	Garlic powder	1.00 ts
6322	Pepper	0.50 ts
6322	Oil for deep frying	0.00

Sheet1

6322	Teriyaki sauce	1.00 c
6322	Honey	1.00 c
6323	Fresh large chicken wings	5.00 lb
6323	Peanut oil for frying	0.00
6323	Durkee/French Hot Sauce	0.00
6323	Wingers Original Recipe Hot	0.00
6323	Melted Margarine	0.00
6323	Celery Sticks	0.00
6323	Chunky Blue Cheese Salad Dre	0.00
6324	Beef, chicken, or turkey	1.50 lb
6324	Water	2.00 c
6324	Chili powder	1.00 tb
6324	Curry powder	1.00 tb
6324	Tomatoes, diced	3.00
6324	Cooked kidney beans	4.00 c
6324	Onion, chopped	1.00
6324	Bunch green onions, sliced	1.00
6324	Grated natural sharp cheese	1.50 c
6325	Snow Goose	1.00 ea
6325	Salt	1.00 x
6325	White Wine, bottle, 750 ml	1.00 x
6325	Red Pepper	1.00 pn
6325	Parsley, minced	1.00 tb
6325	Garlic Cloves finely chopped	3.00 ea
6325	Black Pepper freshly ground	1.00 x
6325	Clove	1.00 ea
6325	Onion, medium, sliced	1.00 ea
6325	Heavy Cream (35%)	1.00 c
6326	Env. Golden Onion Soup Mix	1.00
6326	Unbleached All-purpose Flour	1.00 c
6326	Large Eggs	2.00
6326	Buttermilk *	0.50 c
6326	Chicken Cut into Serving Pcs	3.00 lb
6326	Margarine or Butter, Melted	0.25 c
6327	Teal breasts, deboned/halved	6.00
6327	Butter	6.00 tb
6327	Flour	3.00 tb
6327	Chicken broth	2.00 c
6327	Wine, sherry	0.50 c
6327	Button mushrooms, small	2.00 c
6327	Parsley, minced	0.25 c
6327	Salt & pepper to taste	0.00
6328	Margarine or butter,	0.25 c
6328	softened	0.00
6328	Chopped fresh chives or	1.00 tb
6328	Parsley	0.00
6328	Garlic powder	0.12 ts
6328	Whole chicken breasts	3.00
6328	Cornflakes, crushed	3.00 c



Sheet1

6328	(about 1-1/2 cups)	0.00
6328	Chopped fresh parsley	2.00 tb
6328	Paprika	0.50 ts
6328	Buttermilk or milk	0.25 c
6329	Chicken; Cut Up, Fryer	3.00 lb
6329	Eggs; Large, Slightly Beaten	2.00
6329	Milk	4.00 tb
6329	Corn Flakes; Crushed *	2.50 c
6329	Salt	2.00 ts
6329	Pepper	0.50 ts
6329	Butter; Melted	5.00 tb
6330	Chicken breast	2.00 lb
6330	Vegetable oil	1.00 c
6330	Dijon mustard	3.00 tb
6330	Salt	0.50 ts
6330	Black pepper	0.25 ts
6330	Paprika	0.50 ts
6330	Finely ground pecans	1.00 c
6330	Yellow cornmeal	0.50 c
6331	3- to 3-1/2-pound	1.00
6331	broiler-fryer Chicken,	0.00
6331	cut up	0.00
6331	Chili sauce	0.75 c
6331	Honey	2.00 tb
6331	Soy sauce	2.00 tb
6331	Dry mustard	1.00 ts
6331	Prepared horseradish	0.50 ts
6331	Red pepper sauce	0.50 ts
6332	Margarine or butter	0.25 c
6332	All-purpose flour	0.50 c
6332	Paprika	1.00 ts
6332	Salt	0.50 ts
6332	Pepper	0.25 ts
6332	3-pound broiler-fryer	1.00
6332	Chicken, cut up	0.00
6333	Fryer cut in pieces	2.00 lb
6333	Soy sauce	4.00 tb
6333	Small fresh ginger chopped	1.00
6333	Oyster flavored sauce	0.75 c
6333	Cloves garlic sliced	2.00
6333	Chicken stock	1.00 c
6334	Fryer cut in pieces	2.00 lb
6334	Oyster flavored sauce	0.75 c
6334	Soy sauce	4.00 tb
6334	Cloves garlic sliced	2.00
6334	Small fresh ginger chopped	1.00
6334	Chicken stock	1.00 c
6335	Chopped celery	0.25 c
6335	Sage	0.25 ts

Sheet1

6335	Butter or Margarine	2.00 tb
6335	Campbell's Oyster Stew	1.00 cn
6335	Dried bread cubes	8.00 c
6335	Chopped onion	2.00 tb
6336	14 oz can, Mangoes	1.00
6336	Orange Juice	0.50 c
6336	Cloves of Garlic	4.00
6336	Salt	0.25 ts
6336	Salad Oil	2.00 tb
6336	Chicken Breasts	4.00
6336	Seasoned flour	0.50 c
6336	Butter	2.00 ts
6336	Orange Liqueur	2.00 tb
6336	Toasted Almonds	0.00
6337	Nonfat Dressing	0.50 c
6337	Miracle Whip Free	0.00
6337	Grated Parmesan Cheese (1oz)	0.25 c
6337	Italian seasoning	1.00 ts
6337	Chicken breast halves	4.00
6337	boneless, skinless	0.00
6337	about 1-1/4 pounds	0.00
6338	Chicken breasts	8.00
6338	Melted butter	0.50 c
6338	Fine whole wheat bread	1.00 c
6338	Crumbs	0.00
6338	Parmesan cheese	0.75 c
6338	Garlic, minced	1.00 cl
6338	Chopped parsley	0.25 c
6338	Seasoned salt	0.50 ts
6339	Chicken breasts; skinned an	4.00
6339	Eggs; lightly beaten	2.00
6339	Bread crumbs; dry	1.50 c
6339	Parmesan; grated	0.67
6339	Butter	0.50 c
6339	Lemon wedges (optional)	0.00
6340	Parakeets *	12.00
6340	Thin slices of lean beef, 4	6.00
6340	Rashers of bacon, 3	4.00
6340	Hard-boiled eggs	3.00
6340	Finely chopped parsley	0.50 ts
6340	Dried parsley	0.25 ts
6340	Finely grated lemon peel	0.00
6340	Salt & pepper	0.00
6340	Puff paste	0.00
6340	Flour	0.00
6341	Chicken, cut up	3.00 lb
6341	Whole wheat flour	1.00 c
6341	White wine	1.00 c
6341	Butter	0.50 c

Sheet1

6341	Water	0.50 c
6341	Sliced peaches	8.00 c
6341	Chopped walnuts	1.00 c
6342	Chicken wings; trimmed	2.50 lb
6342	Curry powder	2.00 ts
6342	Black pepper	0.50 ts
6342	Ginger; fresh minced	2.00 tb
6342	Garlic cloves; minced	3.00
6342	Durkees hot sauce	0.50 ts
6342	Peanut butter	0.25 c
6342	Salt	0.50 ts
6342	Lemon juice	4.00 tb
6342	Soy sauce	3.00 tb
6343	Pound skinless boneless	1.00
6343	chicken Breast halves	0.00
6343	or thighs	0.00
6343	Crunchy peanut butter	0.33 c
6343	Boiling water	0.33 c
6343	Grated gingerroot or 1 ts	1.00 tb
6343	Ground ginger	0.00
6343	Lemon juice	1.00 tb
6343	Crushed red pepper	0.12 ts
6344	Cloves of garlic, minced	5.00
6344	(about 5 teaspoons)	0.00
6344	Minced fresh giner	2.00 tb
6344	Hoisin sauce	1.00 c
6344	Soy sauce	0.25 c
6344	Rice wine vinegar	0.25 c
6344	Honey	0.25 c
6344	Skinless, boneless chicken	2.00 lb
6344	Breasts, thinly sliced	0.00
6344	Across the grain	0.00
6344	Scallions	12.00
6344	Sesame oil	1.00 tb
6344	Flour tortillas	12.00
6345	To 5 lb duckling	4.00 lb
6345	Boiling water to cover *	0.00
6345	Honey	1.00 c
6345	Mandarin pancakes	16.00
6345	Scallion brushes	16.00
6345	Peking sauce	1.00 ea
6346	Boneless chicken breasts	0.75 lb
6346	Olive oil	1.50 ts
6346	Green onion; chopped	0.50 c
6346	Garlic cloves; crushed	3.00
6346	Ital. tomatoes; with juice	28.00 oz
6346	Fresh basil leaves; chopped	12.00
6346	Can Pitted ripe olives; drain	1.00
6346	Hot pepper flakes; crushed	0.50 ts

Sheet1

6346	Penne; or other tube pasta	10.00 oz
6346	Part-skim mozzarella; diced	3.00 oz
6346	Fresh parsley; chopped	1.00 tb
6346	Fresh Parmesan; grated	0.50 c
6347	Pepper; coarsely ground	1.00 tb
6347	Fennel seeds; crushed	1.50 ts
6347	Red pepper; ground	0.50 ts
6347	Nutmeg; ground	0.12 ts
6347	Mustard; dry	0.12 ts
6347	Garlic powder	0.12 ts
6347	Onion powder	0.12 ts
6347	Beef tenderloin	5.00 lb
6347	Cooking spray	0.00
6347	Horseradish sauce; TF	0.00
6348	Italian plum tomatoes,	16.00 oz
6348	Crushed	0.00
6348	Dry white wine	0.33 c
6348	Onion, chopped	1.00 sm
6348	Green pepper, seeded and	1.00 sm
6348	Chopped	0.00
6348	Cloves of garlic, minced	2.00
6348	Bay leaf	1.00
6348	Fennel seeds, crushed	0.50 ts
6348	Dried oregano, crushed	1.00 ts
6348	Ground coriander	0.50 ts
6348	Ground cinnamon	0.25 ts
6348	Crushed red pepper	0.50 ts
6348	Broiler chicken, cut into	2.00 lb
6348	Serving pieces with skin	0.00
6348	And fat removed OR two	0.00
6348	Whole chicken breasts,	0.00
6348	Halved, with skin and fat	0.00
6348	Removed	0.00
6348	Juice of 1/2 lemon	0.00
6348	Salt-free vegetable	1.00 ts
6348	Seasoning	0.00
6349	Boneless Chicken Breasts	4.00
6349	Unsalted Butter	2.00 tb
6349	Dry White Wine	1.00 c
6349	Sliced Marinated Ginger	0.50 c
6349	Juice of Medium Lemons	3.00
6349	Parsley, finely chopped	0.25 c
6350	Meat or poultry	1.50 lb
6350	Onion finely chopped	1.00 lg
6350	Cloves garlic finely chopped	8.00
6350	Fresh ginger finely chopped	1.00 oz
6350	Oil or ghee	3.00 tb
6350	Can of tomatoes	1.00 lb
6350	Tomato ketchup	1.00 tb

Sheet1

6350	Tomato paste	1.00 tb
6350	Fresh or dried chillies (or	12.00
6350	more)	0.00
6350	Salt	0.00
6350	SPICES -----	0.00 -----
6350	Cummin ground	1.00 ts
6350	Coriander ground	1.00 ts
6350	Chilli powder	3.00 ts
6350	Dry fenugreek leaves	1.00 ts
6350	Garam masala	1.00 ts
6351	Boneless pheasant breasts	4.00
6351	Butter	2.00 tb
6351	All-purpose flour	4.00 tb
6351	Cinnamon	0.25 ts
6351	Orange juice	0.50 c
6351	Orange marmalade	2.00 tb
6351	Instant chicken bouillon	0.75 ts
6351	Orange liqueur	1.00 tb
6351	Green seedless grapes	0.50 c
6351	Orange, peeled, cut into	1.00
6351	sections	0.00
6351	Toasted almonds	0.25 c
6352	Almond Red Sauce; *	1.00 x
6352	Pheasant; **	1.00 ea
6352	Vegetable Oil	2.00 tb
6352	Chicken Broth	0.50 c
6353	2-1/2-pound pheasant, cut in	1.00
6353	Fourths	0.00
6353	Chopped onion	0.33 c
6353	Apple cider	0.50 c
6353	1 tb Plus 1 ts	1.00
6353	Worcestershire sauce	0.00
6353	Cl Garlic, finely chopped	1.00
6353	(10-3/4 ounces) condensed	1.00 cn
6353	cream Of chicken soup	0.00
6353	(4 ounces) mushroom stems an	1.00 cn
6353	Pieces, drained, or 1 c	0.00
6353	Chopped mushrooms	0.00
6353	Paprika	0.00
6354	Chicken, cut in serving	2.00 lb
6354	pieces	0.00
6354	Lean boneless pork butt, cut	0.50 lb
6354	in 2-3 pieces	0.00
6354	Medium onion, peel, quarter	1.00
6354	Celery tops	2.00
6354	Medium bay leaf	1.00
6354	Salt	2.00 ts
6354	Water	2.00 c
6354	Small green cabbage	1.00

Sheet1

6354	Slab bacon, trimmed of rind	0.25 lb
6354	and cut in 1/4" dice	0.00
6354	Small onion, peeled and cut	1.00
6354	crosswise into paper thin	0.00
6354	slices	0.00
6354	Finely chopped garlic	2.00 ts
6354	Fresh green string beans,	1.50 lb
6354	trimmed and cut diagonally	0.00
6354	into 1/4" lengths	0.00
6354	Fresh bean sprouts, washed	0.25 lb
6354	and husks removed	0.00
6354	Finely diced celery	1.00 c
6354	Soy sauce	2.00 tb
6354	Oil for deep frying	0.00
6354	LUMPIA WRAPPERS -----	0.00 -----
6354	All purpose flour	2.00 c
6354	Cold water	2.00 c
6354	Vegetable oil	0.00
6355	Chicken thighs	4.00
6355	Black peppercorns	0.25 ts
6355	Dried green peppercorns, or:	0.25 ts
6355	Green peppercorns *	0.50 ts
6355	Crushed red pepper flakes	0.12 ts
6355	Oil	1.00 ts
6355	Onion, peeled and finely	1.00 md
6355	chopped	0.00
6355	Gloves garlic, peeled and	2.00 md
6355	minced	0.00
6355	White vinegar	0.25 c
6355	Light soy sauce	2.00 tb
6355	Sugar	1.00 ts
6355	Finely shredded bok choy	2.00 c
6355	Hot cooked white rice	2.00 c
6356	Smithfield ham (thin)	4.00 sl
6356	Whole chicken breast	1.00
6356	boned and butterflied	0.00
6356	Pieces fresh caul fat	4.00
6356	Water chestnut powder, or	0.25 c
6356	Flour or Cornstarch	0.00
6356	Peanut oil, for deep-frying	4.00 c
6356	VEGETABLE SAUCE -----	0.00 -----
6356	Peanut oil	2.00 tb
6356	Whole garlic cloves, crushed	2.00
6356	Fresh ginger root	2.00 sl
6356	Fresh water chestnuts	4.00
6356	peeled & sliced lengthwise	0.00
6356	Bamboo shoots, sliced	0.50 c
6356	lengthwise	0.00
6356	Whole scallions, cut in	4.00

Sheet1

6356	3-inch pieces	0.00
6356	Light soy sauce	1.00 tb
6356	Chinese rice wine, or	1.00 tb
6356	Dry Sherry	0.00
6356	Chicken broth	0.50 c
6356	Cornstarch, dissolved in	1.00 ts
6356	Chicken broth, (cold)	1.00 tb
6357	Cream of mushroom soup; undi	1.00 cn
6357	Pimento cheese	5.00 oz
6357	Hard cooked eggs; chopped	3.00
6357	Salt	0.00
6357	Pepper	0.00
6357	Butter	2.00 tb
6357	Mushrooms and juice	8.00 oz
6357	Cooked chicken, diced	2.00 c
6357	Cream	3.00 tb
6358	LIZ JONES (VXRF36B -----	0.00 -----
6358	Chicken breasts *	3.00
6358	Pepper	0.00
6358	Paprika	0.00
6358	Pineapple **	20.00 oz
6358	Mustard; Dijon-style	2.00 tb
6358	Soy sauce	0.00
6358	Garlic clove; minced	1.00
6359	Chicken parts	1.00 lb
6359	Stalk celery	1.00
6359	8-oz. chunk style pineapple	1.00 cn
6359	Water	0.50 c
6359	Catsup	0.50 tb
6359	Rice vinegar	1.00 tb
6359	Sugar	1.25 tb
6359	Dash of salt	0.00
6359	Cornstarch for thickening	1.00 ts
6359	Cold water for thickening	2.00 ts
6359	Oil for deep frying	2.00 c
6359	MARINADE -----	0.00 -----
6359	Salt	0.50 ts
6359	Sugar	0.50 ts
6359	Thin soy sauce	1.00 ts
6359	Dash of pepper	0.00
6359	Thin slice ginger, chopped	1.00
6359	BATTER -----	0.00 -----
6359	Egg	1.00 lg
6359	Water	1.00 tb
6359	Flour	2.50 tb
6359	Cornstarch	3.00 tb
6360	Whole chicken breasts,	2.00
6360	split, skinned and boned	0.00
6360	Salt	0.25 ts

Sheet1

6360	Dash of black pepper	0.00
6360	Dry sherry	1.00 tb
6360	LEMON SAUCE -----	0.00 -----
6360	Canned pineapple, cut into	2.00 sl
6360	Quarters	0.00
6360	Fresh lemon juice	0.25 c
6360	Water	0.25 c
6360	Packed brown sugar	3.00 tb
6360	Rice vinegar	2.00 tb
6360	Butter	1.00 tb
6360	Vegetable oil	2.00 ts
6360	Cornstarch	1.25 ts
6360	Grated lemon peel	1.00 ts
6360	Minced fresh ginger	1.00 ts
6360	Bread crumbs	1.00 c
6360	Sesame seeds	0.25 c
6360	Egg, lightly beaten	1.00
6361	Olive oil	2.00 tb
6361	Chicken breast fillets	4.00
6361	boneless, skinless	0.00
6361	about 1 1/4 pounds	0.00
6361	Medium onion, thinly sliced	1.00
6361	Salt	1.00 ts
6361	Pepper	0.50 ts
6361	Wine vinegar	1.00 tb
6361	Chopped chives	1.50 ts
6361	Non-fat plain yogurt	0.50 c
6361	Small cucumber, shredded	1.00
6361	about 1/2 cup	0.00
6361	Slices pita bread	4.00
6361	8-inch size	0.00
6362	Chicken breasts, split, with	2.00 lb
6362	skin	0.00
6362	Ripe purple plums, pitted	6.00
6362	and thinly sliced	0.00
6362	Onion, halved and thinly	1.00
6362	sliced	0.00
6362	Clove garlic, minced	1.00
6362	Water	3.00 tb
6362	Lemon juice	2.00 tb
6362	Light soy sauce	2.00 tb
6362	Liquid sugar substitute	0.50 ts
6362	Hunan Blend	1.00 ts
6363	Chicken breasts	0.00
6363	Lemon juice	0.00
6363	Butter	0.00
6363	Salt	0.00
6364	3 - 4 lb chicken	0.00
6364	Olive oil	0.50 c



Sheet1

6364	Hot pepper sauce *	2.00 tb
6364	Lemons, juice only	2.00
6364	Black pepper, freshly ground	1.00 tb
6364	Salt	1.00 ts
6364	Pepper to taste	0.00
6365	1/2 lb large chicken pieces,	2.00
6365	with the skin attached	0.00
6365	Garlic cloves, peeled	2.00
6365	White onion, roughly sliced	1.00 sm
6365	Reduced chicken broth	1.00 c
6365	Additional garlic cloves,	12.00
6365	peeled and minced	0.00
6365	Dried Oaxacan or Mexican	3.00 tb
6365	oregano, stems removed	0.00
6365	And roughly crumbled	0.00
6365	Additional chicken broth	2.00 tb
6365	Sea salt (or to taste)	0.50 ts
6366	Shortening	0.50 c
6366	Flour	2.00 c
6366	Salt	1.00 ts
6366	Baking powder	0.75 ts
6366	Water (approximate)	0.75 c
6366	Chicken, cooked, cut up	4.00 c
6366	Cream of chicken soup	1.00 c
6366	Dairy sour cream	1.00 c
6366	Green chilies,can, chopped	4.00 oz
6366	Onion, finely chopped	0.50 c
6366	Monterrey jack cheese grated	2.00 c
6366	Sliced green onions w/ tops	0.25 c
6367	Garlic Clove	1.00
6367	Tbl. Vegetable Oil	3.00
6367	Med. Onion, sliced	1.00
6367	Lg. Banana leaf sections,	4.00
6367	including center rib	0.00
6367	(3 Lb) Chicken, quartered	1.00
6367	Salt	0.00
6368	Frying chicken cut	3.00 lb
6368	Into 4 to 6 pieces	0.00
6368	Veg oil	3.00 tb
6368	Flour	1.00 c
6368	Salt and pepper	0.00
6368	Dry wine (i.e. the Marsala)	0.67 c
6368	Thinly sliced yellow onion	0.33 c
6368	Green pepper, seeded, cut	1.00
6368	In thin strips	0.00
6368	Carrot, sliced very thin	1.00 md
6368	Stalk celery, cut in	0.50
6368	Thin strips	0.00
6368	Clove garlic, peeled and	1.00

Sheet1

6368	Chopped very fine	0.00
6368	Canned Italian tomatoes,	0.67 c
6368	Coarsely chopped, with	0.00
6368	Their juices.	0.00
6369	Boneless chicken breast	1.00
6369	Bean thread sheets;optional	10.00
6369	Cucumbers, sliced	2.00
6369	Salt	0.50 tb
6369	DRESSING MIXTURE -----	0.00 -----
6369	Sesame seed paste (or oil)	1.00 tb
6369	Soy sauce	2.50 tb
6369	Sugar	1.50 ts
6369	Vinegar	1.00 tb
6369	Worchestershire sauce	1.50 ts
6369	Garlic juice	0.25 ts
6369	Ginger juice	0.25 ts
6369	Hot chili sauce (optional)	0.50 ts
6369	Dash black pepper	1.00
6369	Cornstarch	0.50 ts
6370	Chickens (3-1/2 to 4 lbs ea)	2.00
6370	cut up	0.00
6370	Salt and pepper; as desired	0.00
6370	Cooking oil	0.33 c
6370	Onions	2.00 md
6370	peeled and roughly diced	0.00
6370	Carrots; roughly diced	2.00 md
6370	Celery stalk; roughly sliced	1.00
6370	Minced garlic	1.00 tb
6370	All-purpose flour	4.00 tb
6370	Low-sodium chicken broth	2.00 c
6370	Tomato paste	2.00 tb
6370	Bay leaves	2.00
6370	Bacon; cut into 1/2-in cubes	0.50 lb
6370	Mushrooms, sliced	0.50 lb
6370	Brandy	0.25 c
6370	Milk	0.25 c
6370	Cream	0.25 c
6370	Chopped fresh tarragon	1.00 tb
6371	Chicken;cut in 8 pieces	3.00 lb
6371	Olive oil; use a good grade	3.00 tb
6371	Shallots; minced	4.00
6371	Garlic clove; crushed	1.00
6371	Flour	1.00 tb
6371	Dry white wine	1.00 c
6371	Chicken stock	0.50 c
6371	Thyme; dried	0.50 ts
6371	Bay leaf	1.00
6371	White onions;peeled/whole	16.00
6371	USE SMALL BOILING ONIONS -----	0.00 -----

Sheet1

6371	Butter	5.00 tb
6371	Sugar	2.00 ts
6371	Mushrooms; sliced	0.25 lb
6371	Tomatoes; canned/cut up	2.00 c
6371	Fresh chopped parsley	0.00
6372	Chicken; skinned and cut in	3.00 lb
6372	portions	0.00
6372	Hazelnuts;-OR- Macadamia	1.00 c
6372	orasted lightly	0.00
6372	Stock	2.00 c
6372	Chili powder	0.50 ts
6372	Garlic clove; crushed	1.00 ea
6372	Scallions; spring onions	3.00 ea
6372	thinly sliced	0.00
6372	salt & pepper	0.00
6373	Long Island duck, cleaned	5.00 lb
6373	Chinese five-spice powder	1.00 tb
6373	Salt	1.00 ts
6373	Water chestnut powder	1.00 c
6373	Boiling water	0.00
6373	Sweet and sour plum sauce	0.00
6373	Oil for deep frying	0.00
6373	Crushed toasted almonds	0.00
6374	Plump young quails	6.00
6374	Big flat mushrooms; plus...	6.00
6374	Mushrooms for the stuffing	6.00 oz
6374	Butter	6.00 oz
6374	Garlic cloves (or more)	3.00
6374	Lemon juice	0.00
6374	Parsley	0.00
6374	Chives	0.00
6374	Tarragon	0.00
6375	Barbecue sauce	1.00 c
6375	(3 ounces each) smoked	3.00 pk
6375	Sliced chicken, ham, turkey	0.00
6375	Or pastrami, cut into 1-in	0.00
6375	strips	0.00
6375	Hamburger buns, split	6.00
6376	Boneless chicken	4.00
6376	Breast halves, skinned	0.00
6376	Salt and freshly ground	0.00
6376	Pepper	0.00
6376	Butter	2.00 tb
6376	Vegetable oil	1.00 ts
6376	Chicken broth	0.50 c
6376	Vermouth	0.25 c
6376	Fresh lemon juice	2.00 tb
6376	Capers, drained, rinsed	1.00 tb
6376	Lemon slices	0.00

Sheet1

6377	Raw Ground Turkey	1.00 lb
6377	Minced Onion	3.00 tb
6377	Water	1.00 c
6377	Italian Seasoning	1.50 ts
6377	Salt	0.12 ts
6377	Garlic Powder	0.25 ts
6377	(6 Oz.) Tomato Paste	1.00 cn
6377	Grated Parmesan	2.00 tb
6377	Hot Cooked Spaghetti	2.00 c
6378	Ground raw turkey	1.00 lb
6378	Whole berry cranberry sauce	1.00 cn
6378	Cracker meal	1.00 c
6378	Water	0.50 c
6378	Egg Beaters (= 2 eggs)	0.50 c
6378	Instant chicken bouillon	2.00 ts
6378	Margarine	2.00 tb
6379	Chicken (1 lb) washed and	1.00
6379	Quartered	0.00
6379	Seasoned salt	0.50 ts
6379	Garlic powder	0.50 ts
6379	Black pepper	0.50 ts
6379	Crushed chili peppers	0.50 ts
6379	Soy sauce, dark	2.00 ts
6379	SAUCE -----	0.00 -----
6379	Breadcrumbs - dry	0.50 c
6379	Seasoned salt	0.50 ts
6379	Thyme	0.50 ts
6379	Onion - large	1.00
6379	Pimento seed (allspice	0.50 ts
6379	Berries)	0.00
6379	Cloves	2.00 c
6379	Butter	1.00 ts
6380	Butter or margerine	0.25 c
6380	Flour, all purpose	0.25 c
6380	Chicken fryer, cut up	1.00
6380	(2-1/2#)	0.00
6380	Eggs	2.00
6380	Paprika	1.00 tb
6380	Onion salt	0.50 ts
6380	Lemon juice	2.00 tb
6380	Bread crumbs, dried pkgd.	1.00 c
6381	Fresh or frozen unsweetened	0.50 c
6381	Raspberries	0.00
6381	Peach, pared and sliced	1.00 sm
6381	Peach brandy or apple	2.00 tb
6381	Juice	0.00
6381	Honey	2.00 tb
6381	All-purpose flour	0.25 c
6381	Salt	0.25 ts

Sheet1

6381	Pepper	0.25 ts
6381	Skinless boneless chicken	4.00 sm
6381	Breast halves (about 1	0.00
6381	pound)	0.00
6381	Vegetable oil	1.00 tb
6382	Frying chicken (or chicken	3.50 lb
6382	parts)	0.00
6382	Piece dried orange or	1.00 lg
6382	tangerine peel	0.00
6382	Dry sherry	0.33 c
6382	Peanut oil	0.50 c
6382	Boiling water	3.50 c
6382	Cornstarch paste	0.00
6382	Flower roll for garnish	0.00
6382	Parsley or watercress for	0.00
6382	garnish	0.00
6382	SAUCE -----	0.00 -----
6382	Slices ginger root	3.00 lg
6382	Hoisin sauce	3.00 tb
6382	Dark soy sauce	2.00 tb
6382	Whole star anise	3.00
6382	Lumps rock sugar	2.00 lg
6382	5-spice powder	1.00 ts
6382	Green onions, quartered	3.00
6383	Cut up, whole chicken	3.50 lb
6383	Lea & Perrin	2.00 tb
6383	Worchestershire sauce	0.00
6383	Dried oregano	1.00 ts
6383	Dried basil	2.00 ts
6383	Dry mustard	1.50 ts
6383	Pats butter	8.00
6383	Fresh squeezed lemon juice	2.00 tb
6383	Bottle very good champagne	1.00
6383	Frozen peas	1.00 pk
6383	Baby carrots	1.00 lb
6383	Cream of mushroom soup	1.00 cn
6383	New potato, cut in half	1.00 sm
6383	Salt & pepper to taste	0.00
6383	8 in. thick onion	1.00
6384	Ounces chicken, duck, goose,	3.00
6384	Pheasant or turkey	0.00
6385	8- to 10-pound goose	1.00
6385	Water	2.00 c
6385	Onion, sliced	1.00 sm
6385	Salt	0.75 ts
6385	Soft bread crumbs	6.00 c
6385	Apples, chopped	3.00 tb
6385	Stalks celery (with leaves),	2.00
6385	Chopped	0.00

Sheet1

6385	Onion, chopped	1.00 md
6385	Margarine or butter, melted	0.25
6385	Salt	0.50 ts
6385	Ground sage	1.00 ts
6385	Ground thyme	0.50 ts
6385	Pepper	0.25 ts
6385	Salt	0.50 ts
6385	All-purpose flour	0.25 c
6386	Chicken, cut in half	3.00 lb
6386	Looing sauce:	0.00
6386	Water	4.00 c
6386	Light soy sauce	1.00 c
6386	Dark soy sauce	1.00 c
6386	Star anise	1.00
6386	Dry sherry	0.50 c
6386	Sugar	5.00 tb
6386	Fresh ginger	4.00 sl
6386	Additional	0.00
6386	Peanut oil for deep frying	6.00 c
6387	Ounces rock cornish hen	3.00
6388	Turkey	1.00 ea
6388	Butter	0.50 c
6388	Salt	1.00 x
6388	*chestnut filling recipe	1.00 x
6388	Flour	0.25 c
6389	RECIPE F -----	0.00 -----
6390	Shallot, peeled and minced	1.00 sm
6390	Garlic Clove, peeled	1.00 md
6390	And minced	0.00
6390	Plus 2 ts Brown Sugar	1.00 tb
6390	Five-Spice Powder	0.75 ts
6390	Sesame Oil	1.50 ts
6390	Vegetable Oil	1.25 ts
6390	Plus 2 ts Fish Sauce	1.00 tb
6390	Chicken Breasts, skinless,	4.00
6390	On bone	0.00
6390	Lime Juice	1.00 tb
6390	Lime Wedges	4.00
6391	Ducklings	2.00 lb
6391	Stuffing mix	2.00 pk
6391	Diced celery	0.50 c
6391	Dried parsley	0.25 c
6391	Chopped tart apples	4.00
6391	Salt	1.50 ts
6391	Poultry seasoning	2.00 ts
6391	Coarse black pepper	0.25 ts
6391	Toasted sesame seeds	0.50 ts
6391	Giblet stock	0.50 c
6391	Instant minced onion (or	1.00 tb

Sheet1

6391	Use onion powder)	0.00
6392	Stephen Ceideburg	0.00
6392	Frying chicken, cut into	4.00 lb
6392	sections	0.00
6392	Arrowroot	0.00
6392	MARINADE:	0.00
6392	Sesame oil	1.00 ts
6392	Dry sherry	1.00 tb
6392	Chinese Five Spices (see	0.25 ts
6392	note below)	0.00
6392	White pepper	0.25 ts
6392	Clove pressed garlic	1.00
6392	Soy sauce	0.25 c
6392	Grated fresh ginger root	1.00 ts
6393	Chicken, cut into parts	1.00 ea
6393	Oregano	1.00 x
6393	Onion, chopped	1.00 ea
6393	Dark rum	1.00 c
6393	Lemon/lime juice	1.00 x
6393	Salt/pepper	1.00 x
6394	Chicken breasts/other parts	0.00
6394	Dry onion soup mix	1.00 pk
6394	Russian salad dressing	8.00 oz
6394	Apricot preserves	8.00 oz
6395	Butter; melted	1.00 c
6395	Chopped onions	3.00 c
6395	Minced celery	3.00 c
6395	White bread, dried	16.00 sl
6395	broken into small pieces	0.00
6395	Minced fresh sage; -=OR=-	6.00 tb
6395	Dried sage leaves	3.00 tb
6395	Minced fresh parsley	1.00 c
6395	Salt; or to taste	2.00 ts
6395	Freshly ground black pepper	1.00 ts
6395	or to taste	0.00
6395	Broth; or less	2.00 c
6395	(turkey, giblet or chicken)	0.00
6396	Chicken, skinned	3.00 lb
6396	Thai chile, whole dried	4.00
6396	Cinnamon stick, 2"	0.00
6396	Cumin, whole	1.50 ts
6396	Ginger, fresh	2.00 ts
6396	Garlic, finely crushed	1.00 ts
6396	Apricots, dried, pitted	15.00
6396	Oil	6.00 tb
6396	Onion, large	2.00
6396	Tomato paste	2.00 tb
6396	Water	1.00 c
6396	Salt	1.25 ts

Sheet1

6396	White malt vinegar	2.00 tb
6396	Sugar	1.50 tb
6396	POTATO STRAWS -----	0.00 -----
6396	Oil, for deep frying	0.00
6396	Potato, large red, peeled	1.00
6396	Salt	1.00 tb
6397	Fryer	3.00 lb
6397	Rock salt	6.00 lb
6397	Parchment paper	0.00
6397	Peanut oil	0.25 c
6397	Salt	1.00 ts
6397	Dark soy sauce	3.00 tb
6397	Whole star anise	1.00
6397	Sherry	2.00 tb
6397	Fresh ginger, minced	1.00 tb
6397	Garlic, minced	1.00 tb
6397	Green onions, chopped	2.00
6398	Roasting chicken, 4 1/2 to 5	1.00
6398	lbs.	0.00
6398	Piece caul fat or	1.00 lg
6398	cheesecloth soaked in oil	0.00
6398	To 6 lbs coarse (kosher)	5.00
6398	salt or rock salt	0.00
6399	To 8 quart enameled	6.00
6399	casserole with cover	0.00
6399	Strainer	0.00
6399	Sauce pan	1.00 pt
6399	Ingredients:	0.00
6399	Whole fryer (3 1/2 lbs)	1.00
6399	Minced ginger root	1.00 ts
6399	Scallion with 1 inch of	1.00
6399	green, cut in 1/4-inch	0.00
6399	rounds	0.00
6399	Minced Chinese parsley	1.00 ts
6399	Piece dried tangerine peel	1.00
6399	(1 inch in diameter)	0.00
6399	Salt	1.50 ts
6399	Ground Szechwan or black	0.12 ts
6399	pepper	0.00
6399	Chinese orange wine or	2.00 ts
6399	Contreau	0.00
6399	Warm water	1.00 c
6399	Cornstarch	2.00 ts
6399	Cold chicken stock or cold	2.00 tb
6399	water	0.00
6399	Rock [or Kosher] salt	5.00 lb
6400	Black Bean Relish; *	0.00
6400	Chicken Breast Halves; **	8.00
6400	Vegetable Oil	0.25 c



Sheet1

6400	Lime Juice	2.00 tb
6400	Salt	0.50 ts
6400	Pepper	0.25 ts
6400	Cloves Garlic;Finely Choppe	2.00
6400	Onion; Chopped, 1 Medium	0.50 c
6400	Artichoke Hearts; ***	14.00 oz
6401	4- to 5-pound fresh or	1.00
6401	frozen (thawed) boneless	0.00
6401	whole turkey Breast	0.00
6401	Pound italian sausage, cooke	0.50
6401	Drained	0.00
6401	Ricotta cheese	0.75 c
6401	Chopped fresh or 1 tb Dried	0.25 c
6401	basil leaves	0.00
6401	Pine nuts	1.00 tb
6401	Pepper	0.12 ts
6401	Egg	1.00
6401	Cl Garlic, finely chopped	1.00
6401	Margarine or butter,	2.00 tb
6401	Melted	0.00
6401	PARMESAN SAUCE -----	0.00 -----
6401	Thin white sauce	0.00
6401	Grated parmesan cheese	0.25 c
6401	Margarine or butter	2.00 tb
6402	10 oz pk frozen BYERLY'S WIL	3.00
6402	Butter or margarine	0.33 c
6402	Flour	0.33 c
6402	Salt	0.50 ts
6402	Paprika	0.50 ts
6402	Pepper	0.25 ts
6402	Chicken breast halves skinle	4.00
6402	Fresh mushrooms, sliced	8.00 oz
6402	Brandy	0.25 c
6403	Butter	4.00 tb
6403	Scallions chopped	4.00
6403	Unbleached all-purpose flour	1.00 c
6403	Ground ginger	1.00 pn
6403	Mace	1.00 pn
6403	Allspice	1.00 pn
6403	Nutmeg	1.00 pn
6403	Cloves	1.00 pn
6403	Salt and pepper to taste	0.00
6403	Chicken livers halved, trimm	1.00 lb
6403	Creme fraiche ( or heavy cre	0.33 c
6404	Or 4 half chicken breasts,	3.00
6404	boned and skinned,	0.00
6404	Cut into pieces	0.00
6405	Chicken breast diced	1.00 c
6405	Pine nuts	0.50 c

Sheet1

6405	Bamboo shoots, diced	0.50 c
6405	Garlic, minced	2.00 tb
6405	Green onions, finely chopped	2.00 tb
6405	Vegetable oil	4.00 tb
6405	CHICKEN MARINADE -----	0.00 -----
6405	Corn starch	1.00 tb
6405	Water	2.00 tb
6405	Chinese wine	1.00 tb
6405	Soy sauce	2.00 ts
6405	SAUCE -----	0.00 -----
6405	Soy sauce	1.00 tb
6405	Water	1.00 tb
6405	Hoisin sauce	2.00 ts
6405	Oyster sauce	1.00 ts
6405	Chili bean sauce	1.00 ts
6405	Sugar	1.00 ts
6405	Sesame oil	1.00 ts
6406	Fresh Ground Turkey	1.00 pk
6406	Fine dry bread crumbs	0.75 c
6406	Milk	0.75 c
6406	Onion, finely chopped	0.50 c
6406	Green pepper finely chopped	0.50 c
6406	Eggs, beaten	2.00 x
6406	Worcestershire sauce	1.00 tb
6406	Prepared horseradish	1.00 tb
6406	Poultry seasoning	1.00 ts
6406	Dry mustard	1.00 ts
6406	Garlic powder	0.25 ts
6407	Skinned Chicken Thighs *	4.00 x
6407	Fresh squeezed lemon juice	0.33 c
6407	Minced fresh Parsley	2.00 tb
6407	Dry White Wine (or Chablis)	2.00 tb
6407	Margarine, melted	1.00 tb
6407	Olive oil	1.00 tb
6407	Clove Garlic, minced	0.00
6407	Onion powder	0.12 ts
6407	Paprika	0.12 ts
6408	MAMA LEAH'S JEWISH KITCHEN -----	0.00 -----
6408	CUT UP SKIN AND FAT	2.00 c
6408	FROM ANY CHICKEN,DUCK,GOOSE	0.00
6408	COLD WATER	0.75 c
6409	Broiler, frying chicken	3.00 lb
6409	Margarine or butter, melted	0.25 c
6409	Large onion finely chopped	1.00
6409	Regular rolled oat	1.00 c
6409	Ground coriander	0.50 ts
6409	Grated nutmeg	0.12 ts
6409	Medium onions	6.00
6409	-----oat stuffing-----	0.00

Sheet1

6409	Margarine	0.25 c
6409	Salt	1.00 ts
6409	Pepper	0.50 ts
6410	Whole steamed chicken	0.00
6410	see below	0.00
6410	Sesame oil	2.00 ts
6410	Minced ginger	1.00 tb
6410	Light soy sauce	2.00 ts
6410	Teriyaki sauce	1.00 tb
6410	Sugar	0.50 ts
6410	GARNISH -----	0.00 -----
6410	Toasted sesame seeds	0.50 c
6410	Finely shredded green onions	0.50 c
6411	Fresh Ground Turkey	1.00 pk
6411	Chopped onion	0.50 c
6411	Fine dry bread crumbs	0.33 c
6411	Egg	0.00
6411	Worcestershire sauce	1.25 ts
6411	Poultry seasoning	0.50 ts
6411	Garlic salt	0.50 ts
6411	Seasoned salt	0.50 ts
6412	From the Kitchen of	0.00
6412	Lawrence and Cindy Kellie	0.00
6412	Canola oil	2.00 tb
6412	Onion; minced	0.25 c
6412	Cornmeal; yellow	1.25 c
6412	Salt	1.00 ts
6412	Sage; dried	1.00 ts
6412	Thyme; dried	0.50 ts
6412	Pepper; black	0.25 ts
6412	Cayenne pepper	0.25 ts
6412	Chicken bouillon	3.00 c
6412	extra strong	0.00
6412	Chicken	2.00 c
6412	cooked, ground up	0.00
6413	Roasting chicken	3.50 lb
6413	Cold water	1.50 c
6413	Dark soy sauce	1.50 c
6413	Chinese wine or dry sherry	0.25 c
6413	Inch piece fresh ginger,	2.00
6413	peeled and sliced	0.00
6413	Clove garlic	1.00
6413	Sections star anise	10.00
6413	Sugar	1.50 tb
6413	Sesame oil	2.00 ts
6414	Chicken Cutlets	2.00 x
6414	Sesame Oil	2.00 tb
6414	Sugar	2.00 ts
6414	Tabasco Sauce (To Taste)	2.00 ts

Sheet1

6414	Flour	0.00
6415	Chicken Breasts,	0.75 lb
6415	Skinless and	0.00
6415	Boneless	0.00
6415	Flour	3.00 tb
6415	Sesame Seeds	2.00 tb
6415	Soy Sauce	1.00 tb
6415	Peanut Oil	0.50 ts
6415	Maple Syrup	1.00 tb
6415	Red Lettuce Leaves	0.00
6415	Dry Sherry	1.00 tb
6415	Tomato, ripe	1.00 lg
6415	Fresh Ginger, chopped	1.00 ts
6415	Pepper to taste	0.00
6415	Chinese Five spice	0.50 ts
6415	powder	0.00
6416	Chicken, cut up	1.00
6416	Flour	0.50 c
6416	Garlic salt, divided	1.50 ts
6416	Onion salt	0.50 ts
6416	Lemon and pepper seasoning	0.50 ts
6416	Paprika	0.50 ts
6416	Butter, melted	4.00 tb
6416	Cooking oil	1.00 tb
6416	Pepper	0.25 ts
6416	Sesame seeds, toasted	1.00 c
6416	lightly	0.00
6417	Teriyaki Sauce	2.00 tb
6417	Water	1.00 tb
6417	Cloves Garlic, minced	2.00 x
6417	Ground ginger	0.25 ts
6417	Chicken Breast halves *	6.00 oz
6417	Sesame Seeds, toaster	0.25 ts
6418	Whole chicken breasts,	6.00 lb
6418	skinned, boned, and	0.00
6418	Halved horizontally (6 large	0.00
6418	breasts)	0.00
6418	MARINADE -----	0.00 -----
6418	Garlic clove	1.00 lg
6418	Piece fresh ginger, 1/2-inch	1.00
6418	long, peeled and halved	0.00
6418	Dry sherry	0.25 c
6418	Fresh lemon juice	2.00 tb
6418	Corn starch	2.00 ts
6418	Oriental sesame oil	1.00 ts
6418	Vegetable oil	1.00 ts
6418	SAUCE -----	0.00 -----
6418	Fresh lemon juice	0.33 c
6418	Dry sherry	0.25 c

Sheet1

6418	Honey	0.25 c
6418	Chicken stock	0.25 c
6418	Light soy sauce	2.00 tb
6418	Dark soy sauce	2.00 tb
6418	Salt	1.50 ts
6418	Freshly-ground black pepper	0.00
6418	STIR -----	0.00 -----
6418	Peanut oil	2.00 tb
6418	Oriental sesame oil	2.00 tb
6418	Dried black Chinese	7.00
6418	mushrooms (optional)	0.00
6418	Sesame seeds, toasted	0.25 c
6418	Lemons, scored, ends cut	2.00 sm
6418	flat, and	0.00
6418	Sliced thin	0.00
6419	Soy sauce, divided	4.00 tb
6419	Sesame oil, divided	2.00 tb
6419	Cornstarch	1.00 tb
6419	Boneless, skinless chicken	2.00
6419	Breast halves, cut into	0.00
6419	Thin strips.	0.00
6419	Uncooked vermicelli	8.00 oz
6419	Sugar	1.00 tb
6419	Distilled white vinegar	2.00 tb
6419	Vegetable oil, divided	2.00 tb
6419	Carrot, julienned	1.00 md
6419	Fresh snow peas, trimmed	0.25 lb
6419	And julienned	0.00
6419	Chopped green onions and	0.50 c
6419	Tops	0.00
6419	Minced fresh ginger root	1.00 tb
6419	Crushed red pepper	0.75 ts
6420	All-purpose flour	1.00 c
6420	Salt	2.00 ts
6420	Pepper	1.00 ts
6420	Cracker crumbs	0.50 c
6420	Paprika	1.00 ts
6420	Basil or Oregano, crushed	0.50 ts
6420	Powdered Thyme	0.50 ts
6420	Garlic powder	0.50 ts
6421	Chicken breasts	1.50 lb
6421	Thin slices fresh ginger	2.00
6421	Salt	2.00 ts
6421	Whole green onions	2.00
6421	Dry sherry	0.50 c
6422	(approximately) whole frying	3.50 lb
6422	chicken	0.00
6422	Dark soy sauce	0.50 c
6422	Peanut (or vegetable) oil	1.50 c

Sheet1

6422	for braising	0.00
6422	Peanut oil for stewing	2.00 tb
6422	Green onions	4.00
6422	Minced fresh ginger	0.50 ts
6422	Water	4.00 c
6422	Medium sherry	0.50 c
6422	Thin soy sauce	0.50 c
6422	Clove star anise	1.00
6422	Salt	1.00 ts
6422	Lumps rock sugar	3.00
6422	Sesame oil	1.00 tb
6422	Cornstarch paste	0.00
6423	Chicken, diced boned	0.33 c
6423	Ham, diced	0.25 c
6423	Duck gizzard	1.00
6423	Shrimp, small shelled	0.25 c
6423	Black mushrooms, diced	0.25 c
6423	Bamboo shoots	0.25 c
6423	Green peas	2.00 tb
6423	Oil	2.00 tb
6423	Wine	0.50 tb
6423	Salt	0.50 ts
6423	Eggs	8.00
6423	Flour	2.00 tb
6423	Salt	0.25 ts
6423	MSG (optional)	0.25 ts
6423	Oil	6.00 tb
6424	(3 lb) chicken pieces	1.50 kg
6424	Light soy sauce	0.33 c
6424	Peanut oil	0.25 c
6424	Chinese wine or dry sherry	1.00 tb
6424	Clove garlic	1.00
6424	Salt	0.50 ts
6424	Finely grated fresh ginger	0.50 ts
6424	Five spice powder	2.00 ts
6425	Boneless chicken breasts	0.50 lb
6425	skinned	0.00
6425	Egg white	1.00
6425	Salt	0.50 ts
6425	Cornstarch	2.00 ts
6425	Oil, preferably peanut	0.67 c
6425	White sesame seeds	1.00 tb
6425	(untoasted)	0.00
6425	SAUCE -----	0.00 -----
6425	Dark soy sauce	1.00 ts
6425	Chinese black rice vinegar	1.00 ts
6425	=OR= Cider vinegar	0.00
6425	Sesame oil	0.50 ts
6425	Sugar	1.00 ts

Sheet1

6425	Rice wine or dry sherry	2.00 ts
6425	Roasted Sichuan peppercorns	0.50 ts
6425	(optional)	0.00
6425	Finely chopped scallions	2.00 ts
6426	Mung bean sprouts	2.00 c
6426	Nami dried black mushrooms	8.00
6426	Green bell pepper	1.00 lg
6426	Stewed chicken breast	0.50
6426	Green onions	8.00
6426	Fresh ginger root	1.00 ts
6426	Peanut oil	2.00 tb
6426	Rich chicken stock	0.75 c
6426	Medium sherry	1.00 tb
6426	Sugar	0.50 ts
6426	Shrimp sauce	0.50 ts
6426	Thick cornstarch paste	1.00 ts
6427	Mung bean sprouts	2.00 c
6427	Nami dried black mushrooms	8.00
6427	Green bell pepper	1.00 lg
6427	Stewed chicken breast	0.50
6427	Green onions	8.00
6427	Fresh ginger root	1.00 ts
6427	Peanut oil	2.00 tb
6427	Rich chicken stock	0.75 c
6427	Medium sherry	1.00 tb
6427	Sugar	0.50 ts
6427	Shrimp sauce	0.50 ts
6427	Thick cornstarch paste	1.00 ts
6428	Stephen Ceideburg	0.00
6428	Cloves garlic	8.00
6428	Peppercorns, freshly ground	2.00 tb
6428	Chopped coriander roots	2.00 tb
6428	Chicken pieces	6.00
6428	Oil for deep frying	0.00
6429	Chicken breasts	8.00 oz
6429	Egg white	0.50
6429	Cornstarch	1.00 ts
6429	Salt	1.00 pn
6429	Oil for fying	0.00
6429	Green peppers	3.00
6429	Bamboo shoots (parboiled)	3.50 oz
6429	Cashew nuts	2.00 oz
6429	Garlic, chopped	1.00 ts
6429	Rice wine	1.00 tb
6429	Msg (optional)	1.00 pn
6429	SAUCE -----	0.00 -----
6429	Soybean paste	1.00 tb
6429	Soy sauce	1.00 tb
6429	Sugar	2.00 ts

Sheet1

6429	Vinegar	0.50 tb
6429	Salt	0.25 ts
6430	Chicken Breast Halves *	2.00
6430	Canola Oil	0.25 c
6430	Bell Pepper, Diced	1.00 lg
6430	Carrot, Sliced	0.50 md
6430	Bamboo Shoots, Drained	4.00 oz
6430	Water Chestnuts **	4.00 oz
6430	Chicken Broth	1.00 tb
6430	Soy Sauce	1.00 tb
6430	Ground Ginger	0.50 ts
6430	Minced Garlic	0.50 ts
6430	Crushed Red Pepper	0.25 ts
6430	Salt	0.12 ts
6430	Sugar	0.50 ts
6430	White Vinegar	0.50 ts
6430	Cornstarch/Water 50/50 Mix	0.50 ts
6431	Oil	3.00 tb
6431	Cinnamon stick	1.00
6431	Cloves, whole	4.00
6431	Bay leaf	1.00
6431	Onion, finely chopped	1.50 c
6431	Garlic clove, minced	6.00
6431	Ginger, 1/2" piece, minced	0.00
6431	Tomato, finely chopped	1.50 c
6431	Cilantro, ground	1.50 ts
6431	Cumin, ground	0.75 ts
6431	Chilli powder	0.50 ts
6431	Turmeric	0.50 ts
6431	Salt to taste	0.00
6431	Yogurt	1.00 c
6431	Chicken thighs, skinned	8.00
6431	Cilantro, fresh, chopped	2.00 tb
6432	Margarine	1.00 tb
6432	Skinless,boneless chicken	4.00
6432	Breast halves	0.00
6432	Campbell's Golden Corn Soup	1.00 cn
6432	Milk	0.50 c
6432	Broccoli florets	2.00 c
6432	Shredded cheddar cheese	0.50 c
6432	Pepper	0.12 ts
6433	Ground turkey	1.00 lb
6433	Onion, chopped	0.75 c
6433	Tomato sauce	1.00 c
6433	Prepared mustard	2.00 tb
6433	Worcestershire sauce	1.00 tb
6433	Brown sugar	1.00 ts
6433	Garlic powder	0.12 ts
6434	Bell pepper,chopped	1.00



Sheet1

6434	Onion,chopped	1.00
6434	Med tomatoes,chopped	2.00
6434	Chopped celery	1.00 c
6434	Clove garlic,crushed	1.00
6434	Minced parsley	2.00 tb
6434	Chopped thyme leaves	2.00 ts
6434	Oregano leaves,chopped	2.00 ts
6434	Cayenne	0.12 ts
6434	Salt	0.50 ts
6434	Smoked sausage,chopped	4.00 oz
6434	Chicken breast,chopped	8.00 oz
6434	Beef broth or bouillon	2.00 c
6434	Cooked shelled shrimp	0.50 lb
6434	Cooked rice	1.00 c
6435	VIVIAN THIELE NRHF19C	0.00
6435	Chicken Breast; boneless	1.00 lb
6435	and skinless	0.00
6435	*****Sauce*****	0.00
6435	Soy Sauce	0.50 c
6435	Orange Juice	1.00 c
6435	Lemon Juice	1.00 tb
6435	Sugar	1.00 ts
6435	Cloves Garlic; crushed	2.00
6435	Ginger	0.50 ts
6435	*****	0.00
6435	Oil	1.00 tb
6435	Onion; sliced	1.00 md
6435	Green pepper; sliced	1.00
6435	Red Pepper; sliced	1.00
6435	Flour Tortillas (6-8 inch)	12.00
6436	Jars (6 ounces) marinated ar	1.00
6436	artichoke Hearts	0.00
6436	Mayonnaise or salad dressing	0.25 c
6436	Chopped bell pepper	0.50 c
6436	Loaf (1 pound) italian bread	1.00
6436	Romaine or watercress	0.00
6436	Onion, thinly sliced	1.00 sm
6436	Pound thinly sliced smoked	0.75
6436	turkey	0.00
6436	Tomato, thinly sliced	1.00 md
6437	Salt	1.00 ts
6437	Sugar	0.50 ts
6437	Wine	0.50 tb
6437	Fresh mushrooms	0.50 lb
6437	Accent (MSG)	0.50 ts
6437	Cornstarch	2.00 ts
6437	Snow peas	0.50 lb
6437	Ginger	0.25 oz
6437	Water chestnuts, sliced	4.00

Sheet1

6437	Bamboo shoots, sliced	2.00 oz
6437	Chicken breast, sliced into	0.50
6437	thin strips	0.00
6438	Vegetable Oil	0.00
6438	Corn Tortillas; *	12.00
6438	Cooked Meat; **	1.50 c
6439	Frito corn chips	4.00 c
6439	Mild chillies, chopped	1.00 c
6439	Sour cream	1.50 c
6439	Shredded cheese	2.00 c
6439	Cumin	0.25 ts
6439	Cooked chicken	3.00 c
6439	Onion, chopped	1.00 c
6439	Salt	0.25 ts
6439	White pepper	0.25 ts
6439	Garlic clove	1.00 ea
6440	Corn tortillas	12.00
6440	Green chile sauce	4.00 c
6440	Minced, cooked chicken	3.00 c
6440	Jack cheese, grated	1.00 lb
6440	Minced onion, (optional)	0.25 c
6440	Sour cream	16.00 oz
6440	Salt to taste	0.00
6440	GREEN CHILE SAUCE -----	0.00 -----
6440	Olive oil	0.25 c
6440	Clove garlic, minced	1.00
6440	Minced onion (optional)	0.50 c
6440	Flour	1.00 tb
6440	Water	1.00 c
6440	Chopped green chiles	1.00 c
6440	Salt to taste	0.00
6441	COATING -----	0.00 -----
6441	Fresh bread crumbs	2.00 c
6441	Salt	0.50 ts
6441	Cracked pepper	0.25 ts
6441	Onion powder	0.25 ts
6441	Paprika	0.25 ts
6441	Butter or margarine; melted	0.50 c
6441	Frying chicken; cut up	1.00
6441	Onions; cut in half	3.00 md
6441	SAUCE -----	0.00 -----
6441	Flour	1.00 tb
6441	Sour cream	1.00 c
6441	Cracked pepper	0.25 ts
6441	Milk	0.00
6441	Chopped fresh chives	2.00 tb
6442	Bite-size pieces spinach	2.00 c
6442	Shredded chinese cabbage	2.00 c
6442	Cut-up cooked chicken	1.25 c

Sheet1

6442	Enoki mushrooms	1.00 c
6442	Sesame seed, toasted	2.00 tb
6442	Red bell pepper, cut into	1.00
6442	1/2 inch Pieces	0.00
6442	Green onion (with top), thin	1.00
6442	Sliced (about 1 tablespoon)	0.00
6442	Vegetable oil	2.00 tb
6442	Rice vinegar or vinegar	2.00 tb
6442	Soy sauce	2.00 tb
6442	Five-spice powder	0.50 ts
6443	Water	8.00 c
6443	Ducks, mallard-size filleted	3.00
6443	and cut in 1" pieces	0.00
6443	Oil, unsaturated veg.	0.50 c
6443	Flour	4.00 c
6443	Salt	1.00 tb
6443	Pepper	1.00 tb
6443	Celery, sliced 1/2" thick	1.00 c
6443	Carrots, thinly sliced	1.00 c
6443	Bell peppers, sliced	1.00 c
6443	Onion, yellow sliced	1.00 c
6443	Okra, sliced 1" thick (opt.)	1.00 c
6443	Tomatoes, 16 oz. peeled	1.00 cn
6443	Soup, chicken rice 10 oz.	1.00 cn
6443	Chicken bouillon cubes	2.00
6443	Worcestershire Sauce	2.00 tb
6443	Bay leaves, whole	2.00
6443	Tabasco sauce	1.00 ts
6443	Salt	2.00 tb
6443	Black pepper	0.50 ts
6443	Cayenne pepper	0.50 ts
6443	Fillet seasoning (opt.)	1.00 ts
6443	Oil, unsaturated veg.	0.50 c
6443	Flour	0.00
6444	Stephen Ceideburg	0.00
6444	Dried red chiles, stemmed	6.00
6444	and broken	0.00
6444	Distilled white vinegar	0.50 c
6444	Garlic cloves, peeled	4.00
6444	Half-inch piece peeled fresh	1.00
6444	ginger	0.00
6444	Ground cumin	2.00 ts
6444	Ground coriander	2.00 ts
6444	Ground cinnamon	0.50 ts
6444	Duck, quartered and skinned	4.00 lb
6444	Mild vegetable oil	2.00 tb
6444	Salt, or to taste	1.00 ts
6444	Water	1.00 c
6444	Sugar	2.00 ts

Sheet1

6444	Minced cilantro or parsley	2.00 tb
6445	DRESSING -----	0.00 -----
6445	Pan Cornbread	1.00
6445	Slices white bread, toasted	8.00
6445	Onion, Chopped	1.00
6445	Ribs celery, Chopped	2.00
6445	Eggs, hard Boiled	2.00
6445	Eggs, slightly beaten	4.00
6445	To 4 c chicken/turkey broth	3.00 c
6445	Stick margarine	0.50
6445	Crumbled sage leaves	1.00 tb
6445	Salt	0.00
6445	Pepper	0.00
6445	CORNBREAD -----	0.00 -----
6445	White self-rising cornmeal	1.50 c
6445	Flour	0.75 c
6445	Egg, slightly beaten	1.00
6445	Buttermilk	1.00 c
6446	Red bell peppers	2.00 lg
6446	Whole chicken breast	1.00
6446	(about 3/4 pound), skinned	0.00
6446	And boned	0.00
6446	Onion, chopped	1.00 md
6446	(about 1/2 cup)	0.00
6446	Chicken broth	2.00 c
6446	Lime juice	2.00 tb
6446	Chopped fresh cilantro	1.00 tb
6446	Salt	0.50 ts
6446	Salt	0.25 ts
6446	Cl Garlic, crushed	2.00
6446	Cubed jicama	1.00 c
6447	Crumbled corn bread	6.00 c
6447	17 oz can cream-style corn	1.00
6447	4 oz cans chopped green	2.00
6447	Chili peppers	0.00
6447	4 1/2 oz can chopped ripe	1.00
6447	Olives (optional	0.00
6447	Shredded Cojack or Monterey	0.75 c
6447	Jack cheese	0.00
6447	Finely chopped onion	0.50 c
6447	Chopped red or green sweet	0.50 c
6447	Pepper	0.00
6447	Snipped fresh cilantro or	1.00 tb
6447	Parsley	0.00
6447	Egg, beaten	1.00
6448	Low-sodium soy sauce	0.33 c
6448	Chopped fresh cilantro	0.25 c
6448	Chopped green onion	0.25 c
6448	Canned unsalted chicken	0.25 c

## Sheet1

6448	broth	0.00
6448	Chopped fresh ginger	2.00 tb
6448	Rice wine vinegar	2.00 tb
6448	Garlic cloves, chopped	4.00
6448	Hot chili paste with garlic	2.00 ts
6448	Oriental sesame oil	1.00 ts
6448	Boneless skinless chicken	6.00
6448	breasts	0.00
6448	Vegetables	0.00
6448	Small carrots, thinly sliced	12.00 oz
6448	diagonally	0.00
6448	Jicama, peeled, cut into	12.00 oz
6448	thin matchstick size slices	0.00
6448	Snow peas	8.00 oz
6448	Oriental Sesame Oil	1.00 tb
6448	Sesame Seeds	1.00 tb
6448	Canned Unsalted Chicken	2.00 tb
6448	Broth	0.00
6449	Chopped fresh or 1 ts	1.00 tb
6449	Dried oregano leaves	0.00
6449	Chopped fresh or 1 ts	1.00 tb
6449	Dried basil leaves	0.00
6449	Chopped fresh or 1/2 ts	2.00 ts
6449	Dried marjoram leaves	0.00
6449	Sugar	1.00 ts
6449	Salt	0.50 ts
6449	Onion, chopped (about 1 cup)	1.00 lg
6449	Cl Garlic, crushed	1.00
6449	(16 ounces) whole	1.00 cn
6449	Tomatoes, undrained	0.00
6449	(8 ounces) tomato sauce	1.00 cn
6449	Cooked chicken or turkey	1.50 c
6449	Hot cooked spaghetti	4.00 c
6450	Chicken Breast halves *	6.00 x
6450	Ground Pepper	0.25 ts
6450	Med Onion, sliced	0.00
6450	Clove garlic, minced	0.00
6450	Fresh Mushrooms, sliced	0.50 lb
6450	Water	1.00 c
6450	Paprika	2.00 ts
6450	Dry Chicken Bouillon powder	1.00 ts
6450	Saffron threads (or Tumeric)	0.50 ts
6450	Frzn English Peas	1.00 c
6450	Sliced Ripe Olives (pitted)	2.00 tb
6450	Skim Milk	0.25 c
6450	Cornstarch	1.00 tb
6450	Water	2.00 tb
6450	Hot cooked long-grain Rice	3.00 c
6451	Oil	2.00 tb

Sheet1

6451	Fresh Red Chillies	4.00
6451	- seeded and sliced	0.00
6451	Garlic cloves; sliced	3.00
6451	Chicken breast; sliced	500.00 g
6451	Onion; sliced	1.00
6451	Oyster sauce	2.00 tb
6451	Fish sauce *	1.00 tb
6451	Tamarind sauce	1.00 tb
6451	Brown sugar	2.00 ts
6451	- (or jaggary if available)	0.00
6451	Straw mushrooms	0.50 c
6451	- (or tinned mushrooms	0.00
6451	- if desperate)	0.00
6451	Bamboo shoots (strips)	0.50 c
6451	Lime; juiced	0.50
6451	Coriander (fresh)	6.00 bn
6452	Chicken parts*	8.00
6452	Low-fat yogurt; plain	1.00 c
6452	Lime juice	2.00 tb
6452	Ginger; fresh grated	2.00 ts
6452	Garlic cloves; minced	4.00
6452	Cumin; ground	1.00 ts
6452	Cayenne pepper	0.25 ts
6452	Anises; don't use	1.00 ts
6452	Cornstarch; mixed with	1.00 ts
6452	Water	2.00 ts
6452	Limes; cut for garnish	1.00
6453	Ghee	1.00 tb
6453	Onions, sliced	2.00
6453	Clove garlic, crushed	1.00
6453	Thyme	0.25 ts
6453	Bay leaves	2.00
6453	Cinnamon	1.00 ts
6453	Cardamon	1.00 ts
6453	Mace	2.00 ts
6453	Ghee	1.00 tb
6453	Chicken jointed	1.00
6453	Curry powder	2.00 tb
6453	Cayenne pepper	0.25 ts
6453	Salt	1.00 ts
6453	Coconut milk	1.50 c
6453	Tomatoes, peeled and chopped	3.00
6453	Lemon juice	1.00 tb
6453	Apples, peeled and thickly	2.00
6453	sliced	0.00
6453	Cream or sour cream	0.50 c
6454	Chicken wings	0.50 lb
6454	BAR -----	0.00 -----
6454	Ketchup	0.50 c

Sheet1

6454	Water	0.50 c
6454	Dijon mustard	2.00 ts
6454	Salt	1.00 ts
6454	Louisiana hot sauce	2.00 ts
6454	Chili powder	0.50 ts
6454	Garlic cloves - minced	2.00
6454	Lemon Juice	0.25 c
6454	Brown sugar	1.00 tb
6454	Oil	2.00 tb
6454	Worcestershire sauce	2.00 tb
6454	Cumin	0.25 ts
6454	Black pepper	1.00 ts
6454	Oil for deep frying	0.00
6455	Oil	0.50 c
6455	Chicken breasts	2.00
6455	Sherry	1.00 tb
6455	Light soy sauce	1.00 tb
6455	Corn starch	1.00 tb
6455	(8-oz.) bamboo shoots, diced	1.00 cn
6455	Hoison sauce	2.00 tb
6455	Crushed red-hot pepper	0.50 ts
6455	Chopped scallion	1.00 tb
6455	Chopped ginger	1.00 ts
6456	Oil	0.50 c
6456	Chicken breasts	2.00
6456	Sherry	1.00 tb
6456	Light soy sauce	1.00 tb
6456	Corn starch	1.00 tb
6456	Bamboo shoots, diced	8.00 oz
6456	Hoisin sauce	2.00 tb
6456	Crushed red-hot pepper	0.50 ts
6456	Chopped scallion	1.00 tb
6456	Chopped ginger	1.00 ts
6457	Thin Chinese flour noodles	0.50 lb
6457	Chicken breast	1.00 md
6457	Green onions, slivered	2.00
6457	Egg yolks	3.00
6457	Peanut oil	2.00 tb
6457	Cool water	1.00 ts
6457	Thin soy	1.00 tb
6457	Chinkiang vinegar	1.00 ts
6457	Hot chili pepper oil	1.00 ts
6457	Ginger juice	0.50 ts
6457	Clove garlic, minced	1.00
6457	Sugar	1.00 pn
6457	Oil	2.00 tb
6458	Boneless chicken breasts	0.50 lb
6458	skinned	0.00
6458	Fresh green or red chiles	2.00 sm

Sheet1

6458	Canned bamboo shoots	8.00 oz
6458	Zucchini	0.50 lb
6458	Red or green bell pepper	1.00 lg
6458	Oil, preferably peanut	2.00 tb
6458	Chicken stock	2.00 tb
6458	Rice wine or dry sherry	2.00 tb
6458	Chili bean sauce (or more)	1.50 ts
6458	Granulated sugar	2.00 ts
6458	Dark soy sauce	2.00 tb
6458	Chinese black rice vinegar	1.00 tb
6458	=OR=- Cider vinegar	0.00
6458	Tomato paste	1.00 tb
6459	Boneless chicken pieces	0.75 lb
6459	Oil	2.00 c
6459	All-purpose flour	0.67 c
6459	MARINADE -----	0.00 -----
6459	Chili bean sauce	1.00 ts
6459	=OR=- Chili powder	0.00
6459	Rice wine or dry sherry	2.00 ts
6459	Light soy sauce	1.00 ts
6459	Dark soy sauce	1.00 ts
6459	Finely chopped ginger root	2.00 ts
6459	Finely chopped scallions	1.00 tb
6459	Granulated sugar	1.00 ts
6460	Marinade:	0.00
6460	Garlic cloves	2.00 lg
6460	Inch slice fresh ginger, peeled	1.00 0.00
6460	Green onions (3 oz total)	6.00 lg
6460	Grated peel of 1 lemon	0.00
6460	Hoisin sauce	3.00 tb
6460	Honey	3.00 tb
6460	Catsup	3.00 tb
6460	Soy sauce	3.00 tb
6460	White rice vinegar	2.00 tb
6460	Salt	0.50 ts
6460	Freshly ground pepper	0.00
6460	Chickens, cut into serving pieces	3.00 lb 0.00
6461	Chicken Wings	1.00 lb
6461	Oil	2.00 tb
6461	Garlic Cloves, chopped fine	2.00
6461	Brown Sugar	2.00 tb
6461	Dried Mustard	1.50 ts
6461	Red Pepper Flakes to taste	0.00
6461	Beer	0.25 c
6461	Low Salt Soy Sauce	2.00 tb
6461	Sesame Oil (opt)	0.50 ts
6461	Sesame Seeds (opt)	0.00



Sheet1

6462	(8 Oz.) Tomato Sauce	1.00 cn
6462	Italian Seasoning	2.00 ts
6462	Salt	0.25 ts
6462	Ground Turkey Raw	1.00 lb
6462	Clove Garlic Minced	1.00 lg
6462	Fennel Seeds	1.00 ts
6462	Crushed Red Pepper	0.50 ts
6463	Mazola Corn Oil	2.00 tb
6463	Boneless, skinless, chicken	1.00 lb
6463	breast, cubed	0.00
6463	Slivered orange peel	0.25 c
6463	Clove garlic, minced	1.00
6463	Ground ginger	0.50 ts
6463	Argo corn starch	2.00 tb
6463	Cool chicken broth	1.00 c
6463	Soy sauce	0.25 c
6463	Dry sherry	0.25 c
6463	Orange marmalade	0.25 c
6463	Crushed dried red pepper	0.50 ts
6464	Chicken breasts	1.00 lb
6464	Clove garlic, minced fine	1.00 ea
6464	Cornstarch, divided	4.00 ts
6464	Sugar	1.00 ts
6464	Egg white	1.00 ea
6464	Soy sauce	2.00 tb
6464	Vegetable oil	2.00 tb
6464	Dry sherry	3.00 tb
6464	Sliced bamboo shoots	0.75 c
6464	Grated peeled fresh	1.00 ts
6464	gingerroot	0.00
6464	Diced green chilies	0.25 c
6464	Chopped green onion	2.00 tb
6464	Roasted, skinned peanuts	0.50 c
6465	Chicken, boneless, bite size	0.75 lb
6465	Broccoli flowerets, cooked	2.00 c
6465	Stalks green onion, chopped	2.00
6465	Slices, ginger root,slivered	4.00
6465	Garlic clove, chopped	1.00
6465	Wine	1.00 tb
6465	Soy sauce	1.00 tb
6465	Sugar	0.75 ts
6465	Sesame oil	0.75 ts
6465	Hot bean paste or chili sauc	1.00 tb
6465	Szechwan pepper (optional)	0.33 ts
6465	Chicken stock 2-4t	2.00 tb
6465	Cornstarch (for thickening)	0.50 ts
6465	Oil	2.00 tb
6466	Red Bell Pepper, chopped	0.50 sm
6466	White Vinegar	2.00 tb

Sheet1

6466	Red Pepper Flakes	0.25 ts
6466	Equal	1.00 pk
6466	Chicken Breasts, skinned	2.00
6466	Lime Wedges, for garnish	0.00
6467	Can tomatoes	8.00 oz
6467	Raisins	0.25 c
6467	Currant jelly	2.00 tb
6467	Vinegar	2.00 ts
6467	Crushed red peppers	1.00 ts
6467	Salt	1.00 ds
6467	Clove garlic	1.00
6467	Canned chopped green chili	1.00 ts
6467	peppers	0.00
6467	To 3 lb broiler type	2.50 lb
6467	chicken, cut up	0.00
6468	Ground turkey	1.00 lb
6468	Garlic powder	1.00 ts
6468	Cayenne pepper	1.00 ts
6468	Cumin	0.50 ts
6468	Blackpepper	1.00 ts
6469	Chicken breast	1.00 lg
6469	Dried Nami black mushrooms	8.00
6469	Green onions	2.00
6469	Water chestnuts	8.00
6469	Chinese sausage (opt)	1.00
6469	MARINADE -----	0.00 -----
6469	Dry sherry	2.00 tb
6469	Cornstarch	1.00 tb
6469	Slices ginger root/minced	2.00
6469	Sesame oil	1.00 ts
6469	Thin soy sauce	2.00 tb
6469	Cloves garlic, minced	2.00
6469	Sugar	0.50 ts
6470	Chicken breast	1.00 lg
6470	Dried Nami black mushrooms	8.00
6470	Green onions	2.00
6470	Water chestnuts	8.00
6470	Chinese sausage (opt)	1.00
6470	MARINADE -----	0.00 -----
6470	Dry sherry	2.00 tb
6470	Cornstarch	1.00 tb
6470	Slices ginger root/minced	2.00
6470	Sesame oil	1.00 ts
6470	Thin soy sauce	2.00 tb
6470	Cloves garlic, minced	2.00
6470	Sugar	0.50 ts
6471	Chicken, about 3 1/2 lb	1.00
6471	Kosher salt	1.00 tb
6471	DIPPING SAUCE -----	0.00 -----

Sheet1

6471	Sugar	1.00 pn
6471	Salt	0.50 ts
6471	Light soy sauce	2.00 ts
6471	Minced peeled fresh ginger	2.00 tb
6471	Finely chopped scallions	5.00 tb
6471	Peanut oil	2.00 tb
6471	Sesame oil	1.00 ts
6472	Whole chicken	3.50 lb
6472	Green onions, chopped	2.00
6472	Slices fresh ginger	2.00
6472	Sherry	2.00 tb
6472	Salt	1.00 ts
6472	Picnic ham, uncooked	0.50 lb
6472	Peanut oil	1.00 tb
6472	Fresh broccoli	0.50 lb
6472	Fish sauce	1.00 ts
6472	GLAZING SAUCE -----	0.00 -----
6472	Stock	0.75 c
6472	Rock sugar, crushed	2.00 tb
6472	Cornstarch paste	0.00
6472	Cooked oil	1.00 tb
6473	Chicken meat, minced	1.00 c
6473	Bean curd, mashed	2.00 c
6473	Egg whites	3.00
6473	Ginger juice	0.50 ts
6473	Gin	1.00 tb
6473	Peanut oil	1.00 tb
6473	Salt	0.25 ts
6473	Five-spice powder	0.50 ts
6473	Sugar	1.00 pn
6473	Carrot	1.00 lg
6473	Stock	0.50 c
6473	Sesame oil	1.00 ts
6473	Cornstarch paste	0.00
6473	Cabbage or lettuce leaves	3.00 lg
6474	Dry sherry	5.00 tb
6474	Light soy sauce	2.00 tb
6474	Whole chicken breast, boned and skinned	1.00 0.00
6474	Fresh mushrooms	0.50 lb
6474	Canned sliced water chestnuts, drained	4.00 oz 0.00
6474	Fresh snow peas, strings removed	0.25 lb 0.00
6474	Water	1.00 c
6474	Oyster sauce	2.00 tb
6474	Cornstarch	1.00 tb
6474	Oriental sesame oil	1.50 ts
6474	Freshly cooked rice	0.00

Sheet1

6475	To 4 1/2 lb Roasting chicken	4.00 lb
6475	cut up	0.00
6475	Chinese pork sausages	4.00
6475	thinly sliced diagonally	0.00
6475	SAUCE -----	0.00 -----
6475	Light soy sauce	2.00 tb
6475	Chinese rice wine	2.00 tb
6475	or dry sherry	0.00
6475	Sesame oil	1.00 tb
6475	Sugar	1.00 ts
6475	Salt	1.00 pn
6476	Stephen Ceideburg	0.00
6476	Frying chicken	1.00
6476	Ginger juice,	2.00 ts
6476	or minced ginger	0.00
6476	Sugar	2.00 ts
6476	Salt	0.75 ts
6476	Cornstarch	3.50 tb
6476	Sesame oil	4.00 ts
6476	Soy sauce	2.50 tb
6476	Sherry	2.00 tb
6476	Salted fermented black beans	0.25 c
6476	Clove garlic	1.00
6477	Half chicken breasts w/bone	8.00
6477	Jar apricot preserves	12.00 oz
6477	French or russian dressing	8.00 oz
6477	Env. onion soup mix	1.00
6478	Whole Chicken Breasts *	2.00 x
6478	Honey	0.33 c
6478	Curry Powder	2.00 ts
6478	Apples, peeled & chopped	2.00 x
6478	Oil	3.00 tb
6478	Stalk Celery, sliced	0.00
6478	Raisins	0.25 c
6478	Chopped Parsley	3.00 tb
6479	Boneless chicken breasts	0.50 lb
6479	skinned	0.00
6479	Egg white	1.00
6479	Salt	0.50 ts
6479	Cornstarch	0.50 ts
6479	Fresh bean sprouts	6.00 oz
6479	Snow peas; trimmed	4.00 oz
6479	Fresh water chestnuts, or:	6.00
6479	Canned water chestnuts,	4.00 oz
6479	drained	0.00
6479	Oil, preferably peanut	0.67 c
6479	Salt	1.00 ts
6480	Skinned & Boned Chicken	1.00 lb
6480	Breasts, Trimmed	0.00

Sheet1

6480	Broccoli Florets (From About	6.00 c
6480	Broccoli	2.00 lb
6480	Red OR Green Peppers,	2.00 lg
6480	Quartered Lengthwise & Cut	0.00
6480	Cross-Wise Into 1/8 Inch	0.00
6480	Wide Strips	0.00
6480	Onion Halved Lengthwise	1.00 lg
6480	And Cut Into 1/4 in. Thick	0.00
6480	Slices	0.00
6480	Cloves Garlic Minced	2.00 lg
6480	Dried Thyme (Crumbled)	0.50 ts
6480	Dried Basil Crumbled	1.00 ts
6480	Freshly Ground Pepper	0.50 ts
6480	Salt	0.50 ts
6480	Freshly Grated Parmesana	4.00 tb
6481	Whole Chicken Breasts *	2.00 x
6481	Honey	0.33 c
6481	Curry Powder	2.00 ts
6481	Apples, peeled & chopped	2.00 x
6481	Oil	3.00 tb
6481	Stalk Celery, sliced	0.00
6481	Raisins	0.25 c
6481	Chopped Parsley	3.00 tb
6482	Boneless chicken breast *	0.25 lb
6482	Chinese cabbage (Napa or Bok	3.00 c
6482	choy), thick slices	0.00
6482	Green onions in 1-inch	2.00
6482	lengths (OR 1/2 small	0.00
6482	Onion, cut in half	0.00
6482	vertically then in thick	0.00
6482	Crescents)	0.00
6482	Fresh ginger, finely chopped	1.00 tb
6482	Cloves garlic, crushed	2.00
6482	Water, chicken broth, or dry	0.33 c
6482	sherry	0.00
6482	Soy sauce	2.00 tb
6482	Cornstarch	2.00 ts
6482	Sugar	1.00 ts
6482	Rice or cider vinegar	2.00 ts
6482	Sesame or salad oil	1.00 tb
6483	Soy sauce	2.00 ts
6483	Corn starch	1.50 ts
6483	Clove garlic, minced	1.00
6483	Piece fresh ginger, minced	1.00
6483	(1/2-inch long)	0.00
6483	Whole chicken breasts,	2.00
6483	boned, skinned,	0.00
6483	Halved, and diced	0.00
6483	Peanut oil	0.25 c

Sheet1

6483	Skinless raw peanuts	1.00 c
6483	Dried red chilies	4.00
6483	Dried Japanese mushrooms	8.00
6483	Green onions, sliced	1.00 bn
6483	Rice wine vinegar	1.00 ts
6483	Sugar	0.50 ts
6483	Oriental sesame oil	1.00 ts
6483	Freshly steamed rice	0.00
6484	Boned Chicken Breast	0.50 lb
6484	Diced mushrooms *	0.50 c
6484	Diced ham	0.50 c
6484	Diced bamboos shoot	1.00 c
6484	Diced white leeks (optional)	1.00 c
6484	Green beans (cooked)	0.50 c
6484	Eggs	2.00
6484	Rice noodles	3.00 oz
6484	Oil	1.00 c
6484	Mandarin Dan Bing **	20.00
6484	TO MARINATE -----	0.00 -----
6484	Salt	0.25 ts
6484	Cornstarch	1.00 tb
6484	Cold water	1.00 tb
6484	SEASONING SAUCE -----	0.00 -----
6484	Salt	1.00 ts
6484	Soy sauce (light)	1.50 tb
6484	Cornstarch	2.00 ts
6484	Sesame oil	1.00 ts
6484	Soup stock	2.00 tb
6484	Black pepper	0.00 ts
6485	Boned chicken	0.50 lb
6485	Cornstarch	0.00
6485	Pineapple tidbits (drained)	1.00 lb
6485	Sesame oil (optional)	0.00
6485	Brandy	1.00 ts
6485	Peanut oil	0.00
6485	Soy sauce	1.00 ts
6485	Chicken broth or stock	0.00
6485	Sugar	1.00 ts
6486	Large Chicken Breasts	4.00 ea
6486	Chinese pea pods	0.25 lb
6486	Small green onions	3.00 ea
6486	Chicken bouillion cube	1.00 ea
6486	Mushrooms	0.50 lb
6486	Carrots, medium	4.00 ea
6486	Slices white bread	2.00 ea
6487	Roasting chicken	1.00
6487	Vegetable oil or butter	3.00 tb
6487	Blanched, slivered almonds	0.50 c
6487	Raw long-grain white rice	0.75 c

Sheet1

6487	Dry white wine	0.50 c
6487	Water	1.25 c
6487	Salt	0.00
6487	Ground cinnamon	1.00 ts
6487	Granulated sugar	1.00 pn
6487	Currants	0.50 c
6487	Melted butter or veg. oil	0.00
6488	Cold cooked rice	4.00 c
6488	Chopped green onion	1.00 c
6488	Chopped celery	1.00 c
6488	Chopped carrots	1.00 c
6488	Sesame oil	2.00 tb
6488	Garlic powder	0.50 ts
6488	Chicken breast meat cut into	1.00 lb
6488	bite size pieces	0.00
6488	Shelled sunflower seeds	0.50 c
6488	Soy sauce divided	4.00 tb
6488	Beaten egg with 1 teaspoon	1.00
6488	water	0.00
6489	Margarine or butter	0.25 c
6489	Frozen orange juice	0.25 c
6489	Salt	1.50 ts
6489	Pepper	0.12 ts
6489	Garlic powder	0.50 ts
6489	Cinnamon	1.00 ts
6489	Orange peel; grated	1.00 ts
6489	Sugar	1.00 ts
6489	Ground ginger	0.25 ts
6489	Chicken pieces	3.00 lb
6490	Chicken breasts. large	3.00
6490	Sour cream, small	1.00 pk
6490	Pepperige Farm Herb Stuffing	1.00 pk
6490	Butter, melted	0.25 lb
6490	Vermouth, dry	0.25 c
6490	Cream of mushroom soup	1.00 cn
6490	Light cream	0.00
6491	Bonned Skinned Chicken	1.00 lb
6491	Breasts, 1/4 Inch Strips	0.00
6491	Cornstarch	1.00 ts
6491	Salt	0.25 ts
6491	Sugar	0.25 ts
6491	Pepper	0.12 ts
6491	Soy Sauce	1.00 ts
6491	Garlic Minced	1.00 cl
6491	(8 Oz. ) Pineapple Chunks	1.00 cn
6491	Undrained	0.00
6491	Sugar	0.25 c
6491	Cornstarch	2.00 tb
6491	Vinegar	0.25 c

Sheet1

6491	Soy Sauce	1.00 tb
6491	Vegetable Cooking Spray	0.00
6491	Sliced Carrots	1.00 c
6491	Water	0.25 c
6491	Cranberries	1.00 c
6491	Green Bell Pepper	1.00 lg
6491	Cut Into 1 Inch Squares	0.00
6491	Cooked Rice	3.00 c
6492	Green pepper	1.00 sm
6492	Fat or oil	1.00 tb
6492	Sugar	2.00 tb
6492	Cornstarch	1.00 tb
6492	Chicken, turkey or meat	0.67 c
6492	Broth	0.00
6492	Vinegar	2.00 tb
6492	Soy sauce	1.00 tb
6492	Raisins	3.00 tb
6492	Cut-up cooked chicken,	0.67 c
6492	Turkey, beef or pork	0.00
6493	Chicken, boned and cubed	1.50 lb
6493	Water	0.50 c
6493	Brown sugar	0.25 c
6493	Salt	0.50 ts
6493	Pineapple chunks	10.00 oz
6493	Sliced onion	0.50 c
6493	Butter or cooking oil	2.00 tb
6493	Vinegar	0.33 c
6493	Cornstarch	2.00 tb
6493	Soy sauce	1.00 tb
6493	Sliced green bell pepper	0.75 c
6494	Ground chicken	1.00 lb
6494	Egg, slightly beaten	1.00
6494	Clove garlic, minced	1.00
6494	Salt	0.50 ts
6494	Pepper	0.25 ts
6494	Flour, divided	5.00 tb
6494	Canola oil	3.00 tb
6494	Pineapple chunks in own	1.00 cn
6494	juice (14 ounces)	0.00
6494	Chicken bouillon cube	1.00
6494	Green pepper, sliced into 1	1.00
6494	1/2-inch pieces	0.00
6494	Cornstarch	2.00 tb
6494	Sugar	2.00 tb
6494	Ground ginger	1.00 ts
6494	Soy sauce	2.00 tb
6494	Vinegar	0.25 c
6495	3- to 3-1/2-pound	1.00
6495	broiler-fryer	0.00



Sheet1

6495	Chicken, cut up	0.00
6495	Egg, slightly beaten	1.00
6495	Cornstarch	1.00 tb
6495	Soy sauce	2.00 ts
6495	Dash of white pepper	0.00
6495	Tomatoes	2.00
6495	Green bell pepper	1.00
6495	Vegetable oil	0.00
6495	All-purpose flour	0.50 c
6495	Water	0.50 c
6495	Cornstarch	0.25 c
6495	Vegetable oil	1.00 tb
6495	Baking soda	0.50 ts
6495	Sugar	1.25 c
6495	Chicken broth	1.00 c
6495	White vinegar	0.75 c
6495	Vegetable oil	1.00 tb
6495	Salt	0.00
6495	Soy sauce	2.00 ts
6495	Cl Garlic, finely chopped	1.00
6495	Cornstarch	0.25 c
6495	Cold water	0.25 c
6495	(8 1/4 ounces) pineapple	1.00 cn
6495	Chunks, drained	0.00
6496	8 oz pkg. cream	1.00
6496	cheese,softened	0.00
6496	6 oz pkg. Corn Tortillas	1.00
6496	Milk	0.25 c
6496	10 oz can mild enchilada	1.00
6496	sauce	0.00
6496	Cubed,cooked chicken	2.00 c
6496	(6 oz.) container frozen	0.75 c
6496	avocado dip	0.00
6496	Sliced green onions	0.50 c
6496	Slivered almonds	0.25 c
6496	Dairy sour cream	0.50 c
6496	(1 cup) shredded Monterey	4.00 oz
6496	Jack cheese	0.00
6497	Whole chicken breasts	2.00
6497	(about 2 lbs), boned and	0.00
6497	Skinned	0.00
6497	Egg white	1.00
6497	Cornstarch	1.00 ts
6497	Thin soy sauce	1.00 ts
6497	White pepper	0.25 ts
6497	Green bell pepper	1.00
6497	(8 1/2 oz.) sliced bamboo	1.00 cn
6497	Shoots, drained	0.00
6497	Cornstarch	1.00 tb

Sheet1

6497	Cold water	1.00 tb
6497	Thin soy sauce	1.00 tb
6497	Peanut oil	2.00 tb
6497	Raw cashews	1.00 c
6497	Salt	0.25 ts
6497	Peanut oil	2.00 tb
6497	Ginger root chopped fine	1.00 ts
6497	Hoisin sauce	1.00 tb
6497	Chili paste	2.00 ts
6497	Chicken broth	0.25 c
6497	Green onion tops, chopped	2.00 tb
6497	Egg	1.00
6498	Chicken breasts	2.00
6498	Cornstarch	3.00 tb
6498	Msg; optional	1.00 tb
6498	Oil	1.00 tb
6498	Cl Garlic; minced	3.00
6498	Soy sauce	5.00 tb
6498	White wine vinegar	1.50 tb
6498	Green onions; in 1"pcs	1.00
6498	Water	0.25 c
6498	Sugar	1.00 tb
6498	Cayenne; or more	0.12 tb
6499	Whole chicken breasts	2.00
6499	(about 2 lbs), boned and	0.00
6499	Skinned	0.00
6499	Egg white	1.00
6499	Cornstarch	1.00 ts
6499	Thin soy sauce	1.00 ts
6499	White pepper	0.25 ts
6499	Green bell pepper	1.00
6499	(8 1/2 oz.) sliced bamboo	1.00 cn
6499	Shoots, drained	0.00
6499	Cornstarch	1.00 tb
6499	Cold water	1.00 tb
6499	Thin soy sauce	1.00 tb
6499	Peanut oil	2.00 tb
6499	Raw cashews	1.00 c
6499	Salt	0.25 ts
6499	Peanut oil	2.00 tb
6499	Ginger root chopped fine	1.00 ts
6499	Hoisin sauce	1.00 tb
6499	Chili paste	2.00 ts
6499	Chicken broth	0.25 c
6499	Green onion tops, chopped	2.00 tb
6499	Egg	1.00
6500	Whole chicken breasts,	2.00
6500	boned, skinned and cut into	0.00
6500	3/4-inch cubes	0.00

Sheet1

6500	Soy sauce	1.00 tb
6500	Chinese rice wine or dry	1.00 tb
6500	Sherry	0.00
6500	Soy sauce	2.00 tb
6500	Cornstarch	1.00 tb
6500	Sugar	2.00 ts
6500	White vinegar	1.00 ts
6500	Vegetable oil	0.25 c
6500	To 1 tsp crushed red pepper	0.50
6500	flakes	0.00
6500	Green onions, sliced	3.00
6500	diagonally	0.00
6500	Minced fresh ginger	1.00 tb
6500	Unsalted cashews	0.50 c
6500	Cooked rice	0.00
6501	Fresh Duck, 4 1/2 pounds	1.00
6501	Or 4 Star Anise	3.00
6501	Sichuan peppercorns	2.00 ts
6501	Two-inch cinnamon stick	1.00
6501	Coarse salt	1.50 tb
6501	One-inch cube ginger,	1.00
6501	smashed	0.00
6501	Scallion	1.00
6501	Dark soy sauce	0.00
6501	Dry sherry or Shaoxing wine	1.00 tb
6501	Cornstarch	1.00 tb
6501	Sugar	0.50 ts
6501	Egg white, beaten until	1.00
6501	foamy	0.00
6501	Oil for frying	0.00
6502	Chicken legs & thighs	1.50 lb
6502	Chili powder	1.00 ts
6502	Each cornstarch & dry sherry	2.00 ts
6502	Chicken broth	1.00 c
6502	Sugar	1.00 ts
6502	Coconut milk	0.67 c
6502	Salt	0.50 ts
6502	Salt	0.50 ts
6502	Of white pepper	1.00 ds
6502	White new potatoes	2.00 lg
6502	Onion	1.00 lg
6502	Salad oil	3.00 tb
6502	Curry powder	2.00 tb
6502	Turmeric	0.50 ts
6502	Condiments:	0.00
6502	Chopped peanuts	0.00
6502	Green onion	0.00
6502	Cucumber	0.00
6502	Cilantro	0.00

## Sheet1

6503	Chicken breasts	1.50 lb
6503	Whole green onion, cut in	1.00
6503	half	0.00
6503	Quarter-size slice of fresh	1.00
6503	ginger, crushed	0.00
6503	Dry sherry	1.00 tb
6503	Each salt and sugar	0.50 ts
6503	Water	2.00 c
6503	Shredded iceberg lettuce	1.00 c
6503	Peanut Sauce:	0.00
6503	Creamy peanut butter	1.50 tb
6503	Salad oil	2.50 tb
6503	Soy sauce	2.00 tb
6503	Sugar	2.00 tb
6503	White vinegar	2.00 ts
6503	Sesame oil	0.50 ts
6503	Ground rd pepper	0.50 ts
6503	Minced green onion	1.00 tb
6503	Fresh cilantro	1.00 tb
6504	Chicken Wings	2.50 lb
6504	Env Taco Seasoning Mix *	1.00
6504	Dry Bread Crumbs	2.00 c
6504	Jar (16oz) Taco Sauce **	1.00
6505	Chicken thighs	4.00
6505	Chicken drumsticks	4.00
6505	Tamarind sauce	0.33 c
6505	Ground coriander	2.00 ts
6505	Ground turmeric	1.00 ts
6505	Garlic cloves, crushed	2.00
6505	Peanut oil	2.00 tb
6505	Red chillies, finely chopped	2.00
6505	Spring onions, finely	6.00
6505	chopped	0.00
6505	Oil for deep frying	0.00
6506	Stephen Ceideburg	0.00
6506	Fresh lime juice	0.50 c
6506	Ground cayenne pepper	4.00 ts
6506	Ground paprika	1.00 tb
6506	Onion, chopped	1.00 sm
6506	Cloves garlic	5.00
6506	Peeled, chopped ginger root	1.00 tb
6506	Coriander seeds, crushed	2.00 ts
6506	Cumin seeds	1.00 ts
6506	Turmeric	0.50 ts
6506	Nonfat yogurt	1.00 c
6506	Chicken, skinned and trimmed	3.00 lb
6506	of fat	0.00
6507	Plain non/low-fat yogurt	1.00 c
6507	Grated ginger root	1.00 tb

Sheet1

6507	Garlic cloves, minced	2.00
6507	Paprika	1.00 tb
6507	Coriander	1.50 ts
6507	Cumin	1.50 ts
6507	Salt (to taste)	1.00 ts
6507	Ground black pepper	1.00 ts
6507	Cayenne	0.75 ts
6507	Chicken parts	6.00 lb
6508	Stephen Ceideburg	0.00
6508	To 5 lb. duck, washed and	4.00 lb
6508	dried	0.00
6508	Low-fat yogurt	1.00 c
6508	Cloves garlic, minced	3.00
6508	Minced, peeled ginger root	1.00 tb
6508	Ground cumin	1.00 tb
6508	Paprika	1.00 tb
6508	Salt	1.50 ts
6508	Ground cardamom	1.00 ts
6508	Cayenne pepper	0.25 ts
6508	Vegetable oil	2.00 ts
6508	Onion, chopped	1.00 md
6508	Red lentils	1.00 c
6508	Turmeric	0.50 ts
6508	Freshly ground black pepper	0.25 ts
6509	Chicken thighs	2.00 lb
6509	Onion	1.00 md
6509	Ginger piece; 3/4"	1.00 ea
6509	Green chili; -OR-	1.00 ea
6509	Cayenne pepper	0.25 ts
6509	salt to taste	0.00
6509	Fenugreek leaves, dried	6.00 tb
6509	Yogurt, plain	6.00 tb
6509	Garam masala	1.00 ts
6510	Chicken; drumsticks, breasts	2.00 lb
6510	or thighs	0.00
6510	Ginger; fresh 1/2" piece	1.00 ea
6510	Garlic cloves	4.00 ea
6510	Yogurt, plain	0.50 c
6510	Salt, to taste	0.00
6510	Cayenne pepper	0.25 ts
6510	Paprika	1.00 ts
6510	Garam masala;*	0.50 ts
6510	Coriander seeds; ground	0.50 ts
6510	Cumin seeds; ground	0.50 ts
6510	Lemon juice	1.00 ds
6511	Saffron Threads	1.00 ts
6511	Lemon Juice	0.50 c
6511	(3 1/2 Lb.) Fryer Skinned	1.00
6511	Coriander Seeds	2.00 ts

Sheet1

6511	Minced Gingerroot	2.00 ts
6511	Ground Cumin	1.00 ts
6511	Garlic Chopped	2.00 cl
6511	(8 Oz.) Carton Plain	1.00
6511	Low-Fat Yogurt	0.00
6511	Crushed Pequin Quebrado	0.25 ts
6511	Chile	0.00
6512	Duck (5 pounds), fresh or	1.00
6512	frozen, defrosted if frozen	0.00
6512	Scallions with tops, minced	3.00
6512	(each 1/8 inch thick) pared	4.00 sl
6512	fresh gingerroot, minced	0.00
6512	Salt	2.50 tb
6512	Freshly ground black pepper	1.00 tb
6512	Roasted ground brown Sichuan	1.00 tb
6512	peppercorns *	0.00
6512	Minced tangerine or orange	1.00 tb
6512	zest	0.00
6512	Black tea leaves	1.00 c
6512	Raw long grain rice	0.50 c
6512	Hickory or mesquite chips	0.25 c
6512	Tangerine segments	0.00
6512	Fresh coriander sprigs	0.00
6513	Stephen Ceideburg	0.00
6513	Duck *	4.50 lb
6513	Sichuan peppercorns	3.00 tb
6513	Coarse salt	3.00 tb
6513	Sugar	1.50 tb
6513	Quarter-sized slices fresh	4.00
6513	ginger, shredded	0.00
6513	Green onions, cut into	3.00
6513	2-inch pieces, crushed	0.00
6513	Chinese rice wine or dry	0.25 c
6513	sherry	0.00
6513	Asian sesame oil	0.00
6513	ACCOMPANIMENTS:	0.00
6513	Chinese Steamed Lotus Buns	0.00
6513	Slivered green onions	0.00
6513	Hoisin sauce (1/2 teaspoon	0.00
6513	per serving)	0.00
6513	SMOKING MATERIALS:	0.00
6513	Sichuan peppercorns	0.50 c
6513	Raw long-grain rice	0.50 c
6513	Black tea leaves	0.50 c
6513	Dark brown sugar	0.50 c
6513	Cinnamon sticks, broken into	2.00
6513	small pieces	0.00
6513	Whole star anise or the	4.00
6513	equivalent in pieces	0.00

Sheet1

6514	PHILLY.INQUIRER -----	0.00 -----
6514	GROUND TURKEY	2.00 lb
6514	WORCHESTERSHIRE SAUCE	1.00 tb
6514	LARGE EGG	1.00
6514	CHOPPED PARSLEY	1.00 tb
6514	LARGE ONION	1.00
6514	GROUND THYME	1.00 tb
6514	FINE DRY BREAD CRUMBS	2.00 c
6514	SALT AND PEPPER TO TASTE	0.00
6514	CHOPPED MUSHROOMS	0.50 c
6514	MILK OR POULTRY STOCK AS NEE	0.00
6515	Pheasant	1.00
6515	FOR SEASONING PHEASANT -----	0.00 -----
6515	Butter	0.00
6515	Salt & Pepper	0.00
6515	BASTING SAUCE -----	0.00 -----
6515	Hot water	2.00 c
6515	Butter	3.00 tb
6515	Cubes chicken bouillon	2.00
6516	Soy Sauce	1.00 c
6516	Garlic	1.00 ts
6516	Wine (White)	0.25 c
6516	Sugar	0.67 c
6516	Ginger	1.00 ts
6516	Chicken pieces	0.00
6517	Ground Cumin	1.00 ts
6517	Chili Powder	1.00 ts
6517	Basil	0.50 ts
6517	Salt	0.25 ts
6517	White Wine Vinegar	1.00 tb
6517	(3 Lb.) Broiler, Skinned	1.00
6517	Coarsley Chopped Zucchini	2.00 c
6517	Unpeeled, Seeded &	1.25 c
6517	Coarsely Chopped Tomatoes.	0.00
6518	Chicken parts	4.00
6518	Chili paste	2.00 ts
6518	Peanut butter : chunky	0.75 c
6518	Honey	2.00 ts
6518	Sesame oil	1.00 ts
6518	Scallions; chopped	4.00
6518	Ginger ; fresh minced	1.00 ts
6518	Oil	0.12 c
6518	Water; warm	0.12 c
6519	Skinless, boneless chicken	1.00 lb
6519	breast cut into fingernail	0.00
6519	size cubes	0.00
6519	Veg oil	1.00 tb
6519	Coarsely chopped garlic	1.00 tb
6519	Minced fresh chili pepper	1.00 tb

Sheet1

6519	(serrano or jalapeno)	0.00
6519	Fish sauce (nam pla or nuoc	2.00 tb
6519	mam, available in oriental	0.00
6519	markets)	0.00
6519	Dark soy sauce	1.00 tb
6519	Water	1.00 tb
6519	Sugar	1.00 tb
6519	Fresh basil	1.50 c
6519	Red sweet bell pepper - cut	1.00 md
6519	into thin strips	0.00
6519	Carrot - cut into thin	1.00 md
6519	strips	0.00
6520	Vegetable Oil	3.00 tb
6520	Chicken breast (boned)	1.00 lb
6520	Garlic; coarsely chopped	2.00 tb
6520	Nuoc Nam (fish sauce)	3.00 tb
6520	Basil, thinly sliced	0.75 c
6520	Sugar	2.00 tb
6520	Serrano chilies	2.00
6520	Water	2.00 tb
6521	Oil	2.00 tb
6521	Five-spice powder	1.00 ts
6521	To 1 1/2 ts salt	0.50 ts
6521	Garlic powder	0.50 ts
6521	Ginger	0.50 ts
6521	Pepper	0.50 ts
6521	Cayenne pepper	0.50 ts
6521	Soy sauce	1.00 tb
6521	Chicken breasts, skinned,	1.50 lb
6521	boned, cut into 1-inch	0.00
6521	pieces	0.00
6521	Chicken broth	1.00 c
6521	Curry powder	3.00 ts
6521	Rice wine vinegar or vinegar	2.00 tb
6521	Coconut milk (not cream of	14.00 oz
6521	coconut)	0.00
6521	Frozen broccoli, carrots,	16.00 oz
6521	water chestnuts and red	0.00
6521	peppers	0.00
6521	Hot cooked rice	5.00 c
6522	Unsweetened coconut milk	3.00 cn
6522	(do not shake can)	0.00
6522	Pieces galangal (Siamese	3.00
6522	Ginger)	0.00
6522	Fish sauce (nam pla)	2.00 tb
6522	Fresh green curry paste	3.00 tb
6522	Whole chicken breasts,	2.00
6522	Boned, skinned, cut into	0.00
6522	1-in. cubes	0.00



Sheet1

6522	Dried or fresh kaffir lime	8.00
6522	Leaves, or fresh citrus	0.00
6522	Leaves, washed	0.00
6522	Basil leaves (Thai basil or	0.75 c
6522	Standard green basil)	0.00
6522	Green serrano chilies,	4.00
6522	Slivered	0.00
6522	Fresh green peas, OR	2.00 c
6522	Thai eggplants	8.00 sm
6522	Chicken stock or water, if	0.00
6522	Needed	0.00
6522	Hot cooked rice	0.00
6523	Stephen Ceideburg	0.00
6523	DRESSINGS -----	0.00 -----
6523	Chinese cabbage, shredded	0.50
6523	Carrots, grated	2.00
6523	Capsicum pepper, cut into	1.00
6523	Thin strips	0.00
6523	Cooked chicken meat,	0.67 lb
6523	Shredded	0.00
6523	Ham, finely sliced	3.50 oz
6523	Birdseye chilli, finely	1.00
6523	Chopped	0.00
6523	Garlic crushed	2.00 cl
6523	Lime (or lemon), juice	2.00 tb
6523	Dark soya sauce	2.00 tb
6523	Flaked almonds, lightly	0.50 c
6523	Toasted	0.00
6524	Carrots	2.00
6524	Sweet red peppers	2.00
6524	Sesame oil	1.00 ts
6524	Green onions	3.00
6524	Cooked boneless chicken	2.00
6524	breasts	0.00
6524	Heads Boston lettuce	2.00
6524	Bean sprouts	1.50 c
6524	Fresh coriander	0.75 c
6524	Oranges in sections	2.00
6524	Dressing	0.00
6524	Water	0.67 c
6524	Smooth peanut butter	0.50 c
6524	Rice vinegar	0.33 c
6524	Soy sauce	1.00 tb
6524	Sugar	1.50 ts
6524	Crushed chili flakes	0.50 ts
6524	Cloves garlic crushed	4.00
6525	Coconut milk	1.50 c
6525	Minced garlic	0.50 c
6525	Minced ginger	0.25 c

Sheet1

6525	Olive oil	0.25 c
6525	Thai fish sauce	2.00 tb
6525	Curry powder	2.00 tb
6525	Black pepper	1.00 tb
6525	White pepper	1.00 tb
6525	Honey	1.00 tb
6525	Turmeric	1.00 ts
6525	3 lb chickens, quartered	2.00
6525	Slices fresh pineapple	8.00
6525	Sweet chili sauce	0.00
6525	(Recipe separate)	0.00
6526	Chicken cutlets skinless	0.50 lb
6526	boneless breast	0.00
6526	Thinly sliced onion	1.00
6526	Ribs celery slant sliced	2.00
6526	Cold water	0.50 c
6526	Tomato juice	0.75 c
6526	Diced red bell pepper	1.00
6526	Minced hot chili pepper	1.00 sm
6526	Minced clove garlic	1.00
6526	Chopped fresh basil	2.00 tb
6526	Light soy sauce	1.00 tb
6526	Cumin seeds	1.00 ts
6526	Cinnamon	0.25 ts
6526	Ground ginger	0.25 ts
6527	Orange juice	2.00 tb
6527	Lite soy sauce	1.00 tb
6527	Peanut oil	1.00 tb
6527	Sesame oil	1.00 tb
6527	Rice wine vinegar	1.00 tb
6527	Honey	1.00 tb
6527	Crushed red pepper flakes	0.25 ts
6527	Bulgar - cracked wheat	0.50 c
6527	Sliced scallions	2.00
6527	Pared and cut into julienne	1.00
6527	strips carrot	0.00
6527	Dry roasted unsalted peanuts	0.25 c
6527	Fully cooked sliced turkey	1.00 lb
6527	breast	0.00
6527	Peach pitted and sliced thin	1.00
6527	divided	0.00
6528	BASIC RECIPE -----	0.00 -----
6528	Frying chicken	3.50 lb
6528	Water	0.50 c
6528	Dry white wine	1.00 tb
6528	Paprika	0.50 ts
6528	ORIENTAL FLAVORING -----	0.00 -----
6528	Garlic clove, minced	1.00 lg
6528	Soy sauce	3.00 tb

Sheet1

6528	Cider vinegar	2.00 tb
6528	Brown sugar, tightly packed	1.00 tb
6528	SWEET SPICE FLAVORING -----	0.00 -----
6528	Garlic clove, minced	1.00 lg
6528	Fresh lemon juice	3.00 tb
6528	Soy sauce	1.00 tb
6528	Honey	1.00 ts
6528	Ground ginger	0.12 ts
6528	Ground cardamom	0.12 ts
6528	Ground allspice	0.12 ts
6528	Ground cumin	1.00 pn
6529	Chicken breasts (boneless and skinless)	1.50 lb 0.00
6529	Onion	1.00 md
6529	Cloves garlic	3.00
6529	Inch piece fresh ginger	1.00
6529	Plain yogurt	0.25 c
6529	White vinegar	2.00 ts
6529	Chili powder	2.00 ts
6529	Ground coriander	2.00 ts
6529	Ground cumin	1.00 ts
6529	Turmeric	0.50 ts
6529	Salt (optional)	0.00
6529	Lemon juice	0.00
6529	Garam masala	0.00
6529	Lettuce leaves	0.00
6529	Onion rings	0.00
6529	Lemon wedges	0.00
6530	Coarsely shredded chicken or turkey	4.00 c 0.00
6530	Grated Monterey Jack cheese(divided)	3.00 c 0.00
6530	To 2 (4-oz) cans chopped green chilies	1.00 0.00
6530	Dried oregano leaves	1.50 ts
6530	Salt and pepper to taste	0.00
6530	Vegetable oil	0.00
6530	To 18 corn tortillas (depending on size)	12.00 0.00
6530	Tomatillo sauce(recipe follows)	0.00 0.00
6530	To 1 1/2 cups sour cream	1.00
6531	Roasting chicken	1.00 lg
6531	Sesame seed oil	2.00 tb
6531	Sugar	3.00 tb
6531	Soy sauce	0.25 c
6531	Minced onion	3.00 tb
6531	Minced garlic	2.00 ts
6531	Minced gingerroot	1.00 ts

Sheet1

6531	Pepper	2.00 ts
6531	Ground toasted sesame seed	1.00 tb
6532	Whole Chicken Breast	1.00
6532	Salt	0.12 ts
6532	Salt	0.50 ts
6532	Wasabi	2.50 ts
6532	Sheet Nori	1.00
6532	Sake	5.00 tb
6532	MSG	1.00 pn
6532	Bunch Italian Parsely	4.00 oz
6532	Soy Sauce	2.00 tb
6533	Tortillas	2.00
6533	Cooked, mashed black beans	2.00 c
6533	(or refried beans)	0.00
6533	Chicken, shredded	2.00 c
6533	Tomato, wedged	1.00
6533	String beans, cook & cool	1.00 c
6533	Head lettuce, shredded	1.00
6533	Green bell pepper, sliced	1.00
6533	Green onions, diced	2.00
6533	Plain green olives, chopped	1.00 cn
6533	Cheddar cheese, grated	1.00 c
6533	Hot sauce	2.00 tb
6534	Lime Juice	0.33 c
6534	Vegetable oil	1.00 tb
6534	Honey	1.00 tb
6534	Chicken Breast Halves *	6.00 x
6534	Pearl Onions, peeled	12.00 x
6534	Lg Green Pepper **	0.00
6534	Papaya, peeled **	0.00
6534	Fresh Pineapple Chunks	1.50 c
6535	Turkey Breast	1.25 lb
6535	Tenderloins	0.00
6535	Oil	1.00 tb
6535	Onion Thinly Sliced	1.00 md
6535	Stalk Celery Cut Into Thin	1.00
6535	Slices	0.00
6535	Sliced Mushrooms	2.00 c
6535	(6 Oz.) Pea Pods	1.00 pk
6535	Chicken Broth	0.75 c
6535	Cornstarch	1.00 tb
6535	Soy Sauce	2.00 tb
6535	Ground Ginger	0.25 ts
6535	Toasted Slivered Almonds	0.33 c
6536	Recipe chili base	0.50
6536	(See Separate RECIPE)	0.00
6536	Sugar	1.00 ts
6536	White vinegar	1.00 tb
6536	Fresh or frozen cranberries	0.50 c

Sheet1

6536	Boneless turkey breast	1.00 lb
6536	in 1-in cubes	0.00
6536	Chicken stock	0.50 c
6536	OR low-sodium chicken broth	0.00
6536	Salt; to taste	0.00
6536	Tortillas	12.00
6536	Sour cream	1.00 c
6537	Size Orange, Seeded &	1.00 md
6537	Coarsely Chopped	0.00
6537	+ 2 T. Frozen Orange	0.33 c
6537	Juice Concentrate Thawed &	0.00
6537	Undiluted & Divided	0.00
6537	Firmly Packed Brown Sugar	0.25 c
6537	Cornstarch	2.00 tb
6537	(16 Oz.) Pkg. Frozen	1.00
6537	Unsweetened Blackberries,	0.00
6537	Thawed & Drained	0.00
6537	Water	0.25 c
6537	(6 Lb.) Turkey Breast	1.00
6537	Skinned	0.00
6537	Leaf Lettuce Leaves	12.00
6537	Medium Size Oranges Cut	2.00
6537	Into 1/4 Inch Slices	0.00
6537	Relish.	2.50 tb
6538	(5 Lb.) Turkey Breast,	1.00
6538	Boned & Skinned	0.00
6538	Minced Onion (1 Medium)	1.00 c
6538	Sliced Mushrooms	1.00 c
6538	Cooked Brown Rice	3.00 c
6538	Fine, Dry Breadcrumbs	2.00 tb
6538	Garlic, Minced	2.00 cl
6538	Dried Basil	1.00 ts
6538	Oleo	1.00 tb
6538	Dried Summer Savory	0.25 ts
6538	Salt	0.25 ts
6538	Pepper	0.25 ts
6538	Egg Whites Slightly Beaten	2.00
6538	Frozen Spinach Drained	1.00 pk
6538	And Thawed.	0.00
6539	Ground turkey	1.00 lb
6539	Minced onion	0.50 c
6539	Minced green pepper	0.50 c
6539	White wine (preferably)	2.00 tb
6539	Thyme	0.50 ts
6539	Basil	0.50 ts
6539	Ground pepper	0.50 ts
6539	Salt	1.00 ts
6539	Egg (or low cholesterol	1.00
6539	Equivalent)	0.00

Sheet1

6539	Plain bread crumbs	1.00 c
6539	Olive oil	3.00 tb
6539	Worcestershire sauce	0.00
6539	Your favorite burger buns	0.00
6539	Sliced tomatos, relish,	0.00
6539	Catsup, etc.	0.00
6540	Diced cooked turkey	3.00 c
6540	Green pepper, chopped	0.25 c
6540	Mushrooms	4.00 oz
6540	Poultry seasoning	0.50 ts
6540	Cream of mushroom soup	2.00 cn
6540	Celery, chopped	0.50 c
6540	Onion, chopped	0.25 c
6540	Milk	1.00 c
6540	Jar sliced pimento, drained	2.00 oz
6540	Chow mein noodles	3.00 oz
6540	Butter	0.00
6541	Vegetable oil	2.00 tb
6541	Boneless turkey breasts,	1.00 lb
6541	Sliced	0.00
6541	Chicken broth	0.25 c
6541	Onion, chopped	2.00 tb
6541	Sour cream	0.75 c
6541	Curry powder	2.00 tb
6541	Cayenne pepper	1.00 ts
6541	Cumin	0.50 ts
6541	Ginger	0.50 ts
6541	Ground tumeric	0.50 ts
6541	White pepper	0.50 ts
6541	Parsley	0.50 ts
6541	Ground coriander	0.50 ts
6541	Peppery rice	2.00 c
6542	(1 Oz.) Slices French Bread	2.00
6542	OR Other Firm White Bread	0.00
6542	Cubed	0.00
6542	Grated Parmesan	0.25 c
6542	Egg Beaten	1.00
6542	Egg White	1.00
6542	(2 Oz.) Turkey Breast	8.00
6542	Cutlets	0.00
6542	Flour	2.00 tb
6542	Chopped Fresh Parsley	1.00 tb
6542	Lemon Wedges	0.00
6543	Butter	4.00 tb
6543	Flour	2.00 tb
6543	Cream	1.00 c
6543	Diced turkey	2.00 c
6543	Spears broccoli, sliced	4.00
6543	Lengthwise	0.00

## Sheet1

6543	Mixed vegetable seasoning	0.50 ts
6543	Parmesan cheese, grated	0.50 c
6544	Leftover cooked turkey	4.00 c
6544	dressing	0.00
6544	Turkey or chicken broth	0.50 c
6544	Butter or margarine, melted	2.00 tb
6544	Egg, beaten	1.00
6544	Chopped onion	0.50 c
6544	Cooking oil	1.00 tb
6544	Diced leftover cooked turkey	3.00 c
6544	Leftover turkey gravy	1.00 c
6544	Peas, optional	1.00 c
6544	Dried parsley flakes	2.00 tb
6544	Diced pimientos	2.00 tb
6544	Worcestershire sauce	1.00 ts
6544	Dried thyme	0.50 ts
6544	American cheese, optional	4.00 sl
6545	Cooked turkey, cubed	1.00 c
6545	Cheddar cheese, grated	1.33 c
6545	(4 oz) grn chilies, drained	1.00 cn
6545	Flour whole wheat	1.00 c
6545	Corn meal	0.25 c
6545	Salt	0.50 ts
6545	Butter	0.33 c
6545	Water, cold	0.25 c
6545	Milk	1.00 tb
6545	Corn meal for topping	4.00 ts
6546	Cooked turkey, shredded	3.00 c
6546	Sour cream	2.00 c
6546	Shredded cheddar cheese	2.00 c
6546	Salt	1.00 ts
6546	10" corn or flour tortillas	12.00
6546	Corn oil	0.33 c
6546	SAUCE FOR TURKEY	0.00
6546	4 oz green chilli peppers	2.00 cn
6546	Garlic, minced	1.00 lg
6546	Salad or olive oil	2.00 tb
6546	Chopped onions	2.00 c
6546	Salt	1.00 ts
6546	Oregano	0.50 ts
6546	Water	0.50 c
6546	Stewed tomatoes	1.50 lb
6547	Pound turkey breast slices	1.00
6547	All-purpose flour	0.33 c
6547	Salt	0.25 ts
6547	Lemon pepper	0.12 ts
6547	Margarine or butter	2.00 tb
6547	Olive or vegetable oil	3.00 tb
6547	Margarine or butter	2.00 tb

Sheet1

6547	Lemon juice	3.00 tb
6547	Capers, drained	2.00 ts
6547	Chopped fresh parsley	0.00
6547	Lemon wedges	0.00
6548	Olive oil	1.00 c
6548	Lemon juice	4.00 tb
6548	Worcestershire sauce	4.00 tb
6548	Cloves garlic, minced	6.00
6548	Bunch green onions, minced	1.00
6548	Ground thyme	0.50 ts
6548	Ground cayenne pepper	0.25 ts
6548	Poultry seasoning	0.25 ts
6548	Season salt	1.00 ts
6548	Black pepper	0.25 ts
6548	Liquid smoke	4.00 dr
6549	Cooked Turkey Breast *	12.00 oz
6549	Paprika	2.00 ts
6549	Plain low-fat Yogurt	0.67 c
6549	Tomato Paste	1.00 tb
6549	Hot cooked Noodles	3.00 c
6549	Med Onion, sliced into rings	0.00
6549	Instant Chicken Bouillon	1.00 ts
6549	Flour	2.00 tb
6549	Snipped fresh Parsley	2.00 tb
6550	Turkey breast cutlet	1.00 lb
6550	Water	1.00 tb
6550	Parmesan cheese	2.00 tb
6550	Mozzarella cheese, shredded	4.00 oz
6550	Egg whites	2.00 x
6550	Bread crumbs	0.50 c
6550	Italian sauce	1.00 c
6551	Flour	1.00 c
6551	Salt	0.00
6551	Freshly ground pepper	0.00
6551	Turkey cutlets	1.50 lb
6551	Unsalted butter	9.00 tb
6551	Lemon	1.00
6551	Minced parsley	3.00 tb
6552	Unsalted butter	2.00 tb
6552	Turkey cutlets; 3/8" thick	2.00
6552	Prosciutto; folded in half	4.00 sl
6552	or 2 thin slices of boiled	0.00
6552	ham, halved	0.00
6552	Muenster cheese	4.00 sl
6552	Sage leaves, fresh, julienned	8.00
6552	HUTRITIONAL INFORMATION/SERV -----	0.00 -----
6552	128 calories	0.00 x
6552	8 g fat	0.00 x
6552	0 carbohydrate	0.00 x



Sheet1

6552	11 g fat	0.00 x
6552	40 mg cholesterol	0.00 x
6552	295 mg sodium	0.00 x
6553	Turkey parts, skinned	1.50 lb
6553	Paprika	1.00 ts
6553	Onion, coarsely chopped	1.00 ea
6553	Green pepper, coarsely chop	1.00 ea
6553	Garlic, finely chopped	2.00 ea
6553	Coarsely chopped celery	1.00 c
6553	Tomatoes	19.00 oz
6553	Sliced mushrooms	0.50 c
6553	Chicken stock	1.00 c
6553	Peeled chopped potatoes	1.00 c
6553	Frozen green peas	1.00 c
6553	Dried parsley	1.00 tb
6553	Ground pepper	0.25 ts
6553	Dried oregano	0.25 ts
6553	Thyme	0.25 ts
6554	Mother sauce (see recipe)	2.00 c
6554	Soy sauce	0.25 c
6554	Or more ground ginger	1.00 ts
6554	Dry sherry	0.25 c
6554	Clove garlic cut in half	1.00
6554	Leftover turkey	2.00 c
6554	ON DAY OF SERVING:	0.00
6554	Fresh chopped vegetables of	2.00 c
6554	your choice	0.00
6554	Can water chestnuts	1.00 sm
6554	Can bamboo shoots	1.00 sm
6555	Flour	2.00 tb
6555	Salt	0.25 ts
6555	Pepper	0.12 ts
6555	Paprika	0.12 ts
6555	Turkey breast, sliced	0.75 lb
6555	And pounded	0.00
6555	Marinated artichoke hearts	6.00 oz
6555	Onion, sliced	1.00
6555	Butter	0.25 c
6555	Chicken broth	0.25 c
6555	Lemon juice	1.00 tb
6555	Grated Parmesan cheese	2.00 tb
6555	Sour cream	0.50 c
6555	Noodles, cooked	8.00 oz
6556	Diced Onion Divided	1.00 c
6556	Diced Carrot	0.50 c
6556	Raw Ground Turkey	1.00 lb
6556	Flour	2.00 tb
6556	Salt & Pepper,	0.00
6556	Oregano	0.50 ts

Sheet1

6556	Red Pepper	0.50 ts
6556	Burgundy OR Dry Red Wine	0.50 c
6556	Parmesan Divided	0.25 c
6556	(14 Oz.) Tomatoes,	1.00 cn
6556	Undrained & Chopped	0.00
6556	Cooked Macaroni Shells	16.00
6557	Corn Husks; Dried, *	1.00 x
6557	Almond Red Sauce; **	1.00 x
6557	Turkey Breast; Cooked, ***	0.75 lb
6557	Almonds; Toasted, Slivered	1.00 c
6557	Golden Raisins	1.00 c
6557	Red Bell Pepper; Chopped	0.50 c
6557	Green Chile; Chopped, 1-2 Cn	4.00 oz
6557	TAMALE DOUGH -----	0.00 -----
6557	Corn Tortilla Mix; Instant	2.00 c
6557	Shortening	0.50 c
6557	Chicken Broth	2.00 c
6557	Baking Powder	2.00 ts
6557	Salt	0.50 ts
6557	GARNISH -----	0.00 -----
6557	Sour Cream	1.00 x
6558	(6 in.) Flour Tortillas	6.00
6558	Ground Turkey	0.50 lb
6558	Minced Onion	0.25 c
6558	Garlic Minced	2.00 cl
6558	Jalapeno Pepper, Seeded &	1.00
6558	Minced	0.00
6558	(8 Oz.) Tomato Sauce	1.00 cn
6558	Dried Oregano	1.00 ts
6558	Thyme	0.50 ts
6558	Dash Of Hot Sauce	0.00
6558	+ 2 t. Mozzarella Cheese	0.25 c
6558	(1 1/2 Oz.)	0.00
6558	C +2 T. Plain Low Fat Yogurt	0.25
6559	Chicken coating mix	1.00
6559	Turkey parts, cut in pieces	2.00 lb
6559	Butter	2.00 tb
6559	Brown sugar	0.50 c
6559	Orange juice	0.33 c
6559	Golden rum	0.25 c
6559	Cornstarch	1.00 tb
6559	Small bananas, cut in half	4.00
6560	Cornstarch	1.00 tb
6560	Soy Sauce	2.00 tb
6560	Ground Ginger	0.25 ts
6560	(10 1/2 Oz.) Can Chicken	1.00
6560	Broth	0.00
6560	Carrot, Cut Into Julienne	1.00
6560	Strips,	0.00

Sheet1

6560	Vegetable Oil	2.00 tb
6560	Sliced Mushrooms	2.00 c
6560	Green Onions Minched	4.00
6560	Stalk Celery Diagonally	1.00
6560	Sliced	0.00
6560	(6 Oz.) Pkg. Snow Peas	1.00
6560	Thawed	0.00
6560	Coarsely Chopped Cooked	2.00 c
6560	Turkey Breast	0.00
6560	Brown Rice Cooked	2.00 c
6560	Silvered Almonds Toasted	2.00 tb
6561	12-Pound (or larger) Turkey	1.00 ea
6561	Fresh rosemary stems	0.00
6561	Fresh sage leaves or stems	0.00
6561	Poultry seasoning	1.00 ts
6561	Salt	0.12 ts
6561	Pepper	0.12 ts
6561	Onion	1.00 md
6561	Carrot	1.00 lg
6561	Rib, celery	1.00 md
6562	Turkey; 10 To 12 Lbs	1.00 x
6562	Butter Or Margarine; Melted	1.00 x
6562	Southwest Stuffing	1.00 x
6562	SOUTHWEST STUFFING -----	0.00 -----
6562	Chayote; Chopped, 1 Small	1.00 c
6562	Jalapeno Chiles; *	4.00 ea
6562	Cloves Garlic;Finely Chopped	2.00 ea
6562	Onion; Finely Chopped, 1 Lg	1.00 c
6562	Margarine Or Butter; Melted	1.00 c
6562	Fresh Cilantro; Snipped	1.00 tb
6562	Salt	1.00 ts
6562	Thyme Leaves; Dried	0.50 ts
6562	Sage Leaves; Dried	0.50 ts
6562	Corn Bread; 1-inch cubes	9.00 c
6562	Pecans; Chopped	1.00 c
6563	Cooking oil	2.00 tb
6563	Fresh ground turkey	1.00 pk
6563	Onion, medium, chopped	0.00
6563	Green pepper, chopped	0.00
6563	Chicken broth	2.50 c
6563	Elbow macaroni-7 oz uncooked	1.00 pk
6563	Tomato sauce 15 oz.	1.00 cn
6563	Vinegar	1.00 tb
6563	Sugar	1.50 ts
6563	Chili powder	1.00 ts
6563	Garlic salt	1.00 ts
6563	Grated parmesan cheese	0.25 c
6563	Grated parmesan cheese	2.00 tb
6563	Parsley	1.00 tb

Sheet1

6564	Chicken Broth	0.25 c
6564	(8 Oz.) Tomato Sauce	1.00 cn
6564	Oregano	0.50 ts
6564	Ground Raw Turkey	1.00 lb
6564	Minced Fresh Parsley	0.25 c
6564	Poultry Seasoning	0.25 ts
6564	Pepper,	0.12 ts
6564	Garlic Minced	1.00 cl
6564	Italian Seasoned	0.50 c
6564	Breadcrumbs	0.00
6564	( 2 Oz.) Shredded	0.50 c
6564	Mozzarella	0.00
6564	Parsley Sprigs	0.00
6565	3-1/2 to 4 lb chicken	1.00
6565	POACHING FLAVOURINGS -----	0.00 -----
6565	Onions; sliced, unpeeled	2.00
6565	Bouquet garni	1.00
6565	Lemon (juice only)	0.50
6565	A few peppercorns	0.00
6565	Coriander seeds	0.00
6565	WALNUT SAUCE -----	0.00 -----
6565	Walnut kernels	6.00 oz
6565	Crustless bread	1.50 oz
6565	Well-toasted corinader seeds	1.50 ts
6565	Fresh coriander	1.00 bn
6565	Walnut oil	2.00 tb
6565	Paprika	1.00 tb
6566	Goose	0.00
6566	Breadcrumbs	6.00 c
6566	Sage	3.00 tb
6566	Chopped cooked bacon	0.50 c
6566	Butter	4.00 oz
6566	Finely chopped shallots	4.00 x
6566	Eggs	2.00 x
6566	Salt and pepper	0.00
6566	Lemon	0.50 x
6567	PASTA -----	0.00 -----
6567	Lean ground turkey	0.50 lb
6567	Red bell pepper, seeded and thinly sliced	1.00 0.00
6567	Paprika	1.00 tb
6567	Crushed tomatoes (1 can)	14.50 oz
6567	Uncooked bow-tie pasta	2.00 c
6567	Reduced-sodium chicken broth (1 can)	14.50 oz 0.00
6567	Broccoli florets, washed	2.00 c
6567	Cauliflower florets, washed	1.00 c
6567	Savory topping (see below)	0.00
6567	SAVORY TOPPING -----	0.00 -----

## Sheet1

6567	Fresh parsley	0.50 bn
6567	Seasoned dry bread crumbs	0.25 c
6567	Parmesan cheese, grated	0.25 c
6568	Lightly packed fresh	1.50 c
6568	cilantro	0.00
6568	Lightly packed fresh mint	1.00 c
6568	leaves	0.00
6568	Water	5.00 tb
6568	White wine vinegar	1.50 tb
6568	Sugar	2.00 ts
6568	Curry powder	1.00 ts
6568	Garlic clove	1.00 lg
6568	Dried crushed red pepper	0.12 ts
6568	Chicken	0.00
6568	Dry white wine	2.00 tb
6568	Plus 1 teaspoon low-sodium	1.00 tb
6568	soy sauce	0.00
6568	Cornstarch	1.00 tb
6568	Cloves garlic, pressed	2.00 lg
6568	Egg white	1.00 lg
6568	Boneless skinless chicken	1.00 lb
6568	breasts, cut into 1/2 inch	0.00
6568	strips	0.00
6568	Wooden skewers	16.00
6568	Sesame seeds	0.00
6569	Chicken breast, boned	1.00 lb
6569	Chicken stock	0.50 c
6569	Sherry	1.00 tb
6569	Ginger root juice	0.50 ts
6569	Sugar	1.00 ts
6569	Salt	1.00 pn
6569	Condensed milk or light	0.50 c
6569	cream	0.00
6569	Cornstarch paste	0.00
6569	Sesame oil	0.25 ts
6569	Rice stick, broken up	1.00 c
6569	Oil for deep-frying	2.00 c
6570	Stephen Ceideburg	0.00
6570	Stalk fresh lemon grass or	1.00
6570	Dried	1.00 tb
6570	Curry powder	3.50 ts
6570	Fresh ground black pepper	0.00
6570	Sugar	1.00 ts
6570	Salt	4.00 ts
6570	Chicken, cut up	3.00 lb
6570	Vegetable oil	7.00 tb
6570	Sweet potatoes or	3.00
6570	White potatoes, peeled and	3.00
6570	cubed	0.00

Sheet1

6570	Cloves garlic, chopped	4.00
6570	Bay leaves	3.00
6570	Onion, cut into wedges,	1.00 lg
6570	separated	0.00
6570	Water	2.00 c
6570	Carrot, 2-inch slices	1.00
6570	Coconut milk	2.00 c
6570	Milk or water *	1.00 c
6571	FOR THE MARINADE -----	0.00 -----
6571	Stick fresh or 2tb dried	1.00
6571	Slices lemon grass	0.00
6571	Chicken pieces, cut into	2.00 lb
6571	Small pieces	0.00
6571	Garlic clove, large	1.00
6571	0.5" cube fresh ginger	0.00
6571	Sugar	1.00 tb
6571	Tomato paste	1.50 tb
6571	Salt	0.50 ts
6571	Chilli powder	0.25 ts
6571	Ground turmeric	0.25 ts
6571	YOU ALSO NEED -----	0.00 -----
6571	Cloves garlic	2.00
6571	Vegetable oil	3.00 tb
6571	Fish sauce OR salt to taste	1.00 tb
6571	4-8 tb chicken stock	0.00
6571	Onions	3.50 oz
6572	10-12 lbs Oven Ready Goose	1.00
6572	Salt	1.00 ts
6572	Pepper	0.50 ts
6572	Thyme Sprigs	4.00
6572	Bay Leaves	4.00
6572	Tart Apples,quartered	3.00
6572	Onions,peeled,quartered	2.00
6572	Celery Ribs,cut 2 inches	2.00
6572	Cold Water	5.00 c
6572	Flour	6.00 tb
6572	Beef Broth	1.00 c
6573	Stephen Ceideburg	0.00
6573	Cumin seed	1.00 ts
6573	Whole cloves	6.00
6573	Black peppercorns	8.00
6573	One-inch piece cinnamon	1.00
6573	stick	0.00
6573	Green cardamom pods,husked	5.00
6573	Light vegetable oil	3.00 tb
6573	Onion, finely chopped	1.00 lg
6573	Garlic cloves, minced	3.00
6573	Peeled and grated fresh	1.00 tb
6573	ginger	0.00

Sheet1

6573	Skinned, chopped tomato	1.50 c
6573	Chicken, skinned, cut into	3.00 lb
6573	serving pieces	0.00
6573	Plain yogurt	0.50 c
6573	Water	1.00 c
6573	Cayenne pepper	0.50 ts
6573	Salt, or to taste	1.50 ts
6573	Half-and-half	1.00 c
6573	GARNISHES:	0.00
6573	Chopped cilantro	2.00 tb
6573	Red onion, peeled, sliced	1.00
6573	Red or green bell pepper,	1.00
6573	cored and sliced	0.00
6573	Lemon, cut into wedges	1.00
6574	(to 5 lb) duckling	4.00 lb
6574	Whole green onions	5.00
6574	Each ground ginger and	0.50 ts
6574	cinnamon	0.00
6574	Honey	1.00 tb
6574	Plum sauce	0.50 c
6574	Each ground nutmeg & white	0.25 ts
6574	pepper	0.00
6574	Fresh cilantro	0.00
6574	Ground cloves	0.12 ts
6574	Soy sauce	3.00 tb
6574	Mandarin Pancakes (Recipe	24.00
6574	Follows)	0.00
6575	Onion; Chopped, 1 Large	1.00 c
6575	Clove Garlic; Finely Chopped	1.00
6575	Margarine Or Butter	0.25 c
6575	Chicken; Cooked, *	4.00 c
6575	Chicken Broth	3.00 c
6575	Cilantro; Fresh, Snipped	2.00 tb
6575	Basil Leaves; Dried	1.00 tb
6575	Red Chiles; Ground	2.00 ts
6575	Cloves; Ground	0.25 ts
6575	Great Northern Beans; 2 Cans	32.00 oz
6575	GARNISHES -----	0.00 -----
6575	Tomato; Chopped, 1 Medium	0.75 c
6575	Blue Or Yellow Corn Tortilla	0.00
6575	Chips.	0.00
6576	CHILI -----	0.00 -----
6576	Lemon pepper	1.00 ts
6576	Cumin seed	1.00 ts
6576	Chicken breast halves	4.00
6576	Olive oil	1.00 ts
6576	Garlic clove, minced	1.00
6576	Chopped onions	1.00 c
6576	Frozen Shoepeg White Corn, t	18.00 oz

Sheet1

6576	Cans diced green chiles, und	8.00 oz
6576	Ground cumin	1.00 ts
6576	Lime juice	3.00 tb
6576	Great northern beans, undrai	30.00 oz
6576	Crushed tortilla chips	0.67 c
6576	Shredded Monterey Jack chees	1.50 oz
6576	SALSA -----	0.00 -----
6576	Tomatillos chopped drained *	22.00 oz
6576	Chopped onion	0.50 c
6576	Chopped fresh cilantro or pa	0.50 c
6576	Jalapeno pepper, chopped	1.00
6576	Garlic clove, minced	1.00
6576	Lemon pepper	0.50 ts
6576	Dried oregano leaves	0.50 ts
6576	Adobo seasoning or garlic po	0.50 ts
6576	Lime juice	3.00 tb
6577	Chicken breast OR veal OR	0.75 lb
6577	Canned tuna; chopped	0.00
6577	Shallots; finely chopped	2.00 tb
6577	Plum tomatoes; chopped	2.00
6577	Dried leaf sage; crumbled	1.00 ts
6577	Mace	0.25 ts
6577	Parmeson or Romano cheese;	0.25 c
6577	Grated	0.00
6577	Parsley; chopped	0.50 c
6577	Black pepper; coursey	0.50 ts
6577	Ground	0.00
6577	Brandy or dry sherry	1.00 tb
6577	Pasta dough	0.00
6577	SAUCE -----	0.00 -----
6577	Olive oil	2.00 tb
6577	Scallions; thinly sliced	4.00
6577	Cloves garlic; minced	2.00
6577	Tomatoes; crushed	1.00 c
6577	Tomato sauce	1.00 c
6577	Basil	1.00 tb
6578	Olive oil (for roux)	1.00 c
6578	Plain flour (for roux)	3.00 c
6578	Onions, chopped	3.00 c
6578	Bell pepper, chopped	1.00 c
6578	Geen onions, chopped	3.00 c
6578	Parsley, chopped	2.00 c
6578	Water	0.00
6578	Garlic, finely chopped	2.00 tb
6578	Chablis wine	3.00 c
6578	Dried mint, crushed	0.50 ts
6578	Tomato sauce	11.00 c
6578	Lea & Perrins	3.00 tb
6578	Louisiana hot sauce	6.00 ts



Sheet1

6578	Salt	5.00 ts
6578	Andouille, sliced 1/4" thick	1.00 lb
6578	Wild duck breasts	2.50 lb
6579	Goose	1.00
6579	Onions	3.00
6579	Apples	2.00
6579	Strips bacon	2.00
6579	Carrot	1.00
6579	Stalk celery	1.00
6579	Bay leaf	1.00
6579	Sprigs parsley	3.00
6579	Thyme	0.50 ts
6579	Consomme	2.00 cn
6579	Red wine, dry	1.00 c
6579	Cornstarch	1.00 tb
6579	Salt	0.00
6580	Rabbit, cut into pieces	1.00
6580	Cooking oil	0.50 c
6580	Flour	0.50 c
6580	Onions, chopped	3.00
6580	Bell pepper, chopped	1.00
6580	Celery, chopped	0.50 c
6580	Shallots, chopped	0.67 c
6580	Parsley, chopped	0.33 c
6580	Oysters	1.00 pt
6580	Salt & pepper to taste	0.00
6580	Tabasco to taste	0.00
6581	Envelope unflavored gelatin	1.00
6581	Celery, diced	2.00 c
6581	Chicken, cooked, diced	4.00 c
6581	Stuffed olives, sliced	0.50 c
6581	Canned peas, drained	1.00 c
6581	Lemon juice	2.00 tb
6581	Mayonnaise	1.50 c
6581	Salt & pepper to taste	0.00
6581	Pecans, chopped	0.33 c
6581	Leaf thyme	0.25 ts
6581	Eggs, hard cooked, chopped	2.00
6581	Chicken broth	1.50 c
6581	Green grapes for garnish	0.00
6581	Oil	0.00
6582	Envelope unflavored gelatin	1.00 ea
6582	Chicken, cooked, diced	4.00 c
6582	Canned peas, drained	1.00 c
6582	Mayonnaise	1.50 c
6582	Pecans, chopped	0.33 c
6582	Eggs, hard cooked, chopped	2.00 ea
6582	Green grapes for garnish	1.00 x
6582	Celery, diced	2.00 c

Sheet1

6582	Stuffed olives, sliced	0.50 c
6582	Lemon juice	2.00 T
6582	Salt & pepper to taste	1.00 x
6582	Leaf thyme	0.25 t
6582	Chicken broth	1.50 c
6582	Oil	1.00 x
6583	Envelope unflavored gelatin	1.00
6583	Celery, diced	2.00 c
6583	Chicken, cooked, diced	4.00 c
6583	Stuffed olives, sliced	0.50 c
6583	Canned peas, drained	1.00 c
6583	Lemon juice	2.00 tb
6583	Mayonnaise	1.50 c
6583	Salt & pepper to taste	0.00
6583	Pecans, chopped	0.33 c
6583	Leaf thyme	0.25 ts
6583	Eggs, hard cooked, chopped	2.00
6583	Chicken broth	1.50 c
6583	Green grapes for garnish	0.00
6583	Oil	0.00
6584	(1 1/4 Lb.) Cornish Hen	1.00
6584	Burgundy OR Dry Red Wine	0.33 c
6584	Raspberry OR Red Wine	0.33 c
6584	Vinegar	0.00
6584	Dried Rosemary Crushed	0.50 ts
6584	Dried Thyme	0.12 ts
6584	Cloves Garlic Minced	2.00 lg
6585	Chicken breast meat	1.00 lb
6585	(boneless, skinless)	0.00
6585	cut in bite-size pieces	0.00
6585	TO	2.00 c
6585	Fresh veggies	3.00 c
6585	- mushrooms, asparagus,	0.00
6585	- onions, zucchini, ...	0.00
6585	Potatoes; peeled and	2.00
6585	- cut in pieces, pre-cooked	0.00
6585	Carrots; cut in bite-size	2.00
6585	- pieces, pre-cooked	0.00
6585	OR- half this amount	0.00
6585	Frozen peas (approximately)	0.50 c
6585	Vegetable oil	2.00 tb
6585	- (less if desired)	0.00
6585	Red curry paste	1.00 tb
6585	Coconut milk	14.00 oz
6585	Fish sauce (less if desired)	4.00 tb
6585	Salt	1.00 ds
6585	Sugar (less if desired)	2.00 tb
6585	Yellow curry powder	1.00 tb
6585	Water or chicken stock	0.50 c

Sheet1

6585	Bay leaf	0.50
6586	Chicken pieces skinned	4.00 lb
6586	Lemon juice	3.00 tb
6586	Garlic cloves minced	3.00
6586	Soy sauce	1.50 ts
6586	Fine herbs	0.50 ts
6586	Turmeric	1.50 ts
6586	Freshly ground pepper	0.25 ts
6586	Ground ginger	0.75 ts
6586	Plain yogurt	3.00 c
6586	Cinnamon	0.50 ts
6586	Onions finely chopped	2.00
6586	Ground cloves	0.50 ts
6587	Plain Yogurt	1.50 c
6587	Bread Crumbs	1.00 c
6587	Salt & Pepper To Taste	0.00
6587	Chicken Thighs, Skinned	4.00
6587	Chicken Legs, Skinned	4.00
6587	Dipping Sauce	0.00
6587	Garlic Puree From 1 Head	0.00
6587	Small Onion, Coarsely Cho	0.50
6587	Thin Slice Ginger Root, P	1.00
6587	Chopped Green Chilies, (c	2.00 tb
6587	Sugar	1.00 ts
6587	Salt To Taste	0.00
6587	Fresh Mint Leaves	0.75 c
6587	Fresh Coriander (Chinese	0.25 c
6587	Fresh Parsley Leaves	0.25 c
6588	Chicken	3.50 lb
6588	Salt	1.00 ts
6588	Peeled fresh Ginger	8.00 sl
6588	Chicken stock	3.00 c
6588	White Wine	0.50 c
6588	Green onions	1.00 bn
6589	Boneless chicken breasts	4.00
6589	* Non-stick cooking spray	0.00
6589	Indian Spice Mixture (recipe	2.00 ts
6589	follows)	0.00
6590	Squash; acorn	1.00
6590	Butter	0.25 c
6590	Cranberries	0.50 c
6590	Sugar; brown packed	0.25 c
6590	Apple; finely chopped	0.50 c
6590	Cornstarch	1.00 ts
6590	2 tsp Water; cold	0.00
6591	Package of semisweet	6.00 oz
6591	Chocolate chips	0.00
6591	Egg	1.00
6591	Vanilla	1.00 ts

Sheet1

6591	Almond extract	1.00 ts
6591	Creme de cacao liqueur	1.00 tb
6591	Whipping cream	1.00 c
6592	Cookie crumb crust	1.00
6592	Milk	0.50 c
6592	Jet-puffed marshmallows	32.00 lg
6592	Dark creme de cacao	0.25 c
6592	Brandy	3.00 tb
6592	Chilled whipping (heavy) cre	1.50 c
6592	Few drops green food color,	0.00
6592	If desired	0.00
6592	COOKIE CRUMB CRUST -----	0.00 -----
6592	Crushed chocolate wafer	1.50 c
6592	Cookies	0.00
6592	Margarine or butter, melted	0.25 c
6593	Sugar	1.00 c
6593	Cornstarch	1.00 tb
6593	Light corn syrup	0.75 c
6593	Water	0.67 c
6593	Margarine or butter	2.00 tb
6593	Salt	1.00 ts
6593	Vanilla	2.00 ts
6593	Almond extract	2.00 ts
6593	Food color, if desired.	0.25 ts
6594	Ounces semisweet chocolate,	6.00
6594	Margarine or butter	2.00 tb
6594	Whipping (heavy) cream	0.25 c
6594	Shortening	1.00 tb
6594	Semisweet or milk chocolate	1.00 c
6594	Chips	0.00
6594	Almond-flavored	2.00 tb
6594	Liqueur	0.00
6595	Margarine or butter	2.00 tb
6595	All-purpose flour	2.00 tb
6595	Chicken broth	1.00 c
6595	Salt	0.25 ts
6595	Pepper	0.12 ts
6595	Ground nutmeg	0.12 ts
6595	Slivered almonds, toasted	0.25 c
6596	Pound ground turkey	1.00
6596	Seasoned dry bread crumbs	0.25 c
6596	Salt	0.25 ts
6596	Pepper	0.25 ts
6596	Green onions (with tops), ch	2.00
6596	Egg	1.00
6596	Finely chopped almonds, toas	0.67 c
6597	Granulated sugar	0.50 c
6597	Packed brown sugar	0.50 c
6597	Margarine or butter, softene	0.50 c

Sheet1

6597	Vanilla	0.50 ts
6597	Egg	1.00
6597	Quick-cooking oats	1.50 c
6597	All-purpose flour*	0.50 c
6597	Ground toasted almonds	0.50 c
6597	Baking soda	0.50 ts
6597	Baking powder	0.25 ts
6597	Salt	0.12 ts
6597	Sliced almonds	0.50 c
6598	Sugar	2.00 c
6598	Milk	0.33 c
6598	Half-and-half	0.33 c
6598	Light corn syrup	2.00 tb
6598	Almond-flavored liqueur	2.00 tb
6598	Margarine or butter	2.00 tb
6598	Chopped almonds, toasted	0.50 c
6599	Whipping cream	1.00 pn
6599	Gelatin powder	1.00 tb
6599	Amaretto liqueur	3.00 oz
6599	Eggs	4.00
6599	Confectioners sugar	3.00 tb
6599	Vanilla extract, to taste	0.00
6599	Almond extract, to taste	0.00
6599	Sliced, toasted almonds	1.00 c
6600	Margarine or butter, softene	1.00 c
6600	Powdered sugar	0.50 c
6600	Vanilla	1.00 ts
6600	All-purpose flour*	2.25 c
6600	Flaked coconut	1.00 c
6600	Grated orange peel	1.00 tb
6600	Salt	0.25 ts
6600	Powdered sugar	0.00
6601	Boiling water	1.00 c
6601	(3 ounces) orange-flavored	1.00 pk
6601	Gelatin	0.00
6601	(8 ounces) crushed pineapple	1.00 cn
6601	Juice, drained and juice re	0.00
6601	Sour cream	0.50 c
6601	Oranges, pared, sectioned	2.00
6601	And cut up	0.00
6601	Flaked coconut	0.50 c
6602	Process american cheese	12.00 sl
6602	White or whole wheat bread	8.00 sl
6602	Margarine or butter, soften	0.00
6603	Sugar	1.00 c
6603	Margarine or butter, softene	1.00 c
6603	Apple butter	0.25 c
6603	Egg	1.00
6603	All-purpose flour*	2.50 c

Sheet1

6603	Finely shredded cheddar	1.00 c
6603	Cheese (4 ounces)	0.00
6603	Baking soda	0.50 ts
6603	Apple pie spice	0.50 ts
6604	For 10-inch two crust pie	1.00 pk
6604	Sugar	0.75 c
6604	All-purpose flour*	0.33 c
6604	Ground nutmeg	1.00 ts
6604	Ground cinnamon	1.00 ts
6604	Dash of salt	0.00
6604	Thinly sliced pared tart	10.00 c
6604	Apples (about 9 medium) **	0.00
6604	Margarine or butter	3.00 tb
6605	For 9-inch two crust pie	1.00 pk
6605	Sugar	0.67 c
6605	All-purpose flour*	0.25 c
6605	Ground nutmeg	0.50 ts
6605	Ground cinnamon	0.50 ts
6605	Dash of salt	0.00
6605	Thinly sliced pared tart	8.00 c
6605	Apples (about 8 medium)**	0.00
6605	Margarine or butter	2.00 tb
6606	Margarine or butter	2.00 tb
6606	Packed brown sugar	0.50 c
6606	Tart apples (about 3 pounds)	8.00 lg
6606	Pared and cut into eighths	0.00
6606	(17-1/2-ounce size) frozen	0.50 pk
6606	Puff pastry, thawed	0.00
6606	Apple chantilly cream	0.00
6606	Whipping (heavy) cream	1.00 c
6606	Apple brandy or	1.00 tb
6606	Calvados	0.00
6607	Chopped all-purpose apples	3.00 c
6607	(about 3 medium)	0.00
6607	Chopped dried apricots	1.00 c
6607	Slivered almonds, toasted	0.50 c
6607	Granulated sugar	0.33 c
6607	Dry bread crumbs	0.25 c
6607	Lemon juice	1.00 tb
6607	Ground nutmeg	0.25 ts
6607	Frozen (thawed) phyllo leave	8.00
6607	Margarine or butter, melted	0.25 c
6607	Powdered sugar	0.00
6608	Sour cream or plain yogurt	0.50 c
6608	Mayonnaise or salad dressing	0.25 c
6608	Sugar	1.00 ts
6608	Dry mustard	0.50 ts
6608	Seasoned salt	0.50 ts
6608	Pepper	0.12 ts

Sheet1

6608	Head cabbage, finely	0.50 md
6608	Shredded or chopped(about	0.00
6608	Carrot, shredded	1.00 md
6608	(about 1/2 cup)	0.00
6608	Apple, chopped	1.00 tb
6608	Crumbled blue cheese	0.25 c
6609	Vegetable oil	0.00
6609	Sugar	1.00 c
6609	Light corn syrup	1.00 c
6609	Apple-cherry drink	0.75 c
6609	(1-3/4 ounces) powdered	1.00 pk
6609	Fruit pectin	0.00
6609	Baking soda	0.50 ts
6609	Red food color, if desired	2.00 dr
6609	Sugar	0.00
6610	Margarine or butter	2.00 tb
6610	Onion, chopped	1.00 md
6610	(about 1/2 cup)	0.00
6610	Cl Garlic, finely chopped	1.00
6610	Apple-flavored brandy or	0.25 c
6610	Chicken broth	0.00
6610	Cooking apple, pared	1.00 md
6610	And coarsely chopped	0.00
6610	Pound chicken livers,	1.00
6610	Cut into fourths	0.00
6610	Chopped fresh or	1.50 ts
6610	Dried thyme leaves	0.50 ts
6610	Salt	0.50 ts
6610	Pepper	0.25 ts
6610	Margarine or butter,	2.00 tb
6610	Softened	0.00
6611	All-purpose flour*	3.25 c
6611	Packed brown sugar	1.50 c
6611	Chopped walnuts	1.00 c
6611	Raisins	1.00 c
6611	Shortening	0.50 c
6611	Applesauce	0.75 c
6611	Ground cinnamon	1.00 ts
6611	Vanilla	1.00 ts
6611	Salt	0.50 ts
6611	Baking soda	0.50 ts
6611	Ground cloves	0.25 ts
6611	Eggs	2.00
6611	BROWNED BUTTER GLAZE -----	0.00 -----
6611	Margarine or butter	0.33 c
6611	Powdered sugar	2.00 c
6611	Vanilla	1.50 ts
6612	All-purpose flour*	1.67 c
6612	Packed brown sugar	1.00 c

Sheet1

6612	Ground allspice	1.50 ts
6612	Baking soda	1.00 ts
6612	Salt	0.50 ts
6612	Applesauce	0.50 c
6612	Chopped nuts	0.33 c
6612	Water	0.33 c
6612	Vegetable oil	0.33 c
6612	Vinegar	1.00 ts
6612	APPLE CIDER SAUCE -----	0.00 -----
6612	Packed brown sugar	0.50 c
6612	Margarine or butter	0.25 c
6612	Apple cider or orange juice	0.25 c
6612	Whipping (heavy) cream	2.00 tb
6613	(13 ounces) evaporated milk	1.00 cn
6613	Plus 1 teaspoon vinegar	1.00 tb
6613	All-purpose flour*	2.50 c
6613	Granulated sugar	1.00 c
6613	Raisins, if desired	1.00 c
6613	Packed brown sugar	0.75 c
6613	Shortening	0.67 c
6613	Applesauce	1.00 c
6613	Baking soda	1.00 ts
6613	Baking powder	1.00 ts
6613	Salt	1.00 ts
6613	Ground cinnamon	0.75 ts
6613	Ground allspice	0.75 ts
6613	Ground cloves	0.50 ts
6613	Ground nutmeg	0.50 ts
6613	Eggs	3.00
6613	CARAMEL FROSTING -----	0.00 -----
6613	Packed brown sugar	1.00 c
6613	Butter or margarine	0.50 c
6613	Reserved evaporated milk	0.33 c
6613	Brown sugar	2.00 c
6615	Unsweetened applesauce	0.50 c
6615	Sour cream	0.25 c
6615	Grated horseradish	3.00 tb
6615	Or prepared horseradish	0.00
6615	White wine vinegar	1.00 tb
6615	Or white vinegar	0.00
6615	Prepared mustard	1.00 ts
6615	White pepper	0.25 ts
6616	Stone-ground whole wheat or	3.00 c
6616	Graham flour	0.00
6616	Honey	0.25 c
6616	Vegetable oil	0.25 c
6616	Salt	1.00 ts
6616	Regular or quick-acting	2.00 pk
6616	Active dry yeast	0.00



Sheet1

6616	Very warm water	2.25 c
6616	(120 to 130 degrees)	0.00
6616	All-purpose* or	3.50 c
6616	Unbleached flour	0.00
6616	Finely chopped dried apricot	0.50 c
6616	Finely chopped cashews	1.00 c
6616	Margarine or butter, melted	0.00
6617	(17 ounces each) apricot	2.00 cn
6617	Halves, drained	0.00
6617	Packed brown sugar	0.67 c
6617	All-purpose flour*	0.50 c
6617	Oats	0.50 c
6617	Margarine or butter, softene	0.33 c
6617	Ground cinnamon	0.75 ts
6617	Ground nutmeg	0.75 ts
6618	For 9-inch two-crust pie	1.00 pk
6618	Sugar	0.67 c
6618	All-purpose flour	0.33 c
6618	Ground cinnamon	0.25 ts
6618	Fresh apricot halves	6.00 c
6618	Lemon juice	1.00 ts
6618	Margarine or butter	1.00 tb
6619	Ounces semisweet chocolate,	6.00
6619	Margarine or butter	2.00 tb
6619	Whipping (heavy) cream	0.25 c
6619	Shortening	1.00 tb
6619	Semisweet or milk chocolate	1.00 c
6619	Chips	0.00
6619	Chopped apricots	3.00 tb
6619	Brandy	1.00 tb
6620	Four-pound pork boneless top	1.00
6620	Loin roast (single uncut ro	0.00
6620	Chopped dried apricots	0.50 c
6620	Chopped pistachio nuts	0.50 c
6620	Cl Garlic, finely chopped	2.00
6620	Salt	0.25 ts
6620	Pepper	0.25 ts
6620	Apricot brandy	0.25 c
6620	Apricot preserves	0.25 c
6620	CRUNCHY TOPPING -----	0.00 -----
6620	Margarine or butter	1.00 tb
6620	Coarsely crushed cracker cru	0.25 c
6620	Chopped pistachio nuts	2.00 tb
6620	Garlic	0.25 ts
6621	A skillet.	0.00
6621	Margarine or butter	0.25 c
6621	Packed brown sugar	0.67 c
6621	(about 8-3/4 ounces)	1.00 cn
6621	Apricot halves,drained	0.00

## Sheet1

6621	Cooked prunes	12.00 pn
6621	All-purpose flour*	1.33 c
6621	Granulated sugar	1.00 c
6621	Shortening	0.33 c
6621	Milk	0.75 c
6621	Baking powder	1.50 ts
6621	Salt	0.50 ts
6621	Egg	1.00
6622	Oranges	4.00 lg
6622	Italian ice, any flavor	1.00 pn
6622	Or spumoni ice cream	0.00
6622	Galliano	4.00 oz
6622	Whipping cream, whipped	0.50 pn
6622	Stiff	0.00
6622	Creme de cacao	2.00 oz
6623	Globe artichokes	4.00 md
6623	Margarine or butter	0.50 c
6623	Chopped or	1.00 ts
6623	Dried rosemary leaves,	0.25 ts
6623	Crushed*	0.00
6623	Lemon juice	1.00 ts
6624	Globe artichokes	4.00
6625	Jerusalem artichokes	4.00
6626	Stalks asparagus, cleaned	16.00
6626	And trimmed	0.00
6626	Butter	2.00 tb
6626	Grated parmesan cheese	2.00 tb
6626	Salt and pepper	0.00
6627	Heads belgian endive	2.00 sm
6627	Pound asparagus	0.50
6627	Half-and-half	0.33 c
6627	Chicken broth	0.25 c
6627	Finely shredded	1.00 ts
6627	Orange peel	0.00
6627	Chopped fresh parsley	1.00 tb
6627	Orange juice	2.00 tb
6627	Salt	0.25 ts
6629	Fusilli pasta (spirals)	1.00 lb
6629	Olive oil	3.00 tb
6629	Sweet butter	4.00 tb
6629	Fresh asparagus tips	10.00 oz
6629	(1-inch lengths)	0.00
6629	Pitted black olives,	1.00 c
6629	Sliced	0.00
6629	Calvert's cedar street	2.00 tb
6629	Bumpy beer mustard.	0.00
6629	Fresh lemon juice	2.00 tb
6629	Kasseri or fresh	0.50 c
6629	Parmesan, finely grated	0.00

Sheet1

6629	Salt and freshly cracked	0.00
6629	Black pepper	0.00
6630	(10 ounces) frozen	1.00 pk
6630	Asparagus spears	0.00
6630	Margarine or butter	3.00 tb
6630	All-purpose flour	3.00 tb
6630	Salt	0.25 ts
6630	Pepper	0.25 ts
6630	Dry mustard	0.25 ts
6630	Worcestershire sauce	0.25 ts
6630	Milk	1.00 c
6630	Beer or white wine*	0.50 c
6630	Shredded cheddar cheese	1.50 c
6630	(6 ounces)	0.00
6630	Toast, cut into triangles	4.00 sl
6631	Pounds asparagus, diagonally	1.50
6631	Into 1-inch pieces*	0.00
6631	Chopped fresh parsley	2.00 tb
6631	Lemon juice	2.00 ts
6631	Salt	0.25 ts
6631	Bacon, crisply cooked and	2.00 sl
6631	Crumbled	0.00
6632	Potatoes (about 2 pounds)	6.00 md
6632	Margarine or butter	0.25 c
6632	Onion, chopped	1.00 md
6632	(about 1/2 cup)	0.00
6632	All-purpose flour	1.00 tb
6632	Salt	1.00 ts
6632	Pepper	0.25 ts
6632	Milk	2.00 c
6632	Shredded natural sharp	2.00 c
6632	Cheddar cheese(8 ounces)	0.00
6632	Fine dry bread crumbs	0.25 c
6632	Paprika	0.00
6633	Spaghetti squash, about 2 lb	1.00
6633	Fresh mushrooms	4.00 oz
6633	Margarine, divided	2.00 tb
6633	Flour	1.50 tb
6633	Milk, 2% (low fat)	0.75 c
6633	Dry sherry	1.00 tb
6633	Shredded Swiss cheese	0.50 c
6633	Fresh ground black pepper	0.00
6633	Corn flake crumbs	0.25 c
6634	Vegetable oil	3.00 tb
6634	Vinegar	1.00 tb
6634	Salt	0.50 ts
6634	Pepper	0.12 ts
6634	Red pepper sauce	3.00 dr
6634	Avocados, cubed	2.00 md

Sheet1

6634	Bacon, crisply cooked and	6.00 sl
6634	Crumbled	0.00
6634	Tomatoes, cut into 1/2-inch	2.00 md
6634	Pieces	0.00
6634	Onion, chopped	1.00 sm
6634	(about 1/4 cup)	0.00
6634	Salad greens	0.00
6635	Ripe avocado (peeled and	1.00
6635	Seeded)	0.00
6635	Onion (finely	1.00 md
6635	Chopped)	0.00
6635	Homemade mayonnaise	1.00 c
6635	Thyme	0.25 ts
6635	Basil	0.25 ts
6635	Rosemary	0.25 ts
6635	Sage	0.25 ts
6635	Marjoram	0.25 ts
6635	Sour cream	8.00 oz
6635	Crackers or chips	1.00 lb
6636	Ripe avocados	4.00
6636	Chicken consommé/broth	2.00 c
6636	Sour cream	1.00 c
6636	Table cream	1.00 c
6636	Ground ginger	0.00
6636	Paprika	0.00
6636	Salt and pepper to taste	0.00
6637	Oranges	2.00 lg
6637	Avocados	2.00
6637	Bunches watercress	2.00
6637	Mild olive oil	0.50 c
6637	Lemon juice	0.25 c
6637	Grated lemon or	1.00 ts
6637	Lime rind	0.00
6637	Salt, to taste	0.00
6637	Pinch of sugar	0.00
6638	Recipe poppy seed pasta or	0.50
6638	Ounces uncooked vermicelli	6.00
6638	Bacon, cut into 1-inch	4.00 sl
6638	Pieces	0.00
6638	Frozen french-style green be	1.00 c
6638	Green onions (with tops),	3.00
6638	Thinly sliced	0.00
6638	Pepper	0.12 ts
6639	Egg	1.00
6639	Salt	0.00
6639	Pepper	0.00
6639	Milk or half-and-half	1.00 tb
6639	Margarine or butter	0.00
6639	Shredded cheddar or	1.00 tb

## Sheet1

6639	Grated parmesan cheese if	0.00
6640	Unpared apples	4.00 lg
6640	(rome beauty,golden delici	0.00
6640	Greening)	0.00
6640	Granulated or packed	4.00 tb
6640	Brown sugar	0.00
6640	Margarine or butter	4.00 ts
6640	Ground cinnamon	0.50 ts
6641	Eggs, slightly beaten	3.00
6641	Sugar	0.33 c
6641	Vanilla	1.00 ts
6641	Dash of salt	0.00
6641	Milk, scalded	2.50 c
6641	Ground nutmeg	0.00
6642	Vegetable oil	3.00 tb
6642	Eggplant (about 1-1/4	1.00 md
6642	Pounds)	0.00
6642	Pizza sauce	6.00 tb
6642	Mozzarella cheese	6.00 sl
6642	(about 4 ounces)	0.00
6642	Eggs	2.00
6642	Milk	0.25 c
6642	Italian-style dry bread crum	0.50 c
6642	Chopped fresh parsley	0.25 c
6643	Croutons	2.00 c
6643	Hard-cooked eggs, cut in hal	4.00
6643	(10 ounces) frozen	1.00 pk
6643	Artichoke hearts, thawed an	0.00
6643	Drained	0.00
6643	Shredded swiss cheese	0.75 c
6643	(3 ounces)	0.00
6643	Margarine or butter	3.00 tb
6643	All-purpose flour	3.00 tb
6643	Salt	0.25 ts
6643	Dry mustard	0.25 ts
6643	Pepper	0.12 ts
6643	Milk	1.00 c
6643	Dry white wine	0.50 c
6643	Bacon, crisply cooked and	2.00 sl
6643	Crumbled	0.00
6644	Croutons	2.00 c
6644	Hard-cooked eggs, cut in hal	4.00
6644	(10 ounces)	1.00 pk
6644	Frozen cut green beans,	0.00
6644	Thawed and drained	0.00
6644	Shredded swiss cheese	0.75 c
6644	(3 ounces)	0.00
6644	Margarine or butter	3.00 tb
6644	All-purpose flour	3.00 tb

Sheet1

6644	Salt	0.25 ts
6644	Dry mustard	0.25 ts
6644	Pepper	0.12 ts
6644	Milk	1.00 c
6644	Dry white wine*	0.50 c
6644	Bacon, crisply cooked and	2.00 sl
6644	Crumbled	0.00
6645	Unpared apples	4.00 lg
6645	(rome beauty, golden delic	0.00
6645	Greening)	0.00
6645	Honey	4.00 tb
6645	Margarine or butter	4.00 ts
6645	Ground cinnamon	0.50 ts
6646	Unpared apples	4.00 lg
6646	(rome beauty, golden delic	0.00
6646	Greening)	0.00
6646	Prepared mincemeat	8.00 tb
6647	Onions (with skins)	6.00 md
6647	Margarine or butter	0.25 c
6647	Cloves garlic, finely choppe	2.00 sm
6647	Dry white wine or	0.25 c
6647	Chicken broth	0.00
6647	Grated parmesan cheese	0.25 c
6647	Chopped fresh parsley	2.00 tb
6648	Bananas (ripe but firm)	2.00
6648	Butter	3.00 tb
6648	Brown sugar packed	4.00 tb
6648	Nutmeg or cinnamon	0.12 ts
6648	Banana liqueur	1.00 tb
6648	Brandy	1.00 oz
6648	Vanilla ice cream	0.00
6649	Four-pound beef arm, blade o	1.00
6649	Rib pot roast	0.00
6649	Salt	2.00 ts
6649	Pepper	0.50 ts
6649	Potatoes, cut in half	8.00 sm
6649	Carrots, cut into fourths	8.00 md
6649	Onions	8.00 sm
6649	Barbecue sauce	0.00
6650	Pound thinly sliced cooked r	1.00
6650	Beef, cut into 1-inch strip	0.00
6650	(about 3 cups)	0.00
6650	Hamburger buns, split	6.00
6650	Tangy barbecue sauce	0.00
6650	Ketchup	0.50 c
6650	Vinegar	0.25 c
6650	Chopped onion	2.00 tb
6650	Worcestershire sauce	1.00 tb
6650	Packed brown sugar	2.00 ts

Sheet1

6650	Dry mustard	0.25 ts
6650	Cl Garlic, crushed	1.00
6651	Corn	1.00
6651	Uncooked barley	0.67 c
6651	Salt	0.50 ts
6651	Carrot, thinly sliced	1.00 md
6651	(about 1/2 cup)	0.00
6651	Stalk celery, sliced	1.00 md
6651	(about 1/2 cup)	0.00
6651	Onion, chopped	1.00 md
6651	(about 1/2 cup)	0.00
6651	1-inch pieces green beans	1.00 c
6651	Shelled green peas	1.00 c
6651	Pepper	0.25 ts
6651	Tomatoes, chopped	2.00 md
6651	(about 1-1/2 cups)	0.00
6652	Grated parmesan cheese	2.00 tb
6652	Finely chopped fresh or	2.00 tb
6652	Dried basil leaves	2.00 ts
6652	Round brie cheese (14 ounces	1.00
6652	(17-1/4-ounce size) frozen	0.50 pk
6652	Puff pastry, thawed	0.00
6653	Pound beans, green or wax	1.00
6654	Pounds lima beans	3.00
6655	Egg yolks	3.00
6655	Lemon juice	1.00 tb
6655	Dry white wine	1.00 tb
6655	Firm butter*	0.50 c
6655	Finely chopped onion	1.00 tb
6655	Chopped fresh or	1.50 ts
6655	Dried tarragon leaves	0.50 ts
6655	Chopped fresh or	1.50 ts
6655	Dried chervil leaves	0.25 ts
6656	Raw mushrooms, cleaned and	0.75 lb
6656	Thinly sliced	0.00
6656	Bunches	2.00 md
6656	Watercress, stems removed,	0.00
6656	Leaves washed and dried	0.00
6656	Belgian endive, cut	2.00 lg
6656	Into 1" chunks on the	0.00
6656	Diagonal	0.00
6656	Mustard vinaigrette	0.00
6656	Good olive oil	1.00 c
6656	Red wine vinegar	0.25 c
6656	Dijon mustard	2.00 tb
6656	Salt and pepper	0.00
6657	Ounces uncooked fettuccine o	8.00
6657	Spinach fettuccine	0.00
6657	Jars (6 ounces) marinated ar	1.00

Sheet1

6657	Hearts, cut in half and mar	0.00
6657	Reserved	0.00
6657	Onion, finely chopped	1.00 sm
6657	(about 1/4 cup)	0.00
6657	Half-and-half	1.00 c
6657	Grated parmesan cheese	0.50 c
6657	Julienne strips cooked roast	2.00 c
6657	Beef (about 8 ounces)	0.00
6657	Freshly ground pepper	0.00
6657	Chopped toasted pecans	0.33 c
6658	Pounds beef shank cross cuts	2.00
6658	Soup bones	0.00
6658	Cold water	6.00 c
6658	Salt	1.00 ts
6658	Dried thyme leaves	0.25 ts
6658	Carrot, cut up	1.00
6658	Stalk celery with leaves, cu	1.00
6658	Onion, cut up	1.00 sm
6658	Peppercorns	5.00
6658	Whole cloves	3.00
6658	Sprigs parsley	3.00
6658	Bay leaf	1.00
6660	4- to 5-pound well-trimmed	1.00
6660	Beef brisket	0.00
6660	Salt	1.00 ts
6660	Ketchup	0.50 c
6660	Vinegar	0.25 c
6660	Finely chopped onion	0.50 c
6660	Worcestershire sauce	1.00 tb
6660	Liquid smoke	1.50 ts
6660	Pepper	0.25 ts
6660	Bay leaf, finely crushed	1.00
6661	One-pound beef tenderloin,	1.00
6661	About 6 inches long	0.00
6661	Margarine or butter	1.00 tb
6661	Rosemary sauce	0.00
6661	Margarine or butter	1.00 tb
6661	Cocoa	0.50 ts
6661	Salt	0.12 ts
6661	Cl Garlic, finely chopped	1.00
6661	Chopped fresh or	1.00 ts
6661	Dried rosemary leaves	0.25 ts
6661	Dry red wine or beef broth	0.25 c
6662	Four-pound beef rolled rump	1.00
6662	Cl Garlic, slivered	4.00
6662	(7 ounces) chipotle peppers	1.00 cn
6662	In adobo sauce	0.00
6662	Onion, cut into fourths	1.00 md
6662	Sour cream	1.00 c



Sheet1

6663	Chopped cooked beef	1.50 c
6663	Mayonnaise or salad dressing	0.50 c
6663	Stalk celery, chopped	1.00 md
6663	(about 1/2 cup)	0.00
6663	Onion, chopped (about 1/4	1.00 sm
6663	Cup)	0.00
6663	Salt	0.25 ts
6663	Pepper	0.25 ts
6663	Sweet pickle relish,	2.00 tb
6663	Drained	0.00
6664	One-pound beef boneless chuc	1.00
6664	Tip or round roast, cut	0.00
6664	Into 1-inch cubes	0.00
6664	Vegetable oil	1.00 tb
6664	Or shortening	0.00
6664	Hot water	3.00 c
6664	Salt	0.50 ts
6664	Pepper	0.12 ts
6664	Carrots, cut into 1-inch	2.00 md
6664	Pieces (about 1 cup)	0.00
6664	Potato, cut into 1-1/2-inch	1.00 lg
6664	Pieces (about 1-1/4 cups)	0.00
6664	Turnip, cut into 1-inch	1.00 md
6664	Pieces (about 1 cup)	0.00
6664	Green bell pepper, cut	1.00 md
6664	Into 1-inch pieces (about 1	0.00
6664	Stalk celery, cut	1.00 md
6664	Into 1-inch pieces (about 1	0.00
6664	Onion, chopped (about 1/4	1.00 sm
6664	Cup)	0.00
6664	Browning sauce, if desired	0.50 ts
6664	Salt	1.00 ts
6664	Bay leaf	1.00
6664	Cold water	0.50 c
6664	All-purpose flour	2.00 tb
6665	Browning sauce, if desired	0.50 ts
6665	Salt	1.00 ts
6665	Bay leaf	1.00
6665	Parsley dumplings	0.00
6665	Cold water	0.50 c
6665	All-purpose flour	2.00 tb
6666	Vegetable oil	0.25 c
6666	Clove garlic,	1.00
6666	peeled and crushed	0.00
6666	Finely chopped onion	0.50 c
6666	Flour	3.00 T
6666	Salt	1.50 t
6666	Pepper	0.25 t
6666	Boneless beef sirloin, cut	1.00 lb

## Sheet1

6666	into thin slices,	0.00
6666	1/2-inch long	0.00
6666	Hot water	0.50 c
6666	Envelope instant beef broth	1.00
6666	Can sliced mushrooms,	3.00 oz
6666	Broiled in butter, drained	0.00
6666	Catsup	1.00 T
6666	Dry sherry	1.00 T
6666	Worcestershire sauce	0.50 t
6666	(few) Tabasco sauce	0.00 dr
6666	Commercial sour cream	1.00 c
6667	Marinated peppers	0.00
6667	1-1/2-pound beef tenderloin	1.00
6667	Boneless top loin steak,	0.00
6667	About 1/2-inch thick	0.00
6667	Margarine or butter	2.00 tb
6667	Onions, thinly sliced	2.00 sm
6667	Water	0.50 c
6667	Cornstarch	1.00 tb
6667	Hot cooked rice	3.00 c
6667	Crumbled soft mild chevre	0.25 c
6667	Cheese (such as montrachet	0.00
6668	(8 ounces) whole beets,	1.00 cn
6668	Drained	0.00
6668	Eggs	2.00
6668	Olive or vegetable oil	1.00 tb
6668	Salt	1.00 ts
6668	All-purpose flour*	2.25 c
6668	Quarts water	4.50
6668	Salt, if desired	0.25 ts
6669	Recipe beet fettuccine or	0.50
6669	Ounces uncooked fettuccine	6.00
6669	Sour cream	0.33 c
6669	Milk	0.25 c
6669	Grated parmesan cheese	2.00 tb
6669	Pepper	0.12 ts
6669	Green onion (with top),	1.00
6669	Thinly sliced	0.00
6669	Caviar	1.00 tb
6670	Heads belgian endive	2.00
6670	Head chicory	1.00 sm
6670	Broken walnuts	0.50 c
6670	Dijon mustard	1.00 ts
6670	Lemon juice	3.00 tb
6670	Walnut oil	0.25 c
6670	Fresh ground pepper	0.00
6671	Sugar	1.00 c
6671	Margarine or butter, softene	0.75 c
6671	Shortening	0.75 c

## Sheet1

6671	Grated orange peel	2.00 ts
6671	Eggs	2.00
6671	All-purpose flour*	4.00 c
6671	Egg white	1.00
6671	Sugar	2.00 tb
6671	Red candied cherries	0.00
6671	Green candied citron	0.00
6672	Milk	0.75 c
6672	Strawberry or cherry ice-cre	0.25 c
6672	Topping or frozen strawberr	0.00
6672	Or raspberries in syrup, th	0.00
6672	Scoops vanilla ice cream	3.00
6673	Boiling water	1.75 c
6673	(3 ounces each) raspberry	2.00 pk
6673	Flavored gelatin	0.00
6673	(16 ounces) frozen	1.00 pk
6673	Boysenberries or raspberri	0.00
6673	Partially thawed	0.00
6673	Whipping (heavy) cream	1.00 c
6673	Whipping (heavy) cream	1.00 c
6673	(5 1/2 ounces) tube-shaped	1.00 pk
6673	Pirouette cookies(about 24	0.00
6674	White wine or white vinegar	2.00 c
6674	Berries, crushed	2.00 c
6675	All-purpose flour* or	2.00 c
6675	Cake flour	0.00
6675	Sugar	2.00 c
6675	Shortening	0.50 c
6675	Water	0.75 c
6675	Buttermilk	0.75 c
6675	Baking soda	1.00 ts
6675	Salt	1.00 ts
6675	Vanilla	1.00 ts
6675	Baking powder	0.50 ts
6675	Eggs	2.00
6675	Ounces unsweetened	4.00
6675	Chocolate, melted and coole	0.00
6676	Granulated sugar	0.50 c
6676	Heavy cream	1.50 c
6676	Whipped to soft peaks	0.00
6676	Amaretto, marsala or	3.00 tb
6676	Sweet sherry	0.00
6676	Toasted ground almonds	0.50 c
6676	Egg white, beaten	1.00
6677	(8 ounces each) cream	2.00 pk
6677	Cheese, softened	0.00
6677	Vanilla	1.00 ts
6677	Sugar	0.67 c
6677	All-purpose flour	1.00 tb

## Sheet1

6677	Eggs	3.00
6677	Ounces bittersweet chocolate	8.00
6677	Melted and cooled	0.00
6677	White truffle sauce	0.00
6677	(6 ounces) white baking	1.00 pk
6677	Bar, chopped	0.00
6677	Margarine or butter	2.00 tb
6677	Whipping (heavy) cream	0.50 c
6678	All-purpose flour* or	2.25 c
6678	Cake flour	0.00
6678	Sugar	1.67 c
6678	Cocoa	0.67 c
6678	Shortening	0.75 c
6678	Water	1.25 c
6678	Baking soda	1.25 ts
6678	Salt	1.00 ts
6678	Baking powder	0.25 ts
6678	Vanilla	1.00 ts
6678	Eggs	2.00
6679	Whipping (heavy) cream	2.00 c
6679	Packed brown sugar	0.25 c
6679	Finely chopped black walnuts	0.50 c
6679	Or pecans	0.00
6679	Graham crackers	33.00
6679	(each 2-1/2 inches square)	0.00
6680	Water	2.00 c
6680	Dried black-eyed peas	0.75 c
6680	Sliced okra	1.00 c
6680	Onion, chopped (about 1/4	1.00 sm
6680	Cup)	0.00
6680	Salt	0.50 ts
6680	Cl Garlic, crushed	2.00
6680	Red pepper sauce	0.25 ts
6680	Vegetable oil	1.00 tb
6680	Chopped fresh cilantro	1.00 tb
6680	Tomato, seeded and chopped	1.00 sm
6680	Chopped fully cooked smoked	0.33 c
6681	For 10-inch two-crust pie	1.00 pk
6681	Sugar	1.00 c
6681	All-purpose flour	1.00 tb
6681	Ground cinnamon, if	0.75 ts
6681	Desired	0.00
6681	Fresh blueberries*	8.00 c
6681	Lemon juice	2.00 tb
6681	Margarine or butter	2.00 tb
6682	For 9-inch two crust pie	1.00 pk
6682	Sugar	0.75 c
6682	All-purpose flour	0.50 c
6682	Ground cinnamon,	0.50 ts

Sheet1

6682	If desired	0.00
6682	Fresh blueberries*	6.00 c
6682	Lemon juice	1.00 tb
6682	Margarine or butter	1.00 tb
6683	Milk	1.00 c
6683	Vegetable oil	0.25 c
6683	Vanilla	0.50 ts
6683	Egg	1.00
6683	All-purpose* or whole	2.00 c
6683	Wheat flour	0.00
6683	Sugar	0.33 c
6683	Baking powder	3.00 ts
6683	Salt	0.50 ts
6683	Fresh or drained canned	1.00 c
6683	Blueberries or	0.00
6683	Frozen blueberries,	0.75 c
6683	Thawed and well drained	0.00
6683	STREUSEL TOPPING -----	0.00 -----
6683	All-purpose flour	0.25 c
6683	Packed brown sugar	2.00 tb
6683	Margarine or butter	2.00 tb
6684	Pounds bok choy	1.50
6684	Water for cooking	0.00
6685	Pound tofu	1.00
6685	Stalks bok choy	4.00 md
6685	Green onions (with tops)	4.00
6685	Vegetable oil	2.00 tb
6685	Vegetable oil	2.00 tb
6685	(4 ounces) button mushrooms,	1.00 cn
6685	Drained and liquid reserved	0.00
6685	Oyster sauce	3.00 tb
6685	Cornstarch	1.00 tb
6685	Cold water.	1.00 tb
6686	Powdered sugar	0.75 c
6686	Margarine or butter,	0.50 c
6686	softened	0.00
6686	Vanilla	1.00 tb
6686	Food color, if desired	0.00
6686	All-purpose flour*	1.50 c
6686	Salt	0.12 ts
6686	Dates, nuts, semisweet	0.00
6686	chocolate Chips and	0.00
6686	candied or marascno	0.00
6686	Cherries	0.00
6686	GLAZE -----	0.00 -----
6686	Powdered sugar	1.00 c
6686	Plus 1 1/2 ts milk	1.00 tb
6686	Vanilla	1.00 ts
6686	Food color, if desired	0.00

Sheet1

6686	CHOCOLATE GLAZE -----	0.00 -----
6686	Powdered sugar	1.00 c
6686	Milk	2.00 tb
6686	Vanilla	1.00 ts
6686	Ounce unsweetened chocolate,	1.00
6686	And cooled	0.00
6687	Powdered sugar	0.75 c
6687	Margarine or butter, softene	0.50 c
6687	Vanilla	1.00 tb
6687	Food color, if desired	0.00
6687	All-purpose flour*	1.50 c
6687	Salt	0.12 ts
6687	Dates, nuts, semisweet choc	0.00
6687	Chips and candied or marasc	0.00
6687	Cherries	0.00
6687	Glaze or chocolate glaze	0.00
6688	GLAZE -----	0.00 -----
6688	Powdered sugar	1.00 c
6688	Plus 1 1/2 ts Milk	1.00 tb
6688	Vanilla	1.00 ts
6688	Food color, if desired	0.00
6688	Chocolate glaze	0.00
6688	Powdered sugar	1.00 c
6688	Milk	2.00 tb
6688	Vanilla	1.00 ts
6688	Ounce unsweetened chocolate,	1.00
6688	And cooled	0.00
6689	Margarine or butter	2.00 tb
6689	Thin slice onion	1.00
6689	All-purpose flour	2.00 tb
6689	Beef broth	0.50 c
6689	Salt	0.25 ts
6689	Pepper	0.12 ts
6689	Red wine	0.50 c
6689	Chopped fresh parsley	0.50 ts
6689	Finely chopped onion	0.50 ts
6689	Crushed bay leaves	0.50 ts
6689	Chopped fresh or	0.75 ts
6689	Dried thyme leaves	0.25 ts
6690	3/4-pound beef boneless chuc	1.00
6690	Tip or round, cut into 1/2-	0.00
6690	Slices	0.00
6690	Pork hock	1.00 sm
6690	Water	4.00 c
6690	(10-1/2 ounce) condensed	1.00 cn
6690	Beef broth	0.00
6690	Salt	1.00 ts
6690	Pepper	0.25 ts
6690	Cooked medium beets, shredde	4.00

Sheet1

6690	Cut into 1/4-inch strips	0.00
6690	Onion	1.00 lg
6690	Cl Garlic, chopped	2.00
6690	Potatoes, cubed	2.00 md
6690	Shredded cabbage	3.00 c
6690	Dill seed or	2.00 ts
6690	Sprig fresh dill weed	1.00
6690	Pickling spice	1.00 tb
6690	Red wine vinegar	0.25 c
6690	Sour cream	0.75 c
6691	Asparagus spears	16.00 md
6691	Green peas	1.00 c
6691	Zucchini, sliced	1.00 md
6691	Butter	3.00 tb
6691	Tomatoes, halved	2.00
6691	Seasoned bread crumbs	1.00 c
6691	Artichoke bottoms	4.00 cn
6691	Salt and pepper	0.00
6692	Finely crushed vanilla	3.00 c
6692	Wafers (about 75)	0.00
6692	Powdered sugar	2.00 c
6692	Finely chopped pecans	1.00 c
6692	Or walnuts	0.00
6692	Cocoa	0.25 c
6692	Bourbon	0.50 c
6692	Light corn syrup	0.25 c
6692	Granulated or powdered suga	0.00
6693	Vegetable oil	2.00 tb
6693	4- to 5-pound duckling, cut	1.00
6693	Dry white wine or apple juic	1.00 c
6693	Coarsely chopped fully cooke	0.33 c
6693	Smoked ham	0.00
6693	Caraway seed	1.00 ts
6693	Pepper	0.25 ts
6693	Juniper berries, crushed,	6.00
6693	If desired	0.00
6693	(27 ounces) sauerkraut, drai	1.00 cn
6694	Packed brown sugar	1.00 c
6694	Shortening	0.25 c
6694	Margarine or butter, softene	0.25 c
6694	Cold coffee	0.25 c
6694	Egg	1.00
6694	Baking soda	0.50 ts
6694	Salt	0.50 ts
6694	Ground cinnamon	0.50 ts
6694	Ground nutmeg	0.50 ts
6694	Whole bran cereal	1.25 c
6694	All-purpose flour*	1.75 c
6694	Raisins	1.25 c

Sheet1

6695	Finely crushed vanilla	3.00 c
6695	Wafers (about 75)	0.00
6695	Powdered sugar	2.00 c
6695	Finely chopped pecans	1.00 c
6695	Or walnuts	0.00
6695	Cocoa	0.25 c
6695	Brandy	0.50 c
6695	Light corn syrup	0.25 c
6695	Granulated or powdered suga	0.00
6696	Shortening	0.25 c
6696	Packed brown sugar	1.00 c
6696	Vanilla	1.00 ts
6696	Egg	1.00
6696	All-purpose flour*	0.75 c
6696	Finely chopped brazil nuts	0.75 c
6696	Baking powder	1.00 ts
6696	Salt	0.25 ts
6697	Seedless cucumber	0.50
6697	Ounces brie cheese, cut	8.00
6697	Into 1/4-inch pieces	0.00
6697	Finely chopped green onions	0.25 c
6697	(with tops)	0.00
6697	Oil-and-vinegar dressing	0.25 c
6697	Chopped fresh or	0.75 ts
6697	Dried dill weed	0.25 ts
6697	Margarine or butter,	4.00 ts
6697	Softened	0.00
6697	Rye bread	4.00 sl
6697	Salad greens	0.00
6698	Pound broccoli	1.00
6698	Ounces uncooked spiral macar	4.00
6698	(about 1-1/2 cups)	0.00
6698	Milk	0.75 c
6698	(3 ounces) cream cheese,	1.00 pk
6698	Softened	0.00
6698	Chopped fresh chives	2.00 ts
6698	Prepared mustard	2.00 ts
6698	Salt	0.50 ts
6699	Pounds broccoli*	1.50
6699	Ounces proces american chee	6.00
6699	Sliced	0.00
6699	Milk	0.33 c
6699	Onion salt	0.25 ts
6699	Red pepper sauce,	1.00 dr
6699	If desired	0.00
6700	3- to 3-1/2-pound broiler-fr	1.00
6700	Chicken, cut into quarters	0.00
6700	Pieces	0.00
6700	Lemon, cut in half	1.00



Sheet1

6700	Salt	0.50 ts
6700	Pepper	0.12 ts
6700	Paprika	0.50 ts
6700	Margarine or butter,	3.00 tb
6700	Melted	0.00
6701	Pound turkey breast slices	1.00
6701	Soy sauce	3.00 tb
6701	Honey	3.00 tb
6701	Lemon juice	1.00 tb
6701	Vegetable oil	1.00 tb
6701	Finely chopped gingerroot	1.00 ts
6701	Or 1/4 ts Ground ginger	0.00
6701	Green onions (with tops), sl	2.00
6701	Cl Garlic, crushed	2.00
6702	Uncooked brown rice	0.50 c
6702	Olive or vegetable oil	3.00 tb
6702	Lemon juice	2.00 tb
6702	Crushed red pepper	0.12 ts
6702	Cl Garlic, crushed	1.00
6702	Cucumber, chopped	1.00 sm
6702	(about 1 cup)	0.00
6702	Green onion (with top), thin	1.00
6702	Sliced (about 1 tablespoon)	0.00
6702	Cashew pieces	0.50 c
6703	Margarine or butter	2.00 tb
6703	Thin slice onion	1.00
6703	All-purpose flour	2.00 tb
6703	Beef broth	1.00 c
6703	Salt	0.25 ts
6703	Pepper	0.12 ts
6704	Pears (about 2 pounds),	4.00 md
6704	Pared	0.00
6704	Packed brown sugar	0.50 c
6704	All-purpose flour*	2.00 tb
6704	Ground cinnamon	0.50 ts
6704	PECAN CRUST -----	0.00 -----
6704	All-purpose flour	1.33 c
6704	Packed brown sugar	0.33 c
6704	Finely chopped pecans	0.33 c
6704	Ground nutmeg	0.50 ts
6704	Grated lemon peel	0.50 ts
6704	Margarine or butter, softene	0.67 c
6705	Powdered sugar	3.00 c
6705	Butter, softened*	0.33 c
6705	Vanilla	1.50 ts
6705	Milk, about	2.00 tb
6706	Margarine or butter, softene	0.50 c
6706	(3 ounces) cream	1.00 pk
6706	Cheese, softened	0.00

Sheet1

6706	All-purpose flour*	0.75 c
6706	Powdered sugar	0.25 c
6706	Vanilla	0.50 ts
6706	Ounces semisweet chocolate	3.00
6706	Margarine or butter	1.00 tb
6706	Granulated sugar	0.33 c
6706	Chopped walnuts	0.25 c
6706	Egg	1.00
6707	Margarine or butter	0.25 c
6707	Eggs	18.00
6707	Sour cream	1.00 c
6707	Milk	1.00 c
6707	Salt	2.00 ts
6707	Chopped green onions	0.25 c
6707	(with tops)	0.00
6708	Pound brussels sprouts*	1.00
6708	Margarine or butter	2.00 tb
6708	Orange-flavored	2.00 tb
6708	Liqueur or orange juice	0.00
6708	Salt	0.25 ts
6709	Pound brussels sprouts*	1.00
6709	Coarse-grained mustard	2.00 tb
6709	Nut-flavored oil or	2.00 tb
6709	Vegetable oil	0.00
6709	Green onion (with top), thin	1.00
6709	Sliced (about 1 tablespoon)	0.00
6709	Cl Garlic, finely chopped	1.00
6709	Salt	0.25 ts
6710	Pounds beef round steak, 1-i	4.00
6710	Thick	0.00
6710	Shortening or vegetable oil	0.25 c
6710	Onions, sliced	5.00 lg
6710	Pound mushrooms, sliced	1.00
6710	All-purpose flour	3.00 tb
6710	Salt	2.00 ts
6710	Chopped fresh or	1.00 ts
6710	Dried marjoram leaves	0.25 ts
6710	Chopped fresh or	1.00 ts
6710	Dried thyme leaves	0.25 ts
6710	Pepper	0.25 ts
6710	Beef broth	1.00 c
6710	Red burgundy or other	2.00 c
6710	Dry red wine	0.00
6711	Refried beans	1.00 cn
6711	Block Monterey Jack Cheese,	12.00 oz
6711	grated	0.00
6711	Chopped green chilis (unless	1.00 cn
6711	cheese is the kind with	0.00
6711	Jalapenos)	0.00

## Sheet1

6711	Can Hunts tomato sauce	1.00 sm
6711	Bag (approx 5 or 6) flour	0.50
6711	tortillas	0.00
6712	Margarine or butter	0.33 c
6712	Powdered sugar	2.00 c
6712	Light rum or	2.00 tb
6712	Rum flavoring	1.50 ts
6712	Hot water	4.00 tb
6713	Mayonnaise or salad dressing	0.75 c
6713	Buttermilk	0.50 c
6713	Chopped fresh parsley	1.00 tb
6713	Finely chopped onion	2.00 ts
6713	Salt	0.50 ts
6713	Dash of freshly ground pepp	0.00
6713	Cl Garlic, crushed	1.00
6714	All-purpose flour	1.00 c
6714	Paprika	2.00 ts
6714	Salt	1.00 ts
6714	Pepper	0.25 ts
6714	Buttermilk	1.00 c
6714	3- to 3-1/2-pound broiler-fr	1.00
6714	Chicken, cut up	0.00
6714	Vegetable oil	0.00
6715	Egg	1.00
6715	All-purpose* or whole	1.00 c
6715	Wheat flour	0.00
6715	Buttermilk	1.00 c
6715	Granulated or packed	1.00 tb
6715	Brown sugar	0.00
6715	Vegetable oil	2.00 tb
6715	Baking powder	1.00 ts
6715	Baking soda	0.50 ts
6715	Salt	0.25 ts
6715	Margarine, butter or shorte	0.00
6716	8-inch unbaked pie shell	1.00
6716	Butter	0.50 c
6716	Sugar	1.33 c
6716	Flour	2.00 tb
6716	Eggs	3.00 lg
6716	Buttermilk	0.50 c
6716	Vanilla	2.00 tb
6717	Shortening	0.25 c
6717	Packed brown sugar	1.00 c
6717	Vanilla	1.00 ts
6717	Egg	1.00
6717	All-purpose flour*	0.75 c
6717	Chopped walnuts	0.50 c
6717	Baking powder	1.00 ts
6717	Salt	0.25 ts

Sheet1

6718	Packed brown sugar	0.67 c
6718	Cornstarch	2.00 tb
6718	Salt	0.12 ts
6718	Milk	2.00 c
6718	Egg yolks, slightly beaten	2.00
6718	Margarine or butter,	2.00 tb
6718	Softened	0.00
6718	Vanilla	1.00 ts
6719	Sugar	0.67 c
6719	Margarine or butter	0.33 c
6719	Buttermilk	0.33 c
6719	Light corn syrup	2.00 ts
6719	Baking soda	0.25 ts
6719	Rum or	1.00 tb
6719	Rum flavoring, if desired	1.00 ts
6720	Head chinese cabbage	1.00 md
6720	Sour cream	0.50 c
6720	All-purpose flour	1.00 ts
6720	Vegetable oil	1.00 tb
6720	Margarine or butter	1.00 tb
6720	Salt	0.50 ts
6720	Ground turmeric	0.50 ts
6720	Ground ginger	0.50 ts
6720	Pepper	0.12 ts
6721	Leaves	12.00 cn
6721	Pound ground beef	1.00
6721	Uncooked instant rice	0.50 c
6721	(15 ounces) tomato sauce	1.00 cn
6721	Salt	1.00 ts
6721	Pepper	0.12 ts
6721	Garlic salt	0.12 ts
6721	Onion, chopped (about 1/2	1.00 md
6721	Cup)	0.00
6721	(4 ounces) mushroom stems an	1.00 cn
6721	Pieces, undrained	0.00
6721	Sugar	1.00 ts
6721	Lemon juice	0.50 ts
6721	Cornstarch	1.00 tb
6721	Water	1.00 tb
6722	Pound chinese cabbage	1.00
6722	(1 small head)	0.00
6723	Pound (1 small head) cabbage	1.00
6724	Pound okra	0.50
6724	Eggs	2.00
6724	Water	1.00 tb
6724	All-purpose flour	0.75 c
6724	Cajun spice blend	1.50 ts
6724	Salt	0.50 ts
6724	Vegetable oil	0.50 c

Sheet1

6725	Pounds potatoes (about 6 med	2.00
6725	Mayonnaise or salad	1.50 c
6725	Dressing	0.00
6725	Vinegar	1.00 tb
6725	Prepared mustard	1.00 tb
6725	Salt	1.00 ts
6725	Pepper	0.25 ts
6725	Stalks celery, chopped	2.00 md
6725	(about 1 cup)	0.00
6725	Onion, chopped	1.00 md
6725	(about 1/2 cup)	0.00
6725	(4 ounces) chopped green	1.00 cn
6725	Chilies, drained	0.00
6725	Avocados, chopped	2.00
6725	Tomatoes, chopped	2.00
6726	Sweet butter	6.00 tb
6726	Purple onions,	2.00 md
6726	Peeled and sliced	0.00
6726	Fresh or canned chicken	1.00 qt
6726	Stock	0.00
6726	Fresh tomatoes, peeled,	2.00 c
6726	Seeded and diced	0.00
6726	Cl Garlic, minced	2.00
6726	Fresh lemon juice	2.00 tb
6726	Calvert's cedar street	2.00 tb
6726	Dill mustard	0.00
6726	Horseradish	1.00 tb
6726	Worcestershire sauce	2.00 ts
6726	Salt and pepper to taste	0.00
6727	Canadian bacon	0.00
6728	Oranges	3.00
6728	Lemons	3.00
6728	Sugar	1.50 c
6728	Water	0.75 c
6728	Sugar	0.50 c
6729	Sweet potatoes or yams	6.00 md
6729	(about 2 pounds)*	0.00
6729	Packed brown sugar	0.50 c
6729	Margarine or butter	3.00 tb
6729	Water	3.00 tb
6729	Salt	0.50 ts
6730	Milk	0.75 c
6730	Chopped candy bar	0.25 c
6730	(any flavor)	0.00
6730	Scoops vanilla ice cream	3.00
6731	Honey	1.00 tb
6731	Fresh lemon juice	3.00 tb
6731	Sugar	1.00 c
6731	Water	1.00 c

Sheet1

6731	Cantaloupes	3.00 md
6731	Brandy	3.00 tb
6732	Eggplants	2.00 lg
6732	Salt	1.00 tb
6732	Olive oil	0.75 c
6732	Cl Garlic, crushed	2.00
6732	Onions, chopped	2.00
6732	No.2 can plum tomatoes	1.00
6732	Celery stalks, diced	3.00
6732	1-lb can pitted black olives	1.00
6732	12-oz.jar italian olive	1.00
6732	SALAD DRESSING -----	0.00 -----
6732	Capers	0.25 c
6732	Pine nuts	0.50 c
6732	Red wine vinegar	0.25 c
6732	Sugar	2.00 tb
6732	Salt and pepper to taste	0.00
6733	Wooden skewers or ice-cream	6.00
6733	Apples	6.00 md
6733	Water	2.00 tb
6733	(14 ounces) vanilla	1.00 pk
6733	Caramels	0.00
6734	Unsalted popcorn	15.00 c
6734	Packed brown sugar	1.00 c
6734	Margarine or butter	0.50 c
6734	Light corn syrup	0.25 c
6734	Salt	0.50 ts
6734	Baking soda	0.50 ts
6735	Margarine or butter	0.50 c
6735	Packed brown sugar	1.00 c
6735	Milk	0.25 c
6735	Powdered sugar	2.00 c
6736	All-purpose flour*	3.00 c
6736	Packed brown sugar	2.25 c
6736	Margarine or butter, softene	0.50 c
6736	Shortening	0.50 c
6736	Milk	0.75 c
6736	Baking powder	1.50 ts
6736	Salt	0.50 ts
6736	Vanilla	1.50 ts
6736	Eggs	5.00
6736	Chopped pecans	1.00 c
6736	Powdered sugar	1.00 tb
6737	Packed brown sugar	0.50 c
6737	Margarine or butter	0.25 c
6737	Dark corn syrup	0.50 c
6737	Salt	0.25 ts
6737	Popped popcorn	8.00 c
6738	Egg yolks, beaten	2.00

Sheet1

6738	Packed brown sugar	0.50 c
6738	Granulated sugar	0.50 c
6738	Margarine or butter	0.25 c
6738	Water	0.50 c
6738	Vanilla	1.00 ts
6739	Unsalted popcorn	12.00 c
6739	Walnut halves, pecan halves	3.00 c
6739	And/or unblanched whole	0.00
6739	almonds	0.00
6739	Packed brown sugar	1.00 c
6739	Margarine or butter	0.50 c
6739	Light corn syrup	0.25 c
6739	Salt	0.50 ts
6739	Baking soda	0.50 ts
6740	Chicken drumsticks (about 1	4.00
6740	Chicken thighs (about 1 poun	4.00
6740	(15 ounces each) black beans	2.00 cn
6740	Undrained	0.00
6740	Grated gingerroot or	1.00 tb
6740	1 ts Ground ginger	0.00
6740	Finely shredded lime peel	1.00 ts
6740	Lime juice	2.00 tb
6740	Salt	0.50 ts
6740	Cl Garlic, finely chopped	1.00
6740	Cubed mango or	1.00 c
6740	(8 ounces) peach slices,	1.00 cn
6740	Drained and cut up	0.00
6740	Green onions, thinly sliced	2.00
6740	Tops)	0.00
6741	Beef filet	1.00 lb
6741	Extra virgin or very	0.50 c
6741	Light olive oil	0.00
6741	Lemon juice	0.50 c
6741	Dry red wine	0.25 c
6741	Fresh shallots, minced	1.00 tb
6741	Drained capers	2.00 tb
6741	Calvert's cedar street	2.00 tb
6741	Garlic mustard	0.00
6741	Fresh chopped parsley	2.00 tb
6741	Salt	0.00
6741	Fresh mushrooms, cleaned	4.00 oz
6741	And sliced	0.00
6741	Freshly grated parmesan	2.00 tb
6741	Cheese	0.00
6742	(8-1/4 ounces) sliced carrot	1.00 cn
6742	Drained	0.00
6742	Eggs	2.00
6742	Olive or vegetable oil	1.00 tb
6742	Salt	1.00 ts

Sheet1

6742	All-purpose flour*	2.25 c
6742	Quarts water	4.50
6742	Salt, if desired	0.25 ts
6743	Carrots	2.00 md
6743	Chopped fennel bulb	0.25 c
6743	Margarine or butter	0.25 c
6743	All-purpose flour	0.25 c
6743	Chopped fresh or	1.00 ts
6743	Dried dill weed	0.25 ts
6743	Salt	0.25 ts
6743	Pepper	0.12 ts
6743	Milk	1.00 c
6743	Eggs, separated	3.00
6743	Cream of tartar	0.25 ts
6744	Shredded carrots	2.50 c
6744	(about 3 large)	0.00
6744	Stalk celery, sliced	1.00 md
6744	(about 1/2 cup)	0.00
6744	Raisins	0.50 c
6744	Mayonnaise or salad dressing	0.50 c
6744	Lemon juice	1.00 ts
6745	Slivered almonds	0.25 c
6745	Sugar	4.00 ts
6745	Grated orange peel	0.50 ts
6745	Pound carrots (6 to 7 medium	1.00
6745	Dried figs, cut into fourths	0.50 c
6745	Margarine or butter,	1.00 tb
6745	Softened	0.00
6746	Pounds carrots	1.50
6746	(8 to 9 medium)	0.00
6746	Margarine or butter	2.00 tb
6746	Salt	0.50 ts
6746	Ground nutmeg	0.50 ts
6746	Flaked coconut, toasted	0.25 c
6747	Chicken breasts;boneless, c	2.00
6747	Celery; thin sliced	0.50 c
6747	Onion; small, thinly sliced	1.00
6747	Soya sauce	3.00 ts
6747	Ginger; fresh minced	1.00 ts
6747	Pepper	0.12 ts
6747	Cornstarch	3.00 ts
6747	Water	0.25 c
6747	Chicken broth	1.00 c
6747	Bean sprouts; fresh	1.50 c
6747	Water chestnuts; 8 oz, drai	1.00 c
6747	Bamboo shoots; drained	1.00 c
6747	Mushrooms; fresh sliced	1.00 c
6747	Cashews	0.50 c
6748	Granulated sugar	0.25 c



## Sheet1

6748	Packed brown sugar	0.25 c
6748	Margarine or butter, softene	0.50 c
6748	Vanilla	0.50 ts
6748	Egg, separated	1.00
6748	All-purpose flour*	1.00 c
6748	Salt	0.12 ts
6748	Water	1.00 ts
6748	Chopped salted cashews,	1.00 c
6748	Macadamia nuts or toasted	0.00
6748	almonds	0.00
6748	Ounce unsweetened chocolate,	1.00
6748	And cooled	0.00
6749	Ounces semisweet chocolate,	6.00
6749	Margarine or butter	2.00 tb
6749	Whipping (heavy) cream	0.25 c
6749	Shortening	1.00 tb
6749	Semisweet or milk chocolate	1.00 c
6749	Chips	0.00
6749	Chopped cashews	3.00 tb
6750	Cauliflower	3.00 oz
6750	Vinegar	0.25 c
6750	Sugar	2.50 ts
6750	Salt	0.25 ts
6750	Water	0.25 c
6750	Pinch of shredded kelp	0.00
6750	Dried red pepper,	0.25 pn
6750	Sliced in rings	0.00
6751	Margarine or butter	2.00 tb
6751	Onion, chopped (about 1/4	1.00 sm
6751	Cup)	0.00
6751	Stalk celery, thinly sliced	1.00 md
6751	(about 1/2 cup)	0.00
6751	All-purpose flour	2.00 tb
6751	Pepper	0.25 ts
6751	Dry mustard	0.25 ts
6751	Milk	1.00 c
6751	(10-3/4 ounces) condensed	1.00 cn
6751	Chicken broth	0.00
6751	Shredded cheddar cheese	2.00 c
6751	(8 ounces)	0.00
6752	Head cauliflower	1.00 md
6752	(about 2 pounds)	0.00
6752	Margarine or butter	2.00 tb
6752	All-purpose flour	2.00 tb
6752	Dry mustard	1.00 ts
6752	Salt	0.25 ts
6752	Dash of pepper	0.00
6752	Milk	1.00 c
6752	Shredded process american	1.00 c

Sheet1

6752	Cheese (4 ounces)	0.00
6752	Red pepper sauce	5.00 dr
6752	Paprika	0.00
6753	Shortening	3.00 tb
6753	All-purpose flour*	1.50 c
6753	Shredded sharp cheese	0.25 c
6753	(1 ounce)	0.00
6753	Baking powder	2.00 ts
6753	Salt	0.50 ts
6753	Milk	0.75 c
6754	Shredded monterey jack chees	2.00 c
6754	(8 ounces)	0.00
6754	Shredded cheddar cheese	1.00 c
6754	(4 ounces)	0.00
6754	Onion, chopped	1.00 md
6754	(about 1/2 cup)	0.00
6754	Sour cream or plain yogurt	0.50 c
6754	Chopped fresh parsley	2.00 tb
6754	Pepper	0.25 ts
6754	Tortillas (7-inch diameter)	6.00 fl
6754	(15 ounces) tomato sauce	1.00 cn
6754	Chopped green bell pepper	0.33 c
6754	Chili powder	1.00 tb
6754	Chopped fresh or	1.00 ts
6754	Dried oregano leaves	0.50 ts
6754	Ground cumin	0.25 ts
6754	Cl Garlic, finely chopped	1.00
6754	Shredded cheddar cheese	0.25 c
6754	(1 ounce)	0.00
6755	Milk	2.00 c
6755	Water	2.00 c
6755	Salt	0.50 ts
6755	Pepper	0.25 ts
6755	White hominy quick grits	1.00 c
6755	Shredded cheddar cheese	1.50 c
6755	(6 ounces)	0.00
6755	Sliced green onions (with to	0.25 c
6755	Eggs, slightly beaten	2.00
6755	Margarine or butter	1.00 tb
6755	Paprika	0.25 ts
6756	Margarine or butter	2.00 tb
6756	All-purpose flour	2.00 tb
6756	Salt	0.25 ts
6756	Pepper	0.12 ts
6756	Milk	1.00 c
6756	Dry mustard	0.25 ts
6756	Shredded cheddar cheese	0.50 c
6757	Corn*	4.00
6757	Margarine or butter	2.00 tb

Sheet1

6757	Onion, chopped-about 1/4 cup	1.00 sm
6757	Green bell pepper, chopped	0.50 sm
6757	All-purpose flour	2.00 tb
6757	Salt	0.50 ts
6757	Paprika	0.50 ts
6757	Dry mustard	0.25 ts
6757	Dash of pepper	0.00
6757	Milk	0.75 c
6757	Egg, slightly beaten	1.00
6757	Cracker crumbs	0.33 c
6757	Margarine or butter	1.00 tb
6757	Melted	0.00
6757	Shredded cheddar cheese	0.50 c
6758	Margarine or butter, softene	0.33 c
6758	Dry mustard	0.50 ts
6758	Cl Garlic, crushed	1.00
6758	White bread (crusts removed)	10.00 sl
6758	Shredded sharp cheddar chees	2.00 c
6758	(8 ounces)	0.00
6758	Chopped fresh parsley	2.00 tb
6758	Chopped onion	2.00 tb
6758	Salt	1.00 ts
6758	Worcestershire sauce	0.50 ts
6758	Pepper	0.12 ts
6758	Dash of ground red pepper	0.00
6758	Eggs	4.00
6758	Milk	2.50 c
6759	(17-1/4 ounces) frozen	1.00 pk
6759	Puff pastry	0.00
6759	Grated parmesan cheese	0.67 c
6759	Paprika	1.00 tb
6759	Egg, slightly beaten	1.00
6760	Eggs	2.00
6760	All-purpose* or whole wheat	2.00 c
6760	Flour	0.00
6760	Vegetable oil or margarine	0.50 c
6760	Or butter, melted	0.00
6760	Milk	1.75 c
6760	Granulated or	1.00 tb
6760	Brown sugar	0.00
6760	Baking powder	4.00 ts
6760	Shredded sharp cheese (4	1.00 c
6760	Ounces)	0.00
6760	Bacon, crisply cooked, and	8.00 sl
6760	Crumbled	0.00
6761	Margarine or butter	2.00 tb
6761	Sliced leeks	1.00 c
6761	Cl Garlic, crushed	1.00
6761	All-purpose flour	2.00 tb

Sheet1

6761	Pepper	0.12 ts
6761	Half-and-half	1.00 c
6761	Ready-to-serve chicken broth	1.00 cn
6761	Chopped fully cooked smoked	1.50 c
6761	Ham (about 8 ounces)	0.00
6761	Shredded jarlsberg or swiss	1.00 c
6761	Cheese (4 ounces)	0.00
6761	Pine nuts, toasted	0.50 c
6761	Chopped fresh chives	1.00 tb
6762	Ricotta cheese	15.00 oz
6762	Pkg frozen chopped spinach,	10.00 oz
6762	Thawed and well drained	0.00
6762	(4 oz) shredded Mozzarella	1.00 c
6762	Cheese	0.00
6762	Wheat germ	0.50 c
6762	Eggs, beaten	2.00
6762	Chopped onion	0.25 c
6762	Grated Parmesan cheese	0.25 c
6762	Nutmeg	0.12 ts
6763	Vanilla ice cream	0.00
6763	Rum	0.25 c
6763	Pitted dark sweet cherries*	2.00 c
6763	Currant jelly	0.75 c
6763	Grated orange peel	1.00 ts
6763	Brandy	0.25 c
6764	Coarsely crushed amaretti	2.00 c
6764	Cookies or crisp macaroon	0.00
6764	(about 6 ounces)	0.00
6764	(17 ounces) pitted cherries,	1.00 cn
6764	Drained	0.00
6764	Whipping (heavy) cream	1.00 c
6764	(3 ounces) cream cheese,	1.00 pk
6764	Softened	0.00
6765	All-purpose flour*	1.00 c
6765	Sugar	0.50 c
6765	Shortening	0.33 c
6765	Baking powder	0.50 ts
6765	Baking soda	0.25 ts
6765	Salt	0.25 ts
6765	Egg	1.00
6765	Plus 2 ts Milk	1.00 tb
6765	Vanilla	0.50 ts
6765	Raisins or cut-up dates	0.50 c
6765	Chopped walnuts	0.50 c
6765	Whole wheat flake cereal,	1.50 c
6765	Crushed	0.00
6765	Candied or maraschino cherr	0.00
6766	Crepes	0.00
6766	Dry cottage cheese	1.00 c

Sheet1

6766	Sour cream	0.50 c
6766	Sugar	2.00 tb
6766	Vanilla	1.00 ts
6766	Grated lemon peel	0.50 ts
6766	Margarine or butter	0.25 c
6766	Sour cream	1.00 c
6766	(21 ounces) cherry pie filli	1.00 cn
6767	Eggs	3.00
6767	Milk	1.00 c
6767	All-purpose flour	0.50 c
6767	Granulated sugar	0.25 c
6767	Vanilla	1.00 ts
6767	Pitted dark sweet cherries	2.00 c
6767	Powdered sugar	0.00
6768	Crushed ice	2.00 c
6768	(12 ounces) cola-flavored	1.00 cn
6768	Carbonated beverage, chille	0.00
6768	Maraschino cherry	2.00 tb
6768	Syrup	0.00
6769	Cookie crumb crust	1.00
6769	Milk	0.50 c
6769	Jet-puffed marshmallows	32.00 lg
6769	Kirsch	0.50 c
6769	Chilled whipping (heavy) cre	1.50 c
6769	Few drops red food color,	0.00
6769	If desired	0.00
6769	COOKIE CRUMB CRUST -----	0.00 -----
6769	Chocolate wafer cookies,	1.50 c
6769	Crushed	0.00
6769	Margarine or butter, melted	0.25 c
6770	(21 ounces) cherry	1.00 cn
6770	Pie filling	0.00
6770	Packed brown sugar	0.67 c
6770	All-purpose flour*	0.50 c
6770	Oats	0.50 c
6770	Margarine or butter, softene	0.33 c
6770	Ground cinnamon	0.75 ts
6770	Ground nutmeg	0.75 ts
6771	Powdered sugar	3.00 c
6771	Margarine or butter, softene	0.33 c
6771	Vanilla	1.50 ts
6771	Milk (about)	2.00 tb
6771	Drained, chopped	2.00 tb
6771	Maraschino cherries	0.00
6771	Red food color	2.00 dr
6772	For 10-inch two-crust pie	1.00 pk
6772	Sugar	1.75 c
6772	All-purpose flour	0.67 c
6772	Fresh red tart cherries,	8.00 c

## Sheet1

6772	Pitted*	0.00
6772	Margarine or butter	3.00 tb
6773	For 9-inch two crust pie	1.00 pk
6773	Sugar	1.33 c
6773	All-purpose flour	0.50 c
6773	Fresh red tart cherries,	6.00 c
6773	Pitted*	0.00
6773	Margarine or butter	2.00 tb
6774	Ounces vanilla-flavored cand	6.00
6774	Coating	0.00
6774	Tiny paper candy cups	24.00
6774	Ounces semisweet chocolate,	6.00
6774	Margarine or butter,	2.00 tb
6774	Cut into pieces	0.00
6774	Whipping (heavy) cream	0.33 c
6774	Cherry liqueur	2.00 tb
6774	Cherries, halved	12.00
6775	Ounces semisweet chocolate,	6.00
6775	Margarine or butter	2.00 tb
6775	Whipping (heavy) cream	0.25 c
6775	Shortening	1.00 tb
6775	Semisweet or milk chocolate	1.00 c
6775	Chips	0.00
6775	Cherry-flavored brandy	2.00 tb
6776	Egg whites	6.00
6776	Cream of tartar	0.50 ts
6776	Salt	0.25 ts
6776	Sugar	1.50 c
6776	Whipping (heavy) cream	2.00 c
6776	(3 ounces each) cream	2.00 pk
6776	Cheese, softened	0.00
6776	Sugar	0.50 c
6776	Vanilla	1.00 ts
6776	Miniature marshmallows	2.00 c
6776	Cherry-berry topping	0.00
6776	Sliced strawberries or	2.00 c
6776	(16 ounces) frozen	1.00 pk
6776	Strawberries, thawed	0.00
6776	(21 ounces) cherry pie filli	1.00 cn
6776	Lemon juice	2.00 ts
6777	All-purpose flour*	2.25 c
6777	Sugar	1.67 c
6777	Baking powder	3.50 ts
6777	Salt	1.00 ts
6777	Milk	1.25 c
6777	Shortening	0.67 c
6777	Vanilla or almond extract	1.00 ts
6777	Egg whites	5.00
6777	Chopped nuts	0.50 c

Sheet1

6777	Chopped maraschino cherries,	0.33 c
6777	Well drained	0.00
6778	Sugar	0.50 c
6778	Light corn syrup	0.25 c
6778	Water	2.00 tb
6778	Egg whites	2.00
6778	Vanilla	1.00 ts
6778	Candied cherries	0.25 c
6778	Chopped nuts	0.25 c
6778	Red food color, if desired	8.00 dr
6779	Packed brown sugar	1.00 c
6779	Margarine or butter, melted	0.50 c
6779	Grated orange peel	1.00 ts
6779	Orange juice or pineapple ju	0.25 c
6779	Vanilla	1.00 ts
6779	Eggs	2.00
6779	All-purpose flour*	2.00 c
6779	Baking powder	2.00 ts
6779	(6 ounces) diced dried	1.00 pk
6779	Fruits and raisins	0.00
6779	Chopped walnuts	0.75 c
6780	Margarine or butter	0.50 c
6780	Green bell pepper, chopped	1.00 sm
6780	(about 1/2 cup)	0.00
6780	(4 ounces) mushroom stems an	1.00 cn
6780	Pieces, drained and liquid	0.00
6780	Reserved, or	0.00
6780	Chopped mushrooms	1.00 c
6780	All-purpose flour	0.50 c
6780	Salt	0.50 ts
6780	Pepper	0.25 ts
6780	Milk	1.50 c
6780	Chicken broth	1.25 c
6780	Cut-up cooked chicken	2.00 c
6780	Jars (2 ounces) diced pimien	1.00
6780	Drained	0.00
6780	Hot cooked rice, toasted br	0.00
6780	Triangles or patty shells	0.00
6781	3- to 3-1/2-pound broiler-fr	1.00
6781	Chicken, cut up*	0.00
6781	Cold water	4.50 c
6781	Pepper	1.00 ts
6781	Stalk celery with leaves, cu	1.00
6781	Carrot, cut up	1.00 md
6781	Onion, cut up	1.00 sm
6781	Sprig parsley	1.00
6782	3- to 3-1/2-pound broiler-fr	1.00
6782	Chicken, cut up*	0.00
6782	Cold water	4.50 c

Sheet1

6782	Pepper	1.00 ts
6782	Stalk celery with leaves, cu	1.00
6782	Carrot, cut up	1.00 md
6782	Onion, cut up	1.00 sm
6782	Sprig parsley	1.00
6783	Margarine or butter	2.00 tb
6783	Skinless boneless chicken br	4.00
6783	Halves (about 1 pound)	0.00
6783	Finely chopped onion	0.25 c
6783	Apple brandy or apple	2.00 tb
6783	Juice	0.00
6783	Whipping (heavy) cream	1.00 c
6783	Chopped fresh parsley	2.00 tb
6783	Dijon mustard	2.00 tb
6783	Finely chopped walnuts	0.25 c
6784	Chicken breast halves,	4.00
6784	(about 1 lb), boned and	0.00
6784	Skinned	0.00
6784	Romaine lettuce leaves	4.00
6784	Salt	1.33 ts
6784	Ground nutmeg	1.33 ts
6784	Zucchini (about 1/2 lb),	2.00
6784	Cut into 3" x 1/4" strips	0.00
6784	Garlic, minced	1.00 cl
6784	Unsalted butter or margarine	2.00 tb
6784	Dry white wine	0.25 c
6784	Light cream	0.75 c
6784	Tomato paste	2.00 tb
6785	Croissants, cut into 1/2-inc	4.00 lg
6785	Cubes, or	0.00
6785	1/2-inch cubes french bread	4.00 c
6785	Shredded jarlsberg, swiss or	1.00 c
6785	Mozzarella cheese (4 ounces	0.00
6785	Diced cooked chicken	1.50 c
6785	Green onions (with tops), sl	2.00
6785	Milk	1.50 c
6785	Eggs	3.00
6785	Dry mustard	0.50 ts
6785	Salt	0.50 ts
6786	Whole chicken breasts (about	2.00
6786	Pounds)	0.00
6786	Chopped fresh spinach	6.00 c
6786	Shredded provolone cheese	0.25 c
6786	(1 ounce)	0.00
6786	Chopped sun-dried	1.00 tb
6786	Tomatoes	0.00
6786	Cl Garlic, finely chopped	1.00
6786	Lemon	0.50
6786	Twelve-inch-squpieces kitch	4.00



Sheet1

6786	Parchment paper or aluminum	0.00
6787	All-purpose flour	1.00 c
6787	Paprika, if desired	2.00 ts
6787	Salt	1.00 ts
6787	Pepper	0.25 ts
6787	3 to 3-1/2-pound broiler-fry	1.00
6787	Chicken, cut up	0.00
6787	Vegetable oil	0.00
6787	Water	1.00 c
6787	All-purpose flour	3.00 tb
6787	Milk	0.00
6787	Herb dumplings	0.00
6788	Sesame oil	1.50 ts
6788	Salt	1.00 ts
6788	Chicken breast, quartered	1.00
6788	Egg, lightly beaten	1.00
6788	Flour	0.50 c
6788	Vegetable oil	1.00 c
6788	Minced onion	0.25 c
6788	Minced garlic	0.50 ts
6788	Vinegar	0.50 ts
6788	Chicken broth	4.00 tb
6789	Pound chicken livers, each	1.00
6789	Half or into fourths	0.00
6789	Green onions (with tops), sl	3.00
6789	Margarine or butter	2.00 tb
6789	Salt	0.50 ts
6789	Cooking apples, each cored	2.00 md
6789	And cut into eighths	0.00
6789	Packed brown sugar	0.25 c
6790	Chicken pieces	3.00 lb
6790	Hot water, divided	6.00 c
6790	Lg stalks Celery, thin slice	2.00 x
6790	Med Carrots, thin sliced	1.00 c
6790	Dried Basil	0.50 ts
6790	Rosemary	0.25 ts
6790	Pepper	0.25 ts
6790	Salt, (opt.)	1.00 ts
6790	Thin Egg Noodles	0.50 c
6791	Whole chicken breasts, boned	6.00
6791	And trimmed but not skinned	0.00
6791	Butter	0.25 lb
6791	Olive oil	0.00
6791	PINE NUT STIFFING -----	0.00 -----
6791	Eggs	6.00
6791	Parmesan cheese, grated	6.00 oz
6791	Feta cheese, chopped	12.00 oz
6791	Shelled pine nuts	6.00 oz
6791	Onion, minced	0.50 md

## Sheet1

6791	Comm. poultry seasoning	2.00 tb
6791	Salt	1.00 ts
6791	White pepper	1.00 ts
6791	Milk	1.50 c
6791	Bread, toasted, crust	6.00 sl
6791	Removed, cut in 1 in. sqs	0.00
6792	For 9-inch one-crust pie	1.00 pk
6792	Cut-up cooked chicken	1.00 c
6792	Shredded natural swiss chees	1.00 c
6792	(4 ounces)	0.00
6792	Finely chopped onion	0.33 c
6792	Eggs	4.00
6792	Whipping (heavy) cream	2.00 c
6792	Salt	0.50 ts
6792	Pepper	0.25 ts
6792	Dried thyme leaves	1.00 ts
6793	Margarine	0.25 c
6793	All-purpose flour	0.33 c
6793	Salt	0.75 ts
6793	Pepper	0.12 ts
6793	Milk	1.50 c
6793	Chicken broth	1.00 c
6793	Cut-up cooked chicken or	2.00 c
6793	Turkey	0.00
6793	Cooked white or wild rice	1.50 c
6793	Chopped green bell pepper	0.33 c
6793	Slivered almonds	0.25 c
6793	Chopped pimienta	2.00 tb
6793	(4 ounces) mushroom stems an	1.00 cn
6793	Pieces, drained, or	0.00
6793	Chopped mushrooms	1.00 c
6794	Chicken and broth	0.00
6794	Carrots, sliced	2.00 md
6794	(about 1 cup)	0.00
6794	Stalks celery, sliced	2.00 md
6794	(about 1 cup)	0.00
6794	Onion, chopped	1.00 sm
6794	(about 1/4 cup)	0.00
6794	Chicken	1.00 tb
6794	Bouillon granules	0.00
6794	Uncooked regular long	0.50 c
6794	Grain rice	0.00
6795	Chopped cooked chicken or	1.50 c
6795	Turkey	0.00
6795	Mayonnaise or salad dressing	0.50 c
6795	Stalk celery, chopped	1.00 md
6795	(about 1/2 cup)	0.00
6795	Onion, chopped (about 1/4	1.00 sm
6795	Cup)	0.00

## Sheet1

6795	Salt	0.25 ts
6795	Pepper	0.25 ts
6796	1-1/2- to 2-pound stewing	1.00
6796	Chicken, cut up	0.00
6796	Vegetable oil	1.00 tb
6796	Or shortening	0.00
6796	Hot water	3.00 c
6796	Salt	0.50 ts
6796	Pepper	0.12 ts
6796	Carrots, cut into 1-inch	2.00 md
6796	Pieces (about 1 cup)	0.00
6796	Potato, cut into 1-1/2-inch	1.00 lg
6796	Pieces (about 1-1/4 cups)	0.00
6796	Turnip, cut into 1-inch	1.00 md
6796	Pieces (about 1 cup)	0.00
6796	Green bell pepper, cut	1.00 md
6796	Into 1-inch pieces (about 1	0.00
6796	Stalk celery, cut	1.00 md
6796	Into 1-inch pieces (about 1	0.00
6796	Onion, chopped	1.00 sm
6796	(about 1/4 cup)	0.00
6796	Browning sauce, if desired	0.50 ts
6796	Salt	1.00 ts
6796	Bay leaf	1.00
6796	Parsley dumplings	0.00
6796	Cold water	0.50 c
6796	All-purpose flour	2.00 tb
6797	Browning sauce, if desired	0.50 ts
6797	Salt	1.00 ts
6797	Bay leaf	1.00
6797	Parsley dumplings	0.00
6797	Cold water	0.50 c
6797	All-purpose flour	2.00 tb
6798	Cl Garlic	8.00
6798	Chicken, cut in 1/2 and debon	1.00
6798	Finely chopped italian	2.00 tb
6798	Parsley	0.00
6798	Salt and freshly ground pep	0.00
6798	Unsalted butter	2.00 tb
6798	Lemon, juice of	0.50
6799	Chicken breasts (about 2-1/4	2.00
6799	Pounds)	0.00
6799	Egg white	1.00
6799	Cornstarch	1.00 ts
6799	Soy sauce	1.00 ts
6799	Dash of white pepper	0.00
6799	Green bell pepper	1.00 lg
6799	Onion	1.00 md
6799	(8-1/2 ounces) sliced bamboo	1.00 cn

Sheet1

6799	Shoots, drained	0.00
6799	Cornstarch	1.00 tb
6799	Cold water	1.00 tb
6799	Soy sauce	1.00 tb
6799	Vegetable oil	2.00 tb
6799	Cashews	1.00 c
6799	Salt	0.25 ts
6799	Finely chopped gingerroot	1.00 ts
6799	Vegetable oil	2.00 tb
6799	Hoisin sauce	1.00 tb
6799	Chili paste	2.00 ts
6799	Chicken broth	0.25 c
6799	Chopped green onions	2.00 tb
6799	(with tops)	0.00
6800	Chicken broth	0.25 c
6800	Chopped green onions	2.00 tb
6800	(with tops)	0.00
6801	Bacon	3.00 sl
6801	Skinless boneless chicken br	4.00
6801	Halves (about 1 pound)	0.00
6801	Margarine or butter	2.00 tb
6801	Leeks, cut lengthwise in	2.00 md
6801	Half and sliced*	0.00
6801	(5 ounces) evaporated milk	1.00 cn
6801	Chopped fresh or	2.00 ts
6801	Dried tarragon leaves	0.50 ts
6801	Red pepper sauce	0.25 ts
6801	Plum tomatoes or	4.00
6801	Tomatoes, chopped	2.00 md
6802	Vegetable oil	2.00 tb
6802	3- to 3-1/2-pound broiler-fr	1.00
6802	Chicken, cut up	0.00
6802	Chopped fresh parsley	2.00 tb
6802	Pitted prunes (about 18)	1.00 c
6802	Dried apricot halves (about	0.33 c
6802	Carrots, cut into 1/2-inch	4.00 md
6802	Slices	0.00
6802	Onion, thinly sliced	1.00 md
6802	Apple juice	1.00 c
6802	Lemon juice	2.00 tb
6802	Salt	0.25 ts
6802	Cl Garlic, finely chopped	2.00
6802	(14-1/2 ounces) ready-to-ser	1.00 cn
6802	Chicken broth	0.00
6803	Fresh Asparagus Spears	12.00
6803	(4 OZ.) Boned, Skinned	4.00
6803	Chicken Breast Halves	0.00
6803	(1 Oz.) Shredded Swiss	0.25 c
6803	Sliced Mushrooms	2.00 c

Sheet1

6803	Chablis OR White Dry Wine	3.00 tb
6803	Lime Juice	1.00 ts
6803	Dried Whole Tarragon	0.50 tb
6803	Minced Fresh Parsley	1.00 ts
6804	Ginger dressing	0.00
6804	Ounces uncooked vermicelli	8.00
6804	Cut-up cooked chicken or	2.00 c
6804	Turkey	0.00
6804	Coarsely chopped jicama or	0.50 c
6804	Water chestnuts	0.00
6804	Chopped fresh cilantro or	0.25 c
6804	Parsley	0.00
6804	Carrots, shredded	2.00 md
6804	(about 1-1/4 cups)	0.00
6804	Cucumber, coarsely chopped	1.00 md
6804	(about 1 cup)	0.00
6804	Ginger dressing	0.00
6804	Mayonnaise or salad dressing	0.33 c
6804	Plain yogurt	0.33 c
6804	Soy sauce	1.00 tb
6804	Sugar	1.00 ts
6804	Ground ginger	0.50 ts
6804	Dash red pepper sauce, hot	0.00
6804	Oil or hot sesame oil	0.00
6805	Boned, Skinned Chicken	1.00 lb
6805	Breasts Cut in 1/2 in.	0.00
6805	Strips	0.00
6805	Garlic Minced	2.00 cl
6805	Frozen Peas	1.00 c
6805	Mushrooms, Quartered	1.00 c
6805	Oleo	1.00 tb
6805	Flour	2.00 tb
6805	+ 2 T. Skim Milk	0.67 c
6805	Diced Pimento	2.00 tb
6805	Dry Sherry	2.00 tb
6805	Salt	0.25 ts
6805	Pepper	0.25 ts
6805	Cooked Hot Spaghetti	2.00 c
6806	Pound ground beef	1.00
6806	Onion, chopped	1.00 lg
6806	(about 1 cup)	0.00
6806	Cl Garlic, crushed	2.00
6806	Chili powder	1.00 tb
6806	Salt	0.50 ts
6806	Ground cumin	1.00 ts
6806	Dried oregano leaves	1.00 ts
6806	Cocoa	1.00 ts
6806	Red pepper sauce	0.50 ts
6806	(16 ounces) whole	1.00 cn

Sheet1

6806	Tomatoes, undrained	0.00
6806	(15-1/2 ounces) red kidney	1.00 cn
6806	Beans, undrained	0.00
6807	Pounds ground beef	1.50
6807	(8 ounces) whole kernel corn	1.00 cn
6807	Drained	0.00
6807	(4 ounces) chopped green	1.00 cn
6807	Chilies, drained	0.00
6807	Chili powder	2.00 ts
6807	Variety baking mix	2.33 c
6807	Margarine or butter,	3.00 tb
6807	Melted	0.00
6807	Milk	0.50
6808	Ripe medium pears	4.00
6808	Firmly packed mint leaves	0.25 c
6808	Half-and-half	1.00 c
6808	Sugar	1.00 tb
6808	Lime juice	2.00 tb
6809	Onion	1.00 md
6809	Soy sauce, divided	0.25 c
6809	Butter or margarine, melted	1.00 tb
6809	Whole broiler-fryer	1.00
6809	Water	2.00 c
6809	Chicken bouillon cubes	2.00
6809	Salt	0.50 ts
6809	Uncooked rice	1.00 c
6809	Ground black pepper	0.12 ts
6809	Ribs celery, diagonally	3.00
6809	sliced	0.00
6809	Fresh mushrooms, thinly	8.00 oz
6809	sliced	0.00
6809	Snow peas (fresh or frozen)	8.00 oz
6810	Vegetable oil	1.00 ts
6810	Thin slice gingerroot	1.00
6810	Cl Garlic, crushed	1.00
6810	Chinese cabbage	2.00 c
6810	Chopped	0.00
6810	Salt	1.00 ts
6810	Sugar	0.50 ts
6810	Msg (optional)	0.25 ts
6810	Canned chicken broth	0.25 c
6810	Pea pods	0.50 c
6810	Sliced bamboo shoots	0.50 c
6810	Thinly sliced mushrooms	0.50 c
6811	Sake	2.00 tb
6811	Daikon (japanese white	0.25 lb
6811	Radish or	0.00
6811	Grated icicle radish or	0.25 c
6811	White turnip	0.00

Sheet1

6811	Scallions, including stems,	2.00
6811	Sliced thin into rounds	0.00
6811	Soy sauce	0.25 c
6811	Fresh lemon juice	0.25 c
6811	Dash of msg	0.00
6811	Hichimi togarashi	0.12 ts
6811	(seven pepper spice)	0.00
6812	Potatoes, red or white	1.50 lb
6812	Chicken broth	0.50 c
6812	Lemon juice	1.00 tb
6812	Butter	2.00 tb
6812	Chives, fresh, chopped	0.33 c
6812	Salt	0.25 ts
6812	Pepper	0.25 ts
6813	Light cream	1.00 pn
6813	Granulated sugar	0.50 c
6813	Egg yolks	4.00
6813	Whole egg	1.00
6813	Vanilla extract	1.00 dr
6813	Pinch of salt	0.00
6813	Bitter chocolate	2.50 oz
6813	Whipped cream	0.00
6814	Powdered sugar	1.50 c
6814	Cake flour	0.75 c
6814	Egg whites (about 12)	1.50 c
6814	Cream of tartar	1.50 ts
6814	Granulated sugar	1.00 c
6814	Vanilla	1.50 ts
6814	Cocoa	0.25 c
6814	Salt	0.25 ts
6815	Variety baking mix	2.00 c
6815	Milk	1.00 c
6815	Chocolate-flavored syrup	0.33 c
6815	Vegetable oil	2.00 tb
6815	Egg	1.00
6815	Chopped hazelnuts, toasted	0.50 c
6815	Hazelnut cream	0.00
6815	Whipping (heavy) cream	1.00 c
6815	Sugar	2.00 tb
6815	Hazelnut liqueur	2.00 tb
6816	Variety baking mix	2.00 c
6816	Milk	1.00 c
6816	Chocolate-flavored syrup	0.33 c
6816	Vegetable oil	2.00 tb
6816	Egg	1.00
6816	Chopped hazelnuts, toasted	0.50 c
6816	Strawberry cream	0.00
6816	Whipping (heavy) cream	1.00 c
6816	Sugar	2.00 tb

Sheet1

6816	Sliced strawberries or	2.00 c
6816	(16 ounces) frozen sliced	1.00 pk
6816	Unsweetened strawberries, t	0.00
6816	And drained.	0.00
6817	Powdered sugar	0.75 c
6817	Margarine or butter, softene	0.50 c
6817	Vanilla	1.00 tb
6817	Ounce unsweetened chocolate,	1.00
6817	Melted and cooled	0.00
6817	All-purpose flour*	1.50 c
6817	Salt	0.12 ts
6817	Dates, nuts, semisweet choc	0.00
6817	Chips and candied or marasc	0.00
6817	Cherries.	0.00
6817	Glaze or chocolate glaze	0.00
6818	GLAZE -----	0.00 -----
6818	Powdered sugar	1.00 c
6818	Plus 1 1/2 ts Milk	1.00 tb
6818	Vanilla	1.00 ts
6818	Food color, if desired	0.00
6818	Chocolate glaze	0.00
6818	Powdered sugar	1.00 c
6818	Milk	2.00 tb
6818	Vanilla	1.00 ts
6818	Ounce unsweetened chocolate,	1.00
6818	Melted and cooled	0.00
6819	Finely chopped pecans	0.50 c
6819	Sugar	2.00 c
6819	Whipping (heavy) cream	2.00 c
6819	Light corn syrup	0.75 c
6819	Margarine or butter	0.50 c
6819	Ounces unsweetened chocolate	2.00
6820	Granulated sugar	0.75 c
6820	Packed brown sugar	0.75 c
6820	Margarine or butter, softene	1.00 c
6820	Egg	1.00
6820	All-purpose flour*	2.25 c
6820	Baking soda	1.00 ts
6820	Salt	0.50 ts
6820	Coarsely chopped nuts	1.00 c
6820	(12 ounces) semisweet	1.00 pk
6820	Chocolate chips	0.00
6821	Hot water	0.67 c
6821	Chopped dates	0.50 c
6821	Baking soda	0.50 ts
6821	Vegetable oil	0.33 c
6821	All-purpose flour*	1.00 c
6821	Miniature semisweet	0.50 c
6821	Chocolate chips	0.00



## Sheet1

6821	Granulated sugar	0.25 c
6821	Packed brown sugar	0.25 c
6821	Baking soda	0.50 ts
6821	Vanilla	0.50 ts
6821	Salt	0.25 ts
6821	Egg	1.00
6821	Chocolate chip-nut topping	0.00
6821	Miniature semisweet	0.50 c
6821	Chocolate chips	0.00
6821	Chopped nuts	0.50 c
6821	Packed brown sugar	2.00 tb
6822	Packed brown sugar	1.50 c
6822	Margarine or shortening	0.50 c
6822	Shortening	0.50 c
6822	Eggs	2.00
6822	Vanilla	2.00 ts
6822	All-purpose flour*	3.00 c
6822	Salted peanuts	2.00 c
6822	(6 ounces) semisweet	1.00 pk
6822	Chocolate chips	0.00
6822	Baking soda	0.50 ts
6822	Salt	0.25 ts
6823	Crushed ice	2.00 c
6823	(12 ounces) cola-flavored	1.00 cn
6823	Carbonated beverage, chille	0.00
6823	Chocolate-flavored	2.00 tb
6823	Syrup	0.00
6824	Egg yolks, beaten	3.00
6824	Sugar	0.50 c
6824	Milk	1.00 c
6824	Salt	0.25 ts
6824	Whipping (heavy) cream	2.00 c
6824	Vanilla	1.00 tb
6824	Coarsely broken chocolate	1.00 c
6824	Sandwich cookies	0.00
6825	Baked 9-inch pie shell	1.00
6825	Sugar	1.50 c
6825	Cornstarch	0.33 c
6825	Salt	0.50 ts
6825	Milk	3.00 c
6825	Egg yolks, slightly beaten	4.00
6825	Vanilla	2.00 ts
6825	Ounces unsweetened chocolate	2.00
6825	Cut up	0.00
6825	Sweetened whipped cream	1.00 c
6826	Water	1.00 c
6826	Margarine or butter	0.50 c
6826	Plus 2 tb All-purpose	0.75 c
6826	flour*	0.00

Sheet1

6826	Cocoa	2.00 tb
6826	Sugar	1.00 tb
6826	Eggs	4.00
6826	Chocolate or peppermint ice	0.00
6826	Chocolate frosting	0.00
6826	Ounce unsweetened chocolate	1.00
6826	Margarine or butter	1.00 ts
6826	Powdered sugar	1.00 c
6826	Hot water	2.00 tb
6827	Sugar	1.00 c
6827	Margarine or butter, softene	0.50 c
6827	Egg	1.00
6827	Ounces unsweetened chocolate	2.00
6827	Melted and cooled	0.00
6827	Buttermilk, milk or water	0.33 c
6827	Vanilla	1.00 ts
6827	All-purpose flour *	1.75 c
6827	Or whole wheat flour	0.00
6827	Baking soda	0.50 ts
6827	Salt	0.50 ts
6827	Chopped nuts, if desired	1.00 c
6827	Chocolate frosting	0.00
6827	Ounces unsweetened chocolate	2.00
6827	Margarine or butter	2.00 tb
6827	Water	3.00 tb
6827	Powdered sugar, about	2.00 c
6828	Water	1.00 c
6828	Margarine or butter	0.50 c
6828	All-purpose flour*	1.00 c
6828	Eggs	4.00
6828	CREAM FILLING -----	0.00 -----
6828	Sugar	0.33 c
6828	Cornstarch	2.00 tb
6828	Salt	0.12 ts
6828	Milk	2.00 c
6828	Egg yolks, slightly beaten	2.00
6828	Margarine or butter,	2.00 tb
6828	Softened	0.00
6828	Vanilla	2.00 ts
6828	CHOCOLATE FROSTING -----	0.00 -----
6828	Ounce unsweetened chocolate	1.00
6828	Margarine or butter	1.00 ts
6828	Powdered sugar	1.00 c
6828	Hot water	2.00 tb
6829	Margarine or butter, softene	0.33 c
6829	Ounces unsweetened chocolate	2.00
6829	Melted and cooled	0.00
6829	Powdered sugar	2.00 c
6829	Vanilla	1.50 ts

Sheet1

6829	Milk, about	2.00 tb
6830	Sugar	2.00 c
6830	Milk	0.67 c
6830	Corn syrup	2.00 tb
6830	Salt	0.25 ts
6830	Ounces unsweetened chocolate	2.00
6830	Cocoa	0.33 c
6830	Margarine or butter	2.00 tb
6830	Vanilla	1.00 ts
6830	Coarsely chopped nuts,	0.50 c
6830	If desired	0.00
6831	Unsweetened chocolate chips	0.50 c
6831	Margarine or butter	2.00 tb
6831	Corn syrup	2.00 tb
6831	Hot water	2.00 ts
6832	Egg yolks, beaten	3.00
6832	Sugar	1.00 c
6832	Milk	1.00 c
6832	Salt	0.25 ts
6832	Whipping (heavy) cream	2.00 c
6832	Vanilla	1.00 ts
6832	Ounces unsweetened chocolate	2.00
6832	Melted and cooled	0.00
6833	Eggs	4.00
6833	Granulated sugar	1.00 c
6833	Water	0.33 c
6833	Vanilla	1.00 ts
6833	All-purpose flour* or	0.75 c
6833	1 cup Cake flour	0.00
6833	Cocoa	0.25 c
6833	Baking powder	1.00 ts
6833	Salt	0.25 ts
6833	Ice cream, slightly softened	1.50 pn
6833	Hot fudge sauce, if desired	0.00
6833	Powdered sugar	0.00
6834	Milk	0.75 c
6834	Chocolate-flavored syrup	0.25 c
6834	Natural instant malted	1.00 tb
6834	Milk (dry)	0.00
6834	Scoops vanilla ice cream	3.00
6835	Milk	0.75 c
6835	Chocolate-flavored syrup	0.25 c
6835	Scoops vanilla ice cream	3.00
6836	Egg yolks	4.00
6836	Sugar	0.25 c
6836	Whipping (heavy) cream	1.00 c
6836	Semisweet chocolate chips	1.00 c
6836	Whipping (heavy) cream	1.50 c
6836	Chocolate cups	0.00

Sheet1

6836	Semisweet chocolate chips	1.33 c
6837	Sugar	0.50 c
6837	Cocoa	2.00 tb
6837	Margarine or butter	0.25 c
6837	Light corn syrup	0.50 c
6837	Salt	0.25 ts
6837	Popped popcorn	8.00 c
6838	Sugar	0.50 c
6838	Cornstarch	2.00 tb
6838	Salt	0.12 ts
6838	Milk	2.00 c
6838	Egg yolks, slightly beaten	2.00
6838	Vanilla	2.00 ts
6838	Cocoa	0.33 c
6839	Sugar	0.50 c
6839	Light corn syrup	0.25 c
6839	Water	2.00 tb
6839	Egg whites	2.00
6839	Vanilla	1.00 ts
6839	Semisweet chocolate chips or	0.50 c
6839	Square (1 ounce) unsweetened	1.00
6839	Chocolate, coarsely grated	0.00
6840	Sugar	1.00 c
6840	All-purpose flour	2.00 tb
6840	Light cream; chilled	2.00 c
6840	Egg; slightly beaten	1.00
6840	Unsweeten baking chocolate;	2.00 oz
6840	(2 sq.) broken in pieces	0.00
6840	Rum extract	0.50 ts
6841	Margarine or butter, softene	1.00 c
6841	Sugar	0.50 c
6841	All-purpose flour*	2.25 c
6841	Almond or vanilla extract	1.00 ts
6841	Egg	1.00
6841	Ounces unsweetened chocolate	2.00
6841	Melted and cooled	0.00
6842	Whipping (heavy) cream	2.00 c
6842	Chocolate flavored syrup	0.50 c
6842	Graham crackers	33.00
6842	(each 2-1/2 inches square	0.00
6843	Wooden skewers or ice-cream	6.00
6843	Apples	6.00 md
6843	Chopped nuts	0.50 c
6843	Semisweet chocolate chips	0.25 c
6843	Water	2.00 tb
6843	(14 ounces) vanilla	1.00 pk
6843	Caramels	0.00
6844	Sugar	1.00 c
6844	Margarine or butter, softene	0.50 c

Sheet1

6844	Egg	1.00
6844	Ounces unsweetened chocolate	2.00
6844	Melted and cooled	0.00
6844	Buttermilk, milk or water	0.33 c
6844	Vanilla	1.00 ts
6844	All-purpose flour *	1.75 c
6844	Or whole wheat flour	0.00
6844	Baking soda	0.50 ts
6844	Salt	0.50 ts
6844	Cut-up candied or maraschino	2.00 c
6844	Cherries	0.00
6844	CHOCOLATE FROSTING -----	0.00 -----
6844	Ounces unsweetened chocolate	2.00
6844	Margarine or butter	2.00 tb
6844	Water	3.00 tb
6844	Powdered sugar, about	2.00 c
6845	Sugar	1.00 c
6845	Shortening	0.50 c
6845	Margarine or butter, softene	0.25 c
6845	Eggs	2.00
6845	Vanilla	1.00 ts
6845	All-purpose flour*	2.50 c
6845	Baking soda	1.00 ts
6845	Salt	0.50 ts
6845	Miniature chocolate chips	0.75 c
6845	Walnuts	0.75 c
6845	Honey	0.00
6845	Finely chopped walnuts	0.00
6846	All-purpose* flour	1.67 c
6846	Packed brown sugar or	1.00 c
6846	Granulated sugar	0.00
6846	Cocoa	0.25 c
6846	Baking soda	1.00 ts
6846	Salt	0.50 ts
6846	Water	1.00 c
6846	Vegetable oil	0.33 c
6846	Vinegar	1.00 ts
6846	Vanilla	0.50 ts
6846	Miniature chocolate chips	0.33 c
6846	Chopped walnuts	0.33 c
6847	Pound ground beef	1.00
6847	Onion, chopped	1.00 lg
6847	(about 1 cup)	0.00
6847	Cl Garlic, crushed	2.00
6847	Chili powder	1.00 tb
6847	Salt	0.50 ts
6847	Ground cumin	1.00 ts
6847	Dried oregano leaves	1.00 ts
6847	Cocoa	1.00 ts

Sheet1

6847	Red pepper sauce	0.50 ts
6847	(16 ounces) whole	1.00 cn
6847	Tomatoes, undrained	0.00
6847	(15-1/2 ounces) red kidney	1.00 cn
6847	Beans, undrained	0.00
6847	Hot cooked spaghetti	5.00 c
6847	Shredded cheddar cheese	1.25 c
6847	Chopped onions	0.75 c
6847	Sour cream	0.00
6848	Egg	1.00
6848	All-purpose* or whole	0.50 c
6848	Wheat flour	0.00
6848	Ground cinnamon	0.50 ts
6848	Oatmeal	0.50 c
6848	Milk	0.75 c
6848	Granulated or packed	1.00 tb
6848	Brown sugar	0.00
6848	Vegetable oil	2.00 tb
6848	Baking powder	1.00 ts
6848	Salt	0.25 ts
6848	Margarine, butter or shorte	0.00
6849	Powdered sugar	3.00 c
6849	Margarine or butter, softene	0.33 c
6849	Lemon or orange	2.00 tb
6849	Juice, about	0.00
6849	Grated lemon peel or	0.50 ts
6849	2 ts Grated orange peel	0.00
6850	Grapefruit	1.00 md
6850	Orange	1.00 lg
6850	Seedless grapes	1.00 c
6850	Pomegranate seeds	0.25 c
6850	Ground nutmeg	0.00
6850	Creme fraiche	0.00
6850	Whipping (heavy) cream	0.50 c
6850	Sour cream	0.25 c
6850	Packed brown sugar,	1.00 tb
6850	If desired	0.00
6851	Margarine or butter	0.25 c
6851	All-purpose flour	0.25 c
6851	Salt	0.50 ts
6851	Dry mustard	0.25 ts
6851	Dash of ground red pepper (	0.00
6851	Milk	1.00 c
6851	Shredded cheddar cheese	1.00 c
6851	(4 ounces)	0.00
6851	Eggs, separated	3.00
6851	Cream of tartar	0.25 ts
6852	Olive or vegetable oil	1.00 c
6852	Vinegar	0.25 c

Sheet1

6852	Lemon juice	0.25 c
6852	Salt	0.50 ts
6852	Dry mustard	0.50 ts
6852	Paprika	0.50 ts
6853	White or whole wheat bread,	12.00 sl
6853	Toasted	0.00
6853	Mayonnaise or salad dressin	0.00
6853	Lettuce leaves	8.00
6853	Tomatoes (about 2 medium)	12.00 sl
6853	Bacon, crisply cooked	12.00 sl
6853	Pound sliced turkey or chick	1.00
6854	Pound unsliced oval loaf vie	1.00
6854	Sourdough bread	0.00
6854	Lettuce leaves	0.00
6854	Onion, thinly sliced	1.00 sm
6854	Pound thinly sliced fully co	0.25
6854	Smoked ham	0.00
6854	Pound thinly sliced cooked t	0.25
6854	Ounces sliced provolone chee	4.00
6854	Lemon yogurt	0.25 c
6854	Curry powder	0.25 ts
6854	Apple, chopped	1.00 md
6854	Stalk celery, chopped	1.00
6855	Finely shredded lettuce	6.00 c
6855	Cut-up cooked chicken	2.00 c
6855	Hard-cooked eggs, chopped	3.00
6855	Tomatoes, chopped	2.00 md
6855	(about 1-1/2 cups)	0.00
6855	Ripe avocado, chopped	1.00
6855	Crumbled blue cheese	0.25 c
6855	(1 ounce)	0.00
6855	Bacon, crisply cooked and	4.00 sl
6855	Crumbled	0.00
6855	Lemon vinaigrette	0.00
6855	Vegetable oil	0.50 c
6855	Lemon juice	0.25 c
6855	Red wine vinegar	1.00 tb
6855	Sugar	2.00 ts
6855	Salt	0.50 ts
6855	Dry mustard	0.50 ts
6855	Worcestershire sauce	0.50 ts
6855	Garlic powder	0.25 ts
6855	Pepper	0.25 ts
6856	Pound ground beef	1.00
6856	Dry bread crumbs	0.50 c
6856	Milk	0.25 c
6856	Salt	0.50 ts
6856	Worcestershire sauce	0.50 ts
6856	Pepper	0.25 ts

Sheet1

6856	Onion, chopped	1.00 sm
6856	(about 1/4 cup)	0.00
6856	Egg	1.00
6856	Chopped fresh parsley	1.00 tb
6856	Bottle (12 ounces) chili sau	1.00
6856	Jars (10 ounces) grape jelly	1.00
6857	Pound tiny cooked smoked	1.00
6857	Sausages, cut crosswise in	0.00
6857	Dry bread crumbs	0.50 c
6857	Milk	0.25 c
6857	Salt	0.50 ts
6857	Worcestershire sauce	0.50 ts
6857	Pepper	0.25 ts
6857	Onion, chopped (about 1/4	1.00 sm
6857	Cup)	0.00
6857	Egg	1.00
6857	Chopped fresh parsley	1.00 tb
6857	Bottle (12 ounces) chili sau	1.00
6857	Jars (10 ounces) grape jelly	1.00
6858	Sugar	1.00 c
6858	Margarine or butter, softene	0.67 c
6858	Egg	1.00
6858	Cocoa	0.50 c
6858	Buttermilk, milk or water	0.33 c
6858	Vanilla	1.00 ts
6858	All-purpose flour *	1.75 c
6858	Or whole wheat flour	0.00
6858	Baking soda	0.50 ts
6858	Salt	0.50 ts
6858	Chopped nuts, if desired	1.00 c
6858	Chocolate frosting	0.00
6858	Ounces unsweetened chocolate	2.00
6858	Margarine or butter	2.00 tb
6858	Water	3.00 tb
6858	Powdered sugar, about	2.00 c
6859	Powdered sugar	1.50 c
6859	Cake flour	1.00 c
6859	Egg whites (about 12)	1.50 c
6859	Cream of tartar	1.50 ts
6859	Granulated sugar	1.00 c
6859	Vanilla	1.50 ts
6859	Almond extract	0.50 ts
6859	Salt	0.25 ts
6859	Shredded coconut	1.00 c
6860	Egg whites	3.00
6860	Cream of tartar	0.25 ts
6860	Salt	0.12 ts
6860	Sugar	0.75 c
6860	Almond extract	0.25 ts



Sheet1

6860	Flaked coconut	2.00 c
6860	Cherries,	12.00 cn
6860	Each cut into fourths	0.00
6861	Uncooked regular long	1.00 c
6861	Grain rice	0.00
6861	Water	0.25 c
6861	Salt	0.25 ts
6861	Ground cinnamon	0.25 ts
6861	Nutmeg	0.12 ts
6861	(14 ounces) unsweetened	1.00 cn
6861	Coconut milk	0.00
6861	Ripe papaya (about 1 pound),	1.00
6861	Seeded and chopped	0.00
6862	Marshmallows or	32.00 lg
6862	Miniature marshmallows	3.00 c
6862	Margarine or butter	0.25 c
6862	Vanilla	0.50 ts
6862	Crispy corn puff, toasted	4.00 c
6862	Oat, cornflake or whole we	0.00
6862	Flake cereal	0.00
6862	Flaked coconut	0.50 c
6862	Chopped nuts	0.50 c
6863	Unbleached white flour	2.25 c
6863	Powdered sugar	0.67 c
6863	Pecans (chopped)	8.00 oz
6863	Margarine (melted)	8.00 oz
6863	Oil (for baking sheets)	1.00 tb
6863	Powdered sugar (for	0.67 c
6863	Coating cookies)	0.00
6864	Cookie crumb crust	1.00
6864	Water	0.50 c
6864	Instant coffee	1.00 tb
6864	Jet-puffed marshmallows	32.00 lg
6864	Coffee liqueur	0.25 c
6864	Irish whiskey	3.00 tb
6864	Chilled whipping (heavy) cre	1.50 c
6864	Few drops green food color,	0.00
6864	If desired	0.00
6864	COOKIE CRUMB CRUST -----	0.00 -----
6864	Chocolate wafer cookies,	1.50 c
6864	Crushed	0.00
6864	Margarine or butter, melted	0.25 c
6865	Packed brown sugar	0.50 c
6865	Light corn syrup	0.25 c
6865	Water	2.00 tb
6865	Egg whites	2.00
6865	Vanilla	0.50 ts
6865	Powdered instant coffee	1.00 ts
6866	Sugar	2.00 c

Sheet1

6866	Milk	0.33 c
6866	Half-and-half	0.33 c
6866	Light corn syrup	2.00 tb
6866	Coffee liqueur	2.00 tb
6866	Margarine or butter	2.00 tb
6866	Chopped walnuts, toasted	0.50 c
6867	Egg yolks	5.00
6867	Fresh lemon juice	0.75 c
6867	Sugar	1.50 c
6867	Grated lemon zest	1.00 tb
6867	Envelope plain gelatin	1.00
6867	Cold water	0.25 c
6867	Egg whites	5.00
6867	Pinch cream of tartar	0.00
6867	Pinch salt	0.00
6867	Heavy cream	1.00 c
6868	Turkey tenderloins (about 1-	2.00
6868	Pounds)	0.00
6868	Lemon juice	2.00 tb
6868	Chicken bouillon granules	2.00 ts
6868	Crushed red pepper	0.12 ts
6868	Onion, cut into fourths	1.00 sm
6868	Cl Garlic, cut in half	1.00
6868	Leaf lettuce	0.00
6868	Curry sauce	0.00
6868	Plain yogurt	1.00 c
6868	Chutney	1.00 tb
6868	Chopped fresh cilantro	2.00 ts
6868	Curry powder	1.00 ts
6868	Dash of ground pepper (caye	0.00
6869	Rice; unconverted, uncooked	1.00 c
6869	Butter	2.00 tb
6869	Celery; finely chopped	0.33 c
6869	Green onion; finely chopped	0.33 c
6869	Soy sauce	3.00 tb
6869	Bouillon; chicken	1.00 c
6869	Mushrooms; fresh sliced	0.50 c
6869	Peas; frozen	0.50 c
6870	Butter, melted	0.25 lb
6870	Eggs	6.00
6870	Sugar	2.00 c
6870	Cornstarch	0.33 c
6870	Half-and-half	0.50 c
6870	Lemons, juice of	6.00
6870	(9-in.) unbaked pie shell	1.00
6871	All-purpose flour	0.25 c
6871	Sugar	2.00 tb
6871	Dry mustard	1.00 ts
6871	Salt	0.75 ts

Sheet1

6871	Milk	1.50 c
6871	Egg yolks, slightly beaten	2.00
6871	Vinegar	0.33 c
6871	Margarine or butter	1.00 tb
6872	Fully cooked smoked ham slic	1.00
6872	(about 1-inch thick)	0.00
6873	Packed brown sugar	0.50 c
6873	Granulated sugar	0.25 c
6873	Margarine or butter, softene	0.50 c
6873	Vanilla	1.00 ts
6873	Egg	1.00
6873	All-purpose flour*	1.25 c
6873	Baking soda	0.50 ts
6873	(6 ounces) miniature	1.00 pk
6873	Semisweet chocolate chips	0.00
6873	Sweetened whipped cream	1.00 c
6873	Chopped walnuts	0.25 c
6873	Flaked or shredded coconut,	0.25 c
6873	Toasted	0.00
6873	Candy-coated chocolate candi	0.50 c
6874	All-purpose flour*	1.50 c
6874	Packed brown sugar	0.25 c
6874	Margarine or butter, softene	0.67 c
6874	Egg	1.00
6875	Cooking bag	1.00 x
6875	Chicken breast halves	2.00 ea
6875	Garlic clove, minced	1.00 ea
6875	Hoisin or barbeque sauce	1.00 tb
6875	Flour	1.00 tb
6875	Sliced mushrooms	0.25 lb
6875	Minced fresh ginger	1.00 x
6876	Corn*	6.00
6876	Margarine or butter	2.00 tb
6876	Onion, chopped	1.00 sm
6876	(about 1/4 cup)	0.00
6876	Jars Chili, seeded and finel	1.00
6876	Chopped (about 1 tablespoon	0.00
6876	Salt	0.50 ts
6876	Shredded cheddar cheese	0.50 c
6876	(2 ounces)	0.00
6876	*substitute	0.00
6876	(10 ounces each)	2.00 pk
6876	Frozen whole kernel corn or	0.00
6876	(12 ounces each) vacuum-	2.00 cn
6876	Packed whole kernel corn, d	0.00
6876	Heat about 5 minutes or unt	0.00
6876	Hot.	0.00
6877	Margarine or butter	0.75 c
6877	Chopped celery	1.50 c

## Sheet1

6877	(with leaves)	0.00
6877	Finely chopped onion	0.75 c
6877	Soft corn bread cubes	9.00 c
6877	Salt	1.00 ts
6877	Ground sage	0.50 ts
6877	Chopped fresh or	1.50 ts
6877	Dried thyme leaves	0.50 ts
6877	Pepper	0.25 ts
6878	Cornmeal	1.50 c
6878	All-purpose flour*	0.50 c
6878	Vegetable oil or shortening	0.25 c
6878	Buttermilk	1.50 c
6878	Baking powder	2.00 ts
6878	Sugar	1.00 ts
6878	Salt	1.00 ts
6878	Baking soda	0.50 ts
6878	Eggs	2.00
6879	Eggs	2.00
6879	All-purpose* or whole wheat	1.00 c
6879	Flour	0.00
6879	Cornmeal	1.00 c
6879	Vegetable oil or margarine	0.50 c
6879	Or butter, melted	0.00
6879	Milk	1.00 c
6879	(8 ounces) cream-style corn	1.00 cn
6879	Granulated or	1.00 tb
6879	Brown sugar	0.00
6879	Baking powder	4.00 ts
6879	Red pepper sauce	0.00
6880	Two-pound well-trimmed corne	1.00
6880	Boneless brisket	0.00
6880	Onion, cut into fourths	1.00 sm
6880	Cl Garlic, crushed	1.00
6880	Head green cabbage,	1.00 sm
6880	Cut into 6 wedges	0.00
6881	Rock cornish hens (about 1-1	3.00
6881	Pounds each)	0.00
6881	Margarine or butter,	2.00 tb
6881	Melted	0.00
6881	Orange juice	0.50 c
6881	Honey	1.00 tb
6881	Salt	0.50 ts
6881	Dry mustard	0.25 ts
6881	Paprika	0.12 ts
6881	Glazed oranges	0.00
6881	Oranges	3.00 md
6881	Margarine or butter	2.00 tb
6881	Light corn syrup	1.25 c
6881	Honey	1.00 tb

Sheet1

6882	Shortening	0.25 c
6882	All-purpose* or whole wheat	1.50 c
6882	Flour	0.00
6882	Cornmeal	0.50 c
6882	Sugar, if desired	1.00 tb
6882	Baking powder	3.00 ts
6882	Salt	1.00 ts
6882	Milk	0.75 c
6883	All-purpose flour*	1.50 c
6883	Cornmeal	0.50 c
6883	Egg yolks	3.00
6883	Egg	1.00
6883	Salt	1.00 ts
6883	To	0.33
6883	Water	0.50 c
6883	Quarts water	3.00
6883	Salt, if desired	0.25 ts
6884	Egg	1.00
6884	All-purpose* or whole	0.50 c
6884	Wheat flour	0.00
6884	Cornmeal	0.50 c
6884	Milk	0.75 c
6884	Granulated or packed	1.00 tb
6884	Brown sugar	0.00
6884	Vegetable oil	2.00 tb
6884	Baking powder	1.00 ts
6884	Salt	0.25 ts
6884	Margarine, butter or shorte	0.00
6885	Rib lamb chops	12.00
6885	Salt	0.00
6885	Butter	4.00 tb
6885	Onions, thinly sliced	3.00
6885	Potatoes, thinly sliced	4.00
6885	Branches fresh thyme	3.00
6885	Cl Garlic, crushed	2.00
6885	Beef consomme, plus	3.00 c
6885	More, if necessary	0.00
6885	White wine	0.50 c
6885	Chopped parsley	1.00 tb
6885	Bouquet garni:	0.00
6885	Bay leaves	3.00
6886	Pounds pork country-style ri	3.00
6886	Chili sauce	0.67 c
6886	Grape jelly	0.50 c
6886	Dry red wine	1.00 tb
6886	Dijon mustard	1.00 ts
6887	Chopped jalapeno chilies	1.00 tb
6887	Olive or vegetable oil	1.00 tb
6887	Ground cumin	0.50 ts

Sheet1

6887	Cl Garlic, crushed	2.00
6887	Pound fully cooked smoked sa	1.00
6887	Cut crosswise into 1/4-inch	0.00
6887	Water	2.50 c
6887	(10-3/4 ounces) condensed	1.00 cn
6887	Chicken broth	0.00
6887	Couscous	0.50 c
6887	Chopped fresh or	2.00 tb
6887	Dried mint leaves	2.00 ts
6887	Pepper	0.25 ts
6887	Tomato, seeded and chopped	1.00 md
6888	Hollandaise sauce	0.00
6888	English muffins	3.00
6888	Margarine or butter, soften	0.00
6888	Chopped cooked crabmeat	1.50 c
6888	Margarine or butter	1.00 ts
6888	Poached eggs	6.00
6889	For 9-inch two-crust pie	1.00 pk
6889	Sugar	0.25 c
6889	Quick-cooking tapioca	2.00 tb
6889	Apple or pumpkin pie spice	1.00 ts
6889	(16 ounces) whole berry	1.00 cn
6889	Cranberry sauce	0.00
6889	Coarsely chopped pared tart	5.00 c
6889	Apples	0.00
6889	Coarsely chopped nuts, toast	0.50 c
6890	Streusel topping	0.00
6890	Milk	1.00 c
6890	Vegetable oil	0.25 c
6890	Vanilla	0.50 ts
6890	Egg	1.00
6890	All-purpose* or whole	2.00 c
6890	Wheat flour	0.00
6890	Sugar	0.33 c
6890	Baking powder	3.00 ts
6890	Salt	0.50 ts
6890	Halved cranberries	1.00 c
6890	Grated orange peel	1.00 tb
6890	STREUSEL TOPPING -----	0.00 -----
6890	All-purpose flour	0.25 c
6890	Packed brown sugar	2.00 tb
6890	Margarine or butter	2.00 tb
6891	For 9-inch two-crust pie	1.00 pk
6891	Sugar	0.25 c
6891	Quick-cooking tapioca	2.00 tb
6891	Apple or pumpkin pie spice	1.00 ts
6891	(16 ounces) whole berry	1.00 cn
6891	Cranberry sauce	0.00
6891	Coarsely chopped fresh or	5.00 c

Sheet1

6891	Frozen (thawed) peaches	0.00
6891	Coarsely chopped nuts, toast	0.50 c
6892	Variety baking mix	1.00 c
6892	Sugar	2.00 tb
6892	Margarine or butter,	1.00 tb
6892	Softened	0.00
6892	(3 ounces each)	2.00 pk
6892	Cream cheese, softened	0.00
6892	Sugar	0.25 c
6892	Sour cream	0.25 c
6892	Assorted fresh fruit	1.50 c
6892	(raspberries, strawberries	0.00
6892	Blueberries, grapes or apr	0.00
6892	Peach, plum or fig slices)	0.00
6892	Apple jelly, melted	0.33 c
6893	Head cauliflower (about 2 po	1.00
6893	Separated into flowerets	0.00
6893	Water	2.00 c
6893	Stalk celery, chopped	1.00 lg
6893	(about 3/4 cup)	0.00
6893	Onion, chopped	1.00 md
6893	(about 1/2 cup)	0.00
6893	Lemon juice	1.00 tb
6893	Margarine or butter	2.00 tb
6893	All-purpose flour	2.00 tb
6893	Chicken broth	2.50 c
6893	Salt	0.50 ts
6893	Pepper	0.12 ts
6893	Dash of ground nutmeg	0.00
6893	Whipping (heavy) cream	0.50 c
6894	Water	1.00 c
6894	Margarine or butter	0.50 c
6894	All-purpose flour*	1.00 c
6894	Eggs	4.00
6894	Cream filling or sweetened	0.00
6894	Cream	0.00
6894	Powdered sugar	0.00
6894	CREAM FILLING -----	0.00 -----
6894	Sugar	0.33 c
6894	Cornstarch	2.00 tb
6894	Salt	0.12 ts
6894	Milk	2.00 c
6894	Egg yolks, slightly beaten	2.00
6894	Margarine or butter,	2.00 tb
6894	Softened	0.00
6894	Vanilla	2.00 ts
6895	All-purpose flour*	2.00 c
6895	Margarine or butter, softene	1.00 c
6895	Whipping (heavy) cream	0.33 c

Sheet1

6895	Granulated sugar	0.00
6895	Creamy filling	0.00
6895	Margarine or butter, softene	0.25 c
6895	Powdered sugar	0.75 c
6895	Vanilla	1.00 ts
6895	Few drops food color	0.00
6896	Finely chopped pecans	0.50 c
6896	Sugar	2.00 c
6896	Whipping (heavy) cream	2.00 c
6896	Light corn syrup	0.75 c
6896	Margarine or butter	0.50 c
6897	Margarine or butter, softene	0.33 c
6897	Cocoa	0.33 c
6897	Powdered sugar	2.00 c
6897	Vanilla	1.50 ts
6897	Milk, about	2.00 tb
6898	Hamburger	1.00 lb
6898	Egg	1.00
6898	Onion; chopped	0.25 c
6898	Breadcrumbs; dry	0.25 c
6898	Salt	0.50 ts
6898	Dry mustard	0.50 ts
6898	Garlic powder	0.25 ts
6898	Pepper	0.00
6898	SAUCE -----	0.00 -----
6898	Milk	1.00 c
6898	Butter	2.00 tb
6898	Flour	2.00 tb
6898	Dill; dried	0.50 ts
6898	Paprika	0.50 ts
6898	Salt	0.25 ts
6899	Meat drippings	2.00 tb
6899	(fat and juices)	0.00
6899	All-purpose flour	2.00 tb
6899	Liquid (meat juices, broth,	0.50 c
6899	Water)	0.00
6899	Milk	0.50 c
6899	Salt	0.25 ts
6899	Pepper	0.25 ts
6900	Ripe avocados, mashed	2.00 lg
6900	Mayonnaise or salad dressing	0.25 c
6900	Tomatoes, finely chopped	2.00 md
6900	(about 1-1/2 cups)	0.00
6900	Onion, chopped	1.00 md
6900	(about 1/2 cup)	0.00
6900	Jars Chilies, seeded and fin	2.00
6900	Chopped	0.00
6900	Cl Garlic, finely chopped	1.00
6900	Finely chopped	2.00 tb



Sheet1

6900	Fresh cilantro	0.00
6900	Vegetable oil	1.00 tb
6900	Juice of 1/2 Lime	0.00
6900	(about 2 tablespoons)	0.00
6900	Salt	0.50 ts
6900	Dash of pepper	0.00
6901	Italian dressing	0.50
6901	Mayonnaise or salad dressing	0.50 c
6902	Skim milk	0.50 c
6902	Lemon juice	2.00 tb
6902	Vegetable oil	1.00 tb
6902	Low-fat cottage cheese	1.50 c
6902	(12 ounces)	0.00
6902	Onion, chopped	1.00 sm
6902	(about 1/4 cup)	0.00
6902	Cl Garlic, crushed	2.00
6902	Salt	0.50 ts
6902	Pepper	0.25 ts
6902	Paprika	0.25 ts
6903	Soft whole wheat bread	0.50 c
6903	Crumbs	0.00
6903	Beaten egg	1.00
6903	Milk	2.00 tb
6903	Chopped onion	1.00 tb
6903	Salt	0.25 ts
6903	Ground beef	0.75 lb
6903	(10 3/4 oz) condensed cream	1.00 cn
6903	Of mushroom soup	0.00
6903	Cup apple juice or water	0.50
6903	Snipped parsley	2.00 tb
6903	Dried basil,crushed	0.50 ts
6903	Frozen crinkle-cut carrots	2.00 c
6903	Margarine or butter,melted	2.00 tb
6903	Brown rice, cooked	0.50 c
6904	Tenderloin chops	4.00
6904	Flour	3.00 tb
6904	Sage	1.00 ts
6904	Onion	1.00
6904	Cream of mushroom soup	1.00 cn
6904	Beef bouillon	2.00 ts
6904	A-I sauce	2.00 tb
6904	Parsley	0.25 c
6905	Bulk sausage	6.00 oz
6905	Canned chicken	1.00 c
6905	Saltines	0.12 pk
6905	White wine	2.00 tb
6905	Conchiglioni	5.00 oz
6905	Parsley	0.25 c
6905	Scallions	2.00

## Sheet1

6905	Mushrooms	0.25 lb
6905	Parsley	2.00 tb
6905	Celery salt	0.50 ts
6905	Parmesan cheese	0.50 c
6905	Paprika	1.00 tb
6906	Powdered sugar	3.00 c
6906	Margarine or butter, softene	0.33 c
6906	Vanilla	1.50 ts
6906	Milk, about	2.00 tb
6907	Of milk	2.75 c
6907	Vanilla bean, split	1.00
6907	Sugar	1.33 c
6907	Egg yolks	8.00
6908	Ounces vanilla-flavored cand	6.00
6908	Coating	0.00
6908	Tiny paper candy cups	24.00
6908	Ounces semisweet chocolate,	6.00
6908	Margarine or butter,	2.00 tb
6908	Cut into pieces	0.00
6908	Whipping (heavy) cream	0.33 c
6908	Finely ground almonds	0.25 c
6908	Creme de menthe	2.00 tb
6909	Buttermilk, sour cream	0.25 c
6909	Or yogurt	0.00
6909	Heavy cream	0.50 c
6910	Mushrooms	8.00
6910	Butter	2.00 tb
6910	Crepes, not sweet	8.00
6910	Ricotta	1.00 c
6910	Egg yolk	1.00
6910	Salt and pepper, to taste	0.00
6910	Medium white sauce	1.00 c
6910	Pinch of nutmeg	0.00
6910	Parmesan cheese	3.00 tb
6911	Walnuts, shelled, peeled and	1.00 lb
6911	Halved	0.00
6911	Salt	0.25 ts
6911	Sugar	3.00 c
6911	Honey	0.50 c
6911	Oil	5.00 c
6912	4-5 lb crown roast of lamb,	1.00
6912	Shaped & tied, w/bone tips	0.00
6912	Frenched & trimmings ground	0.00
6912	Butter or margarine	0.50 c
6912	Finely chopped onion	0.50 c
6912	Finely chopped celery	0.75 c
6912	Salt	1.00 t
6912	Pepper	0.25 t
6912	Dried rubbed sage	1.00 t

Sheet1

6912	Garlic powder	0.12 t
6912	Crumbled cornbread,	2.00 c
6912	freshly prepared	0.00
6913	Margarine or butter	0.25 c
6913	Cornflake crumbs	1.00 c
6913	Paprika	1.00 ts
6913	Salt	0.50 ts
6913	Pepper	0.25 ts
6913	3-pound broiler-fryer	1.00
6913	Chicken, cut up	0.00
6913	Margarine or butter, melted	0.25 c
6914	Head romaine, washed and cut	0.50
6914	Into bite-size pieces	0.00
6914	Head boston lettuce, washed	0.50
6914	And cut into bite-size	0.00
6914	pieces	0.00
6914	Head watercress, washed and	0.50
6914	Cut into bite-size pieces	0.00
6914	Cucumber, peeled and	0.50 lg
6914	Thinly sliced	0.00
6914	Chopped dill	1.00 tb
6914	Dijon dressing	0.00
6914	Egg yolks	2.00
6914	Dijon mustard	7.00 tb
6914	Red wine vinegar	0.50 c
6914	Olive oil	2.50 c
6915	Cucumbers	2.00 md
6915	(about 1 pound)	0.00
6915	Olive or	1.00 tb
6915	Vegetable oil	0.00
6915	Onion, thinly sliced	1.00 sm
6915	Cl Garlic, finely chopped	1.00
6915	Torn kale pieces	2.00 c
6915	Chopped fresh or	2.00 ts
6915	Dried basil leaves	0.50 ts
6915	Salt	0.25 ts
6915	Dash of pepper	0.00
6916	Cucumbers	2.00 md
6916	(about 1 pound)	0.00
6916	Margarine or butter	2.00 tb
6916	Onion, sliced and	1.00 md
6916	Separated into rings	0.00
6916	Tomatoes, cut into wedges	2.00 md
6916	Salt	0.50 ts
6916	Dash of pepper	0.00
6916	Chopped fresh or	1.00 tb
6916	1 ts Dried dill weed	0.00
6917	Cucumbers	2.00 md
6917	(about 1 pound)	0.00

Sheet1

6918	(8 ounces) mixed	1.00 pk
6918	Dried fruit	0.00
6918	Boiling water	2.50 c
6918	Curry powder	3.00 ts
6918	Salt	0.50 ts
6918	Cl Garlic, finely chopped	2.00
6918	Margarine or butter	2.00 tb
6918	Cornstarch	2.00 tb
6918	Orange juice	0.25 c
6918	Orange juice	0.75 c
6918	Cut-up cooked roast beef	3.00 c
6918	Green onions, cut into 1-inc	6.00
6918	Pieces	0.00
6918	Hot cooked rice	3.00 c
6918	Slivered almonds	0.33 c
6919	Cold cooked rice	3.00 c
6919	Cut-up cooked chicken or	2.00 c
6919	Turkey	0.00
6919	Stalks celery, sliced	2.00 md
6919	(about 1 cup)	0.00
6919	Green pepper, chopped	1.00 sm
6919	(about 1/2 cup)	0.00
6919	(13-1/4 ounces) pineapple	1.00 cn
6919	Chunks, drained	0.00
6919	Mayonnaise or salad dressing	1.00 c
6919	Curry powder	0.75 ts
6919	Salt	0.25 ts
6919	Ground ginger	0.25 ts
6919	Salad greens	0.00
6919	Tomatoes, cut into wedges	2.00 md
6919	Bacon, crisply cooked	6.00 sl
6919	And crumbled	0.00
6920	New potatoes (about 1-1/2 po	12.00
6920	Sour cream or plain yogurt	0.50 c
6920	Chutney	2.00 tb
6920	Curry	2.00 ts
6920	Salt	0.50 ts
6920	Green onions (with tops),	2.00
6920	Thinly sliced (about 2 tabl	0.00
6921	Fresh spinach, uncooked	1.50 lb
6921	Drained and diced	2.00 pn
6921	Bacon, crisp-cooked,	2.00 sl
6921	Finely chopped; reserve	0.00
6921	Fat for dressing	0.00
6921	Eggs,hard-cookeand chopped	2.00
6921	Olive oil	0.25 c
6921	Wine vinegar	3.00 tb
6921	Salt	1.00 pn
6921	Pepper, fresh ground	1.00 pn

## Sheet1

6921	Cl Garlic, mashed	1.00
6921	Anchovy filets, minced or	3.00
6921	Mashed	0.00
6921	Lemon, juice of	0.50
6922	Sugar	0.50 c
6922	Cornstarch	3.00 tb
6922	Salt	0.25 ts
6922	Milk	3.00 c
6922	Dry sherry or dry white wine	0.50 c
6922	Eggs yolks, beaten	3.00
6922	Margarine or butter	3.00 tb
6922	Vanilla	1.00 tb
6922	(3 ounces each)	2.00 pk
6922	Ladyfingers	0.00
6922	Strawberry preserves	0.50 c
6922	Strawberries, sliced, or	1.00 pn
6922	(12 ounces) frozen	1.00 pk
6922	Strawberries, thawed	0.00
6922	Whipping (heavy) cream	1.00 c
6922	Sugar	2.00 tb
6922	Toasted slivered	2.00 tb
6922	Almonds	0.00
6923	Espresso coffee, freshly and	1.00 lb
6923	Finely ground	0.00
6923	Quart boiling water	1.00
6923	Superfine sugar	0.50 c
6923	Heavy cream, stiffly	1.00 c
6923	Whipped	0.00
6924	Kumquats	4.00
6924	Lichees	4.00
6924	Loquats	4.00
6924	Mandarine orange slices	4.00
6924	Chunks	4.00 pn
6924	Cherries	4.00 cn
6924	Quarts finely crushed ice	2.00
6925	1-1/2-pound beef boneless si	1.00
6925	Steak, about 1-1/2 inches t	0.00
6925	Vegetable oil	0.25 c
6925	Red wine vinegar	0.25 c
6925	Chopped fresh or	1.00 ts
6925	Dried oregano leaves	1.00 ts
6925	Chili powder	1.00 ts
6925	Garlic powder	0.50 ts
6925	Salt	0.50 ts
6925	Pepper	0.25 ts
6925	10-inch flour tortillas	12.00
6925	Vegetable oil	2.00 tb
6925	Onions, sliced	2.00 lg
6925	Green or red bell peppers,	2.00 md

Sheet1

6925	Cut into 1/4-inch strips	0.00
6925	Jars (8 ounces) picante sauc	1.00
6925	Shredded cheddar or monterey	1.00 c
6925	Jack cheese (4 ounces)	0.00
6925	Containers (6 oz ea)	2.00
6925	Frozen Guacamole thawed	0.00
6925	Sour cream	0.75 c
6926	All-purpose* or unbleached	3.50 c
6926	Flour	0.00
6926	Sugar	0.25 c
6926	Shortening or margarine or	0.25 c
6926	Butter, softened	0.00
6926	Salt	1.00 ts
6926	Regular or quick-acting	1.00 pk
6926	Active dry yeast	0.00
6926	Very warm water	0.50 c
6926	(120 to 130 degrees)	0.00
6926	Very warm milk	0.50 c
6926	(120 to 130 degrees)	0.00
6926	Egg	1.00
6926	Margarine or butter, soften	0.00
6927	Cucumbers (about 2 pounds)	4.00 md
6927	Vegetable oil	0.25 c
6927	Lemon juice	2.00 tb
6927	Fennel seed	1.00 ts
6927	Salt	0.50 ts
6927	Onion, finely chopped	1.00 sm
6927	(about 1/4 cup)	0.00
6927	GREEN MAYONNAISE -----	0.00 -----
6927	Mayonnaise or salad dressing	1.00 c
6927	Finely chopped spinach	0.25 c
6927	Chopped fresh parsley	0.25 c
6927	Fresh or	1.00 tb
6927	Dried dill weed	1.50 ts
6927	Tarragon vinegar	2.00 ts
6928	Fettuccine noodles	1.00 lb
6928	Dash of kosher salt	0.00
6928	Dash of soya oil	0.00
6928	Shrimp butter	1.00 tb
6928	Minced shallots	1.00 tb
6928	Minced garlic	1.00 tb
6928	Raw shrimp,	12.00 md
6928	Peeled, deveined and	0.00
6928	Butterflied(reserve shells	0.00
6928	Sea scallops, cut in	8.00 lg
6928	Half horizontally	0.00
6928	Heavy cream	1.00 c
6928	Salt and pepper	0.00
6928	Italian parsley, chopped	0.00

Sheet1

6929	Egg fettuccini	5.00 oz
6929	Spinach fettuccini	5.00 oz
6929	Butter	0.25 lb
6929	Whipping cream	1.00 pt
6929	Chicken stock, plus	3.00 tb
6929	More as needed	0.00
6929	Salt and freshly ground	0.00
6929	Pepper to taste	0.00
6929	Parmesan cheese	0.25 c
6929	Mushrooms,	6.00 md
6929	Halved	0.00
6929	Coarsely chopped walnuts	1.00 c
6929	Grated parmesan cheese	0.00
6929	(optional)	0.00
6930	Pound ground pork	1.00
6930	Pound ground beef	0.50
6930	Rye or white bread, torn	2.00 sl
6930	Into pieces*	0.00
6930	Pumpkin pie spice	1.00 ts
6930	Pepper	0.25 ts
6930	Egg	1.00
6930	Milk	0.50 c
6930	Onion, chopped	1.00 sm
6930	(about 1/4 cup)	0.00
6930	Sauerkraut apple filling or	0.00
6930	Cranberry squash filling	0.00
6931	Cranberry-squash filling	0.00
6931	Whole berry cranberry sauce	1.00 c
6931	Chopped pared hubbard or	1.00 c
6931	Butternut squash	0.00
6931	Mashed potato mix (dry)	2.00 tb
6931	Sauerkraut-apple filling	0.00
6931	(8 ounces) sauerkraut draine	1.00 cn
6931	Apple, chopped (about 1 cup)	2.00 md
6931	Mashed potato mix (dry)	0.25 c
6931	Caraway seed	2.00 ts
6932	Powdered sugar	1.50 c
6932	Margarine or butter, softene	1.00 c
6932	Vanilla	1.00 ts
6932	Almond extract	0.50 ts
6932	Egg	1.00
6932	All-purpose flour*	2.50 c
6932	Baking soda	1.00 ts
6932	Cream of tartar	1.00 ts
6932	Raisins, cut-up dates or fig	2.00 c
6932	Sugar	0.75 c
6932	Chopped nuts, if desired	0.50 c
6932	Water	0.75 c
6932	Granulated sugar	0.00

Sheet1

6933	Juice, apple	2.00 c
6933	Gelatin, unflavored	2.00 pk
6934	Whipping (heavy) cream	0.75 c
6934	Sugar	0.25 c
6934	Very finely chopped	0.50 c
6934	Blanched almonds	0.00
6934	Ounces candied orange peel,	4.00
6934	Very finely chopped	0.00
6934	All-purpose flour*	0.25 c
6934	Bars (4 ounces each) sweet	2.00
6934	Cooking chocolate	0.00
6935	Ounces frankfurter or	1.50
6935	Ounces smoked sausage	2.50
6936	For 9-inch one-crust pie	1.00 pk
6936	Sugar	0.67 c
6936	All-purpose flour*	0.25 c
6936	Ground nutmeg	0.50 ts
6936	Ground cinnamon	0.50 ts
6936	Dash of salt	0.00
6936	Thinly sliced pared tart	8.00 c
6936	Apples(about 8 medium)**	0.00
6936	CRUMB TOPPING -----	0.00 -----
6936	All-purpose flour	1.00 c
6936	All purpose packed brown sug	1.50 c
6936	Firm margarine or butter	0.50 c
6937	Light corn syrup	0.50 c
6937	Shortening	0.50 c
6937	Packed brown sugar	0.67 c
6937	All-purpose flour*	1.00 c
6937	Finely chopped pecans	1.00 c
6938	Margarine or butter	2.00 ts
6938	Eggs, beaten	2.00
6939	Milk	1.00 c
6939	Vegetable oil	0.25 c
6939	Vanilla	0.50 ts
6939	Egg	1.00
6939	All-purpose* or whole	2.00 c
6939	Wheat flour	0.00
6939	Sugar	0.33 c
6939	Baking powder	3.00 ts
6939	Salt	0.50 ts
6939	Sugar	0.50 c
6939	Ground cinnamon	1.00 ts
6939	Margarine or butter, melted	0.50 c
6940	Spinach leaves, freshly	0.00
6940	Washed and dried	0.00
6940	Diced potatoes, skins on	3.00
6940	Smoked turkey, shredded	8.00 oz
6940	10-oz.package petite peas,	1.00



Sheet1

6940	Blanched slightly	0.00
6940	Carrot, cleaned, grated	1.00 lg
6940	Purple onion, very	1.00 sm
6940	Thinly sliced	0.00
6940	Tarragon	1.00 ts
6940	Sour cream	0.50 c
6940	Calvert's cedar street	0.25 c
6940	Garlic mustard	0.00
6940	Freshly ground pepper	0.50 ts
6940	Salt to taste	0.00
6940	Calvados (apple brandy)	3.00 tb
6941	Vegetable oil	0.00
6941	All-purpose flour	0.75 c
6941	Milk	0.50
6941	Salt	0.50 ts
6941	Egg	1.00
6941	Spanish or bermuda	3.00 lg
6941	Onions, cut into 1/4-inch s	0.00
6941	And separated into rings	0.00
6942	Potatoes	4.00 md
6942	(about 1-1/2 pounds)	0.00
6942	Vegetable oil	0.00
6942	Salt	0.00
6943	Sugar	0.50 c
6943	Cornstarch	1.00 tb
6943	Blueberries	4.00 c
6943	Lemon juice	1.00 ts
6943	Shortening	3.00 tb
6943	All-purpose flour*	1.00 c
6943	Sugar	1.00 tb
6943	Baking powder	1.50 ts
6943	Salt	0.50 ts
6943	Milk	0.50 c
6944	Sugar	1.25 c
6944	Cornstarch	3.00 tb
6944	Ground cinnamon	0.25 ts
6944	Pitted red tart cherries	4.00 c
6944	Almond extract	0.25 ts
6944	Shortening	3.00 tb
6944	All-purpose flour*	1.00 c
6944	Sugar	1.00 tb
6944	Baking powder	1.50 ts
6944	Salt	0.50 ts
6944	Milk	0.50 c
6945	Frozen phyllo leaves, thawed	6.00
6945	Margarine or butter, melted	0.25 c
6945	Powdered sugar	1.00 tb
6945	Cut-up fresh fruit (berries,	3.00 c
6945	Peaches, bananas, oranges,	0.00

Sheet1

6945	Kiwifruit, papaya)	0.00
6945	CUSTARD SAUCE -----	0.00 -----
6945	Eggs, slightly beaten	2.00
6945	Sugar	3.00 tb
6945	Dash of salt	0.00
6945	Of milk	1.25 c
6945	Vanilla or	0.50 ts
6945	1/4 ts Almond extract	0.00
6946	Olive or vegetable oil	0.50 c
6946	Vinegar	0.50 c
6946	Finely chopped green	1.00 tb
6946	Onion	0.00
6946	Chopped fresh parsley	1.00 tb
6946	Chopped fresh herb	1.00 tb
6946	(tarragon, rosemary, basil,	0.00
6946	Oregano, thyme or marjoram)	0.00
6947	Sugar	4.00 tb
6947	Stick butter, at room temp.	1.00
6947	Stick margarine, room temp.	1.00
6947	Egg yolk	1.00
6947	Flour	1.75 c
6947	Salt	0.12 ts
6947	Water	1.00 tb
6947	FILLING -----	0.00 -----
6947	Lemons, skin (rind) and juic	2.00
6947	Whole eggs	3.00
6947	Sugar	0.75 c
6947	Butter	2.00 tb
6948	Sugar	0.50 c
6948	Cornstarch	1.00 tb
6948	Ground cinnamon	0.25 ts
6948	Sliced peaches (about 6)	4.00 c
6948	Lemon juice	1.00 ts
6948	Shortening	3.00 tb
6948	All-purpose flour*	1.00 c
6948	Sugar	1.00 tb
6948	Baking powder	1.50 ts
6948	Salt	0.50 ts
6948	Milk	0.50 c
6949	Egg yolks, beaten	3.00
6949	Sugar	0.50 c
6949	Milk	1.00 c
6949	Salt	0.25 ts
6949	Whipping (heavy) cream	2.00 c
6949	Vanilla	1.00 ts
6949	Peaches (about 2 cups)	5.00
6949	Sugar	0.50 c
6950	Egg yolks, beaten	3.00
6950	Sugar	0.50 c

Sheet1

6950	Milk	1.00 c
6950	Salt	0.25 ts
6950	Whipping (heavy) cream	2.00 c
6950	Vanilla	1.00 ts
6950	Strawberries	1.00 pn
6950	Sugar	0.50 c
6950	Few drops red food color if	0.00
6951	Tomatoes, seeded and	3.00 md
6951	chopped	0.00
6951	(about 3 cups)	0.00
6951	Sliced green onions	0.50 c
6951	(with to	0.00
6951	Chopped green bell	0.50 c
6951	pepper	0.00
6951	Lime juice	3.00 tb
6951	Chopped fresh cilantro	2.00 tb
6951	Finely chopped	1.00 tb
6951	Jalapeno chilies	0.00
6951	Salt	0.50 ts
6951	Cl Garlic, finely chopped	3.00
6952	Egg	1.00
6952	Margarine, butter or bacon	0.00
6953	Quart vanilla ice cream	1.00
6953	Ground cinnamon	0.50 ts
6953	Sugar	0.50 c
6953	Cornflake crumbs	1.00 c
6953	Oil for deep frying	0.00
6953	Honey	0.25 c
6953	Whipped cream	0.00
6953	Maraschino cherries	4.00
6954	Cornmeal	1.00 c
6954	Cold water	0.75 c
6954	Boiling water	3.25 c
6954	Salt	2.00 ts
6954	Flour	0.00
6954	Margarine or butter	2.00 tb
6954	Molasses, jam, maple syrup	0.00
6954	Sour cream, if desired	0.00
6955	Clarified butter	1.00 c
6955	Bunch sage leaves, stems	1.00
6955	Tied together with	0.00
6955	rubber band	0.00
6956	Mashed bananas	3.00 c
6956	(about 8 medium)	0.00
6956	Sugar	0.50 c
6956	Vanilla yogurt	8.00 c
6957	Ladyfingers	17.00
6957	Orange-flavored liqueur	0.33 c
6957	Water	3.00 tb

Sheet1

6957	Whipping (heavy) cream	3.00 c
6957	Orange-flavored liqueur	0.25 c
6957	Orange fudge sauce	0.00
6958	Strawberries or raspberries	2.00 pn
6958	Sugar	0.50 c
6958	Vanilla yogurt	8.00 c
6959	Boiling water	0.50 c
6959	(3 ounces)	1.00 pk
6959	Raspberry-flavored gelati	0.00
6959	(10 ounces) frozen	1.00 pk
6959	Raspberries, thawed and	0.00
6959	Sour cream or plain yogurt	1.00 c
6959	(3 ounces each) cream	2.00 pk
6959	Cheese, softened	0.00
6959	(16 ounces) whole berry	1.00 cn
6959	Cranberry sauce	0.00
6959	Salad greens	0.00
6959	(6 ounces) raspberry yogurt	1.00 cn
6960	Hot fudge sauce	0.00
6960	Ladyfingers	17.00
6960	Rum	0.33 c
6960	Water	3.00 tb
6960	Whipping (heavy) cream	3.00 c
6960	Rum	0.25 c
6961	Vanilla yogurt	1.00 c
6961	Flaked coconut, toasted if	0.25 c
6961	Desired	0.00
6961	(8 ounces) crushed	1.00 cn
6961	Pineapple in juice,drained	0.00
6961	Packed brown sugar	2.00 tb
6962	Peeled and cubed	1.00 pk
6962	Cubed honeydew melon	1.00 c
6962	Cubed fresh pineapple	1.00 c
6962	Kiwi fruit, peeled and slice	2.00
6962	Strawberries, hulled and	1.00 c
6962	Halved	0.00
6962	Lettuce leaves	0.00
6962	Honey dressing	0.00
6962	Vegetable oil or light	0.50 c
6962	Olive oil	0.00
6962	Honey	0.25 c
6962	Fresh lemon juice	2.00 tb
6962	Salt	0.50 ts
6962	Ground ginger	0.50 ts
6962	Paprika	0.50 ts
6962	Dry mustard	0.25 ts
6963	Margarine or butter	2.00 tb
6963	Stalk celery, chopped	1.00 md
6963	(about 1/2 cup)	0.00

Sheet1

6963	Onion, chopped	1.00 sm
6963	(about 1/4 cup)	0.00
6963	Salt	0.50 ts
6963	Pepper	0.12 ts
6963	Cooked rice	2.00 c
6963	Chopped walnuts	0.50 c
6963	Cut-up prunes	0.33 c
6963	Cut-up dried apricots	0.33 c
6963	Paprika	0.25 ts
6963	Bacon, crisply cooked and	4.00 sl
6963	Crumbled	0.00
6964	Cut-up cooked turkey	3.00 c
6964	Or chicken	0.00
6964	Seedless grape halves	0.75 c
6964	Stalks celery, thinly sliced	2.00 md
6964	(about 1 cup)	0.00
6964	Green onions (with tops),	2.00
6964	Thinly sliced	0.00
6964	(11 ounces) mandarin orange	1.00 cn
6964	Segments, drained	0.00
6964	(8 ounces) sliced water	1.00 cn
6964	Chestnuts, drained	0.00
6964	(6 ounces) lemon, peach or	1.00 cn
6964	Orange yogurt (about 2/3 c	0.00
6964	Soy sauce	2.00 tb
6965	Granulated sugar	0.50 c
6965	Cocoa	2.00 tb
6965	Milk	0.25 c
6965	Margarine or butter	2.00 tb
6965	Light corn syrup	1.00 tb
6965	Dash of salt	0.00
6965	To	0.50
6965	Powdered sugar	0.75 c
6965	Vanilla	0.50 ts
6966	Water	3.00 c
6966	Dried garbanzo beans*	0.75 c
6966	Vegetable oil	2.00 tb
6966	Sliced mushrooms	1.00 c
6966	Green onions (with tops),	2.00
6966	Thinly sliced	0.00
6966	Carrot, shredded	1.00 md
6966	(about 1/2 cup)	0.00
6966	Cl Garlic, finely chopped	1.00
6966	Lemon juice	1.00 tb
6966	Prepared horseradish	1.00 ts
6966	Prepared mustard	1.00 ts
6966	Salt	0.25 ts
6966	Pepper	0.25 ts
6967	Pounds potatoes (about 6 med	2.00

Sheet1

6967	Mayonnaise or salad	1.50 c
6967	Dressing	0.00
6967	Vinegar	1.00 tb
6967	Prepared mustard	1.00 tb
6967	Salt	1.00 ts
6967	Pepper	0.25 ts
6967	Stalks celery, chopped	2.00 md
6967	(about 1 cup)	0.00
6967	Onion, chopped	1.00 md
6967	(about 1/2 cup)	0.00
6967	Hard-cooked eggs, chopped	4.00
6967	Thinly sliced radishes	0.50 c
6967	Chopped cucumber	0.50 c
6967	Chopped green bell pepper	0.50 c
6967	Tomato, cut into wedges	1.00
6968	Butter or margarine, softene	0.25 c
6968	Paprika	0.50 ts
6968	Pepper	0.12 ts
6968	Cl Garlic	2.00
6969	White wine or white vinegar	2.00 c
6969	Cl Garlic, cut in half	6.00
6970	Meat drippings	2.00 tb
6970	(fat and juices)	0.00
6970	All-purpose flour	2.00 tb
6970	Giblets	0.00
6970	Salted water	4.00 c
6970	Salt	0.25 ts
6970	Pepper	0.25 ts
6971	Heart, gizzard, neck and li	0.00
6971	Chicken or turkey	0.00
6971	Margarine or butter	0.75 c
6971	Chopped celery	1.50 c
6971	(with leaves)	0.00
6971	Finely chopped onion	0.75 c
6971	Soft bread cubes	9.00 c
6971	Salt	1.00 ts
6971	Ground sage	0.50 ts
6971	Chopped fresh or	1.50 ts
6971	Dried thyme leaves	0.50 ts
6971	Pepper	0.25 ts
6972	Cake flour	2.75 c
6972	Ground ginger	1.00 tb
6972	Ground cinnamon	0.50 ts
6972	Ground nutmeg	0.50 ts
6972	Ground cloves	0.50 ts
6972	Salt	1.00 ts
6972	Baking soda	1.00 ts
6972	Sweet butter	0.50 c
6972	Molasses	1.00 c

Sheet1

6972	Dark brown sugar	0.50 c
6972	Buttermilk	1.00 c
6972	Orange juice, fresh	0.25 c
6972	Squeezed	0.00
6972	Eggs, slightly beaten	2.00
6972	Orange curd sauce	0.00
6973	White wine or white vinegar	2.00 c
6973	Peeled chopped gingerroot	0.50 c
6974	Beets	5.00 md
6974	(about 1-1/4 pounds)*	0.00
6974	(6 ounces) pear nectar	1.00 cn
6974	Cornstarch	1.00 ts
6974	Honey	1.00 tb
6974	Grated gingerroot or	1.00 ts
6974	Ground ginger	0.25 ts
6974	Salt	0.25 ts
6975	Pineapple, pared and cut	1.00 md
6975	Into chunks*	0.00
6975	Finely chopped gingerroot	1.00 ts
6975	Or 1/2 ts Ground ginger	0.00
6975	Orange	1.00 md
6976	One-pound pork tenderloin	1.00
6976	Vegetable oil	1.00 tb
6976	Soy sauce	2.00 tb
6976	Finely chopped gingerroot	2.00 ts
6976	Or 1 ts Ground ginger	0.00
6976	Cornstarch	2.00 ts
6976	Pepper	0.12 ts
6976	Cl Garlic, finely chopped	2.00
6976	Vegetable oil	2.00 tb
6976	Slivered almonds	0.50 c
6976	Chicken broth	0.50 c
6976	Peaches, pared and sliced*	3.00 md
6976	Green onions (with tops), cu	6.00
6976	Into 1-inch pieces	0.00
6976	Hot cooked rice	3.00 c
6977	Pound wax beans	1.00
6977	Thin slices gingerroot	8.00
6977	Teriyaki sauce	1.00 tb
6978	Packed brown sugar	1.00 c
6978	Shortening	0.75 c
6978	Molasses	0.25 c
6978	Egg	1.00
6978	All-purpose flour*	2.25 c
6978	Baking soda	2.00 ts
6978	Ground cinnamon	1.00 ts
6978	Ground ginger	1.00 ts
6978	Ground cloves	0.50 ts
6978	Salt	0.25 ts

Sheet1

6978	Granulated sugar	0.00
6979	Pounds chicken wings (about	3.00
6979	Soy sauce	0.67 c
6979	Honey	0.50 c
6979	Five-spice powder	2.00 tb
6979	Vegetable oil	2.00 tb
6979	Cl Garlic, crushed	2.00
6980	Brown sugar glaze	0.00
6980	Packed brown sugar	1.00 c
6980	Dry mustard	0.50 ts
6980	Vinegar	1.00 tb
6980	Pineapple glaze	0.00
6980	Packed brown sugar	1.00 c
6980	Cornstarch	1.00 tb
6980	Salt	0.25 ts
6980	(8-1/2 ounces) crushed	1.00 cn
6980	Pineapple in syrup, undrain	0.00
6980	Lemon juice	2.00 tb
6980	Prepared mustard.	1.00 tb
6981	Margarine or butter	0.25 c
6981	Packed brown sugar	1.00 tb
6981	Worcestershire sauce	1.00 tb
6981	Onions (about 3/4-pound	2.00 lg
6981	Each), cut into fourths and	0.00
6981	(10-1/2 ounces each)	2.00 cn
6981	Condensed beef broth	0.00
6981	Soup cans water	2.00
6981	Parmesan croutons	0.00
6981	Margarine or butter	0.25 c
6981	Bread, cut into 1-inch cubes	3.00 sl
6981	Grated parmesan cheese	0.00
6982	Pound small mushrooms	1.00
6982	Egg, beaten	1.00
6982	Dry bread crumbs	0.50 c
6982	Margarine or butter	0.33 c
6982	Onion, chopped	1.00 md
6982	(about 1/2 cup)	0.00
6983	Margarine or butter, softene	0.50 c
6983	All-purpose flour*	1.00 c
6983	Cold water	2.00 tb
6983	Margarine or butter	0.50 c
6983	Water	1.00 c
6983	Golden raisins	0.50 c
6983	Vanilla	1.00 ts
6983	All-purpose flour*	1.00 c
6983	Eggs	3.00
6983	LEMON GLAZE -----	0.00 -----
6983	Powdered sugar	1.50 c
6983	Margarine or butter,	2.00 tb



Sheet1

6983	Softened	0.00
6983	Vanilla	0.50 ts
6983	Lemon juice	1.50 tb
6984	Onions, sliced	2.00 lg
6984	Pounds lamb, cut into	1.50
6984	Inch square cubes	1.50
6984	Oil	4.00 tb
6984	Ginger, grated	0.50 oz
6984	Cl Garlic	3.00
6984	Paprika	1.00 tb
6984	Cayenne	1.00 tb
6984	Cumin powder	1.00 ts
6984	Tomatoes, quartered	2.00 lg
6984	Water	0.50 c
6984	Salt and pepper	0.00
6984	Garam masala	1.00 ts
6985	Crumbs of regular or cinnamo	1.50 c
6985	Graham crackers (about 20	0.00
6985	Melted margarine	0.33 c
6985	Sugar	3.00 tb
6986	Ground granola	2.00 c
6986	Softened margarine	0.25 c
6986	Or butter	0.00
6986	Sugar	2.00 tb
6987	Vegetable oil	0.00
6987	Sugar	1.00 c
6987	Light corn syrup	1.00 c
6987	Grape juice	0.75 c
6987	(1-3/4 ounces) powdered	1.00 pk
6987	Fruit pectin	0.00
6987	Baking soda	0.50 ts
6987	Blue food color, if desired	2.00 dr
6987	Sugar	0.00
6988	Cookie crumb crust	1.00
6988	Milk	0.50 c
6988	Jet-puffed marshmallows	32.00 lg
6988	Creme de menthe	0.25 c
6988	White creme de cacao	3.00 tb
6988	Chilled whipping (heavy)	1.50 c
6988	cream	0.00
6988	Few drops green food color,	0.00
6988	If desired	0.00
6988	COOKIE CRUMB CRUST -----	0.00 -----
6988	Crushed chocolate wafer	1.50 c
6988	Cookies	0.00
6988	Margarine or butter, melted	0.25 c
6989	Boneless chicken breasts	1.00 lb
6989	Oil, divided use	2.00 tb
6989	Reduced sodium soy sauce,	4.00 tb

Sheet1

6989	divided use	0.00
6989	Sauerkraut (about 2 lb),	4.00 c
6989	rinsed and well drained	0.00
6989	Green onions including tops	4.00
6989	Carrots, julienned	4.00 md
6989	Cloves garlic, halved	2.00
6989	Ground ginger	1.00 ts
6989	Fresh snow peas, stemmed and	4.00 oz
6989	cut in half diagonally	0.00
6990	Pound ground beef	1.00
6990	(16 ounces) stewed	1.00 cn
6990	Tomatoes, undrained	0.00
6990	Stalk celery, cut	1.00
6990	Into 1/2-inch pieces	0.00
6990	Orzo	0.50 c
6990	Salt	0.50 ts
6990	Ground red	0.25 ts
6990	Pepper (cayenne)	0.00
6990	Plain yogurt	0.00
6991	Pound ground lamb	1.00
6991	(16 ounces) stewed	1.00 cn
6991	Tomatoes, undrained	0.00
6991	Stalk celery, cut	1.00
6991	Into 1/2-inch pieces	0.00
6991	Orzo	0.50 c
6991	Salt	0.50 ts
6991	Ground red	0.25 ts
6991	Pepper (cayenne)	0.00
6991	Plain yogurt	0.00
6992	Pound green beans	1.00
6992	Hoisin sauce	2.00 tb
6992	Dry sherry or	2.00 tb
6992	Chicken broth	0.00
6992	Cornstarch	1.00 ts
6992	Vegetable oil	1.00 tb
6992	Bean sprouts	1.00 c
6993	Mayonnaise or salad dressing	1.00 c
6993	Sour cream	0.50 c
6993	Finely chopped fresh parsley	0.33 c
6993	Finely chopped fresh	3.00 tb
6993	Chives	0.00
6993	Anchovy paste or finely	3.00 tb
6993	Chopped anchovy fillets	0.00
6993	Tarragon or wine vinegar	3.00 tb
6993	Lemon juice	1.00 tb
6993	Freshly ground pepper	0.12 ts
6994	Pound greens (beet, chicory,	1.00
6994	Collards, escarole, kale,	0.00
6994	mustard greens, Spinach,	0.00

Sheet1

6994	swiss chard or turnip	0.00
6994	greens)	0.00
6995	Ounces monterey jack cheese	8.00
6995	(4 ounces)	0.00
6995	Crumbled blue cheese	0.33 c
6995	Milk	2.00 tb
6995	(3 ounces) cream cheese,	1.00 pk
6995	Softened	0.00
6995	1/4-inch slices sourdough	8.00
6995	bread	0.00
6995	Ripe, pear, thinly sliced	1.00 sm
6995	All-purpose apple,	1.00 sm
6995	Thinly sliced	0.00
6995	Margarine or butter, soften	0.00
6996	Beefsteak tomatoes	4.00
6996	Oil, for the baking sheet	0.00
6996	Creamed spinach	2.00 c
6996	Seasoned bread crumbs	3.00 c
6996	Melted butter	0.75 c
6996	Salt and pepper	0.00
6996	Grated mild cheddar	1.50 c
6996	Cheese	0.00
6997	Virgin olive oil	4.00 oz
6997	Fresh porcini mushrooms	1.00 lb
6997	Chopped garlic	1.00 tb
6997	Salt and pepper, to taste	0.00
6997	White wine	0.50 c
6997	Demi-glace or veal stock	1.00 c
6997	Butter	1.00 tb
6998	(8 ounces) tomato sauce	1.00 cn
6998	(4 ounces) mushroom stems	1.00 cn
6998	And pieces, drained	0.00
6998	Chopped fresh or	1.00 tb
6998	Dried basil leaves	1.00 ts
6998	Chopped fresh or	1.00 tb
6998	Dried oregano leaves	1.00 ts
6998	Cl Garlic, crushed	1.00
6998	Green bell pepper, chopped	1.00 sm
6998	(about 1/2 cup)	0.00
6998	Pound ground beef	1.00
6998	Salt	1.00 ts
6998	Onion, chopped	1.00 md
6998	(about 1/2 cup)	0.00
6998	Shredded mozzarella cheese	1.00 c
6998	(4 ounces)	0.00
6998	Egg, beaten	1.00
6998	PIZZA DOUGH -----	0.00 -----
6998	Regular or quick-active	1.00 pk
6998	Dry yeast	0.00

Sheet1

6998	Warm water (105 to 115 degree	1.00 c
6998	Sugar	1.00 tb
6998	Vegetable oil	2.00 tb
6998	Salt	0.50 ts
6998	2 3/4 To 3 1/4 cups	1.00
6998	All-purpose flour	0.00
6999	Pound ground beef	1.00
6999	Onion, chopped-about 1/2 cup	1.00 md
6999	Cl Garlic, crushed	1.00
6999	Chopped fresh parsley	2.00 tb
6999	Sugar	1.00 ts
6999	Chopped fresh or	1.00 tb
6999	Dried basil leaves	1.00 ts
6999	(16 ounces) whole	1.00 cn
6999	Tomatoes, undrained	0.00
6999	(15 ounces) tomato sauce	1.00 cn
6999	Uncooked lasagne noodles	12.00
6999	(about 12 ounces)	0.00
6999	(16 ounces) ricotta or	1.00 cn
6999	Creamed cottage cheese	0.00
6999	(2 cups)	0.00
6999	Grated parmesan cheese	0.50 c
6999	Chopped fresh parsley	1.00 tb
6999	Chopped fresh or	1.00 tb
6999	Dried oregano leaves	1.50 ts
6999	Shredded mozzarella cheese	2.00 c
6999	(about 8 ounces)	0.00
7000	Pound ground lamb or beef	1.00
7000	Water	2.00 tb
7000	Lemon juice	1.00 tb
7000	Salt	0.50 ts
7000	Ground cumin	0.50 ts
7000	Dried oregano leaves	0.50 ts
7000	Pepper	0.25 ts
7000	Cl Garlic, crushed	2.00
7000	Onion, chopped-about 1/4 cup	1.00 sm
7000	Vegetable oil	2.00 tb
7000	Breads (6-inch diameter)	4.00 pn
7000	Shredded lettuce	2.00 c
7000	Plain yogurt	0.50 c
7000	Chopped fresh or	1.00 tb
7000	Dried mint leaves	1.00 ts
7000	Sugar	1.00 ts
7000	Cucumber, seeded and	1.00 sm
7000	Chopped (about 3/4 cup)	0.00
7000	Tomato, chopped	1.00 md
7000	(about 3/4 cup)	0.00
7001	Lemon juice	2.00 ts
7001	3-oz pkg. cream cheese	0.00

Sheet1

7001	Prepared horseradish	1.00 tb
7001	Kaiser rolls, split	6.00
7001	Thinly sliced roast beef	1.00 lb
7001	Small apple, finely chopped	0.00
7001	Milk	1.00 tb
7001	Walnut pieces	0.25 c
7001	Lettuce leaves	6.00
7001	Sliced green onions	2.00 tb
7002	Scalloped potatoes	0.00
7002	Cubed or 1/2 Pound	1.50 c
7002	sliced fully cooked	0.00
7002	Smoked ham	0.00
7003	Pound ground ham	1.00
7003	Pound ground pork	0.75
7003	Soft bread crumbs	1.00 c
7003	Onion, chopped	1.00 md
7003	(about 1/2 cup)	0.00
7003	Egg	1.00
7003	Milk	0.50 c
7003	RED CURRANT SAUCE -----	0.00 -----
7003	Red currant jelly	0.50 c
7003	Grated orange peel	1.50 ts
7003	Orange juice	2.00 tb
7003	Prepared horseradish	1.00 tb
7004	All-purpose flour	0.50 c
7004	Milk	1.00 c
7004	Chopped green onion	3.00 tb
7004	With tops	0.00
7004	Chopped fresh or 1 ts	1.00 tb
7004	Dried dill weed	0.00
7004	Margarine or butter,	2.00 tb
7004	Melted	0.00
7004	Salt	0.25 ts
7004	Eggs	4.00
7004	Coarsely chopped fully	1.00 c
7004	cooked Smoked ham	0.00
7004	(10 ounces) frozen cut	1.00 pk
7004	Asparagus	0.00
7004	Shredded gruyere or	1.50 c
7004	Emmentaler cheese (6 ounces	0.00
7005	Chopped fully cooked	1.50 c
7005	Smoked ham	0.00
7005	Mayonnaise or salad dressing	0.50 c
7005	Stalk celery, chopped	1.00 md
7005	(about 1/2 cup)	0.00
7005	Onion, chopped (about 1/4	1.00 sm
7005	Cup)	0.00
7005	Prepared mustard	1.00 ts
7006	Apples (about 2 pounds)	4.00 lg

Sheet1

7006	Margarine or butter	1.00 tb
7006	Diced fully cooked	2.00 c
7006	Smoked ham	0.00
7006	Soft bread crumbs	1.00 c
7006	Chopped fresh chives	1.00 tb
7006	Ground nutmeg	0.25 ts
7006	Ounces brie or swiss cheese,	4.00
7006	Sliced or shredded	0.00
7006	Dry white wine or apple	0.75 c
7006	juice	0.00
7007	Poached eggs	4.00
7007	(17-1/4-ounce size) frozen	0.50 pk
7007	Puff pastry, thawed	0.00
7007	(10 ounces) frozen chopped	1.00 pk
7007	Spinach, thawed and	0.00
7007	thoroughly Drained	0.00
7007	(2.5 ounces) thinly sliced	1.00 pk
7007	Fully smoked ham	0.00
7007	Dijon mustard	4.00 ts
7007	Process american or swiss	4.00 sl
7007	Cheese	0.00
7008	Pound ground beef	1.00
7008	Onion, chopped-about 1/2 cup	1.00 md
7008	Cl Garlic, crushed	1.00
7008	Water	1.25 c
7008	Stalk celery, thinly sliced	1.00
7008	(about 1 cup)	0.00
7008	Zucchini, sliced	1.00 sm
7008	(about 1 cup)	0.00
7008	Shredded cabbage	1.00 c
7008	Uncooked elbow macaroni	0.50 c
7008	Or broken spaghetti	0.00
7008	Beef bouillon granules	2.00 ts
7008	Italian seasoning	1.00 ts
7008	(28 ounces) whole tomatoes,	1.00 cn
7008	Undrained	0.00
7008	(8 ounces) kidney beans,	1.00 cn
7008	Undrained	0.00
7008	(8 ounces) whole kernel corn	1.00 cn
7008	Undrained	0.00
7008	Grated parmesan cheese	0.00
7009	Pound ground beef	1.00
7009	Finely chopped onions,	3.00 tb
7009	If desired	0.00
7009	Water	3.00 tb
7009	Salt	0.50 ts
7009	Pepper	0.25 ts
7009	Hamburger buns, split and	4.00
7009	toasted	0.00

Sheet1

7010	Egg	1.00
7011	Sweetbreads	2.00 lb
7011	Lemon	1.00
7011	Braunschweiger	0.50 lb
7011	Heavy cream	0.50 c
7011	Sherry	0.50 c
7011	Jigger brandy	1.00
7011	Chopped black olives	0.50 c
7011	Soft butter	0.50 c
7011	Jellied consomme	0.50 cn
7011	Nutmeg	0.25 ts
7011	Pinch of mace	0.00
7011	Chopped pistachio nuts	0.25 c
7011	Salt and white pepper,	0.00
7011	To taste	0.00
7011	Melba toast	0.00
7012	Beets	5.00 md
7012	(about 1-1/4 pounds)*	0.00
7012	Cornstarch	1.00 tb
7012	Sugar	1.00 tb
7012	Salt	0.50 ts
7012	Dash of pepper	0.00
7012	Water	0.67 c
7012	Vinegar	0.25 c
7013	Pounds beef stew meat, cut	2.00
7013	Into 1-inch cubes	0.00
7013	Quick-cooking tapioca	0.33 c
7013	Chopped fresh or 1 ts	1.00 tb
7013	Dried basil leaves	0.00
7013	Cumin seeds	1.00 tb
7013	Salt	1.00 ts
7013	Carrots, cut	4.00 md
7013	Into 1-inch pieces	0.00
7013	Cl Garlic, finely chopped	4.00
7013	Onions, cut into eighths	2.00 md
7013	(16 ounces)	2.00 cn
7013	Tomatoes, undrained	0.00
7013	Fresh corn, cut into fourths	2.00 ea
7013	Or 1 pk (10 ounces) frozen	0.00
7013	Whole kernel corn	0.00
7013	New potatoes (about 1 pound)	8.00 sm
7013	Cut in half	0.00
7013	Zucchini, thinly sliced	2.00 sm
7014	Potatoes	4.00 md
7014	(about 1-1/2 pounds)	0.00
7014	Finely chopped onion	2.00 tb
7014	Salt	0.25 ts
7014	Pepper	0.12 ts
7014	Margarine or butter	0.25 c

Sheet1

7015	(20 ounces) crushed	1.00 cn
7015	pineapple In syrup	0.00
7015	(13-3/4 ounces) soft	1.00 pk
7015	Coconut macaroons	0.00
7015	Half-gallon vanilla ice	1.00
7015	cream Softened	0.00
7015	Chopped macadamia nuts or	0.50 c
7015	Almonds, toasted	0.00
7016	Chocolate ice-cream roll	0.00
7016	Whipping (heavy) cream,	2.50 c
7016	Whipped, or	0.00
7016	(12 ounces) frozen whipped	1.00 cn
7016	Topping, thawed	0.00
7016	Finely chopped hazelnuts,	0.75 c
7016	Toasted	0.00
7017	Sugar	2.00 c
7017	Milk	0.33 c
7017	Half-and-half	0.33 c
7017	Light corn syrup	2.00 tb
7017	Hazelnut liqueur	2.00 tb
7017	Margarine or butter	2.00 tb
7017	Chopped hazelnuts, toasted	0.50 c
7018	Egg whites	3.00
7018	Cream of tartar	0.25 ts
7018	Sugar	0.75 c
7018	Several drops red food	0.00
7018	coloring If desired	0.00
7018	Quart strawberry ice cream	1.00
7018	Sliced strawberries	2.00 c
7019	Margarine or butter	2.00 tb
7019	Onion, finely chopped	1.00 md
7019	(about 1/2 cup)	0.00
7019	Cl Garlic, finely chopped	1.00
7019	Paprika	0.50 ts
7019	Chopped fresh or 1/2 ts	1.50 ts
7019	Dried basil leaves	0.00
7019	(3 ounces each) cream	2.00 pk
7019	Cheese, softened	0.00
7019	Milk	1.25 c
7019	(10-3/4 ounces each)	2.00 cn
7019	Condensed tomato soup	0.00
7019	(16 ounces each) whole	2.00 cn
7019	Tomatoes, undrained	0.00
7020	All-purpose flour*	3.00 c
7020	Sugar	1.00 tb
7020	Salt	1.00 ts
7020	Regular or quick-acting	1.00 pk
7020	Active dry yeast	0.00
7020	Very warm water (120	1.25 c



Sheet1

7020	To 130 degrees)	0.00
7020	Chopped fresh parsley	2.00 tb
7020	Shortening	2.00 tb
7020	Chopped fresh or 1/2 ts	1.50 ts
7020	Dried rosemary leaves	0.00
7020	Chopped fresh or 1/4 ts	0.50 ts
7020	Dried thyme leaves	0.00
7020	Margarine or butter,	0.00
7020	softend	0.00
7021	Shortening	3.00 tb
7021	All-purpose flour*	1.50 c
7021	Dried herbs (such as	0.50 ts
7021	Sage leaves, celery seed,	0.00
7021	tarigan or thyme	0.00
7021	Baking powder	2.00 ts
7021	Salt	0.50 ts
7021	Milk	0.75 c
7022	Packed parsley sprigs	1.50 c
7022	Marinated sun-dried	0.50 c
7022	Tomatoes, drained	0.00
7022	Olive or vegetable oil	0.50 c
7022	Packed fresh basil leaves	0.25 c
7022	Lemon juice	2.00 tb
7022	Salt	0.25 ts
7022	Pepper	0.25 ts
7023	White wine or white vinegar	2.00 c
7023	Firmly packed fresh herb	0.50 c
7023	(tarragon, mint, basil,	0.00
7023	dill, Rosemary, chives or	0.00
7023	oregano	0.00
7024	3- to 3-1/2-pound	1.00
7024	broiler-fryer Chicken	0.00
7024	Finely shredded lemon peel	1.00 ts
7024	(3 ounces) cream cheese,	1.00 pk
7024	Softened	0.00
7024	Chopped fresh or 1 ts Dried	1.00 tb
7024	basil leaves	0.00
7024	Cooked rice	2.00 c
7024	Chopped fresh parsley	2.00 tb
7024	Finely chopped	1.00 tb
7024	Lemongrass, if desired	0.00
7025	Pound broccoli*	1.00
7025	Olive or vegetable oil	2.00 tb
7025	Chopped fresh or 1/4 ts	1.00 ts
7025	Dried basil leaves	0.00
7025	Chopped fresh or 1/4 ts	1.00 ts
7025	Dried oregano leaves	0.00
7025	Salt	0.50 ts
7025	Cl Garlic, crushed	1.00

Sheet1

7025	Plum tomatoes, chopped	2.00
7026	Margarine or butter	2.00 tb
7026	Olive or vegetable oil	2.00 tb
7026	Finely chopped onion	0.25 c
7026	Lemon juice	0.25 c
7026	Worcestershire sauce	2.00 tb
7026	Chopped fresh or 1/2 dr	1.50 ts
7026	Basil leaves	0.00
7026	Chopped fresh or 1/4 ts	0.75 ts
7026	Dried marjoram leaves	0.00
7026	Chopped fresh or 1/4 ts	0.75 ts
7026	Dried oregano leaves	0.00
7026	Cloves garlic, finely	2.00 lg
7026	chopped	0.00
7026	3- to 3-1/2-pound	1.00
7026	broiler-fryer Chicken,	0.00
7026	cut up	0.00
7027	Four-pound beef arm, blade	1.00
7027	or Rib pot roast*	0.00
7027	To 2 teaspoons salt	1.00
7027	Pepper	0.50 ts
7027	(10-1/2 ounces) condensed	1.00 cn
7027	Beef broth	0.00
7027	Chopped fresh or 1 ts Dried	1.00 tb
7027	marjoram leaves	0.00
7027	Chopped fresh or 1 ts Dried	1.00 tb
7027	thyme leaves	0.00
7027	Fresh or 1/2 ts Dried	2.00 ts
7027	oregano leaves	0.00
7027	Cl Garlic, crushed	3.00
7027	Potatoes, cut in half	8.00 sm
7027	Carrots, cut into fourths	8.00 md
7027	Onions	8.00 sm
7028	Packed brown sugar	1.00 c
7028	Shortening	0.25 c
7028	Margarine or butter,	0.25 c
7028	softened	0.00
7028	Cold coffee	0.25 c
7028	Egg	1.00
7028	Baking soda	0.50 ts
7028	Salt	0.50 ts
7028	Ground cinnamon	0.50 ts
7028	Ground nutmeg	0.50 ts
7028	All-purpose flour*	1.75 c
7028	Raisins	1.25 c
7028	Chopped nuts	0.75 c
7029	Egg yolks	3.00
7029	Lemon juice	1.00 tb
7029	Firm butter*	0.50 c

Sheet1

7030	All-purpose flour*	2.00 c
7030	Chopped fresh or 1 ts	1.00 tb
7030	Dried herb, crushed,	0.00
7030	If desired	0.00
7030	Salt	0.50 ts
7030	Eggs	2.00
7030	Water	0.25 c
7030	Olive or vegetable oil	1.00 tb
7030	Quarts water	4.50
7030	Salt, if desired	0.25 ts
7031	(17-1/4-ounce size)	0.50 pk
7031	Frozen puff pastry, thawed	0.00
7031	Pared cooking apple, cut	1.00 lg
7031	Into 6 wedges	0.00
7031	Ground nutmeg	0.00
7031	Honey	0.25 c
7031	Sliced almonds	0.25 c
7032	Vegetable oil	2.00 tb
7032	Margarine or butter	2.00 tb
7032	All-purpose flour	0.33 c
7032	Grated gingerroot or	1.50 ts
7032	1/2 ts Ground ginger	0.00
7032	Pepper	0.25 ts
7032	Pounds chicken drumsticks	3.00
7032	Honey	0.33 c
7032	Chili sauce	0.33 c
7032	Soy sauce	0.33 c
7032	Ground ginger	0.50 ts
7033	Mayonnaise or salad dressing	0.50 c
7033	Honey	1.00 tb
7033	Dijon mustard	1.00 tb
7034	Dried black-eyed peas or	1.00 c
7034	Dried red beans (about	0.00
7034	8 ounces)	0.00
7034	Water	8.00 c
7034	To 1 teaspoon very finely	0.50
7034	chopped Jalapeno or other	0.00
7034	hot chili	0.00
7034	To 1/2 ts Crushed red pepper	0.25
7034	Cl Garlic, finely chopped	1.00
7034	Ham bone or 1-pound ham	1.00
7034	shank Or smoked pork hocks	0.00
7034	Uncooked regular long	0.50 c
7034	Grain rice	0.00
7034	Onion, chopped (about 1 cup)	1.00 lg
7034	Red or green bell pepper,	1.00 md
7034	Chopped (about 1 cup)	0.00
7034	Salt	1.00 ts
7034	Pepper	0.25 ts

Sheet1

7034	Pound swiss chard or mustard	0.50
7035	Pound jerusalem artichokes	1.00
7035	Sour cream or plain yogurt	0.50 c
7035	All-purpose flour	1.00 tb
7035	Prepared horseradish	1.00 tb
7035	Salt	0.25 ts
7035	Pepper	0.25 ts
7035	Vegetable oil	1.00 tb
7035	Stalk celery, sliced	1.00 md
7035	(about 1/2 cup)	0.00
7035	Finely chopped spinach or	2.00 c
7035	Greens	0.00
7036	Cocoa	0.33 c
7036	Water	1.50 c
7036	Sugar	0.33 c
7036	Dash of salt	0.00
7036	Milk	4.50 c
7037	Pounds potatoes	1.50
7037	(about 4 medium),	0.00
7037	cut in half	0.00
7037	Bacon, cut into 1-inch	3.00 sl
7037	Pieces	0.00
7037	Onion, chopped	1.00 md
7037	(about 1/2 cup)	0.00
7037	All-purpose flour	1.00 tb
7037	Sugar	1.00 tb
7037	Salt	0.50 ts
7037	Celery seed	0.25 ts
7037	Dash of pepper	0.00
7037	Water	0.50 c
7037	Vinegar	0.25 c
7038	Head cabbage	1.00 sm
7038	(about 1 pound)	0.00
7038	Sugar	2.00 tb
7038	Cornstarch	1.00 tb
7038	Vinegar	2.00 tb
7038	Soy sauce	1.00 ts
7038	Grated gingerroot or	1.00 tb
7038	1 ts Ground ginger	0.00
7038	Cl Garlic, finely chopped	1.00
7038	Vegetable oil	1.00 tb
7038	Green onions (with tops),	2.00
7038	thinly Sliced	0.00
7038	(about 2 tablespoons)	0.00
7038	Carrot, shredded	1.00 md
7038	Bell pepper, chopped	1.00 md
7038	(about 1 cup)	0.00
7039	(4 ounces each) chopped	2.00 cn
7039	green Chilies, drained	0.00

## Sheet1

7039	Shredded cheddar cheese	4.00 c
7039	(16 ounces)	0.00
7039	Milk	2.00 c
7039	Eggs	4.00
7039	Variety baking mix	1.00 c
7040	Pounds ground beef, pork and	1.50
7040	Turkey	0.00
7040	Milk	1.00 c
7040	Chopped fresh or 1/4 ts	1.00 ts
7040	Dried sage leaves	0.00
7040	Salt	0.50 ts
7040	Dry mustard	0.50 ts
7040	Pepper	0.25 ts
7040	Bread, torn into	3.00 sl
7040	Small pieces*	0.00
7040	Egg	1.00
7040	Cl Garlic, finely chopped,	1.00
7040	or 1/8 ts Garlic powder	0.00
7040	Ketchup, chili sauce or	0.50 c
7040	Barbecue sauce	0.00
7040	Onion, chopped	1.00 sm
7040	(about 1/4 cup)	0.00
7040	Worcestershire sauce	1.00 tb
7041	Egg whites	3.00
7041	Cream of tartar	0.25 ts
7041	Sugar	0.75 c
7042	Eggs	3.00
7042	Basic soup stock	2.00 tb
7042	Light soy sauce	0.50 ts
7042	Salt	0.25 ts
7042	Cooking oil	1.00 tb
7042	Sheet nori (available in	0.50
7042	Oriental food stores)	0.00
7043	Olive or vegetable oil	1.00 c
7043	Vinegar	0.25 c
7043	Finely chopped onion	2.00 tb
7043	Sugar	1.00 ts
7043	Dry mustard	1.00 ts
7043	Chopped fresh or 1 ts	1.00 tb
7043	Dried basil leaves	0.00
7043	Salt	0.50 ts
7043	Chopped fresh or 1/2 ts	2.00 ts
7043	Dried oregano leaves	0.00
7043	Pepper	0.25 ts
7043	Cl Garlic, crushed	2.00
7044	Italian dressing	1.00 c
7044	Shanks	4.00 lg
7044	Grated parmesan cheese	0.50 c
7044	All-purpose flour	0.25 c

Sheet1

7044	Chopped fresh or 1 tb	2.00 tb
7044	Parsley flakes	0.00
7044	Salt	0.50 ts
7044	Onion salt	0.25 ts
7044	Shortening	0.33 c
7044	Grated parmesan cheese	0.00
7045	Olive oil	2.00 tb
7045	Arborio or long grain	0.75 c
7045	Rice	0.00
7045	Boiling water	1.50 c
7045	Zucchini, julienned	1.00 md
7045	Roasted red peppers	0.33 c
7045	Pine nuts, toasted	0.25 c
7045	Italian black olives, pitted	12.00
7045	Cl Garlic, mashed	1.00
7045	Anchovies, mashed	2.00
7045	Oregano	0.50 ts
7045	Basil	0.50 ts
7045	Dry mustard	0.50 ts
7045	Lemon (juice only)	1.00
7045	Red wine vinegar	2.00 tb
7045	Olive oil	6.00 tb
7046	Pound bulk italian sausage	1.00
7046	Onion, chopped-about 1/2 cup	1.00 md
7046	Cl Garlic, crushed	1.00
7046	Chopped fresh parsley	2.00 tb
7046	Sugar	1.00 ts
7046	Chopped fresh or 1 ts	1.00 tb
7046	Dried basil leaves	0.00
7046	(16 ounces) whole	1.00 cn
7046	Tomatoes, undrained	0.00
7046	(15 ounces) tomato sauce	1.00 cn
7046	Uncooked lasagne noodles	12.00
7046	(about 12 ounces)	0.00
7046	(16 ounces) ricotta or	1.00 cn
7046	Creamed cottage cheese	0.00
7046	(2 cups)	0.00
7046	Grated parmesan cheese	0.50 c
7046	Chopped fresh parsley	1.00 tb
7046	Chopped fresh or 1 1/2 ts	1.00 tb
7046	Dried oregano leaves	0.00
7046	Shredded mozzarella cheese	2.00 c
7046	(about 8 ounces)	0.00
7047	Olive or vegetable	2.00 tb
7047	Oil	0.00
7047	Onion, chopped	1.00 md
7047	(about 1/2 cup)	0.00
7047	Green bell pepper, chopped	1.00 sm
7047	(about 1/2 cup)	0.00

Sheet1

7047	Clove garlic, finely chopped	1.00 lg
7047	(16 ounces) whole tomatoes,	1.00 cn
7047	Undrained	0.00
7047	(8 ounces) tomato sauce	1.00 cn
7047	Chopped fresh or 1 ts Dried	1.00 tb
7047	basil leaves	0.00
7047	Chopped fresh or 1/2 ts	1.50 ts
7047	Dried oregano leaves	0.00
7047	Salt	0.25 ts
7047	Fennel seed	0.25 ts
7047	Pepper	0.12 ts
7048	Water	2.50 c
7048	Dried great northern beans*	0.75 c
7048	Chopped drained marinated	0.50 c
7048	Sun-dried tomatoes	0.00
7048	Sliced ripe olives	0.25 c
7048	Chopped fresh or 1 ts Dried	1.00 tb
7048	basil leaves	0.00
7048	Olive or vegetable oil	1.00 tb
7048	Cl Garlic, crushed	1.00
7049	Pounds ground buffalo or	1.50
7049	Ground beef	0.00
7049	Onion, finely chopped	1.00 md
7049	(about 1/2 cup)	0.00
7049	To 3 Jars Chilies, seeded	2.00
7049	and Finely chopped	0.00
7049	Cl Garlic, finely chopped	1.00
7050	(1 pkg) frozen stir-fry	10.00 oz
7050	Japanese vegetables with	0.00
7050	Seasonings	0.00
7050	Boneless pork chop, cut into	1.00
7050	Julienne strips	0.00
7050	Oil	1.00 ts
7050	Cornstarch	0.50 ts
7050	Dry sherry	2.00 ts
7050	Soy sauce	1.00 ts
7050	Hot cooked rice	2.00 c
7051	Parsley crepes or	1.00
7051	10 To 12 Six-inch crepes	0.00
7051	About 2 tablespoons margari	0.00
7051	Butter, softened	0.00
7051	Finely shredded jarlsberg	1.50 c
7051	Or aged swiss cheese	0.00
7051	(6 ounces)	0.00
7051	PARSLEY CREPES -----	0.00 -----
7051	All-purpose flour*	0.75 c
7051	Milk	1.00 c
7051	Chopped fresh parsley	2.00 tb
7051	Baking powder	0.25 ts

Sheet1

7051	Salt	0.25 ts
7051	Egg	1.00
7051	Margarine or butter	0.00
7052	Jerusalem artichokes	1.00 lb
7052	Water (for steaming)	2.00 c
7052	Cream cheese (room-	4.00 oz
7052	Temperature)	0.00
7052	Milk	0.33 c
7053	Jonathan apples, peeled and	8.00 md
7053	sliced	0.00
7053	Lemon juice 1/3 C butter or	2.00 tb
7053	margarine	0.00
7053	Brown sugar, packed 1/2 c	0.75 c
7053	all purpose flour	0.00
7053	Quick rolled oats 1/2 tsp	0.50 c
7053	cinnamon	0.00
7054	Jonathan apples, peeled and	8.00 md
7054	sliced	0.00
7054	Lemon juice 1/3 C butter or	2.00 tb
7054	margarine	0.00
7054	Brown sugar, packed 1/2 c	0.75 c
7054	all purpose flour	0.00
7054	Quick rolled oats 1/2 tsp	0.50 c
7054	cinnamon	0.00
7055	Fresh Pears,	2.00
7055	halved and cored.	0.00
7055	Unsweetened Apple juice	50.00 ml
7055	Grated Lemon zest	2.00 tb
7055	Raisins	1.00 tb
7055	Lemon juice	3.00 tb
7055	Arrowroot	1.00 ts
7055	Water	2.00 tb
7055	Caster sugar	2.00 ts
7055	Ground Cloves	0.00 pn
7055	Ground Cinnamon	0.00 pn
7056	All-purpose flour*	3.75 c
7056	Granulated sugar	0.33 c
7056	Salt	1.00 ts
7056	Regular or quick-acting	2.00 pk
7056	Active dry yeast	0.00
7056	Very warm milk (120 to 130	1.00 c
7056	Degrees)	0.00
7056	Margarine or butter,	0.33 c
7056	softened	0.00
7056	Egg	1.00
7056	Packed brown sugar	1.00 c
7056	Margarine or butter	0.50 c
7056	Dark corn syrup	0.25 c
7056	Pecan halves	0.75 c



Sheet1

7056	Margarine or Butter,	2.00 tb
7056	softened	0.00
7056	Chopped pecans	0.50 c
7056	Granulated sugar	2.00 tb
7056	Packed brown sugar	2.00 tb
7056	Ground cinnamon	1.00 ts
7057	Granulated sugar	0.75 c
7057	Packed brown sugar	0.75 c
7057	Margarine or butter,	1.00 c
7057	softened	0.00
7057	Egg	1.00
7057	All-purpose flour*	2.25 c
7057	Baking soda	1.00 ts
7057	Salt	0.50 ts
7057	Coarsely chopped nuts	1.00 c
7057	(12 ounces) semisweet	1.00 pk
7057	Chocolate chips	0.00
7058	Turnips	6.00 sm
7058	Sheet dry kelp	1.00
7058	Saki	2.00 c
7058	Mirin	1.00 c
7058	Red miso	6.00 oz
7058	Ground chicken	10.00 oz
7059	(7-oz) bundles buckwheat	3.00
7059	Noodles	0.00
7059	Basic soup stock	6.00 c
7059	Soy sauce	0.50 c
7059	Mirin	0.25 c
7059	Boneless duck, thinly	8.00 oz
7059	Sliced	0.00
7059	Scallions, sliced	3.00
7059	Diagonally	0.00
7059	Hichimi	0.00
7060	Heavy whipping cream	2.00 c
7060	Unflavored gelatin	1.00 ts
7060	Calvados or apple	2.00 tb
7060	Brandy	0.00
7060	Calvert's cedar street	2.00 tb
7060	Original mustard	0.00
7060	Kasseri cheese,	12.00 oz
7060	Finely grated	0.00
7060	Rosemary, chopped very	1.00 ts
7060	Fine and additional fresh	0.00
7060	Sprigs	0.00
7061	To 1/2 cups Mayonnaise or	0.33
7061	salad dressing	0.00
7061	Salt	0.50 ts
7061	Prepared mustard	0.50 ts
7061	Sugar	0.25 ts

Sheet1

7061	Pepper	0.12 ts
7061	(15 ounces) kidney beans,	1.00 cn
7061	Rinsed and drained	0.00
7061	Diced mild cheddar or colby	1.00 c
7061	Cheese	0.00
7061	Stalk celery, thinly sliced	1.00 md
7061	(about 1/3 cup)	0.00
7061	Sweet pickles, chopped	3.00
7061	(about 1/4 cup)	0.00
7061	Finely chopped onion	2.00 tb
7061	Hard-cooked eggs, chopped	2.00
7062	Ounces beef, lamb, pork and	3.00
7062	Kidneys	0.00
7063	Unflavored gelatin	1.00 pk
7063	Eggs, separated	2.00
7063	Sugar	1.00 c
7063	Salt	0.25 ts
7063	Grand marnier liqueur	2.00 ts
7063	Peeled, crushed kiwi	2.00 c
7063	Fruit	0.00
7063	Sliced fresh kiwi fruit- op	0.00
7064	Kirby cucumbers	3.00
7064	Head cabbage, core removed,	0.25
7064	Cut into 1/2-inch pieces	0.00
7064	Salt	2.00 tb
7064	Pinch of grated ginger	0.00
7065	Port wine or apple juice	0.75 c
7065	Vegetable oil	2.00 tb
7065	Cl Garlic, finely chopped	2.00
7065	Chopped fresh or 1/2 ts	1.00 tb
7065	Dried thyme leaves	0.00
7065	Salt	0.50 ts
7065	Pepper	0.12 ts
7065	Loin chops, 1-inch thick	4.00 lg
7065	(about 1 pound)	0.00
7065	Fresh or frozen raspberries	1.00 c
7066	Orange juice	3.00 tb
7066	Honey	2.00 tb
7066	Loin chops, 1-inch thick	4.00 lg
7066	(about 1 pound)	0.00
7066	Cubed pineapple*	1.50 c
7066	Chopped fresh or 1 ts	1.00 tb
7066	Dried mint leaves.	0.00
7067	All-purpose flour*	2.00 c
7067	Sugar	1.50 c
7067	Sour cream	1.00 c
7067	Margarine or butter,	0.50 c
7067	softened	0.00
7067	Water	0.50 c

Sheet1

7067	Baking soda	1.00 ts
7067	Baking powder	1.00 ts
7067	Eggs	2.00
7067	Cream-filled sandwich cookie	16.00
7068	Uncooked lasagne noodles	6.00
7068	Uncooked spinach lasagne	6.00
7068	noodles	0.00
7068	Pound ground beef	1.00
7068	Onion, chopped (about 1 cup)	1.00 lg
7068	Jars (15-1/2 ounces) spaghetti	1.00
7068	(8 ounces) mushroom stems	1.00 cn
7068	and Pieces, undrained	0.00
7068	(15 ounces) ricotta cheese	1.00 cn
7068	Or creamed cottage cheese	0.00
7068	(about 2 cups)	0.00
7068	(10 ounces) frozen chopped	1.00 pk
7068	Spinach, thawed and well	0.00
7068	drained	0.00
7068	Shredded mozzarella cheese	1.00 c
7068	(4 ounces)	0.00
7068	Grated parmesan cheese	0.25 c
7068	Salt	1.00 ts
7068	Pepper	0.25 ts
7068	Cl Garlic, crushed	2.00
7069	Regular or quick-acting	2.00 pk
7069	Active dry yeast	0.00
7069	Warm water	0.50 c
7069	(105 to 115 degrees)	0.00
7069	All-purpose flour*	4.00 c
7069	Sugar	0.33 c
7069	Salt	2.00 ts
7069	Cold butter,** cut into	1.00 c
7069	Small pieces	0.00
7069	Eggs	4.00
7069	Milk	1.00 c
7069	Jam or preserves	0.00
7069	Powdered sugar glaze	0.00
7070	Shreds of whole bran cereal	0.75 c
7070	Apple juice	0.33 c
7070	Center cut pork loin,	0.50 lb
7070	Ground	0.00
7070	Fennel seed	0.25 ts
7070	Dried rosemary leaves,	0.25 ts
7070	Crushed	0.00
7070	Salt	0.12 ts
7070	Hot pepper flakes	0.12 ts
7071	Pastry for 9-inch one-crust	0.00
7071	Margarine or butter	3.00 tb
7071	Sliced leeks, (about 1/2	2.00 c

Sheet1

7071	Pound)	0.00
7071	Coarsely chopped shiitake or	1.00 c
7071	Other fresh mushrooms	0.00
7071	Shredded white cheddar or	1.00 c
7071	Cheddar cheese (4 ounces)	0.00
7071	Shredded mozzarella cheese	0.75 c
7071	(3 ounces)	0.00
7071	Eggs	3.00
7071	Milk	0.67 c
7071	Salt	0.50 ts
7071	Ground nutmeg	0.50 ts
7072	Pound leeks (3 medium)	1.00
7072	Vegetable oil	2.00 tb
7072	Chopped mushrooms	0.50 c
7072	Salt	0.25 ts
7072	Carrot, shredded	1.00 md
7072	(about 1/2 cup)	0.00
7072	Cl Garlic, finely chopped	1.00
7072	(8 ounces) sliced water	1.00 cn
7072	Chestnuts, drained and	0.00
7072	choped	0.00
7072	Egg roll skins	12.00
7072	TARRAGON MUSTARD -----	0.00 -----
7072	Prepared mustard	0.25 c
7072	Sugar	2.00 ts
7072	Chopped fresh or 3/4 ts	2.00 ts
7072	Dried tarragon leaves	0.00
7073	Pounds leeks (6 medium)	2.00
7074	Carrots, julienned	2.00 lg
7074	Snow peas, stems removed	0.50 lb
7074	Salt and pepper	0.00
7074	Butter	2.00 tb
7075	Cookie tart pastry	0.00
7075	Lemon curd or prepared	0.50 c
7075	Lemon curd	0.00
7075	Cream cheese	1.00 pk
7075	(8 ounces), softened	0.00
7075	Berries or sliced fruit	2.00 c
7076	Vegetable oil	0.25 c
7076	Lemon juice	2.00 tb
7076	Sugar	0.50 ts
7076	Dijon mustard	1.50 ts
7076	Salt	0.25 ts
7076	Pepper	0.12 ts
7077	Margarine or butter	0.33 c
7077	Powdered sugar	2.00 c
7077	Grated lemon peel	0.50 ts
7077	Lemon juice	1.50 ts
7077	To 4 tb Lemon juice	2.00

## Sheet1

7078	All-purpose flour*	2.00 c
7078	To 3 ts Finely shredded	2.00
7078	lemon Peel	0.00
7078	Chopped fresh or 1 ts Dried	1.00 tb
7078	herb, crushed,	0.00
7078	If desired	0.00
7078	Salt	0.50 ts
7078	Eggs	2.00
7078	Water	0.25 c
7078	Olive or vegetable oil	1.00 tb
7078	Quarts water	4.50
7078	Salt, if desired	0.25 ts
7079	Recipe lemon pasta or	0.50
7079	6 Ounces uncooked spaghetti	0.00
7079	Cl Garlic, crushed	2.00
7079	Margarine or butter	0.50 c
7079	Dry white wine or apple	0.50 c
7079	juice	0.00
7079	Capers	2.00 tb
7079	Lemon juice	1.00 tb
7079	Chopped fresh or 1 ts	1.00 tb
7079	Dried basil leaves	0.00
7079	Salt	0.50 ts
7079	Freshly ground pepper	0.50 ts
7079	Chopped fresh parsley	2.00 tb
7080	Pork loin or rib chops,	4.00
7080	about 3/4 Inch thick	0.00
7080	Salt	0.00
7080	Thin onion slices	4.00
7080	Thin lemon slices	4.00
7080	Packed brown sugar	4.00 tb
7080	Ketchup	4.00 tb
7081	Uncooked regular long	1.00 c
7081	Grain rice	0.00
7081	Water	2.00 c
7081	Salt, if desired	0.25 ts
7081	Margarine or butter,	2.00 tb
7081	Melted	0.00
7081	Lemon juice	2.00 ts
7082	Meringue shell	0.00
7082	Sugar	0.75 c
7082	Cornstarch	3.00 tb
7082	Salt	0.25 ts
7082	Water	0.75 c
7082	Egg yolks, slightly beaten	3.00
7082	Margarine or butter	1.00 tb
7082	Grated lemon peel	1.00 ts
7082	Lemon juice	0.33 c
7082	Whipping (heavy) cream	1.00 c

Sheet1

7083	Fresh lemon juice	1.50 c
7083	Grated lemon zest	1.00 tb
7083	Simple syrup	3.00 c
7083	SIMPLE SYRUP -----	0.00 -----
7083	Sugar	2.00 c
7083	Water	4.00 c
7084	Sugar	0.75 c
7084	Water	1.00 c
7084	Lemon juice (3 to 4 lemons)	0.75 c
7084	Salt	0.25 ts
7084	Envelopes unflavored gelatin	2.00
7084	Eggs, separated	4.00
7084	Grated lemon peel	2.00 ts
7084	Sugar	0.75 c
7084	Whipping (heavy) cream	2.00 c
7085	All-purpose flour	0.50 c
7085	Garlic salt	2.00 ts
7085	Pound veal for scallopini*	1.00
7085	Vegetable oil	0.25 c
7085	Margarine or butter	2.00 tb
7085	Dry white wine or	0.25 c
7085	Chicken broth	0.00
7085	Lemon juice	2.00 tb
7085	Lemon, cut into 4 wedges	0.50
7086	White wine or white vinegar	2.00 c
7086	Peel from 2 Lemons	0.00
7087	To 12 New potatoes	10.00
7087	(about 1-1/2 pounds)	0.00
7087	Margarine or butter	2.00 tb
7087	Grated lemon peel	0.50 ts
7087	Lemon juice	1.00 tb
7087	Chopped fresh chives	2.00 ts
7087	Salt	0.50 ts
7087	Pepper	0.12 ts
7087	Dash of ground nutmeg	0.00
7088	All-purpose flour*	1.00 c
7088	Margarine or butter, softene	0.50 c
7088	Powdered sugar	0.25 c
7088	Granulated sugar	1.00 c
7088	Grated lemon peel,	2.00 ts
7088	If desired	0.00
7088	Lemon juice	2.00 tb
7088	Baking powder	0.50 ts
7088	Salt	0.25 ts
7088	Eggs	2.00
7088	Flaked coconut	0.50 c
7089	Margarine or butter	0.33 c
7089	All-purpose* or	1.25 c
7089	Whole wheat flour	0.00

Sheet1

7089	Quick-cooking oats	0.50 c
7089	Sugar	3.00 tb
7089	Baking powder	2.50 ts
7089	Salt	0.25 ts
7089	Grated lemon peel	2.00 ts
7089	Egg, beaten	1.00
7089	Toasted chopped almonds	0.50 c
7089	Half-and-half	5.00 tb
7089	Egg, beaten	1.00
7090	Water	3.00 c
7090	Dried lentils	1.00 c
7090	Olive or vegetable oil	2.00 tb
7090	Ounces fully cooked smoked	3.00
7090	ham Cut into thin strips	0.00
7090	Salt	0.25 ts
7090	Pepper	0.12 ts
7090	Cl Garlic, finely chopped	1.00
7090	Chopped Fresh parsley	2.00 tb
7090	Lemon juice	2.00 tb
7090	Tomato, seeded and chopped	1.00 sm
7091	Cold water	3.00 c
7091	Lime juice (about 10 limes)	1.00 c
7091	Sugar	0.75 c
7092	One-pound high-quality beef	1.00
7092	Flank steak	0.00
7092	Margarine or butter	1.00 tb
7092	Onions, thinly sliced	2.00 md
7092	Salt	0.25 ts
7092	Vegetable oil	2.00 tb
7092	Lemon juice	1.00 ts
7092	Salt	0.50 ts
7092	Pepper	0.25 ts
7092	Cl Garlic, crushed	2.00
7093	Classic french dressing	0.50 c
7093	Chili sauce	1.00 tb
7094	Beef cubed steak	1.50 lb
7094	Condensed cream of mushroom	1.00 cn
7094	Soup	0.00
7094	Plain low fat yogurt	0.33 c
7094	Dry white wine	1.00 tb
7094	(4 oz) sliced mushrooms,	1.00 cn
7094	Drained	0.00
7094	Paprika	0.00
7095	Nonfat plain yogurt	1.00 c
7095	Chopped fresh parsley	1.00 tb
7095	Lemon juice	1.00 tb
7095	Pepper	0.25 ts
7095	Cl Garlic, crushed	1.00
7096	Nonfat plain yogurt	1.00 c

## Sheet1

7096	Chopped fresh parsley	1.00 tb
7096	Chopped fresh herb or 1/4 ts	1.00 ts
7096	Dried herb Such as tarragon	0.00
7096	rosemary, Weed, oregano, or	0.00
7096	basil	0.00
7096	Lemon juice	1.00 tb
7096	Pepper	0.25 ts
7096	Cl Garlic, crushed	1.00
7097	Apple juice	0.50 c
7097	Vinegar	0.33 c
7097	Finely chopped green	1.00 tb
7097	Onion	0.00
7097	Chopped fresh parsley	1.00 tb
7097	Chopped fresh herb	1.00 tb
7097	(tarragon, rosemary, basil,	0.00
7097	Oregano, thyme or marjoram)	0.00
7098	All-purpose* or	6.50 c
7098	Unbleached flour	0.00
7098	Sugar	2.00 tb
7098	Salt	1.00 ts
7098	Vegetable oil	2.00 tb
7098	Regular or quick-acting	2.00 pk
7098	Active dry yeast	0.00
7098	Very warm water	2.25 c
7098	(120 to 130 degrees)	0.00
7099	Sugar	1.25 c
7099	Margarine or butter,	0.50 c
7099	Softened	0.00
7099	Eggs	2.00
7099	Mashed ripe bananas	1.50 c
7099	(3 to 4 medium)	0.00
7099	Buttermilk	0.50 c
7099	Vanilla	1.00 ts
7099	All-purpose flour*	2.50 c
7099	Baking soda	1.00 ts
7099	Salt	1.00 ts
7099	(5 ounces) macadamia nuts,	1.00 cn
7099	Chopped and toasted	0.00
7099	Flaked coconut	0.50 c
7100	Uncooked elbow or spiral	1.50 c
7100	Macaroni (about 6 ounces)	0.00
7100	(10 ounces) frozen green	1.00 pk
7100	Peas	0.00
7100	Shredded cheddar cheese	2.00 c
7100	(4 ounces)	0.00
7100	Mayonnaise or salad dressing	0.75 c
7100	Green onions (with tops),	8.00
7100	sliced (about 1/2 cup)	0.00
7100	Sweet pickle relish	0.33 c



Sheet1

7100	Stalk celery, sliced	1.00
7100	(about 1/2 cup)	0.00
7100	Head iceberg lettuce, torn	0.50
7100	into Bite-size pieces	0.00
7100	(about 3 cups)	0.00
7100	Bacon, crisply cooked and	6.00 sl
7100	Crumbled	0.00
7101	Almond macaroons (fresh	2.00 lb
7101	Moist, mound type)	0.00
7101	Natural vanilla ice	0.50 ga
7101	Cream	0.00
7101	Bourbon	3.00 oz
7102	Chicken wings	12.00
7102	(about 2 pounds)	0.00
7102	Water	0.75 c
7102	Madeira*	0.33 c
7102	Chopped onion	0.33 c
7102	Finely shredded orange	2.00 ts
7102	Peel	0.00
7102	Salt	0.25 ts
7102	Cl Garlic, finely chopped	2.00
7102	Cornstarch	2.00 ts
7102	Bacon, crisply cooked and	3.00 sl
7102	Crumbled	0.00
7103	Egg yolks	3.00
7103	Lemon juice	1.00 tb
7103	Firm butter*	0.50 c
7103	Grated orange peel	0.50 ts
7103	Orange juice	2.00 tb
7104	Boneless chicken breasts,	1.00 lb
7104	skinned	0.00
7104	Salt and pepper	0.00
7104	Frozen broccoli spears	10.00 oz
7104	Cornstarch	1.00 tb
7104	Orange juice	0.75 c
7104	Marjoram leaves	0.75 ts
7104	Ground ginger	0.50 ts
7104	Mandarin oranges, drained	11.00 oz
7104	Hot cooked rice	0.00
7105	Sliced almonds	0.33 c
7105	Sugar	1.00 tb
7105	Bite-size pieces lettuce	3.00 c
7105	Bite-size pieces romaine	3.00 c
7105	Stalks celery, sliced	2.00 md
7105	(about 1 cup)	0.00
7105	Green onions (with tops),	2.00
7105	Thinly sliced (about 2 tb)	0.00
7105	(11 ounces) mandarin oranges	1.00 cn
7105	Drained	0.00

Sheet1

7105	SWEET -----	0.00 -----
7105	Olive or vegetable oil	0.25 c
7105	Sugar	2.00 tb
7105	Vinegar	2.00 tb
7105	Chopped fresh parsley	1.00 tb
7105	Salt	0.50 ts
7105	Freshly ground pepper	0.00
7105	Dash of red pepper sauce	0.00
7106	Mango (about 1 pound),	1.00 lg
7106	thinly Sliced	0.00
7106	Dates, cut in half	8.00 pn
7106	Fruit	1.00 pk
7106	Vanilla yogurt or sour cream	0.50 c
7107	Regular or quick-acting	1.00 pk
7107	Active dry yeast	0.00
7107	Warm water (105	0.25 c
7107	To 115 degrees)	0.00
7107	All-purpose* or	3.00 c
7107	Unbleached flour	0.00
7107	Buttermilk	0.67 c
7107	Shortening	0.25 c
7107	Packed brown sugar	2.00 tb
7107	Baking powder	1.00 tb
7107	Salt	0.75 ts
7107	Maple-flavored syrup	0.33 c
7107	Coarsely chopped walnuts,	1.00 c
7107	Toasted if desired	0.00
7108	All-purpose* flour	1.67 c
7108	Packed brown sugar or	1.00 c
7108	Granulated sugar	0.00
7108	Baking soda	1.00 ts
7108	Salt	0.50 ts
7108	Water	1.00 c
7108	Vegetable oil	0.33 c
7108	Maple flavoring	0.50 ts
7108	Vinegar	1.00 ts
7108	Chopped nuts	0.50 c
7109	Marshmallows or 3 cups	32.00 lg
7109	Miniature marshmallows	0.00
7109	Margarine or butter	0.25 c
7109	Vanilla	0.50 ts
7109	Crispy corn puff, toasted	5.00 c
7109	Oat, cornflake or whole	0.00
7109	wheat Flake cereal	0.00
7110	Sugar	0.67 c
7110	Water	0.25 c
7110	Light corn syrup	3.00 tb
7110	Miniature marshmallows*	2.00 c
7110	Vanilla	0.75 ts

Sheet1

7110	Dash of salt	0.00
7111	All-purpose flour	0.50 c
7111	Paprika	1.00 ts
7111	Salt	0.50 ts
7111	Pepper	0.25 ts
7111	Eggs	2.00
7111	Water	2.00 tb
7111	Cracker crumbs or dry	2.00 c
7111	Bread crumbs or	0.00
7111	Cornmeal	1.00 c
7111	Salt	0.25 ts
7111	3- to 3-1/2-pound	1.00
7111	broiler-fryer Chicken,	0.00
7111	cut up	0.00
7111	Vegetable oil	0.00
7112	Stalks celery (about 1	8.00
7112	pound)	0.00
7112	Sliced ripe olives	0.25 c
7112	Chopped fresh parsley	0.25 c
7112	Olive or Vegetable oil	2.00 tb
7112	White wine vinegar	1.00 tb
7112	Chopped fresh or 1/2 ts	1.50 ts
7112	Dried oregano leaves	0.00
7112	Tomato, seeded and chopped	1.00 sm
7112	Cl Garlic, crushed	1.00
7113	(15 ounces) garbanzo beans	1.00 cn
7113	Sesame seed	0.50 c
7113	Cl Garlic, cut in half	1.00
7113	Lemon juice	3.00 tb
7113	Salt	0.25 ts
7113	One-half-inch diagonal slice	16.00
7113	French bread	0.00
7113	Chopped fresh cilantro	2.00 tb
7113	Chopped bell pepper	0.50 c
7113	Cucumber, thinly sliced	0.50 md
7113	Alfalfa sprouts	1.00 c
7114	Melon balls or cubes	2.00 c
7114	Fresh or 8 dry Figs,	4.00
7114	cut into fourths	0.00
7114	Bottled poppy seed dressing	0.33 c
7114	Bibb lettuce leaves	0.00
7115	Cantaloupe, casaba,	1.00 lg
7115	Honeydew or spanish melon	0.00
7115	(about 3 pounds)	0.00
7115	Pound thinly sliced prosciut	0.25
7115	Cut into 1-inch strips	0.00
7116	Egg whites	3.00
7116	Cream of tartar	0.25 ts
7116	Sugar	0.75 c

Sheet1

7117	Pound ground beef	0.50
7117	Dry mustard	0.50 ts
7117	Chili powder	0.25 ts
7117	Onion, finely chopped	1.00 sm
7117	(about 1/4 cup)	0.00
7117	Green bell pepper, finely	0.50 md
7117	Chopped (about 1/4 cup)	0.00
7117	(16 ounces) refried beans	1.00 cn
7117	(8 ounces) tomato sauce	1.00 cn
7117	(1-1/4 ounces) taco	1.00 pk
7117	Seasoning mix	0.00
7117	Finely shredded lettuce	0.00
7117	Shredded cheddar cheese	0.00
7117	SOUR CREAM TOPPING -----	0.00 -----
7117	Sour cream	1.00 c
7117	Shredded cheddar cheese	2.00 tb
7117	Chili powder	0.25 ts
7118	Water	2.25 c
7118	Dried black beans*	0.75 c
7118	Chopped fresh parsley	1.00 tb
7118	White wine vinegar	1.00 tb
7118	Shredded lime or	1.00 tb
7118	Lemon peel	0.00
7118	Red pepper sauce	0.25 ts
7118	Green onions (with tops),	2.00
7118	Thinly sliced	0.00
7118	Red or green bell pepper,	1.00 md
7118	Chopped (about 1 cup)	0.00
7119	Cornmeal	1.50 c
7119	All-purpose flour*	0.50 c
7119	Vegetable oil or shortening	0.25 c
7119	Buttermilk	1.00 c
7119	Baking powder	2.00 ts
7119	Sugar	1.00 ts
7119	Salt	1.00 ts
7119	Baking soda	0.50 ts
7119	Eggs	2.00
7119	(8 ounces) cream-style corn	1.00 cn
7119	(4 ounces) chopped	1.00 cn
7119	Green chilies, well drained	0.00
7119	Chili powder	1.00 ts
7120	Medium buckwheat	1.00 c
7120	Kernels (kasha)	0.00
7120	Egg	1.00
7120	Onions, sliced	2.00 md
7120	Cl Garlic, finely chopped	1.00
7120	Water	2.50 c
7120	Margarine or butter	2.00 tb
7120	Red wine vinegar	1.00 ts

Sheet1

7120	Salt	0.50 ts
7120	Ground cumin	0.25 ts
7120	Tomato, chopped	1.00 md
7120	(about 1 cup)	0.00
7120	Avocado, chopped	1.00 md
7120	(about 1 cup)	0.00
7121	Olive oil	1.00 tb
7121	Cloves garlic, minced	2.00
7121	Pinto beans (15-1/2 oz can)	1.00 cn
7121	Freshly ground black pepper	0.12 ts
7122	Cooked brown or regular long	2.00 c
7122	Grain rice	0.00
7122	All-purpose flour	0.50 c
7122	Salt	0.50 ts
7122	Pepper	0.25 ts
7122	Eggs, beaten	2.00
7122	Ounces monterey jack cheese	2.00
7122	Jalapeno chilies	0.00
7122	Crushed tortilla chips	0.75 c
7122	(about 3 cups)	0.00
7122	Vegetable oil	0.00
7123	Box Confectioner's Sugar	1.00
7123	Cocoa (real)	0.50 c
7123	Stick Margarine, softened	1.00
7123	To 6 lg Marshmallows	4.00 lg
7123	Milk	0.25 c
7123	Vanilla	1.00 ts
7124	Olive oil	1.00 ts
7124	Onion chopped	1.00 sm
7124	Garlic, minced	1.00 cl
7124	Unpeeled zucchini, chopped	1.00 sm
7124	(about 1 cup)	0.00
7124	Eggs	6.00
7124	Basil	0.50 ts
7124	Oregano	0.25 ts
7124	Salt	0.25 ts
7124	Pepper to taste	0.00
7124	Grated parmesan cheese	0.50
7125	Boneless beef sirloin steak	1.00 lb
7125	Chopped onion	0.50 c
7125	(10 3/4 oz) Campbell's	1.00 cn
7125	Condensed Cream of Mushroom	0.00
7125	Soup	0.00
7125	Sour cream	0.50 c
7125	Paprika	0.50 ts
7125	Hot cooked noodles	0.00
7126	Vegetable oil	2.00 ts
7126	Onion, finely diced	1.00 sm
7126	Jalapeno pepper, seeded,	1.00 sm

Sheet1

7126	finely diced	0.00
7126	Clove garlic, minced	1.00
7126	Ground cumin	0.25 ts
7126	Dried oregano	0.25 ts
7126	Chili powder	0.25 ts
7126	Ground coriander seeds	1.00 pn
7126	Black beans, rinsed, drained	16.00 oz
7126	Water	3.00 tb
7126	Salt	0.00
7126	Freshly ground pepper to	0.00
7126	taste	0.00
7126	Avocado, pitted, peeled,	0.50
7126	diced	0.00
7126	Plum tomato, diced	1.00
7126	Scallion, minced	1.00
7126	Minced fresh coriander	1.00 tb
7126	(cilantro)	0.00
7126	Fresh lime juice	2.00 ts
7126	Grated lime zest	1.00 pn
7126	Flour tortillas, warmed	4.00
7127	Butter	1.00
7127	(4 sq) unsweetened	4.00 oz
7127	Chocolate	0.00
7127	Salt	0.50 ts
7127	Butter	6.00 tb
7127	Vanilla	1.00 ts
7127	Eggs	2.00
7127	Chopped pecans/walnuts	0.50 c
7127	Sugar	1.00 c
7127	All purpose flour	1.00 c
7127	(sifted)	0.00
7127	Baking powder	0.50 ts
7128	(15 oz) corned beef hash	1.00 cn
7128	Eggs	3.00
7129	UNCOOKED lasagna noodles	10.00
7129	Jar spaghetti sauce (I use	32.00 oz
7129	Prego Green Label) mixed	0.00
7129	With	0.00
7129	Water	0.50 c
7129	Ricotta Cheese mixed with	1.00 lb
7129	Egg	1.00
7129	Pepper to taste	0.00
7129	Mozzarella, either	12.00 oz
7129	Shredded or sliced	0.00
7129	Parmesan	0.25 c
7130	Bisquick baking mix	1.50 c
7130	Shredded Cheddar or process	1.50 c
7130	American cheese	0.00
7130	Milk	0.75 c

Sheet1

7130	Maple flavored syrup	0.25 c
7130	Sugar	1.00 tb
7130	Eggs	2.00
7130	Slices bacon (about 1/2	12.00
7130	Pound) crisply cooked and	0.00
7130	Crumbled	0.00
7131	Ripe peaches, sliced	2.00 lb
7131	Sugar	0.25 c
7131	Sugar	1.00 tb
7131	Lemon juice	2.00 tb
7131	Cinnamon	0.12 ts
7131	Pinch cloves	1.00
7131	Butter	2.00 tb
7131	Cornstarch	2.00 ts
7131	Water	2.00 tb
7131	*BISCUIT TOPPING*	0.00
7131	Flour	1.00 c
7131	Sugar	1.00 tb
7131	Baking powder	1.25 ts
7131	Margarine	3.00 tb
7131	Milk	0.25 c
7131	Heavy cream	2.00 tb
7131	Cinnamon/sugar mix	1.00
7132	Red cabbage	0.50
7132	Vinegar, white	0.33 c
7132	Sugar	1.00 ts
7132	Cloves, whole	4.00
7132	Peppercorns	4.00
7132	Bay leaf	1.00
7132	Coriander seeds	2.00 ts
7132	Butter	1.00 ts
7132	Apple, large, tart, peeled a	1.00
7132	Onion, finely, chopped	1.00
7132	Salt and pepper	0.00
7133	Unflavored gelatin	1.00 pk
7133	Water	1.00 c
7133	Sugar	3.00 tb
7133	Midori liqueur	0.50 c
7133	Can cooked sweet red	1.00 sm
7133	Beans (azuki)	0.00
7133	Vanilla ice cream or	0.00
7133	Whipped cream	0.00
7134	Sugar	1.25 c
7134	Margarine or butter,	0.50 c
7134	Softened	0.00
7134	Eggs	2.00
7134	Mashed ripe bananas	1.50 c
7134	(3 to 4 medium)	0.00
7134	Buttermilk	0.50 c

## Sheet1

7134	Vanilla	1.00 ts
7134	All-purpose flour*	2.50 c
7134	Baking soda	1.00 ts
7134	Salt	1.00 ts
7134	Chopped nuts, if desired	1.00 c
7135	Egg whites	3.00
7135	Cream of tartar	0.25 ts
7135	Salt	0.12 ts
7135	Sugar	0.75 c
7135	Peppermint extract	0.25 ts
7135	Flaked coconut	2.00 c
7135	(6 ounces) semisweet	1.00 pk
7135	Chocolate chips, reserving	0.00
7135	3 1/2 To 4 Dozen chocolate	0.00
7135	chips	0.00
7136	3 1/2 To 4 cups Powdered	1.00
7136	sugar	0.00
7136	Sweetened condensed milk	0.67 c
7136	Few drops food color, if	0.00
7136	desired	0.00
7136	Peppermint, spearmint or	0.50 ts
7136	Wintergreen extract	0.00
7137	Plain yogurt	1.00 c
7137	Finely chopped fresh or	2.00 tb
7137	1/2 ts Dried mint leaves	0.00
7137	Lemon juice	1.00 tb
7137	Cl Garlic, finely chopped	1.00
7137	Dash of white pepper	0.00
7137	Cucumber, thinly sliced	1.00 md
7137	(about 1-1/4 cups)	0.00
7138	Cold water	3.00 c
7138	Lemon juice (about 4 lemons)	1.00 c
7138	Sugar	0.50 c
7138	Mint leaves	36.00
7139	Margarine or butter,	0.33 c
7139	softened	0.00
7139	Ounces unsweetened chocolate	2.00
7139	Melted and cooled	0.00
7139	Powdered instant coffee	1.50 ts
7139	Powdered sugar	2.00 c
7139	Vanilla	1.50 ts
7139	Milk, about	2.00 tb
7140	Packed brown sugar	0.75 c
7140	Shortening	0.33 c
7140	Margarine or butter,	0.25 c
7140	softened	0.00
7140	Molasses	0.25 c
7140	Cold coffee	0.25 c
7140	Egg	1.00



Sheet1

7140	Baking soda	0.50 ts
7140	Salt	0.50 ts
7140	Ground cinnamon	0.50 ts
7140	Ground nutmeg	0.50 ts
7140	All-purpose flour*	1.75 c
7140	Raisins	1.25 c
7140	Chopped nuts	0.75 c
7141	Milk	0.75 c
7141	Shreds of wheat bran cereal	1.50 c
7141	Egg	1.00
7141	Vegetable oil	0.50 c
7141	Molasses	0.33 c
7141	All-purpose* or whole	1.25 c
7141	Wheat flour	0.00
7141	Baking powder	3.00 ts
7141	Salt	1.00 ts
7142	Envelopes unflavored gelatin	2.00
7142	Cold water	2.00 c
7142	Mayonnaise, salad dressing	1.00 c
7142	or Plain yogurt 1 Container	0.00
7142	(6 ounces) frozen Dip,	0.00
7142	thawed	0.00
7142	Hard-cooked eggs	4.00
7142	Chopped green onions	2.00 tb
7142	(with tops)	0.00
7142	Jars (2 ounces) chopped pimi	1.00
7142	Drained	0.00
7143	Envelope unflavored gelatin	1.00
7143	Cold water	1.00 c
7143	(6 ounces) frozen tangerine	1.00 cn
7143	Juice concentrate, thawed*	0.00
7143	(8 ounces) neufchatel or	1.00 pk
7143	Cream cheese, softened	0.00
7143	(8 ounces) crushed pineapple	1.00 cn
7143	Juice, well drained	0.00
7143	Watercress	0.00
7143	Kiwifruit, sliced	1.00
7144	Cognac	0.25 c
7144	Dry white wine	1.00 c
7144	Calvert's cedar street	3.00 tb
7144	Chive mustard	0.00
7144	Lemon juice (fresh)	1.00 tb
7144	Oregano, crushed	1.00 ts
7144	Cl Garlic, minced	2.00
7144	Emmenthaler, shredded	8.00 oz
7144	Gruyere, shredded	4.00 oz
7144	Freshly ground black pepper	0.00
7144	Fresh french bread, cubed	0.00
7145	Pounds beef boneless chuck,	1.50

Sheet1

7145	Round roast, cut into	0.00
7145	1-inch cubes	0.00
7145	Beef broth or water	1.00 c
7145	Chopped fresh or	0.33 c
7145	Dried coriander leaves	2.00 tb
7145	Chopped fresh italian or	0.33 c
7145	Regular parsley or 2 tb	0.00
7145	Parsley flakes	0.00
7145	Olive or vegetable oil	1.00 tb
7145	Ground ginger	1.00 ts
7145	Salt	0.50 ts
7145	Pepper	0.25 ts
7145	Ground red	0.12 ts
7145	Pepper (cayenne)	0.00
7145	Cl Garlic	12.00
7145	Lemon, cut in half	3.00 sl
7145	Tomatoes, seeded and	2.00 lg
7145	Coarsely chopped	0.00
7146	Onions, chopped	2.00 lg
7146	(about 2 cups)	0.00
7146	Hot cooked couscous	3.00 c
7147	Egg yolks	3.00
7147	Lemon juice	1.00 tb
7147	Firm butter*	0.50 c
7147	Whipping (heavy) cream	0.25 c
7148	3-pound broiler-fryer	1.00
7148	Chicken, cut up	0.00
7148	Water	4.00 c
7148	Salt	1.00 ts
7148	Curry powder	1.00 ts
7148	Lemon juice	1.00 ts
7148	Ground cloves	0.12 ts
7148	Ground mace	0.12 ts
7148	Margarine or butter	2.00 tb
7148	Onion, chopped	1.00 md
7148	(about 1/2 cup)	0.00
7148	All-purpose flour	2.00 tb
7148	Tomatoes, chopped	2.00 md
7148	All-purpose apple,	1.00 lg
7148	Coarsely chopped	0.00
7148	Carrot, thinly sliced	1.00 md
7148	Green bell pepper,	1.00 md
7148	Cut into 1/2-inch pieces	0.00
7149	Meat drippings	2.00 tb
7149	(fat and juices)	0.00
7149	All-purpose flour	2.00 tb
7149	Liquid (meat juices, broth,	1.00 c
7149	Water)	0.00
7149	Salt	0.25 ts

Sheet1

7149	Pepper	0.25 ts
7149	Worcestershire sauce	0.50 ts
7149	Sliced fresh mushrooms or	1.00 c
7149	1 can (4 ounces) mushroom	0.00
7149	stems And pieces, drained	0.00
7150	Uncooked regular long	1.00 c
7150	Grain rice	0.00
7150	Water	2.00 c
7150	Salt, if desired	0.25 ts
7150	(4 ounces) sliced mushrooms	1.00 cn
7150	Or mushroom stems and	0.00
7150	pieces Drained	0.00
7150	Margarine or butter	2.00 tb
7151	Muchrooms, cubed	0.75 lb
7151	Butter	4.00 tb
7151	Onion, finely chopped	0.50 c
7151	Cl Garlic, minced	1.00
7151	Ground turmeric	0.50 ts
7151	Rice	1.00 c
7151	Bay leaf	1.00
7151	Chicken broth	1.25 c
7152	Margarine or butter	2.00 tb
7152	Thin slice onion	1.00
7152	All-purpose flour	2.00 tb
7152	Beef broth	1.00 c
7152	Salt	0.25 ts
7152	Pepper	0.12 ts
7152	Jars (4-1/2 ounces) sliced	1.00
7152	Mushrooms, drained	0.00
7152	Few drops worcestershire	0.00
7152	sauce	0.00
7153	Mushrooms, sliced	2.00 c
7153	Margarine or butter	0.75 c
7153	Chopped celery	1.50 c
7153	(with leaves)	0.00
7153	Finely chopped onion	0.75 c
7153	Soft bread cubes	9.00 c
7153	Salt	1.00 ts
7153	Ground sage	0.50 ts
7153	Chopped fresh or 1/2 ts	1.50 ts
7153	Dried thyme leaves	0.00
7153	Pepper	0.25 ts
7154	Margarine or butter	1.00 tb
7154	Sliced mushrooms	2.00 c
7154	Chopped onion	0.25 c
7154	Lemon juice	1.00 ts
7154	Salt	0.12 ts
7154	Pepper	0.12 ts
7154	Dry white wine	0.33 c

Sheet1

7154	Whipping (heavy) cream	0.67 c
7155	Sliced mushrooms	2.00 c
7155	Minced onions	1.00 c
7155	Julienned danish ham	1.00 c
7155	And/or tongue	0.00
7155	Salt and pepper	0.00
7155	Butter	0.50 c
7155	Brown sauce	0.25 c
7155	Toast or prepared artichoke	0.00
7155	Bottoms	0.00
7155	Fresh parsley	0.00
7156	Pound mushrooms	0.50
7156	Pound leeks (2 medium)	0.75
7156	Olive or Vegetable oil	1.00 tb
7156	Chopped fresh	2.00 tb
7156	Lemongrass*	0.00
7156	Salt	0.25 ts
7156	Pepper	0.25 ts
7156	Cloves garlic, crushed	2.00 lg
7157	Pounds beef short ribs, cut	4.00
7157	Into pieces	0.00
7157	Prepared mustard	0.33 c
7157	Sugar	1.00 tb
7157	Lemon juice	2.00 tb
7157	Salt	1.00 ts
7157	Pepper	0.50 ts
7157	Cl Garlic, crushed	2.00
7157	Onions, sliced	4.00 md
7158	Pounds fresh pork spareribs,	4.50
7158	cut Into serving pieces	0.00
7158	MUSTARD SAUCE -----	0.00 -----
7158	Molasses	0.50 c
7158	Dijon mustard	0.33 c
7158	Cider vinegar	0.33 c
7159	Two-pound well-trimmed	1.00
7159	corned Boneless brisket	0.00
7159	Onion, cut into fourths	1.00 sm
7159	Cl Garlic, crushed	1.00
7159	Head green cabbage,	1.00 sm
7159	Cut into 6 wedges	0.00
7159	Onions, cut in half	6.00 sm
7159	Carrots, cut in half	6.00 md
7159	Potatoes, cut in half	3.00
7159	Turnips, cut in cubes,	3.00
7159	if desired	0.00
7160	Four-pound beef arm, blade	1.00
7160	or Rib pot roast*	0.00
7160	1 To 2 ts Salt	1.00
7160	Pepper	1.00 ts

Sheet1

7160	Jars (5 ounces) prepared	1.00
7160	Horseradish	0.00
7160	Water	1.00 c
7160	Potatoes, cut in half	8.00 sm
7160	Carrots, cut into fourths	8.00 md
7160	Onions	8.00 sm
7160	Pot roast gravy	0.00
7160	Water	0.00
7160	Cold water	0.50 c
7160	All-purpose flour	0.25 c
7161	Loaf french bread	1.00
7161	Milk	1.00 qt
7161	Eggs	3.00
7161	Sugar (most recipes	1.33 c
7161	Call for 1-1/2 to 2 cups, bu	0.00
7161	The sauce is very sweet)	0.00
7161	Raisins	1.00 c
7161	Vanilla	2.00 tb
7161	Butter	3.00 tb
7161	Sugar	1.00 c
7161	Stick butter	1.00
7161	Egg	1.00
7161	Bourbon or to taste	3.00 tb
7162	Thin bean curd, fried,	3.00 oz
7162	Cut into 1/2-inch piece	0.00
7162	Basic soup stock	1.00 c
7162	Soy sauce	1.00 ts
7162	Salt	0.25 ts
7162	Sugar	1.00 ts
7162	Sake	1.00 ts
7162	Chinese cabbage (nappa)	1.00 lb
7162	Washed, cut into 1/4-inch	0.00
7162	Pieces	0.00
7162	Snow peas, trimmed and cut	12.00
7162	Into 1/4-inch pieces	0.00
7163	Oat bran muffin mix	2.00 c
7163	Skim milk	0.75 c
7163	Vegetable oil	0.33 c
7163	Egg whites or	2.00
7163	Cholesterol-free egg product	0.25 c
7163	Chopped nuts	0.50 c
7163	Raisins or snipped pitted	0.50 c
7163	dried Apricots or prunes,	0.00
7163	if desired	0.00
7163	Oat bran muffin mix	0.00
7163	All-purpose flour*	4.25 c
7163	Oat bran	4.00 c
7163	Regular or quick-cooking	3.00 c
7163	oats	0.00

## Sheet1

7163	Sugar	1.00 c
7163	Baking powder	3.00 tb
7163	Salt	1.00 tb
7164	Cooked noodles	3.00 c
7164	Butter	3.00 tb
7164	Grated Swiss cheese	3.00 tb
7164	Sliced green apples	3.00 c
7164	Raisins	0.75 c
7164	Nutmeg	0.50 ts
7164	Cloves	0.25 ts
7164	Molasses	3.00 tb
7165	Recipe egg noodles or	0.50
7165	8 Ounces uncooked wide	0.00
7165	noodles	0.00
7165	Sour cream	2.00 c
7165	Grated parmesan cheese	0.25 c
7165	Chopped fresh chives	1.00 tb
7165	Salt	0.50 ts
7165	Pepper	0.12 ts
7165	Clove garlic, crushed	1.00 lg
7165	Margarine or butter	2.00 tb
7165	Grated parmesan cheese	0.25 c
7166	Ground nuts (almond,	1.50 c
7166	hazelnuts, Pecan, peanut,	0.00
7166	walnut)	0.00
7166	Softened margarine	2.00 tb
7166	Or butter	0.00
7166	Sugar	3.00 tb
7167	Eggs	2.00
7167	All-purpose* or whole wheat	2.00 c
7167	Flour	0.00
7167	Vegetable oil or margarine	0.50 c
7167	Or butter, melted	0.00
7167	Milk	1.75 c
7167	Granulated or	1.00 tb
7167	Brown sugar	0.00
7167	Baking powder	4.00 ts
7167	Salt	0.25 ts
7167	Coarsely chopped or broken	0.75 c
7167	nuts Toasted	0.00
7168	Walnuts, almonds or hazelnut	1.00 c
7168	Vegetable oil	2.00 c
7169	Orange-flavored	2.00 tb
7169	Liquor or orange juice	0.00
7169	Honey	1.00 tb
7169	(8 ounces) cream	1.00 pk
7169	Cheese, softened	0.00
7169	Diced dried fruits and	0.50 c
7169	raisins	0.00

Sheet1

7169	Chopped honey-roasted nuts	0.25 c
7170	Oat bran muffin mix	2.00 c
7170	Milk	0.75 c
7170	Vegetable oil	0.33 c
7170	Egg	1.00
7170	Chopped nuts	0.50 c
7170	Raisins or snipped pitted	0.50 c
7170	drained Apricots or prunes,	0.00
7170	if desired	0.00
7170	Oat bran muffin mix	0.00
7170	All-purpose flour*	4.25 c
7170	Oat bran	4.00 c
7170	Regular or quick-cooking oat	3.00 c
7170	Sugar	1.00 c
7170	Baking powder	3.00 tb
7170	Salt	1.00 tb
7171	Quick cooking rolled oats	3.00 c
7171	Packed brown sugar	0.50 c
7171	Wheat germ	0.25 c
7171	Butter	0.50 c
7171	Corn syrup	0.50 c
7171	TOPPING:	0.00
7171	Semisweet chocolate chips	0.75 c
7171	Crunchy peanut butter	0.25 c
7172	Granulated sugar	0.50 c
7172	Packed brown sugar	0.50 c
7172	Margarine or butter,	0.25 c
7172	softened	0.00
7172	Shortening	0.25 c
7172	Baking soda	0.50 ts
7172	Ground cinnamon	0.50 ts
7172	Vanilla	0.50 ts
7172	Baking powder	0.25 ts
7172	Egg	1.00
7172	Quick-cooking oats	1.50 c
7172	All-purpose flour*	1.00 c
7172	Raisins or chopped nuts	1.00 c
7172	If desired	0.00
7173	All-purpose* flour	1.67 c
7173	Packed brown sugar or	1.00 c
7173	Granulated sugar	0.00
7173	Baking soda	1.00 ts
7173	Salt	0.50 ts
7173	Quick-cooking oats	0.75 c
7173	Raisins	0.50 c
7173	Ground allspice	1.00 ts
7173	Water	1.00 c
7173	Vegetable oil	0.33 c
7173	Vinegar	1.00 ts

Sheet1

7173	Dark molasses	2.00 tb
7174	Quick-cooking oats	1.00 c
7174	Milk	1.00 c
7174	Raisins	1.00 c
7174	Vegetable oil	0.25 c
7174	Vanilla	0.50 ts
7174	Egg	1.00
7174	All-purpose flour* or whole	1.00 c
7174	Wheat flour	0.00
7174	Sugar	0.33 c
7174	Baking powder	3.00 ts
7174	Salt	0.50 ts
7174	Ground nutmeg	0.50 ts
7174	Ground cinnamon	0.25 ts
7174	STREUSEL TOPPING -----	0.00 -----
7174	All-purpose flour	0.25 c
7174	Packed brown sugar	2.00 tb
7174	Margarine or butter	2.00 tb
7175	Cooked rice (left over?)	2.00 c
7175	Milk	2.00 c
7175	Eggs	3.00
7175	Raisins	0.50 c
7175	Granulated sugar	0.33 c
7175	Salt (optional)	0.25 ts
7175	Vanilla extract	1.00 ts
7175	Ground cinnamon or nutmeg	0.25 ts
7176	Water	10.00 c
7176	Dried navy beans	2.00 c
7176	Packed brown sugar	0.50 c
7176	Molasses	0.25 c
7176	Salt	1.00 ts
7176	Bacon, crisply cooked	6.00 sl
7176	And crumbled	0.00
7176	Onion, chopped	1.00 md
7176	(about 1/2 cup)	0.00
7176	Water	3.00 c
7177	Uncooked regular long	1.00 c
7177	Grain rice	0.00
7177	Water	2.00 c
7177	Salt, if desired	0.25 ts
7177	Finely chopped onions	2.00 tb
7177	Margarine or butter	2.00 tb
7178	Cornmeal	1.50 c
7178	All-purpose flour*	0.50 c
7178	Vegetable oil or shortening	0.25 c
7178	Buttermilk	1.50 c
7178	Baking powder	2.00 ts
7178	Sugar	1.00 ts
7178	Salt	1.00 ts



Sheet1

7178	Baking soda	0.50 ts
7178	Eggs	2.00
7178	Shredded process sharp	0.50 c
7178	American cheese (2 ounces)	0.00
7178	Green onions, chopped	3.00 md
7178	(about 1/4 cup)	0.00
7179	Bunches green onions	3.00
7179	(about 20)	0.00
7179	Vegetable oil	1.00 tb
7179	Margarine or butter	1.00 tb
7179	Thin slices gingerroot,	2.00
7179	Finely chopped	0.00
7179	Cl Garlic, finely chopped	1.00
7179	Carrot, shredded	1.00 md
7179	(about 2/3 cup)	0.00
7179	Salt	0.25 ts
7179	Pepper	0.12 ts
7180	Bunches green onions	3.00
7181	Pounds onions	1.50
7181	(8 to 10 small)	0.00
7182	(6 ounces each) orange	2.00 cn
7182	Yogurt	0.00
7182	(3-1/2 ounces) vanilla	1.00 pk
7182	Instant pudding and pie	0.00
7182	filling	0.00
7182	Whipping (heavy) cream	1.00 c
7182	Mandarin orange segments,	0.00
7182	if Desired	0.00
7183	Powdered nondairy creamer	0.50 c
7183	Sugar	0.50 c
7183	Instant coffee (dry)	0.25 c
7183	Dried orange peel	1.00 ts
7183	Ground cinnamon	0.25 ts
7184	Unskinned chicken breasts	8.00
7184	Finely chopped onion	1.00
7184	Fresh orange juice	0.25 c
7184	Calvert's cedar street	0.33 c
7184	Mustard	0.00
7184	Cl Fresh garlic, pressed	3.00
7184	Soy sauce	3.00 tb
7184	White vinegar	3.00 tb
7184	Grated rind of 1 orange	0.00
7184	Of bacon	16.00 sl
7185	Cornstarch	2.00 tb
7185	Orange juice	2.00 c
7185	Honey	2.00 tb
7185	Cinnamon stick	1.00
7185	Egg whites	2.00
7185	Cream of tartar	0.25 ts

Sheet1

7185	Sugar	3.00 tb
7185	Grated orange rind	1.00 ts
7186	(12 ounces) evaporated milk	1.00 cn
7186	(12 ounces) semisweet	1.00 pk
7186	Chocolate chips	0.00
7186	Sugar	0.50 c
7186	Margarine or butter	1.00 tb
7186	Orange-flavored liqueur or	1.00 ts
7186	1 ts Orange extract	0.00
7187	Margarine or butter	0.33 c
7187	Powdered sugar	2.00 c
7187	Grated orange peel	0.50 ts
7187	Orange juice	1.50 ts
7187	2 To 4 tb Orange juice	1.00
7188	Vegetable oil	0.00
7188	Sugar	1.00 c
7188	Light corn syrup	1.00 c
7188	Orange juice	0.75 c
7188	(1-3/4 ounces) powdered	1.00 pk
7188	Fruit pectin	0.00
7188	Baking soda	0.50 ts
7188	Red food color, if desired	2.00 dr
7188	Sugar	0.00
7189	Sugar	1.00 c
7189	Cornstarch	2.00 tb
7189	All-purpose flour	1.00 tb
7189	Salt	0.25 ts
7189	Orange juice	1.25 c
7189	Water	0.50 c
7189	Lemon juice	0.25 c
7189	Margarine or butter	1.00 tb
7189	Grated orange peel	1.00 ts
7189	Grated lemon peel	1.00 ts
7190	Spareribs cut in	3.00 lb
7190	Sections between ribs	0.00
7190	Catsup	2.00 c
7190	Chili sauce	1.00 c
7190	Chopped onions	1.00 c
7190	Cl Garlic minced	2.00
7190	Lemon juice	2.00 tb
7190	Lime juice	2.00 tb
7190	Cider vinegar	0.25 c
7190	Brown sugar	2.00 tb
7190	Soy sauce	1.00 tb
7190	Pickapeppa sauce	2.00 tb
7190	Salt and pepper to taste	0.00
7191	Slice Whole Wheat Bread	1.00
7191	Butter Or Margarine	1.00 tb
7191	Grated Parmesan Cheese	1.00 tb

Sheet1

7192	Fettucini; green preferably	1.00 lb
7192	Pepper	0.00
7192	Onions; thinly sliced	2.00
7192	Sour cream	0.67 c
7192	Oil	0.25 c
7192	Garlic cloves; minced	2.00
7192	Parmesan; grated	1.00 c
7192	Butter	2.00 tb
7193	Honey crunch wheat germ	0.50 c
7193	+ 4 tsp flour	0.25 c
7193	Firmly packed brown sugar	0.33 c
7193	Cinnamon	1.00 ts
7193	Butter	2.00 tb
7193	(about 6 mdm) fresh or 2 (16	6.00 c
7193	oz) pkg frozen thawed	0.00
7193	peaches, sliced	0.00
7193	Blueberries	1.00 c
7194	(29 oz) can sliced peaches	1.00
7194	in heavy syrup	0.00
7194	(3 oz) pkg lemon pie filling	1.00
7194	Seedless raisins	0.25 c
7194	Graham cracker crumbs	0.75 c
7194	Firmly packed light brown	2.00 tb
7194	sugar	0.00
7194	Margarine	2.00 tb
7195	Chicken breasts, boned	12.00
7195	Peanut butter	0.50 c
7195	Honey	0.12 c
7195	Cumin	1.00 ts
7195	Mint, dried	1.00 tb
7195	G. Washington's Golden	1.00 pk
7195	bouillon mix	0.00
7196	Butter Or Margarine	1.00 tb
7196	Large Beaten Egg	1.00
7196	Dark Corn Syrup	0.33 c
7196	Vanilla	0.25 ts
7196	Unbleached Flour	2.00 tb
7196	Baking Powder	0.12 ts
7196	Chopped Pecans	0.25 c
7196	Powdered Sugar	1.00
7197	Sifted flour	2.00 c
7197	Salt	0.50 ts
7197	Baking powder	3.00 ts
7197	Sugar	2.00 tb
7197	Baking soda	0.25 ts
7197	Eggs separated	2.00
7197	Buttermilk	1.50 c
7197	Corn oil	0.50 c
7197	Melted butter	0.25 c

Sheet1

7197	Pecans chopped	1.00 c
7198	Eggs	4.00
7198	Sugar	3.00 tb
7198	Strong-brewed coffee	3.00 tb
7198	Extra-fine instant	1.00 tb
7198	Coffee	0.00
7198	Kahlua	1.00 tb
7198	Milk	2.00 c
7199	Ketchup	2.00 c
7199	Finely diced onion	0.50 c
7199	Finely diced green bell	0.25 c
7199	Pepper	0.00
7199	Finely diced celery	0.25 c
7199	Finely diced jalapeno	0.50 ts
7199	Pepper	0.00
7199	Black pepper	1.50 ts
7199	Garlic powder	1.50 ts
7199	Tabasco sauce	2.00 ds
7199	Worcestershire sauce	1.00 ts
7199	Thyme	0.50 ts
7199	Salt	0.50 ts
7200	Fresh peas, shelled	3.00 lb
7200	Butter	4.00 tb
7200	Olive oil	3.00 tb
7200	Chopped shallots	0.25 c
7200	Prosciutto, thinly	0.12 lb
7200	Sliced and julienned	0.00
7200	Sage leaves	5.00
7200	Fresh mint, chopped	0.50 c
7200	Salt and pepper	0.00
7201	Red plum preserves	1.00 c
7201	Apricot preserves	0.50 c
7201	Applesauce	0.50 c
7201	Honey	2.00 tb
7201	Cider vinegar	0.33 c
7201	A few drops garlic juice	0.00
7202	Leeks, cleaned	8.00 md
7202	(whites only)	0.00
7202	Currants	0.25 c
7202	Tarragon vinegar	0.33 c
7202	French olive oil	2.00 tb
7202	Salt and pepper	0.00
7203	(2-1/2 lb.) chicken, disjoint	1.00
7203	In 4 serving pieces	0.00
7203	Olive oil	2.00 tb
7203	Baking potatoes, peeled and	2.00
7203	Cut into 1-inch cubes	0.00
7203	Sweet butter	0.50 lb
7203	Red peppers, julienned	2.00

Sheet1

7203	Cl Garlic, minced	2.00
7203	White wine	4.00 oz
7203	Lemon juice	2.00 oz
7203	Chopped parsley	2.00 tb
7203	Dried italian sausage,	3.00 oz
7203	Julienned	0.00
7204	Boned, Skinned Chicken	1.00 lb
7204	Breasts Cut Into 1 Inch	0.00
7204	Pieces	0.00
7204	Garlic Powder	0.50 ts
7204	Can Pineapple Chunks,	1.00 lg
7204	Undrained	0.00
7204	Diagonally Sliced 1/4 in.	1.00 c
7204	Thick Carrots	0.00
7204	Can Sliced Water	8.00 oz
7204	Chestnuts Drained	0.00
7204	Snow Peas Diagonally	0.50 lb
7204	Halved	0.00
7204	Cornstarch	1.00 tb
7204	Low Sodium Soy Sauce	2.00 tb
7204	Brown Sugar	1.00 tb
7204	Cider Vinegar	1.00 tb
7204	Hot, Cooked Long Grain Rice	2.00 c
7205	Baking potatoes	3.00 md
7205	Melted butter	2.00 tb
7205	Salt and white pepper	0.00
7205	Cl Garlic, finely minced	1.00
7205	Heavy (whipping) cream	1.00 pn
7206	Idaho potatoes, peeled	6.00 lg
7206	And washed	0.00
7206	Butter	6.00 tb
7206	Salt	0.00
7207	One inch porterhouse steaks	4.00
7207	Mesquite grill	0.00
7208	Potatoes, in 1/2" slices	6.00
7208	Mayonnaise	1.50 c
7208	Onion, minced	1.00
7208	Soy sauce	1.00 tb
7208	Oregano leaves	1.00 tb
7208	Garlic powder	0.50 ts
7208	Parsley	3.00 tb
7208	Cracker crumbs	1.50 c
7208	Grated Parmesan cheese	1.00 c
7209	Beaten egg	1.00
7209	Fine dry bread crumbs	3.00 tb
7209	Worcestershire sauce	1.50 ts
7209	Ground beef	0.50 lb
7209	Brown gravy mix	0.50 pk
7209	Onion, sliced and separated	0.50 sm

Sheet1

7209	Into rings	0.00
7209	Thinly sliced celery	2.00 tb
7210	Flour	2.00 c
7210	Baking powder	5.00 ts
7210	Salt	2.00 ts
7210	Sugar	3.00 tb
7210	Milk	2.00 c
7210	Melted butter	5.00 tb
7210	Eggs beaten	2.00
7210	Pumpkin	1.00 cn
7210	Pecans chopped	0.50 c
7210	Corn oil for griddle	0.00
7211	Oil	0.00
7211	Tortillas	6.00 fl
7211	Shredded monterey jack	2.00 c
7211	Cheese (approximately	0.00
7211	Green chilies, chopped	6.00
7211	Spanish sauce	0.00
7211	Onion, chopped	1.00
7211	Tomato, peeled and chopped	1.00
7211	Green chilies	2.00
7211	Bell pepper, chopped	0.50
7211	Cl Garlic, minced	1.00
7211	Salt and pepper, to taste	0.00
7211	Canned chicken broth,	0.50 c
7211	(approximately)	0.00
7212	Microwave spirals uncooked	1.50
7212	(14-oz) chicken chow mein	1.00 cn
7212	Ready to serve chicken broth	1.00 c
7212	Cashews	0.50 c
7212	Soy sauce	0.00
7213	Swiss cheese; shredded	2.00 c
7213	Mayonnaise	0.50 c
7213	Sauerkraut; rinsed & draine	1.00 cn
7213	Butter	2.00 tb
7213	Corned beef; chopped, 12 oz	1.00 cn
7213	Thousand island dressing or:	0.25 c
7213	Mayonnaise & dash ketchup,	0.25 c
7213	relish	0.00
7213	Tomatoes; sliced (optional)	2.00
7213	Green pepper; cut in rings	1.00
7213	Bread crumbs	0.25 c
7214	Ground beef, crumbled	1.00 lb
7214	Breadcrumbs; soft, preferab	1.00 c
7214	Thousand island dressing	0.50 c
7214	Egg	1.00
7214	Caraway seed (optional)	0.50 ts
7214	Pepper	0.00
7214	Filling:	0.00

Sheet1

7214	Sauerkraut; 8 oz	1.00 cn
7214	Corned beef (from can), chop	1.00 oz
7214	Cheese; swiss, shredded	0.50 c
7215	Oriental sesame oil	0.50 ts
7215	Sweet butter	3.00 tb
7215	Crookneck squash,	2.00 md
7215	Thinly sliced	0.00
7215	Onions, diced	2.00 md
7215	Cl Garlic, minced	2.00
7215	Oregano leaf	1.00 ts
7215	Eggs, beaten	9.00 lg
7215	Calvert's cedar street	3.00 tb
7215	Bumpy beer mustard	0.00
7215	Salt	0.50 ts
7215	Shredded swiss cheese	1.00 c
7216	Cooked, steamed rice	3.00 c
7216	Vinegar	0.33 c
7216	Oil	0.33 c
7216	Thyme	0.50 ts
7216	Tabasco sauce	0.25 ts
7216	Salt	0.50 ts
7216	Black pepper	0.50 ts
7216	(8-1/2 oz.) petit pois	1.00 cn
7216	Peas (drained)	0.00
7216	Jars (8 oz.) quartered marin	1.00
7216	Hearts of artichoke and	0.00
7216	Marinade (from jar)	0.00
7216	Scallions (chopped)	0.33 c
7216	Fresh cherry tomatoes	6.00
7216	(washed and sliced in half	0.00
7216	Head romaine lettuce	1.00 md
7217	Sour cream	1.00 c
7217	Can chopped green chilli,	4.00 oz
7217	drained	0.00
7217	Dried parsley	1.00 tb
7217	Hot cooked white or brown	3.00 c
7217	rice	0.00
7217	Monterey jack (cut in	12.00 oz
7217	strips)	0.00
7218	Pasta, angel hair if	1.00 lb
7218	Available	0.00
7218	Carrots, scrubbed and	2.00 md
7218	Cut into matchstick size	0.00
7218	Crookneck squash, cut	2.00 md
7218	Into matchstick size	0.00
7218	Scallions, chopped	4.00
7218	Olive oil	2.00 tb
7218	Leeks, cleaned and sliced	2.00
7218	Calvert's cedar street	2.00 tb

Sheet1

7218	Garlic mustard	0.00
7218	Ricotta cheese	8.00 oz
7218	Half-and-half	0.75 c
7218	Freshly grated parmesan che	0.00
7219	Beef fillet (see recipe	1.00 lb
7219	For rindsubbe mit einlage	0.00
7219	Red peppers	4.00
7219	Green peppers	4.00
7219	Red onions	2.00
7219	Dijon mustard	2.00 tb
7219	Olive oil	0.50 c
7219	Vinegar	0.50 c
7219	Water	0.50 c
7219	Salt and pepper	0.00
7220	Beef fillet	1.00 lb
7220	Carrots, one julienned and o	2.00
7220	Roughly chopped	0.00
7220	Celery stalks, one julienned	2.00
7220	And one roughly chopped	0.00
7220	Leeks, white part only, one	2.00
7220	Julienned and one roughly	0.00
7220	Chopped	0.00
7220	Bay leaf	1.00
7220	Peppercorns	2.00
7220	Salt and pepper	0.00
7220	Pinch of nutmeg	0.00
7220	Dry sherry	2.00 tb
7220	Fresh chives, chopped	0.00
7220	(for garnish)	0.00
7221	Short grain rice	2.00 c
7221	Stick butter	1.00
7221	Finely chopped onions	1.00 c
7221	Fresh mushrooms, washed	0.25 lb
7221	And quartered (about 1 cup	0.00
7221	Chicken stock	3.00 c
7221	Salt and pepper to taste	0.00
7221	Freshly grated parmesan	0.50 c
7221	Cheese	0.00
7222	Salt (for beef)	1.50 ts
7222	Black pepper (for beef)	1.50 ts
7222	Bottom round roast beef	4.00 lb
7222	Water	1.00 c
7222	GRAVY -----	0.00 -----
7222	Water	0.75 c
7222	Salt	0.25 ts
7222	Black pepper	0.25 ts
7223	Cl Garlic (finely	2.00
7223	Chopped)	0.00
7223	Black pepper	1.00 ts



Sheet1

7223	Salt	1.00 ts
7223	(5-1/2 lb.) leg of lamb	1.00
7223	(room-temperature)	0.00
7223	Water (for gravy)	0.75 c
7223	Salt (for gravy)	0.12 ts
7223	Black pepper (for	0.12 ts
7223	Gravy)	0.00
7224	Fresh red peppers	4.00 lg
7224	Sicilian olive oil	6.00 oz
7224	Fresh basil leaves,	2.00 tb
7224	Chopped	0.00
7224	Oregano leaves, diced	1.00 ts
7224	Cl Garlic, peeled and	8.00
7224	Coarsely minced	0.00
7224	Salt and pepper	0.00
7224	Anchovy fillets	8.00
7224	Sprigs italian parsley	4.00
7225	Rolled rib roast	3.00 lb
7225	Garlic cloves, peeled (opt)	0.00
7225	Pepper (optional)	0.00
7225	Salt (optional)	0.00
7226	(4 Oz.) Chicken Breasts	2.00
7226	Halves, Boned & Skinned	0.00
7226	Salt	0.12 ts
7226	Snow Peas Trimmed	10.00
7226	Red Bell Pepper Strips	0.50 c
7226	Fresh Rosemary Sprigs	2.00
7226	+ 1 t. Lemon Juice	1.00 tb
7226	Fresh Rosemary Sprigs (Opt)	2.00
7227	Bunch curly endive	1.00
7227	Washed and drained	0.00
7227	Bunch watercress, washed and	1.00
7227	Drained	0.00
7227	Bunch dandelion greens,	1.00
7227	Washed and drained	0.00
7227	Papayas	3.00
7227	Stalks celery, sliced	3.00
7227	Mustard dressing	0.00
7227	Prepared dijon mustard	2.00 ts
7227	Egg yolks, well beaten	2.00
7227	Olive oil	1.00 c
7227	Lemon juice	0.33 c
7228	Unsweetened grapefruit	1.00 c
7228	Juice	0.00
7228	Tomato juice	1.00 c
7228	Juice from canned	1.00 tb
7228	Jalapeno peppers	0.00
7228	Grenadine	2.00 tb
7229	Sour cream	16.00 oz

Sheet1

7229	Fresh spinach leaves,	1.00 c
7229	Washed and finely chopped	0.00
7229	Fresh chopped parsley	2.00 tb
7229	Scallions, finely chopped	3.00
7229	Calvert's cedar street	0.25 c
7229	Bumpy beer mustard	0.00
7230	Cucumbers,	4.00 md
7230	Peeled and diced 1/4-inch	0.00
7230	Butter	2.00 tb
7230	Dill weed	1.00 ts
7230	Salt and pepper to taste	0.00
7230	Tomatoes, peeled, seeded and	2.00
7230	Diced	0.00
7231	Zucchini	2.00 md
7231	Seasoned bread crumbs	0.50 c
7231	Chopped parsley	1.00 ts
7231	Oregano	0.50 ts
7231	Grated romano cheese	2.00 ts
7231	Garlic salt	2.00 ts
7231	Pepper	0.12 ts
7231	Sifted flour	0.25 c
7231	Egg, beaten	1.00 lg
7231	Peanut oil	1.00 c
7232	Torn bread	2.00 c
7232	Milk	0.75 c
7232	Ground beef	1.00 lb
7232	Finely chopped onion	0.50 c
7232	Chopped parsley	2.00 tb
7232	Salt	1.00 ts
7232	Garlic powder	0.50 ts
7232	Black pepper	0.25 ts
7232	Tomato ketchup	1.50 c
7232	Apricot preserves	0.25 c
7232	Dijon style mustard	1.00 tb
7232	Cider vinegar	2.00 ts
7232	Hot pepper sauce	0.25 ts
7232	(16 oz) cut green beans,	2.00 cn
7232	Drained	0.00
7233	Red potatoes, thinly	8.00 md
7233	Sliced but not peeled	0.00
7233	Olive oil	0.50 c
7233	Summer savory	2.00 ts
7233	Thyme	2.00 ts
7233	Salt	1.00 ts
7233	Fresh ground pepper to tast	0.00
7233	Parsley, chopped	4.00 tb
7233	Cl Garlic, crushed	1.00
7234	Raw white sesame seeds	0.50 c
7234	Sugar	0.50 c

## Sheet1

7234	Flour	1.00 c
7234	Water	0.00
7234	Baking powder	1.00 tb
7234	Bananas	2.00
7234	Cornstarch	0.50 c
7234	Vegetable oil	4.00 c
7235	Beef flank steak	1.00 lb
7235	Finely chopped green onions	4.00
7235	(about 1/3 cup)	0.00
7235	Soy sauce	0.25 c
7235	Toasted sesame seeds	2.00 tb
7235	Rice wine or dry sherry	2.00 tb
7235	Sugar	1.00 ts
7235	(16 oz) frozen Oriental	1.00 pk
7235	Vegetable combination,	0.00
7235	Cooked	0.00
7235	Cherry tomatoes	0.00
7235	Parsley sprigs	0.00
7236	Fresh spinach, stems	0.50 lb
7236	Removed	0.00
7236	Basic soup stock	4.00 tb
7236	Soy sauce	1.00 ts
7236	Sake	0.25 ts
7236	Salt	0.25 ts
7236	Sugar	0.50 ts
7236	Toasted white sesame	1.00 ts
7236	Seeds	0.00
7237	Egg yolks	2.00
7237	Chopped garlic	1.00 tb
7237	Freshly ground black pepper	0.00
7237	Maille mustard	0.75 tb
7237	Salt	1.00 ts
7237	Worchestershire sauce	1.00 ts
7237	Tarragon vinegar	0.25 c
7237	Olive oil	1.00 c
7237	Grated parmesan cheese	1.00 c
7237	Strip sirloin, trimmed of	1.00 lb
7237	All fat, sliced very thin	0.00
7237	Parsley, chopped	0.00
7238	Uncooked rice	1.00 c
7238	Corn oil	2.00 tb
7238	Onion, chopped	1.00 sm
7238	Cl Garlic, mashed	2.00
7238	Salt and pepper	0.00
7238	Chicken stock (see	2.50 c
7238	Index)	0.00
7239	Corn tortillas	3.00
7239	Corn oil	2.50 c
7239	Cl Garlic	1.00

## Sheet1

7239	Tomato	1.00
7239	Onion	0.50
7239	Chicken stock (see	6.00 c
7239	Index)	0.00
7239	Ground cumin	0.50 ts
7239	Black pepper	0.25 ts
7239	Grated monterey jack	1.00 c
7239	Cheese	0.00
7239	Avocado, sliced (optional)	1.00
7239	Hard-cooked egg, chopped	1.00
7240	Milk	2.00 c
7240	Sweet butter	1.00 tb
7240	Eggs, separated	6.00
7240	Sugar	0.50 c
7240	Flour	0.75 c
7240	Grand marnier liqueur	6.00 tb
7241	Butter	4.00 tb
7241	White bermuda onions,	2.00 lg
7241	Thinly sliced	0.00
7241	Dry sherry	3.00 oz
7241	Quart beef consomme	1.00
7241	Toasted bread croutons, 2-1/ Diameter	4.00 0.00
7241	Thin slices gruyere cheese	4.00
7242	Eggs	5.00
7242	Whole almonds, peeled	6.00 oz
7242	Heavy cream	3.00 c
7242	Quart chicken broth	1.00
7242	(fond de volaille),heated	0.00
7242	Salt and pepper	0.00
7242	Almond slices, lightly	0.00
7242	Toasted	0.00
7243	Dark brn. sugar; firmly pkd.	0.50 c
7243	Salt	0.50 ts
7243	Ground cinnamon	0.50 ts
7243	Ground allspice	0.25 ts
7243	Ground nutmeg	0.12 ts
7243	Ground cloves	0.12 ts
7243	Water	1.50 tb
7243	Pecan halves; walnut halves;	1.50 c
7243	Cashews or a combination	0.00
7244	Chopped onion	2.00 tb
7244	Garlic cloves, minced	2.00
7244	Olive oil	1.00 ts
7244	White or shitake mushrooms	1.00 c
7244	sliced	0.00
7244	Canned italian tomatoes,	1.00 c
7244	(reserve liquid), chopped	0.00
7244	Black olives, sliced in half	5.00 sm

Sheet1

7244	Crushed red pepper	0.12 ts
7244	Cooked penne or ziti pasta	2.00 c
7244	Grated parmesan cheese	2.00 ts
7244	Fresh basil leaves	0.00
7245	Dark brown sugar, packed	0.25 c
7245	Sugar	2.00 tb
7245	Water	0.25 c
7245	Allspice	0.50 ts
7245	Ginger	0.25 ts
7245	Cloves	0.25 ts
7245	Nutmeg	0.25 ts
7245	Cinnamon	0.50 ts
7245	Pumpkin	1.50 c
7246	Fresh spinach	2.00 lb
7246	Unsalted butter	4.00 tb
7246	Olive oil	3.00 tb
7246	Cl Garlic, minced	2.00
7246	Salt to taste	0.00
7246	Cayenne to taste	0.00
7246	Golden seedless raisins	4.00 tb
7246	Pine nuts	4.00 tb
7246	Parmesan cheese	2.00 tb
7247	Spinach	2.00 lb
7247	Bacon fat	4.00 tb
7247	Onion, diced	1.00 sm
7247	Cl Garlic, minced	1.00
7247	Pignolia nuts	2.00 tb
7247	Nutmeg	1.00 ds
7247	Salt and pepper to taste	0.00
7248	Yellow squash, sliced	4.00 md
7248	Onion, chopped	1.00
7248	Butter	4.00 tb
7248	Saltine or ritz crackers	4.00
7248	Eggs, separated	2.00
7248	Cheddar cheese, grated	0.50 c
7248	Cayenne, salt and pepper	0.00
7248	To taste	0.00
7249	(16-oz.) can whole tomatoes	1.00
7249	Butter	0.50 tb
7249	Salt	0.50 ts
7249	Sugar	0.50 ts
7249	Cornstarch	1.00 tb
7249	Diced celery	1.00 tb
7249	Diced onion	1.00 tb
7250	Chianti	2.00 c
7250	Sugar	2.00 c
7250	Thin slices lemon	7.00
7250	Ripe strawberries	2.00 pn
7250	Hulled and sliced	0.00

Sheet1

7251	Sour cream	0.50 c
7251	Whipping cream, whipped	1.50 c
7251	Until stiff	0.00
7251	Brown sugar	1.00 tb
7251	Grand marnier	1.00 tb
7251	Curacao	1.00 tb
7251	Juice of orange	0.25
7251	Juice of lemon	0.00
7251	Fresh strawberries,	1.00 qt
7251	Rinsed and hulled	0.00
7252	Zwieback crackers, crushed	18.00
7252	Butter or margarine, softend	3.00 T
7252	Sugar	1.00 T
7252	Cream cheese	16.00 oz
7252	at room temperature	0.00
7252	Sugar	0.50 c
7252	Egg yolks	2.00
7252	Grated lemon peel	1.00 t
7252	Lemon juice	1.00 T
7252	Egg whites, stiffly beaten	2.00
7252	Commercial sour cream	1.00 c
7252	Sugar	2.00 T
7252	Vanilla extract	1.00 t
7252	Frozen strawberries or	16.00 oz
7252	Fresh strawberries,	1.00 pt
7252	washed and hulled	0.00
7253	9-inch pie shell, baked	1.00
7253	Fresh strawberries	1.50 qt
7253	Scant cup sugar	1.00
7253	Cornstarch	3.00 tb
7253	Lemon juice plus	2.00 tb
7253	Grated lemon zest	0.00
7253	Whipped cream	0.00
7254	Boneless beef, cut in thin,	12.00 oz
7254	Bite-size strips.	0.00
7254	Cooking oil	1.00 tb
7254	Sliced fresh mushrooms	0.75 c
7254	Onion, sliced and separated	1.00 sm
7254	Into rings	0.00
7254	Clove garlic,minced	1.00 sm
7254	Water	0.67 c
7254	Plain yogurt	0.50 c
7254	All-purpose flour	4.00 ts
7254	Tomato paste	1.00 tb
7254	Instant beef bouillon	0.75 ts
7254	Granules	0.00
7254	Hot cooked noodles or rice	0.00
7255	Sm Acorn Squash (1 lb)	0.00
7255	Chopped Celery	0.25 c

Sheet1

7255	Salt	0.25 ts
7255	Cinnamon	0.25 ts
7255	Slice raisin bread, cubed	0.00
7255	Lean ground Pork or Turkey	6.00 oz
7255	Chopped Onion	0.25 c
7255	Curry powder	0.25 ts
7255	Unsweetened Applesauce	0.50 c
7256	Lrg.idaho baking potatoes	4.00
7256	Sour cream	4.00 tb
7256	Chopped chives	2.00 tb
7256	Grated swiss cheese or	7.00 tb
7256	American cheese	0.00
7256	Paprika	0.00
7257	Can Tomato Sauce	8.00 oz
7257	Basil leaves	0.25 ts
7257	Fresh Ground Pepper	0.12 ts
7257	Ricotta cheese	1.00 c
7257	Parsley	1.00 ts
7257	Tomato	1.00 lg
7257	Onion, chopped	1.00 md
7257	Salt, optional	0.25 ts
7257	Oregano leaves	0.25 ts
7257	Shredded Mozzarella Cheese	0.50 c
7257	Zucchini, about 9-in.long	3.00 md
7257	Grated Parmesan Cheese	2.00 tb
7258	Eggplant, unpeeled	1.00 md
7258	And cubed to bite size	0.00
7258	Fresh tomatoes, chopped	1.00 lb
7258	Cl Garlic, chopped	4.00
7258	Fresh basil, coarsely	0.50 c
7258	Chopped and packed	0.00
7258	Olive oil	1.00 c
7258	Small pasta shells	1.00 lb
7258	Salt and pepper to taste	0.00
7259	Lettuce to line 4 plates	0.00
7259	Ham cut into	8.00 oz
7259	Julienne slices	0.00
7259	Sliced scallions	2.00 tb
7259	Calvert's cedar street	1.00 tb
7259	Bumpy beer mustard	0.00
7259	Fresh asparagus, steamed	12.00
7259	Until just tender	0.00
7259	Fresh lemon juice	1.00 tb
7259	Walnut oil	2.00 ts
7259	Fresh oranges, peeled,	2.00
7259	Halved and thinly slice	0.00
7259	Recipe basic vinaigrette	1.00
7259	Feta cheese, crumbled	4.00 oz
7259	Plain yogurt	0.33 c

Sheet1

7259	Oregano	0.50 ts
7260	Bisquick baking mix	0.25 c
7260	Boneless chicken breast	4.00
7260	halves (about 1 1/2 lb.)	0.00
7260	Cornflakes crumbs	0.25 c
7260	Jar sweet and sour sauce	9.00 oz
7260	Salt	0.25 ts
7260	Can pineapple chunks in	8.50 oz
7260	syrup, drained	0.00
7260	Paprika	0.25 ts
7260	Pepper	0.12 ts
7260	Green pepper, cut into 1/4"	0.25 md
7260	strips	0.00
7261	COMBINE AND LET STAND -----	0.00 -----
7261	TVP chunks	1.00 c
7261	Ketchup	1.00 tb
7261	Hot water	1.25 c
7261	REST OF INGREDIENTS -----	0.00 -----
7261	Sliced carrots	1.00 c
7261	Green pepper cut in 1"square	1.00
7261	Can unsweetened pineapple;	20.00 oz
7261	chunks	0.00
7261	Sugar	0.25 c
7261	Cider vinegar	0.25 c
7261	Cornstarch	2.00 tb
7261	Tamari	0.25 c
7262	Beef, boneless round steak	2.00 lb
7262	Flour	0.25 c
7262	Salt	1.00 ts
7262	Pepper	0.25 ts
7262	Celery, thinly sliced	1.00 c
7262	Pepper,green thinly sliced	1.00 md
7262	Onion thinly sliced and sep-	1.00 md
7262	.arated into rings	0.00
7262	Tomato soup (condensed)	1.00 cn
7262	Water	0.67 c
7262	Worchestershire sauce	1.00 tb
7263	16 oz. cans tart cherries	2.00
7263	With liquid	0.00
7263	3-inch piece stick cinnamon	1.00
7263	Medoc (red) wine	1.33 c
7263	Sugar	0.33 c
7263	Heavy cream	2.00 c
7263	Medoc	0.25 c
7264	Extra-large eggs, separated	3.00
7264	Sugar	0.75 c
7264	Lemon (grated peel only)	1.00
7264	Finely ground almonds	1.00 c
7264	Flour	1.00 tb



Sheet1

7264	Lemons, peeled and thinly	2.00
7264	Sliced	0.00
7264	MERINGUE TOPPING -----	0.00 -----
7264	Egg whites	2.00
7264	Sugar	0.25 c
7264	Finely ground almonds	0.75 c
7265	Hard pears (about 10	4.00 lb
7265	Pears, de-stemmed, peeled,	0.00
7265	Cored and cut into eighths	0.00
7265	Sugar	4.00 c
7265	Water	0.25 c
7265	Lemon (thinly sliced and	0.50
7265	Seeded)	0.00
7265	Vinegar	1.00 ts
7265	Variation: add	0.00
7265	Pineapple chunks (drain	4.00 oz
7265	Juice)	0.00
7266	Ground Beef	1.00 lb
7266	Chili Powder	2.00 tb
7266	Clove Garlic; minced	1.00
7266	Pouch Soup Mix *	1.00
7266	Beer or Water	0.75 c
7266	Tomatoes **	1.00 cn
7266	Kidney Beans; drained ***	1.00 cn
7266	Cheddar Cheese; shredded	1.00
7266	Sour Cream	1.00
7267	Sirloin steaks,1 in. thick	2.00 lg
7267	Beef tenderloin, cut	3.00 lb
7267	Into cubes	0.00
7267	Teriyaki sauce	0.00
7267	Shredded fresh ginger	2.00 tb
7267	Root	0.00
7267	Cl Garlic, minced	1.00
7267	Sugar	0.33 c
7267	Msg	0.25 ts
7267	Peach nectar	0.50 c
7267	Soy sauce	0.50 c
7268	Green cabbage grated	6.00 c
7268	Green bell pepper,	1.00 lg
7268	Chopped	0.00
7268	Red bell pepper,	1.00 lg
7268	Chopped	0.00
7268	Fresh coriander, chopped	0.50 c
7268	Clove garlic, mashed	1.00 lg
7268	Jars Pepper, chopped	1.00
7268	Onion, chopped	1.00
7268	Olive or corn oil	1.00 c
7268	Red wine vinegar	0.50 c
7268	Sugar	1.00 ts

Sheet1

7268	Salt and pepper to taste	0.00
7269	Quart vanilla ice cream,	1.00
7269	Softened	0.00
7269	Amaretto di saronna	1.25 c
7269	Liqueur	0.00
7269	Chopped almonds, toasted	0.33 c
7269	Whipped cream	0.00
7270	Margarine	2.00 oz
7270	Pecan halves	8.00 oz
7270	Salt	0.50 ts
7271	Eggs	2.00
7271	Flour	4.00 tb
7271	Peanut oil	4.00 c
7271	Ripe but firm bananas, each	6.00
7271	Cut into 4-5 chunks	0.00
7271	Firm apples,	3.00 md
7271	Cored, peeled and cut into	0.00
7271	8 peices	0.00
7271	Sugar	5.00 tb
7271	Water	5.00 tb
7271	Vegetable oil	3.00 tb
7271	Sesame seeds	1.00 tb
7272	Soft tofu	6.00 oz
7272	White vinegar	0.50 ts
7272	Salt	0.25 ts
7272	Fresh lemon juice	0.25 ts
7272	Salad oil	0.50 ts
7272	Pinch of white pepper	0.00
7273	Tomatoes	3.00 md
7273	Salt and fresh ground peppe	0.00
7273	Minced fresh rosemary	2.00 ts
7273	Minced fresh thyme	2.00 ts
7273	Minced fresh basil	2.00 ts
7273	Melted butter	2.00 tb
7273	Butter	2.00 tb
7274	Sliced red onions	2.00 c
7274	Garlic	1.00 tb
7274	Diced carrots	0.50 c
7274	Diced celery	0.50 c
7274	Olive oil	2.00 tb
7274	Red wine	0.50 c
7274	Chopped tomatoes	2.00 c
7274	(fresh or canned)	0.00
7274	French or domestic	1.00 c
7274	Lentils	0.00
7274	Bay leaf	1.00
7274	Quart vegetable stock (or	1.00
7274	Canned chicken stock)	0.00
7274	Salt and pepper	0.00

## Sheet1

7274	Chopped fresh mint	2.00 tb
7275	Veal-stuffed tortellini	18.00
7275	Chicken stock (see	1.00 qt
7275	Index)	0.00
7275	Chopped fresh parsley	0.00
7275	Parmesan cheese	2.00 tb
7276	(4ozs ea.) Bakers German's	2.00 pk
7276	Sweet Chocolate	0.00
7276	Devided.	0.00
7276	Milk, divided	0.50 c
7276	(8oz) Philadelphia Brand	1.00 pk
7276	Cream cheese, soften.	0.00
7276	Sugar (optional)	2.00 tb
7276	(8oz) cool whip Non-dairy	3.50 c
7276	whipped topping.	0.00
7276	Chocolate wafer crumb crust	1.00
7276	(9inch)	0.00
7277	Lentils, washed	1.50 c
7277	Chicken stock	3.00 c
7277	Red wine vinegar	2.00 tb
7277	Calvert's cedar street	0.50 c
7277	Bumpy beer mustard	0.00
7277	Orange juice	3.00 tb
7277	Cl Garlic, minced	1.00
7277	Oregano leaf	0.50 ts
7277	Raisins	0.50 c
7277	Scallions, thinly sliced	2.00
7277	Oranges, peeled, halved and	2.00
7277	Thinly sliced into half-mo	0.00
7277	Hardboiled eggs, peeled and	2.00
7277	Grated	0.00
7277	Boston lettuce,to line plat	0.00
7278	Bacon slices	6.00
7278	Butter	6.00 tb
7278	Mushrooms; sliced	0.75 c
7278	Onion; chopped	0.33 c
7278	Flour	6.00 tb
7278	Pepper	0.25 ts
7278	Chicken broth	1.50 c
7278	Cream; half and half	1.50 c
7278	Sherry; dry (opt)	3.00 tb
7278	Spaghetti; cooked (3 1/4 cup	8.00 oz
7278	Turkey or chicken; cooked,	2.00 c
7278	Parmesan	0.00
7278	Parsley; chopped	0.00
7278	Approx. Cook Time: :40	0.00
7279	Jigger dark rum	1.00
7279	Jigger light rum	1.00
7279	Jigger apricot brandy	1.00

## Sheet1

7279	Orgeat almond syrup	1.00 ts
7279	Triple sec	2.00 ds
7279	Orange juice	0.00
7279	Pineapple juice	0.00
7280	Hardboiled eggs (not over-	8.00
7280	Cooked), peeled & halved	0.00
7280	Tonnato sauce	0.00
7280	6-1/2 oz. can tuna, packed	1.00
7280	In oil	0.00
7280	Capers	2.00 ts
7280	Calvert's cedar street	2.00 tb
7280	Basil mustard	0.00
7280	Anchovy paste	1.00 ts
7280	Cl Garlic, minced	2.00
7280	Fresh lemon juice	2.00 tb
7280	Extra virgin olive oil	0.75 c
7281	Margarine or butter	0.33 c
7281	Powdered sugar	2.00 c
7281	Vanilla	1.50 ts
7281	2 To 4 tb Hot water	1.00
7282	Top-quality home-style	0.00
7282	Ice cream	0.00
7282	A splash of kahlua	0.00
7283	Lean boneless pork	1.00 lb
7283	Dry sherry	0.67 c
7283	Hoisin sauce	0.25 c
7283	Fresh ginger, grated	1.00 tb
7283	Cloves garlic, minced	3.00
7283	Baby carrots (or carrots cut	0.50 lb
7283	in 2-inch pieces)	0.00
7283	Cornstarch	1.00 tb
7283	Nonstick spray coating	0.00
7283	Fresh pea pods , halved	2.00 c
7283	crosswise (OR 6 oz	0.00
7283	Frozen pea pods, thawed and	0.00
7283	halved crosswise)	0.00
7283	Cooking oil	1.00 tb
7283	Oyster, straw, or shiitake	1.00 cn
7283	mushrooms, drained	0.00
7283	And cut into bite-size	0.00
7283	pieces (15 oz)	0.00
7283	Bok choy or cabbage,	2.00 c
7283	shredded	0.00
7284	Sliced celery	2.00 c
7284	Chopped onion	1.00 c
7284	Sliced fresh mushrooms	8.00 oz
7284	Butter/margarine	2.00 tb
7284	Water	0.50 c
7284	Soy sauce	1.50 tb

Sheet1

7284	Cornstarch	2.00 tb
7284	Instant beef bouillon	1.00 ts
7284	Sugar	1.00 ts
7284	Can chinese vegetables	28.00 oz
7284	Pepper	0.12 ts
7285	Ounces whole mushrooms	8.00
7285	Bell pepper, cut into 6	1.00 md
7285	Strips, then cut in half	0.00
7285	(about 12 pieces)	0.00
7285	Zucchini, diagonally cut	1.00 md
7285	Into 1/2-inch slices	0.00
7285	Cherry tomatoes	6.00 lg
7285	Olive or vegetable oil	2.00 tb
7285	MARINARA DIP -----	0.00 -----
7285	Olive or vegetable oil	2.00 tb
7285	Cl Garlic, finely chopped	1.00
7285	Tomatoes, skinned, seeded	2.00 lg
7285	And cut into fourths	0.00
7285	Finely chopped fresh or	1.00 tb
7285	Dried oregano leaves	1.00 ts
7285	Chopped fresh parsley	1.00 tb
7285	Salt	0.50 ts
7285	Pepper	0.12 ts
7286	Pounds ground beef, pork and	1.50
7286	Turkey	0.00
7286	Milk	1.00 c
7286	Chopped fresh or	1.00 ts
7286	1/4 ts Dried sage leaves	0.00
7286	Salt	1.00 ts
7286	Dry mustard	0.50 ts
7286	Pepper	0.25 ts
7286	Bread, torn to small pieces*	3.00 sl
7286	Egg	1.00
7286	Cl Garlic, finely chopped,	1.00
7286	or 1/8 ts Garlic powder	0.00
7286	Onion, chopped (1/4 cup)	1.00 sm
7286	Worcestershire sauce	1.00 tb
7286	Green bell pepper, chopped	1.00 sm
7286	Carrot, coarsely shredded	1.00 md
7286	(4 ounces) mushroom stems	1.00 cn
7286	and Pieces, drained and	0.00
7286	chopped	0.00
7286	Tomato, thinly sliced	1.00
7286	Processed american cheese	3.00 sl
7287	Beef and broth	0.00
7287	Corn	1.00 ea
7287	Potatoes, cubed	2.00 md
7287	(about 2 cups)	0.00
7287	Carrot, thinly sliced	1.00 md

Sheet1

7287	(about 1/2 cup)	0.00
7287	Stalk celery, sliced	1.00 md
7287	(about 1/2 cup)	0.00
7287	Onion, chopped	1.00 md
7287	(about 1/2 cup)	0.00
7287	1-inch pieces green beans*	1.00 c
7287	Shelled green peas	1.00 c
7287	Pepper	0.25 ts
7287	Tomatoes, chopped	2.00 md
7287	(about 1-1/2 cups)	0.00
7288	Clear chicken broth	4.00 c
7288	Chopped basil	1.00 tb
7288	Chopped tarragon	1.00 tb
7288	Chopped chives	1.00 tb
7288	Chopped sorrel	1.00 tb
7288	Heavy cream	4.00 c
7288	Egg yolks, beaten to blend,	8.00
7288	At room temperature	0.00
7288	Lemon (juice only)	1.00
7288	Salt and pepper	0.00
7289	Margarine or butter	2.00 tb
7289	All-purpose flour	2.00 tb
7289	Chicken broth	1.00 c
7289	Salt	0.25 ts
7289	Pepper	0.12 ts
7289	Ground nutmeg	0.12 ts
7290	3- to 3-1/2-pound venison	1.00
7290	chuck Roast	0.00
7290	Onions, sliced	2.00
7290	Bay leaves	2.00
7290	Peppercorns	12.00
7290	Juniper berries, if desired	12.00
7290	Whole cloves	6.00
7290	Salt	2.00 ts
7290	Red wine vinegar	1.50 c
7290	Boiling water	1.00 c
7290	Vegetable oil	2.00 tb
7290	Or shortening	0.00
7290	Gingersnap cookies, crushed	12.00
7290	(about 3/4 cup)	0.00
7290	Sugar	2.00 ts
7291	Arrugula	1.00 c
7291	Belgian endives	2.00
7291	Head radicchio	1.00
7291	Walnut oil	0.50 c
7291	Olive oil	0.50 c
7291	Salt and pepper	0.00
7291	Chopped walnuts	2.00 tb
7291	Red wine vinegar	0.33 c

Sheet1

7291	Dijon mustard	1.00 ts
7292	Cream	2.00 c
7292	Bunch green onions, chopped	0.50
7292	Mushrooms, sliced	2.00 lg
7292	Stick butter	1.00
7292	Salt	0.25 ts
7292	White pepper	0.12 ts
7292	Cayenne pepper	0.12 ts
7292	White wine	2.00 tb
7292	Egg yolk	1.00
7293	Sugar	0.50 c
7293	Margarine or butter, softene	0.75 c
7293	Egg	1.00
7293	All-purpose flour*	2.00 c
7293	Ground pecans	0.50 c
7293	Apricot jam	0.50 c
7293	Semisweet chocolate chips	0.50 c
7293	Shortening	1.00 tb
7294	Sugar	0.50 c
7294	Margarine or butter, softene	0.75 c
7294	Egg	1.00
7294	All-purpose flour*	2.00 c
7294	Ground pecans	0.50 c
7294	Apricot jam	0.25 c
7294	(6 ounces) semisweet	1.00 pk
7294	Chocolate chips	0.00
7294	Shortening	2.00 tb
7295	Dijon mustard	2.00 ts
7295	Olive oil	1.00 c
7295	Red wine vinegar	3.00 oz
7295	Chopped shallots	1.00 tb
7295	Chopped garlic	1.00 tb
7295	Red pepper flakes	1.00 ts
7295	Salt	0.00
7296	Vinegar	0.33 c
7296	Oil	0.67 c
7296	Salt	1.00 ts
7296	Black pepper	1.00 ts
7297	CRUST -----	0.00 -----
7297	Recipe plain pastry or	1.00
7297	Box (9 oz.) pie crust mix	1.00
7297	FILLING -----	0.00 -----
7297	Bottle (16 oz.) dark karo sy	1.00
7297	Water (for heating syrup)	2.00 c
7297	Eggs	6.00
7297	Sugar	1.00 c
7297	Vanilla extract	1.00 ts
7297	Whole pecans	1.50 c
7297	Margarine	2.00 tb

Sheet1

7298	Eggs	2.00
7298	All-purpose* or whole wheat	2.00 c
7298	Flour	0.00
7298	Vegetable oil or margarine	0.50 c
7298	Or butter, melted	0.00
7298	Milk	1.75 c
7298	Granulated or	1.00 tb
7298	Brown sugar	0.00
7298	Baking powder	4.00 ts
7298	Salt	0.25 ts
7299	Apples, coarsely chopped	2.00 md
7299	(about 2 cups)	0.00
7299	Stalk celery, chopped	1.00 md
7299	(about 1/2 cup)	0.00
7299	Mayonnaise or salad dressing	0.50 c
7299	Coarsely chopped nuts	0.33 c
7299	(8 ounces) pineapple chunks,	1.00 cn
7299	Drained	0.00
7299	Miniature marshmallows	0.50 c
7299	Chopped dates	0.33 c
7300	Finely chopped walnuts	1.00 c
7300	Soft butter, half sweet	0.33 lb
7300	And half salt	0.00
7300	Sugar	0.25 c
7300	Flour	1.00 c
7300	Vanilla	2.00 ts
7300	Powdered sugar	0.00
7301	Fruit	1.00 pk
7301	Sugar	1.00 tb
7301	Margarine or butter	2.00 tb
7301	Bananas or	2.00 sm
7301	Plantain, cut into 1/4-inch	1.00
7301	Pared and cut into 1/4-inch	1.00 pk
7301	Slices, or	0.00
7301	Cantaloupe, cut	1.00 sm
7301	Into 1/4-inch slices	0.00
7301	Sweet white wine or apple ju	0.25 c
7302	(4-lb.) watermelon	1.00
7302	Mint flakes	2.00 tb
7303	Watermelon pulp	1.00 qt
7303	Sugar	0.33 c
7303	Lime juice	2.00 tb
7304	Watermelon,	3.00 sl
7304	Three-quarter-inch thick	0.00
7304	each	0.00
7304	Blackberries	1.50 c
7304	PEAR PUREE -----	0.00 -----
7304	Pears	2.00 md
7304	Light rum	0.25 c



Sheet1

7305	Very thin spaghetti	1.00 lb
7305	Heavy cream	2.00 c
7305	Rosemary, finely	0.50 ts
7305	Crushed	0.00
7305	Cl Fresh garlic, minced	2.00
7305	Calvert's cedar street	2.00 tb
7305	Basil mustard	0.00
7305	Diced fontina cheese	6.00 oz
7305	Toasted walnuts, chopped	1.00 c
7306	Sugar	0.50 c
7306	Light corn syrup	0.25 c
7306	Water	2.00 tb
7306	Egg whites	2.00
7306	Vanilla	1.00 ts
7307	Uncooked regular long	1.00 c
7307	Grain rice	0.00
7307	Water	2.00 c
7307	Salt, if desired	0.25 ts
7308	Margarine or butter	2.00 tb
7308	All-purpose flour	2.00 tb
7308	Salt	0.25 ts
7308	Pepper	0.12 ts
7308	Milk	1.00 c
7309	Margarine or butter	2.00 tb
7309	Stalks celery, sliced	2.00 md
7309	(about 1 cup)	0.00
7309	Carrot, coarsely shredded	1.00 md
7309	(about 1 cup)	0.00
7309	Onion, chopped	1.00 md
7309	(about 1/2 cup)	0.00
7309	Green bell pepper, chopped	1.00 sm
7309	(about 1/2 cup)	0.00
7309	All-purpose flour	3.00 tb
7309	Pepper	0.25 ts
7309	Cooked wild rice	1.50 c
7309	Water	1.00 c
7309	(10-3/4 ounces) condensed	1.00 cn
7309	Chicken broth	0.00
7309	Half-and-half	1.00 c
7309	Slivered almonds, toasted	0.33 c
7309	Chopped fresh parsley	0.25 c
7310	All-purpose flour*	2.50 c
7310	Packed brown sugar	2.00 c
7310	Buttermilk	1.00 c
7310	Margarine or butter, softene	0.75 c
7310	Eggs	3.00
7310	Baking powder	1.00 ts
7310	Baking soda	1.00 ts
7310	Vanilla	1.00 ts

Sheet1

7310	Salt	0.50 ts
7310	Ground nutmeg	0.50 ts
7310	Maple flavoring	0.50 ts
7310	Cooked wild rice, well drain	2.00 c
7310	Chopped nuts,	2.00 c
7310	Toasted, if desired	0.00
7310	MAPLE WHIPPED CREAM -----	0.00 -----
7310	Whipping (heavy) cream	2.00 c
7311	Pound spinach	1.00
7311	Onion, chopped	1.00 md
7311	(about 1/2 cup)	0.00
7311	Bacon, cut up	1.00 sl
7311	Cl Garlic, finely chopped	1.00
7311	Olive or	2.00 tb
7311	Vegetable oil	0.00
7311	Salt	0.50 ts
7311	Pepper	0.25 ts
7311	Ground nutmeg	0.25 ts
7311	Juice of 1/2	0.00
7311	Lime (about 2 tablespoons)	0.00
7312	Variety baking mix	2.00 c
7312	White wine or apple juice	0.67 c
7312	Vegetable oil	2.00 tb
7312	Egg	1.00
7312	Shredded swiss, gruyere or	1.00 c
7312	Cheddar cheese (4 ounces)	0.00
7312	Chopped fresh or	2.00 ts
7312	Freeze-dried chives	0.00
7313	Acorn or butternut	1.25 lb
7313	Squash	0.00
7313	Butter	2.00 tb
7313	Corn oil	2.00 tb
7313	Heavy cream	1.00 c
7313	Madeira wine	0.25 c
7313	Salt and pepper to taste	0.00
7313	Chopped walnuts	0.50 c
7313	Melted butter	2.00 tb
7313	Dry bread crumbs	0.50 c
7314	Pound ground pork	0.50
7314	Green onion (with top), chop	1.00
7314	Soy sauce	2.00 ts
7314	Cornstarch	0.50 ts
7314	Ground ginger	0.25 ts
7314	Wonton skins	24.00
7314	Water	5.00 c
7314	(10-3/4 ounces each)	3.00 cn
7314	Condensed chicken broth	0.00
7314	Soup cans water	3.00
7314	Soy sauce	1.00 tb

Sheet1

7314	Spinach, torn into small	1.00 c
7314	Pieces, or 1 c Watercress	0.00
7315	Beets	5.00 md
7315	(about 1-1/4 pounds)*	0.00
7315	Cornstarch	1.00 tb
7315	Packed brown sugar	1.00 tb
7315	Salt	0.50 ts
7315	Dash of pepper	0.00
7315	Orange juice	0.75 c
7315	Vinegar	0.25 c
7316	Dried shiitake mush-	3.00 lg
7316	Rooms	0.00
7316	Baby corn, cut into 1/2-inch	6.00
7316	Pieces	0.00
7316	Long island potato,	6.00 oz
7316	Peeled, cut into 1/2-inch	0.00
7316	Cubes	0.00
7316	Avocado, cut into 1/2-inch	1.00
7316	Cubes	0.00
7316	Stalk celery, cut into 1/4	1.00
7316	Inch by 1-1/2 inch pieces	0.00
7316	Canned beats, cut in	3.00 oz
7316	Small strips	0.00
7316	White vinegar	1.50 ts
7316	Salt	1.00 ts
7316	Salad oil	1.00 tb
7317	Beef top round steak, cut	1.00 lb
7317	1" thick	0.00
7317	Vegetable oil	1.00 tb
7317	Garlic,minced	1.00 cl
7317	Single strength beef broth	1.00 c
7317	Cornstarch	2.00 tb
7317	Soy sauce	4.00 ts
7317	Finely minced fresh ginger	1.00 ts
7317	Root	0.00
7317	Red bell pepper, cut into	1.00 lg
7317	Thin strips	0.00
7317	(6 oz) frozen pea pods,	1.00 pk
7317	Thawed and patted dry	0.00
7317	Green and White salad	0.00
7317	Savoy	0.00
7318	Plain yogurt	4.00 c
7318	Salt	1.00 ts
7319	Fresh tomatoes, sliced	2.00 lg
7319	8-oz.round mozzarella,	1.00
7319	Sliced into rounds	0.00
7319	Sweet purple onion,	1.00 sm
7319	Peeled and slice into pape	0.00
7319	Thin rounds	0.00

Sheet1

7319	Fresh chopped parsley	2.00 tb
7319	Calvert's cedar street	2.00 tb
7319	Garlic mustard	0.00
7319	Red wine vinegar	1.00 tb
7319	Olive oil	1.00 tb
7319	Capers	2.00 ts
7320	Hard-cooked eggs, peeled	6.00
7320	Mayonnaise, salad	3.00 tb
7320	Dressing or half-and-half	0.00
7320	Dry mustard	0.50 ts
7320	Salt	0.12 ts
7320	Pepper	0.25 ts
7320	Finely shredded cheese	0.50 c
7320	(2 ounces)	0.00
7320	Chopped fresh	2.00 tb
7320	Parsley or 1 ts Prepared	0.00
7320	horseradish	0.00
7321	Butternut squash	2.00 md
7321	Butter	0.50 c
7321	Brown sugar	0.25 c
7321	Salt	0.00
7321	Freshly ground black pepper	0.00
7321	Fresh chives, finely choppe	0.00
7322	Zucchini	1.00 md
7322	(8 ounces) cream cheese	1.00 pk
7322	Cut into 1/4-inch pieces	0.00
7322	Finely chopped green onions	0.25 c
7322	(with tops)	0.00
7322	Oil-and-vinegar dressing	0.25 c
7322	Chopped fresh or	0.75 ts
7322	Dried dill weed	0.25 ts
7322	Margarine or butter,	4.00 ts
7322	Softened	0.00
7322	Rye bread	4.00 sl
7322	Salad greens	0.00
7323	Shredded zucchini	3.00 c
7323	(about 3 medium)	0.00
7323	Sugar	1.67 c
7323	Vegetable oil	0.67 c
7323	Vanilla	2.00 ts
7323	Eggs	4.00
7323	All-purpose* or	3.00 c
7323	Whole wheat flour	0.00
7323	Baking soda	2.00 ts
7323	Salt	1.00 ts
7323	Ground cinnamon	1.00 ts
7323	Ground cloves	0.50 ts
7323	Baking powder	0.50 ts
7323	Coarsely chopped nuts	0.50 c

Sheet1

7323	Raisins if desired	0.50 c
7324	All-purpose flour*	2.00 c
7324	Finely chopped zucchini	2.00 c
7324	(about 3 medium)	0.00
7324	Sugar	1.25 c
7324	Chopped nuts	1.00 c
7324	Vegetable oil	0.50 c
7324	Water	0.33 c
7324	Baking soda	1.25 ts
7324	Salt	1.00 ts
7324	Ground cinnamon	1.00 ts
7324	Ground cloves	1.00 ts
7324	Ground nutmeg	1.00 ts
7324	Vanilla	1.00 ts
7324	Eggs	3.00
7325	Env. Golden Onion Soup Mix	1.00
7325	Milk	1.50 c
7325	Frozen Peas & Carrots *	10.00 oz
7325	Medium Egg Noodles **	8.00 oz
7325	Tuna, Drained & Flaked	6.50 oz
7325	Shredded Cheddar Cheese ***	2.00 oz
7326	Eggplant, lg	1.00
7326	Tomatoes	4.00
7326	Green pepper, diced	1.00
7326	Olive oil	0.25 c
7326	Clove garlic, finely minced	0.50
7326	Pepper, freshly ground	0.00
7326	Onion, med, sliced	1.00
7326	Salt	1.50 ts
7326	Sour cream (optional sauce)	0.00
7327	Olive oil	0.50 c
7327	Onion; chopped	1.00 sm
7327	Green pepper; chopped	1.00 sm
7327	Garlic clove; minced	1.00
7327	Parsley sprig	1.00
7327	Ripe tomato	1.00 lg
7327	peeled, seeded & chopped	0.00
7327	Bay leaf	1.00
7327	Nutmeg	0.25 ts
7327	Cumin	0.25 ts
7327	Thyme	0.25 ts
7327	Saffron; toasted	1.00 pn
7327	Shrimp, raw	1.00 lb
7327	shelled, deveined	0.00
7327	Hot water	1.00 c
7327	Dry white wine	0.25 c
7327	Lemon juice	1.00 tb
7327	Salt	1.00 tb
7327	Hot sauce	0.50 ts

Sheet1

7327	Long grain white rice	2.00 c
7327	Water	2.50 c
7327	Beer	0.50 c
7327	Cooked peas	0.00
7327	Pimiento strips	0.00
7327	Parsley bouquets	0.00
7328	Asparagus, fresh, 2" lengths	2.00 c
7328	Cream of mushroom soup	1.00 cn
7328	Mushrooms, sliced	4.00 oz
7328	Cheddar cheese, grated	2.00 c
7328	French fried onion ring, 3oz	1.00 cn
7329	Unsalted butter	4.00 tb
7329	Unsalted butter	1.00 ts
7329	Flour	3.00 tb
7329	Salt	0.50 ts
7329	Freshly ground black pepper	0.25 ts
7329	Ground mace	0.25 ts
7329	Milk	1.00 c
7329	Whipping cream	0.50 c
7329	Frozen asparagus spears	10.50 oz
7329	Cooked according to the	0.00
7329	Package directions	0.00
7329	And drained well.	0.00
7329	Eggs, hard-cooked	2.00 lg
7329	Peeled & coarsely chopped	0.00
7329	Grated sharp Cheddar cheese	0.75 c
7329	Minced blanched almonds	0.50 c
7329	Soft white bread crumbs	1.00 c
7329	Freshly grated Parmesan	0.25 c
7330	Eggplant	1.00 md
7330	Salad oil	0.25 c
7330	Tomatoes, peeled	3.00 lg
7330	Fresh bread cubes	2.00 c
7330	Snipped parsley	2.00 tb
7330	Galic, minced	1.00 cl
7330	Salad oil	1.00 tb
7330	Grated Parmesan cheese	0.25 c
7331	Macaroni, uncooked	8.00 oz
7331	Eggs, hardboiled, chopped	4.00
7331	Chicken, cooked, chopped	2.00 c
7331	Milk	2.00 c
7331	Cheese, velveeta or preferen	0.50 lb
7331	Cream of mushroom soup	1.00 cn
7331	Cream of chicken soup	1.00 cn
7332	Ground Beef	1.00 lb
7332	Smoked Bacon	0.33 lb
7332	Green Pepper, Chopped	0.75 c
7332	Onions, Chopped	1.00 c
7332	Tomato Sauce	8.00 oz

Sheet1

7332	Mustard	0.12 c
7332	Liquid Hickory Smoke	4.00 tb
7332	Water	1.00 c
7332	Vinegar	4.00 tb
7332	Garlic, Minced	2.00 ts
7332	Thyme	1.00 ts
7332	Brown Sugar	0.75 c
7332	Pork 'n Beans	96.00 oz
7332	Salt to Taste	0.00
7332	Pepper to Taste	0.00
7333	Chicken breast halves,	8.00 oz
7333	Boned and skinned	0.00
7333	Butter or margarine, melted	0.50 c
7333	Garlic salt	0.00
7333	Paprika	1.00 ts
7333	Lemon juice	3.00 tb
7333	Sour cream, room temp.	1.00 c
7333	Sherry or broth	0.50 c
7333	Canned mushroom pieces,	8.00 oz
7333	Drained	0.00
7333	Dash of pepper	0.00
7333	11/25 08:41 AM: BEST TO YOU -----	0.00 -----
7334	Chicken -cooked, diced	2.00 c
7334	Celery - diced	1.50 c
7334	Almonds - blanched	0.50 c
7334	Potato chips - whole	4.00 c
7334	Mayonnaise	0.50 c
7334	Lemon slice - peeled	1.00
7334	Onion - small	0.50
7334	Cheddar cheese cubes	1.00 c
7335	Potatoes,Idaho,medium-size	3.00
7335	Water	0.00
7335	Salt	1.33 ts
7335	Salad oil	2.00 tb
7335	Onion,chopped	0.50 c
7335	Mustard,prepard	1.00 ts
7335	Celery seed	0.25 ts
7335	Cider vinegar	2.00 tb
7335	Green pepper,diced	0.50 c
7335	Carrot,shredded	0.25 c
7336	Corn tortillas, cut into	3.00
7336	1-inch squares	0.00
7336	Olive oil	2.00 tb
7336	Onions, quartered and thinly	2.00 md
7336	sliced	0.00
7336	Cloves garlic, minced	2.00
7336	Green pepper, diced	1.00 md
7336	Tomatoes, diced	2.00 md
7336	Eggs, beaten	6.00

## Sheet1

7336	Low-fat milk	3.00 tb
7336	Can mild green chiles,	1.00 oz
7336	chopped	0.00
7336	Ground cumin	0.50 ts
7336	Dried oregano	0.50 ts
7336	To 3 tb minced fresh	2.00
7336	cilantro or parsley	0.00
7337	Pound turnips (about 4 mediu	1.00
7337	All-purpose apple,	1.00 md
7337	Pared and sliced	0.00
7337	Packed brown sugar	2.00 tb
7337	Salt	0.50 ts
7337	Pepper	0.25 ts
7337	Ground nutmeg	0.25 ts
7337	Egg	1.00
7337	Bacon, cut up	6.00 sl
7337	Onion, chopped	1.00 md
7337	(about 1/2 cup)	0.00
7337	Cl Garlic, crushed	1.00
7339	Pork spare ribs	5.00 lb
7339	Salt	1.50 ts
7339	Beef bouillon cube	1.00
7339	Water,boiling	0.75 c
7339	Oil	1.00 ts
7339	Pineapple,crushed,undrained	1.00 cn
7339	Brown sugar,dark,firm packed	0.25 c
7339	Onion powder	1.00 ts
7339	Garlic powder	0.25 ts
7339	Worcestershire sauce	2.00 tb
7339	Cornstarch	2.00 tb
7339	Water,cold	0.25 c
7340	Butter	4.00 tb
7340	Onions, chopped	2.00 md
7340	Mushrooms, sliced	0.50 lb
7340	Pearl barley	1.50 c
7340	Chicken or beef broth	3.00 c
7340	Salt	0.25 ts
7340	Pepper	0.25 ts
7340	Garnish: chopped parsley	0.00
7342	Fresh mushrooms	0.50 lb
7342	Onion, finely chopped	1.00 lg
7342	Butter	4.00 tb
7342	Barley	1.00 c
7342	Salt and pepper	0.00
7342	Beef broth	3.00 c
7342	Slivered almonds, toasted	0.00
7343	Waldine Van Geffen	0.00
7343	Frozen Lima Beans; 10oz	1.00 pk
7343	Baked Beans; 21oz	1.00 cn



## Sheet1

7343	Kidney Beans; Drained	1.00 cn
7343	Great Northern Beans; 15-1/2	1.00 cn
7343	oz, Drained	0.00
7343	Onion; Chopped	1.00 sm
7343	Smoked Sausage; Cut 1" Piece	1.00 lb
7343	Ketchup	0.75 c
7343	Packed Brown Sugar	2.00 tb
7343	Salt	0.50 ts
7343	Dry Mustard	0.50 ts
7343	Pepper	0.12 ts
7344	Onion, finely chopped	0.25 c
7344	Unsalted butter	0.50 c
7344	Sirloin steak, sliced thinly	1.00 lb
7344	Tomatoes, finely chopped	2.00
7344	Red bell pepper, in 1/2-inch	1.00
7344	Slices	0.00
7344	Green bell pepper, in 1/2-in	0.50
7344	Dice	0.00
7344	Egg, hard-boiled, chopped	1.00 lg
7344	Raisins	0.25 c
7344	Black olives, pitted and	0.25 c
7344	Halved	0.00
7344	Sweet gherkins, chopped	0.25 c
7344	Mushrooms, chopped	0.25 c
7344	Brandy	2.00 tb
7344	Flour	2.50 ts
7344	Beef broth	0.50 c
7344	Oriental chili paste	0.25 ts
7344	Chili sauce	0.50 ts
7344	Ketchup	0.50 ts
7344	Tabasco sauce to taste	0.00
7344	Edam, sliced 1/4-inch thick	7.00 oz
7344	Sauteed bananas as an	0.00
7344	Accompaniment	0.00
7345	Ground beef	1.00 lb
7345	Chunky salsa (1 jar)	12.00 oz
7345	Sweet corn	1.00 c
7345	Mircale Whip(R)	0.75 c
7345	Chili powder	1.00 tb
7345	Tortilla chips (crushed)	2.00 c
7345	Colby/Monterey Jack cheese	2.00 c
7346	Dried mushrooms	6.00
7346	Cooked brown rice	2.00 c
7346	Cooked beef chunks	1.50 c
7346	Crumbled feta cheese	3.00 oz
7346	Pitted black olives	6.00
7346	Parmesan cheese	2.00 tb
7346	Chopped onion	1.00
7346	Oil	1.00 tb

Sheet1

7346	Canned tomatos	1.50 c
7346	Minced garlic clove	1.00
7347	Dried mushrooms	6.00
7347	Cooked brown rice	2.00 c
7347	Cooked beef chunks	1.50 c
7347	Crumbled feta cheese	3.00 oz
7347	Pitted black olives	6.00
7347	Parmesan cheese	2.00 tb
7347	Chopped onion	1.00
7347	Oil	1.00 tb
7347	Canned tomatos	1.50 c
7347	Minced garlic clove	1.00
7348	Water	1.00 c
7348	Salt	0.50 ts
7348	Instant rice	1.00 c
7348	Butter	0.25 c
7348	Chopped onion	0.25 c
7348	Chopped celery	0.25 c
7348	(10 3/4 oz.) cream of	1.00 cn
7348	mushroom soup	0.00
7348	(10 3/4 oz.) cream of celery	1.00 cn
7348	soup	0.00
7348	Pkg. frozen chopped	10.00 oz
7348	broccoli, thawed	0.00
7348	Diced process American	0.50 c
7348	cheese	0.00
7349	Radicchio leaves	0.00
7349	Creamy blue cheese	58.33 g
7349	Greek strained yogurt	91.67 g
7349	Mayonnaise	0.33 tb
7349	Gelozone	1.00 ts
7349	Toasted ground hazelnuts	16.67 g
7349	Hard boiled eggs	0.67
7349	Fresh mixed herbs	2.00 tb
7349	SUGGESTIONS FOR HERBS -----	0.00 -----
7349	Parsley	0.00
7349	Coriander	0.00
7349	Chives	0.00
7349	Paprika	0.00 ts
7349	Seasoning	0.00
7350	Cabbage; Head, Small	1.00 lb
7350	Vegetable Oil	1.00 tb
7350	Onions; Medium, Chopped	2.00
7350	Pork; Lean, Cubed	0.50 lb
7350	Ground Beef; Lean	1.00 lb
7350	Caraway Seeds	1.00 ts
7350	Salt	0.50 ts
7350	Pepper	0.50 ts
7350	White Wine; Dry	0.50 c

## Sheet1

7350	Vegetable Oil	1.00 ts
7350	Bacon; Strips, Thick Sliced	3.00
7351	Large Eggs	6.00
7351	Milk	2.00 c
7351	Salt	1.00 ts
7351	Dry Mustard	1.00 ts
7351	Slices White Bread, Cubed	2.00
7351	Sausage Browned	1.00 lb
7351	Sharp/mild Cheddar Shreds *	1.00 c
7352	White Castle cheeseburgers	10.00
7352	Eggs, beaten	3.00
7352	Milk	2.00 c
7352	Chopped onion	0.50 c
7352	Chopped green peppers	0.50 c
7352	Dry mustard	1.00 ts
7352	Garlic salt	0.75 ts
7352	Pepper	0.25 ts
7352	Grated taco cheese	0.00
7352	Paprika	0.00
7353	(6 ounces) hash brown	1.00 pk
7353	Potato mix*	0.00
7353	Chopped onion	0.33 c
7353	Chopped green bell pepper	0.25 c
7353	Bacon, crisply cooked and	8.00 sl
7353	Crumbled	0.00
7353	(8 ounces) whole kernel corn	1.00 cn
7353	Drained	0.00
7353	Shredded cheddar cheese	1.50 c
7353	(6 ounces)	0.00
7353	Milk	1.00 c
7353	Eggs, beaten	5.00
7353	Salt	0.50 ts
7353	Dash of ground red pepper (	0.00
7353	Paprika	0.00
7354	Eggplant	1.00
7354	Zucchini	2.00 lb
7354	Potatoes	4.00 md
7354	Green peppers	2.00
7354	Red pepper	1.00
7354	Onions	2.00 md
7354	Olive oil	1.00 c
7354	Tomatoes	4.00 md
7354	Garlic cloves	2.00
7354	Sugar	1.00 ts
7354	Salt & pepper; to taste	0.00
7355	Brisket	3.00 lb
7355	Stewed tomatoes	1.00 c
7355	Onion soup mix	1.00
7355	Water	2.00 c

Sheet1

7355	Ginger snap cookies.	6.00
7355	Salt & pepper; to taste	0.00
7356	Box frozen broccoli	1.00
7356	Uncooked minute rice	2.00 c
7356	Cream of mushroom soup	2.00 cn
7356	Sauteed onions	1.50 c
7356	Cheese whiz	16.00 oz
7357	Med Onion, chopped	0.00
7357	Stalk Celery, chopped	0.00
7357	Margarine	3.00 tb
7357	Lean Ground Beef	0.75 lb
7357	Salt	0.50 ts
7357	Med Cabbage, shredded	0.00
7357	Apples, sliced thin	2.00 x
7358	Hamburger	1.00 lb
7358	Oil	1.00 tb
7358	Onion; sliced thin	1.00
7358	Pepper	0.12 ts
7358	Rice; uncooked, converted,	0.50 c
7358	Tomato soup; 10 oz	1.00 cn
7358	Water	1.00 cn
7358	Cabbage; shredded	3.00 c
7359	Frozen Chopped Spinach,	1.00 pk
7359	thawed and squeezed dry	0.00
7359	Condensed Cream of Mushroom	1.00 cn
7359	Soup	0.00
7359	Garlic Clove, minced	1.00
7359	Each:	0.50 ts
7359	Dried Tarragon	0.00
7359	Marjoram	0.00
7359	Salt and Pepper, to taste	0.00
7359	Cooked Noodles, or other	4.00 c
7359	cooked pasta	0.00
7359	Sweet Italian Sausage,	1.00 lb
7359	cooked, drained and	0.00
7359	chopped	0.00
7359	Onion, coarsely chopped	1.00 lg
7359	Egg	1.00
7359	(15-16 oz) Ricotta Cheese	1.00 pk
7359	Tomato, seeded and chopped	1.00
7359	Parsley, chopped	0.00
7360	White Castle hamburgers	16.00
7360	White Castle onion chips	4.00
7360	Slices American cheese	12.00
7360	Milk	0.25 c
7361	Fish stock	2.50 c
7361	Saffron threads	0.25 ts
7361	Dry white wine	0.25 c
7361	Lard	6.00 tb

Sheet1

7361	Chorizo, cut into 1/4-inch	0.50 lb
7361	slices	0.00
7361	Pork loin, in 1-inch dice	1.50 lb
7361	Onion, thinly sliced	1.00 lg
7361	Green bell peppers, julienne	2.00 lg
7361	Tomatoes, peeled, seeded,	2.00 lg
7361	and chopped	0.00
7361	Squid	3.00 lg
7361	Long-grained rice	2.00 c
7361	Blanched almonds	0.75 c
7361	Pine nuts	0.33 c
7361	Garlic cloves, minced	3.00
7361	Artichoke hearts, drained	1.00 c
7361	(canned)	0.00
7361	Clams or mussels, scrubbed	18.00 sm
7361	well	0.00
7361	Peas	0.50 c
7361	Pimientos, julienned	0.25 c
7361	Fresh parsley, minced	2.00 tb
7362	Cauliflower medium, broken i	1.00
7362	Potatoes, large, peeled and	4.00
7362	Butter or margarine	1.00 tb
7362	Eggs	3.00
7362	Cheese gruyere or other hard	0.75 c
7362	To taste	1.00 tb
7362	To taste;also cayenne pepper	1.00 ts
7363	Sugar	1.00 ts
7363	Warm water	1.00 c
7363	Dry yeast	1.00 pk
7363	Warm milk	1.00 c
7363	Butter	2.00 tb
7363	Egg beaten	1.00
7363	Flour	4.00 c
7363	Shredded sharp cheddar	2.00 c
7363	Salt	1.00 tb
7364	Brown Rice, cooked	2.50 c
7364	Green Onions (scallions),	3.00
7364	Chopped	0.00
7364	Lowfat Cottage Cheese -or-	1.00 c
7364	Hoop Cheese	0.00
7364	Dried Dill	1.00 ts
7364	Parmesan Cheese, grated	0.25 c
7364	Lowfat Milk	0.50 c
7365	Salad oil	1.00 tb
7365	Tomatoes(28oz)	1.00 cn
7365	Tomato sauce(8oz)	1.00 cn
7365	Spaghetti sauce mix	1.00 pk
7365	Garlic powder w/parsley	0.50 ts
7365	Salt,seasoned	1.00 ts

Sheet1

7365	Pepper,seasoned	0.50 ts
7365	Lasagne noodles,broad	0.50 lb
7365	Water,salted	0.00
7365	Mozzarella cheese,sliced	0.75 lb
7365	Ricotta cheese	0.75 lb
7365	Parmesan cheese,grated	0.50 c
7366	Ground beef	1.00 lb
7366	Package cream cheese	1.00 sm
7366	Can mushroom soup	1.00
7366	Canned corn with pimento	1.00 c
7366	Refrigerated bisquits	1.00 pk
7367	Green beans,French cut(10oz)	1.00 pk
7367	Butter	4.00 tb
7367	Onion,minced	0.25 c
7367	Flour,all-purpose	4.00 tb
7367	Salt	0.50 ts
7367	Milk	1.50 c
7367	Ham,cooked,chopped	2.00 c
7367	Eggs,hard-cooked,chopped	2.00
7367	Cheddar cheese,shredded(4oz)	1.00 c
7367	Pimiento,chopped	2.00 tb
7367	Parsley,chopped	1.00 tb
7367	Croutons,herb-flavored,crush	0.50 c
7368	(2 pkgs) frozen broccoli,	20.00 oz
7368	Cauliflower & carrots with	0.00
7368	Cheese flaveored sauce	0.00
7368	Sliced celery	0.50 c
7368	Campbell's Cream of	10.75 oz
7368	Mushroom soup (1 can)	0.00
7368	Chopped cooked chicken or	1.00 c
7368	Turkey	0.00
7368	(1 jar) diced pimiento	2.00 oz
7368	Including liquid	0.00
7368	Seasoned croutons, crushed	1.00 c
7369	Ground Beef	1.00 lb
7369	Med. Bell Pepper, chopped	1.00
7369	Clove Garlic, minced	1.00
7369	Pinto Beans, drained	16.00 oz
7369	Tomato Sauce	15.00 oz
7369	Picante Sauce, med. hot	1.00 c
7369	Ground Cumin	1.00 ts
7369	Salt	0.50 ts
7369	Corn Tortillas	12.00
7369	Shredded Cheese	2.00 c
7369	Lettuce, shredded	0.00
7369	Sour Cream	0.00
7369	Fresh Tomato, chopped	0.00
7370	Ingredients:	0.00
7370	Diced or chopped chicken,	1.00 c

Sheet1

7370	cooked	0.00
7370	Cream celery soup	1.00 cn
7370	Cream of chicken soup	1.00 cn
7370	Chicken broth	1.00 cn
7370	Minute rice	1.33 c
7370	Worcestershire sauce	1.00 tb
7370	Of tabasco	1.00 ds
7370	Sherry	0.33 c
7370	Salt and pepper	0.00
7370	French onion rings	0.50 cn
7371	Chicken	4.00 lb
7371	Bottle italian dressing	16.00 oz
7371	White wine	6.00 c
7371	Fresh mushrooms	1.00 lb
7371	Garlic cloves	2.00 x
7371	Chicken gravy (10 1/2 oz)	4.00 c
7372	To 3 lb broiler/fryer	2.00 lb
7372	chicken, cut up	0.00
7372	(to 1/3 cup) flour	0.25 c
7372	Oil	2.00 tb
7372	Long grain rice	1.50 c
7372	Poultry seasoning	1.00 ts
7372	Salt	1.00 ts
7372	Pepper	0.50 ts
7372	Milk	1.00 c
7372	Water	2.33 c
7373	Oil	0.25 c
7373	Flour	0.50 c
7373	Paprika	0.50 ts
7373	Pepper	0.25 ts
7373	Broiler-fryer chicken, cut	3.50 lb
7373	up	0.00
7373	Condensed cream of chicken	1.00 cn
7373	or	0.00
7373	Cream of mushroom soup	0.00
7373	Soft bread cubes (about 10	6.00 c
7373	slices)	0.00
7373	Butter, melted	0.25 c
7373	Milk	1.00 c
7373	Salt	0.75 ts
7373	Rubbed sage	0.50 ts
7373	Dried thyme leaves	0.50 ts
7373	Pepper	0.25 ts
7373	Lg. stalk celery, chopped	1.00
7373	(about 3/4 cup)	0.00
7373	Med. onion, chopped (about	1.00
7373	1/2 cup)	0.00
7374	Chicken breasts, halved	2.00
7374	Carrots, quartered	4.00

Sheet1

7374	Pearl onions	1.00 c
7374	Celery stalks, large pieces	2.00
7374	Potatoes, peeled, quartered	2.00
7374	Chicken broth	0.25 c
7374	10oz can cream of mushroom s	1.00
7374	Skim milk	0.50 c
7374	Dried leaf thyme	0.25 ts
7374	Ground sage	0.12 ts
7374	Bay leaf	1.00
7375	Margarine	0.50 c
7375	Chicken breasts, cooked and	4.00
7375	boned	0.00
7375	Stuffing mix (6 oz.0	1.00 pk
7375	Cream of Mushroom soup	1.00 cn
7375	Cream of Chicken soup	1.00 cn
7375	Chicken broth	2.00 c
7376	Chickens--breasts, thighs, &	2.00
7376	Drumsticks from both	0.00
7376	Flour, salt, & pepper mixed	0.00
7376	Ginger to taste	0.00
7376	Carrots, peeled & quartered	6.00
7376	Margarine	4.00 tb
7376	Flour	2.00 tb
7376	Water	1.00 c
7376	(10-3/4) can beef bouillon	1.00
7376	Catsup	1.00 tb
7376	Worcestershire sauce	1.00 tb
7376	Bay leaves	2.00
7376	Small, peeled onions	6.00
7376	Potatoes, peeled & quartered	6.00
7376	Mushrooms, sauteed	8.00 oz
7376	(8 oz) can english peas	1.00
7377	Flour	2.00 c
7377	Baking powder	3.00 ts
7377	Salt	0.50 ts
7377	Butter	0.50 c
7377	Egg, unbeaten	1.00
7377	Milk	0.50 c
7377	CHICKEN FILLING -----	0.00 -----
7377	Chicken, cooked	3.00 c
7377	Ham, cooked	1.00 c
7377	Mushroom stems & pieces,	8.00 oz
7377	Drained	0.00
7377	Flour	0.50 c
7377	Almonds, toasted, sliced	0.50 c
7377	BROTH -----	0.00 -----
7377	Chicken broth, hot	2.00 c
7377	Cream, light	1.00 c
7377	Salt	1.00 ts



Sheet1

7377	Nutmeg	0.50 ts
7377	Allspice	0.25 ts
7377	Pepper	0.12 ts
7378	Chickens - cooked and diced	2.00
7378	6 oz pkg Stove Top herb	1.00
7378	flavor	0.00
7378	Crn of mushroom soup	1.00 cn
7378	Margarine (melted)	0.25 c
7378	Eggs - beaten	2.00
7378	Chicken broth	2.00 c
7378	Celery	0.33 c
7378	Onion	0.33 c
7378	Milk	0.50 c
7379	SAUCE -----	0.00 -----
7379	Onions, chopped	0.50 c
7379	Butter	2.00 tb
7379	Flour	2.00 tb
7379	Water	1.50 c
7379	Stock, chicken, powdered	0.50 tb
7379	Cream, sour	4.00 oz
7379	ENCHILADAS -----	0.00 -----
7379	Chicken, cooked; chopped	1.00 c
7379	Cheese, cheddar, shredded	1.00 c
7379	Green chilies; drained	0.50 cn
7379	Pimientos, sliced	1.00 oz
7379	Chili powder	0.25 ts
7379	Tortillas, flour	6.00 lg
7379	Cheese, cheddar, shredded	0.25 c
7380	Butter or Margarine, melted	3.00 tb
7380	Chopped onion	1.00 c
7380	Chopped green bell pepper	0.50 c
7380	Clove garlic, minced	1.00
7380	Cubed cooked chicken	1.50 c
7380	15 oz Ranch Style Beans	2.00 cn
7380	4 oz green chilies,chopped	1.00 cn
7380	Flour	2.00 ts
7380	Chicken broth	1.50 c
7380	Shredded Monterey Jack	1.00 c
7380	6 inch corn tortillas	12.00
7381	Chicken breasts; halved	2.00
7381	Olive oil	2.00 T
7381	Green onions; chopped	0.25 c
7381	Garlic; minced	1.00 t
7381	Canned tomatoes; drained and	14.50 oz
7381	Chopped	0.00
7381	Basil	1.00 T
7381	Heavy cream	1.00 c
7381	Egg yolks	2.00
7381	Parmesan cheese	0.75 c

Sheet1

7381	Fettuccine	8.00 oz
7381	Peas (frozen); thawed	1.00 c
7381	Mushrooms (fresh); sliced	1.50 c
7382	Ingredients:	0.00
7382	Onions sliced thinly	3.00
7382	Apples, peeled, cored and	4.00
7382	thinly sliced	0.00
7382	Salt	1.00 ts
7382	Curry powder	1.00 tb
7382	Frying chicken, cut up	1.00
7383	Chicken; diced cooked	2.50 c
7383	Cream of celery soup	1.00 c
7383	Jars Mushrooms; (2.5 oz. eac	2.00
7383	Celery; sliced	0.50 c
7383	Green pepper; diced	0.50 c
7383	Steak sauce	1.00 ts
7383	Marjoram; crumbled	0.50 ts
7383	Piecrust mix	0.50 pk
7383	Dillweed	0.50 ts
7384	Cubed chicken or turkey	0.00
7384	Pepperidge Farm Snd Stuffing	2.00 c
7384	String beans, french cut	1.00 pk
7384	Blanched slivered almonds	2.50 tb
7384	Cream of mushroom soup	1.00 cn
7384	Milk	0.50 c
7384	Butter, melted	2.00 tb
7384	Ravy or 1 can condensed crea	1.50 c
7385	Roasted cold Chicken	2.00 lb
7385	Small red potatoes	0.50 lb
7385	Mushrooms	8.00 oz
7385	Carrots	3.00
7385	Celery stalks	2.00
7385	Onion	1.00
7385	Salad oil	0.25 c
7385	All-purpose flour	0.25 c
7385	Salt	1.50 ts
7385	Chicken bouillon	1.00 ts
7385	Dried thyme	0.50 ts
7385	Ground pepper	0.25 ts
7385	Milk	1.00 qt
7385	Pkg corn-muffin mix	12.00 oz
7385	Egg	1.00 lg
7386	Chopped chicken	5.00 c
7386	Cream of Mushroom Soup	2.00 cn
7386	Mayonnaise	1.00 c
7386	Lemon Juice	2.00 ts
7386	Curry Powder	1.00 ts
7386	Sharp Cheese; Shredded	2.00 c
7386	Buttered Bread Crumbs	2.50 c

Sheet1

7386	Sour Cream	0.50 c
7387	Chopped onion	1.00 lg
7387	Margarine	3.00 tb
7387	Chopped chilies (small)	1.00 cn
7387	Tomato juice	2.00 c
7387	Cheddar cheese soup	1.00 cn
7387	Chili powder	1.00 ts
7387	Garlic powder	0.25 ts
7387	Chopped chicken breast,	2.00 c
7387	cooked	0.00
7387	Dozen tortillas	1.00
7387	Grated cheese	1.00 c
7388	(4 Oz.) Boned, Skinned	6.00
7388	Chicken Breast Halves	0.00
7388	Thinly Sliced Carrots	1.00 c
7388	Water	2.00 tb
7388	Unpeeled Red Potatoes,	1.00 lb
7388	Cut Into 1/8 in. Thick	0.00
7388	Slices	0.00
7388	Flour	2.00 tb
7388	Poultry Seasoning	0.25 ts
7388	Skim Milk Divided	1.00 c
7388	(1 Oz.) Shredded Swiss	0.25 c
7388	Cheese	0.00
7388	Sage	1.00 ts
7388	Salt	0.25 ts
7388	Poultry Seasonng	0.25 ts
7388	Frozen Peas	1.00 c
7389	CHILE RELLENOS -----	0.00 -----
7389	Whole green chiles	20.00 oz
7389	Lg onion	1.00
7389	Cumin	1.00 tb
7389	Salt to taste	1.00
7389	Sharp cheddar, grated	8.00 oz
7389	Can evap. milk	13.00 oz
7389	Can tomato sauce	13.00 oz
7389	Lean ground beef	1.00 lb
7389	Cloves garlic, minced	2.00
7389	Chile powder	3.00 tb
7389	Monterey jack, grated	8.00 oz
7389	Eggs, beaten	4.00
7389	All purpose flour	1.00 tb
7389	TOPPINGS -----	0.00 -----
7389	Sour cream	1.00 c
7389	Chopped pecans (optional)	1.00 c
7389	Raisins (optional)	1.00 c
7390	Whole green chili peppers*	2.00 cn
7390	Sharp Cheddar cheese**	3.00 c
7390	Green onions, sliced	4.00

## Sheet1

7390	Shredded mozzarella cheese	3.00 c
7390	Eggs	6.00
7390	Milk	4.00 c
7390	All-purpose flour	0.75 c
7390	Salt	0.25 ts
7390	Green chili salsa	2.00 cn
7391	Green beans(16oz)	2.00 cn
7391	Bean sprouts,drained(16oz)	1.00 cn
7391	Cream/celery soup(10.75oz)	1.00 cn
7391	Onion rings,Frnch-fried(3oz)	1.00 cn
7392	Rotini	12.00 oz
7392	Boiling salted water	0.00
7392	Butter or margarine	1.00 tb
7392	Medium-size chorizo sausages	4.00
7392	Onion, coarsely chopped	1.00 sm
7392	Can green chilies, chopped	4.00 oz
7392	Milk	1.00 c
7392	Salt	0.50 ts
7392	Of pepper	1.00 ds
7392	Shredded jack cheese	2.00 c
7392	To 8 tomato slices	6.00
7393	Hamburger	1.00 lb
7393	Celery; chopped	0.75 c
7393	Onion; chopped	0.75 c
7393	Boiling water	1.25 c
7393	Rice; uncooked	0.50 c
7393	Salt	0.50 ts
7393	Can chicken and rice soup	1.00
7393	Mushrooms	4.00 oz
7393	Brown sugar	1.00 tb
7393	Soy sauce	2.00 ts
7393	Butter or margarine	1.00 ts
7393	Chow mein noodles	1.50 c
7394	Ingredients:	0.00
7394	Qt. clams, shucked	1.00
7394	Flour	0.25 c
7394	Pepper	1.00 ds
7394	Clam liquid & milk mixed	1.50 c
7394	Onion chopped	1.00 lg
7394	Paprika	0.00
7394	Stick butter or margarine	1.00
7394	Salt	1.50 ts
7394	Curry powder	0.25 tb
7394	Potatoes, boiled, sliced	6.00
7394	Parmesan cheese, grated	4.00 tb
7395	Water	0.33 c
7395	Butter	2.00 tb
7395	Medium onion	1.00
7395	Cubed potatoes	1.50 lb

Sheet1

7395	Chopped bell pepper	0.50 c
7395	Diced pimiento	2.00 oz
7395	Salt	0.50 ts
7395	Pepper	0.25 ts
7395	Shredded Cheddar cheese	0.50 c
7395	Slices bacon, cook & crumble	3.00
7396	Uncooked elbow macaroni	8.00 oz
7396	Chicken and mushroom soup	2.00 cn
7396	Milk	2.50 c
7396	Canned corned beef	12.00 oz
7396	Grated cheddar cheese	1.50 c
7396	Sauteed onions	2.00 sm
7397	Thinly sliced carrots	1.00 c
7397	Chopped onion	0.50 c
7397	Reduced calorie margarine	1.00 tb
7397	Sliced mushrooms	0.50 c
7397	(8 ounce) package noodles, cooked and drained	1.00 0.00
7397	Low-fat cottage cheese	2.00 c
7397	Skim milk	0.50 c
7397	Salt	0.50 ts
7397	Basil	0.50 ts
7397	Thyme	0.25 ts
7397	Pepper	0.12 ts
7398	Low Fat Cottage Cheese, Rinsed & Drained	2.00 c 0.00
7398	Egg Substitute Equal To 3 Eggs	0.00 0.00
7398	Flour	3.00 tb
7398	Low Fat Cheese Cubed (10 Oz.) Frozen Chopped	4.00 oz 0.50 pk
7398	Spinach, Partially Thawed	0.00
7398	Salt	0.25 ts
7399	Lean ground beef	1.50 lb
7399	Onion, chopped	1.00 lg
7399	Garlic, minced	1.00 ts
7399	Seasoned salt	1.00 ts
7399	Chili seasoning mix	1.00 pk
7399	Can of tomatoes	1.00 lb
7399	Cooked whole kernel corn drained	1.50 c 0.00
7399	Can pitted black olives drained	3.25 oz 0.00
7399	Yellow cornmeal	1.00 c
7399	Salt	1.00 ts
7399	Cold water	2.50 c
7399	Chopped canned pimiento	0.25 c
7399	Shredded cheddar cheese	1.00 c
7400	Butter/oleo	0.25 c

## Sheet1

7400	Onion,chopped	0.25 c
7400	Can of crabmeat(or krab)	1.00
7400	Curry powder	0.25 ts
7400	Milk	1.00 c
7400	Bread crumbs	0.50 c
7400	Broccoli frozen, or fresh	1.00
7400	Cheddar,grated	1.00 c
7400	Plus 2T butter or oleo	0.25 c
7400	Flour	2.00 tb
7400	Salt	0.50 ts
7400	Lemon juice	1.00 tb
7401	Crabmeat	1.00 lb
7401	Eggs, separated & beaten	2.00
7401	White sauce	1.50 c
7401	Parsley or green pepper	0.00
7401	Tabasco	0.50 ts
7401	Salt/pepper to taste	0.00
7402	Boneless Chicken Breasts,	4.00
7402	split and flattened	0.00
7402	4-inch Slices of Swiss	8.00
7402	Cheese	0.00
7402	(10-3/4 oz) Condensed Cream	1.00 cn
7402	of Broccoli Soup	0.00
7402	Milk	0.33 c
7402	Herb Stuffing Mix, crushed	1.00 c
7402	Butter or Margarine, melted	0.25 c
7403	All purpose flour	2.00 tb
7403	Skim milk	1.25 c
7403	Pepper to taste	1.00
7403	Dried leaf thyme	0.50 ts
7403	Sliced mushrooms	0.50 c
7403	Chicken broth	1.00 tb
7403	Cubed cooked chicken	2.50 c
7403	Slivered almonds (optional)	0.25 c
7403	Non-fat powdered milk	1.00 tb
7403	Salt	0.25 ts
7403	Dried leaf marjoram	0.50 ts
7403	Celery, thinly sliced	0.50 c
7403	Chicken broth	1.00 c
7403	Cooked rice	3.00 c
7403	Chopped fresh parsley	1.00 tb
7404	All purpose flour	2.00 tb
7404	Non-fat powdered milk	1.00 tb
7404	Skim milk	1.25 c
7404	Salt	0.25 ts
7404	Pepper to taste	1.00
7404	Dried leaf marjoram	0.50 ts
7404	Dried leaf thyme	0.50 ts
7404	Celery, thinly sliced	0.50 c

Sheet1

7404	Sliced mushrooms	0.50 c
7404	Chicken broth	1.00 c
7404	Chicken broth	1.00 tb
7404	Cooked rice	3.00 c
7404	Cubed cooked chicken	2.50 c
7404	Chopped fresh parsley	1.00 tb
7404	Slivered almonds (optional)	0.25 c
7405	Ounces uncooked noodles	8.00
7405	(12-1/2 ounces) tuna,	1.00 cn
7405	Drained	0.00
7405	(4 ounces) sliced	1.00 cn
7405	Mushrooms, drained	0.00
7405	Jars (2 ounces) sliced	1.00
7405	Pimientos, drained	0.00
7405	Sour cream	1.50 c
7405	Milk	0.75 c
7405	Pepper	0.25 ts
7405	Dry bread crumbs	0.25 c
7405	Grated parmesan cheese	0.25 c
7405	Margarine	2.00 tb
7405	Or butter, melted	0.00
7405	Chopped fresh parsley	0.00
7406	Dry lima beans	1.00 lb
7406	Salt	3.00 ts
7406	Molasses	1.00 tb
7406	Butter	0.50 c
7406	Packed brown sugar	0.75 c
7406	Dry mustard	1.00 tb
7406	Sour cream	0.50 c
7407	Cooking oil	1.00 tb
7407	Ground beef	1.25 lb
7407	Chopped onion	0.75 c
7407	Salt	1.00 ts
7407	Pepper	0.50 ts
7407	Sage	0.50 ts
7407	All purpose flour	3.00 tb
7407	Milk	2.00 c
7407	Curry powder	1.00 ts
7408	Lean Hamburger	1.00 lb
7408	Pepper	0.25 ts
7408	Butter	1.00 tb
7408	Onion; Minced	0.25 c
7408	Garlic	0.25 ts
7408	Tomato Sauce; 2 Cn	16.00 oz
7408	Salt	1.00 ts
7408	Sour Cream	1.00 c
7408	Cottage Cheese; Creamed	1.00 c
7408	Carrots; Sliced, Cooked	1.25 c
7408	Md. Noodles; Cooked & Drain	8.00 oz

Sheet1

7408	Cheddar; Md, Shredded	1.00 c
7409	Skim milk	0.75 c
7409	Cornstarch	1.50 tb
7409	Minced fresh parsley	2.00 tb
7409	Of worcestershire sauce	1.00 ds
7409	Tender cooked medium egg	2.00 c
7409	Noodles drained	0.00
7409	Low fat cottage cheese	16.00 oz
7409	Plain low fat yogurt	0.50 c
7409	(4-oz) drained mushroom	1.00 cn
7409	Pieces	0.00
7409	Minced onion	1.00
7409	Salt and pepper to taste	0.00
7409	Cayenne pepper	1.00 pn
7409	Dry mustard	1.00 pn
7409	Grated sharp	5.00 tb
7409	American cheese optional	0.00
7409	Seasoned bread crumb	2.00 tb
7410	Dried Beef, Snipped	4.00 oz
7410	Water	1.00 c
7410	Small Onion, Chopped	1.00
7410	Uncooked Noodles	2.00 c
7410	Cream Of Mushroom Soup *	1.00 cn
7410	Milk	0.50 c
7410	Water	1.00 c
7410	Dried Parsley Flakes	1.00 ts
7410	(1 C) Shredded CheddarCheese	4.00 oz
7411	Egg	3.00 ea
7411	Milk	0.50 c
7411	Soda	1.00 ts
7411	Salt	0.50 ts
7411	Parsley, minced	1.00 x
7411	Butter, melted	1.00 tb
7411	Cream	0.50 c
7411	Flour	3.00 c
7411	Potato	1.00 x
7411	Butter	1.00 x
7412	Pork and beans(16oz)	1.00 cn
7412	Chicken pieces	4.00
7412	Catsup	0.25 c
7412	Peach preserves	2.00 tb
7412	Onion,instant minced	2.00 ts
7412	Soy sauce	0.25 ts
7412	Brown sugar	0.25 c
7413	Pork and beans(16oz)	1.00 cn
7413	Chicken pieces	4.00
7413	Catsup	0.25 c
7413	Peach preserves	2.00 tb
7413	Onion,instant minced	2.00 ts



Sheet1

7413	Soy sauce	0.25 ts
7413	Brown sugar	0.25 c
7414	Chicken breasts, boneless	4.00
7414	Breadcrumbs, buttered	0.25 c
7414	Cheese, swiss or monterey ja	4.00
7414	Mushroom soup	1.00 cn
7414	Wine, sherry or white	0.25 c
7415	Fresh lump crabmeat; drained	1.00 lb
7415	Onion; chopped	1.00 c
7415	Celery; chopped	1.00 c
7415	Herb-seasoned stuffing mix	1.00 c
7415	Mayonnaise	1.00 c
7415	Half and half	1.00 c
7415	Jar of capers; drained	3.00 oz
7415	Old Bay seasoning	1.00 ts
7415	GARNISH -----	0.00 -----
7415	Sweet red pepper strips	0.00
7415	TOAST POINTS -----	0.00 -----
7415	Day old white bread	12.00 sl
7415	Melted butter	0.00
7416	Ground chuck	1.50 c
7416	Onion, chopped	1.00 lg
7416	Green pepper, chopped	1.00 lg
7416	Fresh mushrooms, sliced	0.50 lb
7416	Garlic, minced	2.00 cl
7416	35 oz Italian peeled tomatos	1.00 cn
7416	coarsely chopped and juice	0.00
7416	reserved	0.00
7416	12 oz tomato sauce	1.00 cn
7416	Basil	1.00 ts
7416	Oregano	1.00 ts
7416	Bay leaf	1.00
7416	Salt	0.75 ts
7416	Pepper	0.25 ts
7416	Spaghetti, linguine, or	1.00 lb
7416	fettucine	0.00
7416	Shredded cheddar cheese	2.00 c
7416	Bread crumbs	1.00 c
7417	Eggplant	1.00 lg
7417	Onion chopped	1.00
7417	Egg beaten lightly	1.00
7417	Milk	1.00 c
7417	Saltine cracker crumbs	0.50 c
7417	Cheddar cheese grated	0.50 c
7417	Worcestershire sauce	0.50 ts
7417	Salt and pepper to taste	0.00
7418	Spaghetti sauce mix(1.5oz)	1.00 pk
7418	Tomato sauce(8oz)	1.00 cn
7418	Water	1.50 c

Sheet1

7418	Salt,seasoned	1.00 ts
7418	Onion,minced	0.50 c
7418	Eggplant,large	1.00
7418	Salad oil	0.50 c
7418	Mozzarella cheese,thin slice	0.50 lb
7418	Parmesan cheese,grated	0.25 c
7419	Onion, chopped	0.50 c
7419	Vegetable Oil	1.00 tb
7419	Can Tomato Paste	6.00 oz
7419	Water	1.75 c
7419	Dried Oregano	2.00 ts
7419	Parsley Leaves, freshly	0.25 c
7419	chopped -or-	0.00
7419	Dried Parsley Flakes	2.00 tb
7419	Salt	0.50 ts
7419	Eggplant -or- Zucchini	1.00 lg
7419	Swiss Cheese, sliced	1.00 lb
7419	Dry Bread Cubes	1.50 c
7419	Parmesan Cheese, grated	1.00 c
7420	Chicken breast	4.00
7420	Tomato, canned; mashed	2.00 c
7420	Onion; chopped	0.50 c
7420	Salt	1.00 ts
7420	Garlic powder	1.00 ts
7420	Salsa verde	0.00
7420	Salsa roja	0.00
7420	Sour cream	0.00
7420	Tortillas, corn	0.00
7420	Oil	0.00
7420	SALSA COLORADO -----	0.00 -----
7420	Chiles, red, mild, dried	24.00
7420	Oil	4.00 tb
7420	Garlic clove; minced	10.00
7420	Salt to taste	0.00
7420	Flour	6.00 tb
7420	SALSA VERDE -----	0.00 -----
7420	Tomatillos, peeled	4.00 lb
7420	Onion; finely chopped	0.50 c
7420	Oil	0.25 c
7420	Salt	1.00 ts
7420	Garlic; chopped	1.00 ts
7421	Potatoes	5.00 lg
7421	Salt	0.00
7421	Butter/margarine	2.00 tb
7421	Milk/whipping cream	1.00 ds
7421	Pepper	0.00
7421	Lean ground beef	1.00 lb
7421	Tomato chopped	1.00 lg
7421	Sliced mushrooms	6.00

Sheet1

7421	Chopped parsley	2.00 tb
7421	Tomato paste	1.00 tb
7421	Worcestershire sauce	1.00 ds
7421	Brown gravy	1.00 c
7421	(10-oz) frozen peas or 1 lb	1.00 pk
7421	peas shelled	0.00
7422	Beef-Mushroom Freezer Mix	1.00 pk
7422	Water	0.25 c
7422	Hot enchilada sauce(10oz)	1.00 cn
7422	Green chilies(4oz)	1.00 cn
7422	Red chilies(4oz)(see note)	1.00 cn
7422	Corn chips	3.00 c
7422	Shredded Cheddar cheese	1.50 c
7423	Beef-Tomato Freezer Mix	1.00 pk
7423	Water	0.25 c
7423	Ripe olives; (2 1/4oz)	1.00 cn
7423	Chili powder	2.00 ts
7423	Corn tortillas	6.00
7423	Cheddar cheese; shredded	1.50 c
7423	Monterey Jack cheese; shreidd	1.50 c
7424	Beef-Tomato Freezer Mix	1.00 pk
7424	Chili powder	2.00 ts
7424	Water	0.33 c
7424	Corn; (16oz), whole kernal	1.00 cn
7424	Ripe olives; (2 1/4oz), slic	1.00 cn
7424	Biscuit; baking mix	0.50 c
7424	Yellow cornmeal	0.25 c
7424	Cheddar cheese; shredded	0.75 c
7424	Egg	1.00
7424	Milk	3.00 tb
7425	Broccoli florets	2.00 c
7425	Sliced carrots	1.50 c
7425	Mayonnaise	1.00 c
7425	Shredded cheddar cheese (4	1.00 c
7425	oz.)	0.00
7425	To 4 Drops Hot pepper sauce	3.00
7425	Pepper	0.25 ts
7425	Cooking sherry OR (optional)	0.25 c
7425	Dry white wine (optional)	0.25 c
7425	Sliced zucchini	1.50 c
7425	Sliced celery	1.00 c
7425	Diced green pepper	0.50 c
7425	Diced onion	0.50 c
7425	Minced fresh parsley	1.00 tb
7425	Minced fresh basil	1.00 tb
7425	Butter or margarine	3.00 tb
7425	Saltines, crushed	12.00
7425	Grated Parmesan cheese	0.33 c
7426	Lean Ground Beef	2.00 lb

## Sheet1

7426	Lg. Onion, Chopped	1.00
7426	Med. Green Pepper, Chopped	1.00
7426	Cooking Oil	2.00 tb
7426	Slice Whole Wheat Bread	1.00
7426	Milk	1.00 c
7426	Large Eggs	2.00
7426	Lg. Apple, Chopped	1.00
7426	Chopped Dried Apricots	1.00 c
7426	Curry Powder	2.00 tb
7426	Salt	1.00 ts
7426	Pepper	0.50 ts
7426	Curry Condiments	0.00
7427	Margarine	4.00 tb
7427	Asparagus, cut to 1" pieces	0.50 lb
7427	Peas	1.50 c
7427	Sliced carrots	1.00 c
7427	Cauliflower head, cut into	1.00 sm
7427	-florets	0.00
7427	Kohlrabi, peeled & sliced	2.00 ea
7427	Salt & pepper	0.00
7427	Cold water	0.00
7427	Cornstarch	1.50 ts
7427	Chopped parsley	1.00 tb
7428	16 oz cans cut sweet	3.00
7428	Potatoes in light syrup;	0.00
7428	drained	0.00
7428	Brown sugar; packed	0.25 c
7428	Honey	0.25 c
7428	Cornstarch	1.00 tb
7428	Ground cinnamon	0.50 ts
7428	Ground nutmeg	0.25 ts
7428	Grated orange rind	2.00 ts
7428	Butter	2.00 tb
7428	Pineapple juice	0.50 c
7428	Chopped walnuts	0.25 c
7429	Pounds hubbard squash*	2.00
7429	Margarine or butter	2.00 tb
7429	Sour cream	0.50 c
7429	Onion, finely chopped	1.00 md
7429	(about 1/2 cup)	0.00
7429	Salt	1.00 ts
7429	Pepper	0.25 ts
7430	Lobsters, about 1-1/2 lb. ea	3.00
7430	Unsalted butter	0.25 c
7430	Medium dry sherry	7.00 ts
7430	Brandy	10.00 ts
7430	Heavy cream	1.50 c
7430	Nutmeg	0.25 ts
7430	Cayenne pepper	0.00

Sheet1

7430	Egg yolks, well beaten	4.00 lg
7430	Toast points as an	0.00
7430	accompaniment	0.00
7431	Eggplant	1.00
7431	Zucchini	2.00 lb
7431	Potatoes	4.00 md
7431	Green peppers	2.00
7431	Red pepper	1.00
7431	Onions	2.00 md
7431	Olive oil	1.00 c
7431	Tomatoes	4.00 md
7431	Garlic cloves	2.00
7431	Sugar	1.00 ts
7431	Salt & pepper; to taste	0.00
7432	Butter	3.00 tb
7432	Flour	3.00 tb
7432	Mustard,prepared yellow	1.00 tb
7432	Salt	0.50 ts
7432	Tabasco sauce	0.25 ts
7432	Green beans,undrained(16oz)	1.00 cn
7432	Milk	0.00
7432	Onions,small whole(16oz)	1.00 cn
7432	Bread cubes,buttered	1.00 c
7433	Butter	3.00 tb
7433	Flour	3.00 tb
7433	Mustard,prepared yellow	1.00 tb
7433	Salt	0.50 ts
7433	Tabasco sauce	0.25 ts
7433	Green beans,undrained(16oz)	1.00 cn
7433	Milk	0.00
7433	Onions,small whole(16oz)	1.00 cn
7433	Bread cubes,buttered	1.00 c
7434	Green beans, french style	1.00 cn
7434	Cream of mushroom soup	1.00 cn
7434	Onion rings	1.00 cn
7435	Milk	4.00 c
7435	Hominy grits	1.00 c
7435	Butter or margarine	0.50 c
7435	Roll garlic cheese	1.00
7435	Eggs, well beaten	2.00
7435	Cheese, grated	0.50 c
7436	Carrots, cooked and mashed	2.00 lb
7436	Sharp cheddar cheese	8.00 oz
7436	Salt	0.50 ts
7436	Pepper	0.12 ts
7436	Butter	2.00 tb
7436	Onion, medium, grated	1.00
7436	Green pepper is optional	0.00
7436	Bread crumbs with butter an	0.00

Sheet1

7437	Reduced-calorie margarine	3.00 tb
7437	Flour	3.00 tb
7437	Skim milk	1.50 c
7437	Dry mustard	0.50 ts
7437	Salt	0.25 ts
7437	Pepper	0.12 ts
7437	Worcestershire sauce	0.25 ts
7437	(20 oz.) can whole kernel	1.00
7437	corn, drained	0.00
7437	Shopped onion	0.25 c
7437	Shopped green pepper	0.25 c
7437	Cubed lean cooked ham	2.00 c
7437	Breadcrumbs	1.00 c
7437	Grated low-fat process	1.00 c
7437	American cheese	0.00
7437	Make white sauce of	0.00
7437	margarine, flour and milk	0.00
7437	(see below)	0.00
7437	Stir in mustard, salt,	0.00
7437	pepper, and Worcestershire	0.00
7437	sauce	0.00
7437	Add corn, onion, green	0.00
7437	pepper and ham	0.00
7437	Pour mixture into nonstick	0.00
7437	casserole	0.00
7437	Top with breadcrumbs and	0.00
7437	cheese	0.00
7437	Bake at 375 for 25 minutes	0.00
7437	or until bubbly.	0.00
7437	*****	0.00
7437	*****	0.00
7437	****	0.00
7437	White Sauce	0.00
7437	Yield: 1 cup	0.00
7437	Each serving: 2 Tbsp	0.00
7437	Free Food (1 serving per	0.00
7437	day)	0.00
7437	Reduced-calorie margarine	1.00 tb
7437	All purpose flour	1.00 tb
7437	Skim milk	1.00 c
7437	Salt	0.50 ts
7438	Skim milk	0.25 c
7438	Egg, separated	1.00
7438	Margarine, melted, divided	1.00 tb
7438	Pepper	0.12 ts
7438	Boiled ham, cut into	5.00 oz
7438	1/2-inch cubes	0.00
7438	Cooked noodles (medium	1.00 c
7438	width)	0.00

Sheet1

7438	Salt	1.00 ds
7439	Water or milk	1.25 c
7439	Salt	0.25 ts
7439	Pepper	1.00 ds
7439	Minute rice	1.33 c
7439	Ham, diced, cooked	1.50 c
7439	Green beans, cooked	1.00 c
7440	Noodles	2.00 c
7440	Tomato soup	1.00 cn
7440	Mushroom soup	1.00 cn
7440	Celery	1.00 c
7440	Water	1.00 c
7440	Hamburger	1.00 lb
7440	Onion	1.00
7440	Grated cheese	1.00 c
7441	Hamburger	1.00 lb
7441	Diced medium onion	1.00
7441	Pkg cooked noodles	8.00 oz
7441	Can corn	12.00 oz
7441	Cream of mushroom soup	1.00 cn
7442	Cooking oil	2.00 tb
7442	Ground beef	2.00 lb
7442	Chopped onion	1.00 md
7442	Garlic powder or	0.25 ts
7442	Minced garlic clove	0.00
7442	Salt	2.00 ts
7442	Pepper	2.00 ts
7442	Sliced mushrooms, drained	10.00 oz
7442	Cream of tomato soup	10.00 oz
7442	Cream corn	14.00 oz
7442	Fresh chop suey vegetables	2.00 c
7442	Cooked noodles	3.00 c
7443	Egg Noodles; Medium	6.00 oz
7443	Butter	2.00 tb
7443	Cream Of Mushroom Soup	1.00 cn
7443	Milk	1.00 c
7443	Sour Cream	0.50 c
7443	Salt	0.50 ts
7443	Onion; Finely Chopped	0.50 c
7443	Pimiento; Sliced	0.25 c
7443	Green Bell Pepper;Fine Chop	0.50 c
7443	Celery; Chopped	1.00 c
7443	Tuna; Drained And Flaked *	6.50 oz
7443	Ritz Crackers; **	15.00
7443	Parsley; For Garnish	0.00
7444	Oil	1.00 tb
7444	Beef cubes (stew beef)	1.50 lb
7444	Water	1.00 c
7444	Broad egg noodles	8.00 oz

Sheet1

7444	All purpose flour	2.00 tb
7444	(1 can) stewed tomatoes	16.00 oz
7444	Lipton Onion Soup Mix	1.00 pk
7444	Paprika	1.50 tb
7445	Unsalted butter; softened	1.50 tb
7445	Bell peppers, about 6" long	6.00
7445	Eggs; separated	12.00
7445	Shredded Cheddar cheese	4.00 c
7445	Fresh or frozen corn kernels	2.00 c
7445	Milk	1.00 c
7445	Fresh jalapeno peppers	2.00
7445	seeds & membranes removed	0.00
7445	and minced, -=OR=-	0.00
7445	Use pickled jalapenos tha	0.00
7445	have been rinsed	0.00
7445	and prepared the same way	0.00
7445	Salt; or to taste	1.00 ts
7445	Freshly ground black pepper	0.00
7445	Purchased or homemade salsa	6.00 c
7445	warmed	0.00
7446	Lean Ground Beef	1.00 lb
7446	Celery; Chopped, 2 Stalks	1.00 c
7446	Onion; Chopped, 1 Md	0.50 c
7446	Clove Garlic; Minced	1.00
7446	Garbanzo Or Lima Beans, 1 Cn	16.00 oz
7446	Pork And Beans; 1 Cn	16.00 oz
7446	Green Bell Pepper; Chopped	0.50 c
7446	Salt	1.00 ts
7446	Tomato Paste; 1 Cn	6.00 oz
7447	----INGREDIENTS-----	0.00
7447	Large 12-1/2-ounce can white	1.00
7447	Or light meat tuna, drained	0.00
7447	Vegetable Oil	2.00 tb
7447	Apple; cored and chopped	1.00
7447	Onion; chopped	1.00 sm
7447	Curry	0.50 ts
7447	Flour	3.00 tb
7447	Milk	0.50 c
7447	Chicken bouillon; (that's	1.00 c
7447	one cube of bouillon in one	0.00
7447	cup of water)	0.00
7447	(8-ounce) package egg	1.00
7447	Noodles; cooked & drained	0.00
7447	Or	0.00
7447	Cooked rice	1.00 c
7448	Bacon, diced	1.00 lb
7448	Bread crumbs	2.00 c
7448	Minced onion	0.25 c
7448	Chopped green pepper	0.50 c



Sheet1

7448	Cream style corn	2.00 cn
7448	(16.5 oz. ea.)	0.00
7449	Potatoes peeled and sliced	6.00 md
7449	thin	0.00
7449	Onions sliced thin	2.00 md
7449	Carrots scraped and sliced	3.00
7449	thin	0.00
7449	Cooked rice not instant	0.25 c
7449	(14.5-oz) peas with liquid	1.00 cn
7449	(20-oz) sausage links/	1.00 pk
7449	ground chuck browned in	0.00
7449	amounts you like	0.00
7449	(15-oz) condensed cream of	1.00 cn
7449	tomato soup diluted with a	0.00
7449	soup	0.00
7450	Olive oil	5.00 tb
7450	Lamb, lean boneless from the	1.00 kg
7450	shoulder cut into 4cm pcs	0.00
7450	Brown onions	2.00
7450	Italian parsley, leaves only	0.50 bn
7450	chopped	0.00
7450	Garlic cloves crushed	3.00
7450	Capsicum red, cut into strip	1.00
7450	Lamb or beef stock	250.00 ml
7450	Potatoes, peeled & cut into	500.00 g
7450	4cm pieces	0.00
7450	Pecorino, grated	60.00 g
7451	FIRST LAYER -----	0.00 -----
7451	Lean ground beef	1.00 lb
7451	Salt	1.00 ts
7451	Pepper	0.25 ts
7451	Garlic, minced	1.00 cl
7451	SECOND LAYER -----	0.00 -----
7451	Water	4.00 c
7451	Salt	1.00 ts
7451	Zucchini or summer squash,	3.00 lb
7451	chopped	0.00
7451	4 oz chopped green chiles	1.00 cn
7451	Onion, finely chopped	1.00 md
7451	Butter	2.00 tb
7451	Shredded cheddar cheese	1.00 c
7451	THIRD LAYER -----	0.00 -----
7451	Eggs	2.00
7451	Cottage cheese	2.00 c
7451	Chopped parsley	2.00 ts
7451	Grated Parmesan cheese	2.00 tb
7452	Frozen southern-style hash	32.00 oz
7452	Browns	0.00
7452	Butter	1.00 c

Sheet1

7452	Salt	1.00 ts
7452	Pepper	1.00 ts
7452	Chopped onion (I use more)	0.50 c
7452	(10 1/2 oz) cream of	1.00 cn
7452	Chicken soup	0.00
7452	Sour cream	1.00 c
7452	Corn flake crumbs	2.00 c
7453	Belly of pork	0.75 lb
7453	Smoked bacon	0.75 lb
7453	Potatoes	2.00 lb
7453	Mushrooms	0.25 lb
7453	Rosemary	1.00 ts
7453	Onions	1.00 lb
7453	Stock	0.75 c
7453	Salt and pepper	0.00
7453	Butter	2.00 oz
7454	Fryer chicken	1.00
7454	Onion chopped	1.00 md
7454	Chopped celery	0.75 c
7454	Salt	1.00 ts
7454	Cream of chicken soup	1.00 cn
7454	Cream of mushroom soup	1.00 cn
7454	Tortillas cut in pieces	12.00
7454	Chopped green pepper	1.00
7454	Ro-tel tomatoes	1.00 cn
7454	Sharp cheddar cheese	1.00 c
7455	Boneless chicken breasts,	2.00 lb
7455	Skinned	0.00
7455	Can cream of mushroom soup	1.00
7455	Broth	0.75 c
7455	Sour cream	1.00 c
7455	Dash of garlic	0.00
7455	Dash of onion	0.00
7455	Dash of curry	0.00
7455	Jar whole mushrooms	1.00
7455	Paprika	0.00
7456	Ingredients:	0.00
7456	(16 oz.) French style green	1.00 cn
7456	beans, drained	0.00
7456	(16 oz.) lima or northern	1.00 cn
7456	beans, drained	0.00
7456	(16 oz.) kidney beans,	1.00 cn
7456	drained	0.00
7456	(16 oz.) pork and beans	1.00 cn
7456	Onion, chopped	1.00 md
7456	(12 oz.) spam and cubed	1.00 cn
7456	Brown sugar	0.50 c
7456	Ketchup	1.00 c
7456	Mollasses	1.00 tb

Sheet1

7456	Green pepper, diced	1.00
7456	Worcestershire sauce	1.00 tb
7456	Vinegar	4.00 tb
7456	Dried mustard	1.00 tb
7457	Chickens--breasts, thighs, &	2.00
7457	Drumsticks from both	0.00
7457	Flour, salt, & pepper mixed	0.00
7457	Ginger to taste	0.00
7457	Carrots, peeled & quartered	6.00
7457	Margarine	4.00 tb
7457	Flour	2.00 tb
7457	Water	1.00 c
7457	(10-3/4) can beef bouillon	1.00
7457	Catsup	1.00 tb
7457	Worscestershire sauce	1.00 tb
7457	Bay leaves	2.00
7457	Small, peeled onions	6.00
7457	Potatoes, peeled & quartered	6.00
7457	Mushrooms, sauteed	8.00 oz
7457	(8 oz) can english peas	1.00
7458	Elbow macaroni(8oz)	2.00 c
7458	Salt	0.00
7458	Water,boiling	3.00 qt
7458	Corn oil	2.00 tb
7458	Onion,pearl whole	3.00 c
7458	Garlic clove,large,crushed	1.00
7458	Tomatoes,undrained(16oz)	1.00 cn
7458	Sugar	2.00 ts
7458	Tomato paste(6oz)	1.00 cn
7458	Eggs	2.00
7458	Cottage cheese(16oz)	1.00 cn
7458	Spinach,chopped(10oz)	2.00 pk
7458	Cheddar cheese,grated(3/4#)	3.00 c
7458	Sage,ground	1.00 ts
7459	Hot bulk pork sausage	0.50 lb
7459	Eggs	4.00
7459	White bread; crumbed	3.00 sl
7459	Milk	1.50 c
7459	Salt	0.50 ts
7459	Dry mustard	0.50 ts
7459	Shredded cheddar cheese	1.00 c
7460	Package, elbow macroni	16.00 oz
7460	Medium green peppers	3.00
7460	Medium onions	3.00
7460	Mushrooms	0.50 lb
7460	Salad oil	3.00 tb
7460	Ground bee, veal or pork	1.50 lb
7460	Can tomatoes	28.00 oz
7460	Pepper	0.25 ts

Sheet1

7460	Package mozzarella cheese	8.00 oz
7461	14.5 oz. Old El Paso Tamales	1.33 cn
7461	20 oz. drained yellow	0.67
7461	Vienna Sausages cut in 1/3ds	0.67 cn
7461	Shredded sharp ched.	0.00 c
7461	10.5 oz cond.Cr.of Chic.Soup	0.67 cn
7462	Ground Pork	1.00 lb
7462	Can Green Chili Peppers,	4.00 oz
7462	rinsed, seeded, and chopped	0.00
7462	Sugar	1.00 ts
7462	Ground Cumin	0.50 ts
7462	Ground Coriander	0.25 ts
7462	Garlic Powder	0.25 ts
7462	Corn Chips, slightly crushed	0.75 c
7462	(optional)	0.00
7462	Shredded Cheddar Cheese (2	0.50 c
7462	ounces)	0.00
7462	Med. Chopped Onion	1.00
7462	1 7.5 ounce Can	0.00
7462	Tomatoes, cut up	0.00
7462	Can Tomato Paste	6.00 oz
7462	All-Purpose Flour	1.00 tb
7462	Beaten Eggs	2.00
7462	Hot Cooked Spaghetti (6	3.00 c
7462	ounces uncooked)	0.00
7462	Grated Parmesan Cheese	0.33 c
7462	Butter or margarine	2.00 tb
7462	Cream-style Cottage Cheese,	1.00 c
7462	drained	0.00
7463	Ground beef	2.00 lb
7463	Onion, minced	1.00 lg
7463	Cloves garlic, minced fine	2.00
7463	Green salsa	1.00 cn
7463	Red Salsa	1.00 cn
7463	Tomato soup	1.00 cn
7463	Sour cream	1.00 pt
7463	Shredded cheddar cheese	1.00 c
7463	Salt	0.00
7463	Pepper	0.00
7463	Servings cooked rice	12.00
7464	MEAT MIXTURE -----	0.00 -----
7464	Lean Ground Beef	1.50 lb
7464	Onion; Chopped, 1 Lg	1.00 c
7464	Green Bell Pepper; Chopped	0.25 c
7464	Clove Garlic; Minced	1.00
7464	Tomato Sauce; 1 Cn	15.00 oz
7464	Whole Kernel Corn; 1 Cn	12.00 oz
7464	Salt	1.50 ts
7464	Chili Powder; To Taste	0.00

Sheet1

7464	Pepper	0.12 ts
7464	Ripe Olives; Sliced	0.50 c
7464	CORNMEAL TOPPING -----	0.00 -----
7464	Milk	1.50 c
7464	Yellow Cornmeal	0.50 c
7464	Salt	0.50 ts
7464	Cheddar Cheese; Shredded	0.75 c
7464	Eggs; Lg, Beaten	2.00
7465	Ground beef	1.00 lb
7465	Chopped onion	1.00
7465	Can of tomato sauce	8.00 oz
7465	Package of hash browns	16.00 oz
7465	Tomatoes	3.00
7465	Chili powder	3.00 tb
7465	Worcestershire sauce	1.00 tb
7465	Brown sugar	1.00 tb
7465	Shredded cheese	1.50 c
7466	Ground beef	0.50 lb
7466	Vegetable oil	2.00 tb
7466	Onion,chopped	0.50 c
7466	Green bell pepper,chopped	1.00 tb
7466	Mirlitons,chopped(2 med)	2.00 c
7466	Salt	1.50 ts
7466	Black pepper	0.50 ts
7466	Butter or margarine	2.00 tb
7466	Parsley,chopped	1.00 tb
7466	Bread crumbs	0.25 c
7467	Chicken,3-4 lb*	1.00
7467	Salt	0.00
7467	Pepper	0.00
7467	Onion,lg,mild,peeled/chopped	1.00
7467	Mushrooms,drained (4 oz)	1.00 cn
7467	Butter,cut into small pieces	4.00 tb
7467	Chicken stock,boiling	3.00 c
7467	Rice,long-grained,uncooked	1.00 c
7468	Ingredients:	0.00
7468	(16 oz.) French style green	1.00 cn
7468	beans, drained	0.00
7468	(16 oz.) lima or northern	1.00 cn
7468	beans, drained	0.00
7468	(16 oz.) kidney beans,	1.00 cn
7468	drained	0.00
7468	(16 oz.) pork and beans	1.00 cn
7468	Onion, chopped	1.00 md
7468	(12 oz.) spam and cubed	1.00 cn
7468	Brown sugar	0.50 c
7468	Ketchup	1.00 c
7468	Mollasses	1.00 tb
7468	Green pepper, diced	1.00

Sheet1

7468	Worcestershire sauce	1.00 tb
7468	Vinegar	4.00 tb
7468	Dried mustard	1.00 tb
7469	Wild rice	0.50 c
7469	Pearl barley	0.50 c
7469	Brown rice	0.50 c
7469	Oil	0.25 c
7469	Onion; thinly sliced	1.00 lg
7469	Garlic cloves; chopped	4.00
7469	Unsalted butter or margarine	4.00 tb
7469	OR- Oil	0.00
7469	Mushrooms; thickly sliced	0.50 lb
7469	Broth	3.50 c
7469	Crushed dried thyme	1.00 ts
7469	Crushed dried oregano	0.50 ts
7469	Salt & pepper; to taste	0.00
7470	Sirloin steak (1/2" strips)	1.50 lb
7470	Paprika	1.00 tb
7470	Garlic cloves, crushed	2.00 ea
7470	Margarine	2.00 tb
7470	Sliced onions	1.00 c
7470	Bell peppers cut in strips	2.00 ea
7470	Tomatoes, diced	2.00 lg
7470	Beef broth	1.00 c
7470	Water	0.25 c
7470	Cornstarch	2.00 tb
7470	Soy sauce	2.00 tb
7470	Hot cooked rice	3.00 c
7471	Salad oil	2.00 tb
7471	Rice	1.33 c
7471	Minced onion	2.00 tb
7471	Ground beef/chuck/hamburger	1.00 lb
7471	Salt	0.50 ts
7471	8 oz cans tomato sauce	2.00
7471	Beef bouillon cube	1.00
7471	Hot water	1.00 c
7471	Soy sauce	1.00 ts
7471	Salt	1.00 ts
7472	Hamburger	1.00 lb
7472	Envelope taco seasoning mix,	1.00
7472	like French's	0.00
7472	Tomato sauce	1.00 cn
7472	Water	1.50 c
7472	Grated cheese	1.00 c
7472	Bag baked tortilla chips	12.00 oz
7473	Stew beef;cut into 1" pieces	2.00 lb
7473	Dry onion soup mix	1.00 pk
7473	Red wine	0.50 c
7473	Cream of mushroom soup	1.00 cn

## Sheet1

7473	Mushrooms; whole, drained	4.00 oz
7473	Tapioca (quick cooking)	0.25 c
7474	Noodles,egg,medium(4cups)	8.00 oz
7474	Salt	1.00 tb
7474	Water,boiling	3.00 qt
7474	Yogurt,plain(8oz)	1.00 cn
7474	Cottage cheese,creamed(8oz)	1.00 cn
7474	Green beans,frozen(10oz)	1.00 pk
7474	Onion,minced	0.50 c
7474	Cheddar cheese,shredded	1.00 c
7475	Noodles,egg,medium(4cups)	8.00 oz
7475	Salt	1.00 tb
7475	Water,boiling	3.00 qt
7475	Yogurt,plain(8oz)	1.00 cn
7475	Cottage cheese,creamed(8oz)	1.00 cn
7475	Green beans,frozen(10oz)	1.00 pk
7475	Onion,minced	0.50 c
7475	Cheddar cheese,shredded	1.00 c
7476	Onions, sliced	4.00 md
7476	Butter or margarine	3.00 tb
7476	Sliced mushrooms, drained (2	1.00 cn
7476	1/2 oz.)	0.00
7476	Paprika	1.00 ts
7476	Plain croutons	1.50 c
7476	Shredded caraway seed	0.50 c
7476	cheese	0.00
7476	Shredded mild cheddar cheese	0.50 c
7476	Grated Parmesan cheese	3.00 tb
7476	Cream of chickem soup (10	1.00 cn
7476	3/4 oz.)	0.00
7477	Onions, sliced	4.00 md
7477	Butter or margarine	3.00 tb
7477	Sliced mushrooms, drained (2	1.00 cn
7477	1/2 oz.)	0.00
7477	Paprika	1.00 ts
7477	Plain croutons	1.50 c
7477	Shredded caraway seed	0.50 c
7477	cheese	0.00
7477	Shredded mild cheddar cheese	0.50 c
7477	Grated Parmesan cheese	3.00 tb
7477	Cream of chickem soup (10	1.00 cn
7477	3/4 oz.)	0.00
7478	Envelope Lipton onion	1.00
7478	Mushroom soup mix	0.00
7478	Potatoes, chunked	2.00 lb
7478	Oil	0.33 c
7479	Flour	0.25 c
7479	Salt	1.00 ts
7479	Chili powder	0.50 ts

Sheet1

7479	Pepper	0.25 ts
7479	Turkey legs,small	6.00
7479	Corn oil	0.25 c
7479	Barbecue sauce	0.50 c
7479	Water	0.50 c
7479	Chicken bouillon cube,crush	1.00
7480	Frozen hashed brown potatoes	2.00 lb
7480	Butter	0.25 lb
7480	Sour cream	1.00 pt
7480	Mushroom soup	1.00 cn
7480	Cheddar cheese; shredded	8.00 oz
7480	Onion; grated	1.00
7480	Milk* (optional)	0.75 c
7481	Frozen artichoke hearts	2.00 pk
7481	Mushrooms, sauteed in butter	0.50 lb
7481	Large oysters	1.00 qt
7481	Butter	0.25 lb
7481	Bunch green onions, minced	1.00
7481	Fresh parsley, minced	0.50 c
7481	Browned flour	0.50 c
7481	Dry white wine	0.00
7481	Lemon juice	2.00 tb
7481	Thinly sliced unpeeled lemon	1.00
7481	Pinch thyme, salt, pepper	1.00
7481	Paprika, cayenne pepper	0.00
7482	Mashed potatoes (8 to 10 large)	4.00 c
7482	Sour cream (8 oz.)	1.00 c
7482	Cream cheese, softened (8-oz)	1.00 pk
7482	Dried chives or 1 tb snipped	1.00 ts
7482	fresh chives	0.00
7482	Garlic powder	0.25 ts
7482	Dry bread crumbs	0.25 c
7482	Butter or margarine melted	1.00 tb
7482	Shredded cheddar cheese	0.50 c
7483	Butter	2.00 tb
7483	Onion; finely chopped	1.00 md
7483	Green onion; minced	1.00 sm
7483	Celery stalk; finely chopped	1.00
7483	Carrot; finely chopped	1.00
7483	Salt	2.00 ts
7483	A little pepper	0.00
7483	Ground beef	750.00 g
7483	Tomatoes; chopped	2.00 md
7483	Egg whites	2.00
7483	#1 or #2 macaroni or pennaki	0.50 kg
7483	Unsalted butter	2.00 tb
7483	Grated cheese	2.00 c
7483	BECHAMEL SAUCE -----	0.00 -----



Sheet1

7483	Butter	3.00 tb
7483	Flour	0.75 c
7483	Milk	1.00 kg
7483	Salt & pepper	0.00
7483	Egg yolks	2.00
7484	Pork sausage links(12oz)	1.00 pk
7484	Pimientos(7oz)	1.00 cn
7484	Butter or margarine	3.00 tb
7484	Flour	2.00 tb
7484	Milk	1.00 c
7484	Salt	0.50 ts
7484	Nutmeg,ground	0.25 ts
7484	American cheese,shredded	0.00
7484	Parsley sprigs(opt)	0.00
7485	Noodles, egg, cooked	0.50 pk
7485	Olive oil	3.00 tb
7485	Celery, chopped	1.50 c
7485	Pepper, green, chopped	0.50 c
7485	Onion, chopped	0.25 c
7485	Cream of chicken soup	1.00 cn
7485	Milk	0.67 c
7485	Sour cream	0.50 c
7485	Cheese, cheddar, shredded	2.00 c
7485	Chicken, cooked, chopped	2.00 c
7485	Mushroom pieces, small	1.00 cn
7485	Pimento, drained, diced	4.00 oz
7485	Salt	0.50 ts
7485	Nutmeg	0.25 ts
7485	Pepper	0.12 ts
7485	Almonds, toasted, slivere	0.50 c
7486	Large eggs	6.00
7486	Salt	1.00 ts
7486	Slices white bread, cubed	2.00
7486	Sharp/mild cheddar shreds *	1.00 c
7486	Milk	2.00 c
7486	Dry mustard	1.00 ts
7486	Sausage browned	1.00 lb
7487	Ingredients:	0.00
7487	Uncooked wild rice	1.00 c
7487	Stick margarine or butter	1.00
7487	Can sliced mushrooms	1.00 sm
7487	Milk	1.50 c
7487	Jar pimento, diced	1.00 sm
7487	(optional)	0.00
7487	Salt and pepper	0.00
7487	Onion, chopped	1.00
7487	Flour	0.25 c
7487	Chicken broth	1.50 c
7487	Pheasant, cooked, diced	2.00 c

Sheet1

7487	Parsley flakes	2.00 tb
7487	Slivered almonds	0.50 c
7488	Lamb spare ribs	3.00 lb
7488	Pineapple,crushed(8oz)	1.00 cn
7488	Vinegar	0.25 c
7488	Garlic clive,finely chopped	1.00
7488	Honey	0.25 c
7488	Worcestershire sauce	1.00 ts
7488	Salt	1.00 ts
7488	Pepper	0.12 ts
7488	Ginger	0.25 ts
7489	Hamburg	1.00 lb
7489	Oregano	1.00 ts
7489	Green pepper	0.00
7489	Salt and pepper	0.00
7489	Cream of mushroom soup	1.00 cn
7489	Mozzarella cheese	0.00
7489	Noodles	0.00
7489	Garlic salt	1.00 ts
7489	Tomato soup	1.00 cn
7489	AMBURG MIXTURE. TOP WITH MOZ -----	0.00 -----
7490	Yams drained and sliced	18.00 oz
7490	Banana, thickly sliced	1.00
7490	Pineapple, crushed	8.75 oz
7490	Salt	0.25 ts
7490	Flaked coconut	0.25 c
7491	Pork chops	4.00
7491	Salt	0.00
7491	Pepper	0.00
7491	Limas drained, reserve liqui	3.00 c
7491	Green pepper, diced	1.00
7491	Oil	1.00 ts
7491	Hot water	0.33 c
7491	Tomato catsup	0.33 c
7491	Onion	1.00
7492	Cubed pork steaks	4.00
7492	Flour	2.50 ts
7492	Cream of mushroom soup	1.00 cn
7492	Milk	1.00 c
7493	Potatoes,medium-size	4.00
7493	Salt	1.00 ts
7493	Pepper	0.25 ts
7493	Nutmeg	0.25 ts
7493	Bacon fat	3.00 tb
7493	American cheese,grated	0.50 c
7493	Eggs	4.00
7493	Milk,evaporated,undiluted	0.75 c
7494	Green onions, chopped	4.00
7494	Butter	2.00 tb

Sheet1

7494	Flour	2.00 tb
7494	Sour cream	0.50 c
7494	Shredded sharp cheddar	0.75 c
7494	cheese	0.00
7494	Potatoes, cooked peeled and	2.00 md
7494	sliced (12 slices)	0.00
7494	Hard boiled egg	1.00
7494	Tomato (6 slices)	1.00
7494	Chopped parsley	0.50 ts
7494	Buttered bread crumbs	0.75 c
7494	Salt and pepper to taste	0.00
7494	Graham cracker tarts (6)	1.00 pk
7495	Frozen hash brown potatoes	2.00 lb
7495	Margarine, melted	0.50 c
7495	Chopped green onions	0.50 c
7495	Sour cream	1.00 pt
7495	Creamy onion soup	1.00 cn
7495	Salt	1.00 ts
7495	Shredded cheddar cheese	2.00 c
7495	Pepper	0.25 ts
7495	Margarine	0.25 c
7495	Corn flakes, crushed	2.00 c
7496	Mushrooms, sliced	8.00 oz
7496	Dressing, Miracle Whip	1.50 c
7496	Dressing, Miracle Whip	2.00 tb
7496	Chicken or turkey, cooked,	2.00 c
7496	Chopped	0.00
7496	Vegetables, mixed, frozen,	10.00 oz
7496	Thawed and drained	0.00
7496	Onion, chopped	0.25 c
7496	Flour	0.25 c
7496	Milk	1.25 c
7496	Basil, leaves, dried	1.00 ts
7496	Salt	0.50 ts
7496	Pepper	0.50 ts
7496	Cheese, cheddar, shredded	1.50 c
7496	Potatoes, mashed, hot	2.00 c
7497	Potatoes,Idaho,unpeeled(3lg)	1.50 lb
7497	Water,boiling	0.00
7497	Bacon,cut into 3" strips	0.50 lb
7497	Onion,sliced	1.00 c
7497	Flour	2.00 tb
7497	Thyme,dried	0.50 ts
7497	Salt	0.50 ts
7497	Beer(12oz)	1.50 c
7497	Milk	0.50 c
7497	Cabbage,fine shredded(1.5lb)	6.00 c
7497	Swiss cheese,shredded	1.00 c
7498	CHEESE SAUCE -----	0.00 -----

Sheet1

7498	Butter	2.00 tb
7498	Flour	4.00 tb
7498	Salt	1.00 ts
7498	Pepper, black	0.00
7498	Milk	2.00 c
7498	Cheese,shredded	1.00 c
7498	POUR OVER -----	0.00 -----
7498	Potatoes; cooked & diced	4.00 c
7498	Ham; diced	1.00 c
7499	Fresh pumpkin meat	1.50 lb
7499	Onion; finely chopped	1.00 lg
7499	Salt; or as desired	0.50 ts
7499	Ground white pepper	0.25 ts
7499	Unsalted butter; melted	2.00 tb
7499	Eggs	2.00
7499	Milk	0.75 c
7499	Farmers cheese	0.75 c
7499	OR- hoop or ricotta cheese	0.00
7500	Orzo	1.00 c
7500	Butter	2.00 tb
7500	Fine chopped clove garlic	1.00
7500	Dry onion soup mix	0.50 pk
7500	Water or leftover veal	2.00 c
7500	Stock	0.00
7500	Shiitake/white mushrooms	6.00 oz
7500	Sliced	0.00
7500	Parsley chopped	0.25 c
7501	Pasta; penne, rotini or she	1.00 lb
7501	Oil; vegetable	1.00 tb
7501	Onion; chopped	1.00
7501	Tomatoes; 28 oz, crushed or	1.00 cn
7501	Oregano; dried	1.00 ts
7501	Salt & pepper	0.00
7501	Cheese; grated, any type	2.00 c
7502	Onion, chopped	1.00 c
7502	Butter	4.00 tb
7502	Rice, cooked	4.00 c
7502	Sour cream	2.00 c
7502	Cottage cheese	1.00 c
7502	Bay leaf, crumbled	1.00
7502	Salt & Pepper, to taste	0.00
7502	Whole green chilis (canned)	16.00 oz
7502	Grated cheddar	2.00 c
7503	Dry red beans	0.75 c
7503	Ripe plum tomatoes; -=OR=-	12.00
7503	Can whole peeled tomatoes	28.00 oz
7503	Rigatoni	0.50 lb
7503	=OR=- other tubular pasta	0.00
7503	Swiss Chard leaves	2.00 lg

## Sheet1

7503	(red or green)	0.00
7503	Olive oil	1.00 tb
7503	Italian-style sausages	6.00
7503	each cut in 2-or-3 pieces	0.00
7503	Minced garlic	1.00 tb
7503	White wine	0.50 c
7503	Fresh oregano leaves; -=OR=-	1.00 tb
7503	Dried oregano leaves	1.00 ts
7503	Salt; or as desired	0.50 ts
7503	Ground black pepper	0.50 ts
7504	Dry red beans	0.75 c
7504	Ripe plum tomatoes; -=OR=-	12.00
7504	Can whole peeled tomatoes	28.00 oz
7504	Rigatoni	0.50 lb
7504	=OR=- other tubular pasta	0.00
7504	Swiss Chard leaves	2.00 lg
7504	(red or green)	0.00
7504	Olive oil	1.00 tb
7504	Italian-style sausages	6.00
7504	each cut in 2-or-3 pieces	0.00
7504	Minced garlic	1.00 tb
7504	White wine	0.50 c
7504	Fresh oregano leaves; -=OR=-	1.00 tb
7504	Dried oregano leaves	1.00 ts
7504	Salt; or as desired	0.50 ts
7504	Ground black pepper	0.50 ts
7505	Pork loin chops, 3/4 inch	4.00
7505	thick	0.00
7505	Cooking oil	1.00 tb
7505	Salt and pepper to taste	0.00
7505	Soft bread crumbs	3.00 c
7505	Sliced fresh or frozen	3.00 c
7505	rhubarb, 1 inch pieces	0.00
7505	Packed brown sugar	0.50 c
7505	All-purpose flour	0.25 c
7505	Ground cinnamon	1.00 ts
7506	Onion; chopped	0.50 c
7506	Celery; chopped	0.50 c
7506	Oleo	2.00 tb
7506	Rice	1.00 c
7506	Broccoli; frozen	1.00 pk
7506	Soup, cream of mushroom	1.00 cn
7506	Soup, cream of chicken	1.00 cn
7506	Pasteurized process cheese	0.50 lb
7507	Monterey Jack Cheese	0.75 lb
7507	Dairy Sour Cream	3.00 c
7507	Diced Green Chiles	2.00 cn
7507	Cooked Rice	3.00 c
7507	Salt & Pepper To Taste	1.00

Sheet1

7507	Grated Cheddar, Garnish	0.50 c
7508	Vegetable Oil	3.00 tb
7508	Round Steak; Cubed	1.00 lb
7508	Onions; Medium, Chopped	3.00
7508	Salt	0.50 ts
7508	Pepper	0.25 ts
7508	Garlic Salt	0.50 ts
7508	Paprika	1.00 ts
7508	Sugar	0.25 ts
7508	Water; Hot	2.00 c
7508	Unbleached Flour	1.00 tb
7508	Water; Cold	0.25 c
7508	Cream; Heavy	0.50 c
7509	Slices rye bread	10.00
7509	Cooked corned beef	1.50 lb
7509	Shredded Swiss cheese(10 oz)	2.50 c
7509	Eggs	6.00
7509	Milk	3.00 c
7509	Black pepper	0.50 ts
7510	Soup beans	0.50 lb
7510	Salt pork	0.50 lb
7510	Hominy	0.50 lb
7510	Marjoram	1.00 pn
7511	Ground beef	2.00 lb
7511	Onion, chopped	1.00 md
7511	Garlic, minced	1.00 ts
7511	Green pepper, chopped	1.00 lg
7511	String beans	2.00 cn
7511	Undiluted tomato soup	2.00 cn
7511	Salt to taste	0.00
7511	Pepper to taste	0.00
7511	Eggs	2.00 ea
7511	Potatoes, cooked and mashed	6.00 md
7512	Italian sausage, mild	1.00 lb
7512	cut into 1-inch slices	0.00
7512	Onion, lg. -chopped	1.00
7512	Apples; peeled and quartered	2.00
7512	Sauerkraut, 27oz; undrained	1.00 cn
7512	water	1.00 c
7512	Brown sugar; packed	0.50 c
7512	Caraway seed	2.00 ts
7513	Sausage	1.00 lb
7513	Can Pet Evaporated milk	13.00 oz
7513	Slices bread,cubed	1.50
7513	Eggs	5.00
7513	Cheddar cheese,grated	2.00 c
7513	Salt and pepper to taste.	0.00
7514	Herb seasoned croutons	12.00 c
7514	Mild bulk sausage	1.50 lb

Sheet1

7514	Eggs	4.00
7514	Milk	2.50 c
7514	Salt	0.50 ts
7514	Cream of mushroom soup	1.00 cn
7514	Grated sharp cheddar cheese	2.00 c
7514	Dry mustard	0.75 ts
7514	Dash of pepper	1.00
7514	Milk	0.50 c
7515	LISA HLAVATY -----	0.00 -----
7515	Round steak;cut into 1/2	2.00 lb
7515	Inch cubes	0.00
7515	Oil	3.00 tb
7515	Onion; chopped	1.00 lg
7515	Clove garlic; minced	1.00
7515	Flour	3.00 tb
7515	Can of mushrooms; undrained	3.00 oz
7515	Chopped celery	0.50 c
7515	Sour cream	1.00 c
7515	Tomato sauce	8.00 oz
7515	Salt	1.00 ts
7515	Pepper	0.00
7515	Chopped celery, for garnish	0.00
7515	Chopped chives; for garnish	0.00
7516	Roasting chicken (OR two 2	5.00 lb
7516	1/2 Lb)	0.00
7516	Onion, peeled and quartered	1.00 lg
7516	Leafy celery tops	3.00
7516	Sprigs fresh parsley	3.00
7516	Salt	1.00 ts
7516	Peppercorns	10.00
7516	Bay leaf	1.00
7516	Water	2.00 c
7516	PASTRY:	0.00
7516	All-purpose flour, insifted	2.00 c
7516	Shortening	0.75 c
7516	Ice water	0.00
7516	Small carrots, pared, cut	1.00 lb
7516	1/2-inch long	0.00
7516	Frozen pearl onions (1/2 Lb)	0.50 pk
7516	Celery stalks, diagonal cut	2.00 lg
7516	1/4-inch long	0.00
7516	Milk	0.75 c
7516	All-purpose flour, unsifted	0.50 c
7516	Poultry seasoning	0.75 ts
7516	Salt	0.50 ts
7516	Pepper	0.25 ts
7516	Egg yolk, beaten with 1 Tbl	1.00 lg
7516	water	0.00
7517	Skim milk	0.25 c

Sheet1

7517	Egg, separated	1.00
7517	Margarine, melted, divided	1.00 tb
7517	Pepper	0.12 ts
7517	Boiled ham, cut into	5.00 oz
7517	1/2-inch cubes	0.00
7517	Cooked noodles (medium	1.00 c
7517	width)	0.00
7517	Salt	1.00 ds
7518	Potatoes	5.00 lg
7518	Salt	0.00
7518	Butter/margarine	2.00 tb
7518	Milk/whipping cream	1.00 ds
7518	Pepper	0.00
7518	Lean ground beef	1.00 lb
7518	Tomato chopped	1.00 lg
7518	Sliced mushrooms	6.00
7518	Chopped parsley	2.00 tb
7518	Tomato paste	1.00 tb
7518	Worcestershire sauce	1.00 ds
7518	Brown gravy	1.00 c
7518	(10-oz) frozen peas or 1 lb	1.00 pk
7518	peas shelled	0.00
7519	Beef / lamb / veal & pork *	1.00 lb
7519	Chopped onion	5.00 oz
7519	Butter or oil	3.00 tb
7519	Cloves garlic, (peel, chop)	3.00 x
7519	Stock / gravy / meat jelly	1.25 c
7519	Flour or cornstarch	1.00 ts
7519	Tomato paste	0.00
7519	Worcester sauce, or	1.00 tb
7519	Wine vinegar	1.50 ts
7519	Thyme, salt, pepper, Cayenne	0.00
7519	Potatoes	2.00 lb
7519	Milk (about)	1.00 c
7519	Butter	3.00 oz
7519	Grated dry cheddar	1.00 tb
7519	Grated parmesan	1.00 tb
7520	To 5 lg potatoes	4.00 lg
7520	Salt	0.00
7520	Butter/margarine	2.00 tb
7520	Milk/whipping cream	1.00 ds
7520	Pepper	0.00
7520	Lean ground beef	1.00 lb
7520	Tomato chopped	1.00 lg
7520	Sliced mushrooms	6.00
7520	Chopped parsley	2.00 tb
7520	Tomato paste	1.00 tb
7520	Worcestershire sauce	1.00 ds
7520	Brown gravy	1.00 c



Sheet1

7520	(10-oz) frozen peas or 1 lb	1.00 pk
7520	peas shelled	0.00
7521	Cooked shrimp	1.50 lb
7521	Cooked rice	2.00 c
7521	Light cream	1.00 pt
7521	Butter	1.00 ts
7521	Catsup	8.00 tb
7521	Worcestershire sauce	3.00 tb
7521	Tabasco sauce	0.25 ts
7522	Ingredients:	0.00
7522	(7 oz.) pkg. elbow macaroni	1.00
7522	Margarine or butter	2.00 tb
7522	Chopped onion	0.50 c
7522	Frozen peas and carrots	1.00 c
7522	Pepper	14.00 ts
7522	Milk	2.00 c
7522	Shredded Swiss cheese	1.00 c
7522	(12oz.) Spam, cubed	1.00 cn
7522	Flour	2.00 tb
7522	Dijon mustard	1.00 ts
7522	Buttered bread crumbs	0.00
7523	Olive oil	5.00 tb
7523	Onions, chopped	4.00 md
7523	Green bell peppers, chopped	4.00 lg
7523	Tomatoes, chopped	4.00 lg
7523	Eggplant, peeled & cubed	1.00 md
7523	Cayenne	0.12 ts
7523	Paprika	0.25 ts
7523	Salt	0.00
7524	Artichoke hearts, frozen	1.00 pk
7524	(9oz), defrosted OR:	0.00
7524	Artichoke hearts (14oz)	1.00 cn
7524	Chopped spinach, frozen	3.00 pk
7524	(10oz), defrosted	0.00
7524	Cream cheese	0.50 lb
7524	Mayonnaise	2.00 tb
7524	Butter or olive oil	4.00 tb
7524	Milk	6.00 tb
7524	Pepper to taste	0.00
7524	Parmesan or romano cheese,	0.33 c
7524	fresh grated	0.00
7525	Artichoke hearts, frozen	1.00 pk
7525	(9oz), defrosted	0.00
7525	OR:	0.00
7525	Artichoke hearts (14oz)	1.00 cn
7525	Chopped spinach, frozen	3.00 pk
7525	(10oz), defrosted	0.00
7525	Cream cheese	0.50 lb
7525	Mayonnaise	2.00 tb

Sheet1

7525	Butter or olive oil	4.00 tb
7525	Milk	6.00 tb
7525	Pepper to taste	0.00
7525	Parmesan or romano cheese,	0.33 c
7525	fresh grated	0.00
7526	(10 oz) frozen chopped	2.00 pk
7526	Spinach or equivalent	0.00
7526	Amount of fresh	0.00
7526	(10 1/2 oz) cream of	1.00 cn
7526	Mushroom soup	0.00
7526	(8 oz) cream cheese	1.00 pk
7526	Onion, chopped	1.00 md
7526	Margarine	2.00 tb
7526	Can Durkee's French Fried	1.00 sm
7526	Onion Rings	0.00
7527	Squash,yellow crookneck	1.00 lb
7527	Zucchini	1.00 lb
7527	Salt	0.50 ts
7527	Pepper	0.00
7527	Butter or margarine	6.00 tb
7527	Italian sausage,no casings	0.50 lb
7527	Spaghetti sauce,canned	1.50 c
7527	Monterey Jack cheese,shreded	0.50 c
7527	Cottage cheese,low-fat	1.50 c
7527	Parmesan cheese,grated	0.25 c
7527	Bread crumbs	0.25 c
7527	Butter,melted	1.00 ts
7528	Beef, ground	1.00 lb
7528	Mushrooms; drained	4.00 oz
7528	Onions, french fried	3.50 oz
7528	Soup, cream of mushroom	10.50 oz
7528	Cream, sour	0.50 c
7528	Biscuits, refrigerated	9.50 oz
7528	TOPPING -----	0.00 -----
7528	Cream, sour	0.50 c
7528	Eggs	1.00
7528	Celery seed	1.00 ts
7528	Salt	0.50 ts
7529	Green peppers, med	4.00
7529	Pepper	0.25 ts
7529	Ground beef	1.50 lb
7529	Rice	1.50 c
7529	Onions	2.00 tb
7529	Corn, whole kernel	1.00 c
7529	Salt	0.50 ts
7529	Tomato sauce	8.00 oz
7530	INGREDIENTS:	0.00
7530	Rabbit	1.00
7530	Flour	2.00 oz

Sheet1

7530	Breadcrumbs	2.00 c
7530	Cooking apples	2.00 lg
7530	Thyme	1.00 ts
7530	Salt	1.00 ts
7530	Egg	1.00
7530	Butter	2.00 oz
7530	Stock	0.00
7530	Onion	1.00 lg
7530	Parsley	2.00 ts
7530	Sugar	1.00 ts
7530	Butter	1.00 oz
7530	Pepper to taste	0.00
7531	Green peppers, med	4.00
7531	Pepper	0.25 ts
7531	Ground beef	1.50 lb
7531	Rice	1.50 c
7531	Onions	2.00 tb
7531	Corn, whole kernel	1.00 c
7531	Salt	0.50 ts
7531	Tomato sauce	8.00 oz
7532	Sweet potatoes	6.00
7532	Butter	0.50 c
7532	5.3-oz. can evaporated milk	1.00
7532	Orange (grated zest only)	1.00
7532	Sherry	0.25 c
7532	Brown sugar	0.50 c
7532	Egg whites	2.00
7532	Pecans chopped fine	0.50 c
7532	Melted butter	3.00 tb
7533	Yellow cornmeal	0.75 c
7533	Milk or water	1.50 c
7533	Egg	1.00
7533	Meat (chopped ham, chicken, Ground beef)	1.00 lb 0.00
7533	Oil	2.00 tb
7533	Onion	1.00
7533	Tomatoes, diced	3.00
7533	Oregano	0.50 ts
7533	(7 1/2 oz) green olives, Sliced	1.00 cn 0.00
7533	Cottage cheese (opt)	1.00 c
7534	Beef short ribs	5.00 lb
7534	Oil	2.00 tb
7534	Onions, chopped	1.00 c
7534	Catsup	1.25 c
7534	Water	0.75 c
7534	Worcestershire sauce	0.25 c
7534	Vinegar	0.25 c
7534	Brown sugar	2.00 tb

Sheet1

7534	Salt	2.00 ts
7535	Pork and beans(31oz)	1.00 cn
7535	Kielbasa,sliced	0.75 lb
7535	Brown sugar,firmly packed	0.25 c
7535	Onion,chopped	0.25 c
7535	Catsup	0.25 c
7535	Green pepper,chopped	2.00 tb
7535	Chili powder	0.25 ts
7535	Pickles,Mexican,w/1T liquid	5.00
7535	Garlic powder	1.00 ds
7535	Cumin	0.12 ts
7536	Dried bean thread noodles	4.00 oz
7536	Dungeness crab	1.00 sm
7536	(preferably live)	0.00
7536	Large shrimp	0.50 lb
7536	shelled and deveined	0.00
7536	Large cleaned squid	0.50 lb
7536	cut crosswise into 1" rings	0.00
7536	Fresh fish fillets	1.00 lb
7536	cut into 1-inch pieces	0.00
7536	Black peppercorns	0.50 ts
7536	Chopped fresh coriander root	1.00 tb
7536	Garlic cloves	4.00
7536	Sugar	1.00 ts
7536	Golden Mountain Sauce	1.00 tb
7536	=OR=- Dark soy sauce	0.00
7536	Light soy sauce	1.00 tb
7536	=OR=-	0.00
7536	Thai fish sauce (nam pla)	0.00
7536	Oyster sauce	2.00 ts
7536	Rice wine or dry sherry	1.00 tb
7536	Sesame oil	1.00 ts
7536	Vegetable oil	2.00 tb
7536	Ginger; (quarter-sized)	3.00 sl
7536	crushed	0.00
7536	Red chiles	4.00
7536	chopped into 1/2-in pieces	0.00
7536	Green onions	4.00
7536	cut into 2-in lengths	0.00
7536	Water, or more if needed	1.50 c
7536	Thai sweet basil leaves	0.50 c
7536	Fresh coriander sprigs	0.00
7536	Sandy clay pot casserole	1.00
7536	(2 quart size)	0.00
7536	=OR=- Dutch oven	0.00
7537	Cream Of Mushroom Soup	1.00 cn
7537	Milk	0.33 c
7537	Tuna; Drained And Flaked *	6.50 oz
7537	Eggs; Hard Boiled, Sliced	2.00

Sheet1

7537	Peas; Cooked	1.00 c
7537	Potato Chips; * *	1.00 c
7538	Lasagna noodles	8.00 oz
7538	Onions, chopped	0.50 c
7538	Bell peppers, chopped	0.50 c
7538	Soup, cream of chicken	10.50 oz
7538	Mushrooms	4.00 oz
7538	Pimientos, chopped	0.50 c
7538	Basil leaves	0.50 ts
7538	Cheese, cottage	1.50 c
7538	Chicken; cooked	2.00 c
7538	Cheese, parmesan, grated	0.50 c
7539	Chopped onion	1.00 c
7539	Butter or margarine	2.00 tb
7539	Tomatoes, peeled, seeded, Chopped & drained	4.00 lg 0.00
7539	Salt	1.00 ts
7539	Pepper	0.25 ts
7539	Dried thyme	0.25 ts
7539	Shredded Monterrey Jack cheese, divided	2.00 c 0.00
7539	Unbaked pie pastry	1.00
7539	Eggs	4.00
7539	Light cream	1.50 c
7540	Chili powder	1.50 ts
7540	Parsley flakes	1.00 tb
7540	Garlic powder	0.50 ts
7540	Onion powder	0.50 ts
7540	Salt	0.12 ts
7540	Black pepper,ground	0.12 ts
7540	Zucchini,thinly sliced,fresh	3.00 c
7540	Tomatoes,fresh,sliced	1.00 lb
7540	Bread crumbs,white,fresh	0.25 c
7540	Vegetable oil	1.00 tb
7541	Onion; minced	1.00 lg
7541	Mushrooms, sliced	1.00 lb
7541	Butter or margarine	0.50 c
7541	Flour	0.50 c
7541	Milk	4.00 c
7541	Parmesan cheese, grated	1.50 c
7541	Salt to taste	0.00
7541	Pepper to taste	0.00
7541	Manicotti shells	12.00
7541	Ricotta	1.00 lb
7541	Mozzarella cheese, diced	4.00 oz
7541	Romano cheese, grated	0.50 c
7541	Walnuts, finely chopped	0.25 c
7541	Parsley, chopped	0.25 c
7541	Eggs	3.00

Sheet1

7541	Nutmeg	1.00 ds
7542	Ground beef	2.00 lb
7542	Salad oil	1.00 tb
7542	Onion, chopped	1.00 lg
7542	Celery stalks, chopped	3.00 ea
7542	Tomato soup	2.00 cn
7542	Red beans, drained	2.00 cn
7542	Package spaghetti, cooked	10.00 oz
7542	Salt to taste	0.00
7542	Pepper to taste	0.00
7542	Chili powder	1.00 tb
7542	Grated cheese	2.00 c
7543	Divided margarine	0.50 c
7543	Chopped onion	1.00 md
7543	Cornstarch	0.25 c
7543	Milk	3.00 c
7543	Hot pepper sauce	0.25 ts
7543	Chicken flavor bouillon	2.00
7543	Cubes	0.00
7543	(6.5-oz each) drained and	2.00 cn
7543	Flaked tuna	0.00
7543	(10-oz) frozen chopped	1.00 pk
7543	Thawed broccoli	0.00
7543	Elbow macaroni cooked 6	8.00 oz
7543	Minutes and drained	0.00
7543	Shredded cheddar cheese	1.25 c
7543	Divided	0.00
7543	Fresh bread crumbs	0.50 c
7544	Cream of mushroom soup	1.00 cn
7544	Water	0.25 c
7544	Chow mein noodles in the ca	3.00 oz
7544	Tuna	1.00 cn
7544	Bean sprouts	1.00 c
7544	Salted cashew nuts	1.00 c
7544	Chopped onions	0.25 c
7544	Mandarin oranges.	1.00 c
7545	Onion; Chopped	0.50 c
7545	Green Pepper; Finely Chopped	0.50 c
7545	Celery; Chopped	1.00 c
7545	Butter	8.00 tb
7545	Cheddar Cheese Soup	1.00 cn
7545	Milk	0.50 c
7545	Mushrooms;Sliced and Drained	8.00 oz
7545	Salt	1.00 ts
7545	Green Olives; Stuffed	1.00 c
7545	Tuna; Drained And Flaked	6.50 oz
7545	Corn Flakes; Crushed	1.00 c
7545	Almonds; Slivered	0.50 c
7546	Margarine or butter	2.00 tb

Sheet1

7546	Leeks or	5.00 md
7546	Onions, sliced	2.00 md
7546	All-purpose flour	2.00 tb
7546	Salt	0.50 ts
7546	Ground nutmeg	0.25 ts
7546	Pepper	0.12 ts
7546	Chicken broth	1.00 c
7546	Milk	1.00 c
7546	Cut-up cooked turkey or	3.00 c
7546	Chicken	0.00
7546	Finely chopped fully cooked	0.50 c
7546	Smoked ham	0.00
7546	Jars (2 ounces) diced pimien	1.00
7546	Drained	0.00
7546	Hot cooked noodles	3.00 c
7546	Shredded swiss cheese	1.00 c
7546	(4 ounces)	0.00
7547	Turkey, cooked & cubed	8.00 c
7547	Mixed vegetable seasoning	0.50 ts
7547	Butter	8.00 tb
7547	Cloves garlic, minced	4.00
7547	Scallions, chopped	2.00 tb
7547	Brandy	6.00 tb
7547	White wine	1.00 c
7547	Tomato paste	2.00 tb
7547	Whole wheat flour	6.00 tb
7547	Mushrooms, chopped	1.00 c
7547	Broth	2.00 c
7547	Pecans	1.00 lb
7547	Sour cream	1.50 c
7547	Fresh parsley, chopped	0.50 c
7548	Bag cut broccoli (not the	20.00 oz
7548	chopped kind), cooked 'til	0.00
7548	Crisp-tender and drained	0.00
7548	well	0.00
7548	Turkey or chicken, cooked &	2.00 c
7548	cut up	0.00
7548	Cream of mushroom soup	1.00 cn
7548	Cheddar cheese soup	1.00 cn
7548	Curry powder	0.25 ts
7548	Poultry seasoning	0.25 ts
7548	Grinds black pepper	0.00
7548	Cheddar, shredded	1.00 c
7549	Soup, cream of mushroom	1.00 cn
7549	Turkey; cooked	1.00 c
7549	Beans, green	10.00 oz
7549	Cheese, shredded	2.00 oz
7549	Eggs	4.00 ea
7550	Bag cut broccoli (not the	20.00 oz

Sheet1

7550	chopped kind), cooked 'til	0.00
7550	Crisp-tender and drained	0.00
7550	well	0.00
7550	Turkey or chicken, cooked &	2.00 c
7550	cut up	0.00
7550	Cream of mushroom soup	1.00 cn
7550	Cheddar cheese soup	1.00 cn
7550	Curry powder	0.25 ts
7550	Poultry seasoning	0.25 ts
7550	Grinds black pepper	0.00
7550	Cheddar, shredded	1.00 c
7551	Chicken breast halves;cooked	4.00
7551	Or--	0.00
7551	Turkey, cooked and cubed	3.00 c
7551	Sliced mushrooms	0.50 lb
7551	Olive oil	2.00 tb
7551	Margarine	2.00 tb
7551	Tapioca flour	1.00 tb
7551	Flour (wondra)	5.00 tb
7551	1% milk	0.67 c
7551	Chicken broth (14.5 oz)	1.00 cn
7551	Sherry	2.00 tb
7551	Med. Onion, diced	0.50
7551	Celery, minced	0.50 c
7551	Dried thyme	0.50 ts
7551	Dried parsley	0.50 ts
7551	Garlic powder	0.50 ts
7551	Salt, cayenne, to taste	0.00
7551	Vermicelli pasta--	8.00 oz
7551	Broken and cooked	0.00
7551	Parmesan cheese	0.25 c
7552	Onion,diced	1.50 c
7552	Celery,diced	1.50 c
7552	Salad oil	3.00 tb
7552	Flour,whole wheat	0.33 c
7552	Veggie broth	3.00 c
7552	Potato,medium,peeled/grated	1.00
7552	Mushrooms,fresh,sliced	0.50 lb
7552	Tomato,peeled/chopped	1.00
7552	Rosemary	0.50 ts
7552	Thyme	0.50 ts
7552	Sage	0.50 ts
7552	Salt,seasoned	0.50 ts
7552	Pepper,seasoned	0.25 ts
7552	Mustard,dry	0.25 ts
7552	Soy beans,cooked	2.00 c
7552	Noodles,whole wheat cooked	3.00 c
7552	Tomatoes,medium-size,sliced	3.00
7552	Parsley,minced	0.33 c



Sheet1

7553	Onion,diced	1.50 c
7553	Celery,diced	1.50 c
7553	Salad oil	3.00 tb
7553	Flour,whole wheat	0.33 c
7553	Veggie broth	3.00 c
7553	Potato,medium,peeled/grated	1.00
7553	Mushrooms,fresh,sliced	0.50 lb
7553	Tomato,peeled/chopped	1.00
7553	Rosemary	0.50 ts
7553	Thyme	0.50 ts
7553	Sage	0.50 ts
7553	Salt,seasoned	0.50 ts
7553	Pepper,seasoned	0.25 ts
7553	Mustard,dry	0.25 ts
7553	Soy beans,cooked	2.00 c
7553	Noodles,whole wheat cooked	3.00 c
7553	Tomatoes,medium-size,sliced	3.00
7553	Parsley,minced	0.33 c
7554	Vegetable oil	1.00 ts
7554	Chopped onion	1.00 c
7554	Garlic cloves, minced	3.00
7554	Chopped mushrooms	1.00 c
7554	EACH dried basil, thyme,	1.00 ts
7554	marjoram, and cumin	0.00
7554	Cooked beans	2.00 c
7554	Cooked brown rice	2.00 c
7554	Eggs, slightly beaten	3.00
7554	Low fat cottage/ricotta	2.00 c
7554	cheese (or combination)	0.00
7554	Crumbled Feta cheese	0.25 c
7554	(optional)	0.00
7554	Soy sauce	2.00 tb
7554	Salt	0.00
7554	Black pepper	0.00
7554	Cayenne to taste	0.00
7554	Tomatoes, sliced	2.00 md
7554	Grated parmesan cheese	0.50 c
7554	Fine dry bread crumbs	0.50 c
7555	Vegetable oil	1.00 ts
7555	Chopped onion	1.00 c
7555	Garlic cloves, minced	3.00
7555	Chopped mushrooms	1.00 c
7555	EACH dried basil, thyme,	1.00 ts
7555	marjoram, and cumin	0.00
7555	Cooked beans	2.00 c
7555	Cooked brown rice	2.00 c
7555	Eggs, slightly beaten	3.00
7555	Low fat cottage/ricotta	2.00 c
7555	cheese (or combination)	0.00

Sheet1

7555	Crumbled Feta cheese	0.25 c
7555	(optional)	0.00
7555	Soy sauce	2.00 tb
7555	Salt	0.00
7555	Black pepper	0.00
7555	Cayenne to taste	0.00
7555	Tomatoes, sliced	2.00 md
7555	Grated parmesan cheese	0.50 c
7555	Fine dry bread crumbs	0.50 c
7556	Large chicken breast, split	1.00
7556	and boned	0.00
7556	Vegetable oil	2.00 tb
7556	Medium-sized potatoes,	2.00
7556	peeled and sliced	0.00
7556	Medium-sized Vidalia sweet	2.00
7556	onions, peeled and	0.00
7556	Sliced	0.00
7556	(10 3/4-oz) cream of	1.00 cn
7556	mushroom soup, undiluted	0.00
7556	Paprika	0.00
7557	Bread crumbs	1.00 c
7557	Sausage meat	1.00 lb
7557	Butter or margarine	3.00 tb
7557	Curry powder	0.25 ts
7557	Salt	0.50 ts
7557	Pepper	0.50 ts
7557	Onion, chopped	1.00 sm
7557	Grated Cheddar cheese	0.50 c
7557	Flour	0.50 c
7557	Milk	1.00 c
7557	Egg, fork beaten	1.00
7558	White Castle hamburgers,	10.00
7558	With onions	0.00
7558	Zucchini cut, 1/4" strips	3.00 sm
7558	Flour	4.00 tb
7558	Meatless spaghetti sauce	8.00 oz
7558	Ricotta cheese	8.00 oz
7558	Egg, beaten with ricotta	1.00
7558	Grated Parmesan cheese	0.00
7559	Ground beef	1.00 lb
7559	Uncooked elbow macaroni	4.00 oz
7559	Cream of mushroom soup, cond	1.00 cn
7559	Milk	0.75 c
7559	Catsup	0.33 c
7559	Shredded sharp Cheddar chees	0.50 c
7559	Chopped green pepper	0.25 c
7559	Instant minced onion	2.00 tb
7559	Salt	1.00 ts
7559	Crushed potato chips	1.00 c

Sheet1

7560	Ziti	8.00 oz
7560	Onion chopped	1.00 c
7560	Garlic clove, minced	1.00
7560	Red wine	0.25 c
7560	Pepper	0.50 ts
7560	Sour cream	1.00 c
7560	Ground beef	1.50 lb
7560	Mushrooms, sliced	0.50 lb
7560	Spaghetti sauce	2.00 c
7560	Salt	1.00 ts
7560	Mozzarella cheese	4.00 oz
7561	Zucchini, cubed	4.00
7561	Pepper to taste	1.00
7561	Snipped chives	1.00 tb
7561	Low fat margarine	1.00 ts
7561	Large tomatoes, sliced	2.00
7561	Dried leaf basil	1.00 ts
7561	Shredded low fat cheddar	0.50 c
7562	BINDER -----	0.00 -----
7562	Cornstarch	2.00 ts
7562	Chicken soup stock, or	0.25 c
7562	Canned chicken broth	0.00
7562	MARINADE -----	0.00 -----
7562	Sugar	1.00 ts
7562	Black pepper	0.25 ts
7562	Baking soda	0.25 ts
7562	Soy sauce	2.00 tb
7562	Oyster sauce	1.00 tb
7562	Sesame seed oil	1.00 ts
7562	Dry sherry, gin or vodka,	1.00 tb
7562	Optional	0.00
7562	INGREDIENTS -----	0.00 -----
7562	Ground chuck, sirloin or	1.00 lb
7562	Beef stew	0.00
7562	Fried cellophane noodles	3.00 c
7562	Corn, vegetable or	3.00 tb
7562	Safflower oil	0.00
7562	Minced fresh garlic OR	1.00 ts
7562	Cloves garlic, minced	2.00 lg
7562	Fresh scallions OR	2.00 tb
7562	Scallion with green top,	1.00
7562	Diced	0.00
7562	NOODLES -----	0.00 -----
7562	Oil	3.00 c
7562	Cellophane noodles	2.00 oz
7563	Tamari	0.25 c
7563	Loosely packed cilantro	2.00 tb
7563	(coriander or chinese	0.00
7563	Parsley) leaves	0.00

Sheet1

7563	Rice wine vinegar	1.00 tb
7563	Toasted sesame oil	1.00 ts
7563	Med. cloves garlic, smashed and peeled	1.50
7563	Peeled fresh ginger	0.50 oz
7563	2 oz Chinese eggplants	4.00 md
7564	Porterhouse steaks	2.00 lg
7564	about 1-to-1 1/4-lb each	0.00
7564	Freshly ground black pepper	0.00
7564	MARINADE -----	0.00 -----
7564	Dark soy sauce	1.00 tb
7564	Light soy sauce	2.00 tb
7564	Oyster sauce	2.00 tb
7564	Chili bean sauce or paste	1.00 tb
7564	Sugar	1.00 tb
7564	Fish sauce	1.00 tb
7564	Rice wine	1.00 tb
7564	Sesame oil	2.00 ts
7565	Salted preserved black beans	1.00 tb
7565	Garlic cloves, minced	2.00
7565	Ginger (quarter-sized)	2.00 sl
7565	minced	0.00
7565	Flank steak	0.50 lb
7565	Onion, sliced	1.00 sm
7565	Asparagus, cut into 1/2-in	1.00 lb
7565	thick diagonal pieces	0.00
7565	Peanut oil	3.00 tb
7565	Salt	0.50 ts
7565	Dark soy sauce	1.00 tb
7565	Chicken stock	0.50 c
7565	Cornstarch, mixed with	2.00 ts
7565	Water	1.00 tb
7565	Sugar	0.50 ts
7565	Oyster sauce	0.50 tb
7565	Sesame oil	1.00 ds
7565	Hot steamed rice	0.00
7565	BEEF MARINADE -----	0.00 -----
7565	Sugar	0.50 ts
7565	Rice wine or dry sherry	1.00 tb
7565	Soy sauce	0.50 tb
7565	Cornstarch	1.00 ts
7565	Sesame oil	0.50 ts
7566	Beef, sliced, marinated	0.50 lb
7566	Asparagus	1.00 lb
7566	Baking soda, dissolved in	0.25 ts
7566	2 teaspoons water	0.00
7566	Chinese fermented black	1.00 tb
7566	Beans, minced with:	0.00
7566	Garlic cloves	4.00
7566	Rice wine	1.00 ts

Sheet1

7566	Soy sauce	2.00 ts
7566	Peanut oil	0.00
7566	MARINADE FOR BEEF -----	0.00 -----
7566	Cornstarch	1.00 ts
7566	Soy sauce	1.00 ts
7566	Rice wine	0.50 ts
7566	Sugar	0.50 ts
7566	MSG (optional)	0.25 ts
7566	Salt	0.50 ts
7566	GRAVY MIXTURE -----	0.00 -----
7566	Cornstarch	1.00 ts
7566	Water	0.33 c
7567	Asparagus	1.50 lb
7567	Olive oil	2.00 tb
7567	Sesame oil	2.00 ts
7567	Fresh ginger root; fine chop	1.00 tb
7567	Roasted cashews;	0.50 c
7567	Coarsely chopped	0.00
7567	Soy sauce	1.00 tb
7569	Lean boneless pork	0.75 lb
7569	Rice wine or dry sherry	1.00 tb
7569	Light soy sauce	1.00 tb
7569	Salt	0.50 ts
7569	Green bell pepper	1.00 sm
7569	Red bell pepper	1.00 sm
7569	Carrot	1.00
7569	Scallions	2.00
7569	Egg, beaten	1.00
7569	Cornstarch	2.00 tb
7569	Oil, preferably peanut	2.00 c
7569	Canned leches, drained, or:	3.00 oz
7569	fresh orange in segments	1.00
7569	SAUCE -----	0.00 -----
7569	Chicken stock	0.67 c
7569	Light soy sauce	1.00 tb
7569	Salt	0.50 ts
7569	Chinese white rice vinegar	1.50 tb
7569	or cider vinegar	0.00
7569	Sugar	1.00 tb
7569	Tomato paste	1.00 tb
7569	Cornstarch	1.00 ts
7569	Water	1.00 ts
7570	Chinese Noodles (Mie)	300.00 g
7570	Minced pork (you get to haul	300.00 g
7570	out your two handed	0.00
7570	processor again...:-)	0.00
7570	Sausages	200.00 g
7570	Peeled cooked shrimps (you	50.00 g
7570	can make it all one meat)	0.00

Sheet1

7570	Ham	50.00 g
7570	Onion	1.00
7570	Garlic cloves or 2 teaspoons	2.00
7570	garlic powder	0.00
7570	Bean sprouts (usually leave	100.00 g
7570	these out)	0.00
7570	Green beans (snow peas are	100.00 g
7570	preferred)	0.00
7570	Leeks (usually seen with	100.00 g
7570	endive instead)	0.00
7570	Celery	1.00 bn
7570	Fresh chives	0.00
7570	Cooking oil or margarine	0.00
7570	Ground ginger	1.00 ts
7570	Salt	0.00
7570	White pepper	0.75 ts
7570	Sweet soy sauce	1.00 tb
7570	Lemon (optional)	1.00
7571	Stewing lamb, cut in	2.00 lb
7571	1 1/4" cubes	0.00
7571	Fresh lemon juice	4.00 tb
7571	Cloves garlic, minced	3.00
7571	Hot chili oil (or	1.00 tb
7571	Cayenne and	0.50 ts
7571	Salad oil)	1.00 tb
7571	Salt	0.25 ts
7571	Sugar	1.00 pn
7572	Lean Pork butt	1.00 lb
7572	Salt	0.25 ts
7572	Dash of pepper	0.00
7572	Sugar	1.25 tb
7572	Thin soy sauce	2.00 ts
7572	Roasting salt	1.00 ts
7572	Oyster Sauce	1.50 ts
7572	Hoisin sauce	1.50 ts
7572	White wine	2.00 ts
7572	Honey	1.00 tb
7572	Water (for roasting)	1.00 c
7573	Warm water	0.33 c
7573	Sugar	0.50 ts
7573	Dry yeast	1.00 pk
7573	Flour	2.50 c
7573	Cake flour	2.50 c
7573	Sugar	4.00 tb
7573	Salt	0.50 ts
7573	Shortening	2.00 tb
7573	Low fat milk	1.25 c
7573	Pieces white paper 2 inches	16.00
7573	square	0.00

Sheet1

7573	FILLING -----	0.00 -----
7573	Chinese BBQ pork, diced	6.00 oz
7573	Oil	1.00 tb
7573	Water	2.00 ts
7573	Salt	0.50 ts
7573	Sugar	0.50 ts
7573	Thin soy sauce	0.50 ts
7573	Oyster sauce	1.00 ts
7573	Hoisin sauce	1.00 ts
7573	Cornstarch	2.00 ts
7573	Cold water (For thickening)	4.00 ts
7575	Ken Hom	0.00
7575	Boneless pork butt	2.00 lb
7575	MARINADE -----	0.00 -----
7575	Light soy sauce	2.00 tb
7575	Chinese rice wine	2.00 tb
7575	or dry sherry	0.00
7575	Sugar	2.00 tb
7575	Minced garlic	1.00 tb
7575	Brown bean sauce	1.00 tb
7575	Hoisin sauce	1.00 tb
7575	Red bean curd	1.00 tb
7575	5-spice powder	1.00 ts
7575	BASTING LIQUID -----	0.00 -----
7575	Malt sugar or honey	3.00 tb
7575	Boiling water	3.00 tb
7576	Rice, cooked, cold	6.00 c
7576	Eggs; beaten with dash	2.00 lg
7576	of salt	0.00
7576	Salt	0.50 ts
7576	Soy sauce, Dark	2.00 tb
7576	Wine, cooking	1.00 ts
7576	Green onion stalks,	2.00
7576	chopped fine	0.00
7576	Peas; frozen thawed	1.00 c
7576	Peanut oil	4.00 tb
7577	Chinese mushrooms	10.00 sm
7577	Prawns	0.25 lb
7577	Fresh water chestnuts (OR 7	5.00
7577	canned ones)	0.00
7577	Ground pork	0.50 lb
7577	Green onion, finely chopped	1.00
7577	Wonton skins	1.00 pk
7577	Salt	1.00 ts
7577	Sugar	0.50 ts
7577	Thin soy sauce	1.00 ts
7577	Oyster sauce	1.00 ts
7577	Dash of pepper	0.00
7577	Cornstarch	1.25 tb

Sheet1

7577	Egg	1.00 sm
7578	Soy bean curd (canned or	0.50 lb
7578	Fresh)	0.00
7578	Green onions	2.00
7578	Minced garlic	0.50 ts
7578	Peanut oil	2.00 tb
7578	Chicken stock	0.50 c
7578	Sugar	1.00 pn
7578	Premium oyster sauce	2.00 tb
7578	Cornstarch paste	0.00
7578	Peanut oil	1.00 ts
7579	Dried bean thread noodles	0.25 lb
7579	Ground pork	0.50 lb
7579	Dark soy sauce	1.00 tb
7579	Rice wine or dry sherry	2.00 ts
7579	Sesame oil	2.00 ts
7579	Peanut oil	1.00 tb
7579	Finely chopped ginger	1.00 tb
7579	Finely chopped garlic	2.00 tb
7579	Finely chopped scallions	4.00 tb
7579	Dark soy sauce	2.00 tb
7579	Chili bean sauce	1.00 tb
7579	Salt	0.50 ts
7579	Sugar	2.00 ts
7579	Sesame oil	2.00 ts
7579	Chicken stock	2.00 c
7579	GARNISH -----	0.00 -----
7579	Finely chopped scallions	3.00 tb
7580	Ground beef	1.00 lb
7580	Cooked rice	0.50 c
7580	Five-spice powder	0.25 ts
7580	Peanut oil	2.00 tb
7580	Yam	1.00 md
7580	Sqs. bean curd	2.00
7580	Fresh mushrooms	6.00
7580	Warm water	2.00 c
7580	Dark soy sauce	0.50 c
7580	Sherry	2.00 tb
7580	Fresh ginger, minced	1.00 ts
7580	Cornstarch paste	0.00
7581	Beef steak	1.00 lb
7581	Vegetable oil	1.00 tb
7581	Salt	0.50 ts
7581	White pepper	1.00 ds
7581	Broccoli	1.50 lb
7581	Cornstarch	1.00 ts
7581	Sesame oil	1.00 ts
7581	Chicken broth	0.25 c
7581	Vegetable oil	2.00 tb



Sheet1

7581	Vegetable oil	1.00 tb
7581	Finely chopped garlic	1.00 tb
7581	Finely chopped ginger root	1.00 ts
7581	Brown bean sauce	2.00 tb
7581	Sliced canned bamboo shoots	1.00 c
7582	Beef top round steak	0.75 lb
7582	Soy sauce	3.00 tb
7582	Red wine vinegar	2.00 tb
7582	Fresh ginger, grated	1.00 tb
7582	Clove garlic, minced	1.00
7582	Green onions, bias cut into	3.00
7582	1/2-inch lengths	0.00
7582	Cold water	2.00 tb
7582	Cornstarch	4.00 ts
7582	Frozen pea pods (8 oz)	1.00 pk
7582	Cherry tomatoes, quartered	0.50 c
7582	Sliced water chestnuts,	0.33 c
7582	drained (1/2 can)	0.00
7582	Hot cooked rice (Optional)	0.00
7583	Hamburger Helper *	1.00 pk
7583	(16oz) Mixed Chinese Veg ***	1.00 cn
7583	Condensed Beef Broth **	1.00 cn
7583	Small Green Pepper ****	0.00
7584	Chow Fun Noodles	10.00
7584	Beef flank steak, sliced	1.00 lb
7584	thin	0.00
7584	Marinade	0.00
7584	Dark soy sauce	1.00 tb
7584	Cornstarch	1.00 tb
7584	Egg white	1.00
7584	Peanut oil	1.00 tb
7584	Additional:	0.00
7584	Peanut oil for pan-frying	7.00 tb
7584	Cloves garlic, chopped fine	2.00
7584	Ginger, cut julienne	1.00 sl
7584	Fermented black beans	1.00 tb
7584	(dowsee)	0.00
7584	Dry sherry	1.00 tb
7584	Yellow onion, sliced	0.50 md
7584	Green bell pepper cut	0.50
7584	julienne	0.00
7584	Sauce:	0.00
7584	MSG (opt)	0.25 ts
7584	Dark soy sauce	1.00 tb
7584	Sugar	0.25 ts
7584	Dry sherry	1.00 tb
7584	White pepper	1.00 pn
7584	Oyster sauce	1.00 tb
7584	Final:	0.00

Sheet1

7584	Fresh bean sprouts	1.00 c
7584	Chinese parsley (garnish)	0.00
7585	Flank steak	0.50 lb
7585	Chinese fermented black	1.00 tb
7585	beans	0.00
7585	Garlic cloves	2.00
7585	peeled, chopped	0.00
7585	Fresh peeled ginger, minced	2.00 sl
7585	(quarter-sized slices)	0.00
7585	Fresh rice noodles	1.00 lb
7585	Peanut oil	3.00 tb
7585	Onion, cut into 8 wedges	1.00
7585	Green bell pepper, seeded	1.00
7585	cut into 1-inch cubes	0.00
7585	White pepper	1.00 pn
7585	Sugar	1.00 pn
7585	Soy sauce	1.00 tb
7585	BEEF MARINADE -----	0.00 -----
7585	Dark soy sauce	2.00 ts
7585	Rice wine or dry sherry	2.00 ts
7585	Sugar	0.50 ts
7585	Cornstarch	1.00 ts
7585	Peanut or sesame oil	1.00 ts
7586	Round/rump steak	0.75 lb
7586	Soy sauce	1.00 tb
7586	Salt	1.00 ts
7586	Sugar	1.00 tb
7586	Fresh mushrooms	8.00
7586	Bean sprouts	0.50 lb
7586	Bamboo shoots (can)	6.00 oz
7586	Green onions (scallions)	3.00
7586	Egg	1.00
7586	Beef stock	2.00 c
7586	Cornstarch	2.00 tb
7586	Sesame oil	1.00 ts
7586	Dried egg noodles	2.00 c
7586	Deep frying oil	0.00
7587	Fresh Chinese egg noodles	1.00 lb
7587	(medium width)	0.00
7587	Beef flank steak	0.50 lb
7587	Oyster sauce	2.00 tb
7587	Dark soy sauce	2.00 tb
7587	Light soy sauce	1.00 tb
7587	Chicken broth	0.50 c
7587	Asian sesame oil	2.00 ts
7587	Sugar	2.00 ts
7587	White pepper	0.50 ts
7587	Peanut oil	4.00 tb
7587	Fresh peeled ginger, bruised	2.00 sl

Sheet1

7587	Garlic cloves, bruised	2.00
7587	Salt	1.00 ts
7587	Fresh bean sprouts	0.50 lb
7587	tails removed, patted dry	0.00
7587	Chinese garlic chives	1.00 c
7587	=OR=- Green onions,	0.00
7587	Cut into 2-in lengths	0.00
7587	BEEF MARINADE -----	0.00 -----
7587	Soy sauce	0.50 tb
7587	Rice wine or dry sherry	2.00 ts
7587	Sugar	0.50 ts
7587	Cornstarch	0.50 tb
7587	Sesame oil	1.00 ts
7588	Flank steak; membrane peeled	1.00 lb
7588	=OR=- Boneless Sirloin,	0.00
7588	thinly sliced against	0.00
7588	the grain into	0.00
7588	pieces 2-in long	0.00
7588	MARINADE -----	0.00 -----
7588	Cornstarch	2.00 ts
7588	Chinese rice wine OR	1.50 tb
7588	dry sherry	0.00
7588	Light soy sauce	2.00 tb
7588	Peanut oil	3.00 tb
7588	Fresh asparagus	0.50 lb
7588	sliced diagonally	0.00
7588	Salt; to taste	0.00
7588	Chicken broth	3.00 tb
7589	Beef sirloin or flank steak	1.00 lb
7589	MARINADE -----	0.00 -----
7589	Soy sauce	1.00 tb
7589	Water	1.00 tb
7589	Dry sherry	1.00 tb
7589	Sesame oil	2.00 ts
7589	Cornstarch	1.00 ts
7589	SAUCE -----	0.00 -----
7589	Hot ketchup	2.00 tb
7589	Hoisin sauce	1.00 tb
7589	Steak sauce	1.00 tb
7589	Worcestershire sauce	2.00 ts
7589	Packed brown sugar	2.00 ts
7589	Tabasco sauce	0.50 ts
7589	NOODLES -----	0.00 -----
7589	Bean thread noodles, broken	2.00 oz
7589	in half	0.00
7589	GARNISH -----	0.00 -----
7589	Green onion (including top)	1.00
7589	finely chopped	0.00
7590	Vegetable oil	2.00 tb

Sheet1

7590	Minced garlic cloves	2.00
7590	Chopped onion	0.25 c
7590	Salt	2.00 ts
7590	Fresh ground pepper	0.00
7590	Snow peas, stems removed	0.25 lb
7590	Cauliflower head, broken	0.50 md
7590	into flowerets	0.00
7590	Chicken broth/stock	1.00 c
7590	Cornstarch	1.00 tb
7590	Very thin sliced flank steak	1.00 lb
7590	Soy sauce	0.25 c
7591	Long-grain white rice	1.00 c
7591	(uncooked)	0.00
7591	Chicken broth or water	2.00 c
7591	Salt	0.50 ts
7591	Freshly ground pepper	0.00
7592	Sugar	2.00 tb
7592	Vinegar	2.00 tb
7592	Worcestershire sauce	2.00 tb
7592	Chili sauce	0.25 c
7592	Bacon, cooked and crumbled	6.00 sl
7592	Cooking oil	2.00 tb
7592	Chopped bok choy	3.00 c
7593	Boneless pork shoulder	0.25 lb
7593	Bok choy stalks	1.00 lb
7593	Minced garlic	0.50 ts
7593	Minced fresh ginger	0.50 ts
7593	Peanut oil	3.00 tb
7593	Salt	0.25 ts
7593	Chicken stock	0.25 c
7593	Sugar	0.50 ts
7593	Dry sherry	1.00 ts
7593	Cornstarch paste	0.00
7593	MSG (opt)	1.00 ts
7594	Red rice vinegar	1.00 ts
7594	Medium sherry	2.00 tb
7594	Stock	0.75 c
7594	Cornstarch paste	0.00
7594	Boned pork butt	1.50 lb
7594	Peanut oil	3.00 tb
7594	Cloves garlic, minced	3.00
7594	Egg yolks	2.00
7594	Water	1.00 ts
7594	Fine plain bread crumbs	1.00 c
7594	Oil for deep-frying	4.00 c
7594	PASTE -----	0.00 -----
7594	Cooked rice	2.00 tb
7594	Sugar	0.50 ts
7594	Dry baker's yeast	1.00 ts

Sheet1

7594	Dark soy sauce	2.00 tb
7594	Warm water	2.00 tb
7594	Wet bean cheese (opt)	1.00 ts
7595	Red rice vinegar	1.00 ts
7595	Medium sherry	2.00 tb
7595	Stock	0.75 c
7595	Cornstarch paste	0.00
7595	Boned pork butt	1.50 lb
7595	Peanut oil	3.00 tb
7595	Cloves garlic, minced	3.00
7595	Egg yolks	2.00
7595	Water	1.00 ts
7595	Fine plain bread crumbs	1.00 c
7595	Oil for deep-frying	4.00 c
7595	PASTE -----	0.00 -----
7595	Cooked rice	2.00 tb
7595	Sugar	0.50 ts
7595	Dry baker's yeast	1.00 ts
7595	Dark soy sauce	2.00 tb
7595	Warm water	2.00 tb
7595	Wet bean cheese (opt)	1.00 ts
7596	Beef short ribs	3.00 lb
7596	Shao xing	0.25 c
7596	Garlic clove, med; peeled &	6.00 ea
7596	Rock sugar	0.50 oz
7596	Scallion, med; sliced crossw	2.00 ea
7596	Star anise, whole	5.00 ea
7596	Ginger, fresh; sliced thin	1.00 oz
7596	Soy sauce	3.00 tb
7596	Salt	1.00 x
7597	Napa (or celery) cabbage	2.00 lb
7597	Salt	1.00 ts
7597	Chinese "jyo" mushrooms	8.00
7597	Dried shrimp	1.00 tb
7597	Sichuan preserved mustard	0.25 c
7597	Greens	0.00
7597	Peanut oil	1.00 tb
7597	Chicken stock	1.00 c
7597	Salt	0.25 ts
7597	Sherry	1.00 tb
7597	Sugar	0.50 ts
7597	Thin soy sauce	1.00 ts
7597	Cornstarch paste	0.00
7597	Rendered chicken fat	1.00 tb
7598	Spareribs, cut crosswise	3.00 lb
7598	into 3 or 4 sections	0.00
7598	SAUCE -----	0.00 -----
7598	Fermented black beans	2.50 tb
7598	Garlic cloves; chopped	2.00

Sheet1

7598	Light soy sauce	2.00 tb
7598	Chinese rice wine	2.00 tb
7598	or dry sherry	0.00
7598	Sugar	1.00 ts
7598	Chicken broth	2.50 c
7598	GARNISH -----	0.00 -----
7598	Chopped scallion tops	2.00 tb
7599	Eggplants,	1.00 lb
7599	Salt	2.00 ts
7599	Oil	1.00 tb
7599	Finely chopped garlic	1.00 tb
7599	Finely chopped ginger root	1.00 tb
7599	Finely chopped scallions	2.00 tb
7599	Dark soy sauce	2.00 tb
7599	Dried chile bean sauce, -OR-	1.00 ts
7599	dried red chile	1.00
7599	Bean sauce	1.00 tb
7599	Granulated sugar	1.00 tb
7599	Water	1.33 c
7599	Chopped scallions (optional)	2.00 ts
7600	Peanut oil	0.50 c
7600	Veal shanks (about 1 pound	6.00
7600	each)	0.00
7600	Cloves garlic	12.00
7600	Diced onion	2.00 c
7600	Whole mushroom caps	2.00 c
7600	Dried tarragon	1.00 ts
7600	Diced tomatoes	4.00 c
7600	Balsamic vinegar	2.00 c
7600	Green peppercorns	2.00 tb
7600	Teriyaki Sauce (recipe	1.00 c
7600	follows)	0.00
7600	Water	2.00 c
7600	Mirin (a rice wine used in	0.50 c
7600	cooking, available at Asian	0.00
7600	markets)	0.00
7600	Chili and garlic paste	2.00 tb
7600	Brown sugar	2.00 tb
7600	Sesame oil	1.00 tb
7601	Broccoli	1.50 lb
7601	Peanut oil	2.00 tb
7601	Soy sauce	2.00 tb
7601	Cornstarch	1.00 ts
7601	Honey	1.00 tb
7601	Fresh grated ginger root or	0.50 ts
7601	1/4 teaspoon ground ginger	0.00
7601	Hot pepper sauce	0.25 ts
7601	Slivered almonds	0.25 c
7602	Soy sauce	0.25 c

Sheet1

7602	Vegetable oil	2.00 tb
7602	Water	2.00 tb
7602	Sugar	1.00 ts
7602	Clove garlic, minced	1.00
7602	Fresh ginger	1.00 sl
7602	Beef top round, cut 1 inch	1.25 lb
7602	thick	0.00
7602	Lettuce, thinly shredded	4.00 c
7602	Radishes, sliced	0.50 c
7602	Green onion tops, sliced	2.00 tb
7603	Oil for deep-frying	1.00 c
7603	MSG (opt)	1.00 ts
7603	Dark soy sauce	2.00 tb
7603	Medium sherry	2.00 tb
7603	Water	1.00 tb
7603	Sq. fermented bean curd	1.00
7603	Salt	1.00 ts
7603	Sugar	0.50 ts
7603	Sesame oil	2.00 tb
7603	DRIED INGREDIENTS -----	0.00 -----
7603	Lily buds, Golden Needles	4.00
7603	Wood ear black fungus	4.00
7603	Nami Black mushrooms	6.00
7603	Bean curd sticks	2.00
7603	Dried bamboo shoots (opt)	0.50 c
7603	Bean thread noodles	2.00 oz
7603	FRESH & CANNED INGREDIENTS -----	0.00 -----
7603	Mung bean sprouts	2.00 c
7603	Stalks celery	2.00
7603	Carrots	2.00 md
7603	Bell pepper	1.00
7603	Long white turnip	1.00
7603	Leaves Napa cabbage	2.00
7603	Canned ginko nuts	0.50 c
7603	Canned baby corn	0.50 c
7603	Cakes pressed bean curd,	2.00
7603	OR fried gluten balls)	6.00
7604	Lean pork-sliced thin	1.50 lb
7604	Zen Mai (fern shoots) cut	1.00 lb
7604	into 1 1/2" lengths	0.00
7604	Sugar	3.00 ts
7604	Shoyu	2.00 tb
7604	Gourmet powder	0.50 ts
7604	Oil	2.00 tb
7605	Frozen french style green	10.00 oz
7605	beans	0.00
7605	Canola oil	1.00 tb
7605	Flour	1.00 tb
7605	Skim milk	0.75 c

Sheet1

7605	Lite Soy sauce	2.00 tb
7605	Lite dairy sour cream *	1.00 c
7605	Diced cooked ham	2.00 c
7605	Flat can water chestnuts	1.00
7605	Bread crumbs	0.50 c
7605	Paprika	1.00
7605	Vegetable spray	1.00
7606	Cooking oil	1.00 tb
7606	Carrot sliced diagonally	1.00 lg
7606	Green onions, sliced 1/4	6.00
7606	inch	0.00
7606	Clove garlic, minced	1.00
7606	Cucumber, cut into chunks	1.00 sm
7606	Water	0.67 c
7606	Cornstarch	1.00 tb
7606	Each: sugar, ketchup and	3.00 tb
7606	Soy sauce	1.00 ts
7606	Vinegar	0.00
7606	Spam, cubed 1/2 inch	12.00 oz
7606	Bamboo shoots drained	8.00 oz
7608	Flank steak	1.50 lb
7608	Salad oil	3.00 tb
7608	Celery,sliced diagonally	3.00 c
7608	Onions, sliced, separated	2.00 sm
7608	Into rings	0.00
7608	Beef bouillon cube	1.00
7608	Boiling water	0.75 c
7608	Water chestnuts,sliced	1.00 c
7608	Soy sauce	5.00 tb
7608	Ground ginger	1.50 ts
7608	Ground black pepper	0.50 ts
7609	Lean pork	0.50 lb
7609	Rice wine or dry sherry	1.00 ts
7609	Light soy sauce	1.00 ts
7609	Sesame oil	0.50 ts
7609	Cornstarch	0.50 ts
7609	Soybean sprouts	1.50 lb
7609	=OR= Mung bean sprouts	0.00
7609	Peanut oil	2.00 tb
7609	Peeled fresh ginger, crushed	2.00 sl
7609	Peanut oil	1.00 tb
7609	Shrimp paste	1.00 ts
7609	Light soy sauce	2.00 ts
7610	COCONUT MILK -----	0.00 -----
7610	Water	1.50 c
7610	Packed, flaked coconut	1.00 c
7610	STEAKS -----	0.00 -----
7610	Beef tenderloins, cut 1"	4.00
7610	Thick (approx. 4 oz. each)	0.00



Sheet1

7610	Coconut Milk	1.00
7610	All-purpose flour	2.00 tb
7610	Salt	0.25 ts
7610	Butter	0.50 ts
7610	Vegetable oil	0.50 ts
7610	Creamy peanut butter	2.00 tb
7610	Curry powder	2.00 ts
7610	Kiwi fruit, peeled and	0.00
7610	Sliced, if desired	0.00
7610	Flaked coconut	0.00
7610	Parsley sprigs	0.00
7611	Chicken Breast ;boneless	1.50 lb
7611	CUT INTO 1-IN.PIECES	0.00
7611	SALT & PEPPER TO TASTE	0.00
7611	CORNSTARCH	0.25 ts
7611	DRY SHERRY	1.00 tb
7611	EGG	0.00
7611	OIL	2.00 c
7611	GREEN PEPPER,CUBED	0.00
7611	IMPERIAL SAUCE:	0.00
7611	Hosin Sauce	0.00
7611	Cashews raw	1.00 c
7611	Water Chestnuts;sliced	1.00 c
7612	Boned Chicken Breast halves	18.00 oz
7612	Dry Sherry	1.00 tb
7612	Med green/sweet red peppers*	2.00 x
7612	Cooking Oil	1.00 tb
7612	Can Bamboo Shoots, drained	8.00 oz
7612	Cornstarch	1.00 ts
7612	Soy Sauce	3.00 tb
7612	Med Onion, cut into wedges	0.00
7612	Sliced fresh Mushrooms	1.50 c
7612	Grated Gingerroot	1.00 ts
7612	Chicken Broth	0.25 c
7613	-- Chicken Sticks ---	0.00
7613	Chicken wings	6.00
7613	Salt	1.00 ts
7613	Dash of pepper	0.00
7613	Garlic powder	1.00 ts
7613	Flour	0.50 c
7613	Oil for deep frying	2.00 c
7613	-- Batter ---	0.00
7613	Flour	0.25 c
7613	Cornstarch	2.00 tb
7613	Baking powder	0.50 ts
7613	Salt	0.25 ts
7613	Pinch of soda	0.00
7613	Cold water	0.50 c
7614	Chicken	1.00 lb

Sheet1

7614	Red pepper	1.00
7614	Oil	3.00 c
7614	Green pepper	1.00
7614	Sliced garlic	3.00 tb
7614	MARINADE -----	0.00 -----
7614	Egg white	0.50 x
7614	Soy sauce	1.00 tb
7614	Cornstarch paste *	1.00 tb
7614	SEASONING SAUCE -----	0.00 -----
7614	Soy sauce	2.00 tb
7614	Wine	0.50 tb
7614	Salt	0.50 ts
7614	Sugar	1.00 ts
7614	Brown vinegar	1.00 tb
7614	Cornstarch	1.00 ts
7614	Sesame oil	1.00 ts
7615	Boned,skinned chicken breast	1.00 lb
7615	Finely minced fresh ginger	2.00 tb
7615	Garlic cloves	2.00 md
7615	peeled and minced	0.00
7615	Soy sauce	2.00 tb
7615	Sweet port or Sherry	2.00 tb
7615	=OR= Madeira	0.00
7615	Sesame oil	3.00 tb
7615	Chili oil	1.00 ts
7615	Asparagus	1.50 lb
7615	Yellow onion	1.00 md
7615	Red bell pepper	1.00 md
7615	Cornstarch; blended with	1.00 ts
7615	Chicken broth	0.25 c
7616	CATE VANICEK -----	0.00 -----
7616	Beef, sliced, marinated	0.50 lb
7616	Asparagus	1.00 lb
7616	Baking soda, dissolved in	0.25 ts
7616	2 teaspoons water	0.00
7616	Chinese fermented black	1.00 tb
7616	Beans, minced with:	0.00
7616	Garlic cloves (1/2 teaspoon	4.00
7616	Each)	0.00
7616	Rice wine	1.00 ts
7616	Soy sauce	2.00 ts
7616	Peanut oil	0.00
7616	MARINADE FOR BEEF -----	0.00 -----
7616	Cornstarch	1.00 ts
7616	Soy sauce	1.00 ts
7616	Rice wine	0.50 ts
7616	Sugar	0.50 ts
7616	MSG (optional)	0.25 ts
7616	Salt	0.50 ts

Sheet1

7616	GRAVY MIXTURE -----	0.00 -----
7616	Cornstarch	1.00 ts
7616	Water	0.33 c
7617	Dial 555-6780	1.00
7617	Give order	2.00
7617	No MSG, please!	3.00
7617	Ask for extra Fortune	4.00
7617	Cookies	0.00
7617	Give name and address	5.00
7617	Get purse out	6.00
7618	SAUCE -----	0.00 -----
7618	Hoisin sauce	1.00 tb
7618	Soy sauce	2.00 tb
7618	Sesame oil	1.00 ts
7618	Fresh garlic finely chopped	1.00
7618	Sugar	4.00 tb
7618	Salt & pepper	0.50 ts
7620	Pork chops	6.00
7620	TIPSY MARINADE:	0.00
7620	Barbecue sauce (tomato	3.00 tb
7620	based)	0.00
7620	Sugar	3.00 tb
7620	Dry sherry, gin, whiskey,	2.00 tb
7620	brandy or rum	0.00
7620	Dark soy sauce or 2 tb	3.00 tb
7620	oyster sauce	0.00
7620	Five spice powder	0.50 ts
7620	Salt	0.50 ts
7620	Garlic clove, mashed.	1.00
7621	Spareribs	2.00 lb
7621	Dark soy sauce	2.00 tb
7621	Thin soy sauce	2.00 tb
7621	Orange honey	3.00 tb
7621	"Koon Chun" Hoisin sauce (or	3.00 tb
7621	Chee Hou or Chap Sam sauce)	0.00
7621	Clove garlic	1.00
7621	Hot chili oil (omit with	0.50 ts
7621	Chap Sam sauce)	0.00
7621	Green onion	1.00
7621	Dry Marsala	1.00 tb
7622	Tomatoes	4.00 md
7622	Flank steak	2.00 lb
7622	Soy sauce	3.00 tb
7622	Dry sherry	2.00 tb
7622	Garlic,minced	1.00 cl
7622	Ground ginger	0.50 ts
7622	Ground black pepper	0.12 ts
7622	Oil	2.00 tb
7622	Green pepper,sliced	1.00 md

Sheet1

7622	Onion,sliced	1.00 md
7622	Beef bouillon cube	1.00
7622	Boiling water	0.75 c
7622	Cornstarch	2.00 tb
7622	Cold water	2.00 tb
7623	Flank steak - or London	3.00 lb
7623	broil	0.00
7623	MARINADE:	0.00
7623	Light soy sauce	0.50 c
7623	Honey	4.50 tb
7623	Dry Sherry	4.50 tb
7623	Garlic cloves - minced	6.00 lg
7623	Ginger - fresh, minced	1.50 tb
7623	Sesame oil	1.50 tb
7623	Red pepper - crushed	1.50 tb
7623	Dash freshly ground white	0.00
7623	pepper	0.00
7624	Beef rump steak	1.00 lb
7624	Vegetable oil	4.00 tb
7624	Green onions	8.00
7624	Cloves garlic	2.00
7624	Piece fresh ginger root	1.00
7624	Unsalted roasted cashews	0.67 c
7624	Water	0.50 c
7624	Cornstarch	4.00 ts
7624	Soy sauce	4.00 ts
7624	Sesame oil	1.00 ts
7624	Oyster sauce	1.00 ts
7624	Chinese chili sauce	1.00 ts
7625	Ground lamb	0.75 lb
7625	Dark soy sauce	1.00 tb
7625	Dry sherry	1.00 tb
7625	Hoisin sauce	1.00 tb
7625	Green bell pepper	1.00
7625	Red bell pepper	1.00
7625	Yellow bell pepper	1.00
7625	Yellow on1on	1.00 sm
7625	Cornstarch	2.00 tb
7625	Peanut oil	2.00 tb
7625	Finely minced fresh ginger	1.00 tb
7625	Cloves garlic, finely minced	4.00
7625	Sauce	0.00
7625	Chicken stock	0.50 c
7625	Dry sherry	2.00 tb
7625	Hoisin sauce	2.00 tb
7625	Oyster sauce	2.00 tb
7625	Bean sauce	1.00 tb
7625	Oriental sesame oil	1.00 tb
7625	Distilled white vinegar	1.00 tb

Sheet1

7625	Chinese chili sauce	1.50 ts
7626	Brown sugar	3.00 tb
7626	Paprika	1.50 ts
7626	Salt	1.00 ts
7626	Monosodium glutamate	0.75 ts
7626	Ground tumeric	0.75 ts
7626	Celery seed	0.25 ts
7626	Dry mustard	0.25 ts
7627	To 4 c cold cooked long	3.00 c
7627	grain rice	0.00
7627	Cooked bacon, crumbled	6.00 sl
7627	White sugar	1.00 tb
7627	To 3 tb dark soy sauce	2.00 tb
7627	Eggs	3.00
7627	To 4 green onions, including	3.00
7627	green, sliced	0.00
7627	Frozen green peas (optional)	0.25 c
7627	Bacon drippings	0.00
7628	All-purpose flour	2.00 c
7628	Very hot water (or more)	0.75 c
7628	Sesame oil	2.00 tb
7629	Top Round Steak	1.50 lb
7629	Vegetable Oil	2.00 tb
7629	Clove Garlic, Minced	1.00
7629	Salt	1.00 ts
7629	Beef Broth	1.00 c
7629	Julienned Bell Pepper	1.00 c
7629	Thinly Sliced Celery	1.00 c
7629	Thinly Sliced Onion	0.25 c
7629	Coca-Cola	0.50 c
7629	Ripe Tomatoes	2.00 md
7629	Cornstarch	2.50 tb
7629	Coca-Cola	0.25 c
7629	Soy Sauce	1.00 tb
7629	Hot Cooked Rice	0.00
7630	Top Round Steak	1.50 lb
7630	Vegetable Oil	2.00 tb
7630	Clove Garlic, Minced	1.00
7630	Salt	1.00 ts
7630	Beef Broth	1.00 c
7630	Julienned Bell Pepper	1.00 c
7630	Thinly Sliced Celery	1.00 c
7630	Thinly Sliced Onion	0.25 c
7630	Coca-Cola	0.50 c
7630	Ripe Tomatoes	2.00 md
7630	Cornstarch	2.50 tb
7630	Coca-Cola	0.25 c
7630	Soy Sauce	1.00 tb
7630	Hot Cooked Rice	0.00

Sheet1

7631	Round steak	1.00 lb
7631	Onion	0.00
7631	Butter	0.25 c
7631	Garlic	0.00
7631	Salt	0.50 ts
7631	Soy sauce	4.00 tb
7631	Sugar	0.50 ts
7631	Bean sprouts	1.00 cn
7631	Tomatoes	1.00 c
7631	Inch pieces green pepper	1.00
7631	Cornstarch	0.50 tb
7631	Cooked rice	0.00
7632	Round Steak, cut into thin	1.00 lb
7632	strips	0.00
7632	To 3 T Olive Oil	2.00
7632	Onions, chopped	0.50 c
7632	Cloves Garlic, chopped	3.00
7632	Green peppers, cut into thin	2.00
7632	strips	0.00
7632	Celery, chopped	0.50 c
7632	Pepper	0.25 ts
7632	Consomme, undiluted	0.50 cn
7632	Cornstarch	1.00 tb
7632	Water	2.00 tb
7632	Soy Sauce	2.00 ts
7633	Top round or sirloin steak,	1.50 lb
7633	Boneless	0.00
7633	Oil	2.00 tb
7633	Clove garlic, minced	1.00
7633	Salt	1.00 ts
7633	Beef broth (bouillon),	1.00 c
7633	Canned and undiluted	0.00
7633	Green bell pepper, cored,	1.00 c
7633	Seeded, and cut into	0.00
7633	Thin strips	0.00
7633	Celery, thinly sliced	1.00 c
7633	Onions, thinly sliced	0.25 c
7633	COCA-COLA	0.50 c
7633	Tomatoes, ripe	2.00 md
7633	Cornstarch	2.50 tb
7633	COCA-COLA	0.25 c
7633	Soy sauce	1.00 tb
7633	Rice, cooked and hot	0.00
7634	Chuck roast, 1 1/2 in thick	3.00 lb
7634	Vegetable oil	1.00 tb
7634	Bottled stir-fry sauce	0.50 c
7634	Burgundy wine	0.50 c
7634	Fresh mushrooms, sliced	0.50 lb
7634	Cornstarch	1.00 tb

## Sheet1

7635	Salt	0.25 ts
7635	Sugar	0.25 c
7635	Light soy sauce	1.50 tb
7635	Oyster sauce	1.50 ts
7635	Sesame oil	0.25 ts
7635	MSG (optional)	0.50 ts
7635	White or rose wine	1.00 tb
7635	1" piece gingerroot	1.00
7635	peeled and minced	0.00
7635	Hoisin sauce	1.50 ts
7635	Bottled Chinese bean paste	1.00 tb
7635	Garlic clove; minced	1.00
7635	Shallots; diced	2.00
7635	Pork tenderloin	1.25 lb
7635	Honey	2.00 tb
7635	Red food color	2.00 dr
7636	Pork spareribs	6.00 lb
7636	Chinese dry marinade	0.00
7637	Spareribs (any kind of meat)	4.00 lb
7637	Vinegar	2.00 tb
7637	Water	0.00
7637	Soy Sauce	0.75 c
7637	Brown Sugar	0.75 c
7637	Can crushed pineapple, juice	1.00 sm
7637	Dry Mustard, rounded	1.00 tb
7637	MSG	0.50 ts
7638	Crepes	4.00
7638	Chopped onion	0.25 c
7638	Hot water	0.25 c
7638	Vegetable oil	2.00 tb
7638	Ground beef, browned and	1.00 lb
7638	Drained	0.00
7638	Chopped cabbage	2.00 c
7638	Pkg. fried rice seasoning	1.00 oz
7638	Mix	0.00
7639	Boneless top sirloin,	1.25 lb
7639	trimmed of fat	0.00
7639	Ground ginger	0.50 ts
7639	Sugar	1.00 ts
7639	Soy sauce	3.00 tb
7639	Cornstarch	2.00 ts
7639	Vegetable oil	1.00 tb
7639	Water	1.00 c
7639	Quick-cooking long-grain	0.75 c
7639	rice	0.00
7639	Fresh broccoli, trimmed, cut	1.00 lb
7639	into 1-inch pieces	0.00
7640	Cooking oil	3.00 tb
7640	Lean pork, cubed	1.50 lb

Sheet1

7640	Mushrooms, sliced	0.50 lb
7640	Onions, sliced	1.00 c
7640	Celery, sliced	2.00 c
7640	Salt	1.00 ts
7640	Pepper	0.12 ts
7640	Ginger	1.00 ts
7640	Hot water, bouillon	1.75 c
7640	Or meat stock	0.00
7640	Soy sauce	3.00 tb
7640	Bean sprouts	1.00 c
7640	Corn starch	3.00 tb
7641	Bean curd; shredded	2.00
7641	Bean sprouts	0.25 lb
7641	Carrot; shredded	1.00
7641	Cucumber; shredded	1.00
7641	Pieces of celery; shredded	3.00
7641	Fresh noodles	1.00 lb
7641	Oil	1.00 tb
7641	SAUCE -----	0.00 -----
7641	Sesame paste	3.00 tb
7641	Soy sauce	6.00 tb
7641	Vinegar	1.00 tb
7641	Ginger root	1.00 pn
7641	Chili sauce	1.00 ts
7641	Sesame oil	1.00 tb
7641	Water	2.00 tb
7641	Crushed peanuts	1.00 tb
7641	Parsley	1.00 pn
7642	Dried or fresh egg noodles	1.00 lb
7642	Sesame oil, divided	2.00 tb
7642	Tahini or peanut butter	3.00 tb
7642	Chili powder	2.00 ts
7642	Finely chopped garlic	1.50 tb
7642	Chili oil	2.00 ts
7642	Light soy sauce	2.00 tb
7642	Dark soy sauce	1.00 tb
7642	Chili bean sauce	1.00 tb
7642	Finely chopped fresh ginger	2.00 ts
7642	Salt	1.00 ts
7642	Sugar	2.00 ts
7642	Finely chopped scallions	3.00 tb
7643	Long grain rice	1.00 c
7643	Stock [I used chicken stock. S.C.]	3.00 qt
7643	S.C.]	0.00
7643	Minced Chinese preserved turnip	2.00 tb
7643	turnip	0.00
7643	Ginger root, minced	1.00 sl
7643	Piece tangerine peel, soaked to soften and minced	1.00
7643	to soften and minced	0.00



Sheet1

7643	Salt	0.00
7643	Garnish of:	0.00
7643	Chopped green onion	0.00
7643	Chopped coriander	0.00
7643	Slivered preserved ginger	0.00
7643	Sliced tea melon	0.00
7644	Eggs	12.00
7644	Sour cream	0.50 c
7644	Fresh dill	1.00 tb
7644	Bunch scallions, chopped	1.00
7644	Peanut oil	0.00
7645	Beef steak	1.00 lb
7645	MARINADE -----	0.00 -----
7645	Light soy sauce	1.00 tb
7645	Rice wine	2.00 ts
7645	Sesame oil	1.00 ts
7645	Salt	0.50 ts
7645	Cornstarch	3.00 tb
7645	All-purpose flour	1.00 tb
7645	Peanut oil	2.00 c
7645	SAUCE -----	0.00 -----
7645	Peanut oil	1.50 tb
7645	Dried chiles; halved	5.00
7645	Garlic, finely sliced	3.00 tb
7645	Salt	1.00 ts
7645	Sugar	3.00 tb
7645	Water	0.50 c
7645	Cornstarch; mixed with	1.00 ts
7645	Water	1.00 ts
7646	Boned pork butt or shoulder, fat trimmed and cut into	2.00 lb 0.00
7646	2" chunks	0.00
7646	Garlic cloves, minced	2.00
7646	pressed	0.00
7646	Anise seed	1.00 ts
7646	Ground cinnamon	0.50 ts
7646	Ground cloves	0.50 ts
7646	Soy sauce	0.25 c
7646	Hot cooked rice	6.00 c
7646	Thinly sliced green onion	0.00
7646	Fresh cilantro sprigs	0.00
7646	Hoisin or Chinese plum sauce	0.00
7647	Pig's head, cleaned and tongue removed	1.00 0.00
7647	5-spice powder	1.00 ts
7647	Salt	2.00 tb
7647	Mien see (ground brown bean sauce)	0.50 c 0.00
7647	Or	0.00

Sheet1

7647	Oyster sauce	0.50 c
7647	Bourbon	0.25 c
7647	Honey, combined with	1.00 c
7647	Boiling water	1.00 c
7648	Cooking oil	2.00 c
7648	Cooking oil	1.00 tb
7648	String beans, trimmed	0.75 lb
7648	And cleaned	0.00
7648	Minced garlic	1.00 tb
7648	Minced pork	2.00 tb
7648	Soy sauce	2.00 tb
7648	Sherry	0.50 tb
7648	Sugar	0.50 tb
7648	Chicken broth	4.00 tb
7648	Sesame oil	0.50 tb
7648	Minced scallion	1.00 tb
7649	Flank steak	0.50 lb
7649	Mung bean sprouts	2.00 c
7649	Yellow onion	0.50 md
7649	Peanut oil	1.00 tb
7649	Chicken stock	0.50 c
7649	Dark soy sauce	1.00 tb
7649	Dry sherry	1.00 tb
7649	Cornstarch paste	0.00
7649	Salt	2.00 ts
7649	Szechuan peppercorns	1.00 ts
7650	Lean boneless pork	8.00 oz
7650	Light soy sauce	2.00 ts
7650	Dark soy sauce	1.00 ts
7650	Rice wine or dry sherry	1.00 ts
7650	Sesame oil	1.00 ts
7650	Cornstarch	0.50 ts
7650	Cucumber	1.00 lb
7650	Peanut oil	1.50 tb
7650	Chili bean sauce	1.00 tb
7650	Finely chopped garlic	2.00 ts
7650	Sichuan peppercorns	1.00 ts
7650	(Roasted, ground)	0.00
7650	Chili flakes or chili powder	0.50 ts
7650	Salt	0.50 ts
7650	Light soy sauce	2.00 ts
7650	Rice wine	2.00 ts
7650	White rice vinegar	2.00 ts
7650	Sugar	1.00 ts
7651	Canola oil	3.00 tb
7651	Onion *	1.50 c
7651	Ribs celery **	4.00 x
7651	Cloves garlic, finely minced	2.00 x
7651	Ginger, finely minced	1.00 tb

Sheet1

7651	Small red bell pepper ***	0.00
7651	Long-grain rice, cooked	4.00 c
7651	No-sodium beef broth ****	0.25 c
7651	Cured ham %	0.12 lb
7651	Shrimp %%	1.00 lb
7651	Snow pea %%%	0.25 lb
7651	Eggs	2.00 x
7651	Soy sauce	2.00 tb
7651	Scallions %%%%	0.50 c
7652	Pork rib or loin chops (1/4-	4.00
7652	to 1/2-inch thick	0.00
7652	Vegetable oil	2.00 tb
7652	Salt, divided	0.75 ts
7652	Unsweetened pineapple juice	0.75 c
7652	Green bell pepper strips	0.50 c
7652	Brown sugar, firmly packed	3.00 tb
7652	Corn starch	2.00 tb
7652	Crushed red pepper flakes	0.12 ts
7653	Chopped cooked turkey or	1.00 c
7653	chicken	0.00
7653	Butter or margarine	2.00 tb
7653	Bean sprouts, drained	1.00 cn
7653	Chopped, onion	0.50 c
7653	Chopped, celery	0.50 c
7653	Finely chopped, green pepper	1.00 tb
7653	or parsley	0.00
7653	Slightly beaten eggs	6.00
7653	Salt	1.00 ts
7653	Fat for frying	0.00
7653	Sauce:	0.00
7653	Juice from cooked	0.00
7653	vegetables above	0.00
7653	Juice from canned bean	1.00 c
7653	sprouts	0.00
7653	Cornstarch	1.00 tb
7653	Sugar	1.00 ts
7653	Soy sauce	2.00 tb
7654	Cooked ham or roast pork	1.00 c
7654	Chopped, onions	0.50 c
7654	Drained, canned bean sprouts	1.00 c
7654	Chopped green onion tops	4.00 tb
7654	Soy sauce	1.00 tb
7654	Salt	1.00 ts
7654	Eggs	3.00
7654	Oil for deep frying	0.00
7654	Sauce:	0.00
7654	Chicken stock	1.50 c
7654	Molasses	1.00 ts
7654	Soy sauce	1.00 ts

Sheet1

7654	Cornstarch	1.00 ts
7654	Cold water	2.00 tb
7655	Egg Mixture:	0.00
7655	Shelled and deveined cooked	4.00 oz
7655	shrimp	0.00
7655	Eggs, beaten with 2	2.00 lg
7655	teaspoons water	0.00
7655	Bean sprouts	1.00 c
7655	Chopped scallions (green	0.25 c
7655	onions)	0.00
7655	Salt	0.12 ts
7655	Dash each garlic powder and	0.00
7655	white pepper	0.00
7655	Peanut or vegetable oil	2.00 ts
7655	Sauce:	0.00
7655	Soy sauce	1.50 ts
7655	Each cornstarch and rice	1.00 ts
7655	vinegar	0.00
7655	Dash ground ginger	0.00
7655	Water	0.50 c
7656	Fresh bean sprouts	0.50 lb
7656	Yellow onion	0.50 md
7656	Chinese BBQ Pork	0.25 lb
7656	Oil, approximately	10.00 tb
7656	Bamboo shoot tip (canned) or	1.00
7656	Sliced bamboo shoots	0.50 c
7656	Green onion, finely chopped	1.00
7656	Sesame seeds	1.00 tb
7656	Salt	0.50 ts
7656	Sugar	0.50 ts
7656	Eggs	6.00 lg
7656	Oyster sauce	1.00 ts
7656	Thin soy sauce	0.50 ts
7656	GRAVY -----	0.00 -----
7656	(2 cups) chicken broth	1.00 cn
7656	Sliced mushrooms, optional	0.33 c
7656	Salt	0.50 ts
7656	Sugar	0.50 ts
7656	Dash of pepper	0.00
7656	Dark soy sauce	1.00 ts
7656	Cornstarch	3.00 tb
7656	Cold water	6.00 tb
7657	Barbecued meat your choice *	1.00 c
7657	Fresh bean sprouts	1.00 c
7657	Celery, thinly sliced	0.50 c
7657	Onions, thinly sliced	0.25 c
7657	Green onions chopped fine	0.25 c
7657	Mushrooms sliced into strips	0.25 c
7657	Eggs	6.00

Sheet1

7657	Salt & pepper to taste	1.00
7657	-----	0.00
7657	Chicken or beef soup stock	2.00 c
7657	Msg accent (optional)	1.00 g
7657	Corn starch	1.50 ts
7657	Salt to taste	1.00
7658	Oriental eggplants *	4.00
7658	Oil	0.00
7658	Chile oil	1.00 tb
7658	Mashed garlic	1.00 tb
7658	Ground pork **	1.00 c
7658	Soy sauce	0.00
7658	Chicken broth	0.75 c
7658	Bottled hoisin sauce	2.00 tb
7658	Chinese vinegar	1.00 tb
7658	Cornstarch	2.00 ts
7658	Water	1.00 ts
7658	Minced green onion ***	1.00 tb
7659	3 lb fryer chicken	1.00
7659	Flour	2.00 tb
7659	Soy sauce, light	2.00 tb
7659	Oil	4.00 tb
7659	Leeks, cut into 1 1/2	0.50 lb
7659	inch pieces	0.00
7659	Dried black mushrooms,	4.00
7659	soaked in boiling water	0.00
7659	20 minutes, stems removed	0.00
7659	Pieces Virginia ham cut	4.00
7659	into 1/8 inch pieces	0.00
7659	Worcestershire sauce	1.00 tb
7659	Sherry	1.00 tb
7659	Salt	1.00 ts
7659	Sugar	0.50 ts
7660	Fresh Ham	5.00 lb
7660	Green onions	8.00
7660	Peanut oil	3.00 tb
7660	Fresh ginger	8.00 sl
7660	Garlic cloves, peeled and	4.00
7660	crushed	0.00
7660	BRAISING LIQUID -----	0.00 -----
7660	Hot water	5.00 c
7660	Dark soy sauce	1.00 c
7660	Rice wine or dry sherry	1.00 c
7660	Whole roasted Szechwan	3.00 tb
7660	peppercorns	0.00
7660	Rock or ordinary sugar	6.00 tb
7660	Star anise	4.00
7660	Cinnamon sticks or bark	2.00
7660	Five-spice powder	2.00 ts

Sheet1

7660	Salt	1.00 ts
7661	Boneless tender beef steak	0.50 lb
7661	(sirloin, rib eye or top	0.00
7661	loin)	0.00
7661	Cornstarch	1.00 tb
7661	Soy sauce, divided	4.00 tb
7661	Sugar	0.50 ts
7661	Clove garlic, minced	1.00
7661	Water	1.25 c
7661	Cornstarch	4.00 ts
7661	Distilled white vinegar	1.50 ts
7661	Ground red pepper (cayenne)	0.25 ts
7661	Oil, divided	3.00 tb
7661	Bite-size cauliflowerets	3.00 c
7661	Salt	0.00
7661	Onion, chunked and separated	1.00
7661	Green pepper, chunked	1.00
7662	End-cut pork chop (OR	1.00 lg
7662	Pork butt)	0.50 lb
7662	Slivered winter bamboo	1.25 c
7662	Shoots	0.00
7662	Minced ginger root	1.00 ts
7662	Garlic cloves	2.00 lg
7662	Peanut oil	2.00 tb
7662	Chicken stock	0.50 c
7662	Chili paste with garlic	1.00 ts
7662	Sugar	1.00 pn
7662	Vegetable oil	1.50 c
7662	Rice stick noodles	0.50 c
7662	Thin soy sauce	2.00 ts
7662	Cornstarch	2.00 ts
7662	Cornstarch paste	0.00
7662	Chinese red vinegar	1.00 ts
7663	End-cut pork chop (OR	1.00 lg
7663	Pork butt)	0.50 lb
7663	Slivered winter bamboo	1.25 c
7663	Shoots	0.00
7663	Minced ginger root	1.00 ts
7663	Garlic cloves	2.00 lg
7663	Peanut oil	2.00 tb
7663	Chicken stock	0.50 c
7663	Chili paste with garlic	1.00 ts
7663	Sugar	1.00 pn
7663	Vegetable oil	1.50 c
7663	Rice stick noodles	0.50 c
7663	Thin soy sauce	2.00 ts
7663	Cornstarch	2.00 ts
7663	Cornstarch paste	0.00
7663	Chinese red vinegar	1.00 ts

Sheet1

7664	Small piece of star anise	0.00
7664	Cassia bark	0.00
7664	Orange peel	0.00
7664	Cardamon	0.00
7664	Ginger root	0.00
7665	Crab meat, cooked chicken or	3.00 oz
7665	shrimp (optional)	0.00
7665	Peanut oil	4.00 tb
7665	Spring onion, shredded	1.00
7665	(green onion)	0.00
7665	Bamboo shoots, shredded	1.00 oz
7665	Bean sprouts	1.00 c
7665	Eggs	5.00
7665	Salt	0.25 ts
7665	Water	2.00 tb
7665	Chicken stock	6.00 tb
7665	Sugar	1.00 pn
7665	Soy sauce	1.00 ts
7665	Ketchup	2.00 ts
7665	Cornstarch	1.00 ts
7666	Meatball Mixture:	0.00
7666	Inch cube ginger, minced	1.50
7666	Ground pork	1.00 lb
7666	Chopped scallions	2.00
7666	Chopped water chestnuts	8.00
7666	Salt (or to taste)	0.75 ts
7666	Corn starch mixed with 3	1.00 tb
7666	Tb water	0.00
7666	Soy sauce	4.00 ts
7666	Dry sherry	1.00 tb
7666	Egg	1.00
7666	Casserole Base:	0.00
7666	Bok choy	1.50 lb
7666	Cooking oil	3.00 tb
7666	Soy sauce or to taste	1.00 tb
7666	Sugar	1.00 ts
7666	Dry sherry	1.00 tb
7667	Stalks canned baby corn	8.00
7667	Peeled straw mushrooms	1.00 cn
7667	Size fresh tomatoes	2.00 md
7667	Stalks of bok choy	8.00 sm
7667	Salt	0.50 ts
7667	Chicken stock	1.00 c
7667	Peanut oil	1.00 ts
7667	Sugar	0.25 ts
7667	Cornstarch paste	0.00
7667	Chicken oil (rendered fat)	2.00 tb
7668	Franks, cut in penny-wise	0.50 lb
7668	slices	0.00

## Sheet1

7668	Sherry	3.00 tb
7668	Soy Sauce	2.00 tb
7668	Cornstarch	3.00 ts
7668	Vegetable Oil	2.00 tb
7668	Onion, coarsely chopped	1.00 md
7668	Green Onions, cut in 1 1/2	6.00
7668	in. lengths	0.00
7668	Tomato, peeled, seeded, and	1.00
7668	diced	0.00
7668	Ribs Celery, cut in 1 in.	2.00
7668	diagonal slices	0.00
7668	Cloce Garlic, crushed	1.00
7668	In. piece Ginger, pared and	1.00
7668	grated	0.00
7668	Can Bean Sprouts, drained	14.00 oz
7668	20 Oz. can Pineapple Chunks,	0.00
7668	drained (reserve 1/2 C	0.00
7668	liquid)	0.00
7668	Hot Water	0.50 c
7668	Instant Chicken bouillon	1.00 ts
7669	Bunches fresh spinach	2.00
7669	Peanut oil	2.00 tb
7669	Small dried chili pepper	1.00
7669	Minced ginger root	1.00 ts
7669	Stock	0.33 c
7669	Thin soy sauce	1.00 ts
7669	Sugar	0.50 ts
7669	Cubes fermented bean curd	2.00
7669	With chili (bean cheese)	0.00
7669	Cornstarch paste	0.00
7670	Cornstarch	1.50 ts
7670	Stock	3.00 tb
7670	Stock	0.75 c
7670	White vinegar	3.00 tb
7670	Sugar	3.00 tb
7670	Tomato ketchup	1.00 tb
7670	Soy sauce	2.00 tb
7670	Salt	0.50 ts
7670	Cayenne	0.25 ts
7670	Freshly ground black pepper	0.00
7670	Oil	1.00 tb
7670	Garlic clove, peeled	1.00
7670	Ginger root	1.00 sl
7670	Carrot, sliced	1.00
7670	Red bell pepper, cut into	0.50 sm
7670	- strips	0.00
7670	Green bell pepper, cut into	0.50 sm
7670	- strips	0.00
7670	Scallions, sliced	2.00



Sheet1

7670	Tofu, cubed	0.75 lb
7670	Salt	2.50 ts
7670	Vegetable oil	2.00 tb
7671	Crab meat (or lobster)	0.25 lb
7671	Egg whites	6.00
7671	Milk	0.50 c
7671	Green onions	2.00
7671	Leaves Boston lettuce	5.00
7671	Sherry	1.00 ts
7671	Salt	1.00 pn
7671	Cornstarch	2.00 ts
7671	Peanut oil	3.00 tb
7672	Cabbage, chopped	5.00 oz
7672	Ground pork or beef (or combination of both)	6.00 oz 0.00
7672	Japanese soy sauce	2.00 tb
7672	Sesame oil	1.00 tb
7672	Mirin (Japanese rice wine) or sherry	1.00 ts 0.00
7672	Green onion, minced	1.00
7672	Grated ginger	1.00 ts
7672	Dried black mushroom, soaked in 2 tb water	1.00 0.00
7672	To 3 tb peanut oil	2.00 tb
7672	Hot water	0.25 c
7672	Pkg Gyoza skins (available at Oriental food stores)	1.00 sm 0.00
7672	DUNKING SAUCE -----	0.00 -----
7672	Japanese soy sauce	0.25 c
7672	Rice wine vinegar	1.00 ts
7672	Rayu or sesame oil	1.00 ds
7673	Cooked Pork - boned, cut into 1-inch squares	8.00 oz 0.00
7673	Scallions - cleaned, cut in half	0.50 bn 0.00
7673	Ginger - ground	0.25 ts
7673	Egg Yolk	1.00
7673	Soy Sauce	2.00 tb
7673	Sesame Oil	1.00 tb
7673	Dry Sherry	2.00 ts
7673	Lemon Pepper	0.50 ts
7673	Flour - all purpose	1.50 c
7673	Water	6.00 tb
7673	MSG	1.00 ds
7673	HOT GARLIC SAUCE:	0.00
7673	Clove Garlic	4.00
7673	Szechwan Hot Oil	0.50 ts
7673	Vinegar	1.00 ts
7673	Sherry	1.00 ts

Sheet1

7673	Soy Sauce	3.00 tb
7674	Cooked rice	2.00 c
7674	Cooking oil	1.00 tb
7674	Sesame oil	2.00 tb
7674	Peas	0.25 c
7674	Finely diced red pepper	0.25 c
7674	Bean sprouts	0.50 c
7674	Broccoli florets	0.50 c
7674	Soy sauce	3.00 tb
7675	To 3 eggs, beaten	2.00
7675	To 2 c leftover meat; pork	1.00 c
7675	roast, chicken, pork chops,	0.00
7675	Onion	1.00 lg
7675	Green onions, chopped or	1.00 bn
7675	chopped chives	0.00
7675	Frozen peas	1.00 c
7675	Bean sprouts or shredded	1.00 c
7675	lettuce	0.00
7675	To 6 c leftover, cold,	4.00 c
7675	cooked rice	0.00
7675	To 3 tb peanut oil	2.00 tb
7675	Mrs. Dash	2.00 tb
7675	Soy sauce in 1/2 c. of water	2.00 tb
7676	Water	3.00 c
7676	Salt	1.50 ts
7676	Uncooked long grain rice	1.50 c
7676	Bacon, chopped	4.00 sl
7676	Eggs	3.00
7676	Pepper	0.12 ts
7676	Vegetable oil	3.00 tb
7676	Grated fresh ginger root	2.00 ts
7676	Cooked pork, cut into strips	8.00 oz
7676	Cooked/cleaned shrimp, chop.	8.00 oz
7676	Green onions, finely chopped	8.00
7676	Soy sauce	1.50 tb
7677	Cooked rice	2.00 c
7677	Cooking oil	1.00 tb
7677	Sesame oil	2.00 tb
7677	Peas	0.25 c
7677	Finely diced red pepper	0.25 c
7677	Bean sprouts	0.50 c
7677	Broccoli florets	0.50 c
7677	Soy sauce	3.00 tb
7678	Cooked chicken (or ham,	0.50 c
7678	pork, turkey, seafood,	0.00
7678	wieners rattlesnake)	0.00
7678	Butter	2.00 tb
7678	Beaten eggs	2.00
7678	Cooked rice	2.00 c

Sheet1

7678	Soy sauce	0.25 c
7678	Chop fine green onions (opt)	2.00
7678	Fresh/cooked peas or	0.50 c
7678	leftover vegetable	0.00
7678	(optional)	0.00
7679	Rice cooked and cooled in	1.00 lb
7679	refrigerator a few hours	0.00
7679	Vegetable oil for sauteing	0.00
7679	Pork chops cooked or an	4.00
7679	equal amount of roast pork	0.00
7679	sliced in	0.00
7679	Matchstick pieces	0.00
7679	Half a chicken cooked and	0.00
7679	sliced in matchstick pieces	0.00
7679	To 2 tb soy sauce	1.00 tb
7679	Shrimp peeled deveined and	1.00 lb
7679	cooked	0.00
7679	Finely diced large onion	1.00
7679	Fresh sliced mushrooms	8.00 oz
7679	Garlic powder	1.00 tb
7679	Soy sauce to taste	0.00
7679	To 8 oysters optional	6.00
7679	Bean sprouts optional	8.00 oz
7679	Eggs scrambled and cooked	3.00
7679	Green onion diagonally	1.00
7679	sliced for garnish	0.00
7679	Quartered red tomato	1.00
7679	optional	0.00
7679	Lemon sliced optional	1.00
7680	White Rice	2.00 c
7680	Water	4.00 c
7680	Salt	1.00 ts
7680	Margarine	1.00 tb
7680	Strips Bacon	8.00
7680	Onion, Chopped	0.50 md
7680	Carrot, large cubes	2.00 md
7680	Chopped green onions	0.25 c
7680	Soy Sauce	0.25 c
7680	Egg	1.00
7680	Garlic Powder	0.00
7681	Oil	3.00 tb
7681	Eggs	4.00 ea
7681	Meat, diced	0.25 c
7681	Onion, white, chopped	1.00 tb
7681	Rice, boiled	4.00 c
7681	Soy sauce	2.00 ts
7681	Curry powder (optional)	1.00 ts
7681	Pepper, white	1.00 pn
7681	Bean sprouts	1.00 c

Sheet1

7681	Peas, cooked	2.00 tb
7681	Peanuts	2.00 tb
7682	Cooked rice	3.00 c
7682	Bacon strips	3.00
7682	Slightly beaten eggs	3.00
7682	Meat, finely diced	1.25 c
7682	Green onion; finely chopped	2.00
7682	Fresh bean sprouts (optional	0.50 lb
7682	Mushrooms, sliced	6.00
7682	Salt to taste as needed	0.00
7682	Dash black pepper	0.00
7682	Soy sauce	2.00 tb
7683	Rice; cooked	6.00 c
7683	Onions; diced	0.50 c
7683	Onions, greed; diced	1.00 c
7683	Mushrooms; diced	0.50 c
7683	Peas; green	0.50 c
7683	Meat, your choice	0.50 c
7683	Eggs	2.00
7683	Salt & pepper	0.00
7683	Soya sauce; light	2.00 tb
7683	Sesame seeds, toasted	3.00 tb
7684	Pork ribs, trimmed	1.25 lb
7684	Sugar	0.75 c
7684	Vinegar	0.50 c
7684	Soy sauce	5.00 tb
7684	Sherry	3.00 tb
7684	Cooking oil	4.00 c
7685	Boneless pork, cut in 3/4"	1.25 lb
7685	strips	0.00
7685	Soy sauce	2.00 tb
7685	Dorothy Lynch Home Style or	0.25 c
7685	Reduced Calorie dressing	0.00
7685	Cornstarch, divided	4.00 ts
7685	Salad oil, divided	5.00 tb
7685	Frozen pea pods, slightly	1.00 pk
7685	thawed (6 oz)	0.00
7685	Water	2.00 tb
7685	Apricot halves, drained and	16.00 oz
7685	Sliced, reserving syrup	0.00
7685	Hot cooked rice	0.00
7686	Round steak/venison	2.00 lb
7686	Light soy sauce	0.25 c
7686	Beef bouillon	1.00 c
7686	Ginger	0.25 ts
7686	Clove mashed garlic	2.00
7686	Cooking sherry	0.25 c
7686	Peanut oil	4.00 tb
7686	Clove chopped garlic	2.00

Sheet1

7686	Boiling water	1.50 c
7686	Green peppers cut into 1/2	3.00 lg
7686	inch strips	0.00
7686	Sliced water chestnuts	1.00 c
7686	Cornstarch	3.00 tb
7686	Sherry or sesame oil	0.00
7686	Hot boiled rice	0.00
7687	Oil	2.00 tb
7687	Cloves garlic, finely	3.00
7687	chopped	0.00
7687	Scallions, chopped	4.00
7687	Red yellow or green pepper,	1.00 lg
7687	diced	0.00
7687	Fresh snowpeas, trimmed	1.00 lb
7687	Jicama, cubed	0.50 c
7687	Soy sauce	2.00 ts
7688	Boneless tender beef steak	0.75 lb
7688	(sirloin,	0.00
7688	Rib eye or top loin)	0.00
7688	Lite soy sauce, divided	3.00 tb
7688	Cornstarch	1.00 tb
7688	Dry sherry	1.00 tb
7688	Minced fresh ginger root	1.00 ts
7688	Clove garlic, minced	1.00
7688	Water	0.75 c
7688	Cornstarch	2.00 ts
7688	Bok choy cabbage or romaine	0.50 lb
7688	lettuce	0.00
7688	Oil, divided	2.00 tb
7688	Med. onion, cut into 1/2"	1.00
7688	strips	0.00
7688	Slivered fresh ginger root	1.00 tb
7689	Cooking oil	1.00 tb
7689	Fresh pork leg cubed-fresh	1.00 lb
7689	ham	0.00
7689	Thinly sliced onion	0.50
7689	Minced clove garlic	1.00
7689	Grated fresh ginger OR 1	1.00 tb
7689	teaspoon dry ginger	0.00
7689	Soy sauce	2.00 tb
7689	Dry sherry	0.25 c
7689	Wine vinegar	2.00 tb
7689	Cornstarch	1.00 tb
7689	Melon cubed - honeydew or	3.00 c
7689	cantaloupe	0.00
7689	Pickled watermelon rind	0.50 c
7689	diced	0.00
7690	Thin slices of fresh ginger	2.00
7690	Boiling water	1.00 c

Sheet1

7690	Sugar to taste	0.00
7691	Sirloin steak, shredded	0.25 lb
7691	Onion, quartered and cut	1.00 md
7691	into strips	0.00
7691	Thumb-size piece fresh	1.00
7691	ginger, peeled and	0.00
7691	Shredded (see note)	0.00
7691	Clove garlic, minced	1.00
7691	Marinade (in jar)	0.00
7691	Light soy sauce	2.00 ts
7691	Vegetable sauce	2.00 ts
7691	Dark soy sauce	1.00 ts
7691	Dry sherry or rice wine	1.00 ts
7691	Sugar	0.50 ts
7691	Sesame oil	0.50 ts
7691	Salt	0.25 ts
7691	Pepper	0.25 ts
7691	Baking powder	0.25 ts
7691	Cornstarch	2.00 ts
7691	Water	1.00 tb
7692	Presteamed rice	9.00 c
7692	Finely chopped Ginseng	2.00 oz
7692	Soy sauce	2.00 tb
7692	Vegetable oil	2.00 tb
7692	Salt	1.00 ts
7692	Onions shredded	3.00
7692	Sweet peppers shredded	3.00
7692	Celery	1.00 lb
7693	Eye of round or other beef	1.00 lb
7693	steak,cut into 1/8" slices	0.00
7693	into 1x3" pieces	0.00
7693	Red bell pepper, cut into	1.00 lg
7693	1X3" Pieces	0.00
7693	Freshly ground black pepper	1.00 ts
7693	Cloves garlic, minced	4.00
7693	Sesame oil	0.50 ts
7693	Soy sauce	2.00 tb
7693	Sugar	1.50 tb
7693	Sherry or dry white wine	0.50 tb
7693	Vegetable oil, divided	3.50 tb
7693	Yellow bell peppers, cut	2.00 lg
7693	Onion, cut into 1x3" pieces	1.00 md
7693	Salt	0.50 ts
7693	Oyster sauce	1.00 ts
7693	Chicken stock	0.67 c
7693	Cornstarch	1.00 ts
7693	Cooked rice (enough for 4)	6.00 c
7694	Round steak	1.00 lb
7694	Soy sauce	0.25 c

Sheet1

7694	Diced garlic	1.00 cl
7694	Grated fresh ginger	1.50 ts
7694	Salad oil	0.25 c
7694	Thinly sliced green onion	1.00 c
7694	Red or green bell pepper	1.00 c
7694	Stalk celery,cut thin	1.00
7694	Cornstarch	1.00 tb
7694	Water	1.00 c
7694	Tomatoes,wedged	2.00
7695	Japanese eggplants	8.00
7695	Olive oil	0.00
7695	Salt and pepper	0.00
7695	Fresh mild goat cheese	0.50 lb
7695	(chevre)	0.00
7695	Minced garlic	2.00 ts
7695	Red pepper flakes	1.00 ts
7695	Basil leaves, shredded	6.00
7696	Soy sauce	0.50 c
7696	Sesame seeds	1.00 tb
7696	Dry white wine	0.25 c
7696	Onion,chopped	1.00 md
7696	Green onion,chopped	0.50 c
7696	Garlic,crushed	1.00 cl
7696	Ground ginger	0.50 ts
7696	Beef sirloin, cut into thin	3.00 lb
7696	Strips	0.00
7696	Green peppers, cut into	2.00 lg
7696	Squares, blanched	0.00
7696	Mushroom caps	20.00 lg
7696	Cherry tomatoes	16.00
7697	Firm bean curd (tofu)	1.00 lb
7697	FILLING -----	0.00 -----
7697	Peanut oil	1.00 tb
7697	Minced fresh cilantro	3.00 tb
7697	Finely chopped garlic	2.00 tb
7697	Finely chopped scallions	2.00 tb
7697	Minced peeled fresh ginger	1.50 tb
7697	Red chile flakes or powder	2.00 ts
7697	Dark soy sauce	1.00 tb
7697	Sugar	1.00 ts
7697	Salt	0.50 ts
7697	Sesame oil	0.50 ts
7697	Peanut oil; for frying	2.00 c
7697	SAUCE -----	0.00 -----
7697	Peanut oil	1.00 tb
7697	Finely chopped garlic	1.00 tb
7697	Minced peeled fresh ginger	1.00 tb
7697	Dark soy sauce	1.00 tb
7697	Rice wine	1.00 tb

Sheet1

7697	Light soy sauce	2.00 ts
7697	Sugar	1.00 ts
7697	Vegetable stock	1.00 c
7697	Cornstarch; mixed with	1.00 ts
7697	Water	1.00 ts
7697	Sesame oil	2.00 ts
7698	Boston pork butt (about 3	1.00
7698	1/4 pounds)	0.00
7698	Harbor Village Chef's BBQ	0.25 c
7698	Marinade	0.00
7698	Sugar	1.25 c
7698	Salt	1.00 tb
7698	Mui Gwe Lo rice wine	2.00 ts
7698	Light soy sauce	0.33 c
7698	Five-spice powder	1.00 ts
7698	Water (for roasting pan)	1.00 c
7698	Glazing Sauce	0.00
7698	BBQ Marinade:	0.00
7698	Cooking oil	0.67 c
7698	Garlic cloves, peeled and	8.00
7698	minced	0.00
7698	Hoisin sauce	1.75 c
7698	Ground bean sauce	1.75 c
7698	Sugar	1.25 c
7698	"nam yu" (red bean curd	0.50 c
7698	"cheese")	0.00
7698	Sesame seed paste	0.50 c
7698	Glazing Sauce:	0.00
7698	One 17.5-ounce container of	0.00
7698	maltose sugar	0.00
7698	Hot water	0.25 c
7698	Mui Gwe Lo rice wine	2.00 ts
7699	Sugar	0.25 c
7699	Soy sauce	0.50 c
7699	Of water or mushroom stock	0.25 c
7699	Onions, sliced thin	3.00
7699	Stalks celery sliced thin	4.00
7699	Bamboo shoots	1.00 cn
7699	Bun green onions, tops,	2.00
7699	sliced	0.00
7699	Beef, cut into strips	1.00 lb
7699	Mushrooms	1.00 cn
7699	Watercress	2.00 bn
7699	small amount shiratake	0.00
7699	MSG	2.00 ts
7700	FOR THE LAMB MARINADE -----	0.00 -----
7700	Lean tender lamb	12.00 oz
7700	Chinese light soy sauce	2.00 ts
7700	Chinese rice wine or dry	2.00 ts



Sheet1

7700	Sherry	0.00
7700	Sesame oil	2.00 ts
7700	Ground Sichuan peppercorns	0.50 ts
7700	OR coarsely ground black	0.00
7700	Peppercorns	0.00
7700	FOR THE SAUCE -----	0.00 -----
7700	Chinese rice wine/sherry	1.00 ts
7700	Chinese dark soy sauce	4.00 ts
7700	Sesame oil	1.00 ts
7700	Distilled white vinegar	1.00 ts
7700	YOU ALSO NEED -----	0.00 -----
7700	Garlic cloves	2.00
7700	Spring Onions	5.00 oz
7700	Fresh coriander leaves	2.00 tb
7700	Vegetable oil	4.00 tb
7701	Chicken broth	1.00 c
7701	Cornstarch	2.00 tb
7701	White vinegar	2.00 tb
7701	Soy sauce	1.00 ts
7701	Sugar	1.00 ts
7701	White pepper	0.12 ts
7701	Chinese noodles, cooked,	0.50 lb
7701	drained & hot	0.00
7701	Sesame oil	1.00 ts
7701	Soy sauce	1.00 tb
7701	Salad oil	1.00 tb
7701	Bok choy, cut in 2 inch	2.00 c
7701	lengths	0.00
7701	Water	1.00 tb
7701	Whole green onion, thinly	1.00
7701	sliced	0.00
7701	Hot poached eggs	4.00
7702	Napa cabbage leaves	5.00
7702	Peanut oil	3.00 tb
7702	Large dried chili peppers	4.00
7702	Szechuan peppercorns	0.50 tb
7702	Salt	0.50 ts
7702	Thin soy sauce	1.00 tb
7702	Rock sugar	0.50 tb
7702	Chinkiang vinegar	0.50 tb
7702	Sesame oil	1.00 ts
7703	Bean thread noodles	0.25 lb
7703	Oil	1.00 tb
7703	Finely chopped scallions	3.00 tb
7703	Finely chopped garlic	2.00 tb
7703	Ground beef	1.00 lb
7703	SAUCE -----	0.00 -----
7703	Chicken stock	2.00 c
7703	Chili bean sauce	1.50 tb

Sheet1

7703	Dried red chile, or:	1.00
7703	Chili powder	1.00 ts
7703	Light soy sauce	2.00 tb
7703	Sesame oil	1.00 ts
7704	Beef top round steak, cut	2.00 lb
7704	1" thick	0.00
7704	Garlic,mashed	3.00 cl
7704	Dry sherry	0.50 c
7704	Dark soy sauce	0.50 c
7704	Vegetable oil	0.25 c
7704	Grated fresh ginger	1.00 tb
7704	Relish recipe	1.00
7704	Hoagie rolls	8.00
7704	RELISH -----	0.00 -----
7704	Vegetable oil	2.00 ts
7704	Sesame oil	1.00 ts
7704	White wine vinegar	1.00 ts
7704	Dark soy sauce	0.50 ts
7704	Sugar	0.25 ts
7704	Hot pepper sauce	0.12 ts
7704	Sliced green onions	0.50 c
7704	Chopped mushrooms	0.50 c
7704	Chopped green pepper	0.50 c
7704	Chopped red pepper	0.50 c
7705	Fresh green beans, stemmed	1.00 lb
7705	Garlic cloves, minced	4.00 ea
7705	Chopped green scallions	0.50 c
7705	Fresh chilies, seeded &	2.00 ea
7705	- finely chopped	0.00
7705	Fermented black beans,	1.00 tb
7705	-rinsed	0.00
7705	Rice vinegar	3.00 tb
7705	Tamari	2.00 tb
7705	Cornstarch	1.50 ts
7705	Brown sugar	1.00 tb
7705	Rice wine	2.00 tb
7705	Peanut oil	3.00 tb
7706	Beef brisket	3.00 lb
7706	Cloves of garlic, diced	3.00
7706	Bacon	0.50 lb
7706	Onions, sliced	3.00
7706	Cooked pinto beans	4.00 c
7706	Ketchup	1.00 c
7706	Carrots, sliced	3.00
7706	Hot peppers, diced	2.00
7706	Tomatoes, cubed	3.00
7706	Celery, sliced	2.00 c
7706	Corn	2.00 c
7706	Vegetable seasoning	1.00 ts

Sheet1

7707	Beef flank steak, partially	12.00 oz
7707	Frozen	0.00
7707	Peanut or vegetable oil	1.00 tb
7707	Red bell pepper, cored,	1.00 lg
7707	Seeded and thinly sliced,	0.00
7707	About 1 1/4 cups	0.00
7707	Onion, thinly sliced, about	1.00 sm
7707	3/4 cup	0.00
7707	Chopped fresh gingerroot OR	1.00 tb
7707	Ground ginger	1.00 ts
7707	Garlic, crushed	1.00 cl
7707	Crushed hot red pepper	0.12 ts
7707	Fresh Chinese pea pods OR	12.00 oz
7707	(6 oz) frozen, thawed	2.00 pk
7707	Head escarole, about 1 lb.,	1.00 lg
7707	Coarsely chopped, about 8	0.00
7707	Cups	0.00
7707	Soy sauce	1.00 tb
7707	Light brown sugar, firmly	0.50 ts
7707	Packed	0.00
7708	Cauliflower, separated into	1.00 md
7708	Flowerets, washed, and	0.00
7708	Drained	0.00
7708	Green bell pepper, washed,	1.00
7708	Cored, seeded, and cut into	0.00
7708	2-in strips	0.00
7708	Water, boiling	0.00
7708	Celery, very thinly sliced	0.50 c
7708	COCA-COLA	0.75 c
7708	Wine vinegar OR	6.00 tb
7708	White vinegar	0.00
7708	Sugar	0.25 c
7708	Salt	1.50 ts
7709	All-purpose or whole-wheat	4.00 c
7709	flour	0.00
7709	Salt	1.00 ts
7709	Egg yolk	1.00
7709	To 2/3 Cup cold water	0.50
7710	Oyster sauce	1.00 tb
7710	Ketchup	2.00 ts
7710	Of white pepper	1.00 pn
7710	Chicken broth	2.50 oz
7710	Dark soy	1.50 ts
7710	Sugar	2.25 ts
7710	Cornstarch	2.25 ts
7710	Char Siu	0.75 c
7710	Peanut oil	1.00 tb
7710	Diced onion	0.50 c
7710	White wine	1.50 ts

Sheet1

7711	Kangaroo fillet, trimmed and	400.00 g
7711	sliced into thin strips	0.00
7711	Baby bok choy, washed	1.00 bn
7711	Birdseye chillies, chopped	2.00 ts
7711	Shallots (not spring	1.00 ts
7711	onions), chopped	0.00
7711	Garlic cloves, chopped	1.00 ts
7711	Fresh green ginger, chopped	1.00 ts
7711	Chinese brown rice wine	25.00 ml
7711	Black beans, washed and	1.00 tb
7711	drained	0.00
7711	Light beef stock	150.00 ml
7711	Soy sauce	50.00 ml
7711	Fish sauce	1.00 ts
7711	Freshly ground black pepper.	1.00 ts
7712	Sesame oil	2.00 tb
7712	Soy sauce	6.00 tb
7712	Green onion, chopped	1.00
7712	Garlic, minced	1.00 cl
7712	Pepper	0.00 ds
7712	Toasted sesame seeds*	2.00 tb
7712	Flour	1.00 tb
7713	Wonton skins	1.00 lb
7713	Lean hamburger	2.00 lb
7713	Chopped green pepper	1.00
7713	Chopped bean sprouts	8.00 oz
7713	Chopped onion	1.00
7713	En egg	1.00 ts
7713	MSG	1.00 ts
7713	Soy sauce	0.25 c
7713	Sesame oil	3.00 tb
7713	Chopped green onions	4.00
7714	Beef boneless sirloin or	1.00 lb
7714	flank steak	0.00
7714	Vegetable oil	1.00 tb
7714	Cornstarch	2.00 ts
7714	Salt	0.50 ts
7714	Of white pepper	1.00 ds
7714	Hot green chilies	2.00
7714	Green onions (with tops)	2.00
7714	Red bell pepper	1.00
7714	Vegetable oil	2.00 tb
7714	Vegetable oil	2.00 tb
7714	Finely chopped garlic	2.00 ts
7714	Finely chopped ginger root	1.00 ts
7714	Brown bean sauce	2.00 tb
7714	Diced canned bamboo shoots	0.50 c
7714	Sugar	1.00 ts
7714	Skinless raw peanuts,	0.50 c

Sheet1

7714	roasted	0.00
7715	Lamb meat (shoulder or leg)	1.00 lb
7715	Sherry	2.00 tb
7715	Salt	0.25 ts
7715	Cornstarch	0.50 ts
7715	Peanut oil	0.50 c
7715	Scallions	4.00
7715	Bell pepper	0.50 lg
7715	Clove garlic, minced	1.00
7715	Fresh ginger, minced	1.00 ts
7715	Stock	0.50 c
7715	Thin soy sauce	1.00 tb
7715	Dark soy sauce	0.50 tb
7715	Sugar	0.50 ts
7715	Cider vinegar	0.50 tb
7716	Lean cooked leg of lamb	1.50 lb
7716	Japanese style soy sauce	0.25 c
7716	Rice/sherry wine	0.25 c
7716	Ground ginger	2.00 ts
7716	Minced small garlic clove	1.00
7716	Small washed whole mushrooms	12.00 oz
7716	Quartered and separated	2.00
7716	onions	0.00
7716	Salad oil	2.00 tb
7717	Thin spaghetti or vermicelli	1.00 lb
7717	Onion, cut into julienne	1.00
7717	Green pepper, cut into	1.00
7717	julienne	0.00
7717	Mushrooms, sliced	0.75 lb
7717	Bun. fresh broccoli, cut	0.50
7717	into 1" florets	0.00
7717	Carrots, peeled and sliced	3.00
7717	thin on the diagonal	0.00
7717	Cloves garlic, minced	2.00
7717	Peanut oil	2.00 tb
7717	Leftover ham, cut into	2.00 c
7717	julienne	0.00
7717	Mrs. Dash	1.00 tb
7717	Soy sauce	2.00 tb
7717	To 4 c leftover BBQ sauce.	3.00 c
7718	Sirloin Butt Steak, cut into	1.00 lb
7718	bite-sized pieces	0.00
7718	Vegetable oil	3.00 tb
7718	Salt	1.00 ts
7718	Grated lemon peel	2.00 ts
7718	Beef broth	0.67 c
7718	Fresh snow peas (Chinese pea	1.00 lb
7718	pods)	0.00
7718	Sliced fresh mushrooms	0.50 c

Sheet1

7718	Fresh lemon juice	0.25 c
7718	Cornstarch	1.00 tb
7718	Ground ginger	0.12 ts
7718	Hot, cooked rice	0.00
7719	Flank steak	0.75 lb
7719	Cornstarch	1.00 tb
7719	Dry sherry	1.00 tb
7719	Peanut oil	2.00 tb
7719	Garlic,minced	1.00 cl
7719	Lemon Ginger Sauce	1.00
7719	* (recipes follows) *	0.00
7719	Thin,diagonally sliced,	1.00 c
7719	Carrots	0.00
7719	Onion,cut into chunks	1.00 md
7719	(16 oz) cut green beans	1.00 cn
7719	Sliced fresh mushrooms	1.00 c
7719	LEMON GINGER SAUCE -----	0.00 -----
7719	Fresh lemon juice	1.00 tb
7719	Honey	2.00 tb
7719	Dry sherry	1.00 tb
7719	Slivered ginger root	1.00 tb
7719	Garlic,minced	1.00 cl
7719	Cornstarch	1.00 ts
7720	Fresh bacon or pork belly	2.50 lb
7720	Whole scallions	6.00
7720	Fresh ginger	6.00 sl
7720	Salt	1.00 tb
7720	Scallions	6.00
7720	Peanut oil	3.00 tb
7720	Finely chopped garlic	2.00 tb
7720	Minced peeled fresh ginger	1.00 tb
7720	Chili bean sauce	1.50 tb
7720	Rice wine or dry sherry	1.00 tb
7720	Light soy sauce	1.00 tb
7720	Sugar	2.00 ts
7720	Salt	1.00 ts
7721	Pork	2.00 c
7721	Water chestnuts	6.00
7721	Onion slices, thick	2.00
7721	Soy	2.00 tb
7721	Oil	3.00 tb
7721	Celery cabbage, coarsely	1.50 lb
7721	shredded	0.00
7722	Peanut oil	4.00 tb
7722	Flank steak;or shrimp,chick	0.50 lb
7722	Celery; shredded	2.00
7722	Sl Ginger; minced	2.00
7722	Cabbage	1.00 c
7722	Green onion; minced	1.00

Sheet1

7722	Cornstarch	2.00 ts
7722	Spaghetti;or chinese/noodles	0.50 lb
7722	Sugar	0.50 ts
7722	Soy sauce;light soy	1.00 tb
7722	Salt; optional	0.50 ts
7723	"Long Life" egg noodles	1.00 lb
7723	Salted water	8.00 qt
7723	Spinach	0.50 lb
7723	Eggs	4.00
7723	Chicken broth	1.00 c
7723	Dark soy sauce	1.00 tb
7723	Sesame oil	1.00 ts
7723	Salt	0.25 ts
7723	Cornstarch paste	1.00 ts
7723	Green onions, minced	2.00
7723	Boiled ham, slivered	0.25 c
7724	Bacon	4.00 sl
7724	Finely shredded onions	1.00 c
7724	Cloves garlic, finely minced	2.00
7724	To 2 heads Chinese cabbage,	1.00
7724	shredded (about 8 cups)	0.00
7724	Salt	1.00 ts
7724	Freshly ground white pepper	0.12 ts
7724	Red bell pepper, seeded and	1.00 sm
7724	cut in	0.00
7724	Thin strips	0.00
7724	Soy sauce	1.00 tb
7724	Chopped fresh chives	1.00 tb
7725	To 4 c cubed bean curd,	3.00 c
7725	about 1 1/2 japanese style,	0.00
7725	ot 3-4 smaller	0.00
7725	Chinese cakes	0.00
7725	To 1/2 lb fatty pork	0.33 lb
7725	To 5 ts finely chopped	3.00 ts
7725	fresh ginger	0.00
7725	Coarsely chopped green onion	0.25 c
7725	To 2 tb hot bean sauce	1.00 tb
7725	Pork of chicken stock or	1.00 c
7725	water (best with stock)	0.00
7725	SEASONINGS -----	0.00 -----
7725	To 3 tb cornstarch mixed 4-6	2.00 tb
7725	tb water	0.00
7725	To 2 ts salt, depending on	1.00 ts
7725	the saltiness of the	0.00
7725	hot bean sauce	0.00
7725	Rice wine or dry sherry	1.00 tb
7725	Soy sauce	1.00 tb
7725	Ground szechwan pepper	0.50 ts
7725	To 5 tb cooking oil	4.00 tb

Sheet1

7725	OPTIONAL -----	0.00 -----
7725	Finely chopped garlic (never	2.00 tb
7725	cook without it.. (g))	0.00
7725	Fermented black beans (works	1.00 ts
7725	well)	0.00
7725	To 3 dried or fresh	2.00
7725	mushrooms (so-so in it)	0.00
7725	To 8 pieces wood ear (l	6.00
7725	think these taste like	0.00
7725	rubber)	0.00
7725	Sesame oil (include)	1.00 tb
7726	Cubes medium hard Tofu	8.00
7726	(2"X2")	0.00
7726	Ground pork	4.00 oz
7726	Chopped garlic	1.00 ts
7726	Chopped green onion	1.00 tb
7726	Hot bean paste (use ground	1.00 tb
7726	red pepper paste if you	0.00
7726	can't	0.00
7726	Find this)	0.00
7726	Brown peppercorn powder	1.00 ts
7726	Soy sauce	2.00 tb
7726	Salt	1.00 ts
7726	Cornstarch	2.00 ts
7726	Water	2.00 ts
7726	Soup stock	1.00 c
7726	Sesame oil	1.00 ts
7726	Oil	3.00 c
7727	Quick-cooking Oriental	2.00 pk
7727	noodles (3 Ounces)	0.00
7727	(with or without flavor	0.00
7727	packets)	0.00
7727	Soy sauce	2.00 tb
7727	Catsup	4.00 ts
7727	Worcestershire sauce	1.00 tb
7727	Sugar	1.00 ts
7727	Oriental sesame oil	0.50 ts
7727	Nonstick spray coating	0.00
7727	Cloves garlic, minced	4.00
7727	Crushed red pepper	0.25 ts
7727	Lean boneless pork (pork	0.50 lb
7727	loin or sirloin), cut	0.00
7727	Into thin strips	0.00
7727	Thinly sliced cabbage	3.00 c
7727	Sliced bamboo shoots (1	8.00 oz
7727	can), drained and rinsed	0.00
7727	Coarsely shredded carrot	0.50 c
7727	Green onions, cut into	2.00
7727	2-inch pieces	0.00



Sheet1

7728	All purpose flour, unsifted	2.00 c
7728	Boiling water	0.75 c
7728	Sesame oil (more or less)	2.00 tb
7729	All purpose flour	2.00 c
7729	Boiling water	1.00 c
7729	Sesame oil	0.00
7730	Ground or very finely	1.00 lb
7730	chopped pork or beef or 1/2	0.00
7730	& 1/2	0.00
7730	Or 1/2 pork & 1/2 raw shrimp	0.00
7730	Marinade:	0.00
7730	Sesame oil	6.00 tb
7730	Sugar	2.00 ts
7730	Salt	0.75 ts
7730	Pepper	0.25 ts
7730	Cabbage (napa or Chinese,	1.00 lb
7730	preferred) or mix with bok	0.00
7730	choy,	0.00
7730	Celery, carrot, etc.	0.00
7730	Salt	1.00 ts
7730	Chopped green onions (use	0.33 lb
7730	whole onion w/o roots)	0.00
7730	Skin:	0.00
7730	Flour	3.00 c
7730	Cold water	0.75 c
7730	Flour to prevent sticking	0.50 c
7730	during kneading.	0.00
7730	Boiling liquid (water or	10.00 c
7730	stock optional)	0.00
7731	ORIENTAL PANCAKES -----	0.00 -----
7731	Eggs	4.00
7731	Water	0.50 c
7731	Cornstarch	3.00 tb
7731	Soy Sauce	2.00 ts
7731	Sugar	0.50 ts
7731	Vegetable Oil	0.50 ts
7731	MEAT FILLING -----	0.00 -----
7731	Cornstarch	1.00 tb
7731	Soy Sauce	3.00 tb
7731	Dry Sherry	1.00 tb
7731	Ground Beef	0.75 lb
7731	Ground Pork	0.50 lb
7731	Chopped Green Onions & Tops	0.67 c
7731	Minced Fresh Ginger Root	1.00 ts
7731	Clove Garlic, Pressed	1.00
7732	Dried japanese black	3.00
7732	mushrooms soaked in cold	0.00
7732	water for 1/2 hr	0.00
7732	Spring onions	4.00

Sheet1

7732	Pork tenderloin finely	1.00 lb
7732	minced	0.00
7732	Egg	2.00
7732	Light soy sauce	1.50 tb
7732	Sugar	2.00 ts
7732	Mirin or slightly sweet	2.00 ts
7732	white wine	0.00
7732	Salt	0.50 ts
7732	Breadcrumbs	0.25 c
7732	Oil for deep frying	0.00
7732	Bamboo skewers	0.00
7732	SAUCE -----	0.00 -----
7732	Sake/mirin/slightly sweet	1.00 c
7732	white wine	0.00
7732	Dark soy sauce	0.33 c
7732	Sugar	1.00 tb
7732	Soup stock	0.33 c
7732	Chili powder	0.00
7732	Juice of one lemon	0.00
7733	WASAME AND SPRING ONIONS -----	0.00 -----
7733	Wakame	0.50 oz
7733	Spring Onion	1.00
7733	TOFU AND SPRING ONIONS -----	0.00 -----
7733	Tofu	6.00 oz
7733	Spring Onion	1.00
7733	DAIKON AND SPRING ONIONS -----	0.00 -----
7733	Diakon, peeled	1.00
7733	Spring Onion (all)	1.00
7733	FU AND MUSTARD -----	0.00 -----
7733	Kobana or Yachi-Fu	18.00
7733	Powdered Mustard	1.00
7734	Cross rib/bottom round/ rump	2.50 lb
7734	roast	0.00
7734	Japanese miso	1.50 tb
7734	Mirin/rice wine or dry	3.00 tb
7734	sherry	0.00
7734	Japanese style soy sauce	3.00 tb
7734	Distilled white vinegar	1.00 tb
7734	Sugar	1.00 tb
7734	Sesame oil	2.00 ts
7734	SAUCE -----	0.00 -----
7734	Sake	2.00 tb
7734	Mirin/rice wine or dry	3.00 tb
7734	sherry	0.00
7734	Japanese style soy sauce	3.00 tb
7734	Sugar	2.00 tb
7734	Grated fresh ginger.	2.00 ts
7735	Peanut oil	4.00 c
7735	Green onion tops	15.00

Sheet1

7735	Minced ginger	1.00 tb
7735	Flank or sirloin steak	1.00 lb
7735	Water chestnut flour	1.50 tb
7735	Egg whites	2.00
7735	Pinch salt	1.00
7735	Cornstarch paste	1.00
7735	SAUCE -----	0.00 -----
7735	Chili paste with garlic	1.00 ts
7735	Chicken stock	0.25 c
7735	Dark soy sauce	2.00 tb
7735	Pinch sugar	1.00
7735	Dry sherry	1.50 tb
7736	Peanut Oil	4.00 c
7736	Green Onion Tops	15.00
7736	Minced Ginger	1.00 tb
7736	Flank Or Sirloin Steak	1.00 lb
7736	Water Chestnut Flour	1.50 tb
7736	Egg Whites	2.00
7736	Salt	1.00 pn
7736	Cornstarch Paste	1.00
7736	SAUCE -----	0.00 -----
7736	Chili Paste With Garlic	1.00 ts
7736	Chicken Stock	0.25 c
7736	Dark Soy Sauce	2.00 tb
7736	Sugar	1.00 pn
7736	Dry Sherry	1.50 tb
7737	Flank steak, thinly sliced	1.00 lb
7737	into pieces 1/4 x 1-1/2 x 2	0.00
7737	inches	0.00
7737	Marinade:	0.00
7737	Egg	1.00
7737	Salt	0.50 ts
7737	Black pepper	0.25 ts
7737	Sugar	1.00 ts
7737	Cornstarch	2.00 tb
7737	Peanut oil	1.00 tb
7737	Peanut oil	0.25 c
7737	Peanut oil	2.00 tb
7737	Seasonings:	0.00
7737	Whole scallion, minced	1.00
7737	Minced fresh ginger	1.00 ts
7737	Minced garlic	1.00 ts
7737	Sauce:	0.00
7737	Soy sauce	2.00 tb
7737	Dry sherry	3.00 tb
7737	Hoisin sauce	1.00 tb
7737	Water	3.00 tb
7737	Whole scallions cut into 2	8.00
7737	inch pieces	0.00

Sheet1

7737	Sesame oil (optional)	1.00 ts
7738	Millet	0.50 c
7738	Lamb bones*	0.00
7738	Cold water	10.00 c
7738	Salt	0.00
7738	Barbecue:	0.00
7738	Boneless lamb taken from the	2.00 lb
7738	upper part of the leg *	0.00
7738	Boneless beef sirloin	2.00 lb
7738	Slivered green onion (cut in	2.00 c
7738	half lengthwise and slice	0.00
7738	Diagonally into 1/2-inch	0.00
7738	sections)	0.00
7738	Chinese parsley leaves	2.00 c
7738	Dip:	0.00
7738	Thin soy sauce	1.00 c
7738	Chinese red vinegar	0.50 c
7738	Rice wine	0.50 c
7738	Fresh ginger juice **	0.50 c
7738	Flower pepper salt (see	2.00 tb
7738	recipe at end)	0.00
7738	Hot pepper oil	0.25 c
7738	Sesame oil	0.25 c
7738	Garlic paste ***	2.00 tb
7739	Boneless lean lamb	3.00 lb
7739	Bean thread noodles	4.00 oz
7739	Spinach	0.50 lb
7739	Chinese cabbage	0.50 lb
7739	Chicken stock	1.00 qt
7739	Finely chopped ginger root	1.00 ts
7739	Finely chopped scallions	2.00 tb
7739	Minced garlic	1.00 ts
7739	Finely chopped cilantro	1.00 tb
7739	DIPPING SAUCE -----	0.00 -----
7739	Sesame paste, or:	2.00 tb
7739	peanut butter	0.00
7739	Light soy sauce	1.00 tb
7739	Rice wine or dry sherry	1.00 tb
7739	Chili bean sauce	2.00 ts
7739	Sugar	1.00 tb
7739	Hot water	1.00 tb
7740	To 6 Chinese pancakes	4.00
7740	Eggs, beaten	3.00
7740	Mushrooms, sliced	0.25 c
7740	Chinese mushrooms, sliced	0.25 c
7740	Pork, shredded	0.75 c
7740	Shredded fresh cabbage	1.00 c
7740	Bamboo shoots, sliced	0.50 c
7740	Carrots, grated	0.50 c

Sheet1

7740	White onion, shredded	0.25 c
7740	Spring onions, chopped	0.50 c
7740	Cloves garlic, finely	2.00
7740	chopped	0.00
7740	Soy sauce	1.00 c
7740	Sesame oil	1.00 tb
7740	Pepper	1.00 ts
7740	Szechwan peppers	1.00 ts
7740	Soy oil for frying	2.00 c
7741	Rolled pork roast	0.50 lb
7741	Oil	5.00 tb
7741	Green onion/scallion	0.50 bn
7741	Thinly sliced/shredded	2.00 c
7741	chinese cabbage (bok choy)	0.00
7741	Fresh bean sprouts	1.00 c
7741	(8.5-oz) drained bamboo	1.00 cn
7741	shoots	0.00
7741	Beaten egg	4.00
7741	Sesame seeds	1.00 tb
7741	Soy sauce	2.00 tb
7741	Salt	0.50 ts
7741	Sugar	0.50 ts
7741	Mandarin pancakes (from any	0.00
7741	oriental market)	0.00
7742	Peanut Butter	4.00 tb
7742	Water (see directions)	3.00 ts
7742	Sesame oil	2.00 ts
7742	Soy sauce	1.00 ds
7742	Sugar	0.50 ts
7742	Tobasco, to taste	1.00 ds
7742	Cooked Spaghetti noodles	3.00 c
7743	Strips bacon, diced	3.00
7743	Chopped green onions and	0.75 c
7743	tops	0.00
7743	Diced red bell pepper	0.33 c
7743	Frozen green peas, thawed	0.25 c
7743	Egg, beaten	1.00
7743	Cold, cooked white rice	4.00 c
7743	Soy sauce	2.00 tb
7744	Chinese mushrooms (or 1 can	20.00 sm
7744	sliced mushrooms)	0.00
7744	Chinese barbecued pork	0.25 lb
7744	Bok choy	0.50 lb
7744	Pre-fried noodles (1/2 lb)	1.00 pk
7744	Chicken stock	1.00 qt
7744	Oil	3.00 ts
7744	Bean sprouts	0.50 lb
7744	Green onions, slivered	2.00
7744	Salt	0.50 ts

Sheet1

7744	Sugar	0.50 ts
7744	Oyster sauce	2.00 tb
7744	Cornstarch	1.00 ts
7744	Water	2.00 ts
7745	Peanut or corn oil	2.00 tb
7745	Chopped pork butt	1.50 lb
7745	Chinese rice wine, or:	2.00 tb
7745	dry sherry	0.00
7745	Grated ginger	1.00 tb
7745	Minced garlic	1.00 tb
7745	Green onions, chopped	6.00
7745	Hoisin sauce	0.50 c
7745	Hot bean paste	0.25 c
7745	Sugar	2.00 tb
7745	Soy sauce	1.50 tb
7745	Chicken stock	1.00 c
7745	Sesame oil	2.00 tb
7745	Chinese wheat-flour noodles	1.00 lb
7745	FRESH, (w/ or without egg)	0.00
7745	Cucumber, cut into 1/3"	1.00 lg
7745	cubes	0.00
7745	Toasted black sesame seeds	0.00
7745	(for garnish)	0.00
7745	Fresh coriander leaves	0.00
7745	(for garnish)	0.00
7746	Fresh angel hair pasta or	1.00 lb
7746	other very fresh noodles	0.00
7746	Chinese sesame oil	2.00 ts
7746	Very lean ground pork	1.50 lb
7746	Ginger grated coarse	4.00 tb
7746	Cloves minced garlic	2.00 lg
7746	To 4 ts hot chili sauce	2.00 ts
7746	with garlic	0.00
7746	Reduced sodium soy sauce	4.00 ts
7746	Dry sherry	4.00 tb
7746	Hoisin sauce	3.00 tb
7746	Chicken stock	1.50 c
7746	Chopped scallions	4.00
7747	Joyce Jue	0.00
7747	Flour, cake or all-purpose	3.00 c
7747	Boiling water	1.00 c
7747	Cold water	0.25 c
7747	or more if dough	0.00
7747	feels too dry	0.00
7747	Shortening	3.00 tb
7747	Vegetable oil for pan frying	0.00
7747	FILLING -----	0.00 -----
7747	Boneless breast of chicken	3.00 oz
7747	skinned, diced	0.00

Sheet1

7747	Cornstarch	0.50 ts
7747	Cooking sherry	0.25 ts
7747	Chinese sausage, diced	0.25 lb
7747	Chinese dried shrimp, minced	1.00 tb
7747	Vegetable oil	1.00 ts
7747	Chinese barbecued pork	3.00 oz
7747	diced	0.00
7747	Green onions, minced	1.00 bn
7747	Oyster sauce (optional)	1.00 ts
7747	Soy sauce	1.00 ts
7747	Sugar	0.25 ts
7747	Salt	0.25 ts
7748	Okra, trimmed & sliced	1.00 lb
7748	Tomatoes, peeled, quartered	1.00 lb
7748	Onion, sliced	1.00 sm
7748	Margarine	1.00 oz
7748	Oil	2.00 tb
7748	Green cardamoms	4.00 ea
7748	Salt & pepper	0.00
7748	Garam masala	1.00 ts
7748	Chopped coriander leaves	2.00 tb
7749	Eggs, slightly beaten	5.00 lg
7749	Salt	0.50 ts
7749	Peanut or corn oil	4.00 tb
7749	(or more if needed)	0.00
7749	Shallots, trimmed	3.00
7749	cut lengthwise,	0.00
7749	into thin slices	0.00
7749	Garlic cloves, finely minced	2.00
7749	Fresh snow peas, cut	2.00 oz
7749	diagonally into thin	0.00
7749	slices	0.00
7749	Bean sprouts, tails removed,	1.00 c
7749	blanched and drained	0.00
7749	Small bay shrimp	4.00 oz
7749	Barbecued pork, diced	0.50 lb
7749	Chopped Coriander leaves	1.00 tb
7749	or: green onions	0.00
7749	EGG FU YUNG SAUCE -----	0.00 -----
7749	Chicken stock	0.75 c
7749	Oyster sauce	1.50 ts
7749	Sugar	0.25 ts
7749	White pepper	1.00 pn
7749	Cornstarch, mixed with	1.00 ts
7749	Water	1.00 tb
7749	Asian sesame oil	3.00 dr
7750	Stephen Ceideburg	0.00
7750	To 10 cups water	8.00 c
7750	Boneless leg of pork, pork	1.50 lb

Sheet1

7750	butt or loin	0.00
7750	Green onions, crushed	2.00
7750	Quarter-sized slices fresh	3.00
7750	ginger, crushed	0.00
7750	Garlic cloves, crushed	2.00
7750	Shao-Hsing rice wine, or dry	0.25 c
7750	sherry	0.00
7750	Fresh coriander sprigs for	0.00
7750	garnish	0.00
7750	GARLIC SESAME SAUCE:	0.00
7750	Finely minced garlic (about	1.00 ts
7750	2 small cloves)	0.00
7750	Fresh minced ginger (about 2	0.50 ts
7750	quarter-sized slices)	0.00
7750	Dark soy sauce	1.00 tb
7750	Light soy sauce	1.00 tb
7750	Hot pepper oil, or to taste	0.50 ts
7750	Asian sesame oil	1.00 ts
7750	Sugar	1.50 ts
7750	Rice vinegar	2.00 ts
7750	Minced fresh coriander or	2.00 tb
7750	green onion	0.00
7751	Top round steak, thinly	0.50 lb
7751	Sliced (like Brasciole)	0.00
7751	Sherry	2.00 tb
7751	Cornstarch	2.00 tb
7751	Egg whites	2.00
7751	Peanut oil	6.00 tb
7751	SAUCE -----	0.00 -----
7751	Beef stock	1.50 c
7751	Light soy sauce	2.00 tb
7751	Sugar	1.00 ts
7751	Cornstarch	1.50 tb
7751	Red wine vinegar	1.00 ts
7751	Dried red chile peppers,	5.00
7751	Broken into pieces	0.00
7751	Thin slices of orange rind	8.00
7751	(orange part only) or more	0.00
7751	Fresh ground black pepper	0.00
7751	To taste	0.00
7752	Boneless top sirloin steak,	1.00 lb
7752	partially frozen	0.00
7752	Soy sauce, divided	3.00 tb
7752	+ 1 tsp sugar, divided	0.25 c
7752	Egg white	1.00
7752	Cornstarch	2.00 tb
7752	Vegetable oil	2.00 tb
7752	Finely chopped fresh orange	2.00 tb
7752	or tangerine peel	0.00



Sheet1

7752	To 1 tsp Chinese chili paste	0.50
7752	with garlic	0.00
7752	Frozen orange juice	2.00 tb
7752	concentrate	0.00
7752	Ketchup	1.00 tb
7752	+ 1 Tb water, divided	0.25 c
7752	Few drops orange extract	0.00
7752	(Optional)	0.00
7752	Minced fresh parsley for	0.00
7752	garnish	0.00
7752	Orange slices for garnish	0.00
7753	Top round steak, thinly	0.50 lb
7753	Sliced (like Brasciole)	0.00
7753	Sherry	2.00 tb
7753	Cornstarch	2.00 tb
7753	Egg whites	2.00
7753	Peanut oil	6.00 tb
7753	SAUCE -----	0.00 -----
7753	Beef stock	1.50 c
7753	Light soy sauce	2.00 tb
7753	Sugar	1.00 ts
7753	Cornstarch	1.50 tb
7753	Red wine vinegar	1.00 ts
7753	Dried red chile peppers,	5.00
7753	Broken into pieces	0.00
7753	Thin slices of orange rind	8.00
7753	(orange part only) or more	0.00
7753	Fresh ground black pepper	0.00
7753	To taste	0.00
7754	Flank steak fat trimmed	1.50 lb
7754	Orange juice	0.75 c
7754	Soy sauce	3.00 tb
7754	Creamy peanut butter	2.00 tb
7754	Julienne s;iced orange peel	1.50 tb
7754	Minced small garlic cloves	2.00
7754	Curry powder	1.50 ts
7754	Red wine vinegar	0.50 ts
7754	Crushed red pepper	0.25 ts
7754	Peanut/vegetable oil	1.00 tb
7754	Green bell peppers cut into	2.00 md
7754	1/4 inch wide strips	0.00
7754	Chopped scallions	2.00 tb
7754	Peeled sections of	0.00
7754	2 oranges	0.00
7755	Beef Flank	0.50 lb
7755	Egg White, beaten	1.00
7755	Salt, sprinkling	0.00
7755	Flour	1.00 tb
7755	Cornstarch	1.00 tb

Sheet1

7755	Baking Powder	0.50 ts
7755	Egg Yolk, beaten	1.00
7755	Water	2.00 c
7755	Oil, for deep frying	0.00
7755	Vegetable Oil	2.00 ts
7755	Ginger root, 1 inch, minced	0.00
7755	Garlic Clove, minced	1.00
7755	Orange Zest, thin strips	1.00 ts
7755	Dry Mandarin Zest, hydrated	1.00 ts
7755	Scallion, chopped	1.00
7755	Oriental Chili Sauce	2.00 ts
7755	White Cooking Wine	1.00 tb
7755	Chicken Broth	2.00 tb
7755	Soy Sauce	0.50 tb
7755	Sugar	1.00 tb
7756	Soy sauce	2.00 tb
7756	Shao Hsing wine	1.00 tb
7756	Cornstarch	2.00 ts
7756	Vegetable oil	2.00 ts
7756	Beef steak, thinly sliced	0.75 lb
7756	Orange Sauce:	0.00
7756	Thawed undiluted frozen	0.25 c
7756	Orange juice concentrate	0.00
7756	Sugar	1.00 tb
7756	Soy sauce	1.00 tb
7756	Vegetable oil	2.00 tb
7756	Thin slices fresh ginger	5.00
7756	Cornstarch mixed with water	1.00 ts
7756	Marinade:	0.00
7756	Orange slices for garnish	0.00
7757	SAUCE -----	0.00 -----
7757	Cornstarch	1.00 tb
7757	Sugar	1.00 ts
7757	Instant beef bouillon	1.00 ts
7757	granules	0.00
7757	Orange peel, finely shredded	1.00 ts
7757	Orange juice	0.50 c
7757	Soy sauce	1.00 tb
7757	BEEF -----	0.00 -----
7757	Beef top round steak	12.00 oz
7757	Nonstick spray coating	0.00
7757	Clove garlic, minced	1.00
7757	Green onions, bias cut into	4.00
7757	1-inch lengths	0.00
7757	Cooking oil	1.00 tb
7757	Fresh spinach, torn into	8.00 oz
7757	bite-size pieces	0.00
7757	Sliced water chestnuts,	4.00 oz
7757	drained (1/2 can)	0.00

## Sheet1

7757	Cooked rice, hot	2.00 c
7758	Pork Tenderloin (Boneless)	8.00 lb
7758	Soy Sauce	1.33 c
7758	Oriental Toasted Sesame Oil	0.67 c
7758	Minced Garlic Cloves	4.00 lg
7758	Ground Ginger	1.00 tb
7758	MSG (Optional)	1.00 tb
7758	Bottled Barbecue Sauce	19.00 oz
7759	Beef short ribs, trimmed	4.00 lb
7759	Of excess fat and cut	0.00
7759	Crosswise no more than 3/8	0.00
7759	To 1/2" thick	0.00
7759	Thinly sliced green onions	0.67 c
7759	Soy sauce	0.50 c
7759	Water	0.50 c
7759	Oriental dark roasted	0.25 c
7759	Sesame oil	0.00
7759	Packed brown sugar	2.50 tb
7759	Toasted sesame seeds,	1.50 tb
7759	Crushed	0.00
7759	Minced garlic	1.00 tb
7759	Grated fresh ginger root	1.00 tb
7759	Ground red pepper	0.50 ts
7759	Freshly ground Szechuan	0.12 ts
7759	Peppercorns	0.00
7759	Fresh red chili peppers	0.00
7759	Green onions	0.00
7759	Radish Roses	0.00
7760	Barbecue/thick and spicy	0.75 c
7760	sauce	0.00
7760	Soy sauce	3.00 tb
7760	Green onion slices	0.25 c
7760	Sesame seeds toasted	2.00 tb
7760	Minced garlic clove	1.00
7760	Ground ginger	0.25 ts
7760	To1 1/2 lb flank steak	1.25 lb
7761	Top round steaks, 1-inch	4.00
7761	thick (3 Lbs)	0.00
7761	Soy sauce	0.50 c
7761	Dry sherry	0.50 c
7761	Sugar	2.00 tb
7761	Ground ginger	0.50 ts
7761	Dry mustard	0.25 ts
7761	Garlic powder	0.50 ts
7762	Flour	2.00 tb
7762	Salt	0.50 ts
7762	Pepper	0.25 ts
7762	Garlic powder	0.25 ts
7762	Pork butt, cubed	0.75 lb

Sheet1

7762	Oil	1.00 tb
7762	Can pineapple chunks	14.00 oz
7762	Green pepper, sliced	1.00
7762	Mushrooms, sliced	0.50 c
7762	Tomatoes, quartered	2.00
7762	Chicken stock	1.00 c
7762	Honey	2.00 tb
7762	Soy sauce	1.00 ts
7762	Cornstarch	2.00 ts
7763	Uncooked short grain rice	0.50 c
7763	Lean ground pork	0.75 lb
7763	Water chestnuts	2.00
7763	Dried shrimp, soaked/minced	3.00 ts
7763	Stalk green onion, minced	1.00
7763	Minced ginger	0.50 ts
7763	Chopped carrot	2.00 tb
7763	Soya sauce	2.00 ts
7763	Cornstarch	4.00 ts
7763	Egg white	1.00
7763	Sugar	0.75 ts
7763	Salt	0.75 ts
7763	Pinch white pepper	0.00
7764	Plain flour	0.00 c
7764	Pinch of salt	0.00
7764	Eggs	1.33
7764	Egg	0.33
7764	SAUCE -----	0.00 -----
7764	Vegetable oil	0.33 ts
7764	Red chilli	0.33 sm
7764	Spring onion	0.33
7764	Snow peas	83.33 g
7764	Sesame oil	0.00 ts
7764	Light soy sauce	0.00 c
7764	Malt vinegar	0.00 c
7764	Cashew paste	0.00 c
7764	Lime juice	0.33 tb
7764	Lime rind	0.33 ts
7764	Red Chilli	0.33
7764	Roasted Cashews	0.00 c
7765	Water	0.25 c
7765	Soy Sauce	1.00 tb
7765	Cornstarch	1.00 ts
7765	Dash Crushed Red Pepper	0.00
7765	Med. Carrot *	1.00
7765	Water	2.00 ts
7765	Frozen Pea Pods	3.00 oz
7765	Broken Walnuts	2.00 tb
7765	Butter or Margarine	1.00 ts
7766	Oil	2.00 tb

Sheet1

7766	Coarsely chopped scallions	1.00 c
7766	Bag cooked boil-in-bag rice	1.00
7766	Chinese soy sauce	1.00 tb
7766	Can sliced bamboo shoots	8.00 oz
7766	drained	0.00
7766	Cooked chopped shrimp, ham	2.00 c
7766	or chicken or combination	0.00
7766	Pkg frozen green peas	10.00 oz
7766	Butter	2.00 ts
7767	Chicken Broth	1.00 cn
7767	Vegetable Oil	0.50 c
7767	Salt	0.50 ts
7767	Diced Cooked Poultry or Pork	2.00 c
7767	Fresh Mushrooms	0.25 lb
7767	Jar Pimento, sliced or diced	2.00 oz
7767	Rice, raw	1.00 c
7767	Soy Sauce	2.00 tb
7767	Toasted Sesame Seeds	2.00 tb
7767	Fresh Bean Sprouts	0.25 lb
7767	Green Onions with tops	4.00
7768	Bulk pork sausage	1.00 lb
7768	Chopped bell pepper	1.00 md
7768	Can sliced mushrooms	4.00 oz
7768	Soy sauce	2.00 tb
7768	Chopped onion	1.00 md
7768	Pkg rice	6.00 oz
7768	Can sliced water chestnuts	8.00 oz
7768	Chicken broth OR 3 cup water	3.00 c
7768	and 2 tablespoon chicken	0.00
7768	Bouillon may be used	0.00
7769	Beef flank or round steak	1.00 lb
7769	Corn oil	2.00 tb
7769	Slivered orange peel	0.25 c
7769	Minced garlic	1.00 cl
7769	Ground ginger	0.50 ts
7769	Corn starch	2.00 tb
7769	Cool beef broth	1.00 c
7769	Soy sauce	0.25 c
7769	Dry sherry	0.25 c
7769	Orange marmalade	0.25 c
7769	Crushed dried red pepper	0.50 ts
7770	4 oz. beef filets	4.00
7770	Seasoned salt	1.00 ts
7770	Soy sauce	4.00 ts
7770	Vegetable oil	4.00 ts
7770	Chopped peanuts	1.00 c
7770	Water chestnuts, coarsely	8.00
7770	Grated	0.00
7770	Clove garlic,minced	1.00 md

Sheet1

7770	Lemon and pepper seasoning	0.25 ts
7770	Snipped parsley	0.50 c
7770	AUGUST MOON SAUCE -----	0.00 -----
7770	Cornstarch	1.00 tb
7770	Ground ginger	0.50 ts
7770	Sugar	2.50 tb
7770	Orange juice	0.75 c
7770	Small orange rind,slivered	2.00 tb
7770	GARNISH -----	0.00 -----
7770	Remaining chopped peanuts	0.00
7770	Savoy or leaf lettuce	0.00
7770	Green onion flowers	0.00
7771	Soy sauce	0.33 c
7771	Sugar	2.00 tb
7771	Water	2.00 tb
7771	Sherry extract	1.00 tb
7771	Garlic,minced	2.00 cl
7771	Grated ginger root	1.00 ts
7771	Boneless beef top sirloin	1.50 lb
7771	Steak, cut 1" thick	0.00
7771	1 x 1" cubes fresh	8.00
7771	Pineapple	0.00
7771	Green pepper, cut into 8	1.00 sm
7771	Pieces	0.00
7772	Flank steak	1.50 lb
7772	Green onion slices	0.25 c
7772	Sesame seeds,toasted	2.00 tb
7772	Barbecue sauce	0.75 c
7772	Garlic,minced	1.00 cl
7772	Soy sauce	0.25 c
7772	Ground ginger	0.25 ts
7773	Vegetable oil	1.00 tb
7773	Sesame oil	0.50 ts
7773	Dried crushed red pepper	0.12 ts
7773	Fresh trimmed pea pods	0.25 lb
7773	Thin sliced bok choy	1.00 c
7773	Chicken broth/water	0.25 c
7773	Enoki mushrooms	0.50 c
7773	Soy sauce	0.00
7773	Connected microwave safe	2.00
7773	paper towel sheets	0.00
7774	To 1-1/2 lb cubed pork	1.00
7774	browned in 2 tablespoon	0.00
7774	shortening	0.00
7774	Chopped onion	1.00
7774	Chopped celery	1.00 c
7774	Regular rice	0.50 c
7774	Condensed cream of mushroom	1.00 cn
7774	soup	0.00

Sheet1

7774	Condensed cream of chicken	1.00	cn
7774	soup	0.00	
7774	Soup can water	1.00	
7774	Soy sauce	2.00	tb
7774	To 1 cup chow mein noodles	0.50	
7774	Sliced mushrooms if canned	4.00	oz
7774	use the juice	0.00	
7775	Strips bacon, cut crosswise	2.00	
7775	into 1/4" wide pieces	0.00	
7775	Green onions and tops,	6.00	
7775	thinly sliced	0.00	
7775	Egg, beaten	1.00	
7775	Cold, cooked white rice	4.00	c
7775	Soy sauce	2.00	tb
7776	Fresh thin noodles	1.00	lb
7776	Peanut oil	0.00	
7776	Chicken broth	0.67	c
7776	PORK & VEGETABLE SAUCE -----	0.00	-----
7776	Peanut oil	2.00	tb
7776	Bok choy, cut into 2-inch	1.00	lb
7776	sections	0.00	
7776	Barbecued pork strips	0.50	lb
7776	Chicken broth	0.50	c
7776	Thin soy sauce	1.00	tb
7776	Chinese rice wine, or:	1.00	tb
7776	dry sherry	0.00	
7776	Oyster sauce	1.00	tb
7776	Cornstarch, dissolved in	1.00	tb
7776	Cold chicken broth	2.00	tb
7777	Pasta *	8.00	oz
7777	Peas	1.00	c
7777	CHINESE TAHINI SAUCE -----	0.00	-----
7777	Tahini (Sesame Butter)	2.00	tb
7777	Rice Vinegar	1.00	tb
7777	Soy Sauce	1.00	tb
7777	Toasted Sesame Oil	1.00	tb
7777	Chili Paste W/Garlic (Hot)	2.00	ts
7777	Minced Ginger root	1.00	ts
7777	Vegetable Stock Or Water	2.00	tb
7777	Freshly Ground Black Pepper	1.00	ds
7778	Pasta (preferably linguine)	8.00	oz
7778	Broccoli florets	2.00	c
7778	SZECHWAN PEANUT DRESSING -----	0.00	-----
7778	MAKES 3/4 CUP -----	0.00	-----
7778	Peanut butter(smooth/chunky)	0.33	c
7778	Hot vegetable stock or water	0.50	c
7778	Soy sauce	1.00	ts
7778	Rice vinegar	2.00	tb
7778	Safflower oil	2.00	tb

Sheet1

7778	Cloves Garlic, minced	2.00 x
7778	Dry crushed red pepper	0.50 ts
7779	Pasta (preferably linguine)	8.00 oz
7779	Broccoli florets	2.00 c
7779	SZECHWAN PEANUT DRESSING -----	0.00 -----
7779	MAKES 3/4 CUP -----	0.00 -----
7779	Peanut butter(smooth/chunky)	0.33 c
7779	Hot vegetable stock or water	0.50 c
7779	Soy sauce	1.00 ts
7779	Rice vinegar	2.00 tb
7779	Safflower oil	2.00 tb
7779	Cloves Garlic, minced	2.00 x
7779	Dry crushed red pepper	0.50 ts
7780	Pound chinese pea pods	1.00
7781	Uncooked long-grain rice	2.00 c
7781	Water	3.50 c
7782	Banana	2.00 ea
7782	Butter	4.00 tb
7783	Cooking oil	1.00 tb
7783	Boneless pork leg cutlets	1.00 lb
7783	cut 1/2 inch thick	0.00
7783	Jar (8-oz) plum	1.00
7783	jelly/preserves	0.00
7783	Chopped onion	0.50
7783	White wine vinegar	0.25 c
7783	Soy sauce	2.00 ts
7783	Ground ginger	1.00 ts
7784	Pork spare ribs	4.00 lb
7784	Soy sauce	0.50 c
7784	Plum jam	0.50 c
7784	Honey	0.50 c
7784	Orange juice	0.25 c
7784	Clove garlic	1.00
7785	Oil	0.25 c
7785	Clove garlic	1.00
7785	Boned pork	1.00 lb
7785	Plum sauce	0.33 c
7785	Stalks celery, diced	2.00
7785	Ginger	4.00 sl
7785	Sherry	1.00 ts
7785	Carrots	2.00
7785	Sugar	2.00 ts
7785	Salt	1.00 ts
7785	Chinese pickled scallions	0.33 c
7785	Water	0.25 c
7785	Cornstarch	2.00 ts
7785	Water	2.00 tb
7786	Oil	0.25 c
7786	Clove garlic	1.00



Sheet1

7786	Boned pork	1.00 lb
7786	Plum sauce	0.33 c
7786	Stalks celery, diced	2.00
7786	Ginger	4.00 sl
7786	Sherry	1.00 ts
7786	Carrots	2.00
7786	Sugar	2.00 ts
7786	Salt	1.00 ts
7786	Chinese pickled scallions	0.33 c
7786	Water	0.25 c
7786	Cornstarch	2.00 ts
7786	Water	2.00 tb
7787	Pork loin	0.75 lb
7787	Pork fat	1.33 oz
7787	Black mushrooms	4.00
7787	(pre-softened)	0.00
7787	Precooked bamboo shoot	1.00
7787	Cornstarch	1.50 tb
7787	Cooking wine	1.00 tb
7787	Sesame oil	0.50 tb
7787	Sugar	1.00 ts
7787	Salt	0.75 ts
7787	Pepper	0.25 ts
7787	Won ton skins	30.00
7787	Green peas	24.00
7788	Pork Ribs	2.00 lb
7788	Water	2.00 qt
7788	Salty black beans	2.00 tb
7788	Oil	2.00 tb
7788	Clove garlic, crushed	1.00
7788	Green onion, chopped	1.00
7788	Chicken stock	2.50 c
7788	Salt	0.50 ts
7788	Sugar	1.00 ts
7788	Thin soy sauce	1.00 tb
7788	Oyster sauce	1.00 tb
7788	Cornstarch	2.00 tb
7788	Cold water	4.00 tb
7789	Very lean pork	1.00 lb
7789	Skinned chestnuts	0.75 lb
7789	Sesame oil	1.00 ts
7789	Soy sauce	5.00 tb
7789	Dark brown sugar	1.00 ts
7789	Fresh leaf spinach	1.00 lb
7789	Dry sherry (optional)	2.00 tb
7790	Flank steak, sliced as	1.00 lb
7790	thinly as possible across	0.00
7790	the grain	0.00
7790	Corn starch	1.00 tb

Sheet1

7790	Dark soy sauce	1.00 tb
7790	Sesame oil	1.00 tb
7790	White pepper	0.50 ts
7790	Peeled, finely shredded	1.00 c
7790	fresh ginger	0.00
7790	Salt, to taste	1.50 ts
7790	Sugar	1.00 ts
7790	Shao hsing (rice wine) or	3.00 tb
7790	domestic dry sherry	0.00
7790	Vegetable oil	0.50 c
7790	Fresh cilantro leaves,	2.00 c
7790	lightly chopped	0.00
7791	Boned chuck roast or thick	1.00 lb
7791	steak	0.00
7791	Cooking oil	3.00 tb
7791	Peanut oil or deep frying	2.00 tb
7791	oil	0.00
7791	Scallions, coarsely chopped	2.00
7791	Cloves garlic, minced	2.00
7791	Fresh ginger, minced	0.25 ts
7791	Stalks Napa cabbage, leaves	4.00 lg
7791	removed,	0.00
7791	Cut in 2" squares	0.00
7791	Fresh egg noodles	0.50 lb
7791	RED -----	0.00 -----
7791	Sichuan peppercorns	1.00 ts
7791	Water	4.00 c
7791	Black soy sauce	0.50 c
7791	Chinjiang vinegar	2.00 tb
7791	Scallions	2.00
7791	Ginger	3.00 sl
7791	Piece dried licorice root	1.00
7791	(opt)	0.00
7791	GRAVY INGREDIENTS -----	0.00 -----
7791	Chicken stock	1.25 c
7791	Medium sherry	2.00 tb
7791	Ground bean sauce	1.00 ts
7791	Sugar	0.50 ts
7791	Cornstarch paste	0.00
7792	Beef short ribs	3.00 lb
7792	(to 1/2 cup) flour	0.33 c
7792	Oil	2.00 tb
7792	Water, divided	1.75 c
7792	Kikkoman Teriyaki sauce	0.50 c
7792	Clove garlic, pressed	1.00
7792	Ground ginger	0.50 ts
7792	Ground cloves	0.12 ts
7793	Flank steak, cut into thin	0.75 lb
7793	Strips	0.00

Sheet1

7793	Oil	2.00 tb
7793	Broccoli florets	1.50 c
7793	Scallions, cut diagonally	0.50 c
7793	Into 1" pieces	0.00
7793	Diced red pepper	0.50 c
7793	Water	1.50 c
7793	Dry sherry	2.00 tb
7793	Soy sauce	1.00 tb
7793	French's Spice Your Rice	1.00 pk
7793	Beef and Onions Flavor	0.00
7793	Seasoning	0.00
7793	Rice	1.50 c
7794	Water	6.00 c
7794	Salt	2.00 ts
7794	Short grain rice	0.75 c
7794	Corn, fresh or frozen	2.00 c
7794	Finely chopped scallions	3.00 tb
7794	Chili bean sauce	1.00 tb
7794	GARNISH -----	0.00 -----
7794	Roasted Sichuan peppercorns	2.00 ts
7794	(crushed)	0.00
7795	Water	3.00 qt
7795	Rice sticks (13 3/4 oz)	1.00 pk
7795	Stalks celery	2.00
7795	Chinese pea pods	4.00 oz
7795	Oriental dried mushrooms *	1.00 oz
7795	Oil	0.25 c
7795	Bean sprouts	1.00 lb
7795	Curry powder	1.00 tb
7795	Chicken broth	1.00 c
7795	Salt	0.00
7795	Soy sauce	0.00
7796	Market steak or beef fillet	1.00 lb
7796	or: New York steak	0.00
7796	MARINADE -----	0.00 -----
7796	Dark soy sauce	2.00 ts
7796	Shrimp paste	1.00 ts
7796	Cornstarch	2.00 ts
7796	Rice wine	2.00 ts
7796	Chinese broccoli	1.00 lb
7796	Peanut oil, for deep-frying	1.00 c
7796	SAUCE -----	0.00 -----
7796	Shrimp paste	0.50 ts
7796	Chicken stock	1.00 c
7796	Satay sauce, or: chili bean	0.50 ts
7796	sauce	2.00 ts
7796	Sugar	1.00 ts
7796	Dark soy sauce	1.00 ts
7796	Rice wine	2.00 ts

Sheet1

7796	Cornstarch, mixed with	0.50 ts
7796	Water	0.50 ts
7797	Slender, firm young zucchini	3.00
7797	Fresh button mushrooms	0.50 lb
7797	Sichuan vegetable, washed	1.00 tb
7797	and minced	0.00
7797	Cloves garlic, minced	2.00
7797	Dried chilies	8.00 sm
7797	Peanut oil	4.00 tb
7797	Chicken stock	0.50 c
7797	Thin soy sauce	1.00 ts
7797	Sherry	1.00 tb
7797	Brown bean sauce	1.00 tb
7797	Sugar	0.25 ts
7797	Yellow rice vinegar	1.00 ts
7797	Cornstarch paste to thicken	0.00
7798	Flour, + about 1/4 cup for	2.00 c
7798	kneading	0.00
7798	Sugar	1.00 ts
7798	Boiling water	0.67 c
7798	To 1/3 cup cold water	0.25
7798	Sesame oil	2.00 ts
7798	Kosher salt	1.00 ts
7798	Finely minced scallions	0.50 c
7798	Peanut oil	0.50 c
7799	All-purpose flour	2.00 c
7799	Salt	1.00 ts
7799	Boiling water	1.00 c
7799	Peanut Oil	0.00
7799	Chopped whole scallions	0.50 c
7800	Hard-cooked eggs, unpeeled,	8.00
7800	But shells cracked all over	0.00
7800	Soy sauce	3.00 tb
7800	Whole star anise	2.00
7800	Bags Chinese black tea	2.00
7800	Raw eggs	2.00
7800	Sesame mustard	1.00 tb
7800	Fresh bread crumbs	2.00 c
7800	Sesame seeds	2.00 tb
7800	Bulk country style sausage	1.00 lb
7800	Chopped fresh ginger root	2.00 ts
7800	Chopped garlic	2.00 ts
7800	Vegetable oil for frying	0.00
7801	Peanut Butter	4.00 tb
7801	Water (See Directions)	3.00 ts
7801	Sesame Oil	2.00 ts
7801	Soy Sauce	1.00 ds
7801	Sugar	0.50 ts
7801	Tabasco, To Taste	1.00 ds

Sheet1

7801	Cooked Spaghetti Noodles	3.00 c
7802	Cloves garlic, minced or	2.00
7802	pressed	0.00
7802	Chinese sesame paste	2.00 tb
7802	Dark sesame oil	1.00 tb
7802	Tamari soy sauce	3.00 tb
7802	Rice wine	2.00 tb
7802	Rice vinegar	1.50 tb
7802	Honey	1.00 tb
7802	Chili paste	0.50 ts
7802	Of five-spice powder	1.00 pn
7802	Scallion, chopped	1.00
7802	Chopped fresh cilantro (opt)	2.00 tb
7802	Dried wheat noodles,	8.00 oz
7802	linguine, or soba noodles	0.00
7802	Fresh mung bean sprouts	0.00
7802	Unsalted roasted peanuts	0.00
7802	Scallion, finely sliced on	1.00
7802	the diagonal	0.00
7803	Chinese noodles; or	0.50 lb
7803	Linguine	0.50 lb
7803	Sesame oil	2.00 ts
7803	Sesame paste	0.50 c
7803	Chicken broth	0.50 c
7803	Sugar	2.00 tb
7803	Salt	0.50 ts
7803	Freshly ground pepper	0.50 ts
7803	Freshly grated ginger	1.00 ts
7803	Freshly minced garlic	0.50 ts
7803	Rich wine vinegar	2.00 ts
7803	Fresh bean sprouts	0.50 c
7803	Finely minced cucumber	0.25 c
7803	Chopped chives	1.00 tb
7804	Pound chinese pea pods	0.50
7804	Sesame oil	1.00 tb
7804	Red or yellow bell pepper,	1.00 md
7804	Cut into thin strips	0.00
7804	Sesame seed	1.00 tb
7805	Flank steak,cut into strips	1.00 lb
7805	10 1/2 oz. condensed beef	1.00 cn
7805	Broth	0.00
7805	Oil	2.00 tb
7805	Can sliced water chestnuts	8.00 oz
7805	Drained	0.00
7805	Water	0.25 c
7805	Red bell pepper coarsely	1.00 md
7805	Chopped	0.00
7805	Soy sauce	4.00 tb
7805	Cornstarch	2.00 tb

Sheet1

7805	Scallions cut diagonally	5.00
7805	Into 1" pieces	0.00
7805	Black pepper	0.25 ts
7805	Dry rice	1.50 c
7806	New York strip steak	0.50 lb
7806	(Boneless)	0.00
7806	Egg white	1.00
7806	Salt	0.50 ts
7806	Cornstarch	2.00 ts
7806	Oil, preferably peanut	0.67 c
7806	White sesame seeds	1.00 tb
7806	(untoasted)	0.00
7806	SAUCE -----	0.00 -----
7806	Dark soy sauce	1.00 ts
7806	Chinese black rice vinegar	1.00 ts
7806	=OR=- cider vinegar	0.00
7806	Sesame oil	0.50 ts
7806	Sugar	1.00 ts
7806	Rice wine or dry sherry	2.00 ts
7806	Roasted Sichuan peppercorns	0.50 ts
7806	(optional)	0.00
7806	Finely chopped scallions	2.00 ts
7807	Lean tenderloin pork	1.00 lb
7807	=OR=-Boneless Pork chops	0.00
7807	MARINADE -----	0.00 -----
7807	Egg white	1.00
7807	Cornstarch	1.00 tb
7807	Light soy sauce	1.00 tb
7807	Rice wine	1.00 tb
7807	Sesame oil	1.00 ts
7807	Dried Chinese black	0.50 c
7807	mushrooms	0.00
7807	Peanut oil	1.00 c
7807	Chinese yellow chives	0.50 lb
7807	(OR green chives),	0.00
7807	cut into 3-inch pieces	0.00
7807	Finely chopped fresh ginger	2.00 ts
7807	Finely chopped garlic	1.00 tb
7807	Salt	1.00 ts
7807	Rice wine	2.00 ts
7808	Wood ears	0.25 c
7808	Boneless pork	0.50 lb
7808	Water chestnuts	7.00
7808	Soy sauce	0.00
7808	Cornstarch	2.50 ts
7808	Egg; beaten	0.50
7808	Cornstarch; mixed w/water	0.50 ts
7808	Water, to mix w/cornstarch	1.00 tb
7808	Minced garlic	0.50 ts

Sheet1

7808	Minced gingerroot	0.50 ts
7808	Sugar	2.00 tb
7808	Chicken broth or water	2.00 tb
7808	Vinegar	1.50 tb
7808	Oil	4.00 c
7808	Hot bean paste	1.00 ts
7808	Chopped green onion	1.00 tb
7808	Sesame oil	0.50 ts
7809	One-pound pork boneless	1.00
7809	Loin or leg	0.00
7809	Soy sauce	1.00 tb
7809	Cornstarch	2.00 ts
7809	Ground red	0.50 ts
7809	Pepper (cayenne)	0.00
7809	Cl Garlic, finely chopped	1.00
7809	Vegetable oil	2.00 tb
7809	Broccoli flowerets or 1 pk	3.00 c
7809	(16 ounces) frozen	0.00
7809	Broccoli cuts, thawed	0.00
7809	Onions, cut into eighths	2.00 sm
7809	(8 ounces) whole water	1.00 cn
7809	Chestnuts, drained	0.00
7809	Chicken broth	0.25 c
7809	Peanuts	0.50 c
7809	Hot cooked rice	2.00 c
7810	(16 ounces) frozen	1.00 pk
7810	Loose-pack oriental	0.00
7810	vegetables	0.00
7810	Jars (7 ounces) tiny ear	1.00
7810	corn	0.00
7810	(8 ounces) sliced water	1.00 cn
7810	Chestnuts, drained	0.00
7810	Chopped red bell pepper	0.50 c
7810	SICHUAN DRESSING -----	0.00 -----
7810	Vegetable oil	2.00 tb
7810	Soy sauce	1.00 tb
7810	Dry sherry	1.00 tb
7810	Rice wine or balsamic	1.00 tb
7810	Or wine vinegar	0.00
7810	Sugar	1.00 ts
7810	Sesame oil	1.00 ts
7810	Chili oil or 1/4 ts	0.50 ts
7810	Ground red pepper	0.00
7810	Salt	0.25 ts
7811	FOR THE BEEF MARINADE -----	0.00 -----
7811	Lean beef steak	12.00 oz
7811	Chinese light soy sauce	2.50 ts
7811	Egg white, small	1.00
7811	Cornflour	1.00 ts

Sheet1

7811	Sesame oil	1.50 ts
7811	YOU WILL ALSO NEED -----	0.00 -----
7811	Carrots	12.00 oz
7811	Cloves garlic	2.00
7811	Green or red chillies, hot	4.00
7811	And fresh	0.00
7811	Spring onions	4.00
7811	Chinese rice wine or dry	2.50 ts
7811	Sherry	0.00
7811	Sugar	2.50 ts
7811	Chinese light soy sauce	1.00 ts
7811	Chinese dark soy sauce	2.00 ts
7811	Vegetable oil for frying	0.00
7811	Cornflour	1.00 ts
7812	Dried bean threads	2.00 oz
7812	Medium-size dried mushrooms	4.00
7812	Soy sauce	2.00 ts
7812	Eggs	6.00
7812	Salt	0.50 ts
7812	White pepper	0.12 ts
7812	Salad oil	2.00 tb
7812	Clove garlic, minced	1.00
7812	Cooked ham, cut in matchstick pieces	4.00 oz 0.00
7812	Stalk celery, thinly slices	1.00
7812	crosswise	0.00
7812	Sliced bamboo shoots	0.25 c
7812	Whole green onions, thinly sliced	2.00 0.00
7813	Onion, sliced	1.00 sm
7813	Carrots, julienned	2.00 ea
7813	Can bamboo shoots	8.00 oz
7813	Can bean sprouts	12.00 oz
7813	Sunflower oil	1.00 tb
7813	Garlic clove, crushed	1.00 sm
7813	Soy sauce	3.00 tb
7814	Skins dried shrimp noodles	6.00
7814	Dried shrimp	0.50 c
7814	Egg	1.00
7814	Water	1.00 ts
7814	Barbecued pork	0.50 lb
7814	Stalks celery	2.00
7814	Bean sprouts, blanched	2.00 c
7814	Medium yellow onion	1.00
7814	Green bell pepper	1.00
7814	Medium firm tomato	1.00
7814	Cloves garlic, minced	2.00
7814	Fresh ginger, minced	1.00 ts
7814	Curry powder	1.00 tb



Sheet1

7814	Peanut oil	4.00 tb
7814	SAUCE -----	0.00 -----
7814	Stock	0.50 c
7814	Thin soy sauce	2.00 ts
7814	Sugar	1.00 ts
7814	Chili oil	1.00 ts
7815	Pork tenderloin; filet	8.00 oz
7815	Wood ear fungus; dried,	1.50 oz
7815	soaked 25 minutes in	0.00
7815	warm water	0.00
7815	Spinach;leaves young, tender	1.50 oz
7815	Green onions; trimmed;diced	2.00
7815	Ginger; slices/thick/fresh	3.00
7815	Garlic; minced	1.25 ts
7815	Red chili peppers; fresh or	3.00
7815	pickled/chopped	0.00
7815	Lard; softened	2.00 tb
7815	Oil; for frying	2.00 tb
7815	SEASONING #1 -----	0.00 -----
7815	Salt	0.25 ts
7815	Light soy sauce	1.00 tb
7815	Rice wine;or dry sherry	1.00 tb
7815	Cornstarch	2.00 ts
7815	Vegetable oil	1.00 tb
7815	SEASONING #2 -----	0.00 -----
7815	Chicken stock	0.50 c
7815	Light soy sauce	2.00 tb
7815	Chinese brown vinegar	2.00 ts
7815	Rice wine; or dry sherry	1.00 ts
7815	M.S.G.; optional	0.50 ts
7815	Sugar	1.25 ts
7815	Cornstarch	1.00 ts
7816	Stephen Ceideburg	0.00
7816	Pork Spareribs *	3.00 lb
7816	Peanut Oil	0.00
7816	Sugar	0.50 c
7816	Chinese Rice Vinegar	0.33 c
7816	Salt	1.00 ts
7816	Dark Soy Sauce	1.00 tb
7817	Water	2.00 c
7817	Snow peas	1.00 lb
7817	Butter	1.00 tb
7817	Sesame seeds	3.00 tb
7817	Chopped shallots	1.00 tb
7817	Ground black pepper	0.00
7818	Eggs	4.00 lg
7818	Bean Sprouts	1.00 c
7818	Pork, BBQ's, optionl	2.00 tb
7818	Ham, cooked, chopped	1.00 c

Sheet1

7818	Shrimp, shelled	1.00 c
7818	Green onion stalks, sliced	2.00
7818	Peas and carrots	2.00 tb
7818	Sugar	0.50 ts
7818	White pepper	0.00 ds
7818	Flour	1.00 tb
7818	Salt, to taste	0.00
7819	Medium-firm tofu	0.50 lb
7819	Soy sauce and dry sherry	1.00 ts
7819	Sweet bean sauce or hoisin	1.00 ts
7819	sauce	0.00
7819	Ground pork	0.25 lb
7819	Salad oil	3.00 tb
7819	Minced fresh ginger	1.00 ts
7819	Minced garlic	2.00 ts
7819	Hot bean sauce or 2 small	2.00 ts
7819	dried chiles	0.00
7819	Water	0.75 c
7819	Soy sauce	2.00 tb
7819	Green onions, thinly sliced	2.00
7819	Each water and cornstarch	2.00 tb
7820	Shaved roast beef	1.00 lb
7820	Orange marmalade	1.00 c
7820	Hot picante salsa	0.50 c
7820	Grated gingerroot	1.00 ts
7820	Flour tortillas,	8.00
7820	9" diameter	0.00
7820	Sliced unblanched almonds	0.50 c
7820	Shredded fresh spinach	2.00 c
7820	Leaves, lightly packed	0.00
7820	Thinly sliced fresh	1.00 c
7820	Mushrooms	0.00
7820	Thinly sliced green onions	0.50 c
7820	Green onion brushes (opt)	0.00
7821	OXO beef bouillon packets	2.00
7821	Water	1.50 c
7821	Orange marmalade	0.25 c
7821	Hot pepper sauce *	0.25 ts
7821	Ground ginger	0.50 ts
7821	Garlic powder	0.50 ts
7821	Cornstarch	2.00 tb
7821	Vegetable oil	1.00 tb
7821	Green onions, sliced	6.00
7821	Diced green pepper	0.25 c
7821	Diagonally sliced carrots	1.00 c
7821	Cooked diced beef	2.00 c
7821	Hot cooked rice	3.00 c
7821	Peeled orange segments **	0.00
7822	Boned pork shoulder	0.75 lb

Sheet1

7822	Dark soy sauce	0.50 tb
7822	Cloud ear black fungus	0.25 c
7822	Winter bamboo shoots	0.75 c
7822	Water chestnuts	0.50 c
7822	Thin slices of ginger root	6.00
7822	Szechwan hot sauce (halve	1.00 tb
7822	for non-chili lovers)	0.00
7822	Stock	0.33 c
7822	Green onions	2.00
7822	Peanut oil	2.00 tb
7823	Raw unsalted peanuts	0.25 c
7823	Peanut oil	3.00 tb
7823	Whole dried chile peppers	4.00
7823	Scallions, thinly sliced	4.00
7823	Garlic cloves, thinly sliced	3.00
7823	SAUCE -----	0.00 -----
7823	Chile paste with garlic	1.00 tb
7823	Dark soy sauce	2.00 tb
7823	Sugar	1.00 ts
7823	Chinese rice wine	1.50 tb
7823	=OR= Dry sherry	0.00
7823	Chinkiang vinegar, -=OR=-	1.00 tb
7823	Red wine vinegar, or	2.00 ts
7823	cider vinegar	0.00
7823	Sesame oil	1.00 ts
7823	Cornstarch, mixed with	1.00 ts
7823	Chicken broth, (cold)	1.00 tb
7823	Boneless pork, cubed	8.00 oz
7824	Ground pork	0.50 lb
7824	Dark soy sauce	1.00 tb
7824	Salt	1.00 ts
7824	Peanut oil	1.00 c
7824	Chinese thin egg noodles	0.75 lb
7824	(fresh or dry)	0.00
7824	Finely chopped garlic	3.00 tb
7824	Finely chopped ginger	2.00 tb
7824	Finely chopped scallions	5.00 tb
7824	Sesame paste	2.00 tb
7824	=OR= peanut butter	0.00
7824	Dark soy sauce	2.00 tb
7824	Chili oil	2.00 tb
7824	Salt	2.00 ts
7824	Chicken stock	1.00 c
7824	Sichuan peppercorns	1.00 tb
7824	(roasted and ground)	0.00
7825	Canned beef broth	0.25 c
7825	Each dry sherry and	2.00 tb
7825	reduced-sodium soy sauce	0.00
7825	Granulated sugar	0.50 ts

Sheet1

7825	Minced pared ginger root	0.25 ts
7825	Minced fresh garlic	0.12 ts
7825	Boneless beef sirloin steak	10.00 oz
7825	Cornstarch dissolved in 1	0.50 ts
7825	tsp water	0.00
7826	Dried "jyo" black mushrooms	8.00
7826	Large button mushrooms	8.00
7826	Stock	2.00 c
7826	Piece star anise	1.00
7826	Sichuan peppercorns	0.50 ts
7826	SAUCES -----	0.00 -----
7826	Plum sauce	0.50 c
7826	Warm water	1.00 tb
7826	Dry mustard	2.00 tb
7826	Water	3.00 tb
7826	White vinegar	0.50 ts
7826	Thin soy sauce	1.00 ts
7826	FILLING -----	0.00 -----
7826	Fatty pork shoulder	1.00 lb
7826	Cornstarch	0.50 ts
7826	Water	1.00 ts
7826	Oyster sauce	1.00 ts
7826	Dark soy sauce	1.00 ts
7826	Black pepper	0.25 ts
7826	Green onions, minced	2.00
7826	Fresh ginger, minced	0.25 ts
7826	Chinese parsley, minced	1.00 ts
7827	Hoi sin sauce	2.00 tb
7827	Oyster sauce	1.50 tb
7827	Soy sauce	1.50 tb
7827	Sesame oil	0.50 ts
7827	Barbecued Pork	8.00 oz
7827	Green onions	4.00
7827	Vegetable oil	2.00 tb
7827	Grated pared fresh ginger	2.00 ts
7827	Root	0.00
7827	Clove garlic, crushed	1.00
7827	Water	1.25 c
7827	Cornstarch	1.00 tb
7827	All-purpose flour	3.00 c
7827	Baking powder	1.00 tb
7827	Salt	0.50 ts
7827	Vegetable Shortening or lard	0.25 c
7827	White vinegar	1.00 ts
7827	Water	0.00
7827	BARBECUED PORK -----	0.00 -----
7827	Whole pork tenderloins,	2.00
7827	About 12 ounces	0.00
7827	Soy sauce	0.25 c

Sheet1

7827	Dry red wine	2.00 tb
7827	Brown sugar	1.00 tb
7827	Honey	1.00 tb
7827	Red food coloring,	2.00 ts
7827	If desired	0.00
7827	Ground cinnamon	0.50 ts
7827	Clove garlic, crushed	1.00
7827	Green onion	1.00
7828	Dough:	0.00
7828	All-purpose flour	2.50 c
7828	Salt	0.25 ts
7828	Sesame oil	0.50 ts
7828	Boiling water	0.67 c
7828	Cold water	0.33 c
7828	Filling:	0.00
7828	Ground pork	1.00 lb
7828	Dried black mushrooms or 1/3	5.00
7828	lb. fresh mushrooms	0.00
7828	Hot water to soften dried	2.00 c
7828	black mushrooms	0.00
7828	Water	4.00 c
7828	Chinese cabbage or other	1.00 lb
7828	cabbage	0.00
7828	Minced fresh ginger root	1.00 ts
7828	Minced green onion	2.00 tb
7828	Soy sauce	2.00 tb
7828	Salt	1.50 ts
7828	Sesame oil	2.00 tb
7828	Boiling water	6.00 c
7828	Sesame Soy Dip	0.00
7829	Round dumpling skins *	1.00 pk
7829	Prawns	0.50 lb
7829	Chinese mushrooms, small or	12.00
7829	use canned but squeeze dry	0.00
7829	Ground pork	0.50 lb
7829	Green onion, finely chopped	2.00
7829	Egg	1.00 sm
7829	SEASONING -----	0.00 -----
7829	Salt	0.50 ts
7829	Sugar	1.00 ts
7829	Sesame oi	1.00 tb
7829	Thin soy sauce	2.00 ts
7829	Oyster sauce	1.00 ts
7829	Cornstarch	1.00 tb
7830	Pork butt, chopped fine	1.00 lb
7830	Water chestnuts, coarsely	4.00
7830	Chopped	0.00
7830	Green onion, minced	1.00
7830	Preserved Tianjin vegetable	2.00 tb

Sheet1

7830	MARINADE -----	0.00 -----
7830	Dark soy sauce	1.50 ts
7830	Sugar	0.50 ts
7830	Salt	0.50 ts
7830	Sesame oil	0.50 ts
7830	Cornstarch	1.00 ts
7831	Rice, long grain	3.00 c
7831	Warm water	0.00
7832	Rice, long grained	1.00 c
7832	Water *	1.50 c
7833	Head cabbage	0.50 md
7833	Peanut oil	0.25 c
7833	Salt	0.50 ts
7833	White sesame seeds	0.25 c
7834	Pork spareribs	1.50 lb
7834	Salt	1.00 ts
7834	Chicken stock	0.50 c
7834	Light soy sauce	1.00 tb
7834	Sesame oil	1.00 ts
7834	Finely chopped ginger root	1.00 ts
7834	Chinese fermented black	1.50 tb
7834	beans, coarsely chopped	0.00
7834	Finely chopped garlic	2.00 ts
7834	Salt	0.50 ts
7834	Sugar	1.00 ts
7834	Rice wine or dry sherry	1.00 tb
7835	Pork Intestine	1.00
7835	Duck Blood Curd	5.00 oz
7835	Sour Cabbage	1.00
7835	Red Chilies	2.00
7835	Garlic Clove	1.00
7835	Oil	3.00 tb
7835	Ginger Slices	3.00
7835	Garlic Slices	5.00
7835	Chili Nam Yuey	1.00 tb
7835	Peppercorns	1.00 ts
7835	Salt	1.00 ts
7835	Soup Stock	0.50 c
7835	Cornstarch Paste	1.00 tb
7835	Sesame Oil	2.00 ts
7836	Boneless lean beef	0.75 lb
7836	Dark soy sauce	2.00 ts
7836	Rice wine or dry sherry	2.00 ts
7836	Finely chopped ginger root	1.00 ts
7836	Cornstarch	1.00 ts
7836	Sesame oil	1.00 ts
7836	Oil, preferably peanut	0.33 c
7836	Dried red chiles	2.00
7836	cut in half lengthwise	0.00

Sheet1

7836	Coarsely chopped orange peel	1.00 tb
7836	(fresh) -=OR=-	0.00
7836	soaked and coarsely chopped	2.00 ts
7836	dried citrus peel	0.00
7836	Ground Sichuan peppercorns	0.50 ts
7836	(Roasted), (optional)	0.00
7836	Dark soy sauce	2.00 ts
7836	Salt	0.25 ts
7836	Sugar	1.00 ts
7836	Sesame oil	0.50 ts
7837	Peanut oil	3.00 tb
7837	Salt	1.00 ts
7837	Garlic cloves, lightly	4.00
7837	crushed & peeled	0.00
7837	Bok choy, cut into 1-inch	1.50 lb
7837	pieces	0.00
7838	Chinese celery, or:	1.50 lb
7838	European celery	0.00
7838	Peanut oil	2.00 tb
7838	Salt	1.00 ts
7838	Finely chopped garlic	3.00 tb
7838	Chicken stock	0.50 c
7839	Cloud ear fungus	1.00 oz
7839	Chinese longbeans, or:	0.50 lb
7839	green beans	0.00
7839	Silk squash or zucchini	1.00 lb
7839	Peanut oil	2.00 tb
7839	Finely chopped shallots	2.00 tb
7839	Coarsely chopped garlic	2.00 tb
7839	Minced peeled fresh ginger	2.00 ts
7839	Oyster sauce	2.00 tb
7839	Rice wine or dry sherry	2.00 tb
7839	Light soy sauce	2.00 tb
7839	Salt	2.00 ts
7839	Sugar	1.00 ts
7839	Chicken stock	0.50 c
7840	Thin rice-stick noodles	0.50 lb
7840	Dried Chinese black	6.00
7840	Mushrooms	0.00
7840	Boneless chicken breast	1.00
7840	cut 1/3-in thick	0.00
7840	Strip Chinese barbecued pork	6.00 oz
7840	Medium shrimp	6.00 oz
7840	Peanut or corn oil	3.00 tb
7840	Finely chopped ginger	2.00 ts
7840	Salt	0.50 ts
7840	Onion, cut lengthwise into	1.00 sm
7840	thin slices	0.00
7840	Stalk celery, cut into	1.00

Sheet1

7840	diagonal thin slices	0.00
7840	Small snow peas, strings and	0.25 lb
7840	stems removed	0.00
7840	Green bell pepper, seeded	0.50
7840	and sliced thin	0.00
7840	Sugar	0.50 ts
7840	Indian Madras curry powder	2.00 tb
7840	(or to taste)	0.00
7840	Light soy sauce	1.00 tb
7840	(or more if needed)	0.00
7840	Dark soy sauce	1.00 tb
7840	Chicken stock	0.25 c
7840	Green onions, fine shredded	2.00
7841	Low Sodium Soy Sauce	1.00 tb
7841	Oyster Sauce	1.00 tb
7841	Dry White Wine	1.00 ts
7841	Sesame OR Vegetable Oil	0.50 tb
7841	Pepper	0.25 ts
7841	Dried Shiitake Mushrooms	6.00
7841	Hot Water	0.50 c
7841	Vegetable Oil	1.00 ts
7841	Chopped Green Onions	0.67 c
7841	Garlic Minced	3.00 cl
7841	Carrot in Julienne Strips	1.00 lg
7841	8 Oz. Sliced Water Chestnut	1.00 cn
7841	Drained	0.00
7841	Fresh Snow Peas Trimmed	0.50 lb
7842	Spinach	2.00 lb
7842	Bean Threads (Glass Noodles)	2.00 oz
7842	Corn Or Peanut Oil	3.00 tb
7842	Kosher Salt	1.25 ts
7842	Sugar, (Or More If Desired)	0.50 ts
7842	Oriental Sesame Oil	2.00 ts
7843	Sirloin	2.00 lb
7843	Onion	1.00 md
7843	Green bell pepper	1.00 md
7843	Vegetable oil	2.00 tb
7843	Minced clove garlic	2.00
7843	Cooked extra long grain rice	3.00 c
7843	Ketchup	1.00 c
7843	Sugar	0.50 c
7843	Of vinegar	1.00 ds
7844	Corn Oil	2.00 tb
7844	Sliced Mushrooms	2.00 c
7844	Onion, cut in thin wedges	1.00 sm
7844	Salt	0.50 ts
7844	Clove Garlic, minced	0.00
7844	Pepper	0.12 ts
7844	Broccoli Florets	2.00 c



Sheet1

7845	Pork butt, boned	0.25 lb
7845	Cucumber (or zucchini,	1.00 lg
7845	Chinese white radish	0.00
7845	Or turnip)	0.00
7845	Clove garlic, minced	1.00
7845	Peanut oil	2.00 tb
7845	Salt	0.25 ts
7845	Thin soy sauce	1.00 tb
7845	Sherry	1.00 tb
7845	Sugar	1.00 pn
7845	Chicken stock	0.50 c
7845	Cornstarch paste	0.00
7846	Vegetable oil	0.25 c
7846	Garlic clove, minced	1.00
7846	Top sirloin steak, cut into	10.00 oz
7846	1/4x1-inch strips	0.00
7846	Fresh ginger, peeled and	0.50 c
7846	very thinly sliced	0.00
7846	Fish sauce (nam pla)	1.00 tb
7846	Soy sauce	1.00 tb
7846	Oyster sauce	2.00 tb
7846	Brown sugar, firmly packed	1.50 ts
7846	Green bell pepper, thinly	1.75 c
7846	sliced	0.00
7846	Onion, thinly sliced	1.00 c
7846	Freshly-cooked rice	1.50 c
7847	Diet margarine	1.00 tb
7847	Fat-trimmed hamsteak	1.00 lb
7847	Unsalted, fat-skimmed beef	0.75 c
7847	broth or water	0.00
7847	Fresh asparagus, diagonally	1.00 lb
7847	sliced into 1-inch pieces	0.00
7847	Clove minced garlic	1.00
7847	Ground ginger	1.00 ts
7847	Cornstarch	1.00 tb
7847	Sherry or white wine	1.00 tb
7847	Light soy sauce	1.00 ts
7848	Calves liver	1.00 lb
7848	Small onion	0.00
7848	Mushrooms	4.00 x
7848	Scallions	4.00 x
7848	Clove garlic	0.00
7848	Corn starch	1.00 ts
7848	Peanut oil	2.00 tb
7848	Soy sauce	1.00 ts
7849	Cold water	0.50 c
7849	Cornstarch	2.00 tb
7849	Soy sauce	2.00 tb
7849	Pound beef boneless sirloin	1.00

Sheet1

7849	Vegetable oil	3.00 tb
7849	Ground ginger	0.25 ts
7849	Garlic powder	0.25 ts
7849	Vegetable oil	2.00 tb
7849	Vegetable pieces (sliced	3.00 c
7849	Mushrooms, broccoli flowere	0.00
7849	Cauliflowerets, sliced carr	0.00
7849	Celery, onion or bell peppe	0.00
7849	Orange juice	1.00 c
7849	Hot cooked rice	2.00 c
7850	Boneless pork butt	0.25 lb
7850	Asparagus spears	12.00 md
7850	Fresh ginger root, minced	0.50 ts
7850	Peanut oil	1.00 tb
7850	Chicken stock	0.33 c
7850	Sugar	1.00 pn
7850	Fish sauce (OR	1.00 ts
7850	Oyster sauce	2.00 ts
7850	Thin cornstarch paste	0.00
7851	SAUCE:	0.00
7851	Dark soy sauce	4.00 ts
7851	Sugar	2.00 ts
7851	Cornstarch	2.00 ts
7851	Chinese red- or white-wine	2.00 ts
7851	vinegar	0.00
7851	Rice wine OR dry sherry	2.00 ts
7851	Oriental sesame oil	2.00 ts
7851	Salt	0.25 ts
7851	PORK and VEGETABLES:	0.00
7851	Cornstarch	2.50 ts
7851	Chicken stock OR water	2.00 tb
7851	Boneless pork loin OR	1.00 lb
7851	tenderloin	0.00
7851	Broccoli (1 bunch)	12.00 oz
7851	Red bell pepper	1.00 lg
7851	Scallions	4.00
7851	Garlic clove	1.00 md
7851	Piece ginger (about 1 inch	1.00
7851	long)	0.00
7851	Vegetable oil	4.00 tb
7851	Cashews (2 oz)	0.50 c
7852	Stephen Ceideburg	0.00
7852	Spinach	2.00 bn
7852	Peanut oil	2.00 tb
7852	Quarter sized slices fresh	2.00
7852	ginger cloves, crushed	0.00
7852	Salt	0.25 ts
7852	Cube of fu ru *	1.00
7852	Sugar	1.00 ts

## Sheet1

7853	Sq seasoned pressed beancurd	2.00
7853	Stalks celery	2.00
7853	Carrot	1.00 lg
7853	Boiling water	6.00 c
7853	Giant bamboo shoots, cut	0.50 c
7853	Into sticks	0.00
7853	White onion	0.50 md
7853	Peanut oil	1.00 tb
7853	Chicken stock	0.50 c
7853	Salt	0.25 ts
7853	Sugar	1.00 pn
7853	Ginger root, minced	0.50 ts
7853	Medium sherry	2.00 ts
7853	Sesame oil	0.50 ts
7853	Cornstarch paste	0.00
7854	Zucchini (about 1/2 pound)	1.00 md
7854	Pound jicama	0.50
7854	Vegetable oil	1.00 tb
7854	Sesame oil	1.00 ts
7854	Sesame seed	1.00 tb
7854	Cl Garlic, finely chopped	1.00
7854	Salt.	1.00 ts
7855	Young zucchini	2.00 md
7855	Fresh carrots	3.00
7855	Leeks	2.00 lg
7855	Cloves garlic	3.00
7855	Ginger, minced	1.00 ts
7855	Peanut oil	2.00 tb
7855	Sesame oil	0.25 ts
7855	SEASONINGS:	0.00
7855	Salt	0.50 ts
7855	Sugar	0.50 ts
7855	5-spice powder	0.25 ts
7856	Five Spice Powder	3.00 pn
7856	Dry sherry or sake	2.00 tb
7856	Light soy sauce	2.00 tb
7856	Garlic clove, crushed	1.00
7856	Piece ginger root, peeled, chopped (1")	1.00 0.00
7856	Pork tenderloin, cut in thin strips	1.00 lb 0.00
7856	Onions	2.00
7856	Corn oil	0.25 c
7856	Red bell pepper, seeded, cut in thin strips	1.00 0.00
7856	Green bell pepper, seeded, cut in thin strips	1.00 0.00
7856	Button mushrooms, sliced	3.00 oz
7856	Canned whole water	6.00

Sheet1

7856	chestnuts, sliced	0.00
7856	Cornstarch	2.00 ts
7856	Chicken stock	0.67 c
7856	Leek curls (opt)	0.00
7856	Green onion curls (opt)	0.00
7857	Of roasted peanuts	1.00 c
7857	Anchovy fillet, mashed to a	1.00
7857	paste	0.00
7857	Of cayenne pepper	1.00 ts
7857	Of molasses	3.00 tb
7857	Freshly squeezed lime juice	0.50 c
7857	Salt	1.00 ts
7857	Granulated sugar	1.00 tb
7857	Of water	0.50 c
7858	Garlic minced	1.00 cl
7858	Soy sauce	3.00 tb
7858	Dry sherry	2.00 tb
7858	Jar whole straw mushrooms,	7.00 oz
7858	Drained	0.00
7858	Sugar	1.00 tb
7858	Sliced almonds	2.00 tb
7858	Sirloin steak, cut into 2"	1.00 lb
7858	Long paper thin strips	0.00
7858	Cornstarch	2.00 ts
7858	Soy sauce	2.00 tb
7858	Vegetable oil	1.00 tb
7858	(8 oz) sliced water	1.00 cn
7858	Chestnuts, drained	0.00
7858	Fresh broccoli florets, cut	3.00 c
7858	In 1" pieces	0.00
7858	Onion, cut into slivers	1.00 sm
7858	Red bell pepper, cut into	1.00
7858	Strips	0.00
7858	Hot cooked rice, if desired	0.00
7859	Sq. fresh hard beancurd	4.00
7859	Ground pork, unseasoned	0.50 lb
7859	Dried Nami black mushrooms	4.00
7859	Fresh shelled peas	0.50 c
7859	Thin soy sauce	2.00 ts
7859	Dry sherry	1.00 tb
7859	Clove garlic, minced	1.00
7859	Green onion, minced	1.00
7859	Fresh ginger juice	0.25 ts
7859	Sesame oil	0.25 ts
7859	Cornstarch	0.00
7859	Frying oil	3.00 c
7859	Chicken broth	4.00 c
7859	Salt and pepper to taste	0.00
7859	Cornstarch paste	0.00

Sheet1

7860	Canned beef broth	0.50 c
7860	Dried Chinese mushrooms	0.50 c
7860	Reduced-sodium soy sauce	0.25 c
7860	Dry sherry	8.00 ts
7860	Boneless beef sirloin steak	10.00 oz
7860	Chinese sesame oil	1.00 ts
7860	Chinese snow peas, stems and	0.50 c
7860	strings removed	0.00
7860	Scallions, cut into 1	4.00 md
7860	1/2-inch pieces	0.00
7860	Sliced onions	0.25 c
7860	Garlic clove, minced	0.50
7860	Minced pared ginger	0.25 ts
7860	Shredded Chinese cabbage	1.00 c
7860	Drained canned sliced bamboo	0.25 c
7860	shoots	0.00
7861	Rice	2.00 c
7861	Boiling water	2.00 c
7861	Dried mushrooms	3.00
7861	Brown sugar	2.00 tb
7861	Burdock root (optional)	1.00 sm
7861	Soy sauce	1.00 tb
7861	Chopped carrots	0.50 c
7861	M.S.G.	0.50 ts
7861	Chopped string beans	0.50 c
7861	Salt	1.00 ts
7861	Water	1.50 c
7861	Vinegar	3.00 tb
7861	Salt	1.00 ts
7861	Sugar	1.50 tb
7861	M.S.G.	1.00 ts
7862	Rice	10.00 c
7862	Vinegar	3.00 c
7862	Salt	5.00 tb
7862	Sugar	2.00 c
7862	Gourmet powder (m.s.g)	1.00 tb
7862	Dried shrimp	0.25 c
7862	Filling:	0.00
7862	Fresh shrimp	1.50 lb
7862	Sugar	5.00 tb
7862	Gourmet powder (m.s.g.)	1.00 ts
7862	Salt	0.50 ts
7862	Red coloring	0.00
7863	Cloves garlic, smashed &	2.00
7863	chopped	0.00
7863	Dry mustard	1.00 ts
7863	Rosemary	0.50 ts
7863	Tomato sauce	1.00 c
7863	Spareribs	3.50 lb

Sheet1

7863	Chopped jalapeno pepper	1.00 ts
7863	Oregano	0.50 ts
7863	Honey	3.00 ts
7863	Juice from 2 oranges	0.00
7863	Salt & pepper to taste	0.00
7864	Lotus root	1.00 lb
7864	Pork butt	0.50 lb
7864	Slices fresh ginger root	2.00
7864	Peanut oil	1.00 tb
7864	Sugar	2.00 tb
7864	Water	3.00 tb
7864	Thin soy sauce	1.00 tb
7864	White vinegar	2.00 tb
7864	Cornstarch paste	0.00
7865	Beef flank or round steak	8.00 oz
7865	Salad oil	4.00 tb
7865	Diagonally sliced carrots	0.50 c
7865	Green bell pepper, cut into	0.25 c
7865	Squares	0.00
7865	Snow peas	0.50 c
7865	Ground ginger	0.50 ts
7865	Clove garlic, minced	1.00 md
7865	Cornstarch	1.00 tb
7865	10 1/2 oz. ready to serve	1.00 cn
7865	French onion soup	0.00
7865	Cider vinegar	1.00 tb
7865	Sugar	1.00 ts
7866	Pork steak or 1 lb cooked	1.50 lb
7866	ham	0.00
7866	Oil (optional)	1.00 tb
7866	(20-oz) pineapple chunks	1.00 cn
7866	packed in its own juice	0.00
7866	Liquid - pineapple + water	1.00 c
7866	Brown gravy mix	1.00 pk
7866	Vinegar	3.00 tb
7866	Minced ginger	0.25 ts
7866	Chopped green pepper (opt)	1.00
7867	Lean pork	2.00 lb
7867	Bacon dripping	1.00 tb
7867	Cornstarch	2.00 tb
7867	Water	0.50 c
7867	Brown sugar	0.25 c
7867	Vinegar	0.33 c
7867	Soy sauce	1.00 tb
7867	Number 2 can pineapple	1.00
7867	chunks	0.00
7867	Sliced green pepper	0.75 c
7867	Sliced onion	0.50 c
7868	Pounds pork boneless top loi	2.00

Sheet1

7868	Vegetable oil	0.00
7868	All-purpose flour	0.50 c
7868	Cornstarch	0.25 c
7868	Cold water	0.50 c
7868	Salt	0.50 ts
7868	Egg	1.00
7868	(20 ounces) pineapple chunks	1.00 cn
7868	Syrup, drained and syrup re	0.00
7868	Packed brown sugar	0.50 c
7868	Vinegar	0.50 c
7868	Salt	0.50 ts
7868	Soy sauce	2.00 ts
7868	Carrots, diagonally cut into	2.00
7868	Thin slices	0.00
7868	Cl Garlic, finely chopped	1.00
7868	Cornstarch	2.00 tb
7868	Cold water	2.00 tb
7869	Sugar	0.50 c
7869	Chicken broth or water	0.50 c
7869	White vinegar	0.33 c
7869	Vegetable oil	1.00 ts
7869	Soy sauce	1.00 ts
7869	Salt	0.25 ts
7869	Cl Garlic, crushed	1.00
7869	Cornstarch	2.00 tb
7869	Cold water	2.00 tb
7869	Tomato, cut into thin wedges	1.00
7869	Green bell pepper, cut	1.00 sm
7869	Into 1-inch pieces	0.00
7869	(8-1/4 ounces) pineapple	1.00 cn
7869	Chunks in syrup, drained	0.00
7870	(20 oz) pineapple chunks	1.00 cn
7870	Packed in juice	0.00
7870	Lean ground beef	1.00 lb
7870	Egg	1.00 lg
7870	Fresh bread crumbs, about	1.00 c
7870	2 slices bread	0.00
7870	Salt	0.75 ts
7870	Ground ginger	0.50 ts
7870	Vegetable oil	2.00 tb
7870	Scallions, cut into 1"	3.00 md
7870	Pieces, about 3/4 cups	0.00
7870	Garlic, crushed	1.00 cl
7870	Cornstarch	2.00 ts
7870	Cider vinegar	2.00 tb
7870	Light brown sugar, firmly	1.00 tb
7870	Packed	0.00
7870	Ground red cayenne pepper	0.25 ts
7870	Fresh Chinese pea pods OR	4.00 oz

Sheet1

7870	Frozen pea pods, thawed	6.00 oz
7871	Garlic cloves, peeled	6.00
7871	Quarter-sized slices ginger	2.00
7871	Scallions, cut in 2" lengths	2.00
7871	Vegetable oil	1.00 tb
7871	Hot red-pepper flakes	1.00 ts
7871	Soy sauce	1.00 tb
7871	Rice wine vinegar	1.00 tb
7871	Green beans, tipped/tailed	1.00 lb
7872	Sesame oil	0.25 c
7872	Soy sauce	0.50 c
7872	Ginger; grated to taste	0.00
7872	Garlic; minced	0.00
7872	Hot bean paste ; to taste	0.00
7872	Creamy peanut butter	0.25 c
7872	Pasta; hot cooked fresh hom	0.00
7872	Scallions; garnish shaved	0.00
7873	85% lean ground beef	4.00 oz
7873	Green onions w/tops chopped	1.00 c
7873	Clove garlic minced	1.00
7873	Chicken broth	0.75 c
7873	Light soy sauce	2.00 tb
7873	Chili sauce	1.00 tb
7873	Sesame oil	1.00 ts
7873	Hot oil *	0.25 ts
7873	Red pepper flakes	0.25 ts
7873	Corn starch	2.00 tb
7873	Cold water	2.00 tb
7873	Bean curd (tofu) 1/2" cubes	1.00 c
7874	Boneless beef chuck	2.00 lb
7874	Cloves garlic, pressed	2.00
7874	Soy sauce, divided	4.00 tb
7874	Sugar, divided	3.00 ts
7874	Water	1.00 c
7874	Crushed red pepper	0.75 ts
7874	Fennel seed, crushed	0.75 ts
7874	Black pepper	0.25 ts
7874	Ground cloves	0.25 ts
7874	Ground ginger	0.25 ts
7874	Oil	1.00 tb
7874	Cornstarch	2.00 tb
7874	Water	2.00 tb
7875	Boneless tender beef steak	1.00 lb
7875	(sirloin, rib eye	0.00
7875	Or top loin)	0.00
7875	Cornstarch	2.00 tb
7875	Kikkoman soy sauce, divided	3.00 tb
7875	Sugar	0.50 ts
7875	Crushed red pepper	0.50 ts



Sheet1

7875	Lg. clove garlic, minced	1.00
7875	Water	0.67 c
7875	Cornstarch	1.50 ts
7875	Oil, divided	3.00 tb
7875	Green onions and tops, cut	0.25 lb
7875	into 1 1/2" lengths,	0.00
7875	separating whites from tops	0.00
7876	Full cut round steak,	1.00 lb
7876	Partially frozen	0.00
7876	Dried hot red pepper pieces,	8.00
7876	Cayenne or Japanese	0.00
7876	MARINADE -----	0.00 -----
7876	Dry vermouth	1.00 tb
7876	Soy sauce	2.00 tb
7876	Cornstarch	1.50 tb
7876	Onion, sliced thinly	1.00 md
7876	Green pepper, sliced thinly	1.00 md
7876	SAUCE -----	0.00 -----
7876	Soy sauce	2.00 tb
7876	Water	0.25 c
7876	Cornstarch	1.50 tb
7876	Chili paste with garlic	1.00 tb
7876	Brown sugar	1.00 tb
7876	Worcestershire sauce	1.00 ts
7876	Dry vermouth	2.00 tb
7876	Toasted sesame seeds	2.00 ts
7876	Peanut or vegetable oil	4.00 tb
7876	Cooked rice	3.00 c
7876	GARNISH -----	0.00 -----
7876	Green onions, chopped	3.00
7876	Beer nuts	0.50 c
7877	Boneless lean beef	0.75 lb
7877	Medium-size carrot, cut in	1.00
7877	matchstick pieces	0.00
7877	Hot bean sauce	1.00 tb
7877	Dry sherry	1.00 tb
7877	Minced garlic	2.00 ts
7877	Sugar	0.50 ts
7877	Minced fresh ginger	1.00 ts
7877	Small, dry, hot chile	2.00
7877	peppers crumbled & seeded	0.00
7877	Whole green onions, cut in	2.00
7877	1-1/2" lengths	0.00
7877	Salad oil	0.50 c
7877	Sesame oil	1.00 ts
7877	Stalk celery, cut in	1.00 lg
7877	matchstick pieces	0.00
7877	Szechwan peppercorns	0.50 ts
7878	Sesame oil	0.25 c

Sheet1

7878	Soy sauce	0.50 c
7878	Ginger; grated to taste	0.00
7878	Garlic; minced	0.00
7878	Hot bean paste ; to taste	0.00
7878	Creamy peanut butter	0.25 c
7878	Pasta; hot cooked fresh hom	0.00
7878	Scallions; garnish shaved	0.00
7879	Chinese noodles (not canned)	1.00 lb
7879	Dark brown sesame oil	3.50 tb
7879	Soy sauce	3.50 tb
7879	Rice vinegar	2.00 tb
7879	Granulated sugar (or to	2.00 tb
7879	taste)	0.00
7879	Hot chili oil (or to taste)	1.00 ts
7879	Green onions, sliced finely	6.00
7879	on the bias, divided	0.00
7879	Black sesame seeds, optional	0.00
7879	Fresh cilantro, optional	0.00
7880	Corn oil	1.00 tb
7880	Garlic, minced	1.00 ts
7880	Red pepper, julienne	0.25 c
7880	Bean sprouts	0.25 c
7880	VEG-ALL Mixed Vegetables,	16.00 oz
7880	drained	0.00
7880	Green onions, cut	0.25 c
7880	Fresh ginger, minced	1.00 ts
7880	Chicken broth	12.00 oz
7880	Dry sherry	0.25 c
7880	Soy sauce	1.00 tb
7880	Sugar	1.00 ts
7880	Cornstarch	2.00 tb
7880	Water	0.25 c
7881	Vegetable oil, for frying	1.00
7881	Cornstarch	1.50 c
7881	Red onions, peeled, sliced	3.00
7881	crosswise to 1/3-inch	0.00
7881	Thick (about 1-1/4 lbs.)	0.00
7881	Flour, all-purpose	1.50 c
7881	Salt, plus more for sprinkl	1.00 ts
7881	ing	0.00
7881	Ice, coarsely crushed	1.50 c
7881	Lemon wedges, ketchup and	0.00
7881	soy sauce, for serving	0.00
7882	Stephen Ceideburg	0.00
7882	Beef tenderloin	1.00 lb
7882	Dry sherry	3.00 tb
7882	Soy sauce	1.50 tb
7882	Oyster sauce	1.50 ts
7882	Sugar	1.00 ts

Sheet1

7882	Cornstarch	1.00 ts
7882	Baking soda	0.50 ts
7882	Salt	0.25 ts
7882	Clove garlic, crushed	1.00
7882	Vegetable oil	1.50 tb
7882	Yellow onions, cut into thin	2.00 md
7882	slices	0.00
7883	Very strong black tea	2.00 c
7883	Salt	0.33 c
7883	Each ashes of pine wood,	2.00 c
7883	Ashes of charcoal and ashes	0.00
7883	From fireplace	0.00
7883	Lime*	1.00 c
7883	Fresh duck eggs	12.00
7884	Tomatoes	2.00 md
7884	Beef liver	1.00 lb
7884	Soy sauce	1.00 tb
7884	Sherry	1.00 tb
7884	Cornstarch	2.00 ts
7884	Sugar	1.00 ts
7884	Salt	0.50 ts
7884	Ground ginger	0.25 ts
7884	Water,divided	4.00 tb
7884	Onion,cut in wedges(1 cup)	1.00 md
7885	Flank steak	1.00 lb
7885	Stalks celery	3.00
7885	Bell peppers	2.00
7885	Tomatoes	2.00
7885	Oil	2.00 tb
7885	Clove garlic, crushed	1.00
7885	Chicken stock	0.75 c
7885	Apple cider vinegar	0.75 tb
7885	Sugar	4.00 ts
7885	Salt	0.50 ts
7885	Cornstarch	1.00 tb
7885	Cold water	2.00 ts
7885	SEASONING -----	0.00 -----
7885	Salt	1.00 ts
7885	Sugar	0.50 ts
7885	Thin soy sauce	1.00 ts
7885	Oyster sauce	1.50 ts
7885	Dash of pepper	0.00
7885	Cornstarch	1.00 tb
7885	Green onion, slivered	1.00
7886	Pork Foot	1.00
7886	Cornstarch Paste	1.00 tb
7886	Spring Onion, minced	1.00 tb
7886	Soy Sauce	0.00
7886	Oil (for frying)	6.00 c

Sheet1

7886	Soup Stock	2.00 c
7886	Dried Pickled Cabbage	2.00 ts
7886	Sesame Oil	2.00 ts
7886	Carrot Balls	10.00
7886	Turnip Balls	10.00
7886	Spinach	0.00
7886	SEASONINGS -----	0.00 -----
7886	Ginger Slice	5.00
7886	Salt	2.00 ts
7886	Peppercorns	0.00
7886	Sugar Colour	1.00 ts
7886	Pepper, ground	1.00 ts
7886	Wine	0.50 tb
7886	Soy Sauce	1.00 tb
7887	Pork butt in one piece	0.50 lb
7887	Jyo black mushrooms	5.00 lg
7887	Dried red chili peppers,	2.00 sm
7887	Minced	0.00
7887	Cloves garlic, minced	2.00 lg
7887	Fresh ginger root, minced	2.00 ts
7887	Bell pepper	1.00 sm
7887	Bamboo shoots	0.25 c
7887	Carrot	1.00 lg
7887	Cube bean curd	1.00
7887	Mushroom liquid	0.33 c
7887	Thin soy sauce	1.00 tb
7887	Sugar	1.00 pn
7887	Salt	1.00 ts
7887	Peanut oil	2.00 tb
7887	Cornstarch paste	0.00
7888	Beef sirloin or flank steak	0.75 lb
7888	MARINADE -----	0.00 -----
7888	Dry sherry	2.00 tb
7888	Soy sauce	2.00 tb
7888	Sugar	1.00 ts
7888	Cornstarch	1.00 ts
7888	Carrot	1.00 sm
7888	Green bell pepper	1.00
7888	Ribs celery	2.00
7888	Onion	1.00 sm
7888	SAUCE -----	0.00 -----
7888	Rice vinegar	2.00 tb
7888	Soy sauce	1.00 tb
7888	Sesame oil	2.00 ts
7888	Sugar	1.00 ts
7888	Chili oil	0.50 ts
7888	Cornstarch	0.50 ts
7889	Frozen rice cake rolls	8.00 oz
7889	Beef steak,cut 1/2" thick	0.50 lb

Sheet1

7889	Soy sauce	2.00 tb
7889	Dry sherry	2.00 tb
7889	Green onions,sliced	2.00
7889	Grated gingerroot	0.50 ts
7889	Cooking oil	3.00 tb
7889	Bunch bok choy, sliced	1.00
7889	(about 4 cups)	0.00
7889	(15 oz) straw mushrooms,	1.00 cn
7889	Drained	0.00
7889	(8 oz) bamboo shoots,	1.00 cn
7889	Drained	0.00
7889	Green onions, sliced	2.00
7889	Fresh or frozen snipped	2.00 tb
7889	Chives	0.00
7889	Chicken broth	0.00
7890	Soft, fresh wheat flour	0.25 lb
7890	Noodles	0.00
7890	Dried Jyo mushrooms (OR	6.00
7890	Nami mushrooms)	10.00
7890	Large stalks celery	3.00
7890	Sliced bamboo shoots	0.50 c
7890	Cooking oil	2.00 tb
7890	Salt	0.25 ts
7890	Chicken broth	1.00 c
7890	Sugar	0.50 ts
7890	Cornstarch paste	0.00
7891	Wheat starch	1.00 c
7891	Tapioca starch	0.25 c
7891	Boiling water	1.00 c
7891	Peanut oil plus more to oil	1.00 tb
7891	The wrappers	0.00
7892	Beef,cut into 1" cubes	2.00 lb
7892	Water	3.00 c
7892	White onions	12.00 sm
7892	Flour	0.25 c
7892	Olive oil	6.00 tb
7892	Garlic, minced	2.00 cl
7892	Fresh mushrooms	1.00 c
7892	Burgundy or other good	2.00 c
7892	Red wine	0.00
7892	Beef broth	1.00 c
7892	Thyme leaves	1.50 ts
7892	Parsley flakes	2.00 ts
7892	Bay leaf	1.00
7892	Salt and pepper to taste	0.00
7893	Oil	4.00 tb
7893	Cloves garlic	4.00
7893	Cashews for garnish	0.50 c
7893	GROUP 1:	0.00

Sheet1

7893	Asparagus	1.00 c
7893	Carrots	0.25 c
7893	Broccoli	1.00 c
7893	Potatoes	1.00 c
7893	Turnips	0.50 c
7893	GROUP 2:	0.00
7893	Cauliflower	0.50 c
7893	Onion	1.00 c
7893	Celery	1.00 c
7893	String beans	1.00 c
7893	Snow peas	1.50 c
7893	GROUP 3:	0.00
7893	Sprouts	1.50 c
7893	Lettuce	1.00 c
7893	Tomatoes	1.00 c
7893	Water chestnuts	1.50 c
7894	Won ton	40.00
7894	Water	2.00 qt
7894	Sesame oil	1.50 tb
7894	Thin soy sauce	1.00 tb
7894	Oyster sauce	2.00 tb
7894	Green onion, chopped	1.00
7895	Won ton	40.00
7895	Water	2.00 qt
7895	Sesame oil	1.50 tb
7895	Thin soy sauce	1.00 tb
7895	Oyster sauce	2.00 tb
7895	Green onion, chopped	1.00
7896	Lean pork	1.00 lb
7896	Light soy sauce	1.00 tb
7896	Rice wine or dry sherry	2.00 tb
7896	Salt	1.00 pn
7896	Sesame oil	2.00 ts
7896	Peanut oil	3.00 tb
7896	Fresh mild chiles	8.00 oz
7896	Finely chopped garlic	3.00 tb
7896	Red chili powder	1.00 ts
7896	=OR= Cayenne pepper	0.00
7896	Sichuan peppercorns, roasted	1.00 ts
7896	and crushed	0.00
7896	Water	3.00 tb
7896	Light soy sauce	1.00 tb
7896	Sugar	2.00 ts
7897	Hot cooked rice	4.00 c
7897	Diced roast pork	1.00 c
7897	Diced cooked shrimp	1.00 c
7897	Diced cooked chicken	1.00 c
7897	Fresh bean sprouts	2.00 c
7897	Scallions, chopped,	2.00

Sheet1

7897	including green ends	0.00
7897	Shredded lettuce	1.00 c
7897	Eggs, slightly stirred	2.00
7897	Ground pepper	0.25 ts
7897	M.s.g.	1.00 ts
7897	Soy sauce	0.25 c
7897	Vegetable oil	0.25 c
7898	Butter	0.50 c
7898	Graham cracker crumbs	1.00 c
7898	Semisweet chocolate chips	1.00 c
7898	Butterscotch chips	1.00 c
7898	Flaked coconut	1.33 c
7898	Walnuts; chopped	0.50 c
7898	Sweetened condensed milk	1.00 cn
7899	Butter, melted	1.00 c
7899	Brown sugar, firmly packed	0.75 c
7899	Pecans, chopped fine,*	1.50 c
7899	All-purpose flour, sifted	2.50 c
7899	Baking powder	0.50 ts
7899	Semi-sweet chocolate chips	1.00 c
7900	Ghirardelli Mint Chocolate	10.00 oz
7900	Wafers	0.00
7900	Butter, softened	0.75 c
7900	Sugar	0.67 c
7900	Egg	1.00
7900	Salt	0.25 ts
7900	Unsifted flour	1.33 c
7900	Finely chopped walnuts	0.75 c
7901	Brown sugar	3.00 c
7901	Margarine	3.00 c
7901	Oatmeal	6.00 c
7901	Flour	3.00 c
7901	Baking soda	1.00 tb
7901	Chocolate chips	2.00 c
7902	Shortening	1.00 c
7902	Sugar	0.50 c
7902	Honey	0.50 c
7902	Eggs, well, beaten	3.00
7902	Salt	0.25 ts
7902	Powdered sugar	0.50 c
7902	Finely chopped blanched	0.50 c
7902	almonds	0.00
7902	Flour	2.00 c
7902	Baking powder	2.00 ts
7902	Vanilla	1.00 ts
7902	Grated rind 1 lemon	0.00
7903	Canola oil	0.25 c
7903	Almond butter	1.00 c
7903	Maple syrup	0.25 c

Sheet1

7903	Pure vanilla extract	0.50 ts
7903	Whole wheat pastry flour	1.00 c
7903	(Sifted before measuring)	0.00
7903	Salt	0.25 ts
7904	Unbleached white flour	2.75 c
7904	Sugar	1.00 c
7904	Baking soda	0.50 ts
7904	Salt	0.25 ts
7904	Butter or margarine, cut	1.00 c
7904	into small pieces	0.00
7904	Eggs lightly beaten	2.00
7904	Pure almond extract	2.00 ts
7906	Butter	1.00 c
7906	Almond extract	0.50 ts
7906	Powdered Sugar,sifted	0.75 c
7906	Flour	2.00 c
7906	Salt	0.50 ts
7906	Oats,uncooked	1.00 c
7906	Almonds,finely chopped	0.50 c
7906	Powdered Sugar	0.00
7907	GLAZED ALMONDS -----	0.00 -----
7907	Unsalted butter	1.50 ts
7907	Slivered almonds	0.75 c
7907	Amaretto liquor	1.50 tb
7907	DOUGH -----	0.00 -----
7907	Flour, all-purpose	1.00 c
7907	Salt	1.00 pn
7907	Unsalted butter; room temp.	0.50 c
7907	Sugar	0.50 c
7907	Egg; room temperature	1.00 sm
7907	Amaretto liquor	2.00 ts
7907	Sugar	0.00
7907	Powdered sugar, optional	0.00
7908	Almond paste	8.00 oz
7908	Egg whites, unbeaten	2.00
7908	Grated lemon rind	0.25 ts
7908	Sugar	0.50 c
7908	Candied red cherries,	1.00
7908	quartered	0.00
7908	Sliced almonds	1.00
7908	Sugar for topping	1.00
7909	Egg whites	2.00
7909	Sugar	0.50 c
7909	Ground almonds	0.50 c
7910	(4-oz) almond paste lightly packed	0.50 c
7910	Butter	1.00 c
7910	Sugar	0.50 c
7910	Egg white	1.00
7910	Flour	2.00 c



Sheet1

7910	Cinnamon	0.50 ts
7910	Powdered sugar sifted	3.00 c
7910	To 6 tb milk	5.00 tb
7910	Almond extract	1.00 ts
7911	All-purpose flour	4.00 c
7911	Cinnamon	3.00 ts
7911	Ginger	1.00 ts
7911	Salt	0.50 ts
7911	Baking soda	1.00 ts
7911	Butter	1.00 c
7911	Instant coffee powder	2.00 ts
7911	Almond extract	0.50 ts
7911	Granulated sugar	1.00 c
7911	Dark brown sugar,*	1.00 c
7911	(extra) or jumbo eggs	3.00 lg
7911	Slivered blanched almonds**	10.00 oz
7912	Butter; softened	0.50 c
7912	Brown sugar (packed)	1.00 c
7912	Egg; beaten	1.00
7912	Sour cream	0.25 c
7912	Milk	0.25 c
7912	All-purpose flour	2.00 c
7912	Baking powder	2.00 ts
7912	Salt	1.00 pn
7912	Ground cinnamon	1.00 ts
7912	Ground cloves	0.25 ts
7912	Raisins	1.00 c
7912	GLAZE -----	0.00 -----
7912	Powdered sugar; sifted	0.75 c
7912	Half and half	2.00 tb
7912	Vanilla	3.00 dr
7913	Shortening	0.50 c
7913	Sugar	1.50 c
7913	Egg	1.00
7913	Pastry flour	5.50 c
7913	Salt	0.75 ts
7913	Milk	1.00 c
7913	Oil of lemon*	1.50 ts
7913	Ammonium carbonate*	2.00 ts
7914	Egg whites; stiffly beaten	2.00
7914	Sugar	0.67 c
7914	Dash salt	0.00
7914	Almonds; chopped	1.00 c
7914	Chocolate chips or carob chi	1.00 c
7914	s; chopped	0.00
7915	Egg, separated	6.00
7915	Flour, sifted	1.00 c
7915	Powdered sugar	1.00 c
7915	Anise seed	3.00 ts

Sheet1

7916	Sugar	1.25 c
7916	Eggs	2.00
7916	Flour, all-purpose; sifted	1.67 c
7916	Aniseed, grated	2.00 ts
7916	Grated peel of 1/2 lemon	0.00
7917	Unsifted flour	2.00 c
7917	Sugar	1.00 c
7917	Baking soda	0.50 ts
7917	Salt	0.25 ts
7917	Corn oil margarine, softened	0.50 c
7917	(1 stick)	0.00
7917	Skippy creamy or super chunk	0.50 c
7917	peanut butter (or Trader	0.00
7917	Joe's Almond Butter)	0.00
7917	Eggs	2.00
7917	Water	1.00 tb
7917	Vanilla	1.00 ts
7917	Semisweet chocolate chips,	6.00 oz
7917	optional (1 cup)	0.00
7918	Plain flour	1.00 c
7918	Rolled Oats	1.50 c
7918	Dessicated Coconut	0.75 c
7918	Sugar	0.75 c
7918	Ground ginger	2.00 ts
7918	Butter	0.25 lb
7918	Golden Syrup	4.00 ts
7918	Bicarbonate of soda	1.00 ts
7919	SUGAR	1.00 c
7919	BUTTER/MARGARINE, SOFTENED	1.00 c
7919	APPLE BUTTER	0.25 c
7919	EGG	1.00
7919	ALL-PURPOSE FLOUR	2.50 c
7919	CHEDDAR CHEESE, SHREDDED	1.00 c
7919	BAKING SODA	0.50 ts
7919	APPLE PIE SPICE	0.50 ts
7920	----crust----	0.00
7920	Flour	3.00 c
7920	Milk	0.50 c
7920	----filling	0.00
7920	Sugar	1.50 c
7920	Flour	2.00 tb
7920	----glaze-----	0.00
7920	Milk	2.00 ts
7920	Shortening	1.00 c
7920	Salt	0.50 ts
7920	Egg yolk	1.00
7920	Apples, peeled and sliced	6.00 c
7920	Margarine	0.25 c
7920	Cinnamon	1.00 tb

Sheet1

7920	Powdered sugar	0.50 c
7920	Almond extract	0.25 ts
7921	Shortening	0.33 c
7921	Sugar	0.75 c
7921	Eggs; Large	2.00
7921	Flour; Unbleached	0.75 c
7921	Salt	0.50 ts
7921	Baking Powder	0.50 ts
7921	Baking Soda	0.25 ts
7921	Nutmeg; Ground	0.25 ts
7921	Ginger; Ground	0.25 ts
7921	Apples; Finely Chopped, *	1.00 c
7921	TOPPING -----	0.00 -----
7921	Sugar	2.00 tb
7921	Cinnamon	0.50 ts
7922	Applesauce - unsweetened	1.00 c
7922	Sugar	1.00 c
7922	Butter and lard	0.50 c
7922	Egg	1.00 ea
7922	Flour	2.00 c
7922	Raisins - chopped	1.00 c
7922	Nut meats	1.00 c
7922	Baking powder	1.00 ts
7922	Baking soda	1.00 ts
7922	Cinnamon	1.00 ts
7922	Cloves	1.00 ts
7922	Salt	0.25 ts
7923	Eggs	2.00 lg
7923	Vegetable Oil	2.00 tb
7923	Applesauce	1.00 c
7923	Apple Juice Concentrate	2.00 tb
7923	Unbleached White Flour	2.00 c
7923	Baking Powder	0.50 ts
7923	Cinnamon	1.00 ts
7923	Nutmeg	0.50 ts
7923	Unsweetened Granola*	2.00 c
7924	Vegetable Oil	0.25 c
7924	Sugar	0.25 c
7924	Egg	1.00
7924	Vanilla Extract	1.00 ts
7924	Unsweetened Applesauce	0.50 c
7924	Whole Wheat Flour	0.50 c
7924	Unbleached White Flour	0.50 c
7924	Baking Powder	2.00 ts
7924	Baking Soda	0.50 ts
7924	Ground Cinnamon	1.00 ts
7924	Ground Cloves	0.12 ts
7924	Rolled Oats	0.50 c
7924	Raisins, dark or golden	0.50 c

## Sheet1

7925	Packed Brown Sugar	2.00 c
7925	Shortening	1.00 c
7925	Cold Coffee	0.50 c
7925	(1cn) Unsweetened Applesauce	16.00 oz
7925	Large Eggs	2.00
7925	Unbleached All-Purpose Flour	3.50 c
7925	Baking Soda	1.00 ts
7925	Salt	1.00 ts
7925	Ground Cinnamon	1.00 ts
7925	Ground Nutmeg	1.00 ts
7925	Ground Cloves	1.00 ts
7925	Raisins	1.00 c
7925	Coarsely Chopped Nuts	0.50 c
7926	Whole wheat or whole wheat	2.00 c
7926	Pastry flour	0.00
7926	Cinnamon	1.00 ts
7926	Salt	0.50 ts
7926	Plus 1 Tablespoon oil	0.25 c
7926	Apple sauce	1.00 c
7927	Sugar	1.00 c
7927	Margarine	0.50 c
7927	Milk	2.00 tb
7927	Egg	1.00
7927	Flour	2.50 c
7927	Baking Soda	0.50 ts
7927	Nutmeg	0.25 ts
7927	Apricot Fruit Filling	12.00 ts
7928	Dried apricots	0.67 c
7928	Butter, softened	0.50 c
7928	Sugar	0.25 c
7928	Flour, divided	1.33 c
7928	Light brown sugar, packed	1.00 c
7928	Eggs	2.00
7928	Chopped almonds or walnuts	0.50 c
7928	Double-acting baking powder	0.50 ts
7928	Vanilla	0.50 ts
7928	Salt	0.25 ts
7928	Confectioners sugar	0.00
7929	Lightly Salted Butter	1.00 c
7929	Salt	0.12 ts
7929	Sugar	0.33 c
7929	Apricot Preserves (divided)	0.75 c
7929	Egg Yolk	1.00 lg
7929	Baking Powder	0.50 ts
7929	Almond Extract	0.12 ts
7929	Lemon Zest, finely grated	0.00 lg
7929	Orange Zest, finely grated	0.25 ts
7929	Flour	2.50 c
7929	Almonds, blanched and finel	1.00 c

## Sheet1

7929	chopped	0.00
7929	Cookies Sheets, greased wit	3.00
7929	crisco	0.00
7930	Oats, rolled; quick-cooking	1.00 c
7930	Sugar	1.00 c
7930	Flour	2.00 ts
7930	Salt	1.00 ts
7930	Baking powder	0.25 ts
7930	Vanilla	1.00 ts
7930	Butter; melted	8.00 oz
7930	Egg; beaten	1.00
7931	Shortening, melted	1.00 c
7931	Oats	3.00 c
7931	Flour	2.00 c
7931	Sugar	2.00 c
7931	Raisins	1.00 c
7931	Milk	5.00 tb
7931	Cinnamon	1.00 ts
7931	Soda	1.00 ts
7931	Salt	1.00 ds
7932	Whole wheat flour	2.25 c
7932	Corn meal	0.25 c
7932	Salt	0.50 ts
7932	Sugar	2.00 tb
7932	Egg, beaten	1.00
7932	Milk	0.67 c
7933	Graham crackers, halved 6	6.00
7933	large marshmallows, halved	0.00
7933	Milk chocolate bars	3.00
7934	All-purpose flour	2.25 c
7934	Vanilla	1.00 ts
7934	Baking soda	1.00 ts
7934	Eggs	2.00
7934	Salt	0.50 ts
7934	Coarsely chopped nuts (opt)	1.00 c
7934	(2 sticks)	1.00 c
7934	Semi-Sweet Chocolate Chips	12.00 oz
7934	Softened butter or margarine	0.00
7934	Firmly packed brown sugar	0.75 c
7934	Granulated sugar	0.75 c
7935	Squares semi sweet chocolate	8.00
7935	Squares unsweetened	4.00
7935	chocolate	0.00
7935	Butter	2.00 tb
7935	Instant coffee	1.00 ts
7935	Cake and pastry flour	0.75 c
7935	Baking powder	0.50 ts
7935	Eggs	3.00
7935	Granulated sugar	1.00 c

Sheet1

7935	Vanilla	1.00 ts
7935	Semi-sweet chocolate chips	0.50 c
7935	Chopped toasted unblanced	0.50 c
7935	almonds	0.00
7935	DIP:	0.00
7935	Squares semi-sweet chocolate	8.00
7936	All-purpose flour	2.00 c
7936	Salt	0.25 ts
7936	Baking soda	0.12 ts
7936	(3/4 stick) butter or	6.00 tb
7936	Margarine, softened	0.00
7936	Honey	2.00 tb
7936	Warm water	2.00 tb
7936	(1 large) mashed banana	0.67 c
7937	Oil	0.50 c
7937	Bananas	2.00 md
7937	Sugar	0.50 c
7937	Flour	1.50 c
7937	Sunflower seeds	1.00 c
7937	Baking soda	1.00 ts
7938	Dairy sour cream	1.00 c
7938	Sugar	1.50 c
7938	Margarine or butter,	0.50 c
7938	Softened	0.00
7938	Eggs	2.00
7938	Mashed bananas (about 3	1.50 c
7938	Large)	0.00
7938	Vanilla	2.00 ts
7938	All purpose flour	2.00 c
7938	Salt	1.00 ts
7938	Baking soda	1.00 ts
7938	Chopped nuts	0.50 c
7939	Sugar	0.25 c
7939	Shortening	2.00 tb
7939	Currants	0.50 c
7939	Minced candied orange peel	1.50 tb
7939	Minced candied lemon peel	1.50 tb
7939	Nutmeg	0.12 ts
7939	Cinnamon	0.12 ts
7939	Egg, slightly beaten	0.50
7939	Cookie or biscuit crumbs	2.00 tb
7939	Minced candied citron	1.50 tb
7940	Sugar	1.50 c
7940	Water	5.00 tb
7940	Egg whites	2.00 ea
7940	Flavoring	0.50 ts
7940	Cream of tartar	0.00
7940	Banquet wafers	0.00
7941	All-purpose flour	1.00 c

Sheet1

7941	Barley flour	0.50 c
7941	Rolled barley (barley	0.50 c
7941	Flakes)	0.00
7941	Sugar	2.00 tb
7941	Salt	0.25 ts
7941	(1 stick) butter or	8.00 tb
7941	Margarine, softened	0.00
7941	Milk	0.50 c
7942	Rolled oats (oatmeal)	1.50 c
7942	Barley flour (if	1.50 c
7942	Unavailable, use all-	0.00
7942	Purpose flour)	0.00
7942	Salt	0.50 ts
7942	Baking soda	0.12 ts
7942	Vegetable shortening	0.33 c
7942	Honey	1.00 tb
7942	Warm water	0.50 c
7943	Shortening	0.33 c
7943	Margarine	0.33 c
7943	All-purpose flour	2.00 c
7943	Sugar	0.75 c
7943	Egg	1.00
7943	Milk	1.00 tb
7943	Baking powder	1.00 ts
7943	Vanilla extract	1.00 ts
7944	All-purpose flour	2.00 c
7944	Salt	0.25 ts
7944	(1/4 stick) butter or	2.00 tb
7944	Margarine, softened	0.00
7944	Milk	1.00 c
7944	Salt for the tops (opt.)	0.00
7945	Benne (sesame) seeds	1.00 c
7945	Brown sugar, packed	1.50 c
7945	All-purpose flour	1.00 c
7945	Baking powder	0.25 ts
7945	Salt	0.25 ts
7945	Butter or margarine, melted	0.75 c
7945	Egg	1.00
7945	Vanilla	1.00 ts
7946	Butter	0.50 c
7946	Sugar	1.00 c
7946	Eggs	2.00
7946	Chocolate,unsweetened*	2.00 oz
7946	Vanilla	1.00 ts
7946	Baking soda	1.00 ts
7946	Flour	2.50 c
7946	Milk	0.75 c
7946	FROSTING	0.00
7946	Chocolate, unsweetened	2.00 oz

Sheet1

7946	Butter	2.00 tb
7946	Powdered sugar	2.00 c
7946	Vanilla	2.00 ts
7946	Heavy cream (approx.)	2.00 ts
7946	GARNISH	0.00
7946	Pecan halves	60.00
7947	Butter; melted	0.50 c
7947	Brown sugar	0.50 c
7947	White sugar	0.25 c
7947	Egg	1.00
7947	Vanilla	1.00 ts
7947	Flour, all purpose	0.75 c
7947	Wheat germ	0.75 c
7947	Baking soda	0.50 ts
7947	Salt	0.50 ts
7947	Chocolate chips	1.00 c
7947	Raisins	1.00 c
7948	Buttermilk	1.00 c
7948	Grated nutmeg	1.50 ts
7948	Baking soda	1.00 ts
7948	Vanilla extract	2.00 ts
7948	Vegetable oil	1.00 c
7948	Baking powder	3.00 ts
7948	Sugar	1.50 c
7948	Unbleached flour	3.00 c
7948	Eggs	2.00
7948	Sugar	0.00
7948	Salt	1.50 ts
7949	Brown sugar	1.00 c
7949	Butter or shortening	1.00 c
7949	Eggs, separated	2.00
7949	Water	2.00 tb
7949	Unsifted flour	2.00 c
7949	Vanilla	1.00 ts
7949	Salt	1.00 pn
7949	Ground nuts	0.50 c
7949	Jelly-your favorite flavor	0.00
7950	Margarine	0.33 c
7950	Liquid honey	0.75 c
7950	Lightly packed brown sugar	0.50 c
7950	Rolled oats	2.00 c
7950	Natural bran	1.00 c
7950	Sunflower seeds	1.00 c
7950	Chopped raisins/apricot/date	1.00 c
7950	Chopped nuts walnuts, pecans	0.50 c
7950	Sesame seeds	0.25 c
7952	FOR THE SPONGE -----	0.00 -----
7952	Active dry yeast; 2 1/2 tsp	1.00 pk
7952	Warm water	0.50 c



Sheet1

7952	Flour;all purpose,	0.75 c
7952	Unbleached	0.00
7952	FOR THE DOUGH -----	0.00 -----
7952	Sugar	0.50 c
7952	Water &	0.50 c
7952	Water	2.00 tb
7952	Butter; unsalted, 1/2 stick	0.25 c
7952	cut into bits & softened	0.00
7952	Flour;all purpose,	2.50 c
7952	Unbleached	0.00
7952	Aniseed	1.00 tb
7952	Salt	0.50 ts
7953	Flour; unbleached, all purp	2.00 c
7953	Sugar	1.00 c
7953	Baking soda	1.00 ts
7953	Salt	0.25 ts
7953	Eggs, large	2.00
7953	Egg yolk, large	1.00
7953	Vanilla	1.00 ts
7953	Orange zest; freshly grated	1.00 tb
7953	Almonds, whole; toasted	1.50 c
7953	lightly & chopped coarse	0.00
7953	EGG WASH -----	0.00 -----
7953	Egg, large; beaten with	1.00
7953	Water	1.00 ts
7955	Flour; all purpose,	3.75 c
7955	unbleached	0.00
7955	Sugar	2.00 c
7955	Baking powder	1.00 ts
7955	Salt	0.25 ts
7955	Eggs;large, whole	4.00
7955	Vanilla	1.00 ts
7955	Almond extract	0.50 ts
7955	Almonds, whole, blanched	1.67 c
7955	toasted lightly & chopped	0.00
7955	coarse	0.00
7955	EGG WASH -----	0.00 -----
7955	Egg, large; &	1.00
7955	Water	1.00 ts
7956	Butter or margarine	0.50 c
7956	Sugar	0.50 c
7956	Packed brown sugar	0.25 c
7956	Egg	1.00
7956	Vanilla	1.00 ts
7956	Plus 2 Tbsp unsifted flour	1.00 c
7956	Baking soda	0.50 ts
7956	Salt	0.50 ts
7956	Chopped walnuts or pecans	0.67 c
7956	Ghirardelli Bittersweet	8.00 oz

Sheet1

7956	Chocolate	0.00
7957	Brown sugar	2.00 c
7957	Flour	0.50 c
7957	Baking powder	0.50 ts
7957	Egg, well beaten	4.00
7957	Salt	0.50 ts
7957	Walnuts, black, chopped	1.00 lb
7958	(8 ounces) blue cheese,	0.50 lb
7958	Broken into small pieces	0.00
7958	(1 stick) butter or	8.00 tb
7958	Margarine, softened	0.00
7958	All-purpose or rice flour	2.00 c
7958	Buckwheat groats or chopped	0.25 c
7958	Toasted nuts of your choice	0.00
7958	Pepper	0.25 ts
7958	Milk	0.25 c
7959	Eggs, well beaten	2.00
7959	Sour milk	4.00 tb
7959	Salt	0.50 ts
7959	Butter or butter substitute	0.25 c
7959	Cinnamon	1.00 ts
7959	Bran	1.00 c
7959	Flour	1.00 c
7959	Baking soda	0.25 ts
7959	Sugar	0.50 c
7959	Chopped raisins	1.00 c
7960	Butter	0.25 c
7960	Light-brown sugar	0.25 c
7960	Light corn syrup	2.00 tb
7960	All-purpose flour	0.50 c
7960	Salt	0.00 pn
7960	Mixed Spice	2.00 pn
7960	Ground ginger	0.50 ts
7960	Lemon juice	0.50 ts
7960	Whipping cream	0.67 c
7960	Powdered sugar	1.00 ts
7960	Vanilla extract	3.00 dr
7960	Strawberries	24.00 sm
7961	Butter or butter substitute	0.25 c
7961	Brown sugar	0.50 c
7961	Eggs	2.00
7961	Milk	0.33 c
7961	Flour	1.00 c
7961	Baking powder	1.00 ts
7961	Salt	0.50 ts
7961	Chopped nuts	0.75 c
7962	Brown sugar (packed)	0.75 c
7962	Granulated sugar	0.25 c
7962	Margarine or butter	0.33 c

Sheet1

7962	(softened)	0.00
7962	Egg	1.00
7962	Ground allspice	0.50 ts
7962	Ground cinnamon	0.50 ts
7962	Bisquick baking mix	2.00 c
7962	Chopped nuts	0.50 c
7963	All-purpose flour	1.33 c
7963	Baking powder	0.50 ts
7963	Sunflower or corn oil	0.25 c
7963	Margarine, softened	0.00
7963	Packed dark brown sugar	0.25 c
7963	Ground cinnamon	0.75 ts
7963	Ground ginger	0.75 ts
7963	Pure vanilla extract	1.00 ts
7963	Egg	1.00
7963	Sliced almonds, approx.	1.00 tb
7963	Semi-sweet chocolate	1.00 oz
7964	Butter	0.50 c
7964	Brown sugar	1.00 c
7964	Eggs	2.00 ea
7964	Vanilla	1.00 ts
7964	Milk	0.25 c
7964	Baking soda	0.75 ts
7964	Flour	2.00 c
7964	Black walnuts - chopped	0.75 c
7964	Salt - a pinch	0.00
7965	Oil	0.33 c
7965	Vanilla	1.00 ts
7965	White vinegar	1.00 tb
7965	Cold water	1.00 c
7965	Baking soda	1.00 ts
7965	White sugar	1.00 c
7965	Cocoa powder	2.00 tb
7965	Salt	0.50 ts
7965	White flour	1.50 c
7965	Walnuts, chopped	0.50 c
7966	Very finely ground almonds	2.00 c
7966	Superfine sugar	1.00 c
7966	Confectioners' sugar	0.25 c
7966	Ground cinnamon	0.25 ts
7966	Unsweetened chocolate,	1.50 oz
7966	melted and cooled	0.00
7966	Extra-large egg whites,	2.00
7966	unbeaten	0.00
7966	Granulated sugar for topping	0.00
7967	Buckwheat flour	1.00 c
7967	All-purpose flour	0.50 c
7967	Salt	0.50 ts
7967	Water	0.67 c

Sheet1

7968	Butter	1.00 c
7968	Shortening	1.00 c
7968	Brown sugar	2.00 c
7968	Granulated sugar	2.00 c
7968	Eggs	4.00
7968	Vanilla	2.00 ts
7968	Flour	4.00 c
7968	Soda	2.00 ts
7968	Baking powder	2.00 ts
7968	Oats	2.00 c
7968	Corn flake cereal	2.00 c
7968	Chocolate chips	2.00 c
7968	Coconut	1.00 c
7968	Pecans	1.00 c
7969	Sugar	2.00 c
7969	Water - boiling	0.75 c
7969	Baking soda	3.00 tb
7969	Eggs	3.00 ea
7969	Lard	1.00 c
7969	Sugar	2.00 c
7969	Milk - sour	1.00 c
7969	Nutmeg - or ginger	0.00
7970	Sift:	0.00
7970	All-purpose flour	1.00 c
7970	Baking powder	0.25 ts
7970	Baking soda	0.50 ts
7970	Cream together in order	0.00
7970	given:	0.00
7970	Soft butter	0.67 c
7970	Brown sugar	1.00 c
7970	Egg	1.00
7970	Vanilla	1.00 ts
7970	Fold together the above two	0.00
7970	mixtures then add:	0.00
7970	Oatmeal	0.75 c
7970	Flaked coconut	1.00 c
7970	Corn flakes	1.00 c
7971	Shortening	0.25 c
7971	Brown sugar	1.00 c
7971	Egg	1.00 ea
7971	Flour	1.00 c
7971	Baking powder	1.00 ts
7971	Salt	0.25 ts
7971	Nut meats	0.25 c
7971	Bran	0.25 c
7972	Lard and butter mixed -	1.00 c
7972	creamed	0.00
7972	Brown sugar - light - rolled	4.00 c
7972	Eggs	4.00 ea

Sheet1

7972	Baking soda	1.00 tb
7972	Cream tartar	1.00 tb
7972	Vanilla	1.00 tb
7972	Flour	6.00 c
7973	Brown sugar	3.00 c
7973	Shortening	0.75 c
7973	Eggs	4.00 ea
7973	Flour	5.00 c
7973	Baking soda	0.75 ts
7973	Cream tartar	0.75 ts
7973	Vanilla	1.00 ts
7973	FILLING -----	0.00 -----
7973	Dates	1.00 c
7973	Nuts	0.50 c
7973	Sugar	0.50 c
7973	Water	0.50 c
7974	Eggs	2.00
7974	Oil	0.33 c
7974	Vanilla or other flavor to	1.00 ts
7974	match cake mix	0.00
7974	Cake mix, 2 layer	1.00
7975	Flour	2.00 c
7975	Baking soda	1.00 ts
7975	Salt	0.50 ts
7975	Baking powder	0.50 ts
7975	Margarine	1.00 c
7975	White sugar	1.00 c
7975	Brown sugar	1.00 c
7975	Eggs	2.00
7975	Vanilla	1.00 ts
7975	Oats	2.00 c
7975	Semi-sweet chocolate chips	6.00 oz
7975	Nuts	1.00 c
7976	Butter	0.75 c
7976	Sifted confectioner sugar	0.75 c
7976	Evaporated milk	2.00 tb
7976	Vanilla	1.00 ts
7976	Salt	0.25 ts
7976	Flour	2.00 c
7976	FILLING:	0.00
7976	Caramels (about 30)	0.50 lb
7976	Evaporated milk	0.25 c
7976	Butter	0.25 c
7976	Confectioners sugar	1.00 c
7976	Chopped pecans/peanuts	1.00 c
7976	ICING:	0.00
7976	Semi sweet chocolate	12.00 oz
7976	Evaporated milk	0.67 c
7976	Butter	4.00 tb

Sheet1

7976	Vanilla	2.00 ts
7976	Confectioners sugar	1.00 c
7977	Softened shortening	1.00 c
7977	Sifted powdered sugar	1.00 c
7977	Egg	1.00
7977	Almond flavoring	1.00 ts
7977	Vanilla flavoring	1.00 ts
7977	Sifted flour	2.50 c
7977	Salt	0.50 ts
7977	To 1/2 tsp red food coloring	0.25
7978	All purpose flour	2.00 c
7978	Sugar	0.33 c
7978	Baking powder	0.25 ts
7978	Butter	0.75 c
7978	To 7 Tbsp. ice water	5.00
7978	Vanilla	0.50 ts
7978	Seedless raspberry jam	0.25 c
7979	Milk powder	0.50 c
7979	Egg, well beaten	1.00
7979	Flour	2.50 c
7979	Garlic/onion salt	0.50 ts
7979	Brown sugar	1.50 ts
7979	Water	0.50 c
7979	Gravy (100ml)	6.00 tb
7979	Baby food meat	0.00
7980	Flour; unbleached, all purp	2.00 c
7980	Sugar	1.00 c
7980	Baking soda	0.50 ts
7980	Baking powder	0.50 ts
7980	Salt	0.50 ts
7980	Cinnamon	0.50 ts
7980	Cloves, ground	0.50 ts
7980	Espresso;strong brewed,cold&	0.25 c
7980	Espresso;strong brewed, cold	1.00 tb
7980	Milk; &	1.00 tb
7980	Milk	1.00 ts
7980	Egg yolk, large	1.00
7980	Vanilla	1.00 ts
7980	Hazelnuts; toasted, skinned*	0.75 c
7980	chopped coarse	0.00
7980	Chocolate chips, semisweet	0.50 c
7981	Butter or butter substitute	1.00 c
7981	Eggs, well beaten	2.00
7981	Baking soda	0.25 ts
7981	Grated orange or lemon rind	1.00 tb
7981	Caraway seed	0.50 ts
7981	Sugar	1.00 c
7981	Ginger	0.50 ts
7981	Milk	1.00 tb

Sheet1

7981	Salt	0.25 ts
7981	Flour	1.00 c
7982	Squares semi-sweet chocolate	8.00
7982	FILLING:	0.00
7982	(6 serving size) Jell-o	1.00 pk
7982	vanilla pudding and pie	0.00
7982	filling 2-1/2 cups milk	0.00
7982	Instant coffee granules	1.00 ts
7982	(optional)	0.00
7982	Sour cream	0.50 c
7982	Sherry or orange liqueur	1.00 tb
7983	Butter; PLUS	0.50 c
7983	Butter	2.00 tb
7983	Light brown sugar; packed	1.25 c
7983	Flour	1.00 c
7983	Salt	0.50 ts
7983	Baking powder	1.00 ts
7983	Eggs	2.00
7983	Vanilla extract	1.00 ts
7983	Walnuts, chopped	1.00 c
7983	Pecans, chopped	4.00 c
7984	Mashed banana	0.25 c
7984	Vegetable oil	0.25 c
7984	Egg	1.00 lg
7984	Unbleached White Flour	1.00 c
7984	Rolled Oats	1.00 c
7984	Carob Chips	0.75 c
7985	Shortening (part soft butter	1.00 c
7985	or margarine)	0.00
7985	Sugar	0.75 c
7985	Eggs	2.00
7985	Mashed cooked carrots	1.00 c
7985	Flour	2.00 c
7985	Baking soda	2.00 ts
7985	Salt	0.50 ts
7985	Shredded coconut	0.75 c
7986	CHOCOLATE INGREDIENTS -----	0.00 -----
7986	Honey	0.50 c
7986	Butter, margarine, or lard	0.67 c
7986	Egg	1.00
7986	Vanilla extract	1.00 ts
7986	OR- peppermint extract	0.00
7986	Whole wheat flour	2.00 c
7986	Cocoa powder	0.33 c
7986	Grape-nuts(tm) cereal	0.00
7986	GINGERBREAD INGREDIENTS -----	0.00 -----
7986	Honey	0.25 c
7986	Molasses	0.25 c
7986	Butter or margarine, or lard	0.67 c

Sheet1

7986	Egg	1.00
7986	Whole wheat flour	2.33 c
7986	Ginger, cinnamon, cloves	0.00
7986	to taste	0.00
7986	(maybe 1/2 tsp each)	0.00
7986	Grape-nuts(tm) cereal	0.00
7986	MIX -----	0.00 -----
7986	Coconut; (tapeworms)	0.00
7986	Chocolate chips	0.00
7986	Butterscotch chips	0.00
7986	Peanut butter chips	0.00
7986	Spagetti or ramen noodles	0.00
7986	cooked - (roundworms)	0.00
7986	Corn	0.00
7986	Peanuts	0.00
7986	"puffy pastel things"; *	0.00
7986	find at Chinese restaurants	0.00
7987	All-purpose flour	3.00 c
7987	Celery seeds	2.50 ts
7987	Salt	2.00 ts
7987	Black pepper	0.50 ts
7987	Vegetable shortening	3.00 tb
7987	Water (about)	0.67 c
7988	Sifted all-purpose flour	2.00 c
7988	Double-acting baking powder	1.00 ts
7988	Cinnamon	0.50 ts
7988	(2 sticks) butter	0.50 lb
7988	Dark brown sugar, firmly	1.00 c
7988	packed	0.00
7988	Eggs (leave 1 egg whole and	2.00
7988	separate the other) 1 tsp.	0.00
7988	water 10 ounces	0.00
7989	Peanut Butter	0.50 c
7989	Shredded Sharp Or Mild	1.00 c
7989	Cheddar Cheese	0.00
7989	Butter, Softened	0.67 c
7989	Unbleached All-Purpose Flour	1.50 c
7989	Salt	0.50 ts
7990	(2-1/4 teaspoons) active	1.00 pk
7990	Dry yeast	0.00
7990	Sugar	1.00 tb
7990	Warm water	1.50 c
7990	Flour	3.50 c
7990	Salt	1.00 ts
7990	(8 ounces) sharp cheddar	0.50 lb
7990	Cheese, shredded (2 to	0.00
7990	2-1/2 cups, loosely packed)	0.00
7990	Egg, lightly beaten, for	1.00
7990	The tops	0.00



Sheet1

7990	Coarse salt for the tops	0.00
7991	Shortening	1.00 c
7991	Cream cheese, softened	3.00 oz
7991	Sugar	1.00 c
7991	Egg	1.00
7991	Almond extract	1.00 ts
7991	Flour, all purpose	2.50 c
7991	Baking soda	0.25 ts
7991	Salt	0.50 ts
7991	Pecans, finely chopped	1.75 c
7991	Maraschino cherries,	36.00
7991	halved	0.00
7992	Butter or margarine,	1.25 c
7992	softened	0.00
7992	Sugar	2.00 c
7992	Eggs	2.00
7992	Vanilla	2.00 ts
7992	Hersheys cocoa	0.75 c
7992	Baking soda	1.00 ts
7992	Salt	0.50 ts
7992	Chopped nuts, optional	1.00 c
7993	Brown sugar, firmly packed	0.25 c
7993	Honey	0.50 c
7993	Dried figs, ground & packed	0.33 c
7993	Margarine or butter	0.67 c
7993	Egg substitute; -OR-	6.00 tb
7993	Eggs	2.00
7993	Baking soda	1.00 ts
7993	Salt	0.50 ts
7993	Cinnamon	0.50 ts
7993	Vanilla	0.50 ts
7993	Dried figs, ground	2.00 tb
7993	Nutmeg	0.25 ts
7993	All-purpose flour	1.50 c
7993	Quick rolled oatmeal	1.33 c
7993	Nuts, finely ground (opt.)	0.50 c
7994	Egg whites; room temperature	2.00
7994	Vanilla (or almond) extract	0.50 ts
7994	Flour	2.00 tb
7994	Sugar	0.50 c
7994	Salt	0.25 ts
7994	Flaked coconut	2.00 c
7995	Butter flavored Crisco	0.75 c
7995	Firmly packaged light brown	1.25 c
7995	sugar	0.00
7995	Egg	1.00
7995	Milk	0.33 c
7995	Vanilla	1.50 ts
7995	Quaker(R) Quik Oats (not	3.00 c

## Sheet1

7995	instant or old fashioned)	0.00
7995	All-purpose flour	1.00 c
7995	Baking soda	0.50 ts
7995	Salt	0.50 ts
7995	Cinnamon	0.25 ts
7995	Raisins	1.00 c
7995	Coarsely chopped Walnuts	1.00 c
7996	Flour	4.00 c
7996	Sugar	2.50 c
7996	Baking powder	4.00 ts
7996	Baking soda	1.00 ts
7996	Shortening	1.00 lb
7996	Eggs, beaten	2.00
7996	Almond extract	4.00 ts
7996	Almond halves for garnish	0.00
7996	Additional egg for glaze	0.00
7997	Sifted flour	2.75 c
7997	Sugar	1.00 c
7997	Soda	0.50 ts
7997	Salt	0.50 ts
7997	Butter	1.00 c
7997	Slightly beaten egg	1.00
7997	Almond extract	1.00 ts
7997	Whole almonds	0.33 c
7998	Flour	2.00 c
7998	Baking soda	0.50 ts
7998	Baking powder	0.75 ts
7998	Egg	1.00
7998	Lard	0.50 lb
7998	Brown sugar, packed	0.50 c
7998	Sugar	0.50 c
7998	Almond extract	0.50 ts
7998	Blanched whole almonds	0.00
7998	Egg yolk (or double amt.)	1.00
7999	Eggs	2.00 ea
7999	Sugar	1.00 c
7999	Flour	0.50 c
7999	Baking powder	0.50 ts
7999	Salt	0.25 ts
7999	Dates - chopped	1.00 c
7999	Nuts - chopped	1.00 c
8000	Egg	1.00
8000	Sugar	0.33 c
8000	Corn oil	2.00 tb
8000	Water	2.00 tb
8000	Cornstarch	0.25 c
8001	Eggs	2.00
8001	Superfine sugar	0.50 c
8001	Water	4.00 tb

Sheet1

8001	Almond flavoring	0.50 ts
8001	Sifted cake flour	1.00 c
8002	Egg whites	3.00 lg
8002	Sugar	0.75 c
8002	Salt	0.12 ts
8002	Butter, melted	0.25 lb
8002	Vanilla	0.25 ts
8002	Almond extract	0.25 ts
8002	Sifted all-purpose flour	1.00 c
8002	Water	2.00 tb
8003	All-purpose flour	0.50 c
8003	All-purpose flour	2.00 tb
8003	Ground cinnamon	1.00 ts
8003	Water	0.67 c
8003	Butter, diced	0.25 c
8003	Butter, diced	1.50 ts
8003	Eggs, beaten	2.00
8003	Whipping cream	1.25 c
8003	Powdered sugar	1.00 tb
8003	Coffee flavoring	2.00 ts
8003	Semisweet chocolate, broken	4.00 oz
8003	in pieces	0.00
8003	Tia Maria	2.00 tb
8003	Light corn syrup	2.00 tb
8003	Superfine sugar	2.00 ts
8004	Butter	1.00 c
8004	Sugar	1.50 c
8004	Eggs	2.00
8004	Vanilla	1.00 ts
8004	Flour	2.00 c
8004	Hershey's(R) cocoa	0.67 c
8004	Baking powder	2.00 ts
8004	Baking soda	1.00 ts
8004	Salt	0.50 ts
8004	Macadamia nuts*	1.00 c
8004	Shredded coconut	0.75 c
8005	Chocolate Chips, Semisweet	6.00 oz
8005	Butterscotch Morsels	6.00 oz
8005	Peanut Butter	0.25 c
8005	Cereal, Rice Krispies	3.00 c
8006	Flour	2.00 c
8006	Cocoa	0.50 c
8006	Baking powder	2.00 ts
8006	Shortening	0.50 c
8006	Peanut butter	0.50 c
8006	Sugar	1.75 c
8006	Eggs	2.00
8006	Vanilla flavoring	1.50 ts
8006	Milk	0.33 c

Sheet1

8007	Flour	2.00 c
8007	Wheat germ (regular or honey	0.50 c
8007	crunch)	0.00
8007	Baking soda	0.50 ts
8007	Salt (optional)	0.50 ts
8007	Butter, softened	1.00 c
8007	Firmly packed brown sugar	0.75 c
8007	Sugar	0.75 c
8007	Eggs	2.00
8007	Vanilla	1.00 ts
8007	(1 c) chocolate chips	6.00 oz
8008	Brown sugar	0.25 c
8008	Butter or margarine	2.00 tb
8008	Light corn syrup	1.00 tb
8008	Flour	1.00 c
8008	Wheat germ	1.00 tb
8008	Baking powder	1.50 ts
8008	Shortening	3.00 tb
8008	Milk	0.25 c
8008	Butter or margarine	1.00 tb
8008	Sugar	2.00 tb
8008	Grated orange peel	0.25 ts
8008	Semisweet chocolate pieces	0.25 c
8009	Unsifted Unbleached Flour	2.25 c
8009	Baking Soda	1.00 ts
8009	Butter Or Margarine,	1.00 c
8009	Softened	0.00
8009	Granulated Sugar	0.25 c
8009	Firmly Packed Light Brown	0.75 c
8009	Sugar	0.00
8009	Vanilla	1.00 ts
8009	(4 Serving Size) Vanilla	1.00 pk
8009	Flavor Instant Pudding	0.00
8009	Eggs	2.00 lg
8009	Chocolate Chips, 1 Package	12.00 oz
8009	Chopped Nuts, Optional	1.00 c
8010	From the Kitchen of	0.00
8010	Lawrence & Cindy Kellie	0.00
8010	Butter --OR--	1.50 c
8010	margarine	1.50 c
8010	Brown sugar	2.67 c
8010	firmly packed	0.00
8010	Egg	4.00
8010	Vanilla	2.00 ts
8010	Flour	4.50 c
8010	Baking soda	2.00 ts
8010	Salt	1.00 ts
8010	Chocolate chips	12.00 oz
8010	Walnuts	1.00 c

Sheet1

8011	(1/2 lb.) butter/margarine,	1.00 c
8011	at room temperature	0.00
8011	Firmly packed brown sugar	0.75 c
8011	Granulated sugar	0.75 c
8011	Egg	1.00 lg
8011	Vanilla	2.00 ts
8011	Flour	2.00 c
8011	Baking soda	1.00 ts
8011	Baking powder	0.50 ts
8011	Quick-cooking rolled oats	2.33 c
8011	Semisweet chocolate chips OR	12.00 oz
8011	6 oz *each* semisweet and	0.00
8011	white	0.00
8011	Chocolate, coarsely chopped	0.00
8011	Pieces hardwood dowel (sold	24.00
8011	in home centers and	0.00
8011	lumberyards),	0.00
8011	Inch in diameter and cut	0.25
8011	about 12 inches long	0.00
8012	Butter flavored Crisco	1.00 c
8012	Sugar	0.75 c
8012	Brown sugar	0.50 c
8012	Eggs	2.00
8012	Vanilla	2.00 ts
8012	Buttermilk	2.00 tb
8012	Flour	1.50 c
8012	Old-fashioned oatmeal,	0.50 c
8012	uncooked	0.00
8012	Baking soda	1.00 ts
8012	Salt	0.50 ts
8012	Milk chocolate chips (12 oz)	1.00 pk
8012	Macadamia nuts, chopped	1.00 c
8013	Dark brown sugar	2.00 c
8013	Granulated sugar	2.00 c
8013	Crisco	2.00 c
8013	Or extra large eggs	4.00 lg
8013	Vanilla	4.00 ts
8013	Milk	4.00 tb
8013	Flour	4.00 c
8013	Baking powder	2.00 ts
8013	Baking soda	2.00 ts
8013	Salt	2.00 ts
8013	12 oz pkg semi-sweet choc.	2.00
8013	chips	0.00
8013	Old fashioned oatmeal	4.00 c
8013	Chopped pecans	1.00 c
8014	Flour	2.75 c
8014	Baking soda	1.00 ts
8014	Salt	1.00 ts

Sheet1

8014	Butter (best to use the real	1.00 c
8014	stuff!)	0.00
8014	Sugar, granulated	0.75 c
8014	Brown sugar, packed	0.75 c
8014	Vanilla	1.00 ts
8014	Eggs	2.00
8014	Bag real chocolate chips	12.00 oz
8014	Chopped pecans	1.50 c
8015	All-purpose flour	2.25 c
8015	Baking soda	1.00 ts
8015	Butter;or margarine,softened	1.00 c
8015	Lt.brown sugar;firmly packed	0.75 c
8015	Sugar;granulated	0.25 c
8015	Instant pudding;4serv.sz.*	1.00 pk
8015	Vanilla	1.00 ts
8015	Eggs	2.00
8015	Chocolate chips	12.00 oz
8015	Chopped nuts; optional	1.00 c
8016	Lo cal margarine	0.50 c
8016	Unsweetened applesauce	0.50 c
8016	Packed dark brown sugar	0.50 c
8016	Thawed frozen apple juice	2.00 tb
8016	concentrate	0.00
8016	Boiling water	0.25 c
8016	Baking soda	1.00 ts
8016	Vanilla	1.00 ts
8016	Flour	2.25 c
8016	Quick oats	4.50 oz
8016	Salt	0.25 ts
8016	Semisweet chocolate chips	2.00 oz
8017	Semisweet Chocolate (8	8.00 oz
8017	Squares)	0.00
8017	Unsweetened Chocolate (3	3.00 oz
8017	Squares)	0.00
8017	Unsalted Butter	0.50 c
8017	Eggs, At Room Temperature	3.00 lg
8017	Sugar	1.25 c
8017	Vanilla Extract	2.00 ts
8017	Unbleached All Purpose Flour	0.67 c
8017	Baking Powder	0.50 ts
8017	Salt	0.25 ts
8017	Semisweet Chocolate Chips	1.50 c
8017	Toasted Walnuts, Chopped	1.50 c
8017	Toasted Pecans, Chopped	1.50 c
8018	Bisquick	1.00 c
8018	Sugar	0.75 c
8018	Nuts; chopped	0.67 c
8018	Cocoa	0.33 c
8018	Mayonnasie	0.25 c

Sheet1

8018	Cinnamon; ground	1.00 ts
8018	Egg	1.00 ea
8019	All-purpose flour	2.00 c
8019	Baking soda	0.50 ts
8019	Salt	1.00 ds
8019	Unsweetened cocoa	0.33 c
8019	Powder	0.00
8019	Cinnamon	2.00 ts
8019	Cloves	0.75 ts
8019	Softened butter or	0.50 c
8019	Margarine	0.00
8019	Granulated sugar	0.50 c
8019	Molasses	0.25 c
8019	Egg	1.00
8020	FILLING -----	0.00 -----
8020	Chocolate chips, semisweet	1.00 pk
8020	300 g.	0.00
8020	Sweetened condensed milk	1.00 cn
8020	300 ml	0.00
8020	Butter	2.00 tb
8020	DOUGH -----	0.00 -----
8020	Brown sugar; lightly packed	2.25 c
8020	Eggs	2.00
8020	Butter; melted	1.00 c
8020	Vanilla	2.00 ts
8020	Flour, all purpose -OR-	2.00 c
8020	Wheat & Oat flour	2.00 c
8020	Pecans; chopped	1.00 c
8021	Butter or butter substitute	6.00 tb
8021	Squares unsweetened	1.50
8021	Milk	6.00 tb
8021	Baking soda	0.33 ts
8021	Chopped nuts	0.75 c
8021	Sugar	0.75 c
8021	Egg, well beaten	1.00
8021	Flour	1.12 c
8021	Baking powder	1.00 ts
8021	Vanilla	1.00 ts
8021	Salt	0.25 ts
8022	Chocolate, unsweetened	4.00 oz
8022	Oil	0.50 c
8022	Sugar	2.00 c
8022	Eggs	4.00
8022	Vanilla	2.00 ts
8022	Flour	2.00 c
8022	Baking powder	2.00 ts
8022	Salt	0.50 ts
8022	Confectioners' sugar	0.00
8023	Vegetable oil	0.50 c

Sheet1

8023	Vanilla	2.00 ts
8023	Unsweetened chocolate,	4.00 oz
8023	melted	0.00
8023	All-purpose flour	2.00 c
8023	Baking powder	2.00 ts
8023	Granulated sugar	2.00 c
8023	Salt	0.50 ts
8023	Eggs	4.00
8023	Confectioners' sugar	1.00 c
8024	11.5 oz Milk Chocolate chips	1.00 pk
8024	Crushed vanilla wafers	1.00 c
8024	Powdered sugar	0.50 c
8024	Lowfat vanilla yogurt	0.50 c
8024	Almond extract	0.50 ts
8024	8 oz chopped dates (1 1/2 c)	1.00 pk
8024	Powdered sugar, colored	0.00
8024	candies, or sprinkles	0.00
8025	COUNTRY LIVING -----	0.00 -----
8025	Butter	6.00 tb
8025	Peanut butter, chunk style	0.75 c
8025	Brown sugar, firm packed	0.50 c
8025	Sugar	0.33 c
8025	Egg	1.00
8025	Flour, all purpose, unsifted	1.00 c
8025	Baking soda	0.25 ts
8025	Baking powder	0.12 ts
8025	Cinnamon	0.12 ts
8025	Peanuts,unsalted, chopped	0.67 c
8025	Chocolate squares(semisweet)	6.00
8025	Shortening	1.00 tb
8025	Corn syrup, light	1.00 tb
8026	Sugar	1.00 c
8026	Butter	0.50 c
8026	Cocoa	0.50 c
8026	Eggs	2.00 ea
8026	Flour	0.50 c
8026	Peanuts - chopped	0.50 c
8026	Cinnamon	0.00
8026	Salt	0.00
8026	Vanilla	0.00
8027	Cocoa	1.00 c
8027	Water - hot	1.00 c
8027	Brown sugar	2.00 c
8027	Molasses	1.00 c
8027	Shortening	1.00 c
8027	Egg yolks	2.00 ea
8027	Baking soda - heaping	1.00 ts
8027	Flour - to make soft dough	0.00
8027	Cinnamon	1.00 ts



Sheet1

8027	Cloves	1.00 ts
8027	Allspice	1.00 ts
8028	All-purpose flour	2.50 c
8028	Baking soda	1.00 ts
8028	Salt	1.00 ts
8028	Cinnamon	0.25 ts
8028	Butter; softened	1.00 c
8028	Brown sugar, packed	1.00 c
8028	Sugar	1.00 c
8028	Eggs	2.00
8028	Vanilla	2.00 ts
8028	Almond extract	1.00 ts
8028	Chocolate Kisses	16.00 oz
8028	Chopped Nuts	1.50 c
8028	(Pecans, Walnuts,	0.00
8028	or Almonds)	0.00
8029	CREAM TOGETHER -----	0.00 -----
8029	Butter	2.00 c
8029	Sugar	2.00 c
8029	Brown sugar	2.00 c
8029	ADD -----	0.00 -----
8029	Eggs	4.00
8029	Salt	1.00 ts
8029	Vanilla	2.00 ts
8029	Baking powder	2.00 ts
8029	Baking soda	2.00 ts
8029	Flour	4.00 c
8029	Oatmeal	5.00 c
8029	ADD -----	0.00 -----
8029	Chocolate chips	24.00 oz
8029	Hershey candy bar (finely	8.00 oz
8029	grated)	0.00
8029	Nuts, chopped (optional)	3.00 c
8030	Coconut; unsweetened	1.75 c
8030	Rolled oats or oatmeal	4.25 c
8030	Butter	0.25 lb
8030	Milk	5.00 oz
8030	Sugar	2.50 c
8030	Vanilla	0.50 ts
8030	Cocoa powder, unsweetened	0.67 c
8030	Salt	0.00
8031	Eggs	2.00
8031	Sugar	0.50 c
8031	Grated lemon rind; OR	1.00 ts
8031	Grated orange rind	2.00 ts
8031	Vanilla extract	1.00 ts
8031	Salt	0.25 ts
8031	All-purpose flour	0.67 c
8031	Unsweetened cocoa	0.33 c

## Sheet1

8031	Butter; melted	8.00 tb
8031	cooled slightly, plus	0.00
8031	Butter; softened	4.00 tb
8032	(12-oz) Hershey's semi-sweet	2.00 c
8032	chocolate chips	0.00
8032	Butter or margarine	0.50 c
8032	(10 1/2 oz) miniature	6.00 c
8032	marshmallows	0.00
8032	Finely chopped nuts	1.00 c
8033	Egg whites	2.00
8033	Cream of tarter	0.12 ts
8033	Sugar	0.75 c
8033	6 oz. chocolate chips	1.00 pk
8034	A.P. flour	1.25 c
8034	Baking soda	0.50 ts
8034	Packed brown sugar	0.67 c
8034	Butter or margarine	6.00 tb
8034	Water	1.00 tb
8034	<6 oz> semisweet choc. chips	1.00 c
8034	Egg	1.00
8034	Pastel cream mint kisses	0.75 lb
8035	Chocolate chips	12.00 oz
8035	Eagle Brand milk	1.00 cn
8035	Peppermint flavoring	1.00 ts
8036	Butter or margarine	0.50 c
8036	Brown sugar	6.00 tb
8036	Vanilla extract	1.00 ts
8036	Egg yolk	1.00
8036	All-purpose flour	1.00 c
8036	Baking soda	0.50 ts
8036	Unsweetened cocoa	0.25 c
8036	Semi-sweet chocolate	1.00 c
8037	PACKAGE (1 cup) SEMISWEET	6.00 oz
8037	CHOLOLATE PIECES	0.00
8037	BUTTER or MARGARINE	2.00 tb
8037	EGG	1.00
8037	SIFTED POWDERED SUGAR	1.00 c
8037	VANILLA	0.50 ts
8037	OF SALT	1.00 ds
8037	FLAKED COCONUT	0.50 c
8037	CHOPPED PEANUTS	0.50 c
8038	Butter or margarine	0.50 c
8038	Sugar	1.00 c
8038	Eggs	2.00
8038	Vanilla	1.50 ts
8038	Unsweetened chocolate,	3.00 oz
8038	melted	0.00
8038	Sifted flour	1.00 c
8038	Salt	0.75 ts

Sheet1

8038	Baking powder	0.50 ts
8038	Chopped walnuts	1.50 c
8039	Butter	1.25 c
8039	Sugar	0.75 c
8039	Brown sugar	0.75 c
8039	Salt	0.50 ts
8039	Eggs	3.00
8039	Flour	3.00 c
8039	Cocoa powder	0.75 c
8039	Baking soda	0.50 c
8039	Semi-sweet chips	2.00 c
8039	Broken pecan pieces	1.50 c
8040	All-purpose flour	2.25 c
8040	Ovaltine	2.00 c
8040	Cocoa	2.00 ts
8040	Salt	0.25 ts
8040	(1 stick) butter or	8.00 tb
8040	Margarine, softened	0.00
8040	Milk	0.50 c
8041	Stick butter	2.00
8041	Salt	0.50 ts
8041	Peanut butter	1.00 c
8041	Powdered sugar	1.00 lb
8041	Graham cracker crumbs	1.33 c
8041	Chocolate chips	12.00 oz
8041	Vanilla	0.50 ts
8042	Powdered sugar	2.00 c
8042	Graham cracker crumbs	2.00 c
8042	Smooth peanut butter	1.00 c
8042	+2 Tbsp butter or margarine	0.50 c
8042	melted	0.00
8042	Milk chocolate or semisweet	12.00 oz
8042	chocolate chips, melted	0.00
8043	Butter Or Margarine	1.00 c
8043	Light Brown Sugar; Packed	1.50 c
8043	Creamy Peanut Butter	1.50 c
8043	Egg	1.00 lg
8043	Vanilla Extract	2.00 ts
8043	Unbleached All Purpose Flour	2.00 c
8043	Baking Soda	1.00 ts
8043	Chocolate Chips	1.00 c
8044	All-purpose flour	2.50 c
8044	Baking soda	1.00 ts
8044	Salt	1.00 ts
8044	Butter; softened	1.00 c
8044	Peanut butter	0.75 c
8044	Light brown sugar, packed	1.00 c
8044	Sugar	0.50 c
8044	Eggs	2.00

Sheet1

8044	Vanilla	2.00 ts
8044	Peanut butter cups, chopped	2.00 c
8044	Peanuts, chopped	0.75 c
8044	Milk chocolate chips	1.00 c
8045	Sugar	2.00 c
8045	Cocoa	4.00 tb
8045	Peanut Butter	0.50 c
8045	Vanilla	2.00 ts
8045	Oatmeal ( I use 3 c. when I	2.25 c
8045	make it)	0.00
8045	Milk	0.50 c
8045	Margarine	0.50 c
8045	Cinnamon ( This is optional	1.00 ts
8045	and something that I added	0.00
8045	to this myself)	0.00
8046	Granulated sugar	2.00 c
8046	Butter	1.00 c
8046	Eggs, separated	2.00
8046	Vanilla (hmmm...it	0.00
8046	doesn't say how much...)	0.00
8046	Squares unsweetened	3.50 oz
8046	chocolate	0.00
8046	Salt	1.00 ts
8046	Baking soda	0.50 ts
8046	Baking powder	0.50 ts
8046	All purpose flour	2.50 c
8047	Egg whites	3.00
8047	Cream of tartar	0.25 ts
8047	Granulated sugar	0.75 c
8047	Finely chopped pecans or	0.50 c
8047	walnuts	0.00
8047	Sifted unsweetened cocoa	0.25 c
8047	powder	0.00
8047	Vanilla	0.50 ts
8047	Salt	1.00 pn
8048	Milk	0.25 c
8048	Lemon zest	1.00 ts
8048	Poppyseeds	0.50 c
8048	Vanilla extract	1.00 ts
8048	Unsweetened baking chocolate	2.00 oz
8048	Sifted flour	0.75 c
8048	Butter, softened	0.25 c
8048	Baking powder	0.50 ts
8048	Sugar	0.50 c
8048	Cinnamon	0.50 ts
8048	Egg yolk	1.00
8048	Ground cloves	0.12 ts
8048	Raisins, coarsely chopped	0.25 c
8049	Pkg Nestle Chocolate Chips	6.00 oz

Sheet1

8049	Pkg Nestle Butterscotch	6.00 oz
8049	Chips	0.00
8049	Peanut butter	0.25 c
8049	Rice Krispies	4.00 c
8050	Gran. Sugar	6.00 c
8050	Cocoa	0.75 c
8050	Milk	1.50 c
8050	Vanilla	1.50 tb
8050	Peanut Butter	1.50 c
8050	Rolled Oats	9.00 c
8051	Semi-sweet chocolate chips	0.50 c
8051	To 1/4 ts peppermint extract	0.12 ts
8051	Pillsbury's Best All Purpose	1.25 c
8051	or	0.00
8051	Self-Rising Flour	0.00
8051	Sugar	0.50 c
8051	Firmly packed brown sugar	0.50 c
8051	Soda	0.75 ts
8051	Salt	0.50 ts
8051	Shortening or margarine	0.50 c
8051	Peanut butter	0.50 c
8051	Egg	1.00
8052	INGREDIENTS:	0.00
8052	Butter flavor Crisco	0.50 c
8052	Granulated sugar	0.50 c
8052	Milk	1.00 tb
8052	Vanilla	0.50 ts
8052	Egg yolk	1.00
8052	Sq. (1 oz) unsweetened	1.00
8052	baking chocolate (melted	0.00
8052	and cooled)	0.00
8052	All purpose flour	1.00 c
8052	Salt	0.25 ts
8052	Mini chips (semi-sweet	0.33 c
8052	chocolate)	0.00
8052	PEANUT BUTTER CREAM FILLING:	0.00
8052	Butter flavor Crisco	2.00 tb
8052	Creamy peanut butter	0.33 c
8052	Confectioners sugar	1.00 c
8052	(powdered sugar)	0.00
8052	Milk	2.00 tb
8052	Vanilla	0.50 ts
8053	Unsifted powdered sugar	2.00 c
8053	Cocoa powder (not a mix)	0.25 c
8053	Jumbo egg white	1.00
8053	Finely ground walnuts	0.50 c
8053	OR pecans	0.00
8054	Flour	2.00 c
8054	Salt	0.50 ts

Sheet1

8054	Baking Powder	0.25 ts
8054	Maxwell House Instant Coffee	1.50 tb
8054	Vanilla	1.00 ts
8054	Butter or margarine	1.00 c
8054	Sugar	0.75 c
8054	Egg	1.00
8054	Sqrs. Baker's semi-sweet	4.00
8054	chocolate, melted	0.00
8054	Finely chopped walnuts or	0.75 c
8054	pecans	0.00
8055	Shortening	0.50 c
8055	Cream cheese, softened	0.50 c
8055	Light brown sugar,*	1.00 c
8055	Granulated sugar	0.50 c
8055	Eggs	2.00
8055	Flour	3.00 c
8055	Baking soda	0.50 ts
8055	Salt	0.50 ts
8055	Vanilla	1.00 tb
8055	Candied fruit, mixed	2.00 c
8055	Broken pecans or almonds	2.00 c
8056	Butter	1.00 lb
8056	Egg	4.00
8056	Soda	1.00 ts
8056	Sugar	1.00 lb
8056	Sour cream	1.00 c
8056	Flour	0.00
8057	Butter or margarine,	0.75 c
8057	softened	0.00
8057	Sugar	1.00 c
8057	Eggs	2.00
8057	Milk	1.00 tb
8057	Vanilla extract	1.00 ts
8057	All-purpose flour	2.75 c
8057	Baking powder	1.00 ts
8057	Salt	0.50 ts
8058	POWDERED SUGAR	3.00 c
8058	MILK	2.50 tb
8058	BUTTER OR MARGARINE,SOFTENED	2.00 tb
8058	VANILLA EXTRACT	1.50 ts
8059	Vegetable Oil	0.50 c
8059	Dark -or- Light Brown Sugar	0.50 c
8059	Egg	1.00
8059	Whole Wheat Flour	1.25 c
8059	Baking Powder	0.50 ts
8059	Baking Powder	1.00 ts
8059	Ground Cinnamon	1.00 ts
8059	Ground Cloves	0.25 ts
8059	Ground Allspice	0.25 ts

Sheet1

8059	Milk	0.25 c
8059	Walnuts, chopped	0.50 c
8059	Raisins, dark or golden	0.50 c
8059	Dried Apricots, snipped	0.50 c
8059	Dates, chopped	12.00 c
8060	Shortening	0.75 c
8060	Light brown sugar	0.75 c
8060	Egg	1.00
8060	Flour	1.75 c
8060	Baking soda	1.00 ts
8060	Salt	0.50 ts
8060	Vanilla	0.50 ts
8060	Coconut	0.75 c
8060	Cream of tartar	2.00 ts
8060	Any flavor jam or jelly	0.00
8061	Peanut butter	1.00 c
8061	Sugar	1.00 c
8061	Egg	1.00
8062	Butter softened	1.00 c
8062	Powdered sugar	0.67 c
8062	Pure vanilla extract	1.00 ts
8062	All purpose flour unsifted	2.00 c
8062	Ground cinnamon	2.00 ts
8062	Baking powder	0.25 ts
8062	Salt	0.25 ts
8062	Semisweet/milk chocolate	1.00 c
8062	morsels	0.00
8063	Raisins	0.50 lb
8063	Brown sugar	1.50 c
8063	Shortening - scant	1.00 c
8063	Eggs	3.00 ea
8063	Walnuts - English	1.00 c
8063	Baking powder	1.00 ts
8063	Baking soda	1.00 ts
8063	Vanilla	1.00 ts
8063	Cinnamon	1.00 ts
8063	Raisin juice	3.00 tb
8063	Flour	3.00 c
8063	Salt	0.50 ts
8064	Flour	1.25 c
8064	Sugar	1.00 c
8064	Ground walnuts	1.00 c
8064	Egg yolks	2.00
8064	Grated rind of 1/2 lemon	0.00
8064	Cinnamon	1.00 ts
8064	Ground cloves	0.50 ts
8064	Sweet butter	10.00 tb
8064	ICING -----	0.00 -----
8064	Confectioners sugar	1.50 c

Sheet1

8064	Egg white	1.00
8064	Lemon juice	2.00 tb
8064	Yellow food coloring (opt.)	2.00 dr
8065	Very finely ground hazelnuts	3.25 c
8065	or almonds	0.00
8065	Superfine sugar	1.25 c
8065	Confectioners' sugar	7.00 tb
8065	Ground cinnamon	1.50 ts
8065	Egg whites, unbeaten	3.00
8065	Royal Icing, see recipe	0.00
8066	All-purpose flour	1.75 c
8066	Butter or margarine,softened	0.75 c
8066	Almond extract	1.00 ts
8066	Salt	0.12 ts
8066	Sugar, divided	0.50 c
8066	Egg white, slightly beaten	1.00
8066	Ground cinnamon	0.12 ts
8066	Almonds*	0.33 c
8067	Unsweetened Baking Chocolate	3.00 oz
8067	Granulated Sugar	1.00 c
8067	Brown Sugar, Firmly Packed	1.00 c
8067	Light Corn Syrup	0.33 c
8067	Butter Or Margarine;	0.50 c
8067	Softened	0.00
8067	Eggs	4.00 lg
8067	Unbleached All-Purpose Flour	1.25 c
8067	Walnuts; Chopped	1.00 c
8068	Margarine, softened	1.25 c
8068	Packed brown sugar	0.75 c
8068	Sugar	0.50 c
8068	Egg	1.00
8068	Vanilla	1.00 ts
8068	Unsifted flour	1.50 c
8068	Baking soda	1.00 ts
8068	Salt	0.50 ts
8068	Cinnamon	1.00 ts
8068	Nutmeg	0.12 ts
8068	Quaker Oats (Quick or Old	3.00 c
8068	Fashioned), uncooked	0.00
8068	Ghirardelli Semi-Sweet	12.00 oz
8068	Chocolate Chips	0.00
8068	Chopped walnuts	1.00 c
8069	Sugar	2.00 c
8069	+ 2 T cocoa	0.25 c
8069	Milk	0.50 c
8069	Butter	2.00 tb
8069	Butter	0.50 c
8069	Vanilla	1.00 ts
8069	One-minute oatmeal	3.00 c



Sheet1

8070	Brown sugar	2.00 c
8070	Butter	1.50 c
8070	Flour	5.50 c
8070	Eggs	3.00 ea
8070	Baking soda	2.50 ts
8070	Vanilla	2.00 ts
8071	Egg whites	3.00
8071	Light brown sugar	1.00 c
8071	Vegetable oil	2.00 tb
8071	Vanilla	1.00 ts
8071	Whole wheat flour	1.00 c
8071	Cocoa	0.50 c
8071	Baking powder	1.00 ts
8071	Nutmeg	1.00 ds
8072	Shortening	0.50 c
8072	Sugar	0.67 c
8072	Eggs	2.00
8072	Raisins or Nuts	0.50 c
8072	Water (hot)	6.00 tb
8072	Flour	2.00 c
8072	Salt	0.50 ts
8072	Baking Powder	2.00 ts
8072	Cinnamon	1.00 ts
8072	Cocoa	0.50 c
8072	Vanilla	1.00 ts
8073	Egg whites	3.00
8073	Corn flakes	2.00 c
8073	Shredded Cocoanut	0.50 c
8073	Vanilla	1.00 ts
8073	Sugar	1.00 c
8074	Egg	1.00
8074	Milk	0.38 c
8074	Cooking Oil	0.33 c
8074	Flour	2.00 c
8074	Sugar	0.75 c
8074	Baking Powder	4.00 ts
8074	Chopped Dates	0.50 c
8074	Salt	0.50 ts
8074	Cocoanut	0.12 c
8074	Nuts (if desired)	0.33 c
8074	Lemon Extract	2.00 ts
8075	Egg whites - beaten stiff	3.00 ea
8075	Sugar - granulated	1.00 c
8075	Cocoanut - shredded	2.33 c
8075	Vanilla	1.00 ts
8076	Egg whites	2.00
8076	Chopped Walnuts	0.25 c
8076	Sugar	0.75 c
8076	Cocoanut	0.50 c

Sheet1

8076	Salt	0.50 ts
8076	Orange extract	1.00 ts
8076	Chopped Dates	0.38 c
8077	Brown sugar	0.75 c
8077	Shortening	0.50 c
8077	Cocomalt	0.75 c
8077	Egg, well beaten	1.00
8077	Milk	0.50 c
8077	Flour	1.50 c
8077	Salt	0.25 ts
8077	Baking soda	0.50 ts
8077	Baking powder	1.00 ts
8077	Chopped nuts	1.00 c
8078	Coconut	1.25 c
8078	Sweetened condensed milk	0.33 c
8078	Salt	0.25 ts
8078	Vanilla	0.50 ts
8078	Egg white	1.00
8078	Cocomalt	3.00 tb
8079	Butter or butter substitute	4.00 tb
8079	Sugar	1.00 c
8079	Eggs, well beaten	2.00
8079	Salt	0.50 ts
8079	Evaporated milk	0.25 c
8079	Water	0.25 c
8079	Coconut	1.00 c
8079	Flour	3.00 c
8079	Baking powder	3.00 ts
8079	Vanilla	1.00 ts
8080	Cake flour	0.75 c
8080	Baking powder	1.00 ts
8080	Salt	0.25 ts
8080	Shortening	1.00 tb
8080	Sugar	0.50 c
8080	Egg	1.00
8080	Coconut	1.50 c
8080	Evaporated milk	0.25 c
8080	Vanilla	0.50 ts
8080	Tart jelly	0.50 c
8081	Shortening	0.33 c
8081	Sugar	0.75 c
8081	Water	0.25 c
8081	Vanilla	1.00 ts
8081	Baking powder	1.00 ts
8081	Salt	0.50 ts
8081	Walnuts	0.33 c
8081	Finely shredded coconut	0.50 c
8082	All-purpose flour	0.75 c
8082	Oat flour	0.75 c

Sheet1

8082	Sugar	0.25 c
8082	(1/2 stick) butter or	4.00 tb
8082	Margarine, softened	0.00
8082	Strong brewed coffee,	0.33 c
8082	Cooled	0.00
8083	Sugar	1.00 c
8083	Shortening	0.50 c
8083	Egg, well beaten	1.00
8083	Baking soda	0.50 ts
8083	Chopped nuts	0.50 c
8083	Cloves	1.00 ts
8083	Cold coffee	0.75 c
8083	Salt	0.25 ts
8083	Baking powder	1.00 ts
8083	Chopped raisins	0.50 c
8083	Cinnamon	0.50 ts
8083	Vanilla	1.00 ts
8083	Flour	2.00 c
8084	Flour	0.50 c
8084	Vegetable Oil	0.25 c
8084	Salt	0.50 ts
8084	Water	3.00 tb
8084	Baking soda	0.50 ts
8084	Egg	1.00
8084	Cinnamon	1.00 ts
8084	Oatmeal	1.50 c
8084	Raisins	0.50 c
8084	Dark brown sugar	1.00 c
8085	Sugar	1.50 c
8085	(1-1/2 sticks) Parkay	0.75 c
8085	Margarine	0.00
8085	Eggs	2.00
8085	Vanilla	1.50 ts
8085	Flour	3.00 c
8085	Calumet Baking Powder	1.00 ts
8085	Salt	0.50 ts
8085	Red or Green food coloring	0.00
8085	Wooden sticks	0.00
8086	Corn flour	1.00 c
8086	All-purpose flour	1.00 c
8086	Whole millet	0.25 c
8086	Salt	0.50 ts
8086	Sugar	2.00 tb
8086	Vegetable shortening	0.25 c
8086	Milk	0.50 c
8087	Egg Whites	2.00
8087	Sugar	1.00 c
8087	Vanilla	0.50 ts
8087	Coconut	1.00 c

Sheet1

8087	Cornflakes	2.00 c
8087	Nuts,chopped	0.50 c
8088	All purpose flour	1.00 c
8088	Cornmeal	0.33 c
8088	Ground cinnamon	0.50 ts
8088	Ground nutmeg	0.50 ts
8088	Salt	0.12 ts
8088	Unsalted butter, room temp	0.50 c
8088	Firmly packed brown sugar	0.50 c
8088	Egg yolk	1.00
8088	Vanilla	0.75 ts
8089	Butter or butter substitute	0.50 c
8089	Flour	1.50 c
8089	Baking powder	2.00 ts
8089	Cottage cheese	0.50 c
8089	Sugar	0.50 c
8089	Salt	0.50 ts
8090	Butter or margarine,	1.00 c
8090	softened	0.00
8090	3/4 -cup dark brown sugar,	0.00
8090	firmly packed	0.00
8090	All-purpose flour	2.00 c
8090	Whole-wheat flour	1.00 c
8090	Ground cinnamon	1.00 tb
8090	Ground ginger	2.00 ts
8090	Baking soda	1.50 ts
8090	Ground cloves	1.00 ts
8091	Shortening	1.00 c
8091	Sugar	1.00 c
8091	Brown sugar	1.00 c
8091	Eggs	2.00
8091	Vanilla	1.00 ts
8091	Flour	2.00 c
8091	Soda	1.00 ts
8091	Baking powder	0.50 ts
8091	Salt	0.50 ts
8091	Oats	2.00 c
8091	(6 ozs.) chocolate chips	1.00 pk
8091	Coconut	1.00 c
8092	Whole wheat flour	1.00 c
8092	All-purpose flour	1.00 c
8092	Salt	0.25 ts
8092	(1/2 stick) butter or	4.00 tb
8092	Margarine, softened	0.00
8092	Jellied or whole berry	0.67 c
8092	Cranberry sauce	0.00
8092	Egg white, lightly beaten,	1.00
8092	For glazing the tops	0.00
8093	Stick butter	1.00

Sheet1

8093	3 oz package Cream Cheese	1.00
8093	Flour	1.00 c
8094	Cream of rice, regular or	1.50 c
8094	Quick cooking	0.00
8094	All-purpose flour	1.00 c
8094	Sugar	0.25 c
8094	Salt	0.50 ts
8094	(1/2 stick) butter or	4.00 tb
8094	Margarine, softened	0.00
8094	Milk	0.67 c
8095	Whole wheat flour	2.50 c
8095	Sugar	1.50 ts
8095	Salt	0.50 ts
8095	Half-and-half or cream	1.00 c
8096	Brown sugar (packed)	0.50 c
8096	Margarine or butter	0.25 c
8096	(softened)	0.00
8096	Bisquick baking mix	1.00 c
8096	Chopped walnuts	0.50 c
8096	Cream cheese (8oz) softened	1.00 pk
8096	Granulated sugar	0.25 c
8096	Lemon juice	1.00 tb
8096	Milk	2.00 ts
8096	Vanilla	0.50 ts
8096	Egg	1.00
8097	BROWNIES -----	0.00 -----
8097	Sugar	1.00 c
8097	Butter	0.50 c
8097	Eggs, beaten	4.00
8097	Flour	1.00 c
8097	Salt	0.50 ts
8097	Vanilla	1.00 ts
8097	(16 oz) chocolate syrup	1.00 cn
8097	CREME DE MENTHE LAYER -----	0.00 -----
8097	Confectioners sugar	2.00 c
8097	Green creme de menthe	3.00 tb
8097	Melted butter	0.50 c
8097	GLAZE -----	0.00 -----
8097	Chocolate chips	6.00 oz
8097	Butter	6.00 tb
8098	Creamy peanut butter	0.75 c
8098	Crisco	0.50 c
8098	Brown sugar	1.25 c
8098	Milk	3.00 tb
8098	Vanilla	1.00 ts
8098	Egg	1.00
8098	Flour	1.75 c
8098	Salt	0.75 ts
8098	Baking soda	0.75 ts

Sheet1

8099	Butter or other shortening	1.00 c
8099	Egg, well beaten	3.00
8099	Salt	0.50 ts
8099	Baking powder	2.00 ts
8099	Nutmeg	1.00 ts
8099	Sugar	2.00 c
8099	Milk	0.50 c
8099	Flour	4.00 c
8099	Cinnamon	1.00 ts
8100	Heavy cream	0.50 c
8100	Sugar	0.50 c
8100	Salt	0.25 ts
8100	Blanched Nuts, chopped	1.25 c
8100	(Almonds, Pecans -OR-	0.00
8100	Hazelnuts)	0.00
8100	Candied Orange Peel	0.25 lb
8100	(store-bought or homemade)	0.00
8100	chopped	0.00
8100	Flour	0.25 c
8101	Shortening	1.00 c
8101	Sugar	1.00 c
8101	Molasses	1.00 c
8101	Vinegar	1.00 tb
8101	Ginger	1.00 tb
8101	Cinnamon	1.00 ts
8101	Salt	0.50 ts
8101	Eggs - well beaten	2.00 ea
8101	Baking soda	1.00 ts
8101	Water - hot	1.00 tb
8101	Flour	6.00 c
8102	Brown sugar	1.00 c
8102	Lard	1.00 c
8102	Baking soda - heaping	1.00 ts
8102	Eggs - well beaten	8.00 ea
8102	Flour	5.00 c
8103	Sugar	1.00 c
8103	Light cream or canned	1.00 c
8103	evaporated milk, undiluted	0.00
8103	Light corn syrup	1.00 c
8103	Vanilla extract	1.00 ts
8103	Cornflakes or wheat flakes	5.00 c
8103	Crispy rice cereal	2.00 c
8103	Salted peanuts	1.00 c
8104	All-purpose flour	1.00 c
8104	Corn meal	0.33 c
8104	Shelled roasted, unsalted	1.00 c
8104	Peanuts	0.00
8104	Salt	1.00 ts
8104	Sugar	1.50 ts

Sheet1

8104	Milk	0.75 c
8104	Peanut butter, cruncy or	1.00 c
8104	Creamy	0.00
8105	Butter or margarine	3.00 tb
8105	Very finely minced onion	1.50 tb
8105	Pressed garlic (about 4	1.00 ts
8105	Medium cloves)	0.00
8105	Very finely minced fresh	0.75 ts
8105	Ginger OR	0.00
8105	Ground dried ginger	0.25 ts
8105	Ground dried cumin	1.50 ts
8105	Ground dried coriander	1.50 ts
8105	Ground dried turmeric	1.50 ts
8105	Cayenne pepper	0.50 ts
8105	All-purpose flour	2.00 c
8105	Salt	1.00 ts
8105	Water	0.50 c
8106	Shortening	1.00 c
8106	Sugar	1.50 c
8106	Eggs	3.00
8106	Flour	3.00 c
8106	Baking Powder	1.00 ts
8106	Salt	0.50 ts
8106	Mincemeatfilling	1.33 c
8107	Oat bran	1.00 c
8107	Vanilla	1.00 ts
8107	Baking soda	0.50 ts
8107	Brown sugar	1.00 c
8107	Flour	1.00 c
8107	Salt	0.25 ts
8107	Egg	0.00
8107	Butter flavored	0.67 c
8108	SEMI-SWEET CHOCOLATE CHIPS	3.00 c
8108	SWEETENED CONDENSED MILK	14.00 oz
8108	SALT	0.12 ts
8108	CHOPPED WALNUTS	1.00 c
8108	VANILLA	1.50 ts
8109	Eggs	2.00
8109	Confectioners sugar	1.00 c
8109	Shortening, melted	1.00 tb
8109	Flour	0.25 c
8109	Baking powder	0.50 ts
8109	Chopped dates	1.00 c
8109	Chopped pecans or walnuts	0.75 c
8109	Vanilla	1.00 ts
8109	Confectioners sugar	0.00
8110	Eggs	2.00 ea
8110	Sugar	0.50 c
8110	Flour	0.50 c

Sheet1

8110	Baking powder	0.50 t
8110	Salt	0.50 t
8110	Finely cut up dates	2.00 c
8110	Chopped walnuts	1.00 c
8110	Powdered sugar (optional)	1.00 x
8111	Eggs	3.00 ea
8111	Flour - sifted	4.00 c
8111	Baking soda	1.00 ts
8111	Cream tartar	1.00 ts
8111	Lard and butter	0.75 c
8111	Nuts	1.00 c
8111	Dates - seeded - chopped	1.00 c
8111	Brown sugar	1.00 c
8111	Sugar - white	1.00 c
8112	Eggs, Beaten	3.00
8112	Strained Honey	1.00 c
8112	Cake Flour	1.50 c
8112	Baking Powder	1.00 ts
8112	Salt	1.00 ts
8112	Ground Dates	2.00 c
8112	Chopped Nuts	1.00 c
8113	Egg whites	2.00
8113	Chopped dates	1.00 c
8113	Powdered sugar	1.00 c
8113	Chopped nuts	1.00 c
8114	FILLING -----	0.00 -----
8114	Dates Chopped	0.50 lb
8114	Water	0.33 c
8114	Sugar	0.25 c
8114	Lemon Juice	1.00 ts
8114	DOUGH -----	0.00 -----
8114	Butter	0.50 c
8114	Brown sugar	1.50 c
8114	Egg, beaten	1.00
8114	Flour	2.00 c
8114	Salt	0.25 ts
8114	Baking soda	0.50 ts
8115	Dates, snipped	1.00 c
8115	Water	0.50 c
8115	Orange peel	0.50 ts
8115	Orange juice	1.00 tb
8115	Lemon juice	0.50 ts
8115	Flour	0.75 c
8115	Oatmeal, uncooked	0.75 c
8115	Sugartwin or Brown Sugar	1.00 tb
8115	Baking powder	0.50 ts
8115	Salt	0.25 ts
8115	Margarine	6.00 tb
8116	Dates	1.00 c



Sheet1

8116	Nut meats	1.00 c
8116	Sugar	1.00 c
8116	Flour	1.25 c
8116	Eggs	3.00 ea
8116	Baking powder	1.00 ts
8116	Salt - a pinch	0.00
8117	Chopped nuts	1.00 c
8117	Egg whites	4.00
8117	Vanilla	1.00 ts
8117	Chopped dates	1.00 c
8117	Sugar	0.50 c
8117	Salt	0.25 ts
8117	Cookie crumbs, any kind	0.50 c
8118	Semi-sweet chocolate	7.00 oz
8118	Unsweetened chocolate	2.50 oz
8118	Unsalted butter	3.00 tb
8118	Sugar	1.00 c
8118	Eggs	3.00
8118	Strong brewed coffee	1.50 ts
8118	Vanilla	0.75 ts
8118	Flour	0.75 c
8118	Baking powder	0.50 ts
8118	Salt	0.25 ts
8118	Semi-sweet chocolate,	4.00 oz
8118	coarsely chopped	0.00
8118	Chopped pecans	0.75 c
8119	Chopped prunes	1.50 c
8119	(or chopped dried apples)	0.00
8119	Chopped dried apricots	1.00 c
8119	Brown sugar, packed	1.50 c
8119	Flaked coconut	1.50 c
8119	Chopped almonds	1.00 c
8119	Wonton skins	24.00
8119	Oil	0.00
8120	Butter	1.00 c
8120	Egg	3.00
8120	Flour	3.25 c
8120	Cinnamon	1.00 ts
8120	Walnuts	1.00 c
8120	Sugar	1.50 c
8120	Soda	1.00 ts
8120	Water, hot	1.50 tb
8120	Salt	0.50 ts
8120	Raisins, chopped	0.50 c
8120	Currants	0.50 c
8121	Shortening/promise margarine	0.50 c
8121	Egg	1.00
8121	Sweet 'n' low	2.00 tb
8121	Butter	1.00 tb

Sheet1

8121	Buttermilk/sour cream	0.50 c
8121	Flour	2.00 c
8121	Baking soda	1.00 ts
8121	Grated apple	1.00 c
8121	Salt	0.50 ts
8121	Cinnamon	1.00 ts
8121	Nutmeg	0.50 ts
8121	Ground cloves	0.25 ts
8121	Vanilla	1.00 tb
8122	Diabetic Orange Marmalade	1.00 c
8122	Shortening	0.50 c
8122	Egg	1.00
8122	Cinnamon	0.50 ts
8122	Vanilla	1.00 ts
8122	Baking Soda	1.00 ts
8122	Flour	2.00 c
8122	Chopped Dates	1.00 c
8122	Nuts	1.00 c
8123	Sifted flour	3.50 c
8123	Baking powder	2.50 ts
8123	Salt	0.50 ts
8123	Cubes sweet butter (6 oz)	1.50
8123	Vanilla	2.00 ts
8123	Granulated sugar	1.50 c
8123	Eggs	2.00
8123	Milk	1.00 tb
8123	Sour cream	2.00 tb
8124	-----cookie-----	0.00
8124	Salt	0.25 ts
8124	Sugar	0.67 c
8124	Vanilla	1.00 ts
8124	chocolate dipping mixture--	0.00
8124	Semi-sweet chocolate chips	6.00 oz
8124	Hot water	1.00 tb
8124	Sifted flour	2.33 c
8124	Butter softened	1.00 c
8124	Egg yolk	1.00
8124	Finely ground almonds	1.00 c
8124	-----	1.00
8124	Butter	3.00 tb
8124	Choc. or candy sprinkles	0.00
8125	Grated lemon zest (about	0.50 ts
8125	1/4 lemon)	0.00
8125	All-purpose flour	1.00 c
8125	Salt	1.00 ts
8125	Black pepper	0.50 ts
8125	Sugar	2.00 tb
8125	(1/4 stick) butter or	2.00 tb
8125	Margarine, softened	0.00

Sheet1

8125	Roasted cashew butter	0.50 c
8125	Chopped, unsalted cashews,	1.00 c
8125	Raw or roasted	0.00
8125	Water	2.00 tb
8126	Eggs	2.00
8126	Sugar	0.25 c
8126	Coffee liqueur	2.00 tb
8126	Sifted cake flour	6.00 tb
8126	Unsweetened cocoa, sifted	2.00 tb
8126	Baking soda	0.25 ts
8126	Salt	0.25 ts
8126	Baking powder	0.25 ts
8126	Semisweet chocolate chips	1.00 oz
8126	Chopped walnuts	1.00 oz
8127	All-purpose flour	1.75 c
8127	Sugar	0.75 c
8127	Milk	0.50 c
8127	Butter or margarine,	0.50 c
8127	softened	0.00
8127	Vanilla extract	1.00 ts
8127	Salt	0.50 ts
8127	Baking soda	0.50 ts
8127	Egg	1.00
8127	Squares unsweetened	2.00
8127	chocolate, melted	0.00
8127	Chocolate Butter-Cream	0.00
8127	Frosting (below)	0.00
8127	Pecan halves	1.00 c
8128	Chocolate, unsweetened;3 sq	3.00 oz
8128	Butter; melted	1.00 c
8128	Sugar, granulated	1.00 c
8128	Egg	1.00
8128	Vanilla	1.00 ts
8128	Flour, all purpose	2.00 c
8128	Baking soda	1.00 ts
8128	Salt	0.25 ts
8128	additional granulated sugar	0.00
8128	Chocolate chips	0.00
8128	White chocolate chips	0.00
8129	BARS -----	0.00 -----
8129	Vegetable oil	1.00 c
8129	Eggs	4.00
8129	Sugar	2.00 c
8129	Canned pumpkin	2.00 c
8129	Baking soda	1.00 ts
8129	Salt	0.50 ts
8129	Baking powder	2.00 ts
8129	Cinnamon	2.00 ts
8129	Flour	2.00 c

Sheet1

8129	FROSTING -----	0.00 -----
8129	Cream cheese, softened	3.00 oz
8129	Margarine, softened	6.00 tb
8129	Milk	1.00 ts
8129	Vanilla	1.00 ts
8129	Confectioners sugar	2.00 c
8130	Butter, softened	1.00 c
8130	Sugar	1.50 c
8130	Eggs	2.00
8130	Vanilla	2.00 ts
8130	All-purpose flour	2.00 c
8130	Cocoa powder	0.67 c
8130	Baking soda	0.75 ts
8130	Salt	0.25 ts
8130	Semi-sweet chocolate chips	2.00 c
8130	Chopped nuts (optional)	0.50 c
8131	Flour	1.00 c
8131	Brown sugar - packed	0.50 c
8131	Butter	0.50 c
8131	Nut meats	1.00 c
8131	Cocoanut	0.75 c
8131	Brown sugar	1.00 c
8131	Flour	2.00 tb
8131	Baking powder	1.00 ts
8131	Eggs - beaten	2.00 ea
8132	Sugar	1.00 c
8132	Molasses	1.00 c
8132	Shortening	1.00 c
8132	Eggs	3.00 ea
8132	Water - hot	1.00 c
8132	Baking soda	1.00 tb
8132	Ginger	1.00 tb
8132	Salt	1.00 ts
8132	Flour	5.00 c
8133	Unsalted butter	1.00 c
8133	Powdered sugar	1.25 c
8133	Vanilla	1.00 ts
8133	All-purpose flour	1.75 c
8133	Finely-chopped walnuts	1.25 c
8133	Powdered sugar (optional)	0.00
8134	Butter	0.50 c
8134	Sugar	0.50 c
8134	Egg	1.00
8134	Egg yolk	1.00
8134	Cake flour, sifted	1.00 c
8134	Sugar	1.00 c
8134	Almond paste or filling	1.00 c
8134	Egg yolks	2.00
8134	Lemon - juice of	0.50

Sheet1

8134	Egg whites, stiffly beaten	3.00
8134	Vanilla	1.00 ts
8134	Coconut, flaked	0.50 c
8134	Egg	1.00
8134	13 x 9" x 2" pan.	1.00
8135	Sugar	1.00 c
8135	Softened margarine	1.00 lb
8135	(2-cup) almond paste, grated	0.50 lb
8135	or broken up into very	0.00
8135	small pieces	0.00
8135	Unsifted flour	4.00 c
8135	Almond flavoring	1.00 ts
8136	Butter; softened	0.75 c
8136	Sugar	0.75 c
8136	Egg yolks	3.00
8136	Orange flower water	4.00 ts
8136	Milk	2.00 tb
8136	Currants	0.75 c
8136	All-purpose flour	4.00 c
8136	Salt	1.00 pn
8136	GLAZE -----	0.00 -----
8136	Egg white; lightly beaten	1.00
8136	Superfine sugar	2.00 tb
8137	Egg whites	2.00
8137	Confectioner's sugar	0.50 c
8137	Vanilla	0.50 ts
8137	Shredded coconut	4.00 oz
8138	Soft margarine	0.67 c
8138	Brown sugar, packed	1.00 c
8138	Egg, slightly beaten	1.00
8138	Water	1.00 tb
8138	Whole-wheat flour	1.00 c
8138	Oat bran	1.00 c
8138	Wheat germ	0.25 c
8138	Baking soda	1.00 ts
8138	Baking powder	1.00 ts
8138	Chopped dates or raisins	1.00 c
8138	Chop.nuts, coconut,choc.chip	0.50 c
8139	Eagle Brand sweetened	14.00 oz
8139	condensed milk (NOT evap	0.00
8139	milk)	0.00
8139	To 1 cup peanut butter	0.75
8139	Egg	1.00
8139	Vanilla extract	1.00 ts
8139	Biscuit baking mix	2.00 c
8139	(Bisquick)	0.00
8139	Granulated sugar	0.00
8140	Text Only	0.00
8141	All-purpose flour	1.50 c

Sheet1

8141	Whole wheat flour	0.50 c
8141	Baking powder	0.50 ts
8141	Salt	0.50 ts
8141	Shortening	1.00 c
8141	Packed brown sugar	1.00 c
8141	Granulated sugar	1.00 c
8141	Eggs	2.00
8141	Vanilla	1.00 ts
8141	Quick-cooking oats	2.00 c
8141	Chopped dates	0.75 c
8141	Chopped raisins	0.50 c
8141	Chopped pecans	0.50 c
8141	Chocolate bits	0.75 c
8141	OPTIONAL -----	0.00 -----
8141	Coconut, dried apricots,	0.00
8141	Chopped walnuts,	0.00
8141	Butterscotch chips, etc.	0.00
8142	Sugar	2.00 c
8142	Shortening	1.00 c
8142	Milk - sour	1.00 c
8142	Baking soda	1.00 ts
8142	Salt	0.25 ts
8142	Flour - to roll out	0.00
8143	Butter or margarine	0.75 c
8143	Sugar	0.50 c
8143	Packed brown sugar	0.25 c
8143	Egg	1.00
8143	Vanilla	0.50 ts
8143	Salt	0.25 ts
8143	All-purpose flour	2.00 c
8143	Butter or margarine	0.25 c
8143	Sifted powdered sugar	1.00 c
8143	Rum*	1.00 tb
8144	Vegetable shortening	0.75 c
8144	Brown sugar; firmly packed	1.00 c
8144	Granulated sugar	0.50 c
8144	Egg	1.00
8144	Water	0.25 c
8144	Vanilla	1.00 ts
8144	Quaker oats; uncooked	3.00 c
8144	All-purpose flour	1.00 c
8144	Salt	1.00 ts
8144	Baking soda	0.50 ts
8145	Non-stick cooking spray	0.00
8145	Flour	1.50 c
8145	Sugar	0.50 c
8145	Unsweetened cocoa	0.50 c
8145	Baking soda	0.50 ts
8145	Salt	0.50 ts

Sheet1

8145	Corn syrup, light or dark	0.50 c
8145	Egg whites	3.00
8146	Egg yolks - beaten with	10.00 ea
8146	Sugar	10.00 tb
8146	Cream - thick	0.50 c
8146	Egg whites - stiffly beaten	4.00 ea
8146	Butter - melted - strained	0.50 c
8146	Cardamom	1.00 ts
8146	Citron or orange peel -	0.00
8146	crushed	0.00
8146	Lemon juice	1.00 tb
8146	Flour - to roll	0.00
8147	Sugar	1.00 c
8147	Shortening	1.00 c
8147	Molasses dark; plus	1.00 c
8147	Molasses dark	3.00 tb
8147	warm water	0.75 c
8147	Egg	1.00
8147	Baking soda;add to water	3.00 ts
8147	Salt	1.00 ts
8147	Ginger	2.00 ts
8147	Cinnamon	2.00 ts
8147	Cloves	1.00 ts
8148	All-purpose flour	2.00 c
8148	Fennel seeds	2.00 tb
8148	Salt	1.50 ts
8148	Black pepper	1.00 ts
8148	(1/4 cup plus 2 Tb)	6.00 tb
8148	Shortening	0.00
8148	(1/4 stick) butter or	2.00 tb
8148	Margarine, softened	0.00
8148	Minced onion (about one	1.25 c
8148	Medium onion)	0.00
8148	Water	2.00 tb
8149	Raisins	1.00 c
8149	Candied cherries; coarsely	1.00 c
8149	chopped	0.00
8149	Candied pineapple;coarsely	1.00 c
8149	chopped	0.00
8149	Brazil nuts;coarsely chopped	1.00 c
8149	Shortening; "golden flavour"	0.50 c
8149	Sugar, granulated	0.75 c
8149	Egg	1.00 ea
8149	Vanilla	1.00 ts
8149	Almond extract	0.50 ts
8149	Flour, all purpose	1.25 c
8149	Baking soda	0.50 ts
8149	Salt	0.50 ts
8150	Butter Or Margarine;Softened	0.50 c

Sheet1

8150	Brown Sugar; Packed	1.00 c
8150	Eggs; Large	3.00
8150	Lemon Peel, Grated	1.00 ts
8150	Vanilla	1.00 ts
8150	Flour; Unbleached	1.00 c
8150	Baking Powder	1.00 ts
8150	Salt	0.50 ts
8150	Figs; Dried, Finely Chopped	1.50 c
8151	Flour	2.00 c
8151	Baking powder	3.00 ts
8151	Salt	0.50 ts
8151	Sugar	2.00 tb
8151	Shortening	2.00 ts
8151	Milk	0.75 c
8151	Cooked figs, chopped and well drained	1.00 c 0.00
8151	Egg, well beaten	1.00
8152	Dried figs	1.00 c
8152	Shortening	0.50 c
8152	Eggs, well beaten	2.00
8152	Baking powder	3.00 ts
8152	Chopped orange rind	3.00 tb
8152	Coconut	0.50 c
8152	Salt	0.50 ts
8152	Sugar	0.75 c
8152	Honey	0.50 c
8152	Flour	2.75 c
8152	Milk	2.00 tb
8152	Lemon flavoring	1.00 ts
8153	(12 OZ) Package dried figs, chopped	1.00 0.00
8153	Sugar	0.50 c
8153	Water	0.75 c
8153	Juice of 1 lemon	0.00
8153	Shortening	0.50 c
8153	Brown sugar, packed	1.00 c
8153	Eggs	2.00
8153	Vanilla	1.00 ts
8153	Flour	2.50 c
8153	Soda	0.25 ts
8153	Salt	0.50 ts
8154	Lard	1.00 c
8154	Eggs	3.00 ea
8154	Baking soda	1.00 ts
8154	Brown sugar	2.00 c
8154	Flour	4.00 c
8154	Water - cold	2.00 tb
8154	FILLING -----	0.00 -----
8154	Raisins	1.00 c



Sheet1

8154	Sugar	1.00 c
8154	Water	1.00 c
8154	Flour	1.00 tb
8155	(1 Pk) Peanut Butter Morsels	12.00 oz
8155	Unbleached All-Purpose Flour	2.00 c
8155	Salt	0.75 ts
8155	Baking Soda	0.25 ts
8155	Butter or Margarine;	1.00 c
8155	Softened	0.00
8155	Firmly Packed Brown Sugar	0.75 c
8155	Granulated Sugar	0.33 c
8155	Egg	1.00 lg
8155	Vanilla Extract	1.00 ts
8155	PEANUT BUTTER FILLING -----	0.00 -----
8155	Finely Chopped Peanuts	0.50 c
8155	Honey	3.00 ts
8155	Milk	2.00 ts
8155	Ground Cinnamon	0.25 ts
8155	Peanut Butter Morsels;	0.67 c
8155	Unmelted	0.00
8156	Butter	125.00 g
8156	Caster sugar	0.50 c
8156	Orange (grated rind only)	1.00
8156	Corn or peanut oil	0.50 c
8156	Plain flour	2.50 c
8156	Baking powder	4.00 ts
8156	Fine semolina (farina)	1.50 c
8156	Ground cinnamon	1.00 ts
8156	Ground cloves	1.00 pn
8156	Orange juice	0.50 c
8156	Toasted sesame seeds *OR*	0.00
8156	Chopped walnuts	0.00
8156	SYRUP -----	0.00 -----
8156	Water	1.00 c
8156	Sugar	1.00 c
8156	Honey	0.50 c
8156	Piece of cinnamon bark	1.00
8156	Lemon juice	2.00 ts
8157	Butter or margarine	0.75 c
8157	Salt	0.25 ts
8157	Sugar	0.33 c
8157	Egg slightly beaten	1.00
8157	Almond extract	1.00 ts
8157	Almonds, finely chopped	0.25 c
8157	Flour	2.00 c
8157	Sugar + 1/4 t	0.33 c
8158	Preheat Oven to 325~	0.00
8158	Min - Work Time	20.00
8158	HR, 15 Min - Total Time	1.00

Sheet1

8158	Unsalted Butter (marg/short)	10.00 tb
8158	Light brown sugar	1.50 c
8158	Semi-sweet chocolate	3.00 oz
8158	Flour	1.75 c
8158	Salt	0.50 ts
8158	Baking powder	1.75 ts
8158	Eggs	2.00
8158	Vanilla extract	2.00 ts
8158	PER SQUARE	0.00
8158	Calories	230.00
8158	Protein	2.00 g
8158	Fat	10.00 g
8158	Sodium	140.00 mg
8158	Carbohydrates	34.00 g
8158	Cholesterol	47.00 mg
8159	Preheat Oven to 250~	0.00
8159	Min- Work Time	20.00
8159	Hr - Total Time	1.00
8159	Unsweetened chocolate	3.00 oz
8159	Flour	1.00 c
8159	Baking powder	0.50 ts
8159	Salt	0.50 ts
8159	Unsalted butter (marg/short)	8.00 tb
8159	At room temp	0.00
8159	Sugar	1.25 c
8159	Eggs	2.00
8159	Vanilla extract	1.50 ts
8159	Walnuts, chopped. (optional)	0.75 c
8159	PER SQUARE:	0.00
8159	Calories	180.00
8159	Protein	2.00 g
8159	Fat	10.00 g
8159	Sodium	93.00 mg
8159	Carbohydrates	23.00 g
8159	Cholesterol	43.00 mg
8160	Preheat Oven to 325~	0.00
8160	Min - Work Time	20.00
8160	Min - Total Time	50.00
8160	Flour	1.25 c
8160	Baking Soda	0.50 ts
8160	Salt	0.50 ts
8160	Unsalted Butter (marg/short)	8.00 tb
8160	At room temp	0.00
8160	Brown Sugar	0.25 c
8160	Sugar	0.25 c
8160	Vanilla Extract	0.50 ts
8160	Egg	1.00
8160	Chocolate Chips	1.50 c
8160	Walnuts, chopped, optional	1.00 c

Sheet1

8160	PER COOKIE:	0.00
8160	Calories	103.00
8160	Protein	1.00 g
8160	Fat	6.00 g
8160	Sodium	62.00 mg
8160	Carbohydrates	13.00 g
8160	Cholesterol	15.00 mg
8161	Min - Work Time	30.00
8161	Hr + chilling - Total Time	1.00
8161	Flour	2.50 c
8161	Ground ginger	2.00 ts
8161	Cinnamon	1.00 ts
8161	Baking soda	2.00 ts
8161	Salt	0.50 ts
8161	Unsalted Butter (marg/short)	12.00 tb
8161	At room temp	0.00
8161	Brown sugar	1.00 c
8161	Egg	1.00
8161	Molasses	0.33 c
8161	Sugar for rolling	0.00
8162	Preheat Oven to 350~	0.00
8162	Min - Work Time	20.00
8162	Min - Total Time	40.00
8162	Flour	1.75 c
8162	Cinnamon	1.00 ts
8162	Allspice	0.50 ts
8162	Nutmeg	0.50 ts
8162	Baking soda	0.50 ts
8162	Unsalted butter (marg/short)	8.00 tb
8162	At room temp.	0.00
8162	Brown sugar	1.00 c
8162	Egg	1.00
8162	Vanilla extract	1.00 ts
8162	Lemon zest	1.00 ts
8162	+ 4-6 Tb Milk	0.25 c
8162	Dates, pitted, chopped	0.50 c
8162	Golden raisins	0.50 c
8162	Walnuts, chopped	0.50 c
8162	Icing sugar	1.50 c
8162	PER COOKIE:	0.00
8162	Calories	86.00
8162	Protein	1.00 g
8162	Fat	3.00 g
8162	Sodium	18.00 mg
8162	Carbohydrates	15.00 g
8162	Cholesterol	10.00 mg
8163	Preheat Oven to 350~	0.00
8163	Min - Work Time	15.00
8163	Hr-10 min - Total Time	1.00

Sheet1

8163	Flour	1.50 c
8163	Quick cooking rolled oats	1.00 c
8163	Brown sugar	0.67 c
8163	Salt	0.50 ts
8163	Baking soda	0.25 ts
8163	Unsalted butter (marg/short)	12.00 tb
8163	Chilled	0.00
8163	Jam - Raspberry, strawberry	0.67 c
8163	Apricot, peach, etc	0.00
8163	PER BAR:	0.00
8163	Calories	138.00
8163	Protein	1.00 g
8163	Fat	6.00 g
8163	Sodium	65.00 mg
8163	Carbohydrates	20.00 g
8163	Cholesterol	16.00 mg
8164	Preheat Oven to 350~	0.00
8164	Min - Work Time	20.00
8164	Min - Total Time	40.00
8164	Flour	0.75 c
8164	Baking soda	0.50 ts
8164	Cinnamon	0.50 ts
8164	Salt	0.50 ts
8164	Unsalted butter (marg/short)	8.00 tb
8164	At room temp	0.00
8164	Brown sugar	0.33 c
8164	Sugar	0.33 c
8164	Egg	1.00
8164	Vanilla extract	0.50 ts
8164	Raisins	0.50 c
8164	Rolled oats	1.00 c
8164	PER COOKIE:	0.00
8164	Calories	64.00
8164	Protein	1.00 g
8164	Fat	3.00 g
8164	Sodium	44.00 mg
8164	Carbohydrates	9.00 g
8164	Cholesterol	13.00 mg
8165	Preheat oven to 350~	0.00
8165	Min - Work Time	35.00
8165	Hr - Total Time	1.00
8165	Flour	1.25 c
8165	Baking soda	0.50 ts
8165	Baking powder	0.50 ts
8165	Unsalted butter (marg/short)	8.00 tb
8165	At room temp	0.00
8165	Peanut butter	1.00 c
8165	Sugar	0.67 c
8165	Brown sugar	0.33 c

Sheet1

8165	Vanilla extract	0.50 ts
8165	Egg	1.00
8165	PER COOKIE:	0.00
8165	Calories	73.00
8165	Protein	2.00 g
8165	Fat	4.00 g
8165	Sodium	41.00 mg
8165	Carbohydrates	7.00 g
8165	Cholesterol	9.00 mg
8166	Min - Work Time	30.00
8166	Hr (+Chilling) Total Time	1.00
8166	Flour	1.75 c
8166	Salt	0.75 ts
8166	Baking powder	0.50 ts
8166	Butter (marg/short)	10.00 tb
8166	At room temp	0.00
8166	Sugar	1.00 c
8166	Egg	1.00
8166	Vanilla Extract	1.50 ts
8166	Walnuts, or pecans, finely	1.50 c
8166	Chopped, Optional	0.00
8166	PER COOKIE	0.00
8166	Calories	37.00
8166	Protein	0.00 g
8166	Fat	2.00 g
8166	Sodium	27.00 mg
8166	Cholesterol	7.00 mg
8167	Preheat Oven to 375~	0.00
8167	Min - Work Time	30.00
8167	Min - Total Time	40.00
8167	Flour	1.67 c
8167	Cream of Tartar	1.00 ts
8167	Baking Soda	0.50 ts
8167	Nutmeg	0.50 ts
8167	Salt	0.25 ts
8167	Unsalted butter (marg/short)	8.00 tb
8167	At room temp	0.00
8167	+1/3 c sugar	0.75 c
8167	Egg	1.00
8167	Vanilla extract	0.50 ts
8167	Cinnamon	4.50 ts
8167	PER COOKIE:	0.00
8167	Calories	51.00
8167	Protein	1.00 g
8167	Fat	2.00 g
8167	Sodium	26.00 mg
8167	Carbohydrates	8.00 g
8167	Cholesterol	10.00 mg
8168	All-purpose flour	1.50 c

Sheet1

8168	Salt	0.25 ts
8168	Freshly ground pepper	0.25 ts
8168	Nutmeg	0.12 ts
8168	(1/2 stick) butter or	4.00 tb
8168	Margarine, softened	0.00
8168	(8 ounces) Swiss cheese,	0.50 lb
8168	Shredded (2 to 2-1/2 cups,	0.00
8168	Loosely packed)	0.00
8168	Water	0.25 c
8169	Egg white	0.00
8169	Sugar	0.25 c
8169	Water	1.00 tb
8169	Butter, melted	2.00 tb
8169	Vanilla	0.25 ts
8169	Flour	0.33 c
8170	Sifted cake flour	0.25 c
8170	Cooking oil	2.00 tb
8170	Sugar	2.00 tb
8170	Egg white	1.00
8170	Cornstarch	1.00 tb
8170	Water	1.00 tb
8170	Salt	1.00 ds
8171	Cake flour	0.25 c
8171	Cornstarch	2.00 tb
8171	Salt	1.00 ds
8171	Oil	2.00 tb
8171	Egg white	1.00
8171	Water	1.00 ts
8172	Sifted cake flour (not	0.50 c
8172	self-rising)	0.00
8172	Baking powder	0.75 ts
8172	Salt	0.25 ts
8172	Eggs, separated	3.00 lg
8172	Almond extract	0.50 ts
8172	Vanilla extract	0.25 ts
8172	Sugar	6.00 tb
8173	(20oz) refrigerated	1.00 pk
8173	chocolate chip cookie dough	0.00
8173	(8oz) light cream cheese	1.00 pk
8173	Sugar	0.33 c
8173	Vanilla	1.00 ts
8173	Fresh pineapple, cut in thin	0.50
8173	wedges	0.00
8173	Kiwifruit, peeled and sliced	2.00
8173	Banana, peeled and sliced	1.00
8173	Raspberries	0.25 c
8173	Apricot jam, melted	0.25 c
8174	Brown sugar	2.00 c
8174	Lard - or butter	1.00 c

Sheet1

8174	Eggs	2.00 ea
8174	Milk - sour	0.50 c
8174	Baking soda - in milk	1.00 ts
8174	Cinnamon	2.00 ts
8174	Raisins	0.50 lb
8174	Nuts	1.00 c
8175	Brown sugar	3.00 c
8175	Lard	1.00 c
8175	Eggs	3.00 ea
8175	Milk - sweet	4.00 tb
8175	Salt	0.50 ts
8175	Baking soda	1.00 ts
8175	Cinnamon	1.00 ts
8175	Dates	1.00 c
8175	OR	0.00
8175	Raisins	1.00 c
8175	Nut meats	0.50 c
8175	Flour - sifted	5.00 c
8176	Pk. cream cheese, softened	8.00 oz
8176	Butter	1.00 c
8176	Flour	2.00 c
8176	Apricot preserves or*	0.00
8176	Confectioners sugar	0.00
8177	Sugar	1.50 c
8177	Butter or butter substitute	0.50 c
8177	Chopped nuts	0.50 c
8177	Baking soda	1.00 ts
8177	Flour	3.00 c
8177	Pitted, chopped dates	1.00 lb
8177	Vanilla	1.00 ts
8177	Water	1.00 tb
8177	Grated lemon rind	2.00 tb
8177	Eggs, well beaten	3.00
8177	Salt	0.75 ts
8178	Cake flour	2.00 c
8178	Baking powder	2.00 ts
8178	Salt	0.25 ts
8178	Powdered sugar	2.00 tb
8178	Butter or butter substitute	2.00 tb
8178	Sweet milk	0.67 c
8178	Egg white, slightly beaten	1.00
8178	Filling:	0.00
8178	Chopped raisins	0.25 c
8178	Chopped nuts	0.25 c
8178	Orange juice	2.00 tb
8178	Cinnamon	0.25 ts
8178	Lemon juice	1.00 tb
8178	Chopped citron	0.25 c
8178	Currants	0.25 c

Sheet1

8178	Allspice	0.25 ts
8178	Cloves	0.25 ts
8178	Sugar	2.00 tb
8179	Flour	2.50 c
8179	Cream of tartar	1.00 ts
8179	Confectioners sugar	1.50 c
8179	9 oz box Nonesuch mincemeat	1.00
8179	Vanilla	1.00 ts
8179	Baking soda	1.00 ts
8179	Butter, softened	1.00 c
8179	Egg	1.00
8180	Shortening	1.00 c
8180	Sugar	1.50 c
8180	Eggs, well beaten	3.00
8180	Nutmeg	1.00 ts
8180	Cake flour	5.50 c
8180	Baking soda	1.00 ts
8180	Salt	1.00 ts
8180	Raisins	1.00 c
8180	Vanilla	1.00 ts
8181	+ 1T flour	0.50 c
8181	Apple pie spice	0.75 ts
8181	Baking soda	0.50 ts
8181	Baking powder	0.25 ts
8181	Instant rolled oats	0.75 oz
8181	+ 2 t. margarine	2.00 tb
8181	Eggs	2.00
8181	Mixed dried fruit, sliced	1.50 oz
8181	Dark raisins	0.25 c
8181	Confectioners sugar	1.00 ts
8181	+ 2 t. firm packed brown	0.25 c
8181	sugar	0.00
8182	Eggs, unbeaten	2.00
8182	Sugar*	1.00 c
8182	Dates, chopped	1.50 c
8182	Salt	0.00
8183	Sugar	2.00 c
8183	Cocoa	4.00 tb
8183	Evaporated Milk	0.50 c
8183	Butter	0.50 c
8183	Splash of Vanilla	0.00
8183	Peanut Butter	0.50 c
8183	Oatmeal	2.00 c
8184	Semi-sweet chocolate pieces	12.00 oz
8184	(8 oz) cream cheese	1.00 pk
8184	Evaporated milk	0.67 c
8184	Chopped walnuts	1.00 c
8184	Sugar	1.50 c
8184	Margarine	0.50 c



Sheet1

8184	Eggs	2.00
8184	Vanilla extract	0.50 ts
8184	Flour	3.00 c
8184	Baking powder	1.00 ts
8184	Salt	0.50 ts
8185	Butter	0.25 c
8185	Sugar	0.50 c
8185	Egg	1.00 lg
8185	Grape Jelly	0.50 c
8185	Vanilla	1.00 ts
8185	Unbleached All-Purpose Flour	1.00 c
8185	Unsweetened Cocoa	0.25 c
8185	Baking Powder	2.00 ts
8185	Chopped Walnuts	2.00 c
8185	Raisins, 1 1/2 Cups	8.00 oz
8185	Semi-Sweet Chocolate Chips,	6.00 oz
8185	1 Cup	0.00
8185	Confectioners' Sugar	0.00
8185	(Optional)	0.00
8186	Cocoa	0.75 c
8186	Baking Soda	0.50 ts
8186	Oil	0.67 c
8186	Water,boiling	0.50 c
8186	Sugar	2.00 c
8186	Eggs	2.00
8186	Flour	1.50 c
8186	Mintflavoring	1.00 ts
8186	Salt	0.25 ts
8186	Mintpatties	20.00
8187	Butter or margarine	0.50 c
8187	Powdered sugar	0.75 c
8187	Vanilla extract	1.00 tb
8187	All-purpose flour	1.50 c
8187	Salt	0.12 ts
8187	Dates	0.25 c
8187	Walnuts, chopped	0.25 c
8187	Semi-sweet chocolate pieces	0.25 c
8187	Galaxy Cookie Icing:	0.00
8187	Powdered sugar	1.00 c
8187	Milk	1.50 tb
8187	Vanilla Extract	1.00 ts
8188	All-purpose flour	1.50 c
8188	Garbanzo bean (chick-pea)	0.50 c
8188	Flour	0.00
8188	Salt	0.25 ts
8188	Sugar	1.00 tb
8188	Vegetable shortening	0.33 c
8188	Water	0.50 c
8188	Oil for glazing the tops	2.00 tb

Sheet1

8188	Salt for the tops	1.00 ts
8189	Cloves fresh garlic	10.00
8189	Boiling water	0.00
8189	specialty stores carry this	0.00
8189	Maple syrup	0.50 c
8189	Butter, softened	1.00 c
8189	Brown sugar	0.75 c
8189	Sugar	0.75 c
8189	Eggs	2.00
8189	Vanilla	1.00 ts
8189	Salt	0.50 ts
8189	Chocolate chips	2.25 c
8189	Chopped nuts	0.50 c
8189	Flour	2.50 c
8189	Baking soda	1.00 ts
8190	Poppy seeds, toasted	0.33 c
8190	All-purpose flour	2.00 c
8190	Sugar	2.00 ts
8190	Salt	1.25 ts
8190	Black pepper	0.50 ts
8190	Cloves garlic, pressed	2.00 lg
8190	Plus 1 Tablespoon vegetable	0.33 c
8190	Shortening	0.00
8190	Water	0.33 c
8190	Egg, lightly beaten, for	1.00
8190	Glazing the tops	0.00
8191	Pillsbury Plus German	1.00 pk
8191	chocolate cake mix	0.00
8191	Instant Mashed potato flakes	0.50 c
8191	Cream of tartar	1.00 ts
8191	Cinnamon	1.00 ts
8191	Butter/margarine , melted	0.75 c
8191	Milk	3.00 tb
8191	Egg	1.00
8191	Chopped nuts	0.50 c
8191	To 1/2 c sugar	0.25 c
8191	FROSTING -----	0.00 -----
8191	Powdered sugar	1.00 c
8191	Unsweetened cocoa	2.00 ts
8191	Soft margarine or butter	1.00 tb
8191	To 2 tb milk	1.00 tb
8192	Soft margarine	0.75 c
8192	Brown sugar	0.50 c
8192	Ginger	2.00 ts
8192	Salt	0.50 ts
8192	Cinnamon	1.00 ts
8192	Ground cloves	0.25 ts
8192	Egg	1.00
8192	Molasses	0.75 c

Sheet1

8192	Flour	3.00 c
8192	Baking soda	1.00 ts
8192	Baking powder	0.50 ts
8193	Egg	1.00
8193	Granulated sugar	0.50 c
8193	All-purpose flour	1.00 c
8193	Salt	0.00 pn
8193	Ground cinnamon	0.50 ts
8193	Ground white pepper	0.25 ts
8193	Mixed Spice	0.25 ts
8193	Cornstarch	1.00 tb
8193	Baking powder	0.50 ts
8193	Finely grated lemon peel	1.00
8193	Chopped mixed candied peel	2.00 tb
8193	Powdered sugar (opt)	0.00
8194	Flour; unbleached, all purp	2.50 c
8194	Sugar	1.00 c
8194	Baking soda	1.00 ts
8194	Salt	0.50 ts
8194	Cinnamon	0.25 ts
8194	Cloves, ground	0.25 ts
8194	Cocoa; unsweetened, pref.	2.00 tb
8194	Dutch process	0.00
8194	Ginger, fresh;peeled, grated	2.00 tb
8194	Almond extract	0.50 ts
8194	Eggs, large	3.00
8194	Almonds, whole;blanched	1.25 c
8194	toasted lightly &	0.00
8194	chopped coarse	0.00
8195	Flour	3.50 c
8195	Baking soda	1.00 ts
8195	Ginger	1.50 ts
8195	Cinnamon	1.50 ts
8195	Cloves	1.00 ts
8195	Cardamom	0.25 ts
8195	Sweet butter	0.50 c
8195	Sugar	0.75 c
8195	Egg	1.00
8195	Molasses	0.75 c
8195	Salt	0.50 ts
8195	Grated orange rind	2.00 ts
8196	Shortening	1.00 c
8196	Sugar	1.00 c
8196	Molasses	0.50 c
8196	Flour	4.50 c
8196	Ginger	3.00 ts
8196	Salt	1.00 ts
8196	Eggs	2.00 ea
8197	Butter	0.50 c

Sheet1

8197	Unsulfered molasses	0.50 c
8197	Milk	0.50 c
8197	All-purpose flour	3.50 c
8197	Baking powder	1.00 ts
8197	Ginger	1.00 ts
8197	Salt	0.50 ts
8197	Baking soda	0.50 ts
8197	Cloves	0.50 ts
8197	Cinnamon	0.50 ts
8197	Egg	1.00 lg
8197	Sugar	1.00 c
8198	Melted solid Crisco	1.00 c
8198	Granulated sugar	1.00 c
8198	Light or dark Karo	1.00 c
8198	Large eggs	2.00 x
8198	Flour	5.75 c
8198	Baking soda	1.00 ts
8198	Salt	1.00 ts
8198	Ginger	2.00 ts
8198	Cinnamon	2.00 ts
8198	Cloves	1.00 ts
8198	Nutmeg	1.00 ts
8199	Butter (or margarine)	1.00 c
8199	Brown sugar	0.67 c
8199	Corn syrup and/or molasses	0.67 c
8199	Flour	4.00 c
8199	Cinnamon	1.50 ts
8199	Ginger	1.00 ts
8199	Ground cloves	0.50 ts
8199	Baking soda	0.75 ts
8199	Egg; lightly beaten	1.00
8199	Vanilla extract	1.50 ts
8200	Butter or margarine	0.67 c
8200	3 oz pkg. cream cheese, softened	1.00 0.00
8200	All purpose flour	1.75 c
8200	Sugar	0.75 c
8200	Egg yolk	1.00
8200	Baking powder	0.50 ts
8200	Vanilla	0.50 ts
8200	Finely shredded lemon peel	0.50 ts
8201	COOKIE DOUGH -----	0.00 -----
8201	Devil's food cake mix	18.00 oz
8201	Eggs	2.00
8201	Water	2.00 tb
8201	Cooking oil	2.00 tb
8201	Cocoa powder, bitter	0.25 c
8201	COOKIE FILLING -----	0.00 -----
8201	Unflavored gelatin	1.00 pk

Sheet1

8201	Cold water	0.25 c
8201	Crisco	1.00 c
8201	Vanilla	1.00 ts
8201	Powdered sugar	1.00 lb
8201	Powdered sugar	1.00 c
8202	COOKIE -----	0.00 -----
8202	Devils food cake mix	18.00 oz
8202	Water	2.00 tb
8202	Cooking oil	2.00 tb
8202	Bitter cocoa powder	0.25 c
8202	FILLING -----	0.00 -----
8202	Envelope unflavored gelatin	1.00
8202	Cold water	0.25 c
8202	Crisco	1.00 c
8202	Vanilla	1.00 ts
8202	Powdered sugar +1 cup	1.00 lb
8203	Crunchy peanut butter	0.75 c
8203	Mashed potato	0.75 c
8203	Sugar	0.75 c
8203	Egg	1.00
8203	Rice flour	0.50 c
8203	Cornstarch	0.25 c
8203	Cream of tartar	2.00 ts
8203	Baking soda	1.00 ts
8203	Vanilla	1.00 ts
8203	Coarsely chopped peanuts	0.25 c
8204	Flour	1.50 c
8204	Baking soda	0.75 ts
8204	Salt	0.75 ts
8204	Brown sugar	0.75 c
8204	Butter, softened	0.75 c
8204	Egg	1.00
8204	Vanilla	0.50 ts
8204	(1-1/2 c.) semi-sweet	10.00 oz
8204	Treasures baking pieces	0.00
8204	Chopped pecans or walnuts	1.00 c
8205	Whole wheat flour	1.75 c
8205	Oatmeal	0.50 c
8205	Cornmeal	0.50 c
8205	Liver powder (available at	0.25 c
8205	Health food stores)	0.00
8205	Brewer's yeast powder	2.00 tb
8205	Bone meal powder	0.25 c
8205	Powdered milk	3.00 tb
8205	Eggs, lightly beaten	2.00
8205	Wheat germ oil (you may	3.00 tb
8205	Substitute bacon drippings	0.00
8205	Or vegetable oil)	0.00
8205	Water	0.50 c

Sheet1

8206	Margerine	1.00 c
8206	Brown sugar, packed	1.00 c
8206	Granulated sugar	0.50 c
8206	Vanilla	1.00 ts
8206	Eggs	2.00
8206	Sour cream	0.50 c
8206	Baking soda	1.00 ts
8206	Salt	1.00 ts
8206	Flour	2.25 c
8206	Bag chocolate chips	12.00 oz
8206	Chopped walnuts (optional)	1.00 c
8207	Brown sugar	2.00 c
8207	Shortening	1.00 c
8207	Eggs, well beaten	2.00
8207	Chopped raisins	1.00 c
8207	Graham flour	1.00 c
8207	Cake flour	2.00 c
8207	Baking soda	1.00 ts
8207	Baking powder	2.00 ts
8207	Lemon flavoring	2.00 ts
8207	Salt	0.50 ts
8208	Margarine, softened	0.25 c
8208	Granulated sugar	0.50 c
8208	Vanilla	0.25 ts
8208	Graham flour (or whole wheat	1.00 c
8208	All-purpose flour	0.50 c
8208	Baking powder	0.25 ts
8208	Baking soda	0.25 ts
8208	Salt	0.25 ts
8208	Skim milk	0.25 c
8209	Brown sugar	1.00 c
8209	Butter or margarine	0.50 c
8209	Egg	1.00
8209	Cocoa	0.50 c
8209	Flour	1.50 c
8209	Baking soda	0.50 ts
8209	Milk	0.50 c
8209	Vanilla	1.00 ts
8209	Chopped walnuts	0.50 c
8209	ICING -----	0.00 -----
8209	Confectioners sugar	1.00 c
8209	Cocoa	2.00 tb
8209	Vanilla	0.50 ts
8209	Butter	2.00 tb
8209	Milk	0.00
8210	Brown sugar	3.00 c
8210	Shortening	0.75 c
8210	Eggs	4.00 ea
8210	Flour	5.00 c

Sheet1

8210	Baking soda	0.75 ts
8210	Cream tartar	0.75 ts
8210	Vanilla	1.00 ts
8211	Brown sugar	1.00 c
8211	Light corn syrup	0.50 c
8211	Melted margarine	0.50 c
8211	Peanut butter	0.67 c
8211	Vanilla extract	2.00 ts
8211	Quick oats *	3.00 c
8211	Sunflower seeds	0.50 c
8211	Coconut	0.50 c
8211	Wheat germ	0.33 c
8211	Raisins	0.50 c
8211	Carob chips	1.00 c
8211	Other nuts/dried fruits	0.00
8211	you want to add	0.00
8212	Flour	2.00 c
8212	Baking soda	0.50 ts
8212	Baking powder	1.00 ts
8212	Salt	0.50 ts
8212	Cinnamon	1.00 ts
8212	Butter at room temperature	0.75 c
8212	Brown sugar, packed	0.50 c
8212	Sugar	0.25 c
8212	Eggs	2.00
8212	Vanilla	1.50 ts
8212	Grated orange rind	0.50 ts
8212	Granola	1.50 c
8213	Flour	2.00 c
8213	Quick oats, un-cooked	1.00 c
8213	Baking soda	1.00 ts
8213	Cinnamon	1.00 ts
8213	Salt	0.50 ts
8213	Butter or margarine;softened	1.00 c
8213	Brown sugar, packed	1.00 c
8213	Granulated sugar	1.00 c
8213	Egg; slightly beaten	1.00
8213	Vanilla	1.00 ts
8213	Libby's solid-pack pumpkin	1.00 c
8213	Semi-sweet morsels	1.00 c
8214	Butter	0.50 c
8214	Granulated sugar	1.00 c
8214	Large eggs	2.00 x
8214	Milk	1.00 tb
8214	KNEAD IN 1/4 C FLOUR LATER -----	0.00 -----
8214	All-purpose flour,save 1/4 c	2.50 c
8214	Baking powder	2.00 ts
8214	Salt	0.25 ts
8214	Vanilla	0.50 ts

Sheet1

8214	Almond	0.50 ts
8215	Eggs - well beaten	4.00 ea
8215	Brown sugar - light	2.00 c
8215	Flour	2.00 c
8215	Gumdrops - cut in chunks -	1.00 c
8215	floured	0.00
8215	Nuts	0.50 c
8215	Water	1.00 tb
8215	Cinnamon	1.00 ts
8215	Salt - a pinch	0.00
8216	Shortening	1.00 c
8216	Brown sugar	1.00 c
8216	Sugar - granulated	1.00 c
8216	Eggs - well beaten	2.00 ea
8216	Quick oats	2.00 c
8216	Cocoanut - shredded	1.00 c
8216	Flour	2.00 c
8216	Baking soda	1.00 ts
8216	Baking powder	1.00 ts
8216	Gumdrops - (no licorice) -	1.00 c
8216	cut in small pieces	0.00
8217	Butter, softened	0.75 c
8217	Thaini	0.50 c
8217	Salt	1.00 pn
8217	Brown sugar	1.25 c
8217	Unbleached pastry flour	2.00 c
8217	Toasted pecans or walnuts,	0.50 c
8217	chopped or ground	0.00
8218	Sugar	2.00 c
8218	Salt	0.50 ts
8218	Shortening	1.12 c
8218	Eggs	2.00
8218	Milk	1.00 c
8218	Hartshorn ***	1.00 tb
8218	Boiling water	0.50 c
8218	Vanilla	2.00 ts
8218	Flour to stiffen	0.00
8218	Anise seeds	1.00 oz
8219	Vegetable Oil	0.33 c
8219	Egg	1.00 lg
8219	Squash, cooked, mashed	1.00 c
8219	Unbleached White Flour	1.50 c
8219	Baking Powder	0.50 ts
8219	Nutmeg	1.00 ts
8219	Cinnamon	0.50 ts
8219	Dates, finely chopped	1.50 c
8220	Shortening	0.75 c
8220	Brown sugar	2.00 c
8220	Eggs	2.00



Sheet1

8220	Cab pumpkin pie filling	1.00
8220	Vanilla	1.00 ts
8220	Lemon extract	1.00 ts
8220	Divided flour	3.25 c
8220	Baking powder	2.50 ts
8220	Chopped dates	1.00 c
8220	Chopped pecans	1.00 c
8221	Softened Butter	0.50 c
8221	Sugar	0.50 c
8221	Vanilla Extract	1.00 tb
8221	Salt	0.12 ts
8221	Whole Macadamia Nuts	5.00 oz
8221	Semi Sweet Chocolate Chips	0.25 c
8221	Shortening	1.00 ts
8221	Egg	1.00 lg
8221	All Purpose Flour	1.50 c
8222	Parkay margarine	0.50 c
8222	Baking powder	2.00 ts
8222	Cream cheese	3.00 oz
8222	Soda	1.00 ts
8222	Vanilla	1.00 ts
8222	Salt	0.50 ts
8222	Sugar	1.00 c
8222	Crushed pineapple, drain	1.00 cn
8222	Eggs	2.00
8222	Maraschino cherries, drain	0.50 c
8222	All purpose flour	2.25 c
8222	Chopped nuts	0.50 c
8223	Egg whites	2.00
8223	Hazelnuts; finely ground	1.50 c
8223	Superfine sugar	0.75 c
8223	Lemon's peel; finely grated	1.00
8223	Ground cinnamon	0.50 ts
8223	Candied cherries; quartered	10.00
8224	All-purpose flour	3.00 c
8224	Dried herbs, crushed with	4.00 ts
8224	The fingers or a rolling	0.00
8224	Pin, OR	0.00
8224	Finely chopped, fresh herbs	4.00 tb
8224	Salt	0.50 ts
8224	Pepper	0.50 ts
8224	Oil	0.25 c
8224	Water	1.00 c
8224	Egg white, lightly beaten	1.00
8224	And diluted with 1 to 2 Tb	0.00
8224	Milk for the tops	0.00
8225	(3 sticks) unsalted butter,	1.50 c
8225	at room temperature	0.00
8225	Sugar	0.67 c

Sheet1

8225	Fresh rosemary, or 2 tsp. dr	2.00 tb
8225	ied	0.00
8225	Unbleached all-purpose flour	2.25 c
8225	White or brown rice flour	0.50 c
8225	Salt	0.25 ts
8225	Sugar for topping (optional)	2.00 ts
8226	Flour	1.50 c
8226	Unsweetened Cocoa	2.00 tb
8226	Each Baking Powder and	0.50 ts
8226	Baking Soda	0.00
8226	Salt	0.12 ts
8226	Packed Brown Sugar	1.00 c
8226	Shortening, at room	0.50 c
8226	temperature	0.00
8226	Eggs	2.00
8226	Vanilla	0.75 ts
8226	Herman starter	0.50 c
8226	Chopped Nuts (optional)	0.50 c
8227	Sugar	2.00 c
8227	Shortening - beat well	1.00 c
8227	Eggs	2.00 ea
8227	Milk - sour	1.00 c
8227	OR	0.00
8227	Buttermilk	1.00 c
8227	Flour	4.00 c
8227	Baking soda	1.00 ts
8227	Baking powder	1.00 ts
8227	Nuts - chopped	1.00 c
8227	Raisins - chopped	1.00 c
8228	Plain oyster crackers	16.00 oz
8228	HVR buttermilk recipe mix	1.00 pk
8228	Lemon pepper	0.25 ts
8228	Dill weed	1.00 ts
8228	Garlic powder	0.25 ts
8228	Salad oil	1.00 c
8229	Flour	1.50 c
8229	Sugar; granulated	0.50 c
8229	Salt	1.00 ts
8229	Vanilla	1.00 ts
8229	Baking soda	1.00 ts
8229	Eggs	2.00
8229	Shortening; vegetable	1.00 c
8229	Oats; rolled, old fashioned	2.00 c
8229	Sugar; brown, firmly packed	1.00 c
8229	Chocolate chips; semisweet	1.00 pk
8230	From: Gaye Levy DTXT63A	0.00
8230	Flour	1.50 c
8230	Salt	1.00 ts
8230	Baking soda	1.00 ts

Sheet1

8230	Shortening	1.00 c
8230	Light brown sugar; firmly	1.00 c
8230	packed	0.00
8230	Sugar	0.50 c
8230	Vanilla	1.00 ts
8230	Eggs	2.00
8230	Old fashioned rolled oats	2.00 c
8230	Semisweet chocolate chips;	1.00 pk
8230	12 oz	0.00
8231	Flour	1.50 c
8231	Sugar; granulated	0.50 c
8231	Salt	1.00 ts
8231	Vanilla	1.00 ts
8231	Baking soda	1.00 ts
8231	Eggs	2.00
8231	Shortening; vegetable	1.00 c
8231	Oats; rolled, old fashioned	2.00 c
8231	Sugar; brown, firmly packed	1.00 c
8231	Chocolate chips; semisweet	1.00 pk
8232	Sliced almonds	0.50 c
8232	Granulated sugar	0.25 c
8232	All purpose flour	2.00 tb
8232	Egg white	1.00
8232	Melted unsalted butter	1.00 ts
8232	Salt	0.25 ts
8232	Pure almond extract	0.25 ts
8232	Semisweet chocolate chopped	3.00 oz
8232	into 1/4 inch pieces	0.00
8233	Frozen phyllo (1 lb)	1.00 pk
8233	Butter, melted	1.00 c
8233	Chocolate pieces	12.00 oz
8233	Orange peel, finely shredded	2.00 ts
8233	Shortening	2.00 tb
8233	Cinnamon	1.00 ts
8233	Nutmeg	0.50 ts
8234	Butter or margarine	0.50 c
8234	Light brown sugar*	1.00 c
8234	Eggs	2.00
8234	Vanilla	1.00 ts
8234	Lemon extract	0.50 ts
8234	Anise extract	0.50 ts
8234	Sifted flour	2.75 c
8234	Baking powder	1.00 ts
8234	Salt	0.50 ts
8234	Black pepper	0.50 ts
8234	Nutmeg	0.25 ts
8234	Cloves	0.25 ts
8234	Mace	0.12 ts
8234	Confectioners sugar	0.00

Sheet1

8235	Graham or whole wheat flour	1.00 c
8235	Unbleached flour	1.00 c
8235	Baking powder	1.00 ts
8235	Margarine or butter	0.25 c
8235	Honey	0.50 c
8235	Milk	0.25 c
8236	Devils food cake mix	1.00 pk
8236	Eggs	2.00
8236	Vegetable oil	2.00 tb
8236	Water	2.00 tb
8236	Choc. flavored beverage mix	0.50 c
8236	Envelope unflavored gelatin	1.00
8236	Solid white vegetable short.	1.00 c
8236	Confectioners sugar	4.50 c
8236	Vanilla	1.00 ts
8236	Vanilla	2.00 ts
8237	Flour	1.00 c
8237	Baking Powder	1.00 ts
8237	Salt	0.25 ts
8237	Shortening	0.50 c
8237	Honey	0.50 c
8237	Egg	1.00
8237	Vanilla	0.50 ts
8237	Chopped Nuts	0.25 c
8237	Semi-Sweet Chocolate Chips	0.50 c
8238	Honey	2.00 c
8238	Sugar	1.00 c
8238	Lard	1.00 c
8238	Sour cream - or milk	1.00 c
8238	Eggs	2.00 ea
8238	Baking soda	2.00 ts
8238	Cinnamon	1.00 ts
8238	Nutmeg	1.00 ts
8238	Cloves	1.00 ts
8238	Salt	0.50 ts
8238	Flour - to form a soft	0.00
8238	dough	0.00
8239	Text Only	0.00
8240	Eggs, well beaten	3.00
8240	Vanilla	1.00 ts
8240	Honey	1.00 c
8240	Chopped nuts	1.00 c
8240	Dates, chopped	1.00 lb
8240	Flour	1.33 c
8240	Baking powder	1.00 ts
8240	Salt	0.25 ts
8241	Honey	0.75 c
8241	Melted butter or butter	0.25 c
8241	substitute	0.00

Sheet1

8241	Flour	1.75 c
8241	Egg, well beaten	1.00
8241	Cloves	0.12 ts
8241	Cinnamon	0.75 ts
8241	Chopped raisins	1.00 c
8241	Baking soda	0.50 ts
8241	Salt	0.25 ts
8242	Whole wheat flour	2.00 c
8242	All-purpose flour	1.00 c
8242	Turbinado sugar (regular	0.50 c
8242	Sugar can be substituted)	0.00
8242	Salt	0.25 ts
8242	Baking powder	0.25 ts
8242	Cinnamon	0.12 ts
8242	(1 stick) butter or	8.00 tb
8242	Margarine, softened	0.00
8242	Honey	0.25 c
8242	Warm water	0.50 c
8243	Shortening	0.33 c
8243	Milk	0.50 c
8243	Eggs, beaten	2.00
8243	Cloves	0.50 ts
8243	Cinnamon	1.50 ts
8243	Honey	1.33 c
8243	Raisins, chopped	1.00 c
8243	Salt	0.50 ts
8243	Baking powder	4.00 tb
8243	Flour	3.50 c
8244	Dried figs	0.50 lb
8244	Water plus	1.00 c
8244	Water	3.00 tb
8244	Honey	0.50 c
8244	Lemon juice	2.00 ts
8244	Butter	1.00 c
8244	Cheddar,grated	2.00 c
8244	Sifted a/p flour	2.00 c
8245	Butter Flavor Crisco	1.25 c
8245	Granulated sugar	1.00 c
8245	Firmly packed brown sugar	0.67 c
8245	Honey	0.25 c
8245	Egg	1.00
8245	Milk	0.25 c
8245	Vanilla	1.00 ts
8245	Flour	2.50 c
8245	Baking soda	1.00 ts
8245	Salt	0.50 ts
8245	Quick-cooking oats	1.00 c
8245	Not instant or old-fashioned	0.00
8245	Flake coconut	1.00 c

Sheet1

8245	Raisins	1.00 c
8245	Walnut pieces broken	0.50 c
8245	Wheat germ (optional)	0.50 c
8246	Sugar	1.00 c
8246	Shortening	0.75 c
8246	Eggs, well beaten	2.00
8246	Honey	2.00 tb
8246	Water	3.00 tb
8246	Pineapple	3.00 sl
8246	Raisins	1.00 c
8246	Bran	0.75 c
8246	Flour	2.50 c
8246	Baking powder	2.00 ts
8246	Salt	0.50 ts
8246	Vanilla	2.00 ts
8247	Vegetable shortening	0.50 c
8247	Liquid honey	0.33 c
8247	Eggs	2.00
8247	Sifted all-purpose flour	1.25 c
8247	Ground nutmeg	0.50 ts
8247	Baking powder	0.50 ts
8247	Baking soda	0.25 ts
8247	Salt	0.25 ts
8247	Seedless raisins	0.67 c
8247	Vanilla	0.25 ts
8248	Sugar	1.00 c
8248	Honey	1.00 c
8248	Shortening	0.67 c
8248	Eggs	3.00
8248	All-purpose flour	3.75 c
8248	Soda*	1.00 ts
8248	Salt	1.00 ts
8248	Sour cream	1.00 c
8248	Walnuts; chopped	1.00 c
8248	Flaked coconut	0.75 c
8248	Vanilla	1.00 ts
8249	All-purpose flour	1.33 c
8249	Potato flour	0.67 c
8249	Dried chives, OR	2.00 tb
8249	Fresh, minced chives	6.00 tb
8249	Salt	0.50 ts
8249	Ground black pepper	2.00 ts
8249	Shortening	0.50 c
8249	Water	0.50 c
8249	Salt for the tops (opt.)	0.00
8249	Paprika for the tops (opt.)	0.00
8250	CAKE -----	0.00 -----
8250	Eggs, separated	4.00 lg
8250	Cream of tartar	0.25 ts

Sheet1

8250	Sugar, divided	0.67 c
8250	Sweet butter, room temp.	0.75 c
8250	Cocoa powder	9.00 tb
8250	Sifted all-purpose flour	0.50 c
8250	FILLING -----	0.00 -----
8250	Heavy cream	2.00 c
8250	Semi-sweet chocolate chips	12.00 oz
8250	Powdered instant coffee	1.00 tb
8250	Rum	0.12 c
8250	GLAZE -----	0.00 -----
8250	Semi-sweet chocolate	5.00 oz
8250	Unsweetened chocolate	1.00 oz
8250	Sweet butter	4.00 tb
8250	Vegetable oil	1.00 ts
8250	Karo syrup	1.00 tb
8251	Egg yokes	4.00
8251	Flour, all purpose	4.00 c
8251	Salt	1.00 ts
8251	Sugar	2.00 ts
8251	Butter	1.00 c
8251	Yeast cake dissolved in 1	1.00
8251	cup sour cream	0.00
8252	DOUGH -----	0.00 -----
8252	Butter	1.00 c
8252	Shortening	1.00 c
8252	Flour	6.25 c
8252	Yeast	2.00 tb
8252	Sour cream	1.00 pt
8252	Egg yolks	3.00
8252	Salt	1.00 pn
8252	FILLING -----	0.00 -----
8252	Ground walnuts	0.50 lb
8252	Sugar	1.25 c
8252	Cinnamon	0.25 ts
8252	Vanilla	1.00 ts
8252	Egg whites, stiffly beaten	3.00
8252	EGG WASH -----	0.00 -----
8252	Egg yolk	1.00
8252	Few drops water	0.00
8252	Extra sugar*	0.00
8253	Milk	0.50 c
8253	Poppy seeds	1.00 c
8253	Unbleached flour	1.50 c
8253	Baking soda	1.00 ts
8253	Nutmeg	0.25 ts
8253	Butter	1.00 c
8253	Lemon rind/extract	0.50 ts
8253	Maple syrup	0.50 c
8254	Milk	0.50 c

Sheet1

8254	Marshmallows; full size	24.00
8254	Heavy cream; whipped	1.00 c
8254	Butter; melted	8.00 tb
8254	Egg yolks; large	2.00
8254	Egg whites; lge,beaten stiff	2.00
8254	Hydrox chocolate cookies	36.00
8255	Brown sugar	4.00 c
8255	Eggs	4.00 ea
8255	Lard - or butter	1.00 c
8255	Flour - sifted	7.00 c
8255	Baking soda	1.00 tb
8255	Cream tartar	1.00 ts
8255	Salt - a pinch	0.00
8255	Nuts - cocoanut or raisins	0.00
8256	Molasses	1.00 c
8256	White sugar	1.00 c
8256	Shortening	1.00 c
8256	Hot water	1.00 c
8256	Baking soda	3.00 ts
8256	Ground ginger	1.00 ts
8256	Cinnamon	2.00 ts
8256	(approx.) flour, sifted	6.00 c
8256	FROSTING -----	0.00 -----
8256	Egg whites	2.00
8256	Confectioners sugar	3.00 c
8256	Vanilla	0.50 ts
8256	Food coloring (optional)	0.00
8257	Garbanzo bean (chick-pea)	2.00 c
8257	Flour	0.00
8257	Cracked or coarsely ground	1.00 ts
8257	Black pepper	0.00
8257	Ground cumin seed	1.00 ts
8257	Salt	0.50 ts
8257	Garlic, pressed	1.00 cl
8257	Plus about 1 Tablespoon	0.25 c
8257	Water	0.00
8257	Cayenne for dusting tops	0.00
8257	Oil for frying (optional)	0.00
8258	(1-1/8 teaspoons) active	0.50 pk
8258	Dry yeast	0.00
8258	Sugar	0.50 ts
8258	Warm water	0.75 c
8258	All-purpose flour	1.33 c
8258	Whole wheat flour	0.50 c
8258	Salt	0.75 ts
8258	Shortening	2.00 tb
8258	Olive oil for the tops	0.00
8259	All-purpose flour	1.00 c
8259	Dried dill weed, OR	1.00 ts



Sheet1

8259	Fresh, dill weed	1.00 tb
8259	Salt	0.25 ts
8259	Pepper	0.25 ts
8259	Oil	0.25 c
8259	(4 ounces) Jack cheese,	0.25 lb
8259	Shredded (1 to 1-1/2 cups,	0.00
8259	Loosely packed)	0.00
8259	Water	0.33 c
8260	Flour	2.00 c
8260	Baking powder	2.50 ts
8260	Salt	0.50 ts
8260	Butter	0.67 c
8260	Brown sugar	2.50 c
8260	Eggs	3.00
8260	Vanilla	1.00 ts
8260	Coarsely chopped nuts	1.00 c
8260	Carob chips	1.25 c
8261	Flour; all-purpose	1.50 c
8261	Baking powder	1.00 ts
8261	Salt	0.50 ts
8261	Sugar	0.50 c
8261	Brown sugar; firmly packed	0.25 c
8261	Instant coffee	1.00 tb
8261	Butter; softened	0.75 c
8261	Egg	1.00
8261	Flaked coconut	1.50 c
8262	Sugar	1.00 c
8262	Molasses	1.00 c
8262	Lard	1.00 c
8262	Egg yolks	2.00 ea
8262	Vinegar	1.00 tb
8262	Ginger	0.50 ts
8262	Cinnamon	0.50 ts
8262	Cloves	0.25 ts
8262	Baking soda	1.00 ts
8262	Water - hot	2.00 tb
8262	Egg whites	2.00 ea
8262	Firm jelly - for centers	0.00
8263	Oatmeal	2.00 c
8263	Flour	2.00 c
8263	Brown sugar	1.00 c
8263	Lard	0.50 c
8263	Butter	0.50 c
8263	Soda	0.50 ts
8263	Buttermilk*	0.50 c
8263	FILLING	0.00
8263	Dates	1.00 lb
8263	Water	0.00
8263	Sugar** or use orange juice	0.50 c

Sheet1

8264	Corn oil margarine	0.25 c
8264	Egg	1.00
8264	Egg whites	2.00
8264	Vanilla	2.00 ts
8264	Bleached flour	0.50 c
8264	Millers bran	0.25 c
8264	Whole wheat flour	0.25 c
8264	Baking powder	1.50 ts
8264	Cinnamon	0.25 ts
8264	Chopped dates	1.00 c
8264	Shredded coconut	1.00 c
8264	Black walnut pieces	1.00 c
8264	Raisins	0.33 c
8265	Almond paste	8.00 oz
8265	Sugar	1.00 c
8265	Almond extract	0.25 ts
8265	Salt	1.00 pn
8265	To 3/8 cup egg whites... 2	0.25
8265	to 3	0.00
8266	Brown sugar	1.00 c
8266	Butter or butter substitute	0.50 c
8266	Baking soda	0.25 ts
8266	Vanilla	1.00 ts
8266	Nutmeg	1.00 ts
8266	Flour	0.00
8266	Egg, well beaten	1.00
8266	Sour milk	0.50 c
8266	Baking powder	1.00 ts
8266	Salt	0.33 ts
8266	Cinnamon	0.50 ts
8266	Grape jelly	0.00
8267	Roll Of Refrigerated	1.00
8267	Slice 'n' Bake Cookies	0.00
8267	Peanut Butter	0.75 c
8267	Pk Cream Cheese; Softened	4.00 oz
8267	Sugar	3.00 tb
8267	Salt	0.12 ts
8267	Margarine Or Butter; Softened	3.00 tb
8267	Milk	2.00 tb
8267	Vanilla Extract	2.00 ts
8267	Peanuts; Chopped	0.50 c
8268	Sugar	0.75 c
8268	(5 1/3 tablespoon) softened	0.33 c
8268	margarine	0.00
8268	Light corn syrup	0.33 c
8268	Slightly beaten egg whites	2.00
8268	Almond extract	1.00 ts
8268	Quaker oats uncooked	2.25 c
8268	All purpose flour	1.00 c

Sheet1

8268	Baking soda	0.50 ts
8268	Salt optional	0.50 ts
8268	Sliced almonds	3.00 tb
8269	Raisins	2.00 c
8269	Water	1.00 c
8269	Shortening	1.00 c
8269	Sugar	2.00 c
8269	Eggs	3.00
8269	Vanilla	1.00 ts
8269	Flour	4.00 c
8269	Baking powder	1.00 ts
8269	Soda	1.00 ts
8269	Salt	2.00 ts
8269	Allspice (optional)	0.25 ts
8269	Cinnamon	1.50 ts
8269	Nutmeg (optional)	0.25 ts
8269	Black walnuts (chopped)	1.00 c
8270	Butter	1.00 c
8270	Peanut Butter	1.00 c
8270	Brown Sugar	1.00 c
8270	Sugar	0.50 c
8270	Egg	3.00
8270	Vanilla	3.00 ts
8270	Flour	2.00 c
8270	Baking Powder	2.00 ts
8270	Oatmeal	2.00 c
8270	Chocolate Chips	12.00 oz
8271	Kahlua	0.50 c
8271	Light corn syrup	0.25 c
8271	Candied cherries, chopped	0.33 c
8271	Golden raisins, chopped	0.33 c
8271	Fine vanilla wafer crumbs	2.50 c
8271	Powdered sugar, sifted	1.00 c
8271	Pecans, finely chopped	1.00 c
8271	Unsweetened cocoa powder	0.50 c
8271	Coatings (see below)	0.00
8272	Shortening	0.50 c
8272	Butter	0.25 c
8272	Light brown sugar	0.50 c
8272	Egg	1.00 lg
8272	Molasses	0.25 c
8272	Kahlua	2.00 tb
8272	Sifted all-purpose flour	2.25 c
8272	Baking soda	1.00 tb
8272	Salt	1.00 ts
8272	Ginger	1.00 ts
8272	Cinnamon	0.50 ts
8272	Nutmeg	0.50 ts
8273	Unsweetened chocolate	2.00 oz

Sheet1

8273	Unsalted butter	0.25 lb
8273	Sugar	1.00 c
8273	Eggs	2.00
8273	Vanilla extract	0.50 ts
8273	All-purpose flour	0.25 c
8273	Salt	0.25 ts
8273	Coarsely chopped walnuts	1.00 c
8274	Butter	1.00 c
8274	Confectioners' sugar	0.50 c
8274	Flour	2.00 c
8274	*FILLING*	0.00
8274	Eggs; beaten	4.00 ea
8274	Flour	4.00 tb
8274	Sugar	2.00 c
8274	Salt	1.00 pn
8274	Key lime juice	6.00 tb
8274	Baking powder	1.00 ts
8274	Confectioners' sugar	1.00 ea
8275	Egg whites	4.00
8275	Confectioners sugar	1.00 lb
8275	Lemon juice	1.00 ts
8275	Walnuts,broken into quarters	0.75 lb
8276	Sour cream	1.00 c
8276	Egg yolks	12.00 lg
8276	Salt	1.00 ts
8276	White granulated sugar	1.00 c
8276	Vanilla	1.00 ts
8276	Baking powder	1.00 ts
8276	White flour	0.00
8276	Vegetable oil	0.00
8276	for deep frying	0.00
8276	Sugar; for sprinkling	0.00
8277	Unsalted butter	1.00 c
8277	Sugar	0.67 c
8277	Egg yolks	3.00
8277	Vanilla extract	1.00 ts
8277	All-purpose flour	1.50 c
8277	Yellow cornmeal	1.00 c
8278	All-purpose flour	1.00 c
8278	Finely chopped pecans	1.00 c
8278	Light corn syrup	0.50 c
8278	Butter	8.00 tb
8278	Brown sugar, firmly packed	0.67 c
8279	Walnut pieces	0.75 c
8279	Unsalted butter; softened	0.75 c
8279	Light brown sugar, packed	1.50 c
8279	Egg	1.00 lg
8279	Vanilla extract	1.00 ts
8279	Cinnamon	1.00 ts

Sheet1

8279	Salt	0.50 ts
8279	Quick-cooking rolled oats	1.00 c
8279	Wheat germ	0.25 c
8279	Cake flour	2.00 tb
8280	Box yellow cake mix	1.00
8280	Oil	0.50 c
8280	Water	2.00 tb
8280	Eggs, beaten	2.00
8280	Chocolate chips	1.00 c
8281	Butter	0.50 c
8281	Brown sugar	0.50 c
8281	White sugar	0.50 c
8281	Egg	1.00
8281	Vanilla	0.50 ts
8281	+ 2 T all-purpose flour	1.00 c
8281	Salt	0.50 ts
8281	Baking soda	0.50 ts
8281	Candied papaya, chopped	4.00 oz
8281	Candied mango, chopped	4.00 oz
8281	Candied pineapple, chopped	4.00 oz
8281	Dried apricot, chopped	4.00 oz
8281	Chopped Macadamia nuts	8.00 oz
8281	White chocolate chunks	8.00 oz
8282	Honey	0.50 c
8282	Sugar	0.33 c
8282	Unsifted flour (see note)	2.50 c
8282	Baking powder	4.00 ts
8282	Ground cinnamon	1.00 ts
8282	Nutmeg	1.00 pn
8282	Cloves	1.00 pn
8282	Sliced almonds	0.67 c
8282	Candied orange peel, finely chopped	3.00 tb 0.00
8282	Candied lemon peel, finely chopped	3.00 tb 0.00
8282	Egg	1.00
8282	Kirsch OR orange juice	2.00 tb
8282	Milk	0.00
8282	Glaze (recipe follows)	0.00
8282	Candied red cherries, halved, for topping	0.00 0.00
8282	Angelica or candied citron peel, cut into leaf shapes for topping	0.00 0.00 0.00
8283	Butter, melted	3.00 tb
8283	Salt	0.25 ts
8283	Baking powder	0.50 ts
8283	Almond extract	0.50 ts
8283	Sugar	0.50 c

Sheet1

8283	Quaker oats	1.50 c
8283	Egg, well beaten	1.00
8284	Butter	1.00 c
8284	Confectioners sugar	0.50 c
8284	All-purpose flour	2.00 c
8284	Salt	0.50 ts
8284	Eggs, well beaten	4.00
8284	Granulated sugar	2.00 c
8284	Lemon juice	5.00 tb
8284	Grated lemon rind	2.00 tb
8284	Confectioners sugar, topping	0.00
8285	Flour	2.00 c
8285	Confectioners sugar	0.50 c
8285	Butter	1.00 c
8285	Eggs	4.00
8285	Sugar	2.00 c
8285	Lemon juice	0.33 c
8285	Flour	0.25 c
8285	Baking powder	2.00 ts
8286	Duncan Hines Lemon Supreme	1.00 pk
8286	Cake Mix	0.00
8286	Cooking oil	0.50 c
8286	Eggs	2.00
8286	Grated lemon peel	1.00 ts
8287	Unsalted butter; room temp.	1.00 c
8287	Sugar	0.50 c
8287	Grated lemon peel	1.50 tb
8287	Egg yolk	1.00
8287	Lemon extract	1.00 ts
8287	Salt	0.25 ts
8287	Flour	2.50 c
8287	Sugar	0.00
8287	Powdered sugar	0.00
8288	Sugar	2.50 c
8288	Shortening	1.00 c
8288	Bakers ammonia	2.00 tb
8288	Oil of lemon	1.00 ts
8288	Eggs	2.00 ea
8288	Milk - new	2.00 tb
8288	Pt Milk - new	1.00 ea
8288	Flour	0.00
8289	Almonds; blanched, slivered	0.50 c
8289	Sugar	0.50 c
8289	Lemons	2.00
8289	Dark brown sugar; packed	0.50 c
8289	Lg Eggs	2.00
8289	Heavy cream	1.00 c
8289	All-purpose flour	2.00 c
8289	Salt	0.50 ts

Sheet1

8289	Baking soda	1.00 ts
8290	Shortening	1.00 c
8290	Sugar	2.00 c
8290	Lemon juice	0.25 c
8290	Water	0.50 c
8290	Baking soda	1.00 ts
8290	Cream of tartar	1.00 ts
8290	Flour	3.00 c
8291	Sticks butter or margarine,	2.00
8291	room temperature	0.00
8291	Sugar	0.50 c
8291	Lemon juice	1.00 tb
8291	Grated lemon peel	2.00 tb
8291	Egg	1.00
8291	Flour	2.25 c
8291	Cayenne powder	1.00 ts
8291	Salt	0.25 ts
8291	Baking soda	0.25 ts
8292	Butter	0.50 c
8292	Sugar	0.75 c
8292	Lemonjuice	3.00 tb
8292	Flour	2.75 c
8292	Almonds,chopped	1.50 c
8292	14 oz chocolate kisses	1.00 pk
8292	Powdered Sugar	0.00
8292	Shortening	1.00 tb
8292	Chocolate chips	0.50 c
8293	Lemons	2.00 lg
8293	Unsalted butter	0.50 lb
8293	Vanilla extract	0.25 ts
8293	Sugar	2.00 c
8293	Salt	1.00 ts
8293	Egg	1.00
8293	Semolina	3.00 c
8293	All-purpose flour	1.00 c
8293	TO DUST THE COOKIES -----	0.00 -----
8293	Sugar	0.25 c
8294	Frozen sheet of puff paste	1.00
8294	Egg	0.50
8294	Grated zest of 1/2 lemon	0.00
8294	Powdered sugar	0.00
8295	Butter/margarine	0.33 c
8295	Sugar	0.67 c
8295	Egg	1.00
8295	Lemon juice	2.00 tb
8295	Grated lemon peel	1.00 ts
8295	All purpose flour	1.00 c
8295	Baking powder	0.25 ts
8296	Lemon juice	1.50 tb

Sheet1

8296	Grated lemon zest	0.50 tb
8296	Sugar	0.50 c
8296	(1 stick) butter or	8.00 tb
8296	Margarine, softened	0.00
8296	Egg, lightly beaten	1.00
8296	All-purpose or pastry flour	2.00 c
8296	Unsweetened coconut, grated	0.33 c
8296	Baking powder	1.00 ts
8296	Salt	0.12 ts
8297	(1/2 lb.) butter/margarine,	1.00 c
8297	at room temperature	0.00
8297	Sugar	2.50 c
8297	*each* grated lemon and lime	1.00 ts
8297	peel	0.00
8297	*each* lemon and lime juice	2.00 tb
8297	Flour	2.50 c
8297	Regular rolled oats	1.00 c
8297	Baking powder	2.00 ts
8297	*each* ground cinnamon and	0.50 ts
8297	ground nutmeg	0.00
8298	DOUGH -----	0.00 -----
8298	Unsalted butter	6.00 oz
8298	Sugar	4.00 oz
8298	Ground blanched almonds	4.00 oz
8298	Unbleached all-purpose flour	8.00 oz
8298	FINISHING -----	0.00 -----
8298	Egg; beaten	1.00
8298	Blanched sliced almonds	0.00
8298	Apricot or raspberry jam	12.00 oz
8298	Water	2.00 oz
8298	Confectioners' sugar	0.00
8299	(3 sticks) butter, softened	1.50 c
8299	Sugar	1.00 c
8299	Egg	1.00
8299	Egg yolk	1.00
8299	Grated lemon rind	1.00 ts
8299	Vanilla	0.50 ts
8299	Very finely ground hazelnuts	3.33 c
8299	or almonds	0.00
8299	Unsifted cake flour (see	3.33 c
8299	note)	0.00
8299	Baking powder	1.00 ts
8299	Ground cinnamon	1.25 ts
8299	Raspberry jam	12.00 oz
8299	Confectioners' sugar for	0.00
8299	dusting	0.00
8300	Unblanched almonds	1.50 c
8300	All-purpose flour	2.50 c
8300	Salt	1.00 pn



Sheet1

8300	Ground allspice	1.00 ts
8300	Powdered sugar	1.00 c
8300	Lemon's peel, finely grated	1.00
8300	Unsalted butter;in sm pieces	1.25 c
8300	Egg yolks	3.00
8300	Raspberry jam	12.00 oz
8300	Egg	1.00
8300	Milk	2.00 ts
8300	Sugar	2.00 ts
8300	Sliced almonds	0.50 c
8301	Butter	1.00 c
8301	Brown sugar	1.00 c
8301	Granulated sugar	1.00 c
8301	Beaten eggs	2.00
8301	Vanilla	1.00 ts
8301	Salt	1.50 ts
8301	Baking soda	1.00 ts
8301	Flour	2.00 c
8301	Rice Krispies	2.00 c
8301	Oatmeal	2.00 c
8301	Chocolate chips (yeah, right...)	12.00 oz 0.00
8302	Butter	0.75 c
8302	Brown sugar	1.00 c
8302	Sugar	0.50 c
8302	Egg	1.00
8302	Milk	0.25 c
8302	Vanilla	1.00 ts
8302	Flour	1.00 c
8302	Soda	0.50 ts
8302	Cinnamon	0.25 ts
8302	Oatmeal	2.50 c
8302	Nuts	0.75 c
8302	M & M's	0.67 c
8303	Egg whites	2.00
8303	Sugar	1.00 c
8303	Vanilla	1.00 ts
8303	Coconut extract	0.50 ts
8303	Chopped walnuts	0.50 c
8303	Dry cereal (corn flakes, rice crisps)	2.00 c 0.00
8304	Egg whites	2.00
8304	Salt	0.12 ts
8304	Sugar	0.75 c
8304	Vanilla	0.50 ts
8304	Cornflakes	1.00 c
8304	Shredded coconut	2.00 c
8305	Eggs; well beaten	2.00 ea
8305	Sugar	1.50 c

Sheet1

8305	Butter; melted	5.00 tb
8305	Post toasties; roll before	3.50 c
8305	measuring	0.00
8305	Cocoanut	0.50 c
8305	Vanilla	1.00 ts
8305	Flour	4.00 tb
8305	Baking powder	2.00 ts
8306	Unsalted butter	1.00 c
8306	Powdered sugar, sifted	2.50 c
8306	Eggs	4.00
8306	Salt	1.00 pn
8306	Vanilla extract	0.50 ts
8306	Orange extract	0.25 ts
8306	All-purpose flour	2.00 c
8307	All-purpose flour	1.00 c
8307	Instant malted milk	1.50 c
8307	Salt	0.50 ts
8307	Vegetable shortening	0.25 c
8307	Vanilla extract	0.50 ts
8307	Water	0.25 c
8308	Shortening, butter-flavored	1.50 c
8308	Sugar	1.50 c
8308	Maple Syrup, dark-grade	1.00 c
8308	Eggs	2.00
8308	All-Purpose Flour	4.50 c
8308	Baking Soda	1.50 ts
8308	Cinnamon	2.00 tb
8308	Ground Cloves	2.00 ts
8308	Ginger	4.00 ts
8308	Sugar + 1 tb Cinnamon	0.50 c
8308	for rolling	0.00
8309	SHORTBREAD -----	0.00 -----
8309	Unsalted butter	0.50 c
8309	Sugar	0.25 c
8309	All-purpose flour	1.00 c
8309	MAPLE TOPPING -----	0.00 -----
8309	Packed brown sugar	0.75 c
8309	Pure maple syrup	0.33 c
8309	Unsalted butter; room temp.	1.00 tb
8309	Vanilla	1.00 ts
8309	Chopped toasted walnuts	0.50 c
8310	Sugar	1.00 c
8310	Few grains salt	0.00
8310	Chopped nuts	1.00 c
8310	Water	0.33 c
8310	Beaten egg white	1.00
8310	Saltines	40.00
8311	Butter	0.25 c
8311	Regular Marshmallows Or	40.00

Sheet1

8311	Miniature Marshmallows	4.00 c
8311	Kellogg's Rice Krispies	5.00 c
8312	Butter or margarine	0.75 c
8312	Egg yolk	0.00
8312	Browned Butter Frosting	1.00
8312	Packed brown sugar	0.50 c
8312	All-purpose flour	2.00 c
8312	Chopped pecans (optional)	0.25 c
8313	Egg whites	4.00
8313	Cream of tartar	0.25 ts
8313	Vanilla	1.00 ts
8313	Salt	0.25 ts
8313	White sugar	1.50 c
8313	Bag (12-oz) chocolate chips	1.00
8314	Text Only	0.00
8315	Butter	1.00 c
8315	Sugar, powdered	0.25 c
8315	Salt	0.12 ts
8315	Vanilla	2.00 ts
8315	Flour	2.00 c
8315	Nuts, chopped	0.50 c
8316	Butter	1.00 c
8316	Vanilla	1.00 ts
8316	Chopped pecans	0.50 c
8316	Squid	1.00
8316	Powdered sugar	0.50 c
8316	Flour, sifted	2.00 c
8316	Powdered sugar	0.00
8316	Leek	1.00
8317	Almond paste (8 oz)	1.00 cn
8317	Granulated sugar	1.00 c
8317	Egg whites	2.00
8317	MIDORI ICING -----	0.00 -----
8317	Powdered sugar	1.00 c
8317	Midori	0.12 c
8317	Butter	1.00 tb
8318	Whole millet	0.25 c
8318	Millet flour	0.50 c
8318	All-purpose flour	2.00 c
8318	Salt	0.50 ts
8318	Vegetable shortening	0.33 c
8318	(1/2 cup plus 2 Tb) milk	0.62 c
8318	Honey	1.00 tb
8319	Brown sugar	1.50 c
8319	Shortening	1.00 c
8319	Eggs, well beaten	2.00
8319	Flour	3.00 c
8319	Sweetened condensed milk	2.00 tb
8319	Rolled oats	2.00 c

Sheet1

8319	Salt	0.50 ts
8319	Molasses	0.25 c
8319	Mince-meat	1.25 c
8319	Water	2.00 tb
8319	Baking powder	4.00 ts
8320	Brown sugar	0.67 c
8320	Sugar - white	0.67 c
8320	Shortening	0.67 c
8320	Mincemeat	1.00 pk
8320	Salt	0.50 ts
8320	Eggs	2.00 ea
8320	Flour	3.00 c
8320	Cinnamon	1.00 ts
8320	Nutmeg	0.50 ts
8320	Baking soda	0.33 ts
8321	7.5 oz Mini Oreo Cookies	1.00 pk
8321	16 oz brownie mix	1.00 pk
8321	Miniature marshmallows	1.00 c
8321	Chopped walnuts	0.33 c
8321	Candy coated peanut butter	0.33 c
8321	candies	0.00
8322	Butter	0.50 c
8322	Sugar	0.67 c
8322	Egg	1.00
8322	Milk	2.00 tb
8322	Rum	1.00 tb
8322	Flour	1.50 c
8322	Baking soda	0.50 ts
8322	Chopped lemon rind	2.00 ts
8322	Chopped mint leaves	4.00 tb
8323	Butter or margarine	0.50 c
8323	Semisweet chocolate pieces	0.50 c
8323	Instant coffee crystals	1.00 tb
8323	Sugar	0.75 c
8323	Brown sugar; (packed)	0.75 c
8323	Eggs	2.00
8323	Vanilla	2.00 ts
8323	All-purpose flour	2.00 c
8323	Unsweetened cocoa powder	0.33 c
8323	Baking powder	0.50 ts
8323	Salt	0.25 ts
8323	Semisweet chocolate pieces	1.00 c
8324	Butter (5 sticks)	2.25 lb
8324	Sugar	2.00 c
8324	Brown Sugar	2.00 c
8324	Flour	4.00 c
8324	Oatmeal	5.00 c
8324	Chopped Pecans	3.00 c
8324	Eggs	4.00 ea

Sheet1

8324	Each - Vanilla, Coca,	2.00 ts
8324	Baking Powder and	0.00
8324	Baking Soda	0.00
8325	Margarine or shortening	0.75 c
8325	Granulated sugar	1.00 c
8325	Egg	1.00
8325	Molasses	4.00 tb
8325	Cinnamon	1.00 ts
8325	Ginger	1.00 ts
8325	Flour	2.00 c
8325	Baking soda	2.00 ts
8325	Extra sugar	0.00
8326	All-purpose flour	1.00 c
8326	Whole wheat flour	1.00 c
8326	Rolled oats (oatmeal),	0.75 c
8326	Regular or quick cooking	0.00
8326	(not instant)	0.00
8326	Salt	1.00 ts
8326	Baking soda	1.00 ts
8326	Black pepper	0.50 ts
8326	Sour cream	0.50 c
8326	Plus 2 Tablespoons water	0.25 c
8326	Molasses, light or dark	0.25 c
8326	Salt for the tops	0.00
8327	Shortening	0.75 c
8327	Sugar	1.00 c
8327	Molasses	0.25 c
8327	Egg	1.00
8327	Baking powder	2.00 ts
8327	Sifted all purpose flour	2.00 c
8327	Cloves	0.50 ts
8327	Ginger	0.50 ts
8327	Cinnamon	1.00 ts
8327	Salt	0.50 ts
8328	Eggs; Large	4.00
8328	Sugar	2.00 c
8328	Anise Extract	1.00 ts
8328	Cake Flour; Sifted	4.50 c
8329	Yellow Cake Mix *	1.00
8329	Butter, Softened	0.50 c
8329	Vanilla	1.00 ts
8329	Eggs	2.00
8329	Chocolate Chips	6.00 oz
8329	Walnuts, Chopped	0.50 c
8330	Shortening; plus...	0.50 c
8330	Shortening	2.00 tb
8330	Brown sugar	1.00 c
8330	Sifted flour	2.50 c
8330	Soda	1.00 ts

Sheet1

8330	Salt	0.50 ts
8330	Ginger	0.50 ts
8330	Cinnamon	0.50 ts
8330	Molasses	0.50 c
8330	Rich sour milk	0.50 c
8330	Vinegar	1.00 ts
8331	Butter Flavor Crisco	1.50 c
8331	Light brown sugar,	2.50 c
8331	firmly packed	0.00
8331	Granulated sugar	2.00 c
8331	Eggs	6.00
8331	Extra crunchy peanut butter	3.00 c
8331	Light corn syrup	2.00 tb
8331	Baking soda *plus*	1.00 tb
8331	Baking soda	1.00 ts
8331	Vanilla	2.00 ts
8331	Quick oats	9.00 c
8331	Semi-sweet chocolate chips	12.00 oz
8331	(1 package)	0.00
8332	Shortening	2.00 c
8332	Molasses	1.00 qt
8332	Cloves	1.00 tb
8332	Ginger	1.00 ts
8332	Brown sugar	2.25 c
8332	Flour	8.00 c
8332	Cinnamon	1.00 tb
8332	Baking soda	0.50 ts
8332	Vinegar	1.00 ts
8333	Butter	2.00 c
8333	Egg	5.00
8333	Baking soda	1.00 ts
8333	Powdered sugar	2.50 c
8333	Flour	4.00 c
8333	Pecans	0.00
8334	Butter	2.00 c
8334	Egg, well beaten	5.00
8334	Soda	1.00 ts
8334	Water, boiling	0.25 c
8334	Sugar	3.00 c
8334	Cream	1.00 c
8334	Flour	4.00 c
8335	Shortening	0.75 c
8335	Brown sugar	1.00 c
8335	Molasses	0.25 c
8335	Water	0.25 c
8335	Baking soda	2.00 ts
8335	Cinnamon	1.00 ts
8335	Ginger	1.00 ts
8335	Salt	0.50 ts

Sheet1

8335	Flour	2.50 c
8336	Unbleached All-Purpose flour	2.25 c
8336	(sifted)	0.00
8336	Butter	1.00 c
8336	Salt	0.50 ts
8336	Ice Water	4.00 tb
8336	FILLING -----	0.00 -----
8336	Almond Paste	8.00 oz
8336	Egg	1.00 lg
8336	Sugar	2.00 tb
8336	Ground Almonds	0.33 c
8337	Butter	0.50 c
8337	Margarine	0.50 c
8337	Eggs, beaten	2.00 md
8337	Vanilla Extract	2.00 ts
8337	Flour	2.25 c
8337	Brown Sugar	1.00 c
8337	Granulated Sugar	0.50 c
8337	Chocolate Chips	12.00 oz
8337	Chopped Walnuts	1.00 c
8337	Baking soda	1.00 ts
8337	Salt	0.50 ts
8337	Milk	0.50 ts
8337	Water	0.50 ts
8338	COOKIES -----	0.00 -----
8338	All-purpose flour	1.50 c
8338	Baking soda	0.50 ts
8338	Ground cinnamon	0.50 ts
8338	Quick oats (NOT instant)	1.00 c
8338	Light brown sugar, firmly packed	1.00 c
8338	Salted butter, softened	0.50 c
8338	Egg	1.00 lg
8338	Pure vanilla extract	1.00 ts
8338	FILLING -----	0.00 -----
8338	Smooth peanut butter	0.75 c
8338	Salted Butter, softened	0.25 c
8338	Half-and-half	2.00 tb
8338	Pure vanilla extract	1.00 ts
8338	Confectioners sugar	1.50 c
8339	BATTER -----	0.00 -----
8339	Eggs	2.00
8339	Sugar, granulated	0.50 c
8339	Flour, all purpose	0.50 c
8339	Baking powder	1.00 ts
8339	Salt	1.00 pn
8339	FILLING -----	0.00 -----
8339	Whipping cream	0.50 c
8339	Sugar, granulated	0.50 ts

Sheet1

8339	Vanilla	0.25 ts
8339	Grape jelly	0.00
8340	Molasses - baking	1.00 qt
8340	Pt Brown sugar	1.00 ea
8340	Pt Lard	1.00 ea
8340	Pt Milk - sour	1.00 ea
8340	Baking soda - level -	8.00 ts
8340	dissolved in milk	0.00
8340	Ginger - level	2.00 tb
8340	Flour - to make stiff dough	0.00
8341	Flour	3.25 c
8341	Baking soda	1.00 ts
8341	Salt	0.25 ts
8341	Ground cinnamon	2.00 ts
8341	Ground ginger	1.00 ts
8341	Allspice	0.50 ts
8341	Dark brown sugar, softened	1.00 c
8341	Unsulfered molasses	0.75 c
8341	Egg	1.00 lg
8341	(6 oz) raisins	1.50 c
8341	Icing:	0.00
8341	Confectioners sugar (candy	1.00 c
8341	sugar)	0.00
8341	Milk	2.00 tb
8342	Flour	2.00 c
8342	Baking soda	0.50 ts
8342	Salt	0.25 ts
8342	Cups. dark brown sugar,	1.25
8342	firmly packed	0.00
8342	White sugar	1.25 c
8342	Salted butter, softened	1.00 c
8342	Eggs	3.00 lg
8342	Creamy peanut butter	1.00 c
8342	Pure vanilla extract	2.00 ts
8343	Unsweetened chocolate	2.00 oz
8343	(4 oz) semisweet chocolate	0.75 c
8343	chips	0.00
8343	Salted butter, softened	0.50 c
8343	White sugar	1.00 c
8343	Eggs	2.00 lg
8343	Pure vanilla extract	2.00 ts
8343	All purpose flour	1.50 c
8343	(6 oz) semi sweet chocolate	1.00 c
8343	chips	0.00
8343	(3 oz) white chocolate chips	0.50 c
8343	(1/5oz) milk chocolate chips	0.25 c
8344	All-purpose flour	2.75 c
8344	Baking Soda	1.00 ts
8344	White sugar	0.75 c



## Sheet1

8344	Dark brown sugar, packed	0.25 c
8344	Salted butter, softened	1.00 c
8344	Egg	1.00 lg
8344	Apricot Nectar	0.25 c
8344	Apricot preserves	0.50 c
8344	Dried apricots, chopped	0.75 c
8345	All-purpose flour	2.25 c
8345	Unsweetened cocoa powder	0.50 c
8345	Baking soda	0.50 ts
8345	Salt	0.25 ts
8345	Dark brown sugar, firmly	1.00 c
8345	Packed	0.00
8345	White sugar	0.75 c
8345	Salted butter, softened	1.00 c
8345	Large eggs	3.00
8345	Pure vanilla extract	2.00 ts
8345	Semisweet chocolate bar,	1.00 c
8345	Coarsely chopped	0.00
8345	White chocolate bar,	1.00 c
8345	Coarsely chopped	0.00
8346	All-purpose flour	2.50 c
8346	Baking soda	1.00 ts
8346	Baking powder	0.50 ts
8346	Ground cloves	0.50 ts
8346	Ground cinnamon	2.00 ts
8346	Salt	0.25 ts
8346	Quick oats (not instant)	1.00 c
8346	Dark brown sugar, packed	0.75 c
8346	White sugar	0.75 c
8346	Salted butter, softened	1.00 c
8346	Eggs	2.00 lg
8346	Pure vanilla extract	2.00 ts
8346	Grated carrot (2 or 3	2.00 c
8346	medium carrots	0.00
8346	Crushed Pineapple, drained	0.50 c
8346	(4-oz.) chopped walnuts	1.00 c
8347	All-Purpose Flour	2.67 c
8347	Baking Soda	0.50 ts
8347	Salt	0.25 ts
8347	Unsweetened Cocoa Powder	0.50 c
8347	Light Brown Sugar, Packed	0.75 c
8347	White Sugar	0.67 c
8347	Salted Butter, Softened	1.00 c
8347	Eggs	3.00 lg
8347	Pure Mint Extract	1.00 ts
8347	Mint Chocolate Chips	10.00 oz
8348	All-purpose flour	2.00 c
8348	Baking soda	0.50 ts
8348	Salt	0.25 ts

Sheet1

8348	Light brown sugar, packed	1.00 c
8348	White sugar	0.50 c
8348	Salted butter, softened	0.50 c
8348	Cream cheese, softened	4.00 oz
8348	Large egg	1.00
8348	Pure lemon extract	2.00 ts
8348	Whole macadamia nuts,	1.50 c
8348	Unsalted	0.00
8349	All-purpose flour	2.00 c
8349	Baking powder	0.50 ts
8349	Freshly grated lemon zest	1.50 ts
8349	Ground corriander	1.00 ts
8349	Poppy Seeds	2.00 tb
8349	Salted butter, softened	0.25 c
8349	White sugar	1.00 c
8349	Egg yolks	2.00 lg
8349	Whole egg	1.00 lg
8349	Pure lemon extract	1.50 ts
8350	Honey	2.00 tb
8350	Unsalted Butter	0.25 c
8350	Semisweet Chocolate, Chopped	4.00 oz
8350	Muesli	8.00 oz
8351	Whole wheat flour	1.00 c
8351	Whole mustard seeds	1.00 tb
8351	Toasted wheat germ	0.75 c
8351	Salt	0.50 ts
8351	(1/2 stick) butter or	4.00 tb
8351	Margarine, softened	0.00
8351	Water	0.50 c
8352	Brown sugar	1.00 c
8352	Shortening	0.50 c
8352	Egg	1.00 ea
8352	Raisins - small	1.00 c
8352	Pastry flour - sifted	2.00 c
8352	before measuring	0.00
8352	Spice - mixed - ground	1.00 ts
8352	Baking soda	0.50 ts
8352	Baking powder	2.00 ts
8352	Salt	0.50 ts
8352	Buttermilk - rich - sour	0.50 c
8353	Semisweet chocolate	8.00 oz
8353	Butter	3.00 tb
8353	All-purpose flour	0.25 c
8353	Baking powder	0.25 ts
8353	Salt	0.12 ts
8353	Eggs	2.00
8353	Sugar	0.75 c
8353	Vanilla	0.50 ts
8353	Semisweet chocolate morsels	1.00 c

Sheet1

8353	Pecans, chopped roughly	2.25 c
8354	Butter or margarine	2.00 c
8354	Brown sugar	2.00 c
8354	Vanilla	2.00 ts
8354	Ground oatmeal (fine powder)	3.00 c
8354	Baking powder	2.00 ts
8354	Chocolate chips	24.00 oz
8354	Chopped nuts	3.00 c
8354	Granulated sugar	2.00 c
8354	Eggs	4.00
8354	Flour	4.00 c
8354	Salt	1.00 ts
8354	Baking soda	2.00 ts
8354	8 oz hershey bar, grated	1.00
8355	Butter	2.00 c
8355	Sugar	2.00 c
8355	Brown sugar	2.00 c
8355	Eggs	4.00
8355	Vanilla	2.00 ts
8355	Flour	4.00 c
8355	Blended oatmeal, (blend in	5.00 c
8355	blender to a fine powder)	0.00
8355	Salt	1.00 ts
8355	Baking powder	2.00 ts
8355	Baking soda	2.00 ts
8355	Chocolate chips	24.00 oz
8355	Hershey chocolate bar,	8.00 oz
8355	(grated)	0.00
8355	Chopped nuts	3.00 c
8356	Water	2.00 c
8356	Sugar,refined	2.00 c
8356	Brown sugar	2.00 c
8356	Eggs	4.00
8356	Vanilla	2.00 ts
8356	Flour	4.00 c
8356	Oatmeal,blended*	5.00 c
8356	Salt	1.00 ts
8356	Baking powder	2.00 ts
8356	Baking soda	2.00 ts
8356	Chocolate chips(24oz)	1.00 pk
8356	Hershey Bar,grated(8oz)	1.00
8356	Nuts,chopped	3.00 c
8357	Quick-Cooking Rolled Oats	2.00 c
8357	Sugar	2.00 c
8357	Milk	0.50 c
8357	Unsweetened Cocoa Powder	0.25 c
8357	Butter or margarine, cut up	0.50 c
8357	Light Corn Syrup	1.00 tb
8357	Peanut Butter	0.50 c

Sheet1

8358	Chow mein noodles	4.00 c
8358	Mini marshmallows	3.00 c
8358	Butter	3.00 tb
8358	Small jelly beans	0.00
8358	Pam spray-on cooking oil	0.00
8359	Potatoes, boiled or baked	2.00 sm
8359	And pureed in the blender	0.00
8359	Or food processor (about	0.00
8359	1/2 cup)	0.00
8359	Of rye flour	2.00 c
8359	Salt	0.25 ts
8359	Water or potato water	0.33 c
8360	Egg	1.00 ea
8360	Sugar	1.00 c
8360	Butter	1.00 c
8360	Almonds - ground	0.50 c
8360	Flour	2.50 c
8361	All-purpose flour	2.00 c
8361	Baking powder	1.00 ts
8361	Butter	0.50 c
8361	Sugar	0.25 c
8361	Light corn syrup	3.00 tb
8361	Milk	0.25 c
8361	Vanilla	1.00 ts
8361	Chopped walnuts	2.00 tb
8362	Yeast; Active Dry	1.00 pk
8362	Flour; Unbleached, Unsifted	4.00 c
8362	Butter Or Margarine;Softened	1.00 c
8362	Sour Cream	1.00 c
8362	Egg Yolks; Large	3.00
8362	FILLING -----	0.00 -----
8362	Egg Whites; Large	3.00
8362	Nuts; Ground	1.00 c
8362	Sugar; Or To Taste	1.00 c
8362	Vanilla	1.00 ts
8363	Whipping cream	1.50 c
8363	Puffed raisins	1.50 c
8363	Chopped nuts	1.00 c
8363	Sugar	0.50 c
8363	Bananas, sliced	2.00
8363	Maraschino cherries, chopped	6.00
8363	Few grains salt	0.00
8364	Hazelnuts or filberts,	4.00 oz
8364	- shelled	0.00
8364	Plain (all-purpose) flour	2.50 c
8364	Baking powder	2.00 ts
8364	Salt	1.00 pn
8364	Caster sugar; plus:	0.50 c
8364	Extra caster sugar	0.00

Sheet1

8364	for dredging	0.00
8364	Ground rice	0.33 c
8364	Butter; softened	1.00 c
8365	Unsalted butter	0.25 c
8365	Light corn syrup	2.00 tb
8365	Unsweetened cocoa	0.25 c
8365	Raisins	0.33 c
8365	Cornflakes	2.00 c
8365	Hazelnuts; toasted, chopped	0.50 c
8366	All purpose flour	2.25 c
8366	Baking soda	0.50 ts
8366	Salt	0.25 ts
8366	Light brown sugar, firmly packed	1.00 c
8366	White sugar	0.50 c
8366	Salted butter, softenend	0.75 c
8366	Eggs	2.00 lg
8366	Pure vanilla extract	2.00 ts
8366	(4 oz) pecans, chopped	1.00 c
8366	(8 oz) white chocolate bar, coarsely chopped	1.50 c
8366		0.00
8367	Oat bran	1.50 c
8367	All-purpose flour	0.50 c
8367	Salt	0.25 ts
8367	Baking soda	0.12 ts
8367	(1/4 stick) butter or	4.00 tb
8367	Margarine, softened	0.00
8367	Honey	1.00 ts
8367	Hot water	0.25 c
8368	Butter Flavor Crisco	0.75 c
8368	Brown sugar, firmly packed	1.25 c
8368	Milk	0.25 c
8368	Vanilla	1.50 ts
8368	Flour, all purpose	1.00 c
8368	Cinnamon	1.25 ts
8368	Nutmeg	0.25 ts
8368	Baking soda	0.25 ts
8368	Salt	0.50 ts
8368	Apples, peeled, diced	1.00 c
8368	Raisins ( opt )	0.75 c
8368	Walnut pieces, broken ( opt)	0.75 c
8368	Oats, quick cooking NOT instant or old fashioned	3.00 c
8368		0.00
8369	All-purpose flour	1.50 c
8369	Rolled oats (oatmeal)	1.50 c
8369	Salt	0.50 ts
8369	Sugar	1.00 tb
8369	(3/4 stick) butter or	6.00 tb
8369	Margarine, melted and	0.00

Sheet1

8369	Cooled	0.00
8369	Milk	0.50 c
8370	Uncooked quick-cooking oats	1.00 c
8370	All-purpose flour	0.75 c
8370	Packed brown sugar	0.50 c
8370	Salt	0.50 ts
8370	Vanilla extract	0.50 ts
8370	Shortening	0.50 c
8370	Sugar	0.25 c
8370	Egg	1.00
8370	Baking soda	0.50 ts
8370	Chopped walnuts	0.50 c
8370	Mini chocolate chips	1.00 c
8371	Shortening, soft	0.75 c
8371	Firmly packed brown sugar	1.00 c
8371	Granulated sugar	0.50 c
8371	Egg	1.00
8371	Water	0.25 c
8371	Vanilla	1.00 ts
8371	Sifted all-purpose flour	1.00 c
8371	Salt	1.00 ts
8371	Baking soda	0.50 ts
8371	Uncooked Quaker Oats	3.00 c
8372	Brown sugar	1.50 c
8372	Lard	0.50 c
8372	Rolled oats	2.00 c
8372	Flour	2.00 c
8372	Raisins - seedless - chopped	1.50 c
8372	Milk - sour	5.00 tb
8372	Eggs	2.00 ea
8372	Baking soda - dissolved in	1.00 ts
8372	3 T. hot water	0.00
8372	Nutmeg	1.00 ts
8373	Shortening	0.50 c
8373	Maple Syrup	1.00 c
8373	Egg, beaten	1.00
8373	Flour	1.50 c
8373	Salt	1.00 ts
8373	Baking Powder	2.00 ts
8373	Milk	0.25 c
8373	Seedless Raisins	0.50 c
8373	Oatmeal	1.50 c
8373	Nutmeats	0.50 c
8374	Butter	1.00 c
8374	Oatmeal	3.00 c
8374	Sugar	1.50 c
8374	Egg	1.00
8374	Nuts (chopped)	0.67 c
8375	Peanut butter	0.50 c

Sheet1

8375	Butter, softened	0.33 c
8375	Packed brown	0.50 c
8375	Sugar	0.00
8375	Granulated sugar	0.50 c
8375	Eggs	2.00
8375	Vanilla	2.00 ts
8375	Quick-cooking	2.75 c
8375	Oats	0.00
8375	All-purpose flour	0.67 c
8375	Baking soda	1.00 ts
8375	Salt	0.50 ts
8375	Raisins	1.00 c
8376	Raisins	1.00 c
8376	All purpose flour	1.50 c
8376	Soda	1.00 ts
8376	Salt	0.25 ts
8376	Cinnamon	1.00 ts
8376	Nutmeg	0.50 ts
8376	Light margarine	0.50 c
8376	Sugar (my note: I used half	1.00 c
8376	white, half brown)	0.00
8376	Egg	1.00
8376	Buttermilk	0.67 c
8376	Oatmeal	1.00 c
8376	Oat bran (for best results,	0.50 c
8376	use a coarse grind)	0.00
8376	Finely chopped walnuts	0.25 c
8377	Butter, Room Temperature	0.50 c
8377	Light Brown Sugar	0.50 c
8377	Flour	1.00 c
8377	Baking Soda	0.25 ts
8377	Salt	0.12 ts
8377	Rolled Oats	1.00 c
8377	Seedless Raspberry Jam	0.75 c
8378	Sifted all-purpose flour	1.75 c
8378	Baking powder	1.00 ts
8378	Baking soda	1.00 ts
8378	Salt	0.50 ts
8378	Eggs	2.00
8378	White sugar	1.25 c
8378	Shortening (or part butter	0.50 c
8378	and pure lard)	0.00
8378	Molasses	6.00 tb
8378	Vanilla	1.00 ts
8378	Quick oatmeal	2.00 c
8378	Chopped raisins	0.50 c
8378	Chopped walnuts	0.50 c
8379	(2-1/4 teaspoons) active	1.00 pk
8379	Dry yeast	0.00

Sheet1

8379	Plus 1 teaspoon sugar	2.00 tb
8379	Warm water	0.25 c
8379	Buttermilk or rehydrated	0.67 c
8379	Buttermilk powder	0.00
8379	(1/4 stick) butter or	2.00 tb
8379	Margarine	0.00
8379	Cold water	0.50 c
8379	All-purpose flour	4.00 c
8379	Salt	1.00 ts
8379	Water for boiling the	2.00 qt
8379	Pretzels	0.00
8379	Baking soda	0.25 c
8379	Cornmeal for sprinkling on	0.00
8379	The baking sheet	0.00
8379	Egg, lightly beaten	1.00
8379	Coarse salt for the tops	0.00
8380	Eggs	2.00 ea
8380	Brown sugar	2.00 c
8380	Coffee; cold	1.00 c
8380	Flour	3.00 c
8380	Raisins	2.00 c
8380	Lard	1.00 c
8380	Nuts	0.50 c
8380	Baking soda	1.00 ts
8380	Baking powder	1.00 ts
8380	Cinnamon	1.00 ts
8380	Nutmeg	1.00 ts
8380	Cloves	1.00 ts
8381	Butter, melted	0.50 c
8381	Egg	1.00
8381	Brown sugar	0.75 c
8381	Milk	1.00 tb
8381	Vanilla or almond extract	0.50 ts
8381	Flour	1.25 c
8381	Salt	0.25 ts
8381	Baking powder	0.25 ts
8382	Sugar	0.50 c
8382	Butter	0.25 c
8382	Egg	0.00
8382	Flour	3.00 c
8382	Baking Soda	1.50 ts
8382	Salt	0.50 ts
8382	Cloves	1.00 ts
8382	Cinnamon	1.00 ts
8382	Ginger	1.00 ts
8382	Molasses	0.25 c
8382	Water	0.25 c
8382	Raisins	1.00 c
8382	Chopped Nuts	1.00 c



Sheet1

8383	All-purpose flour	1.00 c
8383	Finely chopped pecans	1.00 c
8383	Light corn syrup	0.50 c
8383	Butter	8.00 tb
8383	Brown sugar, firmly packed	0.67 c
8384	All-purpose flour	3.25 c
8384	Sugar	1.50 c
8384	Shortening	0.67 c
8384	Eggs	2.00
8384	Double-acting baking powder	2.50 ts
8384	Milk	2.00 tb
8384	Vanilla extract	1.00 ts
8384	Salt	0.50 ts
8384	Egg white*	1.00
8384	TOPPING -----	0.00 -----
8384	Finely chopped nuts or	0.00
8384	Granulated sugar	0.00
8385	Portion Four Way Sweet Bread	1.00
8385	dough	0.00
8385	To 1 cup Lemon Cheese	0.50
8385	(recipe below)	0.00
8385	Grated rind of 1 lemon	0.00
8385	Egg white	1.00
8385	Lemon extract	1.00 ts
8386	Flour	1.75 c
8386	Baking powder	0.50 ts
8386	Baking soda	0.50 ts
8386	Butter	0.50 c
8386	Sugar	1.00 c
8386	Egg	1.00
8386	Vanilla	1.00 ts
8386	Milk	0.25 c
8387	Raisins	1.00 c
8387	Water	1.00 c
8387	Shortening	0.75 c
8387	Sugar	1.50 c
8387	Eggs	2.00
8387	Vanilla extract	1.00 ts
8387	Flour	2.50 c
8387	Baking soda	1.00 ts
8387	Salt	1.00 ts
8387	Ground cinnamon	1.00 ts
8387	Baking powder	0.50 ts
8387	Ground cloves	0.25 ts
8387	Quick-cooking oats	2.00 c
8387	Chopped walnuts, optional	0.50 c
8388	Flour	2.50 c
8388	Baking powder	1.00 ts
8388	Baking soda	1.00 ts

Sheet1

8388	Salt	0.25 ts
8388	Butter or Margarine	1.00 c
8388	Peanut Butter	1.00 c
8388	Sugar	1.00 c
8388	Packed Brown Sugar	1.00 c
8388	Eggs	2.00
8388	Vanilla extract	1.00 ts
8389	All-purpose flour	2.67 c
8389	Baking powder	1.00 ts
8389	Baking soda	0.50 ts
8389	Salt	0.50 ts
8389	Nutmeg	0.25 ts
8389	Butter, softened	0.50 c
8389	Sugar	0.00
8389	Egg	1.00 lg
8389	Vanilla extract	1.00 ts
8389	Sour cream	0.50 c
8390	Onions	3.00 lg
8390	Oil	1.00 c
8390	Salt	1.00 tb
8390	Soda	1.00 ts
8390	Water	0.25 c
8390	Eggs	2.00
8390	Flour	4.00 c
8390	Poppy seeds	2.00 tb
8391	All purpose flour	2.50 c
8391	Baking soda	1.00 ts
8391	Salt	1.00 ts
8391	Butter, softened	8.00 oz
8391	Brown sugar	0.75 c
8391	Granulated sugar	0.75 c
8391	Eggs	2.00
8391	Vanilla	1.00 ts
8391	Pkg. chocolate chips	12.00 oz
8391	VIDALIA onion, chopped	1.00 md
8392	Semi Sweet Chocolate Morsels	24.00 oz
8392	Of all purpose flour	2.50 c
8392	Baking soda	1.50 ts
8392	Salt	1.00 ts
8392	Of Crisco Butter Flavored	1.00 c
8392	shortening plus	0.00
8392	Water	2.00 tb
8392	Of sugar	0.50 c
8392	Of firmly packed brown sugar	0.50 c
8392	Of vanilla extract	1.00 ts
8392	Eggs	2.00
8392	Preheat oven to 375 deg F.	0.00
8392	Melt over hot (not boiling)	0.00
8392	Water, 1 1/2 cups chocolate	0.00

Sheet1

8392	morsels; stir until smooth.	0.00
8392	Cool to room temperature.	0.00
8392	In small bowl, combine	0.00
8392	Flour, baking soda and salt;	0.00
8392	set aside. In large bowl,	0.00
8392	Beat butter, sugar, brown	0.00
8392	sugar and vanilla extract	0.00
8392	Until creamy. Add melted	0.00
8392	morsels and eggs; beat	0.00
8392	until	0.00
8392	Light and fluffy. Gradually	0.00
8392	blend in flour mixture.	0.00
8392	Stir in remaining chocolate	0.00
8392	chip morsels. Drop by	0.00
8392	Rounded teaspoons onto	0.00
8392	ungreased cookie sheets.	0.00
8392	Bake	0.00
8392	Minutes. Let stand 2-3	10.00
8392	minutes before removing	0.00
8392	from	0.00
8393	Flour; unbleached, all purp	2.00 c
8393	Sugar	1.00 c
8393	Baking soda	1.00 ts
8393	Salt	0.25 ts
8393	Eggs, large	2.00
8393	Egg yolk, large	1.00
8393	Vanilla	1.00 ts
8393	Orange zest; freshly grated	1.00 tb
8393	Almonds, whole; toasted	1.50 c
8393	lightly & chopped coarse	0.00
8393	EGG WASH -----	0.00 -----
8393	Egg, large; beaten with	1.00
8393	Water	1.00 ts
8394	Butter, room temperature	0.67 c
8394	Sugar	1.00 c
8394	Egg	1.00
8394	Flour	1.25 c
8394	Salt	0.50 ts
8394	Grated orange rind	4.00 ts
8395	Flour	2.50 c
8395	Baking soda	0.50 ts
8395	Salt	0.25 ts
8395	Grated orange peel (1 med	1.00 ts
8395	orange worth)	0.00
8395	White sugar	1.00 c
8395	Light brown sugar, packed	0.50 c
8395	Salted butter, softened	1.00 c
8395	Eggs	2.00 lg
8395	Pure orange extract	1.00 ts

Sheet1

8395	(8oz) semisweet chocolate	1.50 c
8395	bar, coarsely chopped	0.00
8396	Butter	0.50 c
8396	Cream cheese, softened	125.00 g
8396	Sugar	0.50 c
8396	Egg, beaten	1.00
8396	Vanilla	1.00 ts
8396	Grated orange peel	1.00 ts
8396	Flour	1.00 c
8396	Salt	0.50 ts
8396	Chocolate chips	1.00 c
8397	Butter	0.50 c
8397	Light brown sugar*	0.50 c
8397	Granulated sugar	0.75 c
8397	Egg	1.00
8397	Grated orange peel	2.00 ts
8397	Vanilla extract	1.00 ts
8397	All-purpose flour	1.75 c
8397	Baking powder	2.00 ts
8397	Salt	0.25 ts
8397	Flaked coconut	0.33 c
8398	Orange - grind rind and all	1.00 ea
8398	Butter - or other shortening	1.00 c
8398	Sugar	2.00 c
8398	Milk - sweet or sour	1.00 c
8398	Baking soda	1.00 ts
8398	Baking powder	2.00 ts
8398	Flour - sifted	6.00 c
8398	FROSTING -----	0.00 -----
8398	Orange - grind rind and all	1.00 ea
8398	Butter	1.00 tb
8398	Sugar - powdered	1.00 lb
8399	Margarine or butter	1.00 c
8399	All purpose flour	3.50 c
8399	Sugar	1.50 c
8399	8 oz carton dairy sour cream	1.00
8399	Egg	1.00
8399	Finely shredded orange peel	1.00 tb
8399	Orange juice	0.33 c
8399	Baking powder	1.00 ts
8399	Salt	0.25 ts
8400	Sugar	1.00 c
8400	Shortening	0.50 c
8400	Eggs	2.00 ea
8400	Sour cream	1.00 c
8400	Salt	0.25 ts
8400	Baking soda	1.00 ts
8400	Flour	2.00 c
8400	Vanilla	1.00 ts

Sheet1

8400	Raisins	1.00 c
8400	Orange - small - rind of	1.00 ea
8401	Orange zest (2 large	2.50 tb
8401	Oranges)	0.00
8401	Pastry or all-purpose flour	2.00 c
8401	Salt	0.50 ts
8401	Baking powder	1.00 ts
8401	(1/4 stick) butter or	2.00 tb
8401	Margarine, softened	0.00
8401	White wine	0.50 c
8402	Eggs, separated	2.00
8402	Baking powder	0.50 ts
8402	Salt	1.00 pn
8402	Sugar	0.25 c
8402	Orange/lemon peel	2.00 ts
8402	Orange/lemon juice	1.00 ts
8402	Flour	0.33 c
8403	Butter(1 stick)soft	8.00 tb
8403	Light Brown Sugar	0.50 c
8403	Orange Peel Grated	2.00 tb
8403	Salt	0.25 ts
8403	Egg	1.00
8403	Semisweet Chocolate,very	1.00 oz
8403	Finely chopped	0.00
8403	Flour	1.75 c
8403	Glaze:	0.00
8403	Powdered sugar	1.50 c
8403	Orange Juice	2.00 tb
8403	Lemon Juice	4.00 tb
8404	Butter(1 stick)soft	8.00 tb
8404	Light Brown Sugar	0.50 c
8404	Orange Peel Grated	2.00 tb
8404	Salt	0.25 ts
8404	Egg	1.00
8404	Semisweet Chocolate,very	1.00 oz
8404	Finely chopped	0.00
8404	Flour	1.75 c
8404	Glaze:	0.00
8404	Powdered sugar	1.50 c
8404	Orange Juice	2.00 tb
8404	Lemon Juice	4.00 tb
8405	Confectioner's (powdered)	1.50 c
8405	sugar	0.00
8405	Water	0.25 c
8405	Vanilla	1.50 ts
8405	Vegetable shortening	3.00 oz
8406	Granulated sugar	0.50 c
8406	Packed brown sugar	0.33 c
8406	Butter, softened	0.50 c

Sheet1

8406	Peanut butter	0.50 c
8406	Vanilla	0.50 ts
8406	Egg	1.00
8406	Flour	1.00 c
8406	Oats, quick or regular	0.50 c
8406	Baking soda	1.00 ts
8406	Salt	0.25 ts
8406	6 oz semisweet chocolate	1.00 pk
8406	Chips	0.00
8407	Old-fashioned rolled oats	3.00 c
8407	(not quick-cooking)	0.00
8407	All-purpose flour	1.00 c
8407	Ground cinnamon	2.00 ts
8407	Salt (if peanut butter is	0.25 ts
8407	unsalted)	0.00
8407	Ground nutmeg	0.25 ts
8407	Baking soda	1.00 ts
8407	Unsalted butter, at room	1.00 c
8407	temperature (2 sticks)	0.00
8407	Peanut butter, chunky or	1.00 c
8407	smooth	0.00
8407	Firmly packed light-brown	1.00 c
8407	sugar	0.00
8407	Granulated sugar	1.00 c
8407	Eggs	2.00
8407	Vanilla	1.00 ts
8407	Semisweet chocolate chips OR	1.50 c
8407	raisins	0.00
8408	(1 stick) butter or	8.00 tb
8408	Margarine, softened	0.00
8408	All-purpose flour	2.00 c
8408	(about 8 ounces) finely	1.50 c
8408	Grated Parmesan cheese	0.00
8408	Egg yolk	1.00
8408	Water	0.50 c
8409	Salted butter, softened	0.75 c
8409	Granulated sugar	0.33 c
8409	Vanilla	1.00 ts
8409	Almond extract	0.25 ts
8409	Flour	1.00 c
8409	Semisweet chocolate chips	1.00 c
8409	Slivered almonds (4oz)	1.00 c
8410	Peanut butter	0.50 c
8410	Soft butter	0.50 c
8410	Sugar	0.50 c
8410	Brown sugar	0.50 c
8410	Flour	1.50 c
8410	Egg	1.00
8410	Vanilla	1.00 ts

## Sheet1

8410	Baking soda	1.00 ts
8410	Salt	0.50 ts
8410	MIX TOGETHER: 1/2 cup soft	0.00
8410	butter	0.00
8410	Peanut butter	0.50 c
8410	ADD: 1/2 cup sugar	0.00
8410	Brown sugar	0.50 c
8410	Egg	1.00
8410	Vanilla	1.00 ts
8410	Beat all good and	0.00
8410	ADD: 1 1/2 cup flour	0.00
8410	Baking soda	1.00 ts
8410	Salt (these 3 sifted	0.50 ts
8410	together before adding)	0.00
8411	Peanut butter	0.50 c
8411	Soft butter	0.50 c
8411	Sugar	0.50 c
8411	Brown sugar	0.50 c
8411	Flour	1.50 c
8411	Egg	1.00
8411	Vanilla	1.00 ts
8411	Baking soda	1.00 ts
8411	Salt	0.50 ts
8411	MIX TOGETHER: 1/2 cup soft	0.00
8411	butter	0.00
8411	Peanut butter	0.50 c
8411	ADD: 1/2 cup sugar	0.00
8411	Brown sugar	0.50 c
8411	Egg	1.00
8411	Vanilla	1.00 ts
8411	Beat all good and	0.00
8411	ADD: 1 1/2 cup flour	0.00
8411	Baking soda	1.00 ts
8411	Salt (these 3 sifted	0.50 ts
8411	together before adding)	0.00
8411	Bag of Hersheys' Chocolate	1.00
8411	Kisses	0.00
8412	Minutes. Do not overbake.	25.00
8412	Break into small pieces	0.00
8412	while warm.	0.00
8413	Butter Or Margarine	0.50 c
8413	Peanut Butter	0.75 c
8413	Sugar	0.50 c
8413	Brown Sugar; Firmly Packed	0.75 c
8413	Egg	1.00 lg
8413	Unbleached All-Purpose Flour	1.50 c
8413	Baking Soda	0.50 ts
8413	Baking Powder	0.50 ts
8413	Salt	0.25 ts

Sheet1

8413	Vanilla Extract	1.00 ts
8413	Jam Or Jelly	0.00
8414	Bleached all-purpose flour	1.00 c
8414	(dip and sweep method)	0.00
8414	Baking soda	1.00 ts
8414	Salt	0.12 ts
8414	Light brown sugar (firmly	0.50 c
8414	packed)	0.00
8414	Granulated sugar	0.25 c
8414	Unsalted butter	0.50 c
8414	Smooth peanut butter	1.00 c
8414	Egg	1.00 lg
8414	Pure vanilla extract	0.50 ts
8415	Butter	0.75 c
8415	Peanut butter	2.00 c
8415	Crushed graham crackers	1.50 c
8415	Powdered sugar	1.00 lb
8415	Chocolate chips	6.00 oz
8415	Crisco oil	1.00 tb
8416	All-purpose flour	2.00 c
8416	Baking powder	1.00 ts
8416	Salt	0.25 ts
8416	Butter, softened	1.00 c
8416	Firmly packed brown sugar	0.75 c
8416	Sugar	0.50 c
8416	Vanilla extract	0.50 ts
8416	Egg	1.00
8417	Shortening	0.50 c
8417	Peanut Butter (Creamy)	1.00 c
8417	Granulated sugar	0.75 c
8417	Brown Sugar (firmly packed)	0.50 c
8417	Vanilla	1.00 ts
8417	Egg	1.00
8417	Milk	1.00 tb
8417	Flour	1.25 c
8417	Baking Soda	0.75 ts
8417	Baking Powder	0.50 ts
8417	Salt	0.25 ts
8418	Shortening	0.50 c
8418	Peanut Butter (Creamy)	1.00 c
8418	Granulated sugar	0.75 c
8418	Brown Sugar (firmly packed)	0.50 c
8418	Vanilla	1.00 ts
8418	Egg	1.00
8418	Milk	1.00 tb
8418	Flour	1.25 c
8418	Baking Soda	0.75 ts
8418	Baking Powder	0.50 ts
8418	Salt	0.25 ts



Sheet1

8419	Shortening	1.00 c
8419	Peanut butter	1.00 c
8419	Granulated sugar	1.00 c
8419	(packed) brown sugar	1.00 c
8419	Eggs	2.00
8419	Vanilla	1.00 ts
8419	All-purpose flour	2.50 c
8419	Baking soda	1.00 ts
8419	Salt	1.00 ds
8420	Butterscotch chips, melted	1.00 c
8420	Peanut butter	0.25 c
8420	Corn flakes	2.00 c
8421	Reese's peanut butter cups	36.00
8421	Refrigerated cookie dough	1.00 lb
8422	Shortening	0.50 c
8422	Peanut butter	0.50 c
8422	Honey	0.50 c
8422	Brown sugar	0.50 c
8422	Egg	1.00
8422	Vanilla	0.50 ts
8422	Flour	2.50 c
8422	Baking soda	1.50 ts
8422	Salt	0.50 ts
8422	Raisins (optional),*	0.75 c
8423	Flour	1.67 c
8423	Cornstarch	0.33 c
8423	Baking Powder	0.50 ts
8423	Baking Soda	0.50 ts
8423	Unsalted Butter, softened	0.50 c
8423	Peanut Butter, smooth style	0.33 c
8423	Powdered Sugar	0.67 c
8423	Dark Brown Sugar, packed	0.33 c
8423	Egg	1.00 lg
8423	Vanilla	2.00 ts
8423	Chocolate Kisses	40.00
8424	Crushed corn flakes	0.67 c
8424	Unsweetened shredded coconut	0.50 c
8424	Peanut butter	0.50 c
8424	Liquid honey or corn syrup	2.00 tb
8425	Butter	0.50 c
8425	Butter	2.00 tb
8425	Peanut butter	0.50 c
8425	Peanut butter	2.00 tb
8425	Firmly packed brown sugar	0.75 c
8425	Granulated sugar	0.50 c
8425	Egg	1.00
8425	Vanilla	1.00 ts
8425	All-purpose flour	1.50 c
8425	Baking soda	1.00 ts

Sheet1

8425	Salt (opt)	1.00 ts
8425	Old-fashioned oats, uncooked	3.00 c
8425	Semisweet chocolate chips	1.00 pk
8425	(12 oz)	0.00
8426	Butter Or Regular Margarine	1.00 c
8426	Sugar	1.00 c
8426	Brown Sugar; Firmly Packed	1.00 c
8426	Eggs; Lg	2.00
8426	Peanut Butter; Crunchy Style	1.00 c
8426	Vanilla	1.00 ts
8426	Unbleached Flour; Sifted	3.00 c
8426	Baking Soda	2.00 ts
8426	Salt	0.25 ts
8426	PEANUT BUTTER FILLING -----	0.00 -----
8426	Peanut Butter; Crunchy Style	0.50 c
8426	Confectioners' Sugar; Sifted	3.00 c
8426	Milk	4.00 tb
8426	Vanilla	1.00 ts
8427	Flour,unsifted	3.00 c
8427	Baking soda	1.00 ts
8427	Butter sticks	1.50
8427	Peanut butter	0.75 c
8427	Sugar,granulated	0.75 c
8427	Brown sugar,firmly packed	0.75 c
8427	Eggs	2.00
8427	RAISIN -----	0.00 -----
8427	Raisins	0.75 c
8427	Dates,chopped,loosely packed	0.75 c
8427	Sugar,granulated	0.50 c
8427	Water	0.50 c
8427	Lemon juice	2.00 tb
8428	Sugar	0.75 c
8428	Golden brown sugar	0.67 c
8428	Unsalted butter; room temp.	0.50 c
8428	Egg whites	2.00 lg
8428	Vanilla extract	1.50 ts
8428	Peanut butter, chunky *	1.25 c
8428	All-purpose flour	1.00 c
8428	Baking soda	0.50 ts
8428	Salt	0.25 ts
8428	2.1-ounce Butterfinger bars	5.00
8428	cut into 1/2-inch pieces	0.00
8429	Butter or oleo	0.50 c
8429	Brown sugar	0.50 c
8429	Sifted flour	1.33 c
8429	Sugar	0.67 c
8429	Light corn syrup	0.67 c
8429	6 oz pkg butterscotch pieces	1.00
8429	Chunk-styled peanut butter	0.50 c

Sheet1

8429	Corn flakes	2.00 c
8430	Crunchy peanut butter	1.00 c
8430	Egg	1.00
8430	Sugar	0.75 c
8430	Vanilla	1.00 ts
8430	Crispie rice cereal	1.00 c
8431	Eggs	3.00
8431	Cold water	3.00 tb
8431	Sugar	1.00 c
8431	Baking powder	1.00 ts
8431	Salt	0.50 ts
8431	Vanilla	1.00 ts
8431	Cake flour	1.00 c
8432	Butter	0.25 lb
8432	Vegetable shortening	0.25 c
8432	Peanut butter	2.00 tb
8432	Sugar	0.50 c
8432	Brown sugar,firmly packed	0.50 c
8432	Egg	1.00
8432	Vanilla	1.00 ts
8432	Flour,all-purpose,sifted	1.75 c
8432	Baking soda	0.50 ts
8432	Pecans,chopped	0.50 c
8432	Chocolate pieces,semisweet	1.00 pk
8433	Brown sugar	1.00 c
8433	Eggs, well beaten	2.00
8433	Flour	2.25 c
8433	Mace	0.50 ts
8433	Salt	0.25 ts
8433	Sour milk	0.50 c
8433	Baking powder	3.00 ts
8433	Baking soda	0.25 ts
8433	Dried pears	1.00 c
8433	Shortening	0.50 c
8434	All purpose flour	2.25 c
8434	Cocoa	0.67 c
8434	Baking soda	1.00 ts
8434	Salt	0.50 ts
8434	Softened butter	1.00 c
8434	Sugar	0.25 c
8434	Firmly packed brown sugar	0.67 c
8434	Vanilla extract	1.00 ts
8434	Egg	2.00
8434	Pkg white chocolate baking pieces	10.00 oz 0.00
8435	Egg whites	2.00
8435	Cream of tartar	1.00 pn
8435	Brown sugar, lightly packed	0.25 c
8435	Vanilla	0.50 ts

Sheet1

8435	Chopped pecans	0.33 c
8435	Rice cereal	1.00 c
8436	Butter	0.33 c
8436	Sugar	0.25 c
8436	Egg	1.00
8436	Unsifted flour (see note)	1.25 c
8436	(1 stick) butter	0.50 c
8436	Firmly packed dark brown	0.33 c
8436	sugar	0.00
8436	Sugar	3.00 tb
8436	Honey	0.33 c
8436	Heavy cream	2.00 tb
8436	Pecans, coarsely chopped	6.00 oz
8437	Dark brown sugar	1.00 c
8437	Soft butter	1.00 c
8437	Egg	1.00
8437	Vanilla	0.50 ts
8437	Sifted all-purpose flour	2.00 c
8437	Egg, well beaten	1.00
8437	Dark brown sugar	0.50 c
8437	Coarsely chopped pecans	1.00 c
8437	Dark brown sugar	0.50 c
8438	Brown sugar	1.00 c
8438	Butter	0.25 c
8438	Egg	1.00 ea
8438	Flour	1.00 c
8438	Baking powder	1.00 ts
8438	Salt	0.25 ts
8438	Pecan meats	0.50 c
8439	All prupose flour	2.00 c
8439	Salt	0.50 ts
8439	Quick oats	0.75 c
8439	Dark brown sugar, packed	0.75 c
8439	White sugar	0.75 c
8439	Salted butter, softened	1.00 c
8439	Eggs	2.00 lg
8439	Pure vanilla extract	2.00 ts
8439	(4 oz) chopped pecans	1.00 c
8439	(6 oz) semisweet chocolate	1.00 c
8439	chips	0.00
8440	Flour; Unbleached, Unsifted	4.00 c
8440	Baking Powder	1.00 ts
8440	Cinnamon	1.00 ts
8440	Cloves; Ground	1.00 ts
8440	Mace	0.50 ts
8440	Allspice; Ground	1.00 ts
8440	Black Pepper; As Desired	0.00
8440	Honey	1.25 c
8440	Butter; (No Margarine)	2.00 tb

Sheet1

8440	Eggs; Large	2.00
8440	Confectioners' Sugar	1.00 c
8440	Vanilla	1.00 ts
8440	; Water	0.00
8441	All-purpose flour	1.50 c
8441	Salt	0.50 ts
8441	Coarsely ground pepper	1.00 ts
8441	Sugar	1.00 ts
8441	Oil	2.00 tb
8441	Water	0.50 c
8441	Lemon juice	2.00 tb
8442	Margarine or Butter,	1.00 c
8442	(softened)	0.00
8442	Sugar	1.00 c
8442	Egg	1.00
8442	Milk	2.00 tb
8442	Vanilla	1.00 ts
8442	Flour	3.00 c
8442	Baking soda	0.50 ts
8442	Salt	0.25 ts
8442	Peppermint extract	0.50 ts
8442	(to 5) Drops red food color	4.00
8442	Pink sugar	0.25 c
8443	Brown sugar	1.00 c
8443	White sugar	0.50 c
8443	Shortening	0.50 c
8443	Eggs	2.00
8443	Vanilla	1.00 ts
8443	Raisins	1.00 c
8443	Coconut	0.50 c
8443	Nuts	0.50 c
8443	Flour	4.50 c
8443	Baking soda	1.00 ts
8443	Salt	0.25 ts
8443	Sour cream or buttermilk	0.50 c
8444	Molasses	0.50 c
8444	Butter or margarine, cut	3.00 tb
8444	Into pieces	0.00
8444	All-purpose flour	1.50 c
8444	Pepper	1.00 ts
8444	Salt	0.25 ts
8444	Plain yogurt	2.00 tb
8445	Persimmon pulp	1.00 c
8445	Flour	2.00 c
8445	Sugar	1.00 c
8445	Butter	1.00 c
8445	Soda	1.00 ts
8445	Egg	1.00
8445	Cinnamon	0.50 ts

Sheet1

8445	Clove	0.50 ts
8445	Nutmeg	0.50 ts
8446	Unsalted butter	2.00 tb
8446	Sugar	5.00 ts
8446	Light corn syrup	1.00 tb
8446	Lemon's peel, finely grated	0.50
8446	All-purpose flour; sifted	0.25 c
8446	FILLING -----	0.00 -----
8446	Unsalted butter	3.00 tb
8446	Lemon's peel, finely grated	1.00
8446	Lemon juice	1.00 tb
8446	Sour cream	1.00 tb
8446	Powdered sugar; sifted	1.50 c
8447	Honey	11.00 oz
8447	Sugar	5.00 oz
8447	Butter	2.00 oz
8447	Salt	1.00 pn
8447	Baking Powder	2.00 ts
8447	Coffe	2.25 c
8447	Whole Wheat Flour	18.00 oz
8447	Egg	1.00
8447	Almondoil	6.00 dr
8447	Rum	1.00 tb
8447	Ground Cloves	0.50 ts
8447	Cinnamon	1.00 ts
8447	GLAZE:	0.00
8447	Powdered Sugar	2.00 oz
8447	Hot Water	1.00 tb
8448	Lemon juice	3.00 tb
8448	Citron or other candied	0.50 c
8448	fruit or fruit peel,	0.00
8448	chopped	0.00
8448	Cake flour	6.00 c
8448	Baking powder	2.00 ts
8448	Salt	0.50 ts
8448	Cloves	0.50 ts
8448	Nutmeg	0.50 ts
8448	Mace	0.50 ts
8448	Cinnamon	1.00 tb
8448	Chopped nuts	0.50 c
8449	Shortening	1.00 c
8449	Brown sugar	2.00 c
8449	Eggs - beaten	3.00 ea
8449	Flour - sifted	4.00 c
8449	Salt	0.50 ts
8449	Soda in flour - ? Baking	0.50 ts
8449	powder ?	0.00
8449	Dates - chopped	2.25 c
8449	Sugar	1.00 c

Sheet1

8449	Water	1.00 c
8450	All-purpose flour	1.00 c
8450	Baking powder	1.00 ts
8450	Salt	0.25 ts
8450	Butter or margarine	0.25 c
8450	Egg, seperated	1.00
8450	Milk, 2% butter fat or lower	0.25 c
8450	14 ounce unsweetened crushed	1.00 cn
8450	pineapple.	0.00
8450	Cornstarch	2.00 tb
8450	Rum extract	2.00 ts
8450	Vanilla	1.00 ts
8450	Cream of tartar	0.25 ts
8450	Sugar, white	1.00 tb
8450	Coconut	1.00 c
8451	Butter	0.75 c
8451	Sugar	0.50 c
8451	Egg	1.00
8451	Vanilla	1.00 ts
8451	Flour	1.75 c
8451	Small gumdrops or malt	0.00
8451	balls	0.00
8451	Icing	0.00
8452	Mashed banana	0.25 c
8452	Pineapple Juice Concentrate	0.25 c
8452	Vegetable Oil	0.25 c
8452	Egg	1.00 lg
8452	Milk	1.00 tb
8452	Unbleached White Flour	1.00 c
8452	Baking Soda	0.25 ts
8452	Coconut	0.50 c
8452	Grated Orange Rind	0.00
8453	Butter	0.25 c
8453	Sugar	0.75 c
8453	Egg	1.00 ea
8453	Pineapple - drained -	0.25 c
8453	crushed	0.00
8453	Flour - sifted	1.25 c
8453	Salt - a pinch	0.00
8453	Baking soda	0.25 ts
8453	Baking powder	0.50 ts
8453	Nut meats	0.25 c
8454	Shortening	1.00 c
8454	Sugar	1.50 c
8454	Egg	1.00
8454	Crushed pineapple with juice	1.00 c
8454	Flour	3.50 c
8454	Baking soda	1.00 ts
8454	Salt	0.50 ts

Sheet1

8454	Nutmeg	0.25 ts
8454	Walnuts, chopped	0.50 c
8455	Sugar	0.50 c
8455	Butter or margarine	0.33 c
8455	Honey	0.25 c
8455	Pure maple or maple flavored	0.25 c
8455	yrup	0.00
8455	Ginger; ground	0.50 ts
8455	Cinnamon; ground	0.25 ts
8455	Cardamom; ground	0.25 ts
8455	Cloves; ground	0.25 ts
8455	Nutmeg; ground	0.25 ts
8455	All-purpose flour	3.00 c
8455	Egg	1.00
8455	Egg; beaten	1.00
8456	All-purpose flour	2.00 c
8456	Shelled and chopped	1.00 c
8456	Pistachio nuts, toasted	0.00
8456	Salt	0.25 ts
8456	Pepper	0.25 ts
8456	(1 stick) butter or	8.00 tb
8456	Margarine, softened	0.00
8456	(8 ounces) Monterey Jack	0.50 lb
8456	Cheese, shredded (2 to	0.00
8456	2-1/2 cups, loosely packed)	0.00
8456	Half-and-half	0.25 c
8457	Butter	0.50 c
8457	Sugar	1.00 c
8457	Egg	1.00 lg
8457	Vanilla	1.00 ts
8457	Sifted flour	1.25 c
8457	Baking powder	1.00 ts
8457	Salt	0.25 ts
8457	Finely chopped pistachios	0.33 c
8458	Butter Or Margarine,	1.00 c
8458	Softened	0.00
8458	Granulated Sugar	0.75 c
8458	Packed Brown Sugar	0.75 c
8458	Cream Cheese, Softened	8.00 oz
8458	Vanilla	1.00 ts
8458	Eggs	2.00
8458	All-Purpose Flour	2.25 c
8458	Baking Soda	1.00 ts
8458	Salt	0.25 ts
8458	Semisweet Chocolate Chips	12.00 oz
8458	Chopped Walnuts Or Pecans	1.00 c
8459	Finely ground popped corn	1.00 c
8459	Sugar	1.00 c
8459	Finely cut dried fruit, any	1.00 c



Sheet1

8459	kind	0.00
8459	Melted shortening	0.50 c
8459	Sweetened condensed milk	0.25 c
8459	Water	0.25 c
8459	Egg, well beaten	1.00
8459	Flour	1.00 c
8459	Corn-meal	1.00 c
8459	Salt	1.00 ts
8459	Nutmeg	1.50 ts
8459	Baking powder	4.00 ts
8460	Popcorn; popped (remove all	1.00 c
8460	hard kernels)	0.00
8460	Walnuts; finely chopped	1.00 c
8460	Egg whites	3.00
8460	Powdered sugar	1.00 c
8460	Vanilla	0.75 ts
8461	Flour, all purpose	3.00 c
8461	Baking powder	2.00 ts
8461	Salt	0.25 ts
8461	Poppy seeds	0.33 c
8461	Orange peel; finely grated	1.00 ts
8461	optional	0.00
8461	Sugar	0.50 c
8461	Eggs	3.00 ea
8461	Vegetable oil	0.75 c
8461	Vanilla	1.00 ts
8462	Shortening	1.00 c
8462	White sugar	1.00 c
8462	Brown sugar	1.00 c
8462	Eggs	2.00
8462	Flour	2.00 c
8462	Baking soda	1.00 ts
8462	Salt	1.00 ts
8462	Chopped nuts	1.00 c
8462	Crushed potato chips	2.00 c
8462	(Ruffles)	0.00
8463	Brown sugar	1.00 c
8463	Egg	1.00
8463	Soda	0.50 ts
8463	Crushed potatoe chips	0.50 c
8463	Shortening	0.50 c
8463	Flour	1.00 c
8463	Vanilla	0.50 ts
8463	Chopped nuts	0.50 c
8464	Shortening	1.00 c
8464	Sugar	1.50 c
8464	Eggs	3.00
8464	Unsifted flour	3.00 c
8464	Baking soda	1.00 ts

Sheet1

8464	Salt	0.50 ts
8464	9 oz Condensed mincemeat	1.00 pk
8464	crumbled (NoneSuch)	0.00
8465	Cooked prunes	1.00 c
8465	Sugar	0.33 c
8465	Molasses	0.25 c
8465	Baking soda	0.25 ts
8465	Salt	0.50 ts
8465	Shortening	0.50 c
8465	Eggs, well beaten	2.00
8465	Cake flour	1.25 c
8465	Cinnamon	0.25 ts
8465	Vanilla	1.00 ts
8466	Flour	4.00 c
8466	Butter	1.50 c
8466	Quick Cooking Oats	2.00 c
8466	Brown Sugar	2.00 c
8466	Baking Soda	2.00 ts
8466	Cinnamon	2.00 ts
8466	Egg	1.00
8466	Salt	1.00 ts
8466	Vanilla	1.00 ts
8466	Pumkin,solid,packed (16oz)	1.00 cn
8466	Chocolate Chips	1.00 c
8466	Raisins	1.00 c
8466	Chopped nuts	1.00 c
8466	M&M	0.50 pk
8467	Flour	1.00 c
8467	Libby's pumpkin	1.00 c
8467	Quick oats	0.50 c
8467	Chopped nuts	0.25 c
8467	Cinnamon	1.75 ts
8467	Evaporated milk	0.75 c
8467	Brown sugar	0.50 c
8467	(packed)-for topping	0.00
8467	Egg, slightly beaten	1.00 ea
8467	Brown sugar (packed)	0.50 c
8467	Sugar	0.33 c
8467	Allspice	0.50 ts
8467	Butter (melted)	0.50 c
8467	Salt	0.25 ts
8467	8oz cream cheese	1.00 ea
8467	Orange Marmalade	0.25 c
8468	Finely chopped sweet onions	0.50 c
8468	Orange juice	0.25 c
8468	Sifted unbleached flour	2.00 c
8468	Baking soda	1.00 ts
8468	Cinnamon	1.00 ts
8468	Nutmeg	0.50 ts

Sheet1

8468	Allspice	0.25 ts
8468	Butter	0.50 c
8468	Brown sugar	1.00 c
8468	Egg	1.00
8468	Stokleys canned pumpkin	1.00 c
8468	Vanilla	1.00 ts
8468	Chopped pecans	1.00 c
8469	Almonds; ground toasted*	1.25 c
8469	Sugar	1.25 c
8469	Cocoa;unsweetened	0.25 c
8469	Flour; unbleached	0.25 c
8469	Cinnamon	0.50 ts
8469	Egg, slightly beaten	1.00
8469	Egg yolk	1.00
8470	Box Brownie mix	20.50 oz
8470	Chocolate chips or*	0.67 c
8470	ICING -----	0.00 -----
8470	Butter, room temperature	0.50 c
8470	Salt	0.25 ts
8470	Peppermint extract	1.00 ts
8470	Confectioners sugar	1.00 c
8470	Chocolate fudge topping	10.50 oz
8471	All-purpose flour	4.00 c
8471	Salt	4.00 ts
8471	Baking powder	1.00 tb
8471	Plus 2 Tablespoons	0.25 c
8471	Shortening	0.00
8471	Water	1.50 c
8471	Salt for the tops (opt.)	0.00
8472	Sugar	1.00 c
8472	Butter or margarine	0.25 c
8472	Vanilla	0.50 ts
8472	Cocoa	2.00 tb
8472	Milk	0.25 c
8472	Oatmeal, uncooked	1.50 c
8472	Toasted wheat germ	0.50 c
8472	(8 Tbs) peanut butter	0.25 c
8473	Sugar	1.00 c
8473	Shortening	0.50 c
8473	Flour	3.50 c
8473	Salt	0.50 ts
8473	Catsup	2.00 tb
8473	Baking soda	0.50 ts
8473	Chopped raisins	1.00 c
8473	Egg	1.00
8474	Brown sugar	1.00 c
8474	Water	1.00 c
8474	Shortening	2.00 tb
8474	Raisins	1.00 c

Sheet1

8474	Salt	0.50 ts
8474	Baking soda	1.00 ts
8474	Cinnamon	1.00 ts
8474	Flour	1.50 c
8474	Ginger	0.50 ts
8475	Regular granola	1.75 c
8475	All-purpose flour	1.50 c
8475	Sweet butter, softened	1.00 c
8475	Sugar	0.75 c
8475	Packed dark brown sugar	0.75 c
8475	Baking soda	1.00 ts
8475	Salt	1.00 ts
8475	Vanilla extract	1.00 ts
8475	Egg	1.00
8475	Raisins	1.00 c
8475	Unsalted peanuts,*	0.50 c
8476	Shortening	0.75 c
8476	Granulated sugar	0.75 c
8476	Honey	0.50 c
8476	Egg	1.00
8476	Grated orange peel	0.50 ts
8476	All-purpose flour	1.25 c
8476	Baking soda	1.00 ts
8476	Salt	0.50 ts
8476	Oatmeal, quick cooking	2.00 c
8476	Seedless raisins	1.00 c
8477	Sugar	1.00 c
8477	Shortening	0.50 c
8477	Peanut butter	0.50 c
8477	Eggs, well beaten	2.00
8477	Evaporated milk	0.50 c
8477	Raisins	1.00 c
8477	Flour	2.50 c
8477	Baking powder	4.00 ts
8477	Salt	0.50 ts
8477	Vanilla	1.00 ts
8478	Butter	0.50 c
8478	Vanilla	0.50 ts
8478	Brown Sugar, packed	1.00 c
8478	Egg	1.00
8478	Raisins	0.50 c
8478	Crushed Pineapple, drained	0.75 c
8478	Flour	2.50 c
8478	Baking Powder	1.00 ts
8478	Baking Soda	1.00 ts
8478	Salt	0.50 ts
8479	Butter	0.50 c
8479	Sugar	1.00 c
8479	Eggs, well beaten	2.00

Sheet1

8479	Flour	0.50 c
8479	Cocoa	3.00 tb
8479	Seedless raisins	0.67 c
8479	Chopped nuts	0.50 c
8479	Vanilla	1.00 ts
8479	Salt	0.50 ts
8480	Butter Or Margarine;Softened	0.50 c
8480	Brown Sugar; Packed	0.50 c
8480	Sugar; Granulated	0.50 c
8480	Egg; Large	1.00 ea
8480	Vanilla	1.00 ts
8480	Flour; Unbleached	1.25 c
8480	Baking Powder	0.50 ts
8480	Baking Soda	0.50 ts
8480	Salt	0.50 ts
8480	Rice Cereal; Crisp	2.00 c
8480	Coconut; Flaked	1.50 c
8480	Dates; Pitted And Chopped	1.00 c
8481	Flour	1.50 c
8481	Brown sugar, packed	1.00 c
8481	Salt	1.00 ts
8481	Quick-cooking oatmeal	2.00 c
8481	Butter	1.00 c
8481	Seedless raspberry jam,*	1.50 c
8481	Chopped pecans	0.50 c
8482	All purpose flour	1.50 c
8482	Margarine or butter, softened	1.00 c 0.00
8482	Dairy sour cream	0.50 c
8482	Raspberry spreadable fruit	0.33 c
8482	Sugar	3.00 tb
8482	Semisweet chocolate pieces	0.67 c
8482	Shortening	1.00 tb
8482	Finely chopped almonds	0.25 c
8483	Butter	0.50 c
8483	Sugar	0.33 c
8483	Ground hazelnuts	0.75 c
8483	Lemon juice	1.00 ts
8483	Vanilla extract	1.00 ts
8483	All-purpose flour, sifted	1.25 c
8483	Raspberry Glace'Icing:	0.00
8483	Powdered sugar	1.50 c
8483	Butter	1.00 ts
8483	To 2 teaspoons raspberry liqueur	1.00 0.00
8483	Hot water	1.50 tb
8484	Shortening, or 3/4 cup butter or margarine, softened	1.00 c 0.00 0.00

Sheet1

8484	Sugar	1.00 c
8484	Light Brown Sugar, packed	0.50 c
8484	Vanilla	1.00 ts
8484	Eggs	2.00
8484	All-purpose flour, unsifted	2.00 c
8484	Baking soda	1.00 ts
8484	Peanut Butter Chips	1.00 c
8484	Semi-sweet chocolate chips	6.00 oz
8485	Sugar	1.00 c
8485	Butter or margarine,softened	1.00 c
8485	Eggs	2.00
8485	Vanilla	1.50 ts
8485	All-purpose flour	3.00 c
8485	Salt	1.00 ts
8485	Baking soda	0.50 ts
8485	Finely chopped nuts	0.50 c
8486	Flour	1.25 c
8486	Brown sugar	0.25 c
8486	Soda	0.25 ts
8486	Egg	1.00
8486	Salt	0.25 ts
8486	Vanilla	0.50 ts
8486	Butter	0.33 c
8486	Pecans	0.50 c
8486	Sugar	0.50 c
8487	Sifted powdered sugar	1.00 c
8487	Whipping cream	2.00 tb
8487	Vanilla	1.00 ts
8487	Graham cracker squares (plus extras for breakage)	12.00 0.00
8487	Mini-chocolate chips	24.00
8487	Red cinnamon candies	12.00
8487	Mini-pretzels, cut in half	12.00
8488	Butter	0.50 c
8488	Sugar	1.00 c
8488	Salt	0.25 ts
8488	Vanilla	1.00 ts
8488	Eggs	2.00
8488	Sifted flour	0.75 c
8488	Baking soda	0.50 ts
8488	Semisweet chocolate; melted	4.00 oz
8488	White chocolate, (coarsely chopped)	0.75 c 0.00
8488	Macadamia nuts, (coarsely chopped)	0.75 c 0.00
8489	Butter (1 stick)	0.25 lb
8489	Light brown sugar	1.00 c
8489	Egg	1.00
8489	Cooked rhubarb, drained **	1.00 c

Sheet1

8489	Flour	2.00 c
8489	Salt	0.25 ts
8489	Baking soda	1.00 ts
8489	Freshly grated nutmeg	1.00 ts
8489	Cinnamon	1.00 ts
8489	Ground cloves	0.50 ts
8489	Finely chopped crystallized ginger (OPTIONAL)	3.00 tb 0.00
8489	Chopped walnuts	0.50 c
8489	Raisins	1.00 c
8490	Rice Flakes	2.00 c
8490	Coconut, shredded	1.00 c
8490	Egg whites	2.00
8490	Nut meats, ground or chopped	0.50 c 0.00
8490	Sugar	1.00 c
8490	Vanilla	1.00 ts
8491	Rice flour	1.00 c
8491	All-purpose flour	0.50 c
8491	Oil	0.25 c
8491	Soy sauce or Tamari, to Taste	2.00 tb 0.00
8491	Egg white, lightly beaten	1.00
8491	Buttermilk or rehydrated	0.25 c
8491	Buttermilk powder	0.00
8492	Butter	0.50 c
8492	Unsweetened chocolate	4.00 oz
8492	Sugar	1.75 c
8492	Eggs	4.00
8492	Flour	1.00 c
8492	Vanilla	1.00 ts
8492	LEMON FROSTING -----	0.00 -----
8492	Butter	0.25 c
8492	Unsweetened chocolate	1.00 oz
8492	Confectioners' sugar	2.00 c
8492	Egg	1.00
8492	Vanilla	1.50 ts
8492	Lemon juice	1.50 ts
8492	Chopped pecans	1.00 c
8493	Milk	0.50 c
8493	Butter	0.25 lb
8493	Unsweetened cocoa	6.00 tb
8493	Sugar	1.67 c
8493	Vanilla extract	1.00 ts
8493	Rolled oats	3.00 c
8494	Butter	0.67 c
8494	Brown sugar	1.00 c
8494	Eggs	2.00
8494	Flour	2.00 c

Sheet1

8494	Cinnamon	1.50 ts
8494	Cloves	0.50 ts
8494	Baking powder*	1.00 ts
8494	Raisins	8.00 oz
8494	Chopped dates	8.00 oz
8494	Chopped nuts	1.00 c
8495	Brown sugar	1.50 c
8495	Shortening	1.00 c
8495	Chopped figs, raisins, or	1.00 c
8495	dates	0.00
8495	Baking soda	0.50 ts
8495	Baking powder	2.00 ts
8495	Cinnamon	1.00 ts
8495	Chopped nuts	1.00 c
8495	Eggs, well beaten	2.00
8495	Sour milk	0.67 c
8495	Rolled oats	1.50 c
8495	Cake flour	2.00 c
8495	Cloves	0.50 ts
8495	Salt	0.50 ts
8496	(1 stick) Margerine, room	0.50 c
8496	temp.	0.00
8496	(1 stick) unsalted butter,	0.50 c
8496	room temperature	0.00
8496	Packed brown sugar	1.00 c
8496	Granulated sugar	1.00 c
8496	Eggs, lightly beaten	2.00
8496	Milk	2.00 tb
8496	Vanilla extract	2.00 ts
8496	Sifted, unbleached,	2.00 c
8496	all-purpose flour	0.00
8496	Baking powder	1.00 ts
8496	Baking soda	1.00 ts
8496	Salt	1.00 ts
8496	Quick cooking oats	2.00 c
8496	Semi-sweet chocolate chips	12.00 oz
8496	Coarsely chopped walnuts	1.00 c
8497	Margarine	0.50 c
8497	Sugar	0.50 c
8497	Vanilla Extract	1.00 ts
8497	Egg	1.00
8497	Flour	2.00 c
8497	Baking Powder	2.00 ts
8498	Butter	7.00 tb
8498	All-purpose flour	1.00 c
8498	Roquefort cheese, crumbled	3.00 oz
8498	Caraway seeds	2.00 ts
8498	Pepper	0.00
8499	Sugar	3.00 c



Sheet1

8499	Flour	2.00 c
8499	Loppered milk (teacupful)	1.00 c
8499	Butter	0.50 c
8499	Eggs; well beaten	5.00
8499	Rose water	2.00 tb
8499	Almonds, blanched	0.75 lb
8499	- chopped very fine	0.00
8499	Soda; dissolved in:	1.00 ts
8499	Boiling water	0.00
8500	Shortening or butter	2.00 c
8500	Flour	4.00 c
8500	Sour cream	1.00 c
8500	Eggs	2.00
8500	Sugar	0.50 c
8500	Of salt	1.00 pn
8501	Sticks butter, softened	2.00
8501	Cream cheese, room temp.	6.00 oz
8501	Flour	3.00 c
8501	Salt	0.50 ts
8501	Sugar	0.75 c
8501	Cinnamon	2.00 ts
8501	Chopped raisins	6.00 tb
8501	Chopped walnuts	6.00 tb
8501	Jam (apricot, strawberry, or raspberry)	0.75 c 0.00
8501	Egg yolk	1.00
8501	Water	1.00 tb
8502	(2 sticks) unsalted butter, softened	1.00 c 0.00
8502	All-purpose flour	2.25 c
8502	Salt	0.50 ts
8502	Sifted confectioner's sugar	2.00 c
8502	(3 ounces) chopped walnuts	0.75 c
8502	Vanilla extract	1.00 ts
8503	All-purpose flour	1.25 c
8503	Rye flour	0.67 c
8503	Cornmeal	2.00 tb
8503	Salt	0.50 ts
8503	Baking soda	0.75 ts
8503	Loosely packed brown sugar	0.33 c
8503	Toasted caraway seeds, Coarsely ground in a food Mill or chopped by hand with A knife	1.00 tb 0.00 0.00 0.00
8503	Powdered, unsweetened cocoa	1.50 tb
8503	Plus 1 teaspoon (1/3 cup)	5.00 tb
8503	Butter or margarine, Softened	0.00 0.00
8503	Toasted whole caraway seeds	1.00 tb

Sheet1

8503	Dark molasses	2.00 tb
8503	Water	0.50 c
8503	Egg white, lightly beaten	1.00
8503	And diluted with 1 Tb water	0.00
8503	For glazing the tops	0.00
8504	Sugar	2.50 c
8504	Butter Or Margarine	2.00 c
8504	Eggs; Large	2.00
8504	Flour; Unbleached, Unsifted	4.00 c
8504	Egg White; Large, Beaten	1.00
8504	Sugar	0.00
8504	Cinnamon	0.00
8504	Pecan; Halves	0.00
8505	Sugar	2.50 c
8505	Egg, well beaten	2.00
8505	Flour	4.00 c
8505	Cinnamon	0.00
8505	Butter	2.00 c
8505	Egg white	1.00
8505	Pecans	0.00
8506	Egg yolks	2.00
8506	Milk	2.00 tb
8506	All-purpose flour	2.25 c
8506	Sugar	0.75 c
8506	Butter or margarine,softened	0.75 c
8506	Vanilla extract	1.00 ts
8506	Salt	0.25 ts
8506	BUTTER CREAM FROSTING -----	0.00 -----
8506	Sweet butter	4.00 tb
8506	Solid shortening	0.50 c
8506	Salt	1.00 pn
8506	Confectioners sugar*	0.50 lb
8506	Milk	1.50 tb
8506	Vanilla	0.50 ts
8506	Water	0.50 tb
8506	Green food color	3.00 dr
8506	Red food color	3.00 dr
8506	Yellow food color	3.00 dr
8507	Butter or margarine	0.50 c
8507	Sugar	1.00 c
8507	Applesauce	1.00 c
8507	Baking soda	1.00 ts
8507	Salt	0.50 ts
8507	Nutmeg	0.50 ts
8507	Cinnamon	0.50 ts
8507	Raisins	1.00 c
8507	Flour	2.00 c
8508	Rump Roast; Beef, Boneless	4.00 lb
8508	Onions; Thinly Sliced	2.00

## Sheet1

8508	Peppercorns	8.00
8508	Cloves; Whole	4.00
8508	Bay Leaf	1.00
8508	White Vinegar; Mild	1.00 c
8508	Water	1.00 c
8508	Cider Vinegar	0.50 c
8508	Vegetable Oil	0.25 c
8508	Salt	0.50 ts
8508	Water; boiling	2.00 c
8508	Gingersnaps	10.00
8508	Sour Cream	0.50 c
8508	Unbleached Flour	1.00 tb
8509	Rye flour	1.50 c
8509	Whole wheat or all-purpose	1.50 c
8509	Flour	0.00
8509	Salt	0.50 ts
8509	Brown sugar, firmly packed	0.25 c
8509	Oil	0.25 c
8509	Plain yogurt	1.00 c
8510	Pkg. butterscotch chips	6.00 oz
8510	Peanut butter	0.50 c
8510	Oven toasted rice cereal	3.00 c
8511	Oyster Crackers	1.00 pk
8511	Garlic powder	0.50 T
8511	Lemon pepper	0.50 T
8511	Orvil Reddenbacher's	0.67 c
8511	buttery oil	0.00
8511	Hidden Valley Ranch	1.00 pk
8511	Dressing	0.00
8512	Shortening	1.00 c
8512	Sugar	1.00 c
8512	Brown sugar	0.50 c
8512	Egg, beaten	1.00
8512	Flour	1.50 c
8512	Baking soda	1.00 ts
8512	Cinnamon	1.00 ts
8512	Quick rolled oats	1.50 c
8512	Finely crushed walnuts or	0.75 c
8512	pecans	0.00
8512	Vanilla	1.00 ts
8513	Corn flour	1.50 c
8513	All-purpose flour	0.75 c
8513	Salt	0.25 ts
8513	Sesame seeds, toasted	0.50 c
8513	Oil	1.00 tb
8513	Soy sauce or Tamari	1.50 ts
8513	Water	1.00 c
8513	Salt for the tops (opt.)	0.00
8514	Sesame seeds, toasted	5.00 tb

Sheet1

8514	All-purpose flour	2.00 c
8514	Salt	0.50 ts
8514	Oil	0.25 c
8514	Water	0.50 c
8514	Egg, lightly beaten and	1.00
8514	Diluted with 1 to 2 Tb milk	0.00
8514	For brushing the tops	0.00
8515	Oleo	0.50 c
8515	Graham cracker crumbs	1.50 c
8515	Coconut (can use dry oatmeal	1.00 c
8515	instead)	0.00
8515	Pkg. chocolate chips	1.00 sm
8515	Pkg. butterscotch chips (can	1.00 sm
8515	use peanut butter chips)	0.00
8515	Chopped nuts (optional)	1.00 c
8515	Eagle Brand milk	1.00 cn
8516	Light brown sugar, packed	1.00 c
8516	Shortening	0.50 c
8516	Egg	1.00
8516	Vanilla	1.00 ts
8516	Crushed pineapple, drained	1.50 c
8516	Flour	2.00 c
8516	Baking soda	1.00 ts
8516	Salt	0.50 ts
8516	Chopped walnuts	0.75 c
8516	Raisins	0.50 c
8517	Molasses	0.25 c
8517	Light corn syrup	0.25 c
8517	Of Salt	1.00 pn
8517	Baking soda	1.00 ts
8517	Boiling water	1.00 c
8517	Crumb Topping:	0.00
8517	Butter, softened	0.75 c
8517	Brown sugar	1.00 c
8517	All purpose flour	1.50 c
8517	Ground cinnamon	1.00 ts
8517	Grated nutmeg	0.50 ts
8518	Unsalted butter	1.00 lb
8518	Sugar	1.00 c
8518	Salt	0.50 ts
8518	Condensed milk	0.25 c
8518	Vanilla extract	0.50 ts
8518	All-purpose flour	3.50 c
8518	Cornstarch	0.50 c
8519	Shortening	0.50 c
8519	Sugar	1.00 c
8519	Eggs, well beaten	2.00
8519	Milk or cream	1.00 tb
8519	Ginger	0.50 tb

Sheet1

8519	Grated orange or lemon rind	0.00
8519	Baking soda	0.25 ts
8519	Cake flour	2.00 c
8519	Salt	0.12 ts
8520	Stick margarine	1.00
8520	Flaked coconut	1.00 c
8520	Butterscotch chips	1.00 c
8520	Chocolate chips	1.00 c
8520	Evaporated milk	1.00 c
8520	Nuts	1.00 c
8520	Graham cracker crumbs	1.00 c
8520	Melt margarine in 9 x 12	0.00
8520	pan. Sprinkle graham	0.00
8520	Cracker crumbs over	0.00
8520	margarine, then a layer of	0.00
8520	Coconut, then chocolate	0.00
8520	chips, butterscotch chips.	0.00
8520	Cover with milk, then nuts.	0.00
8520	Bake 30 minutes at	0.00
8520	Degrees. When cool, cut in	350.00
8520	squares.	0.00
8521	Egg whites	4.00 lg
8521	Sugar	1.75 c
8521	Grated orange peel	1.00 ts
8521	Baking powder	0.50 ts
8521	Salted almonds	1.50 c
8521	Flour	1.75 c
8522	Vegetable shortening	1.50 c
8522	Granulated sugar	1.50 c
8522	Packed brown sugar	1.50 c
8522	Whole smilin' eggs	3.00
8522	Teaspoons vanilla extract	1.50
8522	All-purpose flour	1.75 c
8522	Teaspoons salt (decrease!)	1.50
8522	Teaspoons baking soda	1.50
8522	Rolled oats, uncooked	4.50 c
8522	Chopped nuts	0.75 c
8522	Raisins	0.75 c
8523	Butter; softened	8.00 tb
8523	Sugar	1.00 c
8523	Egg	1.00
8523	Egg yolk	1.00
8523	Vanilla extract	1.00 ts
8523	All-purpose flour	1.67 c
8523	Baking soda	0.50 ts
8523	Salt	0.50 ts
8523	Nutmeg	0.50 ts
8523	Chopped walnuts	0.50 c
8523	Raisins	0.50 c

## Sheet1

8523	Cinnamon	1.00 tb
8524	BUTTER OR MARGARINE	2.00 c
8524	SUGAR	0.50 c
8524	SALT	1.00 ts
8524	VANILLA EXTRACT	2.00 ts
8524	ALL-PURPOSE FLOUR	4.00 c
8524	PECANS	2.00 c
8524	CONFECTIONERS SUGAR	0.50 c
8525	Flour	12.00 c
8525	Molasses	4.00 c
8525	Shortening	2.00 c
8525	Milk - sour	2.00 c
8525	Baking soda	2.00 ts
8525	Ginger	2.00 tb
8525	Cinnamon	2.00 tb
8525	Salt	1.00 ts
8525	Eggs - beaten	2.00 ea
8526	Unbleached Flour; Sifted	2.00 c
8526	Baking Soda	0.50 ts
8526	Salt	0.50 ts
8526	Shortening	0.25 c
8526	Butter Or Margarine	0.25 c
8526	Granulated Sugar	1.00 c
8526	Egg Yolk	1.00 lg
8526	Buttermilk Or Sour Milk	0.50 c
8526	Vanilla Extract	0.50 ts
8526	Egg White	1.00 lg
8527	SUGAR	1.00 c
8527	SHORTENING	0.50 c
8527	VANILLA	1.00 ts
8527	EGGS	2.00
8527	ALL-PURPOSE FLOUR	2.00 c
8527	SOUR CREAM	0.50 c
8527	BAKING SODA	1.00 ts
8527	BAKING POWDER	0.50 ts
8527	SALT	0.25 ts
8527	GROUND NUTMEG	0.12 ts
8527	RAISINS OR CURRANTS	1.33 c
8528	Sour cream, scalded	1.50 c
8528	Corn-starch	1.50 tb
8528	Nutmeg	0.25 ts
8528	Chopped nuts	1.00 c
8528	Sugar	1.00 c
8528	Few grains salt	0.00
8528	Cloves	0.25 ts
8528	Egg whites, stiffly beaten	3.00
8528	Powdered sugar	9.00 tb
8529	All-purpose flour	2.33 c
8529	Sugar	2.00 ts

## Sheet1

8529	Salt	1.50 ts
8529	Black pepper	0.50 ts
8529	Very finely minced onion	0.33 c
8529	Dried chives, OR	2.00 ts
8529	Fresh, finely chopped	2.00 tb
8529	Chives	0.00
8529	Sour cream	0.33 c
8530	Softened unsalted butter	2.00 c
8530	Sugar	2.00 c
8530	Eggs	2.00
8530	Vanilla	1.00 tb
8530	Salt	0.50 ts
8530	Sifted all purpose flour	5.00 c
8531	Unsalted butter	1.00 c
8531	Ground pecan	8.00 oz
8531	Sugar	0.67 c
8531	Flaked coconut	0.67 c
8531	Milk	2.00 tb
8531	All purpose flour	2.00 tb
8531	Vanilla	2.00 ts
8531	Coarsely chopped semisweet	12.00 oz
8531	chocolate	0.00
8531	Coarsely chopped unsweetened	2.00 oz
8531	chocolate	0.00
8532	Special K cereal	5.00 c
8532	Corn syrup, light	1.00 c
8532	Sugar, white	1.00 c
8532	Peanut butter	1.50 c
8532	Vanilla	2.00 ts
8533	Unsifted flour	2.25 c
8533	Ground cinnamon	0.75 ts
8533	Ground cardamom	0.50 ts
8533	Ground nutmeg	0.25 ts
8533	Ground cloves	0.25 ts
8533	Ground mace	0.25 ts
8533	Salt	1.00 pn
8533	(1-1/2 sticks) sweet butter	0.75 c
8533	Confectioners' sugar	1.00 c
8533	Egg	1.00
8533	Grated lemon rind	1.00 ts
8534	Flour	18.00 oz
8534	Baking Powder	2.00 ts
8534	Sugar	9.00 oz
8534	Vanilla	1.00 ts
8534	Cardamom ground	0.50 ts
8534	Cloves,ground	0.50 ts
8534	Cinnamon	1.00 ts
8534	Almond Oil	2.00 dr
8534	Eggs	2.00

Sheet1

8534	Butter	7.00 oz
8534	Ground Almonds	4.00 oz
8535	Flour	18.00 oz
8535	Baking Powder	2.00 ts
8535	Sugar	9.00 oz
8535	Vanilla	1.00 ts
8535	Cardamom ground	0.50 ts
8535	Cloves,ground	0.50 ts
8535	Cinnamon	1.00 ts
8535	Almond Oil	2.00 dr
8535	Eggs	2.00
8535	Butter	7.00 oz
8535	Ground Almonds	4.00 oz
8536	Cinnamon	1.00 ts
8536	Allspice; Ground	1.00 ts
8536	Cloves; Ground	0.25 ts
8536	Salt	0.50 ts
8536	Flour; Unbleached, Unsifted	2.25 c
8536	Baking Powder	0.50 ts
8536	Almonds, Ground	0.50 c
8536	Lemon Rind; Grated	1.00 ts
8536	Eggs; Large	2.00
8536	Sugar	0.75 c
8536	Honey	0.75 c
8536	Milk	0.50 c
8536	ALMOND GLAZE -----	0.00 -----
8536	Confectioners' Sugar	1.00 c
8536	Almond Extract	0.50 ts
8536	Rum	1.00 ts
8536	;Water	1.00 tb
8537	Shortening	0.25 c
8537	Brown sugar	0.25 c
8537	Molasses	0.33 c
8537	Baking soda	0.25 ts
8537	Salt	0.50 ts
8537	Cinnamon	0.25 ts
8537	Cloves	0.25 ts
8537	Ginger	0.25 ts
8537	Nutmeg	1.00 pn
8537	Allspice	1.00 pn
8537	Flour	1.25 c
8538	Plus 1 Tb warm, very strong	0.50 c
8538	Brewed spice tea	0.00
8538	Honey	2.00 tb
8538	All-purpose flour	2.00 c
8538	Baking soda	0.12 ts
8538	(1/2 stick) butter or	4.00 tb
8538	Margarine, softened	0.00
8539	Cornmeal	1.00 c



## Sheet1

8539	Garlic, pressed	1.00 cl
8539	Cayenne	1.50 ts
8539	Ground cumin	1.50 ts
8539	Chili powder	1.50 ts
8539	Salt	0.25 ts
8539	(1/4 stick) butter or	2.00 tb
8539	Margarine	0.00
8539	Boiling water	1.00 c
8539	All-purpose flour	1.50 c
8539	Salt for the tops	0.00
8539	Paprika for the tops	0.00
8540	Cream Cheese, Softened	8.00 oz
8540	Butter	0.50 c
8540	Unbleached All-Purpose Flour	2.00 c
8540	Butter, Melted	3.00 tb
8540	Finely Chopped Walnuts	1.00 c
8540	Sugar	3.00 tb
8540	Cinnamon	1.00 ts
8541	Sifted all-purpose flour	1.75 c
8541	Baking soda	0.50 ts
8541	Salt	0.50 ts
8541	Ground cinnamon	1.50 ts
8541	Eggs, well beaten	2.00
8541	Sugar	1.00 c
8541	Butter or margarine, melted	1.00 c
8541	Molasses	4.00 tb
8541	Milk	4.00 tb
8541	Quick-cooking oats	2.25 c
8541	Dark seedless raisins	0.50 c
8541	Coarsely chopped nuts	0.50 c
8542	Butter	1.00 c
8542	Sugar	1.00 c
8542	Egg	1.00 ea
8542	Almond extract	1.00 ts
8542	Flour	2.50 c
8542	Salt	0.25 ts
8543	Butter	0.50 c
8543	Vanilla	0.50 ts
8543	Peanut butter	0.75 c
8543	Flour	1.25 c
8543	Sugar	0.25 c
8543	Soda	0.75 ts
8543	Brown sugar	0.75 c
8543	Salt	0.25 ts
8543	Egg	1.00
8543	Water	2.00 tb
8543	Peanuts	0.50 c
8544	Fine vanilla wafer crumbs	1.75 c
8544	Finely ground nuts	1.00 c

Sheet1

8544	Powdered sugar	1.00 c
8544	Cocoa	0.25 c
8544	Light corn syrup	3.00 tb
8544	Light rum	0.25 c
8544	Powdered sugar for dredging	0.33 c
8544	Kahlua	0.12 c
8545	Flour	2.00 c
8545	Nutmeg	0.25 ts
8545	Salt	0.25 ts
8545	Baking soda	0.25 ts
8545	Vegetable shortening	0.50 c
8545	Sugar	0.75 c
8545	Sour cream	0.25 c
8545	Vanilla	0.50 ts
8545	Sour ball candies	0.50 c
8546	Flour	3.00 c
8546	Soda	1.00 ts
8546	Salt	1.50 ts
8546	Butter	0.50 c
8546	Crisco	0.50 c
8546	Sugar	1.00 c
8546	Firmly packed Brown Sugar	0.50 c
8546	Unbeaten eggs	2.00
8546	Water	2.00 tb
8546	Vanilla	1.00 ts
8547	Pkg(Tbl) Dry Yeast	1.00
8547	Very warm water	0.25 c
8547	All purpose flour	3.75 c
8547	Salt	1.50 ts
8547	Butter or margarine	1.00 c
8547	Eggs, beaten	2.00
8547	Sour cream	0.50 c
8547	Vanilla	1.00 ts
8547	Coating:	0.00
8547	Sugar	1.50 c
8547	Vanilla	2.00 ts
8548	Lima bean flour (available	1.00 c
8548	At health food or specialty	0.00
8548	Stores)	0.00
8548	All-purpose flour	1.00 c
8548	Corn meal	0.50 c
8548	Salt	0.25 ts
8548	Sugar	0.50 ts
8548	Vegetable shortening	0.33 c
8548	Water	0.67 c
8549	Butter, softened	1.00 c
8549	Sugar	0.75 c
8549	Salt	0.50 ts
8549	Eggs	2.00

Sheet1

8549	Vanilla	2.00 ts
8549	Flour, all purpose	3.00 c
8550	All-purpose flour	1.50 c
8550	Butter	0.50 c
8550	Maple syrup	1.00 c
8550	Egg	1.00
8550	Salt	1.00 ts
8550	Baking powder	2.00 ts
8550	Seedless raisins	0.50 c
8550	Oatmeal	1.50 c
8550	Nutmeg	1.00 ts
8550	Milk	0.25 c
8550	Chopped nuts	0.50 c
8551	Butter, softened	1.00 c
8551	Sugar	1.00 c
8551	Eggs	2.00
8551	Vanilla	2.00 ts
8551	Flour	2.25 c
8551	Baking soda	0.50 ts
8551	Salt	1.00 ts
8552	Chopped dates	0.75 c
8552	Finely chopped peeled	0.50 c
8552	Apple	0.00
8552	Raisins	0.50 c
8552	Water	0.50 c
8552	Plus 1 tablespoon	1.00 c
8552	All-purpose flour	0.00
8552	Ground cinnamon	1.00 ts
8552	Baking soda	1.00 ts
8552	Salt, optional	0.50 ts
8552	Eggs	2.00
8552	Liquid sweetener	1.00 ts
8553	Butter	0.25 c
8553	Sugar	0.50 c
8553	Coolaid mix,lively colors	0.25 c
8553	Eggs	2.00
8553	Flour	2.00 c
8553	Sugar icing	0.00
8554	Sugar	2.00 c
8554	Soda	1.00 ts
8554	Baking powder	1.00 ts
8554	Butter	1.00 ts
8554	Shortening	1.00 c
8554	Vanilla	1.00 ts
8554	Flour	3.00 c
8554	Coconut	1.00 c
8554	Roasted sunflower seeds	1.00 c
8555	All purpose flour	1.75 c
8555	Baking soda	1.00 ts

Sheet1

8555	Salt	0.25 ts
8555	Stick (8 T.) unsalted butter	1.00
8555	at room temp	0.00
8555	Lightly packed brown sugar	0.75 c
8555	Granulated sugar, separated	0.75 c
8555	Smooth/crunchy peanut butter	0.50 c
8555	Vanilla extract	1.00 ts
8555	Egg	1.00
8555	Hershey's kisses, unwrapped	48.00
8556	Butter	0.50 lb
8556	Sugar	1.50 c
8556	Eggs	2.00
8556	Strong cold coffee (instant)	0.50 c
8556	Vanilla	2.00 ts
8556	Cocoa	1.00 c
8556	Quick-cooking oats, uncooked	4.00 c
8557	Butter	1.00 c
8557	Sugar	1.50 c
8557	Egg	1.00 lg
8557	Grated Orange Rind	1.50 tb
8557	Dark Corn Syrup	2.00 tb
8557	Water	1.00 tb
8557	Unbleached All-Purpose Flour	3.25 c
8557	Baking Soda	2.00 ts
8557	Cinnamon	2.00 ts
8557	Ground Ginger, Or:	1.00 ts
8557	More To Taste	0.00
8557	Ground Cloves	0.50 ts
8558	Molasses	0.50 c
8558	Butter	0.50 c
8558	Sifted all-purpose flour	2.50 c
8558	Baking soda	0.25 ts
8558	Cinnamon	0.50 ts
8558	Sugar	0.50 c
8558	Egg, well beaten	1.00
8558	Salt	0.25 ts
8558	Ginger	0.50 ts
8559	Egg	1.00
8559	Buttermilk (or 1/4 c. milk and 1/4 cup vinegar)	0.50 c
8559	Baking soda	5.00 ts
8559	Vanilla	0.50 ts
8559	Lemon juice (fresh is best)	1.00 c
8559	Sugar	1.25 c
8559	All purpose flour	0.88 c
8559	Butter or margarine, melted	8.00 tb
8560	Sifted all-purpose flour	2.00 c
8560	Egg yolks	2.00
8560	Almond extract	1.00 ts

Sheet1

8560	Sugar	0.75 c
8560	Butter	1.00 c
8561	Butter	0.50 c
8561	Sugar	1.00 c
8561	Chopped, cooked sweet onions	1.00 c
8561	Cooked squash	1.00 c
8561	Flour	2.00 c
8561	Baking powder	1.00 ts
8561	Baking soda	1.00 ts
8561	Salt	0.50 ts
8561	Cinnamon	1.00 tb
8561	Vanilla	1.00 ts
8562	Raisins	1.00 c
8562	Butter or margarine	0.25 c
8562	Sweet potatoes, cooked,	1.00 c
8562	mashed	0.00
8562	Egg	1.00
8562	Vanilla	1.00 ts
8562	Flour, whole wheat	2.00 c
8562	Allspice	0.25 ts
8562	Salt	0.50 ts
8562	Nutmeg	0.50 ts
8562	Baking soda	0.50 ts
8562	Cinnamon	1.00 ts
8562	Walnuts, chopped	0.25 c
8562	Unprocessed bran flakes	0.50 c
8562	Non stick veg cooking spray	0.00
8563	Butter,softened	1.00 c
8563	Powdered Sugar	0.50 c
8563	Vanilla extract	1.50 ts
8563	Flour	2.00 c
8563	Salt	1.00 ds
8563	Baking Powder	1.00 ds
8563	Pecans,finely chopped	0.75 c
8563	Powdered Sugar for dusting	0.00
8564	Butter,softened	1.00 c
8564	Powdered Sugar	0.50 c
8564	Vanilla extract	1.50 ts
8564	Flour	2.00 c
8564	Salt	1.00 ds
8564	Baking Powder	1.00 ds
8564	Pecans,finely chopped	0.75 c
8564	Powdered Sugar for dusting	0.00
8565	Beaten eggs	2.00
8565	Sugar	1.00 c
8565	Vanilla	1.00 ts
8565	To 2-1/2 cup flour	2.00
8566	Butter	0.50 c
8566	Brown sugar	0.50 c

Sheet1

8566	Vanilla	0.50 ts
8566	Hershey Bar,plain(2oz)	1.00
8566	Salt	0.25 ts
8566	Baking soda	0.50 ts
8566	Sugar	0.50 c
8566	Egg	1.00
8566	Oatmeal	1.25 c
8566	Flour	1.00 c
8566	Baking powder	0.50 ts
8566	Chocolate chips(6oz)	1.00 pk
8567	Brown Sugar	0.50 c
8567	Granulated Sugar	0.50 c
8567	Butter	0.50 c
8567	Egg	1.00
8567	Peanut Butter	1.00 c
8567	Salt	0.50 ts
8567	Baking Soda	0.50 ts
8567	All-Purpose Flour	0.50 c
8567	Vanilla	0.50 ts
8568	Unsweetened chocolate	4.00 oz
8568	Butter or margarine	0.50 c
8568	Eggs	4.00
8568	Sugar	2.00 c
8568	Salt	0.25 ts
8568	Vanilla	1.00 ts
8568	Sifted all-purpose flour	1.00 c
8568	Broken pecans or walnuts	1.00 c
8569	Eggs	3.00 ea
8569	Shortening	1.00 c
8569	Flour	1.00 c
8569	Salt	0.50 ts
8569	Raisins	1.00 c
8569	Baking powder	2.00 ts
8569	Oatmeal - quick cooking	3.50 c
8569	Sugar	1.00 c
8570	Packed brown sugar	0.25 c
8570	Shortening	0.25 c
8570	Margarine or butter, softene	0.25 c
8570	Vanilla	0.50 ts
8570	Egg, separated	1.00
8570	All-purpose flour*	1.00 c
8570	Salt	0.25 ts
8570	Finely chopped nuts	1.00 c
8570	Jelly	0.00
8571	Chocolate Chips	6.00 oz
8571	Salt	0.25 ts
8571	Cornflakes	1.50 c
8571	Chopped Filberts	0.50 c
8571	Raisins	0.25 c

Sheet1

8571	Coconut	0.25 c
8571	Chopped Dates Or Dried Fruit	0.25 c
8572	Lemon cake mix w/pudding	1.00 pk
8572	Thawed cool whip	2.25 c
8572	Egg	1.00
8572	Powdered sugar	0.00
8573	Dry active yeast (1 package	1.50 ts
8573	Contains 2-1/4 teaspoons)	0.00
8573	Sugar	0.50 ts
8573	Warm water	1.50 c
8573	All-purpose flour	4.50 c
8573	Baking soda	1.00 ts
8573	Water for dissolving the	1.00 tb
8573	Baking soda	0.00
8573	Plus 2 ts buttermilk	2.00 tb
8573	Salt	2.00 ts
8573	Shortening	0.25 c
8573	Salt for the tops (opt.)	0.00
8574	----brownies-----	0.00
8574	Water	0.50 c
8574	Egg	1.00
8574	Vanilla	1.00 ts
8574	Butter, softened	0.25 c
8574	Egg	1.00
8574	Vanilla	1.00 ts
8574	Chocolate bars, sweet dark/b	3.00
8574	Semi-sweet chocolate chips	0.50 c
8574	Espresso granules, instant	0.12 ts
8574	Brownie mix (1 pkg. pillsbur	21.50 oz
8574	Oil	0.25 c
8574	Espresso granules, instant	2.00 ts
8574	----filling-----	0.00
8574	Brown sugar, firmly packed	0.50 c
8574	Espresso granules, instant	2.00 ts
8574	Walnuts, coarsely chopped	1.00 c
8574	----glaze-----	0.00
8574	Butter or margarine	1.00 tb
8574	Milk or whipping cream	1.00 ts
8575	Cracked wheat, soaked in	0.50 c
8575	Warm water for 5 to 10	0.00
8575	Minutes and drained well	0.00
8575	Triticale flour	1.50 c
8575	Salt	0.25 ts
8575	Oil	3.00 tb
8575	Water	0.50 c
8576	Egg whites	2.00
8576	Granulated sugar	0.50 c
8576	All purpose flour	0.50 c
8576	Unsalted butter, melted	0.50 c

Sheet1

8576	Water	2.00 ts
8576	Vanilla	1.00 ts
8576	Ice cream, sherbert, or	0.00
8576	fresh fruit for filling	0.00
8577	Sugar	1.00 c
8577	Eggs, well beaten	3.00
8577	Chopped dates	1.00 c
8577	Diced candied pineapple	0.25 c
8577	Melted shortening	3.00 tb
8577	Salt	0.50 ts
8577	Flour	0.75 c
8577	Chopped nuts	1.00 c
8577	Chopped candied orange peel	0.25 c
8577	Baking powder	1.50 ts
8578	BROWNIES -----	0.00 -----
8578	Semi-sweet chocolate*	12.00 oz
8578	Sweet butter	12.00 oz
8578	Brewed coffee	2.00 tb
8578	(extra) eggs	8.00 lg
8578	Salt	1.00 ts
8578	Sugar	4.00 c
8578	Vanilla extract	2.00 ts
8578	Almond extract	0.50 ts
8578	Sifted all-purpose flour	2.00 c
8578	(2 3/4 cups) walnut pieces	12.00 oz
8578	ICING -----	0.00 -----
8578	White chocolate	12.00 oz
8578	Granulated sugar	1.00 c
8578	Heavy cream	0.50 c
8578	Coarsely ground nuts	6.00 oz
8579	Sugar	2.00 c
8579	Butter or margarine	0.75 c
8579	Can evaporated milk;	6.00 oz
8579	undiluted	0.00
8579	Pkg instant butterscotch	1.00
8579	pudding mix	0.00
8579	Quick-cooking Oatmeal	3.50 c
8580	Cocoa	6.00 tb
8580	Sugar	2.00 c
8580	Margarine	0.50 c
8580	Milk	0.50 c
8580	Oatmeal	3.00 c
8580	Coconut	1.00 c
8580	Vanilla	1.00 ts
8580	Salt (optional)	0.50 ts
8581	Sugar	2.00 c
8581	Stick oleo	1.00
8581	Peanut butter	0.50 c
8581	Quick oats	3.00 c



Sheet1

8581	Cocoa	0.33 c
8581	Milk	0.50 c
8581	Vanilla	1.00 ts
8582	Sugar	2.00 c
8582	Milk	0.50 c
8582	Margarine	4.00 oz
8582	Oats, quick cooking	3.00 c
8582	Cocoa	1.00 tb
8582	Nuts; chopped	0.50 c
8582	OR	0.00
8582	Coconut	0.50 c
8582	Vanilla	1.00 ts
8583	All-purpose flour	2.00 c
8583	Salt	0.50 ts
8583	Cracked pepper or coarsely	0.50 ts
8583	Ground pepper	0.00
8583	(1/4 stick) butter or	2.00 tb
8583	Margarine, softened	0.00
8583	Plus 1 Tablespoon V-8 juice	0.67 c
8583	Hot pepper sauce, such as	0.25 ts
8583	Tabasco	0.00
8584	All-purpose flour or pastry	3.00 c
8584	Flour	0.00
8584	(1 stick) butter or	8.00 tb
8584	Margarine, softened	0.00
8584	(1 cup) heavy (whipping)	0.50 pt
8584	Cream	0.00
8584	Honey	3.00 tb
8584	Vanilla extract	1.00 ts
8585	Eggs	2.00
8585	Shortening	0.50 c
8585	Cream of tartar	1.00 ts
8585	To 2 cups flour	1.50
8585	Baking soda	0.50 ts
8585	Salt	0.50 ts
8585	Sugar	1.00 c
8585	Vanilla	0.50 ts
8586	Butter; unsalted, at room	0.75 c
8586	temperature	0.00
8586	Sugar, granulated	0.50 c
8586	Egg yolks	2.00 ea
8586	Vanilla	1.00 ts
8586	Flour, all purpose	2.00 c
8586	Vanilla sugar;*	0.50 c
8586	Chocolate, semi sweet; 60 g	2.00 oz
8587	Recipe Of Marshmallow Sqs.	1.00 x
8588	See Worlds best... recipe	0.00
8589	Shortening	0.75 c
8589	White sugar	1.00 c

## Sheet1

8589	White vinegar	2.00 ts
8589	Molasses	0.50 c
8589	Salt	1.00 ts
8589	Cinnamon	1.00 ts
8589	Ginger	2.00 ts
8589	Nutmeg	0.50 ts
8589	White flour	2.00 c
8590	Sugar	2.00 c
8590	Brown sugar	2.00 c
8590	Rolled oats	2.00 c
8590	Crispy rice cereal	2.00 c
8590	Flour	4.00 c
8590	(10 oz) pkg Chocolate chips	1.00
8590	(10 - 12 oz) pkg Vanilla	1.00
8590	chips	0.00
8590	Chopped nuts	1.00 c
8591	From: Gaye Levy DTX63A	0.00
8591	Unsalted butter;well chilled	0.75 c
8591	cut into 12 pieces	0.00
8591	Sugar	0.25 c
8591	Sour cream	1.00 tb
8591	Vanilla	1.00 ts
8591	Salt	0.25 ts
8591	Flour	1.50 c
8591	Raspberry preserves	0.25 c
8591	Powdered sugar	2.00 tb
8592	All-purpose flour	1.00 c
8592	Powdered sugar	0.50 c
8592	Powdered cinnamon	0.50 ts
8592	Butter, chopped	0.50 c
8592	Ground walnuts	1.00 c
8592	Grated lemon peel	1.00 ts
8592	Egg yolk, beaten	1.00
8592	Chocolate Icing:	0.00
8592	Semi-sweetened or bitter	2.00 oz
8592	sweet chocolate	0.00
8592	Vegetable shortening	0.50 ts
8593	Kelloggs Special K cereal	3.00 c
8593	All-purpose flour;sifted	2.00 c
8593	Baking powder	1.00 ts
8593	Baking soda	0.50 ts
8593	Salt	0.50 ts
8593	Butter or margarine;softened	0.75 c
8593	Brown sugar;firmly packed	2.00 c
8593	Eggs	2.00
8593	Walnuts;coarsely chopped	1.00 c
8594	All-purpose flour	1.50 c
8594	Potato flour	0.50 c
8594	Salt	0.25 ts

Sheet1

8594	Plus 2 teaspoons (1/3	2.00 tb
8594	Stick) butter or margarine,	0.00
8594	Softened	0.00
8594	Finely chopped, toasted	0.50 c
8594	Walnuts	0.00
8594	Ice water	1.00 c
8594	Salt for the tops (opt.)	0.00
8595	Flour	1.75 c
8595	Sugar	0.33 c
8595	Ground walnuts	1.25 c
8595	Egg yolks	2.00
8595	Sweet butter	1.00 c
8595	Confectioners sugar	0.00
8596	Shortening or butter	1.00 c
8596	Brown sugar	2.00 c
8596	Eggs	2.00
8596	All-purpose flour	3.50 c
8596	Baking powder	1.00 ts
8596	Baking soda	1.00 ts
8596	Salt	0.50 ts
8596	Cinnamon	2.00 ts
8596	Nutmeg	1.00 ts
8596	Sour cream or buttermilk	0.50 c
8596	Chopped walnuts	1.00 c
8596	Raisins	2.00 c
8596	Chopped dates	1.00 c
8596	Whole walnuts	0.00
8597	Raw wheat berries (whole	1.33 c
8597	Wheat kernels)	0.00
8597	Water for either soaking or	4.00 c
8597	Cooking the wheat berries	0.00
8597	Egg, lightly beaten	1.00
8597	Oil	0.25 c
8597	Whole wheat or all-purpose	0.50 c
8597	Flour	0.00
8597	Oil for brushing the tops	0.00
8597	Salt for the tops (opt.)	0.00
8598	All-purpose flour	1.50 c
8598	Whole wheat flour	0.50 c
8598	Sugar	0.50 c
8598	Salt	0.25 ts
8598	(1/4 stick) butter or	2.00 tb
8598	Margarine, softened	0.00
8598	Milk	0.67 c
8598	Salt for the tops (opt.)	0.00
8599	Honey	0.50 c
8599	Sugar	0.50 c
8599	Peanut butter	1.00 c
8599	Wheaties	3.50 c

Sheet1

8601	(1 stick) unsalted butter,	0.50 c
8601	cut into 1/4ths, room	0.00
8601	Temperature	0.00
8601	Sugar	0.33 c
8601	Firmly packed golden brown	0.33 c
8601	sugar	0.00
8601	Egg	1.00 lg
8601	Vanilla extract	1.00 ts
8601	All purpose flour	1.00 c
8601	Baking soda	0.50 ts
8601	Salt	0.25 ts
8601	White chocolate, coarsely	6.50 oz
8601	chopped	0.00
8601	And finally, take out a	0.00
8601	loan, and get:	0.00
8601	Macadamia nuts, halved	0.75 c
8603	Butter Flavor Crisco	1.00 c
8603	Milk	2.00 tb
8603	Brown sugar, firmly packed	0.75 c
8603	Sugar, granulated	0.50 c
8603	Egg	1.00
8603	Vanilla	1.50 ts
8603	Flour, all purpose	1.75 c
8603	Baking soda	1.00 ts
8603	Salt	0.50 ts
8603	White Chocolate baking bar	1.00 pk
8603	6 ounce package, cut into	0.00
8603	1/4 to 1/2 inch pieces	0.00
8603	Nuts, coarsely chopped	1.00 c
8603	almonds, pecans, walnuts	0.00
8603	macadamias etc...	0.00
8604	Unsalted butter	0.25 lb
8604	Coarsely chopped white	12.00 oz
8604	chocolate	0.00
8604	Eggs, at room temperature	2.00 lg
8604	Packed brown sugar	0.33 c
8604	Sugar	0.33 c
8604	Vanilla extract	1.50 ts
8604	Cream cheese	4.00 oz
8604	Flour	1.75 c
8604	Baking soda	1.25 ts
8604	Cinnamon	0.25 ts
8604	Coarsely chopped semisweet	8.00 oz
8604	chocolate	0.00
8604	Coarsely chopped hazelnuts	0.50 c
8605	Shortening	1.00 c
8605	Sugar - creamed	3.00 c
8605	Eggs	4.00 ea
8605	Milk - sweet	1.00 c

Sheet1

8605	Flour	5.25 c
8605	Baking soda - dissolved in	1.00 ts
8605	1/4 c. sour milk	0.00
8605	Baking powder	4.00 ts
8605	Vanilla	1.00 ts
8605	Nutmeg	0.25 ts
8606	Box golden graham cereal	18.00 oz
8606	Box golden raisins	15.00 oz
8606	Roasted mixed nuts & pecans	3.00 c
8606	Chocolate morsels	12.00 oz
8606	Peanut butter	2.00 c
8606	Watkins vanilla	1.00 ts
8606	Margarine	0.25 lb
8606	Powdered sugar	1.00 lb
8607	Honey - strained	1.00 c
8607	Brown sugar	0.50 c
8607	Eggs	2.00 ea
8607	Shortening - heaping	1.00 ts
8607	Sour cream	0.50 c
8607	Flour	1.00 c
8607	Whole wheat flour	3.00 c
8607	Baking soda	1.00 ts
8607	Baking powder	1.00 ts
8607	Nut meats	0.50 c
8607	Raisins	1.00 c
8607	Salt - a pinch	0.00
8608	Butter/margarine	1.00 c
8608	All-purpose flour AND 3/4	1.50 c
8608	cup whole wheat flour	0.00
8608	Granulated sugar	0.50 c
8608	Packed brown sugar	0.50 c
8608	Egg white	1.00
8608	Ground cinnamon	1.00 ts
8608	Ground cloves	0.25 ts
8608	Ground allspice OR nutmeg	0.25 ts
8609	Flour (reserve 1/4 cup)	2.00 c
8609	Baking powder	2.00 ts
8609	Salt	0.50 ts
8609	Blueberries, wild or frozen	0.75 c
8609	Shortening	0.50 c
8609	Sugar	1.00 c
8609	Lemon rind, grated	1.50 ts
8609	Egg	1.00
8609	Milk (more if 2 c flour used	0.25 c
8610	All-purpose flour	2.00 c
8610	Baking soda	1.00 ts
8610	Vegetable shortening	2.00 tb
8610	Water	0.67 c
8611	Shortening	0.25 c

Sheet1

8611	Brown sugar	0.25 c
8611	Egg yolk	1.00
8611	Vanilla	0.50 ts
8611	Flour	0.50 c
8611	Salt	0.25 ts
8611	Diet raspberry spread	2.00 tb
8612	Granulated sugar	0.75 c
8612	Brown sugar	1.00 c
8612	Butter	1.00 c
8612	Vanilla	1.00 tb
8612	Eggs, slightly beaten	2.00
8612	Flour	3.00 c
8612	Baking soda	0.75 ts
8612	Salt	0.75 ts
8612	Semi-sweet chocolate chips	3.00 c
8612	Chopped nuts (optional)	1.00 c
8613	Flour	3.00 c
8613	Sugar	2.00 c
8613	Baking soda	1.00 ts
8613	Baking powder	2.00 ts
8613	Oats - rolled	3.00 c
8613	Raisins	1.00 c
8613	Shortening	1.00 c
8613	Milk - sour	1.00 c
8613	Egg	1.00 ea
8613	Salt	0.50 ts
8614	Brown sugar	1.00 c
8614	Oats - rolled	2.00 c
8614	Flour	2.00 c
8614	Baking soda	0.50 ts
8614	Cinnamon	1.00 ts
8614	Shortening	0.75 c
8614	Raisins - chopped	0.75 c
8614	Eggs	2.00 ea
8615	Yam or sweet potato,	1.00 lg
8615	Peeled and cut into large	0.00
8615	Pieces	0.00
8615	All-purpose or whole wheat	1.00 c
8615	Flour	0.00
8615	Salt	0.25 ts
8615	Ground cinnamon	1.00 ts
8615	Raw sugar or brown sugar,	2.50 ts
8615	Loosely packed	0.00
8615	Butter or margarine,	1.00 tb
8615	Softened	0.00
8616	All-purpose flour	2.00 c
8616	Salt	0.25 ts
8616	Oil	0.25 c
8616	Plain, unsweetened yogurt	0.50 c

Sheet1

8617	(2-1/4 teaspoons) active	1.00 pk
8617	Dry yeast	0.00
8617	Molasses	2.00 tb
8617	Warm water	0.25 c
8617	Orange zest (approx. 1/2	1.00 ts
8617	Medium orange)	0.00
8617	Lemon zest (approx. 1/2	1.00 ts
8617	Medium lemon)	0.00
8617	Rye flour	1.50 c
8617	All-purpose flour	1.75 c
8617	Salt	1.00 ts
8617	Baking soda	0.12 ts
8617	Dried rosemary, OR	1.00 tb
8617	Fresh rosemary, finely	3.00 tb
8617	Chopped	0.00
8617	Vegetable oil	2.00 tb
8617	Egg	1.00
8617	Orange juice, fresh or	0.50 c
8617	Reconstituted	0.00
8617	Cornmeal to sprinkle on the	0.00
8617	Baking sheeet	0.00
8617	Egg, lightly beaten with 1	1.00
8617	Tablespoon water	0.00
8617	Salt, for glazing the tops	0.12 ts
8617	Coarse salt for the tops	0.00
8618	Flour	3.00 c
8618	Soda	1.50 ts
8618	Baking powder	1.00 ts
8618	Salt	1.00 ts
8618	Cinnamon	1.00 ts
8618	Cloves	0.50 ts
8618	Shortening	0.75 c
8618	White sugar	0.50 c
8618	Brown sugar, packed	1.00 c
8618	Eggs	2.00
8618	Vanilla	2.00 ts
8618	Peeled, grated zucchini	2.00 c
8618	Raisins	0.75 c
8618	Chopped nuts	0.50 c
8619	Butter, softened	0.50 c
8619	Sugar	1.00 c
8619	Egg, beaten	1.00
8619	Of flour	2.00 c
8619	Soda	1.00 ts
8619	Cloves	0.50 ts
8619	Cinnamon	1.00 ts
8619	Salt	0.50 ts
8619	Raisins	1.00 c
8619	Chopped nuts	1.00 c

Sheet1

8619	Grated zucchini	1.00 c
8620	Grated zucchini	1.00 c
8620	Baking soda	1.00 ts
8620	Sugar	1.00 c
8620	Shortening or butter	0.50 c
8620	Egg; beaten	1.00
8620	Flour	2.00 c
8620	Cinnamon	1.00 ts
8620	Ground cloves	0.50 ts
8620	Salt	0.50 ts
8620	Chopped nuts	1.00 c
8620	Raisins	1.00 c
8621	Margarine	0.50 c
8621	Honey	0.75 c
8621	Egg	1.00
8621	Whole Wheat Flour	2.00 c
8621	Baking Soda	1.00 ts
8621	Ground Cinnamon	1.00 ts
8621	Ground Cloves	0.25 ts
8621	Ground Nutmeg	0.50 ts
8621	Salt	0.25 ts
8621	Grated Zucchini	1.00 c
8621	Rolled Oats	1.00 c
8621	Chopped Dates Or Raisins	1.00 c
8622	Butter	1.00 c
8622	Sugar	1.50 c
8622	Eggs	2.00
8622	Vanilla	1.00 ts
8622	Whole wheat flour	3.00 c
8622	Baking soda	1.00 ts
8622	Cinnamon	2.00 ts
8622	Salt	1.00 ts
8622	Raisins	1.00 c
8622	Grated peeled zucchini	2.00 c
8622	Oatmeal	3.50 c
8623	(2-1/4 teaspoons) active	1.00 pk
8623	Dry yeast	0.00
8623	Plus 1/2 teaspoon sugar	0.25 c
8623	Warm water	0.25 c
8623	Plus 2 Tablespoons milk	1.00 c
8623	(1/2 stick) butter or	4.00 tb
8623	Margarine	0.00
8623	Vanilla extract	0.50 ts
8623	Ground mace	0.12 ts
8623	Ground cinnamon	0.12 ts
8623	Ground nutmeg	0.12 ts
8623	Egg, lightly beaten	1.00
8623	All-purpose flour	3.75 c
8623	Butter, melted, for glazing	2.00 tb



Sheet1

8624	Pinto beans	1.00 c
8624	Navy beans	1.00 c
8624	Black eyed peas	1.00 c
8624	Water	10.00 c
8624	Chicken bouillon	1.00 c
8624	Diced onion	1.00 c
8624	16-oz can cut tomatoes	1.00 ea
8624	Thyme	0.75 ts
8624	Pepper	0.25 ts
8624	Red beans	1.00 c
8624	Northern beans	1.00 c
8624	Whole bay leaves	2.00 ea
8624	Meaty ham bones	2.00 lb
8624	Smoked ham	1.50 c
8624	Chili powder	1.00 tb
8624	Worcestershire sauce	0.25 ts
8624	Grated carrot	1.00 md
8625	To 3 pounds pork spareribs	2.00
8625	Hot water	1.50 c
8625	Potatoes, pared and halved	1.00 md
8625	Canned or cooked green beans with liquid	1.50 c
8625	Salt	0.00
8625	Pepper	0.00
8626	Acorn squash, halved	4.50 lb
8626	Butter, unsalted	5.00 tb
8626	Leeks, chopped (white and tender green)	4.00 lg 0.00
8626	Thyme, fresh or 1 ts dried	7.00
8626	Chicken broth	5.00 c
8626	Salt	1.25 ts
8626	Pepper, fresh ground	0.50 ts
8626	Sour cream	0.50 c
8626	Chives, chopped (3 tb)	2.00 tb
8626	Bacon slices, fried crisp and crumbled	8.00 0.00
8627	Grated fresh ginger	2.00 tb
8627	Stock or water	4.00 c
8627	Salt	0.75 ts
8627	Cumin seeds, toasted	1.00 tb
8627	Black pepper	0.50 ts
8627	Juice of one lemon	0.00
8627	Fresh coriander leaves	0.00
8628	Adzuki beans	4.00 oz
8628	soaked overnight	0.00
8628	Margarine	2.00 oz
8628	Onion; chopped	1.00
8628	Garlic cloves; crushed	2.00
8628	Leeks; trimmed,	1.00 lb
8628	washed well & sliced	0.00

Sheet1

8628	Carrot; diced	1.00
8628	Mushrooms; wiped & sliced	8.00 oz
8628	Hungarian paprika, sweet	1.00 tb
8628	Cayenne pepper; to taste	1.00 pn
8628	Wholewheat flour	2.00 tb
8628	Vegetable stock	0.50 pt
8628	Soy sauce	1.00 tb
8628	Tomato paste	1.00 tb
8628	Chopped tomatoes	1.00 lb
8628	Salt & pepper; to taste	0.00
8628	Parsley; chopped, to garnish	0.00
8628	DUMPLINGS -----	0.00 -----
8628	Wholewheat flour	4.00 oz
8628	Salt	0.25 ts
8628	Margarine	1.00 oz
8628	Parsley, half if using dried	3.00 tb
8628	Water (or milk if preferred)	3.00 fl
8628	OR- less, as needed	0.00
8629	Butter	2.00 tb
8629	Cayenne pepper	1.00 ts
8629	Unsalted chicken stock	1.00 c
8629	Ears yellow corn, shucked,	4.00
8629	Sliced into 1-inch thick	0.00
8629	Wheels	0.00
8629	Chicken, cut into bite size	3.00 lb
8629	Pieces.	0.00
8629	Sweet paprika	2.00 ts
8629	Onions finely diced	1.00 c
8629	Milk	3.00 c
8629	Yucca peeled and cut into	2.00 lg
8629	Inch thick dice.	0.00
8629	Juice of one lime.	0.00
8630	Dry white wine	2.00 c
8630	Bay leaf	1.00
8630	Onion, roughly chopped	1.00
8630	Garlic	1.00 cl
8630	Ribs celery	2.00
8630	Lobster (1- 1 1/2 lb)	1.00
8630	Shrimp in the shell	12.00 md
8630	Mussels, well scrubbed	24.00
8630	Sea scallops	12.00
8630	Heavy whipping cream	4.00 c
8630	Milk	1.00 c
8630	Dried thyme	1.00 ts
8630	Minced fresh parsley	1.00 tb
8630	Dried rosemary	0.25 ts
8630	Fresh spinach, chopped	1.00 c
8630	Grated carrot	0.50 c
8630	Salt & pepper to taste	0.00

Sheet1

8630	Fresh lemon juice	0.50 ts
8631	Regular-strength beef broth	3.00 qt
8631	Can (28 oz.) crushed tomatoes	1.00 lg
8631	Can (7 oz.) diced green chiles	1.00 lg
8631	(about 1/2-lb.) onion, chopped	1.00 lg
8631	Crumbled dried basil leaves	1.50 ts
8631	Crumbled dried oregano leaves	1.50 ts
8631	To 1 tsp. liquid hot pepper seasoning	0.50
8631	Long-grain white rice	0.50 c
8631	Meatballs (recipe follows)	0.00
8631	Minced fresh cilantro -(coriander)	0.50 c
8631	Cilantro sprigs (optional)	0.00
8632	Butter	0.25 c
8632	Corn cut from the cob	3.50 c
8632	Clove garlic	1.00
8632	Chicken broth	1.00 c
8632	Milk	2.00 c
8632	Dry oregano	1.00 ts
8632	Green chiles	4.00 oz
8632	Monterey Jack cheese	1.00 c
8632	Salt	0.00
8633	Onions; thinly sliced	2.00 lg
8633	Vegetable oil	2.00 tb
8633	Vegetable stock	3.50 c
8633	Apple cider	1.50 c
8633	OR- unsweetened apple juice	0.00
8633	Pearl barley	0.33 c
8633	Carrots; diced	2.00 lg
8633	Thyme	1.00 ts
8633	Dried marjoram	0.25 ts
8633	Bay leaf	1.00
8633	Unpeeled chopped apples	2.00 c
8633	Fresh parsley, minced	0.25 c
8633	Lemon juice	1.00 tb
8633	Salt	0.25 ts
8634	Apples, cored and chopped	16.00
8634	Water	5.00 c
8634	Lemon peel, grated	0.50 tb
8634	Inch cinnamon, wrapped in	1.00
8634	Cheese cloth	0.00
8634	Maple syrup	0.25 c
8634	Arrowroot	1.00 tb
8634	Lemon juice	1.00 tb
8634	White wine	0.25 c
8634	Sour cream	0.50 c
8635	Butter	2.00 tb
8635	Onions (peeled and chopped)	2.00
8635	Leeks (sliced)	2.00
8635	Md turnips (cubed)	2.00

Sheet1

8635	Peeled potatoes (cubed)	2.00
8635	Shallots (chopped)	2.00
8635	Stalks celery (sliced)	2.00
8635	Carrots (sliced)	2.00
8635	Garlic (halved)	2.00 cl
8635	Sprigs parsley	2.00
8635	Chicken broth	2.00 cn
8635	Half-and-half	2.00 c
8635	Salt and pepper to taste	0.00
8635	Dill weed to taste (opt.)	0.00
8636	Barley	1.00 c
8636	Chicken broth	6.00 c
8636	Onion	1.00 c
8636	Butter	0.25 ts
8636	Fresh mint OR	3.00 tb
8636	Dried mint	1.00 tb
8636	Fresh parsley, minced	2.00 tb
8636	Yoghurt	1.00 ts
8637	Stalk Lemon Grass	1.00
8637	Cubed Chicken Meat	4.00 c
8637	Chicken Or Fish Stock	0.00
8637	Sliced Cilantro Leaves	0.50 c
8637	Serrano Or Jalapeno Chili	1.00
8637	Grated Lime Zest	0.50 ts
8637	Lime Juice To Taste	0.00
8637	Salt	1.50 tb
8637	Pepper To Taste	0.00
8637	Snow Peas	3.00 oz
8637	Carrot, Peeled	1.00 md
8637	Radishes	4.00 md
8637	Green Part of 1 Scallion	0.00
8637	Whole Cilantro Leaves	2.00 tb
8638	Artichoke hearts drained	19.00 oz
8638	Chicken broth	1.50 c
8638	Lemon juice	1.00 tb
8638	Salt	0.50 ts
8638	Dash of white pepper	1.00
8638	18% Table cream	1.00 c
8638	Thin slices of lemon	1.00
8639	Asparagus	0.00
8639	Water	0.00
8639	Salt	0.00
8639	Milk - or part cream	1.00 qt
8639	Butter	2.00 oz
8639	Pepper	0.00
8640	Chicken broth	4.00 c
8640	Plus 2 teaspoons nuoc mam	1.00 tb
8640	(Vietnamese fish sauce)	0.00
8640	Sugar	0.50 ts

## Sheet1

8640	Salt	0.25 ts
8640	Vegetable oil	1.00 tb
8640	Shallots, chopped	6.00
8640	Garlic cloves, chopped	2.00
8640	Fresh or canned lump crab	8.00 oz
8640	meat, picked over and	0.00
8640	drained	0.00
8640	Freshly ground black pepper	0.00
8640	Cornstarch or arrowroot,	2.00 tb
8640	mixed with 2 tablespoons	0.00
8640	cold water	0.00
8640	Egg, lightly beaten	1.00
8640	White asparagus spears, cut	15.00 oz
8640	into 1-inch sections with	0.00
8640	canning liquid reserved	0.00
8640	Shredded coriander	1.00 tb
8640	Scallion, thinly sliced	1.00
8641	Chicken	2.00 lb
8641	Sesame oil	3.00 tb
8641	Slices ginger root	6.00
8641	Medium sherry	0.50 c
8641	Salt	0.50 ts
8641	Warm water	2.00 c
8641	Sugar	1.00 ts
8641	Button mushrooms, canned	0.50 c
8641	Fresh asparagus spears	8.00
8642	Water	2.50 qt
8642	Pork bones	2.00 lb
8642	Salt	2.00 ts
8642	Fish sauce (nuoc mam)	1.00 tb
8642	Vegetable oil	1.00 ts
8642	Clove garlic, chopped	1.00
8642	Shallots or white part of 2	2.00
8642	scallions, chopped	0.00
8642	Crab meat, fresh, frozen, or	0.50 lb
8642	canned	0.00
8642	Freshly ground black pepper	0.25 ts
8642	Cornstarch dissolved in 2	2.00 ts
8642	tablespoons water	0.00
8642	Egg	1.00
8642	White asparagus, undrained	15.00 oz
8642	Chopped fresh coriander	0.25 c
8642	(Chinese parsley)	0.00
8642	Chopped scallion greens	0.25 c
8643	Asparagus, diagonally	2.00 lb
8643	Sliced into 1" pieces	0.00
8643	Leeks, sliced	3.00
8643	Green onion, sliced thinly	4.00
8643	Red potato, chopped small	1.00

Sheet1

8643	Butter	3.00 tb
8643	Water	4.00 c
8643	Vegetable, beef or chicken	1.00
8643	Bouillion cube	0.00
8643	Cream	1.00 c
8643	Tarragon	2.00 tb
8643	Basil	2.00 tb
8643	Clove garlic, pressed	1.00
8643	Soy sauce	1.00 tb
8646	Asparagus	1.00 lb
8646	Milk	4.00 c
8646	Butter	2.00 tb
8646	Flour	2.00 tb
8646	Pepper	0.12 ts
8646	Salt	1.00 ts
8648	Pumpkin; or squash, cooked	5.00 c
8648	Chicken stock	2.50 c
8648	Light beer	1.50 c
8648	Butter	2.00 tb
8648	Onion;large, chopped	1.00
8648	Garlic cloves;crushed	3.00
8648	Cheddar cheese;old, shredded	1.00 c
8648	Pumpkin seeds	0.25 c
8648	Salt and pepper	0.00
8649	Butternut squash	1.00 sm
8649	Slices cubed white bread	2.00 ea
8649	Green apples	2.00 ea
8649	Salt	1.00 ts
8649	Onion; chopped	1.00 md
8649	Pepper	0.25 ts
8649	Rosemary	1.00 pn
8649	Egg yolks	2.00 ea
8649	Marjoram	1.00 pn
8649	Heavy cream	0.25 c
8649	Chicken stock	1.00 qt
8650	Chicken broth	8.00 c
8650	Uncooked rice	1.00 c
8650	Eggs, separated	4.00
8650	Lemon juice	4.00 tb
8651	Milk	2.00 c
8651	Egg yolks, beaten	6.00
8651	Long grain rice	0.50 c
8651	Chopped parsley to taste	1.00
8651	Grated lemon peel (optional)	1.00
8651	Cornstarch	2.00 tb
8651	Basic chicken stock	2.00 qt
8651	Stick butter 1/8 lb	0.50
8651	Fresh lemon juice	1.00 c
8651	Salt and pepper	1.00

Sheet1

8652	Milk	2.00 c
8652	Cornstarch	2.00 tb
8652	Egg yolks, beaten	6.00
8652	Basic chicken stock	2.00 qt
8652	Long grain rice	0.50 c
8652	Stick butter 1/8 lb	0.50
8652	Chopped parsley to taste	1.00
8652	Fresh lemon juice	1.00 c
8652	Grated lemon peel (optional)	1.00
8652	Salt and pepper	1.00
8653	Avocados, peeled and cubed	2.00
8653	Chicken stock	2.50 c
8653	Curry powder	1.00 ts
8653	Salt to taste	0.00
8653	White pepper to taste	0.00
8653	Whipping cream	0.50 c
8654	Avocado oil	2.00 tb
8654	Walnut Oil or 3 T. Fruity	1.00 tb
8654	Olive Oil	0.00
8654	Yellow Onion, chopped	1.00 md
8654	Cloves Garlic, peeled and	4.00
8654	Minced	0.00
8654	Piece of Ginger, 1 1/2 inches	1.00
8654	Long, peeled and minced	0.00
8654	Serrano or jalapeno chili	3.00
8654	Peppers, stemmed, seeded and	0.00
8654	Minced	0.00
8654	Chicken stock	4.00 c
8654	Ripe Avocados, preferably	3.00
8654	The Haas variety	0.00
8654	Limes	2.00
8654	Sour cream	0.50 c
8654	Half-and-half	2.00 tb
8654	Cilantro leaves, very finely	0.25 c
8654	Minced	0.00
8654	Ground Coriander	1.00 ts
8654	Salt	0.00
8654	Radishes, 10-12	1.00 bn
8654	Black pepper	0.00
8656	THE CAWL -----	0.00 -----
8656	Collar bacon with rind	1.50 lb
8656	Water	3.00 pt
8656	VEGETABLES -----	0.00 -----
8656	Potatoes	1.50 lb
8656	Swede (rutabaga)	1.00 sm
8656	Mature carrots	3.00
8656	Leeks (or spring onions)	2.00 lg
8656	Chopped parsley	2.00 tb
8656	SAUCES FOR THE MEAT -----	0.00 -----

Sheet1

8656	MUSTARD AND EGG SAUCE -----	0.00 -----
8656	Butter	2.00 oz
8656	Flour	1.00 oz
8656	Dry mustard powder	1.00 ts
8656	Powdered tumeric	0.50 ts
8656	Cawl stock & milk mixed	0.50 pt
8656	Hard-boiled egg	1.00
8656	Vinegar	1.00 tb
8656	SPICED TOMATO KETCHUP -----	0.00 -----
8656	Ripe tomatoes	1.00 lb
8656	Onion	1.00 sm
8656	Ground ginger	1.00 ts
8656	Powdered cloves	0.25 ts
8656	Sugar	1.00 oz
8656	Malt vinegar	1.00 tb
8656	Salt and pepper	0.00
8656	Green chili (optional)	1.00 sm
8656	PARSLEY -----	0.00 -----
8656	Butter	1.00 oz
8656	Flour	1.00 oz
8656	Cawl stock and milk mixed	0.50 pt
8656	(heaped) chopped parsley	2.00 tb
8656	(heaped) chopped chives	1.00 tb
8656	Salt and pepper	0.00
8657	Diced potatoes	4.00 c
8657	Jar (12-oz) bacon pieces	1.00 ea
8657	Chopped onion	1.00 ea
8657	Butter/margarine	4.00 tb
8657	Chopped celery	1.00 c
8657	Chicken broth	1.00 c
8657	Sliced carrot	1.00 ea
8657	Milk	2.00 c
8658	Slices bacon, cut up	4.00
8658	Coarsely shredded cabbage	2.00 c
8658	(14-1/2 oz.) cans beef	2.00
8658	Broth	0.00
8658	(16 oz.) pkg. Green Giant	1.00
8658	Frozen Pasta & Vegetables	0.00
8658	Accent Garden Herb	0.00
8658	Seasoning	0.00
8659	Short ribs of beef	4.00 lb
8659	Onion skin on studded with	1.00 ea
8659	2 cloves	0.00
8659	Garlic peeled and	3.00 cl
8659	lightly crushed	0.00
8659	Whole black peppercorns	4.00 ea
8659	Beef broth	4.00 c
8659	Leeks roots trimmed and 1	3.00 sm
8659	inch of green left on cut	0.00



## Sheet1

8659	into 1/4 x 2 inch julienne	0.00
8659	strips well washed	0.00
8659	Carrots cut into 1/4 x 2	3.00 ea
8659	inch julienne strips	0.00
8659	Celery ribs cut into	3.00 ea
8659	1/4 x 2 inch julienne	0.00
8659	strips	0.00
8659	White mushroom caps cut	8.00 ea
8659	into thin slices	0.00
8659	Shaped pasta cooked until	2.00 c
8659	just tender	0.00
8659	Salt and fresh ground black	0.00
8659	pepper to taste	0.00
8659	Chopped dill	2.00 tb
8659	Parsley	2.00 tb
8660	Baked potatoes	8.00 oz
8660	Chopped onion	1.00 md
8660	Chopped green onion	1.00 tb
8660	Butter	2.00 ts
8660	Chicken stock	3.00 c
8660	Salt and pepper to taste	0.00
8660	Half and half	1.00 c
8660	Sour cream	0.00
8660	Shredded cheedar cheese	0.00
8660	Minced green onions	0.00
8660	Parsley	0.00
8662	Pot barley	2.00 oz
8662	Good quality chicken stock	2.50 pt
8662	Lemon	1.00
8662	Fat garlic clove	1.00
8662	Leeks	2.00
8662	Mushrooms	0.25 lb
8662	Chicken livers, if available	2.00
8662	Cold cooked chicken meat *	0.00
8662	Coarsley chopped parsley	5.00 tb
8662	Knob butter	1.00 sm
8664	Stewing chicken	3.00 lb
8664	Water	11.00 c
8664	Gingerroot slices	5.00 ea
8664	Green onions	3.00 ea
8665	Chopped shallot	2.00 tb
8665	Butter	2.00 tb
8665	Dry white wine	1.00 c
8665	Heavy cream	1.00 c
8665	Milk (not skim or 2%)	2.00 c
8665	Snipped chives	3.00 tb
8665	Scallops OR	1.00 lb
8665	Scallops AND **	0.50 lb
8665	Lobster meat **	0.50 lb

Sheet1

8665	White pepper (or to taste)	1.00 ts
8666	Navy beans	1.00 lb
8666	Prunes	1.00 lb
8666	Cut carrots	1.00 qt
8666	Cut potatoes	1.50 qt
8666	Beef stew meat	1.00 lb
8666	Onion	1.00
8666	Salt and pepper	0.00
8666	Whole cloves	12.00
8667	Low-Sodium Instant Vegetable	2.00 pk
8667	Broth And Seasoning Mix	0.00
8667	Dissolved IN	0.00
8667	Hot Water	1.50 c
8667	Low-Sodium Canned Stewed	1.00 c
8667	Tomatoes	0.00
8667	Uncooked Small Shell	4.50 oz
8667	Macaroni	0.00
8667	Rinsed, Drained, Canned Red	14.00 oz
8667	Kidney Beans	0.00
8667	Thawed Frozen Spinach,	1.00 c
8667	Chopped	0.00
8667	Oregano Leaves	0.50 ts
8667	Basil Leaves	0.50 ts
8667	Grated Parmesan Cheese	0.75 oz
8668	Navy beans	1.00 lb
8668	Beef stew meat	1.00 lb
8668	Prunes	1.00 lb
8668	Onion	1.00 ea
8668	Cut carrots	1.00 qt
8668	Salt and pepper	0.00
8668	Cut potatoes	1.50 qt
8668	Whole cloves	12.00 ea
8669	Dried cannellini beans	2.00 c
8669	Red onions	2.00 ea
8669	Sprigs fresh parsley leaves	10.00 ea
8669	Large celery stalk	1.00 ea
8669	Cloves garlic, peeled	2.00 ea
8669	Fresh basil	1.00 tb
8669	Fresh rosemary leaves	1.00 ts
8669	Coarse grained salt	0.00
8669	Fresh tomatoes OR 3 drained	3.00 ea
8669	canned imported Italian	0.00
8669	tomatoes	0.00
8669	Boiled ham	1.00 oz
8669	Salt pork	1.00 oz
8669	Plus 8 ts olive oil	0.25 c
8669	Salt and freshly ground	0.00
8669	pepper	0.00
8669	Dried thyme OR 1/2	0.50 ts

Sheet1

8669	ts tarragon	0.00
8669	Savoy cabbage, 2 lbs	1.00 sm
8669	Slices coarse Italian bread	8.00 ea
8670	Dried pinto beans	2.00 c
8670	Beef stock OR	4.00 c
8670	Canned beef broth	3.00 c
8670	Water	6.00 c
8670	Olive oil	6.00 tb
8670	Slices prosciutto rind OR	2.00
8670	Slices salt pork	2.00
8670	Carrot, chopped	1.00
8670	Celery stalk, chopped	1.00
8670	Medium onion, chopped	1.00
8670	Sprig fresh rosemary OR	1.00
8670	Dried rosemary	1.00 ts
8670	Parsley, chopped	2.00 tb
8670	Garlic cloves, chopped	2.00
8670	All-purpose flour	1.00 tb
8670	Tomatoe paste	2.00 tb
8670	Salt & pepper, to taste	0.00
8670	Small elbow macaroni OR	0.25 lb
8670	Arborio rice	0.25 lb
8670	Parmesan cheese,fresh grated	0.33 c
8670	Additional Parmesan cheese	0.00
8671	Navy beans; dried	1.00 lb
8671	Water	8.00 c
8671	Beef broth	3.00 c
8671	Carrot; chopped	1.00
8671	Celery stalk; chopped	1.00
8671	Bacon; strips, cubed	4.00
8671	Onions; small, chopped	2.00
8671	Salt	1.00 ts
8671	Pepper; white	0.25 ts
8671	Frankfurters, sliced *	6.00
8671	Parsley; chopped	2.00 tb
8672	Olive oil	0.50 c
8672	Onions, chopped	2.00 ea
8672	Garlic cloves	4.00 ea
8672	Runner beans, trimmed &	2.00 lb
8672	- sliced	0.00
8672	Tomatoes, chopped	1.00 lb
8672	Sugar	1.00 tb
8672	Salt	1.00 ts
8672	Black pepper	0.50 ts
8672	Basil	1.00 ts
8672	Stock	2.00 c
8673	Dried cannellini beans	1.00 lb
8673	rinsed	0.00
8673	Vegetable stock or broth	4.00 c

## Sheet1

8673	Bay leaf	1.00
8673	Garlic cloves	6.00
8673	unpeeled, crushed slightly	0.00
8673	Bulbs fennel	2.00 lg
8673	Olive oil, -OR- up to:	0.50 c
8673	Olive oil	0.67 c
8673	Pref. Greek extra virgin	0.00
8673	Peeled, seeded, tomatoes *	5.00 c
8673	(*chopped), with juice	0.00
8673	fresh or canned	0.00
8673	Chopped fresh parsley	1.00 c
8673	Lemon; juiced	1.00
8673	Salt	0.00
8673	Freshly ground black pepper	0.00
8674	Soup bone - 1/2 meat	2.00 lb
8674	Barley	0.25 c
8674	Fat	2.00 tb
8674	Cubed carrot	1.00 c
8674	Water	2.00 qt
8674	Chopped onion	0.25 c
8674	Salt	1.50 ts
8674	Chopped celery	0.50 c
8674	Pepper	0.25 ts
8674	Cooked tomatoes	2.00 c
8674	Minced parsley	2.00 tb
8674	Fresh/frozen peas	1.00 c
8675	Cooking oil	1.00 tb
8675	Beef short ribs	2.00 lb
8675	Onions, coarsely chopped	2.00 md
8675	Carrots, sliced	3.00
8675	Stalks Celery, sliced	3.00
8675	Whole tomatoes (28 oz.),	1.00 cn
8675	With liquid, chopped	0.00
8675	Water	2.00 ts
8675	Chicken bouillon cubes	4.00
8675	Medium pearl barley	0.33 c
8676	Lean ground beef	1.00 lb
8676	Garlic salt	0.50 ts
8676	Garlic powder	0.25 ts
8676	Pepper	0.25 ts
8676	Celery; chopped	2.00 x
8676	Kidney beans; drained	16.00 oz
8676	Chopped head cabbage	0.50
8676	Tomatoes *	28.00 oz
8676	Water in empty tom. can	1.00 cn
8676	Beef bouillon cubes	4.00
8676	Chopped parsley	0.00
8677	Lean Ground Beef	1.00 lb
8677	Onion; Chopped, 1 Md	0.50 c

Sheet1

8677	Clove Garlic; Minced	1.00
8677	Mushroom Stems & Pieces;1 Cn	4.00 oz
8677	Stewed Tomatoes; 1 Cn	16.00 oz
8677	Celery Stalk; Sliced	1.00
8677	Carrot; Lg, Sliced	1.00
8677	Lentils; Uncooked	1.00 c
8677	Water	3.00 c
8677	Red Wine; Optional	0.25 c
8677	Bay Leaf	1.00
8677	Parsley; Snipped	2.00 tb
8677	Salt	1.00 ts
8677	Beef Bouillon; Instant	1.00 ts
8677	Pepper	0.25 ts
8678	BEEF BONE STOCK:	0.00
8678	Meaty bones sawed into	4.00 lb
8678	piece	0.00
8678	Halved onion	1.00 ea
8678	Quartered carrots	2.00 ea
8678	Outer stalk celery cut	1.00 ea
8678	into 3 pieces	0.00
8678	Turnip sliced optional	1.00 sm
8678	Peppercorns	12.00 ea
8678	Bay leaf	1.00 ea
8678	Pinch of thyme	0.00
8678	Parsley stalks	4.00 ea
8678	SOUP:	0.00
8678	Beef bone stock with	3.00 pt
8678	fat removed	0.00
8678	Fat from stock	3.00 tb
8678	Chopped onion	1.00 lg
8678	Diced carrot	1.00 c
8678	Diced celery	0.50 c
8678	Diced turnip optional	0.50 c
8678	Diced parsnip optional	0.50 c
8678	Cross cut shanks	1.50 lb
8678	Chopped tomatoes	1.00 c
8678	Sugar	1.00 ts
8678	Salt	1.00 tb
8678	Pepper	0.50 ts
8678	Barley (if used soup must	0.25 c
8678	be eaten in a day or two)	0.00
8679	BEEF STOCK: Made one day	0.00
8679	ahead	0.00
8679	Short ribs of beef	5.00 lb
8679	Onion skin left on	1.00 lg
8679	Whole cloves	2.00 ea
8679	Cloves of garlic	3.00 ea
8679	Stalk celery with leaves	2.00 ea
8679	Carrot	1.00 lg

## Sheet1

8679	Low/no sodium beef broth	3.00 c
8679	VEGETABLES:	0.00
8679	Carrots cut in 1/2 inch	3.00 lg
8679	dice	0.00
8679	Parsnips cut in 1/2 inch	2.00 lg
8679	dice	0.00
8679	Stalk celery cut in 1/2 inch	2.00 ea
8679	dice	0.00
8679	Sprigs fresh dill	6.00 ea
8679	Green beans 1 inch lengths	0.50 lb
8679	Leeks cut into thin strips	2.00 ea
8679	Chopped parsley	0.25 c
8679	Chopped dill	0.25 c
8679	Salt and pepper to taste	0.00
8680	Stew beef,cut into 2" cubes	3.00 lb
8680	Flour	0.50 c
8680	Vegetable oil	2.00 tb
8680	White onions,peeled	12.00 sm
8680	Fresh mushrooms,trimmed	12.00 oz
8680	Burgundy wine	0.75 c
8680	Beef broth	0.75 c
8680	Bay leaf	1.00
8680	Salt	1.00 ts
8680	Pepper	0.25 ts
8681	Navy beans	1.00 lb
8681	Lean beef stew trimmed of	1.00 lb
8681	fat and cut into 1/4 to	0.00
8681	1/2 inch pieces	0.00
8681	Onions cut into 1/2 inch	2.00 ea
8681	pieces	0.00
8681	Chopped garlic	1.00 tb
8681	Chili powder	1.00 tb
8681	Salt	1.00 ts
8681	Tomato paste	2.00 tb
8681	Tomato (1/2 lb) cut into	1.00 lg
8681	1/2 inch pieces	0.00
8682	Beef stew meat, cut into	1.00 lb
8682	1" cubes	0.00
8682	Onion,chopped	1.00 md
8682	Cooking oil	2.00 ts
8682	Beer (1 1/2 cups)	1.00 cn
8682	Water	0.75 c
8682	Tomato paste	0.25 c
8682	Paprika	1.00 tb
8682	Salt	0.25 ts
8682	Caraway seed	0.25 ts
8682	Pepper	0.25 ts
8682	Potatoes (about 1 lb.)	3.00
8682	(8 oz) sauerkraut	1.00 cn

Sheet1

8682	Snipped parsley	2.00 tb
8683	Boneless beef chuck eye	2.00 lb
8683	Roast, cut in 1 1/4" cubes	0.00
8683	Olive oil	2.00 tb
8683	Onions,each cut in 8 pieces	3.00 lg
8683	Cloves garlic,crushed	4.00 lg
8683	(28 oz) tomatoes, drained	1.00 cn
8683	And quartered	0.00
8683	Chopped parsley, divided	5.00 tb
8683	Dried thyme leaves	1.00 ts
8683	Salt	0.25 ts
8683	Pepper	0.25 ts
8683	Red Burgundy wine	1.00 c
8683	Beef broth	1.00 c
8683	Mushrooms,quartered	0.50 lb
8683	(6 oz) pitted ripe olives,	1.00 cn
8683	Drained	0.00
8683	Hot cooked noodles	0.00
8683	Parsley	0.00
8684	SOUP -----	0.00 -----
8684	Short ribs or chuck with	2.00 lb
8684	bone in 1 - 4 pieces	0.00
8684	Onions, sliced	2.00 lg
8684	To 4 stalks celery, sliced	3.00
8684	Salt	4.00 ts
8684	Pepper	0.75 ts
8684	Water	2.00 qt
8684	Carrots, halved, pared	2.00
8684	Tomatoes, chopped	3.00
8684	Sprigs parsley	4.00
8684	LIVER BALLS -----	0.00 -----
8684	Ground liver (1/2 lb)	1.00 c
8684	Dried bread crumbs	1.00 c
8684	Flour, all-purpose	3.00 tb
8684	Eggs	2.00
8684	Parsley, snipped	0.25
8684	Salt	1.00 ts
8684	Dried marjoram	0.12 ts
8684	Mace	0.12 ts
8684	Garlic, minced	1.00 cl
8685	Chuck steak	2.50 lb
8685	Oil	3.00 tb
8685	Onions, chopped	4.00 lg
8685	Garlic, crushed	2.00 cl
8685	Prepared mustard	1.00 tb
8685	Flour	2.00 tb
8685	Ale	1.50 c
8685	Bay leaf	1.00
8685	Sprigs parsley	2.00

Sheet1

8685	Peppercorns	0.25 ts
8685	Thyme	0.50 ts
8685	Salt	1.00 ts
8685	Sugar	1.00 ts
8685	Grated nutmeg	0.25 ts
8686	Beef stew meat	1.50 lb
8686	Oil	1.00 tb
8686	Carrots; sliced thin	1.00 c
8686	Celery; sliced	1.00 c
8686	Onion; sliced thin	1.00 md
8686	Green pepper; coarsely chopd	0.50 c
8686	Parsley; snipped	0.25 c
8686	Beef broth	4.00 c
8686	Tomatoes; canned, cut up(16	1.00 cn
8686	Spagetti sauce	1.00 c
8686	Pearl barley	0.67 c
8686	Basil; dry & crushed	1.50 ts
8686	Slat	1.00 ts
8686	Pepper	0.25 ts
8687	Ground beef, crumbled	0.50 lb
8687	Frozen cut green been	1.00 c
8687	Medium onion	1.00
8687	Broken spaghetti (uncooked)	1.50 c
8687	Clove garlic minced	1.00
8687	Parsley flakes	1.00 ts
8687	Beef stock	4.00 c
8687	Salt	0.75 ts
8687	Olive oil	1.00 ts
8687	Pepper	0.12 ts
8687	Can sliced mushrooms	1.00
8687	Bay leaf	1.00
8687	Can tomato sauce	1.00
8687	Oregano	0.50 ts
8688	Onion, Chopped, 1 Medium	0.50 c
8688	Margarine Or Butter	2.00 tb
8688	Beer, Any Brand	12.00 oz
8688	Carrot, Finely Chopped	0.50 c
8688	Celery, Finely Chopped	0.50 c
8688	Chicken Broth	2.00 c
8688	Salt	1.00 ts
8688	Cumin, Ground	1.00 ts
8688	Nutmeg, Ground	0.25 ts
8688	Cloves, Ground	1.00 ds
8688	Pepper	1.00 ds
8688	Dairy Sour Cream	1.00 c
8688	GARNISH -----	0.00 -----
8688	Cheese *	1.00 c
8689	(approx) dried bird's nest	3.50 oz
8689	Rich chicken stock for soup	6.00 c



Sheet1

8689	Chicken breast	1.00 lg
8689	Cornstarch	2.00 tb
8689	Rich chicken stock for paste	2.00 tb
8689	Dry sherry	1.00 tb
8689	Rich chicken stock	0.25 c
8689	Egg whites	2.00
8689	Salt	1.00 ts
8689	Green onions, minced	2.00
8689	Minced Smithfield ham	1.00 tb
8690	Black beans	2.00 lb
8690	Sunflower oil	0.50 c
8690	Bacon	0.50 lb
8690	Diced ham	0.50 lb
8690	Chopped onions	8.00 ea
8690	Minced cloves garlic	7.00 ea
8690	Stalks chopped celery	7.00 ea
8690	w/leaves	0.00
8690	Uncooked brown rice	3.00 c
8690	Cayenne	0.50 ts
8690	Vegetable season salt	1.00 tb
8690	Ground cumin	4.00 ts
8690	White wine	0.25 c
8690	Sherry	1.00 c
8690	Chicken broth OR 3 bouillon	6.00 qt
8690	cubes and 6 qt of water	0.00
8691	Black beans	1.00 lb
8691	Slab bacon or 2 smoked	1.50 lb
8691	ham hocks (1 1/2 to 2 lb)	0.00
8691	Water	8.00 c
8691	Celery salt	2.00 ts
8691	Chicken/beef broth	2.00 c
8691	Olive oil	1.50 tb
8691	Finely chopped seeded	1.50 c
8691	cored green peppers	0.00
8691	Finely chopped onions	1.50 c
8691	Finely minced	1.50 tb
8691	garlic	0.00
8691	Ground cumin	1.00 ts
8691	(19-oz) tomatoes peeled	1.00 cn
8691	diced with juice about	0.00
8691	2 1/2 cups	0.00
8691	Red wine vinegar	0.25 c
8691	Finely chopped fresh	2.00 tb
8691	coriander optional	0.00
8691	Sieved hard cooked egg	1.00 ea
8692	Black Beans	1.00 c
8692	Water	4.00 c
8692	Bay Leaves	4.00
8692	Celery Seed	0.25 ts

Sheet1

8692	Chopped Celery	0.50 c
8692	Chopped Onion	1.00 c
8692	Clove Garlic, Minced	1.00
8692	Dry Mustard	0.25 ts
8692	Chili Powder	1.00 ts
8692	Tabasco Sauce	4.00 dr
8692	Hard Boiled Egg, Sliced	1.00
8692	Sour Cream	0.50 c
8692	Salt And Pepper To Taste	0.00
8693	Onion, chopped	2.00 c
8693	Celery, chopper	1.00 c
8693	Parsley	6.00
8693	Fresh thyme	2.00
8693	Bay leaf	1.00
8693	Unsalted butter	3.00 tb
8693	Ham hock	1.00 lg
8693	Dried black beans, picked over	2.00 c
8693	er	0.00
8693	Beef broth	6.00 c
8693	Dark rum	0.33 c
8693	Lemon juice to taste	0.00
8693	Garnishes:	0.00
8693	Eggs, hard-cooked, chopped	0.00
8693	Fresh parsley, chopped	0.00
8693	Lemon slices	0.00
8694	Beef rib bones	2.00 lb
8694	Water	2.50 qt
8694	Dried cranberry or kidney be	1.00 c
8694	Smoked meaty ham hocks, cut	2.00 lb
8694	Large carrots, sliced crossw	3.00
8694	Large onion, chopped	1.00
8694	Chopped fresh parsley	0.50 c
8694	Clove garlic, minced or mash	1.00
8694	Dry mustard	1.00 ts
8694	Uncooked lasagne, broken	4.00 oz
8694	Bleu cheese, crumbled	1.00 oz
8694	Cabbage, finely shredded	0.50 lb
8694	Salt to taste	0.00
8695	Sliced strawberries	2.00 c
8695	Brandy	2.00 tb
8695	Sour cream	1.00 c
8695	Vanilla extract	0.50 ts
8695	Half and half	1.00 c
8695	Extra sliced strawberries	0.00
8695	and mint sprigs	0.00
8695	Sugar	0.25 c
8696	Bacon fat	4.00 tb
8696	Lg onions; coarsely chopped	5.00
8696	Lg green peppers; chopped	2.00

Sheet1

8696	Garlic clove; minced	3.00
8696	Hungarian paprika	1.50 tb
8696	Stewing beef; in 1" cubes	3.00 lb
8696	Pepper; to taste	0.00
8696	Salt; to taste	0.00
8696	Tomato paste	6.00 oz
8696	Sour cream; at room temp.	0.00
8697	White Beans	0.50 c
8697	Lean Pork Spareribs	2.00 lb
8697	Medium Beets, peeled, grated	4.00
8697	Large Onion, diced	1.00
8697	Salt	1.50 ts
8697	Medium Cabbage, shredded	0.25
8697	Cream or Milk	0.25 c
8697	All purpose flour	1.00 tb
8697	Ground Pepper	1.00 ds
8697	Juice of 1/2 lemon	1.00
8697	Sour Cream	1.00
8697	Chopped Fresh Dill	1.00
8698	Slices of Bacon	4.00
8698	Milk	0.50 c
8698	Clams; minced, drained	13.00 oz
8698	Salt	0.50 ts
8698	Potatoes; peeled/diced	1.50 c
8698	Pepper	0.25 ts
8698	Onion; chopped	0.33 c
8698	Butter	2.00 tb
8698	Flour	2.00 tb
8698	Oyster crackers	0.00
8698	Cream	1.00 c
8699	Cucumber large, peeled,	1.00 ea
8699	halved,seeded, & diced	0.00
8699	Spinach leaves fresh, washed	1.50 lb
8699	Frsh lemon juice	6.00 tb
8699	Sorrel leaves, fresh	1.50 lb
8699	Horseradish root, fresh	3.00 tb
8699	Grated	0.00
8699	Salt	1.00 ts
8699	Sugar	0.75 ts
8699	Crab meat	0.50 lb
8699	Poached sturgeon, in 1" pcs.	1.50 lb
8699	or -	0.00
8699	Poached whitefish in 1" pcs.	1.50 lb
8699	Scallions sliced	1.00 c
8699	Onion chopped	0.25 c
8699	Garlic clove minced	1.00 ea
8699	Vodka	2.00 oz
8699	Beer	1.50 qt
8699	or -	0.00

## Sheet1

8699	Kvas <see attached recipe>	1.50 qt
8700	Mussels, cut in pieces	1.50 lb
8700	White wine	1.00 c
8700	Sole, cut in 1" pieces	1.50 lb
8700	Snapper, cut in 1" pieces	1.50 lb
8700	Ground saffron	2.00 ts
8700	+ 2 tsp butter	4.00 tb
8700	Garlic cloves, crushed	5.00
8700	Onions, sliced	2.00
8700	Carrot, sliced	1.00
8700	Stalks celery, sliced	2.00
8700	Grated nutmeg	1.00 ts
8700	Basil	1.00 ts
8700	Thyme	1.00 ts
8700	Bay leaf	1.00
8700	Soy sauce	2.00 tb
8700	Water	2.00 qt
8700	Slices french bread	12.00
8701	Pork butt, ground or chopped	1.00 lb
8701	Water chestnuts, minced	0.25 c
8701	Ginger root, minced	1.00 ts
8701	Green onions, minced	2.00
8701	Cooked rice, minced	0.50 c
8701	Dark soy	1.00 tb
8701	Sesame oil	0.50 ts
8701	Water	2.00 tb
8701	Chinese mustard cabbage,	3.00 c
8701	Shredded	0.00
8701	Stock (or water)	4.00 c
8701	Salt, to taste	0.50 ts
8701	Sugar	0.25 ts
8701	Peanut oil	6.00 tb
8702	Onions; finely Chopped	1.00 c
8702	Celery; Finely Chopped	1.00 c
8702	Potatoes; finely diced	2.00 c
8702	Clams; & Juice (2 cans)	13.00 oz
8702	Butter	0.75 c
8702	Flour	0.75 c
8702	Milk	1.00 qt
8702	Salt	1.50 ts
8702	Pepper	0.50 ts
8702	Red wine Vinegar	2.00 tb
8703	3 lb. Chicken	1.00
8703	Bay leaf	1.00
8703	Medium onion, quartered	1.00
8703	Whole clove	1.00
8703	Ripe tomatoes, quartered	2.00
8703	Carrot, cut into 1" pieces	1.00
8703	Chopped celery leaves	0.25 c

Sheet1

8703	Black peppercorns, tied in	20.00
8703	A piece of cheesecloth	0.00
8703	Uncooked white rice	0.50 c
8703	Salt & freshly ground black	0.00
8703	Pepper	0.00
8703	Carrots, thinly sliced on	3.00
8703	The diagonal	0.00
8703	Finely chopped flat-leaf	0.25 c
8703	Parsley	0.00
8704	Bread - slices	2.00 ea
8704	Water - hot	3.00 c
8704	Egg	1.00 ea
8704	Seasoning	0.00
8705	Dried black beans	3.00 c
8705	Ham hocks	2.00
8705	Bell pepper; chopped	1.00
8705	Onion; chopped	1.00 sm
8705	Whole sour orange	1.00
8705	=OR=- tangerine	0.00
8705	Vinegar *	1.00 tb
8705	Oleo	0.50 c
8705	Flour	2.00 tb
8705	Salt and pepper to taste	0.00
8706	Mixed fish, cleaned *	3.00 lb
8706	Lge Onions, peeled **	2.00 x
8706	Lge clove Garlic, crushed	0.00
8706	Butter or margarine	3.00 tb
8706	Med potatoes, peeled,in 1/4s	6.00 x
8706	Water	10.00 c
8706	Med. Bay Leaves	2.00 x
8706	Dried Thyme	1.00 ts
8706	Dried Marjorin	0.50 ts
8706	Sprigs Parsley	4.00 x
8706	Salt	2.00 ts
8706	Pepper	0.50 ts
8707	Broccoli, cut into 1-inch	2.50 lb
8707	florets	0.00
8707	Chopped leeks or green onion	1.00 c
8707	Butter	4.00 ts
8707	Flour	4.00 tb
8707	Chicken stock	4.00 c
8707	Light cream	1.00 c
8707	Shredded Swiss cheese	1.00 c
8707	Nutmeg	0.12 ts
8708	Olive Oil	1.00 tb
8708	Fresh Broccoli Stalks	2.00 c
8708	(peeled and diced)	0.00
8708	Fresh Thyme, finely chopped	2.00 tb
8708	OR-	0.00

Sheet1

8708	Dried Thyme, crushed	0.75 ts
8708	Onion; thinly sliced	1.00 c
8708	Red Cooking Apple	1.00 c
8708	peeled and diced	0.00
8708	Celery, diced	0.50 c
8708	Lo-Salt, Lo-Fat Chick. stock	4.00 c
8708	Ground white pepper	0.25 ts
8708	NonFat Yogurt	0.25 c
8708	Minced Parsley	2.00 tb
8709	Water	1.00 c
8709	(10-ounce)package frozen	1.00
8709	chopped broccoli	0.00
8709	Milk	2.00 c
8709	Cubed Velveeta cheese	2.00 c
8709	All-purpose flour	0.50 c
8709	Half-and-half	1.00 c
8709	Chicken bouillon cubes	2.00
8710	Broccoli, chopped	3.00 c
8710	Yams, peeled and chopped	6.00 c
8710	Defatted Chicken Broth, divid	6.00 c
8710	Medium Onions, chopped	2.00
8710	Cloves Garlic, minced	4.00
8710	Olive Oil	1.00 tb
8710	Celery Tops, chopped	1.00 c
8710	Ground Allspice (opt)	0.25 ts
8710	Watercress, chopped	2.00 c
8710	Ground Pepper to taste	0.00
8711	Fresh broccoli	0.75 lb
8711	Chopped onions	0.25 c
8711	Shredded cheddar cheese	1.00 c
8711	Worcestershire sauce	1.00 ts
8711	Butter/margarine	0.25 c
8711	Chiekn broth	3.00 c
8711	Milk	1.00 c
8711	Half-and-half	1.00 c
8712	Fresh chopped broccoli	0.75 lb
8712	Fresh chopped cauliflower	0.75 lb
8712	Chopped onion	0.33 c
8712	Bouillon	1.50 c
8712	Ground mace	0.25 ts
8712	Skim milk	3.00 c
8712	Cornstarch	1.00 tb
8712	Salt	0.50 ts
8712	Pepper	0.12 ts
8712	Shredded Swiss cheese	0.33 c
8713	Butter	0.25 c
8713	Soup stock	5.00 c
8713	Cheese, grated	1.00 x
8713	Flour	10.00 tb

## Sheet1

8713	Salt & pepper	1.00 x
8714	Onion - large	1.00 ea
8714	Pt Broth	1.00 ea
8714	OR	0.00
8714	Pt Water - boiling - & 2	1.00 ea
8714	beef extract cubes	0.00
8714	Bread - slices	2.00 ea
8714	Cheese - grated	0.00
8715	Water	1.00 qt
8715	Pumkin or butternut squash	1.00 lb
8715	peeled & cut into	0.00
8715	large chunks	0.00
8715	Sweet potato	1.00
8715	peeled & chunked	0.00
8715	Raw peanuts; shelled and	0.50 c
8715	skinned. Soaked 30 min,	0.00
8715	drained & roughly chopped	0.00
8715	Dried mung beans	0.33 c
8715	soaked 30 min and drained	0.00
8715	Vegetable oil	3.00 tb
8715	Square of bean curd	1.00
8715	Coconut milk	1.00 qt
8715	Cellophane noodles,	0.50 oz
8715	soaked 20 min, drained	0.00
8715	& cut into 1 inch sections	0.00
8716	Soy sauce	2.00 tb
8716	Flour	2.00 tb
8716	Beef stew meat	2.00 lb
8716	Carrots	4.00
8716	Onions	2.00 lg
8716	Thinly sliced celery	1.00 c
8716	Garlic,minced	1.00 cl
8716	Pepper	0.25 ts
8716	Marjoram	0.25 ts
8716	Thyme	0.25 ts
8716	Dry red wine	1.00 c
8716	Sliced fresh mushrooms	1.00 c
8717	Butter	1.00 tb
8717	Finely Chopped Onion	1.00 c
8717	Finely Chopped Celery	0.25 c
8717	Chopped Celery Leaves	0.25 c
8717	Peeled Beets Cut Into	3.00 c
8717	Julienne	0.00
8717	Chicken Broth	2.00 c
8717	Tabasco Pepper Sauce	0.50 ts
8717	Salt	0.25 ts
8717	Freshly Ground Black Pepper	0.00
8717	To Taste	0.00
8717	Sugar	1.50 ts

Sheet1

8717	Buttermilk	1.50 c
8717	Chopped Fresh Dill	2.00 ts
8718	Flour	1.00 tb
8718	Buttermilk	1.00 qt
8718	Raisins	0.50 c
8718	Cinnamon stick	1.00
8718	Sugar to taste	0.00
8718	Heavy cream, whipped	1.00 c
8719	Chopped onions	0.50 c
8719	Minced garlic	2.00 tb
8719	Minced ginger root	1.00 tb
8719	Dry sherry	0.33 c
8719	Olive oil	1.00 tb
8719	Vegetable broth	2.00 c
8719	Peeled, seeded, cubed	4.00 c
8719	- butternut squash	0.00
8719	Lemon juice	1.00 tb
8719	Coriander	0.50 ts
8719	Nutmeg	0.50 ts
8719	Cumin	0.50 ts
8719	Cinnamon	0.50 ts
8719	Lemon rind	1.00 tb
8720	Med Cabbage; sliced or wedge	1.00
8720	Garlic; cloves minced	3.00
8720	Beet; bunch	0.00
8720	Carrot; few	3.00
8720	Lg Onion	1.00
8720	Celery; stalks cut in 3rds	2.00
8720	Bone; meat/marrow bones	3.00 lb
8720	Lemon; (fresh,to taste (froz	2.00
8720	Tomatoes; do not drain (larg	2.00 cn
8721	Slices Bacon; Thick, Diced	4.00
8721	Onions; Sliced	2.00
8721	Turnip; Sliced	1.00
8721	Carrots; Diced	2.00
8721	Potatoes; Cubed	2.00
8721	Head Green Cabbage; shredded	1.00
8721	Chicken Stock Or Bouillon	4.00 c
8721	Water	2.00 c
8721	Sprigs Parsley *	6.00
8721	Bay Leaf *	1.00
8721	GARNISH -----	0.00 -----
8721	Parmesan Cheese; Grated	0.25 c
8722	(48-oz) tomato juice	1.00 cn
8722	Diced onion	1.00 ea
8722	Water	3.00 c
8722	Beef bouillon cubes	6.00 ea
8722	Head cabbage shredded	0.50 ea
8722	Bay leaf	1.00 ea



Sheet1

8722	Sliced carrots	4.00 ea
8723	Meat or 1 lb stew meat	3.00 lb
8723	Water	8.00 c
8723	Salt	1.50 ts
8723	Dried oregano	0.50 ts
8723	Whole peppercorns	5.00 ea
8723	Bay leaves	2.00 ea
8723	(16-oz) tomatoes cut up or	1.00 cn
8723	Fresh tomatoes cut up	3.00 ea
8723	(16-oz) cut green beans	1.00 cn
8723	Sliced md carrots	2.00 ea
8723	Chopped md onion	1.00 ea
8723	Crushed red pepper	0.50 ts
8723	optional	0.00
8723	Head cabbage cored and	1.00 sm
8723	chopped	0.00
8724	Chopped onion	1.00 c
8724	Chopped green pepper	1.00 c
8724	Green onions, sliced	6.00
8724	Cooking oil	0.50 c
8724	All-purpose flour	0.50 c
8724	Water	3.00 c
8724	Cajun-style stewed tomatoes	1.00 cn
8724	14 1/2 ounces	0.00
8724	Chopped peeled tomatoes	2.00 c
8724	Tomato paste (6-oz.)	1.00 cn
8724	Frozen whole kernal corn	2.00 pk
8724	(16 oz. each)	0.00
8724	Cubed cooked ham	3.00 c
8724	Fully cooked smoked sausage	1.50 lb
8724	sliced	0.00
8724	Cayenne pepper or to taste	0.12 ts
8724	Salt to taste	0.00
8724	Hot pepper sauce to taste	0.00
8725	Lean beef round or pork	2.00 lb
8725	Oil	2.00 tb
8725	Medium potatoes, diced	3.00
8725	Onion, sliced	0.50 c
8725	Large garlic clove, minced	1.00
8725	Salt	2.00 ts
8725	Green chilies	6.00
8726	(25 mL) Butter	2.00 tb
8726	(50 mL) Onion, finely	0.25 c
8726	chopped	0.00
8726	(50 mL) Carrot, finely	0.25 c
8726	chopped	0.00
8726	(50 mL) Celery, finely	0.25 c
8726	chopped	0.00
8726	(25 mL) Flour	2.00 tb

Sheet1

8726	(1 mL) Dry Mustard	0.25 ts
8726	Nutmeg	1.00 pn
8726	Pepper	1.00 pn
8726	(750 mL) Chicken Stock	3.00 c
8726	(375 mL) Light Cream	1.50 c
8726	(250 mL) Milk or Beer	1.00 c
8726	(375 mL) Cheddar Cheese,	1.50 c
8726	shredded	0.00
8726	Worcestershire Sauce	1.00 ds
8727	Potato, diced	1.00 lg
8727	Chicken broth	2.00 c
8727	Onion, diced	1.00 lg
8727	Grated sharp	1.00 c
8727	Celery, diced	0.25 c
8727	Cheddar cheese	0.00
8727	Carrots, diced	0.25 c
8727	Breakfast cream	0.50 c
8727	Water	1.00 c
8727	Salt and Tabasco to taste	0.00
8727	Parsley, chopped	2.00 tb
8728	Cantaloupes	4.00
8728	Granulated sugar	0.25 c
8728	Fresh mint leaves about	0.00
8728	one good size handful	0.00
8728	plus some for garnish	0.00
8728	Port Lemon juice	0.00
8729	To 3 lb pork (steaks or	2.00 lb
8729	inexpensive pieces)	0.00
8729	To 1/2 cup shortening	0.25
8729	Onion, chopped	1.00 lg
8729	Tomatoes, chopped	2.00 md
8729	Handfuls flour	2.00
8729	Water	2.00 c
8730	Onion Chopped	1.00
8730	Jargarine	1.00 tb
8730	Carrots Sliced	1.50 lb
8730	Fresh Grated Ginger	1.00 ts
8730	Black Pepper	0.00
8730	Light Vegetable Stock or	4.50 c
8730	Water	0.00
8730	Peeled & Chopped Apples,	1.00 lb
8730	Sherry	3.00 tb
8731	Olive oil	0.25 c
8731	Carrots; chopped med. small	2.00 lb
8731	Onions; chopped medium small	2.00 lg
8731	Water (as needed)	0.00
8731	Olive oil	0.25 c
8731	Zucchini; peeled	1.50 lb
8731	(reserve the skins),	0.00

## Sheet1

8731	and chopped medium small	0.00
8731	Leek; well washed and	1.00 lg
8731	chopped medium small	0.00
8732	Chicken stock	6.00 c
8732	Cut up carrots	1.50 lb
8732	Minced onion	1.00 ea
8732	Stick unsalted butter	0.75 ea
8732	Heavy cream	0.50 c
8732	Fresh minced	1.50 tb
8732	thyme	0.00
8732	Nutmeg to taste	0.00
8733	Chopped Leeks	0.33 c
8733	Chopped Onion	0.25 c
8733	Chopped Celery	0.25 c
8733	Low Cal. Margarine	1.50 ts
8733	Potatoes (1/2 Lb.)	3.00 sm
8733	Peeled & Diced	0.00
8733	Carrots Diced	0.50 lb
8733	(10 3/4 Oz.) Chicken Broth	1.00 cn
8733	Dried Dillweed	1.50 ts
8733	Ground Nutmeg	0.50 ts
8733	Water	1.00 c
8733	Freshly Grated Nutmeg	0.00
8734	(1/2 stick) butter	4.00 tb
8734	Onion, chopped	1.00 md
8734	Cauliflower	1.00 md
8734	Boiling potato	1.00 lg
8734	Chicken broth	1.00 qt
8734	Snipped chives	2.00 tb
8734	Herbes de Provence	0.50 ts
8734	Few drops liquid pepper	0.00
8734	seasoning	0.00
8734	Heavy cream	1.00 c
8734	Egg yolks, room temperature	2.00
8734	Armagnac	2.00 tb
8734	Roquefort, crumbled	0.50 lb
8735	Medium head fresh cauliflowe	1.00
8735	Chicken broth	4.00 c
8735	Half and half	0.75 c
8735	Salt and white pepper to tas	0.00
8735	Fresh chopped parsley	0.25 c
8736	Leeks	1.25 lb
8736	Butter	2.00 oz
8736	Roughly chopped onion	0.25 lb
8736	Roughly choped head Celery	1.00
8736	Mutton stock	5.00 pt
8736	Roughly chopped parsley	1.00 oz
8736	Salt and Pepper	0.00
8736	Double cream	5.00 oz

Sheet1

8737	Potatoes; cut into chunks	2.00 md
8737	Chopped celery	4.00 c
8737	Vegetable stock	3.00 c
8737	Salt	1.00 ts
8737	less if using salted stock	0.00
8737	Vegetable oil	1.00 tb
8737	Finely chopped onion	1.00 c
8737	Minced celery	1.00 c
8737	Celery seeds	1.00 ts
8737	Stock *	1.00 c
8737	FOR GARNISH -----	0.00 -----
8737	Parsley or chives	0.00
8738	Butter	4.00 tb
8738	Carrots, cut into small dice	3.00 md
8738	Celery stalks, cut into small dice	3.00 md 0.00
8738	Onion, minced	1.00 md
8738	Flour	3.00 tb
8738	Chicken stock or canned	1.50 c
8738	chicken broth	0.00
8738	Cauliflower, trimmed and cut into	0.50 sm 0.00
8738	Florets (2 cups)	0.00
8738	Mild cheddar cheese, grated	8.00 oz
8738	(2 cups); plus	0.00
8738	Cut into small dice for garnish (1/2 cup)	2.00 oz 0.00
8738	Half-and-half	1.50 c
8738	Cayenne pepper	0.25 ts
8738	Salt	0.00
8739	Unsalted butter	4.00 tb
8739	Finely diced celery	0.50 c
8739	Finely diced leeks white part only	0.50 c 0.00
8739	Finely diced carrots	0.50 c
8739	All purpose flour	4.00 tb
8739	Beef broth	4.00 c
8739	Bottle light beer 12 oz	1.00 ea
8739	Vermont cheddar white	1.00 lb
8739	New york cheddar orange	1.00 lb
8739	Pinch of cayenne pepper	0.00
8739	Fresh ground black pepper	0.00
8739	Salt to taste	0.00
8739	Fresh chives snipped for garnish	0.00 0.00
8740	Butter	1.00 tb
8740	Chopped onions	1.00 c
8740	Potatoes, peeled, cut into 3/4-inch cubes	1.33 lb 0.00

Sheet1

8740	Boiling water	2.50 c
8740	Chicken bouillon cubes	2.00
8740	Frozen broccoli cuts, thawed	10.00 oz
8740	and drained	0.00
8740	Shredded Cheddar cheese	6.00 oz
8740	Salt and pepper to taste	0.00
8741	Margarine or	0.33 c
8741	Butter	0.00
8741	Flour	0.33 c
8741	Salt	0.50 ts
8741	Milk	2.50 c
8741	Gouda cheese,	4.00 c
8741	Shredded	0.00
8741	Apple juice	1.00 c
8742	Finely chopped bacon	1.00 c
8742	Green bell pepper, chopped	0.50
8742	fine	0.00
8742	Chopped celery	0.50 c
8742	Onion, chopped fine	0.50 md
8742	Flour	0.67 c
8742	Stick butter	1.00
8742	Milk	3.00 qt
8742	Pimiento, drained and	1.00
8742	chopped	0.00
8742	Chicken bouillon	1.00 c
8742	Garlic powder	0.50 ts
8742	Cheddar cheese, grated	1.50 lb
8742	Provolone cheese, grated	0.50 lb
8742	Beer	0.50 c
8742	Chopped parsley	0.25 c
8742	Salt and pepper to taste	0.00
8743	Stick oleo	0.50
8743	Onion	0.25 c
8743	Flour	0.25 c
8743	Milk	2.00 c
8743	Stick oleo	0.50
8743	Jar cheese whiz	1.00 sm
8743	Mashed potatoes	2.00 c
8743	Salt and pepper to taste	0.00
8744	Water	1.00 c
8744	Shredded large potato	1.00
8744	Grated md carrot	1.00
8744	Fine chopped celery stalk	1.00
8744	Chicken consommé/broth or	1.00 c
8744	use 2 ts instant chicken	0.00
8744	bouillon dissolved in 1	0.00
8744	cup hot water	0.00
8744	Half-and-half	0.50 c
8744	Shredded sharp cheddar	1.50 c

Sheet1

8744	cheese (about 6-oz)	0.00
8745	Diced tomatoes	6.00 c
8745	Chopped celery	1.00 c
8745	Chopped carrots	1.00 c
8745	Chopped onion	0.50 c
8745	Chicken bouillon	2.00 ts
8745	Water	4.50 c
8745	Water	4.00 tb
8745	Milk	3.00 c
8745	Velveeta cheese	1.00 lb
8745	Chopped parsley flakes	2.00 ts
8745	Salt	1.00 ts
8745	Pepper	0.25 ts
8746	(19-oz each) chunky sirloin	2.00 cn
8746	burger soup	0.00
8746	Cooked elbow macaroni	3.00 c
8746	Grated cheddar cheese	1.33 c
8747	Chicken broth	4.00 c
8747	Diced potatoes	1.50 c
8747	Diced celery	1.00 c
8747	Diced carrots	1.00 c
8747	Diced onions	0.50 c
8747	Butter or margarine	0.25 c
8747	All-purpose flour	0.33 c
8747	Milk	3.00 c
8747	Soy sauce	1.00 tb
8747	Processed cheese spread,	8.00 oz
8747	cubed (1 loaf)	0.00
8747	Chopped cooked chicken	2.00 c
8748	Dried chick peas	1.00 c
8748	Cold water	6.00 c
8748	Onions,thinly sliced	2.00
8748	Olive oil	1.00 tb
8748	Salt	1.00 ts
8749	Eggplant	2.00 lb
8749	Onions Chopped	2.00 lg
8749	Olive Oil	0.25 c
8749	Garlic Cloves Crushed	2.00
8749	(15 Oz) Tomatoes	1.00 cn
8749	Dried Chick Peas OR	0.50 c
8749	(15 Oz) chick peas Drained	1.00 cn
8749	Black Pepper	0.00
8750	Chicken, about 2 lb	1.00 ea
8750	Fresh Okra	1.50 lb
8750	Onion, large and chopped	1.00 ea
8750	Flour	2.00 tb
8750	Salt/pepper to tatse	1.00 x
8750	Sausage, smoked link	16.00 oz
8750	Fresh tomatoe, or 16 oz can	1.00 ea

Sheet1

8750	Shortening or oil	2.00 tb
8750	Water	3.00 qt
8751	Margarine	0.25 c
8751	Finely diced onion	1.00 c
8751	Finely diced celery	1.00 c
8751	Finely diced carrots	1.00 c
8751	All-purpose flour	0.33 c
8751	Chicken broth	8.00 c
8751	Finely diced green pepper	0.33 c
8751	Finely diced red pepper	0.33 c
8751	Cooked rice	1.00 c
8751	Finely diced cooked chicken	1.00 c
8751	Half & half, heated	1.00 c
8751	Salt and white pepper to tas	0.00
8752	Oil	1.00 c
8752	Andouille sausage; or kielb	1.50 lb
8752	Onions; chopped	3.75 c
8752	Green pepper; chopped	2.00 c
8752	Chicken stock	8.50 c
8752	Cayenne pepper	1.00 x
8752	File	1.00 x
8752	Cooked rice	1.00 x
8752	Chicken; cut up or boned	1.00 ea
8752	Flour	1.00 c
8752	Celery; chopped	2.00 c
8752	Garlic; chopped	3.00 ts
8752	Salt	1.00 x
8752	Green onion; chopped	2.00 c
8752	Cream sherry	1.00 x
8753	Chicken breast, julienne	1.00 c
8753	Dried lotus seeds	12.00
8753	Nami black mushrooms	4.00
8753	Celery, julienne	0.50 c
8753	Smithfield ham, julienne	1.00 tb
8753	Sprigs Chinese parsley	2.00
8753	Chicken stock	5.00 c
8753	Slices fresh ginger root	2.00
8753	Dry sherry	2.00 tb
8753	Sugar	0.50 ts
8753	Salt	1.00 ts
8753	Lotus root powder	2.00 ts
8754	Boneless Chicken Breast	0.50 lb
8754	Chicken Stock	2.00 c
8754	Fresh Mushrooms, quartered	1.00 c
8754	Sesame Oil	4.00 tb
8754	Sherry	2.00 tb
8754	Fresh Parsley, chopped	2.00 tb
8755	Chicken broth OR 1 cup	2.00 c
8755	chicken broth and 1	0.00

## Sheet1

8755	bouillon cube dissolved	0.00
8755	in 1 cup hot water	0.00
8755	Fine diced potato	1.50 c
8755	Fine diced onion	0.50 c
8755	Fine diced celery	0.50 c
8755	Salt	1.00 ts
8755	Bay leaf	1.00 sm
8755	Cut up chicken breast or	1.00 c
8755	Strips	3.00 ea
8755	Crumbled fried bacon	0.00
8756	Pkg chicken feet,	2.00
8756	about 2 lbs	0.00
8756	Chicken breast, boned,	2.00
8756	coarsley chopped	0.00
8756	Chicken bouillion cube	1.00
8756	Water for boiling	2.00 qt
8756	Small onion, peeled,	1.00
8756	coarsley chopped	0.00
8756	Garlic cloves, minced	1.00
8756	Green onions, chopped,	0.00
8756	tops and bottoms	0.00
8756	Flour, for thickening liquid	0.00
8756	Carrots, peel, cut into	4.00
8756	pieces 2"long, 1/4" wide	0.00
8756	Oil, for saute	0.00
8756	Salt/pepper to taste	0.00
8756	Dried oregano	1.00 ts
8756	Dried Rosemary	1.00 ts
8756	Dry white wine... a cup	0.00
8756	or a quart, to your taste	0.00
8757	Coconut milk	4.00 c
8757	Chicken stock	1.50 c
8757	Pieces dried galangal, or:	3.00
8757	Pieces fresh Galangal	6.00
8757	Stalks fresh Lemon Grass	4.00
8757	bruised, cut into 2-inch	0.00
8757	lengths	0.00
8757	Whole boned chicken breast	1.00 lg
8757	cut into 1/2-in pieces	0.00
8757	Fish sauce, Nam Pla	4.00 tb
8757	Kaffir Makrut lime leaves	5.00
8757	Fresh Serrano chiles	4.00
8757	sliced into rounds	0.00
8757	Fresh limes, juiced	2.00
8757	Fresh coriander leaves	2.00 tb
8757	(chopped)	0.00
8758	Safflower oil	2.00 tb
8758	Onion, chopped	1.00
8758	Chicken broth, (OR	2.00 qt



Sheet1

8758	Bouillon cubes AND	2.00
8758	Water)	2.00 qt
8758	Chicken bouillon cubes	3.00
8758	Cloves garlic, minced	5.00
8758	Thyme	1.00 ts
8758	Soy sauce	0.25 c
8758	Mixed vegetable seasoning	1.00 ts
8758	Sprigs parsley, chopped fine	5.00
8758	Basil	2.00 ts
8758	Carrots	3.00
8758	Wide egg noodles	6.00 oz
8758	Cubed cooked chicken	3.00 c
8758	Arrowroot	2.00 tb
8758	Yogurt, plain	2.00 c
8758	Green onions, chopped	7.00
8759	Chicken and giblets, cut up	1.00
8759	Salt	1.00 tb
8759	Carrots, chopped	4.00
8759	Celery stalks w/leaves, chop	6.00
8759	Onion, med., chopped	1.00
8759	Garlic clove, minced	1.00
8759	Rice or noodles	1.00 c
8760	Chicken and giblets, cut in	1.00 ea
8760	pieces	0.00
8760	Salt	1.00 tb
8760	Chopped carrots	4.00
8760	Chopped celery stalks	6.00
8760	w/leaves	0.00
8760	Chopped onion	1.00
8760	Minced clove garlic	1.00
8760	Rice or noodles	1.00 c
8761	Whole chickens cut up	2.00 ea
8761	Chopped md onions	2.00
8761	Sliced celery	2.00 c
8761	Sliced carrots	4.00 c
8761	Chopped tomatoes	2.00 qt
8761	Head cabbage shredded	1.00 sm
8761	Potatoes peeled and chopped	7.00
8761	Chicken bouillon cubes	4.00
8761	Bay leaf	1.00
8761	Salt and pepper to taste	0.00
8761	Marjoram	1.00 ts
8761	Basil	2.00 ts
8761	Thyme	1.00 ts
8761	Chopped parsley	2.00 tb
8761	Spaghetti broken	1.50 lb
8761	into pieces	0.00
8762	Chicken soup	2.00 qt
8762	Rice*	0.50 c

Sheet1

8762	Salt; to taste	0.00
8762	TOPPING -----	0.00 -----
8762	Avocado, med	2.00
8762	Tomato, large; diced	1.00
8762	Scallion; w/top, sliced	4.00
8762	Chile serrano; minced	1.00
8762	Cilantro; chopped	2.00 tb
8762	Lime, Mexican	2.00
8763	Onion, Finely Chopped	0.50 c
8763	Clove Garlic, Finely Chopped	1.00
8763	Vegetable Oil	2.00 tb
8763	Chicken Broth	4.00 c
8763	Red Bell Pepper, Chopped	0.25 c
8763	Red Chiles, Ground	1.00 tb
8763	Basil Leaves, Dried	0.75 ts
8763	Salt	0.50 ts
8763	Pepper	0.25 ts
8763	Tomato Puree	15.00 oz
8763	Vegetable Oil	0.50 c
8763	6" Dia. Corn Tortillas *	10.00
8763	Chicken Breasts, Cooked **	2.00 c
8763	GARNISHES -----	0.00 -----
8763	Avocado Slices	0.00
8763	Cheese ***	0.00
8764	Boiling chickens, 4 lbs ea.	2.00
8764	cut in quarters	0.00
8764	Cold water	10.00 c
8764	Carrots; thinly sliced	4.00 md
8764	Yellow onions	2.00 md
8764	peeled, finely diced	0.00
8764	Head celery; thinly sliced	1.00 sm
8764	Leeks; green tops and white	2.00 lg
8764	bottoms separated	0.00
8764	Whole black peppercorns	0.50 tb
8764	Bay leaves	6.00
8764	Sprigs fresh thyme; -=OR=-	4.00
8764	Fresh thyme leaves, -=OR=-	1.50 ts
8764	Dried thyme	0.50 ts
8764	Salt	1.00 tb
8764	Unsalted butter	1.00 tb
8765	Chopped onion	0.50 c
8765	Chopped green pepper	0.25 c
8765	Lean ground beef	1.00 lb
8765	Can tomato sauce	1.00 lb
8765	Can stewed tomatoes	1.00 lb
8765	Can drained kidney beans	1.00 lb
8765	Salt	1.50 ts
8765	Chili powder	2.50 ts
8765	Ground black pepper	0.25 ts

Sheet1

8765	Dry mustard	0.50 ts
8766	Ground beef, chicken, or	1.50 lb
8766	turkey	0.00
8766	Water	2.00 c
8766	Chili powder	1.00 tb
8766	Curry powder	1.00 tb
8766	Diced tomatoes	3.00
8766	Cooked kidney beans or	4.00 c
8766	pinto beans	0.00
8766	Chopped onion	1.00
8766	Bunch sliced green onions	1.00
8766	Grated natural sharp	1.50 c
8766	cheese, or mild cheddar	0.00
8766	cheese	0.00
8767	Vegetable oil	1.00 tb
8767	Chopped onion	1.50 c
8767	Chopped green pepper	1.00 c
8767	Ground veal, beef, pork	1.25 lb
8767	Minced garlic	1.50 tb
8767	Chili powder	3.00 tb
8767	Ground cumin	1.00 ts
8767	Oregano	1.00 ts
8767	Bay leaf	0.00
8767	Black pepper	0.50 ts
8767	Canned tomatoes	4.00 c
8767	Red wine vinegar	1.00 tb
8767	Red hot pepper flake	0.25 ts
8768	Ground round	1.00 lb
8768	Water	0.75 c
8768	Chopped onion	1.00 sm
8768	Catsup	0.25 c
8768	Chili powder	0.50 ts
8768	Salt and pepper to taste	0.00
8769	Bacon/small ham chunks	1.50 c
8769	fried crisp	0.00
8769	Tomato sauce	2.00 qt
8769	Chopped onion	1.00 sm
8769	Chopped shallots	5.00 md
8769	Fresh diced artichokes	1.00 c
8769	(15-oz) kidney beans opt	1.00 cn
8769	Potato puree	2.00 c
8769	Michigan dry wine	2.00 c
8769	Dried parsley	2.00 tb
8769	Thyme	1.00 tb
8769	Oregano	1.00 tb
8769	Chili powder	3.00 tb
8769	Maple syrup	4.00 tb
8770	Pinto beans	1.00 lb
8770	Boiling water	8.00 c

Sheet1

8770	Garlic salt	1.00 ts
8770	Onion salt	1.00 ts
8770	Thyme	0.25 ts
8770	Marjoram	0.25 ts
8770	Can beef broth	10.50 oz
8770	Can tomatoes	16.00 oz
8770	(1-5/8 oz)chili seasoning mx	1.00 pk
8770	Hot water	1.00 c
8771	Hamburg	2.00 lb
8771	Onion	1.00 ea
8771	Butter	1.00 tb
8771	Water	2.00 qt
8771	Kidney beans	2.00 cn
8771	Tomatoes - strained	1.00 qt
8771	Cream	1.00 c
8771	Chili powder	0.00
8772	Egg slightly beaten	1.00
8772	Water	0.75 c
8772	12-oz pkg corn chips	1.00
8772	15 1/2-oz cans Armor Stat	2.00
8772	Chili with beans	0.00
8772	20-oz can enchilada sauce	1.00
8772	Chopped green pepper	0.75 c
8772	Chopped onion	0.50 c
8772	(8-oz) shredded cheddar	2.00 c
8772	cheese	0.00
8772	Chopped lettuce	4.00 c
8772	Chopped tomatoes	2.00 c
8773	Pork steaks	4.00 ea
8773	Chopped onion	1.00
8773	Flour	5.00 tb
8773	Water	4.00 c
8773	Garlic	0.25 ts
8773	Red pepper	0.50 ts
8773	Oregano	0.50 ts
8773	Ground cumin	0.67 ts
8773	7-oz cans whole green	2.00
8773	chilies	0.00
8774	Ground beef	0.50 lb
8774	Chopped onion	0.50 c
8774	Chopped celery	0.50 c
8774	Tomatoes (16 oz), cut up	1.00 cn
8774	Potatoes, peeled & diced	2.00 c
8774	Condensed beef broth	1.00 cn
8774	(10 1/2 oz)	0.00
8774	Water (1 1/3 cups)	1.00 cn
8774	Chili powder	1.00 ts
8774	Salt	0.50 ts
8774	Worchestershire sauce	0.50 ts

Sheet1

8774	Cooked or leftover peas	1.00 c
8774	green beans	0.00
8775	Fresh/thawed frozen	1.00 pt
8775	blueberries picked over	0.00
8775	rinsed and drained	0.00
8775	Orange juice	1.00 c
8775	+ 1 tb dairy	0.50 c
8775	sour cream divided	0.00
8775	Sugar	2.00 tb
8775	Ground nutmeg	0.25 ts
8776	Cubed ripe cantaloupe	1.00
8776	Orange juice to cover	0.00
8776	Squeeze out two of	0.00
8776	lemon juice	0.00
8776	Ground cinnamon or curry	0.00
8776	powder to taste	0.00
8777	Chopped celery leaves	1.00 c
8777	Carrot; diced	1.00 md
8777	Green bell pepper; diced	1.00 sm
8777	Chopped spinach leaves	1.00 c
8777	Chopped parsley	0.50 c
8777	Onion; chopped	1.00 lg
8777	Chicken broth	4.00 c
8777	Parsley sprigs	3.00
8777	Bay leaf	1.00
8777	Dried thyme	0.50 ts
8777	Whole cloves	2.00
8777	Garlic clove	1.00
8777	Rice	0.25 c
8777	Salt, pepper	0.00
8777	Egg yolks	2.00
8777	Half and half	2.00 c
8777	Sour cream	0.00
8777	Parsley; minced	0.00
8777	Chives; minced	0.00
8777	Tomatoes; peeled & chopped	2.00 md
8778	Pears; peeled, cored, diced	8.00
8778	Water	2.00 c
8778	Sea salt	0.25 ts
8778	Brown rice syrup	4.00 tb
8778	Peeled, finely minced ginger	0.50 ts
8778	OR-	0.00
8778	Powdered ginger	0.50 ts
8778	Anise extract (optional)	0.25 ts
8778	Mint leaves, fresh	0.00
8778	Strawberries for garnish	0.00
8779	Fresh strawberries	2.00 pt
8779	Instant tapioca	0.50 ts
8779	Orange juice	1.00 c

Sheet1

8779	Lemon juice	1.00 tb
8779	Dash of cinnamon	0.00
8779	Dash of allspice	0.00
8779	Sugar	0.50 c
8779	Grated lemon rind	1.00 ts
8779	Buttermilk	1.00 c
8779	Thin sliced lime	1.00
8779	Additional sliced	0.00
8779	strawberries	0.00
8780	(16 Oz.) Pkg. Frozen Whole	1.00
8780	Corn	0.00
8780	Cornstarch	1.00 tb
8780	Water	0.25 c
8780	(10 1/4 Oz.) Chicken	3.00 cn
8780	Broth	0.00
8780	Gingerroot	1.00 ts
8780	Fresh Crabmeat	0.50 lb
8780	Minced Green Onions	0.33 c
8780	Salt	0.50 ts
8780	White Pepper	0.12 ts
8780	Rice Vinegar	1.00 ts
8781	Dried wood ears	3.00
8781	Dried tiger lily buds	20.00
8781	Hot water	3.00 c
8781	Pork butt	0.25 lb
8781	MARINADE:	0.00
8781	Rice wine or dry sherry	0.50 ts
8781	Cornstarch	0.50 ts
8781	Sesame oil	1.00 ts
8781	Salt	1.00 ts
8781	Fresh mushrooms, sliced	2.00 oz
8781	Shredded bamboo shoots	0.25 c
8781	3" square bean curd, sliced	1.00
8781	Worcestershire sauce	2.00 tb
8781	White vinegar and adjust	2.00 ts
8781	Cornstarch	5.00 tb
8781	Water	5.00 tb
8781	Egg, beaten	1.00
8781	Black pepper	0.50 ts
8781	White pepper	0.50 ts
8781	Sesame oil	1.00 tb
8781	Chicken broth or white	6.50 c
8781	stock	0.00
8781	Water chestnuts	0.25 c
8782	Oil	1.00 tb
8782	Minced Cloves Garlic	4.00
8782	Water	4.00 c
8782	Pork Ribs Cut In 2" Pieces	1.00 lb
8782	Chinese Mustard Pickles Cut	1.00 lb

Sheet1

8782	In 2" Pieces	0.00
8782	Fish Sauce (Nam Pla)	0.25 c
8782	White Pepper	0.25 ts
8783	(10-3/4 ounces) condensed	1.00 cn
8783	Chicken broth	0.00
8783	Soup can water	1.00
8783	Soy sauce	2.00 tb
8783	Grated gingerroot	0.25 ts
8783	Shucked large oysters,	1.00 pn
8783	Undrained	0.00
8783	Chopped chinese cabbage	2.00 c
8783	Ounces sliced mushrooms	8.00
8783	(about 2-1/2 cups)	0.00
8783	Bean sprouts	0.50 c
8783	Green onions (with tops), cu	4.00
8783	Into 1-inch pieces	0.00
8784	Dried shiitake mushrooms	4.00 ea
8784	Hot water to cover	0.00
8784	Onions	2.00 md
8784	Carrots, peeled	2.00 lg
8784	Celery stalks	2.00 ea
8784	Leek, washed well	1.00 ea
8784	Vegetable oil	1.00 tb
8784	Thin slices fresh ginger	4.00 ea
8784	Whole garlic cloves	2.00 ea
8784	Hot black peppercorns	0.25 ts
8784	Whole Szechuan peppercorns	0.25 ts
8784	Tamari	1.00 tb
8784	Water	8.00 c
8785	Water chestnuts	8.00 oz
8785	Finely ground lean pork	1.00 lb
8785	Peeled and minced fresh	4.50 ts
8785	ginger	0.00
8785	Ground white pepper, to	0.00
8785	taste	0.00
8785	Soy sauce	1.50 ts
8785	Cornstarch	2.12 ts
8785	Salt to taste	0.00
8786	Unsalted margarine	1.00 tb
8786	Yellow chopped onion	1.00 md
8786	Chopped leek	1.00 md
8786	Chopped stalk celery	1.00 md
8786	All purpose potatoes	2.00 md
8786	(about 1/2 lb) peeled and	0.00
8786	diced	0.00
8786	Low salt chicken broth	1.75 c
8786	Buttermilk	1.00 c
8786	Minced fresh/freeze	1.00 tb
8786	dried chives	0.00

Sheet1

8786	Lemon juice	2.00 ts
8786	Hot red pepper sauce	0.25 ts
8787	Chicken broth, can	14.50 oz
8787	Broccoli, frozen, cut	1.00 c
8787	Mushrooms, fresh, sliced	1.00 c
8787	Onion, chopped	0.50 c
8787	Margarine	1.00 tb
8787	Flour, all-purpose	2.00 tb
8787	Evaporated skim milk, can	13.50 oz
8787	Corn, whole kernal, drained	8.00 oz
8787	Pimiento, chopped	1.00 tb
8787	Salt	0.25 ts
8787	Pepper	0.12 ts
8788	Carrots; mediun	2.00
8788	peeled & grated in long,	0.00
8788	thin shreds	0.00
8788	Celery; finely diced	0.50 c
8788	Butter; melted	0.25 c
8788	Milk; or 1/2 milk, 1/2 cream	4.00 c
8788	Oysters	4.00 c
8788	salt and pepper to taste	0.00
8789	Carrots; mediun	2.00
8789	peeled & grated in long,	0.00
8789	thin shreds	0.00
8789	Celery; finely diced	0.50 c
8789	Butter; melted	0.25 c
8789	Milk; or 1/2 milk, 1/2 cream	4.00 c
8789	Oysters	4.00 c
8789	salt and pepper to taste	0.00
8790	Pared small cucumber	1.00 ea
8790	seeded and chopped	0.00
8790	(7-oz) corn kernels drained	1.00 cn
8790	Chopped tomato	1.00 ea
8790	Seeded and minced jalapeno	1.00 ea
8790	pepper	0.00
8790	Chopped cilantro	2.00 tb
8790	Ground cumin	0.12 ts
8790	Lemon juice	2.00 tb
8790	Avocados (1-lb) pared halved	2.00 ea
8790	and pitted	0.00
8790	Milk	1.50 c
8790	Chicken broth	1.00 c
8791	Cooked cubed chicken	1.00 c
8791	Oil for frying	1.00 ts
8791	Chicken broth	2.00 c
8791	Water	1.00 c
8791	Frozen mixed vegetables	10.00 oz
8791	Poultry seasoning	0.50 ts
8791	Pepper	0.25 ts



## Sheet1

8791	Minute Rice	1.00 c
8791	Dried parsley	1.00 tb
8792	Can Tomato Sauce (1 1/2 cup)	15.00 oz
8792	Olive oil	2.00 tb
8792	Red Wine Vinegar	2.00 tb
8792	Honey	1.00 tb
8792	Med Tomato, cut in 1/2" cubes	0.00
8792	Med Green Pepper, chopped	0.00
8792	Sm Sweet Red Pepper, chopped	0.00
8792	Stalk celery, chopped	0.00
8792	Clove Garlic, finely minced	0.00
8792	Cucumber, seeded & chopped	0.50 x
8792	Scallion, chopped	0.00
8792	Hot pepper sauce	0.50 ts
8792	Black Pepper	0.50 ts
8793	Oil; vegetable	1.00 tb
8793	Onion; chopped small	1.00
8793	Mushrooms; sliced	0.50 c
8793	Green peppers; slivered	0.25 c
8793	Tomatoes; undrained	1.00 c
8793	Stock; beef	1.00 c
8793	Pepperoni; thin sliced	1.00 c
8793	Basil; dried	0.50 ts
8793	Cheese; mozzarella shredded	1.00 c
8794	Butter	2.00 tb
8794	Ground beef	2.00 lb
8794	Bay leaves	6.00
8794	Onion; finely chopped	1.00 lg
8794	Garlic cloves	6.00 md
8794	finely chopped	0.00
8794	Cinnamon	1.00 ts
8794	Allspice	2.00 ts
8794	Vinegar	4.00 ts
8794	Dried whole red pepper	1.00 ts
8794	(crushed)	0.00
8794	Salt	1.50 ts
8794	Pure ground red chile	2.00 ts
8794	Ground cumin	1.00 ts
8794	Dried oregano	0.50 ts
8794	(preferably Mexican)	0.00
8794	Tomato paste	6.00 oz
8794	Water	6.00 c
8794	Kidney beans; drained	16.00 oz
8794	Vermicelli; cooked	0.50 lb
8794	Cheddar cheese, grated	0.50 c
8794	Onion; finely chopped	1.00 sm
8795	Beef broth	1.00 qt
8795	Ground beef	2.00 lb
8795	Chili powder	4.00 tb

Sheet1

8795	Clove minced garlic	1.00
8795	Onion flakes	0.25 c
8795	Ground cinnamon	1.00 ts
8795	Groun cumin	1.00 ts
8795	Salt	0.50 ts
8795	Ground cloves	0.25 ts
8795	Ground allspice	0.25 ts
8795	Dash of cayenne pepper	0.00
8795	Bay leaf	1.00
8795	Vinegar	2.00 tb
8795	(1/2 square) unsweetened	0.50 oz
8795	chocolate	0.00
8796	Olive oil	0.00
8796	Green pepper; seeded & chopp	1.00
8796	Med onions; chopped	2.00
8796	Bunch parsley; snipped	1.00
8796	Cloves garlic; minced	3.00
8796	Whole tomatos; cut up	2.00 cn
8796	Tomato sauce	2.00 cn
8796	Dry white wine	1.50 c
8796	Dried oregano, crushed	0.75 ts
8796	Dried basil crushed	0.50 ts
8796	Whole bay leaves	2.00
8796	Coarsely ground black pepper	0.00
8796	Fish *	1.50 lb
8796	RAW shrimp	24.00 oz
8796	Minced clams; with juice	2.00 cn
8797	Chopped onion	1.00 c
8797	Chopped celery	1.00 c
8797	Chopped potatoes	2.00 c
8797	Minced clams	2.00 cn
8797	Applecider vinegar	1.00 tb
8797	Butter/margarine	0.75 c
8797	Flour	0.75 c
8797	Half and half	1.00 qt
8797	Salt and pepper	0.00
8798	Bacon	0.50 lb
8798	Onion chopped	1.00 lg
8798	Ribs celery peeled and	2.00
8798	diced	0.00
8798	Can minced clams OR 1	5.00 sm
8798	large can (about 51-oz)	0.00
8798	Rounded ts seafood	2.00
8798	chesapeake brand bay-style	0.00
8798	seafood seasoning	0.00
8798	(4 c ) half and half	1.00 qt
8798	divided	0.00
8798	Flour	2.00 tb
8799	Live clams	36.00

Sheet1

8799	Butter	3.00 tb
8799	Pork, diced	0.75 lb
8799	Onions, chopped	4.00
8799	Tomatoes, chopped	4.00
8799	Chopped celery	2.50 c
8799	Chopped carrots	1.50 c
8799	Fresh parsley	3.00 ts
8799	Basil	3.00 ts
8799	Thyme	0.50 ts
8799	Bay leaf	1.00
8799	Cloves garlic, diced	3.00
8799	Soy sauce	1.00 tb
8799	Liquid (clam cooking broth	2.50 qt
8799	+ water	0.00
8799	Potatoes, diced	4.00
8800	Clams	24.00
8800	Water	3.00 c
8800	Pork, diced	0.50 lb
8800	Butter	3.00 tb
8800	Onion, sliced	1.00
8800	Potatoes, diced	3.00
8800	Half & half	1.75 c
8800	Soy sauce	1.00 tb
8800	Cloves garlic, crushed	2.00
8800	Basil	1.00 ts
8800	Parsley	1.00 ts
8800	Thyme	1.00 ts
8801	Clams	48.00
8801	Bottle white wine (1 liter)	0.75
8801	Leek	0.00
8801	Small onion	0.00
8801	Clove garlic	0.00
8801	Fish stock	1.00 qt
8801	Peeled, chopped tomato	0.00
8801	Small bunch marjoram	0.00
8801	Leaf of celery	0.00
8801	Crusts of bread (croutons)	4.00 x
8802	Large thinly sliced sweet	2.00 ea
8802	onion	0.00
8802	Butter	4.00 tb
8802	(14 1/2-oz ea) beef broth	4.00 cn
8802	Water	1.00 c
8802	Dry red wine	0.25 c
8802	Worcestershire sauce	1.00 ts
8802	Salt	0.50 ts
8802	Paprika	0.50 ts
8802	Ground black pepper	0.50 ts
8802	Toasted french bread	0.00
8802	Grated parmesan cheese	0.50 c

Sheet1

8802	Sprig parsley & 1 bay leaf	3.00 ea
8803	White fish fillets, fresh	0.50 lb
8803	Or frozen	0.00
8803	Superior chicken broth	4.00 c
8803	(clear)	0.00
8803	Medium sherry	1.00 tb
8803	Slices winter bamboo shoots	8.00
8803	Bunch fresh spinach	1.00
8803	Salt	1.00 ts
8803	Cooked peanut oil	1.00 tb
8804	Chicken Broth	1.50 qt
8804	Dry Sherry	0.33 c
8804	Soy Sauce	4.50 ts
8804	Thinly Sliced Lemon	1.00
8804	GARNISHES -----	0.00 -----
8804	Sliced Fresh Mushrooms	6.00
8804	Green Onions And Tops	2.00
8804	Sliced Diagonally	0.00
8804	Very Thinly Sliced Carrot	1.00
8805	Fresh spinach	0.50 lb
8805	Scallion	1.00
8805	Clove garlic	1.00
8805	Water	4.00 c
8805	Ground beef	0.50 lb
8805	Soy sauce	1.00 ts
8805	Salt	1.00 tb
8805	Dash pepper	0.00
8806	Venison (haunch, ham)	4.00 lb
8806	Cheap red wine	3.00 c
8806	Red or white wine vinegar	1.50 c
8806	Ground allspice	0.00 pn
8806	Whole bay leaves	2.00
8806	Celery, carrots, leeks,	4.00 c
8806	Roughly chopped	0.00
8806	Sugar	0.00
8806	Salt	0.00
8806	Jar of beef gravy	8.00 oz
8806	Pearl onions, trimmed	0.75 c
8806	Fresh mushrooms	0.75 c
8806	Cloves, garlic, crushed	2.00
8806	Ground oregano	2.00 pn
8806	Salt pork, diced	1.00 lb
8807	Parsley sprigs	4.00 ea
8807	Thyme sprigs	1.00 ea
8807	Bay leaves	1.00 ea
8807	Peppercorns	1.00 ea
8807	Chicken, raw	4.00 lb
8807	Water	10.00 c
8807	Leeks	7.00 ea

Sheet1

8807	Celery stalks	2.00 ea
8807	Salt	1.00 ts
8807	Parsley, chopped	1.00 tb
8807	Pearl barley	0.50 c
8808	Soba noodles	0.25 lb
8808	OR- dried thin spaghetti	0.00
8808	Coconut milk	2.00 ts
8808	Chicken broth	2.00 c
8808	Lemongrass stalk (no leaves)	1.00
8808	cut into 1-inch lengths	0.00
8808	Fresh galangal (thin slices)	4.00 sl
8808	OR ginger	0.00
8808	Fish sauce	3.00 tb
8808	Curry powder (or more)	1.00 tb
8808	Grated lime peel	2.00 ts
8808	(or finely minced)	0.00
8808	Lime juice	2.00 tb
8808	Hot red chilies	4.00
8808	seeded and slivered; -OR-	0.00
8808	Chinese chili sauce	2.00 ts
8808	Chicken breast halves	4.00
8808	(skinless and boneless)	0.00
8808	Oriental sesame oil	1.00 tb
8808	Button mushrooms	8.00
8808	Salt; to taste	0.00
8808	Cilantro sprigs, for garnish	0.00
8809	Buttermilk	1.00 qt
8809	English style dry mustard	1.00 tb
8809	Salt	1.00 ts
8809	Sugar	1.00 ts
8809	Cooked shrimp, peeled,	0.50 lb
8809	deveined and chopped	0.00
8809	Cucumber, peeled, seeded,	1.00
8809	and finely chopped	0.00
8809	Fresh chives, minced	2.00 tb
8809	Additional shrimp and	0.00
8809	cucumber slices for garnish	0.00
8810	Pitted red cherries	2.00 lb
8810	Stick cinnamon	1.00
8810	Drops almond extract	2.00
8810	Red wine	2.00 c
8810	Egg yolks	2.00
8810	Water	2.00 c
8810	Cloves	2.00
8810	Salt	0.25 ts
8810	Brandy	1.00 tb
8810	Sugar	1.00 ts
8811	Tart cherries canned, fresh	3.00 lb
8811	or frozen	0.00

Sheet1

8811	Wine vinegar	0.50 c
8811	Cornstarch	3.00 tb
8811	Cinnamon	1.00 ts
8811	Heavy cream	1.00 c
8811	Sour cream	1.00 c
8812	Water	3.00 c
8812	Sugar	0.75 c
8812	Cinnamon stick	1.00
8812	Zest of 1 orange	0.00
8812	Pitted fresh tart cherries	4.00 c
8812	or frozen unsweetened	0.00
8812	cherries if using	0.00
8812	unsweetened reduce	0.00
8812	sugar to 1/4 cup	0.00
8812	Arrowroot/cornstarch	1.00 tb
8812	Cream	0.33 c
8812	Dry red wine	0.50 c
8813	Chicken stock/broth	3.00 c
8813	Peeled, seeded, chopped	1.50 c
8813	tomatoes	0.00
8813	Chopped onion	1.00 md
8813	Bay leaf	1.00 ea
8813	Salt to taste	0.00
8813	Pepper to taste	0.00
8813	Sugar	1.00 pn
8814	Cucumbers	2.00 md
8814	Light Soy Sauce	2.00 tb
8814	White Vinegar	1.50 tb
8814	Chopped Green Onions	1.00 tb
8814	Sugar	0.50 ts
8814	Chili Powder	0.50 ts
8814	Sesame Oil	1.50 ts
8814	Chicken Stock	5.00 c
8814	White Sesame Seeds	2.00 ts
8815	Green pepper, diced	1.00
8815	Tomatoes, diced	4.00
8815	Onion, diced	1.00
8815	Garlic cloves, minced	3.00
8815	Water	3.00 c
8815	Wine	0.25 c
8815	Lemon juice	3.00 ts
8815	Scallion, diced fine	1.00
8816	Diced green pepper	1.00 ea
8816	Diced tomatoes	4.00 ea
8816	Diced onion	1.00 ea
8816	Minced garlic cloves	3.00 ea
8816	Water	3.00 c
8816	Wine	0.25 c
8816	Lemon juice	3.00 ts

Sheet1

8816	Diced fine scallion	1.00 ea
8817	Oil (butter)	0.25 c
8817	Sliced onions	2.00 c
8817	Minced garlic	2.00 ts
8817	Corn	4.00 c
8817	Stock	4.00 c
8817	Nutmeg	0.25 ts
8817	Inst milk powder	0.50 c
8817	Cooked beans	0.75 c
8817	Salt	0.50 ts
8818	Oil (butter)	0.25 c
8818	Sliced onions	2.00 c
8818	Minced garlic	2.00 ts
8818	Corn	4.00 c
8818	Stock	4.00 c
8818	Nutmeg	0.25 ts
8818	Inst milk powder	0.50 c
8818	Cooked beans	0.75 c
8818	Salt	0.50 ts
8819	Unsalted butter	4.00 tb
8819	Onion, chopped	1.00 md
8819	Clove garlic, chopped	1.00
8819	Fresh corn kernels	3.00 c
8819	Water	0.25 c
8819	Cornstarch	1.50 tb
8819	Whole milk	2.00 c
8819	Lump crabmeat, about 4	0.75 c
8819	ounces	0.00
8819	Whipping cream	1.00 c
8819	Poblano chili peppers,	2.00
8819	roasted and diced	0.00
8819	Canned chipotle chili	1.00
8819	pepper, diced	0.00
8820	Medium potato diced	1.00
8820	Onion, chopped	1.00
8820	Can (14 oz) chicken broth	1.00
8820	Can (16 oz) cream-style corn	1.00
8820	Milk	2.00 c
8820	Butter	2.00 tb
8820	Egg slightly beaten	1.00
8820	Can (8 oz) corn	1.00
8821	Pork chop, chopped fine	1.00
8821	Small can white cream corn	1.00
8821	Water	1.00 c
8821	Egg, beaten	1.00
8821	Salt and pepper to taste	1.00 g
8822	Frozen whole kernel corn	2.00 c
8822	thawed and drained	0.00
8822	Chopped onion	2.00 tb

Sheet1

8822	Cider vinegar	1.00 tb
8822	Sugar	1.00 ts
8822	Dried oregano	0.25 ts
8822	Salt and pepper to taste	0.00
8822	Shredded carrot	0.25 c
8823	Corn	12.00 ea
8823	Butter	0.50 c
8823	Parsley, minced	1.00 ts
8823	Egg, hard boiled	4.00 ea
8823	Flour	1.00 tb
8824	Samll lamb chops, thawed	8.00
8824	Salt and pepper	1.00
8824	Vegetable oil	1.00 tb
8824	Parsley, bay leaves	0.00
8824	Peppercorns, thyme, rosemary	0.00
8824	Potatoes, 3 to 4 medium	1.00 lb
8824	Finely shredded cabbage	2.00 c
8824	Medium onion, chopped	1.00
8824	Large leek white thin sliced	1.00
8824	Small white onions	12.00
8824	Celery stalks, diced	1.50 c
8824	Peas	1.50 c
8824	Chopped fresh parsley	0.00
8825	Onion, Chopped	3.00 c
8825	Unsalted Butter	0.67 c
8825	Garlic Cloves, minced	3.00
8825	Flour	0.67 c
8825	Milk	8.00 c
8825	Egg Yolks	3.00
8825	Whipping Cream (or 1/2-1/2)	1.00 c
8825	Chervil, dried	1.00 ts
8825	Basil, dried	1.00 ts
8825	Tarragon, dried	1.00 ts
8825	Parsley, chopped fresh	3.00 tb
8826	Butter	2.00 tb
8826	Onion, finely chopped	1.00 ts
8826	Parsley, finely chopped	1.00 tb
8826	Crabmeat, chopped	1.50 c
8826	Flour	2.00 tb
8826	Chicken broth	2.00 c
8826	Cream, light	2.00 c
8826	Pinch cayenne pepper	0.00
8826	Salt	0.00
8827	Dried mushrooms	1.00 oz
8827	Boiling water	0.00
8827	Fresh or thawed frozen	6.00 oz
8827	Crabmeat	0.00
8827	Frozen sea scallops	4.00 oz
8827	Drained whole or sliced	0.50 c



Sheet1

8827	Bamboo shoots (1/2 of 8 oz	0.00
8827	Can)	0.00
8827	Green onions	8.00
8827	Vegetable oil	1.00 ts
8827	Egg, slightly beaten	1.00
8827	Chicken broth	6.00 c
8827	Grated pared fresh ginger	0.50 ts
8827	Root	0.00
8827	Cornstarch	3.00 tb
8827	Water	6.00 tb
8827	Rice wine (or dry sherry)	1.50 tb
8827	Soy sauce	4.00 ts
8827	Egg whites	2.00
8828	Cooked rice	2.00 c
8828	Deep-frying oil	1.00 c
8828	Dried soybeans	1.00 c
8828	Nami black mushrooms	8.00
8828	Onion, quartered	1.00 md
8828	Cold water	10.00 c
8828	Thin soy	2.00 ts
8828	Sherry	2.00 tb
8828	Sesame oil	1.00 ts
8828	Salt	0.25 ts
8828	Sugar	1.00 ts
8828	MSG (opt)	0.25 ts
8828	Clove garlic	1.00
8828	Fresh snowpeas	10.00
8828	Carrot	1.00 lg
8829	Pt Chicken broth	1.00 ea
8829	Pt Milk - whole	1.00 ea
8829	Pt Cream - heavy	0.50 ea
8829	Rice - cook separately	2.00 tb
8829	Egg yolk - beaten lightly	1.00 ea
8829	Flour - add to make rivels	0.00
8830	Milk	3.00 c
8830	Mushrooms - fresh - chopped	0.25 lb
8830	Butter	1.00 tb
8830	Flour	1.00 ts
8831	Fresh asparagus	1.50 lb
8831	Chopped onion	1.50 c
8831	Butter + salt	6.00 tb
8831	All-purpose flour	6.00 tb
8831	Water or stock	2.00 c
8831	Hot milk	4.00 c
8831	To 1 t dill weed (to taste)	0.50 ts
8831	Salt	1.00 ts
8831	White pepper	0.50 ts
8831	Tamari soy sauce	2.00 tb
8832	Butter	1.00 tb

Sheet1

8832	Onion, finely chopped	1.00 sm
8832	Stalk celery, finely chopped	0.50
8832	Chicken stock	2.00 c
8832	(see index)	0.00
8832	Asparagus tips, chopped	1.00 lb
8832	Salt & pepper to taste	0.00
8832	Mace	0.25 ts
8832	Whipping cream	0.75 c
8832	Hard-cooked eggs, chopped	3.00
8833	(1 stick) unsalted butter	0.50 c
8833	Leeks (white parts only)	8.00 lg
8833	Or more unsalted chicken	4.00 c
8833	stock	0.00
8833	All purpose flour	0.50 c
8833	Half-and-half	4.00 c
8833	Brie well chilled cut in	1.50 lb
8833	small cubes without rinds	0.00
8833	Snipped fresh chives	2.00 tb
8833	Salt and fresh ground pepper	0.00
8834	Bunch of Broccoli	1.00
8834	Butter	0.25 c
8834	Onions	2.00
8834	Chopped Celery	2.00 c
8834	Garlic Clove	1.00
8834	Flour	0.50 c
8834	Milk	4.00 c
8834	Chicken Broth	4.00 c
8834	Marjoram	0.50 ts
8834	Thyme	0.50 ts
8834	Salt and Pepper	0.00
8834	Almond Slivers	0.00
8834	Chopped Tomato	0.00
8835	Bunch broccoli	1.00 ea
8835	Butter	0.50 c
8835	Grated swiss cheese	0.75 lb
8835	Grated cheddar cheese	1.00 lb
8835	Ground cashews	1.00 c
8835	Vegetable bouillon cube	1.00 ea
8835	Soy sauce	0.12 c
8835	Sour cream	16.00 oz
8835	Water	6.00 c
8836	Bunch broccoli	1.00
8836	Vegetable bouillon cube	1.00
8836	Butter	0.50 c
8836	Soy sauce	0.12 c
8836	Swiss cheese, grated	0.75 lb
8836	Sour cream	16.00 oz
8836	Cheddar cheese, grated	1.00 lb
8836	Water	6.00 c

## Sheet1

8836	Cashews, ground	1.00 c
8837	Butter/margarine	2.00 tb
8837	Chopped fresh onion	0.25 c
8837	Chopped rib celery	1.00 ea
8837	Broccoli	1.50 lb
8837	Beef bouillon	2.00 c
8837	Light cream	0.75 c
8837	Chopped scallions	2.00 tb
8838	Butter	2.50 tb
8838	Green onions chopped	3.00
8838	Celery; stalks,sliced	2.00
8838	Chicken stock	2.00 c
8838	Heavy cream	0.50 c
8838	Cardamom;ground (or nutmeg)	0.12 ts
8838	Salt	0.00
8838	White pepper	0.00
8838	Minced parsley as garnish	0.00
8839	Water	3.00 c
8839	Onion, chopped fine	1.00 md
8839	Basil	2.00 ts
8839	Salt	1.00 ts
8839	Pepper	0.25 ts
8839	To 3 c cauliflower florets, cut to uniform size	2.50 c 0.00
8839	Butter	2.00 tb
8839	Flour	2.00 tb
8839	Hot chicken stock	1.00 c
8839	Milk	2.00 c
8839	Cheddar cheese, cut into small pieces	0.25 lb 0.00
8840	Butter or margarine	2.00 tb
8840	Green onion,thinly sliced	3.00
8840	Thinly sliced celery	0.50 c
8840	Water	1.25 c
8840	Half-and-half	0.50 c
8840	Past. process cheese spread	0.67 c
8840	Instant chicken bouillon	1.00 ts
8840	Ground nutmeg	0.12 ts
8840	Dry white wine	0.33 c
8840	Paprika	0.00
8840	Toasted croutons	0.00
8841	Fresh mushrooms	1.00 lb
8841	Margarine/butter	0.25 c
8841	Chopped onion	0.50 c
8841	Pepper	0.12 ts
8841	Chicken flavor	2.00 tb
8841	instant bouillon or 6 cubes	0.00
8841	Water	3.00 c
8841	Flour	0.25 c

Sheet1

8841	Light cream/milk	2.00 c
8841	Ground nutmeg	0.25 ts
8842	Cornstarch	1.00 tb
8842	Water	3.50 c
8842	Low Sodium Chicken	3.00
8842	Bouillon Cubes	0.00
8842	Finely Chopped Fresh	1.00 c
8842	Mushrooms	0.00
8842	Skim Milk	0.75 c
8842	Pepper	0.50 ts
8842	Onion Powder	1.00 ts
8843	Mussels	0.75 pt
8843	Cold water	3.00 c
8843	Butter	2.00 oz
8843	Flour	1.00 oz
8843	Single cream	0.50 c
8843	Salt and pepper	0.00
8844	Peas (2 1/2 c.)	1.00 cn
8844	Sugar	0.50 ts
8844	Pt Water	1.00 ea
8844	Flour	2.00 tb
8844	Pepper	0.12 ts
8844	Salt	1.00 ts
8844	Butter	1.50 tb
8844	Pt Milk	1.00 ea
8845	Onion, chopped	1.00 md
8845	Ribs celery, chopped	2.00
8845	Butter or margarine	0.25 c
8845	Flour	3.00 tb
8845	Chicken broth	2.00 qt
8845	Smooth peanut butter	2.00 c
8845	Half and Half, heated	1.00 c
8846	Butter	2.00 tb
8846	Onion, diced	0.50 c
8846	Flour	1.00 tb
8846	Broth (OR	2.00 c
8846	Water AND	2.00 c
8846	Vegetable bouillon cube)	1.00
8846	Soy sauce	0.50 ts
8846	Vegetable seasoning	0.50 ts
8846	Dash nutmeg	1.00
8846	Pecans, ground fine	1.00 c
8846	Celery leaves	0.50 c
8846	Cream or half & half	1.50 c
8846	Sprigs mint	4.00
8847	Potatoes - medium size	5.00 ea
8847	Potato water	3.00 c
8847	Salt	0.50 ts
8847	Garlic - clove	1.00 ea

Sheet1

8847	Cream - sweet	1.00 c
8848	Potatoes - medium size	6.00 ea
8848	Butter - size of walnut	1.00 ea
8848	Onion - chopped fine	1.00 ea
8848	Milk	2.00 c
8849	Beef stock	0.50 c
8849	Chicken stock	0.50 c
8849	Chopped coarse celery	0.25 c
8849	Coarse chopped onion	0.25 c
8849	Chopped green pepper	0.25 c
8849	Cornstarch dissolved	1.00 tb
8849	In 2 Tb water	0.00
8849	(1/4 lb) coarse chopped	1.00 c
8849	Corned beef	0.00
8849	Chopped Swiss cheese	1.00 c
8849	Sauerkraut drained and	0.75 c
8849	Rinsed	0.00
8849	(1/2 stick) butter	0.25 c
8849	Half and half	2.00 c
8849	Chopped fresh chives for	0.00
8849	Garnish	0.00
8850	Onion, chopped	1.00 lg
8850	Butter	0.25 c
8850	Chicken broth	3.00 c
8850	Zucchini, diced	6.00 md
8850	Parsley, chopped	1.00 tb
8850	Thyme leaves	0.25 ts
8850	Salt	0.00
8850	Pepper	0.00
8850	Half-and-half	1.50 c
8850	Dry white wine	1.00 c
8851	Pt Tomato juice - strained	1.00 ea
8851	Butter	2.00 tb
8851	Flour	2.00 tb
8851	Milk	1.00 qt
8852	Butter	5.00 tb
8852	Onions, chopped	4.00
8852	Carrots, sliced	4.00 c
8852	Flour	4.00 tb
8852	Beef broth	5.00 c
8852	Milk	3.50 c
8852	Pinch salt	1.00
8852	Pinch pepper	1.00
8852	Nutmeg	0.25 ts
8853	Leeks	1.25 lb
8853	Butter	2.00 oz
8853	Roughly chopped onion	0.25 lb
8853	Roughly chopped head Celery	1.00
8853	Mutton stock	5.00 pt

## Sheet1

8853	Roughly chopped parsley	1.00 oz
8853	Salt and Pepper	0.00
8853	Double cream	5.00 oz
8854	Butter (to saute with)	3.00 tb
8854	Safflower oil	2.00 tb
8854	Large onions, chopped	2.00
8854	Thyme, crushed	0.50 ts
8854	Basil	1.00 ts
8854	Salt & pepper	1.00 ds
8854	Medium ripe tomatoes,	10.00
8854	Coarsely chopped	0.00
8854	Tomato paste	5.00 tb
8854	Flour	0.33 c
8854	Chicken broth	6.00 c
8854	Sugar	1.50 ts
8854	Cream	1.00 c
8854	Milk	1.00 c
8854	Butter	2.00 tb
8855	Water	4.00 c
8855	Beef Bouillon Granules	1.50 ts
8855	Barley Uncooked	0.25 c
8855	Olive Oil	1.00 ts
8855	Chopped Onion	0.50 c
8855	Minced Garlic	2.00 cl
8855	Sliced Mushrooms	5.00 c
8855	Dry Vermouth	2.00 tb
8855	Evaporated Skim Milk	1.00 c
8855	Sliced Green Onions	0.25 c
8855	Pepper	0.25 ts
8855	Salt	0.12 ts
8856	Chopped Onion	0.25 c
8856	Snipped Parsley	2.00 tb
8856	Butter Or Margarine	1.00 tb
8856	Fresh Sliced Mushrooms	1.50 c
8856	Cornstarch	1.50 ts
8856	Instant Beef Bouillon	1.00 ts
8856	Worcestershire Sauce	0.50 ts
8856	Dry Mustard	0.12 ts
8856	Dash Freshly Ground Pepper	0.00
8856	Water	0.67 c
8856	Dairy Sour Cream	0.50 c
8856	Snipped Parsley (Opt.)	0.00
8857	Unsalted butter	4.00 tb
8857	Onions, chopped	2.00
8857	Leek, white part only,	1.00
8857	Thinly sliced	0.00
8857	Ribs celery, diced	3.00
8857	Waxy boiling potatoes,	4.00
8857	Peeled and diced	0.00

Sheet1

8857	Sweet paprika	1.00 ts
8857	Chicken broth	6.00 c
8857	Dried thyme	0.50 ts
8857	Bay leaf	1.00 sm
8857	Sprigs parsley tied	5.00
8857	Together with	0.00
8857	Kitchen string	0.00
8857	Worcestershire sauce	1.00 ts
8857	Heavy cream	0.75 c
8857	Salt	0.00
8857	Freshly ground black pepper	0.00
8857	Minced fresh parsley leaves	1.00 tb
8857	(optional)	0.00
8858	Onion; coarsely chopped	1.00 lg
8858	Water	6.00 c
8858	Potatoes; peeled & chopped	3.00
8858	Zucchini; thickly sliced	3.00
8858	Low-sodium soy sauce;	1.00 tb
8858	Fresh spinach leaves;	2.00 c
8858	tightly packed	0.00
8858	Pepper; black to taste	0.00
8858	Enoki mushrooms; trimmed	0.33 c
8858	optional	0.00
8858	PER SERVING -----	0.00 -----
8858	*cals	123.00 x
8858	*gm protein	3.00 x
8858	*gm fat	0.12 x
8858	*gm carbo	27.00 x
8858	*mg sodium	181.00 x
8858	*gm fiber	5.00 x
8859	Reduced calorie	2.00 tb
8859	margarine	0.00
8859	Thin sliced peeled onion	1.00 lg
8859	Chopped carrot	1.00 ea
8859	Clove garlic peeled coarsely	2.00 ea
8859	chopped	0.00
8859	(28-oz) peeled italian plum	1.00 cn
8859	tomatoes	0.00
8859	Defatted chicken broth	3.00 c
8859	Boiling potato peeled and	1.00 sm
8859	thin sliced	0.00
8859	Chopped fresh basil	2.00 tb
8859	leaves or 2 ts dried	0.00
8859	basil	0.00
8859	Nutmeg	0.25 ts
8859	Salt to taste	0.00
8859	Milk	1.00 c
8860	Beef stock	0.50 c
8860	Chicken stock	0.50 c

Sheet1

8860	Chopped coarse celery	0.25 c
8860	Coarse chopped onion	0.25 c
8860	Chopped green pepper	0.25 c
8860	Cornstarch dissolved	1.00 tb
8860	in 2 tb water	0.00
8860	(1/4 lb) coarse chopped	1.00 c
8860	corned beef	0.00
8860	Chopped swiss cheese	1.00 c
8860	Sauerkraut drained and	0.75 c
8860	rinsed	0.00
8860	(1/2 stick) butter	0.25 c
8860	Half and half	2.00 c
8860	Chopped fresh chives for	0.00
8860	garnish	0.00
8861	Chicken stock	1.50 qt
8861	(1-1/2 sticks) butter	0.75 c
8861	Diced onion	0.75 c
8861	Diced potato	1.50 c
8861	Peeled diced tomato	0.75 c
8861	Diced carrot	0.75 c
8861	Green beans	0.75 c
8861	Broccoli, coarsely chopped	0.75 c
8861	Minced leek	0.75 c
8861	Minced zucchini	0.75 c
8861	Clove garlice	1.00
8861	Sugar, or to taste	1.50 ts
8861	Sald and freshly ground	0.00
8861	pepper to taste	0.00
8861	Heavy cream	0.50 c
8862	Frozen green peas	2.00 pk
8862	Rice	1.00 tb
8862	Beef bouillon	1.00 c
8862	Milk	2.25 c
8862	Beef stock or bouillon	4.25 c
8862	Sugar	0.50 ts
8862	Egg yolks	2.00
8862	Heavy cream	0.33 c
8862	Salt and pepper to taste	0.00
8862	Shredded lettuce	0.00
8863	Fresh fish fillets *	1.00 lb
8863	Fresh oysters	0.50 pt
8863	Fresh rock shrimp **	0.50 lb
8863	Margarine ***	0.50 c
8863	Flour	0.25 c
8863	Chopped onion	1.00 c
8863	Chopped celery	0.50 c
8863	Clove garlic	1.00
8863	(13oz ea) chicken broth	2.00 cn
8863	(1lb 12oz) tomatoes #	1.00 cn



Sheet1

8863	Dry white wine	0.50 c
8863	Chopped parsley	2.00 tb
8863	Lemon juice	1.00 tb
8863	Bay leaf	1.00
8863	Salt	0.50 ts
8863	Cayenne pepper	0.25 ts
8863	Saffron (optional)	0.25 ts
8864	Garlic cloves,lg, peeled	4.00
8864	Butter or margarine, soft	0.25 c
8864	Beef broth (10 1/2 oz)	2.00 c
8864	Parmesan cheese, grated	2.00 tb
8864	Water	2.00 c
8864	Dry sherry	1.00 c
8864	French bread slices	4.00
8865	Chopped Bacon	0.33 c
8865	All-Purpose Flour	0.33 c
8865	Stalks Celery, chopped	4.00
8865	Large Onion, chopped	1.00
8865	Large Green Pepper, chopped	1.00
8865	Green Onions, chopped	6.00
8865	Tomato Paste	1.00 c
8865	Seafood Stock	3.00 c
8865	Water	2.00 c
8865	Lemon Juice	2.00 tb
8865	Granulated Sugar	1.00 tb
8865	Creole Spices	0.00
8865	Uncooked, shelled Shrimp	2.00 lb
8865	Minced Fresh Parsley	0.25 c
8866	Stew beef; trim, bite size	1.00 lb
8866	Stewed tomatoes; sliced	1.00 cn
8866	Potatoes; peeled, diced	3.00
8866	Carrots; peeled, pennied	2.00
8866	Garlic clove; crushed	1.00
8866	Peppercorns	3.00
8866	Bayleaf	1.00
8866	Celery stalk; chopped	1.00
8866	Small onion; diced	1.00
8866	Water	4.00 c
8866	Salt and pepper to taste	0.00
8866	Thyme	0.50 ts
8866	Parsley; chopped	1.00 ts
8866	Beef bouillon cubes	2.00
8866	Worcestershire sauce	1.00 tb
8866	Frozen mixed vegetables	2.00 c
8867	Stew beef; trim, bite size	1.00 lb
8867	Stewed tomatoes; sliced	1.00 cn
8867	Potatoes; peeled, diced	3.00
8867	Carrots; peeled, pennied	2.00
8867	Garlic clove; crushed	1.00

## Sheet1

8867	Peppercorns	3.00
8867	Bayleaf	1.00
8867	Celery stalk; chopped	1.00
8867	Small onion; diced	1.00
8867	Water	4.00 c
8867	Salt and pepper to taste	0.00
8867	Thyme	0.50 ts
8867	Parsley; chopped	1.00 ts
8867	Beef bouillon cubes	2.00
8867	Worcestershire sauce	1.00 tb
8867	Frozen mixed vegetables	2.00 c
8868	Chopped onion	0.50 c
8868	Wieners; sliced diagonally	1.00 lb
8868	Garlic clove; minced	1.00
8868	Margarine or butter	3.00 tb
8868	Flour	3.00 tb
8868	Dry mustard	0.25 ts
8868	Tomato juice	2.00 c
8868	Water	1.00 c
8868	Worcestershire sauce	2.00 ts
8868	21 oz can baked beans	1.00
8868	Shredded cheddar cheese, if	0.00
8869	Beef, extra lean	2.50 lb
8869	Carrots, 2" chunks	7.00
8869	Potatoes, cut in eighths	2.50
8869	Onions, sweet, cut in	2.50
8869	1/4" slices, slices	0.00
8869	cut in half and separated	0.00
8869	into rings.	0.00
8869	Tomatoes, Italian-style	1.00
8869	canned, stewed tomatoes,	0.00
8869	undrained (or plain)	0.00
8869	Flour (or 3)	2.00 tb
8869	Salt	1.00 ts
8869	Pepper	0.25 ts
8869	Thyme	0.25 ts
8869	Basil	0.25 ts
8869	Worcestershire sauce (or 3)	2.00 tb
8870	Tomatoes; cut up (16 oz.)	1.00 c
8870	Tomato paste; (6 oz.)	1.00 c
8870	Chicken; cubbed, cooked	3.00 c
8870	Frozen succotash	1.00 pk
8870	Or 1 pkg. frozen okra; slice	0.00
8870	Onions; chopped	1.00 c
8870	Bay leaf	1.00
8870	Salt	1.00 ts
8870	Rosemary; dried, crushed	0.50 ts
8870	Pepper	0.50 ts
8870	Ground cloves	1.00 ds

Sheet1

8870	Chicken broth	2.50 c
8871	Onions; chopped	3.00
8871	Celery; sliced	4.00
8871	Salt	0.00
8871	Pepper	0.00
8871	Basil	1.00 ts
8871	Thyme	0.50 ts
8871	Sage	0.50 ts
8871	Peas; frozen	20.00 oz
8871	Chicken pieces	2.50 lb
8871	Water	5.50 c
8871	Rice; raw converted	0.75 c
8872	Beef stew meat, cut into 1	1.00 lb
8872	Lipton's onion soup mix	1.00 pk
8872	Hot water	6.00 c
8872	Carrots peeled and shredded	2.00
8872	Stalk of celery, finely cho	1.00
8872	Tomato, peeled and chopped	1.00
8872	Biscuit mix ( I used Bisqui	1.00 c
8872	Finely chopped parsley	1.00 tb
8872	Milk	6.00 tb
8873	Lg Onion; thinly sliced	3.00
8873	Butter or margarine	0.50 c
8873	Instant beef bouillon; or 6	2.00 tb
8873	Hot water	4.00 c
8873	Worcestershire sauce	1.00 ts
8873	Salt	0.50 ts
8873	Sl French bread; toasted	4.00
8873	Parmesan cheese; grated	0.25 c
8874	Round steaks, cut in 1/2"	2.00 lb
8874	cubes	0.00
8874	Chopped onion	1.00 c
8874	Clove garlic, minced	1.00
8874	Flour	2.00 tb
8874	Salt	1.00 ts
8874	Pepper	0.50 ts
8874	Paprika	1.50 ts
8874	Dried thyme, crushed	0.25 ts
8874	(14 1/2 oz) can tomatoes	1.00
8874	Sour cream	1.00 c
8874	Noodles	0.00
8875	Medium Potatoes; sliced	5.00
8875	Leeks*; sliced	4.00
8875	Large Chopped Onion	1.00
8875	Salt	1.50 ts
8875	Chicken Stock	2.00 c
8875	Milk	2.00 c
8875	Heavy Cream	1.00 c
8875	Chopped Chives**	0.00

Sheet1

8876	Chicken stock	2.00 qt
8876	Red onion, large; diced	1.00
8876	Corn tortillas, fried/broken	3.00
8876	Roma tomatoes; diced	3.00
8876	Bunch of cilantro	0.50
8876	Ancho chile paste *	8.00 oz
8876	Chicken breast halves **	2.00
8876	Salt to taste	0.00
8876	Ranchero cheese, crumbled	6.00 oz
8876	Corn tortillas, fried crisp	2.00
8877	Day old bread	0.00
8878	Beans, dried black	1.00 lb
8878	Onion; chopped	1.00 c
8878	Margarine or butter	1.00 tb
8878	Water	4.00 c
8878	Bouillon cube, beef	1.00
8878	Ham, cooked lean	12.00 oz
8878	Bay leaves	2.00
8878	Thyme, dried leaf	0.50 ts
8878	Oregano, dried leaf	0.50 ts
8878	Salt	0.50 ts
8878	Pepper, dried whole red	1.00
8878	Pepper, green bell; chopped	1.00 c
8878	Dark rum (optional)	0.33 c
8878	Sour cream (optional)	1.00 c
8879	Dried black beans	1.00 lb
8879	Water	9.00 c
8879	Cloves garlic, crushed	2.00
8879	Salt	0.75 t
8879	Finely chopped green pepper	1.50 c
8879	Lemon juice	2.00 T
8879	Ground cumin	1.50 t
8879	Cloves garlic, crushed	3.00
8879	2 - 4 drops of hot sauce	0.00
8879	MARINATED RICE	0.00
8879	Cooked brown rice	0.67 c
8879	Finely chopped tomato	0.50 c
8879	Chopped green onion	0.25 c
8879	Lemon juice	2.00 t
8879	Olive oil	1.00 t
8880	Cucumber; medium	1.00
8880	Potatoes;med, peel and dice	4.00
8880	Salt	1.00 ts
8880	Water; cold	2.00 c
8880	Pepper; white	0.25 ts
8880	Cream; heavy	1.00 c
8880	Milk	0.50 c
8880	Green onion; grated	1.00
8880	Dillweed; dried or	1.00 ts

## Sheet1

8880	Fresh dill; chopped	1.00 tb
8881	Chicken Broth	2.50 c
8881	Carrots, Peeled & Sliced	4.00
8881	Curry Powder	0.50 ts
8881	Hot Pepper Sauce	0.12 ts
8881	Salt & Pepper	0.00
8881	Plain Lowfat Yogurt	0.00
8881	Dillweed	0.00
8882	Corn kernels	2.00 c
8882	Cubed tomato	1.00 lg
8882	Butter	1.00 tb
8882	Chicken stock	4.00 c
8882	Finely chopped onion	1.00 c
8882	Bay leaf	1.00 ea
8882	Minced garlic	2.00 ts
8882	Plain yogurt	1.00 c
8882	Curry powder	1.00 tb
8882	Chopped chives	0.00
8882	Flour	3.00 tb
8883	Sweet butter	6.00 tb
8883	Finely chopped yellow onions	2.00 c
8883	Carrots, peeled & chopped	2.00
8883	Curry powder or more	2.00 tb
8883	Chicken stock	5.00 c
8883	Parsley sprigs	6.00
8883	Chicken, 3 pounds, quartered	1.00
8883	Long grain rice	0.50 c
8883	Half and half	1.00 c
8883	Frozen peas, defrosted	10.00 oz
8883	Salt and pepper to taste	0.00
8884	Thin fresh wheat noodles	1.00 lb
8884	(Chinese-style)	0.00
8884	(preferably with egg)	0.00
8884	Vegetable oil	2.00 tb
8884	Garlic cloves, chopped	3.00
8884	Simple Red Curry Paste	1.00 tb
8884	Thick coconut cream	0.50 c
8884	Chopped chicken meat	0.50 lb
8884	preferably dark meat	0.00
8884	Coconut milk	0.50 c
8884	Chicken stock	2.50 c
8884	Indian curry powder	2.00 ts
8884	Turmeric powder	0.25 ts
8884	Thai fish sauce (nam pla)	3.00 tb
8884	Sugar	1.00 ts
8884	Shredded cabbage	1.00 c
8884	Lemon juice	1.50 ts
8884	Green onions	2.00
8884	coarsely chopped	0.00

Sheet1

8884	Lemons, cut into wedges	2.00
8885	Beef soup bones	2.00 lb
8885	Onion; chopped	1.00 c
8885	Carrots; pared & chopped	3.00
8885	Bay leaf	1.00
8885	Beef short ribs	2.00 lb
8885	Thyme (dried leaf)	1.00 ts
8885	Paprika	0.50 ts
8885	Water	8.00 c
8885	Cabbage; chpd (1 head)	8.00 c
8885	Tomatoes; (2 cans)	2.00 lb
8885	Salt	2.00 ts
8885	Tabasco sauce	0.75 c
8885	Parsley; chopped	0.25 c
8885	Lemon juice	3.00 tb
8885	Sugar	3.00 tb
8885	Sauerkraut (1 can)	1.00 lb
8886	Chicken liver	1.00 lb
8886	Bread	5.00 sl
8886	Onion	1.00 md
8886	Parsley	0.00
8886	Egg	1.00
8886	All-purpose flour	6.00 tb
8886	Salt	1.50 ts
8886	Pepper	0.25 ts
8886	Marjoram	0.75 ts
8886	Cloves garlic	2.00
8886	Garlic powder to taste	0.00
8887	Round steak, cut into pieces	1.00 lb
8887	Size can V-8 vegetable	1.00 md
8887	Juice	0.00
8887	Carrots, chopped	3.00
8887	Potatoes, peeled and chopped	10.00
8887	Head cabbage, chopped	0.50
8887	Chili powder	0.00
8887	Salt	0.00
8887	Black Pepper	0.00
8887	Ketchup	0.00
8887	Water	0.00
8887	Few dashes of	0.00
8887	Worcestershire sauce	0.00
8888	Butter	1.50 tb
8888	Flour	2.50 tb
8888	Boiling Water	4.00 c
8888	Chicken bouillon cubes	4.00
8888	Danish Blue Cheese, crumbled	1.50 c
8888	Half and half	2.00 c
8888	Whipping cream, whipped	0.50 c
8888	Parsley, finely chopped	1.00 tb

## Sheet1

8889	Yellow Split Peas, washed *	1.00 lb
8889	Lean Bacon or smoked pork **	2.00 lb
8889	Med Carrots, scraped	3.00 x
8889	Celery root, peeled & 1/4-ed	0.00
8889	Med Leeks, white parts ***	4.00 x
8889	Med Onions, peeled & halved	2.00 x
8889	Dried Thyme	0.50 ts
8889	Salt	1.50 ts
8889	Pepper	0.25 ts
8889	Pork Sausage links ****	1.00 lb
8890	Katsubushi (shavings of	0.50 c
8890	dried bonito)	0.00
8890	Square inches Konbu seaweed	3.00
8890	Gourmet Powder	0.25 ts
8890	Water	5.00 c
8891	Clove garlic, minced	1.00
8891	Onion, chopped	1.00
8891	Leek, white part only sliced	1.00
8891	Red or green pepper, chopped	1.00
8891	Zucchini, sliced	1.00
8891	Mushrooms, sliced	8.00 oz
8891	Frozen chopped spinach	1.00 pk
8891	Can stewed tomatoes	14.00 oz
8891	Chicken bouillion	16.00 oz
8891	V-8 juice	12.00 oz
8891	Chili powder	1.00 tb
8891	Paprika	1.00 ts
8891	Oregano	5.50 ts
8891	Bay leaves	2.00
8891	Cayenne pepper, to taste	0.00
8891	Blue cheese, crumbled	4.00 oz
8892	Chuck or round steak, cut	2.00 lb
8892	In cubes	0.00
8892	Shortening	0.25 c
8892	Onion	1.00 c
8892	Garlic,minced	1.00 sm
8892	Ketchup	0.75 c
8892	Brown sugar	1.00 tb
8892	Salt	2.00 ts
8892	Paprika	2.00 ts
8892	Pepper to taste	0.00
8892	Dry mustard	0.50 ts
8892	Worcestershire sauce	2.00 tb
8892	Water	1.50 c
8892	Flour	2.00 tb
8892	Cold water	0.25 c
8892	(8 oz) noodles	1.00 pk
8893	Peppercorns	6.00
8893	Lemon grass, stalks	3.00

Sheet1

8893	Ginger, siamese, slices	3.00
8893	Lime juice	3.00 tb
8893	Chilies, red, minced	2.00
8893	Coriander roots	8.00
8893	Fish stock	4.00 c
8893	Shrimp, uncooked	2.00 c
8893	Fish sauce (nam pla)	3.00 tb
8893	Coriander, chopped	2.00 tb
8894	Tinned tomatoes, sieved	455.00 g
8894	Celery sticks, chopped	2.00
8894	Onion, chopped	1.00
8894	Large carrot, chopped	1.00
8894	Medium potato, diced	1.00
8894	Olive oil	60.00 ml
8894	Sea Salt	0.00
8894	Black pepper	0.00
8894	Wholemeal spaghetti 1" bits	22.00 g
8895	Water	4.00 c
8895	Whole Chicken Breast	1.00
8895	Dried Fish Belly/Fish Maw	8.00 oz
8895	Soaked In Hot Water Until	0.00
8895	Soft	0.00
8895	Light Soy Sauce	0.33 c
8895	Sweet Soy Sauce	1.00 tb
8895	Bamboo Shoot Strips	0.50 c
8895	White Pepper	0.25 ts
8895	Hard-Cooked Eggs, Sliced	4.00 sm
8895	Minced Cilantro/Coriander	0.25 c
8896	Chicken, cut up	1.00
8896	Onion, diced	1.00 lg
8896	Cloves garlic, minced	2.00
8896	Stalks celery, sliced	2.00
8896	Green pepper, diced	0.50
8896	Can tomato sauce	6.00 oz
8896	White wine	0.75 c
8896	To 4 carrots, sliced	3.00
8896	Salt and pepper to taste	0.00
8896	To 4 potatoes, diced	3.00
8897	Rich chicken broth	6.00 c
8897	Shelled green peas (or	0.50 c
8897	quartered snowpeas)	0.00
8897	Shelled baby shrimp	12.00
8897	Nami black mushrooms	4.00
8897	Egg whites	3.00
8897	Yellow food coloring	0.00
8898	Whole wheat flour	0.75 c
8898	Cubes bouillon	2.00
8898	Water	2.00 qt
8898	Milk	1.00 c



Sheet1

8898	Ground mace	0.12 ts
8898	Leeks, cleaned, chopped	5.00
8898	Whipping cream	0.25 c
8898	Shredded Edam or Gouda	2.00 c
8898	Cheese	0.00
8899	Hamburger	1.00 lb
8899	Chopped onion	1.00
8899	Salt and pepper	0.00
8899	(10.75-oz) tomato soup	1.00 cn
8899	(16-oz) mixed vegetables	1.00 cn
8899	(16-oz) kidney beans	1.00 cn
8899	Box (14.75-oz) spaghetti	1.00
8900	Stewing beef	2.00 lb
8900	Butter	3.00 tb
8900	Onion, chopped	1.00
8900	Clove garlic, minced	1.00
8900	Paprika	1.00 tb
8900	(10 3/4 oz) tomato soup	2.00 cn
8900	Water	9.00 c
8900	Caraway seeds	0.25 ts
8900	Medium carrots, sliced	4.00
8900	Wide noodles	4.00 oz
8900	Frozen cut green beans	10.00 oz
8900	Sour cream	1.00 c
8901	Chicken broth	3.00 c
8901	Salt	1.00 ts
8901	Of white pepper	1.00 ds
8901	Green onion with top chopped	1.00 md
8901	Egg slightly beaten	2.00
8902	Chicken stock - see "Chicken	6.00 c
8902	Stock - Chinese"	0.00
8902	Salt	0.00
8902	Eggs - at room temperature,	6.00
8902	beaten	0.00
8902	Green onions - thinly sliced	0.50 c
8903	Water	3.00 qt
8903	Chicken Bouillon Cubes	9.00
8903	Soy Sauce	0.33 c
8903	Eggs, Well Beaten	6.00
8903	Finely Chopped Green Onions	1.50 c
8903	And Tops	0.00
8904	Eggs	2.00
8904	Water	2.00 ts
8904	Scallions	2.00
8904	Cornstarch	1.00 tb
8904	Water	3.00 tb
8904	Stock	6.00 c
8904	Sugar	0.50 ts
8904	To 1 tsp salt	0.75

## Sheet1

8904	Sherry	1.00 ts
8904	Soy sauce	1.00 tb
8905	Dried black mushrooms	2.00
8905	Lean pork	0.25 lb
8905	Cornstarch	1.00 tb
8905	Sherry	1.00 tb
8905	Egg white	1.00
8905	Dr sesame oil	6.00
8905	Bamboo shoots	0.25 c
8905	Scallion stalk	1.00
8905	Stock	0.50 c
8905	Cornstarch	2.00 ts
8905	Stock	6.00 c
8905	Soy sauce	1.00 tb
8905	To 1 tsp salt	0.75
8905	Eggs	2.00
8905	Pepper	1.00 ds
8906	Eggs	2.00 ea
8906	Salt	1.00 ts
8906	Basic Stock	2.00 c
8906	Finely chopped green onions	2.00 ts
8907	Chicken broth, or clear soup	1.50 qt
8907	stock	0.00
8907	Cornstarch, mixed in 1/4 cup	2.00 tb
8907	cold water	0.00
8907	Eggs, slightly beaten with a	2.00
8907	fork	0.00
8907	Scallions, chopped,	2.00
8907	including green ends.	0.00
8908	Chicken stock	1.00 qt
8908	Limes; (just the juice)	2.00
8908	Dried Mexican oregano	1.00 ts
8908	Dried basil	1.00 ts
8908	Pureed chipotle chile	1.00 ts
8908	Bay leaf	1.00
8908	Salt & White pepper	0.00
8908	Chicken breast halves*	2.00
8908	Julienne-cut tomatoes	1.00 c
8908	Julienne-cut red onion	0.50 c
8908	Minced cilantro	1.00 tb
8908	Jalapeno Jack cheese; cubed	4.00 oz
8908	Corn tortillas;cut in strips	2.00
8908	Avocado*	1.00
8908	Lime slices	4.00
8908	Cilantro sprigs	4.00
8909	Brown lentils	0.50 l
8909	Water	2.00 l
8909	Finely chopped spring onions	0.25 l
8909	Garlic clove (opt.); crushed	1.00

## Sheet1

8909	Finely chopped coriander *	0.50 dl
8909	Olive oil	0.75 dl
8909	Cold water	0.50 dl
8909	Flour	1.00 tb
8909	Vinegar (or to taste)	0.50 dl
8909	Salt	0.00
8909	Freshly ground black pepper	0.00
8910	Haricot beans	170.00 g
8910	Chopped leek	0.50
8910	Chopped carrot	1.00
8910	Chopped onion	1.00
8910	Chopped celery stick	1.00
8910	Canned tomatoes	220.00 g
8910	Olive oil	100.00 ml
8910	Sea Salt	0.00
8910	Black pepper	0.00
8910	Paprika	0.12 ts
8910	Small potato	1.00
8911	Dried navy beans	1.00 lb
8911	Onions; chopped	2.00
8911	Celery stalks with leaves	2.00
8911	chopped	0.00
8911	Carrots; scraped & diced	2.00
8911	Sprigs fresh parsley;chopped	4.00
8911	Chopped, drained tomatoes	1.00 c
8911	Bay leaf	1.00
8911	Sprigs fresh mint or thyme	2.00
8911	Salt & freshly ground pepper	0.00
8911	Olive oil	0.33 c
8912	Frozen mixed vegetables	10.00 oz
8912	(1 package)	0.00
8912	Milk	3.00 c
8912	Water	2.00 c
8912	Instant minced onion	2.00 tb
8912	Chicken bouillon granules	2.00 ts
8912	Salt	2.00 ts
8912	Celery, finely diced	0.25 c
8912	Instant mashed potatoes	1.33 c
8913	Bacon cut in small pieces	0.25 lb
8913	Paprika	1.00 ts
8913	Chopped onion	0.50 c
8913	Diced raw potato	1.00 c
8913	(6.5-oz) chopped clams	1.00 cn
8913	with liquid	0.00
8913	White wine	0.25 c
8913	Crab legs/imitation crab	1.00 c
8913	Shrimp	1.00 c
8913	Scallops halved/quartered	1.00 c
8913	Salt	1.00 ts

Sheet1

8913	Pepper	0.50 ts
8913	Bay leaf	1.00
8913	Thyme	0.50 ts
8913	Skim milk	2.50 c
8913	Instant mashed	0.33 c
8913	potatoes to thicken	0.00
8913	Any other shellfish you	0.00
8913	like	0.00
8914	Water	2.00 c
8914	Small thin skinned potatoes*	6.00 x
8914	Salt	1.00 ts
8914	White pepper	0.12 ts
8914	Butter or margarine	2.00 tb
8914	Small boiling onions **	6.00 x
8914	Young fresh baby carrots ***	12.00 x
8914	Young fresh green beans ****	0.50 lb
8914	Fresh sshelled tiny peas	2.00 c
8914	Half and half (light cream)	2.00 c
8914	All purpose flour	3.00 tb
8915	Sugar-cured ham	2.50 lb
8915	Dr. Schnitzel's hot sauce	6.00 oz
8915	Scotch Bonnet pepper sauce	4.00 oz
8915	Lentils	1.00 lb
8915	Kidney Beans	1.00 lb
8915	Tabasco Sauce	4.00 oz
8915	Water	0.00
8916	Olive oil	4.00 tb
8916	Chopped onion	1.00 md
8916	Minced cloves garlic	3.00
8916	Minced clams	4.00 cn
8916	Peeled and chopped tomatoes	4.00 c
8916	Finely chopped carrots	1.00 c
8916	Finely chopped celery	2.00 c
8916	Salt	1.00 ts
8916	Dry mustard	0.50 ts
8916	Oregano	0.50 ts
8916	Paprika	0.50 ts
8916	Bay leaves	4.00
8916	Shrimp	1.50 lb
8916	Scallops	1.00 lb
8916	Beef broth	2.00 cn
8916	Chicken broth	2.00 cn
8916	Water	4.00 cn
8916	Cut bite size haddock	1.00 lb
8916	Cut bite size cod	1.00 lb
8917	Bacon cut in small pieces	0.25 lb
8917	Paprika	1.00 ts
8917	Chopped onion	0.50 c
8917	Diced raw potato	1.00 c

Sheet1

8917	(6.5-oz) chopped clams	1.00 cn
8917	With liquid	0.00
8917	White wine	0.25 c
8917	Crab legs/imitation crab	1.00 c
8917	Shrimp	1.00 c
8917	Scallops halved/quartered	1.00 c
8917	Salt	1.00 ts
8917	Pepper	0.50 ts
8917	Bay leaf	1.00
8917	Thyme	0.50 ts
8917	Skim milk	2.50 c
8917	Instant mashed potatoes to	0.50 c
8917	Thicken	0.00
8917	Any other shellfish you	0.00
8917	Like	0.00
8918	Olive Oil	0.25 c
8918	Med. Cloves Garlic Fine Chop	2.00
8918	Water	1.00 c
8918	Dry White Wine	0.50 c
8918	Env. Soup Mix *	1.00
8918	Finely Chopped Parsley	1.00 tb
8918	Thyme Leaves	1.00 ts
8918	(1 can) Tomatoes **	14.50 oz
8918	Lobster Tails ***	1.50 lb
8918	Fish ****	1.00 lb
8918	Clams, Well Scrubbed	6.00
8918	Mussels, Well Scrubbed	6.00
8919	Mung beans	3.00 tb
8919	Pigeon peas	3.00 tb
8919	Yellow split peas	3.00 tb
8919	Green split peas	3.00 tb
8919	Chick peas	3.00 tb
8919	Stock	7.00 c
8919	Turmeric	1.00 ts
8919	Coriander	1.00 tb
8919	Shredded ginger root	1.00 tb
8919	Ghee	3.00 tb
8919	Salt	1.00 ts
8919	Fresh spinach	4.00 oz
8919	Whole cumin seeds	2.00 ts
8919	Minced green chilies	2.00 ts
8919	Bay leaf	1.00 ea
8919	Asafetida	0.12 ts
8919	Cayenne	0.25 ts
8919	Garam masala	0.50 ts
8919	Chopped coriander	2.00 tb
8920	Chopped salt pork	2.00 oz
8920	Bay leaf	1.00
8920	Beef chuck in chunks	1.00 lb

Sheet1

8920	Thyme	1.00 ts
8920	Onions thinly sliced into	3.00
8920	Dijon mustard	3.00 tb
8920	Flour	1.00 ts
8920	French Bread (stale)	1.00
8920	Vinegar	1.50 tb
8920	Stout or porter	2.00 c
8920	Parsley spring	1.00
8920	Packed brown sugar	1.00 tb
8921	Unsalted butter	2.00 tb
8921	Med. leek - white & pale	1.00
8921	green parts only, chopped	0.00
8921	Chicken stock - or canned	4.00 c
8921	low-salt broth	0.00
8921	Med. potato - boiling type,	1.00
8921	peeled and diced	0.00
8921	Half and Half	2.00 c
8921	Provolone cheese - grated	0.75 c
8921	(about 3 ounces)	0.00
8921	Parmesan - freshly grated	0.75 c
8921	(about 3 ounces)	0.00
8921	Mozzarella - grated (about 3	0.75 c
8921	ounces)	0.00
8921	Cheddar cheese - grated	0.75 c
8921	(about 3 ounces)	0.00
8921	Croutons	0.00
8922	Soy sauce	2.00 ts
8922	Dry sherry	2.00 ts
8922	Cornstarch	2.00 ts
8922	Whole green onions, thinly	2.00
8922	sliced	0.00
8922	Boneless lean pork *	0.33 lb
8922	Salt	0.00
8922	Sesame oil	1.00 ts
8922	Chicken broth	4.00 c
8922	2" squares sizzling rice	4.00
8922	(see recipe)	0.00
8922	Sliced fresh mushrooms	1.00 c
8922	Sliced water chestnuts	0.33 c
8922	Frozen green peas, thawed	0.33 c
8922	Salad oil	0.00
8923	(8 Oz.) Sliced Water	1.00 cn
8923	Chestnuts Drained	0.00
8923	Boned, Skinned Chicken	0.25 lb
8923	Breast Ground	0.00
8923	Chopped Green Onions	0.50 c
8923	Soy Sauce, 1 t. Flour	2.00 ts
8923	Chinese Hot Mustard	1.00 ts
8923	Julienned Carrot Strips	0.50 c

Sheet1

8923	(14 Oz.) Chicken Broth	4.00 cn
8923	Garlic Powder	1.00 ts
8923	Dry Sherry,	0.25 c
8923	Pkg. Frozen Chinese	1.00
8923	Pea Pods	0.00
8924	Navy beans; dried	1.00 lb
8924	Beef broth	3.00 c
8924	Celery, chopped	1.00 ea
8924	Onions; small, chopped	2.00 ea
8924	Pepper; white	0.25 ts
8924	Parsley; chopped	2.00 tb
8924	Water	8.00 c
8924	Carrot; chopped	1.00 ea
8924	Bacon; strips, cubed	4.00 ea
8924	Salt	1.00 ts
8924	Frankfurters, sliced *	6.00 ea
8925	Navy Beans; Dried	1.00 lb
8925	Water	8.00 c
8925	Beef Broth	3.00 c
8925	Carrot; Chopped	1.00
8925	Celery Stalk; Chopped	1.00
8925	Bacon; Strips, Cubed	4.00
8925	Onions; Small, Chopped	2.00
8925	Salt	1.00 ts
8925	Pepper; White	0.25 ts
8925	Frankfurters, Sliced *	6.00
8925	Parsley; Chopped	2.00 tb
8926	Dried peas	1.00 lb
8926	Water	8.00 c
8926	Salt pork-all in one piece	0.50 lb
8926	Onion, large;chopped	1.00
8926	Celery;chopped	0.50 c
8926	Carrots;grated	0.25 c
8926	Parsley; fresh,chopped	0.25 c
8926	Bay leaf;small	1.00
8926	Savory, dried	1.00 ts
8926	Salt and Pepper	0.00
8927	Butter or margarine	0.25 c
8927	Onions, thinly sliced	4.00 c
8927	(10.5 oz ea) beef broth	2.00 cn
8927	(bouillon)	0.00
8927	COCA-COLA	0.75 c
8927	Salt	1.00 ts
8927	Vinegar	0.50 ts
8927	Pepper	0.12 ts
8927	French bread, cut into	0.00
8927	Thick slices	0.00
8927	Parmesan cheese, grated	0.00
8928	Microwave spirals	0.75 c

Sheet1

8928	uncooked	0.00
8928	(14-oz) ready to serve	1.67 c
8928	beef broth	0.00
8928	Finely chopped vegetables	2.00 c
8928	broccoli, cauliflower,	0.00
8928	tomato etc	0.00
8928	Hot water	1.00 c
8928	Dried marjoram	0.25 ts
8928	leaves	0.00
8928	Dried thyme	0.25 ts
8928	Grated romano cheese	0.00
8928	optional	0.00
8929	Butter	2.00 tb
8929	Fresh mushrooms, sliced	0.50 lb
8929	Finely chopped onion	0.50 c
8929	Vegetable seasoning	0.50 ts
8929	Arrowroot powder	1.00 tb
8929	Skim milk	2.00 c
8929	Cube bouillon	1.00
8930	Tomatoes; medium size or	6.00
8930	Italian plum tomatoes	2.00 lb
8930	Onion; chopped	1.00
8930	Celery; stalk, chopped	1.00
8930	Chicken broth	2.00 c
8930	Tomato paste	1.00 tb
8930	Basil; dried	0.50 ts
8930	Pepper; freshly ground	0.25 ts
8930	Salt	0.50 ts
8930	Yogurt	0.50 c
8931	Tomatoes; Medium Size OR	6.00
8931	Italian Plum Tomatoes	2.00 lb
8931	Onion; Chopped	1.00
8931	Celery; Stalk, Chopped	1.00
8931	Chicken Broth	2.00 c
8931	Tomato Paste	1.00 tb
8931	Basil; Dried	0.50 ts
8931	Pepper; Freshly Ground	0.25 ts
8931	Salt	0.50 ts
8931	Yogurt	0.50 c
8932	Fruit bats, well washed but	3.00
8932	neither skinned nor	0.00
8932	eviscerated,	0.00
8932	Water	0.00
8932	Finely sliced fresh ginger,	1.00 tb
8932	Onion, quartered,	1.00 lg
8933	Apricot Nectar	0.67 c
8933	Cornstarch	1.00 ts
8933	Brandy	1.00 tb
8933	Honey	1.00 tb



Sheet1

8933	Ground Allspice	0.12 ts
8933	Peeled & Sliced Fruits *	1.00 c
8934	Stephen Ceideburg	0.00
8934	Medium coconut milk	4.00 c
8934	Chicken stock	1.50 c
8934	Quarter-sized pieces dried	3.00
8934	galangal (kha), or 6	0.00
8934	quarter-sized	0.00
8934	Pieces fresh galangal	0.00
8934	Stalks fresh lemon grass,	4.00
8934	bruised, cut into 2-inch	0.00
8934	lengths	0.00
8935	Chicken.	1.00 md
8935	Coconut Milk. *	8.00 c
8935	Galanga, Sliced Thin.	1.00 c
8935	Fish Sauce.	0.25 c
8935	Lime Juice.	3.00 tb
8935	Sugar.	1.00 tb
8935	Cilantro, Chopped.	0.00
8935	Thai Hot Chilli Peppers.	0.00
8936	Butter	3.00 tb
8936	Minced onion	0.25 c
8936	Water	3.00 c
8936	(15 oz) garbanzo or	1.00 cn
8936	chickpeas, drained	0.00
8936	Beef bouillon cubes	2.00
8936	Salt	0.25 ts
8936	Garlic salt	0.25 ts
8936	Dried mint leaves	0.25 ts
8936	Black pepper	0.12 ts
8936	Macaroni, uncooked	0.25 c
8936	Grated parmesan cheese	0.00
8936	Minced parsley for garnish	0.00
8937	Water	0.50 c
8937	Onion; chopped	0.00
8937	Garlic cloves; minced	2.00
8937	Tomatoes; chopped	16.00 oz
8937	Paprika;	0.50 ts
8937	Dried oregano;	0.50 ts
8937	Pepper; black	0.25 ts
8937	Hot pepper sauce;	0.00 ds
8937	Garbanzo beans; drained	16.00 oz
8937	& rinsed	0.00
8937	Winter squash; peeled &	1.00 c
8937	diced	0.00
8937	Spicy tomato juice	1.25 c
8937	Fresh spinach; chopped	2.00 c
8937	PER SERVING -----	0.00 -----
8937	*cals	210.00 x

Sheet1

8937	*gm protein	7.00 x
8937	*gm fat	0.00
8937	*gm carbo	41.00 x
8937	*mg sodium	669.00 x
8937	*gm fiber	9.00 x
8938	Canned tomato juice	46.00 oz
8938	Green bell pepper; minced	1.00
8938	Onion; minced	1.00 sm
8938	Cucumber; peeled & minced	1.00
8938	Canned green chiles; minced	2.00
8938	Worcestershire sauce	1.00 tb
8938	Seasoning blend	1.00 ts
8938	Minced garlic	0.50 ts
8938	Olive oil	1.00 tb
8938	Chopped chives	1.00 tb
8938	Hot pepper sauce	2.00 dr
8938	MSG (optional)	0.00
8938	Salt, white pepper	0.00
8938	Lemon wedges	0.00
8939	Med Onions, peeled & chopped	2.00 x
8939	Clove Garlic, crushed	0.00
8939	Med Carrots,(scraped,chopped	2.00 x
8939	Stalks Celery,(cleaned,chopp	2.00 x
8939	Salad Oil	2.00 tb
8939	Water	8.00 c
8939	Lentils, washed & drained	2.00 c
8939	Bay Leaf	0.00
8939	Salt	1.50 ts
8939	Pepper	0.25 ts
8939	Frankfurters, sliced thickly	1.00 lb
8939	Cider Vinegar	2.00 tb
8940	Medium onion, sliced	1.00
8940	Butter	0.25 c
8940	Medium leeks (white part onl	3.00
8940	(aboput 6 medium) potatoes	2.00 lb
8940	Ham bone, any size	1.00
8940	Dried thyme leaves	0.25 ts
8940	Chicken or beef stock or wat	6.00 c
8940	Heavy cream	0.50 pt
8940	Salt and white pepper to tas	0.00
8940	Croutons	0.00
8941	Soup meat	3.00 lb
8941	Egg	4.00 ea
8941	Butter	2.00 tb
8941	Milk	0.50 c
8941	Water	2.00 qt
8941	Flour	1.00 c
8941	Salt	0.50 ts
8942	Soup bone	1.00 ea

Sheet1

8942	Lima beans	1.00 pt
8942	Cabbage, chopped	2.00 c
8942	Carrot, diced	1.00 ea
8942	Flour	1.00 ts
8942	Salt & pepper	1.00 x
8942	Tomato	1.00 pt
8942	Corn, grated	1.00 pt
8942	Turnip, diced	1.00 ea
8942	Onion, sliced	1.00 ea
8942	Milk	0.50 c
8942	Water, cold	1.00 x
8943	Cellophane noodles	3.00 oz
8943	Shredded watercress leaves	1.00 c
8943	Vegetable oil	2.00 tb
8943	Thinly sliced mushrooms	0.50 c
8943	Medium onion, sliced	1.00
8943	Snow peas	1.00 c
8943	Thin carrots sliced diagonal	2.00
8943	Oriental sesame oil	1.00 ts
8943	Minced fresh ginger	1.00 ts
8943	Rice vinegar	1.00 ts
8943	Chicken stock	3.00 c
8943	Green onions thinly sliced	2.00
8943	Water	1.50 c
8943	Soy sauce	1.00 tb
8943	Ham cut into julienne	1.00 c
8944	Boiling water	1.50 c
8944	Diced potatoes	3.00 c
8944	Chopped celery	0.50 c
8944	Chopped onion	0.25 c
8944	Flour	2.00 tb
8944	Milk	2.00 c
8944	Chopped velveeta cheese	0.50 lb
8944	Salt	0.50 ts
8944	Parsley flakes	1.00 ts
8944	Cube chicken bouillon	1.00 ea
8944	Dash pepper	0.00
8945	Soup stock (or chicken	4.00 c
8945	Broth)	0.00
8945	Chinese greens (Bak Choy or	1.00 c
8945	Other cabbage, sliced	0.00
8945	Sliced water chestnuts	0.50 c
8945	Sliced mushrooms	0.50 c
8945	Stalks green onions, sliced	2.00
8945	Soy sauce	2.00 tb
8945	Sesame seed oil	1.00 tb
8945	Salt and pepper to taste	0.00
8945	Potstickers	12.00
8946	Beef sirloin diced coarse	0.75 lb

## Sheet1

8946	and remove all fat	0.00
8946	Fine sliced onion	2.00 tb
8946	Salt to taste	0.00
8946	Large pinch paprika	0.00
8946	Cumin to taste	0.00
8946	Small crushed garlic	0.00
8946	Generous tb flour	0.00
8946	Plain clear soup	1.50 qt
8946	consomme	0.00
8946	Diced potatoes	2.00
8947	Potatoes	6.00 md
8947	Flour	3.00 tb
8947	Water	3.00 c
8947	Butter	3.00 tb
8947	Milk	3.00 c
8947	Salt	0.00
8947	Pepper	0.00
8947	Parsley	0.00
8948	Best end of neck Welsh lamb	2.00 lb
8948	Small swede (Turnip)	1.00
8948	Carrots	0.50 lb
8948	Potatoes	1.00 lb
8948	Large leeks	2.00
8948	Parsley	1.00 oz
8948	Flour	0.50 oz
8948	Salt and pepper	0.00
8949	Best end of neck Welsh lamb	2.00 lb
8949	Small swede (Turnip)	1.00
8949	Carrots	0.50 lb
8949	Potatoes	1.00 lb
8949	Large leeks	2.00
8949	Parsley	1.00 oz
8949	Flour	0.50 oz
8949	Salt and pepper	0.00
8950	Dried navy beans	1.00 lb
8950	Onions; chopped	2.00
8950	Celery stalks with leaves	2.00
8950	chopped	0.00
8950	Carrots; scraped & diced	2.00
8950	Sprigs fresh parsley;chopped	4.00
8950	Chopped, drained tomatoes	1.00 c
8950	Bay leaf	1.00
8950	Sprigs fresh mint or thyme	2.00
8950	Salt & freshly ground pepper	0.00
8950	Olive oil	0.33 c
8951	Chicken broth; strained	2.00 qt
8951	Raw long grain white rice	0.50 c
8951	Whole eggs or egg yolks	2.00
8951	Lemons; (juice only)	2.00

Sheet1

8951	Salt	0.00
8952	Stew meat, chopped	3.00 lb
8952	Clove garlic, diced	1.00
8952	Butter	5.00 tb
8952	Water	1.50 c
8952	Salt	0.00
8952	Bay leaf	1.00
8952	Pepper	0.00
8952	Small white onions	2.00 lb
8952	Onion, chopped	1.00
8952	Mushrooms, sliced	0.50 lb
8952	6 oz can tomato paste	1.00
8952	Jack cheese, grated	0.75 lb
8952	Red wine vinegar	2.00 tb
8953	Zucchini, sliced	2.00 md
8953	Eggplant, sliced & peeled	1.00 md
8953	Onions, sliced	2.00 md
8953	Small okra, stemmed	0.50 lb
8953	Green beans, halved	1.00 c
8953	Potato, thinly sliced	1.00 lg
8953	Tomatoes, peeled & sliced	4.00 md
8953	Olive oil	0.00
8953	Fresh basil leaves	2.00 tb
8953	Garlic cloves, minced	2.00 ea
8953	Salt & pepper	0.00
8954	Tomatoes; green	3.00 c
8954	peeled & chopped fine	0.00
8954	Onion; chopped	1.00
8954	Cinnamon	0.25 ts
8954	Cloves; ground	0.12 ts
8954	Sugar	1.00 ts
8954	Pepper	0.25 ts
8954	Water	2.00 c
8954	Baking soda	0.25 ts
8954	Butter	3.00 tb
8954	Flour; all purpose	3.00 tb
8954	Milk	4.00 c
8955	Chopped onions	2.00 c
8955	Peanut oil	2.00 tb
8955	Cayenne	0.50 ts
8955	Garlic cloves, pressed	1.00 ts
8955	Chopped cabbage	2.00 c
8955	Cubed sweet potatoes	3.00 c
8955	Tomato juice	3.00 c
8955	Apple juice	1.00 c
8955	Salt	1.00 ts
8955	Grated fresh ginger	1.00 ts
8955	Cilantro, chopped	1.00 tb
8955	Chopped tomatoes	2.00 ea

Sheet1

8955	Chopped okra	1.50 c
8955	Peanut butter	0.50 c
8956	Potatoes; Medium	4.00
8956	Vegetable Oil	2.00 tb
8956	Water	8.00 c
8956	Salt	1.00 ts
8956	Pepper	0.50 ts
8956	Kale; fresh	2.00 lb
8956	Garlic Sausage; *	0.50 lb
8957	Onion; Chopped	2.00 c
8957	Shortening	0.25 c
8957	Green Bell Peppers; Chopped	3.00
8957	Tomato Paste	3.00 tb
8957	Beef Cubes; 1-inch Cubes	1.00 lb
8957	Red Pepper; Dash	0.00
8957	Paprika	1.00 ts
8957	Garlic Cloves; Minced	2.00
8957	Beef Broth; *	6.00 c
8957	Lemon Juice	1.00 tb
8957	Caraway Seeds	0.25 ts
8958	Onions; chopped	0.50 lb
8958	Bacon; diced	0.25 lb
8958	Paprika	1.00 ts
8958	Caraway seed	0.50 ts
8958	Marjoram	1.00 pn
8958	Garlic clove; crushed	1.00
8958	Beef stock	6.00 c
8958	Soup meat; finely cubed	1.00 lb
8958	Salt	1.00 ts
8958	Tomatoes;peeled/seeded/diced	3.00
8958	Potatoes; peeled/diced	0.75 lb
8958	Flour	0.25 c
8958	Water	0.75 c
8958	Beef franks; cooked/peeled	3.00
8958	Lemon juice	0.00
8959	Okra	1.00 pt
8959	Bacon grease	6.00 tb
8959	Medium onions; chopped	2.00
8959	Celery stems; chopped	2.00
8959	Green pepper; chopped	1.00
8959	Flour	0.25 c
8959	Tomatoes	2.00 c
8959	Worcestershire	4.00 tb
8959	Cloves	0.12 ts
8959	Chili pwd.	0.50 ts
8959	Salt	1.00 tb
8959	Pepper	1.00 ts
8959	Oregano	1.00 ts
8959	Thyme	1.00 ts

Sheet1

8959	Parsley; minced	0.25 c
8959	Water	1.00 qt
8959	Shrimp*; peeled & deveined	1.50 lb
8960	Lump crabmeat, picked over	0.50 lb
8960	Shortening	0.25 c
8960	Flour (heaping)	2.00 tb
8960	Onion, chopped	0.25 c
8960	Okra, rinsed, trimmed, and	1.00 lb
8960	thinly sliced	0.00
8960	Ham, chopped	0.50 c
8960	Tomatoes with juices	16.00 oz
8960	Green bell pepper, finely	2.00 tb
8960	chopped	0.00
8960	Garlic cloves, minced, and	2.00
8960	mashed to paste with	0.00
8960	Salt	0.50 ts
8960	Bay leaf	1.00
8960	Parsley sprigs	6.00
8960	Thyme sprig	1.00
8960	Celery leaves, chopped	2.00 tb
8960	Shrimp, shelled	0.75 lb
8960	Cayenne pepper to taste	0.00
8960	File' powder	1.00 tb
8961	Cucumber; Medium	1.00
8961	Potatoes;Med, Peel And Dice	4.00
8961	Salt	1.00 ts
8961	Water; Cold	2.00 c
8961	Pepper; White	0.25 ts
8961	Cream; Heavy	1.00 c
8961	Milk	0.50 c
8961	Green Onion; Grated	1.00
8961	Dillweed; Dried OR	1.00 ts
8961	Fresh Dill; Chopped	1.00 tb
8962	Chopped large onion	1.00 ea
8962	Chopped red/green pepper	0.50 c
8962	Ham diced	0.50 lb
8962	Margarine	2.00 tb
8962	Potatoes peeled diced	4.00 md
8962	(13.75-oz) chicken broth	1.00 cn
8962	Milk	1.00 c
8962	Container (10.5-oz) cheese	1.00 ea
8962	snack cold pack product	0.00
8962	Ground white pepper	0.50 ts
8962	Parsley	0.00
8963	Butter	2.00 tb
8963	Red-skinned potatoes*	12.00 oz
8963	Chopped onion	1.00 c
8963	Mixture of green and red pep	1.00 c
8963	Chicken broth	28.00 oz

Sheet1

8963	ilk	2.00 c
8963	Frozen Fordhook lima beans	10.00 oz
8963	Cooked smoked ham; cut up pi	8.00 oz
8964	Butter	1.50 tb
8964	White onion, chopped	1.00 lg
8964	Garlic, minced	2.00 cl
8964	Water	1.50 c
8964	Dry sherry	2.00 tb
8964	Water	0.50 c
8964	Lean bacon	0.50 lb
8964	Stalks celery sliced	6.00
8964	Diagonally	0.00
8964	Cubed new potatoes w/skin	3.00 c
8964	Milk, cream or yogurt	1.50 c
8964	Flour	4.00 tb
8965	17 oz each Creamed Corn	2.00 cn
8965	8 oz Chopped Ham,cooked	1.50 c
8965	Milk	1.50 c
8965	Cheddar Cheese,grated	1.00 c
8965	Instant Minced Onions	1.00 tb
8965	Salt	0.25 ts
8965	Pepper	0.25 ts
8965	Parsley,chopped	0.00
8966	Lean Ground Beef	1.50 lb
8966	Med. Onion, Chopped	1.00
8966	Carrots, Sliced	1.00 c
8966	Celery, Sliced	1.00 c
8966	Cabbage, Sliced	1.00 c
8966	(1 cn) Tomato Paste	6.00 oz
8966	Worcestershire sauce	2.00 ts
8966	Beef Bouillon, or Stock	3.00 c
8967	Stephen Ceideburg	0.00
8967	Beef bones with marrow	5.00 lb
8967	Oxtails	5.00 lb
8967	Short rib plate, or 1 lb	2.00 lb
8967	flank steak	0.00
8967	Onions, unpeeled, halved and	2.00 lg
8967	studded with 8 whole cloves	0.00
8967	Shallots, unpeeled	3.00
8967	Fresh ginger root, unpeeled,	2.00 oz
8967	in one piece	0.00
8967	Star anise	8.00
8967	Cinnamon stick	1.00
8967	Parsnips, cut into 2-inch	4.00 md
8967	chunks	0.00
8967	Salt	2.00 ts
8967	Beef sirloin	1.00 lb
8967	Scallions, thinly sliced	2.00
8967	Shredded coriander	1.00 tb



Sheet1

8967	Onions, sliced paper-thin	2.00 md
8967	Hot chili sauce (tuong ot or	0.25 c
8967	sriracha sauce)	0.00
8967	1/4-inch-wide dried rice	1.00 lb
8967	sticks (banh pho)	0.00
8967	Nuoc mam (Vietnamese fish	0.50 c
8967	sauce)	0.00
8967	Freshly ground black pepper	0.00
8967	ACCOMPANIMENTS:	0.00
8967	Fresh bean sprouts	2.00 c
8967	Fresh red chile peppers,	2.00
8967	sliced	0.00
8967	Limes, cut into wedges	2.00
8967	Of fresh mint, separated	1.00 bn
8967	into leaves	0.00
8967	Fresh Asian basil or regular	1.00 bn
8967	fresh basil, separated into	0.00
8967	leaves	0.00
8968	Stock	4.00 qt
8968	Celery, chopped	0.75 c
8968	Onion, chopped	0.75 c
8968	Garlic cloves, chopped	2.00
8968	Carrots, sliced	1.00 c
8968	Potatoes, diced	2.00 c
8968	Oil	2.00 tb
8968	Tomato paste	0.50 c
8968	Green pepper, diced	0.50 c
8968	Mixed vegetables	1.00 c
8968	Sweet basil	0.50 tb
8968	Salt & pepper to taste	0.00
8968	Macaroni	0.50 c
8968	Pot barley	0.50 c
8968	Coarsley chopped cabbage	2.00 c
8968	Tomato, chopped	1.00
8969	Flour	0.33 c
8969	Chick peas	0.50 c
8969	Lean lamb or beef diced	0.50 lb
8969	Large onions, chopped	2.00
8969	Saffron	0.25 ts
8969	Paprika	2.00 tb
8969	Soup bones	1.00
8969	Butter	1.00 tb
8969	Salt	2.00 tb
8969	Pepper	0.50 ts
8969	Dried broad beans	0.50 c
8969	Tomatoes	1.50 lb
8969	Bunch parsley	1.00
8969	Bunch fresh coriander	1.00
8969	Butter	1.00 tb

Sheet1

8969	Rice	0.33 c
8969	Lemon	1.00
8969	Lentils	0.50 c
8970	Olive oil	1.00 tb
8970	Chopped onion	2.00 c
8970	Thinly sliced carrots	1.50 c
8970	Thinly sliced celery	1.00 c
8970	Cloves garlic; minced	4.00 md
8970	Dried italian crushed	2.00 ts
8970	seasoning	0.00
8970	(14.5-oz) swanson natural	3.00 cn
8970	goodness 1/3 less salt	0.00
8970	chicken broth	0.00
8970	V8 vegetable juice or no	3.00 c
8970	salt added V8 vegetable	0.00
8970	juice	0.00
8970	Green beans cut into	0.25 lb
8970	pieces	0.00
8970	Bay leaf	1.00 ea
8970	Pepper	0.12 ts
8970	(16-oz each) red/white	2.00 cn
8970	kidney beans rinsed and	0.00
8970	drained	0.00
8970	Coarsely chopped yellow	2.00 c
8970	squash	0.00
8971	Chopped Onions	1.00 c
8971	Oil	1.00 tb
8971	(14 1/2 Oz.) Chicken	3.00 cn
8971	Broth	0.00
8971	16 Oz. Pumpkin	1.00 cn
8971	(7 1/2 Oz.) Hunt'S Whole	1.00 cn
8971	Tomatoes, Drained & Crushed	0.00
8971	Sugar	1.50 ts
8971	Salt	0.25 ts
8971	Curry Powder	0.50 ts
8971	Pepper	0.25 ts
8971	Crushed Cloves	0.12 ts
8971	Skim Milk	1.00 c
8971	Cornstarch	1.00 ts
8972	Navy beans, dry	1.00 c
8972	Lean beef	2.50 lb
8972	Slab bacon	0.50 lb
8972	Cold water	10.00 c
8972	Bay leaf	1.00
8972	Whole peppercorns	8.00
8972	Cloves garlic	2.00
8972	Dried parsley	2.00 tb
8972	Carrot	1.00
8972	Celery stalk	1.00

Sheet1

8972	Large red onion	1.00
8972	Salt (opt)	1.00 ts
8972	Beets for soup	8.00
8972	Small beets	2.00
8972	Green cabbage, shredded	2.00 c
8972	Large leeks, sliced	2.00
8972	Medium potatoes, cut	3.00
8972	Into eighths	0.00
8972	(1 lb 13 oz) tomatoes	1.00 cn
8972	Tomato paste	1.00 tb
8972	Red wine vinegar	3.00 tb
8972	Sugar	4.00 tb
8972	Kielbasa (opt)	1.00 lb
8972	Flour	2.00 tb
8972	Butter, melted	1.00 tb
8972	Sour cream (opt)	0.50 c
8973	Medium Ground Beef	1.00 lb
8973	14 oz, Italian Tomato Sauce	1.00 cn
8973	Water	8.00 c
8973	Onions, chopped	2.00
8973	Frozen Corn, Peas, Carrots	1.00 lb
8973	Egg Noodles	6.00 oz
8973	Extra Virgin Olive Oil	1.50 tb
8973	Oregano	1.00 tb
8973	Mexican Chili Powder	1.00 tb
8973	Freshly Ground Pepper	1.00 tb
8973	Red Cayenne Pepper	2.00 ts
8973	Salt	2.00 ts
8974	Canola oil	1.00 tb
8974	Onion, finely diced	1.00 c
8974	Celery, finely diced	0.50 c
8974	Inch cinnamon sticks	1.00
8974	Whole black peppercorns	12.00
8974	Chicken breasts (approx.	1.75 lb
8974	3-1/2 oz per serving)	0.00
8974	Skinned, all visible fat	0.00
8974	removed and cut	0.00
8974	Into pieces	0.00
8974	Garlic, minced	3.00 ts
8974	Ginger root, minced	3.00 ts
8974	Salt (optional)	0.25 ts
8974	Ground turmeric	0.25 ts
8974	Tomatoes, fresh OR canned	2.00 c
8974	without salt, blended	0.00
8974	Water	6.00 c
8974	Potatoes, peeled and cut	0.50 lb
8974	into 12 pieces	0.00
8974	Cilantro, chopped	0.50 c
8974	Lemon juice	2.00 tb

Sheet1

8975	Bacon, diced	0.50 lb
8975	Cabbage, chopped	0.75 c
8975	Onion, chopped	0.50 c
8975	Celery, chopped	0.50 c
8975	Carrots, chopped	0.50 c
8975	Potato, chopped	0.75 c
8975	Zucchini, sliced	0.75 c
8975	Tomatoes, peeled	4.00 c
8975	Beef broth	4.00 c
8975	Barley	0.25 c
8975	Rice	0.25 c
8975	White sauce	2.00 c
8975	Vinegar	0.50 c
8975	Clove garlic, minced	1.00
8975	Caraway seed	1.00 ts
8975	Salt	1.00 ts
8975	Worcestershire sauce	2.00 ts
8975	Thyme	0.25 ts
8975	Sour cream or plain yogurt	1.00 c
8976	Ground turkey	1.00 lb
8976	Chopped onion	1.00 c
8976	Celery, diced	1.00 c
8976	Cloves garlic, diced	2.00
8976	Water	6.00 c
8976	Cube vegetable, beef or	1.00
8976	Chicken bouillion	0.00
8976	Red potatoes, diced	1.00 c
8976	Bay leaf	1.00
8976	Basil	0.12 ts
8976	Parsley, chopped	2.00 tb
8976	Thyme	0.50 ts
8976	Tomatoes, diced	6.00
8976	Leftover turkey gravy	1.00 c
8976	Vermicelli	2.00 c
8977	Hot or Mild Italian Sausage	1.00 lb
8977	Olive oil	2.00 tb
8977	Large onion, chopped	1.00
8977	Large cloves garlic, chopped	3.00
8977	Chicken stock	5.00 c
8977	28 oz tomatoes, chopped	1.00 cn
8977	10 oz frozen spinach, chop	1.00 pk
8977	Sliced carrots	1.50 c
8977	Frozen cut beans	1.50 c
8977	Dried basil	1.50 ts
8977	Dried Marjoram	0.50 ts
8977	Hot Pepper Flakes	1.00 pn
8977	19 oz Romano beans	1.00 cn
8977	Small shell pasta	0.75 c
8978	Potatoes, peeled and sliced	6.00 md

Sheet1

8978	Carrots, diced	2.00
8978	Celery stalks, diced	6.00
8978	Water	2.00 qt
8978	Onion, chopped	1.00
8978	Butter or margarine	6.00 tb
8978	All-purpose flour	6.00 tb
8978	Salt	1.00 ts
8978	Pepper	0.50 ts
8978	Milk	1.50 c
8979	Navy beans, dry	1.00 c
8979	Lean beef	2.50 lb
8979	Slab bacon	0.50 lb
8979	Cold water	10.00 c
8979	Bay leaf	1.00
8979	Whole peppercorns	8.00
8979	Cloves garlic	2.00
8979	Dried parsley	2.00 tb
8979	Carrot	1.00
8979	Celery stalk	1.00
8979	Large red onion	1.00
8979	Salt (opt)	1.00 ts
8979	Beets for soup	8.00
8979	Small beets	2.00
8979	Green cabbage, shredded	2.00 c
8979	Large leeks, sliced	2.00
8979	Medium potatoes, cut	3.00
8979	Into eighths	0.00
8979	(1 lb 13 oz) tomatoes	1.00 cn
8979	Tomato paste	1.00 tb
8979	Red wine vinegar	3.00 tb
8979	Sugar	4.00 tb
8979	Kielbasa (opt)	1.00 lb
8979	Flour	2.00 tb
8979	Butter, melted	1.00 tb
8979	Sour cream (opt)	0.50 c
8980	Hearty soup mix	0.00
8980	(14 oz) pkg dry green split	1.00
8980	Peas	0.00
8980	(12-oz) pkg pearl barley	1.00
8980	(14-oz) alphabet macaroni	1.00
8980	(12-oz) pkg lentils	1.00
8980	Brown rice	1.50 c
8980	Dry minced onion	4.00 c
8980	Hearty soup stock	0.00
8980	Hearty soup mix (above)	1.33 c
8980	SI Carrots	2.00
8980	Stalks celery, chopped	2.00
8980	Cabbage, shredded	1.50 c
8980	(15-oz) cans tomato sauce	2.00

## Sheet1

8980	24-oz can vegetable juice	1.00
8980	Ground beef, cooked (opt)	1.00 lb
8981	Lean ground beef	0.50 lb
8981	Chopped onion	0.50 c
8981	Clove garlic; minced	1.00 ea
8981	Water	7.00 c
8981	(14.5-oz) unsalted whole	1.00 cn
8981	tomatoes undrained cut	0.00
8981	into pieces	0.00
8981	Md barley	0.50 c
8981	Sliced celery	0.50 c
8981	Sliced carrots	0.50 c
8981	Beef bouillon cubes	2.00 ea
8981	Crushed basil	0.50 ts
8981	Bay leaf	1.00 ea
8981	(9-oz) frozen mixed	1.00 pk
8981	vegetables	0.00
8982	Stew beef, cubed	2.00 lb
8982	Corn	1.50 c
8982	Water	3.50 qt
8982	Onions, sliced	2.00
8982	Onion, chopped	1.00
8982	Large potato, cubed	1.00
8982	Salt	1.00 tb
8982	Spinach, chopped	1.00 c
8982	Thyme	0.50 ts
8982	Green beans, chopped	1.00 c
8982	Split peas	0.50 c
8982	Green peas	1.00 c
8982	Carrots, sliced	6.00
8982	Lima beans	1.00 c
8982	Celery, diced	3.00 c
8982	Ketchup	1.00 c
8982	Green pepper, diced	1.00
8982	Parsley, chopped	2.00 tb
8982	Medium tomatoes, cubed	3.00
8983	Can red kidney beans	15.00 oz
8983	Canned tomatoes, cut up	32.00 oz
8983	Canned great northern beans	15.00 oz
8983	Garbanzo beans	15.00 oz
8983	Water	0.50 c
8983	Onions, medium, chopped	3.00
8983	Green peppers, med. chopped	2.00
8983	Celery stalks, sliced	2.00
8983	Zucchini, halved length,slic	1.00
8983	Cloves garlic, minced	2.00
8983	Dried basil, crushed	2.00 ts
8983	Pepper	0.25 ts
8983	Bay leaf	1.00

## Sheet1

8984	Neck of mutton *	1.50 lb
8984	Water	3.00 pt
8984	Salt	1.00 ts
8984	Barley	3.00 oz
8984	Onion	1.00 oz
8984	Piece Swedish turnip (5 oz)	1.00
8984	Carrot	1.00 lg
8984	White cabbage (1/2")	1.00 sl
8984	Leek	1.00 lg
8984	Black pepper	0.00
8984	Parsley; to finish	0.00
8985	Chicken stock	3.00 pt
8985	Butter	1.00 tb
8985	Fresh chopped mint	2.00 tb
8985	Fresh chopped basil	3.00 tb
8985	Chopped coriander	1.00 tb
8985	Chopped italian	2.00 tb
8985	parsley	0.00
8985	Eggs	2.00 ea
8985	Salt and pepper to taste	0.00
8985	Parmesan cheese	0.00
8986	Chopped Onion	2.00 tb
8986	Butter Or Margarine	1.00 tb
8986	(1 Can) Tomato Sauce	8.00 oz
8986	Dried Basil, Crushed	0.25 ts
8986	Dried Thyme, Crushed	0.12 ts
8986	Dash Freshly Ground Pepper	0.00
8986	Water	1.00 c
8986	Instant Chicken Bouillon	1.00 ts
8986	Parmesan Croutons	0.00
8987	Chopped Onion	0.67 c
8987	Minced Garlic	2.00 cl
8987	Water	3.00 c
8987	Peeled, Seeded & Chopped	1.00 c
8987	Tomatoes	0.00
8987	Carrots, Sliced Into 1/2	4.00 md
8987	Inch Pieces	0.00
8987	Round Red Potatoes,	4.00 sm
8987	Peeled & Sliced Into	0.00
8987	1/2 in. Pieces	0.00
8987	Chicken Bouillon Granules	2.00 tb
8987	Nonfat Buttermilk	1.00 c
8987	Lemon Juice	2.00 tb
8987	Minced Fresh Marjoram	2.00 ts
8987	Minced Fresh Thyme	1.00 ts
8987	White Pepper	0.12 ts
8987	Fresh Thyme Sprigs (Opt)	0.00
8988	Dried whole green peas	0.50 lb
8988	Cold Water	2.00 qt

Sheet1

8988	Pork leg	1.00 lb
8988	Dried marjoram	1.00 ts
8988	Dry mustard	1.00 pn
8988	Salt	1.00 ds
8988	Ground Pepper	1.00 ds
8989	Sweet red cherries	1.00 lb
8989	Lemon rind	0.50
8989	Whole cloves	6.00
8989	3-inch stick cinnamon	1.00
8989	Granulated sugar	0.33 c
8989	Salt	0.50 ts
8989	Quick-cooking tapioca	3.00 tb
8989	Red wine	1.00 c
8989	Lemon slices	4.00
8989	Commercial sour cream	0.00
8989	Water	3.00 c
8990	Broth	4.00 c
8990	Cube bouillon	1.00 ea
8990	Fresh pumpkin, peeled, seeded, cooked	4.00 lb 0.00
8990	Water	2.00 c
8990	Half & half	2.00 c
8990	Molasses	2.00 tb
8990	Butter	1.00 tb
8990	Ground ginger	0.12 ts
8990	Nutmeg	0.25 ts
8990	Fresh parsley, chopped	0.50 c
8990	Chopped mint for garnish	0.00
8991	Powdered nonfat milk	2.00 c
8991	Cornstarch	0.75 c
8991	Instant chicken bouillon	0.25 c
8991	Dried onion flakes	2.00 tb
8991	Basil leaves	1.00 ts
8991	Thyme leaves	1.00 ts
8991	Pepper	0.50 ts
8992	Instant non fat dry milk	2.00 c
8992	Cornstarch	0.75 c
8992	Instant low sodium chicken bouillon	0.25 c 0.00
8992	Dried onion flakes	2.00 ts
8992	Basil and thyme opt	1.00 ts
8992	Pepper	2.00 ts
8993	Dried Blackeyed Peas	1.00 lb
8993	Water	2.50 qt
8993	Hog Jowls, Cubed	1.00 lb
8993	Chopped Onion	1.00 c
8993	Chili powder	0.50 ts
8993	Black pepper	1.00 ts
8993	Salt	1.00 tb



## Sheet1

8993	Uncooked Rice	1.00 c
8994	Chopped fresh tomatoes	340.00 g
8994	Potato; diced	1.00 md
8994	Carrot; diced	1.00
8994	Red or white chopped cabbage	55.00 g
8994	Onion; chopped	1.00 md
8994	Olive oil	100.00 ml
8994	Sea salt	0.00
8994	Black pepper	0.00
8995	Chicken broth	1.00 qt
8995	Shredded pork tenderloin	2.00 oz
8995	Shredded bean curd	2.00 oz
8995	Shredded bamboo shoots	2.00 tb
8995	Shredded cloud ears	2.00 tb
8995	Dry lily buds	2.00 tb
8995	Fresh ground black pepper	1.00 tb
8995	Salt	1.00 ts
8995	Sugar	1.00 ts
8995	Dark soy sauce	1.00 ts
8995	Cider or rice wine vinegar	3.00 tb
8995	Cornstarch; dissolved in:	2.00 ts
8995	Water	2.00 tb
8995	Egg, beaten	1.00
8995	Sesame oil	3.00 dr
8996	Chicken Breasts *	4.00
8996	Soy Sauce	4.00 tb
8996	Salad Oil	1.00 tb
8996	Water	6.00 c
8996	Ground White Pepper	0.75 ts
8996	White Wine Vinegar	3.00 tb
8996	Snow Peas	0.25 lb
8996	Red Pepper, Thin Strips	1.00
8996	Bamboo Shoots, Drained	8.00 oz
8996	Chicken Bouillon Cubes	2.00
8996	Firm Tofu, Cut Bite Size	1.00 lb
8996	Cornstarch	0.33 c
8996	Eggs	2.00
8996	Green Onion, Thinly Sliced	1.00
8997	Soup stock	8.00 c
8997	Lean pork, shredded	0.25 lb
8997	Dried black mushrooms,	2.00
8997	soaked and shredded	0.00
8997	To 3 sl of ginger	2.00 sl
8997	To 3 dried wood ears, soaked	2.00
8997	and shredded (opional)	0.00
8997	Square bean curd, cut into	0.50
8997	1/4 x 2 in strips (opional)	0.00
8997	Shredded bamboo shoots	0.25 c
8997	Mushrooms, sliced	2.00 tb

Sheet1

8997	Cooked ham, shredded	1.00 sl
8997	(opional)	0.00
8997	Vinegar	0.50 c
8997	White pepper	1.00 ts
8997	Salt	0.75 ts
8997	Sesame oil	1.00 ts
8997	Sugar	0.75 ts
8997	Dark soy sauce	1.00 tb
8997	Chili oil (opional)	1.00 ts
8997	Eggs, lighty beaten	2.00
8997	Stalk green onion, shredded	1.00
8997	Cornstarch in 3 tbs water	4.00 tb
8998	Vegetable stock	3.00 c
8998	Nam Prik Pow sauce	1.00 ts
8998	Inch Lemon grass	1.00
8998	- finely chopped into rings	0.00
8998	Kaffir lime leaves	3.00
8998	- roughly torn into three	0.00
8998	Sugar	1.00 ts
8998	Lemon juice	2.00 tb
8998	Oyster mushrooms	2.00 oz
8998	- coarsely separated	0.00
8998	OR- button mushrooms	0.00
8998	Fresh red or green chilis	2.00 sm
8998	(more if desired)	0.00
8998	- crushed to split open	0.00
8998	TO GARNISH -----	0.00 -----
8998	Coriander leaves	0.00
8999	Stephen Ceideburg	0.00
8999	Small fresh shrimp shelled	0.50 lb
8999	(shells reserved) and	0.00
8999	deveined	0.00
8999	Chicken stock	2.00 qt
8999	Green Serrano chilies,	2.00
8999	seeded and chopped	0.00
8999	Salt	1.00 ts
8999	Grated zest of one lime	0.00
8999	Kaffir lime leaves	4.00
8999	Lemon grass stalks, cut into	3.00
8999	1-inch pieces	0.00
8999	Scallops	0.50 lb
8999	Fish sauce	2.00 tb
8999	Juice of 3 limes	0.00
8999	To 4 tablespoons fresh	3.00
8999	cilantro, chopped	0.00
8999	Red Serrano chili, seeded	1.00
8999	and slivered	0.00
8999	Shiitake mushrooms, sliced	6.00
8999	Green onions, sliced	2.00

Sheet1

8999	julienne	0.00
9000	Medium raw shrimp	0.50 lb
9000	Vegatable oil	1.00 tb
9000	Chicken broth	5.00 c
9000	Stalks lemongrass, cut into	2.00
9000	2 inch pieces and crushed	0.00
9000	Peel of 1/2 lime	0.00
9000	Serranor or jalepeno chile,	1.00
9000	cut in half	0.00
9000	Canned straw mushrooms	0.50 c
9000	Fresh lime juice	2.50 tb
9000	Fish sauce (Nuoc mom)	1.00 tb
9000	Garnish:	0.00
9000	Green onions(including	2.00
9000	tops), thinly sliced	0.00
9000	Coarsely chopped cilantro	2.00 tb
9000	Coarsely chopped mint leaves	1.50 tb
9000	Serrano or jelapeno chile,	1.00
9000	seeded and slivered	0.00
9001	Medium shrimp	1.00 lb
9001	Sticks fresh lemongrass; OR	2.00
9001	Dried lemongrass	2.00 tb
9001	Kaffir lime leaves	4.00
9001	(fresh or dried) -OR-	0.00
9001	Finely grated lemon zest	1.00 tb
9001	Chicken stock	1.50 qt
9001	Fish sauce or salt to taste	1.00 tb
9001	Fresh lime juice or to taste	3.00 tb
9001	Thai chili paste	1.00 ts
9001	(nam prik pow) OR see NOTE	0.00
9001	Canned straw mushrooms; -OR-	15.00 oz
9001	Fresh mushrooms	12.00 md
9001	Fresh hot green chilies	3.00
9001	Cilantro	3.00 tb
9002	Shrimp/Prawns, Shelled and	8.00 oz
9002	Deveined, With Shells	0.00
9002	Reserved	0.00
9002	Water	3.00 c
9002	Cloves Garlic, Minced	2.00
9002	Kaffir Lime Leaves	5.00
9002	Thin Slices Fresh Or Dried	3.00
9002	Galangal (Kha) *	0.00
9002	Fish Sauce (Nam Pla)	0.25 c
9002	Stalks Lemon Grass, Lower	2.00
9002	1/3 Portion Only, Cut Into	0.00
9002	1" Lengths	0.00
9002	Sliced Shallots	2.00
9002	Sliced Straw Mushrooms	0.50 c
9002	Green Thai Chili Peppers	5.00

Sheet1

9002	(Prik Khee Noo) Optional	0.00
9002	Lime Juice	0.25 c
9002	Chopped Cilantro Leaves	1.00 tb
9002	Black Chili Paste,	1.00 ts
9002	(Nam Prik Pow) **	0.00
9003	Dried mushrooms	0.50 c
9003	Warm water	1.00 c
9003	Vegetable stock (see *)	3.00 c
9003	Dry sherry	1.00 tb
9003	Sliced bamboo shoots **	0.50 c
9003	Tofu, diced	4.00 oz
9003	Frozen peas, thawed	0.50 c
9003	White wine vinegar	2.00 tb
9003	Soy sauce	1.00 tb
9003	Cornstarch	2.00 tb
9003	Water	0.25 c
9003	White pepper 1/2to 3/4 t.	0.50 ts
9003	Sesame oil	1.00 ts
9003	Egg, lightly beaten	1.00
9003	Green onions ***	2.00
9003	Salt (to taste)	0.00
9004	Lean boneless pork	3.00 oz
9004	Dried Chinese mushrooms	1.00 oz
9004	Bean thread noodles	1.00 oz
9004	Fresh bean curd	10.00 oz
9004	Eggs	2.00 sm
9004	Sesame oil	1.00 ts
9004	Chicken stock	1.00 qt
9004	Sugar	2.00 ts
9004	Chinese red vinegar or:	3.00 tb
9004	Cider Vinegar	0.00
9004	White pepper	0.50 ts
9004	Dark soy sauce	2.00 tb
9004	Cornstarch, blended with	1.00 tb
9004	Water	1.00 tb
9004	Finely chopped scallions	2.00 tb
9004	Finely chopped cilantro	2.00 tb
9004	Sesame oil	1.00 ts
9004	Chili oil (optional)	1.00 ts
9005	Chicken broth	3.00 c
9005	Lean pork *	0.33 lb
9005	Chinese mushrooms **	4.00
9005	Bean curd	2.00 oz
9005	Soy sauce	2.00 tb
9005	Dry sherry	2.00 tb
9005	Salt	1.00 ts
9005	Pepper	0.50 ts
9005	White vinegar	2.00 tb
9005	Cornstarch, mixed with	1.00 tb

Sheet1

9005	Water	2.00 tb
9006	Shredded pork	0.25 c
9006	Canned chicken broth	6.00 c
9006	Marinade:	0.00
9006	Dry sherry	1.00 ts
9006	Cornstarch	1.00 ts
9006	Tree ears, soaked in warm	2.00 tb
9006	water 30 minutes	0.00
9006	Dried Chinese mushrooms,	4.00
9006	soaked in warm water 30	0.00
9006	minutes	0.00
9006	Dried tiger lily buds,	8.00
9006	soaked in warm water 30	0.00
9006	minutes	0.00
9006	Soy sauce	4.00 tb
9006	Sugar	0.50 ts
9006	Salt	0.50 ts
9006	White pepper	0.50 ts
9006	White rice vinegar	3.00 tb
9006	Cornstarch, dissolved in	3.00 tb
9006	3 tablespoons cold water	0.00
9006	Egg, lightly beaten	1.00
9006	Sesame oil (optional)	1.00 tb
9006	Whole scallion, thinly	1.00
9006	sliced	0.00
9007	Bean curd, cubed	1.00 c
9007	Bamboo shoots, shredded	0.25 c
9007	Golden needles (tiger lily	0.25 c
9007	pods)	0.00
9007	Wood ear fungus, shredded	2.00 tb
9007	Black mushroom	0.25 c
9007	Egg, well beaten	1.00
9007	Very lean pork, shredded	4.00 oz
9007	MIXTURE A:	0.00
9007	Light soy	1.00 ts
9007	Cornstarch	1.00 ts
9007	MIXTURE B:	0.00
9007	Chicken stock	6.00 c
9007	Salt	1.50 ts
9007	MSG (optional)	1.00 ts
9007	Sugar	1.00 ts
9007	MIXTURE C:	0.00
9007	Cornstarch	3.00 tb
9007	Water	3.00 tb
9007	MIXTURE D:	0.00
9007	Light soy	2.00 tb
9007	Vinegar	2.00 tb
9007	Sesame oil	1.00 ts
9007	Chili oil	1.00 ts

Sheet1

9007	Black pepper (fresh ground)	0.50 ts
9007	White pepper (fresh ground)	0.50 ts
9007	Scallions, chopped	3.00 tb
9007	Fresh ginger, chopped	1.00 tb
9008	Vegetable oil	3.00 tb
9008	Sweet red peppers, cored,	2.00 lg
9008	seeded and cut into	0.00
9008	3/4"x1/4" strips	0.00
9008	(about 3/4 cup)	0.00
9008	Bunch green onions, cut	1.00 sm
9008	diagonally into 3/4" pieces	0.00
9008	(about 1 1/2	0.00
9008	cups)	0.00
9008	Chicken broth, canned OR	2.00 c
9008	homemade	0.00
9008	Vegetable stock OR water	2.00 c
9008	(stock recipe in next post)	0.00
9008	Soy sauce	2.00 tb
9008	Red wine vinegar	2.00 ts
9008	Crushed red pepper flakes	0.50 ts
9008	Salt	0.25 ts
9008	Pepper	0.12 ts
9008	Cornstarch	2.00 tb
9008	Water	3.00 tb
9008	Oriental sesame oil	1.00 ts
9008	Snow peas, fresh or frozen	0.50 lb
9008	Firm tofu, drained and cut	1.00 lb
9008	into 1/2" cubes	0.00
9008	(8 oz.) sliced water	1.00 cn
9008	chestnuts, drained	0.00
9009	Braising Beef	1.00 lb
9009	Water	8.00 c
9009	Hot Chili Powder	1.50 tb
9009	Sesame Oil	2.00 tb
9009	Green Onions	12.00
9009	Crushed Garlic	2.00 ts
9009	White Sesame Seeds, Toasted	1.00 tb
9009	And Ground	0.00
9009	Sugar	1.00 ts
9009	White Pepper	0.50 ts
9009	Dark Soy Sauce	1.50 tb
9010	White Grape Juice	0.25 c
9010	Carrots; chopped	2.00 md
9010	Red onion; chopped	0.50 md
9010	Stalks celery; sliced	2.00
9010	Water, or liquid from beans	0.50 c
9010	Vinegar	0.33 c
9010	Sugar	1.00 tb
9010	Cornstarch	1.00 tb

Sheet1

9010	Vegetable Bouillon cube	1.00
9010	Black beans, canned	2.00 c
9010	Red kidney beans, canned	1.00 c
9010	Red onion, optional	1.00
9011	Water	5.00 c
9011	Rock sugar	0.75 c
9011	Fresh orange juice	4.00 c
9011	Preserved ginger, in syrup	1.00 tb
9011	Cornstarch paste	3.00 tb
9011	Thin slices of orange	6.00
9011	Thin slices of lime	6.00
9011	Maraschino cherries	6.00
9011	Mint leaves	6.00
9011	Vanilla cream wafers	12.00
9012	Lean beef (shoulder)	0.25 lb
9012	Red snapper	1.50 lb
9012	Scallions	2.00 ea
9012	Cloves garlic	2.00
9012	Cake bean curd	0.50
9012	Water	2.00 c
9012	Kochu Chang	2.00 tb
9013	Butter	0.12 lb
9013	Onion, chopped	1.00 lg
9013	Garlic, crushed	2.00 cl
9013	Tobasco or other pep sauce	0.50 ts
9013	Cayenne pepper	0.12 ts
9013	Chopped parsley	0.25 c
9013	Bay leaf	1.00
9013	Bottle of *dry* white	1.00
9013	Drinking wine (26.5 oz.	0.00
9013	Bottle)	0.00
9013	(14 oz) chicken broth	1.00 cn
9013	Cooked Dungeness crabs	2.00 lg
9013	(about 2 lbs. each),	0.00
9013	Cleaned and cracked	0.00
9013	Lemon wedges	0.00
9014	Stephen Ceideburg	0.00
9014	Defatted reduced-sodium	2.00 c
9014	chicken stock	0.00
9014	Oyster mushrooms, trimmed	0.50 lb
9014	and halved	0.00
9014	Straw mushrooms, trimmed and	0.25 lb
9014	halved	0.00
9014	Serrano chilies, with seeds,	2.00
9014	cut into thin strips	0.00
9014	One-inch piece fresh lemon	1.00
9014	grass or: *	0.00
9014	Fresh kaffir lime leaves or:	2.00
9014	**	0.00

Sheet1

9014	Fresh lime juice	3.00 tb
9014	Fish sauce	3.00 tb
9015	Beef, first cut of the	3.00 lb
9015	Round or stew meat, cut in	0.00
9015	1" cubes	0.00
9015	Salt	2.50 ts
9015	Pepper	0.50 ts
9015	Paprika	2.00 tb
9015	Shortening, half butter	2.00 tb
9015	Onion, cut into 1 1/2"	2.50 c
9015	Chunks	0.00
9015	Brandy	0.75 c
9015	(10 1/2 oz) beef consomme	1.00 cn
9015	Marjoram, crumbled	0.75 ts
9015	Caraway seeds	0.75 ts
9015	Cornstarch	1.50 tb
9016	Beef stew meat, cut into	2.00 lb
9016	1" cubes	0.00
9016	Onion, sliced	1.00 md
9016	Clove garlic, chopped fine	1.00 sm
9016	Shortening	0.25 c
9016	Water	1.50 c
9016	Ketchup	0.75 c
9016	Worcestershire sauce	2.00 tb
9016	Packed brown sugar	1.00 tb
9016	Salt	2.00 ts
9016	Paprika	2.00 ts
9016	Dry mustard	0.25 ts
9016	Cold water	0.25 c
9016	Flour	2.00 tb
9017	Med Onions, peeled & chopped	4.00 x
9017	Lg cloves Garlic, crushed	2.00 x
9017	Shortening or salad oil	0.50 c
9017	Paprika (Hungarian)	3.50 tb
9017	Lean Beef Chuck (1" cubes)	3.00 lb
9017	Lg Tomatoes, peeled & choppe	2.00 x
9017	Caraway seeds	2.00 ts
9017	Dried Marjoram	1.50 ts
9017	Minced Lemon peel	1.00 ts
9017	Water	8.00 c
9017	Salt	2.00 ts
9017	Pepper	0.50 ts
9017	Med Potatoes, peeled & cubed	4.00 x
9018	Beef For Stew, Cut Into	1.50 lb
9018	1/2-inch Cubes.	0.00
9018	Shortening Or Vegetable Oil	1.00 tb
9018	Onion, Chopped	1.00 lg
9018	Water	1.00 qt
9018	Grated Potato (About 1	0.75 c



Sheet1

9018	Large)	0.00
9018	Paprika (Less If Using	1.00 tb
9018	Hungarian Paprika)	0.00
9018	Tomato Sauce Or Ketchup	1.00 tb
9018	Salt	1.00 ts
9018	Caraway Seed (Optional)	0.50 ts
9018	Crushed Thyme	0.25 ts
9018	Pinch Of Red Pepper	0.00
9018	SPAETZLE -----	0.00 -----
9018	Unbleached All Purpose	2.00 c
9018	Flour	0.00
9018	Salt	1.00 ts
9018	Egg	1.00 lg
9018	Water	0.50 c
9019	Mushrooms, sliced	0.50 lb
9019	Polish sausage, sliced	1.00 c
9019	Sauerkraut	2.00 lb
9019	Beef or pork	0.50 lb
9019	Apple, lg, peeled/sliced	1.00
9019	Can tomatoes	20.00 oz
9019	Bacon, coarsely chopped	1.00 c
9019	Water	0.25 c
9019	Peppercorns	5.00
9019	Bay leaf	1.00
9019	Potatos, steamed	6.00
9020	Cold Water	4.00 pt
9020	Katsuobushi	0.50 oz
9020	Inch Square Kombu	3.00
9021	Boneless leg of lamb	1.00
9021	Oil	3.00 tb
9021	Medium onions, chopped	2.00
9021	Clove of garlic, minced	1.00
9021	Flour	2.00 tb
9021	Beef stock	2.00 c
9021	Salt	1.00 ts
9021	Black peper to taste	0.00
9021	Rosemary	0.25 ts
9021	Bay leaf	1.00
9021	Potatoes, cut into pieces	1.00 lb
9021	Carrots sliced	6.00
9021	Small rutabagas, cubed	2.00
9021	Frozen peas	1.00 lb
9021	Jar of boiled onions	1.00
9022	Nettle tops	1.00 pt
9022	Butter	1.00 oz
9022	Oatmeal	1.00 oz
9022	Water, stock or milk	10.00 fl
9022	Salt and pepper	0.00
9023	Lamb; cubed and browned	2.00 lb

## Sheet1

9023	Salt	2.00 t
9023	Pepper	0.25 t
9023	Water	2.00 c
9023	Bay leaf	1.00
9023	Carrots; sliced	2.00
9023	Onions; sliced thinly	2.00
9023	Potatoes; quartered	4.00
9023	Tapioca; quick-cooking	0.25 c
9023	Mixed vegetables; frozen	10.00 oz
9024	Dried Navy Beans	1.00 c
9024	Water	2.00 qt
9024	Chopped Onion	1.00 c
9024	Chopped Green Pepper	1.00 c
9024	Chopped Carrots	1.00 c
9024	Dried Basil	1.50 ts
9024	Salt	1.00 ts
9024	Oregano,	1.50 ts
9024	Dry Mustard	0.25 ts
9024	Garlic Minched	2.00 cl
9024	(8 Oz.) Tomato Sauce	3.00 cn
9024	Uncooked Whole Wheat	0.50 c
9024	Elbow Macaroni	0.00
9025	Dried lentils	2.00 c
9025	Divided cold water	12.00 c
9025	Can tomato paste	6.00 oz
9025	Minced celery ribs	3.00 ea
9025	Coarsely chopped cabbage	1.00 c
9025	Sliced mushrooms	1.00 c
9025	Chopped onion	1.00 ea
9025	Italian herbs OR 1/2	1.00 ts
9025	ts dried oregano and 1/2	0.00
9025	ts basil	0.00
9025	Garlic salt	1.00 ts
9025	Pepper to taste	0.00
9025	Pinch of hot pepper flakes	0.00
9025	Grated parmesan	6.00 tb
9025	cheese	0.00
9026	Blade chuck roast OR	2.50 lb
9026	Meaty soup bones	0.00
9026	Water	2.50 qt
9026	Salt	2.00 ts
9026	Onion	1.00 sm
9026	Celery leaves	0.50 c
9026	Bay leaf	1.00
9026	Slices, bacon, diced	2.00
9026	Kidney beans	1.50 c
9026	Green beans, fresh/chopped	0.50 c
9026	Celery, diced	0.50 c
9026	Green peas	0.50 c

Sheet1

9026	Zucchini, thinly sliced	0.50 c
9026	Carrots, thinly sliced	0.50 c
9026	Onion, diced	0.25 c
9026	Parsley, chopped	0.25 c
9026	Clove garlic, minced	1.00
9026	(2 oz) elbow macaroni	0.50 c
9026	(6 oz) tomato paste	1.00 cn
9026	COCA-COLA	1.00 c
9026	Olive oil	1.00 tb
9026	Worcestershire sauce	1.00 tb
9026	Italian seasoning	1.00 tb
9026	Salt	1.00 ts
9026	Black pepper	0.25 ts
9026	Parmesan cheese,	0.00
9026	Grated (optional)	0.00
9027	Sirloin steak; cut 1" thick,	1.00 lb
9027	boneless	0.00
9027	Garlic clove; crushed	1.00 lg
9027	Olive oil; divided	2.00 tb
9027	Onions; cut in 1/4" slices	2.00 md
9027	Basil; dried	1.00 ts
9027	Red pepper; ground	0.12 ts
9027	Tomatoes; canned, with juice	14.50 oz
9027	Beef broth	1.00 c
9027	Zucchini; cut in 1/4" slices	2.00 md
9027	Parmesean cheese; grated	0.00
9027	optional	0.00
9028	Ground beef	0.50 lb
9028	Ground veal	0.50 lb
9028	Italian seasoned bread crumb	0.25 c
9028	Egg	1.00
9028	Parsley	1.00 tb
9028	Salt and pepper to taste	0.00
9028	Chicken broth	4.00 c
9028	Spinach leaves cut into piec	2.00 c
9028	Grated Pecorino Romano chees	0.25 c
9029	Chicken bone	1.00
9029	Onion, diced finely	1.00
9029	Carrot, sliced	0.50
9029	Beef bone	1.00
9029	Stalk of celery	0.25
9029	Piece garlic, smashed	0.25
9029	Water	2.00 qt
9030	Beets	0.75 lb
9030	Beef Bouillon Granules	1.00 tb
9030	Water	1.50 c
9030	Envelopes Unflavored	2.00
9030	Gelatin	0.00
9030	Lemon Juice	2.00 tb

Sheet1

9030	Cider Vinegar	2.00 tb
9030	Shredded Cabbage	1.50 c
9030	Chopped Cucumber	0.33 c
9030	Minced Fresh Dill	0.25 c
9030	Finely Chopped Green Onions	2.00 tb
9030	Prepared Horseradish	1.00 tb
9031	Potatoes; medium	4.00
9031	Vegetable oil	2.00 tb
9031	Water	8.00 c
9031	Salt	1.00 ts
9031	Pepper	0.50 ts
9031	Kale; fresh	2.00 lb
9031	Garlic sausage; *	0.50 lb
9032	Zucchini, Medium Size.	3.00
9032	Lean Ground Pork or Chicken.	1.50 c
9032	Eggs, lightly beaten.	2.00
9032	Fish Sauce.	2.00 tb
9032	Ground White Peppers.	0.00
9032	Cilantro, chopped.	2.00 tb
9032	Chicken or Pork Stock.	6.00 c
9033	Potatoes; Medium	2.00
9033	Onion; Medium Size	1.00
9033	Celery & Leaves; Stalks	4.00
9033	Vegetable Oil	2.00 tb
9033	Boiling Water	0.00
9033	Bay Leaf; Small	1.00
9033	Salt	0.50 ts
9033	Butter	2.00 tb
9033	Milk;Up to 3 Cups Maybe Used	2.00 c
9033	GARNISH -----	0.00 -----
9033	Parsley; Chopped	0.00
9034	Lean boneless pork	3.00 oz
9034	Dried Chinese mushrooms	1.00 oz
9034	Bean thread noodles	1.00 oz
9034	Fresh bean curd	10.00 oz
9034	Eggs	2.00 sm
9034	Sesame oil	1.00 ts
9034	Chicken stock	1.00 qt
9034	Sugar	2.00 ts
9034	Chinese red vinegar	3.00 tb
9034	=OR= Cider Vinegar	0.00
9034	White pepper	0.50 ts
9034	Dark soy sauce	2.00 tb
9034	Cornstarch; blended with	1.00 tb
9034	Water	1.00 tb
9034	Finely chopped scallions	2.00 tb
9034	Finely chopped cilantro	2.00 tb
9034	Sesame oil	1.00 ts
9034	Chili oil (optional)	1.00 ts

Sheet1

9035	Ready to Cook BroilerChicken	3.00 lb
9035	Water	12.00 c
9035	Pepper	0.25 ts
9035	(2 cns) Tomatoes	56.00 oz
9035	Coarsely Chopped Carrots	2.00 c
9035	Chopped Celery	1.00 c
9035	Packed Dark Brown Sugar	2.00 tb
9035	Whole Cloves	4.00 ea
9035	Bay Leaf	1.00 ea
9035	(2 cns) Butter Beans	32.00 oz
9035	Unbleached All-purpose Flour	0.67 c
9035	Beef Shank Cross-cuts	2.00 lb
9035	Salt	1.00 tb
9035	Slices Bacon	6.00 ea
9035	Cubed Peeled Potatoes	1.00 c
9035	Chopped Onion	1.00 c
9035	Chopped Green Pepper	1.00 c
9035	Crushed Dried Red Pepper	0.25 ts
9035	Clove Garlic, Minced	1.00 ea
9035	Ears Of Fresh Corn	4.00 ea
9035	Frozen Cut Okra	10.00 oz
9036	Bacon fat	4.00 tb
9036	Onions; coarsly chopped	5.00 lg
9036	Pepper, green bell; chopped	2.00 lg
9036	Garlic clove; minced	3.00
9036	Paprika, Hungarian	1.50 tb
9036	Beef, stewing; in 1" cubes	3.00 lb
9036	Pepper; to taste	0.00
9036	Salt; to taste	0.00
9036	Tomato paste	6.00 oz
9036	Sour cream; at room temp.	0.00
9037	Chopped onions	1.00 c
9037	Garlic clove, pressed	1.00 lg
9037	Minced chilies	2.00 tb
9037	Olive oil	3.00 tb
9037	Ground cinnamon	0.50 ts
9037	Ground cloves	0.25 ts
9037	Potatoes, cubed	4.00 sm
9037	Drained canned tomatoes,	3.00 c
9037	-chopped	0.00
9037	Cut green beans	2.00 c
9037	Zucchini, sliced	1.00 sm
9037	Corn	2.00 c
9037	Cilantro	1.00 tb
9037	Salt	0.00
9038	Slices Bacon; Thick, Diced	4.00
9038	Onions; Sliced	2.00
9038	Turnip; Sliced	1.00
9038	Carrots; Diced	2.00

Sheet1

9038	Potatoes; Cubed	2.00
9038	Head Green Cabbage; shredded	1.00
9038	Chicken Stock Or Bouillon	4.00 c
9038	Water	2.00 c
9038	Sprigs Parsley *	6.00
9038	Bay Leaf *	1.00
9038	GARNISH -----	0.00 -----
9038	Parmesan Cheese; Grated	0.25 c
9039	Stale black bread	1.00 lb
9039	or -	0.00
9039	Pumpernickel bread, stale	1.00 lb
9039	Sugar	1.00 c
9039	Raisins	2.00 tb
9039	Mint leaves, fresh	2.00 tb
9039	or -	0.00
9039	Dried mint leaves	1.00 tb
9039	Active dry yeast	2.00 tb
9039	Luke warm water	0.25 c
9040	Medium carrots, cut into	4.00
9040	crosswise slices	0.00
9040	Medium turnip bottoms, peel	3.00
9040	and cut into eights	0.00
9040	Boneless lamb stew meat,	1.50 lb
9040	cubed into 1" pieces	0.00
9040	Small cubed red potatos	8.00
9040	Fresh parsley	1.00 tb
9040	Garlic clove, crushed	1.00
9040	Salt	0.50 ts
9040	Pepper	0.12 ts
9040	Marjoram	1.00 ts
9040	Beef broth	1.00 c
9040	Dry white wine	0.50 c
9040	Cornstarch	2.00 tb
9040	Cold water	3.00 tb
9041	Lamb bones, cracked	4.00 lb
9041	Lamb meat (shoulder or leg)	1.00 lb
9041	Cold water	4.00 qt
9041	Fresh ginger, sliced	1.00 tb
9041	Onion, quartered	1.00 lg
9041	Salt	0.50 ts
9041	Sugar	1.00 ts
9041	Light sherry	0.50 c
9041	Canned salted mustard green	0.50 lb
9041	Bean sprouts	1.00 lb
9041	Unsoaked "cloud ear"	0.50 c
9041	Dried black fungus	0.00
9041	Scallions	4.00
9041	Dried bean thread noodles	0.50 lb
9041	Charcoal briquettes	8.00

Sheet1

9042	Bone from a 6-lb leg of	1.00
9042	Lamb, cut in half	0.00
9042	Stalks celery, cut into	3.00
9042	Small pieces	0.00
9042	Carrots, cut into small	2.00
9042	Pieces	0.00
9042	Onions, peeled and	2.00
9042	Quartered	0.00
9042	Ripe tomato OR	1.00 lg
9042	Canned tomato, cut into	1.00 c
9042	Small pieces	0.00
9042	Any drippings from roast	0.00
9042	Lamb	0.00
9042	Peppercorns	4.00
9042	Bay leaf	1.00
9042	Parsley	1.00
9043	Olive oil	2.00 tb
9043	Butter	1.00 tb
9043	Garlic, minced	3.00 cl
9043	Onions, chopped	2.00
9043	Carrots, cut into small	2.00
9043	Cubes	0.00
9043	Salt	1.00 ts
9043	Pepper	1.00 ts
9043	Lamb stock	6.00 c
9043	Chopped very ripe tomatoes	2.00 c
9043	Or canned tomatoes	0.00
9043	Bay leaf	1.00
9043	Bone from a roast leg of	1.00
9043	Lamb	0.00
9043	Cubed cooked lamb	1.00 c
9043	Tabasco or other liquid hot	0.00
9043	Pepper sauce	0.00
9044	Chili mix	1.00 pk
9044	Chopped green and red pepper	0.00
9044	Ground beef	2.00 lb
9044	Cold water	2.33 c
9044	8 oz can tomato sauce	1.00
9044	Sour cream	0.00
9044	Shredded mild cheddar cheese	0.00
9045	Water	8.00 c
9045	Rinsed lentils	1.00 c
9045	Uncooked rice not instant	1.00 c
9045	Onion cut into julienne	1.00 md
9045	strips	0.00
9045	Olive oil	0.25 c
9045	Salt and pepper to taste	0.00
9045	Green onions to garnish	0.00
9045	Plain yogurt per person	0.50 c

Sheet1

9045	Cucumbers peeled seeded	0.00
9045	and diced Minced garlic	0.00
9045	and dried mint	0.00
9045	Pita bread	0.00
9046	Margarine/butter	3.00 tb
9046	Chopped leeks white part	1.00 c
9046	Chicken stock	1.00 ts
9046	Water	0.67 c
9046	Potato	1.00 md
9046	Milk	1.00 c
9046	Cream	0.25 c
9046	Chopped chives for	0.00
9046	garnishing	0.00
9047	(1/2 stick) unsalted	0.50 c
9047	butter	0.00
9047	Vegetable oil	2.00 tb
9047	Leeks/green onions trimmed	2.00 lb
9047	well rinsed and thinly	0.00
9047	sliced	0.00
9047	Clove garlic finely chopped	2.00 ea
9047	All purpose flour	3.00 tb
9047	Chicken stock preferably	2.00 qt
9047	homemade heated	0.00
9047	Ground white pepper to taste	0.00
9047	Salt to taste	0.00
9048	Artichoke; ==OR==	1.00 lg
9048	Artichokes	2.00 md
9048	Water; acidulated with	1.00 c
9048	the juice of	0.00
9048	Lemon	1.00
9048	Garlic cloves	2.00
9048	Virgin olive oil	1.00 tb
9048	Leek; white part only ==OR==	1.00 lg
9048	Leeks, white part only	2.00 md
9048	washed and sliced	0.00
9048	New potato; quartered	1.00 sm
9048	and thinly sliced	0.00
9048	Leaves butter lettuce	6.00
9048	sliced into 1/4" strips	0.00
9048	=OR= a handful of	0.00
9048	Sorrel leaves, sliced	0.00
9048	Chopped parsley	1.00 tb
9048	Mint leaves; chopped	2.00
9048	Salt	0.00
9048	Water	5.50 c
9048	Fresh peas; shucked, ==OR==	1.00 lb
9048	Frozen peas	1.00 c
9048	GARNISHES -----	0.00 -----
9048	Freshly ground pepper	0.00



## Sheet1

9048	Chopped chervil	0.00
9048	=OR= Chopped Parsley	0.00
9048	Extra-virgin olive oil	0.00
9048	Parmigiano-Reggiano	0.00
9048	freshly grated	0.00
9049	Chicken broth	3.00 cn
9049	Rice	0.25 c
9049	FRESH lemon juice	4.00 c
9050	Chicken broth	5.00 c
9050	Lentils, picked over and	1.50 c
9050	rinsed	0.00
9050	Brown rice	1.00 c
9050	Tomatoes, drained, reserving	32.00 oz
9050	juice, and chopped	0.00
9050	Carrots, in 1/4 inch pieces	3.00
9050	Onion, chopped	1.00
9050	Celery, chopped	1.00
9050	Garlic cloves, minced	3.00
9050	Basil	0.50 ts
9050	Oregano	0.50 ts
9050	Thyme	0.25 ts
9050	Bay leaf	1.00
9050	Fresh parsley, minced	0.50 c
9050	Cider vinegar (or to taste)	2.00 tb
9051	Large onion, chopped	1.00
9051	Sunflower oil	2.00 tb
9051	Cloves garlic, diced	2.00
9051	Fresh ground ginger	1.00 ts
9051	Curry powder	1.00 ts
9051	Turmeric	1.00 ts
9051	Chili powder	1.00 ts
9051	Ground cumin	1.00 ts
9051	Ground coriander	1.00 ts
9051	Chicken bouillon cubes	3.00
9051	Water	6.00 c
9051	Lentils, washed	1.50 c
9051	Brown rice, cooked	3.00 c
9052	Olive oil	2.00 tb
9052	Unsalted butter	2.00 tb
9052	Carrots cut into 1/2-in	3.00
9052	Dice	0.00
9052	Celery stalks cup into	3.00
9052	1/2-in dice	0.00
9052	Parsnip, peeled cut into	1.00 md
9052	1/4-in dice	0.00
9052	Garlic, minced and peeled	3.00 cl
9052	Defatted canned or fresh	4.00 c
9052	Made chicken broth	0.00
9052	Drained crushed canned	3.00 c

## Sheet1

9052	Plum tomatos	0.00
9052	Dried lentils rinsed well	1.00 c
9052	Pheasant/chicken/guinea hen	2.00 lb
9052	Quartered with backbone	0.00
9052	Italian parsley	6.00 tb
9052	Chopped fresh rosemary OR	1.00 tb
9052	Dried rosemary	1.00 ts
9052	Ground allspice	0.25 ts
9052	Fresh ground black pepper	0.00
9052	Salt to taste optional	0.00
9052	Dry sherry	0.75 c
9053	Onion; sliced in rings	1.00
9053	Ham bone	0.00
9053	Celery stalk w/leaves; chop	3.00
9053	Garlic cloves	3.00
9053	Carrots; peeled/chopped	0.50 lb
9053	Bay leaf	1.00
9053	Oil	2.00 tb
9053	Bouquet garni	0.00
9053	Lentils	1.00 lb
9053	Elgin sausage	1.00 lb
9053	Chicken stock	6.00 c
9054	Lentils; dried quick-cooking	1.00 c
9054	Water	6.00 c
9054	Bacon; slices, diced	2.00
9054	Leek or green onion; *	1.00
9054	Carrot;large, finely chopped	1.00
9054	Celery;stalk, finely chopped	1.00
9054	Onion; finely chopped	1.00
9054	Vegetable oil	1.00 tb
9054	Unbleached flour	2.00 tb
9054	Vinegar	1.00 tb
9054	Frankfurters; thickly sliced	4.00
9054	Catsup; tomato	1.00 tb
9054	Salt	1.00 ts
9054	Black pepper	0.25 ts
9055	Lentils; Dried Quick-Cooking	1.00 c
9055	Water	6.00 c
9055	Bacon; Slices, Diced	2.00
9055	Leek or Green Onion; *	1.00
9055	Carrot;Large, Finely Chopped	1.00
9055	Celery;Stalk, Finely Chopped	1.00
9055	Onion; Finely Chopped	1.00
9055	Vegetable Oil	1.00 tb
9055	Unbleached Flour	2.00 tb
9055	Vinegar	1.00 tb
9055	Frankfurters; Thickly Sliced	4.00
9055	Catsup; Tomato	1.00 tb
9055	Salt	1.00 ts

Sheet1

9055	Black Pepper	0.25 ts
9056	Olive oil	3.00 tb
9056	Green bell pepper; chopped	1.00 ea
9056	Water	8.00 c
9056	Lentils	1.50 c
9056	Dry white wine	1.00 c
9056	Celery; sliced	3.00 ea
9056	Zucchini; sliced	2.00 ea
9056	Basil; dried, crumbled	1.00 ts
9056	Onion; chopped	1.00 ea
9056	Cl Garlic; minced	3.00 ea
9056	Tomato sauce; (8 oz. cans)	3.00 cn
9056	Brown rice	1.00 c
9056	Carrots; sliced	3.00 ea
9056	Potatoes; red, diced	2.00 ea
9056	Thyme;dried, crumbled	1.00 ts
9057	Onion	1.00
9057	Garlic	2.00 cl
9057	Celery Stick	1.00
9057	Carrot	1.00
9057	Bouquet Garni.	1.00
9058	Frozen lima beans	1.00 lb
9058	Sliced carrots	3.50 c
9058	Olive oil	3.00 tb
9058	Green onions, finely chopped	5.00 ea
9058	Chopped mushrooms	5.00 c
9058	Basil	1.00 ds
9058	Black pepper	1.00 ds
9058	Cayenne	1.00 ds
9058	Soy sauce	0.75 c
9059	Formatted by: Gaye Levy	0.00
9059	DTXT63A on Prodigy	0.00
9059	Mixed beans	2.00 c
9059	Salt; optional	2.00 tb
9059	Hambone or hamhock	1.00
9059	Large onion, chopped	1.00
9059	Lg can chopped tomatoes;	1.00
9059	undrained	0.00
9059	Chili powder	1.00 ts
9059	Garlic powder	0.25 ts
9059	Diced carrots	1.00 c
9059	Juice of 1 lemon	1.00
9060	Lentils; Dried Quick-Cooking	1.00 c
9060	Water	6.00 c
9060	Bacon; Slices, Diced	2.00 ea
9060	Leek or Green Onion; *	1.00 ea
9060	Carrot;Large, Finely Chopped	1.00 ea
9060	Celery;Stalk, Finely Chopped	1.00 ea
9060	Onion; Finely Chopped	1.00 ea

## Sheet1

9060	Vegetable Oil	1.00 tb
9060	Unbleached Flour	2.00 tb
9060	Vinegar	1.00 tb
9060	Frankfurters; Thickly Sliced	4.00 ea
9060	Catsup; Tomato	1.00 tb
9060	Salt	1.00 ts
9060	Black Pepper	0.25 ts
9061	Lentils; Dried Quick-Cooking	1.00 c
9061	Water	6.00 c
9061	Bacon; Slices, Diced	2.00
9061	Leek or Green Onion; *	1.00
9061	Carrot; Large, Finely Chopped	1.00
9061	Celery; Stalk, Finely Chopped	1.00
9061	Onion; Finely Chopped	1.00
9061	Vegetable Oil	1.00 tb
9061	Unbleached Flour	2.00 tb
9061	Vinegar	1.00 tb
9061	Frankfurters; Thickly Sliced	4.00
9061	Catsup; Tomato	1.00 tb
9061	Salt	1.00 ts
9061	Black Pepper	0.25 ts
9062	Lobster; cleaned	1.50 lb
9062	Melted butter	5.00 tb
9062	Diced carrots	0.25 c
9062	Sm chopped onion	1.00
9062	Bay leaf	0.50
9062	Pinch of thyme	0.00
9062	Sprigs parsley	2.00
9062	Cognac	3.00 tb
9062	White wine	0.33 c
9062	Fish or chicken broth	0.50 c
9062	Flour	0.25 c
9062	Boiling milk	3.00 c
9062	Cream	3.00 tb
9062	Red food coloring (optional)	0.00
9063	Breast of Lamb w/bone, or	3.00 lb
9063	Stewing lamb	0.00
9063	Cold water	8.00 c
9063	Pearl barley	0.50 c
9063	Butter	2.00 tb
9063	Carrots, peeled and diced	2.00
9063	White turnip, peeled/diced	1.00
9063	Ribs celery, diced	2.00
9063	Onion, diced	1.00
9063	Salt & pepper to taste	0.00
9064	Finely chopped onion	2.50 oz
9064	Coarsely grated raw potato	10.00 oz
9064	Fresh young lovage leaves	0.00
9064	Chicken or vegetable stock	1.25 pt

Sheet1

9064	Buttermilk, more if desired	0.50 pt
9065	Potatoes	2.00 md
9065	Margarine	4.00 tb
9065	Chopped onions	0.50 c
9065	Green pepper	0.25 c
9065	Flour	4.00 tb
9065	Skim milk	4.00 c
9065	(10 1/4-oz each) whole corn	2.00 cn
9065	drained	0.00
9065	Salt	1.00 ts
9065	Thyme	0.12 ts
9065	Pepper	0.12 ts
9065	Imitation crab	16.00 oz
9065	Cooking sherry	2.00 tb
9066	Chile con Queso; *	1.00 x
9066	Macaroni; Uncooked, **	4.00 oz
9066	Tomato; Chopped, 1 Lg.	1.00 c
9066	Cilantro; Fresh, Snipped	1.00 tb
9066	Cheese; Shredded, ***	1.00 c
9066	Tortilla Chips; Crushed	0.25 c
9067	Salt Pork, diced	0.25 lb
9067	Diced raw Potatoes	4.00 c
9067	Med Onions, peeled & sliced	3.00 x
9067	Salt	2.00 ts
9067	White fleshed Fish *	3.00 lb
9067	Scalded Milk	2.00 c
9067	Butter or margarine	1.00 ts
9067	Pepper, or to taste	0.25 ts
9068	Vegetable Stock	2.00 c
9068	Tomato juice	2.00 c
9068	Lemon juice	2.00 tb
9068	Green taco sauce	2.00 tb
9068	Sugar	1.00 ts
9068	Garlic salt	0.50 ts
9068	Pepper	0.12 ts
9068	Cucumber *	0.00
9068	Green pepper **	0.00
9068	Large tomatoes ***	4.00 x
9068	Green onions ****	3.00 x
9069	Soup stock, 6-8 cups	8.00 c
9069	Pork, lean	0.25 lb
9069	Square bean curd (optional)	0.50
9069	Shredded bamboo shoot	0.25 c
9069	Dried black mushrooms 2-3*	3.00
9069	Sliced can button mushrooms	2.00 tb
9069	Dried wood ears (optional)*	4.00
9069	Stalks green onion, chopped	2.00
9069	Slice cooked ham, shredded**	1.00
9069	Vinegar	4.00 tb

Sheet1

9069	Chili oil (optional)	1.00 ts
9069	Hite pepper	0.25
9069	Salt	0.75 ts
9069	Sesame oil	0.50 ts
9069	Sugar	0.50 ts
9069	Soy sauce	1.00 tb
9069	Eggs lightly beaten	2.00
9069	Cornstarch in 3 t water	3.00 tb
9070	MEATBALLS -----	0.00 -----
9070	Hamburger	1.00 lb
9070	Sweet Italian sausage	0.50 lb
9070	Bread crumbs	0.50 c
9070	Salt	0.50 ts
9070	Black pepper	0.50 ts
9070	Box (10 1/2-oz) frozen	1.00
9070	spinach thawed & well	0.00
9070	drained (squeeze out	0.00
9070	the excess moisture)	0.00
9070	Oil for browning	0.00
9070	Egg	1.00
9070	SOUP -----	0.00 -----
9070	Water	7.00 c
9070	(15 oz) kidney bean w/juice	1.00 cn
9070	Can (4 c ) tomatoes	1.00 lg
9070	Oregano	0.50 ts
9070	Basil	0.50 ts
9070	Stalks celery	2.00
9070	Carrots, peeled and slice	2.00 lg
9070	Mostaccioli uncooked pasta	2.00 c
9070	Freshly grated parmesan	0.00
9070	cheese	0.00
9070	Beef buillon (or 7 cups	7.00 c
9070	well-seasoned beef stock	0.00
9070	for water and buillon	0.00
9070	cubes)	0.00
9071	Safflower oil	2.00 tb
9071	Clove garlic, minced	0.00
9071	Green Bell Pepper, chopped	0.00
9071	Stalk Celery, chopped	0.00
9071	Sm Onion, chopped (1/4 cup)	0.00
9071	Carrot, shredded	0.00
9071	Med Zucchini, shredded	0.00
9071	Can Tomatoes with juice	18.00 oz
9071	Can Kidney Beans,drained	15.00 oz
9071	Can Tomato sauce (1 cup)	8.00 oz
9071	Water	0.25 c
9071	Chili powder, or to taste	1.50 ts
9071	Hot pepper Sauce, to taste	0.25 ts
9071	Basil	1.00 ts

Sheet1

9071	Oregano	1.00 ts
9071	Black Pepper	0.50 ts
9072	Leeks	3.00 md
9072	Butter/margarine	0.25 c
9072	Chicken broth	5.00 c
9072	All purpose potato pared	1.00 md
9072	and sliced thin	0.00
9072	Egg yolks	2.00
9072	Shredded jarlsberg cheese	1.00 c
9072	divided	0.00
9072	Salt and white pepper to	0.00
9072	taste	0.00
9073	Cantaloupe pared seeded and	1.00
9073	cubed about 2 lb	0.00
9073	Honeydew pared seeded and	0.50
9073	cubed about 2 lb	0.00
9073	Sweet white wine	0.67 c
9073	Ground cardamom	0.25 ts
9073	Chopped mint for garnish	0.00
9073	optional	0.00
9074	Tripe.	5.00 lb
9075	Honeycomb Tripe	2.00 lb
9075	1 1/2 lb Veal Knuckle	1.00
9075	Water	6.00 c
9075	Med. Onions, Chopped *	2.00
9075	Cloves Garlic, Minced	2.00
9075	Salt	2.00 ts
9075	Coriander Seed	0.50 ts
9075	Dried Oregano, Crushed	0.25 ts
9075	Crushed Red Pepper	0.25 ts
9075	Pepper	0.25 ts
9075	Hominy (15 ozs)	1.00 cn
9075	Garnishes **	0.00
9076	Calf's foot (1 to 1-1/2 lb)	1.00
9076	Water	4.00 qt
9076	Honeycomb tripe	2.00 lb
9076	Chiles anchos	3.00 lg
9076	Large onion	1.00
9076	Canned, peeled green chiles	2.00
9076	Cloves garlic, peeled	3.00
9076	Canned hominy	1.50 c
9076	Peppercorns	6.00
9076	Oregano	1.00 ts
9076	Salt, or to taste	2.00 ts
9077	Cloves garlic	10.00
9077	Flour	0.50 ts
9077	Butter	2.00 tb
9077	Beef or chicken stock	1.00 qt
9077	Salt & pepper	0.00

## Sheet1

9077	Eggs	4.00
9077	Crumbled Asadero cheese	2.00 tb
9077	Chopped parsley	1.00 tb
9078	Oil, plus oil for sauteing	2.00 tb
9078	Millet	0.50 c
9078	Water	1.50 c
9078	Celery stalks; chopped	3.00
9078	Green pepper; chopped	1.00
9078	Onion; chopped	1.00 sm
9078	Garlic cloves; chopped	2.00
9078	Carrot; grated or chopped	1.00 lg
9078	Water	6.00 c
9078	Head of cauliflower	1.00 md
9078	- very coarsely chopped	0.00
9078	Bay leaf	1.00
9078	Dry vegetable soup base	2.00 tb
9078	Basil	0.50 ts
9078	Mint	0.50 ts
9078	Chervil	0.50 ts
9078	Thyme	0.50 ts
9078	Ground celery seed	0.50 ts
9078	White miso	2.00 tb
9078	Raw cashews	0.75 c
9078	Water	1.00 c
9078	Nutritional yeast	0.50 c
9078	Salt; to taste	0.00
9079	Chicken breast halves	2.00
9079	boneless	0.00
9079	Egg; slightly beaten	1.00
9079	Matza meal*	0.25 c
9079	Broth or;water	2.00 ts
9079	salt	0.50 ts
9079	Cinnamon or nutmeg	1.00 ds
9079	Chicken broth	2.50 qt
9079	Rice;uncooked	0.50 c
9079	Eggs, small;hard boiled	8.00
9080	Thinly sliced Celery	0.50 c
9080	Thinly sliced Carrot	0.50 c
9080	(1 lg) Potato, cut 1" pieces	0.75 c
9080	Clove Garlic, minced	0.00
9080	Can Tomatoes, undrained	16.00 oz
9080	Thinly sliced Zucchini	1.00 c
9080	Green Beans,cut in 1" pieces	0.50 lb
9080	Broken Spaghetti	0.50 c
9080	Hot Water	3.00 c
9080	Instant Beef Bouillon powder	2.00 ts
9080	Basil leaves	1.00 ts
9080	Parsley Flakes	1.00 tb
9081	Thinly sliced Celery	0.50 c



Sheet1

9081	Thinly sliced Carrot	0.50 c
9081	(1 lg) Potato, cut 1" pieces	0.75 c
9081	Clove Garlic, minced	0.00
9081	Can Tomatoes, undrained	16.00 oz
9081	Thinly sliced Zucchini	1.00 c
9081	Green Beans,cut in 1" piece	0.50 lb
9081	Broken Spaghetti	0.50 c
9081	Hot Water	3.00 c
9081	Instant Beef Bouillon powde	2.00 ts
9081	Basil leaves	1.00 ts
9081	Parsley Flakes	1.00 tb
9082	Thinly sliced Celery	0.50 c
9082	Thinly sliced Carrot	0.50 c
9082	(1 lg) Potato, cut 1" pieces	0.75 c
9082	Clove Garlic, minced	0.00
9082	Can Tomatoes, undrained	16.00 oz
9082	Thinly sliced Zucchini	1.00 c
9082	Green Beans,cut in 1" piece	0.50 lb
9082	Broken Spaghetti	0.50 c
9082	Hot Water	3.00 c
9082	Instant Beef Bouillon powde	2.00 ts
9082	Basil leaves	1.00 ts
9082	Parsley Flakes	1.00 tb
9083	Lean Ground Beef	2.00 lb
9083	Onion; Chopped, 1 Lg	1.00 c
9083	Clove Garlic, Minced	1.00
9083	Tomatoes; 1 Cn	28.00 oz
9083	Kidney Beans; 1 Cn	15.00 oz
9083	Whole Kernel Corn; 1 Cn	12.00 oz
9083	Celery; Sliced, 2 Stalks	1.00 c
9083	Cabbage; Shredded,Abt 1/2 Hd	2.00 c
9083	Zucchini; Sliced, 2 Sm	2.00 c
9083	Elbow Macaroni; Uncooked, OR	1.00 c
9083	Spaghetti; Broken, Uncooked	1.00 c
9083	Water	2.00 c
9083	Red Wine Or Water	0.50 c
9083	Beef Bouillon; Instant	2.00 ts
9083	Salt	1.50 ts
9083	Italian Seasoning	1.50 ts
9083	GARNISH -----	0.00 -----
9083	Parmesan Cheese; Grated	0.00
9084	Hamburger	1.00 lb
9084	Chopped onion	1.00 c
9084	Minced garlic	1.00 ts
9084	Pepper	0.25 ts
9084	Can beef broth	1.00
9084	Cans water	2.00
9084	Beef soup base (heaping)	3.00 ts
9084	Italian seasoning OR	1.50 ts

Sheet1

9084	EACH fresh oregano,	0.50 ts
9084	Basil, sage, rosemary,	0.00
9084	And thyme.	0.00
9084	Can whole tomatos --broken	16.00 oz
9084	Into byte sized pieces	0.00
9084	Can kidney beans/undrained	8.00 oz
9084	Sliced carrots	1.50 c
9084	Frozen green beans	1.00 c
9084	Frozen lima beans	1.00 c
9084	Small seashell macaroni	1.00 c
9085	Onion, diced	1.00
9085	Carrot, minced	0.33 c
9085	Cabbage leaf, minced	1.00
9085	Oil	2.00 ts
9085	(heaping) miso (soybean	4.00 ts
9085	Paste	0.00
9085	Water	4.00 c
9085	Tahini	2.00 ts
9086	AKA MISO -----	0.00 -----
9086	Ichiban Dashi	2.50 pt
9086	Aka Miso Paste	4.00 oz
9086	SHIRO MISO -----	0.00 -----
9086	Ichiban Dashi	2.50 pt
9086	Shiro Miso Paste	0.50 lb
9086	AWASE MISO -----	0.00 -----
9086	Ichiban Dashi	2.50 pt
9086	Aka Miso Paste	4.00 oz
9086	Shiro Miso Paste	4.00 oz
9087	Mulato chiles	8.00
9087	Ancho chiles	4.00
9087	Pasilla chiles	4.00
9087	Turkey, in pieces	8.00 lb
9087	Lard	4.00 tb
9087	Sesame seeds	4.00 tb
9087	Onion, chopped	1.00 lg
9087	Cloves garlic, chopped	2.00
9087	Tortilla, cut up	1.00
9087	Blanched almonds	1.00 c
9087	Ground gloves	0.12 ts
9087	Cinnamon	0.12 ts
9087	Ground coriander seed	0.50 ts
9087	Anise	0.25 ts
9087	Raisins	0.50 c
9087	Tomatoes, seeded, chopped	3.00
9087	Canned chipotle chiles	4.00
9087	Unsweetened chocolate	2.00 oz
9087	Salt	0.00
9087	Freshly ground pepper	0.00
9087	Sugar	1.00 ts

Sheet1

9088	Oil	4.00 tb
9088	Wine vinegar	3.00 tb
9088	Beef stew meat	1.50 lb
9088	Red wine	1.00 c
9088	Medium onion minced	1.00
9088	Bay leaf	1.00
9088	Clove garlic minced	1.00
9088	Oregano	0.50 ts
9088	Tomato sauce	0.50 c
9088	Medium potatoes cubed	4.00
9088	Carrots sliced	2.00
9088	Salt and pepper to taste	0.00
9089	Safflower oil	2.00 tb
9089	Carrots, grated	2.00 x
9089	Cloves Garlic, minced	2.00 x
9089	Med Onion, chop fine (1/2 c)	0.00
9089	Can Chick Peas, rinse,draine	15.00 oz
9089	Vegetable stock	3.00 c
9089	Tahini	0.33 c
9089	Lemon juice	2.00 tb
9089	Chopped fresh parsley	1.00 tb
9089	Ground Cumin	0.75 ts
9089	Black pepper	0.50 ts
9089	Thyme leaves	0.50 ts
9089	Powdered tumeric	0.25 ts
9089	Cayenne pepper	0.12 ts
9090	Beef Broth	5.50 c
9090	Chopped Onion	0.50 c
9090	Dried basil, crushed	1.00 ts
9090	Pepper	0.12 ts
9090	Shredded carrot	0.50 c
9090	Water	2.00 tb
9090	Quick-cooking Barley	0.67 c
9090	Cloves Garlic, minced	2.00 x
9090	Worcestershire sauce	0.50 ts
9090	Sliced fresh Mushrooms	2.00 c
9090	Cornstarch	2.00 tb
9090	Snipped fresh parsley	1.00 tb
9091	Dried porcini mushrooms *	1.50 lb
9091	(1/4 stick) unsalted butter	2.00 tb
9091	Fresh shitake mushrooms, stems removed, sliced	6.00 oz 0.00
9091	Green onions, chopped	1.00 bn
9091	All-purpose flour	2.00 tb
9091	Canned chicken broth	2.00 c
9091	Milk	2.00 c
9091	Packed grated sharp	1.25 c
9091	Tillamook cheddar cheese	0.00
9092	Butter	2.00 tb

Sheet1

9092	Mushrooms	1.00 lb
9092	- very finely chopped	0.00
9092	Onions, very finely chopped	3.00 tb
9092	Flour	2.00 tb
9092	Chicken stock	4.00 c
9092	White wine	0.75 c
9092	Bay leaf	1.00
9092	Nutmeg, freshly grated	1.00 pn
9092	Cornstarch; dissolved in:	3.00 tb
9092	Water	3.00 tb
9092	Heavy cream; warmed	1.00 c
9092	Salt; to taste	0.00
9092	White pepper; to taste	0.00
9092	Fresh parsley, chopped	1.00 tb
9093	Fresh mushrooms, chopped	0.50 c
9093	Veg oil	1.00 ts
9093	Minced clams (canned)	7.00 oz
9093	Celery, chopped	0.50 c
9093	Onion, chopped	0.33 c
9093	Salt	0.50 ts
9093	Pepper	0.12 ts
9093	Cayenne	0.12 ts
9093	Nonfat dry milk powder	1.33 c
9093	Cold water	1.50 c
9093	Cornstarch	1.00 tb
9093	Fresh parsley, minced	2.00 tb
9094	Mushrooms	0.50 lb
9094	Milk	1.50 pt
9094	Butter	2.00 oz
9094	Flour	2.00 oz
9094	Grated lemon rind	0.50 ts
9094	Cream	0.00
9095	(5.25 oz.) dry au gratin	1.00 pk
9095	potatos	0.00
9095	(15.25 oz.) whole kernel	1.00 cn
9095	corn--undrained	0.00
9095	Picante sauce	1.00 c
9095	Water	2.00 c
9095	Milk	2.00 c
9095	Grated Cheddar cheese	1.50 c
9095	(2.25 oz.) sliced ripe	1.00 cn
9095	olives--drained	0.00
9096	Dried chilies	7.00
9096	Chopped shallots	3.00 tb
9096	Chopped garlic	1.00 tb
9096	Chopped krachai	2.00 tb
9096	Shrimp paste	1.00 tb
9096	Salt	1.00 ts
9097	Dried chilies	7.00

Sheet1

9097	Chopped shallots	3.00 tb
9097	Chopped garlic	1.00 tb
9097	Chopped krachai	2.00 tb
9097	Shrimp paste	1.00 tb
9097	Salt	1.00 ts
9098	Dry navy beans	1.00 c
9098	Lean beef	2.50 lb
9098	Slab bacon	0.50 lb
9098	Cold water	10.00 c
9098	Bay leaf	1.00
9098	Sour cream	0.50 c
9098	Whole peppercorns	8.00
9098	Garlic	2.00 cl
9098	Dried parsley	2.00 tb
9098	Carrot	1.00
9098	Celery stalk	1.00
9098	Red onion	1.00 lg
9098	Salt (optional)	1.00 ts
9098	Beets for soup	8.00
9098	Beets	2.00 sm
9098	Shredded green cabbage	2.00 c
9098	Sliced leeks	2.00 lg
9098	Potatoes, cut into 1/8's	3.00 md
9098	(1 lb 13 oz) tomatos	1.00 cn
9098	Tomato paste	1.00 tb
9098	Red wine vinegar	3.00 tb
9098	Sugar	4.00 tb
9098	Kielbasa (optional)	1.00 lb
9098	Flour	2.00 tb
9098	Melted butter	1.00 tb
9099	Lean beef round or pork	2.00 lb
9099	Medium potatoes, diced	3.00
9099	Large garlic clove, minced	1.00
9099	Green chili peppers	6.00
9099	Oil	2.00 tb
9099	Onion, sliced	0.50 c
9099	Salt	2.00 ts
9100	Inch Sq Cooked Kombu	3.00 x
9100	Cold Water	2.00 pt
9100	Katsuobushi (Cooked)	0.38 pt
9100	Pre-Flaked Katsuobushi	3.00 tb
9101	Egg	2.00 ea
9101	Flour	1.00 x
9101	Salt	0.50 ts
9102	Hen, Capon or Broiler	1.00
9102	Salt	1.00 tb
9102	Cold Water	8.00 c
9102	Large Carrots	5.00
9102	Stalks of Celery	3.00

Sheet1

9102	Large Onion, sliced	1.00
9102	Sprigs of Dill	4.00
9102	Pepper	0.25 ts
9103	Ox Tails; Disjointed OR	2.00 lb
9103	Veal Tails	2.00
9103	Onion; Medium, Sliced	1.00
9103	Vegetable Oil	2.00 tb
9103	Water	8.00 c
9103	Salt	1.00 ts
9103	Peppercorns	4.00
9103	Parsley; Chopped	0.25 c
9103	Carrots; Diced	0.50 c
9103	Celery; Diced	1.00 c
9103	Bay Leaf	1.00
9103	Tomatoes; Drained	0.50 c
9103	Thyme; Dried, Crushed	1.00 ts
9103	Unbleached Flour	1.00 tb
9103	Butter or Margarine	1.00 tb
9103	Madeira	0.25 c
9104	Hard Shell Crabs	6.00
9104	Sliced Okra	2.00 lb
9104	Flour	2.00 tb
9104	Oil	5.00 tb
9104	Butter	1.00 tb
9104	Chopped Green Onions	0.50 c
9104	Finely chopped Onions	1.00 c
9104	Cloves finely chopped garlic	3.00
9104	Chopped Green Pepper	1.00
9104	Chopped Celery	0.50 c
9104	Shrimp(heads/peel)	2.00 lb
9104	Water	8.00 c
9104	Diced Ham	1.00 c
9104	Tomatoes	1.00 cn
9104	Salt	2.00 ts
9104	Black Pepper	0.25 ts
9104	Dashes of Tabasco	5.00
9104	Bay Leaves	3.00
9104	Powdered Thyme	0.50 ts
9104	Basil	0.50 ts
9105	Onion, chopped	1.00 c
9105	Potato, raw, diced	1.00 c
9105	Carrots, sliced	1.00 c
9105	Celery, sliced	1.00 c
9105	Tomatoes, whole, coarsely chopped	32.00 oz 0.00
9105	Water	5.00 c
9105	Salt	1.00 tb
9105	Basil, crushed	0.25 ts
9105	Thyme, crushed	0.25 ts

Sheet1

9105	Bay leaf	1.00
9105	Pepper	0.25 ts
9105	Beef bouillon, instant	2.00 tb
9105	Corn, can, undrained	7.00 oz
9105	Green beans, can, undrained	8.50 oz
9105	Peas, small, can, undrained	8.50 oz
9106	Potato, cubed	8.00 ea
9106	Butter	1.00 tb
9106	Egg, well beaten	1.00 ea
9106	Milk	0.25 c
9106	Milk	1.00 qt
9106	Salt & pepper	1.00 x
9106	Flour	0.50 c
9107	White onions, thinly sliced	2.00
9107	Butter	3.00 tb
9107	Chopped fresh parsley	2.00 tb
9107	Cloves garlic, finely choppe	2.00
9107	Bay leaves	2.00
9107	Prosciutto or cooked ham	0.50 c
9107	Chicken Broth	4.00 c
9107	Water	3.00 c
9107	Pepper	1.00 ts
9107	Potatoes, shredded	4.00
9107	Grated Romano cheese	0.25 c
9108	Instant Beef Bouillon Gran.	4.00 ts
9108	Dried Minced Onion	8.00 ts
9108	Onion Powder	1.00 ts
9108	Bon Appetit Seasoning	0.25 ts
9109	Unsalted butter	0.75 c
9109	Large onions, thinly sliced	6.00
9109	Beef broth	8.00 c
9109	Chicken stock base	1.00 ts
9109	White pepper	0.00
9109	Jack cheese	12.00 oz
9109	French or sourdough bread	0.00
9110	Large yellow onions (4-5)	1.50 lb
9110	Coarsely ground black pepper	0.25 ts
9110	Butter or margarine	3.00 tb
9110	All purpose flour	1.00 tb
9110	10 3/4 oz beef broth	3.00 cn
9110	Water	3.00 c
9110	Bay leaf	1.00
9110	Salt and pepper	0.00
9110	French bread	6.00
9110	Parmesan cheese	2.00 tb
9110	Gruyere cheese, grated	1.00 c
9111	Chicken broth	2.00 qt
9111	Sesame oil	0.75 tb
9111	Salt	2.00 ts

## Sheet1

9111	Bean threads	4.00 oz
9111	cellophane noodles	0.00
9111	Cabbage head, shredded	1.00
9111	Spinach, fresh	1.00 lb
9111	Chicken boneless breasts	2.00
9111	Chicken livers	8.00 oz
9111	Pork tenderloin	8.00 oz
9111	Firm white fish	8.00 oz
9111	Shrimp	8.00 oz
9111	Small oysters	1.00 c
9111	Soy sauce	3.00 tb
9111	Sherry	2.00 tb
9111	Chrysanthemums	2.00 lg
9112	Vegetable Stock	5.00 c
9112	Sm Onion, thinly sliced *	0.00
9112	Cloves Garlic, minced	2.00 x
9112	Minced Gingerroot	1.00 tb
9112	Soy sauce	1.50 tb
9112	Stalks Bok Choy **	3.00 x
9112	Sweet red Pepper, julienned	0.00
9112	Broccoli florets	1.00 c
9112	Carrot, shredded	0.00
9112	Sliced Mushrooms (3 oz)	1.00 c
9112	Peas	0.50 c
9112	Buckwheat Noodles (1/2 cup)	2.00 oz
9112	Firm Tofu, cut in 1/2" cubes	0.50 lb
9112	Watercress leaves	0.25 c
9113	Chicken	6.00 lb
9113	Medium onions, sliced	2.00
9113	Ribs celery, chopped	4.00
9113	Carrots, cut into chunks	2.00
9113	Sprigs parsley	4.00
9113	Salt	1.00 ts
9113	White pepper	0.25 ts
9113	Soy sauce	3.00 tb
9113	Dry sherry	1.50 tb
9113	Ginger juice	1.50 ts
9113	Sesame oil	1.50 ts
9113	Diced tofu	0.00
9113	Cooked soft Chinese noodles	0.00
9113	Sliced green onions	0.00
9113	Sliced fresh mushrooms	0.00
9113	Sliced water chestnuts	0.00
9113	Celery, cut 1-in.-long	0.00
9113	Red bell peppers	0.00
9113	Cilantro leaves	0.00
9114	Ox tails; disjointed or	2.00 lb
9114	Veal tails	2.00
9114	Onion; medium, sliced	1.00



Sheet1

9114	Vegetable oil	2.00 tb
9114	Water	8.00 c
9114	Salt	1.00 ts
9114	Peppercorns	4.00
9114	Parsley; chopped	0.25 c
9114	Carrots; diced	0.50 c
9114	Celery; diced	1.00 c
9114	Bay leaf	1.00
9114	Tomatoes; drained	0.50 c
9114	Thyme; dried, crushed	1.00 ts
9114	Unbleached flour	1.00 tb
9114	Butter or margarine	1.00 tb
9114	Madeira	0.25 c
9115	Oysters, fresh;-OR-	18.00
9115	Frozen oysters	1.00 pt
9115	Warm milk;1 Imperial qt =	1.00 qt
9115	5 cups	0.00
9115	Butter	3.00 tb
9115	Salt & pepper	0.00
9116	Beef Cubes	5.00 c
9116	Flour	2.00 tb
9116	Paprika	1.00 tb
9116	Chili Powder	1.00 ts
9116	Salt	2.00 ts
9116	Lard	3.00 tb
9116	Onions, sliced	2.00
9116	Clove Garlic, minced	1.00
9116	Can Tomatoes	28.00 oz
9116	Chili Powder	3.00 tb
9116	Cinnamon	1.00 tb
9116	Ground Cloves	1.00 ts
9116	Dry Crushed Red Peppers	1.00 ts
9116	Potatoes, chopped	2.00 c
9116	Carrots, chopped	2.00 c
9117	Elbow macaroni,shells, etc	0.50 c
9117	Safflower oil	2.00 tb
9117	Med Onion, chopped	0.00
9117	Clove Garlic, minced	0.00
9117	Green Bell Pepper, chopped	0.50 x
9117	Vegetable stock or water	3.00 c
9117	Can Tomato Paste (2/3 cup)	6.00 oz
9117	Can Chick Peas, drained *	15.00 oz
9117	Can Kidney beans, drained *	16.00 oz
9117	Black pepper	0.75 ts
9117	Summer savory	0.50 ts
9117	Thyme leaves	0.50 ts
9117	Cayenne Pepper	1.00 ds
9118	Oil	3.00 ts
9118	Ground beef	2.00 lb

## Sheet1

9118	Chopped onion	12.00 oz
9118	Slivered carrots	14.00 oz
9118	Diced celery	14.00 oz
9118	(48-oz) tomatoes (diced-cann	1.50 qt
9118	15oz. cans of red kidney bea	2.00
9118	48 oz. jar white kidney bean	1.00
9118	(88 oz) beef stock	2.75 qt
9118	Oregano	3.00 ts
9118	Pepper (black)	2.50 ts
9118	Parsley (fresh chopped)	5.00 ts
9118	Tabasco sauce	1.50 ts
9118	(48-oz) spaghetti sauce	1.50 qt
9118	Shell or elbow macaroni nood	0.00
9119	Dry green split peas	1.00 lb
9119	Water	8.00 c
9119	Stalk celery coarsely	2.00 ea
9119	chopped (1 c )	0.00
9119	Carrots coarsely chopped	2.00 lg
9119	(1 c )	0.00
9119	Onion coarsely chopped	1.00 md
9119	(1/2 c )	0.00
9119	Salt	1.00 ts
9119	Dried thyme crushed	1.00 ts
9119	Pepper	0.50 ts
9119	Snipped parsley or 2	0.25 c
9119	tb fried parsley flakes	0.00
9119	Hot cooked brown rice	4.00 c
9120	Minced onion	2.00 tb
9120	Butter	3.00 tb
9120	Flour	1.00 tb
9120	Peanut butter	1.00 c
9120	Chicken broth	4.00 c
9120	Salt, pepper	0.00
9120	Whipping cream	1.00 c
9120	Madeira	1.00 tb
9121	Butter	3.00 tb
9121	Onion, chopped	1.00
9121	Stalks Celery, chopped	2.00
9121	Flour	1.00 tb
9121	Chicken Stock	6.00 c
9121	Peanut Butter	0.75 c
9121	Salt to taste	0.00
9121	Squeeze of Lemon Juice	0.00
9121	Heavy Cream	0.50 c
9121	Chopped Peanuts	0.50 c
9122	Egg	1.00
9122	Dry sherry	2.00 ts
9122	Cornstarch	2.00 ts
9122	Salt	0.50 ts

Sheet1

9122	Fresh grated ginger	0.50 ts
9122	Finely chopped water	0.25 c
9122	chestnuts	0.00
9122	Medium shrimp **	0.50 lb
9122	Soup	0.00
9122	Bean threads	2.00 oz
9122	Chicken broth	4.00 c
9122	Dry sherry	1.00 ts
9122	Soy sauce	1.00 ts
9122	Mushrooms, sliced	0.25 lb
9122	Snow peas *	20.00
9122	Sprigs cilantro	3.00
9122	Shrimp Balls	0.00
9122	Salt to taste	0.00
9123	Ancho chiles; -=OR=-	2.00 sm
9123	Ground red chile (or more)	1.00 ts
9123	Olive or sunflower seed oil	3.00 tb
9123	Red onions; thinly sliced	2.00 md
9123	Bay leaves	2.00
9123	Ground cloves	0.12 ts
9123	Ground coriander	0.25 ts
9123	Parsley sprigs; chopped	5.00
9123	Garlic cloves	4.00
9123	peeled & coarsely chopped	0.00
9123	Salt	0.00
9123	Red peppers or pimientos	1.00 lb
9123	thinly sliced	0.00
9123	Chopped savoy; -=OR=-	0.50 lb
9123	Smooth-Skinned Cabbage	0.00
9123	Water or stock	6.00 c
9123	Very ripe tomatoes; peeled,	1.00 lb
9123	seeded and chopped	0.00
9123	(juice reserved)	0.00
9123	Creme fraiche	0.00
9123	Chopped cilantro	0.00
9123	for garnish	0.00
9124	Honeycomb tripe	2.00 lb
9124	Veal knuckle	1.00 ea
9124	Med Potato	4.00 ea
9124	Bay leaf	1.00 ea
9124	Cayenne	1.00 x
9124	Flour	2.00 c
9124	Salt	1.00 x
9124	Tripe, plain	2.00 lb
9124	Pot herbs	1.00 ea
9124	Onion	1.00 ea
9124	Salt	1.00 x
9124	Beef suet	1.00 c
9124	Water	1.00 x

Sheet1

9124	Parsley, chopped	1.00 x
9125	Margarine	1.00 tb
9125	Diced onions	0.33 c
9125	Finely diced leeks or green	2.00 tb
9125	Celery cut into 1/2" pieces	0.50 c
9125	Diced ham	0.25 c
9125	Water	6.00 c
9125	Chicken bouillon cubes	5.00
9125	Beef bouillon cubes	5.00
9125	Green pepper, cut into 1/2"	0.50 c
9125	16 oz. tomatoes, diced	1.00 cn
9125	Salt	2.00 ts
9125	Tripe, cooked and julienned	4.00 oz
9125	Cooke rice	1.00 c
9126	Rice; Regular, Uncooked	1.00 c
9126	Green Onions/Tops; Sliced	0.50 c
9126	Pine Nuts; 1/2 Cup	2.00 oz
9126	Margarine Or Butter	2.00 tb
9126	Chicken Broth	2.50 c
9126	Lemon Peel; Grated	1.00 ts
9126	Salt	0.25 ts
9126	Green Onion Tops; Sliced	0.25 c
9127	Pinto or Anasazi beans	2.00 c
9127	soaked overnight	0.00
9127	Sunflower or light olive oil	1.00 tb
9127	Onion; finely minced	1.00 sm
9127	New Mexican red chile	1.00 ts
9127	Water	10.00 c
9127	Salt	0.00
9127	Half and half	1.00 c
9127	Chopped cilantro	2.00 tb
9127	Chopped parsley	2.00 tb
9127	Chives, minced; -=OR=-	2.00 tb
9127	Scallions; finely sliced	4.00
9127	Pine nuts	2.00 tb
9127	toasted in a dry pan	0.00
9128	Ground beef	1.00 lb
9128	Chopped onion	1.00 c
9128	Chopped celery	0.50 c
9128	Butter or margarine	1.00 tb
9128	Tomatoes	3.00 c
9128	Beef bouillion cubes	2.00
9128	Reg. uncooked rice	0.33 c
9128	Salt	1.00 ts
9128	Chili powder	0.50 ts
9128	Bay leaf	1.00
9128	Water	3.50 c
9129	Butter; or margarine	2.00 tb
9129	Onions; up to 3	2.00 md

## Sheet1

9129	peeled and sliced	0.00
9129	Carrots; peeled and sliced	1.00 lb
9129	Turnips; peeled and sliced	0.50 lb
9129	Potatoes; peeled & sliced	10.00 oz
9129	Tomato paste	5.00 tb
9129	Water	3.00 c
9129	Garlic cloves; sliced	2.00 ea
9129	salt	2.50 ts
9129	Basil, dried	0.75 ts
9129	Nutmeg	0.25 ts
9129	Water;to rinse pan &blender	1.00 c
9129	to be added to soup	0.00
9129	Sour cream; for garnish	0.00
9129	Parsley;finely chopped	0.00
9129	for garnish	0.00
9130	Polish sausage, 1/2" pieces	1.00 lb
9130	Oil	3.00 tb
9130	Beef, cubed	1.50 lb
9130	Onions, sliced	2.00
9130	Mushrooms, sliced	2.00 c
9130	Sauerkraut, canned	1.00 lb
9130	White wine	1.00 c
9130	Tomato sauce	8.00 oz
9130	Soy sauce	2.00 ts
9130	Caraway seeds	1.00 ts
9130	Vegetable seasoning	0.25 ts
9131	Quartered whole chicken	1.00
9131	Water	0.00
9131	Piece pork tenderloin	1.00 oz
9131	Stalks celery cut on the diagonal	6.00
9131	diagonal	0.00
9131	Diced large onion	1.00
9131	Head cabbage thinly sliced	0.25
9131	Carrots cut on the diagonal	3.00
9131	Diced potatoes	2.00
9131	Soy sauce	1.00 tb
9131	Green onions finely chopped	2.00
9131	Eggs slightly beaten	2.00
9131	Wonton wrappers	0.00
9131	Egg white slightly beaten	1.00
9132	Quartered whole chicken	1.00
9132	Water	0.00
9132	Piece pork tenderloin	1.00 oz
9132	Stalks celery cut on the diagonal	6.00
9132	diagonal	0.00
9132	Diced large onion	1.00
9132	Head cabbage thinly sliced	0.25
9132	Carrots cut on the diagonal	3.00
9132	Diced potatoes	2.00

Sheet1

9132	Soy sauce	1.00 tb
9132	Green onions finely chopped	2.00
9132	Eggs slightly beaten	2.00
9132	Wonton wrappers	0.00
9132	Egg white slightly beaten	1.00
9133	Med head green cabbage	0.50
9133	Salt	0.75 ts
9133	Lean ground pork	0.50 lb
9133	Egg white	0.50
9133	Cornstarch	1.00 ts
9133	White pepper	1.00 ds
9133	Sugar	0.50 ts
9133	Dry white wine	1.00 ts
9133	Green onions with tops chopp	2.00
9133	Siu mai skins	0.75 lb
9133	Chinese Chicken Broth	7.00 c
9133	Sesame oil	2.00 ts
9134	Pork roast,cut in chunks	2.00 lb
9134	Pork rinds (skins)	0.50 lb
9134	Pork shanks or pigs feet	2.00
9134	Salt	1.00 tb
9134	Posole	2.00 c
9134	Oregano	1.00 ts
9134	Cloves garlic, mashed	2.00
9134	Chopped onion	2.00 tb
9134	Red chili pods,remove seeds	4.00
9135	Chopped leeks (white part)	3.00 c
9135	(or more, up to 4 cups)	0.00
9135	Peeled, diced celery	1.00 c
9135	Peeled & cubed potatoes	4.00 c
9135	(or up to 5 cups potatoes)	0.00
9135	Water	6.00 c
9135	Cooked brown rice	1.00 c
9135	Pepper	0.25 ts
9135	Veggie bouillon	2.00 ts
9135	Salt or to taste	0.50 ts
9135	Splash wine vinegar	1.00
9135	(optional)	0.00
9136	Dried peas, soaked	1.50 lb
9136	Chicken broth	3.00 qt
9136	Butter	4.00 tb
9136	Carrots, peeled and grated	4.00
9136	Onions, grated	2.00
9136	Large leek, chopped fine	1.00
9136	Lettuce leaves, diced	5.00
9136	Sugar	2.00 ts
9136	Salt	0.50 ts
9136	Fresh green peas, cooked	2.00 c
9136	Cream	0.75 c

Sheet1

9136	Milk	0.75 c
9136	Butter	1.00 tb
9136	Sour cream or sherry (opt)	0.00
9137	Ghee	3.00 tb
9137	Minced ginger root	1.00 tb
9137	Green chilies, minced	2.00 ea
9137	Whole cumin seeds	0.50 tb
9137	Black mustard seeds	1.00 ts
9137	Asafetida	0.25 ts
9137	Tomatoes, chopped	2.00 md
9137	Potatoes, cubed	1.50 lb
9137	Turmeric	1.00 ts
9137	Coriander	1.00 tb
9137	Water	1.25 c
9137	Fresh or frozen peas	1.50 c
9137	Salt	1.00 ts
9137	Fresh coriander, chopped	3.00 tb
9138	Sweet butter	4.00 tb
9138	Finely chopped yellow onions	2.00 c
9138	Peeled and chopped carrots	2.00 c
9138	Parsley sprigs	6.00
9138	Chicken stock	5.00 c
9138	Potatoes, peeled & cubed	2.00 lg
9138	Chopped fresh dill	1.00 c
9138	Grated cheddar cheese	2.00 c
9138	Salt & pepper to taste	0.00
9139	Boiling potatoes	2.00 lb
9139	Bacon	0.75 lb
9139	Kale	1.00 lb
9139	Cloves garlic	2.00
9139	Salt and pepper	0.00
9139	Heavy cream	1.00 c
9139	Chicken stock as necessary	0.00
9139	Balsamic vinegar	5.00 ts
9139	Bunch chives	1.00
9139	Diced green onion tops/botto	0.00
9140	Onion, chopped	1.00 md
9140	Potatoes, diced	3.00 md
9140	Carrots, sliced	2.00 md
9140	Celery stalk, chopped	1.00 lg
9140	Bay leaves	2.00 ea
9140	Vegetable oil	2.00 tb
9140	Frozen corn	3.00 c
9140	Can tomatoes, chopped	14.00 oz
9140	Coriander	1.50 ts
9140	Savoury	1.00 ts
9140	Thyme	0.50 ts
9140	Salt & pepper to taste	0.00
9140	Water, stock	1.00 c

Sheet1

9141	Pork shoulder butt with	4.00 lb
9141	bone	0.00
9141	Pork neck bones	2.00
9141	Salt and pepper to taste	0.00
9141	Onion	1.00 md
9141	(15-oz each) white	4.00 cn
9141	hominy	0.00
9141	Chile rojo powder	1.00 tb
9141	Diced onions	0.00
9141	Trimmed radishes	0.00
9141	Shredded raw cabbage	0.00
9141	Tabasco sauce or salsa to	0.00
9141	garnish	0.00
9142	Chickpeas	0.50 c
9142	Zucchini	2.00 sm
9142	Boneless lamb	0.25 lb
9142	Sweet potatoes	2.00 sm
9142	Boneless beef	0.25 lb
9142	Corn cut from the cob	1.00 c
9142	Chicken	3.00 lb
9142	White potatoes, boiled in	2.00
9142	jackets	0.00
9142	Ham	0.50 lb
9142	Barely ripe bananas	3.00
9142	Onion	1.00 lg
9142	Coriander seeds, crushed	0.50 ts
9142	Cloves garlic	3.00
9142	Pepper	0.25 ts
9142	Veal knuckle, split	1.00
9142	Oil (or butter)	3.00 tb
9142	Salt	1.00 ts
9142	Pears	2.00
9142	Chicken broth	2.00 qt
9142	Peaches	3.00
9142	Cabbage	0.50 sm
9142	Limes	2.00
9142	Turnips	2.00 sm
9142	Carrot	1.00 lg
9143	Stewing beef	10.00 lb
9143	Water	2.00 ga
9143	Salt	2.00 tb
9143	Potatoes	5.00 lb
9143	Red chile powder	2.00 c
9143	Blue cornmeal *	0.50 c
9144	Split Peas	0.25 lb
9144	Chicken Stock or Water	4.00 c
9144	Fresh chopped Pumpkin	1.00 lb
9144	Onion, chopped	1.00
9144	Strip of Beef or Bacon	0.00



## Sheet1

9144	Salt	0.00
9144	Freshly Ground Black Pepper	0.00
9144	Mixed Fresh or Dried Herbs	0.00
9144	Fresh Thyme	0.00
9144	Fresh Parsley, chopped	0.00
9145	Flavorless cooking oil	1.00 tb
9145	Onion; chopped	1.00 md
9145	Low-sodium chicken broth	6.00 c
9145	OR water, or a mixture	0.00
9145	Sweet potatoes	1.25 lb
9145	peeled and roughly diced	0.00
9145	Nutmeg	0.50 ts
9145	Salt; or to taste	1.00 ts
9145	White pepper	0.25 ts
9145	Chunky cranberry sauce	0.50 c
9145	Sour cream	0.00
9146	Virgin olive oil	0.25 c
9146	Onion	1.00 md
9146	peeled and roughly diced	0.00
9146	Minced garlic	0.50 tb
9146	Plum tomatoes,pref. overripe	2.00 lb
9146	Dry white wine	1.00 c
9146	Chopped fresh herbs	3.00 tb
9146	any combination of Basil,	0.00
9146	Oregano, Thyme & Marjoram	0.00
9146	Salt; to taste	0.00
9146	Freshly ground pepper	0.00
9146	to taste	0.00
9147	Potatoes, peeled & diced	2.00 x
9147	Med stalks Celery, chopped	2.00 x
9147	Med Carrots, chopped	2.00 x
9147	Sm Onion, chopped (1/4 cup)	0.00
9147	Clove Garlic, minced	0.00
9147	Vegetable stock	2.00 c
9147	Black Pepper	0.25 ts
9147	Thyme	0.50 ts
9147	Nutmeg	1.00 ds
9147	Broccoli Florets	3.00 c
9147	Milk	1.00 c
9147	Egg Yolk, lightly beaten	0.00
9147	Soy sauce	1.00 tb
9148	Ground beef	1.00 lb
9148	(16-oz) package frozen	1.00
9148	mixed soup vegetables	0.00
9148	Vegetable/cocktail/tomato	4.00 c
9148	juice	0.00
9148	Water	4.00 c
9148	Beef flavor instant	2.00 tb
9148	bouillon	0.00

Sheet1

9148	Basil leaves	1.00 ts
9148	Marjoram leaves	1.00 ts
9148	Salt	1.00 ts
9148	Onion salt	0.50 ts
9148	Pepper	0.50 ts
9148	Garlic powder	0.25 ts
9148	Package spaghetti broken	0.50 lb
9148	into thirds and uncooked	0.00
9148	Grated parmesanc cheese	0.00
9148	optional	0.00
9149	Cal/Serving: 150	0.00
9149	Prep Time: 10 Min	0.00
9149	Cooking Time: 10 min	0.00
9149	Cod fillets; frozen *	1.00 lb
9149	Butter	1.00 tb
9149	Onion; finely chopped	0.50 c
9149	Cream of celery soup	10.00 oz
9149	Clam chowder	14.00 oz
9149	Milk	1.00 c
9149	Water	0.50 c
9149	Parsley; chopped	0.00
9150	Yellow onions	1.00 lb
9150	Sugar	1.00 ts
9150	Olive oil	2.00 tb
9150	Beef broth, strained	5.00 c
9150	Black pepper	0.25 ts
9150	French bread slices	4.00 x
9150	Jarlsberg cheese	6.00 oz
9151	Margarine	2.00 tb
9151	Stalks Celery,finely chopped	2.00 x
9151	Cloves Garlic, minced	2.00 x
9151	Med Onion, chopped (1/2 cup)	0.00
9151	Vegetable stock	2.00 c
9151	Bag frzn Peas,thawed (3 cups	16.00 oz
9151	White Pepper	1.00 ds
9151	Low-fat Milk	0.50 c
9151	Nutmeg	1.00 ds
9152	Ground beef	1.00 lb
9152	(16-oz) frozen mixed soup	1.00 pk
9152	Vegetables	0.00
9152	V-8 cocktail juice	4.00 c
9152	Water	4.00 c
9152	Beef flavor instant	2.00 tb
9152	Bouillon	0.00
9152	Basil leaves	1.00 ts
9152	Marjoram leaves	1.00 ts
9152	Salt	1.00 ts
9152	Onion salt	0.50 ts
9152	Pepper	0.50 ts

## Sheet1

9152	Garlic powder	0.25 ts
9152	Package spaghetti broken	0.50 lb
9152	Into thirds and uncooked	0.00
9152	Grated Parmesan cheese opt	0.00
9153	Carrots, large	3.00
9153	Turnip, large	1.00
9153	Stalks celery	2.00
9153	Onions. large	2.00
9153	Butter	2.00 tb
9153	Water	3.00 qt
9153	Salt	2.00 ts
9153	Large sprig parsley	6.00
9153	Bay leaf	0.50
9153	Thyme leaves	1.00 ts
9154	Fresh raspberries	3.00 c
9154	Water	0.75 c
9154	Lemon juice	2.00 tb
9154	Grated lemon rind	2.00 tb
9154	Maple syrup	0.50 c
9154	Arrowroot	2.00 tb
9154	Sour cream	0.50 c
9154	Strawberry wine	2.00 c
9154	Fresh raspberries for garnish	0.50 c 0.00
9155	Olive Oil	1.00 tb
9155	Onion Sliced	1.00 lg
9155	Red Pepper Chopped	1.00 lg
9155	Carrots Diced	2.00
9155	Zucchini Sliced	2.00 md
9155	Celery Stalks Sliced	2.00
9155	Sliced Mushrooms	2.00 c
9155	Tomatoes Peeled & Quartered	4.00 0.00
9155	Dried Beans or One (15-Oz) Rinsed & Drained	0.33 c 1.00 cn
9155	Paprika	0.50 ts
9155	Black Pepper,	0.00
9155	Little Cumin	0.00
9156	Red Bell Pepper; Lg, *	1.00 ea
9156	Jalepno Peppers; **	1.00 x
9156	Onion; Chopped, 1 Sm	0.25 c
9156	Margarine Or Butter	2.00 tb
9156	Rice; Regular, Uncooked	1.00 c
9156	Chicken Broth	2.00 c
9156	Salt	0.25 ts
9156	Red Pepper Sauce	0.12 ts
9157	Dried chick peas	1.00 c
9157	Cold water	6.00 c
9157	Onions,thinly sliced	2.00

Sheet1

9157	Olive oil	1.00 tb
9157	Salt	1.00 ts
9158	Fresh spinach	0.50 lb
9158	Scallion	1.00
9158	Clove garlic	1.00
9158	Sesame oil	1.00 tb
9158	Ground beef	0.50 lb
9158	Soy sauce	1.00 ts
9158	Salt	1.00 tb
9158	Dash pepper	0.00
9158	Water	4.00 c
9159	Good stewing venison	2.00 lb
9159	- (trimmed weight)	0.00
9159	Onion	1.00
9159	Small flat mushrooms	0.75 lb
9159	Red wine vinegar	2.50 fl
9159	Water	2.50 fl
9159	(scant) beef or game stock	0.75 pt
9159	Butter	0.00
9159	Oil	0.00
9159	Flour	0.00
9159	Sugar	0.00
9159	Bay leaves	0.00
9159	FOR THE FORCEMEAT BALLS -----	0.00 -----
9159	Fresh breadcrumbs	8.00 oz
9159	Grated suet	8.00 oz
9159	Lemons (grated zest only)	2.00
9159	Lemon juice	1.50 tb
9159	Egg	1.00 lg
9159	Fresh chopped parsley	3.00 tb
9160	Slices bacon, cut crosswise	6.00
9160	Into eighths	0.00
9160	Boneless beef chuck roast,	2.50 lb
9160	Cut into 3/4" cubes	0.00
9160	All-purpose flour	0.33 c
9160	Soy sauce	1.00 tb
9160	Seasoned salt	1.50 ts
9160	Dried basil,crushed	0.25 ts
9160	Garlic powder	0.12 ts
9160	Dry red wine	0.50 c
9160	Onions,cut in 8 wedges	2.00 md
9160	Sliced fresh mushrooms	2.00 c
9161	Flour	2.00 c
9161	Egg, well beaten	1.00
9161	Corn, crushed	1.00 c
9161	Salt	0.50 ts
9161	Broth, chicken	0.00
9161	Broth, beef	0.00
9162	Garlic heads (about 1/2	4.00

Sheet1

9162	Pound total), unpeeled	0.00
9162	Olive oil	0.25 c
9162	(3/4 stick) unsalted	6.00 tb
9162	Butter	0.00
9162	Leeks (white part only),	4.00
9162	Chopped	0.00
9162	Onion, diced	1.00
9162	All purpose flour	6.00 tb
9162	Chicken stock or canned	4.00 c
9162	Broth, heated	0.00
9162	Dry Sherry	0.33 c
9162	Whipping cream	1.00 c
9162	Fresh lemon juice	0.00
9162	Salt and fresh ground	0.00
9162	White pepper	0.00
9162	Chopped fresh chives	2.00 tb
9163	Rock shrimp	2.00 lb
9163	Celery, diced	1.00 c
9163	Chopped onion	1.00 c
9163	Chopped carrots	1.00 c
9163	Butter or margarine	0.25 lb
9163	Black pepper (optional)	0.25 ts
9163	Curry powder	1.00 ts
9163	Chili powder	1.50 ts
9163	Thyme	0.50 ts
9163	Chopped garlic	1.00 ts
9163	Flour	0.50 c
9163	Tomato, diced medium	1.00
9163	Green pepper, diced medium	1.00
9163	Tomatos, diced medium	2.00
9163	Chopped parsley for garnish	0.00
9164	Leeks white part only	2.00 lg
9164	Unsalted butter	4.00 tb
9164	All purpose	2.50 tb
9164	flour	0.00
9164	Homemade chicken stock	6.00 c
9164	Carrots peeled and cubed	3.00 md
9164	Turnips peeled and cubed	3.00 md
9164	Parsnips peeled and	2.00 md
9164	cubed	0.00
9164	Red potatoes peeled and	2.00 md
9164	cubed	0.00
9164	Hearts of bibb lettuce	2.00 ea
9164	leaves separated and	0.00
9164	rinsed	0.00
9164	Fresh spinach	2.00 c
9164	leaves stemmed and rinsed	0.00
9164	Salt and white pepper to	0.00
9164	taste	0.00

Sheet1

9164	Heavy cream	0.50 c
9164	Fine minced chives	2.00 tb
9164	and parsley for garnish	0.00
9165	Dried rose hips	0.50 lb
9165	Water	3.00 pt
9165	Potato flour	2.00 oz
9165	Madeira (or sherry)	4.00 tb
9165	Blanched almonds; shredded	12.00
9165	Lemon juice	1.00 ts
9165	Sugar	1.00 tb
9166	Raspberries-frozen, thawed	20.00 oz
9166	Burgundy	2.00 c
9166	Water	2.50 c
9166	Cinnamon-3 inch stick	1.00
9166	Cornstarch	0.25 tb
9166	Whipping cream	0.00
9167	Milk	3.00 qt
9167	Butter	2.00 tb
9167	Salmon	1.00 cn
9167	Salt	0.00
9167	Pepper	0.00
9167	Cracker crumbs	0.00
9168	Salsify roots - medium	5.00 ea
9168	Milk - whole	1.00 qt
9168	Butter	1.00 tb
9168	Salt	0.00
9168	Pepper	0.00
9169	Onion, chopped	0.50 c
9169	Garlic, pressed	1.00 cl
9169	Butter or margarine	2.00 tb
9169	Water	4.00 c
9169	Chicken bouillion cubes	5.00
9169	Noodle flakes, uncooked -OR-	0.50 c
9169	Broken thin noodles,uncooked	0.50 c
9169	Salt	0.50 ts
9169	(10 oz) frozen, chopped	1.00 pk
9169	Spinach, thawed, drained	0.00
9169	Milk	3.00 c
9169	Cheddar cheese, shredded	0.50 c
9169	Swiss cheese, shredded	0.50 c
9169	Black pepper to taste	0.00
9170	Boned Pork 1/4" Dice	0.50 lb
9170	Section Canned Konnyaku	0.00
9170	Gobo	1.00
9170	1" Slice Daikon	1.00
9170	Aka Miso	4.00 oz
9170	Green Onion	1.00
9170	Pork Neck Bones	1.00 lb
9170	Shiitake	2.00

Sheet1

9170	Medium Carrot	1.00
9170	Sweet Potato, Pld 1/4" Dice	4.00 oz
9170	MSG	1.00 pn
9170	Hichimi Togarishi	0.00
9171	Pork Butt, cubed	2.00 lb
9171	Sausage, sliced	3.00 lb
9171	Franco-American Brown Gravy	1.00 cn
9171	Onions diced	2.00
9171	Bunch Shallots diced	1.00
9171	Rice	5.00 c
9171	Water	0.00
9171	SEASONINGS -----	0.00 -----
9171	Salt	0.00
9171	Cayenne pepper	0.00
9171	Tiger sauce	0.00
9171	Hot sauce	0.00
9171	Tony's Chachere's Seasoning	0.00
9171	Kitchen Bouquet	0.00
9172	Whole kernel corn	2.00 cn
9172	Polish sausage	0.50 lb
9172	Celery stalks; sliced	2.00
9172	Onion; chopped	1.00
9172	Red pepper; chopped	1.00
9172	New red potatoes, peeled, cu	1.00 lb
9172	Chicken broth	28.00 oz
9172	Broccoli; cubed	1.00 lb
9172	Cream of brocolli soup	2.00 cn
9172	Cream	1.00 c
9173	Sausage Italian	1.00 lb
9173	Onions, diced	2.00
9173	Garlic clove diced	1.00
9173	Spaghetti sauce	1.00
9173	Water	1.00
9173	Bouillon cube	2.00
9173	Zucchini, sliced	1.00
9173	Cabbage, sliced	1.00
9174	Lge. Carrot, Thinly Sliced	1.00
9174	Chopped Onion	2.00 tb
9174	Water	1.00 tb
9174	Lean Ground Beef	0.50 lb
9174	Tomato Sauce	1.00 c
9174	Water	0.50 c
9174	Dry Red Wine	2.00 tb
9174	Sugar	0.50 ts
9174	Salt	0.25 ts
9174	Dash Garlic Powder	0.00
9174	Dash Pepper	0.00
9174	Shredded Cheddar Cheese	2.00 tb
9175	Fish stock	4.00 c

Sheet1

9175	Sea scallops	1.00 lb
9175	Fresh corn cut from the cob	2.00 c
9175	Rice wine	2.00 tb
9175	Finely chopped fresh ginger	1.00 tb
9175	Chopped scallions	3.00 tb
9175	Sugar	1.00 tb
9175	Salt and pepper to taste	0.00
9175	Heavy cream	0.50 c
9175	Butter	1.00 tb
9175	Finely chopped fresh chives	3.00 ts
9175	for garnish	0.00
9176	Shoulder of mutton	2.00 lb
9176	Dried green peas	1.00 c
9176	Pearl barley	0.50 c
9176	Cold water	2.00 qt
9176	Salt	2.00 ts
9176	Pepper	0.25 ts
9176	Onions, chopped	2.00
9176	Carrots, diced	3.00
9176	Turnip, diced	1.00 c
9176	Celery, diced	0.50 c
9176	Parsley, chopped	1.00 tb
9177	Lamb neck or brest, well	2.00 lb
9177	Trimed	0.00
9177	Pearl barley	0.50 c
9177	Salt	1.00 tb
9177	Peppercorns	3.00
9177	Onion, chopped	1.00 md
9177	Stalks celery, sliced	2.00
9177	Turnip, peeled and diced	1.00
9177	(10 oz) frozen peas, thawed	1.00 pk
9177	Leaf thyme	1.00 ts
9177	Tabasco sauce	0.25 ts
9178	Onion	1.00 sm
9178	Yellow hominy (15 oz.)	1.00 cn
9178	Rockfish fillet	0.75 lb
9178	Olive oil OR salad oil	2.00 ts
9178	Lime	1.00
9178	Low-salt chicken broth	3.00 c
9178	Diced tomatoes and juice (14	1.00 cn
9178	1/2 oz.)	0.00
9178	Chopped green chilies (4	1.00 cn
9178	oz.)	0.00
9178	Ground cumin	2.00 ts
9179	Thin sliced onion	1.00 lg
9179	Chopped green onion & tops	1.00 c
9179	Clove garlic fine chopped	3.00
9179	Fine chopped parsley	0.50 c
9179	Seeded and diced bell	1.00



Sheet1

9179	pepper	0.00
9179	Tomato sauce	3.00 c
9179	Dry white wine	1.00 c
9179	Water	1.00 c
9179	Thyme crushed	0.25 ts
9179	Rosemary crushed	0.25 ts
9179	Salt	1.00 ts
9179	Fresh ground black	0.25 ts
9179	pepper	0.00
9179	Bay leaf	1.00
9179	Crab/firm white fish cubed	1.00 lb
9179	Shrimp	1.00 lb
9179	Scallops/clams in the shell	6.00
9180	Dried Chinese blk. mushrooms	5.00
9180	Cold water	4.50 c
9180	Szechwan preserved veg. *	0.50 c
9180	Green onion; quartered	3.00
9180	Carrots; coarsely chopped	2.00 lg
9180	Oriental sesame oil	0.25 ts
9180	Light soy sauce	0.25 ts
9180	Black soy sauce	0.25 ts
9180	Ground white pepper	0.12 ts
9181	Dried navy beans	1.00 c
9181	Olive oil	1.00 tb
9181	Diced onion	0.75 c
9181	Diced carrot	0.25 c
9181	Diced celery	0.25 c
9181	Vegetable stock	5.00 c
9181	Thyme	0.50 ts
9181	Salt and pepper; as desired	0.00
9181	Lemon juice	3.00 tb
9182	White navy beans	1.00 lb
9182	Water	0.00
9182	Ham bone (or 2 ham hocks)	1.00
9182	Celery stalks; diced	3.00
9182	Carrots; shredded	2.00
9182	Lg onion; chopped	1.00
9182	Salt to taste	0.00
9182	Pepper to taste	0.00
9182	Thyme; dried	0.50 ts
9182	Tomatoes in puree	28.00 oz
9182	Brown sugar	2.00 tb
9182	Spinach leaves; finely shred	1.50 c
9183	Dry Shiitake mushrooms	4.00
9183	To 3/4 Lb. Catfish fillets	0.50
9183	Salad oil	1.00 tb
9183	Julienned peeled fresh	1.00 tb
9183	ginger	0.00
9183	Red-in-snow (optional)	2.00 tb

Sheet1

9183	Low-salt chicken broth	4.00 c
9183	Firm tofu, drained and cut	8.00 oz
9183	into 1/2 inch cubes	0.00
9183	Soy sauce	2.00 tb
9183	Dry sherry	1.00 tb
9183	Sugar	1.00 ts
9183	Green onion, cut diagonally	1.00 lg
9183	into 1 inch pieces	0.00
9183	Sesame oil	0.50 ts
9184	Beef stew meat	1.50 lb
9184	Celery - diced	1.50 c
9184	Carrots - sliced	1.50 c
9184	Onion - large, sliced	1.00
9184	Tomatos - large, cubed	4.00
9184	Salt	1.50 ts
9184	Pepper to taste	0.00
9184	BISCUIT TOPPING -----	0.00 -----
9184	Flour	2.00 c
9184	Baking powder	4.00 ts
9184	Salt	1.00 ts
9184	Shortening	0.33 c
9184	Milk or light cream	1.00 c
9185	Shrimp; peeled deveined *	1.00 lb
9185	Shrimp shells	12.00 oz
9185	Clarified butter	2.00 oz
9185	Onion; finely diced	12.00 oz
9185	Clove garlic; minced	1.00
9185	Paprika	2.00 tb
9185	Tomato paste	3.00 tb
9185	Brandy	3.00 oz
9185	Gallon Fish Stock	1.00
9185	Roux; (see note)	16.00 oz
9185	Heavy cream - heated	1.00 qt
9185	Dry sherry	4.00 oz
9185	Tabasco sauce	0.00
9185	Worcestershire sauce	0.00
9185	OLD BAY SEAFOOD SEASONING	0.00
9186	Chicken stock	8.00 c
9186	Louisiana hot sauce	2.00 ts
9186	Green onions, chopped	1.00 c
9186	Celery, chopped	0.50 c
9186	Salt, to taste	0.00
9186	Garlic, diced	1.00 tb
9186	Lea & Perrins	1.00 tb
9186	Parsley, chopped	1.00 c
9186	White wine, dry	2.00 c
9186	Shrimp, chopped	2.00 lb
9187	Stephen Ceideburg	0.00
9187	Medium shrimp, shelled and	0.75 lb

Sheet1

9187	deveined	0.00
9187	Salt	1.00 ts
9187	Pork butt, finely chopped	0.50 lb
9187	Peeled, grated fresh ginger	1.00 ts
9187	Sugar	1.00 ts
9187	White pepper	1.00 pn
9187	Light soy sauce	1.00 tb
9187	Dry sherry or rice wine	1.00 tb
9187	Asian sesame oil	1.00 ts
9187	Cornstarch	2.00 ts
9187	Green onions (white part	2.00
9187	only), minced	0.00
9187	Water chestnuts, peeled and	4.00
9187	finely chopped	0.00
9187	Package thin won ton skins	1.00 lb
9188	FILLING -----	0.00 -----
9188	Raw Shrimp *	0.75 lb
9188	Water Chestnuts **	0.50 c
9188	Soy Sauce	2.00 ts
9188	Rice Wine Or Sake	1.00 tb
9188	Sesame Oil	1.50 ts
9188	Salt	0.50 ts
9188	Freshly Ground Pepper	0.25 ts
9188	Minced Fresh Ginger	1.50 tb
9188	Minced Scallions	1.50 tb
9188	Egg White Lightly Beaten	1.00
9188	Cornstarch	1.50 tb
9188	TO ASSEMBLE -----	0.00 -----
9188	Wonton Skins	48.00
9188	Cornstarch For Dusting	0.00
9188	TO FINISH -----	0.00 -----
9188	Homemade Chicken Broth	4.00 c
9188	Salt	1.00 ts
9188	Sesame Oil	0.50 ts
9188	Fresh Spinach ***	10.00 oz
9189	Peanut oil	3.00 tb
9189	Pork butt or shoulder,	0.33 lb
9189	slivered	0.00
9189	Slivered fresh ginger root	1.00 tb
9189	Thin soy sauce	2.00 ts
9189	Dry sherry	2.00 ts
9189	Slivered Szechuan mustard	0.25 c
9189	green	0.00
9189	Water	4.00 c
9189	(approx) bean thread noodles	2.50 oz
9189	Minced fresh coriander	1.00 tb
9189	Sprigs of coriander for	4.00
9189	garnish	0.00
9189	Sesame oil	2.00 ts

Sheet1

9190	Milk	10.00 fl
9190	Water	25.00 fl
9190	Potatoes	2.50 lb
9190	Onions	1.00 lb
9190	Thyme	1.00 pn
9190	Clove	0.00
9190	Salt and pepper	0.00
9191	Lean Ground Beef	1.00 lb
9191	Onion; Chopped, 1 Md	0.50 c
9191	Tomatoes; 1 Cn	16.00 oz
9191	Celery; Chopped	0.50 c
9191	Water	0.50 c
9191	Salt	1.50 ts
9191	Pepper	0.25 ts
9191	Basil Leaves	0.12 ts
9191	Marjoram Leaves	0.12 ts
9191	Fine Noodles; Uncooked, 3 Oz	1.50 c
9192	Lean ground beef	2.00 lb
9192	Water	1.00 qt
9192	Small onions, chopped	4.00
9192	Garlic powder	1.00 ts
9192	Chili powder	4.00 ts
9192	Crushed red pepper	2.00 ts
9192	Cumin	4.00 ts
9192	Salt	1.00 tb
9192	Medium Bay leaves	5.00
9192	Ground allspice	1.00 ts
9192	Vinegar	1.50 tb
9192	Worstershire sauce	2.00 tb
9192	Tomato paste	6.00 oz
9192	Block unsweetened chocolate	1.00
9193	Chicken broth	4.00 c
9193	Leeks white part only	3.00 md
9193	sliced or 3 medium onions	0.00
9193	chopped	0.00
9193	Spinach trimmed and chopped	6.00 oz
9193	Cubed potatoes	3.00 c
9193	All natural sour	2.00 tb
9193	cream and butter flavor	0.00
9193	sprinkle	0.00
9193	Freshly ground black pepper	0.00
9194	Veal knuckle	3.50 lb
9194	Broth, beef	3.00 qt
9194	Broth, beef	4.00 qt
9194	Flour	1.00 c
9194	Carrot, diced	2.00
9194	Celery, chopped	2.00
9194	Marjoram	0.50 ts
9194	Cloves	3.00

Sheet1

9194	Tabasco	1.00 ds
9194	Egg, hard boiled, chopped	1.00
9194	Chicken fat	1.00 c
9194	Butter	1.00 c
9194	Wine, dry sherry	2.00 c
9194	Turtle **	1.00
9194	Onion, finely chopped	3.00
9194	Thyme	0.25 ts
9194	Bay leaf	1.00
9194	Sl Lemon	3.00
9194	Salt & pepper	0.00
9194	Tomato, strained	2.00 c
9195	Shortening	4.00 tb
9195	Medium-sized avocados,	3.00
9195	mashed	0.00
9195	Flour	1.00 tb
9195	Chopped onion	0.25 c
9195	Cream	0.33 c
9195	Tomatoes, peeled and drained	0.50 c
9195	Green food coloring	0.00
9195	Tortillas (bought), or 3	3.00
9195	slices of bread	0.00
9195	Salt and pepper	0.00
9195	Stock	4.00 c
9196	Firm white bread	4.00 sl
9196	Stock	4.00 c
9196	Butter	1.00 tb
9196	Bay leaf	1.00
9196	Olive oil	1.00 tb
9196	Lemon juice	1.00 ts
9196	Cloves garlic, minced	4.00
9196	Eggs	4.00
9197	Garlic, minced	2.00 tb
9197	Olive Oil	1.00 tb
9197	Whole Wheat Bread Crumbs	1.00 c
9197	Chicken Stock	4.00 c
9197	Cayenne Pepper	0.50 ts
9197	Paprika	0.50 ts
9197	Parsley, freshly chopped	2.00 tb
9197	(optional)	0.00
9198	BROTH -----	0.00 -----
9198	Minced Onion	1.00
9198	Minced Clove Garlic	1.00
9198	Oil	2.00 tb
9198	Tomato Sauce	4.00 oz
9198	Beef Stock	3.00 qt
9198	ALBONDIGAS -----	0.00 -----
9198	Ground Beef	0.75 lb
9198	Ground Pork	0.75 lb

Sheet1

9198	Raw Rice	0.33 c
9198	Salt	1.50 ts
9198	Pepper	0.25 ts
9198	Slightly Beaten Egg	1.00
9198	Chopped Mint Leaves	1.00 tb
9199	Ground Beef	0.50 lb
9199	Flour	1.00 tb
9199	Ground Pork	0.50 c
9199	Shortening	2.00 tb
9199	Boiled rice, mashed	0.50
9199	Onion, chopped	1.00 sm
9199	Egg	1.00
9199	Tomato pulp	0.50 c
9199	Salt and pepper to taste	0.00
9199	Beef stock	1.00 qt
9200	Ears corn (or 1 1/2 cups	3.00 sm
9200	frozen whole kernel	0.00
9200	Corn, thawed)	0.00
9200	Garlic clove	1.00
9200	Salt	0.50 ts
9200	Butter	1.00 tb
9200	Onion, chopped	1.00 sm
9200	Tomatoes, peeled, chopped	3.00 sm
9200	(3/4 lb)	0.00
9200	Beef broth	1.00 qt
9200	Dried leaf oregano, crushed	0.50 ts
9200	Whipping cream	0.25 c
9201	Peanuts; 125 g, roasted &	1.00 c
9201	then finely ground -OR-	0.00
9201	Peanut Butter	0.50 c
9201	Oil	2.00 tb
9201	Onion; chopped finely	1.00
9201	Potatoes; chopped & boiled	1.00 lb
9201	Stock	4.00 c
9201	Cream; optional	0.50 c
9201	Chives; chopped	2.00 tb
9201	salt and pepper	0.00
9202	Grouper (4 lb)	1.00
9202	Shrimps in shell	1.00 lb
9202	Salt	1.00 ds
9202	Bouquet Garni	1.00
9202	Mussels or clams in shell	24.00
9202	Olive oil	0.25 c
9202	Green onions, chopped	0.75 c
9202	Garlic cloves, crushed	3.00
9202	Tomatoes, peeled, chopped	4.00
9202	Fresh chopped coriander	1.00 tb
9202	Fresh chopped parsley	1.00 c
9202	Cayenne Pepper	1.00 ds

Sheet1

9202	Crab meat	1.00 lb
9202	Lobster meat	1.00 lb
9202	Ground Pepper	1.00 ds
9203	Nests shrimp-flavored	2.00
9203	Noodles	0.00
9203	Salted water	4.00 qt
9203	Lily flowers, soaked	0.50 c
9203	Green onion, slivered	1.00
9203	Napa cabbage, shredded	1.00 c
9203	Steamed chicken breast,	1.00 c
9203	Cooled & shredded	0.00
9203	Chicken broth	3.00 c
9203	White rice vinegar	2.00 tb
9203	Sugar	1.00 ts
9203	Salt	0.50 ts
9203	Peanut oil	1.00 tb
9204	Chicken broth	12.00 c
9204	Cooked chicken meat cubed	2.00 c
9204	Chopped onion	0.33 c
9204	Sliced carrot (2 medium)	1.00 c
9204	Deiced celery ( 3 medium	1.00 c
9204	stalks)	0.00
9204	Dried parsley	1.00 ts
9204	Bay leaf	1.00 sm
9204	Salt	0.50 ts
9204	Pepper	0.25 ts
9204	Frozen egg noodles	16.00 oz
9205	Chicken stock	1.50 qt
9205	(1-1/2 sticks) butter	0.75 c
9205	Diced onion	0.75 c
9205	Diced potato	1.50 c
9205	Peeled diced tomato	0.75 c
9205	Diced carrot	0.75 c
9205	Green beans	0.75 c
9205	Broccoli, coarsely chopped	0.75 c
9205	Minced leek	0.75 c
9205	Minced zucchini	0.75 c
9205	Clove garlice	1.00
9205	Sugar, or to taste	1.50 ts
9205	Sald and freshly ground	0.00
9205	pepper to taste	0.00
9205	Heavy cream	0.50 c
9206	(1/4 stick) unsalted butter	2.00 tb
9206	Vegetable oil	0.25 c
9206	Onions, thinly sliced	3.50 lb
9206	Dry wine	2.00 c
9206	Chicken stock or canned	6.00 c
9206	Low-salt broth	0.00
9206	-----	0.00 -----

Sheet1

9206	1/2-inch thick French Bread	12.00
9206	Baguette slices, toasted	0.00
9206	Gruye're Cheese (about 4 oz)	1.00 c
9207	Chicken broth; strained	2.00 qt
9207	Raw long grain white rice	0.50 c
9207	Whole eggs or egg yolks	2.00
9207	Lemons; (juice only)	2.00
9207	Salt	0.00
9208	Lentils	170.00 g
9208	Medium carrot	1.00
9208	Garlic cloves, halved	4.00
9208	Chopped onion	0.25
9208	Olive oil	60.00 ml
9208	Canned peeled tomatoes	190.00 g
9208	Sea salt	0.00
9208	Black pepper	0.00
9209	Dried chickpeas	220.00 g
9209	Rosemary	1.00 ts
9209	Olive oil	100.00 ml
9209	Sea salt	0.00
9209	Black pepper	0.00
9209	Lemon juice	0.00
9210	Onions, thinly sliced	6.00 lg
9210	Unsalted butter	0.25 c
9210	Flour	1.00 tb
9210	Beef broth	1.50 qt
9210	French bread, 1/2-inch thick	12.00 sl
9210	toasted	0.00
9210	Gruyere cheese, coarsely	0.25 lb
9210	grated	0.00
9211	Stephen Ceideburg	0.00
9211	Scallions, white part only,	2.00
9211	crushed with the side of a	0.00
9211	knife	0.00
9211	Sprinkling of freshly ground	0.00
9211	black pepper	0.00
9211	Salt	2.00 ts
9211	Plus 4 teaspoons fish sauce	2.00 tb
9211	(nuoc mam)	0.00
9211	Fish head or fish carcass,	1.00 lg
9211	split down the center	0.00
9211	Water	1.00 qt
9211	Canned sliced sour bamboo	0.50 c
9211	Fresh pineapple, cut in a	0.25
9211	lengthwise section and	0.00
9211	sliced	0.00
9211	MSG (optional)	1.00 ds
9211	Mixed chopped fresh	2.00 tb
9211	coriander (Chinese parsley)	0.00



Sheet1

9211	and green scallions	0.00
9212	Brown lentils	0.50 l
9212	Water	2.00 l
9212	Finely chopped spring onions	0.25 l
9212	Garlic clove (opt.); crushed	1.00
9212	Finely chopped coriander *	0.50 dl
9212	Olive oil	0.75 dl
9212	Cold water	0.50 dl
9212	Flour	1.00 tb
9212	Vinegar (or to taste)	0.50 dl
9212	Salt	0.00
9212	Freshly ground black pepper	0.00
9213	Chicken stock, strained	5.00 c
9213	And fairly clear	0.00
9213	Boneless pork butt	0.12 lb
9213	Black mushrooms	4.00
9213	Dried bamboo shoot tips,	0.33 c
9213	Soaked and shredded	0.00
9213	Green onion	1.00
9213	Rice stick noodles, soaked	0.50 c
9213	Thin soy sauce	1.00 ts
9213	Sugar	1.00 pn
9213	White vinegar	2.00 ts
9213	Sesame oil	0.50 ts
9214	Dried black mushrooms	5.00
9214	Pieces cloud ear fungus	15.00
9214	Pieces dried lily flower	30.00
9214	Chicken stock	6.00 c
9214	Mushroom liquid	1.00 c
9214	Clear rice vinegar	6.00 tb
9214	Thin soy	3.00 tb
9214	Freshly ground black pepper	1.00 ts
9214	Lean pork	0.25 lb
9214	Dry sherry or rice wine	1.00 ts
9214	Thin soy	1.00 ts
9214	Sugar	0.50 ts
9214	Cornstarch to coat	0.00
9214	Shredded bamboo	0.50 c
9214	Cakes bean curd, shredded	2.00
9214	Peanut oil	2.00 tb
9214	Cornstarch (mixed as paste	4.00 tb
9214	with	0.00
9214	Cold stock or water)	5.00 tb
9214	Eggs, beaten	2.00
9214	Scallions, diced	4.00
9214	Sesame oil	0.25 c
9215	Chicken broth	6.00 c
9215	Potatoes, cut 1" cubes	2.00 lb
9215	Lemons halved	2.00 x

## Sheet1

9215	Fresh or can,jalepenos qrted	3.00
9215	Ground cumin	1.00 tb
9215	Boneless,skinless chicken br	0.50 lb
9215	Small bunch cilantro	0.00
9215	Diced tomatoes	2.00 c
9215	Fresh or can,diced,mild	0.25 c
9215	Green chilies	1.00
9215	Chopped cilantro	1.00 tb
9215	White wine vinegar	1.00 tb
9215	Each,salt and pepper	0.25 ts
9216	Butter	0.25 c
9216	Boneless round steak, cubed	2.00 lb
9216	Zucchini, sliced thin	5.00
9216	Corn	3.00 c
9216	(4 oz) grn chilies, chopped	1.00 cn
9216	Cloves garlic, minced	2.00
9216	Salt	1.00 ts
9216	Oregano	0.25 ts
9216	Cumin	0.25 ts
9216	Cheddar cheese, shredded	1.00 c
9216	Chopped cilantro	0.25 c
9217	Pre-soaked blackeye peas	0.75 c
9217	Water	3.00 c
9217	Onion; chopped	1.00 md
9217	Green or red pepper; chopped	1.00 sm
9217	Garlic cloves	2.00
9217	- peeled and chopped	0.00
9217	Paprika	0.50 ts
9217	Dried thyme; -OR-	0.50 ts
9217	Sprig of fresh thyme	1.00
9217	Cinnamon	0.25 ts
9217	Bay leaves	2.00
9217	Tomato puree	1.00 tb
9217	Soy sauce	1.00 tb
9217	Chili; to taste	0.00
9217	Salt; to taste	0.00
9217	Piece of creamed coconut	1.00
9217	(approximately 1 inch)	0.00
9218	Onion, Chopped, 1 Large	1.00 c
9218	Clove Garlic, Finely Chopped	4.00
9218	Vegetable Oil	2.00 tb
9218	Black Beans, Dried	1.00 lb
9218	Ham, Smoked, Cooked, Cubed	2.00 c
9218	Chicken Broth	6.00 c
9218	Red Chiles, Ground	2.00 tb
9218	Cilantro, Fresh, Snipped	2.00 tb
9218	Oregano Leaves, Dried	1.00 tb
9218	Cumin, Ground	2.00 ts
9218	Whole Tomatoes, Undrained	28.00 oz

## Sheet1

9218	Chipotle Chile *	1.00
9218	QUICK CREME FRAICHE -----	0.00 -----
9218	Whipping Cream	0.33 c
9218	Dairy Sour Cream	0.67 c
9218	GARNISHES -----	0.00 -----
9218	Red Bell Pepper, Chopped	0.00
9219	Poblano Chiles; Lg, *	2.00 ea
9219	Cloves Garlic;Finely Chopped	2.00 ea
9219	Onion; Chopped, 1 Md	0.50 c
9219	Regular Rice, Uncooked	1.00 c
9219	Chicken Broth	2.00 c
9219	Salt	0.25 ts
9219	Parsley; Snipped	0.25 c
9220	Ground Beef	0.75 lb
9220	Ground Pork	0.75 lb
9220	Uncooked long grain Rice	0.33 c
9220	Egg, slightly beaten	0.00
9220	Dried Oregano	1.00 ts
9220	Salt & Pepper, to taste	1.00 ds
9220	Med Onion, peeled & minced	0.00
9220	Clove garlic, crushed	0.00
9220	Salad Oil	2.00 tb
9220	Tomato paste	0.50 c
9220	Beef Bouillon	10.00 c
9220	Chopped fresh coriander	0.50 c
9221	Onions, chopped	3.00 lg
9221	Green bell peppers, chopped	4.00 lg
9221	Tomatoes, peeled & chopped	4.00 lg
9221	Yellow squash, chopped	1.00 lb
9221	Potatoes, cubed	2.00 md
9221	Olive oil	5.00 tb
9221	Garlic cloves, minced	2.00 ea
9221	Chopped parsley	2.00 tb
9221	Salt	1.50 ts
9222	Stephen Ceideburg	0.00
9222	Lump tamarind, or 2	2.00 oz
9222	tablespoons tamarind	0.00
9222	concentrate	0.00
9222	Boiling water	0.50 c
9222	Raw shrimp, shelled and	8.00 oz
9222	deveined	0.00
9222	Garlic cloves, chopped	2.00
9222	Plus 1 ts nuoc mam	0.25 c
9222	(Vietnamese fish sauce)	0.00
9222	Freshly ground pepper	0.00
9222	Vegetable oil	2.00 tb
9222	Shallots, thinly sliced	2.00
9222	Stalks fresh lemon grass,	3.00
9222	white bulb crushed and cut	0.00

Sheet1

9222	into 2-Inch sections	0.00
9222	Ripe tomato, cored, seeded	1.00 lg
9222	and cut into wedges	0.00
9222	Sugar	2.00 tb
9222	Fresh ripe pineapple, cored,	0.25
9222	cut into 1/4-inch slices	0.00
9222	and then cut crosswise into	0.00
9222	small chunks	0.00
9222	Fresh or canned bamboo	0.50 c
9222	shoots, drained and thinly	0.00
9222	sliced	0.00
9222	Salt	1.00 ts
9222	Fresh red chili peppers,	2.00
9222	minced	0.00
9222	Fresh bean sprouts	0.50 c
9222	Scallion, thinly sliced	1.00
9222	Shredded mint	2.00 tb
9223	Stephen Ceideburg	0.00
9223	Chicken breast halves	2.00
9223	Slivered fresh lemon, with	0.50 c
9223	peel	0.00
9223	Fish sauce	3.00 tb
9223	Chopped hot chile pepper, or	1.50 ts
9223	to taste	0.00
9223	Green onions, thinly sliced,	2.00
9223	including part of green top	0.00
9223	Sugar	1.50 ts
9223	Unsweetened coconut milk	4.00 c
9223	Chicken stock	2.00 c
9223	Minced lemon grass or 1	3.00 ts
9223	teaspoon grated lemon zest	0.00
9223	Whole straw mushrooms	1.00 c
9223	Slivered galangal root or	1.00 tb
9223	ginger root	0.00
9224	Lentils	1.00 c
9224	Onions, chopped	1.00 c
9224	Garlic cloves, chopped	2.00 ea
9224	Ghee	0.25 c
9224	Berbere	1.00 tb
9224	Ground cumin	1.00 ts
9224	Sweet Hungarian paprika	1.00 tb
9224	Tomatoes, chopped	2.00 c
9224	Tomato paste	0.25 c
9224	Vegetable stock	1.00 c
9224	Green peas, fresh or frozen	1.00 c
9224	Salt & pepper	0.00
9225	Bacon, Slices, Cut Up	2.00
9225	Onion, Chopped, 1 Medium	0.50 c
9225	Chicken Broth	2.00 c

Sheet1

9225	Potatoes, Diced	2.00 c
9225	Carrot, Finely Chopped	0.25 c
9225	Celery, Finely Chopped	0.25 c
9225	White Wine, Dry	0.25 c
9225	Thyme Leaves,Fresh,Snipped *	1.50 ts
9225	Sage Leaves,Fresh,Snipped **	1.50 ts
9225	Pepper	0.50 ts
9225	Spinach, Fresh, Chopped	2.00 lb
9225	Milk	2.00 c
9225	Parsley, Snipped	0.50 c
9225	Chorizo Sausage Links ***	0.25 lb
9226	Onion, finely	1.00 md
9226	Chopped	0.00
9226	Butter	1.50 tb
9226	Flour	2.00 ts
9226	Salt	0.33 ts
9226	Tarragon	0.25 ts
9226	Dash nutmeg	0.00
9226	Dash cayenne	0.00
9226	(10 oz ea) frozen chopped	1.50
9226	Spinach, thawed but NOT	0.00
9226	Drained	0.00
9226	Chicken broth	2.00 c
9226	Yogurt	0.75 c
9226	Half lemon slices for	0.00
9226	Garnish	0.00
9227	Smithfield Ham, bits/pieces	1.00 lb
9227	Large Onion, chopped	1.00
9227	Water	1.00 ga
9227	Split Peas	2.00 lb
9227	Large Carrots, chopped fine	3.00
9227	Celery Stalks w/ leaves	2.00
9228	Split peas; rinsed	2.00 c
9228	Water	6.00 c
9228	Salt	1.00 ts
9228	Ground cumin, or to taste	0.50 ts
9228	Pork sausage	1.00 lb
9229	Sweet butter	2.00 tb
9229	Onions; roughly diced	2.00 md
9229	Carrot; roughly diced	1.00 md
9229	Celery stalks; roughly diced	2.00
9229	Finely minced garlic	1.00 ts
9229	Dry split peas	1.50 c
9229	Chicken stock or water	6.00 c
9229	OR low-sodium chicken broth	0.00
9229	Ham hock; -=OR=-	1.00 sm
9229	Cooked ham or bacon	6.00 oz
9229	Lemon, cut in half	1.00
9229	Fresh sorrel	3.00 bn

## Sheet1

9229	Whipping cream	1.00 c
9229	Salt and pepper; to taste	0.00
9230	Yellow lentils	1.00 c
9230	Turmeric	0.33 ts
9230	Brussels sprouts	1.00 lb
9230	Green beans, sliced	0.25 lb
9230	Tamarind paste	1.00 tb
9230	Light vegetable oil	3.00 tb
9230	Black mustard seeds	0.75 ts
9230	Fenugreek seeds	0.25 ts
9230	Chopped garlic	2.00 ts
9230	Sambaar powder	1.00 tb
9230	Salt	2.00 ts
9230	Coriander leaves, chopped	2.00 tb
9231	Chopped large onion	1.00 ea
9231	Minced garlic cloves	2.00 ea
9231	Butter/margarine	2.00 tb
9231	Peeled butternut squash	1.50 lb
9231	or pumpkin cut in 2 inch	0.00
9231	cubes or about 2 c cooked	0.00
9231	canned or frozen squash	0.00
9231	Peeled sliced apples	4.00 ea
9231	Chopped walnuts	1.00 c
9231	Apple cider	2.00 c
9231	Salt or to taste	2.00 ts
9231	White pepper to taste	1.00 ts
9231	Ground allspice	0.50 ts
9231	Ground cinnamon	0.25 ts
9231	Pinch of ground cloves	0.00
9231	Chicken stock	4.00 c
9231	Dark brown sugar	0.50 c
9231	Grated cheddar cheese opt	1.00 c
9231	Heavy cream to thin to	0.00
9231	desired	0.00
9231	consistency optional	0.00
9231	Whipped cream for garnish	0.00
9231	optional	0.00
9231	Allspice for garnish	0.00
9232	Butter	1.50 tb
9232	White onion, chopped	1.00 lg
9232	Garlic, minced	2.00 cl
9232	Water	1.50 c
9232	Dry sherry	2.00 tb
9232	Water	0.50 c
9232	Lean bacon	0.50 lb
9232	Stalks celery sliced	6.00
9232	Diagonally	0.00
9232	Cubed new potatoes w/skin	3.00 c
9232	Milk, cream or yogurt	1.50 c

## Sheet1

9232	Flour	4.00 tb
9233	(1-in) chunks fresh ginger	2.00
9233	Shallots, unpeeled	3.00
9233	Onion, unpeeled	1.00
9233	Water	2.50 qt
9233	Oxtails, cut into sections	1.50 lb
9233	Beef shank	1.00 lb
9233	Whole star anise	2.00
9233	Cinnamon stick	1.00
9233	Whole cloves	3.00
9233	Vietnamese fish sauce	0.25 c
9233	(nuoc mam)	0.00
9233	Salt to taste	1.00 ts
9233	Flat rice-stick noodles	0.50 lb
9233	soaked in water 20 minutes	0.00
9233	Sirloin steak	6.00 oz
9233	trimmed of fat & sliced	0.00
9233	into paper-thin slices	0.00
9233	Onion, sliced thin	1.00
9233	Bean sprouts	2.00 c
9233	Fresh coriander leaves	0.25 c
9233	(coarsely chopped)	0.00
9233	Green onions	2.00
9233	cut into 2-in-long	0.00
9233	thin julienne slices	0.00
9233	Lime, sliced into 8 wedges	1.00
9233	Red chiles, thinly sliced	2.00
9234	Onions, chopped	2.00 md
9234	Green pepper, chopped	1.00 md
9234	Vegetable oil	2.00 tb
9234	Ground beef	2.00 lb
9234	16 oz tomatoes	1.00 cn
9234	15 oz tomato sauce	1.00 cn
9234	Ketchup	0.50 c
9234	Chili powder	2.00 tb
9234	Pepper	0.25 ts
9234	15.5 oz ea kidney beans	2.00 cn
9235	Paua	6.00 lg
9235	Onion	1.00 lg
9235	Flour	2.00 tb
9235	Water	2.00 c
9235	Butter	2.00 tb
9235	Salt	0.50 ts
9236	Strawberries	3.00 c
9236	Sweet white wine	0.50 c
9236	Frozen cherries	1.00 c
9236	Light cream	0.50 c
9236	Frozen strawberry juice	4.00 c
9236	diluted	0.00

Sheet1

9236	Cold water	2.00 tb
9236	Clover honey	2.00 tb
9236	Sour cream	0.50 c
9236	Fresh lime juice	0.50 c
9236	Cornstarch	2.00 tb
9237	Dried black beans	1.00 lb
9237	Smoked ham hocks	2.00
9237	Chicken stock	3.00 c
9237	Coarsely chopped carrots	4.00
9237	Coarsely chopped onions	3.00
9237	Coarsely chopped celery	3.00
9237	Chopped jalepeno pepper	1.00 tb
9237	Garlic cloves	3.00
9237	Cumin	1.00 ts
9237	Dry sherry	1.00 c
9237	Lime (juice)	1.00
9238	Dried black beans	1.00 lb
9238	Smoked ham hocks	2.00
9238	Chicken stock	3.00 c
9238	Coarsely chopped carrots	4.00
9238	Coarsely chopped onions	3.00
9238	Coarsely chopped celery	3.00
9238	Chopped jalepeno pepper	1.00 tb
9238	Garlic cloves	3.00
9238	Cumin	1.00 ts
9238	Dry sherry	1.00 c
9238	Lime (juice)	1.00
9239	Green split peas	0.50 c
9239	Yellow split peas	0.50 c
9239	Red lentils	0.50 c
9239	Water	6.00 c
9239	Caraway seeds	0.50 ts
9239	Onion	1.00
9239	Celery stalks; sliced	2.00
9239	Carrots; sliced	3.00
9239	Sunchokes; cut in 1" chunks	3.00 md
9239	(Jerusalem Artichokes)	0.00
9239	Salt	0.50 ts
9239	Black pepper; to taste	0.00
9240	Recipe chili base	0.50
9240	(See RECIPE)	0.00
9240	Vegetable oil	1.00 ts
9240	Skirt or flank steak	0.50 lb
9240	Garlic cloves; finely minced	3.00
9240	Ground allspice	0.12 ts
9240	Chicken stock	0.50 c
9240	OR low-sodium chicken broth	0.00
9240	Jumbo shrimp	8.00
9240	peeled and deveined	0.00



Sheet1

9240	Salt; as desired	0.00
9240	Cilantro; chopped	0.50 bn
9240	Corn tortillas	12.00
9240	Sour cream	1.00 c
9241	Dried mushrooms	1.00 oz
9241	Boiling water	0.00
9241	Uncooked boneless lean pork	6.00 oz
9241	Cooked ham	4.00 oz
9241	Red pepper	1.00 sm
9241	Green onions	8.00
9241	Water chestnuts	0.50 c
9241	Bean curd	8.00 oz
9241	Chicken stock	2.00 qt
9241	Rice wine	0.50 c
9241	Soy sauce	4.00 ts
9241	Chinese chili sauce	0.50 ts
9241	Cornstarch	2.50 tb
9241	Water	5.00 tb
9241	Vinegar	2.00 ts
9241	Sesame oil	2.00 ts
9241	Egg	1.00
9241	Uncooked shrimp, shelled and	8.00 oz
9241	Deveined	0.00
9242	Very ripe quartered	4.00 lg
9242	tomatoes	0.00
9242	Red onion coarse chopped	1.00 lg
9242	Chopped fresh basil	3.00 tb
9242	leaves	0.00
9242	Minced garlic clove	0.50 ea
9242	Coarse salt to taste	1.00 ts
9242	Sugar	1.00 ts
9242	Coarse grain mustard	2.00 ts
9242	Lemon juice	2.00 tb
9242	Red wine vinegar	2.00 tb
9242	Olive oil	0.25 c
9242	Good quality tomato juice	2.00 c
9242	Ice water	1.00 c
9242	Sour cream mixed with 2	1.00 c
9242	ts dried dillweed garnish	0.00
9243	Carrots, sliced	1.00 lb
9243	Onion, chopped	1.00 md
9243	Ground cumin	1.50 ts
9243	Ground ginger	1.00 ts
9243	Olive or vegetable oil	2.00 tb
9243	(13-1/2 Oz) chicken broth	1.00 cn
9243	Tomato, chopped	1.00 sm
9243	Sour cream	0.50 c
9243	Packed cilantro or parsley	0.25 c
9243	leaves, coarsely chopped,	0.00

Sheet1

9243	OR	0.00
9243	Ground coriander	0.50 ts
9244	Whole large chicken breasts	2.00
9244	(about 2 lb.), skinned and	0.00
9244	boned	0.00
9244	Water	2.00 c
9244	Can beef broth	14.50 oz
9244	Can chicken broth	14.50 oz
9244	Can tomatoes, cut up	14.50 oz
9244	Chopped onion	0.50 c
9244	Chopped green pepper	0.25 c
9244	3/4 oz can whole kernel	8.00
9244	corn, drained	0.00
9244	Chili powder	1.00 ts
9244	Ground cumin	0.50 ts
9244	Ground black pepper	0.12 ts
9244	Tortilla Chips (about 3	0.00
9244	cups), coarsly crushed	0.00
9244	Monterey Jack Cheese,	4.00 oz
9244	schredded (about 1 cup)	0.00
9244	Avocado, peeled, seeded and	1.00
9244	cut into chunks	0.00
9244	Snipped cilantro	0.00
9244	Lime Wedges	0.00
9245	Oil	1.00 tb
9245	Spanish onion *	1.00
9245	Garlic cloves, large; minced	2.00
9245	Ginger root cube (1");mince	1.00
9245	Carrots **	1.75 lb
9245	Chicken stock or broth ***	4.00 c
9245	Cilantro leaves, loose pack	0.25 c
9245	Salt, to taste	0.00
9245	Red pepper, crushed,to taste	0.00
9246	Canned coconut milk	12.00 oz
9246	- such as Chaokoh	0.00
9246	Chicken breast	0.25 lb
9246	- cut into small chunks	0.00
9246	Lime; juice and grated peel	1.00
9246	4" piece of lemon grass	1.00
9246	- cut into very thin	0.00
9246	- (1/16") slices on the	0.00
9246	- diagonal	0.00
9246	Galanga (more if desired)	3.00 sl
9246	-OR substitute fresh ginger	0.00
9246	Hot chile peppers to taste	0.00
9246	- cut into thin circles	0.00
9246	Cilantro for garnish	0.00
9247	Chicken breast fillets	1.00 lb
9247	Cloves garlic, crushed	2.00

Sheet1

9247	Ground cumin	3.00 ts
9247	Tumeric	0.50 ts
9247	Water	6.00 c
9247	Chicken stock powder	2.00 ts
9247	Sugar	1.00 tb
9247	Shrimp paste	0.50 ts
9247	Sambal oelek	3.00 ts
9247	Piece dried galangal	1.00
9247	Rice vermicelli	1.75 oz
9247	Bean sprouts	1.00 c
9247	Lettuce leaves, shredded	3.00
9247	Chopped fresh coriander	2.00 tb
9248	TO	3.00 cn
9248	Coconut milk	4.00 cn
9248	-(the unsweetened kind)	0.00
9248	Chopped scallions	3.00 tb
9248	TO	1.00 ts
9248	Lemon grass	3.00 ts
9248	Cilantro (pref. fresh) *	0.00
9248	Tofu	0.00
9248	cubed into smallish pieces	0.00
9248	Chicken	0.00
9248	also cubed to bite size.	0.00
9248	Mushrooms	0.00
9248	Carrot; grated	1.00
9248	Juice from (8?) limes	0.00
9248	I can never put in enough	0.00
9248	Serrano chillies	0.00
9248	OR- other hot chili pepper,	0.00
9248	preferably fresh,	0.00
9248	but powdered will do)	0.00
9248	Galanga powder	1.00 ts
9249	Bean sprouts	1.00 c
9249	Egg noodles, fresh (Ba Mee)	8.00 oz
9249	Garlic cloves	6.00 md
9249	Chicken stock	6.00 c
9249	Ground pork	4.00 tb
9249	Dried shrimp	2.00 tb
9249	Fish sauce (Nam Pla)	2.00 tb
9249	Lettuce leaves	3.00 ea
9249	Pork, cooked, 1-1/2" X 3"	8.00 sl
9249	Green onions, thinly sliced	2.00 ea
9249	Corriander leaves, chopped	1.00 tb
9249	Granulated sugar	1.00 ts
9249	Peanuts, roasted & crushed	2.00 tb
9249	Dried red chile flakes	1.00 tb
9250	Chicken Breasts, Halved	2.00 x
9250	Water	6.00 c
9250	Onion, Peeled & Chopped	1.00 sm

Sheet1

9250	Bay Leaf	1.00 sm
9250	Sprigs Parsley	2.00 x
9250	Thyme	0.50 ts
9250	Salt	1.00 ts
9250	Pepper	0.12 ts
9250	Garlic Clove, Crushed	0.00
9250	Ground Coriander	2.00 ts
9250	Chili Powder	1.50 ts
9250	Soy Sauce	1.00 tb
9250	Raw Small, Shelled Shrimp *	0.50 lb
9250	Sliced Mushrooms	2.00 c
9250	Scallions, With Tops, Sliced	6.00 x
9250	Hot Cooked Rice	3.00 c
9250	Chopped Fresh Coriander **	0.33 c
9251	Whole Chicken Breasts,halved	2.00 x
9251	Water	6.00 c
9251	Small Onion, peeled &chopped	0.00
9251	Small Bay Leaf	0.00
9251	Sprigs Parsley	2.00 x
9251	Thyme	0.50 ts
9251	Salt	1.00 ts
9251	Pepper	0.12 ts
9251	Garlic clove, crushed	0.00
9251	Ground Coriander	2.00 ts
9251	Chili Powder	1.50 ts
9251	Soy Sauce	1.00 tb
9251	Raw small,shelled shrimp *	0.50 lb
9251	Sliced Mushrooms	2.00 c
9251	Scallions, with tops,sliced	6.00 x
9251	Hot Cooked Rice	3.00 c
9251	Chopped fresh coriander **	0.33 c
9252	Litres water	1.50
9252	Chicken thigh fillets,	4.00
9252	sliced	0.00
9252	Chicken stock powder	1.00 ts
9252	Button mushrooms, sliced	60.00 g
9252	Pack of Chicken flavour	85.00 g
9252	Minute noodles	2.00
9252	Spring onions, sliced	2.00
9252	Fish sauce	1.00 tb
9252	Chopped fresh coriander	1.00 tb
9252	Red chili, hot, sliced	0.00
9252	(garnish)	0.00
9253	Light, clear chicken stock	5.00 c
9253	Fresh medium shrimp (OR	10.00
9253	Cooked baby shrimp)	0.25 lb
9253	Water chestnuts	8.00
9253	Green onions	2.00
9253	Salt	1.00 ts

Sheet1

9254	Tin Toheroas	1.00
9254	Milk	1.00 pt
9254	Cream	1.00 pt
9255	Beef **	1.00 lb
9255	Salt	1.00 ts
9255	Water	1.00 c
9256	Ground beef	1.00 lb
9256	(1.75 oz) chili-o seasoning	1.00 pk
9256	mix	0.00
9256	Water	0.50 c
9256	(14.5-oz) whole tomatoes	1.00 cn
9256	cut up	0.00
9256	(16-oz) drained kidney bean	1.00 cn
9256	Redhot cayenne	1.00 tb
9256	pepper sauce	0.00
9256	Red pepper chopped	0.00
9256	Shredded cheddar cheese	0.00
9256	Green onion chopped	0.00
9257	GENERIC CHICKEN BROTH -----	0.00 -----
9257	Olive Oil	2.00 tb
9257	Sesame Oil	1.00 ts
9257	Whole cloves	3.00
9257	Bay leaves	2.00
9257	Sprig of fresh thyme *	1.00
9257	Onion; cut into pieces	1.00 md
9257	Carrots; cut into pieces	2.00 lg
9257	Chicken, cut into pieces **	1.00
9257	Water	6.00 c
9257	EVERYTHING ELSE -----	0.00 -----
9257	Mushrooms ***	0.00
9257	Shrimp if you want ***	0.00
9257	Stalk lemongrass	1.00
9257	- cut into 2 inch pieces	0.00
9257	Galanga root	2.00 sl
9257	- (more if you like	0.00
9257	- chewing on them.)	0.00
9257	Kaffir lime leaves	4.00
9257	Cilantro leaves as desired	0.00
9257	Chili sauce	1.00 ts
9257	Fish sauce	2.00 tb
9257	Lemon juice	1.50 tb
9257	OPTIONAL -----	0.00 -----
9257	Sliced hot peppers	0.00
9257	(2 or 3 slices per serving)	0.00
9258	Boneless chicken breast	2.00
9258	- cut up bit sized	0.00
9258	TO	2.00
9258	Stalks of lemon grass	3.00
9258	cut up into 2" pieces	0.00

Sheet1

9258	and separated	0.00
9258	Pieces of dried galangal	6.00
9258	Coconut milk	1.00 cn
9258	Sugar	2.00 tb
9258	Salt	2.00 ts
9258	Dried crushed red chilis	1.00 ts
9258	- (optional)	0.00
9258	Water	7.00 c
9259	Stephen Ceideburg	0.00
9259	Shrimp	16.00 lg
9259	Water	5.00 c
9259	Stems fresh lemongrass	2.00
9259	(bottom 1/3 of stalk)	0.00
9259	Half-inch piece Siamese	1.00
9259	ginger (galanga), sliced	0.00
9259	in slivers	0.00
9259	Hot red chilies, seeds and	3.00 sm
9259	ribs removed	0.00
9259	Coriander roots	2.00
9259	Salt to taste	0.00
9259	Fresh kaffir lime leaves	6.00 sm
9259	Nam pla (fish sauce)	4.00 T
9259	Lemon juice	5.00 T
9259	Lime juice	1.00 T
9259	Straw mushrooms, drained	15.00 oz
9259	Stems fresh coriander leaves	2.00
9259	for garnish	0.00
9260	Shrimp	16.00 lg
9260	Shells from the shrimp,	0.00
9260	including heads, if	0.00
9260	available	0.00
9260	Water	5.00 c
9260	Stems fresh Lemongrass	2.00
9260	(bottom 1/3 of stalk)	0.00
9260	Inch piece Siamese Ginger	0.50
9260	(Galanga), sliced in	0.00
9260	slivers	0.00
9260	Hot red chilies, seeds and	3.00 sm
9260	ribs removed	0.00
9260	Coriander roots	2.00
9260	Salt to taste	0.00
9260	Fresh Kaffir Lime Leaves	6.00 sm
9260	Nam Pla (fish sauce)	4.00 tb
9260	To 5 tb Lemon Juice	4.00 tb
9260	Lime Juice	1.00 tb
9260	Straw Mushrooms, drained	1.00 cn
9260	Stems fresh Coriander Leaves	2.00
9260	for garnish	0.00
9261	Microwave elbows uncooked	1.00 c

Sheet1

9261	(10.5-oz) condensed tomato	1.00 cn
9261	soup	0.00
9261	Hot water	0.00
9261	Slices bologna cut up	3.00
9262	2 undrained and chopped	28.00 oz
9262	Butter	2.00 tb
9262	Stalks of celery diced	2.00
9262	Cloves of garlic, minced	2.00
9262	Sweet red pepper diced	0.50
9262	Butter	2.00 tb
9262	Mushrooms, chopped	0.50 lb
9262	Large cooking onion diced	1.00
9262	Flour	2.00 tb
9262	White sugar	1.00 ts
9262	Beef stock	8.00 c
9262	Basil	0.50 ts
9262	Rosemary	0.50 ts
9262	Thyme	0.50 ts
9262	Cream cheese	3.00 oz
9262	Salt and pepper to taste	1.00
9262	Parsley for garnish	1.00
9263	Chicken stock	1.00 qt
9263	Fresh tomatoes, or: drained	2.00 md
9263	canned tomatoes	1.00 c
9263	Eggs	2.00 sm
9263	Sesame oil	0.50 ts
9263	Light soy sauce	2.00 ts
9263	Salt	1.00 ts
9263	Finely chopped scallions	1.00 tb
9263	white part only	0.00
9263	(reserve tops for garnish)	0.00
9264	Fresh ripe tomatoes	2.00 lb
9264	Butter/margarine	2.00 tb
9264	Chopped onion	0.75 c
9264	Chicken broth	1.00 c
9264	Paprika	2.00 ts
9264	Salt	1.00 ts
9264	Dill weed	1.00 ts
9264	Ground black pepper	0.25 ts
9264	Heavy cream	1.00 c
9264	Sour cream for garnish	0.00
9264	optional OR low fat	0.00
9264	sour cream/yogurt	0.00
9265	Chopped Roma tomatoes	6.00 c
9265	(peeled and seeded)	0.00
9265	or canned peeled tomatoes,	0.00
9265	chopped	0.00
9265	Olive oil	0.50 c
9265	Stale Italian bread	3.00 oz

Sheet1

9265	or French bread	0.00
9265	Onions; finely diced	2.00 md
9265	Garlic cloves; crushed	8.00
9265	Fresh marjoram leaves -=OR=-	3.00 tb
9265	Dried marjoram leaves	2.00 ts
9265	Salt and pepper; to taste	0.00
9265	Dry white wine	0.50 c
9265	:Water, -=OR=-	2.00 c
9265	the juice from	0.00
9265	canned tomatoes	0.00
9265	Pastina	3.00 tb
9266	Shrimp, shelled	0.50 lb
9266	Onion, chopped	1.00 c
9266	Garlic cloves, minced	2.00 x
9266	Oil, cooking	1.00 tb
9266	Tomatoes, cut up, can	16.00 oz
9266	Tomatoe sauce, sodium reduce	8.00 oz
9266	Potato, peeled, chopped	0.00
9266	Celery, stalk, chopped	0.00
9266	Green pepper, medium, choppe	0.00
9266	Carrot, medium, shredded	0.00
9266	Thyme, dried, crushed	1.00 ts
9266	Pepper	0.25 ts
9266	Hot sauce, bottled, (dashes)	4.00 x
9266	Whole baby clams,drained,can	20.00 oz
9266	Parsley, snipped	2.00 tb
9267	Ripe red tomatoes	2.00 lb
9267	Fresh parsley	0.33 c
9267	Large leek	1.00
9267	Garlic cloves, minced	2.00
9267	Olive oil	1.00 tb
9267	Can tomato paste	6.00 oz
9267	Dry red wine	2.00 tb
9267	Dill	1.00 ts
9267	Hungarian paprika	1.50 ts
9267	Marjoram	0.50 ts
9267	Thyme	0.25 ts
9267	Salt & pepper to taste	0.00
9268	Vegetable oil	2.00 tb
9268	Diced celery	0.25 c
9268	Diced onion	0.25 c
9268	Diced bell pepper	0.25 c
9268	Black beans	1.50 c
9268	Of water	2.00 c
9268	Salt	2.00 ts
9268	Corn tortillas	2.00
9268	Cilantro (Chinese parsley)	2.00 tb
9269	Casera Sauce; *	0.25 c
9269	Instant Corn Tortilla Mix;	0.50 c



Sheet1

9269	Red Chiles; Ground	0.50 ts
9269	Onion; Chopped	2.00 tb
9269	Egg; Large	1.00 ea
9269	Chicken Broth	4.00 c
9269	Baking Powder	0.50 ts
9269	Salt	0.25 ts
9269	Parsley; Snipped	1.00 tb
9269	Milk	2.00 tb
9270	Inch Corn Tortillas, cut	6.00
9270	into 1/2-inch strips	0.00
9270	Tomatoes	2.00
9270	Onion, chopped	0.50 sm
9270	Garlic Clove, minced	1.00
9270	Green Pepper, chopped	0.50
9270	Chicken Stock	2.00 c
9270	Cilantro, freshly chopped	1.00 tb
9270	Low-Fat Monterey Jack	0.25 c
9270	Cheese, freshly grated	0.00
9271	Onion, small; chopped	1.00 ea
9271	Garlic clove; pressed	2.00 ea
9271	Oil	2.00 tb
9271	Tomato	1.00 c
9271	Chicken stock	3.00 c
9271	Tomato juice	1.50 c
9271	Water	1.00 c
9271	Chili powder	1.00 ts
9271	Cumin	1.00 ts
9271	Salt; to taste	0.00
9271	Tortilla, corn	4.00 ea
9271	Cheddar; grated	0.50 c
9272	Bacon	1.50 lb
9272	Shin beef	1.00 lb
9272	White cabbage	1.00
9272	Carrots	0.50 lb
9272	Small swede (Turnip)	0.50
9272	Parsnips	0.50 lb
9272	Potatoes	1.00 lb
9272	Large leek	1.00
9272	Oatmeal to thicken	0.00
9273	Olive oil	2.00 tb
9273	Onion, chopped	1.00
9273	Cloves garlic, minced	5.00
9273	Tomatoes (28 oz)	1.00 cn
9273	Peanut butter	1.00 c
9273	Cumin	1.00 ts
9273	Hot pepper sauce	1.00 tb
9273	Cayenne	2.00 tb
9273	Chili powder	1.00 tb
9273	White vinegar	2.00 tb

Sheet1

9273	Salt	1.00 ts
9273	Pepper	1.00 ts
9273	Sugar	1.00 tb
9273	Tomato paste	0.25 c
9273	Water	2.00 c
9274	Cooked turkey, chopped	3.00 c
9274	Bread, sprinkled with 6 or 7	3.00 sl
9274	tablespoons of hot	0.00
9274	Turkey stock	0.00
9274	Eggs	3.00
9274	Or 2 cloves garlic, finely	1.00
9274	chopped (or put through a	0.00
9274	garlic	0.00
9274	Press)	0.00
9274	Salt	2.00 ts
9274	Ground coriander	1.00 ts
9274	Ground cumin	1.00 ts
9274	Several grindings of black	0.00
9274	pepper	0.00
9274	Turkey stock or chicken	2.00 qt
9274	stock	0.00
9274	Frozen kernel corn (1	10.00 oz
9274	package)	0.00
9274	Blanched almonds, finely	0.75 c
9274	ground	0.00
9275	Turkey carcass, wings & all	1.00
9275	The scraps left after	0.00
9275	Carving*	0.00
9275	Any left over gravy	0.00
9275	Any left over vegetables	0.00
9275	Carrots, sliced	2.00 lg
9275	Stalks celery (& tops),	2.00
9275	Chopped	0.00
9275	(12 oz) no salt green	1.00 cn
9275	Beans, drained	0.00
9275	Boiling water	2.00 qt
9275	Any peels, root ends and	0.00
9275	Leafy tops left over from -	0.00
9275	Onions, celery, potatoes,	0.00
9275	Carrots	0.00
9275	Several bruised garlic	0.00
9275	Cloves	0.00
9275	Wide egg noodles	12.00 oz
9275	(12 oz) no salt corn,	1.00 cn
9275	Drained	0.00
9275	White onion, chopped	1.00 lg
9275	Salt & pepper to taste	0.00
9276	Onion, chopped	1.00
9276	Carrot, chopped	1.00

Sheet1

9276	Stalk celery, chopped	1.00
9276	Unsalted butter	2.00 tb
9276	Vegetable oil	1.00 tb
9276	All purpose flour	0.25 c
9276	Chicken stock	4.00 c
9276	Water	4.00 c
9276	Dry white wine	1.00 c
9276	Turkey carcass	1.00
9276	Sprigs of parsley	2.00
9276	Thyme	0.50 ts
9276	Bay leaf	1.00
9276	Peppercorns	6.00
9277	Butter or margarine	0.25 c
9277	Finely chopped onions	2.00 tb
9277	Cooked turkey	1.00 c
9277	Diced raw potatoes	2.00 c
9277	Diced celery	1.00 c
9277	Turkey broth	2.00 c
9277	Creamed style corn	1.00 cn
9277	Half and half cream	2.00 c
9277	Salt	1.00 ts
9277	Paprika	0.25 ts
9277	Ginger	0.25 ts
9277	Pepper	0.12 ts
9277	Chopped parsley	2.00 tb
9278	Turkey breast tenderloins	1.25 lb
9278	Slices diced bacon	4.00
9278	Carrots cut in chunks	4.00
9278	Quartered onions (I use	2.00
9278	Diced)	0.00
9278	Stalks celery, cut in	2.00
9278	Chunks	0.00
9278	Water, divided	2.00 c
9278	Rosemary	0.25 ts
9278	Bay leaf	1.00
9278	Flour	3.00 tb
9278	Bisquick	1.00 c
9278	Milk	0.33 c
9278	Can chicken broth	4.00 oz
9279	(7 ounces) dried	1.00 pk
9279	Cheese-filled tortellini	0.00
9279	Water	2.25 c
9279	Rice wine vinegar or	2.00 tb
9279	White wine vinegar	0.00
9279	Soy sauce	2.00 tb
9279	(10-3/4 ounces) condensed	1.00 cn
9279	Chicken broth	0.00
9279	1 To 2 tb Finely chopped	0.00
9279	Gingerroot or 1 To 2 ts	0.00

Sheet1

9279	Ground ginger	0.00
9279	Sliced bok choy	2.00 c
9279	Cut-up cooked turkey	2.00 c
9279	(about 10 ounces)	0.00
9279	Green onions (with tops), sl	2.00
9279	Enoki mushrooms	1.00 c
9280	Streaky bacon, rinds off	0.25 lb
9280	Chopped onions	0.25 lb
9280	Chopped potatoes	0.25 lb
9280	Chopped turnips	0.75 lb
9280	Stock	2.00 pt
9280	Fat for frying	0.00
9281	Turtle meat	3.00 lb
9281	Cloves	6.00
9281	Water	3.50 qt
9281	Sugar	1.00 ts
9281	Chopped fine md onions	2.00
9281	Canned tomatoes	1.00 c
9281	Chopped fine rib of celery	1.00
9281	Butter	3.00 tb
9281	Bay leaf	0.50
9281	Salt & pepper to taste	0.00
9281	Sprigs parsley	2.00
9282	Strained chicken broth	1.50 qt
9282	Turtle meat	1.00 lb
9282	Chicken fat	3.00 tb
9282	Chopped onion	1.00 md
9282	Parsley	1.00 tb
9282	Thin slices bacon	6.00
9282	Salt & pepper to taste	0.00
9283	Slices lean bacon chopped	2.00 ea
9283	Olive oil	2.00 tb
9283	Chopped carrot	1.00 ea
9283	Chopped stalk of celery	1.00 ea
9283	Chopped md onion	1.00 ea
9283	Flour	1.00 tb
9283	Tomato paste	2.00 tb
9283	Beef broth	3.00 c
9283	Bean juice/water as	2.00 c
9283	needed	0.00
9283	Cooked pinto/navy beans	2.00 c
9283	Ground dried	2.00 ts
9283	rosemary	0.00
9283	Chopped parsley	2.00 tb
9283	Clove garlic minced	2.00 lg
9283	Salt as needed	0.00
9283	Fresh ground black pepper	0.00
9283	to taste	0.00
9283	Small elbow macaroni/	0.25 lb

Sheet1

9283	ditalini/arborio rice	0.00
9283	Grated parmesan/asiago	0.33 c
9283	cheese for garnish	0.00
9284	White beans; dry	1.25 c
9284	Ham; cubed	4.00 oz
9284	Cut green beans; *	1.00 c
9284	Celery; diced	0.25 c
9284	Green onion; diced	1.00
9284	Onion; yellow, diced	1.00
9284	Potato; peeled & diced	1.00
9284	Butter	1.00 tb
9284	Unbleached flour	2.00 tb
9284	Beef broth	0.75 c
9284	Salt	0.50 ts
9284	Pepper	0.25 ts
9284	GARNISH -----	0.00 -----
9284	Parsley; sprig	1.00
9285	Oxtail, divided into	1.00 lb
9285	sections	0.00
9285	Cloves garlic, chopped fine	2.00
9285	Fish sauce (nam pya ye)	1.00 tb
9285	Salt	0.50 ts
9285	Water	4.00 c
9285	Pepper	0.12 ts
9285	Watercress, divided into	0.50 bn
9285	stems	0.00
9286	Italian sweet sausage	1.00 lb
9286	Olive oil	1.00 tb
9286	Onion; chopped	1.00 c
9286	Garlic; finely minced	1.00 cl
9286	Carrots; sliced	1.00 c
9286	Basil; crumbled	1.00 ts
9286	Zucchini (sml); sliced	2.00
9286	Italian pear tomatoes (1 can	1.00 lb
9286	Beef bouillon*	2.00 cn
9286	Cabbage; finely shredded	2.00 c
9286	Salt	1.00 ts
9286	Pepper	0.25 ts
9286	Beans (1 can Great Northern)	1.00 lb
9286	Parsley; chopped	0.25 c
9287	Ground beef	0.50 lb
9287	10-oz pkg frozen mixed	1.00
9287	vegetables	0.00
9287	Water	2.00 c
9287	16-oz can stewed tomatoes	1.00
9287	Dry onion soup mix	0.25 c
9287	8-oz can tomato sauce	1.00
9287	Sugar	1.00 ts
9288	Water	3.00 c

Sheet1

9288	Chopped broccoli	1.00 c
9288	Cube chicken bouillon	3.00 ea
9288	Milk	6.00 c
9288	Chopped celery	0.50 c
9288	Cornstarch	9.00 tb
9288	Chopped onion	0.25 c
9288	Cubed velveeta cheese	1.00 lb
9289	Yellow split peas	3.00 tb
9289	Mung beans	3.00 tb
9289	Basmati rice	3.00 tb
9289	Ghee	2.00 tb
9289	Turmeric	0.50 ts
9289	Asafetida	0.12 ts
9289	Seeded green chili	0.50 sm
9289	1/2" piece of ginger root	1.00 ea
9289	Medium sized carrots, sliced	2.00 ea
9289	Cauliflower, in florets	0.50 sm
9289	Red radishes	6.00 ea
9289	Stock	5.25 c
9289	Cumin	1.00 tb
9289	Coriander	1.00 tb
9289	Garam masala	1.00 ts
9289	Black pepper	0.50 ts
9289	Salt	1.00 ts
9289	Minced coriander	2.00 tb
9290	Tomato (about 8-oz.)	1.00
9290	Chicken stock	6.00 c
9290	Shredded cabbage	3.00 c
9290	Julienne carrot	0.50 c
9290	Thinly slice onion	1.00 c
9290	Julienne celery	1.00 c
9290	Oil	3.00 tb
9290	Salt	1.00 tb
9290	White pepper	0.25 ts
9290	MSG (optional)	0.25 ts
9290	Sesame oil	1.00 ts
9290	Tabasco (optional)	0.50 ts
9291	Sliced diced cooked bacon	4.00 ea
9291	Fresh/frozen mixed chopped	1.00 lb
9291	vegetables	0.00
9291	Beef broth	5.00 c
9291	White/whole wheat bread	6.00 sl
9291	Shredded tilsit	0.00
9291	Chopped fresh parsley for	0.00
9291	garnish	0.00
9292	Safflower Oil	2.00 tb
9292	Lg Onion, sliced	0.00
9292	Carrot, sliced (with greens)	0.00
9292	Stalk Celery, sliced (w/grns)	0.00

Sheet1

9292	Tomato, cubed	0.00
9292	Potato, cubed	0.00
9292	Turnip, sliced (peel if waxy	0.00
9292	Cloves Garlic, halved	2.00 x
9292	Plus 1 cup Water	2.00 qt
9292	Bay leaf	0.00
9292	Lg sprig Parsley	0.00
9292	Black pepper	0.50 ts
9293	Med Onions, peeled & diced	2.00 x
9293	Lg Carrots, scraped & diced	2.00 x
9293	Stalks Celery, chopped	2.00 x
9293	Butter or margarine	3.00 tb
9293	Tomatoes, chopped-1 lb 12 oz	1.00 cn
9293	Water	8.00 c
9293	Dried Basil	1.00 ts
9293	Dried Thyme	0.50 ts
9293	Salt	2.00 ts
9293	Pepper	0.25 ts
9293	Pearl Barley	1.00 c
9293	Frozen green beans or peas *	2.00 c
9293	Chopped fresh Dill	1.00 tb
9294	Granule burger	2.00 c
9294	Boiling water	2.00 c
9294	Salad oil	0.25 c
9294	Chopped onions	1.00 c
9294	Diced green pepper	1.50 md
9294	Crushed garlic cloves	2.00 ea
9294	28-oz can whole tomatoes	1.00 ea
9294	15-oz can cooked kidney	2.00 ea
9294	beans	0.00
9294	8-oz can tomato paste/sauce	3.00 ea
9294	Water	1.00 c
9294	Chili powder	1.00 tb
9294	Cumin powder	0.50 ts
9294	Sugar	4.00 tb
9294	Salt	2.00 ts
9294	Oregano leaves	1.00 ts
9295	Boneless chicken breasts cut	0.50 lb
9295	into 1/4" strips	0.00
9295	Marinade:	0.00
9295	Egg whites, beaten	2.00
9295	Cornstarch	2.00 tb
9295	Salt	0.12 ts
9295	Deep fry	0.00
9295	Peanut oil	3.00 c
9295	Assembly	0.00
9295	Can creamed corn	17.00 oz
9295	Chicken stock	3.00 c
9295	Light soy sauce	1.00 tb

Sheet1

9295	Salt & pepper to taste	0.00
9295	Sesame oil	0.00
9296	Peanut oil	1.00 tb
9296	Green onions, minced	4.00
9296	Fresh ginger root, minced	0.50 ts
9296	Chicken stock	3.00 c
9296	Canned cream-style corn	1.00 c
9296	Salt	0.25 ts
9296	White pepper	0.25 ts
9296	Sugar	1.00 ts
9296	Dry sherry	1.00 tb
9296	MSG (opt)	0.50 ts
9296	Cornstarch and	2.00 tb
9296	Stock for cornstarch paste	0.12 c
9296	Egg whites	2.00
9296	Cooked Smithfield (or	1.00 tb
9296	Hickory-smoked) ham, minced	0.00
9297	Head broccoli	1.00
9297	Rough chopped * any	4.00 c
9297	Vegetables	0.00
9297	Onions, chopped	1.00 c
9297	Baking potato, scrubbed	1.00 lg
9297	And diced	0.00
9297	Packages Herb-Ox low	3.00 c
9297	Salt chicken stock	0.00
9297	Olive oil	2.00 tb
9297	Stalk cellery, chopped	1.00
9297	Carrot, chopped	1.00
9297	Salt,	0.00
9297	Pepper,	0.00
9297	Thyme,	0.50 ts
9297	Tarragon	0.00
9298	Venison Roast (Boneless)	2.00 lb
9298	White Wine	0.50 c
9298	Worcestershire Sauce	0.12 c
9298	Lentils	1.00 c
9298	Large cucumber, diced	1.00
9298	Jalepeno pepper, diced	1.00
9298	Med bannana peppers, chopped	6.00
9298	Small potatoes, quartered	4.00
9298	Indiv box of Fiber One	1.00
9298	Top Ramen Beef fl.noodles	1.00 pk
9298	Triscuit Snack Crackers	4.00
9298	Ranch Dip Mix(-sourcream)	0.25 pk
9299	Venison; cubed	2.00 lb
9299	Onion; diced	1.00 c
9299	Potatoes; diced	12.00
9299	Carrots; diced	6.00
9299	Mixed Veggies; frozen	1.00 pk



Sheet1

9299	Celery; diced	1.00 c
9299	Barley	0.25 c
9299	Water	8.00 c
9299	Seasoning salt	1.00 ts
9299	Garlic clove; minced	1.00
9299	Salt	1.00 ts
9299	Pepper	0.50 ts
9299	Parsley, dry	2.00 tb
9299	Beef Soup Base	1.00 tb
9299	Gravy Mix	1.00 pk
9299	Bay leaf	1.00
9300	Salt Pork; Diced	0.50 c
9300	Onion; Lg, Diced	1.00
9300	Corn Kernels; *	3.00 c
9300	Potatoes; Md, Pare & Cube	5.00
9300	Salt	1.50 ts
9300	Milk	1.00 qt
9300	Black Pepper; To taste	0.00
9300	Saltines Or Soda Crackers	0.00
9301	Butter	4.00 tb
9301	Onion, diced	1.00
9301	Stalks celery, sliced	2.00
9301	Large leeks, chopped	2.00
9301	Chicken broth	1.00 qt
9301	Sliced potatoes	3.00 c
9301	Soy sauce	1.00 tb
9301	Cream	1.00 c
9301	Chives	2.00 tb
9302	Leeks, washed & coarsely chopped	4.00 0.00
9302	Onion, chopped	1.00
9302	Unsalted butter	1.00 tb
9302	Russet potatoes, peeled & diced, held in ice water	2.00 lg 0.00
9302	Salt	2.00 ts
9302	Milk	2.00 c
9302	Half&half	2.00 c
9302	Heavy cream	1.00 c
9302	White pepper to taste	0.00
9302	Fresh chives, thinly sliced	0.00
9303	Beef bones, cracked	2.50 lb
9303	Beef Chuck	3.00 lb
9303	Water	3.00 qt
9303	Salt	2.50 ts
9303	Pepper	0.75 ts
9303	Lg Onion- peeled,sliced thin	0.00
9303	Med Leeks, white parts only	2.00 x
9303	Med Carrots, scraped, sliced	2.00 x
9303	Celery root, pared & cubed	0.00

Sheet1

9303	Sm Turnips, pared & cubed	3.00 x
9303	Cauliflower, cut up	2.00 c
9303	Bay Leaves	2.00 x
9303	Sprigs Parsley	4.00 x
9303	Dried Thyme	0.50 ts
9304	Soup bone	1.00 pk
9304	Beef Shank (cross cuts)	2.00 pk
9304	Soup vegetables	1.00 pk
9304	Whole tomatoes	1.00 cn
9304	Parsley flakes	0.00
9304	Salt and pepper	0.00
9304	Macaroni soup mac	0.50 lb
9304	Onion	1.00
9305	Can V-8 juice	1.00 lg
9305	Head cabbage	0.50 sm
9305	V-8 can water	1.00
9305	Cubes beef bouillon	3.00
9305	Hamburger	1.00 lb
9305	Frozen mixed vegetables	1.00 pk
9306	Navy Beans; Dry	1.00 lb
9306	Water	3.00 qt
9306	Ham Bone Or Hock; Smoked	1.00
9306	Parsley; Chopped	2.00 tb
9306	Onions; Finely Chopped	1.00 c
9306	Garlic; Clove, Minced	1.00
9306	Celery &Tops; Finely Chopped	2.00 c
9306	Salt	1.50 ts
9306	Pepper	0.50 ts
9307	Sweet potatoes	2.00 ea
9307	Vegetable oil	2.00 tb
9307	Garlic cloves, minced	3.00 ea
9307	Grated ginger	3.00 tb
9307	Coriander	2.00 tb
9307	Cayenne	0.50 ts
9307	Onion, chopped	1.00 md
9307	Toamtoes, chopped	2.00 md
9307	Eggplant	4.00 c
9307	Stock	0.50 c
9307	Zucchini	1.00 c
9307	Green peppers, chopped	2.00 ea
9307	Tomato juice	2.00 c
9307	Peanut butter	0.50 c
9308	Juice of 2 Lemons	2.00 x
9308	Broiler chicken, (2 1/2 lbs)	0.00
9308	Chicken broth or Water	6.00 c
9308	Lge Onion, peeled & chopped	0.00
9308	Tomatoes, peeled & chopped	3.00 x
9308	Tomato Paste (6 oz.)	1.00 cn
9308	Sliced Okra (or 1 can 15 oz)	2.00 c

Sheet1

9308	Uncooked long grain Rice	0.33 c
9308	Salt	2.00 ts
9308	Pepper	0.25 ts
9308	Ground Red Pepper	0.50 ts
9308	Ground Tumeric	1.00 ts
9309	Salt Pork	0.25 lb
9309	Short Rib of Beef, 3" pieces	1.50 lb
9309	Stew Beef, cut into 2" cubes	1.50 lb
9309	Water	12.00 c
9309	Dried Thyme	0.50 ts
9309	Salt	1.50 ts
9309	Pepper	0.25 ts
9309	Lg Onion, peeled & diced	0.00
9309	Cloves Garlic, crushed	2.00 x
9309	Scallions, with some tops *	2.00 x
9309	Salad oil	2.00 tb
9309	Lg Green Pepper, cleaned **	0.00
9309	Fresh Spinach, washed, trimm	10.00 oz
9309	Fresh Kale, washed & trimmed	10.00 oz
9309	Okra , drained (15 1/2 oz.)	1.00 cn
9309	Med Sweet Potatoes, ***	4.00 x
9309	Lg Tomato, peeled & cubed	0.00
9310	Navy beans; dry	1.00 lb
9310	Water	3.00 qt
9310	Ham bone or hock; smoked	1.00
9310	Parsley; chopped	2.00 tb
9310	Onions; finely chopped	1.00 c
9310	Garlic; clove, minced	1.00
9310	Celery & tops; finely chopped	2.00 c
9310	Salt	1.50 ts
9310	Pepper	0.50 ts
9311	Olive oil	2.00 tb
9311	Diced onion	1.00 c
9311	Carrot, peeled and sliced	1.00
9311	Celery stalk, sliced	1.00
9311	Minced garlic	2.00 tb
9311	Diced country ham or prosciou	0.50 c
9311	Dried cannellini or navy bea	0.75 lb
9311	Fresh chopped rosemary (2 t	2.00 tb
9311	Chicken stock	8.00 c
9311	Pepper	0.50 ts
9311	Salt	0.00
9312	CHICKEN MIXTURE -----	0.00 -----
9312	Butter	2.00 tb
9312	Bunch chopped scallions	1.00
9312	Sweet yellow pepper	1.00 md
9312	chopped	0.00
9312	Minced clove garlic	1.00
9312	Fresh jalapeno peppers	3.00

Sheet1

9312	seeded and chopped	0.00
9312	Fresh grated ginger	0.50 ts
9312	Salt	0.50 ts
9312	Sage	0.50 ts
9312	Cumin	0.50 ts
9312	Chicken breasts skinned	1.50
9312	boned and cut into pieces	0.00
9312	SAUCES -----	0.00 -----
9312	Butter	3.00 tb
9312	Flour	0.25 c
9312	Cream	0.50 c
9312	Chicken broth	2.00 c
9312	(17-oz) corn	1.00 cn
9312	Jar (3-lb) great northern	1.00
9312	beans	0.00
9312	EXTRA SEASONINGS: OPTIONAL -----	0.00 -----
9312	Cayenne pepper	0.00
9312	White pepper	0.00
9312	Jar (11-oz) pickled jalapeno	1.00
9312	peppers	0.00
9312	Grated monterey jack cheese	0.00
9313	Onion chopped fine	1.00 md
9313	Green pepper chopped	0.50 lg
9313	fine	0.00
9313	Clove garlic minced	1.00 lg
9313	Shredded carrot	1.00
9313	Stalks celery chopped fine	2.00
9313	Olive oil	1.00 tb
9313	Butter	1.00 tb
9313	Cooked boneless chicken	1.25 lb
9313	chopped	0.00
9313	(15-oz) low salt chicken	1.00 cn
9313	broth or homemade	0.00
9313	Pinto beans one drained and	2.00 cn
9313	rinsed one not drained and	0.00
9313	pureed in blender	0.00
9313	Dry white vermouth	0.75 c
9313	Chick peas optional	1.00 cn
9313	Ground cumin	1.00 ts
9313	Tabasco sauce	0.50 ts
9313	Chili powder	1.00 ts
9313	Honey	1.00 tb
9313	Md hot sauce	2.00 ts
9313	Shredded mozzarella	0.00
9313	cheese opt.	0.00
9314	Navy beans dry	2.00 lb
9314	Garlic puree	2.00 ts
9314	Heavy cream	6.00 c
9314	Cumin	3.00 tb

Sheet1

9314	Chicken stock	6.00 c
9314	Chili powder	3.00 tb
9314	(1/4 c ) peanut oil	2.00 oz
9314	Salt	2.50 tb
9314	Diced celery	2.00 c
9314	Pepper	2.50 tb
9314	Diced onion	2.00 c
9314	Diced chicken	2.00 tb
9314	Diced bell pepper	2.00 c
9314	Tabasco sauce	4.00 tb
9314	Diced jalapeno pepper	1.00 c
9315	Fish fillet (e.g. sole,	0.50 lb
9315	snapper, butterfish)	0.00
9315	Chicken stock	4.00 c
9315	Bean thread noodles (or	1.00 c
9315	vermicelli), soaked	0.00
9315	Cucumber	1.00 md
9315	Ginger root	1.00 sl
9315	Sugar	1.00 pn
9315	Cornstarch paste	2.00 ts
9315	Chinese parsley leaves	0.00
9316	Jim Vorheis	0.00
9316	(about 2 lbs) beef or calf's	1.00 sm
9316	foot, split	0.00
9316	Horizontally and cut into 6	0.00
9316	pieces	0.00
9316	Head of garlic, unpeeled and	1.00 sm
9316	cut in half	0.00
9316	Horizontally	0.00
9316	White onion, roughly sliced	1.00 md
9316	Sea salt	1.00 tb
9316	Tripe	2.00 lb
9316	(4 1/2 to 5 cups) dried	0.75 lb
9316	hominy, cooked and	0.00
9316	Flowered plus cooking water	0.00
9316	Topping:	0.00
9316	Crumbled chile piquin	0.00
9316	Finely chopped white onion	0.00
9316	Roughly chopped cilantro	0.00
9316	Lime quarters	0.00
9317	Safflower oil	1.00 tb
9317	Carrots, grated	4.00 x
9317	Med Onion, chopped (1/2 cup)	0.00
9317	Vegetable stock	4.00 c
9317	Can Tomato Paste (2/3 cup)	6.00 oz
9317	Soy sauce	1.00 tb
9317	Thyme	0.50 ts
9317	Ground Cumin	0.25 ts
9317	Black Pepper	0.25 ts

Sheet1

9318	Chicken thighs	10.00 oz
9318	Winter melon or watermelon	0.50 lb
9318	Water	7.00 c
9318	Fresh water chestnuts, peel	6.00
9318	And slice	0.00
9318	Sliced mushrooms, canned	0.50 c
9318	Chicken base (or 1/2 chicken	0.50 ts
9318	Bouillon cube)	0.00
9318	MARINADE -----	0.00 -----
9318	Salt	1.00 ts
9318	Sugar	0.50 ts
9318	Thin soy sauce	0.50 ts
9318	Cornstarch	1.00 ts
9319	Butternut squash	2.00 c
9319	or buttercup squash	0.00
9319	peeled, seeded & chopped	0.00
9319	Sweet potato; peeled &	2.00 c
9319	chopped	0.00
9319	Apples; peeled, cored &	3.00 md
9319	chopped	0.00
9319	Spartan, McIntosh or similar	0.00
9319	cooking apple	0.00
9319	Onion; chopped	1.00 md
9319	Water or just enough to	2.00 c
9319	cover apples & veggies	0.00
9319	Sea salt	0.50 ts
9319	Chinese 5 spice; or pumpkin	0.50 ts
9319	pie spice*	0.00
9319	Cayenne pepper	0.25 ts
9320	Slices bacon in 1 inch piece	4.00
9320	Unsalted butter	4.00 tb
9320	Diced leeks	2.00 c
9320	Diced onions	1.50 c
9320	Diced celery	1.00 c
9320	Dried tarragon	1.50 ts
9320	Dried thyme	0.50 ts
9320	Salt	0.00
9320	Pepper taste	0.00
9320	Chicken stock (homemade pref	5.00 c
9320	Diced potatoes	2.50 c
9320	Rinsed spinach 1/8 inch sliv	1.00 lb
9320	Sliced carrots*	1.50 c
9320	Shredded cabbage*	1.50 c
9321	Spanish onion	1.00 lg
9321	Handful pearl barley/rice	0.00
9321	Carrots	2.00 lg
9321	Cube vegetable stock	1.00 ea
9321	Turnip/swede	1.00 md
9321	Dried mixed herbs	1.00 ts

Sheet1

9321	Leeks	1.00 lb
9321	Salt and pepper to taste	0.00
9321	Potatoes	0.00
9321	Tomato puree optional	0.00
9322	Butter or margarine	5.00 tb
9322	Carrots, finely chopped	2.00 md
9322	Celery ribs, finely chopped	2.00
9322	Onion, finely chopped	1.00 md
9322	Green pepper, seeded and	0.50
9322	chopped	0.00
9322	Mushrooms, chopped	5.00
9322	Cooked ham, finely chopped	0.50 c
9322	optional	0.00
9322	Flour	0.50 c
9322	Cornstarch	2.00 tb
9322	Chicken broth	1.00 qt
9322	Milk	1.00 qt
9322	Paprika	0.50 ts
9322	Cayenne (up to 1/2 t.)	0.25 ts
9322	Dry mustard	0.50 ts
9322	Sharp cheddar cheese, grate	1.00 lb
9322	Salt	0.00
9322	Freshly ground black pepper	0.00
9323	Cooked ground pork	2.00 oz
9323	Chopped scallions (green	0.25 c
9323	onions)	0.00
9323	Teriyaki sauce	2.00 ts
9323	Cornstarch	0.50 ts
9323	Ground ginger	0.25 ts
9323	Wonton wrappers (3 x 3-inch	20.00
9323	squares)	0.00
9323	SOUP:	0.00
9323	Water, divided	2.75 qt
9323	Pkt instant chicken broth	3.00
9323	and seasoning mix	0.00
9323	Shredded spinach	1.00 c
9323	Thinly sliced mushrooms	0.25 c
9324	Bok choy	1.50 c
9324	Peanut oil	1.00 tb
9324	Vegetable stock	6.00 c
9324	Salt & pepper	0.00
9324	Wontons	25.00
9324	Scallions, thinly sliced	3.00
9324	- on the diagonal	0.00
9325	WONTONS:	0.00
9325	Ground pork	1.00 lb
9325	Frozen chopped spinach,	1.00 pk
9325	thawed and squeezed dry	0.00
9325	Clove garlic, finely chopped	1.00

Sheet1

9325	Scallion, thinly sliced	1.00
9325	To 2 tsp salt	1.00
9325	Sherry (or any wine)	1.00 ts
9325	Sesame oil	1.00 ts
9325	Wonton wrappers	1.00 pk
9325	Cold water for sealing	0.00
9325	SOUP:	0.00
9325	Chicken stock, fresh or	6.00 c
9325	canned (2 to 3 cans	0.00
9325	With water added)	0.00
9326	Chicken, cut into pieces	4.00 lb
9326	Salt	1.00 ts
9326	Fresh ginger	6.00 sl
9326	Scallions, cut into 2-inch	2.00
9326	pieces	0.00
9326	Chicken stock	3.00 c
9326	Rice wine or dry sherry	2.00 tb
9326	DIPPING SAUCES -----	0.00 -----
9326	Light soy sauce	0.00
9326	Chili bean sauce	0.00
9326	Chopped scallions	0.00
9327	Vegetable Oil (Or Two)	1.00 tb
9327	Garlic, Fresh, Chopped	1.50 ts
9327	Corn Tortillas, Chop Coarse	8.00
9327	Onion Puree	2.00 c
9327	Cayenne Pepper	1.00 ts
9327	Cumin Powder	2.00 tb
9327	Bay Leaves	3.00
9327	Tomato Paste	0.75 c
9327	Chicken Base (See Note)	1.50 tb
9327	Water	0.50 c
9327	Cilantro, Fresh, Chopped	0.25 c
9327	Epazote, Chopped	2.00 tb
9327	Salt To Taste	1.00
9327	White Pepper To Taste	1.00
9327	Chicken Breasts, Cook & Dice	2.00
9327	Chopped Avocado	1.00
9327	Corn Tortilla Strips, Fried	1.00
9327	Shredded Monterey Jack	1.00
9328	Vegetable Oil (or two)	1.00 tb
9328	Garlic, fresh, chopped	1.50 ts
9328	Corn Tortillas, chop coarse	8.00
9328	Onion puree	2.00 c
9328	Cayenne pepper	1.00 ts
9328	Cumin powder	2.00 tb
9328	Bay Leaves	3.00
9328	Tomato Paste	0.75 c
9328	Chicken Base (See note)	1.50 tb
9328	Water	0.50 c



Sheet1

9328	Cilantro, fresh, chopped	0.25 c
9328	Epazote, chopped	2.00 tb
9328	Salt to taste	1.00
9328	White pepper to taste	1.00
9328	Chicken breasts, cook & dice	2.00
9328	Chopped Avocado	1.00
9328	Corn Tortilla strips, fried	1.00
9328	Shredded Monterey Jack	1.00
9329	Sliced Zucchini (Abt. 1lb)	4.00 c
9329	Small Onion, Chopped	1.00
9329	Butter Or Margarine	2.00 tb
9329	(1cn) Cream Of Chick. Soup	10.75 oz
9329	Water	2.00 c
9329	Salt	1.00 ts
9329	Dried Basil Leaves	0.50 ts
9329	Pepper	0.12 ts
9330	Zucchini, sliced	1.00 lb
9330	Celery, chopped	1.00 c
9330	Onion, chopped	1.00
9330	Sausage	0.50 lb
9330	Oregano	0.50 ts
9330	Salt	0.00
9330	Pepper	0.00
9330	Basil	0.50 ts
9330	Cloves garlic, minced	2.00
9330	Green pepper, chopped	1.00
9330	Tomatoes	28.00 oz
9331	Boned lamb cut into	3.00 lb
9331	1 1/2" cubes	0.00
9331	Flour for dusting	0.00
9331	Cooking oil	2.00 tb
9331	Ground black pepper	0.25 ts
9331	Dried juniper berries	6.00
9331	crushed	0.00
9331	Yellow onions, peeled	2.00
9331	and chopped	0.00
9331	Hominy (include liquid)	5.50 c
9331	Medium dried hot red	1.00
9331	chili pepper, crushed	0.00
9331	Salt	1.00 tb
9331	Cloves garlic, peeled	2.00
9331	and crushed	0.00
9331	Oregano	2.00 ts
9331	Minced fresh parsley	0.50 c
9331	Green peppers, washed	6.00
9331	cored, quartered	0.00
9331	Water	1.00 qt
9332	Clams	48.00
9332	Bottle white wine (1 liter)	0.75

Sheet1

9332	Leek	0.00
9332	Small onion	0.00
9332	Clove garlic	0.00
9332	Fish stock	1.00 qt
9332	Peeled, chopped tomato	0.00
9332	Small bunch marjoram	0.00
9332	Leaf of celery	0.00
9332	Crusts of bread (croutons)	4.00 x
9333	White Beans; Dry	1.25 c
9333	Ham; Cubed	4.00 oz
9333	Cut Green Beans; *	1.00 c
9333	Celery; Diced	0.25 c
9333	Green Onion; Diced	1.00
9333	Onion; Yellow, diced	1.00
9333	Potato; Peeled & Diced	1.00
9333	Butter	1.00 tb
9333	Unbleached Flour	2.00 tb
9333	Beef Broth	0.75 c
9333	Salt	0.50 ts
9333	Pepper	0.25 ts
9333	GARNISH -----	0.00 -----
9333	Parsley; Sprig	1.00
9334	bread machine yeast	2.50 ts
9334	bread flour	3.00 c
9334	salt	0.50 ts
9334	sugar	3.00 tb
9334	unsalted butter, cut up	0.25 c
9334	warm milk	0.75 c
9334	vanilla extract	0.50 ts
9334	grated lemon zest	1.00 ts
9334	large egg	1.00
9334	large egg yolk	1.00
9335	yeast	1.00 tb
9335	bread flour	3.00 c
9335	yellow cornmeal	0.33 c
9335	chili oil (hot oil)	0.33 c
9335	extra-large egg	1.00
9335	chopped onion	0.50 c
9335	minced fresh coriander	0.25 c
9335	water, plus up to an	0.75 c
9335	additional 1/4 cup to make	0.00
9335	a smooth, firm dough after	0.00
9335	5 minutes of kneading	0.00
9335	salt	1.00 ts
9335	crushed red pepper flakes	1.00 ts
9335	drops Tabasco sauce or more	6.00
9335	-----TO FINIS	0.00 --
9335	-----	0.00 --
9335	olive oil	1.00 tb

Sheet1

9335	coarse jalapeno salt	2.00 ts
9336	all-purpose flour	3.00 c
9336	yeast	2.50 ts
9336	salt	0.75 ts
9336	sugar	2.00 ts
9336	plus 2 T evaporated milk or	0.50 c
9336	more to make a firm ball	0.00
9336	unsalted butter or margarine	3.00 tb
9336	Idaho potato (about 6 to 8	1.00 md
9336	ozs), in 1/2-inch cubes	0.00
9336	fresh or frozen peas	1.00 c
9336	vegetable oil	2.00 tb
9336	all-purpose yellow onion	1.00 lg
9336	(8 ozs), finely chopped	0.00
9336	garlic cloves,	2.00
9336	finely chopped	0.00
9336	fresh ginger root, peeled	2.00 ts
9336	and finely chopped	0.00
9336	dried coriander	1.00 ts
9336	ground cumin	0.50 ts
9336	freshly ground black pepper	0.25 ts
9336	salt	0.25 ts
9336	To finish: 1 egg beaten	0.00
9336	with 1 tablespoon water	0.00
9337	bread machine yeast	2.50 ts
9337	bread flour	3.00 c
9337	salt	2.00 ts
9337	water	0.88 c
9337	fruity olive oil plus 3	0.25 c
9337	tablespoons for the top	0.00
9337	Coarse sea salt or kosher	0.00
9337	salt for sprinkling on top	0.00
9338	yeast	2.00 ts
9338	all-purpose flour	3.00 c
9338	finely ground cornmeal	0.25 c
9338	salt	2.00 ts
9338	olive oil	2.00 tb
9338	water, plus 3 T or more	1.00 c
9338	if necessary	0.00
9338	olive oil	3.00 tb
9338	cloves garlic, minced	2.00
9338	mixed fresh herbs, such as	0.50 c
9338	basil, thyme, oregano	0.00
9338	and chervil	0.00
9338	shredded soft cheese, such	0.50 c
9338	as fontina or Muenster	0.00
9338	grated Parmesan cheese	0.25 c
9338	oil-packed sun-dried	6.00
9338	tomatoes, cut in quarters	0.00

Sheet1

9339	all-purpose flour	2.50 c
9339	coarsely ground pepper	2.00 ts
9339	sugar	6.00 tb
9339	salt	1.00 ts
9339	plus 2 tb dry red wine	0.50 c
9339	baking powder	2.00 ts
9339	vegetable oil	0.50 c
9340	yeast	2.00 ts
9340	all-purpose flour	2.50 c
9340	sugar	1.00 ts
9340	salt	1.00 ts
9340	olive oil	1.00 ts
9340	plus 3 tablespoons water	0.75 c
9340	-----TOPPING-	0.00 --
9340	-----	0.00 --
9340	olive oil	2.00 tb
9340	Salt to taste	0.00
9340	tomato or pizza sauce	1.50 c
9340	shredded mozzarella cheese	1.50 c
9341	bread machine yeast	1.00 tb
9341	bread flour	2.50 c
9341	sugar	2.00 ts
9341	salt	0.25 ts
9341	warm milk	0.50 c
9341	water	0.50 c
9341	fruity olive oil, + extra	0.25 c
9341	for coating the dough	0.00
9341	chopped Nicoise or green	0.33 c
9341	olives	0.00
9342	yeast	2.50 ts
9342	dough enhancer (optional)	3.00 ts
9342	all purpose flour	2.00 c
9342	white wheat flour	1.00 c
9342	sugar	1.50 ts
9342	salt	1.50 ts
9342	toasted sesame seeds	0.33 c
9342	milk	0.75 c
9342	prepared hummus	1.00 c
9342	garlic oil	0.25 c
9342	large egg	1.00
9343	yeast	2.50 ts
9343	dough enhancer (optional)	4.00 ts
9343	white wheat flour	2.00 c
9343	granulated sugar	1.00 tb
9343	salt	1.00 ts
9343	extra large egg	1.00
9343	dry Vermouth or any other	0.25 c
9343	dry white wine	0.00
9343	plus 2 Tb water	0.33 c

Sheet1

9343	olive oil	3.00 tb
9343	pesto sauce	0.50 c
9343	toasted pine nuts	0.50 c
9344	water	1.25 c
9344	bread flour	3.00 c
9344	bread machine yeast	2.50 ts
9344	salt	1.00 ts
9344	egg white whisked together	1.00
9344	with 1 T water for glaze	0.00
9345	bread machine yeast	1.50 ts
9345	bread flour	2.00 c
9345	instant nonfat dry milk	1.00 tb
9345	salt	1.00 ts
9345	unsalted butter	1.00 tb
9345	water	0.67 c
9345	chopped prosciutto ham	1.50 c
9345	egg, lightly beaten,	1.00
9345	for glaze	0.00
9346	yeast	1.00 tb
9346	yellow cornmeal	0.50 c
9346	all-purpose flour	3.00 c
9346	salt	1.50 ts
9346	chili powder	2.00 ts
9346	(10 oz) refried beans	1.00 c
9346	vegetable oil	0.25 c
9346	extra-large egg	1.00
9346	honey	1.00 tb
9346	water	0.67 c
9346	(16 oz) chunky salsa	2.00 c
9346	(4 oz) shredded cheddar or	1.00 c
9346	Monterey Jack cheese	0.00
9347	water	0.67 c
9347	butter, softened	1.00 tb
9347	bread flour	2.00 c
9347	cut-up dried apples	0.25 c
9347	dry milk	1.00 tb
9347	sugar	1.00 tb
9347	salt	1.00 ts
9347	apple pie spice	1.50 ts
9347	bread machine yeast	1.50 ts
9348	whole wheat flour	1.50 c
9348	bread flour	1.50 c
9348	minced fresh basil or 2	2.00 tb
9348	ts dried basil	0.00
9348	minced fresh rosemary or	2.00 tb
9348	1 1/2 ts dried rosemary	0.00
9348	sea salt	1.50 ts
9348	cloves garlic, crushed	2.00
9348	sun-dried tomatoes, drained	3.00

Sheet1

9348	and minced	0.00
9348	water	1.25 c
9348	olive oil	2.00 tb
9348	honey	2.00 ts
9348	active dry yeast	4.00 ts
9349	Vidalia or Spanish onions	6.00
9349	(approx. 2 1/2 pounds),	0.00
9349	about 3 inches diameter,	0.00
9349	peeled and left whole	0.00
9349	stick unsalted butter	1.00
9349	(13-oz) can broth: beef,	1.00
9349	chicken, or vegetable	0.00
9349	-----DOUGH---	0.00 --
9349	-----	0.00 --
9349	yeast	2.00 ts
9349	rye flour	0.25 c
9349	all-purpose flour, plus an	1.75 c
9349	additional 2 to 3 T	0.00
9349	if necessary	0.00
9349	nonfat dry milk	4.00 tb
9349	salt	1.00 ts
9349	dehydrated onion	2.00 ts
9349	olive oil	3.00 tb
9349	water	0.75 c
9349	-----TO FINISH	0.00 --
9349	-----	0.00 --
9349	goat cheese, either plain,	6.00 oz
9349	peppered or herbed,crumbled	0.00
9350	Olive oil	0.50 c
9350	Cider vinegar	0.25 c
9350	Basil vinegar	0.33 c
9350	Black pepper fresh ground	1.00 tb
9350	Romano cheese, grated	2.00 tb
9350	Garlic clove minced	1.00 ea
9350	Chopped chives	1.00 tb
9350	Plain yogurt	2.00 tb
9350	Tabasco sauce	1.00 ts
9351	16oz pkg frozen Black	1.00 ea
9351	eyed peas	0.00
9351	Water	2.25 c
9351	Chopped pimientos	2.00 tb
9351	Liquid Smoke	0.12 ts
9351	Cider vinegar	0.33 c
9351	Salt	1.00 ts
9351	Red pepper flakes	0.50 ts
9351	Med. onion chopped	1.00 ea
9351	Garlic clove, minced	1.00 ea
9351	Olive oil	1.00 ts
9351	Chopped red Bell pepper	0.50 c

## Sheet1

9351	Spinach leaves, torn	2.00 c
9351	Lettuce, torn	4.00 c
9351	Black pepper	0.50 ts
9351	Monterrey Jack Cheese,	0.25 c
9351	grated	0.00
9351	Purple onion, sliced	1.00 ea
9351	in rings	0.00
9351	Sliced mushrooms, fresh	0.50 c
9351	Chopped pecans	0.25 c
9352	Water; ice	0.00
9352	Water; boiling	0.00
9352	Eggs; beaten	4.00
9352	Flour	2.00 tb
9352	Cracker crumbs	1.00 c
9353	Can Pitted Olives	7.50 oz
9353	Can Anchovy Fillets, Cut In	0.75 oz
9353	Small Pieces	0.00
9353	Can Chopped Pimentos	1.00
9353	Clove Garlic, Mashed Or	1.00
9353	Pressed	0.00
9353	Wine Vinegar	0.33 c
9353	Olive Oil	1.00 tb
9353	Oil From Anchovies	0.00
9353	Minced Parsley	0.25 c
9354	Acorn squash	4.00 sm
9354	Salt	0.00
9354	Butter or margarine	8.00 T
9354	Honey	8.00 T
9354	Whole-berry cranberry sauce	16.00 oz
9355	Butter (or margarine),	0.50 c
9355	softened	0.00
9355	Gold Medal flour	1.00 c
9355	Water	2.00 tb
9355	Butter (or margarine)	0.50 c
9355	Water	1.00 c
9355	Almond extract	1.00 ts
9355	Gold Medal flour	1.00 c
9355	Eggs	3.00
9356	Jim Vorheis	0.00
9356	Flat anchovy fillets	4.00 oz
9356	Cloves garlic, finely	2.00 md
9356	chopped	0.00
9356	Tomato paste	1.00 ts
9356	To 1 1/2 tb olive oil	1.00 tb
9356	Lemon juice (or red wine	2.00 ts
9356	vinegar)	0.00
9356	Freshly ground black pepper	0.00
9356	To 10 slices French bread,	8.00
9356	1/2-inch thick, cut into	0.00

Sheet1

9356	Strips	0.00
9356	Finely chopped fresh parsley	1.00 ts
9357	Gorgonzola or Bleu Cheese	1.00 lb
9357	Ricotta cheese	1.00 lb
9357	Cloves chopped garlic	2.00
9357	Chopped walnuts	1.00 c
9357	Fresh sage leaves	4.00
9358	Eggplants; -OR-	3.00 sm
9358	Eggplant	1.00 lg
9358	Green pepper	0.50 ea
9358	Tomato	1.00 lg
9358	Celery stalks	3.00 lg
9358	Potatoes, new	3.00 sm
9358	Black olives	12.00 ea
9358	DRESSING -----	0.00 -----
9358	Olive oil	0.50 c
9358	Red wine vinegar	3.00 tb
9358	Garlic cloves; minced	2.00 ea
9358	Pepper	1.00 ds
9358	Basil, dried	1.00 ds
9359	Whole button mushrooms	2.00 c
9359	Canned artichoke hearts	1.00 c
9359	Olive oil	1.00 tb
9359	Balsamic vinegar	1.00 c
9359	Red wine, optional	2.00 tb
9359	Basil	1.00 ts
9359	Oregano	1.00 ts
9359	Salt	1.00 ts
9359	Black pepper	0.50 ts
9359	Romain lettuce, chopped	1.00 ea
9359	English cucumber, sliced	1.00 ea
9359	Stalks celery, julienned	2.00 ea
9359	Tomatoes, cut into eighths	4.00 lg
9359	Green onions, cut in half	4.00 ea
9359	- lengthwise	0.00
9359	Radishes, quartered	0.50 c
9360	Parmesan Cheese	1.00 c
9360	Mayonnaise	1.00 c
9360	Artichoke Hearts	1.50 c
9360	Garlic Powder	0.00
9362	Onion	1.00 lg
9362	Garlic clove, minced	1.00
9362	Eggs (beaten)	4.00
9362	Bread crumbs	0.25 c
9362	Jars of artichoke hearts,	2.00
9362	Chopped (not liquid)	0.00
9362	Oregano	1.50 ts
9362	Salt, pepper to taste	0.00
9362	Tabasco	0.00 ds



Sheet1

9362	Shredded cheddar cheese	2.00 c
9363	Black or white sesame seed	1.00 tb
9363	Firm-ripe avacado	1.00 lg
9363	Shredded pickled ginger	1.00 tb
9363	Seasoned rice vinegar	3.00 tb
9363	OR	0.00
9363	Cider vinegar,mixed with	3.00 tb
9363	Sugar	1.00 ts
9363	Wasabi powder or	0.50 ts
9363	prepared horseradish	0.00
9363	POTSTICKER CRISPS -----	0.00 -----
9363	Round potsticker skins	12.00
9364	Mayonnaise	1.00 c
9364	Lemon juice - fresh	1.00 tb
9364	Tomato paste	1.50 ts
9364	Shallot - minced	1.50 ts
9364	Dijon mustard	0.50 ts
9364	Pepper	0.25 ts
9364	Asparagus - trimmed	1.00 lb
9364	Crabmeat - cooked	8.00 oz
9364	Boston lettuce leaves - or	4.00 lg
9364	butter lettuce leaves	0.00
9365	Bread dough loaves*	2.00
9365	Large egg white	1.00
9365	Grated Parmesan cheese	0.25 c
9365	Dried tarragon leaves	1.00 ts
9365	Dried dill weed	1.00 ts
9366	Can Asparagus	1.00
9366	Loaf Bread *	1.00
9366	Bleu Cheese	4.00 oz
9366	Worcestershire Sauce	1.00 ts
9366	Beaten Egg	1.00
9366	Cream Cheese	8.00 oz
9366	Garlic Powder To Taste	0.00
9366	Pepper To Taste	0.00
9367	Medium-size asparagus	12.00
9367	Pieces pickled red ginger	4.00
9367	DRESSING -----	0.00 -----
9367	Thin soy sauce	1.00 tb
9367	Ginger juice	0.25 ts
9367	Sugar	1.00 pn
9367	Sesame oil	1.00 tb
9369	Fresh Lime Juice	0.50 c
9369	Peanut Oil Or:	3.00 tb
9369	Vegetable Oil	0.00
9369	Green Peppercorns, Crushed	24.00
9369	Salt To Taste	0.00
9369	Black Pepper To Taste	0.00
9369	Sea Or Bay Scallops,	0.75 lb

Sheet1

9369	Finely Chopped	0.00
9369	Ripe Avocado, Peeled	1.00 lg
9369	Fresh Chives, Chopped, Or:	2.00 tb
9369	Scallions, Chopped	0.00
9369	White Mushrooms	40.00 sm
9369	Vegetable Oil	0.25 c
9369	Fresh Lemon Juice	2.00 tb
9369	Garlic Clove, Peel & Crushed	1.00 md
9369	Salt & Pepper To Taste	0.00
9369	GARNISH -----	0.00 -----
9369	Additional Chives	0.00
9369	Scallions	0.00
9370	Small package lemon gelatin	1.00
9370	Boiling water	1.00 c
9370	Large avocados, peeled, cube	2.00
9370	Cream cheese, softened	8.00 oz
9370	Crushed unsweetened pineapple,	8.00 oz
9370	Chopped pecans	1.00 c
9371	Min to prepare	10.00
9371	Yield 1 1/2 c	0.00
9371	Cider vinegar	3.00 tb
9371	Cold water	3.00 tb
9371	Cake (1/4 lb) tofu	1.00
9371	(4" long) ripe avocado	1.00 md
9371	Hard cooked eggs	2.00
9371	Dijon mustard	0.50 ts
9371	Prepared horseradish	0.50 ts
9371	Very finely minced red onion	0.50 c
9372	Large eggplant	1.00
9372	Clove garlic; crushed	1.00
9372	Salt	1.00 ts
9372	Tahini; Sesame Seed Paste	0.25 c
9372	Water	2.00 tb
9372	Lemon juice	0.25 c
9372	Lemon wedges	0.00
9372	Parsley	0.00
9372	Olive oil	0.00
9373	Round Brie cheese	4.50 oz
9373	Coarsely cracked black	0.00
9373	pepper	0.00
9373	Baby pear tomatoes (red and	7.00 oz
9373	yellow)	0.00
9373	To 2 Tbsp. snipped fresh	1.00
9373	herbs (choose from basil,	0.00
9373	oregano, marjoram,	0.00
9374	Hard cooked eggs	6.00
9374	Mayonnaise	3.00 tb
9374	Crisp bacon	2.00 sl
9374	Vinegar	2.00 ts

Sheet1

9374	Grated cheddar	0.25 c
9374	Salt	0.12 ts
9375	Smoked oysters	2.00 cn
9375	Light vegetable oil	0.25 c
9375	Bacon strips	0.50 lb
9375	Round wooden toothpicks	40.00
9375	Garlic, minced	3.00 tb
9376	Slices Bacon Crumbled	6.00
9376	Ripe Olives, Chopped	1.00 c
9376	Green Onion Tops, Chopped	0.50 c
9376	Shredded Cheddar Cheese	1.50 c
9376	Curry	1.00 ts
9376	Mayonnaise	0.50 c
9377	Red Boiling Potatoes -	3.50 lb
9377	Or white boiling potaotes,	0.00
9377	Cut crosswise into	0.00
9377	1/8-inch thick slices	0.00
9377	Butter - melted (3/4 stick)	6.00 tb
9377	Salt and freshly ground	0.00
9377	Pepper	0.00
9378	Butter or margarine	2.00 T
9378	Onion, finely chopped	1.00 md
9378	Finely chopped green pepper	0.75 c
9378	Can sliced mushrooms,	3.00 oz
9378	Broiled-in-butter, undrained	0.00
9378	Herb seasoned dressing	1.00 c
9378	Pk frozen king crabmeat,	6.00 oz
9378	defrosted	0.00
9378	Chicken broth or clam juice	0.75 c
9378	(8-ounce) whole trout	4.00
9380	Velveeta cheese; (no substit	1.00 lb
9380	Unsalted butter at room t	0.50 lb
9380	Pkg cream cheese; softened	8.00 oz
9380	Bottle prepared horseradi	5.00 oz
9380	Melted and strained bacon gr	0.25
9380	Onion juice	2.00 pt
9380	Tabasco hot red pepper sauce	0.12 pt
9380	Few drops of red and yell	1.00
9381	Franks, 1/2 " rounds	1.00 lb
9381	Vinegar	0.25 c
9381	Brown Sugar	3.00 tb
9381	Worcestershire	1.00 tb
9381	Garlic Clove, minced	1.00
9381	Pepper	0.25 ts
9381	Tomato Sauce	1.50 c
9381	Onion, small, minced	1.00
9381	Mustard	1.00 tb
9381	Curry Powder	0.50 ts
9381	Salt	1.00 ts

## Sheet1

9381	Picks	0.00
9382	Package lemon Jell-O	3.00 oz
9382	Boiling water	0.75 c
9382	Can tomato sauce	8.00 oz
9382	Vinegar	1.50 ts
9382	Salt	0.50 ts
9382	Pepper	1.00 ds
9382	Horseradish	1.00 tb
9383	Salt	1.50 ts
9383	Medium barley	1.00 c
9383	Grated fresh ginger OR	2.00 ts
9383	Ground ginger	0.50 ts
9383	Sesame Or vegetable oil	3.00 tb
9383	Scallions, sliced	4.00
9383	Red pepper, chopped	1.00
9383	Bok choy, shredded	0.50 lb
9383	Rice wine OR white wine	1.00 tb
9383	vinegar	0.00
9383	Prepared egg roll wrappers	1.00 pk
9383	(16 oz.)	0.00
9383	Oil for frying	0.00
9384	Flour	1.50 c
9384	Sugar	1.00 ts
9384	Salt	0.12 ts
9384	Eggs	3.00
9384	Milk	1.50 c
9384	Butter or oil; melted/cooled	2.00 tb
9385	Dry white wine	2.50 fl
9385	Clove garlic	0.00
9385	Emmental and Gruyere cheese*	5.50 oz
9385	Cornstarch	1.00 ts
9385	Kirsch**	0.50 fl
9385	Shake pepper	0.00
9385	Grind fresh nutmeg	0.00
9385	White bread, cubed	6.00 oz
9386	Roquefort (or Blue) cheese	1.00 c
9386	Worcestershire sauce	1.00 tb
9386	Lemon juice	1.00 tb
9386	Salad oil	0.67 c
9386	Vinegar	2.00 tb
9387	Soft lettuce leaves (Boston	2.00 c
9387	or similar; not iceberg}	0.00
9387	Fresh mint leaves	1.00 c
9387	Fresh coriander (Chinese	1.00 c
9387	parsley)	0.00
9387	Cucumber, peeled in	1.00 c
9387	lengthwise strips and with	0.00
9387	green strips in between,	0.00
9387	then cut in half lengthwise	0.00

Sheet1

9387	and into horizontal slices	0.00
9387	forming semi-circles	0.00
9388	Ground cumin	1.50 ts
9388	Fresh lime juice	1.00 c
9388	Fresh orange juice	0.50 c
9388	Bay scallops	2.00 lb
9388	Hot red chili pepper *	1.00
9388	Red onion, finely chopped	0.25 c
9388	Ripe plum tomatoes **	3.00
9388	Red pepper; seeded & chopped	1.00
9388	Scallions; chopped	3.00
9388	Cilantro, chopped	1.00 c
9388	Lime; sliced, for garnish	1.00
9389	Knockwurst; Cooked / Cooled	0.50 lb
9389	Pickles; Small	2.00
9389	Onion; Medium	1.00
9389	Vinegar	3.00 tb
9389	Mustard; Prepared *	1.00 tb
9389	Vegetable Oil	2.00 tb
9389	Salt	0.50 ts
9389	Pepper	0.25 ts
9389	Paprika	0.25 ts
9389	Sugar	0.25 ts
9389	Capers	1.00 tb
9389	Parsley; Chopped	1.00 tb
9390	Gorton's Clams	1.00 cn
9390	Prepared horseradish	2.00 ts
9390	3 oz pkg. cream cheese	1.00
9390	Lemon juice	1.00 ts
9391	Dried lima beans	1.00 c
9391	- soaked overnight OR...	0.00
9391	canned lima beans	30.00 oz
9391	Blackeye peas	1.00 c
9391	- freshly cooked or canned	0.00
9391	Celery sticks	2.00
9391	- finely chopped	0.00
9391	Red sweet pepper	1.00 sm
9391	- seeded and finely chopped	0.00
9391	Roasted cashew nuts	2.00 tb
9391	- (Or more to taste)	0.00
9391	Green onions; chopped	2.00
9391	Tomato sauce (ketchup)	1.00 tb
9391	Garlic clove; crushed	1.00
9391	Salt and pepper; to taste	0.00
9391	Cumin or jeera, ground	0.25 ts
9391	Balsamic or wine vinegar	3.00 tb
9391	Olive oil	6.00 tb
9392	Sesame seeds	2.00 tb
9392	Fresh bean sprouts	1.00 lb

Sheet1

9392	thoroughly washed and	0.00
9392	drained	0.00
9392	Garlic cloves, peeled and	3.00 md
9392	peeled and minced	0.00
9392	Scallions; trimmed & minced	2.00 md
9392	1" cube ginger, peeled and	1.00
9392	minced	0.00
9392	Oriental sesame oil	2.00 tb
9392	Soy sauce	0.33 c
9392	Cider vinegar	2.00 tb
9392	Mirin (sweet rice wine)	1.00 tb
9392	Light brown sugar	2.00 ts
9392	Spicy sesame oil	1.00 ts
9393	Stephen Ceideburg	0.00
9393	Large dried shrimp	0.25 c
9393	Mung bean thread noodles	2.00 oz
9393	Or 5 medium raw prawns,	4.00
9393	shelled, deveined	0.00
9393	Fresh lime juice	3.00 tb
9393	Fish sauce	2.50 tb
9393	Sugar	0.75 ts
9393	Or 2 medium button	1.00
9393	mushrooms, thinly sliced	0.00
9393	Celery stalk, thinly sliced	1.00
9393	at an angle	0.00
9393	Green onion, sliced into 1	1.00
9393	1/2-inch lengths	0.00
9393	Coarsely chopped coriander	1.00 tb
9393	leaves	0.00
9393	Red lettuce, washed and	0.00
9393	drained	0.00
9395	Cream cheese, (yogurt cheese	8.00 oz
9395	would be just fine) 2 tsp.	0.00
9395	horseradish, 1	0.00
9396	Soy Sauce	0.50 c
9396	Worcestershire Sauce	0.50 c
9396	Ketchup	2.00 tb
9396	Pepper (MORE FOR HOT)	0.50 ts
9396	Garlic Powder	0.50 ts
9396	Onion Salt	0.50 ts
9396	Beef Roast	1.00 lb
9397	Soy sauce	0.50 c
9397	Chopped green onions and	0.25 c
9397	tops	0.00
9397	Sugar	2.00 tb
9397	Oil	1.00 tb
9397	Cornstarch	1.50 ts
9397	Clove garlic, pressed	1.00
9397	Grated fresh ginger root	1.00 ts

Sheet1

9397	Boneless beef sirloin steak	2.50 lb
9397	Bamboo or metal skewers	0.00
9398	Lean Ground Beef	5.00 lb
9398	Morton Tender Quick Salt	5.00 ts
9398	Garlic Salt	2.50 ts
9398	Coarse Ground Pepper	2.50 ts
9398	Hickory Smoke Salt	1.00 ts
9399	Flank Steak (about 2 large steaks)	2.00 lb
9399		0.00
9399	Dry White Wine	1.00 c
9399	Low-Sodium Soy Sauce	0.50 c
9399	Onion, minced	2.00 tb
9399	Garlic Clove, minced	1.00
9399	Lemon Juice, freshly squeezed	1.00 tb
9399		0.00
9399	Honey	2.00 tb
9399	Can Beef Broth, unsalted or:	10.50 oz
9399	Homemade beef broth	1.00 c
9399	Ginger Root, minced or grated	1.00 ts
9399		0.00
9400	Head leafy lettuce	1.00
9400	Head romaine lettuce	1.00
9400	Long European cucumber	1.00
9400	Fresh beet (8-oz)	1.00
9400	DRESSING -----	0.00 -----
9400	Orange juice	3.00 tb
9400	Lemon juice	1.00 tb
9400	Honey	1.00 tb
9400	Dijon style mustard	2.00 ts
9400	Orange grated rind	2.00 ts
9400	Salt	0.50 ts
9400	Vegetable oil	0.67 c
9401	CREPES -----	0.00 -----
9401	Milk	1.50 c
9401	Eggs	4.00
9401	Pastry flour -=OR=-	3.75 oz
9401	All-purpose flour -AND-	3.00 oz
9401	Cake flour	0.75 oz
9401	Salt	1.00 pn
9401	Melted butter	0.50 oz
9401	FILLING -----	0.00 -----
9401	Chives; blanched	0.00
9401	Caviar	0.00
9401	Sour cream	0.00
9401	(or creme fraiche)	0.00
9401	Butter; melted	0.00
9402	Uncle Ben's Converted Brand	3.50 c
9402	Rice	0.00
9402	Water	2.00 qt

Sheet1

9402	Salt	1.50 tb
9402	Mayonnaise	1.75 qt
9402	Onions, finely chopped	3.00 c
9402	Prepared mustard	0.25 c
9402	Salt	2.00 ts
9402	Cucumber, pared and diced	1.00 qt
9402	Radishes, sliced	2.00 c
9403	Pkge oven-ready biscuits (8	1.00
9403	ounces)	0.00
9403	Thin slices turkey salami,	4.00
9403	diced	0.00
9403	Skim-milk mozzarella,	4.00 oz
9403	shredded	0.00
9403	Clove garlic, finely chopped	1.00
9403	(optional [??])	0.00
9403	Dried oregano	0.25 ts
9403	Ground black pepper to taste	0.00
9403	Olive oil	0.00
9404	Teriyaki Sauce	0.50 c
9404	Sugar	1.00 ts
9404	Whole Chicken Breasts,	2.00
9404	Skinned And Boned	0.00
9404	Cornstarch	1.00 ts
9404	Water	1.00 tb
9404	Vegetable Oil	1.00 tb
9404	Toasted Sesame Seeds	2.00 tb
9405	Dried black beans*	0.50 c
9405	Ham hock	1.00
9405	Chinese fermented blk. beans	1.50 tb
9405	Butter	1.00 tb
9405	Julienne of fresh fennel	0.25 c
9405	Clove garlic; crushed	1.00
9405	Hot salsa	0.25 c
9405	Red wine vinegar	1.50 tb
9405	Bucheron or Montrachet*	2.00 tb
9405	Thin slices French bread	8.00
9405	Snails (available in cans)	28.00
9405	Juliened roasted red pepper	0.25 c
9405	Chopped fresh cilantro	1.00 tb
9406	Garlic cloves, minced	3.00 ea
9406	Red onion, chopped	0.50 ea
9406	Red bell pepper, diced	0.50 ea
9406	Yellow bell pepper, diced	0.50 ea
9406	Cumin	1.00 ts
9406	Coriander	2.00 ts
9406	Juice of 4 limes	0.00
9406	Olive oil	0.50 c
9406	Jalapeno pepper, minced	1.00 ea
9406	Cooked black beans	2.00 c



Sheet1

9406	Cilantro	1.00 tb
9406	Oranges, peeled, sectioned	2.00 ea
9407	Dried black beans, soaked	1.25 c
9407	Water	4.00 c
9407	Bay leaf	1.00 ea
9407	Salt	0.50 ts
9407	Red wine vinegar	1.00 tb
9407	Clove garlic, minced	1.00 ea
9407	Cumin	0.25 ts
9407	Hot pepper sauce	1.00 ts
9407	Chopped cilantro	1.00 tb
9407	Olive oil	2.00 tb
9407	Red pepper, diced	0.50 ea
9407	Yellow pepper, diced	0.50 ea
9407	Green pepper, diced	0.50 ea
9407	Red onion, diced	1.00 ea
9407	Scallion, thinly sliced	4.00 ea
9408	-----DRESSING-----	0.00
9408	Garlic clove, minced	1.00 ea
9408	Juice of 1 lemon	0.00
9408	Balsamic vinegar	1.00 ts
9408	Sambuca liqueur	2.00 tb
9408	Fresh basil, chopped	2.00 tb
9408	Black pepper	1.00 ts
9408	-----SALAD-----	0.00
9408	Cooked black eyed peas	2.00 c
9408	White onion, chopped	0.50 ea
9408	Red bell pepper, diced	0.50 ea
9408	Chopped fresh basil	0.25 c
9409	Olive oil	1.00 tb
9409	Garlic cloves, chopped fine	3.00 md
9409	(3oz) onion, coarsely	1.00 sm
9409	chopped	0.00
9409	Can salt free whole tomatoes	16.00 oz
9409	(about 48) medium sized	1.00 c
9409	canned, low salt, pitted	0.00
9409	black olives,drained and	0.00
9410	Hot cooked (boiled) rice	3.00 c
9410	Cooked black-eyed peas	1.50 c
9410	=OR=-	0.00
9410	Frozen black-eyed peas	10.00 oz
9410	(cooked according to	0.00
9410	package directions)	0.00
9410	Dijon-style mustard	1.00 tb
9410	Salt (or to taste)	1.00 ts
9410	Freshly ground pepper	0.00
9410	Red wine vinegar	3.00 tb
9410	Extra-virgin olive oil	0.75 c
9410	(or part safflower oil)	0.00

Sheet1

9410	Onion; minced	1.00 md
9410	Garlic clove; minced	1.00
9410	Carrot; peeled and grated	1.00 lg
9410	Minced chives or parsley	0.25 c
9410	Head of radicchio	1.00
9410	=OR=- Boston lettuce	0.00
9410	(for garnish)	0.00
9411	Sugar	2.50 tb
9411	Milk	2.00 c
9411	Unsalted butter, melted,	2.00 tb
9411	Plus additional for brushing	0.00
9411	the griddle	0.00
9411	Buckwheat flour (available	1.00 c
9411	at natural foods stores and	0.00
9411	Specialty foods shops)	0.00
9411	All-purpose flour	1.00 c
9411	Salt	1.00 ts
9411	Eggs, separated	2.00 lg
9411	Well-chilled heavy cream	0.75 c
9412	Walnuts	1.00 c
9412	Crumbled blue cheese	1.00 c
9412	Egg beaten with 1 tb water	1.00
9413	Cream cheese	6.00 oz
9413	Tabasco or cayenne	1.00 ds
9413	Black pepper to taste	0.00
9413	Blue Cheese	4.00 oz
9413	Sour cream	1.00 c
9413	Bunch scallions	1.00
9413	Clove garlic	1.00
9413	White vinegar	1.00 tb
9413	Olive oil	1.00 tb
9413	Worcestershire sauce	1.00 ts
9414	Sour cream	1.00 c
9414	Dry mustard	1.00 tb
9414	Fresh ground black pepper	1.00 tb
9414	Garlic oil	0.50 tb
9414	Package fresh spinach	1.00
9414	Mayonnaise	1.00 c
9414	Oregano	1.00 tb
9414	Blue cheese	4.00 oz
9414	Lemon juice	1.00 tb
9415	Mayonnaise (4 cups)	1.00 qt
9415	Buttermilk	1.00 c
9415	Cottage cheese; sml curd	1.00 c
9415	Worcestershire sauce	1.00 ts
9415	Garlic salt	1.00 ts
9415	Salt	1.00 ts
9415	Roquefort or Blue cheese;	4.00 oz
9416	All-purpose flour	0.25 c

Sheet1

9416	Salt	1.00 ts
9416	Blue corn meal	0.25 c
9416	Eggs	4.00
9416	Milk	1.00 c
9416	Clarified butter	2.00 oz
9417	Warm water	1.50 c
9417	Flour	4.00 c
9417	Salt	1.00 ts
9417	Melted shortening	2.00 tb
9417	Sugar	2.00 tb
9417	Dough:	0.00
9417	Package yeast	1.00
9418	Yeast	1.00 pk
9418	Water	0.25 c
9418	Warm water	2.25 c
9418	Olive oil,+ extra for pans	6.00 tb
9418	To 6 cups flour	5.50 c
9418	Salt (optional)	1.00 ts
9419	Thin pretzel sticks	0.67 c
9419	Butter	3.00 tb
9419	Garlic clove, crushed	1.00
9419	Unblanched almonds	0.33 c
9419	Pine nuts	0.33 c
9419	Unsalted cashews	0.33 c
9419	Worcestershire sauce	1.00 ts
9419	Curry powder	1.00 ts
9419	Hot chili powder	0.50 ts
9419	Seedless raisins	0.33 c
9419	Salt	0.25 ts
9420	Eggplants	3.00 md
9420	Coarse (kosher salt)	2.50 ts
9420	Corn oil	0.25 c
9420	Tomato sauce	1.50 c
9420	Pepper	0.25 ts
9420	Hot red chili flakes, or minced fresh chiles	1.00 ts 0.00
9420	Ground cinnamon	2.00 ts
9420	Crushed dried mint	1.00 tb
9421	Jim Vorheis	0.00
9421	Beef broth	10.50 oz
9421	Can Sell's or other good quality pate	4.00 oz 0.00
9421	Cream cheese	3.00 oz
9421	Unflavored gelatin	2.00 ts
9421	Cold water	0.50 c
9421	Bourbon	0.50 c
9422	Tomatoes(8oz)	1.00 cn
9422	Butter or margarine	4.00 tb
9422	Flour,all-purpose	2.00 tb

Sheet1

9422	Beef broth(14oz)	1.00 cn
9422	Brandy	1.00 tb
9422	Meat-extract paste	0.50 ts
9422	Salt	0.25 ts
9423	BLUE CHEESE,SOFT,CRUMBLED	4.00 oz
9423	CREAM CHEESE,SOFTENED	8.00 oz
9423	PARSLEY,FRESH,CHOPPED	2.00 tb
9423	BRANDY OR COGNAC	2.00 tb
9423	GARLIC CLOVE,FINELY CHOPPED	1.00
9423	SESAME SEED, TOASTED	0.33 c
9424	Flour; divided	2.25 c
9424	Sugar	1.00 tb
9424	Baking powder	2.00 ts
9424	Salt	1.00 ts
9424	Skim milk	1.00 c
9424	Reduced-calorie margarine;	0.25 c
9424	Melted.	0.00
9425	Boiled and peeled potatoes,	8.00
9425	Cut into thin slices	0.00
9425	Apple, finely diced	0.50
9425	Onion, finely diced	0.50
9425	Sweet relish	2.00 tb
9425	Spicy mustard	1.00 ts
9425	Pickle juice OR 1/2 tsp	2.00 tb
9425	Vinegar and 1/2 tsp sugar	0.00
9425	Heaping No Fat Miracle Whip	4.00 tb
9425	Paprika, salt & pepper	0.00
9425	- to taste	0.00
9425	Hard boiled eggs, diced	4.00
9426	Prepared Pie Pastry	0.00
9426	Eggs	4.00
9426	Ricotta Cheese	1.00 lb
9426	Crumbled Bleu Cheese	0.50 lb
9426	Cooked Broccoli Florets	4.00 c
9427	Cooked seafood, flaked	1.00 c
9427	White bread	6.00 sl
9427	Butter	0.25 c
9427	Cheddar or 1/3 cup ketchup	0.25 c
9427	or chili sauce	0.00
9427	American cheese, grated	0.00
9428	(7-oz) or 1/2 lb pkg elbow	1.00
9428	macaroni - 2 cup uncooked	0.00
9428	To 8 sl bacon chopped	6.00 sl
9428	Shredded american cheese	2.00 c
9428	Shredded monterey jack	2.00 c
9428	cheese	0.00
9428	Soft bread cubes	2.00 c
9428	Onion finely chopped	1.00 md
9428	Green bell pepper finely	1.00 sm

Sheet1

9428	chopped	0.00
9428	Egg separated	4.00
9428	Milk	2.00 c
9428	Salt	1.00 ts
9428	To 8 drop bottled hot pepper	6.00
9428	sauce	0.00
9429	Butter or margarine	6.00 tb
9429	Hot pepper sauce	0.25 c
9429	Vegetable oil for frying	0.00
9429	Chicken wings, disjointed,	18.00
9429	tips discarded	0.00
9429	Dipping Sauce:	0.00
9429	Blue cheese, Roquefort or	0.25 lb
9429	Gorgonzola	0.00
9429	Mayonnaise	0.50 c
9429	Sour cream	0.50 c
9429	Lemon juice	1.00 tb
9429	Wine vinegar	1.00 tb
9430	Minutes preparation time	10.00 x
9430	Minutes cook time	35.00 x
9430	CHICKEN WINGS -----	0.00 -----
9430	Butter	6.00 tb
9430	Hot pepper sauce	0.25 c
9430	Vegetable oil; for frying	0.00
9430	Chicken wings (about 3lb)	18.00
9430	disjointed with tips discrd	0.00
9430	BLUE CHEESE DIPPING SAUCE -----	0.00 -----
9430	Blue cheese; roquefort or	0.25 lb
9430	gorgonzola	0.00
9430	Mayonnaise	0.50 c
9430	Sour cream	0.50 c
9430	Lemon juice	1.00 tb
9430	Wine vinegar	1.00 tb
9430	Hot pepper sauce	0.00 ds
9431	SALAD DRESSING MIX -----	0.00 -----
9431	Dry buttermilk powder	0.50 c
9431	Teaspoon garlic powder	0.25
9431	Teaspoon onion powder	1.00
9431	Teaspoon dried minced onion	1.00
9431	Teaspoon salt (opt)	1.00
9431	Tabsp dried parsley, crushed	1.00
9431	Teaspoon ground pepper	0.25
9431	BUTTERMILK SALAD DRESSING -----	0.00 -----
9431	Buttermilk dressing mix	1.00 pk
9431	Mayonnaise	2.00 c
9431	Water	1.00 c
9432	Cabbage; Raw, Shredded	2.00 c
9432	Apple; Med., Diced, Unpeeled	1.00
9432	Lemon Juice	1.00 tb

Sheet1

9432	Raisins	0.50 c
9432	Pineapple Juice	0.25 c
9432	Lemon Juice	1.50 ts
9432	Salt	0.25 ts
9432	Sugar	1.00 tb
9432	Sour Cream	0.50 c
9433	CAESAR SALAD DRESSING MIX -----	0.00 -----
9433	Teaspoons grated lemon peel	1.50
9433	Teaspoon oregano	1.00
9433	Teasp instant minced garlic	0.12
9433	Tabsp grated parmesan cheese	2.00
9433	Teaspoon seasoned pepper	0.50
9433	CAESAR SALAD DRESSING -----	0.00 -----
9433	Caesar salad dressing mix	1.00
9433	Vegetable oil	0.50 c
9433	Lemon juice	0.25 c
9434	Env. Onion Soup Mix *	1.00
9434	Plain Dry Bread Crumbs	0.50 c
9434	Chili Powder	1.50 ts
9434	Ground Cumin	1.00 ts
9434	Thyme Leaves	1.00 ts
9434	Red Pepper	0.25 ts
9434	Boneless Chicken Breasts **	2.00 lb
9434	Oil	0.00
9435	Butter/margerine	3.00 tb
9435	All-purpose flour	3.00 tb
9435	Milk	1.00 c
9435	Camembert Cheese (without	4.00 oz
9435	the rind)--cubed.	0.00
9435	Salt to taste	0.00
9435	Cayenne pepper to taste	0.00
9435	Egg	1.00 lg
9435	Butter/margerine	1.00 tb
9435	Fine bread crumbs	0.50 c
9436	Jim Vorheis	0.00
9436	Cold water	1.00 ts
9436	Egg white	1.00
9436	Large pecan halves	1.00 lb
9436	Sugar	1.00 c
9436	Ground cinnamon	1.00 ts
9436	Salt	1.00 ts
9437	Can canellini beans, drained	15.00 oz
9437	Grated zest of 1 lemon	0.00
9437	Juice of 1 lemon	0.00
9437	Fresh parsley, chopped	1.00 bn
9437	Garlic cloves, minced	3.00 ea
9437	Fresh rosemary, minced	2.00 ts
9437	Fresh sage leaves, chopped	2.00 ea
9437	Nicoise olives, pitted &	2.00 tb

Sheet1

9437	- chopped	0.00
9437	Salt & pepper to taste	0.00
9437	Leaves butter lettuce	6.00 ea
9438	Peanut or vegetable oil	2.00 c
9438	Rice stick noodles	2.00 oz
9438	Dry spicy mustard	1.00 tb
9438	Water	1.50 tb
9438	Sugar	1.00 pn
9438	Salt	1.00 pn
9438	Roast Chicken	1.00
9438	Deli (Cantonese-style)	0.00
9438	left whole	0.00
9438	Roast chicken juices	4.00 tb
9438	Soy sauce	2.00 ts
9438	Vinegar	1.00 tb
9438	Asian sesame oil	1.00 ts
9438	Green onions	4.00
9438	mostly white section,	0.00
9438	cut into	0.00
9438	2" long fine shreds	0.00
9438	Fresh coriander leaves	1.00 bn
9438	Toasted sesame seeds	2.00 tb
9438	Shredded iceberg lettuce	6.00 c
9438	=OR= Romaine lettuce	0.00
9438	Roasted cashews	1.00 c
9439	Ground beef	1.00 lb
9439	Minced onions	0.25 c
9439	Salt	1.00 ts
9439	Pepper	1.00 ts
9439	Milk	0.50 c
9439	Sugar	0.25 c
9439	Cornstarch	1.50 tb
9439	Pineapple juice	1.00 c
9439	Vinegar	0.25 c
9439	Soy sauce	1.00 ts
9439	Butter	1.00 tb
9439	Sliced celery	1.00 c
9439	Sliced pepper	0.50 c
9439	Slivered almonds, sauteed	0.50 c
9440	Pack of caramels	14.00 oz
9440	Water	0.33 c
9441	Sweet bread,Hawaiian or	0.50 lb
9441	Portugese	0.00
9441	Coconut,sweetened,flaked,	2.00 tb
9441	dried	0.00
9441	Firm-ripe papaya	1.00 sm
9441	Firm-ripe avacado	1.00 lg
9441	Lime juice	2.00 tb
9441	Sugar	1.00 ts

Sheet1

9441	Crushed dried redhot chilies	0.25 ts
9442	Peanuts	1.00 lb
9442	Egg white	1.00
9442	Cold water	1.00 ts
9442	Brown sugar	1.00 c
9442	Salt	0.25 ts
9443	Uncle Ben's Fast Cooking	1.00 pk
9443	Rice Pilaf	0.00
9443	Water	2.00 qt
9443	Carrots, shredded	2.00 c
9443	Celery, sliced	2.00 c
9443	Raisins	1.00 c
9443	Onions, finely chopped	0.50 c
9443	Mayonnaise	2.00 c
9443	Sour cream	2.00 c
9443	Lemon Juice	3.00 tb
9444	(scant) maincrop carrots	1.00 lb
9444	Oranges	3.00 sm
9444	Fresh ginger root	0.00
9444	Garlic clove	1.00 sm
9444	Walnut kernals	1.00 oz
9444	Bunch of mint	1.00 sm
9444	Honey	1.00 ts
9444	Lemon juice	1.00 ts
9444	Olive oil	0.00
9445	Calamari And Tenacles, Clean	1.25 lb
9445	Olive Oil, Virgin	3.00 tb
9445	Dry Red Chile Pepper, Broken	1.00
9445	Onions	3.00 lg
9445	Salt & Pepper To Taste	0.00
9446	RECIPE BY CATE VANICEK -----	0.00 -----
9446	Tomatoes	6.00 md
9446	Ripe avacados	2.00
9446	Lemon juice	2.00 ts
9446	Salt	2.00 ts
9446	Onion, chopped finely	1.00 sm
9446	Green California chiles,	1.00 cn
9446	chopped	0.00
9446	Bottled wax pepper, chopped	1.00
9446	very fine	0.00
9446	Wax pepper juice	0.50 ts
9446	Bacon slices, crisp-cooked	4.00
9446	and crumbled	0.00
9446	Bed or lettuce for tomatoes	0.00
9447	Cucumber, scrubbed and	1.00 sm
9447	trimmed	0.00
9447	Sour Cream	0.33 c
9447	Dried dill weed	1.00 ts
9447	Freshly ground black pepper	0.00



Sheet1

9447	to taste	0.00
9447	Jar red salmon caviar	1.00
9447	Fresh dill sprigs	0.00
9447	Thin slices whole-wheat	8.00
9447	bread	0.00
9447	Butter or margarine	0.00
9448	Envelope unflavored gelatin	1.00
9448	Water	0.25 c
9448	Sour cream	0.00
9448	Mayonnaise	2.00 tb
9448	Lemon juice	2.00 tb
9448	Grated onion	2.00 ts
9448	Sugar	0.25 ts
9448	Hot pepper sauce	1.00 ds
9448	Caviar	4.00 oz
9448	(lumpfish or white fish)	0.00
9448	Salt, white pepper	0.00
9448	Parsley sprigs	0.00
9448	Toast rounds	0.00
9448	or unsalted crackers	0.00
9449	Hard-Boiled Eggs	7.00
9449	Lemon Juice	2.00 tb
9449	Water	2.00 tb
9449	Package Unflavored Gelatin	1.00 sm
9449	Anchovy Fillets	6.00
9449	Worcestershire Sauce	1.00 ts
9449	Mayonnaise	1.00 c
9449	Onion Powder	1.00 pn
9449	Pepper To Taste	0.00
9449	Caviar	3.50 oz
9450	Unsalted pretzel twists	1.00 c
9450	Cheerios	1.50 c
9450	Crispix cereal	1.50 c
9450	Raisins	0.33 c
9450	Unsalted dry-roasted peanuts	0.25 c
9451	Karen Mintzias	0.00
9451	Sea bass; diced in 1/4" pcs.	1.00 lb
9451	Lime juice, freshly squeezed	0.75 c
9451	Tomatoes	2.00
9451	peeled, seeded and diced	0.00
9451	Onion; chopped	0.25
9451	Serrano chiles; seeded,diced	2.00
9451	Ground oregano	0.12 ts
9451	Olive oil	1.00 tb
9451	Clam juice	1.00 c
9451	Salt & white pepper to taste	0.00
9452	Red snapper fillets; cut in	0.75 lb
9452	1 x 1/2 inch pieces	0.00
9452	Small peeled and deveined sh	8.00 oz

Sheet1

9452	rimp	0.00
9452	Scallops	8.00 oz
9452	Juice of 6 limes	0.00
9452	Marinade:	0.00
9452	White onion; finely chopped	0.75
9452	Serrano peppers; chopped	4.00
9452	Tomatoes; finely chopped	2.00
9452	Pimento-stuffed green olives	0.75 c
9452	- finely chopped	0.00
9452	Parsley; finely chopped	0.25 c
9452	Cilantro; finely chopped	0.50 c
9452	Tomato juice	0.75 c
9452	Olive oil	2.00 tb
9452	Jalapeno pepper strips, fine	2.00 tb
9452	ly chopped, with juice	0.00
9452	Worcestershire sauce	2.00 tb
9452	Oregano; dried and crushed	2.00 tb
9452	Salt to taste	0.00
9452	Garnish:	0.00
9452	Cilantro, chopped	0.00
9452	Avocado	0.00
9453	Avocados	3.00
9453	Lemon Juice	2.00 ts
9453	Salt	0.50 ts
9453	Pepper	0.25 ts
9453	Sour Cream	8.00 oz
9453	Mayonnaise	0.50 c
9453	Taco Seasoning Mix	1.00 pk
9453	Green Onion (Chopped)	0.50 c
9453	Tomatoes (Chopped/Drained)	3.00
9453	Cheddar Cheese (Grated)	8.00 oz
9454	Frozen chopped broccoli*	10.00 oz
9454	Whole kernal corn; drained	8.00 oz
9454	Onion; chopped	0.25 c
9454	Walnuts; coarsely chopped	0.50 c
9454	Milk	0.50 c
9454	Butter; melted	0.25 c
9454	Eggs	2.00
9454	Bisquick	0.50 c
9454	Garlic salt	0.25 ts
9454	Cheddar cheese; shredded	1.00 c
9455	Milk	0.75 c
9455	Dijon-style mustard	1.00 tb
9455	Onion powder	2.00 ts
9455	Salt	0.25 ts
9455	Ground black pepper	1.00 ds
9455	Apple juice	0.75 c
9455	All-purpose flour	0.25 c
9455	(1 1/2 cups) shredded sharp	6.00 oz

Sheet1

9455	cheddar cheese	0.00
9455	Italian bread cut in 1-inch	4.00 c
9455	cubes	0.00
9455	Assorted blanched	4.00 c
9455	vegetables, cut in	0.00
9455	bite-size	0.00
9455	Pieces	0.00
9456	Butter/margarine; melted	0.33 c
9456	Popcorn; popped	4.00 qt
9456	Garlic salt	0.50 ts
9456	Onion salt	0.50 ts
9456	Sharp Cheddar cheese*	2.00 c
9457	Cream cheese; softened	0.50 lb
9457	Fresh sage leaves, chopped	3.00 tb
9457	Whole sage leaves	0.00
9457	Sharp cheddar cheese	0.50 lb
9457	(such as Vermont Cabot)	0.00
9457	- shredded	0.00
9457	Walnuts, chopped	1.00 c
9457	Whole walnut halves	0.00
9458	TEABISK (BISQUIK)	3.00 c
9458	ROLL SAUSAGE MEAT	1.00
9458	GRATED CHEDDAR CHEESE	1.00 lb
9458	(ORANGE)	0.00
9458	SPANISH ONION FINELY CHOPPED	1.00
9458	MILK	0.75 c
9459	Stick Butter, Melted	1.00
9459	Plain Flour	1.00 c
9459	Cayenne Pepper	0.12 ts
9459	Grated Sharp Cheddar Cheese	1.00 c
9459	Rice Krispies	1.00 c
9459	Tabasco Sauce	1.00 ds
9460	Grated cheese	0.50 lb
9460	Egg yolk	4.00
9460	Seasoned flour	1.00 oz
9460	Oil for frying	0.00
9460	Tomato sauce, as a dip	1.00 c
9461	Egg whites	2.00
9461	Celery salt	1.00 tb
9461	Paprika	1.00 tb
9461	Oil; for deep frying	0.00
9461	Samsoe cheese; grated	1.00 c
9462	Butter	0.25 lb
9462	Margarine	0.25 lb
9462	Plain flour	2.00 c
9462	Sharp cheese, grated	0.50 lb
9462	Salt	0.50 ts
9462	Rice Krispies	2.00 c
9463	Grated sharp cheddar cheese	0.50 c

Sheet1

9463	Flour, part for rolling	0.50 c
9463	Margarine or butter	2.00 tb
9463	Salt	0.25 ts
9463	Paprika	0.00 pn
9463	Cayenne pepper	0.00 pn
9463	Water	2.00 tb
9464	Grated sharp cheddar cheese	1.00 c
9464	Unsalted butter	0.25 c
9464	Salt	0.25 ts
9464	Whole whaet flour	0.50 c
9465	Natural Swiss cheese,diced	8.00 oz
9465	Gruyere cheese,diced	8.00 oz
9465	Flour	2.00 tb
9465	Clove garlic,halved	1.00
9465	Dry white wine	2.00 c
9465	Lemon juice	1.00 tb
9465	Kirsch	3.00 tb
9465	French bread,1" cubes	0.00
9466	Water	1.00 c
9466	Dry white such as sauterne	2.00 c
9466	Season salt	1.00 ts
9466	Butter	1.00 tb
9467	Butter or margarine	0.25 lb
9467	"rat" cheese (American)	0.25 lb
9467	Salt	2.00 ts
9467	Sifted flour	2.00 c
9467	Cayenne	1.00 ds
9468	Cheddar Cheese (Grated)	1.00 lb
9468	Soft Butter	0.50 c
9468	Egg	1.00
9468	Water	0.25 c
9468	All-Purpose Flour	2.00 c
9468	Salt	1.00 ts
9468	Sugar	2.00 ts
9468	Baking Powder	0.50 ts
9468	Paprika	0.50 ts
9468	Onions (Finely Chopped)	0.50 c
9468	Parsley (Chopped) Or Flakes	0.25 c
9469	Jar (5oz) Sharp pasteurized	1.00
9469	process cheese spread	0.00
9469	Bisquick baking mix	0.50 c
9469	Toasted sesame seed	2.00 tb
9470	Flour	1.50 c
9470	Salt	0.25 ts
9470	Cayenne Pepper	0.25 ts
9470	Butter	0.25 lb
9470	Grated Cheese	1.00 c
9471	Cheddar cheese; grated	2.00 c
9471	Kraft mayo	1.50 c

Sheet1

9471	Onion + juice; grated	1.00 ts
9471	Mustard	1.00 ts
9471	Worcestershire	1.00 ds
9471	Accent	1.00 ds
9471	Parsley; chopped	1.00 ts
9471	Egg whites; beaten	2.00
9472	Puff pastry	1.00 lb
9472	Parmesan; grated	0.75 c
9473	Pineapple, ripe	1.00
9473	Cream cheese (8-oz)	1.00 pk
9473	Well-aged Cheddar, grated	0.50 c
9473	Chives, minced	1.00 tb
9473	Dry mustard	0.25 ts
9473	White rum	1.00 tb
9473	Salt (optional)	0.25 ts
9474	Shredded Jack Cheese, Or:	1.00 c
9474	Cottage Cheese	0.00
9474	Eggs, Well Beaten	2.00
9474	Chopped Parsley	0.50 c
9474	Salt	1.00 ts
9474	Sheets Phyllo Pastry	10.00
9474	Unsalted Butter, Melted	1.00 c
9475	Baking potatoes	3.00 md
9475	Vegetable oil	0.00
9475	Seasoned salt	0.00
9475	Shredded cheddar cheese	1.00 c
9475	Bacon, cooked and crumbled	6.00 sl
9476	Mayonnaise	2.50 c
9476	Fresh buttermilk	1.50 c
9476	Tablespoons vinegar	2.00
9476	Tablespoons sugar	2.00
9476	Teasp worcestershire sauce	0.50
9476	Teaspoon dry mustard	0.25
9476	Teaspoon salt	0.50
9476	Teaspoon granulated garlic	0.12
9476	Or garlic powder	0.00
9477	Julienne strips cooked meat	0.50 c
9477	(beef, smoked ham or tongue	0.00
9477	Julienne strips cooked chick	0.50 c
9477	Or turkey	0.00
9477	Julienne strips swiss cheese	0.50 c
9477	Green onions (with tops), ch	4.00
9477	(about 1/2 cup)	0.00
9477	Head lettuce, torn into	1.00 md
9477	Bite-size pieces	0.00
9477	Bunch romaine, torn into	1.00 sm
9477	Bite-size pieces	0.00
9477	Stalk celery, sliced	1.00 md
9477	(about 1/2 cup)	0.00

Sheet1

9477	Mayonnaise or salad dressing	0.50 c
9477	Classic french dressing or	0.25 c
9477	Bottled dressing	0.00
9477	Hard-cooked eggs, sliced	2.00
9477	Tomatoes, cut into wedges	2.00
9478	Sharp prepared mustard	1.00 ts
9478	Freshly squeezed lemon juice	1.00 tb
9478	Olive oil, divided	6.00 tb
9478	Salt	0.50 ts
9478	Freshly ground black pepper	0.50 ts
9478	Lump crabmeat, picked clean	1.00 lb
9478	Dry, unflavored bread crumbs	0.50 c
9478	Of cayenne pepper	1.00 pn
9478	Butter	4.00 tb
9479	Cooked chick peas	0.75 c
9479	Cooked basmati rice	1.00 c
9479	Red bell pepper, diced	0.50 ea
9479	Green bell pepper, diced	0.50 ea
9479	Yellow bell pepper, diced	0.50 ea
9479	Scallions, sliced	4.00 ea
9479	Salt to taste	0.00
9479	-----VINAIGRETTE-----	0.00
9479	Toasted sesame seeds	2.00 ts
9479	Sesame oil	1.00 ts
9479	Cumin	0.25 ts
9479	Lemon juice	2.00 tb
9479	Olive oil	1.00 tb
9480	Filling:	0.00
9480	Ground chicken	1.00 lb
9480	Finely chopped Chinese	0.50 c
9480	garlic chives	0.00
9480	Clove garlic, crushed	1.00
9480	Dry sherry	1.00 tb
9480	Light soy sauce	1.00 tb
9480	Freshly grated ginger	0.50 ts
9480	MSG (opt)	0.50 ts
9480	Sugar	1.00 pn
9480	Sesame oil	1.50 ts
9480	Cornstarch	1.00 tb
9480	Salt	1.00 ts
9480	Ground white pepper	0.50 ts
9480	Assembly:	0.00
9480	Additional whole chives	0.00
9480	Shu-mei wrappers (Gyoza	24.00
9480	skins)	0.00
9481	Whole chicken breast	1.00 lg
9481	Firm bananas	2.00 lg
9481	Sesame oil	2.00 ts
9481	Eggs	2.00

Sheet1

9481	Milk	2.00 tb
9481	All-purpose flour	0.50 c
9481	Flour mixed with	2.00 ts
9481	Cold water to make thick	0.67 ts
9481	paste	0.00
9481	Egg roll wrappers	4.00
9481	Oil for deep-frying	3.00 c
9482	minutes preparation time	10.00
9482	minutes cooking time	3.00
9482	hours chill time	2.00
9482	INGREDIENTS -----	0.00 -----
9482	Butter	1.00 tb
9482	Scallions; chopped	4.00
9482	Chicken stock	2.00 c
9482	Unflavored gelatin	1.00 pk
9482	Chicken; chopped cooked	1.00 c
9482	Ham; chopped, cooked	1.00 c
9482	Madeira	1.00 tb
9482	Heavy cream	1.00 c
9483	Frying chicken cut up	2.50 lb
9483	Medium carrot, sliced	1.00
9483	Barley	0.50 c
9483	Salt	2.00 ts
9483	Bay leaf	1.00
9483	Water	4.00 c
9483	Medium stalk celery, sliced	1.00
9483	Chicken bouillon	2.00 ts
9483	Pepper	0.25 ts
9483	Sliced leeks, with topps	1.50 c
9484	Scallions Or Green Onions; *	2.00 tb
9484	Lime Juice	2.00 tb
9484	Salt	0.25 ts
9484	Cooked Chicken; Cut Up	2.00 c
9484	Green Peas; Cooked	1.00 c
9484	Mayonnaise Or Salad Dressing	1.00 c
9484	Carrot; Finely Chopped	0.25 c
9484	Celery; Finely Chopped	0.25 c
9484	Fresh Cilantro;FinelySnipped	0.25 c
9484	Orange Juice	3.00 tb
9484	Salt	0.50 ts
9484	Cinnamon; Ground	0.50 ts
9484	Pepper; Freshly Ground	0.25 ts
9484	Lettuce Leaves	1.00 x
9484	Oranges; **	3.00 ea
9484	Avocados; ***	2.00 ea
9485	Tricolor rotini	8.00 oz
9485	Boneless, skinless chicken	4.00
9485	Breast,halves	0.00
9485	Soy sauce, divided	2.00 tb

Sheet1

9485	Oil	1.00
9485	Onion, chopped	1.00 md
9485	Green pepper, chopped	1.00 md
9485	Red pepper, chopped	1.00 md
9485	Bunch fresh broccoli	0.50
9485	Mrs. Dash	1.00 ts
9485	Lo-cal Italian dressing,	8.00 oz
9485	Store bought or homemade	0.00
9486	Philadelphia cream cheese	8.00 oz
9486	Sour cream	4.00 oz
9486	Underwood chunky chicken	2.00 cn
9486	Chopped pecans	0.00
9487	Hard cooked eggs	6.00
9487	Finely chopped cooked	0.50 c
9487	chicken	0.00
9487	Mayonnaise	3.00 tb
9487	Grated onion	1.00 tb
9487	Dijon mustard	1.00 ts
9487	Dry mustard	0.50 ts
9487	Hot pepper sauce, to taste	0.75 ts
9487	Minced parsely	1.00 tb
9487	Paprika, for garnish	0.00
9488	Whole large chicken breast,	1.00
9488	skinned, halved and boned	0.00
9488	Cooking oil	1.00 tb
9488	Clove garlic, minced	1.00
9488	Can bean sprouts, drained,	16.00 oz
9488	(or fresh, rinsed and	0.00
9488	Patted dry)	0.00
9488	Chopped celery in small	0.50 c
9488	pieces	0.00
9488	Soy sauce	2.00 tb
9488	Cornstarch	2.00 ts
9488	Five spice powder	0.50 ts
9488	Egg roll skins or packaged	8.00
9488	egg roll skins	0.00
9488	Cooking oil for deep-frying	0.00
9488	PLUM SAUCE -----	0.00 -----
9488	Plum preserves	0.50 c
9488	Vinegar	1.00 tb
9488	Soy sauce	1.00 tb
9488	Garlic powder	0.12 ts
9488	Ground ginger	0.12 ts
9488	Ground red pepper	1.00 ds
9489	Of chicken stock	4.00 c
9489	White wine or 1/4 cup (50	0.67 c
9489	ml) cider of 150 ml of rice	0.00
9489	vinegar	0.00
9489	Lemon slices	2.00



Sheet1

9489	Cloves garlic, minced	2.00 lg
9489	Minced gingerroot	2.00 tb
9489	Granulated sugar	2.00 ts
9489	* Chicken and Vegetable	0.00
9489	Tray:	0.00
9489	Boneless, skinless chicken	1.00 lb
9489	breasts	0.00
9489	Broccoli	0.50 bn
9489	Yellow summer squash or	1.00 sm
9489	zucchini	0.00
9489	Torn Swiss chard or romaine	2.00 c
9489	lettuce	0.00
9489	Sweet recd pepper or green	1.00
9489	pepper	0.00
9489	Mushrooms	0.25 lb
9489	Hot Chili Sauce (recipe	0.00
9489	follows)	0.00
9489	Garlic Sauce (recipe	0.00
9489	follows)	0.00
9490	minutes preparation time	20.00
9490	minutes cooking time	10.00
9490	INGREDIENTS -----	0.00 -----
9490	Chicken; finely chopped	2.00 c
9490	cooked	0.00
9490	Salt	1.00 ts
9490	Minced fresh parsley	2.00 ts
9490	Lemon juice	1.00 tb
9490	Flour	1.25 c
9490	Baking powder	2.00 ts
9490	Egg; beaten	1.00
9490	Milk	0.67 c
9490	Oil; for frying	0.00
9490	HONEY MUSTARD -----	0.00 -----
9490	Dry mustard	1.00 c
9490	White wine vinegar	1.00 c
9490	Egg; beaten	2.00
9490	Honey	0.75 c
9490	Salt	0.25 ts
9491	Dried cooked chicken	4.00 c
9491	8 oz cans of artichoke heart	2.00
9491	Baby corn; 7 oz size	1.00 cn
9491	Fresh ginger	1.00 tb
9491	Shredded fresh basil	1.00 tb
9491	Soy sauce	1.00 tb
9491	Mayonaise	0.00
9491	Salt and pepper to taste	0.00
9491	Sasame oil	0.00
9491	Lemon juice	0.00
9492	Butter	4.00 tb

Sheet1

9492	Chicken livers	6.00
9492	Pepper	0.50 ts
9492	Anchovy fillets	2.00
9492	Stock	0.50 c
9492	Buttered toast (edged,	3.00 sl
9492	trimmed and cut in 1/2)	0.00
9492	Bread crumbs	2.00 tb
9492	Gratd Parmesan cheese	2.00 tb
9493	minutes preparation time	10.00
9493	minutes cooking time	10.00
9493	hours chill time	3.00
9493	INGREDIENTS -----	0.00 -----
9493	Butter	6.00 tb
9493	Onions; finely chopped	2.00 md
9493	Garlic clove; crushed	1.00
9493	Chicken livers, trimmed	1.00 lb
9493	halved	0.00
9493	Salt	0.50 ts
9493	Thyme	0.25 ts
9493	Tarragon	0.25 ts
9493	Pepper; freshly ground	0.12 ts
9493	Cognac; or brandy	2.00 tb
9494	Canned chicken broth	0.50 c
9494	Almond extract	0.25 ts
9494	Devil chicken spread	1.00 cn
9494	Diced toasted almond	3.00 tb
9494	optional	0.00
9494	Eggs	2.00
9494	Salt	0.12 ts
9494	Sifted flour	0.50 c
9494	Butter	0.25 c
9495	CATE VANICEK -----	0.00 -----
9495	Chicken wings (yield 20	10.00
9495	"Drumsticks)	0.00
9495	Egg white, slightly beaten	1.00
9495	Cornstarch--mixed with:	0.33 c
9495	Baking powder	1.00 ts
9495	Peanut oil for deep frying	0.00
9495	MARINADE -----	0.00 -----
9495	Five-spice powder	1.00 ts
9495	MSG (optional)	0.50 ts
9495	Salt	1.00 ts
9495	Sugar	0.50 ts
9495	Rice wine	1.00 ts
9495	Soy sauce	1.00 ts
9496	Chopped cooked chicken	2.00 c
9496	Mayonnaise	0.75 c
9496	Scallions, minced	2.00
9496	Dried basil	0.50 ts

Sheet1

9496	Dried thyme	0.25 ts
9496	Freshly ground pepper	0.25 ts
9496	Grated Swiss cheese	0.50 c
9496	Grated Parmesan cheese	0.50 c
9496	English muffins, split	4.00
9497	Dried chickpeas	1.00 c
9497	soaked overnight; -OR-	0.00
9497	Canned chickpeas	2.50 c
9497	Finely diced red onion	1.50 c
9497	Extra-virgin olive oil	6.00 tb
9497	Garlic cloves; crushed	4.00 ea
9497	Red jalapeno chili; minced	1.00 ea
9497	Finely chopped minced herbs	3.00 tb
9497	(thyme, mint, tarragon,	0.00
9497	parsley, cilantro)	0.00
9497	Cilantro leaves	1.00 tb
9497	Red wine vinegar	2.00 tb
9497	OR- lemon juice	0.00
9497	Coarsely crushed cumin seeds	1.50 tb
9497	Salt	0.00
9497	Freshly ground black pepper	0.00
9498	CHILES -----	0.00 -----
9498	California Chiles *	6.00 x
9498	Egg, Separated	3.00 x
9498	Monterey Jack Cheese	4.00 oz
9498	All-Purpose Flour	0.50 c
9498	Oil For Frying	0.00
9498	TOMATO SAUCE -----	0.00 -----
9498	Tomatoes, Peeled	4.00 sm
9498	Salt	0.50 ts
9498	Onion	1.00 sm
9498	California Chiles	2.00 sm
9498	Clove Garlic	0.00
9498	Ground Cinnamon	0.12 ts
9498	Vegetable Oil	1.00 tb
9498	Ground Cloves	0.12 ts
9498	Chicken Broth	0.50 c
9499	Yellow cornmeal	1.25 c
9499	Egg	1.00 lg
9499	Flour	0.50 c
9499	Milk	1.00 c
9499	Sugar	2.00 tb
9499	Shredded Cheddar	0.50 c
9499	Baking powder	1.00 tb
9499	Chopped green chilies	2.00 tb
9500	8 oz package American	1.00
9500	cheese, grated	0.00
9500	3 oz package cream cheese	1.00
9500	Garlic powder	0.12 ts

Sheet1

9500	Chopped pecans	0.25 c
9500	Chili powder	2.00 tb
9501	Butter	1.00 tb
9501	Cumin	1.00 pn
9501	Chopped green chilies	4.00 oz
9501	Canned chopped tomatoes	1.00 c
9501	Chopped onion	0.50 c
9501	Shredded jack cheese	0.50 lb
9501	Minced garlic	1.00 ts
9501	Cream cheese	3.00 oz
9501	Pepper	0.25 ts
9501	Chopped cilantro	1.00 tb
9502	Raw Peanuts	2.00 c
9502	Chili Powder	2.00 ts
9502	Cumin, Ground	1.00 ts
9502	Dried Hot Red Chiles	3.00 sm
9502	Salad Oil	1.00 tb
9502	Salt	0.00
9503	Uncle Ben's Fast Cooking	1.00 pk
9503	Spanish Rice	0.00
9503	Light red Kidney Beans, well	2.00 c
9503	drained	0.00
9503	Green pepper, chopped	2.00 c
9503	Onion, finely shopped	1.00 c
9503	Salad oil	1.00 c
9503	Vinegar	3.00 tb
9503	Chili powder	1.00 tb
9503	Hot Pepper Sauce, (Tabasco)	0.50 ts
9504	Sugar	2.00 tb
9504	Dry sherry	1.00 tb
9504	Hoisin sauce	3.00 tb
9504	Finely chop garlic	0.50 ts
9504	Salt optional	1.00 ds
9504	Ketchup	0.50 c
9504	Pork back finger ribs cut 1	3.00 lb
9504	inch wide by 3 inch long	0.00
9505	SALAD GREENS -----	0.00 -----
9505	Head Chinese (Napa) Cabbage	1.00
9505	Bunch Green Onions	1.00
9505	DRESSING -----	0.00 -----
9505	Seasoned Rice Vinegar	0.50 c
9505	Sesame Oil	0.50 c
9505	Sugar	3.00 tb
9505	DRESSING -----	0.00 -----
9505	Sesame Oil	3.00 tb
9505	Peanut Oil	3.00 tb
9505	Ramen Noodles (uncooked)	2.00 pk
9505	broken into very small	0.00
9505	pieces, discard seasoning	0.00

Sheet1

9505	Sliced Almonds	0.50 c
9505	Raw Sunflower Seeds	0.50 c
9505	Sesame Seeds	0.33 c
9506	Chicken breasts	2.00
9506	Chicken broth	10.00 oz
9506	Head of lettuce sliced thin	1.00
9506	Scallions, sliced thin	3.00
9506	Small pacakage of slmons 1/2	1.00
9506	Sesame seeds	1.00 c
9506	Regular or wide chow mein no	1.00 c
9506	Crumbled bacon	0.50 c
9506	Salad oil	0.25 c
9506	Juice of one lemon	1.00
9506	Sugar	4.00 tb
9506	Salt	2.00 tb
9506	Black pepper	0.25 tb
9507	Plain roasted chicken	2.50 lb
9507	Fresh bean sprouts	8.00 oz
9507	Cucumbers	2.00 md
9507	Carrots (or double amount)	1.00
9507	DRESSING -----	0.00 -----
9507	Sesame paste, or peanut	3.00 tb
9507	butter	0.00
9507	Finely chopped scallions	2.00 tb
9507	Sesame oil	2.00 ts
9507	Chinese white rice vinegar	2.00 tb
9507	or cider vinegar	0.00
9507	Light soy sauce	3.00 tb
9507	Finely chopped garlic	1.50 tb
9507	Salt	1.00 ts
9507	Sugar	2.00 ts
9507	Chicken stock	0.67 c
9507	Rice wine or dry sherry	1.00 tb
9508	SALAD -----	0.00 -----
9508	Top Ramen soup mix, chicken	2.00 pk
9508	3 ounce packages	0.00
9508	Small head cabbage	1.00
9508	chopped OR shredded	0.00
9508	about 8 cups	0.00
9508	Green onions, chopped	4.00
9508	about 1 1/4 cups	0.00
9508	Toasted almonds	1.00 c
9508	Cooked, cut up chicken	2.00 c
9508	DRESSING -----	0.00 -----
9508	Vegetable oil	0.50 c
9508	Rice vinegar	2.00 tb
9508	Sugar	2.00 tb
9508	Soy sauce	2.00 tb
9508	Flavor packets from soup	0.00

Sheet1

9508	Toasted sesame seeds	2.00 tb
9509	Rice wine vinegar	1.00 tb
9509	Canola oil	1.00 ts
9509	Sesame oil	1.00 ts
9509	Toasted sesame seeds	1.00 tb
9509	Ground ginger	0.50 ts
9509	Torn romaine lettuce	3.00 c
9509	Shredded red cabbage	3.00 c
9509	Drained canned sliced water chestnuts	1.00 c
9509	chestnuts	0.00
9509	Cooked skinless boneless chicken breast, cut into strips	8.00 oz
9509	chicken breast, cut into strips	0.00
9509	Sliced almonds	1.00 oz
9509	Lemon juice	0.00
9510	INGREDIENTS -----	0.00 -----
9510	Chicken breasts, boneless	1.50 lb
9510	Scallion, coarsely chopped	1.00 c
9510	Eggs, well beaten	2.00
9510	Cornstarch	0.25 c
9510	Oriental sesame oil	1.00 ts
9510	Salt	0.50 ts
9510	Water chestnuts, drained	8.00 oz
9510	chopped	0.00
9510	Firm white bread, crusts removed	16.00 sl
9510	removed	0.00
9510	Vegetable oil, for frying	0.00
9511	Coleslaw	8.00 oz
9511	Top ramen noodles (oriental)	1.00 pk
9511	Green onions	1.00 bn
9511	Sunflower seeds	0.50 c
9511	Slivered almonds	0.50 c
9511	Butter (split in half)	2.00 ts
9511	DRESSING -----	0.00 -----
9511	Oil	0.50 c
9511	Sugar	3.00 tb
9511	Balsamic vinegar	3.00 tb
9511	Ramen seasoning	0.00
9512	Garlic cloves; minced	2.00
9512	Anchovy fillets; minced	4.00
9512	Butter; softened	6.00 tb
9512	Cream cheese; 300 g.	10.00 oz
9512	Feta cheese; 175 g.	6.00 oz
9512	Sour cream	0.25 c
9512	Chives, fresh; chopped -OR-	1.00 tb
9512	Green onions	1.00 tb
9512	Tabasco sauce; few drops	0.00
9512	Pepper; freshly ground	1.00 pn
9513	Radishes, coarsely chopped	1.00 bn

Sheet1

9513	Cucumber, cut in half,	1.00
9513	peeled, drained on paper	0.00
9513	Towels about 15 minutes, and	0.00
9513	coarsely chopped	0.00
9513	Oriental salad dressing:	0.00
9513	Rice vinegar	1.00 tb
9513	Soy sauce	2.00 ts
9513	Sugar	0.50 ts
9513	Sesame oil	1.00 ts
9513	Coarsely shredded cabbage,	2.00 c
9513	kept refrigerated until	0.00
9513	serving	0.00
9514	GREENS -----	0.00 -----
9514	Chinese Cabbage; Napa (head)	1.00
9514	Green onions; bunch, chopped	0.50
9514	NOODLE/NUT MIXTURE -----	0.00 -----
9514	Ramen Noodles; uncooked	2.00 pk
9514	discard seasonings	0.00
9514	break noodles in pieces	0.00
9514	Sunflower seeds	2.00 tb
9514	Almonds; sliced	1.00 c
9514	Margarine	0.25 c
9514	DRESSING -----	0.00 -----
9514	Sugar	0.50 c
9514	Oil	0.75 c
9514	Red Wine Vinegar	0.25 c
9514	Soy sauce	1.00 tb
9515	Squid cut into rings	2.00 lb
9515	Cooked shrimp	0.50 lb
9515	Cloves garlic chopped	4.00
9515	Egg yolk	1.00
9515	Water chestnuts, chopped	0.50 c
9515	Chicken stock	1.00 c
9515	Ginger grated	1.00 tb
9515	Peanut oil	6.00 tb
9516	Stephen Ceideburg	0.00
9516	Envelope active dry yeast	1.00
9516	Sugar	6.00 tb
9516	Warm water (100 degrees F.	0.25 c
9516	to 110 degrees F.)	0.00
9516	All-purpose flour, + more	3.50 c
9516	for kneading	0.00
9516	Warm milk (100 degrees F. to	1.00 c
9516	110 degrees F.)	0.00
9516	Baking powder	2.00 ts
9516	Asian sesame oil or	0.00
9516	vegetable oil	0.00
9517	Fresh mushrooms (about 1 lb)	24.00
9517	Uncooked, boneless lean pork	6.00 oz

Sheet1

9517	Drained whole water	0.25 c
9517	Chestnuts	0.00
9517	Green onions	3.00
9517	Small red or green pepper,	0.50
9517	seeded	0.00
9517	Stalk celery	1.00 sm
9517	Cornstarch	1.00 ts
9517	Grated, pared fresh ginger	1.00 ts
9517	root	0.00
9517	Rice wine or dry sherry	2.00 ts
9517	Soy sauce	1.00 ts
9517	Hoi sin sauce	0.50 ts
9517	Egg white	1.00
9517	Vegetable oil	3.00 c
9517	All-purpose flour	0.50 c
9517	BATTER -----	0.00 -----
9517	Cornstarch	0.50 c
9517	All-purpose flour	0.50 c
9517	Baking powder	1.50 ts
9517	Salt	0.75 ts
9517	Milk	0.50 c
9517	Water	0.33 c
9518	Minced cooked Pork	1.00 lb
9518	OR- Chicken or Beef	0.00
9518	Minced celery	0.50 c
9518	Minced onion	0.25 c
9518	Dried Oriental mushrooms	2.00 tb
9518	(soaked, minced)	0.00
9518	White pepper	1.00 ds
9518	Light soy sauce	1.00 tb
9518	Curry powder (or more)	0.50 tb
9518	Won ton wrappers	0.75 lb
9518	Oil; for deep frying	0.00
9519	MIMI SHERIDAN -----	0.00 -----
9519	PHILLY.INQUIRER -----	0.00 -----
9519	CHICKEN LIVERS	1.00 lb
9519	GRIEBENES	0.50 c
9519	KOSHER SALT	2.00 ts
9519	EXTRA LGE EGGS,HARD COOKED A	2.00
9519	ROUGHLY CUT UP	0.00
9519	BLACK PEPPER	0.25 ts
9519	CHICKEN FAT	3.00 tb
9519	MEDIUM ONION PEELED,COARSELY	1.00
9519	CHOPPED	0.00
9519	SLICED OR GRATED RADISHES FO	0.00
9519	GARNISH	0.00
9520	Fresh pineapple or 1 20-oz	1.00
9520	can pineapple chunks	0.00
9520	Oranges	2.00 lg



Sheet1

9520	Bananas	2.00 md
9520	Apple	1.00 lg
9520	Beets, cooked, peeled, and	3.00 md
9520	sliced or 1 16-oz can	0.00
9520	sliced beets,	0.00
9520	Drained	0.00
9520	Jicama, peeled and sliced	1.00
9520	(optional)	0.00
9520	Stick sugar cane, peeled and	1.00
9520	chopped (optional)	0.00
9520	Lettuce	0.00
9520	Peanuts	0.50 c
9521	Chicken liver	2.00 lb
9521	Onions (3 giant); sliced and	4.00 lb
9521	quartered	0.00
9521	Cloves garlic; minced	2.00
9521	Butter	3.00 tb
9521	Vegetable oil	6.00 tb
9521	Water	0.25 c
9521	Eggs; boiled	4.00
9522	Butter	1.00 ts
9522	Rashers bacon, cut in half,	4.00
9522	rind removed	0.00
9522	Onion, sliced	1.00
9522	Tomato thinly sliced	1.00
9522	Cheese	4.00 sl
9522	Pieces toast, buttered 1	4.00
9522	side and spread with fruit	0.00
9522	chutney	0.00
9523	Heads garlic	4.00
9523	Olive oil	1.00 tb
9523	Whipping cream	2.00 c
9523	Salt	0.00
9523	White pepper to taste	0.00
9523	Chives, chopped (optional)	2.00 tb
9524	Clams	1.00 pt
9524	Baking powder	1.00 tb
9524	Salt	1.50 ts
9524	Milk	1.00 c
9524	Butter	1.00 tb
9524	Flour, all-purpose	1.75 c
9524	Parsley, chopped	1.00 ts
9524	Eggs, beaten	2.00
9524	Onion, grated	2.00 ts
9525	Butter	0.50 c
9525	Mushrooms, 1-1/2" to 2" in	2.00 lb
9525	diameter	0.00
9525	Minced clams, with liquid	1.00 c
9525	Clove garlic, minced	1.00

Sheet1

9525	Dried bread crumbs	0.50 c
9525	Parsley, chopped	0.33 c
9525	Salt	0.75 ts
9525	Ground black pepper	0.25 ts
9525	Lemon juice	0.00
9526	Cherrystone clams	24.00
9526	Garlic clove, minced	1.00 lg
9526	Green pepper, chopped	4.00 tb
9526	Butter	8.00 tb
9526	Lemon juice	1.00 tb
9526	Seasoned bread crumbs	6.00 tb
9527	Washington Red or Golden	3.00
9527	Delicious apples, cored and diced to measure tow cups	0.00
9527	Sugar	1.00 tb
9527	Lemon juice	0.50 ts
9527	Salt	1.00 ds
9527	Celery; sliced	1.00 c
9527	Walnuts; chopped	0.50 c
9527	Mayonnaise	0.25 c
9527	Whipping cream; whipped	0.50 c
9527	Salad greens	0.00
9528	Butter or margarine	1.00 T
9528	Fresh mushrooms, thinly sliced	0.25 lb
9528	Cubed cooked chicken	3.00 c
9528	Soft bread crumbs	2.00 c
9528	Milk	1.00 c
9528	Condensed chicken broth	1.00 c
9528	Finely chopped pimiento	0.25 c
9528	Eggs, slightly beaten	2.00
9528	Instant minced onion	2.00 T
9528	Salt	0.75 t
9528	Pepper	0.50 t
9528	Dried thyme leaves	0.12 t
9528	Chicken Mushroom Gravy (recipe)	1.00 c
9528		0.00
9529	Flour, unbleached	0.12 c
9529	Baking powder	3.00 tb
9529	Unsalted butter	1.75 c
9529	Plus 2 tb Crisco	0.25 c
9529	Milk	1.50 c
9529	Minced fresh mushrooms	3.00 c
9529	Shallots, minced	6.00
9529	Ham, finely chopped	1.75 c
9529	Green onions, finely chopped	7.00
9529	Salt	0.50 ts
9529	Black pepper	0.25 ts
9529	-----	0.00 -----

Sheet1

9529	HERB CREAM CHEESE INGREDIENT -----	0.00 -----
9529	Cream cheese	16.00 oz
9529	Half and half	3.00 tb
9529	Chopped fresh dillweed	0.25 c
9529	Cloves garlic	3.00
9529	Fresh chives	1.50 ts
9529	Hot sauce	0.25 ts
9529	Black pepper	0.25 ts
9530	Butter	0.25 lb
9530	Flour	1.00 c
9530	Grated Cheddar Cheese	1.00 c
9530	Rice Krispies	1.00 c
9531	Eggs	2.00
9531	All-purpose flour	1.75 c
9531	Beer (6 oz.)	0.75 c
9531	Baking powder	1.00 tb
9531	Dozen medium shrimp, peeled	4.00
9531	and deveined (leave tails	0.00
9531	on),	0.00
9531	About two pounds.	0.00
9531	Grated coconut, about 6 oz.	3.00 c
9532	Medium shrimp	1.00 lb
9532	All-purpose flour; divided	1.00 c
9532	Beer	0.33 c
9532	Baking powder	0.25 ts
9532	Paprika	0.25 ts
9532	Curry powder	0.25 ts
9532	Salt	0.12 ts
9532	Ground red pepper	0.12 ts
9532	Flaked coconut	7.00 oz
9532	Vegetable oil	0.00
9532	SWEET DIPPING SAUCE -----	0.00 -----
9532	Orange marmalade	10.00 oz
9532	Prepared horseradish	3.00 tb
9532	Creole mustard	3.00 tb
9533	Cod, cooked and flaked	2.00 c
9533	Egg, beaten	1.00
9533	Pepper	1.00 ds
9533	Butter, melted	1.00 tb
9533	Potatoes, mashed	1.50 c
9533	Salt	0.50 ts
9533	Onion juice	0.50 tb
9533	Hot deep Canola oil	0.00
9534	Cooked pinto beans	1.00 c
9534	Cooked navy beans	1.00 c
9534	Cooked red kidney beans	1.00 c
9534	Celery stalk, diced	1.00 ea
9534	Green bell pepper, diced	1.00 ea
9534	Garlic cloves, diced	2.00 ea

Sheet1

9534	Oil	0.50 c
9534	Tamari	3.00 tb
9534	Apple cider vinegar	2.00 tb
9534	Light molasses	1.00 tb
9534	Nutritional yeast	3.00 tb
9534	Salt	0.50 ts
9534	Garlic powder	0.50 ts
9534	Paprika	0.25 ts
9534	Oregano	0.25 ts
9534	Basil	0.25 ts
9534	Red pepper	0.12 ts
9535	Mayonnaise	1.00 c
9535	Sugar	0.25 c
9535	Vinegar	2.00 tb
9535	Fresh broccoli	1.00 pk
9535	Walnuts	0.50 c
9535	Raisins	0.50 c
9535	Red onion	0.50 c
9536	Cream cheese	24.00 oz
9536	Mayonnaise; the real thing	2.00 tb
9536	Tabasco	0.00 ds
9536	Green onions; minced	0.25 c
9536	Celery; coarsely chopped	0.25 c
9536	Paprika	0.00 ds
9536	Salt and pepper, to taste	0.00
9536	Black olives; finely chopped (16 oz. can)	1.00 cn 0.00
9536	Crabmeat; flaked	0.50 lb
9536	Nacho cheese flavor doritos	1.00
9537	Cucumbers	1.00 lb
9537	Salt	2.00 ts
9537	Sugar	2.00 ts
9537	White rice vinegar	1.00 tb
9537	Peanut oil	1.50 tb
9537	Coarsely chopped garlic	1.00 tb
9538	Spinach *	1.00 pk
9538	Water Chestnuts **	1.00 c
9538	Knorr Vegetable Soup Mix	1.00 pk
9538	Mayonnaise	1.00 c
9538	Sour Cream	8.00 oz
9539	Jim Vorheis	0.00
9539	Butter	0.25 lb
9539	Chicken livers	1.00 lb
9539	Onion, chopped	1.00 md
9539	Shallots, chopped	3.00
9539	Thyme	0.50 ts
9539	Rosemary	0.50 ts
9539	Bay leaf	1.00
9539	Fresh mushrooms, chopped	12.00 lg

Sheet1

9539	Brandy	0.25 c
9539	Salt	0.50 ts
9539	Pepper	0.12 ts
9540	Conch	1.00 lb
9540	Diced onions	0.50 c
9540	Diced cucumbers	0.50 c
9540	Diced green pepper	0.50 c
9540	Diced celery	0.50 c
9540	Minced tomato	1.00
9540	Lemon juice	0.50 c
9540	Lettuce leaves	0.00
9540	Salt & pepper to taste	0.00
9541	Uncle Ben's Brand Chicken	1.00 pk
9541	Flavor Rice Pilaf	0.00
9541	Water	2.00 qt
9541	Green onions, sliced	1.00 c
9541	Pimentos, diced	0.50 c
9541	Vinegar	0.50 c
9541	Salad oil	0.50 c
9541	Sugar	0.50 c
9542	Onion, sliced and minced	1.00 sm
9542	Olive oil	2.00 tb
9542	Mushrooms, chopped fine	0.50 lb
9542	Salt and pepper	0.00
9542	Lemon juice	1.00 tb
9542	Wild chives, chopped	0.00
9542	Sour cream	1.00 tb
9543	Raw shrimp, peeled and deveined	1.00 lb
9543	Chicken breasts, skinned, boned, and sliced very thin, across grain	2.00
9543	Beef sirloin sliced very thin, across grain	0.00
9543	Head Chinese cabbage or 1 lettuce heart, coarsely cubed	0.50
9543	Cubed egg plant or 1 5-ounce can (2/3 cup) water	0.00
9543	chestnuts, Drained and thinly sliced	0.00
9543	Halved fresh mushrooms	1.50 c
9543	Small spinach leaves (stems removed)	4.00 c
9543	Cans (5 1/4 cups) chicken broth	0.00
9543	Chicken bouillon cubes	14.00 oz
9543	Mono sodium glutamate	0.00
9543	Grated ginger root or 1/2	3.00
9543		1.00 tb
9543		0.50 tb

Sheet1

9543	teaspoon ground ginger	0.00
9544	Cucumber	1.00 lg
9544	Salt	1.25 ts
9544	Sesame Oil	1.50 tb
9544	Finely Chopped Green Onion	2.00 tb
9544	Light Soy Sauce	2.00 tb
9544	Chili Powder	2.00 ts
9544	Sugar	1.50 ts
9544	White Sesame Seeds, Toasted	1.00 tb
9544	And Ground	0.00
9545	Flour Tortillas (6")	3.00
9545	Grated Monterey Jack	1.00 c
9545	Grated White Cheddar	1.00 c
9545	Diced Red Onion	2.00 tb
9545	Janapeno, seeded & minced	1.00
9545	Suchinni, julienned	1.00 c
9545	Corn kernels	0.75 c
9545	Salt & pepper to taste	0.00
9545	Tomato Relish *	0.00
9545	Avocado Relish *	0.00
9546	Sweetcorn kernals	8.00 oz
9546	Double (heavy) cream	4.00 tb
9546	Flour	1.00 tb
9546	Baking powder (or soda)	0.50 ts
9546	Sea salt	0.00
9546	White pepper	0.00
9546	Marigold petals *	1.00 tb
9546	Sunflower oil, or more	1.00 tb
9547	Boneless pork, ground fine	1.50 lb
9547	twice	0.00
9547	Boneless veal, ground fine	1.00 lb
9547	twice	0.00
9547	Dry white wine	0.75 c
9547	Brandy	2.00 tb
9547	Oil	2.00 tb
9547	Salt	0.00
9547	Freshly ground black pepper	0.00
9547	Onions, sliced thin	2.00 lg
9547	Cloves garlic, halved	2.00 sm
9547	Fresh pork fatback, sliced	1.00 lb
9547	thin	0.00
9547	Cornichon pickle for garnish	1.00
9548	Butter	1.00 tb
9548	Shallots; coarsely chopped	0.50 c
9548	Pork liver; or veal liver,	0.50 lb
9548	Thyme; dry	0.25 ts
9548	Bay leaf; crumbled	0.50
9548	Veal; lean, cut into 1-inch	0.75 lb
9548	Pork; lean, cut into 1-inch	1.00 lb

Sheet1

9548	Ham; cooked, cut into 1/2-i	0.50 lb
9548	Pistachios; shelled, toast	0.50 c
9548	Allspice	0.12
9548	Ground cloves	0.12 ts
9548	Ground cloves	0.25 ts
9548	Nutmeg; freshly grated	0.25 ts
9548	Ground cumin	0.12 ts
9548	Ground cinnamon	1.00 pn
9548	Cayenne pepper	1.00 pn
9548	Dry white wine	0.50 c
9548	Salt to taste if desired	1.00
9548	Freshly ground pepper to tas	1.00
9548	SI Bacon; lean	2.00
9549	Crabmeat	2.00 lb
9549	Salt	0.00
9549	Diced green onions	1.00 c
9549	Dry breadcrumbs	0.25 c
9549	Avocado, peeled and cut into	1.00 md
9549	1/4-inch pieces	0.00
9549	Corn Oil For Deep-Frying	0.00
9549	All-Purpose Flour	0.00
9549	Thinly slivered green	0.00
9549	onion(Optional)	0.00
9549	Eggs	2.00
9549	Hot chili salsa	0.50 c
9550	Vegetable oil	0.50 ts
9550	Fresh lemon juice	0.50 ts
9550	Fresh minced tarragon or 1/4	1.00 ts
9550	teaspoon dried tarragon	0.00
9550	Minced shallots	0.00 ts
9550	Salt	0.25 ts
9550	Fresh crabmeat, cooked and	0.50 lb
9550	shredded	0.00
9550	To 3 heads Belgian Endive,	2.00
9550	carefully separated, rinsed	0.00
9550	and chilled	0.00
9550	Or more asparagus spears,	12.00
9550	steamed, chilled and split	0.00
9550	lengthwise	0.00
9551	Pace Picante Sauce	0.00
9551	Mayonnaise	0.33 c
9551	OR	0.00
9551	Light mayonnaise	0.33 c
9551	Tomato paste	2.00 tb
9551	Sugar, or less	2.00 tb
9551	Sweet pickle relish	1.00 tb
9551	Crab meat or imitation crab	1.00 lb
9551	meat, cut into bite-size	0.00
9551	pieces	0.00

Sheet1

9551	Thinly sliced or chopped	0.25 c
9551	ripe olives or pimiento-	0.00
9551	stuffed green olives, as	0.00
9551	desired	0.00
9551	Ripe avacados	4.00
9551	Hard-cooked eggs, sliced or	2.00
9551	cut into wedges (opt)	0.00
9552	Corn	1.00 c
9552	Cloves garlic, chopped	2.00
9552	Dijon mustard	1.00 ts
9552	Egg	1.00
9552	Worcestershire sauce	1.00 ts
9552	Crab	0.50 c
9552	Flour	0.50 c
9552	Green onions, chopped	2.00
9553	Cream Cheese, Softened	8.00 oz
9553	Backfin Crabmeat	8.00 oz
9553	Milk	1.00 tb
9553	Chopped Onion	2.00 tb
9553	Horseradish	0.50 ts
9553	Slivered Almonds	2.00 oz
9553	Salt	0.00
9553	Pepper	0.00
9554	FILLING -----	0.00 -----
9554	Crabmeat; drained, chopped	0.50 lb
9554	Cream cheese; room temp.	0.50 lb
9554	A-1 sauce	0.50 ts
9554	Garlic powder	0.25 ts
9554	WRAPPERS -----	0.00 -----
9554	Dozen wonton wrappers	2.50
9554	Egg yolk; well beaten	1.00
9554	Oil for deep frying	0.00
9554	Chinese mustard	0.00
9554	Red Sauce	0.00
9555	Frozen won-ton skins	1.00 pk
9555	Cream cheese, softened	8.00 oz
9555	Or small package frozen	1.00 cn
9555	crabmeat, or fresh!	0.00
9555	Sour cream	0.00
9555	White garlic powder	0.00
9555	to taste	0.00
9556	(8oz) cream cheese	1.00 pk
9556	(6oz) crab meat, drained and	1.00 cn
9556	flaked 2 green onions	0.00
9557	Backfin Crabmeat	1.00 lb
9557	Cream Cheese, Softened	8.00 oz
9558	Butter	0.50 c
9558	Flour	0.50 c
9558	Milk	2.00 c



Sheet1

9558	Egg Yolks	4.00
9558	Salt	0.50 ts
9558	Dash Of Red Pepper	1.00
9558	Snipped Chives	2.00 ts
9558	Egg Whites	4.00
9558	Cream Of Tartar	0.25 ts
9558	Parmesean Cheese	0.33 c
9558	CRABMEAT FILLING -----	0.00 -----
9558	Scllaions (Finely Chopped)	4.00
9558	Butter	2.00 tb
9558	(6 Oz. Each) Crabmeat	2.00 pk
9558	Cream Cheese	3.00 oz
9558	Half And Half	0.33 c
9558	Snipped Parsley	2.00 ts
9558	Tabasco	1.00 ds
9558	Salt And Pepper To Taste	1.00
9559	Large Mushrooms	20.00
9559	Italian dressing	0.00
9559	Crabmeat, well picked	8.00 oz
9559	Fresh breadcrumbs	0.75 c
9559	Eggs, beaten	2.00
9559	Mayonnaise	0.25 c
9559	Onion, minced	0.25 c
9559	Lemon juice	1.00 ts
9560	Eggs, beaten	3.00 lg
9560	Skim milk	1.50 c
9560	Swiss cheese, grated	0.75 c
9560	Cream cheese, softened	2.00 tb
9560	Onion, minced	1.00 tb
9560	Parsley, chopped	0.25 c
9560	Carrots, shredded	0.50 c
9560	Regular crabmeat	1.00 lb
9560	Nutmeg	0.50 ts
9560	White pepper	0.25 ts
9560	Salt	1.00 pn
9561	Cream cheese	12.00 oz
9561	Worcestershire sauce	2.00 ts
9561	Lemon juice	1.00 tb
9561	Mayonnaise	2.00 tb
9561	Finely chopped onion	0.50 c
9561	Garlic salt to taste	0.00
9561	Chili relish	12.00 oz
9562	8 oz pkg cream cheese	1.00
9562	Stick butter	1.00
9562	White crabmeat	1.00 lb
9562	Sm. onion, finely chopped	1.00
9562	Tabasco sauce	1.00 ds
9562	Garlic powder	0.12 ts
9562	White pepper	1.00 ds

Sheet1

9563	Jim Vorheis	0.00
9563	Unflavored gelatin	1.00 tb
9563	Cold water	0.25 c
9563	Undiluted mushroom soup	1.00 c
9563	Cream cheese, softened	8.00 oz
9563	Mayonnaise	1.00 c
9563	Finely chopped celery	0.75 c
9563	Can Alaskan king crab meat,	6.50 oz
9563	drained	0.00
9563	Grated onion	1.00 tb
9563	Worcestershire sauce	1.50 ts
9564	Green pepper - minced	1.00 tb
9564	Green onion - minced	1.00 tb
9564	Pimiento - minced	1.00 tb
9564	Lemon juice - fresh	1.00 ts
9564	Freshly ground black pepper	1.00 ts
9564	Cayenne	1.00 pn
9564	Crabmeat - lump, cartilage	6.00 oz
9564	removed	0.00
9565	Butter	8.00 tb
9565	Scallions chopped	4.00
9565	To 2 ts chopped garlic	1.00 ts
9565	Hot green chili, finely	1.00
9565	chopped and seeded	0.00
9565	(or use dried red pepper	0.00
9565	flakes)	0.00
9565	Curry powder	1.00 tb
9565	To 1 lb crab meat, shredded	0.75
9565	Chopped fresh coriander	2.00 tb
9565	leaves, if possible	0.00
9565	Finely chopped parsley	2.00 tb
9565	Salt nd freshly ground	0.00
9565	pepper	0.00
9565	To 8 tb crab liquid or clam	6.00 tb
9565	broth	0.00
9565	Bread crumbs	2.00 c
9566	Unseasoned popped popcorn	6.00 qt
9566	Brown sugar	2.00 c
9566	Light corn syrup	0.50 c
9566	Sticks butter	2.00
9566	Salt	1.00 ts
9566	Cream of tartar	0.25 ts
9566	Baking soda	1.00 ts
9567	Cream cheese	24.00 oz
9567	Milk	6.00 tb
9567	Brown sugar	2.25 c
9567	Vanilla	3.00 ts
9567	Apples; sliced	6.00
9568	Green onions, sliced	2.00

Sheet1

9568	Butter	3.00 tb
9568	Flour	3.00 tb
9568	Salt	0.50 ts
9568	Cayenne	0.12 ts
9568	Half and half (Cream & milk)	1.50 c
9568	Dry white wine	3.00 tb
9568	Cooked lobster	0.50 c
9568	Cooked clams, minced	0.50 c
9568	Pastry shells	0.00
9568	Mushrooms (4 1/2oz) drained	1.00 cn
9569	Frozen scallops	0.50 lb
9569	Butter or margarine	1.00 T
9569	Finely chopped onion	1.00 T
9569	Lemon juice	1.50 t
9569	Salt	0.25 t
9569	Few leaves dried marjoram,	0.00
9569	crushed	0.00
9569	Paprika	0.00 ds
9569	White wine	6.00 T
9569	Can mushroom stems & pieces,	4.00 oz
9569	drained	0.00
9569	Butter or margarine	3.00 T
9569	Flour	2.00 T
9569	Heavy cream	0.50 c
9569	Finely chopped parsley	1.00 t
9570	Butter or margarine	0.25 c
9570	Finely chopped onion	0.50 c
9570	Frozen chopped spinach	20.00 oz
9570	Salt	0.50 t
9570	Pepper	0.12 t
9570	Nutmeg	0.25 t
9570	Cream cheese, at room temp.	6.00 oz
9570	Milk (optional)	0.00
9571	Pair of sweetbreads	1.00
9571	Milk	1.00 c
9571	White sauce	1.00 c
9571	Eggs (hard cooked)	3.00
9571	Butter	2.00 tb
9571	Patty or tart shells	0.00
9572	AMERICAN CHEESE,SHEDED 16OZ	4.00 c
9572	ALL-PURPOSE FLOUR	1.00 tb
9572	GREEN PEPPER,FINELY CHOPPED	2.00 tb
9572	BUTTER	1.00 tb
9572	DRY WHITE WINE	1.25 c
9572	CREAM CHEESE WITH CHIVES	6.00 oz
9572	PREPARED MUSTARD	1.00 ts
9572	BREADSTICKS/FRENCH BREAD	1.00 pk
9573	Cream cheese (8 oz);	1.00 pk
9573	softened	0.00

Sheet1

9573	Dijon Mustard	0.25 c
9573	Dried basil	1.00 ts
9573	Black olives; finely chopped	0.33 c
9573	Scallions; finely chopped	0.25 c
9573	Red Pepper; finely chopped	0.25 c
9573	Red skin potatoes; roasted	18.00 sm
9573	and cut in half lengthwise	0.00
9573	Scallion tips for garnish	0.00
9574	Roasted garlic cloves	8.00 lg
9574	peeled	0.00
9574	Minced parsley, packed tight	0.50 c
9574	Finely chopped shallots	2.00 tb
9574	Olive oil	0.50 c
9574	Silken tofu; mashed	2.00 oz
9574	to	2.00
9574	White wine vinegar	3.00 tb
9574	Sea salt; or to taste	0.50 ts
9574	Water, or more as needed	2.00 tb
9575	Mayo	2.00 c
9575	Milk	0.50 c
9575	Water	0.25 c
9575	Parmesan, grated cheese	2.00 tb
9575	Pepper; freshly grated	1.00 tb
9575	Cider vinegar	1.00 tb
9575	Lemon juice	1.00 ts
9575	Onion; finely chopped	1.00 ts
9575	Garlic salt	1.00 ts
9576	Sheet phyllo - thawed	5.00
9576	Unsalted butter - melted	3.00 tb
9576	Egg yolks	4.00 lg
9576	Dijon mustard - PLUS 1	1.00 tb
9576	teaspoon	0.00
9576	Eggs	3.00 lg
9576	Half and half	1.00 c
9576	Whipping cream	1.00 c
9576	Smoked salmon - chopped	6.00 oz
9576	Green onions - chopped	4.00
9576	Dill - fresh, chopped OR 1	0.25 c
9576	T. dried dillweed	0.00
9576	Dill sprigs	0.00
9577	Water	4.00 c
9577	Walnuts	2.00 c
9577	Sugar	6.00 tb
9577	Salt	0.25 ts
9577	Peanut or corn oil	1.00 tb
9578	INGREDIENTS -----	0.00 -----
9578	Vegetable oil for frying	0.00
9578	Milk	0.50 c
9578	Flour	0.25 c

## Sheet1

9578	Grated Parmesan cheese	0.25 c
9578	Paprika	1.00 ts
9578	Oregano	0.50 ts
9578	Dry mustard	0.25 ts
9578	Chicken breasts, skinless	2.50 lb
9578	boneless, 1 inch pieces	0.00
9579	Ground Pork	0.75 lb
9579	Chopped Water Chestnuts	8.00
9579	Chopped Green Onions & Tops	0.25 c
9579	Soy Sauce	1.00 tb
9579	Salt	0.50 ts
9579	Cornstarch	1.00 ts
9579	Grated Fresh Ginger Root	0.50 ts
9579	Wonton Skins	1.00 lb
9579	Vegetable Oil For Frying	0.00
9579	Catsup	0.00
9579	Hot Mustard	0.00
9579	Sweet & Sour Sauce	0.00
9580	Cocktail wieners	2.00 pk
9580	Medium bottle chili sauce	1.00
9580	Medium jar grape jelly	1.00
9581	Can refried beans	20.00 oz
9581	Salt	0.25 ts
9581	Shredded cheddar cheese	1.00 c
9581	Bottled taco sauce	2.00 tb
9581	Chopped green onions	0.50 c
9581	Ortilla chips	0.00
9582	All-purpose flour	1.50 c
9582	Salt	0.50 ts
9582	Cayenne	0.12 ts
9582	Stick (6 tablespoons) cold	0.75
9582	unsalted butter, cut into	0.00
9582	bits,	0.00
9582	Plus 3 tablespoons, softened	0.00
9582	Coarsely grated sharp	1.00 c
9582	Cheddar	0.00
9582	Heavy cream	3.00 tb
9582	Egg, beaten lightly	1.00 lg
9582	Finely shredded Swiss cheese	1.50 c
9583	Crab mead, drained, all bits	1.50 c
9583	of shell removed	0.00
9583	Fresh lime or lemon muice	1.00 tb
9583	Grated lime peel	0.50 ts
9583	Green onion, minced	1.00
9583	Minced parsley	2.00 tb
9583	Worcestershire sauce	1.00 ts
9583	Hot prepared mustard (or to	1.00 ts
9583	taste)	0.00
9583	Several dashes of liquid	0.00

Sheet1

9583	hot-pepper sauce (or to	0.00
9583	taste)	0.00
9583	Unsalted butter, melted	2.00 tb
9583	Melba toast rounds	16.00
9583	Grated Swiss or sharp	0.50 c
9583	Cheddar cheese	0.00
9584	Eggs, hard-cooked	6.00
9584	Commercial sour cream	0.25 c
9584	Salt	0.25 ts
9584	Pepper, coarsely ground	0.12 ts
9584	Parsley flakes	1.00 ts
9584	Bacon slices, cooked and	2.00
9584	crumbled	0.00
9584	Paprika	0.00
9584	Pimiento-stuffed olives,	6.00
9584	halved	0.00
9585	Mushrooms; sliced	6.00 oz
9585	Spinach; fresh, washed and	10.00 oz
9585	stems removed	0.00
9585	Eggs	2.00
9585	Cholesterol-free egg replace	1.00 ct
9585	ment; liquid (8 oz.)	0.00
9585	Parmesan cheese; grated	0.50 c
9585	Skim milk	0.50 c
9585	Tarragon; fresh (or 1/2 tsp	1.00 ts
9585	dried)	0.00
9585	Black pepper; freshly	0.50 ts
9585	ground	0.00
9585	Salt	0.25 ts
9586	Cucumber	1.00 lg
9586	Cider vinegar, or: White	0.50 c
9586	Wine	0.50 c
9586	Sesame seeds	1.00 tb
9586	Sesame oil	1.00 tb
9586	Onion, chopped finely	1.00
9586	Garlic cloves, sliced finely	2.00
9586	Tumeric	1.00 ts
9586	Sugar	1.00 ts
9586	Salt or to taste	2.00 ts
9587	Cucumber	1.00 md
9587	White Pepper	0.25 ts
9587	Mayonnaise	1.50 c
9587	Sour Cream	0.75 c
9587	Green Bell Pepper, Diced	0.25 c
9587	Fresh Dill, Chopped, OR	2.00 tb
9587	Dried Dill, Crushed	2.00 ts
9588	Cucumbers, peeled and finely	2.00
9588	grated	0.00
9588	Small onion, finely grated	1.00

Sheet1

9588	Lemon juice	4.00 tb
9588	Fresh parsley, chopped	1.00 tb
9588	Fresh tarragon, chopped or 1	1.00 tb
9588	1/2 tsp dried	0.00
9588	Mediu,-dry sherry	3.00 tb
9588	Plus 1 tsp gelatin	2.00 tb
9588	Chicken stock	2.00 c
9588	Salt and pepper	0.00
9588	Filling:	0.00
9588	Shredded chicken	1.25 c
9588	Chopped celery	1.00 c
9588	Finely chopped scallion	1.00
9588	Lemon juice	2.00 tb
9588	Mayonnaise	3.00 tb
9589	Cucumber cut in half	1.00
9589	crosswise	0.00
9589	Roquefort cheese	0.25 lb
9589	Cream	1.00 tb
9589	Lime juice	1.00 ts
9589	Ground white pepper	0.50 ts
9589	Caraway seeds	0.50 ts
9589	Hazelnuts, peeled and finely	15.00
9589	chopped	0.00
9589	Hazelnuts, peeled and	12.00
9589	halved.	0.00
9590	Egg yolks	2.00 lg
9590	Dijon mustard	0.50 ts
9590	Fresh lemon juice	2.00 tb
9590	Fresh mint leaves, loosely	0.75 c
9590	packed	0.00
9590	Vegetable oil	1.00 c
9590	Salt and pepper	0.00
9590	Thin slices homemade white	16.00
9590	bread, crusts removed	0.00
9590	Cucumber, peeled and thinly	1.00
9590	sliced	0.00
9591	Cucumbers	3.00 ea
9591	Salt	1.00 tb
9591	Clove garlic	1.00 ea
9591	Salt	0.25 ts
9591	Sesame seeds	1.00 ts
9591	Sesame oil	1.00 ts
9591	Cayenne pepper	0.25 ts
9591	Sugar	1.00 ts
9592	Hothouse cucumber	1.00
9592	Salt	0.00
9592	Plain yogurt	16.00 oz
9592	Minced fresh basil	3.00 tb
9592	Minced fresh mint	2.00 tb

Sheet1

9592	Minced green onion	1.00 tb
9592	Clove minced garlic	1.00 sm
9592	Salt	0.00
9592	Freshly ground pepper	0.00
9593	Herb-seasoned stuffing mix	0.50 c
9593	Evaporated milk	0.33 c
9593	Salt	0.50 ts
9593	Curry powder	1.50 ts
9593	Ground beef	1.00 lb
9594	Chicken	3.00 lb
9594	POACHING INGREDIENTS -----	0.00 -----
9594	*Peppercorns	6.00
9594	*Bay leaf	1.00
9594	*Parsley Stalk	1.00
9594	*Sprig of fresh thyme	1.00
9594	*onion	1.00
9594	*carrot	1.00
9594	*celery stalk	1.00
9594	Green Pepper, finely shred	0.50 x
9594	Red Pepper, finely shred	0.50 x
9594	Yellow Pepper, finely shred	0.50 x
9594	Bow Tie pasta, cooked	8.00 oz
9594	Salt	1.00
9594	Pepper	1.00
9594	CURRY FLAVOURING -----	0.00 -----
9594	*Small onion finely diced	0.50 x
9594	*Vegetable Oil	2.00 ts
9594	*Curry powder	1.00 tb
9594	*White wine	0.50 c
9594	*Water	2.00 tb
9594	CURRY MAYONNAISE -----	0.00 -----
9594	Mayonnaise	1.50 c
9594	Warm Water	2.00 tb
9594	Curry flavoring (above)	3.00 tb
9594	Pepper	1.00
9594	Salt	1.00
9595	Jim Vorheis	0.00
9595	Cream cheese	16.00 oz
9595	Major Grey's chutney	0.50 c
9595	Chopped almonds, toasted	0.50 c
9595	Curry powder	1.00 ts
9595	Dry mustard	0.50 ts
9596	Safflower or peanut oil	2.00 tb
9596	Onion, chopped	1.00 md
9596	Cloves garlic, minced or put through press	2.00 0.00
9596	Curry powder	2.00 ts
9596	Turmeric	0.25 ts
9596	Chili powder	0.25 ts



Sheet1

9596	Cumin seeds	0.50 ts
9596	Dried lentils, washed and	1.00 c
9596	picked over	0.00
9596	To 2 1/2 cups water	2.00
9596	Sea salt	1.00 ts
9596	Eggs	2.00
9596	Milk	0.25 c
9596	Ground ginger	0.25 ts
9597	Jim Vorheis	0.00
9597	Roasted, salted, blanched	1.00 c
9597	peanuts	0.00
9597	Curry powder	1.00 ts
9597	Seasoned salt	0.50 ts
9597	Garlic powder	0.12 ts
9598	Can pear halves, undrained	29.00 oz
9598	Butter or margarine	0.33 c
9598	Dark brown sugar	0.75 c
9598	firmly packed	0.00
9598	To 2 t curry powder	1.00 t
9598	Commercial sour cream (opt)	0.00
9599	Plain yogurt	0.33 c
9599	Coconut	0.25 c
9599	Finely chopped unsalted	0.25 c
9599	peanuts	0.00
9599	Chopped chutney	2.00 tb
9599	Curry powder	1.00 ts
9599	Grated gingerroot or 1/4 tsp	0.50 ts
9599	ground ginger	0.00
9599	Can tiny shrimp, drained	4.00 oz
9599	Sheets frozen phyllo dough	6.00
9599	(16 x 12 inches), thawed	0.00
9599	Margarine or butter, melted	0.50 c
9600	Mussels, cleaned	2.00 lb
9600	Water	0.67 c
9600	Dry cider	0.67 c
9600	Sprigs fresh thyme	3.00
9600	Garlic clove, crushed	1.00
9600	Butter	2.00 tb
9600	Shallots, finely chopped	3.00
9600	Stalk celery, finely chopped	1.00
9600	Curry Powder	1.00 tb
9600	All-purpose flour	1.00 tb
9600	Half-and-half	0.25 c
9600	Mayonnaise	0.25 c
9600	Fresh dill sprigs (opt)	0.00
9600	Hot crusty bread	0.00
9601	Recipe for two-crust pastry	1.00
9601	Finely chopped cooked lamb	2.00 c
9601	Curry powder	1.00 tb

Sheet1

9601	Syrup from chutney	1.00 tb
9601	Season all	1.00 ts
9601	Condensed cream of mushroom	0.25 c
9601	soup, undiluted	0.00
9602	Pitted dates, cut fine	1.00 lb
9602	Walnut meats, cut fine	0.50 c
9602	Won Ton Wrappers	0.00
9603	Jim Vorheis	0.00
9603	Consomme	21.50 oz
9603	Water	0.50 cn
9603	Lemon, cut in half	0.50
9603	Vinegar	1.00 tb
9603	Cayenne pepper	0.50 ts
9603	Worcestershire sauce	0.75 ts
9603	Stalks celery, cut in	2.00
9603	eighths	0.00
9603	Onion, cut in quarters	1.00
9603	Green pepper, cut in half	0.50
9603	Salt	1.50 ts
9603	Tabasco sauce	0.50 ts
9603	Clove garlic	1.00
9603	Unflavored gelatin	2.00 pk
9603	Water	0.50 c
9603	Left-over pot roast	1.00 lb
9603	Mayonnaise for garnish	0.00
9604	Squid	2.00 lb
9604	Flour	0.50 c
9604	Salt	1.00 ts
9604	Pepper	0.12 ts
9604	Eggs	2.00
9604	Milk	1.00 c
9604	Italian bread crumbs	1.50 c
9605	Fresh cooked crab meat	0.50 lb
9605	Pork fat from loin	2.00 oz
9605	Peeled water chestnuts	6.00
9605	Scallion	1.00
9605	Eggs	2.00
9605	Dry sherry	2.00 tb
9605	Salt	1.00 ts
9605	Cornstarch	2.00 tb
9605	Minced ginger root	0.50 ts
9605	Deep-frying oil	2.00 c
9605	VINEGAR DIP:	0.00
9605	Black Chinjiang vinegar	2.00 tb
9605	Yellow rice vinegar	1.00 tb
9605	Thin soy sauce	2.00 ts
9605	Sugar	0.50 ts
9606	Karen Mintzias	0.00
9606	REFRIED BEANS -----	0.00 -----

Sheet1

9606	Dry pinto beans	2.00 c
9606	Onion	1.00 lg
9606	Ham hock	1.00
9606	Water	0.00
9606	Lard	0.50 c
9606	Salt	0.00
9606	NACHOS -----	0.00 -----
9606	Corn tortillas	12.00
9606	Lard for deep frying	0.00
9606	Salt	0.00
9606	Shredded Jack cheese	1.00 c
9606	Shredded cheddar cheese	1.00 c
9606	Jalapeno chiles (or more);	2.00
9606	finely chopped	0.00
9606	Finely diced tomatoes	1.00 c
9606	Finely chopped cilantro	1.00 c
9607	All-purpose flour	2.00 c
9607	Salt	0.50 ts
9607	Chili seasoning	0.50 ts
9607	Cold margarine, diced	0.25 c
9607	Lard, diced	0.25 c
9607	Finely grated Cheddar cheese	0.50 c
9607	Cold water	3.00 tb
9607	Bacon, chopped	6.00 sl
9607	Onion, chopped	2.00
9607	Crabmeat, flaked	4.00 oz
9607	Eggs	3.00
9607	Half-and-half	0.67 c
9607	Mustard powder	0.50 ts
9607	Cayenne pepper	0.25 ts
9607	Salt to taste	0.00
9607	Tomato slices (opt)	0.00
9607	Italian parsley sprigs (opt)	0.00
9608	Bread croutes 5 cm	30.00
9608	Deviled ham paste	0.00
9608	Onion, finely chopped	1.00
9608	Butter	2.00 ts
9608	Cream cheese	125.00 g
9608	Grated cheese	1.00 c
9608	Egg yolk	1.00
9608	Chives	2.00 ts
9609	Butter	0.25 lb
9609	Med. onion, grated	1.00
9609	Dried mustard	2.00 ts
9609	Dash Tabasco sauce	1.00
9609	Juice of 1 lemon	1.00
9609	Lobster tails OR;	8.00
9609	Lump crabmeat	1.00 lb
9609	Flour, heaping	4.00 tb

Sheet1

9609	Milk	2.00 c
9609	Salt	2.00 ts
9609	Sherry	0.25 c
9609	Parmesan cheese	2.00 tb
9610	Can bean dip	1.00
9610	Sour cream	1.00 c
9610	Taco seasoning	2.00 tb
9610	Monterey jack cheese,grtd**	8.00 oz
9610	Tomatoes, finely diced	2.00
9610	Chopped green chiles, opt.	4.00 oz
9610	Sharp cheddar, grated	8.00 oz
9610	Scallions, diced	4.00
9610	Can ripe olives, diced, opt.	1.00
9611	Mayonnaise	1.00 c
9611	Sour Cream	1.00 c
9611	Dill weed	2.00 tb
9611	Onion Flakes	2.00 tb
9611	Parsley Flakes	2.00 tb
9612	Sour cream	0.50 c
9612	Mayonnaise	0.50 c
9612	Finely chopped dill weed	2.00 tb
9613	Bacon, diced	4.00 sl
9613	Vinegar	0.25 c
9613	Bunches leaf lettuce, coarse	2.00
9613	Shredded	0.00
9613	Green onions (with tops), ch	5.00
9613	(about 1/3 cup)	0.00
9613	Sugar	2.00 ts
9613	Salt	0.25 ts
9613	Pepper	0.12 ts
9613	Dried dill weed	0.50 ts
9613	Dry mustard	0.50 ts
9614	Jim Vorheis	0.00
9614	Cream cheese	3.00 oz
9614	Butter	4.00 tb
9614	Garlic powder	0.25 ts
9614	Freshly grated Parmesan	2.00 tb
9614	cheese	0.00
9614	Dry white wine	1.00 tb
9614	Minced parsley	1.00 tb
9614	Of thyme	1.00 pn
9614	Of marjoram	1.00 pn
9615	Butter or margarine	0.50 tb
9615	Of Dr. Pepper	0.50 c
9615	Pecan halves	1.00 c
9615	Melt butter in small sauce	0.00
9615	pan and add Dr. Pepper,	0.00
9615	bring	0.00
9615	To simmering point. Add	0.00

Sheet1

9615	pecans and simmer for 15	0.00
9615	minutes	0.00
9615	Or until Dr. Pepper	0.00
9615	evaporates stirring	0.00
9615	frequently. Pour	0.00
9615	Pecans over cookie sheet and	0.00
9615	bake in 275 degree oven for	0.00
9615	Minutes or until crisp or	40.00
9615	turning at least every 10	0.00
9616	Onion; chopped	1.00
9616	Oil	3.00 tb
9616	Water	3.50 c
9616	Green split peas	8.00 oz
9616	Finely chopped green chiles	0.25 c
9616	Garlic cloves; minced	2.00
9616	Lemon; juiced	1.00
9616	Tomatoes; peeled, seeded	2.00
9616	and chopped	0.00
9616	Chopped fresh cilantro	2.00 tb
9616	Ground cumin	0.50 ts
9616	Chinese chili oil	0.00
9616	Salt	0.00
9616	Pita breads (6-inch)	6.00
9617	Waldine Van Geffen VGHC42A	0.00
9617	Sun-dried tomato halves;	12.00
9617	dry pack	0.00
9617	Boiling water	0.25 c
9617	Balsamic or red wine vinegar	2.00 tb
9617	Tomato; peel, seed, chop	1.00 md
9617	Red onion; finely chop	0.25 c
9617	Pitted ripe olives; minced	4.00
9617	Olive oil	1.00 tb
9617	Parsley; snipped	1.50 ts
9617	Garlic; minced	1.00 cl
9617	Capers; drain, chop	0.50 ts
9617	Cracked black pepper	0.00
9617	Loaf baguette-style French	8.00 oz
9617	bread	0.00
9617	Parmesan or Mozzarella;shred	0.00
9617	Fresh thyme sprigs; optional	0.00
9618	Boned chicken breasts; cook	4.00
9618	Sherry	1.00 c
9618	Salt	1.00 ts
9618	Sugar	0.50 ts
9618	Head red leaf lettuce	1.00
9618	Cilantro; (leaves) optional	0.50 c
9618	Sesame seeds; toasted golden	3.00 tb
9618	Scallions; w/green, chopped	4.00
9619	Duck livers, cleaned	1.00 lb

Sheet1

9619	Kosher salt	1.00 tb
9619	Shallots, chopped	3.00 lg
9619	Brandy	1.00 oz
9619	Fresh pepper	1.00 tb
9619	Hazelnut liqueur	1.00 oz
9619	Nutmeg	1.00 tb
9619	Heavy cream	3.00 c
9620	Duck livers, cleaned	1.00 lb
9620	Kosher salt	1.00 tb
9620	To 3 large shallots, chopped	2.00
9620	Brandy	1.00 oz
9620	Fresh pepper	1.00 tb
9620	Hazelnut liqueur	1.00 oz
9620	Nutmeg	1.00 tb
9620	Heavy cream	3.00 c
9621	Cubed unpeeled Red Delicious	6.00 c
9621	apples	0.00
9621	Raisins	0.50 c
9621	Walnuts, chopped	0.33 c
9621	Vanilla Low-fat Yogurt	0.50 c
9621	Honey	2.00 tb
9622	Medium shrimp (41 to 40 per	0.50 lb
9622	pound) shelled and deveined	0.00
9622	Salt	1.50 ts
9622	Finely minced ginger or	1.00 ts
9622	ginger juice	0.00
9622	Dry sherry or rice wine	2.00 ts
9622	Cornstarch	1.00 ts
9622	Fresh water chestnuts,	5.00
9622	finely chopped	0.00
9622	Green onions, chopped	2.00
9622	Chopped fresh coriander	1.50 tb
9622	Chinese sausages, finely	2.00
9622	chopped	0.00
9622	Grated Monterey Jack cheese	1.25 c
9622	(about 5 ounces)	0.00
9622	Round siu mai wrappers or	1.00 pk
9622	won ton wrappers	0.00
9622	LIME CREAM SAUCE	0.00
9622	(see note)	0.00
9622	Oil	1.00 tb
9622	Chicken stock	0.67 c
9622	Heavy cream	1.50 c
9622	Lime juice	1.00 tb
9623	Cocktail franks	30.00
9623	Cheese slices	10.00
9623	Crecent rolls	2.00 pk
9624	PHILLY.INQUIRER -----	0.00 -----
9624	HELLMAN'S REAL MAYO.(Best Ma	1.00 c

Sheet1

9624	COOKED ELBOW MACARONI,DRAINE	8.00 oz
9624	VINEGAR	2.00 tb
9624	SLICED CELERY	1.00 c
9624	PREPARED MUSTARD	1.00 tb
9624	CHOPPED GREEN OR RED	1.00 c
9624	PEPPER	0.00
9624	SUGAR	1.00 ts
9624	SALT	1.00 ts
9624	CHOPPED ONION	0.25 c
9624	PEPPER	0.25 ts
9625	Tortilla chips (8 oz)	1.00 pk
9625	Velveeta Shredded Process	1.00 pk
9625	Cheese food (8 oz)	0.00
9625	Pace Thick & Chunky Salsa	8.00 oz
9625	OPTIONAL GARNISHES -----	0.00 -----
9625	Sliced ripe olives	0.00
9625	Guacamole	0.00
9625	Sliced jalapeno peppers	0.00
9625	Sour cream	0.00
9626	Bell peppers of different co	6.00
9626	Minced garlic	2.00 ts
9626	Finely minced shallots	1.00 tb
9626	Thyme	1.00 pn
9626	Dijon mustard	1.00 tb
9626	Anchovy paste (or 1/2 t salt	2.00 ts
9626	Balsamic vinegar	3.00 tb
9626	Fruity olive oil	0.33 c
9626	Pepper	1.00 pn
9627	Eel	4.00 lb
9627	Olive oil	1.00 tb
9627	Paprika	1.00 tb
9627	Hot water	2.00 c
9627	Garlic cloves; chopped	3.00
9627	Blanched almonds	14.00
9627	Chopped fresh parsley	2.00 tb
9627	Saffron	0.25 ts
9627	Olive oil	1.00 tb
9627	Salt to taste	0.00
9628	Egg plant	1.00 lg
9628	Butter	2.00 ts
9628	Egg, beaten	1.00
9628	Salt	1.00 ts
9628	Pepper	0.25 ts
9628	Flour	0.00
9629	Eggs	6.00
9629	Flour	2.00 c
9629	Water	2.00 c
9629	Salt	1.00 ts
9630	Package Egg Roll Skins	1.00 lb

Sheet1

9630	Egg Beaten	0.00
9630	Enough Oil To Deep-fry	0.00
9630	Diced Roast Pork	1.00 c
9630	Cooked And Diced Shrimp	0.50 c
9630	Water Chestnuts	0.25 c
9630	Shredded Bamboo Shoots	0.25 c
9630	Chopped Bean Sprouts, Fresh	2.00 c
9630	Green Onion, Finely Chopped	2.00
9630	Fresh Mushroom Chopped	4.00
9630	Sugar	0.50 ts
9630	Soy Sauce	2.00 tb
9630	Sesame Oil	1.00 tb
9630	Salt And Pepper To Taste	0.00
9631	Ginger - fresh, peeled, about 1 inch	1.00 sl 0.00
9631	Clove garlic - large	1.00
9631	Sugar - PLUS 1-1/2 teaspoons	1.00 tb
9631	Salt	2.50 ts
9631	Med. shrimp - about 1/4 pound, shelled and deveined	6.00 0.00
9631	Head cabbage - green, tough outer leaves removed (2 lb)	1.00 0.00
9631	Med. onion - cut into 1/4-inch dice	1.00 0.00
9631	Celery ribs - cut into 1/4-inch dice	2.00 lg 0.00
9631	Egg roll wrappers	12.00
9631	Egg - beaten	1.00
9631	Peanut oil - for deep frying	4.00 c
9631	Dry mustard - mixed with 1 tablespoon cold water	1.00 tb 0.00
9632	Eggplants	2.00 md
9632	Olive oil	0.00
9632	Tomato, chopped	1.00 md
9632	Salt & Pepper	0.00
9632	Allspice	0.25 ts
9632	Parsley	0.50 ts
9632	Currants, soaked in cold water 30 minutes	1.00 tb 0.00
9632	Clove garlic	1.00
9632	Bay Leaf	1.00
9633	Chopped onion	1.00 tb
9633	Butter for frying	0.00
9633	Stock	1.00 c
9633	Crushed red pepper	1.00 ts
9633	Laos powder if available	0.50 ts
9633	Clove of garlic	1.00
9633	Coconut milk	1.00 c
9633	Salt to taste	1.00



Sheet1

9633	Paprika	0.50 ts
9633	Hard boiled eggs	4.00
9634	Chopped Onion	1.00 tb
9634	Clove Of Garlic	1.00
9634	Butter For Frying	0.00
9634	Coconut Milk	1.00 c
9634	Stock	1.00 c
9634	Salt To Taste	1.00
9634	Crushed Red Pepper	1.00 ts
9634	Paprika	0.50 ts
9634	Laos Powder If Available	0.50 ts
9634	Hard Boiled Eggs	4.00
9635	Crabmeat (6-7 Oz Cans)	2.00 cn
9635	Bread Crumbs (Fresh)	1.00 c
9635	Sherry Cooking Wine	3.00 tb
9635	Lemon Juice	1.00 tb
9635	Onion (Grated)	1.00 tb
9635	Dry Mustard	1.00 ts
9635	Salt	0.50 ts
9635	Pepper	0.00
9635	Bacon (Cut Into Halves)	1.00 pk
9635	Parsley	0.00
9636	Yuca	2.00 lb
9636	Salt	0.00
9636	White onion, sliced as	1.00 sm
9636	thinly as possible	0.00
9636	For the Mojo:	0.00
9636	Cloves garlic	2.00
9636	Salt (or to taste)	0.33 ts
9636	Black pepper	0.25 ts
9636	Lime juice of sour orange	4.00 tb
9636	juice (Naranja agria)	0.00
9636	Olive oil	2.00 tb
9637	Flour	4.00 c
9637	Butter	1.00 tb
9637	Shortening	1.00 c
9637	Whole eggs	2.00
9637	Egg yolk	1.00
9637	Salt	2.00 ts
9637	Cold water	1.50 c
9637	For the filling:	0.00
9637	Oil	1.00 tb
9637	Onion, finely chopped (about	1.00 sm
9637	1/4 cup)	0.00
9637	Clove garlic, minced	1.00
9637	Chicken legs	3.00
9637	Bay leaf	1.00
9637	Tomato paste	2.00 tb
9637	Salt & pepper	0.00

Sheet1

9637	Water, as needed	0.00
9637	Flour	3.00 tb
9637	Cooked peas	0.25 c
9637	Pitted green olives, chopped	8.00
9637	Cayenne pepper	0.00
9637	Egg beaten with a pinch of	1.00
9637	salt for glaze	0.00
9638	DOUGH -----	0.00 -----
9638	Flour, all purpose	2.00 c
9638	Shortening or lard	0.67 c
9638	Salt	0.50 ts
9638	Water	6.00 tb
9638	DESSERT FRUIT -----	0.00 -----
9638	Fruit	2.50 c
9638	Cinnamon	1.00 ts
9638	Sugar	1.00 c
9638	Nutmeg	0.50 ts
9638	CARNE ( ANY MEAT -----	0.00 -----
9638	Onion	1.00
9638	Olive oil	1.00 tb
9638	Water	4.00 oz
9638	Sal and Pepper to taste	0.00
9638	Pepper, green	1.00
9638	Tomato paste	8.00 oz
9638	Vinegar	1.00 tb
9638	Beef, sliced thinly	1.00 lb
9639	Chicken Wings	1.50 lb
9639	Soy Sauce	3.00 tb
9639	Dry Sherry	1.00 tb
9639	Minced Fresh Ginger Root	1.00 tb
9639	Clove Garlic, Minced	1.00
9639	Vegetable Oil	2.00 tb
9639	Cornstarch	0.33 c
9639	Water	0.67 c
9639	Green Onions And Tops, Cut	2.00
9639	Diagonally Into Thin Slices	0.00
9639	Slivered Fresh Ginger Root	1.00 ts
9640	Cream cheese	3.00 oz
9640	Bleu cheese	3.00 oz
9640	Unsalted butter	3.00 tb
9640	Whipping cream	0.25 c
9640	Bunch Belgian endive	2.00 lg
9641	SALAD -----	0.00 -----
9641	Fresh pineapple	0.50
9641	Grapefruit	2.00
9641	Oranges	4.00
9641	Avocado	1.00
9641	Water melon, cut into wedges	1.00 sl
9641	Sliced almonds	1.00 c

Sheet1

9641	Lettuce greens, washed and	0.00
9641	Chilled	0.00
9641	DRESSING -----	0.00 -----
9641	Pineapple juice	1.00 c
9641	Lime juice, fresh	3.00 tb
9641	White tequila	0.33 c
9641	Powdered sugar and salt	0.50 ts
9641	Olive oil	2.00 tb
9642	Drained OR canned cooked	1.00 c
9642	pinto beans	0.00
9642	Drained cooked black beans	1.00 c
9642	(8-3/4 oz) garbanzo beans,	1.00 cn
9642	drained	0.00
9642	(8 oz) cut green beans,	1.00 cn
9642	drained	0.00
9642	Drained canned wax beans	1.00 c
9642	Green pepper, cut in thin	0.50
9642	strips	0.00
9642	Red onion, thinly sliced	0.25
9642	Vegetable oil	6.00 tb
9642	Vinegar [I increased vinegar	3.00 tb
9642	by 50 percent. K.B.]	0.00
9642	Salt	0.50 ts
9642	Dried leaf oregano, crushed	0.25 ts
9642	Garlic powder	0.12 ts
9642	Freshly ground black pepper	0.00
9642	Tomato, chopped, drained	1.00
9642	Mayonnaise	3.00 tb
9643	BUTTER MIXTURE -----	0.00 -----
9643	Butter	1.00 c
9643	Finely chopped parsley	0.25 c
9643	Garlic cloves; minced	8.00
9643	Shallot	1.00
9643	Dry white wine	2.00 tb
9643	Worcestershire sauce	1.50 ts
9643	Fresh lemon juice	1.00 ts
9643	Pernod	1.00 ts
9643	Anchovy fillets; minced	2.00
9643	Hot pepper sauce	0.25 ts
9643	Salt & freshly ground pepper	0.00
9643	-----	0.00 -----
9643	Butter	2.00 tb
9643	Snails; washed	36.00
9643	Diced onion	0.25 c
9643	Dry white wine	6.00 tb
9643	Puff pastry dough sheets*	6.00
9643	Egg	1.00
9643	Water	2.00 tb
9644	Snails; undrained	36.00

Sheet1

9644	Chardonnay or dry white wine	0.50 c
9644	Medium onion; minced	1.00
9644	Shallot; minced	1.00
9644	Garlic cloves; minced	2.00
9644	Salt & freshly ground pepper	0.00
9644	Freshly grated nutmeg	0.00
9644	Puff pastry, pref. homemade	1.00 lb
9644	Egg yolk (blended w/ milk)	1.00
9644	Milk (to blend with yolk)	3.00 tb
9644	Butter; well-chilled*	0.75 c
9644	Chopped toasted hazelnuts	0.33 c
9644	Minced fresh parsley	3.00 tb
9645	Hard Cooked Eggs	14.00 md
9645	Garbanzo Beans, Drained	15.00 oz
9645	Plain Lowfat Yogurt	0.25 c
9645	Dijon Mustard	1.00 tb
9645	Garlic, Minced	1.00 cl
9645	Red Caviar, Optional	1.00 tb
9646	Dried fava or butter beans	1.50 c
9646	soaked overnight in water	0.00
9646	Extra-virgin olive oil	0.33 c
9646	Finely chopped onion	0.50 c
9646	Garlic clove; finely chopped	1.00
9646	Finely diced carrot	0.33 c
9646	Finely diced celery	0.33 c
9646	Bay leaf; crumbled	1.00
9646	Minced flat-leaf parsley	2.50 tb
9646	Sea salt; to taste	0.00
9646	Freshly ground black pepper	0.50 ts
9646	or more to taste	0.00
9646	Coarse-grain bread	1.00 sl
9646	crust removed, and soaked	0.00
9646	for 5 minutes in:	0.00
9646	Olive oil; (or to taste)	2.00 tb
9646	Lemon; juiced	1.00 sm
9646	FOR SERVING -----	0.00 -----
9646	Paprika; (generous)	1.00 pn
9647	Fennel, medium knobs of	6.00
9647	Olive oil	0.25 c
9647	Salt	1.00 ts
9647	Freshly ground black pepper	0.25 ts
9647	Wine vinegar; optional	2.00 ts
9648	Fennel bulbs	2.00 ea
9648	Capers;drained	1.00 tb
9648	Dill, fresh; chopped	1.00 tb
9648	DRESSING -----	0.00 -----
9648	Orange; seeded	0.25 ea
9648	Red wine vinegar	2.00 ts
9648	Dijon mustard	1.00 tb

Sheet1

9648	Sugar	2.00 ts
9648	Salt	0.50 ts
9648	Olive oil	4.00 tb
9649	Onion	1.00 lg
9649	Tomatoes	8.00
9649	Bunch cilantro (no stems)	0.50 sm
9649	Jalapeno peppers	10.00
9649	Juice of 1 lime	0.00
9649	Juice of 1 lemon	0.00
9649	Vinegar	2.00 tb
9649	Salt	1.00 ts
9649	Pepper	1.00 ts
9649	Garlic salt	1.00 ts
9649	Oregano	1.00 ts
9651	Flour tortillas	6.00
9651	Salsa (optional)	0.00
9651	Cream cheese (softened)	16.00 oz
9651	Chopped black olives	1.50 tb
9651	Jalapenos chopped fine	4.00
9651	1/2 tsp chili powder	0.25
9651	Seasoning salt	0.75 ts
9652	Whole wheat pizza dough (rec	0.00
9652	ipe) or basic crust	0.00
9652	Pine nuts	2.00 tb
9652	Olive oil; plus additional	2.00 tb
9652	for pan	0.00
9652	Cornmeal for pan (optional)	0.00
9652	White wine vinegar	1.00 ts
9652	Garlic; minced	0.50 ts
9652	Zucchini; thinly sliced (ab	1.00 sm
9652	out 3/4 cup)	0.00
9652	Red onion; very thinly slic	0.33 c
9652	ed	0.00
9652	Provolone cheese; grated	0.75 c
9652	Coarse salt	0.00
9652	Fresh ground pepper	0.00
9652	Mozzarella cheese; grated	0.50 c
9652	Bel paese cheese; slivered	0.33 c
9652	(get at italian groc.)	0.00
9652	Gorgonzola cheese; crumbled	0.25 c
9652	Parmesan; freshly grated (i	6.00 tb
9652	mported is best)	0.00
9652	Parsley; fresh, chopped	1.00 tb
9653	Boneless beef top round or	6.00 oz
9653	rib-eye steak	0.00
9653	Potatoes, peeled, diced	2.00 sm
9654	GUACAMOLE -----	0.00 -----
9654	Ripe Avocados, Mashed	2.00 lg
9654	Finely Chopped Tomatoes	2.00

Sheet1

9654	Chopped Onion	1.00 md
9654	Jalapeno Peppers, Seeded And	2.00
9654	Finely Chopped	0.00
9654	Finely Chopped Clove Garlic	1.00
9654	Finely Snipped Cilantro	2.00 tb
9654	Vegetable Oil	1.00 tb
9654	Fresh Lime Juice	2.00 tb
9654	Salt	0.50 ts
9654	Pepper	1.00 ds
9654	FLAUTAS -----	0.00 -----
9654	Cooked Chicken, Finely	1.00 c
9654	Chopped	0.00
9654	Flour Tortillas	12.00
9654	Vegetable Oil For Frying	0.00
9655	Brandy	1.00 tb
9655	Fresh herbs	1.00 tb
9655	Dried herbs	1.00 ts
9655	Grated lemon rind	1.00 ts
9656	Gouda cheese	1.00 lb
9656	White wine, dry	0.25 c
9656	Butter	2.00 tb
9656	Kirsch	2.00 ts
9656	Flour	0.25 c
9656	Bread, cubed	0.00
9656	Milk	1.50 c
9656	Pepper to taste	0.00
9656	Garlic, finely chopped	2.00 ts
9656	Nutmeg	0.12 ts
9657	FROM A SMALL RESTAURANT -----	0.00 -----
9657	PENSIONNE IN VILLARS SUR -----	0.00 -----
9657	OLLON IN SWITZERLAND -----	0.00 -----
9657	Garlic to taste	1.00
9657	Emmentaler cheese	0.50 lb
9657	Gruyeres cheese	0.50 lb
9657	Dry white wine	1.00 c
9657	Kirsch Wasser (a liqueure)	3.00 tb
9657	Potato or corn starch	1.00 ts
9658	Onion juice	1.00 ts
9658	Juice from 1/2 lemon	0.00
9658	Pacakge softened cream	8.00 oz
9658	cheese	0.00
9658	Toast rounds	0.00
9658	Jar of caviar	1.00 sm
9659	Sharp Cheddar cheese	0.50 lb
9659	Cooked bacon	8.00 sl
9659	Worcestershire sauce	0.50 ts
9659	Dry mustard	1.00 ts
9659	Mayonnaise	2.00 ts
9660	9 oz frozen french cut green	1.00 pk

## Sheet1

9660	beans	0.00
9660	Baking potato (about 1/2 lb)	1.00 lg
9660	cut into 2 1/2x1/2x1/2 inch	0.00
9660	strips	0.00
9660	Water	1.00 c
9660	Cooked turkey breast, cut	4.00 oz
9660	into 2 1/2x1/2x1/2 inch	0.00
9660	strips (3/4 cup)	0.00
9660	Chopped fresh parsley	3.00 tb
9660	Dried basil	1.00 ts
9660	Dried sage	0.50 ts
9660	Chicken flavour boullion	0.25 ts
9660	Prepared lowcal Italian	3.00 tb
9660	salad dressing	0.00
9661	Salad dressing mix	0.00
9661	Tablespoons granulated sugar	3.00
9661	Teaspoon salt	0.75
9661	Teaspoon ground pepper	0.12
9661	Teaspoon dry mustard	0.50
9661	Teaspoon paprika	0.50
9661	Teaspoon oregano, crushed	0.50
9661	Teaspoon dried minced garlic	0.12
9661	Teaspoons dried minced onion	1.50
9661	Salad dressing	0.00
9661	Recipe french-italian mix	1.00
9661	(see above)	0.00
9661	Vegetable oil	0.50 c
9661	Red wine vinegar	0.25 c
9661	Ketchup	0.50 c
9662	Mushrooms	12.00 ea
9662	Olive oil	1.00 c
9662	Pearl onions	12.00 sm
9662	Boston lettuce heads	2.00 sm
9662	Tomatoes	2.00 lg
9662	Celery stalks, diced	2.00 ea
9662	Lemon, juiced	1.00 sm
9662	Tomato paste	2.00 ts
9662	Sprig fresh thyme, chopped	1.00 ea
9662	Bay leaf	1.00 ea
9662	Coriander seeds	1.00 ts
9662	Dry white wine	4.00 oz
9662	Salt & pepper	0.00
9663	White onions	2.00 lg
9663	Beer	1.00 c
9663	Salt	0.25 ts
9663	Baking powder	1.00 ts
9663	Flour	1.25 c
9663	Oil	1.00 tb
9663	Beaten egg	1.00

Sheet1

9664	Potatoes, apprx. 2 lbs	7.00
9664	Tarragon, chopped	1.00 ts
9664	Onion, chopped	0.25 c
9664	White wine, dry	0.50 c
9664	Shallots, chopped	2.00 tb
9664	Olive oil	0.50 c
9664	Garlic, chopped	0.50 ts
9664	Wine vinegar	2.00 tb
9664	Parsley, chopped	0.25 c
9664	Pepper, freshly ground	0.00
9664	Red hot pepper flakes	0.25 ts
9665	Cooked rice	3.00 c
9665	Diced carrots	1.00 c
9665	Diced green bell pepper	1.00 c
9665	Sliced mushrooms	1.00 c
9665	Green peas	1.00 c
9665	Celery stalk	1.00 sm
9665	Chopped fresh parsley	2.00 tb
9665	-----MARINADE-----	0.00
9665	Olive oil	0.25 c
9665	Vegetable oil	0.25 c
9665	Lemon juice	0.25 c
9665	Garlic clove, pressed	1.00 ea
9665	Dried tarragon	1.00 ts
9665	Dill	1.00 ts
9665	Marjoram	1.00 ts
9665	Basil	1.00 ts
9666	Globe artichokes	4.00 lg
9666	Water	1.00 c
9666	Vinegar	2.00 T
9666	Whole pickling spices	1.00 T
9666	Prepared brown mustard	1.00 c
9666	Pk Italian salad dressng mix	0.62 oz
9666	Vinegar or dry white wine	2.00 T
9666	(few) Tabasco sauce	0.00 dr
9666	Worcestershire sauce	1.00 t
9667	All-purpose Flour, sifted	1.00 c
9667	Baking Powder	1.00 ts
9667	Salt	1.00 ts
9667	Pepper	0.12 ts
9667	Paprika	0.25 ts
9667	Sausage, cooked and crumbled	1.00 c
9667	Fresh Corn off the cob	1.00 c
9667	Egg Yolks, beaten	2.00
9667	Milk	2.00 tb
9667	Egg Whites, beaten stiff	2.00
9667	Oil, for frying	0.00
9668	Egg (beaten)	1.00
9668	Sugar	0.50 c



Sheet1

9668	Grated orange peel	1.00 tb
9668	Grated lemon peel	2.00 ts
9668	Lemon juice	2.00 tb
9668	Whipping cream (whipped)	1.00 pt
9669	Chopped fresh pineapple	2.00 c
9669	Carrot, shredded	1.00 md
9669	Green pepper, julienned	1.00 md
9669	White wine vinegar	3.00 tb
9669	Unsweetened pineapple juice	3.00 tb
9669	Honey	1.00 tb
9669	Oil	1.00 ts
9669	Crumbled blue cheese	2.00 oz
9670	Salt	1.00 ts
9670	Black pepper	0.50 ts
9670	Cornmeal	1.00 c
9670	Sherry or brandy (optional)	1.00 tb
9670	Jar prepared mustard	1.00
9671	Freshwater trout fillets,	3.00 lb
9671	cooked and flaked	0.00
9671	Finely chopped onion	0.50 c
9671	Finely chopped green pepper	0.50 c
9671	Chopped fresh parsley	1.00 tb
9671	Lemon juice	0.25 c
9671	Fine, dry breadcrumbs	0.75 c
9671	Eggs, beaten	2.00
9671	Milk	0.50 c
9671	Spicy brown mustard	2.00 ts
9671	Salt	2.00 ts
9671	Pepper	0.25 ts
9672	Ground pork	1.00 lb
9672	Finely chopped green onions	2.00
9672	Minced ginger	1.00 sl
9672	Chicken broth	3.00 tb
9672	Dark soy sauce	1.00 tb
9672	Dry Sherry	1.00 tb
9672	Egg	1.00
9672	Cornstarch	2.00 tb
9672	Water	3.00 tb
9672	Dried bean curd sheet	4.00
9672	Additional cornstarch	0.00
9672	Salt	0.25 c
9672	Szechwan peppercorns	2.00 tb
9672	To 4 cups vegetable oil	2.00
9673	Leeks, about 1-in thick,	4.00
9673	white parts only	0.00
9673	Egg	1.00
9673	Salt & freshly ground pepper	0.00
9673	Finely chopped parsley	1.00 ts
9673	Tarragon	1.00 ts

Sheet1

9673	Flour; for dredging	0.00
9673	Oil for frying	0.00
9673	canola, lt. olive or peanut	0.00
9673	Tarragon vinegar	0.00
9674	Boiling water	2.00 c
9674	Halved walnuts	1.50 c
9674	Sugar	0.50 c
9674	Vegetable oil	1.00 c
9675	Each cooked ground pork and	1.00 oz
9675	cooked shrimp	0.00
9675	Finely chopped scallions	0.25 c
9675	Finely shredded Chinese	0.25 c
9675	cabbage	0.00
9675	Reduced-sodium soy sauce	2.00 ts
9675	Cornstarch	0.50 ts
9675	Ground ginger	0.25 ts
9675	Wonton wrappers (3 x 3-inch	20.00
9675	squares)	0.00
9675	Peanut oil	1.00 tb
9675	Reduced-calorie margarine	2.00 ts
9675	Teriyaki sauce	2.00 tb
9675	DIPPING SAUCE:	0.00
9675	Reduced-calorie orange	4.00 ts
9675	marmalade	0.00
9675	Each hoisin sauce and rice	2.00 ts
9675	vinegar	0.00
9676	Yam cut into small pieces	1.50 lb
9676	Salt	1.00 ts
9676	Msg	1.00 ts
9676	Sugar (gula melaka	2.00 tb
9676	preferred)	0.00
9676	Softened butter	2.00 tb
9676	Tapioca flour	2.00 tb
9676	Stuffing Ingredients	0.00
9676	Prawns	4.00 oz
9676	Meat, minced	4.00 oz
9676	Onions chopped	3.00 sm
9676	Frozen green peas	2.00 oz
9676	Spring onion chopped	1.00
9676	Mushrooms diced	2.00
9676	Salt	0.50 ts
9676	Msg	0.50 ts
9676	Sugar	1.00 ts
9676	Soy sauce	0.50 ts
9676	Oyster sauce	0.50 ts
9676	Cornflour in 3 T water	0.50 tb
9676	Cooking oil	2.00 tb
9677	Braunschweiger	1.00 lb
9677	Mayonnaise or salad dressing	0.50 c

Sheet1

9677	Finely chopped onion	0.25 c
9677	Garlic clove, crushed	1.00
9677	Basil leaves	0.50 ts
9677	Package cream cheese,	8.00 oz
9677	softened	0.00
9677	Garlic clove crushed	1.00
9677	Drops hot pepper sauce	3.00
9677	Mayonnaise or salad dressing	1.00 ts
9677	Pimiento	0.00
9677	Parsley	0.00
9678	Honeydew Melon; Small	1.00
9678	Oranges	2.00
9678	Blue Grapes	1.00 c
9678	Lettuce Leaves	0.00
9678	Walnut Halves	12.00
9678	DRESSING -----	0.00 -----
9678	Yogurt; (1 Container)	8.00 oz
9678	Lemon Juice	1.00 tb
9678	Orange Juice	1.00 tb
9678	Tomato Catsup	1.00 tb
9678	Evaporated Milk	2.00 tb
9678	Salt; Dash	0.00
9678	White Pepper; Dash	0.00
9679	Stephen Ceideburg	0.00
9679	Assorted fruits sliced:	2.00 c
9679	Apples, Pears, Tangerine	0.00
9679	Sections, Grapefruit or	0.00
9679	Pomelo, Grapes, Firm Papaya	0.00
9679	Strawberries, Oranges	0.00
9679	Oil	2.00 tb
9679	Shallot, thinly sliced	1.00
9679	Cloves garlic, thinly sliced	3.00
9679	Juice of one lime	0.00
9679	Kosher salt	1.00 ts
9679	Sugar, or to taste	1.00 ts
9679	Cooked shrimp	0.25 c
9679	Chopped toasted peanuts	2.00 tb
9679	Fresh red chili, seeded and	1.00
9679	finely shredded	0.00
9680	Dried cherry vinegar	3.00 tb
9680	Vegetable oil	4.00 tb
9680	Salt	0.25 ts
9680	Ground black pepper	0.25 ts
9680	Dried cherries	1.00 c
9680	Granny smith apple thin	1.00 sm
9680	Sliced	0.00
9680	Orange peeled and cut	1.00 sm
9680	Into sections	0.00
9680	Whole salted cashews	0.25 c

Sheet1

9680	Belgian endive	1.50 c
9680	Spinach	1.50 c
9680	Boston lettuce	1.50 c
9681	White cabbage	8.00 oz
9681	Sesame oil	0.25 c
9681	Onion, cut in fourths,	1.00 lg
9681	thinly sliced	0.00
9681	Green bell pepper, seeded,	1.00
9681	thinly sliced	0.00
9681	Fresh bean sprouts	6.00 oz
9681	Fresh green chili, seeded,	1.00
9681	finely chopped	0.00
9681	Garlic clove, crushed	1.00
9681	Shallots, finely chopped	2.00
9681	Ground cumin	0.50 ts
9681	Smooth peanut butter	0.33 c
9681	Lemon juice	3.00 tb
9681	Hot-pepper sauce	3.00 dr
9681	Water	0.33 c
9681	Red bell pepper strips (opt)	0.00
9682	Carrots; finely sliced	2.00
9682	Potatoes; sliced	2.00 md
9682	Cabbage; shredded	1.00 c
9682	Bean sprouts	2.00 c
9682	Oil	1.00 tb
9682	Tofu; cut in 1 inch cubes	1.00 c
9682	Cucumber; sliced	1.00 c
9682	Tomatoes; sliced	2.00 md
9682	Scallion	1.00
9682	SAUCE -----	0.00 -----
9682	Oil	1.00 tb
9682	Garlic clove; up to 2	1.00
9682	crushed	0.00
9682	Onion; grated	1.00 sm
9682	Green chili;finely chopped	1.00
9682	OR-	0.00
9682	Chili powder	1.00 ts
9682	Peanut butter; crunchy	0.50 c
9682	Lemon juice; or vinegar	1.00 ts
9682	Coconut, creamed; melted in	0.50 c
9682	Water	0.50 c
9682	Salt	0.00
9683	Shrimp, deveined	24.00
9683	Tomato paste	2.00 tb
9683	Lemon, juice of	1.00
9683	Brandy	2.00 oz
9683	Salt & pepper	0.00
9683	Heavy cream	4.00 oz
9683	Drop Tabasco sauce	2.00

Sheet1

9683	Drop Worcestershire sauce	2.00
9683	Apple, cored and finely	1.00
9683	chopped	0.00
9683	Chopped parsley	1.00 pn
9683	Head lettuce, shredded	0.50
9683	Lemon wedges	0.00
9684	UNCLE BEN'S Long Grain &	1.00 pk
9684	Wild Rice Blend (36 oz)	0.00
9684	Water	3.00 qt
9684	Margarine or butter	0.25 c
9684	Cooking oil	1.50 c
9684	Lemon juice	1.00 c
9684	Tomatoes, fresh, diced	3.00 c
9684	Green pepper, diced	1.50 c
9684	Cucumber, pared and diced	1.50 c
9684	Parsley, fresh, finely	1.00 c
9684	chopped	0.00
9685	Corn oil	2.00 tb
9685	Olive oil	2.00 tb
9685	Garlic cloves, split	2.00
9685	Popping corn	0.75 c
9685	Salt	0.00
9685	Grated Parmesan	0.25 c
9685	Garlic clove, minced	1.00
9685	Ds cayenne pepper	0.00
9686	Fresh peeled and deveined	1.00 lb
9686	shrimp	0.00
9686	Margarine or butter	0.25 c
9686	Clove garlic, minced	1.00
9686	Snipped fresh parsley	1.00 tb
9686	Red pepper	1.00 ds
9686	Dry white wine	3.00 tb
9687	Cream Cheese	8.00 oz
9687	Salt	0.50 ts
9687	Garlic	0.50 tb
9687	Fresh Ground Pepper	1.00 ds
9687	Clams, Drained And Minced	7.00 oz
9687	Clam Broth	0.25 c
9687	Worcestershire	1.50 ts
9687	Lemon Juice	2.00 ts
9688	Canned green olives; drained	2.00 c
9688	Garlic cloves; slivered	2.00
9688	Lemon (thin slices)	3.00 sl
9688	Black peppercorns	1.00 ts
9688	Bay leaves	3.00
9688	Whole sprigs dried thyme	0.00
9688	OR- Basil -OR- oregano	0.00
9688	(optional)	0.00
9688	Sherry or vinegar	0.25 c

Sheet1

9688	Olive oil	0.00
9689	Zucchini	0.00
9689	Green pepper, small	0.00
9689	Onion, small	0.00
9689	Cucumber	0.00
9689	Tomato, large	0.00
9689	Garlic, cloves	3.00 x
9689	Cumin	0.50 ts
9689	Chili powder	0.25 ts
9689	Olive oil	4.00 tb
9689	V8 or tomato juice	12.00 oz
9690	Tomato, chopped	1.00 md
9690	Cucumber, chopped	0.50 md
9690	Green Pepper, seeded and	0.50 md
9690	chopped	0.00
9690	Celery Stalk, finely chopped	1.00
9690	Onion, chopped	0.25 c
9690	Parsley, freshly chopped	1.00 tb
9690	HERB DRESSING:	0.00
9690	Red Wine Vinegar	3.00 tb
9690	Lemon Juice, freshly	2.00 tb
9690	squeezed	0.00
9690	Olive Oil	1.00 tb
9690	Dijon-Style Mustard	1.00 ts
9690	Oregano	0.50 ts
9690	Garlic Powder	0.50 ts
9691	Chicken (fryer)	1.00
9691	Pineapple	1.00 cn
9691	Peas	1.00 cn
9691	Mayonnaise	1.00 c
9691	Salt & pepper - to taste	0.00
9692	Mayonnaise chilled	1.00 c
9692	Dairy sour cream	1.00 c
9692	Fine chopped onion	0.25 c
9692	Minced parsley	0.25 c
9692	Fine chopped canned water	0.25 c
9692	chestnuts	0.00
9692	To 2 tb fine chopped candied	1.00 tb
9692	ginger	0.00
9692	Minced cloves garlic	2.00
9692	Soy sauce	1.00 tb
9693	Freshly grated ginger	1.00 ts
9693	Minced garlic	0.25 ts
9693	Low-sodium soy sauce	2.00 tb
9693	Water	2.00 tb
9693	Orange juice	2.00 ts
9693	White vinegar	1.00 ts
9694	FROM ESTELLA DOLL (NXXS13B -----	0.00 -----
9694	Ginger, finely grated	0.50 ts

## Sheet1

9694	Soft tofu	8.00 oz
9694	Sea salt (coarse salt)	1.00 ts
9694	Water	0.25 c
9694	Sesame oil	1.00 tb
9694	Brown rice vinegar	2.00 tb
9695	Teriyaki sauce	2.00 tb
9695	Chopped pared ginger root	1.50 ts
9695	Rice vinegar	2.00 tb
9695	Dry sherry	1.00 ts
9695	Granulated sugar	0.50 ts
9695	Salt	1.00 ds
9695	Shelled, deveined cooked	8.00 oz
9695	large shrimp	0.00
9695	Cucumber, pared, cut into	0.50 md
9695	sticks	0.00
9696	Mung bean noodles	4.00 oz
9696	Medium shrimp, shelled and	6.00 oz
9696	deveined	0.00
9696	Vegetable oil	1.00 tb
9696	Whole chicken breast, boned,	1.00
9696	skinned, chopped	0.00
9696	Salt	0.00
9696	Fresh ground black pepper	0.00
9696	Red fresh serrano chile	1.00
9696	chopped	0.00
9696	Green fresh serrano chile	1.00
9696	chopped	0.00
9696	Lime juice	3.00 tb
9696	Nam pla (Thai fish sauce)	2.00 tb
9696	Sugar	1.00 ts
9696	Shallots	3.00
9696	peeled and thinly sliced	0.00
9696	Fresh coriander leaves	0.25 c
9696	Lettuce for garnish	0.00
9696	Crisp fried shallots (opt.)	0.00
9696	for garnish	0.00
9697	Wheel imported Brie cheese *	1.00
9697	well chilled	0.00
9697	Confectioners' sugar	2.00 tb
9697	Sliced unblanched almonds	0.50 c
9697	Red & green seedless grapes	0.00
9697	in clusters, for garnish	0.00
9698	Frozen Belgian carrots	1.00 lb
9698	Butter or margarine	6.00 T
9698	Honey	2.00 T
9698	To 1/2 t ground ginger	0.25 t
9699	Bacon	1.00 lb
9699	Brown sugar	0.50 c
9699	Whole water chestnuts	16.00 oz

Sheet1

9699	Chili sauce	0.50 c
9699	Mayonnaise	0.50 c
9700	PHILLY.INQUIRER -----	0.00 -----
9700	DRIED BLACK BEANS	1.00 lb
9700	GROUND,CUMIN	1.00 tb
9700	WATER	3.00 qt
9700	DRIED OREGANO	2.00 tb
9700	WHOLE BAY LEAVES	2.00
9700	FRESH OREGANO CHOPPED	2.00 tb
9700	OR 2 TS.DRIED	0.00
9700	OLIVE OIL,OR TO TASTE	1.00 c
9700	SMALL SHALLOTS,PEELED DICED	3.00
9700	FRESH PARSLEY 1,OZ.	2.00 tb
9700	SMALL ONION,PEELED DICED	1.00
9700	SUGAR	1.50 tb
9700	LARGE RED PEPPER,CLEANED DIC	1.00
9700	LARGE GREEN PEPPER DICED	1.00
9700	GREEN ONIONS,FINELY CHOPPED	4.00
9700	CLOVES GARLIC,MINCED	3.00
9700	SOUR CREAM.OPTIONAL	0.50 c
9701	Dijon mustard	2.00 ts
9701	Bibb lettuce, cleaned	4.00 c
9701	Red wine vinegar	2.00 tb
9701	Goat cheese	0.25 lb
9701	Vegetable oil	6.00 tb
9701	Sundried tomatoes	4.00
9701	Fresh ground pepper	0.00
9701	Radicchio, cleaned	2.00 c
9702	Water	1.00 c
9702	Butter	0.50 c
9702	Salt	0.50 ts
9702	Pepper	0.25 ts
9702	Sifted flour	1.00 c
9702	Eggs	4.00
9702	Grated Gruyere cheese	4.00 oz
9702	Dijon mustard	2.00 tb
9703	Butter	0.25 c
9703	Shelled pine nut	2.00 c
9703	Wedges gourmandise cheese	8.00
9704	Buttermilk	2.00 c
9704	Eggs, lightly beaten	3.00
9704	Several dashes of Tabasco	0.00
9704	Sauce	0.00
9704	Shakes Worchestershire Sauce	3.00
9704	Garlic salt	0.25 ts
9704	Salt	1.00 ts
9704	Lots of pepper (to taste)	0.00
9704	Self-rising flour	0.00
9705	Bottles Chili Sauce	2.00



Sheet1

9705	Grape Jelly	10.00 oz
9705	Ground Beef	3.00 lb
9706	Heavy cream	1.00 c
9706	Egg yolks, lightly beaten	3.00
9706	Calvados	2.00 tb
9706	Oysters in the half shell	16.00
9706	Apples; peeled and finely	2.00
9706	diced (reserve in cold	0.00
9706	water with the juice of	0.00
9706	Lemon	1.00
9707	PHILLY.INQUIRER -----	0.00 -----
9707	Orange,unpeeled,seeds remove	1.00
9707	And cut into 8 pieces.	0.00
9707	Raisins	0.50 c
9707	(14) pitted dates	0.50 c
9707	Cherry preserves	0.33 c
9707	Sweet red Passover wine	0.50 c
9707	Ground ginger	1.00 ts
9707	Cayenne pepper	1.00 pn
9707	Pine nuts	2.00 tb
9708	Jim Vorheis	0.00
9708	Cream cheese	16.00 oz
9708	Jar sharp Cheddar cheese	1.00 lb
9708	Soft butter	0.25 lb
9708	Dry sherry	0.25 c
9708	Dry vermouth	2.00 tb
9708	Dry mustard	0.50 ts
9708	Worcestershire sauce	0.50 ts
9708	To 3 dr Tabasco sauce	2.00 dr
9708	Seasoned salt	0.50 ts
9708	Celery salt	0.50 ts
9708	Oregano	0.25 ts
9709	Spinach spaghetti	0.50 lb
9709	Mayonnaise	0.50 c
9709	Clove garlic, minced	1.00
9709	Rice wine vinegar	2.00 tb
9709	Curry powder	1.00 ts
9709	Asparagus spears	5.00
9709	Med-size zucchini	2.00
9709	Snow peas	0.25 lb
9709	Mushrooms, sliced 1/4" thick	0.25 lb
9709	Cherry tomatoes, halved	1.00 pt
9709	Minced parsley	0.25 c
9709	Minced basil	0.25 c
9710	Frozen green peas	32.00 oz
9710	Spanish peanuts	12.00 oz
9710	Sour Cream	8.00 oz
9710	Water	1.00 ts
9710	Sugar	1.00 tb

Sheet1

9710	Green pepper; chopped (opt)	1.00 tb
9710	Pimento; chopped (opt)	1.00 tb
9711	Celery, sliced on an angle	2.00 c
9711	Melted butter or margarine	2.00 T
9711	Package frozen peas	10.00 oz
9711	Can pitted ripe olives,	8.00 oz
9711	drained & thinly sliced	0.00
9711	Salt	0.50 t
9711	Pepper	0.25 t
9711	Monosodium glutamate (opt)	0.50 t
9712	Lettuces, any variety	0.00
9712	Endive	0.00
9712	Chicory	0.00
9712	Field greens and/or	0.00
9712	Watercress	0.00
9712	Red pepper	1.00
9712	Fennel	0.00
9712	Basil vinaigrette	0.00
9712	Bunch sweet basil leaves	1.00
9712	Olive oil	0.75 c
9712	Cl Garlic, minced	1.00
9712	Salt and pepper, to taste	0.00
9712	Pear vinegar	0.25 c
9713	THE GREENS -----	0.00 -----
9713	Head romaine lettuce*	1.00 lg
9713	Cucumber, peeled	1.00 lg
9713	Red onion, thinly sliced	1.00
9713	Firm radishes, trimmed	11.00
9713	Tomatoes, cored and sliced	2.00
9713	Scallions, trimmed	1.00 pk
9713	Fresh mint leaves	16.00
9713	Fresh basil leaves	16.00
9713	Coriander leaves **	0.50 c
9713	THE SAUCE -----	0.00 -----
9713	Fish sauce (see note)	1.00 c
9713	Powdered hot red chilies	0.50 ts
9713	THE MEAT -----	0.00 -----
9713	Thin slices top sirloin ***	8.00
9713	Salt to taste	1.00 ds
9713	Fresh ground pepper to taste	1.00 ds
9713	Salad oil	0.25 c
9714	FOR MARINADE -----	0.00 -----
9714	Catfish fillets (5-8oz)	3.00 ea
9714	Butter,melted	0.25 c
9714	Louisiana cane syrup	0.25 c
9714	Dried thyme	1.00 tb
9714	Dried basil	1.00 tb
9714	Cracked black pepper	1.00 tb
9714	Salt to taste	0.00

Sheet1

9714	FOR SALAD -----	0.00 -----
9714	Leaves red leaf lettuce	6.00 ea
9714	Leaves romaine lettuce	6.00 ea
9714	Leaves curly endive	6.00 ea
9714	Crumbled blue cheese	0.50 c
9714	Blue cheese dressing	1.00 c
9714	Cherry tomatoes, sliced	6.00 ea
9714	Cracked black pepper	0.00
9714	To taste	0.00
9715	Japanese eggplants	2.00 ea
9715	Fresh green beans, whole	0.50 lb
9715	Balsamic vinegar	0.25 c
9715	Red bell peppers, julienned	2.00 lg
9715	Mixed greens	2.00 c
9715	Minced red onion	2.00 tb
9715	Olive oil	1.00 tb
9715	Lemon juice	2.00 tb
9715	Balsamic vinegar	2.00 tb
9715	Salt & pepper	0.00
9716	Fully cooked Smoked Sausage,	0.50 lb
9716	cut into 1-1/2 inch pieces	0.00
9716	Fully cooked Bratwurst, cut	0.50 lb
9716	into 1-1/2 inch pieces	0.00
9716	Fully cooked Thuringer or	0.50 lb
9716	Summer Sausage, cut into	0.00
9716	1-1/2 inch pieces	0.00
9716	Pineapple chunks, drained	10.00
9716	Red Delicious Apple, cut	1.00
9716	into wedges	0.00
9716	Summer Squash/Zucchini, cut	1.00
9716	into 1 inch pieces	0.00
9716	Onions, parboiled, cut into	2.00 sm
9716	wedges	0.00
9716	Firm Plum or Cherry	4.00
9716	Tomatoes, halved	0.00
9716	To 6 md Whole Mushrooms	4.00 md
9716	Small Green and Red Bell	1.00
9716	Pepper, cut into 1-1/2 inch	0.00
9716	squares	0.00
9716	Lemon Pepper Marinade/Sauce	0.00
9716	Olive Oil	0.75 c
9716	Red Wine Vinegar	3.00 tb
9716	Fresh Lemon Juice	0.33 c
9716	Grated Lemon Rind	2.00 ts
9716	Clove Garlic, minced	1.00
9716	Sugar	2.00 tb
9716	Thyme	0.50 ts
9716	Fresh ground Pepper	0.25 ts
9716	Salt	0.50 ts

Sheet1

9717	Ripe California avocados,	6.00
9717	peeled and pitted	0.00
9717	White onions, chopped	1.50
9717	Cilantro, chopped	0.50 c
9717	Juice of 2 limes, or to	0.00
9717	taste	0.00
9717	Very small zucchini, pureed	1.00
9717	Olive oil	6.00 tb
9717	Chiles serranos, finely	6.00
9717	chopped	0.00
9717	Salt to taste	0.00
9717	For the garnish:	0.00
9717	Tomatoes, chopped	2.00 lg
9717	Green onion, finely chopped	1.00
9717	Chiles serranos, finely	2.00
9717	chopped	0.00
9717	Cilantro leaves	0.50 c
9718	California avocados,	4.00 lg
9718	purchased ahead of time	0.00
9718	To allow for ripening, if	0.00
9718	necessary	0.00
9718	Salt to taste	0.00
9718	White onion, minced	1.00 c
9718	Chiles serranos, minced	4.00
9718	Cilantro, finely chopped	0.50 c
9718	For the garnish:	0.00
9718	Tomato, diced	0.50
9718	White onion, minced	0.25 c
9718	To 6 sprigs cilantro, with	4.00
9718	leaves and a bit of stem	0.00
9719	Avocado, peeled and seeded	1.00
9719	Lemon juice	1.00 tb
9719	Chopped canned green chiles	2.00 tb
9719	Chopped tomato	0.50 c
9719	Mayonnaise	2.00 tb
9719	Salt	1.00 ts
9719	Garlic powder	0.12 ts
9719	Drops hot pepper sauce	4.00
9720	Ripe Avocados	2.00 lg
9720	Grated Onion	1.00 tb
9720	Lemon Juice	1.00 tb
9720	Salt	0.50 ts
9720	Chili Powder	0.25 ts
9720	Miracle Whip	0.33 c
9721	Tomatoes	6.00 md
9721	Ripe avacados	2.00
9721	Lemon juice	2.00 ts
9721	Salt	2.00 ts
9721	Onion, chopped finely	1.00 sm

## Sheet1

9721	Green California chiles,	1.00 cn
9721	chopped	0.00
9721	Bottled wax pepper, chopped	1.00
9721	very fine	0.00
9721	Wax pepper juice	0.50 ts
9721	Bacon slices, crisp-cooked	4.00
9721	and crumbled	0.00
9721	Bed or lettuce for tomatoes	0.00
9722	Carrots;medium	5.00
9722	Salt	0.25 ts
9722	Vegetable oil	2.00 tb
9722	Whole black Mustard seeds	1.00 tb
9722	Lemon juice	2.00 ts
9723	Filling:	0.00
9723	Wheat starch for dusting	0.00
9723	Raw shrimp, peeled and	0.50 lb
9723	chopped	0.00
9723	Precooked salad shrimp,	0.25 lb
9723	chopped	0.00
9723	Pork fat, chopped fine	2.00 oz
9723	Bamboo shoots, chopped	0.25 c
9723	Ground white pepper	0.25 ts
9723	Grated fresh ginger	0.25 ts
9723	Salt	0.50 ts
9723	Sesame oil	0.50 ts
9723	Chopped green onion	1.00 tb
9723	Egg white	1.00
9723	Dry sherry	1.00 tb
9723	Cornstarch	1.00 tb
9723	Dough:	0.00
9723	Potato starch	2.00 tb
9723	Wheat starch	1.00 c
9723	Salt	0.25 ts
9723	Boiling water, plus	0.50 c
9723	Boiling water	3.00 tb
9723	Lard	1.00 ts
9724	Eggs	3.00
9724	Cooked beets	2.00 md
9724	To 3 tbsp oil	1.50
9724	Vinegar	1.00 tb
9724	Seasonings	0.00
9724	To 2 dessert apples	1.00
9724	To 1/3 lb cooked ham, cut in	0.25 lb
9724	1 slice	0.00
9724	Lettuce	0.00
9724	Lemon (garnish)	1.00
9725	Bisquick baking mix	2.00 c
9725	Cooked smoked ham, (finely	0.75 c
9725	chopped)	0.00

Sheet1

9725	Shredded Swiss or Cheddar	1.00 c
9725	cheese	0.00
9725	Chopped onion (fine)	0.50 c
9725	Grated parmesan cheese	0.50 c
9725	Sour cream	0.25 c
9725	Smipped parsley	2.00 tb
9725	Salt	0.50 ts
9725	Clv garlic, crushed (cloves)	2.00
9725	Milk	0.67 c
9725	Egg	1.00
9726	Ground ham	1.00 c
9726	Worcestershire sauce	1.00 ts
9726	Cream cheese	8.00 oz
9726	Lemon juice	0.50 ts
9726	Shredded cheddar	8.00 oz
9726	Onion powder to taste	0.00
9726	Tabasco sauce	1.00 ts
9727	Piece Virginia ham	10.00 oz
9727	Mayonnaise	2.00 tb
9727	Mustard	2.00 ts
9727	Prepared horseradish	1.00 ts
9727	Dry sherry	2.00 ts
9728	8 oz cream cheese, softened	1.00 pk
9728	Horseradish	1.00 ts
9728	4oz thin ham or beef slices	1.00 pk
9728	Grated onion	1.00 tb
9728	Worchestershire sauce	1.00 ds
9729	Softened Cream Cheese	12.00 oz
9729	Chopped Stuffed Olives	24.00
9729	Prepared Horseradish	2.00 ts
9729	Cream	4.00 tb
9729	Salt And Pepper To Taste	0.00
9729	Rectangular Ham Slices	2.00 lb
9730	Butter	1.00 tb
9730	Onion, finely diced	0.25 md
9730	Clove garlic, finely minced	1.00
9730	Cooked ham, diced	1.00 lb
9730	Chopped fresh parsley	1.00 tb
9730	Thyme	1.00 pn
9730	Cream Sauce (recipe	0.50 c
9730	separately)	0.00
9730	Hot Biscuits (recipe	24.00
9730	separately), split	0.00
9731	Butter	1.00 tb
9731	White Fish Fillets; *	1.00 lb
9731	;Hot Water	0.50 c
9731	Eggs; Large, Hard Cooked	4.00
9731	Pickles; Dill	2.00
9731	Capers	1.00 tb

Sheet1

9731	SAUCE -----	0.00 -----
9731	Mayonnaise	2.00 tb
9731	Sour Cream	2.00 tb
9731	Lemon Juice	2.00 ts
9731	Mustard; Dijon-style	1.00 ts
9731	Salt	0.50 ts
9731	Pepper; White	0.25 ts
9731	GARNISH -----	0.00 -----
9731	Egg; Large, Hard Cooked	1.00
9731	Beets; Canned, Slices	4.00
9732	Jim Vorheis	0.00
9732	Butter	1.50 c
9732	Onion, chopped	1.00
9732	Chicken livers, cut up	1.50 lb
9732	Chicken broth	0.75 c
9732	Dry sherry	2.00 tb
9732	Paprika	0.50 ts
9732	Curry powder	0.50 ts
9732	Salt	0.50 ts
9732	Pepper	0.12 ts
9732	Cloves garlic, crushed	2.00
9732	Brandy	0.33 c
9732	Chopped walnuts, toasted	1.00 c
9732	Unflavored gelatin	2.00 tb
9732	Sliced stuffed olives	0.00
9732	Fresh pineapple top	0.00
9733	Karen Mintzias	0.00
9733	Butter, unsalted	0.50 lb
9733	- at room temperature	0.00
9733	Superfine sugar	8.00 tb
9733	All-purpose flour	3.00 c
9733	Cayenne pepper	0.50 ts
9733	Butter and sugar	0.00
9733	- to line molds	0.00
9734	Ricotta cheese or other soft	1.00 lb
9734	fresh white cheese, such as	0.00
9734	fromage blanc	0.00
9734	Or goat cheese	0.00
9734	Snipped fresh chives	0.50 c
9734	Chopped fresh parsley	0.25 c
9734	Finely chopped shallots	3.00 tb
9734	Chopped fresh chervil or	2.00 tb
9734	additional parsley	0.00
9734	Whipping cream, beaten to	0.75 c
9734	soft peaks	0.00
9734	Olive oil	0.25 c
9734	White wine vinegar	1.50 tb
9734	Salt	0.50 ts
9734	Pepper	0.25 ts

Sheet1

9735	Fine dry bread crumbs or	0.33 c
9735	finely crushed zwieback	0.00
9735	Pkg cream cheese, softened	8.00 oz
9735	Cream-style cottage cheese	0.75 c
9735	Shredded Swiss cheese	0.50 c
9735	All-purpose flour	1.00 tb
9735	Dried basil, crushed	0.25 ts
9735	Garlic powder	0.12 ts
9735	Eggs	2.00
9736	Skinned/boned breast chicken	2.00 lb
9736	White part only leek	0.67 c
9736	Shallots	0.25 c
9736	Unsalted butter	0.75 c
9736	Eggs whites only	3.00
9736	Salt	1.50 ts
9736	Freshly ground pepper	0.25 ts
9736	Freshly grated nutmeg	0.12 ts
9736	Well-chilled whipping cream	2.25 c
9736	Chicken broth	0.50 c
9736	Tight-packed leaves spinach	2.00 c
9736	Tight-packed leaves basil	2.00 c
9736	Well-chilled whipping cream	0.75 c
9737	Peeled raw shrimp	2.00 lb
9737	Great western beer	1.50 c
9737	Cl Garlic, minced	2.00
9737	Chives, snipped	2.00 tb
9737	Parsley, snipped	2.00 tb
9737	Salt	1.50 ts
9737	Pepper	0.50 ts
9737	Shredded lettuce	0.00
9737	Green onions, finely chopped	2.00
9738	Fresh bread crumbs	1.33 c
9738	Hard-cooked eggs	8.00 md
9738	Butter	3.00 tb
9738	Minced fresh herbs *	0.25 c
9738	Salt	0.00
9738	Freshly ground pepper	0.00
9738	Grated Parmesan cheese	0.67 c
9738	All purpose flour	0.67 c
9738	Eggs beaten to blend	2.00
9739	Eggs; hard boiled	12.00
9739	Pimentos; finely chopped	2.00 tb
9739	Garlic & Herb cheese spread	0.50 c
9739	Dijon mustard	0.25 c
9739	Mayonnaise	0.25 c
9739	Scallions; sliced for	0.00
9739	garnish	0.00
9739	Scallions; finely chopped	0.25 c
9740	Pickled Herring; Drained	8.00 oz



Sheet1

9740	Green Pepper; Seed And Dice	0.50
9740	Apple; Tart, Core And Dice	1.00
9740	Orange; Sectioned And Diced	1.00
9740	Onion; Grated	2.00 ts
9740	Vegetable Oil	2.00 tb
9740	Vinegar	1.00 tb
9740	Lettuce Leaves; Cupped	4.00
9741	SOUR -----	0.00 -----
9741	Sour Cream	1.00 c
9741	Yogurt	0.50 c
9741	Lemon; Juice Only	0.50 x
9741	Sugar	0.25 ts
9741	SALAD -----	0.00 -----
9741	Onions; Small	2.00 ea
9741	Apples; Medium, Tart	2.00 ea
9741	Herring Fillets; Marinated	8.00 ea
9741	Dill; Fresh OR	2.00 ts
9741	Dillweed; Dried	0.50 ts
9742	SOUR -----	0.00 -----
9742	Sour Cream	1.00 c
9742	Yogurt	0.50 c
9742	Lemon; Juice Only	0.50 x
9742	Sugar	0.25 ts
9742	SALAD -----	0.00 -----
9742	Onions; Small	2.00
9742	Apples; Medium, Tart	2.00
9742	Herring Fillets; Marinated	8.00
9742	Dill; Fresh OR	2.00 ts
9742	Dillweed; Dried	0.50 ts
9743	MULT HERRINGS	6.00
9743	SCANT WHITE VINEGAR	0.25 pt
9743	THINLY SLICED ONIONS	2.00
9743	WHOLE BAY LEAVES	3.00
9743	PEPPERCORNS	1.00 ts
9743	SCANT DRY WHITE WINE	0.25 c
9743	SUGAR	2.00 tb
9744	Hidden Valley Ranch (R)	1.00 pk
9744	Salad dressing mix	0.00
9744	Dill	0.50 ts
9744	Salad oil	0.75 c
9744	Plain oyster crackers	5.00 c
9745	Chicken Wings, Separated	24.00 ea
9745	Vegetable Oil	2.00 tb
9745	Garlic Powder	0.25 ts
9745	Habanero Sauce	3.00 tb
9745	Tabasco Sauce	3.00 tb
9745	Ground Red Pepper to taste	0.00
9745	White Vinegar	1.00 tb
9745	Brown Sugar	0.25 c

Sheet1

9745	Bleu Cheese Salad Dressing	1.00 c
9745	Leaf Lettuce for platter	0.00
9746	Libby's solid pac Pumpkin	1.00 c
9746	Milk	1.00 c
9746	Melted butter	0.25 c
9746	Honey	0.25 c
9746	Egg slightly beaten	1.00
9746	Whole wheat flour	1.00 c
9746	All purpose flour	1.00 c
9746	Sugar	0.50 c
9746	Salt	0.25 ts
9746	Chopped walnuts	0.50 c
9747	BUTTER PASTRY dough	0.33
9747	Egg white, lightly beaten	1.00
9747	Bulk breakfast sausage	0.25 lb
9747	Safflower oil	2.00 tb
9747	Red Bliss potatoes, cut in	4.00 c
9747	1/2-inch cubes	0.00
9747	(1 1/4 pounds)	0.00
9747	Coarsely chopped onions	1.50 c
9747	Salt	0.50 ts
9747	Ground black pepper	0.25 ts
9747	Chopped fresh dill	0.25 c
9747	Mayonnaise or creamy salad	0.25 c
9747	dressing	0.00
9747	Chopped parsley	1.00 tb
9748	Bunch of fresh spinach	1.00 lg
9748	GOMA (SESAME DRESSING -----	0.00 -----
9748	White sesame seeds	4.00 tb
9748	Sake (Japanese Rice Wine)	2.00 tb
9748	Sugar	2.00 ts
9748	Japanese soy sauce	1.00 tb
9748	Rice vinegar	1.00 ts
9749	Processed cheese, cut into	1.00 lb
9749	cubes	0.00
9749	Mayonnaise	1.00 c
9749	Horseradish	0.50 c
9750	Olive oil	2.00 ts
9750	Boneless chicken breasts,	2.00
9750	cut into strips	0.00
9750	Chili sauce	2.00 tb
9750	Jalapeno pepper, seeded and	1.00
9750	diced	0.00
9750	Eight inch flour tortillas	4.00
9750	Shredded Cheddar cheese	1.00 c
9750	Canola oil or plain	4.00 ts
9750	vegetable oil	0.00
9751	Bacon sliced, diced	4.00
9751	Pace Picante Sauce	0.33 c

## Sheet1

9751	Red wine vinegar	0.25 c
9751	Sugar	2.00 ts
9752	Cream Cheese	8.00 oz
9752	Cheddar cheese, shredded	0.75 lb
9752	Monterey Jack cheese, shreidd	0.75 c
9752	Sour cream	8.00 oz
9752	Bean dip	10.50 oz
9752	Taco Saesoning	0.50 pk
9752	Green onion, chopped	1.00 c
9752	Drops Tabasco (tm)	20.00
9753	Onion; chopped	0.50 c
9753	Butter	1.00 tb
9753	Dry white wine	2.00 tb
9753	Cream cheese; softened	8.00 oz
9753	Mayonnaise	0.50 c
9753	Dried beef; finely chopped	2.50 oz
9753	Pecans; chopped	0.50 c
9754	Slivered Blanched Almonds	1.00 c
9754	(8-in.) Wheel Brie	1.00
9754	Sesame Crackers (Optional)	0.00
9755	Chopped romaine lettuce	2.00 c
9755	Chopped spinach	0.50 lb
9755	Mandarin oranges, drained	11.00 oz
9755	Soy sauce	3.00 tb
9755	Honey	1.00 tb
9755	Ground ginger	0.25 ts
9755	Vegetable oil	3.00 tb
9755	Boneless chicken breasts,	1.25 lb
9755	diced	0.00
9755	Chopped scallions	3.00 tb
9755	Garlic clove, minced	1.00
9755	Cashews	0.25 c
9756	Crabmeat	1.00 lb
9756	Cream Cheese, Softened	8.00 oz
9756	Onion, Finely Diced	1.00 md
9756	Horseradish	2.00 ts
9756	Milk	1.00 tb
9756	Worcestershire Sauce (Opt.)	2.00 tb
9756	Salt And Pepper	0.00
9756	Almonds, Sliced	0.00
9757	Cream cheese	8.00 oz
9757	Milk	1.00 tb
9757	Horseradish	0.50 ts
9757	Pepper	0.00
9757	Crabmeat	1.00 pk
9757	Onions chopped	2.00 tb
9757	Salt	0.25 ts
9758	Jar sharp cheese (5 oz.)	1.00
9758	Cream cheese (8 oz. package)	1.00

## Sheet1

9758	White dry wine	0.25 c
9758	Crab, drained and flaked	1.00 cn
9758	8 1/2 oz. size	0.00
9758	Worcestershire sauce	0.50 ts
9758	Garlic salt	0.25 ts
9758	Cayenne pepper	0.50 ts
9758	French bread, cut in cubes	0.00
9759	Cream cheese	8.00 oz
9759	Crabmeat	1.00 cn
9759	Worcestershire sauce	1.00 ds
9759	Lemon juice	1.00 ds
9760	Breasts	2.00 lb
9760	Salt	0.50 ts
9760	Black pepper	0.25 ts
9760	Flour	0.50 c
9760	Eggs	3.00
9760	Milk	0.25 c
9760	Breadcrumbs	0.50 c
9760	Vegetable oil frying	2.00 c
9760	Fresh spinach, washed/stemme	2.00 pk
9760	Carrots, peeled/cut into thi	2.00
9760	Red bell pepper cut into thi	1.00
9760	Red onion, peeled cut into t	1.00
9760	Honey	3.00 tb
9760	Dijon mustard	4.00 tb
9760	Cider vinegar	0.33 c
9760	Salt and pepper to taste	0.00
9760	Olive oil	0.50 c
9760	Vegetable oil	1.00 c
9761	Chicken pieces, (wings or	1.00 lb
9761	thighs)	0.00
9761	Salt	0.50 ts
9761	Scallions	2.00
9761	Oil, preferably peanut	0.67 c
9761	Dried red chile, halved	1.00
9761	lengthwise	0.00
9761	Oil	1.00 ts
9761	Finely chopped ginger root	0.50 ts
9761	Chili bean sauce, or:	1.00 ts
9761	Chili powder	0.50 ts
9761	Chicken stock	1.33 c
9761	Ground Sichuan peppercorns	0.50 ts
9761	roasted, (optional)	0.00
9761	Granulated sugar	0.50 ts
9761	Dark soy sauce	2.00 ts
9762	Chick-peas (about 4 cups)	2.00 cn
9762	Garlic cloves	4.00 lg
9762	Olive oil	0.67 c
9762	Tahini paste	0.50 c

Sheet1

9762	Ground cumin	1.00 ts
9762	Salt; pepper to taste	1.50 ts
9762	Lemons (juiced,pits removed)	2.00
9762	Vitamin C crystals	0.25 ts
9763	Potatoes (approx. 2 lbs)	6.00
9763	Onion, chopped	1.00
9763	Oil	2.00 tb
9763	Sour cream	1.00 c
9763	Salt	1.50 ts
9763	Pepper	0.25 ts
9763	Eggs, boiled & sliced	2.00
9763	Dry bread crumbs	2.00 tb
9763	Paprika	0.00
9764	Cellophane noodles	0.50 lb
9764	Onions, sliced very thin	2.00 lg
9764	Green peppers, sliced thin	2.00
9764	Cloves garlic, minced	6.00
9764	Jalapeno peppers, minced	2.00
9764	To 2/3 c sesame oil	0.50
9764	Or 8 med shiitake mushrooms,	7.00
9764	sliced very thin	0.00
9764	Carrots, shredded	3.00
9764	Mint leaves, chopped	1.00 c
9764	Basil, chopped	1.00 bn
9764	Cilantro, chopped	1.00 bn
9764	5" piece ginger, peeled and	1.00
9764	minced	0.00
9764	Roasted peanuts, chopped	0.75 c
9764	Soy sauce	0.50 c
9764	Teriyaki sauce	3.00 tb
9764	Black rice vinegar	3.00 tb
9764	Sugar	1.00 tb
9764	Juice from one lime	0.00
9764	Black pepper to taste	0.00
9764	Rice paper rounds	1.00 pk
9764	Vegetable oil for frying	0.00
9765	Green chilies	2.00 cn
9765	4oz. drained	0.00
9765	Shredded cheddar cheese	4.00 c
9765	Milk	2.00 c
9765	Bisquick	1.00 c
9765	Eggs	4.00 x
9766	Cream cheese	0.50 lb
9766	Mayonnaise	2.00 tb
9766	Chopped cooked chicken	1.00 c
9766	Blanched almonds or pecans,	1.00 c
9766	chopped	0.00
9766	Chopped chutney	1.00 tb
9766	Salt	0.50 ts

## Sheet1

9766	Curry powder	1.00 tb
9766	Of grated coconut	0.50 c
9767	Ears of Corn	3.00
9767	scraped & coarsely chopped	0.00
9767	or: frozen corn	0.00
9767	Medium Shrimp	0.50 lb
9767	shelled and deveined,	0.00
9767	coarsely chopped	0.00
9767	Chopped garlic	1.00 ts
9767	Finely chopped shallots	0.50 c
9767	or: Green onions	0.00
9767	Ground coriander	1.00 ts
9767	Ground cumin	0.25 ts
9767	Chopped coriander leaves	2.00 tb
9767	Flour	2.00 tb
9767	Salt	1.00 ts
9767	Eggs, beaten	2.00
9767	Peanut or vegetable oil	0.00
9767	for pan-frying	0.00
9767	Sambal Ulek (chili sauce)	0.00
9767	for dipping	0.00
9768	Bunches fresh watercress	8.00
9768	Raspberry vinegar	3.00 tb
9768	Pure olive oil	1.00 tb
9768	Freshly ground pepper	0.00
9768	Salt	0.00
9768	Strawberries, sliced	12.00
9768	Red onion, thinly sliced	1.00
9769	Italian dressing mix	0.00
9769	Teaspoon dried minced onion	1.00
9769	Tabsp dried parsley, crushed	1.00
9769	Teaspoon dried oregano	0.25
9769	Teasp crushed basil leaves	0.50
9769	Teasp thyme or marjoram	0.25
9769	Teaspoon celery seeds	0.50
9769	Teaspoon garlic powder	0.25
9769	Tabsp grated parmesan cheese	2.00
9769	Teaspoons granulated sugar	1.50
9769	Teaspoon salt	0.12
9769	Teaspoon seasoned pepper	0.12
9769	Italian dressing	0.00
9769	Italian mix (see above)	1.00 pk
9769	Garlic wine vinegar	0.33 c
9769	Vegetable oil	0.75 c
9770	Fresh mushrooms	1.00 lb
9770	Lemon juice	0.25 c
9770	Olive oil (vegetable oil may	0.50 c
9770	be substituted) <shudder>	0.00
9770	Green onions with tops,	2.00

Sheet1

9770	thinly sliced	0.00
9770	Chopped fresh parsley	0.25 c
9770	Clove garlic, finely chopped	1.00
9770	Salt	0.75 ts
9770	Freshly ground pepper	0.25 ts
9771	Italian Creamy Dressing	12.00 oz
9771	Sweet Red Pepper	0.50 c
9771	Chopped Fresh Parsley	0.25 c
9772	Zucchini	6.00 lg
9772	Water	0.25 c
9772	Butter or margarine	3.00 T
9772	Olive oil	3.00 T
9772	Salt	2.00 t
9772	Chopped parsley	2.00 t
9772	Dried basil leaves	0.50 t
9772	Dried oregano leaves	0.50 t
9773	Rice	0.75 c
9773	Salt	0.25 ts
9773	Water	2.00 c
9773	Oil	6.00 tb
9773	White wine vinegar	2.00 tb
9773	Soy sauce	2.00 tb
9773	Pepper	0.25 ts
9773	Turmeric	0.25 ts
9773	Spinach	0.25 lb
9773	Sliced green onion	0.50 c
9773	Crumbled slices crisp	4.00
9773	Bacon	0.00
9774	Unsalted butter	1.00 tb
9774	Onion; chopped medium fine	0.50 md
9774	Cornmeal	0.00
9774	Active dry yeast	2.00 ts
9774	Warm water	0.25 c
9774	Sugar	1.50 ts
9774	Salt	1.50 ts
9774	Jalapeno chiles	6.00
9774	(fresh or canned)	0.00
9774	seeded, and chopped	0.00
9774	Buttermilk	1.00 c
9774	Bread flour	3.50 c
9775	Vegetable oil	1.00 tb
9775	Finely minced onion	1.00 tb
9775	Clove garlic, finely minced	1.00
9775	Chorizo (Mexican sausage)	3.00 oz
9775	Cream cheese, softened	2.00 oz
9775	Sour cream	1.00 tb
9775	Salt to taste	0.00
9775	Jalapenos, seeded, halved	12.00
9775	and deribbed	0.00

## Sheet1

9776	All purpose flour	4.00 c
9776	Salt	1.00 ts
9776	Shortening	1.25 c
9776	To 8 Tbsp ice water	6.00
9776	Filling:	0.00
9776	Onion, diced fine	1.00 lg
9776	Garlic cloves, minced	4.00
9776	Jalapeno chilies, seeded,	3.00
9776	stemmed, and minced	0.00
9776	Vegetable oil	3.00 tb
9776	Ground beef	0.75 lb
9776	Each ground coriander,	2.00 ts
9776	cumin, and tumeric	0.00
9776	Each ground allspice and	1.00 ts
9776	cinnamon	0.00
9776	Green bell pepper, stemmed,	1.00
9776	seeded, and finely chopped	0.00
9776	Tomatoes minced	4.00
9776	Green onions, minced	1.00 bn
9776	Salt and pepper to taste	0.00
9776	Eggs, lightly beaten	2.00
9777	Chicken wings	3.00 lb
9777	Flour	1.00 c
9777	Egg beaten with 1 ts water	1.00
9777	Oil	1.00 c
9777	Sauce	0.00
9777	Low salt soya sauce	3.00 tb
9777	Sugar	1.00 c
9777	Galic powder	1.00 ts
9777	Water	3.00 tb
9777	White vinegar	0.50 c
9778	Light soy sauce	1.00 tb
9778	Rice vinegar	2.00 tb
9778	Dashi (Japanese stock)	3.00 tb
9778	Grated fresh ginger	0.50 ts
9779	Meat;(beef, deer, etc.)	0.00
9779	Soy Sauce	0.00
9779	Brown Sugar	0.00
9779	Cooking Oil	0.00
9779	Coarsely ground black pepper	2.00 tb
9779	Garlic powder	2.00 tb
9779	Lawry's Seasoned Salt	2.00 tb
9779	Gebhardt Chili powder	2.00 tb
9780	20 oz size crushed pineapple	1.00 cn
9780	In heavy syrup(reserve juice	0.00
9780	Heavy cream	0.50 pt
9780	Cream cheese, 4 oz	1.00 pk
9780	Envelopes unflavored gelatin	1.50
9780	Vanilla	1.00 ts



Sheet1

9780	Sugar	2.00 tb
9780	Sliced, halved cherries	0.00
9781	(3 oz.) Jell-O (any fruit	1.00 pk
9781	flavor	0.00
9781	Sugar	0.25 c
9781	Boiling water	1.00 c
9781	Cold water or fruit juice	0.75 c
9781	Envelope Dream Whip Topping	1.00
9781	or	0.00
9781	Wipping cream	1.00 c
9782	Heinz chili sauce	0.50 c
9782	Catsup	0.50 c
9782	Horseradish	0.50 c
9782	Lea & Perrins Worcestershire	1.00 tb
9782	Salt	0.50 ts
9782	Lemon or lime juice	1.00 tb
9782	Parsley, chopped fine	0.50 c
9782	Louisiana hot sauce	0.00
9782	Boiled crawfish or shrimp	0.00
9783	Eggs, hard-boiled, chopped	3.00
9783	Mayonnaise	2.00 tb
9783	Dill relish (heaping)	2.00 tb
9783	Louisiana hot sauce	1.00 ts
9783	Poupon mustard	2.00 ts
9783	6 1/2 oz can tuna, drained	1.00
9784	Cashewnuts	225.00 g
9784	Paprika	0.50 ts
9784	Turmeric	0.50 ts
9784	Salt	0.50 ts
9784	Water	1.00 ts
9784	Oil	250.00 ml
9784	Chilli powder	1.00 ts
9785	Bacon	4.50 lb
9785	Medium onions	3.00
9785	Frozen bread dough	2.00 lb
9785	Egg yolks	4.00
9785	Water	2.00 ts
9786	Sifted all purpose flour	2.00 c
9786	Eggs; well beaten	3.00
9786	Baking powder	1.00 ts
9786	Salt	0.50 ts
9786	Water	2.00 tb
9786	Oil	1.00 tb
9787	DOUGH -----	0.00 -----
9787	Flour; sifted	3.00 c
9787	Salt,	0.50 ts
9787	Water,	1.00 c
9787	Egg; slightly beaten,	1.00
9787	Vegetable oil,	0.00

Sheet1

9787	Egg yolk; mixed with	1.00
9787	Water	1.00 tb
9787	POTATO FILLING -----	0.00 -----
9787	Potato; cooked, mashed	4.00 c
9787	Vegetable oil	0.33 c
9787	Onion; chop fine	3.00 c
9787	Salt & pepper; to taste	0.00
9788	Boneless beef sirloin steak,	1.00 lb
9788	1/2" thick	0.00
9788	Soy sauce	0.25 c
9788	Toasted sesame seeds	1.00 tb
9788	Water	1.00 tb
9788	Sugar	2.00 ts
9788	Tabasco sauce	0.50 ts
9788	Clove garlic, pressed	1.00
9788	Bamboo skewers	0.00
9789	Well-trimmed lamb from loin	18.00 oz
9789	chop	0.00
9789	Medium ground cracked wheat	12.00 ts
9789	*	0.00
9789	Water	12.00 ts
9789	Minced green onion	0.25 c
9789	Minced fresh parsley	0.25 c
9789	Minced fresh basil	2.00 tb
9789	Minced fresh oregano	1.00 tb
9789	Minced fresh marjoram	1.00 tb
9789	Salt	0.50 ts
9789	Freshly ground pepper	0.25 ts
9789	Red pepper flake	1.00 pn
9790	Capped Fresh Mushrooms	40.00 lg
9790	Progresso Italian	0.50 c
9790	Breadcrumbs	0.00
9790	Bacon	0.25 lb
9791	Lean ground beef	1.00 lb
9791	Links sweet Italian sausage	2.00
9791	Links hot Italian sausage	2.00
9791	Can peeled Italian tomatoes	33.00 oz
9791	Can tomato paste	6.00 oz
9791	Salt	1.00 t
9791	Pepper	0.25 t
9791	Cloves garlic,	2.00
9791	peeled and crushed	0.00
9791	Ricotta or	16.00 oz
9791	Creamed cottage cheese	0.00
9791	Dried parsley flakes	2.00 T
9791	Eggs, well beaten	2.00
9791	Dried oregano leaves	0.50 t
9791	Dried sweet basil leaves	0.25 t
9791	Salt and pepper	0.00 ds

Sheet1

9791	Grated Parmesan cheese	0.50 c
9791	Cooked lasagne noodles	15.00
9791	Grated Mozzarella cheese	8.00 oz
9792	Cal/Serving: 205	0.00
9792	Prep time 20 min	0.00
9792	Shrimp, frozen cooked;	14.00 oz
9792	peeled, de-veined *	0.00
9792	Lettuce; shredded	2.00 c
9792	Green onion; finely chopped	0.25 c
9792	Celery; thinly sliced	1.00 c
9792	Carrot; coarsely grated	1.00 c
9792	Peas; frozen	1.00 c
9792	Cheddar cheese; grated	0.50 c
9792	Yogurt, natural	0.67 c
9792	Mayonnaise	2.00 tb
9792	Lemon juice	1.00 tb
9792	Honey	2.00 ts
9792	Chives; finely chopped	1.00 tb
9792	Dill weed	0.25 ts
9793	Pita bread	1.00
9793	Head leaf lettuce; washed,	0.50
9793	dried, and chopped	0.00
9793	Cilantro; chopped	1.00 bn
9793	Scallions; thinly sliced	1.00 bn
9793	Tomatoes; diced	3.00
9793	Fresh parsley, chopped	2.00 tb
9793	Fresh mint, chopped	1.00 tb
9793	Sumac	1.00 tb
9793	Olive oil	0.25 c
9793	Lemons; juiced	2.00
9793	Cinnamon	0.50 ts
9793	Salt & pepper to taste	0.00
9794	Fine grain cracked wheat	0.50 c
9794	(bulgur)	0.00
9794	Finely chopped onion	0.50 c
9794	Allspice	0.50 ts
9794	Pepper	0.50 ts
9794	Salt; or to taste	1.00 ts
9794	Finely chopped parsley	3.00 c
9794	Finely chopped scallions	0.50 c
9794	Finely chopped ripe tomatoes	2.00 c
9794	(if not ripe, omit)	0.00
9794	Fresh spearmint leaves	1.50 c
9794	(finely chopped)	0.00
9794	(if necessary, substitute	0.00
9794	another mint)	0.00
9794	Fresh lemon juice	0.50 c
9794	Olive oil	0.75 c
9795	Boneless chicken breasts	4.00

Sheet1

9795	Fresh lemon juice	1.00 tb
9795	Salt; optional	1.00 ts
9795	Pepper; fresh ground	0.50 ts
9795	Grated lemon zest	0.50 ts
9795	Fresh asparagus; trimmed	0.75 lb
9795	Olive oil	1.00 tb
9795	Seasoned dry bread crumbs	2.00 ts
9795	Slices low-fat turkey ham	4.00
9795	Lemon slices; for garnish	8.00
9796	Broiler-fryer chicken,(2 to	2.00 lb
9796	3 lb), cut into 8 pieces	0.00
9796	Lemon juice	0.50 c
9796	Salt	1.50 t
9796	Garlic powder, to taste	0.00
9796	Pepper, to taste	0.00
9797	Tahini	0.50 c
9797	Firm (or firm silken) tofu	8.00 oz
9797	Lemon; zested and juiced	1.00
9797	Cider vinegar	0.25 c
9797	Garlic clove; minced	1.00
9797	Brown rice syrup; -OR-	0.25 c
9797	Honey	0.33 c
9797	White miso	2.00 tb
9797	Water	0.50 c
9798	Corn oil	0.25 c
9798	Popping corn	0.75 c
9798	Zest of 1 lemon	0.00
9798	Salt	0.00
9798	Lemon juice	2.00 tb
9798	Melted butter	2.00 tb
9799	Chicken broth,reduced-sodium	14.75 cn
9799	Water	1.00 c
9799	Orzo pasta	1.00 c
9799	Dried leaf basil,crumbled	1.00 ts
9799	Grated lemon rind	1.00 ts
9800	Lemon juice	0.50 c
9800	Salad oil	0.50 c
9800	Minced chives	2.00 tb
9800	Minced parsley	2.00 tb
9800	Tamari	1.00 ts
9800	Pepper	0.25 ts
9800	Thinly sliced radishes	4.00 c
9801	Frozen cooked shrimp,	10.00 oz
9801	thawed, rinsed and drained	0.00
9801	Light cream cheese, softened	1.00 pk
9801	(8 oz)	0.00
9801	Light mayonnaise	0.25 c
9801	Thinly sliced green onions	0.33 c
9801	with tops	0.00

Sheet1

9801	Pace Picante Sauce	0.67 c
9801	Horseradish, as desired	2.00 ts
9801	Ground cumin	0.75 ts
9802	Bunches fresh spinach (2	4.00 sm
9802	lbs), well washed, stems	0.00
9802	removed and	0.00
9803	Baking potatoes	6.00 md
9803	Cheddar cheese, shredded	0.75 c
9803	Butter	0.33 c
9803	Bacon, fried and crumbled	6.00 sl
9803	Green onion, thinly sliced	0.33 c
9803	Salt & Pepper	0.00
9803	*_*_*	0.00
9803	Milk   You can add these	0.33 c
9803	ingredients to the	0.00
9803	Butter   mashed potato	0.25 c
9803	centers for mashed	0.00
9804	Cream Cheese, Softened	6.00 oz
9804	Butter, Softened	0.25 c
9804	Sweet Paprika	1.00 ts
9804	Capers, Drained	1.00 ts
9804	Anchovy Fillets *	2.00 fl
9804	Shallot, Minced	1.00
9804	Caraway Seeds	0.50 ts
9804	Crackers Or Toast Points	0.00
9805	Jim Vorheis	0.00
9805	Butter	0.50 lb
9805	Cream cheese	1.00 lb
9805	Caraway seeds	1.50 ts
9805	Grated onion	1.00 tb
9805	Chopped parsley	2.00 ts
9805	Chopped capers	2.00 ts
9805	Prepared mustard	1.50 ts
9806	Veal or pork stew meat	0.50 lb
9806	Liver	0.75 lb
9806	Bacon; diced	0.50 lb
9806	Eggs	2.00
9806	Chopped fresh sage	4.00 tb
9806	Minced garlic	2.00 tb
9806	Freshly ground black pepper	0.25 ts
9806	Dry white wine	0.50 c
9807	Slices fr or italian bread	8.00
9807	Olive oil	1.00 ts
9807	Tomato, diced	1.00
9807	Ground pepper	1.00 pn
9807	Garlic cloves, halved	2.00
9807	Onion, minced	2.00 tb
9807	Oregano,dried	1.00 pn
9807	Parmesan cheese, optional	2.00 ts

## Sheet1

9808	Plain yogurt	1.00 c
9808	Garlic; crushed	1.00 cl
9808	Salt	1.00 ts
9808	Mint; chopped*	1.00 ts
9808	Pepper	0.25 ts
9808	Medium cucumber	0.50
9809	Jim Vorheis	0.00
9809	Cream cheese, softened	8.00 oz
9809	Dry white wine	0.25 c
9809	Onion salt	0.50 ts
9809	Seasoned salt	0.50 ts
9809	Dill weed	0.12 ts
9809	Lobster meat, finely chopped	1.50 c
9810	Finely chopped cooked	0.50 lb
9810	lobster meat	0.00
9810	Mayonnaise	0.50 c
9811	Medium Shrimp, peeled and	0.75 lb
9811	deveined	0.00
9811	Cornstarch	2.00 ts
9811	Sesame oil	1.00 ts
9811	Salt	0.25 ts
9811	White Pepper	1.00 pn
9811	Ketchup	3.00 tb
9811	Rice vinegar OR lemon juice	2.00 ts
9811	To 1 t Oriental chili paste	0.50
9811	or sauce	0.00
9811	Broccoli flowerets	1.00 c
9811	Salad oil	1.00 tb
9811	Minced or pressed garlic	1.00 ts
9811	Shao Hsing wine or dry	1.00 tb
9811	sherry	0.00
9811	White pepper	1.00 pn
9812	Gorton's Clams, drained	1.00 cn
9812	Chopped chives	1.00 ts
9812	Cottage cheese	1.00 c
9812	Salt	0.25 ts
9812	Thyme	0.12 ts
9813	Pork, finely cubed	1.00 c
9813	Lard	6.00 tb
9813	Cloves garlic, minced	3.00
9813	Onion sliced	1.00 md
9813	Diced bean curd	0.50 c
9813	Raw shelled deveined shrimp	1.00 c
9813	String beans, cut into 1"	1.00 c
9813	pieces	0.00
9813	Cabbage, cut into 1" squares	1.00 c
9813	Cubed sweet potatoes	1.00 c
9813	Salt to taste	0.00
9813	Stalk celery, finely chopped	1.00

Sheet1

9813	Lumpia wrappers (recipe	20.00
9813	below)	0.00
9813	Lumpia sauce (recipe below)	0.00
9813	LUMPIA WRAPPERS -----	0.00 -----
9813	Flour	3.00 c
9813	Salt	1.00 tb
9813	Water	5.00 c
9813	Pork fat	0.00
9813	LUMPIA SAUCE -----	0.00 -----
9813	Cornstarch	6.00 tb
9813	Water	1.00 c
9813	Soy sauce	0.50 c
9813	Brown sugar	0.50 c
9814	Salt	1.00 tb
9814	White pepper	0.25 tb
9814	TOPPINGS -----	0.00 -----
9814	Lime, squeezed	0.25
9814	Sour cream	1.00 c
9814	Cloves fresh garlic, chopped	3.00
9814	Guacamole	1.00 c
9814	Vegetable oil	2.00 tb
9814	Salsa	1.00 c
9814	Lime wedges	6.00
9814	Beef skirt, also known	1.00 lb
9814	As flank steak (or chicken	0.00
9814	Breast), sliced into 1/4- by	0.00
9814	3-Inch long strips	0.00
9814	GARNISHES -----	0.00 -----
9814	Olive oil (or chili oil,	0.50 c
9814	For spicier taste)	0.00
9814	Avocado chunks	0.00
9814	Whole green chiles, Chopped	1.00 cn
9814	tomatoes	0.00
9814	Sliced into strips	0.00
9814	Shredded lettuce	0.00
9814	Whole onion, halved Chopped	1.00 lg
9814	jalapenos	0.00
9815	Cornish game hen, cut into	1.50 lb
9815	4 pieces, include giblets	0.00
9815	Fish sauce	1.00 ts
9815	Salt	0.25 ts
9815	Corn or peanut oil	2.00 tb
9815	Fine-chopped fresh ginger	0.50 ts
9815	Fine-chopped garlic	0.50 ts
9815	Ground turmeric	0.12 ts
9815	Paprika	0.25 ts
9815	Onion, chopped	1.00 sm
9815	Chopped fresh or canned	0.25 c
9815	Tomato	0.00

Sheet1

9815	Water	1.00 c
9815	Thick rice noodles (rice sticks)	0.50 lb
9815	GARNISHES -----	0.00 -----
9815	Toasted chick-pea flour (besan) (recipe separately)	2.00 tb
9815	Onion, sliced thin	0.00
9815	Scallion, cut into 1/4-inch-wide slices	1.00 sm
9815	Coarse-chopped fresh coriander	1.00
9815	Fish sauce (nam pya ye)	0.00
9815	Lightly-toasted dried hot red chili flakes	1.00 tb
9815	Wedges of fresh lime	0.00
9816	Slivered almonds	0.25 c
9816	Sugar	1.00 tb
9816	DRESSING -----	0.00 -----
9816	Salt	1.50 ts
9816	Vinegar	2.00 tb
9816	Sugar	2.00 tb
9816	Salad oil	0.25 c
9816	Parsley	1.00 tb
9816	Pepper	1.00 ds
9816	Tabasco	1.00 ds
9816	SALAD INGREDIENTS -----	0.00 -----
9816	Butter lettuce; Preferred	2.00
9816	Celery; diced fine	0.00
9816	Green onions; fine chopped	1.00 c
9816	With tops	3.00
9816	Mandarin oranges; drained	0.00
9817	Eggs	11.00 oz
9817	Indian tea leaves	6.00
9818	Sugar	2.00 tb
9818	Fresh ground black pepper	1.00 tb
9818	Mushroom soy sauce	1.50 ts
9818	Garlic cloves, crushed	2.00 tb
9818	Sirloin, 1/2 in cubes	7.00
9818	Lime juice	1.50 lb
9818	Water	2.00 tb
9818	Canola Oil	1.00
9818	Green leaf lettuce	1.00
9819	Feta cheese, cut into cubes	1.00 lb
9819	Fresh black Greek olives, pi	1.00 c
9819	Roasted red bell peppers	2.00
9819	Olive oil	0.50 c
9819	Small red onion, diced	1.00
9819	Minced garlic	2.00 ts



Sheet1

9819	Balsamic vinegar	1.00 tb
9819	Fresh thyme	2.00 ts
9819	Salt and freshly ground black pepper	0.00
9819	Lemon juice	0.00
9820	Mushrooms	1.00 lb
9820	White wine	0.25 c
9820	Lemon juice	2.00 tb
9820	White wine vinegar	2.00 tb
9820	Olive oil	2.00 tb
9820	Minced shallots or onions	0.25 c
9820	Minced garlic	1.00 tb
9820	Ground coriander	0.50 ts
9820	Salt; to taste	0.00
9820	White pepper; to taste	0.00
9821	Fresh mushrooms	1.00 lb
9821	Soy sauce	0.25 c
9821	Red wine vinegar	0.50 c
9821	Sherry	6.00 tb
9821	Sugar	4.00 tb
9821	Finely minced onions	1.00 c
9822	Prawns, Cooked And Cleaned	3.00 lb
9822	Onion, Sliced	1.00
9822	Cloves Garlic	4.00
9822	Oregano	1.00 pn
9822	Whole Chilis	6.00
9822	Oil	1.00 c
9822	White Vinegar	2.00 c
9822	Carrots, Parboiled, Sliced	2.00
9822	Salt And Pepper To Taste	0.00
9822	Stuffed Green Olives & Juice	1.00 cn
9823	Shrimp peeled and cleaned	2.00 lb
9823	Lemon, thinly sliced	1.00
9823	Onion, thinly sliced	1.00
9823	Sliced pitted ripe olives	0.50 c
9823	Chopped pimiento	2.00 tb
9823	Fresh lemon juice	0.50 c
9823	Oil	0.25 c
9823	Wine vinegar	1.00 tb
9823	Clove garlic	1.00
9823	Bay leaf	0.50
9823	Dry mustard	1.00 tb
9823	Cayenne pepper	0.25 ts
9823	Salt	1.00 ts
9823	Black pepper to taste	0.00
9824	Extra Virgin olive oil	1.00 c
9824	Malt vinegar	0.50 c
9824	Garlic clove, crushed	1.00 lg
9824	Dijon mustard	0.25 ts
9824	Tarragon	2.00 ts

Sheet1

9824	Dillweed	1.00 ts
9824	Salt & pepper	0.00
9825	Water	2.00 c
9825	Milk	2.00 c
9825	Salt	1.00 ts
9825	Yellow cornmeal	1.00 c
9825	Butter/margerine	0.25 c
9826	Sour cream	8.00 oz
9826	USE CARTON TO MEASURE -----	0.00 -----
9826	Coconut;carton-full and:	1.00
9826	Mini marshmallows	1.00
9826	DRAIN THE FOLLOWING WELL -----	0.00 -----
9826	Mandrin oranges;sml can	1.00
9826	Crushed pineapple;sml can	1.00
9827	White bread	6.00 sl
9827	Olive oil	0.75 c
9827	Eggs--seperated	3.00
9827	Dry mustard	0.25 ts
9827	Salt	0.50 ts
9827	Worcestershire Sauce	2.00 ts
9827	Crab meat	1.50 lb
9827	Paprika	0.00
9827	Butter	3.00 tb
9828	Crab meat	1.00 lb
9828	Mayonnaise	0.25 c
9828	(preferably homemade)	0.00
9828	Minced parsley	2.00 tb
9828	Salt	0.50 ts
9828	Soft bread crumbs	0.50 c
9828	Eggs; beaten	2.00 lg
9828	Butter	8.00 tb
9829	Stephen Ceideburg	0.00
9829	Shallots	5.00
9829	Aubergines (eggplants)	2.00
9829	Cloves garlic	5.00
9829	Fresh chili	1.00
9829	Salt	1.00 ts
9829	Vegetable oil	2.00 tb
9829	Eggs hard-boiled	3.00
9829	Mint leaves	20.00
9830	Flour	1.25 c
9830	Cornstarch	1.00 tb
9830	Salt, cracked black pepper	0.00
9830	Killian's red or other ale	12.00 oz
9830	Maui onions	3.00
9830	Oil for deep frying	0.00
9831	French or Italian bread;	2.00 c
9831	preferably day old	0.00
9831	cut in 2 inch cubes	0.00

Sheet1

9831	Olive oil	1.00 tb
9831	English cucumber	1.00 c
9831	in 1/2 inch cubes	0.00
9831	Red pepper; 1/2 inch pieces	0.33 c
9831	Green onions; thinly sliced	0.50 c
9831	Parsley leaves	4.00 c
9831	coarsely chopped	0.00
9831	Tomatoes; cut in 1/2 " cubes	2.00 md
9831	DRESSING -----	0.00 -----
9831	Lemon juice	2.00 tb
9831	Salt	0.75 ts
9831	Garlic cloves;finely chopped	1.00 lg
9831	pepper, black, ground	0.50 ts
9831	Cinnamon, ground	1.00 ts
9831	Allspice, ground	0.25 ts
9831	Olive oil; extra virgin	9.00 tb
9832	Cooked and shelled mussels	3.00 oz
9832	Celery	1.00 oz
9832	Carrot	1.00 oz
9832	Breadcrumbs	1.00 oz
9832	Egg yolks	4.00
9832	Herring roe	2.00 oz
9832	Pinch mixed herbs	0.00
9832	Pinch dill weed	0.00
9832	Pinch crushed garlic	0.00
9832	Brandy & double cream to tst	0.00
9832	Seasoning	0.00
9833	Tri-color Pasta Spirals; *	8.00 oz
9833	Tomatillos; Sm., **	6.00 ea
9833	Jalapeno Chile; ***	0.50 ea
9833	Pineapple Chunks; ****	20.00 oz
9833	Cilantro; Fresh, Snipped	1.00 tb
9833	Vegetable Oil	2.00 tb
9833	Lime Peel; Grated	0.50 ts
9833	Salt	0.25 ts
9834	(8 oz) package cream	1.00
9834	cheese, softened	0.00
9834	Jar thick and chunky	0.50
9834	picante sauce	0.00
9834	Jar dried beef, chopped	0.50
9834	10 flour tortilla shells	8.00
9834	Cheese, grated	1.00 c
9834	Paprika	0.00
9835	Smoked Sausage, Cut Into	1.00 lb
9835	Bite-sized Pieces	0.00
9835	15-oz Can Kidney Beans,	1.00
9835	Drained	0.00
9835	Chili Powder	1.00 ts
9835	Cumin	0.50 ts

Sheet1

9835	Head Lettuce, Torn Into	1.00
9835	Pieces	0.00
9835	Red Onion, Sliced Into Rings	1.00
9835	Or Strips	0.00
9835	Green Pepper, Cut Into Rings	1.00
9835	Or Strips	0.00
9835	Tomatoes, Cut Into Chunks	4.00
9835	Cheddar Cheese, Grated	0.50 lb
9835	Avacados, Sliced	2.00
9835	Stalks Celery, Sliced	4.00
9835	8-oz Bottle French Or Ranch	1.00
9835	Dressing	0.00
9835	Hot Pepper Sauce	0.50 ts
9835	8-oz Package Taco Chips,	1.00
9835	Crushed Coarsely	0.00
9836	Cooked Chicken; Cut Up	2.00 c
9836	Dairy Sour Cream	0.25 c
9836	Mayonnaise Or Salad Dressing	0.25 c
9836	Carrot; Finely Chopped	0.25 c
9836	Cilantro;Fresh,FinelySnipped	2.00 tb
9836	Capers	2.00 tb
9836	Pimentos; Canned, Chopped	2.00 tb
9836	Lime Juice	2.00 tb
9836	Cumin; Ground	0.50 ts
9836	Oregano Leaves; Dried	0.50 ts
9836	Onion; Chopped, 1 Small	0.25 c
9836	Lettuce Leaves	1.00 x
9836	Avocado; *	1.00 ea
9836	Paprika	1.00 x
9837	Minutes preparation time	15.00 x
9837	Minutes cook time	45.00 x
9837	INGREDIENTS -----	0.00 -----
9837	Corn oil	0.50 c
9837	Chili powder	0.25 c
9837	Oregano	1.00 ts
9837	Ground cumin	1.00 ts
9837	Tortilla corn chips	12.00 oz
9837	Chicken wings; disjointed	1.00 lb
9837	and tips discarded	0.00
9838	Cream cheese spread	1.00 pk
9838	(14oz) refried beans	1.00 cn
9838	Chili powder	2.00 ts
9838	EACH of cumin, salt, hot	0.50 ts
9838	pepper sauce	0.00
9839	Hard Boiled Eggs; Lg, Peeled	12.00 ea
9839	Mayonnaise Or Salad Dressing	0.25 c
9839	Cumin; Ground	1.00 tb
9839	Capers; Finely Chopped	1.00 tb
9839	Mustard; Prepared	1.00 tb

Sheet1

9839	Salt	0.50 ts
9839	Jalapeno Pepper; *	1.00 ea
9839	Red Chiles; Ground	1.00 x
9839	Cilantro; Fresh, Snipped	1.00 x
9840	Chopped olives	1.00 cn
9840	Chopped Ortega green chilis	1.00 cn
9840	To 6 chopped green onions	4.00
9840	Chopped medium tomatoes	2.00
9840	Olive oil	3.00 tb
9840	Brown vinegar	1.00 tb
9841	Mushrooms,2 1/2" diameter	12.00 lg
9841	Thinly sliced green onions	0.33 c
9841	Garlic clove,minced/pressed	1.00
9841	Ground cumin	0.75 ts
9841	Chili powder	0.75 ts
9841	Tomato sauce	1.00 cn
9841	Diced green chilies	1.00 cn
9841	Jalapeno jack cheese,	0.25 lb
9841	shredded	0.00
9841	Unseasoned stuffing mix	2.00 c
9841	Salad oil	2.00 ts
9842	Head cauliflower	1.00 sm
9842	Butter or margarine	0.33 c
9842	Dry bread crumbs	0.25 c
9842	Grated Parmesan cheese	0.25 c
9842	Tarragon leaves, crushed	1.00 ts
9842	Paprika	1.00 ts
9842	Salt	0.50 ts
9842	Pepper	1.00 ds
9843	Grated carrots	4.00 c
9843	Fresh lemon juice	3.00 tb
9843	Vegetable oil	3.00 tb
9843	Ground coriander	0.50 ts
9843	Salt	0.25 ts
9843	Chopped fresh mint	2.00 ts
9843	Chopped fresh parsley	1.00 tb
9843	Sugar or maple syrup	1.00 ts
9844	Squabs, 1 lb each	2.00
9844	Peanut oil	2.00 tb
9844	Garlic cloves, minced	2.00
9844	Fresh water chestnuts	10.00
9844	peeled and minced	0.00
9844	Minced bamboo shoots	0.50 c
9844	Chinese black mushrooms	6.00
9844	soaked, squeezed dry	0.00
9844	and minced	0.00
9844	Scallions, minced	4.00
9844	Dried oysters (optional)	6.00
9844	soaked, squeezed dry	0.00

Sheet1

9844	and minced or:	0.00
9844	Duck liver sausages, minced	4.00
9844	Minced fresh ginger root	0.50 ts
9844	Chicken broth, reduced with	0.50 c
9844	squab bones	0.00
9844	Sugar	1.00 ts
9844	Light soy sauce	2.00 tb
9844	Chinese rice wine or dry	2.00 tb
9844	sherry	0.00
9844	Oyster sauce	1.00 tb
9844	Cornstarch, dissolved in	1.00 ts
9844	Chicken broth, (cold)	1.00 tb
9844	Heads bibb lettuce	2.00
9844	(or iceberg lettuce)	0.00
9844	leaves carefully separated	0.00
9844	into lettuce cups	0.00
9845	Martha Stewart Hors d'	0.00
9845	Yellow cornmeal	1.50 c
9845	Flour, sifted all-purpose	1.00 c
9845	Sugar	0.33 c
9845	Baking powder	1.00 tb
9845	Salt	1.00 ts
9845	Milk	1.50 c
9845	Butter, melted, cooled	0.75 c
9845	Eggs, slightly beaten	2.00
9845	Smoked turkey breast,	0.50 lb
9845	thinly sliced	0.00
9845	Cranberry relish	0.50 c
9845	or honey mustard	0.00
9846	Cottage cheese-small curd	8.00 oz
9846	Sour cream	0.25 c
9846	Shredded sharp cheddar	4.00 oz
9846	cheese	0.00
9846	Bisquick (I used RecipEase)	0.50 c
9846	Melted butter	0.25 c
9846	Eggs	3.00
9846	Preheat oven to 350 degrees.	0.00
9846	Mix all ingredients with	0.00
9846	Electric mixer. Grease	0.00
9846	mini-muffin tins or use	0.00
9846	Teflon ones.	0.00
9846	Fill 3/4 full. Bake for	0.00
9846	15-20 minutes or until	0.00
9846	brown.	0.00
9846	Hints: Add onion, bacon,	0.00
9846	mushrooms,etc. May be	0.00
9846	frozen.	0.00
9846	Reheat at 300 degrees or	0.00
9846	microwave for 3 minutes on	0.00

## Sheet1

9846	high.	0.00
9846	Note: These are great! Be	0.00
9846	sure to add cooked bacon	0.00
9846	and	0.00
9846	Some diced onion. This	0.00
9846	recipe only makes about	0.00
9846	Dozen so be sure to at least	1.50
9846	double! Great	0.00
9847	Lettuce leaves	8.00 lg
9847	Green peas, shelled	3.00 lb
9847	Sugar	0.75 t
9847	Salt	0.75 t
9847	Pepper	0.12 t
9847	Finely chopped fresh mint or	1.50 t
9847	Dried mint leaves	0.25 t
9847	Butter or margarine	3.00 T
9848	Plain Non-Fat Yogurt	1.25 c
9848	Light Sour Cream	0.75 c
9848	Cloves Garlic, Minced	3.00
9848	Cucumber *	1.00
9848	Fresh Mint, Chopped	1.00 tb
9848	Salt And Pepper To Taste	0.00
9848	Assorted Raw Veggies **	8.00 c
9849	Green olives	0.50 lb
9849	Black olives	0.50 lb
9849	Vinegar	0.25 c
9849	Olive oil	0.25 c
9849	Stalks celery, chopped	3.00
9849	Green pepper, chopped	1.00
9849	Red pepper, chopped	1.00
9849	Garlic clove, crushed	1.00
9850	Firm (Chinese-style) tofu	1.00 pk
9850	Kecap manis	1.00 ts
9850	Oil, for deep frying	0.00
9850	Vegetables (a variety of the	6.00 c
9850	following): cabbage, in 1-	0.00
9851	Cans chopped ripe olives or	2.00 sm
9851	Ripe olives finely chopped	1.50 c
9851	Chopped anchovies	1.00 tb
9851	Salad oil	1.00 ts
9851	Lemon juice	2.00 ts
9851	Small lettuce leaves	0.00
9851	Dairy sour cream	0.33 c
9851	Thinly slice green onions	1.00 tb
9851	Finely chopped hard boiled	2.00
9851	eggs	0.00
9852	Asparagus	1.50 lb
9852	Picante Sauce	0.50 c
9852	Cornstarch Or Arrowroot	0.00

Sheet1

9852	Garlic Salt To Taste	0.00
9852	Salt And Pepper To Taste	0.00
9852	Lemon Juice	2.00 ts
9852	Finely Chopped Green Onion	0.25 c
9853	Cherries, pitted & drained	1.00 qt
9853	Walnuts	1.00 c
9853	Flour	1.00 tb
9853	Salt	0.50 ts
9853	Minature marshmallows	1.00 c
9853	Egg, beaten	1.00
9853	Sugar	1.00 c
9853	Milk	1.00 c
9854	Ground Beef	2.00 lb
9854	Egg	1.00
9854	Bread Crumbs	0.00
9855	Shreddies cereal	2.00 c
9855	Cheerios cereal	2.00 c
9855	Thin pretzel sticks	2.00 c
9855	Salted peanuts or almonds	2.00 c
9855	Vegetable oil	0.33 c
9855	Worcestershire sauce	2.00 ts
9855	Celery salt	1.00 ts
9855	Garlic salt	0.50 ts
9855	Dill weed (opt. added my Mum	0.50 ts
9856	Sour cream	0.33 c
9856	Dry parsley	1.00 tb
9856	Accent	0.50 ts
9856	Dill weed	1.00 ts
9856	Worcestershire sauce	1.00 ts
9856	Hellmanns mayonnaise	0.67 c
9856	Onion flakes	1.00 tb
9856	Tabasco sauce	2.00 dr
9856	Seasoned salt	1.00 ts
9857	Monkfish filets, cut into	1.00 lb
9857	cubes	0.00
9857	Onions	0.00
9857	Green peppers	0.00
9857	Cherry tomatos	0.00
9857	Zucchini	0.00
9857	Corn on the cob	0.00
9857	Kebob sticks	8.00
9857	Marinade:	0.00
9857	Clove garlic, minced	1.00
9857	Oil	2.00 c
9857	White wine	1.00 c
9857	Lemon juice	1.00 tb
9857	Salt	0.25 ts
9857	Thyme	0.25 ts
9857	Dill	0.25 ts



Sheet1

9857	Oregano	0.25 ts
9857	Paprika	0.25 ts
9858	Carrots, shredded	1.00 lb
9858	Olive oil	3.00 tb
9858	Oranges, peeled	4.00
9858	Lemon, juice of	1.00
9858	Onion, sliced	1.00
9858	Walnuts, chopped	0.25 c
9858	Currants	0.50 c
9858	Pepper freshly ground	0.00
9858	Red hot pepper flakes	0.25 ts
9859	Dry lily flower*	0.33 c
9859	Tree ears*	0.50 c
9859	Peanut oil; or more	2.00 tb
9859	Pork; uncooked, shredded	0.50 c
9859	Eggs; well beaten	2.00
9859	Chinese cabbage; shredded	2.00 c
9859	Water chestnuts; chopped	0.33 c
9859	Garlic; minced	1.00 ts
9859	Soy sauce	2.00 ts
9859	Salt	0.25 ts
9859	Freshly ground pepper	0.25 ts
9859	Green onions; cut into 1-in	2.00
9859	Pao bin: (thin pancakes)	0.00
9859	Flour	2.00 c
9859	Boiling water (actually 3/4	0.75 c
9859	Additional flour	0.00
9859	Sesame oil	2.00 tb
9860	Slivered almonds	1.00 c
9860	Butter	0.25 c
9860	Onion, chopped	1.00 sm
9860	Clove garlic, minced or	1.00
9860	pressed	0.00
9860	Mushrooms, sliced	0.75 lb
9860	Salt	0.75 ts
9860	Thyme	0.50 ts
9860	Pepper	0.12 ts
9860	Oil	2.00 tb
9861	Fresh mushrooms	2.00 lb
9861	Butter	0.25 lb
9861	Garlic or Italian "Good	1.00 pk
9861	Seasons" mix	0.00
9862	Mushrooms fresh	24.00
9862	Walnuts or Pine Nuts chopped	0.50 c
9862	Basil Snipped, fresh	2.00 c
9862	Parmesan Cheese grated	0.50 c
9862	Garlic cloves peeled	4.00
9862	Olive Oil	0.25 c
9862	Pepper to taste	1.00

Sheet1

9863	Butter	0.33 c
9863	Fresh mushrooms (any type)	0.50 c
9863	Finely chopped onion	0.50 c
9863	Dry sherry or vermouth	2.00 tb
9863	Cream cheese; softened	3.00 oz
9863	Minced fresh parsley	0.25 c
9864	Coarsely chopped pecans	0.33 c
9864	Butter	0.25 c
9864	Finely chopped onion	0.75 c
9864	Cloves garlic, minced	2.00
9864	Mushrooms, finely chopped	1.00 lb
9864	Dry vermouth	2.00 tb
9864	Salt	0.25 ts
9864	Pepper	0.00
9864	Parmesan cheese	2.00 tb
9864	Sour cream	2.00 tb
9864	Finely chopped fresh parsley	1.00 tb
9865	Fresh mushrooms	1.00 lb
9865	Butter or margarine	0.25 c
9865	Minced onion	0.33 c
9865	Finely chopped celery	0.33 c
9865	Eggs	2.00
9865	Cream cheese, softened	3.00 oz
9865	Fine dry bread crumbs	0.75 c
9865	Salt	1.00 ts
9865	Basil leaves, crushed	0.50 ts
9865	Rosemary leaves, crushed	0.25 ts
9865	Oregano leaves	0.25 ts
9865	Ground black pepper	0.12 ts
9866	PHILLY.INQUIRER -----	0.00 -----
9866	SMALL WHITE MUSHROOMS	1.50 lb
9866	FRESH SHREDDED OR	1.00 tb
9866	DRIED BASIL LEAVES	1.00 ts
9866	OLIVE OIL	4.00 tb
9866	CHOPPED ITL.PARSLEY	1.00 tb
9866	MEDIUM ONION,SLICED THIN	1.00
9866	SALT	2.00 ts
9866	CLOVE GARLIC,MINCED	1.00
9866	FRESHLY GROUND PEPPER	0.25 ts
9866	LARGE TOMATOES,CUBED	3.00
9866	WINE VINEGAR	0.25 c
9866	DRAINED SMALL CAPERS	2.00 tb
9867	Butter/margarine	2.00 tb
9867	Vegetable oil	1.00 tb
9867	Oz(3 cup) fresh mushrooms	8.00
9867	Chopped toasted walnuts	0.50 c
9867	Dry sherry	2.00 tb
9867	Lemon juice	1.00 tb
9867	Grated orange/lemon peel	1.00 ts

Sheet1

9867	Chopped parsley	2.00 tb
9868	Scallions or spring onions	4.00
9868	Light or single cream	0.50 c
9868	Lemon juice	2.00 tb
9868	Parsley, fresh chopped	2.00 tb
9868	Mushrooms, peeled, stem	1.00 lb
9868	trimmed, thinly sliced	0.00
9868	Salt and black pepper	0.00
9869	Soft butter	0.50 c
9869	Minced shallots	1.00 ts
9869	Clove garlic (large),	1.00
9869	crushed	0.00
9869	Minced parsley	1.00 tb
9869	Finely minced celery	1.00 tb
9869	Salt	0.25 ts
9869	Freshly ground black pepper	0.00
9869	to taste	0.00
9869	Mushrooms	12.00 lg
9869	Canned snails, drained	12.00 lg
9870	Mushrooms, 2" in diameter	24.00
9870	Butter, melted	3.00 tb
9870	Littleneck clams, shucked	24.00
9870	Horseradish	5.00 tb
9870	Mayonnaise	8.00 tb
9870	Worcestershire sauce	1.00 ts
9870	Drops Tabasco	6.00
9871	Mussels	2.00 lb
9871	Dry white wine	1.25 c
9871	Water	1.50 c
9871	Butter	3.00 tb
9871	Olive oil	1.00 tb
9871	Onion, finely chopped	1.00
9871	Garlic clove, crushed	1.00
9871	Leek, trimmed, fine shredded	1.00
9871	Fenugreek, finely crushed	0.50 ts
9871	All-purpose flour	1.50 tb
9871	Saffron strands, soaked in	2.00 pk
9871	Boiling water	1.00 tb
9871	Chicken stock	1.25 c
9871	Chopped fresh parsley	1.00 tb
9871	Salt to taste	0.00
9871	Fresh ground pepper to taste	0.00
9871	Whipping cream	2.00 tb
9871	Fresh parsley sprigs (opt)	0.00
9872	PHILLY.INQUIRER -----	0.00 -----
9872	MINCED GARLIC	2.00 ts
9872	VIIRGIN OLIVE OIL	0.33 c
9872	RED PEPPERS	1.00 pn
9872	OF CANNED CHOPPED DRAINED PL	1.00 c

Sheet1

9872	TOMATOES	0.00
9873	Mussels; prefer New Zealand-	4.00 lb
9873	"Green Lipped" mussels. *	0.00
9873	Onion	1.00 lg
9873	Celery stalks	2.00
9873	Garlic clove	1.00
9873	Bottle of white wine	0.50
9874	PHILLY.INQUIRER -----	0.00 -----
9874	CIDER OR WINE VINEGAR	3.00 tb
9874	WATER	0.25 c
9874	DIJON MUSTARD	2.00 tb
9874	FRESH PARSLEY CHOPPED	2.00 tb
9874	OLIVE OIL	1.00 tb
9874	DASH FRESHLY GRATED NUTMEG	0.00
9874	GREEN ONIONS THINLY SL	2.00 tb
9875	Oyster crackers	11.00 oz
9875	Buttery Popping Oil for	0.75 c
9875	popcorn	0.00
9875	Envelopes Cup O'Soup Cream	1.50
9875	of Chicken	0.00
9875	Parsley	1.00 T
9875	Garlic powder	1.00 t
9876	Popcorn	3.00 qt
9876	Corn chips	2.00 c
9876	Butter or margarine	0.25 c
9876	Mexican Seasoning	1.50 ts
9876	Cheese, taco, shredded	0.75 c
9877	-----	0.00
9877	-----	0.00
9877	Dry active yeast	1.00 pk
9877	Warm water (105-115f)	0.50 c
9877	Sugar	0.12 ts
9877	Cold milk	0.75 c
9877	Olive oil	2.00 tb
9877	All-purpose flour (420 g)	3.00 c
9877	Salt	1.50 ts
9878	Raw bacon	3.00 sl
9878	Can minced clams, undrained	8.00 oz
9878	Peeled and cubed potatoes	1.50 c
9878	Finely chopped onion	0.33 c
9878	Carrot, diced	1.00 md
9878	Flour	2.00 T
9878	Milk	1.50 c
9878	Light cream	1.00 c
9878	Salt	1.00 t
9878	Pepper	0.12 t
9878	Dried thyme leaves	0.25 t
9879	Butter	2.00 tb
9879	White onion, small, or	1.00

Sheet1

9879	shallot	0.00
9879	Flour	1.00 tb
9879	Broth, water, or white wine	0.50 c
9879	Cooked (or 6-1/2 oz can)	0.75 c
9879	crabmeat, drained	0.00
9879	And flaked	0.00
9879	CHEESE TOPPING:	0.00
9879	Butter	2.00 tb
9879	Flour	2.00 tb
9879	Parmesan cheese (1 cup),	4.00 oz
9879	grated	0.00
9879	Swiss or Gruyere cheese,	4.00 oz
9879	grated	0.00
9879	Loaf white bread	1.00
9879	Butter for sauteing	0.00
9880	Small new potatoes	1.00 lb
9880	Handful of sorrel	1.00 sm
9880	Italian salami (or more)	2.00 oz
9880	- thinly sliced	0.00
9880	Onion	1.00 sm
9880	Coriander seed	0.00
9880	Wholegrain mustard	0.00
9880	Olive oil	0.00
9880	White wine vinegar	0.00
9881	Mushrooms	1.00 c
9881	Red peppers	1.00 c
9881	Ricotta cheese	1.00 lb
9881	Spinace, frozen, drained	1.00 pk
9881	Eggs	4.00
9881	Oil	2.00 tb
9881	Salt and pepper	0.00
9882	Corn Tortillas (12 ounces)	1.00 pk
9882	-or-	0.00
9882	Flour Tortillas (14 ounces),	1.00 pk
9882	10-inch size	0.00
9882	Salt (optional)	0.00
9883	Crab Meat	1.00 lb
9883	Butter	4.00 tb
9883	Tarrigan Wine Vinegar	1.00 tb
9883	Cocktail Sauce	0.00
9883	Lemon Wedges	0.00
9884	Cream cheese	8.00 oz
9884	Salt	0.50 ts
9884	Lemon or lime juice	1.50 tb
9884	Freshly ground black pepper	0.25 ts
9884	3 1/4 oz boneless skinless	2.00 cn
9884	Sardines, drained	0.00
9884	Chopped parsley	1.00 tb
9884	Hot pepper sauce	0.12 ts

Sheet1

9884	Capers	0.00
9884	Additional chopped parsley	0.00
9885	Pecans or walnuts (about 1/2	2.00 c
9885	lb)	0.00
9885	Cream cheese	4.00 oz
9885	Stilton or Danish blue	4.00 oz
9885	cheese	0.00
9885	Mayonnaise	1.00 tb
9885	Worcestershire sauce	0.50 ts
9886	Margarine	0.50 c
9886	Salad oil	0.25 c
9886	Bacon fat	0.25 c
9886	Worcestershire sauce	0.50 c
9886	Garlic salt	2.00 ts
9886	Celery salt	4.00 ts
9886	Unblanched almonds (or mixed	4.00 c
9886	nuts)	0.00
9886	Wheat chex or other small	4.00 c
9886	shredded wheat squares	0.00
9886	Rice chex	4.00 c
9886	Cheerios	2.00 c
9886	Thin pretzels	2.00 c
9886	8-10 oz package cheese	1.00
9886	flings or similar cracker	0.00
9886	snack	0.00
9887	Bleu Cheese	0.25 lb
9887	Grated Cheddar	0.25 lb
9887	Cream Cheese	3.00 oz
9887	Grated Onion	1.00 sm
9887	Worcestershire Sauce	1.00 ts
9887	Chopped Walnuts Or Pecans	0.12 lb
9887	Chopped Walnuts Or Pecans	0.12 lb
9888	(500 gram) ripe Camembert	9.00 oz
9888	cheese	0.00
9888	(250 gram) cream cheese	4.50 oz
9888	(80 gram) butter	2.50 tb
9888	Onions, finely chopped	2.00 sm
9889	Water	0.50 c
9889	Salt	0.25 ts
9889	Margarine or Butter	0.25 c
9889	Sherry	1.00 tb
9889	All-Purpose Flour	0.50 c
9889	Eggs	2.00
9889	5 oz. Jar Old English*	0.00
9889	FILLING -----	0.00 -----
9889	3-oz. Cream Cheese, Softened	1.00 pk
9889	Chopped Stuffed Green Olives	1.00 tb
9889	Sherry	2.00 ts
9890	Cheddar cheese (8 oz.)	1.00 pk

Sheet1

9890	Flour	1.25 c
9890	Margarine, melted	0.50 c
9890	Pimento stuffed olives	36.00
9891	Cream Cheese, Softened	1.00 c
9891	Sour Cream	1.00 c
9891	Black Olives, Chopped	0.25 c
9891	Garlic Powder	0.50 ts
9891	Dried Parsley, Crushed	1.00 ts
9891	Worcestershire Sauce	2.00 tb
9891	Paprika	1.00 tb
9891	Fresh Parsley, Chopped	1.00 tb
9892	Onion	1.00
9892	Button mushrooms	2.00 oz
9892	Brown rice flour	0.25 c
9892	All-purpose flour	0.25 c
9892	Turmeric	0.50 ts
9892	Hot chili powder	0.50 ts
9892	Ground cumin	0.25 ts
9892	Ground coriander	0.25 ts
9892	Salt	0.25 ts
9892	Plain yogurt	0.67 c
9892	Vegetable oil for deep	0.00
9892	frying	0.00
9892	Fresh parsley sprig (opt)	0.00
9893	Strips bacon, diced	3.00
9893	Onions, finely chopped	4.00 md
9893	Butter	3.00 tb
9893	Sour cream	0.50 c
9893	Flour	1.00 tb
9893	Salt	0.50 ts
9893	Eggs, beaten	3.00
9893	Tube refrigerated crescent	8.00 oz
9893	rolls	0.00
9894	Flour tortillas	8.00
9894	Sesame oil	2.00 tb
9894	Egg; lightly beaten	1.00
9894	Finely chopped green onions	0.50 c
9894	Oil for deep frying	0.00
9894	Salt	0.00
9895	Flour	0.75 c
9895	Baking powder	1.00 tb
9895	Milk	0.75 c
9895	Pepper sauce	1.00 tb
9895	Finely chopped onions	1.00 c
9895	Salt	1.00 ts
9895	Cornmeal	2.00 tb
9895	Pepper	1.00 ts
9895	Sugar	1.00 tb
9895	Parsley	1.00 ts

Sheet1

9896	Firm-textured egg bread,thin	24.00 sl
9896	such as challah or brioche	0.00
9896	Mayonnaise	6.00 tb
9896	Onion, wafer thin	12.00 sl
9896	Salt; to taste	0.00
9896	Freshly ground black pepper	0.00
9896	to taste	0.00
9896	Minced parsley	1.00 c
9897	PASTRY -----	0.00 -----
9897	Plain flour	200.00 g
9897	Unsalted butter, softened	130.00 g
9897	Water	3.00 tb
9897	Egg	1.00
9897	Salt	1.00 ds
9897	FILLING -----	0.00 -----
9897	Onions	400.00 g
9897	Bacon, cut into thin strips	30.00 g
9897	Unsalted butter	50.00 g
9897	Cream	3.50 dl
9897	Milk	3.50 dl
9897	Eggs	4.00
9897	Gratted nutmeg	1.00 ds
9897	Chopped parsley	1.00 tb
9897	Salt and pepper	0.00
9898	Soy sauce	1.00 c
9898	Pineapple juice	1.00 c
9898	Clove garlic; minced fine	1.00
9898	Onion; minced	2.00 tb
9898	Ginger; grated	1.00 ts
9898	Brown sugar	0.25 c
9898	Beer	7.00 oz
9898	Vegetable oil	0.25 c
9898	Chicken wings	5.00 lb
9898	Sesame seeds; toasted	0.00
9899	Olive oil	2.00 tb
9899	Trimmed assorted mushrooms	1.50 c
9899	such as shiitake, oyster,	0.00
9899	chanterelle, morel	0.00
9899	and cultivated	0.00
9899	Minced garlic	1.00 ts
9899	Finely diced onion	0.50 c
9899	Red wine vinegar	1.00 tb
9899	Water	1.00 tb
9899	Salt and pepper; as desired	0.00
9899	Finely chopped parsley	2.00 tb
9899	Country bread	4.00 sl
9899	Brie cheese	4.00 sl
9900	Ground pork	1.00 lb
9900	Chinese dried black	10.00



Sheet1

9900	mushrooms, softened in hot	0.00
9900	Water for 20 minutes, stems	0.00
9900	removed and caps	0.00
9900	Finely chopped	0.00
9900	Minced garlic chives (Or	2.00 c
9900	substitute 2 cups minced	0.00
9900	Minced garlic chives	2.00 c
9900	(Or substitute 2 cups minced	0.00
9900	Leeks and 1 tablespoon	0.00
9900	Minced garlic)	0.00
9900	Minced fresh ginger	2.00 tb
9900	Soy sauce	2.00 tb
9900	Rice wine	2.00 ts
9900	Sesame oil	1.50 ts
9900	Freshly ground black pepper	0.25 ts
9900	Egg white, lightly beaten	1.00
9900	Cornstarch	1.50 tb
9901	Oranges, peeled and sliced	6.00
9901	crosswise	0.00
9901	Red Onion, Thinly Sliced	1.00
9901	Olive oil	0.00
9901	Chopped Cilantro	0.00
9901	Juice Of 1 Lime	0.00
9901	Cayenne Pepper	0.00
9901	Fresh Parsley	0.00
9902	Ginger, Dried	1.50 ts
9902	Cream Cheese, Softened	0.50 c
9902	Sour Cream	0.50 c
9902	Orange Juice	0.25 c
9902	Orange Zest	0.50 ts
9903	Light/cholesterol free	1.00 c
9903	reduced calorie mayonnaise	0.00
9903	Orange juice	0.25 c
9903	Honey	2.00 tb
9903	Grated orange peel	0.50 ts
9903	Ground ginger	0.25 ts
9904	Carrots, peeled and	6.00 md
9904	thinly sliced	0.00
9904	Dark brown sugar,	3.00 T
9904	firmly packed	0.00
9904	Butter or margarine	3.00 T
9904	Orange juice	3.00 T
9904	Lemon peel	1.00 t
9904	Salt	0.25 t
9905	Stephen Ceideburg	0.00
9905	Head romaine lettuce, cut	1.00 md
9905	into thin shreds	0.00
9905	Sweet juicy orange, cut into	1.00 md
9905	small pieces	0.00

Sheet1

9905	Radishes, sliced or cut into	1.00 bn
9905	coarse chunks	0.00
9905	Red bell pepper, cut into	1.00
9905	rings or small strips	0.00
9905	Red onion, sliced very	0.50
9905	thinly	0.00
9905	Olive oil to taste	0.00
9905	Lemon/lime juice, to taste	0.00
9905	Salt to taste	0.00
9905	Cumin to taste	0.00
9905	Cayenne pepper or harissa,	0.00
9905	to taste	0.00
9906	Soy sauce	1.00 c
9906	Sugar	0.50 c
9906	Sesame seeds	0.25 c
9906	Cayenne pepper	1.00 tb
9907	Fresh lemon juice	2.00 tb
9907	Mushroom stemmed *	24.00 lg
9907	Lean bacon	3.00 sl
9907	Minced onion	0.25 c
9907	Minced garlic	4.00 ts
9907	Soy sauce	2.00 tb
9907	Sesame seeds, toasted	1.00 tb
9907	lightly	0.00
9907	Fine fresh bread crumbs	0.50 c
9907	Bread crumbs for garnish	1.00 tb
9907	Pepper to taste	0.00
9907	Scallion, sliced thin, for	1.00
9907	garnish	0.00
9908	White bread	10.00 sl
9908	Egg	6.00
9908	Milk	3.00 c
9908	Dry mustard	1.00 ts
9908	Salt	1.00 ts
9908	American cheese;shredded 8oz	2.00 c
9908	Onion	3.00 tb
9908	Spinach; frozen, drained	1.00 pk
9909	Medium-sized fresh mushrooms	2.00 lb
9909	(8 oz.) cream cheese,	1.00 pk
9909	softened	0.00
9909	(4-1/2 oz.) deviled ham	1.00 cn
9909	Finely chopped stuffed	2.00 tb
9909	olives	0.00
9909	Prepared mustard	1.00 tb
9909	Onion powder	2.00 ts
9909	Ground turmeric	0.25 ts
9909	Ground black pepper	1.00 pn
9910	Butter	0.25 c
9910	All purpose flour	0.25 c

Sheet1

9910	Milk	1.00 c
9910	Salt	0.00
9910	Freshly ground pepper	0.00
9910	Butter	3.00 tb
9910	Minced shallot	4.00
9910	Minced mushroom	1.00 lb
9910	Shucked & patted dry oyster	24.00
9910	(for deep frying)	0.00
9910	vegetable oil	0.00
9910	Egg	3.00
9910	All purpose flour	0.00
9910	Fresh bread crumbs	4.00 c
9910	Watercress	0.00
9910	Wedges lemon	0.00
9911	Butter or Vegetable oil	1.00 oz
9911	Fresh Oysters	6.00
9911	Flour ( seasoned with salt	1.00 c
9911	and pepper)	0.00
9911	Oyster Juice	1.00 tb
9911	White Wine	1.00 tb
9911	Shallots	1.00 tb
9911	Real Lemon Juice	1.00 tb
9912	Raw oysters - in shell	24.00
9912	CHAMPAGNE SAUCE -----	0.00 -----
9912	Unsalted butter	1.50 tb
9912	Flour	1.50 tb
9912	Oyster juice - from above	0.50 c
9912	Champagne - or other dry	0.50 c
9912	sparkling wine	0.00
9912	Celery seed - ground	0.25 ts
9912	Freshly ground white pepper	0.00
9912	Rock salt - or coarse salt	2.00 c
9912	for the broiler pan	0.00
9913	Boston Lettuce, Wash, Dried	1.00
9913	Fresh Spinach, Wash, Dried	0.50 lb
9913	Scallion, Minced	1.00 c
9913	Dry Bread Crumbs, Fine	2.75 c
9913	Fresh Parsley, Minced	0.50 c
9913	Celery, Minced	0.25 c
9913	Garlic Cloves, Minced	3.00
9913	Unsalted Butter	1.00 c
9913	Pernod	2.00 tb
9913	Anchovy Paste	1.00 tb
9913	Cayenne Pepper	0.12 ts
9913	Slices Lean Bacon	12.00
9913	Oysters In Shells	36.00 lg
9913	Coarse Salt For Platters	0.00
9913	Lemon Wedges	0.00
9914	Oysters, fresh	16.00 lg

Sheet1

9914	Rock salt	0.00
9914	Bearnaise Sauce	0.00
9914	Lump crab meat	1.00 lb
9914	Cream Sauce	0.00
9914	Dry bread crumbs	0.25 c
9914	Paprika	0.00
9914	Lemon quarters	0.00
9914	Parsley sprigs	0.00
9915	PANCAKE BATTER -----	0.00 -----
9915	All-Purpose Flour	1.50 c
9915	Well Beaten Egg	1.00 lg
9915	Cold Water	1.00 c
9915	Milk	1.25 c
9915	Salt	0.33 ts
9915	Pinch White Pepper	1.00 lg
9915	Pinch Chili Powder	1.00 lg
9915	Oil, Butter Or Lard	0.00
9915	NINE FILLINGS -----	0.00 -----
9915	Black Chinese Mushrooms	8.00 lg
9915	Carrot	1.00 lg
9915	4-inch Piece Giant White	1.00
9915	Radish, Japanese -Daikon	0.00
9915	Chinese - Loh Buk	0.00
9915	Green Onions	8.00
9915	Egg Whites	3.00
9915	Kim Chee	1.00 c
9915	Lean Beef Rump Or Fillet	10.00 oz
9915	Sesame Oil	0.00
9915	Vegetable Oil	0.00
9915	Light Soy Sauce	0.00
9915	Salt, Pepper And Sugar	0.00
9915	White Sesame Seeds	3.00 tb
9915	DIPPING SAUCE -----	0.00 -----
9915	Light Soy Sauce	0.75 c
9915	Chinese Brown Vinegar	2.50 tb
9915	Finely Minced Green Onions	2.00 tb
9915	White Sesame Seeds, Toasted	1.00 tb
9915	And Ground	0.00
9915	Pinch Sugar	1.00 lg
9915	Pinch Chili Powder	1.00 lg
9916	To 45 3-inch panzerotti.	40.00
9917	Chicken	3.50 lb
9917	Squares unwaxed butcher	45.00
9917	Paper or aluminum foil 6"x6"	0.00
9917	Green onions, slivered	3.00
9917	Thin slices ginger, slivered	3.00
9917	Quarts oil for deep-frying	2.00
9917	MARINADE -----	0.00 -----
9917	Catsup	2.00 ts

Sheet1

9917	Oyster sauce	1.00 tb
9917	Hoisin sauce	1.50 ts
9917	Thin soy sauce	1.00 ts
9917	Rice wine	1.00 tb
9917	Dash of pepper	0.00
9917	Salt	1.00 ts
9917	Sugar	1.00 ts
9917	Cornstarch	2.00 ts
9917	WRAPPING PAPER WRAPPED CHICK ----	0.00 -----
9918	Sliced Almonds	1.00 c
9918	Cream Cheese, Softened	12.00 oz
9918	Grated Parmesan Cheese	0.50 c
9918	Mayonnaise	0.25 c
9918	Fresh Oregano, Chopped Or:	1.50 ts
9918	Dried Oregano	0.50 ts
9918	Crushed Garlic Clove	1.00 sm
9918	Crackers	0.00
9919	(8 oz) pkgs cream cheese,	2.00
9919	softened	0.00
9919	(10 oz) pkg sharp cheddar	1.00
9919	cheese, shredded	0.00
9919	Chopped red pepper or	1.00 tb
9919	pimento	0.00
9919	Finely chopped onion	1.00 tb
9919	Worcestershire sauce	2.00 ts
9919	Lemon juice	4.00 ts
9919	Of ground red pepper	1.00 ds
9919	Of salt	1.00 ds
9920	Box wheat chex	12.00 oz
9920	Box cheerios	10.00 oz
9920	Bite size rice chex	6.00 oz
9920	Slim pretzel sticks	5.00 oz
9920	Or 2 cans mixed nuts	1.00
9920	Oleo or butter, melted	1.00 lb
9920	Worcestershire sauce	2.00 tb
9920	Garlic salt	2.00 tb
9920	Scant tbsp garlic powder	1.00
9921	Ground lamb	1.00 lb
9921	Egg; slightly beaten	1.00
9921	Garlic powder	1.00 tb
9921	Italian bread crumbs	0.50 c
9921	Vegetable oil	1.00 tb
9922	Butter	0.50 c
9922	Barbeque sauce	1.00 tb
9922	Bon appetit	2.00 ts
9922	Garlic powder	0.25 ts
9922	Sesame seed, toasted	2.00 tb
9922	Rice cereal, bite sized	2.00 c
9922	Corn cereal, bite sized	2.00 c

Sheet1

9922	Wheat cereal, bite sized	1.00 c
9922	Thin pretzel sticks	1.00 c
9922	Mixed nuts	2.00 c
9923	Of your favorite corn, wheat	7.00 c
9923	and/or rice cereals	0.00
9923	Pretzel sticks	1.00 c
9923	Salted nuts	0.75 c
9923	Combine:	0.00
9923	Melted butter or margarine	6.00 tb
9923	Lea & Perrins Original	4.00 ts
9923	Worcestershire Sauce	0.00
9923	Lawry's Seasoned Salt	1.00 ts
9924	minutes preparation time	10.00
9924	minutes cooking time	15.00
9924	INGREDIENTS -----	0.00 -----
9924	Bread crumbs; dry fine	0.67 c
9924	Chicken livers; trimmed	1.00 lb
9924	halved	0.00
9924	Butter; melted	4.00 tb
9924	Ketchup	0.25 c
9924	Brown sugar	2.00 tb
9924	Dijon mustart	2.00 tb
9924	Worcestershire sauce	1.50 tb
9925	White, Short-Grain Rice,	2.00 c
9925	preferably Japanese	0.00
9925	Water (or according to rice	3.00 c
9925	package directions)	0.00
9925	Rice Vinegar -or- White	3.50 tb
9925	Vinegar	0.00
9925	Sugar	1.00 tb
9925	Salt	1.50 ts
9926	Interesting pasta cooked to	1.00 lb
9926	directions	0.00
9926	Italian salad dressing	0.67 c
9926	Dijon mustard	1.00 tb
9926	Chopped onion	0.25 c
9926	Chopped celery	0.25 c
9926	Chopped carrot	1.00 sm
9926	Salt and pepper to taste	0.00
9927	Raw sm shaped pasta	1.00 c
9927	Marinated artichoke hearts	0.75 lb
9927	Firmly packed alfalfa sprout	0.75 c
9927	Green pepper finely chop	1.00 sm
9927	Carrot, coarsely chopped	1.00 md
9927	Sliced/chopped black olives	0.50 c
9927	Red wine vinegar, more/less	0.25 c
9927	Dried basil	0.50 ts
9927	Dried summer savory	0.50 ts
9928	Pasta Shells	1.00 lb

## Sheet1

9928	Oil	2.00 tb
9928	Mayonnaise	1.50 c
9928	Lemon Juice	3.00 tb
9928	Chopped parsley	3.00 tb
9928	Dried parsley	1.00 ts
9928	Diced cooked chicken	3.00 c
9928	Jar Artichokes chopped and	6.00 oz
9928	Dash of tabasco	1.00
9928	Toasted Almonds	1.00
9929	Uncle Ben's Brand Chicken	1.00 pk
9929	Flavor Rice Pilaf	0.00
9929	Water	2.00 qt
9929	Diced Peaches, drained	5.00 c
9929	Whipped topping	4.00 c
9929	Shredded coconut	2.00 c
9930	Very ripe pears, peeled and	2.00
9930	chopped	0.00
9930	Very ripe avocado, peeled,	1.00
9930	seeded and chopped	0.00
9930	Lemon juice	2.00 tb
9930	Grated orange rind	2.00 tb
9930	Spiced or plain dark rum	2.00 tb
9930	Chopped peanuts or macadamia	0.50 c
9930	nuts	0.00
9930	Allspice	1.00 ds
9931	All-purpose flour	0.88 c
9931	Baking powder	0.50 ts
9931	Dry mustard	0.50 ts
9931	Pn cayenne pepper	0.00
9931	Margarine	0.50 c
9931	Shredded strong cheddar	2.00 c
9931	cheese	0.00
9931	Chopped pecans	0.50 c
9932	Tender steaks (loin or rib)	4.00
9932	Minced garlic	2.00 tb
9932	Bottled red chile flakes	1.00 ts
9932	Black pepper	0.50 ts
9932	French bread loaf	1.00
9932	Butter or margarine	2.00 tb
9932	Chopped California ripe	2.00 tb
9932	olives	0.00
9932	Minced cilantro	1.00 tb
9933	Stephen Ceideburg	0.00
9933	Recipe channa	1.00
9933	Shallot, peeled and minced	1.00 md
9933	Pickled hot pepper rings,	0.50 c
9933	drained and finely chopped	0.00
9933	Garlic salt	0.25 ts
9933	Dry white wine (optional)	2.00 tb

Sheet1

9934	Fish Fillets	1.00 lb
9934	Such As Sole, Flounder,	0.00
9934	Salmon Or Whitefish	0.00
9934	All One Kind Or Mixed	0.00
9934	Shrimp And/Or Scallops,	0.50 lb
9934	Raw, Cleaned	0.00
9934	Packed Cilantro Leaves	0.50 c
9934	Egg Whites	4.00 lg
9934	Fresh Lemon Juice	1.00 tb
9934	Ground Cumin	2.00 ts
9934	Salt	2.00 ts
9934	Ground Black Pepper	0.25 ts
9934	Feet Hog Casing	5.00
9934	In A Continuous Length,	0.00
9934	Soaked In Cold Water For	0.00
9934	A Few Minutes *	0.00
9935	Minced sweet onions	6.00 c
9935	Salt	1.00 ts
9935	Olive oil	2.00 tb
9935	Fresh ground pepper	0.12 ts
9935	Butter	1.00 tb
9935	Ground nutmeg	0.12 ts
9935	Flour	1.50 tb
9935	Grated Swiss cheese	0.50 c
9935	Eggs	3.00
9935	Thin slices pepperoni	18.00
9935	Half and half	0.50 c
9935	In prebaked pastry shell	8.00
9935	Yogurt	0.33 c
9936	Jim Vorheis	0.00
9936	Butter or margarine	4.00 tb
9936	Worcestershire sauce	1.00 tb
9936	Tabasco sauce	2.00 ts
9936	Salad seasoning	1.00 tb
9936	Salt	1.00 ts
9936	Garlic salt	0.50 ts
9936	Pepper	0.25 ts
9936	Walnut or pecan halves	1.00 lb
9937	Minutes preparation time	15.00 x
9937	Minutes cook time	45.00 x
9937	INGREDIENTS -----	0.00 -----
9937	Grated parmesan cheese (4oz)	1.00 c
9937	Chopped parsley	2.00 tb
9937	Paprika	2.00 ts
9937	Dried oregano	1.00 ts
9937	Dried basil	0.50 ts
9937	Salt	0.25 ts
9937	Freshly ground pepper	0.25 ts
9937	Butter; melted	0.50 c



Sheet1

9937	Chicken wings; disjointed	1.00 lb
9937	and tips removed.	0.00
9939	Top sirloin,1" thick	0.75 lb
9939	Lime juice,fresh	0.25 c
9939	Garlic salt	0.50 ts
9939	Cumin,ground	0.50 ts
9939	Black pepper,coarse	0.50 ts
9939	Rice,long-grain	0.75 c
9939	Corn,whole-kernel(8oz)	1.00 cn
9939	Black olives,ripe(2 1/2oz)	1.00 cn
9939	Cherry tomatoes,halved	1.00 c
9939	Red onion rings,sliced	0.25 c
9939	Cilantro,chopped	2.00 tb
9939	Lettuce hd,iceberg,shredded	0.50
9939	PICANTE DRESSING -----	0.00 -----
9939	Picante sauce	0.33 c
9939	Italian dressing	0.25 c
9939	Lime juice	1.00 ts
9940	Eggs	12.00
9940	Salt	1.00 tb
9940	White Vinegar	2.00 c
9940	Cold Water	1.00 c
9940	Mixed Whole Spices (In Bag)	1.00 tb
9941	Hardcooked eggs	6.00
9941	Cider vinegar	1.00 c
9941	Beet liquid	1.00 c
9941	Sugar	0.33 c
9941	Salt	0.50 ts
9941	Onion, chopped	0.25 c
9941	Whole cloves	4.00
9942	New York sharp cheese	1.00 lb
9942	Jar pimientos	4.00 oz
9942	Cayenne pepper to taste	0.00
9942	Worcestershire sauce	1.00 ts
9942	Hot pepper sauce	1.00 ds
9942	Coarse ground black pepper t	0.00
9942	Mayonnaise	0.00
9942	Slices white or whole wheat	24.00
9943	Velveta (softened or melted)	1.00 lb
9943	Size can Pimientos (mashed)	1.00 md
9943	Sugar	1.00 ts
9944	DRESSING -----	0.00 -----
9944	Dairy Sour Cream	0.50 c
9944	Mayonnaise	0.50 c
9944	Sugar	2.00 ts
9944	Onion; Finely chopped	1.00 tb
9944	Lemon Juice	1.00 ts
9944	SALAD -----	0.00 -----
9944	Green Cabbage; shredded	2.00 c

Sheet1

9944	Red Apple; chopped	1.00 c
9944	Carrots; shredded	1.00 c
9944	Pineapple tidbits; drained	0.75 c
9945	Medium-size red onion	1.00
9945	White wine vinegar	0.25 c
9945	Sugar	2.00 tb
9945	Water	0.33 c
9946	Egg white	1.00 lg
9946	Olive oil	3.00 tb
9946	Phyllo dough sheets (14x18")	6.00
9946	Breadcrumbs; dry	5.00 ts
9946	Dijon mustard	0.33 c
9946	Parmesan cheese; freshly	0.25 c
9946	-grated	0.00
9946	Plum tomatoes (about 8)	1.00 lb
9946	Parsley; fresh (chopped)	2.00 tb
9946	Thyme; fresh, or 1/2 t drie	1.00 ts
9947	Chicken broth	1.00 c
9947	Garlic powder	0.25 ts
9947	Dried basil	0.25 ts
9947	Thyme	0.25 ts
9947	Oregano leaves	0.25 ts
9947	Cornstarch	1.00 tb
9947	Quartered fresh mushrooms	1.00 c
9947	Louis Kemp Lobster Delights	1.00 pk
9947	chunks (8 oz)	0.00
9947	Fresh vegetables (broccoli	3.00 c
9947	flowerets, carrot and	0.00
9947	zucchini slices)	0.00
9947	OR	0.00
9947	Frozen mixed vegetables,	1.00 pk
9947	thawed (16 oz)	0.00
9947	Lime juice	1.00 tb
9947	Margarine	1.00 ts
9948	Cream cheese	8.00 oz
9948	Milk	2.00 tb
9948	Green pepper, chopped finely	2.00 tb
9948	Black pepper	0.12 ts
9948	Minced, finely, onion	2.00 tb
9948	Sour cream	0.50 c
9948	Or 5 tsp Kraft's horseradish	4.00
9948	sauce	0.00
9948	Nuts plus about 1/8 c for	0.25 c
9948	later use	0.00
9948	Or 2 pkg dried beef, cut up	1.00
9948	or clipped into fine pieces	0.00
9949	Pineapple Chunks In Syrup	20.00 oz
9949	Soy Sauce	6.00 tb
9949	Honey	3.00 tb

Sheet1

9949	Dry Sherry	1.00 tb
9949	Grated Orange Peel	1.00 ts
9949	Garlic Powder	0.12 ts
9949	Cooked Ham, Cut Into 25	2.00 lb
9949	Cubes (1 Inch)	0.00
9949	Thick Sliced Bacon	1.00 lb
9949	Stuffed Olives	25.00 lg
9949	Cherry Tomatoes	25.00
9950	Butter or margarine	2.00 tb
9950	Clove garlic,minced	1.00 sm
9950	Dried oregano leaves,crushed	0.50 ts
9950	Hot popcorn	8.00 c
9950	Grated Parmesan cheese	2.00 tb
9951	Corn oil	2.00 tb
9951	Olive oil	2.00 tb
9951	Garlic cloves, split	2.00
9951	Popping corn	0.75 c
9951	Salt	0.00
9951	Grated aged provolone	0.25 c
9951	Finely chopped oil-cured	6.00
9951	sun-dried tomatoes	0.00
9951	Oil from the tomatoes	1.00 tb
9951	Finely chopped basil leaves	12.00
9951	Ds cayenne pepper	0.00
9952	Poppy seeds	2.00 tb
9952	Sesame seeds	2.00 tb
9952	Egg white	1.00 lg
9952	Olive oil	2.00 tb
9952	Salt	0.25 ts
9952	Phyllo dough sheets (14x18"	6.00
9953	Belle Bestor DFPP73A	0.00
9953	Sugar	0.75 c
9953	Salt	2.00 ts
9953	Dry mustard	0.50 ts
9953	Poppy seeds	2.00 tb
9953	Celery seeds	0.25 ts
9953	Onion; grated	1.00 tb
9953	Red wine vinegar	0.67 c
9953	Salad oil	2.00 c
9954	Dried black mushrooms	8.00
9954	Lean ground pork	1.00 lb
9954	Chopped bamboo shoots	0.50 c
9954	Chopped green onions with to	0.25 c
9954	Egg white	1.00
9954	Cornstarch	2.00 tb
9954	Salt	2.00 ts
9954	Light soy sauce	2.00 ts
9954	Sesame oil	0.50 ts
9954	White pepper	0.25 ts

Sheet1

9954	Siu mai skins	1.00 lb
9954	Light soy sauce	0.25 c
9954	Sesame oil	0.12 ts
9955	Ground beef	3.00 lb
9955	Of rice	1.50 c
9955	Very large onion, chopped	1.00
9955	Tomato sauce	2.00 cn
9956	All-purpose flour	2.00 c
9956	Water	0.50 c
9957	Flour *	2.50 c
9957	Water *	1.00 c
9957	Cabbage (1/2 cup cooked and	2.00 oz
9957	chopped)	0.00
9957	Lean ground pork	0.50 lb
9957	Green onion, chopped	1.00
9957	Chopped ginger	1.00 ts
9957	Tientsin Preserved Vegetable	1.00 tb
9957	rinsed and chopped	0.00
9957	Oil	2.00 tb
9957	Chicken stock	1.00 c
9957	SEASONING -----	0.00 -----
9957	Salt	0.25 ts
9957	Sugar	0.25 ts
9957	Thin soy sauce	1.00 ts
9957	Oyster sauce	1.00 ts
9957	White wine	1.00 ts
9957	Dash of pepper	0.00
9957	Cornstarch	2.00 ts
9957	DIP -----	0.00 -----
9957	Thin soy sauce	2.00 ts
9957	Hot spiced oil	1.00 ts
9957	White Vinegar	1.00 ts
9958	Ground pork	0.50 lb
9958	Head Chinese (napa) cabbage,	0.50 sm
9958	Cored and chopped	0.00
9958	Green onion, coarsely	1.00
9958	Chopped	0.00
9958	Thumb-size slices fresh	2.00
9958	ginger	0.00
9958	Water chestnuts, chopped	2.00
9958	Salt	1.00 ts
9958	Granulated sugar	0.50 ts
9958	Pinch white pepper	0.00
9958	Oriental sesame oil	1.00 ts
9958	Vegetable oil, divided	5.00 tb
9958	Water	1.00 c
9959	Round potsticker skins	12.00
9960	Ground pork	1.00 lb
9960	Green onions; chopped	2.00

Sheet1

9960	Soy sauce	1.00 tb
9960	Dry sherry	2.00 ts
9960	Sesame oil	1.00 ts
9960	Fresh ginger; grated	0.50 ts
9960	Clove garlic; crushed	0.00
9960	Egg	1.00 lg
9960	Cornstarch	1.00 tb
9960	Salt	0.25 ts
9960	Pepper	0.25 ts
9960	Wonton wrappers	1.00 pk
9961	Prawns, shelled and deveined	1.00 lb
9961	Butter	3.00 tb
9961	Cream cheese	3.00 tb
9961	Sour cream	1.00 tb
9961	Drops of tabasco	2.00
9961	Nutmeg	0.50 ts
9961	Crushed clove of garlic	1.00
9961	Lemon juice	1.00 tb
9961	Of salt and pepper	1.00 ds
9962	Large Raw Prawns	1.00 lb
9962	Dry White Wine, Divided	2.00 tb
9962	Grated Fresh Ginger Root	0.50 ts
9962	Vegetable Oil	0.25 c
9962	Coarsely Chopped Green Onion	2.00 tb
9962	With Tops	0.00
9962	Coarsely Chopped Fresh	1.00 ts
9962	Ginger Root	0.00
9962	Clove Garlic, Chopped	1.00
9962	Red Chili Peppers, Chopped *	2.00 sm
9962	Sugar	1.00 tb
9962	Tomato Catsup	3.00 tb
9962	Soy Sauce	2.00 tb
9962	Cornstarch	0.50 ts
9963	*Ingredients:*	0.00
9963	Provolone cheese, grated or	1.00 c
9963	shredded	0.00
9963	Butter, softened	2.00 tb
9963	Ham, minced	0.25 c
9963	Worcestershire sauce, dash	0.00
9964	Shortening	2.00 tb
9964	Sugar	0.75 c
9964	Eggs	2.00
9964	Libby's solid pac pumpkin	1.00 c
9964	Shredded bran cereal	1.00 c
9964	Flour	2.75 c
9964	Baking powder	2.00 ts
9964	Pumpkin pie spice	1.00 ts
9964	Salt	0.50 ts
9964	Oil	0.00

Sheet1

9965	PHILLY.INQUIRER -----	0.00 -----
9965	UNSALTED BUTTER	0.25 c
9965	BOTTLE DARK BEER	12.00 oz
9965	MEDIUM ONIONS SLICED,8 CUPS	4.00
9965	SHARP CHEDAR CRUMBLED	0.50 lb
9965	VEAL STOCK,OR LOW	4.00 c
9965	SODIUM BEEF BROTH	0.00
9965	SALT	0.50 ts
9965	FRESHLY GROUND PEPPER	0.00
9965	FRESHLY GRATED NUTMEG	0.12 ts
9966	Peanuts	1.00 c
9966	Butter	0.50 lb
9966	Popped Corn,	5.00 c
9966	Brown Sugar	2.00 c
9966	Light Corn Syrup,	0.50 c
9966	Baking Soda.	0.50 ts
9967	Onion	0.25 c
9967	Olive oil	2.00 tb
9967	Tomatoes	2.00 lb
9967	peeled, seeded and diced	0.00
9967	Garlic cloves; minced	2.00
9967	Herbes de Provence:	0.00
9967	(Equal parts	0.00
9967	marjoram, oregano, thyme)	0.00
9967	Eggs	3.00
9967	Anchovy filets, minced	8.00
9967	Olive oil	3.00 tb
9967	Tomato paste	3.00 tb
9967	Minced parsley	3.00 tb
9967	Paprika	1.00 ts
9967	Cayenne pepper	1.00 pn
9967	Prepared tart shell	0.00
9967	Nicoise olives, pitted	0.00
9967	Grated Parmesan cheese	0.00
9967	Olive oil	0.00
9968	Lean Ground Beef	4.00 lb
9968	Morton Tender Quick Salt	0.25 c
9968	Pepper	2.00 ts
9968	Liquid Smooke	2.00 ts
9968	Garlic Powder	1.00 ts
9969	Electric slow cooker	1.00
9969	2lb. velveeta cheese log	0.00
9969	(#2 ?) ROTEL chopped chilies	1.00 cn
9970	Skinless chicken breasts	0.75 lb
9970	Salt	2.00 ts
9970	SAUCE -----	0.00 -----
9970	Garlic clove, peeled	1.00
9970	Fresh ginger, peeled	1.00 sl
9970	Scallions with green tops	2.00

Sheet1

9970	trimmed	0.00
9970	Chili bean sauce	2.00 ts
9970	Dark soy sauce	2.00 ts
9970	Sugar	1.00 ts
9970	White rice vinegar	2.00 ts
9970	Sesame paste, or peanut	2.00 ts
9970	butter	0.00
9970	Salt	0.50 ts
9970	Freshly ground black pepper	0.50 ts
9970	Sesame oil	2.00 ts
9970	Iceberg lettuce, finely	0.50 lb
9970	shredded	0.00
9970	DRESSING -----	0.00 -----
9970	White rice vinegar	2.00 tb
9971	Water	1.00 c
9971	Quinoa	0.50 c
9971	Ripe tomatoes	3.00 md
9971	Parsley	1.00 c
9971	Scallions	1.00 c
9971	Freshly squeezed lemon juice	0.33 c
9971	Safflower oil	0.33 c
9971	Fresh mint	2.00 tb
9971	Salt; to taste	0.00
9972	Shredded process Gruyere or	1.50 c
9972	process Swiss cheese (6	0.00
9972	oz.)*	0.00
9972	Shredded Gouda Cheese (4	1.00 c
9972	oz.)	0.00
9972	Snipped fresh basil or	1.00 tb
9972	oregano (or 1 tsp. dried	0.00
9972	basil or	0.00
9972	Oregano, crushed)	0.00
9972	Dijon-style mustard	2.00 ts
9972	White wine	1.00 ts
9972	Worcestershire sauce	0.00
9972	Tabasco sauce to taste	0.00
9972	Pimiento slices (optional)	0.00
9972	Fresh thyme, rosemary,	0.00
9972	and/or savory sprigs (opt)	0.00
9972	Blanched cauliflower and/or	0.00
9972	broccoli flowerets, boiled	0.00
9972	Halved tiny new potatoes	0.00
9972	Pita bread wedges**	0.00
9973	Dry roasted peanuts	8.00 oz
9973	Dry roasted cashews	7.00 oz
9973	Roasted almonds	6.00 oz
9973	Bite size crispy wheat	2.00 c
9973	squares	0.00
9973	Butter; melted	0.25 c

Sheet1

9973	Soy sauce	1.50 tb
9973	Worcestershire sauce	1.50 tb
9973	Hot sauce	3.00 ds
9973	Raisins	1.00 c
9974	Head raw cabbage; shredded	1.00
9974	Box of Sesame seeds (all)	1.00
9974	Almonds; sliced	0.33 c
9974	Pkg. of Ramen noodles*	2.00
9974	Cooking oil	0.00
9974	Sugar	1.00 tb
9974	Water	0.00
9974	Vinegar; your favorite	0.00
9974	Green onions; sliced thin	6.00
9975	Head of Lettuce	0.00
9975	Onion	0.00
9975	Can Ranch Style Beans	1.00 lb
9975	Corn Chips	1.00 pk
9975	Avocados	2.00 x
9975	Tomatoes	2.00 x
9975	Cheddar Cheese	1.00 lb
9975	Bottle Catalina Dressing	0.00
9975	Ground Beef	1.00 lb
9975	Lemon Juice	2.00 tb
9976	All purpose flour	2.00 c
9976	Semolina flour	1.00 c
9976	Salt	0.50 ts
9976	Room temperature egg	4.00
9976	Olive oil	2.00 tb
9976	Warm water	2.00 tb
9976	Solid pack pumpkin	10.00 oz
9976	Freshly grated Parmesan	0.50 c
9976	cheese	0.00
9976	Single amaretto	6.00
9976	Egg	2.00
9976	Salt	0.50 ts
9976	Freshly ground white pepper	0.25 ts
9976	Fresh grated nutmeg	0.25 ts
9976	Olive oil	2.00 tb
9976	Clarified unsalted butter	0.75 c
9977	Very Fresh Mushrooms	2.00 lb
9977	Softened Cream Cheese	8.00 oz
9977	Can Deviled Ham	4.50 oz
9977	Chopped Stuffed Olives	2.00 tb
9977	Onion Salt	0.00
9977	Garlic Salt	0.00
9977	Dry Mustard	0.00
9977	Pepper	0.00
9977	Pimento	0.00
9978	Cream Cheese	6.00 oz



Sheet1

9978	Minced Onion	1.00 tb
9978	Fresh Mushrooms, Fine Chop	1.00 c
9978	Salt	0.50 ts
9978	MSG (Optional)	0.00
9978	Minced Parsley	0.00
9979	Or 1 1/2 lbs. of red bean	2.00 c
9979	paste	0.00
9979	24 'skins'	0.00
9979	Oil	0.00
9980	Onion, Quartered	0.50 sm
9980	Cloves Garlic, Peeled	3.00 lg
9980	Olive Oil	2.00 ts
9980	Red Bell Peppers	2.00
9980	Tillamook Cheddar Cheese, Or	1.50 c
9980	Other Sharp Cheddar,	0.00
9980	Grated And Packed To Measure	0.00
9980	Cayenne Pepper	0.00 ds
9980	Chives, Fresh, Chopped	2.00 tb
9981	Cheddar cheese, finely	0.50 lb
9981	grated	0.00
9981	Package cream cheese,	3.00 oz
9981	softened	0.00
9981	Sherry	3.00 tb
9981	Coarsely chopped, pitted	0.25 c
9981	ripe olives	0.00
9981	Worcestershire sauce	0.50 ts
9981	Onion salt	1.00 ds
9981	Garlic salt	1.00 ds
9981	Celery salt	1.00 ds
9981	Coarsely snipped dried beef	0.50 c
9982	Eggs	6.00
9982	Brown sugar	0.25 c
9982	Dark soy sauce	0.50 c
9982	Chicken broth	0.50 c
9982	Sesame oil	1.00 ts
9982	Hoisin sauce oyster sauce	0.00
9983	Eggs	8.00
9983	Dark soy sauce	0.50 c
9983	Light soy sauce	0.50 c
9983	Dry sherry	0.50 c
9983	Sugar	3.00 tb
9983	Whole cloves	2.00 ts
9983	Thin slices fresh gingerroot	3.00
9983	Grated orange zest	2.00 ts
9983	Pieces (2 inches each)	2.00
9983	cinnamon stick	0.00
9984	Eggs, hard cooked	6.00
9984	Mayonnaise	2.00 tb
9984	Grated onion	1.00 ts

Sheet1

9984	Mustard	1.00 ts
9984	Worcestershire sauce	0.50 ts
9984	Deviled ham	1.50 oz
9985	DRESSING -----	0.00 -----
9985	Wasabi powder*	2.00 ts
9985	Soy sauce	1.00 tb
9985	Rice wine vinegar	0.25 c
9985	Sesame oil	1.00 tb
9985	Sugar	1.00 ts
9985	Ground white pepper	1.00 ts
9985	Grated lemon zest	0.50 ts
9985	SALAD -----	0.00 -----
9985	Green onions	3.00
9985	Sweet red bell pepper	1.00
9985	Cucumber; peeled	1.00 sm
9985	Cooked white or brown rice	2.00 c
9986	Fresh Mushrooms	24.00 lg
9986	Chili Sauce	1.00 tb
9986	Minced Onion	3.00 tb
9986	Lemon Juice	1.00 tb
9986	Butter or Margarine	1.00 tb
9986	Salt	1.00 ts
9986	Cooked Extra Long Grain Rice	1.00 c
9986	Ground Black Pepper	0.25 ts
9986	Finely Chopped Nut Meats	0.50 c
9986	Melted Butter	0.25 c
9987	Processed Cheese	1.00 lb
9987	Chili w/o Beans; small	1.00 cn
9987	RO*TEL Tomato w/Green Chili	10.00 oz
9987	Pork Sausage	1.00 lb
9988	Turkey	12.00 lb
9988	Salt and pepper to taste	0.00
9988	Flour	6.00 T
9988	Salt and pepper	0.00
9988	Chicken broth	0.00
9989	Heads garlic, separated & pe	3.00
9989	Oil (flavored if possible)	0.25 c
9989	Worcestershire sauce	2.00 ts
9989	Dijon mustard	1.50 ts
9989	Toasted, chopped almonds	1.00 c
9989	Sour cream	1.00 c
9989	Mayo	1.00 c
9989	Fresh, chopped parsley	0.25 c
9989	Ried rosemary, ground to pow	2.00 ts
9989	Eamond seasoning	1.00 tb
9989	Alt/pepper to taste	0.00
9990	Red onions	4.00 md
9990	Olive oil	1.00 tb
9990	Balsamic vinegar	1.00 tb

Sheet1

9990	Watercress	1.00 bn
9990	Belgian endives	4.00
9990	Spinach, loosley packed	4.00 c
9990	Navel oranges	4.00
9990	LEMON VINAIGRETTE -----	0.00 -----
9990	Lemon juice	0.25 c
9990	White wine vinegar	1.00 tb
9990	Dijon mustard	1.00 tb
9990	Olive oil	0.50 c
9990	Reserved orange juice	3.00 tb
9990	Salt to taste	0.00
9990	Pepper, fresh ground	0.00
9991	Stephen Ceideburg	0.00
9991	Small red new	1.50 lb
9991	potatoes, quartered (about	0.00
9991	4 cups)	0.00
9991	Olive oil	1.00 tb
9991	Garlic clove, pressed or	1.00
9991	minced	0.00
9991	Flake-style surimi	8.00 oz
9991	Hard-cooked eggs, chopped	2.00
9991	Finely chopped celery	0.33 c
9991	Sliced green onion	2.00 tb
9991	Diced red bell pepper or	1.00 tb
9991	pimiento	0.00
9991	Minced parsley	1.00 tb
9991	Mayonnaise	0.25 c
9991	Plain nonfat yogurt	0.25 c
9991	Prepared mustard	1.00 tb
9991	Chopped fresh dill, or 1	2.00 tb
9991	-teaspoon dried dill weed	0.00
9991	Cider vinegar	1.00 tb
9991	Onion powder	0.25 ts
9991	Pepper	0.12 ts
9992	Whole-grain bread slices	4.00
9992	Mozzarella cheese,shredded	0.33 c
9992	Olive oil	1.00 ts
9992	Balsamic vinegar	0.50 ts
9992	Dried basil,crumbled	0.25 ts
9992	Dried oregano,crumbled	0.25 ts
9992	Roasted red peppers,sliced	3.50 oz
9992	Parmesan cheese,grated	1.00 tb
9993	Cabbage; Raw, Shredded	2.00 c
9993	Apple; Med., Diced, Unpeeled	1.00 ea
9993	Lemon Juice	1.00 tb
9993	Raisins	0.50 c
9993	Pineapple Juice	0.25 c
9993	Lemon Juice	1.50 ts
9993	Salt	0.25 ts

Sheet1

9993	Sugar	1.00 tb
9993	Sour Cream	0.50 c
9994	Cabbage; Raw, Shredded	2.00 c
9994	Apple; Med., Diced, Unpeeled	1.00
9994	Lemon Juice	1.00 tb
9994	Raisins	0.50 c
9994	Pineapple Juice	0.25 c
9994	Lemon Juice	1.50 ts
9994	Salt	0.25 ts
9994	Sugar	1.00 tb
9994	Sour Cream	0.50 c
9995	Crabmeat	6.50 oz
9995	Beaten Egg	1.00
9995	Tomato Juice	0.50 c
9995	Bread Crumbs	1.00 c
9995	Salt	0.50 ts
9995	Chili Powder	1.00 ts
9995	Prepared Mustarrd	2.00 ts
9995	Chopped Parsley	1.00 ts
9996	Roquefort cheese	1.25 oz
9996	Cream cheese	3.00 oz
9996	Sour cream	0.25 c
9996	Cayenne	1.00 ds
9996	Salt	0.25 ts
9996	Tabasco	3.00 ds
9996	Finely chopped cooked	3.50 oz
9996	chicken	0.00
9997	Jim Vorheis	0.00
9997	Roquefort cheese	0.50 lb
9997	Butter	4.00 tb
9997	Cream cheese	4.00 oz
9997	Egg, separated	1.00
9997	Unflavored gelatin	1.00 tb
9997	Dijon mustard	0.50 ts
9997	Whipping cream	0.50 c
9998	Jim Vorheis	0.00
9998	Cold water	0.25 c
9998	Unflavored gelatin	1.00 tb
9998	Camembert cheese	2.50 oz
9998	Roquefort cheese	3.75 oz
9998	Worcestershire sauce	1.00 ts
9998	Egg separated	1.00
9998	Whipping cream, whipped	0.50 c
9998	Parsley for garnish	0.00
9999	Butter/margerine	1.00 tb
9999	Finely chopped onion	0.25 c
9999	Chopped green pepper	0.25 c
9999	Condensed tomato soup	1.00 cn
9999	Milk	0.75 c

Sheet1

9999	(3/4 lb) cheddar	3.00 c
9999	cheese--shredded	0.00
9999	Worcestershire sauce	0.50 ts
9999	Egg--slightly beaten	1.00
9999	Dry sherry	0.25 c
10000	Chicken Livers	1.00 lb
10000	Water Chestnuts, Drained	8.00 oz
10000	Bacon Strips	12.00
10000	Soy Sauce	0.25 c
10000	Ginger, Powdered	0.50 ts
10000	Chinese 5-Spice Powder, OR	0.50 ts
10000	Curry Powder	0.50 ts
10001	INGREDIENTS -----	0.00 -----
10001	Soy sauce	3.00 tb
10001	Dry sherry; optional	1.00 tb
10001	Sugar	1.00 ts
10001	Ginger; ground	0.12 ts
10001	Chicken livers (about 1/4lb)	4.00
10001	cut into 1" pieces	0.00
10001	Water chestnuts; cut in half	8.00
10001	Scallions; green part only	2.00
10001	cut int 2" lengths	0.00
10001	Bacon; cut in half	8.00 sl
10002	Sliced Side Bacon	8.00
10002	Water Chestnuts	8.00
10002	Chunks Of Pineapple	8.00
10002	Bay Scallops	8.00
10002	Toothpicks	24.00
10002	Vegetable Oil	2.00 tb
10002	Bottled Teriyaki Sauce	4.00 tb
10002	Liquid Honey	2.00 tb
10003	La Seur Peas	1.00 cn
10003	French Green Beans	1.00 cn
10003	Whole Kernel White Corn	1.00 cn
10003	Pimento, 4 oz size	1.00 cn
10003	drain all canned vegetables	0.00
10003	Chopped onion	1.00 c
10003	Chopped celery	1.00 c
10003	Chopped green pepper	1.00 c
10003	Vegetable oil	0.50 c
10003	Cider vinegar	0.75 c
10003	Sugar	1.00 c
10003	Salt	1.00 ts
10003	Pepper	1.00 ts
10003	Water	2.00 tb
10004	Boneless, skinless	4.00
10004	Chicken breast halves	0.00
10004	(15-oz.) S&W Pinqutos or	1.00 cn
10004	Black beans, undrained	0.00

Sheet1

10004	(14-1/2 oz.) S&W Ready Cut	1.00 cn
10004	Tomatoes, drained well	0.00
10004	Shredded salad greens	4.00 c
10004	Diced bell pepper	0.50 c
10004	Each chopped green onion,	0.25 c
10004	Red onion, cilantro	0.00
10004	S&W Mesquite Cooking Sauce	0.00
10004	& Marinade	0.00
10004	S&W Vintage Lites Red Wine	0.00
10004	Vinegar Dressing	0.00
10004	Garnish (optional):	0.00
10004	Guacamole & sour cream	0.00
10005	Corn oil	0.25 c
10005	Popping corn	0.75 c
10005	Salt	0.00
10005	Finely chopped saffron	0.25 ts
10005	threads	0.00
10005	Melted butter	3.00 tb
10006	PHILLY.INQUIRER -----	0.00 -----
10006	SAFFRON THREADS	0.50 ts
10006	CHICKEN BROTH	6.00 c
10006	MEDIUM ONIONS CUBED,3 CUPS	3.00
10006	HEAVY CREAM	1.00 c
10006	MEDIUM POTATOES CUBED,4 CUPS	3.00
10007	WHISK TOGETHER -----	0.00 -----
10008	Salad dressing mix	0.00
10008	Granulated sugar	0.50 c
10008	Teaspoon salt (opt)	1.00
10008	Teaspoon dry mustard	1.00
10008	Tablespoon poppy seeds	1.00
10008	Tabsp dried minced onion	1.00
10008	Salad dressing	0.00
10008	(12 oz) small-curd	1.50 c
10008	Cottage cheese	0.00
10008	Recipe salad dressing mix	1.00
10008	(see above)	0.00
10008	Vegetable oil	1.00 c
10008	Vinegar	0.50 c
10009	Bunch roquette or arrugula	1.00
10009	Head red leaf lettuce	1.00
10009	Red wine vinegar	2.00 tb
10009	Dijon mustard	2.00 tb
10009	Salt and pepper	0.00
10009	Tarragon	0.50 ts
10009	Olive oil	0.33 c
10009	Pignolias, toasted	2.00 tb
10010	Stephen Ceideburg	0.00
10010	Dried chillies, seeds	2.00
10010	removed and soaked in water	0.00

Sheet1

10010	Salt	0.25 ts
10010	Thinly sliced shallot	0.25 c
10010	Curry powder	1.00 ts
10010	Hard-boiled eggs	2.00
10010	Ground roasted peanuts	0.50 c
10010	Coconut milk	2.00 c
10010	Fish sauce	3.00 tb
10010	Sugar	0.33 c
10010	Tamarind juice	0.25 c
10011	Salmon (drained)	2.00 c
10011	Cream cheese (8 oz.)	1.00 pk
10011	Chopped onion	1.00 tb
10011	Salt	0.50 ts
10011	Lemon juice	1.00 tb
10011	Horseradish mustard	1.00 ts
10012	Salmon, drained and flaked	14.00 oz
10012	Liquid BBQ Sauce	0.50 ts
10012	Cream Cheese	8.00 oz
10012	Onion, grated	1.00 tb
10012	Lemon Juice	1.00 tb
10012	Horseradish	2.00 ts
10012	Salt	0.25 ts
10012	Walnuts or Pecans, chopped	1.00 c
10012	Fresh Parsley, chopped	0.25 c
10013	Smoked salmon	4.00 c
10013	Package cream cheese	8.00 oz
10013	Sour cream	1.00 c
10013	Salt	1.00 ts
10013	Pepper	1.00 ts
10013	Tarragon	1.00 pn
10013	Chopped onion	0.25 c
10013	Lemon juice	1.00 tb
10014	Red Sockeye Salmon	1.00 cn
10014	Onion (Chopped)	1.50 tb
10014	Cream Cheese	6.00 oz
10014	Juice From A Lime	0.50
10015	Hard-boiled eggs, mashed	3.00
10015	Smoked salmon, flaked	1.00 c
10015	Vinegar	1.00 ts
10015	Mayonnaise	2.00 tb
10015	Pimiento, chopped	3.00 tb
10016	Cream Cheese	8.00 oz
10016	Horseradish	1.00 ts
10016	Lemon Juice	1.00 tb
10016	Cooked Salmon	1.00 c
10016	Mincd Onion	2.00 ts
10016	Chopped Fresh Parsley	2.00 tb
10016	Liquid Smoke *	0.25 ts
10017	White bread	1.00 sl

## Sheet1

10017	Unsalted butter	1.00 tb
10017	Diced onion	0.50 c
10017	Dry white wine	0.50 c
10017	Eggs	4.00
10017	Egg whites	3.00
10017	Whitefish	0.50 lb
10017	Salmon	2.25 lb
10017	Salt	1.00 ts
10017	Ground white pepper	1.00 ts
10017	Ground coriander	1.00 ts
10017	Ground nutmeg	0.25 ts
10017	Whipping cream	0.50 c
10018	Leeks	6.00
10018	Butter	0.50 lb
10018	Light cream	1.00 c
10018	Salt and pepper	0.00
10018	Shallots	2.00
10018	White wine	0.50 c
10018	Vegetable bouillon	1.00 c
10018	To 6 ea sprigs of saffron	5.00
10018	Side of salmon (cut in 6 oz	0.50
10018	servings)	0.00
10019	Onion Large Finely Chopped	1.00
10019	Cucumber Finely Chopped	1.00
10019	Tomatoes Finely Chopped	3.00
10019	Radishes Finely Chopped	3.00
10019	Bunch Green Onions(tops,to)	1.00
10019	Bunch Cilantro (no stems)	0.50
10019	Vinegar	0.25 c
10019	Oil	0.25 c
10019	Juice from squeezed Lemon	1.00
10019	Salt	1.00 ds
10019	Pepper	1.00 ds
10020	Whole Tomatoes (16oz) 2 lbs.	2.00 cn
10020	Green Chiles (small) chopped	1.00 cn
10020	Green Onions	1.00 pk
10020	Green Chile, Fresh	1.00
10020	Jalapeno pepper,Fresh*	1.00
10020	Tomato,Fresh	1.00
10020	Vinegar	1.00 tb
10020	Sugar	1.00 ts
10020	Salt & Pepper, to taste	0.00
10020	Garlic powder	1.00 ts
10020	Oregano	1.00 ts
10020	Cayenne pepper	1.00 ts
10020	Cumin	1.00 ts
10020	Tortilla Chips, crispy	0.00
10021	Firm fresh fish	500.00 g
10021	Onions; finely chopped	2.00



Sheet1

10021	Green chillies	2.00
10021	finely chopped	0.00
10021	Salt	5.00 ml
10021	Lemon juice	30.00 ml
10021	Chopped coriander leaves	60.00 ml
10021	(dhunia)	0.00
10022	Steak or mutton mince	500.00 g
10022	Salt	5.00 ml
10022	Ground jeera (cumin)	5.00 ml
10022	Crushed dried chillies	5.00 ml
10022	=OR=- Chili powder	0.00
10022	Garlic; crushed	5.00 ml
10022	Fresh root ginger; grated	5.00 ml
10022	Borrie (tumeric)	2.50 ml
10022	Dhunia (coriander) leaves	0.50 bn
10022	chopped	0.00
10022	Onions; chopped	2.00
10022	Freshly chopped mint (opt.)	30.00 ml
10023	Cooking oil	30.00 ml
10023	Curry leaves	5.00
10023	Onion; finely chopped	1.00 lg
10023	Green chili; finely chopped	1.00
10023	Crushed garlic	5.00 ml
10023	Ground jeera (cumin)	5.00 ml
10023	Borrie (tumeric)	2.50 ml
10023	Salt to taste	0.00
10023	Frozen mixed vegetables	500.00 ml
10023	Chopped dhunia leaves	30.00 ml
10023	(coriander)	0.00
10023	Chopped chives	10.00 ml
10024	Potatoes; peeled and diced	500.00 g
10024	Cooking oil	15.00 ml
10024	Butter	15.00 ml
10024	Mustard seeds	2.50 ml
10024	Onion, chopped	1.00 md
10024	Borrie (tumeric)	2.50 ml
10024	Chili powder	2.50 ml
10024	Salt	2.50 ml
10025	PUR (PASTRY -----	0.00 -----
10025	Cake flour	750.00 ml
10025	Borrie (turmeric)	1.00 pn
10025	Salt	2.50 ml
10025	Cold water	250.00 ml
10025	White vinegar	5.00 ml
10025	Cooking oil for spreading	75.00 ml
10026	Chicken breasts	500.00 g
10026	Crushed garlic	10.00 ml
10026	Grated fresh root ginger	5.00 ml
10026	Green chili; finely chopped	1.00

Sheet1

10026	Borrie (tumeric)	2.50 ml
10026	Garam masala	10.00 ml
10026	Chopped dhunia leaves	30.00 ml
10026	(coriander)	0.00
10026	Onion; grated	1.00 sm
10026	Salt; to taste	0.00
10027	Flour	2.00 c
10027	Salt	1.00 ts
10027	Clarified butter melted	4.00 tb
10027	(ghee)	0.00
10027	Yogurt	0.33 c
10027	Water	0.00
10027	Filling	0.00
10027	Oil for frying	0.00
10028	DOUGH -----	0.00 -----
10028	All-Purpose Flour	1.00 c
10028	Salt	0.50 ts
10028	Melted Butter	2.00 tb
10028	To 3 tb Plain Yogurt	1.00 tb
10028	To 3 tb Cold Water	1.00 tb
10028	FILLING -----	0.00 -----
10028	Potato, peeled and diced	1.00 md
10028	Carrot, peeled and diced	1.00
10028	Butter	2.00 tb
10028	Chopped onion	0.50 c
10028	Cloves garlic, minced	2.00
10028	Fresh grated ginger	1.00 ts
10028	Salt	1.00 ts
10028	Coriander, ground	0.50 ts
10028	Cumin	0.25 ts
10028	Tumeric	0.25 ts
10028	Cayenne pepper to taste	0.00
10028	Frozen green peas, thawed	0.75 c
10028	Water	2.00 tb
10028	Lemon juice	1.00 tb
10029	Very lean ground beef	0.50 lb
10029	Medium onion, chopped	0.50
10029	1 in fresh ginger root	0.50
10029	Cloves garlic	6.00
10029	Cumin seed	0.50 ts
10029	Salt (optional)	0.50 ts
10029	Chili powder	1.00 ts
10029	1 in cinnamon stick	0.50
10029	Cardamom seed (optional)	1.00
10029	Water	1.00 c
10029	Cilantro leaves, chopped	0.33 c
10029	All-purpose flour	2.00 c
10029	Vegetable shortening	2.00 tb
10029	Water approximately	10.00 tb

Sheet1

10029	Liquid egg substitute	2.00 ts
10030	All purpose flour	1.00 c
10030	Lukewarm water	0.50 c
10030	Vegetable oil	5.00 ts
10030	Salt	1.00 pn
10030	FILLING -----	0.00 -----
10030	To 5 medium size potatoes	4.00
10030	Or 6 to 7 stems coriander	0.50 bn
10030	(cilantro) leaves	0.00
10030	Cumin seed	1.00 ts
10030	Red chili powder (optional)	0.50 ts
10030	Black pepper	1.00 ts
10030	Frozen peas	1.00 c
10030	Salt to taste	0.00
10030	Vegetable oil	2.00 ts
10031	(8 oz) cream cheese, soft	1.00 pk
10031	(8 oz) Borden or Meadow Gold	1.00 pk
10031	Sour cream	0.00
10031	Bennett's Chili Sauce	0.50 c
10031	(1.5 oz) Mrs. Grass Onion	1.00 pk
10031	Recipe, Soup & Dip Mix	0.00
10032	Sirloin Or Flank Steak,	8.00 oz
10032	Cut In Long Narrow Strips,	0.00
10032	1 Inch X 3 Inches Long	0.00
10032	Coconut Milk	0.33 c
10032	Fresh Cilantro Leaves	2.00 tb
10032	Sugar	3.00 tb
10032	Yellow Curry Powder	1.00 tb
10032	Fish Sauce (Nam Pla)	0.33 c
10032	Oil	1.00 tb
10033	RUB -----	0.00 -----
10033	Cloves of garlic, minced	6.00
10033	Ground coriander	4.00 ts
10033	Brown sugar,packed	4.00 ts
10033	Black pepper	1.00 tb
10033	Salt	2.00 ts
10033	MARINADE -----	0.00 -----
10033	Soy sauce	0.50 c
10033	Finely chopped ginger root	4.00 ts
10033	Lime juice	2.00 tb
10033	Peanut oil	6.00 tb
10034	Medium Raw Shrimp	0.50 lb
10034	Teriyaki Baste & Glaze	0.25 c
10034	Dry Sherry	2.00 tb
10034	Lime Juice	1.00 tb
10034	Sliced Green Onions & Tops	1.00 tb
10034	Tabasco Pepper Sauce	0.50 ts
10035	Sauerkraut; (1 Lb Can)	1.00 lb
10035	Blue Grapes	0.50 lb

Sheet1

10035	Ham; Cooked	6.00 oz
10035	DRESSING -----	0.00 -----
10035	Yogurt	0.50 c
10035	Salt	0.25 ts
10035	Pepper; White	0.25 ts
10035	Honey	1.00 ts
10036	Sauerkraut; (1 Lb Can)	1.00 lb
10036	Blue Grapes	0.50 lb
10036	Ham; Cooked	6.00 oz
10036	DRESSING -----	0.00 -----
10036	Yogurt	0.50 c
10036	Salt	0.25 ts
10036	Pepper; White	0.25 ts
10036	Honey	1.00 ts
10037	Bulk Sausage (Hot Or Mild)	1.00 lb
10037	Sharp Cheddar Cheese Grated	2.00 c
10037	Bisquick	3.00 c
10037	Water	0.33 c
10038	Sausage meat	1.00 lb
10038	Bisquick powder	2.00 c
10038	Cheddar cheese	2.00 c
10039	Chicken livers	1.00 lb
10039	Pancake flour (more or less)	0.50 c
10039	Salt	0.50 ts
10039	Garlic powder	2.00 ts
10039	Pepper or dried basil	0.50 ts
10039	Onion; coarsely chopped	1.00 lg
10039	Mushrooms; chopped	1.00 c
10039	Margarine OR	0.50 c
10039	Olive oil (give or take)	3.00 tb
10040	Chicken livers	1.00 lb
10040	Pancake flour (more or less)	0.50 c
10040	Salt	0.50 ts
10040	Garlic powder	2.00 ts
10040	Pepper or dried basil	0.50 ts
10040	Onion; coarsely chopped	1.00 lg
10040	Mushrooms; chopped	1.00 c
10040	Margarine OR	0.50 c
10040	Olive oil (give or take)	3.00 tb
10041	PHILLY.INQUIRER -----	0.00 -----
10041	WHOLE CHICKEN BREASTS	4.00
10041	WHOLE CHOPPED GREEN ONIONS	2.00
10041	VEGETABLE OIL	1.00 tb
10041	RED RASBERRY VINEGAR	2.00 tb
10041	UNSALTED BUTTER	3.00 tb
10041	EAVY CREAM	0.50 c
10042	Scallions	9.00
10042	Boneless chicken thighs	5.00 oz
10042	Tamari or other soy sauce +	2.00 ts

Sheet1

10042	more for serving	0.00
10042	Oriental sesame oil	0.00
10042	(optional)	0.00
10042	Salt and pepper	0.00
10042	Wonton skins	0.50 lb
10042	Peanut oil	6.00 tb
10042	Minced fresh ginger	0.50 ts
10042	Sesame seeds	1.00 tb
10042	Salt and pepper	0.00
10043	Butter or margarine	4.00 T
10043	(2 cans) whole string beans,	34.00 oz
10043	drained	0.00
10043	Dried savory leaves, crushed	0.25 t
10043	Dried oregano leaves, crushd	0.12 t
10043	Salt	0.50 t
10043	Pepper	0.12 t
10044	Butter	1.50 tb
10044	Flour	3.00 tb
10044	Salt	0.50 ts
10044	Pepper	0.25 ts
10044	Milk	0.75 c
10044	Salmon liquid	0.25 c
10044	Chopped gherkins	0.25 c
10044	Flaked salmon	1.00 c
10044	Mayonnaise	2.00 tb
10044	Lemon juice	1.00 tb
10044	Loaf sliced bread, crusts	1.00
10044	removed	0.00
10044	Melted butter	0.00
10045	Personal favorite	0.00
10045	FIRST LAYER -----	0.00 -----
10045	Lemon jello - 3 oz	1.00 pk
10045	Orange jello - 3 oz	1.00 pk
10045	Cold water	1.25 c
10045	Hot water	2.00 c
10045	Crushed pineapple	1.00 cn
10045	# 2 can	0.00
10045	Banana	3.00
10045	sliced	0.00
10045	SECOND LAYER -----	0.00 -----
10045	Egg	2.00
10045	well beaten	0.00
10045	Flour	5.00 tb
10045	Sugar	1.00 c
10045	Pineapple juice	2.00 c
10045	THIRD LAYER -----	0.00 -----
10045	Dream whip	2.00 pk
10045	2 envelopes that is	0.00
10045	Cream cheese	8.00 oz

Sheet1

10045	Milk	1.00 c
10046	Fresh Limes	4.00
10046	Fresh Lemon	1.00
10046	Bay Scallops	1.00 lb
10046	Red Bell Pepper, Fine Diced	0.50 md
10046	Red Onion, Finely Diced	1.00 md
10046	Fresh Chile, Seeded, Minced	1.00
10046	Clove Garlic, Minced	1.00
10046	Chopped Fresh Coriander	0.25 c
10046	Olive Oil	2.00 tb
10046	Salt	0.00
10047	SCALLOPS -----	0.00 -----
10047	To 2 lb scallops	1.00 lb
10047	Olive oil	2.00 tb
10047	Garlic clove	1.00
10047	DRESSING -----	0.00 -----
10047	Juice of 1 lemon	0.00
10047	Oil	0.50 c
10047	Clove garlic, crushed	1.00
10047	Ginger, fresh, grated	1.00 ts
10047	Sesame oil	1.00 tb
10048	Butter,at room temperature	0.50 c
10048	Fresh bay scallops	1.00 lb
10048	Soft bread crumbs	0.50 c
10048	Thinly sliced mushrooms	1.00 c
10048	Finely chopped fresh parsley	0.50 c
10048	Finely chopped shallots	3.00 tb
10048	Salt and pepper	0.00
10048	Finely chopped garlic	1.00 tb
10049	Envelopes unflavored gelatin	2.00
10049	Cold water	0.50 c
10049	Cans consomme'	10.00 oz
10049	Lemon juice	1.00 tb
10049	Finely chopped green onion	2.00 tb
10049	Finely chopped curly	2.00 tb
10049	Parsley	0.00
10049	Tabasco	0.50 ts
10049	Dz boiled shrimp or	3.00
10049	crawfish,	0.00
10049	Or 1/2 lb fresh crabmeat	0.00
10049	To 3 dz crackers	2.00
10049	Mayonnaise	0.00
10049	Curly parlsey sprigs	0.00
10050	Flour	1.00 c
10050	Pinch salt	1.00
10050	Egg, lightly beaten	1.00
10050	Oil	4.00 ts
10050	Milk plus 1 Tbsp	1.50 c
10050	Monkfish	0.50 lb

Sheet1

10050	Scallops	6.00
10050	Milk	0.75 c
10050	Garlic cloves, chopped	2.00
10050	Shrimp, shelled	0.50 lb
10050	Butter	2.00 tb
10050	Flour	3.00 tb
10050	Light cream	0.25 c
10050	Gruyere Cheese	1.00 c
10050	Parsley, fresh, chopped	2.00 tb
10050	Salt and pepper	1.00
10050	Oil for frying	1.50 tb
10051	Whitefish, skinned, boned	0.50 lb
10051	Salmon, skinned and boned	0.25 lb
10051	Shrimps, peeled	0.25 lb
10051	Finely minced onion	2.00 tb
10051	Parsley; stems removed	1.00 bn
10051	Salt	0.50 ts
10051	Cayenne pepper	0.25 ts
10051	Egg whites	0.50 c
10051	Feet sausage casings	4.00
10052	Medium to large fresh	1.00 lb
10052	mushrooms	0.00
10052	Egg	1.00
10052	Salt	0.75 ts
10052	Ground black pepper	0.12 ts
10052	Sesame seed or	0.50 c
10052	Each sesame seed and dry	0.25 c
10052	bread crumbs	0.00
10053	All-Purpose Flour	1.00 c
10053	Salt	0.50 ts
10053	Cayenne Pepper	0.12 ts
10053	Cold Butter Or Margarine	6.00 tb
10053	Finely Grated Cheddar Cheese	4.00 oz
10053	Toasted Sesame Seeds	0.25 c
10053	Soy Sauce	0.50 ts
10053	To 7-1/2 ts Ice Cold Water	4.50
10054	HONEY -----	0.00 -----
10054	Mustard, whole grain	2.00 tb
10054	Honey	6.00 tb
10054	CHICKEN FINGERS -----	0.00 -----
10054	Sesame seeds	0.50 c
10054	Parmesan cheese	0.25 c
10054	Chicken Breast,skined,boned	1.00 lb
10054	Sliced into 2x1/2" strips	0.00
10054	Olive oil	2.00 tb
10054	Red leaf lettuce	0.00
10054	Strips orange rind	0.00
10055	minutes preparation time	20.00
10055	hour marinating time	1.00

Sheet1

10055	minutes cooking time	35.00
10055	INGREDIENTS -----	0.00 -----
10055	Chicken breasts, skinless	3.00 lb
10055	boneless	0.00
10055	Buttermilk	1.50 c
10055	Lemon juice	2.00 tb
10055	Worcestershire sauce	2.00 ts
10055	Soy sauce	1.00 ts
10055	Paprika	1.00 ts
10055	Pepper; freshly ground	1.00 ts
10055	Garlic clove; minced	1.00
10055	Seasoned bread crumbs	4.00 c
10055	Sesame seeds	0.50 c
10055	Butter; melted	4.00 tb
10055	Plum preserves	12.00 oz
10055	Dry mustard	1.50 tb
10055	Prepared white horseradish	1.50 tb
10056	Stephen Ceideburg	0.00
10056	Sesame seeds	1.00 tb
10056	Whole chicken breasts	3.00
10056	Water	6.00 c
10056	Soy sauce	2.00 tb
10056	Salt	0.50 ts
10056	Fivespice powder	0.50 ts
10056	Stalks celery	3.00
10056	Sesame oil	1.00 tb
10056	Vegetable oil	1.00 tb
10056	Ground ginger	0.25 ts
10056	Pepper	0.12 ts
10057	minutes preparation time	30.00
10057	minutes cooking time	10.00
10057	INGREDIENTS -----	0.00 -----
10057	Mayonnaise	1.50 c
10057	Dry mustard	1.00 ts
10057	Onion; minced	1.00 tb
10057	Chicken breasts; skinless	1.00 lb
10057	boneless, poached and cut	0.00
10057	crosswise into 1/2inch strp	0.00
10057	Seasoned bread crumbs	0.50 c
10057	Sesame seeds	0.25 c
10057	Honey	2.00 tb
10057	Dijon mustard	1.00 tb
10058	Sugar	0.25 lb
10058	Red vinegar	0.50 c
10058	Onion; chopped	0.75 oz
10058	Salt	0.12 ts
10058	Paprika; to taste	0.00
10058	Dry mustard	1.00 tb
10058	Worcestershire sauce	1.50 ts



Sheet1

10058	Tabasco; to taste	0.00
10058	Salad oil	0.25 c
10058	Toasted sesame seeds	0.25 oz
10058	Peanut butter; to taste	0.00
10058	Roasted garlic; to taste	0.00
10059	Boneless Pork Loin	1.50 lb
10059	Cornstarch	0.50 c
10059	Teriyaki Sauce	0.25 c
10059	Lightly Toasted Sesame Seeds	3.00 tb
10059	Vegetable Oil	3.00 c
10059	SWEET & SOUR SAUCE -----	0.00 -----
10059	Sugar	0.25 c
10059	Vinegar	0.25 c
10059	Catsup	0.25 c
10059	Water	0.25 c
10059	Teriyaki Sauce	1.00 tb
10059	Cornstarch	1.50 ts
10060	Boneless Pork Loin	1.50 lb
10060	Cornstarch	0.50 c
10060	Teriyaki Sauce	0.25 c
10060	Lightly Toasted Sesame Seeds	3.00 tb
10060	Vegetable Oil	3.00 c
10060	SWEET & SOUR SAUCE -----	0.00 -----
10060	Sugar	0.25 c
10060	Vinegar	0.25 c
10060	Catsup	0.25 c
10060	Water	0.25 c
10060	Teriyaki Sauce	1.00 tb
10060	Cornstarch	1.50 ts
10061	Chicken, shredded	2.75 lb
10061	Sesame Garlic Dressing:	0.00
10061	Sugar	1.00 ts
10061	MSG (opt)	0.50 ts
10061	Light soy sauce	2.00 tb
10061	Sesame paste or tahini	2.50 tb
10061	Sesame oil	1.00 tb
10061	Cider vinegar	1.00 tb
10061	Chopped green onion	1.00 tb
10061	Grated fresh ginger	0.50 ts
10061	Cloves garlic, crushed	2.00
10061	Chinese hot pepper oil to	0.25 tb
10061	taste	0.00
10062	Olive oil	3.00 tb
10062	Chopped leeks	1.00 c
10062	(white and green parts)	0.00
10062	Salt & freshly ground pepper	0.00
10062	Goat cheese	4.00 oz
10062	Garlic clove; minced	1.00
10062	Assorted minced fresh herbs	1.50 tb

Sheet1

10062	(parsley, chives, thyme,	0.00
10062	oregano, basil, etc.)	0.00
10062	Dough for:	0.00
10062	:9-in pizzas	2.00
10062	Ripe plum tomatoes	2.00
10062	Thinly sliced and seeded	0.00
10062	Fresh med-sized shrimp	0.25 lb
10062	peeled and deveined	0.00
10063	Lime juice, fresh	0.75 c
10063	Green onion, minced	3.00 tb
10063	Salt & freshly ground pepper	0.00
10063	Shrimp, small or medium *	2.00 lb
10063	Creme fraiche	0.67 c
10063	Capers	3.00 tb
10063	Lettuce leaves	0.00
10063	Lime slices, thin	0.00
10063	Green onion tops, minced	1.00 tb
10063	CREME FRAICHE -----	0.00 -----
10063	Whipping cream	1.00 c
10063	Buttermilk	4.50 ts
10064	Jar tiny Danish shrimp	1.00
10064	(4-oz), drained	0.00
10064	Soft or semi soft cheese	4.00 oz
10064	like Philadelphia Cream	0.00
10064	Cheese, Creme Danica, or	0.00
10064	Camembert (1/3 cup)	0.00
10064	Black pepper, freshly	0.00
10064	ground, few grains	0.00
10064	Sherry, Medeira, or cognac	1.00 ts
10065	Butter or margarine	0.75 c
10065	To 5 cloves garlic,	4.00
10065	peeled and sliced	0.00
10065	Tarragon	0.25 t
10065	Chopped fresh parsley	1.00 T
10065	Ground nutmeg	0.00 ds
10065	Dried thyme leaves	0.00 ds
10065	Chives or scallions,	0.25 t
10065	finely chopped	0.00
10065	Instant minced onion	0.25 t
10065	Salt	1.50 t
10065	Dry sherry	0.50 c
10065	Fine dry bread crumbs	0.75 c
10065	Raw,shelled, deveined shrimp	2.00 lb
10066	Milk	0.25 c
10066	Mayonnaise	1.00 c
10066	Tabasco Sauce	3.00 dr
10066	Worcestershire Sauce	1.00 tb
10066	Garlic Salt	0.25 ts
10066	Onion (Chopped)	1.00

Sheet1

10066	Cheddar Cheese (Cubed)	8.00 oz
10066	Shrimp (Drained)	5.00 oz
10067	Cream cheese	8.00 oz
10067	Cream of shrimp soup	1.00 cn
10067	Tiny shrimp	4.00 oz
10067	Lemon juice	0.25 ts
10067	Of garlic salt or powder	1.00 pn
10068	Great western beer	12.00 oz
10068	Onion, sliced	1.00 sm
10068	Celery, top and leaves,	1.00
10068	sliced	0.00
10068	Salt	1.00 tb
10068	Peppercorns	3.00
10068	Bay leaf	1.00
10068	Cl Garlic	1.00
10068	Very large shelled shrimp, r	1.00 lb
10068	aw	0.00
10069	Cooked Cocktail Shrimp	0.50 lb
10069	Worcestershire Sauce	0.00
10070	Shrimp, deveined and	6.00 lg
10070	butterflied	0.00
10070	Horseradish, squeezed dry	3.00 oz
10070	Bacon	6.00 sl
10070	Sauce Remoulade	0.00
10071	Shrimp, cooked and peeled	1.00 lb
10071	Butter	0.50 lb
10071	Salt	0.50 ts
10071	Celery salt	0.12 ts
10071	Cayenne Pepper	0.12 ts
10071	Nutmeg	0.50 ts
10072	Jim Vorheis	0.00
10072	Canned shrimp	30.00 oz
10072	Butter, melted	0.50 c
10072	Mayonnaise	0.33 c
10072	Onion, minced	1.00 sm
10072	Fresh lemon juice	2.00 tb
10072	Tabasco sauce	1.00 ds
10072	Sauce:	0.00
10072	Catsup	1.00 c
10072	Horseradish	2.00 tb
10072	Fresh lemon juice	2.00 ts
10073	Flour tortillas	4.00
10073	Shredded Monterey Jack	1.00 c
10073	cheese (4 oz)	0.00
10073	Coarsely chopped cooked	0.50 c
10073	shrimp or imitation shrimp	0.00
10073	Thinly sliced green onions	0.25 c
10073	and tops	0.00
10073	Finely chopped cilantro or	1.00 tb

## Sheet1

10073	parsley	0.00
10074	Shrimp, chopped fine	1.00 c
10074	Celery, chopped	0.67 c
10074	Onion, chopped	2.00 ts
10074	Capers, chopped	2.00 ts
10074	Curry powder	0.50 ts
10074	Lemon juice	2.00 ts
10074	Mayonnaise	4.00 tb
10074	Loaf of thin sliced bread	1.00
10075	Medium shrimp, unpeeled	1.00 lb
10075	Bean sprouts	2.00 c
10075	Or 9" rice papers, cut into	10.00
10075	halves or quarters	0.00
10075	Head Boston, Bibb or leaf	1.00 lg
10075	lettuce, leaves separated	0.00
10075	And trimmed	0.00
10075	Fresh pineapple, peeled,	0.50
10075	eyes removed, halved, cored	0.00
10076	Cream Cheese, Softened	3.00 oz
10076	Mayonnaise	2.00 ts
10076	Can Shrimp Pieces, Drained	4.25 oz
10076	Mayonnaise	2.00 tb
10076	Lemon Juice	1.00 tb
10076	Dill Weed	0.25 ts
10076	Sprig Parsley, Stem Removed	0.00
10077	(2 Pk) Softened Cream Cheese	16.00 oz
10077	Cooked Shrimp Chopped	0.50 lb
10077	Prepared Horseradish	1.00 tb
10077	Pepper	0.25 ts
10077	Lemon Juice	0.25 c
10077	Finely Chopped Green Onions*	0.00
10077	Worcestershire Sauce	1.00 tb
10077	Garlic Powder	0.12 ts
10078	Mushroom Caps Stems Removed	24.00 lg
10078	Finely Chopped Cooked Shrimp	1.00 c
10078	Cracker Crumbs	1.00 tb
10078	Mincd Onion	1.00 tb
10078	Mincd Parsley	1.00 tb
10078	Soft Butter	1.00 tb
10078	Mincd Tarragon	1.00 ts
10078	Salt	0.00
10078	Egg	1.00 lg
10078	Buttered Bread Crumbs	0.00
10079	Soy Sauce	0.50 c
10079	Sugar	2.00 tb
10079	Vegetable Oil	1.00 tb
10079	Cornstarch	1.50 ts
10079	Clove Garlic, Crushed	1.00
10079	Mincd Fresh Ginger Root	1.00 ts

Sheet1

10079	Water	2.00 tb
10079	Medium Sized Raw Shrimp,	2.00 lb
10079	Peeled And Deveined	0.00
10080	Black bean soup/dip	11.00 oz
10080	Lime juice	1.00 tb
10080	Mustard, dijon	1.00 ts
10080	Lime peel, grated	0.12 ts
10080	Crackers	60.00
10080	Oil	2.00 tb
10080	Jalapeno, chopped	1.00 tb
10080	Garlic clove, minced	1.00
10080	Shrimp, medium (1 lb)	30.00
10080	Cilantro leaves	60.00
10081	Chicken livers, cleaned	2.00 c
10081	Marjoram	0.25 ts
10081	Sweet butter, room	0.75 c
10081	temperature	0.00
10081	Brandy	1.00 tb
10081	Dry sherry	2.00 tb
10081	Chopped truffles (optional)	2.00 tb
10082	Skinless sausage (Owen's Hot	1.00 lb
10082	works well)	0.00
10082	Grated Colby or Mild Cheddar	1.00 lb
10082	Cheese	0.00
10082	Pioneer or Bisquick	2.00 c
10083	Strawberry Jello	6.00 oz
10083	Boiling water	1.00 c
10083	Bananas; mashed	1.00 c
10083	Pecans; chopped	1.00 c
10083	Frozen strawberries	20.00 oz
10083	Crushed Pineapple; drained	20.00 oz
10083	Sour Cream	1.00 pt
10084	Smoked fish	1.50 lb
10084	Minced onion	2.00 ts
10084	Finely chopped celery	2.00 ts
10084	Clove garlic, crushed	1.00
10084	Finely chopped sweet pickle	2.00 tb
10084	Mayonnaise	1.25 c
10084	Prepared mustard	1.00 tb
10084	Of Worcestershire sauce	1.00 ds
10084	Chopped fresh parsley	2.00 tb
10085	Smoked salmon, thinly sliced	0.33 lb
10085	Dill, to taste	0.00
10085	Package cream cheese, soften	3.00 oz
10085	Cream	0.00
10085	Fresh ground pepper	0.00
10085	Dark bread	0.00
10085	Bunch watercress	0.00
10085	Horseradish	0.00

Sheet1

10086	Soft fresh goat cheese	4.00 oz
10086	(montrachet)	0.00
10086	Grated fresh horseradish or	2.00 tb
10086	1 tbsp prepared horseradish	0.00
10086	2 tbsp sour	0.00
10086	Cream	0.00
10086	Chopped fresh dill	2.00 ts
10086	Inch flour tortillas	8.00
10086	Thinly sliced smoked salmon	4.00 oz
10087	Philly Free	12.00 oz
10087	Philly Lite	8.00 oz
10087	Can Salmon In Water, Drained	1.00 lg
10087	Finely Chopped Green Onions	0.00
10087	Liquid Smoke To Taste	0.00
10087	Pepper To Taste	0.00
10088	Artichokes, fresh ones	4.00
10088	have tight leaves	0.00
10088	Green onions, finely	2.00
10088	chopped	0.00
10088	Olive oil	6.00 tb
10088	Mushrooms, finely chopped	1.00 c
10088	Bread crumbs	0.50 c
10088	Grated Parmesan cheese	0.25 c
10088	White wine	3.00 tb
10088	Lemon juice	3.00 tb
10088	Salt and pepper	0.00
10088	Garlic powder	0.50 ts
10088	Ham, cooked, finely chopped	0.50 c
10088	Parsley, chopped	1.00 tb
10089	PHYLLO TART SHELLS -----	0.00 -----
10089	Egg white	1.00 lg
10089	Olive oil	2.00 tb
10089	Salt	0.25 ts
10089	Phyllo dough sheets (14x18"	8.00
10089	SMOKED TROUT FILLING -----	0.00 -----
10089	Cream cheese, low-fat (8 oz)	2.00 pk
10089	Trout fillets; smoked, skin	0.50 lb
10089	-and pin bones removed	0.00
10089	Scallions; chopped (2 scall	0.33 c
10089	Horseradish; well drained	4.00 ts
10089	Cucumber; shredded	1.00 c
10090	BUTTER PASTRY dough	0.33
10090	Egg white, lightly beaten	1.00
10090	Butter	2.00 tb
10090	Fresh mushrooms (1 package),	10.00 oz
10090	sliced	0.00
10090	Shitake mushrooms (1	7.00 oz
10090	package), stems discarded	0.00
10090	And mushrooms sliced	0.00

Sheet1

10090	Minced fresh garlic	1.00 tb
10090	Dried oregano, crushed	2.00 ts
10090	Ground black pepper	0.12 ts
10090	Smoked mozzarella cheese,	0.50 lb
10090	thinly sliced	0.00
10090	Grates asiago or Parmesan	2.00 tb
10090	cheese	0.00
10090	Walnut pieces	0.33 c
10090	Chopped flat-leaf (Italian)	1.00 tb
10090	parsley	0.00
10091	7-3/4 oz can of salmon	1.00
10091	Lemon juice	1.00 tb
10091	Grated onion	2.00 ts
10091	Horseradish	2.00 ts
10091	Liquid smoke	0.25 ts
10091	Salt and pepper to taste	0.00
10091	8 oz package cream cheese,	1.00
10091	softened	0.00
10091	Chopped pecans	0.25 c
10091	Snipped parsley	2.00 tb
10092	Envelope yeast	1.00
10092	Warm water	1.25 c
10092	Sugar	1.00 ts
10092	Salt	2.00 ts
10092	Flour (plus extra)	4.00 c
10092	Butter as needed	0.00
10092	Soda	4.00 ts
10092	Coarse salt for sprinkling	0.00
10093	Stems removed & torn sorrel	3.00 c
10093	Boiling salted water	0.50 c
10093	Eggs	6.00
10093	Sour cream	2.00 tb
10093	Cayenne pepper	1.00 pn
10093	Seasoned salt	0.00
10093	Freshly ground pepper	0.00
10093	Boiled until tender red	1.00 md
10093	potato	0.00
10093	Butter	2.00 tb
10093	Minced shallot	0.25 c
10093	Sour cream	3.00 tb
10094	Eggs; separated	3.00
10094	Milk	1.00 c
10094	Flour	0.75 c
10094	Sugar	0.50 ts
10094	Salt	0.25 ts
10094	Butter; melted, cooled	2.00 tb
10095	Gorton's clams, drained	1.00 cn
10095	Pepper	0.12 ts
10095	Soured cream	1.00 c

Sheet1

10095	Celery salt	0.50 ts
10095	Lemon juice	2.00 ts
10095	Minced onion	2.00 tb
10095	Salt	0.50 ts
10096	Hot pepper	1.00
10096	Cream cheese	8.00 oz
10096	Chopped black olives	0.33 c
10097	SPINACH FILLING -----	0.00 -----
10097	Vegetable oil	0.50 c
10097	Froz. chopped spinach,thawed	1.00 pk
10097	Dill	1.00 ts
10097	Clove garlic	1.00
10097	Small tomato, diced	1.00
10097	Feta cheese, crumbled	8.00 oz
10097	Cream cheese, softened	6.00 oz
10097	Freshly ground pepper	0.00
10097	PHYLLO DOUGH -----	0.00 -----
10097	Frozen Phyllo dough	0.50 lb
10097	Butter, melted	1.00 c
10098	Butter	2.00 tb
10098	Chopped Onion	0.25 c
10098	Chopped Green Pepper	0.25 c
10098	Jar Pimento	2.00 oz
10098	All-Purpose Flour	3.00 tb
10098	Dry Mustard	2.00 ts
10098	Salt	0.25 ts
10098	White Pepper	0.25 ts
10098	Tabasco	0.00 ds
10098	Milk	1.00 c
10098	Chablis	3.00 tb
10098	Fresh Lump Crabmeat	1.00 lb
10099	Sugar free gelatin	0.00
10099	Boiling water	1.50 c
10099	Fresh cranberries, chopped	1.50 c
10099	Packet sugar substitute	1.00
10099	Cold water	1.00 c
10099	Lemon juice	1.00 tb
10099	Ground cinnamon	0.25 ts
10099	Orange, sectioned diced	1.00
10100	LAMB FILLING -----	0.00 -----
10100	Raisins; golden (chopped)	0.50 c
10100	Pine nuts	2.00 tb
10100	Olive oil	2.00 ts
10100	Onion, finely chopped	1.00
10100	Garlic cloves, finely choppd	2.00
10100	Ground lamb; lean	0.50 lb
10100	Cumin; ground	2.00 ts
10100	Cinnamon; ground	1.00 ts
10100	Allspice; ground	0.75 ts



Sheet1

10100	Chicken stock (defatted, w/	0.25 c
10100	-reduced sodium)	0.00
10100	Parsley; chopped fresh	0.25 c
10100	Lemon juice; fresh	1.50 tb
10100	Salt and pepper, to taste	0.00
10100	PHYLLO PASTRY -----	0.00 -----
10100	Egg white	1.00 lg
10100	Olive oil	2.00 tb
10100	Salt	0.25 ts
10100	Phyllo dough sheets (14x18"	8.00
10100	Poppy or sesame seeds or a	1.00 ts
10100	-combination	0.00
10101	Carrot	0.50
10101	Slice lime	1.00
10101	Slice lemon	1.00
10101	Fresh bay leaf	1.00
10101	Fresh basil leaves	4.00
10101	Sprig thyme	1.00
10101	Garlic cloves- unpeeled	3.00
10101	Black pepper	1.00 ts
10101	Slice red pepper	1.00
10101	Olive oil	3.50 c
10101	Sprig fresh rosemary	1.00
10101	Slice tomato	1.00
10101	Shallots	2.00
10101	Red pepper	1.00 ts
10101	Scallion	1.00
10102	Grated Parmesan cheese	1.00 c
10102	Mayonnaise	1.00 c
10102	(14-oz.) artichoke hearts,	1.00 cn
10102	drained, chopped	0.00
10102	(4-oz.) chopped green	1.00 cn
10102	chilies, drained	0.00
10102	Garlic clove, minced	1.00
10102	Green onion slices	2.00 tb
10102	Chopped tomatoes	2.00 tb
10103	Boneless sirloin, trimmed	12.00 oz
10103	Light soy sauce	2.00 tb
10103	Dry sherry	1.00 tb
10103	Piece ginger root, peeled,	1.00
10103	grated (1/2")	0.00
10103	Garlic clove, crushed	1.00
10103	Five Spice Powder	2.00 pn
10103	Chili sauce	1.00 ts
10103	Corn oil	2.00 tb
10103	Green onions, sliced	6.00
10103	diagonally	0.00
10103	Red bell pepper, seeded,	1.00 sm
10103	diced	0.00

Sheet1

10103	Cornstarch	0.50 ts
10103	Water	1.00 ts
10103	Crisp lettuce cups, chilled	8.00
10103	Fresh parsley sprigs (opt)	0.00
10104	Cooked black beans	2.00 c
10104	Cooked red lentils	2.00 c
10104	Dry mustard	1.00 ts
10104	Minced garlic	3.00 tb
10104	Fresh parsley, minced	1.00 tb
10104	Rice vinegar	0.50 c
10104	Juice from 1 lemon	0.00
10104	Salt	1.00 ts
10104	Olive oil	3.00 tb
10104	Crushed red peppers	1.00 ts
10104	Butterhead lettuce, torn	1.00 sm
10104	Red bell peppers, sliced	2.00 lg
10104	Red potatoes, cooked, sliced	2.00 lg
10104	Grated carrots	0.50 c
10105	Seedless Raisins	0.25 c
10105	Cottage Cheese, Cream Style	1.00 c
10105	Vinegar	2.00 tb
10105	Onion, Cut Up	0.50 sm
10105	Chili Powder	1.00 ts
10105	Curry Powder, To Taste	0.50 ts
10105	Salt	0.75 ts
10105	Black Pepper, Freshly Ground	0.12 ts
10105	DIPPING VEGETABLES -----	0.00 -----
10105	Your Choice Of Veggies	0.00
10106	Raw cashews	0.50 lb
10106	Oil, preferably peanut	1.00 c
10106	Salt	1.00 ts
10106	Freshly ground black pepper	0.50 ts
10106	Chili powder	0.50 ts
10106	Five spice powder	0.25 ts
10107	Cheddar cheese; grated	4.00 c
10107	Medium onion; finely chopped	1.00
10107	Cloves garlic; minced	2.00
10107	Jalapeno peppers, chopped	6.00
10107	Mayonnaise	1.00 c
10107	Green onion; chopped	0.50 c
10107	Garlic salt	1.00 ts
10108	Tomato Sauce	8.00 oz
10108	Diced Green Chiles	4.00 oz
10108	Chopped Green Bell Pepper	0.50 c
10108	Green Onion, Sliced	1.00
10108	Hot Pepper Sauce	0.25 ts
10108	Tortilla Chips	10.00 oz
10108	Shredded Cheddar Cheese	2.00 c
10108	Avocado	1.00

Sheet1

10108	Lemon Juice	1.00 ts
10108	Sour Cream	0.50 c
10108	Jalapeno Slices, Optional	0.00
10109	Egg white	1.00
10109	Cold water	1.00 ts
10109	Pecans	1.00 cn
10109	Sugar	0.50 c
10109	Salt	0.25 ts
10109	Cinnamon	0.50 ts
10110	Unsifted powdered sugar	1.50 c
10110	Cornstarch	2.00 tb
10110	Cinnamon	1.00 ts
10110	Cloves	0.75 ts
10110	Allspice	0.25 ts
10110	Salt	0.12 ts
10110	Freshly grated orange peel.	2.00 tb
10110	Egg whites, slightly beaten	2.00
10110	Freshley squeezed orange	3.00 tb
10110	juice	0.00
10110	Walnut or pecan halves	2.00 c
10111	Extra Long Grain Rice	0.75 c
10111	Salt	0.50 ts
10111	Ground Beef or Bulk Sausage*	1.00 lb
10111	Pepper	0.50 ts
10111	Onion; chopped	1.00 sm
10111	Garlic Powder	0.50 ts
10111	Chopped Green Pepper	0.25 c
10111	Prepared Horse Radish	0.25 c
10111	Chopped Celery	0.25 c
10111	Worcestershire Sauce	1.00 tb
10111	Chopped Green Onions	0.25 c
10111	Tomato Soup	1.00 cn
10111	Egg	0.00
10111	Water	1.00 cn
10111	Dry Mustard	1.00 ts
10111	Hot Sauce **	1.00 ts
10112	Neufchatel cheese	4.00 oz
10112	Crabmeat, imitation or fresh	1.00 c
10112	Green Onions, chopped	5.00
10112	Tabasco Sauce	0.50 ts
10112	Garlic Clove, minced	1.00
10112	Wonton -or- Pot Sticker	25.00
10112	Wrappers, or Gyoza (round	0.00
10112	Japanese skins)	0.00
10112	Vegetable Oil	1.00 tb
10112	Water	0.25 c
10113	CHOPPED SPINACH; COOKED AND	20.00 pk
10113	PEPPRIDGE FARM HERB STUFFING	2.00 c
10113	ONIONS; CHOPPED FINE	2.00

Sheet1

10113	EGGS; BEATEN	6.00
10113	MELTED BUTTER	0.75 c
10113	PARMESAN CHEESE	0.50 c
10113	GARLIC	1.00 ts
10113	THYNE	0.50 ts
10114	Package frozen, chopped	10.00 oz
10114	spinach, drained	0.00
10114	Knorr's Swiss Vegetable Soup	1.00 pk
10114	Mayonnaise	1.00 c
10114	Sour cream	2.00 c
10114	Can water chestnuts, chopped	8.00 oz
10114	Onion, chopped	1.00 sm
10114	Round pumpernickel loaf, hollowed	1.00 0.00
10115	Uncle Ben's Original Rice	1.00 pk
10115	Pilaf (36 oz.)	0.00
10115	Italian salad dressing	2.67 c
10115	Soy sauce	0.33 c
10115	Sugar	1.00 tb
10115	Spinach, fresh, cut into thin strips	1.00 lb 0.00
10115	Green onions, sliced	1.50 c
10115	Crisp Cooked/crumbled, bacon	1.00 c
10116	Milk	1.00 c
10116	Flour	1.00 c
10116	Beaten Eggs	3.00
10116	Baking Powder	0.50 ts
10116	Crushed Garlic Clove	1.00
10116	Pepper Jack Cheese, Shredded	1.00 lb
10116	Chopped Frozen Spinach	20.00 oz
10116	Thawed And Drained	0.00
10116	Butter	0.25 c
10116	Stick Pepperoni, Chopped	0.25
10116	Black Olives	14.00 oz
10117	Spinach	10.00 oz
10117	Small cap mushrooms	10.00 oz
10117	Anchovy fillets (canned)	2.00 oz
10117	Lemons	2.00
10117	Mozzarella cheese	1.00
10117	Olive oil	6.00 tb
10117	French bread, 1/2" thick	12.00 sl
10118	SPINACH -----	0.00 -----
10118	Spinach; fresh, stemmed and -washed	1.25 lb 0.00
10118	Olive oil	1.00 tb
10118	Scallions, trimmed and -chopped (1-1/2 c)	3.00 bn 0.00
10118	Feta cheese; crumbled	0.25 c
10118	Parmesan cheese, freshly	2.00 tb

Sheet1

10118	-grated	0.00
10118	Dill; fresh, chopped	2.00 tb
10118	Lemon juice	1.00 tb
10118	Salt & pepper, to taste	0.00
10118	Egg whites	2.00 lg
10118	PHYLLO PASTRY -----	0.00 -----
10118	Phyllo dough sheets (14x18")	8.00
10118	Egg white	1.00 lg
10118	Olive oil	2.00 tb
10118	Salt	0.25 ts
10118	Poppy or sesame seeds, or a	1.00 ts
10118	-combination	0.00
10119	Packages frozen chopped	10.00 oz
10119	spinach, thawed and	0.00
10119	squeezed dry	0.00
10119	Dry breadcrumbs	1.50 c
10119	Grated Parmesan cheese	1.00 c
10119	(1 stick) butter, room	0.50 c
10119	temperature	0.00
10119	Eggs, beaten to blend	2.00
10119	Garlic cloves, minced	3.00
10120	Ground Pork	0.50 lb
10120	Soy Sauce	1.00 ts
10120	Dry Sherry	1.00 ts
10120	Garlic Salt	0.50 ts
10120	Vegetable Oil	2.00 tb
10120	Fresh Bean Sprouts	3.00 c
10120	Sliced Onion	0.50 c
10120	Soy Sauce	1.00 tb
10120	Cornstarch	1.00 tb
10120	Water, Divided	0.75 c
10120	Sheets Egg Roll Skins	8.00
10120	Prepared Biscuit Mix	0.50 c
10120	Egg, Beaten	1.00
10120	Vegetable Oil For Frying	0.00
10120	Hot Mustard	0.00
10120	Tomato Catsup	0.00
10120	Soy Sauce	0.00
10121	Lean pork, chopped	0.50 lb
10121	Bean sprouts, chopped	1.50 c
10121	Cabbage, chopped	1.50 c
10121	Bamboo shoots, thinly sliced	0.50 c
10121	Grated carrot	0.50 c
10121	Mushrooms, chopped	3.00
10121	Green onions, thin slice	3.00
10121	Garlic clove, minced	1.00
10121	Slices ginger, minced	2.00
10121	Soy sauce	1.00 ts
10121	Suar	1.00 ts

Sheet1

10121	Sesame oil	1.00 tb
10121	Dash pepper	0.00
10121	Egg roll wrappers	8.00
10122	Red Pepper-Sour Cream Sauce*	1.00 x
10122	Fresh Tomato Salsa; *	1.00 x
10122	Cooked Chicken; Shredded	3.00 c
10122	Zucchini; Medium, Chopped	1.00 ea
10122	Red Bell Pepper; Chopped	1.00 ea
10122	Margarine Or Butter	2.00 tb
10122	Flour Tortillas; **	8.00 ea
10122	Margarine Or Butter;Softened	1.00 x
10122	Monterey Jack Cheese; Shred	1.00 c
10123	Lean ground beef	8.00 oz
10123	Lite soy sauce	1.50 tb
10123	Chopped cilantro	1.00 tb
10123	Minced ginger root	1.00 ts
10123	Cornstarch	1.00 ts
10123	Peanut oil	0.50 ts
10123	Round wonton wrappers	20.00
10123	Water	0.00
10123	Scallion fans for garnish	0.00
10123	Radish flower for garnish	0.00
10124	Bleached flour	2.25 c
10124	Sugar	0.50 c
10124	Water	1.50 oz
10124	Baking powder	3.50 ts
10124	Milk	3.00 oz
10124	Lard	2.00 tb
10125	Wrapper recipe	1.00
10125	Water	1.00 c
10125	Oil	1.00 tb
10125	Salt	0.25 ts
10125	Chopped shrimp	1.00 c
10125	Ground pork	0.25 c
10125	Minced water chestnuts	1.00 c
10125	Minced scallions	0.25 c
10125	Minced onions	0.25 c
10125	Egg	1.00
10125	Pepper	1.00 ts
10125	Salt	1.00 ts
10126	Wonton skins	1.00 pk
10126	(about 30-35 skins per pkg)	0.00
10126	FILLING -----	0.00 -----
10126	Ground pork	0.75 lb
10126	Minced Smithfield ham	2.00 tb
10126	=OR=- Prosciutto	0.00
10126	Light soy sauce	1.00 tb
10126	Rice wine or dry sherry	2.00 ts
10126	Finely chopped scallions	1.50 tb

## Sheet1

10126	Finely chopped ginger root	1.00 ts
10126	Sesame oil	1.00 ts
10126	Egg, beaten	1.00
10126	Granulated sugar	1.00 ts
10127	Oysters, freshly shucked on	12.00
10127	the half shell	0.00
10127	Fermented black beans,	2.00 ts
10127	rinsed and drained *	0.00
10127	Soy sauce, low-sodium	1.00 tb
10127	Shao-hsing wine, * or dry	1.00 tb
10127	sherry	0.00
10127	Sugar	1.50 ts
10127	White vinegar, distilled	1.00 tb
10127	Chicken stock, or canned	2.00 tb
10127	low-sodium broth	0.00
10127	Oriental sesame oil	2.00 ts
10127	Peanut oil	1.00 tb
10127	Freshly ground white pepper	0.00 pn
10127	Red bell pepper, minced	1.00 tb
10127	Scallion, green part only,	1.00 sm
10127	thinly sliced	0.00
10128	Cherrystone clams, cleaned	18.00
10128	Salt	0.50 ts
10128	Pork, finely ground	0.50 lb
10128	Fresh mushrooms, finely	0.25 c
10128	diced	0.00
10128	Soy sauce	1.00 tb
10128	Chablis	1.00 tb
10128	Cornstarch	1.00 tb
10128	Scallion, minced	1.00 tb
10128	Ginger root, peeled and	1.00 tb
10128	minced	0.00
10128	Sesame oil	0.50 ts
10128	Salt	0.50 ts
10129	Stephen Ceideburg	0.00
10129	Dried Chinese black	6.00
10129	mushrooms	0.00
10129	Shrimp, shelled and deveined	6.00 oz
10129	Salt	1.00 ts
10129	Peanut oil	1.50 tb
10129	Ground pork butt	6.00 oz
10129	Finely diced bamboo shoots	0.25 c
10129	Finely diced water	0.25 c
10129	chestnuts, preferably fresh	0.00
10129	Green onions, chopped	2.00
10129	Sugar	2.00 ts
10129	White pepper	0.25 ts
10129	Shao Hsing rice wine or dry	1.00 tb
10129	sherry	0.00

## Sheet1

10129	Light soy sauce	1.50 ts
10129	Cornstarch	2.00 ts
10129	Chicken stock	2.00 tb
10129	Coarsely chopped fresh	2.00 tb
10129	coriander leaves	0.00
10130	Dried Chinese black	6.00
10130	Mushrooms	0.00
10130	Shrimp, shelled & deveined	6.00 oz
10130	Salt	1.00 ts
10130	Peanut oil	1.50 tb
10130	Ground pork butt	6.00 oz
10130	Finely diced bamboo shoots	0.25 c
10130	Finely diced water	0.25 c
10130	Chestnuts, preferably fresh	0.00
10130	Green onions, chopped	2.00
10130	Sugar	2.00 ts
10130	White pepper	0.25 ts
10130	Shao Hsing rice wine or dry	1.00 tb
10130	Sherry	0.00
10130	Light soy sauce	1.50 ts
10130	Cornstarch	2.00 ts
10130	Chicken stock	2.00 tb
10130	Coarsely chopped fresh	2.00 tb
10130	Coriander leaves	0.00
10130	Oil	1.00
10130	Wheat Starch Wrappers	0.00
10130	(see recipe)	0.00
10130	Light soy sauce, for	0.00
10130	Dipping	0.00
10130	Chinese mustard, for	0.00
10130	Dipping	0.00
10131	6 oz baked potatoes	4.00
10131	Butter or margarine	2.00 T
10131	Milk	0.75 c
10131	Egg, slightly beaten	1.00
10131	Salt and pepper, to taste	0.00
10131	Shredded Cheddar cheese	0.50 c
10131	Paprika	0.00
10132	Cantaloupe, medium	1.00
10132	White or rose wine	0.00
10132	Blue cheese, crumbled	0.25 lb
10132	Ricotta or farmer's cheese	0.50 lb
10132	Sour cream or heavy sweet	0.25 c
10132	cream	0.00
10132	Salt and freshly ground	0.00
10132	pepper	0.00
10133	California ripe olives	1.50 c
10133	Ricotta cheese	0.33 c
10133	Shredded Jack cheese	1.00 c



Sheet1

10133	To 6 Anaheim or poblano	4.00
10133	chiles or bell peppers	0.00
10133	Mole	0.00
10133	Chopped onion	0.50 c
10133	Oil	1.00 tb
10133	Chopped Cilantro	1.00 tb
10133	Corn Meal	2.00 tb
10133	Tomato Paste	2.00 tb
10133	Chili Powder	1.00 ts
10133	Garlic Powder	0.50 ts
10133	Cumin	0.50 ts
10133	Beef Broth	1.50 c
10134	Pickled jalapenos	10.00 lg
10134	Pieces Cheddar cheese	10.00
10134	Egg whites, beaten	2.00
10134	Cornmeal	3.00 tb
10134	Flour	3.00 tb
10135	Mushrooms	24.00 md
10135	Margarine Or Butter	2.00 tb
10135	Onion, Chopped	0.25 c
10135	White Wine, Dry	2.00 tb
10135	Bread Crumbs, Dry	0.25 c
10135	Cooked Smoked Ham, Fine Chop	0.25 c
10135	Parsley, Snipped	2.00 tb
10135	Lime Juice	1.00 tb
10135	Clove Garlic, Finely Chopped	1.00
10135	Oregano Leaves, Dried	1.00 ts
10135	Pepper	0.00 ds
10135	Cheese, Finely Shredded *	0.50 c
10136	Fresh Mushrooms	25.00
10136	Milk	1.00 tb
10136	Onions (minced)	2.00 tb
10136	Bread crumbs	0.00
10136	Salt	0.00
10136	Cream Cheese (8 oz)	1.00 pk
10136	Crabmeat (6 1/2 oz)	1.00 cn
10136	Horseradish	0.50 ts
10136	Worcestershire (1 dash)	0.00
10137	Extra Large Fancy Mushrooms	24.00
10137	Minced Onion	2.00 tb
10137	Minced Green Pepper	2.00 tb
10137	Bread Crumbs	0.25 c
10137	Sour Cream	0.50 c
10137	GARNISH -----	0.00 -----
10137	Sliced Ripe Olives	0.00
10138	Whole chicken breast	1.00
10138	Mushrooms	24.00 md
10138	Lemon; juiced	0.50
10138	Butter or margarine	2.00 tb

## Sheet1

10138	Garlic clove; crushed	1.00
10138	Chopped parsley	1.00 ts
10138	Salt, pepper	0.00
10138	Egg yolk; lightly beaten	1.00
10138	Fine dry bread crumbs	0.00
10139	Butter	3.00 tb
10139	Finely chopped onion	0.25 c
10139	Finely chopped green pepper	0.50 c
10139	Finely chopped celery	0.25 c
10139	(3-oz) cream cheese, soft	1.00 pk
10139	Dry bread crumbs	0.33 c
10139	Salt	0.50 ts
10139	Pepper	0.12 ts
10139	Lemon juice	1.00 tb
10139	Worchestershire Sauce	1.00 ts
10139	Mushroom caps	16.00
10139	Paprika	0.00
10140	Potatoes	3.00 md
10140	Butter	0.33 c
10140	Onions, Finely Chopped	2.00 md
10140	Ground Ginger	0.25 ts
10140	Parsley And Mint, Mixed	2.00 tb
10140	Salt	0.00
10140	Lemon Juice	3.00 tb
10140	Chili Powder	3.00 tb
10140	Whole Wheat Flour	8.00 c
10140	Salt	1.00 ts
10140	Water, About	2.00 c
10141	Quahogs	12.00
10141	Onion, chopped	1.00 c
10141	Can mushrooms, drained	4.00 oz
10141	Butter, melted	0.25 c
10141	Flour	3.00 tb
10141	Salt	1.00 ts
10141	Black pepper	0.00
10141	Butter, melted	2.00 tb
10141	Dry bread crumbs	0.50 c
10142	Zucchini, 1/2 lb. each	4.00
10142	Mushrooms	0.50 lb
10142	Butter	4.00 tb
10142	Onion, finely chopped	1.00 c
10142	Garlic, finely minced	2.00 ts
10142	Lemon juice	2.00 ts
10142	Thyme (the dried type)	0.25 ts
10142	Salt & freshly ground pepper	0.00
10142	to taste	0.00
10142	Bread crumbs, fresh, fine	1.00 c
10142	Bread crumbs, fresh, fine	2.00 tb
10142	Parsley, finely chopped	0.33 c

Sheet1

10142	Parmesan, fresh grated	4.00 tb
10142	Egg yolk	1.00
10142	Olive oil (extra virgin is	3.00 tb
10142	best)	0.00
10143	Butter or margarine	0.50 c
10143	Finely chopped onion	0.50 c
10143	Finely chopped celery	0.50 c
10143	Can mushroom stems & pieces,	4.00 oz
10143	drained	0.00
10143	Dried rubbed sage	1.00 t
10143	Chicken broth	1.00 c
10143	Pk seasoned bread stuffing	8.00 oz
10143	Butter or margarine	0.00
10144	Egg	1.00
10144	Salt	0.12 ts
10144	Milk	1.00 tb
10144	Flour, all purpose	1.00 c
10145	Butter or margarine	1.00 tb
10145	Packed brown sugar	1.00 tb
10145	Pecan halves or pieces	0.50 c
10146	SALAD -----	0.00 -----
10146	Trimmed Fresh Green Beans	1.00 lb
10146	Shredded Cabbage	2.00 c
10146	Carrots, Cut Into Julienne	2.00 lg
10146	Cucumber, Cut Diagonally	1.00
10146	Into 1/4-Inch Slices	0.00
10146	Bean Sprouts	1.00 c
10146	Tofu, Cut Into 1/2-Inch	8.00 oz
10146	Cubes	0.00
10146	DRESSING -----	0.00 -----
10146	Smooth Peanut Butter	0.33 c
10146	Water	0.33 c
10146	Fresh Lemon Juice	2.00 tb
10146	Tabasco Pepper Sauce	1.25 ts
10146	Salt	0.50 ts
10146	Clove Garlic, Cut In Half	1.00
10146	Piece Lemon Zest, About 1"	1.00
10146	Vanilla Yogurt	0.25 c
10147	Uncle Ben's Converted Rice	3.50 c
10147	Water	2.00 qt
10147	Salt	1.50 tb
10147	Whipped topping	1.50 qt
10147	Sugar	0.50 c
10147	Mayonnaise	1.00 qt
10147	Celery, sliced	1.00 qt
10147	Red apples, cored and	5.00 lg
10147	coursely chopped	0.00
10147	Raisins	1.50 c
10147	Walnuts, coursely chopped	1.50 c

Sheet1

10147	Cinnamon, to taste (opt)	0.00
10148	Sun-Dried Tomatoes, Dry	0.50 lb
10148	(Not In Oil)	0.00
10148	Water	2.00 c
10148	Cloves Garlic, Peeled	10.00 md
10148	Oregano, Dried	1.50 ts
10148	Thyme, Dried	1.50 ts
10148	Olive Oil	1.25 c
10148	Vegetable Oil	0.25 c
10149	*INGREDIENTS*	0.00
10149	Sun-dried tomatoes -	3.00 oz
10149	blanched*	0.00
10149	Cream cheese	8.00 oz
10149	Unsalted butter - OR	8.00 oz
10149	margarine	0.00
10149	Parmesan - freshly grated	1.00 c
10149	Olive oil	2.00 tb
10149	Basil leaves - fresh,	2.00 c
10149	lightly packed	0.00
10149	Crackers (your favorite)	0.00
10150	Dry white wine	0.25 c
10150	Finely chopped onion	3.00 T
10150	Lemon juice	1.00 T
10150	Mayonnaise	0.75 c
10150	Hard-cooked eggs,	2.00
10150	finely chopped	0.00
10150	Frozen brussel sprouts,	20.00 oz
10150	cooked and drained	0.00
10150	Paprika (optional)	0.00
10151	Butter	0.50 c
10151	Grated sharp cheese	2.00 c
10151	Salt	0.50 ts
10151	Paprika	1.00 ts
10151	Cayenne or red pepper	1.00 ds
10151	Sifted flour	1.00 c
10151	Stuffed green olives.	50.00 sm
10152	Pork Butt	2.00 lb
10152	Vinegar	1.25 c
10152	Corn starch	0.75 c
10152	Honey	2.00 tb
10152	Maraschino cherry juice	0.25 c
10152	Soy sauce	2.00 tb
10152	Syrup from canned pineapple	0.25 c
10152	Oyster sauce	1.00 tb
10152	Salt	0.50 ts
10152	Pineapple rings chopped	5.00
10152	Red pepper cut in med pieces	1.00
10152	Sugar	2.00 tb
10152	Onion cut in medium pieces	1.00

Sheet1

10152	Oil for frying	1.00
10153	To 2 lb lean short ribs	1.50
10153	Flour	0.00
10153	Salt	0.00
10153	Pepper	0.00
10153	Sliced onion	1.00
10153	SAUCE:	0.00
10153	Ketchup	0.75 c
10153	Vinegar	2.00 tb
10153	Worcestershire sauce	2.00 tb
10153	Soy sauce	4.00 tb
10153	Sugar or 1/2 cup if want	0.25 c
10153	Water	0.75 c
10154	SHOE PEG.CORN	1.00 c
10154	FRENCH STYLE GREEN BEANS	1.00 c
10154	SLICED CARROTS	0.00
10154	WATER CHESTNUTS	0.00
10154	SMALL JAR PIMENTOS	0.00
10154	ENGLISH PEAS	0.00
10154	BEAN SPROUTS	0.00
10154	BELL PEPPER	0.00
10154	MED ONION	0.00
10154	CHOPPED CELERY	1.00 c
10154	VINEGAR	1.00 c
10154	DILL SEED	0.50 ts
10154	SUGAR	1.50 c
10154	WESSON OIL	0.75 c
10154	SALT	2.00 ts
10154	COARSE BLACK PEPPER	1.00 ts
10154	TABASCO SAUCE	6.00 x
10154	EDGAR HENDRICKS RBTN28A -----	0.00 -----
10155	Pie crust, unbaked	1.00
10155	Evaporated milk	0.25 c
10155	Onions, chopped	0.75 c
10155	Eggs	3.00
10155	Ham, diced	0.50 c
10155	Sour cream	0.50 c
10155	Butter	3.00 tb
10155	Crumbled bacon	0.50 c
10155	Mild American cheese, grated	1.50 c
10155	Swiss cheese, grated	1.00 c
10155	Caraway seed cheese, grated	1.00 c
10156	Sweet onion	1.00 md
10156	Egg	1.00
10156	Potato	1.00 md
10156	Salt and pepper to taste	0.00
10156	Shrimp	1.50 lb
10157	16 oz cans sweet potatoes	2.00
10157	Can pineapple tidbits in	14.00 oz

## Sheet1

10157	Unsweetened juice, undrained	0.00
10157	Butter or margarine	4.00 T
10157	Dark brown sugar,	4.00 T
10157	firmly packed	0.00
10157	Miniature marshmallows	1.50 c
10157	Butter or margarine	0.00
10158	Sweet salad dressing mix	0.00
10158	Sugar	0.33 c
10158	Teasp instant minced onion	1.00
10158	Teaspoon salt (decrease)	1.00
10158	Teaspoon dry mustard	1.00
10158	Teaspoon paprika	1.00
10158	Teaspoon celery seed	1.00
10158	Sweet salad dressing	0.00
10158	Recipe sweet salad dressing	1.00
10158	Mix (see above)	0.00
10158	Vegetable oil	0.75 c
10158	Vinegar	0.25 c
10159	Mayonnaise	0.50 c
10159	Sour cream	0.25 c
10159	Red Delicious apple, chopped	1.00 c
10159	Lemon juice	1.00 ts
10159	Cooked or canned beets, chop	0.75 c
10159	Iceberg lettuce slices, 1/2-	6.00
10159	Red pepper rings, cut in hal	6.00
10160	Garlic Clove	0.50
10160	Dry White Wine	1.67 c
10160	Gruyere Cheese, Grated	1.00 lb
10160	Cornstarch	2.00 ts
10160	Kirsch (Or More)	0.25 c
10160	Nutmeg To Taste, Grated	0.00
10160	French Bread, In 1" Cubes	2.00
10161	(1 lb) shredded aged Swiss	4.00 c
10161	Cheese	0.00
10161	All purpose flour	0.25 c
10161	Clove garlic, halved	1.00
10161	Sauterne	2.00 c
10161	Salt	0.50 ts
10161	Worcestershire sauce	0.50 ts
10161	Of ground nutmeg	1.00 ds
10162	Minced gingerroot	1.50 tb
10162	Minced garlic	1.00 tb
10162	Minced green onion	1.00 tb
10162	Creamy peanut butter	6.00 tb
10162	Dark soy sauce	2.00 tb
10162	Red wine vinegar	0.25 c
10162	Chinese chili paste	1.00 tb
10162	Sugar	1.00 ts
10162	Sesame oil	1.00 tb

Sheet1

10162	Vegetable oil	2.00 tb
10162	Dry sherry	1.00 tb
10162	Hot, dry mustard (Chinese)	1.00 ts
10162	Salt	0.50 ts
10162	Chicken stock	0.50 c
10162	NOODLES:	0.00
10162	Fettuccine	1.00 lb
10162	or other thin noodles	0.00
10162	Oil	2.00 tb
10162	Julienned carrots	1.00 c
10162	Julienned green onions	1.00 c
10162	Ham; julienned	0.25 lb
10162	Bean sprouts	1.00 c
10162	Julienned cucumber	1.00 c
10162	Julienned red bell pepper	1.00 c
10163	PEANUT SAUCE -----	0.00 -----
10163	Minced ginger root	1.50 tb
10163	Minced garlic	1.00 tb
10163	Minced green onion	1.00 tb
10163	Creamy peanut butter	6.00 tb
10163	Dark soy sauce	2.00 tb
10163	Red wine vinegar	0.25 c
10163	Chinese chili paste	1.00 tb
10163	Sugar	1.00 ts
10163	Sesame oil	1.00 tb
10163	Vegetable oil	2.00 tb
10163	Dry sherry	1.00 tb
10163	Hot, dry mustard (Chinese)	1.00 ts
10163	Salt	0.50 ts
10163	Chicken stock	0.50 c
10163	NOODLES -----	0.00 -----
10163	Fettuccini	1.00 lb
10163	or other thin noodles	0.00
10163	Oil	2.00 tb
10163	Julienned carrots	1.00 c
10163	Julienned green onions	1.00 c
10163	Ham; julienned	0.25 lb
10163	Bean sprouts	1.00 c
10163	Julienned cucumber	1.00 c
10163	Julienned red bell pepper	1.00 c
10164	Angel hair pasta	2.00 pk
10164	Turkey	0.50 lb
10164	Red bell peppers	2.00
10164	Carrots	2.00 md
10164	Water chestnuts	1.00 cn
10164	Green onions	6.00
10164	Miniature corn on the cob	1.00 c
10164	Snow peas	0.25 lb
10164	Cilantro	1.00 bn

Sheet1

10164	Toasted sesame seeds	4.00 tb
10164	DRESSING:	0.00
10164	Mayonaise	2.00 c
10164	Soy sauce	0.75 c
10164	Szechwan hot oil	2.00 tb
10164	Sesame oil	0.25 c
10164	Dijon mustard	1.00 tb
10164	Garlic cloves	2.00
10165	Fine burghul	0.75 c
10165	Cold water	2.00 c
10165	Chopped parsley	2.00 c
10165	Finely chopped spring onions	0.50 c
10165	Finely chopped mint	0.25 c
10165	Olive oil	0.25 c
10165	Lemon juice	2.00 tb
10165	Salt	1.50 ts
10165	Freshly ground black pepper	0.50 ts
10165	Firm ripe tomatoes	2.00
10165	Crisp lettuce leaves	0.00
10165	Lemon juice; mixed with:	0.25 c
10165	Salt	0.50 ts
10166	Eggs	2.00
10166	Quick-cooking or rolled oats	2.00 c
10166	Can evaporated milk	12.00 oz
10166	Chopped onion	1.00 c
10166	Salt	2.00 ts
10166	Pepper	0.50 ts
10166	Garlic powder	0.50 ts
10166	Lean ground beef	3.00 lb
10166	Sauce:	0.00
10166	Ketchup	2.00 c
10166	Brown sugar	1.50 c
10166	Chopped onion	0.50 c
10166	Liquid smoke	1.00 ts
10166	Garlic powder	0.50 ts
10167	PHILLY.INQUIRER -----	0.00 -----
10167	OIL	2.00 tb
10167	RAW RICE	0.50 tb
10167	SMALL ONION	1.00
10167	PLUM TOMATO,CHOPPED FINE	1.00
10167	CLOVES GARLIC	2.00
10167	CHICKEN BROTH	2.50 c
10167	STALK CELERY,INCLUDING	0.50
10167	LEAVES MINCED	0.00
10167	TOMATO JUICE	0.25 c
10167	CHICKEN BOUILLON CUBE	1.00
10167	PARSLEY MINCED	1.00 tb
10167	BLACK PEPPER	0.12 tb
10167	GREEN PEPPER MINCED	1.00 tb



## Sheet1

10167	SHAKES HOT SAUCE	3.00
10167	SMALL CARROT PEELED,DICED	1.00
10168	Slices whole wheat bread,	2.00
10168	crust removed	0.00
10168	Milk	2.00 tb
10168	Smoked cod roe	0.50 lb
10168	Olive oil	6.00 tb
10168	Lemon juice	2.00 tb
10168	Garlic clove, peeled and	1.00
10168	pressed	0.00
10168	Heavy cream PLUS	0.50 c
10168	Heavy cream	2.00 tb
10168	Parsley, fresh, chopped	2.00 tb
10169	Chicken breasts *	2.00 lb
10169	Asparagus **	1.00 lb
10169	Water	0.50 c
10169	Mayonnaise	1.00 c
10169	Lemon juice	2.00 tb
10169	Tarragon; dried crushd	1.50 ts
10169	Salt	0.25 ts
10169	Pepper	0.12 ts
10169	Carrot; shredded	1.00
10169	Red pepper; chopped	1.00
10169	Green onions; minced	3.00
10169	Egg Bread; oval loaf unslice	1.00 lb
10170	Large mushrooms (about 30)	1.00 lb
10170	Mashed potatoes, made with	0.75 c
10170	skim milk	0.00
10170	Low-fat cottage cheese	0.25 c
10170	Dehydrated onion soup mix	2.00 tb
10170	Diet margarine	0.50 tb
10171	Chicken Wings	10.00
10171	Teriyaki Marinade & Sauce *	0.50 c
10171	Dry Sherry	0.50 c
10171	Honey	0.25 c
10171	Vegetable Oil	2.00 tb
10171	Dry Mustard	1.00 ts
10171	Ground Ginger	1.00 ts
10171	Garlic Powder	0.50 ts
10172	Lemon juice	0.33 c
10172	Catsup	0.25 c
10172	Soy sauce	0.25 c
10172	Vegetable oil	0.25 c
10172	Brown sugar	2.00 tb
10172	Garlic powder	0.25 ts
10172	Pepper	0.25 ts
10172	Chicken wings	3.00 lb
10173	Grated cheddar cheese	0.50 lb
10173	Salt	0.12 ts

Sheet1

10173	Butter, melted	0.25 c
10173	Of all purpose flour	0.75 c
10173	Paprika	0.50 ts
10173	Pecan halves	1.00 c
10174	Cleaned small squid,	0.75 lb
10174	thin-sliced in rings,	0.00
10174	tentacles divided	0.00
10174	Thin slivers of red onion,	0.33 c
10174	about	0.00
10174	Crushed hot pepper flakes	0.50 ts
10174	Fish sauce (nuoc mam or nam	3.00 ts
10174	pla), or to taste	0.00
10174	Lemon juice	3.00 tb
10174	Inch piece tender inner part	2.00
10174	of lemon grass stalk base,	0.00
10174	finely slivered	0.00
10174	To make 1 Tbs.	0.00
10174	Brown sugar	2.00 ts
10175	Vegetable oil; for frying	3.00 c
10175	Won ton skins	20.00
10175	- cut into 1/4 inch strips	0.00
10175	Shredded mixed salad greens	8.00 c
10175	Barbecued or roast chicken	4.00 c
10175	- in bite-size pieces	0.00
10175	- (from a 3 lb bird)	0.00
10175	Bean sprouts	1.00 c
10175	Yellow bell pepper	1.00 lg
10175	- cut into thin julienne	0.00
10175	European seedless cucumber	0.50
10175	- cut into thin julienne	0.00
10175	Fresh lime juice	6.00 tb
10175	Fish sauce (nuoc mam)	0.25 c
10175	(packed) light brown sugar	0.25 c
10175	Serrano chiles	4.00
10175	- seeded and minced	0.00
10175	Freshly grated nutmeg	0.50 ts
10175	Fresh lemon grass (optional)	1.00 tb
10175	- (finely minced)	0.00
10175	Finely minced fresh ginger	1.00 tb
10175	Minced fresh mint	0.25 c
10175	Minced fresh basil	3.00 tb
10175	Dry-roasted unsalted peanuts	0.25 c
10175	- coarsely chopped	0.00
10176	Thai dipping sauce:	0.00
10176	Distilled white vinegar	1.00 c
10176	Light brown sugar; plus 4	0.50 c
10176	teaspoons	0.00
10176	Minced garlic	1.50 tb
10176	Crushed dried red pepper	1.00 tb

Sheet1

10176	Fish sauce; *see cook's	0.33 c
10176	notes, below	0.00
10176	Crabmeat filling:	0.00
10176	Unsalted butter; or olive	2.00 tb
10176	oil	0.00
10176	Minced garlic	2.00 ts
10176	Onion; chopped	0.33 c
10176	Celery; chopped	0.33 c
10176	Shredded carrot	0.33 c
10176	Fresh shiitake mushroom caps	3.00
10176	- coarsely chopped	0.00
10176	Lump crabmeat; fresh or	1.00 c
10176	drained canned, well	0.00
10176	Picked over	0.00
10176	Fish sauce; *see cook's	1.00 tb
10176	notes, or salt to taste	0.00
10176	Freshly ground black pepper,	0.00
10176	to taste	0.00
10176	Spring roll wrappers; 8	10.00
10176	inch square	0.00
10176	All-purpose flour; mixed	1.00 tb
10176	with 1 tablespoon cold	0.00
10176	Water to form a paste	0.00
10176	Vegetable oil, for deep	0.00
10176	frying	0.00
10177	Cucumbers; sliced as thinly	3.00 md
10177	- as possible *	0.00
10177	Salt	0.00
10177	Dried hot pepper flakes	0.50 ts
10177	Sugar; dissolved in:	1.00 tb
10177	Hot water	0.25 c
10177	White vinegar	4.00 tb
10177	Minced red onion; -OR-	2.00 tb
10177	Minced scallions (Opt.)	1.00 tb
10178	Stephen Ceideburg	0.00
10178	Melons	5.00 lb
10178	Or 3 Serrano chiles	2.00
10178	Lime juice	5.00 oz
10178	Thai fish sauce (nam pla)	1.00 oz
10178	Palm or coconut sugar (or	1.25 oz
10178	brown sugar)	0.00
10178	Ground peanuts	3.00 oz
10178	Dried shrimp	0.50 oz
10178	Crushed lime leaves *	0.50 tb
10178	Garlic puree	0.75 ts
10178	Cilantro leaves, for garnish	0.00
10179	Bean thread noodles	2.00 oz
10179	(MUNG bean)	0.00
10179	Dried tree ears, -=OR=-	0.25 c

Sheet1

10179	Dried Chinese black	6.00
10179	mushrooms	0.00
10179	Whole black peppercorns	0.50 ts
10179	Garlic cloves	3.00
10179	Fresh coriander roots	1.00 tb
10179	(coarsely chopped)	0.00
10179	Fresh ground pork	0.75 lb
10179	Shrimp, shelled, deveined	0.25 lb
10179	and chopped	0.00
10179	=OR=-	0.00
10179	Fresh crab meat, flaked	0.25 lb
10179	Thai fish sauce	1.00 tb
10179	Sugar	2.00 ts
10179	Shallots, finely chopped	4.00
10179	Carrot, peeled, grated	1.00
10179	Bean sprouts, tails removed	0.25 lb
10179	12-inch rice-paper rounds	8.00
10179	Peanut oil for deep-frying	0.00
10179	Crisp lettuce leaves	0.00
10179	(as an accompaniment)	0.00
10179	Fresh mint leaves	0.00
10179	(as an accompaniment)	0.00
10179	THAI SPRING ROLL DIP -----	0.00 -----
10179	Sugar	0.25 c
10179	Water	0.25 c
10179	Red wine vinegar	0.50 c
10179	Fish sauce	2.00 tb
10179	Red chile flakes	0.25 ts
10179	Chopped coriander leaves	2.00 tb
10179	(fresh)	0.00
10179	Chopped peanuts	2.00 tb
10180	PEANUT GINGER DRESSING -----	0.00 -----
10180	Smooth or chunky peanut	0.25 c
10180	butter	0.00
10180	Hot water	0.25 c
10180	Cider vinegar	0.33 c
10180	Soy sauce	2.00 tb
10180	Grated fresh ginger root	1.00 tb
10180	Minced garlic	1.00 ts
10180	SALAD -----	0.00 -----
10180	Chilled cooked shrimp and	7.00 c
10180	scallops	0.00
10180	Kirby pickling cucumbers,	3.00 md
10180	halved lengthwise, seeded	0.00
10180	and thinly sliced crosswise	0.00
10180	Red bell peppers, cored,	2.00 md
10180	seeded and thinly sliced	0.00
10180	Cilantro leaves, chopped	1.00 c
10180	(optional)	0.00

Sheet1

10180	Sliced scallions	0.50 c
10181	Pomelo; -=OR=-	1.00
10181	Grapefruit (sweet ruby red)	1.00
10181	Whole cooked chicken breast	1.00
10181	hand-shredded	0.00
10181	Chopped red chili	1.00 ts
10181	(or to taste)	0.00
10181	Fish sauce (nam pla)	1.00 tb
10181	Sugar	1.00 ts
10181	Lime; juiced	1.00 sm
10181	Head of leaf lettuce	1.00
10181	(for garnish)	0.00
10181	Chopped fresh coriander	1.00 tb
10181	Crisp Fried Shallot Flakes	2.00 tb
10181	(Instructions follow) -	0.00
10181	Chopped roasted peanuts	0.25 c
10181	CRISP FRIED SHALLOT FLAKES -----	0.00 -----
10181	Shallots; thinly sliced	6.00
10181	Vegetable oil	1.00 c
10182	Jim Vorheis	0.00
10182	Sharp cheese, grated	10.00 oz
10182	Butter, softened	10.00 oz
10182	Sherry	2.00 tb
10182	Horseradish	1.00 tb
10182	Garlic salt	0.50 ts
10183	Cl Garlic, peeled and cut	2.00
10183	Light olive oil	0.50 c
10183	Heads boston or romaine lett	2.00
10183	Washed and cut into	0.00
10183	Bite-size pieces	0.00
10183	Ripe tomatoes, cubed	3.00
10183	Fresh scallions, cleaned	4.00
10183	And chopped	0.00
10183	Black olives (greek or	12.00
10183	Italian)	0.00
10183	Crumbled feta cheese	0.33 c
10183	Peeled and thinly	1.00 c
10183	Sliced	0.00
10183	Oregano	0.50 ts
10183	Red wine vinegar	3.00 tb
10183	Chopped parsley	1.00 tb
10184	Packages cream cheese	2.00 oz
10184	Mayonnaise	0.75 c
10184	Sharp cheddar cheese, grated	0.50 lb
10184	To 2 cups crab meat	1.00
10184	Onion, minced	1.00
10184	Hard-boiled eggs, peeled and	2.00
10184	chopped fine	0.00
10184	Dry mustard	0.25 ts

Sheet1

10184	Paprika	0.50 ts
10185	Olive oil	1.00 tb
10185	Wht. turnip 1/4" cubes	1.00 c
10185	Onions, chopped	1.00 c
10185	Celery, chopped	1.00 c
10185	Garlic, chopped	1.00 tb
10185	Navy beans, dried	1.00 lb
10185	Tomatoes, diced	2.00 c
10185	Fresh ground pepper	0.00
10185	Zucchini, 1/2" cubes	2.00 c
10185	Chicken stock	10.00 c
10185	Carrots, 1/4" cubes	1.00 c
10185	Basil leaves, fresh	0.25 c
10186	New classic pizza dough	0.50
10186	Fresh tomato pulp/sauce	2.00 c
10186	Diced mozzarella	2.00 c
10186	Diced swiss cheese	1.00 c
10186	Grated parmesan cheese	0.25 c
10186	Oregano,thyme,basil (mixed)	1.00 ts
10186	Olive oil	1.00 tb
10186	Salt & pepper to taste	0.00
10187	Corn oil	2.00 tb
10187	Olive oil	2.00 tb
10187	Garlic cloves, split	2.00
10187	Popping corn	0.75 c
10187	Salt	0.00
10187	Garlic clove, minced	1.00
10187	Ds cayenne pepper	0.00
10187	Black pepper, coarsely	2.00 ts
10187	ground	0.00
10187	Hot pepper sauce	0.25 c
10187	Butter, melted	2.00 tb
10188	Package cream cheese	8.00 oz
10188	Shredded cheddar cheese	4.00 c
10188	Milk	2.00 tb
10188	Grated onion	2.00 tb
10188	Worcestershire sauce	2.00 tb
10188	Crumbled blue cheese	0.50 c
10188	Garlic powder	0.75 ts
10188	Snipped parsley	0.25 c
10188	Chopped pecans	2.00 tb
10188	Cracked black pepper	2.00 ts
10189	Water	3.00 qt
10189	White onions, 1 inch in	3.00 lb
10189	diameter & unpeeled	0.00
10189	Sherry syrup vinegar OR 1/2	1.50 c
10189	cup brand & 1 cup red wine	0.00
10189	vinegar 9	0.00
10189	Tbsp olive oil	0.00

Sheet1

10189	Brown sugar	6.00 tb
10189	Salt	1.00 ts
10189	Freshly ground pepper	0.50 ts
10190	Mushrooms	0.50 lb
10190	Butter	0.25 c
10190	Flour	3.00 tb
10190	Salt	0.50 ts
10190	Garlic	0.00 pn
10190	Marjoram	0.50 ts
10190	Light Cream	1.00 c
10190	Chives Minced	2.00 ts
10190	Lemon Juice	1.50 ts
10190	White Bread	1.00 pk
10191	PATTIES -----	0.00 -----
10191	Ground chicken uncooked	14.00 oz
10191	Canned coconut milk	0.25 c
10191	Red curry paste	3.00 ts
10191	Fish sauce	1.00 tb
10191	Pinc sugar	1.00
10191	Thin sliced green beans	6.00
10191	SAUCE -----	0.00 -----
10191	Sugar	6.00 tb
10191	Rice vinegar	0.50 c
10191	Red pepper flakes	0.50 ts
10191	Peanuts, finely chopped	1.00 tb
10191	Gingerroot minced	0.25 ts
10191	Garlic minced	0.12 ts
10191	Cucumber peeled chopped	0.25 c
10192	Firm tofu	1.00 lb
10192	Tahini	0.25 c
10192	Mustard	1.00 ts
10192	Tamari	1.00 tb
10192	Eggless mayo	1.00 tb
10192	Onion; finely chopped	0.25 c
10192	Garlic clove; minced	1.00 sm
10192	Shredded carrots	0.25 c
10192	Chopped fresh parsley	1.00 tb
10193	Tomato juice (heat)	3.00 c
10193	Lemon gelatin	3.00 pk
10193	Vinegar	0.50 c
10193	Finely chopped celery	1.00 c
10193	Worcestershire sauce	1.00 tb
10193	Tabasco sauce	1.00 ds
10193	Salt and pepper	0.00
10193	Mix above and let cool	0.00
10193	Add:	0.00
10193	Finely chopped onion	1.00
10193	Finely chopped green pepper	1.00
10193	Finely chopped amount of	1.00

Sheet1

10193	celery equal to green	0.00
10193	pepper	0.00
10193	Tiny Monarch or Richeliue	1.00 cn
10193	string beans	0.00
10194	Tomatoes; Med., Chopped	5.00
10194	Sugar	1.00 tb
10194	Salt	1.00 ts
10194	Basil; Dried	1.00 ts
10194	Thyme; Dried	0.25 ts
10194	Pepper; Freshly Ground	0.25 ts
10194	Vegetable Oil	0.50 c
10194	Vinegar	6.00 tb
10194	Worcestershire Sauce	1.00 tb
10194	Onion; Large, Diced	1.00
10195	Ripe tomatoes	4.00 lg
10195	Butter or margarine	0.25 c
10195	Grated Parmesan cheese	0.50 c
10195	Finely chopped parsley	0.25 c
10195	Dried oregano leaves	1.00 T
10196	Six inch corn tortillas	6.00
10196	Vegetable oil	0.25 c
10196	Water	0.25 c
10196	Tomato, quartered	1.00 md
10196	Onion, cut in quarters	1.00
10196	Garlic clove	1.00
10196	Chicken Broth Cond. 10 3/4	2.00 cn
10196	oz	0.00
10196	Water, in soup can	1.00 cn
10196	Ground Coriander	0.25 ts
10196	Salt	0.25 ts
10196	Pepper	0.12 ts
10197	Refried beans	16.00 oz
10197	Package taco seasoning mix	1.25 oz
10197	Chopped green chilies	4.00 oz
10197	Chopped black olives	2.33 oz
10197	Small onion, chopped	0.00
10197	Shredded Cheddar cheese	10.00 oz
10197	Large, ripe avocado, mashed	0.00
10197	Chopped tomatoes	2.00
10197	Taco chips	2.00 pk
10198	Puff pastry	1.00 lb
10198	Oil	1.00 tb
10198	Butter	1.00 tb
10198	Fresh spinach*	1.00 lb
10198	Garlic cloves; minced	2.00
10198	Nutmeg (or more)	0.25 ts
10198	Salt & freshly ground pepper	0.00
10198	Lg red peppers*	2.00
10198	OMELETS -----	0.00 -----



Sheet1

10198	Eggs	5.00
10198	Chopped chives	2.00 ts
10198	Chopped parsley	2.00 ts
10198	Chopped fresh tarragon*	1.00 ts
10198	Salt	0.00
10198	Butter	2.00 tb
10198	Swiss cheese, thinly sliced	8.00 oz
10198	Ham, thinly sliced	8.00 oz
10198	Egg; beaten	1.00
10199	Cream cheese; softened	3.00 oz
10199	Lemon juice	2.00 ts
10199	Minced chives	1.00 tb
10199	Minced fresh dill or mint	1.00 ts
10199	(Optional)	0.00
10199	Pepper or cayenne	1.00 ds
10199	Crab meat, flaked	1.00 c
10199	Fresh asparagus spears	25.00
10199	Tulip petals	25.00
10200	Onion, minced	1.00 sm
10200	Butter, melted or margarine	0.25 c
10200	Milk	0.50 c
10200	7 oz cans Tuna flakes	2.00
10200	Bread crumbs, soft	3.00 c
10200	Eggs, slightly beaten	2.00
10200	Poultry seasoning	0.25 ts
10200	Parsley flakes	0.25 c
10200	Salt	0.50 ts
10200	Pepper	0.25 ts
10200	Mushroom soup, 10 oz	1.00 cn
10200	Curry powder	0.50 ts
10200	Olives, stuffed and sliced	3.00
10201	Canned white albacore tuna, packed in oil, drained*	10.00 oz 0.00
10201	Butter, softened	1.00 c
10201	To 3 drops lemon juice	2.00
10201	To 3 drops Tabasco sauce	2.00
10201	Shrimp, cooked, shelled and minced	10.00 md 0.00
10201	Coarsely chopped pimiento	3.00 tb
10201	Drained tiny capers	2.00 tb
10202	Red cabbage; cored, shredded & chopped	1.00 lb 0.00
10202	Onion;small red	1.00
10202	Tuna; 6 1/2 oz	1.00 cn
10202	packed in olive oil	0.00
10202	Anchovy fillets	4.00
10202	finely chopped	0.00
10202	Olive oil	6.00 tb
10202	Red wine vinegar	1.00 tb

Sheet1

10202	Heavy cream	4.00 ts
10202	Black pepper-freshly ground	0.25 ts
10202	Parsley;fresh, chopped	1.00 tb
10203	English cucumbers	3.00 lg
10203	Fresh tuna, minced	1.25 lb
10203	Juice of 3 limes	0.00
10203	Minced green onions	0.75 c
10203	Prepared wasabi (Japanese	3.00 tb
10203	horseradish)	0.00
10203	Ground black pepper to taste	0.00
10203	Toasted pine nuts	0.50 c
10203	Toasted or black sesame	3.00 tb
10203	seeds	0.00
10204	220 g can of tuna or skinned	1.00
10204	salmon	0.00
10204	Mayonnaise	0.50 c
10204	Small, finely chopped onion	1.00
10204	Curry powder	1.00 ts
10204	Loaf white sliced bread,	1.00
10204	crusts removed	0.00
10204	Butter, melted	0.50 c
10205	Baking potatoes	4.00 lg
10205	Vegetable oil	0.00
10205	Broccoli florets (1 bunch)	5.00 c
10205	Tuna (7 oz drained, chunk)	1.00 cn
10205	Celery, diced	0.25 c
10205	Green onions, chopped	0.25 c
10205	Mayonnaise	0.50 c
10205	Sour cream	0.50 c
10205	Mustard (Dijon)	1.00 ts
10205	Butter, melted	2.00 tb
10205	Cayenne pepper	1.00 pn
10205	Salt and black pepper	0.00
10206	Bunch of rocket, discarding	1.00
10206	The coarse stem ends	0.00
10206	Soft lettuce	1.00 sm
10206	Macadamia nuts	250.00 g
10206	Garlic, chopped	2.00 cl
10206	Salt & pepper to taste	0.00
10206	Macadamia oil	100.00 ml
10206	White wine vinegar	50.00 ml
10206	Turkey, sliced	1.00 lb
10206	Chives	0.00
10207	Turkey, ground	1.00 lb
10207	Taco seasoning mix	1.25 oz
10207	Water	0.25 c
10207	Beans, refried	16.00 oz
10207	Cheese, Monterey Jack,	2.00 oz
10207	Shredded, mild	0.00

## Sheet1

10207	Chilies, green, chopped	2.00 tb
10207	Lettuce, chopped or shredded	2.00 c
10207	Tomatoes, chopped	4.00
10207	Tortilla chips	8.00 oz
10207	Guacamole, prepared	1.00 c
10207	Sour cream	0.50 c
10208	1 1/4lb fresh turkey	1.00
10208	tenderloin or boneless	0.00
10208	chicken breast	0.00
10208	Divided oat bran cereal	1.25 c
10208	Salt	1.00 ts
10208	Pepper	0.50 ts
10208	Large egg whites	2.00
10208	Lowfat evaporated	2.00 tb
10208	milk	0.00
10208	Paprika	1.00 ts
10208	Peanut oil	0.50 c
10209	Ground turkey	1.25 lb
10209	Corn kernels	1.00 c
10209	fresh or frozen, thawed	0.00
10209	Tomato salsa	1.00 c
10209	Salt	0.50 ts
10209	Shredded lettuce	2.00 c
10209	Medium ripe tomatoes, sliced	2.00
10209	Small red onion, sliced	1.00
10209	Lime wedges	0.00
10209	Dairy sour cream	0.25 c
10210	Eggs	8.00
10210	Celery stalks	2.00
10210	Green onions	2.00
10210	Sweet red pepper	0.50
10210	Leftover cooked turkey	0.75 lb
10210	Mayonnaise	3.00 tb
10210	Dijon mustard	2.00 tb
10210	Cider vinegar	1.00 tb
10210	Sugar	1.00 ts
10210	Salt	0.25 ts
10211	Ricotta or cream cheese	0.50 lb
10211	Feta cheese; crumbled	0.50 lb
10211	Eggs; lightly beaten	2.00
10211	All-purpose flour	1.00 tb
10211	Salt (optional)	1.00 pn
10211	Grated nutmeg (or more)	0.50 ts
10211	Butter; melted	1.00 c
10211	Butter; melted	3.00 tb
10211	Commercial filo sheets	1.00 lb
10212	Plain Yogurt	2.00 c
10212	Large Cucumbers	2.00
10212	Salt To Taste	0.00

Sheet1

10212	Large Cloves Garlic, Minced	2.00
10212	White Wine Vinegar	1.50 tb
10212	Olive Oil	1.00 tb
10212	Fresh Ground Pepper(2 Taste)	0.00
10213	Same As In 6	0.00
10214	White Button Mushrooms; *	1.00 lb
10214	Monterey Jack; Shredded	1.00 c
10214	Bacon; Finley Crumbled, OR	0.25 c
10214	Imitation Bacon Bits	0.25 c
10214	Sour Cream	0.50 c
10214	Worcestershire Sauce	1.00 ts
10214	Hot Sauce	4.00 dr
10214	GARNISH -----	0.00 -----
10214	Seasoned Bread Crumbs	0.00
10215	Mixed greens-romaine,	12.00 oz
10215	Red leaf, reddichio,boston	0.00
10215	And watercress,	0.00
10215	Cut into 4-inch pieces	0.00
10215	Shrimp, cooked,	24.00 md
10215	Shelled and de-veined	0.00
10215	Green peppers, julienned	2.00
10215	Red peppers, julienned	2.00
10215	Ham, julienned	4.00 oz
10215	Mortadella, julienned	6.00 oz
10215	Provolone, julienned	4.00 oz
10215	Mozzarella, julienned	3.00 oz
10215	Cherry tomatoes, sliced	12.00
10215	Red onions, sliced	2.00
10215	Nicoise olives	20.00
10215	Vinaigrette	0.00
10216	Vodka	2.00 c
10216	Vanilla beans; cut in 1" pcs	5.00
10217	Corn oil	0.25 c
10217	Split vanilla bean	1.00
10217	Popping corn	0.75 c
10217	Superfine sugar	1.00 tb
10217	Salt	0.00
10217	Melted butter	2.00 tb
10218	Idaho potatoes	2.00 lg
10218	Carrots	2.00 md
10218	Zucchini	2.00 md
10218	Yellow onion, finely chopped	1.00 lg
10218	Eggs	2.00
10218	Egg whites	2.00
10218	Pepper	0.25 ts
10218	Salt	1.50 ts
10218	Flour	0.25 c
10218	Oil for frying	0.00
10219	Ghee	2.00 tb

Sheet1

10219	Minced ginger	0.50 tb
10219	Minced garlic	0.50 tb
10219	Diced onion	0.50 c
10219	Garam masala	1.00 ts
10219	Chili	0.50 ts
10219	Pepper	0.25 ts
10219	Salt	0.25 ts
10219	Soy sauce	1.00 tb
10219	Mixed vegetables, parboiled	2.00 c
10219	- finely chopped	0.00
10219	Tofu, squeezed & crumbled	1.00 c
10219	Momo wrappers see recipe	0.00
10219	Momo sauce - see recipe	0.00
10220	Head of Boston or other soft	1.00 lg
10220	lettuce, separated into	0.00
10220	Individual leaves	0.00
10220	Of scallions, cut into 2	1.00 bn
10220	inch lengths	0.00
10220	Coriander leaves	1.00 c
10220	Mint leaves	1.00 c
10220	Fresh Asian or regular basil	1.00 c
10220	leaves	0.00
10220	Cucumber, peeled in	1.00
10220	alternating strips, halved	0.00
10220	lengthwise and	0.00
10220	Sliced thinly crosswise	0.00
10220	Fresh bean sprouts	4.00 oz
10220	Ripe mango	1.00
10220	Ripe bananas	1.00 bn
10220	Ripe papaya	1.00
10220	Apples	6.00
10220	Star fruit	6.00
10221	Potatoes, cut in even-size	8.00 oz
10221	pieces	0.00
10221	Frozen green peas	0.75 c
10221	Corn oil	2.00 tb
10221	Onion, finely chopped	1.00
10221	Cumin seeds	0.50 ts
10221	Piece ginger root, peeled,	1.00
10221	grated (1/2")	0.00
10221	Turmeric	0.50 ts
10221	Garam Masala	0.50 ts
10221	Salt	0.50 ts
10221	Lemon juice	2.00 ts
10221	All-purpose flour	1.00 c
10221	Butter	2.00 tb
10221	Warm milk	2.00 tb
10221	Vegetable oil for deep	0.00
10221	frying	0.00

Sheet1

10221	Lime twists (opt)	0.00
10221	Fresh celery leaves (opt)	0.00
10221	Mango Chutney	0.00
10222	Flour	1.00 tb
10222	Water	2.00 tb
10222	Coarsely chopped garlic	1.00 ts
10222	Coriander root	1.00 ts
10222	- (coarsely chopped)	0.00
10222	Whole black peppercorns	1.00 ts
10222	Oil	2.00 tb
10222	Taro; peeled	2.00 oz
10222	- and coarsely chopped	0.00
10222	Carrot (more if desired)	1.00
10222	- coarsely chopped	0.00
10222	Water chestnuts	0.50 c
10222	- coarsely chopped	0.00
10222	Pre-soaked Chinese mushrooms	2.00 oz
10222	- coarsely chopped	0.00
10222	Beansprouts; coarsly chopped	0.50 c
10222	Light soy sauce	2.00 tb
10222	Sugar	1.00 ts
10222	Beancurd sheets	3.00 lg
10222	Oil; for deep-frying	0.00
10222	TO GARNISH -----	0.00 -----
10222	Lettuce	0.00
10222	Mint leaves	0.00
10223	Cellophane noodles	1.00 oz
10223	soaked in warm water for	0.00
10223	20 min, drained and	0.00
10223	chopped fine	0.00
10223	Squares bean curd	2.00
10223	finely chopped	0.00
10223	Potatoes; peeled and	3.00 sm
10223	cut paper thin with a	0.00
10223	peeler and then shredded	0.00
10223	Tree ears; soaked in	1.00 tb
10223	warm water 20 min,	0.00
10223	drained and chopped	0.00
10223	Bean sprouts	1.00 c
10223	Carrot; peeled paper thin,	1.00 md
10223	cut into 1 inch sections	0.00
10223	and shredded	0.00
10223	White part of leek; chopped	1.00
10223	Black pepper	1.00 ds
10223	Dried rice papers	10.00
10223	(banh trang)	0.00
10223	Peanut oil	2.00 c
10224	White unconverted rice	5.00 c
10224	Sushi rice vinegar	1.50 c

Sheet1

10224	(or regular rice vinegar	0.00
10224	w/ts sugar added)	0.00
10224	To 4 eggs beaten	3.00
10224	Fresh spinach, washed	1.00 pk
10224	Small container pickled red	0.00
10224	ginger slivers	0.00
10224	(about 6 large) dried	1.00 pk
10224	Shiitake mushrooms	0.00
10224	Pkg. Kampyo (dried gourd	1.00 oz
10224	strips)	0.00
10224	Soy sauce	0.25 c
10225	Polyunsaturated oil	1.00 ts
10225	Clove garlic, crushed	1.00
10225	Mushrooms, chopped ( about 2	50.00 g
10225	oz)	0.00
10225	Green shallots, chopped	2.00
10225	Red pepper, chopped	0.25
10225	Shredded Chinese cabbage	2.00 c
10225	Water	2.00 ts
10225	Salt-reduced soy sauce	2.00 ts
10225	Chicken stock cube, crumbled	0.25 sm
10225	Cornstarch	1.00 tb
10225	Spring roll wrappers	6.00
10225	Egg white, lightly beaten	1.00
10226	Velveeta Cheese spread,	1.00 lb
10226	cubed (can use light)	0.00
10226	Picante or Salsa Sauce	1.00 pk
10226	Cilantro (optional)	2.00 tb
10227	VELVETTA CHEESE SPREAD	1.00 lb
10227	JAR PACE PICANTE SAUCE	1.00
10227	CILANTRO (CHOPPED)	2.00 tb
10228	Venison without suet/fats	5.00 lb
10228	OR hamburger	0.00
10228	Tender quick salt	5.00 ts
10228	Coarse black	2.50 ts
10228	pepper	0.00
10228	Garlic salt	2.50 ts
10228	Hickory smoked salt/	1.00 ts
10228	liquid flavoring	0.00
10229	Shredded sharp Cheddar	2.00 c
10229	Chopped pecan pieces	2.50 oz
10229	Mayonnaise	0.33 c
10229	Maple syrup	1.00 tb
10229	Worcestershire sauce	0.50 ts
10229	Whole-grain crackers	36.00
10230	Butter or margarine	2.00 T
10230	Leeks, carefully washed	3.00 md
10230	and minced	0.00
10230	Onion, minced	1.00 md

Sheet1

10230	Potatoes, finely diced	2.00 c
10230	(about 2 large potatoes)	0.00
10230	Chicken broth	4.00 c
10230	Half and half	1.00 c
10230	Salt to taste	0.00
10230	White pepper to taste	0.00
10231	Chopped Vidalia Sweet Onions	3.00 lg
10231	Water	2.00 c
10231	Sugar	0.50 c
10231	Vinegar	0.50 c
10231	To 1/2 cup Mayonnaise	0.33 c
10231	Celery Seed	1.00 ts
10232	Filling	0.00
10232	Vidalia sweet onions	2.00 lb
10232	Egg yolks	2.00
10232	Heavy cream	6.00 tb
10232	Water	0.50 c
10232	Bacon; cut in strips	0.25 lb
10232	Flour	1.00 ts
10232	Salt	1.00 ts
10232	Peanut oil	0.25 c
10232	Pie pastry; see below	0.00
10232	Pie pastry	0.00
10232	All-purpose flour	2.00 c
10232	Unsalted butter	0.50 c
10232	Egg yolks	2.00
10232	Salt	1.00 ts
10232	Cold water	6.00 tb
10233	Dried bean thread noodles	2.00 oz
10233	(MUNG bean)	0.00
10233	Sm. dried tree-ear mushrooms	3.00 tb
10233	Ground pork butt	1.00 lb
10233	Garlic cloves	4.00
10233	finely minced or pureed	0.00
10233	Fish sauce	1.00 tb
10233	Fresh finely ground pepper	0.50 ts
10233	Flaked crab meat	1.00 c
10233	Grated carrot	1.00 c
10233	Bean sprouts, tails removed	1.00 c
10233	Shallots, minced, or:	4.00
10233	Minced onion	1.00 sm
10233	Warm water	2.00 c
10233	Sugar	0.25 c
10233	12" rice paper wrappers	16.00
10233	(dried)	0.00
10233	Peanut oil for deep-frying	0.00
10233	Lettuce leaves	0.00
10233	Fresh mint	0.00
10233	Fresh coriander leaves	0.00



Sheet1

10234	Pork butt, ground	1.00 lb
10234	Water chestnuts, minced	6.00
10234	Clove garlic, minced	1.00 lg
10234	Green onion, minced	1.00 sm
10234	Soy sauce, Japanese	1.00 tb
10234	Oil	2.00 ts
10234	Lemon juice, fresh	1.25 ts
10234	Ginger, fresh, minced	0.50 ts
10234	Sugar	0.25 ts
10234	Hot chili oil, Chinese	0.25 ts
10234	Salt	0.12 ts
10234	Bamboo skewers - 5 to 6	12.00
10234	inches long	0.00
10234	GARNISHES -----	0.00 -----
10234	Boston lettuce leaves	12.00
10234	Cilantro, chopped	0.50 c
10234	Mint, fresh, chopped	0.50 c
10234	Green onion, chopped	0.50 c
10234	DIPPING SAUCE -----	0.00 -----
10234	Soy sauce, Japanese	0.50 c
10234	Lemon juice, fresh	5.00 tb
10234	Water	3.00 tb
10234	Clove garlic, minced	2.00
10234	Sugar	2.00 ts
10234	Oyster sauce	1.00 ts
10234	Ginger, fresh, minced	1.00 ts
10234	Cayenne pepper	0.12 ts
10235	Fresh or frozen, peeled and	0.50 lb
10235	deveined, uncooked shrimp	0.00
10235	Cornstarch	1.00 tb
10235	Prepared fish sauce, if	1.00 tb
10235	desired	0.00
10235	Sugar	1.50 ts
10235	Grated gingerroot (or 1/4	0.50 ts
10235	teaspoon ground ginger)	0.00
10235	Salt	0.25 ts
10235	Pepper	0.12 ts
10235	Shallots, minced (about 1/3	6.00
10235	cup)	0.00
10235	Garlic cloves, minced	4.00
10235	(1/2-inch thick) slices	16.00
10235	French bread, 2-2/1 inches	0.00
10235	in diameter	0.00
10235	Fresh cilantro leaves	16.00
10235	(Chinese parsley or fresh	0.00
10235	coriander leaves)	0.00
10236	Chile dipping sauce:	0.00
10236	Rice vinegar	0.50 c
10236	Fish sauce; use squid or ti	0.50 c

## Sheet1

10236	paros brand	0.00
10236	Hot water	0.50 c
10236	Sugar	0.25 c
10236	Fresh lime juice	0.25 c
10236	Minced garlic	2.00 ts
10236	Fresh hot red chiles; (such	3.00 sm
10236	as jalapeno or	0.00
10236	Serrano), seeded and chopped	0.00
10236	Finely shredded carrot	0.50 c
10236	Finely shredded daikon; (ja	0.50 c
10236	panese white radish)	0.00
10236	Or white turnip	0.00
10236	Spring roll filling:	0.00
10236	Shiitake mushrooms	6.00 dr
10236	Cellophane noodles; (a/k/a	1.00 oz
10236	bean threads)	0.00
10236	Skinless boneless chicken br	1.00
10236	east half; (6 oz.),	0.00
10236	Coarsely chopped	0.00
10236	Raw medium shrimp; shelled,	10.00 oz
10236	deveined and coarsely	0.00
10236	Chopped	0.00
10236	Ground pork	4.00 oz
10236	Fresh bean sprouts; packed,	1.50 c
10236	coarsely chopped	0.00
10236	Shredded carrots; packed	1.50 c
10236	Minced onions	1.00 c
10236	Minced garlic	2.00 tb
10236	Fish sauce; use squid or ti	0.25 c
10236	paros brand	0.00
10236	Sugar	2.00 ts
10236	Salt	0.50 ts
10236	Freshly ground black pepper	0.50 ts
10236	Eggs; lightly beaten	3.00
10236	Assembly:	0.00
10236	Sugar	1.00 c
10236	8-inch round sheets dried ri	26.00
10236	ce paper (banh trang)	0.00
10236	Peanut oil, for frying	0.00
10236	Garnish:	0.00
10236	Boston lettuce leaves	0.00
10236	Fresh mint sprigs	0.00
10236	Fresh coriander sprigs	0.00
10237	Bulk Pork Sausage	1.50 lb
10237	Pineapple Chinks In Syrup	20.00 oz
10237	Packed Brown Sugar	0.50 c
10237	Lemon Juice	0.25 c
10237	Cornstarch	2.00 tb
10237	Soy Sauce	2.00 tb

Sheet1

10237	Chopped Green Pepper	0.50 c
10237	Drained Maraschino Cherries	0.50 c
10238	Cored red apple	1.00
10238	(8-oz) neutchatel cheese	1.00 pk
10238	Low fat cottage cheese	0.50 c
10238	Lemon juice	2.00 ts
10238	Chopped celery	0.25 c
10238	Chopped walnuts	3.00 tb
10238	Dark raisins	1.00 tb
10238	Sugar	1.00 ts
10238	Ground cinnamon	0.12 ts
10238	Ground nutmeg	1.00 pn
10238	Red/green seedless grapes	0.00
10238	and assorted crackers	0.00
10238	optional	0.00
10239	Oranges (navel)	6.00 lg
10239	Honey	1.00 ts
10239	Cinnamon	0.50 ts
10239	Mixed fresh greens (half	1.00 lb
10239	Spinach and half romaine	0.00
10239	Works best)	0.00
10239	Thin sliced purple onion	0.50 c
10239	Thin sliced radishes	1.00 c
10239	Toasted walnut halves chop	1.00 c
10239	Into smaller pieces if you	0.00
10239	Wish	0.00
10239	Quality olive oil	3.00 tb
10239	Salt and pepper to taste	0.00
10240	Phyllo pastry	1.00 lb
10240	Butter, melted	1.00 c
10240	FILLING	0.00
10240	Walnut pieces	1.50 c
10240	Pistachios or slivered	0.50 c
10240	almonds	0.00
10240	Chopped candied orange peel	0.25 c
10240	Granulated sugar	0.25 c
10240	Orange blossom water, or 1	1.00 tb
10240	tsp almond extract	0.00
10240	Each, ground cinnamon and	0.50 ts
10240	cloves	0.00
10240	SYRUP	0.00
10240	Lemon	1.00
10240	Granulated sugar	2.00 c
10240	Water	1.50 c
10241	Green Beans, ends removed	0.50 lb
10241	Olive Oil	3.00 tb
10241	Large Dry Shallots, chopped	2.00
10241	Balsamic or Red Wine Vinegar	1.00 tb
10241	Chickpeas, drained 19oz	1.00 c

Sheet1

10241	Tomatoes, seeded, chopped	2.00
10241	Fresh Basil, chopped	2.00 tb
10241	Lemon Juice, fresh	1.00 tb
10241	Salt	0.00
10241	Freshly Ground Black Pepper	0.00
10242	Bacon slices, chopped	7.00 ea
10242	Garlic cloves, minced	2.00 ea
10242	8 oz cream cheese, room temp	1.00 pk
10242	Half and Half	0.25 c
10242	Blue cheese, chopped	3.00 oz
10242	Fresh chives, chopped	2.00 tb
10242	Smoked almonds, chopped	2.00 tb
10243	Top sirloin,1" thick	0.75 lb
10243	Lime juice,fresh	0.25 c
10243	Garlic salt	0.50 ts
10243	Cumin,ground	0.50 ts
10243	Black pepper,coarse	0.50 ts
10243	Rice,long-grain	0.75 c
10243	Corn,whole-kernel(8oz)	1.00 cn
10243	Black olives,ripe(2 1/2oz)	1.00 cn
10243	Cherry tomatoes,halved	1.00 c
10243	Red onion rings,sliced	0.25 c
10243	Cilantro,chopped	2.00 tb
10243	Lettuce hd,iceberg,shredded	0.50
10243	PICANTE DRESSING -----	0.00 -----
10243	Picante sauce	0.33 c
10243	Italian dressing	0.25 c
10243	Lime juice	1.00 ts
10244	PHILLY.INQUIRER -----	0.00 -----
10244	TOMATO PUREE	1.00 c
10244	WHITE WINE HERB VINEGA	2.00 tb
10244	VIRGIN OLIVE OIL	1.00 tb
10244	CHOPPED PARSLEY	2.00 tb
10245	Dried vegetable soup	1.00 pk
10245	mix	0.00
10245	(15-oz) ricotta	1.00 pk
10245	cheese	0.00
10245	(3-oz) softened cream	1.00 pk
10245	cheese	0.00
10245	Imitation crab meat/cooked	6.00 oz
10245	shrimp/frozen crab meat	0.00
10245	thawed	0.00
10245	Lemon juice	1.00 ts
10245	Assorted crackers/bread	0.00
10245	sticks/pita bread/chips	0.00
10246	Potatoes;Med,Boiled In Skins	3.00
10246	Bacon; Slices	3.00
10246	Onion; Chopped	0.25 c
10246	Unbleached Flour	1.00 tb

Sheet1

10246	Sugar	2.00 ts
10246	Salt	0.75 ts
10246	Celery Seeds	0.25 ts
10246	Pepper	0.25 ts
10246	;Water	0.38 c
10246	Vinegar	2.50 tb
10247	White bread	4.00 sl
10247	Bunch watercress	1.00
10247	Mayonnaise	2.00 tb
10247	Salt and pepper	0.00
10248	Bunch watercress washed and	1.00
10248	Dried	0.00
10248	Pecan halves	0.25 c
10248	Mild goat cheese well	4.00 oz
10248	Chilled	0.00
10249	Fresh watercress (OR	1.50 lb
10249	Spinach)	0.00
10249	DRESSING -----	0.00 -----
10249	Salad oil	0.50 c
10249	Sesame paste	0.50 ts
10249	Sq. bean cheese, unseasoned	1.00
10249	Chili flakes	0.50 ts
10249	Pinch sugar	1.00
10249	Lemon juice	1.00 ts
10249	Cold water	2.00 tb
10250	Wonton Squares	1.00 pk
10250	6 oz Can Crabmeat	1.00
10250	3 oz Pkgs. Cream Cheese	2.00
10250	Green Onion (Chopped)	1.00
10250	Garlic Powder	1.00 tb
10251	Red apples quartered thinly	2.00 sm
10251	Sliced	0.00
10251	Lemon juice	2.00 ts
10251	Thin sliced celery	2.00 c
10251	Natural mild cheddar flavor	6.00 oz
10251	Cheese cut into small cubes	0.00
10251	Reduce calorie mayonnaise	0.25 c
10251	Dash salt and pepper	0.00
10251	Lettuce	0.00
3434	Amaretto	1.00 fl
3434	Southern Comfort	1.00 fl
3434	Sloe gin	0.50 fl
3434	Lemon juice	1.00 ds
10252	Active dry yeast	1.00 pk
10252	Dark brown sugar	3.00 tb
10252	Warm water (105F-115F)	0.75 c
10252	Whole-wheat flour	2.75 c
10252	Nonfat dry milk powder	3.00 tb
10252	Vegetable oil	3.00 tb

Sheet1

10252	Egg; -=OR=-	1.00 lg
10252	Egg whites	2.00 lg
10252	Salt	1.00 ts
10253	Water	0.67 c
10253	Sugar	1.00 tb
10253	Shortening	0.67 c
10253	Molasses	0.50 c
10253	Whole wheat flour	12.00 c
10253	Yeast	3.00 pk
10253	Scalded milk	8.00 c
10253	Sugar	1.00 c
10253	Salt	2.00 tb
10255	All-Purpose Flour; unsifted	3.50 c
10255	Sugar	2.00 tb
10255	Salt	1.00 ts
10255	Active Dry Yeast	1.00 pk
10255	Water	1.00 c
10255	Margarine	1.00 tb
10255	Water	1.00 tb
10255	Egg Yolk; beaten	1.00
10255	Coarse salt	0.00
10256	Honey	1.00 c
10256	Maple syrup	1.00 c
10256	Oil	0.75 c
10256	Zucchini milk	3.00 c
10256	Chopped walnuts	1.00 c
10256	Chopped dates	1.00 c
10256	Sea salt	1.00 ts
10256	Cinnamon	1.00 ts
10256	Ground cloves	1.00 ts
10256	Baking soda	4.00 ts
10256	Unbleached white flour	2.00 c
10256	To 2-1/2 cups whole wheat	2.00
10256	flour	0.00
10256	Wheat germ	0.50 c
10258	WATER (150 ML)	5.00 oz
10258	EGG, SMALL	1.00
10258	ALL-PURPOSE FLOUR	0.25 c
10258	BREAD FLOUR	1.75 c
10258	NONFAT DRY MILK POWDER	2.00 tb
10258	SUGAR	2.00 tb
10258	SALT	1.00 ts
10258	BUTTER	3.00 tb
10258	DRY YEAST	1.50 ts
10258	WALNUTS, CHOPPED	0.25 c
10259	V-8 juice (11.5-oz) or	1.00 cn
10259	tomato juice	0.00
10259	Egg or egg substitute	2.00
10259	Water	0.67 c

Sheet1

10259	Low fat cottage cheese	2.00 c
10259	Scallions minced or fresh	0.50 c
10259	chives in amounts to taste	0.00
10259	Dill	1.00 ts
10259	Whole wheat flour	3.00 c
10259	To 6 c unbleached white	5.00 c
10259	flour	0.00
10259	Fast rising yeast	2.00 pk
10259	Sugar	1.00 tb
10260	Unbleached white flour	3.00 c
10260	Baking powder	2.00 ts
10260	Baking soda	1.00 ts
10260	Salt	0.50 ts
10260	(1 1/2 sticks) cold, sweet	12.00 tb
10260	butter	0.00
10260	Raisins	2.00 c
10260	Egg	1.00
10260	Honey	0.50 c
10260	Buttermilk	1.00 c
10261	White corn meal	2.00 c
10261	Flour	1.00 c
10261	Milk	2.00 c
10261	Shortening	2.00 tb
10261	Baking powder	2.00 tb
10261	Salt	1.00 ts
10261	Onion	1.00
10261	Eggs	2.00
10262	All-purpose flour	1.50 c
10262	Sugar	0.75 c
10262	Baking powder	2.50 ts
10262	Salt	1.00 ts
10262	Vegetable oil	0.25 c
10262	Milk	0.75 c
10262	Egg	1.00
10262	Blueberries (I use fresh,	1.50 c
10262	but imagine frozen would	0.00
10262	work)	0.00
10262	All-purpose flour	0.33 c
10262	Brown sugar, firmly packed	0.50 c
10262	Cinnamon (or more to taste)	0.50 ts
10262	Firm butter (1/2 stick)	0.25 c
10263	Unbleached, all-purpose	3.00 c
10263	Flour	0.00
10263	Dried yeast	1.00 pk
10263	Salt	1.50 ts
10263	Cumin seed, ground	1.00 ts
10263	Plus 3 oz. lukewarm water	1.00 c
10264	Whole wheat flour	0.75 c
10264	Flour; all-purpose	0.75 c

Sheet1

10264	Baking powder	1.00 tb
10264	Salt	0.50 ts
10264	Sesame seeds	0.33 c
10264	Poppy seeds	2.00 ts
10264	Orange juice	0.75 c
10264	Honey	0.25 c
10264	Eggs	2.00
10264	Vegetable oil	0.25 c
10264	Bran cereal	0.50 c
10265	Flour	3.00 c
10265	Soda	2.00 ts
10265	Sugar	2.00 c
10265	Salt	1.00 ts
10265	Vegetable oil	0.75 c
10265	Baking powder	0.50 ts
10265	Eggs	3.00
10265	Vanilla	2.00 ts
10265	Cinnamon	1.50 ts
10265	Chopped walnuts or pecans	0.75 c
10265	Crushed pineapple	1.00 cn
10265	Prepared fruit or	2.00 c
10265	Vegetable, as below	0.00
10266	Whole almonds, with skins	0.50 c
10266	Brown rice flour	1.50 c
10266	Baking powder	4.00 ts
10266	Salt	0.25 ts
10266	Poppy seeds	3.00 ts
10266	Plain low-fat yogurt	0.50 c
10266	Water	0.50 c
10266	Whole egg	1.00 lg
10266	Egg white white	1.00 lg
10266	Vegetable oil	2.00 tb
10267	Milk	1.00 c
10267	Egg	1.00
10267	Unsalted butter	3.00 tb
10267	1 8oz. can almond paste,	0.00
10267	cut into about 1/8-inch	0.00
10267	slices.	0.00
10267	ALL-PURPOSE flour (not	2.50 c
10267	bread flour)	0.00
10267	Dark brown sugar	2.00 tb
10267	=TO=	0.25 ts
10267	Salt to taste	0.50 ts
10267	Active dry yeast	2.00 ts
10267	-GLAZE:	0.00
10267	Dark corn syrup	1.00 ts
10267	Warm water	1.00 ts
10268	Egg	1.00
10268	Salt	0.75 ts



Sheet1

10268	Sugar	0.33 c
10268	Oil	0.25 c
10268	Milk	1.00 c
10268	Flour	2.00 c
10268	Baking powder	1.00 tb
10268	Chopped almonds	0.75 c
10268	Poppy seeds	0.33 c
10269	Chopped dates	1.00 c
10269	Amaranth	0.50 c
10269	Boiling water	1.00 c
10269	Eggs	2.00
10269	Honey	0.50 c
10269	Butter, melted	0.25 c
10269	Whole wheat flour	2.00 c
10269	Baking powder	2.00 ts
10269	Chopped pecans	1.00 c
10269	Vanilla extract	1.00 ts
10270	Flour	2.00 c
10270	Double-acting baking powder	2.50 ts
10270	Sugar	2.00 ts
10270	Salt	1.00 ts
10270	Butter	7.00 tb
10270	Milk	0.75 c
10271	Active dry yeast	1.50 ts
10271	Bread flour	3.00 c
10271	Wheat germ	3.00 tb
10271	Wheat bran	3.00 tb
10271	Salt	1.75 ts
10271	Sugar	2.00 tb
10271	Vegetable oil	2.00 tb
10271	Garlic cloves, minced	2.00
10271	Chopped fresh parsley	3.00 tb
10271	Water	1.25 c
10273	Eggs	3.00
10273	Oil	0.67 c
10273	Flour	2.00 c
10273	Sugar	1.00 c
10273	Baking powder	1.25 ts
10273	Cinnamon	1.50 ts
10273	Salt	0.25 ts
10273	Baking soda	0.50 ts
10273	Chopped nuts or raisins,	1.00 c
10273	optional	0.00
10273	Starter Batter	0.00
10274	Frozen Broccoli	1.00 pk
10274	Grated Cheddar Sharp Cheese	2.00 c
10274	Medium Onion, Chopped	1.00
10274	Box Jiffy Cornbread Mix	1.00
10275	Yeast	1.00 pk

Sheet1

10275	Bread flour	3.50 c
10275	Yellow cornmeal	0.33 c
10275	Boiling water	1.50 c
10275	Molasses	0.33 c
10275	Salt	1.00 ts
10275	Butter	2.00 ts
10276	Milk	1.00 c
10276	Water	1.00 c
10276	Corn meal, preferably yellow	1.00 c
10276	and stone-ground	0.00
10276	Sweet butter	3.00 tb
10276	Molasses	0.50 c
10276	Warm water	0.50 c
10276	Dry yeast	2.00 tb
10276	Sugar or honey	0.50 ts
10276	Salt	2.00 ts
10276	Unbleached white flour	5.50 c
10276	(approx)	0.00
10276	Gold raisins	1.00 c
10277	Cake yeast	1.00
10277	Baking powder	3.00 ts
10277	Lukewarm water	2.00 tb
10277	Sugar	4.00 tb
10277	Plain flour	5.00 c
10277	Salt	1.00 ts
10277	Soda	1.00 ts
10277	Shortening	1.00 c
10277	Buttermilk	2.00 c
10278	Yeast	0.50 tb
10278	Flour, bread	2.00 c
10278	Salt	1.00 ts
10278	Sugar	2.00 ts
10278	Basil leaves	0.25 ts
10278	Oregano leaves	0.25 ts
10278	Buttermilk, powdered	3.00 tb
10278	Cheese, Parmesan, grated	1.50 oz
10278	Oil	1.00 tb
10278	Water	0.88 c
10279	Flour,all-purpose,sifted	3.00 c
10279	Salt	1.00 ts
10279	Baking soda	0.50 ts
10279	Baking powder	3.00 ts
10279	Shortening	0.67 c
10279	Buttermilk	1.00 c
10279	Butter (opt)	4.00 tb
10280	Flour	5.50 c
10280	Sugar	0.33 c
10280	Yeast,dry	2.00 pk
10280	Salt	1.00 ts

Sheet1

10280	Milk	0.75 c
10280	Water	0.50 c
10280	Butter,at room temperature	4.00 tb
10280	Eggs	2.00
10280	CONFECTIONERS' SUGAR GLAZE -----	0.00 -----
10280	Confectioners' sugar,sifted	1.00 c
10280	Orange juice	2.00 tb
10280	CONFECTIONERS' SUGAR GLAZE -----	0.00 -----
10281	Dates, dried, finely chopped	0.50 c
10281	Egg	1.00
10281	Sugar	1.00 c
10281	Butter, melted	2.00 tb
10281	Flour, all-purpose, sifted	2.00 c
10281	Baking powder	3.00 ts
10281	Baking soda	0.25 ts
10281	Salt	0.75 ts
10281	Orange juice	0.50 c
10281	Water	0.25 c
10281	Pecans, chopped	1.00 c
10282	Butter or margarine	0.50 c
10282	Sugar	0.67 c
10282	Eggs, beaten	2.00
10282	Lemon juice	1.00 tb
10282	Flour	2.00 c
10282	Baking powder	1.00 ts
10282	Salt	0.50 ts
10282	Chopped apples	2.00 c
10282	Chopped black walnuts or pecans	1.00 c
10282	pecans	0.00
10283	No Ingredients	0.00
10284	Melted butter	1.00 tb
10284	Melted shortening	0.50 tb
10284	Cooked rice	1.00 c
10284	Cornmeal	0.50 c
10284	Salt *	1.00 ts
10284	Cayenne pepper (optional)	1.00 ds
10284	Milk	1.00 c
10284	Eggs, beaten	3.00
10285	Dry yeast	1.00 tb
10285	Warm water	0.50 c
10285	Unbleached white flour	1.50 c
10285	Oil	2.00 tb
10285	Curry powder	0.50 ts
10285	Parsley	2.00 pn
10285	Salt	0.75 ts
10285	Garlic minced	1.00 ts
10286	Flour	1.67 c
10286	Flour	1.00 ts
10286	Uncooked yellow corn meal	1.50 oz

Sheet1

10286	Baking powder	1.00 tb
10286	Apples;cored,pared,finely	0.75 lb
10286	Chopped..wt before cutting	0.00
10286	Corn;thawed frozen	0.50 c
10286	Cheddar;reduced fat,shredded	2.25 oz
10286	Sugar	0.33 c
10286	Cinnamon	1.00 ds
10286	Nutmeg	1.00 ds
10286	Corn oil	0.33 c
10286	Corn oil	2.00 ts
10286	Eggs; lightly beaten	3.00
10287	Whole Wheat Flour	1.25 c
10287	Packed Brown Sugar	0.33 c
10287	Baking Soda	0.25 ts
10287	Ground Nutmeg	0.25 ts
10287	Buttermilk	1.00 c
10287	Cooking Oil	2.00 tb
10287	Oat Bran	1.00 c
10287	Baking Powder	2.50 ts
10287	Salt	0.25 ts
10287	Cinnamon	0.25 ts
10287	Egg Whites	2.00 x
10287	Shredded, peeled Apple	0.75 c
10288	Butter, softened	0.50 c
10288	Brown Sugar	0.50 c
10288	Granulated Sugar	0.50 c
10288	Eggs	2.00 x
10288	Sour Cream	3.00 tb
10288	Banana, mashed	0.00
10288	Vanilla	1.00 ts
10288	Flour	2.00 c
10288	Baking Powder	1.00 ts
10288	Baking Soda	1.00 ts
10288	Cinnamon	0.50 ts
10288	Apples, cored and chopped	2.00 x
10288	Chopped Walnuts	0.50 c
10289	Bran	1.25 c
10289	Whole wheat pastry flour	1.00 c
10289	Baking powder	2.50 ts
10289	Nutmeg	0.75 ts
10289	Ground cloves	0.25 ts
10289	Milk	0.33 c
10289	Eggs	2.00
10289	Maple syrup	0.75 c
10289	Butter	0.25 c
10289	Apples, green are best,	1.00 c
10289	Chopped	0.00
10289	Raisins (opt)	1.00 c
10290	Flour	2.00 c

Sheet1

10290	Salt	1.00 ts
10290	Brown sugar	2.00 tb
10290	Milk	0.75 c
10290	Cinnamon	1.00 ts
10290	Melted butter or butter	2.00 tb
10290	substitute	0.00
10290	Apples	3.00
10290	Baking powder	4.00 ts
10290	Shortening	4.00 tb
10290	Chopped raisins	2.00 c
10290	Egg, well beaten	1.00
10290	Brown sugar	2.00 tb
10292	Shortening	0.50 c
10292	Sugar; Granulated	0.50 c
10292	Eggs; Lg	2.00
10292	Unbleached Flour	1.50 c
10292	Baking Soda	1.00 ts
10292	Baking Powder	1.00 ts
10292	Salt	0.50 ts
10292	Oats; Quick Cooking	0.75 c
10292	Apples; Finely Chopped	1.00 c
10292	Cheddar; Sharp Coarse Grate	0.67 c
10292	Pecans; Chopped	0.50 c
10292	Milk	0.75 c
10292	Apple Slices; *	0.00
10292	Butter; Melted	0.00
10292	Cinnamon-Sugar Mixture	0.00
10293	Butter or margarine	0.50 c
10293	Sugar	0.67 c
10293	Eggs	2.00 x
10293	Apple, peeled and chopped	0.00
10293	Grated sharp Cheddar cheese	0.50 c
10293	Chopped Walnuts	0.33 c
10293	Flour	2.00 c
10293	Baking Powder	1.00 ts
10293	Baking Soda	0.50 ts
10293	Salt	0.50 ts
10294	Egg	1.00
10294	Bisquick baking mix	2.00 c
10294	Apple; peeled & finely chop	0.75 c
10294	Sugar	0.33 c
10294	Milk	0.67 c
10294	Oil; vegetable	2.00 tb
10294	Cinnamon; ground	2.00 ts
10296	Unbleached Flour, Sifted	1.50 c
10296	Sugar	0.50 c
10296	Baking Powder	2.00 ts
10296	Salt	0.50 ts
10296	Ground Cinnamon	1.50 ts

## Sheet1

10296	Vegetable Shortening	0.25 c
10296	Large Egg, Slightly Beaten	1.00
10296	Milk	0.50 c
10296	Tart Apples *	1.00 c
10296	Nut Crunch Topping	0.00
10297	To 1 3/4 cups unsifted	1.50
10297	all-purpose	0.00
10297	Flour	0.00
10297	Rapid-rising dry yeast	1.00 pk
10297	Salt	0.50 ts
10297	Very warm water (120 degrees	0.67 c
10297	to	0.00
10297	Degrees F)	130.00
10297	Olive oil	0.50 c
10297	Honey	1.00 tb
10297	Butter	1.00 tb
10297	Golden delicious or other	1.00 lg
10297	Sweet firm apple, peeled,	0.00
10297	cored,	0.00
10297	And cut into 1/4-inch thick	0.00
10297	slices	0.00
10297	Coarse (kosher) salt	0.25 ts
10297	(optional)	0.00
10298	Kathleen Kincaid NRRN96A	0.00
10298	Applesauce	0.50 c
10298	Apples; diced	0.50 c
10298	Cinnamon	1.00 ts
10298	Cloves	0.12 ts
10298	Eggs	2.00
10298	Flour	6.00 tb
10298	Baking powder	1.00 ts
10298	Powdered milk	0.67 c
10298	Sweet and Low	10.00 pk
10298	Vanilla	1.00 ts
10298	Carrots; grated	0.50 c
10299	All-purpose flour	3.00 c
10299	Sugar	0.50 c
10299	Baking powder	2.00 tb
10299	Cinnamon	2.00 ts
10299	Margarine	1.00 c
10299	Oatbran	2.00 c
10299	Golden Delicious apples,	2.00
10299	grated with skin	0.00
10299	Currants	0.67 c
10299	2 % milk	0.75 c
10299	Egg whites	4.00
10300	Flour	2.00 c
10300	Baking powder	4.00 ts
10300	Milk	0.75 c

Sheet1

10300	Pared, sliced apples	4.00 c
10300	Brown sugar	0.25 c
10300	Salt	0.50 ts
10300	Shortening	0.25 c
10300	Melted butter or butter	2.00 tb
10300	substitute	0.00
10300	Cinnamon	1.00 ts
10300	Brown sugar	1.00 c
10301	Milk	1.00 c
10301	Lemon juice	1.50 tb
10301	Stick butter, room temp	1.00
10301	Dark brown sugar	1.50 c
10301	Eggs, beaten	2.00
10301	Vanilla	1.00 ts
10301	All purp flour	3.25 c
10301	Baking soda	2.00 ts
10301	Cinnamon	1.00 ts
10301	Nutmeg	0.50 ts
10301	Salt	0.25 ts
10301	Apples, peeled, chpd	2.00 c
10302	Bisquick baking mix	2.00 c
10302	Cinnamon; ground	1.00 ts
10302	Applesauce; sweetened	0.67 c
10302	Vanilla	1.00 ts
10302	Sugar	0.25 c
10302	Egg	1.00
10302	Vegetable oil	0.25 c
10302	Streusel topping:	0.00
10302	Bisquick baking mix	0.25 c
10302	Firm butter or margarine	2.00 ts
10302	Packed brown sugar	0.25 c
10302	Ground cinnamon	0.50 ts
10302	Finely chopped nuts	2.00 ts
10304	Flour	2.50 c
10304	Shortening	2.00 tb
10304	Water, warm	0.50 c
10304	Brown sugar	1.00 c
10304	Nuts, chopped	0.50 c
10304	Cinnamon	0.50 ts
10304	Salt	1.00 ts
10304	Egg, slightly beaten	2.00 ea
10304	Apple, sliced	5.00 c
10304	Raisins	0.50 c
10304	Butter, melted	3.00 tb
10304	Lemon, grated rind of	1.00 ea
10305	Whole eggs	3.00
10305	Milk	1.00 c
10305	Melted butter or margerine	0.50 c
10305	Vanilla	1.00 ts

Sheet1

10305	Flour	2.00 c
10305	Salt	0.25 ts
10305	TBSLP baking powder	1.00
10305	Sugar	2.00 ts
10305	Cinnamon	0.50 ts
10305	Tart apple, peeled and	1.00
10305	shredded	0.00
10306	All-purpose flour	0.50 c
10306	Whole wheat flour	0.50 c
10306	Baking powder	1.50 ts
10306	Ground cinnamon	0.50 ts
10306	Margarine	0.33 c
10306	Apple, peeled and cored	1.00 sm
10306	Quick-cooking rolled oats	1.00 c
10306	Egg whites	2.00
10306	Apple juice or skim milk	2.00 tb
10306	Honey	2.00 tb
10306	Skim milk	0.00
10307	Hazelnuts, grounded in	0.50 c
10307	blender to a coarse flour	0.00
10307	All-purpose flour	0.50 c
10307	Baking powder	2.00 tb
10307	Sugar	0.25 c
10307	Egg	1.00
10307	Unsalted butter, melted and	2.00 tb
10307	cooled	0.00
10307	Warm milk	0.50 c
10307	Vanilla extract	1.00 ts
10307	Of salt	1.00 pn
10307	Chopped dried apples	0.50 c
10308	Flour	0.75 c
10308	Baking powder	1.50 ts
10308	Cinnamon	0.50 ts
10308	Baking soda	0.25 ts
10308	Dash Salt, nutmeg, & cloves	1.00
10308	Instant nonfat dry milk powd	0.33 c
10308	Plus 2 tsp. margarine	2.00 tb
10308	Plus 1 tsp. Fimrly packed	1.00 tb
10308	Brown sugar	1.00
10308	Large egg, separated	1.00
10308	Sm. pared, grated applies	2.00
10308	Raisins	2.00 tb
10308	Plus 1 tsp. frz. concen.	1.00 tb
10308	Apple juice (no sugar added)	0.00
10308	Grated orange peel	1.00
10308	Dash cream of tartar	1.00
10309	Margarine or butter	0.75 c
10309	Chopped celery	1.50 c
10309	(with leaves)	0.00



Sheet1

10309	Finely chopped onion	0.75 c
10309	Soft bread cubes	9.00 c
10309	Salt	1.50 ts
10309	Ground sage	0.50 ts
10309	Chopped fresh or	1.50 ts
10309	Dried thyme leaves	0.50 ts
10309	Pepper	0.25 ts
10309	Finely chopped apples	3.00 c
10309	Raisins	0.75 c
10310	Yeast	1.00 pk
10310	Bread flour	2.25 c
10310	Wheat flour	0.75 c
10310	Salt	0.50 ts
10310	White sugar	4.00 tb
10310	Cinnamon	0.50 ts
10310	Nutmeg	1.00 pn
10310	Warm apple juice	0.67 c
10310	Grated fresh apple	0.50 c
10311	Applesauce	0.33 c
10311	Buttermilk	0.75 c
10311	Bread flour	2.50 c
10311	Cinnamon	1.00 tb
10311	Salt	1.00 ts
10311	Brown sugar	2.00 tb
10311	Butter	1.00 tb
10311	Yeast	1.50 ts
10312	All-purpose flour	2.00 c
10312	Baking powder	2.00 ts
10312	Salt	1.00 ts
10312	Cinnamon	1.00 ts
10312	Butter, softened	0.50 c
10312	Granulated sugar	0.75 c
10312	Brown sugar	0.50 c
10312	Eggs	2.00
10312	Chunky-style applesauce	1.25 c
10312	Walnuts, chopped	1.00 c
10313	Eggs	3.00
10313	Sugar	1.50 c
10313	Oil	1.00 c
10313	Applesauce	2.00 c
10313	Vanilla	2.00 ts
10313	Flour	3.00 c
10313	Baking powder	0.50 ts
10313	Salt	1.00 ts
10313	Cinnamon	3.00 ts
10313	Nutmeg	1.00 ts
10313	Coconut	0.75 c
10313	Nuts	0.50 c
10313	Raisins	1.00 c

Sheet1

10314	White flour	2.50 c
10314	Baking powder	2.00 ts
10314	Salt	0.50 ts
10314	Sugar	0.50 c
10314	Cinnamon	1.00 tb
10314	Applesauce	8.00 oz
10314	Egg	1.00
10314	Skim milk	1.00 c
10315	Flour - all purpose	4.75 c
10315	Brown sugar -firm packed	1.00 c
10315	Salt	0.50 ts
10315	Yeast	2.00 pk
10315	Milk	0.50 c
10315	Water	0.50 c
10315	Margarine	3.00 tb
10315	Eggs	2.00
10315	Margarine - melted	0.25 c
10315	Apricots, chopped dried	1.00 c
10315	Almonds, slivered	0.50 c
10316	Packed dried apricots	0.50 c
10316	Water	0.33 c
10316	Whole wheat pastry flour	2.00 c
10316	Baking powder	1.00 tb
10316	Baking soda	0.25 ts
10316	Maple syrup (OR	0.50 c
10316	Brown sugar)	1.00 c
10316	Butter	2.00 tb
10316	Egg	1.00
10316	Orange liqueur	0.33 c
10316	Chopped pecans	0.75 c
10317	Dried apricots	8.00 oz
10317	Water	1.50 c
10317	Sugar	0.50 c
10317	Cornstarch	1.00 tb
10319	Apricot preserves	0.50 c
10319	Coconut	0.50 c
10319	Chopped pecans or walnuts	0.50 c
10320	Active Dry Yeast	1.00 tb
10320	Lukewarm Water (105 to 110	0.25 c
10320	degrees)	0.00
10320	+ 2 tb Sugar	0.25 c
10320	Margarine	0.25 c
10320	Salt	0.50 ts
10320	Eggs	2.00
10320	Lemon Extract	0.50 ts
10320	Water	1.00 c
10320	To 4 c Flour	3.50
10320	Dried Apricots -or- Prunes	24.00
10320	Ground Cinnamon	0.50 ts

Sheet1

10321	Dried Apricots, finely	0.50 c
10321	snipped	0.00
10321	Unsweetened Apple Juice	0.33 c
10321	Whole Wheat Flour	1.00 c
10321	Baking Powder	2.00 ts
10321	Baking Soda	0.25 ts
10321	Ground Cardamom	0.25 ts
10321	Walnuts, chopped	0.33 c
10321	Vegetable Oil	3.00 tb
10321	Sugar	1.00 tb
10321	Egg	1.00
10322	Artichoke hearts, cooked and	0.50 lb
10322	diced	0.00
10322	Eggs, separated	4.00
10322	Baking powder	1.00 ts
10322	Green onions, chopped (green	3.00
10322	parts only)	0.00
10322	Grated lemon peel	1.00 tb
10322	Flour	0.50 c
10322	Salt and pepper to taste	0.00
10322	Cornstarch	1.00 tb
10322	Oil for frying, Peanut or	4.00 c
10322	corn oil	0.00
10323	Dry yeast	1.00 pk
10323	Warm water	0.50 c
10323	Ground ginger	0.12 ts
10323	Honey	2.00 tb
10323	Can evaporated milk	13.00 oz
10323	Salt (optional)	1.00 ts
10323	Oil	2.00 tb
10323	To 4 1/2 cups whole wheat	4.00
10323	flour	0.00
10324	Sifted Unbleached Flour	1.50 c
10324	Baking Powder	3.00 ts
10324	Salt	1.00 ts
10324	Baking Soda *	1.50 ts
10324	Sugar	2.00 tb
10324	Shortening, Melted	0.25 c
10324	Sourdough Starter	1.50 c
10325	Butter	1.00 c
10325	Sugar,icing	0.50 c
10325	Flour, all purpose - sifted	2.50 c
10326	Shortening	0.25 c
10326	Sugar	0.67 c
10326	Eggs beaten	2.00
10326	Sifted all purpose flour	2.00 c
10326	Baking powder	1.00 ts
10326	Baking soda	1.00 ts
10326	Salt	1.00 ts

Sheet1

10326	Coarsely grated peeled	2.00 c
10326	apples	0.00
10326	Grated lemon rind	1.00 tb
10326	Walnuts	0.67 c
10327	Butter	0.75 c
10327	Sugar	2.00 c
10327	Eggs	3.00
10327	Flour	2.00 c
10327	Cocoa	0.33 c
10327	Allspice, ground	0.75 ts
10327	Cinnamon, ground	0.75 ts
10327	Salt	0.75 ts
10327	Baking soda	1.50 ts
10327	Avocado pulp	1.50 c
10327	Buttermilk	0.75 c
10327	Dates, chopped	0.50 c
10327	Raisins	0.50 c
10327	Walnuts, chopped	0.50 c
10328	Butter Or Margarine	0.25 c
10328	Sugar	0.25 c
10328	Egg	1.00
10328	Pureed Avocado	1.00
10328	Toasted Slivered Almonds	1.00 c
10328	Milk	1.00 c
10328	Self-Rising Flour	2.00 c
10329	Anna Ellis DTXT63A	0.00
10329	Sourdough starter	1.25 c
10329	Water	0.50 c
10329	Bread flour	3.00 c
10329	Melted margarine	1.00 tb
10329	Sugar	2.00 tb
10329	Salt	1.50 ts
10329	Yeast	2.00 ts
10330	Diana Lewis DTXT63A	0.00
10330	MEDIUM LOAF -----	0.00 -----
10330	Water	1.00 c
10330	Vegetable Oil	0.25 c
10330	Egg	1.00
10330	Sugar	2.00 tb
10330	Salt	1.00 ts
10330	Yellow Cornmeal	1.00 c
10330	Bread flour	2.00 c
10330	Yeast	1.50 ts
10330	MEDIUM LOAF -----	0.00 -----
10331	Bacon, Diced	0.50 lb
10331	Chopped Onion	0.25 c
10331	Unbleached Flour, Sifted	2.25 c
10331	Baking Powder	3.00 ts
10331	Baking Soda	0.50 ts

## Sheet1

10331	Salt	0.50 ts
10331	Large Eggs, Slightly Beaten	2.00
10331	Milk	0.33 c
10331	Dairy Sour Cream	1.00 c
10331	Sesame Seeds	0.00
10332	Corn-meal	1.00 c
10332	White flour	1.00 c
10332	Baking powder	3.00 ts
10332	Salt	0.50 ts
10332	Sugar	1.00 tb
10332	Egg, well beaten	1.00
10332	Sweet milk	1.00 c
10332	Diced bacon	0.25 c
10333	Bacon slices	12.00 ea
10333	Cornmeal, self-rising	2.00 c
10333	Sugar	2.00 tb
10333	Peanut butter	0.50 c
10333	Eggs, beaten	2.00 ea
10333	Milk	1.00 c
10333	Oil	3.00 tb
10334	Bacon	6.00 sl
10334	Parmesan cheese	0.25 c
10334	Thin bread sticks about 8 inches long.	6.00 0.00
10336	Bagels, each cut horizontall Into 6 slices	3.00 0.00
10336	Margarine or butter, melted	0.33 c
10336	Garlic powder	0.00
10337	To 5 cups all-purpose flour	4.50
10337	Bs sugar	3.00 tb
10337	Bs salt	1.00 tb
10337	Active yeast	2.00
10337	Bs margarine	2.00 tb
10337	Bs sugar	1.00 tb
10337	Egg white	1.00
10337	Water	0.00
10338	Yellow Cornmeal	0.67 c
10338	Flour	0.33 c
10338	Baking Powder	1.00 ts
10338	Salt	0.50 ts
10338	Minced Onion	0.50 c
10338	Skim Milk	0.33 c
10338	Vegetable Oil	1.00 tb
10338	Pepper	0.12 ts
10338	Egg Beaten	1.00
10339	Slices sourdough bread, crusts removed,	4.00 lg 0.00
10339	Cubed	0.00
10339	Cream cheese, cut into cubes	8.00 oz

Sheet1

10339	(1 package)	0.00
10339	Granny Smith apple, peeled	1.00 lg
10339	and chopped	0.00
10339	Eggs	6.00
10339	Milk	1.00 c
10339	Ground cinnamon	1.50 ts
10339	To 3 Tbl powdered sugar	2.00
10340	Flour	6.00 c
10340	Baking Powder	4.00 ts
10340	Salt	1.00 ts
10340	Cold boiled potato	1.00 sm
10340	Sugar	1.00 ts
10340	Milk to mix	0.00
10341	Flour	3.00 c
10341	Baking powder	4.00 ts
10341	Salt	1.00 ts
10341	Shortening	6.00 tb
10341	Milk	1.00 c
10342	Ready-mixed flour	3.00 c
10342	Shortening	7.00 tb
10342	Milk	1.00 c
10343	Butter	1.00 c
10343	Packed Brown Sugar	1.25 c
10343	Eggs	3.00
10343	Self-raising flour	3.00 c
10343	Salt	0.50 ts
10343	Cinnamon	0.50 ts
10343	Grated Fresh Nutmeg	0.25 ts
10343	Mashed Ripe Bananas	1.50 c
10343	Small Ripe Mango	1.00
10343	Golden Raisins	1.00 c
10343	Chopped Walnuts	0.50 c
10344	Sifted flour	1.75 c
10344	Baking powder	2.00 ts
10344	Baking soda	0.25 ts
10344	Salt	0.50 ts
10344	Butter	0.33 c
10344	Sugar	0.67 c
10344	Eggs	2.00
10344	Bananas, mashed	1.00 c
10344	Blueberries	1.00 c
10345	Flour; sifted	1.00 c
10345	Salt	0.50 ts
10345	Baking soda	0.50 ts
10345	Baking powder	1.00 ts
10345	Shortening	2.00 tb
10345	Sugar	0.25 c
10345	Egg; well beaten	1.00 ea
10345	Bran; shredded	1.00 c

Sheet1

10345	Milk	2.00 tb
10345	Bananas; thinly sliced	2.00 ea
10346	Nuts	0.25 c
10346	Sifted amaranth flour or	1.75 c
10346	sifted brown rice flour	0.00
10346	Arrowroot	0.50 c
10346	Baking soda	2.00 ts
10346	Chopped nuts	0.50 c
10346	Very ripe mashed bananas	1.50 c
10346	Oil	0.25 c
10346	Honey	0.25 c
10346	Eggs	2.00
10346	Lemon juice	2.00 tb
10346	Pure vanilla extract	1.00 ts
10347	Flour, sifted	2.00 c
10347	Butter or margarine	0.50 c
10347	Baking powder	1.00 ts
10347	Bananas, mashed	1.00 c
10347	Baking soda	0.50 ts
10347	Milk	3.00 tb
10347	Sugar	1.00 c
10347	Semisweet chocolate chips	8.00 oz
10347	Egg	1.00
10348	Ripe Bananas	6.00
10349	Whole wheat flour, divided	1.50 c
10349	Coconut, unsweetened shredd.	0.50 c
10349	Baking powder	2.00 ts
10349	Baking soda	0.50 ts
10349	Salt	0.50 ts
10349	Mashed banana (3 small)	1.00 c
10349	Vegetable oil	3.00 tb
10349	Liquid honey	2.00 tb
10350	Sifted flour	2.00 c
10350	Baking soda	2.00 ts
10350	Salt	0.12 ts
10350	Sugar	1.75 tb
10350	Beaten egg	1.00 ea
10350	Milk	1.00 c
10350	Oil	3.00 tb
10350	Mashed bananas.	0.75 c
10351	Flour - all purpose	4.75 c
10351	Sugar	0.75 c
10351	Salt	1.00 ts
10351	Yeast- active dry	2.00 pk
10351	Evaporated milk - undiluted	0.33 c
10351	Water	0.33 c
10351	Margarine	0.33 c
10351	Eggs - at room	2.00
10351	Banana - mashed	1.00 c

Sheet1

10351	Pecans, chopped	0.50 c
10351	Cinnamon, ground	2.00 ts
10351	Margarine, melted	2.00 tb
10353	Butter or margarine,	0.33 c
10353	softened	0.00
10353	Sugar	0.75 c
10353	Egg	1.00 ea
10353	Mashed banana	1.00 c
10353	All purpose flour	2.00 c
10353	Baking powder	2.50 ts
10353	Baking soda	0.25 ts
10353	Salt	0.50 ts
10353	Chopped pecans (or walnuts)	1.00 c
10353	Chocolate chips (or more if	0.50 c
10353	desired	0.00
10353	Buttermilk	0.50 c
10354	Water	0.25 c
10354	Extra-large egg	1.00
10354	Vegetable oil	2.00 tb
10354	Mashed very ripe bananas	1.00 c
10354	Brown sugar	3.00 tb
10354	Salt	1.50 ts
10354	Powdered buttermilk	4.00 tb
10354	Quick-cooking oats	1.00 c
10354	Unbleached white flour	2.50 c
10354	Steel-cut oats***	0.33 c
10354	Active dry yeast	2.00 ts
10355	Bananas	3.00
10355	Sugar	0.50 c
10355	Brown sugar	0.50 c
10355	Eggs	2.00
10355	Margarine, melted	0.50 c
10355	All-purpose flour	1.00 c
10355	Whole wheat flour	1.00 c
10355	Baking soda	1.50 ts
10355	Buttermilk	3.00 tb
10355	Walnuts, chopped	0.25 c
10356	Yeast	1.00 pk
10356	Bread flour	1.50 c
10356	Wheat flour	1.50 c
10356	Salt	0.50 ts
10356	Medium ripe bananas; sliced	2.00
10356	right into pan	0.00
10356	Honey	0.25 c
10356	Warm water	0.25 c
10356	Egg	1.00
10356	Oil	0.25 c
10356	Vanilla	0.50 ts
10356	Poppy seeds;(optional)	1.00 ts



Sheet1

10357	Whole-wheat flour	1.00 c
10357	Unbleached white flour	0.50 c
10357	Wheat germ	0.33 c
10357	Baking soda	1.00 ts
10357	Salt	0.50 ts
10357	Unsalted margarine,softened	0.50 c
10357	Light brown sugar,firm pack	0.75 c
10357	Egg	1.00
10357	Mashed ripe banana*	1.25 c
10357	Plain yogurt	0.25 c
10358	All-purpose flour	2.25 c
10358	Baking powder	2.00 ts
10358	Salt	0.50 ts
10358	Ground cinnamon	0.50 ts
10358	Ripe bananas, quartered	2.00
10358	Eggs	2.00
10358	Firmly packed brown sugar	0.67 c
10358	Butter, melted	6.00 tb
10358	Vanilla	1.00 ts
10358	Fresh blueberries	1.00 c
10358	TOPPING:	0.00
10358	Granulated sugar	0.25 c
10358	Grated lemon rind	1.00 ts
10359	Ripe banana; mashed	1.50 c
10359	(about 3 large bananas)	0.00
10359	Baking powder	2.00 ts
10359	Baking soda	0.50 ts
10359	Egg whites	2.00
10359	Salt	0.50 ts
10359	Light brown sugar; plus	0.50 c
10359	Light brown sugar	2.00 tb
10359	Oat bran	0.50 c
10359	Ground ginger	1.00 ts
10359	Margarine; melted	1.00 tb
10359	Crystallized ginger	0.25 c
10359	finely chopped	0.00
10359	Vanilla extract	1.00 ts
10359	Peel of 1 lemon	0.00
10359	Grated	0.00
10359	Golden raisins	0.25 c
10359	All-purpose flour	0.75 c
10359	Powdered sugar	1.00 tb
10359	Whole-wheat flour	0.75 c
10359	Lemon juice	1.00 tb
10360	Margarine, room temperature	0.50 c
10360	Honey	0.25 c
10360	Eggs	2.00
10360	Bananas, mashed	3.00
10360	Buttermilk	0.25 c

Sheet1

10360	Vanilla	1.00 ts
10360	Baking powder	1.00 ts
10360	Baking soda	1.00 ts
10360	Salt	0.50 ts
10360	Oats	0.50 c
10360	Wholewheat flour	2.00 c
10360	Broken pecans	1.00 c
10361	Egg whites or 1/4 cup	2.00
10361	cholesterol free egg	0.00
10361	product	0.00
10361	Skim milk	0.67 c
10361	Vegetable oil	0.25 c
10361	Oat flour blend	2.00 c
10361	Sugar	0.50 c
10361	Mashed ripe banana	0.50 c
10361	Baking powder	1.00 tb
10361	Salt	0.50 ts
10361	Nutmeg	0.50 ts
10361	Chopped fresh rhubarb or	0.67 c
10361	frozen rhubarb, thawed and	0.00
10361	well drained	0.00
10362	Whole wheat flour	1.00 c
10362	All purpose flour	0.50 c
10362	Rolled oats	0.50 c
10362	Sugar, granulated	2.00 tb
10362	Baking powder	2.00 ts
10362	Salt	0.50 ts
10362	Butter, melted	2.00 tb
10362	Raisins; optional	0.33 c
10362	Water; approx,	0.75 c
10363	Dried fruit	0.25 lb
10363	Candied peel	4.00 oz
10363	Warm water	1.00 pt
10363	Mixed spice	0.50 ts
10363	Plain flour	2.00 lb
10363	Salt	2.00 ts
10363	Lard	6.00 oz
10363	Fresh yeast	1.00 oz
10363	Demerara sugar	0.50 lb
10363	Eggs	2.00
10364	Dried fruit	6.00 oz
10364	Dark brown sugar	8.00 oz
10364	Strong hot tea	0.50 pt
10364	Self-raising flour	10.00 oz
10364	Egg	1.00
10371	Sugar	1.00 c
10371	Butter, melted	0.33 c
10371	Lemon or orange extract	1.00 ts
10371	Fresh lemon juice	0.25 c

Sheet1

10371	Eggs	2.00
10371	King Arthur unbleached all-	1.50 c
10371	purpose flour	0.00
10371	Baking powder	1.00 ts
10371	Salt	1.00 ts
10371	Milk	0.50 c
10371	Grated rind of 1 large lemo	0.00
10371	or use 1/2 t lemon oil	0.00
10371	Chopped pecans (optional)	0.50 c
10371	TOPPING -----	0.00 -----
10371	Confectioners' sugar	0.50 c
10371	Fresh lemon juice	0.25 c
10371	TOPPING -----	0.00 -----
10372	Dry yeast	4.50 ts
10372	Warm water	2.00 c
10372	Honey	2.00 tb
10372	Barley flour	2.00 c
10372	Wholewheat flour	2.00 c
10372	Unbleached white flour	2.00 c
10372	Olive oil	2.00 tb
10372	Salt	2.00 ts
10373	Sugar	4.00 tb
10373	Warm water	3.00 tb
10373	Active dry yeast	1.00 pk
10373	Egg, beaten	1.00
10373	All-purpose flour	2.00 c
10373	Butter or margarine	2.00 tb
10373	Salt	0.50 ts
10373	To 1/2 cup milk	0.25
10373	Golden raisins	1.00 c
10373	Currants	1.00 c
10373	Chopped candied orange or	0.50 c
10373	lemon peel	0.00
10373	Vegetable oil	0.00
10373	Cold water	1.00 tb
10374	Milk	0.75 c
10374	Fresh Cake Yeast	1.00
10374	Sugar	0.25 c
10374	Shortening	3.00 tb
10374	Salt	1.00 ts
10374	Egg	1.00
10374	Flour	3.50 c
10374	Lukewarm Water	0.25 c
10375	BASIC BISCUIT BAKING MIX -----	0.00 -----
10375	Flour; sifted	9.00 c
10375	Baking Powder; double	0.33 c
10375	acting	0.00
10375	Nonfat Dry Milk plus	1.00 c
10375	Nonfat Dry Milk	2.00 tb

Sheet1

10375	Salt	4.00 ts
10375	Vegetable Shortening	1.75 c
10375	BASIC BISCUIT BAKING MIX -----	0.00 -----
10376	ALL-PURPOSE FLOUR	1.75 c
10376	SUGAR	0.25 c
10376	BAKING POWDER	2.00 tb
10376	SALT	0.50 ts
10376	EGG	1.00
10376	MILK	0.75 c
10376	COOKING OIL	0.33 c
10377	Warm water	1.00 c
10377	Active dry yeast	1.00 pk
10377	Unbleached all-purpose flour	2.50 c
10377	Olive oil	2.00 tb
10377	Salt	0.50 ts
10378	Baking powder	1.00 c
10378	Baking soda	0.33 c
10378	Salt	2.67 tb
10378	Sugar	3.00 qt
10378	Butter	2.00 qt
10378	Buttermilk	2.00 qt
10378	Eggs	32.00
10379	Starter	2.00 c
10379	Butter	2.00 tb
10379	Milk	0.50 c
10379	Salt	1.00 ts
10379	Sugar	2.00 tb
10379	White flour	3.00 c
10380	NFXS18B	0.00
10380	Active dry yeast	1.00 ts
10380	Warm water	0.25 c
10380	Milk	0.75 c
10380	Flour *	1.00 c
10381	Lg baking potato peeled,cube	0.00
10381	White flour	1.00 c
10381	Active dry yeast	0.50 tb
10381	Sugar	1.00 ts
10382	Yeast	1.00 pk
10382	Warm (105 to 115 degrees)	1.25 c
10382	Whole-wheat flour	1.00 c
10382	Bread flour	1.00 c
10383	Very warm water (105 F to	1.00 c
10383	115F)	0.00
10383	Active dry yeast	2.00 pk
10383	Granulated sugar	0.50 c
10383	Instant nonfat dry milk (in	0.33 c
10383	dry form)	0.00
10383	Eggs, at room temperature	2.00 lg
10383	Lightly salted butter or	0.50 c

Sheet1

10383	margarine, at room	0.00
10383	Temperature	0.00
10383	Salt	1.00 ts
10383	All-purpose flour (up to 5	5.00 c
10383	1/4 cups)	0.00
10384	Bread flour	2.50 c
10384	Sugar	2.00 tb
10384	Dry milk	1.00 tb
10384	Salt	1.00 ts
10384	Butter	1.00 tb
10384	(7 fl. oz.) water	0.88 c
10384	(3/4 cup + 2 Tablespoons)	0.00
10384	Dry yeast	1.00 ts
10385	Water	1.12 c
10385	Olive oil	1.50 tb
10385	Grated swiss cheese	0.33 c
10385	Grated parmesan cheese	0.33 c
10385	Salt	0.33 ts
10385	Sugar	1.00 tb
10385	Basil	1.00 tb
10385	Whole wheat flour	1.50 c
10385	Bread flour	1.50 c
10385	Active dry yeast	1.50 ts
10386	Flour	2.00 c
10386	Shortening	3.00 tb
10386	Baking powder	3.00 ts
10386	Salt	0.50 ts
10386	Sugar	1.00 tb
10386	Lemon rind, grated	0.50
10386	Sugar	0.25 c
10386	Egg, well beaten	1.00
10386	Seedless raisins	0.50 c
10386	Citron	0.00
10386	Milk	0.00
10387	Eggs, beaten	2.00
10387	Salt	0.75 ts
10387	Garlic Powder (or fresh	0.50 ts
10387	minced to death)	0.00
10387	All Purpose Flour	0.50 c
10387	Cornstarch	0.25 c
10387	Milk	0.50 c
10387	Honey	1.00 tb
10387	Lemon Juice	1.00 ts
10387	Sherry	2.00 tb
10387	Fresh Ginger, put through	1.00 ts
10387	garlic press (or grated)	0.00
10388	Granulated Sugar	1.00 ts
10388	Warm water	0.50 c
10388	Dry yeast	1.00 pk

Sheet1

10388	Milk	1.50 c
10388	Granulated sugar	0.25 c
10388	Shortening	0.25 c
10388	Salt	2.00 ts
10388	Egg	2.00
10388	Flour	3.75 c
10389	All-purpose flour	6.50 c
10389	"Instant Dry Yeast"	2.00 pk
10389	Sugar	3.00 tb
10389	Salt	1.00 tb
10389	Warm water	3.00 c
10389	Shortening	2.00 tb
10390	All purpose flour (soft)	6.00 c
10390	Salt	1.50 ts
10390	Sugar	1.00 tb
10390	Baking powder	1.00 ts
10390	Shortening	1.00 c
10390	Milk	1.00 c
10391	Unbleached Flour	2.00 c
10391	Baking Powder	3.00 ts
10391	Salt	1.00 ts
10391	Shortening	0.25 c
10391	Beer	0.75 c
10392	Flour	3.00 c
10392	Baking powder	3.75 ts
10392	Salt	2.25 ts
10392	Honey	1.00 tb
10392	Beer	12.00 oz
10393	Bran	1.00 c
10393	Milk	1.00 c
10393	Bananas, mashed 2-3	1.00 c
10393	Eggs	2.00
10393	Brown sugar	0.50 c
10393	Vegetable oil	0.33 c
10393	Flour	2.00 c
10393	Apricots, dried snipped	0.50 c
10393	Nuts, chopped	0.50 c
10393	Baking powder	1.00 tb
10393	Salt	0.50 ts
10394	Cake compressed yeast	1.00
10394	OR 1/2 cake dry yeast	0.00
10394	Sugar	1.00 tb
10394	Salt	1.50 ts
10394	Melted shortening	1.00 tb
10394	Lukewarm water	1.50 c
10394	To 5 1/4 cups flour	5.00
10395	MEDIUM LOAF -----	0.00 -----
10395	Water	1.00 c
10395	Vegetable Oil	0.25 c

Sheet1

10395	Egg	1.00
10395	Sugar	2.00 tb
10395	Salt	1.00 ts
10395	Yellow Cornmeal	1.00 c
10395	Bread flour	2.00 c
10395	Yeast	1.50 ts
10395	MEDIUM LOAF -----	0.00 -----
10396	10-oz. loaf stale French	1.00
10396	Bread, crumbled (or 6-8	0.00
10396	Cups any type bread)	0.00
10396	Milk	4.00 c
10396	Sugar	2.00 c
10396	Butter, melted	8.00 tb
10396	Eggs	3.00
10396	Vanilla	2.00 tb
10396	Raisins	1.00 c
10396	Coconut	1.00 c
10396	Chopped Pecans	1.00 c
10396	Cinnamon	1.00 ts
10396	Nutmeg	1.00 ts
10396	WHISKEY SAUCE -----	0.00 -----
10396	Butter (1 stick)	0.50 c
10396	Powdered Sugar	1.50 c
10396	Egg Yolks	2.00
10396	Bourbon (to taste)	0.50 c
10396	(or Rum!!)	0.00
10396	WHISKEY SAUCE -----	0.00 -----
10397	Cake compressed yeast or:	1.00
10397	Package dry granular yeast	1.00
10397	Lukewarm water	1.00 c
10397	Sugar	1.00 tb
10397	Salt	1.00 ts
10397	Melted shortening	2.00 tb
10397	(About) sifted enriched	4.00 c
10397	flour	0.00
10397	Egg whites	2.00
10398	Margarine or butter	0.75 c
10398	Chopped celery	1.50 c
10398	(with leaves)	0.00
10398	Finely chopped onion	0.75 c
10398	Soft bread cubes	9.00 c
10398	Salt	1.00 ts
10398	Ground sage	0.50 ts
10398	Chopped fresh or	1.50 ts
10398	Dried thyme leaves	0.50 ts
10398	Pepper	0.25 ts
10399	Yeast ferment	1.00 qt
10399	Sugar	4.00 tb
10399	Flour	0.00

Sheet1

10399	Melted shortening	4.00 tb
10399	Salt	3.00 ts
10400	Olive oil	2.00 tb
10400	Garlic cloves, finely	3.00
10400	Chopped	0.00
10400	Grated Romano Cheese	2.00 tb
10400	Dried oregano, crumbled	0.50 ts
10400	Pepper	0.12 ts
10400	1/3-inch-thick slices of	6.00
10400	French bread baguette	0.00
10401	1 -----	0.00 -----
10401	Bread flour	2.00 c
10401	Milk	0.67 c
10401	Toasted chopped hazelnuts	0.50 c
10401	Egg	1.00
10401	Sugar	2.00 tb
10401	Margarine or butter	2.00 tb
10401	Amaretto or hazelnut liqueur	4.00 ts
10401	Active dry yeast	0.75 ts
10401	Salt	0.50 ts
10401	Recipe Amaretto Glaze	1.00
10401	Toasted chopped hazelnuts or	0.00
10401	Almonds (optional)	0.00
10401	AMARETTO GLAZE -----	0.00 -----
10401	Sifted powdered sugar	0.50 c
10401	Amaretto or hazelnut	1.00 tb
10401	Liqueur	0.00
10401	*OR*	0.00
10401	Almond extract	1.00 tb
10401	To 2 tablespoons milk *IF	1.00
10401	NEEDED	0.00
10401	1 -----	0.00 -----
10401	AMARETTO GLAZE -----	0.00 -----
10402	Egg, beaten	1.00
10402	Ripe breadfruit, uncooked	1.00 c
10402	Shortening	2.00 tb
10402	Flour, unsifted	1.00 c
10402	Nutmeg	0.25 ts
10402	Cinnamon	0.25 ts
10402	Salt	0.25 ts
10402	Baking powder	3.00 ts
10402	Sugar	0.50 c
10403	Unbleached all-purpose flour	1.75 c
10403	Baking powder	2.00 ts
10403	Salt	1.00 ts
10403	(1/2 stick) unsalted butter,	4.00 tb
10403	chilled	0.00
10403	Plain yogurt	0.33 c
10403	(+2 Tbsp) milk	0.50 c



Sheet1

10403	!!!-FOR THE SAUSAGES-!!!-	0.00
10403	Pork sausage	1.50 lb
10403	Minced fresh sage leaves, or	1.50 tb
10403	1 t. dried	0.00
10403	Salt	0.25 ts
10403	Freshly ground black pepper	0.00
10403	Paprika	0.50 ts
10403	Ground allspice	0.25 ts
10403	!!!-FOR THE GRAVY-!!!-	0.00
10403	3 tsp	3.00 ts
10403	Unsalted butter, or as	0.00
10403	needed	0.00
10403	All-purpose flour	3.00 tb
10403	Milk	2.25 c
10403	Salt and freshly ground	0.00
10403	black pepper	0.00
10403	!!!-GARNISH WITH-!!!-	0.00
10403	Fresh sage leaves	2.00 ts
10404	DEBBIE PUENTE (GCHM44A)	0.00
10404	Yeast	0.75 pk
10404	Bread flour	1.50 c
10404	Of your favorite cereal,	1.12 c
10404	I use Great Grains(Post)	0.00
10404	Just Right (Kelloggs)	0.00
10404	Fruit and Fibre (Post) or	0.00
10404	Raisin bran.	0.00
10404	Salt; and	0.38 ts
10404	Baking soda	0.00 ts
10404	Brown sugar	3.00 tb
10404	Butter; (room temp)	1.50 tb
10404	warm water; -1 T water	0.75 c
10405	Fruit (prepared weight) 4 to	0.00
10405	6 oz. blueberries,	0.00
10405	raspberries, or cranberries	0.00
10405	or 12 oz. (approx.)	0.00
10405	cherries, peaches, or plums	0.00
10405	Zest from 1 small lemon,	0.00
10405	grated	0.00
10405	Sugar, plus additional to	2.00 tb
10405	sweeten fruit	0.00
10405	Unbleached all-purpose flour	0.50 c
10405	Salt	0.25 ts
10405	Eggs, any size	2.00
10405	Milk (low-fat, if desired)	1.00 c
10405	Unsalted butter	1.00 tb
10405	Confectioners' sugar	0.00
10405	Sour cream (optional)	0.00
10406	Flour	3.00 c
10406	Salt	1.00 ts

## Sheet1

10406	Eggs	2.00 x
10406	Milk	0.00
10406	Oil for cooking	0.00
10407	Frozen bread dough loaf*	1.00
10407	Plums,firm-ripe,large	3.00
10407	Apple slices,thin	3.00 c
10407	Butter or margarine,melted	1.50 tb
10407	Sugar**	3.00 tb
10407	Cinnamon,ground**	1.00 ts
10408	Egg	1.00
10408	Sugar	2.00 tb
10408	Sour cream	1.00 c
10408	Shortening,melted	1.00 tb
10408	Prepared mustard	1.00 ts
10408	Sifted flour	1.33 c
10408	Baking powder	1.00 ts
10408	Baking soda	0.50 ts
10408	Salt	0.50 ts
10408	(2 1/2 oz) Carl Buddig Ham,	1.00 pk
10408	Finely chopped	0.00
10408	Shredded Wisconsin Swiss	0.50 c
10408	Cheese	0.00
10409	Flour	2.00 c
10409	Eggs, well beaten	2.00
10409	Baking powder	3.00 ts
10409	Sugar	2.00 tb
10409	Salt	1.00 ts
10409	Butter or margarine	2.00 tb
10409	Cold water	0.00
10410	Unsifted flour	5.50 c
10410	Salt	1.00 tb
10410	Sugar	1.00 tb
10410	Butter or margarine	1.00 tb
10410	Pkgs active dry yeast	2.00
10410	Very warm tap water	1.75 c
10410	(120 to 130 degrees)	0.00
10410	Cornmeal	0.00
10410	Corn or other vegetable oil	0.00
10410	Egg white	1.00
10410	Cold water	1.00 tb
10411	Active dry yeast	1.00 pk
10411	Water	0.25 c
10411	Milk, scalded	0.50 c
10411	Butter or margarine	0.50 c
10411	Sugar	0.33 c
10411	Salt	0.50 ts
10411	Sifted enriched flour	3.25 c
10411	Beaten eggs	3.00
10411	Beaten egg yolk	1.00

## Sheet1

10411	Slightly beaten egg white	1.00
10411	Sugar	1.00 tb
10412	Active dry yeast	1.75 ts
10412	Bread flour	1.75 c
10412	Bread flour	2.00 tb
10412	Sugar	3.00 tb
10412	Salt	0.75 ts
10412	Whole eggs	2.00
10412	Egg yolk	1.00
10412	Water	0.25 c
10412	Water	2.00 tb
10412	Butter, unsalted	8.00 tb
10413	Chopped broccoli, frozen	1.00 pk
10413	(10-oz size), thawed and	0.00
10413	drained	0.00
10413	Finely chopped onion	2.00 tb
10413	Margarine	0.25 lb
10413	Eggs	4.00
10413	Corn bread mix (recipe	1.00 pk
10413	tested with Jiffy Brand)	0.00
10413	Small curd cottage cheese	8.00 oz
10414	Frozen broccoli,choped(10oz)	1.00 pk
10414	Butter or margarine	0.25 c
10414	All-purpose flour	0.25 c
10414	Salt	0.25 ts
10414	Ground pepper	0.12 ts
10414	Milk	0.75 c
10414	Dry white wine	0.25 c
10414	Instant minced onion	1.00 ts
10414	Salt	1.00 ts
10414	Eggs,separated	3.00
10414	Cream of tartar	0.25 ts
10415	Jim Vorheis	0.00
10415	Softened butter	2.00 tb
10415	Hot water	0.25 c
10415	Orange juice	0.50 c
10415	Freshly grated orange rind	1.50 tb
10415	Egg	1.00
10415	Sugar	1.00 c
10415	Flour	2.00 c
10415	Baking powder	1.00 ts
10415	Salt	0.50 ts
10415	Baking soda	0.25 ts
10415	Fresh blueberries, or frozen	1.00 c
10415	or canned, well-drained	0.00
10416	Yellow cornmeal	1.00 c
10416	Rye flour	1.00 c
10416	Whole wheat flour	1.00 c
10416	Baking soda	2.00 t

Sheet1

10416	Salt	1.00 t
10416	Black raisins or currants	1.00 c
10416	Buttermilk	2.00 c
10416	Dark unsulfured molasses	0.75 c
10417	Molasses	0.50 c
10417	Sugar	0.00
10417	Egg	1.00 ea
10417	Salt	0.50 ts
10417	Milk; sour	1.00 pt
10417	Flour; white	1.00 c
10417	Graham flour	1.00 qt
10417	Baking soda	1.00 tb
10417	Raisins	1.00 c
10418	Brown sugar	1.00 c
10418	Whole wheat flour	2.00 c
10418	Lard; or butter	2.00 tb
10418	Baking soda	1.00 ts
10418	Baking powder	1.00 ts
10418	Eggs	2.00 ea
10418	Sour milk	1.00 pt
10419	Brown rice flour (900 g)	6.00 c
10419	Salt (16.5 g)	1.00 tb
10419	Tepid water (635 ml)	2.67 c
10419	Active dry yeast (1/2 oz or 14 g)	4.00 ts 0.00
10419	Warm water (120 ml)	0.50 c
10419	Honey (30 ml)	2.00 tb
10419	Oil (60 g)	0.25 c
10419	Methocel (28 g)	0.25 c
10420	Flour, all purpose	2.00 c
10420	Whole wheat flour	1.00 c
10420	Natural bran	1.00 c
10420	Quick cooking rolled oats	1.00 c
10420	Sesame seeds	2.00 tb
10420	Poppy seeds	2.00 tb
10420	Baking powder	1.00 tb
10420	Baking soda	1.50 ts
10420	Salt	1.00 ts
10420	Liquid honey	0.25 c
10420	Plain yogurt	2.00 c
10421	All purpose flour	1.75 c
10421	Salt	1.00 ts
10421	(heaped) baking soda	1.00 ts
10421	Whole wheat flour	2.25 c
10421	Margarine	2.00 tb
10421	Buttermilk	1.25 c
10422	Sugar	0.75 c
10422	Butter or butter substitute	2.00 tb
10422	Egg, well beaten	1.00

Sheet1

10422	Milk	0.75 c
10422	Flour	2.00 c
10422	Baking powder	2.00 ts
10422	Salt	0.25 ts
10422	Cinnamon	0.00
10422	Brown sugar	0.50 c
10423	Packed brown sugar	1.00 c
10423	Whipping cream	1.00 c
10423	Sugar	8.00 tb
10423	Cold butter, cut in 3 pieces	3.00 tb
10423	Cinnamon	2.00 ts
10423	To 3 1/4 cups all-purpose	2.75
10423	flour	0.00
10423	Active dry yeast	1.00 pk
10423	Salt	1.00 ts
10423	Hot water	0.75 c
10423	Egg, beaten	1.00
10424	Whole wheat flour	0.75 c
10424	Buckwheat flour	0.50 c
10424	Brown sugar	2.00 tb
10424	Egg, beaten	1.00
10424	Baking powder	2.00
10424	Milk	1.25 c
10424	Cooking oil	1.00 tb
10425	Whole wheat pastry flour	3.00 c
10425	Dry yeast	1.00 tb
10425	Ground cardamom	0.25 ts
10425	Ground nutmeg	0.25 ts
10425	Apple juice	0.75 c
10425	Maple syrup	0.25 c
10425	Butter	3.00 tb
10425	Orange liqueur	2.00 tb
10425	Egg white	1.00
10425	Poppy seeds	0.25 c
10425	Honey	2.00 tb
10425	Butter, melted	0.25 c
10426	BISCUITS -----	0.00 -----
10426	Flour, all purpose	2.00 c
10426	Sugar	4.00 tb
10426	Baking powder	4.00 ts
10426	Cream of tartar	0.50 ts
10426	Salt	0.25 ts
10426	Butter, cut into pieces	0.33 c
10426	Milk	0.67 c
10426	ORANGE BUTTER -----	0.00 -----
10426	Butter, softened	0.50 c
10426	Orange marmalade	3.00 tb
10426	BISCUITS -----	0.00 -----
10426	ORANGE BUTTER -----	0.00 -----

## Sheet1

10427	Cake compressed yeast	1.00
10427	OR 1 cake dry yeast	0.00
10427	Salt	1.25 ts
10427	To 4 1/2 cups flour	4.00
10427	Melted shortening	0.50 c
10427	Sugar	0.25 c
10427	Eggs, well beaten	3.00
10427	Milk, scalded	1.00 c
10428	Milk, scalded	2.00 c
10428	Salt	0.50 ts
10428	Egg, well beaten	2.00
10428	Potato, mashed	0.50 c
10428	Powdered sugar	0.25 c
10428	Flour	6.00 c
10428	Sugar	1.00 c
10428	Butter	0.50 c
10428	Yeast	0.50 c
10428	Water, warm	0.25 c
10428	Butter, melted	2.00 tb
10429	Butter	0.25 c
10429	Unbleached All Purpose	1.25 c
10429	Flour	0.00
10429	Sugar	2.00 ts
10429	Baking Powder	2.00 ts
10429	Salt	0.50 ts
10429	Milk	0.67 c
10430	Shortening	0.25 c
10430	Unsifted self-rising flour	2.00 c
10430	Buttermilk	1.00 c
10430	Raw bulk pork sausage,	1.00 lb
10430	Room temperature	0.00
10431	Brown sugar	1.00 c
10431	Oil	0.33 c
10431	Egg, beaten	1.00
10431	Vanilla	1.00 ts
10431	All purp flour	1.50 c
10431	Baking soda	0.50 ts
10431	Salt	0.25 ts
10431	Apples, peel, chp	1.00 c
10431	Buttermilk	0.50 c
10431	Chopped walnuts	0.25 c
10431	Cinnamon	0.50 ts
10432	All-purpose flour	2.00 c
10432	Soda	0.50 ts
10432	Salt	0.75 ts
10432	Baking powder	2.00 ts
10432	Shortening	0.50 c
10432	Buttermilk	1.50 c
10433	Unbleached all-purpose flour	2.00 c

Sheet1

10433	Baking powder	2.25 ts
10433	Salt	1.00 ts
10433	Baking soda	0.25 ts
10434	Water	0.88 c
10434	Saco Buttermilk Powder	3.00 tb
10434	Bread Flour	2.00 c
10434	Salt	0.50 ts
10434	Sugar	2.00 ts
10434	Blue Cheese, Crumbled	0.50 c
10434	Butter/Margarine	1.00 tb
10434	Parsley, Chopped	0.25 c
10434	Yeast	1.50 ts
10435	Buttermilk	6.00 c
10435	Cake dry yeast	1.00
10435	Lukewarm water	0.50 c
10435	Flour	0.00
10435	Salt	1.50 tb
10435	Sugar	2.00 tb
10435	Melted butter or butter substitute	2.00 tb
10435		0.00
10436	Egg	1.00
10436	Sugar	0.50 c
10436	Flour	1.00 c
10436	Soda	0.50 ts
10436	Baking powder	1.00 ts
10436	Buttermilk (I don't have the recipe at hand, but you can make	1.00 c
10436		0.00
10436		0.00
10436	Quite adequate buttermile from dried milk)	0.00
10436	Nut, dates and/or raisins	1.00 c
10436	Water in pressure cooker with rack.	4.00 c
10436		0.00
10437	Yeast	1.00 pk
10437	Bread flour	3.00 c
10437	Baking powder	1.00 ts
10437	Salt	1.00 ts
10437	Sugar	1.00 tb
10437	Buttermilk (Use ingredients at room temperature.)	1.00 c
10437		0.00
10437	Warm water	0.25 c
10437	Grated cheese (we used extra sharp Cheddar)	1.00 c
10437		0.00
10438	Whole wheat flour	0.50 c
10438	Unbleached white flour	0.50 c
10438	Baking powder	2.00 ts
10438	Baking soda	0.50 ts
10438	Cornmeal	1.00 c
10438	Buttermilk	1.25 c

Sheet1

10438	Egg, slightly beaten	1.00
10438	Plus 1 tsp. corn oil,	3.00 tb
10438	divided	0.00
10438	Honey	2.00 tb
10438	Fresh or thawed frozen corn	1.00 c
10438	kernels	0.00
10439	Yeast cakes	2.00 ea
10439	Sugar	0.25 c
10439	Buttermilk; lukewarm	1.50 c
10439	Shortening; melted	0.50 c
10439	Flour; sifted	5.00 c
10439	Baking soda	1.00 ts
10439	Poppy seeds	0.25 c
10440	Water	1.25 c
10440	Honey	0.25 c
10440	Sugar	2.00 tb
10440	Salt	1.50 ts
10440	Bread flour	2.00 c
10440	Whole wheat flour	2.00 c
10440	Buttermilk powder	0.25 c
10440	Yeast	1.00 pk
10441	Natural bran	3.00 c
10441	Whole-wheat flour	2.00 c
10441	Granulated sugar	0.50 c
10441	Baking powder	1.00 tb
10441	Baking soda	1.00 ts
10441	Eggs, beaten	2.00
10441	Buttermilk	2.00 c
10441	Vegetable oil	0.33 c
10441	Molasses	0.50 c
10441	Blueberries, fresh or frozen	1.00 c
10442	Shortening	0.67 c
10442	Sugar	0.67 c
10442	Eggs	2.00 ea
10442	Salt	1.00 ts
10442	Yeast cakes	2.00 ea
10442	Waer; lukewarm	1.00 c
10442	Milk; warm	2.00 c
10442	Flour	10.00 c
10442	Filling;-----	0.00
10442	-----	0.00
10442	Brown sugar	0.50 c
10442	Cinnamon	2.00 ts
10442	Butter; melted	0.50 c
10442	Pecan nuts	1.00 c
10443	All-purpose flour	1.25 c
10443	Sugar	0.50 c
10443	Sour cream	0.75 c
10443	Butter, softened	0.50 c



Sheet1

10443	Baking soda	0.75 ts
10443	Baking powder	0.75 ts
10443	Salt	0.50 ts
10443	Grated orange peel	0.50 ts
10443	Eggs	3.00
10443	Granola	1.00 c
10443	Nestle butterscotch flavored	0.50 c
10443	orsels	0.00
10443	Nuts; chopped	0.50 c
10443	Cinnamon	0.50 ts
10443	Nestle butterscotch flavored	0.50 c
10443	orsels	0.00
10443	Butter	1.00 ts
10443	Half and half	2.00 ts
10443	Finely chopped nuts, if desi	2.00 ts
10443	ed	0.00
10444	Butter or margarine	0.33 c
10444	Firmly packed brown sugar	0.33 c
10444	Water	1.00 tb
10444	All Purpose Flour	2.00 c
10444	Sugar	0.25 c
10444	Baking powder	2.50 ts
10444	Salt	1.00 ts
10444	Milk	0.67 c
10444	Firmly packed brown sugar	0.33 c
10444	Cinnamon	1.00 ts
10444	Chopped pecans	0.33 c
10445	Biscuit mix (w/baking	2.00 c
10445	powder)	0.00
10445	Half and half or milk	0.33 c
10445	Sugar	2.00 tb
10445	Egg	1.00
10445	Nutmeg	1.00 ts
10445	Butter, melted	0.25 c
10445	Cinnamon	0.50 ts
10446	Yeast	1.00 pk
10446	Flour	3.33 c
10446	Baking soda	0.25 ts
10446	Egg	1.00
10446	Cottage cheese	0.75 c
10446	Sour cream	0.75 c
10446	Sugar	3.00 tb
10446	Butter (Use ingredients at	1.50 tb
10446	room temperature.)	0.00
10446	Water	0.25 c
10446	Envelope Lipton's Onion Soup	1.00
10446	mix (or less to taste)	0.00
10447	Loaf french sourdough bread	1.00
10447	Salt	0.00

Sheet1

10447	Pepper	0.00
10447	Oregano	0.00
10447	Basil	0.00
10447	Red-pepper flakes etc.	0.00
10447	to taste	0.00
10447	Green bell pepper	1.00
10447	Sliced fresh mushrooms	1.00 c
10447	Minced garlic clove	1.00
10447	Plain tomato sauce	1.50 c
10447	Shredded part-skim	0.50 c
10447	mozzarella cheese	0.00
10447	Grated sharp romano	2.00 tb
10447	cheese	0.00
10447	Onion	1.00
10448	Seedless raisins	1.50 c
10448	Water	1.50 c
10448	Slightly beaten egg	1.00
10448	Brown sugar	1.00 c
10448	Salad oil	2.00 tb
10448	Grated orange peel	1.00 tb
10448	Sifted all purpose flour	2.50 c
10448	Salt	1.00 ts
10448	Baking powder	2.00 ts
10448	Soda	0.50 ts
10449	Oranges; md	4.00 ea
10449	Sugar	1.00 c
10449	Baking powder	6.00 ts
10449	Butter or regular margarine	0.25 c
10449	Eggs; lg	2.00 ea
10449	Water	1.00 c
10449	Unbleached flour	4.00 c
10449	Salt	0.50 ts
10449	Sugar	0.50 c
10449	Milk	2.00 c
10450	Flour	2.00 c
10450	Sugar	2.00 tb
10450	Baking powder	1.00 tb
10450	salt	1.00 ts
10450	Basking soda	0.25 ts
10450	Raisins or currants	1.00 c
10450	Sour cream	0.50 c
10450	Oil	0.25 c
10450	Egg;slightly beaten	1.00
10450	Milk	3.00 tb
10451	Orange;large, seedless	1.00
10451	Cranberries;picked over	2.00 c
10451	Sugar	2.25 c
10451	Water	0.33 c
10451	Eggs, large	2.00

Sheet1

10451	Cinnamon;ground	1.00 pn
10451	Milk	1.50 c
10451	Heavy cream	0.50 c
10451	Grand Marnier liqueur	3.00 tb
10451	Vanilla	1.00 ts
10451	French bread loaf;or Italian	8.00 oz
10451	trimmed of crusts, cut in	0.00
10451	thin slices	0.00
10451	Heavy or whipping cream	0.00
10452	To 1/2 cup warm water	0.25
10452	Sugar	3.00 tb
10452	Active dry yeast	1.00 pk
10452	Egg, beaten	1.00
10452	All-purpose flour	2.25 c
10452	Instant nonfat dry milk	2.00 tb
10452	Salt	1.00 ts
10452	Caramel Topping	0.00
10452	Butter or margarine, melted	3.00 tb
10453	All-purpose flour*	4.00 c
10453	Granulated sugar	0.33 c
10453	Salt	1.00 ts
10453	Quick-acting or regular	2.00 pk
10453	Active dry yeast	0.00
10453	Very warm milk (120 to 130	1.00 c
10453	Degrees)	0.00
10453	Margarine or butter, softene	0.33 c
10453	Egg	1.00
10453	Packed brown sugar	1.00 c
10453	Margarine or butter	0.50 c
10453	Dark corn syrup	0.25 c
10453	Pecan halves	0.75 c
10453	Margarine or butter,	2.00 tb
10453	Softened	0.00
10453	Chopped pecans	0.50 c
10453	Granulated sugar	2.00 tb
10453	Packed brown sugar	2.00 tb
10454	Dry yeast	1.00 pk
10454	Warm water (110 to 115	2.25 c
10454	degrees)	0.00
10454	Molasses	2.00 tb
10454	Caraway seeds	4.00 ts
10454	Vegetable oil	1.00 tb
10454	Salt	2.00 ts
10454	Unbleached white flour	4.00 c
10454	Dark rye flour	2.00 c
10454	Egg	1.00
10454	Milk	0.25 c
10455	Water	0.75 c
10455	Vegetable Oil	1.00 tb

Sheet1

10455	Honey	1.00 tb
10455	Dried Onion	2.00 tb
10455	Bread Flour	1.25 c
10455	Whole Wheat Flour	0.50 c
10455	Rye Flour	0.25 c
10455	Powdered Milk	1.50 tb
10455	Salt	0.75 ts
10455	Caraway Seeds	2.00 ts
10455	Yeast	2.00 ts
10456	Warm water	0.25 c
10456	Active dry yeast	1.00 pk
10456	Sugar	1.00 ts
10456	All-purpose flour	2.75 c
10456	Butter or margarine, room	0.25 c
10456	temperature	0.00
10456	Salt	1.00 ts
10456	Ground cardamom	1.00 ts
10456	Egg, beaten	1.00
10456	To 1/2 cup evaporated or	0.33
10456	fresh milk	0.00
10456	Egg white, slightly beaten	1.00
10456	Sugar	1.00 tb
10456	Ground almonds	1.00 tb
10457	Portion Four-Way Sweet 1 egg	1.00
10457	yolk	0.00
10457	Bread Dough	0.00
10457	1 tsp. cream or canned milk	0.00
10457	Pods whole cardamom	8.00
10458	Salad oil	0.75 c
10458	Sugar	1.00 c
10458	Sifted flour	1.50 c
10458	Soda	1.00 ts
10458	Baking powder	1.00 ts
10458	Cinnamon	1.00 ts
10458	Salt	0.50 ts
10458	Eggs	2.00
10458	Grated raw carrots	1.00 c
10458	Chopped pecans	0.50 c
10459	White Lily self-rising Soft	1.00 c
10459	Wheat Flour	0.00
10459	Sugar	0.50 c
10459	Cinnamon	1.00 ts
10459	Applesauce	0.25 c
10459	Vegetable oil	0.25 c
10459	Eggs	2.00
10459	Finely shredded raw carrots	2.00 c
10459	Chopped pecans	0.25 c
10460	Carrots; grated	1.50 c
10460	Cinnamon	1.00 ts

Sheet1

10460	Cloves	0.12 ts
10460	Orange peel	1.00 ts
10460	Eggs	2.00
10460	Raisins	4.00 tb
10460	Vanilla	1.00 ts
10460	Flour	6.00 tb
10460	Baking Powder	1.00 ts
10460	Powdered milk	0.67 c
10460	Amount of brown sugar Twin	1.00
10460	to equal 20 tsp. sugar	0.00
10461	Whole-wheat flour	1.50 c
10461	Salt	1.00 ts
10461	Baking soda	1.50 ts
10461	Cinnamon	1.00 ts
10461	Nutmeg	0.50 ts
10461	Natural bran	1.50 c
10461	Carrots, 1c grated	3.00
10461	Eggs	2.00
10461	Vegetable oil	0.25 c
10461	Skim milk or orange juice	1.50 c
10461	Vinegar	2.00 tb
10461	Honey	0.50 c
10461	Molasses	0.25 c
10461	Raisins	0.50 c
10462	Brown sugar,firmly packed	1.00 c
10462	Peanut butter,chunky style	0.50 c
10462	Peanut oil	0.50 c
10462	Eggs	2.00
10462	Carrots,peeled,shredded	2.00 c
10462	Vanilla	1.00 ts
10462	Flour,enriched	1.75 c
10462	Baking powder	1.00 ts
10462	Baking soda	1.00 ts
10462	Salt	0.25 ts
10462	Allspice	0.25 ts
10462	Nutmeg	0.25 ts
10462	Milk	0.50 c
10463	Fermipan or Red Star dry	2.25 ts
10463	yeast	0.00
10463	Bread flour	3.00 c
10463	Oat bran (optional)	0.33 c
10463	Salt	1.00 ts
10463	Sugar	1.00 tb
10463	Nonfat dry milk powder (or	2.00 tb
10463	more for extra protein)	0.00
10463	Canola oil	2.00 tb
10463	Cinnamon	1.50 ts
10463	Carrot pulp from the juicer	1.00 c
10463	(at room temp.)	0.00

Sheet1

10463	Tepid water	1.00 c
10463	Raisins, added at the "beep"	0.75 c
10464	Whole-Wheat Four	1.00 c
10464	Unbleached All-Purpose	1.00 c
10464	Flour	0.00
10464	Baking Soda	1.00 ts
10464	Baking Powder	2.00 ts
10464	Salt	0.50 ts
10464	Ground Nutmeg	0.25 ts
10464	Ground Cinnamon	0.50 ts
10464	Eggs, Slightly Beaten	2.00 lg
10464	Honey	0.33 c
10464	Lowfat Lemon Yogurt	1.00 c
10464	Canola Oil	2.00 tb
10464	Shredded Carrots	0.50 c
10464	Chopped Raisins	0.50 c
10465	Casserole; 12 slices	1.50 qt
10465	Whole wheat flour	1.50 c
10465	All-purpose flour	1.00 c
10465	Quick-cooking rolled oats	0.50 c
10465	Brown sugar, packed	0.33 c
10465	Finely grated orange peel	1.00 tb
10465	Baking powder	2.00 ts
10465	Baking soda	0.50 ts
10465	Sour skim milk or	1.75 c
10465	buttermilk*	0.00
10465	Egg white	1.00
10465	Sunflower seeds	2.00 tb
10466	Margarine or butter	0.75 c
10466	Chopped celery	1.50 c
10466	(with leaves)	0.00
10466	Finely chopped onion	0.75 c
10466	Soft bread cubes	9.00 c
10466	Salt	1.00 ts
10466	Ground sage	0.50 ts
10466	Chopped fresh or	1.50 ts
10466	Dried thyme leaves	0.50 ts
10466	Pepper	0.25 ts
10467	Feta cheese, drained,	1.00 c
10467	Crumbled, and packed into	0.00
10467	The measuring cup	0.00
10467	Unbleached, all-purpose	0.50 c
10467	Flour	0.00
10467	Egg, beaten	1.00
10467	Bay leaves	6.00
10467	Honey	2.00 tb
10468	Unbleached, all-purpose	4.00 c
10468	Flour	0.00
10468	Lard, shortening, or butter	0.50 c

Sheet1

10468	Melted and cooled	0.00
10468	Feta cheese, crumbled and	0.25 c
10468	Mashed into a paste	0.00
10468	Cumin seed, ground	1.00 ts
10468	Anise, ground	1.00 ts
10468	Grape juice, purple or white	1.50 c
10468	Dry yeast	1.00 pk
10468	Bay leaves	8.00
10469	Water	1.00 c
10469	Vegetable oil	1.00 tb
10469	Honey	2.00 tb
10469	Salt	1.00 ts
10469	Caraway seeds	1.00 tb
10469	Rye flour	1.00 c
10469	Bread flour	1.75 c
10469	Dry milk;nonfat	3.00 tb
10469	Yeast;active dry	1.00 tb
10469	Gluten	4.00 tb
10470	Water, tepid (about 110 f)	2.50 c
10470	Salt	3.00 ts
10470	Sugar	3.00 tb
10470	Quick-rising dry yeast,	3.00
10470	envelopes	0.00
10470	Eggs, beaten - at room temp	3.00
10470	Vegetable oil	0.50 c
10470	Unbleached white flour	3.00 lb
10470	Cornmeal, for baking	0.00
10470	EGG WASH -----	0.00 -----
10470	Egg yolks	2.00
10470	Water	1.00 tb
10470	GARNISH -----	0.00 -----
10470	Sesame seeds	1.00 tb
10470	EGG WASH -----	0.00 -----
10470	GARNISH -----	0.00 -----
10471	New Basic's CB	0.00
10471	Milk	2.00 c
10471	(1 stick) sweet butter	8.00 tb
10471	Granulated sugar	0.33 c
10471	Packages active dry yeast	2.00
10471	Eggs, at room temperature	4.00
10471	Salt	2.00 ts
10471	Unbleached, all-purpose	6.00 c
10471	flour	0.00
10471	Cornmeal	0.33 c
10471	Cold water	1.00 tb
10471	Poppy seeds	0.00
10472	MICHAEL HATALA (RJHP21A)	0.00
10472	Eggs	6.00
10472	Heavy cream, half-and-half	0.50 c

Sheet1

10472	or milk	0.00
10472	Cinnamon	1.00 ts
10472	Salt	0.25 ts
10472	To 6 T clarified butter	4.00 tb
10472	Challah, cut 1-inch thick	8.00 sl
10473	Whole wheat flour	0.50 c
10473	Unbleached all purpose flour	0.67 c
10473	Water approximately	0.50 c
10473	Salt (optional)	0.25 ts
10474	Whole Wheat Flour	2.00 c
10474	Salt	1.00 ts
10474	Water	0.67 c
10475	Flour, unbleached	1.50 c
10475	Flour, whole wheat	0.50 c
10475	Salt	1.00 ts
10475	Ghee	3.00 tb
10475	Water	0.50 c
10476	Whole wheat flour	0.50 c
10476	Unbleached all purpose flour	0.67 c
10476	Water approximately	0.50 c
10476	Salt (optional)	0.25 ts
10477	Eggs	3.00
10477	Oil	1.00 c
10477	Sugar	2.00 c
10477	Salt	1.00 ts
10477	Grated zucchini	2.00 c
10477	Vanilla	2.00 ts
10477	Cinnamon	3.00 ts
10477	Baking powder	0.25 ts
10477	Flour	3.00 c
10477	Nuts (optional; I left them	1.00 c
10477	out)	0.00
10478	Yeast	2.50 ts
10478	Bread flour	3.00 c
10478	Salt	0.50 ts
10478	Sugar	1.00 tb
10478	Butter	1.33 tb
10478	Milk	1.00 c
10478	ADD FOLLOWING 1ST KNEADING -----	0.00 -----
10478	Shredded cheddar cheese	0.67 c
10478	Cooked, crumbled bacon	0.67 c
10478	ADD FOLLOWING 1ST KNEADING -----	0.00 -----
10479	CHRISTINE ERICKSON MMVH58B	0.00
10479	Yeast	2.50 ts
10479	Bread flour	3.00 c
10479	Salt	0.50 ts
10479	Sugar	1.00 tb
10479	Butter	1.33 tb
10479	Milk	1.00 c



Sheet1

10479	ADD FOLLOWING 1ST KNEADING -----	0.00 -----
10479	Shredded cheddar cheese	0.67 c
10479	Cooked, crumbled bacon	0.67 c
10479	ADD FOLLOWING 1ST KNEADING -----	0.00 -----
10480	Cornmeal	0.25 c
10480	Boiling water	0.50 c
10480	Cold water	0.50 c
10480	Molasses	0.25 c
10480	Butter or margarine	2.00 tb
10480	To 3 cups all-purpose flour	2.50
10480	Active dry yeast	1.00 pk
10480	Salt	0.75 ts
10480	Coarsely chopped Cheddar	1.00 c
10480	cheese	0.00
10480	Butter or margarine	0.00
10481	Flour	1.00 c
10481	Sugar	2.00 tb
10481	Baking powder	4.00 ts
10481	Salt	0.50 ts
10481	Yellow cornmeal	1.00 c
10481	(1 cup) shredded cheddar	4.00 oz
10481	2 tsp. dried dill weed	1.50 ts
10481	Skim milk	1.00 c
10481	Egg whites	3.00
10481	Plain nonfat yogurt	0.25 c
10482	Unbleached Flour; Sifted	2.00 c
10482	Baking Powder	4.00 ts
10482	Salt	0.50 ts
10482	Cheddar; Sharp, Grated	1.00 c
10482	Butter	0.25 c
10482	Milk	0.67 c
10483	Water; Warm, 110-115 Deg. F.	1.00 c
10483	Active Dry Yeast; OR	1.00 pk
10483	Active Dry Yeast; Bulk	1.00 tb
10483	Unbleached Flour; *	3.50 c
10483	Sugar	1.00 ts
10483	Salt	1.50 ts
10483	Butter; Room Temperature	0.75 c
10483	Eggs; Lg, Room Temperature	4.00
10483	Cheddar; Extra Sharp, Diced	6.00 oz
10483	Egg; Lg	1.00
10483	Milk	1.00 tb
10483	Celery Seeds	2.00 tb
10484	Bread Flour	2.75 c
10484	Sugar; Granulated	2.00 tb
10484	Active Dry Yeast; OR	1.00 pk
10484	Active Dry Yeast; Bulk	1.00 tb
10484	Salt	0.75 ts
10484	Milk	1.00 c

Sheet1

10484	Butter	2.00 tb
10484	Cheddar; Sharp, Shredded	1.50 c
10484	Butter	0.00
10485	Yeast	1.00 pk
10485	Bread flour	3.00 c
10485	Nonfat dry milk	0.25 c
10485	Soft butter	1.00 tb
10485	Salt	1.00 ts
10485	Sugar	2.00 tb
10485	Warm water	1.25 c
10485	(6 oz) grated sharp cheddar	1.50 c
10485	cheese (Use ingredients at	0.00
10485	room	0.00
10486	Dates; Finely Chopped	8.00 oz
10486	Butter	2.00 tb
10486	Water; Boiling	0.75 c
10486	Unbleached Flour; Sifted	1.75 c
10486	Salt	0.25 ts
10486	Baking Soda	1.00 ts
10486	Sugar; Granulated	0.50 c
10486	Egg; Lg, Well Beaten	1.00
10486	Cheddar Md, Shredded	4.00 oz
10486	Walnuts; Chopped	1.00 c
10487	All-purpose flour	2.50 c
10487	(4 oz.) shredded Cheddar	1.00 c
10487	cheese	0.00
10487	Chopped fresh parsley	0.25 c
10487	Baking powder	1.00 tb
10487	Dill weed	2.00 ts
10487	Salt	0.50 ts
10487	Butter	0.75 c
10487	Eggs, slightly beaten	2.00
10487	Half-and-half	0.50 c
10488	Cheddar; Md, Shredded	16.00 oz
10488	Eggs; Lg	2.00
10488	Unbleached Flour	1.00 c
10488	Salt	1.00 ts
10488	Boiling Water	3.00 qt
10488	Butter	0.50 c
10488	Sour Cream	0.50 pt
10488	GARNISHES -----	0.00 -----
10488	Paprika	0.00
10488	Parsley	0.00
10488	GARNISHES -----	0.00 -----
10489	Cheddar; Sharp, Grated	5.00 oz
10489	Unbleached Flour; Sifted	2.00 c
10489	Baking Powder	1.00 tb
10489	Salt	1.00 ts
10489	Butter Or Shortening	0.50 c

## Sheet1

10489	Milk	0.50 c
10489	Butter; Softened	0.00
10489	Butter; Melted	0.00
10490	Unbleached Flour; Sifted	2.00 c
10490	Salt	0.50 ts
10490	Baking Powder	1.00 tb
10490	Butter	0.25 c
10490	Milk	0.67 c
10490	Cheddar; Extra Sharp, Grated	1.00 c
10491	Milk	2.75 c
10491	Sugar	1.00 tb
10491	Active dry yeast	1.00 pk
10491	Whole wheat flour	5.50 c
10491	Salt	2.00 ts
10491	Eggs	1.00
10491	Butter	3.00 tb
10491	Flour (approx)	0.75 c
10491	Grated cheddar cheese	1.50 c
10491	Egg wash	0.00
10491	Sesame seeds	2.00 tb
10491	Butter	0.50 lb
10491	Dried basil	1.00 tb
10491	Dried oregano	1.00 tb
10491	Lemon juice	0.00
10492	Flour, all purpose	4.50 c
10492	Sugar, granulated	2.00 ts
10492	Salt	1.00 ts
10492	Fleishmann's Instant yeast	1.00 tb
10492	or 1 pk; 8 g	0.00
10492	Cheddar cheese; shredded	1.25 c
10492	Milk	1.67 c
10492	Dijon mustard	0.33 c
10492	Coarse salt; optional	0.00
10492	Sesame or poppy seeds;opt	0.00
10493	(12 oz) Big Country	1.00 cn
10493	Biscuits	0.00
10493	(12 oz) bulk pork sausage	1.00 pk
10493	Slices Kraft Deluxe	10.00
10493	Pasteurized Process	0.00
10493	American Cheese,	0.00
10493	Quartered *	0.00
10493	Plastic Wrap and freezer	0.00
10493	Bags	0.00
10494	Jim Vorheis	0.00
10494	Plus 2 tb all-purpose	1.00 c
10494	flour	0.00
10494	Baking powder	0.50 ts
10494	Cream of tartar	0.25 ts
10494	Salt	0.50 ts

Sheet1

10494	Baking soda	0.12 ts
10494	Instant nonfat dry milk	0.25 c
10494	Vegetable shortening	0.33 c
10494	Sugar	1.00 tb
10494	Minced onion	1.00 tb
10494	Egg, beaten	1.00
10494	Milk	0.25 c
10494	White wine	0.25 c
10494	Dried oregano	0.50 ts
10494	Freshly grated Parmesan	0.25 c
10494	cheese	0.00
10495	Flour	1.00 c
10495	Baking powder	3.00 ts
10495	Butter or butter substitute	1.00 tb
10495	Milk	0.50 c
10495	Salt	0.25 ts
10495	Grated cheese	0.50 c
10496	Feta cheese, drained,	1.00 c
10496	Crumbled, and packed into	0.00
10496	The measuring cup	0.00
10496	Unbleached, all-purpose	0.50 c
10496	Flour	0.00
10496	Egg, beaten	1.00
10496	Bay leaves	6.00
10496	Honey	2.00 tb
10497	WATER (210 ML)	7.00 oz
10497	EGG	1.00
10497	BREAD FLOUR	1.75 c
10497	ALL-PURPOSE FLOUR	0.25 c
10497	NONFAT DRY MILK POWDER	2.00 tb
10497	SUGAR	2.00 tb
10497	SALT	1.00 ts
10497	BUTTER	2.00 tb
10497	SWISS CHEESE,SHREDDED 2 OZ	0.50 c
10497	PARMESAN CHEESE,GRATED	0.25 c
10497	DRY YEAST	1.50 ts
10498	(1-lb) loaf of white bread	1.00
10498	defrosted according to	0.00
10498	package directions	0.00
10498	Shredded Cheddar cheese	1.00 c
10498	Chopped fresh dill	2.00 tb
10498	Flour; for kneading into	0.00
10498	the bread, as needed	0.00
10498	Egg; mixed with	1.00
10498	Milk or water; for the glaze	1.00 tb
10498	Shredded Cheddar cheese	0.25 c
10498	for topping	0.00
10499	Flour	2.00 c
10499	Butter	4.00 tb

Sheet1

10499	Baking powder	3.00 ts
10499	Salt	0.50 ts
10499	Cheese; ground	6.00 tb
10500	Baker's or pot cheese	2.00 lb
10500	Eggs	3.00
10500	Raisins (optional)	4.00 oz
10500	Sugar	8.00 oz
10500	Grated lemon zest	1.00 tb
10501	Active dry yeast	1.00 pk
10501	Flour	2.33 c
10501	Soda	0.25 ts
10501	Sour cream	1.00 c
10501	Cheddar cheese, shredded	1.00 c
10501	Hot tap water	0.25 c
10501	Sugar	2.00 tb
10501	Salt	1.00 ts
10501	Egg	0.00
10501	Pepper	0.50 ts
10502	BARB DAY -----	0.00 -----
10502	Hot roll mix	1.00 pk
10502	Cream cheese; softened	8.00 pk
10502	Sugar	0.25 c
10502	Sugar	0.50 c
10502	Egg	1.00
10502	Vanilla	1.00 tb
10502	Sour cream	0.50 c
10502	Eggs	2.00
10502	Butter; melted	6.00 tb
10502	BARB DAY -----	0.00 -----
10503	Unbleached Flour	1.00 c
10503	Corn Meal; White Or Yellow	1.00 c
10503	Sugar	2.00 tb
10503	Baking Powder	1.00 tb
10503	Salt	1.00 ts
10503	Mustard; Dry	0.25 ts
10503	Cheddar; Sharp, Shredded	2.00 c
10503	Egg; Lg, Slightly Beaten	1.00
10503	Milk	1.00 c
10503	Vegetable Oil	0.25 c
10504	Loaf (1 pound) french bread	1.00
10504	Shredded mozzarella	1.00 c
10504	Cheese (4 ounces)	0.00
10504	Mayonnaise or salad dressing	0.50 c
10504	Finely chopped red, yellow o	0.25 c
10504	Green bell pepper	0.00
10504	Onion, finely chopped	1.00 sm
10504	(about 1/4 cup)	0.00
10504	Chopped fresh or	1.00 tb
10504	Dried cilantro	1.00 ts

Sheet1

10504	Ground cumin	0.50 ts
10505	Eggs, beaten	2.00
10505	Milk	1.00 c
10505	Salt	0.75 ts
10505	Thyme, crushed	0.50 ts
10505	Sage, crushed	0.25 ts
10505	Basil, crushed	0.50 ts
10505	Unbleached flour	1.00 c
10505	Grated cheddar cheese	0.50 c
10506	Ground Pork Sausage;ck,drain	0.25 lb
10506	Cream Cheese; cubed	3.00 oz
10506	Cheddar Cheese; shredded	0.50 c
10506	Green Onions; chopped	0.25 c
10506	Bisquick	1.00 c
10506	Eggs; lightly beaten	2.00 lg
10506	Milk	0.67 c
10507	Butter	0.50 c
10507	Sugar	0.75 c
10507	Eggs	2.00
10507	Cherry soda	1.00 ts
10507	Salt	0.50 ts
10507	Sifted flour	2.00 c
10507	Buttermilk	1.00 ts
10507	Vanilla	1.00 ts
10507	Jar Maraschino cherries,	10.00 oz
10507	Chopped and drained	0.00
10508	Flour	2.50 c
10508	Sugar	0.50 c
10508	Brown sugar, packed	0.50 c
10508	Baking powder	3.00 ts
10508	Salt	1.00 ts
10508	Milk	1.25 c
10508	Egg, beaten	1.00
10508	Oil	3.00 tb
10508	Sweet cherries, frozen	1.25 c
10508	Cheddar cheese, shredded	1.25 c
10509	Butter or margarine	0.25 c
10509	Sugar	1.00 c
10509	Eggs	2.00
10509	Sour cream or plain low fat	1.00 c
10509	ogurt	0.00
10509	Milk	0.25 c
10509	All-purpose flour	2.00 c
10509	Baking powder	1.50 ts
10509	Baking soda	0.50 ts
10509	Salt; optional	0.50 ts
10509	Vanilla extract	0.25 ts
10509	Almond extract	0.25 ts
10509	Cherry pie filling; can	21.00 oz

Sheet1

10509	Topping:	0.00
10509	All-purpose flour	0.50 c
10509	Brown sugar	0.25 c
10509	Cinnamon	1.00 ts
10509	Butter or margarine	3.00 ts
10509	Chopped nutmeats	0.50 c
10510	Sugar,	0.50 c
10510	Baking powder,	2.00 ts
10510	Salt	0.50 ts
10510	Bottle maraschino cherries	0.50
10510	Cut up,	0.00
10510	Eggs,	2.00
10510	Melted butter	3.00 tb
10510	Cherry juice & milk	1.00 c
10510	Combined	0.00
10510	Flour,	1.50 c
10511	Sweet milk	1.00 qt
10511	White cornmeal	1.00 pt
10511	Melted butter	1.00 tb
10511	Salt	0.50 ts
10511	Eggs separated	3.00
10512	Chicken cutlets (6 cutlets)	1.00 lb
10512	Eggs, beaten	2.00
10512	Milk	1.00 c
10512	Flour	1.00 c
10512	Seasoned bread crumbs	1.00 c
10512	Grated Parmesan cheese	0.50 c
10512	Olive oil	0.50 c
10513	Mini Puffs	0.00
10513	Finely chopped cooked	2.00 c
10513	Chicken or 3 cans	0.00
10513	(6 3/4 oz ea.) chicken,	0.00
10513	Drained	0.00
10513	Mayonnaise or salad	0.33 c
10513	Dressing	0.00
10513	Finely chopped onion OR	1.00 tb
10513	Instant minced onion	0.50 ts
10513	Lemon juice	2.00 ts
10513	Ground ginger	1.00 ts
10513	Salt	0.50 ts
10513	Pepper	0.25 ts
10513	Stalks celery, finely	2.00
10513	Chopped (about 1/2 c.)	0.00
10513	MINI -----	0.00 -----
10513	Water	1.00 c
10513	Margarine or butter	0.50 c
10513	All-purpose flour	1.00 c
10513	Eggs	4.00
10513	MINI -----	0.00 -----

Sheet1

10514	Eggs	5.00
10514	All purpose flour	0.25 c
10514	Baking powder	0.50 ts
10514	Cottage cheese	1.00 c
10514	Shredded Monterey Jack	2.00 c
10514	cheese (8oz)	0.00
10514	Butter or margarine, melted	0.25 c
10514	(4oz) chopped green chilies,	1.00 cn
10514	drained	0.00
10515	Warm water	0.50 c
10515	Sugar	2.00 tb
10515	Or packet active dry yeast	1.00 tb
10515	(1pint) lowfat cottage	2.00 c
10515	cheese	0.00
10515	Chopped chives (onions or	0.50 c
10515	scallions)	0.00
10515	Heaping tbsp dill weed, or	1.00
10515	seeds	0.00
10515	Eggs	2.00
10515	Salt	2.00 ts
10515	Baking soda	0.50 ts
10515	Stone ground whole wheat	1.00 c
10515	flour	0.00
10515	Unbleached all purpose flour	3.00 c
10516	TOPPING -----	0.00 -----
10516	Sugar	1.00 tb
10516	Cinnamon	0.50 ts
10516	Chopped walnuts or pecans	0.50 c
10516	BREAD -----	0.00 -----
10516	All-purpose flour	4.00 c
10516	Salt	1.00 ts
10516	Baking powder	1.00 ts
10516	Baking soda	1.00 ts
10516	Cinnamon	1.00 ts
10516	Nutmeg	0.50 ts
10516	Butter,softened	1.00 c
10516	Sugar	2.00 c
10516	Eggs	4.00
10516	Vanilla extract	2.00 ts
10516	Buttermilk	0.25 c
10516	Coarsely chopped apples	3.00 c
10516	Chopped walnuts	1.00 c
10516	Semi-sweet chocolate chips	12.00 oz
10516	TOPPING -----	0.00 -----
10516	BREAD -----	0.00 -----
10517	Butter, softened, divided	1.50 c
10517	Sifted cicing sugar	0.50 c
10517	Salt	0.25 ts
10517	All purpose flour	1.25 c



Sheet1

10517	Sweetened condensed milk	1.00 cn
10517	Corn syrup	3.00 tb
10517	Vanilla	1.00 ts
10517	Squares semi sweet	3.00
10517	chocolate, melted	0.00
10518	Salt	1.50 ts
10518	Powdered milk	1.50 tb
10518	Cooking oil	1.50 tb
10518	Chocolate syrup	4.00 tb
10518	Envelope rapid rising yeast	1.00
10518	HOT tap water	1.12 c
10518	100% whole wheat flour	3.00 c
10518	Chocolate chips (semi-sweet	0.50 c
10518	or milk chocolate, your	0.00
10518	choice)	0.00
10519	Mashed bananas	2.00 c
10519	Grated orange	1.00 tb
10519	Rind	0.00
10519	Orange juice	0.33 c
10519	Eggs	3.00
10519	Packed brown	1.00 c
10519	Sugar	0.00
10519	Vegetable oil	0.33 c
10519	All-purpose flour	2.50 c
10519	Chocolate chips	1.00 c
10519	Baking powder	2.00 ts
10519	Baking soda	0.50 ts
10519	Salt	0.50 ts
10519	Nutmeg	0.50 ts
10520	All purpose flour	3.00 c
10520	Sugar	1.00 c
10520	Baking powder	4.00 ts
10520	Cinnamon	1.00 ts
10520	Salt	1.00 ts
10520	Milk	2.00 c
10520	Mashed banana (approximately	1.00 c
10520	3)	0.00
10520	Butter, melted	0.50 c
10520	Whole eggs	2.00
10520	(1 cup) semi sweet chocolate	6.00 oz
10520	chips	0.00
10520	Finely chopped nuts (or	0.75 c
10520	substitute)	0.00
10520	Raisins	1.00 c
10521	Yeast	1.00 pk
10521	Bread flour	3.00 c
10521	Brown sugar	2.00 tb
10521	White sugar	2.00 tb
10521	Salt	1.00 ts

Sheet1

10521	Cinnamon	1.00 ts
10521	Soft butter	4.00 tb
10521	Egg	1.00
10521	Warm milk	1.00 c
10521	Water	0.25 c
10521	Chocolate chips (Use	1.00 c
10521	ingredients at room	0.00
10521	temperature.)	0.00
10522	Sugar,	0.50 c
10522	Eggs	2.00
10522	Milk,	1.00 c
10522	Yoghurt,	0.50 c
10522	Vanilla essence	1.00 ts
10522	Chopped chocolate or	0.50 c
10522	chocolate chips	0.00
10523	Active dry yeast OR;	1.00 pk
10523	Active dry yeast, bulk	1.00 tb
10523	Warm water (110-115F)	0.25 c
10523	Milk, lukewarm (scald, then	0.50 c
10523	cool to lukewarm)	0.00
10523	Sugar	0.25 c
10523	Shortening	0.25 c
10523	Egg, large	1.00
10523	Salt	0.50 ts
10523	Cocoa	0.33 c
10523	Flour, unbleached	2.25 c
10523	Margarine or butter,	2.00 tb
10523	softened	0.00
10523	Sugar	0.25 c
10523	Cinnamon, ground	1.50 ts
10523	POWDERED SUGAR FROSTING -----	0.00 -----
10523	Powdered sugar, sifted	1.00 c
10523	Milk	1.00 tb
10523	Vanilla	0.50 ts
10523	POWDERED SUGAR FROSTING -----	0.00 -----
10524	CRUMBLE MIXTURE -----	0.00 -----
10524	Ghirardelli Sweet Dark	2.00 oz
10524	Chocolate	0.00
10524	Packed brown sugar	2.00 tb
10524	Grated fresh orange rind	0.50 ts
10524	Ground cinnamon	0.50 ts
10524	Instant coffee	0.25 ts
10524	Cold butter	1.00 tb
10524	Pecans	0.25 c
10524	COFFEE CAKE MIXTURE -----	0.00 -----
10524	Unsifted flour	1.75 c
10524	Sugar	0.67 c
10524	Baking powder	1.00 tb
10524	Salt	0.50 ts

Sheet1

10524	Cold butter	0.50 c
10524	Egg	1.00
10524	Half & half	0.50 c
10524	Egg yolk	1.00
10524	Water	2.00 ts
10524	CRUMBLE MIXTURE -----	0.00 -----
10524	COFFEE CAKE MIXTURE -----	0.00 -----
10525	Foundation sponge	1.50 c
10525	Salt	1.50 ts
10525	Melted shortening	3.00 tb
10525	Eggs	2.00
10525	Whole wheat flour	1.00 c
10525	Sugar	0.75 c
10525	Grated chocolate	0.50 c
10525	White flour	2.50 c
10526	All-purpose flour	1.75 c
10526	Granulated sugar	0.75 c
10526	Unsweetened nonalkalized	0.50 c
10526	cocoa powder	0.00
10526	Double-acting baking powder	2.00 ts
10526	Salt	0.50 ts
10526	Baking soda	0.25 ts
10526	Milk, at room temperature	1.00 c
10526	(1 stick) unsalted butter,	8.00 tb
10526	Melted and cooled	0.00
10526	Egg, at room temperature,	1.00 lg
10526	lightly beaten	0.00
10526	Vanilla extract	1.00 ts
10526	White chocolate, cut into	6.00 oz
10526	3/4-inch chunks	0.00
10527	Flour, all-purpose	2.00 c
10527	Light brown sugar, firmly	0.50 c
10527	packed	0.00
10527	Baking powder	2.50 ts
10527	Salt	0.25 ts
10527	Unsalted butter, chilled	0.25 c
10527	Peanut butter, creamy	0.75 c
10527	Milk	0.25 c
10527	Eggs, large	2.00
10527	Vanilla	2.00 ts
10527	Unsalted peanuts, chopped	0.50 c
10527	Bittersweet chocolate,	1.50 oz
10527	broken into 8 equal pieces	0.00
10528	Unsweetened chocolate	2.00 oz
10528	Sweet butter	0.33 c
10528	Eggs	2.00
10528	Honey	0.33 c
10528	Warm mashed potatoes (in a	1.00 c
10528	pinch, use instant)	0.00

Sheet1

10528	Rum, brandy or orange juice	0.25 c
10528	Vanilla	1.00 ts
10528	Grated orange peel	1.00 ts
10528	Unbleached white flour	1.50 c
10528	Baking powder	2.00 ts
10528	Salt	0.50 ts
10529	Canned Raspberries *	15.00 oz
10529	Self-Rising Flour	2.00 c
10529	Sugar	0.50 c
10529	Chocolate Bits Or Chips	0.50 c
10529	Lightly Beaten Egg	1.00
10529	Melted Butter	2.00 oz
10529	Buttermilk	0.75 c
10530	Warm water	0.50 c
10530	Pk Yeast	1.00
10530	Cup Flour	3.50
10530	Bs Sugar	1.00 tb
10530	Tsp Salt	1.25
10530	Eggs, room temp.	4.00
10530	Bs Butter, softened	12.00 tb
10530	Walnuts, chopped(lg. pieces)	1.00 c
10530	Chocolate, semisweet *	6.00 oz
10531	Eggs	3.00 md
10531	Sugar	2.00 c
10531	Oil	1.00 c
10531	Vanilla	1.00 ts
10531	Squares unsweetened	2.00
10531	chocolate	0.00
10531	Or 4 tbsp cocoa and 2 tbsp	0.00
10531	oil	0.00
10531	Grated zucchini	2.00 c
10531	Flour	3.00 c
10531	Salt	1.00 ts
10531	Cinnamon	1.00 ts
10531	Nutmeg	0.75 ts
10531	Baking powder	1.50 ts
10531	Baking soda	1.00 ts
10532	Salad Oil	1.00 c
10532	Eggs	3.00
10532	Salt	1.00 ts
10532	Baking Powder	0.25 ts
10532	Baking Soda	1.00 ts
10532	Baking Chocolate, Melted	2.00 oz
10532	Grated, peeled Zucchini	2.00 c
10532	Chopped Nuts	1.00 c
10532	Sugar	2.00 c
10532	Flour	3.00 c
10532	Cinnamon	1.00 ts
10532	Vanilla	1.00 ts

Sheet1

10532	Choc Chips	0.50 c
10533	Sugar	1.25 c
10533	Margarine or butter,	0.50 c
10533	Softened	0.00
10533	Eggs	2.00
10533	Mashed ripe bananas	1.50 c
10533	(3 to 4 medium)	0.00
10533	Buttermilk	0.50 c
10533	Vanilla	1.00 ts
10533	All-purpose flour*	2.50 c
10533	Baking soda	1.00 ts
10533	Salt	1.00 ts
10533	Semisweet chocolate chips	0.50 c
10533	Chopped peanuts	0.50 c
10534	Loaf (14-16 oz) frozen sweet	1.00
10534	or white dough bread,	0.00
10534	thawed	0.00
10534	Chopped red candied cherries	0.33 c
10534	Chopped green candied	0.33 c
10534	cherries	0.00
10534	Chopped toasted slivered	0.25 c
10534	almonds	0.00
10534	Slightly beaten egg white	1.00
10534	Egg yolk	1.00
10534	Water	1.00 tb
10535	Margarine	0.50 c
10535	Sugar	0.50 c
10535	Salt	2.00 ts
10535	Milk, scalded	2.00 c
10535	Env active yeast	2.00
10535	Warm water	0.50 c
10535	Eggs, lightly beaten	2.00
10535	Unsifted flour	8.00 c
10535	Fruit Nut Filling	0.00
10535	Red and green candied	0.00
10535	cherries, drained	0.00
10535	Tube (3/4 oz) white	1.00
10535	decorator frosting	0.00
10535	Apricot glaze	0.00
10535	FRUIT NUT FILLING:	0.00
10535	Light corn syrup	1.50 c
10535	Chopped mixed candied fruit	1.50 c
10535	Sliced almonds	1.50 c
10535	APRICOT GLAZE:	0.00
10535	Light corn syrup	0.50 c
10535	Apricot preserves	0.50 c
10536	Semolina flour	4.50 c
10536	Sugar	2.25 c
10536	Freshly ground cinnamon	3.00 tb

Sheet1

10536	Freshly ground anise	1.00 tb
10536	Freshly ground coriander	1.00 tb
10536	Freshly ground cloves	2.00 ts
10536	Oranges	3.00
10536	Tangerines	6.00
10536	Dried currants	2.50 c
10536	Golden raisins	1.00 c
10536	Olive oil, mild	1.00 c
10536	STARTER DOUGH -----	0.00 -----
10536	Active dry yeast	4.00 pk
10536	Sugar	0.50 ts
10536	Hot water, just above body	0.50 c
10536	temperature	0.00
10536	All-purpose flour;	4.00 c
10536	plus extra for kneading	0.00
10536	STARTER DOUGH -----	0.00 -----
10537	Eggs	5.00
10537	Vanilla	2.00 ts
10537	Sugar	0.50 c
10537	Butter (or shortening)	2.00 tb
10537	Salt	0.50 ts
10537	Flour	2.50 c
10538	Milk	0.50 c
10538	Active dry yeast	2.00 pk
10538	Water; warm	0.50 c
10538	Granulated sugar	0.50 c
10538	Butter or margarine	0.50 c
10538	Eggs; beaten	2.00
10538	Salt	1.00 ts
10538	All-purpose flour	4.50 c
10538	Melted butter; for brushing	0.00
10538	op	0.00
10538	Cinnamon	0.00
10538	Sugar	0.00
10539	Egg; beaten in cup - milk t	1.00 ea
10539	o finish filling cup	0.00
10539	Sugar	3.00 tb
10539	Flour	1.50 c
10539	Baking powder	2.50 ts
10539	Apples; sliced	2.00 ea
10539	Topping;-----	0.00
10539	-----	0.00
10539	Butter	1.00 tb
10539	Flour	1.50 tb
10539	Cinnamon	0.50 tb
10540	Skim or 2% milk	0.75 c
10540	Oatmeal, uncooked	1.00 c
10540	Vegetable oil	0.50 c
10540	Egg whites	2.00

Sheet1

10540	Brown sugar	0.50 c
10540	Cinnamon	0.50 ts
10540	Baking powder	3.00 ts
10540	Flour	1.00 c
10540	Grated orange zest	1.00 tb
10541	Yeast	1.00 tb
10541	Warm water (100 deg F)	1.00 c
10541	Molasses	3.00 tb
10541	Dry nonfat milk	0.33 c
10541	Egg, separated	1.00
10541	Unbleached flour (A)	1.00 c
10541	Butter, melted	3.00 tb
10541	Salt	1.00 ts
10541	Whole wheat pastry flour	0.50 c
10541	Unbleached flour (B)	2.50 c
10541	Butter, softened	3.00 tb
10541	Sugar	0.33 c
10541	Cinnamon	1.00 tb
10541	Raisins	0.33 c
10541	Egg	1.00
10541	Cool water	1.00 c
10542		1.50
10542		0.50
10542		0.50
10542		0.50
10542	and	0.00
10542	Without milk)	0.00
10542	EGG	1.00
10542	SALT	2.00 t
10542	ACTIVE DRY YEAST	3.00
10542	NONFAT DRY MILK POWDER	3.00
10542	UNBLEACHED ALL-PURPOSE FLOUR	3.00
10542	To 3 cups BREAD FLOUR	2.50
10542	BUTTER, softened	0.33
10542	BROWN SUGAR	0.75
10542	GROUND CINNAMON	1.50
10542	FROSTING	0.00
10542	BUTTER (1 stick), softened	0.50
10542	ALL-PURPOSE FLOUR	2.00 tb
10542	CONFECTIONER'S SUGAR	1.00 c
10542	Speck SALT	0.00
10542	VANILLA EXTRACT	1.00 ts
10542	In a large mixer bowl, place	0.00
10542	the warm water, sugar, oil,	0.00
10542	Potatoes, egg, salt, and	0.00
10542	yeast and mix thoroughly.	0.00
10542	Add the	0.00
10542	Milk powder and the	0.00
10542	all-purpose flour; beat for	0.00

Sheet1

10542	3 minutes.	0.00
10542	Gradually add the bread	0.00
10542	flour, and when the dough	0.00
10542	is	0.00
10542	Workable, transfer to a	0.00
10542	lightly floured surface (or	0.00
10542	use the	0.00
10542	Dough hook attachment on	0.00
10542	your electric mixer) and	0.00
10542	knead for	0.00
10542	Minutes.	10.00
10543	Recipe Basic Sweet Dough	0.50
10543	Lightly salted butter or	1.50 tb
10543	margarine, melted	0.00
10543	Granulated sugar	0.25 c
10543	Ground cinnamon	1.00 ts
10543	Dark seedless raisins	0.33 c
10543	Chopped walnuts	0.25 c
10543	Confectioner's sugar	0.50 c
10543	Warm milk	1.00 tb
10543	Vanilla extract	0.25 ts
10544	To 6 - cups flour	5.50
10544	Sugar	0.25 c
10544	Salt	2.00 ts
10544	Envelopes active dry yeast	2.25 oz
10544	Milk	1.00 c
10544	Butter or margarine	1.00 c
10544	Eggs, at room temperature	2.00
10544	FILLING:	0.00
10544	Raisins	1.50 c
10544	Chopped walnuts	1.00 c
10544	Packed brown sugar	0.25 c
10544	Cinnamon	2.00 ts
10544	TOPPING:	0.00
10544	Egg, beaten	1.00
10544	DOUGH:	0.00
10544	Cinnamon Icing	0.00
10544	Walnuts and raisins	0.00
10545	All-purpose* or	6.50 c
10545	Unbleached flour	0.00
10545	Sugar	3.00 tb
10545	Salt	1.00 tb
10545	Shortening	2.00 tb
10545	Regular or quick-acting	2.00 pk
10545	Active dry yeast	0.00
10545	Very warm water	2.25 c
10545	(120 to 130 degrees)	0.00
10545	Raisins	1.00 c
10545	Sugar	0.25 c



Sheet1

10545	Ground cinnamon	2.00 ts
10546	Finely Shredded Orange Peel	0.50 ts
10546	Orange Juice	0.50 c
10546	Cornstarch	2.00 ts
10546	Ground Cinnamon	0.25 ts
10546	Mandarin Orange Sect., Drain	11.00 oz
10546	Bisquick	0.50 c
10546	Sugar	2.00 tb
10546	Milk	2.00 tb
10546	Sugar	1.00 ts
10546	Dash Ground Cinnamon	0.00
10547	Flour	7.00 c
10547	Dry yeast	2.00 pk
10547	Warm water	1.75 c
10547	Sugar	0.12 c
10547	Salt	0.75 tb
10547	Eggs	3.00
10547	Oil	0.50 c
10547	Poppy seeds; or	0.00
10547	Sesame Seeds	0.00
10548	Plain flour	6.00 oz
10548	Shredded suet (usually	3.00 oz
10548	available at your butcher)	0.00
10548	Currants (dark raisins)	3.00 oz
10548	Sultanas (white raisins)	1.00 oz
10548	To 3 oz castor sugar	2.00 oz
10548	Ground cinnamon	1.00 ts
10548	Baking soda	0.50 ts
10548	Buttermilk or sour milk	0.75 c
10549	All-purpose* or unbleached	3.50 c
10549	Flour	0.00
10549	Sugar	0.25 c
10549	Shortening or margarine or	0.25 c
10549	Butter, softened	0.00
10549	Salt	1.00 ts
10549	Regular or quick-acting	1.00 pk
10549	Active dry yeast	0.00
10549	Very warm water	0.50 c
10549	(120 to 130 degrees)	0.00
10549	Very warm milk	0.50 c
10549	(120 to 130 degrees)	0.00
10549	Egg	1.00
10549	Margarine or butter, soften	0.00
10550	Flour	8.00 oz
10550	Egg	1.00
10550	Vegetable oil	1.00 tb
10550	Cockles or clams (shelled)	8.00 oz
10550	(heaped) chopped parsley	2.00 tb
10550	Oil for frying	0.00

Sheet1

10550	Prepared laverbread; -OR-	8.00 oz
10550	Dried nori, reconstituted	0.50 oz
10550	Lemon (juice only)	0.50
10551	Flour	5.50 c
10551	Cake compressed yeast	1.00
10551	OR 1 cake dry yeast	0.00
10551	Milk, scalded and cooled	2.00 c
10551	Salt	0.50 ts
10551	Cocoa	0.50 c
10551	Shortening	0.25 c
10551	Eggs, well beaten	2.00
10551	Sugar	0.50 c
10552	Unbleached All Purpose Flour	2.25 c
10552	Sugar	1.50 c
10552	Cocoa	0.33 c
10552	Baking Powder	3.50 ts
10552	Salt	1.00 ts
10552	Egg	1.00 lg
10552	Milk	1.25 c
10552	Vegetable Oil	0.50 c
10552	Nuts; Finely Chopped	1.00 c
10553	Cream Cheese; softened	8.00 oz
10553	Whole-berry cranberry sauce	0.25 c
10553	Grated Orange Rind	1.00 ts
10553	Salt	0.12 ts
10553	Flaked Coconut	2.00 tb
10554	All purpose flour	2.00 c
10554	Baking powder	4.00 ts
10554	Salt	0.50 ts
10554	Granulated sugar	0.25 c
10554	Butter	0.50 c
10554	Mashed ripe banana	0.50 c
10554	Milk	0.25 c
10554	Strong black coffee at room	0.25 c
10554	temperature	0.00
10554	Vanilla	1.00 ts
10555	Dry yeast	1.00 pk
10555	Warm water	0.50 c
10555	Continued....	0.00
10556	Very strong cold black	1.00 c
10556	coffee,	0.00
10556	Sugar,	1.00 c
10556	Eggs,	2.00
10556	Yoghurt	1.00 c
10556	Flour,	1.00 c
10556	Baking powder	2.00 ts
10557	Yeast	1.00 pk
10557	Bread flour	3.50 c
10557	Yellow corn meal	0.33 c

Sheet1

10557	Boiling water	1.50 c
10557	Molasses	0.33 c
10557	Salt	1.00 ts
10557	Butter (or margarine) (Use	1.00 tb
10557	ingredients at room	0.00
10557	temperature.)	0.00
10558	Dry yeast	2.00 pk
10558	Brown sugar	0.50 c
10558	Warm water	0.50 c
10558	Melted butter	0.50 c
10558	Whole eggs plus 3 egg yolks	2.00
10558	Salt	1.00 ts
10558	Unbleached white flour	4.50 c
10558	Egg yolk combined with: 2	1.00
10558	tsp flour	0.00
10558	Sugar	2.00 ts
10558	Water	2.00 ts
10559	Flour (More If Necessary)	3.50 c
10559	Sugar	0.25 c
10559	Salt	1.00 ts
10559	Dry Yeast	1.00 pk
10559	Butter Or Margarine Softened	0.00
10559	Very Warm Water	0.67 c
10559	Eggs, Room Temperature	2.00
10559	Honey	0.50 c
10559	Chopped Almonds	0.75 c
10560	Confectioners' sugar,sifted	1.00 c
10560	Orange juice	2.00 tb
10561	Jim Vorheis	0.00
10561	Yellow corn meal	3.00 tb
10561	Can Coors beer	12.00 oz
10561	Butter	1.00 tb
10561	Salt	1.00 tb
10561	Dry yeast	1.00 pk
10561	Sugar	1.00 tb
10561	Honey	1.00 tb
10561	Bread flour	2.00 c
10561	Rye flour	1.50 c
10561	Caraway seeds	1.50 ts
10561	Bread flour	0.25 c
10561	Filling:	0.00
10561	Thousand Island dressing	0.50 c
10561	Sauerkraut, drained	16.00 oz
10561	Corned beef, thinly sliced	0.50 lb
10561	Swiss cheese, thinly sliced	0.50 lb
10562	Egg; well beaten	1.00 ea
10562	Milk; sweet	1.00 c
10562	Sugar	1.00 tb
10562	Salt	1.00 ts

Sheet1

10562	Butter	1.00 ts	
10562	Flour	1.00 c	
10562	Corn meal	1.00 c	
10562	Baking powder	4.00 ts	
10563	Corn-meal	1.50 c	
10563	Salt	1.00 ts	
10563	Baking powder	1.00 ts	
10563	Sugar	1.00 tb	
10563	Flour	0.50 c	
10563	Baking soda	1.00 ts	
10563	Sour milk	2.00 c	
10563	Eggs, well beaten	2.00	
10563	Melted shortening	3.00 tb	
10564	Cornmeal	0.75 c	
10564	Flour,all-purpose	0.25 c	
10564	Salt	0.50 ts	
10564	Baking powder	1.50 ts	
10564	Sugar	1.00 tb	
10564	Egg	1.00	
10564	Milk	0.50 c	
10564	Vegetable oil	3.00 tb	
10565	c	2.00	1
10565		1.00	
10565	finely chopped	0.00	
10565	Green Bell Pepper, seeded	1.00	
10565	and finely chopped	0.00	
10565	Cloves Garlic, peeled and	2.00	
10565	minced	0.00	
10565	Lime Juice	2.00 tb	
10565	Sugar	0.25 ts	
10565	Salt	0.25 ts	
10565	Finely chopped fresh	2.00 ts	
10565	Cilantro	0.00	
10565	Corn Cakes:	0.00	
10565	Flour	1.00 c	
10565	Yellow Cornmeal	0.50 c	
10565	Sugar	1.00 ts	
10565	Baking Powder	0.75 ts	
10565	Salt	0.50 ts	
10565	Ground Cumin	0.50 ts	
10565	Milk	0.50 c	
10565	Milk	2.00 tb	
10565	Eggs	2.00	
10565	Tabasco Sauce	0.75 ts	
10565	Canned chopped green	3.00 tb	
10565	chilies, drained	0.00	
10565	Frozen Corn Kernels,	1.00 c	
10565	defrosted	0.00	
10565	Unsalted Butter, cut into	1.00 ts	

## Sheet1

10565	slivers	0.00
10566	Whole ground self-rising	2.00 c
10566	cornmeal	0.00
10566	Baking soda	0.25 ts
10566	Melted shortening	2.00 tb
10566	Plus 2 tb, buttermilk	1.00 c
10567	Sifted flour	1.50 c
10567	Baking powder	1.50 ts
10567	Salt	1.00 ts
10567	Can cream style corn	16.00 oz
10567	Egg, slightly beaten	1.00
10567	Corn oil	1.00 c
10567	Powdered sugar	0.00
10568	Cornmeal	2.00 c
10568	All purpose flour	1.00 c
10568	Sugar	0.50 c
10568	Baking soda	1.00 ts
10568	Salt	1.00 ts
10568	Buttermilk or sour milk	2.00 c
10568	Oil or bacon drippings	3.00 tb
10569	Unbleached All-purpose Flour	1.00 c
10569	Baking Powder	4.00 ts
10569	Granuleated Sugar	2.00 tb
10569	Salt	1.00 ts
10569	Yellow Cornmeal	1.00 c
10569	Large Eggs	2.00
10569	Vegetable Oil	0.25 c
10570	Unbleached Flour	0.33 c
10570	Yellow Cornmeal	0.33 c
10570	Sugar	2.00 tb
10570	Baking Powder	1.50 ts
10570	Salt	0.25 ts
10570	Large Beaten Egg	1.00
10570	Milk	0.25 c
10570	Cooking Oil	4.00 ts
10570	Yellow Corn Meal	0.00
10571	Shortening	0.25 c
10571	Sugar	0.50 c
10571	Eggs	2.00 ea
10571	Milk; sweet	1.00 c
10571	Corn meal	0.75 c
10571	Flour	1.75 c
10571	Baking powder	2.00 ts
10571	Salt	0.50 ts
10572	Corn Flour Tortilla Mix, *	2.00 c
10572	Water; Warm	1.25 c
10573	Cake compressed yeast	1.00
10573	OR 1 cake dry yeast	0.00
10573	White corn-meal	1.00 c

Sheet1

10573	Salt	1.00 tb
10573	Sugar	0.50 c
10573	Lukewarm water	0.50 c
10573	Boiling water	4.00 c
10573	Melted shortening	1.00 c
10573	Potato water	2.00 c
10573	Flour	0.00
10574	Flour	1.50 c
10574	Corn-meal	0.75 c
10574	Melted shortening	2.00 tb
10574	Egg, well beaten	1.00
10574	Salt	0.50 ts
10574	Baking soda	0.25 ts
10574	Baking powder	2.00 ts
10574	Sugar	1.00 tb
10574	Milk	0.50 c
10575	Cornbread, crumbled	8.00 c
10575	Bread slices, crumbled	2.00 c
10575	Onion chopped	1.50 c
10575	Celery chopped	2.00 c
10575	Pecans chopped	1.00 c
10575	Thyme	1.50 ts
10575	Sage	0.50 ts
10575	Savory	0.25 ts
10575	Salt and pepper to taste	0.00
10575	Eggs beaten	4.00
10575	Turkey giblet broth	3.00 c
10575	Pan juices from turkey	0.00
10575	Onion quartered	1.00
10575	Celery stalk tops w/leaves	2.00
10575	Turkey giblets and neck	0.00
10576	Corn muffin mix	1.00 pk
10576	Can cream corn (1/2 normal size)	1.00 sm 0.00
10576	Egg	1.00
10576	Chopped jalapenos	0.00
10577	Yeast	1.00 pk
10577	Bread flour	3.00 c
10577	Soy flour	3.00 tb
10577	Nonfat dry milk powder	3.00 tb
10577	Wheat germ	3.00 tb
10577	Salt	1.00 ts
10577	Honey	2.00 tb
10577	Butter	2.00 tb
10577	Egg (Use ingredients at room temperature.)	1.00 0.00
10577	Plus 2 Tbsp warm water	1.00 c
10578	Flour	2.25 c
10578	Cornmeal	1.25 c

Sheet1

10578	Baking powder	4.00 ts
10578	Paprika	0.75 ts
10578	Salt	0.75 ts
10578	Cold butter, cut in pieces	0.67 c
10578	Milk	1.25 c
10578	Egg, lightly beaten	1.00
10579	Sliced strawberries	3.00 c
10579	Sugar	2.00 tb
10579	Milk	1.00 c
10579	Large eggs	3.00
10579	All-purpose flour	0.67 c
10579	Yellow cornmeal	0.25 c
10579	Vanilla	1.00 ts
10579	Butter or margarine	2.50 ts
10579	Apricot jam	0.25 c
10579	Vanilla low-fat yogurt*	0.00
10580	All-purpose flour	1.50 c
10580	Coarse cornmeal	0.75 c
10580	Baking powder	4.00 ts
10580	Salt	1.00 ts
10580	Baking soda	0.25 ts
10580	Solid vegetable shortening	4.00 tb
10580	Egg	1.00
10580	Buttermilk	0.75 c
10581	White flour	1.25 c
10581	Yellow cornmeal	0.75 c
10581	Baking powder	2.00 ts
10581	Baking soda	0.25 ts
10581	Freshly ground pepper	0.12 ts
10581	Minced fresh sage	1.75 ts
10581	Margarine or veg. oil	4.00 tb
10581	Apple juice (or more)	0.67 c
10581	Egg white; lightly beaten	1.00
10581	Fresh sage leaves OR	14.00 sm
10581	VERY SMALL sage leaves	30.00
10582	To 1/2 cup warm water	0.25
10582	Sugar	2.00 tb
10582	Active dry yeast	1.00 pk
10582	All-purpose flour	2.75 c
10582	Instant minced onions	1.00 tb
10582	Butter or margarine	1.00 tb
10582	Dried dill weed	2.00 ts
10582	Salt	1.00 ts
10582	Baking soda	0.25 ts
10582	Creamed cottage cheese, room	1.00 c
10582	temperature	0.00
10582	Egg, beaten	1.00
10583	Cottage cheese	1.00 c
10583	Egg	1.00 ea

Sheet1

10583	Milk	0.25 c
10583	Flour; sifted	1.00 c
10583	Baking powder	2.00 ts
10583	Salt	0.50 ts
10584	40% Bran Flakes Cereal	1.00 c
10584	Boiling Water	1.00 c
10584	Unbleached Flour, Sifted	2.50 c
10584	Baking Soda	2.50 ts
10584	Salt	0.50 ts
10584	Shortening	0.50 c
10584	Sugar	1.50 c
10584	Large Eggs	2.00
10584	All-Bran Cereal	2.00 c
10584	Butter/Sour Milk	2.00 c
10585	Shortening	0.75 c
10585	Sugar	2.50 c
10585	Eggs, beaten	4.00
10585	Cooked pumpkin	2.00 c
10585	Water	0.67 c
10585	All-purpose flour	3.50 c
10585	Baking powder	0.50 ts
10585	Soda	2.00 ts
10585	Salt	1.00 ts
10585	Cinnamon	1.00 ts
10585	Allspice	1.00 ts
10585	Black walnuts	1.00 c
10585	Raisins	0.67 c
10587	Flour	2.00 c
10587	Baking powder	3.00 ts
10587	Salt	1.00 ts
10587	Lard or shortening	0.50 c
10587	Milk	0.75 c
10587	Milk	2.00 tb
10588	Cracked wheat	0.50 c
10588	Boiling water	1.50 c
10588	Dry yeast	1.00 pk
10588	Warm water	0.33 c
10588	Shortening	0.25 c
10588	Salt	1.50 ts
10588	Molasses	2.00 tb
10588	Honey	2.00 tb
10588	Warm water	1.00 c
10588	Wholewheat flour	1.00 c
10588	All-purpose flour	4.00 c
10589	Corn meal	2.00 c
10589	Soda	0.50 ts
10589	Salt	0.25 ts
10589	Buttermilk	1.00 c
10589	Cracklings, diced (see	1.00 c



Sheet1

10589	below)	0.00
10590	Coarsely ground yellow	1.00 c
10590	cornmeal	0.00
10590	Salt	0.50 ts
10590	Baking soda	0.50 ts
10590	Low-fat buttermilk	1.00 c
10590	Egg	1.00
10590	Fresh or frozen, thawed corn	1.00 c
10590	kernels	0.00
10590	Olive oil	2.00 ts
10590	Whole fresh sage leaves, or	18.00
10590	1 to 2 Tablespoons fresh	0.00
10590	rosemary	0.00
10591	Yeast	2.00 ts
10591	Cranapple sauce	1.33 c
10591	Margarine	2.00 tb
10591	Sugar	1.00 tb
10591	Salt	1.00 ts
10591	Bread flour	3.00 c
10591	Yeast	2.50 ts
10591	CRANAPPLESAUCE -----	0.00 -----
10591	Cranberries	1.25 c
10591	Golden delicious apples*	4.00
10591	Ginger root	1.00 ts
10591	Cinnamom	0.25 ts
10591	Grated zest of lemon	0.50 ts
10591	Sugar +	0.50 c
10591	Water	2.00 tb
10591	CRANAPPLESAUCE -----	0.00 -----
10592	Sugar	2.67 c
10592	Water	1.00 c
10592	Fresh cranberries	4.00 c
10592	Sifted flour	1.75 c
10592	Salt	0.50 ts
10592	Baking powder	2.00 ts
10592	Baking soda	0.25 ts
10592	Butter,melted	0.33 c
10592	Eggs,beaten	2.00
10592	Chopped walnuts	0.50 c
10592	Mashed banana	1.00 c
10592	Cranberry juice,reserved	0.25 c
10592	from cooked berries,option	0.00
10592	Granulated sugar,optional	2.00 tb
10592	Grand Marnier,optional	2.00 tb
10593	Baking soda	0.50 ts
10593	Butter or margarine	0.50 c
10593	Sugar	0.75 c
10593	Eggs	2.00 x
10593	Almond extract	0.25 ts

Sheet1

10593	Orange juice	0.25 c
10593	Salt	0.12 ts
10593	Cinnamon	0.25 ts
10593	Flour	2.00 c
10593	Whole berry cranberry sauce	1.00 c
10594	Yeast	0.50 tb
10594	Flour, bread	2.25 c
10594	Sugar	1.00 tb
10594	Peel, lemon, grated	1.00 tb
10594	Milk, powdered	1.00 tb
10594	Salt	0.50 tb
10594	Cinnamon, ground	1.00 ts
10594	Oil	1.00 tb
10594	Water; warm	1.12 c
10594	Cranberries; frozen or fresh	1.00 c
10595	All-purpose flour	2.00 c
10595	Granulated sugar	0.75 c
10595	Sweetened	0.75 c
10595	Shredded coconut	0.00
10595	Baking powder	1.00 tb
10595	Baking soda	1.00 ts
10595	Each cinnamon	0.25 ts
10595	And salt	0.00
10595	Buttermilk	1.25 c
10595	Eggs	2.00
10595	Vegetable oil	0.25 c
10595	Vanilla	1.00 ts
10595	Cranberries,	1.00 c
10595	Chopped	0.00
10596	Chopped nuts	0.25 c
10596	Brown sugar	0.25 c
10596	Jellied Cranberry Sauce	0.50 c
10596	To 8 brown n' serve rolls	6.00
10597	Unbleached Flour, Sifted	2.25 c
10597	Sugar	0.25 c
10597	Baking Soda	0.75 ts
10597	Salt	0.25 ts
10597	Large Egg, Slightly Beaten	1.00
10597	Butter/Sour Milk	0.75 c
10597	Vegetable Oil	0.25 c
10597	Chopped Raw Cranberries	1.00 c
10597	Sugar	0.50 c
10598	Red wine	1.00 ea
10598	Flour, sifted	2.00 c
10598	Baking powder	0.50 tb
10598	Salt	1.00 ts
10598	Orange juice	0.75 c
10598	Egg, beaten	1.00 ea
10598	Cranberries, chopped	2.00 c

Sheet1

10598	Sugar	1.00 c
10598	Baking soda	0.50 ts
10598	Shortening	0.25 c
10598	Orange zest	1.00 tb
10598	Nuts, chopped	0.50 c
10598	Nuts, chopped	1.00 ea
10599	Flour	1.75 c
10599	Salt	0.75 ts
10599	Sugar	0.33 c
10599	Double-acting Baking Powder	2.00 ts
10599	Eggs	2.00
10599	Butter; melted	0.25 c
10599	Milk	0.75 c
10599	Fresh Blueberries OR 1 c	1.00 c
10599	canned blueberries;drained	0.00
10599	OR 1 c Cranberries;chopped	0.00
10599	Grated orange or lemon rind	1.00 ts
10600	CALIFORNIA HERITAGE CONTI	0.00
10600	THE "LARK" (COOKING, WP51, C -----	0.00 -----
10600	THE "LARK" (COOKING, WP51, C -----	0.00 -----
10601	Soft butter	0.50 c
10601	Sugar	1.00 c
10601	Eggs	2.00
10601	Flour	2.00 c
10601	Baking powder	1.00 ts
10601	Baking soda	1.00 ts
10601	Salt	0.50 ts
10601	Yogurt	1.00 c
10601	Vanilla	1.00 ts
10601	(16oz) whole cranberry sauce	1.00 cn
10601	Chopped nuts	0.50 c
10602	Rolled oats	2.00 c
10602	Light soy milk	2.00 c
10602	Unbleached all-purpose flour	2.00 c
10602	Sea salt	0.50 ts
10602	Cinnamon	2.00 ts
10602	Nutmeg	0.50 ts
10602	Cream of tartar	1.00 ts
10602	Baking soda	2.00 ts
10602	Brown sugar	1.00 c
10602	Egg replacer; -OR-	2.00 tb
10602	Eggs, beaten* (see note)	2.00
10602	Water	0.50 c
10602	Natural applesauce	0.50 c
10602	Jellied cranberry sauce	0.75 c
10603	Low-Fat Milk, at room	1.25 c
10603	temperature	0.00
10603	All-Bran Cereal	1.50 c
10603	Egg	1.00

Sheet1

10603	Unsulphured Molasses	0.25 c
10603	Canola or Olive Oil	0.25 c
10603	Pure Maple Syrup	0.25 c
10603	Whole Wheat Pastry Flour*	1.00 c
10603	Cake Flour (not self-rising)	0.50 c
10603	Wheat Germ	0.50 c
10603	Baking Powder	1.00 tb
10603	Salt	0.25 ts
10603	Walnuts, coarsely chopped	0.50 c
10603	Cranberries, finely chopped	1.00 c
10604	Flour	0.75 c
10604	Whole Wheat Flour	0.50 c
10604	Yellow Corn Meal	1.00 c
10604	To 1/2 c Sugar; to taste	0.33 c
10604	Baking Powder	2.00 ts
10604	Baking Soda	0.50 ts
10604	Salt; optional	0.25 ts
10604	Buttermilk	0.67 c
10604	Orange Juice	0.33 c
10604	Vegetable Oil	0.33 c
10604	Egg	1.00
10604	Grated Orange Rind	4.00 ts
10604	Fresh Cranberries;coarse chp	1.00 c
10605	Flour	2.00 c
10605	Whole Wheat Flour	1.00 c
10605	Sugar	1.00 c
10605	Cinnamon	1.50 ts
10605	Baking Powder	1.00 ts
10605	Baking Soda	1.00 ts
10605	Allspice	0.75 ts
10605	Salt	0.50 ts
10605	Butter	0.50 c
10605	Pumpkin; thick puree	2.50 c
10605	Eggs	2.00
10605	Cranberries; cleaned;halved	2.00 c
10606	Flour	4.00 c
10606	Salt	1.00 ts
10606	Cream of tartar	3.00 ts
10606	Baking soda	1.50 ts
10606	Butter	0.25 c
10606	Cream or "Half and Half"	2.00 c
10607	Cream cheese, softened	8.00 oz
10607	Sugar	0.33 c
10607	Almond extract	1.00 ts
10607	Bisquick baking mix	2.00 c
10607	Milk	0.33 c
10607	Sugar	0.25 c
10607	Butter or margarine, softene	2.00 ts
10607		0.00

Sheet1

10607	Fruit preserves (any flavor)	0.25 c
10607	Sliced almonds	0.25 c
10608	Warm water	0.25 c
10608	Sugar	7.00 tb
10608	Active dry yeast	1.00 pk
10608	Whipping cream	1.00 c
10608	Egg yolks, beaten	3.00
10608	All-purpose flour	3.50 c
10608	Cold butter or margarine,	0.50 c
10608	cut into 8 pieces	0.00
10608	Salt	1.00 ts
10608	Almond Icing	0.00
10608	Cinnamon	1.00 ts
10608	Chopped walnuts or pecans	0.25 c
10608	All-purpose flour	0.00
10609	Milk	3.00 c
10609	Cornmeal, enriched self	1.00 c
10609	rising	0.00
10609	Shrimp, cooked, coarse	1.00 lb
10609	chopped	0.00
10609	Green bell pepper, chopped	0.33 c
10609	Parsley, chopped, fresh	0.33 c
10609	Onion, chopped	0.33 c
10609	Vegetable shortening or oil	2.00 tb
10609	Hot pepper sauce	0.25 ts
10609	Egg yolks, beaten	4.00 ea
10609	Egg whites	4.00 ea
10609	Butter or margarine	2.00 tb
10609	Flour, self-rising, enriched	2.00 tb
10609	Milk	1.25 c
10609	Catsup	0.50 c
10609	Worcestershire sauce	1.00 tb
10610	Crescent rolls (large)	3.00 cn
10610	Stick margarine or butter	0.75 ea
10611	All-purpose* or unbleached	3.50 c
10611	Flour	0.00
10611	Sugar	0.25 c
10611	Shortening or margarine or	0.25 c
10611	Butter, softened	0.00
10611	Salt	1.00 ts
10611	Regular or quick-acting	1.00 pk
10611	Active dry yeast	0.00
10611	Very warm water	0.50 c
10611	(120 to 130 degrees)	0.00
10611	Very warm milk	0.50 c
10611	(120 to 130 degrees)	0.00
10611	Egg	1.00
10611	Margarine or butter, soften	0.00
10612	Bacon slices	8.00

## Sheet1

10612	Cake flour	1.33 c
10612	Sugar	1.50 tb
10612	Salt	1.00 ts
10612	Baking powder	2.50 ts
10612	Egg	1.00
10612	Milk	0.75 c
10612	Bacon fat	1.00 tb
10613	Jim Vorheis	0.00
10613	Heaped unsalted butter,	1.00 tb
10613	softened	0.00
10613	Heaped lard, plus extra	1.00 tb
10613	for greasing trays, etc	0.00
10613	Lukewarm water,	1.25 c
10613	approximately 110 F	0.00
10613	Rounded (about 1/2 oz)	4.00 ts
10613	crumbled cake yeast or 2	0.00
10613	rounded ts dry yeast	0.00
10613	Unbleached flour, plus extra	1.00 lb
10613	for kneading	0.00
10613	Sea salt	1.50 ts
10614	ALL-PURPOSE FLOUR	1.00 c
10614	BAKING POWDER	1.50 ts
10614	PUMPKIN PIE SPICE	1.00 ts
10614	BROWN SUGAR, firmly packed	0.50 c
10614	VEGETABLE OIL	2.00 tb
10614	EGGS	2.00
10614	PUMPKIN (canned)	0.50 c
10614	RAISINS or DRIED CURRANTS,	4.00 tb
10614	finely	0.00
10615	Milk	1.00 c
10615	Butter	1.00 tb
10615	Sugar	1.00 tb
10615	Salt	1.00 ts
10615	Dry yeast	1.00 pk
10615	Warm water	0.25 c
10615	Unbleached flour	2.50 c
10615	Butter; cold	1.00 c
10616	Flour	2.00 c
10616	Sugar	2.00 tb
10616	Baking powder	2.00 ts
10616	Milk	0.50 c
10616	Eggs	2.00
10616	Salt	1.00 pn
10616	Pure vanilla extract	1.00 ts
10616	Oil for deep frying	0.00
10616	Powdered sugar	0.00
10617	Plain flour	0.50 lb
10617	Salt	0.50 ts
10617	Yeast	0.50 oz

Sheet1

10617	Sugar	0.50 ts
10617	Milk and water	0.50 pt
10617	Bicarb soda	0.00 pn
10618	*INGREDIENTS*	0.00
10618	Water	1.00 qt
10618	Yeast	2.00 oz
10618	Potatoes	0.50 lb
10618	Salt	0.50 oz
10618	Flour	0.00
10619	Pkg. corn bread mix	15.00 oz
10619	Bacon, cut into 1/2" pieces	8.00 oz
10619	Celery stalks, diced	5.00
10619	Green onion bunch, chopped	1.00
10619	Onion, chopped	1.00 lg
10619	Poultry seasoning	2.50 ts
10619	Eggs, beaten to blend	3.00
10619	Chicken stock or canned	1.00 c
10619	Low-salt broth	0.00
10620	Active Dry Yeast; OR	1.00 pk
10620	Active Dry Yeast; Bulk	1.00 tb
10620	Water; Warm, 110-115 Deg. F.	0.25 c
10620	Cottage Cheese; *	1.00 c
10620	Sugar	1.00 tb
10620	Salt	1.25 ts
10620	Egg; Lg.	1.00
10620	Unbleached Flour; Unsifted,*	2.25 c
10620	Butter; Room Temperature	1.00 tb
10620	Cheddar; Sharp, Grated	1.00 c
10621	Dry yeast	1.00 tb
10621	Warm water	0.50 c
10621	Salt	1.00 ts
10621	Vegetable oil	2.00 tb
10621	Sugar	0.25 ts
10621	White flour	3.00 c
10621	Cornmeal	0.00
10622	Dry yeast	1.00 tb
10622	Warm water	1.00 c
10622	Salt	1.00 ts
10622	Vegetable oil	2.00 tb
10622	Crushed garlic cloves	6.00 ea
10622	Unbleached white flour	4.00 c
10622	Wheatgerm	3.00 tb
10623	Regular or quick-acting	1.00 pk
10623	Active dry yeast	0.00
10623	Warm water (105 to 115	0.25 c
10623	Degrees)	0.00
10623	All-purpose* or	3.00 c
10623	Unbleached flour	0.00
10623	Buttermilk	1.00 c

Sheet1

10623	Shortening	0.25 c
10623	Sugar	2.00 tb
10623	Baking powder	1.00 tb
10623	Salt	0.75 ts
10624	Rye flour	2.00 c
10624	Dry yeast	1.00 tb
10624	Warm water	0.50 c
10624	Salt	1.00 ts
10624	Vegetable oil	2.00 tb
10624	Cider vinegar	2.00 tb
10624	Unbleached white flour	0.50 c
10625	Plus 1 tablespoon cold water	0.50 c
10625	Salt	1.50 ts
10625	Honey	3.00 tb
10625	Whole-wheat flour	1.00 c
10625	Bread flour	0.50 c
10625	Oil and cornmeal for pan	0.00
10626	Flour	0.50 c
10626	Egg	1.00
10626	Salt	1.00 tb
10627	All purpose flour	2.00 c
10627	Active dry yeast	1.00 ts
10627	Sugar	1.00 tb
10627	Salt, optional	1.00 ts
10627	Garlic cloves, minced	3.00 ea
10627	Cold pressed corn oil	1.00 tb
10627	Packaged mash potato flakes	0.33 c
10627	Whole cumin seeds, toasted	1.00 ts
10627	Warm water	1.00 c
10627	-----Glaze-----	0.00
10627	Corn oil	1.00 tb
10627	Garlic cloves, minced	2.00 ea
10628	All-purpose flour*	0.50 c
10628	Milk	1.50 c
10628	Sugar	1.00 tb
10628	Vanilla	0.50 ts
10628	Salt	0.25 ts
10628	Eggs	6.00
10628	Margarine, butter or shorte	0.00
10628	French bread, each 1-inch	18.00 sl
10628	Thick	0.00
10629	Bread Flour	1.25 c
10629	Brown sugar	2.00 ts
10629	Rye Flour	0.75 c
10629	Instant Coffee granules	0.67 ts
10629	Whole Wheat Flour	0.50 c
10629	Caraway seeds (opt)	2.00 ts
10629	Dry Milk	1.00 tb
10629	Cocoa powder	1.50 tb



## Sheet1

10629	Salt	1.00 ts
10629	Molasses, dark	2.00 tb
10629	Butter	1.00 tb
10629	Water	7.50 oz
10629	Cornmeal	3.00 tb
10629	Yeast	1.00 ts
10630	Yeast	1.00 pk
10630	Whole wheat flour	3.00 c
10630	Kellogg's Bran Flakes	0.50 c
10630	(or equivalent)	0.00
10630	Gluten (optional)	3.00 tb
10630	Cinnamon	1.00 ts
10630	Plus 1 Tbs apple juice,	1.00 c
10630	Warmed	0.00
10630	Applesauce, warmed	0.50 c
10630	Golden delicious apple,	1.00
10630	Grated with skin (measures	0.00
10630	About 1 1/4 cups)	0.00
10631	Yeast	1.00 pk
10631	Whole wheat flour	3.00 c
10631	Salt	1.00 ts
10631	Maple syrup	3.00 tb
10631	Maple extract (optional)	1.00 ts
10631	Pecans	0.50 c
10631	Ripe banana, sliced	1.00 md
10631	(about 1 1/2 cups)	0.00
10631	Warm water	1.00 c
10632	Yeast	1.00 pk
10632	Plus 2 TBS whole wheat flour	3.00 c
10632	Salt	1.00 ts
10632	Brown sugar	2.00 tb
10632	Baking soda	1.00 ts
10632	Egg	1.00
10632	Buttermilk, warmed	1.00 c
10633	Yeast	1.00 pk
10633	Whole wheat flour	1.00 c
10633	Better for Bread flour	1.00 c
10633	Oat bran	0.50 c
10633	Yellow corn meal	0.50 c
10633	Gluten	3.00 tb
10633	Salt	1.00 ts
10633	Oil	2.00 tb
10633	Honey	2.00 tb
10633	Creamed corn, warmed	0.75 c
10633	Durkee Canned French Fried	0.50 c
10633	Onions	0.00
10633	Bac-Os Bacon Flavored bits	2.00 tb
10633	(or equivalent)	0.00
10633	Grated cheddar cheese	0.50 c

Sheet1

10633	Egg	1.00
10633	Plus 2 tb warm water	0.75 c
10634	Yeast	1.00 pk
10634	Whole wheat flour	1.00 c
10634	Better for Bread white flour	1.25 c
10634	Oat bran	0.50 c
10634	Rolled oats (Quaker Oats)	0.50 c
10634	Salt	1.00 ts
10634	Honey	1.00 tb
10634	Margarine, melted and cooled	2.00 tb
10634	Pear juice	1.00 tb
10634	(8 Oz.) of Libby's Lite	1.00 cn
10634	Pears, drained and sliced	0.00
10634	Coconut	0.50 c
10634	Almond extract	1.00 ts
10634	Egg	1.00
10634	Plus 1 tb. warm water	0.25 c
10635	Yeast	1.00 pk
10635	Whole wheat flour	1.25 c
10635	Better for Bread flour	1.25 c
10635	Rolled oats (Quaker Oats)	0.50 c
10635	Oat bran	0.50 c
10635	Gluten	3.00 tb
10635	Salt	1.00 ts
10635	Cinnamon	1.00 ts
10635	Egg whites or 1 egg or 1/4	2.00
10635	Egg substitute	0.00
10635	Warm eggnog	1.25 c
10636	Yeast	1.00 pk
10636	Whole wheat flour	1.25 c
10636	Better for Bread white flour	1.00 c
10636	Oat bran	0.50 c
10636	Rolled oats (Quaker Oats)	0.50 c
10636	Nabisco 100% bran cereal	0.75 c
10636	(or equivalent)	0.00
10636	Salt	1.00 ts
10636	Brown sugar	1.00 ts
10636	Baking powder	0.50 ts
10636	Cinnamon	1.00 ts
10636	Nutmeg	1.00 ts
10636	Vanilla	1.00 ts
10636	8.25-oz can Libby's Lite	1.00 cn
10636	Sliced Peaches, drained,	0.00
10636	Cut in pieces	0.00
10636	Drained peach juice from ca	1.00 tb
10636	Banana, ripe, sliced	1.00 sm
10636	Raisins, warmed 10 seconds	2.00 tb
10636	In microwave	0.00
10636	Egg	1.00

Sheet1

10636	Nonfat milk, warm	0.25 c
10637	Yeast	1.00 pk
10637	Whole wheat flour	3.00 c
10637	Nabisco 100% bran cereal	0.50 c
10637	(or equivalent)	0.00
10637	Salt	1.00 ts
10637	Dark brown sugar	2.00 tb
10637	Dates	0.50 c
10637	Raisins	0.50 c
10637	Pecans	2.00 tb
10637	Almonds	2.00 tb
10637	Almond extract	1.50 ts
10637	Oil	1.00 tb
10637	Egg	1.00
10637	Milk	1.25 c
10638	Yeast	1.00 pk
10638	Whole wheat flour	1.00 c
10638	Better for Bread white flour	1.00 c
10638	Oat bran	0.50 c
10638	Rolled oats (Quaker Oats)	0.50 c
10638	Gluten	4.00 tb
10638	Salt	1.00 ts
10638	Honey	2.00 tb
10638	Cinnamon	0.50 ts
10638	Cloves	0.50 ts
10638	Golden raisins	0.50 c
10638	Egg whites or 1 egg or	2.00
10638	1/4 cup egg substitute	0.00
10638	Small can (8 1/4 oz)	1.00
10638	Julienne beets, drain, save	0.00
10638	Liquid then warm liquid fro	0.00
10638	Beets and combine with wate	0.00
10638	To equal 1/2 cup plus 3 tbs	0.00
10638	Liquid	0.00
10639	Yeast	1.00 pk
10639	Ginger	0.25 ts
10639	Whole wheat flour	1.25 c
10639	Better for Bread white flour	1.25 c
10639	Rolled oats (Quaker Oats)	0.50 c
10639	Oat bran	0.50 c
10639	Salt	1.00 ts
10639	Gluten	3.00 tb
10639	Olive oil	2.00 tb
10639	Sugar	2.00 tb
10639	Egg whites,room temperature	2.00
10639	Water, warmed	1.00 c
10639	Grated zucchini, warmed	1.00 c
10639	Mint leaves, chopped	2.00 tb
10640	Yeast	1.00 pk

Sheet1

10640	Whole wheat flour	3.00 c
10640	Wheat germ	0.25 c
10640	Toasted bran	0.25 c
10640	Oil	1.00 tb
10640	Molasses	4.00 tb
10640	Beer, flat, warm	1.25 c
10640	Egg white	1.00
10641	Yeast	1.00 pk
10641	Whole wheat flour	1.00 c
10641	Better for Bread (R) white	1.00 c
10641	Flour	0.00
10641	100% oat bran	1.00 c
10641	Salt	1.00 ts
10641	Sugar	2.00 tb
10641	Whole, pitted black olives,	1.00 c
10641	Drained	0.00
10641	Egg	1.00
10641	Warm water	0.75 c
10642	Yeast	1.00 pk
10642	Whole wheat flour	3.00 c
10642	Salt	1.00 ts
10642	Raisins	1.00 c
10642	Plus 2 tb fresh orange juice	1.00 c
10642	Warm, or	0.00
10642	Orange juice concentrate,	2.00 tb
10642	And 1 cup warm water	0.00
10642	Egg whites	2.00
10643	Yeast	1.00 pk
10643	Whole wheat flour	3.00 c
10643	Nonfat dry milk powder	0.25 c
10643	Oil	1.00 tb
10643	Honey	2.00 tb
10643	Smooth peanut butter	0.50 c
10643	Dry roasted salted peanuts	0.75 c
10643	Egg	1.00
10643	Hot water	1.00 c
10643	(about 120 degrees)	0.00
10644	Yeast	1.00 pk
10644	Whole wheat flour	3.00 c
10644	Oat bran	1.00 c
10644	Gluten	3.00 tb
10644	Salt	1.00 ts
10644	Honey	2.00 tb
10644	Margarine, soft	2.00 tb
10644	Plus 3 tb warm water	1.50 c
10645	Yeast	1.00 pk
10645	Whole wheat flour	3.00 c
10645	Salt	1.00 ts
10645	Sugar	1.00 tb

Sheet1

10645	Canned pumpkin	1.00 cn
10645	Pumpkin pie spice	1.00 tb
10645	Canned evaporated milk,	1.00 c
10645	Warmed	0.00
10645	Egg	1.00
10646	Yeast	1.00 pk
10646	Whole wheat flour	3.00 c
10646	Black pepper	0.25 ts
10646	Baking soda	0.50 ts
10646	Hidden Valley Original Ranch	1.00 pk
10646	Dressing mix (1 1-oz. pkg.)	0.00
10646	Honey	1.00 tb
10646	Lowfat buttermilk, warmed	1.25 c
10646	Water	1.00 tb
10647	Yeast	1.00 pk
10647	Whole wheat flour	0.75 c
10647	Better for Bread white flour	1.25 c
10647	Oat bran	0.75 c
10647	Salt	1.00 ts
10647	Olive oil	2.00 tb
10647	Honey	2.00 tb
10647	Rosemary (fresh or dried)	2.00 tb
10647	Jack or mozzarella cheese,	0.50 c
10647	Grated	0.00
10647	Parmesan cheese, grated	0.50 c
10647	Black pepper	1.00 ts
10647	Garlic salt	1.00 ts
10647	Gluten	4.00 tb
10647	Plus 3 tbs. warm water	1.00 c
10648	Yeast	1.00 pk
10648	Rye flour	0.75 c
10648	Better for Bread white flour	1.25 c
10648	Rolled oats (Quaker Oats)	0.50 c
10648	Oat bran	0.50 c
10648	Salt	1.00 ts
10648	Oil	2.00 tb
10648	Molasses	2.00 tb
10648	Gluten (optional for a	4.00 tb
10648	Lighter, higer loaf-add 3 t	0.00
10648	Extra water if you add the	0.00
10648	Gluten)	0.00
10648	Caraway seeds	1.00 tb
10648	Anise seeds	1.00 tb
10648	Unsweetened cocoa	1.00 tb
10648	Egg whites or 1 egg or 1/4	2.00
10648	Egg substitute	0.00
10648	Water	0.75 c
10649	Yeast	1.00 pk
10649	Whole wheat flour	3.00 c

Sheet1

10649	Poppy seeds	4.00 tb
10649	Canola oil	3.00 tb
10649	Creamed sherry, or use	3.00 tb
10649	Water	0.00
10649	Sour cream, warmed	0.50 c
10649	Eggs	2.00
10649	Plus 2 tb warm water	0.25 c
10650	Yeast	1.00 pk
10650	Better for Bread white flour	3.00 c
10650	Salt	1.00 ts
10650	Sugar	1.00 ts
10650	Water (very warm)	1.00 c
10650	Sourdough starter	1.00 c
10651	Nonfat or lowfat milk	1.00 c
10651	Unflavored yogurt (we used	3.00 tb
10651	Nonfat)	0.00
10651	All-purpose flour	1.00 c
10652	Yeast	1.00 pk
10652	Whole wheat flour	3.00 c
10652	Salt	1.00 ts
10652	Sugar	1.00 tb
10652	Margarine	1.00 tb
10652	2-4 oz crumbled blue cheese	2.00 oz
10652	Plus 2 TBS warm water	1.00 c
10652	Toasted walnuts(add at beep	0.50 c
10653	Yeast	1.00 pk
10653	Whole wheat flour	1.50 c
10653	Better for Bread white flour	1.00 c
10653	Oat bran	0.50 c
10653	Quaker multi-grain 100%	0.50 c
10653	Natural hot cereal	0.00
10653	Wheat germ	2.00 tb
10653	Salt	1.00 ts
10653	Gluten	3.00 tb
10653	Applesauce	0.50 c
10653	Raisins	0.50 c
10653	Egg whites or 1 egg or 1/4	2.00
10653	Egg substitute	0.00
10653	Plus 3 t warm water	0.67 c
10654	Active dry yeast	1.00 pk
10654	Honey	0.25 c
10654	Warm water (105-115F)	0.50 c
10654	Bread flour	2.50 c
10654	Whole wheat flour	0.50 c
10654	Wheat germ	0.25 c
10654	Rye flour	0.25 c
10654	Rolled oats	0.25 c
10654	Salt	1.00 ts
10654	Cottage cheese	0.50 c

Sheet1

10654	Egg	1.00 lg
10654	Vegetable oil	2.00 tb
10654	Oil and cornmeal for pan	0.00
10654	Egg white; frothed with fork	1.00
10654	for glaze	0.00
10654	Additional wheat germ	0.00
10654	=OR=- Oats, for top of loaf	0.00
10655	-----	0.00
10655		2.50
10655		1.00
10655	-----	1.00
10656	Self Raising Flour (2 cups)	250.00 g
10656	Salt	0.50 ts
10656	Milk (1 cup)	250.00 ml
10656	Soft butter or marg (1 oz)	30.00 g
10657	To 35 minutes at 350	30.00
10657	degrees or till lightly	0.00
10657	browned. Serve warm	0.00
10658	Whole wheat flour or 1-1/2	0.75 c
10658	cups all purpose flour	0.00
10658	Unbleached all purp. flour}	0.75 c
10658	Baking powder	2.00 ts
10658	Salt	0.50 ts
10658	Sugar	1.00 tb
10658	Eggs, separated	2.00
10658	Milk	1.00 c
10658	Oil	0.00
10658	Aebleskiver pan	0.00
10658	Bananas or 1 small can of	2.00
10658	peaches, well drained	0.00
10658	(optional)	0.00
10659	Crescent roll dough; (8 cou	1.00 pk
10659	t)	0.00
10659	Cream cheese, softened	8.00 oz
10659	Egg, beaten	1.00
10659	Flour	1.50 ts
10659	Sugar	0.50 c
10659	Vanilla	1.00 ts
10659	Nuts; chopped	0.50 c
10659	Sugar	0.50 c
10659	Cinnamon	1.00 ts
10660	Rolled oats, ground	1.50 c
10660	Flour	0.75 c
10660	Baking soda	0.50 ts
10660	Salt	0.50 ts
10660	Buttermilk plus 2 tb	0.50 c
10660	Butter, melted	0.25 c
10661	Warm water	1.00 c
10661	Maple syrup	0.25 c

Sheet1

10661	Yeast	2.00 tb
10661	Eggs, at room temperature	4.00
10661	Molasses	0.25 c
10661	Instant coffee	1.00 tb
10661	Carob powder	2.00 tb
10661	Whole wheat pastry flour	4.00 c
10661	Rye flour	1.50 c
10661	Corn meal	0.50 c
10661	Egg	1.00
10661	Water	1.00 tb
10662	Whole wheat flour	2.00 c
10662	Bran flakes	1.50 c
10662	Sugar	2.00 tb
10662	Salt	0.25 ts
10662	Baking soda	1.25 ts
10662	Buttermilk	2.00 c
10662	Egg	1.00
10662	Dark molasses	0.50 c
10662	Melted butter or margarine	2.00 tb
10663	Dates; chopped	1.00 c
10663	Water; boiling	1.00 c
10663	Soda	1.00 ts
10663	Sugar	1.00 c
10663	Egg; beaten	1.00 ea
10663	Flour	2.00 c
10663	Baking powder	1.00 ts
10663	Nut meats; chopped	0.50 c
10664	Butter	1.00 tb
10664	Sugar	1.00 c
10664	Egg	1.00 ea
10664	Nut meats	0.50 c
10664	Flour	2.00 c
10664	Salt	0.50 ts
10664	Baking soda	1.00 ts
10664	Dates	1.00 c
10664	Water; boiling	1.00 c
10665	Cooking dates, chopped	1.00 c
10665	Boiling water	1.00 c
10665	Vegetable oil/vegetable	2.00 tb
10665	- shortening	0.00
10665	All purpose white flour	1.75 c
10665	Vanilla	1.00 ts
10665	Baking soda	1.00 ts
10665	Brown sugar	1.00 c
10665	Baking powder	1.50 ts
10665	Salt	0.50 ts
10665	Walnuts, chopped	1.00 c
10666	Wheat/Oat Bran cereal	1.00 c
10666	Milk	0.75 c



Sheet1

10666	Unbleached All-Purpose Flour	1.00 c
10666	Baking Powder	2.50 ts
10666	Salt	0.50 ts
10666	Granulated Sugar	0.25 c
10666	Seedless Raisins *	0.50 c
10666	Chopped Walnuts	0.50 c
10666	Large Egg	1.00
10666	Vegetable Oil	0.25 c
10667	Frozen Rich's Rolls	1.00 pk
10667	Stick Of Butter	1.00
10667	Small Vanilla Pudding	1.00 pk
10667	Brown Sugar	0.50 c
10667	Pecans	0.50 c
10668	Buttermilk or	0.88 c
10668	Dry buttermilk powder and	3.00 tb
10668	Water	0.88 c
10668	(for Welbilt/Dak machines	0.00
10668	Add 1 T more buttermilk)	0.00
10668	Bread flour	2.00 c
10668	Salt	1.00 ts
10668	Butter or margarine	1.00 tb
10668	Honey	2.00 tb
10668	Baking soda*	0.25 ts
10668	Red Star active dry yeast	1.50 ts
10669	To 3 cup all purpose flour	2.50
10669	Rye flour	2.00 c
10669	Fast acting yeast	2.00 pk
10669	Whole bran cereal	2.00 c
10669	Salt	1.00 tb
10669	Caraway seeds	1.00 tb
10669	Onion powder	2.00 ts
10669	Milk	1.50 c
10669	Water	0.50 c
10669	Dark molasses	0.25 c
10669	Oil	0.25 c
10669	Square (1-oz) unsweetened	1.00
10669	chocolate	0.00
10669	Water	0.25 c
10669	Cornstarch	0.50 ts
10670	Potatoes; mashed	1.00 c
10670	Lard	1.00 c
10670	Sugar	1.00 c
10670	Salt	1.00 tb
10670	Potato water	1.00 qt
10670	Eggs; beaten	2.00 ea
10670	Yeast cake	1.00 ea
10671	Cornmeal (yellow or white)	1.00 c
10671	Egg	1.00
10671	Whole wheat flour	0.50 c

Sheet1

10671	Honey or molasses	0.50 c
10671	Unbleached white flour	0.50 c
10671	Oil	0.25 c
10671	Baking powder	2.00 ts
10671	Milk	3.00 c
10671	Salt.	0.50 ts
10672	Stong white bread flour	0.50 lb
10672	Easy-blend yeast	1.00 ts
10672	Salt	0.50 ts
10672	Sugar	1.00 tb
10672	Butter; melted	1.00 oz
10672	Milk; warmed	0.25 pt
10672	TO FINISH -----	0.00 -----
10672	Icing sugar	0.00
10672	Clotted cream	0.00
10672	Good jam	0.00
10672	TO FINISH -----	0.00 -----
10673	Jim Vorheis	0.00
10673	Butter or margarine	0.25 c
10673	Brown sugar, packed	0.75 c
10673	Egg	1.00
10673	Flour	2.00 c
10673	Baking soda	1.00 ts
10673	Salt	0.50 ts
10673	Frozen orange juice	0.33 c
10673	concentrate, thawed	0.00
10673	Crushed pineapple spooned	1.00 c
10673	from can with juice	0.00
10673	Included	0.00
10673	Chopped pecans	0.50 c
10674	PNewton vkbb14a	0.00
10674	Water 6 oz	9.00 oz
10674	Bread flour 2 c	3.00 c
10674	Yeast 1 t.	1.50 ts
10675	Yeast	1.00 pk
10675	Bread flour	3.00 c
10675	Diet Rite or any soda (Use	1.25 c
10675	ingredients at room	0.00
10676	Yeast, Active Dry	1.00 pk
10676	Warm Water (110°-120°F)	0.25 c
10676	Cottage Cheese, Creamed *	1.00 c
10676	Sugar	2.00 tb
10676	Onion, Minced	1.00 tb
10676	Butter, Melted	1.00 tb
10676	Egg	1.00 lg
10676	Salt	1.00 ts
10676	Dillseed	2.00 ts
10676	Flour, Unbleached Or Bread	2.25 c
10677	Milk	0.75 c

Sheet1

10677	Dill seeds, coarsely chopped	1.50 tb
10677	Honey	1.00 tb
10677	Canola oil	0.25 c
10677	Eggs, room temperature,	3.00
10677	beaten to blend	0.00
10677	Whole wheat flour	2.50 c
10677	Dry yeast	1.00 pk
10677	Salt	1.50 ts
10677	Packed grated sharp	3.50 c
10677	Tillamook, cheddar cheese	0.00
10677	Chopped fresh dill	3.00 tb
10678	Chopped onion	2.00 tb
10678	Butter	1.00 tb
10678	Active dry yeast	1.00 pk
10678	Warm water	0.25 c
10678	Large curd cottage cheese	1.00 c
10678	,heated until lukewarm	0.00
10678	Sugar	2.00 tb
10678	Dill seed	2.00 ts
10678	Salt	1.00 ts
10678	Soda	0.25 ts
10678	Egg	1.00
10678	Sifted all purpose flour	2.50 c
10679	Active dry yeast	1.00 pk
10679	Sugar	2.00 tb
10679	Dill seed	2.00 ts
10679	Salt	1.00 ts
10679	Baking soda	0.25 ts
10679	Sifted flour	2.50 c
10679	Large-curd, cream style	1.00 c
10679	cottage cheese	0.00
10679	Water	0.25 c
10679	Butter or regular margarine	1.00 tb
10679	Egg	1.00
10679	Chopped green onions	0.25 c
10680	Flour	1.00 c
10680	Sugar	1.00 tb
10680	Baking Powder	1.00 tb
10680	Egg	1.00
10680	Lowfat Milk	0.50 c
10680	Vegetable Oil	2.00 tb
10680	Rice, cooked	0.25 c
10680	Green Onion (scallion),	2.00 tb
10680	minced	0.00
10680	Parsley Leaves, freshly	2.00 tb
10680	minced -or-	0.00
10680	Parsley Flakes, dried	2.00 tb
10680	Dill Weed, freshly minced	2.00 tb
10680	-or-	0.00

Sheet1

10680	Dried Dill	2.00 ts
10681	Unbleached Flour	1.50 c
10681	Sugar	2.00 tb
10681	Baking Powder	3.00 ts
10681	Salt	0.50 ts
10681	Dill Weed	0.75 ts
10681	Milk	0.25 c
10681	Margarine/Butter, Melted	0.50 c
10681	Large Eggs	2.00
10681	Ricotta Cheese	0.67 c
10681	Shredded Zucchini	0.50 c
10682	White cornmeal	2.00 c
10682	All-purpose flour	3.00 tb
10682	Salt	1.00 ts
10682	Baking soda	1.00 ts
10682	Buttermilk	2.00 c
10682	Egg	1.00
10682	Bacon drippings (or melted butter)	2.00 tb 0.00
10683	Onion, chopped	1.50 c
10683	Egg	1.00
10683	Butter	2.00 tb
10683	Sour cream	0.50 c
10683	Pepper, to taste	0.00
10683	Flour	2.00 c
10683	Baking powder	1.00 tb
10683	Butter	0.25 c
10683	Cheddar, shredded	1.00 c
10683	Milk	0.67 c
10683	Fresh parsley, minced	3.00 tb
10684	LYMAN EDDY (HKDS25A	0.00
10684	FOR ONE LOAF -----	0.00 -----
10684	Starter	2.00 c
10684	Sugar	2.00 tb
10684	Salt	1.50 ts
10684	Dry yeast	1.00 tb
10684	Pwd milk..dry	3.00 tb
10684	Warm water	1.00 c
10684	Melted shortg or oil	2.00 tb
10684	Etter for Bread flour.	3.50 c
10684	FOR ONE LOAF -----	0.00 -----
10685	Cake of fresh compressed yeast	1.00 0.00
10685	Of warm water	1.75 c
10685	Of sugar	0.75 c
10685	Baking powder	1.00 ts
10685	Unsifted all purpose flour	6.50 c
10686	FOR 1 -----	0.00 -----
10686	ADD -----	0.00 -----

Sheet1

10686	Yeast	1.00 pk
10686	Flour	3.33 c
10686	Baking soda	0.25 ts
10686	Salt	1.50 ts
10686	Egg; unbeaten, room temp	1.00
10686	MIX TOGETHER, WARM AND ADD -----	0.00 -----
10686	Water	0.25 c
10686	Cottage cheese	0.75 c
10686	Sour cream	0.75 c
10686	Sugar	3.00 tb
10686	Minced dried onion	3.00 tb
10686	Whole dill seed	2.00 tb
10686	Butter	1.50 tb
10686	FOR 1 -----	0.00 -----
10686	ADD -----	0.00 -----
10686	MIX TOGETHER, WARM AND ADD -----	0.00 -----
10687	Flour	2.00 c
10687	Baking powder	3.00 ts
10687	Milk	0.75 c
10687	Salt	0.50 ts
10687	Shortening	1.00 tb
10688	Self-raising flour	4.00 oz
10688	Granulated sugar	2.00 tb
10688	Egg, beaten	1.00
10688	Milk*	5.00 fl
10689	All-Purpose Flour	2.00 c
10689	Sugar	1.00 tb
10689	Baking Powder	1.00 tb
10689	Salt	1.00 ts
10689	Lard Or Shortening	0.33 c
10690	Flour	3.00 c
10690	Milk	0.75 c
10690	Sugar	1.00 c
10690	Eggs	2.00
10690	Salt	0.50 ts
10690	Baking soda	1.00 ts
10690	Cooking oil	1.00 tb
10690	Cream of tarter	2.00 ts
10690	Powdered ginger	0.50 ts
10690	Powdered cinnamon	0.50 ts
10690	Nutmeg	0.50 ts
10691	Yeast	1.00 c
10691	Water, warm	1.00 c
10691	Salt	0.50 ts
10691	Egg, well beaten	2.00
10691	Flour	0.00
10691	Sugar	4.00 tb
10691	Cinnamon	1.50 ts
10691	Sugar	5.00 tb

Sheet1

10691	Milk, warm	2.00 c
10691	Butter, melted	0.50 c
10691	Butter	4.00 tb
10692	Yellow corn meal	1.00 c
10692	Baking soda	0.50 ts
10692	Flour	0.33 c
10692	Egg	1.00
10692	Baking powder	2.00 ts
10692	Buttermilk	1.00 c
10692	Salt	1.00 ts
10692	Bacon drippings	4.00 tb
10693	Flour, unsifted	3.00 c
10693	Sugar	0.25 c
10693	Salt	1.00 ts
10693	Active Dry Yeast	1.00 pk
10693	Milk	0.67 c
10693	Margarine	2.00 tb
10693	Eggs, room temperature	2.00
10693	Mixed Candied Fruits	0.50 c
10693	Blanched Almonds, chopped	0.25 c
10693	Anise Seeds	0.50 ts
10693	Melted Margarine	0.00
10693	Colored RAW Eggs	5.00
10693	Powdered Sugar	0.00
10693	Colored Sprinkles	0.00
10694	All purpose flour	10.00 c
10694	Shortening	2.00 c
10694	Baking powder	0.33 c
10694	Salt	2.00 ts
10694	Sugar	0.25 c
10695	Milk; scalded	1.25 c
10695	Butter or regular margarine	2.00 ts
10695	Active dry yeast; or	2.00 pk
10695	Lukewarm water; 110 deg. f.	0.25 c
10695	Butter or margarine; melted	2.00 ts
10695	Sugar	3.00 ts
10695	Salt	0.75 ts
10695	Active dry yeast; bulk	2.00 ts
10695	Unbleached flour	4.50 c
10696	Sugar	1.00 c
10696	Butter	1.00 lb
10696	Flour, all purpose	3.50 c
10696	Rice flour	1.00 c
10696	Sugar	2.00 tb
10697	Cornmeal	1.00 c
10697	Sugar	0.25 c
10697	Baking powder	2.00 ts
10697	Shortening, melted	2.00 tb
10697	Flour	0.50 c

Sheet1

10697	Salt	1.00 ts
10697	Milk	1.00 c
10698	Sugar	1.00 ts
10698	Shortening	0.25 c
10698	Salt	2.00 ts
10698	Flour	3.00 c
10699	Yeast	2.00 tb
10699	Lukewarm water	0.50 c
10699	Sugar	0.50 c
10699	Margarine, melted	0.50 c
10699	Warm milk	1.75 c
10699	Egg, beaten	1.00
10699	Salt	2.00 ts
10699	Nutmeg	1.50 ts
10699	Cloves	0.12 ts
10699	Mace	0.12 ts
10699	Flour	6.00 c
10699	Beaten egg for tops of buns	0.00
10699	Caraway seeds	0.00
10700	Active dry yeast	1.00 tb
10700	Warm water	0.25 c
10700	Ground coriander	2.00 tb
10700	Ground cardamom	1.00 ts
10700	White pepper	0.50 ts
10700	Ground fenugreek	1.00 ts
10700	Salt	2.00 ts
10700	Vegetable oil	0.33 c
10700	Lukewarm water	1.25 c
10700	Unbleached flour	5.00 c
10700	Cayenne	1.00 tb
10700	Oil	2.00 tb
10700	Ground ginger	0.25 ts
10700	Ground cloves	1.00 pn
10700	Cinnamon	0.12 ts
10701	Sugar	1.00 c
10701	Butter	0.50 c
10701	Eggs	2.00 ea
10701	Milk	1.00 c
10701	Molasses	1.00 c
10701	Flour	2.50 c
10701	Soda	0.50 ts
10701	Ginger	1.00 tb
10702	Sugar	0.75 c
10702	Eggs	2.00
10702	Salt	0.75 ts
10702	Milk	1.50 c
10702	Flour	2.00 c
10702	Cornmeal	1.00 c
10702	Baking Powder	1.00 tb

Sheet1

10702	Melted Butter	1.00 tb
10703	Flour	3.00 c
10703	Desiccated coconut	1.00 c
10703	Curry leaves *	6.00
10703	Crushed dried shrimp	2.00 tb
10703	Onion, chopped	0.50
10703	Green chilies, chopped	10.00
10703	Warm water (approx., just	1.00 c
10703	enough to moisten the	0.00
10703	dough)	0.00
10703	Vegetable oil	0.00
10703	FILLING -----	0.00 -----
10703	Green onions or leeks,	0.50 c
10703	finely chopped	0.00
10703	Crushed, dried red chilies	1.00 ts
10703	Cabbage, finely chopped	0.50 c
10703	Kale, finely chopped	0.50 c
10703	A few curry leaves*	0.00
10703	(optional)	0.00
10703	Salt	0.00
10703	Black pepper	0.00
10703	Vegetable oil for frying	0.00
10703	FILLING -----	0.00 -----
10704	Sourdough starter	1.00 c
10704	Warm water (105 - 115 F)	2.00 c
10704	Sifted flour	2.50 c
10704	Active dry yeast	1.00 pk
10704	Warm water (105 - 115 F)	0.25 c
10704	Milk	1.00 c
10704	Sugar	3.00 tb
10704	Salt	2.00 ts
10704	Butter or margarine	3.00 tb
10704	Sifted flour	9.00 c
10704	Butter or margarine, melted	1.00 tb
10705	Non-stick cooking spray	0.00
10705	Canned solid-pack pumpkin	1.00 c
10705	High-fiber cereal shreds	1.00 c
10705	Skim milk	0.75 c
10705	Corn syrup, light or dark	0.33 c
10705	Egg white; slightly beaten	2.00
10705	Flour	1.25 c
10705	Sugar	0.33 c
10705	Baking powder	2.00 ts
10705	Salt	0.50 ts
10705	Raisins	0.50 c
10706	Butter; or lard	4.00 tb
10706	Sugar	4.00 tb
10706	Egg	1.00 ea
10706	Milk	0.75 c



Sheet1

10706	Baking powder	3.00 ts	
10706	Flour	3.00 c	
10707	Unbleached flour; sifted	2.00 c	
10707	Baking powder	1.50 ts	
10707	Baking soda	0.50 ts	
10707	Egg; lg, beaten	1.00 ea	
10707	Orange rind; grated	1.00 ts	
10707	Walnuts; chopped	0.25 c	
10707	Sugar	1.00 c	
10707	Salt	1.00 ts	
10707	Shortening	0.25 c	
10707	Orange juice; fresh	0.75 c	
10707	Raw cranberries; coarse chop	1.00 c	
10707	Unbleached flour	1.00 ts	
10708	Figs	0.50 c	
10708	Raisins	0.50 c	
10708	Shortening	2.00 tb	
10708	Honey	1.00 c	
10708	Egg	1.00 ea	
10708	Flour	2.50 c	
10708	Salt	0.50 ts	
10708	Baking powder	1.00 ts	
10708	Baking soda	0.50 ts	
10708	Sweet milk	0.75 c	
10708	Sour milk	0.25 c	
10708	Nuts	1.00 c	
10709	Pound french bread, torn	0.50	
10709	Into 1-inch pieces	0.00	
10709	Ounces fresh or dried figs,	4.00	
10709	Into fourths	0.00	
10709	Milk	1.50 c	
10709	Whipping (heavy) cream	1.00 c	
10709	Margarine or butter	0.25 c	
10709	Sugar	0.50 c	
10709	Eggs	3.00	
10709	Vanilla	1.00 ts	
10709	Sugar	2.00 tb	
10710	c	0.00	1
10710		1.50	
10710	Bread flour	1.50	
10710	Aramanth flour*	0.25	
10710	Whole wheat flour	0.25	
10710	Soy flour	0.25 c	
10710	Rolled oats	0.25 c	
10710	Powdered milk	2.00 tb	
10710	Salt	1.00 ts	
10710	Honey	1.00 tb	
10710	Flax or sesame seeds	0.25 c	
10710	Sourdough starter	0.75 c	

Sheet1

10710	Water	0.50 c
10710	DIRECTIONS FOR 1.5 LB LOAF -----	0.00 -----
10710	Active dry yeast	2.25 ts
10710	Bread flour	2.25 c
10710	(plus 2 tb) Aramanth flour*	0.25 c
10710	(plus 2 tb)Whole wheat flour	0.25 c
10710	(plus 2 tb) Soy flour	0.25 c
10710	(plus 2 tb) Rolled oats	0.25 c
10710	Powdered milk	3.00 tb
10710	Salt	1.50 ts
10710	Vegetable oil	1.50 tb
10710	Honey	1.50 tb
10710	Flax or sesame seeds	0.33 c
10710	(plus 2 tb)Sourdough starter	1.00 c
10710	Water	0.75 c
10710	DIRECTIONS FOR 1 LB LOAF -----	0.00 -----
10710	DIRECTIONS FOR 1.5 LB LOAF -----	0.00 -----
10711	All-purpose flour	4.00 c
10711	Lard (yes, lard. Shortening doesn't work as well)	2.00 tb 0.00
10711	Warm Milk	0.50 c
10711	Baking powder	1.00 tb
10711	Salt	1.00 ts
10712	All purpose flour	4.00 c
10712	Salt	1.50 ts
10712	Baking powder	1.50 ts
10712	Lard or shortening	4.00 tb
10712	Warm Water	1.50 c
10713	Cornmeal	6.00 tb
10713	Buttermilk baking mix	2.00 c
10713	Recipe tested with Bisquick	0.00
10713	Sugar	1.00 c
10713	Eggs	2.00
10713	Milk	1.00 c
10713	Melted butter or margarine	0.50 c
10714	Unbleached flour	4.00 c
10714	Fresh cake yeast,	0.67
10714	Dissolved in 2/3 cup warm	0.00
10714	Water	0.00
10714	Olive oil	10.00 tb
10714	Water	0.33 c
10714	Salt	2.50 ts
10715	ADD TO STARTER -----	0.00 -----
10715	Flour	1.25 c
10715	Water	1.25 c
10715	POUR INTO BREADMAKER -----	0.00 -----
10715	Yeast	0.50 tb
10715	Flour, bread	2.25 c
10715	Sugar	1.00 tb

Sheet1

10715	Salt	0.50 tb
10715	Oil	2.00 tb
10715	Sourdough starter	2.00 c
10715	ADD TO STARTER -----	0.00 -----
10715	POUR INTO BREADMAKER -----	0.00 -----
10716	Yeast	0.50 tb
10716	Flour, bread	3.00 c
10716	Salt	0.50 tb
10716	Sugar	1.00 tb
10716	Dough enhancer; optional	0.50 tb
10716	Oil	2.00 tb
10716	Eggs	1.00
10716	Water; warm	1.25 c
10717	All-purpose flour*	3.50 c
10717	Sugar	2.00 tb
10717	Salt	1.00 ts
10717	Baking soda	0.25 ts
10717	Regular or quick-acting	2.00 pk
10717	Active dry yeast	0.00
10717	Very warm milk (120	2.00 c
10717	To 130 degrees)	0.00
10717	Very warm water (120	0.50 c
10717	To 130 degrees)	0.00
10717	Whole wheat flour	0.50 c
10717	Wheat germ	0.50 c
10717	Quick-cooking oats	0.50 c
10717	All-purpose flour*	1.25 c
10717	Cornmeal	0.00
10718	Potatoes; mashed	1.00 c
10718	Potato water	1.00 qt
10718	Flour	0.50 c
10718	Sugar	0.50 c
10718	Yeast cake	1.00 ea
10718	Lard	2.00 tb
10718	Salt	2.00 tb
10719	Milk	0.75 c
10719	Fresh cake yeast	1.00
10719	Sugar	0.25 c
10719	Shortening	3.00 tb
10719	Salt	1.00 ts
10719	Egg	1.00
10719	Flour	3.50 c
10719	Lukewarm water	0.25 c
10720	Flour	2.00 c
10720	Baking powder	2.00 ts
10720	Baking soda	0.50 ts
10720	Salt	1.00 ts
10720	Ground cinnamon	1.00 ts
10720	Ground nutmeg	0.50 ts

Sheet1

10720	Libby's pumpkin	1.00 c
10720	Sugar	1.00 c
10720	Milk	0.50 c
10720	Eggs beaten slightly	2.00 lg
10720	Chopped nuts	1.00 c
10720	Butter	0.25 c
10721	See Below	0.00
10722	Milk, scalded	1.00 c
10722	Butter (1 stick)	0.50 c
10722	Sugar, granulated	0.50 c
10722	Salt	1.00 ts
10722	Yeast, active, dry (2 pkgs)	2.00 tb
10722	Water (105- to 115-degrees)	0.25 c
10722	Eggs, beaten	4.00 lg
10722	Butter extract (DON'T OMIT!)	0.50 ts
10722	Lemon extract (optional)	0.12 ts
10722	Bread flour (approximately)	6.00 c
10722	Butter, melted	0.25 c
10723	All-purpose* or	6.50 c
10723	Unbleached flour	0.00
10723	Sugar	3.00 tb
10723	Salt	1.00 tb
10723	Shortening	2.00 tb
10723	Regular or quick-acting	2.00 pk
10723	Active dry yeast	0.00
10723	Chopped fresh chives	2.00 tb
10723	Chopped fresh	2.00 tb
10723	Sage leaves	0.00
10723	Chopped fresh thyme	2.00 tb
10723	Leaves	0.00
10723	Very warm water	2.25 c
10723	(120 to 130 degrees)	0.00
10724	Milk; warm - or water	1.00 pt
10724	Lard or butter	2.00 tb
10724	Sugar; granulated	0.50 c
10724	Salt	1.00 ts
10724	Yeast cake	0.50 pk
10724	Flour	0.00
10724	Frosting-----	0.00
10724	-----	0.00
10724	Egg white	1.00 ea
10724	Water; cold	3.00 tb
10724	Sugar; granulated	1.00 c
10725	Flour	12.00 oz
10725	Margarine	6.00 oz
10725	Soft brown sugar	6.00 oz
10725	Sultanas (raisins)	6.00 oz
10725	Chopped almonds	2.00 oz
10725	Treacle (molasses)	4.00 tb

Sheet1

10725	Buttermilk	2.00	tb
10725	Baking soda	1.00	ts
10725	Ground cinnamon	1.00	ts
10725	Ground ginger	1.00	ts
10725	Eggs	2.00	
10726	Whole wheat pastry flour	2.00	c
10726	Baking powder	2.00	ts
10726	Baking soda	0.25	ts
10726	Butter, small pieces	0.50	c
10726	Maple syrup	4.00	tb
10726	Peach or nectarine, diced	1.00	
10726	Orange peel, grated	0.50	ts
10726	Buttermilk	0.50	c
10726	Nutmeg	0.25	ts
10727	Flour	1.00	c
10727	Peeled, cored, finely	1.00	c
10727	Chopped Granny Smith	0.00	
10727	Apples	0.00	
10727	Buckwheat flour	0.75	c
10727	Sugar	0.33	c
10727	Chopped, pitted dates	0.25	c
10727	Baking powder	1.50	ts
10727	Baking soda	0.25	ts
10727	Salt	0.12	ts
10727	Non fat buttermilk	0.75	c
10727	Oil	2.00	tb
10727	Egg, lightly beaten	1.00	
10728	ts	0.00	3
10728	Water	0.75	
10728	White bread flour	2.00	
10728	Dry milk	1.00	
10728	Sugar	1.00	tb
10728	Salt	1.00	ts
10728	Butter	1.00	tb
10728	Chives	1.00	ts
10728	Marjoram	1.00	ts
10728	Thyme	1.00	ts
10728	Basil	0.50	ts
10728	Fast-rise yeast ***OR***	1.00	ts
10728	Active-dry yeast	2.00	ts
10728	LARGE LOAF -----	0.00	-----
10728	Water	1.25	c
10728	White bread flour	3.00	c
10728	Dry milk	2.00	tb
10728	Sugar	2.00	tb
10728	Salt	1.50	ts
10728	Butter	2.00	tb
10728	Chives	0.50	tb
10728	Marjoram	0.50	tb

Sheet1

10728	Thyme	0.50 tb
10728	Basil	1.00 ts
10728	Fast-rise yeast ***OR***	2.00 ts
10728	Active-dry yeast	3.00 ts
10728	REGULAR LOAF -----	0.00 -----
10728	LARGE LOAF -----	0.00 -----
10729	Margarine or butter, softene	0.50 c
10729	Cl Garlic, finely chopped	1.00
10729	Loaf (1 pound) french bread,	1.00
10729	Cut into 15 slices	0.00
10730	Garlic, halved	2.00 cl
10730	Butter, unsalted	2.00 tb
10730	Thyme, dried, crumbled	0.50 ts
10730	Bread, white, 1/2-inch	2.00 c
10730	Cubes	0.00
10731	Wholewheat bread	2.00 c
10731	Garlic cloves, crushed	5.00 ea
10731	Carom seeds*	1.00 ts
10731	Salt	0.00
10731	Vegetable oil	0.50 c
10731	Warm water	1.00 c
10731	Flour for dusting	0.25 c
10732	Butter	0.50 c
10732	Yeast	1.00 c
10732	Water, lukewarm	0.25 c
10732	Egg, well beaten	2.00
10732	Bread crumbs, soft	1.25 c
10732	Cinnamon	1.00 ts
10732	Butter, melted	2.00 tb
10732	Sugar	0.75 c
10732	Milk, scalded	1.00 c
10732	Flour, bread	2.50 c
10732	Flour, bread	3.00 c
10732	Brown sugar, light	3.00 tb
10732	Salt	0.25 ts
10733	Milk; sour	2.50 c
10733	Maple syrup; or sugar	1.00 c
10733	Baking soda	2.00 ts
10733	Salt	0.50 ts
10733	Graham flour; to make thick	0.00
10733	batter	0.00
10734	Flour	1.75 c
10734	Celery seed	2.00 ts
10734	Baking powder	1.00 tb
10734	Cabbage; grated	2.00 c
10734	Salt	1.00 ts
10734	Eggs	2.00
10734	Sugar	1.00 tb
10734	Low-fat milk	0.75 c

Sheet1

10734	Onion flakes	2.00 ts
10734	Butter; melted	6.00 tb
10735	Flour, rye	400.00 g
10735	Water, 40°C	400.00 cc
10736	Sugar	2.00 c
10736	Butter	4.00 tb
10736	Milk	4.00 c
10736	Flour	0.00
10736	Egg, well beaten	4.00
10736	Yeast	1.00 c
10736	Water, lukewarm	0.50 c
10736	Salt	1.00 ts
10737	1 1/2 pound loaf	0.00
10737	Milk	0.75 c
10737	Molasses	0.25 c
10737	Egg	1.00
10737	Applesauce	3.00 tb
10737	Bread flour	3.33 c
10737	Brown sugar	1.00 tb
10737	Salt	0.75 ts
10737	Ground cinnamon	0.75 ts
10737	Ground ginger	0.75 ts
10737	Yeast	1.00 ts
10738	Packed brown sugar	1.00 c
10738	Shortening	0.33 c
10738	Dark molasses	1.50 c
10738	Cold water	0.67 c
10738	All-purpose flour*	7.00 c
10738	Baking soda	2.00 ts
10738	Ground ginger	2.00 ts
10738	Salt	0.50 ts
10738	Ground allspice	1.00 ts
10738	Ground cloves	1.00 ts
10738	Ground cinnamon	1.00 ts
10739	Flour;all purpose*	3.50 c
10739	Baking powder	6.00 tb
10739	salt	1.00 ts
10739	Sugar;granulated	1.00 tb
10739	Shortening or lard	0.25 c
10739	Egg	1.00
10739	Milk	1.50 c
10740	Corn Meal; White If Poss.	1.00 c
10740	Unbleached Flour	1.00 c
10740	Baking Powder	1.00 tb
10740	Salt	1.50 ts
10740	Cheddar; Sharp, Shredded	10.00 oz
10740	Milk	1.00 c
10740	Butter, Melted	0.25 c
10740	Egg; Lg, Beaten	1.00

Sheet1

10741	Active dry yeast	1.00 pk
10741	Warm water (110-115 degrees)	0.50 c
10741	Milk	1.00 c
10741	Shortening or margarine	0.75 c
10741	Mashed potatoes	1.25 c
10741	Sugar	0.50 c
10741	Salt	2.00 ts
10741	(8-8 1/2 cups) all-purpose	8.00 c
10741	flour, divided	0.00
10741	Eggs, beaten	2.00
10742	Whole wheat flour; stirred	2.00 c
10742	Active dry yeast	2.00 pk
10742	Salt	1.00 ts
10742	Water	0.75 c
10742	Buttermilk	0.50 c
10742	Raisins; golden	1.50 c
10742	Vegetable oil	0.00
10742	Confectioners' sugar	2.00 c
10742	Milk	2.50 ts
10742	Sugar	0.25 c
10742	Active dry yeast	2.00 ts
10742	Cinnamon; ground	2.00 ts
10742	Butter or regular margarine	0.33 c
10742	Eggs; lg	2.00
10742	Unbleached flour; sifted	2.50 c
10742	Vanilla	0.25 ts
10743	Cheddar; Sharp, Grated	10.00 oz
10743	Milk	2.00 c
10743	Egg Yolks; Lg	4.00
10743	Corn Meal; Yellow	1.00 c
10743	Butter	0.25 c
10743	Sugar	1.00 ts
10743	Salt	0.50 ts
10743	Egg Whites; Lg	4.00
10744	Bread flour	3.00 c
10744	Sugar	0.25 c
10744	Butter	6.00 tb
10744	Salt	1.00 ts
10744	Powdered buttermilk	3.00 tb
10744	Water	0.88 c
10744	Active dry yeast	2.00 ts
10744	Quick rising yeast.	1.50 ts
10744	Cardomon; + -	1.50 ts
10744	or a dash or 2 of nutmeg	0.00
10744	For a change of taste	0.00
10745	Lard	0.50 c
10745	Sugar; granulated	0.50 c
10745	Corn meal; yellow	1.50 c
10745	Flour	1.50 c



Sheet1

10745	Eggs	2.00 ea
10745	Salt	1.00 ts
10745	Baking powder	1.00 ts
10745	Baking soda	1.00 ts
10745	Sour or butter milk	1.00 c
10746	Fine oatmeal	1.00 lb
10746	Baking powder	0.50 ts
10746	Ground ginger	4.00 ts
10746	Allspice	1.00 pn
10746	Pale muscovado sugar	0.50 lb
10746	Butter	0.50 lb
10746	Golden syrup	2.00 tb
10747	(or 1 tablespoon) Active Dry	1.00 pk
10747	Yeast	0.00
10747	Warm Water (110 to 115	0.25 c
10747	degrees)	0.00
10747	Sugar	0.33 c
10747	Ground Cardamom	1.00 ts
10747	Salt	0.25 ts
10747	Egg	1.00
10747	Milk	0.25 c
10747	Vegetable Oil	0.25 c
10747	Whole Wheat Flour	1.50 c
10747	All-Purpose Flour	1.00 c
10747	Golden Raisins	0.25 c
10747	Walnuts, chopped	0.25 c
10748	Pillsbury Best Bread Flour*	5.50 c
10748	Sugar	3.00 tb
10748	Salt	2.00 ts
10748	Active Dry Yeast	2.00 pk
10748	Water	2.00 c
10748	Oil	0.25 c
10749	Pillsbury Best Bread Flour*	5.50 c
10749	Sugar	3.00 tb
10749	Salt	2.00 ts
10749	Active Dry Yeast	2.00 pk
10749	Water	2.00 c
10749	Oil	0.25 c
10750	SHAPING OF BREADS	0.00
10751	DECORATION DIRECTIONS	0.00
10752	FRIENDSHIP POEM	0.00
10753	Whole wheat pastry flour,	2.00 c
10753	Or unbleached white flour	0.00
10753	Baking soda	4.00 ts
10753	Cooked ham, diced fine	0.50 c
10753	Butter	4.00 tb
10753	Milk, apple juice or water	0.75 c
10754	Flour	1.75 c
10754	Rye Flour	0.33 c

Sheet1

10754	Baking Powder	2.00 ts
10754	Salt	0.25 ts
10754	Light Brown Sugar	1.00 tb
10754	Cooked Ham; finely chopped	0.33 c
10754	Swiss Cheese; shredded	0.50 c
10754	Egg; lightly beaten	1.00 lg
10754	Milk	1.00 c
10754	Vegetable Oil	0.25 c
10754	Spicy Brown Mustard	0.75 ts
10754	Worcestershire Sauce	0.50 ts
10754	Drops Hot Sauce	3.00
10755	Eggs	2.00 ea
10755	Sugar	1.00 c
10755	Flour	1.00 c
10755	Dates	1.00 c
10755	Nuts	1.00 c
10755	Baking soda	0.25 ts
10755	Salt	0.25 ts
10756	Unbleached Flour	2.50 c
10756	Sugar	0.50 c
10756	Baking Powder	2.00 ts
10756	Salt	1.00 ts
10756	Cinnamon; Ground	0.50 ts
10756	Milk	0.75 c
10756	Vegetable Oil	0.25 c
10756	Eggs; Lg	2.00
10756	Apples; Cooking, *	1.50 c
10756	Cheddar; Sharp, Shredded	2.00 c
10756	Walnuts Or Pecans; Chopped	0.75 c
10757	Dry yeast	1.00 tb
10757	Warm water	1.00 c
10757	Vegetable oil	3.00 tb
10757	Salt	1.00 ts
10757	Sugar	0.25 ts
10757	White flour	3.00 c
10757	Garlic cloves, pressed	12.00
10758	Raisins	1.00 c
10758	Water	1.00 c
10758	Butter/Regular Margarine	0.50 c
10758	Sugar	0.25 c
10758	Large Eggs	2.00
10758	Unbleached Flour, Sifted	1.50 c
10758	Baking Powder	1.00 ts
10759	-----	0.00
10759	FOR 1 -----	0.00
10759	DRY INGREDIENTS -----	0.00 -----
10759	Yeast	1.00 pk
10759	Sugar	1.00 tb
10759	Bread flour	1.50 c

Sheet1

10759	Wheat flour	1.50 c
10759	Rye flour	0.67 c
10759	Cornmeal	0.50 c
10759	Unprocessed bran	0.50 c
10759	Salt	1.00 ts
10759	Golden raisins	0.33 c
10759	Chopped pecans or walnuts	0.33 c
10759	Sunflower seeds	0.33 c
10759	Poppy seeds	0.33 c
10759	Caraway seeds	2.00 tb
10759	LIQUID INGREDIENTS -----	0.00 -----
10759	Warm water	1.00 c
10759	Warm milk	0.33 c
10759	Oil	1.00 tb
10759	Honey	4.00 tb
10759	Egg	1.00
10759	MICHAEL HATALA RJHP21A -----	0.00 -----
10759	FOR 1 -----	0.00 -----
10759	DRY INGREDIENTS -----	0.00 -----
10759	LIQUID INGREDIENTS -----	0.00 -----
10760	Dry yeast	1.00 tb
10760	Warm water	0.50 c
10760	White flour	1.75 c
10760	Oregano	1.00 pn
10760	Parsley	2.00 pn
10760	Chives	3.00 pn
10760	Vegetable oil	2.00 tb
10760	Sugar	0.25 ts
10760	Salt	1.00 ts
10761	Bread cubes (about 1/2-inch cubes)	1.00 c 0.00
10761	Butter	2.00 tb
10761	Dash of Herb Seasoning	0.00
10761	Dash Season-All	0.00
10761	Dash garlic salt	0.00
10762	Margarine or butter, softened	0.50 c 0.00
10762	Cl Garlic, finely chopped	1.00
10762	Grated parmesan cheese	2.00 tb
10762	Chopped fresh parsley	2.00 ts
10762	Chopped fresh or 1/2 ts	1.00 ts
10762	Dried oregano leaves	0.00
10762	Loaf (1 pound) french bread, Cut into 15 slices	1.00 0.00
10763	40% Bran Flakes Cereal	2.50 c
10763	Raisins	1.50 c
10763	Milk	1.75 c
10763	Stirred Whole Wheat Flour	1.00 c
10763	Soy Flour	1.00 c

Sheet1

10763	Toasted Wheat Germ	1.00 c
10763	Baking Powder	4.00 ts
10763	Ground Nutmeg	1.50 ts
10763	Salt	0.75 ts
10763	Large Eggs, Slightly Beaten	4.00
10763	Honey	0.67 c
10763	Vegetable Oil	0.67 c
10763	Dark Molasses	0.25 c
10764	Medium oatmeal	8.00 oz
10764	Salt	1.00 ts
10764	Dripping or lard	0.50 oz
10764	Hot water (or more)	3.00 tb
10765	Raisens	1.50 c
10765	Boiling water	1.00 c
10765	Baking soda	4.00 ts
10765	Nutmeg	0.50 ts
10765	Vanilla	1.00 ts
10765	Vegetable oil	3.00 tb
10765	Eggs, beaten	2.00 ea
10765	Sugar	1.00 c
10765	Flour	2.00 c
10765	Chopped nuts	0.50 c
10766	Whole blanched almonds	1.00 c
10766	Cakes or packets (6 Oz ea)	2.00
10766	Active yeast	0.00
10766	Warm water (80-85 degrees)	1.00 c
10766	Packed brown sugar	0.25 c
10766	Honey	0.33 c
10766	Eggs, beaten	2.00
10766	Salt	1.00 ts
10766	Butter, melted	0.50 c
10766	Grated orange rind	2.00 ts
10766	Buttermilk or sour milk	0.50 c
10766	Whole wheat flour, unsifted	2.00 c
10766	White flour, unsifted	2.50 c
10766	Brown sugar filling	0.00
10767	All purpose flour	2.00 c
10767	Sugar	0.25 c
10767	Baking powder	2.00 ts
10767	Baking soda	1.00 ts
10767	Salt	0.50 ts
10767	Eggs	2.00
10767	Honey	0.50 c
10767	Orange juice	0.50 c
10767	Butter or margarine, melted	0.33 c
10767	Vanilla extract	1.00 ts
10768	Milk	1.25 c
10768	Butter, unsalted	3.00 tb
10768	Honey	2.00 tb

Sheet1

10768	Active dry yeast	1.50 ts
10768	Bread flour	3.00 c
10768	Salt	0.75 ts
10769	Active Starter	1.00 c
10769	Prepared Biscuit Mix	1.25 c
10769	Baking Powder	0.50 ts
10769	Cooking Oil	1.00 tb
10770	TOPPING -----	0.00 -----
10770	Apples, red, medium,	4.00
10770	Dessert	0.00
10770	Sugar	3.00 tb
10770	Cinnamon, ground	2.00 ts
10770	MUFFIN BATTER -----	0.00 -----
10770	Flour, all-purpose	2.00 c
10770	Salt	1.00 ts
10770	Baking powder	1.00 tb
10770	Sugar	0.25 c
10770	Eggs	2.00
10770	Milk	0.67 c
10770	Butter, melted	0.25 c
10770	Apples, peeled, chopped,	1.00 c
10770	TOPPING -----	0.00 -----
10770	MUFFIN BATTER -----	0.00 -----
10771	Flour	6.00 c
10771	Salt	1.00 ts
10771	Baking powder	4.00 ts
10771	Sour cream	2.00 c
10772	All-Purpose Flour	4.50 c
10772	Granulated Sugar	0.33 c
10772	Quick Rise Instant Yeast	2.00 tb
10772	Salt	1.00 ts
10772	Cinnamon	2.00 ts
10772	Grated Nutmeg	0.50 ts
10772	Warm Water	2.00 c
10772	Melted Butter	0.25 c
10772	Eggs, beaten	2.00
10772	Raisins or part currants	1.00 c
10772	Mixed Candied Peel	0.50 c
10772	Icing Sugar	1.50 c
10772	Milk	2.00 tb
10773	Onion, very thinly sliced	2.00 c
10773	Lard	7.00 tb
10773	Cayenne pepper to taste	0.00
10773	Bread flour	2.00 c
10773	Baking powder	1.00 tb
10773	Salt	0.75 ts
10773	Milk	0.67 c
10773	Egg	1.00 lg
10773	Sour cream	0.75 c

Sheet1

10775	Yeast cake	1.00 ea
10775	Sugar	0.50 c
10775	Salt	1.00 ts
10775	Water; lukewarm	2.00 c
10775	Egg; beaten light	1.00 ea
10775	Flour	7.00 c
10775	Shortening; melted	3.00 tb
10776	Potatoes; mashed	1.00 c
10776	Water; lukewarm	1.00 qt
10776	Lard	1.00 c
10776	Sugar	1.00 c
10776	Eggs	2.00 ea
10776	Salt	1.00 tb
10776	Yeast cake	1.00 ea
10776	Flour	0.00
10777	Flour	2.00 c
10777	Powdered milk	0.33 c
10777	Baking powder	2.00 ts
10777	Salt	1.00 ts
10777	Lard or shortening	2.00 ts
10777	Warm water	0.75 c
10777	Oil for frying	0.00
10778	Egg, beaten	1.00 ea
10778	Shortening, melted	1.00 ts
10778	Flour	1.50 c
10778	Milk	1.00 c
10778	Cornmeal, heaping	2.00 tb
10778	Baking powder	2.00 ts
10779	All-Purpose Flour, Sifted	4.00 c
10779	Baking Soda	1.00 ts
10779	Sugar	1.00 tb
10779	Dried Currants	1.00 c
10779	Salt	1.50 ts
10779	Buttermilk	1.00 c
10780	(7 oz) instant potatoes	1.00 pk
10780	Butter	1.00 tb
10780	Boiling water	1.00 c
10780	Salt	2.00 ts
10780	Rich milk	1.00 c
10780	Flour	1.50 c
10781	Butter	0.25 lb
10781	Baking powder	2.50 ts
10781	Sugar	0.50 c
10781	Salt	0.25 ts
10781	Eggs	2.00
10781	Milk	1.00 c
10781	Flour	2.50 c
10781	Raisins	1.00 c
10782	Stone Ground	4.00 c

Sheet1

10782	Whole wheat flour	0.00	
10782	White flour	2.00 c	
10782	Salt	1.50 ts	
10782	Baking soda	1.50 ts	
10782	Buttermilk or sweet milk	2.00 c	
10783	Stone Ground	4.00 c	
10783	Whole wheat flour	0.00	
10783	White flour	2.00 c	
10783	Salt	1.50 ts	
10783	Baking soda	1.50 ts	
10783	Buttermilk or sweet milk	2.00 c	
10783	Butter	2.00 tb	
10783	Sugar	2.00 tb	
10784	Mealy potatoes	0.50 lb	
10784	Flour	4.00 tb	
10784	Salt	0.25 ts	
10784	Oil	4.00 tb	
10784	Chopped parsley	2.00 tb	
10784	Dried dill	0.50 ts	
10784	Savory	0.25 ts	
10784	Marjoram	0.25 ts	
10784	Powdered sage	0.25 ts	
10784	Oil for frying	0.00	
10785	All purpose flour	4.00 c	
10785	Baking powder	4.00 ts	
10785	Baking soda	1.00 ts	
10785	Sugar	0.75 c	
10785	Salt	0.25 ts	
10785	Big box of raisins	1.00 pk	
10785	Caraway seeds	3.00 tb	
10785	Milk	1.00 c	
10785	Sour cream	0.50 pt	
10785	Eggs	2.00 ea	
10786	Flour	3.50 c	
10786	Sugar	0.50 ts	
10786	Salt	0.50 ts	
10786	Bicarbonate of soda	0.50 ts	
10786	Buttermilk: to 2 1/2 c *	1.25 c	
10787	Butter	1.00 tb	
10787	White flour	4.00 c	
10787	Salt	1.00 ts	
10787	Baking soda	1.00 ts	
10787	Buttermilk or sweet milk	1.00 c	
10788	tb	0.00	2
10788		0.50	
10788		1.00	
10788	Sugar	1.00	
10788	Salt	0.50	2
10788	Baking soda	0.25	3

Sheet1

10788	Caraway seeds	1.00	3
10788	Bread flour	1.50	c 2 1/2
10788	Buttermilk powder	1.50	
10788	Yeast	1.00	
10788	Raisins	0.25	
10788	MEDIUM CAPACITY MACHINE -----	0.00	
10788	Water	0.67	
10788	Butter or margarine	1.25	tb
10788	Sugar	1.33	tb
10788	Salt	0.67	ts
10788	Baking soda	0.33	ts
10788	Caraway seeds	1.33	ts
10788	Bread flour	2.00	c
10788	Buttermilk powder	2.00	tb
10788	Yeast	1.50	ts
10788	Raisins	0.33	c
10788	LARGE CAPACITY MACHINE -----	0.00	-----
10788	Water	1.00	c
10788	Butter or margarine	2.00	tb
10788	Sugar	2.00	tb
10788	Salt	1.00	ts
10788	Baking soda	0.50	ts
10788	Caraway seeds	2.00	ts
10788	Bread flour	3.00	c
10788	Buttermilk powder	3.00	tb
10788	Yeast	2.50	ts
10788	Raisins	0.50	c
10788	SMALL CAPACITY MACHINE -----	0.00	-----
10788	MEDIUM CAPACITY MACHINE -----	0.00	-----
10788	LARGE CAPACITY MACHINE -----	0.00	-----
10789	BREAD -----	0.00	-----
10789	Flour, all purpose	4.00	c
10789	Salt	1.00	ts
10789	Baking Soda	1.00	ts
10789	Butter, chilled	0.25	c
10789	Raisins or currants (option)	1.00	c
10789	Honey, liquid	0.50	c
10789	Irish Whisky or buttermilk	0.25	c
10789	GLAZE -----	0.00	-----
10789	Irish Whisky	2.00	ts
10789	Milk	2.00	
10789	BREAD -----	0.00	-----
10789	GLAZE -----	0.00	-----
10790	Whole wheat flour	2.00	c
10790	Wheatgerm	2.00	tb
10790	Baking powder	2.00	ts
10790	Baking soda	1.00	ts
10790	Salt	1.00	ts
10790	Oats	1.00	c



## Sheet1

10790	Brown sugar	0.50 c
10790	Oil	0.25 c
10790	Molasses	0.50 c
10790	Water	1.25 c
10790	Raisins	1.00 c
10791	Active dry yeast	1.00 pk
10791	Granulated sugar	1.00 tb
10791	Warm (100-115 deg) water	1.75 c
10791	To 6 cups all purpose flour	5.00
10791	Salt, or to taste	1.00 tb
10791	Butter, softened	0.25 c
10791	Tabasco	1.00 ts
10791	Parmesan cheese, freshly grated	0.25 c 0.00
10791	Gruyere or Emmenthaler cheese, shredded	0.75 c 0.00
10792	Yeast cake	1.00 ea
10792	Sugar	1.00 ts
10792	Water; lukewarm	1.00 tb
10792	Egg; well beaten	1.00 ea
10793	Loaf of French bread	1.00 lb
10793	Cream cheese, cubed (1 package)	8.00 oz 0.00
10793	Eggs	8.00
10793	Milk, light cream or half and half	2.50 c 0.00
10793	Margarine or butter, melted	6.00 tb
10793	Maple syrup	0.25 c
10794	Mashed potato	0.50 c
10794	Extra-large egg	1.00
10794	Butter, at room temperature	4.00 tb
10794	OR use vegetable oil	0.00
10794	Water	0.75 c
10794	Dried thyme, rosemary, Oregano, or basil OR A combination	0.75 ts 0.00 0.00
10794	Unbleached white flour	2.50 c
10794	Quick-cooking oats	0.50 c
10794	Salt	1.00 ts
10794	Sugar	1.00 tb
10794	Active dry yeast	1.00 tb
10794	AFTER BEEP	0.00
10794	Sunflower seeds	2.00 tb
10795	Butter	1.00 c
10795	Icing sugar	0.75 c
10795	All-purpose flour	2.00 c
10795	Cornstarch	1.00 ts
10795	Baking powder	1.00 pn
10795	Salt	1.00 pn

Sheet1

10796	Active dry yeast	1.00 tb
10796	Warm water	1.00 c
10796	Granulated sugar	0.50 c
10796	Warm milk	1.00 c
10796	Eggs, room temperature	4.00
10796	Stick butter or margarine	1.00
10796	Salt	1.50 ts
10796	Cinnamon	0.50 tb
10796	7-9 cups King Arthur	7.00 c
10796	unbleached all-purpose	0.00
10796	flour	0.00
10796	Dyed uncooked eggs	12.00
10796	EGG WASH -----	0.00 -----
10796	Egg, beaten	1.00
10796	Water	1.00 tb
10796	Pinch of salt	0.00
10796	EGG WASH -----	0.00 -----
10797	Flour	2.00 c
10797	Baking powder	1.00 tb
10797	Baking soda	1.00 ts
10797	Sugar	1.00 c
10797	Firm kiwifruit	3.00
10797	peeled and finely chopped	0.00
10797	Eggs	2.00
10797	Oil	0.75 c
10797	Milk	0.75 c
10798	Sugar	1.00 c
10798	Egg	1.00 ea
10798	Hickory nuts	1.00 c
10798	Sponge; enough for 1 loaf	0.00
10798	Butter; piece size of a wal	0.00
10798	nut	0.00
10799	Sticks butter, softened	2.00
10799	Cream cheese, softened	8.00 oz
10799	Milk	1.00 tb
10799	Sugar	1.00 tb
10799	Egg yolk, beaten	1.00
10799	Flour	1.50 c
10799	Baking powder	0.50 ts
10799	Solo filling	1.00 cn
10800	Flour	6.00 c
10800	Shortening	2.00 c
10800	Egg yolks	3.00
10800	Evaporated milk	1.00 cn
10800	Vanilla	1.00 ts
10800	Warm water	4.00 c
10801	Dry yeast	1.00
10801	Lukewarm water	0.50 c
10801	Flour	4.00 c

Sheet1

10801	Eggs	2.00
10801	Sugar	0.50 c
10801	Butter	0.50 lb
10801	Vegetable shortening	4.00 tb
10801	Sour cream	0.50 ts
10801	Vanilla	1.00 ts
10802	Flour	2.00 c
10802	Cream cheese	8.00 oz
10802	Butter	0.50 lb
10802	Egg	1.00
10802	Sugar	2.00 ts
10802	Egg yolk	1.00
10803	Yeast cake; loose - softene	1.00 ea
10803	d	0.00
10803	Sugar	0.50 c
10803	Lard and butter; mixed	1.00 c
10803	Milk	1.00 c
10803	Flour	4.00 c
10803	Salt	2.00 ts
10803	Eggs; well beaten	3.00 ea
10803	Sour cream	0.00
10803	Sugar	0.00
10803	Cinnamon	0.00
10804	Garlic, large	1.00 cl
10804	Olive oil	0.33 c
10804	French bread, slices	12.00
10804	Salt, pinch	0.00
10805	Yeast	1.00 pk
10805	Warm water	2.00 c
10805	Sugar	2.00 tb
10805	All purpose flour	5.50 c
10805	Salt	2.00 ts
10806	Dry yeast	1.00 pk
10806	Warm water	1.50 c
10806	Salt	1.00 ts
10806	All-purpose flour	2.00 c
10806	Whole wheat flour	2.00 c
10806	Toasted sesame seeds	0.00
10807	Milk, scalded	2.00 c
10807	Salt	1.00 tb
10807	Lard	0.50 c
10807	Flour	4.00 c
10808	Whole wheat flour	1.25 c
10808	Brown sugar	2.00 tb
10808	Baking powder	2.00 ts
10808	Eggs	2.00
10808	Skim milk	0.67 c
10808	Vegetable oil	0.25 c
10808	Almond extract	0.25 ts

Sheet1

10808	Cooked brown rice	1.00 c
10809	WET MIX -----	0.00 -----
10809	Margarine	0.50 c
10809	Sugar	0.50 c
10809	Eggs	2.00
10809	Milk or yogurt	1.00 c
10809	Grated lemon rind	2.00 ts
10809	Lemon juice	0.50 c
10809	Poppy seeds	0.25 c
10809	DRY MIX -----	0.00 -----
10809	Self-raising flour	2.00 c
10809	Baking soda	0.25 ts
10809	WET MIX -----	0.00 -----
10809	DRY MIX -----	0.00 -----
10810	Rice or soy milk *	1.00 c
10810	Sugar	0.25 c
10810	Maple syrup	0.25 c
10810	Salt (uh, is this right? KM)	4.00 ts
10810	Water	1.00 c
10810	Yeast	6.00 ts
10810	Egg replacer	3.00 ts
10810	Water	6.00 tb
10810	Uncooked oatmeal	0.33 c
10810	Wheateena cereal; cooked in	0.25 c
10810	Water, and cooled	1.00 c
10810	Whole wheat flour	2.00 c
10810	All purpose flour	3.00 c
10811	Active dry yeast	2.25 ts
10811	Bread flour	1.67 c
10811	Whole wheat flour	1.50 c
10811	Salt	1.50 ts
10811	Vegetable oil	1.50 tb
10811	Honey	3.00 tb
10811	Water	1.25 c
10812	Milk	1.00 c
10812	Water	2.00 c
10812	Cornmeal	1.00 c
10812	All-purpose flour	1.50 c
10812	Salt	1.00 ts
10812	Sugar	1.00 tb
10812	Butter	2.00 tb
10812	Dry active yeast	1.50 ts
10812	Eggs	2.00
10813	Strong white bread flour	1.00 lb
10813	Easy-blend yeast	0.25 oz
10813	Ground cinnamon	1.00 ts
10813	Ground allspice	1.00 ts
10813	Sugar	4.00 tb
10813	Salt	1.00 pn

Sheet1

10813	Eggs; lightly beaten	2.00
10813	Butter; melted	0.25 lb
10813	Milk; warm	8.00 tb
10813	Prunes; cut into	0.50 lb
10813	sultana-size pieces	0.00
10813	Currants	2.00 oz
10813	Sultanas	2.00 oz
10814	Flour	3.00 c
10814	Sugar	1.00 tb
10814	Salt	1.00 ts
10814	Yellow Cornmeal	0.50 c
10814	Dry Yeast	1.50 ts
10814	Milk; warmed	0.88 c
10814	Water; plus enough for dough	0.25 c
10814	Butter	1.50 tb
10815	Unbleached Flour	2.00 c
10815	Mustard; Dry	1.00 ts
10815	Paprika	1.00 ts
10815	Baking Powder	0.25 ts
10815	Butter; Room Temperature	1.00 c
10815	Cheddar; Sharp, Grated	10.00 oz
10815	Worcestershire Sauce	1.00 ts
10816	ROLLS -----	0.00 -----
10816	Eggs	3.00
10816	Boiling water	1.00 c
10816	Shortening	0.75 c
10816	Sugar	0.75 c
10816	Salt	1.00 tb
10816	Envelopes dry yeast,	2.00
10816	dissolved in 1/2 cup	0.00
10816	lukewarm water	0.00
10816	Lukewarm water	1.00 c
10816	Flour	8.00 c
10816	Melted butter	0.50 c
10816	Sugar, *combined with*	1.00 c
10816	Cinnamon (optional)	1.00 tb
10816	Raisins	1.00 c
10816	Glaze (recipe follows)	0.00
10816	GLAZE -----	0.00 -----
10816	Confectioners' sugar	1.00 lb
10816	Milk	0.25 c
10816	Vanilla	1.00 ts
10816	Butter, softened	0.25 lb
10816	ROLLS -----	0.00 -----
10816	GLAZE -----	0.00 -----
10817	Regular Rolled Oats	1.00 c
10817	Butter, cut into bits	3.00 tb
10817	Boiling Water	1.00 c
10817	Scalded Milk	1.00 c

Sheet1

10817	Maple Syrup	0.33 c
10817	Salt	2.00 ts
10817	Whole Wheat Flour	2.00 c
10817	Quick Rise Instant Yeast	1.00 tb
10817	Egg, beaten	1.00
10817	All-Purpose Flour	2.00 c
10818	Corn meal; yellow	1.12 c
10818	Wheat flour	1.12 c
10818	Baking powder	3.00 ts
10818	Salt	0.50 ts
10818	Maple syrup	0.33 c
10818	Egg; well beaten	1.00 ea
10818	Milk; sweet	1.00 c
10818	Shortening	3.00 tb
10819	All-purpose flour	1.00 c
10819	Yellow cornmeal	1.00 c
10819	Baking powder	1.00 ts
10819	Baking soda	1.00 ts
10819	Salt	1.00 ts
10819	Butter or margarine, softened	3.00 tb 0.00
10819	Brown sugar	2.00 tb
10819	Eggs	2.00
10819	Pure Maple syrup	0.33 c
10819	Buttermilk	0.75 c
10819	Chopped pecans	0.75 c
10819	Additional maple syrup, optional	0.00 0.00
10820	Butter, softened	1.00 lb
10820	Cream cheese, softened	8.00 oz
10820	Flour	3.00 c
10820	Vanilla	0.50 ts
10820	Egg, beaten	1.00
10820	Solo filling (apricot, poppyseed, raspberry, almond, etc.)	2.00 cn 0.00 0.00
10821	Marshmallows	0.50 lb
10821	Sweet cream	0.50 c
10821	Dates	0.50 c
10821	Graham crackers	0.50 lb
10821	Walnut or pecan meats	0.50 lb
10822	Active Starter	0.50 c
10822	Milk	1.00 c
10822	Flour	2.50 c
10822	Lard or Shortening	0.33 c
10822	Sugar	1.00 tb
10822	Salt	0.75 ts
10822	Baking Powder	2.00 ts
10822	Baking Soda	0.50 ts

Sheet1

10822	Cream Of Tartar	0.25 ts
10823	Yellow cornmeal	1.00 c
10823	Flour	1.00 c
10823	Sugar	1.00 ts
10823	Salt	0.50 ts
10823	Baking powder	4.00 ts
10823	Egg	1.00
10823	Milk	1.00 c
10823	Melted shortening	0.50 c
10824	7-Up	0.25 c
10824	Buttermilk	0.25 c
10824	Bisquick	2.00 c
10825	Water	0.75 c
10825	Bread flour	2.00 c
10825	Salt	1.00 ts
10825	Sugar	2.00 tb
10825	Dry milk (I use buttermilk)	1.00 tb
10825	Butter ( slivered)	1.00 tb
10825	Yeast	1.00 pk
10826	Milk	2.00 c
10826	Sugar	0.25 c
10826	Active dry yeast; or	2.00 pk
10826	Luke-warm water; (110 deg.f)	0.25 c
10826	Eggs; lg	2.00 ea
10826	Shortening	0.25 c
10826	Salt	2.00 ts
10826	Active dry yeast; bulk	2.00 ts
10826	Unbleached flour; sifted	7.00 c
10827	Ground Meat	1.00 lb
10827	Salt & Pepper To Taste	0.00
10827	Chopped Onion	1.00 c
10827	Grated American Cheese	0.50 lb
10827	Jalapeno Peppers Finely Chop	3.00
10827	Cornmeal	1.00 c
10827	Large Eggs	3.00
10827	Soda	0.50 ts
10827	Bacon Drippings	3.00 tb
10827	Sweet Milk	1.00 c
10827	Salt	1.00 ts
10828	Plain cornmeal	1.50 c
10828	Salt	1.00 ts
10828	Baking powder	3.00 ts
10828	Cream style corn	1.00 c
10828	Eggs or egg sub.	2.00
10828	Bell pepper (chop fine)	1.00 lg
10828	Buttermilk	1.00 ts
10828	Jalopeno peppers (chop fine)	2.00
10828	Sharp cheese - grated	2.00 c
10828	Chopped onion	0.50 c

Sheet1

10828	Cooking oil	0.67 c
10828	Few shakes garlic powder	0.00
10829	Polenta (Maize Meal)	225.00 g
10829	Salt	1.00 ts
10829	Plain white flour	225.00 g
10829	Lard or margarine	25.00 g
10829	Warm water	300.00 ml
10830	Cooked shredded chicken	3.00 c
10830	(4-oz) OLD EL PASO Chopped	1.00 c
10830	Green Chilies	0.00
10830	Salt	1.00 ts
10830	(10-oz) OLD EL PASO Green	1.00 c
10830	Enchilada Sauce	0.00
10830	(5.33 fl oz) PET Evaporated	1.00 cn
10830	Milk	0.00
10830	OLD EL PASO Corn Tortillas	12.00
10830	Shredded Monterey Jack	2.00 c
10830	Cheese	0.00
10831	(3 oz) cream cheese	1.00 pk
10831	Cream of Chicken soup	1.00 cn
10831	Dash pepper	0.00
10831	Cooked broccoli flowerets	1.50 c
10831	Cubed cooked chicken	0.50 c
10831	Dried dill	0.50 ts
10832	Millet flour	1.50 c
10832	Soy flour	0.50 c
10832	Baking powder	1.00 tb
10832	Salt (optional)	0.50 ts
10832	Orange flavoring	0.25 ts
10832	Water or orange juice	1.00 c
10832	Vegetable oil	0.25 c
10832	Rice syrup or honey	0.25 c
10833	Soft shortening/butter mix	0.33 c
10833	Sugar	0.50 c
10833	Nutmeg	0.25 ts
10833	Egg	1.00
10833	Milk	0.50 c
10833	Sifted flour	1.50 c
10833	Butter, melted	0.33 c
10833	Baking powder	1.50 ts
10833	Sugar	0.50 c
10833	Salt	0.50 ts
10833	Cinnamon	1.00 ts
10834	Whole-wheat flour	2.50 c
10834	Wheat germ	1.50 c
10834	Brown sugar	0.33 c
10834	Salt	0.50 ts
10834	Raisins; mixed dark & light	1.00 c
10834	Baking soda	2.00 ts



Sheet1

10834	Buttermilk	1.88 c
10834	Molasses	0.33 c
10835	Unbleached Flour, Sifted	4.00 c
10835	Baking Soda	2.00 ts
10835	Salt	1.00 ts
10835	Ground Cinnamon	1.00 ts
10835	Ground Ginger	1.00 ts
10835	Ground Cloves	0.25 ts
10835	Ground Allspice	0.25 ts
10835	Ground Nutmeg	0.25 ts
10835	Vegetable Shortening	1.33 c
10835	Sugar	1.00 c
10835	Large Eggs, Slightly Beaten	4.00
10835	Molasses	1.00 c
10835	Butter/Sour Milk	1.00 c
10835	Raisins	1.00 c
10836	Corn meal, yellow	2.00 c
10836	Flour	1.00 tb
10836	Baking powder	1.00 ts
10836	Salt	1.00 ts
10836	Baking soda	0.50 ts
10836	Onion, finely chopped	3.00 tb
10836	Buttermilk	1.00 c
10836	Egg, beaten	1.00
10837	Ballard biscuits;cut in 4ths	4.00 cn
10837	Sugar	0.75 c
10837	Cinnamon	1.00 ts
10837	GLAZE -----	0.00 -----
10837	Sugar	1.00 c
10837	Butter	0.75 c
10837	Cinnamon	2.00 tb
10837	GLAZE -----	0.00 -----
10838	Milk	3.00 c
10838	Sugar	1.00 c
10838	Flour	6.00 c
10838	Raisins, chopped	0.50 lb
10838	Citron, chopped	0.25 lb
10838	Butter	1.00 c
10838	Yeast	0.50 c
10838	Water, warm	0.25 c
10838	Salt	1.00 ts
10838	Currants	0.50 lb
10838	Almond, blanched, sliced	0.50 c
10839	Sugar	6.50 tb
10839	Butter	0.25 c
10839	Lemon juice	0.25 c
10839	Eggs	2.00
10839	To 1/2 tsp lemon peel	0.25
10840	Unbleached All-purpose Flour	2.00 c

Sheet1

10840	Baking Powder	1.00 tb
10840	Granulated Sugar	2.00 tb
10840	Salt	1.00 ts
10840	Large Egg	1.00
10840	Milk	1.00 c
10840	Vegetable Oil	0.50 c
10841	Warm water (110F)	1.00 c
10841	Sugar	1.00 tb
10841	Active dry yeast	1.00 tb
10841	Bread flour	3.00 c
10841	Salt	1.50 ts
10841	Vegetable shortening	2.00 tb
10841	Sesame seeds	1.00 ea
10842	Dry Yeast OR 2 Pre-	2.00 tb
10842	Measured Packages	0.00
10842	Nonfat Dry Milk	0.25 c
10842	Aniseed Crushed	2.00 ts
10842	Unbleached Flour	5.50 c
10842	No Sugar Apple Juice	0.50 c
10842	Unsweetened Pinapple Juice	0.75 c
10842	Water	1.25 c
10842	Freshly Grated Orange Rind	2.00 ts
10842	Cinnamon	0.50 ts
10842	Honey	1.00 ts
10842	Oleo + 1/2 t. For Bowl	1.00 ts
10842	Each Whole-Wheat Flour And	0.50 c
10842	Buckwheat Flour	0.00
10842	Unsalted Corn Oil	0.50 ts
10842	Margarine For Pans OR	0.00
10842	Use Spray	0.00
10843	LI purpose flour	2.00 c
10843	Ry yeast	1.50 ts
10843	Alt	0.25 ts
10843	Ater	0.50 c
10844	Flour	1.00 c
10844	Yeast, dry	1.00 pk
10844	Salt	2.00 ts
10844	Water, hot	1.00 c
10844	Buttermilk; or yogurt	1.00 c
10844	Egg; (room temp)	1.00
10844	Oil	2.00 tb
10844	Honey; or sugar	1.00 tb
10844	Flour	2.50 c
10844	Ghee; (clarified butter)	0.00
10844	Garnishes *	0.00
10845	All purpose flour	2.00 c
10845	Dry yeast	1.50 ts
10845	Salt	0.25 ts
10845	Water	0.50 c

Sheet1

10846	Flour	4.00 c
10846	Sugar	1.00 tb
10846	Baking powder	1.00 tb
10846	Baking soda	0.25 ts
10846	Salt	0.50 ts
10846	Egg	2.00
10846	Milk	1.00 c
10846	Ghee	4.00 tb
10847	Oil	0.00
10847	Flour; unsifted	2.00 c
10847	Baking powder	4.00 ts
10847	Salt	1.00 ts
10847	Water;warm (maybe more)	0.67 c
10847	Cornmeal	0.00
10848	Shortening	5.00 tb
10848	Milk	0.75 c
10848	Flour	2.00 c
10848	Baking powder	3.00 ts
10848	Salt	1.00 ts
10849	Wholewheat Flour	13.00 c
10849	Molasses	0.25 c
10849	Salt	3.00 tb
10849	Vegetable oil	3.00 tb
10849	Dry yeast	2.00 tb
10849	Sugar	2.00 ts
10849	Lukewarm water	3.50 c
10850	Hot water	0.75 c
10850	Molasses	0.50 c
10850	Milk	0.25 c
10850	Whole wheat flour	2.00 c
10850	All-purpose flour	1.00 c
10850	Sugar	0.75 c
10850	Baking powder	3.00 tb
10850	Baking soda	1.00 ts
10850	Salt	1.00 ts
10850	Chopped dry roasted pecans	1.50 c
10851	Dry yeast	1.00 tb
10851	Warm water	1.00 c
10851	Salt	1.00 ts
10851	Vegetable oil	2.00 tb
10851	Whole wheat flour	3.00 c
10851	Cornmeal	0.00
10852	Unbleached flour; unsifted	1.50 c
10852	Active dry yeast; or	1.00 pk
10852	Active dry yeast; bulk	1.00 ts
10852	Sugar	3.00 ts
10852	Salt	1.00 ts
10852	Milk	0.75 c
10852	Water	0.50 c

Sheet1

10852	Butter	3.00 ts
10852	Unbleached flour; unsifted	1.00 c
10852	Cheddar; sharp, grated	1.00 c
10852	Butter	0.25 c
10852	Egg yolk; lg	1.00
10852	Milk	1.00 ts
10853	NORA MILL buttermilk cb mix	1.50 c
10853	Egg	1.00
10853	Buttermilk	1.00 c
10853	Liquid shortening	2.00 tb
10854	NORA MILL self-rise cornmeal	1.00 c
10854	Salt	0.50 ts
10854	Sour cream	8.00 oz
10854	Vegetable oil	0.50 c
10854	Eggs, beaten	2.00
10854	Cream style corn	4.00 oz
10855	NORA MILL whole wheat m. mix	2.00 c
10855	Buttermilk (milk is okay)	1.00 c
10855	Eggs	2.00
10855	Melted butter or margarine	0.50
10856	Flour	4.00 c
10856	Baking powder	6.00 ts
10856	Sugar	1.00 c
10856	Nut meats	1.00 c
10856	Salt	1.00 ts
10856	Sweet milk	1.00 c
10856	Eggs	2.00 ea
10857	Ground walnuts	0.50 lb
10857	Sugar	0.75 c
10857	Egg whites	3.00
10857	Melted butter	2.00 tb
10857	Egg	1.00
10858	Flour	2.00 c
10858	Sugar	0.50 c
10858	Nuts	0.50 c
10858	Salt	2.00 ts
10858	Baking powder	2.00 ts
10858	Egg	1.00 ea
10859	MEDIUM LOAF -----	0.00 -----
10859	Water	1.00 c
10859	Egg	1.50
10859	Fruit juice concentrate	1.50 tb
10859	Honey	2.50 tb
10859	Salt (1/4 tsp +)	0.25 ts
10859	Nutmeg (1/3 tsp+)	0.33 ts
10859	Vital gluten (up to 3TBL);	1.50 tb
10859	optional	0.00
10859	Whole wheat flour	3.33 c
10859	Yeast	1.50 ts

Sheet1

10859	MEDIUM LOAF -----	0.00 -----
10860	Crisco Shortening	0.33 c
10860	Sugar	0.50 c
10860	Egg	1.00
10860	Canned applesause	1.00 c
10860	All-purpose flour	1.75 c
10860	Baking powder	1.00 tb
10860	Baking soda	0.50 ts
10860	Salt	0.50 ts
10860	Cinnamon	0.50 ts
10860	Nutmeg	0.25 ts
10860	Finely chopped nuts	1.00 c
10861	Water	3.50 c
10861	Margarine	0.50 c
10861	Honey	0.50 c
10861	White flour	5.50 c
10861	Rolled oats	4.00 c
10861	Yeast	4.00 pk
10861	Salt	2.00 tb
10861	Eggs	4.00
10861	Wheat germ	0.50 c
10861	Cornmeal	0.50 c
10861	Wheat flour	4.50 c
10862	Quick-cooking Oats	1.00 c
10862	Butter/Sour Milk	1.00 c
10862	Unbleached Flour, Sifted	1.00 c
10862	Baking Powder	1.00 ts
10862	Baking Soda	0.50 ts
10862	Salt	1.00 ts
10862	Butter or Regular Margarine	0.33 c
10862	Brown Sugar, Packed	0.50 c
10862	Large Egg	1.00
10863	Flour; all purpose	1.50 c
10863	Salt	0.25 ts
10863	Baking powder	1.00 ts
10863	Butter	0.50 c
10863	Sugar	1.00 c
10863	Eggs	2.00
10863	Milk	0.50 c
10863	Lemon rind; finely grated	2.00 tb
10863	Nuts; chopped	0.50 c
10863	GLAZE -----	0.00 -----
10863	Sugar	2.00 ts
10863	Lemon juice	2.00 tb
10863	GLAZE -----	0.00 -----
10864	Self-raising flour	3.00 c
10864	Salt	1.00 ts
10864	Sugar	2.00 ts
10864	(60 g) Butter	2.00 oz

Sheet1

10864	Milk	1.00 c
10865	Dry yeast	1.00 tb
10865	Warm water	1.00 c
10865	Wholewheat flour	4.00 c
10865	Olive oil	6.00 tb
10865	Salt	1.00 ts
10865	Bermuda onions, thinly	1.00 lb
10865	- sliced	0.00
10865	Freshly ground black pepper	0.00
10865	Cornmeal	0.00
10866	Unbleached All-Purpose Flour	2.50 c
10866	Whole Wheat Flour	1.00 c
10866	Active Dry Yeast	1.00 pk
10866	Warm Water (110-115 Degrees)	0.33 c
10866	Orange Juice	0.50 c
10866	Water	0.50 c
10866	Butter Or Margarine *	2.00 tb
10866	Env. Onion Soup Mix	1.00
10866	Sugar	1.00 tb
10866	Salt	1.00 ts
10866	Shredded Cheddar Cheese	5.00 oz
10866	Melted Butter Or Margarine	0.00
10867	Orange peels	2.00 ea
10867	Water	1.50 c
10867	Sugar	1.00 c
10867	Egg; well beaten	1.00 ea
10867	Milk	1.00 c
10867	Flour	3.00 c
10867	Baking powder	3.00 ts
10868	Flour	3.00 c
10868	Sugar	2.25 c
10868	Baking powder	1.50 ts
10868	Salt	1.50 ts
10868	Poppy seeds	0.25 c
10868	Eggs	3.00
10868	Sour cream	1.00 c
10868	Vegetable oil	0.50 c
10868	Orange juice	1.50 c
10868	Orange extract	2.00 ts
10869	(3 ounces) cream cheese	1.00 pk
10869	Firm margarine or butter	0.25 c
10869	Variety baking mix	2.50 c
10869	Orange juice	0.50 c
10869	(8 ounces) Cream cheese, softened	1.00 pk 0.00
10869	Orange marmalade	0.33 c
10869	CHOCOLATE GLAZE -----	0.00 -----
10869	Powdered sugar	0.50 c
10869	Cocoa	2.00 tb

Sheet1

10869	Vanilla	0.25 ts
10869	Milk	3.50 ts
10869	CHOCOLATE GLAZE -----	0.00 -----
10870	Unbleached Flour	2.00 c
10870	Sugar	1.00 tb
10870	Baking Powder	1.50 ts
10870	Baking Soda	0.50 ts
10870	Sage Leaves, Crumbled	0.50 ts
10870	Chopped Fresh Parsley	0.50 c
10870	Grated Parmesan Cheese	0.25 c
10870	Butter/Sour Milk	1.25 c
10870	Butter/Margarine, Melted	0.25 c
10870	Large Egg	1.00
10871	Butter, unsalted	3.00 tb
10871	Bread, white, slices	3.00
10871	Parsley, fresh, minced	2.00 tb
10871	Salt	0.00
10872	All purpose flour	2.33 c
10872	(for better pasta, use	0.00
10872	AP flour and	1.33 c
10872	Semolina flour)	1.00 c
10872	Eggs	2.00 lg
10872	Olive oil	1.00 tb
10872	Salt	0.50 ts
10872	Water	0.33 c
10873	Dee Penrod FGGT98B	0.00
10873	Yeast	1.00 pk
10873	Bread flour	2.50 c
10873	Wheat flour	0.50 c
10873	Gluten	1.00 tb
10873	Brown sugar, packed	0.25 c
10873	Salt	1.00 ts
10873	Cinnamon	0.25 ts
10873	Nutmeg	0.25 ts
10873	Baking soda	0.12 ts
10873	Chopped dried peaches	0.33 c
10873	Sliced,canned peaches in	1.00 c
10873	Lite syrup (drained)	0.00
10873	Sour cream	0.33 c
10873	Vanilla	1.00 ts
10873	Margarine	1.00 tb
10873	Peach juice warmed	0.33 c
10874	Flour;all purpose	2.00 c
10874	Brown sugar;lightly packed	0.50 c
10874	Baking powder	1.00 tb
10874	Salt	0.25 ts
10874	Peanut butter	0.50 c
10874	Vegetable oil	2.00 tb
10874	Eggs	2.00

## Sheet1

10874	Milk	0.25 c
10874	Bananas;ripe, mashed	2.00
10875	Flour	2.00 c
10875	Peanut butter	0.67 c
10875	Sugar	0.50 c
10875	Milk	1.00 c
10875	Baking powder	3.00 ts
10875	Salt	1.00 ts
10876	Rye Flour	3.50 c
10876	Unsweetened Cocoa	0.50 c
10876	Sugar	0.25 c
10876	Caraway Seed	3.00 tb
10876	Active Dry Yeast OR	2.00 pk
10876	From A Bulk Jar	2.00 tb
10876	Instant Coffee (Powder Or	1.00 tb
10876	Crystals)	0.00
10876	Salt	2.00 ts
10876	Hot Water (120-130° F.)	2.50 c
10876	Vinegar	0.25 c
10876	Dark (Blackstrap) Molasses	0.25 c
10876	Vegetable Oil Or Melted	0.25 c
10876	Butter	0.00
10876	Unbleached Or Bread Flour	4.50 c
10877	Whole wheat pastry flour	1.75 c
10877	Maple syrup	0.50 c
10877	Baking powder	1.00 ts
10877	Baking soda	0.25 ts
10877	Butter	0.50 c
10877	Ripe bananas, mashed	2.00
10877	Pecans, coarsely chopped	0.50 c
10877	Grated lemon peel	1.00 ts
10877	Eggs, slightly beaten	2.00
10878	Unbleached Flour, Sifted	1.50 c
10878	Sugar	0.25 c
10878	Brown Sugar, Packed	0.25 c
10878	Baking Powder	2.00 ts
10878	Salt	0.50 ts
10878	Ground Cinnamon	0.50 ts
10878	Large Egg, Slightly Beaten	1.00
10878	Vegetable Oil	0.50 c
10878	Milk	0.50 c
10878	Chopped Pecans	0.50 c
10879	Milk; scalded	1.00 c
10879	Sugar	0.25 c
10879	Butter	0.33 c
10879	Yeast cakes	2.00 ea
10879	Brown sugar	0.00
10879	Pecans	0.00
10879	Salt	1.50 ts



Sheet1

10879	Eggs; beaten	2.00 ea
10879	Water; warm	0.50 c
10879	Flour	4.00 c
10880	All purpose flour	2.50 c
10880	Baking powder	1.00 tb
10880	Salt	0.50 ts
10880	Coarse cracked black pepper	1.00 tb
10880	Baking soda	0.50 ts
10880	Shortening	0.75 c
10880	Buttermilk	1.00 c
10881	Water	1.00 c
10881	Olive oil	1.50 tb
10881	Salt	0.33 ts
10881	Sugar	0.67 ts
10881	Oregano	1.25 ts
10881	Garlic powder	0.33 ts
10881	Basil	0.33 ts
10881	Whole wheat flour	1.00 c
10881	Bread flour	2.00 c
10881	Active dry yeast	1.50 ts
10881	AFTER BEEP	0.00
10881	Diced pepperoni	0.75 c
10882	Flour, all purpose	2.50 c
10882	Butter, soft	1.00 lb
10882	Fruit sugar	1.00 c
10882	Sifted rice flour	1.00 c
10882	Belgian chocolate	0.50 lb
10883	AMBROSIA SALSA -----	0.00 -----
10883	Strawberries, halved	1.00 c
10883	Sugar	2.00 tb
10883	Flaked coconut, toasted	0.25 c
10883	Pineapple tidbits or chunks	20.00 oz
10883	drained (reserve 3/4	0.00
10883	cup juice)	0.00
10883	TOAST -----	0.00 -----
10883	French or Italian bread,	10.00 oz
10883	sliced in 3/4 inch slices	0.00
10883	(1 loaf)	0.00
10883	Eggs	3.00
10883	Milk	1.50 c
10883	Vanilla extract	1.00 ts
10883	Salt	0.25 ts
10883	Sugar	2.00 tb
10883	Pineapple juice (reserved	0.75 c
10883	from above)	0.00
10883	Butter or margarine	1.00 tb
10883	AMBROSIA SALSA -----	0.00 -----
10883	TOAST -----	0.00 -----
10884	Can crushed pineapple w liq.	20.00 oz

Sheet1

10884	Low fat milk	0.50 c
10884	Packed ital. fr bread 1 in.	5.00 c
10884	Raisins	0.67 c
10884	Brown sugar	0.50 c
10884	Margarine, melted	2.00 tb
10884	Rum	1.00 tb
10884	Vanilla extract	1.00 ts
10884	Cinnamon	0.50 ts
10884	Margarine	1.00 ts
10884	Rum	1.00 tb
10884	Light brown sugar	1.00 tb
10884	Sliced almonds	2.00 tb
10885	Whole wheat flour	1.00 c
10885	Baking powder	1.00 tb
10885	Salt	0.25 ts
10885	Brown sugar	1.50 tb
10885	Egg	1.00
10885	100% all-bran cereal	1.00 c
10885	Skim milk	0.33 c
10885	Vegetable oil	0.25 c
10885	Can crushed pineapple w juic	8.00 oz
10886	Bread flour (or more)	5.00 c
10886	Sugar	3.00 tb
10886	Salt	2.00 ts
10886	Dry yeast	2.00 pk
10886	Water	2.00 c
10886	Oil or shortening	0.25 c
10886	Cornmeal	0.00
10887	Wholewheat flour	2.00 lb
10887	Salt	2.00 ts
10887	Dry yeast	0.50 tb
10887	Brown sugar	2.00 ts
10887	Warm water	1.25 pt
10888	Dry yeast	2.00 ts
10888	Lukewarm water	1.00 c
10888	Sugar	1.00 tb
10888	Salt	1.50 ts
10888	Wholewheat flour	3.00 c
10889	Breads (6-inch diameter)	2.00 pn
10889	Sliced mushrooms*	2.00 c
10889	(about 5 ounces)	0.00
10889	Red onion, thinly sliced	1.00 sm
10889	Chopped green bell pepper	0.25 c
10889	Chopped fresh or 2 ts	2.00 tb
10889	Dried basil leaves	0.00
10889	Finely shredded mozzarella	1.00 c
10889	Cheese (4 ounces)	0.00
10889	Grated parmesan	1.00 tb
10889	Cheese	0.00

Sheet1

10890	Warm water	1.00 c
10890	Yeast	1.00 pk
10890	Sugar	1.00 tb
10890	Salt	1.50 ts
10890	Oil	2.00 tb
10890	Flour (2 3/4 - 3 1/4)	3.00 c
10891	Unbleached white flour	3.50 c
10891	Eggs	2.00
10891	Salt	0.50 ts
10891	Margarine (room-temp.)	9.00 oz
10891	Water	4.00 tb
10892	Self-raising flour	8.00 oz
10892	Salt	0.50 ts
10892	Soft margarine	2.00 oz
10892	Castor sugar	10.00 oz
10892	Buttermilk	0.25 pt
10893	SOURDOUGH STARTER:	0.00
10893	Cold water	2.00 c
10893	Rye flour	6.00 c
10893	Active dry yeast	1.00 ts
10893	=====	0.00
10893	BREAD:	0.00
10893	Warm water (105-110 F)	4.00 c
10893	Rye flour	5.50 c
10893	All purpose flour	5.50 c
10893	Salt	2.00 tb
10893	Dry yeast dissolved in 1/4	4.00 pk
10893	cup warm water (105-110F)	0.00
10893	Ground cornmeal	0.25 c
10893	Caraway seeds	2.00 ts
10894	Cranberries; Fresh Or Frozen	2.00 c
10894	Milk	1.00 c
10894	Egg; Lg, Slightly Beaten	1.00
10894	Butter; Melted	0.25 c
10894	Orange Peel; Grated	1.00 tb
10894	Unbleached Flour	2.00 c
10894	Sugar	1.00 c
10894	Baking Powder	1.00 tb
10894	Salt	0.50 ts
10894	Cheddar; Md, Shredded	1.50 c
10894	Walnuts; Coarsely Chopped	0.50 c
10895	Flour, all purpose	1.00 c
10895	Flour, whole wheat	1.00 c
10895	Oatmeal, quick-cooking	1.25 c
10895	Baking powder	1.00 tb
10895	Salt	0.25 ts
10895	Poppy seeds	2.00 ts
10895	Buttermilk	1.50 c
10895	Honey, liquid	0.25 c

Sheet1

10895	Egg	1.00
10895	Butter, melted	1.00 ts
10896	Yeast cake; fresh	1.00 ea
10896	Milk; scalded	2.00 c
10896	Fat	4.00 tb
10896	Sugar	4.00 tb
10896	Salt	1.00 ts
10896	Flour; bread	4.00 c
10897	-----	0.00
10897	Milk	0.50
10897	Egg	1.00
10897	Margarine or butter	1.00 tb
10897	Sugar	2.25 tb
10897	Salt	0.33 ts
10897	Bread flour	1.50 c
10897	Yeast	1.00 ts
10897	MEDIUM LOAF -----	0.00 -----
10897	Milk	0.67 c
10897	Eggs	1.33
10897	Margarine or butter	1.33 tb
10897	Sugar	3.00 tb
10897	Salt	0.50 ts
10897	Bread flour	2.00 c
10897	Yeast	1.50 ts
10897	LARGE LOAF -----	0.00 -----
10897	Milk	1.00 c
10897	Eggs	2.00
10897	Margarine or butter	2.00 tb
10897	Sugar	0.33 c
10897	Salt	0.75 ts
10897	Bread flour	3.00 c
10897	Yeast	2.50 ts
10897	SMALL LOAF -----	0.00 -----
10897	MEDIUM LOAF -----	0.00 -----
10897	LARGE LOAF -----	0.00 -----
10898	Potato, peeled, cubed	1.00
10898	Water	2.50 c
10898	Yeast	3.00 tb
10898	Maple syrup, warm	4.00 tb
10898	Butter, melted	1.00 tb
10898	Whole Wheat Pastry Flour	6.00 c
10898	Butter, softened	2.00 tb
10898	Monterey Jack Cheese	0.50 c
10899	Yeast	1.00 pk
10899	Better for Bread flour	3.00 c
10899	Sugar	1.00 tb
10899	Salt	1.00 ts
10899	Onion salt	0.50 ts
10899	Baking soda	0.12 ts

Sheet1

10899	Mashed potato flakes;dry	0.50 c
10899	Instant nonfat dry milk	0.25 c
10899	Chopped chives; dried	2.00 tb
10899	Egg	1.00
10899	Sour cream	0.50 c
10899	Butter;or margarine	1.00 tb
10899	Very warm water	0.75 c
10900	Yeast; (Saf-Instant)	1.00 tb
10900	Water; Lukewarm (115°)	2.00 c
10900	Sugar	0.25 c
10900	Instant Potatoes	0.50 c
10900	Butter; melted	0.50 c
10900	Flour	3.00 c
10900	Powdered Milk	0.50 c
10900	Salt	1.00 tb
10900	Flour	2.50 c
10901	Active dry yeast (1/4-oz ea)	2.00 pk
10901	Plus 1 ts. sugar, divided	2.00 tb
10901	Warm water	0.50 c
10901	Condensed cream of potato	1.00 cn
10901	soup, undiluted (10 3/4-oz)	0.00
10901	Hot water	1.00 c
10901	Nonfat dry milk powder	0.50 c
10901	Sour cream	0.50 c
10901	Snipped fresh chives	0.50 c
10901	Butter or margarine, melted	2.00 tb
10901	Salt	2.00 ts
10901	Dried tarragon, crushed	1.00 ts
10901	All-purpose flour	6.50 c
10902	Potatoes; mashed	1.00 c
10902	Sugar	1.00 c
10902	Yeast cakes	2.00 ea
10902	Shortening	1.00 c
10902	Eggs	4.00 ea
10902	Salt	0.00
10902	Flour	0.00
10903	Med Potato	4.00
10903	Salt	1.00 tb
10903	Flour, bread	4.00 c
10903	Sugar	2.00 tb
10903	Yeast	1.00 c
10903	Water, lukewarm	0.50 c
10904	Flour; pastry	3.00 c
10904	Corn meal	1.00 c
10904	Baking powder ; heaping	3.00 ts
10904	Baking soda; heaping	1.00 ts
10904	Salt	1.00 tb
10905	Molly's Recipes	0.00
10905	PRETZELS -----	0.00 -----

Sheet1

10905	Yeast	2.50 ts
10905	Flour	4.00 c
10905	Salt	0.67 ts
10905	Sugar	1.33 tb
10905	Margarine; or butter	2.50 tb
10905	Water	1.33 c
10905	WATER FOR 'BATH -----	0.00 -----
10905	water; at a simmer	4.00 c
10905	Baking soda	5.00 ts
10905	PRETZELS -----	0.00 -----
10905	WATER FOR 'BATH -----	0.00 -----
10906	Brown sugar	0.50 c
10906	Syrup; maple or molasses	0.25 c
10906	Salt	1.00 ts
10906	Egg	1.00 ea
10906	Sour or buttermilk	2.00 c
10906	Baking soda	2.00 ts
10906	Flour; white	1.00 c
10906	Graham flour	2.00 c
10906	Baking powder	1.00 ts
10906	Shortening; melted	1.00 tb
10907	Shortening	2.00 tb
10907	Citron	2.00 tb
10907	Prunes; large - covered w/w	10.00 ea
10907	ater/soaked over night	0.00
10907	Flour; white	2.50 c
10907	Brown sugar	0.75 c
10907	Salt	1.00 ts
10907	Baking powder	2.50 ts
10908	Shortening	0.25 c
10908	Sugar; granulated	0.25 c
10908	Brown sugar	0.25 c
10908	Egg	1.00 ea
10908	Flour	2.00 c
10908	Salt	0.50 ts
10908	Baking powder	4.00 ts
10908	Nutmeg	0.25 ts
10908	Milk	1.00 c
10908	Prunes; cooked - well drain	0.75 c
10908	ed; chopped	0.00
10909	Pumpkin, pureed	3.50 c
10909	Butter	1.00 c
10909	Eggs	2.00
10909	Flour	2.50 c
10909	Pastry flour	2.50 c
10909	Baking powder	6.00 ts
10909	Molasses	0.25 c
10909	Cloves	1.00 ts
10909	Nutmeg	2.00 ts

Sheet1

10909	Walnuts, broken	2.00 c
10909	Honey	2.00 c
10909	Cream	1.00 c
10909	Vanilla	4.00 tb
10910	Unbleached Flour, Sifted	1.00 c
10910	Baking Powder	2.00 ts
10910	Salt	0.25 ts
10910	Ground Cinnamon	0.25 ts
10910	Vegetable Shortening	0.25 c
10910	Sugar	0.67 c
10910	Large Egg	1.00
10910	Canned, Mashed Pumpkin	0.50 c
10910	Milk	2.00 tb
10911	Unbleached Flour, Sifted	1.00 c
10911	Baking Powder	2.00 ts
10911	Pumpkin Pie Spice	1.00 ts
10911	Baking Soda	0.25 ts
10911	Salt	0.50 ts
10911	Canned, Mashed, Pumpkin	0.75 c
10911	Brown Sugar, Packed	0.50 c
10911	Large Egg, Slightly Beaten	1.00
10911	Milk	0.25 c
10911	Vegetable Oil	0.25 c
10911	Quick-cooking Oats	1.00 c
10911	Raisins	0.50 c
10911	Crumb Topping	0.00
10912	PUMPKIN ROLL -----	0.00 -----
10912	Eggs, beaten	3.00
10912	Sugar	1.00 c
10912	Canned pumpkin	0.67 c
10912	Lemon juice	1.00 ts
10912	Flour	0.75 c
10912	Baking powder	1.00 ts
10912	Cinnamon	2.00 ts
10912	Ginger	1.00 ts
10912	Nutmeg	0.50 ts
10912	Chopped nuts	0.00
10912	Confectioners' sugar	0.00
10912	Filling (recipe follows)	0.00
10912	FILLING -----	0.00 -----
10912	Confectioners' sugar	0.50 c
10912	Cream cheese	4.00 oz
10912	Butter or margarine	2.00 tb
10912	Vanilla	0.50 ts
10912	PUMPKIN ROLL -----	0.00 -----
10912	FILLING -----	0.00 -----
10913	Bisquick	2.00 c
10913	Sugar	0.25 c
10913	Cinnamon	1.00 ts

Sheet1

10913	Applesauce	0.50 c
10913	Milk	0.25 c
10913	Egg	0.00
10913	Cooking oil	2.00 tb
10913	TOPPING -----	0.00 -----
10913	Sugar	0.25 c
10913	Cinnamon	0.25 ts
10913	Butter or margarine, melted	2.00 tb
10913	TOPPING -----	0.00 -----
10914	Wheat flour	2.75 c
10914	Soy flour; 2 T	0.50 c
10914	salt	1.25 t
10914	Inst dry milk;less 1 T	0.50 c
10914	Baking powder	2.50 T
10914	Wheat germ	1.00 c
10915	Unbleached Flour	3.75 c
10915	Baking Powder	5.00 ts
10915	Salt	0.50 ts
10915	Butter	0.33 c
10915	Cheddar; Sharp	2.50 c
10915	Milk	1.50 c
10915	Eggs; Lg, Slightly Beaten	2.00
10916	Dry yeast	1.00 tb
10916	Salt	1.00 ts
10916	Warm water	0.75 c
10916	Garlic cloves, pressed	4.00 lg
10916	White flour	2.50 c
10917	Flour	2.00 c
10917	Baking powder	2.00 ts
10917	Baking soda	0.25 ts
10917	Salt	0.75 ts
10917	Sugar	0.33 c
10917	Raisins	1.00 c
10917	Cereal flakes	2.00 c
10917	Egg	1.00 ea
10917	Buttermilk	1.50 c
10917	Shortening; melted	4.00 tb
10918	Cake flour; sifted	4.00 c
10918	Baking powder	2.00 ts
10918	Salt	0.50 ts
10918	Shortening	0.50 c
10918	Sugar	4.00 tb
10918	Egg; beaten	1.00 ea
10918	Milk	1.00 c
10919	Butter	0.25 c
10919	Sugar	0.25 c
10919	Yeast	2.00 pk
10919	Cinnamon	1.50 ts
10919	Corn syrup	2.00 tb



Sheet1

10919	Milk	1.25 c
10919	Flour	3.25 c
10919	Salt	1.00 ts
10919	Egg	1.00
10919	Brown sugar	1.00 c
10919	Butter	0.75 c
10919	Walnuts	1.00 c
10920	Med Potato	1.00 ea
10920	Yeast	1.00 c
10920	Cinnamon	2.00 ts
10920	Sugar	1.00 c
10920	Butter	1.00 tb
10920	Water	1.00 qt
10920	Water, lukewarm	1.00 c
10920	Cloves	0.50 ts
10920	Raisins	1.00 lb
10920	Flour	1.00 x
10921	Loaf frozen bread dough,thaw	16.00 oz
10921	Butter melted & divided	0.25 c
10921	Sugar	0.50 c
10921	Ground cinnamon	2.00 ts
10921	Raisins	0.33 c
10921	Chopped almonds, toasted	2.00 tb
10921	Grated lemon rind	2.00 ts
10921	Sifted powdered sugar	0.50 c
10921	Lemon juice	2.50 ts
10922	Unbleached Flour *	6.50 c
10922	Sugar	2.00 T
10922	Hot Water (130 degrees F.)	2.25 c
10922	Active Dry Yeast	2.00 pk
10922	Salt	1.00 T
10922	Butter or Margarine **	0.25 c
10923	All-purpose flour	3.75 c
10923	Active dry yeast	1.00 pk
10923	Sugar	1.00 tb
10923	Butter or margarine,	1.00 tb
10923	Softened	0.00
10923	Salt	1.00 ts
10923	Warm water (120 to 130	1.00 c
10923	Degrees)	0.00
10923	Thousand Island salad	0.25 c
10923	Dressing	0.00
10923	Thinly sliced corned beef	6.00 oz
10923	Swiss cheese	4.00 oz
10923	Sauerkraut (8 oz.), drained	1.00 cn
10923	Egg white, beaten	1.00
10923	Poppy seeds	0.00
10924	Brown sugar	1.00 c
10924	Salad oil	0.25 c

Sheet1

10924	Egg	1.00
10924	Vanilla	2.00 ts
10924	Buttermilk;*	1.00 c
10924	Rhubarb; finely diced	1.50 c
10924	Walnut pieces	0.50 c
10924	Flour	2.50 c
10924	Baking powder	1.00 ts
10924	Baking soda	1.00 ts
10924	Salt	0.50 ts
10925	Flour	2.00 c
10925	Sugar	0.75 c
10925	Baking powder	1.50 ts
10925	Baking soda	0.50 ts
10925	Salt	1.00 ts
10925	Chopped pecans	0.75 c
10925	Egg, large	1.00
10925	Vegetable oil	0.25 c
10925	Grated orange peel	2.00 ts
10925	Orange juice	0.75 c
10925	Rhubarb, fresh fine chopped	1.25 c
10926	Margarine or butter	2.00 tb
10926	Stalk celery, chopped	1.00 md
10926	(about 1/2 cup)	0.00
10926	Onion, chopped	1.00 sm
10926	(about 1/4 cup)	0.00
10926	Salt	0.50 ts
10926	Pepper	0.12 ts
10926	Cooked rice	2.00 c
10926	Chopped walnuts	0.50 c
10926	Raisins	0.33 c
10926	Paprika	0.25 ts
10926	Bacon, crisply cooked and	4.00 sl
10926	Crumbled	0.00
10927	Sugar,	0.50 c
10927	Baking powder,	2.00 ts
10927	Salt	0.50 ts
10927	Butter or margarine melted,	0.50 c
10927	Fresh orange juice	0.50 c
10927	Eggs,	2.00
10927	Flour,	1.50 c
10927	Grated rind of 1 orange	0.00
10927	TOPPING -----	0.00 -----
10927	Sugar cubes	0.00
10927	Orange juice	0.00
10927	TOPPING -----	0.00 -----
10928	Yeast; Active Dry	2.00 pk
10928	;Warm Water(110-120 degrees)	0.50 c
10928	Milk; Lukewarm	1.50 c
10928	Sugar	2.00 tb

Sheet1

10928	Salt	1.00 ts
10928	Molasses	0.50 c
10928	Butter	2.00 tb
10928	Rye Flour; Unsifted	3.25 c
10928	Bread Flour; Unsifted	2.50 c
10929	Oats; rolled	1.00 c
10929	Water; boiling	2.00 c
10929	Butter	2.00 tb
10929	Brown sugar	0.50 c
10929	Salt	0.50 ts
10929	Yeast cake	1.00 ea
10929	Water; warm	1.00 c
10929	Flour	4.00 c
10929	Nut meats	1.00 c
10929	Raisins; optional	0.00
10930	Pillsbury Refrigerated*	1.00 cn
10930	Spicy French Dressing	0.50 c
10931	Pillsbury Refrigerated*	1.00 cn
10931	Spicy French Dressing	0.50 c
10932	Eggs	3.00 ea
10932	Sugar	0.67 c
10932	Lard	0.50 c
10932	Milk; sweet	1.00 pt
10932	Water	1.00 pt
10932	Yeast cake	1.00 ea
10932	Flour	0.00
10933	-----	0.00
10933	FOR 1 -----	0.00
10933	Yeast	1.00
10933	White sugar	1.00 tb
10933	Bread flour	1.50 c
10933	Medium rye flour	1.50 c
10933	Whole wheat flour	0.25 c
10933	Unprocessed bran flakes	0.50 c
10933	Caraway seeds	1.00 tb
10933	Salt	1.00 ts
10933	Instant coffee powder	1.00 ts
10933	Fennel seeds	0.25 ts
10933	HEAT THE FOLLOWING OVER LOW -----	0.00 -----
10933	HEAT; STIRRING FREQUENTLY -----	0.00 -----
10933	TILL CHOCOLATE AND BUTTER -----	0.00 -----
10933	MELT. COOL TO 105 -----	0.00 -----
10933	Plus 2 Tbsp water	1.00 c
10933	Molasses	2.00 tb
10933	Cider vinegar	2.00 tb
10933	Butter	2.00 tb
10933	Unsweetened chocolate	0.50 oz
10933	MICHAEL HATALA RJHP21A -----	0.00 -----
10933	FOR 1 -----	0.00 -----

Sheet1

10933	HEAT THE FOLLOWING OVER LOW -----	0.00 -----
10933	HEAT; STIRRING FREQUENTLY -----	0.00 -----
10933	TILL CHOCOLATE AND BUTTER -----	0.00 -----
10933	MELT. COOL TO 105 -----	0.00 -----
10934	Yeast; Active Dry	2.00
10934	Warm Water(110-120 degrees)	0.50 c
10934	Cup Milk; Lukewarm	1.50
10934	B Sugar	2.00 tb
10934	Salt	1.00 ts
10934	Molasses	0.50 c
10934	B Butter	2.00 tb
10934	Cup Rye Flour; Unsifted	3.25
10934	Cup Bread Flour; Unsifted	2.50
10936	Yeast	1.00 tb
10936	Sugar	1.00 tb
10936	Warm (105 - 110 degrees)	1.00 c
10936	Water	0.00
10936	Flour (we use a blend of	3.00 c
10936	High-protein unbleached,	0.00
10936	Whole wheat, corn _flour_,	0.00
10936	And oat or rye flours,	0.00
10936	Depending upon the	0.00
10936	Mood/likes of the person	0.00
10936	Doing the making)	0.00
10937	SOLIDS -----	0.00 -----
10937	Sausage,cooked and drained	0.50 lb
10937	Bisquick	1.50 c
10937	Grated Cheddar cheese	4.00 oz
10937	(about 1 cup)	0.00
10937	LIQUIDS -----	0.00 -----
10937	Egg	1.00 lg
10937	Milk	2.00 tb
10937	Salt	0.25 ts
10937	SOLIDS -----	0.00 -----
10937	LIQUIDS -----	0.00 -----
10938	Plain white household flour	0.25 lb
10938	Bicarbonate of soda	1.00 ts
10938	Cream of tartare	1.50 ts
10938	Caster sugar	1.00 oz
10938	Egg	1.00
10938	Milk or cream	0.25 pt
10939	All-purpose flour	2.00 c
10939	Old-fashioned rolled oats	1.00 c
10939	Sugar	0.50 c
10939	Baking powder	2.50 ts
10939	Baking soda	0.50 ts
10939	Salt	1.00 ts
10939	Egg	1.00
10939	Oil or shortening, melted	3.00 tb

Sheet1

10939	Vanilla extract	0.50 ts
10939	COCA-COLA	1.00 c
10939	Prunes, very well drained	1.00 c
10939	And coarsely chopped *	0.00
10939	Walnuts, chopped	0.50 c
10939	Prune halves (optional)	0.00
10940	Active Sourdough Starter	1.50 c
10940	Unbleached Flour	4.00 c
10940	Sugar	2.00 tb
10940	Shortening, Melted	2.00 tb
10940	Salt	1.00 ts
10940	Baking Soda	0.25 ts
10941	Boiling water	2.00 c
10941	Raisins	1.00 c
10941	Baking soda	2.00 ts
10941	Oleo (2 sticks)	1.00 c
10941	Sugar	2.00 c
10941	Eggs	2.00
10941	Vanilla	2.00 ts
10941	Flour	4.00 c
10941	Chopped nuts	0.75 c
10942	Flour	4.00 c
10942	Sugar	2.00 ts
10942	Baking soda	1.00 ts
10942	Cream of tartar	2.00 ts
10942	salt	1.00 pn
10942	Lard	0.25 c
10942	Margarine	0.25 c
10942	Currants or currants and	1.25 c
10942	sultanas mixed	0.00
10942	Milk;or enough to make	2.00 tb
10942	stiff dough	0.00
10943	Yeast cakes	2.00 ea
10943	Water; lukewarm	0.25 c
10943	Milk	1.25 c
10943	Sugar	3.00 tb
10943	Salt	0.75 ts
10943	Butter	0.25 c
10943	Flour; sifted	5.00 c
10944	Refrigerated Biscuits	1.00 cn
10944	Butter	2.00 tb
10944	Garlic Salt	0.12 ts
10944	Parmesan Cheese	0.33 c
10945	Self-rising corn meal	2.00 c
10945	Sugar	1.00 ts
10945	Salt	0.25 ts
10945	Crackers	1.50 c
10945	Buttermilk	1.50 c
10945	Flour	1.00 tb

Sheet1

10945	Melted butter	2.00 ts
10945	Cracklins	1.50 c
10946	BREAD -----	0.00 -----
10946	Flour, all purpose	4.00 c
10946	Salt	1.00 ts
10946	Baking soda	1.00 ts
10946	Butter, chilled	0.25 c
10946	Raisins or currants (option)	1.00 c
10946	Honey, liquid	0.50 c
10946	Irish whisky or buttermilk	0.25 c
10946	GLAZE -----	0.00 -----
10946	Irish whisky	2.00 ts
10946	Ilk	2.00
10946	BREAD -----	0.00 -----
10946	GLAZE -----	0.00 -----
10947	Cl Garlic	6.00
10947	Large loaf of italian bread	0.00
10947	Italian olive oil	0.00
10947	Salt and pepper	0.00
10948	Flour	4.00 c
10948	Baking powder	1.00 tb
10948	Sugar	2.00 ts
10948	Salt	1.50 ts
10948	Shortening or lard	0.25 c
10948	Water or more if needed	1.25 c
10949	Active dry yeast	1.00 pk
10949	Warm water (110)	0.25 c
10949	Milk	1.50 c
10949	Lard or shortening	3.00 tb
10949	Salt	1.50 ts
10949	Sugar	2.00 tb
10949	All purpose flour	4.00 c
10949	Whole wheat flour	1.00 c
10949	OIL	1.00
10950	Lean Ground Beef	1.50 lb
10950	Onion; Chopped, 1 Sm	0.25 c
10950	Salt	0.50 ts
10950	Celery; Chopped	0.50 c
10950	Herb Stuffing Cubes; Not Mix	4.00 c
10950	Milk	1.50 c
10950	Eggs; Lg	2.00
10950	Cream Of Mushroom Soup; 1 Cn	10.75 oz
10950	Mustard; Dry	1.00 ts
10950	Cheddar Cheese; Shredded,4oz	1.00 c
10951	Flour	4.00 c
10951	Baking powder	4.00 ts
10951	Salt	1.00 ts
10951	Sour cream	1.00 c
10951	Milk; sour	1.25 c

Sheet1

10951	Soda	1.00 ts
10952	Unsalted butter, softened	0.50 c
10952	Light brown sugar, packed	0.25 c
10952	Egg, beaten lightly	1.00 lg
10952	Sour cream	1.00 c
10952	Dark molasses	0.25 c
10952	Raisins	0.50 c
10952	Flour	1.00 c
10952	Baking soda	1.00 ts
10952	Salt	0.25 ts
10952	Miller's bran	1.00 c
10953	Warm water	0.25 c
10953	Yeast	1.00 tb
10953	Butter	0.25 c
10953	Maple syrup	3.00 tb
10953	Egg	1.00
10953	Sour cream	1.00 c
10953	Whole Wheat Pastry Flour	3.00 c
10954	Batter	2.00 c
10954	Sugar	2.00 tb
10954	Soda	0.12 ts
10954	Melted shortening	0.25 c
10954	Baking powder	3.00 ts
10954	Salt	1.00 ts
10955	Flour; general purpose	2.50 c
10955	Buttermilk	1.00 c
10955	Baking powder	0.50 ts
10955	Shortening; rounded	1.00 tb
10955	Soda	1.00 ts
10955	Salt	1.00 ts
10956	Shortening	0.50 c
10956	Sugar	1.00 c
10956	Large Egg	1.00
10956	Mashed Bananas	1.00 c
10956	Active Sourdough Starter	1.00 c
10956	Unbleached Flour	2.00 c
10956	Salt	1.00 ts
10956	Baking Powder	1.00 ts
10956	Baking Soda	0.50 ts
10956	Chopped Walnuts	0.75 c
10956	Vanilla OR	1.00 ts
10956	Grated Orange Peel	1.00 ts
10957	NORMA WRENN NPXR56B -----	0.00 -----
10957	Flour	1.00 c
10957	Baking powder	2.00 tb
10957	Salt	0.25 ts
10957	Baking soda	0.25 ts
10957	Lard	0.33 c
10957	Starter	1.00 c

Sheet1

10957	NORMA WRENN NPXR56B -----	0.00 -----
10958	-----	0.00
10958	Starter	0.75
10958	Milk	6.00
10958	Butter or margarine	1.25 tb
10958	Sugar	1.33 tb
10958	Salt	2.00 ts
10958	Bread Flour	2.00 c
10958	Yeast	1.00 ts
10958	MEDIUM LOAF -----	0.00 -----
10958	Starter	1.00 c
10958	Milk	0.67 c
10958	Butter or margarine	2.00 tb
10958	Sugar	2.00 tb
10958	Salt	1.00 tb
10958	Bread flour	3.00 c
10958	Yeast	1.50 ts
10958	LARGE LOAF -----	0.00 -----
10958	Starter	1.50 c
10958	Milk	0.75 c
10958	Butter or margarine	2.50 tb
10958	Sugar	2.67 tb
10958	Salt	1.33 tb
10958	Bread flour	4.00 c
10958	Yeast	2.50 ts
10958	SMALL LOAF -----	0.00 -----
10958	MEDIUM LOAF -----	0.00 -----
10958	LARGE LOAF -----	0.00 -----
10959	Active Sourdough Starter	1.00 c
10959	Salt	2.00 t
10959	Shortening	2.00 T
10959	Unbleached Flour	2.50 c
10959	Dry Skim Milk	0.50 c
10959	Sugar	3.00 T
10959	Whole Milk	0.50 c
10959	Baking Soda	1.50 t
10960	Active Sourdough Starter	0.50 c
10960	Margarine, Melted	2.00 tb
10960	Cornmeal	0.50 c
10960	Salt	1.00 ts
10960	Sugar	1.00 tb
10960	Sour Cream or Yogurt	0.50 c
10960	Large Eggs, Stirred	2.00
10960	Unbleached Flour	1.00 c
10960	Cream Of Tartar	0.50 ts
10960	Baking Powder	0.50 ts
10961		0.00 1 1/2
10961		0.67
10961		0.67



Sheet1

10961	Egg, optional	0.50
10961	Butter	1.00 2
10961	Baking soda	0.12 1
10961	Sugar	1.00 1 1/3
10961	Salt	0.50 t 2 2/3
10961	Cornmeal	0.67
10961	Bread flour	1.33
10961	Yeast	1.00
10961	MEDIUM LOAF -----	0.00
10961	Starter	1.00
10961	Milk	1.00 c
10961	Egg, optional	1.00
10961	Butter	1.50 tb
10961	Baking soda	0.25 ts
10961	Sugar	1.50 tb
10961	Salt	0.75 ts
10961	Cornmeal	1.00 c
10961	Bread flour	2.00 c
10961	Yeast	1.50 ts
10961	LARGE LOAF -----	0.00 -----
10961	Starter	1.33 c
10961	Milk	1.33 c
10961	Egg, optional	1.50
10961	Butter	2.00 tb
10961	Baking soda	0.50 ts
10961	Sugar	2.00 tb
10961	Salt	1.00 ts
10961	Cornmeal	1.33 c
10961	Bread flour	2.67 c
10961	Yeast	2.50 ts
10961	SMALL LOAF -----	0.00 -----
10961	MEDIUM LOAF -----	0.00 -----
10961	LARGE LOAF -----	0.00 -----
10962	Active Dry Yeast	1.00 pk
10962	Warm Water (110 to 115 F)	0.25 c
10962	Unbleached Flour, Unsifted	4.50 c
10962	Sugar	2.00 tb
10962	Salt	2.00 ts
10962	Warm Water	1.00 c
10962	Milk	0.50 c
10962	Vegetable Oil	2.00 tb
10962	Sourdough Starter	0.25 c
10963	Water, warm	0.50 c
10963	Sourdough starter	1.00 c
10963	White vinegar	1.00 tb
10963	Salt	3.00 ts
10963	Dry instant potatoes	0.25 c
10963	Sifted flour (up to 4 3/4)	4.50 c
10963	Dry yeast	1.00 pk

Sheet1

10964	Active Dry Yeast	1.00 pk
10964	Warm Water	1.00 c
10964	Salt	1.00 ts
10964	Sourdough Starter	0.67 c
10964	Honey	0.50 c
10964	Shortening	1.50 tb
10964	Whole Wheat Flour	4.00 c
10965	c	0.00 3
10965		0.50
10965	Milk	0.75
10965	Butter	1.00
10965	Sugar	2.00
10965	Salt	1.00
10965	Oats	0.50 c
10965	Bread flour	1.50 c
10965	Yeast	1.00 ts
10965	MEDIUM LOAF -----	0.00 -----
10965	Starter	0.75 c
10965	Milk	1.00 c
10965	Butter	1.50 tb
10965	Sugar	1.00 tb
10965	Salt	1.50 ts
10965	Oats	0.75 c
10965	Bread flour	2.25 c
10965	Yeast	1.50 ts
10965	LARGE LOAF -----	0.00 -----
10965	Starter	1.00 c
10965	Milk	1.50 c
10965	Butter	2.00 tb
10965	Sugar	1.33 tb
10965	Salt	2.00 ts
10965	Oats	1.00 c
10965	Bread flour	3.00 c
10965	Yeast	2.50 ts
10965	SMALL LOAF -----	0.00 -----
10965	MEDIUM LOAF -----	0.00 -----
10965	LARGE LOAF -----	0.00 -----
10966	c	0.00 1
10966		0.50
10966		0.50
10966	-----	0.25
10966	Fruit juice concentrate	1.00 2
10966	Molasses/honey	2.00 1/4
10966	Salt	0.50 1
10966	Anise/caraway (optional)	2.00 t 1 1/3
10966	(or 2 tb) vital gluten	1.00
10966	Rye flour	0.50
10966	Whole wheat flour	2.00 1
10966	Yeast	1.00 4

Sheet1

10966	MEDIUM LOAF -----	0.00	2
10966	Starter	0.75	
10966	Water/milk	0.75	
10966	Diced onion	0.33	
10966	Fruit juice concentrate	1.50	
10966	Molasses/honey	3.00	tb
10966	Salt	0.75	ts
10966	Anise/caraway (optional)	1.00	tb
10966	(to 3 tb) Vital gluten	1.50	tb
10966	Rye flour	0.75	c
10966	Whole wheat flour	3.00	c
10966	Yeast	1.50	ts
10966	LARGE LOAF -----	0.00	-----
10966	Starter	1.00	c
10966	Water/milk	1.00	c
10966	Diced onion	0.50	c
10966	Fruit juice concentrate	2.00	tb
10966	Molasses/honey	0.25	c
10966	Salt	1.00	ts
10966	Anise/caraway (optional)	1.33	tb
10966	(to 4 tb) Vital gluten	2.00	tb
10966	Rye flour	1.00	c
10966	Whole wheat flour	4.00	c
10966	Yeast	2.00	ts
10966	SMALL LOAF -----	0.00	-----
10966	MEDIUM LOAF -----	0.00	-----
10966	LARGE LOAF -----	0.00	-----
10967	Active Starter	0.50	c
10967	Pancake Mix	0.50	c
10967	Large Egg	1.00	
10967	Cooking Oil	1.00	tb
10967	Milk	0.50	c
10967	Soda	0.50	ts
10968	Active Starter	1.00	c
10968	Large Egg	1.00	
10968	Cooking Oil	2.00	tb
10968	Instant Or Evaporate Milk	0.25	c
10968	Salt	1.00	ts
10968	Baking Soda	1.00	ts
10968	Sugar	2.00	tb
10969	Active Starter	2.00	c
10969	Unbleached Flour	2.00	c
10969	Baking Soda	1.00	ts
10969	Large Eggs, Well Beaten	2.00	
10969	Sugar	1.00	tb
10969	Salt	1.00	ts
10969	Bacon Fat (2 - 3 T)	0.00	
10970	Buttermilk Pancake Mix	1.00	c
10970	Active Starter	0.50	c

Sheet1

10970	Milk	0.50 c
10970	Large Egg	1.00
10970	Cooking Oil	1.00 tb
10970	Baking Powder	0.50 ts
10971	Large Eggs, Well Beaten	3.00
10971	Sweet Milk	1.00 c
10971	Active Starter	2.00 c
10971	Unbleached Flour	1.75 c
10971	Baking Soda	1.00 ts
10971	Baking Powder	2.00 ts
10971	Salt	1.50 ts
10971	Sugar	0.25 c
10972	Sourdough starter	1.00 c
10972	Warm milk 90 to 100 f	1.00 c
10972	Melted margarine	0.33 c
10972	All purpose flour, and	0.50 c
10972	Whole wheat flour, and	0.50 c
10972	Rolled oats;-- or	0.50 c
10972	All purpose flour	1.50 c
10972	Separated fresh eggs	2.00
10972	Baking soda	0.50 ts
10972	Baking powder	1.00 ts
10972	No-salt (or salt)	0.50 ts
10972	Salad oil	1.00 tb
10973	DONNA G BM COOKBOOK III -----	0.00 -----
10973	posted by Gaye Levy DTXT63A	0.00
10973	Sourdough starter	1.12 c
10973	Water	0.50 c
10973	Sugar	1.25 ts
10973	Salt	0.75 ts
10973	Bread flour	2.25 c
10973	Yeast	1.50 ts
10973	DONNA G BM COOKBOOK III -----	0.00 -----
10974	Sourdough Starter	1.00 c
10974	Shortening, Melted	1.00 tb
10974	Salt	1.00 ts
10974	Flour	1.00 c
10975	Active Sourdough Starter	1.50 c
10975	Caraway Seeds, Chopped	2.00 tb
10975	Unsifted Rye Flour	2.00 c
10975	Boiling Black Coffee	0.50 c
10975	Molasses	0.50 c
10975	Dry Skim Milk	0.25 c
10975	Salt	2.00 ts
10975	Melted Shortening	3.00 tb
10975	Whole Milk	0.50 c
10975	Unbleached Flour	2.75 c
10975	Active Dry Yeast	1.00 pk
10976	Active Sourdough Starter	0.50 c

Sheet1

10976	Sugar	0.50 c
10976	Shortening	2.00 tb
10976	Unbleached Flour	2.00 c
10976	Baking Powder	1.00 ts
10976	Large Egg	1.00
10976	Nutmeg	0.50 ts
10976	Cinnamon	0.25 ts
10976	Baking Soda	0.50 ts
10976	Salt	0.50 ts
10976	Buttermilk or Sour Milk	0.33 c
10977	Flour	2.00 c
10977	Water	2.00 c
10977	Yeast	1.00
10977	Sugar	0.25 c
10977	Milk	1.00 c
10977	Flour	1.00 c
10978	Unbleached Flour	2.00 c
10978	Active Dry Yeast	1.00 pk
10978	Water To Make Thick Batter	0.00
10979	Unbleached Flour	2.00 c
10979	Water To Make Thick Batter	0.00
10980	Unbleached Flour	2.00 c
10980	Warm Milk To Make Thick Bat.	0.00
10981	Unbleached Flour	0.00
10981	Potato Water	0.00
10982	Unbleached Flour	4.00 c
10982	Salt	2.00 tb
10982	Sugar	2.00 tb
10982	Lukewarm Potato Water	4.00 c
10983	Milk	1.00 c
10983	Unbleached Flour	1.00 c
10984	Nonfat milk	1.00 c
10984	Fresh low-fat yogurt	3.00 tb
10984	All-purpose flour	1.00 c
10985	Sourdough starter	1.00 c
10985	90 f warm water	2.00 c
10985	All purpose flour	2.50 c
10985	Whole fresh egg	1.00
10985	Cooking oil	2.00 tb
10985	Instant dry milk	0.25 c
10985	No-salt (or salt)	1.00 ts
10985	Baking soda	1.00 ts
10985	Sugar	2.00 tb
10986	c	0.00 2 1/2
10986		0.75
10986	Milk	6.00
10986	Butter or margarine	1.25
10986	Sugar	1.33
10986	Salt	2.00

Sheet1

10986	Whole wheat flour	0.75 c
10986	Bread flour	1.25 c
10986	Yeast	1.00 ts
10986	MEDIUM LOAF -----	0.00 -----
10986	Starter	1.00 c
10986	Milk	0.67 c
10986	Butter or margarine	2.00 tb
10986	Sugar	2.00 tb
10986	Salt	1.00 tb
10986	Whole wheat flour	1.00 c
10986	Bread flour	2.00 c
10986	Yeast	1.50 ts
10986	LARGE LOAF -----	0.00 -----
10986	Starter	1.50 c
10986	Milk	0.75 c
10986	Butter or margarine	2.50 tb
10986	Sugar	2.67 tb
10986	Salt	1.33 tb
10986	Whole wheat flour	1.50 c
10986	Bread flour	2.50 c
10986	Yeast	2.50 ts
10986	SMALL LOAF -----	0.00 -----
10986	MEDIUM LOAF -----	0.00 -----
10986	LARGE LOAF -----	0.00 -----
10987	DIRECTIONS FOR 1 LB. LOAF -----	0.00 -----
10987	Active dry yeast	1.50 ts
10987	Bread flour	1.33 c
10987	Whole wheat flour	0.67 c
10987	Wheat bran	0.33 c
10987	Salt	1.00 ts
10987	(plus 1 tsp) brown sugar	1.00 tb
10987	Vegetable oil	1.00 tb
10987	Sourdough starter	1.00 c
10987	Water	0.33 c
10987	Grated cheddar cheese	0.50 c
10987	INSTRUCTIONS FOR 1.5 LB LOAF -----	0.00 -----
10987	Active dry yeast	2.00 ts
10987	Bread flour	2.00 c
10987	Whole wheat flour	1.00 c
10987	Wheat bran	0.50 c
10987	Salt	1.50 ts
10987	Brown sugar	2.00 tb
10987	Vegetable oil	1.50 tb
10987	Sourdough starter	1.50 c
10987	Water	0.50 c
10987	Grated Cheddar cheese	0.75 c
10987	DIRECTIONS FOR 1 LB. LOAF -----	0.00 -----
10987	INSTRUCTIONS FOR 1.5 LB LOAF -----	0.00 -----
10988	Dry yeast	1.00 pk

Sheet1

10988	Warm water	2.00 c
10988	Flour	2.00 c
10989	Unbleached all-purpose	3.00 c
10989	Flour, divided	0.00
10989	Active dry yeast	1.00 ts
10989	Hot (120F to 130F) water	2.00 c
10989	Lukewarm (100F) water	1.00 c
10989	SOURDOUGH STARTER	0.00
10990	All-purpose flour	2.50 c
10990	Sugar	0.25 c
10990	Baking powder	1.50 tb
10990	Salt	0.25 ts
10990	Plus 2 Tbsp unsalted butter	0.25 lb
10990	Cold milk	1.00 c
10991		0.00
10991	Southern Cornbread	0.00
10991	Margarine	1.00
10991	Onions, chopped	1.25
10991	Celery, chopped	1.25 c
10991	Water	2.00 tb
10991	Poultry seasoning	1.25 ts
10991	Rubbed sage	1.00 ts
10991	Salt	0.25 ts
10991	Pepper	0.25 ts
10991	White bread, cubed (about 6	3.00 c
10991	slices)	0.00
10991	Low sodium chicken broth	2.50 c
10991	Fresh parsley, finely choppd	0.33 c
10991	Egg	1.00
10991	Vegetable spray	0.00
10991	CORNBREAD -----	0.00 -----
10991	All-purpose flour	1.00 c
10991	Yellow cornmeal	0.75 c
10991	Baking Powder	2.00 ts
10991	Sugar	2.00 ts
10991	Salt	0.12 ts
10991	Skim milk	1.00 c
10991	Apple sauce	2.00 tb
10991	Egg, Beaten	1.00
10991	Vegetable Cooking spray	0.00
10991	DRESSING -----	0.00 -----
10991	CORNBREAD -----	0.00 -----
10992	Flour	1.00 c
10992	Corn meal	1.00 c
10992	Graham flour	1.00 c
10992	Brown sugar	1.00 c
10992	Salt	1.00 ts
10992	Baking powder	5.00 ts
10992	Egg	1.00 ea

## Sheet1

10992	Milk	2.00 c
10992	Butter; melted	3.00 tb
10993	Scalded milk	1.50 c
10993	Corn meal	0.50 c
10993	Salt	0.50 ts
10993	Butter	1.00 tb
10993	Flour	2.00 tb
10993	Baking powder	1.00 ts
10993	Egg	1.00 ea
10994	Active dry yeast	2.50 ts
10994	Bread flour	0.75 c
10994	Whole wheat flour	2.67 c
10994	Wheat bran	3.00 tb
10994	Dried rosemary	1.00 tb
10994	Vegetable oil	0.25 c
10994	Honey	0.25 c
10994	PLUS 2 tablespoons Water	1.00 c
10995	Yeast	1.00 ts
10995	Flour, bread	2.50 c
10995	Sugar, brown	2.00 tb
10995	Salt	0.50 tb
10995	Pumpkin pie spice	1.00 tb
10995	Pumpkin	1.00 c
10995	Oil	3.00 tb
10995	Eggs	2.00
10995	Water	0.25 c
10996	Raisins	1.00 c
10996	Applesauce	1.00 c
10996	Baking soda	1.00 ts
10996	Cloves; ground	0.12 ts
10996	Sugar	1.00 c
10996	Vanilla	1.00 ts
10996	Water	0.50 c
10996	Unbleached flour; sifted	1.50 c
10996	Cinnamon; ground	0.50 ts
10996	Butter or regular margarine	0.50 c
10996	Egg; lg	1.00 ea
10996	Walnuts; chopped	0.50 c
10997	Unbleached Flour, Sifted	2.00 c
10997	Sugar	0.50 c
10997	Baking Powder	3.00 ts
10997	Salt	1.00 ts
10997	Pumpkin Pie Spice	2.00 ts
10997	Quick-cooking Oats	0.50 c
10997	Chopped Dried Apricots	1.00 c
10997	Chopped Walnuts	0.50 c
10997	Large Eggs, Slightly Beaten	2.00
10997	Milk	1.33 c
10997	Vegetable Oil	0.25 c



Sheet1

10998	Green chili, chopped	1.00 lg
10998	Chorizo, coarsely chopped	1.00 lb
10998	(or other spicy sausage)	0.00
10998	Onion, chopped	1.00 lg
10998	Butter	3.00 tb
10998	Eggs	3.00
10998	Sour cream	1.00 c
10998	Cornmeal	1.50 c
10998	Whole wheat pastry flour	0.50 c
10998	Baking soda	1.00 ts
10998	Baking powder	1.00 ts
10998	Soy sauce	0.50 ts
10998	Maple syrup	0.50 c
10998	Milk	1.00 c
10998	Monterey Jack, grated	1.00 c
10998	Ears of fresh cooked corn	3.00
10998	Kernels only	0.00
10999	FOR THE PANCAKES -----	0.00 -----
10999	Buckwheat flour	2.00 oz
10999	Plain white flour	2.00 oz
10999	Eggs	2.00
10999	Butter; melted	2.00 tb
10999	Milk	0.25 pt
10999	Water	0.25 pt
10999	FOR THE FILLING -----	0.00 -----
10999	Fresh spinach	2.00 lb
10999	Onion	1.00 lg
10999	Stilton cheese	3.00 oz
10999	Walnut pieces	2.00 oz
10999	Butter	0.00
10999	Garlic sliver	1.00
10999	FOR THE SAUCE -----	0.00 -----
10999	Butter	1.00 oz
10999	Plain white flour	1.00 oz
10999	Stock	0.50 pt
10999	Double cream	0.25 pt
10999	Freshly grated Parmesan	2.00 tb
10999	(heaped) Dijon mustard	1.00 ts
10999	FOR THE PANCAKES -----	0.00 -----
10999	FOR THE FILLING -----	0.00 -----
10999	FOR THE SAUCE -----	0.00 -----
11000	Milk	2.00 c
11000	Salt	1.00 ts
11000	Corn meal	0.50 c
11000	Eggs separated	3.00 ea
11000	Butter	2.00 tb
11000	Baking powder	0.50 ts
11001	Active dry yeast	2.50 ts
11001	Warm (105-110F) water	1.00 c

Sheet1

11001	Eggs	2.00
11001	Olive oil	2.00 tb
11001	Flour	3.25 c
11001	Salt	1.50 ts
11001	Black pepper	0.50 ts
11001	Fresh Parmesan cheese	1.00 c
11001	Minced prosciutto	2.00 c
11001	Cornmeal for dusting	0.00
11002	All-purpose flour	1.50 c
11002	Whole-wheat flour	0.50 c
11002	Bran	0.25 c
11002	Baking powder	2.00 ts
11002	Baking soda	0.50 ts
11002	Salt	1.00 ts
11002	Cinnamon	2.00 ts
11002	Brown sugar	0.25 c
11002	Butter, unsalted; chilled	0.50 c
11002	Egg	1.00
11002	Buttermilk	0.67 c
11002	Chopped dates	0.67 c
11003	Graham flour	2.00 c
11003	Flour; white	0.50 c
11003	Milk; sour	1.00 c
11003	Milk; sweet	0.50 c
11003	Sugar	0.50 c
11003	Molasses; w. o.	2.00 tb
11003	Salt	0.50 ts
11003	Baking soda	2.00 ts
11003	Raisins	0.50 c
11004	Chopped candied citron	0.50 c
11004	Chopped candied angelica	0.25 c
11004	Golden raisins	0.50 c
11004	:Boiling water	0.00
11004	Butter	8.00 tb
11004	Dry yeast	2.00 pk
11004	Milk; warmed	1.00 c
11004	Salt	1.00 ts
11004	Eggs; slightly beaten	2.00
11004	Granulated sugar	0.67 c
11004	Mace	0.50 ts
11004	Ground cardamom	0.25 ts
11004	All-purpose flour (about)	5.50 c
11004	Chopped blanched almonds	0.75 c
11004	Confectioners' sugar	2.00 tb
11005	Potato, mashed	0.50 c
11005	Butter and other shortening,	0.50 c
11005	Flour	3.50 c
11005	Egg, well beaten	2.00
11005	Flour	1.50 c

Sheet1

11005	Flour	1.00 c
11005	Egg yolk, well beaten	1.00
11005	Potato water	0.50 c
11005	Sugar	0.50 c
11005	Yeast	1.00 c
11005	Water, lukewarm	0.50 c
11005	Sugar	0.50 c
11005	Sugar	0.50 c
11006	Vegetable Shortening	4.00 tb
11006	Unbleached Flour	1.33 c
11006	Salt	0.50 ts
11006	Milk	0.67 c
11006	Water	0.67 c
11006	Eggs; Lg	4.00
11006	Cheddar; Sharp, Shredded	0.50 c
11007	Active Dry Yeast	2.00 tb
11007	Lukewarm Water (105 to 110 degrees)	0.50 c 0.00
11007	Milk, scalded	0.50 c
11007	Sugar	0.25 c
11007	Salt	0.50 ts
11007	Vegetable Oil	0.25 c
11007	Egg	1.00
11007	To 4 c Flour	3.50
11007	Ground Cardamom	1.00 ts
11007	Raisins, dark or golden	0.50 c
11008	Corn meal	2.00 c
11008	Milk	1.50 c
11008	Shortening; melted	4.00 tb
11008	Salt	1.00 ts
11008	Flour; white	1.00 c
11008	Eggs; well beaten	2.00 ea
11008	Sugar	2.00 tb
11008	Baking powder	3.00 tb
11009	Flour	1.00 c
11009	Sweet potatos, cooked/mashed	1.00 c
11009	Salt	0.00
11009	(to 3) baking powder	2.50 ts
11009	Sugar (or more, to taste)	3.00 tb
11009	Shortening	0.25 c
11010	Chili Colorado	0.75 c
11010	Frozen whole kernel corn,	10.00 oz
11010	Thawed	0.00
11010	Hominy, drained	1.00 cn
11010	Vegetable shortening	0.75 c
11010	Salt	2.00 ts
11010	Baking powder	2.00 ts
11010	White cornmeal	2.50 c
11011	Active dry yeast (1 T.)	1.00 pk

Sheet1

11011	Warm water	0.25 c
11011	Olive oil; vegetable oil	3.00 tb
11011	may be substituted	0.00
11011	Sugar	2.00 tb
11011	Salt	2.00 ts
11011	Fresh tarragon, chopped or	2.00 tb
11011	1 t. dried tarragon	0.00
11011	Warm water	2.50 c
11011	Unbleached flour	6.50 c
11011	(all purpose may be used)	0.00
11011	may use up to 7 c. flour	0.00
11012	Butter or margarine,	0.50 c
11012	softened	0.00
11012	Pkg. cream cheese, softened	3.00 oz
11012	Flour	1.00 c
11012	FILLING -----	0.00 -----
11012	Butter, melted	1.00 ts
11012	Brown sugar	0.75 c
11012	Or 2 sm eggs	1.00 lg
11012	Vanilla	1.00 ts
11012	Chopped pecans	0.50 c
11012	FILLING -----	0.00 -----
11013	White flour	3.00 c
11013	Baking powder	4.00 ts
11013	Sugar	0.25 c
11013	Salt	1.00 ts
11013	Shortening	0.67 c
11013	Water	2.00 c
11014	Butter; creamed	0.50 c
11014	Sugar	2.00 tb
11014	Milk; sweet (1/2 c. cream i	1.00 c
11014	s better)	0.00
11014	Egg; unbeaten	1.00 ea
11014	Baking powder	2.00 ts
11014	Raisins; or currants	1.00 c
11014	Flour	1.33 c
11015	Plain white household flour	0.50 lb
11015	Baking powder	0.50 ts
11015	Ground cinnamon	1.50 ts
11015	Runny honey	0.25 lb
11015	Runny honey	1.00 tb
11015	Butter	0.25 lb
11015	Caster sugar	0.25 lb
11015	Eggs	2.00 lg
11015	Milk (or double this amount)	1.00 tb
11016	Plain cornmeal	1.50 c
11016	Baking powder	3.00 ts
11016	8-oz. carton sour cream	1.00
11016	Corn oil	0.67 c

Sheet1

11016	Cream style corn	1.00 c
11016	Green pepper chopped	0.25 c
11016	Onion, chopped	0.50 c
11016	Eggs beaten	2.00
11016	Cheddar cheese, grated	1.00 c
11017	Bacon drippings or oil	0.25 c
11017	Yellow cornmeal	1.00 c
11017	All-purpose flour	1.00 c
11017	Salt	0.50 ts
11017	Baking powder	1.00 ts
11017	Baking soda	1.00 ts
11017	Sugar (optional)	1.00 tb
11017	Buttermilk	1.00 c
11017	Eggs, slightly beaten	2.00
11018	Sourdough Starter	1.00 c
11018	Warm Water	2.00 c
11018	Warm Milk	2.00 c
11018	Butter	1.00 tb
11018	Active Dry Yeast	1.00 pk
11018	Honey	0.25 c
11018	Unbleached Flour	7.00 c
11018	Wheat Germ	0.25 c
11018	Sugar	2.00 tb
11018	Salt	2.00 ts
11018	Baking Soda	2.00 ts
11019	Butter, softened	0.50 c
11019	Finely chopped shelled	4.00 tb
11019	Natural pistachios,	0.00
11019	Divided	0.00
11019	Lemon or lime juice	1.00 tb
11019	Oregano, crushed, and	0.50 ts
11019	Pepper	0.50 ts
11019	Dash garlic powder	0.00
11019	Loaf French bread	1.00
11020	Quick-cooking Rolled Oats	0.25 c
11020	Unbleached Flour	0.50 c
11020	Sugar	2.00 tb
11020	Baking Powder	0.50 ts
11020	Dash Ground Cinnamon	0.00
11020	Large Beaten Egg Yolk	1.00
11020	Cooking Oil	2.00 tb
11020	Milk	2.00 tb
11020	Broken Walnuts, Toasted	0.25 c
11020	Raisins	2.00 tb
11020	Unbleached Flour	2.00 ts
11020	Brown Sugar	1.00 ts
11020	Butter or Margarine	1.00 ts
11021	Hot milk	1.25 c
11021	Eggs	3.00 ea

## Sheet1

11021	Oil	2.00 tb
11022	Garlic Puree(2 Roasted Head)	0.00
11022	Unsalted Butter, Softened	0.25 lb
11022	(2 pk) Dry yeast	2.00 tb
11022	Warm Water (115-120 degrees)	0.50 c
11022	Warm Water	2.50 c
11022	Kosher Salt	2.00 tb
11022	Whole Wheat Flour	3.25 c
11022	Unbleached All Purpose Flour	3.25 c
11022	Cornmeal	0.00
11023	Fresh yeast; -=OR=-	1.00 oz
11023	Instant dry yeast granules	2.00 pk
11023	Warm water (125F)	1.25 c
11023	Unbleached white flour	2.25 c
11023	Whole wheat flour	0.25 c
11024	Active dry yeast	1.00 pk
11024	Milk; lukewarm	0.75 c
11024	Eggs; beaten	3.00
11024	Grated orange rind	1.50 ts
11024	Caster sugar	0.75 c
11024	Plain flour	4.50 c
11024	Salt	0.25 ts
11024	Ground cinnamon	0.50 ts
11024	Ground masticha	0.25 ts
11024	Butter; melted	0.50 c
11024	Egg; for glazing	1.00
11024	Blanched split almonds	0.00
11025	Egg	1.00 ea
11025	Sugar	1.00 c
11025	Milk	1.00 c
11025	Salt	1.00 ts
11025	Baking powder	3.00 ts
11025	Flour	3.00 c
11025	Walnuts	0.33 c
11026	Raisins	3.00 c
11026	Shortening	0.25 c
11026	Sugar	2.00 c
11026	Salt	2.00 ts
11026	Walnuts; chopped	1.00 c
11026	Water	3.00 c
11026	Unbleached flour; sifted	5.50 c
11026	Baking soda	4.00 ts
11026	Eggs; lg, slightly beaten	2.00 ea
11027	Softened butter	1.00 c
11027	Icing sugar	0.75 c
11027	Vanilla	1.00 ts
11027	Chopped walnuts	1.50 c
11027	Large walnut pieces	12.00
11028	Sifted all-purpose flour	3.00 c

## Sheet1

11028	Butter	1.00 tb
11028	Baking powder	2.00 ts
11028	(to 1c) Warm milk	0.75 c
11028	Salt	1.00 ts
11028	Melted butter	2.00 tb
11028	Sugar	1.00 ts
11028	Fat for deep frying	0.00
11029	Whole-Wheat Flour	2.50 c
11029	Wheat Germ	1.50 c
11029	Brown Sugar	0.33 c
11029	Salt	0.50 ts
11029	Raisins; Mixed Dark & Light	1.00 c
11029	Baking Soda	2.00 ts
11029	Buttermilk	1.88 c
11029	Molasses	0.33 c
11030	Buttermilk	1.00 c
11030	Bread flour	1.50 c
11030	Oatbran	0.50 c
11030	Whole wheat flour	0.50 c
11030	Salt	1.00 ts
11030	Brown sugar	2.00 tb
11030	Butter	1.00 tb
11030	Active dry yeast	1.50 ts
11031	Flour, whole wheat	3.00 c
11031	Flour, all purpose	1.00 c
11031	Baking soda	1.00 ts
11031	Salt	0.50 ts
11031	Nutmeg, grated	0.50 ts
11031	Buttermilk	2.00 c
11031	Orange rind, grated	1.00 ts
11032	Flour	2.00 c
11032	Baking powder	3.00 ts
11032	Salt	0.75 ts
11032	Heavy cream; whipped	1.00 c
11033	Milk	1.00 pt
11033	Lard	2.00 tb
11033	Sugar	1.00 tb
11033	Salt	1.00 tb
11033	Flour	0.00
11034	Flour; sifted	1.00 c
11034	Baking powder	3.50 ts
11034	Sugar	3.00 tb
11034	Salt	0.25 ts
11034	Milk	0.75 c
11034	Whole bran	1.00 c
11034	Egg; well beaten	1.00 ea
11034	Fat; melted	3.00 tb
11035	Butter	0.50 c
11035	Sugar	1.00 c

Sheet1

11035	Eggs, slightly beaten	2.00 ea
11035	Mashed bananas (3 medium)	1.00 c
11035	Flour	1.00 c
11035	Salt	0.50 ts
11035	Soda	1.00 ts
11035	Whole wheat flour	1.00 c
11035	Hot water	0.33 c
11035	Chopped walnuts	0.50 c
11036	Whole wheat flour	8.00 c
11036	Honey-molasses	4.00 tb
11036	Wheat germ	3.00 tb
11036	Very warm water	3.50 c
11036	Soya flour	3.00 tb
11036	Corn oil	3.00 c
11036	Yeast	3.00 pk
11036	Salt	2.00 tb
11037	Water	0.67 c
11037	Yeast	3.00 pk
11037	Sugar	1.00 tb
11037	Scalded Milk	8.00 c
11037	Shortening	0.67 c
11037	Sugar	1.00 c
11037	Molasses	0.50 c
11037	Salt	2.00 tb
11037	Whole Wheat Flour	12.00 c
11038	Water	0.67 c
11038	Yeast	3.00 pk
11038	Sugar	1.00 tb
11038	Scalded Milk	8.00 c
11038	Shortening	0.67 c
11038	Sugar	1.00 c
11038	Molasses	0.50 c
11038	Salt	2.00 tb
11038	Whole Wheat Flour	12.00 c
11039	Yeast, dry	2.50 ts
11039	Flour, bread	2.25 c
11039	Flour, whole wheat	0.75 c
11039	Salt	1.50 ts
11039	Sugar	1.50 tb
11039	Milk, dry skim	1.50 tb
11039	Shortening or sweet butter	4.50 ts
11039	Plus 1 T lukewarm water	1.25 c
11040	Yeast	2.00 tb
11040	Water, warm	0.75 c
11040	Whole wheat pastry flour	1.75 c
11040	Water	0.50 c
11040	Honey	1.50 tb
11040	Butter, 1/2" pieces	2.00 c
11040	Egg	1.00



Sheet1

11040	Water	1.00 tb
11041	Flour; pastry	2.00 c
11041	Flour; whole wheat	1.00 c
11041	Sugar	0.75 c
11041	Baking powder	2.00 tb
11041	Salt	1.00 ts
11041	Egg; slightly beaten	1.00 ea
11041	Mincemeat; dry	2.00 c
11042	Whole wheat flour	1.00 c
11042	Flour	1.00 c
11042	Baking powder	4.00 t
11042	Salt	0.50 t
11042	Lt brown sugar	0.75 c
11042	Chopped walnuts	0.75 c
11042	Raisins	0.75 c
11042	Milk	1.00 c
11042	Eggs, beaten	2.00 ea
11042	Melted vegetable shortening	0.67 c
11043	Warm water	1.50 c
11043	Veg. oil	2.00 tb
11043	Honey	3.00 tb
11043	Salt	1.00 tb
11043	Whole wheat flour	2.50 c
11043	Gluten flour (opt.)	2.00 tb
11043	White all-purpose flour	1.00 c
11043	(enough to make a satiny	0.00
11043	Dough)	0.00
11043	Yeast	1.00 ts
11043	Cornmeal for shaping surface	0.00
11044	Sugar	3.00 tb
11044	Eggs	2.00
11044	Flour	1.00 c
11044	Whole wheat flour	1.00 c
11044	Baking powder	2.00 ts
11044	Cinnamon	1.50 ts
11044	Baking soda	1.00 ts
11044	Nutmeg	0.50 ts
11044	Salt	0.50 ts
11044	Margarine	0.33 c
11044	Milk	0.50 c
11044	Raisins	0.50 c
11045	Unbleached All-Purpose Flour	1.50 c
11045	Whole Wheat Flour	1.50 c
11045	Baking Powder	0.25 ts
11045	Warm Water (110 F)	1.00 c
11045	Vegetable Oil	2.00 ts
11045	Salt	0.25 ts
11046	Maple syrup	0.50 c
11046	Dry yeast	2.00 tb

Sheet1

11046	Whole wheat pastry flour	9.00 c
11046	Apple juice	2.00 c
11046	Butter	1.00 c
11046	Egg, separated	1.00
11046	Eggs	2.00
11046	Grated lemon peel	1.00 tb
11046	Almond extract	1.00 ts
11046	Sliced almonds	0.25 c
11046	FLOUR WILL BE USED IN 4 PART -----	0.00 -----
11046	Whole wht pastry flour (1)	2.50 c
11046	Whole wht pastry flour (2)	2.00 c
11046	Whole wht pastry flour (3)	3.25 c
11046	Whole wht pastry flour (4)	0.75 c
11046	FLOUR WILL BE USED IN 4 PART -----	0.00 -----
11047	Yellow cornmeal	1.25 c
11047	All-purpose flour	1.25 c
11047	Sugar	0.25 c
11047	Salt	0.75 ts
11047	Baking powder	4.00 ts
11047	Milk	1.50 c
11047	Shortening, softened	0.25 c
11047	Egg	1.00
11048	Flour	2.00 c
11048	Yellow cornmeal	1.00 c
11048	Baking powder	1.00 tb
11048	Salt	0.75 ts
11048	Eggs	2.00
11048	Light brown sugar	0.25 c
11048	Milk	1.00 c
11048	Maple syrup	0.33 c
11048	Stick butter, melted	0.75
11049	Raisins	1.50 c
11049	Potatoes; peeled (1 lb)	2.00
11049	Milk	1.00 c
11049	Butter	0.75 c
11049	Sugar, granulated; approx	0.50 c
11049	Cinnamon	3.00 tb
11049	Salt	2.00 ts
11049	Nutmeg	1.00 ts
11049	Cloves; ground	0.25 ts
11049	Active dry yeast; or 1 Tbsp	1.00 pk
11049	15 ml	0.00
11049	Eggs; well beaten	2.00
11049	Flour, all purpose	5.00 c
11049	Egg white; lightly beaten	1.00
11050	Eggs	2.00
11050	Flour	1.50 c
11050	Salt, pinch	0.00
11050	Milk	0.00

Sheet1

11050	Beef fat	2.00 tb
11051	bread machine yeast	2.50 ts
11051	bread flour	3.00 c
11051	salt	0.50 ts
11051	sugar	3.00 tb
11051	unsalted butter, cut up	0.25 c
11051	warm milk	0.75 c
11051	vanilla extract	0.50 ts
11051	grated lemon zest	1.00 ts
11051	large egg	1.00
11051	large egg yolk	1.00
11053	-----	0.00
11053	all-purpose flour	3.00
11053	yeast	2.50
11053	salt	0.75 ts
11053	sugar	2.00 ts
11053	plus 2 T evaporated milk or	0.50 c
11053	more to make a firm ball	0.00
11053	unsalted butter or margarine	3.00 tb
11053	Idaho potato (about 6 to 8	1.00 md
11053	ozs), in 1/2-inch cubes	0.00
11053	fresh or frozen peas	1.00 c
11053	vegetable oil	2.00 tb
11053	all-purpose yellow onion	1.00 lg
11053	(8 ozs), finely chopped	0.00
11053	garlic cloves,	2.00
11053	finely chopped	0.00
11053	fresh ginger root, peeled	2.00 ts
11053	and finely chopped	0.00
11053	dried coriander	1.00 ts
11053	ground cumin	0.50 ts
11053	freshly ground black pepper	0.25 ts
11053	salt	0.25 ts
11053	To finish: 1 egg beaten	0.00
11053	with 1 tablespoon water	0.00
11054	bread machine yeast	2.50 ts
11054	bread flour	3.00 c
11054	salt	2.00 ts
11054	water	0.88 c
11054	fruity olive oil plus 3	0.25 c
11054	tablespoons for the top	0.00
11054	Coarse sea salt or kosher	0.00
11054	salt for sprinkling on top	0.00
11055	yeast	2.00 ts
11055	all-purpose flour	3.00 c
11055	finely ground cornmeal	0.25 c
11055	salt	2.00 ts
11055	olive oil	2.00 tb
11055	water, plus 3 T or more	1.00 c

Sheet1

11055	if necessary	0.00
11055	olive oil	3.00 tb
11055	cloves garlic, minced	2.00
11055	mixed fresh herbs, such as	0.50 c
11055	basil, thyme, oregano	0.00
11055	and chervil	0.00
11055	shredded soft cheese, such	0.50 c
11055	as fontina or Muenster	0.00
11055	grated Parmesan cheese	0.25 c
11055	oil-packed sun-dried	6.00
11055	tomatoes, cut in quarters	0.00
11056	all-purpose flour	2.50 c
11056	coarsely ground pepper	2.00 ts
11056	sugar	6.00 tb
11056	salt	1.00 ts
11056	plus 2 tb dry red wine	0.50 c
11056	baking powder	2.00 ts
11056	vegetable oil	0.50 c
11057	yeast	2.00 ts
11057	all-purpose flour	2.50 c
11057	sugar	1.00 ts
11057	salt	1.00 ts
11057	olive oil	1.00 ts
11057	plus 3 tablespoons water	0.75 c
11057	-----TOPPING-	0.00 --
11057	olive oil	2.00 tb
11057	Salt to taste	0.00
11057	tomato or pizza sauce	1.50 c
11057	shredded mozzarella cheese	1.50 c
11057	-----	0.00 --
11058	bread machine yeast	1.00 tb
11058	bread flour	2.50 c
11058	sugar	2.00 ts
11058	salt	0.25 ts
11058	warm milk	0.50 c
11058	water	0.50 c
11058	fruity olive oil, + extra	0.25 c
11058	for coating the dough	0.00
11058	chopped Nicoise or green	0.33 c
11058	olives	0.00
11059	yeast	2.50 ts
11059	dough enhancer (optional)	3.00 ts
11059	all purpose flour	2.00 c
11059	white wheat flour	1.00 c
11059	sugar	1.50 ts
11059	salt	1.50 ts
11059	toasted sesame seeds	0.33 c
11059	milk	0.75 c
11059	prepared hummus	1.00 c

## Sheet1

11059	garlic oil	0.25 c
11059	large egg	1.00
11060	yeast	2.50 ts
11060	dough enhancer (optional)	4.00 ts
11060	white wheat flour	2.00 c
11060	granulated sugar	1.00 tb
11060	salt	1.00 ts
11060	extra large egg	1.00
11060	dry Vermouth or any other	0.25 c
11060	dry white wine	0.00
11060	plus 2 Tb water	0.33 c
11060	olive oil	3.00 tb
11060	pesto sauce	0.50 c
11060	toasted pine nuts	0.50 c
11061	water	1.25 c
11061	bread flour	3.00 c
11061	bread machine yeast	2.50 ts
11061	salt	1.00 ts
11061	egg white whisked together	1.00
11061	with 1 T water for glaze	0.00
11062	bread machine yeast	1.50 ts
11062	bread flour	2.00 c
11062	instant nonfat dry milk	1.00 tb
11062	salt	1.00 ts
11062	unsalted butter	1.00 tb
11062	water	0.67 c
11062	chopped prosciutto ham	1.50 c
11062	egg, lightly beaten,	1.00
11062	for glaze	0.00
11063	yeast	1.00 tb
11063	yellow cornmeal	0.50 c
11063	all-purpose flour	3.00 c
11063	salt	1.50 ts
11063	chili powder	2.00 ts
11063	(10 oz) refried beans	1.00 c
11063	vegetable oil	0.25 c
11063	extra-large egg	1.00
11063	honey	1.00 tb
11063	water	0.67 c
11063	(16 oz) chunky salsa	2.00 c
11063	(4 oz) shredded cheddar or	1.00 c
11063	Monterey Jack cheese	0.00
11064	water	0.67 c
11064	butter, softened	1.00 tb
11064	bread flour	2.00 c
11064	cut-up dried apples	0.25 c
11064	dry milk	1.00 tb
11064	sugar	1.00 tb
11064	salt	1.00 ts

Sheet1

11064	apple pie spice	1.50 ts
11064	bread machine yeast	1.50 ts
11065	whole wheat flour	1.50 c
11065	bread flour	1.50 c
11065	minced fresh basil or 2	2.00 tb
11065	ts dried basil	0.00
11065	minced fresh rosemary or	2.00 tb
11065	1 1/2 ts dried rosemary	0.00
11065	sea salt	1.50 ts
11065	cloves garlic, crushed	2.00
11065	sun-dried tomatoes, drained	3.00
11065	and minced	0.00
11065	water	1.25 c
11065	olive oil	2.00 tb
11065	honey	2.00 ts
11065	active dry yeast	4.00 ts
6624	Lemon Juice	2.00 tbs
6624	garlic	1.00 clove
11061	Bread flour; (5 lbs)	20.00 c
11061	Sugar	1.25 c
11061	Salt	4.00 ts
11061	Instant nonfat dry milk.	1.00 c
11062	Dry yeast	1.00 tb
11062	Bread mix; up to six	5.00 c
11062	-lukewarm water	1.50 c
11062	Eggs; beaten	2.00
11062	TOPPING -----	0.00 -----
11062	Egg; beaten	1.00
11062	Coarse salt	2.00 tb
11062	Butter; melted	0.50 c
11063	Dry yeast	1.00 tb
11063	Bread mix	5.00 c
11063	-lukewarm water	1.50 c
11063	Eggs; beaten	2.00
11063	Butter; melted	0.50 c
11063	SWEET GLAZE -----	0.00 -----
11063	Powdered sugar; sifted	1.00 c
11063	Milk; About	2.00 tb
11063	Vanilla	0.25 ts
11063	CINNAMON SPRINKLE -----	0.00 -----
11063	Butter	2.00 tb
11063	Raisins	0.50 c
11063	Brown sugar	0.50 c
11063	Nuts: chopped	0.25 c
11063	Cinnamon	1.50 ts
11064	Yeast	1.00 tb
11064	Vegetable oil	2.00 tb
11064	-lukewarm water	1.00 c
11064	Bread mix	3.50 c

Sheet1

11064	Egg; beaten	1.00
11064	VARIATIONS -----	0.00 -----
11064	-add	0.00
11064	Dry onion soup mix	1.00 pk
11064	-makes great hamburger buns	0.00
11064	-OR	0.00
11064	Brown sugar; and	4.00 tb
11064	Wheat germ	0.67 c
11065	Dry yeast	2.00 tb
11065	-lukewarm water	3.00 c
11065	Eggs; beaten	4.00
11065	Vegetable oil; or	1.00 c
11065	-melted butter	0.00
11065	Bread mix; up to 6 cups	10.00 c
11066	Brandy	0.50 fl
11066	Benedictine	0.50 fl
11067	Rum, dark	0.50 fl
11067	Rum, 151 proof	0.25 fl
11067	Lemon, juiced	0.50 ea
11067	Coconut liqueur	0.50 fl
11067	Kahlua	0.25 fl
11067	Pineapple juice	4.00 fl
11068	Vodka	1.00 fl
11068	Pineapple juice	2.00 fl
11068	Cranberry juice	2.00 fl
11069	Brandy	0.50 fl
11069	Rum, light	0.50 fl
11069	Triple sec	0.50 fl
11069	Lemon juice	2.00 t
11070	Light rum	2.00 fl
11070	Dry vermouth	0.50 fl
11071	Guinness Stout	5.00 fl
11071	Champagne	5.00 fl
11072	Gin	1.00 fl
11072	Sweet vermouth	0.50 fl
11072	Dry vermouth	0.50 fl
11073	Clamato juice cocktail	1.00 qt
11073	Tabasco sauce	0.50 t
11073	Vodka	8.00 fl
11073	Salt	1.00 x
11073	Lime Juice, Roses	1.00 fl
11073	Pepper	1.00 x
11073	Worcestershire sauce	1.00 tb
11073	Celery salt	1.00 x
11074	Tequila	1.00 fl
11074	Tabasco sauce	1.00 ds
11074	Tomato juice	2.00 fl
11074	Celery salt	1.00 pn
11075	Rum, light	1.00 fl

Sheet1

11075	Pineapple juice	2.00 fl
11075	Blue Curacao	1.00 fl
11075	Cream of coconut	1.00 fl
11076	Tequila	1.50 fl
11076	Lime juice	1.00 fl
11076	Blue Curacao	0.50 fl
11077	Gin	2.00 fl
11077	Dry vermouth	0.50 fl
11078	Bourbon	2.00 fl
11078	Ginger ale or soda	5.00 fl
11079	Creme de cacao (brown)	0.50 fl
11079	Cream	0.50 fl
11079	Brandy	0.50 fl
11080	Brandy	1.50 fl
11080	Cream	1.00 fl
11080	Egg (whole)	1.00 ea
11080	Powdered sugar	1.00 ts
11081	Brandy	2.00 fl
11081	Powdered sugar	0.50 ts
11081	Lemon, juiced	0.50 ea
11082	Vodka	0.50 fl
11082	Orange juice	1.00 x
11082	Light rum	0.50 fl
11083	Tequila	1.50 fl
11083	Kahlua	0.50 fl
11084	Vodka	2.00 fl
11084	Worcestershire sauce	1.00 t
11084	Salt	1.00 ds
11084	Beef bullion	4.00 fl
11084	Tabasco sauce	2.00 ds
11084	Pepper	1.00 ds
11085	Irish whiskey	1.50 fl
11085	Sweet Martini	1.00 ds
11085	Irish Mist	0.75 fl
11086	Vodka	1.50 fl
11086	Cranberry juice	5.00 fl
11087	Vodka	1.50 fl
11087	Pineapple juice	4.00 fl
11087	Cream of coconut	1.00 fl
11088	Brandy	2.00 fl
11088	Triple Sec	0.25 ts
11088	Bitters	1.00 ds
11089	Kahlua	1.00 fl
11089	Chocolate Ice Cream	5.00 oz
11089	Vodka	0.50 fl
11090	Tabasco sauce	1.00 t
11090	Tequila	8.00 fl
11090	Rose's lime juice	1.00 fl
11090	Worcestershire sauce	2.00 t



Sheet1

11090	Clamato juice cocktail	32.00 fl
11090	Celery salt	1.00 x
11091	Rum	2.00 fl
11091	Coca-Cola	6.00 fl
11091	Lemon, juiced	0.50 ea
11092	Limeade concentrate, 6 oz.	1.00 cn
11092	Triple-sec	3.00 fl
11092	Rum, light	6.00 fl
11093	Gin	0.75 fl
11093	Dry vermouth	0.50 fl
11093	Sweet vermouth	0.50 fl
11093	Brandy	0.50 fl
11094	Brandy	1.50 fl
11094	Kahlua	0.50 fl
11095	Vanilla Ice Cream	5.00 oz
11095	Green Creme de Menthe	1.00 fl
11095	Irish Whiskey	1.00 fl
11095	Club soda	8.00 fl
11096	Irish whiskey	2.00 fl
11096	Green creme de menthe	1.00 ts
11096	Green chartreuse	1.00 ts
11097	Light rum	1.50 fl
11097	Gin	0.50 fl
11097	Lemon juice	3.00 tb
11097	Orgeat syrup	1.50 ts
11097	Brandy	0.50 fl
11097	Orange juice	1.00 fl
11097	Sweet sherry	1.00 ts
11098	Tequila	1.00 fl
11098	Orange juice	1.00 x
11098	Galliano	0.50 fl
11099	Orange juice	4.00 fl
11099	Peach Schnapps	2.00 fl
11100	Gin	1.67 fl
11100	Dry vermouth	0.33 fl
11101	Lime juice	1.00 fl
11101	Powdered sugar	1.00 t
11101	Gin	1.50 fl
11102	Gin	2.00 fl
11102	Water	1.00 t
11102	Powdered sugar	1.00 t
11102	Lemon, juiced	0.50 ea
11103	Gin	2.00 fl
11103	Tonic	1.00 x
11104	Finely Shredded Orange Peel	1.00 t
11104	Whole Clove	1.00 ea
11104	Sweet Red Wine	1.75 c
11104	Raisins	2.00 t
11104	Whole, Blanched Almonds	4.00 ea

Sheet1

11104	Inch Stick Cinnamon, Broken	1.00 ea
11104	Cardamom Pod, Opened	1.00 ea
11104	Whiskey	0.25 c
11104	Honey	1.00 t
11105	Creme de Cacao, white	0.50 fl
11105	Cream	2.00 fl
11105	Galliano	0.50 fl
11106	Vodka	1.50 fl
11106	Grapefruit juice	5.00 fl
11107	Vodka	1.00 fl
11107	Orange juice	4.00 fl
11107	Galliano	0.50 fl
11108	Brown Sugar	2.00 T
11108	Dash Ground Cinnamon	1.00 x
11108	Warm Water	1.50 c
11108	Lemon Slices (Opt.)	1.00 x
11108	Butter Or Margarine, Softened	4.00 t
11108	Dash Ground Nutmeg	1.00 x
11108	Rum	0.50 c
11109	Tequila	1.50 fl
11109	Grapefruit juice	1.00 tb
11109	Peppermint Schnapps	0.50 fl
11109	Powdered sugar	1.00 t
11110	Irish whiskey	1.50 fl
11110	Bailey's Irish Cream	0.50 fl
11111	Bushmills Irish whiskey	1.50 fl
11111	Brown sugar (optional)	1.00 t
11111	Creme de menthe, green	1.00 ds
11111	Strong fresh coffee	1.00 x
11111	Whipped cream	1.00 x
11112	Warm Water	1.50 c
11112	Irish Whiskey	0.25 c
11112	Dessert Topping *	1.00 x
11112	Instant Coffee Crystals	1.00 T
11112	Brown Sugar To Taste	1.00 x
11113	Irish whiskey	1.00 fl
11113	Tia Maria	0.50 fl
11113	Green creme de menthe	0.50 fl
11113	Cream	1.00 x
11114	Irish whiskey	1.00 fl
11114	Orange juice	1.00 fl
11114	Peach brandy	0.50 fl
11114	Sweet and sour	1.00 fl
11115	Dark rum	1.25 fl
11115	Pineapple juice	4.00 fl
11115	Lime juice	0.50 fl
11115	Angostura bitters	1.00 ds
11116	Vodka	1.00 fl
11116	Lime juice	1.00 fl

Sheet1

11116	Triple sec	1.00 fl
11117	Vodka	0.50 fl
11117	Rum, light	0.50 fl
11117	Lemon, juiced	0.50 ea
11117	Gin	0.50 fl
11117	Tequila	0.50 fl
11117	Cola, splash for color	1.00 x
11118	Vodka	0.50 fl
11118	Rum	0.50 fl
11118	Cola to top	1.00 x
11118	Gin	0.50 fl
11118	Sweet and sour mix	2.00 fl
11119	Rum, light	2.00 fl
11119	Grenadine	1.00 tb
11119	Orgeat (Almond syrup)	1.00 tb
11119	Triple sec	1.00 fl
11119	Lime juice	1.00 tb
11119	Powdered sugar	0.50 t
11120	Bourbon	1.50 fl
11120	Angostura bitters	1.00 ds
11120	Dry vermouth	0.75 fl
11121	Bourbon	2.00 fl
11121	Dry vermouth	1.00 fl
11121	Sweet vermouth	1.00 fl
11121	Angostura bitters	1.00 ds
11122	Limeade concentrate, 6 oz.	1.00 cn
11122	Triple-sec	3.00 fl
11122	Tequila	6.00 fl
11122	Egg white	1.00 ea
11123	Gin	1.67 fl
11123	Dry vermouth	0.33 fl
11124	Gin	2.00 fl
11124	Dry vermouth	0.25 fl
11125	Gin	1.50 fl
11125	Dry vermouth	0.75 fl
11126	Mint sprigs	4.00 ea
11126	Water	2.00 t
11126	Powdered sugar	1.00 t
11126	Bourbon whiskey	2.50 fl
11127	Vodka	1.50 fl
11127	Ginger beer	5.00 fl
11127	Lime, juiced	0.50 ea
11128	Bourbon whiskey	2.00 fl
11128	Sugar cube, small	1.00 ea
11128	Angoustora bitters	1.00 ds
11128	Water	1.00 t
11129	Baileys Irish Cream	0.75 fl
11129	Amaretto	0.75 fl
11130	Passion fruit juice	2.00 fl

## Sheet1

11130	Champagne	4.00 fl
11131	Creme de Cacao, white	1.00 fl
11131	Creme de Menthe, white	1.00 fl
11132	Gin	1.00 fl
11132	Cream*	1.50 fl
11132	Grenadine	0.50 fl
11133	Creme de noyaux	1.00 fl
11133	Cream	0.50 fl
11133	Creme de cacao, white	0.50 fl
11134	Amaretto	1.00 fl
11134	Orange juice	3.00 fl
11134	Cream	3.00 fl
11135	Grenadine	0.50 fl
11135	Creme de cassis	0.50 fl
11135	Green chartreuse	0.50 fl
11135	Yellow chartreuse	0.50 fl
11135	White creme de menthe	0.50 fl
11135	Brandy	0.50 fl
11136	Brandy	1.00 fl
11136	Catsup	1.00 ts
11136	Coarse pepper	1.00 pn
11136	Cayenne pepper	1.00 pn
11136	Worcestershire sauce	0.50 fl
11136	Vinegar	0.50 fl
11136	Egg yolk	1.00 ea
11137	Gin	1.50 fl
11137	Powdered sugar	1.00 t
11137	Funel (Orange flower water)	5.00 dr
11137	Lemon juice	0.75 fl
11137	Milk	2.00 fl
11137	Seltzer	1.00 x
11138	Scotch	1.50 fl
11138	Sweet vermouth	0.25 fl
11139	Scotch	0.75 fl
11139	Drambuie	0.75 fl
11140	Rye whiskey	2.00 fl
11140	Ginger ale	6.00 fl
11141	Vodka	1.50 fl
11141	Grapefruit juice	5.00 fl
11142	Southern Comfort	1.50 fl
11142	Grenadine	0.50 fl
11143	Vodka	1.00 fl
11143	Rum, dark	2.00 fl
11143	Orange juice	2.00 fl
11143	Brandy	1.00 fl
11143	Sweet and sour mix	1.00 fl
11143	Pineapple juice	2.00 fl
11144	151 rum	0.50 fl
11144	Green Chartreuse	0.50 fl

Sheet1

11145	Vodka	0.50 fl
11145	Amaretto	0.50 fl
11145	Baileys Irish Cream	0.50 fl
11146	Vodka	2.00 fl
11146	Orange juice	4.00 fl
11147	Vodka	0.75 fl
11147	Orange juice	0.75 fl
11147	Peach schnapps	0.50 fl
11147	Amaretto	0.75 fl
11147	Cranberry juice	0.25 fl
11148	Irish whiskey	1.50 fl
11148	Green Chartreuse	1.00 ds
11148	Dry vermouth	0.75 fl
11148	Green creme de menthe	1.00 ds
11149	Beer	5.00 fl
11149	Ginger ale	5.00 fl
11150	Bailey's Irish cream	1.00 fl
11150	Cream	1.00 ds
11150	Orange curaco	1.00 ds
11150	Green creme de menthe	1.00 x
11151	Irish whiskey	1.00 fl
11151	Cream	1.00 x
11151	Tia Maria	2.00 ds
11152	Brandy	1.00 fl
11152	Lemon, juiced	0.25 ea
11152	Triple sec	0.50 fl
11153	Gin	1.00 fl
11153	Beer	1.00 x
11153	Sweet and sour	2.00 fl
11154	Sloe gin	2.00 fl
11154	Lemon, juiced	0.50 ea
11154	Powdered sugar	1.00 t
11154	Carbonated water	1.00 x
11155	Southern comfort	0.50 fl
11155	Orange juice	1.00 x
11155	Sloe gin	1.00 fl
11156	Southern Comfort	0.50 fl
11156	Sloe gin	0.50 fl
11156	Galliano	0.50 fl
11156	Orange juice	1.00 x
11157	Creme de menthe	0.75 fl
11157	Irish whiskey	0.75 fl
11157	Green chartreuse	0.75 fl
11157	Angostura bitters	1.00 ds
11158	Brandy	1.50 fl
11158	White creme de menthe	0.50 fl
11159	Rum, light	1.50 fl
11159	Strawberries	0.50 c
11159	Sweet and sour	1.50 fl

Sheet1

11160	Tequila	1.50 fl	
11160	Strawberries	0.50 c	
11160	Sweet and sour	1.50 fl	
11161	Tequila	2.00 fl	
11161	Grenadine	0.75 fl	
11161	Orange juice	4.00 fl	
11162	Gin	2.00 fl	
11162	Powdered sugar	1.00 t	
11162	Lemon, juiced	0.50 ea	
11162	Carbonated water	1.00 x	
11163	Kahlua	1.00 fl	
11163	Orange juice	1.00 x	
11164	Creme de Menthe, green	0.50 fl	
11164	Sloe gin	0.50 fl	
11164	Creme de Banana	0.50 fl	
11165	Kahlua	1.00 fl	
11165	Milk or cream	4.00 fl	
11165	Vodka	2.00 fl	
11166	Pineapple juice, unsweetened	1.00 fl	
11166	Orange, juiced	1.00 ea	
11166	Passion fruit syrup-optional	1.00 fl	
11166	Rum, light	2.50 fl	
11166	Rum, 151 proof (float)	0.50 fl	
11166	Lime, juiced	1.00 ea	
11166	Powdered sugar	1.00 t	
11166	Apricot brandy	0.50 fl	
11166	Rum, Jamaica	1.00 fl	
11167	Celery	0.00	
11167	cheese OR peanut butter	0.00	Cream
11167	Raisins	0.00	
11168	Apples	0.00	
11168	Soda Pop* about 1/2 cup soda per apple	0.00	
11168	Spices - cinnamon, nutmeg	0.00	
11169	Beans	0.00	Baked
11169	Cinnamon	0.00	
11169	Cloves	0.00	
11169	Dogs (optional)	0.00	Hot
11170	potatoes - 1 or 2	0.00	
11170	butter, salt, pepper, sour cream, chives	0.00	
11171	squash (Summer, yellow)	1.00	2
11171	paprika, pepper	0.00	butter.
11171	water	0.00	
11172	Berries	0.00	
11172	Cream	0.00	Whipped
11173	- Bacon (4 slices/sandwich)	0.00	B
11173	- Lettuce	0.00	L
11173	- Tomato	0.00	T
11173	(mayonnaise, ketchup)	0.00	Extras
11174	potatoes, size varies with the type of p	0.00	

Sheet1

11174	butter, salt, pepper, sour cream, chives	0.00	
11175	2-4 chops (lamb or pork)	0.00	
11175	worschester or teriyaki sauce, for spici	0.50	cup
11175	(tarragon, rosemary, pepper, basil,	0.00	
11176	1-2 fish fillets or steaks	0.00	
11176	(basil, dill, oregano, tarragon, paprika	0.00	spices
11176	slices (optional)	0.00	lemon
11176	(optional)	0.00	butter
11177	of ground beef (or ground turkey)	5.00	lbs
11177	onion (chopped or diced)	1.00	large
11177	of brown gravy mix	2.00	packets
11177	Potatoes (mashed) - about 4 large ones	0.00	
11177	Spices (pepper, garlic powder)	0.00	
11177	(a few pats)	0.00	Butter
11180	meat	0.00	Chicken
11180	Spices (cayenne pepper, pepper)	0.00	
11180	Curry powder	0.00	
11180	onion	0.50	cup
11180	Garlic	0.00	
11180	chicken boullion	1.00	cup
11180	Butter	0.00	
11180	oke vegetables (carrots, mushrooms, gree	0.00	ers, co
11181	- 1 pound of chicken breasts	0.00	chicken
11181	- olive or any vegetable oil	0.00	oil
11181	- 1 large one, sliced	0.00	onion
11181	- chopped to taste	0.00	garlic
11181	Red and/or Green peppers - 1 or 2, slice	0.00	
11182	breasts (or thighs, drumsticks or wi	2.00	chicken
11182	spices (pepper, oregano, taragon)	0.00	
11182	bread crumbs	1.00	cup
11182	Sauces (see above)	0.00	
11183	breasts (white meat works best)	2.00	chicken
11183	(pepper, garlic, oregano)	0.00	Spices
11183	sliced onions	0.25	cup
11183	white wine	0.12	cup
11183	chicken boullion	0.25	cup
11183	Butter	0.00	
11184	bunch of spinach	1.00	big
11184	Salt	0.00	
11184	Butter	0.00	
11185	cob per person	1.00	corn
11185	pepper, butter (optional)	0.00	salt,
11186	cream - 8 parts	0.00	Sour
11186	- 1 part	0.00	Mustard
11187	cottage cheese	0.67	cup
11187	chicken broth (made from a boullion	0.33	cup
11187	cooked asparagus, broccoli, celery,	0.50	cup
11187	OR	0.00	
11187	cooked carrots or tomatoes	0.33	cup

Sheet1

11188	breasts (or thighs, drumsticks or wi	2.00	chicken
11188	egg	1.00	
11188	(pepper, oregano, taragon)	0.00	spices
11188	bread crumbs	1.00	cup
11189	soup (vegetable or beef base)	1.00	can
11189	water	1.00	cup
11189	diced cheese (cheddar, Swiss, jack)	0.50	cup
11189	sliced vegetables (tomatoes, carrots	0.50	cup
11189	diced ham (optional)	0.50	cup
11190	egg	1.00	
11190	of bread	1.00	slice
11190	(taragon, pepper, salt, paprika, gar	0.00	spices
11190	(to coat pan)	0.00	Butter
11191	eggs	2.00	
11191	of bread	4.00	slices
11191	(tarragon, pepper, paprika, garlic)	0.00	spices
11192	ground beef	1.00	lb.
11192	can of tomato sauce	8.00	oz.
11192	chopped onions	0.50	cup
11192	sliced cheeses	0.00	
11192	4-6 flour tortillas	0.00	
11192	avocado (as topping)	1.00	chopped
11192	cream (as topping)	0.00	sour
11192	sauce (as topping)	0.00	Taco
11192	chopped olives (optional)	0.50	cup
11193	fish filets	3.00	4
11193	egg	1.00	
11193	(pepper, oregano, taragon)	0.00	spices
11193	bread crumbs, (some bread crumbs are alr	1.00	cup
11194	eggs	2.00	
11194	(to coat pan)	0.00	Butter
11195	packages of ramen	2.00	
11195	Sesame oil	0.00	
11195	Vegetable oil	0.00	
11195	vegetables	0.00	
11196	mixed Fruit	0.00	
11196	and Ice	0.00	Water
11198	Beans	0.00	Green
11198	Butter	0.00	
11198	Almonds	0.00	
11199	avocado	1.00	ripe
11199	sour cream	4.00	oz.
11199	juice	0.00	lemon
11200	ground beef	1.00	lb.
11200	ketchup OR barbeque sauce	0.33	cup
11200	red wine	0.25	cup
11200	chopped onion (optional)	0.25	cup
11200	4 hamburger buns (optional)	2.00	to
11201	egg	1.00	



Sheet1

11201	water	0.00	
11202	breasts (white meat works best)	2.00	chicken
11202	white wine OR chicken boullion	0.50	cup
11202	lemon	1.00	
11202	Butter	0.00	
11202	(tarragon, pepper, garlic)	0.00	Spices
11202	Onions	0.00	
11203	ground beef	0.50	lb.
11203	bag tortilla chips	1.00	large
11203	cheese - sliced or grated	1.00	cup
11204	ground beef	1.00	lb.
11204	tomato sauce	16.00	oz.
11205	ground beef	1.00	lb.
11205	ketchup OR 1/2 cup barbeque sauce	0.50	cup
11205	egg	1.00	
11205	broken crackers -OR-	1.00	cup
11205	cooked rice - OR -	1.00	cup
11205	shredded bread	1.00	cup
11205	milk	0.25	cup
11205	onions	0.25	cup
11205	green or red peppers (optional)	0.25	cup
11205	(pepper, garlic powder, oregano, par	0.00	spices
11205	(cheddar, jack)	0.00	Cheese
11206	eggs	3.00	4
11206	(to coat pan)	0.00	Butter
11206	(taragon, pepper, oregano, garlic	0.00	spices
11207	sour cream	8.00	oz.
11207	oon of dried onions	4.00	tablesp
11208	breasts, or thighs, drumsticks or wings	2.00	chicken
11208	barbeque sauce	0.50	cup
11209	(1 jar or 8-10 oysters)	0.00	Oysters
11209	peppers, onions (sliced)	0.00	green
11209	(1 tablespoon of fresh)	0.00	garlic
11209	(pepper, oregano)	0.00	spices
11210	Pasta *	0.00	
11210	Butter	0.00	
11210	Parmesan cheese	0.00	
11211	ground beef	1.00	lb.
11211	can of tomato sauce	8.00	oz.
11211	(garlic powder, pepper, basil, orega	0.00	spices
11213	corn	0.00	Popping
11213	(enough to coat the bottom)	0.00	Oil
11213	salt (optional)	0.00	butter,
11214	potatoes	2.00	large
11214	oon of milk per potato	2.00	tablesp
11214	cheese per potato	0.25	cup
11215	ground beef	1.00	lb.
11215	of creamy vegetable soup (mushroom,	1.00	
11215	onions	0.50	cup

Sheet1

11215	(garlic powder, pepper)	0.00	spices
11216	Ramen	0.00	
11217	is (Japanese-style white rice works bes	0.00	wn rice
11217	Water	0.00	
11218	sliced mushroom/person	1.00	cup
11218	Butter	0.00	
11218	(garlic powder, pepper)	0.00	Spices
11218	- red or white (optional)	0.00	Wine
11219	eggs	2.00	4
11219	milk (a "dash")	0.12	cup
11219	(to coat pan)	0.00	Butter
11219	onions (optional)	0.25	cup
11219	cooked ham or cooked shrimp or groun	0.50	
11219	sliced cheese (optional)	0.50	cup
11219	(taragon, paprika, pepper, garlic	0.00	spices
11220	breasts (or thighs, drumsticks or wi	2.00	chicken
11220	sil (lemon juice, paprika, taragon, garl	0.00	der, ba
11221	(any size, but the bigger they are,	0.00	re
11221	oil	0.00	Olive
11221	Butter	0.00	
11221	Garlic	0.00	
11221	Pepper	0.00	
11222	(1/2 lb.) - use cooked or fresh	0.00	Shrimp
11222	tomato sauce	16.00	oz.
11222	(cumin, pepper, garlic)	0.00	spices
11222	green peppers, tomatoes, mushrooms	0.00	onions,
11223	potatoes	2.00	4
11223	1/4 cup milk	0.12	to
11223	salt, pepper, sour cream, chives, ba	0.00	ts
11224	of sole (flounder)	0.00	Filet
11224	Garlic	0.00	
11224	onions	0.50	cup
11224	oil	0.00	Olive
11224	Butter	0.00	
11224	(dill, pepper)	0.00	spices
11225	ground beef	1.00	lb.
11225	can of tomato sauce	8.00	oz.
11225	(you'll have to estimate the amount	0.00	eed
11225	(oregano, pepper, basil, garlic powd	0.00	d
11225	onion (optional)	0.50	cup
11225	2 clove of chopped garlic (optional)	1.00	to
11225	chopped mushrooms (optional)	1.00	cup
11225	ns cheese (as topping)	0.00	Parmesa
11226	carrots	4.00	
11226	(about 1 teaspoon/cup carrots)	0.00	Butter
11226	sugar (about 1 teaspoon/cup carrots)	0.00	Brown
11227	whole clams (shell and clam) per per	1.00	lb.
11227	slices	0.00	lemon
11227	Butter	0.00	

Sheet1

11227	juice (if desired)	0.00	Clam
11228	chops (lamb or pork)	2.00	4
11228	wistershire or teriyaki sauce (for s	0.50	or
11228	(tarragon, rosemary, pepper, basil,	0.00	
11229	large tomatoes	2.00	4
11229	shredded or diced cheese (cheddar, S	1.00	cup
11229	(pepper, garlic powder, oregano)	0.00	Spices
11231	ground beef	1.00	lb.
11231	grated cheese (cheddar works best)	0.50	cup
11231	shredded lettuce	0.50	cup
11231	chopped onions	0.50	cup
11231	chopped tomatoes	0.50	cup
11231	preformed taco shells	4.00	6
11231	(chili powder, Tabasco sauce, garlic	0.00	r,
11231	sauce (as topping)	0.00	Taco
11231	le (as topping)	0.50	guacamo
11231	sour cream (as topping)	0.50	cup
11231	avocado (optional)	0.50	cup
11232	breasts (or thighs, drumsticks or wi	2.00	chicken
11232	teriyaki sauce (for marination and	1.00	cup
11232	(taragon, basil, garlic powder, pepp	0.00	spices
11233	(fillets or steaks)	0.00	Salmon
11233	i sauce	0.00	Teriyak
11234	i (You'll have to judge the amount for	0.00	Macaron
11234	(About 10 slices)	0.00	Cheese
11234	milk	0.33	cup
11234	cans of tuna fish	1.00	2
11235	can of tuna	6.00	oz.
11235	slices of bread	2.00	3
11235	slices of tomato	1.00	2
11235	all slices of cheese (cheddar, jack, Swi	0.00	enster
11236	of ground beef	1.00	lb.
11236	eggs	3.00	
11236	nd - salt, pepper, garlic powder, a lit	0.00	egano a
11237	Berries	0.00	
11237	Cream	0.00	Whipped
11238	- 4 parts	0.00	Oil
11238	- 1/2 part	0.00	Water
11238	- pepper, basil, lemon juice, etc.	0.00	Spices
11239	Sugar	0.50	c
11239	Ground Cinnamon	0.50	t
11239	Hot Water	0.25	c
11239	Blueberries	2.00	c
11239	Cornstarch	1.00	T
11239	Ground Nutmeg	0.25	t
11239	Lemon Juice	2.00	T
11240	Ginger Ale, Chilled	2.50	c
11240	Fruits *	1.00	x
11240	Lemon Juice	0.50	c

## Sheet1

11241	Baked 9-inch Pie Shell	1.00 ea
11241	Cornstarch	1.00 T
11241	(1 Pk) Strawberry Gelatin	3.00 oz
11241	Water	1.50 c
11241	Sugar	1.25 c
11241	Lemon Juice	3.00 T
11241	Fresh Strawberries	1.00 qt
11242	9-inch Graham Cracker Crust	1.00 ea
11242	Plus 2 T Sugar	0.50 c
11242	(1 C) Whipping Cream,Whipped	0.50 pt
11242	Large Uncracked Eggs.	3.00 ea
11242	Lemon Juice	0.25 c
11243	Della Robbia Ice Ring *	1.00 x
11243	Apricot Nectar, Chilled	3.00 c
11243	Lemon Juice	1.00 c
11243	Sugar	1.00 c
11243	(2 pk) Frozen Strawberries**	20.00 oz
11243	Cold Water	3.00 c
11243	Frozen Orange JuiceThawed***	6.00 oz
11243	Bottle Ginger Ale, Chilled	32.00 oz
11244	Cold Water	3.25 c
11244	Sugar Substitute *	1.00 x
11244	Lemon Juice	0.50 c
11245	Finely Chopped Onion	0.25 c
11245	Butter Or Margarine	2.00 T
11245	Brown Sugar, Firmly Packed	0.25 c
11245	Worcestershire Sauce	1.00 T
11245	Hot Pepper Sauce	0.12 t
11245	Clove Garlic, Finely Chopped	1.00 ea
11245	Catsup	1.00 c
11245	Lemon Juice	0.25 c
11245	Prepared Mustard	1.00 t
11246	Fresh Strawberries, Hulled	1.00 qt
11246	Lemon Juice	0.75 c
11246	Club Soda, Chilled	2.00 c
11246	Garnishes **	1.00 x
11246	Cold Water	3.00 c
11246	Sugar *	0.75 c
11246	Ice	1.00 x
11247	Instant Chicken Bouillion OR	4.00 t
11247	Boiling Water	2.00 c
11247	(1 pk) Sour Creem	16.00 oz
11247	Garlic Powder	0.25 t
11247	Cubes Chicken Bouillion	4.00 ea
11247	Med Cucumbers	3.00 ea
11247	Lemon Juice	2.00 T
11247	Pepper	0.25 t
11248	Slices Bacon	3.00 ea
11248	Mayo. or Salad Dressing	2.00 T

Sheet1

11248	Large Tomato, Sliced	1.00 ea
11248	Slices Rye Bread, Toasted	3.00 ea
11248	Dried Dill Weed	0.50 t
11248	Slices Swiss Cheese	3.00 ea
11249	Catsup	0.33 c
11249	Finely Chopped Onion	2.00 T
11249	Worcestershire Sauce	1.50 t
11249	Dry Mustard	0.12 t
11249	Cut-up Cooked Beef	2.00 c
11249	Slices American Cheese	4.00 ea
11249	Vinegar	2.00 T
11249	Finely Chopped Garlic Clove	1.00 ea
11249	Packed Brown Sugar	1.00 t
11249	Dash Pepper	1.00 ea
11249	French Rolls, Split	4.00 ea
11250	Catsup	1.00 c
11250	Lemon Juice	1.00 T
11250	Prepared Mustard	1.00 t
11250	Pepper	0.12 t
11250	Hamburger Buns, Split	4.00 ea
11250	Brown Sugar	2.00 T
11250	Worcestershire Sauce	1.00 T
11250	Onion Salt	0.50 t
11250	Cooked Roast Beef *	8.00 oz
11251	Frankfurters	2.00 ea
11251	Chili With Beans	0.33 c
11251	Frankfurter Buns, Split	2.00 ea
11251	Fresh Onion, Chopped Opt.	1.00 ea
11252	Fresh Pork Loin Roast *	1.00 ea
11252	Salt	1.00 t
11252	Prepared Mustard	1.00 t
11252	Clove Garlic, Cut into 1/4's	1.00 ea
11252	Orange Marmalade	1.00 T
11252	Dried Thyme Leaves	0.50 t
11253	Margarine or Butter	2.00 T
11253	Slices Rye Bread, Toasted	4.00 ea
11253	Large Tomato, Sliced	1.00 ea
11253	Coleslaw	1.00 c
11253	Prepared Mustard	0.50 t
11253	Slices Cooked Ham	4.00 ea
11253	Slices Cheese	4.00 ea
11254	Small Head Cauliflower	1.00 ea
11254	Steak **	1.00 lb
11254	Med Onion, Chopped	1.00 ea
11254	(1Pkg) Frozen Pea Pods	6.00 oz
11254	Cornstarch	0.25 c
11254	Sugar	0.50 t
11254	Med. Green Pepper *	1.00 ea
11254	Clove Garlic, Minced	1.00 ea

## Sheet1

11254	Soy Sauce(Imported If avail)	3.00 T
11254	Water	2.00 c
11254	Instant Beef Bouillon	4.00 t
11254	Hot Cooked Rice	3.00 c
11255	Bonless Fresh Pork Shoulder*	1.00 lb
11255	Orange Juice	0.50 c
11255	Pepper	0.12 t
11255	(1cn) Water Chestnuts, Drain	8.00 oz
11255	Chinese Cabbage, Sliced Thin	2.00 c
11255	Cold Water	1.00 T
11255	Hot Cooked Rice	3.00 c
11255	Water	0.50 c
11255	Salt	0.25 t
11255	Imported Soy Sauce	3.00 T
11255	(1cn) Bean Sprouts, Drained	16.00 oz
11255	Cornstarch	1.00 T
11255	Chopped Green Onions	2.00 T
11256	Boneless Fresh Pork *	1.00 lb
11256	Soy Sauce (Import. If Avail)	2.00 T
11256	Pepper	0.25 t
11256	Fresh Mushrooms, Sliced	8.00 oz
11256	Cold Water	2.00 T
11256	Salted Cashews Or Peanuts	1.00 c
11256	Medium Onion **	1.00 ea
11256	Salt	0.50 t
11256	(10 oz) Frozen Peas	1.00 pk
11256	Cornstarch	1.00 T
11256	Jar (2 ozs) Pimiento ***	1.00 ea
11257	Small Onion, Chopped	1.00 ea
11257	Butter Or Margarine	1.00 T
11257	Catsup	0.25 c
11257	Hamburger Buns, Split	12.00 ea
11257	Chopped Green Pepper	0.50 c
11257	Barbecue sauce	0.50 c
11257	Franks,Cut In 1/4-in. Slices	1.00 lb
11258	Fresh Pork Shoulder *	1.50 lb
11258	(1 cn) Pineapple Chunks	8.00 oz
11258	Cornstarch	3.00 T
11258	Imported Soy Sauce	1.00 T
11258	Pepper	0.12 t
11258	Small Green Pepper **	1.00 ea
11258	Med. Onion, Sliced	1.00 ea
11258	Packed Brown Sugar	0.25 c
11258	Lemon Juice	2.00 T
11258	Salt	1.00 t
11258	Ground Ginger	0.12 t
11258	(1 Pk) Frozen Pea Pods	6.00 oz
11259	Olive Oil	0.25 c
11259	Sweet Ital. Sausage Links	2.50 lb

Sheet1

11259	Chicken Legs	4.00 ea
11259	(2 cns) Tomatoes	56.00 oz
11259	Salt And Pepper To Taste	1.00 x
11259	Dry Red Wine	0.50 c
11259	Lg Cloves Garlic,Coarse Chop	4.00 ea
11259	Hot Ital. Sausage Links	1.50 lb
11259	Chicken Thighs	4.00 ea
11259	(1 can) Tomato Paste	6.00 oz
11259	Dried Basil	0.50 T
11259	Chopped Fresh Parsley	1.00 x
11260	Rind Of 1 Lemon	1.00 x
11260	Parsley	0.50 c
11260	Regular Rice (Not Instant)	1.00 c
11260	Dry Vermouth	0.75 c
11260	Cloves Garlic, Peeled	8.00 ea
11260	Unsalted Butter	6.00 T
11260	Chicken Stock	1.25 c
11260	Salt & Pepper To Taste	1.00 x
11261	Jumbo Shrimp, With Shell	16.00 ea
11261	Piece Ginger *	1.00 ea
11261	Green Onions/Scallions **	2.00 ea
11261	Vegetable Oil	0.25 c
11261	Cloves Garlic Peeled/Crushed	3.00 ea
11261	Salt & Pepper To Taste	1.00 x
11262	Olive Oil	1.00 c
11262	Paprika	0.50 t
11262	Crushed Rosemary Leaves	1.00 t
11262	Dashes Tabasco Sauce	1.00 x
11262	Fresh Ground Pepper(2 Taste)	1.00 x
11262	Cloves Garlic *	30.00 ea
11262	Fresh parsley, Chopped	1.00 x
11262	Juice Of 1 Lemon	1.00 x
11262	Bay Leaf	1.00 ea
11262	Cayenne Pepper	0.25 t
11262	Salt (To Taste)	1.00 x
11262	Dashes Worcestershire Sauce	1.00 x
11262	Shrimp (About 20 /lb)	1.50 lb
11263	Garlic Puree(2 Roasted Head)	1.00 x
11263	(2 pk) Dry yeast	2.00 T
11263	Warm Water	2.50 c
11263	Whole Wheat Flour	3.25 c
11263	Cornmeal	1.00 x
11263	Unsalted Butter, Softened	0.25 lb
11263	Warm Water (115-120 degrees)	0.50 c
11263	Kosher Salt	2.00 T
11263	Unbleached All Purpose Flour	3.25 c
11264	CAKE -----	0.00 -----
11264	Large Eggs	3.00 ea
11264	Sugar	2.00 c

Sheet1

11264	Soda	1.00 t
11264	Vanilla	2.00 t
11264	Cored, Peeled, Diced Apples	3.00 c
11264	ICING -----	0.00 -----
11264	(1 cube) Margarine	4.00 oz
11264	Milk	0.25 c
11264	CAKE -----	0.00 -----
11264	Oil	1.50 c
11264	Flour	3.00 c
11264	Salt	1.00 t
11264	Pecans	1.00 c
11264	ICING -----	0.00 -----
11264	Packed Brown Sugar	1.00 c
11265	Sugar	0.50 c
11265	Large Eggs	2.00 ea
11265	Ground Cinnamon	1.00 t
11265	Ground Cloves	0.25 t
11265	Butter/Sour Milk	0.33 c
11265	Chopped Walnuts	0.25 c
11265	CARMEL ICING -----	0.00 -----
11265	Butter or Margarine	2.00 T
11265	Milk	3.00 T
11265	Butter or Margarine	0.25 c
11265	Unbleached All-purpose Flour	1.00 c
11265	Baking Soda	0.50 t
11265	Ground Nutmeg	0.25 t
11265	Seedless Blackberry Jam	0.50 c
11265	CARMEL ICING -----	0.00 -----
11265	Packed Brown Sugar	0.50 c
11265	Sifted Powdered Sugar	1.75 c
11266	Ready to Cook BroilerChicken	3.00 lb
11266	Water	12.00 c
11266	Pepper	0.25 t
11266	(2 cns) Tomatoes	56.00 oz
11266	Coarsely Chopped Carrots	2.00 c
11266	Chopped Celery	1.00 c
11266	Packed Dark Brown Sugar	2.00 T
11266	Whole Cloves	4.00 ea
11266	Bay Leaf	1.00 ea
11266	(2 cns) Butter Beans	32.00 oz
11266	Unbleached All-purpose Flour	0.67 c
11266	Beef Shank Cross-cuts	2.00 lb
11266	Salt	1.00 T
11266	Slices Bacon	6.00 ea
11266	Cubed Peeled Potatoes	1.00 c
11266	Chopped Onion	1.00 c
11266	Chopped Green Pepper	1.00 c
11266	Crushed Dried Red Pepper	0.25 t
11266	Clove Garlic, Minced	1.00 ea



Sheet1

11266	Ears Of Fresh Corn	4.00 ea
11266	Frozen Cut Okra	10.00 oz
11267	Round Steak, 1/2" Thick	3.00 lb
11267	Tomato Sauce	8.00 oz
11267	Ground Pepper	0.50 t
11267	Large Clove Garlic, Smashed	1.00 ea
11267	Potatoes	2.00 lb
11267	Salt	1.50 t
11267	Ground Cumin	0.50 t
11267	Water	1.00 x
11268	Round Boan Pot Roast	5.00 lb
11268	Shortening	2.00 T
11268	Apple Cider	0.50 c
11268	Large Potatoes **	6.00 ea
11268	Fresh Okra ***	8.00 oz
11268	Salt	2.00 t
11268	Barbecue Sauce (Your Choice)	0.50 c
11268	Carrots, Pared *	8.00 ea
11268	Onions, sliced	2.00 ea
11269	Lg Unpared, Cored, Red Apple	6.00 ea
11269	Cooking Wine	0.50 c
11269	Sugar	1.00 c
11269	6" Cinnamon Stick	1.00 ea
11269	Butter	3.00 T
11269	Water	0.50 c
11269	Lemon Juice	1.00 T
11270	Lean Ground Beef	1.00 lb
11270	Shortening	3.00 T
11270	Sm. Head Of Cabbage Shredded	1.00 ea
11270	Large Onion, Finely Chopped	1.00 ea
11270	Loaves Frozen Bread Dough*	2.00 ea
11270	Salt & Pepper To Taste	1.00 x
11271	Unbleached Flour	2.00 c
11271	Corn Starch	1.00 T
11271	Cinnamon	0.50 t
11271	Cloves	0.50 t
11271	Baking Powder	1.00 t
11271	Nuts	1.00 c
11271	Oil	0.50 c
11271	HOT Applesauce	3.00 c
11271	Sugar	1.00 c
11271	Cocoa	1.00 T
11271	Nutmeg	0.50 t
11271	Baking Soda	2.00 t
11271	Salt	0.50 t
11271	Raisins	1.00 c
11271	Vanilla	1.00 t
11272	Med. Fresh Peaches *	3.00 ea
11272	Half & Half or Coffee Cream	3.00 c

Sheet1

11272	(level) Unbleached Flour	3.00 T
11272	Cinnamon or To Taste	0.50 t
11273	STEAK -----	0.00 -----
11273	Round Steak 1/2-inch Thick	4.00 lb
11273	Unbleached Flour	1.00 c
11273	Milk	1.00 x
11273	GRAVY -----	0.00 -----
11273	Fat	4.00 T
11273	Milk	1.00 qt
11273	STEAK -----	0.00 -----
11273	Milk	1.00 c
11273	Salt & Pepper	1.00 x
11273	GRAVY -----	0.00 -----
11273	Unbleached Flour	4.00 T
11274	Active Dry Yeast	1.00 pk
11274	Salt	1.00 t
11274	Honey	0.50 c
11274	Whole Wheat Flour	4.00 c
11274	Warm Water	1.00 c
11274	Sourdough Starter	0.67 c
11274	Shortening	1.50 T
11275	Unbleached Flour, Sifted	2.00 c
11275	Salt	0.50 t
11275	Sugar	1.00 c
11275	Mashed Ripe bananas (3 Med.)	1.33 c
11275	Baking Powder	3.00 t
11275	Shortening	0.50 c
11275	Large Eggs	2.00 ea
11275	Chopped Walnuts	1.00 c
11276	Warm Water	1.00 c
11276	Unbleached All-purpose Flour	2.50 c
11276	Butter/Margarine, Room Temp.	0.50 c
11276	Large Eggs	2.00 ea
11276	Wheat/Oat Bran Cereal	3.50 c
11276	Baking Soda	2.50 t
11276	Granulated Sugar	1.50 c
11276	Butter/Sour milk.	2.00 c
11277	Unbleached All-purpose Flour	1.00 c
11277	Granuleated Sugar	2.00 T
11277	Yellow Cornmeal	1.00 c
11277	Vegetable Oil	0.25 c
11277	Baking Powder	4.00 t
11277	Salt	1.00 t
11277	Large Eggs	2.00 ea
11278	40% Bran Flakes Cereal	1.00 c
11278	Unbleached Flour, Sifted	2.50 c
11278	Salt	0.50 t
11278	Sugar	1.50 c
11278	All-Bran Cereal	2.00 c

## Sheet1

11278	Boiling Water	1.00 c
11278	Baking Soda	2.50 t
11278	Shortening	0.50 c
11278	Large Eggs	2.00 ea
11278	Butter/Sour Milk	2.00 c
11279	Wheat/Oat Bran cereal	1.00 c
11279	Unbleached All-Purpose Flour	1.00 c
11279	Salt	0.50 t
11279	Seedless Raisins *	0.50 c
11279	Large Egg	1.00 ea
11279	Milk	0.75 c
11279	Baking Powder	2.50 t
11279	Granulated Sugar	0.25 c
11279	Chopped Walnuts	0.50 c
11279	Vegetable Oil	0.25 c
11280	Unbleached Flour	1.50 c
11280	Baking Powder	3.00 t
11280	Dill Weed	0.75 t
11280	Margarine/Butter, Melted	0.50 c
11280	Ricotta Cheese	0.67 c
11280	Sugar	2.00 T
11280	Salt	0.50 t
11280	Milk	0.25 c
11280	Large Eggs	2.00 ea
11280	Shredded Zucchini	0.50 c
11281	Raisins	1.00 c
11281	Butter/Regular Margarine	0.50 c
11281	Large Eggs	2.00 ea
11281	Baking Powder	1.00 t
11281	Water	1.00 c
11281	Sugar	0.25 c
11281	Unbleached Flour, Sifted	1.50 c
11282	40% Bran Flakes Cereal	2.50 c
11282	Milk	1.75 c
11282	Soy Flour	1.00 c
11282	Baking Powder	4.00 t
11282	Salt	0.75 t
11282	Honey	0.67 c
11282	Dark Molasses	0.25 c
11282	Raisins	1.50 c
11282	Stirred Whole Wheat Flour	1.00 c
11282	Toasted Wheat Germ	1.00 c
11282	Ground Nutmeg	1.50 t
11282	Large Eggs, Slightly Beaten	4.00 ea
11282	Vegetable Oil	0.67 c
11283	Unbleached Flour, Sifted	4.00 c
11283	Salt	1.00 t
11283	Ground Ginger	1.00 t
11283	Ground Allspice	0.25 t

## Sheet1

11283	Vegetable Shortening	1.33 c
11283	Large Eggs, Slightly Beaten	4.00 ea
11283	Butter/Sour Milk	1.00 c
11283	Baking Soda	2.00 t
11283	Ground Cinnamon	1.00 t
11283	Ground Cloves	0.25 t
11283	Ground Nutmeg	0.25 t
11283	Sugar	1.00 c
11283	Molasses	1.00 c
11283	Raisins	1.00 c
11284	Unbleached All-purpose Flour	2.00 c
11284	Granulated Sugar	2.00 T
11284	Large Egg	1.00 ea
11284	Vegetable Oil	0.50 c
11284	Baking Powder	1.00 T
11284	Salt	1.00 t
11284	Milk	1.00 c
11285	Quick-cooking Oats	1.00 c
11285	Unbleached Flour, Sifted	1.00 c
11285	Baking Soda	0.50 t
11285	Butter or Regular Margarine	0.33 c
11285	Large Egg	1.00 ea
11285	Butter/Sour Milk	1.00 c
11285	Baking Powder	1.00 t
11285	Salt	1.00 t
11285	Brown Sugar, Packed	0.50 c
11286	Unbleached Flour	2.00 c
11286	Baking Powder	1.50 t
11286	Sage Leaves, Crumbled	0.50 t
11286	Grated Parmesan Cheese	0.25 c
11286	Butter/Margarine, Melted	0.25 c
11286	Sugar	1.00 T
11286	Baking Soda	0.50 t
11286	Chopped Fresh Parsley	0.50 c
11286	Butter/Sour Milk	1.25 c
11286	Large Egg	1.00 ea
11287	Unbleached Flour, Sifted	1.50 c
11287	Brown Sugar, Packed	0.25 c
11287	Salt	0.50 t
11287	Large Egg, Slightly Beaten	1.00 ea
11287	Milk	0.50 c
11287	Sugar	0.25 c
11287	Baking Powder	2.00 t
11287	Ground Cinnamon	0.50 t
11287	Vegetable Oil	0.50 c
11287	Chopped Pecans	0.50 c
11288	Unbleached Flour, Sifted	1.00 c
11288	Salt	0.25 t
11288	Vegetable Shortening	0.25 c

Sheet1

11288	Large Egg	1.00 ea
11288	Milk	2.00 T
11288	Baking Powder	2.00 t
11288	Ground Cinnamon	0.25 t
11288	Sugar	0.67 c
11288	Canned, Mashed Pumpkin	0.50 c
11289	Unbleached Flour, Sifted	1.00 c
11289	Pumpkin Pie Spice	1.00 t
11289	Salt	0.50 t
11289	Brown Sugar, Packed	0.50 c
11289	Milk	0.25 c
11289	Quick-cooking Oats	1.00 c
11289	Crumb Topping	1.00 x
11289	Baking Powder	2.00 t
11289	Baking Soda	0.25 t
11289	Canned, Mashed, Pumpkin	0.75 c
11289	Large Egg, Slightly Beaten	1.00 ea
11289	Vegetable Oil	0.25 c
11289	Raisins	0.50 c
11290	Warm Water	1.50 c
11290	Instant Coffee Crystals	1.00 T
11290	Amaretto	0.33 c
11290	Dessert Topping *	1.00 x
11291	Slices Bacon	2.00 ea
11291	Unbleached Flour	4.00 t
11291	Instant Beef Bouillon	0.50 t
11291	Dried Basil, Crushed	0.25 t
11291	Stew Meat, 1/2-inch Cubes	0.50 lb
11291	Canned Tomatoes, Cut Up	7.50 oz
11291	Dry Red Wine	0.25 c
11291	Frozen Pearl Onions	0.50 c
11291	Small Whole Fresh Mushrooms	8.00 ea
11292	Apple Cider Or Juice	2.00 c
11292	Red Cinnamon Candies	4.00 t
11292	Thin Apple Slices (Opt.)	4.00 ea
11293	Finely Shredded Orange Peel	0.50 t
11293	Orange Juice	0.50 c
11293	Cornstarch	2.00 t
11293	Ground Cinnamon	0.25 t
11293	Mandarin Orange Sect., Drain	11.00 oz
11293	Bisquick	0.50 c
11293	Sugar	2.00 T
11293	Milk	2.00 T
11293	Sugar	1.00 t
11293	Dash Ground Cinnamon	1.00 x
11294	(2) Frozen Lobster Tails	16.00 oz
11294	Water	0.50 c
11294	Butter Or Margaine	0.25 c
11294	Lemon Juice	1.00 T

Sheet1

11294	Finely Shredded Orange Peel	0.50 t
11294	Salt	0.12 t
11294	Dash Ground Ginger	1.00 x
11294	Dash Paprika	1.00 x
11295	Unbleached Flour	0.33 c
11295	Yellow Cornmeal	0.33 c
11295	Sugar	2.00 T
11295	Baking Powder	1.50 t
11295	Salt	0.25 t
11295	Large Beaten Egg	1.00 ea
11295	Milk	0.25 c
11295	Cooking Oil	4.00 t
11295	Yellow Corn Meal	1.00 x
11296	Large Shrimp *	12.00 ea
11296	Sliced Green Onion	2.00 T
11296	Butter Or Margarine	1.00 T
11296	Lemon Juice	1.00 t
11296	Dash Bottled HotPepper Sauce	1.00 x
11296	Canned Crab Meat **	5.50 oz
11296	Fine Dry Bread Crumbs	2.00 T
11296	Lemon Wedges	1.00 x
11297	Env. Golden Onion Soup Mix	1.00 ea
11297	Frozen Peas & Carrots *	10.00 oz
11297	Tuna, Drained & Flaked	6.50 oz
11297	Milk	1.50 c
11297	Medium Egg Noodles **	8.00 oz
11297	Shredded Cheddar Cheese ***	2.00 oz
11298	Env. Onion Soup Mix *	1.00 ea
11298	Chili Powder	1.50 t
11298	Thyme Leaves	1.00 t
11298	Boneless Chicken Breasts **	2.00 lb
11298	Plain Dry Bread Crumbs	0.50 c
11298	Ground Cumin	1.00 t
11298	Red Pepper	0.25 t
11298	Oil	1.00 x
11299	Butter or Margarine	0.50 c
11299	Env. Soup Mix **	1.00 ea
11299	Brown Sugar	0.50 c
11299	White Vinegar	0.25 c
11299	Spareribs ****	5.00 lb
11299	Med. Clove Garlic *	1.00 ea
11299	(1 Can) Tomato Puree	16.00 oz
11299	Imported Soy Sauce ***	0.25 c
11299	Chili Sauce	0.25 c
11300	Env. Soup Mix *	1.00 ea
11300	(1 can) Chick Peas **	16.00 oz
11300	(1 can) Tomatoes ****	14.50 oz
11300	Large Stalk Celery *****	1.00 ea
11300	Ground Cumin	2.00 t

Sheet1

11300	Crushed Red Pepper	0.25 t
11300	Water	4.00 c
11300	(1 can) Red Kidney Beans ***	16.00 oz
11300	Lentils, Rinsed & Drained	1.00 c
11300	Chili Powder	1.00 T
11300	Med. Clove Garlic Fine Chop	1.00 ea
11301	Unbleached All-Purpose Flour	2.50 c
11301	Active Dry Yeast	1.00 pk
11301	Orange Juice	0.50 c
11301	Butter Or Margarine *	2.00 T
11301	Sugar	1.00 T
11301	Shredded Cheddar Cheese	5.00 oz
11301	Whole Wheat Flour	1.00 c
11301	Warm Water (110-115 Degrees)	0.33 c
11301	Water	0.50 c
11301	Env. Onion Soup Mix	1.00 ea
11301	Salt	1.00 t
11301	Melted Butter Or Margarine	1.00 x
11302	Bonless Beef Chuck *	2.00 lb
11302	Sliced Carrots	1.33 c
11302	Med. Bay Leaf	1.00 ea
11302	Red Wine	0.50 c
11302	Medium Or Broad Egg Noodles	8.00 oz
11302	Unbleached All-purpose Flour	0.25 c
11302	(1 cn) Tomatoes **	4.50 oz
11302	Env. Soup Mix ***	1.00 ea
11302	Mushrooms ****	8.00 oz
11303	Env. Golden Onion Soup Mix	1.00 ea
11303	Large Eggs	2.00 ea
11303	Chicken Cut into Serving Pcs	3.00 lb
11303	Unbleached All-purpose Flour	1.00 c
11303	Buttermilk *	0.50 c
11303	Margarine or Butter, Melted	0.25 c
11304	Olive Or Vegetable Oil	2.00 T
11304	(3 Total) Peppers **	1.00 ea
11304	Med Tomato Coarsely Chopped	1.00 ea
11304	Water	1.00 c
11304	Pepper	0.12 t
11304	Pork Blade Steaks *	1.50 lb
11304	Clove Garlic Finely Chopped	1.00 ea
11304	Env. Soup Mix ***	1.00 ea
11304	Thyme Leaves	0.50 t
11305	Env. Onion Soup Mix	1.00 ea
11305	(1 C) Salad Dressing *	8.00 oz
11305	(1 Jar) Apricot Preserves	20.00 oz
11306	Salad Oil	0.25 c
11306	Bourbon, Sherry, Or Wine	0.25 c
11306	Freshly Ground Pepper	1.00 x
11306	Soy Sauce	2.00 T

Sheet1

11306	Garlic Powder	1.00 t
11307	Spareribs Cut To Serve	4.00 lb
11307	Catsup	0.25 c
11307	Dry Mustard	1.00 t
11307	Dark Rum	0.25 c
11307	Cloves Garlic, Crushed	2.00 ea
11307	Brown Sugar, Firmly Packed	1.00 c
11307	Soy Sauce	0.25 c
11307	Chili Sauce	0.50 c
11307	Worcestershire Sauce	0.25 c
11307	Dash Pepper	1.00 x
11308	Chopped Onion	0.75 c
11308	Lemon Juice	0.33 c
11308	Salt	2.00 t
11308	Water	0.75 c
11308	Prepared Mustard	2.00 T
11308	Tomato Catsup	0.75 c
11308	Worcestershire Sauce	3.00 T
11308	Salad Oil	0.50 c
11308	Sugar	3.00 T
11308	Pepper	0.50 t
11309	Chuck Or Arm Roast	12.00 lb
11309	Garlic salt	0.50 t
11309	Celery Salt	2.00 t
11309	Pepper	1.00 t
11309	Vinegar	2.00 T
11309	Dry Mustard	2.00 t
11309	Onion Salt	2.00 t
11309	Salt	2.00 t
11309	Mayonnaise	2.00 T
11309	Kitchen Bouquet	2.00 T
11310	Water	1.00 c
11310	Butter	2.00 T
11310	Nutmeg	1.00 t
11310	Real Vanilla	1.00 t
11310	Corn Starch	2.00 T
11310	Sugar	0.50 c
11310	Brandy	0.25 c
11311	Unbleached Flour	2.00 c
11311	Fruit Cocktail	2.00 c
11311	Large Eggs	2.00 ea
11311	Sugar	1.50 c
11311	Baking Soda	2.00 t
11311	Pinch Salt	1.00 x
11312	Sugar	1.50 c
11312	Pecans	0.50 c
11312	Undiluted Evaporated Milk	1.00 c
11312	(1 1/2 sticks) Margraine	6.00 oz
11312	Coconut	0.50 c



## Sheet1

11313	Large Onion	1.00 ea
11313	Salt	0.50 t
11313	(1 Cn) Tomatoes	15.00 oz
11313	Allspice	1.00 t
11313	Sugar	0.50 c
11313	Cinnamon	1.00 t
11313	Vinegar	0.50 c
11313	Pickled Peppers(Hot Or Mild)	2.00 ea
11314	(1 pk) Nestles Quick	2.00 lb
11314	(1 box) Powdered Milk	14.00 qt
11314	(1 Jar) Coffeemate	16.00 oz
11314	Powdered Sugar	2.00 lb
11315	Mayonnaise	1.00 pt
11315	Med or Large Onion	1.00 ea
11315	Chips or Dippers	1.00 x
11315	Processed Cheese (Velveeta)	1.00 lb
11315	GreenPickledJalapeno Peppers	5.00 ea
11316	Dried Chile Pequins *	2.00 pk
11316	Salt (Optional)	0.50 t
11316	Oregano	1.00 t
11316	Cumin (Crushed)	1.00 t
11316	Cloves Garlic (3 If Wanted)	2.00 ea
11316	Tomato Juice(Can Use Upto 2)	1.00 c
11317	Large Eggs	2.00 ea
11317	Apple Cider Vinegar	4.00 T
11317	Vegetable Oil	1.50 c
11317	Dry Mustard	1.00 t
11317	Seasoning Salt	1.00 T
11318	Butter	0.50 c
11318	Black Pepper	0.75 t
11318	Lemon Juice	0.50 c
11318	Dry Mustard	0.50 t
11318	Worcestershire Sauce	2.00 T
11318	Drops Tabasco	2.00 ea
11318	Sm. Clove Garlic, Minced	1.00 ea
11318	Salt To Taste	1.00 x
11319	Sugar	1.00 c
11319	Lard *	1.00 c
11319	Cloves	0.25 t
11319	Cinnamon (Or To Taste)	1.00 t
11319	Raisins	2.00 c
11319	Allspice	0.25 t
11319	Pinch Of Salt	1.00 x
11320	Bottles White Grape Juice	2.00 ea
11320	(2 Bottles) 7-Up	56.00 oz
11320	Bottle Club Soda	1.00 ea
11321	Round, Cut Into Strips	10.00 lb
11321	Oil To Brown Meat	1.00 x
11321	Catsup	3.00 c

Sheet1

11321	Red Wine Vinegar	1.25 c
11321	Med Onions, Chopped	5.00 ea
11321	Unbleached Flour	1.00 c
11321	Water	5.00 c
11321	Brown Sugar, Firmly Packed	1.25 c
11321	Worcestershire Sauce	5.00 T
11321	Salt And Pepper To Taste	1.00 x
11322	Sugar	1.00 c
11322	Cold Water	1.00 c
11322	Butter	2.50 T
11322	Unbleached Flour	2.00 T
11322	Vinegar	5.00 T
11322	Large Eggs, Beaten	4.00 ea
11323	Unbleached All-Purpose Flour	1.50 c
11323	Cocoa	3.00 T
11323	Salt	0.50 t
11323	Vinegar	1.00 t
11323	Cold Water	1.00 c
11323	Sugar	1.00 c
11323	Baking Soda	1.00 t
11323	Vanilla	1.00 t
11323	Vegetable Oil	5.00 T
11324	Long-grain brown rice	0.50 c
11324	Salt	1.00 x
11324	Large sweet peppers, *	4.00 x
11324	Butter or margarine	3.00 T
11324	Medium onion, chopped	1.00 x
11324	Finely diced celery	0.50 c
11324	Sunflower seeds	0.50 c
11324	Minced parsley	0.25 c
11324	Eggs, slightly beaten	2.00 ea
11324	Dried oregano leaves,crumble	0.25 t
11324	4 oz. chopped green chiles	0.25 c
11324	Black pepper	1.00 x
11324	Shred. sharp Cheddar cheese	0.50 c
11325	Vegetable oil	3.00 T
11325	Large onion, diced	1.00 x
11325	Stalks celery, sliced	2.00 x
11325	Med. green pepper, *	1.00 x
11325	Med. tomatoes, diced	2.00 x
11325	Red kidney beans, drained **	2.00 c
11325	Frozen baby lima beans,10 oz	1.00 pk
11325	Quick cooking barley	1.00 c
11325	Chopped parsley	0.67 c
11325	Salt	1.50 t
11325	Dried basil leaves	1.00 t
11325	Ground black pepper	0.25 t
11325	Boiling water	3.00 c
11325	Grated Cheddar cheese	2.00 T

Sheet1

11326	Vegetable Stock	2.00 c
11326	Tomato juice	2.00 c
11326	Lemon juice	2.00 T
11326	Green taco sauce	2.00 T
11326	Sugar	1.00 t
11326	Garlic salt	0.50 t
11326	Pepper	0.12 t
11326	Cucumber *	1.00 x
11326	Green pepper **	1.00 x
11326	Large tomatoes ***	4.00 x
11326	Green onions ****	3.00 x
11327	Cooked brown rice	1.00 c
11327	Egg	1.00 ea
11327	Chopped onions	2.00 T
11327	Salt	1.00 t
11327	Crushed peanuts	2.00 c
11327	Cottage cheese	2.00 c
11327	Olive oil	2.00 T
11327	Pepper	0.50 t
11328	Water	0.67 c
11328	Butter or margarine	5.00 T
11328	Salt	0.25 t
11328	All-purpose flour	0.67 c
11328	Eggs	3.00 ea
11328	Shredded Swiss cheese	0.75 c
11328	Small spinach leaves	1.50 c
11328	Cherry tomatoes	8.00 ea
11328	EGG -----	0.00 -----
11328	Mayonnaise	0.50 c
11328	Dijon mustard	1.00 t
11328	Ground cumin	0.25 t
11328	Raw cauliflower, sliced	1.00 c
11328	Raw mushrooms, thinly sliced	0.25 lb
11328	Frozen peas (thawed)	1.00 c
11328	Celery, thinly sliced	1.00 c
11328	Green onions & tops, sliced	2.00 ea
11328	Hard-cooked eggs	6.00 ea
11328	EGG -----	0.00 -----
11329	Sweet-sour sauce (see below)	1.00 x
11329	Salad oil	2.00 T
11329	Large onion cut 1" squares	1.00 ea
11329	Large carrots cut 1/4" slice	2.00 ea
11329	Clove garlic, minced/pressed	1.00 ea
11329	Green pepper *	1.00 ea
11329	Fresh pineapple chunks **	0.75 c
11329	Tomatoes, cut in wedges	2.00 ea
11329	Cooked soybeans ***	2.50 c
11330	Small zucchini*	0.50 lb
11330	Small crookneck squash*	0.50 lb

Sheet1

11330	Lemon juice	2.00 T
11330	Salad oil	0.25 c
11330	Salt	0.50 t
11330	Dash of pepper, ground cumin	1.00 x
11330	Green onion, thinly sliced	1.00 ea
11330	Diced green chilies	0.33 c
11330	Pimento-stuffed olives**	0.33 c
11330	(3 oz.) cream cheese***	1.00 pk
11330	Small avocado	1.00 ea
11330	Lettuce leaves	1.00 x
11330	Fresh coriander (cilantro)	1.00 x
11331	Salad oil	2.00 T
11331	Small onion, finely chopped	1.00 x
11331	Clove garlic, minced/pressed	1.00 x
11331	Large Swiss Chard *	2.00 x
11331	Med-sized zucchini chopped	1.00 x
11331	Eggs	6.00 x
11331	Pepper	0.12 t
11331	Dry basil	0.25 t
11331	Oregano leaves	0.25 t
11331	3oz. grated Parmesan cheese	1.00 c
11332	Eggs	4.00 ea
11332	Sugar	2.00 c
11332	Zucchini, grated	2.00 c
11332	Flour	3.00 c
11332	Salt	1.00 t
11332	Cinnamon	1.50 t
11332	Walnuts	1.00 c
11332	CREAM CHEESE FROSTING -----	0.00 -----
11332	Cream cheese	3.00 oz
11332	Margarine	4.00 T
11332	Powdered sugar	8.00 oz
11332	Oil, salad	1.00 c
11332	Vanilla	2.00 t
11332	Pineapple, crushed, drained	8.00 oz
11332	Baking soda	2.00 t
11332	Baking powder	1.00 t
11332	Ground nutmeg	0.75 t
11332	Currents or raisins	1.00 c
11332	CREAM CHEESE FROSTING -----	0.00 -----
11332	Almond flavoring	0.50 t
11332	Lemon flavoring	0.25 t
11333	Unbleached Flour, Sifted	1.25 c
11333	Salt	1.00 t
11333	Buttermilk or Sour Milk	0.75 c
11333	All Bran	1.00 c
11333	Large Eggs, Beaten	2.00 ea
11333	Firmly Packed. Brown Sugar	0.75 c
11333	Baking Powder	1.50 t

## Sheet1

11333	Active Sourdough Starter	0.50 c
11333	Finely Chopped Pitted Dates	1.00 c
11333	Grated Lemon Peel (ZestOnly)	1.00 t
11333	Vegetable Oil	0.25 c
11334	Active Starter	0.50 c
11334	Flour	2.50 c
11334	Sugar	1.00 T
11334	Baking Powder	2.00 t
11334	Cream Of Tartar	0.25 t
11334	Milk	1.00 c
11334	Lard or Shortening	0.33 c
11334	Salt	0.75 t
11334	Baking Soda	0.50 t
11335	Active Dry Yeast	1.00 pk
11335	Unbleached Flour, Unsifted	4.50 c
11335	Salt	2.00 t
11335	Milk	0.50 c
11335	Sourdough Starter	0.25 c
11335	Warm Water (110 to 115 F)	0.25 c
11335	Sugar	2.00 T
11335	Warm Water	1.00 c
11335	Vegetable Oil	2.00 T
11336	Active Sourdough Starter	1.50 c
11336	Unsifted Rye Flour	2.00 c
11336	Molasses	0.50 c
11336	Salt	2.00 t
11336	Whole Milk	0.50 c
11336	Active Dry Yeast	1.00 pk
11336	Caraway Seeds, Chopped	2.00 T
11336	Boiling Black Coffee	0.50 c
11336	Dry Skim Milk	0.25 c
11336	Melted Shortening	3.00 T
11336	Unbleached Flour	2.75 c
11337	Cider Vinegar	1.00 qt
11337	Seedless Raisins	0.50 lb
11337	Garlic Peeled and Chopped	0.25 lb
11337	Red Or Green Chili Peppers**	6.00 ea
11337	Sugar To Taste	1.00 x
11337	Hard Green Pears ***	6.00 lb
11337	Sugar	3.00 c
11337	Very Tart Apples (Sour)*	6.00 lb
11337	Gingerroot, Peeled & Chopped	0.50 lb
11337	Pickling Salt	2.00 T
11337	Cayenne To Taste	1.00 x
11338	Fresh Tender Okra Pods	2.00 lb
11338	Cloves Garlic, Peeled	5.00 ea
11338	Water	0.50 c
11338	Celery Seed	1.00 T
11338	Hot Red/Green Peppers	5.00 ea

Sheet1

11338	Distilled Vinegar	1.00 qt
11338	Pickling Salt	6.00 T
11338	Mustard Seed	1.00 T
11339	Thinly Sliced Cucumbers	4.00 qt
11339	Pickling Salt	0.50 c
11339	Tumeric	1.50 t
11339	Mustard Seed	2.00 T
11339	Med. White Onions *	8.00 ea
11339	Sugar	5.00 c
11339	Celery Seed	1.00 t
11339	Cider Vinegar	5.00 c
11340	See Recipe	1.00 x
11341	Med Cucumbers, Sliced Thin	24.00 ea
11341	Water	2.00 qt
11341	Vinegar	2.50 c
11341	Celery Seeds	1.00 T
11341	Pickling Salt	0.50 c
11341	Curry Powder	1.00 t
11341	Prepared Mustard	0.25 c
11342	See Recipe	1.00 ea
11343	Dzn. Pickling Cucumbers *	4.00 ea
11343	Cider Vinegar	1.00 qt
11343	Pickling Salt	1.00 c
11343	Bunch Dill	1.00 ea
11343	Water	8.00 c
11343	Cloves Gralic, Peeled	1.00 x
11344	Med. Sized Cucumbers	12.00 ea
11344	Red Peppers, Seeded	6.00 ea
11344	Pearl Onions, Peeled *	2.00 qt
11344	Pickling Salt	1.50 c
11344	Cider Vinegar	8.00 c
11344	Dry Mustard	0.50 c
11344	Celery Salt	2.00 T
11344	Med. Sized Onions	6.00 ea
11344	Gherkins (Small Cucumbers)	2.00 qt
11344	Large Heads Cauliflower **	2.00 ea
11344	Sugar	8.00 c
11344	Unbleached Flour	1.50 c
11344	Tumeric	3.00 T
11345	Green Tomatoes	6.00 lb
11345	Pickling Salt	4.00 T
11345	Sweet Red Pepper *	0.75 c
11345	Vinegar	1.50 c
11345	Whole Allspice	2.00 t
11345	Celery Seeds	2.00 t
11345	Dry Mustard	2.00 t
11345	Med. Onions	3.00 ea
11345	Thin Slices Lemon	5.00 ea
11345	Brown Sugar	1.50 c

Sheet1

11345	White Peppercorns	2.00 t
11345	Whole Cloves	2.00 t
11345	Mustard Seeds	2.00 t
11346	4-inch Cucumbers	3.00 lb
11346	Mustard Seed	1.00 T
11346	Sugar	1.00 c
11346	Med. Onions	5.00 ea
11346	Cider Vinegar	1.00 qt
11346	Pickling Salt	2.00 t
11347	Med. Cucumbers	12.00 ea
11347	Ripe Tomatoes	2.00 ea
11347	Sweet Red Peppers	2.00 ea
11347	Pickling Salt	0.25 c
11347	Water	1.00 c
11347	Ground Cinnamon	1.00 t
11347	Ground Cloves	0.25 t
11347	White Mustard Seeds	2.00 T
11347	Green Tomatoes	6.00 ea
11347	Sweet Green Peppers	2.00 ea
11347	Onions	2.00 ea
11347	Vinegar	4.00 c
11347	Sugar	4.00 T
11347	Turmeric	1.00 t
11347	Ground Allspice	0.50 t
11348	Peanut-butter	1.00 C
11348	Sugar	1.00 C
11348	Egg	1.00 lg
11349	Apples, tart	4.00 C
11349	Butter	2.00 T
11349	Sugar	0.75 C
11349	Nutmeg	0.50 t
11349	Cinnamon	1.00 t
11349	Brown sugar	0.50 C
11349	Flour, all-purpose	0.25 C
11349	Butter, melted	0.25 C
11349	Nuts, chopped	0.50 C
11349	-(walnuts, pecans, etc.)	0.00
11349	Pie crust	1.00
11350	Butter	0.50 C
11350	Sugar	1.00 C
11350	Eggs	3.00
11350	Flour, all-purpose	2.00 C
11350	Baking powder	1.00 t
11350	Salt	0.50 t
11350	Cinnamon, ground	0.50 t
11350	Nutmeg, ground	0.25 t
11350	Applesauce	1.00 C
11350	Dark molasses (treacle)	0.25 C
11350	Raisins	1.00 C

## Sheet1

11350	Nuts, chopped	0.50 C
11351	Cinnamon imperials	0.25 C
11351	-(candy)	0.00
11351	Water	1.00 C
11351	Applesauce	1.00 C
11351	Lemon jello mix	3.00 oz
11351	-(1 small package)	0.00
11351	Ice cubes (or less)	5.00
11352	Butter	4.00 T
11352	Rice, uncooked	1.00 C
11352	Egg noodles, small	2.00 oz
11352	Chicken stock	2.00 C
11352	Basil (optional)	0.00
11353	Butter, melted	6.00 T
11353	Shallots (chopped fine)	0.50 C
11353	Thyme	0.25 t
11353	Bay leaf	1.00
11353	Cayenne pepper	0.50 t
11353	Flour	2.00 T
11353	Chicken broth	14.00 oz
11353	-(more or less won't hurt)	0.00
11353	Oysters, drained; reserve	4.00 C
11353	-liquid (less, to taste)	0.00
11353	Artichoke hearts, cooked	14.00 oz
11353	Salt	2.00 t
11353	Tabasco	0.25 t
11353	Whipping cream	0.50 C
11353	Parsley (chopped, fresh)	3.00 T
11354	Marinated artichoke	8.00 oz
11354	-hearts, drained	0.00
11354	-(2 small jars); save	0.00
11354	-marinade for dressing	0.00
11354	Cream cheese, softened	8.00 oz
11354	Grated parmesan cheese	0.50 C
11354	Butter, softened	2.00 T
11354	Spinach, cooked, drained	20.00 oz
11354	-and squeezed dry	0.00
11354	-(use 2 packages of thawed	0.00
11354	-frozen spinach, or about	0.00
11354	-1 1/2 lb cooked, fresh	0.00
11354	-spinach)	0.00
11355	Butter	0.25 C
11355	Noodles, uncooked	8.00 oz
11355	Eggs, beaten	3.00
11355	Cottage cheese	4.00 oz
11355	Milk	2.00 C
11355	Sugar	0.33 C
11355	Vanilla extract	1.50 t
11355	Pineapple, crushed,	12.00 oz



Sheet1

11355	-with juice	0.00
11355	Cornflake crumbs, to top	0.00
11356	Double cream	2.00 C
11356	Sugar	0.33 C
11356	Water	4.00 T
11356	Chocolate, plain	6.00 oz
11356	Egg yolks	3.00
11357	Cornish game hens	8.00
11357	-(each about 1 lb)	0.00
11357	Garlic cloves, peeled	12.00 lg
11357	-and finely minced	0.00
11357	Oregano, dried	4.00 T
11357	Salt (to taste)	0.00
11357	Pepper (to taste)	0.00
11357	Red wine vinegar	1.00 C
11357	Olive oil	0.50 C
11357	Prunes, pitted	1.00 C
11357	Apricots, dried	1.00 C
11357	Green olives, pitted	1.00 C
11357	Capers (plus a bit	0.50 C
11357	-of the juice)	0.00
11357	Bay leaves	8.00
11357	Brown sugar	1.00 C
11357	White wine, dry	1.00 C
11357	Italian parsley (chopped)	4.00 T
11358	Bacon, thick-sliced	1.00 lb
11358	-and lean	0.00
11358	Onion	1.00
11358	Baking potatoes	1.00 lb
11358	Cheddar cheese	0.50 lb
11358	Eggs	8.00
11359	C	0.00 1
11359	Graham cracker crumbs	2.00
11359	CRUST #2 -----	0.00
11359	Flour, all-purpose	2.00 C
11359	Sugar	0.50 C
11359	Margarine, softened	1.00 C
11359	CRUST #3 -----	0.00 -----
11359	Oreo cookies	32.00
11359	FILLING -----	0.00 -----
11359	Margarine	0.50 C
11359	Sugar, powdered	2.50 C
11359	Eggs	2.00
11359	Bananas, sliced	5.00
11359	-lengthwise (or less)	0.00
11359	CRUST #1 -----	0.00 -----
11359	Margarine	0.25 C
11359	CRUST #2 -----	0.00 -----
11359	Egg, slightly beaten	1.00

Sheet1

11359	Vanilla	0.50 t
11359	CRUST #3 -----	0.00 -----
11359	Margarine, melted	0.67 C
11359	FILLING -----	0.00 -----
11359	Pineapple (chunk),	20.00 oz
11359	-drained	0.00
11359	Strawberries, whole	4.00 C
11359	Whipping cream	1.00 C
11359	Nuts, chopped	0.00
11360		0.00
11360	Cream cheese,	16.00
11360	-room temperature	0.00
11360	Eggs	2.00
11360	Sugar	0.67 C
11360	FLOUR MIXTURE -----	0.00 -----
11360	Flour, all-purpose	3.00 C
11360	Sugar, granulated	1.00 C
11360	Dark brown sugar	0.50 C
11360	Baking soda	2.00 t
11360	LIQUIDS -----	0.00 -----
11360	Water	1.33 C
11360	Vegetable oil	0.67 C
11360	Vinegar, white	2.00 T
11360	Vanilla	1.00 T
11360	CREAM -----	0.00 -----
11360	Salt	0.12 t
11360	Chocolate chips,	12.00 oz
11360	-semisweet	0.00
11360	FLOUR MIXTURE -----	0.00 -----
11360	Cocoa, or more	0.50 C
11360	-to taste	0.00
11360	Salt	0.12 t
11360	LIQUIDS -----	0.00 -----
11360	Rum, dark	2.00 T
11360	-(Myers's), optional	0.00
11360	Sour cream	16.00 oz
11361	Pie crust, cooked	1.00
11361	Sugar	0.75 C
11361	Cocoa, unsweetened	0.33 C
11361	Flour	2.00 T
11361	Butter	0.25 C
11361	Milk	0.33 C
11361	Eggs, beaten	2.00
11361	Cherry pie filling	1.25 lb
11361	-(one large can)	0.00
11361	Whipped cream	8.00 oz
11361	Chocolate (unsweetened),	1.00 oz
11361	-coarsely grated	0.00
11362	Lemon juice (juice of	1.50 t

Sheet1

11362	-half a medium lemon,	0.00
11362	-up to 2 T)	0.00
11362	Egg	1.00 lg
11362	Oil	1.00 C
11363	Flour	1.75 C
11363	Sugar	6.00 T
11363	Baking powder	2.50 t
11363	Salt	0.75 t
11363	Egg, beaten	1.00
11363	Milk	0.75 C
11363	Cooking oil	0.33 C
11363	Blueberries	0.75 C
11363	Lemon peel	1.00 t
11364	Cream cheese,	24.00 oz
11364	-broken into pieces	0.00
11364	Eggs, separated	4.00
11364	Vanilla extract	2.00 T
11364	-(do not use artificial	0.00
11364	-vanilla)	0.00
11364	Sour cream	1.00 C
11364	Brown sugar,	0.25 C
11364	-or to taste	0.00
11364	Chocolate chips	1.00 lb
11364	Graham cracker crumbs	1.00 lb
11364	Butter, melted	0.50 C
11365	Biscuit mix	40.00 oz
11365	-(e.g. 1 box of Bisquick)	0.00
11365	Parmesan cheese, grated	0.75 C
11365	Green onions, chopped	0.33 C
11365	Eggs, slightly beaten	2.00
11365	Milk	2.00 C
11366	Flour, all-purpose	1.50 C
11366	Salt	1.00 t
11366	Sugar	3.00 T
11366	Baking powder	1.75 t
11366	Vanilla essence	0.25 t
11366	Eggs	2.00
11366	Butter, melted	3.00 T
11366	Milk	10.00 oz
11367	Broccoli (fresh),	1.25 lb
11367	-trimmed and cut up	0.00
11367	-(okay to use more)	0.00
11367	Chicken broth	4.00 C
11367	-(2 cans of canned broth,	0.00
11367	-or use fresh stock)	0.00
11367	Onion	1.00 md
11367	Butter	2.00 T
11367	Salt	1.00 t
11367	Curry powder (or less)	2.00 t

Sheet1

11367	Pepper	1.00 ds
11367	Lime juice	2.00 T
11367	Lemon slices, (optional)	8.00
11367	Sour cream	0.50 C
11367	Chives, snipped	1.00 T
11367	-(optional)	0.00
11368	BOTTOM LAYER -----	0.00 -----
11368	Butter	0.50 C
11368	Sugar	0.50 C
11368	TOP LAYER -----	0.00 -----
11368	Eggs	2.00
11368	Carrots, grated	1.00 C
11368	Brown sugar, packed	1.00 C
11368	Raisins	1.50 C
11368	Nuts, chopped	0.50 C
11368	BOTTOM LAYER -----	0.00 -----
11368	Flour	1.00 C
11368	TOP LAYER -----	0.00 -----
11368	Lemon juice	1.00 t
11368	Flour	2.00 T
11368	Baking powder	0.50 t
11368	Salt	1.00 ds
11369	Cocoa (powdered),	0.50 C
11369	-unsweetened	0.00
11369	Sugar	1.00 C
11369	Cornstarch (cornflour)	7.00 t
11369	Water	0.50 C
11369	Milk	4.00 C
11370	Catfish fillets	2.00 lg
11370	-(or any firm fish)	0.00
11370	Onions, chopped fine	1.00 C
11370	Celery, chopped fine	0.50 C
11370	Garlic cloves, minced	2.00
11370	Butter	0.33 C
11370	Flour	0.33 C
11370	Salt	1.00 t
11370	Black pepper	0.50 t
11370	Cayenne pepper (or more,	0.25 t
11370	-for real Cajun flavor)	0.00
11370	Tomatoes, peeled and	3.00 lg
11370	-quartered (or use about	0.00
11370	-a 1 lb can of tomatoes)	0.00
11370	Water	3.00 C
11370	Rice (cooked), hot	2.00 C
11371	Cauliflower, cut	1.00
11371	-into bite-sized pieces	0.00
11371	Onions, chopped	2.00 md
11371	Mushrooms, fresh	1.00 lb
11371	Butter	2.00 T

## Sheet1

11371	Bread crumbs	0.50 C
11371	Parmesan cheese, grated	0.75 C
11372	Celery root	2.00 lb
11372	-(also called celeriac)	0.00
11372	Water (salted), boiling	4.00 C
11372	Olive oil	6.00 T
11372	White wine vinegar	3.00 T
11372	Salt	1.00 t
11372	Sugar	2.00 t
11372	Mustard, dry	1.25 t
11372	Black pepper,	0.50 t
11372	-freshly ground	0.00
11372	Garlic clove, crushed	1.00
11372	Dill weed, dried	0.75 t
11372	-(use more if fresh)	0.00
11372	Scallions, minced	0.33 C
11372	Parsley, minced	0.33 C
11373	Cooking apples	3.00 md
11373	Orange	1.00
11373	Margarine or butter	1.00 oz
11373	Sugar	2.00 T
11373	Oats (uncooked	6.00 T
11373	-flake oatmeal)	0.00
11374	Butter	2.00 T
11374	Onion, chopped	1.00
11374	Asparagus, fresh	1.50 lb
11374	Flour	2.00 T
11374	Water, boiling	6.00 C
11374	Salt	2.00 t
11374	Chicken broth, rich	0.25 C
11374	-(optional)	0.00
11374	Egg yolks	2.00
11374	Milk	0.50 C
11375	Red beans (canned),	2.00 C
11375	-drained	0.00
11375	Lima beans (canned),	2.00 C
11375	-drained	0.00
11375	Garbanzo beans	2.00 C
11375	-(canned), drained	0.00
11375	Beef, ground	1.00 lb
11375	Onion, chopped fine	1.00 lg
11375	Garlic clove, minced	1.00
11375	Brown sugar	0.25 C
11375	Mustard, prepared	2.00 T
11375	-(or less)	0.00
11375	Ketchup	0.50 C
11375	Cumin powder (optional)	1.00 t
11375	Red wine	0.25 C
11375	Salt and pepper	0.00

Sheet1

11375	-to taste	0.00
11376	t	2.00 2
11376	-(not too fatty)	0.00
11376	Tomatoes, stewed	1.00
11376	Tomatoes, whole	1.00
11376	Tomato sauce	0.50 lb
11376	Water (or beer)	1.00 C
11376	Chili seasoning	0.25 C
11376	-( <i>*see note below</i> )	0.00
11376	Red onion,	1.00 lg
11376	-chopped coarse	0.00
11376	Garlic cloves,	2.00
11376	-minced or crushed	0.00
11376	Jalapeno peppers	0.00
11376	-(fresh), seeded and	0.00
11376	-minced (2-6)	0.00
11376	Arbole or serrano	0.00
11376	-peppers (dried),	0.00
11376	-whole (2-6)	0.00
11376	Anaheim or California	3.00
11376	-(large) chilis,	0.00
11376	-chopped coarse	0.00
11376	Bell pepper, red or	1.00
11376	-green (optional)	0.00
11376	Brown sugar	2.00 T
11376	Salt	1.00 t
11376	Black pepper	2.00 t
11376	Masa flour	4.00 T
11376	Pinto beans, cooked	2.00 C
11377	Whipping cream	0.50 C
11377	Vanilla sugar	2.00 t
11377	-(or use white sugar	0.00
11377	-and about 1/2 t	0.00
11377	-vanilla extract)	0.00
11378	Chicken breast,	1.00
11378	MARINADE -----	0.00 -----
11378	Juice of 1 lime	0.00
11378	White wine	0.50 C
11378	Ginger	1.00 t
11378	-whole	0.00
11378	MARINADE -----	0.00 -----
11378	Garlic clove,	1.00
11378	-finely chopped	0.00
11378	Tarragon	1.00 pn
11379	Shortening	1.00 C
11379	Sugar	1.50 C
11379	Eggs	3.00
11379	Baking chocolate	2.00 oz
11379	-(unsweetened), melted	0.00

Sheet1

11379	Cake flour	2.00 C
11379	Baking powder	2.00 t
11379	Salt	1.00 t
11379	Baking soda	0.25 t
11379	Cream, heavy	1.00 C
11379	Vanilla extract	2.00 t
11380	Milk	2.00 C
11380	Water	1.00 C
11380	Brown sugar	0.50 C
11380	Dry yeast	0.50 oz
11380	-(two packages)	0.00
11380	Rye flour (approx)	6.00 C
11380	Flour, white (approx)	3.00 C
11380	Sugar, granulated	0.50 C
11380	Vegetable oil	0.50 C
11380	Dark molasses	0.25 C
11380	Anise seeds, crushed	2.00 t
11380	Salt	1.00 t
11381	Cucumbers, not too fat	10.00
11381	Sugar	8.00 C
11381	Pickling spice	2.00 T
11381	-(see note)	0.00
11381	Salt (non-iodized salt	5.00 t
11381	-is best)	0.00
11381	Vinegar	4.00 C
11382	Sweet potatoes	0.50 lb
11382	Carrots	0.50 lb
11382	Cranberries	0.50 lb
11382	Sugar	0.67 C
11382	Milk	0.50 C
11382	Eggs	4.00
11382	Cream cheese	0.50 lb
11382	Nutmeg	1.00 ds
11382	Salt	1.00 ds
11382	Quiche shell,	1.00
11382	-pre-baked	0.00
11382	-(about 11 inches)	0.00
11383	Sweet potatoes	1.50 lb
11383	Sugar, granulated	1.00 C
11383	Butter, unsalted	12.00 T
11383	-(or use corn-oil	0.00
11383	-margarine)	0.00
11383	Eggs	2.00
11383	Vanilla	1.00 t
11383	Nutmeg	0.50 t
11383	Pie crust, unbaked	1.00
11384	Sweet potatoes,	4.00 lg
11384	-peeled and diced	0.00
11384	Butternut squash,	1.00

Sheet1

11384	-peeled and diced	0.00
11384	Tart apples, peeled,	4.00
11384	-cored and diced	0.00
11384	Passover wine, sweet, red	0.33 C
11384	Prunes, pitted and	0.50 lb
11384	-halved	0.00
11384	Water	0.33 C
11384	Sugar	0.33 C
11384	Cinnamon, ground	1.00 t
11384	Nutmeg, ground	0.50 t
11384	Ginger, ground	0.50 t
11385	FISH -----	0.00 -----
11385	Carrots	2.00
11385	Stalks celery	2.00
11385	Onion, quartered	1.00
11385	Peppercorns	10.00
11385	Bay leaf	1.00
11385	TOPPING -----	0.00 -----
11385	Butter	0.25 C
11385	Dill or parsley	1.00 T
11385	-(fresh), chopped	0.00
11385	Salt	0.75 t
11385	FISH -----	0.00 -----
11385	Salt	2.00 t
11385	Water	0.00
11385	Fish, dressed	1.00
11385	-(perch, sole, pike	0.00
11385	-or similar white fish)	0.00
11385	TOPPING -----	0.00 -----
11385	Pepper	0.25 t
11385	Lemon juice	0.25 C
11385	Eggs, hard-cooked,	6.00
11385	-finely chopped	0.00
11386	Sauerkraut, rinsed	2.00 lb
11386	-and drained	0.00
11386	-(use a colander)	0.00
11386	Caraway seeds	1.00 T
11386	Butter (or oil	2.00 T
11386	-or bacon drippings)	0.00
11386	Pork shoulder, cut into	1.00 lb
11386	-large, bite-sized pieces	0.00
11386	Garlic cloves,	2.00
11386	-finely chopped	0.00
11386	Hungarian sausage	1.00 lb
11386	-(or Polish sausage),	0.00
11386	-sliced into large,	0.00
11386	-bite-size rounds	0.00
11386	Onion, chopped	1.00 lg
11386	Green pepper, chopped	1.00



Sheet1

11386	Hungarian sweet paprika	1.00 T
11386	-(or use fresh paprika	0.00
11386	-from the supermarket)	0.00
11386	Sour cream	2.00 C
11387	Tagliatelle	15.00 oz
11387	Butter	3.00 oz
11387	Egg yolks	2.00
11387	Parmesan, grated	2.00 T
11387	Double cream	6.00 T
11387	Bacon (chopped)	4.00 oz
11387	Salt	0.00
11387	Pepper, freshly-milled	0.00
11388	Cornish game hens	2.00
11388	Butter, at room	6.00 T
11388	-temperature	0.00
11388	Lemon juice	2.00 T
11388	Tarragon, dried	2.00 T
11388	-(or about 1 T	0.00
11388	-fresh tarragon)	0.00
11388	Salt	0.12 t
11389	Salmon, per person	0.75 lb
11389	Water, butter, salt	0.00
11390	Eggplant	1.00 lg
11390	Garlic cloves,	3.00
11390	-sliced or chopped	0.00
11390	Onion, chopped	4.00 T
11390	Tomatoes (fresh), ripe	1.50 C
11390	Sugar	1.00 t
11390	Salt	1.00 t
11390	Red hot chili peppers,	2.00 t
11390	-fresh	0.00
11390	Water	0.50 C
11390	Vegetable oil	2.00 T
11391	Ground beef,	2.00 lb
11391	-extra-lean (as	0.00
11391	-little fat as possible)	0.00
11391	Onions, chopped	2.00 md
11391	Flour	4.00 T
11391	Enchilada sauce	2.50 C
11391	-(2 standard cans)	0.00
11391	Cheddar cheese,	1.00 lb
11391	-sharp, grated	0.00
11392	Ground beef,	2.00 lb
11392	-extra-lean	0.00
11392	Onion, chopped fine	1.00 md
11392	Salt	0.50 t
11392	Chile powder	4.00 T
11392	-(or more to taste)	0.00
11392	Vegetable oil	0.00

## Sheet1

11392	Corn tortillas (the	12.00
11392	-thinner the better)	0.00
11392	Cheddar cheese,	0.50 lb
11392	-sharp, grated	0.00
11392	Tomato, chopped	1.00 lg
11392	Shredded lettuce	3.00 C
11393	Pie crust (deep dish),	1.00
11393	-unbaked	0.00
11393	Eggs	3.00
11393	Corn syrup, dark	1.00 C
11393	Sugar	1.50 C
11393	Butter, melted	0.25 C
11393	-(or margarine)	0.00
11393	Pumpkin	1.00 C
11393	Vanilla	1.00 t
11393	Pecan halves	1.00 C
11394	Fresh unsweetened applesauce	6.00 c
11394	Sugar	1.00 c
11394	Ground cinnamon	1.00 Tb
11394	Calvados	0.50 c
11394	Orange blossom honey	0.50 c
11394	Ground cloves	0.25 ts
11395	Cabbage; Head, Small	1.00 lb
11395	Vegetable Oil	1.00 T
11395	Onions; Medium, Chopped	2.00 ea
11395	Pork; Lean, Cubed	0.50 lb
11395	Ground Beef; Lean	1.00 lb
11395	Caraway Seeds	1.00 t
11395	Salt	0.50 t
11395	Pepper	0.50 t
11395	White Wine; Dry	0.50 c
11395	Vegetable Oil	1.00 t
11395	Bacon; Strips, Thick Sliced	3.00 ea
11396	Potatoes; Medium	4.00 ea
11396	Bacon; Strips, Cubed	4.00 ea
11396	Eggs; Large	3.00 ea
11396	Milk	3.00 T
11396	Salt	0.50 t
11396	Ham; Cooked, Small Cubes	1.00 c
11396	Tomatoes; Medium, Peeled	2.00 ea
11396	Chives; Chopped	1.00 T
11397	Lean Ground Beef	1.00 lb
11397	Whole Kernel Corn, 1 Cn	8.00 oz
11397	Ripe Olives; Pitted, Halved	0.25 c
11397	Water	2.00 c
11397	Salt	0.50 ts
11397	Cheddar Cheese; Shredded	1.00 c
11397	Onion; Chopped, 1 Md	0.50 c
11397	Tomato Sauce; 1 Cn	8.00 oz

Sheet1

11397	Noodles; Uncooked, Abt 2 C	4.00 oz
11397	Oregano Leaves	1.00 ts
11397	Pepper	0.25 ts
11398	Whole wheat flour	0.75 c
11398	Baking powder	1.00 Tb
11398	Sesame seeds	0.33 c
11398	Orange juice	0.75 c
11398	Eggs	2.00 ea
11398	Bran cereal	0.50 c
11398	Flour; all-purpose	0.75 c
11398	Salt	0.50 ts
11398	Poppy seeds	2.00 ts
11398	Honey	0.25 c
11398	Vegetable oil	0.25 c
11399	Flour; Unbleached, Unsifted	0.67 c
11399	Salt	0.25 ts
11399	Milk	0.50 c
11399	Butter Or Margarine	0.75 c
11399	Cinnamon	0.25 ts
11399	Sugar	2.00 ts
11399	Eggs; Large, Beaten	4.00 ea
11399	Apple; Slices	2.00 c
11399	Sugar	2.00 Tb
11400	SHORTCAKE -----	0.00 -----
11400	Biscuit Mix; Bisquick	2.50 c
11400	Milk	0.67 c
11400	APPLE TOPPING -----	0.00 -----
11400	Brown Sugar; Packed	0.75 c
11400	Salt	0.25 ts
11400	Apples; Peeled,Cored, Sliced	4.00 c
11400	TOPPING -----	0.00 -----
11400	Heavy Cream; Whipped	1.00 x
11400	SHORTCAKE -----	0.00 -----
11400	Cheddar; Sharp, Shredded	4.00 oz
11400	Butter; Melted	0.33 c
11400	APPLE TOPPING -----	0.00 -----
11400	Cinnamon; Ground	0.50 ts
11400	Water	1.00 c
11400	TOPPING -----	0.00 -----
11401	CHEDDAR CRUST -----	0.00 -----
11401	Unbleached Flour; Sifted	2.00 c
11401	Salt	0.50 ts
11401	Water; Iced	1.00 x
11401	FILLING -----	0.00 -----
11401	Apples; *	7.00 c
11401	Cinnamon; Ground	0.50 ts
11401	CHEDDAR CRUST -----	0.00 -----
11401	Cheddar; Md, Shredded	1.25 c
11401	Vegetable Shortening	0.67 c

Sheet1

11401	FILLING -----	0.00 -----
11401	Sugar	0.50 c
11401	Egg Yolk; Lg, Beaten	1.00 ea
11402	Apples	2.00 c
11402	Cinnamon	1.00 ts
11402	Cooking Oil	1.00 c
11402	Orange juice	0.25 c
11402	Sifted Flour	3.00 c
11402	Salt	0.50 ts
11402	Sugar	3.00 Tb
11402	Sugar	2.00 c
11402	Eggs	4.00 ea
11402	Vanilla	2.00 ts
11402	Baking powder	1.00 Tb
11403	Shortening	0.50 c
11403	Eggs; Lg	2.00 ea
11403	Baking Soda	1.00 ts
11403	Salt	0.50 ts
11403	Apples; Finely Chopped	1.00 c
11403	Pecans; Chopped	0.50 c
11403	Apple Slices; *	1.00 x
11403	Cinnamon-Sugar Mixture	1.00 x
11403	Sugar; Granulated	0.50 c
11403	Unbleached Flour	1.50 c
11403	Baking Powder	1.00 ts
11403	Oats; Quick Cooking	0.75 c
11403	Cheddar; Sharp Coarse Grate	0.67 c
11403	Milk	0.75 c
11403	Butter; Melted	1.00 x
11404	CRUST -----	0.00 -----
11404	Graham Cracker Crumbs	1.50 c
11404	Sugar; Granulated	0.25 c
11404	CHEESECAKE -----	0.00 -----
11404	Cream Cheese	1.00 lb
11404	Eggs; Large, Separated	3.00 ea
11404	Lemon Rind, Grated	1.00 ts
11404	Vanilla Extract	1.00 ts
11404	Passion Fruit; **	2.00 Tb
11404	CRUST -----	0.00 -----
11404	Butter; Melted, *	6.00 Tb
11404	CHEESECAKE -----	0.00 -----
11404	Sugar; Granulated	0.50 c
11404	Unbleached Flour	0.25 c
11404	Lemon Juice	2.00 ts
11404	Heavy Cream	0.50 c
11405	Baking Molasses	0.50 c
11405	Baking Soda	0.50 ts
11405	Flour	0.75 c
11405	Butter	2.00 Tb

Sheet1

11405	Ground Ginger	0.12 ts
11405	Cinnamon	0.50 ts
11405	Pastry for 9 inch pie	1.00 ea
11405	Egg Yolk	1.00 ea
11405	Boiling Water	0.75 c
11405	Brown Sugar	0.50 c
11405	Nutmeg	0.12 ts
11405	Ground Cloves	0.12 ts
11405	Salt	0.25 ts
11406	Buttermilk	1.00 c
11406	Egg whites	2.00 ea
11406	Light brown sugar	1.00 c
11406	Cocoa powder	0.50 c
11406	Baking powder	1.00 ts
11406	Finely chopped hazelnuts	0.50 c
11406	Safflower oil	0.33 c
11406	Vanilla extract	1.00 ts
11406	Whole wheat pastry flour	1.00 c
11406	Baking soda	1.00 ts
11406	Salt	0.25 ts
11407	Lean Ground Beef	1.50 lb
11407	Egg; Lg	1.00 ea
11407	Onion; Chopped, 1 Sm	0.25 c
11407	Green Bell Pepper; Chopped	0.25 c
11407	Beef Bouillon; Instant	0.50 ts
11407	ThinSlicesofBacon,Cut In 1/2	6.00 ea
11407	Cheddar Cheese;Shredded,4 Oz	1.00 c
11407	Bread Crumbs; Dry	0.25 c
11407	Lemon Juice	0.25 c
11407	Water	0.50 c
11407	Salt	1.00 ts
11408	Bagel	1.00 ea
11408	Oregano, dried	1.00 ts
11408	Soft margarine, melted	2.00 ts
11409	Ripe Bananas; Mashed	1.00 c
11409	Vanilla Extract	1.00 ts
11409	Sugar	0.50 c
11409	Nutmeg; Ground	0.25 ts
11409	Lemon Juice	1.00 ts
11409	Salt	0.25 ts
11409	Cinnamon; Ground	1.50 ts
11409	Quick Oatmeal; Uncooked, *	0.50 c
11410	Flour, All Purpose	1.00 c
11410	Nonfat Dry milk powder	0.25 c
11410	Salt	0.25 ts
11410	Sugar	1.00 c
11410	Buttermilk	0.25 c
11410	Coca, unsweetened	0.33 c
11410	Baking soda	0.25 ts

Sheet1

11410	Large very ripe banana	1.00 ea
11410	Large egg whites	2.00 ea
11410	Vanilla	1.00 ts
11411	Water	0.50 c
11411	Dry mustard	2.00 Tb
11411	Chili sauce	4.00 Tb
11411	Vinegar	0.25 c
11411	Brown sugar	3.00 Tb
11411	Pork chops	8.00 ea
11412	Granulated Sugar	1.00 ts
11412	Dry yeast	1.00 pk
11412	Granulated sugar	0.25 c
11412	Salt	2.00 ts
11412	Flour	3.75 c
11412	Warm water	0.50 c
11412	Milk	1.50 c
11412	Shortening	0.25 c
11412	Egg	2.00 ea
11413	Flank Steak	1.00 lb
11413	Clove Garlic	1.00 ea
11413	Salt	0.25 ts
11413	SAUCE -----	0.00 -----
11413	Stock	0.25 c
11413	Chili Paste with Soybean	1.00 ts
11413	Thin Cornstarch Paste; *	1.50 ts
11413	Medium Bell Peppers	2.00 ea
11413	Peanut Oil	4.00 Tb
11413	SAUCE -----	0.00 -----
11413	Thin Soy Sauce	1.00 ts
11413	Sherry Wine	1.00 ts
11414	Beef chuck cut in pieces	3.50 lb
11414	Red wine	1.00 c
11414	Golden mushroom soup	1.00 cn
11414	Salt & pepper to taste	1.00 x
11415	Sirloin tip or steamship rnd	6.00 lb
11415	Carrots, sliced	2.00 c
11415	Clove garlic, minced	2.00 ea
11415	Pepper	0.50 ts
11415	Dry parsley	1.00 ts
11415	Salt	1.00 ts
11415	Tomato sauce	1.00 c
11415	Cornstarch	3.00 Tb
11415	Dry red wine	3.00 c
11415	Water	1.00 c
11415	Onions, lg, sliced	2.00 ea
11415	Thyme	0.50 ts
11415	Bay leaf	1.00 ea
11415	Vegetable oil	2.00 Tb
11415	Condensed beef broth	1.00 cn

Sheet1

11415	Water	3.00 Tb
11416	White wine vinegar	2.00 Tb
11416	Tarragon leaves chopped	2.00 Tb
11416	Egg yolks	3.00 ea
11416	Salt and pepper to taste	1.00 x
11416	Dry white wine or vermouth	0.25 c
11416	Shallots, minced	2.00 ea
11416	Butter	0.33 c
11417	Sugar	0.50 c
11417	Cornstarch	1.00 Tb
11417	Scalded milk	2.00 c
11417	Cold water	0.25 c
11417	Vanilla extract	0.50 ts
11417	Egg whites	4.00 ea
11417	9" baked pastry shell	1.00 ea
11417	Unflavored gelatin	1.00 Tb
11417	Egg yolks, beaten	4.00 ea
11417	Vanilla	1.00 ts
11417	Semi-sweet chocolate bits	6.00 oz
11417	Sugar	0.50 c
11418	Flour; Unbleached, Sifted	1.75 c
11418	Cocoa; Baking	0.75 c
11418	Baking Powder	1.00 ts
11418	Eggs; Large	2.00 ea
11418	Coffee; Black, Strong	1.00 c
11418	Vanilla Extract	1.00 ts
11418	HUNDRED DOLLAR FROSTING -----	0.00 -----
11418	Butter Or Regular Margarine	0.25 c
11418	Egg; Large	1.00 ea
11418	Vanilla	1.00 Tb
11418	Walnuts; Chopped	1.00 c
11418	Sugar	2.00 c
11418	Baking Soda	2.00 ts
11418	Salt	1.00 ts
11418	Vegetable Oil	0.50 c
11418	Buttermilk	1.00 c
11418	HUNDRED DOLLAR FROSTING -----	0.00 -----
11418	Semisweet Chocolate;3 blocks	3.00 oz
11418	Confectioners' Sugar	2.00 c
11418	Lemon Juice	1.00 Tb
11419	Vodka	1.50 oz
11419	Coffee flavored brandy	0.75 oz
11420	Apples; Medium, Tart	6.00 ea
11420	Sugar	3.00 Tb
11420	Sugar	0.75 c
11420	Lemon;Juiced And Peel Grated	0.50 ea
11420	Flour; Unbleached	1.50 c
11420	Rum	1.00 Tb
11420	Butter; To Grease Cake Pan	1.00 Tb

Sheet1

11420	Confectioners' Sugar	3.00 Tb
11420	Lemons; Medium, Juiced	2.00 ea
11420	Butter	3.00 Tb
11420	Egg Yolks; Large, Divided *	2.00 ea
11420	Baking Powder	1.00 ts
11420	Milk	0.75 c
11420	Egg Whites; Large	2.00 ea
11420	Vegetable Oil	1.00 ts
11421	Vodka	1.50 oz
11421	Lemon; juiced	1.00 ea
11421	Drops tabasco sauce	3.00 ea
11421	Salt; to taste	1.00 x
11421	Tomato juice	3.00 oz
11421	Worcestershire sauce	0.50 ts
11421	Pepper; to taste	1.00 x
11422	Butter	0.50 c
11422	Garlic cloves finely chopped	4.00 ea
11422	Dried basil	1.00 ts
11422	Fresh black pepper	1.00 ea
11422	Grated fresh giner	3.00 Tb
11422	Hot red pepper flakes	0.50 ts
11422	Whole gr onions finely chop	4.00 ea
11422	Fresh grated parmaesam	0.25 c
11423	Sticks Butter	2.00 x
11423	Baking Soda	1.00 ts
11423	Sugar	2.00 c
11423	Butternut Flavoring	3.00 ts
11423	Cream Cheese	8.00 oz
11423	Box Powdered Sugar	1.00 x
11423	Chopped Nuts	1.00 c
11423	Sifted Flour	3.00 c
11423	Eggs	3.00 ea
11423	Buttermilk	1.00 c
11423	Salt	0.25 ts
11423	Stick Butter	1.00 x
11423	Butternut Flavoring	2.00 ts
11424	Corn, frozen	1.50 c
11424	Small red bell pepper, mince	1.00 ea
11424	Cider vinegar	3.00 Tb
11424	Dill seed (optional)	0.25 ts
11424	Minced red onion	0.25 c
11424	Honey	3.00 Tb
11424	Dry mustard	0.50 ts
11424	Salt and pepper	1.00 ea
11425	All purpose flour	2.00 Tb
11425	Skim milk	1.25 c
11425	Pepper to taste	1.00 ea
11425	Dried leaf thyme	0.50 ts
11425	Sliced mushrooms	0.50 c



Sheet1

11425	Chicken broth	1.00 Tb
11425	Cubed cooked chicken	2.50 c
11425	Slivered almonds (optional)	0.25 c
11425	Non-fat powdered milk	1.00 Tb
11425	Salt	0.25 ts
11425	Dried leaf marjoram	0.50 ts
11425	Celery, thinly sliced	0.50 c
11425	Chicken broth	1.00 c
11425	Cooked rice	3.00 c
11425	Chopped fresh parsley	1.00 Tb
11426	Tofu	0.33 c
11426	Dijon mustard	1.50 ts
11426	Anchovy paste, or anchovy	1.00 ts
11426	Parmesan cheese, grated	2.00 Tb
11426	Lemon juice	2.00 Tb
11426	Garlic clove, minced	1.00 ea
11426	Salt	0.25 ts
11426	Olive oil	1.00 Tb
11427	Boneless Boston Pork Roast	10.00 lb
11427	Chopped Garlic	0.75 c
11427	Chopped Parsley	1.00 ts
11427	Steak Sauce (Lea & Perrins)	2.00 Tb
11427	Seasoned Salt (Dry Rub)	1.00 x
11427	Brown Sugar	3.00 Tb
11427	Chopped Onion	1.00 c
11427	Tiger Sauce	0.50 c
11427	Worcestershire Sauce	0.50 c
11427	Dry Mustard	2.50 Tb
11427	Tomato Paste	6.00 oz
11428	BROWNIE -----	0.00 -----
11428	Butter	0.50 c
11428	Water	1.00 c
11428	Flour	2.00 c
11428	Eggs	2.00 ea
11428	Buttermilk	0.50 c
11428	FROSTING -----	0.00 -----
11428	Butter	0.50 c
11428	Buttermilk	0.33 c
11428	Chopped walnuts	1.00 c
11428	BROWNIE -----	0.00 -----
11428	Oil	0.50 c
11428	Unsweetened cocoa	4.00 Tb
11428	Sugar	2.00 c
11428	Baking soda	1.00 ts
11428	Vanilla	1.00 ts
11428	FROSTING -----	0.00 -----
11428	Unsweetened cocoa	3.00 Tb
11428	Confectioners sugar	1.00 pk
11428	Vanilla	1.00 ts

Sheet1

11429	Oil	1.00 c
11429	Brown sugar	1.00 c
11429	Eggs	4.00 ea
11429	Dry milk	0.33 c
11429	Salt	1.00 ts
11429	Cinnamon	2.00 ts
11429	Walnuts; chopped	1.00 c
11429	Sugar	1.00 c
11429	Vanilla	1.00 ts
11429	Flour, whole wheat	2.00 c
11429	Baking soda	1.00 ts
11429	Baking powder	1.00 ts
11429	Carrots; shredded	3.00 c
11430	Flour, all purpose	2.00 c
11430	Baking powder	1.00 ts
11430	Salt	0.75 ts
11430	Crushed pineapple (8 oz can)	1.00 ea
11430	Vanilla	1.00 ts
11430	Large egg whites	3.00 ea
11430	Cinnamon	2.00 ts
11430	Baking soda	1.00 ts
11430	Nutmeg	0.25 ts
11430	Vegetable oil	3.00 Tb
11430	Carrots, shredded	3.00 c
11431	Round Steak; *	0.50 lb
11431	Carrots; Medium	2.00 ea
11431	Green Onions, minced	3.00 ea
11431	Cloves Garlic, minced	2.00 ea
11431	Peanut Oil	3.00 Tb
11431	MARINADE -----	0.00 -----
11431	Soy Sauce; thin	0.25 c
11431	SAUCE -----	0.00 -----
11431	Chicken Stock	1.00 c
11431	Dashes of Chinkiang black vi	2.00 x
11431	Cornstarch Paste; **	1.00 ea
11431	Marinade	0.25 c
11431	Nami black mushrooms	5.00 ea
11431	Cauliflower	2.00 c
11431	Ginger; fresh, minced	0.50 ts
11431	Szechuan Peppercorns, crushe	0.50 ts
11431	MARINADE -----	0.00 -----
11431	Dry Sherry	0.25 c
11431	SAUCE -----	0.00 -----
11431	Lan Chi black bean paste wit	1.00 ts
11431	Drops Sesame Oil	3.00 x
11431	Carrot Stock; reserved	0.50 c
11431	Mushroom soaking liquid	0.25 c
11432	Cream Cheese; Softened	0.50 c
11432	Red Or Black Caviar	3.00 oz

Sheet1

11432	Dried Dill; Crushed	1.00 ts
11432	GARNISH -----	0.00 -----
11432	Egg; Lg, Hard Boiled	1.00 ea
11432	Sour Cream	0.75 c
11432	Lemon Juice	1.00 ts
11432	Purple Onion; Diced	2.00 ts
11432	GARNISH -----	0.00 -----
11433	Granulated Sugar	2.00 c
11433	750ml bottle dry white wine	1.00 ea
11433	Large bottles of soda water	2.00 ea
11433	Pineapple quartered, grated	1.00 ea
11433	Fresh lemon juice	2.00 c
11433	750ml bottle champagne	1.00 ea
11433	Orange liqueur	0.25 c
11434	Bread Flour	2.75 c
11434	Salt	0.75 ts
11434	Cheddar; Sharp, Shredded	1.50 c
11434	Active Dry Yeast; OR	1.00 pk
11434	Milk	1.00 c
11434	Butter	1.00 x
11435	Butter Or Margarine	0.50 c
11435	Salt	0.50 ts
11435	Cheddar; Extra Sharp, *	2.00 c
11435	Unbleached Flour; Sifted	1.50 c
11435	Baking Powder	1.00 ts
11436	9" Unbaked Pie Shell	1.00 ea
11436	TOPPING -----	0.00 -----
11436	Unbleached Flour	0.50 c
11436	Brown Sugar; Firmly Packed	0.33 c
11436	FILLING -----	0.00 -----
11436	Cooking Apples; *	1.50 lb
11436	Unbleached Flour	4.00 ts
11436	TOPPING -----	0.00 -----
11436	Sugar	0.33 c
11436	Cinnamon; Ground	0.50 ts
11436	FILLING -----	0.00 -----
11436	Cheddar;Md, Shredded,1 1/2 C	6.00 oz
11436	Nutmeg; Ground	0.25 ts
11437	Dates; Finely Chopped	8.00 oz
11437	Unbleached Flour; Sifted	1.75 c
11437	Baking Soda	1.00 ts
11437	Egg; Lg, Well Beaten	1.00 ea
11437	Walnuts; Chopped	1.00 c
11437	Water; Boiling	0.75 c
11437	Salt	0.25 ts
11437	Sugar; Granulated	0.50 c
11437	Cheddar Md, Shredded	4.00 oz
11438	Cheddar; Sharp, Grated	5.00 oz
11438	Salt	1.00 ts

Sheet1

11438	Milk	0.50 c
11438	Butter; Melted	1.00 x
11438	Unbleached Flour; Sifted	2.00 c
11438	Butter Or Shortening	0.50 c
11438	Butter; Softened	1.00 x
11439	Sugar	1.00 ts
11439	Dry yeast	1.00 pk
11439	Butter	2.00 Tb
11439	Flour	4.00 c
11439	Salt	1.00 Tb
11439	Warm water	1.00 c
11439	Warm milk	1.00 c
11439	Egg beaten	1.00 ea
11439	Shredded sharp cheddar	2.00 c
11440	Basic Meat Loaf; Recipe # 8	1.00 x
11440	Potatoes; Instant Mashed	1.00 x
11440	Blue Cheese; Crumbled	0.25 c
11440	Bacon; Crisp & Crumbled	1.00 x
11441	BROWN SUGAR GRAHAM CRUST -----	0.00 -----
11441	Graham Cracker Crumbs; *	1.50 c
11441	Butter or Margarine; Melted	0.33 c
11441	FILLING -----	0.00 -----
11441	Cream Cheese; Softened, PLUS	8.00 oz
11441	Sugar	0.50 c
11441	Egg Whites; Stiffly Beaten	2.00 ea
11441	Red Food Coloring	1.00 x
11441	BROWN SUGAR GRAHAM CRUST -----	0.00 -----
11441	Brown Sugar; Firmly Packed	0.25 c
11441	FILLING -----	0.00 -----
11441	Cream Cheese; Softened	3.00 oz
11441	Vanilla	0.50 ts
11441	Cherries; Pie, In Water	16.00 oz
11441	Sugar	0.25 c
11442	Fine sliced fresh ginger	1.00 t
11442	Lemon juice	0.25 c
11442	Olive oil	0.25 c
11442	Green onion, chopped	1.00 ea
11442	Cloves garlic	2.00 ea
11442	Brown sugar	2.00 T
11442	Soy sauce	0.25 c
11443	Tomatoes	13.00 lb
11443	Celery	1.00 lb
11443	Sm onions, chopped	1.00 qt
11443	Green peppers	3.00 ea
11443	Ground cloves	0.50 Tb
11443	Dry mustard	1.00 Tb
11443	Sticks cinnamon	2.00 ea
11443	Brown sugar	2.00 lb
11443	Salt	0.25 c

Sheet1

11443	Cider vinegar	1.00 qt
11444	Monterey jack cheese; grated	3.00 c
11444	Mayonnaise	1.00 c
11444	Chiles; chopped, *	4.00 oz
11444	French bread; loaf, unsliced	1.00 ea
11445	CRUST -----	0.00 -----
11445	Graham Cracker Crumbs	1.50 c
11445	CHEESECAKE -----	0.00 -----
11445	Cream Cheese	1.00 lb
11445	Lemon Juice	2.00 ts
11445	Sour Cream	1.00 c
11445	CRUST -----	0.00 -----
11445	Sugar; Granulated	0.25 c
11445	CHEESECAKE -----	0.00 -----
11445	Sugar; Granulated	0.25 c
11445	Eggs; Large	4.00 ea
11445	Bananas; Mashed, *	1.00 c
11446	Catsup	0.75 c
11446	Soy sauce	3.00 T
11446	Liquid smoke	1.00 T
11446	Brown sugar	0.50 c
11446	Ground ginger	1.00 T
11446	Cloves garlic, minced	2.00 x
11447	Lg sweet red pepper	4.00 x
11447	Clove garlic, minced	1.00 x
11447	Finely chopped carrots	0.50 c
11447	Finely chopped chicken *	1.00 c
11447	Frzn english peas, thawed	0.50 c
11447	Plus 1 1/2 t soy sauce	1.00 T
11447	Sesame oil	1.00 T
11447	Minced fresh gingerroot	1.00 t
11447	Thinly sliced green onions	0.25 c
11447	Cooked regular rice	1.00 c
11447	Egg, beaten	1.00 x
11447	Salt	0.12 t
11448	Chocolate, semisweet	6.00 oz
11448	Egg whites	4.00 ea
11448	Sugar	0.67 c
11448	Baking powder	1.00 t
11448	Icing sugar	1.00 ea
11448	Hot water	0.50 c
11448	Vanilla	1.00 t
11448	Flour, all-purpose	0.67 c
11448	Salt	1.00 pn
11449	Raisins	0.50 c
11449	Whipping Cream	0.50 c
11449	Dark Brown Sugar	0.25 c
11449	Mini Chocolate Chips	0.50 c
11449	GARNISH -----	0.00 -----

Sheet1

11449	Cinnamon; Ground	1.00 x
11449	Cream Cheese; Softened	2.00 c
11449	Vanilla Extract	0.50 ts
11449	Cinnamon; Ground	1.00 ts
11449	GARNISH -----	0.00 -----
11450	Salt	0.75 t
11450	Ice water	6.00 T
11450	Heavy cream	0.75 c
11450	Sugar	1.00 T
11450	Cold vegetable shortening	0.75 c
11450	Chocolate	4.00 oz
11450	Vanilla bean	0.25 ea
11451	Crumb-nut Cheesecake Crust	1.00 x
11451	Sugar	0.75 c
11451	Vanilla	2.00 ts
11451	Flour	3.00 ts
11451	Sugar	0.25 c
11451	Vanilla	0.50 ts
11451	Softened Cream Cheese*	3.00 pk
11451	Sour Cream	0.50 c
11451	Eggs	3.00 ea
11451	Hershey's Cocoa	0.25 c
11451	Vegetable Oil	1.00 Tb
11452	Butter or margarine	0.50 c
11452	Egg; large, beaten	1.00 ea
11452	Milk	0.25 c
11452	Flour; unbleached, unsifted	2.00 c
11452	Cocoa	2.00 T
11452	Butter or margarine; melted	2.00 T
11452	Sugar	0.25 c
11452	Vanilla extract	1.00 t
11452	Cocoa	0.25 c
11452	-----cocoa frosting-----	1.00 x
11452	Confectioners' sugar	1.25 c
11452	Vanilla extract	0.50 t
11453	Flour; Unbleached, Sifted	2.25 c
11453	Baking Powder	1.00 ts
11453	Salt	0.25 ts
11453	Sugar	1.50 c
11453	Vanilla	1.00 ts
11453	Sauerkaraut; *	0.67 c
11453	CREAMY CHOCOLATE FROSTING -----	0.00 -----
11453	Semisweet Chocolate	1.00 oz
11453	Milk	1.00 Tb
11453	Salt	0.12 ts
11453	Cocoa; Baking	0.50 c
11453	Baking Soda	1.00 ts
11453	Butter Or Regular Margarine	0.67 c
11453	Eggs; Large	3.00 ea

Sheet1

11453	; Water	1.00 c
11453	CREAMY CHOCOLATE FROSTING -----	0.00 -----
11453	Cream Cheese; Softened	3.00 oz
11453	Confectioners' Sugar	1.00 c
11453	Vanilla extract	0.50 ts
11454	Flour; Unbleached, Sifted	1.50 c
11454	Cocoa; Baking	3.00 Tb
11454	Salt	0.50 ts
11454	Vinegar	1.00 Tb
11454	;Water	1.00 c
11454	MOCHA CHOCOLATE FROSTING -----	0.00 -----
11454	Confectioners' Sugar	1.75 c
11454	Butter Or Regular Margarine	3.00 Tb
11454	Vanilla Extract	0.50 ts
11454	Sugar	1.00 c
11454	Baking Soda	1.00 ts
11454	Vanilla Extract	1.00 ts
11454	Butter Or Regular Margarine	5.00 Tb
11454	MOCHA CHOCOLATE FROSTING -----	0.00 -----
11454	Cocoa; Baking	3.00 Tb
11454	Coffee; Brewed, Hot	3.00 Tb
11455	Envelope unflavored gelatin	1.00 ea
11455	Dash salt	1.00 x
11455	Lemon juice	0.50 c
11455	Water	0.25 c
11455	Orange peel; grated	0.50 t
11455	Sugar	0.33 c
11455	Sugar	0.50 c
11455	Egg yolks	4.00 ea
11455	Orange juice	0.50 c
11455	Lemon peel; grated	0.50 t
11455	Egg whites	4.00 ea
11455	9-in baked pastry shell	1.00 ea
11456	Coffee	1.00 ea
11456	Water	1.00 ea
11457	Butter or margarine	2.00 T
11457	Onion, diced (1 cup)	1.00 x
11457	Shredded pared carrots	1.00 c
11457	Ground beef	2.00 lb
11457	Salt	2.00 t
11457	Fines herbes	1.00 t
11457	Mushrooms, trimmed & sliced	0.50 lb
11457	Thinly sliced celery	1.00 c
11457	Water	2.00 T
11457	Sifted all-purpose flour	0.50 c
11457	Seasoned salt	1.00 t
11457	Soy sauce	2.00 T
11458	Fresh cranberries	1.00 pk
11458	Sugar	2.00 c

Sheet1

11458	Oranges, medium	2.00 ea
11458	English walnuts, well broken	1.00 c
11459	Onion; diced	1.00 ea
11459	Green onion; minced	0.25 c
11459	Garlic; cloves	2.00 ea
11459	Bell pepper; diced	0.50 ea
11459	Celery stalks; diced	2.00 ea
11459	Butter	0.50 c
11459	Pepper	0.50 t
11459	Milk	1.00 c
11459	Crawfish tails; coarsely ch	1.00 lb
11459	Parsley; minced	0.25 c
11459	Salt	1.00 T
11459	Bread crumbs; seasoned	0.50 c
11459	Red pepper	0.50 t
11459	Egg	1.00 ea
11459	Tomato sauce	0.25 c
11459	10" pie plate (double crust)	1.00 ea
11460	Cake Flour; Sifted	2.00 c
11460	Salt	1.00 ts
11460	Vegetable Shortening	0.50 c
11460	Confectioners' Sugar; Sifted	6.00 c
11460	Baking Chocolate	4.00 oz
11460	Eggs; Large	3.00 ea
11460	Milk	1.00 Tb
11460	Baking Soda	1.50 ts
11460	Cream Cheese	6.00 oz
11460	Vanilla Extract	2.00 ts
11460	;Hot Water	0.25 c
11460	Vegetable Shortening	0.25 c
11460	Milk	0.75 c
11461	Cream cheese	8.00 oz
11461	Celery salt	1.00 x
11461	Onion juice or powder	1.00 x
11461	Cream to thin	1.00 x
11461	Tobasco	1.00 x
11461	Worcestershire sauce	1.00 x
11462	Pecans (approx.)	5.00 oz
11462	Confectioners Sugar	0.25 c
11462	Vanilla Wafer Crumbs	0.75 c
11462	Melted Butter	0.25 c
11463	CRUST -----	0.00 -----
11463	Sweet Yeast; See Recipe # 23	1.00 x
11463	CHEESECAKE -----	0.00 -----
11463	Cottage Cheese	2.00 c
11463	Sugar; Granulated	1.00 c
11463	Cornstarch	1.00 Tb
11463	Rum; Dark	1.00 Tb
11463	Raisins	0.33 c



Sheet1

11463	CRUST -----	0.00 -----
11463	CHEESECAKE -----	0.00 -----
11463	Butter; No Margarine	0.25 c
11463	Eggs; Large, Separated	2.00 ea
11463	Milk OR Heavy Cream	3.00 Tb
11463	Lemon Rind; Grated	0.50 ts
11464	All purpose flour	1.00 c
11464	Baking powder	1.00 ts
11464	Egg whites, slightly beaten	2.00 ea
11464	Vanilla extract	0.50 ts
11464	Ground cinnamon	1.00 ts
11464	Sugar	5.00 Tb
11464	Low fat margarine	2.00 Tb
11464	Skim milk	0.25 c
11464	Sliced peeled apples	4.00 c
11465	Lemon Juice	2.00 Tb
11465	Sugar	1.25 c
11465	Salt	0.12 ts
11465	Nutmeg	0.25 ts
11465	Butter	4.00 Tb
11465	Fresh Peaches (6 c sliced)	1.50 lb
11465	Sugar	2.00 Tb
11465	Cinnamon	0.25 ts
11465	Flour	3.00 Tb
11465	Heavy Cream, Whipped	1.00 c
11466	Hard Roll; Large, Dry	1.00 ea
11466	Vegetable Oil	4.00 Tb
11466	Ground Beef; Lean	1.00 lb
11466	Pepper	0.25 ts
11466	Water	0.50 c
11466	Onion; Medium, Chopped	1.00 ea
11466	Salt	0.50 ts
11466	Onion; Medium, Sliced	4.00 ea
11467	CRUST -----	0.00 -----
11467	Shortbread; See Recipe # 22	1.00 x
11467	CHEESECAKE -----	0.00 -----
11467	Eggs; Large, Separated	2.00 ea
11467	Confectioners' Sugar	2.00 ts
11467	Light Cream Or Half & Half	0.33 c
11467	Lemon Juice	1.00 ts
11467	Raisins; Golden	0.33 c
11467	CRUST -----	0.00 -----
11467	CHEESECAKE -----	0.00 -----
11467	Confectioners' Sugar; PLUS	0.25 c
11467	Gouda Cheese; Grated	1.50 c
11467	Unbleached Flour	0.25 c
11467	Lemon Rind; Grated	1.00 ts
11468	Sugar	1.00 c
11468	Flour, all purpose	3.50 c

Sheet1

11468	Sugar	2.00 Tb
11468	Butter	1.00 lb
11468	Rice Flour	1.00 c
11469	Flour; Unbleached, Sifted	1.75 c
11469	Cinnamon; Ground	1.00 ts
11469	Semisweet Chocolate	4.00 oz
11469	Butter Or Regular Margarine	0.50 c
11469	Eggs; Large	2.00 ea
11469	Milk	0.50 c
11469	CINNAMON WHIPPED CREAM -----	0.00 -----
11469	Heavy Whipping Cream	2.00 c
11469	Vanilla Extract	2.00 ts
11469	Baking Powder	2.00 ts
11469	Cloves; Ground	0.12 ts
11469	; Brewed Strong Coffee	0.50 c
11469	Sugar	1.00 c
11469	Vanilla Extract	1.00 ts
11469	CINNAMON WHIPPED CREAM -----	0.00 -----
11469	Sugar	0.25 c
11469	Cinnamon; Ground	0.50 ts
11470	Mayonnaise	2.00 Tb
11470	Lemon; Med, Juiced	1.00 ea
11470	Salt	0.50 ts
11470	Sugar	0.50 ts
11470	Sour Cream; *	1.00 c
11470	Eggs; Large, Hard Cooked	9.00 ea
11470	Pepper	0.25 ts
11470	Fresh Herbs; Chopped **	1.50 c
11471	CRUST -----	0.00 -----
11471	Unbleached Flour	2.00 c
11471	Sugar; Granulated	2.00 ts
11471	Shortening; Chilled	3.00 Tb
11471	FILLING -----	0.00 -----
11471	Cottage Cheese	0.50 c
11471	Cream Sherry	0.25 c
11471	Egg Yolks, Large	2.00 ea
11471	Rosewater	2.00 Tb
11471	Cinnamon; Ground	0.25 ts
11471	CRUST -----	0.00 -----
11471	Salt	0.50 ts
11471	Butter; Chilled, *	4.00 Tb
11471	Water; Cold	5.00 Tb
11471	FILLING -----	0.00 -----
11471	Heavy Cream	1.00 c
11471	Eggs; Large	3.00 ea
11471	Sugar; Granulated	0.33 c
11471	Nutmeg; Grated	0.50 ts
11471	Currants; Dried	0.25 c
11472	Sugar	2.00 c

Sheet1

11472	Vinegar	2.00 Tb
11472	Water	0.25 c
11472	Butter	1.00 c
11472	Safeway gourmet golden syrup	0.25 c
11473	Grated zucchini	6.00 c
11473	Sweet red pepper, grate,seed	1.00 ea
11473	White vinegar	1.25 c
11473	Dry mustard	0.50 ts
11473	Ground tumeric	0.50 ts
11473	Fresh ground pepper	0.50 ts
11473	Grated yellow onions	3.00 c
11473	Coarse salt	3.00 Tb
11473	Sugar	3.00 c
11473	Ground mustard	0.50 ts
11473	Celery seed	1.00 ts
11474	Tomatoes	10.00 c
11474	White pepper	1.00 ts
11474	Fresh basil	2.00 c
11474	Sugar	1.00 Tb
11474	Salt	1.00 ts
11475	Ground Beef	1.50 lb
11475	Milk	0.33 c
11475	Onion;Finely Chopped,1 small	0.25 c
11475	Horseradish	2.00 ts
11475	Mustard; Prepared	1.00 Tb
11475	Bread; Fresh Bread Crumbs	2.00 ea
11475	Catsup	0.25 c
11475	Salt	1.00 ts
11475	Worcestershire Sauce	2.00 ts
11476	CRUST -----	0.00 -----
11476	Butter; *	2.00 Tb
11476	CAKE -----	0.00 -----
11476	Baking Powder	1.50 ts
11476	Cottage Cheese	1.00 c
11476	Brown Sugar	0.50 c
11476	Cardamom; Ground	1.00 ts
11476	Orange Rind; Grated	1.00 ts
11476	Butter, Melted, *	0.50 c
11476	CRUST -----	0.00 -----
11476	Bread Crumbs; Dry **	0.67 c
11476	CAKE -----	0.00 -----
11476	Unbleached Flour; Sifted	1.00 c
11476	Eggs; Large	2.00 ea
11476	Cinnamon; Ground	1.00 ts
11476	Ginger; Ground	0.50 ts
11476	Lemon Rind; Grated	1.00 ts
11477	Flour; Unbleached	1.25 c
11477	Salt	0.50 ts
11477	Vegetable Oil	1.00 ts

Sheet1

11477	Raisins	4.00 oz
11477	Sugar	2.00 Tb
11477	Butter	1.00 Tb
11477	Eggs; Large	3.00 ea
11477	Milk	2.00 c
11477	Applesauce; (1 can)	16.00 oz
11477	Oil Or Butter;To Grease Dish	1.00 ts
11477	Almonds; Sliced and Blanched	3.00 Tb
11478	Eggs	2.00 ea
11478	Flour	0.25 c
11478	Pie Shell	1.00 ea
11478	STUUESSEL TOPPING -----	0.00 -----
11478	Sugar	0.50 c
11478	Butter	0.25 c
11478	Liquid honey	3.00 Tb
11478	Sugar	0.50 c
11478	Frozen Strawberries	2.00 c
11478	Frozen Rhubarb	2.00 c
11478	STUUESSEL TOPPING -----	0.00 -----
11478	Shortening	0.25 c
11478	Pinch of salt	1.00 ea
11478	Flour	0.75 c
11479	Milk	0.75 c
11479	Sugar	0.25 c
11479	Salt	1.00 ts
11479	Flour	3.50 c
11479	Fresh cake yeast	1.00 ea
11479	Shortening	3.00 Tb
11479	Egg	1.00 ea
11479	Lukewarm water	0.25 c
11480	CAKE -----	0.00 -----
11480	Butter; NO Margarine	1.00 c
11480	Eggs; Large *	6.00 ea
11480	Rum	8.00 Tb
11480	Flour; Unbleached, Sifted	3.50 c
11480	BUTTER -----	0.00 -----
11480	Sugar	1.00 c
11480	Egg Yolks; Large	6.00 ea
11480	Butter;NO Margarine,Unsalted	1.00 c
11480	PRALINE TOPPING -----	0.00 -----
11480	Butter	2.00 Tb
11480	;Water	0.50 c
11480	APRICOT GLAZE -----	0.00 -----
11480	Apricot Jam	0.50 c
11480	CAKE -----	0.00 -----
11480	Sugar	1.50 c
11480	Grated Lemon Rind	1.50 ts
11480	Baking Powder	4.00 ts
11480	BUTTER -----	0.00 -----

Sheet1

11480	;Water	0.75 c
11480	Rum	1.00 Tb
11480	PRALINE TOPPING -----	0.00 -----
11480	Sugar	1.00 c
11480	Almonds; Blanched, Sliced	1.00 c
11480	APRICOT GLAZE -----	0.00 -----
11481	CRUST -----	0.00 -----
11481	Shortbread; See Recipe # 22	1.00 x
11481	CHEESECAKE -----	0.00 -----
11481	Cream Cheese	1.00 lb
11481	Sugar; Granulated	0.33 c
11481	Eggs; Large, Separated	4.00 ea
11481	Heavy Cream	0.25 c
11481	Confectioners' Sugar	1.00 Tb
11481	CRUST -----	0.00 -----
11481	CHEESECAKE -----	0.00 -----
11481	French Cheese; *	0.50 lb
11481	Unbleached Flour	1.00 Tb
11481	Sour Cream	0.25 c
11481	Real Vanilla Extract	1.00 ts
11482	Beef fillet(500g)	1.00 lb
11482	Black pepper	0.50 ts
11482	Oil	3.00 Tb
11482	Vinegar	2.00 Tb
11482	Watercress (as required)	1.00 ea
11482	Cloves garlic crushed	5.00 ea
11482	Granulated sugar	1.50 ts
11482	Large onion	1.00 ea
11482	Salad oil	2.00 Tb
11483	Rump steak	6.00 oz
11483	Black pepper	1.00 ts
11483	Cornstarch	1.00 Tb
11483	Large tomato	1.00 ea
11483	Oil	3.00 Tb
11483	Medium onion	1.00 ea
11483	Fish sauce (nuoc mam)	1.50 Tb
11483	Fresh Spinach	1.00 ea
11483	Clove of garlic	1.00 ea
11484	Thinly sliced kumquats	2.00 c
11484	Water	7.00 c
11484	Grand Marnier	0.75 c
11484	Navel oranges, seed, chop	2.00 c
11484	Grated fresh lemon rind	1.00 ts
11484	Sugar equal to cooked fruit	1.00 ea
11485	Garlic Cloves	2.00 ea
11485	Sour Cream	0.50 c
11485	Paprika	1.50 ts
11485	Chili Powder	1.50 ts
11485	Cheddar; Sharp, Shredded	1.00 c

Sheet1

11485	Cream Cheese; Softened	0.50 c
11485	White Onion; Diced	0.25 c
11485	Curry Powder	1.50 ts
11485	Dried Dill; Crushed	1.00 ts
11485	Walnuts; Chopped	0.33 c
11486	Bratwursts	6.00 ea
11486	Onion; Med., Chopped	1.00 ea
11486	Cloves	4.00 ea
11486	(1 Can) Beer	12.00 oz
11486	Peppercorns	6.00 ea
11486	Hard Rolls	6.00 ea
11487	SEASONING MIX -----	0.00 -----
11487	Black pepper	1.00 ts
11487	White pepper	0.50 ts
11487	Dried thyme leaves	0.50 ts
11487	Ground cayenne pepper	0.25 ts
11487	MAIN INGREDIENTS -----	0.00 -----
11487	Chicken, pork, or beef fat	2.00 Tb
11487	Finely chopped onions	0.75 c
11487	Minced garlic	0.50 ts
11487	Pan drippings from chicken	1.00 c
11487	Light brown sugar, to taste	1.00 ts
11487	SEASONING MIX -----	0.00 -----
11487	Salt	0.50 ts
11487	Ground ginger	0.50 ts
11487	Rubbed sage	0.25 ts
11487	Ground cumin	0.12 ts
11487	MAIN INGREDIENTS -----	0.00 -----
11487	Unsalted butter	2.00 Tb
11487	Finely chopped celery	0.50 c
11487	Basic chicken stock	6.00 c
11487	Gingersnap cookies	8.00 ea
11487	Ground ginger, to taste	1.00 ts
11488	Pastry for 9 in pie crust	1.00 x
11488	Dark brown sugar	1.00 c
11488	All purpose flour	1.00 Tb
11488	Ground ginger	1.00 ts
11488	Ground allspice	0.50 ts
11488	Eggs, beaten	3.00 ea
11488	Milk	1.50 c
11488	Whipped cream, garnish	1.00 x
11488	Beaten egg	1.00 x
11488	Pinch of Salt	1.00 x
11488	Cinnamon	2.00 ts
11488	Ground cloves	0.50 ts
11488	Grated Nutmeg	0.50 ts
11488	14 oz Mashed Cooked Pumpkin	1.00 cn
11488	Brandy or rum	3.00 ts
11489	Orange; Md, *	1.00 ea

Sheet1

11489	Golden Raisins	2.00 c
11489	Plain Yogurt	0.50 c
11489	Pecans; Chopped	1.00 c
11489	Mayonnaise	0.50 c
11490	Cheddar; Sharp, Grated	10.00 oz
11490	Egg Yolks; Lg	4.00 ea
11490	Butter	0.25 c
11490	Salt	0.50 ts
11490	Milk	2.00 c
11490	Corn Meal; Yellow	1.00 c
11490	Sugar	1.00 ts
11490	Egg Whites; Lg	4.00 ea
11491	Pineapple; Crushed, 2 Cn	17.00 oz
11491	Sugar	0.67 c
11491	Cottage Cheese; Creamed, *	1.00 c
11491	Salt	0.50 ts
11491	Milk	1.25 c
11491	Sugar	0.50 c
11491	Unbleached Flour	0.25 c
11491	Vanilla	1.00 ts
11491	Eggs; Lg, Slightly Beaten	2.00 ea
11491	Unbaked 10-inch Pie Shell	1.00 ea
11492	Graham Cracker Crumbs	1.50 c
11492	Melted Butter	0.33 c
11492	Sugar	0.33 c
11493	Recipe Basic Meatballs; *	1.00 x
11493	Instant Minced Garlic; **	0.12 ts
11493	Fresh Mushrooms; ***	0.50 lb
11493	Salt	0.50 ts
11493	Tomatoes; ****	2.00 ea
11493	Margarine Or Butter	2.00 Tb
11493	Thyme Leaves	0.50 ts
11493	Zucchini; Md, ****	3.00 ea
11493	Parmesan Cheese; Grated	0.33 c
11494	Juice and rind of 1 Orange	1.00 x
11494	Vegetable Oil	0.25 c
11494	Sage	0.50 ts
11494	Freshly ground pepper	1.00 x
11494	Lemon Juice	0.25 c
11494	Ginger	0.50 ts
11494	Clove of garlic, minced	1.00 x
11495	SOUR -----	0.00 -----
11495	Sour Cream	1.00 c
11495	Lemon; Juice Only	0.50 x
11495	SALAD -----	0.00 -----
11495	Onions; Small	2.00 ea
11495	Herring Fillets; Marinated	8.00 ea
11495	Dillweed; Dried	0.50 ts
11495	SOUR -----	0.00 -----

Sheet1

11495	Yogurt	0.50 c
11495	Sugar	0.25 ts
11495	SALAD -----	0.00 -----
11495	Apples; Medium, Tart	2.00 ea
11495	Dill; Fresh OR	2.00 ts
11496	Butter; Room Temperature	0.75 c
11496	Eggs; Lg	4.00 ea
11496	Unbleached Flour	3.50 c
11496	Salt	1.00 ts
11496	Cloves; Ground	0.25 ts
11496	Pecans; Chopped	2.00 c
11496	Raisins; Golden	2.00 c
11496	DECORATIONS -----	0.00 -----
11496	Candied Pineapple Slices	4.00 ea
11496	Light Brown Sugar; Packed	1.50 c
11496	Cheddar; Sharp, Shredded	1.00 c
11496	Baking Soda	0.50 ts
11496	Cinnamon; Ground	1.00 ts
11496	Dates; Pitted,Finely Chopped	16.00 oz
11496	Candied Cherries;Halved,1jar	4.00 oz
11496	Milk	1.00 c
11496	DECORATIONS -----	0.00 -----
11496	Almonds; Whole Blanched	12.00 ea
11497	Unpeeled baking potatoe	1.00 ea
11497	Fat free Italian dressing	2.00 Tb
11498	Chicken pieces	6.00 lb
11498	Fresh lemon juice	0.50 c
11498	Ketchup	0.50 c
11498	Drops of Hot pepper sauce	4.00 ea
11498	Salt and pepper	1.00 ea
11498	Butter	1.00 c
11498	Cider vinegar	0.50 c
11498	Worcestershire sauce	2.00 ts
11498	Prepared horseradish	0.33 c
11499	CRUST -----	0.00 -----
11499	Unbleached Flour; Sifted	1.50 c
11499	Sweet Butter; No Margarine	4.00 Tb
11499	Salt	0.12 ts
11499	Cold Water; **	1.00 x
11499	CHEESECAKE -----	0.00 -----
11499	Cottage Cheese	2.00 c
11499	Sugar; Granulated	0.25 c
11499	Sour Cream	1.00 c
11499	Raisins	0.50 c
11499	CRUST -----	0.00 -----
11499	Baking Powder	1.00 ts
11499	Egg Yolks; Large, *	2.00 ea
11499	Lemon Juice	1.00 Tb
11499	CHEESECAKE -----	0.00 -----



Sheet1

11499	Eggs; Large	4.00 ea
11499	Lemon Rind; Grated	1.00 ts
11499	Crushed Pineapple; Drained	1.00 c
11500	Recipe of Basic Meatballs; *	1.00 x
11500	Onions; Md., Thinly Sliced	2.00 ea
11500	Red Wine; Dry, **	0.75 c
11500	Paprika	2.00 ts
11500	Salt	0.50 ts
11500	Flour; Unbleached	2.00 Tb
11500	Vegetable Oil	1.00 Tb
11500	Water	0.75 c
11500	Caraway Seed	1.00 ts
11500	Marjoram Leaves	0.50 ts
11500	Water	0.25 c
11501	Shredded Carrot	0.25 c
11501	Large Beaten Egg	1.00 ea
11501	Dried Oregano, Crushed	0.25 ts
11501	Shredded Cheddar Cheese	0.25 c
11501	Chopped Onion	2.00 Tb
11501	Fine Dry Bread Crumbs	0.25 c
11501	Ground Pork	0.50 lb
11502	Butter	0.25 c
11502	Onion; finely chopped	1.50 c
11502	Celery; finely chopped	0.50 c
11502	Parsley; finely chopped	2.00 ts
11502	Flour	2.00 Tb
11502	Red wine	1.00 c
11502	Salt; to taste	1.00 x
11502	Oregano; to taste	1.00 x
11502	Olive oil	0.50 c
11502	Carrots; grated	1.00 c
11502	Mushrooms; finely chopped	2.50 c
11502	Lean ground beef/hamburger	2.00 lb
11502	Tomato puree	2.00 Tb
11502	Beef broth	3.50 c
11502	Pepper; to taste	1.00 x
11502	Garlic; to taste	1.00 x
11503	ts	0.00 1/2
11503	Chopped onion	0.75
11503	Olive oil	2.00
11503	Dried basil, crumbled	1.00 ts
11503	Tomatoe paste	6.00 oz
11503	Dry red wine	0.25 c
11503	Freshly grated romano	2.00 Tb
11503	Oregano, crumbled	0.50 ts
11503	MEATBALLS -----	0.00 -----
11503	Slices bread, soaked	2.00 ea
11503	Large eggs, beaten lightly	2.00 ea
11503	Clove garlic, minced	1.00 ea

Sheet1

11503	Dried oregano	1.00 ts
11503	Ground black pepper	1.00 x
11503	SAUCE -----	0.00 -----
11503	Cloves garlic, minced	2.00 x
11503	Minced parsley	0.33 c
11503	Crushed tomatoes	28.00 oz
11503	Chicken stock	0.50 c
11503	Sugar	2.00 Tb
11503	Salt	0.50 ts
11503	MEATBALLS -----	0.00 -----
11503	Ground chuck	1.00 lb
11503	Freshly grated romano	0.50 c
11503	Minced parsley	3.00 Tb
11503	Salt	0.50 ts
11503	Olive oil	0.25 c
11504	Onions; Minced	1.50 c
11504	Vegetable Oil	2.00 Tb
11504	Beef Broth	1.00 c
11504	Worcestershire Sauce	0.50 ts
11504	Pepper	0.50 ts
11504	Butter	3.00 Tb
11504	Apples; Tart	4.00 ea
11504	Mushrooms; Sliced	0.25 lb
11504	Ground Beef; Coarse Grind *	1.00 lb
11504	Nutmeg	0.62 ts
11504	Salt	1.00 ts
11504	Potatoes; Medium	3.00 ea
11504	Eggs; Large	2.00 ea
11504	Bread Crumbs; Fine, Dry	0.50 c
11505	Paprika	1.00 Tb
11505	Onion powder	1.00 ts
11505	Garlic powder	1.00 ts
11505	Ginger powder	1.00 ts
11505	Black pepper	0.75 ts
11505	Oregano	0.50 ts
11505	Salt	1.00 ts
11505	Cayenne powder	1.00 ts
11505	Crushed chilies	1.00 ts
11505	White pepper	0.75 ts
11505	Thyme	0.50 ts
11506	Salt; Or To Taste	0.50 ts
11506	Paprika; Or To Taste	0.25 ts
11506	Butter	4.00 Tb
11506	White Asparagus Spears; *	12.00 ea
11506	Pepper; Or To Taste	0.25 ts
11506	Veal Fillets; Cut 1/4" Thick	4.00 ea
11506	Stewed Tomatoes; Whole	4.00 ea
11506	Mushrooms; Fresh, Sliced	0.25 lb
11507	Potatoes; Medium	5.00 ea

Sheet1

11507	Salt	0.50 ts
11507	Pepper; Freshly Ground	1.00 x
11507	Horseradish	1.00 Tb
11507	;Boiling Water	1.00 x
11507	Butter	2.00 Tb
11507	Sour Cream	0.50 c
11507	Parsley; Minced	2.00 ts
11508	Potatoes; Medium	6.00 ea
11508	Onion; Chopped	1.00 Tb
11508	Salt	1.00 ts
11508	Unbleached Flour	2.00 Tb
11508	Sugar	1.00 Tb
11508	Tobasco Sauce	0.50 ts
11508	Bacon; Slices	4.00 ea
11508	Celery; Stalk, Chopped	1.00 ea
11508	Butter	2.00 Tb
11508	Mustard; Dry	0.50 ts
11508	Beer; Any Brand	1.00 c
11508	Parsley; Chopped Fresh	2.00 Tb
11509	Key Lime juice	0.75 c
11509	Sweetened condensed milk	2.25 c
11509	Egg yolks	3.00 ea
11509	Sweetened whipped cream	1.00 x
11509	Key Lime juice	2.00 ts
11509	Grated Key lime rind	1.00 ts
11509	9" graham cracker pie crust	1.00 ea
11510	ea	0.00 1
11510	Hard Roll	1.00
11510	Ground Beef; Lean	1.00
11510	Anchovy Fillets; Diced	4.00
11510	Egg; Large	1.00 ea
11510	Pepper; White	0.25 ts
11510	BROTH -----	0.00 -----
11510	Water	6.00 c
11510	Bay Leaf	1.00 ea
11510	Peppercorns	6.00 ea
11510	GRAVY -----	0.00 -----
11510	Butter or Margarine	1.50 Tb
11510	Capers	1.00 Tb
11510	Mustard; Prepared	0.50 ts
11510	Salt	0.25 ts
11510	MEATBALLS -----	0.00 -----
11510	Water	0.75 c
11510	Bacon; Strip, Diced	1.00 ea
11510	Onion; Small, Chopped	1.00 ea
11510	Salt	0.50 ts
11510	BROTH -----	0.00 -----
11510	Salt	0.50 ts
11510	Onion; Small, Peeled, Halved	1.00 ea

Sheet1

11510	GRAVY -----	0.00 -----
11510	Unbleached Flour	1.50 Tb
11510	Lemon Juice; Of 1/2Med.Lemon	1.00 ea
11510	Egg Yolk; Large	1.00 ea
11510	Pepper; White	0.25 ts
11511	Warm Water	2.00 c
11511	Slices Lemon	2.00 ea
11511	Tea Bags	2.00 ea
11511	Honey	1.00 Tb
11511	Inches Stick Cinnamon *	2.00 ea
11511	Lemon Slices (Opt.)	1.00 x
11512	Lemon, juice & rind	1.00 ea
11512	Butter	2.00 Tb
11512	Sugar	1.00 c
11512	Hot milk	1.50 c
11512	Flour	3.00 Tb
11512	Salt	0.50 ts
11512	Eggs, separated	3.00 ea
11512	9" pie shell	1.00 ea
11513	Undrained sauerkraut (lg)	1.00 cn
11513	Choppd salad olive w/pimento	1.00 c
11513	Grn pepper, chopped-optional	1.00 x
11513	Dill or garlic - optional	1.00 x
11513	Celery, chopped	2.00 c
11513	Honey	0.50 c
11513	Carrot, grated - optional	1.00 x
11514	Unbleached Flour	2.00 c
11514	Paprika	1.00 ts
11514	Butter; Room Temperature	1.00 c
11514	Worcestershire Sauce	1.00 ts
11514	Mustard; Dry	1.00 ts
11514	Baking Powder	0.25 ts
11514	Cheddar; Sharp, Grated	10.00 oz
11515	Tang	1.00 c
11515	Instant tea powder	0.67 c
11515	Ground cinnamon	0.50 ts
11515	Sugar	0.50 c
11515	Pkg Wyler lemonade mix	3.00 oz
11515	Ground cloves	0.25 ts
11516	Macaroni, cooked	2.00 c
11516	Margarine	2.00 Tb
11516	Skimmed milk	2.00 c
11516	Parsley	2.00 ts
11516	Pepper	0.50 ts
11516	Bread crumbs	0.33 c
11516	Onion, chopped	1.00 ea
11516	Flour	0.25 c
11516	Dill weed	2.00 ts
11516	Garlic powder	0.12 ts

Sheet1

11516	Low fat cottage cheese	2.00 c
11516	Paprika	1.00 pn
11517	Cream Cheese; Softened	1.00 c
11517	Mango Chutney	0.50 c
11518	Mango	1.00 ea
11518	Fresh Corriander	2.00 Tb
11518	Olive oil	1.00 ts
11518	Jalapeno Peppr	1.00 ea
11518	Juice of 1 lemon	1.00 ea
11519	Wild rice	1.00 c
11519	Salt	1.00 ts
11519	Onions, chopped	2.00 ea
11519	Stalks celery, chopped	3.00 ea
11519	Butter	2.00 Tb
11519	Salt and pepper to taste	1.00 x
11519	Water	4.00 c
11519	Slices bacon	6.00 ea
11519	Sweet green pepper chopped	1.00 ea
11519	Sliced mushrooms	1.50 c
11519	Beef stock or water	0.25 c
11520	Skim milk	0.67 c
11520	Envelope unflavoured gelatin	1.00 ea
11520	Eggs, separated, room temp.	2.00 ea
11520	Low fat cottage cheese	12.00 oz
11520	CHOCOLATE CRUMB CRUST -----	0.00 -----
11520	Vanilla wafer crumbs	0.50 c
11520	Butter or marg. melted	1.50 Tb
11520	Skim milk	0.25 c
11520	Sugar	6.00 Tb
11520	Vanilla extract	2.00 ts
11520	Unsweetened cocoa	3.00 Tb
11520	CHOCOLATE CRUMB CRUST -----	0.00 -----
11520	Unsweetened cocoa	1.00 Tb
11521	PASTRY -----	0.00 -----
11521	All purpose flour	2.00 c
11521	Ice cold water	5.00 Tb
11521	FILLING -----	0.00 -----
11521	Large tart apples (spy)	5.00 ea
11521	Brown Sugar	0.50 c
11521	Heaping of bread crumbs	1.00 ts
11521	EGG WASH -----	0.00 -----
11521	Egg Yolk	1.00 ea
11521	PASTRY -----	0.00 -----
11521	Ea Cold butter and cold lard	3.00 oz
11521	FILLING -----	0.00 -----
11521	Ground cinnimon	1.00 ts
11521	Lemon juice	2.00 Tb
11521	EGG WASH -----	0.00 -----
11521	Milk	2.00 Tb

Sheet1

11522	Sour pitted cherries	1.00 cn
11522	Cherry Jello (small)	1.00 pk
11522	Flour	0.25 c
11522	Bananas	3.00 ea
11522	9" graham cracker pie crust	1.00 x
11522	Drained crushed pineapple-sm	1.00 cn
11522	Chopped nuts	0.25 c
11522	Sugar	1.00 c
11522	Whipped cream	1.00 x
11523	Flour; Unbleached, Sifted	3.00 c
11523	Baking Soda	3.00 ts
11523	Mayonnaise Or Salad Dressing	1.50 c
11523	;Cold Water	1.50 c
11523	FLUFFY CHOCOLATE FROSTING -----	0.00 -----
11523	Brown Sugar; Packed	1.00 c
11523	Butter Or Regular Margarine	3.00 Tb
11523	Vanilla Extract	0.50 ts
11523	Cocoa; Baking	0.33 c
11523	Salt	0.50 ts
11523	Sugar	1.50 c
11523	Vanilla Extract	1.50 ts
11523	FLUFFY CHOCOLATE FROSTING -----	0.00 -----
11523	Half And Half Or Light Cream	3.00 Tb
11523	Chocolate Chips; Semisweet	0.33 c
11524	STUFFING -----	0.00 -----
11524	Fat	2.00 Tb
11524	Water	3.00 Tb
11524	Mushrooms, sliced	0.25 lb
11524	Dill leaves	1.00 Tb
11524	DOUGH -----	0.00 -----
11524	Butter	0.67 c
11524	Baking powder	2.00 ts
11524	Egg	1.00 ea
11524	Egg white	1.00 ea
11524	STUFFING -----	0.00 -----
11524	Veal or pork, diced	1.00 lb
11524	Onion, sliced	1.00 ea
11524	Salt and pepper	1.00 x
11524	DOUGH -----	0.00 -----
11524	Flour	2.50 c
11524	Egg yolks	2.00 ea
11524	Sour cream	3.00 Tb
11525	Cocoa; Baking	0.50 c
11525	Baking Soda	2.00 ts
11525	Sugar	2.00 c
11525	Vanilla Extract	2.00 ts
11525	Buttermilk	1.00 c
11525	COCOA FROSTING -----	0.00 -----
11525	Butter Or Regular Margarine	0.50 c

Sheet1

11525	Confectioners' Sugar; Sifted	1.00 lb
11525	Vanilla Extract	1.00 ts
11525	Milk	3.00 Tb
11525	;Hot Water	0.50 c
11525	Vegetable Shortening	0.50 c
11525	Eggs; Large	2.00 ea
11525	Flour; Unbleached, Sifted	2.50 c
11525	COCOA FROSTING -----	0.00 -----
11525	Baking Chocolate	1.00 oz
11525	Egg White; Large	1.00 ea
11525	Lemon Juice	1.00 ts
11526	Wafers	10.00 ea
11526	Granulated sugar	0.33 c
11526	Fresh lemon juice	2.00 ts
11526	Vanilla	0.50 ts
11526	Cream cheese	8.00 oz
11526	Egg	1.00 ea
11526	Grated lemon rind	1.00 ts
11527	Margarine Or Butter	1.00 Tb
11527	Mushrooms; 1 can, *	4.00 oz
11527	Pepper	0.12 ts
11527	Onion; Thinly Sliced	1.00 ea
11527	Worcestershire Sauce	0.50 ts
11528	Margarine Or Butter;Softened	0.25 c
11528	Mustard; Prepared	2.00 Tb
11528	Parsley; Snipped	1.00 Tb
11528	Onion Salt	0.25 ts
11529	Milk	2.00 c
11529	Yeast; Active, Dry	2.00 pk
11529	Sugar	0.50 c
11529	Eggs; Large	2.00 ea
11529	;Water	1.00 x
11529	Almonds; Chopped	0.25 c
11529	Butter Or Margarine	0.50 c
11529	Salt	2.00 ts
11529	Flour; Unbleached	7.00 c
11529	Confectioners' Sugar	1.00 c
11529	Vanilla Extract	1.00 ts
11530	CRUST -----	0.00 -----
11530	Graham Cracker Crumbs	1.50 c
11530	CHEESECAKE -----	0.00 -----
11530	Cream Cheese	1.50 lb
11530	Vanilla Extract	1.00 ts
11530	Sugar; Granulated	1.00 c
11530	TOPPING -----	0.00 -----
11530	Sour Cream	1.00 c
11530	Kiwi Fruits; Peeled & Sliced	2.00 ea
11530	CRUST -----	0.00 -----
11530	Sugar; Granulated	0.25 c

Sheet1

11530	CHEESECAKE -----	0.00 -----
11530	Salt	0.25 ts
11530	Eggs; Large, Slightly Beaten	4.00 ea
11530	TOPPING -----	0.00 -----
11530	Vanilla Extract	0.50 ts
11531	Unbleached Flour; Unsifted	1.50 c
11531	Salt	1.00 ts
11531	Water	0.50 c
11531	Cheddar; Sharp, Grated	1.00 c
11531	Egg Yolk; Lg	1.00 ea
11531	Active Dry Yeast; OR	1.00 pk
11531	Milk	0.75 c
11531	Unbleached Flour; Unsifted	1.00 c
11531	Butter	0.25 c
11532	Chopped sweet onions	6.00 c
11532	Whole cumin seed	2.00 ts
11532	Tabasco sauce	0.50 ts
11532	Ground chili pepper	2.00 ts
11532	Salt to taste	1.00 ea
11532	Fresh lemon juice	0.50 c
11532	Whole mustard seed	1.00 ts
11532	Red pepper flakes	0.25 ts
11532	Light brown sugar	0.25 c
11533	Whole oranges, seeded, chopp	3.00 ea
11533	Water equal to whole fruit	1.00 ea
11533	Whole lemons, seeded, choppe	3.00 ea
11533	Sugar equal cooked fruit	1.00 ea
11534	Pastry For 9" Pie; 2 Crust	1.00 x
11534	Apple Cider Or Juice	1.00 c
11534	Apple Cider Or Juice	1.00 x
11534	Apples; *	6.00 c
11534	Sugar	0.67 c
11534	Cinnamon; Ground	0.50 ts
11535	Eggs	2.00 ea
11535	Salt	1.00 ts
11535	Cornmeal	1.50 c
11535	Flour	1.00 c
11535	Buttermilk	1.50 c
11535	Soda	0.75 ts
11535	Lard, melted	3.00 Tb
11536	Cake Flour; Sifted	1.50 c
11536	Cocoa; Baking	0.33 c
11536	Baking Soda	1.33 ts
11536	Vegetable Shortening	0.67 c
11536	Vanilla Extract	1.00 ts
11536	SWEETENED WHIPPED CREAM -----	0.00 -----
11536	Heavy Whipping Cream	1.00 c
11536	Vanilla Extract	1.00 ts
11536	Sugar	1.25 c



Sheet1

11536	Instant Coffee	1.00 Tb
11536	Salt	0.75 ts
11536	Buttermilk	1.00 c
11536	Eggs; Large	2.00 ea
11536	SWEETENED WHIPPED CREAM -----	0.00 -----
11536	Sugar	2.00 Tb
11537	Cottage Cheese, lo fat	1.00 c
11537	Plain Yogurt, low fat	0.50 c
11537	Salt	1.00 ts
11537	Lemon juice	1.00 Tb
11537	Green onion, chopped	0.25 c
11537	Pepper	1.00 pn
11538	Cream Cheese; 2 Pks	16.00 oz
11538	Crab; 2 Cns	13.00 oz
11538	Cheddar; Md. Sliced, *	24.00 oz
11538	Ginger Ale	0.50 c
11538	English Muffins	6.00 ea
11538	Tomato Slices	12.00 ea
11539	Slice Fully Cooked Ham *	6.00 oz
11539	Mandarin Orange Sections ***	11.00 oz
11539	Ground Ginger	0.12 ts
11539	Stalks Celery **	2.00 ea
11539	Cornstarch	1.00 ts
11540	Pork Tenderloin (boneless)	8.00 lb
11540	Oriental Toasted Sesame Oil	0.67 c
11540	Ground Ginger (fresh)	1.00 Tb
11540	Bottled Bar-B-Q Sauce	19.00 oz
11540	Soy Sauce	1.33 c
11540	Minced garlic cloves (large)	4.00 ea
11540	MSG (if desired)	1.00 Tb
11541	Rhubarb finely chopped	1.00 lb
11541	Five spice powder	0.50 ts
11541	Dash hot pepper sauce	1.00 x
11541	Granulated sugar	3.00 c
11541	Chopped candied ginger	0.25 c
11541	Lemon juice	3.00 Tb
11542	Frozen Dough Pieces	1.00 pk
11542	Cinnamon	1.50 ts
11542	Stick Margarine	1.00 x
11542	Brown Sugar	1.50 c
11542	Carmel/Butterscotch Pudding*	1.00 pk
11543	Sweet apples, peeled, sliced	6.00 c
11543	Ground cinnamon (optional)	1.00 Tb
11543	Apple cider	1.00 c
11544	Can crushed pineapple w liq.	20.00 oz
11544	Packed Ital. Fr bread 1 in.	5.00 c
11544	Brown sugar	0.50 c
11544	Rum	1.00 Tb
11544	Cinnamon	0.50 ts

Sheet1

11544	Rum	1.00 Tb
11544	Sliced almonds	2.00 Tb
11544	Low fat milk	0.50 c
11544	Raisins	0.67 c
11544	Margarine, melted	2.00 Tb
11544	Vanilla extract	1.00 ts
11544	Margarine	1.00 ts
11544	Light brown sugar	1.00 Tb
11545	BATTER -----	0.00 -----
11545	Milk	1.00 c
11545	Flour	1.00 c
11545	Salt	0.50 ts
11545	STUFFING -----	0.00 -----
11545	Butter	2.00 Tb
11545	Mushrooms, sliced	10.00 oz
11545	Slices white bread	2.00 ea
11545	Bread crumbs	3.00 Tb
11545	BATTER -----	0.00 -----
11545	Eggs	2.00 ea
11545	Water	0.50 c
11545	Salad oil	3.00 Tb
11545	STUFFING -----	0.00 -----
11545	Onion, sliced	1.00 ea
11545	Water	2.00 Tb
11545	Salt and pepper	1.00 x
11545	Butter	2.00 Tb
11546	CRUST -----	0.00 -----
11546	NONE	1.00 x
11546	CHEESECAKE -----	0.00 -----
11546	Farmers Cheese; 3 Lbs, *	6.00 c
11546	Confectioners' Sugar	1.50 c
11546	Candied Fruits	0.50 c
11546	Almonds; Toasted, Slivered	0.50 c
11546	Butter; NO Margarine	0.50 lb
11546	SABAYON SAUCE -----	0.00 -----
11546	Egg Yolks; Large	2.00 ea
11546	Lemon Rind; Grated	0.50 ts
11546	CRUST -----	0.00 -----
11546	CHEESECAKE -----	0.00 -----
11546	Egg Yolks; Large	6.00 ea
11546	Heavy Cream	1.50 c
11546	Raisins; Seedless	0.50 c
11546	Lemon Rind; Grated	0.50 ts
11546	Vanilla Extract	3.00 ts
11546	SABAYON SAUCE -----	0.00 -----
11546	Madeira	0.25 c
11547	Softened Butter	0.33 c
11547	Egg	1.00 ea
11547	Sugar	0.33 c

Sheet1

11547	Unsifted Flour	1.25 c
11548	Cream Cheese; Softened, 1 Pk	8.00 oz
11548	Sugar	0.50 c
11548	Unbaked 9-inch Pie Shell	1.00 ea
11548	Sugar	0.25 c
11548	Almond Extract	0.25 ts
11548	GARNISH -----	0.00 -----
11548	Maraschino Cherries	1.00 x
11548	Eggs; Lg	2.00 ea
11548	Vanilla	1.00 ts
11548	Peaches; Sliced, 1 Cn	29.00 oz
11548	Lemon Juice	1.00 ts
11548	GARNISH -----	0.00 -----
11549	Butter	0.50 c
11549	Brown Sugar, packed	0.50 c
11549	Molasses	0.33 c
11549	Flour	2.50 c
11549	Baking Soda	0.75 ts
11549	Nutmeg	0.50 ts
11549	Sugar	0.50 c
11549	Eggs	4.00 ea
11549	Fresh Peaches	2.00 ea
11549	Salt	0.50 ts
11549	Cinnamon	2.00 ts
11549	Chopped Walnuts	0.50 c
11550	Unbleached Flour	0.50 c
11550	Salt	0.25 ts
11550	Cold Water	1.00 x
11550	Finely Chopped Pecans	2.00 Tb
11550	Shortening Or Lard	3.00 Tb
11550	Dried Beans	1.00 x
11551	Recipe Of Basic Meatballs; *	1.00 x
11551	Onion; Sliced, Md	1.00 ea
11551	Instant Beef Bouillon	1.50 ts
11551	Ginger; Ground	0.50 ts
11551	Green Peppers; Md, **	2.00 ea
11551	Water	2.00 Tb
11551	Margarine Or Butter	1.00 Tb
11551	Water	1.50 c
11551	Garlic Salt	0.50 ts
11551	Soy Sauce	3.00 Tb
11551	Cornstarch	2.00 Tb
11551	Tomato; Lg, ***	1.00 ea
11552	Flour, all purpose	2.50 c
11552	Fruit sugar	1.00 c
11552	Belgian chocolate	0.50 lb
11552	Butter, soft	1.00 lb
11552	Sifted rice flour	1.00 c
11553	Small mushrooms	4.00 lb

Sheet1

11553	Salt	1.50 Tb
11553	MARINADE -----	0.00 -----
11553	Water	1.75 c
11553	Bay leaves	2.00 ea
11553	Sugar	0.75 c
11553	Boiling water	4.00 c
11553	MARINADE -----	0.00 -----
11553	Peppercorns	15.00 ea
11553	Salt	2.50 Tb
11553	Vinegar	0.75 c
11554	STUFFING -----	0.00 -----
11554	Leftover meat pieces	2.00 c
11554	Onion, chopped	1.00 ea
11554	Salt and pepper	1.00 x
11554	DOUGH -----	0.00 -----
11554	Egg	1.00 ea
11554	Salt	1.00 x
11554	Butter, melted	1.50 Tb
11554	STUFFING -----	0.00 -----
11554	Slices wet bread squeezed	2.00 ea
11554	Bacon drippings	1.00 Tb
11554	Slices bacon, diced	3.00 ea
11554	DOUGH -----	0.00 -----
11554	Flour	3.25 c
11554	Water	0.50 c
11554	Bread crumbs	1.50 Tb
11555	Crushed Pineapple (20 oz)	1.00 cn
11555	Pound Cake Mix (16 oz)	1.00 pk
11555	Butterscotch Chips	1.00 c
11555	Instant Butterscotch Pudding	1.00 pk
11556	Cottage Cheese	1.00 c
11556	Pineapple, Crushed	1.00 c
11556	Lemon Juice	0.50 ts
11556	Sour Cream	0.50 c
11556	Walnuts; Chopped	1.00 c
11556	Lemon Zest	0.25 ts
11557	CRUST -----	0.00 -----
11557	Shortbread; See Recipe # 23	1.00 x
11557	CHEESECAKE -----	0.00 -----
11557	Dry Curd Cheese; 2 lbs, *	4.00 c
11557	Sugar; Granulated	1.50 c
11557	Butter; Melted	0.50 c
11557	CRUMB TOPPING -----	0.00 -----
11557	Unbleached Flour	1.00 c
11557	Cinnamon; Ground	0.50 ts
11557	Butter; Melted	0.25 c
11557	CRUST -----	0.00 -----
11557	CHEESECAKE -----	0.00 -----
11557	Salt	0.50 ts

Sheet1

11557	Eggs; Large, Lightly Beaten	4.00 ea
11557	Vanilla Extract	1.00 ts
11557	CRUMB TOPPING -----	0.00 -----
11557	Confectioners' Sugar	0.50 c
11557	Brown Sugar; Packed	0.25 c
11558	FILLING -----	0.00 -----
11558	Hamburger	1.50 lb
11558	Green pepper; chopped	1.00 c
11558	Oregano	0.50 ts
11558	Water	0.50 c
11558	Spaghetti sauce mix (1.5oz)	1.00 ea
11558	BATTER -----	0.00 -----
11558	Milk	1.00 c
11558	Oil	1.00 Tb
11558	Salt	0.50 ts
11558	MISC -----	0.00 -----
11558	Jack/Mozz cheese slices	7.00 oz
11558	FILLING -----	0.00 -----
11558	Onion; chopped	1.00 c
11558	Garlic clove	1.00 ea
11558	Salt; (dash)	1.00 x
11558	Hot pepper sauce	0.12 ts
11558	BATTER -----	0.00 -----
11558	Flour	1.00 c
11558	Eggs	2.00 ea
11558	MISC -----	0.00 -----
11558	Parmesan cheese; grated	0.50 c
11559	Ground Beef; Lean	0.75 lb
11559	Barbecue Sauce; **	0.50 c
11559	Biscuits; *	12.00 ea
11559	Cheddar; Sharp, Shredded	0.75 c
11560	Pork chops, lean	4.00 ea
11560	Salt	1.00 ts
11560	Rice	1.00 c
11560	Flour	1.00 x
11560	Water	2.00 c
11560	Oil	2.00 Tb
11560	Cream of mushroom soup	1.00 cn
11560	Water	0.25 c
11561	Granulated sugar	1.00 Tb
11561	Onion	1.00 ea
11561	Vegetable oil	1.00 Tb
11561	Fish Sauce(nuoc mam)	2.00 Tb
11561	Cloves garlic	4.00 ea
11561	Boneless pork chops	4.00 ea
11562	Pork Tenderloin	6.00 lb
11562	Brown Mustard	1.00 c
11562	Horseradish	0.33 c
11562	Brown Sugar	0.33 c

Sheet1

11562	Salt	0.33 c
11562	Black Pepper	0.33 c
11562	Carrots (stripped)	4.00 ea
11562	Reduced Pork Broth	2.00 qt
11562	Yellow Mustard	1.00 c
11562	Ketchup	0.33 c
11562	Cloves Minced Garlic (large)	4.00 ea
11562	Cummin	0.33 c
11562	Small Red Potatoes	16.00 ea
11562	Pineapple Rings	1.00 cn
11563	Peanut Oil	3.00 Tb
11563	Cloves Garlic; minced	2.00 ea
11563	Preserved Radish	0.50 c
11563	Green onions	2.00 ea
11563	SAUCE -----	0.00 -----
11563	Crunchy Peanut Butter	2.00 Tb
11563	Cider Vinegar	1.00 Tb
11563	Dried Hot Red Chili Peppers;	2.00 ea
11563	Stock	0.33 c
11563	Pork Butt	0.50 lb
11563	Minced Fresh Ginger Root	1.00 Tb
11563	Sq. Canned Firm Bean Curd	4.00 ea
11563	SAUCE -----	0.00 -----
11563	Dark Soy Sauce	1.00 Tb
11563	Sesame Oil	2.00 Tb
11563	Sugar	2.00 ts
11563	MSG (optional)	0.50 ts
11564	Potatoes (3 or 4)	1.25 lb
11564	Flour, all purpose	1.00 c
11564	Vegetable Oil	4.00 ts
11564	Butter, melted	2.00 Tb
11564	Salt	0.50 ts
11565	Potatoes	4.00 ea
11565	Oil	0.25 Tb
11565	Garlic cloves, unpeeled	10.00 ea
11566	Yeast; Active, Dry	1.00 pk
11566	Salt	1.00 ts
11566	Flour; Unbleached	4.00 c
11566	Salt; Coarse	1.00 x
11566	;Water, Warm,110-120 Degrees	1.50 c
11566	Sugar	1.00 Tb
11566	Egg; Large, Beaten	1.00 ea
11567	Juice from 1/2 lemon	0.50 ea
11567	Pinch of white pepper	1.00 x
11567	Corn oil or peanut oil	0.50 c
11567	Pinch salt	1.00 x
11567	Melted butter	0.50 c
11568	Chopped onion	0.50 c
11568	Chopped tomatoes	3.00 c

Sheet1

11568	Oregano	0.50 ts
11568	Basil	0.50 ts
11568	Chicken bouillon	0.50 c
11568	Apple juice concentrate	1.00 ts
11568	Thyme	0.50 ts
11568	Garlic powder	1.00 ts
11569	Oil	1.00 ts
11569	Coarse shredded red cabbage	4.00 c
11569	Whole cloves	2.00 ea
11569	Sugar	1.00 Tb
11569	Finely chopped onion	0.50 c
11569	Chopped peeled apple	1.00 c
11569	Bay leaf	0.50 ea
11569	White vinegar	1.50 Tb
11570	CRUST -----	0.00 -----
11570	Flour; Unbleached, Unsifted	1.50 c
11570	Lemon Rind; Grated	1.00 Tb
11570	Egg Yolk; Large	1.00 ea
11570	FILLING -----	0.00 -----
11570	Soft Bread Crumbs	0.50 c
11570	Apples; Tart, Sliced	4.00 c
11570	Sugar	0.25 c
11570	Rum	0.25 c
11570	Sugar	0.33 c
11570	CRUST -----	0.00 -----
11570	Sugar	5.00 Tb
11570	Butter Or Margarine	0.67 c
11570	Milk	1.00 Tb
11570	FILLING -----	0.00 -----
11570	Butter Or Margarine; Melted	2.00 Tb
11570	Lemon Juice	1.00 Tb
11570	Raisins; *	0.25 c
11570	Eggs; Large, Beaten	3.00 ea
11570	Milk	1.75 c
11571	Cream Cheese; Softened, 1 Pk	8.00 oz
11571	Sugar	0.33 c
11571	Unbaked 9-inch Pie Shell	1.00 ea
11571	Water	1.00 x
11571	Dairy Sour Cream	0.50 c
11571	Eggs; Lg	2.00 ea
11571	Frozen Raspberries; Thawed	20.00 oz
11571	Whipping Cream; Whipped	0.50 c
11572	Eggs (room temp)	3.00 ea
11572	Dash salt	1.00 x
11572	Raspberry preserves, seedles	0.25 c
11572	Cream of tartar	0.25 ts
11572	Sugar	0.75 c
11572	Drops red food coloring	6.00 x
11573	Flour; Unbleached, Sifted	1.75 c

Sheet1

11573	Salt	0.50 ts
11573	Eggs; Large	3.00 ea
11573	Beets; Pureed	1.50 c
11573	Vanilla Extract	1.00 ts
11573	Baking Soda	1.50 ts
11573	Sugar	1.50 c
11573	Vegetable Oil	1.00 c
11573	Unsweetened Chocolate; *	2.00 oz
11573	Confectioners' Sugar; Sifted	1.00 x
11574	Vegetable oil	0.50 c
11574	Fresh lemon juice	2.00 Tb
11574	Black pepper	0.25 ts
11574	Red wine	0.33 c
11574	Dried thyme	0.25 ts
11574	Large garlic cloves minced	2.00 ea
11575	Sugar/divided	1.50 c
11575	Diced fresh rhubarb	3.00 c
11575	Vinegar	1.00 Tb
11575	Butter	0.75 c
11575	Baking soda	0.50 ts
11575	Egg(beatn)	1.00 ea
11575	Corn starch	3.00 Tb
11575	Milk	0.75 c
11575	All-purpose flour	2.25 c
11575	Baking powder	0.50 ts
11575	Finely chopped nuts	0.50 c
11576	SEASONING MIX -----	0.00 -----
11576	Salt	2.00 ts
11576	Garlic powder	1.00 ts
11576	Ground cayenne pepper	1.00 ts
11576	RICE INGREDIENTS -----	0.00 -----
11576	Vegetable oil	0.25 c
11576	Chopped green bell peppers	1.00 c
11576	Raisins	0.50 c
11576	Uncooked rice (converted)	1.50 c
11576	Chopped unpeeled apples	2.00 c
11576	SEASONING MIX -----	0.00 -----
11576	White pepper	1.50 ts
11576	Dry mustard	1.00 ts
11576	Black pepper	0.50 ts
11576	RICE INGREDIENTS -----	0.00 -----
11576	Chopped onions	1.00 c
11576	Pecan halves, dry roasted	0.50 c
11576	Unsalted butter	4.00 Tb
11576	Pork, beef or chicken stock	3.00 c
11577	Cheddar; Sharp, Cubed	6.00 oz
11577	Milk	0.50 c
11578	Sandwich Or Roll Steaks; *	4.00 ea
11578	Salt	0.50 ts



Sheet1

11578	Pickles; **	2.00 ea
11578	Bacon; Strips **	2.00 ea
11578	Vegetable Oil	0.25 c
11578	Peppercorns	4.00 ea
11578	Cornstarch	1.00 Tb
11578	Mustard; Dijon-style	2.00 ts
11578	Pepper	0.25 ts
11578	Salt Pork; ** OR	2.00 oz
11578	Onion; Large, Chopped	1.00 ea
11578	Beef Broth; Hot	1.50 c
11578	Bay Leaf	0.50 ea
11579	Shortening	0.25 c
11579	Onions; Sliced	2.00 c
11579	Salt	2.00 Tb
11579	Pepper; To Taste	1.00 x
11579	Celery Seed	0.50 ts
11579	Tomatoes; (1 can)	1.00 lb
11579	Rump Roast; Boneless	3.00 lb
11579	Unbleached Flour	0.25 c
11579	Sugar	2.00 Tb
11579	Mustard; Dry	2.00 ts
11579	Water	0.25 c
11580	Yeast; Active Dry	2.00 pk
11580	Milk; Lukewarm	1.50 c
11580	Salt	1.00 ts
11580	Butter	2.00 Tb
11580	Bread Flour; Unsifted	2.50 c
11580	;Warm Water(110-120 degrees)	0.50 c
11580	Sugar	2.00 Tb
11580	Molasses	0.50 c
11580	Rye Flour; Unsifted	3.25 c
11581	ROAST -----	0.00 -----
11581	Salt	0.50 ts
11581	Flank Steak	2.00 lb
11581	MUSHROOM STUFFING -----	0.00 -----
11581	Vegetable Oil	2.00 Tb
11581	Mushroom Pieces; *	4.00 oz
11581	Chives; Chopped	2.00 Tb
11581	Bread Crumbs; Dried	0.50 c
11581	Pepper	0.25 ts
11581	GRAVY -----	0.00 -----
11581	Bacon; Strips, Cubed	3.00 ea
11581	Beef Broth; Hot	1.00 c
11581	Tomato Catsup	2.00 Tb
11581	ROAST -----	0.00 -----
11581	White Pepper	0.25 ts
11581	Mustard; Dijon Style	1.00 ts
11581	MUSHROOM STUFFING -----	0.00 -----
11581	Onion; Small, Chopped	1.00 ea

Sheet1

11581	Parsley; Chopped	0.50 c
11581	Tomato Paste	1.00 Tb
11581	Salt	0.25 ts
11581	Paprika	1.00 ts
11581	GRAVY -----	0.00 -----
11581	Onions; Small, Fine Chopped	2.00 ea
11581	Mustard; Dijon Style	1.00 ts
11582	Sliced side bacon	8.00 ea
11582	Chunks of pineapple	8.00 ea
11582	Toothpicks	24.00 ea
11582	Bottled teriyaki sauce	4.00 Tb
11582	Water chestnuts	8.00 ea
11582	Bay scallops	8.00 ea
11582	Vegetable Oil	2.00 Tb
11582	Liquid Honey	2.00 Tb
11583	Crushed, fresh blueberries	5.00 c
11583	Water	0.50 c
11583	Sugar	2.50 c
11583	Coffee beans per jar	10.00 ea
11583	Grated lemon rind	1.00 ts
11583	Sambuca Romana	0.50 c
11583	Box light fruit pectin	1.00 ea
11584	(2) Salmon Steaks *	8.00 oz
11584	Butter or Margarine	1.00 Tb
11584	Dash White Pepper	1.00 x
11584	Lge. Beaten Egg Yolk	1.00 ea
11584	Seedless Green Grapes (Opt.)	1.00 x
11584	Cooking Oil	2.00 ts
11584	Cornstarch	1.00 ts
11584	Half & Half Light Cream	0.50 c
11584	Dry White Wine	2.00 Tb
11585	Instant Minced Onion	3.00 Tb
11585	Tomatoes, 16 oz. can, crush	1.00 ea
11585	Chili powder	1.00 Tb
11585	Water	3.00 Tb
11585	Chopped green pepper	0.25 c
11585	arlic powder	0.25
11586	Stalks lemon gress	1.50 ea
11586	Garlic cloves, peeled	5.00 ea
11586	Hot chilli sauce	1.00 Tb
11586	Turmeric	0.25 ts
11586	Oil	0.33 c
11586	Coconut milk	2.00 c
11586	Salt	0.25 ts
11586	Shallots, peeled	6.00 ea
11586	Fresh coriander leaves	3.00 Tb
11586	Cumin seeds	2.00 ts
11586	Water	1.00 Tb
11586	Dried shrimp paste	1.00 ts

Sheet1

11586	Brown sugar	1.00 Tb
11586	Gr rst unsalted sk peanuts	0.75 c
11587	Lean Ground Beef	1.00 lb
11587	Bread Crumbs; Dry	0.25 c
11587	Egg; Lg	1.00 ea
11587	Salt	0.25 ts
11587	French Fried Onions; 1 Cn	3.50 oz
11587	Cream Of Mushroom Soup; 1 Cn	0.75 oz
11587	Thyme Leaves	0.25 ts
11587	French Cut Green Beans; 1 Cn	16.00 oz
11588	Ground Beef; Lean	1.00 lb
11588	Bread Crumbs; dry	0.25 c
11588	Allspice; Ground	0.12 ts
11588	Pepper; To Taste	1.00 x
11588	Vinegar	0.50 c
11588	Bay Leaf	1.00 ea
11588	Unbleached Flour	2.00 Tb
11588	Milk	0.25 c
11588	Cloves; Ground	0.12 ts
11588	Salt	0.50 ts
11588	Vegetable Oil	2.00 Tb
11588	Ginger; Ground	0.75 ts
11588	Sugar; Brown	4.00 Tb
11589	Rump Roast; Beef, Boneless	4.00 lb
11589	Peppercorns	8.00 ea
11589	Bay Leaf	1.00 ea
11589	Water	1.00 c
11589	Vegetable Oil	0.25 c
11589	Water; boiling	2.00 c
11589	Sour Cream	0.50 c
11589	Onions; Thinly Sliced	2.00 ea
11589	Cloves; Whole	4.00 ea
11589	White Vinegar; Mild	1.00 c
11589	Cider Vinegar	0.50 c
11589	Salt	0.50 ts
11589	Gingersnaps	10.00 ea
11589	Unbleached Flour	1.00 Tb
11590	Large Cabbage Leaves	4.00 ea
11590	Apple Chopped (1 Med)	1.00 c
11590	Apple Juice Or Cider	2.00 Tb
11590	Water	0.25 c
11590	Cornstarch	1.00 ts
11590	Large Beaten Egg	1.00 ea
11590	Cornbread Stuffing Mix	0.33 c
11590	Bulk Pork Sausage	0.50 lb
11590	Apple Juice Or Cider	0.33 c
11590	Instant Beef Bouillon	0.50 ts
11591	Butter Or Margarine	0.50 c
11591	Egg; Large, Beaten	1.00 ea

Sheet1

11591	Milk	0.25 c
11591	Flour; Unbleached, Unsifted	2.00 c
11591	COCOA FROSTING -----	0.00 -----
11591	Cocoa	2.00 Tb
11591	Butter Or Margarine; Melted	2.00 Tb
11591	Sugar	0.25 c
11591	Vanilla Extract	1.00 ts
11591	Cocoa	0.25 c
11591	COCOA FROSTING -----	0.00 -----
11591	Confectioners' Sugar	1.25 c
11591	Vanilla Extract	0.50 ts
11592	CAKE -----	0.00 -----
11592	Eggs; Large	6.00 ea
11592	Vanilla Extract	1.00 ts
11592	Flour; Sifted	1.00 c
11592	SYRUP -----	0.00 -----
11592	Sugar	0.25 c
11592	Kirsch	2.00 Tb
11592	FILLING -----	0.00 -----
11592	Confectioners' Sugar	1.50 c
11592	Egg Yolk; Large	1.00 ea
11592	TOPPING -----	0.00 -----
11592	Sour Cherries; Canned, Drain	2.00 c
11592	Cream; Heavy, Whipped	1.00 c
11592	CAKE -----	0.00 -----
11592	Sugar	1.00 c
11592	Unsweetened BakingChocolate*	4.00 oz
11592	SYRUP -----	0.00 -----
11592	;Water	0.33 c
11592	FILLING -----	0.00 -----
11592	Butter; Unsalted	0.33 c
11592	Kirsch Liqueur	2.00 Tb
11592	TOPPING -----	0.00 -----
11592	Confectioners' Sugar	2.00 Tb
11592	Semisweet Chocolate Bar (1)	8.00 oz
11593	Pork Chops	4.00 ea
11593	Pepper	0.25 ts
11593	Vegetable Oil	1.50 Tb
11593	Beer	0.50 c
11593	Cornstarch	1.00 ts
11593	Salt	0.50 ts
11593	Unbleached Flour	1.50 Tb
11593	Onions; Small (2 med) *	4.00 ea
11593	Beef Broth; Hot	0.50 c
11594	Pork Chops	6.00 ea
11594	Caraway Seeds; Crushed	1.00 ts
11594	Salt	0.50 ts
11594	White Wine; Dry	1.00 c
11594	Garlic Clove; Minced	1.00 ea

Sheet1

11594	Hungarian Paprika; Mild *	2.00 ts
11594	Pepper; As Desired	1.00 x
11594	Sour Cream (Optional)	1.00 c
11595	Boiled Ham Cut Into Strips	2.00 oz
11595	Butter or Margarine	1.00 Tb
11595	Large Beaten Eggs	4.00 ea
11595	Shredded Cheddar Cheese	0.25 c
11595	Sliced Green Onion	2.00 Tb
11595	Dried Basil, Crushed	0.25 ts
11595	Whole Milk	0.25 c
11596	Margarine Or Butter;Softened	0.25 c
11596	Garlic Salt	0.50 ts
11596	Worcestershire Sauce	1.00 ts
11596	Toasted Sesame Seed; *	1.00 Tb
11597	Prime Rib Roast	8.00 lb
11597	Dry rub seasonings	1.00 x
11598	BREAD -----	0.00 -----
11598	Flour, all purpose	4.00 c
11598	Baking Soda	1.00 ts
11598	Raisins or currants (option)	1.00 c
11598	Irish Whisky or buttermilk	0.25 c
11598	GLAZE -----	0.00 -----
11598	Irish Whisky	2.00 ts
11598	BREAD -----	0.00 -----
11598	Salt	1.00 ts
11598	Butter, chilled	0.25 c
11598	Honey, liquid	0.50 c
11598	GLAZE -----	0.00 -----
11598	ilk	2.00
11599	Lean Ground Beef	1.50 lb
11599	Salt	0.50 ts
11599	Herb Stuffing Cubes; Not Mix	4.00 c
11599	Eggs; Lg	2.00 ea
11599	Mustard; Dry	1.00 ts
11599	Onion; Chopped, 1 Sm	0.25 c
11599	Celery; Chopped	0.50 c
11599	Milk	1.50 c
11599	Cream Of Mushroom Soup; 1 Cn	0.75 oz
11599	Cheddar Cheese; Shredded,4oz	1.00 c
11600	Flour; Unbleached, Sifted	2.00 c
11600	Baking Soda	1.25 ts
11600	Salt	1.00 ts
11600	Sour Cream	0.75 c
11600	Eggs; Large	2.00 ea
11600	Baking Chocolate	4.00 oz
11600	FROSTING -----	0.00 -----
11600	Butter Or Regular Margarine	0.33 c
11600	Sour Cream	0.50 c
11600	Sugar	2.00 c

Sheet1

11600	Baking Powder	0.50 ts
11600	Vegetable Shorteneing	0.25 c
11600	Vanilla Extract	1.00 ts
11600	;Water	1.00 c
11600	FROSTING -----	0.00 -----
11600	Confectioners' sugar	3.00 c
11600	Baking Chocolate	3.00 oz
11601	Butter	0.50 c
11601	Slivered green pepper	0.50 c
11601	Clove garlic crushed	1.00 ea
11601	Diced seeded tomato	1.00 c
11601	Oregano crushed	0.75 ts
11601	Salt and pepper to taste	1.00 x
11601	Sliced fresh mushrooms	1.00 c
11601	Chopped onion	0.25 c
11601	Cooked cut up broccoli	1.00 c
11601	Chopped parsley	2.00 Tb
11601	Spagetti or Spagettini	6.00 oz
11601	Grated parmesan cheese	1.00 x
11602	CRUST -----	0.00 -----
11602	None	1.00 x
11602	CHEESECAKE -----	0.00 -----
11602	Cream Cheese	1.00 lb
11602	Eggs; Large	2.00 ea
11602	Lemon Rind; Grated	1.00 ts
11602	Salt	0.50 ts
11602	CRUST -----	0.00 -----
11602	CHEESECAKE -----	0.00 -----
11602	Sugar; Granulated	1.50 c
11602	Cinnamon; Ground	0.50 ts
11602	Unbleached Flour	0.25 c
11602	Confectioners' Sugar	1.00 x
11603	Spareribs	10.00 lb
11603	Cummin	1.00 c
11603	Cayenne Pepper	0.33 c
11603	Brown Sugar	1.00 c
11603	Yellow Mustard	0.33 c
11603	Honey	1.00 c
11603	Salt	1.00 c
11603	Black Pepper	1.00 c
11603	Minced Garlic	0.33 c
11603	Ground Horseradish	0.33 c
11603	White Wine	0.25 c
11604	Flour; Unbleached	3.00 c
11604	Nutmeg	0.25 ts
11604	;Water, Or More	0.50 c
11604	Salt	1.00 ts
11604	Eggs; Large, Beaten	4.00 ea
11604	Butter	0.25 c

Sheet1

11605	Flour; Unbleached, Sifted	2.50 c
11605	Baking Soda	2.00 ts
11605	Salt	1.00 ts
11605	Sugar	2.00 c
11605	Vanilla	1.00 ts
11605	Buttermilk	1.00 c
11605	CHOCOLATE FLUFF FROSTING -----	0.00 -----
11605	Unsweetened Chocolate	2.00 oz
11605	Butter Or Margarine;Softened	0.25 c
11605	Egg Whites; Large	2.00 ea
11605	Cocoa; Baking	0.50 c
11605	Cinnamon; Ground	1.00 ts
11605	Vegetable Shortening	0.75 c
11605	Eggs; Large	2.00 ea
11605	Applesauce	1.00 c
11605	;Boiling Water	0.33 c
11605	CHOCOLATE FLUFF FROSTING -----	0.00 -----
11605	Confectioners' Sugar; Sifted	0.50 c
11605	Vanilla	1.00 ts
11605	Confectioners' Sugar; Sifted	1.00 c
11606	Dried rice noodles	8.00 oz
11606	Cloves garlic, minced	3.00 ea
11606	Shrimp deveined, diced	0.50 lb
11606	Bean sprouts	2.00 c
11606	SAUCE -----	0.00 -----
11606	Ketchup	0.33 c
11606	Lemon or lime juice	2.00 Tb
11606	Chilli sauce or chilli paste	1.00 ts
11606	GARNISH -----	0.00 -----
11606	Green onions, thinly sliced	3.00 ea
11606	Vegetalbe oil	0.25 c
11606	Chicken breast diced	0.50 lb
11606	Eggs, beaten	2.00 ea
11606	Unsalted peanuts, ground	0.33 c
11606	SAUCE -----	0.00 -----
11606	Chinese fish sauce	3.00 Tb
11606	Soy sauce	2.00 ts
11606	Granulated sugar	1.00 ts
11606	GARNISH -----	0.00 -----
11607	Lean Ground Beef	2.00 lb
11607	Oats; Quick Cooking	0.50 c
11607	Dairy Sour Cream	0.50 c
11607	Parmesan Cheese; Grated	0.25 c
11607	Onion Soup Mix; 1 pk	1.50 oz
11607	Water	0.50 c
11607	Eggs; Lg, Beaten	2.00 ea
11608	Lemon juice	2.00 Tb
11608	Oil	0.25 c
11608	Worcestershire Sauce	3.00 ts

Sheet1

11608	Garlic, minced	2.00 ea
11609	Long grain rice	2.00 c
11609	Finely grated ginger	1.00 ts
11609	Cold water	3.00 c
11609	Snow peas, chopped	0.25 lb
11610	Large Beaten Egg Yolks	2.00 ea
11610	Sugar	4.00 ts
11610	Galliano, Brandy, or Amaretto	1.00 Tb
11610	FRESH FRUITS -----	0.00 -----
11610	Orange Slices	1.00 x
11610	Sliced Kiwi	1.00 x
11610	Pineapple Chunks	1.00 x
11610	Half & Half Light Cream	0.67 c
11610	Dash Salt	1.00 x
11610	Vanilla	0.50 ts
11610	FRESH FRUITS -----	0.00 -----
11610	Halved Strawberries	1.00 x
11610	Sliced Peaches	1.00 x
11611	Strawberries; Crushed	0.50 c
11611	Dark Brown Sugar	0.25 c
11611	Cream Cheese; Softened	1.00 c
11611	Walnuts; Finely Chopped	0.25 c
11611	Grand Marnier Liqueur	0.33 c
11611	Sour Cream	1.00 c
11612	Tb	0.00 3
11612	Eggs, separated	3.00
11612	Granulated sugar	0.50
11612	Vanilla	1.00
11612	Pinch salt	1.00 x
11612	STRAWBERRY YOGURT MOUSSE -----	0.00 -----
11612	Env unflavoured gelatin	1.50 ea
11612	Whole strawberries	2.00 c
11612	Lemon juice	2.00 Tb
11612	Whipping cream	0.50 c
11612	SYRUP -----	0.00 -----
11612	Water	3.00 Tb
11612	Strawberry or kirsch liqueur	2.00 Tb
11612	CREAM FROSTING AND GARNISH -----	0.00 -----
11612	Stawberries	2.00 c
11612	Granulated sugar	2.00 Tb
11612	SPONGE CAKE -----	0.00 -----
11612	Pinch cream tartar	1.00 x
11612	Grated lemon rind	0.25 ts
11612	All purpose flour	0.50 c
11612	STRAWBERRY YOGURT MOUSSE -----	0.00 -----
11612	Cold water	0.25 c
11612	Granulated sugar	0.33 c
11612	Plain yogurt	0.50 c
11612	SYRUP -----	0.00 -----



Sheet1

11612	Granulated sugar	3.00 Tb
11612	CREAM FROSTING AND GARNISH -----	0.00 -----
11612	Whipping cream	1.50 c
11613	Pastry for 9 inch Pie	1.00 x
11613	Sugar	0.50 c
11613	Egg	1.00 ea
11613	Brown Sugar	0.25 c
11613	Flour	0.50 c
11613	Fresh Peaches	10.00 ea
11613	Nutmeg	0.50 ts
11613	Cream	2.00 Tb
11613	Softened Butter	0.25 c
11614	TOPPING -----	0.00 -----
11614	Sugar	0.25 c
11614	Cinnamon	2.00 ts
11614	Butter Or Margarine	0.50 c
11614	CAKE -----	0.00 -----
11614	Flour; Unbleached, Unsifted	2.25 c
11614	Salt	0.25 ts
11614	Milk	0.75 c
11614	Egg; Large	1.00 ea
11614	TOPPING -----	0.00 -----
11614	Brown Sugar	0.25 c
11614	Flour; Unbleached, Unsifted	1.00 c
11614	CAKE -----	0.00 -----
11614	Sugar	0.25 c
11614	Yeast; Dry	1.00 pk
11614	Butter Or Margarine	0.50 c
11615	c	2.00 1
11615	Light brown sugar	3.00
11615	Ground nutmeg	0.50
11615	SEASONING MIX -----	0.00
11615	Salt	1.00 Tb
11615	Ground cayenne pepper	1.00 ts
11615	White pepper	0.50 ts
11615	Rubbed sage	0.50 ts
11615	Black pepper	0.50 ts
11615	PORK CHOP INGREDIENTS -----	0.00 -----
11615	1-3/4" thick pork chops	6.00 ea
11615	Chopped onions	1.00 c
11615	Minced garlic	2.00 ts
11615	Pork or chicken stock	1.00 c
11615	Finely chopped green onions	0.50 c
11615	Unsalted butter	7.00 Tb
11615	Vanilla extract	1.00 ts
11615	SEASONING MIX -----	0.00 -----
11615	Onion powder	1.00 ts
11615	Garlic powder	0.75 ts
11615	Dry mustard	0.50 ts

Sheet1

11615	Ground cumin	0.50 ts
11615	Dried thyme leaves	0.50 ts
11615	PORK CHOP INGREDIENTS -----	0.00 -----
11615	Ground pork	0.75 lb
11615	Chopped green bell peppers	1.00 c
11615	(4 oz) diced green chilies	1.00 cn
11615	Very fine bread crumbs	0.50 c
11616	Env. Soup Mix *	1.00 ea
11616	Fresh Bread Crumbs	2.00 c
11616	Large Egg	1.00 ea
11616	Unbleached All-Purpose Flour	1.00 Tb
11616	Hot Cooked Assorted Veggies	3.50 c
11616	Lean Ground Beef	1.50 lb
11616	Sour Cream or Plain Yogurt	8.00 oz
11616	Thyme or Basil Leaves	0.25 ts
11616	Shredded Cheddar Cheese	6.00 oz
11617	CRUST -----	0.00 -----
11617	Basic Pastry Pie Crust; 9"	1.00 x
11617	CHEESE PIE -----	0.00 -----
11617	Cottage Cheese	2.00 c
11617	Unbleached Flour; Sifted	0.25 c
11617	Light Cream	1.00 c
11617	CRUST -----	0.00 -----
11617	CHEESE PIE -----	0.00 -----
11617	Eggs; Large	3.00 ea
11617	Sugar; Granulated	0.25 c
11617	Almonds; Toasted, Fine Chop	0.50 c
11618	Lean Boneless Pork	0.50 lb
11618	Sesame Oil	2.00 ts
11618	Small Green Bell Pepper **	1.00 ea
11618	Packed Brown Sugar	0.25 c
11618	Water	2.00 Tb
11618	Soy Sauce	1.00 ts
11618	Pineapple Chunks, Drained	1.00 c
11618	Cooking Oil	4.00 ts
11618	Med. Carrot *	1.00 ea
11618	Green Onions, Sliced	2.00 ea
11618	Cornstarch	2.00 ts
11618	Red Wine Vinegar	2.00 Tb
11618	Dash Of Ground Ginger	1.00 x
11618	Hot Cooked Rice	1.00 x
11619	CRUST -----	0.00 -----
11619	Shortbread; See Recipe # 22	1.00 x
11619	CHEESECAKE -----	0.00 -----
11619	Cottage Cheese	2.00 c
11619	Sugar; Granulated	0.50 c
11619	Egg Whites; Large	9.00 ea
11619	CRUST -----	0.00 -----
11619	CHEESECAKE -----	0.00 -----

Sheet1

11619	Swiss Cheese; Grated	1.00 c
11619	Egg Yolks; Large	6.00 ea
11620	Fresh Broccoli	6.00 oz
11620	Salt	0.12 ts
11620	Unbleached Flour	1.50 ts
11620	Dash White Pepper	1.00 x
11620	Shredded Swiss Cheese	0.25 c
11620	Water	2.00 Tb
11620	Butter Or Margarine	2.00 ts
11620	Dash Salt	1.00 x
11620	Milk	0.33 c
11621	Diced ripe tomatoes	2.50 c
11621	Can mild green chiles, drain	4.00 oz
11621	Chopped cilantro or parsley	1.00 Tb
11621	Ground cumin	1.00 ts
11621	Scallions, chopped	2.00 ea
11621	Or 2 jalapeno peppers, chop	1.00 ea
11621	Juice of lemon	0.50 ea
11621	Salt	0.50 ts
11622	Ripe mango	4.00 c
11622	Yellow onions	1.00 c
11622	Cloves garlic, minced	3.00 ea
11622	Light brown sugar	2.00 c
11622	Fresh orange juice	0.25 c
11622	Whole mustard seed	1.00 Tb
11622	Ground cinnamon	1.00 ts
11622	Lime, seeded and chopped	0.50 c
11622	Grated fresh ginger	0.50 c
11622	White raisins	0.75 c
11622	Apple cider vinegar	1.00 c
11622	Fresh lemon juice	0.25 c
11622	Dried red pepper flakes	1.00 ts
11622	Ground cloves	0.25 ts
11623	Butter	0.25 lb
11623	Tarragon vinegar	1.00 Tb
11623	Fresh lemon juice	1.00 ts
11623	White wine	1.00 ts
11624	Quick-cooking Rolled Oats	0.25 c
11624	Sugar	2.00 Tb
11624	Dash Ground Cinnamon	1.00 x
11624	Cooking Oil	2.00 Tb
11624	Broken Walnuts, Toasted	0.25 c
11624	Unbleached Flour	2.00 ts
11624	Butter or Margarine	1.00 ts
11624	Unbleached Flour	0.50 c
11624	Baking Powder	0.50 ts
11624	Large Beaten Egg Yolk	1.00 ea
11624	Milk	2.00 Tb
11624	Raisins	2.00 Tb

Sheet1

11624	Brown Sugar	1.00 ts
11625	Slices Fr or Italian Bread	8.00 ea
11625	Olive oil	1.00 ts
11625	Tomato, diced	1.00 ea
11625	Garlic cloves, halved	2.00 ea
11625	Onion, minced	2.00 Tb
11625	Oregano,dried	1.00 pn
11626	Evaporated Skim Milk	0.33 c
11626	Cold water	1.00 Tb
11626	Vanilla Extract	0.50 ts
11626	Unfavoured Gelatin	0.50 ts
11626	Sugar	1.00 Tb
11626	Lemon juice	1.00 ts
11627	Ground Beef	1.50 lb
11627	Onion; Finely Chopped, 1 sm.	0.25 c
11627	Salt	1.00 ts
11627	Basil Leaves	0.50 ts
11627	Garlic Salt	0.12 ts
11627	Parmesan Cheese; Grated	0.25 c
11627	Cheese Slices; *	6.00 ea
11627	Bread Crumbs; Dry	0.25 c
11627	Egg; Large	1.00 ea
11627	Worcestershire Sauce	1.00 ts
11627	Pepper	0.25 ts
11627	Creamed Cottage Cheese	6.00 Tb
11627	Tomato Sauce; 1 cn	8.00 oz
11628	Pork Butt; in one piece	0.50 lb
11628	Small Dried Red Chili Pepper	2.00 ea
11628	Ginger root, minced	2.00 ts
11628	Bamboo Shoots	0.25 c
11628	Cube Bean Curd	1.00 ea
11628	Thin Soy Sauce	1.00 Tb
11628	Peanut Oil	2.00 Tb
11628	Mushrooms; large Jyo black	5.00 ea
11628	Large cloves garlic, minced	2.00 ea
11628	Small Bell Pepper	1.00 ea
11628	Large Carrot	1.00 ea
11628	Mushroom Liquid	0.33 c
11628	Salt	1.00 ts
11628	Cornstarch Paste; as require	1.00 ea
11629	White sugar	0.75 c
11629	Cornstarch	3.00 Tb
11629	Nutmeg	1.00 ts
11629	Milk	0.50 c
11629	9" unbaked pastry shell	1.00 ea
11629	Brown sugar	0.50 c
11629	Vanilla	1.00 ts
11629	Butter or margarine	0.25 lb
11629	Eggs, separated	2.00 ea

Sheet1

11630	CRUST -----	0.00 -----
11630	Shortbread; See Recipe # 22	1.00 x
11630	CHEESECAKE -----	0.00 -----
11630	Cottage Cheese	2.00 c
11630	Sugar; Granulated	0.50 c
11630	Cornstarch	2.00 ts
11630	Walnuts; Chopped, (Optional)	0.50 c
11630	CRUST -----	0.00 -----
11630	CHEESECAKE -----	0.00 -----
11630	Eggs; Large, Separated	3.00 ea
11630	Sour Cream	0.50 c
11630	Lemon Peel; Grated	1.00 ts
11631	Flour; Unbleached, Sifted	2.00 c
11631	Baking Soda	2.25 ts
11631	Shortening; Vegetable	0.75 c
11631	Corn Syrup; Dark	1.50 c
11631	Vanilla Extract	1.50 ts
11631	Cocoa; Baking	0.50 c
11631	Salt	0.75 ts
11631	Sugar	0.33 c
11631	Eggs; Large, Separated	3.00 ea
11631	Coffee; Cooled	1.00 c
11632	Sifted all-purpose flour	3.00 c
11632	Baking powder	2.00 ts
11632	Salt	1.00 ts
11632	Sugar	1.00 ts
11632	Butter	1.00 Tb
11632	(to 1c) Warm milk	0.75 c
11632	Melted butter	2.00 Tb
11632	Fat for deep frying	1.00 x
11633	Dates; Pitted, Chopped	8.00 oz
11633	;Boiling Water	1.00 c
11633	Cocoa; Baking	2.00 Tb
11633	Shortening; Vegetable	1.00 c
11633	Eggs; Large	2.00 ea
11633	Walnuts; Chopped	0.50 c
11633	Baking Soda	1.00 ts
11633	Flour; Unbleached, Sifted	1.75 c
11633	Salt	0.50 ts
11633	Sugar	1.00 c
11633	Semisweet Chocolate Chips	6.00 oz
11634	CRUST -----	0.00 -----
11634	Shortbread; See Recipe # 22	1.00 x
11634	CHEESECAKE -----	0.00 -----
11634	Cottage Cheese; Small Curd	1.50 c
11634	Eggs; Large, Separated	4.00 ea
11634	Cream Cheese; 1 Pk.	8.00 oz
11634	CRUST -----	0.00 -----
11634	CHEESECAKE -----	0.00 -----

Sheet1

11634	Sugar; Granulated	0.25 c
11634	Vanilla Extract	0.50 ts
11634	Cornstarch	1.00 ts
11635	Flour, whole wheat	3.00 c
11635	Baking Soda	1.00 ts
11635	Nutmeg, grated	0.50 ts
11635	Orange rind, grated	1.00 ts
11635	Flour, all purpose	1.00 c
11635	Salt	0.50 ts
11635	Buttermilk	2.00 c
11636	Whole wheat flour	8.00 c
11636	Wheat germ	3.00 Tb
11636	Soya flour	3.00 Tb
11636	Yeast	3.00 pk
11636	Honey-molasses	4.00 Tb
11636	Very warm water	3.50 c
11636	Corn oil	3.00 c
11636	Salt	2.00 Tb
11637	Sugar	1.50 c
11637	Whole Wheat Flour; Stirred	0.75 c
11637	Salt	1.00 ts
11637	;Water	1.00 c
11637	Eggs; Large, Beaten	2.00 ea
11637	COCOA FROSTING -----	0.00 -----
11637	Butter Or Regular Margarine	0.50 c
11637	Cocoa; Baking	0.25 c
11637	Vanilla Extract	1.00 ts
11637	Flour; Unbleached, Sifted	1.00 c
11637	Baking Soda	2.00 ts
11637	Butter Or Regular Margarine	1.00 c
11637	Cocoa; Baking	0.25 c
11637	Sour Cream	0.50 c
11637	COCOA FROSTING -----	0.00 -----
11637	Milk	6.00 ts
11637	Confectioners Sugar; (1 Box)	1.00 lb
11638	Envelope unflavored gelatin	1.00 ea
11638	Chicken, cooked, diced	4.00 c
11638	Canned peas, drained	1.00 c
11638	Mayonnaise	1.50 c
11638	Pecans, chopped	0.33 c
11638	Eggs, hard cooked, chopped	2.00 ea
11638	Green grapes for garnish	1.00 x
11638	Celery, diced	2.00 c
11638	Stuffed olives, sliced	0.50 c
11638	Lemon juice	2.00 Tb
11638	Salt & pepper to taste	1.00 x
11638	Leaf thyme	0.25 ts
11638	Chicken broth	1.50 c
11638	Oil	1.00 x

Sheet1

11639	Pkg cream cheese, softened	8.00 oz
11639	Chopped sweet pickle relish	3.00 Tb
11639	Pecans, finely chopped	0.50 c
11639	Bleu cheese spread	5.00 oz
11639	Instant minced onion	2.00 Tb
11640	Zucchini; Shredded	3.00 c
11640	Eggs; Large	2.00 ea
11640	Parmesan Cheese; Grated	0.25 c
11640	Dried Parsley; Crushed	2.00 ts
11640	Oregano; Dried	0.50 ts
11640	Cream Cheese; Softened	1.00 c
11640	Romano Cheese; Grated	0.25 c
11640	Yellow Onion	0.50 c
11640	Salt	0.50 ts
11641	Red Kidney Beans; Cooked	1.50 c
11641	Cheddar; Sharp, Chopped	0.50 c
11641	Yogurt; Plain	0.75 c
11641	Garlic Powder	0.25 ts
11641	Jalapeno Pepper; Chopped	2.00 ts
11641	Chili Powder	0.25 ts
11641	Onion Powder	0.50 ts
11641	Hot Sauce	0.50 ts
11642	Margarine Or Butter	2.00 Tb
11642	Onion; Small, Thinly Sliced	1.00 ea
11642	Chili Sauce	1.00 c
11642	Chili Powder	0.25 ts
11642	Green Bell Pepper; Chopped,*	0.50 c
11642	Tomato Sauce; 1 can	8.00 oz
11642	Worcestershire Sauce	1.00 ts
11643	Flour; Unbleached, Sifted	2.50 c
11643	Baking Soda	1.00 ts
11643	Butter Or Regular Margarine	0.50 c
11643	Sugar	1.75 c
11643	Vanilla Extract	1.00 ts
11643	Zucchini; Unpeeled, Grated	2.00 c
11643	Walnuts; Chopped	0.75 c
11643	Cocoa; Baking	0.25 c
11643	Salt	1.00 ts
11643	Vegetable Oil	0.50 c
11643	Eggs; Large	2.00 ea
11643	Buttermilk	0.50 c
11643	Semisweet Chocolate Chips	6.00 oz
11644	Dry white wine	3.00 c
11644	Onion powder	1.00 t
11644	Garlic powder	0.50 t
11644	Cayenne pepper	0.50 t
11644	Soy sauce	0.50 c
11645	Butter	0.50 c
11645	Egg, beaten lightly	1.00 ea

Sheet1

11645	Raisins	1.00 c
11645	Baking soda	1.00 t
11645	Cinnamon	1.00 t
11645	Applesauce, hot	1.00 c
11645	Sugar	1.00 c
11645	Cake flour	1.75 c
11645	Nutmeats	1.00 c
11645	Salt	0.25 t
11645	Cloves	0.50 t
11646	Onion, chopped	2.00 c
11646	Bell pepper, chopped	0.50 c
11646	Olive oil	0.50 c
11646	Garlic, chopped	2.00 T
11646	Ketchup	2.00 c
11646	Parsley, dried	2.00 T
11646	Lemon juice	2.00 T
11646	Wine vinegar	0.50 c
11646	Salt	4.00 t
11646	Louisiana hot sauce	0.25 c
11646	Dry red wine	1.50 c
11646	Celery seed	0.50 t
11646	Steak sauce	1.00 c
11647	Beer (12 oz or 10 oz cans)	2.00 cn
11647	Olive oil	0.50 c
11647	Wine vinegar	1.00 T
11647	Onion powder	1.00 t
11647	Garlic powder	1.00 t
11647	Salt	2.00 t
11647	Ground cayenne pepper	1.00 t
11647	Prepared horseradish	1.00 T
11647	Lemon juice	2.00 T
11649	Thick pork chops	6.00 ea
11649	Dry white wine	1.50 c
11649	Onions, chopped	1.00 c
11649	Soy sauce	3.00 T
11649	Salt & red cayenne pepper	1.00 x
11649	Bell pepper, chopped	1.00 c
11649	Clove garlic, chopped	1.00 ea
11649	Pinapple chunks (15 oz.)	1.00 cn
11650	Onions, chopped	4.00 c
11650	Bell pepper, chopped	1.00 c
11650	Peanut cooking oil	1.00 c
11650	Steak sauce	3.00 c
11650	Ketchup	3.00 c
11650	Southern Comfort Liquor	1.00 c
11650	Celery, chopped	1.00 c
11650	Fresh parsley, chopped	1.00 c
11650	Garlic, chopped	2.00 T
11650	Louisiana hot sauce	0.50 c



Sheet1

11650	Salt	3.00 t
11651	All-purpose flour	2.00 c
11651	Brown sugar	2.00 c
11651	Shortening	0.50 c
11651	Sour milk	1.00 c
11651	Egg, beaten	1.00 ea
11651	Soda	1.00 t
11651	Baking powder, pinch	1.00 x
11652	Dates, stoned but not cut up	4.00 c
11652	Candied cherries, not cut up	1.00 lb
11652	Salt	0.50 t
11652	Sugar	1.00 c
11652	Vanilla	1.00 t
11652	Walnut meats, not cut up	1.00 lb
11652	Flour	1.00 c
11652	Baking powder	3.00 t
11652	Eggs, separated	4.00 ea
11653	Onions, dehydrated	1.00 c
11653	Sweet peppers, dehydrated	0.25 c
11653	Parsley, dried	0.25 c
11653	Honey	0.50 c
11653	Lemon juice	1.00 T
11653	Lea & Perrins	3.00 T
11653	Liquid smoke	1.00 T
11653	Ketchup	1.00 c
11653	Louisiana hot sauce	2.00 T
11653	Salt	1.00 T
11653	Mint, dried	0.50 t
11653	Dry white wine	1.00 c
11653	Vinegar	3.00 T
11653	Water	1.00 c
11654	Sugar	4.00 c
11654	Karo syrup	4.00 T
11654	Condensed milk	1.00 cn
11654	Water	1.00 cn
11654	Pecans	5.00 c
11654	Butter	1.00 T
11654	Vanilla	1.00 t
11655	Chablis wine	2.00 c
11655	Salt	2.00 t
11655	Ground cayenne pepper	0.50 t
11655	Lemon juice	2.00 T
11655	Creole mustard	2.00 T
11656	Cake flour, sifted	2.00 c
11656	Baking powder	3.00 t
11656	Shortening	0.33 c
11656	Vanilla	1.00 t
11656	Sugar	1.33 c
11656	Salt	1.00 t

Sheet1

11656	Milk	1.00 c
11656	Egg yolks	4.00 ea
11658	Italian sausage	2.00 lb
11658	Garlic, finely chopped	1.00 T
11658	Red cayenne pepper	1.00 t
11658	Lea & Perrins	3.00 T
11658	Celery, finely chopped	1.00 c
11658	Bell pepper, finely chopped	0.50 c
11658	Water	2.00 c
11658	Dry white wine	2.00 c
11658	Dried parsley	1.00 c
11658	Olive oil	0.50 c
11658	Plain flour	1.00 c
11658	Onions, finely chopped	2.00 c
11658	Dried mint	0.25 t
11658	Tomato sauce	3.00 c
11658	Salt, to taste	1.00 x
11659	Cornmeal	2.00 c
11659	Plain flour	1.00 c
11659	Baking powder	1.00 t
11659	Salt	1.00 t
11659	Soda	0.50 t
11659	Parsley, finely chopped	0.50 c
11659	Deep fat for frying	1.00 x
11659	Ground cayenne pepper	1.00 x
11659	Eggs, beaten	2.00 ea
11659	Buttermilk	1.00 c
11659	Green onion, finely chopped	1.00 c
11659	Bacon drippings, hot	2.00 T
11659	Garlic powder (to taste)	0.50 t
11660	Mayonnaise	4.00 c
11660	Sweet relish, chopped&drained	1.00 c
11660	Chow chow (sour)drained	1.00 c
11660	Louisiana hot sauce (dash)	1.00 x
11660	Parsley, chopped fine	1.00 c
11660	Dash, Lea & Perrins	1.00 x
11660	Bunch green onions, chopped	1.00 x
11660	Medium onion, chopped fine	1.00 ea
11661	Dry red wine	3.00 c
11661	Olive or peanut oil	1.00 c
11661	Wine vinegar	2.00 T
11661	Onion powder	2.00 t
11661	Garlic powder	1.00 t
11661	Salt	3.00 t
11661	Poupon mustard	3.00 T
11661	Prepared horseradish	2.00 T
11661	Lime juice	3.00 T
11661	Ground cayenne pepper	2.00 t
11662	Chablis wind	4.00 c

Sheet1

11662	Onion powder	1.00 T
11662	Louisiana hot sauce	2.00 T
11662	Water	1.00 c
11662	Green creme de menthe	1.00 c
11662	Dried mint (crushed)	1.00 t
11662	Soy sauce	1.00 c
11662	Olive oil	2.00 T
11663	Brown sugar	2.50 c
11663	Flour	4.00 c
11663	Jam	2.00 c
11663	Cinnamon	3.00 t
11663	Nutmeg	2.00 t
11663	Raisins	15.00 oz
11663	Figs and dates as desired	1.00 x
11663	Sour milk	2.00 c
11663	Butter	0.75 c
11663	Baking soda	2.00 t
11663	Cloves	2.00 t
11663	Eggs, lg	3.00 ea
11663	Nutmeats	1.00 c
11664	Butter (NO subst)	0.50 lb
11664	Cake flour	2.00 c
11664	Vanilla	2.00 t
11664	Eggs	5.00 ea
11664	Sugar	1.67 c
11665	Oatmeal	1.00 c
11665	Boiling water	1.50 c
11665	Shortening	0.50 c
11665	Brown sugar	1.75 c
11665	Sugar	1.00 c
11665	Butter	6.00 T
11665	Coconut & nuts (optional)	1.00 c
11665	Eggs	2.00 ea
11665	Cinnamon	1.50 t
11665	Soda	1.00 t
11665	Salt	0.50 t
11665	Flour	1.33 c
11665	Cream or evaporated milk	0.33 c
11666	Mayonnaise	1.00 pt
11666	10 oz bottle Durkee's sauce	1.00 ea
11666	Lea & Perrins	2.00 T
11666	Creole or poupon mustard	1.00 c
11666	Prepared horseradish	0.50 c
11666	Ketchup	1.00 c
11666	Wine vinegar	2.00 T
11666	Olive oil	0.25 c
11666	Louisiana hot sauce	2.00 t
11666	Salt if needed	1.00 x
11667	Butter (generous)	1.00 T

Sheet1

11667	Salt	1.00 x
11667	Table cream	1.00 c
11667	Flour	0.50 T
11667	Pepper	1.00 x
11667	Swiss cheese, grated	2.00 T
11668	Butter	1.00 c
11668	Eggs, separated	3.00 ea
11668	Sugar	1.25 c
11668	Sour cream, dairy	1.00 c
11668	Nuts, chopped	0.50 c
11668	Flour, sifted	1.50 c
11668	Baking soda	1.00 t
11668	Baking powder	1.00 t
11668	Cinnamon	0.50 t
11669	Butter	4.00 T
11669	Egg	1.00 ea
11669	Baking soda	1.00 t
11669	Nutmeg	0.50 t
11669	Vanilla	1.00 t
11669	Nuts	0.50 c
11669	Sugar	1.00 c
11669	Flour	1.00 c
11669	Cinnamon	1.00 t
11669	Salt, pinch	1.00 x
11669	Apples, finely chopped (2lg)	2.00 c
11670	whole wheat flour	2.50 c
11670	Powdered dry milk	0.50 c
11670	Salt	0.50 t
11670	Garlic powder	0.50 t
11670	Brown sugar	1.00 t
11670	Meat drippings	6.00 T
11670	Beaten egg	1.00 ea
11670	Ice water	0.50 c
11671	Boneless Beef Chuck Roast	4.00 lb
11671	Butter or Shortening	2.00 T
11671	Catsup	1.00 T
11671	Pepper	0.25 t
11671	Prepared Mustard	0.25 t
11671	Large Sweet Potatoes *	3.00 ea
11671	GARNISHES -----	0.00 -----
11671	Chopped Parsley OR	1.00 x
11671	Gravy	1.00 x
11671	Med. Onions, Sliced	2.00 ea
11671	Apple Juice	1.00 c
11671	Salt	1.00 t
11671	Thyme Leaves	0.25 t
11671	Basil Leaves	0.12 t
11671	Lemon Juice	1.00 x
11671	GARNISHES -----	0.00 -----

Sheet1

11671	Apple Rings And Parsley	1.00 x
11672	Ground Beef	1.50 lb
11672	Butter	3.00 T
11672	Worcestershire sauce	1.00 t
11672	Eggs, Separated	2.00 ea
11672	Butter	0.50 c
11672	Potatoes peeled, boiled mash	8.00 ea
11672	Onions, Minced	2.00 ea
11672	Tomato catsup	1.00 T
11672	Beef stock	1.00 x
11672	Cream	0.50 c
11672	Garlic powder	0.12 t
11672	Parmesan Cheese	1.00 x
11673	Brownie mix	1.00 x
11673	Sugar	0.75 c
11673	Cold water	0.25 c
11673	Heavy cream	3.00 c
11673	Egg yolks	5.00 ea
11673	Envelope unflavored gelatin	1.00 pk
11673	Bourbon	0.50 c
11674	Fresh blueberries or	1.00 qt
11674	Flour,	0.25 c
11674	Sugar; divided	0.50 c
11674	Butter or margarine	2.00 t
11674	(9 oz.) unsweetened frozen	2.00 pk
11674	2 crust pie pastry, divided	1.00 ea
11674	Lemon juice	2.00 t
11675	Lemon juice	1.50 t
11675	Sugar	0.50 c
11675	Cinnamon	1.00 t
11675	9" unbaked pie shell	1.00 ea
11675	6 oz. butterscotch chips	1.00 pk
11675	All-purpose flour	0.75 c
11675	Pared,sliced tart apples	4.00 c
11675	All-purpose flour	0.25 c
11675	Salt	0.12 t
11675	-----topping-----	1.00 x
11675	Butter	0.25 c
11675	Salt	0.12 t
11676	Fresh Boiled lobsters***	2.00 x
11676	Melted Butter or Margarine	0.33 c
11676	Dry white wine	1.00 T
11676	Chopped parsley	1.00 x
11676	Finely Crushed Ritz Crackers	1.00 c
11676	Worcestershire sauce	1.50 T
11676	Paprika	0.50 t
11677	Butter, softened	1.00 T
11677	Flour	2.50 c
11677	Milk	1.50 c

Sheet1

11677	Cinnamon	2.00 t
11677	Butter, melted	2.00 T
11677	Sugar	1.00 c
11677	Baking Powder	3.00 t
11677	Sugar, mixed with...	0.75 c
11677	Large Peaches, peeled/sliced	5.00 ea
11678	Full Cut Round Steak *	1.00 ea
11678	Chil Sauce	0.33 c
11678	Wine Vinegar	0.25 c
11678	Cumin	0.50 t
11678	Meat Tenderizer	1.00 t
11678	Pepper	0.50 t
11678	Whole Kernal Corn	0.25 c
11678	Chopped Pitted Ripe Olives	0.25 c
11678	Cooking Oil	3.00 T
11678	Shredded Cheddar Cheese	0.25 c
11678	Tomato Roses	3.00 ea
11678	Catsup	0.75 c
11678	Brown Sugar	0.25 c
11678	Steak Sauce	2.00 T
11678	Chili Powder	0.50 t
11678	Salt	0.50 t
11678	Shredded Cheddar Cheese	0.75 c
11678	Chopped Green Pepper	0.25 c
11678	Unbleached All-purpose Flour	0.50 c
11678	Water	0.25 c
11678	Sliced Pitted Ripe Olives	2.00 T
11678	Green Pepper Slices	1.00 x
11679	SEASONING MIX -----	0.00 -----
11679	Black pepper	1.50 t
11679	Onion powder	1.00 t
11679	White pepper	0.50 t
11679	MAIN INGREDIENTS -----	0.00 -----
11679	Bacon, minced	0.50 lb
11679	Pork, beef or chicken stock	2.00 c
11679	Honey	1.00 c
11679	Orange juice (1/2 orange)	5.00 T
11679	Lemon juice (1/4 lemon)	2.00 T
11679	Minced garlic	2.00 T
11679	Unsalted butter	4.00 T
11679	SEASONING MIX -----	0.00 -----
11679	Salt	1.00 t
11679	Garlic powder	1.00 t
11679	Ground cayenne pepper	0.50 t
11679	MAIN INGREDIENTS -----	0.00 -----
11679	Chopped onions	1.50 c
11679	Bottled chili sauce	1.50 c
11679	Dry roasted pecans, chopped	0.75 c
11679	Rind & pulp from 1/2 orange	1.00 x

Sheet1

11679	Rind & pulp from 1/4 lemon	1.00 x
11679	Tabasco sauce	1.00 t
11680	basmati rice	2.00 c
11680	unsalted butter	1.00 T
11680	salt	0.75 t
11680	water	2.67 c
11681	Firm Tofu	0.50 lb
11681	Toasted Wheat germ	2.00 T
11681	Dill weed	0.25 t
11681	Paprika	0.25 t
11681	Egg	1.00 x
11681	Hot Pepper Sauce	3.00 dr
11681	GINGER SAUCE -----	0.00 -----
11681	Rice vinegar	6.00 T
11681	Plus 1 T Water	0.75 c
11681	Cornstarch	1.00 t
11681	Unbleached Flour	0.50 c
11681	Thyme	0.50 t
11681	Garlic powder	0.25 t
11681	Black Pepper	0.25 t
11681	Milk	1.00 T
11681	Safflower oil	2.00 T
11681	GINGER SAUCE -----	0.00 -----
11681	Sugar	6.00 T
11681	Soy sauce	2.00 T
11681	Finely minced Gingerroot	1.00 T
11682	Ground Beef Chuck	2.00 lb
11682	Med Onions, Chopped	2.00 ea
11682	Cooking Fat or Oil	2.00 T
11682	Ground Ginger	1.00 t
11682	Freshly Ground Pepper	0.25 t
11682	Diced Fresh Pineapple	1.00 c
11682	Madarine Liqueur	0.25 c
11682	Butter	3.00 T
11682	Cooked Rice	3.00 c
11682	Large Pineapples	2.00 ea
11682	Cloves Garlic, Minced	3.00 ea
11682	Salt	1.00 t
11682	Seasoned Salt	0.50 t
11682	Coffee Brandy	0.50 c
11682	Canned Mandarin Orange Segs	1.00 c
11682	Fresh Mushrooms	18.00 ea
11682	Strips Of Pimiento	18.00 ea
11683	Ground Beef	2.00 lb
11683	Small Cloves Garlic, Minced	4.00 ea
11683	Bay Leaf	1.00 ea
11683	Chil Powder	0.50 t
11683	Cinnamon	0.25 t
11683	Burgundy Or Rose Wine	0.33 c

Sheet1

11683	(1 pk) Cream Cheese,Softened	8.00 oz
11683	Crumbled Feta Cheese	0.50 c
11683	(1/2 Pk) Phyllo Leaves **	8.00 oz
11683	GARNISHES -----	0.00 -----
11683	Parsley Sprigs	1.00 x
11683	Fresh Fruit Kabobs (opt.)	1.00 x
11683	Med. Onion, Chopped	1.00 ea
11683	Fresh Mushrooms, Sliced	0.50 lb
11683	Salt	1.25 t
11683	Cumin Powder	0.50 t
11683	(1 cn) Tomato Sauce	8.00 oz
11683	Large Egg	1.00 ea
11683	Creamed Cottage Cheese	1.00 c
11683	Unsalted Butter, Melted *	0.50 c
11683	Dry Bread Crumbs	0.25 c
11683	GARNISHES -----	0.00 -----
11683	Cherry Tomatoes	12.00 ea
11684	Beef Eye Of Round Roast	4.00 lb
11684	Tomato Paste	0.50 c
11684	Red Wine Vinegar	0.25 c
11684	Salt	2.00 t
11684	GARNISHES -----	0.00 -----
11684	Caper sauce	1.00 x
11684	Tomato roses	1.00 x
11684	Parsley	1.00 x
11684	Cooking Oil	0.50 c
11684	Imported Soy Sauce	0.25 c
11684	Crushed Rosemary	2.00 T
11684	Pepper To Taste	1.00 x
11684	GARNISHES -----	0.00 -----
11684	Paprika	1.00 x
11684	Green Onions	1.00 x
11684	Rye Bread	1.00 x
11685	Beef Chuck Roast	3.00 lb
11685	Chopped Celery	0.50 c
11685	Water	1.00 x
11685	Hot Taco Sauce	3.00 T
11685	Vinegar	2.00 T
11685	Bay Leaf	1.00 ea
11685	Dry Mustard	1.00 t
11685	Hamburger Buns	8.00 ea
11685	Chopped onion	0.50 c
11685	Chopped Green Pepper	0.50 c
11685	Catsup	1.50 c
11685	Brown Sugar	2.00 T
11685	Cloves Garlic, Minced	2.00 ea
11685	Salt	1.00 t
11685	Chili Powder	1.00 t
11686	Blue cheese; crumbled	2.00 oz



Sheet1

11686	Mayonnaise	0.50 c
11686	Sour cream	0.50 c
11687	Flour	0.50 c
11687	Salt	1.50 t
11687	Corn Meal	0.50 c
11687	Dark molasses	0.75 c
11687	Milk	2.00 c
11687	Sugar	0.75 c
11687	Baking soda	1.50 t
11687	Whole wheat flour	3.00 c
11687	Egg	1.00 ea
11687	Melted shortening	0.50 c
11688	Sliced cucumbers	4.00 qt
11688	Green peppers (chopped)	2.00 ea
11688	Salt	0.33 c
11688	Tumeric	1.50 t
11688	Mustard seed	2.00 T
11688	Medium onions	6.00 ea
11688	Cloves of garlic (whole)	3.00 ea
11688	Sugar	5.00 c
11688	Celery seed	1.50 t
11688	Vinegar	3.00 c
11689	Onions, diced	2.00 ea
11689	Beer	12.00 oz
11689	Dried apricots	1.00 c
11689	Orange marmalade	2.00 T
11689	Grated lemon peel	1.00 T
11689	Ginger, ground	0.75 t
11689	Worchestershire sauce	0.50 t
11689	Beef brisket	2.00 lb
11689	Dried pitted prunes	1.00 c
11689	Brown sugar firmly packed	3.00 T
11689	Brandy	1.00 T
11689	Lemon juice	0.12 c
11689	Cinnamon	0.50 t
11689	Ground black pepper	0.50 t
11690	Round steak	2.00 lb
11690	Onions	3.00 ea
11690	Thyme	0.12 t
11690	Parsley	1.00 t
11690	Burgundy	1.25 c
11690	Slices bacon	3.00 ea
11690	Beef stock	0.67 c
11690	Salt and pepper to taste	1.00 x
11690	Garlic cloves	2.00 ea
11690	Bay leaf	1.00 ea
11690	Strips lemon peel	2.00 ea
11690	Oil	4.00 T
11690	Flour	2.00 T

Sheet1

11690	Mushrooms	6.00 oz
11691	Chicken	3.00 lb
11691	Water	1.50 qt
11691	Beef suet	0.50 lb
11691	Celery, finely chopped	0.25 c
11691	Sugar	2.00 t
11691	Cilantro	1.00 t
11691	Thyme	1.00 t
11691	Beer	1.00 c
11691	Garlic cloves, chopped	2.00 ea
11691	Juice of lime	1.00 x
11691	Oregano	1.00 t
11691	Cumin ground	1.00 T
11691	Msg	0.50 t
11691	Tomatoes, peeled, chopped	7.00 c
11691	Pork chops, ctr cut, thin	5.00 lb
11691	Flank steak	4.00 lb
11691	Onions, medium, 1/2" pieces	3.00 ea
11691	Green peppers, 3/8" pieces	3.00 ea
11691	Jack cheese, shredded	1.00 lb
11691	Green chiles, long	6.00 ea
11692	Kraft caramels	36.00 ea
11692	Water	0.25 c
11692	Margarine	0.25 c
11692	Sugar	0.75 c
11692	Salt	0.25 t
11692	Vanilla	0.50 t
11692	Eggs,beaten	3.00 ea
11692	Pecan halves	1.00 c
11692	9 " unbaked pastry shell	1.00 ea
11693	-----c-----	1.00 x
11693	Chopped nuts	0.50 c
11693	-----f-----	1.00 x
11693	16 oz cool whip topping	1.00 ea
11693	6.75oz instant choc. pudding	1.00 pk
11693	Flour	1.00 c
11693	Stick butter	1.00 ea
11693	Sugar	1.00 c
11693	Cream cheese	8.00 oz
11694	Sugar	0.25 c
11694	Cherries,pitted	6.00 c
11694	9" pie shell	1.00 ea
11694	Flour	1.00 c
11694	Butter	0.33 c
11694	Cornstarch	4.00 T
11694	Almond flavored liqueur	3.00 T
11694	-----crumb t-----	1.00 x
11694	Sugar	0.50 c
11694	Flaked coconut	0.50 c

Sheet1

11695	x	1.00	1
11695		1.00	
11695	Shortening	0.33	
11695	Cold water	6.00	
11695	-----cherry l-----	1.00	
11695	Juice drained from cherries	0.50	1
11695	Plus 1 1/2 t. quick tapioca	1.00	T
11695	Almond extract	0.50	t
11695	8 oz. cream cheese,softened	1.00	pk
11695	Almond extract	0.50	t
11695	Vanilla extract	0.50	t
11695	Fresh raspberries,drained	1.00	c
11695	Cornstarch	1.00	T
11695	Egg white,lightly beaten	1.00	ea
11695	Almonds chopped,optional	1.00	x
11695	All-purpose flour	2.00	c
11695	Baking powder	0.25	t
11695	Butter flavor shortening	0.33	c
11695	Vinegar	2.00	t
11695	Frozen pitted tart cherries	3.00	c
11695	Plus 1 tbsp. sugar,divided	0.33	c
11695	Cornstarch,divided	1.00	T
11695	Vanilla extract	0.50	t
11695	Confectioners sugar	0.50	c
11695	Chopped almonds	0.33	c
11695	-----raspberry l-----	1.00	x
11695	Granulated sugar	2.00	T
11695	-----t-----	1.00	x
11695	Granulated sugar	1.00	x
11695	Flake coconut,optional	1.00	x
11696	9" pie shell,unbaked	1.00	ea
11696	Sugar	1.00	c
11696	Vinegar	1.00	T
11696	Flour	1.00	T
11696	Eggs	4.00	ea
11696	Butter, softened	0.25	c
11696	Cornmeal	1.00	T
11696	Vanilla	1.00	t
11697	Poblano chilies, large fresh	12.00	ea
11697	Chihuahua cheese, cubed	1.00	x
11697	Garlic clove,large, halved	1.00	ea
11697	Salt	0.75	t
11697	Whipping cream	1.50	c
11697	Monterey jack or	0.50	lb
11697	Onion, sm yel, coarse chop	0.25	x
11697	Eggs	6.00	ea
11697	Crema fresca;-----	1.00	x
11697	Sour cream	3.00	T
11698	8 oz. cream cheese,softened	1.00	pk

Sheet1

11698	Sugar	0.75 c
11698	Eggs	2.00 ea
11698	Chilled whipping cream	0.50 c
11698	Cherry pie filling	1.00 c
11698	3 oz. cream cheese,softened	1.00 pk
11698	Hershey's cocoa	0.25 c
11698	Vanilla extract	1.00 t
11698	8" packaged crumb crust	1.00 ea
11699	Chocolate cookie crumbs	1.50 c
11699	Granulated sugar	1.00 T
11699	Butter, softened	0.25 c
11700	Semisweet chocolate squares	4.00 ea
11701	Flour, (heaping)	2.00 T
11701	Sugar	1.00 c
11701	Large can evaporated milk	1.00 c
11701	Stick margarine or butter	0.50 ea
11701	Cocoa	0.25 c
11701	Egg yolks	2.00 ea
11701	Milk, 1 cup (mixed)	1.00 c
11701	Vanilla	1.00 t
11702	8" unbaked pie shell	1.00 ea
11702	Dairy sour cream	1.00 c
11702	Vanilla	1.00 t
11702	Nutmeg	0.25 t
11702	Sour cream for topping (opt)	0.50 c
11702	All-purpose flour	1.00 c
11702	Shortening	0.33 c
11702	Large eggs	2.00 ea
11702	Sugar	0.75 c
11702	Salt	0.25 t
11702	Raisins	1.00 c
11702	-----pie s-----	1.00 x
11702	Salt	0.50 t
11702	Cold milk	3.00 T
11703	Sugar	0.50 c
11703	Salt	0.12 t
11703	Scalded milk	1.50 c
11703	Vanilla extract	1.00 t
11703	9" baked pie shell	1.00 ea
11703	All-purpose flour	5.00 T
11703	Cold milk	0.25 c
11703	Egg yolks	3.00 ea
11703	Shredded coconut	1.00 c
11704	Creamed cottage cheese	1.50 c
11704	Sugar	0.50 c
11704	Flour	1.00 T
11704	Eggs	2.00 ea
11704	Chopped nuts	0.50 c
11704	Melted butter	4.00 T

Sheet1

11704	Salt	0.25 t
11704	Lemon rind (grated)	1.00 ea
11704	Raisins	0.50 c
11704	Milk	0.25 c
11705	-----nut c-----	1.00 x
11705	Butter, softened	1.00 c
11705	Egg,beaten	1.00 ea
11705	-----chocolate l-----	1.00 x
11705	Stick unsalted butter	1.00 ea
11705	Vanilla	1.00 t
11705	Milk	1.00 c
11705	Sugar	1.00 c
11705	Unsalted butter	3.00 T
11705	Bananas	2.00 ea
11705	Heavy cream	2.00 c
11705	Pecans	2.00 c
11705	Flour	3.00 c
11705	Sugar	0.50 c
11705	Chocolate chips	1.00 c
11705	Light corn syrup	1.00 T
11705	-----banana c-----	1.00 x
11705	Egg yolks	4.00 ea
11705	Flour	5.00 T
11705	Rum or 1 tsp. vanilla	1.00 T
11705	Juice of 1/2 lemon	1.00 x
11705	Chopped pecans,optional	1.00 x
11706	Sugar	0.67 c
11706	Water	0.67 c
11706	Pastry for 2 crust pie	1.00 x
11706	Egg yolk mixed w/ 2 t. water	1.00 ea
11706	Cornstarch	2.00 T
11706	Fresh cranberries,rinsed	1.50 c
11706	Jar ready for use mincemeat	1.00 ea
11707	-----p-----	1.00 x
11707	Sugar	1.00 T
11707	Butter, cold	10.00 T
11707	Ice water	7.00 T
11707	Sugar	0.67 c
11707	Pears,diced	3.00 lb
11707	Grated lemon peel	0.50 t
11707	Cornstarch	3.00 T
11707	Vanilla extract	0.50 t
11707	All purpose flour	2.25 c
11707	Salt	1.00 t
11707	Shortening	3.00 T
11707	-----f-----	1.00 x
11707	Water	1.00 x
11707	Cranberries	1.50 c
11707	Salt	0.25 t

## Sheet1

11707	Butter	1.00 T
11708	Sour cream	1.00 c
11708	Raisins	1.00 c
11708	8" unbaked pie shell	1.00 ea
11708	Sugar	1.00 c
11708	Egg	1.00 ea
11709	Small green stuffed olives	20.00 ea
11709	Tabasco	0.50 T
11709	Finely shredded roast-beef	1.00 c
11709	Beef broth (13 1/2 oz )	2.00 c
11709	Unflavored gelatin	2.00 pk
11709	Green onions, minced	5.00 ea
11709	Minced parsley	2.00 T
11709	Cloves garlic, minced	3.00 ea
11709	Worcestershire sauce	1.00 T
11710	Flour	1.00 c
11710	Inch of salt	1.00 x
11710	Butter or margarine	6.00 t
11710	Cinnamon or nutmeg	1.00 t
11711	Chocolate cookie crumbs	1.50 c
11711	Granulated sugar	1.00 T
11711	Butter, softened	0.25 c
11712	Eggs,slightly beaten	2.00 ea
11712	Sugar	2.00 c
11712	Vanilla	1.00 t
11712	Milk	2.00 T
11712	Flour	0.50 c
11712	Rhubarb	4.00 c
11713	Coffee liqueur	1.00 oz
11713	Chocolate syrup	1.00 t
11713	Hot coffee	1.00 ea
11713	Brandy	0.50 oz
11713	Dash ground cinnamon	1.00 ea
11713	Sweetened whipped cream	1.00 ea
11714	Lean beef round or pork	2.00 lb
11714	Medium potatoes, diced	3.00 ea
11714	Large garlic clove, minced	1.00 ea
11714	Green chili peppers	6.00 ea
11714	Oil	2.00 T
11714	Onion, sliced	0.50 c
11714	Salt	2.00 t
11715	Mayonnaise	1.00 c
11715	Dairy Sour Cream	0.25 c
11715	Horseradish	1.00 T
11715	Sugar	0.50 t
11715	Capers *	0.25 c
11715	Dijon-Style Mustard	1.00 T
11715	White Vinegar	1.00 T
11717	Butter or margarine	0.25 c

## Sheet1

11717	Eggs; lg	3.00 ea
11717	Instant coffee powder	2.00 t
11717	Unbleached flour	0.25 c
11717	Unbaked 9" pie shell	1.00 ea
11717	Brown sugar; firmly packed	0.75 c
11717	Chocolate chips; melt & cool	12.00 oz
11717	Rum flavoring	1.00 t
11717	Walnuts; coarsely chopped	1.00 c
11717	Walnut halves	1.00 x
11718	Pork(ribs, chops or other)	4.00 lb
11718	Garlic cloves, crushed	3.00 ea
11718	Blended red chili sauce	1.00 qt
11718	Salt	2.00 t
11718	Whole leaf oregano	2.00 t
11719	Cranberries	1.00 lb
11719	Apple; unpeeled, cored	1.00 ea
11719	Celery; chopped	2.00 c
11719	Sugar	1.50 c
11720	Pork, ground lean	1.00 lb
11720	Chuck, ground	2.50 lb
11720	Onions; chopped	1.50 lb
11720	Green peppers, chopped	1.00 lb
11720	Tomatoes, chopped	5.00 c
11720	Pinto beans	0.50 lb
11720	Oil	1.50 T
11720	Garlic cloves	2.00 ea
11720	Arsley, chopped	0.50 ea
11720	Utter	0.50 ea
11720	Hili powder	0.33 ea
11720	Alt	2.00 ea
11720	Epper	1.50 ea
11720	Umin seeds	1.50 ea
11720	Sg	1.50 ea
11720	Water	1.00 ea
11721	Water; Warm, 110-115 Deg. F.	1.00 c
11721	Active Dry Yeast; OR	1.00 pk
11721	Active Dry Yeast; Bulk	1.00 tb
11721	Unbleached Flour; *	3.50 c
11721	Sugar	1.00 ts
11721	Salt	1.50 ts
11721	Butter; Room Temperature	0.75 c
11721	Eggs; Lg, Room Temperature	4.00 ea
11721	Cheddar; Extra Sharp, Diced	6.00 oz
11721	Egg; Lg	1.00 ea
11721	Milk	1.00 tb
11721	Celery Seeds	2.00 tb
11722	Eggs	2.00 ea
11722	Mayonnaise; bottled	0.50 c
11722	Parmesan cheese	1.00 c

Sheet1

11722	Paprika	0.25 ts
11722	Cayenne pepper	0.12 ts
11722	Bread; thin slices	8.00 ea
11723	Butter, softened	5.00 T
11723	Flour	1.00 c
11723	8 oz cream cheese, softened	1.00 pk
11723	Milk	2.00 T
11723	Vanilla	0.50 t
11723	Brown sugar, packed	0.33 c
11723	Sugar	0.50 c
11723	Egg	1.00 ea
11723	Lemon juice	1.00 T
11724	Chopped Onion	2.00 T
11724	American Cheese Spread	0.25 c
11724	Green Chili Peppers **	1.00 T
11724	Tortilla Or Corn Chips	1.00 x
11724	Butter Or Margarine	0.50 t
11724	Small Tomato *	1.00 ea
11724	Dash Hot Pepper Sauce (Opt.)	1.00 x
11725	Fresh Beef Brisket	2.50 lb
11725	Salt	1.00 t
11725	Garlic Powder	0.25 t
11725	Bottle (12 oz) Beer	1.00 ea
11725	GARNISHES -----	0.00 -----
11725	Med. Ripe Tomatoes, Sliced	2.00 ea
11725	Diced Onion	0.50 c
11725	Pepper	1.00 t
11725	Bottle (12 Oz) Chili Sauce	1.00 ea
11725	Wild Rice Amadine	1.00 x
11725	GARNISHES -----	0.00 -----
11725	Parsley Sprigs	1.00 x
11726	Fresh Mussels; Washed,Abt 50	4.00 lb
11726	Garlic; Thinly Sliced	3.00 tb
11726	Zest Of 2 Oranges; *	1.00 x
11726	Chipotle Chiles; Canned, **	4.00 tb
11726	Water; ***	4.00 c
11726	Olive Oil	3.00 tb
11726	Fresh Orange Juice	4.00 tb
11726	Sprigs Of Cilantro	12.00 ea
11726	ORANGE MAYONNAISE -----	0.00 -----
11726	Egg Yolk; Extra Large, ****	1.00 ea
11726	Virgin Olive Oil	1.00 c
11726	Orange Zest; Very Fine Chop	1.00 tb
11726	Fresh Orange Juice	4.00 tb
11726	Fresh Lime Juice	1.00 tb
11726	Cilantro; Finely Chopped	2.00 tb
11726	ORANGE MAYONNAISE -----	0.00 -----
11727	Milk chocolate chips;nestles	2.00 c
11727	Mint flavored liqueur	2.50 T



Sheet1

11727	Sour cream	0.25 c
11728	Mint-chocolate chips;nestles	1.00 c
11728	Flour; unbleached	2.25 c
11728	Baking soda	1.00 t
11728	Brown sugar; firmly packed	1.50 c
11728	Eggs; large	3.00 ea
11728	Mint-chocolate chips;nestles	0.50 c
11728	Vanilla extract	1.00 t
11728	Confectioners' sugar	3.00 c
11728	-----garnishes-----	1.00 x
11728	Chocolate curls	1.00 x
11728	;water, divided	1.25 c
11728	Salt	1.00 t
11728	Baking powder	0.50 t
11728	Butter, softened	0.50 c
11728	--chocolate mint frosting---	1.00 x
11728	Butter	0.25 c
11728	Salt	0.25 t
11728	Milk	6.00 T
11728	Chocolate leaves	1.00 x
11728	Chocolate gratings	1.00 x
11729	Cooked Unseasoned RoastBeef*	2.00 lb
11729	Unbleached All-purpose Flour	1.00 T
11729	Self-Rising Flour	1.50 c
11729	Pepper	0.25 t
11729	Milk	6.00 T
11729	Large Eggs, Beaten	3.00 ea
11729	Salt	4.00 t
11730	Cilantro leaves	0.50 c
11730	Miso, light colored	3.00 T
11730	Pepper black	0.25 t
11730	Lime--juice of	1.00 x
11730	Oil, olive	1.00 T
11730	Mirin	1.00 T
11731	RITZ crackers	32.00 ea
11731	Eggs (beaten)	2.00 ea
11731	Can of cream Mushroom soup	10.00 oz
11731	Minced clams w/juice	2.50 c
11731	Milk	0.50 c
11732	Lipton onion recipe	1.00 ea
11732	Sour cream	1.00 ea
11732	Grated cheese	0.50 c
11732	Plain yogurt	1.00 c
11732	Pickle relish	2.00 ts
11732	Worcestershire sauce	1.00 ts
11733	-----crust-----	1.00 x
11733	Butter	3.00 T
11733	-----fudge sauce-----	1.00 x
11733	Heavy cream (whipping cream)	0.50 c

Sheet1

11733	Coffee flavored liqueur	1.00 T
11733	Coffee ice cream, softened	1.00 qt
11733	Semi sweet chocolate chips	6.00 oz
11733	Chocolate wafer crumbs	1.25 c
11733	Semi sweet chocolate chips	6.00 oz
11733	Butter	3.00 T
11733	-----filling-----	1.00 x
11733	Coffee flavored liqueur	2.00 T
11734	Dijon mustard	1.00 t
11734	Mayonnaise	1.00 c
11734	Fresh tarragon; chopped, or	1.00 t
11734	Fresh parsley; chopped, or	1.00 t
11734	Garlic powder	0.50 t
11734	Capers	1.00 t
11734	Dried tarragon; crushed	1.00 t
11734	Dried parsley; crushed	1.00 t
11735	Chilli sauce	0.50 c
11735	Mayonnaise	0.50 c
11735	Garlic	1.00 c
11735	Dry mustard	0.50 ts
11735	Worcestershire sauce	1.00 ts
11735	Tobasco sauce	0.50 ts
11735	Salt	0.50 ts
11735	Boiled egg, hard, chopped	1.00 ea
11735	Crab meat, drained	1.00 c
11736	Shallots, chopped	2.00 ea
11736	Whole kernel corn, drained	1.00 c
11736	Poblano chili, chopped fine	0.25 c
11736	Salt to taste	1.00 x
11736	Clarified butter	1.00 T
11736	Dry white wine	0.50 c
11736	Heavy cream	1.00 c
11736	White pepper to taste	1.00 x
11737	Mayonnaise	0.25 c
11737	Lemon juice	1.00 T
11737	Miso, light colored	2.00 T
11737	Onion minced	1.00 T
11738	Active Dry Yeast; OR	1.00 pk
11738	Active Dry Yeast; Bulk	1.00 tb
11738	Water; Warm, 110-115 Deg. F.	0.25 c
11738	Cottage Cheese; *	1.00 c
11738	Sugar	1.00 tb
11738	Salt	1.25 ts
11738	Egg; Lg.	1.00 ea
11738	Unbleached Flour; Unsifted,*	2.25 c
11738	Butter; Room Temperature	1.00 tb
11738	Cheddar; Sharp, Grated	1.00 c
11739	dried onion	0.33 c
11739	vegetable oil	3.00 T

Sheet1

11739	ground cumin	1.50 t
11739	ground ginger	1.00 t
11739	garlic powder	0.50 t
11739	ground red pepper	0.12 t
11739	beef stock	2.00 c
11739	plain yogurt	0.25 c
11739	freshly cooked rice	1.00 x
11739	warm water	0.25 c
11739	ground coriander	2.00 T
11739	ground cardamom	1.00 T
11739	turmeric	1.00 t
11739	pepper	0.25 t
11739	1" cubes lamb stew meat	2.00 lb
11739	salt	1.00 x
11739	fresh lemon juice	1.00 t
11740	Mayonnaise	1.00 c
11740	Lime juice	2.00 t
11740	Water	0.25 t
11740	Curry paste, red	1.00 T
11740	Saffron threads	0.25 t
11741	tb	4.00 2
11741		4.00
11741	----	2.00
11741	Cloves Garlic; Blanch&Pureed	2.00
11741	Fish Fumet	2.00 2
11741	Heavy Cream	2.00 2
11741	Juice Of 1 Lime	1.00 1/2
11741	Salt To Taste	1.00 x
11741	Lg Wellfleet Oysters	20.00
11741	FISH FUMET -----	0.00
11741	Whitefish Trimmings	2.00 lb
11741	Sliced Mushrooms	1.00 c
11741	Carrot; Sm, Chopped	1.00 ea
11741	White Onion; Md, Sliced Thin	1.00 ea
11741	Oyster Liquor	1.00 c
11741	White Wine	1.00 c
11741	Water	4.00 c
11741	Bay Leaf	1.00 ea
11741	Peppercorns	1.00 ts
11741	Fennel Seed	0.50 ts
11741	Sprigs Parsley	2.00 ea
11741	Fresh Thyme; Minced	1.00 ts
11741	BANANA SALSA -----	0.00 -----
11741	Red Bananas; Ripe, **	4.00 ea
11741	Serrano Chiles; Minced	2.00 ts
11741	Corn Oil	2.00 tb
11741	Line Juice	2.00 tb
11741	Cilantro; Minced	2.00 tb
11741	Mint; Minced	2.00 ts

Sheet1

11741	Tamerind Paste	2.00 tb
11741	Red Bell Pepper; ***	0.50 c
11741	FISH FUMET -----	0.00 -----
11741	BANANA SALSA -----	0.00 -----
11742	Lime juice	4.00 t
11742	Garlic; minced	1.00 t
11742	Cayenne pepper; to taste	1.00 x
11742	Dijon mustard	2.00 t
11742	Mayonnaise	1.00 c
11742	Curry powder	1.00 t
11743	Plain gelatin	1.00 T
11743	Salt	0.25 t
11743	Key lime,strained	0.50 c
11743	Grated lime peel	1.00 t
11743	Baked graham cracker crust	1.00 ea
11743	Sugar	1.00 c
11743	Eggs,separated	4.00 ea
11743	Water	0.25 c
11743	Heavy cream,whipped	1.00 c
11744	Egg	1.00 ea
11744	Sugar	0.75 c
11744	Vanilla	0.50 ts
11744	Butter; melted	2.00 T
11744	Flour	0.67 c
11744	Salt	0.50 ts
11744	Baking powder	1.00 ts
11744	Apple; chopped	1.00 c
11744	Nuts; chopped	0.50 c
11744	Cinnamon & nutmeg	1.00 x
11745	Beef Brisket	2.50 lb
11745	Whole Mixed Pickling Spices	0.25 c
11745	Grated Swiss Cheese	0.25 lb
11745	Prepared Mustard	0.50 c
11745	(1 cn) Sauerkraut	27.00 oz
11746	Beef Round Steak *	3.00 lb
11746	Salt	1.50 t
11746	Cooking Oil	2.00 T
11746	Worcestershire Sauce	1.00 T
11746	Dry Mustard	2.00 t
11746	Pepper	0.25 t
11746	(1 cn) Sliced Mushrooms	4.00 oz
11746	Carrot Curls Or Parsley	1.00 x
11747	Beef Round Steak *	2.00 lb
11747	Pepper	0.12 t
11747	Large Spanish Onion **	1.00 ea
11747	Vinegar	1.50 T
11747	Bay Leaf	1.00 ea
11747	Canned Spiced Onions	4.00 ea
11747	Salt	0.50 t

Sheet1

11747	Butter	6.00 T
11747	Water	1.00 T
11747	Prepared Mustard	1.00 t
11747	Whole Cloves	2.00 ea
11747	Strips Pimiento	12.00 ea
11748	Beef Round Steak *	2.00 lb
11748	Cooking Oil	2.00 t
11748	Water	2.00 c
11748	Water	0.50 c
11748	Cherry Tomatoes	3.00 ea
11748	Lean Beef Bacon	1.50 lb
11748	Env. Onion Soup Mix 1 1/4 oz	1.00 ea
11748	Cornstarch	2.00 t
11748	Parlsey	1.00 x
11749	Flour; all purpose	2.00 c
11749	Sugar	1.00 c
11749	Cocoa; unsweetened	2.00 T
11749	Baking soda	1.00 ts
11749	Milk	0.75 c
11749	Banana; mashed ripe	0.50 c
11749	Lemon juice	1.00 T
11749	Vanilla	1.00 ts
11749	Chocolate chips; semisweet	0.75 c
11750	Chuck Short Ribs *	3.00 lb
11750	Seasoned Salt	2.00 t
11750	Cooking Oil	0.50 c
11750	Hot Water	1.50 c
11750	Catsup	0.33 c
11750	Cloves Garlic, Minced	2.00 ea
11750	Unbleached All-purpose Flour	0.75 c
11750	Pepper	1.00 t
11750	Sliced Onion	2.00 c
11750	Heaping T Dark Brown Sugar	8.00 ea
11750	Red Wine Vinegar	0.25 c
11750	Large Bay Leaves	2.00 ea
11751	Sole Fillets; Cut To Serve	1.00 lb
11751	Slat	0.50 ts
11751	Pepper	1.00 ds
11751	Butter Or Margarine; Melted	2.00 tb
11751	Lemon Juice	1.00 tb
11751	Onion; Finely Chopped	1.00 ts
11751	TARTAR SAUCE -----	0.00 -----
11751	Mayonnaise Or Salad Dressing	1.00 c
11751	Dill Pickle; Finely Chopped	2.00 tb
11751	Fresh Parsley; Snipped	1.00 tb
11751	Pimento; Chopped	2.00 ts
11751	Onion; Grated	1.00 ts
11751	TARTAR SAUCE -----	0.00 -----
11752	White Fish Fillets	1.00 lb

Sheet1

11752	Low-Sodium Soy Sauce	0.25 c
11752	Lemon Juice	2.00 tb
11752	Canola Oil	1.00 tb
11752	Fresh Ginger Root; Grated	1.00 ts
11752	Brown Sugar	1.00 ts
11752	Green Onion; Sliced	1.00 ea
11752	Sesame Seeds Toasted	1.00 ts
11753	Butter Or Regular Margarine	2.00 tb
11753	Onion; Chopped	0.25 c
11753	Cod Or Halibut Fillets;*	1.00 lb
11753	Milk	1.00 c
11753	Bread Crumbs; Dry	0.50 c
11753	Salt	0.50 ts
11753	Nutmeg; Ground	0.25 ts
11753	Pepper	0.12 ts
11753	Eggs; Lg	3.00 ea
11753	CURRY SAUCE -----	0.00 -----
11753	Butter Or Regular Margarine	1.00 tb
11753	Unbleached Flour	1.00 tb
11753	Curry Powder	0.50 ts
11753	Salt	0.25 ts
11753	Pepper	0.12 ts
11753	Milk	1.00 c
11753	CURRY SAUCE -----	0.00 -----
11754	black cumin	1.00 t
11754	black peppercorns	1.00 t
11754	whole cloves	1.00 t
11754	average-sized nutmeg	0.25 ea
11755	Beef Brisket	2.50 lb
11755	Small Onions *	2.00 ea
11755	Salt	0.25 t
11755	Boiling Water	1.00 qt
11755	Carrots, Pared and Slivered	6.00 ea
11755	Lg. White Potatoes **	3.00 ea
11755	Catsup	0.25 c
11755	Dry Mustard	0.50 T
11755	Cooking Fat	2.00 T
11755	Brown Sugar, Packed	1.00 c
11755	Pepper	0.25 t
11755	(1 cn) Yams, Drained	29.00 oz
11755	Med. Tart Apples, Sliced	2.00 ea
11755	Sugar	0.50 c
11755	Cornstarch	1.00 T
11755	(1 cn) Mandarin Orange Segs.	11.00 oz
11756	Grapes	1.00 qt
11756	Vinegar	1.00 c
11756	Cinnamon	1.00 t
11756	Ground cloves	1.00 t
11756	Sugar	2.00 c

Sheet1

11757	cabbage	0.50 lb
11757	Fresh hot green chili	0.50 ea
11757	Asafetida	1.00 pn
11757	Hot dried red chili	1.00 ea
11757	sugar	0.33 t
11757	lemon juice	0.67 t
11757	carrots	0.50 lb
11757	vegetable oil	2.67 T
11757	whole black mustard seed	0.67 T
11757	salt	0.00 t
11757	chopped fresh coriander	2.67 T
11758	Ground Beef	2.00 lb
11758	Chopped Celery	1.50 c
11758	(1 cn) Tomato Paste	6.00 oz
11758	Uncooked Noodles	2.00 c
11758	Sliced Ripe Olives	1.00 c
11758	Pepper	0.50 t
11758	Cooking Oil	2.00 T
11758	Chopped Onion	0.50 c
11758	(3 cns) Water	2.25 c
11758	Diced American Cheese	1.00 c
11758	Salt	2.00 t
11759	Lean beef	3.00 lb
11759	Butter	0.25 lb
11759	Salt	1.00 t
11759	Good rum	0.50 c
11759	Bay leaf	1.00 x
11759	Onions	6.00 x
11759	Clove garlic	1.00 x
11759	Pepper corns	5.00 x
11759	Sugar	1.00 t
11759	Grated Horseradish	1.00 T
11759	Carrots	6.00 x
11759	Potatoes	6.00 x
11760	Unbleached flour	2.50 c
11760	Baking powder	2.00 t
11760	Cinnamon; ground	0.50 t
11760	Vegetable oil	0.25 c
11760	Apples; cooking, *	1.50 c
11760	Walnuts or pecans; chopped	0.75 c
11760	Sugar	0.50 c
11760	Salt	1.00 t
11760	Milk	0.75 c
11760	Eggs; lg	2.00 ea
11760	Cheddar; sharp, shredded	2.00 c
11761	Flour	1.25 c
11761	Baking soda	1.00 t
11761	Sugar	1.00 c
11761	White vinegar	1.00 T

Sheet1

11761	Hershey's cocoa	0.33 c
11761	Extra light corn oil spread	6.00 T
11761	Skim milk	1.00 c
11761	Vanilla extract	0.50 t
11762	Potatoes;med,boiled in skins	3.00 ea
11762	Onion; chopped	0.25 c
11762	Sugar	2.00 t
11762	Celery seeds	0.25 t
11762	;water	0.38 c
11762	Bacon; slices	3.00 ea
11762	Unbleached flour	1.00 T
11762	Salt	0.75 t
11762	Pepper	0.25 t
11762	Vinegar	2.50 T
11763	Pc spicy thai sauce (bangkok	0.33 c
11763	Pc szechwan peanut sauce	0.67 c
11764	Coffee; instant, regular or	0.25 c
11764	Sugar or low calorie sweeten	0.25 c
11764	Milk; cold	1.00 ea
11765	Ground Beef Chuck	2.00 lb
11765	Med. Green Pepper, Chopped	1.00 ea
11765	(1 cn) Stewed Tomatoes	16.00 oz
11765	Thyme	0.25 t
11765	Ital. Bread Basket	1.00 x
11765	GARNISHES -----	0.00 -----
11765	Green peppr rings	1.00 x
11765	Margarine	2.00 T
11765	Med. Onion, Chopped	1.00 ea
11765	Basil	0.50 t
11765	Unbleached Flour	2.00 T
11765	GARNISHES -----	0.00 -----
11765	Cherry Tomatoes	1.00 x
11766	whole fennel seeds	1.00 T
11766	vegetable oil	6.00 T
11766	whole cloves	0.50 t
11766	asafetida	1.00 pn
11766	paprika	4.00 t
11766	dried ginger	1.50 t
11766	garam masala	0.25 t
11766	plain yoghurt	3.25 c
11766	3/4" stick of cinnamon	1.00 ea
11766	salt	2.50 t
11766	cubed lamb	3.00 lb
11766	cayenne pepper	0.50 t
11766	water or beef broth	3.67 c
11767	Green Tomatoes	2.00 lb
11767	Head Cabbage	1.00 ea
11767	Sweet red peppers	2.00 ea
11767	Bunch Celery	1.00 ea



## Sheet1

11767	Vinegar	1.00 qt
11767	Stick cinnamon	1.00 ea
11767	Dry Mustard	1.00 t
11767	Red Tomatoes	2.00 lb
11767	Green hot peppers	2.00 ea
11767	Onions	1.00 qt
11767	Salt	6.00 T
11767	Dark brown sugar	3.00 c
11767	Cloves	1.00 t
11768	-----meatballs-----	1.00 x
11768	Water	0.75 c
11768	Bacon; strip, diced	1.00 ea
11768	Onion; small, chopped	1.00 ea
11768	Salt	0.50 t
11768	-----broth-----	1.00 x
11768	Salt	0.50 t
11768	Onion; small, peeled, halved	1.00 ea
11768	-----gravy-----	1.00 x
11768	Unbleached flour	1.50 T
11768	Lemon juice; of 1/2med.lemon	1.00 ea
11768	Egg yolk; large	1.00 ea
11768	Pepper; white	0.25 t
11768	Hard roll	1.00 ea
11768	Ground beef; lean	1.00 lb
11768	Anchovy fillets; diced	4.00 ea
11768	Egg; large	1.00 ea
11768	Pepper; white	0.25 t
11768	Water	6.00 c
11768	Bay leaf	1.00 ea
11768	Peppercorns	6.00 ea
11768	Butter or margarine	1.50 T
11768	Capers	1.00 T
11768	Mustard; prepared	0.50 t
11768	Salt	0.25 t
11769	saffron threads	1.00 t
11769	caraway seeds	2.00 t
11769	ghee (or melted butter)	0.25 c
11769	cardamom seeds	0.50 t
11769	chopped onions	2.00 c
11769	chopped fresh ginger	2.00 t
11769	coconut milk	2.00 c
11769	cold water	0.50 c
11769	unflavored yoghurt	2.00 c
11769	salt	2.00 t
11769	1 in stick of cinnamon	4.00 ea
11769	whole cloves	6.00 ea
11769	cloves garlic chopped	3.00 ea
11769	grnd red chili pepper	0.50 t
11769	boiling water	0.75 c

Sheet1

11770	unsalted cashews	0.25 c
11770	in piece of stick cinnamon	2.00 ea
11770	cardamom seeds	0.25 t
11770	large garlic cloves peeled	2.00 ea
11770	coriander seeds	1.00 T
11770	saffron threads	0.50 t
11770	chopped onion	1.00 c
11770	unflavored yoghurt	0.50 c
11770	finely chopped coriander	2.00 T
11770	boiling water	0.25 c
11770	dried hot red chilies	3.00 ea
11770	1 in cube fresh ginger	1.00 ea
11770	whole cloves	3.00 ea
11770	poppy seed (white)	2.00 T
11770	cumin seeds	1.00 t
11770	ghee (or melted butter)	6.00 T
11770	salt	2.00 t
11770	lamb cut into 2" cubes	1.50 lb
11770	lemon juice	1.00 T
11770	cold water	1.00 c
11771	vegetable oil	8.00 T
11771	Whole cloves	6.00 ea
11771	Cardamom pods	6.00 ea
11771	Garlic cloves chopped	6.00 ea
11771	cubed lamb	2.00 lb
11771	coriander seeds	1.00 t
11771	salt	2.00 t
11771	fresh spinach chopped	2.00 lb
11771	black peppercorns	0.25 t
11771	Bay leaves	2.00 ea
11771	Medium onions finely chopped	2.00 ea
11771	Inch cube of ginger chopped	1.00 ea
11771	ground cumin seeds	2.00 t
11771	cayenne pepper	0.25 t
11771	plain yogurt well beaten	5.00 T
11771	garam masala	0.25 t
11772	Lime; cut into halves	1.00 ea
11772	Cracked ice	3.00 c
11772	Tequila	1.00 c
11772	Granulated sugar	1.00 x
11772	Powdered sugar	0.25 c
11772	Frozen orange juice; *	6.00 oz
11773	Ground Beef	2.00 lb
11773	Milk	0.50 c
11773	Salt	2.00 t
11773	Butter or Margarine	2.00 T
11773	Clove Garlic, Crushed	1.00 ea
11773	Powdered Cumin	0.25 t
11773	(1 cn) Green Chilies, Drained	4.00 oz

## Sheet1

11773	Mexican Rice	1.00 x
11773	Crushed Corn Chips	1.00 c
11773	Large Egg, Slightly Beaten	1.00 ea
11773	Unbleached Flour	2.50 T
11773	Sliced Onion	2.00 c
11773	Chili Powder	1.00 t
11773	(1 cn) Tomatoes, Undrained	19.00 oz
11773	Sliced Ripe Olives	0.50 c
11774	Olive oil	1.00 c
11774	Or:	1.00 x
11774	Or:	1.00 x
11774	Soy sauce	2.00 T
11774	Coarsely ground pepper	1.00 x
11774	Italian seasoning	1.00 t
11774	Worcestershire sauce	1.00 T
11774	Sherry vinegar	0.50 c
11774	Wine; red or white	0.50 c
11774	Lemon juice	0.25 c
11774	Garlic cloves; sliced	2.00 ea
11774	Freshly chopped herbs	2.00 T
11774	Red peppercorns; if desired	1.00 x
11774	Sugar	1.00 t
11775	Beef; roast	1.50 lb
11775	Bell pepper; diced	0.50 ea
11775	Peanut oil	2.00 T
11775	Mayonnaise	3.00 T
11775	Soft french bread	2.00 ea
11775	Onion; diced	0.50 ea
11775	Hickory smoked worcestershir	5.00 oz
11775	Seasoning salt	1.00 t
11775	Swiss cheese; sliced	8.00 ea
11776	Tequila	2.00 c
11776	Pinapple juice	1.00 c
11776	Water	0.25 c
11776	Lemon juice	0.25 c
11776	Aromatic bitters	1.50 t
11776	Tea; strong, cold	2.00 c
11776	Honey	0.25 c
11776	Lime juice	0.25 c
11776	Cinnamon; ground	1.50 t
11777	Popped corn	4.00 qt
11777	Sugar	1.00 c
11777	Butter	2.00 T
11777	Molasses	2.00 c
11777	Salt	0.50 t
11777	Soda	1.00 t
11779	Apple cider	2.00 qt
11779	Light brown sugar, packed	1.00 c
11779	Cinnamon sticks	8.00 x

Sheet1

11779	Lemon juice	0.75 c
11779	Cloves	8.00 x
11780	Butter	1.50 T
11780	Brown sugar firmly packed	0.50 c
11780	Prepared mustard	0.25 c
11780	Pepper	0.12 t
11780	Egg	1.00 ea
11780	Granulated Sugar	0.25 c
11780	Salt	0.25 t
11780	Cider vinegar	0.75 c
11781	Vinegar	3.00 t
11781	Ginger	1.25 t
11781	Sugar	1.00 c
11781	Catsup	1.00 T
11781	Salt	0.25 t
11781	Molasses	3.00 t
11781	Dry Mustard	2.00 t
11781	Salt Pork or 8 slices bacon	0.33 lb
11781	Small Onions quartered	6.00 ea
11782	Maple Syrup ( N.H. preferred)	1.00 c
11782	Butter	1.00 t
11782	Egg whites	2.00 ea
11782	Pinch salt	1.00 x
11782	Chopped Nuts	1.00 x
11782	Hot water	1.00 c
11782	Cornstarch	3.00 T
11782	Egg yolks	2.00 ea
11782	Maple syrup	1.00 T
11783	Butter	0.50 c
11783	Sugar	2.00 c
11783	Water	0.50 c
11783	Cocoa	2.00 T
11783	Peanut butter	0.50 c
11783	Oatmeal or:	3.00 c
11783	Coconut	1.00 c
11784	NORA MILL stone ground grits	1.00 c
11784	Salt	0.33 t
11784	Water	1.50 c
11785	NORA MILL whole wheat flour	4.00 c
11785	Shortening	0.75 c
11785	Salt	1.00 t
11785	Baking powder	1.00 T
11785	Baking soda	1.00 t
11785	Plain white flour	1.00 c
11785	Sugar	3.00 T
11785	Water	0.50 c
11785	Buttermilk	2.00 c
11785	Dry yeast	1.00 T
11786	Corned-Beef brisket	5.00 lb

Sheet1

11786	Whole cloves	2.00 ea
11786	Bay Leaves	2.00 ea
11786	Medium Potatoes, pared	8.00 ea
11786	Medium cabbage, cut in wedges	1.00 ea
11786	Chopped parsley	1.00 x
11786	Clove Garlic	1.00 ea
11786	Whole black Peppers	10.00 ea
11786	Medium Carrots, Pared	8.00 ea
11786	Medium yellow onions, peeled	8.00 ea
11786	Butter	2.00 T
11787	Milk	1.00 pt
11787	Sugar	2.00 T
11787	Salt	1.00 t
11787	Shortening	4.00 T
11787	Flour	2.50 pt
11787	Yeast cake	1.00 x
11788	Water	3.00 c
11788	Salt	1.00 ts
11788	Black Peppercorns	4.00 ea
11788	Lemon Slices	3.00 ea
11788	Parsley Sprigs	3.00 ea
11788	Onion; Sm, Sliced	1.00 ea
11788	Bay Leaf	1.00 ea
11788	Salmon Steaks; *	2.00 lb
11788	HOLLANDAISE SAUCE -----	0.00 -----
11788	Egg Yolks; Lg	3.00 ea
11788	Lemon Juice	1.00 tb
11788	Butter; Firm, **	0.50 c
11788	HOLLANDAISE SAUCE -----	0.00 -----
11789	Cranberries; Fresh Or Frozen	2.00 c
11789	Milk	1.00 c
11789	Egg; Lg, Slightly Beaten	1.00 ea
11789	Butter; Melted	0.25 c
11789	Orange Peel; Grated	1.00 tb
11789	Unbleached Flour	2.00 c
11789	Sugar	1.00 c
11789	Baking Powder	1.00 tb
11789	Salt	0.50 ts
11789	Cheddar; Md, Shredded	1.50 c
11789	Walnuts; Coarsely Chopped	0.50 c
11790	Chuck Arm Pot Roast	5.00 lb
11790	Instant Minced Onion	2.00 t
11790	Basil	1.00 t
11790	Cream or Cooking Sherry	0.33 c
11790	(1 Cn) Apricots *	30.00 oz
11790	Marjoram	1.00 t
11790	Pepper	0.25 t
11790	Salt	1.00 t
11791	Butter	4.00 T

## Sheet1

11791	Salt	0.50 t
11791	Milk	1.50 c
11791	Finely chopped green pepper	0.25 c
11791	Sliced fresh mushrooms	0.50 c
11791	Dry sherry	2.00 T
11791	Flour	0.25 c
11791	Pepper	0.25 t
11791	Light cream	0.75 c
11791	Pimientos, chopped	2.00 ea
11791	Egg yolks	2.00 ea
11792	Clams	60.00 ea
11792	Ancho Chilies; Dried	12.00 ea
11792	New Mexico Red Chiles; Dried	12.00 ea
11792	Pine Nuts	0.50 c
11792	Cloves Garlic; Lg, *	10.00 ea
11792	Oregano; Fresh, OR	2.00 tb
11792	Oregano; Mexican, Roasted	2.00 ts
11792	Zest Of 2 Lemons	1.00 x
11792	Olive Oil; Extra Virgin	0.50 c
11792	Juice Of 2 Limes	1.00 x
11792	Fish Stock; Or Clam Juice	5.00 c
11792	Sprigs Coriander	12.00 ea
11793	Small Clams; About 5 Dozen	4.00 lb
11793	Cloves Garlic; Lg. Sliced	6.00 ea
11793	Stems Parsley; Fresh	6.00 ea
11793	Water	8.00 c
11793	White Wine	1.00 c
11793	Clam Juice; Or Fish Stock	7.00 c
11793	White Onion; Finely Diced	0.50 c
11793	Butter Or Regular Margarine	7.00 tb
11793	Arborio Rice	2.50 c
11793	Garlic; Very Finely Minced	4.00 ts
11793	Roma Tomatoes; Chopped	4.00 tb
11793	Hot New Mexico Chile Powder*	4.00 tb
11793	Red Bell Pepper; Diced	4.00 tb
11793	Yellow Bell Pepper; Diced	4.00 tb
11793	Fresh Imported Parmesan; **	6.00 tb
11793	Fresh Parsley; Finely Chopped	2.00 ts
11794	Sugar	1.50 c
11794	Nutmeg	0.75 t
11794	Rhubarb in 1" slices (1 lb)	4.00 c
11794	Butter or margarine	2.00 T
11794	Enriched flour	0.25 c
11794	Egg; slightly beaten	3.00 ea
11794	Pastry for 9" lattice crust	1.00 ea
11795	Bread; round, hollowed out,	1.00 ea
11795	Spinach; frozen, chopped	1.00 pk
11795	Sour cream	1.00 c
11795	Mayonnaise	1.00 c

## Sheet1

11795	Water chestnuts, diced	1.00 c
11795	Cheese; cheddar, grated	0.50 c
11795	Knorr swiss vegetable soup m	0.25 pk
11795	Onion; small, diced	1.00 ea
11796	1" cubes of ginger chopped	2.00 ea
11796	beef broth	1.50 c
11796	lamb or beef stew meat	2.00 lb
11796	bay leaves	2.00 ea
11796	whole peppercorns	10.00 ea
11796	medium onions	2.00 ea
11796	ground black cumin	2.00 t
11796	cayenne pepper	0.50 t
11796	plain yogurt	6.00 T
11796	black pepper	1.00 x
11796	cloves of garlic	8.00 ea
11796	vegetable oil	10.00 T
11796	whole black cardamoms	10.00 ea
11796	whole cloves	6.00 ea
11796	1" stick cinnamon	1.00 ea
11796	ground coriander	1.00 t
11796	red paprika	4.00 t
11796	salt	1.25 t
11796	garam masala	0.25 t
11797	Red wine; dry, 1 bottle	25.00 oz
11797	Brandy	0.50 c
11797	Orange juice	0.33 c
11797	Ginger ale; chilled	2.00 c
11797	Frozen lemonade; *	0.33 c
11797	Orange-flavored liqueur	0.50 c
11797	Lemon juice	0.25 c
11798	Sugar	0.25 c
11798	Stick cinnamon;broken in 1/2	2.00 ea
11798	Apple juice	1.00 c
11798	White wine; dry, 1 bottle, *	25.00 oz
11798	Apple; unpared, **	1.00 ea
11798	Ice cubes	1.00 x
11798	Water	0.50 c
11798	Sparkling water	1.00 c
11798	Orange juice	0.50 c
11798	Orange; med, unpared, **	1.00 ea
11798	Banana; medium	1.00 ea
11799	Ground Beef Round	2.00 lb
11799	Taco Sauce, Mild or Hot	16.00 oz
11799	Sliced Ripe Olives	0.50 c
11799	Crushed Corn Chips	1.50 c
11799	Shredded Monterey JackCheese	1.00 c
11799	Sliced Olives (Optional)	1.00 x
11799	Shredded Lettuce	1.00 c
11799	Med Tomato, Diced	1.00 ea

Sheet1

11799	Med. Onion, Chopped	1.00 ea
11799	(1 cn) Mild Green Chilies *	4.00 oz
11799	(1 cn) Refrigerated Rolls **	8.00 oz
11799	Dairy Sour Cream	1.00 c
11799	Shredded Cheddar Cheese	0.50 c
11799	Sliced Mushrooms (Optional)	1.00 x
11799	Med. Avocado ***	1.00 ea
11800	Beef Chuck Shrot Ribs *	4.00 lb
11800	Coarsely Chopped Onion	1.00 c
11800	Whole Peppercorns	4.00 ea
11800	Clove Garlic, Crushed	1.00 ea
11800	Horseradish Sauce	1.00 x
11800	Water	0.50 c
11800	GARNISHES -----	0.00 -----
11800	Tomato Wedges	1.00 x
11800	(1 cn) Condensed Beef Broth	0.50 oz
11800	Water	1.00 c
11800	Worcestershire Sauce	2.00 t
11800	Dried Majorum Leaves	0.50 t
11800	Unbleached Flour	3.00 T
11800	GARNISHES -----	0.00 -----
11800	Sprigs Parsley	1.00 x
11801	cloves garlic	8.00 ea
11801	blanched slivered almonds	5.00 T
11801	vegetable oil	7.00 T
11801	whole cardamom pods	10.00 ea
11801	1" stick of cinnamon	1.00 ea
11801	ground coriander	1.00 t
11801	cayenne pepper	0.50 t
11801	heavy cream	1.25 c
11801	1" cube of fresh ginger	1.00 ea
11801	water or beef broth	1.00 c
11801	boned lamb or beef (1" cubes	2.00 lb
11801	whole cloves	6.00 ea
11801	medium onions chopped	2.00 ea
11801	black cumin ground	2.00 t
11801	salt	1.25 t
11801	garam masala	0.25 t
11802	Shrimp, medium, cleaned,cook	1.00 lb
11802	Feta cheese,	1.00 lb
11802	Scallions, sliced	1.00 c
11802	Tomato sauce	1.00 c
11802	Olive oil	0.50 c
11802	Lemon juice, fresh	0.25 c
11802	Parsley, chopped	1.00 T
11802	Basil, fresh, chopped	1.00 T
11802	Dill, fresh, chopped	1.00 T
11802	Salt	0.50 t
11802	Pepper	0.25 t



Sheet1

11802	Fettuccine, or flat noodle**	1.50 lb
11803	Banana; sliced	0.50 c
11803	Milk	2.00 c
11803	Mango, papaya, or guava; *	0.50 c
11803	Honey	1.00 T
11804	basmati rice	2.00 c
11804	Small onion finely chopped	1.00 ea
11804	garam masala	0.50 t
11804	chicken stock	2.67 c
11804	vegetable oil	3.00 T
11804	finely minced garlic	0.50 t
11804	salt	1.00 t
11805	Chocolate; semisweet (4 squ	4.00 oz
11805	Sugar; icing	1.00 c
11805	Egg; beaten	1.00 ea
11805	Marshmallows; coloured mini	3.00 c
11805	Walnuts	0.50 c
11805	Butter	2.00 ts
11806	Ground Beef Chuck	2.00 lb
11806	Taco Seasoning Mix * PLUS	0.50 c
11806	Chopped Green Pepper	0.33 c
11806	Slices White Bread **	1.50 ea
11806	Shredded Cheddar Cheese	2.00 c
11806	Cheddar Cheese Slices	1.00 x
11806	GARNISHES -----	0.00 -----
11806	Avocado Slices	1.00 x
11806	(1 cn) Tomato Sauce	8.00 oz
11806	Taco Seasoning Mix *	2.00 T
11806	Finely Chopped Onion	0.33 c
11806	Large Egg, Slightly Beaten	1.00 ea
11806	Sour Cream	0.50 c
11806	GARNISHES -----	0.00 -----
11806	Cherry Tomatoes	1.00 x
11807	Bonless Rolled Chuck Roast	5.00 lb
11807	Cooking Oil	1.00 T
11807	Pepper	0.25 t
11807	Clove Garlic, Pressed	1.00 ea
11807	Tomato Sauce	0.50 c
11807	Thyme Leaves	0.12 t
11807	Butter	2.00 T
11807	Hot Buttered Noodles	1.00 x
11807	Unbleached Flour	2.00 T
11807	Salt	0.50 t
11807	Water	0.75 c
11807	Small Onions, Chopped	2.00 ea
11807	Bay Leaf	1.00 ea
11807	Fresh Mushrooms, Sliced	0.50 lb
11807	Dairy Sour Cream	1.00 c
11807	Paprika	1.00 x

Sheet1

11808	Vegetable Shortening	4.00 tb
11808	Unbleached Flour	1.33 c
11808	Salt	0.50 ts
11808	Milk	0.67 c
11808	Water	0.67 c
11808	Eggs; Lg	4.00 ea
11808	Cheddar; Sharp, Shredded	0.50 c
11809	Sourdough Starter	1.00 c
11809	Warm Milk	2.00 c
11809	Active Dry Yeast	1.00 pk
11809	Unbleached Flour	7.00 c
11809	Sugar	2.00 T
11809	Baking Soda	2.00 t
11809	Warm Water	2.00 c
11809	Butter	1.00 T
11809	Honey	0.25 c
11809	Wheat Germ	0.25 c
11809	Salt	2.00 t
11810	Bread slices; french or ita	8.00 ea
11810	Garlic cloves; halved	2.00 ea
11810	Oil; olive	1.00 ts
11810	Onion; minced	2.00 T
11810	Tomato; diced	1.00 ea
11810	Oregano; dried	1.00 pn
11810	Pepper	1.00 pn
11810	Parmesan cheese; optional	2.00 ts
11811	whole cumin seeds	2.00 t
11811	black pepper corns	1.00 t
11811	In stick cinnamon	3.00 ea
11811	fenugreek seeds	1.00 t
11811	salt	1.50 t
11811	vegetable oil	5.00 T
11811	water	1.33 c
11811	One in cube ginger chopped	1.00 ea
11811	ground coriander seeds	1.00 T
11811	Hot, dried red chilies	2.00 ea
11811	cardamom seeds	1.00 t
11811	black mustard seeds	1.50 t
11811	white wine vinegar	5.00 T
11811	brown sugar	1.00 t
11811	Medium onions cut into rings	2.00 ea
11811	pork cut into 1" cubes	2.00 lb
11811	Cloves garlic peeled	8.00 ea
11811	turmeric	0.50 t
11812	Slivered almonds	2.00 T
11812	Chopped Onion	1.00 T
11812	Margarine	0.33 c
11812	Instant Beef Bouillon	1.00 t
11812	Chopped Green Pepper	1.50 T

Sheet1

11812	Chopped Chives	1.00 T
11812	Hot Water	2.67 c
11812	(2 Pks) 5-minute Wild Rice	4.50 oz
11813	plain yogurt	2.67 c
11813	finely chopped fresh mint	2.00 T
11813	cayenne pepper	0.25 t
11813	Black pepper	0.25 t
11813	Cucumber peeled and grated	1.00 ea
11813	roasted cumin seeds	0.50 t
11813	salt	1.00 t
11814	Bisquick	5.00 T
11814	Salt	0.25 t
11814	Eggs, beaten	2.00 ea
11814	Zucchini, grated	2.00 c
11814	Parmesan cheese	0.50 c
11814	Pepper	0.12 t
11814	Butter	2.00 T
11815	Oregano	1.00 tb
11815	Paprika	2.00 tb
11815	MSG	2.00 tb
11815	Chili powder, light	9.00 tb
11815	Cumin	4.00 tb
11815	Beef bouillon (instant, crus	4.00 tb
11815	Old Milwaukee beer	24.00 oz
11815	Water	2.00 c
11815	Xtra lean chuck ground	4.00 lb
11815	Xtra lean pork ground	2.00 lb
11815	Xtra lean chuck 1/4" cubes	1.00 lb
11815	Large onions, chpd	2.00
11815	Cloves garlic, chpd	10.00
11815	Wesson oil	0.50 c
11815	Mole poblano	1.00 ts
11815	Sugar	1.00 tb
11815	Coriander seed	1.00 ts
11815	Tabasco	1.00 ts
11815	Tomato sauce	8.00 oz
11815	Masa Harina flour	1.00 tb
11815	Salt to taste	0.00
11820	Butter	2.00 c
11820	Salt	1.00 ts
11820	Sugar	2.00 c
11820	Baking Powder	2.00 ts
11820	Brown sugar	2.00 c
11820	Baking Soda	2.00 ts
11820	Eggs	4.00
11820	Chocolate Chips	4.00 oz
11820	Vanilla	2.00 ts
11820	8-Oz Hershey Bar, grated	1.00
11820	Flour	4.00 c

Sheet1

11820	Chopped nuts	3.00 c
11820	Blended Oatmeal *	5.00 c
11821	Slices of Italian bread,	16.00
11821	Cut 1/2-inch thick	0.00
11821	Extra-virgin olive oil	0.25 c
11821	Black or green olivada* OR	0.33 c
11821	(4 oz.) Calamata olives,	0.33 c
11821	Pitted or finely chopped	0.00
11821	Fresh mozzarella cheese,	0.50 lb
11821	Cut in 14 1/4-inch slices	0.00
11821	Plum tomatoes, cut	0.50 lb
11821	Lengthwise into 16 1/4-inch	0.00
11821	Slices	0.00
11821	Salt	0.12 ts
11821	Freshly ground black pepper	0.12 ts
11823	Package German sweet	4.00 oz
11823	Chocolate,	0.00
11823	Milk,	0.33 c
11823	Sugar,	2.00 tb
11823	Package cream cheese,	3.00 oz
11823	Softened,	0.00
11823	Whipped topping, thawed	3.50 c
11823	8-inch graham cracker pie	1.00
11823	Crust.	0.00
11824	Active dry yeast	1.00 pk
11824	Dark brown sugar	3.00 tb
11824	Warm water (105F-115F)	0.75 c
11824	Whole-wheat flour	2.75 c
11824	Nonfat dry milk powder	3.00 tb
11824	Vegetable oil	3.00 tb
11824	Egg; --OR--	1.00 lg
11824	Egg whites	2.00 lg
11824	Salt	1.00 ts
11825	Head lettuce, torn	1.00
11825	Celery, chopped	0.50 c
11825	Green pepper, diced	0.50 c
11825	Red onion, chopped	1.00
11825	Frozen baby green peas,	1.00 pk
11825	Slightly thawed	0.00
11825	Mayonnaise	1.00 c
11825	Sugar or honey	2.00 ts
11825	Cheddar cheese, grated	4.00 oz
11825	Slices bacon, crumbled	8.00
11826	16-oz green beans	1.00 cn
11826	16-oz kidney beans	1.00 cn
11826	16-oz wax beans	1.00 cn
11826	Chopped green pepper	0.50 c
11826	Sugar	0.50 c
11826	Vinegar	0.67 c

## Sheet1

11826	Salad oil	0.50 c
11826	Pepper	0.25 ts
11826	Salt	0.25 ts
11826	Chopped onion	0.50 c
11827	B sugar	2.00 tb
11827	Salt	0.50 ts
11827	Active dry yeast	1.00
11827	Milk	0.50 c
11827	Water	0.25 c
11827	B margarine	2.00 tb
11829	From: NPFM03A	0.00
11829	Chicken breasts*, skinned an	4.00
11829	Cornstarch	3.00 tb
11829	Vegetable oil	1.00 tb
11829	Cloves garlic, minced	3.00
11829	Soy sauce (low salt)	5.00 tb
11829	White-wine vinegar	1.50 tb
11829	Sugar	1.00 ts
11829	Water	0.25 c
11829	Green onions, cut into 1" pi	6.00
11829	Cayenne or to taste	0.12 ts
11830	Boneless, chicken breast	6.00
11830	Halves (about 2 pounds)	0.00
11830	Parkay Margarine, melted	2.00 tb
11830	(2 oz) Kraft 100% Grated	0.50 c
11830	Parmesan Cheese	0.00
11830	Dry bread crumbs	0.25 c
11830	Each dried oregano leaves	1.00 ts
11830	And parsley flakes	0.00
11830	Each paprika, salt and black	0.25 ts
11830	Pepper	0.00
11831	All-purpose flour	1.75 c
11831	Whole wheat flour	0.25 c
11831	Baking powder	2.00 ts
11831	Baking soda	1.50 ts
11831	Salt	1.00 ts
11831	Cinnamon	2.00 ts
11831	Sugar	2.00 c
11831	Vegetable oil	1.50 c
11831	Pineapple; crushed, drained	8.00 oz
11831	Carrot pieces	2.00 c
11831	Walnuts	0.50 c
11831	Coconut; flaked	3.50 oz
11831	Eggs	4.00
11831	Apricot jam	0.50 c
11831	Walnuts	0.75 c
11832	Maple sirup	4.00 c
11832	Cream	1.00 c
11832	Butter	0.25 c

Sheet1

11832	Nut meats, chopped	1.00 c
11832	Lemon extract	1.00 ts
11833	Powdered sugar	1.00 lb
11833	Cocoa	0.50 c
11833	Salt	0.25 ts
11833	Milk	0.25 c
11833	Vanilla extract	1.00 tb
11833	Butter	0.50 c
11833	Nuts, chopped	1.00 c
11834	Torn iceberg lettuce	4.00 c
11834	Shredded Monterey Jack	0.50 c
11834	-cheese with jalapeno	0.00
11834	-peppers	0.00
11834	Red kidney beans, rinsed and	8.00 oz
11834	-drained	0.00
11834	Chopped cooked chicken or	1.50 c
11834	-turkey	0.00
11834	Tomatoes, cut into thin	2.00 sm
11834	-wedges	0.00
11834	Jicama cut into julienne	1.00 c
11834	-strips	0.00
11834	Sliced pitted ripe olives	0.50 c
11834	Avocado Dressing	0.00
11834	Slightly crushed tortilla	0.75 c
11834	-chips	0.00
11835	Sour oranges	5.00
11835	Grapefruit	1.00
11835	Granulated sugar	0.00
11835	St day:	1.00
11836	BASE -----	0.00 -----
11836	Flour	8.00 oz
11836	Salt	0.50 ts
11836	Water	0.25 pt
11836	Beef drippings	2.00 oz
11836	TOP -----	0.00 -----
11836	Puff pastry	12.00 oz
11836	Beaten egg for glaze	0.00
11836	FILLING -----	0.00 -----
11836	Minced beef	1.00 lb
11836	"cube" beef stock	1.00
11836	Salt	1.00 ts
11836	Pepper to taste	0.00
11836	Water	0.50 pt
11836	Nutmeg	1.00 pn
11836	Flour	3.00 tb
11836	Brown food coloring	0.00
11836	BASE -----	0.00 -----
11836	TOP -----	0.00 -----
11836	FILLING -----	0.00 -----

Sheet1

11837	Sliced pineapple	6.00 oz
11837	Brown sugar	0.50 c
11837	Butter	5.00 ts
11837	Maraschino cherries	6.00
11837	1/2 box white cake mix	0.00
11837	Egg	1.00
11838	Text Only	1.00
11839	Ground chuck	1.25 lb
11839	Egg, beaten	1.00
11839	Cheddar, cut in small cubes	0.75 c
11839	(optional)	0.00
11839	Onion, chopped	1.00 sm
11839	Green pepper, chopped	0.50 md
11839	Stalk celery, sliced thin	1.00
11839	Lots black pepper, freshly	0.00
11839	Ground	0.00
11839	Dash paprika	0.00
11839	Seasoned salt	0.00
11839	Milk	0.50 c
11839	Breadcrumbs, Italian-style	0.33 c
11839	Slices bacon	3.00
11840	Fenugreek	2.50 ts
11840	(about 20 pods) cardamom	1.00 ts
11840	Seeds (cracked with a	0.00
11840	Cleaver to release seeds)	0.00
11840	Coriander seeds	3.00 tb
11840	Cumin seeds	1.00 tb
11840	Mustard seeds	1.00 tb
11840	Cloves, whole	6.00
11840	3 in cinnamon stick, thin	1.00
11840	And broken into pieces	0.00
11840	Ground mace	0.25 ts
11840	Nutmeg, grated	0.25 ts
11840	Big pinch cayenne	1.00
11840	Turmeric, ground	2.00 tb
11840	Hot pepper, toasted and	0.00
11840	Dried (to taste)	0.00
11841	MARGARINE.	0.50 c
11841	SUGAR.	1.00 c
11841	VANILLA.	1.00 ts
11841	EGG.	1.00
11841	BUTTERMILK.	1.00 c
11841	SODA.	1.00 ts
11841	FLOUR.	3.00 c
11841	BAKING POWDER.	2.50 ts
11841	SALT.	1.00 ts
11842	Sifted all-purpose flour	1.00 c
11842	Of salt	1.00 pn
11842	Sugar	1.00 tb

Sheet1

11842	Water	1.00 c	
11842	Butter	0.33 c	
11842	Eggs	4.00	
11842	Vanilla	1.00 ts	
11843	t	1.00	3
11843	Water	5.00	
11843	Lard	2.00	
11843	Bacon drippings	1.00	
11843	Onion	1.00	
11843	Pork sausage,country-style	12.00 oz	
11843	Beef,coarse grind	1.00 lb	
11843	Garlic cloves	4.00	
11843	Anise	1.00 t	
11843	Coriander seeds	0.50 t	
11843	Fennel seeds	0.50 t	
11843	Cloves,ground	0.50 t	
11843	Cinnamon stick,ground,1"	1.00	
11843	Black pepper,freshly ground	1.00 t	
11843	Paprika	1.00 t	
11843	Nutmeg,ground,whole	1.00	
11843	Cumin	1.00 t	
11843	Oregano,dried,pref. Mexican	2.00 t	
11843	Sesame seeds	4.00 T	
11843	Almonds,blanched,skins remov	1.00 c	
11843	Red chiles,whole dried or	12.00	
11843	Chile caribe	1.50 c	
11843	Milk chocolate,small pieces	1.50 oz	
11843	Tomato paste(6oz ea)	1.00 cn	
11843	Vinegar	2.00 T	
11843	Lemon juice	3.00 t	
11843	Soft tortilla,chopped	1.00	
11843	Salt	0.00	
11844	No Ingredients	0.00	
11845	No Ingredients	0.00	
11846	Diced fresh mango	1.00 c	
11846	Chilled orange juice	0.50 c	
11846	Clear honey	3.00 tb	
11846	Rich milk, chilled	2.00 c	
11846	Garden rose petals, optional	1.00 pn	
11847	Thinly sliced cabbage	4.00 c	
11847	Shredded carrot	1.00 c	
11847	Pineapple chunks	1.00 c	
11847	Juice of 1 lemon	0.00	
11847	Juice of 1 orange	0.00	
11847	Salt	0.25 ts	
11847	Vegetable oil	0.33 c	
11848	Lean Ground Beef	30.00 lb	
11848	Chopped onion	2.00 qt	
11848	Garlic Powder	1.00 oz	



Sheet1

11848	Salt	0.50 c
11848	Chili Powder	1.00 lb
11848	Water	1.00 ga
11848	Tomato Juice	1.00 ga
11848	Cayenne Pepper	0.50 oz
11848	Thickener *	0.00
11849	Unsalted chicken broth,	2.00 c
11849	-defatted	0.00
11849	Olive oil	1.00 tb
11849	Ground cumin	2.00 ts
11849	Pickling spice	2.00 tb
11849	Red bell pepper, sliced	0.50
11849	Boneless chicken breast	1.00 lb
11849	-halves	0.00
11849	Yellow bell pepper, sliced	0.50
11849	Minced jalapeno chili with	2.00 tb
11849	-seeds	0.00
11849	Onion, halved, thinly sliced	1.00
11849	Rice wine vinegar	0.33 c
11849	Fresh cilantro leaves	0.25 c
11849	Garlic cloves, minced	3.00 lg
11850	Tomato Sauce	16.00 oz
11850	Water	0.50 c
11850	Chili Powder	3.00 ts
11850	Minute Rice	1.50 c
11850	Crushed Tortilla Chips	0.50 c
11850	Shredded Cheddar Cheese	0.50 c
11851	Butter, melted	1.00 c
11851	Brown sugar, firmly packed	0.75 c
11851	Pecans, chopped fine,*	1.50 c
11851	All-purpose flour, sifted	2.50 c
11851	Baking powder	0.50 t
11851	Semi-sweet chocolate chips	1.00 c
11852	Oranges	3.00
11852	Lime	1.00
11852	To 3 canned chipotle chilies	2.00
11852	-or to taste	0.00
11852	Cloves garlic (1 T)	3.00
11852	Dried oregano	2.00 ts
11852	Cumin seed	0.50 ts
11852	Black pepper	0.50 ts
11852	Wine vinegar	2.00 tb
11852	Salt	0.50 ts
11853	Onion; chopped	1.00 md
11853	Green pepper; chopped	1.00 md
11853	Oil	1.00 tb
11853	Tomato; chopped	1.00 md
11853	Fresh spinach; stems removed	1.00 lb
11853	Salt	0.75 ts

Sheet1

11853	Pepper	0.12 ts
11853	Peanut butter	0.25 c
11854	Onion; chopped	1.00 sm
11854	Oil	2.00 tb
11854	Hubbard squash; pared	1.00 lb
11854	--and cut into 1-inch pieces	0.00
11854	Yams or sweet potatoes	2.00 md
11854	--pared & cut into 1" pieces	0.00
11854	Coconut Milk	1.00 c
11854	Salt	0.50 ts
11854	Ground cinnamon	0.50 ts
11854	Ground cloves	0.25 ts
11855	Tomatoes, peeled and seeded	3.00 lb
11855	Tomato paste	2.00 tb
11855	Buttermilk	1.00 c
11855	Olive oil	1.00 tb
11855	Avocado, mashed to a puree	1.00
11855	Juice of 1 lemon	0.00
11855	Finely minced fresh parsley	2.00 tb
11855	Salt and pepper to taste	0.00
11855	Hot pepper sauce	0.00
11855	Garnish:	0.00
11855	Cucumber, peeled, seeded,	1.00
11855	-and diced	0.00
11856	Unsweetened cocoa powder	3.00 tb
11856	Baking soda	1.00 ts
11856	All-purpose flour	1.00 c
11856	Hot water	0.50 c
11856	Vanilla extract	1.00 ts
11856	Unsalted butter, melted	3.00 tb
11856	Shredded coconut	0.33 c
11856	Egg	1.00 lg
11856	Sour cream	0.50 c
11856	Glaze:	0.00
11856	Unsalted butter	1.00 tb
11856	Sifted confectioner's sugar	1.00 c
11856	Water	2.00 tb
11856	Ground cinnamon	0.25 ts
11856	Unsweetened chocolate	0.50 oz
11856	Vanilla extract	1.00 ts
11857	Brown sugar	3.00 c
11857	Margarine	3.00 c
11857	Oatmeal	6.00 c
11857	Flour	3.00 c
11857	Baking soda	1.00 tb
11857	Chocolate chips	2.00 c
11857	Eggs	2.00
11858	Green coconuts	2.00
11858	Tapioca starch	1.00 c

Sheet1

11858	Sugar	1.00 c
11858	Water	3.00 qt
11859	Separated head or about 16	1.00
11859	-cloves whole, unpeeled	0.00
11859	-garlic	0.00
11859	Water	2.00 qt
11859	Salt	1.00 ts
11859	Of pepper	1.00 pn
11859	Cloves	2.00
11859	Sage	0.25 ts
11859	Thyme	0.25 ts
11859	Bay leav	0.50
11859	Sprigs parsley	4.00
11859	Olive oil	3.00 tb
11860	White bread, thin slice	1.00
11860	Milk	3.00 tb
11860	Clove garlic, medium,	4.00
11860	Minced	0.00
11860	Egg yolk, large	2.00
11860	Lemon juice	2.00 tb
11860	Olive oil	0.50 c
11860	Salt	0.00
11860	Pepper, white	0.00
11860	VARIATION: Rouille	0.00
11860	Red bell pepper	1.00
11860	VARIATION: Skordalia	0.00
11860	Almonds, blanched,	0.50 c
11860	Finely ground	0.00
11861	Double batch Aioli sauce	1.00
11861	Artichokes, trimmed, boiled,	6.00 sm
11861	And chokes removed	0.00
11861	Cod, poached	7.00 lb
11861	Carpaccio (thinly sliced	1.00 lb
11861	-and pounded raw beef tender	0.00
11861	-loin	0.00
11861	Snow peas, trimmed, blanced	0.50 lb
11861	-and refreshed in cold water	0.00
11861	Green beans, same as above	0.50 lb
11861	Carrots, cut into 2" pieces	1.00 lb
11861	Cauliflower, in florets	3.00 lb
11861	Chick peas, cooked	1.00 lb
11861	Red or green peppers, sliced	3.00 lg
11861	Cherry tomatoes	1.00 pt
11861	Zucchini, sliced	1.00 lb
11861	Small potatoes, cooked	1.00 lb
11861	Eggs, sliced in half(cooked)	6.00
11861	Capers	4.00 tb
11861	Chopped parsley	0.50 c
11862	Dry white wine	2.00 c

Sheet1

11862	Bay leaf	1.00
11862	Onion, roughly chopped	1.00
11862	Garlic	1.00 cl
11862	Ribs celery	2.00
11862	Lobster (1- 1 1/2 lb)	1.00
11862	Shrimp in the shell	12.00 md
11862	Mussels, well scrubbed	24.00
11862	Sea scallops	12.00
11862	Heavy whipping cream	4.00 c
11862	Milk	1.00 c
11862	Dried thyme	1.00 ts
11862	Minced fresh parsley	1.00 tb
11862	Dried rosemary	0.25 ts
11862	Fresh spinach, chopped	1.00 c
11862	Grated carrot	0.50 c
11862	Salt & pepper to taste	0.00
11862	Fresh lemon juice	0.50 ts
11863	Cornmeal	1.50 c
11863	Baking powder	1.50 ts
11863	Baking soda	0.75 ts
11863	Sugar	0.50 ts
11863	Salt	0.50 ts
11863	Buttermilk	1.50 c
11863	Egg, beaten	1.00
11864	Golden, seedless, and puffed	1.50 c
11864	-seeded raisins, combined	0.00
11864	White flour	4.00 c
11864	Baking soda	1.00 ts
11864	Dried currants	1.50 c
11864	Salt	1.00 ts
11864	Plus 2 tb Blackberry Cordial	1.00 c
11864	-or other wine	0.00
11864	Cinnamon	1.00 ts
11864	Cloves	1.00 ts
11864	Allspice	1.00 ts
11864	Alaskan Sourdough Starter	1.00 c
11864	Mace	0.50 ts
11864	Butter	6.00 tb
11864	Candied fruit; green and red	3.00 c
11864	-cherries, pineapple,	0.00
11864	-orange, citron and ging	0.00
11864	White sugar	1.00 c
11864	Brown sugar	1.00 c
11864	Eggs, well beaten	3.00
11864	Chopped nuts	1.00 c
11864	Grated lemon rind	2.00 tb
11865	Cream or Whipping Cream	2.00 c
11865	Parmesan Cheese, freshly gra	1.00 c
11865	Stick Butter	1.00

Sheet1

11866	Cooking oil	1.00 tb
11866	Onion,chopped	1.00 lg
11866	Ground beef	0.50 lb
11866	Salt	1.50 ts
11866	Pepper to taste	0.00
11866	Hunt's Tomato Sauce	2.00 cn
11866	Water	1.50 c
11866	Uncooked spaghetti	0.25 lb
11866	(1/2 - 8 oz. pkg.)	0.00
11866	Grated cheese	0.00
11867	Salt Per Quart Of Water	1.00 ts
11867	Clove Garlic	1.00
11867	Stalk Of Celery, Sliced	1.00
11867	Carrot, Sliced	1.00
11867	Hot Chili Pepper	1.00
11867	Bay Leaf	1.00
11867	Spice Balls	8.00
11867	Bud Of Dill	1.00
11867	Washed Pickling Cucumbers	1.00 lb
11868	Unsweetened chocolate	4.00 oz
11868	Shortening or 1/2 lb butter	1.00 c
11868	Vanilla	2.00 ts
11868	Cake flour	2.00 c
11868	Sugar	2.00 c
11868	Baking powder	1.50 ts
11868	Baking soda	1.00 ts
11868	Salt	1.00 ts
11868	Milk	1.00 c
11868	Eggs	4.00
11869	Grd chuck or sirloin	2.00 lb
11869	Oatmeal	0.75 c
11869	Onion	1.00 x
11869	Catsup	0.50 c
11869	Milk	0.25 c
11869	Eggs	2.00 x
11869	Horseradish	1.00 tb
11869	Salt	1.00 ts
11869	Pepper	0.25 ts
11869	Catsup	0.50 c
11869	Horseradish	1.00 tb
11869	B. sugar	3.00 tb
11869	Mustard(prepared)	2.00 ts
11870	Brown sugar,light	1.00 lb
11870	White sugar	1.00 c
11870	Butter	1.00 lb
11870	Eggs	5.00
11870	Bananas,large,mashed	2.00
11870	Flour	3.00 c
11870	Baking powder	0.50 ts

Sheet1

11870	Salt	0.50 ts
11870	Milk	1.00 c
11870	Vanilla	1.00 ts
11870	Pecans	1.00 c
11871	Adult Alligators	3.00 ea
11871	Zucchini sliced	15.00 lb
11871	Black pitted olives sliced	3.00 cn
11871	Black pepper	1.00 c
11871	Oregano	4.00 c
11871	Bay leaves (small box)	1.00 pk
11871	Vegetable oil	4.00 c
11871	Canned whole tomatoes	50.00 lb
11871	Sliced onions	10.00 lb
11871	Salt	1.00 c
11871	Crushed red pepper	0.50 c
11871	Diced fresh parsley	4.00 c
11871	Assorted green & Red	20.00 lb
11871	Whole bulb of garlic	1.00 ea
11872	Boneless,skinless chicken	2.00
11872	-breasts,split (about 1	0.00
11872	-pound)	0.00
11872	All-purpose flour	2.00 tb
11872	EACH: salt and black pepper	0.50 ts
11872	Egg,beaten	1.00
11872	2 1/4 oz pkg. sliced almonds	1.00
11872	ORANGE SAUCE:	0.00
11872	Brown sugar	1.00 tb
11872	Cornstarch	2.00 ts
11872	Juice of one fresh orange	0.00
11872	-(1/2 cup)	0.00
11872	Butter	2.00 tb
11872	Grated orange rind	1.00 ts
11873	Cake Flour; sifted	3.00 c
11873	Baking Powder	3.00 ts
11873	Salt	0.50 ts
11873	Butter or shortening	0.75 c
11873	Sugar	1.50 c
11873	Eggs; unbeaten	3.00
11873	Almonds; finely chopped	0.50 c
11873	Raisins; finely cut	0.50 c
11873	Milk	1.00 c
11873	Vanilla	1.00 ts
11874	Soft butter or margarine	0.25 c
11874	Almond extract	0.25 ts
11875	PASTRY -----	0.00 -----
11875	Flour	1.50 c
11875	Egg yolks	4.00
11875	Salt	0.50 ts
11875	Sugar	0.50 c

Sheet1

11875	Vanilla extract	1.00 ts
11875	Butter	0.25 lb
11875	FILLING -----	0.00 -----
11875	Butter	0.25 lb
11875	Chopped almonds	1.00 c
11875	Ground almonds	0.75 c
11875	Sugar	0.67 c
11875	Eggs	3.00
11875	Potato starch or cornstarch	0.25 c
11875	Baking powder	0.50 ts
11875	Salt	1.00 pn
11875	PASTRY -----	0.00 -----
11875	FILLING -----	0.00 -----
11876	Chicken wings; separated	2.50 lb
11876	Flour	0.75 c
11876	Egg; slightly beaten	1.00 ea
11876	Milk	1.00 tb
11876	Almonds; ground	0.75 c
11876	White bread crumbs	1.00 c
11876	Salt	2.00 ts
11876	Orange rind; grated	2.00 ts
11876	Oil for deep frying	1.00 ea
11876	Plum sauce	0.00
11876	Plum sauce	0.67 c
11876	Orange sauce	0.25 c
11876	Cornstarch	1.00 ts
11877	Heavy cream	3.00 c
11877	Egg yolks	8.00
11877	Granulated sugar	1.00 c
11877	Unsweetened cocoa powder,	0.50 c
11877	-firmly packed	0.00
11877	Almond extract	0.50 ts
11877	Bittersweet chocolate,	3.00 oz
11877	-melted	0.00
11877	Sliced almonds	0.50 c
11877	+ 4 tsp brown sugar	0.25 c
11878	Almond paste, room	0.67 c
11878	-temperature	0.00
11878	Coffee liqueur	2.00 tb
11878	Instant coffee powder (not	1.00 ts
11878	-granules)	0.00
11878	Walnut halves	72.00
11878	Semisweet chocolate, melted	8.00 oz
11879	Strawberries, fresh	2.00 pt
11879	Instant pudding mix, vanilla	1.00 pk
11879	Cream, heavy	2.00 c
11879	Milk	1.00 c
11879	Almond extract	0.50 ts
11880	Butter	0.25 c

## Sheet1

11880	Almond paste	1.00 c
11880	Rich milk or light cream	1.00 c
11880	Sugar	0.50 c
11880	Toasted almonds, ground	0.50 c
11880	Egg yolks	6.00
11880	Vanilla	1.00 ts
11881	Vanilla wafer crumbs	1.50 c
11881	Finely chopped almonds	0.25 c
11881	Butter or margarine,melted	0.25 c
11881	Unflavored gelatin	1.00 pk
11881	Sugar	0.25 c
11881	All-purpose flour	0.25 c
11881	Salt	0.12 ts
11881	Eggs,separated	2.00
11881	Milk	0.67 c
11881	Medium white wine	0.50 c
11881	Medium white wine	2.00 tb
11881	Vanilla wafer crumbs	1.00 c
11881	Chilled whipping cream	1.00 c
11881	Chilled whipping cream	1.00 c
11881	Sugar	3.00 tb
11881	Toasted silvered almonds	0.00
11882	Water	1.00 c
11882	Butter or margarine	0.50 c
11882	Salt	0.25 ts
11882	Flour	1.00 c
11882	Eggs	4.00
11883	Heavy or whipping cream	3.00 c
11883	Egg yolks	6.00
11883	Sugar	0.33 c
11883	Almond extract	0.25 ts
11884	Butter	3.00 tb
11884	Flour	3.00 tb
11884	Milk or light cream	1.00 c
11884	Sugar	0.50 c
11884	Egg yolks	4.00
11884	Ground almonds	0.75 c
11884	Almond extract	0.50 ts
11884	Egg whites	6.00
11884	Salt	1.00 pn
11884	Cream of tartar	0.12 ts
11884	Toasted sliced or slivered	0.33 c
11884	-almonds	0.00
11884	Whipped cream	0.00
11885	Butter or margarine	1.00 c
11885	Vanilla extract	1.00 ts
11885	Flour; unbleached	2.50 c
11885	Confectioners' sugar	0.00
11885	Sugar	0.75 c



Sheet1

11885	Almond extract	1.50 ts
11885	Almonds; ground	1.00 c
11886	Butter or margarine	1.00 c
11886	Vanilla extract	1.00 ts
11886	Flour; unbleached	2.50 c
11886	Confectioners' sugar	0.00
11886	Sugar	0.75 c
11886	Almond extract	1.50 ts
11886	Almonds; ground	1.00 c
11887	Margarine	1.00 c
11887	Almond extract	0.50 ts
11887	Sifted powdered sugar	0.75 c
11887	All-purpose flour	2.00 c
11887	Salt (optional)	0.50 ts
11887	Quaker Oats, uncooked	1.00 c
11887	Finely chopped almonds	0.50 c
11888	Butter	1.00 c
11888	Almond extract	0.50 ts
11888	Powdered Sugar,sifted	0.75 c
11888	Flour	2.00 c
11888	Salt	0.50 ts
11888	Oats,uncooked	1.00 c
11888	Almonds,finely chopped	0.50 c
11888	Powdered Sugar	0.00
11889	Eggs, separated	2.00
11889	Salt & pepper	0.00
11889	Chopped parsley	0.50 ts
11889	Minced almonds	6.00
11889	Baking powder	0.50 ts
11890	Powdered sugar	2.00 c
11890	Sour cream	0.50 c
11890	Vanilla	1.00 tb
11890	Almonds, chopped	0.75 c
11891	FOR THE PIE -----	0.00 -----
11891	Pie shell, 9 inch, unbaked	1.00
11891	Cherry pie filling	21.00 oz
11891	Cinnamon	0.50 ts
11891	Salt (optional)	0.12 ts
11891	Lemon juice	1.00 ts
11891	FOR THE TOPPING -----	0.00 -----
11891	Coconut	1.00 c
11891	Almonds, sliced	0.50 c
11891	Sugar	0.25 c
11891	Salt (optional)	0.12 ts
11891	Milk	0.25 c
11891	Butter, melted	1.00 tb
11891	Almond extract	0.25 ts
11891	Egg, beaten	1.00
11891	FOR THE PIE -----	0.00 -----

Sheet1

11891	FOR THE TOPPING -----	0.00 -----
11892	Light corn syrup	1.50 c
11892	Sugar	2.00 c
11892	Salt	0.25 ts
11892	Water	0.25 c
11892	Egg whites	2.00
11892	Almond extract	0.50 ts
11892	Red or green food coloring	0.00
11892	Soft butter or margarine	0.25 c
11892	Toasted chopped almonds	1.00 c
11892	Chopped candied cherries	0.25 c
11893	Sugar	0.33 c
11893	Cornstarch	2.00 tb
11893	Salt	0.12 ts
11893	Milk	2.00 c
11893	Egg (or 2 yolks, beaten)	1.00
11893	Margarine or butter,softened	2.00 tb
11893	Almond flavor (2 ts.vanilla)	0.50 ts
11894	Slivered Almonds; Toasted	0.50 c
11894	Onion; Finely Chopped	1.00 c
11894	Clove Garlic; Crushed	1.00 ea
11894	Vegetable Oil	2.00 T
11894	Tomato Sauce; 1 cn	8.00 oz
11894	Paprika	2.00 t
11894	Red Chiles; Ground	1.00 t
11894	Red Pepper; Ground	0.25 t
11895	All-purpose flour	3.00 c
11895	Baking powder	1.00 tb
11895	Salt	1.00 ts
11895	Shortening	1.00 c
11895	Eggs, beaten	2.00
11895	To 1/3 c Milk, divided	0.25 c
11895	Filling:	0.00
11895	Sugar	1.50 c
11895	Quick cooking tapioca	0.25 c
11895	Chopped fresh or frozen	6.00 c
11895	-rhubarb	0.00
11895	Topping:	0.00
11895	Butter or margarine	0.50 c
11895	Sugar	0.75 c
11895	Milk	2.00 tb
11895	Vanilla extract	0.50 ts
11895	Slivered almonds	1.00 c
11896	(1 pound) butter	2.00 c
11896	Sugar	2.00 c
11896	Whole almonds	0.50 c
11896	Package chocolate chips	1.00 lg
11896	Walnuts ground in a blender	0.50 c
11897	Pecans, chopped (we use	1.00 c

Sheet1

11897	-chopped almonds on some	0.00
11897	-batches)	0.00
11897	Brown sugar (packed)	0.75 c
11897	Butter or margarine (butter	0.50 c
11897	-makes it richer)	0.00
11897	(6 oz size) semisweet	0.50 pk
11897	-chocolate chips. (1/2 cup)	0.00
11898	Apple; unpeeled, thin sliced	4.00
11898	Banana; peeled, thin sliced	3.00
11898	Pear; unpeeled, thin sliced	3.00
11898	Pineapple; fresh (with tops)	2.00
11898	Strawberry; halved, -tops	2.00
11898	Grape; halved, seeded	1.50 lb
11898	Kumquat	1.00 pt
11898	Whipping cream	1.50 c
11898	Powdered sugar; sifted	1.50 c
11898	Vanilla	4.00 ts
11898	Almond extract	0.25 ts
11898	Ice; finely crushed	2.00 qt
11898	Almonds; toasted & slivered	0.75 c
11898	Fresh orange juice	0.75 c
11898	Kirsch	0.25 c
11899	Milk chocolate, broken into	9.00 oz
11899	Pieces	0.00
11899	Slivered almonds, toasted	6.00 oz
11900	Cornstarch	3.00 tb
11900	Salt	0.12 t
11900	Butter Or Regular Margarine	2.00 tb
11900	Lemon Rind; Grated	0.50 t
11900	Pears; Medium, *	4.00 ea
11900	Ginger; Ground	0.25 t
11900	Dark Corn Syrup; Karo	0.50 c
11900	Lemon Juice	1.00 t
11900	Unbaked 9-inch Pie Shell	1.00 ea
11900	ALMOND TOPPING -----	0.00 -----
11900	Unbleached Flour	1.00 c
11900	Ginger; Ground	0.25 t
11900	Almonds; Coarsely Chopped	0.50 c
11900	Brown Sugar; Firmly Packed	0.50 c
11900	Butter Or Regular Margarine	0.50 c
11900	ALMOND TOPPING -----	0.00 -----
11901	Ground almonds	2.00 c
11901	Sugar	0.33 c
11901	Sweet red wine	0.33 c
11901	Grated orange peel	1.00 tb
11902	Almond milk	2.00 c
11902	- (See SOYNOG recipe)	0.00
11902	Bananas (not over-ripe)	2.00
11902	Ground nutmeg	0.25 ts

Sheet1

11902	-- more if desired	0.00
11902	Vanilla extract	0.50 ts
11903	Olive oil	2.00 tb
11903	Hot Italian sausages	12.00
11903	Onion; thinly sliced	1.00 md
11903	Minced garlic	1.00 tb
11903	Red peppers; seeded & sliced	2.00
11903	Green pepper	1.00
11903	- seeded and diced	0.00
11903	Tomato paste	3.00 tb
11903	Dry white wine	0.75 c
11903	Fennel seeds	1.00 ts
11903	Salt	0.00
11903	White pepper	0.00
11904	Ghee	5.00 tb
11904	Onion, chopped	1.00 md
11904	Garlic cloves, chopped	2.00 ea
11904	Cloves	2.00 ea
11904	Bay leaves	2.00 ea
11904	1 inch cinnamon stick	1.00 ea
11904	Garam masala	1.00 ts
11904	Chili powder	1.00 ts
11904	Turmeric	0.50 ts
11904	Coriander	0.50 ts
11904	Tomatoes, quartered	2.00 ea
11904	Salt to taste	0.00
11904	Potatoes, cubed	2.00 md
11904	Green peas	0.50 c
11904	Water	1.25 c
11904	Chopped cilantro	0.00
11905	Ghee	5.00 tb
11905	Garlic Cloves, Chopped	2.00
11905	Whole Cloves	2.00
11905	Bay Leaves	2.00
11905	Cinnamon Stick (1")	1.00
11905	Garam Masala	1.00 ts
11905	Chili Powder	1.00 ts
11905	Tumeric	0.50 ts
11905	Coriander	0.50 ts
11905	Tomatoes, Quartered	2.00
11905	Salt To Taste	0.00
11905	Potatoes	2.00 md
11905	Cut Into Bite Sized Pieces	0.00
11905	Green Peas	0.50 c
11905	Warm Water	1.25 c
11906	Oil (he recommends corn)	2.00 tb
11906	Onions; finely diced	3.00 lg
11906	Soy milk	1.00 c
11906	Firm tofu; crushed by hand	0.33 c

Sheet1

11906	Sea salt	1.50 ts
11906	Black pepper	0.25 ts
11906	Nutmeg	0.12 ts
11906	Unbleached flour	2.00 tb
11906	Couscous	1.00 tb
11906	Wholewheat pie shell	1.00
11906	-in a 10-inch tart shell	0.00
11907	Small Potatoes	1.50 lb
11907	Onions	2.00 md
11907	Garlic cloves	3.00
11907	Ginger, fresh 1/2" piece	1.00
11907	Vegetable oil	3.00 tb
11907	Asafoetida, crushed, opt	1.00 pn
11907	Cumin seeds	0.50 ts
11907	Salt, to taste	0.00
11907	Cayenne pepper	0.25 ts
11907	Tumeric, ground	0.50 ts
11907	Tomatoes, chopped coarsely	2.00 lg
11907	Peas	1.00 c
11907	Water	0.25 c
11907	Garam masala	0.50 ts
11908	Egg Whites	11.00
11908	Sugar	1.50 c
11908	Flour	1.00 c
11908	Cream Of Tartar	1.00 ts
11908	Salt	0.12 ts
11908	Vanilla	1.00 ts
11909	Canned almond paste	0.50 lb
11909	Sugar	1.00 c
11909	Egg whites	2.00 lg
11909	Granulated sugar	0.00
11909	- for dusting	0.00
11910	Cooking apples	4.00 md
11910	Amaretto	0.33 c
11910	Water	0.25 c
11910	Finely shredded lemon peel	0.50 ts
11910	Lemon juice	1.00 tb
11910	Inches stick cinnamon	3.00
11910	Egg whites	3.00
11910	Sugar	3.00 tb
11911	Crumbled Amaretto cookies	0.75 c
11911	To 4 tblspns espresso OR	3.00
11911	-strong coffee	0.00
11911	Cream cheese	1.50 lb
11911	Sugar	0.50 c
11911	Eggs	2.00
11911	Amaretto liqueur	1.00 ts
11912	Bacon,slices,1/2" pieces	4.00
11912	Onion(s)	2.00

Sheet1

11912	Garlic clove	1.00
11912	Pork shoulder,coarse grind	0.50 lb
11912	Beef round,1/2" strips	1.00 lb
11912	Beef chuck,coarse grind	0.50 lb
11912	Green chiles,whole	4.00 cn
11912	Red chile,hot,ground	1.00 T
11912	Red chile,mild,ground	2.00 T
11912	Oregano,dried,pref. Mexican	1.00 t
11912	Cumin	1.50 t
11912	Salt	1.50 t
11912	Tomato paste	12.00 oz
11912	Water	3.00 c
11912	Pinto beans	16.00 oz
11913	Shredded candied pineapple	0.50 c
11913	Any fruit juice	0.25 c
11913	Water	0.33 c
11913	Whipping cream	1.00 c
11913	Diced maraschino cherries	0.50 c
11913	Sugar	0.50 c
11913	Salt	0.12 ts
11913	Vanilla	1.00 ts
11913	Egg whites, stiffly beaten	2.00
11914	Lean rough ground chuck	3.00 lb
11914	-steak	0.00
11914	Lean pork shoulder	1.00 lb
11914	Onions chopped	3.00 md
11914	Green Bell pepper chopped	1.00
11914	Red Bell pepper chopped	1.00
11914	Fresh Jalapeno peppers(2	8.00
11914	-seeded & chopped) balance	0.00
11914	-gashed	0.00
11914	Fresh ground cumin	2.00 tb
11914	All Spice	1.00 ts
11914	Blackstarp molasses	1.00 tb
11914	Beer(not Lite)	12.00 oz
11914	Sour mash whiskey	2.00 oz
11914	Vietnamese hot sauce or	1.00 oz
11914	-Tabasco sauce	0.00
11914	Cloves garlic crushed	6.00
11914	Masa harina (fine yellow	3.00 tb
11914	-corn meal)	0.00
11914	Soy sauce	1.00 tb
11914	Bay leaves	3.00
11914	Stewed tomatos chopped	2.00 c
11914	Tomato sauce	1.00 c
11914	Tomato paste	1.00 c
11915	Onion, chopped fine	0.50 c
11915	Garlic clove, chopped fine	1.00 lg
11915	Inch fresh ginger, chopped	0.50

Sheet1

11915	-fine	0.00
11915	Dried hot red chili flakes	1.00 ts
11915	Salt	0.50 ts
11915	Fish sauce (nam pya ye)	2.00 ts
11915	Ground turmeric	0.25 ts
11915	Corn or peanut oil	1.00 tb
11915	Boneless beef chuck, cut	1.00 lb
11915	-into 2-inch cubes	0.00
11915	Water	1.00 c
11915	Stalk lemongrass, cut into 4	1.00
11915	-pieces, lightly pounded	0.00
11915	Tamarind paste, dissolved in	1.00 ts
11915	Water, and strained through	2.00 tb
11915	- a metal seive	0.00
11916	Chocolate	0.00
11916	Chocolate	0.00
11916	Chocolate	0.00
11918	Cornmeal	0.50 c
11918	Brown sugar	0.25 c
11918	Hot milk	4.00 c
11918	Salt	1.00 ts
11918	Light molasses	0.75 c
11918	Cinnamon	1.00 ts
11918	Eggs	2.00
11918	Ginger	0.50 ts
11918	Butter	2.00 tb
11918	Cold milk	1.00 c
11919	Chicken Stock	6.00 c
11919	-or canned Chicken Broth	0.00
11919	Fresh Ginger (2"); julienned	1.00 sl
11919	Green Onions	2.00 bn
11919	- diagonally sliced	0.00
11919	- into 1/2-in pieces	0.00
11919	Celery stalks	2.00
11919	- cut diagonally	0.00
11919	- in thin slices	0.00
11919	Cooked Chicken;	2.00 c
11919	-torn into bite-sized pieces	0.00
11919	Soy sauce	2.00 tb
11919	Hoisin sauce	1.00 ts
11919	Sliced water chestnuts (8oz)	1.00 cn
11919	- drained	0.00
11919	Salt	0.00
11919	Freshly ground pepper	0.00
11920	Unflavored gelatin (1 env.)	1.00 T
11920	Salt	0.25 t
11920	Lime juice	0.50 c
11920	Grated lime peel	1.00 t
11920	Egg whites	4.00 ea

Sheet1

11920	Heavy cream, whipped	1.00 c
11920	Pistachio nuts, chopped	1.00 x
11920	Heavy cream, whipped, to top	1.00 x
11920	Sugar	0.50 c
11920	Egg yolks	4.00 ea
11920	Water	0.25 c
11920	Few drops green food color	1.00 x
11920	Sugar	0.50 c
11920	9-in baked pastry shell	1.00 ea
11920	Lime slices for garnish	1.00 x
11921	Sugar	0.33 c
11921	Flour	2.00 t
11921	Salt	0.50 t
11921	Eggs	3.00
11921	Milk	3.00 c
11921	Nutmeg	0.25 t
11921	9" unbaked pie shell	1.00
11922	Slice ham, cut in julienne	1.00 lb
11922	-strips	0.00
11922	Can of sauerkraut, rinsed	1.00 lb
11922	-and drained well	0.00
11922	Swiss cheese, coarsely	1.00 lb
11922	-grated	0.00
11922	Caraway seed	1.00 tb
11922	Finely chopped dill weed	1.00 tb
11922	Mayonnaise to stick together	0.00
11923	Egg yolks	3.00
11923	Half & Half	1.00 c
11923	Sugar	0.50 c
11923	Whipping Cream	2.00 c
11923	Vanilla	1.00 tb
11924	Peaches; peeled and sliced	4.00 c
11924	Sugar	0.50 c
11924	Salt	0.25 t
11924	Tapioca	2.50 T
11924	9" unbaked pie shell	1.00
11924	CRUMBS -----	0.00 -----
11924	Butter or margerine; melted	2.50 T
11924	Flour	0.25 c
11924	Cinnamon	0.50 t
11924	Brown sugar	0.33 c
11924	CRUMBS -----	0.00 -----
11925	Rhubarb, diced	5.00 c
11925	Sugar	4.00 c
11925	Jello, strawberry	6.00 oz
11926	Scalded Milk	2.00 c
11926	Rice (precooked by boiling	0.33 c
11926	-for 20 minutes)	0.00
11926	Place above ingredients in a	0.00



Sheet1

11926	-buttered oven-proof dish.	0.00
11926	Sprinkle in 1/2 C of	0.00
11926	-raisins.	0.00
11926	Eggs, beaten	3.00
11926	Half & Half	2.00 c
11926	Sugar	0.50 c
11926	Vanilla	2.00 ts
11926	Of Salt	1.00 pn
11927	Granulated sugar	0.25 c
11927	Brown sugar	0.25 c
11927	Molasses or light corn syrup	0.50 c
11927	Water	1.00 c
11927	Egg; well beaten	1.00
11927	Flour	1.00 T
11927	Vanilla	1.00 t
11927	9" unbaked pie shell	1.00
11927	CRUMBS -----	0.00 -----
11927	Flour	1.00 c
11927	Baking powder	0.50 t
11927	Baking soda	0.50 t
11927	Brown sugar	0.50 c
11927	Lard, butter, margerine or	0.25 c
11927	-vegetable shortening	0.00
11927	CRUMBS -----	0.00 -----
11928	Slightly pureed Anasazi	1.00 c
11928	Beans *	0.00
11928	Cooked rice	0.50 c
11928	Tofu, excess water removed	0.50 c
11928	Chopped bell pepper	0.25 c
11928	Chopped green onion	0.25 c
11928	Grated cheddar	1.00 c
11928	Grated Monterey Jack	1.00 c
11928	Enchilada sauce	10.00 oz
11928	Corn tortillas	10.00
11929	Dried ancho chilies	12.00
11929	Salt (or to taste)	1.00 ts
11929	Boiling water	2.00 c
11929	Dried oregano	1.00 ts
11929	Peeled, seeded and finely	1.00 c
11929	-chopped tomatoes	0.00
11929	Ground cumin	0.75 ts
11929	Tumeric	0.25 ts
11929	Garlic cloves, minced	2.00 md
11930	Sweet Butter	0.25 lb
11930	Coarsely Chopped Anchovy	3.00
11930	Fillets	0.00
11931	Anchovy fillets, drained	2.00 oz
11931	Milk	1.00 tb
11931	Butter, softened	2.00 tb

Sheet1

11931	Bel Paese cheese	1.00 oz
11931	Lemon juice	1.00 ts
11931	Cayenne pepper	3.00 pn
11931	Ground nutmeg	3.00 pn
11931	Hot-pepper sauce	0.25 ts
11931	Capers, drained, finely	2.00 ts
11931	-chopped	0.00
11931	Hot toast strips	0.00
11931	Radish slices	0.00
11931	Watercress sprigs	0.00
11932	FOR THE CAKE -----	0.00 -----
11932	Cake Flour	1.25 c
11932	Unsweetened Cocoa Powder	0.50 c
11932	Ancho chili powder	3.00 tb
11932	Baking soda	1.00 ts
11932	Baking powder	0.25 ts
11932	Cayenne pepper	0.25 ts
11932	Salt	0.50 ts
11932	Unsalted butter at room temp	10.00 tb
11932	Sugar	1.50 c
11932	Large eggs	3.00
11932	Buttermilk	0.50 c
11932	Hot dark coffee	0.50 c
11932	Pure vanilla extract	1.00 ts
11932	FOR THE TOPPING -----	0.00 -----
11932	Lightly roasted Macadamias	0.50 c
11932	- whole or chopped (about	0.00
11932	- 2 oz.)	0.00
11932	Semisweet chocolate, chopped	4.00 oz
11932	Whipping cream	0.50 c
11932	FOR THE CAKE -----	0.00 -----
11932	FOR THE TOPPING -----	0.00 -----
11933	Large sausage casing, appr	1.50 ea
11933	Lean fresh pork	4.00 lb
11933	Garlic cloves; finely min	3.33 T
11933	Black pepper; freshly gro	0.50 t
11933	Chili powder	0.12 t
11933	Allspice	0.12 t
11933	Paprika	1.00 T
11933	Sage	0.25 t
11933	Inches wide)	1.00 x
11933	Pork fat	2.00 lb
11933	Salt	2.00 T
11933	Cayenne	0.12 t
11933	Mace	0.12 t
11933	Thyme; dried	0.50 t
11933	Bay leaf; ground	0.25 t
11933	Liquid hickory smoke	5.00 t
11934	Pork (2 lbs fat, 2 lbs lea	4.00 lb

Sheet1

11934	(chitterlings)	1.00 x
11934	Bay leaves	3.00 ea
11934	Salt; (not iodized)	1.00 T
11934	Cayenne pepper	1.00 t
11934	Ground mace	0.50 t
11934	Ground allspice	0.50 t
11934	Minced marjoram	1.00 T
11934	Inner lining of pork stoma	1.00 lb
11934	Garlic cloves	2.00 ea
11934	Lg Onions	2.00 ea
11934	Pepper	1.00 T
11934	Chili pepper	1.00 t
11934	Ground cloves	0.50 t
11934	Minced thyme	1.00 T
11934	Minced parsley	1.00 T
11935	Unsalted butter	6.00 tb
11935	Chopped green peppers	0.50 c
11935	Andouille smoked sausage	1.50 lb
11935	(2-inch pieces)	0.00
11935	Minced garlic	1.00 ts
11935	Tomato sauce	8.00 ts
11935	Onions	3.00 c
11935	Chopped parsley	0.25 c
11935	Pork or beef stock	6.50 c
11935	Chopped green onion tops	1.00 c
11935	Cayenne pepper	1.50 ts
11935	Cooked rice	3.00 ts
11935	Salt	0.75 ts
11935	Chopped celery	0.50 c
11936	Andouille; finely chopped	0.50 lb
11936	Chicken stock	4.00 c
11936	Margarine	4.00 T
11936	Green onions; finely choppe	0.50 c
11936	Mushrooms; fresh, sliced	0.50 c
11936	Bell pepper; finely chopped	0.25 c
11936	Salt	2.00 t
11936	Tasso; finely chopped	0.50 c
11936	Cornbread; about 9-inch pan	1.00 pk
11936	Onions; finely chopped	1.00 c
11936	Celery; finely chopped	0.50 c
11936	Parsley; finely chopped	0.25 c
11936	Garlic; finely chopped	2.00 t
11936	Black pepper	1.00 t
11937	Eggs, beaten *	3.00 lg
11937	Sugar *	2.00 c
11937	Plus 2 Tbsp salad oil	1.00 c
11937	Plus 1 Tbsp sifted cake	2.00 c
11937	-flour *	0.00
11937	Cinnamon	1.12 ts

Sheet1

11937	Salt	1.50 ts
11937	Baking soda	1.00 tb
11937	Shredded coconut	1.50 c
11937	Grated carrots	2.00 c
11937	Plus 2 Tbsp crushed,	1.00 c
11937	-drained pineapple	0.00
11937	Plus 2 Tbsp crushed	1.00 c
11937	-walnuts	0.00
11937	Raisins	1.00 c
11937	-Frosting:	0.00
11937	Softened margarine or	0.50 c
11937	-butter	0.00
11937	Softened cream cheese	8.00 oz
11937	Confectioners sugar	1.00 lb
11937	Vanilla extract	1.00 ts
11938	Semi-sweet chocolate, coarse	12.00 oz
11938	-y chopped	0.00
11938	Espresso or strong coffee	5.00 ts
11938	Sugar	2.00 c
11938	Butter	1.00 c
11938	Eggs; large, separated, roo	6.00
11938	- temperature	0.00
11938	All-purpose flour	1.00 c
11938	Confectioners sugar for garn	0.00
11938	-sh, optional	0.00
11939	Egg whites (8-10 eggs)	1.00 c
11939	Sugar	1.25 c
11939	Cake flour	1.00 c
11939	Cream of tartar	1.00 ts
11939	Salt	0.12 ts
11939	Orange flavoring	0.50 ts
11939	Vanilla	0.50 ts
11939	Water	1.00 tb
11940	Egg whites -- after all eggs	1.75 c
11940	-are different sizes.	0.00
11940	Cream of tartar. This must	1.50 ts
11940	-be fresh!	0.00
11940	Salt	0.50 ts
11940	Cake flour	1.00 c
11940	Powdered sugar	1.50 c
11940	Granulated sugar	1.00 c
11940	Vanilla	1.00 ts
11941	16 oz pkg angel food cake	1.00
11941	-mix	0.00
11941	Sugar	0.33 c
11941	Cornstarch	0.25 c
11941	Salt	0.25 ts
11941	Skim milk	2.00 c
11941	Egg substitute	0.25 c

Sheet1

11941	Grated lemon rind	1.00 ts
11941	(8 oz) cartons vanilla	2.00
11941	-low-fat yogurt	0.00
11941	Sliced strawberries	2.00 c
11941	Kiwifruit, sliced	3.00
11941	Strawberry fans	3.00
11942	( 4 Oz.) Jar Sliced	1.00
11942	Pimientos Undrained	0.00
11942	Fresh Angel Hair Pasta	0.25 lb
11942	Grated Parmesan Cheese	2.00 tb
11942	Chopped Chives	1.00 tb
11942	Olive Oil	1.00 ts
11942	Dash Of Garlic Powder	0.00
11943	Chicken;whole	1.00
11943	Water;more as needed	2.00 qt
11943	Buttermilk Biscuits	6.00 cn
11943	-dairy/refrig type	0.00
11944	Flour	10.00 oz
11944	Lard	4.00 oz
11944	Sugar	3.00 oz
11944	Egg	0.00
11944	Bicarbonate	0.50 ts
11944	Treacle	1.00 ts
11944	Pinch mixed spice and ginger	0.00
11944	Dried fruit	4.00 oz
11944	Milk	1.00 c
11944	Pinch salt	0.00
11945	Stalks anise (fennel)	2.00 lg
11945	Clove garlic, quartered	1.00
11945	Olive oil	2.00 tb
11945	Butter	3.00 tb
11945	Sliced fresh mushrooms	1.00 c
11945	Chopped fresh tomatoes	1.00 c
11945	Beef stock or bouillon	0.33 c
11945	Sweet basil	0.50 ts
11946	Sugar	3.00 c
11946	Light corn syrup	1.00 c
11946	Water	0.50 c
11946	Vinegar	3.00 tb
11946	Oil of anise	1.00 ts
11946	Red food coloring	1.00 ts
11947	Sugar	1.25 c
11947	Eggs	2.00
11947	Flour, all purpose; sifted	1.67 c
11947	Aniseed; ground	2.00 ts
11947	Lemon; use grated peel only	0.50
11948	Sara Lee Pound Cake, frozen	1.00 pk
11948	Heavy cream	2.00 c
11948	Butterscotch syrup	0.75 c

Sheet1

11948	1/4 oz. chocolate covered	3.00
11948	Toffee candy bars, chopped	0.00
11949	High quality apricot	2.50 c
11949	-preserves	0.00
11949	Lemon juice	0.25 c
11949	Grated lemon rind	1.00 tb
11949	Grand Marnier	1.00 c
11949	Nutmeg	1.00
11949	Confectioner's sugar	3.00 tb
11949	Water	1.00 c
11950	Grated Parmesan cheese	0.50 c
11950	Dried leaf tarragon	1.00 tb
11950	Paprika	0.50 ts
11950	White pepper	0.25 ts
11950	Garlic powder	1.00 ds
11950	Onion powder	1.00 ds
11950	Chicken pieces, skinned,	0.75 lb
11950	-boned	0.00
11951	CAKE -----	0.00 -----
11951	Flour	1.00 c
11951	Baking powder	1.00 ts
11951	Salt	0.12 ts
11951	Shortening	0.50 c
11951	Sugar	0.50 c
11951	Egg yolks	4.00 lg
11951	Milk	0.33 c
11951	Vanilla extract	2.00 ts
11951	WALNUT MERINGUE -----	0.00 -----
11951	Egg whites	5.00 lg
11951	Sugar	0.67 c
11951	Chopped walnuts	0.50 c
11951	VANILLA CUSTARD FILLING -----	0.00 -----
11951	Sugar	2.00 tb
11951	Cornstarch	2.00 tb
11951	Salt	1.00 pn
11951	Egg yolk	1.00 lg
11951	Milk	1.00 c
11951	Vanilla extract	1.00 ts
11951	CAKE -----	0.00 -----
11951	WALNUT MERINGUE -----	0.00 -----
11951	VANILLA CUSTARD FILLING -----	0.00 -----
11952	Fowl,4-1/4 to 5 lb	1.00
11952	Water	1.50 qt
11952	Onion,small,peeled	1.00
11952	Celery,stalk	1.00
11952	Carrot,scraped	1.00
11952	Parsley sprig	1.00
11952	Salt	1.00 tb
11952	Vinegar	1.00 tb

Sheet1

11952	FRICASSEE -----	0.00 -----
11952	Butter	4.00 tb
11952	Flour	4.00 tb
11952	Chicken stock,heated	4.00 c
11952	Light cream,room temperature	2.00 c
11952	Cook meat from 4-5# fowl*	0.00
11952	Salt to taste	0.00
11952	Pepper to taste	0.00
11952	FRICASSEE -----	0.00 -----
11953	Butter	2.00 tb
11953	Onion,finely chopped	0.25 c
11953	Corn ears,freshly picked	8.00
11953	Milk	4.00 c
11953	Cream	1.00 c
11953	Flour	1.00 tb
11953	Salt	0.25 ts
11953	Black pepper	0.25 ts
11953	SKILLET CORNMEAL CAKES -----	0.00 -----
11953	White cornmeal,stone-ground	2.00 c
11953	Water,boiling	4.00 c
11953	Eggs,well beaten	2.00
11953	Salt	1.00 ts
11953	Butter	4.00 tb
11953	Oil	1.00 tb
11953	Cheese,sharp,grated	0.75 c
11953	SKILLET CORNMEAL CAKES -----	0.00 -----
11954	Butter,at room temperature	0.25 lb
11954	Blackberries,fresh	4.00 c
11954	Sugar	2.00 c
11954	Flour	1.25 c
11954	Baking powder	2.00 ts
11954	Milk	1.00 c
11955	White beans,dried	1.00 c
11955	Water,more if needed	2.00 qt
11955	Bone from baked ham*	1.00
11955	Bay leaf	1.00
11955	Parsley sprigs	3.00
11955	Onion,large,mild**	1.00
11955	Salt	0.00
11955	Pepper	0.00
11956	Chickens,small*	2.00
11956	Flour	1.50 c
11956	Salt	1.00 ts
11956	Mustard,dry	0.25 ts
11956	Pepper	0.25 ts
11956	Lard	2.00 c
11956	CHICKEN GRAVY -----	0.00 -----
11956	Butter	2.00 tb
11956	Flour	1.00 tb

Sheet1

11956	Chicken stock	0.75 c
11956	Light cream	0.25 c
11956	Salt	0.00
11956	Pepper	0.00
11956	CHICKEN GRAVY -----	0.00 -----
11957	Butter stick	1.00
11957	Biscuit mix	2.00 c
11957	Sugar	1.00 c
11957	Milk	0.50 c
11957	Vanilla	1.00 ts
11957	Peaches,sliced (16 oz)	1.00 cn
11958	Eggs,at room temperature	4.00
11958	Sugar	1.00 c
11958	Vanilla	1.00 ts
11958	Cake flour	1.50 c
11958	Baking powder	3.00 ts
11958	Milk	0.75 c
11959	Cream of broccoli soup	2.00 cn
11959	Milk	1.00 c
11959	Dried thyme	0.25 t
11959	Pepper	0.25 t
11959	Cooked cut-up vegetables	4.00 c
11959	Cubed cooked chicken	2.00 c
11959	Refrigerated flaky biscuits	1.00 cn
11960	Fish filets, like shark,	4.00
11960	-tuna, cod, mahi mahi	0.00
11960	Pickled jalapenos, plus 2	2.00
11960	-Tbsp of the juice	0.00
11960	To 1/2 c fresh lime juice	0.25 c
11960	Soy sauce	0.25 c
11960	Vegetable oil	0.50 c
11960	Peeled garlic cloves	5.00
11960	Cracked black pepper	1.00 ts
11960	Fistful of fresh cilantro	1.00
11960	-(remove the stems)	0.00
11961	Carrots; chopped	2.00 c
11961	Green pepper; chopped	1.00 c
11961	Cauliflower; florets, cut i	1.00 c
11961	Mushrooms; quartered	1.00 c
11961	Celery; chopped	0.50 c
11961	Tomatoes; chopped and seede	2.00
11961	Black olives; sliced	1.00 c
11961	Onions; small, pickled, cho	0.50 c
11961	Artichoke hearts; jar of ma	0.50 c
11961	Tomato sauce; or 8 oz can	1.00 c
11961	Ketchup	0.75 c
11961	Oil; olive	3.00 tb
11962	Green Peppers	2.00
11962	Medium Onion	1.00



Sheet1

11962	Stalks Of Celery	2.00
11962	Carrots	3.00
11962	Garlic Clove	1.00
11962	Sliced Mushrooms	0.50 lb
11962	Flowerets Of Med Cauliflower	1.00
11962	Oil	2.00 tb
11962	Tuna Fish Drained	1.00 c
11962	Juice Of One Lemon	1.00
11962	Granulated Sugar	1.00 ts
11962	Bottle Of Catsup	13.00 oz
11963	Cauliflower,small	1.00
11963	-in small flowerettes	0.00
11963	Carrots; large, thinly slic	3.00
11963	Green pepper; diced	1.00
11963	Black olives	1.00 c
11963	Pasta; rotini	2.50 c
11963	DRESSING -----	0.00 -----
11963	Oil; vegetable or corn	1.25 c
11963	Vinegar, cider	0.75 c
11963	Garlic cloves; peeled & min	2.00
11963	Sugar; granulated	1.00 T
11963	- salt & pepper	0.00
11963	DRESSING -----	0.00 -----
11964	Whole button mushrooms	2.00 c
11964	Canned artichoke hearts	1.00 c
11964	Olive oil	1.00 tb
11964	Balsamic vinegar	1.00 c
11964	Red wine, optional	2.00 tb
11964	Basil	1.00 ts
11964	Oregano	1.00 ts
11964	Salt	1.00 ts
11964	Black pepper	0.50 ts
11964	Romain lettuce, chopped	1.00 ea
11964	English cucumber, sliced	1.00 ea
11964	Stalks celery, julienned	2.00 ea
11964	Tomatoes, cut into eighths	4.00 lg
11964	Green onions, cut in half	4.00 ea
11964	-- lengthwise	0.00
11964	Radishes, quartered	0.50 c
11965	Chocolate Alba	1.00 ea
11965	Baking Powder	0.12 ea
11965	Flour	1.00 ea
11965	1/2 T. Water	2.00 ea
11965	Vanilla	0.25 ea
11966	Plain gelatin	4.00 tb
11966	Lemon juice	2.00 ts
11966	Unsweetened applesauce	2.25 c
11966	Chopped nuts	2.00 c
11966	Vanilla	2.00 ts

Sheet1

11966	Sugar	4.00 c
11966	Confectioners' sugar	0.00
11967	Gelatin	3.00 tb
11967	Apple juice or unsweetened	3.00 c
11967	-apricot juice	0.00
11967	Granulated sugar	1.33 c
11967	Each lemon and lime juice,	2.00 tb
11967	-or more as needed	0.00
11967	Cornstarch	0.67 c
11967	Walnuts, chopped	2.00 c
11967	Powdered sugar	1.00 c
11968	Pork; Boneless, Cut Julienne	0.50 lb
11968	Onion; Small, Sliced	1.00
11968	Cabbage; Green Or Chinese *	1.00 c
11968	Vegetable Oil	2.00 tb
11968	Mushrooms; Sliced	0.50 c
11968	Sprouts; Bean Or Alfalfa	0.25 c
11968	Currants	0.25 c
11968	Almonds; Slivered	0.25 c
11968	Cornstarch	1.00 ts
11968	Sherry; Dry	2.00 tb
11968	Soy Sauce	1.00 tb
11968	Ginger	0.50 ts
11968	Egg Roll Wrappers; Abt 6" Sq	12.00
11968	;Oil For Deep Fat Frying	0.00
11968	GINGER APRICOT SAUCE -----	0.00 -----
11968	Apricots; Dried (Abt. 10)	0.25 c
11968	Sugar	0.25 c
11968	Ginger	1.00 ts
11968	Salt	0.25 ts
11968	Lemon Juice	1.00 tb
11968	GINGER APRICOT SAUCE -----	0.00 -----
11969	Apples; large, peeled, core	2.00
11969	-, chopped	0.00
11969	Brown sugar	0.50 c
11969	Almonds; chopped	0.50 c
11969	Raisins; yellow	0.50 c
11969	Egg	1.00
11969	Butter or margarine; melted	0.33 c
11969	Vanilla	1.00 ts
11969	Flour; unbleached	1.00 c
11969	Baking soda	1.00 ts
11969	Cinnamon	1.00 ts
11969	Allspice	1.00 ts
11969	Cardamom; ground	0.50 ts
11969	Salt	0.25 ts
11970	Each, whole-wheat,	0.50 c
11970	Unbleached flour	0.00
11970	Brown sugar	1.00 tb

Sheet1

11970	Baking powder	1.50 ts
11970	Salt	0.25 ts
11970	Eggs, separated	2.00
11970	Oil	4.00 tb
11970	Each, buttermilk, apple	0.50 c
11970	Juice	0.00
11970	Chopped almonds	0.25 c
11971	Pie crust, single crust	1.00
11971	Sugar	0.75 c
11971	Corn starch	0.25 c
11971	Eggs	3.00
11971	Butter or margarine, melted	0.50 c
11971	Corn syrup, light or dark	0.50 c
11971	Almond extract	0.25 ts
11971	Apples, peeled and chopped	2.00 c
11971	Almonds, toasted and sliced	1.00 c
11971	Apple, peeled & sliced thin	1.00
11971	Almonds, toasted and sliced	2.00 tb
11972	Butter, softened	0.75 c
11972	Powdered sugar	0.50 c
11972	Flour	1.25 c
11972	Filling:	0.00
11972	Almond paste	4.00 oz
11972	Cream cheese softened	8.00 oz
11972	Sugar	0.25 c
11972	Egg	1.00 lg
11972	Vanilla extract	0.50 ts
11972	Almond extract	0.25 ts
11972	Topping:	0.00
11972	To 4 golden Delicious apples	3.00
11972	Sugar	0.00
11972	Strained apricot preserves,	0.50 c
11972	-heated	0.00
11973	Cooking apples, washed	2.00 lb
11973	Dry cider	0.50 pt
11973	Finely grated rind 1 lemon	0.00
11973	Granulated sugar	9.00 oz
11974	Tart green apples	12.00
11974	Green tomatoes	24.00 sm
11974	Sized onions	4.00 md
11974	Seedless raisins (1 pound)	3.00 c
11974	Cider vinegar	4.00 c
11974	Brown sugar (tightly packed)	2.50 c
11974	Salt	2.00 tb
11974	Crushed, dried chilies	0.50 ts
11974	Curry powder	1.50 tb
11974	Mixed pickling spices	3.00 tb
11975	Olive Oil	2.00 tb
11975	Boneless Pork Chops, trimmed	4.00

Sheet1

11975	Small onion, sliced thin	1.00
11975	Clove of Garlic, minced	1.00
11975	Tart Cooking Apple	1.00
11975	Small Sweet Red Pepper	1.00
11975	Chicken Stock	0.50 c
11975	Cornstarch	1.00 ts
11975	Curry Powder	1.00 ts
11975	Ground Cumin	0.50 ts
11975	Cinnamon	0.50 ts
11975	Salt	0.00
11975	Freshly Ground Black Pepper	0.00
11975	Chopped Parsley or Coriander	0.00
11976	Gr. (1 pound, 8 oz.) apples,	700.00
11976	-peeled, cored and chopped	0.00
11976	Gr. (2 pound, 11 oz.)	0.00
11976	-prunes, washed and chopped	0.00
11976	-(stones removed)	0.00
11976	Gr. (1 pound) onions, peeled	450.00
11976	-and chopped	0.00
11976	Sultanas	2.00 c
11976	Apple-vinegar	2.00 c
11976	Soft brown sugar (pressed	2.67 c
11976	-firmly)	0.00
11976	Salt	1.00 tb
11976	Ground, allspice	1.00 ts
11976	Ground ginger	1.00 ts
11976	Ground nutmeg	0.25 ts
11976	Ground cayenne pepper	0.25 ts
11976	Ground cloves	0.25 ts
11976	Mustard seed	2.00 ts
11976	Sterilized glass jars	0.00
11977	Sugar	0.75 c
11977	Cornstarch	3.00 tb
11977	Salt	0.50 ts
11977	Apples, peeled and sliced	5.00 c
11977	Blueberries,fresh if possibl	1.00 c
11977	Lemon juice	1.00 tb
11977	Pie shell, unbaked double	1.00
11977	Margarine	2.00 tb
11978	Flour	4.00 c
11978	Baking Soda	2.00 ts
11978	Salt	1.00 ts
11978	Cinnamon	2.00 ts
11978	Sugar	2.00 c
11978	Eggs, beaten	4.00 x
11978	Vegetable Oil	1.00 c
11978	Sour Cream	0.25 c
11978	Vanilla	2.00 ts
11978	Chopped Apples	2.00 c

## Sheet1

11978	Chopped Nuts	1.00 c
11979	Bread	8.00 sl
11979	To 4 medium (1-1/2 to 2	3.00
11979	-pounds) Rome Beauty apples	0.00
11979	Golden raisins	0.50 c
11979	Milk	1.33 c
11979	Butter or margarine	0.25 c
11979	Eggs, beaten	5.00
11979	Sugar	0.50 c
11979	Ground cinnamon	0.50 ts
11979	Ground nutmeg	0.25 ts
11979	Salt	0.25 ts
11979	Packed brown sugar	0.25 c
11980	Crescent dinner rolls	8.00
11980	Apple butter, prepared	8.00 ts
11981	SHORTNING	0.67 c
11981	SALT	1.50 ts
11981	SUGAR	2.67 c
11981	FLOUR	3.00 c
11981	EGGS	4.00
11981	WATER	0.67 c
11981	CINNAMON	1.00 ts
11981	APPLES;grated	3.00 c
11981	BAKING SODA	2.00 ts
11981	RAISINS	0.67 c
11981	BAKING POWDER	0.50 ts
11981	CHOPPED NUTS	0.67 c
11982	Packs unflavored gelatin	2.00
11982	Applesauce	1.33 c
11982	Sugar	2.00 c
11982	Nuts	1.00 c
11982	Orange juice	1.00 ts
11982	Grated orange rind (dash)	1.00
11982	Vanilla	1.00 ts
11982	Powdered sugar	1.00
11983	Unsweetened apple sauce	4.00 c
11983	Ginger	1.00 ts
11983	Cinnamon	1.00 ts
11983	Cloves	1.00 ts
11983	Mustard	1.00 ts
11983	Onion flavoring	1.00 ts
11983	Salt	2.00 ts
11983	Vinegar	2.00 c
11983	Pepper	1.00 ts
11984	Sweet dessert apples 200 g *	2.00
11984	Powdered gelatin dissolved	1.00 ts
11984	Hot water (for gelatin)	4.00 tb
11984	Skim milk cheese or cottage	0.33 c
11984	Coloring (optional)	0.00

Sheet1

11985	Biscuit baking mix	2.00 c
11985	Dairy sour cream	1.00 c
11985	8oz. creme cheese softened	0.00
11985	Granulated sugar	0.33 c
11985	Grated orange peel	1.00 tb
11985	Thinly sliced pared apples	1.50 c
11985	Confectioners' sugar	0.25 c
11985	Orange juice	2.00 ts
11986	Sugar	3.00 c
11986	Butter or Margarine	1.50 c
11986	Eggs	6.00
11986	Flour; All-Purpose	3.00 c
11986	Salt	0.50 ts
11986	Baking Powder	0.50 ts
11986	Cinnamon; Ground	1.00 ts
11986	Allspice; Ground	0.50 ts
11986	Nutmeg; Ground	0.50 ts
11986	Cloves; Ground	0.25 ts
11986	Apple Cider	1.00 c
11986	Vanilla Extract	1.00 ts
11986	ICING -----	0.00 -----
11986	Sugar	0.50 c
11986	Butter or Margarine	0.25 c
11986	Buttermilk	0.25 c
11986	Vanilla Extract	0.50 ts
11986	Baking Soda	0.25 ts
11986	ICING -----	0.00 -----
11987	20 oz. Apple Pie Filling	1.00 ea
11987	Butter	1.00 T
11987	Lemon juice	1.00 t
11987	Dash of cinnamon	1.00 ea
11987	Prepared biscuit mix	1.00 c
11987	Milk	0.33 c
11988	Butter	12.00 tb
11988	Tart apples, peeled and	3.00 c
11988	-sliced	0.00
11988	Salt	0.75 ts
11988	Sugar	0.75 c
11988	Milk	0.50 c
11988	Egg	1.00
11988	Flour	1.50 c
11988	Baking powder	2.00 ts
11989	Peeled, Chopped Rome	2.00 c
11989	Apples (About 2 Medium)	0.00
11989	Cranberries	1.00 c
11989	Golden Raisins	0.25 c
11989	Brown Sugar	2.00 tb
11989	Grated Orange Rind	1.00 tb
11989	Cider Vinegar	2.00 tb

Sheet1

11989	Ground Cloves	0.25 ts
11989	Ground Nutmeg	0.25 ts
11989	Ground Cinnamon	0.25 ts
11990	Double Crust Pie Crust	0.00
11990	Sugar	0.75 c
11990	Corn starch	0.25 c
11990	Cinnamon	1.00 ts
11990	Peeled apple slices	5.00 c
11990	Cranberries, fresh or frozen	2.00 c
11990	Corn syrup, light or dark	0.33 c
11990	Butter or margarine	1.00 tb
11990	Milk	0.00
11990	Sugar	0.00
11991	Butter	1.00 tb
11991	Dark brown sugar	2.00 tb
11991	Quick-cooking oats	2.00 tb
11991	Flour	1.00 tb
11991	Ground cinnamon	0.12 ts
11991	Apple, peeled and sliced	1.00 md
11992	Butter	0.33 c
11992	Granny Smith Apples	4.00
11992	Sugar	0.75 c
11992	Lemon peel	1.00 ts
11992	Cinnamon	0.50 ts
11992	Mace	0.12 ts
11992	Currants	0.33 c
11992	Flour	2.50 c
11992	Sugar	3.00 tb
11992	Salt	0.50 ts
11992	Active dry yeast	1.00 pk
11992	Water	0.75 c
11992	Butter	0.33 c
11992	Egg	1.00
11992	Lemon peel	1.00 ts
11992	Chopped pecans	0.75 c
11992	Flour	6.00 tb
11992	Confectioner's sugar	0.25 c
11992	Butter	3.00 tb
11992	Cinnamon	0.25 ts
11993	Prepared pie shell	1.00
11993	Unsalted butter	0.25 c
11993	Green apples, thinly sliced	4.00 c
11993	- (peeled before slicing)	0.00
11993	Sugar	0.50 c
11993	Lemon juice	2.00 tb
11993	Ground mace	0.12 ts
11993	Cornstarch	0.50 tb
11993	Cookie crumbs	1.00 c
11993	Melted butter	0.25 c

Sheet1

11993	Brown sugar	2.00 tb
11994	Eggs	3.00
11994	Cool whip whipped topping	3.50 c
11994	Graham cracker crumbs	2.00 c
11994	Apple; coarsely chopped, pe	1.50
11994	-led	0.00
11994	Cinnamon	1.00 ts
11994	Nutmeg	1.00 ts
11994	Karo light corn syrup	0.50 c
11994	Butter or margarine, softene	1.00 ts
11994	-	0.00
11994	Walnuts; chopped	1.33 c
11995	Sugar	1.00 c
11995	Heavy cream	0.50 c
11995	Butter	0.50 c
11995	Vanilla extract	1.00 ts
11996	Cream Cheese, Softened	8.00 oz
11996	Mayonnaise	0.50 c
11996	Apples, Chopped	2.00 md
11996	Chopped Walnuts	0.50 c
11996	Lemon Juice	1.00 tb
11997	Flour	2.00 c
11997	Baking Powder	4.00 ts
11997	Salt	1.00 ts
11997	Shortening	4.00 tb
11997	Milk	1.00 c
11997	Apple	6.00
11997	Sugar	0.00
11997	Cinnamon	1.00 ts
11998	Flour	1.00 c
11998	Baking Powder	1.50 ts
11998	Powdered Sugar	3.00 tb
11998	Salt	0.25 ts
11998	Milk	0.33 c
11998	Egg, Well Beaten	1.00
11998	Apples, Sour, Thinly Sliced	2.00 md
11999	Pork loin roast	4.00 lb
11999	Apples	6.00
11999	Apple juice	0.25 c
11999	Sugar, brown	3.00 tb
11999	Ginger, ground	1.00 ts
12000	Sugar	1.00 c
12000	Salad Oil	0.50 c
12000	Flour	3.00 c
12000	Cinnamon	1.50 ts
12000	Nutmeg	0.50 ts
12000	Salt	0.50 ts
12000	Baking Soda	1.00 ts
12000	Molasses	0.25 c



Sheet1

12000	Black Coffee	0.25 c
12000	Milk	0.50 c
12000	Apples, peeled and diced	1.00 c
12000	Raisins	0.75 c
12001	Apples, green	4.00 lb
12001	Water	3.00 c
12001	Lemonjuice	0.50 c
12001	Sugar	1.00 ea
12002	Maple syrup	6.00 tb
12002	Unsalted butter, melted	4.00 ts
12002	Large apples*	2.00
12002	Yellow or white cormeal+	0.75 c
12002	All-purpose flour	0.75 c
12002	Baking powder	1.00 ts
12002	Salt	0.50 ts
12002	Baking soda	0.25 ts
12002	Buttermilk	1.00 c
12002	Large egg, lightly beaten	1.00
12002	Vegetable oil	1.00 tb
12003	- Lisa Hlavaty FDGN81A	0.00
12003	Cheddar cheese; shredded	2.00 c
12003	Ricotta cheese	1.00 c
12003	Egg; lightly beaten	1.00
12003	Sugar, granulated	0.25 c
12003	Almond extract	1.00 ts
12003	Apple pie filling	2.00 cn
12003	-20 ounces each	0.00
12003	Lasagna noodles; cooked,	8.00
12003	-rinsed and drained	0.00
12003	Flour	6.00 tb
12003	Brown sugar; packed	6.00 tb
12003	Oats, quick cooking	0.25 c
12003	Cinnamon, ground	0.50 ts
12003	Nutmeg, ground	1.00 ds
12003	Butter; or margarine	3.00 tb
12003	GARNISH -----	0.00 -----
12003	Sour cream, dairy	1.00 c
12003	Brown sugar; packed	0.33 c
12003	GARNISH -----	0.00 -----
12004	8 oz package medium Egg	1.00
12004	-Noodles	0.00
12004	Melted Margarine or oil	0.25 c
12004	Eggs, beaten	4.00
12004	Apples	3.00 md
12004	Dark Seedless Raisins (opt.,	0.25 c
12004	-but it won't be as good!)	0.00
12004	Sugar (also optional, but go	0.25 c
12004	-for it!)	0.00
12004	Salt	1.50 ts

Sheet1

12004	Cinnamon	2.00 ts
12004	Vanilla	0.50 ts
12005	Finely chopped apples (about	3.00 qt
12005	-6 pounds)	0.00
12005	Sugar	6.00 c
12005	Maple syrup	1.00 c
12005	Cinnamon	1.00 ts
12005	Allspice	0.50 ts
12005	Nutmeg	0.50 ts
12005	Cloves	0.25 ts
12006	Apple sauce	4.00 c
12006	Lemon	0.67
12006	Sugar	2.00 c
12006	Bottle fruit pectin	0.50
12007	Cooking apples	1.00 lb
12007	Potatoes	2.00 lb
12007	Sugar	1.00 tb
12007	Butter	2.00 oz
12008	Hot Stewed Apples	2.00 c
12008	Sugar	0.25 c
12008	Eggs, Separated	3.00
12008	Butter	2.00 tb
12008	Nutmeg	0.50 ts
12008	Cinnamon	0.50 ts
12008	Lemon Juice	1.00 tb
12008	Powdered Sugar	0.25 c
12008	Vanilla	1.00 ts
12009	Pie shell, 9" unbaked	1.00
12009	Apple, grated	2.00 c
12009	Sugar	0.50 c
12009	Butter	3.00 tb
12009	Lemon juice	1.00 tb
12009	Eggs, separated	3.00
12009	Cinnamon	0.50 ts
12009	Nutmeg	0.50 ts
12009	Sugar, confectioners	0.25 c
12009	Vanilla	1.00 ts
12010	Apples, peeled, cored and	5.00
12010	-chopped (about 6 cups)	0.00
12010	Cranberries	1.00 c
12010	Packed brown sugar	0.50 c
12010	Flour	2.00 tb
12010	Cinnamon	2.00 ts
12010	Egg whites	4.00
12010	Cream of tartar	0.50 ts
12010	Granulated sugar	0.67 c
12010	Vanilla	1.00 ts
12011	Shortening	0.50 c
12011	Sugar	1.00 c

Sheet1

12011	Eggs	2.00
12011	Vanilla	1.00 ts
12011	Flour	2.00 c
12011	Baking powder	1.00 ts
12011	Baking soda	1.00 ts
12011	-Salt	0.25 ts
12011	Sour cream	1.00 c
12011	Apple; finely chopped	2.00 c
12011	Topping:	0.00
12011	Nuts; chopped	0.50 c
12011	Brown sugar; packed	0.50 c
12011	Cinnamon; ground	1.00 ts
12011	Butter; melted	2.00 T
12012	Cream Sherry	2.00 tb
12012	Peeled, Thinly Sliced	4.50 c
12012	Cooking Apples (About 1 Lb.)	0.00
12012	Pitted Dates Chopped	0.33 c
12012	Low Fat Cottage Cheese	0.50 c
12012	Light Cream Cheese Product	0.25 c
12012	Ground Cinnamon	0.50 ts
12012	Chopped Almonds Toasted	2.00 tb
12013	Apples	5.00 lg
12013	Rolled oats	0.75 c
12013	Water	0.33 c
12013	Sugar	0.33 c
12013	Lemon juice	1.00 tb
12013	Peanut butter	0.33 c
12013	Nutmeg	0.50 ts
12013	Butter or margarine	2.00 tb
12013	Allspice	0.25 ts
12013	Flour	3.00 tb
12014	Sweet delicious apples, Peeled, cored and sliced	3.00
12014	Vidalia onions, peeled and Thinly sliced	0.00
12014	Butter	3.00 tb
12014	Water	1.00 c
12014	Chicken bouillon cube	1.00
12014	Graham cracker crumbs	1.00 c
12014	Salt (to taste if apples Are tart)	0.00
12015	Bottled juice	2.00 c
12015	Sugar	3.50 c
12015	Liquid Certo (1 pouch)	1.00 pk
12016	Cottage cheese and oil	0.00
12016	Pastry (1)	0.00
12016	FRUIT TOPPING:	0.00
12016	To 3 1/4 lb (1- 1 1/2 kg)	2.25 lb

Sheet1

12016	Apples or plums	0.00
12016	FOR SPRINKLING:	0.00
12016	A little sugar	0.00
12017	Flour	0.75 c
12017	Baking powder	1.50 ts
12017	Cinnamon	0.50 ts
12017	Baking soda	0.25 ts
12017	Dash Salt, nutmeg, & cloves	1.00
12017	Instant nonfat dry milk powd	0.33 c
12017	Plus 2 tsp. margarine	2.00 tb
12017	Plus 1 tsp. Firmly packed	1.00 tb
12017	Brown sugar	1.00
12017	Large egg, separated	1.00
12017	Sm. pared, grated applies	2.00
12017	Raisins	2.00 tb
12017	Plus 1 tsp. frz. concen.	1.00 tb
12017	Apple juice (no sugar added)	0.00
12017	Grated orange peel	1.00
12017	Dash cream of tartar	1.00
12018	Flour; all purpose	2.00 c
12018	Baking powder	1.00 tb
12018	Baking soda	1.00 ts
12018	-Salt	2.00 ts
12018	Sugar	3.00 tb
12018	Cinnamon	1.00 ts
12018	Soue milk; buttermilk	2.25 c
12018	Eggs	2.00
12018	Apples;unpeeled,	1.00 c
12018	-cut in pieces	0.00
12018	Butter; melted	6.00 tb
12019	Butter or margarine	0.25 c
12019	Peanut butter	0.25 c
12019	Sugar	1.00 c
12019	Egg	1.00
12019	Flour,sifted	1.25 c
12019	Baking soda	1.00 ts
12019	Salt	1.00 ts
12019	Cinnamon	0.50 ts
12019	Nutmeg	0.25 ts
12019	Cloves	0.25 ts
12019	Applesauce	1.00 c
12020	Juicy, tart apples	4.00 lb
12020	Pears	4.00 lb
12020	Orange juice	1.00 c
12020	To 1/2 C. water, if desired	0.25
12020	Grated orange peel	2.00 tb
12020	Sugar	0.67 c
12021	Margarine	0.25 c
12021	Packed light brown sugar	0.75 c

Sheet1

12021	Egg	1.00
12021	Vanilla	1.50 ts
12021	Flour	2.25 c
12021	Baking powder	1.50 ts
12021	Baking soda	0.50 ts
12021	Salt	0.50 ts
12021	Ground cinnamon	2.00 ts
12021	Ground nutmeg	1.00 ts
12021	Apples, chopped	2.00 sm
12021	Dried pears	0.75 oz
12021	Lowfat buttermilk *	0.75 c
12021	Confectioners sugar	1.00 tb
12022	Water	2.00 c
12022	Frozen apple juice; thawed	6.00 oz
12022	Powdered fruit pectin; 1 pk	1.75 oz
12022	Sugar	3.75 c
12022	Red pepper; crushed,to taste	0.00
12022	Red food coloring	0.12 ts
12023	Pared and quartered apples	2.00 c
12023	Mild vinegar	1.00 c
12023	Cloves	0.12 ts
12023	Stick cinnamon	1.00
12023	Sugar	2.00 c
12024	Unbaked pie crusts	2.00
12024	Water	4.00 c
12024	Sugar	1.50 c
12024	Cream of tartar	4.00 ts
12024	Ritz crackers	40.00
12024	Butter	2.00 tb
12024	Cinnamon	1.00 ts
12024	Nutmeg	0.25 ts
12024	Juice & grated rind of lemon	1.00
12025	Large egg yolk,slightly beat	1.00
12025	Salt	0.25 ts
12025	Ground cinnamon	0.50 ts
12025	Ground nutmeg	0.25 ts
12025	Graham cracker pie crust	1.00
12025	Sliced,peeled cooking apples	5.50 c
12025	All-purpose flour	0.75 c
12025	Sugar	0.25 c
12025	Lemon juice	1.00 tb
12025	Packed light brown sugar	0.25 c
12025	Sugar	0.50 c
12025	Butter, room temperature	0.33 c
12025	Packed light brown sugar	0.25 c
12025	All-purpose flour	3.00 tb
12026	Water	1.50 c
12026	Sugar	1.50 c
12026	Soda crackers	16.00

Sheet1

12026	Stick margarine	0.50
12026	Cream tarter	1.50 ts
12026	Cinnamon	0.50 ts
12026	Nutmeg	0.50 ts
12027	Slightly underripe red plums	2.00 lb
12027	- quartered	0.00
12027	Tart apples, quartered	2.00 lb
12027	Unsweetened, unfiltered	2.00 c
12027	- apple juice	0.00
12027	Ground cinnamon	2.00 ts
12028	Butter, melted, divided	0.50 c
12028	Firmly packed brown sugar,	0.50 c
12028	-divided	0.00
12028	Lemon juice	1.00 tb
12028	Flour	1.00 tb
12028	Ground cinnamon, divided	0.75 ts
12028	Pared, cored, sliced, tart	4.00 c
12028	-apples	0.00
12028	Sliced, pitted plums	2.00 c
12028	Rolled oats	1.00 c
12028	Chopped walnuts	0.25 c
12028	Ground ginger	0.25 ts
12029	Pork chops	6.00
12029	Pork chop fat or oil	0.00
12029	Butter	2.00 ts
12029	-salt and pepper to taste	0.00
12029	Apples-unpeeled with cores	3.00
12029	Sugar	1.00 ts
12029	Cinnamon	0.00
12030	Judy Garnett pjxg05a	1.00
12030	Boneless pork	2.00 lb
12030	Cooking oil	1.00 tb
12030	Carrot; small chunks	1.00
12030	Stalks celery; chopped	2.00
12030	Quick-cooking tapioca	3.00 tb
12030	(thawed, but NOT diluted)	1.00
12030	White wine	0.25 c
12030	Beef bouillon granules	1.00 ts
12030	Salt	0.25 ts
12030	Ground cinnamon	0.25 ts
12030	Frzn apple juice concentrate	6.00 oz
12030	Trim any fat from pork. Cut	0.00
12030	-in half, if necessary, to	0.00
12030	Fit into crockpot. PI	0.00
12030	-carrots, and celery into	0.00
12030	-bottom	0.00
12030	Of Pammed crockpot. Sprinkle	0.00
12030	-tapioca over t Add apple	0.00
12030	Juice concentrate combined	0.00

Sheet1

12030	-with other ingredients and	0.00
12030	Add. Cover Cook on Low for	0.00
12030	-10-12 hours or on high for	0.00
12030	To 6 hours.	5.00
12031	Apple, baking	6.00 ea
12031	Flour	4.00 c
12031	Cinnamon	1.00 t
12031	Water	1.00 x
12031	Lard	0.25 lb
12031	Salt	0.25 t
12031	Butter	0.12 lb
12032	Boned skinless chicken	4.00
12032	Breast halves (about 1 lb.	0.00
12032	Total)	0.00
12032	Slices prosciutto or	4.00
12032	Boiled ham	0.00
12032	Finely chopped apple	0.50 c
12032	Apple pie spice	0.12 ts
12032	Apple pie spice	0.00
12032	Finely chopped green onion	2.00 tb
12032	Margarine or butter	1.00 tb
12032	All-purpose flour	1.00 tb
12032	Skim milk	0.67 c
12032	Shredded provolone	0.50 c
12032	Cheese (2 ounces)	0.00
12032	Hot cooked rice (optional)	0.00
12033	Apples	2.00 lb
12033	Quinces	2.00 lb
12033	Sugar	0.00
12034	Pastry for 2-crust pie	1.00
12034	FILLING -----	0.00 -----
12034	Tart apple slices, 1/8"	8.00 c
12034	Thick	0.00
12034	Sugar	1.00 c
12034	Flour	0.50 c
12034	Nutmeg	0.50 ts
12034	Cinnamon	1.00 ts
12034	Raisins	0.75 c
12034	Dash of salt, if desired	0.00
12034	Grated lemon rind	2.00 ts
12034	(rounded) butter	1.00 tb
12034	Heavy cream	0.75 c
12034	FILLING -----	0.00 -----
12035	Quaker Oat Bran hot cereal,	0.75 c
12035	-uncooked	0.00
12035	Baking powder	1.00 ts
12035	Skim milk	1.00 c
12035	Egg whites, slightly beaten	3.00
12035	Liquid vegetable oil	1.00 tb

Sheet1

12035	-margerine	0.00
12035	Part skim ricotta cheese	1.00 c
12035	Apple, finely chopped	1.00 sm
12035	Raisins	0.67 c
12035	Powdered sugar	1.00 tb
12035	Vanilla	0.50 ts
12035	Lite pancake syrup	0.67 c
12035	Cinnamon	0.25 ts
12036	All-purpose flour	1.50 c
12036	Sugar	0.25 c
12036	Baking powder	1.00 tb
12036	Cinnamon	1.00 ts
12036	Margerine	0.33 c
12036	Quaker Oat Bran hot cereal,	1.00 c
12036	-uncooked	0.00
12036	Finely chopped dried apples	0.67 c
12036	Raisins	0.50 c
12036	Water	0.33 c
12036	Egg whites, beaten	2.00
12037	Thick well-drained apple	2.33 c
12037	-sauce	0.00
12037	Shortening	1.00 c
12037	Eggs, well beaten	4.00
12037	Whole wheat flour	1.00 c
12037	Baking soda	4.00 ts
12037	Nuts, broken	1.00 c
12037	Cinnamon	3.00 ts
12037	Mace	1.00 ts
12037	Allspice	1.00 ts
12037	Cloves	1.00 ts
12037	Nutmeg	2.00 ts
12037	Molasses	0.67 c
12037	Brown sugar	2.00 c
12037	Lemon juice	6.00 tb
12037	White flour	4.00 c
12037	Salt	1.75 ts
12037	Seeded raisins	2.00 lb
12037	Citron, thinly sliced	0.25 lb
12038	Shortening	0.50 c
12038	Thick sweetened apple sauce	1.50 c
12038	Baking soda	1.00 ts
12038	Sugar	1.00 c
12038	Eggs, well beaten	4.00
12038	Sour milk	0.25 c
12038	Flour	2.50 c
12038	Cinnamon	1.00 ts
12038	Allspice	0.50 ts
12038	Nutmeg	1.00 ts
12038	Salt	0.75 ts



Sheet1

12039	Flour	2.00 c
12039	Sugar	0.67 c
12039	Wheat germ	0.50 c
12039	Baking powder	2.00 ts
12039	Baking soda	0.50 ts
12039	Salt	1.00 ts
12039	Cinnamon	1.00 ts
12039	Cloves	0.25 ts
12039	Nutmeg	0.25 ts
12039	Unsweetened apple sauce	1.00 c
12039	Raisins	0.50 c
12039	Grated orange rind	1.00 tb
12039	Unsweetened orange juice	0.50 c
12039	Egg	1.00
12039	Vegetable oil	1.00 tb
12040	Medium-size tart apples	5.00
12040	Granulated and brown sugar,	0.50 c
12040	-mixed	0.00
12040	Cinnamon or nutmeg	0.00
12040	Butter	1.00 ts
12040	White flour	0.67 c
12040	Bakin powder	1.00 ts
12040	Sugar	1.00 ts
12040	Salt	0.50 ts
12040	Cooking fat	1.00 tb
12041	Apples	5.00
12041	Rice	9.00 oz
12041	A few stoned raisins	0.00
12041	A few cloves	0.00
12041	Brown sugar	5.00 ts
12042	Or 8 large apples	6.00
12042	Sugar	1.00 c
12042	Cinnamon	0.25 ts
12042	Butter	1.00 tb
12043	Flour	2.25 c
12043	Baking soda	1.00 ts
12043	Baking powder	1.00 ts
12043	Salt	0.25 ts
12043	Ginger	0.50 ts
12043	Cinnamon	1.00 ts
12043	Nutmeg	0.25 ts
12043	Sugar	0.50 c
12043	Unsweetened applesauce	0.25 c
12043	Sour milk or buttermilk	1.00 c
12043	Egg whites	3.00 lg
12043	Vanilla	0.50 ts
12043	Raisins	0.50 c
12043	Apples,pared,peeled+chopped	2.00
12044	Unsweetened bottled apple	1.50 c

## Sheet1

12044	-juice	0.00
12044	Fully ripe strawberries	1.00 pt
12044	Granulated sugar	3.50 c
12044	Pouch liquid fruit pectin	1.00
12045	Flour	2.50 c
12045	Salt	1.00 ts
12045	Shortening	2.00 tb
12045	Eggs, slightly beaten	2.00
12045	Warm water	0.50 c
12045	Filling:	0.00
12045	Apples, sliced	5.00 c
12045	Butter, melted	3.00 tb
12045	Brown sugar	1.00 c
12045	Raisins	0.50 c
12045	Nuts, chopped	0.50 c
12045	Cinnamon	0.50 ts
12045	Grated lemon rind	1.00
12046	Whole-wheat pastry flour	0.50 c
12046	Unbleached flour	0.50 c
12046	Margarine or butter	2.00 tb
12046	Low-fat cottage cheese	0.50 c
12046	Shredded Cheddar cheese	2.00 tb
12046	*FILLING*	0.00
12046	Medium baking apples *	4.00
12046	Egg or 1/4 cup substitute	1.00
12046	Egg whites	2.00
12046	Low fat yogurt	0.75 c
12046	Pure maple syrup	3.00 tb
12046	Flour	0.25 c
12046	Ground cinnamon	0.25 ts
12046	Melted red currant jelly	2.00 ts
12047	Apple cider	2.00 c
12047	Sugar	3.50 c
12047	Fresh thyme leaves	2.00 ts
12047	Liquid fruit pectin; 3 ounce	1.00
12047	-es	0.00
12048	From: Gaye Levy ** DTXT63A	0.00
12048	Whole-wheat bread;cubed	12.00 c
12048	Raisins	1.50 c
12048	Apples; unpeeled & chopped	4.00
12048	Onion; finely chopped	1.50 c
12048	Celery; sliced thin	4.00 c
12048	Eggs (or use egg whites)	3.00
12048	Walnuts or pecans; chopped	1.00 c
12048	Margarine, melted	4.00 tb
12048	Chicken broth	2.50 c
12048	Black pepper; freshly ground	0.50 ts
12049	Apples (or 8 if small)	6.00
12049	Cinnamon	1.00 tb

## Sheet1

12049	+2 TB concentrated frozen	0.25 c
12049	-apple juice	0.00
12049	Water	1.00 c
12049	Ground cloves	0.12 ts
12049	Water	0.25 c
12049	Cornstarch	1.00 tb
12050	Noodles, cooked and drained	2.00 c
12050	Apples, peeled and sliced	2.00 x
12050	Cinnamon	1.00 ds
12050	Brown Sugar	4.00 tb
12050	Butter	4.00 tb
12051	Apples	6.00
12051	Sugar	0.75 c
12051	Water	0.33 c
12051	Juice and grated rind of 1	0.00
12051	-lemon	0.00
12051	Apricot, peach or plum jam	2.00 tb
12051	Sherry	2.00 tb
12053	Applesauce, Unsweetened	1.00 c
12053	Butter	0.50 c
12053	Brown Sugar, Light	1.00 c
12053	Soda	1.00 ts
12053	Cinnamon	1.00 ts
12053	Flour	2.00 c
12053	Cloves	0.50 ts
12053	Nutmeg	0.50 ts
12053	Raisins	1.00 c
12053	Salt	0.25 ts
12054	Shortening	0.67 c
12054	Sugar	2.67 c
12054	Eggs	4.00
12054	Applesauce	2.00 c
12054	Water	0.67 c
12054	All-purpose flour, sifted	3.33 c
12054	Baking powder	0.50 ts
12054	Baking soda	2.00 ts
12054	Salt	1.50 ts
12054	Cinnamon	1.00 ts
12054	Ground cloves	2.00 ts
12054	Nuts, chopped (optional)	0.67 c
12055	Applesauce	2.00 c
12055	To 2 tb fresh lemon juice	1.00 tb
12055	Tightly packed brown sugar	0.50 c
12055	Raisins	0.25 c
12055	Cinnamon	0.50 ts
12055	All-purpose flour	1.00 c
12055	Granulated sugar	0.50 c
12055	Butter, chilled	0.50 c
12055	Chopped pecans or walnuts	0.50 c

Sheet1

12055	Vanilla Cream Sauce (recipe	0.00
12055	-follows)	0.00
12055	Preheat oven to 350 degrees	0.00
12055	-F.	0.00
12056	Squares unsweetened	2.00
12056	-chocolate	0.00
12056	Butter	0.50 c
12056	Sweetened applesauce	0.50 c
12056	Eggs, beaten	2.00
12056	Brown sugar, firmly packed	1.00 c
12056	Vanilla	1.00 ts
12056	Sifted flour	1.00 c
12056	Baking powder	0.50 ts
12056	Baking soda	0.25 ts
12056	Salt	0.25 ts
12056	Choped walnuts	0.50 c
12057	Egg	1.00
12057	Vegetable oil	0.25 c
12057	Low-fat plain yogurt or	0.50 c
12057	1/2 tb lemon juice in milk	0.00
12057	Brown sugar	0.75 c
12057	Applesauce	1.00 c
12057	Vanilla	1.00 ts
12057	Grated lemon rind (or orange	1.00 ts
12057	Raisins	0.50 c
12057	Whole-wheat flour	1.00 c
12057	Natural bran	0.50 c
12057	Baking powder	1.00 ts
12057	Cinnamon	2.00 ts
12057	Ginger	1.00 ts
12057	Ground nutmeg	0.25 ts
12057	Sliced almonds, optional	0.33 c
12058	Whole wheat pastry flour	2.00 c
12058	Baking powder	2.00 ts
12058	Cinnamon	0.50 ts
12058	Cloves	0.25 ts
12058	Walnuts; finely chopped	0.67 c
12058	Butter or margarine; soften	0.50 c
12058	-d	0.00
12058	Honey	0.50 c
12058	Eggs	2.00
12058	Vanilla	1.00 ts
12058	Applesauce	1.50 c
12059	Whole wheat or whole wheat	2.00 c
12059	Pastry flour	0.00
12059	Cinnamon	1.00 ts
12059	Salt	0.50 ts
12059	Plus 1 Tablespoon oil	0.25 c
12059	Apple sauce	1.00 c

Sheet1

12060	Vegetable oil	2.00 tb
12060	Onion, finely chopped (about	1.00 md
12060	-3/4 cup)	0.00
12060	Unsweetened applesauce	1.00 c
12060	Ketchup	1.00 c
12060	Cider vinegar	0.25 c
12060	Light brown sugar, firmly	2.00 tb
12060	-packed	0.00
12060	Worcestershire sauce	1.00 tb
12060	Freshly ground black pepper,	0.00
12060	-to taste	0.00
12060	Chicken (3 1/2 to 4 pounds),	1.00
12060	-cut in 8 pieces	0.00
12061	Grated apples (Delicious or	1.00 c
12061	-Kings)	0.00
12061	Sugar	2.00 c
12061	Envelopes unflavored gelatin	2.00
12061	-dissolved in 2 T. cold	0.00
12061	-water	0.00
12061	Finely chopped walnuts	1.00 c
12061	Vanilla	0.50 ts
12061	Drops almond flavoring	3.00
12062	White chocolate	1.00 lb
12062	Solid vegetable shortening	2.00 tb
12062	Whole toasted almonds	0.50 c
12062	Apricot Jelly Belly beans	1.00 c
12063	Almonds; sliced	0.50 c
12063	Coconut; flaked, toasted	1.00 c
12063	Brown sugar; packed	0.33 c
12063	Butter, softened	3.00 ts
12063	Flour	1.75 c
12063	Baking soda	1.00 ts
12063	Salt	0.25 ts
12063	Butter	0.50 c
12063	Brown sugar; packed	0.75 c
12063	Eggs	3.00
12063	Apricot preserves	0.50 c
12063	Sour cream	0.25 c
12063	Amaretto	0.25 c
12063	Dried apricots; snipped	0.67 c
12064	Apricots; -OR-	3.00 lb
12064	-Dried apricots	1.00 lb
12064	Onions; peeled, chopped fine	1.00 lb
12064	Cider vinegar	1.50 pt
12064	Garlic cloves	2.00
12064	-- peeled, crushed	0.00
12064	Oranges (rind only)	2.00
12064	Light brown sugar	1.00 lb
12064	Sultanas	8.00 oz

Sheet1

12064	Salt	2.00 ts	
12064	English mustard	1.00 ts	
12064	Powdered allspice	0.50 ts	
12064	Walnuts	8.00 oz	
12064	-- very roughly chopped	0.00	
12065	Dried apricots	2.00 c	
12065	Water	4.00 c	
12065	Milk, scalded	0.50 c	
12065	Salt	0.12 ts	
12065	Marshmallow cream	0.50 c	
12065	Whipping cream	1.00 c	
12065	Gelatin	2.00 tb	
12065	Cold water	0.25 c	
12065	Grated lemon rind	1.00 ts	
12065	Lemon juice	1.00 tb	
12065	Corn-starch	2.00 tb	
12065	Egg whites	2.00	
12065	Sugar	0.75 c	
12066	Apricot Jam	0.50 c	
12066	Apricots; Dried, Fine Chop	0.25 c	
12066	Dry White Wine	0.25 c	
12066	Honey	1.00 tb	
12066	Worcestershire Sauce	1.00 ts	
12067	tb	2.00	2
12067	-sugar	0.00	
12067	Firmly packed light-brown	2.00	
12067	-sugar	0.00	
12067	All-purpose flour	1.00 tb	
12067	Butter or margarine,	1.00 tb	
12067	-softened	0.00	
12067	Ground cinnamon	0.50 ts	
12067	Ground nutmeg	0.25 ts	
12067	Coffeecake:	0.00	
12067	Sifted all-purpose flour	3.00 c	
12067	Baking powder	1.50 ts	
12067	Baking soda	1.00 ts	
12067	Salt	0.50 ts	
12067	Granulated sugar	1.50 c	
12067	(1 1/2 sticks) butter or	0.75 c	
12067	-margarine, softened	0.00	
12067	Vanilla	1.00 ts	
12067	Almond extract	0.50 ts	
12067	Eggs	4.00	
12067	Dairy sour cream	1.25 c	
12067	Finely chopped dried	1.00 c	
12067	-apricots	0.00	
12067	Glaze:	0.00	
12067	Confectioners' sugar	1.00 c	
12067	Milk	2.00 tb	

## Sheet1

12067	Almond extract	0.50 ts
12068	Sliced apricots	10.00 c
12068	Water	1.00 c
12068	Sugar	0.00
12068	Orange juice	0.33 c
12068	Granted orange rind	1.00 tb
12069	Quick oats	1.25 c
12069	Melted butter or margarine	0.25 c
12069	Cinnamon	0.25 ts
12069	Ground nutmeg	0.12 ts
12069	Cottage cheese	1.00 c
12069	Reduced calorie cream cheese	1.00 pk
12069	Eggs	3.00
12069	Sliced dates	0.50 c
12069	Pineapple juice	0.50 c
12069	Vanilla extract	1.00 ts
12069	Grated orange rind	1.00 ts
12069	Cornstarch	0.75 ts
12069	16 oz apricot halves,drained	1.00 c
12070	Whole boneless chicken	4.00 sm
12070	-breasts	0.00
12070	Salt	0.50 ts
12070	Ground white pepper	0.12 ts
12070	Ground ginger	0.50 ts
12070	Apricot jam	0.50 c
12070	Apricot nectar, divided	0.67 c
12070	Fresh boysenberries, washed	1.00 c
12070	-and dried	0.00
12071	FRESH APRICOTS, pitted	6.00 c
12071	ONIONS, sliced	4.00 md
12071	SEEDLESS RAISINS	1.12 c
12071	WHITE WINE VINEGAR	2.50 c
12071	DARK BROWN SUGAR	1.00 lb
12071	SALT	4.00 tb
12071	PRESERVED GINGER	1.00 c
12071	MUSTARD SEEDS	1.00 tb
12071	CAYENNE PEPPER	1.00 ts
12071	GROUND TURMERIC	0.50 ts
12071	ORANGE, the peel grated and	1.00
12071	-the juice	0.00
12071	Strained	0.00
12071	WALNUTS	0.50 c
12072	Apricot filling:	0.00
12072	Apricots; dried	2.25 c
12072	Crumb topping	0.00
12072	Flour; unsifted	0.50 c
12073	Chopped dried apricots	1.00 c
12073	Water	0.75 c
12073	Cream cheese, softened	16.00 oz

Sheet1

12073	Orange marmalade	0.75 c
12073	Milk	2.00 tb
12073	Chopped pecans	1.00 c
12074	Sherry	0.33 c
12074	Flour	2.00 tb
12074	Apricot jam, strained	0.67 c
12074	Lemon rind, grated	0.50 ts
12074	Lemon juice	3.00 tb
12074	Orange juice	3.00 tb
12074	Egg yolks	3.00
12075	(1 lb) dried apricots	500.00 g
12075	(1/2 cup) sugar or 4 Tbs	125.00 g
12075	-honey (or to taste)	0.00
12075	Lemon juice	1.00 tb
12075	(1 cup) cream (or substitute	250.00 ml
12075	-evaporated milk [?])	0.00
12076	CAKE BATTER -----	0.00 -----
12076	Unsalted butter; softened	0.50 c
12076	Sugar	0.75 c
12076	Egg	1.00
12076	Egg yolks	3.00
12076	Vanilla extract	1.00 ts
12076	All-purpose flour	1.25 c
12076	Baking powder	1.00 ts
12076	Apricots	12.00 md
12076	CRUMB TOPPING -----	0.00 -----
12076	All-purpose flour	1.25 c
12076	Sugar	0.50 c
12076	Cinnamon	0.25 ts
12076	Unsalted butter; melted	0.50 c
12076	CAKE BATTER -----	0.00 -----
12076	CRUMB TOPPING -----	0.00 -----
12077	Ripe apricots	2.00 lb
12077	Sugar	0.75 ea
12077	Sugar	3.00 pt
12077	Lemon juice	3.00 pt
12077	Quick-cooking tapioca	2.00 pt
12077	Heavy whipping cream	2.00 ea
12077	Toasted sliced almonds*	1.00 ea
12077	Vanilla	0.50 pt
12078	Cooked apricots	1.50 c
12078	Sugar	0.75 c
12078	Few grains salt	0.00
12079	(4 oz) dried apricots	125.00 g
12079	Lemon juice	1.00 ts
12079	To 4 tb water	3.00 tb
12079	(1oz) sugar	30.00 g
12079	(1/4 pt) thick custard,	115.00 ml
12079	-sweetened	0.00



Sheet1

12079	(1/4 pt) double cream	115.00 ml
12079	-(whipping cream)	0.00
12080	Dried apricots	2.00 c
12080	Sweetened lemon flavored	1.00 pk
12080	-gelatin	0.00
12080	Marshmallows, diced	12.00
12080	Bananas, diced	2.00
12081	Dried apricots	3.00 c
12081	Sliced, candied ginger	0.75 c
12081	Orange juice	0.50 c
12081	Lemon juice	0.25 c
12081	Cold water	5.00 c
12081	Grated orange rind	2.00 ts
12081	Grated lemon rind	1.00 ts
12081	Sugar	2.25 c
12081	Chopped nuts	0.50 c
12082	Cooked apricots	2.00 c
12082	Sugar	1.50 c
12082	Water	3.00 c
12082	Whipping cream	2.00 c
12082	Egg whites, stiffly beaten	3.00
12082	Sweetened condensed milk	1.00 c
12083	Jalapeno peppers, stems &	0.50 c
12083	-seeds removed	0.00
12083	Red bell pepper, stem &	1.00 lg
12083	-seeds removed	0.00
12083	Cider vinegar	2.00 c
12083	And 1/2 cups dried apricots,	1.00
12083	-chopped	0.00
12083	Sugar	6.00 c
12083	Liquid pectin	3.00 oz
12083	Drops red food color	4.00
12084	Prepared fruit	3.25 c
12084	Bottle fruit pectin	0.50
12084	Sugar	7.00 c
12085	Dried apricots	8.00 oz
12085	Water	1.50 c
12085	Sugar	0.50 c
12085	Cornstarch	1.00 tb
12086	Dried apricots	2.00 c
12086	Egg whites	3.00
12086	Boiling water	1.50 c
12086	Gelatin	1.25 tb
12086	Sugar	1.00 c
12086	Sweetened lemon flavored	1.00 pk
12086	-gelatin	0.00
12086	Cold water	2.00 tb
12086	Marshmallows, diced	10.00
12087	(480 mL) dried apricots	2.00 c

Sheet1

12087	(360 mL) crushed pineapple,	1.50 c
12087	-unsweetened (if using	0.00
12087	-canned,	0.00
12087	Drain)	0.00
12087	Orange, peeled, seeded and	1.00
12087	-chopped	0.00
12087	Juice of 1/2 lemon	0.00
12087	(840 mL) sugar	3.50 c
12088	Dried apricots (firmly	2.00 c
12088	-packed	0.00
12088	Water	4.00 c
12088	Sugar	2.00 c
12088	Cinnamon	0.50 ts
12089	Ground beef	1.00 lb
12089	Ground pork	0.50 lb
12089	Onion, chopped	1.00
12089	Dry bread crumbs	0.50 c
12089	Egg	1.00
12089	Salt	0.25 ts
12089	Pepper	1.00 pn
12089	Chopped fresh parsley	0.25 c
12089	Chopped dried apricots	1.25 c
12089	-(about 6oz)	0.00
12089	Chopped green onion	0.50 c
12089	GLAZE:	0.00
12089	Apricot jam	0.50 c
12089	Ketchup	2.00 tb
12090	Pitted, very ripe apricots	4.00 kg
12090	-(8 lbs 12 oz)	0.00
12090	Sugar (7 lbs)	3.25 kg
12090	Juice of 1 lemon	0.00
12090	"Einsiedehilfe" ('Preserving	1.50 pk
12090	-Aid') dissolved in	0.00
12091	Molasses	0.50 c
12091	Melted shortening	0.50 c
12091	Chopped dried apricots	0.75 c
12091	Chopped candied orange peel	2.00 tb
12091	Chopped candied citron	2.00 tb
12091	Cinnamon	1.00 ts
12091	Baking-powder	1.00 ts
12091	Sour milk	0.50 c
12091	Dry bread crumbs	1.00 c
12091	Raisins	1.00 c
12091	Flour	1.00 c
12091	Mace	1.00 ts
12091	Salt	1.00 ts
12091	Baking-soda	1.00 ts
12092	Apricots; Peeled, Pitted,	2.00 lb
12092	-And Mashed	0.00

Sheet1

12092	Raspberries: (2 Cups),	1.00 pt
12092	-Mashed	0.00
12092	Sugar	6.00 c
12092	Lemon Juice	0.25 c
12092	Butter Or Margarine	1.00 tb
12092	Liquid Fruit Pectin; 1 Pouch	3.00 oz
12093	Filberts; coarsely chopped	0.50 c
12093	Butter	3.00 tb
12093	Scallions, thinly sliced,	1.00 c
12093	-including some green	0.00
12093	Rosemary, dried; crumbled	1.00 ts
12093	Salt; to taste	1.00
12093	Pepper; to taste	1.00
12093	Cloves, ground; pinch	1.00
12093	Fryer; cut up	1.00
12093	Apricots, dried, moist	6.00 oz
12093	Lemon juice	1.00 tb
12094	Apricot juice	1.00 c
12094	Chopped cooked apricots	1.00 c
12094	Flour or corn-starch	1.00 tb
12094	Sugar	0.33 c
12094	Butter or butter substitute	1.00 tb
12095	(1 lb) dried apricots	500.00 g
12095	(1 cup) honey	250.00 g
12095	Stiffly beaten egg whites	3.00
12096	Dried apricot halves	8.00
12096	Water	1.00 c
12096	Sugar	2.00 c
12096	Salt	1.00 ts
12096	Butter	2.00 tb
12096	Vanilla	1.00 ts
12096	Chopped almonds	0.25 c
12096	Shredded coconut	1.00 c
12097	Apricot puree	3.00 c
12097	Certo	1.00 pk
12097	Frozen unsweetened	1.00 c
12097	-pineapple-orange	0.00
12097	-concentrate, thawed	0.00
12097	Crushed pineapple, drained	8.00 oz
12098	Butter	1.00 c
12098	Pkg cream cheese	8.00 oz
12098	Flour	2.00 c
12098	Apricot preserves	2.00 c
12098	Chopped nuts	1.00 c
12098	White raisins	15.00 oz
12098	Pkg shredded coconut	4.00 oz
12099	Dried apricots	1.00 lb
12099	Split almonds	2.00 oz
12099	Oranges	3.00

Sheet1

12099	Lemons	2.00
12099	Sugar	2.50 lb
12099	Ground cinnamon	2.50 ts
12100	Flour; sifted	3.00 c
12100	Baking powder	3.00 ts
12100	Salt	1.00 ts
12100	Butter	0.67 c
12100	Sugar	1.50 c
12100	Egg yolks; well beaten	3.00 ea
12100	Milk	1.00 c
12100	Egg whites; stiffly beaten	3.00 ea
12100	To second half add:	0.00
12100	Cinnamon	0.50 ts
12100	Cloves	0.25 ts
12100	Mace	0.50 ts
12100	Nutmeg	0.50 ts
12100	Molasses; dark	3.00 ts
12101	Tomato juice	3.50 c
12101	Chicken, cooked & cut up	16.00 oz
12101	Raw Potatoes, diced	2.00 sm
12101	Eggplant, cut up	1.00 md
12101	Raw Onion, diced	1.00 lg
12101	Celery Stalks with Greens,	6.00
12101	-diced	0.00
12101	Green Beans, drained	28.00 oz
12101	Fresh or	12.00 oz
12101	-canned Mushrooms, drained	8.00 oz
12101	Oregano	1.00 tb
12101	Garlic, to taste	0.00
12101	Onion Powder, to taste	0.00
12101	Parmesan Cheese, grated	0.00
12102	Each, beans: kidney, white,	0.25 lb
12102	Paprika	0.25 c
12102	Bacon	1.00 lb
12102	Onions, lg, peeled chopped	5.00 ea
12102	Garlic, minced	0.67 c
12102	Coriander seed,toasted grnd	0.25 c
12102	Cinnamon, ground	0.25 c
12102	Red, pinto, navy, cranberry	1.00 x
12102	Pepper, cayenne,or to taste	0.25 c
12102	Peppers, grnd dried poblano	0.50 c
12102	Tomatoes, italian plum, with	108.00 oz
12102	Beer	12.00 oz
12102	Beef, lean ground	5.00 lb
12103	Egg, seperated	1.00
12103	Skim milk	0.50 c
12103	Gelatin (envelope)	1.00 pk
12103	Salt	0.12 ts
12103	Equal (no substitute)	1.00 tb

## Sheet1

12103	Cottage cheese	1.50 c
12103	Lemon juice	1.00 tb
12103	Vanilla	1.00 ts
12103	Lite Coolwhip	6.00 tb
12104	Whole-wheat flour	2.00 c
12104	Dry milk powder	0.33 c
12104	Baking powder	1.00 tb
12104	Baking soda	1.00 ts
12104	Salt	1.00 ts
12104	Ground cinnamon	0.50 ts
12104	Eggs	3.00
12104	* Vegetable oil	0.00
12104	Honey	2.00 tb
12104	Med. apples, grated	2.00
12104	Water, approximately	1.50 c
12104	1 lb carton plain yogurt	1.00
12104	Jar applesauce	1.00 lb
12105	Bacon, finely chopped	0.50 lb
12105	Vegetable oil	2.00 tb
12105	Armadillo	3.00 lb
12105	Yellow onions, peeled and	2.00 lg
12105	-chopped	0.00
12105	Garlic cloves, chopped	8.00 lg
12105	Chili powder	0.33 c
12105	Ground cumin	3.00 tb
12105	Dried Mexican oregano	1.50 tb
12105	Cayenne pepper	1.00 ts
12105	3 oz can green chilis	1.00
12105	Chicken stock	6.00 c
12105	Salt to taste	0.00
12105	Or 3 Tablespoons yellow	2.00
12105	-cormeal (OPTIONAL) as	0.00
12105	-thickener	0.00
12106	Dried Apricots Soaked in	1.50 c
12106	Water for 1 Hour.	0.50 c
12106	Dried Garbanzo Beans Soaked	0.50 c
12106	Overnight in Water	0.00
12106	Water	5.00 c
12106	Lentils	1.00 c
12106	Onions Sliced	3.00
12106	Malt Syrup or Molasses	2.00 tb
12107	Cabbage; small, about 2 1/2s	1.00
12107	Onions;medium	2.00
12107	Vegetable oil	3.00 tb
12107	Cumin seeds,whole	0.50 ts
12107	Fennel seeds, whole	0.50 ts
12107	Sesame seeds	4.00 ts
12107	-Salt	0.50 ts
12108	Jim Vorheis	0.00

Sheet1

12108	Unconverted long-grain rice	1.50 c
12108	Safflower oil, melted	0.33 c
12108	-chicken fat, or melted lard	0.00
12108	Finely chopped white onion	3.00 tb
12108	Garlic clove, peeled and	1.00
12108	-finely chopped	0.00
12108	Light chicken broth,	3.50 c
12108	-approximately	0.00
12108	Fresh corn kernels or 1/3	1.00 c
12108	-cup carrot rounds	0.00
12108	Plus 1/2 cup fresh peas	0.00
12108	-(optional)	0.00
12108	Parsley sprig	1.00
12108	Whole chilies serranos	2.00
12108	Sea salt to taste	0.00
12108	White Rice	0.00
12109	Red wine vinegar	1.00 tb
12109	Garlic cloves, minced	2.00
12109	Oregano leaves	0.25 ts
12109	Pepper, divided	0.38 ts
12109	Chicken parts, skinned	1.50 lb
12109	Olive oil	2.00 ts
12109	Drained canned Italian	0.50 c
12109	-tomatoes, diced	0.00
12109	Each chopped onion and green	0.25 c
12109	-bell pepper	0.00
12109	Water	1.00 c
12109	Uncooked regular long-grain	3.00 oz
12109	-rice	0.00
12109	Pimiento-stuffed green	4.00
12109	-olives	0.00
12109	1/2 ts each drained capers	1.00
12109	-and chopped fresh cilantro	0.00
12109	Pkt instant chicken broth	1.00
12109	-and seasoning mix	0.00
12109	Salt	0.50 ts
12110	Chicken, cut into 10 pieces	1.00
12110	Salt	1.00
12110	Black Pepper, freshly ground	1.00
12110	Cumin, ground	0.50 ts
12110	Oregano, fresh or 1 ts dried	2.00 ts
12110	Olive Oil	2.00 tb
12110	Onion, finely chopped	0.50 c
12110	Garlic, finely chopped	1.00 ts
12110	Green Pepper, 1 inch cubes	1.00
12110	Smoked Ham, 1/4 inch cubes	0.25 lb
12110	Canned Crushed Tomatoes	1.50 c
12110	Ripe Plum Tomato, cubes	4.00
12110	Saffron Threads	0.50 ts

Sheet1

12110	Bay Leaf	1.00
12110	Chicken Broth	3.00 c
12110	Converted Rice	2.00 c
12110	Capers, drained	1.00 tb
12110	Pimento stuffed Olives	12.00
12110	Frozen Green Peas, 9 oz	1.00 pk
12110	Parmesan Cheese, grated	0.25 c
12110	Fancy Pimentos, 6 1/2 oz	1.00 cn
12110	Coriander or Parsley	4.00 tb
12111	Onion	1.00
12111	- peeled and thinly sliced	0.00
12111	Olive oil	4.00 tb
12111	Steak dried salt cod	1.00
12111	Ripe tomato (or dbl. amt.)	1.00
12111	- peeled, cored	0.00
12111	- and very coarsely chopped	0.00
12111	Salt and pepper to taste	0.00
12111	Short-grain rice	1.67 c
12112	Rice	1.00 c
12112	Raisins	0.50 c
12112	Cinnamon sticks	1.50
12112	Sugar	1.00 c
12112	Grated gingerroot	1.00 tb
12112	Canned coconut cream	1.00 c
12112	Milk	2.00 c
12112	Vanilla	0.50 ts
12112	Unsalted butter	0.25 c
12112	Ground cinnamon	0.00
12113	Jim Vorheis	0.00
12113	Unconverted long-grain rice	1.50 c
12113	Safflower oil, melted	0.33 c
12113	-chicken fat, or melted lard	0.00
12113	Finely chopped white onion	3.00 tb
12113	Chilies poblanos, charred,	2.00
12113	-peeled, and cut in strips	0.00
12113	Chicken broth	4.00 c
12113	Garlic clove, peeled and	1.00
12113	-roughly chopped	0.00
12113	Firmly packed, roughly	1.00 c
12113	-chopped flat-leaf parsley	0.00
12113	Firmly packed, roughly	0.50 c
12113	-chopped epazote or cilantro	0.00
12113	Sea salt to taste	0.00
12113	Green Rice	0.00
12114	Flour	8.00 tb
12114	Butter	16.00 oz
12114	Beef Stock	6.00 c
12114	Ribs Celery - finely chopped	2.00
12114	Onions - finely chopped	3.00 lg

## Sheet1

12114	Green Onions - finely	1.00 bn
12114	-chopped	0.00
12114	Bay Leaves	2.00
12114	Thyme	0.25 ts
12114	Clove Garlic - minced	2.00
12114	Artichoke Hearts - (2 14-oz.	2.00 cn
12114	-cans) (UNDRAINED)	0.00
12114	Salt and black pepper - to	0.00
12114	-taste	0.00
12114	Tabasco	0.25 ts
12114	White Wine - dry	1.00 c
12114	Light Cream	4.00 oz
12114	Parsley - minced	2.00 tb
12115	Butter Divided	15.00 tb
12115	Mushrooms, Sliced	1.50 lb
12115	8 1/2-Oz Each Of Artichoke	2.00 cn
12115	Hearts, Drained, Rinsed And	0.00
12115	Cut In Half	0.00
12115	Boneless And Skinless	8.00
12115	Chicken Breast Halves	0.00
12115	Trimmed Of Fat And Cartilage	0.00
12115	Seasoned Flour	1.00 c
12115	All-Purpose Flour	9.00 tb
12115	Half-And-Half	3.50 c
12115	Worcestershire Sauce	1.00 tb
12115	Salt To Taste	0.00
12115	Freshly Ground Plack	0.00
12115	Pepper To Taste	0.00
12115	Dry Sherry	0.75 c
12115	Grated Parmesan Cheese (Two	0.50 c
12115	Ounces)	0.00
12115	Paprika	0.00
12116	Parmesan Cheese	1.00 c
12116	Mayonnaise	1.00 c
12116	Artichoke Hearts	1.50 c
12116	Garlic Powder	0.00
12117	Frozen artichoke hearts	10.00 oz
12117	Sour cream	1.00 c
12117	Mayonnaise	1.00 c
12117	Grated Parmesan cheese	0.50 c
12118	Artichoke heats unmarinated	1.00 cn
12118	Green chiles	4.00 oz
12118	Mayonnaise(no salad dressing	1.00 c
12118	Parmeasan cheese	1.00 c
12119	Mayonnaise	0.00
12119	Heinz chili sauce	0.00
12120	Non-fat yogurt	0.50 c
12120	Prepared horseradish	1.00 tb
12120	Powdered mustard	1.00 pn



Sheet1

12121	Canned Artichokes	12.00 oz
12121	Small Onion, Minced	1.00
12121	Large Eggs	4.00
12121	Mozzarella Cheese	8.00 oz
12121	Dried Bread Crumbs	0.25 c
12121	Chopped Parsley	2.00 tb
12121	Salt	0.25 ts
12121	Pepper	0.25 ts
12121	Non-Toxic Flowers To Garnish	0.00
12122	Chopped scallions,	8.00
12122	Jar marinated artichoke hear	6.00 oz
12122	Light cream	1.00 c
12122	Eggs	3.00
12122	Salt	0.50 pt
12122	All purpose flour	1.00 c
12122	Salt	0.50 pt
12122	Cold unsalted butter, cut up	8.00 tb
12122	Egg	1.00
12122	Garlic, finely minced	1.00 cl
12122	Butter ea	4.00 T
12123	Artichokes	2.00 lg
12123	Lemon (juice only)	1.00
12123	Virgin olive oil	2.00 tb
12123	Basil leaves;	0.00 lg
12123	- sliced in strips	0.00
12123	Onion, white or yellow	1.00 lg
12123	- sliced 1/4-in thick	0.00
12123	Salt	0.00
12123	Fresh pod peas; -=OR=-	1.00 lb
12123	Frozen peas	1.00 c
12123	Finely chopped parsley	0.00
12123	Freshly milled pepper	0.00
12123	Sweet butter	1.00 tb
12123	-=OR=-Extra-Virgin Olive Oil	0.00
12123	Lemon juice; to taste	0.00
12123	-=OR=- Champagne Vinegar	0.00
12124	Arugula	3.00 bn
12124	- (3 bn = approx. 1 Cup)	0.00
12124	Olive oil	0.75 c
12124	Red wine vinegar	3.00 tb
12124	Dijon mustard	1.50 ts
12124	Ripe tomatoes; cut in wedges	12.00
12124	-=OR=-	0.00
12124	-Cherry tomatoes, halved	36.00
12124	Salt	0.00
12124	Freshly ground pepper	0.00
12125	Safflower or other light	1.50 tb
12125	-vegetable oil	0.00
12125	Leeks, trimmed, cleaned	2.00 md

Sheet1

12125	-thoroughly, and chopped (1	0.00
12125	-1/2c)	0.00
12125	Onion, sliced (1 c)	1.00 md
12125	Ground fennel seeds	1.00 ts
12125	Potatoes, peeled and	1.25 lb
12125	-coarsely cubed (3c)	0.00
12125	Chicken broth	3.00 c
12125	Water	1.50 c
12126	Ground Lamb	1.00 lb
12126	Fresh Asian or reg. Basil	4.00 tb
12126	- (finely chopped)	0.00
12126	Minced Fresh Coriander	3.00 tb
12126	Finely chopped Ginger	1.00 tb
12126	Finely chopped Garlic	2.00 ts
12126	Salt	1.00 ts
12126	Sichuan Peppercorns	2.00 ts
12126	- roasted and ground	0.00
12126	Coarse. chopped dried chiles	2.00 ts
12126	Light soy sauce	1.00 tb
12126	Dark soy sauce	1.00 tb
12126	Rice wine or dry sherry	2.00 tb
12126	Chinese sesame oil	2.00 ts
12126	Caul fat or crepinette	0.50 lb
12127	Stephen Ceideburg	0.00
12127	Brown sugar	2.00 tb
12127	Red wine vinegar	2.00 tb
12127	Ketchup	1.00 c
12127	To 1 teaspoon Chinese hot	0.50
12127	-mustard	0.00
12127	Garlic clove, minced	1.00 lg
12127	Soy sauce	1.00 tb
12127	To 3 teaspoons Asian chile	1.00
12127	-paste with garlic	0.00
12128	Frying chicken	1.00 lb
12128	Salt to taste	0.00
12128	Dried oregano	1.00 ts
12128	Clove garlic, minced	1.00
12128	Lard	2.00 tb
12128	Diced cooked ham	0.33 c
12128	Onion, diced	1.00 md
12128	Tomatoes, diced	2.00 md
12128	Green bell pepper, diced	1.00
12128	Water	1.50 qt
12128	Capers	1.00 tb
12128	Diced pimento-stuffed olives	0.25 c
12128	Uncooked rice	2.00 c
12128	Garnish:	0.00
12128	Cooked peas	1.00 c
12128	Pimentos, julienne	4.00

Sheet1

12128	Grated parmesan cheese	0.50 c
12129	Fat asparagus spears	16.00
12129	- washed and trimmed	0.00
12129	- (See NOTE)	0.00
12129	Salt	1.00 ts
12129	Butter	6.00 tb
12129	Eggs; beaten together	2.00
12129	Flour; for dredging	0.00
12129	Slices prosciutto	16.00 sm
12129	Cooking oil	1.00 tb
12130	Pasta, Such As Penne	450.00 pk
12130	Asparagus	1.00
12130	Chicken Breasts *	4.00
12130	Olive Oil	2.00 ts
12130	Basil	0.50 ts
12130	Salt And Pepper	0.00
12130	Parmesan Cheese	0.50 c
12130	White Wine	2.00 ts
12131	Asparagus stalks	16.00
12131	Small or medium acorn squash	2.00 x
12131	Scauce:.....	0.00
12131	Clarified butter (see note)	0.25 c
12131	Sugar	2.00 tb
12131	Chopped walnuts	0.50 c
12131	Fresh lemon juice	0.25 c
12131	Cider vinegar	2.00 tb
12131	Apple cider	6.00 tb
12132	Asparagus (preferably white)	1.00 lb
12132	:boiling water mixed with	2.00 qt
12132	Salt	4.00 ts
12132	(9-in) unbaked pie shell	1.00
12132	Well aged Emmenthaler cheese	3.00 oz
12132	-coarsely grated	0.00
12132	Milk	0.75 c
12132	Whipping cream	0.75 c
12132	Eggs; lightly beaten	2.00 md
12132	Freshly grated Parmesan	0.25 c
12132	Kirschwasser	1.00 tb
12132	Salt	1.00 ts
12132	Finely snipped fresh dill OR	2.00 tb
12132	-Dill weed	0.50 ts
12132	Ground mace	0.25 ts
12132	Freshly ground black pepper	0.25 ts
12133	Unsalted butter	4.00 tb
12133	Unsalted butter	1.00 ts
12133	Flour	3.00 tb
12133	Salt	0.50 ts
12133	Freshly ground black pepper	0.25 ts
12133	Ground mace	0.25 ts

Sheet1

12133	Milk	1.00 c
12133	Whipping cream	0.50 c
12133	Frozen asparagus spears	10.50 oz
12133	-cooked according to the	0.00
12133	- package directions	0.00
12133	- and drained well.	0.00
12133	Eggs, hard-cooked	2.00 lg
12133	- peeled & coarsely chopped	0.00
12133	Grated sharp Cheddar cheese	0.75 c
12133	Minced blanched almonds	0.50 c
12133	Soft white bread crumbs	1.00 c
12133	Freshly grated Parmesan	0.25 c
12134	Asparagus (medium to large)	0.75 lb
12134	Unsalted butter	2.00 tb
12134	Salt	0.50 ts
12134	Freshly ground pepper	0.00
12135	Asparagus; trimmed,	1.00 lb
12135	-and cut into 1-in lengths	0.00
12135	Baking potato; peeled and	1.00 lg
12135	- cut into 1/2-in cubes	0.00
12135	Yellow onion, peeled	1.00 md
12135	-and cut into slim wedges	0.00
12135	Chicken broth	3.50 c
12135	Ground mace	0.25 ts
12135	Ground nutmeg	0.12 ts
12135	Salt	0.50 ts
12135	Freshly ground pepper	0.25 ts
12135	Freshly grated Parmesan	6.00 tb
12136	Fresh asparagus washed and	1.50 lb
12136	Tough/dry ends removed	0.00
12136	(1/2 stick) unsalted	0.25 c
12136	Butter	0.00
12136	Carefully washed and chop	1.00 c
12136	Leeks white part only	0.00
12136	Chopped onion	0.50 c
12136	Chopped celery	0.50 c
12136	Baking potato (about 1/2	1.00 sm
12136	Lb) peeled and cubed	0.00
12136	Chicken stock	3.50 c
12136	Lemon juice	1.00 ts
12136	Salt and pepper to taste	0.00
12136	Paprika, optional	0.00
12136	Half and half	0.50 c
12136	Creme fraiche/whipped cream	0.00
12136	For garnish	0.00
12137	Asparagus	1.00 lb
12137	Milk	4.00 c
12137	Butter	2.00 tb
12137	Flour	2.00 tb

Sheet1

12137	Pepper	0.12 ts
12137	Salt	1.00 ts
12138	Onions; finely chopped	2.00 lg
12138	Butter or vegan margarine	0.25 lb
12138	-plus:	0.00
12138	Butter or vegan margarine	2.00 tb
12138	Fine fresh breadcrumbs	1.33 c
12138	Phyllo pastry sheets	8.00
12138	Trimmed asparagus; washed,	1.50 lb
12138	- chopped and cooked	0.00
12138	- until tender	0.00
12138	Finely chopped parsley	0.25 c
12138	TO GARNISH -----	0.00 -----
12138	Parsley sprigs	0.00
12138	Lemon slices	0.00
12138	Asparagus tips	0.00
12138	VEGAN YOGURT & HERB DRESSING ----	0.00 -----
12138	Vegan yogurt	0.50 c
12138	Salt	0.00
12138	Freshly ground black pepper	0.00
12138	Chopped mint	2.00 tb
12138	TO GARNISH -----	0.00 -----
12138	VEGAN YOGURT & HERB DRESSING ----	0.00 -----
12139	Fresh Asparagus Spears	2.00 lb
12139	Water Divided	3.25 c
12139	Potatoes (1 Lb.)	2.00 lg
12139	Peeled & Diced	0.00
12139	Chicken Bouillon Granules	2.00 ts
12139	Skim Milk	0.75 c
12139	Salt	0.25 ts
12139	White Pepper	0.12 ts
12139	Lemon Rind Strips (Opt.)	0.00
12140	Slices of bacon, finely	2.00 md
12140	-chopped	0.00
12140	Onion, finely chopped	0.50 md
12140	Vinegar	0.25 c
12140	Water	0.25 c
12140	Salt	0.25 t
12140	Sugar substitute to equal	0.00
12140	2 tsp sugar	0.00
12140	Asparagus, heated	1.00 cn
12141	Turnips	2.00 md
12141	Carrots	2.00 sm
12141	Green onions	4.00
12141	Fresh asparagus spears	3.00
12141	Button mushrooms	0.50 c
12141	Baby sweet corn	8.00
12141	Water chestnuts	8.00
12141	Fresh ginger root	0.50 ts

Sheet1

12141	Tientsin vegetable	1.00 tb
12141	Peanut oil	2.00 tb
12141	Chicken stock	2.00 c
12141	Salt	1.00 ts
12141	Salt	1.00 pn
12141	Cornstarch paste	0.00
12141	Chicken fat	1.00 tb
12141	Crab meat or shell shrimp	0.50 c
12142	Mushroom, Fresh, Sliced	8.00 oz
12142	Shallots, Slivered	3.00 oz
12142	Vinegar, White	3.00 c
12142	Cumin Powder	1.00 ts
12143	Jim Vorheis	0.00
12143	Wild blackberries	2.00 lb
12143	Cold water	2.00 c
12143	Cold water	0.50 c
12143	Tortilla masa (1/3 cup)	3.00 oz
12143	Crushed piloncillo or	3.00 tb
12143	-dark brown sugar to taste	0.00
12143	Prepared tortilla masa, or	0.50 c
12143	-scant 1/2 cup masa harina	0.00
12143	-mixed with 1/3 cup water	0.00
12143	Water	0.67 c
12143	Warm milk	1.50 c
12143	Warm water	1.50 c
12143	Tablet drinking chocolate	1.50 oz
12143	3-inch cinnamon stick	1.00
12143	Brown sugar, or to taste	3.00 tb
12144	Potatoes, peeled, sliced	6.00 md
12144	Onion, coarsley chopped	1.00 md
12144	Cooked ham, cubed	8.00 oz
12144	Shredded american cheese	4.00 oz
12144	Cream of mushroom soup	1.00 cn
12144	Milk	0.50 c
12144	To 1/2 t. thyme leaves	0.25
12145	Sliced turnips & potatoes	4.00 c
12145	- (any combination,)	0.00
12145	- peeled and thinly sliced	0.00
12145	Onion	1.00 md
12145	- peeled and finely sliced,	0.00
12145	Melted butter	2.00 tb
12145	Milk	0.50 c
12145	Grated nutmeg	0.12 ts
12145	Ground white pepper	0.25 ts
12145	Salt	0.50 ts
12145	Grated Swiss cheese	0.50 c
12146	Stephen Ceideburg	0.00
12146	Aubergines	2.00 sm
12146	Spanish onion	1.00 lg

Sheet1

12146	Cloves garlic	4.00
12146	Vegetable oil	1.00 tb
12146	Chilli powder	2.00 ts
12146	Terasi	1.00 sl
12146	Brown sugar	1.00 ts
12146	Tomatoes	2.00 lg
12147	Hot peppers, (long fryers)	1.00 lb
12147	Olive oil	0.00
12147	To 4 cloves garlic,	3.00
12147	-(chopped)	0.00
12147	Can Italian plum tomatoes	1.00 sm
12148	PHILLY.INQUIRER -----	0.00 -----
12148	SUPER FINE SUGAR	2.00 tb
12148	CABBAGE	2.00 lb
12148	CELERY SEED	0.50 ts
12148	MAYONNAISE	1.00 c
12148	SALT	0.50 ts
12148	SOUR CREAM	1.00 c
12148	PINCH WHITE PEPPER	0.00
12148	VINEGAR	2.00 tb
12148	PHILLY.INQUIRER -----	0.00 -----
12149	Bacon,packaged	0.50 lb
12149	Oil,vegetable	2.00 T
12149	Onions,med,coarsely chopped	2.00
12149	Celery stalk,coarse chopped	1.00
12149	Bell pepper(s)	1.00
12149	Top beef sirloin,1" cubes	2.00 lb
12149	Beef,hamburger grind	1.00 lb
12149	Pork,hamburger grind	1.00 lb
12149	Red chile,hot,ground	4.00 T
12149	Red chile,mild,ground	3.00 T
12149	Garlic cloves,med,fine chop	2.00
12149	Oregano,dried,pref. Mexican	1.00 T
12149	Cumin,ground	1.00 t
12149	Beer,pref. Aus.(12oz ea)	2.00 cn
12149	Tomatoes,whole(14 1/2oz ea)	1.00 cn
12149	Brown sugar	3.00 t
12149	Boomerang(opt but authentic)	1.00
12150	Walleroo bacon	500.00 g
12150	Oil,vegetable	2.00 T
12150	Brown onion,medium,chopped	1.00
12150	White onion,chopped	1.00
12150	Celery stalks,chopped	2.00
12150	Green pepper,diced	1.00
12150	Kangaroo shank,red,coarse ch	1.00 kg
12150	Kangaroo shank,gry,coarse ch	500.00 g
12150	Emu ham,ground	500.00 g
12150	Garlic cloves	2.00
12150	Tasmanian light red chile	31.50 g

Sheet1

12150	Wooroorooka chile	31.50 g
12150	Mount Isa dark red chile	26.50 g
12150	Oregano	140.00 g
12150	Cumin(fluid measure)	1.00 g
12150	Australian beer(740ml btl)	0.00
12150	Tomatoes,whole(4l ea)	1.00 cn
12150	Brown sugar(3 fluid drams)	0.00
12150	Boomerang	1.00
12151	CRUST -----	0.00 -----
12151	Shortbread	0.00
12151	CHEESECAKE -----	0.00 -----
12151	Cottage or Farmer Cheese	2.00 c
12151	Sugar; Granulated	0.50 c
12151	Eggs; Large, Separated	5.00
12151	Milk	0.50 c
12151	Lemon Rind; Grated	0.50 ts
12151	Vanilla Extract	1.00 ts
12151	Unbleached Flour; Sifted	0.75 c
12151	Confectioners' Sugar	0.25 c
12151	Golden Raisins;FinelyChopped	3.00 tb
12151	CRUST -----	0.00 -----
12151	CHEESECAKE -----	0.00 -----
12152	Milk, warm (110 F to 115F)	0.50 c
12152	Yeast, active dry packages	2.00
12152	Flour, all-purpose	4.00 c
12152	Butter or margerine	1.00 c
12152	Sugar	0.50 c
12152	Eggs	4.00
12152	Light raisins	1.00 c
12152	Currants	0.25 c
12152	Orange peel, finely shredded	2.00 ts
12152	Salt	0.50 ts
12152	Almonds, whole blanched	0.25 c
12153	Butter or margarine (or oil,	4.00 tb
12153	-or lard)	0.00
12153	All purpose flour	3.00 tb
12153	Water	1.50 pt
12153	Knorr Beef Flavor Consomme	3.50 ts
12153	-Mix (or similar bouillon	0.00
12153	Powder or cubes)	0.00
12153	Chopped onion	2.00 tb
12153	Carrot, diced	1.00 md
12153	(approx.) broccoli or	2.00 c
12153	-cauliflower, cut into small	0.00
12153	-pieces	0.00
12153	Potato, peeled and diced	1.00 md
12154	Chinese barbecued pork	2.00 oz
12154	Fresh or frozen peas	0.25 lb
12154	Oil, preferably peanut	2.00 tb



Sheet1

12154	Long-grain rice, steamed	2.00 c
12154	-and chilled	0.00
12154	Salt	1.00 ts
12154	Eggs; beaten	2.00
12154	Fresh bean sprouts	4.00 oz
12154	GARNISH -----	0.00 -----
12154	Finely chopped scallions	2.00 tb
12154	GARNISH -----	0.00 -----
12155	Tomatoes,med	3.00
12155	Onion,Burmuda,lg,fine chop	1.00
12155	Oregano,dried,pref. Mexican	0.25 t
12155	Paprika	2.00 t
12155	Garlic cloves,lg,fine chop	5.00
12155	Beef shank,coarse grind	4.00 lb
12155	Lard,butter,or bacon dripins	1.00 T
12155	Scallions,in bunches,chopped	4.00
12155	Bell pepper(s)	5.00
12155	Serrano chiles,fresh	5.00
12155	Chorizo sausage or	1.00 lb
12155	Sausage,hot,non-Italian	1.00 lb
12155	Garlic cloves,med,fine chop	4.00
12155	Salt	2.00 t
12155	Red chile,hot,ground	4.00 T
12155	Red chile,mild,ground	4.00 T
12155	Cumin seeds	3.00 T
12155	Beer	0.00
12155	Water	0.00
12156	Quinoa	0.50 c
12156	Margarine	2.00 tb
12156	Finely chopped onion	0.75 c
12156	Minced fresh ginger	1.00 tb
12156	Orange juice	0.75 c
12156	-Water	0.67 c
12156	Honey	2.00 tb
12156	Salt	0.50 ts
12156	Ground coriander	0.25 ts
12156	Ground cardamom	0.25 ts
12156	Ground nutmeg	0.12 ts
12156	Diced sweet potato	1.00 c
12156	-(1/2" pieces)	0.00
12156	Diced butternut squash	1.00 c
12156	-(1/2" pieces)	0.00
12156	Cooked/canned butter beans	1.50 c
12156	-(drained and rinsed)	0.00
12156	Chopped cranberries	0.25 c
12157	Avocado, peeled and pureed	1.00 lg
12157	Lemon juice	0.25 c
12157	Butter, softened	1.00 lb
12158	Scallions	8.00 md

Sheet1

12158	Fresh Cilantro Leaves	0.50 c
12158	Cloves Garlic	2.00
12158	Pared Avocado	4.00 oz
12158	Plain Nonfat Yogurt	1.50 c
12158	Skim Buttermilk	0.50 c
12158	Lime Juice	2.00 tb
12158	Curry Powder	0.50 ts
12158	Ground Red Pepper	0.12 ts
12159	Cucumbers	2.00 lg
12159	Chicken broth	3.00 c
12159	Tabasco (or more to taste)	1.00 ts
12159	Firmly packed cilantro	0.25 c
12159	Juice of one medium lime	0.00
12159	Ripe avocados	2.00
12159	Salt - or to taste	0.50 ts
12159	Or 8 green onions including	6.00
12159	-green tops	0.00
12160	Avocados, pureed	2.00 lg
12160	Vanilla ice cream, slightly	2.00 qt
12160	-softened	0.00
12161	Avocado (about 1/4 pound),	0.50 md
12161	-pared and finely diced	0.00
12161	Lime juice (no sugar added)	2.00 tb
12161	Each diced red onion, red	0.25 c
12161	-bell pepper, and green bell	0.00
12161	-pepper	0.00
12161	Plum tomatoes, diced	2.00 lg
12161	Each chopped fresh cilantro	1.00 tb
12161	-or parsley, and seeded mild	0.00
12161	-or hot	0.00
12161	Chili pepper	0.00
12161	Cloves garlic, chopped	2.00 sm
12161	Olive or vegetable oil	2.00 ts
12161	Each salt and pepper	1.00 ds
12162	Onion, diced	1.00 md
12162	Ground coriander	1.00 tb
12162	Olive oil	1.00 tb
12162	Ripe avacados, peeled,	4.00 lg
12162	-pitted and coarsely chopped	0.00
12162	Green peppercorns in brine,	0.33 c
12162	-drained	0.00
12162	Salt to taste	0.00
12162	Pepper to taste	0.00
12162	Garlic cloves, minced	2.00
12162	Cumin	1.00 ts
12162	Light chicken stock	2.50 qt
12162	Cilantro leaves for garnish	0.00
12163	Avocado oil	2.00 tb
12163	Walnut Oil or 3 T. Fruity	1.00 tb

Sheet1

12163	Olive Oil	0.00
12163	Yellow Onion, chopped	1.00 md
12163	Cloves Garlic, peeled and	4.00
12163	Minced	0.00
12163	Piece of Ginger,1 1/2 inches	1.00
12163	Long, peeled and minced	0.00
12163	Serrano or jalapeno chili	3.00
12163	Peppers, stemmed, seeded and	0.00
12163	Minced	0.00
12163	Chicken stock	4.00 c
12163	Ripe Avocados, preferably	3.00
12163	The Haas variety	0.00
12163	Limes	2.00
12163	Sour cream	0.50 c
12163	Half-and-half	2.00 tb
12163	Cilantro leaves, very finely	0.25 c
12163	Minced	0.00
12163	Ground Coriander	1.00 ts
12163	Salt	0.00
12163	Radishes, 10-12	1.00 bn
12163	Black pepper	0.00
12164	Min to prepare	10.00
12164	Yield 1 1/2 c	0.00
12164	Cider vinegar	3.00 tb
12164	Cold water	3.00 tb
12164	Cake (1/4 lb) tofu	1.00
12164	(4" long) ripe avocado	1.00 md
12164	Hard cooked eggs	2.00
12164	Dijon mustard	0.50 ts
12164	Prepared horseradish	0.50 ts
12164	Very finely minced red onion	0.50 c
12165	Tomatoes	2.00
12165	-(hot-house or beefsteak) OR	0.00
12165	- Plum tomatoes	4.00
12165	Avocados; cut in half,	2.00
12165	- seed removed, peeled	0.00
12165	Virgin olive oil	0.33 c
12165	Shiitake mushroom caps	12.00 md
12165	-(if using dried mushroom	0.00
12165	-caps, soak to reconstitute)	0.00
12165	Finely minced garlic	1.00 tb
12165	Finely minced shallots	1.00 tb
12165	Red wine vinegar	0.25 c
12165	Salt	0.50 ts
12165	Freshly ground pepper	0.00
12166	Avocado, large	1.00
12166	Lemon juice	1.00 tb
12166	Sugar	3.00 tb
12166	Ice cream, vanilla	1.00 c

Sheet1

12166	Melon balls (opt)	1.00
12166	Peach, sliced (opt)	1.00
12166	Strawberries, fresh (opt)	1.00
12166	Creme de menthe (opt)	1.00
12167	Ripe Avocado, peeled,	1.00
12167	- pitted and diced	0.00
12167	Red Onion, diced	1.00 tb
12167	Jalapeno, seeded & minced	1.00 tb
12167	Lime Juice, fresh	1.00 tb
12167	Chilantro, chopped	1.00 tb
12167	Salt and Pepper to taste	0.00
12168	Sourdough starter	1.25 c
12168	Water	0.50 c
12168	Bread flour	3.00 c
12168	Melted margarine	1.00 tb
12168	Sugar	2.00 tb
12168	Salt	1.50 ts
12168	Yeast	2.00 ts
12169	Med Eggplant *	0.00
12169	Tahini	0.25 c
12169	Lemon Juice	1.00 tb
12169	Clove Garlic	0.00
12169	Black Pepper	0.25 ts
12169	Ground Cumin	1.00 ds
12169	Sesame Seeds	2.00 tb
12169	Finely Chopped Fresh Parsley	2.00 tb
12170	Large eggplant	1.00
12170	Clove garlic; crushed	1.00
12170	Salt	1.00 ts
12170	Tahini; Sesame Seed Paste	0.25 c
12170	Water	2.00 tb
12170	Lemon juice	0.25 c
12170	Lemon wedges	0.00
12170	Parsley	0.00
12170	Olive oil	0.00
12171	Eggplants	6.00 lg
12171	Lemons, juiced	2.00 ea
12171	Tahini	2.00 tb
12171	Salt	0.00
12171	Garlic clove	1.00 lg
12171	Chopped parsley, fresh	0.25 c
12171	Olive oil	2.00 tb
12172	Pork Loin	1.00 lb
12172	Onion	1.00 lg
12172	Garlic Cloves	3.00
12172	Thai Chile	1.00
12172	Ginger, Fresh	1.00
12172	Ketjap Manis	4.00 tb
12172	Water	0.50 c

Sheet1

12173	Yeast cakes	2.00
12173	Sugar	1.00 tb
12173	Warm water	0.50 c
12173	Butter	0.25 lb
12173	White raisins	1.00 c
12173	Flour	6.00 c
12173	Milk	1.00 c
12173	Egg yolks	9.00
12173	Sugar	1.00 c
12173	Salt	0.25 ts
12173	Butter	2.00 tb
12173	Sugar	2.00 tb
12173	Flour	0.25 c
12174	Junior Applesauce	0.50 c
12174	Baby cereal (oatmeal or	2.00 tb
12174	-rice)	0.00
12174	Brown sugar	1.00 tb
12174	Soft butter or margarine	2.00 ts
12175	Baby carrots; scraped	2.00 lb
12175	Butter	3.00 tb
12175	Chopped herbs; preferably	2.00 tb
12175	-Lemon Balm -OR-	0.00
12175	-Lemon thyme -OR-	0.00
12175	-Mint	0.00
12175	Salt	0.00
12175	Freshly ground Black Pepper	0.00
12176	Oriental sesame oil	2.00 tb
12176	Minced fresh ginger	1.00 tb
12176	Minced shallot	1.00 tb
12176	Hot red chilies,crushed,	0.50 ts
12176	-dried	0.00
12176	Ground coriander	0.50 ts
12176	Rice vinegar	0.50 c
12176	Reduced-sodium soy sauce	0.33 c
12176	Oyster sauce	2.00 tb
12177	-----	0.00
12177	Baby Ruth bars, 1.9oz, cutup	8.00
12177	Peanut butter, chunky	4.00
12177	Evaporated milk	6.00
12177	Flour, unsifted	2.00 c
12177	Baking soda	1.00 ts
12177	Baking powder	0.50 ts
12177	Butter, softened	0.50 c
12177	Sugar	1.25 c
12177	Eggs	2.00
12177	Vanilla	0.50 ts
12177	Buttermilk	1.00 c
12177	FILLING & TOPPING -----	0.00 -----
12177	Baby Ruth Bars, 1.9oz, cutup	6.00

Sheet1

12177	Egg yolks	2.00
12177	Evaporated milk	1.00 c
12177	Sugar	1.00 c
12177	Butter	0.50 c
12177	Coconut, flaked	1.00 c
12177	Peanuts, coarsely chopped	8.00 tb
12177	WHIPPED TOPPING -----	0.00 -----
12177	Heavy cream	1.00 c
12177	Egg white, stiffly beaten	1.00
12177	Powdered sugar, sifted	2.50 tb
12177	Vanilla	0.75 ts
12177	CAKE MIX -----	0.00 -----
12177	FILLING & TOPPING -----	0.00 -----
12177	WHIPPED TOPPING -----	0.00 -----
12178	Back bacon	3.00 sl
12178	Stalks celery, chopped	3.00
12178	Carrots, chopped	2.00 md
12178	Onion, chopped	1.00 md
12178	Chopped turnip	1.00 c
12178	Beef broth	3.00 c
12178	Bay leaf	1.00
12178	Thyme	0.50 ts
12178	(19oz) kidney OR pinto	1.00 cn
12178	-beans, drained and rinsed	0.00
12179	Rounds of Pillsbury pastry	2.00
12179	Eggs	6.00
12179	Bacon	6.00 sl
12179	Green onion	1.00
12179	Clove garlic	1.00
12179	Tomatoe	1.00 sm
12179	Green peas	0.25 c
12180	Finely chopped seeded	0.67 c
12180	Tomato	0.00
12180	Finely chopped red onion	2.00 tb
12180	Pickled or fresh jalapeno	1.00
12180	Chili, or to taste, seeded	0.00
12180	And minced. (wear rubber	0.00
12180	Gloves)	0.00
12180	Minced fresh coriander	2.00 tb
12180	(cilantro)	0.00
12180	Fresh lime or lemon juice	1.00 tb
12180	OMELET -----	0.00 -----
12180	Eggs	4.00 lg
12180	Water	2.00 tb
12180	Unsalted butter	1.00 tb
12180	Slices of lean bacon,	3.00
12180	Cooked and crumbled	0.00
12180	Avocado (preferably	1.00 sm
12180	California) peeled and	0.00

Sheet1

12180	Chopped in half-inch cubes.	0.00
12180	Coarsely grated Monterey	0.50 c
12180	Jack (about 2 oz)	0.00
12180	OMELET -----	0.00 -----
12181	Bacon	0.50 lb
12181	Veg oil	0.00
12181	Egg, beaten	1.00
12181	Milk	0.75 c
12181	All-purpose flour	1.75 c
12181	Sugar	0.25 c
12181	Crunchy, nugget cereal	0.50 c
12181	Hredded cheddar cheese C	1.00 c
12182	Instant Bacon Bits	2.00 tb
12182	Instant Beef Bouillon	1.00 ts
12182	Instant Minced Onion	1.00 tb
12182	Minced Garlic	0.12 ts
12183	Cream Cheese With Chives	6.00 oz
12183	Milk	1.00 tb
12183	Mixed Grain Sandwich Bread	25.00
12183	Bacon Cut In Halves	25.00
12184	Bacon	4.00 sl
12184	Onion, chopped	0.25 c
12184	4 oz. Mushroom Pieces,	1.00 cn
12184	-drained and finely chopped	0.00
12184	Ground Beef, lean	1.00 lb
12184	Ground Pork, bulk	1.00 lb
12184	Parmesan Cheese, grated	0.25 c
12184	Pepper	0.50 ts
12184	Garlic Powder	0.25 ts
12184	Steak Sauce	2.00 tb
12184	Hamburger Buns, split and	8.00
12184	-toasted	0.00
12184	Leaf Lettuce, optional	0.00
12185	Bacon slices	12.00
12185	Fresh ground turkey	1.00 pk
12185	Fine dry bread crumbs	0.50 c
12185	Worcestershire Sauce	1.00 ts
12185	Garlic salt	0.50 ts
12186	Chopped almonds	1.00 c
12186	Shelled, unsalted pistachios	2.00 tb
12186	Whole cardamom pods	6.00
12186	Milk	1.00 c
12186	Honey or sugar	6.00 tb
12186	Melted ghee or clarified	3.00 tb
12186	-butter	0.00
12187	Butter	0.25 c
12187	Olive oil	0.25 c
12187	Cloves garlic, chopped fine	15.00
12187	Anchovies, chopped	4.00 oz

Sheet1

12187	Heavy cream	1.00 qt
12187	Dijon mustard	1.00 ts
12187	Roast Garlic mashed	2.00 tb
12187	Ziti, cooked	0.50 lb
12187	Matchstick-sliced carrots,	0.25 c
12187	Par-boiled	0.00
12188	Eggplant	0.50 lb
12188	Ghee	2.00 tb
12188	Onion, chopped finely	1.00 sm
12188	Garlic cloves, sliced	1.00 ea
12188	Turmeric	0.50 ts
12188	Bay leaf	1.00 ea
12188	1" cinnamon stick	1.00 ea
12188	Salt	0.50 ts
12188	Cayenne pepper	0.75 ts
12188	1/2" fresh ginger	1.00 sl
12188	Tomatoes	2.00 md
12188	Garam masala	1.00 ts
12189	CRUST -----	0.00 -----
12189	Graham cracker crumbs	2.00 c
12189	Sugar	0.25 c
12189	Butter, melted	6.00 tb
12189	FILLING -----	0.00 -----
12189	Cream cheese, room temp.	2.25 lb
12189	Sugar	1.67 c
12189	Eggs, room temperature	5.00
12189	Bailey's Irish Cream	1.00 c
12189	Vanilla extract	1.00 tb
12189	Semisweet chocolate chips	1.00 c
12189	COFFEE CREAM -----	0.00 -----
12189	Chilled whipping cream	1.00 c
12189	Sugar	2.00 tb
12189	Instant coffee powder	1.00 ts
12189	Chocolate curls as garnish	0.00
12189	CRUST -----	0.00 -----
12189	FILLING -----	0.00 -----
12189	COFFEE CREAM -----	0.00 -----
12190	Onion; Chopped, 1 Medium	0.50 c
12190	Green Chiles; Chopped	0.50 c
12190	Cloves Garlic;Finely Chopped	2.00
12190	Olive Oil	0.25 c
12190	White Wine; Dry	2.00 c
12190	Orange Peel; Grated	1.00 tb
12190	Orange Juice	1.50 c
12190	Sugar	1.00 tb
12190	Cilantro; Fresh, Snipped	1.00 tb
12190	Basil Leaves; Dried	1.00 ts
12190	Salt	1.00 ts
12190	Pepper	0.50 ts



Sheet1

12190	Oregano Leaves; Dried	0.50 ts
12190	Italian Plum Tomatoes; *	28.00 oz
12190	Soft-shell Clams; Scrubbed	24.00
12190	Shrimp; Raw, Shelled, Med.	1.50 lb
12190	Fish; **	1.00 lb
12190	Crabmeat; Frozen, ***	6.00 oz
12191	Green onions, chopped	10.00
12191	Medium-size onion, diced	1.00
12191	Bell pepper, seeded and	1.00
12191	-diced	0.00
12191	Scotch bonnet pepper or	1.00
12191	-jalapeno pepper, seeded and	0.00
12191	-minced	0.00
12191	To 4 cloves garlic, minced	3.00
12191	Unsaturated cornflower oil	2.00 tb
12191	Fresh thyme leaves	1.00 tb
12191	Minced fresh parsley	1.00 tb
12191	Lime juice	0.25 c
12191	Salt	0.25 ts
12191	Freshly ground pepper	0.25 ts
12191	Chicken thighs	4.00
12191	Chicken drumsticks	4.00
12192	Dried black beans, soaked	2.50 c
12192	-overnight	0.00
12192	Or 2 small ham hocks	1.00 lg
12192	To 3.5 quarts water	3.00
12192	Olive oil	3.00 tb
12192	To 3 large onions	2.00
12192	Cloves garlic	4.00
12192	Fresh green peppers	3.00 sm
12192	-(jalapeanos if preferred)	0.00
12192	Berries allspice coarsely	8.00
12192	-crushed	0.00
12192	Brown sugar (or 1 t of	2.00 ts
12192	-molasses)	0.00
12192	Tomato paste	3.00 tb
12192	Creme fraiche or sour cream	0.75 c
12193	Canola oil	0.25 c
12193	Honey	1.00 tb
12193	Lime juice	1.00 tb
12193	Paprika	0.25 ts
12193	Chicken breast halves.	4.00
12193	-washed and patted dry	0.00
12194	9" graham cracker crust	1.00
12194	Concentrated lemon juice	0.33 c
12194	8 oz softened cream cheese	1.00 pk
12194	Vanilla extract	1.00 ts
12194	14 oz. sweetened condensed;	1.00 c
12194	Cherry pie filling	1.00 c

Sheet1

12194	Milk ( not evaporated)	0.00
12195	All-purpose flour	2.00 c
12195	Baking powder	2.50 ts
12195	Salt	0.50 ts
12195	Plus 8 teaspoons butter,	0.75 c
12195	-chilled	0.00
12195	Milk	0.75 c
12195	Apples, pared and cored	8.00 sm
12195	Sugar	0.50 c
12195	Apple jelly	0.00
12195	Cinnamon sugar	0.00
12195	Heavy cream or Cinnamon Hard	0.00
12195	-Sauce (recipe follows)	0.00
12195	Preheat oven to 375 degrees	0.00
12195	-F.	0.00
12196	Egg substitute	0.33 c
12196	Pared and cored apples,	2.00 c
12196	-finely chopped (2 medium)	0.00
12196	Cooked white rice	1.50 c
12196	Pitted dates, snipped	0.50 c
12196	Sugar	0.25 c
12196	Cinnamon	0.50 ts
12196	Unsalted margarine, softened	2.00 tb
12196	Vanilla	1.00 ts
12196	Egg whites	2.00
12196	Cinnamon	0.25 ts
12197	Apples	4.00
12197	Brown Sugar, Packed	0.33 c
12197	Raisins	0.25 c
12197	Cinnamon	2.00 ts
12197	Nutmeg	0.50 ts
12197	Yogurt, Low-Fat	0.33 c
12197	Maple Syrup	0.25 c
12198	Phyllo pastry sheets (17x12"	4.00
12198	Baking apples	4.00
12198	Light-brown sugar	0.25 c
12198	Walnut pieces, chopped	2.00 tb
12198	Cinnamon, ground	0.50 ts
12198	Frozen raspberries*	10.00 oz
12199	Tart cooking apples	4.00 lg
12199	Chopped dates	0.50 c
12199	Chopped walnuts	0.25 c
12199	Cinnamon	0.50 ts
12199	Tightly packed brown sugar	0.33 c
12199	Butter	2.00 tb
12199	Heavy cream or Vanilla	0.00
12199	Vanilla Cream Sauce:	0.00
12199	Egg yolks	6.00
12199	Sugar	0.67 c

Sheet1

12199	Milk	2.50 c
12199	Vanilla	1.00 ts
12200	Apricots (1 lb)*	1.00 cn
12200	Butter slivers	0.00
12200	Sugar	0.00
12201	Bananas	4.00 lg
12201	Pineapple juice	0.25 c
12201	Honey	1.00 ts
12201	Nutmeg; fresh, grated	0.12 ts
12202	Olive Oil	2.00 tb
12202	Onion, Chopped	1.00
12202	Chili Powder	5.00 ts
12202	Dry Mustard	1.50 ts
12202	Water	2.00 c
12202	Cannellini (White Kidney	2.00 cn
12202	Beans, (15-oz. Cans),	0.00
12202	Rinsed, Drained	0.00
12202	Stewed Tomatoes, With Juice	1.00 cn
12202	(14-1/2 Oz. Can)	0.00
12202	Unsulfered (Light) Molasses	3.00 tb
12203	Pork and beans(16oz)	2.00 cn
12203	Brown sugar	0.25 c
12203	Mustard,dry	0.50 ts
12203	Catsup	0.50 c
12203	Bacon slices,cut/1" pieces	4.00
12203	Onion slices	0.50 c
12204	-ELAINE RADIS BGMB90B	0.00
12204	Cressent rolls; 4 rolls	1.00
12204	Small round of brie	1.00
12204	Butter	2.00 tb
12204	-Honey mustard; -=OR=-	0.00
12204	-chopped nuts; -=OR=-	0.00
12204	-apple slices	0.00
12205	Bulgur wheat, uncooked	1.00 c
12205	Dried basil	0.50 ts
12205	Salt	0.12 ts
12205	Pepper	0.12 ts
12205	Boiling water	2.00 c
12205	Chopped pecans	0.25 c
12206	Cubed chuck roast	2.00 lb
12206	Burgundy	1.00 c
12206	(10 1/2 oz.) condensed	1.00 cn
12206	Onion soup	0.00
12206	Fine dry bread crumbs	0.25 c
12206	Bay leaf	1.00
12206	Buttered noodles	0.00
12207	Canned ham	5.00 lb
12207	Frozen orange concentrate	0.50 c
12207	Brown sugar	1.00 tb

Sheet1

12207	Catsup	1.00 tb
12207	Soy sauce	1.00 tb
12207	Garlic powder	0.50 ts
12208	Butter	1.00 c
12208	Brown Sugar	2.00 c
12208	Corn syrup	0.50 c
12208	Salt	1.00 ts
12208	Baking Soda	0.50 ts
12208	Vanilla	1.00 ts
12208	Popped Popcorn	6.00 qt
12209	9" graham cracker crust	1.00
12209	8 oz softened cream cheese	1.00 pk
12209	14 oz. sweetened condensed;	1.00 c
12209	Milk ( not evaporated)	0.00
12209	Concentrated lemon juice	0.33 c
12209	Vanilla extract	1.00 ts
12209	Cherry pie filling	1.00 c
12210	Envelope vegetable recipe	1.00
12210	-soup mix	0.00
12210	Water	1.50 c
12210	Uncooked regular rice	0.50 c
12210	10 oz pkg. frozen chopped	1.00
12210	-spinach,cooked and squeezed	0.00
12210	-dry	0.00
12210	Tomato,coarsely chopped	0.50 md
12210	Shredded mozzarella	0.50 c
12210	-cheese,about 1 1/2 oz.	0.00
12210	Grated Parmesan cheese	0.25 c
12210	Clove garlic,finely chopped	1.00 sm
12210	Whole boneless chicken	4.00
12210	-breasts,about 2	0.00
12210	-lbs.,skinned and halved	0.00
12211	Chicken, cooked, cut up	1.00 c
12211	Celery, chopped	1.00 c
12211	Cheese, american, processed,	0.50 c
12211	Burger bun, split and butter	6.00 ea
12211	Onion, minced, instant	1.00 tb
12211	Salt	0.25 ts
12211	Pepper	0.12 ts
12211	Mayonnaise	0.25 c
12212	To 4 lb. frying chicken, cut	1.00
12212	-up	0.00
12212	Margarine	0.25 c
12212	Honey	0.25 c
12212	Orange juice	0.25 c
12212	Fresh lemon juice	2.00 tb
12212	Prepared mustard	1.00 tb
12212	Salt	1.00 ts
12212	Curry powder	1.00 ts

Sheet1

12212	Cornstarch	1.00 ts
12212	Cold water	1.00 tb
12213	Boneless chicken breast	4.00
12213	-halves	0.00
12213	Room temperature butter	0.25 c
12213	Crumbled dried tarragon	0.50 ts
12213	All purpose flour	0.50 c
12213	Beaten eggs	2.00
12213	Dry breadcrumbs	1.00 c
12213	Melted butter	0.00
12214	Chicken livers	1.00 lb
12214	Thyme	0.50 ts
12214	Sage	0.50 ts
12214	Dry mustard	0.50 ts
12215	Chicken -cooked, diced	2.00 c
12215	Celery - diced	1.50 c
12215	Almonds - blanched	0.50 c
12215	Potato chips - whole	4.00 c
12215	Mayonnaise	0.50 c
12215	Lemon slice - peeled	1.00
12215	Onion - small	0.50
12215	Cheddar cheese cubes	1.00 c
12216	Chickens(2 1/2 to 3 pounds	2.00
12216	-each),quartered	0.00
12216	Apple cider	2.00 c
12216	Unbleached all-purpose flour	1.00 c
12216	Ground ginger	1.00 tb
12216	Ground cinnamon	2.00 ts
12216	Salt and fresh ground	0.00
12216	-pepper,to taste	0.00
12216	Brown sugar	3.00 tb
12216	Applejack	0.33 c
12216	Apples,cored and cut into	2.00
12216	-thin wedges	0.00
12217	Chicken breasts, skinned	1.00 lb
12217	Cream of chicken soup	10.00 oz
12217	Sliced mushrooms (save	4.00 oz
12217	-liquid)	0.00
12217	Sherry	0.25 c
12217	Tarragon leaves	0.50 ts
12217	Garlic powder	0.12 ts
12217	Worcestershire sauce	0.50 ts
12218	Chicken breasts halves	4.00
12218	Chopped tomatoes	4.00 c
12218	Small onion chopped	1.00
12218	Tomato paste	2.00 tb
12218	Sweet red pepper, chopped	0.50
12218	Basil	1.00 ts
12218	Thyme	1.00 ts

Sheet1

12218	Oregano	0.50 ts
12218	Garlic cloves, minced	2.00
12218	Crushed red pepper (opt)	0.25 ts
12219	Chicken breast	1.00
12220	Almond Red Sauce; *	0.00
12220	Jalepeno Cream Sauce; *	0.00
12220	Ground Beef	1.00 lb
12220	Onion; Finely Chopped, 1 sm.	0.25 c
12220	Clove Garlic; Finely Chopped	1.00
12220	Almonds; Slivered	0.25 c
12220	Raisins	0.25 c
12220	Red Wine Vinegar	1.00 tb
12220	Red Chiles; Ground	1.00 ts
12220	Salt	0.50 ts
12220	Cinnamon; Ground	0.25 ts
12220	Cloves; Ground	0.12 ts
12220	Green Chiles; Chopped, 1 can	4.00 oz
12220	Tomato; Chopped, 1 medium	1.00 c
12220	Flour Tortillas; **	8.00
12220	Egg; Large, Beaten	1.00
12220	Margarine Or Butter;Softened	2.00 tb
12221	Milk	2.00 c
12221	Semisweet chocolate pieces	0.50 c
12221	Slightly beaten eggs	3.00
12221	Sugar	0.25 c
12221	Vanilla	1.00 ts
12221	Salt	0.12 ts
12222	Citrus Barbecue Sauce; *	0.00
12222	Swordfish steaks; **	6.00
12223	Cod, whole;	1.00
12223	-head, fin, tail removed	0.00
12223	Salt pork fat back	0.00
12223	-sliced	0.00
12223	STUFFING -----	0.00 -----
12223	Bread crumbs; up to 3 cups	2.00 c
12223	-Salt	1.00 pn
12223	Onion; chopped	1.00
12223	Savoury	2.00 ts
12223	Butter; up to 1/2 cup	0.25 c
12223	-melted	0.00
12223	Potato; mashed	1.00
12223	Celery;finely chopped	0.25 c
12223	-(optional)	0.00
12223	STUFFING -----	0.00 -----
12224	Pork chops,shoulder(1.5lb)	4.00
12224	Onion powder	1.00 ts
12224	Cranberry juice,jellied(16oz	1.00 cn
12224	Brown sugar,light	2.00 tb
12224	Water	3.00 tb

Sheet1

12224	Ginger,ground	1.00 ts
12224	Nutmeg,ground	0.00 ts
12224	Carrots,cut/juilenne strips	2.00 c
12224	Cornstarch	1.00 ts
12224	Parsley flakes	1.00 ts
12225	Sugar	0.33 c
12225	Salt	0.25 ts
12225	Eggs, slightly beaten	4.00
12225	Milk	3.00 c
12225	Vanilla	0.50 ts
12225	Few grains nutmeg	0.00
12226	Unsalted butter; (1/4 cup)	0.50 ea
12226	Green bell pepper; diced	0.50 ea
12226	Eggplants; about 1 lb. each	2.00 ea
12226	Dry white wine	0.50 c
12226	Whipping cream	2.00 c
12226	Sl Mozzarella; 1/4-inch thic	8.00 ea
12226	Yellow onion; diced	0.50 ea
12226	Red bell pepper; diced	0.50 ea
12226	Bay leaf	1.00 ea
12226	Chicken stock; or canned br	0.50 c
12226	Parmesan; freshly grated (a	1.00 c
12227	Fish steaks, tamure	6.00
12227	-(snapper), or hapuka	0.00
12227	-(groper)	0.00
12227	Milk	0.50 c
12227	Salt	0.50 ts
12227	Dry breadcrumbs	1.00 c
12227	Butter	2.00 oz
12227	Watercress or parsley	0.00
12227	Sliced lemon	0.00
12228	Slices form bread	8.00
12228	Eggs	2.00
12228	Milk	1.50 c
12228	Butter	2.00 tb
12228	CINNAMON AND SUGAR MIX -----	0.00 -----
12228	Cinnamon	1.00 tb
12228	Sugar	1.00 c
12228	CINNAMON AND SUGAR MIX -----	0.00 -----
12229	Salmon piece	3.00 lb
12229	Salt	1.00 ts
12229	Pepper	1.00 ts
12229	Thyme	0.50 ts
12229	Butter	3.00 tb
12229	Cream light	1.50 c
12229	Onion slices	3.00
12229	Parsley sprigs	3.00
12229	Garlic clove sliced in qtrs.	1.00
12229	Bayleaf	1.00

Sheet1

12229	Cucumber peeled, strip cut	2.00
12230	PHILLY.INQUIRER -----	0.00 -----
12230	PEANUT OR VEGEIE OIL	1.00 c
12230	SWEET MILD PAPRIKA	1.00 tb
12230	OLIVE OIL	1.00 c
12230	CELERY SALT	1.00 ts
12230	COARSLY CHOPPED GARLIC	0.25 c
12230	RED WINE VINEGAR	0.50 c
12230	CHOPPED ONIONS	1.00 c
12230	RED HOT PEPPER SAUCE	0.50 ts
12230	SOY SAUCE	3.00 tb
12230	MEDIUM WHOLE CHICKEN LEGS	24.00
12230	PHILLY.INQUIRER -----	0.00 -----
12231	Ham	10.00 lb
12231	Flour	0.25 c
12231	Maple syrup	0.25 c
12231	Cloves	1.00 ea
12231	Brown sugar	1.00 c
12231	Mustard, dry	1.00 t
12231	Water	3.00 T
12232	(9-lb) boneless ham	1.00
12232	Light brown sugar	1.00 lb
12232	Bottles X-dry champagne	2.00
12232	Honey	3.00 tb
12232	Ground ginger	1.50 ts
12232	Dry mustard	1.50 ts
12232	Pineapple slices (opt.)	0.00
12232	Spiced apples (optional)	0.00
12233	Orange marmalade	0.33 c
12233	Dijon mustard	1.50 tb
12233	Ground cloves	0.12 ts
12233	(1-1/2 lbs.) fully cooked	1.00 cn
12233	-ham	0.00
12234	Thick slice ham	1.00
12234	Dry mustard	1.00 tb
12234	Brown sugar	4.00 tb
12234	White vinegar	0.33 c
12234	Frozen strawberries,	10.00 oz
12234	-undrained (one package)	0.00
12234	Sticks cinnamon	2.00
12234	Whole cloves	2.00
12234	Ginger	0.50 ts
12234	Nutmeg	0.00 ds
12235	Varietal non-sparkling white	4.00 c
12235	-or pink grape juice	0.00
12235	Unpeeled yams cut into 1.5"	3.00 c
12235	-chunks	0.00
12235	Unpeeled carrots, cut into	3.00 c
12235	-1.5" slices	0.00



## Sheet1

12235	Unpeeled parsnips, cut into	3.00 c
12235	-1.5" slices	0.00
12235	Peeled onions, cut into 1.5"	3.00 c
12235	-wedges	0.00
12235	Water	2.00 c
12235	Celery, cut into 1.5" slices	3.00 c
12235	Water	0.33 c
12235	Arrowroot	5.00 tb
12235	Fresh parsley, minced	0.25 c
12236	White wine	0.50 c
12236	Chicken breasts,skin	4.00
12236	-removed,about 6 oz. each	0.00
12236	Vegetable oil	1.00 tb
12236	Plain horseradish	2.00 tb
12236	Mustard seed	1.25 ts
12236	Onion powder	0.50 ts
12236	Garlic powder	0.50 ts
12236	Dried thyme	0.25 ts
12236	Fresh parsley,chopped fine	2.00 tb
12237	Text Only	0.00
12238	Onion, minced	1.00
12238	Clove garlic menced	1.00
12238	Ground beef	1.00 lb
12238	Shortening	2.00 ts
12238	Can whole tomatoes	1.00 md
12238	Tomato sauce	1.00 cn
12238	Oregano	1.00 ts
12238	Pepper	0.25 ts
12238	Lasagna noodles	0.50 lb
12238	Boiling water	2.50 qt
12238	Sliced Mozzarella cheese	0.50 lb
12238	Cream cottage cheese	1.00 c
12238	Cheddar cheese	0.50 c
12239	Boneless chicken breasts	4.00
12239	Stick of butter	1.00
12239	Lemon juice	0.33 c
12239	Flour	0.50 c
12239	Minced onion	0.50 c
12239	Clove minced garlic	1.00
12239	Salt and pepper	1.00 t
12240	Olive oil	0.50 c
12240	Red peppers	2.00 lg
12240	Lemon juice	0.33 c
12240	Green peppers	2.00 lg
12240	Chopped Italian parsley	2.00 tb
12240	Salt	0.75 ts
12240	Dried oregano	1.00 tb
12240	Pepper	0.12 ts
12240	Broiler/fryer chicken	3.50 lb

Sheet1

12241	Dried lima beans	1.00 c
12241	Water (I use chicken stock)	8.00 c
12241	Oil	2.00 tb
12241	Onion, chopped	1.00
12241	Clove garlic, mashed	1.00
12241	Chicken (3 1/2 - 4 lbs) cut	1.00
12241	-into 8 pieces	0.00
12241	White wine	0.33 c
12241	Salt, pepper to taste	0.00
12241	Mushrooms, quartered	0.25 lb
12241	Paprika	1.00 ts
12242	Cooked elbow macaroni	4.00 c
12242	Mashed tofu	1.00 c
12242	Cheesy gravy	3.00 c
12243	Butter	2.00 tb
12243	Maple syrup	3.00 tb
12243	Bananas peeled, sliced	4.00
12243	-lengthwise	0.00
12243	Lemon juice	1.00 tb
12244	Pork chops	2.00
12244	Worcestershire sauce	2.00 tb
12244	Dried thyme leaves	0.25 ts
12244	Freshly ground pepper	0.12 ts
12245	Egg whites	2.00 ea
12245	Peanuts; ground	1.00 c
12245	Brown sugar	1.00 c
12246	Firm, but ripe papayas	3.00
12246	Pieces of vanilla bean	6.00 sm
12246	Butter	6.00 ts
12246	Brown sugar	12.00 ts
12247	Round loaf dark bread (about	1.00 lg
12247	-2 pounds, unsliced)	0.00
12247	Scallions, chopped	1.00 bn
12247	Garlic cloves, finely minced	6.00
12247	Butter or margarine	2.00 tb
12247	(8 ounces) cream cheese, cut	1.00 pk
12247	-into small chunks and	0.00
12247	-softened	0.00
12247	(16 ounces) sour cream	2.00 c
12247	(12 ounces) grated mild or	3.00 c
12247	-medium cheddar cheese	0.00
12247	(14 ounces) artichoke hearts	1.00 cn
12247	-(water packed, not	0.00
12247	-marinated),	0.00
12248	Ripe peaches	6.00
12248	Sugar	0.33 c
12248	Italian macaroons; crushed	8.00
12248	-such as Amaretti di Saronno	0.00
12248	Egg yolk	1.00

Sheet1

12248	Unsalted butter; melted	4.00 tb
12249	Peaches, whole, ripe	6.00
12249	Lemon Juice	5.00 tb
12249	Amaretti Cookies, crumbled	1.50 c
12249	Brown Sugar	2.00 tb
12249	Softened Butter <--*= M.B!	0.33 c
12249	Amaretto Liqueur	1.00
12250	Peameal Bacon, 1 centre cut	1.00
12250	-piece	0.00
12251	Chicken,broiler-fryer*	1.00
12251	Flour	0.25 c
12251	Egg	1.00
12251	Peanut butter	0.33 c
12251	Salt	1.00 ts
12251	Pepper	0.12 ts
12251	Milk	0.33 c
12251	Bread crumbs,dry	0.50 c
12251	Peanut oil	0.25 c
12252	Can crushed pineapple,	16.00 oz
12252	-drained	0.00
12252	Eggs, beaten	3.00
12252	Sugar	0.75 c
12252	Cornstarch	4.00 tb
12252	Butter	0.00
12252	Cinnamon	0.00
12253	Carrots,diced in pieces	8.00
12253	Flour	0.25 c
12253	Salt	1.50 ts
12253	White pepper,ground	0.12 ts
12253	Thyme	0.25 ts
12253	Pork chops,cut 3/4" thick	8.00
12253	Corn oil	2.00 tb
12253	Onion,sliced	1.00
12253	Water	0.33 c
12254	Pork chops	6.00
12254	Caraway seeds; crushed	1.00 ts
12254	Salt	0.50 ts
12254	White wine; dry	1.00 c
12254	Garlic clove; minced	1.00
12254	Hungarian paprika; mild *	2.00 ts
12254	Pepper; as desired	0.00
12254	Sour cream (optional)	1.00 c
12255	Pork loin or rib chops, 1.8	4.00
12255	-cm	0.00
12255	Worcestershire sauce	2.00 tb
12255	Dried thyme leaves	0.25 ts
12255	Pepper	0.12 ts
12256	Raw rice	0.25 c
12256	Milk, scalded	1.00 qt

Sheet1

12256	Sugar	0.33 c
12256	Salt	0.50 ts
12256	Butter or margarine	1.00 tb
12256	Nutmeg (optional)	0.12 ts
12257	Rice; Cooked	3.00 c
12257	Dairy Sour Cream	1.00 c
12257	MontereyJack Cheese;Shredded	0.50 c
12257	Cheddar Cheese; Shredded	0.50 c
12257	Red Chiles; Ground, To Taste	0.00
12257	Green Chiles; Chopped, *	8.00 oz
12258	SALMON	2.00 lb
12258	Mushrooms sliced	0.75 c
12258	Butter	0.25 c
12258	Onion juice	1.00 ts
12258	Flour	0.25 c
12258	Cream light	0.50 c
12258	Salt	0.25 ts
12258	Pepper	0.12 ts
12258	Cayenne to taste	0.00
12258	Mace to taste	0.00
12258	Crumbs bread buttered	1.00 c
12258	Mushroom caps	4.00
12259		1.00
12259		1.00
12259	White pepper	0.00
12259	Rib celery, thinly sliced	1.00
12259	Fish, dressed	6.00
12259	Dried marjoram	0.75
12259	Stuffing recipe	1.00
12259	Bay leaf	1.00
12259	White wine	1.50 c
12259	Lemon, sliced very thin	1.00
12259	Butter, melted	4.00 tb
12259	Shallots, thinly sliced	2.00
12259	CELERY STUFFING -----	0.00 -----
12259	(4 ribs)	0.75 c
12259	Bread crumbs	0.50 c
12259	Chopped celery	0.00
12259	Salt and fresh black pepper	0.00
12259	Chopped onions	0.50
12259	Savory	0.25 ts
12259	Butter	4.00 tb
12259	Chopped celery tops	0.25 c
12259	FENNEL / TARRAGON STUFFING -----	0.00 -----
12259	Chopped parsley	2.00 tb
12259	Fennel seed	0.50 ts
12259	Chopped fresh tarragon	2.00 tb
12259	Salt and fresh pepper	0.00
12259	Butter, melted	6.00 tb

Sheet1

12259	Roughly torn fresh	1.50 c
12259	Bread crumbs	0.00
12259	CELERY STUFFING -----	0.00 -----
12259	FENNEL / TARRAGON STUFFING -----	0.00 -----
12260	Vidalia onions	4.00 ea
12260	Olive oil	1.00 ts
12260	TVP flakes or granules	0.50 c
12260	Hot water	0.50 c
12260	Marjoram	0.50 ts
12260	Cumin	0.50 ts
12260	Salt	0.50 ts
12260	Cayenne pepper	1.00 pn
12260	Fine breadcrumbs	0.50 c
12260	Vegetable stock	0.50 c
12260	Grape juice or white wine	0.50 c
12261	PASTRY -----	0.00 -----
12261	All-purpose flour	1.67 c
12261	Pinch of salt	1.00 ea
12261	Butter, cut in small pieces	0.50 c
12261	Butter; (add to above)	1.00 T
12261	Sugar	2.00 T
12261	Egg	1.00 ea
12261	Ice water	4.00 T
12261	FILLING -----	0.00 -----
12261	Cream cheese	1.50 lb
12261	Oil	0.25 c
12261	Sugar	1.25 c
12261	Eggs; separated	3.00 ea
12261	Cornstarch	0.25 c
12261	Drops vanilla extract	5.00 ea
12261	Milk	0.50 c
12261	PASTRY -----	0.00 -----
12261	FILLING -----	0.00 -----
12262	Envelope vegetable soup mix	1.00
12262	-15 ounces	0.00
12263	Ham	1.00
12263	Bread crumbs	2.00 c
12263	Molasses	2.00 tb
12263	Melted butter or butter	2.00 tb
12263	-substitute	0.00
12263	Cloves	0.00
12263	Brown sugar	2.00 tb
12263	Prepared mustard	2.00 ts
12263	Vinegar and sugar	0.00
12264	Zucchini, medium	4.00 x
12264	Rice, long grain cooked	1.00 c
12264	Onion, yellow, chopped	0.00
12264	Garlic clove, chopped	0.00
12264	Egg, beaten	1.00

Sheet1

12264	Olive oil	2.00 tb
12264	Ground beef, lean	0.50 lb
12264	Bread crumbs	0.50 c
12264	Spaghetti sauce,canned *	2.00 c
12264	Dill, fresh, chopped	3.00 tb
12264	Parsley, fresh, chopped	2.00 tb
12264	Parmesan cheese, grated	2.00 tb
12265	Sugar	2.00 c
12265	Butter	0.50 c
12265	Milk	0.50 c
12265	Chunky peanut butter	0.67 c
12265	Rolled oats	3.00 c
12265	Vanilla	0.50 ts
12266	PATE BRISEE -----	0.00 -----
12266	Flour;all purpose	2.00 c
12266	Sugar,granulated	2.00 ts
12266	-Salt	1.00 ts
12266	Butter;cut in small pieces	14.00 tb
12266	Egg	1.00
12266	Milk	1.00 tb
12266	FILLING -----	0.00 -----
12266	Raspberry Jam	0.50 c
12266	Butter;softened	4.00 tb
12266	Sugar,granulated	4.50 tb
12266	Egg	1.00
12266	Almonds;ground; 2 oz	0.67 c
12266	Pound cake crumbs;2 oz	1.00 c
12266	Almond extract	0.50 ts
12266	CONFECTIONERS' SUGAR GLAZE -----	0.00 -----
12266	Butter;unsalted	2.00 tb
12266	Confectioner's sugar	1.00 c
12266	Heavy cream;also called	2.00 tb
12266	-whipping cream	0.00
12266	Vanilla extract	1.00 ts
12266	PATE BRISEE -----	0.00 -----
12266	FILLING -----	0.00 -----
12266	CONFECTIONERS' SUGAR GLAZE -----	0.00 -----
12267	Cinnamon	5.00 ts
12267	Coarsley chopped walnuts	3.00 c
12267	Sweet butter; melted	1.00 lb
12267	Phyllo pastry sheets	1.00 lb
12267	Whole cloves	40.00
12267	2" strip of orange peel	1.00
12267	2" strip of lemon peel	1.00
12267	Cinnamon stick	1.00
12267	Honey	0.33 c
12267	Lemon; juiced	0.50
12268	Shelled pistachio nuts,	0.50 lb
12268	-ground	0.00

Sheet1

12268	Sugar	3.00 tb
12268	Ground cinnamon	0.75 ts
12268	Rose water	1.50 tb
12268	Filo dough	0.50 lb
12268	Low-calorie margarine,	0.50 c
12268	-melted	0.00
12268	Rose Water Syrup	0.00
12268	Whole cloves,optional	0.00
12269	BAKLAVA -----	0.00 -----
12269	Walnuts; finely chopped	0.75 c
12269	Pistachios; finely chopped	0.75 c
12269	Almonds; finely chopped bla	0.50 c
12269	Sugar; superfine	0.50 c
12269	Cinnamon	1.00 ts
12269	Nutmeg	1.00 ts
12269	Butter; melted	1.25 lb
12269	Commercial phyllo sheets	1.00 pk
12269	SYRUP -----	0.00 -----
12269	Sugar	2.50 c
12269	-Water	1.75 c
12269	Orange's rind; finely grate	1.00
12269	Lemon's rind; finely grated	1.00
12269	Whole cloves	5.00
12269	Cinnamon stick	1.00
12269	Honey	1.00 c
12269	BAKLAVA -----	0.00 -----
12269	SYRUP -----	0.00 -----
12270	Pound chopped beef(1/2kg)	1.00
12270	Chopped chicken(50-60dkg)	20.00 oz
12270	S&p to taste	0.00
12270	Onion	1.00
12270	Carrots	2.00
12270	Celery heart	1.00
12270	Or 2 grn.peppers	1.00
12270	Or 2 tomatoes	1.00
12270	Mushroom(15dkg)	5.00 oz
12270	Egg	1.00
12270	Flour(12 dkg)	4.00 oz
12271	Oil, olive	1.00 tb
12271	Garlic	2.00 cl
12271	Onion	0.50 sm
12271	Shallots	2.00 tb
12271	Wine, white	0.25 c
12271	Chicken breasts	2.00
12271	Vinegar, balsamic	3.00 tb
12271	Broccoli spears	2.00 c
12271	Mushroom	1.00 c
12271	Chicken stock	0.33 c
12271	Salt	0.25 ts

## Sheet1

12271	Pepper, black	0.00
12272	Roasting chicken	4.50 lb
12272	Fresh rosemary or 1 TSP.	1.00 tb
12272	-dried	0.00
12272	Clove of garlic	1.00 lg
12272	Salt	0.25 ts
12272	Extra virgin olive oil	2.00 tb
12272	Freshly ground black pepper	0.00
12272	Sprigs fresh rosemary	8.00
12272	To 4 tb balsamic vinigar	3.00 tb
12272	-blended with 1/2 tsp. brown	0.00
12272	-sugar	0.00
12273	Recipe Fricasseed Chicken	0.50
12273	- frozen or fresh	0.00
12273	Tomato paste	3.00 tb
12273	Low-sodium chicken broth	0.50 c
12273	Balsamic vinegar	0.50 c
12273	Pitted green olives; drained	0.75 c
12273	Chopped fresh parsley	1.00 tb
12274	Medium-size, firm unpeeled	4.00
12274	-bananas (about 1 1/2	0.00
12274	-pounds)	0.00
12274	Vanilla low-fat frozen	0.25 c
12274	-yogurt	0.00
12274	Peach low-fat frozen yogurt	0.25 c
12274	Strawberry low-fat frozen	0.25 c
12274	-yogurt	0.00
12274	Chocolate low-fat frozen	0.25 c
12274	-yogurt	0.00
12274	Finely chopped pecans	4.00 ts
12275	Milk	2.00 c
12275	Whipping cream	2.00 c
12275	Eggs; beaten	2.00
12275	Sugar	1.25 c
12275	Bananas, extra ripe; peeled	2.00 md
12275	Vanilla	0.50 ts
12275	Salt	0.25 ts
12275	Ground nutmeg	0.12 ts
12276	Flour, all purpose	1.00 c
12276	Nonfat dry milk powder	0.25 c
12276	Salt	0.25 ts
12276	Sugar	1.00 c
12276	Buttermilk	0.25 c
12276	Coca, unsweetened	0.33 c
12276	Baking soda	0.25 ts
12276	Large very ripe banana	1.00
12276	Large egg whites	2.00
12276	Vanilla	1.00 ts
12277	Flour, all purpose	1.00 c



Sheet1

12277	Nonfat dry milk powder	0.25 c
12277	Salt	0.25 ts
12277	Sugar	1.00 c
12277	Buttermilk	0.25 c
12277	Coca, unsweetened	0.33 c
12277	Baking soda	0.25 ts
12277	Large very ripe banana	1.00
12277	Large egg whites	2.00
12277	Vanilla	1.00 ts
12278	[about 10 medium] bananas	3.00 c
12278	Lemon juice	0.25 c
12278	Finely chopped maraschino	0.25 c
12278	-cherries	0.00
12278	Sugar	6.50 c
12278	Bottle [6 ounces] liquid	1.00
12278	-pectin	0.00
12279	Text Only	1.00
12280	Butter or margarine, softene	1.00 c
12280	Sugar	2.00 c
12280	Eggs, room temperature	2.00
12280	Milk	0.75 c
12280	Flour	3.00 c
12280	Baking powder	2.00 ts
12280	Bananas, ripe, mashed	1.50 c
12280	Butter or margarine, softene	0.25 lb
12280	Cream cheese, softened	8.00 oz
12280	Sugar, confectioners	16.00 oz
12280	Vanilla	2.00 ts
12281	Butter	6.00 tb
12281	Sugar	0.75 c
12281	Molasses	0.75 c
12281	Eggs	3.00
12281	Mashed overripe bananas	2.50 c
12281	Flour	2.75 c
12281	Baking soda	1.00 ts
12281	Salt	0.50 ts
12281	Vanilla extract	1.00 ts
12281	Chocolate chips	1.00 c
12282	Cake flour	0.75 c
12282	Nonfat dry milk powder	0.33 c
12282	Env. (4 svgs) low cal	1.00
12282	-chocolate pudding mix	0.00
12282	Baking powder	1.00 ts
12282	Eggs, separated	4.00
12282	Lemon juice	1.00 tb
12282	Sugar	2.00 tb
12282	Evap skim milk	0.50 c
12282	Vanilla	0.50 ts
12282	Salt	1.00 ds

Sheet1

12282	Thawed cool whip (or use my	0.50 c
12282	-mock cool whip recipe)	0.00
12282	Bananas	2.00 md
12283	Bananas	5.00 md
12283	Margarine or butter	1.00 tb
12283	Orange juice	0.33 c
12283	Lemon juice	1.00 tb
12283	Brown sugar, packed	3.00 tb
12283	Shredded coconut	0.67 c
12284	Stephen Ceideburg	0.00
12284	To 6 over-ripe bananas (see	4.00
12284	-note)	0.00
12284	Juice and grated zest of 1	0.00
12284	-lemon	0.00
12284	Sugar (optional)	0.25 c
12285	Bananas, ripe; peel, mashed	2.00
12285	Chocolate sandwich cookies;	10.00
12285	- finely chopped	0.00
12285	Vanilla ice cream	1.00 qt
12285	Chocolate syrup	0.25 c
12285	Additional chocolate syrup	0.00
12285	Banana slices	0.00
12285	Maraschino cherries	0.00
12286	Banana	1.00
12286	Baked 9" pie shell,cooked	1.00
12286	(4 serv)banana or vanilla;	2.00 pk
12286	Cold milk	2.50 c
12286	Instant pudding	0.00
12286	Thawed kool whip topping	2.00 c
12287	Water	1.00 c
12287	Butter or margarine	0.50 c
12287	All-purpose flour	1.00 c
12287	Eggs	4.00
12287	Filling:	0.00
12287	Egg yolks	5.00
12287	Granulated sugar	0.33 c
12287	Salt	1.00 ds
12287	All-purpose flour	0.33 c
12287	Milk	1.50 c
12287	Vanilla extract	2.00 ts
12287	Butter or margarine	1.00 tb
12287	Ripe bananas, mashed	2.00
12287	Whipping cream	0.50 c
12287	Mocha Chocolate Sauce:	0.00
12287	Semi-sweet chocolate	0.50 c
12287	Chips	0.00
12287	Whipping cream	3.00 tb
12287	To 3 Tbsp. strong brewed	2.00
12288	Butter	1.00 tb

Sheet1

12288	Onion, finely chopped	1.00
12288	Banana	1.00
12288	Curry powder	1.00 tb
12288	Water	0.50 c
12288	Apricot jam	1.00 tb
12288	Sour cream	0.50 c
12288	Mayonnaise	0.50 c
12288	Salt	0.50 ts
12289	Nonfat milk	0.67 c
12289	Vinegar	2.00 ts
12289	Flour	2.33 c
12289	Sugar	1.67 c
12289	Baking powder	1.25 ts
12289	Baking soda	1.25 ts
12289	Salt	1.00 ts
12289	Eggs	2.00
12289	Egg white	1.00
12289	Mashed very ripe bananas	1.25 c
12289	(about 3)	0.00
12289	Pureed Dates (replaces 3/4	0.75 c
12289	Cup shortening)	0.00
12289	Vanilla	1.00 ts
12289	Chopped walnuts, optional	0.50 c
12289	Powdered Sugar, optional	0.00
12290	Banana, peeled and sliced	1.00 lg
12290	Chopped marshmallows	2.00 oz
12290	Dark cooking chocolate,	1.00 oz
12290	-grated	0.00
12290	Thick slices raisin bread,	8.00
12290	-buttered	0.00
12291	Whole wheat pastry flour	1.50 c
12291	Baking powder	1.00 ts
12291	Baking soda	0.25 ts
12291	Salt	0.00
12291	Water	0.75 c
12291	Bananas (firm)	4.00
12291	Peanut oil	3.00 c
12291	Vanilla ice cream, if	0.00
12291	-desired	0.00
12292		0.00
12292		1.50
12292	-(about 3 large bananas)	0.00
12292	Baking powder	2.00
12292	Baking soda	0.50
12292	Egg whites	2.00 2
12292	Salt	0.50
12292	Light brown sugar; plus	0.50 c
12292	Light brown sugar	2.00 tb
12292	Oat bran	0.50 c

Sheet1

12292	Ground ginger	1.00 ts
12292	Margarine; melted	1.00 tb
12292	Crystallized ginger	0.25 c
12292	-finely chopped	0.00
12292	Vanilla extract	1.00 ts
12292	Peel of 1 lemon	0.00
12292	-Grated	0.00
12292	Golden raisins	0.25 c
12292	All-purpose flour	0.75 c
12292	Powdered sugar	1.00 tb
12292	Whole-wheat flour	0.75 c
12292	Lemon juice	1.00 tb
12292	DATA PER SERVING -----	0.00 -----
12292	*Calories	203.00 x
12292	*Gm Carbohydrates	46.00 x
12292	*Gm Monosat Fat	0.00
12292	*Gm Protein	4.00 x
12292	*Mg Sodium	126.00 x
12292	*Gm Polyunsat Fat	0.00
12292	*Gm Fat	2.00 x
12292	DATA PER SERVING -----	0.00 -----
12293	Yellow Onion, Diced Small	1.00 lg
12293	Peanut Oil	2.00 tb
12293	Unripe Mango, Peeled And	1.00
12293	-Diced Small	0.00
12293	White Vinegar	1.00 c
12293	Fresh Orange Juice	1.00 c
12293	Very Ripe Bananas, Sliced	1.00 lb
12293	-About 1/4-inch Thick	0.00
12293	Grated Fresh Ginger	1.00 tb
12293	Raisins	0.50 c
12293	Dark Brown Sugar, Firmly	0.50 c
12293	-Packed	0.00
12293	Finely Chopped Fresh Serrano	1.00 tb
12293	-Or Jalapeno Chile (Or	0.00
12293	You May Substitute 3/4 Tbls	0.00
12293	-Red Pepper Flakes)	0.00
12293	Salt And Freshly Cracked	0.00
12293	-Black Pepper, To Taste	0.00
12293	Allspice	1.00 ts
12294	Whipping cream	3.00 c
12294	Milk	1.00 c
12294	Split vanilla bean	1.00
12294	Yolks at room temp. egg	4.00
12294	Superfine sugar	1.00 c
12294	Banana	1.50 lb
12294	Strained fresh lemon juice	6.00 tb
12294	Hulled strawberry	3.00 c
12294	Sugar	0.50 c

## Sheet1

12294	Fresh lemon juice	1.00 tb
12294	Whole strawberry	8.00
12294	Fresh sprigs mint	8.00 sm
12295	Cake flour	2.50 c
12295	Eggs	2.00
12295	Buttermilk	0.25 c
12295	Vanilla	1.00 ts
12295	Baking soda	1.00 ts
12295	Baking powder	0.50 ts
12295	Butter or shortening	0.75 c
12295	Bananas; ripe *	1.25 c
12295	Sugar	1.50 c
12296	Butter	0.25 c
12296	Lemon	0.50
12296	Orange	1.00
12296	Cinnamon	2.00 ts
12296	Bananas; diced	3.00
12296	Honey; or to taste	1.00 tb
12297	All-Purpose Flour	1.25 c
12297	Granulated Sugar	2.00 tb
12297	Cold Unsalted Butter, diced	6.00 tb
12297	Egg, beaten	1.00
12297	Ripe Bananas	6.00
12297	Warm Light Cream	0.50 c
12297	Granulated Sugar	0.50 c
12297	Cornstarch	1.00 tb
12297	Vanilla	1.00 ts
12297	Egg Whites, room temperature	4.00
12297	Salt	1.00 pn
12297	Granulated Sugar	0.33 c
12298	Bananas, extra ripe; peeled	3.00 md
12298	Eggs; clean, uncracked	4.00
12298	Whipping cream	2.00 c
12298	Half & half	1.00 c
12298	Sugar	1.00 c
12298	Chocolate syrup	0.50 c
12298	Instant coffee crystals	2.00 tb
12298	Vanilla	2.00 ts
12298	Ground cinnamon	0.25 ts
12298	Salt	0.12 ts
12299	Unbleached Flour, Sifted	2.00 c
12299	Baking Powder	3.00 t
12299	Salt	0.50 t
12299	Shortening	0.50 c
12299	Sugar	1.00 c
12299	Large Eggs	2.00 ea
12299	Mashed Ripe bananas (3 Med.)	1.33 c
12299	Chopped Walnuts	1.00 c
12300	Unbleached flour	0.67 c

Sheet1

12300	Whole-wheat flour	0.50 c
12300	Baking powder	2.00 ts
12300	Salt	0.25 ts
12300	Milk	1.33 c
12300	Oil	2.00 tb
12300	Ripe banana, finely chopped	1.00 md
12301	Eggs	7.00
12301	Sugar	1.00 c
12301	Cake Meal	0.75 c
12301	Salt	0.50 ts
12301	Potato Starch	0.25 c
12301	Chopped Walnuts	1.00 c
12301	Mashed Bananas (2 ripe)	1.00 c
12301	Vanilla	0.50 ts
12302	Whole vanilla bean	1.00 ea
12302	Brown sugar	0.33 c
12302	Water	0.25 c
12302	Margarine, optional	1.00 ts
12302	Salt, optional	1.00 pn
12302	Bananas	4.00 ea
12302	Pineapple	0.50 sm
12303	Milk	1.50 c
12303	Of a 14 oz. can (2/3 cup)	0.50
12303	-sweetened condensed milk	0.00
12303	Butter	0.50 c
12303	Serving-size pkg. regular	4.00
12303	-vanilla pudding mix	0.00
12303	Vanilla wafers	36.00
12303	Ripe medium bananas, sliced	5.00
12303	Tiny marshmallows	3.00 c
12304	Sugar	0.75 c
12304	Flour	3.00 tb
12304	Of salt	1.00 ds
12304	Eggs, divided	4.00
12304	Milk	2.00 c
12304	Vanilla extract	0.50 ts
12304	Vanilla wafer cookies as	0.00
12304	-needed.	0.00
12304	To 6 medium sized fully ripe	5.00
12304	-bananas, peeled and sliced	0.00
12305	Sugar	3.00 tb
12305	Cornstarch	2.00 tb
12305	Salt	0.12 ts
12305	Skim milk	2.00 c
12305	Egg yolks	2.00
12305	Sliced ripe banana (about 2	1.00 c
12305	-medium)	0.00
12305	Vanilla extract	0.75 ts
12305	Low-sugar strawberry spread	2.00 tb

Sheet1

12305	Vanilla wafers, halved	12.00
12306	Bananas, Cut Up	2.00 lg
12306	Instant Nonfat Dry Milk	0.50 c
12306	Plain Yogurt	1.00 c
12306	Frozen Orange Juice	6.00 oz
12306	-Concentrate (1 Can)	0.00
12306	Water.	1.00 c
12307	To 1 ripe banana	0.50
12307	To 2 ts lemon juice OR a	1.00 ts
12307	-pinch of unbuffered,	0.00
12307	-corn-free vitamin C	0.00
12307	Crystals, to taste, optional	0.00
12307	Buckwheat Banana Bread (see	2.00 sl
12307	-recipe)	0.00
12308	Dairy sour cream	1.00 c
12308	Sugar	1.50 c
12308	Margarine or butter,	0.50 c
12308	Softened	0.00
12308	Eggs	2.00
12308	Mashed bananas (about 3	1.50 c
12308	Large)	0.00
12308	Vanilla	2.00 ts
12308	All purpose flour	2.00 c
12308	Salt	1.00 ts
12308	Baking soda	1.00 ts
12308	Chopped nuts	0.50 c
12309	Flour	1.00 c
12309	Sugar	0.50 tb
12309	Baking powder	1.00 ts
12309	Soda	0.25 ts
12309	Salt	0.25 ts
12309	Egg, separated	1.00
12309	Sour cream	1.00 c
12309	Milk	0.25 c
12309	Butter, melted	0.25 c
12309	Banana, mashed	1.00
12310	Sifted cake flour	2.25
12310	Sugar	1.25 c
12310	Baking powder	2.50 ts
12310	Soda	0.50 ts
12310	Salt	0.50 ts
12310	Cloves	0.12 ts
12310	Cinnamon	1.25 ts
12310	Nutmeg	0.50 ts
12310	Add and beat 2 minutes	0.00
12310	Shortening	0.50 c
12310	Mashed bananas (1/3 - 1/2 C)	0.50 c
12310	Eggs	2.00
12310	Add and 1 minute	0.00

## Sheet1

12310	Mashed bananas	1.00 c
12310	Vanilla	1.00 ts
12310	Bake in 2 - 8 inch round	0.00
12310	-pans	0.00
12310	For 25 minutes	375.00
12311	Graham cracker crumbs	1.00 c
12311	Margarine, melted	5.00 tb
12311	Pineapple, crushed, large	1.00 cn
12311	Sugar, confectionary	2.00 c
12311	Vanilla	1.00 ts
12311	Margarine, softened	0.25 lb
12311	Bananas, sliced	5.00
12311	Eggs	2.00
12311	Dream whip	1.00
12311	Walnuts, crushed	1.00
12311	Cherries	1.00
12312	-HSCX53B	0.00
12312	2" sq. graham crackers;crush	12.00
12312	Reduced calorie margarine	8.00 ts
12312	Ricotta cheese;skim	1.00 c
12312	Skim milk	1.00 c
12312	Sugar free vanilla pudding	1.00 pk
12312	- or coconut pudding mix	0.00
12312	Crushed pineapple	1.00 c
12312	Banana;sliced (6 oz. each)	2.00
12313	Semisweet Chocolate	2.00 oz
12313	Light Corn Syrup	0.25 c
12313	Sweetened Condensed Milk	0.25 c
12313	Vanilla	0.25 ts
12313	Ice Cream	1.00
12313	Unsalted, Roasted Peanuts	2.00 tb
12313	Small Bananas, Quartered	2.00
12314	Loaf sourdough bread	1.00
12314	Cinnamon	1.00 ts
12314	Sugar	0.50 c
12314	Bananas halved cross and len	4.00
12314	Eggs	4.00
12314	Half and half	1.00 c
12314	Vanilla	1.00 ts
12315	Milk	1.50 c
12315	Heavy cream (or another 1.5	1.50 c
12315	-cups milk)	0.00
12315	Banana liqueur	1.00 c
12315	(4 cups total liquid)	0.00
12315	Sugar	2.00 c
12315	Butter melted (1 stick)	8.00 tb
12315	Eggs	4.00
12315	Vanilla	2.00 tb
12315	Up bananas	5.00 c



Sheet1

12315	Chopped pecans	1.00 c
12315	Cinnamon	1.00 tb
12316	Fresh strawberries	1.00 pt
12316	Six ounce can orange juice	1.00
12316	-concentrate, thawed,	0.00
12316	-undiluted	0.00
12316	Or 3 large bananas	4.00 sm
12317	CAKE -----	0.00 -----
12317	Sweet Chocolate	4.00 oz
12317	Milk	0.50 c
12317	Brown Sugar, Dark, Packed	1.00 c
12317	Egg Yolks	3.00 lg
12317	Cake Flour, Sifted	2.00 c
12317	Baking Powder	1.00 ts
12317	Salt	0.50 ts
12317	Butter	0.50 c
12317	Sugar	1.00 c
12317	Tomato Sauce	8.00 oz
12317	Heavy Cream	1.00 tb
12317	Vanilla	1.00 ts
12317	Egg Whites	2.00 lg
12317	FROSTING -----	0.00 -----
12317	Water	0.50 c
12317	Light Corn Syrup	0.33 c
12317	Sugar	2.50 c
12317	Egg Whites	2.00 lg
12317	Salt	1.00 pn
12317	Orange Juice	1.00 ts
12317	Vanilla	1.50 ts
12317	CAKE -----	0.00 -----
12317	FROSTING -----	0.00 -----
12318	Jar creamy peanut butter	12.00 oz
12318	Softened margarine	0.67 c
12318	Vanilla	1.00 ts
12318	Confectioner's sugar	1.00 lb
12318	Package semi-sweet chocolate	6.00 oz
12318	Chips	0.00
12318	Package milk chocolate chips	6.00 oz
12318	-or, use 1 package chocolate	0.00
12318	-made for candy making	0.00
12318	Melted paraffin	3.00 tb
12319	INSTRUCTIONS FOR WEINERBROD -----	0.00 -----
12319	INSTRUCTIONS FOR WEINERBROD -----	0.00 -----
12320	INSTRUCTIONS FOR SPANDAUER -----	0.00 -----
12320	Your favorite jelly	0.00
12320	INSTRUCTIONS FOR SPANDAUER -----	0.00 -----
12321	INSTRUCTIONS FOR SNAILS -----	0.00 -----
12321	INSTRUCTIONS FOR SNAILS -----	0.00 -----
12322	Yeast	3.00 pk

Sheet1

12322	-Water; lukewarm	1.00 c
12322	Egg; slightly beaten	1.00
12322	Flour; sifted	4.00 c
12322	Sugar	3.00 tb
12322	Butter	1.50 c
12322	Salt	1.00 ts
12322	SEE OTHER RECIPE PARTS -----	0.00 -----
12322	FOR VARIATIONS AND FILLINGS -----	0.00 -----
12322	- Vanilla cream	0.00
12322	- Almond butter	0.00
12322	- Plumped currants or	0.00
12322	- raisins	0.00
12322	- Egg wash	0.00
12322	- Icing	0.00
12322	SEE OTHER RECIPE PARTS -----	0.00 -----
12322	FOR VARIATIONS AND FILLINGS -----	0.00 -----
12323	Cabeza, beef head	1.00
12323	Onions	4.00
12323	3heads garlic	0.00
12323	Cilantro	2.00 bn
12324	Flour & 2 tbsp; sifted	1.00 c
12324	Baking soda	0.50 ts
12324	Salt	0.50 ts
12324	Butter; softened	0.50 c
12324	Sugar; brown firmly packed	0.33 c
12324	Sugar; granulated	0.33 c
12324	Egg	1.00
12324	Water; very hot	1.50 ts
12324	Vanilla	0.50 ts
12324	Chocolate chips;semisweet	1.00 c
12325	Ground turkey	2.00 lb
12325	Egg; slightly beaten	1.00
12325	Quick-cooking oatmeal	0.50 c
12325	-(not instant)	0.00
12325	Unsweetened applesauce	0.33 c
12325	Finely chopped onion	0.50 c
12325	Corn kernels (optional)	0.33 c
12325	Minced red bell pepper	0.25 c
12325	Minced flat-leaf parsley	0.25 c
12325	Worcestershire sauce	1.00 tb
12325	Salt; or to taste	2.00 ts
12325	Freshly ground black pepper	0.00
12325	Ketchup	0.25 c
12325	Prepared mustard	1.00 ts
12326	Lg. boneless chicken breasts	4.00
12326	Cheddar cheese	12.00 sl
12326	Deli ham (very thin sliced)	12.00 sl
12326	Season salt, pepper to taste	0.00
12326	Bisquick	0.00

Sheet1

12327	Beef short ribs	5.00 lb
12327	Black Jack BBQ Sauce	3.00 c
12328	----INGREDIENTS-----	0.00
12328	Lean Ground Meat	2.00 lb
12328	Bread crumbs	1.50 c
12328	Onion; chopped	1.00 lg
12328	(8 oz) Tomato Sauce	1.00 cn
12328	Egg	1.00 lg
12328	My Seasoning (follows)	1.00 tb
12328	Green Pepper; chopped	1.00 md
12328	SAUCE -----	0.00 -----
12328	Water	0.50 c
12328	Vinegar	3.00 tb
12328	Brown Sugar	3.00 tb
12328	Prepared Mustard	2.00 tb
12328	Tomato sauce	1.50 c
12328	Butter	2.00 tb
12328	SAUCE -----	0.00 -----
12329	Ground beef - lean	1.00 lb
12329	Sausage stuffing	1.00 lb
12329	Breadcrumbs - fine	1.00 c
12329	Onions - medium, chopped	2.00
12329	Fine	0.00
12329	Curry powder	1.00 tb
12329	Water	0.50 c
12329	Parsley - chopped	1.00 tb
12329	Egg - beaten	1.00
12329	Clove - crushed	1.00 c
12329	Milk	0.50 c
12329	Salt and pepper to taste	0.00
12329	SAUCE -----	0.00 -----
12329	Onion - chopped very fine	1.00
12329	Water	0.25 c
12329	Ketchup	0.50 c
12329	Dry red wine OR beef stock	0.25 c
12329	Worcestershire sauce -	0.25 c
12329	Lea & Perrins	0.00
12329	Vinegar	2.00 tb
12329	Instant coffee	1.00 tb
12329	Brown sugar - packed	0.25 c
12329	Margarine	1.00 oz
12329	Lemon juice	2.00 ts
12329	SAUCE -----	0.00 -----
12330	Onions, chopped	3.00 c
12330	Garlic, chopped	1.00 tb
12330	Sweet pepper, chopped	1.00 c
12330	Parsley, dried	0.50 c
12330	Dry white wine	1.00 c
12330	Vinegar	3.00 tb

Sheet1

12330	Ketchup	2.00 c
12330	Honey	0.25 c
12330	Lemon juice	2.00 tb
12330	Salt	1.00 tb
12330	Lea & perrins	3.00 tb
12330	Mint, dried	0.50 ts
12330	Liquid smoke	1.00 tb
12330	Louisiana hot sauce	0.50 tb
12331	SEASONING MIX -----	0.00 -----
12331	Salt	1.00 ts
12331	Garlic powder	1.00 ts
12331	Ground cayenne pepper	0.50 ts
12331	Bacon, minced	0.50 lb
12331	Pork, beef or chicken stock	2.00 c
12331	Honey	1.00 c
12331	Orange juice (1/2 orange)	5.00 tb
12331	Lemon juice (1/4 lemon)	2.00 tb
12331	Minced garlic	2.00 tb
12331	Unsalted butter	4.00 tb
12331	Black pepper	1.50 ts
12331	Onion powder	1.00 ts
12331	White pepper	0.50 ts
12331	MAIN INGREDIENTS -----	0.00 -----
12331	Chopped onions	1.50 c
12331	Bottled chili sauce	1.50 c
12331	Dry roasted pecans, chopped	0.75 c
12331	Rind & pulp from 1/2 orange	0.00
12331	Rind & pulp from 1/4 lemon	0.00
12331	Tabasco sauce	1.00 ts
12331	SEASONING MIX -----	0.00 -----
12331	MAIN INGREDIENTS -----	0.00 -----
12332	Tomato Sauce	16.00 oz
12332	Brown Sugar	2.00 tb
12332	Vinegar	0.25 c
12332	Worcestershire Sauce	2.00 tb
12332	Salt	1.00 ts
12332	Paprika	1.00 tb
12332	Dry mustard	1.00 ts
12332	Chili Powder	1.00 ts
12332	Chopped Green Onion Tops	2.00 tb
12332	Cayenne Pepper	0.12 ts
12333	Onions, chopped	3.00 c
12333	Garlic, chopped	1.00 tb
12333	Sweet pepper, chopped	1.00 c
12333	Parsley, dried	0.50 c
12333	Dry white wine	1.00 c
12333	Vinegar	3.00 tb
12333	Ketchup	2.00 c
12333	Honey	0.25 c

Sheet1

12333	Lemon juice	2.00 tb
12333	Salt	1.00 tb
12333	Lea & perrins	3.00 tb
12333	Mint, dried	0.50 ts
12333	Liquid smoke	1.00 tb
12333	Louisiana hot sauce	0.50 tb
12334	-----seasoning mix-----	1.00 x
12334	Salt	1.00 t
12334	Garlic powder	1.00 t
12334	Ground cayenne pepper	0.50 t
12334	Bacon, minced	0.50 lb
12334	Pork, beef or chicken stock	2.00 c
12334	Honey	1.00 c
12334	Orange juice (1/2 orange)	5.00 T
12334	Lemon juice (1/4 lemon)	2.00 T
12334	Minced garlic	2.00 T
12334	Unsalted butter	4.00 T
12334	Black pepper	1.50 t
12334	Onion powder	1.00 t
12334	White pepper	0.50 t
12334	-----main ingredients-----	1.00 x
12334	Chopped onions	1.50 c
12334	Bottled chili sauce	1.50 c
12334	Dry roasted pecans, chopped	0.75 c
12334	Rind & pulp from 1/2 orange	1.00 x
12334	Rind & pulp from 1/4 lemon	1.00 x
12334	Tabasco	1.00 t
12335	SEASONING MIX -----	0.00 -----
12335	Black pepper	1.50 ts
12335	Onion powder	1.00 ts
12335	White pepper	0.50 ts
12335	Salt	1.00 ts
12335	Garlic powder	1.00 ts
12335	Ground cayenne pepper	0.50 ts
12335	MAIN INGREDIENTS -----	0.00 -----
12335	Bacon, minced	0.50 lb
12335	Pork, beef or chicken stock	2.00 c
12335	Honey	1.00 c
12335	Orange juice (1/2 orange)	5.00 tb
12335	Lemon juice (1/4 lemon)	2.00 tb
12335	Minced garlic	2.00 tb
12335	Unsalted butter	4.00 tb
12335	Chopped onions	1.50 c
12335	Bottled chili sauce	1.50 c
12335	Dry roasted pecans, chopped	0.75 c
12335	Rind & pulp from 1/2 orange	0.00
12335	Rind & pulp from 1/4 lemon	0.00
12335	Tabasco sauce	1.00 ts
12335	SEASONING MIX -----	0.00 -----

Sheet1

12335	MAIN INGREDIENTS -----	0.00 -----
12336	Chicken wings	3.00 lb
12336	Brown sugar	3.00 tb
12336	Drops of worcestershire	2.00
12336	Sauce	0.00
12336	Ketchup	4.00 c
12336	Onion	1.00
12337	Sirloin Steak	2.00 lb
12337	Scallions	3.00
12337	Cloves garlic	4.00
12337	Soy Sauce	5.00 tb
12337	Sesame oil	2.00 tb
12337	Sugar	0.25 c
12337	Sherry	2.00 tb
12337	Beef stock (optional)	0.25 c
12337	Black pepper	0.12 ts
12338	Beef short ribs	3.00 lb
12338	Chopped onions	0.50 c
12338	Margarine	1.00 tb
12338	Pepper	0.50 ts
12338	Sugar	4.00 ts
12338	Dry mustard	1.00 ts
12338	Salt	1.00 ts
12338	Paprika	1.00 ts
12338	Worcestershire sauce	4.00 ts
12338	Catsup	0.50 c
12338	White vinegar	0.25 c
12338	Water	0.25 c
12339	Franks, 1/2 " rounds	1.00 lb
12339	Vinegar	0.25 c
12339	Brown Sugar	3.00 tb
12339	Worcestershire	1.00 tb
12339	Garlic Clove, minced	1.00
12339	Pepper	0.25 ts
12339	Tomato Sauce	1.50 c
12339	Onion, small, minced	1.00
12339	Mustard	1.00 tb
12339	Curry Powder	0.50 ts
12339	Salt	1.00 ts
12339	Picks	0.00
12340	White wine	1.00 c
12340	Apple cider	3.00 c
12340	Honey	0.25 c
12340	Dijon mustard	2.00 tb
12340	Soy sauce	0.25 c
12340	Brown sugar, packed	2.00 tb
12340	Minced garlic	1.00 tb
12340	Minced fresh ginger root	1.00 tb
12340	Whole coriander	1.00 tb

Sheet1

12340	Sprigs fresh thyme	2.00
12340	Brisket of beef (2-1/2 lb)	1.00
12341	Onion; chopped	1.00 sm
12341	Brown sugar	1.00 tb
12341	Cider vinegar	0.25 c
12341	Catsup	2.00 tb
12341	Dry mustard	2.00 tb
12341	Worcestershire sauce	1.00 ts
12341	Ground cloves	0.25 ts
12341	Chili powder	1.00 ts
12341	Cayenne pepper	0.25 ts
12341	Firm, whitefish fillets	1.50 lb
12341	- such as Red Snapper	0.00
12341	- or Halibut	0.00
12342	3 Pound Canned Ham	1.00
12342	(1 Can) Pineapple Slices	20.00 oz
12342	Chili Sauce	0.50 c
12342	Sugar	0.25 c
12342	Lemon Juice	2.00 tb
12342	Worcestershire Sauce	2.00 ts
12342	Chili Powder	0.50 ts
12342	Cold Water	2.00 tb
12342	Corn Starch	1.00 tb
12343	Lean lamb	1.50 lb
12343	Cloves Garlic	2.00
12343	Sugar	2.00 ts
12343	Soya sauce	2.00 tb
12343	Salt	1.00 ts
12344	Boneless, skinless chicken	6.00
12344	-breast halves, about 1-1/2	0.00
12344	-pounds	0.00
12344	Or 2-1/2 pounds cut up	0.00
12344	-chicken	0.00
12344	Vinegar	0.50 c
12344	Cooking oil	0.25 c
12344	Poultry seasoning	0.75 ts
12344	Salt	0.50 ts
12344	Freshly ground pepper	0.12 ts
12345	Dozen Pigs' tails	2.00
12345	Olive oil	2.00 tb
12345	Tomato sauce	1.00 c
12345	Tomato paste	0.25 c
12345	Brown sugar or syrup [Maple,	0.25 c
12345	-perchance? S.C.]	0.00
12345	Wine vinegar	2.00 tb
12345	Worcestershire sauce	1.00 ts
12345	Juice of 1 lemon	0.00
12345	Clove Garlic, finely chopped	1.00
12345	Dry mustard	1.00 ts

Sheet1

12345	Salt and freshly ground	0.00
12345	-pepper to taste	0.00
12345	Rosemary (optional)	0.50 ts
12346	Warm water	0.33 c
12346	Sugar	0.50 ts
12346	Dry yeast	1.00 pk
12346	Flour	2.50 c
12346	Cake flour	2.50 c
12346	Sugar	4.00 tb
12346	Salt	0.50 ts
12346	Shortening	2.00 tb
12346	Low fat milk	1.25 c
12346	Pieces white paper 2 inches	16.00
12346	- square	0.00
12346	FILLING -----	0.00 -----
12346	Chinese BBQ pork, diced	6.00 oz
12346	Oil	1.00 tb
12346	Water	2.00 ts
12346	Salt	0.50 ts
12346	Sugar	0.50 ts
12346	Thin soy sauce	0.50 ts
12346	Oyster sauce	1.00 ts
12346	Hoisin sauce	1.00 ts
12346	Cornstarch	2.00 ts
12346	Cold water (For thickening)	4.00 ts
12346	FILLING -----	0.00 -----
12347	-----	3.00
12347	Cole Slaw	1.00
12347	Sandwich Buns	0.00
12347	Potato Chips	0.00
12347	SAUCE -----	0.00 -----
12347	Pepper	0.50 ts
12347	Brown Sugar	3.00 tb
12347	Catsup	0.50 c
12347	Brown Mustard	3.00 tb
12347	Worcestershire Sauce	2.00 tb
12347	Liquid Smoke Sauce	0.50 ts
12347	Water	1.00 c
12347	Tabasco Sauce	2.00 tb
12347	Vinegar	0.50 c
12347	Vegetable Oil	1.00 c
12347	MARINADE -----	0.00 -----
12347	Red Wine	1.00 c
12347	Vinegar	3.00 tb
12347	Paprika	2.00 ts
12347	Olive Oil	2.00 ts
12347	Tabasco Sauce	1.00 ts
12347	Minced Garlic	1.00 ts
12347	Minced Onion	1.00 ts



Sheet1

12347	Molasses	1.00 tb
12347	Soy Sauce	3.00 ts
12347	SAUCE -----	0.00 -----
12347	MARINADE -----	0.00 -----
12348	Pork Ribs Split	3.00 lb
12348	Catsup	1.00 c
12348	Vinegar	0.50 c
12348	Sugar	0.33 c
12348	Worchestershire Sauce	3.00 tb
12348	Liquid Smoke	2.00 tb
12348	Maple syrup	0.33 c
12348	Honey	0.25 c
12348	Brown sugar	0.33 c
12348	Crushed Garlic	4.00 tb
12349	Sized yellow onion, coarsely	3.00 md
12349	-chopped	0.00
12349	Cloves garlic, crushed	4.00
12349	Sugar	1.00 tb
12349	Water	1.25 c
12349	Pork spareribs, or beef	3.00 lb
12349	-shortribs, cut into 2 rib	0.00
12349	-lengths	0.00
12349	Canned crushed tomatoes	2.25 c
12349	Red wine vinegar	3.00 tb
12349	Molasses	2.00 tb
12349	Banana, peeled and sliced	1.00 lg
12349	-1/2 inch thick	0.00
12349	Raisins	0.25 c
12349	Ground ginger	2.00 ts
12349	Dried oregano, crumbled	0.75 ts
12349	Hot red pepper sauce	0.25 ts
12349	Green beans, trimmed and cut	8.00 oz
12349	-into 1 inch lengths	0.00
12349	Long grain white or brown	1.00 c
12349	-rice	0.00
12350	Short ribs (or chicken)	3.00 lb
12350	Chicken broth	2.00 c
12350	:Water, or enough to	2.00 c
12350	-barely cover ribs	0.00
12350	Brown sugar	1.00 tb
12350	Cider vinegar	0.25 c
12350	Catsup	0.25 c
12350	Tomato paste	2.00 tb
12350	Dry mustard	1.00 tb
12350	Worchestershire sauce	1.00 ts
12350	Ground cloves	0.25 ts
12350	Chili powder	1.00 ts
12350	Cayenne pepper	0.25 ts
12351	Ripe Bananas	4.00

Sheet1

12351	Lemon Juice	0.00
12351	Brown Sugar	0.00
12351	Butter	0.00
12351	Cinnamon	0.00
12352	Tempeh, cut to small cubes	8.50 oz
12352	Vegetable oil	3.00 tb
12352	Onion, chopped	1.00 md
12352	Garlic cloves, minced	2.00 ea
12352	Fennel	1.00 tb
12352	Chili powder	1.00 ts
12352	Coriander	1.00 ts
12352	Cumin	1.00 ts
12352	Cayenne pepper	0.25 ts
12352	Green pepper, chopped	1.00 ea
12352	Tamari	2.00 tb
12352	Lemon juice	2.00 tb
12352	Molasses	3.00 tb
12352	Cider vinegar	2.00 tb
12352	Mustard powder	1.00 tb
12352	Tomato paste	6.00 tb
12352	Water	1.00 c
12352	Tobasco sauce	4.00 ds
12353	Chicken wings	3.00 lb
12353	Brown sugar	3.00 tb
12353	Drops of worcestershire	2.00
12353	Sauce	0.00
12353	Ketchup	4.00 c
12353	Onion	1.00
12354	Spareribs	8.50 lb
12354	Wings chicken	36.00
12354	Olive oil	4.00 c
12354	Raspberry vinegar	1.50 c
12354	Fresh lemon juice	0.50 c
12354	Honey	0.50 c
12354	Sesame seed	0.50 c
12354	Cumin	4.00 ts
12354	Salt	2.00 ts
12354	Cloves crushed garlic	8.00
12355	Vegetable Oil	2.00 ts
12355	Pear Barley Uncooked	1.00 c
12355	Chicken Broth	2.00 c
12355	Salt	0.50 ts
12355	Minced Fresh Cinnamon	0.33 c
12355	Basil OR Plain Basil	0.00
12355	Thinkly Sliced Green	0.25 c
12355	Onions	0.00
12355	Ground Nutmeg	0.12 ts
12356	Butter	4.00 tb
12356	Onions, chopped	2.00 md

Sheet1

12356	Mushrooms, sliced	0.50 lb
12356	Pearl barley	1.50 c
12356	Chicken or beef broth	3.00 c
12356	Salt	0.25 ts
12356	Pepper	0.25 ts
12356	Garnish: chopped parsley	0.00
12357	Chicken Stock	2.00 qt
12357	Bite-size cooked Chicken mea	1.00 c
12357	Small Onion, sliced in rings	1.00 x
12357	Rib Celery, chopped	1.00 x
12357	Sm Parsnip, sliced thin	1.00 x
12357	Pearl Barley	1.00 c
12357	Small strip Kombu *	1.00 x
12357	Dried basil	1.00 t
12357	Ground white Pepper	0.25 t
12357	Salt (opt.)	1.00 ds
12357	Shredded carrot (opt)	0.25 c
12358	Each: chopped onion, celery	0.50 c
12358	-and bell pepper	0.00
12358	Garlic clove, minced	1.00
12358	Medium pearl barley	1.00 c
12358	Tomato paste	0.25 c
12358	Instant beef bouillon	2.00 ts
12358	-granules	0.00
12358	Boiling water	2.50 c
12358	Tomatoes or stewed tomatoes,	1.00 cn
12358	-with liquid (14.5 ounces)	0.00
12359	Vegetable oil	3.00 tb
12359	Onion, chopped	1.00
12359	Garlic cloves, chopped	2.00
12359	Carrots, diced	2.00
12359	Ribs celery, diced	2.00
12359	Pearl barley	0.75 c
12359	Chicken broth	6.00 c
12359	Imported bay leaf	1.00 sm
12359	Ground allspice	0.25 ts
12359	Diced smoked ham	0.50 c
12359	Unsalted butter	3.00 tb
12359	Fresh mushrooms, trimmed and	0.33 lb
12359	-chopped	0.00
12359	Lemon juice	3.00 ts
12359	Fresh parsley leaves, minced	1.00 tb
12360	Barley	0.50 c
12360	Water	1.00 qt
12360	Salt	0.00
12360	Finely diced red onion	0.25 c
12360	Buttermilk	3.00 c
12360	Turmeric	0.50 ts
12360	Finely chopped parsley	0.25 c

Sheet1

12360	Finely chopped dill; -=OR=-	2.00 tb
12360	-Dried Dill	0.50 ts
12360	Finely chopped cilantro	1.00 tb
12360	Snipped chives	1.00 tb
12360	Freshly ground pepper	0.00
12360	Paprika or herb blossoms	1.00 ds
12360	-(if available, for garnish)	0.00
12361	Onions; large	4.00
12361	Lentils, red; cooked	0.50 c
12361	Yogurt, plain	0.75 c
12361	Dates; stored & finely	2.00 tb
12361	-chopped	0.00
12361	Walnuts; chopped	2.00 tb
12361	Raisins; or sultanas	1.00 tb
12361	Bread crumbs	2.00 tb
12361	Parsley, fresh; chopped	1.00 bn
12361	-salt and pepper	0.00
12362	Golden Delicious apples	7.00 md
12362	Sugar	0.25 c
12362	Flour	2.00 tb
12362	Ground cinnamon	0.50 ts
12362	Ground ginger	0.25 ts
12362	Salt	0.25 ts
12362	Ground mace or cardamom	0.12 ts
12362	Vanilla	1.00 ts
12362	Pastry for two crust 9" pie	0.00
12362	Butter	2.00 tb
12362	Cream	0.00
12363	All-purpose flour	2.00 c
12363	Baking powder	3.00 ts
12363	Salt	0.50 ts
12363	Baking soda	0.50 ts
12363	Vegetable shortening	6.00 tb
12363	Buttermilk	0.67 c
12364	Egg; whole @ room temp.	1.00
12364	Wine vinegar @ room temp.	2.00 tb
12364	Salt	0.50 ts
12364	Dry mustard	0.50 ts
12364	Vegetable oil @ room temp	0.75 c
12364	Pepper to taste	0.00
12365	Cake Flour	8.00 c
12365	Baking Powder	0.25 c
12365	Vegetable Shortening	2.50 c
12365	Sugar	6.00 c
12365	Salt	1.50 ts
12366	Chicken Wings	4.00 lb
12366	Cold Water	4.00
12366	Stalks Celery, Sliced	3.00
12366	Onion, Sliced	1.00

## Sheet1

12366	Carrot, Sliced	1.00
12366	Fresh Parsley Sprigs	4.00
12366	Cloves	4.00
12366	Black Peppercorns	4.00
12366	Thyme, Dried, Crumbled	1.00 ts
12366	Bay Leaf	1.00
12367	Ground Beef	1.50 lb
12367	Vegetable Oil	2.00 ts
12367	Onion Soup	1.00 cn
12367	Chili Powder	2.00 ts
12367	Ground Cumin	2.00 ts
12367	Ground Pepper	0.50 ts
12367	Cocoa	2.00 ts
12367	Red Kidney Beans, Drained	2.00 cn
12367	Tomato Paste	6.00 oz
12367	Tomato Sauce	15.00 oz
12367	Brown Sugar	2.00 ts
12367	Vinegar	1.00 ts
12367	V-8 Juice	6.00 oz
12368	Semisweet baking chocolate	2.00 oz
12368	Butter	2.00 tb
12368	Boiling water	0.50 c
12368	Sugar	1.50 c
12368	Salt	0.00 ds
12368	Vanilla	1.00 ts
12369	Bacon bits	4.00 oz
12369	Carrot, thinly sliced	1.00
12369	Sticks celery, thinly sliced	2.00
12369	Onion, coarsely chopped	1.00
12369	Bay leaf	1.00
12369	Cloves of garlic (or 3)	2.00
12369	Pepper	1.00 ts
12370	Uncooked rice (see note)	2.00 c
12370	Basic stock (Prudhomme)	2.50 c
12370	Onions, chopped very fine	1.50 T
12370	Celery, chopped very fine	1.50 T
12370	Bell peppers, chopped vy fine	1.50 T
12370	Unsalted butter (preferred)	1.50 T
12370	Salt	0.50 t
12370	Garlic powder	0.12 t
12370	Pinch white pepper	1.00 x
12370	Pinch black pepper	1.00 x
12370	Pinch cayenne pepper	1.00 x
12371	Unbleached Flour	8.00 c
12371	Brown Sugar, Firmly Packed	2.00 c
12371	Baking Soda	1.50 ts
12371	Granulated Sugar	2.50 c
12371	Salt	4.00 ts
12371	Vegetable Shortening	3.00 c

Sheet1

12372	c	4.00	4
12372		0.00	
12372	Flour	4.00	
12372	Chicken stock	5.00	
12372	Light cream	3.00	
12372	Butter	5.00	4
12372	Salt and Pepper to taste	0.00	
12372	CREAM OF CAULIFLOWER SOUP:	0.00	
12372	Cauliflower flowerets	4.00	c
12372	Paprika	0.00	
12372	Basic cream soup recipe	0.00	
12372	CREAM OF BROCCOLI SOUP:	0.00	
12372	Broccoli	5.00	c
12372	A pinch or two of nutmeg	0.00	
12372	Basic Cream soup recipe	0.00	
12372	CREAM OF CUCUMBER SOUP:	0.00	
12372	Cucumbers, peeled, seeded	4.00	c
12372	-and diced	0.00	
12372	Sour cream	0.50	c
12372	Basic cream soup recipe	0.00	
12372	CREAM OF LIMA BEAN SOUP:	0.00	
12372	Lima beans	4.00	c
12372	Crisply fried bacon crumbled	4.00	tb
12372	Basic cream soup recipe	0.00	
12372	CREAM OF SPINACH SOUP:	0.00	
12372	Spinach, coarsely chopped	4.00	c
12372	Hard cooked egg yolks	2.00	
12372	Basic cream soup recipe	0.00	
12372	CREAM OF ASPARAGUS SOUP:	0.00	
12372	Tender asparagus tips	4.00	c
12373	MIX TOGETHER -----	0.00	-----
12373	Dry Candy Fondant	2.50	lb
12373	Butter	1.00	c
12373	ADD -----	0.00	-----
12373	Whipping cream	0.50	c
12373	MIX TOGETHER -----	0.00	-----
12373	ADD -----	0.00	-----
12374	White Sugar, Granulated	2.00	c
12374	Light Corn Syrup	0.50	c
12374	Water	0.50	c
12374	Salt	1.00	pn
12374	Egg Whites	2.00	lg
12374	Vanilla Extract	1.00	ts
12374	Nuts, Chopped *	1.00	c
12375	Unbleached all-purpose	0.75	c
12375	Flour	0.00	
12375	Egg	1.00	
12376	Fish fillets	1.00	lb
12376	Bacon, chopped	2.00	sl

Sheet1

12376	Onion, chopped	0.50 c
12376	Fish stock or water	2.00 c
12376	Raw potato, sliced	1.00 c
12376	Milk	2.00 c
12376	Salt	1.00 ts
12376	Of pepper	1.00 ds
12377	Unbleached flour	1.00 c
12377	Semolina or durum flour	1.00 c
12377	Salt	1.00 ts
12377	Olive oil	1.00 tb
12377	Eggs (or more); beaten	3.00
12378	Fruit juice	1.00 c
12378	Cream of tartar	1.00 pn
12378	Sugar	0.25 c
12378	- if juice is unsweetened	0.00
12378	Lemon juice	1.00 tb
12378	Arrowroot or cornstarch	2.00 ts
12378	Fruit juice; cold	2.00 tb
12379	Onions; Chopped, 2 Med.	1.00 c
12379	Vegetable Oil	0.50 c
12379	Fresh Spinach; Chopped	10.00 oz
12379	Tomatillos; Coarsely Chopped	0.50 lb
12379	Green Chiles; Chopped, 1 cn	4.00 oz
12379	Cloves Garlic; Crushed	2.00 ea
12379	Oregano Leaves; Dried	1.00 T
12379	Chicken Broth	1.00 c
12379	Dairy Sour Cream	2.00 c
12380	Honey	1.00 c
12380	Water	0.25 c
12380	Liquid fruit pectin	0.12 c
12381	Honey	1.00 c
12382	Jim Vorheis	0.00
12382	Dry mustard	0.25 c
12382	White wine vinegar	0.25 c
12382	Dry white wine	0.33 c
12382	Sugar	1.00 ts
12382	Salt	0.50 ts
12382	Egg yolks	3.00
12382	Lime Mustard:	0.00
12382	Grated lime peel	0.75 ts
12382	Lime juice	1.50 ts
12382	Tarragon Mustard:	0.00
12382	Crushed tarragon	0.50 ts
12382	Spicy Mustard:	0.00
12382	Ground turmeric	0.25 ts
12382	Ground cloves	0.25 ts
12382	Tomato Mustard:	0.00
12382	Paprika	1.00 ts
12382	Chopped pimento	1.00 tb

## Sheet1

12382	Tomato paste	0.50 c
12383	Beaten eggs	3.00
12383	Milk	0.75 c
12383	Soft bread crumbs (about	3.00 c
12383	4 1/2 slices)	0.00
12383	Finely chopped onion	0.50 c
12383	Salt	2.00 ts
12383	Ground beef	3.00 lb
12384	Unsalted butter	0.50 c
12384	- well chilled or frozen	0.00
12384	Egg yolk	1.00 lg
12384	Ice water	5.00 tb
12384	Salt	0.50 ts
12384	Unbleached all-purpose flour	1.50 c
12385	Of salt	1.00 pn
12385	Beaten eggs	2.00
12385	Milk	2.00 tb
12386	Ancho Chilies	8.00 ea
12386	Warm Water	3.50 c
12386	Onion; Chopped	0.50 c
12386	Garlic; Cloves, chopped	2.00 ea
12386	Vegetable Oil	0.25 c
12386	Tomato Sauce; 1 cn	8.00 oz
12386	Oregano Leaves; Dried	1.00 T
12386	Cumin Seed	1.00 T
12386	Salt	1.00 t
12387	Whole clove garlic	1.00
12387	Ripe plum tomatoes, cored	1.00 lb
12387	-and finely diced but not	0.00
12387	-peeled	0.00
12387	Red onion, finely chopped	0.50 sm
12387	Minced fresh coriander OR	0.25 c
12387	Minced flat leaf parsley,	0.25 c
12387	-plus 1/2 tsp ground	0.00
12387	-coriander	0.00
12387	Lime juice	1.00 tb
12387	Salt	0.25 ts
12388	Onion, peeled & quartered	1.00 md
12388	Clove garlic, peeled and	1.00 lg
12388	Quartered	0.00
12388	Rib celery	1.00
12388	Rinsed shrimp detritus	2.00 lb
12388	(heads, shells, etc)	0.00
12388	(of course, include similar	0.00
12388	"waste parts" from any	0.00
12388	Other seafood, if desired.)	0.00
12389	Active dry yeast	1.00 ts
12389	Warm water	0.25 c
12389	Milk	0.75 c



Sheet1

12389	Flour *	1.00 c
12390	Lg baking potato peeled,cube	0.00
12390	White flour	1.00 c
12390	Active dry yeast	0.50 tb
12390	Sugar	1.00 ts
12391	Drained canned plum tomatoes	35.00 oz
12391	Garlic clove	1.00
12391	Olive oil	3.00 tb
12391	Chopped parsley	1.00 tb
12391	Salt	0.00
12392	Sifted cake flour	1.00 c
12392	Baking powder	1.00 t
12392	Salt	0.25 t
12392	Eggs, separated	3.00
12392	Sugar, divided	1.00 c
12392	Vanilla	2.00 t
12392	Water	0.25 c
12392	Egg whites	2.00
12393	BASIC -----	0.00 -----
12393	Cold water	2.00 qt
12393	Med. onion, (see note)	1.00 ea
12393	Large clove garlic (note)	1.00 ea
12393	Bones, excess meat (notes)	1.00 x
12393	FOWL AND GAME STOCKS -----	0.00 -----
12393	Backs, necks, bones (notes)	1.50 lb
12393	BEEF OR TURTLE STOCK -----	0.00 -----
12393	Beef shank (see notes)	2.00 lb
12393	PORK STOCK -----	0.00 -----
12393	Pork neck bones (see notes)	2.00 lb
12393	SEAFOOD STOCK -----	0.00 -----
12393	Rinsed shrimp heads (notes)	2.00 lb
12393	BASIC -----	0.00 -----
12393	FOWL AND GAME STOCKS -----	0.00 -----
12393	BEEF OR TURTLE STOCK -----	0.00 -----
12393	PORK STOCK -----	0.00 -----
12393	SEAFOOD STOCK -----	0.00 -----
12394	Turkey, ground	1.00 lb
12394	Bread crumbs, seasoned	0.50 c
12394	Onions, finely chopped	0.33 c
12394	Egg, beaten	1.00 ea
12394	Soy sauce	1.00 ts
12394	Worcestershire sauce	1.00 ts
12394	Garlic powder	0.50 ts
12394	Buns, burger, toasted	4.00 ea
12395	Carrot	1.00
12395	Celery stalk	1.00
12395	Onion	1.00
12395	Chopped parsley	1.00 tb
12395	Basil leaves	5.00

Sheet1

12395	Olive oil	0.33 c
12395	Drained canned plum tomatoes	35.00 oz
12395	Salt	0.50 ts
12395	Freshly ground black pepper	0.00
12397	Butter	2.00 tb
12397	Flour	2.00 tb
12397	Milk	1.00 c
12397	Salt & pepper to taste	0.00
12398	Butter	2.00 tb
12398	Flour	2.00 tb
12398	Milk	1.00 c
12398	Salt & pepper to taste	0.00
12399	Basil leaves, fresh	2.00 c
12399	Pine nuts	0.50 c
12399	Garlic, cloves, minced	3.00 ea
12399	Salt	0.25 ts
12399	Oil, olive	0.50 c
12399	Cheese, Parmesan, fresh,	0.33 c
12399	Grated	1.00 x
12399	Bread, white or whole wheat,	8.00 ea
12399	Cut in half, crusts removed	1.00 x
12399	Cheese, Brie, sliced thin,	0.75 lb
12399	Thick parts of rind trimmed	1.00 x
12399	Off	1.00 x
12399	Margarine or butter, melted,	1.00 x
12399	For brushing on grill rack	1.00 x
12399	Tomato, sliced for garnish	1.00 ea
12399	Basil leaves, fresh for	1.00 ea
12399	Garnish	1.00 x
12400	Blue Ribbon Winner	0.00
12400	Ready made 9 inch pie shell	1.00
12400	Sweet onions, thinly sliced	2.00 lb
12400	Diced lean Canadian bacon	2.00 oz
12400	Plain low fat yogurt	0.75 c
12400	Beaten eggs, or 1/2 cup egg	2.00
12400	-substitute	0.00
12400	Cornstarch	1.00 tb
12400	Caraway seed	1.00 ts
12400	Nutmeg	0.25 ts
12401	Lean center cut pork chops	4.00
12401	(total weight 1.25 lbs)	0.00
12401	V8 juice	1.00 c
12401	Dried basil	1.00 t
12401	Salt	0.50 t
12401	Coarsely ground black pepper	1.00 t
12402	4 oz red new potatoes,	1.00 lb
12402	-scrubbed and quartered	0.00
12402	Nonfat plain yogurt	0.75 c
12402	Minced scallions	0.25 c

Sheet1

12402	+2 t low cal mayonnaise	2.00 tb
12402	Cider or red wine vinegar	1.00 tb
12402	Dijon or spicy brown mustard	2.00 ts
12402	Basil	1.00 ts
12402	Salt	0.25 ts
12402	White pepper	0.12 ts
12402	Hard cooked eggs, chopped	2.00 lg
12402	Cooked turkey bacon crumbled	2.00 sl
12403	Recipe buttermilk bisquits	1.00
12403	Parmesan	0.50 c
12403	Basil	1.00 tb
12403	Dash garlic & onion	0.00
12403	Powder, black pepper	0.00
12404	Garlic clove, minced	1.00 sm
12404	Ricotta cheese (8 oz)	1.00 c
12404	Grated Parmesan cheese	1.00 tb
12404	Egg yolk	1.00
12404	Minced fresh basil	2.00 tb
12404	Minced fresh thyme (OR 1/8	0.25 ts
12404	-tsp dried)	0.00
12404	Salt	0.25 ts
12404	Ground black pepper	0.25 ts
12404	Whole chicken legs (2	4.00
12404	-pounds)	0.00
12404	Fresh lemon juice	2.00 tb
12404	Bacon (4 slices)	4.00 oz
12405	Halved	12.00 ea
12405	Yellow onions,peeled and	3.00 ea
12405	Favorite pasta, i like fettu	16.00 ea
12405	Each fresh chopped BASIL	0.50 c
12405	Parsley	0.50 c
12405	Olive oil	4.00 tb
12405	Minced garlic or MORE	1.00 ea
12405	Red pepper flakes	1.00 ea
12405	Parmesan to taste	1.00 ea
12406	Eggs; beaten	2.00
12406	Salt	0.75 ts
12406	Garlic powder; or fresh	0.50 ts
12406	-garlic, finely minced	0.00
12406	All purpose flour	0.50 c
12406	Cornstarch	0.25 c
12406	Milk	0.50 c
12406	Honey	1.00 tb
12406	Lemon juice	1.00 ts
12406	Sherry	2.00 tb
12406	Ginger; fresh, put thru	1.00 ts
12406	-garlic press (or grated)	0.00
12407	Eggs	2.00
12407	Of milk	0.33 c

## Sheet1

12407	Sifted flour	1.00 c
12407	Baking powder	1.50 ts
12407	Salt	0.50 ts
12407	Melted shortening	2.00 tb
12407	Pork brains	1.50 c
12408	Blueberries	1.50 c
12408	Oatmeal	1.00 c
12408	Brown sugar	1.00 c
12408	Flour	0.50 c
12408	Butter	0.50 c
12408	Cinnamon	0.50 ts
12408	Salt	0.50 ts
12409	Envelope unflavored gelatin	1.00
12409	Cold water	2.00 tb
12409	Egg yolks	2.00
12409	Sugar	0.50 c
12409	Salt	1.00 ds
12409	Milk	1.00 c
12409	Vanilla	1.00 ts
12409	Heavy cream, or 2 cups	1.00 c
12409	-whipped topping	0.00
12410	Graham cracker crust for 9	1.00
12410	-inch buttered spring form	0.00
12410	Pan, baked at 300-F for 10	0.00
12410	-minutes; cooled.	0.00
12410	Gelatin	2.00 tb
12410	Cold water	0.50 c
12410	Milk	2.00 c
12410	Sugar	0.50 c
12410	Egg yolks	4.00
12410	Salt	0.50 ts
12410	Vanilla	3.00 ts
12410	Egg whites	4.00
12410	Sugar	0.50 c
12410	Heavy cream	1.50 c
12410	OR:	0.00
12410	Rich's Topping	1.50 c
12411	Pillsbury Plus Devil's Food	1.00 pk
12411	-Cake Mix	0.00
12411	Cinnamon	1.00 ts
12411	Nutmeg	0.50 ts
12411	Cold mashed potatoes	1.00 c
12411	Butter, softened	0.50 c
12411	Water	0.50 c
12411	Eggs	3.00
12411	Glaze:	0.00
12411	Semi-sweet chocolate chips	0.50 c
12411	Butter	1.00 tb
12411	Milk	2.00 tb

Sheet1

12411	Powdered sugar	0.50 c
12412	Cream of Mushroom Soup	1.00 cn
12412	Mayonaise	0.50 c
12412	Potatoes, diced	4.00 c
12412	Sauerkraut	2.00 c
12412	Buttered Bread Crumbs	0.50 c
12412	Wieners/sliced	1.00 pk
12412	Smokene (Liquid Smoke)	1.00 ts
12412	Paprika	0.50 ts
12413	Beef shin, bone in	1.00 lb
12413	Water	3.00 qt
12413	Onion, chopped	1.00 lg
12413	Stalks celery, chopped	2.00 lg
12413	Can of tomatos	1.00 lb
12413	Salt	1.00 tb
12413	Black pepper	0.25 ts
12413	Cayenne pepper	0.12 ts
12413	Package frozen mixed	10.00 oz
12413	-vegetables	0.00
12413	Pckg fresh or frozen mixed	1.00
12413	-soup vegetables	0.00
12413	Maryland crab meat	1.00 lb
12413	Maryland claw crabmeat	0.50 lb
12414	Water	0.75 c
12414	Sugar	2.00 ts
12414	Evaporated milk	0.50 c
12414	(14 oz)dry active yeast	1.00 pk
12414	All-purpose flour*	3.50 c
12414	Sugar	0.33 c
12414	Egg	1.00
12414	Lard or vegetable shortening	2.00 tb
12414	Salt	1.00 ts
12414	Fresh grated nutmeg	0.50 ts
12414	Vegetable oil	0.00
12414	Powdered sugar	0.00
12415	Cold water	10.00 c
12415	Green split peas	0.75 c
12415	Pearl barley	2.00 tb
12415	Baby lima beans	0.25 c
12415	Sliced carrots	2.00 c
12415	Onion, diced	1.00 lg
12415	Handful of celery tops, cut	0.00
12415	-up	0.00
12415	Commercial chicken soup base	4.00 tb
12415	Butter or margarine	2.00 tb
12415	Dillweed	1.00 ts
12415	Sugar	1.00 pn
12415	Buckshot (pellet shaped	0.25 c
12415	-pasta)	0.00

Sheet1

12416	Cloves Garlic	3.00
12416	Dried Thyme	3.00 tb
12416	Black Pepper, coarsely	1.50 ts
12416	-ground, per	0.00
12416	Salt	0.50 ts
12416	Loin Lamb Chops 1 1/2 inches	6.00
12416	-thick	0.00
12416	Olive oil	0.00
12417	Ground beef - lean	1.00 lb
12417	Sausage stuffing	1.00 lb
12417	Breadcrumbs - fine	1.00 c
12417	Onions - medium, chopped	2.00
12417	Fine	0.00
12417	Curry powder	1.00 tb
12417	Water	0.50 c
12417	Parsley - chopped	1.00 tb
12417	Egg - beaten	1.00
12417	Clove - crushed	1.00 c
12417	Milk	0.50 c
12417	Salt and pepper to taste	0.00
12417	SAUCE -----	0.00 -----
12417	Onion - chopped very fine	1.00
12417	Water	0.25 c
12417	Ketchup	0.50 c
12417	Dry red wine OR beef stock	0.25 c
12417	Worcestershire sauce -	0.25 c
12417	Lea & Perrins	0.00
12417	Vinegar	2.00 tb
12417	Instant coffee	1.00 tb
12417	Brown sugar - packed	0.25 c
12417	Margarine	1.00 oz
12417	Lemon juice	2.00 ts
12417	SAUCE -----	0.00 -----
12418	Center Loin Chops; cut 1 1/4	4.00
12418	-to 1 1/2" thick	0.00
12418	Lea & Perrins Barbeque Sauce	1.00 c
12419	Onion diced (1 cup)	1.00
12419	Head green cabbage,dice	2.00 lb
12419	Tomato sauce	8.00 oz
12419	Can peeled tomatoes & juice	28.00 oz
12419	Water	1.00 c
12419	Honey	0.50 c
12419	Lemon juice	0.25 c
12419	Raisins	0.33 c
12419	Ground beef or veal or lamb	1.00 lb
12419	Raw white rice	0.50 c
12419	Worchestershire Sauce	1.00 ts
12419	Salt (optional)	0.50 ts
12419	Ground pepper to taste	0.00

Sheet1

12420	Carrots, sliced	3.00 md
12420	Onions, chopped	2.00 md
12420	Garlic Clove, minced	1.00
12420	Butter/Margarine/Bacon Fat	2.00 tb
12420	Baked Beans in Brown Sugar	28.00 oz
12420	-Sauce	0.00
12420	V-8 or Tomato Juice	11.50 oz
12420	Frankfuaters, cut into 1"	8.00
12420	-pieces	0.00
12420	Worsterceshire Sauce	1.00 ts
12420	American or Cheddar Cheese,	0.00
12420	-shredded	0.00
12421	Chicken broth	2.00 c
12421	White beans, rinsed and	2.00 cn
12421	-drained (19-ounce cans)	0.00
12421	Pesto sauce	2.00 tb
12421	Grated Parmesan cheese	2.00 tb
12421	Freshly ground black pepper	0.00
12422	Water-packed pinto beans	28.00 oz
12422	-- drained and rinsed	0.00
12422	Cooked brown rice; -OR-	1.00 c
12422	- up to double this amount	0.00
12422	Chili powder	1.00 ds
12422	Garlic powder	1.00 ds
12422	Cumin	1.00 ds
12422	Water	0.75 c
12422	Tortillas	6.00
12422	TOPPINGS -----	0.00 -----
12422	Head iceberg lettuce	1.00
12422	-- chopped and dried	0.00
12422	Scallions; chopped	1.00 bn
12422	Ripe tomato; chopped	1.00
12422	Mexican salsa	0.00
12422	TOPPINGS -----	0.00 -----
12423	Green Lentils; dried	0.50 c
12423	Red Kidney Beans; dried	0.25 c
12423	Onion; medium	1.00 ea
12423	Jalapena Peppers *	2.00 ea
12423	Chile Powder	1.00 T
12423	Monterey Jack Cheese; grated	6.00 oz
12423	Tomato; medium, chopped	1.00 ea
12423	Salsa	1.00 x
12423	Pinto Beans; dried	0.25 c
12423	Baby Lima Beans; dried	0.25 c
12423	Garlic Cloves	4.00 ea
12423	Oregano; dried	1.00 T
12423	Coriander Leaves; chopped **	0.25 c
12423	Flour Tortillas; 10"	6.00 ea
12423	Lettuce; shredded	1.00 x

Sheet1

12424	(16 Oz.) Light Red Kidney	1.00 cn
12424	Beans Drained	0.00
12424	Vegetable Oil	1.00 ts
12424	Chopped Onion	0.50 c
12424	Diced Red OR Green Pepper	0.50 c
12424	Garlic Minced	1.00 cl
12424	Ground Cumin	0.75 ts
12424	Ground Coriander	0.50 ts
12424	White Pepper	0.12 ts
12424	Frozen Whole Kernel Corn,	0.50 c
12424	Thawed & Drained	0.00
12424	(8 Inch) Flour Tortillas	4.00
12424	(3 Oz.) Shredded	0.75 c
12424	Cheddar Cheese	0.00
12424	Commercial Medium Salsa	1.00 c
12425	Garlic cloves, minced	4.00 lg
12425	Onion, chopped	1.00 lg
12425	Green pepper, chopped	1.00 lg
12425	Corn oil	3.00 tb
12425	Chili powder	5.00 tb
12425	Cider vinegar	1.00 tb
12425	Allspice	0.25 ts
12425	Cinnamon, ground	0.25 ts
12425	Coriander,ground	0.25 ts
12425	Cumin, ground	1.00 ts
12425	Salt	0.50 ts
12425	Water	0.50 c
12425	Canned crushed tomatoes	2.00 c
12425	Can Garbanzo beans	16.00 oz
12425	Can Pinto beans	16.00 oz
12425	Can kidney beans with liquid	16.00 oz
12426	Uncooked shortgrain rice	1.00 c
12426	Dried shiitake mushrooms	6.00 ea
12426	Vegetable oil	1.00 tb
12426	Garlic clove, minced	1.00 ea
12426	Carrot, cut into 1" slivers	0.50 sm
12426	Asparagus tips, cut into	3.00 ea
12426	--1/2" pieces, diagonally	0.00
12426	Slivered bamboo shoots	0.25 c
12426	Ginkgo nuts, optional	0.25 c
12426	Pitted dates, chopped	2.00 ea
12426	Green onions, sliced	2.00 ea
12426	Hoisin suce	1.00 tb
12426	Soy sauce	2.00 tb
12426	Rice wine/dry sherry	2.00 ts
12426	Sesame oil	2.00 ts
12426	Dried bean curd sheets,	6.00 ea
12426	-- soaked for a few minutes	0.00
12426	Flour mixed with 1 tb water	1.00 tb



Sheet1

12426	Vegetable oil	6.00 tb
12427	Cornstarch	1.50 ts
12427	Stock	0.75 c
12427	Dry sherry	1.00 tb
12427	Soy sauce	2.00 tb
12427	Sesame oil	1.00 tb
12427	Scallion	1.00 ea
12427	Vegetable oil	4.00 tb
12427	Ginger root	2.00 sl
12427	Garlic cloves, sliced	2.00 ea
12427	Broccoli, florets & stems	2.00 c
12427	Salt	0.50 ts
12427	Medium tofu, cubed	0.50 lb
12428	Hot Italian peppers	2.00
12428	Sweet red bell pepper	0.50 sm
12428	Cornstarch	1.00 ts
12428	Oil	2.00 tb
12428	Salt	0.25 ts
12428	Medium bean curd, cubed	0.50 lb
12428	Soy sauce	1.00 tb
12428	Chopped Chinese parsley	0.50 c
12429	Pads tofu	3.00 ea
12429	Tree ears	8.00 ea
12429	Peanut oil	2.00 tb
12429	Finely chopped ginger	1.00 tb
12429	Finely chopped garlic	1.50 tb
12429	Chopped scallions	0.75 c
12429	Hot chilies, chopped	1.00 ts
12429	Cooked fresh peas	0.50 c
12429	Sugar	1.00 ts
12429	Red wine vinegar	1.00 tb
12429	Sesame oil	1.00 ts
12430	Bean curd	1.00 lb
12430	Can of pineapple chunks	1.00 lg
12430	Cornflour	1.00 ts
12430	Soy sauce	2.00 tb
12430	Dry sherry	2.00 tb
12430	Oil	0.00
12430	Green onion, chopped	1.00 ea
12430	Bean sprouts	1.00 c
12431	Cooked legumes	2.00 c
12431	Tomatoes, chopped	4.00 ea
12431	Garlic cloves, chopped	4.00 ea
12431	Onion, chopped	1.00 ea
12431	Salt	0.00
12431	Black pepper	0.50 ts
12431	Sage	2.00 ts
12431	Water or stock	2.00 c
12431	Eggplant	1.00 lg

Sheet1

12431	Potatoes	2.00 lg
12431	Olive oil	1.00 c
12431	Ghee	2.00 tb
12431	Flour	2.00 tb
12431	Soya Milk	2.50 c
12431	Nutmeg	1.00 pn
12431	Allspice	1.00 ts
12432	Water; *	4.00 c
12432	Pinto Beans; Dried, *	1.00 lb
12432	Onion; Finely Chopped, 1 Med	0.50 c
12432	Cloves Garlic	2.00
12432	Chiles; **	0.00
12432	Chicken Bouillon; Instant	1.50 ts
12432	Cumin; Ground	0.12 ts
12432	Vegetable Oil	0.50 c
12432	Cooked Chicken; Diced	2.50 c
12432	Flour Tortillas; ***	12.00
12432	Dairy Sour Cream	1.50 c
12432	Monterey Jack Cheese;Shredded	1.50 c
12432	Green Onions w/Tops; Sliced	0.25 c
12433	Kidney beans, dry	1.00 lb
12433	Smoked Polish sausage,sliced	1.00 pk
12433	Salt	1.00 tb
12433	Water	1.75 qt
12433	Barley, regular	1.00 c
12433	Garlic cloves; peeled	2.00 x
12433	Parsely sprigs	0.00
12434	Onion,chopped	3.00 tb
12434	Butter or margarine	2.00 tb
12434	Pork and beans(31oz)	1.00 cn
12434	Wieners;sliced penny style	6.00
12434	Brown sugar	0.33 c
12434	Mustard,prepared	1.00 ts
12434	Celery salt	1.00 ts
12435	Beans - black, turtle, pink,	1.00 lb
12435	-or pinto	0.00
12435	An earthenware bean pot (l	0.00
12435	-used my crock pot)	0.00
12435	Hot water	10.00 c
12435	White onion, roughly sliced	0.25 c
12435	Lard	2.00 tb
12435	Salt, or to taste	1.00 tb
12435	Sprigs epazote (only if	2.00 lg
12435	-black beans are used) (An	0.00
12435	-herb)	0.00
12436	Pink beans	1.00 lb
12436	Can Ortega green chiles,	1.00 sm
12436	-chopped	0.00
12436	Salt	1.00 ts

Sheet1

12436	Onion, chopped	1.00 lg
12436	Cloves garlic,	3.00
12436	-minced/pressed	0.00
12436	Chili powder	0.50 ts
12436	Salsa or to taste	4.00 tb
12437	All purpose flour (soft)	6.00 c
12437	Salt	1.50 t
12437	Sugar	1.00 T
12437	Baking powder	1.00 t
12437	Shortening	1.00 c
12437	Milk	1.00 c
12438	Vegetable Oil	2.00 T
12438	Sirloin Steak; Bonless, *	1.00 lb
12438	Carrots; Frozen, Sliced	0.50 c
12438	Env. Soup Mix; **	1.00 ea
12438	;Water	1.00 c
12438	Soy Sauce	2.00 T
12438	Ketchup	2.00 T
12438	Garlic Powder	0.50 t
12438	Ginger; Ground	0.25 t
12438	Bamboo Shoots; Drained,(1cn)	8.00 oz
12438	Snow Peas; Frozen, Thawed	6.00 oz
12438	Rice; Hot Cooked	1.00 x
12439	Pinto Beans	0.50 lb
12439	Onion, chopped	1.00
12439	Green Pepper, chopped	1.00
12439	Ground Beef, extra lean -or-	1.00 lb
12439	-Ground Turkey	0.00
12439	To 3 Garlic Cloves, minced	2.00
12439	Chili Powder	1.00 tb
12439	Cumin	2.00 ts
12439	Cayenne Pepper (optional)	2.00 ts
12439	Can Tomatoes, drained	28.00 oz
12439	Can Tomato Sauce	6.00 oz
12440	Onion Chopped	0.50 c
12440	Beef Base	2.00 tb
12440	Celery Chopped	0.33 c
12440	Dry Parsley	1.00 ts
12440	Green Pepper Chopped	0.33 c
12440	Garlic Minced	1.00 cl
12440	Dry Macaroni	0.75 c
12440	Sugar	1.00 ts
12440	Crushed Tomatos	28.00 oz
12440	Red Pepper	0.50 ts
12440	Hamburger	0.75 lb
12440	Dry American Cheese	0.50 c
12441	Macaroni, raw	1.00 c
12441	Ground beef	0.50 lb
12441	Garlic powder	0.50 ts

Sheet1

12441	Chili powder	1.00 ts
12441	Salt	1.00 pn
12441	Pepper, freshly ground	1.00 pn
12441	Tomato soup	1.00 cn
12441	Mozzarella cheese 15% mf	1.00 oz
12442	Onions, Medium Chopped	2.00 x
12442	Chili Powder, Hot New Mexico	0.50 ts
12442	Garlic Cloves	6.00 x
12442	Cumin	0.50 oz
12442	Kidney Suet Or Lard	2.00 tb
12442	Coriander (Optional)	0.50 ts
12442	Gebhardt's Chili Powder	2.00 oz
12442	Tomato Sauce	6.00 oz
12442	Regular Dark Chili Powder	0.50 oz
12442	Oregano Tea *	0.50 c
12442	Beef Cubed Or Coarse Ground	3.00 lb
12442	Salt	0.50 oz
12442	Beef Broth	1.00 c
12442	Pepper, Cayenne (If Needed)	0.25 ts
12442	Pork Sausage Bulk	3.00 oz
12442	Tabasco Sauce	1.00 ds
12442	Green Chili, Medium Minced	0.00
12443	Beef broth	1.00 c
12443	Cornstarch	1.00 tb
12443	Water	2.00 tb
12443	Brown sugar	1.00 ts
12443	Oil	2.00 tb
12443	Lean ground beef	0.50 lb
12443	Garlic minced	1.00 cl
12443	Shredded Chinese cabbage	2.00 c
12443	Tofu, cut into 1/2" cubes	0.50 lb
12443	Hot cooked rice	3.00 c
12443	Green onions with tops,	2.00
12443	Sliced	0.00
12444	Medium onions sliced	5.00 ea
12444	Fresh mushrooms	0.50 lb
12444	Shortening	2.00 t
12444	Stew meat	2.00 lb
12444	Salt	1.00 t
12444	Crushed marjoram	0.50 t
12444	Crushed thyme	0.50 t
12444	Pepper	0.12 t
12444	Flour	1.50 T
12444	Beef stock	0.75 c
12444	Red Burgundy	1.50 c
12445		0.00
12445	-	1.50
12445	Twice	0.00
12445	Soft bread crumbs	0.50

Sheet1

12445	Minced scallions	3.00
12445	Minced parsley	2.00
12445	Fresh ground pepper	0.12 ts
12445	Worcestershire sauce	1.00 tb
12445	Beef bouillon	0.25 c
12445	Butter	6.00 tb
12445	Seasoned salt	1.00 ts
12445	Mushroom caps, for serving	6.00
12445	SAUCE -----	0.00 -----
12445	Butter	0.25 c
12445	Minced parsley	0.25 c
12445	Garlic,minced	1.00 cl
12445	Lemon juice	0.50 ts
12445	Crushed rosemary	0.25 ts
12445	Salt	0.12 ts
12445	Ketchup	2.00 tb
12445	Red wine	0.25 c
12445	Beef bouillon	0.50 c
12445	Toast points for serving	6.00
12445	GARNISH -----	0.00 -----
12445	Onion ruffles	0.00
12445	Carrot curls	0.00
12445	Parsley	0.00
12445	FILETS -----	0.00 -----
12445	SAUCE -----	0.00 -----
12445	GARNISH -----	0.00 -----
12446	Beef; Cooked, Shredded	2.00 c
12446	Refried Beans; Below	1.00 c
12446	Flour Tortillas; *	8.00
12446	Lettuce; Shredded	2.00 c
12446	Tomatoes; Chopped, 2 Medium	2.00 c
12446	Cheddar Cheese; Shredded	1.00 c
12446	REFRIED BEANS -----	0.00 -----
12446	Lard Or Vegetable Oil	0.50 c
12446	Pinto Beans; Cooked	2.00 c
12446	Chile Powder	2.00 tb
12446	Cumin; Ground	1.00 tb
12446	Salt	1.00 ts
12446	Pepper	0.12 ts
12446	REFRIED BEANS -----	0.00 -----
12447	Salt	0.50 ts
12447	White pepper	0.25 ts
12447	Flank steak	2.00 lb
12447	Dijon mustard	1.00 ts
12447	STUFFING -----	0.00 -----
12447	Vegetable oil	2.00 tb
12447	Onion,chopped	1.00 sm
12447	(4 oz) mushroom pieces,	1.00 cn
12447	Drained, chopped	0.00

Sheet1

12447	Chopped parsley	0.25 c
12447	Chopped chives	2.00 tb
12447	Tomato paste	1.00 tb
12447	Dried bread crumbs	0.25 c
12447	Salt	0.25 ts
12447	Pepper	0.25 ts
12447	Paprika	1.00 ts
12447	GRAVY -----	0.00 -----
12447	Strips bacon, cubed	3.00
12447	Onions,finely chopped	2.00 sm
12447	Hot beef broth	1.00 c
12447	Dijon mustard	1.00 ts
12447	Tomato catsup	2.00 tb
12447	STUFFING -----	0.00 -----
12447	GRAVY -----	0.00 -----
12448	Flank Steak	1.50 lb
12449	Soy Sauce	0.50 c
12449	Worcestershire Sauce	0.50 c
12449	Ketchup	2.00 tb
12449	Pepper (MORE FOR HOT)	0.50 ts
12449	Garlic Powder	0.50 ts
12449	Onion Salt	0.50 ts
12449	Beef Roast	1.00 lb
12450	Lo salt soy sauce	0.50 c
12450	Onion powder	1.25 ts
12450	Worcestershire Sauce	0.33 c
12450	Garlic powder	1.25 ts
12450	Pepper	2.33 ts
12450	Brown sugar	2.00 tb
12450	Lean beef	1.00 lb
12450	Liquid mesquite smoke *	0.00
12451	Ground beef	1.00 lb
12451	(8 oz) tomato sauce	1.00 cn
12451	Chopped onions	0.33 c
12451	Chopped green bell pepper	2.00 tb
12451	(8 oz.) noodles, cooked,	4.00 c
12451	Drained	0.00
12451	Velveeta Pasteurized	0.50 lb
12451	Process Cheese Spread,cubed	0.00
12452	Ground Beef	2.00 lb
12452	Onion, Chopped	1.00 md
12452	Garlic, Minced	4.00 cl
12452	Fresh Mushrooms, Sliced	0.50 lb
12452	Bay Leaf	1.00
12452	Salt	1.25 ts
12452	Chili Powder	0.50 ts
12452	Cumin Powder	0.50 ts
12452	Cinnamon	0.25 ts
12452	(1 cn) Tomato Sauce	8.00 oz

Sheet1

12452	Burgundy Or Rose Wine	0.33 c
12452	Egg	1.00
12452	(1 pk) Cream Cheese,	8.00 oz
12452	Softened	0.00
12452	Creamed Cottage Cheese	1.00 c
12452	Crumbled Feta Cheese	0.50 c
12452	Unsalted Butter, Melted *	0.50 c
12452	(1/2 Pk) Phyllo Leaves **	8.00 oz
12452	Dry Bread Crumbs	0.25 c
12452	GARNISHES -----	0.00 -----
12452	Parlsey Sprigs	0.00
12452	Cherry Tomatos	12.00
12452	Fresh Fruit Kabobs (opt.)	0.00
12452	GARNISHES -----	0.00 -----
12453	Rump steak	1.00 kg
12453	Onions, chopped	2.00
12453	Garlic cloves, chopped	4.00
12453	Fresh ginger, chopped	1.00 tb
12453	Red chillies, chopped	4.00 sm
12453	Water	0.50 c
12453	Ground coriander	2.00 ts
12453	Tamarind sauce	2.00 tb
12453	Ground turmeric	1.00 ts
12453	Curry leaves	10.00
12453	Lemon grass, 10 cm stem	0.00
12453	Coconut milk	4.00 c
12454	Beef fillets (4 oz ea)	1.50 lb
12454	Vegetable oil	2.00 tb
12454	Seasoned salt	0.50 ts
12454	Pepper	0.12 ts
12454	Paprika	0.25 ts
12454	Frozen puff pastry shells,	4.00
12454	Thawed	0.00
12454	Egg, slightly beaten	1.00
12454	Crumbled Blue cheese	2.50 tb
12454	Butter	1.00 ts
12454	Minced chives	1.00 ts
12454	Garlic, minced	1.00 cl
12454	Sesame seeds	1.00 ts
12454	GARNISH -----	0.00 -----
12454	Parsley	0.00
12454	Green onions	0.00
12454	Turnips	0.00
12454	Carrots	0.00
12454	GARNISH -----	0.00 -----
12455	3 lb. boneless beef rib eye	1.00
12455	Roast	0.00
12455	Salt,divided	0.75 ts
12455	Pepper,divided	0.50 ts

Sheet1

12455	Chopped onion	0.50 c
12455	Dry red wine	0.50 c
12455	Cornstarch	1.00 tb
12455	(13 3/4 oz) single strength	1.00 cn
12455	Beef broth	0.00
12455	(4 oz) mushroom pieces and	1.00 cn
12455	Stems, drained	0.00
12455	Chopped parsley	1.00 tb
12456	-----roast-----	0.00
12456	White pepper	0.25 ts
12456	Mustard; dijon style	1.00 ts
12456	Vegetable oil	2.00 tb
12456	Mushroom pieces; *	4.00 oz
12456	Chives; chopped	2.00 tb
12456	Bread crumbs; dried	0.50 c
12456	Pepper	0.25 ts
12456	-----gravy-----	0.00
12456	Onions; small, fine chopped	2.00
12456	Mustard; dijon style	1.00 ts
12456	Salt	0.50 ts
12456	Flank steak	2.00 lb
12456	-----mushroom stuffing-----	0.00
12456	Onion; small, chopped	1.00
12456	Parsley; chopped	0.50 c
12456	Tomato paste	1.00 tb
12456	Salt	0.25 ts
12456	Paprika	1.00 ts
12456	Bacon; strips, cubed	3.00
12456	Beef broth; hot	1.00 c
12456	Tomato catsup	2.00 tb
12457	Coarse kosher salt	3.00 c
12457	Standing rib roast, trimmed	6.00 lb
12458	Beef short ribs	4.00 lb
12458	- well trimmed	0.00
12458	White vinegar	0.75 c
12458	Water	1.50 c
12458	Light soy sauce	3.00 tb
12458	Garlic cloves; peeled	6.00
12458	Shallots; chopped	2.00
12458	Coarsely ground black pepper	1.00 ts
12458	Salt	0.50 ts
12458	Bay leaves	2.00
12458	Vegetable oil	2.00 tb
12458	Fresh spinach; blanched	2.00 bn
12459	Filet mignon	4.00
12459	Butter	3.00 tb
12459	Cognac	0.33 c
12459	Frozen puff pastry	1.00 pk
12459	Egg white, lightly beaten	1.00



Sheet1

12459	Egg yolk	1.00
12459	Milk	1.00 ts
12459	STUFFING -----	0.00 -----
12459	Butter	0.50 c
12459	Onion,finely chopped	1.00 sm
12459	Mushrooms,sliced	1.00 lb
12459	SAUCE -----	0.00 -----
12459	Butter	0.25 c
12459	Chopped onion	0.50 c
12459	Chopped carrot	0.50 c
12459	Chopped parsley	2.00 tb
12459	Thyme	0.50 ts
12459	Bay leaf	1.00
12459	Flour	0.25 c
12459	Beef bouillon	2.50 c
12459	White wine	1.00 c
12459	Tomato paste	1.00 tb
12459	Salt and pepper	0.00
12459	STUFFING -----	0.00 -----
12459	SAUCE -----	0.00 -----
12460	Safflower oil	2.00 tb
12460	Unsalted butter	2.00 tb
12460	Stewing beef	2.00 lb
12460	--OR-- Lamb or pork	0.00
12460	- cut into 1-in cubes	0.00
12460	Salt	0.75 ts
12460	Freshly ground pepper	0.00
12460	Garlic cloves; peeled	2.00 lg
12460	Onions; peeled	2.00 md
12460	Dry red wine	0.75 c
12460	Beef stock or beef broth	0.75 c
12460	Red wine vinegar	2.00 tb
12460	Tomato paste	1.00 tb
12460	Fresh cranberries	1.50 c
12460	Light brown sugar, packed	0.33 c
12460	Flour	2.00 tb
12461	-----INGREDIENTS-----	0.00
12461	Shortening	1.00 tb
12461	1-in Cubed Stew Beef	1.00 lb
12461	Onion; sliced	1.00 lg
12461	Water	0.50 c
12461	Peeled Potatoes	4.00 sm
12461	Frozen Peas	1.00 pk
12461	Carrot; chunked	1.00 sm
12461	(15 oz) Stewed Tomatoes	1.00 cn
12461	My Seasoning (follows)	1.50 ts
12462	Vegetable oil	2.00 tb
12462	Stewing beef, trimmed of	1.50 lb
12462	-fat, cut in 1-inch cubes	0.00

Sheet1

12462	Onion, large, chopped	1.00
12462	Celery stalk, with leaves,	1.00
12462	-chopped	0.00
12462	Clove garlic, minced	1.00
12462	Boiling water	1.25 c
12462	Cranberries, fresh	2.00 c
12462	Raisins	0.50 c
12462	Walnuts (optional)	0.25 c
12462	Cider vinegar	1.00 tb
12462	Honey	1.00 tb
12462	Cinnamon, ground	0.25 ts
12462	Ginger, ground	0.25 ts
12462	Cloves, ground	0.25 ts
12462	Cayenne pepper, or more to	0.12 ts
12462	-taste	0.00
12463	Carrots	1.00 lb
12463	White wine	1.00 c
12463	Sugar	0.25 ts
12463	Vegetable oil	2.00 tb
12463	White pepper	0.25 ts
12463	Parsley; chopped	1.00 tb
12463	Carbonated soda water	0.67 c
12463	Salt	1.00 ts
12463	Sirloin steak	1.00 lb
12463	Onions; small, diced	2.00
12463	Heavy cream	0.50 c
12464	Ground beef	1.00 lb
12464	Chopped onion	1.00 ea
12464	Salt to taste	1.00 x
12464	Clove garlic (optional)	1.00 ea
12464	Taco shells	1.00 pk
12464	Green chili or taco sauce	1.00 c
12465	Basic Red Sauce; *	0.00
12465	Southwest Guacamole; **	0.00
12465	Vegetable Oil	0.50 c
12465	Corn Tortillas; ***	10.00
12465	Ground Beef	1.00 lb
12465	Anaheim Chiles; ****	2.00
12465	Onion; Chopped, 1 Medium	0.50 c
12465	Pinto Beans; Drained, 1 cn	15.00 oz
12465	Cheddar Cheese; Shredded, 2C	8.00 oz
12465	GARNISHES -----	0.00 -----
12465	Dairy Sour Cream	0.00
12465	GARNISHES -----	0.00 -----
12466	Beef chuck cut into 1" cubes	2.00 lb
12466	Cloves Garlic	14.00
12466	Red wine vinegar	0.50 c
12466	Hot Red Chiles	4.00 sm
12466	Cumin seeds	0.25 ts

Sheet1

12466	Tumeric	0.75 ts
12466	Dry English mustard	1.00 ts
12466	Lemon	1.00
12466	Salt	1.25 ts
12466	Ginger	0.25 ts
12466	Bay leaves	2.00
12466	Cloves; whole	5.00
12466	Poppy seeds	3.00 tb
12466	Onion	1.00 sm
12466	Tomato paste	0.50 c
12466	Clarified butter	0.00
12466	Salt and pepper to taste	0.00
12466	Sugar	0.25 c
12467	STUFFING -----	0.00 -----
12467	Mushrooms	0.50 lb
12467	Onion	0.50 md
12467	Butter	2.00 tb
12467	Salt and pepper to taste	0.00
12467	Canned foie gras pate	4.00 oz
12467	MEAT -----	0.00 -----
12467	Oil	1.00 tb
12467	Beef tenderloin	1.50 lb
12467	Salt and pepper to taste	0.00
12467	WELLINGTON -----	0.00 -----
12467	Frozen puff pastry	1.00 lb
12467	STUFFING -----	0.00 -----
12467	MEAT -----	0.00 -----
12467	WELLINGTON -----	0.00 -----
12468	Beef fillet, tied and larded	3.50 lb
12468	- at room temp	0.00
12468	Mushrooms, finely chopped	0.75 lb
12468	Unsalted butter	2.50 tb
12468	Pate de foie gras, at room t	0.50 lb
12468	-mp	0.00
12468	Puff pastry	1.00 lb
12468	Egg white, beaten	1.00 lg
12468	Egg yolk beaten with	1.00 lg
12468	Water	1.00 ts
12468	Sercial madeira	0.50 c
12468	Arrowroot, dissolved in	2.00 ts
12468	Cold water	1.00 tb
12468	Beef broth	0.50 c
12468	Black truffles, finely chopp	2.00 tb
12468	-d	0.00
12468	Watercress for garnish	0.00
12469	Dried mushrooms	6.00
12469	Cooked brown rice	2.00 c
12469	Cooked beef chunks	1.50 c
12469	Crumbled feta cheese	3.00 oz

Sheet1

12469	Pitted black olives	6.00
12469	Parmesan cheese	2.00 tb
12469	Chopped onion	1.00
12469	Oil	1.00 tb
12469	Canned tomatos	1.50 c
12469	Minced garlic clove	1.00
12470	Vegetable oil	2.00 tb
12470	Minced garlic cloves	2.00
12470	Chopped onion	0.25 c
12470	Salt	2.00 ts
12470	Fresh ground pepper	0.00
12470	Snow peas, stems removed	0.25 lb
12470	Cauliflower head, broken	0.50 md
12470	-into flowerets	0.00
12470	Chicken broth/stock	1.00 c
12470	Cornstarch	1.00 tb
12470	Very thin sliced flank steak	1.00 lb
12470	Soy sauce	0.25 c
12471	Head leafy lettuce	1.00
12471	Head romaine lettuce	1.00
12471	Long European cucumber	1.00
12471	Fresh beet (8-oz)	1.00
12471	DRESSING -----	0.00 -----
12471	Orange juice	3.00 tb
12471	Lemon juice	1.00 tb
12471	Honey	1.00 tb
12471	Dijon style mustard	2.00 ts
12471	Orange grated rind	2.00 ts
12471	Salt	0.50 ts
12471	Vegetable oil	0.67 c
12471	DRESSING -----	0.00 -----
12472	Beets, chopped	10.00
12472	Chopped onions	1.00 c
12472	Chopped cabbage	2.00 c
12472	Red sweet pepper	1.00 c
12472	Stalk celery, chopped	1.00
12472	Salt	2.00 tb
12472	Sugar	0.50 c
12472	Chopped cauliflower	1.00 c
12472	Mustard seed	3.00 tb
12472	Celery seed	1.00 tb
12472	To 2 1/4 cups vinegar	2.00
12473	Fork stirred all purpose	1.75 c
12473	-flour	0.00
12473	Baking powder	0.50 ts
12473	Baking soda	0.50 ts
12473	Salt	1.00 ts
12473	Ground allspice	1.00 ts
12473	Sugar	1.00 c

Sheet1

12473	Corn oil	0.50 c
12473	Vanilla	1.00 ts
12473	Eggs	2.00 lg
12473	Whole canned beets, drained,	1.00 c
12473	-shredded, and lightly	0.00
12473	-packed 1/2 cup	0.00
12473	Currants	0.00
12473	Chopped walnuts	0.50 c
12474	Coarsley shredded cooked	2.00 c
12474	Beets	0.00
12474	Chopped red onion	2.00 tb
12474	Red wine vinegar	2.00 tb
12474	Sugar	1.00 ts
12474	Dijon mustard	2.00 tb
12474	Vegetable oil	3.00 tb
12474	Salt and pepper to taste	0.00
12475	Oil	1.00 tb
12475	Onion; sliced	1.00 md
12475	Beets	1.00 lb
12475	- peeled and coarsely diced,	0.00
12475	Chicken stock; or canned	1.00 qt
12475	- low-sodium chicken broth	0.00
12475	Salt	1.00 ts
12475	Plain yogurt	0.75 c
12475	Chopped fresh dill	3.00 tb
12476	Popped popcorn	2.00 qt
12476	Sugar	1.00 c
12476	Corn syrup	0.33 c
12476	Water	0.33 c
12476	Butter	0.25 c
12476	Salt	0.25 ts
12476	Vanilla	1.00 ts
12477	Eggs, beaten	2.00
12477	Granulated sugar	0.75 c
12477	Melted butter	1.00 tb
12477	All-purpose flour	2.50 c
12477	Baking powder	2.50 ts
12477	Salt	0.50 ts
12477	Ground nutmeg	0.25 ts
12477	Dates, chopped	1.00 c
12477	Milk	1.00 c
12477	Lemon extract	1.00 ts
12478	Water	0.75 c
12478	Unsalted butter, cut into	6.00 tb
12478	-slices	0.00
12478	Granulated sugar	1.00 tb
12478	Salt	0.12 ts
12478	Sifted all-purpose flour	0.75 c
12478	Eggs, at room temperature	3.00 lg

## Sheet1

12478	Vegetable oil, for shallow	0.00
12478	-frying	0.00
12478	Confectioner's sugar, for	0.00
12478	-garnish	0.00
12478	Bittersweet Chocolate Sauce	0.00
12478	-(recipe follows)	0.00
12478	Apricot Sauce (recipe	0.00
12478	-follows)	0.00
12479	-ELAINE RADIS BGMB90B	0.00
12479	-water	6.00 tb
12479	Butter	1.00 tb
12479	All-purpose flour	6.00 tb
12479	Eggs	4.00
12479	Vanilla	1.00 ts
12479	Confectioner's sugar	0.00
12480	Biscuit mix	2.00 c
12480	Club soda	1.33 c
12480	Egg	1.00
12480	Oil	3.00 tb
12481	Head belgian endive	8.00 sm
12481	Squeeze lemon juice	0.00
12481	Seasoning	0.00
12481	Thin slices cooked ham	8.00
12481	SAUCE	0.00
12481	Butter or margarine	2.00 tb
12481	Flour	0.25 c
12481	Milk	1.25 c
12481	To 3/4 c grated cheddar or	0.50 c
12481	-gruyere cheese	0.00
12481	TOPPING	0.00
12481	To 3/4 c fresh soft bread	0.50 c
12481	-crumbs	0.00
12481	Grated cheddar or gruyere	0.25 c
12481	-cheese	0.00
12481	Tomatoes	2.00
12482	Butter	2.00 ts
12482	Sugar	1.00 c
12482	Soda	1.00 ts
12482	Campbell's tomato soup; can	10.50 oz
12482	Flour	2.00 c
12482	Salt	0.50 ts
12482	Baking powder	2.00 ts
12482	Cinnamon	2.00 ts
12482	Cloves; ground	1.50 ts
12482	Nutmeg	0.25 ts
12482	Raisins	1.00 c
12482	Nuts; lightly dredged in fl	1.00 c
12482	-ur	0.00
12483	Ripe peaches, peeled and	2.00 c

## Sheet1

12483	-sliced	0.00
12483	Egg yolks	2.00
12483	Sugar	3.00 tb
12483	Unflavored gelatin	2.00 pk
12483	Flat champagne	0.50 c
12483	Peach schnapps or liqueur	2.00 tb
12483	Whipping cream	1.50 c
12483	Sugar	2.00 tb
12483	Almond extract	1.00 ts
12483	Egg whites	2.00
12483	Shredded coconut, toasted	1.00 c
12484	Sliced fresh peaches	6.00 c
12484	Apricot nectar	2.00 c
12484	Champagne	6.67 c
12485	Onion; small; sliced	1.00
12485	Soy sauce	0.50 c
12485	Rice wine vinegar	0.25 c
12485	1-inch piece gingerroot	1.00
12486	Powdered mustard	3.00 tb
12486	Hot water	2.00 tb
12486	Soy sauce or tamari sauce	0.50 c
12486	Sesame seeds, toasted	2.00 tb
12486	Garlic clove	1.00
12487	Dry mustard	3.00 tb
12487	Hot water	2.00 tb
12487	Sesame seeds; toasted	1.00 tb
12487	Soy sauce	0.75 c
12487	Garlic clove; crushed	0.25
12487	Whipping cream; whipped	3.00 tb
12488	Sugar	2.00 c
12488	Vanilla extract	0.50 ts
12488	Lemon extract	0.50 ts
12488	Parched benne seed (sesame	2.00 c
12488	-seeds, I think)	0.00
12489	Benne (sesame seeds)	1.00 tb
12489	Oyster liquor, drained from	1.00 c
12489	-the oysters	0.00
12489	Cream	1.00 c
12489	Oysters, shucked	12.00 lg
12490	Whole cumin seeds	2.00 ts
12490	Whole cloves	4.00 ea
12490	Black cardamom seeds	0.75 ts
12490	Whole black peppercorns	0.50 ts
12490	Whole allspice	0.25 ts
12490	Fenugreek seeds	1.00 ts
12490	Whole coriander seeds	0.50 ts
12490	Dried red chilies	10.00 sm
12490	Grated ginger	0.50 ts
12490	Turmeric	0.25 ts

Sheet1

12490	Salt	1.00 ts
12490	Sweet Hungarian paprika	2.50 tb
12490	Cinnamon	0.12 ts
12490	Ground cloves	0.12 ts
12491	Med Potato	1.00 ea
12491	Sugar	0.75 c
12491	Egg white	2.00 ea
12491	Lemon, grated rind of	0.50 ea
12491	*pastry	1.00 x
12491	Butter	2.00 T
12491	Egg yolk	2.00 ea
12491	Lemon, juice of	0.50 ea
12491	Milk	0.50 c
12492	Potato	6.00 ea
12492	Onion, grated	1.00 ea
12492	Parsley, minced	1.00 t
12492	SI Bread	10.00 ea
12492	Egg, well beaten	2.00 ea
12492	Salt & pepper	1.00 x
12493	Graham cracker crumbs	1.50 c
12493	Sugar	0.25 c
12493	Butter or margarine, melted	0.33 c
12493	Filling:	0.00
12493	(8 oz) cream cheese,	1.00 pk
12493	-softened	0.00
12493	Sugar	0.25 c
12493	Milk	2.00 tb
12493	Non-dairy whipped topping	3.50 c
12493	Fresh or frozen blueberries	2.00 pt
12493	Cold milk	3.50 c
12493	(4 serving size) vanilla	2.00 pk
12493	-instant pudding	0.00
12494	Lemon	1.00
12494	Sugar	1.00 c
12494	Water	0.67 c
12494	Orange juice	1.25 c
12494	Green peppercorns, coarsely	1.00 tb
12494	-crushed	0.00
12494	Strawberries	1.00 lb
12494	Fresh mint leaves (opt)	0.00
12494	Half-and-half (opt)	0.00
12495	Gelatin, strawberry flavored	3.00 oz
12495	Water, boiling	1.50 c
12495	Strawberries, fresh, hulled	3.00 c
12495	And sliced OR	1.00 x
12495	Strawberries, frozen, thawed	10.00 oz
12495	Pineapple, unsweetened w/	8.00 oz
12495	Juice	1.00 x
12495	Yogurt/strawberry or vanilla	2.00 c



## Sheet1

12495	Strawberries, whole	8.00 ea
12496	Fresh or frozen loose-pack	2.00 c
12496	-blueberries or strawberries	0.00
12496	Water	1.50 c
12496	Sugar	0.50 c
12496	Finely shredded orange peel	0.50 ts
12496	Orange juice	2.00 tb
12496	Buttermilk	2.00 c
12497	Sliced fresh or frozen	3.00 c
12497	-rhubarb, 1 inch pieces	0.00
12497	Sugar	0.33 c
12497	Orange juice	0.25 c
12497	Salt	1.00 pn
12497	Heavy Cream	1.00 c
12497	Fresh strawberries, halved	1.00 pt
12497	Fresh mint leaves	0.00
12498	Butter	1.00 c
12498	Sugar; powdered	3.00 c
12498	Egg yolks; or whole eggs	2.00 ea
12498	Berries; mashed	2.00 c
12499	Butter	7.00 T
12499	Garlic cloves,med,fine chop	2.00
12499	Onions,finely chopped	4.00
12499	Bell pepper(s)	1.00
12499	Beef round,hamburger grind	1.25 lb
12499	Oil,vegetable	1.00 T
12499	Beef shoulder,2"x1/2" strips	1.50 lb
12499	Red chile,mild,ground	3.00 T
12499	Tomatoes,lg,chopped	3.00
12499	Sugar	1.00 t
12499	Bay leaves	1.00
12499	Basil leaves,fresh,chopped	4.00
12499	Thyme,dried	0.00
12499	Paprika	0.50 t
12499	Cayenne pepper	0.50 t
12499	Allspice	0.50 t
12499	Chile caribe	2.00 T
12499	Soy sauce	1.00 t
12499	Hot pepper sauce,liquid	0.50 t
12499	Serrano chiles,frsh,fin chop	6.00
12499	Red wine,dry	0.50 c
12499	Beef broth	0.75 c
12499	Salt	1.00 t
12499	Black pepper,freshly ground	0.50 t
12499	Kidney beans,cooked,drained	3.00 c
12500	Brown sugar	0.67 c
12500	Cornstarch	3.00 tb
12500	Milk, cold	2.00 c
12500	Vanilla extract	1.00 ts

Sheet1

12500	Butter	1.00 tb
12501	Flour	2.00 c
12501	Sugar	2.00 c
12501	Shortening	0.50 c
12501	Water	0.75 c
12501	Buttermilk	0.75 c
12501	Baking soda	1.00 ts
12501	Sale	1.00 ts
12501	Vanilla	1.00 ts
12501	Baking powder	0.50 ts
12501	Eggs	2.00
12501	Unsweetened chocolate,	4.00 oz
12501	-melted and cooled	0.00
12501	Fudge frosting (see below)	0.00
12502	Sugar	1.00 c
12502	Margarine	0.50 c
12502	Eggs	4.00
12502	Chocolate syrup; can	16.00 oz
12502	Flour	1.00 c
12502	Nuts; chopped	1.00 c
12502	ICING -----	0.00 -----
12502	Margaarine	6.00 T
12502	Sugar	1.50 c
12502	Evaporated milk	6.00 T
12502	Chocolate chips	0.50 c
12502	ICING -----	0.00 -----
12503	Sugar	2.50 c
12503	Shortening or 2 sticks oleo	1.00 c
12503	Eggs	2.00
12503	Flour (packed)	2.50 c
12503	Cocoa	0.50 c
12503	Salt	0.50 ts
12503	Buttermilk	1.00 c
12503	Boiling water	1.00 c
12503	Scant tsp. soda	2.00
12504	Pkg. dried black-eyed peas	16.00 oz
12504	Water	6.00 c
12504	Hickory-smoked bacon	4.00 sl
12504	Salt	1.00 T
12504	Sugar	1.00 T
12504	White wine vinegar	1.00 T
12504	-Black pepper	0.25 t
12504	Garlic salt	0.25 t
12505	Fresh ripe peaches, peeled	3.00 lb
12505	-and chopped, reserving	0.00
12505	-pits.	0.00
12505	Jar maraschino cherries	125.00 ml
12505	Granulated sugar	6.50 c
12505	Orange, thinly sliced	1.00

Sheet1

12505	Lemon, juice of	1.00
12505	Blanched slivered almonds	0.50 c
12506	Dry Rose brand Pinto Beans	3.00 c
12506	Ham hocks or 2 slices ham	2.00
12506	Diced onions	1.00 c
12506	Diced celery	1.00 c
12506	Tomato sauce	1.00 cn
12506	Tomato soup	1.00 cn
12507	Brown sugar	0.75 c
12507	White sugar	0.75 c
12507	Egg	1.00
12507	Shortening	0.75 c
12507	Flour	2.00 c
12507	Dash salt	0.00
12507	Vanilla	1.00 ts
12507	Cinnamon	1.00 ts
12507	Milk	1.00 c
12507	Vinegar	1.00 ts
12507	Baking soda	1.00 ts
12507	Rhubarb; uncooked, sliced	1.50 c
12507	Topping:	0.00
12507	Brown sugar	1.00 c
12507	Cinnamon	1.00 ts
12507	Nuts; chopped	0.50 c
12508	Butter	1.00 c
12508	Soft shortening	0.50 c
12508	Sugar	3.00 c
12508	Eggs	5.00
12508	All-purpose flour (Mama	3.00 c
12508	Always used Gold Medal)	0.00
12508	Baking powder	1.00 ts
12508	Salt	0.12 ts
12508	Milk	1.00 c
12508	Each vanilla and lemon	1.00 ts
12508	Extract (Mama always	0.00
12508	Substituted almond	0.00
12508	For the lemon)	0.00
12509	Duncan Hines chocolate	1.00 pk
12509	Butter or deep chocolate	0.00
12509	Cake mix	0.00
12509	Pecans, toasted & chopped	0.75 c
12509	12-oz pkgs semisweet choc	2.00
12509	Chips (divided)	0.00
12509	4-oz pkg instant chocolate	1.00
12509	Pudding mix	0.00
12509	Sour cream	1.00 c
12509	Eggs	4.00 lg
12509	Coffee	0.25 c
12509	Vanilla, divided	2.00 ts

Sheet1

12509	Water	1.00 c
12509	Oil	0.50 c
12510	Flour	1.25 c
12510	Sticks Butter (Soft)	1.25
12510	Chopped Pecans	1.25 c
12510	Pkg. Cream Cheese (Soft)	8.00 oz
12510	Confectioner's Sugar	1.00 c
12510	Tubs- 8 oz. Cool Whip	2.00
12510	INSTANT Chocolate Pudding	3.00 pk
12510	Milk	4.25 c
12511	Flour	1.00 c
12511	Butter	1.00 c
12511	Sugar	2.00 tb
12511	Nuts,chopped	0.50 c
12511	Powdered Sugar	1.00 c
12511	8 oz Cream Cheese	1.00 pk
12511	3 oz Cream Cheese	1.00 pk
12511	Coolwhip	1.00 c
12511	Instant Vanillapudding	3.00 pk
12511	Milk	4.50 c
12512	Butter stick	0.33
12512	Chicken*	1.00
12512	Paprika	1.00 ts
12512	Salt	0.50 ts
12512	Pepper	0.25 ts
12512	Mushroom soup	2.00 cn
12512	Chicken stock	1.00 c
12512	Sherry	4.00 tb
12513	Cucumbers,small,very small	12.00 lb
12513	Onion,sliced	1.00
12513	Sugar	4.00 c
12513	Vinegar	4.00 c
12513	Salt	0.50 c
12513	Celery seed	1.33 tb
12513	Mustard seed	1.33 tb
12513	Turmeric	1.33 ts
12514	Sweet butter	0.25 lb
12514	Fresh lemon juice	1.00 ts
12514	- (amount may be doubled)	0.00
12514	Freshly minced parsley	1.00 tb
12514	Salt	0.50 ts
12514	Freshly ground pepper	0.50 ts
12515	Flour	6.00 oz
12515	Butter	6.00 tb
12515	Fish stock	0.50
12515	Rout fillets (skinned)*	0.50 ts
12515	Very small shrimp	0.50 lb
12515	Lump crabmeat	0.50 lb
12515	Egg Yolks, whipped	6.00

Sheet1

12515	Chablis	1.00 c
12515	Egg shade or yellow	1.00 tb
12515	Coloring	0.00
12515	Heavy cream	1.00 c
12515	Salt & Pepper to taste	0.00
12515	Wire whip	0.00
12516	Dry yeast	2.00 pk
12516	Warm water (105f--115f)	4.00 c
12516	Instant nonfat dry milk	1.00 c
12516	(1 1-quart envelope)	0.00
12516	Sugar	1.00 c
12516	Vegetable oil	1.00 c
12516	Salt (I used 1/2)	1.00 tb
12516	Baking powder	2.00 ts
12516	Baking soda	1.00 ts
12516	To 12 cups all-purpose flour	11.00
12516	Melted butter or margarine	0.00
12517	Self rising flour	3.00 c
12517	Lipton's Tomato Cup of	2.00 pk
12517	-Soup**	0.00
12517	Paprika	1.00 tb
12517	Good Season Italian Dressing	2.00 pk
12517	-(dry)	0.00
12517	Salt 1/4 pound butter or	1.00 ts
12517	-marg	0.00
12518	Self Rising Flour	3.00 c
12518	Envelopes Lipton Cup of	2.00
12518	-Tomato Soup Powder or Knorr	0.00
12518	-Tomato with Basil	0.00
12518	Paprika	1.00 tb
12518	Salt	1.00 ts
12518	Good Seasons Italian	2.00 pk
12518	-Seasoning	0.00
12518	Butter in Pan	0.25 lb
12519	Dry yeast	2.00 pk
12519	Warm water	0.50 c
12519	Nonfat dry milk powder	0.50 c
12519	Sugar, granulated	0.67 c
12519	Oil, vegetable	0.50 c
12519	Salt	1.00 ts
12519	Eggs	2.00 ea
12519	Warm water	1.33 c
12519	Flour, all-purpose, as neede	7.50 c
12520	Flour	3.00 c
12520	Salt	1.00 ts
12520	Baking soda	1.00 ts
12520	Sugar	2.00 c
12520	Eggs	3.00
12520	Cinnamon	1.00 ts

Sheet1

12520	Cooking oil	1.50 c
12520	Vanilla	1.50 ts
12520	Mashed bananas	2.00 c
12520	Can crushed pineapple	8.00 oz
12520	Chopped walnuts	2.00 oz
12521	Tart, pared and sliced	8.00
12521	Sugar	0.75 c
12521	Cinnamon	0.50 ts
12521	The Biscuit Topping	0.00
12521	All-purpose flour	2.00 c
12521	Baking soda	0.50 ts
12521	Cream of tartar	1.00 ts
12521	Salt	0.50 ts
12521	Lard	0.25 c
12521	Milk	1.00 c
12522		0.00
12522	-	2.00
12522	Veal breast	1.00
12522	Lamb breast	1.00
12522	Loin of pork, rib or	3.00
12522	-shoulder end	0.00
12522	Salt	2.00 tb
12522	Chiles anchos	6.00
12522	Chiles guajillos	3.00
12522	Chiles cascabel	10.00
12522	Hot water to cover	0.00
12522	Peppercorns	18.00
12522	Whole cloves	4.00
12522	Oregano	0.25 ts
12522	Cumin seeds, scant ts	0.25 ts
12522	Vinegar	0.25 c
12522	Salt	2.00 ts
12522	Garlic, peeled	6.00 cl
12522	Onion	0.50 sm
12522	ON SERVING DAY -----	0.00 -----
12522	Water	1.50 c
12522	The meat	0.00
12522	Flour and water paste	0.00
12522	Tomatoes, broiled	2.00 lb
12522	-(see recipe)	0.00
12522	Meat juice	0.00
12522	Onion, finely chopped	1.00 c
12522	Oregano	0.50 ts
12522	ONE DAY AHEAD -----	0.00 -----
12522	ON SERVING DAY -----	0.00 -----
12523	To 10 servings	8.00
12524	Basmati or Long Grain Rice	0.75 c
12524	Less 2 tb Water	1.50 c
12524	Oil	1.00 ts

Sheet1

12524	Salt To Taste	0.00
12526	Flour; sifted	9.00 c
12526	-cake & pastry pref	0.00
12526	Baking powder	0.33 c
12526	Milk; powdered	1.00 c
12526	Milk; powdered	2.00 T
12526	Salt	4.00 t
12526	Shortening; vegetable	1.75 c
12527	Flour	3.00 c
12527	Sugar	3.00 tb
12527	Butter	2.00 tb
12527	Baking-powder	4.00 ts
12527	Salt	0.50 ts
12527	Shortening	6.00 tb
12527	Milk	1.00 c
12528	Beef , ground	1.00 lb
12528	Onion, chopped	0.50 c
12528	Water	0.75 c
12528	Pepper	0.25 ts
12528	Tomato sauce	8.00 oz
12528	Tomato paste	6.00 oz
12528	Green giant harvest fresh	9.00 oz
12528	-frozen mixed vegetables,	0.00
12528	-thawed	0.00
12528	Mozzarella cheese, shredded	8.00 oz
12528	Hungry jack refrigerated	10.00 oz
12528	-buttermilk biscuits	0.00
12528	Margarine or butter, melted	1.00 tb
12528	Oregano leaves, dried, crush	0.50 ts
12529	Butter	1.00 c
12529	Chopped pecans	1.50 c
12529	Confectioners sugar	1.00 c
12529	Instant chocolate pudding	3.00 pk
12529	Flour	2.00 c
12529	Cream cheese	8.00 oz
12529	Whipped topping	3.00 c
12529	Milk	3.00 c
12530	Powdered sugar	2.00 c
12530	Finely cut dates	2.00 c
12530	Finely chopped nuts	2.00 c
12530	Eggs, slightly beaten	4.00
12530	Of salt	1.00 pn
12530	Of flour	0.50 c
12530	Baking powder	2.00 tb
12531	Egg	1.00 ea
12531	Baking mix, (Bisquick)	2.00 c
12531	Sugar	0.33 c
12531	Milk	0.67 c
12531	Oil, vegetable	2.00 tb

Sheet1

12531	Blueberries, fresh or frozen	0.75 c
12531	(thawed and drained)	1.00 x
12532	Breakfast sausage	1.00 lb
12532	Bisquick mix	3.00 c
12532	Cheddar cheese	1.00 lb
12533	Olive oil	2.00 ts
12533	Garlic cloves, sliced	2.00 lg
12533	Minced shallots	0.50 c
12533	To 1 lb skinless, boneless	0.50
12533	-chicken, cut in bite sized	0.00
12533	-pieces	0.00
12533	(6oz) chopped leeks, washed	2.00 c
12533	-and drained (white and	0.00
12533	-green parts)	0.00
12533	Thinly sliced newpotatoes	1.00 c
12533	Baby carrots, quartered	1.50 c
12533	-lengthwise	0.00
12533	To 4 ts dried lemon zest	3.00 ts
12533	-(peel)	0.00
12533	Dried tarragon	2.00 tb
12533	(4oz) shredded Jarlsberg	1.00 c
12533	-Lite cheese	0.00
12533	Frozen peas, thawed	1.00 c
12533	-(optional)	0.00
12533	Minced fresh parsley,	0.00
12533	-for garnish	0.00
12534	Basic Truffle Recipe:	0.00
12534	Ghirardelli Bittersweet	4.00 oz
12534	-Chocolate	0.00
12534	Butter, cut up	2.00 tb
12534	Heavy whipping cream	2.00 tb
12534	Liqueur (to 2 Tbsp)	1.50 tb
12534	Chocolate Coating for	0.00
12534	-Truffles:	0.00
12534	Ghirardelli Bittersweet	4.00 oz
12534	-Chocolate	0.00
12534	Peanut, almond, or walnut	2.00 ts
12534	-oil	0.00
12535	Lard or shortening	1.00 c
12535	Egg	1.00 ea
12535	Baking powder	1.50 t
12535	Anise seed	1.00 t
12535	-----topping-----	1.00 x
12535	Cinnamon	1.00 T
12535	Sugar	0.50 c
12535	Flour	3.00 c
12535	Salt	0.50 t
12535	Sweet wine	3.00 T
12535	Sugar	0.25 c



Sheet1

12536	Marshmallow creme OR	0.50 c
12536	Milk; heated to boiling	0.75 c
12536	Mini-marshmallows	1.00 c
12536	Cream Cheese, softened	16.00 oz
12536	Prepared Graham cracker	9.00 oz
12536	-crust	0.00
12536	Sugar	0.75 c
12536	Unsweetened cocoa powder	0.25 c
12536	Unflavored gelatin	1.00 pk
12536	Vanilla (opt)	1.00 ts
12536	Milk; cold	0.25 c
12537	Milk	2.00 c
12537	Whipping cream	2.00 c
12537	Vanilla	1.00 ts
12537	Egg yolk, slightly beaten	1.00
12537	Orange coloring	0.00
12537	Salt	0.25 ts
12537	Sugar	0.75 c
12537	Spearmint flavoring	1.00 ts
12537	Seedless raisins	1.00 c
12538	Sugar	3.00 c
12538	Cocoa	4.00 tb
12538	White corn sirup	1.50 tb
12538	Vanilla	1.00 tb
12538	Butter or butter substitute	2.00 tb
12538	Cream	1.50 c
12539		2.00
12539		1.25
12539	Diced yellow onions	3.00
12539	Cloves garlic, crushed	12.00
12539	Very meaty ham bone or 2	1.00 2
12539	-smoked ham hocks	0.00
12539	Water	8.00 qt
12539	Ground cumin	3.50 tb
12539	Dried oregano	2.00 tb
12539	Bay leaves	3.00
12539	Coarse (kosher) salt	1.00 tb
12539	Freshly ground black pepper	1.00 tb
12539	Cayenne pepper	1.00 pn
12539	Chopped fresh Italian	8.00 tb
12539	-parsley	0.00
12539	To 2 pounds fresh garlic	1.75
12539	-sausage	0.00
12539	Sweet Italian sausage links,	6.00
12539	-cut into 1-inch pieces	0.00
12539	Hot Italian sausage links,	6.00
12539	-cut into 1-inch pieces	0.00
12539	Bratwurst, cut into 1-inch	1.00 lb
12539	-pieces	0.00

Sheet1

12539	Medium-size sweet red	3.00
12539	-peppers, cored, seeded, and	0.00
12539	-diced	0.00
12539	Dry sherry	0.25 c
12539	Dark brown sugar	3.00 tb
12539	Fresh lemon juice	2.00 tb
12540	Black Beans; Dry*, OR	8.00 oz
12540	Black Beans; Canned	30.00 oz
12540	Onion; Finely Chopped	1.00 md
12540	Garlic Cloves; Minced	2.00
12540	Jalapeno Pepper; Seeded And	1.00
12540	-Finely Chopped, Up To Two	0.00
12540	-Can Be Used Or To Taste	0.00
12540	Chili Powder	1.00 ts
12540	Ground Cumin	1.00 ts
12540	Olive Or Vegetable Oil	5.00 tb
12540	Tomatoes; Cut Up, 1 Can	16.00 oz
12540	1/4-Inch Thick Lemon Slice	1.00
12540	Dried Oregano; Crushed	1.00 ts
12540	Salt	0.25 ts
12540	Hot Pepper Sauce; (Optional)	1.00 ds
12540	Flour Tortillas	6.00
12540	GARNISHES -----	0.00 -----
12540	Salsa	0.00
12540	Guacamole	0.00
12540	Chopped Tomato; (Optional)	0.00
12540	Snipped Cilantro	0.00
12540	GARNISHES -----	0.00 -----
12541	Dried black beans	4.00 c
12541	Cumin seed	2.00 tb
12541	Oregano, dried	2.00 tb
12541	Olive oil	0.50 c
12541	Onions, large, chopped	2.00
12541	Hungarian paprika	4.50 ts
12541	Green peppers, finely diced	1.50 c
12541	Garlic, minced	3.00 tb
12541	Warm flour tortillas	0.00
12542	-Water	1.00 c
12542	Quinoa; rinsed	0.50 c
12542	Black bean flakes	2.00 c
12542	-Boiling water	1.50 c
12542	Chili powder	2.00 ts
12542	Ground cumin	1.00 ts
12542	Fresh cilantro, chopped	0.50 c
12542	Green onions; chopped	2.00
12542	Red bell pepper, chopped	0.50 c
12542	Plain bread crumbs	0.50 c
12542	Salt	0.75 ts
12542	Vegetable oil	2.00 ts

Sheet1

12542	OPTIONAL GARNISHES -----	0.00 -----
12542	Lettuce; shredded	2.00 c
12542	Grated lo-fat cheddar cheese	1.00 c
12542	-OR cheddar-style soy cheese	0.00
12542	Nonfat sour cream	0.50 c
12542	Bottled salsa	1.00 c
12542	Avocado; diced	0.00
12542	Ripe olives, sliced	0.00
12542	Green onions; chopped	0.00
12542	OPTIONAL GARNISHES -----	0.00 -----
12543	Dried black beans, soaked	3.00 c
12543	Water	8.00 c
12543	Jalapeno peppers, minced	2.00 ea
12543	Grated ginger	1.50 tb
12543	Bay leaf	1.00 ea
12543	Chopped cilantro	1.00 c
12543	Cumin seeds	1.00 ts
12543	Chili powder	2.00 tb
12543	Oregano	0.50 tb
12543	Sun-dried tomatoes	0.50 c
12543	Peeled, chopped plum tomatos	4.00 c
12543	Uncooked bulgur wheat	0.33 c
12543	Boiling water	0.50 c
12543	Salt & pepper	0.00
12543	-----SEASONING-----	0.00
12543	Mustard seeds	0.50 tb
12543	Fennel seeds	0.50 ts
12544	Chopped, peeled, and seeded	3.00 c
12544	Tomatoes	0.00
12544	12-oz. can (1-1/2 cups) hot	1.00
12544	Style vegetable juice	0.00
12544	Cocktail	0.00
12544	Cubed fully cooked ham	1.00 c
12544	15-oz. can black beans or	1.00
12544	Garbanzo beans, rinsed and	0.00
12544	Drained	0.00
12544	Chopped seeded cucumber,	0.50 c
12544	Yellow summer squash, and/or	0.00
12544	Zucchini	0.00
12544	Chopped green or yellow	0.50 c
12544	Sweet pepper	0.00
12544	Thinly sliced green onion	0.25 c
12544	Italian salad dressing	2.00 tb
12544	Bottled hot pepper sauce	0.00
12544	(optional)	0.00
12545	Dried black beans	8.00 oz
12545	Water	1.00
12545	Bay leaf	1.00
12545	Ham hock	1.00

Sheet1

12545	Jalapeno peppers, seeded	2.00
12545	Garlic	2.00 cl
12545	Stems from 1 bunch of	0.00
12545	-cilantro (fresh coriander)	0.00
12545	Salt and freshly ground	0.00
12545	-pepper (optional)	0.00
12546	Can black beans, drained	15.00 oz
12546	Chopped tomato	0.25 c
12546	Chopped cilantro	3.00 tb
12546	Black olives, pitted, sliced	12.00 ea
12546	6" wholewheat tortillas	8.00 ea
12546	Soy cheese/jalapeno jack,	4.00 oz
12546	-- shredded	0.00
12546	Spinach leaves, shredded	32.00 ea
12546	Hot salsa	4.00 tb
12547	Black beans, soaked (see	1.00 c
12547	-methods below)	0.00
12547	Broth (chicken, beef, or	7.00 c
12547	-vegetable)	0.00
12547	Vegetable oil	1.00 tb
12547	Onion, minced (1 cup)	1.00 lg
12547	Clove garlic, minced (1	1.00 lg
12547	-teaspoon)	0.00
12547	Diced celery	0.25 c
12547	Finely diced carrots	0.50 c
12547	Crushed cumin seed, or to	0.75 ts
12547	-taste	0.00
12547	Freshly groun black pepper	0.25 ts
12547	Salt, if desired	0.25 ts
12547	Chopped hard-boiled egg or	1.00
12547	-egg white and chopped	0.00
12547	-scallions for garnish	0.00
12548	Jalapeno chiles, stems and	8.00
12548	-seeds removed, chopped	0.00
12548	Dried crushed red chile,	1.00 tb
12548	-seeds included	0.00
12548	Black beans, sorted and	2.00 c
12548	-rinsed	0.00
12548	Bacon fat or vegetable oil	2.00 tb
12548	Onions, chopped	2.00 md
12548	Cloves garlic, minced	4.00
12548	Ham hock	1.00 lg
12548	Canned tomatoes, chopped	1.00 c
12548	Ground cumin	2.00 ts
12548	Ground epazote (optional)	1.00 ts
12548	Ground coriander	1.00 ts
12548	Ground cloves	0.25 ts
12548	Red wine vinegar	1.00 tb
12548	To 8 cups water	6.00

Sheet1

12549	Dried red beans	1.00 c
12549	Soy sauce	1.00 tb
12549	Brown sugar	1.00 ts
12549	Stock	1.00 c
12549	Cakes tofu	2.00 ea
12549	Oil	2.00 tb
12549	Green onion, chopped	1.00 ea
12549	Garlic, chopped	1.00 ts
12549	Green chili, sliced	1.00 ea
12549	Salted black beans	1.00 tb
12549	Black pepper	1.00 pn
12550	Raisins - minced	1.00 lb
12550	Prunes, pitted - minced	1.00 lb
12550	Currants, dried - minced	1.00 lb
12550	Cherries, glaceed - minced	1.00 lb
12550	Lemon peel, glaceed - minced	6.00 oz
12550	Orange peel, glaceed - mince	6.00 oz
12550	Manischewitz Concord Grape w	0.75 qt
12550	Brown sugar, dark	2.00 lb
12550	Flour	4.25 c
12550	Baking powder	4.00 tb
12550	Nutmeg	0.50 ts
12550	Cinnamon	0.50 ts
12550	Butter, unsalted - softened	2.00 c
12550	Eggs, large	10.00
12550	Vanilla	1.00 tb
12550	Almond paste (if desired)	0.75 lb
12550	ICING -----	0.00 -----
12550	Confectioners' sugar - sifte	7.00 c
12550	Egg whites - at room temp	6.00
12550	Lemon juice - fresh, straine	2.00 tb
12550	Silver drag#es for decoratin	0.00
12550	ICING -----	0.00 -----
12551	Syd Bigger	0.00
12551	Oil For Deep-Frying	1.00 c
12551	Dried Green Jalapeno Peppers	4.00 oz
12551	Chopped Shallots	1.00 c
12551	Chopped Garlic	1.00 c
12551	Dried Shrimp	8.00 oz
12551	Shrimp Paste	2.00 tb
12551	Fish Sauce (Nam Pla)	0.33 c
12551	Sugar	0.25 c
12552	Unsweetened chocolate	2.00 oz
12552	Sugar	0.50 c
12552	Milk	0.50 c
12552	Sugar	1.00 c
12552	Butter	0.50 c
12552	Milk	1.00 c
12552	Eggs	2.00

Sheet1

12552	Flour, sifted	2.00 c
12552	Soda	1.00 ts
12553	Egg white	1.00
12553	Sugar	1.00 c
12553	Brown sugar	0.25 c
12553	Cream of tartar	0.25 ts
12553	Water	0.33 c
12553	Salt; pinch	0.00
12553	Vanilla	1.00 ts
12554	Shortcrust pastry made with	0.00
12554	-- wholewheat flour	0.00
12554	Black currants	8.00 oz
12554	Red currants	8.00 oz
12554	Honey	4.00 oz
12554	Chopped sweet cicely	4.00 tb
12554	Glace cherries or angelica,	0.00
12554	-- optional	0.00
12555	Vanilla wafers	24.00
12555	Cream cheese	16.00 oz
12555	Sugar	1.25 c
12555	Cocoa	0.33 c
12555	Flour	2.00 tb
12555	Eggs	3.00
12555	Sour cream	1.00 c
12555	Almond extract	0.50 ts
12555	Cocoa sour cream topping	0.00
12555	-(recipe follows)	0.00
12555	Canned cherry pie filling,	0.00
12555	-chilled	0.00
12556	-----cake-----	0.00
12556	Sugar	1.00 c
12556	Unsweetened bakingchocolate*	4.00 oz
12556	-----syrup-----	0.00
12556	;water	0.33 c
12556	-----filling-----	0.00
12556	Butter; unsalted	0.33 c
12556	Kirsch liquer	2.00 tb
12556	Sour cherries; canned, drain	2.00 c
12556	Cream; heavy, whipped	1.00 c
12556	Eggs; large	6.00
12556	Vanilla extract	1.00 ts
12556	Flour; sifted	1.00 c
12556	Sugar	0.25 c
12556	Kirsch	2.00 tb
12556	Confectioners' sugar	1.50 c
12556	Egg yolk; large	1.00
12556	-----topping-----	0.00
12556	Confectioners' sugar	2.00 tb
12556	Semisweet chocolate bar (1)	8.00 oz

Sheet1

12557	PUDDING BATTER -----	0.00 -----
12557	Semisweet chocolate	6.00 oz
12557	Unsalted butter	0.75 c
12557	Sugar	0.67 c
12557	Eggs	8.00
12557	Kirsch	0.25 c
12557	Ground almonds	1.33 c
12557	Dry bread crumbs	0.33 c
12557	Sour cherries	1.00 lb
12557	- rinsed, stemmed & pitted	0.00
12557	PUDDING BATTER -----	0.00 -----
12558	Flour	1.75 c
12558	Sugar	1.75 c
12558	Water	1.25 c
12558	Soda	1.25 ts
12558	Salt	1.00 ts
12558	Vanilla	1.00 ts
12558	Baking powder	0.25 ts
12558	Margarine, soft	0.67 c
12558	Unsweetened chocolate	4.00 oz
12558	Eggs	3.00
12559	Strong black coffee	1.00 c
12559	Worcestershire sauce	1.00 c
12559	Catsup	1.00 c
12559	Cider vinegar	0.50 c
12559	Brown sugar	0.50 c
12559	Chili powder	3.00 T
12559	Salt	2.00 t
12559	Chopped onions	2.00 c
12559	Minced hot chili peppers	0.25 c
12559	Cloves garlic, minced	6.00 x
12560	Sugar	2.00 c
12560	Flour	1.75 c
12560	Unsweetened cocoa	0.75 c
12560	Baking powder	2.00 ts
12560	Baking soda	1.00 ts
12560	Salt	0.50 ts
12560	Strong coffee	1.00 c
12560	Sour cream	1.00 c
12560	Vegetable oil	0.50 c
12560	Eggs	2.00
12560	Vanilla	1.00 ts
12560	FROSTING -----	0.00 -----
12560	Unsweetened chocolate	4.00 oz
12560	Water	0.33 c
12560	Butter	2.00 tb
12560	Vanilla	1.00 ts
12560	Powdered sugar	3.00 c
12560	FROSTING -----	0.00 -----

## Sheet1

12561	Olive oil	0.25 c
12561	3-1/2lb cut up fryer chicken	1.00
12561	Sweet red pepper chopped	1.00
12561	Jalapeno, seeded and chopped	1.00 sm
12561	Garlic cloves, crushed	2.00
12561	Ground cumin	1.00 ts
12561	Tomato; peeled & chopped	1.00 lg
12561	Lemon juice	1.00 tb
12561	Cooked pinto or black beans	1.00 lb
12562	Butter or bacon fat	2.00 tb
12562	Flour	2.00 tb
12562	Milk	2.00 c
12562	Heavy cream (whipping)	2.00 tb
12562	Salt	1.00 ts
12562	Black peppercorns, freshly	0.75 ts
12562	-cracked	0.00
12563	To 5 cups black raspberries	4.00
12563	Granulated sugar	0.50 c
12563	Brown sugar	0.50 c
12563	All purp. flour	2.00 tb
12563	Butter, in small pieces	0.25 c
12563	Lemon juice	2.00 tb
12563	Grated nutmeg	0.50 ts
12563	Granulated sugar	0.00
12563	Grated Nutmeg	0.00
12563	DOUGH	0.00
12563	All purpose flour	1.50 c
12563	Granulated sugar	3.00 tb
12563	Baking powder	1.50 ts
12563	Salt	1.00 ts
12563	(1 stick) butter, cold	0.50 c
12563	Milk, approximately	0.50 c
12563	Vanilla extract	0.50 ts
12564	Butter; or margerine	0.50 c
12564	Granulated sugar	0.75 c
12564	Brown sugar	0.25 c
12564	Eggs	2.00
12564	Orange juice	0.50 c
12564	Molasses	0.25 c
12564	Orange peel; grated	1.00 ts
12564	Vanilla	0.50 ts
12564	Flour; sifted	2.00 c
12564	Baking powder	3.00 ts
12564	Nutmeg	0.50 ts
12564	Salt	0.25 ts
12564	Cinnamon	0.25 ts
12564	Cloves; a dash	1.00
12564	Black walnuts	1.00 c
12564	Raisins; optional	0.50 c



Sheet1

12564	Butter; or margerine	3.00 tb
12564	Conf.sugar; sifted	1.25 c
12564	Orange juice	2.00 tb
12564	Vanilla	1.00 ts
12564	Conf sugar; sifted	1.25 c
12564	Orange juice; as needed	0.00
12565	Butter	0.50 c
12565	Eggs; separated	4.00
12565	Flour; sifted	2.00 c
12565	Salt	0.75 ts
12565	Sugar	1.00 c
12565	Vanilla	1.00 ts
12565	Baking powder	2.00 ts
12565	Milk	0.50 c
12565	Black walnuts; fine chopped	1.00 c
12566	Sugar	2.00 c
12566	Butter or butter substitute	1.00 tb
12566	Sweetened condensed milk	0.50 c
12566	Chopped nuts	0.50 c
12566	Molasses	1.00 c
12566	Vanilla	1.00 ts
12566	Salt	0.25 ts
12566	Water	0.50 c
12567	Sesame oil	2.00 ts
12567	Peanut oil	2.00 ts
12567	Scallions; chopped, cut into 1" pieces	1.00 c 0.00
12567	Fresh ginger; chopped	1.00 tb
12567	Orange juice	2.00 tb
12567	Rice wine vinegar	1.00 tb
12567	Low-sodium soy sauce	2.00 ts
12567	Granulated sugar	0.50 ts
12567	Oriental chili paste; (available at Asian markets)	0.12 ts 0.00
12567	Cooked corn; drained	1.00 c
12567	Medium red bell pepper;diced	1.00
12567	Medium yellow bell pepper; Diced	1.00 0.00
12567	Chicory; coarsely chopped	1.00 c
12567	Cooked blk-eyed peas;drained	8.00 oz
12568	Blackberries	2.50 c
12568	Orange juice	0.50 c
12568	Grated orange peel	1.00 tb
12568	Honey	1.00 ts
12568	Part-skim ricotta cheese	0.50 c
12568	(1 T.) mint liqueur, OR	0.50 oz 0.00
12568	Mint extract	0.50 ts
12568	Confectioners sugar	2.00 ts

Sheet1

12569	CAKE -----	0.00 -----
12569	Unsalted Butter	1.00 c
12569	Sugar	2.00 c
12569	Eggs, Beaten	5.00
12569	Flour Plus 1 T	3.00 c
12569	Allspice	1.50 ts
12569	Cloves, Ground	1.50 ts
12569	Cinnamon	0.50 ts
12569	Salt	0.25 ts
12569	Buttermilk	1.00 c
12569	Baking Soda	1.00 ts
12569	Raisins Or Dates, Chopped	1.00 c
12569	Pecans, Chopped	1.00 c
12569	Blackberry Jam, Seedless	1.00 c
12569	ICING -----	0.00 -----
12569	Light Brown Sugar	3.00 c
12569	Evaporated Milk	1.00 c
12569	Unsalted Butter	0.50 c
12569	CAKE -----	0.00 -----
12569	ICING -----	0.00 -----
12570	Bottled commercial lemon	0.50 c
12570	-cheese/curd	0.00
12570	To 2 cups fresh	1.50
12570	-blackberries, washed and	0.00
12570	-dried	0.00
12571	Blackberries	1.00 lb
12571	Sugar	1.00 lb
12571	Lemon juice	2.00 tb
12572	Blackberries	1.00 lb
12572	Sugar	3.00 tb
12572	Lemon juice	1.00 tb
12573	Box white cake mix	1.00
12573	Eggs	4.00
12573	Oil	0.50 c
12573	Blackberry wine	1.00 c
12573	1 3oz. pkg. blackberry jello	0.00
12573	To 1 c. pecans	0.50
12574	Frozen blackberries, thawed	2.50 c
12574	De-alcoholized white wine	1.50 c
12574	Real maple syrup	3.00 tb
12574	Almond extract	0.25 ts
12574	Vanilla	0.25 ts
12574	Cornstarch mixed w/ 1/4 c.	2.00 tb
12574	-dealcohol white wine	0.00
12574	Water	1.00 c
12574	Egg substitute	1.00 c
12574	Castor sugar	0.50 c
12575	3 oz skinless chicken breast	16.00 ea
12575	SEASONING MIX -----	0.00 -----

Sheet1

12575	Salt	2.00 T
12575	Garlic powder	1.50 t
12575	Ground black pepper	1.50 t
12575	White pepper	1.00 t
12575	Onion powder	1.00 t
12575	Ground cumin	1.00 t
12575	Gound cayenne pepper	0.50 t
12575	Sweet paprika	0.50 t
12575	OTHER INGREDIENTS -----	0.00 -----
12575	Melted unsalted butter	0.75 lb
12575	SEASONING MIX -----	0.00 -----
12575	OTHER INGREDIENTS -----	0.00 -----
12576	5 oz pork chops, 3/4" thick	18.00 ea
12576	Melted unsalted butter (note	0.75 lb
12576	SEASONING MIX -----	0.00 -----
12576	Salt	1.00 T
12576	+ 2 tsp white pepper	1.00 T
12576	+ 3/4 tsp black pepper	1.00 T
12576	Dry mustard	2.50 t
12576	Cayenne pepper	2.50 t
12576	Garlic powder	2.00 t
12576	Dried thyme leaves	0.75 t
12576	SEASONING MIX -----	0.00 -----
12577	Boneless sirloin beef steak	1.50 lb
12577	1 to 1 1/4" thick	0.00
12577	Fresh ground peppercorns	0.50 ts
12577	Salt-free seasoning	1.00 ts
12577	Garlic salt	1.00 ts
12577	Paprika	1.00 tb
12577	Unsalted butter or	2.00 tb
12577	Margarine	0.00
12577	Dry red wine	2.00 tb
12577	Beef broth	0.50 c
12577	Chili sauce	0.25 c
12577	Browned mustard	2.00 ts
12577	ONION HAIRS -----	0.00 -----
12577	Small onion rings, sliced	1.00 c
12577	Paper thin (about 3 small	0.00
12577	Onions)	0.00
12577	Flour	1.00 ts
12577	Unsalted butter or margarine	2.00 tb
12577	GARNISH -----	0.00 -----
12577	Watercress	0.00
12577	ONION HAIRS -----	0.00 -----
12577	GARNISH -----	0.00 -----
12578	Dried black-eyed peas	1.00 x
12578	Onion	0.50
12578	Lipton Rice 'n' Sauce Cajun	1.00 x
12578	Pepper	1.00 tb

## Sheet1

12578	Stew Meat	1.00 x
12578	Creole or Cajun seasoning	1.00 ts
12578	Bell pepper	1.00 x
12578	Cayenne pepper or hot sauce	0.00
12579	Boneless veal stew meat	3.00 lb
12579	Onion, cut in half	1.00 md
12579	Celery stalks; cut in half	2.00
12579	Carrot; cut in half	1.00 md
12579	Low-sodium chicken broth	6.00 c
12579	Salt; or as desired	0.50 ts
12579	Whole black peppercorns	0.50 ts
12579	Ground nutmeg	0.25 ts
12579	Lemon	0.50
12579	Unsalted butter	5.00 tb
12579	All-purpose flour	5.00 tb
12579	Cauliflower florets	2.50 c
12579	Sour cream	0.75 c
12580	Seedless Raisins	0.50 c
12580	Water	0.75 c
12580	(1Lb)Cranberries	4.00 c
12580	Sugar	1.50 c
12580	Pastry for 2-crust	0.00
12580	8 or 9 inch pie	0.00
12580	Sugar Cubes	0.00
12580	Lemon Extract	0.00
12581	Ripe banana, peach, or	1.00
12581	Nectarine, peeled, cut up.	0.00
12581	Milk OR	0.50 c
12581	Low-fat yogurt	0.50 c
12581	Honey, sugar or maple syrup	1.00 ts
12581	Natural bran	1.00 tb
12582	Water	0.50 c
12582	Instant beef bouillon	2.00 ts
12582	-granules	0.00
12582	Broccoli, frozen, chopped	10.00 oz
12582	Milk	1.00 c
12582	Light cream	1.00 c
12582	Onion salt	0.25 ts
12582	Onion salt	0.50 ts
12582	Pepper	1.00 ds
12582	Ground nutmeg	1.00 ds
12583	Butter	0.50 c
12583	Egg yolks	3.00
12583	Juice of 1/2 lemon	0.00
12583	Salt to taste	0.00
12583	Pinch of cayenne	0.00
12584	Eggs, separated	3.00
12584	Christian brothers	0.25 c
12584	Salt	0.25 ts

Sheet1

12584	Cayenne	1.00 pn
12584	Butter	0.75 c
12585	Cold milk	1.50 c
12585	Envelopes unflavored gelatin	2.00
12585	Scalded milk	1.00 c
12585	Eggs	2.00
12585	Sugar	0.25 c
12585	Vanilla	1.00 ts
12585	Cinnamon	0.50 ts
12585	Ice cubes, crushed	8.00
12585	Fresh peaches, peeled and	3.00
12585	-sliced	0.00
12586	Eggs	4.00
12586	Corn oil	1.00 tb
12586	Milk or water	1.00 c
12586	Flour	1.00 c
12586	Pinch salt	1.00 pn
12587	BLETLACH: (CREPES -----	0.00 -----
12587	Salt	0.25 ts
12587	Flour	2.00 c
12587	Water	1.00 c
12587	Egg	3.00
12587	FILLING -----	0.00 -----
12587	Cottage cheese	1.00 lb
12587	Egg yolk	1.00
12587	Sugar	1.00 tb
12587	BLETLACH: (CREPES -----	0.00 -----
12587	FILLING -----	0.00 -----
12588	Eggs (seperated)	3.00
12588	Butter/margerine (melted)	2.00 tb
12588	Salt	0.75 ts
12588	Sugar	2.00 ts
12588	Flour (sifted)	0.75 c
12588	Milk	1.50 c
12589	Dry cottage cheese	1.00 lb
12589	Egg, beaten	1.00
12589	Sugar	1.00 tb
12589	Cinnamon	0.50 ts
12589	Salt	0.25 ts
12589	Raisins (optional)	0.33 c
12589	Cooked blueberries or	1.50 c
12589	-cherries	0.00
12589	1/2 tb each sugar and flour	1.00
12589	Each cinnamon and nutmeg	0.12 ts
12589	Pared, diced apple	2.00 c
12589	Ground almonds	1.50 tb
12589	Sugar	1.00 tb
12589	Cinnamon	0.12 ts
12589	Lemon juice	2.00 tb

Sheet1

12590	Cake Flour	1.00 c
12590	Baking Powder	2.50 ts
12590	Salt	0.25 ts
12590	Butter	0.25 c
12590	Sugar	1.25 c
12590	Vanilla	0.50 ts
12590	Eggs, Separated	4.00
12590	Half & Half	0.33 c
12590	Almonds, Blanched	0.67 c
12590	Lemon Filling (See Recipe)	1.00
12591	All purpose flour	1.00 ea
12591	All purpose flour	2.00 pt
12591	Double-acting baking powder	1.00 pt
12591	Salt	0.25 pt
12591	Vanilla extract	1.50 pt
12591	Semisweet mini choc. chip	2.00 oz
12591	Chopped pecans	1.50 oz
12592	All purpose flour	1.00 ea
12592	All purpose flour	2.00 pt
12592	Double-acting baking powder	1.00 pt
12592	Salt	0.25 pt
12592	Vanilla extract	1.50 pt
12592	Semisweet mini choc. chip	2.00 oz
12592	Chopped pecans	1.50 oz
12593	Fresh onions	1.00 lb
12593	Cure	4.00 oz
12593	Ground black pepper	5.00 oz
12593	Ground marjoram	1.00 oz
12593	Thyme	0.50 oz
12593	Mace	0.50 oz
12593	Ground cloves	0.50 oz
12593	Salt	2.00 lb
12594	Salt	2.00 lb
12594	Onion powder	5.00 oz
12594	Coarse black pepper	5.00 oz
12594	Marjoram	2.00 oz
12594	Ground allspice	1.50 oz
12594	Beef blood	1.00 ga
12594	Cure	4.00 oz
12595	Unsalted butter	0.25 lb
12595	- at room temperature	0.00
12595	Mixed herbs	3.00 tb
12595	-(basil, particularly	0.00
12595	-opal basil, marjoram or	0.00
12595	-oregano, chives, thyme)	0.00
12595	--finely sliced or chopped	0.00
12595	Herb blossoms	2.00 tb
12595	-(chive blossoms, basil,	0.00
12595	-sage, rosemary, borage,	0.00

Sheet1

12595	-thyme, marigold)	0.00
12595	--chopped	0.00
12595	White pepper	3.00 pn
12596	Mayonnaise	1.00 c
12596	Prepared white horseradish	1.00 tb
12596	Cider vinegar	1.00 tb
12596	Salt	2.00 ts
12596	Granulated sugar	1.00 ts
12596	Freshly ground pepper	0.50 ts
12596	SALAD:	0.00
12596	Potatoes, peeled, cooked and	2.50 lb
12596	-cut into 1/2 inch pieces (6	0.00
12596	-cups)	0.00
12596	Sliced scallions	0.50 c
12596	Finely chopped dill pickles	0.50 c
12596	Med-sized tomatoes cut into	2.00
12596	-1 1/2 inch chunks	0.00
12596	Sized leaves Boston lettuce,	8.00 md
12596	-stacked and cut into	0.00
12596	-1-inch-wide	0.00
12596	Strips	0.00
12596	Strips bacon, cooked crisp,	5.00
12596	-drained and crumbled.	0.00
12597	Basic burger recipe	1.00
12597	Blue cheese; crumbled	2.00 oz
12597	Thin slices onion	4.00
12597	Olive oil	1.50 tb
12597	Blue cheese dressing	0.25 c
12598	Envelope unflavored gelatin	1.00
12598	Cool water	2.00 tb
12598	Sweet butter	4.00 tb
12598	Cream cheese	4.00 oz
12598	Blue cheese--softened	4.00 oz
12598	Egg--seperated	1.00
12598	Dijon mustard	1.00 ts
12598	Heavy cream--whipped	0.50 c
12599	Roquefort	6.00 oz
12599	-=OR=- other blue cheese	0.00
12599	Unsalted butter	6.00 tb
12599	Cognac (optional)	1.00 tb
12599	Freshly ground pepper	0.00
12599	Finely chopped walnuts	2.00 tb
12599	Bread (thin)	4.00 sl
12600	Radicchio leaves	0.00
12600	Creamy blue cheese	58.33 g
12600	Greek strained yogurt	91.67 g
12600	Mayonnaise	0.33 tb
12600	Gelozone	1.00 ts
12600	Toasted ground hazelnuts	16.67 g

Sheet1

12600	Hard boiled eggs	0.67
12600	Fresh mixed herbs	2.00 tb
12600	SUGGESTIONS FOR HERBS -----	0.00 -----
12600	Parsley	0.00
12600	Coriander	0.00
12600	Chives	0.00
12600	Paprika	0.00 ts
12600	Seasoning	0.00
12600	SUGGESTIONS FOR HERBS -----	0.00 -----
12601	Chickens, 2 1/2 lb each	2.00
12601	Blue cornmeal	1.50 c
12601	Flour, Unbleached all	3.50 c
12601	-purpose	0.00
12601	Chili powder	0.75 c
12601	Garlic powder	1.00 tb
12601	Salt	1.00 tb
12601	Pepper, freshly ground	1.00 tb
12601	Buttermilk	2.00 c
12602	Blue corn as used for	1.50 c
12602	Tortillas	0.00
12602	All-purpose flour	0.75 c
12602	Sugar	1.00 tb
12602	Baking powder	2.00 ts
12602	Baking soda	0.50 ts
12602	Salt	0.50 ts
12602	Buttermilk	1.50 c
12602	Eggs, separated	2.00 lg
12602	Melted butter or margarine	6.00 tb
12602	Butter	0.00
12602	Maple syrup	0.00
12603	Egg yolks	6.00
12603	Sugar	0.75 c
12603	Freshly squeezed lemon juice	0.50 c
12603	Grated lemon zest	2.00 ts
12603	Grand Marnier	2.00 tb
12603	Whipping cream	1.50 c
12603	Fresh blueberries, rinsed	4.00 c
12603	-and picked	0.00
12603	Over	0.00
12604	10" pastry or graham cracker	1.00
12604	8 oz. pkg. cream cheese	1.00 pk
12604	12 oz. whipped topping	1.00 pk
12604	21 oz. blueberry pie filling	1.00 c
12604	Powdered sugar,sifted	1.00 c
12604	21 oz. tart cherry filling	1.00 c
12605	Sugar	0.50 c
12605	Cornstarch	1.00 tb
12605	Ground Cinnamon	0.50 ts
12605	Ground Nutmeg	0.25 ts



Sheet1

12605	Hot Water	0.25 c
12605	Lemon Juice	2.00 tb
12605	Blueberries	2.00 c
12606	Washed fresh, or drained	2.00 c
12606	-thawed frozen, blueberries	0.00
12606	Juice of 1 lemon	0.00
12606	Firmly packed light brown	0.50 c
12606	-sugar	0.00
12606	1/2-inch white bread cubes,	4.00 c
12606	-without crusts	0.00
12606	Granulated sugar	0.25 c
12606	Ground cinnamon	1.00 ts
12606	Cream	0.00
12607	FOR 1 -----	0.00 -----
12607	Yeast	1.00 pk
12607	Bread flour	3.00 c
12607	Salt	0.50 ts
12607	Sugar	2.00 tb
12607	Butter or margerine	1.00 tb
12607	Blueberries (16-1/2 oz);well	1.00 cn
12607	-drained, reserve liquid	0.00
12607	Retained juice	0.25 c
12607	Water; approximately	0.25 c
12607	FOR 1 -----	0.00 -----
12608	Sugar	0.75 c
12608	Butter or margarine	0.25 c
12608	Eggs	2.00
12608	Vanilla extract	1.00 ts
12608	Flour	2.00 c
12608	Baking powder	2.00 ts
12608	Salt	0.50 ts
12608	Buttermilk	0.50 c
12608	Fresh or frozen blueberries	2.50 c
12609	CRUST:	0.00
12609	Finely crushed vanilla	1.00 c
12609	-wafers	0.00
12609	Melted butter	0.25 c
12609	FILLING:	0.00
12609	Softened butter	0.25 c
12609	Powdered sugar	0.75 c
12609	Egg	1.00
12609	Can blueberry pie filling	21.00 oz
12609	Whipping cream	0.50 pt
12610	-----pie s-----	0.00
12610	Graham cracker crumbs	2.00 c
12610	Sugar	2.00 tb
12610	Melted butter	0.25 lb
12610	-----f-----	0.00
12610	Sugar	2.00 tb

Sheet1

12610	Cream cheese (2; 8 oz. pac	1.00 lb
12610	Sour cream	0.25 pt
12610	Blue berry pie filling	1.00 c
12611	Butter or margarine	1.00 c
12611	Sugar	1.75 c
12611	Eggs	4.00
12611	Vanilla	1.00 ts
12611	Flour	3.00 c
12611	Baking powder	1.50 ts
12611	Baking soda	0.50 ts
12611	Fresh or frozen blueberries	2.00 c
12611	Melted butter or margarine	2.00 tb
12611	Milk	2.00 tb
12611	Powdered sugar	1.25 c
12612	Sharon Stevens	0.00
12612	Fresh blueberries, rinsed	4.00 c
12612	-and stemmed	0.00
12612	Onion, finely chopped	1.00 md
12612	Red wine vinegar	1.50 c
12612	Golden raisins	0.50 c
12612	Firmly packed brown sugar	0.50 c
12612	Yellow mustard seed	2.00 ts
12612	Grated crystalized ginger	1.00 tb
12612	Ground cinnamon	0.50 ts
12612	Of salt	1.00 pn
12612	Of ground nutmeg	1.00 pn
12612	Dried red pepper flakes	0.50 ts
12613	Blueberries	4.00 c
12613	Milk	1.00 c
12613	Sugar	0.33 c
12613	Eggs	2.00
12613	Vanilla	2.00 ts
12613	Flour	1.25 c
12613	Dash salt	0.00
12614	Fresh or frozen blueberries	2.00 pt
12614	Sugar,divided	0.67 c
12614	Apple cider	0.50 c
12614	Cornstarch	2.00 tb
12614	Flour	2.00 c
12614	Baking powder	2.00 ts
12614	Salt	0.50 ts
12614	Butter or margarine	0.33 c
12614	Milk, divided	1.00 c
12614	Confectioners sugar-optional	0.00
12615	Blueberries,fresh or frozen	0.67 c
12615	Not thawed	0.00
12615	Flour	1.50 c
12615	Yellow cornmeal; preferably	0.33 c
12615	Stone ground	0.00

Sheet1

12615	Baking powder	1.50 ts
12615	Salt	0.50 ts
12615	Yogurt; plain,non fat,PLUS	0.50 c
12615	Of same	1.00 tb
12615	Lemon juice; fresh	1.00 tb
12615	Sugar	0.67 c
12615	Sugar	2.00 ts
12615	Oil; plus more for preparing	0.25 c
12615	Pan	0.00
12615	Lemon zest; grated	1.00 ts
12615	Egg; large	1.00
12615	Egg; white	1.00
12615	Cinnamon; ground	0.25 ts
12616	Flour	2.00 c
12616	Sugar	1.00 c
12616	Baking powder	2.00 ts
12616	Egg	1.00
12616	Milk	0.00
12616	Melted butter	3.00 tb
12616	Blueberries	0.67 c
12617	300 g pkg frozen blueberries	1.00
12617	Sugar	0.33 c
12617	Water	2.00 tb
12617	Lemon juice	2.00 tb
12618	Soft butter	0.25 c
12618	Sugar	0.50 c
12618	Flour	0.50 c
12618	Water	0.50 c
12618	Sugar	0.25 c
12618	Fresh blueberries	6.00 c
12618	Lt. brown sugar	0.25 c
12618	Uncooked oats	0.50 c
12618	Grated lemon rind	1.00 ts
12618	Ground cinnamon	0.25 ts
12618	Lemon juice	1.00 tb
12618	Cornstarch	1.00 tb
12619	Shortening	0.33 c
12619	Flour	2.00 c
12619	Sugar	1.00 c
12619	Milk	0.75 c
12619	Egg, beaten	1.00
12619	Vanilla	1.00 ts
12619	Blueberries	2.00 c
12620	Honey	2.00 tb
12620	Frozen unsweetened	2.50 c
12620	-blueberries, thawed and	0.00
12620	-drained	0.00
12621	Blueberries; rinsed and dra	2.00 c
12621	-ned, fresh	0.00

Sheet1

12621	Sugar	0.75 c
12621	Lemon juice	2.00 ts
12621	Butter, room temperature	0.25 c
12621	Egg	1.00
12621	Flour; sifted	1.25 c
12621	Baking powder	1.00 ts
12621	Salt	0.50 ts
12621	Milk	0.50 c
12621	Vanilla	1.00 ts
12621	9" pie crust; unbaked	1.00
12622	Water	1.33 c
12622	Granulated sugar	1.00 c
12622	Cornstarch	2.00 tb
12622	Juice from a half lemon	0.00
12622	-(omit for raspberries or	0.00
12622	-other tart	0.00
12622	Fruit)	0.00
12622	To 5 c rinsed blueberries,	4.00
12622	-stems removed.	0.00
12622	TOPPING:	0.00
12622	All-purpose flour	1.50 c
12622	Baking powder	1.50 ts
12622	Salt	0.50 ts
12622	Granulated sugar	2.00 tb
12622	Room temperature butter or	4.00 tb
12622	-margarine	0.00
12622	Plus 2 Tbs milk, half and	0.50 c
12622	-half or heavy cream	0.00
12622	Eggs	1.00 lg
12623	Graham cracker crumbs	2.00 c
12623	Powdered sugar	0.50 c
12623	Stick butter (1/2 cup)	1.00
12623	Mix well and spread evenly	0.00
12623	-in a 9 x 13 pan.	0.00
12623	Cream well:	0.00
12623	8 oz package cream cheese	1.00
12623	Beaten eggs	3.00
12623	Sugar	1.00 c
12624	Unflavored Gelatin; 2 Env.	0.50 oz
12624	;Cold Water	1.50 c
12624	Blueberries; About 4 1/2 C,	2.00 pt
12624	-Mashed	0.00
12624	Sugar	0.75 c
12624	Lemon Juice	2.00 tb
12624	Butter Or Margarine	1.00 ts
12624	Ground Cinnamon; Or To Taste	0.50 ts
12624	Vanilla Extract	0.50 ts
12625	BUTTERMILK BISCUIT CRUST -----	0.00 -----
12625	Self-rising cake flour	3.00 c

Sheet1

12625	Unsalted butter	0.75 c
12625	Buttermilk	1.25 c
12625	FILLING -----	0.00 -----
12625	Blueberries	3.00 pt
12625	- rinsed and picked over	0.00
12625	Sugar	0.75 c
12625	Finely grated lemon zest	2.00 ts
12625	Freshly grated nutmeg	0.50 ts
12625	Ground cinnamon	0.50 ts
12625	Unsalted butter	3.00 tb
12625	FOR FINISHING -----	0.00 -----
12625	Buttermilk	0.00
12625	Sugar	0.00
12625	BUTTERMILK BISCUIT CRUST -----	0.00 -----
12625	FILLING -----	0.00 -----
12625	FOR FINISHING -----	0.00 -----
12626	Fresh or dry pack frozen	1.00 c
12626	-blueberries--rinsed and	0.00
12626	-drained	0.00
12626	Egg yolks	3.00
12626	Grated lemon rind	1.00 tb
12626	(14 oz.) can sweetened	1.00
12626	-condensed milk (NOT	0.00
12626	-evaporatd milk)	0.00
12626	Whipping cream--whipped	1.00 pt
12627	Orange	1.00 lg
12627	Lemon	1.00 md
12627	Water	2.00 c
12627	Fresh blueberries, washed	2.00 c
12627	- and dried	0.00
12627	Box fruit pectin crystals	1.00
12627	Sugar	6.00 c
12628	Eggs	3.00
12628	Pts blueberries	2.00
12628	Honey	4.00 tb
12628	Kirsch	2.00 tb
12628	Salt	0.25 ts
12628	Cornstarch	3.00 tb
12628	Heavy cream	0.50 pt
12629	Berries	4.50 c
12629	Bottle fruit pectin	1.00
12629	Sugar	7.00 c
12629	Lemon	1.00
12630	Blueberries	1.00 c
12630	Apricot preserves	0.25 c
12630	Yogurt, frozen, vanilla	1.00 pt
12630	Almonds, slivered (optional)	4.00 tb
12631	Package lemon jello	1.00 sm
12631	Boiling water	1.75 c

Sheet1

12631	Pkg cream cheese	1.00 sm
12631	Sour cream	1.00 c
12631	Confectioner's sugar	4.00 tb
12631	Vanilla	1.00 ts
12632	Sugar	0.67 c
12632	Butter/margarine softened	0.50 c
12632	Grated lemon peel	2.00 ts
12632	Egg	1.00
12632	All purpose/unbleached flour	1.50 c
12632	Poppy seed	2.00 tb
12632	Baking soda	0.50 ts
12632	Salt	0.25 ts
12632	Dairy sour cream	0.50 c
12632	FILLING:	0.00
12632	Sugar	0.33 c
12632	Flour	2.00 ts
12632	Nutmeg	14.00 ts
12632	Fresh/frozen blueberries	2.00 c
12632	-thawed drained on paper	0.00
12632	-towels	0.00
12632	GLAZE:	0.00
12632	Powdered sugar	0.33 c
12632	To 2 ts milk	1.00 ts
12633	Blueberries (frozen or	3.00 c
12633	-fresh)	0.00
12633	Sugar	0.75 c
12633	Butter	1.00 tb
12634	Full and place cover on top.	0.75
12634	-Steam for 1 1/2 hours and	0.00
12635	Cornstarch	2.00 ts
12635	Sugar	0.50 c
12635	Water	0.67 c
12635	Lemon juice	2.00 tb
12635	Heavy cream	1.00 c
12635	Pudding:	0.00
12635	All-purpose flour	2.00 c
12635	Sugar	1.50 c
12635	Baking powder	2.00 ts
12635	Salt	0.50 ts
12635	Ground nutmeg	0.50 ts
12635	Ground cinnamon	0.75 ts
12635	Butter or margarine	0.67 c
12635	Eggs	2.00
12635	Milk	0.75 c
12635	Fresh blueberries, washed	2.00 c
12635	-and drained	0.00
12636	Fresh or frozen blueberries,	2.00 c
12636	-thawed if necessary	0.00
12636	Orange juice	0.25 c

Sheet1

12636	Water	0.25 c
12636	Sugar	2.00 tb
12636	Cornstarch	1.00 tb
12636	Grated orange peel	0.25 ts
12636	Ground nutmeg	0.12 ts
12636	Salt	1.00 ds
12637	Eggs	2.00
12637	Undiluted evaporated milk	1.00 c
12637	Sugar	0.75 c
12637	Vanilla	1.00 ts
12637	Blueberries	1.00 c
12637	Snow, new-fallen is best	0.00
12638	Unflavored gelatin (1 pkg)	1.00 tb
12638	Cold water	0.33 c
12638	Blueberries, lightly crushed	3.00 c
12638	Ground ginger	0.50 ts
12638	Granulated sugar	2.00 tb
12638	Lemon juice	4.00 ts
12638	Grated lemon rind	1.00 ts
12639	Butter or margarine,	0.50 c
12639	-softened	0.00
12639	Grated lemon peel	2.00 ts
12639	Egg	1.00
12639	Pillsbury's BEST all Purpose	1.50 c
12639	-Flour or unbleached	0.00
12639	Flour	0.00
12639	Poppyseed	2.00 tb
12639	Baking soda	0.50 ts
12639	Salt	0.25 ts
12639	Dairy sour cream	0.50 c
12640	Prepared fruit (about 1 pint	3.50 c
12640	-fully ripe blueberries	0.00
12640	And 1 1/2 lbs fully ripe	0.00
12640	-sour cherries)	0.00
12640	Sugar	4.00 c
12640	Box SURE-JELL fruit pectin	1.00
12641	All-purpose flour	1.50 c
12641	Baking powder	1.00 ea
12641	Salt	0.25 ea
12641	Butter (or marg.)	0.33 c
12641	Granulated sugar	1.00 c
12641	Large eggs	2.00 ea
12641	Grated lemon peel	2.00 ea
12641	Milk	0.50 c
12641	Fresh blueberries	1.50 c
12641	Lemon juice	3.00 tb
12641	Granulated sugar	0.33 c
12642	Blueberries; fresh or frozen	4.50 c
12642	Sugar	7.00 c

Sheet1

12642	Lemon juice	2.00 T
12642	Grated zest of 2 large lemon	1.00 x
12642	3-oz pouches liquid pectin	3.00 ea
12643	Fresh or frozen blueberries	3.00 c
12643	Fresh rhubarb cut into 1	2.00 c
12643	-inch pieces or 2 cups	0.00
12643	-frozen cut rhubarb	0.00
12643	Regular rolled oats	1.50 c
12643	Packed brown sugar	0.67 c
12643	All purpose flour	0.50 c
12643	Butter or margarine	0.50 c
12643	Sugar	0.50 c
12643	All purpose flour	2.00 tb
12643	Whipped cream	0.00
12644	Blueberries	8.00 c
12644	Rhubarb, chopped in 1 inch	4.00 c
12644	- pieces	0.00
12644	Lemon rind, grated	1.00 ts
12644	Lemon juice	2.00 tb
12644	Water	1.00 c
12644	Granulated sugar	4.00 c
12645	Bacon slice; cut in 1" piece	3.00
12645	Onions, med; chopped	2.00
12645	Bluefish fillets; 1" pieces	1.00 lb
12645	Potatoes, lg; peeled/cubed	2.00
12645	Celery; chopped	1.00 c
12645	;Water	3.00 c
12645	Parsley, fresh; chopped	0.50 tb
12645	Salt	1.50 ts
12645	Pepper	0.25 ts
12645	Tarragon, dried	0.75 ts
12645	Basil, dried	0.50 ts
12645	Rosemary, dried; crushed	0.50 ts
12645	Butter	3.00 tb
12645	Flour	3.00 tb
12645	Evaporated milk (13 oz)	1.00 cn
12646	Worcestershire sauce	0.00
12646	-garlic powder	0.00
12646	Liquid smoke	0.00
12646	-lemon juice	0.00
12646	Salt and pepper	0.00
12646	-mayonnaise	0.00
12646	Steamed fish fillets,	0.00
12646	-boneless	0.00
12647	Grapefruit, Ruby Red	3.00
12647	Lemon	1.00
12647	Water	1.50 c
12647	Baking soda	1.00 pn
12647	Sugar	5.00 c



## Sheet1

12647	Liquid pectin	3.00 oz
12648	Milk	2.00 qt
12648	Sugar	1.50 c
12648	Eggs (separated)	6.00
12648	Whipped Cream	2.00 c
12649	Sugar	1.50 c
12649	Light corn syrup	0.50 ts
12649	Water;boiling	0.67 c
12649	Egg whites; stiffly beaten	2.00
12649	Vanilla	1.00 ts
12650	All-purpose flour	2.50 c
12650	Salt	1.00 ts
12650	Water	1.00 c
12650	Filling:	0.00
12650	Chinese cabbage	0.75 lb
12650	About 4 c boiling water	0.00
12650	Cold water	4.00 c
12650	Ground pork	0.75 lb
12650	Rice wine or dry sherry	1.00 ts
12650	Minced fresh ginger root	1.00 ts
12650	Minced green onions	0.50 c
12650	Soy sauce	3.00 tb
12650	Salt	1.25 ts
12650	Lard or vegetable oil	1.00 tb
12650	Sesame oil	3.00 tb
12650	Boiling water	8.00 c
12650	Cold water	1.00 c
12650	Dipping sauce:	0.00
12650	Soy sauce	3.00 tb
12650	Rice vinegar or white	1.00 ts
12650	-vinegar	0.00
12650	Minced garlic or 1 tsp Chili	1.00 ts
12650	-Oil	0.00
12651	Dried chilies (to make 1 ts	3.00 sm
12651	- ground)	0.00
12651	Cinnamon stick	1.50
12651	Whole coriander seeds	4.50 tb
12651	Whole cumin seeds	1.00
12651	Whole fennel seeds	1.50
12651	Whole fenugreek seeds	0.67
12651	Garlic powder or granules	0.50
12651	Kokum skins (avail. at East	2.00
12651	- Indian grocers)	0.00
12651	Curry leaves, crushed	2.00
12651	Ground tumeric	2.67
12652	Stick (4 oz) unsalted butter	1.00
12652	Unsweetened chocolate	4.00 oz
12652	More stick (4 oz) unsalted	1.00
12652	-butter, cut into 8 pieces	0.00

Sheet1

12652	Sugar	2.00 c
12652	Eggs	3.00 lg
12652	Vanilla extract	1.00 ts
12652	Salt	0.50 ts
12652	Flour (measure by scooping	1.00 c
12652	-dry-measure cup into flour	0.00
12652	-container and	0.00
12653	Semisweet chocolate	4.00 oz
12653	Unsweetened chocolate	0.50 oz
12653	Chopped walnuts	2.00 tb
12654	Chicken meat cubed	8.00 oz
12654	White wine or sherry	1.00 tb
12654	Salt and white pepper	0.00
12654	Chicken stock	1.50 tb
12654	Flour	1.00 tb
12654	Cornstarch	0.50 ts
12654	Cornstarch	2.00 tb
12654	Tsps. chili paste	2.00
12654	Egg	1.00
12654	Honey	1.50 tb
12654	Baking powder	0.50 ts
12654	Cooked carrot slices	2.00 tb
12654	Cooking oil	2.00 c
12654	Minced ginger	0.50 ts
12654	Cooked peas	1.00 tb
12654	Green onion for garnish	1.00
12655	Chicken, cubed	8.00 oz
12655	Salt	1.00
12655	White Pepper, freshly ground	1.00
12655	Flour	1.00 tb
12655	Cornstarch	2.00 tb
12655	Egg, small	1.00
12655	Baking Powder	0.50 ts
12655	Cooking Oil	2.00 c
12655	Gingerroot, minced	0.50 ts
12655	White Wine	1.00 tb
12655	Chicken Bouillon	1.50 tb
12655	Cornstarch for thickening	0.50 ts
12655	Chinese Chile Sauce	1.00 ts
12655	Honey	1.50 tb
12655	Carrot Slices, cooked	2.00 tb
12655	Peas, cooked	1.00 tb
12655	Green Onion, snipped	1.00
12656	Cream of chicken soup	1.00 c
12656	Oil	2.00 T
12656	Milk	0.50 cn
12656	Grated cheese	0.50 c
12656	Mustard	2.00 T
12656	Box of brocoli spears	1.00 ea

Sheet1

12656	Chopped piminto	2.00 T	
12657	c	3.00	1
12657	Cubed Ham	2.00	
12657	Water	2.00 c	
12657	Tomato Juice	22.00 oz	
12657	Chicken Stock (3 cans)	4.00 c	
12657	Chopped Onions	2.00 c	
12657	Cloves Garlic, minced	3.00	
12657	Chopped Parsley	3.00 tb	
12657	Chopped Green Pepper	0.25 c	
12657	Brown Sugar	2.00 tb	
12657	Chile Powder	1.00 tb	
12657	MSG	1.00 ts	
12657	Salt	1.00 ts	
12657	Crushed Bay Leaves, (put in	1.00 ts	
12657	-tea ball)	0.00	
12657	Whole Cloves, (put in tea	4.00	
12657	-ball)	0.00	
12657	Oregano	1.00 ts	
12657	Cumin	0.50 ts	
12657	Crushed Rosemary	0.50 ts	
12657	Celery Seed	0.50 ts	
12657	Ground Thyme	0.50 ts	
12657	Ground Marjoram	0.50 ts	
12657	Sweet Basil	0.50 ts	
12657	Curry	0.25 ts	
12657	Sherry	1.00 c	
12658	Water	0.50 c	
12658	(1/8 lb.) butter/margarine	0.25 c	
12658	Flour	0.50 c	
12658	Eggs	2.00 lg	
12658	Whipped cream (recipe	0.00	
12658	-follows)	0.00	
12658	Dark chocolate glaze (recipe	0.00	
12658	-follows)	0.00	
12659	Sugar	0.33 c	
12659	Ground cinnamon	2.00 tb	
12659	Sugar Icing	0.00	
12659	DANISH PASTRY	0.00	
12659	All-purpose flour	3.25 c	
12659	Cold unsalted butter, cut in	1.25 c	
12659	-1/4-inch slices	0.00	
12659	Warm water	0.25 c	
12659	Active dry yeast	2.00 pk	
12659	Evaporated milk, room	0.50 c	
12659	-temperature	0.00	
12659	Sugar	0.25 c	
12659	Eggs, room temperature	2.00	
12659	Salt	1.00 ts	

Sheet1

12659	Ground cardamom, optional	0.50 ts
12660	-----cake l-----	0.00
12660	Butter, softened	0.25 c
12660	Sugar	1.00 c
12660	Large eggs	3.00
12660	Milk	0.67 c
12660	Vanilla	1.00 ts
12660	All-purpose flour	1.75 c
12660	Baking powder	2.00 ts
12660	-----vanilla egg c-----	0.00
12660	Sugar	0.67 c
12660	Cornstarch	0.33 c
12660	Salt	0.25 ts
12660	Milk	2.50 c
12660	Large egg yolks,lightly beat	4.00
12660	-----chocolate g-----	0.00
12660	1 oz. chocolate squares	3.00
12660	Butter	1.00 tb
12660	Confectioners' sugar	0.33 c
12660	Milk	0.25 c
12661	Salad oil	2.00 tb
12661	Worcestershire	1.00 tb
12661	Egg whites	2.00
12661	Unsalted peanuts	2.00 lb
12661	To 5 T. cayenne pepper	3.00
12662	Pork blood	2.00 c
12662	-Salt	0.00
12662	Pork, fresh	2.00 lb
12662	Pig's lung	1.00
12662	Pig's heart	0.50
12662	Pig necks	2.00
12662	-Salt	0.00
12662	Onions; chopped	5.00
12662	-Salt & pepper	0.00
12662	Cloves	0.00
12662	Summer Savory	0.00
12662	Coriander seeds; crashed	0.00
12662	-to taste	0.00
12662	Flour	2.00 tb
12663	Lean pork or veal	2.00 lb
12663	Onions, chopped	2.00
12663	Bunch chopped green onions	0.50
12663	Cloves, minced	2.00 c
12663	Bunch chopped parsley	0.50
12663	Thyme	0.50 ts
12663	Bay leaves	2.00
12663	Salt, or to taste	1.00 tb
12663	Ground white pepper, or to	1.00 ts
12663	Taste	0.00

Sheet1

12663	Cayenne, or to taste	1.00 ts
12663	Water	2.00 c
12663	Cooked rice	3.00 c
12663	Twenty-inch long cleaned	4.00 ts
12663	Sausage casings.	0.00
12663	Pepper	1.00
12664	Lean beef from shank	4.00 lb
12664	Bone	2.00 lb
12664	Cold water	2.00 qt
12664	Diced celery	0.50 c
12664	Diced carrots	0.50 c
12664	Diced turnips	0.50 c
12664	Diced onions	0.50 c
12664	Cloves	4.00
12664	Salt	0.00
12665	Medium Eggplants 1 Kg total	4.00 x
12665	Salt	1.00 x
12665	Oil	1.00 x
12665	Medium Onions, sliced	2.00 ea
12665	Green Pepper, seeded, sliced	1.00 ea
12665	Large Ripe Tomatoes, peeled	2.00 ea
12665	Salt	1.00 x
12665	Hot Chili Pepper	0.25 ts
12665	Water	0.25 c
12665	Chakah, Drained Yogurt	2.00 c
12665	Garlic Cloves	2.00 ea
12665	Salt to Taste	1.00 x
12666	Olive oil	2.00 tb
12666	Sweet Italian sausage,	1.00 lb
12666	Casings removed, crumbled	0.00
12666	Dried red pepper flakes	0.50 ts
12666	Diced onions	0.50 c
12666	Garlic, minced	3.00 cl
12666	Italian plum tomatoes,	1.00 cn
12666	Drained, coarsely chopped	0.00
12666	Whipping cream	1.50 c
12666	Salt	0.50 ts
12666	Bow tie pasta	12.00 oz
12666	Minced fresh parsley	3.00 tb
12666	Freshly grated Parmesan	0.00
12666	Cheese	0.00
12667	Olive oil	2.00 tb
12667	Sweet Italian sausage,	1.00 lb
12667	Casings removed, crumbled	0.00
12667	Dried red pepper flakes	0.50 ts
12667	Diced onions	0.50 c
12667	Garlic cloves, minced	3.00
12667	28-oz. can Italian plum	1.00
12667	Tomatoes, drained,	0.00

## Sheet1

12667	Coarsely chopped	0.00
12667	Whipping cream	1.50 c
12667	Salt	0.50 ts
12667	Bow tie pasta	12.00 oz
12667	Minced fresh parsley	3.00 tb
12667	Grated Parmesan cheese	0.00
12668	Rhubarb, trimmed weight	2.00 lb
12668	Onions	1.00 lb
12668	Raisins	0.50 lb
12668	Sultanas	0.50 lb
12668	Coriander seeds	0.50 oz
12668	Curry powder	2.00 ts
12668	Granulated sugar	6.00 oz
12668	Raspberry vinegar	0.75 pt
12668	-OR- red wine vinegar	0.00
12669	Beef, stewing	3.00 lb
12669	Butter	3.00 T
12669	Sm Onion, minced	1.00 ea
12669	Flour	2.50 c
12669	Salt	0.50 t
12669	Water	7.00 T
12669	Butter	3.00 T
12669	Bacon drippings	3.00 T
12669	Salt & pepper	1.00 x
12669	Med Potato	12.00 ea
12669	Parsley, minced	2.00 T
12669	Egg	3.00 ea
12669	Baking powder	2.00 t
12669	Shortening	4.00 T
12669	Bread, stale, cubed	1.00 c
12669	*or:	1.00 x
12669	Milk	0.50 c
12670	Stew Meat *	5.00 lb
12670	Med. Bay Leaves	2.00
12670	Golden Mushroom Soup **	1.00 cn
12670	Water	1.00 qt
12670	(1 3/8 oz) Onion Soup Mix	1.00 pk
12670	Cream Of Mushroom Soup **	2.00 cn
12670	Cream Of Celery Soup **	1.00 cn
12671	Heads Belgian endive	8.00 md
12671	Unsalted butter	3.00 tb
12671	Flavorless cooking oil	2.00 tb
12671	Low-sodium chicken broth	0.50 c
12671	-OR- Water	0.00
12671	Salt	0.50 ts
12672	Light vegetable oil like	1.00 tb
12672	-safflower	0.00
12672	Butter	2.00 tb
12672	Size firm mushrooms,sliced	3.00 md

## Sheet1

12672	Duck or chicken livers	2.00
12672	To 6 - half breasts of duck	4.00
12672	-or chicken,skinned and	0.00
12672	-boned	0.00
12672	Finely chopped fresh garlic	0.50 ts
12672	Grated orange rind	2.00 tb
12672	Tomato paste	1.00 ts
12672	Meat flavoring	1.00 ts
12672	Strong chicken stock	1.00 c
12672	Orange juice	0.25 c
12672	Light honey	1.00 tb
12672	Pureed fresh peaches	0.75 c
12672	Guava or red currant jelly	1.00 ts
12672	Hollandaise sauce or 1/3 -	0.50 c
12672	-cup heavy cream,whipped	0.00
12672	To 6 - fresh peaches,peeled	4.00
12672	-and quartered	0.00
12673	Celery	3.00 bn
12673	Olive oil	4.00 tb
12673	Red wine vinegar	1.50 tb
12673	Chicken broth	2.00 c
12673	Salt	0.00
12673	Pepper	0.00
12674	Olive oil	2.00 tb
12674	Lamb shanks, about 12 oz ea.	4.00
12674	Onion; finely diced	1.00 md
12674	Carrots; finely diced	2.00 md
12674	Celery stalks; thinly sliced	2.00
12674	Finely minced garlic	1.00 tb
12674	Dry red wine	1.50 c
12674	Water	1.00 c
12674	Lemon; cut in half	1.00
12674	Salt	0.50 tb
12674	Freshly ground black pepper	0.50 ts
12675	Leeks	8.00
12675	Water, stock or a mixture	0.00
12675	Butter	4.00 tb
12675	Salt and pepper	0.00
12675	Minced parsley for garnish	0.00
12676	Dry sherry	0.25 c
12676	Olive oil	1.00 ts
12676	Thinly sliced leeks	5.00 c
12676	Thinly sliced shiitakes	1.00 c
12676	Fresh orange juice	1.00 ts
12676	Grated orange peel	0.50 ts
12676	Apple cider vinegar	1.00 tb
12676	Salt & pepper to taste	0.00
12677	Olive oil	0.25 c
12677	Head escarole	1.00

Sheet1

12677	Belgian endives	2.00
12677	Boston lettuce	1.00
12677	Minced garlic	2.00 tb
12677	Ground coriander	1.00 ts
12677	Thyme	0.50 ts
12677	Rosemary	0.50 ts
12677	Water	1.00 c
12677	White wine vinegar	2.00 tb
12677	Whipping cream	0.25 c
12678	Ground Beef	1.00 lb
12678	Ground Smoked Ham; Cooked	1.00 lb
12678	Ground Pork	1.00 lb
12678	Eggs; Large	3.00
12678	Salt	2.00 ts
12678	Pepper	0.50 ts
12678	Nutmeg; Ground	0.25 ts
12678	Chipotle Sauce; *	0.00
12678	Dry Bread Crumbs	0.50 c
12678	Instant Corn Tortilla Mix	0.25 c
12678	Vegetable Oil	0.50 c
12679	Pork tenderloin	12.00 oz
12679	Olive oil	1.00 ts
12679	Whole onion, chopped (or)	12.00 oz
12679	Chopped (ready cut) (2 1/4	11.00 oz
12679	-to 2 1/2 cups)	0.00
12679	Garlic cloves, minced	2.00 lg
12679	Chopped fresh basil	3.00 tb
12679	Chopped fresh oregano	1.00 tb
12679	28 oz can no-salt added	1.00
12679	-crushed tomatoes (or)	0.00
12679	Fresh tomatoes	1.50 lb
12679	Dry red wine	0.50 c
12679	Sugar	1.00 ts
12679	TT (to taste) freshly ground	0.00
12679	-black pepper	0.00
12679	Orzo	1.50 c
12680	Loin or rib pork chops, cut	4.00
12680	-1/2 to 3/4 inch thick (1	0.00
12680	-1/2 to 1 3/4	0.00
12680	Pounds), trimmed of all but	0.00
12680	-1/8-inch fat	0.00
12680	Vegetable oil	1.00 ts
12680	Water, apple cider or dry	0.25 c
12680	-white wine	0.00
12680	Sprig fresh rosemary or 1/4	1.00
12680	-t. dried rosemary, crumbled	0.00
12680	Pepper	0.12 ts
12680	Salt	0.75 ts
12681	Butter/margarine	1.00 oz



## Sheet1

12681	Red onions, thinly sliced	4.00 lg
12681	Salt & freshly ground black	0.00
12681	-- pepper	0.00
12682	Calf's sweetbreads	1.50 lb
12682	Ground mace	0.12 ts
12682	Salt	0.50 ts
12682	Freshly ground black pepper	0.25 ts
12682	Flour	2.00 tb
12682	Flavorless cooking oil	3.00 tb
12682	Finely minced shallots	2.00 tb
12682	Dry sherry	1.00 c
12682	Low-sodium chicken broth	1.00 c
12682	Whipping cream	0.50 c
12682	Unsalted butter	2.00 tb
12682	Lemon slices	0.00
12683	Cabbage; head, small	1.00 lb
12683	Onions; medium, chopped	2.00
12683	Ground beef; lean	1.00 lb
12683	Salt	0.50 ts
12683	White wine; dry	0.50 c
12683	Bacon; strips, thick sliced	3.00
12683	Vegetable oil	1.00 tb
12683	Pork; lean, cubed	0.50 lb
12683	Caraway seeds	1.00 ts
12683	Pepper	0.50 ts
12683	Vegetable oil	1.00 ts
12685	Brown sugar	2.00 c
12685	Sugar	1.00 c
12685	Milk	1.00 c
12685	Baking soda	0.12 ts
12685	Butter or butter substitute	1.00 tb
12685	Salt	0.25 ts
12685	Bran	1.00 c
12686	Cranberries	1.00 lb
12686	Generous cups granulated	2.00
12686	-sugar	0.00
12687	Feet small (1-1/2-inch	3.00
12687	-diameter) hog casings	0.00
12687	Lean pork butt, cubed	1.50 lb
12687	Veal, cubed	1.00 lb
12687	Pork fat, cubed	0.50 lb
12687	Ground allspice	0.25 ts
12687	Crushed caraway seeds	0.50 ts
12687	Dried marjoram	0.50 ts
12687	Freshly ground white pepper	1.00 ts
12687	Salt, or to taste	1.00 ts
12688	Semisweet chocolate pieces	12.00 oz
12688	Butter	1.00 tb
12688	Chopped Brazil nuts	1.00 c

Sheet1

12688	Seedless raisins	0.50 c
12689	Shortening	0.50 c
12689	Sugar	1.00 c
12689	Egg; well beaten	2.00
12689	Brazil nuts; finely chopped	0.67 c
12689	Coffee, strong	0.50 c
12689	Cake flour, sifted	1.50 c
12689	Baking powder	2.50 ts
12689	Salt	0.50 ts
12689	Cinnamon	0.50 ts
12689	Cloves	0.25 ts
12689	Ginger	0.25 ts
12690	Chicken broth	1.00 c
12690	Milk, or thin cream	1.00 c
12690	Butter	2.00 oz
12690	Flour	2.00 oz
12690	Chicken, cooked, sliced	3.00 c
12690	Egg yolks	4.00
12690	Green pepper, diced	0.50
12690	Red pepper, diced	0.50
12690	Mushrooms, sliced	1.00 c
12690	Lemon juice	1.00 ts
12690	Salt	0.00
12690	Pepper	0.00
12691	Chocolate, unsweetened	2.00 oz
12691	Sugar	0.25 c
12691	Coffee, double-strength	1.00 c
12691	And hot	0.00
12691	Milk	2.50 c
12691	COCA-COLA, chilled	1.50 c
12691	Whipped cream or vanilla	0.00
12691	Ice cream	0.00
12692	Thinly sliced, medium-size	1.00 ga
12692	-cucumbers, unpared	0.00
12692	To 8 medium-sized onions,	6.00
12692	-thinly sliced	0.00
12692	Green peppers; chopped	2.00
12692	Salt	0.33 c
12692	Granulated sugar	4.50 c
12692	Mustard seed	2.00 T
12692	Turmeric	1.50 t
12692	Celery seed	1.50 t
12692	Vinegar	4.50 c
12693	Eggs	3.00 ea
12693	Bread crumbs; fine	1.00 c
12693	Nut meats	1.00 c
12693	Sugar	1.00 c
12694	Bread	4.00 sl
12694	Magarine or butter, softened	2.00 tb

Sheet1

12694	Packed brown sugar	0.33 c
12694	Ground cinnamon	0.50 c
12694	Raisins	0.33 c
12694	Eggs, slightly beaten	3.00
12694	Granulated sugar	0.33 c
12694	Vanilla	1.00 ts
12694	Of salt	1.00 ds
12694	Milk, scalded	2.50 c
12695	White bread	5.00 sl
12695	Eggs	5.00
12695	Sugar	1.00 c
12695	Butter or	0.25 c
12695	-margarine,melted	0.00
12695	Milk	2.00 c
12695	Vanilla	1.00 ts
12695	Nutmeg	0.25 ts
12695	Raisins;opt	0.50 c
12695	LEMON SAUCE -----	0.00 -----
12695	Sugar	1.00 c
12695	Cornstarch	1.00 tb
12695	Salt	0.50 ts
12695	Eggs	3.00
12695	-slightly beaten	0.00
12695	Lemons;juice of	2.00
12695	Lemons;rind of	2.00
12695	-grated	0.00
12695	Water	1.00 c
12695	Butter	2.00 tb
12695	LEMON SAUCE -----	0.00 -----
12696	Stale, dense, french bread	8.00 oz
12696	Butter, softened	4.00 tb
12696	Dried cherries or raisins	0.50 c
12696	Large eggs	3.00
12696	Plus 2 tb sugar	0.67 c
12696	Vanilla extract	4.00 ts
12696	Almond extract	0.50 ts
12696	Salt	1.00 pn
12696	Milk, heated	4.00 c
12696	Cinnamon	0.25 ts
12697	Firm white bread	0.50 lb
12697	Raisins	0.50 c
12697	Sugar	1.00 c
12697	Cornstarch	1.00 tb
12697	Cinnamon	1.00 ts
12697	Salt	0.50 ts
12697	Nutmeg	0.25 ts
12697	Large eggs	8.00
12697	Milk	6.00 c
12697	Vanilla	1.00 tb

Sheet1

12698	Evaporated skim milk	1.50 c
12698	Egg	1.00
12698	Bread cut into 1/2 inch	4.00 sl
12698	-cubes	0.00
12698	Sugar	5.00 tb
12698	Raisins	2.00 tb
12698	Ground nutmeg	0.25 ts
12698	Vanilla	0.25 ts
12698	Ground cinnamon	0.12 ts
12698	Low-calorie margarine	1.00 tb
12698	Egg whites at room	2.00
12698	-temperature	0.00
12699	1/2-inch French bread cubes	3.00 c
12699	Raisins	0.50 c
12699	1/2-inch thick slices French	12.00
12699	-bread baguette	0.00
12699	Eggs	4.00
12699	Milk	3.00 c
12699	Sugar	0.50 c
12699	Melted butter	0.25 c
12699	Cinnamon, ground	1.00 ts
12699	Vanilla	1.00 ts
12699	Sugar	2.00 tb
12699	Nutmeg, ground	0.50 ts
12699	Praline Sauce	1.00
12700	Sponge	1.00 c
12700	Sugar	1.00 c
12700	Sugar	0.75 c
12700	Eggs	2.00 ea
12700	Raisins	1.00 c
12700	Baking soda	1.00 ts
12700	Cinnamon	1.00 ts
12700	Cloves	1.00 ts
12700	Nutmeg	1.00 ts
12701	Pizza dough of choice	0.00
12701	Stick margarine	0.50
12701	Garlic powder	0.00
12701	Parmesean Cheese	0.00
12702	Bread	1.00 qt
12702	Salt	1.00 t
12702	Poultry seasoning	0.25 t
12702	Onion, minced	0.50 t
12702	Egg, slightly beaten	1.00 ea
12702	Water	1.00 x
12702	Pepper	0.12 t
12702	Parsley, chopped	1.00 t
12702	Butter, melted	2.00 T
12702	Giblets	1.00 x
12703	Eggs, beaten	3.00

Sheet1

12703	Sugar	0.50 c
12703	Flour	2.00 tb
12703	Can crushed pineapple,	15.00 oz
12703	-drained	0.00
12703	Bread, cut into cubes	4.00 sl
12703	Butter, melted	0.50 c
12704	Pork Chops, 1-inch thick	6.00
12704	Salt	0.00
12704	Pepper	0.00
12704	Eggs	2.00
12704	Milk	0.25 c
12704	Flour	0.50 c
12704	Dry Bread Crumbs	0.50 c
12704	Vegetable Oil	2.00 tb
12704	Butter	2.00 tb
12704	Water	3.00 tb
12705	Firm or extra-firm tofu,	2.00 lb
12705	-frozen (see note)	0.00
12705	Water	5.00 c
12705	Finely minced fresh ginger	0.50 c
12705	-(My note - is this for	0.00
12705	-real? That's what	0.00
12705	It	0.00
12705	Says!)	0.00
12705	Soy sauce	0.75 c
12705	Whole-wheat pastry or white	0.50 c
12705	-flour	0.00
12705	Fine cornmeal	0.50 c
12705	Soy or other vegetable oil	0.00
12705	-for frying	0.00
12705	Dip:	0.00
12705	Soft tofu	0.50 lb
12705	Additional	0.00
12705	Water	0.50 c
12705	Additional	0.00
12705	Soy sauce	2.00 tb
12705	Garnishes:	0.00
12705	Tofu Tartar Sauce (recipe	0.00
12705	-follows)	0.00
12705	Fresh parsley	0.00
12706	Veal steak	2.00 lb
12706	Crackers, crushed	1.00 x
12706	Bread crumbs	1.00 x
12706	Lemon juice	1.00 x
12706	Salt & pepper	1.00 x
12706	*or:	1.00 x
12706	Egg, beaten	1.00 ea
12706	Egg, fried	1.00 x
12707	Pork butt	1.00 lb

## Sheet1

12707	- cut into 1-in pieces	0.00
12707	Bacon; cut into 1-in pieces	4.00 oz
12707	Onion; finely diced	1.00 sm
12707	Chopped fresh sage; -=OR=-	1.00 tb
12707	-Dried Sage	1.50 ts
12707	Minced garlic	1.00 ts
12707	Salt	0.50 ts
12707	Ground white pepper	0.50 ts
12707	Mace	0.75 ts
12707	Ground coriander	0.75 ts
12707	Oranges; zest only	2.00
12707	Unsalted butter	2.00 tb
12708	Mayonnaise	0.25 c
12708	Prepared mustard	1.00 ts
12708	Eggs	4.00
12708	Bacon	4.00 sl
12708	English muffins, split and	4.00
12708	-toasted	0.00
12708	Cheddar cheese	4.00 sl
12709	Chicken breasts	4.00
12709	Butter or margarine	1.00 tb
12709	Sliced mushrooms	1.00 c
12709	Cream of Chicken soup	1.00 cn
12709	Clove of garlic, minced	0.50 lg
12709	Generous dash crushed thyme	1.00
12709	Rosemary, crushed	1.00 pn
12709	Half and half	0.33 c
12709	Cooked noodles	0.00
12710	Whole chicken breast,	1.00
12710	-halved, boned, and skinned	0.00
12710	Flour	0.25 c
12710	Salt	0.25 ts
12710	Cayenne pepper	0.25 ts
12710	Paprika	0.50 ts
12710	Olive oil	1.00 tb
12710	Scallions, sliced	4.00
12710	Clove garlic, crushed	1.00
12710	Unsalted butter	3.00 tb
12710	Sweet sherry	0.50 c
12710	Fresh lime juice	2.00 tb
12710	Tabasco sauce	1.00 ds
12710	Pimento-stuffed green	0.33 c
12710	-olives, sliced	0.00
12710	Lime, quartered	1.00
12710	Parsley sprigs	2.00
12711	Chicken Breast	4.00
12711	Salt	1.00
12711	Pepper, freshly ground	1.00
12711	Canola or Vegetable Oil	2.00 tb

Sheet1

12711	Baby Carrots	12.00
12711	Small Mushrooms	0.50 lb
12711	Chopped Shallots	2.00 tb
12711	Garlic, finely chopped	1.00 ts
12711	Flour	1.00 tb
12711	Dry White Wine	0.50 c
12711	Chicken Broth	1.00 c
12711	Tomato Paste	1.00 tb
12711	Bay Leaf	1.00
12711	Fresh Thyme Sprigs	3.00
12711	*OR*	0.00
12711	Dried Thyme	1.00 ts
12711	Dijon Mustard	2.00 tb
12711	Parsley, finely chopped	2.00 tb
12712	Unsifted flour	5.50 c
12712	Salt	1.00 tb
12712	Sugat	1.00 tb
12712	Butter or margerine	1.00 tb
12712	Pkgs active dry yeast	2.00
12712	Very warm tap water	1.75 c
12712	(120 to 130 degrees)	0.00
12712	Cornmeal	0.00
12712	Corn or other vegetable oil	0.00
12712	Egg white	1.00
12712	Cold water	1.00 tb
12713	Eggs	3.00
12713	Sugar	1.00 c
12713	Pumpkin	0.67 c
12713	All-purpose flour	0.75 c
12713	Baking powder	1.00 ts
12713	Cinnamon	2.00 ts
12713	Nutmeg	0.50 ts
12713	Ginger, ground	1.00 ts
12713	CREAM CHEESE FILLING -----	0.00 -----
12713	Cream cheese, softened	8.00 oz
12713	Butter or margarine	4.00 ts
12713	Vanilla	0.50 ts
12713	Sugar, powdered	1.00 c
12713	CREAM CHEESE FILLING -----	0.00 -----
12714	Sugar	0.25 c
12714	Orange flavored liqueur	0.25 c
12714	Grated orange rind	1.00 ts
12714	Grated lemon rind	1.00 ts
12714	Heavy cream	1.00 c
12714	Fresh strawberries, hulled	1.00 pt
12714	Vanilla ice cream	1.00 pt
12715	Bittersweet chocolate	7.00 oz
12715	-OR- semisweet chocolate,	0.00
12715	- broken into small pieces	0.00

Sheet1

12715	Unsalted butter; PLUS:	0.25 lb
12715	Unsalted butter	1.00 ts
12715	Cake flour	0.25 c
12715	Superfine sugar; PLUS:	0.50 c
12715	Superfine sugar	1.00 tb
12715	Eggs	3.00
12715	Heavy cream; reduced by half	0.75 c
12715	-(SEE NOTE)	0.00
12715	Unsweetened cocoa powder	1.00 tb
12716	Butter	0.25 c
12716	Graham cracker crumbs	1.25 c
12716	Sugar	2.00 tb
12716	16 oz Sliced Peaches,drained	1.00 cn
12716	Cream cheese 8 oz	1.00 pk
12716	Sugar	0.33 c
12716	Sour Cream	0.50 c
12716	Egg	1.00
12716	Almond Extract	0.50 ts
12716	Raspberry Jam	0.33 c
12717	Cabbage	1.00 md
12717	Margarine	1.33 oz
12717	Flour	1.33 oz
12717	Water	2.12 c
12717	Capers	1.00 ts
12717	Lemon juice	1.00 ts
12717	Milk	1.00 c
12717	Ground beef	8.88 oz
12717	Bread	1.00 sl
12717	Egg	1.00
12717	Onion, finely chopped	1.00
12717	Salt	1.00 pn
12717	Pepper	1.00 pn
12718	Turkey bacon	6.00 sl
12718	Egg	1.00
12718	7 oz ea tuna, undrained	2.00 cn
12718	Tomato slices	6.00
12718	Mustard	1.00 ts
12718	Lo fat mayonnaise	0.33 c
12718	Minced onion	1.00 tb
12718	Hamburger buns	3.00
12719	Cucumbers	48.00 sm
12719	Box whole pickling spices	1.00
12719	Dry dill	3.00 bn
12719	White vinegar	1.00 pt
12719	Water	2.00 ga
12719	Salt	1.00 lb
12720	Beef brisket	3.00 lb
12720	Onion, sliced	1.00 ea
12720	Salt & pepper	1.00 x



## Sheet1

12720	Sauerkraut	1.50 qt
12720	Shortening	2.00 T
12720	*dumpling dough	1.00 x
12721	Beef brisket, trimmed of	1.00
12721	Fat	0.00
12721	Soy sauce	1.00 c
12721	Water	1.00 c
12721	Cracked black peppercorns	1.00 c
12721	Corn Oil	0.00
12722	Unshelled broad beans (if	3.50 lb
12722	-the beans inside are small,	0.00
12722	You may need up to twice as	0.00
12722	-many)	0.00
12722	Medium-lean bacon	1.00 lb
12722	Salt	1.00 pn
12722	Water	1.00 qt
12722	Butter OR (originally) lard	2.00 tb
12722	Flour	2.00 tb
12722	Freshly ground white pepper	0.00
12722	Crushed savory	1.00 pn
12723	White Castle hamburgers	10.00
12723	Pkg. chopped frozen broccoli	4.00
12723	Med. box Velveeta (R) cheese	1.00
12723	Stack Ritz (R) crackers	1.00
12723	Stick butter	0.50
12724	Prepared puff pastry, defros	0.00
12724	Eggs	4.00
12724	Ricotta cheese	1.00 lb
12724	Crumbled bleu cheese	0.50 lb
12724	Eggs until light. mix in b	1.00
12725	Carrot, sliced	1.00 sm
12725	Stalk celery, sliced	1.00
12725	Onion, chopped	1.00 sm
12725	Garlic clove, minced	1.00
12725	Marjoram	0.50 ts
12725	Basil	0.25 ts
12725	Chicken or vegetable stock	0.50 c
12725	Skim milk	2.00 c
12725	Coarsely chopped broccoli	2.00 c
12725	Cooked macaroni	0.50 c
12725	Nutmeg	1.00 ds
12725	Low-fat yogurt (garnish)	1.00 c
12726	Broccoli *	10.00 oz
12726	Evaporated Skim Milk	1.00 c
12726	Egg	1.00
12726	Feta	3.50 oz
12726	Dried Oregano	1.00 ts
12726	Carrot, sliced thin,blanched	1.00
12726	Small Red Pepper **	1.00

## Sheet1

12726	Pie Shell (8-inch)	1.00
12727	Broccoli, frozen, chopped	10.00 oz
12727	Eggs	2.00 ea
12727	Milk, low fat	0.50 c
12727	Flour, unsifted, all-purpose	0.25 c
12727	Baking powder	0.50 ts
12727	Salt	0.25 ts
12727	Nutmeg, ground	0.25 ts
12727	Cheese, muenster Or part	8.00 oz
12727	Skim mozzarella	1.00 x
12727	Tomato, lg (6 wedges)	1.00 ea
12728	Base:	0.00
12728	Vegetable oil or olive oil	2.00 tb
12728	Butter	2.00 tb
12728	Cooked and peeled popcorn	1.00 c
12728	-shrimp	0.00
12728	Chopped sea clams, drained	1.00 c
12728	-well	0.00
12728	Fresh chopped garlic	2.00 ts
12728	Clam base	1.50 tb
12728	Flour	0.33 c
12728	Ground broccoli including	2.50 c
12728	-stock and florets	0.00
12728	Whole milk (with vitamin D)	1.00 qt
12728	Heavy whipping cream	1.00 c
12728	Dry dill	1.00 tb
12728	Dry basil	1.00 tb
12728	Lemon juice	2.00 tb
12728	Ground white pepper (or to	0.50 tb
12728	-taste)	0.00
12729	Sweet onion, chopped	1.00 md
12729	Butter or margarine	2.00 tb
12729	(8 ounces each) cream	2.00 pk
12729	-cheese, cubed	0.00
12729	Milk	2.00 c
12729	Chicken bullion cubes	2.00
12729	Boiling water	1.50 c
12729	Frozen chopped broccoli (10	1.00 pk
12729	-ounces) cooked and drained	0.00
12729	Lemon juice	1.00 ts
12729	Salt	1.00 ts
12729	Pepper	0.25 ts
12730	Broccoli rabe; washed,	2.00 lb
12730	-large stems removed	0.00
12730	-and finely chopped	0.00
12730	Garlic cloves; minced	2.00
12730	Onion; finely chopped	1.00 sm
12730	Olive oil	0.25 c
12731	Medium-size leeks (about 1	4.00

Sheet1

12731	-pound)	0.00
12731	Non-diet, tub style	2.00 ts
12731	-margarine	0.00
12731	Chicken stock or broth	3.25 c
12731	-(defatted), divided	0.00
12731	Peeled and diced potatoes	3.50 c
12731	-(1-1/2 pounds)	0.00
12731	Broccoli florets	3.00 c
12731	White pepper	0.25 ts
12731	Whole milk	1.50 c
12731	Salt to taste	0.00
12731	Lemon juice	1.00 tb
12731	To 2 tsp. finely chopped	1.00
12731	-chives for garnish	0.00
12731	-(optional)	0.00
12732	Broccoli, trimmed	1.25 lb
12732	Onions, sliced	2.00 md
12732	Butter, divided	5.00 tb
12732	Chicken broth, divided	7.00 c
12732	Dried oregano leaves,	1.00 ts
12732	-crumbled	0.00
12732	Flour	0.25 c
12732	Dijon-style mustard	3.00 tb
12732	Pepper	0.12 ts
12732	Milk	1.00 c
12732	Shredded sharp cheddar	2.00 c
12732	-cheese	0.00
12733	Fresh broccoli	2.00 lb
12733	Fresh mushrooms	8.00 oz
12733	Butter	1.00 c
12733	Flour	1.00 c
12733	Chicken broth	4.00 c
12733	Half and half	4.00 c
12733	Salt (optional)	1.00 ts
12733	White pepper	0.25 ts
12733	Tarragon leaves, crushed.	1.00 ts
12734	Scallops; tiny bay	8.00 oz
12734	Olive oil; ex. virgin	1.00 T
12734	Butter	2.00 T
12734	Sea salt & white pepper	0.00
12734	Soy sauce	2.00 t
12734	Red wine vinegar	2.00 t
12734	Coarse sea salt; garnish	0.00
12734	Coarse white pepper; garnish	0.00
12734	Thyme leaves; garnish	1.00 t
12735	Can artichoke hearts	14.00 oz
12735	Butter	0.50 c
12735	Cream cheese (soft)	8.00 oz
12735	Lemon juice	1.50 t

Sheet1

12735	10 oz. broccoli chopped	2.00 ea
12735	Saltine cracker crumbs	1.00 x
12736	Cooked Rice	2.50 c
12736	Small jar Cheeze Whiz	1.00
12736	Undiluted Cr. of Mush. Soup	2.00 cn
12736	Onions, chopped	1.00 c
12736	Celery, chopped	1.00 c
12736	Brocoli, chopped	2.00 pk
12737	Head of broccoli flowerets	1.00 ea
12737	Shredded cheddar cheese	0.75 c
12737	Drained kidney beans	0.50 c
12737	Basket of 1/2'd cherry tom	0.50 ea
12737	Small onion (cut thin)	1.00 ea
12737	Sliced fresh mushrooms	0.75 c
12737	Good Seasons Italian sal mix	1.00 pk
12738	Broiler-fryer, halved	1.00
12738	Lemon	0.50
12738	Salt	1.00 ts
12738	Ground pepper	0.25 ts
12738	Paprika	0.50 ts
12738	Butter or margarine, melted	0.25 lb
12738	Sugar	2.00 ts
12739	Margarine, divided	2.00 tb
12739	Lemon juice	2.00 tb
12739	Sweet Hungarian paprika,	1.00 tb
12739	-divided	0.00
12739	Garlic clove, minced	1.00 sm
12739	Chicken (3 LB), skinned, cut	1.00
12739	-into 12 pieces	0.00
12739	Diced onion	0.50 c
12739	Diced green bell pepper	0.25 c
12739	Sliced mushrooms	0.25 c
12739	All-purpose flour	1.00 tb
12739	Pkt instant chicken broth	1.00
12739	-and seasoning mix	0.00
12739	-(dissolved	0.00
12739	In 1 cup hot water)	0.00
12739	Tomato sauce	0.50 c
12739	Dry sherry	2.00 ts
12740	WALNUT SAUCE WITH FENNEL -----	0.00 -----
12740	Walnut meats	1.00 c
12740	-this season's, if possible	0.00
12740	Garlic clove: (see note)	1.00 sm
12740	Fresh bread crumbs	0.25 c
12740	Boiling water, approximately	1.50 c
12740	Walnut or olive oil	3.00 ts
12740	Fennel seeds, crushed	0.25 ts
12740	-with a pestle	0.00
12740	Salt and pepper	0.00

Sheet1

12740	THE EGGPLANT -----	0.00 -----
12740	Salt	0.00
12740	Rounds of eggplant	4.00
12740	- 3/8-to-1/2-inch thick	0.00
12740	Light olive or peanut oil	0.00
12740	Freshly ground pepper	0.00
12740	Parsley or fennel leaves	0.00
12740	- finely chopped	0.00
12740	- or left in sprigs	0.00
12740	WALNUT SAUCE WITH FENNEL -----	0.00 -----
12740	THE EGGPLANT -----	0.00 -----
12741	Beef top round steak, cut	1.00
12741	1 1/4" thick	0.00
12741	Lemon juice	0.33 c
12741	Oil	0.33 c
12741	Water	0.33 c
12741	Sugar	2.00 tb
12741	Salt	1.50 ts
12741	Sage	0.75 ts
12741	Celery seed	0.75 ts
12741	Pepper	0.25 ts
12741	Garlic, minced	1.00 cl
12742	Ham slice,center-cut,1-1/2#	1.00
12742	Water	0.25 c
12742	Peanut butter	0.25 c
12742	Orange marmalade	0.25 c
12742	Soy sauce	2.00 tb
12742	Orange juice,fresh	0.25 c
12743	Potatoes, lg	4.00
12743	Margarine	2.00 ts
12743	- or	0.00
12743	Butter; sofftened	2.00 ts
12743	Cheese Monterey Jack	1.00 c
12743	- with Jalapeno Peppers	0.00
12743	Bacon slices, crisp&crumbled	4.00
12744	Beef Flank Steaks; *	2.00
12744	Lime Juice	0.50 c
12744	Oregano Leaves; Dried	2.00 tb
12744	Olive Or Vegetable Oil	2.00 tb
12744	Salt	2.00 ts
12744	Pepper	0.50 ts
12744	Cloves Garlic; Crushed	4.00
12745	Steaks 1/2 pound each	6.00
12745	Salt to taste	0.00
12745	Pepper to taste	0.00
12745	Anchovie paste	2.00 tb
12745	Butter	6.00 tb
12745	Cucumber	1.00 c
12745	Butter clarified	0.50 c

Sheet1

12746	Tomatoes	0.00
12747	Ripe, firm tomatoes	3.00 lg
12747	- sliced about 1/2" thick	0.00
12747	Feta cheese	4.00 oz
12747	Chopped marjoram	0.50 tb
12747	Fruity olive oil	0.00
12747	Freshly ground pepper	0.00
12748	Chicken wings	2.00 lb
12748	Dark corn syrup	0.25 c
12748	Soy sauce	0.25 c
12748	Corn oil	1.00 tb
12748	Minced fresh ginger	2.00 ts
12748	Dry sherry	2.00 tb
12748	Very small mushrooms	0.25 lb
12748	Sliced bamboo shoots	0.50
12748	Green onions, cut in 2"	2.00
12748	-pieces	0.00
12748	Chicken broth	0.50 c
12748	Cornstarch	1.00 tb
12748	Water	2.00 tb
12749	-Mari Liddle, STNM37A	0.00
12749	**For the 1-1/2 lb. loaf**	0.00
12749	Water	0.50 c
12749	Milk (add 2 tbsp. more water	0.50 c
12749	-for DAK/Welbilt mach)	0.00
12749	Egg	1.00
12749	Bread flour	3.00 c
12749	Wheat germ or bran	3.00 tb
12749	Instant potato flakes	2.00 tb
12749	Salt	1.50 ts
12749	Oil	1.50 tb
12749	Sugar	3.00 tb
12749	Red star yeast (2 tsp. for	1.50 ts
12749	-Dak/Welbilt; 3 tsp for	0.00
12749	-Panasonic/Nat'l)	0.00
12750	Flour	2.00 c
12750	Sugar	1.00 tb
12750	Shortening	6.00 tb
12750	Dried apricots	2.00 c
12750	Baking-powder	3.00 ts
12750	Salt	0.50 ts
12750	Milk	0.50 c
12750	Water	1.50 c
12750	Sugar	1.25 c
12751	Sliced Apple	4.00 c
12751	Cubed Bread	2.00 c
12751	Brown Sugar	0.75 c
12751	Butter	2.00 ts
12751	Cinnamon	0.12 ts

Sheet1

12751	Hot Water	0.25 c
12752	Thin cream	2.00 c
12752	Vanilla	1.00 ts
12752	Sugar	6.00 tb
12752	Few grains salt	0.00
12752	Grapenuts	0.67 c
12753	Blackberries	5.00 c
12753	Lady fingers	20.00
12753	Brown sugar	0.25 c
12753	Eggs	3.00
12753	Sugar	1.00 c
12753	Flour	0.50 c
12753	Unsalted butter	0.50 c
12753	Vanilla extract	0.50 ts
12753	Whipped cream for garnish	0.00
12754	Olive Oil	2.00 tb
12754	Onions Finely Chopped	2.00 lg
12754	Dried Lentils Cooked &	1.00 c
12754	Drained	0.00
12754	Chopped Parsley	2.00 tb
12754	Herbes DE Provence	1.00 ts
12754	Soy Sauce	2.00 tb
12754	Pepper	0.00
12754	Whole-Wheat Bread Crumbs	0.33 c
12754	(8-Oz) Pineapple Chunks	1.00 cn
12754	Or Rings	0.00
12755	Cooked brown rice	4.00 c
12755	Half block of tofu	0.00
12755	Onion	1.00 lg
12755	Carrots	2.00 md
12755	Celery stalks	2.00
12755	Green pepper	1.00
12755	Zucchini	2.00 md
12755	--OR-- other summer squash	0.00
12755	Mushrooms, wiped clean	6.00 oz
12755	Olive oil	1.00 tb
12755	Butter	1.00 tb
12755	Garlic cloves;	3.00
12755	- finely chopped	0.00
12755	Nutritional yeast (optional)	1.00 ts
12755	Ground cumin seeds	1.00 ts
12755	Salt	1.00 ts
12755	Mushroom broth; --OR--	1.00 c
12755	- Vegetable stock, or water	0.00
12755	Grated cheese	6.00 oz
12755	-(Jack, muenster, Cheddar	0.00
12755	- or Gouda)	0.00
12755	Pepper	0.00
12755	Fresh herbs, for garnish	0.00

Sheet1

12755	-(Parsley or Cilantro,	0.00
12755	-Thyme, Marjoram)	0.00
12756	Cooked brown rice	3.00 c
12756	Frozen green peas	10.00 oz
12756	Cooked chicken breast*	2.00 c
12756	Low-cal mayonnaise	0.50 c
12756	Slivered almonds (opt)	0.33 c
12756	Soy sauce	2.00 ts
12756	Ground black pepper	0.25 ts
12756	Garlic powder	0.25 ts
12756	Dried tarragon leaves	0.25 c
12756	Vegetable spray	1.00
12757	White Sugar; Granulated	1.00 c
12757	Light Brown Sugar; Firm Pack	1.00 c
12757	Heavy (Whipping) Cream	0.50 c
12757	Molasses; *	3.00 tb
12757	Unsweetened Chocolate; 2 Sqs	2.00 oz
12757	Butter; 1/2 stick	4.00 tb
12757	Vanilla	1.50 ts
12757	Chopped Nuts; Optional	0.50 c
12758	White Sugar, Granulated	1.00 c
12758	Light Brown Sugar, Firm Pack	1.00 c
12758	Heavy (Whipping) Cream	0.50 c
12758	Molasses *	3.00 tb
12758	Unsweetened Chocolate	2.00 oz
12758	Butter	4.00 tb
12758	Vanilla	1.50 ts
12758	Chopped Nuts, Optional	0.50 c
12759	Brown sugar	2.50 c
12759	Egg whites, stiffly beaten	3.00
12759	Water	0.75 c
12759	Vanilla	1.00 ts
12760	Brown Sugar	1.00 c
12760	Egg, Slightly Beaten	1.00
12760	Vanilla	1.00 ts
12761	Brown sugar	2.00 c
12761	Lard	1.00 c
12761	Eggs	2.00
12761	Baking soda	1.00 ts
12761	Cream of tartar	1.00 ts
12761	Vanilla	1.00 ts
12761	Flour	4.00 c
12761	Chopped walnuts	1.00 c
12762	Brown sugar	2.50 c
12762	Evaporated milk	1.75 c
12762	Corn sirup	2.00 tb
12762	Vanilla	1.00 ts
12762	Butter or butter substitute	2.00 tb
12762	Coconut	1.00 c



Sheet1

12762	Chopped almonds	1.00 c
12762	Few grains salt	0.00
12763	Brown sugar	2.00 c
12763	Vinegar and water together	0.50 c
12763	Nuts; chopped	0.00
12764	Butter	0.50 c
12764	Sugar	0.33 c
12764	Egg	1.00 ea
12764	Vanilla extract	1.00 ts
12764	Baking powder	0.50 ts
12765	CANNING JARS, wide mouth	2.00 ea
12765	ALL-PURPOSE FLOUR	1.00 c
12765	SUGAR	1.00 c
12765	BAKING SODA	0.50 t
12765	GROUND CINNAMON (optional)	0.25 t
12765	BUTTER;or MARGARINE	0.33 c
12765	WATER	0.25 c
12765	UNSWEETENED COCOA POWDER	3.00 T
12765	BUTTERMILK	0.25 c
12765	EGG; beaten	1.00 ea
12765	VANILLA EXTRACT	0.50 t
12765	WALNUTS; finely chopped	0.25 c
12766	Unbleached Flour	6.00 c
12766	Salt	4.00 ts
12766	(8 oz) Unsweetened Cocoa	1.00 cn
12766	Baking Powder	4.00 ts
12766	Sugar	8.00 c
12766	Vegetable Shortening	2.00 c
12767	Beef bouillion	4.00 c
12767	Egg whites and shells,	2.00
12767	-crushed	0.00
12767	Water	1.00 c
12767	Butter	2.00 tb
12767	Carrot, finely diced	1.00
12767	Celery rib, finely diced	1.00
12767	Scallions, finely sliced	2.00
12767	-into rings	0.00
12767	Salt and black pepper (to	0.00
12767	-taste)	0.00
12768	(5 lb) stewing hen	1.00
12768	(3 lb) chuck roast, cooked,	1.00
12768	-cooled, and shredded	0.00
12768	(3 lb) pork loin roast,	1.00
12768	-cooked, cooled, and	0.00
12768	-shredded	0.00
12768	Beef broth	5.00 c
12768	(16 oz) cans whole tomatoes,	3.00
12768	-undrained and chopped	0.00
12768	(12 oz) cans whole kernel	2.00

Sheet1

12768	-corn	0.00
12768	(15 oz) can tomato sauce	1.00
12768	Onions, chopped	3.00 lg
12768	Catsup	1.50 c
12768	Vinegar	0.50 c
12768	Worcestershire sauce	0.33 c
12768	Salt	1.00 tb
12768	Pepper	2.00 ts
12768	Hot sauce	2.00 ts
12768	Garlic salt	1.00 ts
12768	Lemon juice	1.00 ts
12769	To 3 pounds chicken, cut up	2.50
12769	Stalks celery	2.00
12769	Onion	1.00 sm
12769	Tomatoes, fresh or canned	2.00 qt
12769	Chopped onion	1.00 c
12769	Potaotes, peeled but still	3.00 md
12769	-whole	0.00
12769	Green butter beans (drain if	1.00 qt
12769	-canned)	0.00
12769	Whole kernel corn (drain if	1.00 qt
12769	-canned)	0.00
12769	Sugar	5.00 tb
12769	Salt, to taste	0.00
12769	Red and black pepper, to	0.00
12769	-taste	0.00
12770	Ripe plum tomatoes, peeled	1.00 lb
12770	-and seeded	0.00
12770	Garlic cloves, minced	2.00 md
12770	Finely chopped fresh basil	3.00 tb
12770	Finely chopped Italian	1.00 tb
12770	-parsley	0.00
12770	Extra virgin olive oil	2.00 tb
12770	Salt	0.50 ts
12770	Coarse black pepper	0.50 ts
12770	Fresh Mozzarella, cut into	0.25 lb
12770	-1/2 cubes	0.00
12771	Brussels sprouts	1.00 lb
12771	Bacon	2.00 oz
12771	Unsalted butter	1.00 tb
12771	- for greasing gratin dish	0.00
12771	Heavy cream	0.50 c
12771	Fresh bread crumbs	1.00 tb
12771	Unsalted butter; in bits	4.00 tb
12772	Beef skirt steak	1.00 lb
12772	Garlic, chopped	1.00 cl
12772	Cumin	1.00 ts
12772	Chopped fresh cilantro	1.00 tb
12772	Worcestershire sauce	0.33 c

Sheet1

12772	Soy sauce	0.25 c
12772	Liquid Smoke	1.00 ts
12772	Yellow onion, sliced in	1.00 md
12772	Rings	0.00
12772	Juice from 1 large lime	0.00
12772	Pepper to taste.	0.00
12772	Green and yellow peppers	0.00
12772	Guacamole	0.00
12772	Refried beans	0.00
12772	Mexican rice	0.00
12772	Warm flour tortillas	0.00
12773	Noodle; cooked package/fine	16.00 oz
12773	Eggs	6.00
12773	Sugar; to taste	0.50 c
12773	Margarine; melted	1.00
12773	Sour cream	1.00 c
12773	Cottage cheese	1.00 c
12773	Salt; to taste	0.00
12773	Raisins ; optional golden	0.50 c
12774	Large Fowl; 6 lbs	0.00
12774	Lg Kettle (10-12 qt.)	1.00
12774	-Water; cover and bring	0.00
12774	-to a boil	0.00
12774	-Prepare	0.00
12774	Lg Onion,	1.00
12774	Celery stalks	3.00
12774	Parsnip,	1.00
12774	Carrot	1.00 bn
12774	Dill	1.00 bn
12774	Parsley; (a bunch of each).	1.00 bn
12775	Crunchy peanut butter (gener	2.00 c
12775	-ic works fine)	0.00
12775	Confectioners sugar	1.00 c
12775	Butter (at room temperature)	0.25 c
12776	(5/16-oz) yeast	1.00 pk
12776	Unbleached flour	1.00 c
12776	Bread flour	0.75 c
12776	Buckwheat flour	0.25 c
12776	Applesauce	0.50 c
12776	Salt	1.00 ts
12776	Vegetable oil	1.00 tb
12776	Water	0.50 c
12777	Onion	1.00
12777	Tomatoes	4.00
12777	Oil	0.50 ts
12777	Buckwheat	3.00 oz
12777	Rice	1.00 oz
12777	Water	0.50 pt
12777	Dried Basil	1.00 ts

Sheet1

12777	Salt/pepper as you deem fit	0.00
12778	(5/16-oz) yeast	1.00 pk
12778	Unbleached flour	1.50 c
12778	Bread flour	0.50 c
12778	Buckwheat flour	0.25 c
12778	Sugar	2.00 ts
12778	Dry milk	1.00 tb
12778	Margarine	1.00 tb
12778	Salt	1.00 ts
12778	Water	0.88 c
12779	Shortening	1.50 c
12779	Sugar	2.00 c
12779	Eggs	2.00
12779	Crushed pineapple	1.00 cn
12779	Flour	4.50 c
12779	Soda	1.00 ts
12779	RECIPE EXTRACTED FROM MEAL -----	0.00 -----
12779	Sugar	2.00 c
12779	Milk	0.67 c
12779	Unsweetened chocolate **	2.00 oz
12779	Corn syrup	2.00 tb
12779	Salt	0.25 ts
12779	Butter or margarine	2.00 tb
12779	Vanilla	1.00 ts
12779	Coarsely chopped nuts *	0.50 c
12779	RECIPE EXTRACTED FROM MEAL -----	0.00 -----
12780	Granulated sugar	1.00 tb
12780	Tuong	2.00 tb
12780	Water	2.00 tb
12780	Fresh hot red chili slices	0.00
12780	-to taste	0.00
12780	Chopped roasted peanuts	1.00 tb
12781	Budwix	4.00 ts
12781	Cold-pressed Oil	2.00 ts
12781	Cottage Cheese	2.00 tb
12781	Juice of 1 Lemon	1.00
12781	Honey	2.00 ts
12781	Banana	1.00
12782	Butter	6.00 tb
12782	Chicken Wings *	3.00 lb
12782	Tabasco Sauce	0.25 c
12782	Vegetable Oil For Frying	0.00
12782	Blue Cheese Dipping Sauce	0.00
12782	Blue Cheese	0.25 lb
12782	Lemon Juice	1.00 tb
12782	Wine Vinegar	1.00 tb
12782	Miracle Whip	0.50 c
12782	Tabasco Sauce To Taste	0.00
12782	Sour Cream	0.50 c

Sheet1

12783	Wings	2.50 lb
12783	Margarine	0.50 c
12783	To 3/4 cup Tabasco Sauce	0.50 c
12783	Dry Italian Salad dressing	12.00 oz
12783	-mix	0.00
12783	Lemon juice	2.00 tb
12783	Dry basil	0.50 ts
12784	Corn oil margarine	1.00 oz
12784	Coarsely ground wheat	1.25 c
12784	-(bulgar)	0.00
12784	Fennel seeds	1.00 tb
12784	Golden raisins, seedless	0.25 c
12784	Nonfat milk	2.25 c
12784	Nonfat dry milk powder	0.25 c
12784	Sugar (reduce if preferred)	0.50 c
12784	Saffron	1.00 pn
12784	Yellow food color	0.25 ts
12784	Cardamoms, crushed	0.50 ts
12784	Nutmeg, grated	0.50 ts
12784	Almonds, finely sliced	2.00 tb
12785	Water	4.00 c
12785	Bulghur	2.00 c
12785	Oil	2.00 tb
12785	Onion, diced	1.00
12785	Beets, grated	2.00
12785	Carrots, diced	2.00
12785	Head cabbage, chopped fine	0.50
12785	Tamari	3.00 tb
12785	Garlic powder	1.00 ts
12786	Beef top round	1.50 lb
12786	Soy sauce	0.25 c
12786	Rice vinegar	3.00 tb
12786	Sesame oil	3.00 tb
12786	Toasted sesame seeds	2.00 tb
12786	Sugar	1.00 ts
12786	Finely minced scallions	3.00 tb
12786	Finely minced garlic	1.50 tb
12786	Freshly ground black pepper	0.50 ts
12787	Sirloin Steak (cut into thin	1.00 lb
12787	-strips)	0.00
12787	Sesame Oil	2.00 tb
12787	Sugar	2.00 tb
12787	Cooking Sherry	2.00 tb
12787	Soy Sauce	0.33 c
12787	Pepper	1.00 ts
12787	Onion	1.00 lg
12787	Cloves Garlic	2.00
12787	Rice for 4	0.00
12788	Sirloin Steak (cut into thin	1.00 lb

Sheet1

12788	-strips)	0.00
12788	Sesame Oil	2.00 tb
12788	Cooking Sherry	2.00 tb
12788	Sugar	2.00 tb
12788	Soy Sauce	0.33 c
12788	Onion	1.00 lg
12788	Or 3 Cloves Garlic	2.00
12788	Pepper	1.00 ts
12789	Lentils	1.00 c
12789	Vegetable broth or water	4.00 c
12789	Bay leaf	1.00 ea
12789	Margarine	3.00 tb
12789	Onion, chopped	1.00 lg
12789	Salt & pepper	0.00
12789	Coarsely ground bulgur	1.00 c
12790	(5/16-oz) yeast	1.00 pk
12790	Bulgur wheat w/soy grits	0.25 c
12790	Boiling water	0.25 c
12790	50/50 flour	1.25 c
12790	Bread flour	0.50 c
12790	Honey	2.00 tb
12790	Vegetable oil	1.00 tb
12790	Dry milk	1.00 tb
12790	Salt	1.00 ts
12790	Water	0.75 c
12791	Water	6.00 c
12791	Onions	2.00 lg
12791	Garlic cloves, minced	2.00
12791	Green pepper, chopped	1.00
12791	Cut corn	1.00 c
12791	Tomato paste	1.00 cn
12791	Tomatoes, crushed	28.00 oz
12791	Bulgur	0.50 c
12791	Chili powder	2.00 tb
12791	Sorghum	1.00 tb
12791	Cumin	1.00 tb
12791	Parsley, chopped	2.00 tb
12791	Cooked kidney beans	3.00 c
12791	Celery stalks	3.00
12792	BULGUR WHEAT	1.00 c
12792	CHOPPED ONION	0.33 c
12792	CHOPPED CELERY	0.33 c
12792	BUTTER	2.00 tb
12792	WATER	2.00 c
12792	BOUILLON GRANULES	2.50 ts
12792	PARSLEY	2.00 tb
12793	Lentils	0.75 c
12793	Stock	3.00 c
12793	Rosemary	1.00 ts

Sheet1

12793	Tarragon	1.00 ts
12793	Bay leaf	1.00 ea
12793	Sesame oil	2.00 tb
12793	Carrot, thinly sliced	1.00 ea
12793	Garlic cloves, pressed	4.00 ea
12793	Onion, chopped	1.00 lg
12793	Tofu, pressed	8.00 oz
12793	Corn	0.75 c
12793	Bulgur	0.75 c
12794	Lean ground beef	0.50 lb
12794	Onions	2.00 md
12794	Margarine or butter	3.00 ts
12794	Seasoned salt and pepper	0.00
12795	Whole wheat pastry flour	3.00 c
12795	Dry yeast	1.00 tb
12795	Ground cardamom	0.25 ts
12795	Ground nutmeg	0.25 ts
12795	Apple juice	0.75 c
12795	Maple syrup	0.25 c
12795	Butter	3.00 tb
12795	Orange liqueur	2.00 tb
12795	Egg white	1.00
12795	Poppy seeds	0.25 c
12795	Honey	2.00 tb
12795	Butter, melted	0.25 c
12796	Milk	3.75 c
12796	Fresh Shredded Coconut	1.00 lb
12796	Long Grain Rice	3.50 c
12796	Onions, Grated	3.00 md
12796	Peanut Oil	3.00 tb
12796	Salt	0.50 ts
12796	Extra Coconut Milk	1.25 c
12797	Vegetable oil	1.00 ts
12797	Chopped onion	1.00 c
12797	Water, divided	0.50 c
12797	Cooked white rice,	4.00 c
12797	-unseasoned	0.00
12797	Grated coconut or:	4.00 tb
12797	Coconut flavoring)	2.00 ts
12797	Bay leaves	3.00
12797	Ground cinnamon	1.00 ts
12797	Curry powder	0.25 ts
12797	Ground tumeric	0.25 ts
12797	Ground cloves	0.25 ts
12797	Salt and pepper to taste	0.00
12798	To 5 c seedless red or green	4.00 c
12798	-grapes	0.00
12798	Sour cream	2.00 c
12798	Sugar	0.50 c

Sheet1

12798	Vanilla	2.00 ts
12798	Butter or margarine	0.50 c
12798	Brown sugar	0.50 c
12799	-----	0.00
12799	Whole almonds	1.75
12799	Sugar	0.75 c
12799	Cornstarch	2.00 tb
12799	Egg whites	1.00 c
12799	Salt	1.00 pn
12799	Sugar	0.50 c
12799	Vanilla extract	2.00 ts
12799	Almond extract	0.50 ts
12799	Toasted sliced almonds	0.50 c
12799	- for finishing	0.00
12799	CARAMEL -----	0.00 -----
12799	Sugar	0.75 c
12799	Lemon juice	0.50 ts
12799	Milk	1.00 c
12799	Egg yolks	4.00
12799	Grated orange zest	2.00 tb
12799	Unsalted butter	1.50 c
12799	GLAZED ORANGE SLICES -----	0.00 -----
12799	Orange juice	0.50 c
12799	Envelope gelatin	1.00
12799	Apricot preserves	0.67 c
12799	Oranges	2.00 lg
12799	ALMOND MERINGUE LAYERS -----	0.00 -----
12799	CARAMEL -----	0.00 -----
12799	GLAZED ORANGE SLICES -----	0.00 -----
12800	Cooked rice	3.00 c
12800	Cold milk	3.00 c
12800	Sugar	0.50 c
12800	Salt	0.25 ts
12800	Cream cheese, at room	6.00 oz
12800	-temperature	0.00
12800	Vanilla extract	1.50 ts
12800	Heavy cream, whipped	1.00 c
12800	(16 oz) frozen sweetened	1.00 pk
12800	-whole strawberries; thawed,	0.00
12800	Drained, and sliced in half	0.00
12800	Brown sugar	0.33 c
12801	Sugar	1.25 c
12801	Butter	0.33 c
12801	Salt	0.50 ts
12801	Baking powder	2.00 ts
12801	Orange flavoring	0.50 ts
12801	Milk	0.50 c
12801	Cake flour	1.75 c
12801	Eggs	2.00



Sheet1

12801	Vanilla	1.00 ts
12801	Water	0.25 c
12802	Evaporated milk	1.00 c
12802	Stick butter	0.50
12802	Sugar	3.00 c
12802	Vanilla	1.00 ts
12802	Chopped nuts	0.75 c
12803	Oil	4.00 tb
12803	Can beef broth	14.50 oz
12803	To 4 lb. beef stew meat	3.50
12803	Can green chilies	4.00 oz
12803	Can vegetable juice	12.00 oz
12803	Minced cloves garlic	3.00
12804	Butter	0.50 c
12804	Brown sugar	2.00 c
12804	Eggs	2.00 ea
12804	Baking powder	1.00 ts
12804	Baking soda	1.00 ts
12804	Milk; sour	1.00 c
12804	Flour	2.50 c
12804	Cinnamon	1.00 ts
12804	Cloves	1.00 ts
12804	Nutmeg	1.00 ts
12805	Butter or butter substitute	0.50 c
12805	Sugar	1.00 c
12805	Eggs	2.00
12805	Milk	0.75 c
12805	Flour	2.00 c
12805	Baking powder	2.00 ts
12805	Salt	0.25 ts
12805	Vanilla	1.00 ts
12806	Confectioners' sugar	1.00 lb
12806	Butter	0.25 lb
12806	Shredded coconut	0.50 pk
12806	Chopped walnuts	0.50 c
12806	Maraschino cherries *	0.25 c
12807	Butter(or margarine) put in	0.33 c
12807	-jelly roll pan in 450	0.00
12807	-degree oven and melt	0.00
12808	Butter	0.25 c
12808	Confectioner's sugar	2.00 c
12808	Egg	1.00 ea
12808	Vanilla	1.00 ts
12809	Powdered sugar	3.00 c
12809	Melted butter	0.33 c
12809	Milk	2.00 tb
12809	Lemon juice	2.67 tb
12809	Salt	0.12 ts
12810	*Ingredients:*	0.00

Sheet1

12810	Graham cracker crumbs	1.50 c
12810	Sugar	0.33 c
12810	Butter or margarine, melted	0.33 c
12810	Pecans, finely chopped	0.50 c
12810	Cream cheese (8-oz pkgs),	3.00 pk
12810	-softened	0.00
12810	Sugar	1.50 c
12810	Eggs	3.00
12810	Crtns commercial sour cream	2.00
12810	-(8-oz cartons)	0.00
12810	Vanilla extract	1.00 ts
12810	Butter flavoring	0.50 ts
12810	Pecans, finely chopped,	1.00 c
12810	-toasted	0.00
12811	(2 sticks) melted butter	1.00 c
12811	Lemon juice	0.25 c
12811	Chopped parsley	0.25 c
12811	Salt	1.00 ts
12811	Dry mustard	0.50 ts
12812	Garlic, minced	6.00 cl
12812	Freshly chopped basil	0.50 c
12812	Lightly toasted pine nuts	4.00 tb
12812	White wine	1.00 tb
12812	Freshly grated parmesan	2.00 tb
12812	Cheese	0.00
12812	Salt to taste	0.00
12812	Crushed dried red chile to	0.00
12812	Taste	0.00
12812	Unsalted butter, softened	0.50 lb
12812	(2 sticks).	0.00
12813	Garlic, minced	4.00 cl
12813	(generous) chopped fresh	4.00 tb
12813	Cilantro	0.00
12813	Jalapenos OR	2.00
12813	Serrano chile (preferably	1.00
12813	Red), seeded and finely	0.00
12813	Chopped	0.00
12813	Fresh lime zest	1.00 ts
12813	Salt to taste	0.00
12813	Crushed dried red chile to	0.00
12813	Taste	0.00
12813	Untalted butter (1 stick),	0.25 lb
12813	Softened.	0.00
12814	Garlic, minced	3.00 cl
12814	Fresh rosemary leaves,	3.00 ts
12814	Removed from the stem	0.00
12814	Orange or lemon zest	0.50 ts
12814	White wine OR orange juice	1.00 tb
12814	OR lemon juice	0.00

Sheet1

12814	Or more crushed dried red	0.25 ts
12814	Chile pepper	0.00
12814	Salt and pepper to taste	0.00
12814	Unsalted butter (1 stick),	0.25 lb
12814	Softened.	0.00
12815	Milk, scalded	2.00 c
12815	Salt	0.50 t
12815	Egg, well beaten	2.00 ea
12815	Potato, mashed	0.50 c
12815	*dissolved in:	1.00 x
12815	Powdered sugar	0.25 c
12815	Flour	6.00 c
12815	Sugar	1.00 c
12815	Butter	0.50 c
12815	Yeast	0.50 c
12815	Water, warm	0.25 c
12815	Butter, melted	2.00 T
12816	Sifted cake flour	1.00 c
12816	Baking powder	1.00 ts
12816	Milk	0.50 c
12816	Butter or margarine	0.25 c
12816	Egg yolks	6.00
12816	Sugar	1.00 c
12816	Vanilla	0.50 ts
12817	Egg	1.00
12817	Egg yolks	3.00
12817	Melted butter	3.50 tb
12817	Flour	6.00 tb
12817	Grated lemon rind	1.00 ts
12817	Cornstarch	2.25 tb
12817	Baking powder	1.00 ts
12817	Sugar	0.33 c
12817	Lemon juice	1.00 tb
12817	Salt	0.12 ts
12818	Eggs	3.00
12818	Brown sugar; packed	0.75 c
12818	Corn syrup	0.75 c
12818	Butter; melted	3.00 tb
12818	Flour; all purpose	4.00 ts
12818	Vanilla	1.50 ts
12818	-salt	0.25 ts
12818	Currants or raisins	2.25 c
12818	Pie shell, 9", unbaked	1.00
12819	Butter	0.25 c
12819	Brown sugar; packed	0.50 c
12819	Vanilla	0.50 ts
12819	Egg	1.00
12819	Corn syrup	0.50 c
12819	Raisins; or currants	0.50 c

Sheet1

12819	Tart shells;lined with	12.00
12819	-pastry shells	0.00
12820	Butter	0.25 c
12820	Unbleached All Purpose	1.25 c
12820	Flour	0.00
12820	Sugar	2.00 ts
12820	Baking Powder	2.00 ts
12820	Salt	0.50 ts
12820	Milk	0.67 c
12821	Brown sugar	0.50 c
12821	Butter or butter substitute	0.25 c
12821	Sugar	0.50 c
12821	Vinegar	2.00 ts
12821	Water	0.50 c
12821	Vanilla	0.50 ts
12821	Few grains salt	0.00
12822	Brown sugar	2.00 c
12822	Shortening	0.50 c
12822	Eggs, well beaten	2.00
12822	Baking soda	0.50 ts
12822	Salt	1.00 ts
12822	Vanilla	1.00 ts
12822	Flour	3.00 c
12822	Cream of tartar	1.00 ts
12822	Coconut	1.00 c
12823	Butter	3.00 tb
12823	Brown sugar	1.00 c
12823	Water	0.33 c
12823	Vanilla	0.50 ts
12824	To 3/4 cup whole Brazil nuts	0.50
12824	Water	0.33 c
12824	Brown sugar	1.00 c
12824	Light corn syrup	1.50 ts
12824	Cream of tartar	1.25 ts
12824	Butter, chopped	0.25 c
12825	Butter	2.00 tb
12825	Bread crumbs,dry,fine,packag	0.50 c
12826	Shelled, unsalted nuts	6.00 oz
12826	Butter	1.00 tb
12826	Honey	1.00 tb
12827	Saffron, leaf saffron	2.00 ts
12827	Milk, warm	2.00 tb
12827	Salt	1.00 tb
12827	Rice, basmati	2.00 c
12827	Butter	4.00 tb
12828	Peanut butter	1.00 c
12828	Light corn syrup	0.33 c
12828	Sugar	1.00 c
12828	Water	0.33 c

Sheet1

12828	Melted chocolate	0.00
12829	Butterflies	1.00 c
12829	Soup, any kind	1.00 cn
12829	Water	3.00 c
12829	Salt	1.00 pn
12829	Pepper	1.00 pn
12829	Sugar	1.00 pn
12829	Lemon juice	1.00 tb
12830	Raisins	1.00 lb
12830	Water	1.00 qt
12830	Brown sugar	1.00 lb
12830	Lard	3.00 tb
12830	Cloves	0.50 ts
12830	Cinnamon	0.50 ts
12830	Nutmeg	0.50 ts
12830	Baking soda	1.00 ts
12830	Flour	3.50 c
12830	Baking powder	2.00 ts
12831	All-purpose flour	2.50 c
12831	Baking powder	1.00 ts
12831	Baking soda	0.50 ts
12831	Salt	0.12 ts
12831	Unsalted butter, at room	1.00 c
12831	-temperature (2 sticks)	0.00
12831	Firmly packed light brown	2.00 c
12831	-sugar	0.00
12831	Eggs	3.00
12831	Vanilla	1.00 ts
12831	Anise extract	0.25 ts
12831	Buttermilk	1.00 c
12831	Orange Marmalade (Optional)	0.00
12831	Grated rind of one orange	0.00
12831	-(Optional)	0.00
12831	Plumped currants *	0.50 c
12832	Cake flour	3.00 c
12832	Baking powder	2.50 ts
12832	Baking soda	1.00 ts
12832	Salt	0.50 ts
12832	Unsalted butter	8.00 oz
12832	Sugar	2.00 c
12832	Eggs	4.00
12832	Buttermilk	1.00 c
12833	Shortening	1.00 c
12833	Eggs	3.00
12833	Sugar	2.50 c
12833	Flour (scant)	3.00 c
12833	Buttermilk	1.00 c
12833	Vanilla	1.00 ts
12833	Baking Soda	0.50 ts

Sheet1

12834	Buttermilk	1.00 c
12834	Safflower Oil	0.33 c
12834	Egg Whites	2.00
12834	Vanilla Extract	1.00 ts
12834	Light Brown Sugar	1.00 c
12834	Whole Wheat Pastry Flour	1.00 c
12834	Cocoa Powder	0.50 c
12834	Baking Soda	1.00 ts
12834	Baking Powder	1.00 ts
12834	Salt	0.25 ts
12834	Finely Chopped Hazelnuts	0.50 c
12835	Sugar	3.00 c
12835	Baking Soda	1.00 ts
12835	Pinch Of Salt	1.00
12835	Buttermilk	1.00 c
12835	White Corn Syrup	0.75 c
12835	Butter	2.00 tb
12835	Pecan Halves	2.00 c
12836	Sugar	3.00 c
12836	Baking Soda	1.00 ts
12836	Pinch of Salt	1.00
12836	Buttermilk	1.00 c
12836	White Corn Syrup	0.75 c
12836	Butter	2.00 tb
12836	Pecan Halves	2.00 c
12837	All purpose flour	2.50 c
12837	Allspice	0.75 ts
12837	Granulated sugar	1.00 c
12837	Cloves	0.50 ts
12837	Brown sugar, packed	0.75 c
12837	Nutmeg	0.50 ts
12837	Baking powder	1.00 ts
12837	Buttermilk	1.33 c
12837	Soda	1.00 ts
12837	Shortening	0.50 c
12837	Salt	1.00 ts
12837	Eggs	3.00
12837	Cinnamon	0.75 ts
12838	BUTTERMILK WAFFLES -----	0.00 -----
12838	Flour	2.00 c
12838	Baking powder	2.00 ts
12838	Sugar	1.00 tb
12838	Salt	0.50 ts
12838	Chopped cashews	0.50 c
12838	Eggs	2.00
12838	Buttermilk	1.75 c
12838	Melted butter	4.00 tb
12838	Egg whites	2.00
12838	BLUEBERRY TOPPING -----	0.00 -----

Sheet1

12838	Sugar	3.00 tb
12838	Lemon juice	2.00 tb
12838	Water	3.00 tb
12838	Blueberries	1.00 pt
12838	BUTTERMILK WAFFLES -----	0.00 -----
12838	BLUEBERRY TOPPING -----	0.00 -----
12839	Flour	2.00 c
12839	Baking powder	1.00 tb
12839	Baking soda	0.50 ts
12839	Salt	0.50 ts
12839	Sugar	1.00 tb
12839	Buttermilk	1.25 c
12839	Eggs	3.00
12839	Butter, melted	6.00 tb
12839	RASPBERRY SAUCE -----	0.00 -----
12839	(10 oz) frozen raspberries	2.00 pk
12839	SUPERFINE sugar	0.50 c
12839	Grated rind of 1 orange	0.00
12839	RASPBERRY SAUCE -----	0.00 -----
12840	Oil	1.00 tb
12840	Spanish onion; sliced	1.00 lg
12840	Carrots; sliced	3.00 lg
12840	Butternut squash; peeled,	1.00 lg
12840	- cut into 1-in chunks	0.00
12840	Chicken stock or broth	6.00 c
12840	Salt	0.00
12840	Freshly ground nutmeg	0.00
12840	Freshly ground pepper	0.00
12840	Snipped fresh chives	0.00
12840	- for garnish	0.00
12841	Brown or maple sugar, a	1.00 ts
12841	-little butter and	0.00
12841	-butternuts or pecans.	0.00
12842	Small, firm Bananas	6.00
12842	Butter	2.50 oz
12842	Demerara sugar	4.00 oz
12842	Single Cream	3.00 tb
12842	Toasted Hazelnuts, chopped	3.00 tb
12843	Eggs	4.00
12843	Brown sugar; 1 pkg	1.00 lb
12843	Biscuit mix	2.00 c
12843	Pecans; or walnuts, chopped	2.00 c
12843	Butterscotch morsels; 1 pkg	6.00 oz
12843	Vanilla extract	1.00 ts
12844	Sugar	2.00 c
12844	Butter	0.25 c
12844	Water	4.00 tb
12844	Vinegar	1.00 tb
12845	Butter	0.25 c

Sheet1

12845	Sour Cream	0.75 c
12845	White Sugar	1.00 c
12845	Vanilla	1.00 ts
12845	Salt	0.25 ts
12845	Nuts	0.50 c
12845	Brown Sugar	1.00 c
12845	White Syrup	2.00 tb
12846	Brown sugar	1.00 c
12846	Cornstarch	1.00 tb
12846	Corn syrup;dark	0.25 c
12846	Salt	0.25 ts
12846	Milk	3.00 c
12846	Egg	2.00
12846	Evaporated milk	5.33 c
12846	Whipping cream	1.00 c
12846	Vanilla extract	1.00 ts
12847	Flour	1.25 c
12847	Firmly packed light or dark	1.00 c
12847	-brown sugar	0.00
12847	Salt	0.25 ts
12847	Butter, softened (generous 5	0.50 c
12847	-tbsp)	0.00
12847	Chopped pecans	1.00 c
12847	Baking powder	1.00 ts
12847	Baking soda	0.25 ts
12847	Buttermilk	0.50 c
12847	Pure vanilla extract	2.00 ts
12847	Egg, beaten well	1.00
12848	Flour	4.00 c
12848	Quick rise instant yeast	1.00 pk
12848	Sugar	0.25 c
12848	Salt	1.00 ts
12848	Milk	0.67 c
12848	Water	0.50 c
12848	Shortening	0.25 c
12848	Egg beaten	1.00
12848	Butter, melted	0.25 c
12848	Pecan halves	0.50 c
12848	Butter, softened	1.00 tb
12848	Lightly packed brown sugar	0.25 c
12848	Cinnamon	1.50 ts
12848	Chopped pecans or raisins	0.50 c
12849	Precooked pastry Shell	1.00 ea
12849	Brown Sugar	1.00 c
12849	Cornstarch	0.33 c
12849	Salt	0.25 ts
12849	Boiling Water	1.00 c
12849	Milk (heated)	1.50 c
12849	Eggs (separated)	2.00 ea



Sheet1

12849	Vanilla	0.50 ts
12849	Icing Sugar	4.00 tb
12850	BASIC MIX -----	0.00 -----
12850	Instant nonfat dry milk	2.00 c
12850	Brown sugar, firmly packed	5.00 c
12850	Cornstarch	3.00 c
12850	Salt	1.00 ts
12850	TO USE -----	0.00 -----
12850	Milk	2.00 c
12850	Butter	4.00 tb
12850	Basic mix	0.50 c
12850	BASIC MIX -----	0.00 -----
12850	TO USE -----	0.00 -----
12851	Brown sugar	1.50 c
12851	Corn syrup; light	1.00 c
12851	Butter	4.00 tb
12851	Cream	1.00 c
12852	Water	10.00 c
12852	Milk	1.00 c
12852	Salt	0.75 ts
12852	Granulated sugar	0.50 c
12852	Small pearl tapioca	1.25 c
12852	Plus 2 tbsp butter, no	0.50 c
12852	-margarine	0.00
12852	Dark brown sugar, no	2.00 c
12852	-substitutes	0.00
12852	Eggs	2.00
12852	Vanilla extract	2.00 ts
12853	Butter or margarine	0.33 c
12853	Firmly packed brown sugar	0.33 c
12853	Water	1.00 tb
12853	All Purpose Flour	2.00 c
12853	Sugar	0.25 c
12853	Baking powder	2.50 ts
12853	Salt	1.00 ts
12853	Milk	0.67 c
12853	Firmly packed brown sugar	0.33 c
12853	Cinnamon	1.00 ts
12853	Chopped pecans	0.33 c
12854	Lard,butter,or bacon dripins	3.00 T
12854	Onions,lg,coarsely chopped	2.00
12854	Beef chuck,coarse grind or	8.00 lb
12854	Beef round,coarse grind	8.00 lb
12854	Garlic cloves,finely chopped	5.00
12854	Red chile,hot,ground	5.33 T
12854	Red chile,mild,ground	5.33 T
12854	Cumin	1.00 T
12854	Oregano,dried,pref. Mexican	1.00 t
12854	Tomato sauce(8oz ea)	3.00 cn

Sheet1

12854	Water	3.00 c
12854	Salt	2.00 T
12854	Parsley(optional)	0.00
12854	Corn flour(masa harina)	1.00 c
12855	Water	2.00 c
12855	Lemon Juice	1.50 ts
12855	Medium Granny Smith Apple	1.00
12855	Mayonnaise	1.00 c
12855	Celery, Finely Diced	1.00 c
12855	Fresh Pineapple, Crushed, OR	0.75 c
12855	Pineapple, Crushed, Drained	8.25 oz
12855	Curry Powder	2.00 ts
12855	Salt	0.50 ts
12855	Black Pepper	0.25 ts
12855	Cashews, Chopped	0.50 c
12855	Blue Cheese, Crumbled *	0.25 c
12856	Butter	2.00 tb
12856	Potatoes, cut into smallish	2.00
12856	-cubes	0.00
12856	Carrots, sliced	4.00
12856	Several whole small onions	0.00
12856	-(one or two each)	0.00
12856	Stalks of celery, sliced	2.00
12856	Bay leaf	1.00
12856	Water	3.00 c
12856	Peameal bacon, cut in bite	1.50 lb
12856	-size pieces	0.00
12856	Cabbage, cut into chunks	1.00
12856	Salt and pepper, and any	0.00
12856	-herbs that you think would	0.00
12856	-be nice	0.00
12856	Milk	2.00 c
12857	Shiitake mushrooms	3.00 lg
12857	Cakes medium tofu	2.00 ea
12857	Cabbage, sliced	1.00 lb
12857	Oil	3.00 tb
12857	Salt	0.50 ts
12857	Soy sauce	2.00 ts
12857	Mirin sauce	1.00 ts
12858	Cabbage (boiled)	1.00 c
12858	Salt	1.00 ts
12858	Butter	2.00 tb
12858	Ds Pepper	0.00
12858	Ds Paprika	0.00
12858	Worcestershire Sauce	0.50 ts
12858	Mashed Potatoes	1.00 c
12858	Bacon (crisp)	4.00 sl
12859	Ground beef	2.00 lb
12859	Shredded cabbage	2.50 c

Sheet1

12859	Salt	0.00
12859	Chopped green bell pepper	0.50
12859	Minced garlic clove	1.00
12859	Eggs	3.00
12859	Black pepper	0.50 ts
12859	Bacon strips	4.00
12859	(6 oz) tomato paste	1.00 cn
12859	American cheese slices	0.00
12860	Turkey sausage	0.50 lb
12860	Olive oil	1.00 tb
12860	Onion,medium-size,chopped	1.00
12860	Carrot,lg,1/4" thick slices	1.00
12860	Garlic clove,finely chopped	1.00
12860	Water	2.00 c
12860	Chicken broth,reduced-sodium	14.75 oz
12860	Plum tomatoes,in juice	15.00 oz
12860	Shredded cabbage	2.00 c
12860	Dried leaf basil,crumbled	2.00 ts
12860	Dried leaf thyme,crumbled	1.00 ts
12860	Orzo	0.50 c
12860	Salt to taste	0.00
12860	Pepper to taste	0.00
12861	Tomatoes, quartered	2.00 md
12861	Head green cabbage, coarsely	0.25 sm
12861	-chopped	0.00
12861	Onion, coarsely chopped	1.00 lg
12861	Red wine vinegar	1.00 c
12861	Plus 2 tbsp sugar	0.50 c
12861	Dijon mustard	1.00 ts
12861	Turmeric	0.75 ts
12861	Generous tsp celery seeds	0.25
12861	Generous tsp ground cloves	0.25
12861	Generous tsp ground cinnamon	0.25
12862	Bell pepper, red	6.00 ea
12862	Salt	0.50 t
12862	Mustard seed, yellow	1.00 T
12862	Cabbage	0.50 ea
12862	Vinegar	2.00 c
12863	Half-and-half or light cream	1.00 c
12863	Sugar	2.00 tb
12863	Egg yolks	4.00
12863	Salt	0.25 ts
12863	(1 tablespoon) unflavored	1.00 pk
12863	-gelatin	0.00
12863	Cold water	2.00 tb
12863	Heavy cream	0.33 c
12863	Vanilla	1.00 ts
12863	Mixed candied fruits	2.00 tb
12863	Diced firm sponge cake,	0.33 c

Sheet1

12863	-landyfingers, or macaroons	0.00
12864	Raisins	0.33 c
12864	Sugar	0.67 c
12864	Thin slices, stale bread	5.00
12864	Milk	2.00 c
12864	Butter, melted	0.25 c
12864	Vanilla	0.50 ts
12864	Eggs	2.00
12864	Custard Sauce:	0.00
12864	Milk	1.00 c
12864	Salt	0.12 ts
12864	Beaten egg yolks	2.00
12864	Vanilla	0.25 ts
12864	Sugar	2.00 tb
12865	Granulated sugar	3.00 c
12865	Water	1.00 c
12865	Orange juice	2.00 tb
12865	Lemon juice	1.00 tb
12866	Olive oil	3.00 tb
12866	Fresh lemon juice	1.50 tb
12866	Worchestershire sauce	1.00 ts
12866	Dijon mustard	1.00 ts
12866	Garlic salt	0.75 ts
12866	Pepper	0.12 ts
12866	Chicken breast halves,	4.00
12866	-skinned and boned	0.00
12866	Finely crushed seasoned	0.67 c
12866	-croutons	0.00
12866	Grated Parmesan cheese	0.33 c
12866	Romaine lettuce leaves (for	8.00
12866	-presentation)	0.00
12867	Grated Lemon Peel	1.50 ts
12867	Instant Minced Garlic	0.12 ts
12867	Pepper	0.50 ts
12867	Oregano	1.00 ts
12867	Graded Parmesan Cheese	2.00 tb
12868	Fresh lemon juice	3.00 T
12868	Water	2.00 T
12868	Olive oil	1.50 T
12868	Anchovy paste	1.00 t
12868	Freshly ground pepper	0.12 t
12868	Clove garlic, crushed	1.00
12868	Uncooked cheese tortellini	9.00 oz
12868	Torn romaine lettuce	12.00 c
12868	2"pieces fresh asparagus(1#)	1.50 c
12868	Fresh grated parmesan cheese	0.25 c
12869	Egg whites	3.00
12869	Egg substitute (Egg Beaters	0.50 c
12869	-worked best)	0.00

Sheet1

12869	+ 2 Tbsp sugar	1.00 c
12869	Brewed coffee - decaf or	1.50 c
12869	-regular	0.00
12869	Vanilla extract	2.00 ts
12869	Non-fat evaporated milk,	1.50 c
12869	-heated	0.00
12869	Cocoa	1.00 ts
12869	Cinnamon	0.12 ts
12870	SAUTEED APPLES -----	0.00 -----
12870	Butter	2.00 tb
12870	Apple, peeled, cored and	1.00 md
12870	Sliced	0.00
12870	Cinnamon	0.12 ts
12870	Brown sugar	1.50 ts
12870	WAFFLES -----	0.00 -----
12870	Flour	2.00 c
12870	Baking powder	2.50 ts
12870	Baking soda	0.75 ts
12870	Salt	0.50 ts
12870	Sugar	1.50 tb
12870	Eggs, separated	4.00
12870	Sour cream	1.00 c
12870	Milk	1.50 c
12870	Plus 2 tbsp. melted butter	0.75 c
12870	Or corn oil	0.00
12870	Chopped toasted pecans	0.50 c
12870	SAUTEED APPLES -----	0.00 -----
12870	WAFFLES -----	0.00 -----
12871	Milk	2.00 qt
12871	Sugar	3.00 c
12871	Soda	0.25 ts
12871	Small piece stick cinnamon	0.00
12872	Flour, bread	8.00 ea
12872	Polenta; uncooked	0.75 ea
12872	Pepper; cayenne	0.50 pt
12872	Pepper; black ground	1.00 pt
12872	Parsley flakes [dry]	1.00 pt
12872	Garlic; crushed	3.00 pt
12872	Yeast	2.00 pk
12872	Salt, preferably sea	4.00 pt
12872	Pepper; diced sweet red	0.50 ea
12872	Tabasco or hot pepper sau	4.00 pt
12872	Water	2.50 ea
12873	Jim Vorheis	0.00
12873	Dry black beans	1.00 lb
12873	Smoked ham hock	1.50 lb
12873	Water	1.50 qt
12873	Dried minced onion	0.25 c
12873	Paprika	2.00 tb

Sheet1

12873	Cayenne pepper	0.50	ts
12873	Minced green bell pepper	0.25	c
12873	Chili powder	2.00	tb
12873	Salt	1.00	ts
12873	Ground cumin	0.50	ts
12874	Cornmeal	1.50	c
12874	Flour	0.50	c
12874	Baking powder	1.00	tb
12874	Cajun seasoning	3.00	tb
12874	Onion, finely grated	1.00	ea
12874	Garlic, minced	2.00	ea
12874	Eggs, beaten	2.00	ea
12874	Milk	1.00	c
12874	Butter	2.00	tb
12874	Oil, vegetable for frying	1.00	ea
12875	Prime rib roast (4 bone)	10.50	lb
12875	Black pepper	0.25	c
12875	Garlic powder	0.25	c
12875	Salt	0.25	c
12875	Onions, thinly sliced	2.00	
12875	SEASONING MIX (OPTIONAL -----	0.00	-----
12875	Plus 1 tsp, salt	1.00	tb
12875	Plus 2 tsp, white pepper	1.00	tb
12875	Plus 2 tsp, fennel seeds	1.00	tb
12875	Plus 3/4 tsp, black pepper	1.00	tb
12875	Dry mustard	2.50	ts
12875	Ground cayenne pepper	2.50	ts
12875	SEASONING MIX (OPTIONAL -----	0.00	-----
12876	Red kidney beans, soaked	2.00	c
12876	Bay leaves	2.00	
12876	Onion, chopped	1.50	c
12876	Thyme	0.50	ts
12876	Garlic cloves, minced	3.00	
12876	Fresh parsley, minced	0.75	c
12876	Diced green bell pepper	1.00	c
12876	Salt	1.00	ts
12876	Red miso	2.00	tb
12876	Freshly cooked brown rice	4.00	c
12876	Chopped scallions to garnish	0.00	
12877	Salt	0.50	c
12877	Garlic, chopped	0.75	c
12877	Black pepper	0.25	c
12877	Cayenne pepper	0.25	c
12878	t	1.50	1/2
12878		0.50	
12878		2.00	
12878	-----	0.50	
12878	+ 3 Tbsp unsalted butter	0.25	/4
12878	Finely chopped onions	0.75	1/4

Sheet1

12878	Finely chopped celery	0.75
12878	Green bell peppers, chopped	0.50 c 1 1/2
12878	+ 1 tsp minced garlic	1.00
12878	Worcestershire sauce	1.00
12878	Tabasco sauce	0.50 1
12878	MEAT SEASONING MIX -----	0.00
12878	Cayenne pepper	2.00
12878	Salt	1.50
12878	Black pepper	1.50
12878	White pepper	1.25 t
12878	Ground cumin	0.75 t
12878	Dried thyme leaves	0.75 t
12878	Evaporated milk	0.75 c
12878	Potatoes, peeled & quartered	2.00 lb
12878	Salt	1.00 t
12878	White pepper	1.00 t
12878	Julienned carrots (see note)	1.50 c
12878	Julienned onions (see note)	1.00 c
12878	VEGETABLE SEASONING MIX -----	0.00 -----
12878	Salt	0.50 t
12878	White pepper	0.25 t
12878	Onion powder	0.25 t
12878	Garlic powder	0.25 t
12878	Cayenne pepper	0.25 t
12878	VEGETABLES -----	0.00 -----
12878	Julienned zucchini (see note)	1.50 c
12878	Julienned squash (see Note)	1.00 c
12878	Very Hot Cajun Sauce/Beef	1.00 x
12878	MEAT SEASONING MIX -----	0.00 -----
12878	VEGETABLE SEASONING MIX -----	0.00 -----
12878	VEGETABLES -----	0.00 -----
12879	Sweet paprika	1.00 c
12879	Paprika	1.00 ts
12879	Black pepper	1.00 tb
12879	White pepper	1.00 tb
12879	Cayenne	3.00 tb
12879	Garlic powder	1.00 tb
12879	Onion powder	1.00 tb
12879	Salt	1.00 tb
12879	Rosemary	1.00 tb
12880	Red wine vinegar	1.00 ts
12880	Black peppercorns, coarsely	1.00 tb
12880	Crushed	0.00
12880	Jalapeno peppers, quartered	4.00
12880	Garlic cloves, lightly	2.00
12880	Crushed	0.00
12880	Wine bottle and cork.	1.00
12881	Butter, unsalted, melted	0.75 c
12881	French Bread	16.00 c

Sheet1

12881	Eggs	3.00
12881	Sugar	1.50 c
12881	Vanilla Extract	2.00 tb
12881	Nutmeg, freshly ground	1.00 ts
12881	Cinnamon, ground	1.50 ts
12881	Milk	3.00 c
12881	Golden Raisins	0.75 c
12881	Coconut, flaked	0.75 c
12881	Pecans, coarsely chopped	0.50 c
12882	Macarons	0.00
12882	Sponge Cake	0.00
12882	* Or:	0.00
12882	Lady Fingers	0.00
12882	Wine	1.00 pt
12882	Cornstarch	1.00 ts
12882	Egg Yolks	3.00
12882	Sugar	3.00 ts
12882	Egg Whites	3.00
12882	Nuts, Chopped	0.50 c
12883	Flour, all-purpose	3.33 c
12883	Sugar	1.00 c
12883	Baking powder	3.00 ts
12883	Salt	0.50 ts
12883	Cinnamon, ground	0.50 ts
12883	Nutmeg, ground	0.25 ts
12883	Shortening	2.00 tb
12883	Eggs	2.00 ea
12883	Milk	0.75 c
12884	Angel Food Cake; 1" thick	4.00 sl
12884	Margarine or Butter;	0.00
12884	-softened	0.00
12884	FILLINGS	0.00
12884	Cherry preserves; OR	2.00 tb
12884	Peach Preserves; OR	2.00 tb
12884	Coconut; mixed with	0.25 c
12884	Margarine; OR	1.00 tb
12884	Miniature Marshmallows;	16.00
12884	-PLUS	0.00
12884	Chocolate Chips; OR	16.00
12884	Marshmallow; PLUS	1.00 lg
12884	Sugar; PLUS	1.00 ts
12884	Cinnamon	0.25 ts
12885	To 4 oz chocolate	2.00 oz
12885	Milk	0.50 c
12885	Light brown sugar, firmly	1.00 c
12885	-packed	0.00
12885	Egg yolk	1.00
12886	Unsalted butter; at room	8.00 tb
12886	-temperature	0.00



## Sheet1

12886	Sugar	0.50 c
12886	Large eggs	2.00
12886	Grated zest of 1 orange	0.00
12886	Sifted all-purpose flour	2.50 c
12886	Baking soda	2.00 ts
12886	Ground ginger	2.00 ts
12886	Ground cinnamon	1.00 ts
12886	Ground allspice	0.50 ts
12886	Ground nutmeg	0.50 ts
12886	Salt	0.50 ts
12886	Ground cloves	0.25 ts
12886	Unsulphured molasses	1.00 c
12886	Boiling water	1.00 c
12886	Confectioners' sugar;	0.00
12886	-for dusting	0.00
12887	Clove garlic - minced	2.00
12887	Olive oil - extra-virgin	2.00 tb
12887	Asparagus - trimmed and cut	2.00 lb
12887	-into 1-inch pieces	0.00
12887	Salt	2.00 ts
12887	Freshly ground pepper	0.50 ts
12887	Vegetable Broth - (see	4.00 c
12887	-recipe) OR canned low-	0.00
12887	Sodium chicken broth	0.00
12887	Eggs	4.00
12887	Parmesan - freshly grated OR	0.50 c
12887	-Pecorino, PLUS extra	0.00
12887	For serving	0.00
12887	Italian bread - toasted	6.00 sl
12888	Chili pepper	1.00 sm
12888	Onion	1.00 md
12888	Garlic clove	1.00 sm
12888	Tomato, peeled	1.00 sm
12888	Ripe Calavo avocados	2.00 md
12888	Fresh lemon or lime juice	1.00 tb
12888	Salt	0.75 ts
12888	Seasoned salt	1.00 ds
12888	Dry mustard	1.00 ds
12889	Lamb, beef or goat, cut into	2.00 lb
12889	-1 1/2-inch cubes	0.00
12889	Distilled white vinegar	3.00 tb
12889	Salt	1.25 ts
12889	Freshly ground black pepper	0.00
12889	Olive oil	4.00 tb
12889	Whole dried hot red chiles	3.00
12889	Garlic cloves, peeled and	5.00
12889	-minced	0.00
12889	Onion, peeled and minced	1.00 lg
12889	Whole black peppercorns	1.00 ts

## Sheet1

12889	Two-inch cinnamon stick	1.00
12889	Bay leaves	2.00
12889	Tomato paste	4.00 ts
12889	Potatoes	2.00 md
12889	Red bell pepper	0.50 lg
12889	Whole stuffed green olives	8.00
12890	Calf's feet	4.00
12890	Stick cinnamon	1.00
12890	Rind of 1 lemon	0.00
12890	Beaten egg whites	4.00
12890	Sugar to taste	0.00
12890	White wine	0.25 c
12890	Lemon juice	0.25 c
12891	Cucumbers, 1 inch slices	4.00 c
12891	Carrots, 1 inch slices.	2.50 c
12891	Celery, 1 inch slices	2.00 c
12891	Onions, 1 inch cubes	2.00 c
12891	Sweet Red Pepper, 1 inch	2.00 c
12891	-cubes	0.00
12891	Green Pepper, 1 inch cubes	1.00 c
12891	Head of Cauliflower, broken	1.00 md
12891	-into florets (6 cups)	0.00
12891	Salt	1.00 c
12891	Cold Water	4.00 qt
12891	Sugar	2.00 c
12891	Mustard Seed	0.25 c
12891	Celery Seed	2.00 tb
12891	Dried Whole Black	2.00 tb
12891	-Peppercorns	0.00
12891	Dried Cilantro	1.00 tb
12891	Vinegar	6.50 c
12892	Black beans, drained & rinse	15.00 oz
12892	Corn, drained	12.00 oz
12892	Tomato, chopped	1.00 ea
12892	Chopped red onion	0.50 c
12892	Chopped green pepper	0.50 c
12892	Garlic powder	0.50 ea
12892	Italian dressing (I use Kraf	0.75 c
12892	Chopped parsley	2.00 ea
12892	Tabasco sauce	0.75 ea
12892	Pepper	0.50 ea
12892	Garlic powder	0.50 ea
12892	Chili powder	0.50 ea
12893	Ground beef	1.00 lb
12893	Tomatoes, sliced	2.00
12893	Chopped onion	1.50 c
12893	Shredded Cheddar cheese	1.00 c
12893	Salt	0.50 ts
12893	Pepper	0.25 ts

Sheet1

12893	Bisquick baking mix	0.75 c
12893	Shredded lettuce	1.50 c
12893	Milk	1.50 c
12893	Slices dill pickle	16.00
12893	Eggs	3.00
12894	Olive oil	3.00 tb
12894	Red bell pepper, cored,	1.00 lg
12894	Seeded and cut into thin	0.00
12894	Strips	0.00
12894	Green bell pepper, cored,	1.00 lg
12894	Seeded and cut into thin	0.00
12894	Strips	0.00
12894	Yellow bell pepper, cored,	1.00 lg
12894	Seeded and cut into thin	0.00
12894	Strips	0.00
12894	Onion, cut into wedges	1.00 lg
12894	Ground beef	0.33 lb
12894	Ground pork	0.33 lb
12894	Ground veal	0.33 lb
12894	Egg	1.00 lg
12894	Fine dry bread crumbs	0.25 c
12894	Chopped fresh parsley	0.25 c
12894	Fennel seeds, crushed	1.00 ts
12894	Salt	1.25 ts
12894	Black pepper	0.25 ts
12894	Pitted black olives, halved	0.50 c
12895	TERRINE -----	0.00 -----
12895	Unflavored gelatin	4.00 pk
12895	White grape juice	4.00 c
12895	Sliced strawberries	3.00 c
12895	Kiwis; peeled and sliced	2.00
12895	Mango; peeled, thin wedges	1.00
12895	Papaya; peeled, thin wedges	1.00
12895	DRESSING -----	0.00 -----
12895	Honey	0.25 c
12895	Mayonnaise	0.50 c
12895	Whipping cream; whipped	0.50 c
12895	Fruit puree (raspberry)	2.00 tb
12895	Mint sprigs	0.00
12895	Additional fresh fruit	0.00
12895	TERRINE -----	0.00 -----
12895	DRESSING -----	0.00 -----
12896	Cooking Oil	0.50 c
12896	Tabasco sauce	1.00 ds
12896	Lemon Juice	0.25 c
12896	Vinegar	2.00 tb
12896	Paprika	1.00 tb
12896	Salt	2.00 ts
12896	Worcestershire sauce	2.00 tb

Sheet1

12896	Cloves Garlic, crushed	2.00
12897	Yellow onions; peeled and	2.00 lg
12897	- coarsely chopped	0.00
12897	Garlic cloves	4.00 md
12897	- peeled & minced	0.00
12897	Sweet green pepper; cored,	1.00 md
12897	- seeded & coarsely chopped	0.00
12897	Olive oil	2.00 tb
12897	Crumbled leaf marjoram	0.50 ts
12897	Crumbled leaf thyme	0.50 ts
12897	Ground cumin	0.50 ts
12897	Ground cinnamon	1.00 pn
12897	Ground beef chuck	1.00 lb
12897	Ground pork shoulder	1.00 lb
12897	Ruby port, sweet Madeira OR	2.00 tb
12897	- sherry	0.00
12897	Well-drained capers	0.25 c
12897	Chopped olives w/pimento	0.75 c
12897	Seedless raisins	0.50 c
12897	Tomato sauce	8.00 oz
12897	Freshly ground black pepper	0.25 ts
12897	Toasted slivered almonds	1.00 c
12898	Pork Chops, Cut 1-Inch Thick	6.00
12898	Catsup	1.50 c
12898	Soy Sauce	0.25 c
12898	To 2 Tsp Liquid Smoke	1.00
12898	Vinegar	2.00 tb
12899	Carrot, grated	1.00 c
12899	Potato, grated	1.00 c
12899	Sugar	1.00 c
12899	Flour	1.00 c
12899	Raisins	0.50 c
12899	Currants	0.50 c
12899	Butter, softened	0.50 c
12899	Soda	1.00 ts
12899	Cloves	0.50 ts
12899	Cinnamon	0.50 ts
12899	Nutmeg	0.50 ts
12900	(1 tablespoon) unflavored	1.00 pk
12900	-gelatin	0.00
12900	Strong, cold coffee	0.25 c
12900	Strong, hot coffee,	1.50 c
12900	-preferably espresso	0.00
12900	Sugar	2.00 tb
12900	Sweetened whipped cream	0.00
12901	Unsalted butter	1.00 tb
12901	Golden Delicious apple,	1.00
12901	-peeled, cored and finely	0.00
12901	-chopped	0.00

Sheet1

12901	Of salt	1.00 pn
12901	Eggs, separated	4.00
12901	Sugar	0.33 c
12901	Calvados	0.25 c
12902	Peeled plantain, slice	6.00 oz
12902	-crosswise	0.00
12902	Each canned crushed	0.25 c
12902	-pineapple (no sugar added)	0.00
12902	-and orange juice (no	0.00
12902	Sugar added)	0.00
12902	Margarine, melted	1.00 ts
12902	Cornstarch	0.50 ts
12902	Finely chopped almonds	0.50 oz
12902	Shredded coconut	2.00 tb
12902	Firmly packed light brown	1.00 ts
12902	-sugar	0.00
12902	Plain low-fat yogurt	0.50 c
12903	Deep-Dish Pizza Dough	0.00
12903	Oil from sun-dried tomatoes	1.00 tb
12903	Onion, finely chopped	1.00 md
12903	Clove garlic, minced	1.00
12903	Or pressed	0.00
12903	(8 oz) ricotta cheese	1.00 c
12903	Chopped sun-dried tomatoes	0.25 c
12903	Chopped fresh parsley	2.00 tb
12903	Sliced prosciutto or dry	0.25 lb
12903	Salami, cut into strips	0.00
12903	(1/2 lb) shredded whole-	2.00 c
12903	Milk mozzarella cheese	0.00
12903	Cornmeal (for baking sheet)	0.00
12903	Olive oil	0.00
12904	Cream of celery soup	1.00 cn
12904	Milk	0.50 c
12904	Butter or margarine	2.00 tb
12904	Lemon juice	2.00 tb
12904	Egg yolks, slightly beaten	2.00
12905	Ground beef	1.00 lb
12905	Carrots sliced	4.00
12905	Potatoes cubed	2.00
12905	Onion, sliced in 1/4"	1.00 md
12905	Pieces	0.00
12905	Butter	0.00
12906	. pizza or spaghetti	8.00 ea
12906	Mozzarella cheese	0.25 ea
12906	Wheat bread	1.00 ea
12906	Pepperoni	1.00 x
12907	Margarine	2.00 ts
12907	Diced Canadian -style bacon	2.00 oz
12907	Diced onion	0.50 c

Sheet1

12907	Each diced celery and	2.00 tb
12907	-shredded carrot	0.00
12907	All-purpose flour	1.50 ts
12907	Skim milk	0.50 c
12907	Pared potatoes, diced	3.00 oz
12907	Salt	0.50 ts
12907	Dash each marjoram	0.00
12907	-leaves and pepper	0.00
12907	Frozen or drained canned	0.50 c
12907	-whole kernel corn	0.00
12907	Water if required	0.00
12908	Flour	2.00 c
12908	Pinch sea salt	1.00
12908	Apple juice or milk	1.50 c
12908	Oil	2.00 tb
12908	Eggs	2.00
12908	Honey	0.50 c
12908	Baking powder	2.00 ts
12908	Pippin apple, grated	1.00
12909	Dried yellow peas	1.00 lb
12909	Butter	1.00 tb
12909	Onion, chopped	1.00 lg
12909	Salt	1.00 tb
12909	Salt pork	1.00 lb
12909	Water	12.00 c
12909	Dried savory	1.00 ts
12909	Pepper to taste	0.00
12910	Ice water 38 - 40 degrees F	5.00 ga
12910	Dextrose	1.50 lb
12910	Cure	8.00 oz
12910	Salt	4.00 lb
12911	Sorted uncooked yellow split	4.50 oz
12911	-peas	0.00
12911	Water	1.00 qt
12911	Salt	0.50 ts
12911	Vegetable oil	2.00 ts
12911	Diced Canadian-style bacon	2.00 oz
12911	Each chopped onions and	1.00 c
12911	-sliced carrots	0.00
12911	Each crumbled sage leaves	0.25 ts
12911	-and ground allspice	0.00
12911	Dash white pepper, or	0.00
12911	-to taste	0.00
12911	Chopped fresh parsley	2.00 tb
12912	Sugar	2.00 c
12912	Or 5 apples	4.00
12912	Hot water	1.00 c
12913	Suagr	1.50 c
12913	Vinegar	2.00 ts

Sheet1

12913	Water	0.67 c
12913	Cherry Kool-Aid	1.00 pk
12913	Apples	10.00
12914	Chicken wings	30.00
12914	Brown sugar	1.00 c
12914	Dry mustard	1.00 ts
12914	Margarine	0.75 c
12914	Soy sauce	1.00 c
12914	Water	0.75 c
12915	Sugar	1.00 c
12915	Water	2.00 T
12915	Cranberries	0.50 c
12916	Sugar	2.00 c
12916	Fruit	1.00 c
12916	Water	1.00 c
12917	Plump, pink grapefruit,	3.00
12917	- preferably organic	0.00
12917	Sugar	2.50 c
12917	Water	1.25 c
12917	Corn syrup	2.00 tb
12917	Superfine sugar; for coating	0.00
12917	Semisweet chocolate	5.00 oz
12917	Butter	1.00 tb
12918	Grapefruit (or 3), peels of	2.00 md
12918	Water	0.00
12918	Sugar	3.00 c
12918	Food coloring	0.00
12919	Chopped pecans	3.00 c
12919	Chopped candied pineapple	2.00 c
12919	Chopped candied cherries	0.75 c
12919	Chopped candied orange peel	0.33 c
12919	Plus 3 tb, all-purpose flour	1.75 c
12919	Butter, room temperature	1.00 c
12919	Sugar	1.00 c
12919	Eggs	5.00
12919	Vanilla extract	1.00 tb
12919	Lemon extract	1.00 tb
12919	Baking powder	0.50 ts
12919	Salt	1.00 pn
12919	Powdered sugar	0.00
12920	Lemon	1.00 lg
12920	Sugar	1.50 c
12920	Light corn syrup	0.33 c
12921	Orange peels	6.00
12921	Sugar	2.00 c
12921	Orange Jell-O mix	6.00 oz
12921	White corn syrup	0.25 c
12921	Water	0.25 c
12922	Oranges; md	4.00 ea

Sheet1

12922	Sugar	1.00 c	
12922	Baking powder	6.00 t	
12922	Butter or regular margarine	0.25 c	
12922	Eggs; lg	2.00 ea	
12922	Water	1.00 c	
12922	Unbleached flour	4.00 c	
12922	Salt	0.50 t	
12922	Sugar	0.50 c	
12922	Milk	2.00 c	
12923	Navel oranges	6.00	
12923	Sugar	1.75 c	
12923	Clear corn syrup	0.50 c	
12923	Water	1.50 c	
12923	Orange gelatin	3.00 oz	
12924	Sugar	1.00 c	
12924	Salt	0.25 ts	
12924	Cinnamon	2.00 ts	
12924	Nutmeg	0.50 ts	
12924	Cloves	0.50 ts	
12924	Water	0.50 c	
12924	Shelled walnut halves	2.00 c	
12925	Walnuts	2.00 c	
12925	Sugar	1.00 c	
12925	Water	0.25 c	
12925	Orange juice	3.00 tb	
12925	Grated orange rind	0.50 ts	
12926	Sugar	0.75 c	
12926	Instant coffee	0.50 ts	
12926	Light corn syrup	2.00 tb	
12926	Water	2.00 tb	
12926	Sifted baking soda	1.50 ts	
12926	Angel food cake	1.00	
12926	Cool Whip topping	0.00	
12926	Slivered almonds, toasted	0.00	
12927	No ingredients; see text	0.00	
12928	Candy Melts - (1 package)	14.00 oz	
12928	Light corn syrup	0.50 c	
12929	lb	0.00	1
12929		2.00	
12929	----	4.00	
12929	Confectioners' sugar	4.00	
12929	EASTER EGGS -----	0.00	
12929	Butter	0.25	3
12929	Cream cheese	8.00	6
12929	Salt	0.50 t	1/4
12929	Vanilla	1.50	
12929	Peanut butter or coconut	1.50	
12929	Confectioner's sugar	4.00	
12929	PEANUT BUTTER EGGS -----	0.00	



Sheet1

12929	Margarine	1.00
12929	Cream cheese	8.00 oz
12929	Salt	0.50 ts
12929	Vanilla	1.50 ts
12929	Powdered sugar	2.00 lb
12929	Peanut butter, chunky	2.25 c
12929	RICE KRISPIE EGGS -----	0.00 -----
12929	Confectioners sugar	1.00 c
12929	Crunchy peanut butter	1.00 c
12929	Rice Krispies	2.00 c
12929	Oil	2.00 tb
12929	Vanilla	0.25 ts
12929	PEANUT BUTTER BALLS -----	0.00 -----
12929	Margarine	1.00 lb
12929	Peanut butter	2.00 c
12929	To 3 pounds confectioners'	2.50 lb
12929	-sugar	0.00
12929	Vanilla	3.00 ts
12929	Semi-sweet chocolate chips	6.00 oz
12929	Paraffin wax	0.25 lb
12929	EASTER EGGS -----	0.00 -----
12929	PEANUT BUTTER EGGS -----	0.00 -----
12929	RICE KRISPIE EGGS -----	0.00 -----
12929	PEANUT BUTTER BALLS -----	0.00 -----
12930	Popped popcorn	2.00 qt
12930	Sugar	1.33 c
12930	Water	1.00 c
12930	Light corn syrup	0.33 c
12930	Vinegar	0.67 ts
12930	Salt	0.33 ts
12930	Vanilla	1.00 ts
12930	(4 inch long) candy sticks	8.00
12931	TREE ORNAMENTS -----	0.00 -----
12931	Plastic wrap	0.00
12931	Pkg.'s M&M's	0.00
12931	Pipe Cleaner	0.00
12931	Ribbon	0.00
12931	CHRISTMAS WREATH -----	0.00 -----
12931	Same ingredients as ornament	0.00
12931	- but also a wire coat	0.00
12931	- hanger	0.00
12931	TREE ORNAMENTS -----	0.00 -----
12931	CHRISTMAS WREATH -----	0.00 -----
12932	Flour	1.50 c
12932	Salt	1.50 ts
12932	Eggs,slightly beaten	5.00
12932	Salad oil	1.00 tb
12932	Water,salted	0.00
12932	Onion,chopped	0.50 c

Sheet1

12932	Garlic clove,medium,minced	1.00
12932	Basil leaves,crushed	0.50 ts
12932	Butter or margarine	2.00 tb
12932	Tomatoes,chopped(16oz ea)	2.00 cn
12932	Cheddar cheese soup(11oz)	1.00 cn
12932	Milk	0.50 c
12932	Parmesan cheese,grated	0.50 c
12932	Ricotta cheese	1.50 c
12932	Prosciutto(Italian ham)	0.25 c
12932	Hard salami,chopped	0.25 c
12933	Ricotta cheese (about 1 1/2	3.00 c
12933	-lb)	0.00
12933	Sugar	1.25 c
12933	Vanilla extract	2.00 ts
12933	Stir in, mixing thoroughly	0.00
12933	Finely chopped candied	0.50 c
12933	-citron	0.00
12933	Semi=sweet chocolate pieces	0.25 c
12933	Place mixture in	0.00
12933	-refrigerator to chill.	0.00
12933	FOR SHELLS: Sift together	0.00
12933	-into a bowl	0.00
12933	Flour	3.00 c
12933	Sugar	1.00 c
12933	Ground cinnamon	1.00 ts
12934	Sugar	3.00 tb
12934	Cream sherry	0.25
12934	Cantaloupe	1.00 lg
12935	Sugar	4.00 c
12935	Water	3.00 c
12935	Allspice	1.00 tb
12935	Whole cloves	1.00 tb
12935	Stick cinnamon	1.00 lg
12935	Vinegar	1.00 c
12935	Cantaloupe rind	0.00
12936	Half and half	0.50 c
12936	Cooked, peeled and diced	1.00 c
12936	-potato	0.00
12936	Peeled and diced cantaloupe	3.00 c
12936	Dry sherry	0.25 c
12936	Of salt	1.00 pn
12937	Cantaloupe	1.00 lg
12937	Maraschino cherries	8.00
12937	Ice-cream	2.00 c
12938	Pineapple Chunks In Syrup	20.00 oz
12938	Packed Brown Sugar	3.00 tb
12938	Teriyaki Sauce, Divided	5.00 tb
12938	Vinegar	1.00 tb
12938	Catsup	1.00 tb

Sheet1

12938	Ground Beef	1.00 lb
12938	Instant Minced Onion	2.00 tb
12938	Cornstarch	2.00 tb
12938	Water	0.25 c
12939	TART SHELLS -----	0.00 -----
12939	Butter	1.00 c
12939	Icing sugar; confectioner's	4.00 ts
12939	Flour	2.00 c
12939	FILLING -----	0.00 -----
12939	Dates; chopped	2.00 c
12939	Brown sugar	1.50 c
12939	-Water	1.00 c
12939	Lemon juice	0.00
12939	TART SHELLS -----	0.00 -----
12939	FILLING -----	0.00 -----
12940	Flour;all purpose	2.00 c
12940	Rolled oats	2.00 c
12940	Brown sugar;packed	1.00 c
12940	Baking powder	2.00 ts
12940	-Salt	0.50 ts
12940	Shortening	1.00 c
12940	-Cold water	0.50 c
12940	SAVORY VARIATION -----	0.00 -----
12940	Oatmeal; scotch type*	2.00 c
12940	Flour;all purpose	1.00 c
12940	Sugar, granulated	2.00 ts
12940	Baking powder	2.00 ts
12940	-Salt	0.25 ts
12940	Shortening; or lard or	0.33 c
12940	-bacon fat	0.00
12940	-Cold water	0.25 c
12940	SAVORY VARIATION -----	0.00 -----
12941	Flour	2.00 c
12941	Sugar	2.00 tb
12941	Baking powder	1.00 tb
12941	-salt	1.00 ts
12941	Basking soda	0.25 ts
12941	Raisins or currants	1.00 c
12941	Sour cream	0.50 c
12941	Oil	0.25 c
12941	Egg;slightly beaten	1.00
12941	Milk	3.00 tb
12942	Orange;large, seedless	1.00
12942	Cranberries;picked over	2.00 c
12942	Sugar	2.25 c
12942	-Water	0.33 c
12942	Eggs, large	2.00
12942	Cinnamon;ground	1.00 pn
12942	Milk	1.50 c

Sheet1

12942	Heavy cream	0.50 c
12942	Grand Marnier liqueur	3.00 tb
12942	Vanilla	1.00 ts
12942	French bread loaf;or Italian	8.00 oz
12942	-trimmed of crusts, cut in	0.00
12942	-thin slices	0.00
12942	Heavy or whipping cream	0.00
12943	Cranberries	2.00 c
12943	Sugar	1.50 c
12943	Chopped nuts	0.50 c
12943	Eggs, well beaten	2.00
12943	Flour	1.00 c
12943	Melted butter	0.50 c
12943	Melted shortening	0.25 c
12944	Fresh or frozen blueberries	2.00 c
12944	Fresh or frozen cranberries	1.75 c
12944	Maple syrup	1.00 c
12944	Currants	0.25 c
12944	Arrowroot powder(use	3.00 tb
12944	-cornstarch as substitute)	0.00
12944	Lemon juice	2.00 tb
12944	Whole wheat pastry or	0.75 c
12944	-unbleached flour	0.00
12944	Rolled oats	0.50 c
12944	Blanched almonds, ground	0.25 c
12944	Toasted sesame seeds	1.00 ts
12944	Cinnamon	0.25 ts
12944	Apple juice	0.25 c
12945	Sweet Butter	0.25 lb
12945	Chopped Capers	1.00 tb
12946	Coarsely chopped onions	4.00 c
12946	Peanut oil	2.00 tb
12946	Garlic cloves, minced	2.00 ea
12946	Grated fresh ginger	1.00 ts
12946	Ground cumin seeds	1.50 tb
12946	Ground coriander seeds	1.50 tb
12946	Cinnamon	1.50 ts
12946	Turmeric	1.00 ts
12946	Cayenne	0.50 ts
12946	Ground fennel seeds	0.50 ts
12946	Black cardamom	0.25 ts
12946	Ground cloves	0.25 ts
12946	Zucchini, quartered & sliced	2.00 md
12946	Water	1.50 c
12946	Green beans	1.00 c
12946	Firm, tart apples, cored &	2.00 ea
12946	-- cubed	0.00
12946	Red bell pepper	0.50 ea
12946	Chopped dried apricots	1.00 c

## Sheet1

12946	Raisins	0.50 c
12946	Strawberry conserve	0.50 c
12946	Fresh lemon juice	0.00
12947	Chuck, Extra Lean, Grind	4.00 lb
12947	Oregano	1.00 tb
12947	Pork, Extra Lean, Grind	2.00 lb
12947	Paprika	2.00 tb
12947	Chuck, Extra Lean, Cubed	1.00 lb
12947	MSG	2.00 tb
12947	Onions, Large, Fine Chopped	2.00
12947	Chili Powder, Light	9.00 tb
12947	Garlic Cloves, Fine Chopped	10.00
12947	Cumin	4.00 tb
12947	Oil Or Kidney Suet	0.50 c
12947	Beef Bouillon	4.00 tb
12947	Mole, Powdered *	1.00 ts
12947	Old Milwaukee Beer	24.00 oz
12947	Sugar	1.00 tb
12947	Water	2.00 c
12947	Coriander Seed	1.00 ts
12947	Tomato Sauce	8.00 oz
12947	Louisiana Red Hot Sauce	1.00 ts
12947	Masa Harina Flour	1.00 tb
12947	Salt To Taste	0.00
12948	Capon, Cut Up Into Pieces	4.00 lb
12948	Flour	0.50 c
12948	Salt	0.50 ts
12948	Pepper	0.12 ts
12948	Oil	3.00 tb
12948	Milk	3.00 c
12948	Honey	0.33 c
12948	Parsley, Fresh, Minced	3.00 tb
12948	Sage Leaf, Fresh, Minced	2.00
12948	Hyssop	1.00 ts
12948	Savory	0.50 ts
12948	Saffron	0.25 ts
12948	Salt	0.50 ts
12948	Pepper	0.12 ts
12948	Pine Nuts	0.33 c
12949	(385 ml) Evaported Milk	1.00 cn
12949	Strong coffee	1.00 c
12949	Granulated sugar	0.67 c
12949	Vanilla	1.00 ts
12949	Salt	0.25 ts
12949	Eggs	4.00
12949	Lightly packed brown sugar	0.25 c
12950	Unsweetened chocolate	2.00 oz
12950	Flour	2.00 c
12950	Cinnamon	1.00 t

Sheet1

12950	Salt	0.25 t
12950	Shortening	0.50 c
12950	Oleo	0.50 c
12950	White sugar	0.50 c
12950	Brown sugar - packed	0.50 c
12950	Instant coffee crystals	1.00 T
12950	Water	1.00 t
12950	Egg	1.00
12950	Chocolate chips	0.50 c
12950	Shortening	3.00 T
12951	Sugar	0.33 c
12951	Margarine or butter	1.00 tb
12951	Tart baking apples (such as	6.00 md
12951	-Jonathan or	0.00
12951	Granny Smith), peeled,	0.00
12951	-cored, and sliced (6 cups)	0.00
12951	Low-fat ricotta cheese (4	0.50 c
12951	-ounces)	0.00
12951	Sugar	0.33 c
12951	Skim milk	3.00 tb
12951	Egg white	1.00
12951	Safflower oil or cooking oil	2.00 tb
12951	Vanilla	1.50 ts
12951	Salt	1.00 ds
12951	All-purpose flour	2.00 c
12951	Baking powder	2.00 ts
12952	Dry bread crumbs, grated	1.50 c
12952	Milk	3.00 c
12952	Butter	3.00 tb
12952	Eggs	3.00
12952	Brown sugar	0.50 c
12952	Salt	1.00 pn
12952	Vanilla	2.00 ts
12952	Caramel syrup	4.00 tb
12953	Cream	1.00 c
12953	Milk	2.00 c
12953	White corn syrup	1.00 c
12953	Salt	0.12 ts
12953	Sugar	2.00 c
12953	Butter	0.25 c
12953	Chopped nuts	1.00 c
12953	Vanilla	1.00 ts
12954	Single pie crust of your	0.00
12954	Choice	0.00
12954	FILLING:	0.00
12954	Envelope unflavored gelatin	1.00
12954	Cold water	0.25 c
12954	Milk	1.00 c
12954	Package caramels	14.00 oz

Sheet1

12954	Whipped cream	1.50 c
12954	TOPPING:	0.00
12954	Sugar	2.00 T
12954	Slivered almonds	0.25 c
12955	Shortening	1.00 c
12955	Brown sugar	0.50 c
12955	White sugar	1.00 c
12955	Eggs (beaten)	3.00
12955	Vanilla	2.00 ts
12955	Sifted flour	4.25 c
12955	Salt	1.00 ts
12955	Soda	0.50 ts
12956	Baking molasses	0.50 c
12956	Brown sugar	1.00 c
12956	Butter	1.00 ts
12956	Vinegar	3.00 ts
12956	Water	3.00 tb
12956	Baking soda	0.50 ts
12957	Unbuttered Popped Corn	1.50 qt
12957	Salted Nuts (optional)	1.00 c
12957	GOLDEN CRISCO(solid-not liq)	0.33 c
12957	Granulated Sugar	0.33 c
12957	Brown Sugar (lightly packed)	0.33 c
12957	Corn Syrup	0.33 c
12957	Vanilla	1.50 ts
12957	Baking Soda	0.25 ts
12958	Sugar	1.00 c
12958	Water	0.25 c
12958	FOR THE CUSTARD:	0.00
12958	Eggs	3.00
12958	Egg yolks	3.00
12958	Sugar	0.50 c
12958	Vanilla	2.00 ts
12958	Milk	1.50 c
12958	Half and half	1.50 c
12959	Firmly packed brown sugar	1.50 c
12959	Butter	2.00 tb
12959	Rich milk	1.00 c
12959	Of salt	1.00 ds
12959	Vanilla	0.50 ts
12960	Milk	0.25 c
12960	Sugar	0.50 c
12960	Gelatin	1.50 ts
12960	Salt	0.25 ts
12960	Chopped nuts	0.50 c
12960	Boiling water	0.25 c
12960	Cream	1.50 c
12961	Sugar	1.50 c
12961	Cold water	0.25 c

Sheet1

12961	Whipping cream	2.00 c
12961	Egg yolks	4.00
12961	Milk	1.00 c
12961	Pure vanilla extract	1.00 ts
12962	Oreo cookies, crushed	11.00 ea
12962	Butter or margarine, melt	3.00 tb
12962	Cream cheese	24.00 oz
12962	Brown sugar, dark	0.33 c
12962	Cornstarch	5.00 ts
12962	Eggs	3.00 ea
12962	Egg yolk	1.00 ea
12962	Sour cream	0.33 c
12962	Vanilla extract	1.25 ts
12962	Instant coffee	2.50 ts
12962	Hot water	2.50 ts
12962	Sugar	2.50 tb
12962	Milk chocolate chips, melted	1.75 c
12962	Corn syrup, dark	0.25 c
12963	Strawberries, fresh (14 oz	2.00 pt
12963	-frozen)	0.00
12963	Sugar	0.50 c
12963	Cream, heavy	2.00 c
12963	Milk	2.00 c
12963	Creme de Cassis Liqueur	4.00 oz
12964	Navel oranges - seedless,	6.00
12964	-peeled and sliced	0.00
12964	In 1/4" thick in rounds	0.00
12964	Granulated sugar - white	0.75 c
12964	Water	0.75 c
12964	Cold water - best from the	0.50 c
12964	-refrigerator	0.00
12964	Strawberries and kiwi for	0.00
12964	-garnish	0.00
12965	All-purpose flour	1.75 c
12965	Chopped pecans	1.00 c
12965	Lightly packed brown sugar	1.00 c
12965	Rolled oats	1.00 c
12965	Margarine, melted	1.00 c
12965	Caramel sundae sauce	1.50 c
12965	Vanilla ice cream, slightly	8.00 c
12965	-softened	0.00
12966	Bread, dough, frozen	2.00 ea
12966	Butter, melted	0.50 c
12966	Vanilla pudding, regular	2.00 pk
12966	Milk	2.00 tb
12966	Cinnamon, to taste	1.00 ea
12966	Nuts, optional	1.00 ea
12967	Rome apples	4.00 lb
12967	Granny Smith apples	4.50 lb



Sheet1

12967	Water	1.00 c
12967	Sugar	4.00 c
12967	Cinnamon	1.00 ts
12967	Cloves	0.50 ts
12967	Ginger	0.25 ts
12967	Lemon juice	2.00 tb
12968	Pecan halves	1.00 c
12968	Caramels	36.00
12968	Sweet chocolate, melted	0.50 c
12969	Whipping cream or	2.00 c
12969	-half-and-half (light cream)	0.00
12969	Milk	1.50 c
12969	Batch caramel powder (recipe	1.00
12969	-above)	0.00
12969	Egg yolks	4.00 lg
12969	Vanilla	2.00 ts
12970	Flour	2.00 c
12970	Baking powder	4.00 t
12970	Salt	0.50 t
12970	Sugar	0.25 c
12970	Butter	0.50 c
12970	Egg; lightly beaten	1.00 lg
12970	Milk	1.00 c
12970	TOPPING -----	0.00 -----
12970	Baking apples; approx, peel	3.00 c
12970	- and sliced	0.00
12970	Sugar	1.00 c
12970	Ground cinnamon	1.00 t
12970	Cornstarch	2.00 t
12970	Butter; melted	0.50 c
12970	TOPPING -----	0.00 -----
12971		0.00
12971		6.00
12971	Firmly packed dark brown	0.33
12971	-sugar	0.00
12971	All purpose flour	2.00
12971	Half and half	1.50 c
12971	Imported white chocolate	8.00 oz
12971	-(such as Lindt), chopped	0.00
12971	Grated orange peel	1.50 t
12971	-CAKE	0.00
12971	Toasted sliced almonds	1.50 c
12971	Unbleached all purpose	2.00 T
12971	-flour	0.00
12971	Eggs, separated	6.00 lg
12971	Firmly packed dark brown	10.00 T
12971	-sugar	0.00
12971	Grated orange peel	1.00 t
12971	Vanilla extract	0.50 t

## Sheet1

12971	Cream of tartar	0.50 t
12971	Salt	0.12 t
12971	Powered sugar	0.00
12971	(2 sticks) unsalted	1.00 c
12971	-butter, room temperature	0.00
12971	Grand Marnier or other	1.00 T
12971	-orange liqueur	0.00
12971	Pine twigs	0.00
12971	Candied Cranberries (see	0.00
12971	-recipe below) or fresh	0.00
12971	-currants	0.00
12972		0.00
12972		6.00
12972	Firmly packed dark brown	0.33
12972	-sugar	0.00
12972	All purpose flour	2.00
12972	Half and half	1.50 c
12972	Imported white chocolate	8.00 oz
12972	-(such as Lindt), chopped	0.00
12972	Grated orange peel	1.50 ts
12972	-CAKE	0.00
12972	Toasted sliced almonds	1.50 c
12972	Unbleached all purpose	2.00 tb
12972	-flour	0.00
12972	Eggs, separated	6.00 lg
12972	Firmly packed dark brown	10.00 tb
12972	-sugar	0.00
12972	Grated orange peel	1.00 ts
12972	Vanilla extract	0.50 ts
12972	Cream of tartar	0.50 ts
12972	Salt	0.12 ts
12972	Powered sugar	0.00
12972	(2 sticks) unsalted	1.00 c
12972	-butter, room temperature	0.00
12972	Grand Marnier or other	1.00 tb
12972	-orange liqueur	0.00
12972	Pine twigs	0.00
12972	Candied Cranberries (see	0.00
12972	-recipe below) or fresh	0.00
12972	-currants	0.00
12973	See Part One	0.00
12975	Envelope (2 tsp) unflavored	1.00
12975	-gelatin	0.00
12975	Milk or half-and-half (light	2.00 c
12975	-cream)	0.00
12975	Caramel powder (recipe	1.00 c
12975	-above)	0.00
12975	Eggs, separated	4.00 lg
12975	Orange-flavor liqueur	1.00 tb

Sheet1

12976	Butter	2.00 tb
12976	Brown sugar	0.50 c
12976	Sliced bananas	2.00 c
12976	Plain yogurt	0.50 c
12976	Egg yolks	2.00
12976	Sugar	0.33 c
12976	Unflavored gelatin	1.00 pk
12976	Orange juice	4.00 oz
12976	Whipping cream	3.00 c
12976	Sugar	3.00 tb
12976	Egg whites	2.00
12976	Chopped walnuts for garnish	0.00
12977	Butter	2.00 tb
12977	Brown sugar, packed	2.00 tb
12977	Can sliced peaches	29.00 oz
12978	Sugar	2.00 c
12978	Cream	2.00 c
12978	Corn sirup	1.75 c
12978	Butter or butter substitute	1.00 c
12978	Chopped nuts	1.00 c
12978	Few grains salt	0.00
12979	Milk	3.00 c
12979	Powdered sugar	13.00 oz
12979	Eggsize piece of glucose	0.00
12979	Chocolate in tablets	3.25 oz
12979	Butter	1.50 oz
12979	Vanilla bean	0.50
12980	Sugar	0.50 lb
12980	Fresh heavy cream	9.00 oz
12980	Cocoa powder	2.00 oz
12980	Honey	1.25 oz
12981	Butter or butter substitute	0.25 c
12981	Sugar	1.00 c
12981	Lemon juice	1.00 ts
12981	Vanilla	0.25 ts
12981	Eggs	2.00
12981	Milk	0.50 c
12981	Grated lemon rind	1.00 ts
12981	Flour	1.50 c
12981	Caraway seed	1.00 ts
12981	Baking powder	1.00 ts
12982	Med Onions, thinly sliced	2.00 x
12982	Apples, peeled & thin sliced	3.00 x
12982	Honey	2.00 tb
12982	Caraway Seeds	2.00 ts
12982	Pork Chops, (1/2")	6.00
12983	Salt pork or smoked bacon	4.00 oz
12983	Freshly grated Parmesan chee	0.33 c
12983	Eggs	4.00

Sheet1

12983	Olive oil	0.00
12983	Pepper	0.00
12983	Salt	0.00
12984	Carbonated beverage	0.75 c
12984	Sugar	3.00 c
12984	Water	0.75 c
12984	Bottle fruit pectin	0.50
12985	Ground Coffee	0.75 c
12985	Water	2.67 c
12985	Ground Cardamom	0.00
12985	Sweetened Condensed Milk	0.50 c
12986	Cooked chicken or turkey,	2.00 c
12986	-diced	0.00
12986	Cooked rice, cooled	3.00 c
12986	Celery, finely sliced	1.00 c
12986	Green pepper, chopped	0.25 c
12986	Pineapple, crushed,	8.00 oz
12986	-unsweetened	0.00
12986	Pimiento, sliced	2.00 tb
12986	Yogurt, nonfat	0.50 c
12986	Mayonnaise	0.25 c
12986	Lemon juice	1.50 tb
12986	Curry powder	1.00 ts
12986	Salt	0.50 ts
12986	Pepper	0.25 ts
12987	Broiler-fryer chicken,cut	3.50 lb
12987	-into quarters	0.00
12987	Salt	1.00 ts
12987	Limes	3.00
12987	Preserved ginger in syrup	0.00
12987	Cornstarch	2.00 ts
12987	Butter	6.00 tb
12987	Regular long-grain rice	1.00 c
12987	To 16 oz. can black	15.00
12987	-beans,drained and rinsed	0.00
12987	Medium-sized pineapple	1.00
12987	Papaya	1.00 lg
12988	Small shrimp	0.25 lb
12988	Fish filets	0.50 lb
12988	Clams	0.25 lb
12988	Fish stock	3.00 c
12988	Clam juice	1.00 c
12988	Burgundy wine	0.50 c
12988	Corn oil	1.00 tb
12988	Cloves garlic, crushed	3.00
12988	Stalks celery, diced	3.00
12988	Potato, peeled & diced	1.00
12988	Stewed, chopped tomatos	0.33 c
12988	Green Bell pepper, diced	1.00

Sheet1

12988	Basil	0.50 ts
12988	Oregano	0.50 ts
12988	Bay leaves	2.00
12988	Paprika	1.00 ts
12988	Celery seed	0.50 ts
12988	Dry mustard	0.50 ts
12988	Dried cilantro	0.50 ts
12989	Shallot, minced	1.00
12989	Scallion, incl. green top,	1.00
12989	-minced	0.00
12989	Clove garlic, minced	1.00
12989	Chives, minced	3.00
12989	Sprig fresh thyme, minced	1.00
12989	Sprig parsley, minced	1.00
12989	Scotch Bonnet-type chile,	1.00
12989	-seeded and coarsely chopped	0.00
12989	Bird peppers	2.00
12989	Extra-virgin olive oil	1.75 c
12990	Popped popcorn	7.00 qt
12990	Brown sugar	2.00 c
12990	Butter	1.00 c
12990	Vanilla	0.00
12990	Corn syrup	0.50 c
12990	Salt	1.00 ts
12990	Soda	0.50 ts
12991	Pkg chocolate cake mix	1.00
12991	(18 1/4 or 18 1/2oz)	0.00
12991	Can Eagle Brand condensed	1.00
12991	Milk (not evaporated!)	0.00
12991	Margarine or butter	0.50 c
12991	Carmels (14oz)	1.00 pk
12991	Coarsely chopped pecans	1.00 c
12992	Strawberries, fresh (14 oz	2.00 pt
12992	-frozen)	0.00
12992	Sugar	0.50 c
12992	Cream, heavy	2.00 c
12992	Milk	2.00 c
12993	Large oranges	4.00
12993	Sugar	0.50 c
12993	Fresh orange juice	3.00 tb
12994	Sugar	2.00 c
12994	Milk	1.00 c
12994	Brown Sugar	1.00 c
12994	Butter	1.00 c
12994	White Syrup	1.00 c
12994	Vanilla	1.00 tb
12994	Heavy Cream	1.00 c
12995	Top Round Steak Or Boneless	1.50 lb
12995	- Chuck Steak, Cut 1 1/2-Ins	0.00

Sheet1

12995	- Thick	0.00
12995	MARINADE -----	0.00 -----
12995	Red Wine Vinegar	0.25 c
12995	Oil	2.00 tb
12995	Sage Leaves	1.00 ts
12995	Summer Savory	1.00 ts
12995	Salt	0.50 ts
12995	Dry Mustard	0.50 ts
12995	Paprika	0.50 ts
12995	BASTING SAUCE -----	0.00 -----
12995	Steak Sauce	2.00 tb
12995	Flour Tortillas, 5 to 8	12.00
12995	- Inches In Diameter	0.00
12995	Onions, Sliced Paper Thin Or	2.00 md
12995	- Chopped	0.00
12995	Whole Green Chilies, Cut	4.00 oz
12995	- Into Strips	0.00
12995	Softened Butter Or Margarine	0.00
12995	Salsa	0.00
12995	Guacamole	0.00
12995	MARINADE -----	0.00 -----
12995	BASTING SAUCE -----	0.00 -----
12996	Round Steak	2.00 lb
12996	Mexican Ground Chili	0.50 c
12996	Cloves Garlic	4.00
12996	Lard	0.50 c
12996	Flour	0.25 c
12996	Salt	1.50 ts
12996	Oregano	1.00 ts
12997	Round Steak, 1/2" Thick	3.00 lb
12997	Potatoes	2.00 lb
12997	Tomato Sauce	8.00 oz
12997	Salt	1.50 ts
12997	Ground Pepper	0.50 ts
12997	Ground Cumin	0.50 ts
12997	Large Clove Garlic, Smashed	1.00
12997	Water	0.00
12998	Stew meat	1.00 lb
12998	Cooking oil	2.00 tb
12998	Tomato paste (optional not	3.00 oz
12998	-recommended)	0.00
12998	Beef broth bouillon	10.50 oz
12998	Black pepper	0.50 ts
12998	Cloves garlic, crushed	2.00
12998	Chili powder	1.00 ts
12998	Cumin	0.50 ts
12998	Chiles serranos, chopped	2.00 sm
12998	Water	0.75 c
12999	Ancho chilies	2.00

Sheet1

12999	Boiling water	1.00 c
12999	Vegetable oil	2.00 tb
12999	Lamb shanks	4.00
12999	White onions, halved	2.00 md
12999	Raisins	0.33 c
12999	Piloncillo, Mexican hard	2.00 tb
12999	-sauce	0.00
12999	Garlic, minced	4.00 c
12999	Oregano	0.38 ts
12999	Cumin	0.50 ts
12999	Tomato, whole peeled	28.00 oz
12999	Beef stock	0.75 c
12999	Bay leaf	4.00
12999	Cider vinegar	1.00 tb
12999	Romaine lettuce, shredded	0.00
12999	Black olives, pitted	0.00
13000	FROM TV GUIDE 05/08 -----	0.00 -----
13000	CONTAINS SMALL AMOUNT OF OIL -----	0.00 -----
13000	Japanese buckwheat noodles,	8.00 oz
13000	--Thin	0.00
13000	Smooth peanut butter or	0.25 c
13000	--Tahini	0.00
13000	Black chinese tea, brewed	5.00 tb
13000	Soy sauce	5.00 ts
13000	Chili oil	1.00 ts
13000	Sesame oil	2.00 ts
13000	Rice wine vinegar	2.00 ts
13000	Granulated sugar	2.00 ts
13000	Garlic cloves, minced	2.00
13000	Scallion, finely chopped	1.00
13000	FROM TV GUIDE 05/08 -----	0.00 -----
13000	CONTAINS SMALL AMOUNT OF OIL -----	0.00 -----
13001	Flour 2 Tbsp sugar 1/2 cup	1.00 c
13001	-chopped nuts In a medium	0.00
13001	-bowl, mix	0.00
13002	Ground sirloin	1.00 lb
13002	Ground porterhouse	1.00 lb
13002	Olive oil	2.00 tb
13002	Medium onions, coarsely chop	3.00
13002	Leeks, sliced (white portion	2.00
13002	Minced garlic (more if desir	6.00 tb
13002	NO SALT added tomatoes	3.00 cn
13002	NO SALT added tomato sauce	1.00 cn
13002	LOW SALT chicken broth	1.00 cn
13002	Water (use the chicken broth	2.00 cn
13002	Ribs of celery & leaves, cho	4.00
13002	Green bell pepper, minced	1.00
13002	Red bell pepper, minced	1.00
13002	Large - golf size mushrooms,	10.00

Sheet1

13002	Very large ripe tomatoes, ch	4.00
13002	Oregano	1.33 tb
13002	Thyme	1.00 tb
13002	White pepper	0.67 tb
13002	Dried cilantro	2.00 tb
13002	Dried parsley	4.00 tb
13002	Sugar	1.00 tb
13002	Bay leaves	2.00
13003	Eggs	6.00
13003	Of sugar	1.00 c
13003	Melted butter	0.50 lb
13003	Of flour	1.00 c
13003	Of vanilla	1.00 ts
13003	Fruit stuff:	0.00
13003	Of flour	0.50 c
13003	Candied cherries	1.00 lb
13003	Candied pineapple	1.00 lb
13003	Of chopped pecans	4.00 c
13004	Suet or	0.50 lb
13004	Oil,cooking	0.50 c
13004	Beef round,coarse grind	1.00 lb
13004	Beef chuck,coarse grind	1.00 lb
13004	Tomato sauce(8oz ea)	1.00 cn
13004	Beer(12oz ea)	1.00 cn
13004	Red chile,hot,ground	0.25 c
13004	Garlic cloves,finely chopped	2.00
13004	Onion,small,finely chopped	1.00
13004	Oregano,dried,pref. Mexican	1.25 t
13004	Paprika	0.50 t
13004	Cumin,ground	1.50 t
13004	Salt	1.25 t
13004	Cayenne pepper	0.00
13004	Monterey Jack cheese,grated	0.75 lb
13005	Carrots, peeled & sliced	1.00 kg
13005	Rhubarb, thinly sliced	1.00 kg
13005	Sugar, warmed	1.00 kg
13006	Graham Cracker Crumbs	1.00 c
13006	Granulated Sugar	3.00 tb
13006	Margarine, Melted	3.00 tb
13006	Cream Cheese, Softened	24.00 oz
13006	Granulated Sugar	0.50 c
13006	Unbleached All-Purpose Flour	0.50 c
13006	Large Eggs	4.00
13006	Unsweetened Orange Juice	0.25 c
13006	Finely Shredded Carrot	1.00 c
13006	Raisins	0.25 c
13006	Ground Nutmeg	0.50 ts
13006	Ground Ginger	0.25 ts
13006	Unsweetened Orane Juice	1.00 tb



Sheet1

13006	Sifted Powdered Sugar	1.00 c
13007	Carrots, peeled and cut into	10.00
13007	-chunks	0.00
13007	Oil	2.00 tb
13007	Garlic cloves, minced	3.00
13007	Onions, cut into chunks	3.00
13007	Celery stalks, diced	2.00
13007	Green peppers, diced	2.00
13007	Tamari	5.00 tb
13007	Garlic powder	0.50 ts
13007	Basil	0.50 ts
13007	Paprika	0.50 ts
13007	Oregano	0.50 ts
13007	Parsley	0.50 ts
13007	Tahini	0.50 c
13007	Peanut butter	3.00 tb
13007	Cashew butter (opt)	2.00 tb
13007	Wheat germ, bran or flour	0.50 c
13007	-(opt)	0.00
13008	Green cabbage, sliced thinly	4.00 c
13008	Carrots; sliced thinly	6.00
13008	Onions; sliced	2.00
13008	Tofu Sour Cream (see below)	2.00 c
13008	Bread crumbs	2.00 c
13008	Sesame seeds	0.25 c
13008	Oil	2.00 tb
13008	Salt	1.00 ts
13008	Pepper	0.25 ts
13008	Nutritional yeast	2.00 tb
13008	TOFU SOUR CREAM -----	0.00 -----
13008	Tofu (firm can be used)	2.00 c
13008	Oil	0.25 c
13008	Lemon juice (or vinegar)	3.00 tb
13008	Salt	0.50 ts
13008	Sugar (optional)	1.00 ts
13008	TOFU SOUR CREAM -----	0.00 -----
13009	Graham-cracker crumbs	0.25 c
13009	Flour	2.25 c
13009	Ground cinnamon	1.00 tb
13009	Baking soda	2.00 ts
13009	Ground nutmeg	1.00 ts
13009	Salt	0.75 ts
13009	Granulated sugar	2.00 c
13009	Vegetable oil	1.50 c
13009	Eggs	3.00 lg
13009	Shredded carrots (1-1/4	5.00 c
13009	-lbs.)	0.00
13010	Oil	0.75 c
13010	Fruit Sweet	0.75 c

Sheet1

13010	Egg + 3 egg whites	1.00
13010	Vanilla	2.00 ts
13010	Crushed pineapple, undrained	1.00 c
13010	Flour	2.00 c
13010	Baking soda	2.00 ts
13010	Salt	1.00 ts
13010	Cinnamon	2.00 ts
13010	Shredded coconut	1.00 c
13010	Raw shredded carrots	2.00 c
13010	Chopped nuts	0.67 c
13010	Cream Cheese Frosting	0.00
13010	Flour	0.33 c
13010	Skim milk	1.00 c
13010	Fruit Sweet	0.67 c
13010	Low-fat Neufchatel (3 oz),	0.33 c
13010	-softened	0.00
13010	Butter	1.00 tb
13010	Vanilla	2.00 tb
13011	Flour, All-Purpose	2.00 c
13011	Cinnamon	2.00 ts
13011	Baking Powder	1.00 ts
13011	Baking Soda	1.00 ts
13011	Salt	0.75 ts
13011	Nutmeg	0.25 ts
13011	Crushed Pineapple	8.00 oz
13011	Vegetable Oil	3.00 tb
13011	Vanilla	1.00 ts
13011	Carrots, Shredded	3.00 c
13011	Large Egg Whites	3.00
13011	Cloves	1.00 pn
13011	Sugar	1.50 c
13012	Unbleached all purpose flour	2.00 c
13012	Baking soda	2.00 ts
13012	Baking powder	2.00 ts
13012	Ground cinnamon	2.00 ts
13012	Salt	0.50 ts
13012	Eggs	4.00 lg
13012	Vegetable oil	0.75 c
13012	Sugar	0.75 c
13012	Packed golden brown sugar	0.67 c
13012	Orange marmalade	0.50 c
13012	Orange juice	0.50 c
13012	(lightly packed) grated	3.00 c
13012	Peeled carrots	0.00
13012	Chopped toasted walnuts	0.75 c
13012	FROSTING -----	0.00 -----
13012	8-oz packages cream cheese,	4.00
13012	Room temperature	0.00
13012	Powdered sugar	2.00 c

Sheet1

13012	(about) orange marmalade	1.25 c
13012	(3/4 stick) unsalted butter,	6.00 tb
13012	Room temperature	0.00
13012	Grated orange peel	2.00 ts
13012	Finely chopped toasted	1.25 c
13012	Walnuts (about 6 oz)	0.00
13012	FROSTING -----	0.00 -----
13013	Oil for greasing pan	0.00
13013	Cake flour	3.00 c
13013	Baking powder	2.00 ts
13013	Baking soda	1.00 ts
13013	Cinnamon	1.00 ts
13013	Salt	0.50 ts
13013	Applesauce	1.00 c
13013	Brown sugar	1.00 c
13013	Sugar	1.00 c
13013	Egg whites	3.00
13013	Grated rind of 1 orange	1.00
13013	Juice of 1 orange	1.00
13013	Carrots, peeled shredded	3.00 c
13013	Raisins	1.00 c
13013	ORANGE GLAZE -----	0.00 -----
13013	Powderd sugar	2.00 c
13013	Orange juice	4.00 tb
13013	Lemon juice	1.00 ts
13013	Grated orange rind	1.00 ts
13013	ORANGE GLAZE -----	0.00 -----
13014	Sunlite oil	1.50 c
13014	White sugar	2.00 c
13014	Eggs, should be jumbo	3.00
13014	Vanilla	2.00 ts
13014	A.P. flour	2.00 c
13014	Cinnamon	2.00 ts
13014	Baking soda	2.00 ts
13014	Salt	1.00 ts
13014	Flaked coconut	7.00 oz
13014	Shredded carrots	2.00 c
13014	Crushed pineapple, well	13.50 oz
13014	-drained	0.00
13014	Chopped nuts (your choice)	1.00 c
13014	Cream Cheese Frosting	0.00
13014	Softened cream cheese	8.00 oz
13014	Milk (homogenized)	1.00 tb
13014	Vanilla	1.00 ts
13014	Of salt	1.00 ds
13014	Sifted powdered sugar	5.00 c
13015	Carrot Slices	6.00 c
13015	Onion, Diced	1.00 md
13015	Butter or Margarine	0.50 c

Sheet1

13015	Velveeta Cheese	1.00 c
13015	Crushed Pototo Chips	0.00 x
13016	Grated carrots	1.50 c
13016	Lemon flavoring	0.50 ts
13016	Sugar	3.50 c
13016	Sweetened condensed milk	0.50 c
13016	Water	0.50 c
13017	Carrots, raw, grated	1.00 qt
13017	Juice, orange	0.67 c
13017	Orange peel, grated	0.33 c
13017	Sugar	3.00 c
13017	Cloves or nutmeg, ground	0.50 ts
13017	Allspice	0.50 ts
13017	Cinnamon	0.50 ts
13018	Sugar	4.00 c
13018	Eggs	4.00
13018	Vegetable oil	1.75 c
13018	Pineapple; crushed	2.00 c
13018	Vanilla extract	2.00 ts
13018	Flour	6.00 c
13018	Cinnamon; ground	4.00 ts
13018	Salt	2.00 ts
13018	Baking soda	2.00 ts
13018	Carrot; grated	4.00 c
13018	Nuts; chopped	2.00 c
13019	Carrots, peeled and coarsely	2.00 lb
13019	-grated	0.00
13019	Butter	0.33 c
13019	Juice of lemon	0.50
13019	Salt	0.00
13019	Sugar	1.00 ts
13019	Water	0.00
13019	Heavy whipping cream	1.50 c
13019	Eggs	3.00
13019	Freshly ground pepper	0.00
13020	Carrots	1.00 lb
13020	Chicken broth (about 14 oz)	1.00 cn
13020	Chopped onion	0.33 c
13020	Chopped cauliflower	1.00 c
13020	Milk	1.75 c
13020	All-purpose flour	3.00 tb
13020	Salt	0.50 ts
13020	Ground white pepper	0.12 ts
13020	Half-and-half	0.25 c
13021	Small carrots	1.00 lb
13021	To 2 small turnips	1.00
13021	Cups, good homemade chicken	6.00
13021	-stock	0.00
13021	Honey	1.00 tb

Sheet1

13021	Dijon mustard	2.00 tb
13021	To 4 tbsp chopped parsley	2.00
13021	To 2 tbsp chopped fresh	1.00
13021	-tarragon	0.00
13021	To 3 tbsp butter	2.00
13021	To 8 pitted plums	6.00
13022	Egg	2.00
13022	Carrot; grated	1.00 c
13022	Sugar	1.00 c
13022	Zucchini; grated	1.00 c
13022	Oil	0.67 c
13022	Coconut; shredded	0.25 c
13022	Flour	0.75 c
13022	Baking powder	1.00 ts
13022	Baking soda	1.00 ts
13022	Cinnamon	1.00 ts
13022	-Salt	0.75 ts
13022	CREAM CHEESE ICING -----	0.00 -----
13022	Cream cheese; 4 oz	1.00 pk
13022	Butter	0.25 c
13022	Orange rind; grated	1.00 ts
13022	Icing sugar	2.00 c
13022	Vanilla	1.00 ts
13022	CREAM CHEESE ICING -----	0.00 -----
13023	All purpose flour	2.00 c
13023	Ground cinnamon	1.00 tb
13023	Baking soda	2.00 ts
13023	Salt	0.25 ts
13023	Vegetable oil	1.00 c
13023	Sugar	1.00 c
13023	Firmly packed golden brown	1.00 c
13023	-sugar	0.00
13023	Eggs	4.00 lg
13023	Finely grated carrots (about	1.50 c
13023	-1 1/2 large)	0.00
13023	Drained canned crushed	1.00 c
13023	-pineapple in juice	0.00
13023	Mashed ripe bananas	0.50 c
13023	Chopped pecans	0.75 c
13023	FROSTING:	0.00
13023	Pkg cream cheese, at room	8.00 oz
13023	-temperature	0.00
13023	Powdered sugar	1.00 c
13023	Unsalted butter, at room	3.00 tb
13023	-temperature	0.00
13023	Ground cinnamon	0.25 ts
13023	Additional ground cinnamon	0.00
13024	Whole-Wheat Four	1.00 c
13024	Unbleached All-Purpose	1.00 c

Sheet1

13024	Flour	0.00
13024	Baking Soda	1.00 ts
13024	Baking Powder	2.00 ts
13024	Salt	0.50 ts
13024	Ground Nutmeg	0.25 ts
13024	Ground Cinnamon	0.50 ts
13024	Eggs, Slightly Beaten	2.00 lg
13024	Honey	0.33 c
13024	Lowfat Lemon Yogurt	1.00 c
13024	Canola Oil	2.00 tb
13024	Shredded Carrots	0.50 c
13024	Chopped Raisins	0.50 c
13025	Sugar	2.50 c
13025	Eggs	6.00 lg
13025	Vegetable oil	2.50 c
13025	Vanilla extract	1.50 t
13025	Flour; all-purpose	4.00 c
13025	Baking powder	4.00 t
13025	Salt	1.00 t
13025	Ground cinnamon	1.50 t
13025	Ground cloves	1.50 t
13025	Nutmeg; grated	0.50 t
13025	Raw carrots; grated	2.00 c
13025	Zucchini; unpeeled, grated	2.00 c
13025	Walnuts; chopped	2.00 c
13025	Orange rind; grated	1.00 t
13026	Carrots thinly sliced (or	0.50 lb
13026	-broccoli or cauliflower)	0.00
13026	Vinegar	0.50 c
13027	Carrots	0.50 lb
13027	Mint leaves	8.00 sm
13027	Lovage leaf; if available	1.00
13027	--OR-- several pale inner	0.00
13027	- Leaves of Celery	0.00
13027	Virgin olive oil	2.00 ts
13027	Cumin seeds	0.50 ts
13027	Salt	0.00
13027	Water	2.50 c
13027	Champagne vinegar	1.00 tb
13027	--OR-- White Wine Vinegar	0.00
13027	Freshly ground pepper	0.00
13027	Finely chopped mint	0.00
13027	--OR-- Lovage leaves,	0.00
13027	- (for garnish)	0.00
13028	Pork shoulder, bone-in,	6.00 lb
13028	-trimmed of fat and skin	0.00
13028	Cloves garlic, peeled and	3.00
13028	-minced	0.00
13028	Tomato juice	1.50 c

## Sheet1

13028	(28 ounces) plum tomatoes	1.00 cn
13028	Bay leaf	1.00
13028	Distilled white vinegar	0.50 c
13028	Freshly squeezed lemon juice	0.25 c
13028	Onion, peeled and minced	1.00 md
13028	Dark brown sugar	2.00 tb
13028	Worcestershire sauce	6.00 tb
13028	Salt	0.50 ts
13028	Cayenne pepper	0.25 ts
13028	Heaping teaspoon ground	0.50
13028	-cinnamon	0.00
13029	Lard or mild vegetable oil,	1.00 tb
13029	-such as safflower	0.00
13029	Onions, peeled and chopped	2.00 lg
13029	Pork loin or shoulder butt,	2.00 lb
13029	-trimmed of fat, cut into	0.00
13029	-2-inch chunks	0.00
13029	Ancho Chile Puree	1.00 c
13029	Bay leaf	1.00
13029	Fresh oregano leaves, or 2	0.25 c
13029	-Tablespoons dried	0.00
13029	Salt, or to taste	1.00 ts
13029	(1 pound) yellow hominy	1.00 cn
13029	Hot water	2.00 c
13030	Tomatoes; Finely Chopped	1.50 c
13030	Onion; Chopped	0.50 c
13030	Clove Garlic; Finely Chopped	1.00 ea
13030	Jalapeno Chile; Canned, *	1.00 ea
13030	Jalepeno Chile Liquid	0.50 t
13030	Cilantro; Fresh, Snipped Fine	1.00 T
13030	Lemon Juice	1.00 T
13030	Oregano Leaves; Dried	0.50 t
13030	Vegetable Oil	1.50 t
13031	Raw cashews or cashew pieces	1.00 c
13031	Water	1.00 c
13031	Sunflower oil	1.00 c
13031	Maple syrup or other	4.00 tb
13031	-sweetener	0.00
13031	Vanilla extract	0.50 ts
13031	Pinch of salt	0.00
13032	Raw, unsalted cashews	1.00 c
13032	Water, approximately	0.25 c
13032	-to	2.00
13032	Maple syrup	3.00 tb
13032	Vanilla	1.00 ts
13033	Vegetable oil	1.00 tb
13033	Small onion, chopped	1.00 ea
13033	Garlic cloves, crushed	2.00 ea
13033	Cashew nuts	8.00 oz

Sheet1

13033	Fresh breadcrumbs	4.00 oz
13033	Parsnips, cooked & mashed	3.00 md
13033	Dried rosemary	0.50 ts
13033	Dried thyme	0.50 ts
13033	Nutritional yeast (optional)	1.00 ts
13033	Hot water	0.25 pt
13033	Salt & freshly ground pepper	1.00 ea
13033	Margarine	1.00 oz
13033	Mushrooms, chopped	8.00 oz
13034	Ricotta cheese	2.00 c
13034	Semi-sweet chocolate	4.00 oz
13034	Orange liqueur	1.00 oz
13034	Raspberry jam	1.50 c
13034	Chocolate frosting or	2.00 c
13034	-whipped cream	0.00
13035	Chicken, cut-up	3.00 lb
13035	Flour	0.33 c
13035	Salt	2.00 ts
13035	Oil	0.33 c
13035	Onion, diced	0.50 c
13035	Celery, diced	0.50 c
13035	Green bell pepper, diced	0.50 c
13035	Catsup	1.00 c
13035	COCA-COLA CLASSIC	1.00 c
13035	Worcestershire sauce	2.00 tb
13035	Salt	1.00 tb
13035	Salt, hickory smoked	0.50 ts
13035	Basil leaves	0.50 ts
13035	Chili powder	0.50 ts
13035	Pepper	0.12 ts
13036	Cut up chicken, boiled	1.00
13036	Can golden mushroom soup	1.00
13036	Stick of butter	1.00
13036	Can cream of chicken soup	1.00
13036	Can evaporated milk	1.00
13036	Pepperidge Farm dressing	1.00
13036	Chicken broth	1.00 c
13037	Dried salt cod	1.00 lb
13037	Boiling water	6.00 c
13037	Unsalted butter	1.00 tb
13037	Olive oil	3.00 tb
13037	Spanish onion	1.00 lg
13037	- peeled and sliced thin	0.00
13037	Calif. long white potatoes	2.00 lb
13037	-or new potatoes,	0.00
13037	-boiled until tender, then	0.00
13037	-peeled and sliced thin	0.00
13037	Minced parsley	0.33 c
13037	Freshly ground black pepper	0.25 c



Sheet1

13037	GARNISH -----	0.00 -----
13037	Egg, hard-cooked, shelled	1.00 lg
13037	-and cut in thin wedges	0.00
13037	Oil-cured black olives	12.00 md
13037	- (unpitted)	0.00
13037	GARNISH -----	0.00 -----
13038	Baking soda	0.50 ts
13038	Buttermilk	2.00 c
13038	Cornmeal	2.00 c
13038	Baking powder	1.00 ts
13038	Sugar	1.00 tb
13038	Eggs, beaten	2.00
13039	INGREDIENTS:	0.00
13039	Fresh currant juice, or	3.00 c
13039	-fresh cranberry-apple	0.00
13039	Juice, or fine quality	0.00
13039	-commercially canned	0.00
13039	Unprocessed juice, strained	0.00
13039	Cassis	1.00 c
13039	Lemon juice	2.00 tb
13039	Sugar	3.25 c
13039	Liquid pectin (1/2 bottle)	3.00 oz
13040	White navy beans	1.00 lb
13040	Duck	1.00 sm
13040	- cut into 8 serving pieces	0.00
13040	Pork stew meat	0.50 lb
13040	Lamb stew meat	0.50 lb
13040	Onions; diced	2.00 md
13040	Slab of bacon	0.25 lb
13040	- cut into 3/4-in cubes	0.00
13040	Minced garlic	2.00 tb
13040	Spicy pork sausage	0.50 lb
13040	Water	4.00 c
13040	Salt as desired	0.00
13040	SPICED TIED IN CHEESECLOTH -----	0.00 -----
13040	Black peppercorns	12.00
13040	Sprigs thyme	2.00
13040	Bay leaves	4.00
13040	Sprig rosemary	1.00 sm
13040	SPICED TIED IN CHEESECLOTH -----	0.00 -----
13041		3.00
13041	-(white kidney) beans	0.00
13041	Water, divided	2.00 c
13041	Each vegetable oil and	1.00 ts
13041	-margarine, divided	0.00
13041	Chicken thighs,	12.00 oz
13041	-skinned,boned, 2-inch	0.00
13041	-pieces	0.00
13041	Whole cloves	3.00

Sheet1

13041	Carrot chunks (2-inch-thick	1.00 c
13041	-pieces)	0.00
13041	Thickly sliced Spanish onion	1.00 c
13041	Chopped Italian parsley,	0.25 c
13041	-divided	0.00
13041	Garlic cloves, minced	2.00
13041	Pkt instant chicken broth	2.00
13041	-and seasoning mix	0.00
13041	Each marjoram leaves and	0.12 ts
13041	-sage leaves, crumbled	0.00
13041	Pepper	1.00 ds
13041	Canned Italian tomatoes,	1.00 c
13041	-drained and chopped,	0.00
13041	(reserve liquid)	0.00
13041	Bay leaf	1.00
13041	"precooked" smoked beef	4.00 oz
13041	-sausage	0.00
13042	Cleaned goose or duck *	1.00
13042	Small white beans ***	2.00 lb
13042	Carrots, quartered	4.00
13042	Piece lamb breast	1.00 lb
13042	Butter	2.00 tb
13042	Finely chopped yellow onions	3.00 c
13042	Tomato puree	1.00 c
13042	Polish sausage, cut up	1.00
13042	Pork spareribs **	2.00 lb
13042	Whole yellow onions ****	2.00
13042	Cloves garlic,pld/crshd	3.00
13042	Smoked pork jowl *****	1.50 lb
13042	Peanut oil	2.00 tb
13042	Crushed garlic	1.00 ts
13042	Salt/pepper to taste	0.00
13043	White Castle hamburgers	10.00
13043	Green peppers	3.00 lg
13043	Eggs	2.00
13043	Cumin	0.25 ts
13043	Chili powder	0.25 ts
13043	Dash Tobasco (R) sauce	1.00
13043	Jar of your favorite salsa	1.00
13044	Chinese cabbage (the long-	4.00 lb
13044	Straight leafed variety)	0.00
13044	Chinese turnip	0.25 lb
13044	Flat anchovies	2.00 cn
13044	Cloves Garlic (or 5)	4.00
13044	Scallions	3.00
13044	Salt	0.25 c
13044	Hot pepper flakes	4.00 tb
13044	Cayenne pepper	2.00 tb
13045	Catfish fillets, cut into	1.00 lb

Sheet1

13045	-chunks	0.00
13045	Bacon, chopped	2.00 sl
13045	Chopped onion	1.00 c
13045	Sliced potatoes, drained	1.00 cn
13045	Cooking tomatoes, chopped	1.00 cn
13045	Water	2.00 c
13045	Corn, drained	1.00 cn
13045	Tarragon	0.25 ts
13045	Celery salt	0.50 ts
13045	Parsley flakes	2.00 ts
13045	Oregano	0.50 ts
13045	Salt	0.25 ts
13045	Pepper to taste	0.00
13045	Seafood seasoning	1.00 ts
13045	Thyme	2.00 ts
13046	Margarine	2.00 tb
13046	Chocolate chips	1.00 c
13046	Egg, beaten	1.00
13046	Powdered sugar	1.00 c
13046	Colored marshmallows	3.00 c
13047	Feta cheese, drained,	1.00 c
13047	Crumbled, and packed into	0.00
13047	The measuring cup	0.00
13047	Unbleached, all-purpose	0.50 c
13047	Flour	0.00
13047	Egg, beaten	1.00
13047	Bay leaves	6.00
13047	Honey	2.00 tb
13048	Feta cheese, drained,	1.00 c
13048	Crumbled, and packed into	0.00
13048	The measuring cup	0.00
13048	Unbleached, all-purpose	0.50 c
13048	Flour	0.00
13048	Egg, beaten	1.00
13048	Bay leaves	6.00
13048	Honey	2.00 tb
13049	Unbleached, all-purpose	4.00 c
13049	Flour	0.00
13049	Lard, shortening, or butter	0.50 c
13049	Melted and cooled	0.00
13049	Feta cheese, crumbled and	0.25 c
13049	Mashed into a paste	0.00
13049	Cumin seed, ground	1.00 ts
13049	Anise, ground	1.00 ts
13049	Grape juice, purple or white	1.50 c
13049	Dry yeast	1.00 pk
13049	Bay leaves	8.00
13050	Unbleached, all-purpose	4.00 c
13050	Flour	0.00

Sheet1

13050	Lard, shortening, or butter	0.50 c
13050	Melted and cooled	0.00
13050	Feta cheese, crumbled and	0.25 c
13050	Mashed into a paste	0.00
13050	Cumin seed, ground	1.00 ts
13050	Anise, ground	1.00 ts
13050	Grape juice, purple or white	1.50 c
13050	Dry yeast	1.00 pk
13050	Bay leaves	8.00
13051	Canola oil	1.00 tb
13051	Black mustard seeds	0.50 ts
13051	Cumin seeds	0.25 ts
13051	Green chili; seeded & minced	1.00
13051	Curry leaves; crumbled	4.00
13051	Garlic, minced	2.00 ts
13051	Salt	0.50 ts
13051	Ground coriander	2.00 ts
13051	Ground cumin	1.00 ts
13051	Ground tumeric	0.25 ts
13051	Red chili powder	0.25 ts
13051	Tomatoes, chopped	2.00 c
13051	-(fresh or canned)	0.00
13051	Tomato paste	2.00 ts
13051	Honey	1.00 ts
13051	Cauliflower florets	1.00 lb
13051	Potatoes; cubed	0.50 lb
13051	Peas, fresh or frozen	1.00 c
13051	-Water	0.25 c
13051	Lemon juice	2.00 tb
13051	Fresh cilantro, minced	0.25 c
13052	Cauliflower, cored - med	1.00 ea
13052	Olive oil	0.50 c
13052	Garlic, minced	2.00 ts
13052	Vinegar, red wine	3.00 tb
13052	Black olives, cured, diced	0.50 c
13052	Onion, red, diced	0.50 c
13052	Pepper, red bell, diced	0.50 c
13052	Capers (in brine) drained	3.00 tb
13053	Cauliflower;medium, cut in	1.00
13053	-florets	0.00
13053	Butter	2.00 tb
13053	Flour;all purpose	2.00 tb
13053	Milk	1.00 c
13053	-Salt & pepper	0.00
13053	Nutmeg, ground	0.00
13053	Eggs; separated	4.00
13053	Cheddar cheese;strong,grated	1.00 c
13054	Round steak; *	0.50 lb
13054	Nami black mushrooms	5.00

Sheet1

13054	Carrots; medium	2.00
13054	Cauliflower	2.00 c
13054	Green onions, minced	3.00
13054	Ginger; fresh, minced	0.50 ts
13054	Cloves garlic, minced	2.00
13054	Szechuan peppercorns, crushe	0.50 ts
13054	Peanut oil	3.00 tb
13054	-----marinade-----	0.00
13054	Soy sauce; thin	0.25 c
13054	Dry sherry	0.25 c
13054	-----sauce-----	0.00
13054	Chicken stock	1.00 c
13054	Lan chi black bean paste wit	1.00 ts
13054	Dashes of chinkiang black vi	2.00 x
13054	Drops sesame oil	3.00 x
13054	Cornstarch paste; **	1.00
13054	-----S-----	0.00
13054	Carrot stock; reserved	0.50 c
13054	Marinade	0.25 c
13054	Mushroom soaking liquid	0.25 c
13055	Cauliflower	1.00 md
13055	Whipping cream	0.75 c
13055	Mayonnaise	0.75 c
13055	Salt to taste	0.00
13055	Prepared mustard	1.50 tb
13055	- pref. Dijon or Dusseldorf	0.00
13055	Lemon (juice only)	0.50
13055	Paprika	0.00
13056	Cauliflower, cut to florets	1.00 md
13056	Broccoli, cut into florets	1.00 bn
13056	Carrot, sliced thinly	1.00 md
13056	Oil	2.00 tb
13056	Garlic cloves, diced	3.00 ea
13056	Onions, sliced	2.00 ea
13056	Tamari	3.00 tb
13056	Salt	0.50 ts
13056	Garlic powder	0.50 ts
13056	Cheesy gravy	3.00 c
13056	Nutritional yeast	1.00 tb
13056	Paprika	1.00 ts
13057	Cauliflower, thawed	2.00 c
13057	Ham, chopped, cooked	0.75 c
13057	Cheese Whiz	0.50 c
13057	Milk	2.00 tb
13057	Bisquick	0.33 c
13057	Butter or margarine	1.00 tb
13057	Cheddar Cheese, shredded	1.00 tb
13057	Ground nutmeg	0.25 ts
13057	Baking potatoes	4.00

Sheet1

13058	Fresh lemon juice	3.00 tb
13058	Mushrooms, sliced	0.50 lb
13058	Butter	4.00 tb
13058	Garlic clove; finely chopped	1.00
13058	Marsala wine	2.00 tb
13058	Whipping cream	1.00 c
13058	Salt	0.00
13058	Freshly ground black pepper	0.00
13058	Cavatelli	0.50 lb
13058	Broccoli florets; parboiled	0.50 lb
13058	Freshly grated Parmesan	0.33 c
13059	Medium noodles	0.50 pk
13059	Ground beef	1.00 lb
13059	Italian sausage (mild)	1.00 lb
13059	Jar pizza sauce	1.00
13059	Jar spaghetti sauce	0.50
13059	Butter	0.00
13059	Thinly sliced pepperoni	0.25 lb
13059	Shredded mozzarella	0.50 c
13059	Grated sharp cheddar cheese	0.25 c
13059	Garlic powder	0.00
13060	Leeks	1.25 lb
13060	Butter	2.00 oz
13060	Roughly chopped onion	0.25 lb
13060	Roughly chopped head Celery	1.00
13060	Mutton stock	5.00 pt
13060	Roughly chopped parsley	1.00 oz
13060	Salt and Pepper	0.00
13060	Double cream	5.00 oz
13061	Green tomatoes	4.00 qt
13061	Head cabbage	1.00 sm
13061	Red sweet peppers	6.00
13061	Sugar	3.00 c
13061	Vinegar	2.00 qt
13061	Onions	1.00 qt
13061	Head cauliflower	1.00
13061	Dry mustard	6.00 tb
13061	Turmeric	1.00 ts
13061	Salt	0.00
13062	Dried currants	0.50 c
13062	Head celery	1.00 lg
13062	Golden Delicious apples	2.00
13062	Pale green celery leaves	6.00
13062	Parsley sprigs	4.00
13062	Walnuts; cracked	10.00
13062	-left in large pieces	0.00
13062	Walnut oil	2.00 tb
13062	Lemon juice	0.00
13062	--OR-- Champagne vinegar	0.00

## Sheet1

13062	Salt	0.00
13062	Freshly ground pepper	0.00
13063	Servings	2.00
13063	Boneless chicken breast	1.00 lg
13063	Butter	1.00 tb
13063	Apricot preserves	0.33 c
13063	Lemon juice	1.50 tb
13063	Lemon-pepper marinade	1.00 ts
13064	Vegetable oil	0.33 c
13064	"table grind" Mrs. Dash	0.25 c
13064	-or other no-salt seasoning	0.00
13064	Sodium-reduced soy sauce	0.25 c
13064	Mixed cereals & pretzels	18.00 c
13064	-(toasted oats,	0.00
13064	- mini Shredded Wheat,	0.00
13064	- Chex--any variety)	0.00
13064	Dry roasted peanuts	1.50 c
13065	Granular cereal	0.75 c
13065	Milk	1.00 qt
13065	Raisins	0.50 c
13065	Sugar	0.50 c
13065	Salt	0.75 ts
13065	Nutmeg	0.50 ts
13066	-New Basic's CB	0.00
13066	Milk	2.00 c
13066	(1 stick) sweet butter	8.00 tb
13066	Granulated sugar	0.33 c
13066	Packages active dry yeast	2.00
13066	Eggs, at room temperature	4.00
13066	Salt	2.00 ts
13066	Unbleached, all-purpose	6.00 c
13066	-flour	0.00
13066	Cornmeal	0.33 c
13066	Cold water	1.00 tb
13066	Poppy seeds	0.00
13067	Eggs	6.00
13067	Heavy cream, half and half	0.50 c
13067	-or milk	0.00
13067	Cinnamon	1.00 ts
13067	Salt	0.25 ts
13067	To 6 T clarified butter	4.00 tb
13067	Challah, cut 1-inch thick	8.00 sl
13068	(1 3/4-oz) powdered pectin	1.00 pk
13068	Water	0.75 c
13068	Champagne or dry white wine	3.00 c
13068	Sugar	4.00 c
13069	White mustard seeds	1.00 c
13069	Champagne vinegar	2.00 c
13070	Granulated sugar	0.50 c

Sheet1

13070	Water	1.00 c
13070	Grated rind of 1 lemon	0.00
13070	Grated rind of 1 orange	0.00
13070	Salt	0.25 ts
13070	Dry champagne, chilled	1.00 pt
13070	Juice of 1 lemon	0.00
13070	Juice of 4 oranges	0.00
13070	(extra) pt dry champagne	1.00
13070	-chilled	0.00
13071	CENTER MIXTURE -----	0.00 -----
13071	Cream	8.00 oz
13071	Bittersweet chocolate	1.00 lb
13071	Butter	1.00 oz
13071	Cognac	1.00 oz
13071	ENROBING -----	0.00 -----
13071	Bittersweet chocolate	1.00 lb
13071	Cocoa	1.00 lb
13071	CENTER MIXTURE -----	0.00 -----
13071	ENROBING -----	0.00 -----
13072	Chana dhal	8.00 oz
13072	Turmeric	1.00 ts
13072	Salt (optional)	0.25 ts
13072	Green chilies, split	2.00
13072	Lengthwise	0.00
13072	Corn oil	1.00 tb
13072	Mustard seed	1.00 ts
13072	Medium onion, finely sliced	1.00
13072	Clove garlic, finely sliced	1.00
13072	Cayenne pepper	0.50 ts
13073	Cooked chick peas	20.00 oz
13073	Oil	3.00 tb
13073	Whole cumin seeds	0.25 ts
13073	Onion, chopped	1.00 md
13073	Cinnamon	0.25 ts
13073	Nutmeg	0.25 ts
13073	Cloves	0.25 ts
13073	Coriander	1.00 ts
13073	Garlic cloves, minced	2.00
13073	1/2" piece ginger	1.00
13073	Tomato paste	1.00 tb
13073	Salt	0.50 ts
13073	Cayenne (or more)	0.12 ts
13073	Amchoor	0.50 ts
13073	-(or 1 tb lemon juice)	0.00
13074	Dried mushrooms	5.00
13074	Hot water	1.00 c
13074	Soy sauce	4.00 tb
13074	Sugar	2.00 ts
13074	Finely chopped garlic	0.50 ts



Sheet1

13074	Toasted sesame seeds	4.00 ts
13074	Chicken	1.00
13074	-breast,skinned,boned,bite	0.00
13074	-size pieces	0.00
13074	Cellophane noodles	2.00 oz
13074	Vegetable oil	6.00 tb
13074	Onion,peeled and chopped	1.00 lg
13074	To 4 medium carrots,cut into	3.00
13074	-thin 2 inch strips	0.00
13074	Bean sprouts	1.00 c
13074	Fresh spinach,chopped	0.50 c
13074	Sesame oil	5.00 ts
13075	Whole Wheat Flour	2.00 c
13075	Salt	1.00 ts
13075	Water	0.67 c
13076	Flour, unbleached	1.50 c
13076	Flour, whole wheat	0.50 c
13076	Salt	1.00 ts
13076	Ghee	3.00 tb
13076	Water	0.50 c
13077	Kangaroo fillet, trimmed and	600.00 g
13077	-cubed	0.00
13077	Coriander seeds, roasted and	2.00 ts
13077	-ground	0.00
13077	Black pepper, freshly ground	1.00 ts
13077	Medium-sized eggplants	2.00
13077	Garlic cloves, minced	1.00 ts
13077	Lemon juice	25.00 ml
13077	Tahini	1.00 tb
13077	Sea salt	0.50 ts
13077	Yoghurt, plain	50.00 g
13077	Parsley leaves, chopped.	2.00 ts
13078	3 to 3 1/2 lb. boneless	1.00
13078	Chuck roast	0.00
13078	Seasoned meat tenderizer	2.00 ts
13078	Red wine vinegar	1.00 c
13078	Olive oil	0.25 c
13078	Lemon juice	3.00 tb
13078	Instant minced onion	1.00 tb
13078	Dried thyme leaves	2.00 tb
13078	Bay leaf, crushed	1.00
13078	Medium-grind black pepper	1.00 ts
13079	Whole Squid	1.00 lb
13079	Fish Sauce (Nam Pla)	2.00 tb
13079	Soy Sauce	1.00 tb
13079	SAUCE -----	0.00 -----
13079	Cloves Garlic, Minced	6.00
13079	Chopped Cilantro Leaves	1.00 tb
13079	Chopped Onion	1.00 tb

Sheet1

13079	Fish Sauce (Nam Pla)	3.00 tb
13079	Lime Juice	3.00 tb
13079	Palm Sugar	1.00 tb
13079	SAUCE -----	0.00 -----
13080	Sifted flour	2.00 c
13080	Cloves	1.50 ts
13080	Baking powder	1.00 ts
13080	Shortening	0.50 c
13080	Baking soda	0.50 ts
13080	Sugar	1.00 c
13080	Salt	0.25 ts
13080	Eggs, well beaten	3.00
13080	Nutmeg	1.00 ts
13080	Molases	1.00 c
13080	Mace	0.50 ts
13080	Milk	0.25 c
13081	Eggs yolks, slightly beaten	3.00
13081	Salt	0.25 ts
13081	Milk	2.00 c
13081	(3 oz.) gelatin (any flavor)	1.00 pk
13081	Boiling water	0.50 c
13081	Egg whites	3.00
13081	Sugar	0.25 c
13081	Whipping cream	0.50 c
13081	Vanilla	0.50 ts
13081	Chopped pecans	0.25 c
13081	Ladyfingers, split	16.00
13082	Flour	1.00 c
13082	Sugar	2.00 tb
13082	Baking powder	4.00 ts
13082	Salt	0.50 ts
13082	Yellow cornmeal	1.00 c
13082	(1 cup) shredded cheddar	4.00 oz
13082	-2 tsp. dried dill weed	1.50 ts
13082	Skim milk	1.00 c
13082	Egg whites	3.00
13082	Plain nonfat yogurt	0.25 c
13083	Cream of mushroom soup	1.00 cn
13083	Paprika	0.50 t
13083	Pepper	0.50 t
13083	Baking potatoes, sliced	4.00 md
13083	Shredded lofat cheddar	1.00 c
13083	-cheese	0.00
13084	Whole wheat bread, cubed	4.00 sl
13084	Skim milk	2.00 c
13084	Eggs	4.00
13084	Shredded lowfat cheddar	4.00 oz
13084	-cheese	0.00
13084	Dry mustard	1.00 ts

Sheet1

13084	Minced onion flakes	1.00 tb
13084	Sherry extract	0.50 ts
13085	Lean ground beef	1.00 lb
13085	Grated Cheddar cheese	1.00 c
13085	Soft bread crumbs	0.50 c
13085	Minced onion	0.25 c
13085	Heinz 57 Sauce	3.00 tb
13085	Salt	0.25 ts
13085	Sandwich Buns, toasted	0.00
13086	Butter (for pan)	1.50 tb
13086	Fine breadcrumbs, toasted	0.25 c
13086	Finely grated ched. cheese	0.25 c
13086	Thinly sliced ham	6.00 oz
13086	Cream cheese, room temp.	1.50 lb
13086	Sharp cheddar, grated	0.75 lb
13086	Cottage cheese	1.00 c
13086	Chopped green onion	0.75 c
13086	Eggs	4.00
13086	Jalapeno pepper*	3.00 tb
13086	Milk	2.00 tb
13086	Garlic clove, halved	1.00
13087	Cream cheese; softened	0.50 lb
13087	Fresh sage leaves, chopped	3.00 tb
13087	Whole sage leaves	0.00
13087	Sharp cheddar cheese	0.50 lb
13087	-(such as Vermont Cabot)	0.00
13087	-- shredded	0.00
13087	Walnuts, chopped	1.00 c
13087	Whole walnut halves	0.00
13088	Eggs	3.00 lg
13088	Cream	1.50 c
13088	Cheddar cheese, grated	4.00 oz
13088	Sliced black olives	0.50 c
13088	Salt and pepper to taste	0.00
13088	Prepared tart shell(s)	0.00
13089	(8 oz) cream cheese, soft.	1.00 pk
13089	(14 oz) EAGLE (R) BRAND	1.00 cn
13089	SWEETENED CONDENSED MILK	0.00
13089	REALEMON lemon juice	0.33 c
13089	Vanilla	1.00 ts
13089	JOHNSTON'S (R) graham	1.00
13089	Cracker pie crust	0.00
13089	Cherry pie filling, Chilled	0.00
13090	Pear halves, fresh peeled	6.00 lg
13090	-and cored or canned	0.00
13090	Lemon juice	0.00
13090	Package cream cheese	3.00 oz
13090	Crumbled Roquefort cheese	1.25 oz
13090	Milk	1.00 tb

Sheet1

13090	Dry mustard	0.12 ts
13090	Ground cayenne pepper	1.00 ds
13090	Salt	1.00 ds
13090	Lettuce	0.00
13091	Two layer chocolate cake mix	1.00
13091	-ith pudding	0.00
13091	Margarine or butter	0.33 c
13091	Cream cheese, softened	16.00 oz
13091	Sugar	0.50 c
13091	Eggs	2.00
13091	Margarine or butter, melted	2.00 ts
13091	Semi sweet chocolate	2.00 oz
13091	Corn syrup	2.00 ts
13092	Brown rice, cooked	2.50 c
13092	Green onions, chopped	3.00
13092	Low fat cottage cheese	1.00 c
13092	Dried dill	1.00 t
13092	Grated parmesan cheese	0.25 c
13092	1% milk	0.50 c
13093	(12 oz) Big Country	1.00 cn
13093	Biscuits	0.00
13093	(12 oz) bulk pork sausage	1.00 pk
13093	Slices Kraft Deluxe	10.00
13093	Pasteurized Process	0.00
13093	American Cheese,	0.00
13093	Quartered *	0.00
13093	Plastic Wrap and freezer	0.00
13093	Bags	0.00
13094	Sugar	1.00 c
13094	Flour	2.00 tb
13094	Cream Cheese	1.00 lb
13094	Eggs	4.00
13094	Half & half	1.00 c
13094	Vanilla	1.00 ts
13094	* Pastry	0.00
13095	MAIN -----	0.00 -----
13095	Cheese - 5% fat	500.00 g
13095	Cheese - 9% fat	250.00 g
13095	"leben" *	1.00 c
13095	Eggs	6.00
13095	Sugar	1.00 c
13095	Vanilla Instant Pudding **	4.00 tb
13095	Cornflour	4.00 tb
13095	Vanilla Sugar (optional)	0.00 tb
13095	TOPPING -----	0.00 -----
13095	Cream	1.00 c
13095	Vanilla Instant Pudding	0.00
13095	-( the remnant from above)	0.00
13095	Some chocolate -=or=-	0.00

Sheet1

13095	Minced nuts (for decoration)	0.00
13095	MAIN -----	0.00 -----
13095	TOPPING -----	0.00 -----
13096	Cheddar cheese,sharp,grated	0.25 c
13096	Butter or margarine,melted	2.00 tb
13096	Bread crumbs,dry	2.00 tb
13097	(1-lb) loaf of white bread	1.00
13097	- defrosted according to	0.00
13097	- package directions	0.00
13097	Shredded Cheddar cheese	1.00 c
13097	Chopped fresh dill	2.00 tb
13097	Flour; for kneading into	0.00
13097	- the bread, as needed	0.00
13097	Egg; mixed with	1.00
13097	Milk or water; for the glaze	1.00 tb
13097	Shredded Cheddar cheese	0.25 c
13097	- for topping	0.00
13098	Yellow raisins	2.00 tb
13098	Cognac	1.00 tb
13098	Cream cheese (or cottage)	1.00 c
13098	Sugar	0.25 c
13098	Flour	1.00 tb
13098	Egg yolk	1.00
13098	Melted butter	1.00 ts
13098	Sour cream	1.00 tb
13098	Grated lemon rind	0.50 ts
13098	Vanilla	0.50 ts
13099	Dry cottage cheese	1.00 lb
13099	Pt. sour cream	0.50
13099	Salt	0.50 ts
13099	Sugar	3.00 tb
13099	Eggs	2.00
13099	Lemon juice (optional)	1.00 ts
13099	Buttered bread crumbs	0.50 c
13099	Melted butter	0.25 lb
13100	Eggs	4.00
13100	Sugar, granulated	0.50 c
13100	Few drops of vanilla extract	0.00
13100	Baking powder	2.00 ts
13100	Ricotta cheese	1.00 lb
13100	All purpose flour	1.00 c
13100	Oil for frying	0.00
13100	Powdered sugar	0.00
13101	(2 sticks) butter, softened	1.00 c
13101	Pasteurized process cheese,	8.00 oz
13101	-cubed	0.00
13101	Powdered sugar	1.50 lb
13101	Cocoa	0.50 c
13101	Non-fat dry milk	0.50 c

Sheet1

13101	Vanilla	2.00 ts
13101	Coarsely chopped nuts	2.00 c
13102	(10oz) spinach	1.00 pk
13102	Butter	0.25 c
13102	Sliced mushrooms	1.00 c
13102	Chopped onions	0.50 c
13102	Chopped parsley	0.25 c
13102	Fine dry bread crumbs	0.50 c
13102	Egg	1.00
13102	Salt	0.50 ts
13102	Each pepper, and nutmeg.	1.00 pn
13102	MEAT MIXTURE:	0.00
13102	Medium ground beef	1.00 lb
13102	Lean ground pork	0.50 lb
13102	Shredded cheddar cheese	1.00 c
13102	Fine dry bread crumbs	0.50 c
13102	Egg, beaten	1.00
13102	Worcestershire sauce	2.00 ts
13102	Salt	0.75 ts
13102	Pepper	0.25 ts
13103	Ground chuck	2.00 lb
13103	Onion, chopped	1.00 md
13103	Eggs, beaten	2.00
13103	Single crushed crackers	12.00
13103	Milk	1.00 c
13103	Salt	1.00 ts
13103	Pepper	0.50 ts
13103	Garlic salt	0.50 ts
13103	Mozzarella cheese	1.50 c
13103	(12 oz) Italian tomato	1.00 cn
13103	Sauce	0.00
13104	Butter	5.00 tb
13104	Mushrooms, finely chopped	0.50 lb
13104	Green onion, chopped	1.00 tb
13104	Mixed vegetable seasoning	0.50 ts
13104	Ground nutmeg	1.00 ds
13104	Whole wheat flour	3.00 tb
13104	Milk	1.00 c
13104	Sherry	2.00 tb
13104	Eggs, separated	5.00
13104	Shredded Swiss cheese	1.25 c
13105	PINEAPPLE LAYER -----	0.00 -----
13105	Sugar	0.33 c
13105	Cornstarch	1.00 tb
13105	(8oz) crushed pineapple	1.00 cn
13105	With juice	0.00
13105	CREAM CHEESE LAYER -----	0.00 -----
13105	(8oz) cream cheese,	1.00
13105	Softened	0.00

Sheet1

13105	Sugar	0.50 c
13105	Salt	1.00 ts
13105	Eggs	2.00
13105	Milk	0.50 c
13105	Vanilla	0.50 ts
13105	9-in unbaked pie shell	1.00
13105	Chopped pecans	0.25 c
13105	PINEAPPLE LAYER -----	0.00 -----
13105	CREAM CHEESE LAYER -----	0.00 -----
13106	Unbleached (wheat) Flour	2.00 c
13106	Unsalted Butter (2 sticks)	1.00 c
13106	Grated Sharp Cheese	2.00 c
13106	Rice Krispies	4.00 c
13107	Jar (5-oz) cheese spread	1.00
13107	Jar (5-oz) blue cheese	1.00
13107	Spread	0.00
13107	(8-oz) soften cream cheese	1.00 pk
13107	Wine vinegar	1.50 tb
13107	Garlic powder to taste	0.00
13107	Paprika	0.00
13107	Minced fresh/dried parsley	0.00
13107	To garnish	0.00
13108	Italian Sausage	1.00 lb
13108	Eggs	6.00
13108	Frozen Spinach	2.00 pk
13108	Mozzarella	16.00 oz
13108	Ricotta Cheese	0.67 c
13108	Salt	0.50 ts
13108	Pepper	0.12 ts
13108	Garlic Powder	0.12 ts
13108	Pastry For Two Crust Pie	1.00
13108	Water	1.00 tb
13109	Whole chicken breasts (about	2.00
13109	-3 lbs.)	0.00
13109	Beaten egg	1.00
13109	Ricotta cheese	1.00 c
13109	Grated or shredded fontina	1.00 c
13109	-or Port du Salut cheese	0.00
13109	-(about 4 oz)	0.00
13109	Finely chopped walnuts	0.25 c
13109	Snipped parsley	1.00 tb
13109	Ground nutmeg	0.25 ts
13109	Pepper	0.12 ts
13109	Butter or margarine,melted	2.00 tb
13109	Paprika	0.00
13109	Chicken broth	0.33 c
13109	Apricot nectar	0.33 c
13109	Cornstarch	2.00 ts
13109	Whole dried apricots	6.00

Sheet1

13110	Whole chicken	8.00 oz
13110	-breasts,boned,skinned and	0.00
13110	-halved	0.00
13110	Monterey Jack cheese	4.00 sl
13110	-(Cheddar,if you like a	0.00
13110	-stronger	0.00
13110	Flavor	0.00
13110	Eggs	2.00
13110	Parmesan cheese,grated	1.00 tb
13110	Instant chicken bouillon	1.00 ts
13110	-granules	0.00
13110	Snipped parsley	1.00 ts
13110	Pepper	1.00 ds
13110	Flour	3.00 tb
13110	Oil	2.00 tb
13111	Butter	1.00 c
13111	Egg yolks	2.00
13111	Sugar	1.00 c
13111	Vanilla	0.50 ts
13111	To 2 1/2 cups flour	2.00
13112	Onion, sliced thin	1.00
13112	Green pepper, coarsely	0.50
13112	-chopped	0.00
13112	Diced celery	0.33 c
13112	Butter	3.00 tb
13112	All-purpose flour	3.00 tb
13112	Milk	2.00 c
13112	Carrots, sliced thin	2.00
13112	Chopped parsley	1.00 tb
13112	Cooked chicken	1.50 c
13112	Salt and pepper to taste	0.00
13112	Of paprika	1.00 ds
13112	Cauliflower, separated in	1.00 sm
13112	-flowerets and cooked	0.00
13112	Swiss cheese, sliced	0.50 lb
13113	Crust:	0.00
13113	Flour	1.50 c
13113	Sugar	1.50 ts
13113	Salt	0.50 ts
13113	Salad Oil	0.50 c
13113	Milk, cold	2.00 tb
13113	Filling:	0.00
13113	Cottage Cheese	1.00 lb
13113	Sour Cream	1.00 c
13113	Eggs,beaten	2.00
13113	Sugar	0.50 c
13113	Cornstarch	2.00 ts
13113	Cherry Pie Filling	1.00 cn
13114	Milk	1.00 c



Sheet1

13114	Mayonnaise	0.33 c
13114	Sugar	1.00 T
13114	Self-rising flour	2.00 c
13114	Garlic powder	0.00
13115	Thawed Chili, heated	1.50 c
13115	Mexican seasoning	0.50 ts
13115	Corn chips	1.00 oz
13115	Reduced-fat Monterey	0.75 oz
13116	7 1/2 oz pkg refrigerated	2.00 pk
13116	Biscuits	0.00
13116	Ground beef	0.75 lb
13116	Chopped onion	0.50 c
13116	11 oz condensed Cheddar	1.00 cn
13116	Cheese soup/sauce	0.00
13116	Prepared mustard	2.00 ts
13116	Hot pepper sauce	0.12 ts
13116	(8 oz) tomatoes,drained	1.00 cn
13116	And chopped	0.00
13116	Sliced scallions	2.00 tb
13116	Shredded Mozzarella cheese	0.50 c
13116	Sliced pitted ripe olives	0.00
13116	And dill pickle chips for	0.00
13116	Garnish,if desired	0.00
13117	Hot roll mix	1.00 pk
13117	Cream cheese; softened	8.00 pk
13117	Sugar	0.25 c
13117	Sugar	0.50 c
13117	Egg	1.00
13117	Vanilla	1.00 tb
13117	Sour cream	0.50 c
13117	Eggs	2.00
13117	Butter; melted	6.00 tb
13118	Pkg. cream cheese	4.00 oz
13118	Eggs, beaten	2.00
13118	Sugar	0.75 c
13118	Vanilla	2.00 ts
13118	Lemon juice	0.50 ts
13118	Sour cream	1.00 c
13118	Sugar	3.50 ts
13118	Dash vanilla	0.00
13118	Dash lemon juice	0.00
13119	Softened, but still cool	1.00 x
13119	Sour cream; cold	1.00 c
13119	Coarse salt; kosher type	1.00 pn
13119	Vanilla extract	0.25 t
13119	Superfine sugar	0.25 c
13119	Whipping cream; cold	1.00 c
13119	Lemon juice; fresh	3.00 T
13120	Cream cheese, softened	8.00 oz

Sheet1

13120	Egg	1.00
13120	Sugar	0.33 c
13120	Vanilla	1.00 ts
13120	Unbaked 9 inch pie shell	1.00
13120	Pecan halves	1.50 c
13120	Slightly beaten eggs	2.00
13120	Sugar	0.25 c
13120	Light corn syrup	0.67 c
13120	Vanilla	0.50 ts
13121	Rice; cooked	1.25 c
13121	Onion, small; chopped	1.00 ea
13121	Green/Red Bell Pepper;Choppd	1.00 ea
13121	Butter;Enough to saute veg's	1.00 x
13121	Chicken; cooked and cut up	3.00 c
13121	Ham, thick slice; cubed	1.00 ea
13121	Condensed Cheddar Soup	1.00 cn
13121	Milk	0.25 c
13122	Ground chicken	1.00 lb
13122	Minced onion	2.00 tb
13122	Cloves garlic minced	2.00
13122	Ricotta cheese	2.00 tb
13122	Grated Parmesan	2.00 tb
13122	Grated Fontina cheese	1.00 oz
13122	Ketchup	1.00 tb
13122	Chopped fresh basil	1.00 ts
13122	Chopped fresh parsley	1.00 tb
13122	Beaten egg	1.00
13122	Seasoned breadcrumbs	2.00 tb
13123	Shredded lo-fat Mozzarella	0.50 c
13123	Jar sliced Mushrooms, draine	2.50 oz
13123	Plain low-fat Yogurt	0.25 c
13123	Snipped Chives	1.00 T
13123	Snipped Parsley	1.00 T
13123	Chopped Pimento	1.00 T
13123	Med Chicken Breast Halves *	4.00 x
13123	Fine dry Bread Crumbs	1.00 T
13123	Paprika	0.12 t
13123	Plain low-fat Yogurt	1.00 T
13124	Unsalted butter	2.00 tb
13124	Onion; roughly diced	1.00 md
13124	Cooked or uncooked broccoli	1.50 lb
13124	- roughly chopped	0.00
13124	Salt	1.00 ts
13124	Capful Pernod (optional)	1.00
13124	Chicken stock or water; OR	3.00 qt
13124	- canned low-sodium broth	0.00
13124	Milk and/or whipping cream	3.00 c
13124	Grated Jack, Velveeta; -OR-	0.00
13124	-Swiss cheese	0.00

Sheet1

13125	Butter	0.50 c
13125	Tomato juice	2.00 tb
13125	Grated cheddar cheese	2.00 c
13125	Sifted all-purpose flour	1.00 c
13125	Chopped pecans	0.75 c
13125	Red pepper	0.25 ts
13125	Salt	0.50 ts
13126	Nutritional yeast	0.50 c
13126	Flour	0.33 c
13126	Oil	0.25 c
13126	Water	1.50 c
13126	Tamari	1.00 tb
13126	Garlic powder	0.50 ts
13126	Paprika	0.25 ts
13126	Basil	0.25 ts
13126	Oregano	0.25 ts
13127	Eggs; Lg, Beaten	3.00
13127	Milk	2.50 c
13127	Mustard; Prepared	4.00 ts
13127	Salt	0.25 ts
13127	Dill Weed	0.25 ts
13127	Pepper	0.12 ts
13127	Macaroni; Cooked, Drained	8.00 oz
13127	Cheddar; Md, Shredded	1.50 c
13127	Cooked Ham; Cubed	1.00 c
13127	Onion; Chopped	0.25 c
13127	Pimento; Chopped	0.25 c
13128	Velvetta cheese salsa Dip	0.50 c
13128	Cooked pasta	2.00 c
13129	Tomato Chopped Coarsely	1.00 md
13129	Sliced Cucumbers	0.50 c
13129	Alfalfa Sprouts	0.50 c
13129	Chopped Sweet Red Pepper	0.25 c
13129	Chopped Green Pepper	0.25 c
13129	Celery	0.25 c
13129	Coarsely Ground Pepper	0.12 tb
13129	Low Cal. Italian Salad	0.25 c
13129	Dressing	0.00
13129	(2 Oz.) Shredded Swiss	0.50 c
13129	Whole Wheat Pita Bread	2.00
13129	Rounds Cut in Half	0.00
13129	Crosswise	0.00
13130	Jar ( 8 ounces ) pasteurized	1.00
13130	-processes cheese spread	0.00
13130	Vegetable oil	1.00 tb
13130	Thin pork chops, 1/4 to 1/2	6.00
13130	-inch thick	0.00
13130	Seasoned Salt	0.00
13130	Of milk	0.50 c

## Sheet1

13130	Frozen cottage fries	4.00 c
13130	( 2.8 ounces ) Durkee French	1.00 cn
13130	-Fried Onions	0.00
13130	( 10 ounces ) frozen	1.00 pk
13130	-broccoli spears, thawed and	0.00
13130	-drained	0.00
13131	Low Fat Cottage Cheese	0.25 c
13131	Carrot Shredded	1.00
13131	Chopped Mushrooms	0.50 c
13131	Alfalfa Sprouts	0.50 c
13131	Chopped Celery	0.25 c
13131	Chopped Radishes	0.25 c
13131	Green Onion Chopped	1.00
13131	Dried Basil	0.50 ts
13131	Slices Whole Wheat Bread	4.00
13131	Toasted	0.00
13131	(2/3 Oz.) Slices Low-Fat	4.00
13131	Process American Cheese	0.00
13132	Stale bread cubes	2.50 c
13132	Scalded milk	2.50 c
13132	Butter	1.00 c
13132	Sorghum	0.50 c
13132	Of salt	1.00 pn
13132	Eggs, slightly beaten	2.00
13132	Maple flavoring	0.50 ts
13132	Dried currants	0.25 c
13133	Vegetable oil	0.25 c
13133	Garlic clove, minced	1.00
13133	Butter or margarine	2.00 tb
13133	Minced onion	2.00 tb
13133	Green pepper, minced	1.00
13133	Salt and pepper to taste	0.00
13133	Frying chicken, (about 3	1.00
13133	-pounds), disjointed	0.00
13133	(8 oz.) whole cranberry	1.00 cn
13133	-sauce.	0.00
13134	Cornmeal	2.00 c
13134	Baking soda	0.25 ts
13134	Salt	1.00 ts
13134	Shortening	0.50 c
13134	Buttermilk	0.75 c
13134	Milk	0.75 c
13134	Butter	0.00
13135	"lite" cherry filling	20.00 oz
13135	Almond extract	0.25 ts
13135	Chocolate curls,dark/white	0.50
13136	Butter; softened	1.00 lb
13136	Sugar	3.00 c
13136	Eggs	6.00

Sheet1

13136	Flour; unbleached, white	4.00 c
13136	Almonds; ground, toasted	1.00 c
13136	Milk	0.50 c
13136	Almond extract	2.00 ts
13136	Baking powder	2.00 ts
13136	Cherries; fresh, pitted	1.50 c
13137	BASE -----	0.00 -----
13137	Butter	0.50 c
13137	Sugar	0.25 c
13137	Cocoa	0.33 c
13137	Vanilla	1.00 ts
13137	Egg; beaten	1.00
13137	Coconut, desiccated	1.00 c
13137	Graham wafer crumbs	1.75 c
13137	Almonds; chopped	0.50 c
13137	FILLING -----	0.00 -----
13137	Butter; softened	0.25 c
13137	Cherry juice	1.00 tb
13137	Icing sugar	2.00 c
13137	Maraschino cherries; chopped	0.33 c
13137	TOP -----	0.00 -----
13137	Semisweet chocolate	2.00 oz
13137	Butter	1.00 tb
13137	BASE -----	0.00 -----
13137	FILLING -----	0.00 -----
13137	TOP -----	0.00 -----
13138	(4 serving size) Jello	1.00 pk
13138	-vanilla pudding and pie	0.00
13138	-filling	0.00
13138	Milk	3.00 c
13138	Vanilla	1.00 ts
13138	Frozen pound cake, thawed	1.00 pk
13138	Almond flavored liqueur	0.25 c
13138	-(amaretto)	0.00
13138	Cherry pie filling	1.00 cn
13139	BUTTERMILK BISCUIT CRUST -----	0.00 -----
13139	Self-rising cake flour	3.00 c
13139	Unsalted butter	0.75 c
13139	Buttermilk	1.25 c
13139	FILLING -----	0.00 -----
13139	Fresh apricots; rinsed,	3.00 lb
13139	-halved, pitted and sliced	0.00
13139	Fresh cherries	1.50 lb
13139	- sour if possible,	0.00
13139	- rinsed and pitted	0.00
13139	Sugar	0.75 c
13139	Butter	3.00 tb
13139	Almond extract	0.50 ts
13139	FOR FINISHING -----	0.00 -----

Sheet1

13139	Buttermilk	0.00
13139	Sugar	0.00
13139	BUTTERMILK BISCUIT CRUST -----	0.00 -----
13139	FILLING -----	0.00 -----
13139	FOR FINISHING -----	0.00 -----
13140	Sweet cherries	1.50 l
13140	Orange juice	50.00 ml
13140	Lemon rind	25.00 ml
13140	Grated orange rind	15.00 ml
13140	Raspberries	1.50 l
13140	Sugar	1.00 l
13140	A few drops almond extract	0.00
13141	Prepared angel food cake	0.00
13141	Cherry pie filling (21 oz)	1.00 cn
13141	Instant vanilla pudding mix	1.00 pk
13141	Cold milk	1.50 c
13141	Sour cream	1.00 c
13142	Pitted cherries	2.00 qt
13142	Water	1.00 c
13142	Crushed pineapple	1.00 c
13142	Lemon juice	2.00 tb
13142	Sugar	4.00 c
13143	All purpose flour	1.75 c
13143	Baking powder	2.00 ts
13143	Salt	0.50 ts
13143	Nutmeg	0.25 ts
13143	Butter	0.50 c
13143	Sugar	1.00 c
13143	Eggs, separated	3.00
13143	Vanilla	1.00 ts
13143	Milk	0.50 c
13143	Glace cherries (1/2 lb) cut	1.00 c
13143	-in halves	0.00
13144	Flour	12.00 oz
13144	Sugar	8.00 oz
13144	Margarine	8.00 oz
13144	Glace cherries	6.00 oz
13144	Ground almonds	2.00 oz
13144	Almond extract	1.00 ts
13144	Eggs	4.00
13144	Milk	0.50 c
13145	Cream cheese; softened	3.00 oz
13145	Sweetened condensed milk	1.00 cn
13145	Half & half	2.00 c
13145	Whipping cream, unwhipped	2.00 c
13145	Vanilla	1.00 tb
13145	Almond extract	0.50 ts
13145	Dark sweet cherries; pitted	17.00 oz
13145	- well drained -OR-	0.00

## Sheet1

13145	Maraschino cherries; drained	10.00 oz
13145	- chopped	0.00
13146	Puff pastry shells, frozen	10.00 oz
13146	Cream cheese, softened	6.00 oz
13146	Sugar, confectioners	0.25 c
13146	Almond extract	0.50 ea
13146	Cherry pie filling	20.00 oz
13146	Confectioners sugar	1.00 ea
13147	Cubed cooked chicken	2.00 c
13147	Whole red maraschino	0.33 c
13147	-cherries	0.00
13147	Sliced celery	0.33 c
13147	(8-1/4 oz) unsweetened	1.00 cn
13147	-pineapple chunks, drained	0.00
13147	Plain yogurt	0.50 c
13147	Maraschino cherry syrup	2.00 tb
13148	Flour	2.00 c
13148	Sugar	0.75 c
13148	Vegetable oil	0.75 c
13148	Eggs	2.00
13148	Vanilla	2.00 ts
13148	Baking soda	1.25 ts
13148	Cinnamon	1.00 ts
13148	Salt	0.50 ts
13148	Can cherry pie filling	21.00 oz
13148	Chocolate chips	6.00 oz
13148	Chopped nuts	1.00 c
13149	6 oz pkg. chocolate chips	1.00
13149	Vanilla	2.00 ts
13149	Dried cherries	2.00 c
13149	Light corn	0.25 c
13149	Confectioners sugar syrup	2.00 tb
13150	To 1 cup sugar	0.67
13150	Flour	1.00 c
13150	Cornstarch	1.00 tb
13150	Sugar	1.00 tb
13150	Water	1.00 c
13150	Baking powder	1.50 ts
13150	Fresh or frozen cherries	3.00 c
13150	-with juice	0.00
13150	Salt	0.50 ts
13150	Shortening	3.00 tb
13150	Milk	0.50 c
13151	Red pitted tart cherries,	3.00 c
13151	-drained	0.00
13151	Almond extract (optional)	0.50 ts
13151	Sifted flour	0.33 c
13151	Quaker Oats (quick or old	1.00 c
13151	-fashioned, uncooked)	0.00

Sheet1

13151	Firmly packed brown sugar	0.50 c
13151	Salt	0.50 ts
13151	Butter or margarine, melted	0.50 c
13152	Lemon cake mix, super moist	1.00
13152	-r pudding cake	0.00
13152	Confectioners sugar	1.00 c
13152	Cream cheese, softened	8.00 oz
13152	Cool whip whipped topping	9.00 oz
13152	Pkg vanilla pudding mix; sm	1.00
13152	-ll	0.00
13152	Milk	0.00
13152	Cherry pie filling	1.00 c
13153	Graham cracker crumbs	2.50 c
13153	Butter or margarine	0.50 c
13154	Premade Wonton Wrappers (1	48.00
13154	-Package)	0.00
13154	Tart Cherry Pie Filling	30.00 oz
13154	Vegetable Oil	3.00 c
13155	Cherry preserves	0.33 c
13155	Water	2.00 ts
13155	Cherry nut, or vanilla ice	1.00 pt
13155	-cream (2 cups)	0.00
13155	Bottle (1-1/4 cups)	10.00 oz
13155	-lemon-lime carbonated	0.00
13155	-beverage, chilled.	0.00
13156	Sweet cherries	1.50 lb
13156	Lemon juice	2.00 tb
13156	Sugar	4.25 c
13156	Sure Jell pectin	0.00
13156	Water	0.75 c
13157	Sweet cherries	4.00 c
13157	Warmed sugar	3.00 c
13158	Cherry sirup	2.00 c
13158	Bottle fruit pectin	0.50
13158	Sugar	4.00 c
13159	Eggs, Separated	6.00 lg
13159	Sugar	0.50 c
13159	Plus 2 Tbls Water	0.25 c
13159	Heavy (Whipping) Cream	3.50 pt
13159	Tart Or Sweet Cherries,	3.50 c
13159	-Pureed	0.00
13160	Vinegar	1.00 pt
13160	Sugar	1.00 tb
13160	Water	1.00 pt
13160	Salt	2.00 tb
13161	To 6 Pounds Chicken Fryers,	4.00
13161	-Cut Up	0.00
13161	Butter Or Regular Margarine,	4.00 tb
13161	-Melted	0.00



Sheet1

13161	Brown Sugar	1.00 c
13161	Grated Orange Peel (Orange	0.50 ts
13161	-Part Only)	0.00
13161	Ground Ginger	0.25 ts
13161	Orange Juice	0.50 c
13161	Dark Sweet Cherries, Drained	1.00 lb
13161	-(1 Can)	0.00
13162	Pitted cherries	4.00 qt
13162	Crushed pineapple	2.00 c
13162	Sugar	0.00
13163	Pork loin roast which has be	4.00 lb
13163	Salt	0.50 ts
13163	Pepper	0.50 ts
13163	Crushed dried thyme	0.25 ts
13163	Cherry preserves	1.00 c
13163	Red wine Vinegar	0.25 c
13163	Corn syrup	2.00 tb
13163	Ground cloves	0.25 ts
13163	Nutmeg	0.25 ts
13163	Cinnamon	0.25 ts
13164	Pitted cherries	2.00 lb
13164	Sugar	2.00 lb
13165	Cherry purée	0.75 c
13165	Fresh lemon juice	1.00 tb
13165	Egg whites	3.00
13165	Pinch of salt	1.00
13165	Sugar to taste	0.00
13166	Vanilla wafers	24.00
13166	Sour cream	2.00 c
13166	Cherry pie filling	1.00 cn
13166	Foil baking cups	24.00
13167	Sour cherries, pitted	3.00 c
13167	Granulated sugar	0.50 c
13167	Quick cooking tapioca	2.00 tb
13167	Cake crumbs or fresh bread	1.00 c
13167	-crumbs	0.00
13167	Ground almonds	0.50 c
13167	Sheets phyllo pastry	6.00
13167	Melted butter	0.50 c
13167	Sliced almonds	2.00 tb
13168	Cherry tomatoes,red/yellow	2.00 c
13168	Finely chopped green onion	2.00 tb
13168	Lime juice	2.00 tb
13168	Salt	0.00
13168	Pepper	0.00
13168	Tortilla chips (opt)	0.00
13168	HERB BLEND -----	0.00 -----
13168	Garlic clove	1.00
13168	Packed fresh cilantro	0.33 c

Sheet1

13168	Fresh jalapeno chilies	2.00	
13168	HERB BLEND -----	0.00	-----
13169	Egg whites	2.00	
13169	Salt	0.12	ts
13169	Chopped candied cherries	1.00	c
13169	Light brown sugar	3.00	c
13169	Water	1.00	c
13169	Chopped walnuts	1.00	c
13169	Vanilla	1.00	ts
13169	Corn sirup	1.00	c
13170	Peaches, peeled and sliced	4.00	lb
13170	Sugar	2.00	lb
13170	Orange, peeled, minced	1.00	ea
13170	Orange rind, slivered	1.00	ea
13170	Almonds, blanched, slivered	0.25	lb
13170	Cherries, Maraschino, sli	4.00	oz
13171	Can pitted tart red cherries	1.00	oz
13171	Water	1.50	c
13171	Sugar	0.50	c
13171	Quick-cooking tapioca	1.00	tb
13171	Ground cloves	0.12	ts
13171	Dry red wine	0.50	c
13172	Yogurt Cheese	1.00	
13172	Sugar	0.25	c
13172	Vanilla	0.50	ts
13172	Frozen cherries,thawed	12.00	oz
13173	c	1.00	1/2
13173		0.00	
13173		1.00	
13173		0.00	
13173	Water	2.00	
13173	Carrot	1.00	
13173	- diced into	0.00	
13173	- small, even squares	0.00	
13173	Celery stalk	1.00	
13173	- cut into small squares	0.00	
13173	Onion; finely diced	0.50	
13173	Garlic clove	1.00	
13173	- peeled and finely chopped	0.00	
13173	Bay leaf	1.00	
13173	Salt; or to taste	0.50	
13173	Parsley sprigs	5.00	
13173	FINISHING THE SOUP -----	0.00	-----
13173	Light olive oil	3.00	tb
13173	-Chestnuts (from above)	0.00	
13173	Chopped fresh marjoram -OR-	1.50	ts
13173	-Dried Marjoram	0.50	ts
13173	Fennel seeds, crushed	0.25	ts
13173	- (or ground)	0.00	

Sheet1

13173	Fresh thyme sprigs; -=OR=-	0.00
13173	-(generous) dried Thyme	1.00 pn
13173	Dry white wine	0.50 c
13173	Tomato paste	1.00 tb
13173	-Lentils (from above)	0.00
13173	Water, stock or cream	0.00
13173	-(as needed)	0.00
13173	Salt	0.00
13173	Freshly milled black pepper	0.00
13173	Extra-virgin olive oil	0.00
13173	Finely chopped parsley	0.00
13173	Small croutons, fried	0.00
13173	-(in butter or oil)	0.00
13173	-(optional)	0.00
13173	FINISHING THE SOUP -----	0.00 -----
13174	Whole water chestnuts	1.00 cn
13174	Sizzlelean (I use regular	1.00 pk
13174	-bacon)	0.00
13174	Catsup	1.00 c
13174	Worchestershire sauce	2.00 tb
13174	Brown sugar	0.50 c
13175	Med. carrot, coarsely	1.00
13175	-shredded	0.00
13175	Med. onions, chopped	2.00
13175	Butter/margerine	2.00 tb
13175	Salt	0.50 ts
13175	(15 1/2 oz.) can chestnut	1.00
13175	-puree	0.00
13175	Port wine	3.00 tb
13175	Egg yolks	4.00
13175	Sliced almonds	2.00 oz
13175	Egg whites	4.00
13176	Butter (or margarine or oil)	2.00 tb
13176	Onion; peeled and chopped	1.00 lg
13176	Celery stalks	2.00
13176	- finely chopped	0.00
13176	Chestnuts; peeled & cooked	2.00 lb
13176	-=OR=-	0.00
13176	-Whole chestnuts (15 oz ea.)	3.00 cn
13176	-soaked and cooked	0.00
13176	Chopped parsley	2.00 tb
13176	Lemon juice	2.00 tb
13176	Garlic clove; crushed	1.00
13176	Fresh breadcrumbs (Optional)	0.00
13176	-(should be whole wheat)	0.00
13176	Salt	0.00
13176	Freshly ground black pepper	0.00
13176	Oil	0.25 c
13176	FOR COATING -----	0.00 -----

Sheet1

13176	Dried breadcrumbs	0.00
13176	FOR COATING -----	0.00 -----
13177	Fresh chestnuts	2.00 lb
13177	Carrots	2.00
13177	Parsnips	2.00
13177	Onion	1.00 sm
13177	Clove garlic	1.00 sm
13177	To 3 scallions	2.00
13177	Stalks celery, OR 1 small	3.00
13177	-celery root	0.00
13177	Butter	4.00 tb
13177	Brown stock or chicken stock	5.00 c
13177	Bouquet garni of bayleaf,	1.00
13177	-thyme, and parsley	0.00
13177	To 4 Tbl amaretto or	3.00
13177	-hazelnut liqueur (like	0.00
13177	-Frangelico)	0.00
13177	Heavy cream	1.00 c
13178	Chestnuts	1.00 qt
13178	Shortening **	0.25 c
13178	Egg, well beaten	1.00 ea
13178	Poultry seasoning	2.00 t
13178	Bread crumbs	1.00 pt
13178	Salt	1.00 t
13178	Celery, chopped	0.25 c
13179	Onion, sliced finely	1.00 md
13179	Mushrooms, sliced	0.25 lb
13179	Margarine as required	0.00
13179	All-purpose flour	1.00 ts
13179	Stock	0.50 c
13179	Chestnuts, boiled	1.00 lb
13179	Salt & black pepper	0.00
13179	White wine	0.50 c
13179	Cooked rice	2.00 c
13180	Boneless chicken breasts	2.00 lg
13180	- split	0.00
13180	Salt and pepper; as desired	0.00
13180	Zucchini	4.00 sm
13180	Yellow squash	4.00 sm
13180	Olive oil	1.00 tb
13180	--OR-- Other cooking oil	0.00
13180	Aged goat cheese, 1.5 oz ea.	4.00 sl
13180	Onion; finely diced	1.00 md
13180	Unsalted butter	1.00 tb
13180	Chopped parsley	2.00 tb
13181	Butter, softened	0.50 c
13181	Lightly packed brown sugar	0.50 c
13181	Egg yolk	1.00
13181	Flour	1.00 c

Sheet1

13181	FILLING:	0.00
13181	Egg whites	2.00
13181	Lightly packed brown sugar	0.50 c
13181	Coconut	0.50 c
13181	Chopped maraschino cherries,	0.33 c
13181	-drained	0.00
13181	Finely chopped nuts	0.25 c
13181	Vanilla	1.00 ts
13182	Chocolate, unsweetened, cut	2.00 oz
13182	-up	0.00
13182	Butter (or margarine)	1.00 tb
13182	Boiling water	0.33 c
13182	Sugar	1.00 c
13182	Corn syrup, light	2.00 tb
13182	Vanilla	1.00 ts
13183	Oyster Crackers	10.00 oz
13183	Water	0.25 c
13183	Olive Oil	0.25 c
13183	Granulated Chicken Bouillon	1.00 ts
13183	Garlic Powder	1.00 ts
13183	Worcestershire Sauce	2.25 ts
13184	Vegetable oil for frying	0.00
13184	Unsifted all purpose flour	1.00 c
13184	Granulated sugar	0.25 c
13184	Baking powder	1.00 tb
13184	Salt	0.50 ts
13184	Ground nutmeg	0.25 ts
13184	Cooked white rice, well	3.00 c
13184	-chilled	0.00
13184	Eggs, lightly beaten	2.00 lg
13184	Vanilla extract	1.00 ts
13184	Confectioners' sugar	0.00
13185	Karen Mintzias	0.00
13185	Cucumber; peeled, seeded,	1.00
13185	- and diced	0.00
13185	Tomatoes; diced	2.00
13185	Onion; diced	0.50
13185	Red bell pepper; seeded,	0.50
13185	- and diced	0.00
13185	Yellow bell pepper; seeded,	0.50
13185	- and diced	0.00
13185	Green bell pepper; seeded,	0.50
13185	- and diced	0.00
13185	Fresh dill, chopped	2.00 tb
13185	Fresh cilantro, chopped	2.00 tb
13185	Beef stock	1.00 pt
13185	Olive oil	1.00 tb
13185	Red wine vinegar	1.50 tb
13185	Garlic, finely chopped	1.00 ts

Sheet1

13185	Tabasco sauce	1.00 ts
13185	Salt	2.00 ts
13185	White pepper	0.50 ts
13185	Tomato juice	1.00 pt
13186	Unbleached all-purpose flour	2.00 c
13186	Salt	0.38 ts
13186	Sugar	0.12 ts
13186	Cold salted butter	5.00 tb
13186	Cold unsalted butter	6.50 tb
13186	Vegetable shortening	3.00 tb
13186	Ice water; plus	3.00 tb
13186	Ice water	1.00 ts
13187	Flour, all purpose	2.00 c
13187	Sugar, granulated	1.00 c
13187	Baking powder	1.00 ts
13187	-Salt	1.00 pn
13187	Butter; &	1.00 c
13187	Butter; softened	1.00 tb
13187	Milk	0.25 c
13187	Eggs	4.00 lg
13187	Vanilla	2.00 ts
13187	Poppy seeds	0.25 c
13187	Lemon peel; finely grated	1.00 tb
13187	GLAZE -----	0.00 -----
13187	Sugar, granulated	0.50 c
13187	Lemon juice	0.33 c
13187	GLAZE -----	0.00 -----
13188	. loaf frozen white b	1.00 ea
13188	P chopped onion	0.25 ea
13188	. can tomato paste	6.00 ea
13188	P. dried oregano leave	1.00 ea
13188	. natural low moistur	12.00 ea
13188	. italian sausage	1.00 ea
13188	Can tomatoes	16.00 ea
13188	P grated parmesan che	0.33 ea
13188	P. dried basil leaves,	1.00 ea
13189	Salad oil	3.00 tb
13189	Sirloin steak, in 1" cubes	1.50 lb
13189	Flour	1.00 tb
13189	Celery stalks, sliced	2.00 md
13189	Thinly	0.00
13189	Med-lg onion, halved &	1.00
13189	Sliced thickly	0.00
13189	Beef broth	2.00 c
13189	Red pepper (or dash	0.12 ts
13189	Tabasco sauce)	0.00
13189	Dash Worcestershire	0.00
13189	Splash red wine	0.00
13189	Green peppers, cut in	2.00 md

Sheet1

13189	Mouthsized pieces	0.00
13190	Chick peas (dried) or	112.50 g
13190	Chick peas (canned)	300.00 g
13190	Lemon juice	7.50 ml
13190	Ground Black Pepper	0.00
13190	Sunflower Oil	2.50 ml
13190	Mushrooms	125.00 g
13190	Sunflower margerine	12.50 g
13190	Wholemeal flour	12.50 g
13190	Water	150.00 ml
13190	Soy cheese	12.50 g
13190	Breadcrumbs	12.50 g
13191	Onion, chopped	1.00 lg
13191	Cloves of garlic, minced	4.00
13191	Skim milk	1.00 c
13191	Can chick peas, drained and	16.00 oz
13191	-rinsed	0.00
13191	To 5 c fresh spinach,	4.00 c
13191	-rinsed, dried, and shredded	0.00
13191	Cardamom	0.12 ts
13191	Nutmeg	0.12 ts
13191	Curry powder	1.00 ts
13191	Salt and pepper to taste	0.00
13192	Dried chick peas	0.33 lb
13192	Olive oil	4.00 tb
13192	Onion, chopped	1.00
13192	Ribs celery, diced	2.00
13192	Carrots, diced	2.00
13192	Leek, white and pale green	1.00
13192	-parts, thinly sliced	0.00
13192	Cloves garlic, chopped	2.00
13192	Shredded cabbage	2.00 c
13192	Canned Italian plum	1.50 c
13192	-tomatoes, chopped with	0.00
13192	-their juice	0.00
13192	Tomato paste	2.00 ts
13192	Chicken broth	7.00 c
13192	Zucchini, chopped	1.00
13192	Elbow macaroni	0.33 c
13192	Salt	0.00
13192	Freshly-ground pepper	0.00
13193	Chick peas	3.00 c
13193	Vegetable oil	2.00 tb
13193	Garlic cloves, minced	2.00 ea
13193	Onion, chopped	1.00 lg
13193	Celery stalks, chopped	2.00 ea
13193	Carrots, finely chopped	2.00 ea
13193	Tamari	0.25 c
13193	Cumin powder	1.00 ts

Sheet1

13193	Salt to taste	1.00 ea
13193	Turmeric	0.25 ts
13193	Tahini	3.00 tb
13194	Olive oil	2.00 tb
13194	Garlic cloves, minced	2.00 ea
13194	Onion, chopped	1.00 sm
13194	Celery stalks, chopped	3.00 lg
13194	Red or green bell pepper,	1.00 md
13194	-- chopped	0.00
13194	Olive-tahini sauce -- see	0.00
13194	-- recipe	0.00
13194	Cooked chick peas	3.00 c
13194	Wheat germ	0.25 c
13194	Soy sauce	1.00 tb
13194	Marjoram	0.50 ts
13194	Coriander	0.25 ts
13194	Black pepper	0.00
13195	Chick peas (dried) or	227.50 g
13195	Chick peas (canned)	400.00 g
13195	Green pepper	0.50
13195	Red pepper	0.50
13195	Green chilli	0.50
13195	Onion	0.50
13195	Garlic clove	0.50
13195	Olive oil	1.00 tb
13195	Chopped parsley	0.50 tb
13195	Sea salt	0.50 ts
13195	Tomatoes	227.50 g
13196	Boneless chicken breasts	8.00
13196	All-purpose flour	1.50 c
13196	Lard	1.00 c
13196	Chopped onion	2.00 c
13196	Chopped green pepper	1.00 c
13196	Chopped celery	1.00 c
13196	Poultry stock	3.00 qt
13196	Andouille sausage	1.00 lb
13196	Minced garlic	1.50 ts
13196	Salt	0.00
13196	Black pepper	0.00
13196	Cayenne (red) pepper	0.00
13196	Sliced fresh okra	2.00 c
13196	Sliced green onions	1.00 c
13196	Minced flat leaf parsley	0.50 c
13196	Hot cooked rice	5.00 c
13196	SEASONING MIX -----	0.00 -----
13196	Salt	0.50 ts
13196	Black pepper	0.50 ts
13196	Red pepper	0.50 ts
13196	White pepper	0.50 ts



Sheet1

13196	Paprika	0.50 ts
13196	Onion powder	0.50 ts
13196	Garlic powder	0.50 ts
13196	SEASONING MIX -----	0.00 -----
13197	Chicken breasts	2.00
13197	Chopped broccoli	1.50 c
13197	Cream of chicken soup	1.00
13197	Onion, diced	0.50 c
13197	Sour cream	0.50 c
13197	Topping:	1.00
13197	Canned biscuits **	1.00 pk
13197	Sour cream	0.50 c
13197	Egg	1.00
13198	Tricolor rotini	8.00 oz
13198	Boneless, skinless chicken	4.00
13198	Breast,halves	0.00
13198	Soy sauce, divided	2.00 tb
13198	Oil	1.00
13198	Onion, chopped	1.00 md
13198	Green pepper, chopped	1.00 md
13198	Red pepper, chopped	1.00 md
13198	Bunch fresh broccoli	0.50
13198	Mrs. Dash	1.00 ts
13198	Lo-cal Italian dressing,	8.00 oz
13198	Store bought or homemade	0.00
13199	Chicken Broth	0.75 c
13199	Flour	1.00 tb
13199	Butter	1.00 tb
13199	Green Onion - finely chopped	1.00 ts
13199	-(white part only)	0.00
13199	Mushrooms - thinly sliced	2.00 c
13199	Whipping Cream	0.50 c
13199	Salt & freshly ground pepper	0.00
13199	Nutmeg	0.00
13199	Cayenne Pepper	0.00
13199	CHICKEN:	0.00
13199	Chicken Breasts - boned and	1.00 lb
13199	-skinned,	0.00
13199	OR Veal Scallopine	0.00
13199	Flour	2.00 tb
13199	Salt & freshly ground pepper	0.00
13199	Egg	1.00
13199	Water	2.00 tb
13199	Breadcrumbs	1.50 c
13199	Olive Oil	5.00 tb
13199	Butter	2.00 tb
13200	Orange	1.00
13200	Chicken breast halves,	6.00
13200	-skinned and boned	0.00

Sheet1

13200	Paprika	0.50 ts
13200	Reduced-calorie margarine,	0.25 c
13200	-melted	0.00
13200	Unsweetened orange juice	1.00 c
13200	Dried whole tarragon	1.00 ts
13200	Cornstarch	1.00 ts
13200	Water	1.00 tb
13200	Slivered almonds, toasted	2.00 tb
13201	Olive oil	0.12 c
13201	Chicken breasts,boneless*	6.00
13201	Capers	0.50 c
13201	Lemon juice	0.75 c
13201	Parsley,chopped	0.50 c
13201	Avacado	0.50
13201	Salt to taste	0.00
13201	Pepper to taste	0.00
13202	Buttermilk baking mix	0.33 c
13202	Paprika	1.50 ts
13202	Pepper	0.25 ts
13202	Chicken breast halves	4.00
13202	Thin slices cooked ham	4.00
13202	Thin slices swiss cheese	4.00
13202	Chicken broth	0.50 c
13202	Cornstarch	1.00 tb
13202	Half 'n Half	1.00 c
13202	Minced parsley	1.00
13203	Broiler	1.00
13203	Butter, melted	0.25 lb
13203	Sprigs parsley	4.00
13203	Scallions or 1 small onion	2.00
13203	Mushrooms	0.25 lb
13203	Clove garlic	0.25
13204	Virgin olive oil	0.25 c
13204	Fryer chicken, cut up	1.00
13204	Chicken broth	1.50 c
13204	Fresh lemon juice	0.25 c
13204	Salt	0.50 ts
13204	Blanched almonds	0.25 c
13205	Chicken breast halves*	4.00
13205	Pepper	1.00 pn
13205	All-purpose flour	0.25 c
13205	Olive oil	1.00 tb
13205	Garlic clove,crushed	1.00
13205	Chicken broth,low-salt	0.50 c
13205	Dry white wine	0.50 c
13205	Leaf thyme,dried,crumbled	0.50 ts
13205	Liquid red-pepper seasoning	1.00 ds
13205	Black olives,drained	2.25 oz
13205	Sliced mushrooms,rinsed	4.00 oz

Sheet1

13205	Parsley,chopped	2.00 tb
13206	Skinless,boneless chicken	4.00
13206	-breast halves,about 1 lb.	0.00
13206	Egg	1.00 lg
13206	All-purpose flour	0.25 c
13206	Salt	1.00 ts
13206	Butter or margarine	3.00 tb
13206	Vegetable oil	2.00 tb
13206	Wide egg noodles	8.00 oz
13206	Fresh asparagus,trimmed and	1.00 lb
13206	-cut into 2" diagonal pieces	0.00
13206	About 2 1/2 cups	0.00
13206	Chopped fresh parsley	2.00 tb
13206	Fresh squeezed lemon juice	2.00 tb
13206	Grated lemon peel	2.00 ts
13206	Freshly ground black pepper	0.25 ts
13207	Large chicken or pieces	1.00
13207	Large onion; chopped	1.00
13207	Carrots; cut bite sized	6.00
13207	Medium potatoes; cubed	6.00
13207	Celery stocks; chopped	6.00
13207	Beanland soup mix	4.00 c
13207	Water sufficient	1.00
13207	Poultry seasoning	1.00 tb
13207	Pepper	2.00 tb
13207	Thyme	1.00 tb
13207	Salt	1.00 tb
13208	Fresh broccoli	1.00 lb
13208	Butter or margarine	3.00 tb
13208	Finely chopped yellow onion	2.00 tb
13208	All-purpose flour	3.00 tb
13208	Salt	0.50 ts
13208	Black pepper	1.00 pn
13208	Poultry seasoning (optional)	0.12 ts
13208	Milk	2.00 c
13208	Cubed cooked chicken (or	1.50 c
13208	-turkey)	0.00
13208	Shredded Cheddar cheese	1.00 c
13209	No boil pasta ribbons or	6.00 oz
13209	No boil lasagna noodles,	0.00
13209	Broken	0.00
13209	8-1/4-oz. frozen mesquite	1.00
13209	Chicken tenders or one 9-oz.	0.00
13209	Pkg. frozen chopped cooked	0.00
13209	Chicken, slightly thawed	0.00
13209	Reduced-fat cheddar or	3.00 oz
13209	American cheese, cut into	0.00
13209	3/4-inch cubes	0.00
13209	Green, yellow, or red sweet	1.00 md

Sheet1

13209	Pepper, cut into strips	0.00
13209	Pepperoni, chopped	1.00 oz
13209	8-oz. bottle nonfat Italian	1.00
13209	Salad dressing	0.00
13209	Cracked black pepper	0.12 ts
13209	Torn curly endive	5.00 c
13209	Red or yellow cherry	1.00 c
13209	Tomatoes, halved	0.00
13210	Coarsely chopped cooked	2.00 c
13210	-chicken	0.00
13210	Dry couscous	2.00 c
13210	Boiling chicken stock	2.50 c
13210	Golden raisins	0.50 c
13210	Toasted slivered almonds	0.50 c
13210	Cortland apples, peeled,	2.00
13210	-cored and coarsely chopped	0.00
13210	Unsalted butter, but into	0.25 c
13210	-small pieces	0.00
13210	Ground coriander seeds	0.50 ts
13210	Ground cinnamon	0.25 ts
13210	Ground cloves	0.12 ts
13211	Water	1.25 c
13211	Cucumber	1.00
13211	Bunch red radishes	0.50
13211	Fresh mint chopped	0.25 c
13211	Lemon juice, fresh	1.00 tb
13211	Green onions	2.00
13211	Sweet red peppers	3.00
13211	Cracked wheat (bulgar)	0.75 c
13211	Cooked chicken cubed	2.00 c
13211	Sweet yellow pepper	0.50
13211	Vinaigrette dressing	0.75 c
13211	Coarsely chopped parsley	1.00 c
13211	Lettuce leaves OR	0.00
13212	Broiler-fryer chicken (About	1.00
13212	-3 lbs.),skinned and cut	0.00
13212	-into	0.00
13212	Serving pieces	0.00
13212	Freshly ground black pepper	0.00
13212	Vegetable oil	1.00 tb
13212	Onion,halved vertically,then	1.00 lg
13212	-sliced thin crosswise	0.00
13212	-(about	0.00
13212	Cup)	1.00
13212	Cloves garlic,minced (1	3.00 lg
13212	-tbsp.)	0.00
13212	Eggplant,unpeeled,cut into	1.50 lb
13212	-1" cubes (about 5 cups)	0.00
13212	Tomatoes,cored and cut into	0.50 lb

Sheet1

13212	-1" cubes	0.00
13212	Red wine vinegar	0.25 c
13212	Dry white wine	0.50 c
13212	Chicken broth	0.50 c
13212	Bay leaf	1.00
13212	EACH:thyme leaves,red pepper	0.25 ts
13212	-flakes	0.00
13213	Chicken parts	4.50 lb
13213	Salt	0.00
13213	Peppercorns	6.00
13213	Whole clove	1.00
13213	1/2-in piece of cinnamon	1.00
13213	Sugar	1.00 tb
13213	Dry sherry	0.25 c
13213	Garlic cloves; minced	3.00
13213	Vinegar	0.25 c
13213	White onion; thinly sliced	1.00 lg
13213	Tomatoes; peeled and sliced	2.00 md
13213	Apple; peeled, cored and	1.00 sm
13213	- thickly sliced	0.00
13213	Pear; peeled, cored and	1.00 sm
13213	- thickly sliced	0.00
13213	Bay leaves	2.00
13213	Thyme	0.12 ts
13213	Oregano	0.12 ts
13213	FOR GARNISH -----	0.00 -----
13213	Vegetable oil	0.25 c
13213	Plantain; peeled and sliced	1.00
13213	Capers; drained	2.00 tb
13213	Green olives, pitted	15.00
13213	- halved	0.00
13213	FOR GARNISH -----	0.00 -----
13214	Chicken	3.00 lb
13214	Cream mushroom soup	1.00 cn
13214	Wine, dry white	0.25 c
13214	Mushrooms	4.00 oz
13215	Vegetable oil	1.00 tb
13215	Onion, finely chopped (1	1.00 lg
13215	-cup)	0.00
13215	Clove garlic, finely chopped	1.00
13215	Sweet red pepper, finely	1.00
13215	-chopped (1 cup)	0.00
13215	Toasted all-purpose flour *	2.00 tb
13215	One-third-less-salt chicken	1.00 cn
13215	-broth (14 1/2 oz)	0.00
13215	Boneless, skinned chicken	0.75 lb
13215	-breasts, cut into	0.00
13215	Inch pieces	1.00
13215	Diced ham (1/2 cup)	3.00 oz

Sheet1

13215	Tomatoes, drained and	1.00 cn
13215	-chopped (16 oz)	0.00
13215	Bay leaf	1.00
13215	Leaf thyme, crumbled	0.50 ts
13215	Ground black pepper	0.25 ts
13215	Ground hot red pepper	0.12 ts
13215	Pkge frozen cut okra, thawed	1.00
13215	-(10 oz)	0.00
13215	Plain cooked rice	1.50 c
13216	Chicken breasts halves	1.00 lb
13216	Chicken broth	0.50 c
13216	Cooked ham, diagonally	0.50 lb
13216	-sliced in 2 x 1 x 1/4"	0.00
13216	-strips	0.00
13216	Cornstarch	2.00 ts
13216	Light corn syrup	2.00 tb
13216	Soy sauce	2.00 ts
13216	Dry sherry	2.00 ts
13216	Corn oil	1.00 tb
13216	Broccoli flowerets	2.00 c
13216	Green onion, thinly sliced	1.00
13216	Minced ginger root	0.25 ts
13217	Chicken Breasts, split	2.00
13217	Oil	1.00 tb
13217	Dijon Mustard	1.00 tb
13217	Soy Sauce	1.00 tb
13217	Leeks, white and light green	4.00
13217	-part, sliced	0.00
13217	Freshly Ground pepper	0.00
13218	Canola oil	2.00 ts
13218	Chicken pieces, skinned,	1.00 lb
13218	-boned	0.00
13218	Garlic clove, minced	1.00
13218	Onion, chopped	0.50
13218	Frozen lima beans	10.00 oz
13218	Tomatoes with juice	16.00 oz
13218	Fresh chopped parsley	2.00 ts
13218	Paprika	0.50 ts
13219	(3-lb) frying chicken	1.00
13219	- cut into serving pieces	0.00
13219	Salt	0.00
13219	Freshly ground black pepper	0.00
13219	Olive or vegetable oil	4.00 tb
13219	Chopped onions	1.50 c
13219	All-purpose flour	4.00 tb
13219	Chicken broth	2.00 c
13219	Mushrooms, sliced	1.00 lb
13219	Chopped parsley	0.25 c
13220	Fryer (about 3 lbs), cut up	1.00

Sheet1

13220	Milk	0.25 c
13220	All-purpose flour	0.33 c
13220	Butter or margarine	6.00 tb
13220	Salt and pepper	0.00
13220	Fresh mushrooms, sliced	0.50 lb
13220	Dairy sour cream	2.00 c
13220	Paprika	0.00
13221	Butter or margarine	3.00 tb
13221	Worcestershire sauce	2.00 tb
13221	Garlic salt	1.00 ts
13221	Dry mustard	0.50 ts
13221	Medium-size onions, peeled	5.00
13221	-and halved	0.00
13221	Broiler-fryer chicken thighs	10.00
13221	Salt	0.50 ts
13221	Ground black pepper	0.25 ts
13222	Fryer (about 3 lbs.), cut up	1.00 lg
13222	All-purpose flour	0.25 c
13222	Salt	1.25 ts
13222	White pepper	0.25 ts
13222	Shortening	2.00 tb
13222	Boiling water	0.50 c
13222	Heavy cream	0.50 c
13222	Oysters	18.00
13222	Toasted slivered blanched	2.00 tb
13222	-almonds	0.00
13223	Cloves garlic	2.00
13223	Minced fresh ginger	1.00 tb
13223	Ground cumin	2.00 ts
13223	Red-wine vinegar	3.00 tb
13223	Olive oil	0.25 c
13223	Salt and pepper	0.00
13223	Chicken thighs (about 2	8.00
13223	-pounds total)	0.00
13223	JALAPENO and TOMATO DRESSING	0.00
13223	Tomatoes	4.00
13223	Jalapenos or other fresh hot	2.00
13223	-chili peppers	0.00
13223	Cloves garlic	2.00
13223	Red onion	1.00 sm
13223	Minced fresh mint	1.00 c
13223	Minced fresh coriander	1.00 c
13223	Red-wine vinegar	2.00 tb
13223	Olive oil	2.00 tb
13223	Salt and pepper	0.00
13223	Fusilli or other dry pasta	0.50 lb
13224	Torn greens (endive,	8.00 c
13224	-romaine, escarole)	0.00
13224	Shredded, cooked, chicken	2.00 c

Sheet1

13224	Half a red onion, slivered	0.00
13224	Firm ripe pears	2.00
13224	Blue cheese, crumbled	1.50 oz
13224	Walnut pieces or halves,	0.33 c
13224	-toasted	0.00
13224	Herbed croutons	0.00
13225	Barbequed chicken, deboned,	0.50
13225	-skinned, and cut into	0.00
13225	-chunks	0.00
13225	Shredded coconut	0.50 c
13225	Can unsweetened pineapple	15.00 oz
13225	-chunks, drained	0.00
13225	Green shallots, chopped	2.00
13225	Dressing	0.00
13225	Curry powder	1.00 ts
13225	Five spice powder	0.25 ts
13225	Clove garlic, crushed (or	1.00
13225	-1/8 tsp garlic powder)	0.00
13225	Ground ginger	1.00 ts
13225	Mayonnaise	0.75 c
13225	Coconut milk	0.25 c
13226	Potatoes	5.00 md
13226	Butter	0.50 c
13226	Onion, chopped	1.00 md
13226	Split chicken breasts	4.00
13226	Salt	1.50 t
13226	Pepper	0.12 t
13226	Oregano	0.75 t
13226	Italian seasonings	0.25 t
13226	Chopped parsley	1.00 T
13227	Chicken; cut up, skinned	3.00 lb
13227	Dried thyme leaves	1.50 ts
13227	Paprika	1.00 ts
13227	Salt	1.00 ts
13227	Pepper	0.50 ts
13227	Vegetable oil	2.00 tb
13227	Yellow onions; halved,sliced	1.00 lb
13227	Minced fresh gingerroot	2.00 tb
13227	Cloves garlic; minced	4.00 lg
13227	Shiitake mushrooms; or	0.75 lb
13227	-regular mushrooms	0.75 lb
13227	-stemmed, halved, quartered	0.00
13227	-if big	0.00
13227	Yellow pepper; diced	1.00
13227	Chicken broth	3.00 c
13227	Jasmine rice	1.50 c
13227	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
13227	Calories	651.00 x
13227	G protein	46.00 x



Sheet1

13227	G carbohydrate	76.00 x
13227	G fat	17.00 x
13227	My cholesterol	101.00 x
13227	Mg sodium	0.00 x
13227	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
13228	Cooked rice	3.00 c
13228	Coarsely diced cooked	2.00 c
13228	-chicken	0.00
13228	Diced celery	0.50 c
13228	Green onions, chopped	2.00
13228	Fresh lemon juice	1.00 tb
13228	Chopped salted cashew nuts	0.50 c
13228	Salad dressing or mayonnaise	0.75 c
13228	Salt and pepper	0.00
13228	Salad greens	0.00
13229	Frying chicken	3.00 lb
13229	Sweet italian sausage	1.00 lb
13229	Tomatoes	16.00 oz
13229	Garlic, minced	2.00 ea
13229	Pepper, sweet, green	1.00 ea
13230	Navy beans; 15 oz.	2.00 cn
13230	Tomato juice	2.00 c
13230	Carrots, cut into 1/2"	2.00 c
13230	-pieces, about 4 medium	0.00
13230	Celery; chopped 1/2" pieces	1.00 c
13230	Onion; chopped	1.00 c
13230	Garlic cloves; minced	2.00
13230	Bay leaves	2.00
13230	Chicken bouillon; granules	2.00 ts
13230	Basil; dry & crushed	1.00 ts
13230	Oregano, dry & crushed	1.00 ts
13230	Chicken drumsticks;	8.00
13230	-skinned and frozen	0.00
13230	Smoked turkey sausage link	8.00 oz
13231	To 4 lb broiler-fryer	3.00 lb
13231	-chicken	0.00
13231	Water	2.00 qt
13231	Hot Italian sausage links	2.00 lb
13231	Strips bacon	6.00
13231	Cloves garlic, minced	2.00
13231	Chopped fresh parsley	1.00 tb
13231	Dried oregano	1.00 ts
13231	Crushed tomatoes	16.00 oz
13231	Tomato sauce	8.00 oz
13231	Elbow macaroni, cooked and	8.00 oz
13231	-drained	0.00
13231	Salt and pepper to taste	0.00
13232	Zucchini, cut in 1/4" slices	1.50 c
13232	Small Onion *	1.00 x

Sheet1

13232	Sm Tomato, cut in thin wedge	1.00 x
13232	Sliced pitted ripe Olives	2.00 T
13232	Snipped Parsley	2.00 T
13232	Snipped fresh Basil **	1.00 T
13232	Garlic powder	0.12 t
13232	Med Chicken Breast hlves ***	2.00 x
13232	Margarine	1.00 t
13233	Boiling chickens, 4 lbs ea.	2.00
13233	- cut in quarters	0.00
13233	Cold water	10.00 c
13233	Carrots; thinly sliced	4.00 md
13233	Yellow onions	2.00 md
13233	- peeled, finely diced	0.00
13233	Head celery; thinly sliced	1.00 sm
13233	Leeks; green tops and white	2.00 lg
13233	- bottoms separated	0.00
13233	Whole black peppercorns	0.50 tb
13233	Bay leaves	6.00
13233	Sprigs fresh thyme; -=OR=-	4.00
13233	-Fresh thyme leaves, -=OR=-	1.50 ts
13233	-Dried thyme	0.50 ts
13233	Salt	1.00 tb
13233	Unsalted butter	1.00 tb
13234	Cold cooked diced chicken	4.00 c
13234	Diced apples	2.00 c
13234	Diced celery	1.00 c
13234	Mayonnaise or boiled salad	0.00
13234	-dressing	0.00
13234	Chopped nuts	1.00 c
13235	Pkg frozen puff pastry; con-	17.25 oz
13235	-taining 2 sheets, defrosted	0.00
13235	Smoked chicken; cut 1/4"cube	8.00 oz
13235	Plus 1 1/2 T Barbecue sauce*	0.50 c
13235	Egg; slightly beaten	1.00 lg
13235	BARBECUE SAUCE -----	0.00 -----
13235	Coca cola; only this brand	1.00 c
13235	Ketchup	1.00 c
13235	A-1 sauce	1.00 c
13235	Worchestershire sauce	0.25 c
13235	Liquid smoke	1.00 t
13235	Garlic powder	0.50 t
13235	Cider vinegar	1.00 T
13235	BARBECUE SAUCE -----	0.00 -----
13236	Broiler-fryer chicken (2-3	1.00
13236	-lbs.), cut up	0.00
13236	Water	2.00 qt
13236	Diced carrots	1.50 c
13236	Diced celery	1.00 c
13236	Barley	0.50 c

Sheet1

13236	Chopped onion	0.50 c
13236	Chicken bouillion cube	1.00
13236	-(optional)	0.00
13236	Salt (optional)	1.00 ts
13236	Bay leaf	1.00
13236	Poultry seasoning	0.50 ts
13236	Pepper	0.50 ts
13236	Dried sage	0.50 ts
13237	Stewing chicken	5.00 lb
13237	Onions	2.50 c
13237	Beef stew meat	1.50 lb
13237	Celery	3.00 c
13237	Lean pork	0.25 lb
13237	Lemon, cut in pieces	0.50
13237	Dried navy beans, soaked	0.50 lb
13237	Potatoes	8.00 c
13237	Split green peas	0.50 lb
13237	Shredded cabbage	4.00 c
13237	Canned whole tomatoes	2.00 c
13237	Butter	4.00 tb
13237	Carrots	4.00 c
13238	Olive oil	2.00 tb
13238	Fryer chicken, 3- 3 1/2 lbs.	1.00
13238	- cut up	0.00
13238	Finely minced onion	1.00 tb
13238	Marsala wine	0.50 c
13238	Tomato paste	1.00 ts
13238	Low-sodium chicken broth	0.50 c
13238	Salt	0.50 ts
13238	Freshly ground pepper	0.25 ts
13238	Unsalted butter	3.00 tb
13239	Chicken Breast Filet	12.00 oz
13239	Mushrooms	12.00 oz
13239	Pepper, green	12.00 oz
13239	Cream, 42% fat	5.50 oz
13239	Oil	0.00
13239	Pepper, black	0.00
13239	Paprika	0.00
13239	Salt	0.00
13240	Boneless chicken breast	4.00
13240	-halves	0.00
13240	Flour	0.25 c
13240	Light salt	0.25 ts
13240	Black pepper	0.12 ts
13240	Butter	3.00 tb
13240	Olive oil	1.00 tb
13240	Sauterne or dry white wine	0.25 c
13240	Chicken broth	0.25 c
13240	Lemon juice	1.00 tb

Sheet1

13240	To 8 oz thinly sliced	4.00 oz
13240	-mushrooms	0.00
13240	Drained capers	2.00 tb
13240	Thin lemon slices	4.00
13240	Chopped fresh parsley	0.25 c
13241	Chicken breast, skinless 8oz	4.00
13241	Olive oil	2.00 ts
13241	SAUCE -----	0.00 -----
13241	White wine	1.00 c
13241	Heavy cream	3.00 c
13241	Tomatoes, diced	1.00 c
13241	Fresh wild mushrooms *	1.00 c
13241	Cayenne pepper, pinch	1.00
13241	HERB CHEESE -----	0.00 -----
13241	Garlic, minced	1.00 ts
13241	Basil, dried	0.50 ts
13241	Parsley, diced	0.50 ts
13241	Ricotta	0.50 c
13241	Salt	1.00 ts
13241	Pepper, black	0.50 ts
13241	SAUCE -----	0.00 -----
13241	HERB CHEESE -----	0.00 -----
13242	Sheet Pepperidge Farm puff	1.00
13242	-pastry (comes	0.00
13242	Frozen in a 17 1/4 oz box	0.00
13242	-containing 2 sheets	0.00
13242	Per box) at room temperature	0.00
13242	Butter	0.25 c
13242	(4 count) boneless chicken	1.00 lb
13242	-breast	0.00
13242	(8 oz) package cream cheese,	0.50
13242	-room temperature	0.00
13242	Knorr Swiss Aromat Seasoning	0.00
13242	-for Meat to taste	0.00
13242	Lemon pepper to taste	0.00
13242	Melted butter	0.00
13243	Whole chicken breasts	4.00 x
13243	Thyme	1.00 ts
13243	Oil	4.00 tb
13243	Freshly grated orange zest	2.00 ts
13243	Worcestershire sauce	1.00 ts
13243	Flour	2.00 tb
13243	White pepper	0.25 ts
13243	Rhubarb cut into 1/2 inch	5.00 c
13243	Honey	2.00 tb
13243	Bunch watercress, washed	0.00
13244	Taco sauce	0.50 c
13244	Dijon mustard	0.25 c
13244	Fresh lime juice	2.00 tb

## Sheet1

13244	Whole chicken breasts,	3.00
13244	-skinned and split	0.00
13244	Butter or margarine	2.00 tb
13244	Plain yogurt	6.00 tb
13244	Of lime	6.00 sl
13245	Unsweetened Pineapple Juice	1.00 c
13245	Salt	0.50 ts
13245	Orange Juice	0.75 c
13245	Ground Pepper	0.50 ts
13245	Lemon Zest	2.00 tb
13245	Chicken Breasts Halves	12.00 sm
13245	Lemon Juice	0.50 c
13245	Garlic Cloves, Minced	3.00
13245	Dried Thyme, Crumbled	1.00 ts
13246	Chicken breasts, whole,	4.00
13246	-skinless, boneless	0.00
13246	Salt and freshly ground	0.00
13246	-pepper, to taste	0.00
13246	Small white onions (about	0.50 lb
13246	-26)	0.00
13246	Olive oil	3.00 tb
13246	Mushrooms, whole if small,	0.50 lb
13246	-sliced if large	0.00
13246	Fresh basil leaves	8.00
13246	Dry white wine	0.33 c
13246	Butter	1.00 tb
13247	Butter or margarine (1/2	4.00 tb
13247	-stick)	0.00
13247	Vegetable oil	0.25 c
13247	Stalk celery, cut into thin	1.00
13247	-strips (2-inch-long)	0.00
13247	Carrots, peeled, cut into	2.00 sm
13247	-thin strips	0.00
13247	Yellow onion, finely chopped	1.00 md
13247	Boiled ham, cut into thin	4.00 sl
13247	-strips	0.00
13247	Salt	0.50 ts
13247	Black pepper	0.25 ts
13247	All-purpose flour	0.25 c
13247	Whole chicken breasts (4	4.00
13247	-halves)	0.00
13247	Thin slices Swiss cheese	4.00
13248	Chicken breast halves	4.00
13248	Salt and fresh ground black	0.00
13248	-pepper	0.00
13248	Oil	1.00 tb
13248	Onion,finely chopped	1.00 sm
13248	Dry white wine	0.25 c
13248	Honey	1.00 tb

Sheet1

13248	Fresh or canned chicken	0.33 c
13248	-broth	0.00
13248	Tomato paste	1.00 tb
13248	Raw cranberries,cleaned and	2.00 c
13248	-rinsed	0.00
13248	Butter	1.00 tb
13249	Young tender chicken breasts	6.00
13249	-(3/4 lb. for each person)	0.00
13249	EACH: butter and cooking oil	1.50 tb
13249	Mild paprika	2.00 ts
13250	Tomato sauce	8.00 oz
13250	Italian Seasoning	1.00 ts
13250	Garlic powder	0.25 ts
13250	Cornflake crumbs	0.50 c
13250	Parmesan cheese	0.25 c
13250	Parsley flakes	1.00 ts
13250	Chicken breast halves	4.00
13250	Egg	1.00
13250	Mozzarella cheese, shredded	0.50 c
13251	Uncooked orzo or riso pasta	0.50 c
13251	Low-sodium chicken broth	0.75 c
13251	- (or water)	0.00
13251	Salt; as desired	0.00
13251	Freshly ground black pepper	1.00 ts
13251	Olive oil	1.00 tb
13251	Onion	1.00 sm
13251	- peeled & coarsely diced	0.00
13251	Minced garlic	2.00 tb
13251	Anchovy fillets; chopped	2.00
13251	Tightly packed, fresh basil	0.25 c
13251	Egg white	1.00
13251	Dry bread crumbs	1.00 tb
13251	Chicken breast halves	4.00 lg
13251	- boned	0.00
13251	Marsala	0.33 c
13251	Balsamic or red wine vinegar	0.25 c
13251	Olive oil	3.00 tb
13252	Chicken breasts, boned,	3.00 lg
13252	-split and	0.00
13252	Pounded (trim the excess	0.00
13252	-skin)	0.00
13252	Pork sausage, crumbled	0.50 lb
13252	Butter or margarine	0.33 c
13252	Celery, diced	0.50 c
13252	Onion, chopped fine	1.00 md
13252	Pecans, coarsely chopped	0.50 c
13252	Salt	0.50 ts
13252	Savory	0.25 ts
13252	Freshly ground pepper	0.12 ts

Sheet1

13252	Dry bread crumbs (if making	4.00 c
13252	-your own, season	0.00
13252	With savory, basil, thyme	0.00
13252	-and sage)	0.00
13252	Egg beaten with 3	1.00
13252	-tablespoons milk	0.00
13253	Boneless, skinless chicken	1.50 lb
13253	-breasts	0.00
13253	White wine	1.00 c
13253	Freshly squeezed orange	0.50 c
13253	-juice	0.00
13253	Balsamic vinegar	0.50 c
13253	Golden raisins	0.50 c
13253	Dried currants	0.50 c
13253	Extra-virgin olive oil	2.00 tb
13253	Grated lemon zest	1.00 tb
13253	Grated orange zest	2.00 tb
13253	Chopped fresh tarragon (or	2.00 tb
13253	-1/4 teaspoon dried)	0.00
13253	Salt	0.25 ts
13253	Freshly ground white pepper	0.25 ts
13254	Chicken breast halves,wings	4.00 lg
13254	-attached	0.00
13254	Blue cheese,crumbled	0.25 lb
13254	Loosely packed watercress	0.75 c
13254	-leaves	0.00
13254	Butter (1/4 stick),softened	2.00 tb
13254	Salt	0.50 ts
13254	Coarsely ground black pepper	0.25 ts
13254	Head Bibb lettuce	1.00 sm
13254	Bottled oil and vinegar	2.00 tb
13254	-dressing	0.00
13254	Watercress sprigs for	0.00
13254	-garnish	0.00
13255	Chicken Breasts (halves)	8.00
13255	Monterey Jack Cheese	0.25 lb
13255	Oregano	0.50 ts
13255	White Wine	0.50 c
13255	Marjoram	0.50 ts
13255	Flour	0.50 c
13255	Fresh parsley, chopped fine	0.50 ts
13255	Eggs, beaten	2.00
13255	Butter	0.50 c
13255	Dry bread crumbs	1.00 c
13256	Shredded Carrot	0.50 c
13256	Sliced Green Onion	0.25 c
13256	Curry powder (or less)	1.00 t
13256	Margarine	1.00 T
13256	Soft Bread Crumbs	0.50 c

Sheet1

13256	Raisins	2.00 T
13256	Water	1.00 T
13256	Med Chicken Breast Halves *	4.00 x
13256	Salt	0.12 t
13256	Paprika	0.25 t
13256	Low-fat Plain Yogurt	0.25 c
13256	Orange marmalade	2.00 t
13257	Whole chicken breasts, split	1.00
13257	Lime	1.00
13257	Fine bread crumbs	1.00 c
13257	Chopped fresh cilantro	0.25 c
13257	Garlic clove, minced	1.00
13257	Salt	0.50 ts
13257	Ground pepper	0.12 ts
13257	Egg whites	2.00
13257	Water	2.00 tb
13258	All-purpose flour	3.00 tb
13258	Salt	0.50 ts
13258	Pepper	0.25 ts
13258	Boneless skinned chicken	4.00
13258	-breast halves (5 oz each)	0.00
13258	Unsalted butter, divided	2.00 tb
13258	Vegetable oil	1.00 tb
13258	Fresh mushrooms, sliced	6.00 oz
13258	Marsala wine	0.25 c
13258	Beef broth	0.25 c
13258	Cornstarch	2.00 ts
13259	Skinless, boneless chicken	4.00
13259	-breast (1 1/2 Lb)	0.00
13259	Salt to taste, if desired	0.00
13259	Freshly ground black pepper	0.00
13259	Eggs	2.00
13259	Finely chopped fresh	1.00 tb
13259	-rosemary (or 1/2 Tbl dried)	0.00
13259	Water	2.00 tb
13259	Flour	0.50 c
13259	Olive oil	2.00 tb
13259	Butter	2.00 tb
13259	TOMATO SAUCE:	0.00
13259	Canned tomatoes, preferably	2.00 c
13259	-imported	0.00
13259	Olive oil	2.00 tb
13259	Finely chopped onion	0.50 c
13259	Finely minced garlic	1.00 ts
13260	Chicken breasts,boned and	4.00
13260	-skinned	0.00
13260	Thick bacon slices	4.00
13260	Dried beef or 1 can	0.25 lb
13260	Sour cream	1.00 pt



Sheet1

13261	Broccoli, cooked	1.00 lb
13261	Milk	0.33 c
13261	Chicken, cooked, cubed	1.50 c
13261	Cheddar cheese, shredded	0.50 c
13261	Cream of broccoli soup	1.00 cn
13261	Butter, melted	1.00 tb
13261	Dry bread crumbs	1.00 tb
13262	Chicken breast, cut into	2.00
13262	-bite-size pieces	0.00
13262	Fresh mushrooms, sliced	0.25 lb
13262	Proscuitto	2.00 sl
13262	Mozzarella cheese	2.00 sl
13262	Marsala wine	0.25 c
13262	Basil;	1.00 ts
13262	Of oregano	1.00 pn
13262	Salt and peper to taste	0.00
13262	Butter	3.00 tb
13263	Chickens--breasts, thighs, &	2.00
13263	Drumsticks from both	0.00
13263	Flour, salt, & pepper mixed	0.00
13263	Ginger to taste	0.00
13263	Carrots, peeled & quartered	6.00
13263	Margarine	4.00 tb
13263	Flour	2.00 tb
13263	Water	1.00 c
13263	(10-3/4) can beef bouillon	1.00
13263	Catsup	1.00 tb
13263	Worcestershire sauce	1.00 tb
13263	Bay leaves	2.00
13263	Small, peeled onions	6.00
13263	Potatoes, peeled & quartered	6.00
13263	Mushrooms, sauteed	8.00 oz
13263	(8 oz) can english peas	1.00
13264	Chicken breasts, boned	2.00 lb
13264	Salt and pepper to taste	0.00
13264	Flour to cover chicken	0.00
13264	Olive oil	1.00 tb
13264	Butter	2.00 tb
13264	Scallions	0.50 c
13264	Mushrooms, sliced	0.25 lb
13264	Thyme to taste	0.00
13264	White cooking wine	0.00
13264	Chicken stock	0.00
13264	Tomatoes, peeled and	0.50 c
13264	-quartered	0.00
13264	Chopped parsley	0.00
13265	Chicken pieces, skinned,	1.00 lb
13265	-boned	0.00
13265	Paprika	0.50 ts

Sheet1

13265	Canola oil	2.00 ts
13265	Green onions, chopped	2.00
13265	Chopped cilantro or parsley	0.25 c
13265	Tomato, chopped	1.00
13265	Orange juice	0.50 c
13266	Pieces cooked chicken	2.00
13266	-breasts (apporx 1 to 1-1/2	0.00
13266	-lbs)	0.00
13266	Bacon	8.00 sl
13266	Sandwich bread, toasted	8.00 sl
13266	Mayonnaise	0.25 c
13266	Thin slices tomato	8.00
13266	Lettuce leaves (iceberg or	8.00
13266	-romaine)	0.00
13266	Potato chips and/or bread	0.00
13266	-and butter pickle slices	0.00
13267	Chicken broth	6.00 c
13267	Diced onion	0.25 c
13267	Diced potatoes	1.00 c
13267	Chopped chicken	1.00 c
13267	Corn-meal	0.25 c
13267	Salt and pepper	0.00
13268	Boneless chicken breast	8.00
13268	-fillets (approx 4 oz each)	0.00
13268	Skinned, all visible fat	0.00
13268	-removed	0.00
13268	Vegetable oil	2.00 tb
13268	Thinly sliced onion	1.00 c
13268	Thinly sliced mushrooms	2.00 c
13268	Minced garlic	2.00 tb
13268	Chopped celery	1.00 c
13268	Chopped fresh or 1/2 Tblsp	1.00 tb
13268	-dried oregano	0.00
13268	Chopped fresh or 1/2 Tblsp	1.00 tb
13268	-dried basil	0.00
13268	Sliced green bell pepper	2.00 c
13268	Peeled diced tomatoes	2.00 c
13268	Of dry white wine	0.50 c
13268	Fresh lemon juice	2.00 tb
13268	Crushed red pepper	0.50 ts
13268	Butter (the Nutritional info	1.00 tb
13268	-below is based on	0.00
13268	-Margarine)	0.00
13268	Black pepper	0.50 ts
13268	Chopped fresh parsley	2.00 tb
13269	Cooked cubed chicken	2.00 c
13269	Cream cheese, softened	4.00 oz
13269	Milk	2.00 tb
13269	8 oz can crescent rolls	1.00

Sheet1

13270	oz	0.25 10 1/2
13270		0.50
13270	----	1.00
13270	Chicken, cooked, chopped	2.00
13270	Celery, chopped	0.25 1
13270	Parsley, chopped	2.00 1
13270	Lemon juice	2.00 1/8
13270	Salt	1.00 t
13270	Celery seed	1.00
13270	Onion, grated	1.00
13270	Gravy extract	1.00 ts
13270	Curry powder	0.25 ts
13270	Pepper	0.12 ts
13270	Hot pepper sauce	0.12 ts
13270	Eggs, unbeaten	2.00 ea
13270	CRISPY BATTER -----	0.00 -----
13270	Egg yolks	2.00 ea
13270	Milk	0.67 c
13270	Salt	0.50 ts
13270	Flour, all-purpose	1.00 c
13270	Butter, melted	2.00 tb
13270	Lemon juice	2.00 tb
13270	Curry powder	0.25 ts
13270	Egg whites	2.00 ea
13270	CHICKEN SAUCE -----	0.00 -----
13270	Cream of chicken soup	10.50 oz
13270	Milk	0.50 c
13270	Mushroom stems and pieces,	0.25 c
13270	Drained	1.00 x
13270	Onion, grated	1.00 ts
13270	Curry powder	0.12 ts
13270	CRISPY BATTER -----	0.00 -----
13270	CHICKEN SAUCE -----	0.00 -----
13271	Ground oat flour (see note)	0.75 c
13271	-or all-purpose flour	0.00
13271	Fresh dill or 1 tsp. dried	1.00 tb
13271	-dill weed	0.00
13271	Lemon pepper	0.12 ts
13271	Egg white	1.00
13271	Water	0.25 c
13271	Chicken	3.00
13271	-breasts, halved, boned, skinned	0.00
13271	-d	0.00
13271	Margarine or olive oil	2.00 tb
13271	Green pepper, sliced in rings	1.00 md
13271	Carrots, peeled or washed, cut	2.00
13271	-on the diagonal	0.00
13272	Chicken breast halves,	4.00
13272	-skinned and boned	0.00

Sheet1

13272	Egg	1.00
13272	Ground red pepper	1.00 pn
13272	Wheat germ	0.50 c
13272	Non-stick vegetable cooking	0.00
13272	-spray	0.00
13272	Unsalted margarine	1.00 tb
13272	Lemon juice	3.00 tb
13273	Whole chicken breasts	4.00
13273	Dried beef	0.25 lb
13273	Sour cream	0.50 c
13273	Bacon slices	8.00
13273	Cream of mushroom soup	1.00 cn
13274	Shredded Nappa cabbage	2.00 c
13274	Minced shiitake mushrooms	0.25 c
13274	Ground chicken	0.50 lb
13274	Green onion, minced	1.00
13274	Ginger root, minced	1.00 ts
13274	Water	3.00 tb
13274	Salt	0.50 ts
13274	Round wonton wrappers-3 1/2"	30.00
13274	Nonstick cooking spray	0.00
13274	Chicken broth	1.25 c
13274	Orange marmalade	0.33 c
13274	Rice vinegar	3.00 tb
13275	Chicken thigh fillets,	0.50 lb
13275	-chopped	0.00
13275	Reduced-fat feta cheese,	2.00 oz
13275	-mashed	0.00
13275	Ground cinnamon	0.25 ts
13275	Chopped fresh parsley	2.00 tb
13275	Round won ton or gow gee	0.00
13275	-wrappers	0.00
13275	Spinach and Sultanas:	0.00
13275	Spinach leaves, shredded	20.00
13275	Red pepper, sliced	1.00
13275	Carrot, chopped (julienne)	1.00
13275	Sultanas	0.25 c
13275	Lemon juice	1.00 tb
13275	Flaked almonds	1.00 tb
13275	Buttermilk	0.33 c
13276	Four-pound chicken	1.00
13276	Celery, diced	1.00 c
13276	Minced onion	0.50 c
13276	Hot water	1.00 c
13276	Green pepper, chopped	1.00
13276	Carrots, diced	2.00 c
13276	Cooking fat	0.25 c
13276	Milk	1.00 c
13276	Salt and pepper	0.00

Sheet1

13276	Flour	0.00
13277	Quick Tomato Sauce	1.00 c
13277	Jalapeno pepper (OR 1/8 tsp	1.00
13277	-red-pepper flakes)	0.00
13277	Fresh coriander, minced	2.00 tb
13277	Lime	1.00
13277	Salt	0.00
13277	Pepper	0.00
13277	Chicken thighs, skinless and	1.00 lb
13277	-boneless	0.00
13277	Oil	2.00 tb
13277	Ground cumin	1.00 ts
13277	Salt	0.00
13277	Pepper	0.00
13277	Lime	1.00
13277	Flour tortillas (8-inch)	8.00
13277	Ripe avocado	1.00
13277	Sour cream	1.00 c
13278	Chicken breast fillets,cut	1.00 lb
13278	-into 8 pieces	0.00
13278	Coarsely ground black pepper	0.50 ts
13278	Salt	0.50 ts
13278	16 oz can whole	1.00
13278	-tomatoes,quartered,liquid	0.00
13278	-retained	0.00
13278	Purple onions,sliced	2.00
13278	Cloves garlic,minced	2.00
13278	Basil	1.00 ts
13278	White wine	0.50 c
13279	Boneless chicken breasts-	3.00
13279	4 oz each	0.00
13279	Low fat yogurt	2.00 T
13279	Soda crackers, crushed	12.00
13279	Dried thyme	1.00 t
13279	Dried marjoram	0.50 t
13279	Curry powder	0.25 t
13279	Salt	0.00
13280	Boneless chicken breasts-	3.00
13280	4 oz each	0.00
13280	Low fat yogurt	2.00 T
13280	Soda crackers, crushed	12.00
13280	Dried thyme	1.00 t
13280	Dried marjoram	0.50 t
13280	Curry powder	0.25 t
13280	Salt	0.00
13281	9 oz pkg. frozen tortillas	1.00
13281	Oil	2.00 tb
13281	Chopped onion	0.75 c
13281	Garlic clove,minced	1.00 lg

Sheet1

13281	Cooked,shredded or finely	2.25 c
13281	-diced chicken	0.00
13281	Chicken broth	0.67 c
13281	4 oz can mild green	1.00
13281	-chilies,finely chopped	0.00
13281	Raisins	0.33 c
13281	Salt	1.00 ts
13281	Ground coriander	0.50 ts
13281	Ground cumin	0.25 ts
13281	Pepper	0.12 ts
13281	Cornstarch	1.00 tb
13281	Water	1.00 tb
13281	Oil for frying	0.00
13281	Sour cream	0.50 pt
13282	Onion, chopped	0.50 c
13282	Garlic, clove	1.00 ea
13282	Margarine	1.00 tb
13282	Cornstarch	2.00 tb
13282	Chicken broth, (College Inn)	13.75 oz
13282	Basil leaves, dried	0.25 ts
13282	Cheese, mozzarella, shredded	0.50 c
13282	Chicken, cooked, strips	1.50 c
13282	Spinach, fresh, chopped	4.00 oz
13282	Tomatoes, cherry, halved	1.00 c
13282	Pasta	1.00 x
13283	Chicken, about 1 lb.,	0.50
13283	-skinned & all fat cut away	0.00
13283	Paprika	0.50 ts
13283	Freshly ground black pepper	0.25 ts
13283	Flour, all purpose	0.25 c
13283	Egg white	1.00
13283	Skim milk	0.25 c
13283	Country rice (see recipe)	0.00
13283	Gravy ingredients:	0.00
13283	Dry brown "roux", see	0.25 c
13283	-recipe	0.00
13283	Water	1.50 c
13283	Onion, chopped	1.00 c
13283	Green onion, chopped	0.50 c
13283	Cl Garlic, minced	2.00
13283	Parsley, finely chopped	1.00 tb
13283	Allspice, ground	0.12 ts
13283	Thyme	0.25 ts
13283	Freshly ground black pepper	0.12 ts
13284	Round steak, 1/2" thick	2.00 lb
13284	Beaten eggs	2.00
13284	Milk	2.00 tb
13284	Cracker crumbs	2.00 c
13284	Shortening	0.25 c

Sheet1

13284	Salt	0.00
13284	Pepper	0.00
13285	Sugar	0.75 c
13285	Dry mustard	1.00 ts
13285	Salt	1.00 ts
13285	Vinegar	0.33 c
13285	Onion juice	4.50 ts
13285	Oil	1.00 c
13285	Poppy seeds	4.50 ts
13285	-SALAD*	0.00
13285	Pineapples	2.00 lg
13285	Diced cooked chicken	2.00 c
13285	Papaya	1.00 lg
13285	- peeled, seeded and cubed	0.00
13285	Sliced celery	1.00 c
13285	Oranges; peeled	2.00
13285	- cut in segments	0.00
13285	Watermelon balls	1.00 c
13285	Bananas; peeled, sliced	2.00
13285	Kiwi; peeled and sliced	3.00
13285	Coarsely chopped macadamias	0.00
13286	Chicken,cut up	1.00
13286	Oil	0.25 c
13286	Ginger	0.25 ts
13286	Cinnamon	0.25 ts
13286	Honey	2.00 tb
13286	Potato flour	2.00 tb
13286	Orange juice	1.00 c
13286	Oranges, peeled, seeded,	2.00
13286	-sectioned	0.00
13287	Clove garlic, minced	1.00
13287	Vegetable, peanut oil	3.00 tb
13287	Snow peas	0.00
13287	Broccoli flowerets	2.00 c
13287	Szechuan sauce	2.00 tb
13287	Mushrooms, sliced 1/8" thick	10.00
13287	White onion, sliced	0.50
13287	Sesame oil	1.00 tb
13287	Light soy sauce	2.00 tb
13287	Oyster sauce	3.00 tb
13287	Salt & pepper (to taste)	0.00
13287	Chicken breasts	2.00
13288	Fryer or	3.00 lb
13288	-broiler,disjointed	0.00
13288	Flour	2.00 tb
13288	Safflower or corn oil	3.00 tb
13288	Cloves garlic,preserved	3.00 lg
13288	EACH:olive oil,lemon juice	1.00 tb
13288	Dried rosemary	1.00 tb

Sheet1

13288	Salt,pepper	0.00
13289	INGREDIENTS -----	0.00 -----
13289	Butter	2.00 tb
13289	Flour	2.00 tb
13289	Milk; heated	1.00 c
13289	White pepper	0.25 ts
13289	Salt	0.25 ts
13289	Hot pepper sauce	0.00 ds
13289	Worcestershire sauce	0.00 ds
13289	Light cream; or	0.50 c
13289	-half and half	0.50 c
13289	Dry sherry	2.00 tb
13289	Diced cooked chicken	2.00 c
13289	Egg yolks; beaten	2.00
13289	INGREDIENTS -----	0.00 -----
13290	Reduced-calorie margarine	2.00 ts
13290	Cornstarch	1.00 ts
13290	Low-sodium chicken broth	0.25 c
13290	Skim milk	0.25 c
13290	White wine Worcestershire	2.00 ts
13290	-sauce	0.00
13290	Drop liquid red pepper sauce	1.00
13290	Thinly sliced mushrooms	0.50 c
13290	Thinly sliced red bell	0.50 c
13290	-pepper	0.00
13290	Diced cooked chicken	2.00 oz
13290	Freshly ground black pepper	0.00
13290	-to taste	0.00
13290	Baked buttermilk biscuit,	1.00
13290	-split (3/4 ounce)	0.00
13291	Cut Up Chicken	3.00 lb
13291	Env Onion Soup Mix	1.00
13291	Whole Peeled Tomatoes *	1.00 cn
13291	Water	0.33 c
13292	Sweet onions	2.00
13292	Butter	0.25 c
13292	Chicken pieces	5.00 lb
13292	Ground pepper	0.00
13292	Heavy cream	0.50 c
13292	Bechamel sauce	1.00 c
13292	Tomato paste	1.00 tb
13292	Pinch curry powder	0.00
13292	Paprika	0.50 ts
13292	Juice of lemon	0.00
13292	Mushrooms,sliced	1.00 lb
13293	Broiler fryer chicken breast	6.00
13293	-halves,boned and skinned	0.00
13293	EACH: salt,pepper	0.50 ts
13293	Cooking oil	0.33 c



Sheet1

13293	Lime, juiced	1.00
13293	Butter	8.00 tb
13293	Chives, minced	0.50 ts
13293	Dill weed	0.50 ts
13294	Chipotle Chile; Dried	1.00
13294	Shortening Or Lard	0.25 c
13294	Red Chiles; Ground	2.00 tb
13294	Chicken Broth	2.00 c
13294	Flour Tortillas; *	4.00
13294	Tomato Sauce	0.25 c
13294	Onion; Chopped, 1 small	0.25 c
13294	Raisins	1.00 tb
13294	Almonds Or Walnuts; Chopped	1.00 tb
13294	Sesame Seed	1.00 tb
13294	Pumpkin Seeds; Shelled	1.00 tb
13294	Peanut Butter	1.00 tb
13294	Sugar	1.50 ts
13294	Oregano; Ground	1.50 ts
13294	Cocoa	1.50 ts
13294	Anise Seed	0.50 ts
13294	Cinnamon; ground	0.25 ts
13294	Cloves; Ground	0.25 ts
13294	Nutmeg; Ground	0.25 ts
13294	Allspice; Ground	0.25 ts
13294	Ginger; Ground	0.25 ts
13294	Cumin; Ground, OR	0.25 ts
13294	Cumin Seed	0.50 ts
13294	Chicken Broth	1.00 c
13294	Chicken Breast Halves; **	8.00
13295	Chicken breasts,boneless and	12.00 oz
13295	-skinless	0.00
13295	Flour	2.00 tb
13295	To 2 - tbsp. olive oil	1.00
13295	Chicken stock	0.50 c
13295	To 1 - tsp. dry mustard	0.50
13295	Cornstarch	1.00 ts
13295	Freshly ground black pepper	0.00
13295	-to taste	0.00
13295	Chopped fresh parsley	2.00 tb
13295	Dry sherry	3.00 tb
13295	Ricotta cheese	0.33 c
13295	Plain yogurt	0.33 c
13296	Chicken breast halves	2.00 lb
13296	La Victoria Salsa Victoria	1.00 c
13296	Chicken broth	1.00 c
13296	Potatoes,cubed	4.50 c
13296	Almonds,finely chopped	1.00 c
13296	Cooking oil	2.00 tb
13296	La Victoria Chili Dip	2.00 c

Sheet1

13297	Dry-packed sun-dried	0.50 c
13297	-tomatoes	0.00
13297	Butter	1.00 tb
13297	Garlic clove, minced	1.00 md
13297	Chicken stock or low-salt	1.00 c
13297	-broth, divided	0.00
13297	Heavy cream	1.00 c
13297	Boneless and skinless	1.00 lb
13297	-chicken breast halves	0.00
13297	Salt and freshly ground	0.00
13297	-black pepper to taste	0.00
13297	Vegetable oil	2.00 tb
13297	Chopped fresh basil (or 2	2.00 tb
13297	-tsp dried, crumbled)	0.00
13297	Fettucine	8.00 oz
13298	Chicken (3 1/2 pounds), cut	1.00
13298	-in half	0.00
13298	Onion, roots trimmed but	1.00 lg
13298	-left unpeeled	0.00
13298	Carrot, scraped	1.00 lg
13298	Stalk celery with leaves	1.00
13298	Sprig parsley and 1 sprig	1.00
13298	-dill, tied together	0.00
13298	Cloves garlic, peeled and	2.00
13298	-crushed	0.00
13298	Salt	0.00
13298	Egg noodles	0.25 lb
13298	Finely minced fresh parsley	1.00 tb
13299	Cream Of Mushroom Soup	1.00 cn
13299	Chicken Or 4 Chicken Breasts	1.00 sm
13299	Rice	1.00 c
13299	Green Beans	1.00 cn
13299	Onion	1.00 sm
13299	Bay Leaf	1.00
13300	Boneless, skinless	2.00 lg
13300	-broiler-fryer chicken	0.00
13300	Breast halves	0.00
13300	Oregano	0.50 ts
13300	Garlic powder	0.25 ts
13300	Onion powder	0.25 ts
13300	Freshly ground pepper	0.25 ts
13300	Vegetable cooking spray	0.00
13300	Fresh mushrooms, sliced	4.00 oz
13300	Tomato sauce (1 can)	8.00 oz
13300	Marsala wine	0.25 c
13301	Chickens (3 lbs each), cut	2.00
13301	-up	0.00
13301	Cloves garlic, minced	4.00
13301	White wine, dry	1.00 c

Sheet1

13301	Butter	5.00 tb
13301	Chicken broth	1.00 c
13301	Olive oil	0.25 c
13301	Linguine, cooked al dente	1.00 lb
13301	Salt	0.00
13301	Pepper	0.00
13301	Butter (optional)	0.00
13301	Onions, chopped	3.00
13301	Parsley, fresh chopped	0.50 c
13301	Fresh mushrooms, sliced	12.00
13301	Oregano	1.00 ts
13302	Boneless, skinless chicken	4.00
13302	Breast halves	0.00
13302	All-purpose flour	0.25 c
13302	Dash of salt	0.00
13302	Dash of pepper	0.00
13302	Canola oil	2.00 tb
13302	Sliced mushrooms	4.00 c
13302	Chopped shallots	1.00 ts
13302	Minced garlic	0.50 ts
13302	Sherry	0.50 c
13302	Quartered artichoke hearts,	8.00
13302	Canned or frozen	0.00
13302	Sour cream	1.00 c
13303	Fryer (2 1/2 lbs), cut up	1.00
13303	Onions	2.00
13303	Garlic clove	1.00
13303	Salt	1.00 ts
13303	Powdered ginger	0.12 ts
13303	Yogurt	1.00 pt
13303	Butter or margarine	0.50 c
13303	Turmeric	0.50 ts
13303	Ground cumin seed	0.50 ts
13303	Mustard seed, crushed	0.25 ts
13303	Peppercorns, crushed	4.00
13303	Seed from 2 cardamom pods,	0.00
13303	-crushed	0.00
13303	Water	0.50 c
13304	Whole chicken legs (4 1/4	8.00
13304	-pounds) *	0.00
13304	All-purpose flour	0.50 c
13304	Salt	0.50 ts
13304	Pepper	0.25 ts
13304	Vegetable oil, divided	0.25 c
13304	Sweet Italian sausage,	2.50 lb
13304	-halved crosswise (16)	0.00
13304	Red bell peppers, cored,	4.00
13304	-seeded and cut into	0.00
13304	Inch strips	2.00

## Sheet1

13304	Green bell peppers,	4.00
13304	-cored,seeded and cut into	0.00
13304	Inch strips	2.00
13304	Onions, peeled and thinly	2.00
13304	-sliced	0.00
13304	Cloves garlic, smashed and	8.00
13304	-peeled	0.00
13304	Crushed red-pepper flakes	0.25 ts
13304	Chicken broth	4.00 c
13304	Dry white wine	2.00 c
13304	Dried leaf rosemary, crushed	2.00 ts
13304	Fresh lemon juice	0.25 c
13304	Chopped fresh parsley	0.25 c
13305	To 2 cloves garlic, crushed	1.00
13305	Cayenne	0.25 ts
13305	Juice of 1 lemon	0.00
13305	Zest of 1 lemon (remove with	0.00
13305	-vegetable peeler)	0.00
13305	Tarragon	0.50 ts
13305	Soy sauce	1.00 tb
13305	NOTE: All these amounts are	0.00
13305	-approximate. This is a	0.00
13305	-very	0.00
13305	Forgiving dish.	0.00
13306	Boneless chicken breasts (or	2.00 lb
13306	-veal cutlets)	0.00
13306	Salt	1.00 ds
13306	White pepper to taste	0.00
13306	All-purpose flour	0.50 c
13306	Olive oil	6.00 tb
13306	Lemon's juice, freshly	1.00
13306	-squeezed	0.00
13306	Italian parsley, chopped	1.00 tb
13306	Dry white wine	0.50 c
13306	Sliced lemon for garnish	0.00
13307	Onion; minced	1.00
13307	Chicken fat; divided	3.00 T
13307	Chicken livers; cut in 1/2	1.00 lb
13307	Saltine crackers	6.00
13307	Lawry seasoning	0.75 t
13307	Hungarian paprika	2.00 T
13307	Sugar	1.00 pn
13307	Black pepper	0.00
13307	Kosher salt	1.00 pn
13307	Eggs, hard boiled, quartered	2.00
13308	Chicken livers	1.00 lb
13308	Cap mushrooms	0.50 lb
13308	Onions	2.00
13308	Unsalted or clarified butter	1.50 oz

Sheet1

13308	Soured cream	0.50 pt
13308	Fairly acid yoghurt	3.00 tb
13309	Vegetable oil	0.50 c
13309	Frozen chicken livers(8oz)	2.00 pk
13309	Salt	0.25 ts
13309	Ground pepper	1.00 pn
13309	Sweet white wine	0.50 c
13309	Beef gravy(10 1/2oz)	1.00 cn
13309	Butter or margarine	2.00 tb
13309	Water	0.25 c
13309	Cornstarch	1.00 tb
13309	Hot cooked brown rice	4.00 c
13309	Hot cooked white rice	4.00 c
13310	Raw Rice	1.00 c
13310	Grated Carrots	1.00 c
13310	Onion, Grated	1.00 sm
13310	Green Bell Pepper, Diced	0.50
13310	Cooked Chicken Or Turkey	1.50 c
13310	Grated Cheddar Cheese	0.75 lb
13310	Milk	1.00 qt
13310	Salt	1.00 ts
13310	Pepper	1.00 ds
13311	Butter	2.00 tb
13311	Flour	0.25 c
13311	Light cream	2.00 c
13311	Chicken broth, divided	2.00 c
13311	Process American cheese,	0.75 lb
13311	-cubed	0.00
13311	Boxes (7 oz. each) elbow	2.00
13311	-macaroni,	0.00
13311	Cooked and drained	0.00
13311	Cubed cooked chicken	3.00 c
13311	Salt	1.00 ts
13311	Pepper	0.50 ts
13312	2.5 lb chickens, quartered	4.00 ea
13312	Dried oregano	0.25 c
13312	Red wine vinegar	0.50 c
13312	Pitted prunes	1.00 c
13312	Capers with a bit of juice	0.50 c
13312	Brown sugar	1.00 c
13312	Italian parsley, or cilantro	0.25 c
13312	Head garlic, peeled, pureed	1.00 ea
13312	Salt and pepper to taste	1.00 ea
13312	Olive oil	0.50 c
13312	Pitted, grn Spanish olives	0.50 c
13312	Bay leaves	6.00 ea
13312	White wine	1.00 c
13313	Skinned And Boned Chicken	3.00 lb
13313	-Pieces	0.00

## Sheet1

13313	Fresh Grapefruit Juice	1.00 c
13313	Lime, Juice Of	1.00 md
13313	Clove Garlic, Minced	1.00 lg
13313	Freshly Grated Ginger	1.00 tb
13313	Chopped Fresh Thyme OR	1.00 ts
13313	Dried Thyme, Crushed	0.50 ts
13313	Molasses	1.00 tb
13313	Brown Sugar	1.00 tb
13314	Sliced fresh Mushrooms	1.50 c
13314	Shredded Carrot	2.00 T
13314	Sliced Green Onion	2.00 T
13314	Finely chopped Celery	2.00 T
13314	Lemon Juice	2.50 t
13314	Dried Thyme, crushed	0.25 t
13314	Tomato, peeled, seeded, chop	1.00 x
13314	Chicken Breast halves *	4.00 x
13314	Instant Chicken Bouillon	0.50 t
13314	Cornstarch	1.00 T
13314	Skim Milk	0.25 c
13315	(4 Med) Cut Up Fryers	11.00 lb
13315	Parsley Flakes	3.00 tb
13315	Salt	4.00 ts
13315	Basil	2.00 ts
13315	Cold Water	4.00 qt
13315	Med Carrots, Peeled &Chopped	4.00
13315	Pepper	0.50 ts
13316	Oil	3.00 tb
13316	Chicken pieces	2.50 lb
13316	Minced garlic	2.00 tb
13316	Diced onion	0.75 c
13316	Chicken broth	2.00 c
13316	Peeled seeded tomatoes	1.00 c
13316	- (canned)	0.00
13316	Epazote or oregano	2.00 tb
13316	Assorted Mexican chiles	0.25 lb
13316	-such as pasilla, guajillo	0.00
13316	- and mulata	0.00
13316	- stems and seeds removed	0.00
13316	Ground cloves	0.50 ts
13316	Cocoa powder	1.00 tb
13316	Cinnamon	0.50 ts
13316	Shelled almonds	0.25 c
13317	Chicken breasts,medium-sized	3.00
13317	Salt	0.00
13317	Salad oil	2.00 tb
13317	Green onion,medium,chopped	1.00
13317	Flour,all-purpose	3.00 tb
13317	Milk	2.00 c
13317	Water	1.00 c

## Sheet1

13317	Catsup	3.00 tb
13317	Rosemary,crushed	0.50 ts
13317	Bouillon cube,chicken	1.00
13317	Artichoke hearts,frozen	9.00 oz
13317	Green beans,whole,frozen	9.00 oz
13318	Uncooked bulgur wheat	1.00 c
13318	Chicken thighs, skinned	4.00
13318	Onion, chopped	0.50 md
13318	Olive oil	1.00 tb
13318	(14 1/2 oz) can tomatoes (no	1.00
13318	-salt added)	0.00
13318	Prune juice	0.50 c
13318	Pitted prunes, diced	6.00
13318	Ground allspice	0.25 ts
13319	Gelatin	4.00 tb
13319	Cold water	0.50 c
13319	Well-seasoned chicken broth	4.00 c
13319	Whipping cream	1.00 c
13319	Hard-cooked eggs, sliced	3.00
13319	Sliced stuffed olives	0.50 c
13319	Parsley	1.00 tb
13319	Chopped cooked chicken	4.00 c
13320	Mushrooms	0.50 lb
13320	Chicken breast halves,boned	4.00
13320	-and skinned	0.00
13320	Flour	0.50 c
13320	Salt and pepper to taste	0.00
13320	Olive oil	3.00 tb
13320	Minced green onion	1.00 tb
13320	Tomatoes,peeled and chopped	1.00 lb
13320	-(drained,if canned)	0.00
13320	Dried tarragon	1.00 ts
13321	Jim Vorheis	0.00
13321	Olive oil	2.00 tb
13321	Roasting chicken or 2	5.00 lb
13321	2 1/2 to 3-lb chickens)	0.00
13321	Butter	2.00 tb
13321	White onions, peeled	12.00 sm
13321	Green peppers, sliced into	2.00 lg
13321	-rings	0.00
13321	Cherry tomatoes (or 3	1.00 pt
13321	-tomatoes, peeled, seeded,	0.00
13321	And chopped	0.00
13321	Tomato paste	1.00 tb
13321	Minced parsley	1.00 tb
13321	Thyme	0.50 ts
13321	Bay leaf	1.00
13321	Salt and pepper to taste	0.00
13321	Dry white wine	0.75 c

## Sheet1

13321	Strong chicken stock	1.00 c
13321	Ripe olives, pitted	0.75 c
13321	Minced parsley	2.00 tb
13322	Broiler-fryer (3 to 3 1/2	1.00
13322	-lb), cut up and skinned	0.00
13322	Carrots, peeled and chopped	2.00 md
13322	Chopped onion	0.50 c
13322	Stalks celery, chopped	2.00
13322	Salt (or less)	2.50 ts
13322	Dried parsley flakes	2.00 ts
13322	Dried marjoram leaves	0.75 ts
13322	Dried basil leaves	0.50 ts
13322	Poultry seasoning	0.25 ts
13322	Pepper	0.25 ts
13322	Bay leaf	1.00
13322	Water	2.00 qt
13322	Uncooked medium egg noodles	2.50 c
13322	-(4 Oz)	0.00
13323	Whole fryer	1.00 lg
13323	Diced onions	1.00 c
13323	Diced celery	0.50 c
13323	Minced parsley	0.50 c
13323	Cloves minced garlic	4.00
13323	Chopped carrots	1.00 c
13323	Bay leaves	3.00
13323	Poultry seasoning	1.00 ts
13323	Bottled water (I used	4.00 qt
13323	-regular tap water)	0.00
13323	Broad egg noodles	12.00 oz
13323	Butter	2.00 tb
13323	Sliced onion rings	1.00 c
13323	Sliced mushrooms (I left	1.00 c
13323	-these out)	0.00
13323	Diced carrots	1.00 c
13323	Cream sherry	0.25 c
13324	Thyme leaves or 1/4 tsp.	0.75 ts
13324	-ground thyme	0.00
13324	Salt	0.75 ts
13324	Onion powder	0.50 ts
13324	Ground black pepper	0.25 ts
13324	Thinly sliced boneless,	1.00 lb
13324	-skinless, chicken breast	0.00
13324	-halves	0.00
13324	Butter	3.00 tb
13324	Red or green apple, cored	1.00
13324	-and sliced	0.00
13324	Apple juice	1.00 c
13324	Cornstarch	1.00 tb
13325	Chicken breasts; cut in hal	6.00



Sheet1

13325	-f	0.00
13325	Unsalted butter	2.00 tb
13325	Green onions; sliced	1.00
13325	Pancetta; or prosciutto, di	3.00 oz
13325	-ced	0.00
13325	Spinach; fresh, stems remov	1.50 lb
13325	-ed and broken up	0.00
13325	Feta cheese	4.00 oz
13325	Basil; fresh	0.50 c
13325	White wine	0.25 c
13325	Salt and pepper to taste	0.00
13325	Cayenne pepper	0.25 ts
13325	Flour for dusting	0.00
13325	White wine	0.25 c
13325	Salt and pepper	0.00
13325	Beurre blanc sauce	0.00
13325	Fresh thyme for garnish	0.00
13325	Beurre blanc sauce:	0.00
13325	Green onions; chopped	2.00 tb
13325	White wine	0.25 c
13325	Unsalted butter	3.00
13325	White pepper	0.00
13325	White wine vinegar	0.25 c
13325	Salt	0.12 ts
13326	(10 oz) frozen broccoli	1.00 pk
13326	-spears	0.00
13326	Butter or margarine	0.25 c
13326	All-purpose flour	0.25 c
13326	Poultry broth	1.00 c
13326	Heavy cream	0.50 c
13326	Dry white wine	0.50 c
13326	Salt and pepper	0.00
13326	Worcestershire	0.12 ts
13326	Chopped cooked poultry	2.00 c
13326	Grated Parmesan cheese	0.33 c
13327	Vegetable oil	2.00 tb
13327	Chicken breast halves,	4.00
13327	-boned & skinned	0.00
13327	Seasoned flour	0.00
13327	VEG-ALL Mixed Vegetables	1.00 cn
13327	-(16 oz)	0.00
13327	Chopped onion	1.00 c
13327	Chicken broth	2.00 c
13327	Bay leaf	1.00
13327	Packaged biscuit mix	1.00 c
13327	Milk	0.25 c
13327	Thyme	0.50 ts
13327	Chopped parsley	2.00 tb
13327	Sour cream	0.75 c

Sheet1

13327	Paprika	2.00 ts
13328	Sherry	1.00 tb
13328	Unsalted, fat-free chicken	0.33 c
13328	-stock	0.00
13328	Onion, sliced	1.00 md
13328	Garlic cloves, finely	2.00 md
13328	-chopped	0.00
13328	Fresh mushrooms, sliced	0.25 lb
13328	Salt	0.25 ts
13328	Freshly ground black pepper	0.25 ts
13328	Four-ounce boneless,	4.00
13328	-skinless chicken breasts,	0.00
13328	-fat removed	0.00
13328	Plain non-fat yogurt	0.75 c
13328	Reduced-fat sour cream	0.25 c
13328	Sweet Hungarian paprika	1.50 tb
13329	Chicken Breasts *	1.00 pk
13329	ITALIAN Tomato Sauce **	1.00 cn
13329	Olive Oil	2.00 tb
13329	Mozzarella Cheese	0.00
13329	Parmesan Cheese	0.00
13329	Flour	2.00 c
13329	Salt	0.50 ts
13329	Pepper	0.25 ts
13330	Water	2.00 qt
13330	Dry White Wine	0.50 c
13330	(4 Oz.) Boneless, Skinned	4.00
13330	Chicken Breasts	0.00
13330	Garlic	4.00 cl
13330	Thinly Sliced Basil	3.00 tb
13330	Salt	0.12 ts
13330	Pepper	0.12 ts
13330	Lemon Juice	2.00 tb
13330	Uncooked Rigatoni Pasta	4.00 oz
13330	Olive Oil	1.00 tb
13330	Size Red Pepper Julienne	1.00 md
13330	Ripe Olives Thinly Sliced	4.00
13331	Ground Chicken	1.00 lb
13331	Egg Or Mayonnaise (Binder)	1.00 md
13331	Chopped Green Onion	0.00
13331	Chopped Bell Pepper	0.00
13331	Bread Crumbs	0.00
13331	Butter	0.00
13332	Cut up chicken	1.00
13332	Margarine	2.00 tb
13332	Oil	1.00 tb
13332	Sliced onion	1.00
13332	Green pepper, cut in strips	1.00
13332	Large can peaches	1.00

Sheet1

13332	Cornstarch	1.00 tb
13332	Soy sauce	1.00 tb
13332	White wine venegar	3.00 tb
13332	Peeled sliced tomatoes	2.00
13333	Chicken brest, bone and	2.00
13333	-halved	0.00
13333	Pineapple juice	0.75 c
13333	Brown sugar	4.00 tb
13333	Onion, finely chopped	0.50
13333	Chili sauce	0.33 c
13334	Basil Leaves, crushed	1.00 ts
13334	Seasoning Salt	0.50 ts
13334	Pepper	0.25 ts
13334	Garlic Powder	0.25 ts
13334	Boneless, Skinless Chicken	4.00
13334	-Breast halves	0.00
13334	Thin Slices of low-fat Ham	4.00
13334	Fresh Lemon Juice	2.00 tb
13334	Paprika	0.00
13334	Lettuce Leaves	0.00
13334	Red & Yellow Cherry Tomatoe	0.00
13335	Cooked chicken breast meat	2.00 oz
13335	Lettuce	1.00 x
13335	Honey	1.00 T
13335	Sliced cucumber	0.50 c
13335	Small pita	1.00 ea
13335	Tomato slices	2.00 ea
13335	Dijon mustard	1.00 T
13335	Low-cal vinaigrette	2.00 T
13336	Cooked chicken breast meat	2.00 oz
13336	Small pita	1.00
13336	Lettuce	1.00
13336	Tomato slices	2.00
13336	Honey	1.00 tb
13336	Dijon mustard	1.00 tb
13336	Sliced cucumber	0.50 c
13336	Low-cal vinaigrette	2.00 tb
13337	POPOVERS -----	0.00 -----
13337	Sifted flour	1.00 c
13337	Salt	0.25 ts
13337	Milk	0.75 c
13337	Cold chicken broth	0.25 c
13337	Eggs	2.00
13337	FILLING -----	0.00 -----
13337	Butter	4.00 tb
13337	Flour	0.33 c
13337	Ground thyme	0.25 ts
13337	Freshly ground pepper	0.12 ts
13337	Chicken broth	1.00 c

Sheet1

13337	Evaporated milk	1.00 c
13337	White wine	2.00 tb
13337	Mushrooms; quartered and	0.50 lb
13337	-sauted in 2 T butter until	0.00
13337	-lightly browned	0.00
13337	Frozen peas; thawed	1.00 c
13337	Red bell pepper; chopped or	0.25 c
13337	-pimientos	0.25 c
13337	Chopped cooked chicken	3.00 c
13337	POPOVERS -----	0.00 -----
13337	FILLING -----	0.00 -----
13338		2.00
13338	Onion, chopped (Or 1 cup	1.00
13338	-chopped leeks, white	0.00
13338	Part only)	0.00
13338	Minced fresh sage	0.50 ts
13338	Minced thyme leaves	0.50 ts
13338	Minced fresh garlic	2.00 ts
13338	Minced sweet green pepper	2.00 tb
13338	Flour	2.00 tb
13338	To 1 3/4 cups strongly	1.50
13338	-flavored chicken stock,	0.00
13338	-heated	0.00
13338	Cooked chicken cut into	2.00 c
13338	-3/4-inch chunks	0.00
13338	Chopped sweet marjoram	1.00 tb
13338	Yellow turnip, peeled and	1.00 c
13338	-cut into 1/2-inch	0.00
13338	Pieces	0.00
13338	Waxy potatoes, peeled and	2.00 c
13338	-cut into 1/2-inch	0.00
13338	Pieces	0.00
13338	Carrots, peeled and cut into	2.00 c
13338	-1/2-inch pieces	0.00
13338	Salt	0.00
13338	Cayenne pepper	0.00
13338	Melt the butter in a heavy	0.00
13338	-saucepan and add the onion,	0.00
13338	-sage and thyme	0.00
13339	To 3 lb chicken with	1.00 lb
13339	-giblets, cut up	0.00
13339	Onion, quartered	1.00 md
13339	Stalk celery, cut in half	1.00
13339	Sprigs fresh parsley	3.00
13339	Whole peppercorns	5.00
13339	Bay leaf	1.00
13339	Salt	1.00 ts
13339	Water	2.00 c
13339	Carrot strips, 2 inches long	1.50 c

## Sheet1

13339	Onions, quartered	5.00 sm
13339	Fresh or frozen peas	1.00 c
13339	Chopped fresh mushrooms	1.00 c
13339	Poultry seasoning	0.50 ts
13339	Salt and pepper to taste	0.00
13339	Flour	0.33 c
13339	Milk	0.50 c
13339	Pastry for a single crust 9	0.00
13339	-inch pie	0.00
13339	Egg yolk, beaten with 1 tbsp	1.00
13339	-water	0.00
13340	Eggplant (1 pound)	1.00
13340	Onion	1.00 lg
13340	Minced fresh garlic	3.00 tb
13340	Olive oil, divided	4.00 tb
13340	Broiler-fryer, cut up (3 1/2	1.00
13340	-pounds)	0.00
13340	Canned low sodium or	1.00 c
13340	-homemade chicken broth	0.00
13340	Dried marjoram, crumbled	2.00 tb
13340	Cherry tomatoes, halved	1.50 c
13340	Pitted ripe olive halves	0.50 c
13341	Velveeta Mexican Pasteurized	0.75 lb
13341	-Process Cheese Spread	0.00
13341	With Jalapeno Pepper,cubed	0.00
13341	Sour cream	0.50 c
13341	Garlic salt	0.25 ts
13341	Eggs,separated	2.00
13341	10 oz pkg. frozen chopped	2.00
13341	-spinach,thawed,well drained	0.00
13341	Chopped cooked chicken	3.00 c
13341	Chopped red or green bell	0.25 c
13341	-pepper	0.00
13341	4 oz can sliced	1.00
13341	-mushrooms,drained	0.00
13341	8 oz cans refrigerated quick	2.00
13341	-crescent dinner rolls	0.00
13342	Chicken breasts,thighs and	2.50 lb
13342	-legs,skinned	0.00
13342	Can Mexican style stewed	14.50 oz
13342	-tomatoes	0.00
13342	Can tomato sauce	8.00 oz
13342	Can diced green chilies	7.00 oz
13342	Cumin	0.50 ts
13342	Clove garlic, minced	1.00
13342	Zucchini, sliced	2.00
13342	Salt and black pepper	0.00
13342	Rice, if desired	0.00
13343	Chicken	4.00 lb

Sheet1

13343	Fresh parsley	0.00
13343	Olive oil	2.00 tb
13343	Lemon juice	1.00 tb
13343	Fresh chopped parsley	1.00 tb
13343	Dried thyme	1.00 ts
13343	Dried tarragon	0.50 ts
13344	Fermented Chinese blk. beans	0.25 c
13344	Snow peas	1.00 lb
13344	Dry sherry	0.25 c
13344	Low-sodium chicken broth	1.00 c
13344	Finely minced garlic	2.00 tb
13344	Finely minced fresh ginger	2.00 ts
13344	-=OR=-	0.00
13344	-Powdered ginger	1.00 tb
13344	Chicken breast halves	4.00
13344	- (boned)	0.00
13344	Salad oil	3.00 tb
13344	Dark sesame oil (optional)	2.00 tb
13344	Cilantro	0.25 bn
13345	-----	0.00
13345	Light brown sugar	1.00
13345	Curry powder	1.00
13345	Crunchy peanut butter	2.00 tb
13345	Soy sauce	0.50 c
13345	Freshly squeezed lime juice	0.50 c
13345	Garlic cloves, minced	2.00
13345	Crushed dried chile peppers	0.00
13345	-----	0.00
13345	Chicken breast halves,	6.00
13345	boned, skinned, and cut	0.00
13345	into 1/2" wide strips	0.00
13345	PEANUT SAUCE -----	0.00 -----
13345	Crunchy peanut butter	0.67 c
13345	Coconut milk, unsweetened	1.50 c
13345	Freshly squeezed lemon juice	0.25 c
13345	Soy sauce	2.00 tb
13345	Molasses (or brown sugar)	2.00 tb
13345	Fresh ginger root, grated	1.00 ts
13345	Garlic cloves, minced	4.00
13345	Chicken broth	0.25 c
13345	Heavy cream	0.25 c
13345	Cayenne pepper	0.00
13345	Grated lime zest	0.00
13345	Fresh cilantro sprigs	0.00
13345	MARINADE -----	0.00 -----
13345	PEANUT SAUCE -----	0.00 -----
13346	Servings	4.00
13346	(1/2 stick) butter or	4.00 tb
13346	-margarine	0.00

## Sheet1

13346	Whole chicken breasts, boned	4.00
13346	-and skinned	0.00
13346	Minced onion	0.50 c
13346	White wine	0.50 c
13346	Heaping Tbs sweet paprika	1.00
13346	Fresh lemon juice	1.00 ts
13346	Whipping cream	0.67 c
13347	Chicken,broiler-fryer*	1.00
13347	Salt	1.00 ts
13347	Pepper,freshly ground	0.25 ts
13347	Onion salt	0.50 ts
13347	Paprika	1.00 ts
13347	Peanut oil	2.00 tb
13347	Peanut butter	0.25 c
13347	Orange juice	1.00 c
13348	Salad oil	2.00 tb
13348	Vinegar	2.00 tb
13348	Sesame seed, toasted	1.00 tb
13348	Sugar	1.00 ts
13348	Salt	0.25 ts
13348	Pepper	0.12 ts
13348	Torn salad greens	4.00 c
13348	Cooked chicken or turkey,	2.00 c
13348	-cut in bite-size strips	0.00
13348	Radishes, sliced	5.00
13348	Green onions, sliced	2.00
13348	Hard-cooked egg, cut into	1.00
13348	-wedges	0.00
13349	Bacon drippings, divided	3.00 tb
13349	Yellow cornmeal	0.50 c
13349	Flour	0.75 c
13349	Sugar	2.00 tb
13349	Baking powder	1.00 tb
13349	Salt	0.50 ts
13349	Milk	0.50 c
13349	Butter, melted	2.00 tb
13349	Egg, beaten	1.00
13349	CHICKEN:	0.00
13349	Chicken	3.00 lb
13349	Salt	1.00 ts
13349	Freshly ground black pepper	0.50 ts
13349	Onion, peeled	1.00 md
13349	Sliced fresh mushrooms	1.00 c
13349	Scallions, chopped	3.00
13349	Butter	1.00 tb
13349	Flour	2.00 tb
13349	Chopped pimientos	0.50 c
13349	Dry white wine	0.50 c
13349	Cooked baby lima beans	0.50 c

## Sheet1

13349	Chopped hard-cooked egg, as	0.00
13349	-garnish	0.00
13349	Watercress, as garnish	0.00
13350	Frying chickens (about 2	2.00
13350	-1/2-lbs each), quartered	0.00
13350	Salt and pepper to taste	0.00
13350	Butter or margarine	0.50 c
13350	Milk	1.00 c
13350	(1-qt.) shucked small	4.00 c
13350	-oysters, drained	0.00
13350	Light cream	2.00 c
13351	Cooked, diced chicken	1.00 c
13351	Milk, scalded	0.50 c
13351	Melted butter	2.00 tb
13351	Eggs	3.00
13351	Grated cheese	0.25 c
13351	Flour	3.00 tb
13351	Salt, pepper, and cayenne	0.00
13351	Paprika	0.00
13352	Corn bread stuffing;medium	1.00 pk
13352	Butter	0.25 lb
13352	Chicken breasts;boned,cooked	4.00
13352	Cream of chicken soup	1.00 cn
13352	Sour cream	0.50 pt
13352	Chicken broth	1.50 c
13353	To 6 chicken leg quarters	4.00
13353	A bit of chicken stock,	0.00
13353	-water, or white vermouth	0.00
13353	A few bay leaves	0.00
13353	Yellow onion, chopped	1.00 md
13353	A few Tbsp olive oil	0.00
13353	Cloves garlic, chopped or	5.00
13353	-pressed	0.00
13353	(16 oz) cans of tomato sauce	2.00
13353	Can of stewed tomatoes	16.00 oz
13353	Can of tomato puree	16.00 oz
13353	Or 3 ribs of celery, sliced,	2.00
13353	-optional	0.00
13354	Chicken necks and backs	5.00 lb
13354	Celery stalks, quartered	3.00
13354	Carrot, quartered	1.00 lg
13354	Onions, quartered	2.00 md
13354	Fresh ginger, thinly sliced	3.00 tb
13354	Black peppercorns	10.00
13354	Thyme sprigs (OR 2 bay	10.00
13354	-leaves)	0.00
13354	Parsley stems	10.00
13354	Whole cloves	6.00
13355	Skim milk	1.00 c



Sheet1

13355	Corn-oil margarine	2.00 ts
13355	Flour	1.50 tb
13355	Salt	0.12 ts
13355	Chicken stock or water	2.00 tb
13355	Onion, thinly sliced (about	1.00 md
13355	-2 cups)	0.00
13355	Fresh mushrooms, sliced (2	0.50 lb
13355	-cups)	0.00
13355	Dried basil, crushed in a	0.50 ts
13355	-mortar and pestle	0.00
13355	Paprika	0.25 ts
13355	Ground nutmeg	0.25 ts
13355	Salt	0.12 ts
13355	Sherry (Optional)	2.00 tb
13355	Cooked chicken, without	0.50 lb
13355	-skin, cut into strips	0.00
13355	(about 2 cups)	0.00
13355	Plain nofat yogurt	0.25 c
13355	Cooked noodles (10 ounces	3.00 c
13355	-dry)	0.00
13356	From: Gaye Levy ** DTXT63A	0.00
13356	Chicken breasts; skinned	2.50 lb
13356	Salt & Pepper to taste	0.00
13356	Margarine or oil/or use PAM	2.00 ts
13356	Green onions; finely chopped	2.00 tb
13356	Fresh mushrooms; sliced	1.00 c
13356	Dried tarragon	1.00 ts
13356	Dry white wine	0.50 c
13356	Water	0.25 c
13357	Chicken (about 5 pounds)	1.00
13357	Water	2.50 qt
13357	SOUP	0.00
13357	Butter (room temperature)	0.75 c
13357	Flour	0.75 c
13357	Light cream (OR	2.00 c
13357	-half-and-half)	0.00
13357	Chicken stock, heated	6.00 c
13357	Cooked chicken breast,	1.50 c
13357	-finely chopped	0.00
13357	Salt, to taste, if desired	0.00
13357	Freshly ground black pepper,	0.00
13357	-to taste	0.00
13357	Fresh parsley, snipped, to	1.00 c
13357	-garnish	0.00
13358	Butter	2.00 tb
13358	Vegetable oil	1.00 tb
13358	Skinless, boneless chicken	4.00
13358	-breast halves	0.00
13358	Dry white wine	0.33 c

Sheet1

13358	Heavy cream	1.00 c
13358	Seedless green grapes,	0.50 lb
13358	-halved	0.00
13358	Salt and pepper	0.00
13359	Boneless chicken	1.00 lb
13359	-breasts,pounded 1/4" thick	0.00
13359	Salt and black pepper	0.00
13359	All-purpose flour	0.00
13359	Olive oil	4.00 tb
13359	Clove garlic,minced	1.00
13359	Chicken broth	0.33 c
13359	Vinegar	2.00 ts
13359	Freshly chopped parsley or	1.00 ts
13359	-1/4 tsp. dry parsley flakes	0.00
13359	Freshly chopped tarragon or	0.75 ts
13359	-1/4 tsp. dry tarragon	0.00
13359	Sliced mushrooms	1.00 c
13359	Cooked Rice	0.00
13360	5 oz chicken parts, skinned	1.00 lb
13360	Salt	0.25 ts
13360	White pepper	1.00 ds
13360	Margarine	2.00 ts
13360	Hot water	1.50 c
13360	Celery rib, in pieces	1.00 md
13360	Leek, trimmed, split in	1.00 md
13360	-half, washed	0.00
13360	Carrot, in pieces	0.50 md
13360	Pkt instant chicken broth	1.00
13360	-and seasoning mix	0.00
13360	Sprigs parsley	2.00
13360	Peppercorns	3.00
13360	Ground nutmeg	1.00 ds
13360	Lemon juice	1.00 tb
13360	Egg, beaten	1.00
13360	Evaporated skimmed milk	2.00 tb
13360	Thin lemon slices for	2.00
13360	-garnish	0.00
13361	Long Grain Wild Rice	6.00 oz
13361	Grated Orange Peel	2.00 tb
13361	Butter or Margarine	3.00 tb
13361	Chicken Breast Halves,	6.00
13361	-boneless and skinless	0.00
13361	Pepper	0.00
13361	Mushrooms, sliced	0.25 lb
13361	Eggs, separated	2.00
13361	Frozen Paddy Shells, thawed	10.00 oz
13361	-rolled out into 7" circles	0.00
13361	SAUCE -----	0.00 -----
13361	Whole Berry Cranberry Sauce	6.00 oz

Sheet1

13361	Orange Liquor	2.00 tb
13361	Lemon Juice	2.00 tb
13361	Dried Mustard	0.25 ts
13361	SAUCE -----	0.00 -----
13362	Mayonnaise	0.67 c
13362	Milk	0.33 c
13362	Lemon juice	2.00 tb
13362	Tarragon, crumbled	0.25 ts
13362	Cooked cubed chicken	3.00 c
13362	Cooked wild rice	3.00 c
13362	Green onion, finely sliced	0.33 c
13362	Water chestnuts, drained	1.00 cn
13362	Salt	0.50 ts
13362	Pepper	0.12 ts
13362	Seedless green grapes,halved	0.50 lb
13362	Salted cashews	1.00 c
13362	Grape clusters	1.00
13363	Chicken wings	4.00 lb
13363	Orange juice	0.50 c
13363	Olive or cooking oil	0.25 c
13363	Catsup	0.25 c
13363	Onion, finely chopped	0.25 c
13363	Worcestershire sauce	2.00 ts
13363	Cloves garlic, minced	2.00 ea
13363	Salt	0.25 ts
13363	Ground red pepper	0.12 ts
13363	Cloves, ground	0.12 ts
13364	Vegetable oil	2.00 tb
13364	Unsalted butter	1.00 tb
13364	Chicken breast halves,	6.00
13364	-patted dry on paper towels	0.00
13364	Flour (about 1/2 cup, spread	0.00
13364	-on a dinner plate)	0.00
13364	Salt and freshly ground	0.00
13364	-black pepper to taste	0.00
13364	Onion, sliced	1.00 lg
13364	White vermouth	0.25 c
13364	Chicken broth	0.50 c
13364	Tart apple, peeled, halved,	1.00 lg
13364	-cored, and	0.00
13364	Sliced	0.00
13364	Chopped fresh parsley	1.00 tb
13365	Chopped onion	0.50 c
13365	(14 1/2 oz) can whole	1.00
13365	-tomatoes, drained, chopped	0.00
13365	Chopped dried apricots	0.67 c
13365	Apricot preserves	0.50 c
13365	Cinnamon stick	1.00
13365	Chopped fresh cilantro or 1	1.00 tb

Sheet1

13365	-tsp dried cilantro leaves	0.00
13365	Chopped fresh gingerroot or	1.00 ts
13365	-1/4 tsp ginger	0.00
13365	Salt	0.25 ts
13365	Pepper	0.12 ts
13365	Chicken:	0.00
13365	Whole chicken breasts,	3.00
13365	-skinned, boned, halved	0.00
13365	Uncooked couscous	1.00 c
13366	Corn oil	1.00 tb
13366	Chopped fresh thyme or 1	1.00 tb
13366	-teaspoon dried thyme	0.00
13366	Four-ounce boneless,	4.00
13366	-skinless chicken breasts,	0.00
13366	-fat removed	0.00
13366	Freshly ground pepper	0.50 ts
13366	Finely chopped onion (1	0.50 c
13366	-small onion)	0.00
13366	Garlic cloves, finely	2.00
13366	-chopped	0.00
13366	Red bell pepper, cored,	1.00 md
13366	-seeded, and cut into strips	0.00
13366	Artichoke hearts in brine,	15.00 oz
13366	-drained	0.00
13366	Dry white wine	2.00 tb
13366	Salt	0.25 ts
13367	Recipe Fricasseed Chicken	0.50
13367	- with sauce, frozen	0.00
13367	- or freshly made	0.00
13367	Broccoli florets	2.00 c
13367	Low-sodium chicken broth	0.50 c
13367	PESTO -----	0.00 -----
13367	Walnut pieces	1.00 c
13367	Garlic cloves	2.00
13367	Anchovy fillets	2.00
13367	Grated Parmesan cheese	2.00 tb
13367	Olive oil	0.25 c
13367	Tightly packed fresh basil	1.25 c
13367	PESTO -----	0.00 -----
13368	Skinned and boned chicken	6.00
13368	-breasts	0.00
13368	Light vegetable oil	2.00 tb
13368	Butter	2.00 tb
13368	Chopped mushrooms	0.25 lb
13368	Finely chopped garlic	0.25 ts
13368	Tomato paste	0.50 ts
13368	Cornstarch	1.00 tb
13368	Chicken broth	1.00 c
13368	Sour cream	1.00 c

## Sheet1

13368	Pitted cherries	1.00 c
13369	Chicken breasts - boned,	1.50 lb
13369	-cubed	0.00
13369	Onion - finely chopped	1.00 sm
13369	Flour - all-purpose	3.00 tb
13369	Butter - OR margarine	3.00 tb
13369	Chicken broth	1.00 c
13369	Lemon - sliced in half	1.00
13369	-crosswise	0.00
13369	Lime - sliced in half	1.00
13369	-crosswise	0.00
13369	Orange - sliced in half	1.00
13369	-crosswise	0.00
13369	Whipping cream - OR Half and	1.00 c
13369	-Half	0.00
13369	Orange marmalade	1.00 ts
13369	Salt and white pepper to	0.00
13369	-taste	0.00
13369	Puff Pastry Shells - frozen	1.00 pk
13369	-style 10-oz. pkg.,	0.00
13370	Chicken	1.00 lg
13370	Water	0.00
13370	Stalk celery halved (with	1.00
13370	-leaves)	0.00
13370	Carrot peeled & halved	1.00
13370	Onion halved	1.00 sm
13370	Salt	1.00 ts
13370	Sprigs parsley	4.00
13370	Bay leaf	1.00 sm
13370	Whole cloves	2.00
13370	Thyme	0.50 ts
13370	SAUCE:	0.00
13370	Butter	4.00 tb
13370	Flour	0.50 c
13370	Chicken stock	1.00 c
13370	Salt	0.50 ts
13370	Pepper	0.12 ts
13370	Chopped parsley	0.25 c
13370	Cream	0.50 c
13371	Skinless, Boneless Chicken	6.00 lg
13371	-Breast Halves	0.00
13371	Egg	1.00 lg
13371	Fresh Bread Crumbs (3 Slices	1.50 c
13371	-Of Bread)	0.00
13371	Salt	1.00 ts
13371	Unbleached All-Purpose Flour	0.00
13371	Salad Oil	3.00 tb
13371	Margarine Or Butter	0.00
13371	Fresh Pears	3.00 md

## Sheet1

13371	Light Brown Sugar	1.00 tb
13371	Instant Chicken Flavored	1.50 ts
13371	-Bouillon	0.00
13371	Bunch Of Fresh Dill	1.00 sm
13371	Half And Half Or Light Cream	1.00 c
13372	Cold unsalted butter,	6.00 tb
13372	-divided	0.00
13372	Vegetable oil	1.00 tb
13372	Chickens (2 1/2 lb each) cut	2.00 sm
13372	-into eighths	0.00
13372	Onion, finely chopped	1.00 lg
13372	Dry white wine	1.00 c
13372	Chicken broth	1.25 c
13372	Stalks celery with leaves,	2.00
13372	-chopped (1 cup)	0.00
13372	Ground black pepper	0.50 ts
13372	Ground allspice	0.25 ts
13372	+ 1 Tbl all-purpose flour	2.00 c
13372	Baking powder	2.50 ts
13372	Sugar	1.00 ts
13372	Salt	0.25 ts
13372	To 3/4 cup milk	0.67
13372	Heavy cream	0.25 c
13372	Chopped parsley	0.00
13373	Serving-pieces of chicken	0.00
13373	-for 6 persons	0.00
13373	Olive oil	4.00 tb
13373	Salt & pepper	0.00
13373	Eggplant, peeled and cubed	1.00 lg
13373	Onions, chopped	2.00
13373	Clove garlic, minced	1.00
13373	Flour	3.00 tb
13373	Chicken broth	1.50 c
13373	Red wine	0.50 c
13374	Soy Sauce	1.00 ts
13374	Brown sugar	2.00 ts
13374	White wine vinegar	2.00 tb
13374	Chicken broth	1.50 c
13374	Oil	2.00 tb
13374	Skinless, boneless chicken	1.00 lb
13374	Breasts halved	0.00
13374	Minced garlic	1.00 ts
13374	Onion, minced	1.00
13374	Bay leaf	1.00
13374	Butter	2.00 tb
13375	Lemon juice	2.00 tb
13375	Cider vinegar	2.00 tb
13375	Catsup	1.00 tb
13375	Canola oil	2.00 ts

Sheet1

13375	White grape juice	0.25 c
13375	-concentrate	0.00
13375	Sweet paprika	0.25 ts
13375	Dry mustard	0.50 ts
13375	Dried leaf basil	1.00 ts
13375	Onion powder	0.25 ts
13375	Canola oil	2.00 ts
13375	Boneless, skinless chicken	1.00 lb
13375	-pieces	0.00
13375	Fresh green seedless grapes	1.00 c
13376	Vegetable oil	2.00 tb
13376	Green pepper cut into 1/4	1.00 lg
13376	-inch strips	0.00
13376	Chicken-breast halves,	4.00
13376	-skinned, bones, cut into	0.00
13376	-1/2 inch strips	0.00
13376	Soy sauce (light works well)	2.00 tb
13376	Cornstarch	1.00 tb
13376	Cold chicken broth	0.50 c
13376	Dry white wine (or any	2.00 tb
13376	-liquid)	0.00
13376	Cashews	0.50 c
13377	Chicken breasts	2.00
13377	Stick (8 tbsp.) unsalted	1.00
13377	-butter, softened	0.00
13377	Chopped dill	0.50 c
13377	Or 4 - cloves garlic, minced	3.00
13377	Juice of 1 lemon	0.00
13378	Chicken Breast, skinned and	1.00 lb
13378	-flattened or cut up	0.00
13378	Flour, seasoned with salt &	0.50 c
13378	-pepper to taste	0.00
13378	Shallots	1.00 lg
13378	Mushrooms, sliced	4.00 oz
13378	Balsac Vinegar	4.00 tb
13378	Chicken Broth	0.50 c
13378	Butter or Oil	3.00 tb
13379	All purpose flour	0.33 ea
13379	Salt	1.00 ea
13379	Fresh ground pepper	1.00 ea
13379	Boneless, chicken breast	6.00 ea
13379	Chopped shallots	3.00 tb
13379	Dry white wine	0.50 ea
13379	Whipping cream	2.00 ea
13379	Dijon mustard	0.50 ea
13379	Fresh parsley sprigs	1.00 ea
13379	Freshly cooked rice	1.00 ea
13380	Olive oil	2.00 ts
13380	Clove garlic , minced	1.00

Sheet1

13380	Shallots or green onion,	0.25 ts
13380	-chopped	0.00
13380	Fresh thyme, snipped (or 1/4	0.75 ts
13380	-tsp crushed dried)	0.00
13380	Whole chicken breasts,	2.00
13380	-skinned and halved	0.00
13380	Zucchini, finely chopped	0.25 c
13380	Summer squash, finely	0.25 c
13380	-chopped	0.00
13380	Red onion, finely chopped	0.25 c
13380	Dijon-style mustard	1.00 tb
13380	Plain low-fat yogurt	1.00 tb
13381	Canola oil	2.00 tb
13381	Onion, chopped	0.50
13381	Stalk of lemon grass 6" long	1.00
13381	Chicken pieces, skinned,	1.00 lb
13381	-boned	0.00
13381	Garlic powder	0.50 ts
13381	Passion fruit juice	2.00 c
13381	Chili powder	0.25 ts
13381	Cornstarch	1.00 tb
13381	Nectarines, pitted, sliced	3.00
13381	Chopped cilantro	4.00 ts
13382	Frying chicken (about 2 1/2	1.00
13382	-lbs), cut up	0.00
13382	All-purpose flour	0.25 c
13382	Salt	1.00 ts
13382	Pepper	0.25 ts
13382	Butter or margarine	3.00 tb
13382	Garlic cloves, minced	2.00
13382	Sliced stuffed green olives	0.50 c
13382	Capers	2.00 tb
13382	Caper liquid	1.00 tb
13382	Water	2.00 tb
13382	Chopped parsley	0.25 c
13383	Karen Mintzias	0.00
13383	Chicken breast halves	6.00
13383	-(4-5 oz ea) boned & skinned	0.00
13383	Cream sherry	3.00 tb
13383	Red onions (about 6 oz each)	2.00 md
13383	Dry red wine	0.50 c
13383	Red wine vinegar	1.00 tb
13383	Honey	1.00 tb
13383	Parsley sprigs (optional)	0.00
13383	Salt and pepper	0.00
13384	Tender chicken, jointed	1.00
13384	Salt and cayenne	0.00
13384	Fat or butter	3.00 tb
13384	Almonds	12.00



Sheet1

13384	Seeded raisins	0.50 c
13384	Pineapple, chopped	1.00 c
13384	Ground cloves	0.12 ts
13384	Ground cinnamon	0.12 ts
13384	Orange juice	2.00 c
13384	Flour	1.00 tb
13385	Chicken, cut into	3.00 lb
13385	-serving pieces, or just	0.00
13385	-use boned, skinned breasts	0.00
13385	Salt & pepper to taste	0.00
13385	Oil	3.00 tb
13385	Onions, sliced	2.00
13385	Curry powder	1.25 ts
13385	Tomato sauce	2.00 tb
13385	Chicken broth	3.00 c
13385	Chopped parsley	0.50 tb
13385	Thyme	0.50 tb
13385	Bay leaves	2.00
13385	Peanut butter	1.00 c
13386	Serving-pieces of chicken	0.00
13386	-for 6 persons	0.00
13386	Butter	2.00 tb
13386	Oil	2.00 tb
13386	Salt & pepper	0.00
13386	Onions, chopped	2.00
13386	Can Italian tomatoes,	1.00 lb
13386	-drained (reserve juice)	0.00
13386	Package frozen okra	9.00 oz
13386	Green pepper, chopped	1.00 lg
13386	Reserved tomato juice	0.00
13386	Chicken broth	0.00
13386	Smooth peanut butter	1.00 c
13386	-(preferably "natural"	0.00
13386	-style)	0.00
13386	Brown sugar	2.00 ts
13386	Fenugreek or cumin	0.25 ts
13386	Peanuts, coarsely chopped	0.50 c
13387	Serving-pieces of chicken	12.00
13387	Lean pork, cubed	2.00 lb
13387	Butter	2.00 tb
13387	Oil	2.00 tb
13387	Chicken broth	1.00 c
13387	Cider vinegar	0.33 c
13387	Sherry	0.33 c
13387	Soy sauce, mixed with 2 Tbs	0.33 c
13387	-cornstarch	0.00
13387	Cloves garlic, pressed	3.00
13387	Pepper	0.50 ts
13387	Or 2 chicken livers, sieved	1.00

Sheet1

13387	-(optional)	0.00
13388	Boneless Chicken Breasts	6.00 lg
13388	Olive Oil	1.00 tb
13388	Clove Minced Garlic	1.00 lg
13388	Heavy Cream	1.00 c
13388	Fresh Herb Mixture *	2.00 tb
13388	Minced Shallots	3.00 tb
13388	Butter	3.00 tb
13388	White Wine	0.50 c
13388	Chopped Sundried Tomatoes Or	1.00 tb
13388	Fresh Tomato, Chopped	1.00 lg
13388	Salt & Pepper To Taste	0.00
13389	Serving-pieces of chicken	0.00
13389	-for 6 persons	0.00
13389	Butter	2.00 tb
13389	Oil	2.00 tb
13389	Salt & pepper	0.00
13389	Onions, chopped	3.00
13389	Cloves garlic, chopped	2.00
13389	Flour	2.00 tb
13389	Can tomato sauce	16.00 oz
13389	Red wine	1.00 c
13389	Basil	2.00 ts
13389	Oregano	2.00 ts
13389	Minced parsley	3.00 tb
13389	Sugar	1.00 ts
13389	Raw shrimp, shelled and	1.00 lb
13389	-deveined	0.00
13390	Soy sauce	0.33 c
13390	Lime juice	2.00 tb
13390	Water	2.00 tb
13390	Cornstarch	1.50 tb
13390	Boneless chicken breast or	1.00 lb
13390	-thigh meat,cut into	0.00
13390	-bite-size pieces	0.00
13390	Fresh mushrooms,cleaned and	8.00 oz
13390	-sliced	0.00
13390	Fresh snow peas	0.50 lb
13390	Cooked rice	3.00 c
13391	Chicken, cut up	1.00
13391	Sweet onion, sliced	1.00 lg
13391	Flour	0.33 c
13391	Evaporated milk	1.00 c
13391	Salt	0.50 ts
13391	Water	1.00 c
13391	Pepper	1.00 ds
13391	Shortening	0.25 c
13391	Chicken noodle soup mix	1.00 pk
13392	Wild rice	0.25 c

Sheet1

13392	Wheat berries	0.25 c
13392	Coarsely shredded sweet	0.67 c
13392	-potato	0.00
13392	Whole medium chicken	2.00
13392	-breasts(1 1/2 lbs.	0.00
13392	-total),skinned,boned	0.00
13392	And halved lengthwise	0.00
13392	Water	0.75 c
13392	Red wine vinegar	2.00 tb
13392	Sodium-reduced soy sauce	1.00 tb
13392	Instant chicken bouillon	1.00 ts
13392	-granules	0.00
13392	Whole black pepper,crushed	0.25 ts
13392	Cornstarch	1.00 tb
13392	Cold water	1.00 tb
13393	Olive oil	3.00 tb
13393	Boneless, skinless chicken	2.00
13393	-breasts, halved	0.00
13393	All-purpose flour (about 1/3	0.00
13393	-cup)	0.00
13393	Clove garlic, chopped	1.00
13393	Vine ripened tomato, peeled,	1.00 lg
13393	-seeded	0.00
13393	And diced	0.00
13393	Dried oregano	0.25 ts
13393	Red wine vinegar	1.00 ts
13393	Salt and freshly ground	0.00
13393	-black pepper to taste	0.00
13393	Dry red vermouth	3.00 tb
13393	Coarsely shredded Monterey	0.67 c
13393	-Jack cheese	0.00
13393	Minced parsley leaves	1.00 ts
13394	Whole Chicken Breasts	4.00
13394	Pepper	0.25 ts
13394	Butter	4.00 tb
13394	Mushrooms, Sliced	8.00
13394	Ginger Ale	0.25 c
13394	Can Artichoke Hearts	14.00 oz
13394	Green Onion, Sliced	1.00
13394	Salt	0.50 ts
13394	Flour	0.50 c
13394	Onion, Sliced	1.00 lg
13394	Marsala	1.00 c
13394	Lemon Juice	1.50 ts
13394	Uncooked Brown Rice	2.00 c
13394	Orange Juice	1.00 c
13395	Whole Chicken breasts, halve	2.00 x
13395	Extra-virgin olive oil	1.00 T
13395	Garlic clove, chopped	1.00 x

Sheet1

13395	Small Onion, chopped fine	1.00 x
13395	Raw Rice	1.00 c
13395	Water	3.00 c
13395	Saffron threads or powder	1.00 pn
13395	Chopped Broccoli (or frozen)	1.00 c
13396	Boned,skinned chicken breast	1.00 lb
13396	Finely minced fresh ginger	2.00 tb
13396	Garlic cloves	2.00 md
13396	- peeled and minced	0.00
13396	Soy sauce	2.00 tb
13396	Sweet port or Sherry	2.00 tb
13396	-=OR=- Madeira	0.00
13396	Sesame oil	3.00 tb
13396	Chili oil	1.00 ts
13396	Asparagus	1.50 lb
13396	Yellow onion	1.00 md
13396	Red bell pepper	1.00 md
13396	Cornstarch; blended with	1.00 ts
13396	Chicken broth	0.25 c
13397	Chicken (3 pounds), cut up	1.00
13397	Onion, chopped	1.00 md
13397	Poultry seasoning	1.00 ts
13397	Corn kernels (16 ounces),	1.00 cn
13397	-with liquid	0.00
13397	Whole tomatoes (16 ounces),	1.00 cn
13397	-drained and cut up	0.00
13397	Lemon juice	1.00 ts
13397	Salt and freshly ground	0.00
13397	-pepper	0.00
13398	Batch Fricasseed Chicken	1.00
13398	-(3-1/2 to 4 lbs recipe)	0.00
13398	- with sauce (See RECIPE)	0.00
13398	Milk	0.50 c
13398	Ground cloves	1.00 pn
13398	Virginia ham or prosciutto	0.25 lb
13398	- in 1/2-in dice	0.00
13398	Frozen peas	10.00 oz
13398	Chopped parsley; for garnish	1.00 tb
13399	Cut Up Cooked Chicken	2.00 c
13399	Sliced Mushrooms	1.00 c
13399	Cream Of Mushroom Soup	10.50 oz
13399	Stove Top Dressing	1.00 pk
13400	THE DRESSING -----	0.00 -----
13400	Egg	1.00
13400	Grainy mustard	3.00 tb
13400	Whipping cream	0.25 c
13400	Chopped fresh tarragon; -OR-	1.00 tb
13400	-Dried tarragon	1.00 tb
13400	Olive oil	3.00 tb

Sheet1

13400	THE SALAD -----	0.00 -----
13400	Medium potatoes	1.50 lb
13400	White wine vinegar	0.25 c
13400	Diced cooked chicken	2.00 c
13400	Cooking oil	2.00 tb
13400	Fresh spinach; cleaned	4.00 c
13400	THE DRESSING -----	0.00 -----
13400	THE SALAD -----	0.00 -----
13401	Finely crushed tortilla	1.33 c
13401	-chips	0.00
13401	Butter or margarine, melted	0.25 c
13401	Pkge cream cheese, softened	3.00
13401	-(8 ounces each)	0.00
13401	Eggs	4.00 lg
13401	Chili powder	1.00 ts
13401	Worcestershire sauce	1.00 ts
13401	Salt	0.25 ts
13401	Minced green onions	3.00 tb
13401	Finely shredded cooked	1.50 c
13401	-chicken	0.00
13401	Chopped green chilies,	2.00 cn
13401	-drained (4 ounces each)	0.00
13401	Shredded Monterey Jack	1.50 c
13401	-Cheese (6 ounces)	0.00
13401	Sour cream (1 carton)	16.00 oz
13401	Seasoned salt	1.00 ts
13401	Garnish: minced green onions	0.00
13401	Picante sauce	0.00
13402	Mini Puffs	0.00
13402	Finely chopped cooked	2.00 c
13402	Chicken or 3 cans	0.00
13402	(6 3/4 oz ea.) chicken,	0.00
13402	Drained	0.00
13402	Mayonnaise or salad	0.33 c
13402	Dressing	0.00
13402	Finely chopped onion OR	1.00 tb
13402	Instant minced onion	0.50 ts
13402	Lemon juice	2.00 ts
13402	Ground ginger	1.00 ts
13402	Salt	0.50 ts
13402	Pepper	0.25 ts
13402	Stalks celery, finely	2.00
13402	Chopped (about 1/2 c.)	0.00
13402	MINI -----	0.00 -----
13402	Water	1.00 c
13402	Margarine or butter	0.50 c
13402	All-purpose flour	1.00 c
13402	Eggs	4.00
13402	MINI -----	0.00 -----

Sheet1

13403	Flour	0.67 c
13403	Salt	1.00 ts
13403	Freshly ground Pepper	0.00
13403	Top Round or Chuck Steak	2.00 lb
13403	- cut 1/4" - 1/2" thick	0.00
13403	- (tenderized)	0.00
13403	Eggs	2.00
13403	Cream	2.00 tb
13403	Vegetable oil	0.50 c
13403	Saltine cracker crumbs,	2.00 c
13403	-rolled fine	0.00
13403	Onion; sliced	1.00
13403	Cream	0.50 c
13403	Chicken stock (approx.)	2.00 c
13403	Worcestershire sauce (opt.)	1.00 ds
13403	Hot sauce (optional)	1.00 ds
13404	Margarine	6.00 tb
13404	Chopped green peppers	1.50 c
13404	Chopped onion	1.00 c
13404	Chopped cooked chicken	3.00 c
13404	-(about 1-1/2 lbs uncooked)	0.00
13404	Favorite barbecue sauce	0.75 c
13404	(4-oz) jar sliced pimientos,	1.00
13404	-drained	0.00
13404	Shredded Swiss cheese	1.00 c
13404	All-purpose flour	4.50 c
13404	Yellow cornmeal	0.75 c
13404	Sugar	2.00 tb
13404	Packets fast-rise dry yeast	2.00
13404	Water	1.00 c
13404	Milk	0.50 c
13405	Neufchatel cheese, softened	8.00 oz
13405	Chopped cooked chicken	1.00 c
13405	Chopped pecans, toasted	0.75 c
13405	Mayonnaise	0.33 c
13405	Chopped chutney	2.00 tb
13405	Curry powder	1.00 tb
13405	Coarsely chopped parsely	2.00 tb
13406	Noodles	0.50 lb
13406	Onion, chopped	1.00 ea
13406	Celery, chopped	1.00 c
13406	Chicken-style seasoning	2.00 tb
13406	Salt	1.00 ts
13406	Water	6.00 c
13406	Potatoes, large, peeled,	2.00 ea
13406	-cubed	0.00
13406	Garbanzos with juice	2.00 c
13406	Parsley, chopped	1.00 tb
13406	Tofu, scrambled, optional	2.00 c

Sheet1

13407	Boned chicken or turkey	1.00 lb
13407	-breasts,cut into strips	0.00
13407	Chopped onion	0.25 c
13407	Oil	2.00 tb
13407	Can condensed cream of	10.75 oz
13407	-mushroom soup	0.00
13407	Water	0.25 c
13407	Dry sherry wine	2.00 tb
13407	Sliced mushrooms	1.00 c
13407	Sliced red or green bell	0.50 c
13407	-pepper	0.00
13407	Grated Parmesan cheese	0.25 c
13407	Bag Minute Rice Boil in Bag	1.00
13407	-rice,cooked	0.00
13408	Dried chick peas, soaked	1.50 c
13408	Olive oil	1.00 tb
13408	Onion, chopped	1.00 md
13408	Garlic cloves, crushed	2.00 ea
13408	Canned tomatoes, chopped	14.00 oz
13408	Can tomato paste	1.00 sm
13408	Basil	1.00 ts
13408	Oregano	1.00 ts
13408	Cinnamon	1.00 ds
13408	Parsley	2.00 tb
13408	Salt & pepper to taste	0.00
13409	Italian Sausage	0.50 lb
13409	Onion, large, chopped	1.00 ea
13409	Fennel Seeds	0.25 t
13409	Chickpeas, drained 19 oz	1.00 cn
13409	Zucchini, chunks	3.00 ea
13409	Salt	1.00 x
13409	Olive Oil	1.00 tb
13409	Basil, dried	1.00 t
13409	Bay Leaf	1.00 ea
13409	Small Shell Pasta	1.00 c
13409	Parsley, fresh, chopped	1.00 ea
13409	Black Pepper, freshly ground	1.00 x
13410	Oil	0.25 c
13410	Onion, chopped	1.00 lg
13410	Green pepper, chopped	1.00
13410	Ground beef	2.00 lb
13410	Chili powder	2.00 ts
13410	Oregano	0.50 ts
13410	Garlic powder	0.25 ts
13410	Salt	2.00 ts
13410	Black pepper	0.25 ts
13410	No.2 Can Las Palmas Red	1.00
13410	-Chile Sauce	0.00
13410	No.2 Can whole kernel corn	1.00

Sheet1

13410	Can pitted black olives or	1.00 sm
13410	-more	0.00
13410	Soft Tortillas	10.00
13410	Tillamook Cheese, grated	1.00 lb
13410	Chopped green onions	0.00
13410	Coriander sprigs	0.00
13410	Sliced Radishes	0.00
13411	Eggs	6.00
13411	Corn tortillas	4.00
13411	Avocados	2.00
13411	Tomatoes	2.00
13411	Lime juice	4.00 tb
13411	Olive oil	4.00 ts
13411	Salt and pepper to taste	0.00
13411	Butter or margarine	2.00 tb
13411	Onions; finely diced	2.00
13411	Cooked beef, chicken or pork	1.00 c
13411	- (diced or shredded)	0.00
13411	Chili powder	1.00 ts
13411	Ground cumin	0.50 ts
13411	Cilantro	0.00
13412	Chiles,dried	0.00
13413	Dried red chili pods, stems	20.00
13413	And seeds removed	0.00
13413	Cilantro seeds	0.25 ts
13413	Cumin seeds	0.25 ts
13413	Dried oregano	1.00 ts
13413	Garlic	4.00 cl
13413	Onion, coarsely chopped	0.25 c
13413	Salt	1.00 ts
13413	Warm water	3.00 c
13414	Jalapeno chiles	2.00
13414	- seeded and chopped	0.00
13414	Minced onion	2.00 tb
13414	Chicken stock	0.50 c
13414	Cream	0.50 c
13414	Salt	1.00 ts
13414	Ground cumin	0.50 ts
13414	Butter	1.00 tb
13415	Chicken, Boiled And Shredded	1.00
13415	Fresh Ortega Chiles	8.00
13415	Grated Mozzarella *	16.00 oz
13415	Verde Sauce	2.00 c
13415	VERDE SAUCE -----	0.00 -----
13415	Fresh Tomatillos	4.00 oz
13415	Yellow Chiles **	7.00
13415	Chopped Onion	1.00
13415	Salt	0.50 ts
13415	Sugar	0.50 ts



Sheet1

13415	Garlic Powder	1.00 ts	
13415	Water, 1/2 To 1 Cup	0.00	
13415	VERDE SAUCE -----	0.00 -----	
13416	Green New Mexican chiles	6.00	
13416	-roasted, peeled, stems and	0.00	
13416	Seeds removed, cut in strips	0.00	
13416	Ground cayenne	1.00 ts	
13416	Ghee or vegetable oil	2.00 tb	
13416	Onion, finely chopped	1.00 lg	
13416	Finely chopped fresh ginger	1.00 tb	
13416	Ground coriander	2.00 ts	
13416	Dry mustard	1.00 ts	
13416	Ground cumin	1.00 ts	
13416	Ground cinnamon	0.50 ts	
13416	Ground turmeric	0.50 ts	
13416	Ground cloves	0.25 ts	
13416	Unsweetened coconut milk	1.00 c	
13416	Heavy cream	3.00 tb	
13417	Dried chile Piquin	1.00 oz	
13417	Cumin	0.25 ts	
13417	Oil	0.25 c	
13417	Tomato sauce	8.00 oz	
13417	Chopped fresh garlic	0.50 ts	
13418	Green chiles, skinned,	6.00	
13418	Seeds removed, chopped	0.00	
13418	Prepared chile sauce	2.00 tb	
13418	White tuna, drained and	1.00 cn	
13418	Flaked	0.00	
13418	Mayonnaise	0.25 c	
13418	Prepared horseradish sauce	2.00 ts	
13418	Green onions, chopped	4.00	
13418	Green olives, sliced	0.25 c	
13418	Sea shell macaroni	0.50 lb	
13418	Avocado, peeled, pit	1.00	
13418	Removed, chopped	0.00	
13418	Sprigs cilantro, chopped	2.00	
13419	c	8.00	1/2
13419	Ground Beef	1.00	
13419	Onion; Chopped, 1 small	0.25	
13419	Tomatoes; Chopped, 2 medium	2.00 c	
13419	Apple; **	1.00	
13419	Banana; Peeled & Sliced	1.00	
13419	Jalapeno Chile; ***	1.00	
13419	Clove Garlic; Finely Chopped	1.00	
13419	Raisins	1.00 c	
13419	Almonds; Slivered	0.33 c	
13419	Green Olives; Chopped	2.00 tb	
13419	Capers	1.00 tb	
13419	Cinnamon; Ground	0.75 ts	

Sheet1

13419	Salt	0.50 ts
13419	Cumin Seed	0.25 ts
13419	Oregano; Ground	0.25 ts
13419	Pepper; Freshly Ground	0.12 ts
13419	Eggs; Large, Separated	4.00
13419	Flour; Unbleached	0.00
13419	Vegetable Oil	0.00
13419	Pomegranate Seeds Or Raisins	0.00
13419	Fresh Cilantro; Snipped	0.00
13419	WALNUT SAUCE -----	0.00 -----
13419	Walnuts; Ground	1.00 c
13419	Dairy Sour Cream	1.00 c
13419	Chicken Broth	0.50 c
13419	WALNUT SAUCE -----	0.00 -----
13420	Onions	1.00
13420	Garlic	2.00
13420	Oil	2.00 tb
13420	Canned tomatoes	2.00 c
13420	Chicken broth	4.00 c
13420	Salt	1.00 ts
13420	Pepper	1.00 ts
13420	Oregano	1.00 tb
13421	Ground beef	1.00 lb
13421	Can red kidney beans	14.00 oz
13421	L cup chopped onion	0.00
13421	Can pork and beans	14.00 oz
13421	Chopped green pepper	1.00 c
13421	Chili powder	2.00 tb
13421	Can tomatoes	19.00 oz
13421	Parsley flakes	2.00 ts
13421	Chopped celery	0.75 c
13421	Bay leaves	3.00
13422	Olive oil	1.00 T
13422	Beef,very lean,coarse grind	1.00 lb
13422	Pork,very lean,coarse grind	1.00 lb
13422	Onions,large,finely chopped	3.00
13422	Bell pepper(s)	1.00
13422	Celery stalks,finely chopped	2.00
13422	Garlic,finely chopped	1.00 T
13422	Oregano,dried,pref. Mexican	1.00 T
13422	Bay leaves	2.00
13422	Cumin,ground	2.00 t
13422	Tomatoes with tomato paste	3.00 c
13422	Beef broth	1.00 c
13422	Water	1.00 c
13422	Salt	0.00
13422	Pepper,ground,fresh	0.00
13422	Chile caribe	0.50 t
13422	Red chile,ground,mild-hot	2.00 T

Sheet1

13422	Kidney beans,cooked,drained	2.00 c
13423	Cubed Beef Chuck Or Round	3.00 lb
13423	Chili Powder	0.50 c
13423	Onions, Chopped	3.00 md
13423	Cloves Garlic, Minced	4.00
13423	Can Chopped Jalapenos	8.00 oz
13423	Can Tomatoes And Juice	28.00 oz
13423	Oregano	1.00 tb
13423	Bay Leaves	3.00
13423	Salt	1.00 tb
13423	Ground Cumin	1.00 tb
13423	Red Wine Vinegar	1.00 tb
13423	Brown Sugar	2.00 tb
13423	Sliced Ripe Olives, Drained	1.00 pt
13423	Masa Harina	1.00 tb
13423	Vegetable Oil	3.00 tb
13424	Anaheim and yellow chili	2.00
13424	-peppers	0.00
13424	Canned corn, drained	0.33 c
13424	Chopped red onion	0.33 c
13424	Ground coriander	0.12 ts
13424	Lime juice	1.00 ts
13425	Hamburger	1.00 lb
13425	Portugeuese sausage	0.50 lb
13425	Onion, diced	1.00 ea
13425	Tomato soup, condensed	1.00 cn
13425	Curry powder	1.00 ts
13425	Ginger, sliced	1.00 ea
13425	Bacon, diced	4.00 ea
13425	Garlic, minced	1.00 ea
13425	Kidney beans, undrained	1.00 cn
13425	Chili powder	2.00 ts
13425	Brown sugar	2.00 ts
13426	Fresh pasilla chile peppers	2.00
13426	Fresh Anaheim chile peppers	2.00
13426	Red bell peppers	2.00
13426	Vegetable oil	2.00 tb
13426	Onions; diced	2.00 md
13426	Fresh jalapeno chile peppers	4.00
13426	-(or more if desired)	0.00
13426	- seeded and finely minced	0.00
13426	Minced garlic	3.00 tb
13426	Tomatoes; seeded and diced	10.00
13426	Dried ancho chile pepper	2.00
13426	-=OR=- Pasilla chiles	0.00
13426	- stemmed and seeded	0.00
13426	Cumin powder	2.00 ts
13426	Ground cinnamon	1.00 ts
13426	Salt; as desired	0.00

Sheet1

13427	Uncooked red kidney beans	0.50 lb
13427	Water	2.00 pt
13427	Olive oil	1.00 tb
13427	Onion, finely chopped	1.00 lg
13427	Garlic clove, pressed	1.00 ea
13427	Mixed vegetables*	0.50 lb
13427	Basil	0.50 ts
13427	Cumin	0.50 ts
13427	Cayenne pepper	0.25 ts
13427	Chili powder	1.00 tb
13427	Tomatoes, chopped finely+	14.00 oz
13427	Tomato paste	2.00 tb
13427	Red wine++	3.00 tb
13427	Bulgur wheat+++	2.00 oz
13427	Stock	1.50 pt
13427	Lemon juice	2.00 tb
13427	Salt & pepper	0.00
13428	Olive oil	2.00 tb
13428	Pork sausage, crumbled	1.00 lb
13428	Onion, chopped	1.00
13428	Garlic clove, crushed	1.00
13428	Ground cumin	0.50 ts
13428	Hot chili powder	1.00 ts
13428	Tomato, peeled, chopped	1.00
13428	Tomato paste	3.00 tb
13428	Red bell pepper, seeded,	0.50
13428	-diced	0.00
13428	Kidney beans, drained (10oz)	1.00 cn
13428	Salt to taste	0.00
13428	Taco shells	8.00
13428	Sour cream	0.00
13428	Paprika	0.00
13428	Lettuce leaves	0.00
13428	Radish roses	0.00
13429	Dried black beans	1.00 c
13429	Dried black-eyed peas	1.00 c
13429	Ham hock	1.00 sm
13429	Chicken stock or water	3.00 c
13429	-or low-sodium chicken broth	0.00
13429	Salt; as desired	0.00
13430	Jim Vorheis	0.00
13430	Dry White Northern Beans	1.00 lb
13430	Chicken broth	5.25 c
13430	Cloves garlic, minced	2.00
13430	White onion, chopped	1.00 lg
13430	Ground white pepper	1.00 tb
13430	Salt	1.00 ts
13430	Dried oregano	1.00 tb
13430	Ground cumin	1.00 tb

Sheet1

13430	Ground cloves	0.50 ts
13430	Can diced green chilies	7.00 oz
13430	Diced cooked chicken breast	5.00 c
13430	Chicken broth	1.75 c
13430	Diced jalapeno pepper	1.00 tb
13430	-(optional)	0.00
13430	Flour tortillas	8.00
13430	Condiments:	0.00
13430	Shredded Monterey Jack	0.00
13430	Sliced black olives	0.00
13430	Chunky salsa	0.00
13430	Sour cream	0.00
13430	Diced avocado	0.00
13431	Hot dog buns	4.00
13431	Chili	0.50 c
13431	Hot dogs	4.00
13431	(1 ounce each) process	2.00 sl
13431	-American cheese, cut in 4	0.00
13431	-pieces	0.00
13432	Crushed corn chips	4.00 c
13432	Chili powder	2.00 ts
13432	To 3 pounds chicken (cut up)	2.50
13432	Mayonnaise	0.33 c
13433	Mild Chili Powder	0.33 c
13433	Salt To Taste	0.00
13433	Hot Chili Powder	0.33 c
13433	Water	0.00
13433	Spanish Chili Sauce	3.00 c
13433	Cubed Beef	5.00 lb
13433	Oregano	2.00 ts
13433	Onion, Chopped	1.00 md
13433	Garlic Powder	2.00 ts
13433	Yellow Hot Peppers, Chopped	2.00
13433	Black Pepper	2.00 ts
13433	Roux	0.00
13433	Garlic Puree	2.00 ts
13434	Vegetable oil	2.00 tb
13434	Chopped onion	0.33 c
13434	Chopped green pepper	0.33 c
13434	Ground beef	1.00 lb
13434	Garlic clove, minced	1.00
13434	Stewed tomatoes (1 lb)	1.00 cn
13434	Kidney beans, drained (15oz)	2.00 cn
13434	VEG-ALL Mixed Vegetables,	1.00 cn
13434	-with liquid (16 oz)	0.00
13435	Onion, Chopped	1.00
13435	Clove Garlic	1.00
13435	Oil	1.00 tb
13435	Diced Green Pepper	1.00

Sheet1

13435	Chili Powder	1.00 ts
13435	Cumin	1.00 ts
13435	Chopped Tomato	1.00 c
13435	Corn, Drained	1.00 c
13435	Kidney, Pinto or Black Beans	4.00 c
13435	Oregano	1.00 ts
13435	Salt	1.50 ts
13436	Frankfurters	2.00
13436	Frankfurter Buns, Split	2.00
13436	Chili With Beans	0.33 c
13436	Fresh Onion, Chopped Opt.	1.00
13437	Butter	2.00 T
13437	Beef sirloin,coarse grind	4.00 lb
13437	Tomato paste	6.00 oz
13437	Water	4.00 c
13437	Onions	3.00
13437	Bell pepper(s)	1.00
13437	Garlic cloves	4.00
13437	Red chile,hot,ground	3.00 T
13437	Oregano,dried,pref. Mexican	1.00 T
13437	Basil	0.50 t
13437	Cumin	1.00 T
13437	Salt	1.00
13437	Pepper	1.00
13438	Ground round beef	2.00 lb
13438	Ground pork	1.00 lb
13438	Chopped onions	5.00 c
13438	Chopped garlic	1.50 T
13438	Chili powder	7.00 T
13438	Chopped green chili peppers	2.00 cn
13438	(16 oz) crushed tomatoes	3.00 cn
13438	Tomato paste	3.00 T
13438	Bay leaves, crumbled	4.00 ea
13438	Salt	1.00 T
13438	Oregano	1.00 T
13438	Red wine vinegar	1.00 T
13438	Grown sugar	1.00 T
13438	16 oz) red kidney beans	2.00 cn
13438	Corn chips	1.00 pk
13438	Head lettuce, shredded	1.00 ea
13438	Sharp cheddar cheese, shredd	12.00 oz
13439	Oil, preferably peanut	0.67 c
13439	Chopped dried red chiles	1.00 tb
13439	Sichuan peppercorns, (opt.)	2.00 ts
13439	-(Unroasted)	0.00
13440	CHILI -----	0.00 -----
13440	Dried Hot Chile Peppers	6.00
13440	Boneless Chuck, Cubed	3.00 lb
13440	Rendered Beef Suet	6.00 tb

Sheet1

13440	Onions, Chopped	2.00
13440	Garlic Cloves	4.00
13440	Cumin	1.50 tb
13440	Tomatoes, Drained & Chopped	1.00 lb
13440	Unsweetened Cocoa Powder	1.00 tb
13440	Bay Leaf	1.00
13440	Oregano	0.50 ts
13440	ACCOMPANIMENTS -----	0.00 -----
13440	Sour Cream	0.00
13440	Cheddar Cheese, Grated	0.00
13440	Onion, Chopped	0.00
13440	Hot Chile Peppers, Seeded	0.00
13440	Kidney Or Pinto Beans	0.00
13440	Tortilla Clips	0.00
13440	CHILI -----	0.00 -----
13440	ACCOMPANIMENTS -----	0.00 -----
13441	Dried Whole Red Hot Chiles	0.50 c
13441	-Stemmed And Seeded	0.00
13441	Cloves Garlic, Halved	2.00
13441	Onion, Coarsely Chopped	1.00 sm
13441	Sugar	0.25 c
13441	Lemon Juice	0.25 c
13441	Water	0.25 c
13441	Salt	0.50 ts
13442	Chinese Cabbage	2.00 lb
13442	Salt	1.00 tb
13442	Chopped Green Onion	2.00 tb
13442	Crushed Garlic	2.00 ts
13442	Chili Powder	1.00 tb
13442	Finely Chopped Fresh Ginger	2.00 ts
13442	Light Soy Sauce	0.50 c
13442	White Vinegar	0.50 c
13442	Sugar Or More To Taste	2.00 ts
13442	Sesame Oil	0.00
13443	Pork tenderloin	12.00 oz
13443	Dried chili peppers	4.00
13443	Bamboo shoots diced	0.25 c
13443	Carrots diced	0.25 c
13443	Green onions cut to 1"	2.00
13443	-lengths	0.00
13443	Minced garlic	1.00 ts
13443	Minced ginger	1.00 ts
13443	Roasted peanuts	0.50 c
13443	Sauce	0.00
13443	Dark soy sauce	1.50 tb
13443	Sugar	1.00 tb
13443	Chinese cooking wine	1.00 tb
13443	Drops sesame seed oil	3.00
13443	Tabasco sauce	2.00 ts

Sheet1

13443	Water	0.25 c
13443	Cornstarch	1.00 tb
13444	ts	1.00 1/2
13444		0.00
13444	Round steak, cut into	4.00
13444	-1/4-inch cubes	0.00
13444	Cans tomatoes	28.00
13444	Can tomato sauce	15.00
13444	Can tomato paste	6.00
13444	Can diced green chilies	7.00 o
13444	Diced jalapeno peppers	2.00
13444	-(optional)	0.00
13444	Can diced, pickled cactus,	4.00 oz
13444	-drained (optional)	0.00
13444	Chopped onions	2.00 c
13444	Chopped green bell pepper	2.00 c
13444	Minced fresh parsley	1.00 c
13444	Ground coriander	2.00 ts
13444	Cloves garlic, minced	3.00
13444	Ground cumin	8.00 ts
13444	Cayenne pepper	1.00 ts
13444	Dried oregano	0.25 ts
13444	Paprika	0.25 ts
13444	Salt	2.00 ts
13444	Freshly ground black pepper	1.00 ts
13444	Fresh lemon juice	1.00 tb
13444	Mild chili powder	2.00 tb
13444	Medium-hot chili powder	0.50 ts
13444	Masa harina (corn flour)	0.50 c
13444	Garnish:	0.00
13444	Sour cream	0.00
13444	Shredded Cheddar cheese	0.00
13444	Shredded Monterey Jack	0.00
13444	-cheese	0.00
13445	Medium onion, chopped	1.00
13445	Cloves garlic, minced	2.00
13445	Vegetable oil	2.00 tb
13445	Whole tomatoes (28 oz can)	1.00 cn
13445	- undrained	0.00
13445	- coarsely chopped	0.00
13445	Kidney beans (16 oz cans)	2.00 cn
13445	- rinsed and drained	0.00
13445	Whole kernel corn (12oz can)	1.00 cn
13445	- drained	0.00
13445	Picante Sauce	0.50 c
13445	Ground cumin	1.50 ts
13445	Oregano leaves, crushed	1.00 ts
13445	Unsweetened cocoa	1.00 ts
13445	Cinnamon	0.25 ts



Sheet1

13445	Red or green bell pepper	1.00
13445	- cut into 1/2-inch slices.	0.00
13445	OPTIONAL TOPPING	0.00
13445	Sour cream	0.00
13445	Chopped green onions	0.00
13445	OPTIONAL TOPPING	0.00
13446	Tomatoes (peeled and sliced)	25.00 lg
13446	Onions (sliced)	8.00 lg
13446	Salt	4.00 tb
13446	Sugar	6.00 c
13446	Vinegar	6.00 c
13446	Sweet peppers (red & green)	4.00
13446	Black pepper	2.00 tb
13446	Cloves	4.00 ts
13446	Cinnamon	4.00 ts
13446	Ginger	4.00 ts
13447	Unbleached Flour	1.00 tb
13447	Chili Powder	1.50 ts
13447	Crushed Dried Red Pepper	0.50 ts
13447	Sugar	0.50 ts
13447	Instant Minced Onion	2.00 tb
13447	Seasoned Salt	1.00 ts
13447	Instant Minced Garlic	0.50 ts
13447	Ground Cumin	0.50 ts
13448	Ground beef	1.00 lb
13448	Chili powder	1.00 tb
13448	Shortening	2.00 tb
13448	Salt	1.00 ts
13448	Onion, chopped fine	1.00
13448	Dash of pepper	0.00
13448	Garlic, chopped fine	1.00 cl
13448	#2 1/2 can tomatoes	1.00
13448	Green bell pepper, chopped	1.00
13448	Grated sharp Cheddar cheese	0.50 c
13448	Flour	2.00 tb
13449	Oil, divided	3.00 tb
13449	Chopped onion	0.50 c
13449	Cloves Garlic, minced	4.00
13449	All-purpose flour	0.25 c
13449	Chicken, cut up	2.50 lb
13449	Chicken broth	2.00 c
13449	Dry sherry or chicken broth	1.00 c
13449	Red Chili Puree (see recipe)	3.00 tb
13449	-OR	0.00
13449	To 2 tb Mild red chili	1.00 tb
13449	-powder	0.00
13449	Bay leaves	2.00
13449	Dried oregano leaves,	1.00 ts
13449	-crushed	0.00

Sheet1

13449	Dried thyme leaves, crushed	1.00 ts
13449	Salt and pepper to taste	0.00
13449	Cornstarch	1.00 tb
13449	Water	2.00 tb
13449	Sliced ripe olives (3 4/5	1.00 cn
13449	-oz.), drained	0.00
13450	Cubed Beef	2.50 lb
13450	Yellow Hot Pepper, Pureed	0.50
13450	Canned Green Chili Strips	1.00 c
13450	Beef Broth	0.75 c
13450	Yellow Onion, Chopped	0.75 c
13450	Garlic Puree	0.50 ts
13450	Chopped Green Onion	0.33 c
13450	Garlic Powder	1.00 ts
13450	Fresh Jalapeno, Diced	1.00
13450	Black Powder	1.00 ts
13450	Fresh Tomatoes, Chopped	0.75 c
13450	Salt To Taste	0.00
13450	Canned Whole Tomatoes	0.25 c
13450	Water	0.00
13451	Pinto beans	1.00 pk
13451	Chili meat OR	2.00 lb
13451	Lean beef sirloin, chopped	4.00 lb
13451	In 1/2 inch cubes	0.00
13451	Low-fat turkey sausage	1.00 lb
13451	Onions, chopped	1.00 c
13451	Garlic powder	1.00 tb
13451	Red cayenne pepper	1.00 tb
13451	Tomato sauce	2.00 cn
13451	New Mexico (or other hot)	3.00 tb
13451	Chili powder	0.00
13451	Dried oregano	1.00 ts
13451	Ground cumin	2.00 tb
13451	Vegetable oil	1.00 tb
13451	Louisiana (or Tobasco) Hot	1.00 ts
13451	Sauce	0.00
13451	Jalapenos, chopped	1.00 cn
13451	Salt	0.50 tb
13452	Ground beef	1.00 lb
13452	(15 1/2 oz) kidney beans,	1.00 cn
13452	Drained	0.00
13452	Green pepper, chopped	1.00 sm
13452	(11 oz) condensed Zesty	1.00 cn
13452	Tomato Soup/Sauce	0.00
13452	Water	0.75 c
13452	(1 3/4 oz) chili seasoning	1.00 pk
13452	Mix	0.00
13452	Minute Rice Boil in Bag	1.00
13452	Rice, cooked	0.00

Sheet1

13453	Oil,cooking	2.00 T
13453	Onions	5.00
13453	Beef chuck,coarse grind	4.00 lb
13453	Garlic cloves	5.00
13453	Oregano,dried,pref. Mexican	4.00 T
13453	Woodruff	2.00 t
13453	Red chile,hot,ground	1.00 T
13453	Cayenne pepper	1.00 t
13453	Paprika	2.00 T
13453	Cumin	3.00 T
13453	Chipenos(pequin chiles)	2.00 t
13453	Hot pepper sauce,liquid	4.00 ds
13453	Tomato sauce	30.00 oz
13453	Tomato paste	6.00 oz
13453	Water	0.00
13453	Corn flour(masa harina)	4.00 T
13454	Ground beef	1.00 lb
13454	Vinegar	1.00 tb
13454	L&P sauce	1.00 ts
13454	Toma juice	12.00 oz
13454	Chili powder	1.00 tb
13454	Garlic - chopped	1.00
13454	Allspice	0.50 ts
13454	Pepper	0.00 ts
13454	Onion - chopped	1.00
13454	Toma sauce	1.00 cn
13454	Bay leaves	1.00
13454	Water	12.00 oz
13454	Cinnamon	0.50 ts
13454	Red pepper	0.00 ts
13454	Salt	0.33 tb
13455	Banana chilies or New	2.00 lg
13455	-Mexican or yellow wax hot	0.00
13455	-chilies	0.00
13455	Shallots, peeled and halved	3.00 lg
13455	Cloves garlic, peeled	5.00
13455	Medium-sized ripe tomatoes	2.00
13455	-(1/2 lb.)	0.00
13455	Chopped fresh cilantro	1.00 tb
13455	Fish sauce	2.00 tb
13455	Fresh lime juice	1.00 tb
13456	Top round steak, cut 1"	2.00 lb
13456	Thick	0.00
13456	Flour	3.00 tb
13456	Salt	2.00 ts
13456	Chili powder	2.00 ts
13456	Pepper	0.25 ts
13456	Shortening	0.25 c
13456	Chopped onions	2.00 c

Sheet1

13456	(16 oz) tomatoes	1.00 cn
13456	Shredded Cheddar cheese	1.00 c
13456	GARNISH -----	0.00 -----
13456	Thin slices red and green	0.00
13456	Bell peppers	0.00
13456	Parsley	0.00
13456	GARNISH -----	0.00 -----
13457	Ground beef	1.00 lb
13457	Medium onions,chopped	2.00
13457	Kidney beans(15 1/2oz)	1.00 cn
13457	Tomatoes(28oz)	1.00 cn
13457	Tomato sauce(8oz)	1.00 cn
13457	Chopped green pepper	1.00 c
13457	Uncooked elbow macaroni	1.00 c
13457	Chili powder	4.00 ts
13457	Salt	1.00 ts
13457	Cayenne red pepper	0.12 ts
13457	Paprika	0.12 ts
13458	Oil	4.00 tb
13458	Finely chopped garlic	3.00 tb
13458	Finely chopped shallots	3.00 tb
13458	Dry red chilis; deseeded	3.00 lg
13458	-- coarsely chopped	0.00
13458	Sugar	2.00 tb
13458	Salt	1.00 ts
13459	Fresh cranberries (1 bag)	12.00 oz
13459	Water	3.00 c
13459	Sugar, approximately	1.25 c
13459	Cinnamon sticks	2.00
13459	Allspice berries	2.00
13459	Whole cloves	2.00
13459	Black peppercorns	4.00
13459	Cornstarch	1.00 tb
13459	Heavy cream	0.25 c
13459	Dry red wine, or to taste	0.75 c
13460	Potatoes, diced	2.00
13460	Heavy cream	1.00 c
13460	Chicken bouillon	1.00 c
13460	Grated onion	1.00 ts
13460	Dry white wine	1.00 c
13460	Salt	1.00 ts
13460	Cucumbers,coarsely grated	2.00
13460	Freshly ground black pepper	0.00
13460	Celery stalks,coarsely	4.00
13460	-grated	0.00
13461	Garlic clove, minced	1.00 ea
13461	Onion chopped	1.00 ea
13461	Orange juice	0.25 c
13461	Carrots, peeled, 1/2" sli	0.50 lb

Sheet1

13461	Potato, peeled, 1/2 " slices	1.00 ea
13461	Heavy cream	0.50 c
13461	Chicken stock	2.00 c
13461	Freshly ground black pepp	0.25 ts
13461	Cayenne pepper	0.12 ts
13461	Grated nutmeg	0.12 ts
13461	Chopped fresh chives	0.25 c
13461	(2 inch) pieces of chive	24.00 ea
13462	Trimmed beef fillet	4.00 lb
13462	Salt to taste	0.00
13462	Pepper to taste	0.00
13462	Butter,divided	4.00 tb
13462	Carrot, finely chopped	1.00
13462	Leek, white part only,	1.00
13462	Finely chopped	0.00
13462	Rib celery, finely chopped	1.00
13462	Vegetable oil	1.00 tb
13462	Garlic, minced	1.00 cl
13462	Bacon, cut into 1" pieces	0.75 lb
13462	Mushrooms,sliced	0.25 lb
13462	Grated onion	1.00 tb
13462	Sour cream	1.50 c
13462	Horseradish	2.00 ts
13462	Finely chopped parsley	1.00 tb
13462	Thyme	1.00 ts
13462	Chervil	1.00 ts
13463	Red currants	6.00 oz
13463	Black currants	6.00 oz
13463	Cranberries	6.00 oz
13463	Med.-dry white wine	1.50 c
13463	Sugar	0.50 c
13463	(2-inch) cinnamon stick	1.00
13463	Finely grated peel and juice	0.00
13463	-of 1 orange	0.00
13463	Water	1.25 c
13463	Tablespoon. creme de cassis	1.00
13463	-liqueur	0.00
13463	Dairy sour cream	0.67 c
13463	Black currant leaves to	0.00
13463	-decorate with	0.00
13464	All-purpose flour	0.33 c
13464	Salt	1.00 ts
13464	EACH:thyme,marjoram and	0.50 ts
13464	-celery salt	0.00
13464	EACH:pepper,paprika and	0.25 ts
13464	-poultry seasoning	0.00
13464	Frying chicken(2 3/4 to 3	1.00
13464	-1/4 lbs.),cut up or use	0.00
13464	-chicken pieces	0.00

Sheet1

13464	Butter Flavor Crisco	0.67 c
13465	Butter	12.50 g
13465	Leeks, sliced	1.50 lg
13465	Potatoes, diced/peeled	112.50 g
13465	Vegetable stock	300.00 ml
13465	Greek yoghurt	112.50 g
13465	Seasoning	0.00
13465	Fresh chives	1.00 tb
13466	Fresh green pea pods	2.00 lb
13466	Unsalted butter	0.50 c
13466	Thinly sliced green onions	8.00
13466	Chicken broth	2.00 qt
13466	Minced fresh tarragon	2.00 tb
13466	Leaves romaine lettuce	16.00
13466	Creme fraiche	0.50 c
13466	Salt	0.00
13466	Freshly ground pepper	0.00
13466	Sugar	1.00 pn
13467	Vegetable oil	1.00 tb
13467	Onion; peeled and sliced	1.00 md
13467	Beets; peeled, roughly diced	0.50 lb
13467	Chicken stock	4.00 c
13467	-OR Low-sodium chicken broth	0.00
13467	Salt	1.00 ts
13467	Diced seeded watermelon	2.50 c
13467	- (rind removed)	0.00
13468	Vegetable oil	4.00 tb
13468	Onion; roughly diced	1.00 md
13468	Carrots; roughly chopped	1.00 lb
13468	Chicken stock	4.00 c
13468	-OR low-sodium chicken broth	0.00
13468	Diced cantaloupe	1.00 c
13468	Salt	1.00 ts
13468	Ground coriander	2.00 tb
13468	Ground cumin	0.50 ts
13468	Milk	2.00 tb
13468	Plain yogurt	3.00 tb
13469	Jim Vorheis	0.00
13469	Unflavored gelatin	1.50 tb
13469	Cold water	0.33 c
13469	Hot water	0.75 c
13469	Frozen raspberries, thawed	30.00 oz
13469	Sour cream (28-oz)	3.50 c
13469	Pineapple juice	1.33 c
13469	Half and half	1.33 c
13469	Dry sherry	1.33 c
13469	Grenadine	0.33 c
13469	Lemon juice	2.00 tb
13469	Mint	0.00

Sheet1

13469	Whole raspberries	0.00	
13470	tb	0.00	2
13470	-	42.00	
13470	- (water-packed) rinsed,	0.00	
13470	- blotted dry, with all	0.00	
13470	- black bits removed	0.00	
13470	Garlic cloves	3.00	
13470	- peeled and split	0.00	
13470	Chicken stock	4.00 c	
13470	Buttermilk	2.50 c	
13470	Sugar	0.25 c	
13470	Salt; or to taste	1.00 tb	
13470	Frozen or fresh corn kernels	4.00 c	
13470	Minced pickled nopales	0.75 c	
13470	-(See NOTE)	0.00	
13470	Finely chopped fresh oregano	1.00 tb	
13470	-=OR=- Coriander	0.00	
13470	Tabasco sauce, to taste	3.00 ds	
13470	Low- or non-fat yogurt	8.00 oz	
13470	- for garnish	0.00	
13470	Minced fresh oregano	2.00 ts	
13470	-=OR=- Coriander	0.00	
13470	- for garnish	0.00	
13470	HERBED TORTILLA CRISPS -----	0.00 -----	
13470	Flour tortillas	3.00 lg	
13470	- cut into 12 sections each	0.00	
13470	Vegetable oil	2.00 tb	
13470	Dried oregano	0.50 ts	
13470	Grated Parmesan cheese	1.00 tb	
13470	SOUP -----	0.00 -----	
13470	HERBED TORTILLA CRISPS -----	0.00 -----	
13471	Fresh strawberries	1.00 pt	
13471	Sliced fresh or frozen	3.00 c	
13471	-rhubarb, 1/2 inch pieces	0.00	
13471	Orange juice	1.25 c	
13471	To 1 c Sugar	0.50 c	
13472	Unsalted butter	3.00 tb	
13472	Vegetable oil	1.00 tb	
13472	Onion, finely chopped	1.00	
13472	Leek, cleaned, white part	1.00 md	
13472	-only, finely chopped	0.00	
13472	Carrot, finely chopped	1.00 md	
13472	Celery stalk, finely chopped	1.00 md	
13472	Chopped fresh basil leaves	2.00 tb	
13472	Ripe medium tomatoes,	4.00	
13472	-seeded, coarsely chopped	0.00	
13472	Tomato paste	3.00 tb	
13472	Flour	2.00 tb	
13472	Chicken stock or broth	2.50 c	

## Sheet1

13472	Light cream	0.50 c
13472	Salt and pepper to taste	0.00
13472	Fresh basil leaves	0.00
13472	-(optional)	0.00
13472	Sour cream or plain yogurt	0.25 c
13472	-(optional)	0.00
13473	Ground beef	1.00 lb
13473	Sized chopped onion	1.00 md
13473	Enchilada sauce (canned is	0.50 c
13473	-fine)	0.00
13474	Chopped chicken	3.00 c
13474	Green onion, chopped	0.33 c
13474	Salt	0.50 t
13474	Melted butter	0.25 c
13474	Shredded Jack cheese	0.50 c
13474	Picante sauce	0.67 c
13474	Ground cumin	1.00 t
13474	Tortillas, flour	8.00 ea
13474	Shredded Cheddar cheese	0.50 c
13475	Ground meat, browned and	1.00 lb
13475	-drained	0.00
13475	Onion, chopped	1.00 md
13475	Red chile sauce or enchilada	0.50 c
13475	-sauce	0.00
13475	Flour tortillas	12.00
13475	Oil for frying	0.00
13475	Cheddar cheese	2.00 c
13475	Shredded lettuce	2.00 c
13475	Chopped green onions	2.00 c
13476	Lean beef	1.00 lb
13476	Salt	1.00 ts
13476	Pepper	0.25 ts
13476	Garlic powder	0.25 ts
13476	Tomatoes	4.00
13476	Shortening	1.50 ts
13476	Onion, chopped	0.50
13476	Bell pepper, chopped	0.50
13476	Flour	1.50 ts
13476	Canned whole green	0.50 c
13476	Chiles	0.00
13476	Tortillas	4.00 fl
13476	Oil for deep frying	0.00
13476	Red chile sauce (see index)	0.00
13476	Shredded wisconsin	1.00 c
13476	Cheddar cheese	0.00
13476	Sour cream	1.00 c
13476	Black olives	4.00
13476	Chopped green onions	0.25 c
13476	Whipping cream	1.00 tb



Sheet1

13476	Guacamole (see index)	0.00
13476	Shredded lettuce	2.00 c
13476	Black olives	4.00
13477	Pickled ginger juice; from	1.00 c
13477	- CM Pickled Ginger recipe	0.00
13477	Japanese rice vinegar; plus	0.25 c
13477	- 2 tbs., unseasoned	0.00
13477	Sugar	2.00 tb
13477	Soy sauce	1.00 tb
13477	GARNISHES -----	0.00 -----
13477	Green onions; thinly sliced	0.00
13477	- rings, tops included	0.00
13477	Fresno chili; thinly sliced	0.00
13477	- rings	0.00
13477	GARNISHES -----	0.00 -----
13478	Honey	0.50 c
13478	Soy sauce; plus 1 tablespoon	0.25 c
13478	Pickled Ginger juice; from	0.25 c
13478	- CM Pickled Ginger recipe	0.00
13478	-China Moon Ten Spice; see	0.25 ts
13478	- recipe	0.00
13479	Cooked chicken, diced	4.00 c
13479	Celery, chopped	1.00 c
13479	Pineapple tidbits, drained	1.00 c
13479	(1lb) chinese vegetables,	1.00 cn
13479	-drained	0.00
13479	Scallions, sliced	1.00 bn
13479	Lettuce, or cabbage leaves	0.00
13479	Cranberry sauce (jellied or	1.00 c
13479	-whole berry)	0.00
13479	Prepared low-calorie Italian	1.00 c
13479	-style dressing	0.00
13480	Dial 555-6780	1.00
13480	Give order	2.00
13480	No MSG, please!	3.00
13480	Ask for extra Fortune	4.00
13480	Cookies	0.00
13480	Give name and address	5.00
13480	Get purse out	6.00
13481	Boneless Pork Roast	2.50 lb
13481	SAUCE -----	0.00 -----
13481	Hoisin Sauce	1.00 tb
13481	Soy Sauce	2.00 tb
13481	Sesame Oil	1.00 ts
13481	Fresh Garlic Finely Chopped	1.00
13481	Sugar	4.00 tb
13481	Salt And Pepper	0.50 ts
13481	SAUCE -----	0.00 -----
13482	Catsup	0.75 c

Sheet1

13482	Soy sauce	3.00 T
13482	Liquid smoke	1.00 T
13482	Brown sugar	0.50 c
13482	Ground ginger	1.00 T
13482	Cloves garlic, minced	2.00 x
13483	Catsup	0.75 c
13483	Brown Sugar	0.50 c
13483	Soy Sauce	3.00 tb
13483	Ground Ginger	1.00 tb
13483	Liquid Smoke	1.00 tb
13483	Cloves Garlic, Minced	2.00 x
13484	Catsup	0.75 c
13484	Soy sauce	3.00 tb
13484	Liquid smoke	1.00 tb
13484	Brown sugar	0.50 c
13484	Ground ginger	1.00 tb
13484	Cloves garlic, minced	2.00 x
13485	Salt	2.00 tb
13485	Szechwan peppercorns	1.00 tb
13485	Small dried red chili	2.00
13485	-peppers	0.00
13485	Boiling water	0.50 c
13485	Cold water	3.50 c
13485	Slices fresh ginger	4.00
13485	Dry sherry	1.00 tb
13485	Total of the following in	4.00 c
13485	-bite-size pieces:	0.00
13485	Broccoli stems	0.00
13485	Napa cabbage	0.00
13485	Celery	0.00
13485	Cabbage	0.00
13485	Carrots	0.00
13485	Cauliflower	0.00
13485	Daikon	0.00
13485	Green string beans	0.00
13485	Red bell peppers	0.00
13486	Spaghetti, broken into 2 to	1.00 lb
13486	-3 inch pieces	0.00
13486	Sesame oil	2.00 tb
13486	To 4 cups cooked chicken,	3.00
13486	-cut into 1/2-inch cubes	0.00
13486	Green onions with tops,	1.00 bn
13486	-sliced	0.00
13486	Cucumber, unpeeled, cut into	1.00 md
13486	-thin strips	0.00
13486	Sliced water chestnuts (1/2	4.00 oz
13486	-of an 8-ounce can)	0.00
13486	Chopped fresh cilantro	0.33 c
13486	Fresh bean sprouts, rinsed	1.00 c

## Sheet1

13486	Fresh snow peas, trimmed	0.25 lb
13486	Red or yellow pepper, cut	1.00 sm
13486	-into strips	0.00
13486	DRESSING:	0.00
13486	Sesame oil	2.00 tb
13486	Salad oil	2.00 tb
13486	Chinese rice vinegar	3.00 tb
13486	Hot chili oil	0.50 ts
13486	Chopped fresh ginger	3.00 tb
13486	Sugar	2.00 tb
13486	Dry sherry	0.33 c
13486	Salt	1.00 ts
13487	Grated coconut ( Substitute	1.00 c
13487	-canned)	0.00
13487	Brown sugar	2.00 c
13487	Walnut halves	0.00
13488	Sugar	1.00 tb
13488	Distilled vinegar	1.00 tb
13488	Dry sherry	1.00 tb
13488	Soy sauce	2.00 tb
13488	Chicken broth	3.00 tb
13488	Cornstarch	2.00 ts
13489	One:	0.00
13489	Plums halved and pitted	1.00 lb
13489	Apricots halved and pitted	1.00 lb
13489	Cider vinegar	1.25 c
13489	Water	0.75 c
13489	Two:	0.00
13489	Cider vinegar	1.00 c
13489	Firmly packed brown sugar	1.00 c
13489	White sugar	1.00 c
13489	Lemon juice	0.50 c
13489	Three:	0.00
13489	Chopped ginger	0.25 c
13489	Onion sliced	1.00 sm
13489	(or more) serrano, seeded	1.00
13489	-and chopped	0.00
13489	Garlic cloves sliced	2.00 sm
13489	Salt	4.00 ts
13489	Mustard seed toasted	1.00 tb
13489	Cinnamon stick	1.00
13490	Whole, black peppercorns	2.00 tb
13490	Whole cloves	36.00
13490	Inches of stick cinnamon	12.00
13490	Fennel seed	2.00 tb
13490	Whole star anise	12.00
13491	14-spice and herb blend	2.00 tb
13491	No-salt steak sauce	2.00 tb
13491	Dry sherry	3.00 tb

Sheet1

13491	Sesame oil	3.00 tb
13491	Egg whites, lightly beaten	2.00
13491	Boned and skinned chicken	6.00
13491	-breasts, halved	0.00
13491	Vegetable oil for deep	0.00
13491	-frying	0.00
13491	Unsalted butter or	0.25 c
13491	-margarine, divided	0.00
13491	Green onions, sliced (with	0.50 c
13491	-tops)	0.00
13491	Carrots, julienned	3.00 c
13491	Corn starch	1.00 tb
13491	Milk	1.00 c
13491	Lemon juice	3.00 tb
13491	Cooked rice	3.00 c
13492	Oil; for sauteing	2.00 tb
13492	Black Bean Garlic Sauce	1.00 tb
13492	- (see notes)	0.00
13492	Red Chili Paste with Garlic	1.00 ts
13492	Ground pork	0.25 lb
13492	Fresh tofu (any firmness)	1.00 pk
13492	- cut into cubes	0.00
13492	Chopped green onions	0.25 c
13492	Salt; to taste	0.00
13493	PICKLING SOLUTION -----	0.00 -----
13493	Sugar	3.00 c
13493	White Vinegar	3.00 c
13493	Water	1.50 c
13493	Salt	1.50 ts
13493	PICKLES -----	0.00 -----
13493	Carrots	3.00 lg
13493	Chinese White Radish	1.00 lg
13493	Cucumber	1.00 lg
13493	Stalks Celery	4.00
13493	Green Onions	8.00
13493	Fresh Ginger Root	4.00 oz
13493	Red Pepper	1.00 lg
13493	Green Pepper	1.00 lg
13493	PICKLING SOLUTION -----	0.00 -----
13493	PICKLES -----	0.00 -----
13494	Boiling water	1.00 c
13494	Dry mustard	1.00 c
13494	Soy sauce	4.00 tb
13494	Vegetable oil	0.25 c
13495		2.00
13495	Salt	0.50
13495	Cloves garlic, chopped fine	3.00
13495	Freshly grated ginger	0.25 ts
13495	Vegetables:	0.00

Sheet1

13495	Chinese dried mushrooms, cut	6.00
13495	-julienne	0.00
13495	Napa cabbage	1.00 c
13495	Dried lily buds soaked for	0.25 c
13495	-one hour (opt)	0.00
13495	Dried bean curd skin, soaked	2.00 oz
13495	-for one hour (opt)	0.00
13495	Bamboo shoots, cut julienne	0.50 c
13495	Sauce:	0.00
13495	Foo yee	2.00 tb
13495	Light soy sauce	1.00 tb
13495	Sugar	0.12 ts
13495	Sesame oil	2.00 ts
13495	Ground white pepper	0.50 ts
13495	Garlic & red chile paste to	1.00 ts
13495	-taste	0.00
13495	Additional:	0.00
13495	Cellophane noodles (saifun)	4.00 oz
13495	-soaked for one hour	0.00
13495	Chicken stock	2.00 c
13495	Green onions, chopped	0.00
13496	Sweet butter	1.00 tb
13496	Cloves garlic, minced	2.00
13496	Fresh shiitake mushrooms,	2.00 c
13496	-sliced	0.00
13496	Teriyaki sauce	0.50 c
13496	Tomatoes, diced	1.00 c
13496	Scallions, sliced thinly	0.50 c
13496	Chile and garlic paste	0.50 ts
13496	Rice wine vinegar	0.25 c
13496	Sesame oil	2.00 tb
13496	Freshly ground black pepper	0.25 ts
13496	Cilantro, chopped	1.00 bn
13497	Salt	0.67 c
13497	Szechwan Peppercorns, whole	2.00 tb
13497	Black Peppercorns, whole	1.00 ts
13498	Flour	2.00 c
13498	Yeast	1.00 pk
13498	Sugar	0.25 c
13498	Dry milk	0.25 c
13498	Water; hot 120-130 deg	1.00 c
13498	Shortening	1.00 t
13498	Baking powder	0.50 t
13498	FILLING CHAR SUI -----	0.00 -----
13498	Sesame oil	1.00 t
13498	Pork; roasted or ham;	0.50 lb
13498	Fine diced	0.00
13498	Green onions; chopped	3.00 T
13498	Sugar	2.50 T

Sheet1

13498	Soy	4.00 t
13498	Salt	0.25 t
13498	Ginger; grated	1.00 t
13498	Flour	2.00 t
13498	Cornstarch	2.00 t
13498	Water	0.25 c
13498	FILLING CHAR SUI -----	0.00 -----
13499	Oil	2.00 tb
13499	Grated ginger	1.00 ts
13499	Minced garlic	1.00 ts
13499	Minced red peppers	2.00 sm
13499	Mushrooms, thinly sliced	5.00 ea
13499	Green onions, sliced	3.00 ea
13499	Tofu, cubed	16.00 oz
13499	Red miso, mixed with 1/2 c	2.00 tb
13499	-- water	0.00
13499	Soy sauce	1.00 tb
13499	Honey	1.00 tb
13499	Tahini	1.00 tb
13499	Vinegar	0.50 ts
13499	Cornstarch dissolved in 2 tb	1.00 ts
13499	-- water	0.00
13500	CHICKEN -----	0.00 -----
13500	Soy sauce	1.00 tb
13500	Rice wine	1.00 tb
13500	Cornstarch	2.00 ts
13500	Minced fresh ginger	1.50 ts
13500	Sesame oil	1.00 ts
13500	Boned and skinned chicken,	1.00 lb
13500	Cut into 1/2-inch cubes	0.00
13500	GARNISH -----	0.00 -----
13500	Minced fresh orange peel	2.00 ts
13500	SAUCE -----	0.00 -----
13500	Chicken stock	2.00 tb
13500	Soy sauce	1.50 tb
13500	Rice wine	1.00 tb
13500	Cornstarch	2.00 ts
13500	Sesame oil	1.00 ts
13500	Pinch freshly ground white	0.00
13500	Pepper	0.00
13500	Peanut oil	0.25 c
13500	To 8 snow peas	6.00
13500	Cooked rice	0.00
13500	CHICKEN -----	0.00 -----
13500	GARNISH -----	0.00 -----
13500	SAUCE -----	0.00 -----
13501	Onion chopped fine	1.00
13501	Shortening	3.00 tb
13501	Cubed bread	3.00 c

Sheet1

13501	Crushed potato chips	1.50 c
13501	Milk or bouillon	1.00 c
13501	Spareribs	4.00 lb
13501	Finely chopped apple	1.00 c
13501	Salt	1.00 ts
13501	Chopped celery	0.50 c
13502	Mayonnaise	0.50 c
13502	Dairy Sour Cream	0.50 c
13502	Oregano Leaves; Dried,(Opt.)	0.12 t
13502	Chipotle Chiles; *	2.00 ea
13503	Chipotle Chiles; *	2.00 ea
13503	Bacon; Slices, Finely Cut Up	2.00 ea
13503	Onion; Finely Chopped, 1 Sm	0.25 c
13503	Tomatoes; Finely Chopped	3.00 c
13503	Beef Broth	1.00 c
13503	Carrot; Finely Chopped	0.25 c
13503	Celery; Finely Chopped	0.25 c
13503	Fresh Cilantro; Snipped	0.25 c
13503	Salt	0.50 t
13503	Pepper	0.25 t
13504	Chipotle chilies from one 7-	3.00
13504	-ounce can chipotle	0.00
13504	Chilies in adobo sauce*, rin	0.00
13504	-sed, patted dry	0.00
13504	Corn oil	3.00 ts
13504	Tomatillos*; husks removed,	1.00 lb
13504	-halved	0.00
13504	Red onion; chopped	1.00 sm
13504	Fresh cilantro; chopped	0.33 c
13504	Rice vinegar	1.00 tb
13504	Dried oregano	0.50 ts
13505	Chips Ahoy chocolate chip	32.00
13505	-cookies	0.00
13505	Margarine, melted	0.25 c
13505	Chocolate fudge topping	1.00 c
13505	Ice cream, any combination	2.00 qt
13505	-of flavors	0.00
13506	Sugar	2.00 c
13506	Cocoa	4.00 tb
13506	Butter (or margarine)	0.25 lb
13506	Light corn syrup	2.00 ts
13506	Evaporated milk, small	1.00 cn
13506	-Water	1.00 ts
13507	Soft butter or margarine	0.25 lb
13507	Roquefort cheese	0.25 lb
13507	Frozen chopped chives	2.00 ts
13508	Shortening	0.50 c
13508	Sugar, granulated	1.67 c
13508	Vanilla	2.00 ts

Sheet1

13508	Eggs	2.00 ea
13508	Chocolate, unsweetened	2.00 oz
13508	Flour, all-purpose	2.00 c
13508	Baking powder	2.00 ts
13508	Salt	0.50 ts
13508	Milk	0.33 c
13508	Sugar, confectioner's	1.00 ea
13509	Pitted Dates	8.00 oz
13509	Water	1.25 c
13509	Unbleached All-Purpose	1.25 c
13509	-Flour; Sifted	0.00
13509	Baking Soda	1.25 ts
13509	Salt	0.50 ts
13509	Butter Or Regular Margarine	0.75 c
13509	Sugar	1.00 c
13509	Eggs	2.00 lg
13509	Vanilla	1.00 ts
13509	Quick Cooking Oats (Not	0.50 c
13509	-Instant)	0.00
13509	Semi-Sweet Chocolate Chips;	6.00 oz
13509	-1 Pk	0.00
13509	Sweetened Whipped Cream	0.00
13510	Blue Diamond Chopped Natural	1.25 c
13510	-Almonds, toasted	0.00
13510	Squares milk chocolate	1.00 oz
13510	Orange juice	0.50 c
13510	Granulated sugar	0.50 c
13510	Crushed lemon, orange, or	3.00 c
13510	-vanilla wafers	0.00
13510	Curacao or orange juice	2.00 tb
13511	Orange Juice	1.00 c
13511	Strawberries, Sliced	2.00 c
13511	Sugar	0.50 c
13511	Cocoa	0.25 c
13511	(1/2 Pint) Cold Whipping	1.00 c
13511	-Cream	0.00
13512	Envelope Unflavored Gelatin	1.00
13512	Sugar	0.33 c
13512	Cocoa	0.25 c
13512	Skim Milk	2.00 c
13512	Vanilla Extract	1.00 ts
13512	Orange Extract (Up To 1/4	0.12 ts
13512	-Tsp Can Be Used)	0.00
13512	Frozen Non Dairy Whipped	1.50 c
13512	-Topping, Thawed	0.00
13512	Whipped Topping (Optional)	0.00
13512	Fresh Orange Wedges	0.00
13512	-(Optional)	0.00
13513	Chocolate Chips; Semisweet	6.00 oz



Sheet1

13513	Butterscotch Morsels	6.00 oz
13513	Peanut Butter	0.25 c
13513	Cereal; Rice Krispies	3.00 c
13514	Light Karo Syrup	1.00 c
13514	Sugar	1.00 c
13514	Peanut butter	1.00 c
13514	Rice Krispies	5.00 c
13514	Semi-sweet chocolate chips	12.00 oz
13515	Ground coffee	0.33 c
13515	Freshly ground nutmeg	0.25 ts
13515	Chocolate extract	0.50 ts
13515	Almond extract	0.50 ts
13515	Toasted almonds, chopped	0.25 c
13516	Whipping cream	1.25 c
13516	Stick unsalted butter - (1/4	0.50
13516	-cup)	0.00
13516	Bittersweet chocolate - OR	1.00 lb
13516	-semisweet, chopped (not	0.00
13516	Unsweetened)	0.00
13516	Almonds - toasted, ground	1.00 c
13516	Almond extract	1.00 ts
13516	Whipped cream	0.00
13516	Whole toasted almonds	0.00
13516	Fresh mint sprigs	0.00
13517	Finely chopped almonds	0.50 c
13517	Sugar	1.50 c
13517	Butter, melted	4.00 oz
13517	Eggs	4.00
13517	Bitter chocolate, melted	4.00 oz
13517	Almond extract	1.50 ts
13517	Flour	2.00 c
13517	Corn meal	1.00 c
13517	Salt (optional)	1.00 ts
13517	Baking powder	0.50 ts
13517	Milk	1.00 c
13518	Baking chocolate	4.00 oz
13518	Egg yolks	3.00
13518	Sugar	0.50 c
13518	Egg whites	4.00
13518	Salt	1.00 pn
13518	Cream of tartar	0.12 ts
13518	Almond extract	2.00 ts
13518	Confectioners' sugar	0.00
13518	Whipped cream or chocolate	0.00
13518	-sauce	0.00
13519	Almonds, with skins left on	0.75 c
13519	Golden raisins	0.50 c
13519	Shortbread cookies, such as	18.00
13519	-Lorna Doones (Hi, Lorna,	0.00

Sheet1

13519	-howya doin'?) 10 oz	0.00
13519	Semisweet chocolate	0.00
13519	Butter (20 Tbsp)	10.00 oz
13519	Sugar	0.50 c
13519	Unsweetened cocoa plus more	0.50
13519	-for sprinkling	0.00
13519	Almond-flavored liqueur,	0.50 c
13519	-such as Amaretto	0.00
13519	Vanilla	1.00 ts
13519	Eggs	2.00
13519	Egg yolks	3.00
13520	Chocolate Wafer Crumbs	1.50 c
13520	Heavy Cream	0.33 c
13520	Blanched Almonds	1.00 c
13520	Amaretto	0.50 c
13520	Vanilla	2.00 ts
13520	Sugar	0.33 c
13520	Eggs	4.00
13520	Butter, Softened	6.00 tb
13520	Sour Cream	2.00 c
13520	Cream Cheese, Softened	24.00 oz
13520	Sugar	1.00 tb
13520	Sugar	1.00 c
13520	Blanched Almonds	1.00 c
13521	Semisweet chocolate chips	1.50 lb
13521	Prepared espresso coffee	0.50 c
13521	Amaretto	0.25 c
13521	Egg yolks	4.00
13521	Heavy cream, chilled,	2.00 c
13521	-divided	0.00
13521	Sugar	0.25 c
13521	Egg whites	8.00
13521	Of salt	1.00 pn
13521	Vanilla extract	0.50 ts
13522	Ghirardelli Semi-Sweet	4.00 oz
13522	-Chocolate	0.00
13522	Butter	0.25 c
13522	Amaretto liqueur	1.00 tb
13522	Finely chopped nuts	0.50 c
13523	Sugar	1.00 c
13523	Cake flour,SIFTED	0.50 c
13523	Unsweetened cocoa powder	0.50 c
13523	Salt	0.25 ts
13523	Egg whites	8.00
13523	Cream of tartar	1.00 ts
13523	Vanilla	1.00 ts
13524	FOR THE MERINGUE SHELL -----	0.00 -----
13524	Egg whites	3.00 lg
13524	Salt	1.00 pn

Sheet1

13524	Cream of tartar	0.25 ts
13524	Granulated sugar	0.67 c
13524	Vanilla extract	0.50 ts
13524	Finely chopped walnuts	0.33 c
13524	-OR- pecans	0.00
13524	FOR THE FILLING -----	0.00 -----
13524	Semisweet chocolate	5.00 oz
13524	Hot milk	0.25 c
13524	Vanilla extract	1.00 ts
13524	Salt	1.00 pn
13524	Whipping cream	1.75 c
13524	Confectioners' sugar	2.00 tb
13524	Chocolate curls *	0.00
13524	FOR THE MERINGUE SHELL -----	0.00 -----
13524	FOR THE FILLING -----	0.00 -----
13525	Eggs	3.00
13525	Vegetable oil	1.00 c
13525	Apple juice	0.50 c
13525	Vanilla	2.00 ts
13525	All-purpose flour; unsifted	3.00 c
13525	Sugar	1.75 c
13525	Cocoa	0.50 c
13525	Baking soda	1.00 ts
13525	Salt	0.75 ts
13525	Cinnamon; ground	0.50 ts
13525	Apples; diced, peeled, tart	3.00 c
13525	-chopped	0.75
13525	Confectioners sugar or whipp	0.00
13525	-d topping	0.00
13526	Envelope Unflavored Gelatin	1.00
13526	Cold Water	0.50 c
13526	Sugar	0.50 c
13526	Cocoa	0.25 c
13526	Very Ripe Mashed Banana (2	1.00 c
13526	-Medium Bananas)	0.00
13526	(1 Container) Vanilla Yogurt	8.00 oz
13526	Frozen Non-Dairy Whipped	1.00 c
13526	-Topping, Thawed	0.00
13527	All-purpose flour	1.67 c
13527	Light brown sugar; packed	1.00 c
13527	Hershey's cocoa	0.25 c
13527	Baking soda	1.00 ts
13527	Salt	0.25 ts
13527	Water	0.50 c
13527	Vegetable oil	0.33 c
13527	Vinegar	1.00 ts
13527	Vanilla extract	0.75 c
13527	Hershey's semi-sweet chocola	0.50 c
13527	-e chips	0.00

Sheet1

13527	Banana; (1 medium) ripe	0.50 c
13528	Graham crackers (2 1/2")	12.00
13528	-made into crumbs	0.00
13528	+ 2 t chocolate syrup, div-	0.25 c
13528	-ided	0.00
13528	Chocolate nonfat ice milk or	16.00 oz
13528	Frozen nonfat yogurt	0.00
13528	Bananas, peeled	2.00 md
13528	Thawed lofat cool whip	0.75 c
13529	To 12 Shredded Wheat	10.00
13529	-Biscuits	0.00
13529	12 oz Package Chocolate Bits	1.00
13529	Chunky Peanut Butter	0.50 c
13530	To 1-3/4 cups all-purpose	1.50
13530	-flour	0.00
13530	Cocoa	0.50 c
13530	Baking powder	1.50 ts
13530	Baking soda	0.50 ts
13530	Sugar	0.67 c
13530	Butter, softened	3.00 tb
13530	Eggs	2.00
13530	Almond extract	0.50 ts
13530	Almonds, coarsely chopped	0.50 c
13531	Butter	0.25 lb
13531	Unsweetened chocolate;	3.00 oz
13531	-finely chopped	0.00
13531	Eggs	2.00
13531	Salt	0.50 t
13531	Sugar	1.00 c
13531	Vanilla extract	0.75 t
13531	Flour	0.50 c
13532	Ghirardelli Cocoa	0.50 c
13532	Boiling water	0.33 c
13532	Powdered sugar	3.00 c
13532	Egg yolks	2.00
13532	Vanilla	1.00 ts
13532	Butter, very soft	0.50 c
13533	Flour	3.00 c
13533	Cocoa	1.25 c
13533	Baking Soda	1.50 ts
13533	Baking Powder	1.50 ts
13533	Ground Cinnamon	1.50 ts
13533	Buttermilk	2.25 c
13533	Thick Sour Cream	1.50 c
13533	Instant Coffee Crystals	1.50 tb
13533	Sweet Butter	2.00 c
13533	Sugar	2.25 c
13533	10x Powdered Sugar	2.25 c
13533	Eggs	3.00

Sheet1

13533	Heavy Cream	2.25 c
13534	Sugar	1.00 c
13534	Sweetened condensed milk	15.00 oz
13534	Water	0.50 c
13534	Semisweet chocolate pieces	6.00 oz
13534	Butterscotch flavored pieces	6.00 oz
13534	Butter or regular margarine	0.25 c
13534	Vanilla	1.00 ts
13534	Chopped walnuts	1.00 c
13535	CAKE -----	0.00 -----
13535	Shortening	1.00 c
13535	Sugar	2.00 c
13535	Cocoa	0.75 c
13535	Egg; beaten	4.00
13535	Milk	1.00 c
13535	Flour	2.00 c
13535	Baking soda	1.00 ts
13535	;Water	1.00 tb
13535	ICING -----	0.00 -----
13535	Sugar	2.50 c
13535	Milk	1.25 c
13535	Cocoa	2.50 tb
13535	Butter	2.50 tb
13535	CAKE -----	0.00 -----
13535	ICING -----	0.00 -----
13536	Butter	0.50 c
13536	Sifted cake flour	1.75 c
13536	Whole eggs	2.00
13536	Sugar	1.50 c
13536	Unsweetened chocolate,	3.00 oz
13536	-shaved	0.00
13536	Baking powder	0.50 ts
13536	Baking soda	0.75 ts
13536	Salt	0.75 ts
13536	Boiling water	0.75 c
13536	Buttermilk	0.33 c
13536	Vanilla	1.00 ts
13537	BASIC CAKE -----	0.00 -----
13537	Ghirardelli Unsweetened	1.00 c
13537	-Cocoa	0.00
13537	Boiling water	2.00 c
13537	Melted butter	1.00 c
13537	Sugar	2.50 c
13537	Eggs	4.00
13537	Vanilla	2.00 ts
13537	Unsifted cake flour	2.33 c
13537	Baking soda	2.00 ts
13537	Baking powder	0.50 ts
13537	Salt	0.50 ts

## Sheet1

13537	Additional- for Great	0.00
13537	-Strawberry Chocolate	0.00
13537	SHORTCAKE -----	0.00 -----
13537	Heavy whipping cream	1.00 c
13537	Powdered sugar	2.00 tb
13537	Vanilla	0.50 ts
13537	Strawberries	0.00
13537	Ghirardelli Semi-Sweet	2.00 oz
13537	-Chocolate	0.00
13537	BASIC CAKE -----	0.00 -----
13537	SHORTCAKE -----	0.00 -----
13538	Sifted cake flour	1.00 c
13538	Sifted cake flour	1.00 tb
13538	Sugar	0.50 c
13538	Cocoa powder	0.33 c
13538	Baking powder	1.00 ts
13538	Baking soda	0.50 ts
13538	Orange zest*	1.00 tb
13538	Water	0.50 c
13538	Vegetable oil	0.25 c
13538	Vanilla extract	2.00 ts
13538	Egg whites	5.00
13538	Cream of tartar	0.25 ts
13538	Raspberries (optional)	0.00
13538	Mint sprigs (optional)	0.00
13538	Raspberry sauce (follows)	0.00
13538	Raspberries	1.00 pt
13538	Sugar or to taste	2.00 tb
13538	Grand Marnier liqueur	1.00 tb
13538	Or	0.00
13538	Orange juice	1.00 tb
13539	Sifted cake flour	2.00 c
13539	Baking powder	2.00 ts
13539	Salt	1.00 ds
13539	Butter	0.50 c
13539	+ 1/2 c sugar	1.50 c
13539	Eggs, separated	4.00
13539	Unsweetened chocolate,	4.00 oz
13539	-melted	0.00
13539	Vanilla	1.00 ts
13539	Milk	1.33 c
13539	Tia Maria	0.25 c
13539	Chopped Nuts	0.00
13539	Preheat oven to 350 degrees.	0.00
13539	-Butter and flour 2 9" pans.	0.00
13540	Semi-sweet chocolate,	14.00 oz
13540	-chopped	0.00
13540	Plus 2 tbsps unsalted butter	0.75 c
13540	Egg yolks	10.00

Sheet1

13540	Granulated sugar	1.00 c
13540	Vanilla extract	1.00 tb
13540	Grand Marnier (orange	1.00 tb
13540	-liqueur)	0.00
13540	Lemon juice	1.00 ts
13540	Egg whites	10.00
13540	Granulated sugar	0.50 c
13540	Powdered sugar	0.00
13540	Heavy cream, whipped	2.00 c
13541	White sugar	1.00 c
13541	Eggs	2.00
13541	Cold water	0.50 c
13541	Sifted flour	1.50 c
13541	Vanilla	1.00 ts
13541	Baking soda	1.00 ts
13541	Butter or margarine	0.50 c
13541	Cocoa	4.00 tb
13541	Mayonnaise	0.75 c
13542	Sugar	2.00 c
13542	Stick margarine [see PS at	1.00
13542	-end]	0.00
13542	Cocoa	6.00 tb
13542	Eggs, separated	3.00
13542	Buttermilk*	1.00 c
13542	Flour	2.50 c
13542	Vanilla	1.50 ts
13542	Hot water	0.50 c
13542	Baking soda	1.50 ts
13543	Butter	1.00 c
13543	Sugar	2.00 c
13543	Eggs separated	3.00
13543	Unsweetened chocolate,	3.00 oz
13543	-melted	0.00
13543	Yeast	0.50 pk
13543	Lukewarm water	0.25 c
13543	Milk	1.00 c
13543	Sifted cake flour	2.75 c
13543	Salt	1.00 ts
13543	Baking powder	1.00 ts
13543	Baking soda	1.00 ts
13543	Hot water	3.00 tb
13543	Vanilla	1.00 ts
13544	Margarine (melted)	0.50 c
13544	Vanilla wafer crumbs	2.00 c
13544	Chopped walnuts	1.00 c
13544	Pkg. chocolate chips	6.00 oz
13544	Flaked coconut	1.50 c
13544	Evaporated milk	0.67 c
13544	Brown sugar (firmly packed)	1.00 c

Sheet1

13545	(400 g) individually wrapped	14.00 oz
13545	-caramels (about 64)	0.00
13545	Evaporated milk	1.00 c
13545	All-purpose flour	2.00 c
13545	Rolled oats	2.00 c
13545	Brown sugar	1.50 c
13545	Baking soda	1.00 ts
13545	Salt	0.50 ts
13545	Butter or margarine,	1.50 c
13545	-softened	0.00
13545	(300g) semi sweet chocolate	1.00 pk
13545	-chips (2 cups)	0.00
13545	Walnuts, chopped	1.00 c
13546	Cake flour	2.00 c
13546	Baking soda	2.00 ts
13546	Salt	0.50 ts
13546	Butter or margarine (1 cube)	0.50 c
13546	Granulated sugar	2.00 c
13546	Lg. eggs	3.00
13546	Vanilla	1.50 ts
13546	Unsweetened chocolate,	3.00 oz
13546	-melted and cooled (see	0.00
13546	-note)	0.00
13546	Dairy sour cream	1.00 c
13546	Boiling water	1.00 c
13546	FILLING:	0.00
13546	Butter or margarine (1 cube)	0.50 c
13546	12 oz package caramels,	1.00
13546	-unwrapped	0.00
13546	Sweetened condensed milk	1.00 cn
13546	-(not evaporated)	0.00
13547	To 3 1/2 cups sifted flour	3.00
13547	Sugar	0.25 c
13547	Salt	1.00 ts
13547	Active dry yeast	1.00 pk
13547	Water	1.00 c
13547	Butter	2.00 tb
13547	Egg	1.00
13547	Semi-sweet chocolate chips	0.50 c
13547	Butter	2.00 tb
13547	Pecans, chopped	0.50 c
13548	Finely grated carrots	1.50 c
13548	Granulated sugar	0.75 c
13548	Canola oil	0.50 c
13548	Boiling water	1.00 c
13548	Wholewheat flour	1.50 c
13548	Unsweetened cocoa powder	0.50 c
13548	Cinnamon	1.00 ts
13548	Baking powder	1.50 ts



Sheet1

13548	Salt	0.50 ts
13549	CRUST -----	0.00 -----
13549	Zwieback crumbs	1.25 c
13549	Sugar	1.00 tb
13549	Butter, melted	0.25 c
13549	FILLING -----	0.00 -----
13549	Semi-sweet chocolate,chopped	12.00 oz
13549	Hot black coffee	0.50 c
13549	Cream cheese at rm. temp.	16.00 oz
13549	Sugar	1.00 c
13549	Eggs	4.00
13549	Vanilla extract	2.00 ts
13549	Heavy cream, whipped until	1.00 c
13549	Stiff	0.00
13549	Shaved bittersweet chocolate	1.00 c
13549	CRUST -----	0.00 -----
13549	FILLING -----	0.00 -----
13550	Devil's Food Cake Mix	18.00 oz
13550	Cherry Pie Filling	21.00 oz
13550	Almond Extract	1.00 ts
13550	Eggs, Beaten	2.00
13550	Sugar	1.00 c
13550	Butter	5.00 tb
13550	Milk	0.33 c
13550	Semisweet Chocolate Chips	6.00 oz
13551	Cake flour (not all-purpose)	1.50 c
13551	Sugar	0.75 c
13551	Salt	0.25 ts
13551	B. soda	1.00 ts
13551	Cocoa	1.33 c
13551	Vinegar	1.00 ts
13551	Cinnamon	1.00 ts
13551	Oil	0.33 c
13551	Vanilla	1.00 ts
13551	Water	0.75 c
13551	Cherry pie filling	1.00 cn
13552	Peeled whole roasted	0.25 lb
13552	-chestnuts (18 to 20) NOTE	0.00
13552	Milk	0.50 c
13552	Vanilla bean, split	0.33
13552	Semisweet chocolate,	2.50 oz
13552	-coarsely chopped	0.00
13552	Light corn syrup	1.00 tb
13552	To 3 tsp cognac or armagnac	2.00
13552	Salt	1.00 pn
13552	+ 2 tsp cocoa powder	1.00 tb
13553	CHOCOLATE CHIFFON CAKE -----	0.00 -----
13553	Eggs, spearated	7.00 lg
13553	Unsweetened cocoa	0.50 c

Sheet1

13553	Boiling water	0.75 c
13553	Unsifted cake flour	1.75 c
13553	Sugar	1.75 c
13553	Baking soda	1.50 ts
13553	Salt	1.00 ts
13553	Vegetable oil	0.50 c
13553	Vanilla	2.00 ts
13553	Cream of tartar	0.50 ts
13553	CHOCOLATE CREAM FILLING -----	0.00 -----
13553	Heavy cream	3.00 c
13553	Sifted powdered sugar	1.50 c
13553	Unsweetened cocoa	0.75 c
13553	Vanilla	2.00 ts
13553	Salt	0.25 ts
13553	Unflavored gelatin	1.00 ts
13553	Cold water	2.00 ts
13553	CHOCOLATE CHIFFON CAKE -----	0.00 -----
13553	CHOCOLATE CREAM FILLING -----	0.00 -----
13554	FOR 1 -----	0.00 -----
13554	Yeast	1.00 pk
13554	Bread flour	3.00 c
13554	Brown sugar	2.00 tb
13554	White sugar	2.00 tb
13554	Salt	1.00 ts
13554	Cinnamon	1.00 ts
13554	Soft butter	4.00 tb
13554	Egg	1.00
13554	Warm milk	1.00 c
13554	Water	0.25 c
13554	Chocolate chips	1.00 c
13554	FOR 1 -----	0.00 -----
13555	Butter or Margarine	8.00 oz
13555	Sugar	2.00 c
13555	Eggs, separated	4.00
13555	Sifted Cake Flour	2.67 c
13555	Baking Powder	2.00 ts
13555	Salt	0.50 ts
13555	Milk	1.00 c
13555	Vanilla	2.00 ts
13555	German Sweet Chocolate Bars	5.00 oz
13556	Cinnamon	2.00 tb
13556	Walnuts, chopped	1.00 c
13556	Chocolate chips	0.75 c
13556	Sugar	0.50 c
13556	Eggs	4.00
13556	Sour cream	1.00 pt
13556	Brown sugar	2.00 c
13556	Salad oil	1.50 c
13556	Vanilla	1.00 ts

## Sheet1

13556	Graham crackers, crushed	3.00 c
13556	Baking powder	1.50 ts
13556	Baking soda	0.50 ts
13557	Milk	1.00 c
13557	Butter or margarine	0.50 c
13557	Sugar	0.33 c
13557	Salt	1.00 ts
13557	Active dry yeast	2.00 pk
13557	Sifted a-p flour	3.33 c
13557	Eggs	3.00
13557	Chocolate chips	0.50 c
13558	Butter or margarine, softene	1.00 c
13558	Sugar	1.00 c
13558	Vanilla	1.50 ts
13558	Flour	2.25 c
13558	Brown sugar	0.50 c
13558	Baking soda	1.00 ts
13558	Salt	0.50 ts
13558	Chocolate chips	2.00 c
13559	Butter or margarine, softene	1.50 c
13559	Flour, unsifted, all-purp	0.25 c
13559	Milk	0.75 c
13559	Sugar	2.00 tb
13559	Salt	1.00 ts
13559	Very warm water (105-115	0.50 c
13559	Active dry yeast	2.00 pk
13559	Flour, unsifted, all-purp	3.00 c
13559	Chocolate chips	12.00 oz
13559	Egg yolk	1.00 ea
13559	Milk	1.00 tb
13560	Refrigerated crescent rolls	8.00 oz
13560	Chunky peanut butter	2.50 tb
13560	Sugar	4.00 ts
13560	Chocolate chips	8.00 ts
13561	Semi-Sweet Chocolate Chips	0.50 c
13561	Unbaked 8-inch Pie Shell	1.00
13561	Eggs; Lg	2.00
13561	Dark Corn Syrup	0.75 c
13561	Sugar	0.50 c
13561	Butter Or Regular Margarine	0.25 c
13561	Salt	0.25 ts
13561	Pecan Halves	0.75 c
13562	Devil's Food Cake Mix	1.00 pk
13562	-(Duncan Hines)	0.00
13562	Pudding, Instant - Chocolate	1.00 pk
13562	-(4 oz)	0.00
13562	Egg	4.00
13562	Oil	0.75 c
13562	Water, warm	0.50 c

Sheet1

13562	Sour cream	0.50 pt
13562	Chocolate Chips	12.00 oz
13562	Confectioner's Sugar	0.00
13563	Flour; all purpose	2.00 c
13563	Baking powder	1.00 ts
13563	Sugar	1.00 c
13563	Cinnamon	1.00 tb
13563	Butter; or margarine,	0.50 c
13563	- softened	0.00
13563	Shortening	0.50 c
13563	Egg; slightly beaten	1.00
13563	Egg; separated	1.00
13563	Sugar	0.33 c
13563	Cinnamon	1.00 ts
13563	Semisweet chocolate morsels;	6.00 oz
13563	- 1 package	0.00
13563	Pecans; chopped	0.50 c
13564	Eggs	3.00 lg
13564	Sugar	1.00 c
13564	Water	0.33 c
13564	Coffee-Flavored Liqueur	1.00 ts
13564	Unbleached Flour, OR	0.75 c
13564	Cake Flour	1.00 c
13564	Cocoa	0.25 c
13564	Baking Powder	1.00 ts
13564	Salt	0.25 ts
13564	Cocoa	0.00
13564	Coffee-Flavored Liqueur	2.00 tb
13564	Whipping Cream, Chilled	1.00 c
13564	Powdered Sugar	3.00 tb
13564	Coffee-Flavored Liqueur	1.00 tb
13564	Cinnamon Ground	1.00 ts
13565	Unsalted butter	2.00 tb
13565	Eggs, separated	5.00 lg
13565	All-purpose flour	0.50 c
13565	Granulated sugar	0.75 c
13565	Plus 2 tb unsweetened cocoa	0.33 c
13565	Vanilla extract	1.00 ts
13565	Salt	0.50 ts
13565	Baking powder	0.50 ts
13565	Coffee Cream Filling	0.00
13565	Milk	1.50 c
13565	Salt	0.25 ts
13565	Cold water	1.00 tb
13565	Egg yolks	3.00
13565	Unflavored gelatin	1.00 ts
13565	Instant coffee powder	2.00 tb
13565	Granulated sugar	0.50 c
13565	Vanilla extract	1.00 ts

Sheet1

13565	All-purpose flour	0.25 c
13565	Heavy cream	1.00 c
13566	-----	0.00
13566	Cream Cheese, Softened	1.00
13566	Butter Flavored Shortening	0.25
13566	Or Margarine	0.00
13566	Sugar	0.50 c
13566	Eggs	2.00
13566	Flour	2.00 tb
13566	Instant Coffee	1.00 tb
13566	BROWNIE -----	0.00 -----
13566	Flour	1.33 c
13566	Baking Powder	1.00 ts
13566	Salt	0.50 ts
13566	Butter Flavored Shortening	1.00 c
13566	Or Margarine	0.00
13566	Cocoa	1.00 c
13566	Sugar	2.00 c
13566	Eggs	4.00
13566	Chopped Walnuts	1.00 c
13566	GLAZE -----	0.00 -----
13566	Icing Sugar	2.00 c
13566	Cocoa	2.00 tb
13566	Light Cream	0.25 c
13566	Butter Flavored Shortening	2.00 tb
13566	Or Margarine	0.00
13566	FILLING -----	0.00 -----
13566	BROWNIE -----	0.00 -----
13566	GLAZE -----	0.00 -----
13567	Maraschino cherries w/stems	60.00
13567	Butter	3.00 tb
13567	Light corn syrup	3.00 tb
13567	Powdered sugar	2.00 c
13567	Chocolate, melted	1.00 lb
13568	Flour	1.50 c
13568	Cocoa powder	0.50 c
13568	Salt	0.25 t
13568	Baking powder	0.25 t
13568	Baking soda	0.25 t
13568	Marashino cherries (48)	10.00 oz
13568	Oleo	0.50 c
13568	White sugar	1.00 c
13568	Egg	1.00
13568	Vanilla	1.50 t
13568	Chocolate chips	6.00 oz
13568	Sweetened Condensed milk	0.50 c
13569	Fresh strawberries	1.00
13569	Chocolate bark.	1.00 pk
13570	Cream cheese	8.00 oz

Sheet1

13570	Butter	5.00 tb
13570	Vanilla	1.00 ts
13570	Milk or cream	4.00 tb
13570	Cocoa	3.00 tb
13570	Sugar, confectioners, sifted	3.00 c
13571	Flour	6.00 tb
13571	Cocoa	6.00 tb
13571	Baking Powder	0.50 ts
13571	Salt	0.25 ts
13571	Vanilla	1.00 ts
13571	Sugar	0.75 c
13571	Eggs, Separated	4.00
13572	Chocolate candy coating	0.75 lb
13572	Peanut butter	1.50 tb
13572	Popped popcorn	7.00 c
13572	Tiny crisped rice	1.50 c
13572	Dry roasted peanuts	1.00 c
13573	DARK CURLS -----	0.00 -----
13573	Semisweet chocolate	6.00 oz
13573	Vegetable shortening	1.00 tb
13573	WHITE CURLS -----	0.00 -----
13573	3-ounce white candy bar	1.00
13573	Vegetable shortening	2.00 ts
13573	DARK CURLS -----	0.00 -----
13573	WHITE CURLS -----	0.00 -----
13574	Superfine sugar	7.00 tb
13574	Unsweetened nonalkalized	0.25 c
13574	-cocoa powder	0.00
13574	Cornstarch	2.00 tb
13574	Unflavored powdered gelatin	1.00 ts
13574	Of salt	1.00 pn
13574	Half-and-half	1.00 c
13574	Low-fat (2 percent) milk	1.00 c
13574	Plus 1 tablespoon whole milk	0.67 c
13574	Eggs, lightly beaten	2.00 lg
13574	Vanilla extract	2.00 tb
13574	Fresh raspberries	1.00 c
13574	Confectioners' sugar	1.00 ts
13575	Butter or margarine	0.67 c
13575	Semisweet chocolate	4.00 oz
13575	Sugar	2.00 c
13575	Eggs, well beaten	4.00
13575	Flour	1.50 c
13575	Baking powder	1.00 ts
13575	Salt	0.50 ts
13575	Vanilla	1.00 tb
13575	Filling:	0.00
13575	Semisweet chocolate	12.00 oz
13575	Strong coffee	0.25 c

Sheet1

13575	Eggs, separated	2.00
13575	Coffee liqueur	0.25 c
13575	Sugar	3.00 tb
13575	Whipping cream	0.25 c
13575	Chocolate Glaze:	0.00
13575	Semisweet chocolate	4.00 oz
13575	Strong coffee	3.00 tb
13575	Chocolate Curls (optional)	0.00
13576	Butter	0.67 c
13576	Semisweet chocolate	4.00 oz
13576	Sugar	2.00 c
13576	Eggs, well beaten	4.00
13576	Flour	1.50 c
13576	Baking powder	1.00 ts
13576	Salt	0.50 ts
13576	Vanilla	1.00 tb
13576	Filling:	0.00
13576	Semisweet chocolate	12.00 oz
13576	Strong coffee	0.25 c
13576	Eggs, separated	2.00
13576	Coffee liqueur	0.25 c
13576	Sugar	3.00 tb
13576	Whipping cream	0.25 c
13576	Chocolate Glaze:	0.00
13576	Semisweet chocolate	4.00 oz
13576	Strong coffee	3.00 tb
13577	Boiling water	1.00 c
13577	Unsweetened chocolate	3.00 oz
13577	Sweet butter	0.50 c
13577	Vanilla extract	1.00 ts
13577	Sugar	2.00 c
13577	Eggs, separated	2.00
13577	Baking soda	1.00 ts
13577	Sour cream	0.50 c
13577	Less 2 tablespoons flour	2.00 c
13577	Baking powder	1.00 ts
13577	Icing:	0.00
13577	Butter	2.00 tb
13577	Semi-sweet chocolate chips	0.25 c
13577	Heavy cream	6.00 tb
13577	Powdered sugar	1.25 c
13577	Vanilla extract	1.00 ts
13578	Ghirardelli bittersweet	12.00 oz
13578	-chocolate	0.00
13578	Butter	0.50 c
13578	Eggs, separated	8.00
13578	Sugar	0.50 c
13578	Vanilla	1.00 ts
13578	Salt	1.00 pn

Sheet1

13579	Flour	1.00 c
13579	Tblsps. sugar	2.00
13579	Stick margarine	1.00
13581	Squares (1 oz each)	12.00
13581	-semisweet chocolate	0.00
13581	Butter	0.67 c
13581	Eggs	5.00
13581	Sugar	2.00 tb
13581	All purpose flour	2.00 tb
13581	Raspberry Sauce:	0.00
13581	Fresh OR frozen raspberries,	2.00 c
13581	-whole, unsweetened	0.00
13581	Water	1.75 c
13581	Sugar	0.25 c
13581	Cornstarch	4.00 ts
13581	Water	1.00 tb
13582	- directions continued	0.00
13583	Shortbread mix (they say	1.00 pk
13583	-Robin Hood)	0.00
13583	Butter, softened	0.33 c
13583	Ground or finely chopped	1.00 c
13583	-almonds	0.00
13583	Almond extract	1.00 ts
13583	Sq semi-sweet chocolate,	3.00
13583	-melted	0.00
13584	Text Only	0.00
13585	Strawberries, Fresh XL Fancy	12.00
13585	Dipping Chocolate	1.00
13586	Envelopes DREAM WHIP (R)	2.00
13586	Whipped Topping mix	0.00
13586	Cold milk	2.75 c
13586	JELL-O (R) Chocolate Flavor	2.00 pk
13586	Instant Pudding	0.00
13586	9-inch prepared pie shell	1.00
13586	Vanilla	1.00 ts
13587	Brown sugar	0.75 c
13587	Cocoa	0.25 c
13587	Cornstarch	1.00 tb
13587	Salt	0.00
13587	Water	2.00 c
13587	Butter	2.00 tb
13587	Flour	1.00 c
13587	Sugar	0.50 c
13587	Baking powder	2.00 ts
13587	Salt	1.00 ts
13587	Cocoa	2.00 tb
13587	Egg, beaten	1.00
13587	Milk	0.33 c
13587	Melted shortening	3.00 tb



Sheet1

13587	Vanilla	1.00 ts
13588	Box whole graham crackers	1.00
13588	Package inst vanilla pudding	6.00 oz
13588	-mix	0.00
13588	Milk	3.00 c
13588	Carton whipped topping	8.00 oz
13588	Glaze:	0.00
13588	Sugar	1.00 c
13588	Salt	0.12 ts
13588	Cocoa	0.33 c
13588	Milk	0.25 c
13588	Butter	0.25 c
13588	Vanilla extract	1.00 ts
13589	Flour	3.50 c
13589	Sugar	0.50 c
13589	Yeast	1.00 pk
13589	Milk	0.50 c
13589	Butter	0.25 c
13589	Eggs	3.00
13589	Filling	0.00
13589	Semi-sweet chocolate chips	6.00 oz
13589	Honey	2.00 tb
13589	Cinnamon	1.00 ts
13589	Glaze	0.00
13589	Confectioners' Sugar	1.00 c
13589	Water	3.00 tb
13590	-Robbie Shelton XXXJ77A	0.00
13590	Dark Couverture Chocolate	8.00 oz
13590	Eggs	8.00 lg
13590	Heavy Cream	1.00 c
13590	Stick Butter	0.50
13590	Hazelnut Chocolate Spread	0.50 c
13590	-(Nutella)	0.00
13591	German's sweet chocolate	4.00 oz
13591	Margarine or butter	0.75 c
13591	Chopped toasted almonds	0.50 c
13592	Powdered sugar	1.00 c
13592	Powdered milk	1.00 c
13592	Unsweetened cocoa powder	3.00 tb
13592	Raisins	0.33 c
13592	Glace'cherries	0.33 c
13592	Mixed candied peel	0.33 c
13592	Vanilla extract	0.00
13592	Vegetable shortening, melted	1.00 c
13593	Sugar, divided	8.00 tb
13593	Chocolate Syrup	0.25 c
13593	Ground Cinnamon	0.50 ts
13593	Instant Espresso Coffee	1.00 tb
13593	Egg Whites	4.00

Sheet1

13593	Egg Yolk	1.00 lg
13593	Skim Milk	1.00 c
13593	Evaporated Skim Milk	0.50 c
13593	Vanilla	1.50 ts
13594	Sugar	1.50 c
13594	Milk	0.50 c
13594	Butter	1.00 tb
13594	Vanilla	1.00 ts
13594	Squares chocolate	2.00
13595	Sugar	0.50 c
13595	Corn starch	1.00 tb
13595	Skim milk	1.50 c
13595	Egg, lightly beaten	1.00
13595	Chocolate-flavored syrup	0.50 c
13595	Light-colored corn syrup	0.25 c
13595	Plain low-fat yogurt	1.50 c
13595	Vanilla extract	0.50 ts
13596	Dried apricots, chopped	125.00 g
13596	Raisins, chopped	0.33 c
13596	Sultanas, chopped	0.33 c
13596	Grated orange rind	2.00 ts
13596	Dark chocolate, grated	60.00 g
13596	Dark chocolate, extra	180.00 g
13596	Butter	60.00 g
13597	Unbleached Flour	0.33 c
13597	Unsweetened Cocoa	3.00 tb
13597	Baking Powder	0.25 ts
13597	Salt	0.25 ts
13597	Sugar	0.33 c
13597	Butter Or Margarine, Melted	2.00 ts
13597	Vanilla	0.25 ts
13597	Milk	3.00 tb
13597	Chopped Pecans Or Walnuts	3.00 tb
13597	Boiling Water	0.50 c
13597	Confectioners' Sugar	0.00
13597	Vanilla Ice Cream	0.00
13598	Milk chocolate	1.00 lb
13598	Semisweet or	0.50 lb
13598	-extra-bittersweet chocolate	0.00
13598	Softened butter	0.75 lb
13598	FUDGE CAKE	0.00
13598	Cake flour	3.00 c
13598	Light-brown sugar	2.00 c
13598	Baking powder	2.25 ts
13598	Baking soda	0.75 ts
13598	Salt	0.75 ts
13598	Milk	1.50 c
13598	Eggs	3.00
13598	Vanilla extract	1.50 ts

Sheet1

13598	Unsweetened chocolate	4.00 oz
13598	Softened butter	6.00 oz
13599	Minus 1 TBSP rich milk	1.00 c
13599	Remove from heat and stir in	0.00
13599	-until dissolved:	0.00
13599	Sugar	2.00 c
13599	Salt	0.12 ts
13599	Grated chocolate	2.00 oz
13600	Minus 1 TBSP rich milk	1.00 c
13600	Remove from heat and stir in	0.00
13600	-until dissolved:	0.00
13600	Sugar	2.00 c
13600	Salt	0.12 ts
13600	Grated chocolate	2.00 oz
13601	Bittersweet chocolate - OR	1.25 lb
13601	-semisweet chocolate,	0.00
13601	(NOT unsweetened), coarsely	0.00
13601	-chopped	0.00
13601	Egg yolks	6.00
13601	Unsalted butter - room	1.00 c
13601	-temperature (2 sticks)	0.00
13601	Egg whites - room	9.00
13601	-temperature	0.00
13601	Sugar	0.50 c
13601	Pecans - chopped	1.00 c
13601	CREME ANGLAISE:	0.00
13601	Whipping cream	2.00 c
13601	Sugar	0.25 c
13601	Vanilla bean - split	1.00
13601	-lengthwise	0.00
13601	Egg yolks - beaten to blend	6.00
13602	Sugar	1.00 c
13602	Squares unsweetened	3.00
13602	-chocolate	0.00
13602	Water or milk	0.50 c
13602	Vanilla	0.50 ts
13602	Butter	0.50 tb
13602	Few grains salt	0.00
13603	Skim milk	1.75 c
13603	Fruit concentrate (see Note)	0.50 c
13603	Dutch cocoa	0.33 c
13603	Evaporated skim milk	2.00 tb
13603	Grated fresh ginger	2.00 tb
13603	Vanilla bean, halved	0.50
13603	-lengthwise	0.00
13603	Passion fruits	4.00
13604	G. dark chocolate, melted	200.00
13604	Light corn syrup	0.33 c
13604	G. white chocolate, melted	200.00

Sheet1

13604	Light corn syrup, extra	0.33 c
13604	Finely chopped glace ginger	0.33 c
13604	Finely chopped walnuts	0.33 c
13604	Finely chopped glace	0.33 c
13604	-cherries	0.00
13605	Semi-sweet chocolate	2.00 oz
13605	Butter	2.00 tb
13605	Confectioners sugar	2.00 c
13605	Vanilla	1.00 tb
13605	Boiling water	0.25 c
13606	Shortening	0.50 c
13606	Flour	1.00 c
13606	Finely chopped, toasted	0.75 c
13606	-hazelnuts	0.00
13606	Icing sugar	0.25 c
13606	FILLING:	0.00
13606	Cream cheese, softened.	1.00 pk
13606	Sugar	0.25 c
13606	Egg	1.00
13606	Sq semi-sweet chocolate,	3.00
13606	-melted and cooled	0.00
13606	TOPPING:	0.00
13606	Pear halves	1.00 cn
13606	Sq semi-sweet chocolate	1.00
13606	Butter	1.00 tb
13606	Coarsely chopped hazelnuts,	0.25 c
13606	-toasted.	0.00
13607	Unsweetened chocolate	4.00 oz
13607	Boiling water	0.50 c
13607	Egg yolks	8.00
13607	Egg whites	8.00
13607	Unsalted butter	1.00 c
13607	4 x sugar	2.00 c
13607	Dozen lady fingers	3.00
13607	Vanilla	0.50 ts
13607	Salt	0.12 ts
13608	Envelope unflavored gelatin	1.00
13608	Salt	1.00 pn
13608	Water	0.25 c
13608	Oil	1.00 tb
13608	Skim milk	2.00 c
13608	Egg white	1.00
13608	Unsweetened cocoa	3.00 tb
13608	Vanilla	1.00 ts
13608	Sugar	0.33 c
13609	Thin cream	2.00 c
13609	Vanilla	1.50 ts
13609	Few grains salt	0.00
13609	Sugar	6.00 tb

Sheet1

13609	Squares unsweetened	1.50
13609	-chocolate	0.00
13609	Cold water	0.50 c
13610	Milk, scalded	2.00 c
13610	Squares unsweetened	2.00
13610	-chocolate	0.00
13610	Corn sirup	4.00 tb
13610	Vanilla	1.00 ts
13610	Orange flavoring	1.00 ts
13610	Salt	0.25 ts
13610	Sugar	0.75 c
13610	Whipping cream	1.00 c
13610	Egg whites, stiffly beaten	2.00
13610	Quick-cooking tapioca	3.00 tb
13611	Cube Butter	1.00
13611	Flour	1.00 c
13611	Walnuts	1.00 c
13611	Cream Cheese	8.00 oz
13611	Powdered Sugar	1.00 c
13611	Cool Whip	1.00 c
13612	Sugar	1.00 c
13612	Chocolate	4.00 tb
13612	Milk	3.00 tb
13612	Water	1.00 tb
13613	Jim Vorheis	0.00
13613	Semisweet chocolate	16.00 oz
13613	Butter	0.75 c
13613	Powdered sugar	0.75 c
13613	All-purpose flour	1.00 tb
13613	Egg yolks	4.00 lg
13613	Vanilla	1.50 ts
13613	Egg whites, room temperature	4.00 lg
13613	Sour cream	1.00 c
13614	(8oz) white OR semisweet	1.25 c
13614	-chocolate baking chips	0.00
13614	Chocolate mousse (recipe	0.00
13614	-follows)	0.00
13614	Raspberries, rinsed and	1.00 c
13614	-drained, optional, for	0.00
13614	-garnish	0.00
13615	Eggs--seperated	2.00
13615	Sugar	0.50 c
13615	Lard	0.33 c
13615	Sifted cake flour	1.75 c
13615	Sugar	1.00 c
13615	Baking powder	0.75 ts
13615	Salt	1.00 ts
13615	PLUS 2 tblspns buttermilk	1.00 c
13615	Sqares unsweetened	2.00

Sheet1

13615	-chocolate--melted	0.00	
13616		0.25	1
13616	Unsweetened chocolate : 1	4.00	
13616	-tbsp. all purp. flour	0.00	
13616	Sifted cake flour : Speck of	2.50 c	
13616	-Salt	0.00	
13616	Baking powder : 1/2 cup plus	2.00 ts	
13616	-2 tbsp. chopped black	0.00	
13616	Salt : walnuts or pecans	0.75 ts	
13616	(1 stick) butter, softened :	0.50 c	
13616	-1 tsp. vanilla extract	0.00	
13616	Granulated sugar : FUDGE	2.00 c	
13616	-FROSTING	0.00	
13616	Eggs : 1 pound	2.00	
13616	-confectioners' sar	0.00	
13616	Vanilla extract : 1/3 cup	2.00 ts	
13616	-plus 2 tbsp. cocoa powder	0.00	
13616	Buttermilk, at room temp. :	2.00 c	
13616	-1/4 cup (1/2 stick) butter,	0.00	
13616	-softened	0.00	
13616	: DATE FILLING	0.00	
13616	-: 1 egg white	0.00	
13616	Milk : 1 tsp. vanilla	1.00 c	
13616	-extract	0.00	
13616	Chopped dates : 1/4 tsp.	0.50 c	
13616	-salt	0.00	
13616	Egg : 5 tbsp. evaporated	1.00	
13616	-miömlk	0.00	
13617	Flour	0.75 c	
13617	Melted reduced cal margarine	0.33 c	
13617	Light whipped topping	0.50 c	
13617	Light cream cheese, soft	0.50 c	
13617	Confectioners sugar	0.25 c	
13617	Reduced cal pudding (4 serv)	1.00 pk	
13617	Skim or 1% milk	1.00 c	
13618	Each of semi-sweet or	3.00 oz	
13618	-bittersweet, milk and white	0.00	
13618	Chocolate, melted in	0.00	
13618	-separate bowls	0.00	
13618	MOUSSE -----	0.00 -----	
13618	White chocolate, chopped	3.00 oz	
13618	Eggs, separated	2.00	
13618	Each of Tia Maria, creme de	1.00 tb	
13618	-menthe or:	0.00	
13618	Cointreau food coloring if	0.00	
13618	-desired	0.00	
13618	MOUSSE -----	0.00 -----	
13619	Pecans, chopped	0.50 c	
13619	Flour, sll-purpose	1.00 c	

Sheet1

13619	Butter/margarine, softened	1.00 ea
13619	Cream cheese, softened	8.00 oz
13619	Cool whip	9.00 oz
13619	Sugar, confectioners	0.50 c
13619	Pudding, chocolate, instant	2.00 pk
13619	Milk	3.00 c
13619	Cool whip (9oz)	1.00 ea
13620	Butter, softened	0.50 c
13620	Sugar	1.33 c
13620	Instant malted milk powder	1.00 c
13620	Firmly packed unsweetened	0.75 c
13620	-cocoa powder	0.00
13620	Eggs	4.00
13620	Flour	2.00 c
13620	Baking powder	3.00 t
13620	Salt	0.50 t
13620	Half and half	1.75 c
13620	Chocolate Malted Frosting	0.00
13620	(see below)	0.00
13621	Butter, softened	0.50 c
13621	Sugar	1.33 c
13621	Instant malted milk powder	1.00 c
13621	Firmly packed unsweetened	0.75 c
13621	-cocoa powder	0.00
13621	Eggs	4.00
13621	Flour	2.00 c
13621	Baking powder	3.00 ts
13621	Salt	0.50 ts
13621	Half and half	1.75 c
13621	Chocolate Malted Frosting	0.00
13621	(see below)	0.00
13622	Butter	0.33 c
13622	Eggs, Well Beaten	2.00
13622	Sugar	1.00 c
13622	Flour	1.50 c
13622	Baking Powder	2.00 ts
13622	Milk	0.50 c
13622	Unsweetened Chocolate	1.00 oz
13622	Butter	1.00 tb
13622	Vanilla	1.00 ts
13623	Marshmallows (abt. 16 large)	0.25 lb
13623	1 oz sq.semi-sweet chocolate	2.00
13623	Water	0.33 c
13623	Dash salt	1.00
13623	Vanilla	1.00 ts
13623	6 oz evaporated milk*	1.00
13623	Graham cracker crumbs	0.33 c
13624	Evaporated Skim Milk	13.00 oz
13624	Cocoa	0.33 c

Sheet1

13624	Marshmallows	16.00
13624	Sugar	0.25 c
13625	Can Evaporated milk	1.00 lg
13625	Butter	0.25 lb
13625	Sugar	4.00 c
13625	Chocolate pieces ( 6 Ozs ea)	2.00 pk
13625	Jar marshmallow cream	0.50
13626	Text Only	0.00
13627	Brown sugar	1.00 c
13627	Milk	0.50 c
13627	Marshmallows, diced	6.00
13627	Cocoa	3.00 tb
13627	Butter	1.00 tb
13627	Vanilla	1.00 ts
13628	Almond Paste; 2 tubes	7.00 oz
13628	Semi-Sweet Chocolate; *	2.00 oz
13628	Almonds; Chopped	0.25 c
13628	Powdered Sugar	0.00
13629	Almond Paste, 2 tubes	7.00 oz
13629	Semi-Sweet Chocolate *	2.00 oz
13629	Almonds, Chopped	0.25 c
13629	Powdered Sugar	0.00
13630	Flour	2.00 c
13630	Baking soda	2.00 ts
13630	Cocoa	0.50 c
13630	Sugar	1.00 c
13630	Salt	0.50 ts
13630	Mayonnaise	1.00 c
13630	Coffee; strong	1.00 c
13630	Vanilla	1.00 ts
13631	Baking coco powder	0.50 c
13631	Flour	2.00 c
13631	Sugar	1.50 c
13631	Baking soda	1.00 ts
13631	Sift togeather 3 times.	0.00
13631	Stir in by hand only until	0.00
13631	-evenly	0.00
13631	Mixed:	0.00
13631	Mayonnaise	1.00 c
13631	BOILING water	1.00 c
13631	Vanilla	1.00 ts
13632	Egg Whites	3.00
13632	Vanilla	0.75 t
13632	White Sugar	0.75 c
13632	Cocoa Powder	0.25 c
13632	Chocolate chips	0.50 c
13632	Shortening	1.00 T
13633	Ground coffee	0.33 c
13633	Chocolate extract	1.00 ts



Sheet1

13633	Mint extract	0.50 ts
13633	Vanilla extract	0.25 ts
13634	F oven	350.00
13634	Box Yellow Cake Mix	1.00
13634	Stick margarine or butter,	1.00
13634	-melted	0.00
13634	Trader Joe's chocolate	0.00
13634	-mint UFOs, or similar	0.00
13634	-chocolate wafers	0.00
13634	Egg	1.00
13635	Junior Mints (two 3.oz.	6.00 oz
13635	-packages)	0.00
13635	Butter or margarine	1.00 tb
13635	Milk	2.00 tb
13636	Semisweet chocolate, cut up	12.00 oz
13636	Unslated butter	0.50 c
13636	Sugar	1.00 c
13636	Egg yolks	2.00
13636	Mint extract	0.12 ts
13636	Egg whites	6.00
13637	Chocolate chips	12.00 oz
13637	Can condensed milk	14.00 oz
13637	Peppermint flavoring	1.00 ts
13638	Unsweetened chocolate	2.00 oz
13638	Hot coffee	0.75 c
13638	(1 tablespoon) unflavored	1.00 pk
13638	-gelatin	0.00
13638	Cold water	0.25 c
13638	Eggs, seperated	3.00
13638	Sugar	0.33 c
13638	Sponge cake, angel food	1.00 sm
13638	-cake, or pound cake	0.00
13638	Heavy cream	1.00 c
13638	Powdered sugar	2.00 tb
13638	Vanilla	1.00 ts
13639	CHOCOLATE TART CRUST -----	0.00 -----
13639	Ghirardelli Semi-Sweet	4.00 oz
13639	-Chocolate	0.00
13639	Powdered sugar	0.50 c
13639	Slivered almonds	0.50 c
13639	Unsifted flour	0.50 c
13639	Cold butter, cut up	0.50 c
13639	Salt	0.12 ts
13639	Egg	1.00
13639	Vanilla	1.00 ts
13639	CHOCOLATE TART FILLING -----	0.00 -----
13639	Butter, softened	0.50 c
13639	Powdered sugar	0.50 c
13639	Egg	1.00

Sheet1

13639	Ghirardelli Semi-Sweet	4.00 oz
13639	-Chocolate	0.00
13639	Heavy whipping cream	3.00 tb
13639	Vanilla or Grand Marnier	1.00 ts
13639	Fresh fruit: strawberries,	0.00
13639	-kiwi, bananas,	0.00
13639	Green grapes, oranges, etc.	0.00
13639	Apricot jam	0.25 c
13639	CHOCOLATE TART CRUST -----	0.00 -----
13639	CHOCOLATE TART FILLING -----	0.00 -----
13640	Deep 8 1/2-inch pate brisee	1.00
13640	-shell, baked and cooled	0.00
13640	Semisweet chocolate, chopped	12.00 oz
13640	Water	0.25 c
13640	Egg yolks, lightly beaten	5.00
13640	Egg whites	7.00
13640	Of salt	1.00 pn
13640	Chocolate curls for garnish	0.00
13641	Semi-sweet chocolate	4.00 oz
13641	Unsweetened chocolate	3.00 oz
13641	Orange liqueur (see note)	2.00 tb
13641	Orange juice	2.00 tb
13641	Recipe Italian Meringue (see	1.00
13641	-recipe, previous message)	0.00
13641	Whipping cream	1.00 c
13642	Cornstarch	0.33 c
13642	Cocoa Powder	3.00 tb
13642	Baking Soda	2.00 pt
13642	Cake Flour	0.33 c
13642	Sugar	0.25 c
13642	Liqueur or strong coffee	3.00 tb
13642	Boiling water or hot coffee	0.50 c
13642	Egg yokes	6.00 ea
13642	Granulated sugar	0.33 c
13642	Liqueur or strong coffee	0.33 c
13642	Unflavored gelatin	2.50 ts
13642	Water	0.25 c
13642	Heavy whipping cream	2.00 c
13642	Heavy whipping cream	1.00 c
13642	Chocolate shavings	1.00 c
13643	FOR THE CAKE -----	0.00 -----
13643	Semisweet chocolate;chopped	8.00 oz
13643	Coarse	0.00
13643	Unsalted butter;cut into	6.00 tb
13643	Pieces, softened	0.00
13643	Eggs;separated,room temp	8.00
13643	Sugar	1.00 c
13643	Orange flavored liqueur	2.00 tb
13643	Orange rind; grated	1.00 tb

Sheet1

13643	Salt; plus a pinch	0.25 ts
13643	Cream of tartar	1.00 pn
13643	Cake flour; SIFTED!!	0.67 c
13643	Semisweet chocolate; chopped	9.00 oz
13643	- coarse	0.00
13643	Egg yolks; room temperature	6.00
13643	Sugar; + 1 tb	0.75 c
13643	-Water	2.00 tb
13643	Unsalted butter	10.00 tb
13643	-Cut in pieces and softened	0.00
13643	SEE CHOCOLATE MOUSSE CAKE II -----	0.00 -----
13643	FOR THE CAKE -----	0.00 -----
13643	SEE CHOCOLATE MOUSSE CAKE II -----	0.00 -----
13644	GANACHE ICING AND ASSEMBLY -----	0.00 -----
13644	FOR CHOCOLATE MOUSSE CAKE -----	0.00 -----
13644	Heavy cream	1.00 c
13644	Semisweet chocolate	8.00 oz
13644	- Chopped coarse	0.00
13644	Orange flavored liqueur	2.00 tb
13644	GARNISH -----	0.00 -----
13644	Oranges; halved/sliced thin	0.00
13644	- into half rounds/about 14	0.00
13644	- slices	0.00
13644	GANACHE ICING AND ASSEMBLY -----	0.00 -----
13644	FOR CHOCOLATE MOUSSE CAKE -----	0.00 -----
13644	GARNISH -----	0.00 -----
13645	Milk	4.00 c
13645	Sugar	1.00 c
13645	Egg yolks	3.00
13645	Cornstarch	1.50 oz
13645	Semi-sweet baking chocolate	1.50 lb
13645	Heavy cream, whipped	1.50 pt
13646	1 layer devils food cake mix	1.00 pk
13646	Chocolate ice cream topping	0.33 c
13646	Squares semisweet chocolate	4.00
13646	Powdered sugar	2.00 T
13646	Coffee liqueur	2.00 T
13646	Egg yolks	2.00
13646	Whipping cream	0.50 c
13646	Chocolate ice cream topping	1.00 T
13646	Whipped cream	0.50 c
13646	Fresh raspberries (optional)	0.00
13647	Cake:	0.00
13647	Butter	250.00 g
13647	Hot Water	1.50 c
13647	Castor Sugar	2.00 c
13647	Cocoa	0.25 c
13647	Instant Coffee	1.00 tb
13647	Dark Cooking Chocolate	200.00 g

Sheet1

13647	SR Flour	1.50 c
13647	Eggs	2.00
13647	Vanilla	0.00
13647	Icing:	0.00
13647	Dark Cooking Chocolate	125.00 g
13647	Unsalted Butter	125.00 g
13648	Sugar	1.00 c
13648	White corn sirup	0.33 c
13648	Strained honey	0.33 c
13648	Water	0.25 c
13648	Salt	0.25 ts
13648	Egg whites	2.00
13648	Chopped nuts	1.00 c
13648	Vanilla	0.25 ts
13648	Dipping chocolate	0.50 lb
13649	White sugar	2.00 c
13649	Corn syrup	0.50 c
13649	Cream	2.00 c
13649	Butter or margarine	0.50 c
13649	Cocoa	6.00 tb
13649	Walnuts	1.00 c
13649	Vanilla	2.00 ts
13650	Sugar	1.50 c
13650	Cocoa	0.25 c
13650	Pet evaporated milk	0.50 c
13650	Butter	0.33 c
13650	Peanut butter	0.33 c
13650	Vanilla	1.00 ts
13650	Quick rolled oats	1.50 c
13650	Salted peanuts	0.50 c
13651	ROBIN HOOD All Purpose Flour	1.67 c
13651	FRY'S Cocoa	0.67 c
13651	Baking Soda	1.00 ts
13651	Salt	0.50 ts
13651	CRISCO SHORTENING	1.00 c
13651	Lightly Packed Brown Sugar	0.75 c
13651	Granulated Sugar	0.50 c
13651	Egg	1.00
13651	Water or Milk	2.00 tb
13651	Pure vanilla	2.00 ts
13651	White Chocolate Chips	2.00 c
13651	Coarsely Chopped Nuts **	1.50 c
13652	Powdered sugar	2.00 c
13652	Square chocolate	1.00
13652	Few grains salt	0.00
13652	Melted butter	2.00 tb
13652	Cream	1.00 tb
13652	Chopped nuts	0.67 c
13652	Vanilla	1.00 ts

## Sheet1

13653	All-purpose flour	0.50 c
13653	Baking powder	1.00 ts
13653	Salt	0.25 ts
13653	Eggs--seperated	4.00
13653	Vanilla extract	0.50 ts
13653	Sugar--divided	0.50 c
13653	Confectioner's sugar	0.00
13653	Chocolate leaves (recipe	0.00
13653	-below)	0.00
13653	Chocolate Nutmeg Filling:	0.00
13653	Envelope unflavored gelatin	1.00
13653	Nestle Toll House Semi-sweet	1.25 c
13653	-chocolate morsels--reserved	0.00
13653	From 12 oz. pkg.	0.00
13653	Sugar	1.00 ts
13653	Vanilla extract	0.50 ts
13653	Nutmeg	0.25 ts
13653	Egg yolk	1.00
13653	Heavy cream	0.67 c
13654	Instant espresso or coffee	2.50 ts
13654	Cake flour	2.00 c
13654	Sugar	3.25 c
13654	Unsweetened cocoa	0.75 c
13654	Baking soda	1.25 ts
13654	Baking powder	0.50 ts
13654	Salt	0.00
13654	Eggs	8.00
13654	Sour cream	1.00 c
13654	Oil	0.50 c
13654	Vanilla	2.50 ts
13654	Butter	15.00 tb
13654	Semisweet chocolate	12.00 oz
13654	Unsweetened chocolate	3.00 oz
13654	Heavy cream	1.50 c
13655	Butter or margarine	0.50 c
13655	Cream cheese	4.00 oz
13655	Icing sugar	0.50 c
13655	Egg	1.00
13655	Orange rind, grated	1.00 tb
13655	Vanilla	1.00 ts
13655	All-purpose flour	1.00 c
13655	Salt	0.50 ts
13655	Semisweet chocolate chips	1.00 c
13656	Unsweetened chocolate	4.00 oz
13656	Unsalted butter, room temp	8.00 tb
13656	Plus 1 Tbsp. sugar	1.25 c
13656	Vanilla extract	0.50 ts
13656	Eggs, room temp	3.00 lg
13656	All-purpose flour	0.75 c

Sheet1

13656	Plus 2 Tbsp chopped walnuts	0.50 c
13656	Frosting	0.00
13656	Unsweetened chocolate	1.50 oz
13656	Evaporated milk	0.25 c
13656	Sugar	0.33 c
13657	Chocolate Fettucini	0.50 lb
13657	-(purchased or home-made)	0.00
13657	Frozen raspberries, thawed.	1.00 pk
13657	Corn Starch	1.00 tb
13657	Whipped Cream	1.00
13658	Plain flour	1.00 c
13658	Eggs, lightly beaten	2.00
13658	G. dark chocolate, melted	60.00
13658	-(about 2 oz)	0.00
13658	Cocoa	2.00 tb
13658	Icing sugar	1.00 tb
13659	13 oz (822g) can of peach	1.00 lb
13659	-halves	0.00
13659	(4x12ml) golden syrup	4.00 tb
13659	Glace cherries	9.00
13660	(approximately 2 cups) milk	0.50 pk
13660	-chocolate	0.00
13660	Creamy peanut butter	0.33 c
13660	Eggs	2.00
13660	Cake mix	0.00
13660	Chopped nuts	0.50 c
13660	Water	0.50 c
13661	CHOCOLATE CUPS:	0.00
13661	Milk Chocolate Chips	2.00 c
13661	Vegetable shortening	2.00 tb
13661	1" paper candy cups	24.00
13661	PEANUT BUTTER FILLING:	0.00
13661	Creamy peanut butter	0.75 c
13661	Confectioners' sugar, sifted	0.75 c
13661	Butter, melted	1.00 tb
13662	Chunky peanut butter	2.00 T
13662	Semisweet chocolate chips	1.00 oz
13663	Peanut butter	3.00 tb
13663	Quick-cooking oats	0.75 oz
13663	Unsweetened cocoa	2.00 ts
13663	Vanilla extract	1.00 ts
13663	Plus 1 1/2 tsp water	2.00 tb
13663	Sugar or equivalent	3.00 ts
13663	Non-fat dry milk	0.33 c
13664	Semi-sweet Chocolate Chips	0.33 c
13664	Light Corn Syrup	1.00 tb
13664	Water	1.00 tb
13664	Creamy Peanut Butter	0.33 c
13664	Sugar	0.33 c

Sheet1

13664	Light Corn Syrup	3.00 tb
13664	Water	3.00 tb
13664	Peanuts; Chopped	0.25 c
13664	Egg Whites; Lg	2.00
13664	Sugar	2.00 tb
13664	Vanilla	1.00 ts
13664	Heavy Cream; Whipped	1.00 c
13664	PeanutButterSandwichCookies	14.00
13664	Butter Or Regular Margarine	3.00 tb
13665	Sugar	0.50 c
13665	Peanut butter	0.50 c
13665	Brown sugar	0.50 c
13665	Softened butter	0.50 c
13665	Vanilla	0.50 ts
13665	Egg	1.00
13665	Flour	1.50 c
13665	Minature marshmallows	2.00 c
13665	Chocolate chips	6.00 oz
13666	PEANUT BUTTER MOUSSE -----	0.00 -----
13666	Powdered Sugar, Sifted	2.00 c
13666	Creamy Peanut Butter	0.75 c
13666	Creamy Peanut Butter	2.00 tb
13666	Cream Cheese (Room Temp)	6.00 oz
13666	Whipping Cream	3.00 tb
13666	Egg Whites	2.00 lg
13666	CHOCOLATE MOUSSE -----	0.00 -----
13666	Whipping Cream	1.00 c
13666	Sugar	0.33 c
13666	Bittersweet Chocolate *	8.00 oz
13666	Instant Espresso Powder	1.50 ts
13666	Hot Water	2.50 tb
13666	Egg Yolks	3.00
13666	CHOCOLATE GLAZE -----	0.00 -----
13666	Whipping Cream	0.67 c
13666	Butter	5.00 tb
13666	Chopped Semisweet Chocolate	5.00 oz
13666	GARNISH -----	0.00 -----
13666	Fresh Raspberry (Optional)	0.33 c
13666	Fresh Mint Sprigs	0.00
13666	PEANUT BUTTER MOUSSE -----	0.00 -----
13666	CHOCOLATE MOUSSE -----	0.00 -----
13666	CHOCOLATE GLAZE -----	0.00 -----
13666	GARNISH -----	0.00 -----
13667	Peanut butter	1.00 c
13667	Plus 2 tb butter,	4.00 oz
13667	Cut into tablespoons	0.00
13667	Marshmallow creme	3.50 oz
13667	Vanilla extract	2.00 ts
13667	Granulated sugar	2.00 c

Sheet1

13667	Evaporated milk	5.00 oz	
13667	Powdered sugar	2.00 tb	
13667	Semisweet chocolate chips	12.00 oz	
13668	Chocolate syrup	3.00 tb	
13668	Peanut butter	1.00 tb	
13668	Milk	0.00	
13668	Scoop vanilla ice cream	1.00 lg	
13669	Sugar	0.75 c	
13669	Cornstarch	1.00 ea	
13669	Cloves	0.25 ea	
13669	Cinnamon	1.00 ea	
13669	Cocoa	1.50 ea	
13669	Butter	1.00 ea	
13669	Pear halves	8.00 ea	
13670	Sticks unsalted butter	1.50 ea	
13670	Sugar	1.00 c	
13670	Packed, light brown sugar	1.00 c	
13670	Milk	1.00 c	
13670	Heavy cream	0.50 c	
13670	Coarsely chopped pecans	1.00 c	
13670	Whole pecan halves	2.00 c	
13670	Vanilla extract	2.00 T	
13670	Semisweet chocolate chips	1.50 c	
13671	tb	1.00	3
13671	Blanched Pistachios	1.00	
13671	Cake Flour	0.75 c	
13671	Eggs Separated	4.00	
13671	Sugar	0.75 c	
13671	Grated Lemon Zest	1.00 ts	
13671	Almond Extract	0.25 ts	
13671	Orange Ganache	1.00	
13671	Chocolate, Finely Cut	12.00 oz	
13671	Heavy Whipped Cream	1.00 c	
13671	Orange Liqueur	3.00 tb	
13671	Candied Orange Filling	1.00	
13671	Candied Orange Peel	0.50 c	
13671	Orange Liqueur	2.00 tb	
13671	Whipped Cream	1.00	
13671	Heavy Whipping Cream	1.50 c	
13671	Sugar	2.00 tb	
13671	Orange Liqueur	2.00 tb	
13671	Shaved Milk Chocolate	1.00	
13671	Candied Orange Peel	1.00	
13671	Blanched Pistachios	1.00	
13671	Sugar, Confectioners	1.00	
13671	Moistening Syrup	1.00	
13671	Water	0.50 c	
13671	Sugar	0.25 c	
13671	Orange Liqueur	3.00 tb	



Sheet1

13672	Margarine or butter.	0.25 c
13672	Unsweetened chocolate	4.00 oz
13672	Flour	2.00 c
13672	Sugar	2.00 c
13672	Chopped walnuts	0.50 c
13672	Baking powder	2.00 ts
13672	Salt	0.50 ts
13672	Eggs	3.00
13673	Semi-sweet chocolate chips	12.00 oz
13673	White almond bark, divided	1.00 lb
13673	Mini marshmallows	2.00 c
13673	Rice crispies	1.00 c
13673	Peanuts	1.00 c
13673	Red maraschino cherries	6.00 oz
13673	Green maraschino cherries,	3.00 tb
13673	-quartered	0.00
13673	Angel flake coconut	0.33 c
13673	Oil	1.00 ts
13674	Sugar	2.00 c
13674	Squares unsweetened	2.00
13674	-chocolate	0.00
13674	Sweetened condensed milk	0.25 c
13674	Water	0.75 c
13674	Popped corn, chopped	1.50 c
13674	Butter or butter substitute	1.00 tb
13674	Vanilla	1.00 ts
13674	Salt	0.12 ts
13675	Light Cream	0.50 c
13675	German Cooking Chocolate *	2.00 oz
13675	Sugar	1.50 ts
13675	Dash Salt	1.00
13675	Large Beaten Egg Yolks	2.00
13675	Vanilla	0.25 ts
13675	Whipped Cream (Opt.)	1.00
13676	Butter or margarine	0.50 c
13676	Whipping cream	0.25 c
13676	Brown sugar; firmly packed	1.00 c
13676	Pecans; coarsely chopped	0.75 c
13676	Pillsbury plus devil's food	1.00
13676	-ake mix; pkg	0.00
13676	Water	1.25 c
13676	Oil	0.33 c
13676	Eggs	3.00
13676	Whipping cream	1.75 c
13676	Powdered sugar	0.25 c
13676	Vanilla	0.25 ts
13676	Pecans; whole, if desired	0.00
13676	Chocolate curls, if desired	0.00
13677	Sifted Flour	1.00 c

Sheet1

13677	Cocoa	7.00 tb
13677	Baking Powder	1.00 tb
13677	Salt	0.50 ts
13677	Sugar	1.50 c
13677	Walnuts or Pecans, chopped	0.75 c
13677	Salad Oil	0.25 c
13677	Warm Water	0.50 c
13677	Vanilla	2.00 ts
13677	Warm Water (additional)	2.00 c
13678	BASIC MIX -----	0.00 -----
13678	Instant nonfat dry milk	2.50 c
13678	Sugar	5.00 c
13678	Cornstarch	3.00 c
13678	Salt	1.00 ts
13678	Unsweetened Cocoa	2.50 c
13678	TO USE BASIC MIX -----	0.00 -----
13678	Milk	2.00 c
13678	Mix	0.67 c
13678	BASIC MIX -----	0.00 -----
13678	TO USE BASIC MIX -----	0.00 -----
13679	Whipping cream	4.00 c
13679	Milk	2.00 c
13679	Semisweet chocolate	6.00 oz
13679	Unsweetened chocolate	2.00 oz
13679	Dried currants	0.50 c
13679	Sugar	1.50 c
13679	Egg yolks	18.00
13679	Vanilla extract	1.00 tb
13679	Salt	0.25 ts
13679	Prebaked pie shell	1.00
13680	Granulated sugar	0.50 c
13680	Cocoa	0.33 c
13680	Cornstarch	2.00 tb
13680	Salt	0.12 ts
13680	Milk	1.75 c
13680	Egg yolks,slightly beaten	2.00
13680	Medium white wine	0.25 c
13680	Vanilla	2.00 ts
13680	Whipping cream	0.50 c
13680	Medium white wine	1.00 tb
13680	Ground cinnamon	0.25 ts
13680	Powdered sugar	1.00 tb
13680	Vanilla	0.25 ts
13681	White flour	3.00 oz
13681	Shortening	1.50 oz
13681	White Sugar	3.00 oz
13681	Cocoa powder, unsweetened	2.00 tb
13681	Water or plain soya milk	5.00 tb
13681	Brown sugar	2.00 oz

Sheet1

13681	Cocoa powder	2.00 tb
13681	Water	0.50 pt
13682	Flour	1.00 c
13682	Sugar	1.00 c
13682	Baking Powder	1.00 ts
13682	Butter	0.50 c
13682	Chocolate Syrup	16.00 oz
13682	Vanilla	1.00 ts
13682	Egg	4.00
13683	Raisins	0.75 c
13683	Water	1.00 c
13683	Granulated Sugar	1.25 c
13683	Vegetable Oil	0.67 c
13683	Egg, Slightly Beaten	1.00 lg
13683	Unbleached All Purpose Flour	1.75 c
13683	Cocoa	0.33 c
13683	Baking Soda	1.00 ts
13683	Salt	0.50 ts
13683	Ground Cinnamon	0.25 ts
13683	Chopped Nuts	0.50 c
13683	GARNISH -----	0.00 -----
13683	Confectioners' Sugar	0.00
13683	GARNISH -----	0.00 -----
13684	Pts raspberries	1.50
13684	Cornstarch	2.00 ts
13684	Flour	0.75 c
13684	Brown sugar	0.33 c
13684	Chilled butter	4.00 tb
13684	Finely chopped semisweet	1.00 oz
13684	-chocolate.	0.00
13685	CHOCOLATE CAKE -----	0.00 -----
13685	Eggs, separated	3.00
13685	Granulated sugar	0.33 c
13685	Flour	0.50 c
13685	Unsweetened cocoa powder	2.00 tb
13685	RASPBERRY SYRUP -----	0.00 -----
13685	Sugar	0.25 c
13685	Water	0.25 c
13685	Raspberry liqueur	2.00 tb
13685	RASPBERRY MOUSSE -----	0.00 -----
13685	Unflavored gelatin	1.50
13685	Water	0.25 c
13685	(each 300 grams) frozen	2.00 pk
13685	Raspberries, thawed	0.00
13685	Sugar	0.75 c
13685	Lemon juice	2.00 tb
13685	Raspberry liqueur	2.00 tb
13685	Whipping cream	2.00 c
13685	CHOCOLATE GLAZE -----	0.00 -----

Sheet1

13685	Semisweet chocolate	4.00 oz
13685	Whipping cream	0.25 c
13685	CHOCOLATE CAKE -----	0.00 -----
13685	RASPBERRY SYRUP -----	0.00 -----
13685	RASPBERRY MOUSSE -----	0.00 -----
13685	CHOCOLATE GLAZE -----	0.00 -----
13686	All-purpose flour	0.50 c
13686	Granulated sugar	2.00 tb
13686	Double acting baking powder	0.25 ts
13686	Heavy cream	4.00 tb
13686	Salt	0.12 ts
13686	Cold unsalted butter	2.00 tb
13686	Cut into bits	0.00
13686	Unsweetened cocoa powder	2.00 tb
13686	Baking soda	0.25 ts
13686	Raspberries	1.50 c
13686	Granulated sugar, or to	2.00 tb
13686	Taste	0.00
13686	Framboise, or to taste	1.00 tb
13686	Well-chilled heavy cream	0.33 c
13686	Confectioners sugar for	0.00
13686	Sprinkling	0.00
13686	Mint sprigs for garnish if	0.00
13686	Desired	0.00
13687	Semi-sweet chocolate morsels	1.33 c
13687	Heavy cream	2.00 tb
13687	Butter	1.00 tb
13687	Seedless raspberry jam	2.00 tb
13687	Choice of coatings:	0.00
13687	* 1 6-oz Nestle' Premier	0.00
13687	-White baking bar	0.00
13687	OR * 1 cups milk chocolate	0.00
13687	-morsels	0.00
13687	Shortening	2.00 ts
13688	Beets, mashed, cooked	2.50 c
13688	Eggs	6.00
13688	Cocoa	0.75 c
13688	Vanilla	1.00 ts
13688	Oil	2.50 c
13688	Flour, sifted	3.75 c
13688	Sugar	3.75 c
13688	Salt	1.00 ts
13688	Baking soda	1.00 tb
13688	Margarine, softened	0.25 lb
13688	Cream cheese, softened	4.00 oz
13688	Powdered sugar, sifted	1.00
13688	Cocoa	0.50 c
13688	Vanilla	1.00 ts
13689	Butter, softened	0.33 c

Sheet1

13689	Packed brown	0.50 c
13689	Sugar	0.00
13689	Orange juice	3.00 tb
13689	Concentrate	0.00
13689	Instant coffee	1.00 tb
13689	Granules	0.00
13689	Vanilla	2.00 ts
13689	Sifted unsweetened	0.33 c
13689	Cocoa powder	0.00
13689	All-purpose flour	1.75 c
13690	Can condensed milk	14.00 oz
13690	Unsalted butter	4.00 tb
13690	Egg yolks	2.00
13690	Steamed boiled long-grained	2.00 c
13690	-white rice	0.00
13690	Whipping cream	1.00 c
13690	Square + 2 oz chopped	1.00 oz
13690	-semi-sweet chocolate	0.00
13690	Milk	0.50 c
13690	Vanilla	1.00 tb
13690	Powdered sugar	1.00 ts
13691	Semi-Sweet Chocolate,	8.00 oz
13691	-Coarsely Chopped (8	0.00
13691	-Squares)	0.00
13691	Unsweetened Chocolate,	6.00 oz
13691	-Coarsley Chopped (6	0.00
13691	-Squares)	0.00
13691	Unsalted Butter Cut Up	0.75 c
13691	Eggs, At Room Temperature	9.00 lg
13691	Sugar	1.50 c
13691	Vanilla Extract	1.00 ts
13691	Unbleached All Purpose Flour	2.00 tb
13691	Confectioners' Sugar	0.00
13692	Squares Chocolate	2.00
13692	Stick butter or margarine.	1.00
13692	Melt above together	0.00
13692	Sugar	0.75 c
13692	Cocoa	2.00 tb
13692	Evaporated. milk	0.75 c
13692	Vanilla	1.00 ts
13693	Butter or margarine	0.67 c
13693	Sugar	1.50 c
13693	Eggs	3.00
13693	Vanilla	1.00 ts
13693	Unsweetened cocoa	0.50 c
13693	Flour, sifted	2.25 c
13693	Soda	1.00 ts
13693	Baking powder	1.00 ts
13693	Salt	0.25 ts

Sheet1

13693	Water	1.00 c
13693	Sauerkraut, well drained	0.67 c
13694	Sugar	2.00 c
13694	Plain flour	2.00 c
13694	Sticks margarine	2.00
13694	Cocoa	4.00 tb
13694	Water	1.00 c
13694	Eggs	2.00
13694	Soda	1.00 ts
13694	Buttermilk	0.50 c
13694	Cinnamon	1.00 ts
13694	Vanilla	0.50 ts
13694	Chocolate Fudge Icing:	1.00
13694	Cocoa	4.00 tb
13694	Stick margarine	1.00
13694	Milk	6.00 tb
13694	Box powdered sugar	1.00
13694	Vanilla	1.00 ts
13694	Pecans	1.00 c
13695	Flour, all purpose	2.00 c
13695	Sugar, granulated	0.50 c
13695	Cocoa powder, unsweetened	0.33 c
13695	Baking powder	1.00 tb
13695	Baking soda	1.00 ts
13695	Butter or margarine, cold	0.50 c
13695	Buttermilk OR plain low-fat	1.00 c
13695	Yogurt	1.00 x
13695	Sugar	2.00 ts
13696	Semi-Sweet Chocolate *	16.00 oz
13696	Unsalted Butter	10.00 tb
13696	Eggs	4.00 lg
13696	Sugar	1.00 tb
13696	Unbleached Flour	1.00 tb
13696	Real Vanilla Extract	1.00 tb
13696	GARNISHES -----	0.00 -----
13696	White Candy Roses	0.00
13696	GLAZE -----	0.00 -----
13696	Heavy Cream	0.50 c
13696	Semi-sweet Chocolate	3.00 oz
13696	GARNISHES -----	0.00 -----
13696	GLAZE -----	0.00 -----
13697	Egg yolks	5.00
13697	Sugar	0.75 c
13697	Vanilla	4.00 dr
13697	Flour	1.00 c
13697	Milk	2.00 c
13697	Unsweetened chocolate	2.00 oz
13697	- melted	0.00
13697	Egg whites	8.00

Sheet1

13697	Powdered sugar	0.00
13697	Sweetened whipped cream	0.00
13698	Milk	5.75 c
13698	Egg yolks	4.00
13698	Semisweet chocolate, grated	0.50 lb
13698	Heavy cream	1.00 c
13698	Chocolate or mint cordial	0.00
13698	Flour	2.00 ts
13698	Sugar	0.67 c
13699	Unsalted butter	12.00 tb
13699	Semi-sweet chocolate	6.00 oz
13699	Sugar	1.00 c
13699	Sifted flour with 1 t. salt	0.75 c
13699	Eggs, separated	6.00
13699	Vanilla	1.00 ts
13699	Sour cherries, drained	1.00 cn
13700	Unbleached All-Purpose Flour	1.75 c
13700	Sugar	1.75 c
13700	Cocoa	0.75 c
13700	Baking Soda	1.50 ts
13700	Salt	1.00 ts
13700	Butter Or Margarine;	0.67 c
13700	-Softened	0.00
13700	Dairy Sour Cream	2.00 c
13700	Eggs	2.00 lg
13700	Vanilla Extract	1.00 ts
13700	FROSTING -----	0.00 -----
13700	Butter Or Margarine	3.00 tb
13700	Cocoa	0.33 c
13700	Confectioners' Sugar	1.50 c
13700	Milk; (Up To 3 Tb Maybe	2.00 tb
13700	-Needed)	0.00
13700	Vanilla Extract	0.50 ts
13700	FROSTING -----	0.00 -----
13701	Sour cream	0.50 c
13701	Powdered sugar	3.50 c
13701	Vanilla	1.00 ts
13701	Ghirardelli Unsweetened	2.00 oz
13701	-Chocolate, melted	0.00
13702	Package semi-sweet chocolate	12.00 oz
13702	-chips	0.00
13702	Peanuts	1.00 c
13702	Chow mein noodles	3.50 c
13703	Cocoa	0.25 c
13703	Cake meal (??)	0.75 c
13703	Potato starch (??)	0.75 c
13703	Egg whites	9.00
13703	Sugar	1.75 c
13703	Egg yolks	9.00

Sheet1

13703	Orange juice	0.75 c
13703	Water	0.25 c
13704	Soda	0.50 t
13704	Salt	0.50 t
13704	Shortening	0.50 c
13704	Brown sugar, packed	0.67 c
13704	Egg	1.00 ea
13704	Maraschino cherry juice	0.25 c
13704	Milk	2.00 T
13704	Chocolate, melted	2.00 oz
13704	Chopped walnuts	0.50 c
13704	Chopped maraschino cherries	0.25 c
13705	ts	0.00 1/8
13705	-	0.50
13705	Sugar	1.50
13705	Egg Yolks	4.00
13705	Vanilla	1.00
13705	Unsweetened Chocolate	2.00
13705	Water	5.00 tb
13705	Flour	1.75 c
13705	Baking Powder	2.00 ts
13705	Milk	0.50 c
13705	Egg Whites	4.00
13705	CUSTER FILLING -----	0.00 -----
13705	Sugar	0.50 c
13705	Flour	0.25 c
13705	Salt	0.25 ts
13705	Milk	1.50 c
13705	Eggs, slightly beaten	2.00
13705	Vanilla	1.00 ts
13705	FROSTING -----	0.00 -----
13705	Butter	0.50 c
13705	Confectioners Sugar	1.00 lb
13705	Egg	1.00
13705	Unsweetened Chocolate,	3.00 oz
13705	-melted and cooled	0.00
13705	Vanilla	1.00 ts
13705	Salt	0.12 ts
13705	Milk	1.00 tb
13705	CAKE -----	0.00 -----
13705	CUSTER FILLING -----	0.00 -----
13705	FROSTING -----	0.00 -----
13706	Egg whites beaten stiff	4.00
13706	Sugar (added by spoonfuls)	1.50 c
13706	Cream tartar added	0.25 ts
13706	Almond extract added	0.25 ts
13706	Meringue	0.00
13706	Egg whites	2.00
13706	Sugar	0.50 c



Sheet1

13706	Cocoa	2.00 tb
13706	Butter or margarine	0.75 c
13706	Semi-sweet chocolate melted	4.00 oz
13706	Ground almonds	0.50 c
13707	Cream Cheese, softened	12.00 oz
13707	Sugar	0.25 c
13707	Egg	1.00
13707	Vanilla	0.50 ts
13707	Chocolate Cake Mix (18.25 oz	1.00 pk
13707	-pkg)	0.00
13707	Semisweet Chocolate	0.50 c
13707	-Mini-morsels	0.00
13708	(8 oz) Philadelphia Brand	1.00 pk
13708	-Cream Cheese, softened	0.00
13708	(I'm sure your store brand	0.00
13708	-would work)	0.00
13708	Granulated sugar	0.33 c
13708	Egg	1.00
13708	Baker's Semi-Sweet Chocolate	0.50 c
13708	-Chips	0.00
13708	(or any brand)	0.00
13708	CUPCAKES:	0.00
13708	Squares Baker's Unsweetened	2.00
13708	-Chocolate, melted	0.00
13708	Vegetable oil	0.33 c
13708	All purpose flour	1.25 c
13708	Granulated sugar	1.00 c
13708	Water	0.75 c
13708	Egg	1.00
13708	Vanilla	1.00 ts
13708	Baking soda	0.50 ts
13708	Salt	0.25 ts
13709	Non stick cooking spray	0.00
13709	Chocolate cookie crumbs	0.25 c
13709	1% lofat cottage cheese	24.00 oz
13709	*about 8 wafers	0.00
13709	Light cream cheese	16.00 oz
13709	Sugar	1.25 c
13709	Egg whites	4.00
13709	Eggs	2.00
13709	Cocoa	3.00 T
13709	Vanilla	1.00 t
13709	Cream of tartar	0.25 t
13710	Cocoa	0.88 c
13710	Sugar (ie. 1 cup)	1.00 c
13710	Water (1 and 1/8 cups)	1.12 c
13710	Salt	1.00 ts
13710	Vanilla	1.00 ts
13711	Baking cocoa	0.50 c

Sheet1

13711	Light corn syrup	0.33 c
13711	Water	6.00 tb
13711	Sugar	1.50 c
13711	Salt	0.25 ts
13711	Milk	1.00 c
13711	Butter or regular margarine	3.00 tb
13711	Vanilla	0.50 ts
13712	BUTTER/MARGARINE, SOFTENED	0.25 c
13712	SUGAR	0.67 c
13712	EGG	1.00 ea
13712	UNSIFTED ALL-PURPOSE FLOU	1.50 c
13712	HERSHEY'S COCOA	0.33 c
13712	BAKING SODA	1.00 ts
13712	SALT	0.25 ts
13712	BUTTERMILK OR SOUR MILK	1.00 c
13712	WALNUTS probalbly any nut wo	0.75 c
13712	RAISINS, OPTIONAL	0.75 c
13713	SOUFFLE CAKE -----	0.00 -----
13713	Semi-sweet chocolate	0.50 lb
13713	Fresh rich coffee	0.25 c
13713	Large eggs, separated and	7.00
13713	At room temperature	0.00
13713	Sugar	0.75 c
13713	Salt	1.00 pn
13713	TRUFFLE CREAM -----	0.00 -----
13713	Semi-sweet chocolate	18.00 oz
13713	Broken into small pieces	0.00
13713	Heavy cream	3.00 c
13713	CHOCOLATE TILES -----	0.00 -----
13713	Semi-sweet chocolate	8.00 oz
13713	Cocoa powder, unsweetened	0.00
13713	Confectioners sugar	0.00
13713	SOUFFLE CAKE -----	0.00 -----
13713	TRUFFLE CREAM -----	0.00 -----
13713	CHOCOLATE TILES -----	0.00 -----
13714	SOUFFLE CAKE -----	0.00 -----
13714	Semi-sweet chocolate	0.50 lb
13714	Fresh rich coffee	0.25 c
13714	Large eggs, separated and	7.00
13714	At room temperature	0.00
13714	Sugar	0.75 c
13714	Salt	1.00 pn
13714	TRUFFLE CREAM -----	0.00 -----
13714	Semi-sweet chocolate	18.00 oz
13714	Broken into small pieces	0.00
13714	Heavy cream	3.00 c
13714	CHOCOLATE TILES -----	0.00 -----
13714	Semi-sweet chocolate	8.00 oz
13714	Cocoa powder, unsweetened	0.00

Sheet1

13714	Confectioners sugar	0.00	
13714	SOUFFLE CAKE -----	0.00	-----
13714	TRUFFLE CREAM -----	0.00	-----
13714	CHOCOLATE TILES -----	0.00	-----
13715	Package of semisweet	6.00	oz
13715	Chocolate chips	0.00	
13715	Egg	1.00	
13715	Vanilla	1.00	ts
13715	Almond extract	1.00	ts
13715	Creme de cacao liqueur	1.00	tb
13715	Whipping cream	1.00	c
13716	Sugar	1.00	c
13716	Light corn syrup	0.67	c
13716	Half and half	1.50	c
13716	Unsweetened chocolate	1.50	oz
13716	- melted	0.00	
13716	Vanilla	1.50	ts
13716	Salt	1.00	pn
13717	Coarsely chopped pecans	0.50	c
13717	Butter	0.50	c
13717	Brown sugar, packed	0.75	c
13717	Semisweet chocolate pieces	0.50	c
13718	Semi-sweet chocolate	16.00	oz
13718	Sweet butter	0.50	c
13718	Flour	1.50	ts
13718	Sugar	1.50	ts
13718	Hot water	1.00	ts
13718	Eggs, separated	4.00	
13719	tb	1.00	3
13719		0.00	
13719	Sugar	0.67	
13719	Sifted all purpose flour	1.25	
13719	Ground cinnamon	1.25	/2
13719	Salt	0.50	
13719	Ground cloves	0.25	
13719	Ground ginger	0.25	ts
13719	Plus 2 Tbsp chilled unsalted	0.50	c
13719	-butter,	0.00	
13719	Cut into small pieces	0.00	
13719	Cream cheese, cut into small	1.00	oz
13719	-pieces, frozen	0.00	
13719	Egg, beaten to blend	1.00	lg
13719	Bittersweet (not	0.50	oz
13719	-unsweetened) or semisweet	0.00	
13719	Chocolate, finely chopped	0.00	
13719	Egg white, beaten to blend	1.00	
13719	Seedless raspberry jam	0.33	c
13719	FILLING:	0.00	
13719	Bittersweet (not	9.00	oz

## Sheet1

13719	-unsweetened) or semisweet	0.00
13719	Chocolate, chopped	0.00
13719	Unsalted butter, room	5.00 tb
13719	-temperature	0.00
13719	Whipping cream	3.00 tb
13719	Plus 2 Tbsp seedless	0.33 c
13719	-raspberry jam	0.00
13719	Raspberries	0.50 pt
13719	Lightly sweetened whipped	0.00
13719	-cream	0.00
13720	Heavy Cream (divided)	2.00 c
13720	Egg yolks ,slightly beaten	3.00
13720	Semi-sweet Chocolate	16.00 oz
13720	Karo light/dark corn syrup	0.50 c
13720	Margarine or butter	0.50 c
13720	Confectioners sugar	0.25 c
13720	Vanilla	1.00 ts
13720	Raspberry Sauce	1.00
13721	Heavy Cream (divided)	2.00 c
13721	Egg yolks ,slightly beaten	3.00
13721	Semi-sweet Chocolate	16.00 oz
13721	Karo light/dark corn syrup	0.50 c
13721	Margarine or butter	0.50 c
13721	Confectioners sugar	0.25 c
13721	Vanilla	1.00 ts
13721	Raspberry Sauce	1.00
13722	All-Purpose Flour	1.00 c
13722	Granulated Sugar	0.50 c
13722	Cocoa Powder	0.50 c
13722	Unsalted Butter, cold, cubes	6.00 tb
13722	Egg, beaten	1.00
13722	*FILLING*	0.00
13722	Semi Sweet Chocolate chopped	6.00 oz
13722	Whipping Cream	1.00 c
13722	Granulated Sugar	1.50 tb
13722	Raspberries	2.00 c
13722	Icing Sugar	1.00
13723	Margarine	4.00 T
13723	Caramel candies (36 Brachs)	14.00 oz
13723	Pecan pieces	1.00 c
13723	Chocolate chips, divided	1.00 c
13723	Vanilla	1.00 t
13723	Milk	2.00 T
13723	Graham cracker crumbs	1.25 c
13723	Evaporated milk	0.50 c
13723	Cream cheese	16.00 oz
13723	Sugar	0.50 c
13723	Eggs	2.00 x
13723	Pecan halves	12.00 x

## Sheet1

13724	Milk	3.00 c
13724	Sugar	1.00 c
13724	Eggs, separated	3.00
13724	Cornstarch	2.50 tb
13724	Salt	0.25 ts
13724	Butter	1.00 tb
13724	Vanilla	1.00 ts
13725	Sugar	0.67 c
13725	Cocoa	0.33 c
13725	Egg yolks	3.00
13725	Cream	2.67 c
13725	Semi-sweet chocolate	0.33 c
13726	Cake flour	1.50 c
13726	Baking powder	2.00 ts
13726	Salt	0.25 ts
13726	Sugar	2.00 tb
13726	Eggs, separated	3.00
13726	Milk	1.50 c
13726	Vanilla	1.00 ts
13726	Unsalted butter, melted	6.00 tb
13726	Onces semisweet chocolate,	6.00
13726	-divided	0.00
13726	Onces unsweetened chocolate	1.50
13727	Warm water	0.50 c
13727	Pk Yeast	1.00
13727	Cup Flour	3.50
13727	Bs Sugar	1.00 tb
13727	Tsp Salt	1.25
13727	Eggs, room temp.	4.00
13727	Bs Butter, softened	12.00 tb
13727	Walnuts, chopped(lg. pieces)	1.00 c
13727	Chocolate, semisweet *	6.00 oz
13728	Icing sugar	2.00 c
13728	Cocoa	1.00 c
13728	Butter or margarine	1.50
13728	Chopped walnuts	1.50
13728	Walnut halves	0.00
13729	All purpose flour	2.25 c
13729	Coco	0.67 c
13729	Backing soda	1.50 ts
13729	Butter	6.00 tb
13729	Sugar	1.50 c
13729	Eggs	2.00
13729	Sour cream	1.50 c
13729	Walnuts chopped	1.00 c
13730	Semisweet Chocolate Chips	6.00 oz
13730	Honey	0.25 c
13730	Crushed Vanilla Wafers	2.50 c
13730	Ground Walnuts	2.00 c

Sheet1

13730	Sweet Red Wine	0.33 c
13730	Granulated Sugar	0.00
13731	All-purpose flour	3.00 c
13731	Baking powder	1.00 tb
13731	Baking soda	1.00 tb
13731	Salt	1.50 ts
13731	Sugar	3.00 c
13731	Water	3.00 c
13731	Semisweet chocolate;	6.00 oz
13731	-finely chopped	0.00
13731	Unsalted butter; softened	1.00 lb
13731	Large eggs; lightly beaten	3.00
13731	Confectioners' sugar	2.25 c
13731	Vanilla extract	0.50 ts
13731	-Few drops green food colori	0.00
13731	Fresh raspberries, dried	0.00
13731	-cranberries, or cherries,	0.00
13731	-for garnish	0.00
13732	Brown sugar	1.00 c
13732	Sugar	0.50 c
13732	Butter	0.50 c
13732	Oil	0.50 c
13732	Eggs	3.00
13732	Buttermilk	0.50 c
13732	Vanilla	1.00 ts
13732	Flour	2.50 c
13732	Cocoa	4.00 tb
13732	Baking soda	2.00 ts
13732	Cinnamon	1.00 ts
13732	Salt	1.00 ts
13732	Zucchini, about 6" long,	3.00
13732	-shredded (2 c)	0.00
13732	To 1 c chocolate chips	0.50 c
13733	Soft oleo	0.50 c
13733	Oil	0.50 c
13733	Sugar	1.75 c
13733	Flour	2.50 c
13733	Baking powder	1.00 ts
13733	Baking soda	1.00 ts
13733	Grated zucchini	2.00 c
13733	Eggs	2.00
13733	Vanilla	1.00 ts
13733	Sour milk	0.50 c
13733	Cocoa	4.00 tb
13733	Cinnamon	0.50 ts
13733	Chocolate chips	0.25 c
13734	Salad Oil	1.00 c
13734	Eggs	3.00
13734	Salt	1.00 ts

Sheet1

13734	Baking Powder	0.25 ts
13734	Baking Soda	1.00 ts
13734	Baking Chocolate, Melted	2.00 oz
13734	Grated, peeled Zucchini	2.00 c
13734	Chopped Nuts	1.00 c
13734	Sugar	2.00 c
13734	Flour	3.00 c
13734	Cinnamon	1.00 ts
13734	Vanilla	1.00 ts
13734	Choc Chips	0.50 c
13735	Chocolate wafers, finely	6.00
13735	-crushed	0.00
13735	Light process cream cheese	1.50 c
13735	-product	0.00
13735	Sugar	1.00 c
13735	1% low-fat cottage cheese	1.00 c
13735	Plus 2 tbsps unsweetened	0.25 c
13735	-cocoa	0.00
13735	All-purpose flour	0.25 c
13735	Amaretto	0.25 c
13735	Vanilla extract	1.00 ts
13735	Salt	0.25 ts
13735	Egg	1.00
13735	Semisweet chocolate	2.00 tb
13735	-mini-morsels	0.00
13736	Unsifted Unbleached Flour	2.00 c
13736	Cocoa	2.00 tb
13736	Baking Soda	1.50 ts
13736	Salt	0.50 ts
13736	Shortening	0.50 c
13736	Sugar	1.50 c
13736	Eggs	2.00 lg
13736	Vanilla Extract	2.00 ts
13736	Unsweetened Applesauce	2.00 c
13736	Semisweet Chocolate Chips	6.00 oz
13736	Chopped Walnuts	0.50 c
13737	tb	0.00 3 1/2
13737	-	0.25
13737		0.00
13737	-----	2.67
13737	- (at room temperature)	0.00
13737	Granulated sugar	2.00 3
13737	Eggs	3.00 2
13737	Sifted all-purpose flour	2.00 c
13737	Unsweetened cocoa powder	0.75
13737	-(preferably Dutch process)	0.00
13737	Baking soda	1.25 1
13737	Baking powder	0.25
13737	Salt	0.50

Sheet1

13737	Milk	1.50
13737	Vanilla extract	1.00
13737	Chocolate-mint liqueur	0.25
13737	- (such as Vandermint)	0.00
13737	CHOCOLATE FUDGE FILLING -----	0.00 -----
13737	Granulated sugar	0.67 c
13737	Heavy cream	0.50 c
13737	Unsweetened chocolate	2.50 oz
13737	Light corn syrup	1.00 tb
13737	Unsalted butter	2.00 tb
13737	CHOCOLATE CREAM -----	0.00 -----
13737	Heavy cream	2.50 c
13737	Unsweetened cocoa powder	3.50 tb
13737	-(preferably Dutch process)	0.00
13737	Confectioners' sugar	7.00 tb
13737	ASSEMBLY AND CHOCOLATE SYRUP ---	0.00 -----
13737	Chocolate chips	3.00 tb
13737	Unsweetened cocoa powder	2.00 tb
13737	-(preferably Dutch process)	0.00
13737	Light corn syrup	2.00 tb
13737	Granulated sugar	1.00 tb
13737	CAKE LAYERS -----	0.00 -----
13737	CHOCOLATE FUDGE FILLING -----	0.00 -----
13737	CHOCOLATE CREAM -----	0.00 -----
13737	ASSEMBLY AND CHOCOLATE SYRUP ---	0.00 -----
13738	Sugar; granulated - and	2.00 tb
13738	Sugar; granulated	0.50 c
13738	Cinnamon	0.50 ts
13738	Butter	5.00 tb
13738	Tortillas; Flour - 8"	6.00
13738	Cream; heavy or whipping	1.00 c
13738	Sugar; brown - packed	0.33 c
13738	Vanilla	1.00 ts
13738	Chocolate; unsweetened	1.00 oz
13738	- coarsely chopped	0.00
13738	Pecans - coarsely chopped	0.50 c
13739	Strawberries with stems on	1.00 pt
13739	-(preferably a	0.00
13739	Long-stemmed variety),	0.00
13739	-washed and	0.00
13739	Patted dry	0.00
13739	Semisweet chocolate	4.00 oz
13739	Cooking oil	1.00 tb
13740	Heavy cream	1.00 c
13740	Superfine sugar	0.33 c
13740	Unsweetened cocoa	0.25 c
13740	Praline liqueur, optional	0.25 c
13740	Brioche or frozen	4.00
13740	-mim-croissants, thawed,	0.00



## Sheet1

13740	-sliced in half crosswise	0.00
13740	Strawberries, sliced	0.50 pt
13741	Unsweetened cocoa powder	3.00 tb
13741	Sugar	1.00 c
13741	Evaporated skim milk	0.33 c
13741	Safflower oil	3.00 tb
13741	Salt	0.25 ts
13741	Vanilla	1.00 ts
13742	All-purpose flour	0.50 c
13742	Unsweetened cocoa powder	0.25 c
13742	Baking powder	1.00 ts
13742	Salt	0.25 ts
13742	Egg yolks	4.00
13742	Vanilla	0.50 ts
13742	Sugar	0.33 c
13742	Egg whites	4.00
13742	Sugar	0.50 c
13742	Sifted powdered sugar	0.00
13742	Whipping cream	1.00 c
13742	Green creme de menthe	2.00 tb
13743	Sugar	2.00 c
13743	Milk	0.50 c
13743	Cocoa	0.50 c
13743	Vanilla	1.00 ts
13743	Salt	0.50 ts
13743	Rolled oats	3.00 c
13743	Butter	3.00 tb
13744	Sugar	2.00 c
13744	Milk	0.50 c
13744	Butter	0.25 lb
13744	Cocoa	4.00 tb
13744	Rolled oats	3.00 c
13744	Peanut butter	0.50 c
13745	(8.6 oz. each) microwave	2.00 pk
13745	-chocolate cake mix	0.00
13745	(3 5/8 oz.) chocolate	1.00 pk
13745	-pudding and pie filling	0.00
13745	Milk, divided	4.00 c
13745	Semisweet chocolate pieces	0.33 c
13745	(3 1/4 oz.) vanilla pudding	1.00 pk
13745	-and pie filling	0.00
13745	Creamy peanut butter	0.50 c
13745	Thawed frozen whipped	3.50 c
13745	-topping, divided	0.00
13745	Bananas, sliced	2.00 lg
13745	Unsalted peanuts	1.00 c
13746	Unsifted powdered sugar	2.00 c
13746	Cocoa powder (not a mix)	0.25 c
13746	Jumbo egg white	1.00

Sheet1

13746	Finely ground walnuts	0.50 c
13746	- OR pecans	0.00
13747	Unsifted confectioners'	2.00 c
13747	-(10X) sugar	0.00
13747	Cocoa powder (not a mix)	0.25 c
13747	Jumbo egg white	1.00
13747	Finely ground walnuts or	0.50 c
13747	-pecans	0.00
13748	Cocoa	0.50 c
13748	;Boiling Water	0.50 c
13748	Vegetable Shortening	0.67 c
13748	Sugar	1.75 c
13748	Vanilla Extract	1.00 ts
13748	Eggs	2.00 lg
13748	Unbleached All-Purpose Flour	2.25 c
13748	Baking Soda	1.50 ts
13748	Salt	0.50 ts
13748	Buttermilk Or Sour Milk; Use	1.33 c
13748	-Dried Buttermilk Or A	0.00
13748	-Mixture Of 1 Tb Plus 1 Ts	0.00
13748	-White Vinegar And Enough	0.00
13748	-Milk To Equal 1 1/3 Cup)	0.00
13748	FROSTING -----	0.00 -----
13748	One Bowl Buttercream	0.00
13748	-Frosting	0.00
13748	FROSTING -----	0.00 -----
13749	Butter (or Margarine)	1.25 c
13749	Shortening	0.25 c
13749	Brown Sugar	1.33 c
13749	Vanilla	2.50 ts
13749	Slightly Beaten Eggs	3.00
13749	Flour	4.00 c
13749	Baking Soda	0.75 ts
13749	Salt	1.50 ts
13749	Cocoa	1.00 c
13750	Cocoa	0.25 c
13750	Baking Soda	1.00 ts
13750	Butter	1.00 tb
13750	Sugar	1.00 c
13750	Light Corn Syrup	0.50 c
13750	Whipping (Heavy) Cream	0.25 c
13750	Salted Peanuts	1.25 c
13751	Semisweet chocolate	10.00 oz
13751	Instant coffee	1.00 ts
13751	Unsalted butter, room	1.25 c
13751	-temperature (2-1/2 sticks)	0.00
13751	Sugar	1.25 c
13751	Eggs - separated	10.00
13751	Semisweet chocolate, grated	1.00 oz

Sheet1

13751	-(garnish)	0.00
13752	Oil, vegetable	2.00 tb
13752	Onion, finely chopped	1.00 md
13752	Garlic cloves, finely	2.00
13752	- chopped	0.00
13752	Beef, coarse grind	1.00 lb
13752	Kidney beans	16.00 oz
13752	Tomato puree	16.00 oz
13752	Tomato paste	6.00 oz
13752	Green chiles, whole,	0.50 c
13752	- domestic	0.00
13752	Water	0.50 c
13752	Chocolate, bittersweet	2.00 oz
13752	Red chile, hot-mild, ground	2.00 tb
13752	Cumin	1.00 ts
13752	Beef bouillon cube	1.00
13753	Chicken breast halves	6.00
13753	Olive oil	3.00 tb
13753	Cloves garlic,peeled and	2.00
13753	-minced	0.00
13753	Chopped onion	0.75 c
13753	Chopped green bell pepper	0.50 c
13753	Curry powder	2.00 ts
13753	Thyme	0.50 ts
13753	Salt	0.50 ts
13753	Can tomatoes, chopped	14.50 oz
13754	Flour	3.00 c
13754	Cinnamon	2.00 ts
13754	Baking powder	2.00 ts
13754	Baking soda	1.00 ts
13754	Salt	1.00 ts
13754	Packeddark brown sugar	1.25 c
13754	Container frozen egg	8.00 oz
13754	-substitute, thawed	0.00
13754	Salad oil	0.75 c
13754	Vanilla	1.00 ts
13754	Clightly packed shredded	3.00
13754	-carrots (about 4 large)	0.00
13754	Can crushed pineapple in its	16.00 oz
13754	-own juice	0.00
13754	Walnuts, chopped	1.00 c
13754	Confectioners' sugar for	0.00
13754	-garnish	0.00
13755	Lean pork	1.00 lb
13755	Chili powder	2.00 tb
13755	Oregano, handrubbed	1.00 ts
13755	Salt	1.00 ts
13755	Garlic clove, pressed	1.00
13755	Vinegar	2.00 tb

Sheet1

13756	Fresh pork	5.00 lb
13756	Salt	5.00 ts
13756	Chili powder	3.00 tb
13756	Clove garlic, mashed	1.00
13756	Vinegar	5.00 tb
13756	Paprika	0.25 c
13756	Pepper	1.50 ts
13756	Oregano	0.75 ts
13756	Thyme	0.75 ts
13756	Dry wine	0.25 c
13757	CORNMEAL CRUST -----	0.00 -----
13757	Cornmeal	0.50 c
13757	Sifted flour	0.75 c
13757	Salt	0.50 ts
13757	Black pepper	0.12 ts
13757	Shortening	0.33 c
13757	-cold water (or more)	4.00 tb
13757	FILLING -----	0.00 -----
13757	Monterey Jack cheese	6.00 sl
13757	Chorizo; casings removed	0.50 lb
13757	Sliced green onions	0.25 c
13757	Eggs	4.00
13757	Whipping cream	2.00 c
13757	--OR-- Half and Half	0.00
13757	Salt, pepper	0.00
13757	CORNMEAL CRUST -----	0.00 -----
13757	FILLING -----	0.00 -----
13758	Water	1.00 c
13758	Butter	0.50 c
13758	Salt	0.25 ts
13758	Sifted flour	1.00 c
13758	Eggs, room temp	4.00
13759	Butter	1.00 tb
13759	Cocoa	2.00 tb
13759	Milk	2.00 tb
13759	Egg yolk	1.00
13759	Few drops vanilla	0.00
13759	Confectioners sugar	0.50 c
13760	Tomato, green	0.25 ea
13760	Lima beans	3.00 c
13760	Bell pepper, green	5.00 ea
13760	Cauliflower, large	1.00 ea
13760	Cider vinegar	3.00 qt
13760	Celery seed	2.00 T
13760	Mustard, dry	0.50 lb
13760	String beans	0.25 ea
13760	Corn	3.00 c
13760	Onion	1.00 qt
13760	Sugar	2.00 c

Sheet1

13760	Salt	0.50 c
13760	Mustard seed	2.00 T
13760	Turmeric	1.00 T
13761	Butterscotch Morsels	12.00 oz
13761	Chow Mein Noodles	3.00 oz
13761	Salted Peanuts	2.00 c
13762	Lean ground beef	1.50 lb
13762	Onion chopped	1.00 ea
13762	Celery chopped	4.00 ea
13762	C. of mushroom soup	1.00 cn
13762	C. of celery soup	1.00 cn
13762	Chicken gumbo	1.00 cn
13762	Instant rice (any kind) no	1.12 c
13762	Hot water	3.00 c
13762	Chow Mein Noodles	1.00 ea
13762	Soy sauce optional	1.00 ea
13763	Chopped cabbage	4.00 c
13763	Chopped cauliflower	3.00 c
13763	Chopped onions	2.00 c
13763	Chopped green tomatoes	2.00 c
13763	Chopped green bell peppers	2.00 c
13763	Salt	3.00 tb
13763	Vinegar	2.50 c
13763	Sugar	1.50 c
13763	Dry mustard	2.00 ts
13763	Ground turmeric	1.00 ts
13763	Ground ginger	0.50 ts
13763	Celery seeds	2.00 ts
13763	Mustard seeds	1.00 ts
13764	Whole caraway seeds	1.00 tb
13764	--OR-- Cumin seeds	0.00
13764	Dry red wine	2.00 ts
13764	Red or yellow onion	1.00
13764	- thinly sliced	0.00
13764	Salt; more to taste	0.25 ts
13764	Red cabbage; thinly sliced	1.00 sm
13764	Currants (or raisins)	0.50 c
13764	Vinegar (or more to taste)	2.00 tb
13764	-(red wine, cider or rice)	0.00
13764	Water or apple juice	0.67 c
13765	Bottle (32 oz.) of the	1.00
13765	Cheapest ketchup that's on	0.00
13765	Sale.	0.00
13765	Garlic, minced	2.00 cl
13765	Celery, minced	2.00 tb
13765	Bell pepper, minced	2.00 tb
13765	Onion, minced	4.00 tb
13765	Hot pepper sauce	0.50 ts
13765	"liquid smoke"	0.50 ts

Sheet1

13766	Beets, diced canned	32.00 oz
13766	Water	3.00 c
13766	Celery stalk	1.00
13766	Carrot, quartered	1.00
13766	Bay leaf	1.00
13766	Garlic clove, peeled	1.00
13766	Peppercorns, whole	0.25 ts
13766	Salt	0.25 ts
13766	Lemon juice	1.00 tb
13766	Sugar	1.00 ts
13766	Dairy sour cream or dill	0.00
13766	-sprigs	0.00
13767	Butter	6.00 tb
13767	Sugar	0.25 c
13767	Eggs	2.00
13767	Sifted all-purpose flour	2.25 c
13767	Baking powder	2.50 ts
13767	Salt	0.25 ts
13767	Milk	0.50 c
13767	Cranberries	2.00 c
13767	Chopped pecans	0.50 c
13768	Marshmallows	0.50 lb
13768	Figs; small package	1.00 pk
13768	Dates; stoned	0.50 lb
13768	Almonds; blanched	0.50 lb
13768	Pecans; or walnuts	0.50 c
13768	Cocoanut; shredded	1.00 c
13768	Maraschino cherries; small	1.00
13768	-bottle	0.00
13769	LIVE OIL	0.50 c
13769	SUGAR	1.00 ts
13769	ETCHUP	0.50 c
13769	CHIL POWDER	1.00 ts
13769	VINEGAR	0.25 c
13769	HEAVY DASH TOBASCO SAUCE	1.00
13769	SWEET RELISH	2.00 ts
13770	Cornflakes	2.00 c
13770	Egg	1.00
13770	Barbecue sauce	0.50 c
13770	Salt	1.50 ts
13770	Black pepper	0.50 ts
13770	Ground beef	1.00 lb
13771	Beef cubes.(5 cups)	2.50 lb
13771	All-purpose flour	2.00 T
13771	Paprika	1.00 T
13771	Chili powder	1.00 t
13771	Salt	2.00 t
13771	Lard	3.00 T
13771	Sliced onions	2.00 x

Sheet1

13771	Clove garlic, minced	1.00 x
13771	Can tomatoes	28.00 oz
13771	Chili powder	3.00 T
13771	Cinnamon	1.00 T
13771	Ground cloves	1.00 t
13771	Dry chrushed red peppers	0.50 t
13771	Chopped potatoes	2.00 c
13771	Chopped carrots	2.00 c
13772	Cucumbers	1.00 qt
13772	Brown sugar	1.50 c
13772	Stick cinnamon	0.50 tb
13772	Celery seed	0.50 tb
13772	Vinegar	1.00 c
13772	Water	1.00 c
13772	Whole allspice	0.50 tb
13772	Mustard seed	0.50 tb
13773	Pie apples, sliced (15 oz)	2.00 cn
13773	Applesauce (15 oz)	2.00 cn
13773	Brown sugar	1.00 c
13773	Cinnamon stick	1.00
13773	Nutmeg	1.00 ts
13773	Clove	1.00 ts
13773	Allspice	1.00 ts
13774	Rontini,uncooked	1.00 lb
13774	Frozen corn,cooked/drained	1.00 c
13774	Red bell pepper,med,chopped	1.00
13774	Sliced fresh mushrooms	1.00 c
13774	Sliced stuffed olives	0.50 c
13774	Sliced celery	0.50 c
13774	Chopped onion	0.25 c
13774	Julienne strips Cheddar	1.00 c
13774	Italian salad dressing	0.75 c
13774	Mayonnaise	0.50 c
13774	Black pepper	0.12 ts
13774	Chunk chicken,drained/flaked	2.00 cn
13775	Can tomato juice	46.00 oz
13775	Clove garlic, pressed	1.00
13775	Sugar, heaping	1.00 tb
13775	Salt	1.00 ts
13775	Seasoned salt	1.00 ts
13775	Olive oil	0.25 c
13775	Lemon juice	3.00 tb
13775	Worcestershire sauce	1.50 ts
13775	Liquid hot sauce	0.50 ts
13775	Cucumber, peeled and diced	1.00
13775	Green pepper, diced	1.00
13775	Carrots, diced	2.00
13775	Celery stalks, diced	3.00
13775	To 4 green onions, diced	3.00

Sheet1

13775	Tomatoes, diced	3.00
13776	Rolled oats	8.00 c
13776	Nuts (more if desired,	1.00 c
13776	-- up to double this amount)	0.00
13776	Sunflower seeds	0.50 c
13776	Whole millet	0.50 c
13776	-OR- whole buckwheat groats	0.00
13776	Whole wheat flour (or more)	3.00 c
13776	-OR- part cornmeal,	0.00
13776	- rice flour,	0.00
13776	- or other whole-grain flour	0.00
13776	Salt (or more, as desired)	1.00 ts
13776	Honey (or more,	0.50 c
13776	-- up to double this amount)	0.00
13776	-Hot water, or up to:	1.00 c
13776	-Hot water *	2.00 c
13776	Vanilla	1.00 ts
13777	Green and/or yellow beans	2.00 lb
13777	Julienne strips of red	2.00 c
13777	-peppers (sweet)	0.00
13777	Onions, coarsely chopped	1.50 c
13777	Tumeric	1.00 ts
13777	Dry mustard	0.33 c
13777	All purpose flour	0.33 c
13777	Salt	1.50 ts
13777	Brown sugar, firmly packed	1.33 c
13777	Cold water	1.00 c
13777	White or cider vinegar	2.00 c
13777	Celery seeds	1.00 tb
13777	Mustard seeds	1.50 ts
13778	Unsalted butter	2.00 tb
13778	Onion, peeled and diced	1.00 md
13778	Carrots, peeled and diced	2.00 md
13778	Chicken stock	8.00 c
13778	Unsalted crunchy peanut	1.00 c
13778	-butter	0.00
13778	Tomato, quartered	1.00 sm
13778	Potatoes, peeled and cubed	4.00 sm
13778	Green pepper, roasted,	1.00 sm
13778	-cored, seeded, peeled, and	0.00
13778	-diced	0.00
13778	Minced fresh parsley	3.00 tb
13778	Zucchini, trimmed and diced	1.00 lg
13778	Button mushrooms, stems	1.00 c
13778	-drimmed, caps diced	0.00
13778	Firm white fish such as	1.00 lb
13778	-halibut or snapper, bones	0.00
13778	-removed,	0.00
13778	Cut into bite-sized pieces	0.00



## Sheet1

13778	Fresh peas	1.00 c
13778	Freshly squeezed lemon juice	3.00 tb
13779	Sliced leeks	1.00 c
13779	Reduced-calorie margarine	2.00 ts
13779	Low-sodium chicken broth	2.00 c
13779	Cubed pared potatoes	6.00 oz
13779	Salt	0.25 ts
13779	Black pepper	0.12 ts
13779	Drained canned corn	1.00 c
13779	Chopped fresh dill	2.00 tb
13779	Grated Parmesan cheese	2.00 ts
13779	Drops liquid red pepper	3.00
13779	-sauce	0.00
13780	Leaks	2.00
13780	Parsley, finely chopped	2.00 tb
13780	Potatoes, 1/2" pieces	2.00
13780	Can cream style corn	16.00 oz
13780	Butter	2.00 ts
13780	Pepper	0.25 ts
13780	Chicken breasts, 1/2" pieces	1.00 lb
13781	Water	1.50 c
13781	Green onions	4.00
13781	Asparagus spears	3.00
13781	Zucchini; quartered lengthw	1.00 md
13781	-ise	0.00
13781	Broccoli stalk; peeled & qu	1.00
13781	-artered lengthwise	0.00
13781	Milk; approximate	1.00 c
13781	Butter; (1/2 stick)	0.25 c
13781	Onion; finely chopped	1.00 md
13781	Celery stalk; finely choppe	1.00
13781	-d	0.00
13781	Flour; all purpose	2.00 tb
13781	Salt and freshly ground pepp	0.00
13781	-er	0.00
13781	Cilantro sprigs; optional	0.00
13782	Oil	2.00 tb
13782	Garlic cloves	2.00
13782	Chopped onions	1.00 c
13782	Celery stalks	2.00
13782	-cut into 1/2 pieces	0.00
13782	Carrots; cut into discs	2.00
13782	Parsnips; cut into discs	2.00 md
13782	Potato; cubed	1.00 lg
13782	-Tomato juice, plus:	3.00 c
13782	-Water	5.00 c
13782	Chopped parsley	0.50 c
13782	Marjoram or oregano	1.00 ts
13782	Salt and pepper; to taste	0.00

Sheet1

13782	Chickpeas; drained	1.00 cn
13782	Shredded cabbage (optional)	2.00 c
13783	Sharon Stevens	0.00
13783	Firm ripe pears	6.00
13783	Chutney	1.00 c
13783	Apple juice	0.50 c
13783	Butter	2.00 tb
13783	Lemon juice or white vinegar	0.00
13784	Cubed cooked chicken	4.00 c
13784	Chopped celery	1.00 c
13784	Chopped green onion	0.25 c
13784	Apples, cubed	2.00
13784	Raisins	0.25 c
13784	White wine or orange juice	0.25 c
13784	Curry powder	2.00 ts
13784	Light mayonnaise	0.75 c
13784	Light sour cream	0.25 c
13784	Chutney	2.00 tb
13784	Slivered preserved ginger	2.00 tb
13785	Chunky-style peanut butter	0.75 c
13785	Cream cheese (3oz)	1.00 pk
13785	Seasoned salt	0.12 ts
13785	Dry red wine	0.25 c
13785	Worcestershire	0.25 ts
13785	Major Grey's chutney,	1.50 c
13785	-finely chopped	0.00
13785	Toasted rye bread slices,	0.00
13785	-crusts removed	0.00
13786	Sweet Butter	0.25 lb
13786	Chopped Chutney	1.50 tb
13787	Cider	1.50 c
13787	Sugar	0.00
13787	Gelatin	1.00 tb
13787	Cold water	0.25 c
13787	Few grains salt	0.00
13788	Gelatin	4.00 ts
13788	Cider	1.00 c
13788	Boiling water	0.50 c
13788	Cold water	0.25 c
13788	Lemon juice	2.00 tb
13788	Canned seedless grapes	0.50 c
13788	Sugar	0.00
13789	Cider	2.00 c
13789	Orange juice	1.00 c
13789	Water	0.75 c
13789	Lemon juice	0.25 c
13789	Sugar	0.00
13790	Fresh Cilantro; Firm Packed	1.50 c
13790	Parsley; Firmly Packed	0.50 c

Sheet1

13790	Parmesan Cheese	0.50 c
13790	Vegetable Oil	0.50 c
13790	Salt	0.25 t
13790	Cloves Garlic	3.00 ea
13790	Pine Nuts; 1 oz	0.25 c
13791	Whole White Or Black	1.00 ts
13791	Peppercorns	0.00
13791	Coarsely Chopped Fresh	2.00 tb
13791	Cilantro Roots Or Leaves	0.00
13791	And Stems	0.00
13791	Coarsely Chopped Garlic	2.00 tb
13792	Yellow cornmeal	1.50 c
13792	Salt	1.00 ts
13792	Cold water	4.00 c
13792	Butter/margarine	2.00 tb
13792	Shredded sharp Cheddar	1.00 c
13792	-Cheese	0.00
13792	Double-Header Chili (recipe	5.00 c
13792	-follows), heated	0.00
13792	Toppings:	0.00
13792	(8 oz) container sour cream	1.00
13792	Shredded Romaine or iceberg	2.00 c
13792	-lettuce	0.00
13792	Shredded sharp Cheddar	1.00 c
13792	-Cheese	0.00
13792	Plum tomatoes, diced	2.00
13792	Green onions, sliced	2.00
13792	Ripe avocado, diced	0.50
13792	Pitted sliced ripe olives	0.50 c
13793	Unflavored gelatin	1.00 ts
13793	Unsweetened apple juice	1.67 c
13793	Lemon juice	2.00 ts
13793	Cinnamon stick 1" long	1.00
13793	Each yellow & red food col.	1.00 dr
13793	Artificial sweetener equiv.*	4.00 ts
13794	Baking Apples 1-1/4 pounds	4.00
13794	Sugar	0.25 c
13794	Raisins	2.00 tb
13794	Butter	2.00 tb
13794	All Purpose Flour	2.00 tb
13794	Ground Nutmeg	0.12 ts
13794	Ground Cinnamon	0.50 ts
13795	Milk, scalded	1.00 c
13795	Currants	2.00 T
13795	Brown sugar	1.00 x
13795	Yeast	0.50 c
13795	Water, warm	0.25 c
13795	Salt	0.50 t
13795	Raisins, chopped	0.50 c

Sheet1

13795	Cinnamon	0.50 t
13795	Citron, finely chopped	2.00 T
13795	*dissolved in:	1.00 x
13795	Flour	3.00 c
13795	Butter	3.00 T
13796	Butter	0.50 c
13796	Sugar	1.00 c
13796	Eggs, Separated	2.00
13796	Milk	0.50 c
13796	Cake Flour	1.50 c
13796	Baking Powder	1.50 ts
13796	Salt	0.25 ts
13796	Cinnamon	2.00 ts
13797	Brown sugar	1.00 c
13797	Butter or butter substitute	2.00 tb
13797	Corn sirup	0.50 c
13797	Cinnamon	1.00 tb
13797	Water	0.50 c
13798	Butter	3.00 tb
13798	Flour	4.00 tb
13798	Milk	1.50 c
13798	Egg yolks	6.00
13798	Egg whites	8.00
13798	Salt	1.00 pn
13798	Cream of tartar	0.12 ts
13798	Sugar	0.50 c
13798	Pitted black cherries, fresh	1.00 c
13798	-or canned	0.00
13798	Cherry liqueur (opt)	2.00 tb
13799	Water	1.00 c
13799	Stick oleo (margarine)	1.00
13799	Cocoa	4.00 tb
13799	Crisco	0.25 c
13799	Bring to a rapid boil.	0.00
13799	Sugar	2.00 c
13799	Flour	2.00 c
13799	Mix. Pour cocoa mixture into	0.00
13799	-flour and sugar. Add:	0.00
13799	Buttermilk	0.50 c
13799	Soda	1.00 ts
13799	Cinnamon	1.00 ts
13799	Vanilla	1.00 ts
13799	Eggs	2.00
13800	Equal, sugar substitute	0.33 c
13800	Ground cinnamon.	1.00 ts
13801	Red apples	12.00
13801	White corn syrup	1.00 c
13801	Sugar	1.00 c
13801	To 6 drops cinnamon oil	4.00

## Sheet1

13801	Red food coloring, enough to	0.00
13801	-make a nice red	0.00
13802	Chicken Wings *	2.50 lb
13802	Cloves Garlic, Chopped	4.00
13802	Olive Oil	0.25 c
13802	Soy Sauce	2.00 tb
13802	Rice Vinegar	0.25 c
13802	Mild Honey	0.25 c
13802	Ground Cinnamon	1.50 ts
13802	Thyme	1.00 ts
13802	Ground Ginger	0.50 ts
13802	Dry Mustard	0.50 ts
13803	All-purpose flour	2.00 c
13803	Baking powder	1.00 tb
13803	Salt	1.00 ts
13803	Vegetable shortening	0.33 c
13803	Milk	0.75 c
13803	Melted butter	3.00 tb
13803	Firmly packed dark brown sug	0.50 c
13803	Cinnamon	0.75 ts
13803	Chopped pecans	0.50 c
13804	Ripe peaches	2.00 lb
13804	Whole cloves	3.00
13804	Allspice berries	3.00
13804	Cardamom pods	3.00
13804	Freshly squeezed orange	2.00 c
13804	-juice	0.00
13804	Fresh lime juice, or to	3.00 tb
13804	-taste	0.00
13804	To 4 tb honey or brown sugar	3.00 tb
13804	-(or to taste)	0.00
13804	Ground cinnamon	1.00 ts
13804	Ground ginger	1.00 ts
13804	Nonfat yogurt	1.00 c
13804	Diced candied ginger	1.00 tb
13804	Sprigs of fresh mint,	0.00
13804	-for garnish	0.00
13805	Pecans	3.50 c
13805	Cinnamon	3.00 ts
13805	Salt	1.00 ds
13805	Water	0.50 c
13805	Sugar	1.00 c
13806	All purp. flour, sifted	8.00 c
13806	Sugar	0.75 c
13806	Cakes comp. yeast	2.00
13806	Butter	1.50 c
13806	Water 85 degrees	1.50 c
13806	Eggs	3.00
13806	Raisins	0.50 lb

## Sheet1

13806	Salt	0.75 ts
13806	Blanched ch. almonds (opt)	0.50 lb
13806	Cinnamon	1.00 ts
13807	Butter	1.00 c
13807	White sugar	0.33 c
13807	Vanilla	1.00 t
13807	Flour	2.00 c
13808	Chopped nuts	0.50 c
13808	Packed brown sugar	0.33 c
13808	Flour	0.25 c
13808	Cinnamon	0.50 ts
13808	Margarine, softened	0.25 c
13808	8 oz pkg. cream cheese,	1.00
13808	-softened	0.00
13808	Sugar	1.00 c
13808	Margarine, softened	0.50 c
13808	Eggs	2.00
13808	Vanilla	1.00 ts
13808	Flour	1.75 c
13808	Baking powder	1.00 ts
13808	Salt	0.25 ts
13808	Milk	0.25 c
13808	Powdered sugar	2.00 c
13808	Vanilla	0.50 ts
13809	Sifted all purpose flour	5.00 c
13809	Sugar	2.00 c
13809	Salt	0.00
13809	Butter OR oil	3.00 tb
13809	Active dry yeast (use 2	1.00
13809	Packages if time is short)	0.00
13809	Warm water (105 - 1150F)	1.00 c
13809	Egg, slightly beaten	1.00
13809	Melted butter	0.50 c
13809	Ground cinnamon	2.00 ts
13809	Anise extract OR	1.00 ts
13809	Aniseeds	0.25 c
13810	Bread, cinnamon swirl, cut	8.00 ea
13810	Into cubes (slices)	1.00 x
13810	Gelatine, unflavored (envel)	1.00 ea
13810	Milk, skim, cold	0.25 c
13810	Milk, skim, heated to boil	0.50 c
13810	Cheese, cottage	8.00 oz
13810	Egg substitute	0.50 c
13810	Sugar, brown	0.50 c
13811	Blueberries	2.00 c
13811	Sugar	1.00 c
13811	Stick cinnamon	1.00
13811	Whole cloves	12.00
13812	Unbleached or bread flour	5.50 c

Sheet1

13812	Active dry yeast; bulk	2.00 t
13812	Water	0.75 c
13812	Vegetable oil	0.25 c
13812	Egg; lg	1.00 ea
13812	Sugar	1.00 c
13812	Butter or margarine; melted	2.00 t
13812	Active dry yeast; or	2.00 pk
13812	Milk	1.00 c
13812	Sugar	0.25 c
13812	Salt	2.00 t
13812	Raisins	1.00 c
13812	Cinnamon; ground,or to taste	1.00 t
13813	Packed Brown Sugar	1.50 c
13813	Shortening	0.50 c
13813	Margarine or Butter Softened	0.50 c
13813	Large Eggs	3.00 ea
13813	Unbleached All-purpose Flour	3.00 c
13813	Ground Cinnamon	2.00 t
13813	Baking Soda	1.00 t
13813	Salt	1.00 t
13813	Ground Cloves	1.00 t
13813	Raisins	1.00 c
13813	Chopped Nuts	1.00 c
13814	Chinese-Style Red Or Black	8.00
13814	-Tea Bags Or:	0.00
13814	Regular Black Tea	0.25 c
13814	Boiling Water	4.00 c
13814	Ground Cinnamon	0.00
13814	Sweetened Condensed Milk	0.50 c
13815	To 4 lb. chicken	3.50
13815	White pepper	0.50 ts
13815	Grated carrots	2.00 md
13815	Water	3.00 c
13815	Green pepper cut in strips	1.00
13815	Fresh chopped dill	0.50 c
13815	Red pepper, diced	1.00
13815	Chopped parsley	0.50 c
13815	Chopped scallions	8.00
13815	Egg vermicelli	4.00 oz
13815	Chopped tomatoes	2.00 md
13815	Egg yolks	2.00
13815	Cut green beans	0.25 lb
13815	Sour cream	0.67 c
13815	Chicken stock	2.00 c
13815	Lemon, squeezed	0.25
13815	Salt	1.00 ts
13815	Shredded cheddar cheese	4.00 oz
13816	Boneless chicken meat	2.00 lb
13816	Lean beef	2.00 lb

Sheet1

13816	Lean pork	2.00 lb
13816	Onions, coarsely chopped	4.00 md
13816	Salt pork, thinly sliced	0.25 lb
13816	Potatoes, peeled and cubed	2.00 c
13816	Salt	1.00 ts
13816	Ground black pepper	0.50 ts
13816	Mixed ground cloves, nutmeg,	0.25 ts
13816	-cinnamon, allspice	0.00
13816	Chicken stock (approximate)	2.00 c
13817	Salt pork	0.25 lb
13817	Salmon streak;or fillets	1.00 lb
13817	-skinned & cut into pieces	0.00
13817	Flour;all purpose	2.00 tb
13817	Celery;chopped	0.25 c
13817	Onion;finely chopped	1.00 tb
13817	Potato; medium, peeled &	1.00
13817	-sliced	0.00
13817	-Salt & ground white pepper	0.00
13817	Pastry for double crust 9"	0.00
13817	-pie	0.00
13818	Raisins	0.50 c
13818	Lemon, sliced	0.50
13818	Sugar	2.00 c
13818	Whole cloves	1.00 ts
13818	Stick cinnamon	1.00
13818	Hot water	1.00 c
13819	Frozen orange juice	0.25 c
13819	-concentrate, thawed	0.00
13819	Lemon juice	1.00 tb
13819	Lime juice	1.00 tb
13819	Chicken broth granules	1.00 ts
13819	Minced fresh cilantro	2.00 tb
13819	Chicken breast halves,	6.00
13819	-skinned and boned	0.00
13819	All-purpose flour	0.33 c
13819	Butter	1.50 tb
13820	Onion; Large, Finely Chopped	1.00 ea
13820	Ground Red Chiles	1.00 T
13820	Ground Red Pepper	0.25 t
13820	Ancho Chile; *	1.00 ea
13820	Vegetable Oil	1.00 T
13820	Orange Juice	1.00 c
13820	Lime Juice	0.50 c
13820	Sugar	2.00 T
13820	Lemon Juice	2.00 T
13820	Fresh Cilantro; Snipped	1.00 T
13820	Salt	1.00 t
13821	Blueberries	1.50 c
13821	Plain lowfat yogurt	1.00 c



Sheet1

13821	Orange juice	0.50 c
13821	Light sour cream (25 cal per	2.00 tb
13821	-tablespoon)	0.00
13821	Grated lemon peel	1.00 tb
13821	Cinnamon	0.50 ts
13822	Chicken breast halves	4.00
13822	Teriyaki sauce,low-sodium	0.33 c
13822	Teriyaki sauce,low-sodium	3.00 tb
13822	Peanut oil	2.00 tb
13822	Sesame seeds	0.50 ts
13822	Ginger,ground	0.50 ts
13822	Walnuts,chopped	0.50 c
13822	Rice,long-grain,cooked	1.00 c
13822	Orange,peeled & sectioned	1.00
13822	Lemon,sliced	0.50
13823	*each* orange, lemon, and	1.00
13823	-lime	0.00
13823	Low-fat milk	2.25 c
13823	Sugar	0.50 c
13823	Eggs plus 2 egg whites	2.00
13823	Orange-flavor liqueur	2.00 tb
13823	Miced gingerroot	1.00 ts
13823	Mango, peeled, pitted and	1.00
13823	-cut into chunks	0.00
13824	Water	1.00 c
13824	Sugar	0.25 c
13824	Mixed fresh citrus juice,	0.50 c
13824	-such as tangerine,	0.00
13824	Lime, grapefruit, and orange	0.00
13824	Mixed grated citrus zest	1.00 ts
13825	Lemon juice	0.25 c
13825	Dry sherry	2.00 tb
13825	Olive oil or cooking oil	2.00 tb
13825	Dried oregano, crushed	0.50 ts
13825	Garlic salt	0.25 ts
13825	Tomato, peeled, seeded and	1.00 md
13825	Chopped	0.00
13825	Green onion, sliced	1.00
13825	Sliced pitted ripe olives	0.25 c
13825	Snipped parsley	1.00 tb
13825	Slivered almonds	1.00 tb
13826	Fresh medium mushrooms,	1.00 lb
13826	-stems removed	0.00
13826	Olive oil	1.00 c
13826	Grated zest of 1 medium	0.00
13826	-orange	0.00
13826	Grated zest of 1 medium	0.00
13826	-lemon	0.00
13826	Fresh orange juice	0.50 c

## Sheet1

13826	Fresh lemon juice	0.50 c
13826	Garlic cloves, very finely	2.00 lg
13826	-chopped	0.00
13826	Salt	2.00 ts
13826	Mustard seed	2.00 ts
13826	Finely chopped cilantro	2.00 ts
13826	-leaves	0.00
13826	Cayenne	0.50 ts
13826	Freshly ground black pepper	0.50 ts
13827	Fresh or frozen Scallops	0.50 lb
13827	Finely shredded Orange Peel	1.00 t
13827	Orange juice	0.50 c
13827	Soy Sauce	2.00 T
13827	Grated Gingerroot	1.00 t
13827	Clove garlic, minced	1.00 x
13827	Ground Red Pepper	0.25 t
13827	Fresh or frozen Pea Pods	12.00 x
13827	Orange, cut in 8 wedges	1.00 x
13828	Orange; grated peel only	1.00
13828	Fresh orange juice	4.00 tb
13828	Lemon juice	4.00 ts
13828	Balsamic vinegar	1.00 ts
13828	Salt	0.50 ts
13828	Scallions; white parts only	3.00
13828	- minced	0.00
13828	Fennel seeds	0.25 ts
13828	-crushed in a mortar	0.00
13828	-or under a spoon	0.00
13828	Olive oil	5.00 tb
13828	Hazelnut oil	1.00 tb
13828	Chives	1.00 tb
13828	- sliced into narrow rounds	0.00
13828	Chervil or fennel leaves	1.00 tb
13828	-(chopped)	0.00
13828	Parsley, finely chopped	1.00 tb
13829	Chipotle Chiles; Dried	2.00
13829	Pork Loin Or Rib Chops; *	6.00
13829	Frozen Orange Juice; Thawed	0.50 c
13829	Vegetable Oil	0.25 c
13829	Lemon Juice	0.25 c
13829	Orange Peel; Grated	2.00 tb
13829	Salt	1.00 ts
13829	Clove Garlic	1.00
13829	Orange; Medium, **	1.00
13830	Text Only	0.00
13831	Butter	0.25 c
13831	Flour	0.25 c
13831	Salt	1.00 ts
13831	Pepper	0.25 ts

Sheet1

13831	Dry mustard	0.50 ts
13831	Cream, light	4.00 c
13831	Shallots	2.00 tb
13831	Avocado, finely chopped	0.25 c
13831	Lemon juice	2.00 ts
13831	Crabmeat, cooked, (fresh	2.00 c
13832	Black olives, drained	1.00 cn
13832	Chopped or minced clams,	1.00 cn
13832	-drained	0.00
13832	Sour cream	1.00 pt
13832	Salt	0.00
13832	Powdered garlic	0.00
13832	Cayenne pepper	0.00
13833	Bacon - slice	1.00
13833	Onion	2.00 tb
13833	Potato - small	1.00
13833	Water	0.50 c
13833	Salt	0.50 ts
13833	Pepper	1.00 ds
13833	Minced Clams	1.00 cn
13833	Milk	1.00 c
13833	Butter	1.00 tb
13834	Live clams	36.00
13834	Butter	3.00 tb
13834	Pork, diced	0.75 lb
13834	Onions, chopped	4.00
13834	Tomatoes, chopped	4.00
13834	Chopped celery	2.50 c
13834	Chopped carrots	1.50 c
13834	Fresh parsley	3.00 ts
13834	Basil	3.00 ts
13834	Thyme	0.50 ts
13834	Bay leaf	1.00
13834	Cloves garlic, diced	3.00
13834	Soy sauce	1.00 tb
13834	Liquid (clam cooking broth	2.50 qt
13834	+ water	0.00
13834	Potatoes, diced	4.00
13835	Clams	24.00
13835	Water	3.00 c
13835	Pork, diced	0.50 lb
13835	Butter	3.00 tb
13835	Onion, sliced	1.00
13835	Potatoes, diced	3.00
13835	Half & half	1.75 c
13835	Soy sauce	1.00 tb
13835	Cloves garlic, crushed	2.00
13835	Basil	1.00 ts
13835	Parsley	1.00 ts

Sheet1

13835	Thyme	1.00 ts
13836	Butter	4.00 tb
13836	Bacon, chopped	4.00 sl
13836	Onion, chopped	1.00 c
13836	Clams, minced, drained of	1.00 c
13836	-liquid	0.00
13836	Potatoes, cooked, peeled and	2.00 c
13836	-diced	0.00
13836	Parsley, chopped	0.25 c
13836	Salt	0.25 ts
13836	Pepper	0.12 ts
13836	Grated Parmesan cheese	4.00 tb
13837	Butter	1.00 c
13838	-ELAINE RADIS BGMB90B	0.00
13838	Dry yeast	2.00 pk
13838	-Warm water	1.75 c
13838	Sugar	0.12 c
13838	Salt	0.75 T
13838	Flour	7.00 c
13838	Eggs	3.00 ea
13838	Oil	0.50 c
13838	Poppy seeds; or	0.00
13838	-Sesame Seeds	0.00
13839	Chicken broth (can	2.00 c
13839	-substitute chicken	0.00
13839	-bouillon)	0.00
13839	14 oz can unsweetened	1.00
13839	-coconut milk (available at	0.00
13839	-Asian markets)	0.00
13839	Of 1/4 inch thick slices of	0.50 c
13839	-fresh lemon grass ( " " )	0.00
13839	Chicken breast	1.00 lg
13839	Or more fresh lime juice	1.00 tb
13839	Jalepeno pepper (minced)	0.50
13840	Meaty chicken breasts or	2.50 lb
13840	-thighs	0.00
13840	Vegetable oil (or more, if	2.00 tb
13840	-needed)	0.00
13840	Butter or margarine	2.00 tb
13840	Salt	0.00
13840	Freshly-ground black pepper	0.00
13840	Onion (or 2 shallots), diced	1.00 sm
13840	Dried thyme, tarragon, or	0.50 ts
13840	-rosemary	0.00
13840	Dry white wine	0.50 c
13840	Heavy cream or half-and-half	0.25 c
13840	-(optional)	0.00
13841	Hershey's Cocoa	0.25 c
13841	Hershey's Cocoa	2.00 tb

Sheet1

13841	Sugar	1.00 c
13841	Evaporated Milk	0.75 c
13841	Butter	0.25 c
13841	Salt	0.12 ts
13841	Vanilla	0.50 ts
13842	Regular or light cream	1.00 pk
13842	-cheese (8 oz)	0.00
13842	Pace Thick & Chunky Salsa	0.00
13842	Chopped fresh cilantro (opt)	0.00
13843	Catsup	0.50 c
13843	Ground cumin	1.00 ts
13843	Balsamic vinegar or red	1.00 ts
13843	White vinegar	0.00
13843	Salt	2.00 ts
13843	Chili powder	2.00 ts
13843	Russet potatoes, peeled,	3.00 lg
13843	Wiped dry, cut into	0.00
13843	Generous 1/4-inch-thick	0.00
13843	Sticks	0.00
13843	Canola oil (For deep frying)	0.00
13844	Pace Picante Sauce	8.00 oz
13844	-OR	0.00
13844	Pace Thick & Chunky Salsa	8.00 oz
13844	Velveeta cheese food, cubed	1.00 lb
13845	SAUCE -----	0.00 -----
13845	Dried porcini mushrooms	0.50 oz
13845	Olive oil	2.00 tb
13845	Pancetta; chopped	2.00 oz
13845	- (or blanched bacon)	0.00
13845	Chopped onion	3.00 tb
13845	Ground round of beef	0.50 lb
13845	Salt	0.00
13845	Freshly ground black pepper	0.00
13845	Chicken livers	2.00 oz
13845	- cleaned and minced	0.00
13845	Tomato paste	2.00 tb
13845	FILLING -----	0.00 -----
13845	Fresh spinach; -=OR=-	1.50 lb
13845	-Frozen Spinach	2.00 pk
13845	Salt	0.00
13845	Ricotta	1.00 c
13845	Egg	1.00
13845	Whole nutmeg	0.00
13845	Freshly made lasagna noodles	1.00 lb
13845	Butter	1.50 tb
13845	Freshly grated parmigiano	1.00 c
13845	SAUCE -----	0.00 -----
13845	FILLING -----	0.00 -----
13846	Bean Thread Noodles	8.00 oz

Sheet1

13846	Vegetable Oil	2.00 tb
13846	Cilantro Pesto (See Recipe)	0.25 c
13846	Fresh Ginger, Finely Chopped	1.00 tb
13846	Shrimp, Peeled & Deveined	1.00 lb
13846	Coarsely Chopped Green Onion	0.33 c
13846	Chicken Stock	0.25 c
13846	Fish Sauce (Nam Pla)	2.00 tb
13846	Oyster Sauce	1.00 tb
13846	Chinese Rice Wine Or:	1.00 tb
13846	Dry Sherry	0.00
13846	Dark Soy Sauce	1.00 ts
13846	Asian Sesame Oil	1.00 ts
13846	Sugar	1.00 ts
13846	Salt	0.25 ts
13846	Handful Of Cilantro Leaves	0.00
13846	CILANTRO PESTO -----	0.00 -----
13846	Whole White Or Black	1.00 ts
13846	Peppercorns	0.00
13846	Coarsely Chopped Fresh	2.00 tb
13846	Cilantro Roots Or Leaves	0.00
13846	And Stems	0.00
13846	Coarsely Chopped Garlic	2.00 tb
13846	CILANTRO PESTO -----	0.00 -----
13847	Jim Vorheis	0.00
13847	1-lb, 14-oz can tomatoes	1.00
13847	Beef bouillon	21.00 oz
13847	Water	2.00 c
13847	Chopped onion	3.00 tb
13847	Bay leaf	1.00
13847	Stalk celery	1.00
13847	Cloves	6.00
13847	Salt and pepper to taste	0.00
13848	Oil,cooking	3.00 T
13848	Onions	2.00
13848	Beef,coarse grind	3.00 lb
13848	Worcestershire sauce	2.00 T
13848	Garlic cloves	3.00
13848	Red chile,hot,ground	4.00 T
13848	Red chile,mild,ground	4.00 T
13848	Cumin	2.00 t
13848	Oregano,dried,pref. Mexican	1.00 t
13848	Salt	2.00 t
13848	Kidney beans	16.00 oz
13848	Chili sauce	15.00 oz
13849	Jim Vorheis	0.00
13849	Black beans	1.00 lb
13849	Water	2.50 qt
13849	Strips bacon, cut in small	5.00
13849	-pieces	0.00

Sheet1

13849	Stalks celery, chopped	2.00
13849	Medium-size onions, chopped	2.00
13849	Flour	2.00 tb
13849	Rind and bone from smoked	0.00
13849	-ham	0.00
13849	OR 2 smoked ham hocks,	0.00
13849	-split	0.00
13849	Beef bones	3.00 lb
13849	Sprigs parsley	3.00
13849	Bay leaves	2.00
13849	Cloves garlic, halved	2.00
13849	Carrots, cut in pieces	2.00
13849	Parsnips, chopped	2.00
13849	Ground pepper	0.25 ts
13849	Salt	2.00 ts
13849	Madeira	0.75 c
13849	Hard cooked eggs	2.00
13849	Lemon slices, sprinkled	0.00
13849	-with parsley	0.00
13850	Spaghetti	16.00 oz
13850	Clove garlic, chopped	1.00
13850	Sliced bacon	1.00 lb
13850	Olive oil	1.00 tb
13850	Eggs	3.00
13850	Parmesan cheese	0.25 c
13850	Romano cheese	0.25 c
13850	Parsley	1.00 tb
13850	Pepper	0.50 ts
13851	Taco shells	12.00
13851	Ground beef	1.00 lb
13851	Chili seasoning mix	1.00 pk
13851	(17 oz) whole kernel	1.00 cn
13851	Sweet corn	0.00
13851	(14 1/2 oz) stewed tomatoes	1.00 cn
13851	(8 oz) tomato sauce	1.00 cn
13851	Instant minced onion	2.00 tb
13851	Sliced celery	1.00 c
13851	Shredded Cheddar cheese	0.00
13851	Shredded lettuce	0.00
13852	Ham *	10.00 lb
13852	Coca-Cola	6.00 c
13852	Brown Sugar, Dark, Packed	1.00 c
13852	Dry Mustard	1.00 tb
13852	Sharp Prepared Mustard	2.00 tb
13852	Bread Crumbs, Fine, Dry	2.00 c
13853	Cut Up Chicken	3.00 lb
13853	Coca Cola	0.75 c
13853	Catsup	1.00 c
13854	Water	2.00 c

Sheet1

13854	Bottles Coca Cola	2.00
13854	Lemon juice	0.50 c
13854	Sugar	0.75 c
13855	Sugar	2.00 c
13855	Unbleached Flour	2.00 c
13855	Regular Margarine Or Butter	0.50 c
13855	Cocoa	3.00 tb
13855	Vegetable Oil	0.50 c
13855	Coca-Cola Classic (Regular)	1.00 c
13855	Buttermilk	0.50 c
13855	Baking Soda	1.00 ts
13855	Eggs, Well Beaten	2.00 lg
13855	Vanilla Extract	1.00 ts
13855	Minature Marshmallows	1.50 c
13856	Butter Or Regular Margarine	0.50 c
13856	Cocoa	3.00 tb
13856	Coca-Cola Classic (Regular)	6.00 tb
13856	Vanilla Extract	1.00 ts
13856	Pecans	1.00 c
13856	Convectioners' Sugar	2.00 c
13857	CAKE -----	0.00 -----
13857	Flour, sifted	2.00 c
13857	Baking soda	1.00 ts
13857	Salt	0.50 ts
13857	Cocoa	2.00 tb
13857	Eggs	3.00
13857	Sugar	1.50 c
13857	Vegetable oil	0.50 c
13857	Coca-Cola	0.75 c
13857	Vanilla	1.50 ts
13857	Raw carrots, grated	2.25 c
13857	Nuts, chopped	1.00 c
13857	Coconut, flaked	1.00 c
13857	COCA -----	0.00 -----
13857	Sugar	0.75 c
13857	Cocoa	2.00 ts
13857	Coca-Cola	6.00 tb
13857	Butter	6.00 tb
13857	Light corn syrup	1.00 tb
13857	Vanilla	0.50 ts
13857	CAKE -----	0.00 -----
13857	COCA -----	0.00 -----
13858	Leeks washed and trimmed	6.00
13858	Cooked chicken breast	2.00 c
13858	Butter	4.00 tb
13858	Chicken broth	2.00 qt
13858	Stalks of celery sliced	4.00
13858	Egg yolk	1.00
13858	Carrots cleaned and sliced	2.00



Sheet1

13858	Salt	1.00 ts
13858	Pepper	1.00 ts
13859	Suckling pig	7.00 lb
13859	Roasting chicken	6.00 lb
13859	Egg yolks	6.00
13859	Powdered saffron	0.25 ts
13859	All-purpose flour	0.50 c
13859	White wine	0.25 c
13859	Fresh parsley leaves, very	1.00 tb
13859	-finely chopped	0.00
13859	Flour	1.00 tb
13860	Rye flakes	3.00 oz
13860	Jumbo oat flakes	3.00 oz
13860	Barley flakes	3.00 oz
13860	Wheat flakes	3.00 oz
13860	Peanut kernals *see note	3.00 oz
13860	Flaked almonds	2.00 oz
13860	Sunflower seeds	2.00 oz
13860	(heaped) coriander seeds	1.00 ts
13860	(heaped) cumin seeds	1.00 ts
13860	Garam marsala	1.00 tb
13860	Tumeric	1.00 ts
13860	Sesame oil	3.00 tb
13860	Peanut oil	3.00 tb
13860	Soy sauce	1.00 tb
13860	Water	5.00 tb
13861	Flour	1.00 c
13861	Egg whites	11.00 ea
13861	Cream tartar	1.00 ts
13861	Sugar	1.50 c
13861	Vanilla	1.00 ts
13862	All-purpose flour	1.67 c
13862	Sugar	1.50 c
13862	Hershey cocoa	0.50 c
13862	Baking soda	1.50 ts
13862	Baking powder	0.50 ts
13862	Salt	1.00 ts
13862	Eggs	2.00
13862	Shortening	0.50 c
13862	Buttermilk or sour milk *	1.33 c
13862	Vanilla	1.00 ts
13862	Chocolate glaze (recipe foll	0.00
13862	-ws)	0.00
13863	Cake flour	1.00 c
13863	Light vegetable oil spray	0.00
13863	Unsweetened Dutch-processed	1.25 c
13863	- cocoa powder	0.00
13863	Natural unswtnd Applesauce	0.33 c
13863	Granulated sugar	1.33 c

Sheet1

13863	Egg whites, at room temp.	8.00
13863	Buttermilk	0.75 c
13863	Vanilla extract	1.50 ts
13863	Whole raspberries (fresh or	1.00 c
13863	- usweetened frozen) &	0.00
13863	- extra berries for garnish	0.00
13863	Confectioner's sugar	0.50 tb
13863	Fresh squeezed lemon juice	0.50 tb
13864	Diet Margarine	1.00 tb
13864	Cocoa	1.00 tb
13864	Water	2.00 tb
13864	Vanilla Extract	0.50 ts
13864	Powdered Sugar	0.50 c
13865	Teasp unsweetened cocoa	1.50
13865	Tablespoon sugar	1.00
13865	Tabsp instant coffee	1.00
13865	Skim milk	1.00 pn
13865	Teaspoon vanilla extract	0.25
13866	Flour	3.00 c
13866	Baking powder	3.00 ts
13866	Salt	0.50 ts
13866	Butter	0.50 c
13866	Egg whites	4.00 ea
13866	Sugar; white	1.50 c
13866	Cocoanut	1.00 c
13866	Water	1.00 c
13866	Lemon flavoring	1.00 ts
13867	Brown sugar	3.00 c
13867	Milk	1.00 c
13867	Butter	1.00 ts
13867	Cocoanut	1.00 c
13868	Egg yolk	3.00 ea
13868	Milk	1.00 qt
13868	Vanilla	1.00 t
13868	Egg white, beaten	3.00 ea
13868	Sugar	2.00 c
13868	Flour	4.00 T
13868	Cocoanut, grated	1.00 ea
13868	*pastry	1.00 x
13869	Ghirardelli Bittersweet	8.00 oz
13869	-Chocolate	0.00
13869	Butter	0.75 c
13869	Eggs, separated	4.00
13869	Sugar, divided	0.75 c
13869	Vanilla	1.00 ts
13869	Unsifted flour	0.25 c
13869	Walnuts, ground	0.67 c
13869	Cream of tartar	1.00 pn
13870	Sugar	0.75 c

Sheet1

13870	Cocomalt	0.75 c
13870	Melted shortening	2.00 tb
13870	Egg, well beaten	1.00
13870	Milk	0.75 c
13870	Cake flour	1.00 c
13870	Baking powder	1.00 ts
13870	Salt	0.12 ts
13871	Milk, scalded	1.75 c
13871	Cocomalt	1.00 c
13871	Sugar	0.25 c
13871	Salt	0.12 ts
13871	Gelatin	1.00 tb
13871	Vanilla	0.50 ts
13871	Whipping cream	2.00 c
13871	Cold water	2.00 tb
13872	(8 1/2-oz) shredded coconut	4.00 c
13872	-(fresh package!)	0.00
13872	Light corn syrup	0.25 c
13872	(11 1/2-oz) milk chocolate	1.00 pk
13872	-pieces	0.00
13872	Vegetable shortening	0.25 c
13872	Whole natural almonds (1-oz)	26.00
13873	Sweetened condensed milk	15.00 oz
13873	Butter, or margarine	0.50 c
13873	Confectioners' sugar	2.00 c
13873	Coconut, grated dried	12.00 oz
13873	Semi-sweet chocolate	24.00 oz
13873	Shortening	4.00 tb
13874	Eggs	2.00
13874	Berry sugar	1.00 tb
13874	Coconut essence	0.50 ts
13874	Canned reduced cream	0.33 c
13874	Skim milk	0.67 c
13874	White bread	1.00 sl
13874	Sultanas (seedless grapes) 1	1.00 tb
13874	-tbs Coconut	0.00
13875	Baking soda	1.00 ts
13875	Buttermilk	1.00 c
13875	Butter,at room temperature	0.25 lb
13875	Sugar	1.33 c
13875	Egg yolks	2.00
13875	Flour,all-purpose	2.00 c
13875	Salt	0.50 ts
13875	Baking powder	2.00 ts
13875	Lemon rind,grated	0.50 ts
13875	Egg whites	2.00
13875	LEMON -----	0.00 -----
13875	Sugar	0.75 c
13875	Cornstarch	2.00 tb

Sheet1

13875	Water,boiling	1.00 c
13875	Lemon juice	0.25 c
13875	Coconut grated	0.50 c
13875	Butter	1.00 tb
13875	COCONUT FROSTING -----	0.00 -----
13875	Egg whites	2.00
13875	Sugar	1.50 c
13875	Water	0.50 c
13875	Light corn syrup	1.00 tb
13875	Coconut,grated	1.50 c
13875	LEMON -----	0.00 -----
13875	COCONUT FROSTING -----	0.00 -----
13876	Coconut *	1.00 lg
13876	Salt	1.00 pn
13876	Milk, Sweet	1.00 pt
13876	Sugar	1.00 c
13876	Flour, Heaping	1.00 tb
13877	Granulated sugar	3.00 c
13877	Milk	1.00 c
13877	Grated coconut	3.00 c
13878	Boneless, skinless chicken	6.00
13878	-breast halves, about 1-1/2	0.00
13878	-pounds	0.00
13878	Tbsp.butter, divided	6.00
13878	Clove garlic, minced	1.00 lg
13878	Each chopped onion, carrot	0.33 c
13878	-and celery	0.00
13878	Cream of coconut	2.00 tb
13878	Lemon juice, divided	4.00 tb
13878	Flaked coconut	0.75 c
13878	Sliced almonds	0.25 c
13878	Chopped fresh parsley	2.00 tb
13879	Vegetable oil	2.00 tb
13879	Onion; chopped	1.00 md
13879	Green pepper; cut in strips	1.00
13879	Garlic clove; minced	1.00
13879	Curry powder	1.50 tb
13879	Chicken breasts, boned	4.00
13879	- skinned & cut in 1" dice	0.00
13879	Potatoes; peeled	4.00 md
13879	- cut in 1" dice	0.00
13879	Coconut milk (about 16 oz)	1.00 cn
13879	Chicken stock or water	0.00
13880	Freshly grated coconut,	2.50 c
13880	-firmly packed	0.00
13880	Mustard seeds	2.00 tb
13880	Curry powder	0.50 ts
13880	Chick-peas (garbanzo)	0.50 c
13880	Freshly minced ginger root	4.00 ts

Sheet1

13880	Hot green chilies, seeded &	2.00 sm
13880	-diced	0.00
13880	Fresh corriander, minced	0.25 bn
13880	Salt	0.75 ts
13880	Vegetable oil	2.00 tb
13881	Milk	1.00 qt
13881	Sugar	1.00 c
13881	Eggs, separated	4.00
13881	Minute tapioca	3.00 tb
13881	Salt	0.25 ts
13881	Shredded coconut	0.50 c
13882	Eggs	5.00
13882	Coconut cream (the thick,	1.00 c
13882	-top part of a can of canned	0.00
13882	Coconut milk)	0.00
13882	Sugar	1.00 c
13883	Sugar	2.00 c
13883	Light corn syrup	1.00 tb
13883	Evaporated milk	0.75 c
13883	Pitted dates	6.75 oz
13883	Butter	2.00 tb
13883	Chopped nuts	1.00 c
13883	Vanilla extract	0.50 ts
13883	Salt	0.12 ts
13883	Flaked coconut, toasted	1.50 c
13884	Desiccated or freshly grated	1.00 c
13884	-coconut	0.00
13884	Fish roe, chopped	1.00 oz
13884	Turmeric	0.25 ts
13884	Ground chilli	2.00 ts
13884	Lemon, juice only	1.00
13884	Hot water to moisten coconut	2.00 oz
13884	Onion, grated	1.00
13884	One-inch piece ginger,	1.00
13884	-scraped and grated	0.00
13884	Salt, to taste	0.00
13885	Egg whites	2.00
13885	Sugar	1.50 c
13885	Water	0.50 c
13885	Light corn syrup	1.00 tb
13885	Coconut,grated	1.50 c
13886	Sweetened condensed milk	0.50 cn
13886	Coconut	2.00 c
13886	Icing sugar	2.00 c
13886	Vanilla essence	1.00 ts
13886	Or 5 drops of red colouring	4.00
13887	Grated fresh coconut *	5.00 c
13887	Milk	3.00 c
13887	Sugar	1.00 c

## Sheet1

13887	Egg yolks	5.00
13888	Coconut, grated	1.00 lg
13888	To 2 1/2 cups boiling water	2.00 c
13889	All-purpose flour	1.25 c
13889	Sugar	0.75 c
13889	Baking powder	1.50 ts
13889	Salt	0.50 ts
13889	Butter or margarine, at room	0.25 c
13889	-emperature	0.00
13889	Milk	0.50 c
13889	Vanilla	0.50 ts
13889	Egg	1.00
13889	Coconut flakes	2.67 c
13889	Raspberry jam or preserves	0.67 c
13889	Cool whip whipped topping	3.50 c
13890	Sugar	3.00 c
13890	Sweetened condensed milk	0.25 c
13890	Water	0.50 c
13890	Coconut	2.00 c
13890	Vanilla	1.50 ts
13890	Chopped nuts	0.50 c
13890	Butter or butter substitute	1.00 tb
13890	Cocoa	3.00 tb
13891	Dried peach puree	1.50 c
13891	Egg whites, stiffly beaten	2.00
13891	Powdered sugar	0.75 c
13891	Gelatin	2.00 ts
13891	Cold water	2.00 tb
13891	Few grains salt	0.00
13891	Toasted coconut	0.75 c
13891	Lemon juice	3.00 tb
13892	Instant mashed potato	2.00 tb
13892	Water	6.00 tb
13892	Milk	2.00 tb
13892	Salt	0.12 ts
13892	Butter	1.00 ts
13892	Almond extract	0.50 ts
13892	Confectioners' sugar, sifted	1.00 lb
13892	Flaked coconut	1.00 cn
13893	Cake flour	3.00 c
13893	Baking powder	1.00 ts
13893	Crisco	1.00 c
13893	Butter	0.50 c
13893	Sugar	2.50 c
13893	Eggs	5.00
13893	Milk	1.00 c
13893	Coconut flavoring	1.50 tb
13893	Butter flavoring	1.00 tb
13893	Salt	0.25 ts

Sheet1

13893	Coconut (optional)	1.00 c
13894	Fresh coconut	0.25
13894	Terasi	1.00 sl
13894	Clove garlic	1.00
13894	Cabe rawit *	3.00
13894	Salt	0.00
13894	Piece of gula Jawa or:	1.00 sm
13894	Brown sugar	2.00 ts
13894	Tamarind water or:	1.00 tb
13894	Kaffir lime, juice only or:	1.00
13894	Lime, juice only	1.00
13895	Ghee	3.00 tb
13895	Cumin seeds	1.00 ts
13895	Turmeric	1.00 pn
13895	Cloves	2.00 ea
13895	Black peppercorns	4.00 ea
13895	Black or brown cardamom pods	2.00 ea
13895	Dried coconut	2.00 c
13895	Brown rice	2.00 c
13895	Water	3.75 c
13895	Salt	1.50 ts
13895	Chopped almonds	1.00 tb
13896	Dried rice noodles	0.33 lb
13896	Sesame oil	2.00 ts
13896	Firm tofu	0.50 lb
13896	Vegetable stock	1.25 c
13896	Creamed coconut	2.67 oz
13896	Soy sauce	2.00 tb
13896	Onion	1.00 sm
13896	Red chillies	2.00 lg
13896	Garlic cloves	3.00
13896	Beansprouts	3.50 oz
13896	Spring onions	4.00
13896	Fresh coriander	2.00 tb
13896	Seasoning	0.00
13897	Sugar	2.00 c
13897	Thin cream	0.50 c
13897	Chopped nuts	0.50 c
13897	Butter or butter substitute	2.00 tb
13897	Chopped raisins	0.50 c
13897	Toasted coconut	2.00 tb
13897	Salt	0.50 ts
13897	Vanilla	1.00 ts
13897	Corn-starch	2.00 tb
13898	Flaked coconut	2.00 c
13898	Ice cream (any flavor)	0.50 ga
13899	Melted butter	2.00 tb
13899	Flour	3.00 tb
13899	Sugar	4.00 tb

Sheet1

13899	Milk, scalded	0.75 c
13899	Egg yolks, well beaten	3.00
13899	Egg whites, stiffly beaten	4.00
13899	Coconut	1.50 c
13899	Vanilla	1.00 ts
13899	Salt	0.12 ts
13900	Bananas, peeled	3.00 lg
13900	Diet margarine	2.00 tb
13900	Lemon juice	1.00 tb
13900	Shredded coconut	4.00 tb
13901	Water	0.50 c
13901	Corn syrup	1.00 c
13901	Sugar	2.00 c
13901	Spanish peanuts (raw)	2.00 lb
13901	Salt	1.00 ts
13901	Soda	1.00 ts
13901	Coconut	0.50 lb
13902	Neufchatel cheese,softened	3.00 oz
13902	Low-fat cottage cheese	16.00 oz
13902	Part-skim ricotta cheese	15.00 oz
13902	Low-fat plain yogurt	16.00 oz
13902	Sugar	0.50 c
13902	Grated orange rind	1.00 tb
13902	Vanilla	1.00 ts
13902	Sliced strawberries (opt)	0.00
13902	STRAWBERRY SAUCE -----	0.00 -----
13902	Strawberries,frozen	1.00 pk
13902	Almond extract	0.25 ts
13902	STRAWBERRY SAUCE -----	0.00 -----
13903	Curd or cottage cheese	8.00 oz
13903	-OR- Cream cheese	0.00
13903	Double (heavy) cream	10.00 fl
13903	Caster (superfine) sugar	2.00 tb
13903	Egg whites	2.00
13903	Single (light) cream	5.00 fl
13903	Raspberries	8.00 oz
13903	RASPBERRY COULIS -----	0.00 -----
13903	Fresh raspberries	10.00 oz
13903	Caster (superfine) sugar	0.50 c
13903	Lemon juice	2.00 tb
13903	RASPBERRY COULIS -----	0.00 -----
13904	Chocolate Wafer Crumbs	1.50 c
13904	Unsalted Butter, Melted	0.25 c
13904	Coffee Ice Cream	1.50 pt
13904	Heavy Cream, Well Chilled	1.50 c
13904	Vanilla	1.00 ts
13904	Amaretti, Crushed	1.50 c
13904	Almonds, Sliced And Toasted	0.50 c
13904	Dark Chocolate Sauce *	0.00



Sheet1

13905	Butter	0.33 c
13905	Lemon juice	2.00 tb
13905	Powdered sugar	3.00 c
13905	Cold coffee	2.00 tb
13905	Few grains salt	0.00
13906	All-purpose flour	1.50 c
13906	Sugar	1.00 c
13906	Double acting baking powder	3.00 ts
13906	Salt	0.25 ts
13906	Sour cream	1.00 c
13906	Vanilla extract	0.50 ts
13906	Eggs	2.00
13906	STREUSEL TOPPING -----	0.00 -----
13906	Flour	2.00 tb
13906	Unsalted butter	2.00 tb
13906	Sugar	2.00 tb
13906	Brown sugar	3.00 tb
13906	STREUSEL TOPPING -----	0.00 -----
13907	Cake flour	2.25 c
13907	Baking powder	1.00 tb
13907	Salt	1.00 ts
13907	Granulated sugar	1.00 c
13907	Vegetable oil	0.50 c
13907	Egg yolks	6.00
13907	Strong black coffee (at room	0.75 c
13907	-temperature)	0.00
13907	Vanilla	1.00 ts
13907	Egg whites	6.00
13907	Cream of tartar	0.25 ts
13907	Granulated sugar	0.50 c
13907	Coffee Glaze (follows)	0.00
13907	Or	0.00
13907	Coffee Whipped Cream	0.00
13907	-(follows)	0.00
13907	Sift together flour, baking	0.00
13907	-powder, salt and 1 cup	0.00
13907	-sugar. Add oil,egg	0.00
13907	Yolks, coffee, and vanilla.	0.00
13907	-Beat with electric mixer,	0.00
13907	-until smooth,about	0.00
13908	CAKE -----	0.00 -----
13908	Flour	2.00 c
13908	Baking Powder	1.00 ts
13908	Baking Soda	0.50 ts
13908	Salt	0.25 ts
13908	Unsalted Butter, Softened	0.75 c
13908	Sugar	1.00 c
13908	Large Eggs	2.00
13908	Vanilla	2.00 ts

Sheet1

13908	Sour Cream	1.00 c
13908	Instant Espresso *	2.00 tb
13908	GLAZE -----	0.00 -----
13908	Strong Brewed Coffee	3.00 tb
13908	Instant Espresso Powder	1.50 ts
13908	Confectioner's Sugar	0.75 c
13908	CAKE -----	0.00 -----
13908	GLAZE -----	0.00 -----
13909	Marshmallows, quartered, or 2	16.00
13909	-cups miniature	0.00
13909	Marshmallows	0.00
13909	Hot coffee	0.50 c
13909	Heavy cream	1.00 c
13909	Vanilla	1.00 ts
13910	Frozen pound cake; thaw	1.00 lb
13910	Coffee ice cream; soft	2.00 pt
13910	Hot fudge topping	1.33 c
13910	Heath bars; crushed	3.00
13910	Heavy cream; whipped	1.00 c
13911	Sifted powdered sugar	0.75 c
13911	Unsalted butter	1.50 tb
13911	Cognac	1.00 tb
13911	Whipping cream	1.00 ts
13912	Butter	3.00 tb
13912	Flour	4.00 tb
13912	Milk	1.50 c
13912	Egg yolks	6.00
13912	Egg whites	8.00
13912	Salt	1.00 pn
13912	Cream of tartar	0.12 ts
13912	Sugar	0.50 c
13912	Cointreau	3.00 tb
13912	Rind of 1 orange cut into	0.00
13912	-finest possible pieces	0.00
13912	Confectioners' or superfine	0.00
13912	-sugar	0.00
13912	Grated orange rind	0.00
13913	Flour	2.00 c
13913	Sugar	2.00 c
13913	Marshmallows	1.50 c
13913	Shortening	0.50 c
13913	Margarine	0.50 c
13913	Cocoa	3.00 tb
13913	Coca-Cola	1.00 c
13913	Buttermilk	0.50 c
13913	Baking Soda	1.00 ts
13913	Eggs, Beaten	2.00
13913	Margarine	0.50 c
13913	Cocoa	3.00 tb

Sheet1

13913	Coca-Cola	6.00 tb
13913	Powdered Sugar	1.00 lb
13913	Pecans, Chopped	1.00 c
13914	Frying chicken, cut up	4.00 lb
13914	Cola beverage	1.00 c
13914	Catsup	1.00 c
13915	Salt	1.00 ts
13915	Garlic Powder	0.50 ts
13915	Vegetable Oil	3.00 tb
13915	Cola Flavored	12.00 oz
13915	Carbonated Beverage	0.00
13915	Pepper	0.50 ts
13915	Bottom Round Roast	4.00 lb
13915	Chili Sauce	12.00 oz
13915	Hot Pepper Sauce	2.00 tb
13915	Worcestershire Sauce	2.00 tb
13916	Coarsely chopped sweet	0.33 c
13916	-onion, such as Vidalia	0.00
13916	Cold chicken broth, all fat	2.50 c
13916	-removed	0.00
13916	Thoroughly ripe avocados	3.00
13916	Buttermilk	1.50 c
13916	Drop almond extract	1.00
13916	-(optional)	0.00
13916	Of sugar (optional)	1.00 pn
13916	Salt to taste	0.00
13916	Jalapeno peppers, seeds and	2.00
13916	-veins removed, diced	0.00
13916	To 5 tablespoons minced	3.00
13916	-cilantro	0.00
13917	Ripe Avocado	1.00 lg
13917	Chilled Half And Half Or	0.50 c
13917	-Whipping Cream	0.00
13917	Chilled Regular-Strength	1.50 c
13917	-Chicken Broth	0.00
13917	Lemon Juice	1.00 tb
13918	Shrimps; cooked & chopped	1.50 lb
13918	Cucumber, med; finely diced	0.50
13918	Dill, fresh; minced	1.00 tb
13918	Mustard, prepared	1.00 tb
13918	Salt	1.00 ts
13918	Sugar	1.00 ts
13918	Buttermilk	1.00 qt
13919	Carrots, peeled and sliced	6.00
13919	Canned chicken broth	1.00 c
13919	Whipping cream	1.00 c
13919	Ground nutmeg	0.25 ts
13920	Poached skinless, boneless	1.00 lb
13920	-chicken breasts	0.00

Sheet1

13920	Thinly sliced celery	1.00 c
13920	Diced red bell peppers	1.00 c
13920	Chopped scallions	0.50 c
13920	Granted lime peel	1.00 ts
13920	Fresh lime juice	0.25 c
13920	Crushed dried red peppers	0.25 ts
13920	Ground cumin	0.50 ts
13920	Extra-virgin olive oil	0.50 c
13920	One-third cup chopped dry	0.00
13920	-roasted, unsalted peanuts	0.00
13920	Romaine lettuce leaves,	8.00 lg
13920	-rinsed and drained	0.00
13921	Jim Vorheis	0.00
13921	Green onions, sliced	1.00 bn
13921	Butter	2.00 tb
13921	Diced cucumbers	4.00 c
13921	Chicken broth	3.00 c
13921	Chopped, fresh spinach	1.00 c
13921	Sliced, peeled potatoes	0.50 c
13921	Salt	0.50 ts
13921	Lemon juice	1.00 tb
13921	Freshly ground pepper to	0.00
13921	-taste	0.00
13921	Light cream	1.00 c
13921	Radishes	0.00
13921	Green onions	0.00
13922	Eggplant, peeled & cut into	1.25 lb
13922	-1/2" cubes	0.00
13922	Chopped onion	0.50 c
13922	Stick butter	0.50
13922	Curry powder	1.00 tb
13922	Chicken stock	4.00 c
13922	Heavy cream	0.75 c
13923	Eggplants, sliced to rounds	3.00 lg
13923	Chopped parsley	1.00 c
13923	Large onions, sliced thinly	2.00 ea
13923	Tomatoes, sliced	6.00 lg
13923	Garlic cloves, minced	2.00 lg
13923	Celery hearts, chopped	2.00 ea
13923	Currants	2.00 ts
13923	Basil	1.00 ts
13923	Peppercorns, crushed	1.00 ts
13923	Capers, chopped	1.00 ts
13923	Black pepper	0.00
13923	Olive oil	1.00 c
13923	Lemon wedges	0.00
13924	Envelope unflavored gelatin	1.00
13924	Cold water	0.25 c
13924	Egg yolks	4.00

Sheet1

13924	Fresh lemon or lime juice	0.50 c
13924	Sugar	0.25 c
13924	Grated lime or lemon zest	1.00 ts
13924	Recipe Italian Meringue (see	1.00
13924	-previous recipes)	0.00
13924	Whipping cream	1.00 c
13925	Coarsely chopped cantaloupe	3.00 c
13925	Coarsely chopped honeydew	3.00 c
13925	Fresh orange juice	2.00 c
13925	Honey	3.00 tb
13925	Dry champagne	2.00 c
13925	Whipping cream	1.00 c
13925	Fresh mint leaves (garnish)	0.00
13926		2.00
13926	- cooked until tender	0.00
13926	- and drained	0.00
13926	Frozen tiny peas	10.00 oz
13926	- quickly cooked & drained	0.00
13926	Pitted black olives	8.00 oz
13926	- thinly sliced	0.00
13926	Red bell peppers	2.00 lg
13926	- seeds & membranes removed	0.00
13926	- finely chopped	0.00
13926	Med-small shrimp; peeled,	0.75 lb
13926	- deveined and cooked,	0.00
13926	- cut into thirds	0.00
13926	- (remove a few whole	0.00
13926	- for garnish)	0.00
13926	Red onion	1.00 md
13926	- peeled and finely chopped	0.00
13926	Minced flat-leaf parsley	0.50 c
13926	Extra virgin olive oil	0.75 c
13926	Red wine vinegar	5.00 tb
13926	Garlic clove	0.50
13926	- peeled and minced	0.00
13926	Salt	0.00
13926	Freshly ground black pepper	0.00
13926	Cherry tomatoes; for garnish	0.00
13926	Olive slices; for garnish	0.00
13927	Sliced peeled peach or 1	1.00
13927	-nectarine, sliced	0.00
13927	Sliced strawberries	1.00 c
13927	(8-oz) carton peach or	1.00
13927	-strawberry yogurt	0.00
13927	To 2 tblsp. sugar	1.00
13927	Lemon juice	2.00 tb
13928		0.25
13928	Whole wheat udon	0.50
13928	-OR WW/brown rice udon	0.00

Sheet1

13928	Toasted Sesame oil	1.00
13928	-(Oriental type)	0.00
13928	Sesame tahini	3.00 tb
13928	Garlic clove; roasted,	1.00 lg
13928	- peeled -=OR=-	0.00
13928	-Raw garlic clove,	1.00 sm
13928	- peeled and minced	0.00
13928	Tamari soy sauce	2.00 tb
13928	Ground Szechuan peppercorns	0.25 ts
13928	-(Or more, to taste) -=OR=-	0.00
13928	Freshly ground black pepper	0.12 ts
13928	Brown rice vinegar	2.00 ts
13928	Maple syrup	0.50 ts
13928	-Pasta cooking water, approx	0.25 c
13928	Cayenne pepper; -=OR=-	1.00 pn
13928	-Hot pepper sesame oil	3.00 dr
13928	-(To taste)	0.00
13928	GARNISHES -----	0.00 -----
13928	Cucumber; peeled, seeded,	1.00 lg
13928	- and diced	0.00
13928	Scallion; (green part only)	1.00
13928	- thinly sliced	0.00
13928	Sesame seasoning salt	0.00
13928	-(gomasio)	0.00
13928	GARNISHES -----	0.00 -----
13929	Chinese egg noodles	1.00 lb
13929	Peanut oil	2.00 tb
13929	Finely chopped scallions	2.00 tb
13929	Finely chopped garlic	1.00 tb
13929	Yellow bean sauce	1.00 tb
13929	Chili bean sauce	2.00 ts
13929	Finely chopped ginger	2.00 ts
13929	Rice wine or dry sherry	1.00 tb
13929	Dark soy sauce	2.00 tb
13929	Sesame oil	2.00 tb
13929	GARNISH -----	0.00 -----
13929	Fresh corinader leaves	0.00
13929	GARNISH -----	0.00 -----
13930	Cucumbers	3.00 md
13930	Yogurt	6.00 c
13930	White vinegar	2.00 tb
13930	Olive oil	1.00 tb
13930	Garlic cloves; minced	3.00
13930	Finely chopped mint	1.00 tb
13930	Finely chopped dill	1.50 ts
13930	Salt	0.00
13931	Pkg (18.5 oz) yellow	1.00
13931	Cake mix **	0.00
13931	Baking soda	0.12 ts

Sheet1

13931	Eggs	2.00
13931	COCA-COLA	0.75 c
13931	Bananas, ripe and mashed	1.00 c
13931	Lemon juice	2.00 ts
13931	Nuts, finely chopped (opt)	0.33 c
13931	SEA FOAM FROSTING -----	0.00 -----
13931	Egg whites	2.00
13931	(firmly packed) light	1.50 c
13931	Brown sugar	0.00
13931	Cream of tartar *	0.12 ts
13931	COCA-COLA	0.33 c
13931	Vanilla extract	1.00 ts
13931	Dash salt	0.00
13931	SEA FOAM FROSTING -----	0.00 -----
13932	To 6 apples, sliced	5.00
13932	Sifted flour	1.00 c
13932	Sugar	1.00 c
13932	Baking powder	1.00 ts
13932	Salt	0.75 ts
13932	Egg, unbeaten	1.00
13932	Melted butter	0.33 c
13932	Sugar	0.50 c
13932	Cinnamon	0.50 ts
13933	Breadcrumbs	2.00 c
13933	Onion	1.00
13933	Salt	1.00 ts
13933	Pepper	0.50 ts
13933	Parsley	1.00 tb
13933	Sage	1.00 ts
13933	Thyme	1.00 ts
13933	Butter	2.00 tb
13933	Egg	1.00
13933	Leg of Mutton	0.00
13934	(1 jar) poppy seeds	2.00 oz
13934	Milk	0.75 c
13934	Soft butter (1 1/2 sticks)	0.75 c
13934	Eggs	3.00
13934	Sugar	1.25 c
13934	Vanilla	1.00 ts
13934	Baking powder	2.00 ts
13934	Sifted all-purpose flour	2.00 c
13934	10X sugar	0.00
13935	Sifted all purpose flour	1.50 c
13935	Baking powder	2.00 ts
13935	Salt	1.00 ts
13935	Nutmeg	0.50 ts
13935	Cinnamon	0.50 ts
13935	Allspice	0.25 ts
13935	Mace	0.50 ts

Sheet1

13935	Clove	0.25 ts
13935	Butter	1.00 c
13935	Sugar	0.50 c
13935	Honey	0.50 c
13935	Eggs, well beaten	6.00
13935	Vanilla	1.00 ts
13935	Orange juice	0.50 c
13935	Deluxe fruit mix	2.00 lb
13935	(1/2 cup) citron peel, diced	0.25 lb
13935	(1 cup) glace cherries,	0.50 lb
13935	-halved	0.00
13935	Raisins (1-1/2 cups)	0.50 lb
13935	Blanched almonds (1-1/2	0.50 lb
13935	-cups)	0.00
13935	Cut into strips and toasted	0.00
13935	Flour for dredging fruit	0.50 c
13936	BANANA CAKE -----	0.00 -----
13936	Yellow Cake Mix (18.5 Oz) *	1.00 pk
13936	Baking Soda	0.12 ts
13936	Eggs	2.00
13936	Coca-Cola	0.75 c
13936	Mashed Ripe Bananas	1.00 c
13936	Lemon Juice	2.00 ts
13936	Finely Chopped Nuts	0.33 c
13936	SEA FOAM FROSTING -----	0.00 -----
13936	Egg Whites	2.00 lg
13936	Light Brown Sugar, Packed	1.50 c
13936	Cream Of Tartar **	0.12 ts
13936	Coca-Cola	0.33 c
13936	Vanilla Extract	1.00 ts
13936	Salt	1.00 ds
13936	BANANA CAKE -----	0.00 -----
13936	SEA FOAM FROSTING -----	0.00 -----
13937	Crushed sugar cubes or pearl	1.00 c
13937	-sugar	0.00
13937	Sliced almonds	1.00 c
13937	Water	0.00
13937	Almond Icing (optional)	0.00
13937	DANISH PASTRY	0.00
13937	All-purpose flour	3.25 c
13937	Cold unsalted butter, cut in	1.25 c
13937	-1/4-inch slices	0.00
13937	Warm water	0.25 c
13937	Active dry yeast	2.00 pk
13937	Evaporated milk, room	0.50 c
13937	-temperature	0.00
13937	Sugar	0.25 c
13937	Eggs, room temperature	2.00
13937	Salt	1.00 ts



Sheet1

13937	Ground cardamom, optional	0.50 ts
13938	Whole large skinless	4.00
13938	-boneless chicken breasts	0.00
13938	Celery stalks	2.00 lg
13938	Light mayonnaise or light	1.00 c
13938	-whipped salad dressing	0.00
13938	Milk	0.50 c
13938	Curry powder	2.00 tb
13938	Dried cherries*, dried	0.75 c
13938	-cranberries*, or raisins	0.00
13938	Cider vinegar	0.00
13938	Medium-sized avocados	3.00
13939	Pan juices from baked ham	0.00
13939	Beef broth	0.50 c
13939	Brown sugar	2.00 tb
13939	Currant jelly	2.00 tb
13939	Sherry	1.00 tb
13939	Cornstarch	1.00 tb
13939	Dijon mustard	1.00 ts
13939	Currants or raisins	0.25 c
13940	Loin of pork (4 lb)	1.00
13940	Salt	0.00
13940	Pepper	0.00
13940	Salt pork cubes	0.00
13940	APRICOT GLAZE -----	0.00 -----
13940	Apricot juice,from can (1lb)	1.00
13940	Brown sugar	0.25 c
13940	Cornstarch	1.50 ts
13940	BAKED APRICOTS -----	0.00 -----
13940	Apricots (1 lb)*	1.00 cn
13940	Butter slivers	0.00
13940	Sugar	0.00
13940	APRICOT GLAZE -----	0.00 -----
13940	BAKED APRICOTS -----	0.00 -----
13941	Peaches, ripe	6.00
13941	Lemon	1.00
13941	Water	0.50 c
13941	Granulated Sugar	0.50 c
13941	Mint Leaves	10.00
13941	Raspberries, fresh	0.50 pt
13942	Flour (More If Necessary)	3.50 c
13942	Sugar	0.25 c
13942	Salt	1.00 ts
13942	Dry Yeast	1.00 pk
13942	Butter Or Margarine Softened	0.00
13942	Very Warm Water	0.67 c
13942	Eggs, Room Temperature	2.00
13942	Honey	0.50 c
13942	Chopped Almonds	0.75 c

Sheet1

13943	Recipe pie crust	1.00
13943	-(your choice),	0.00
13943	- enough for	0.00
13943	-9" crusts)	2.00
13943	Concord grapes; washed	3.00 lb
13943	Sugar	0.75 c
13943	Lemon; zest and juice	1.00
13943	Flour	3.00 tb
13943	Egg yolk (optional)	1.00
13944	Sifted all--purpose flour	2.00 c
13944	Salt, 1/4 tsp baking powder,	0.50 ts
13944	-1 cup sugar, 1/2 cup (1	0.00
13944	-stick) butter,	0.00
13944	Concord Grapes, 3 tbsps	4.00 c
13944	-lemon juice, 2 egg yolks, 1	0.00
13944	-cup commercial	0.00
13945	Oil	3.00 tb
13945	Ground Beef	1.00 lb
13945	Heinz Brown Gravy	24.00 oz
13945	Onion Soup Mix	1.00 pk
13945	Red Kidney Beans	30.00 oz
13945	Chili Powder	1.00 tb
13945	Cumin	1.00 tb
13945	Italian Dressing	1.00 c
13945	V-8 Juice	12.00 oz
13945	Sugar	4.00 ts
13946	Onion soup mix	1.00 pk
13946	Water, hot	1.00 c
13946	Ground beef	0.50 lb
13946	Shortening	2.00 tb
13946	Chili powder	1.00 ts
13946	Catsup	0.75 c
13947	Ground beef	2.00 lb
13947	Onions; finely chopped	1.00 c
13947	Chili powder	1.50 tb
13947	Cayenne	0.12 ts
13947	Garlic powder	0.12 ts
13947	Tomato puree	16.00 oz
13947	Water	1.00 c
13947	Salt	1.00 tb
13948	Crab meat	1.00 lb
13948	- picked over to remove	0.00
13948	- shells and cartilage	0.00
13948	Mayonnaise	0.50 c
13948	Finely chopped radishes	0.50 c
13948	Finely chopped fresh parsley	2.00 tb
13948	Finely chopped onion	2.00 tb
13948	-or scallions	0.00
13948	Drained capers	2.00 tb

## Sheet1

13948	- (finely chopped)	0.00
13948	Lemon juice	1.00 tb
13948	Salt	0.50 ts
13948	Freshly ground black pepper	0.12 ts
13949	Beef shank	2.00 lb
13949	Veal shank	2.00 lb
13949	Bay leaf	1.00
13949	Chopped parsley	1.00 tb
13949	Salt and pepper	0.00
13949	Chicken stock	1.00 qt
13949	Butter or butter substitute	2.00 tb
13949	Cold water	3.00 qt
13949	Clove	1.00
13949	Diced carrot	0.25 c
13949	Diced celery	0.25 c
13949	Minced onion	2.00 tb
13950	Jim Vorheis	0.00
13950	Consomme	10.50 oz
13950	Water	1.00 cn
13950	Bottle clam juice	8.00 oz
13950	Lemon juice	2.00 ts
13950	Whipping cream	0.50 c
13950	Salt	0.50 ts
13951	To 8 chicken breasts, boned	6.00
13951	-1/4 cup sour cream	0.00
13951	To 8 slices bacon mixed with	6.00
13951	-1/4 cup flour	0.00
13952	Butter or margarine	1.00 tb
13952	Small onions,quartered	6.00
13952	Sliced cooked ham(4 1/2oz)	1.00 pk
13952	Sliced mushrooms,drained	2.50 oz
13952	Flour	2.00 tb
13952	Clove garlic,crushed	1.00
13952	Sugar	0.50 ts
13952	Salt	0.25 ts
13952	Ground thyme	0.12 ts
13952	Ground marjoram	0.12 ts
13952	Ground pepper	1.00 ds
13952	Dry red wine	1.00 c
13952	Water	0.50 c
13952	Instant beef bouillon	1.00 ts
13952	Hard-cooked eggs	4.00
13952	Sliced buttered toast	4.00
13953	Chopped onion	1.00
13953	Minced garlic	0.50 ts
13953	Olive oil	0.25 c
13953	Oregano	1.00 ts
13953	Bay leaves, crumbled	2.00
13953	Lean ground beef	2.00 lb

Sheet1

13953	Chili powder	0.25 c
13953	Can tomatoes (do not drain)	28.00 oz
13953	Cans of kidney beans	20.00 oz
13953	Salt	2.00 ts
13953	Of vinegar	3.00 tb
13953	Crushed red chili peppers	0.25 ts
13954	Whole frying chicken with	1.00
13954	-giblets	0.00
13954	Pieces of oatmeal bread	4.00
13954	Or 5 scallions	4.00
13954	Or so button mushroom (or	0.50 lb
13954	-shiitakes or any other kind	0.00
13954	-for	0.00
13954	That matter)	0.00
13954	Parsley	1.00 bn
13954	Eggs, beaten	2.00
13954	Salt	0.00
13954	Or so of soft butter	0.50 lb
13955	Whole cranberries	1.00 lb
13955	Whole orange	1.00
13955	Water	0.50 c
13955	Granulated sugar	1.00 c
13956	Sugar	5.00 c
13956	Coffee Rich or Half & Half	1.00 c
13956	Cream (no sub!)	1.00 c
13956	Margarine or butter	4.00 tb
13956	Cream of Tartar	0.50 t
13957	Strawberries	3.00 qt
13957	Lemon juice	0.25 c
13957	Powdered pectin	2.00 oz
13957	Sugar	8.50 c
13957	Butter	0.25 ts
13958	Unbleached Flour	6.00 c
13958	Brown Sugar, Firmly Packed	1.50 c
13958	Chopped Nuts	1.50 c
13958	Butter or Margarine,Softened	1.00 lb
13959	Sugar	0.25 c
13959	Cornstarch	4.00 tb
13959	Ground cinnamon	0.50 ts
13959	Light corn syrup	0.25 c
13959	Peaches, peeled and sliced	5.00 c
13959	Refrigerator chocolate chip	20.00 oz
13959	-cookie dough, cut into 1/4	0.00
13959	-inch slices	0.00
13959	Preheat oven to 350 degrees.	0.00
13960	Minature marshmallows	4.00 c
13960	Margarine	0.25 c
13960	Peanut Butter	0.50 c
13960	Salt	0.12 ts

## Sheet1

13960	Crisp Rice Cereal	4.00 c
13960	M&M's Plain or Peanut Candy	1.50 c
13961	Cake mix, white	1.00 pk
13961	Water	1.25 c
13961	Oil	0.33 c
13961	Egg white	3.00
13961	Oreos, crushed	1.00 c
13961	Cookies, whole	10.00
13961	Shortening	0.75 c
13961	Vanilla	1.00 ts
13961	Egg white	2.00
13962	Duck	1.00 ea
13963	Beef chuck,hamburger grind	1.00 lb
13963	Bell pepper(s)	1.00
13963	Chiles,green,fresh whole	4.00
13963	Jalapeno pepper,pickled	1.00
13963	Scallions,coarsely chopped	2.00
13963	Tomato sauce(16oz ea)	1.00 cn
13963	Oregano,dried,pref. Mexican	0.50 t
13963	Cumin,ground	0.50 t
13963	Red chile,hot,ground	1.00 t
13963	Chile caribe	1.00 t
13963	Kidney beans(16oz ea)	1.00 cn
13964	Package of jello	1.00 ea
13964	Koolaid (2 quart size)	1.00 ea
13964	Sugar	1.00 c
13964	Hot water (boiled)	2.00 c
13965	Butter	8.00 tb
13965	Oil	4.00 tb
13965	Onions, sliced	2.00 md
13965	Flour	0.75 c
13965	Chicken, cut into serving	6.00 lb
13965	-sized pieces	0.00
13965	Salt pork, diced small	0.25 lb
13965	Mushroom caps	18.00
13965	White onions	18.00 sm
13965	Sugar	2.00 ts
13965	Salt and ground pepper,	0.00
13965	- to taste	0.00
13965	Bay leaf	1.00
13965	Springs fresh thyme	4.00
13965	-OR	0.00
13965	Dried thyme	0.50 ts
13965	Parsley, chopped	2.00 tb
13965	Red Wine (Burgundy or Pinot	0.00
13965	-Noir)	0.00
13966	Slices bacon	6.00
13966	Broiler-fryer chicken,cut up	3.00 lb
13966	Small onions	6.00

Sheet1

13966	Fresh mushrooms,sliced	8.00 oz	
13966	Potatoes,quartered	4.00	
13966	Instant chicken bouillon	1.00 ts	
13966	Boiling water	1.00 c	
13966	Dry red wine	1.00 c	
13966	Clove garlic,crushed	1.00	
13966	Salt	1.00 ts	
13966	Water	3.00 tb	
13966	Flour	2.00 tb	
13966	Snipped parsley	0.00	
13966	BOUQUET GARNI -----	0.00 -----	
13966	Large sprigs parsley	2.00	
13966	Bay leaf	1.00	
13966	Dried thyme leaves	0.50 ts	
13966	Cheesecloth bag	1.00	
13966	BOUQUET GARNI -----	0.00 -----	
13967	Butter	1.00 tb	
13967	Vegie oil	1.00 ts	
13967	Onion; diced	1.00 md	
13967	Shallots; diced	2.00	
13967	Diced cooked ham	0.75 c	
13967	Peeled, cubed raw potatoes	3.00 c	
13967	Bay leaf	1.00	
13967	Chopped fresh parsley	3.00 tb	
13967	Salt	0.00	
13967	Freshly ground pepper	0.00	
13967	Milk	3.00 c	
13967	Fresh corn (cut from 8 cobs)	4.00 c	
13967	-or 4 c frozen corn	0.00	
13967	Flour	2.00 tb	
13967	Chopped fresh basil	0.25 c	
13967	Butter	0.00	
13967	Paprika	0.00	
13968	tb	0.00	1
13968	-	4.00	
13968	Peppercorns	8.00	
13968	Coriander seeds	8.00	
13968	Half and half; -=OR=-	1.00	
13968	- a mixture of cream & milk	0.00	
13968	Cinnamon stick, 2" long	1.00	
13968	Cilantro sprigs; chopped	5.00	
13968	Mint leaves; chopped	5.00	
13968	Basil leaves; chopped	6.00	
13968	-(cinnamon or anise basil,	0.00	
13968	-if possible)	0.00	
13968	Jalapeno pepper	1.00	
13968	- seeded & sliced into 6ths	0.00	
13968	THE VEGETABLES -----	0.00 -----	
13968	Onion; thinly sliced	0.50	

Sheet1

13968	Summer squash	1.25 lb
13968	-(zucchini, patty pan,	0.00
13968	- crookneck or a mixture),	0.00
13968	- cut in pieces about	0.00
13968	- 1/2-inch big	0.00
13968	Ears of yellow corn	3.00
13968	- (kernals cut from cobs)	0.00
13968	Tomato; peeled, seeded and	1.00 lg
13968	- chopped in 1/2-in pieces	0.00
13968	Peanut or safflower oil	1.00 tb
13968	Salt	0.00
13968	Cilantro leaves, chopped	2.00 tb
13968	THE SAUCE -----	0.00 -----
13968	THE VEGETABLES -----	0.00 -----
13969	Corned beef for Oven	0.00
13969	Roasting	0.00
13969	Shredded cabbage	4.00 c
13969	Chopped onion	1.00 c
13969	Hot, seasoned mashed	3.00 c
13969	Potatoes	0.00
13969	Chopped parsley (opt)	0.00
13970	Mushrooms, fresh, sliced	1.00 lb
13970	Celery, chopped	1.00 c
13970	Onion, chopped	0.75 c
13970	Butter or margarine	0.50 c
13970	Chicken bouillon, instant OR	4.00 ts
13970	Bouillon cubes	4.00
13970	Water	1.67 c
13970	Sausage, bulk, browned and	1.00 lb
13970	Drained	0.00
13970	Corn bread stuffing mix pkg	16.00 oz
13970	Poultry seasoning	1.50 ts
13971	Yellow cornmeal	0.75 c
13971	Flour	0.75 c
13971	Corn	0.67 c
13971	Baking powder	1.00 ts
13971	Buttermilk	1.00 c
13971	Maple syrup	1.00 tb
13971	Egg whites	3.00
13972	Flour	0.50 c
13972	Chicken stock	8.00 oz
13972	Creamed corn	1.00 c
13972	Potatoes, small, diced and c	3.00
13972	-ooked until tender	0.00
13972	Milk, whole, heated	0.50 pt
13972	Cream, light, heated	0.50 c
13973	Corn flakes * OR *	4.00 c
13973	Crushed corn flakes	1.00 c
13973	Ground beef	1.25 lb

## Sheet1

13973	Ground pork	0.25 lb
13973	Eggs, slightly beaten	2.00
13973	Milk	1.00 c
13973	Salt	2.00 ts
13973	Pepper	0.12 ts
13973	Worcestershire sauce	1.00 ts
13973	Onion, finely chopped	0.25 c
13973	Raw carrot - grated	1.00 c
13973	Finely cut parsley	0.25 c
13973	Or 3 c seasoned mashed	2.00
13973	-potatoes	0.00
13973	Tomato sauce (8 oz. can)	1.00 c
13974	Melanie Miguel	0.00
13974	Ears sweet corn	3.00
13974	Sugar	1.00 c
13974	Light cream	1.00 c
13974	Vanilla	1.00 ts
13974	Heavy cream	1.00 pt
13975	(5/16-oz) yeast	1.00 pk
13975	Unbleached flour	1.00 c
13975	Bread flour	0.75 c
13975	White or yellow cornmeal	0.50 c
13975	Fresh, chopped herbs*	4.00 tb
13975	Vegetable oil	1.00 tb
13975	Salt	1.00 ts
13975	Sugar	1.00 tb
13975	Water	0.88 c
13976	12-oz. can whole kernel corn	1.00 ea
13976	17-oz. cans cream style corn	2.00 ea
13976	Lightly beaten eggs	5.00 ea
13976	Granulated sugar	0.25 c
13976	Cornstarch	4.00 T
13976	Season-All Seasoned Salt	1.50 t
13976	Dry mustard	0.50 t
13976	Instant minced onion	1.00 t
13976	Milk	0.50 c
13976	Melted butter	0.50 c
13977	Corn; Canned, Drained (1 cn)	16.00 oz
13977	Green Chilies; Canned, Drain	4.00 oz
13977	Jalapeno Chile; *	1.00
13977	Green Bell Pepper; Chopped	0.25 c
13977	Green Onions w/tops; Sliced	0.25 c
13977	White Wine Vinegar	2.00 tb
13977	Vegetable Oil	1.00 tb
13977	Salt	0.25 ts
13978	Corn Flour Tortilla Mix, *	2.00 c
13978	Water; Warm	1.25 c
13979	Pork shoulder butt,smoked	1.50 lb
13979	Cloves,whole	1.00 ts



Sheet1

13979	Brown sugar,light,packed	0.25 c
13979	Orange juice	1.00 tb
13979	Mustard,yellow,prepared	2.00 ts
13979	Pork and beans(16oz)	2.00 cn
13979	Corn,whole kernel,cooked	1.00 c
13979	Onion,minced	0.50 c
13979	Green pepper,cut/1" strips	0.50
13979	Garlic clove,minced	1.00
13980	Milk, scalded	1.00 c
13980	Corn-starch	2.00 tb
13980	Sugar	2.00 tb
13980	Cold water	2.00 tb
13980	Vanilla	0.50 ts
13980	Few grains salt	0.00
13981	PHILLY.INQUIRER -----	0.00 -----
13981	CORNMEAL	1.00 c
13981	SUGAR	2.00 tb
13981	FLOUR	1.00 c
13981	BUTTER	2.00 tb
13981	BAKING POWDER	1.00 tb
13981	MILK	1.00 c
13981	SALT	1.00 ts
13981	MEDIUM EGGS,LIGHTLY BEATEN	2.00
13981	PHILLY.INQUIRER -----	0.00 -----
13982	Cornmeal, yellow	0.25 c
13982	Baking soda	0.25 ts
13982	Baking powder	1.00 ts
13982	Salt	0.50 ts
13982	Flour	1.00 tb
13982	Buttermilk	1.00 c
13982	Egg	1.00 ea
13982	Celery stalks	3.00 ea
13982	Onion, chopped	1.00 ea
13982	White or whole wheat bread	3.00 ea
13982	Eggs, hard boiled	3.00 ea
13982	Eggs, raw	3.00 ea
13983	Cold water	2.00 c
13983	Crumbed cornbread	6.00 c
13983	SI Cubed 1-in bread	6.00
13983	Water	0.25 c
13983	Salt (opt)	0.50 ts
13983	Ground Pepper	0.50 ts
13983	Butter or margarine	0.50 c
13983	Bulk Pork Sausage	0.50 lb
13983	Celery; chopped	2.00 c
13983	Onion; chopped fine	1.00
13984	Self rising cornmeal	1.00 c
13984	Butter or margarine, melted	0.50 c
13984	Eggs, beaten	2.00

Sheet1

13984	Cream-style corn	1.00 c
13984	Sour cream	1.00 c
13984	Grated onion	2.00 tb
13985	Corncobs	12.00 lg
13985	Water	4.00 c
13985	Box Powdered fruit pectin	1.00
13985	Sugar	4.00 c
13985	Yellow fruit coloring	0.00
13986	Cabbage head	1.00 md
13986	White or yellow onion	1.00
13986	Red bell peppers	2.00
13986	Corned beef cut in 4-in	3.00 c
13986	Strips	0.00
13986	Pepper	1.00 ts
13986	Drops Tabasco	4.00
13986	Soy sauce	2.00 ts
13986	Vinegar	2.00 tb
13986	Sugar	1.00 ts
13987	Peanut butter	1.00 c
13987	Honey	0.50 c
13987	Cornflakes	3.50 c
13987	Bowl and a wooden spoon	1.00 lg
13987	Paper plates and a marker	0.00
13987	Sesame seeds or wheat germ	0.00
13987	-or finely ground nuts	0.00
13988	Chocolate semisweet chips	6.00 oz
13988	Peanut butter	2.00 tb
13988	Cornflakes	3.00 c
13989	Brown sugar	1.50 c
13989	Eggs, well beaten	3.00
13989	Corn-starch	2.00 tb
13989	Milk, scalded	3.00 c
13989	Cream	1.00 c
13989	Cornflakes	2.00 c
13989	Juice 4 oranges	0.00
13989	Juice 1 lemon	0.00
13989	Salt	0.12 ts
13990	Sugar	1.50 c
13990	Salt	0.25 ts
13990	Corn syrup	0.75 c
13990	Butter	0.25 c
13990	Water	0.75 c
13990	Vanilla	2.00 ts
13990	Chunky peanut butter	0.50 c
13990	Cornflakes	9.00 c
13991	1# Cornish hens	4.00
13991	Wild rice	0.75 c
13991	Water	2.25 c
13991	Chicken stock base	2.00 ts

Sheet1

13991	Butter	0.50 c
13991	Basil leaves	0.50 ts
13991	Cinnamon	0.25 ts
13991	Parsley flakes	2.00 ts
13991	Bon Appetit	3.50 ts
13991	Instant minced onion	1.00 tb
13991	Pepper	1.00 tb
13991	Salt	0.25 ts
13992	Saffron strands (0.05 g)	3.00 pk
13992	Boiling water	1.00 tb
13992	Sugar	0.33 c
13992	Warm water (110°F./44°C.)	1.00 c
13992	Active dry yeast (1/4 oz)	1.00 pk
13992	Bread flour	5.00 c
13992	Salt	0.25 ts
13992	Lard	0.75 c
13992	Butter	0.50 c
13992	Currants or mixed fruit	1.67 c
13993	All-purpose flour	1.50 c
13993	Yellow cornmeal	0.50 c
13993	Baking powder	2.50 ts
13993	Salt	0.50 ts
13993	Shortening	0.33 c
13993	Milk	0.75 c
13994	MEDIUM LOAF -----	0.00 -----
13994	Water	1.00 c
13994	Vegetable Oil	0.25 c
13994	Egg	1.00
13994	Sugar	2.00 tb
13994	Salt	1.00 ts
13994	Yellow Cornmeal	1.00 c
13994	Bread flour	2.00 c
13994	Yeast	1.50 ts
13994	MEDIUM LOAF -----	0.00 -----
13995	Sliced strawberries	3.00 c
13995	Sugar	2.00 tb
13995	Milk	1.00 c
13995	Large eggs	3.00
13995	All-purpose flour	0.67 c
13995	Yellow cornmeal	0.25 c
13995	Vanilla	1.00 ts
13995	Butter or margarine	2.50 ts
13995	Apricot jam	0.25 c
13995	Vanilla low-fat yogurt*	0.00
13996	Unbleached All-purpose Flour	4.00 c
13996	Sugar	0.75 c
13996	Vegetable Shortening	1.00 c
13996	Salt	1.00 tb
13996	Baking Powder	0.25 c

Sheet1

13996	Cornmeal	4.50 c
13997	Cornmeal	1.00 c
13997	Salt	1.00 t
13997	Water, boiling	2.00 qt
13998	Cornmeal	2.00 c
13998	Baking soda	1.00 ts
13998	Salt	0.50 ts
13998	Buttermilk	1.25 c
13998	Sour cream	8.00 oz
13999	THIN -----	0.00 -----
13999	Cold water	3.00 tb
13999	Cornstarch	1.00 tb
13999	THICK -----	0.00 -----
13999	Cold water	1.00 tb
13999	Cornstarch	1.00 ts
13999	THIN -----	0.00 -----
13999	THICK -----	0.00 -----
14000	Cornstarch	0.75 c
14000	Baking Powder	1.00 ts
14000	Flour	1.25 c
14000	Shortening	6.00 tb
14000	Sugar	1.00 tb
14000	Egg Yolk	1.00
14000	Salt	1.50 ts
14001	Franks, cut into 1-inch	1.00 lb
14001	-pieces	0.00
14001	Chopped green peppers	0.50 c
14001	Chopped onion	0.50 c
14001	Butter or margarine	2.00 tb
14001	Can cream style corn	1.00 oz
14001	Milk	1.00 c
14001	Velveeta processed cheese,	0.75 lb
14001	-cubed	0.00
14001	Pepper	1.00 ds
14002	Sifted flour	2.00 c
14002	Baking powder	1.00 tb
14002	Salt	0.25 ts
14002	Butter	0.50 c
14002	Sugar	0.50 c
14002	Egg; lightly beaten	1.00
14002	Vanilla extract	1.00 ts
14002	Milk	0.75 c
14003	Slices bacon, cut into 1"	2.00
14003	Pieces	0.00
14003	Ground beef	1.00 lb
14003	Chopped onion	0.50 c
14003	(1/2 pkg.) frozen broccoli,	2.00 c
14003	Corn and red bell peppers	0.00
14003	(10 3/4 oz.) condensed	1.00 c

Sheet1

14003	Mushroom soup	0.00
14003	Soup can water	1.00
14003	Garlic powder	0.25 ts
14003	Dry rice	1.50 c
14004	Olive oil	2.00 tb
14004	Chicken breasts,boned,skined	12.00 oz
14004	Italian turkey sausage	4.00 oz
14004	Garlic cloves,finely chopped	2.00
14004	Sweet red pepper,cut into 2"	1.00
14004	Sweet grn pepper,cut into 2"	1.00
14004	Onion,med,thinly sliced	1.00
14004	Mushrooms,sliced	4.00 oz
14004	Italian-style stewed tomatoe	14.50 oz
14005	Whole grain cornflakes,	0.75 c
14005	-crushed	0.00
14005	Paprika	0.50 ts
14005	Poultry seasoning	0.50 ts
14005	Dried whole thyme	0.25 ts
14005	Pepper	0.25 ts
14005	Evaporated skimmed milk	2.00 tb
14005	Skinned, boned chicken	4.00 oz
14005	-breast	0.00
14006	Country ham (12-15 lb)	1.00
14006	- scrubbed,	0.00
14006	- soaked 1 to 2 days,	0.00
14006	- changing water after	0.00
14006	- 4 hours, then daily	0.00
14006	Ginger (size of a quarter)	10.00 sl
14006	Peppercorns	1.00 ts
14006	Apple cider	0.50 ga
14006	Water	1.00 ga
14006	Chunky applesauce	1.00 c
14006	Dijon mustard	3.00 tb
14006	Prepared horseradish	1.00 tb
14006	Dark brown sugar	1.00 c
14006	Bread crumbs	1.00 c
14007	Pork butt	2.00 lb
14007	To 3/4 lb leftover boiled or	0.50 lb
14007	-baked country ham or 3/4	0.00
14007	-lb. raw	0.00
14007	Country ham	0.00
14007	Fat trimmed from ham	0.50 lb
14007	Fresh pork back fat	0.50 lb
14007	Skin from ham	2.00 oz
14007	-(optional)	0.00
14007	Freshly ground black	1.00 ts
14007	-pepper	0.00
14007	Ground cloves	0.25 ts
14007	Ground sage (optional)	0.50 ts

Sheet1

14007	Red pepper flakes	1.00 ts
14007	Ground ginger	0.50 ts
14007	Sugar	1.00 ts
14007	To 1 c water	0.75 c
14008	To 3 T Butter or Margarine	2.00
14008	Sliced Ham, fully cooked	2.00 lb
14008	-(about 1/2 in. thick)	0.00
14008	Potatoes, peeled, quartered	1.50 lb
14008	-and cooked	0.00
14008	Snipped Fresh Parsley	0.00
14009	Vegetable oil	1.00 tb
14009	Boneless beef, cubed	1.00 lb
14009	Salt	0.50 ts
14009	Pepper	0.25 ts
14009	Onion, chopped	1.00 sm
14009	Thyme leaves	0.50 ts
14009	Sage leaves	0.25 ts
14009	Beef broth (12 oz)	3.00 cn
14009	Thick, heavy egg noodles	0.00
14009	VEG-ALL Mixed Vegetables,	1.00 cn
14009	-with liquid (16 oz)	0.00
14009	Soda crackers, crushed	8.00
14010	Salad dressing	0.50 c
14010	Sour cream	0.50 c
14010	Country Dijon mustard	2.00 tb
14010	Honey	2.00 tb
14011	CRUST -----	0.00 -----
14011	Finely ground granola	5.00 c
14011	Soy margarine	0.25 lb
14011	FILLING -----	0.00 -----
14011	Soymilk; -OR-	1.00 c
14011	-Dry Soyagen AND	1.00 c
14011	-Water	1.00 c
14011	Tofu	20.00 oz
14011	Dry fructose	0.50 c
14011	Refined soy oil	0.50 c
14011	Vanilla extract	1.00 tb
14011	Almond extract	1.00 ts
14011	Arrowroot powder	2.00 ts
14011	TOPPING -----	0.00 -----
14011	Apple juice concentrate	0.75 c
14011	Arrowroot powder	3.00 tb
14011	Fresh strawberries	6.00 c
14011	CRUST -----	0.00 -----
14011	FILLING -----	0.00 -----
14011	TOPPING -----	0.00 -----
14012	Flour	0.75 c
14012	Butter	1.00 T
14012	Water, boiling	0.25 c

Sheet1

14012	*pastry	1.00 x
14012	Sugar	0.50 c
14012	Molasses	0.25 c
14012	Baking soda	0.25 t
14013	Eggs, separated	8.00
14013	Water	3.00 tb
14013	Flour	3.00 tb
14013	Salt	0.50 ts
14013	Pepper	0.25 ts
14013	Onion, chopped	0.50 c
14013	Margarine	2.00 tb
14013	1# can corned-beef hash	1.00
14013	Tomato sauce	8.00 oz
14014	Vegetable oil	2.00 tb
14014	Pork chops (3/4")	4.00
14014	Chopped onions	0.50 c
14014	Apple, diced	1.00
14014	VEG-ALL Mixed Vegetables	1.00 cn
14014	-(16 oz)	0.00
14014	Chicken broth (12 oz)	1.00 cn
14014	Sugar	1.00 tb
14014	Quick cooking rice	1.33 c
14015	Sweet red wine	1.00 c
14015	Chili sauce	0.50 c
14015	Vinegar	0.33 c
14015	Honey	0.25 c
14015	Soy sauce	2.00 tb
14015	Worcestershire sauce	1.00 tb
14015	Salt	2.00 ts
14015	Dry mustard	2.00 ts
14015	Horseradish	1.00 ts
14015	Red pepper sauce	1.00 ts
14015	Ground pepper	0.50 ts
14015	Paprika	0.50 ts
14015	Vegetable oil	3.00 tb
14015	Pork country-style ribs	3.00 lb
14016	Pork sausage, bulk	1.00 lb
14016	Rice, regular, long-grain	0.50 c
14016	Celery, chopped	0.75 c
14016	Pepper, green, chopped	0.50 c
14016	Scallions, chopped	1.00 tb
14016	Chicken broth, (College Inn)	13.75 oz
14017	Fresh strawberries	2.00 c
14017	Lemon juice	1.00 tb
14017	Sugar	0.50 c
14017	Cream	2.00 c
14017	Sugar	0.25 c
14017	Egg	1.00
14017	Vanilla	1.00 ts

Sheet1

14018	Broiler-fryer chicken	3.00 lb
14018	Salt	0.50 ts
14018	Ground pepper	0.12 ts
14018	Butter or margarine	2.00 tb
14018	Thin strips salt pork	4.00
14018	Butter or margarine	2.00 tb
14018	Medium carrots,quartered	8.00
14018	Medium turnips,quartered	8.00
14018	Small whole white onions	8.00
14018	Chicken broth(10.5oz)	1.00 cn
14018	Salt	0.50 ts
14018	Ground pepper	0.12 ts
14018	Dry white wine	0.50 c
14018	Cornstarch	4.50 ts
14018	Water	3.00 tb
14019	Sausages,brown & serve,1"	8.00
14019	Butter or margarine	1.00 tb
14019	Sauerkraut,Bavarian(16oz)	1.00 cn
14019	Brown sugar	2.00 tb
14019	Egg,beaten	1.00
14019	Onion,grated	2.00 tb
14019	Potatoes,mashed,prepared	2.50 c
14020	Water	1.00 qt
14020	Onion medium slices	1.00
14020	Cloves whole	6.00
14020	Lemon sliced	0.50
14020	Celery stalk leaves chopped	1.00
14020	Parsley stalks	2.00
14020	Salt	1.50 ts
14020	Peppercorns	6.00
14020	Bayleaf	0.50
14021	Couscous	10.00 oz
14021	Green chillies	6.00
14021	1" piece of ginger	1.00
14021	Salt; to taste	0.00
14021	Vegetable oil	2.00 ts
14021	Mustard seeds	1.00 ts
14021	Urad dahl	0.50 c
14021	Dry red chillies	3.00
14021	Curry leaves (2-3 sprigs)	0.00
14021	Coconut (optional)	2.00 tb
14022	Raw coucous	1.00 c
14022	Eggplants	2.00 md
14022	Olive oil	3.00 tb
14022	Garlic cloves, minced	3.00 ea
14022	Scallions, minced	5.00 bn
14022	Tomatoes, chopped	3.00 md
14022	Wheat germ	4.00 tb
14022	Lemon juice	2.00 tb



Sheet1

14022	Fresh parsley, minced	0.25 c
14022	Ground cumin	1.00 ts
14022	Chili powder	1.00 ts
14022	Turmeric	0.50 ts
14022	Salt & pepper	0.00
14023	Couscous	3.00 c
14023	Olive Oil	0.25 c
14023	Onions Chopped	2.00
14023	Carrots Sliced	3.00 md
14023	Each Ground Cinnamon,	2.00 ts
14023	Ground Cumin,	0.00
14023	Ground Coriander	0.00
14023	Corn Kernels	0.50 c
14023	Zucchini Diced	0.50 lb
14023	Dried Chick Peas Cooked	1.33 c
14023	OR	0.00
14023	(14-Oz) chick peas, drained	2.00 cn
14023	Water	1.00 qt
14023	Tomato Paste	0.25 c
14023	Warm Water	2.50 c
14023	Freshly Ground Black Pepper	0.00
14024	Whipped Topping Mix (Dry) (2	6.00 oz
14024	-Envelopes)	0.00
14024	Milk	1.50 c
14024	Pistachio Instant Pudding (1	3.00 oz
14024	-Package)	0.00
14024	Coconut	0.50 c
14024	Chopped Nuts (Use Pecans If	0.75 c
14024	-That Is What You Used In	0.00
14024	The Cake. Match The Nuts)	0.00
14025	Reduced-calorie margarine	2.00 ts
14025	Chopped onion	0.33 c
14025	Diced celery	0.33 c
14025	Finely chopped carrot	2.00 tb
14025	Garlic clove, minced	1.00
14025	Minced shallots	0.50 ts
14025	All-purpose flour	1.00 tb
14025	Skim milk	2.00 c
14025	Dry sherry	1.00 tb
14025	Bay leaf	0.50
14025	Salt	0.50 ts
14025	Worcestershire sauce	0.50 ts
14025	Grated lemon peel	0.50 ts
14025	Ground white pepper	0.12 ts
14025	Thyme leaves	0.12 ts
14025	Thawed, well drained	3.00 oz
14025	-crabmeat, flaked	0.00
14025	Sliced asparagus spears	0.50 c
14026	Heads butter lettuce; -=OR=-	2.00

Sheet1

14026	-Boston lettuce,	0.00
14026	- washed and dried	0.00
14026	Pink grapefruit	3.00
14026	- peeled and sectioned	0.00
14026	Cooked crab meat	1.00 lb
14026	- picked over to	0.00
14026	- remove bits of cartilage	0.00
14026	GRAPEFRUIT DRESSING -----	0.00 -----
14026	Grated grapefruit peel	2.00 ts
14026	Shallot; minced	1.00
14026	White wine vinegar	1.00 tb
14026	Balsamic vinegar	1.00 tb
14026	Salt	0.50 ts
14026	Olive oil	0.50 c
14026	GRAPEFRUIT DRESSING -----	0.00 -----
14027	Crabmeat, rinsed	1.00 cn
14027	Mayonaise	4.00 tb
14027	Onion-green-chopped	1.00 tb
14027	Parsley-chopped	1.00 tb
14027	SI Pumpernickle bread	2.00
14027	SI Avocado	2.00
14027	SI Colby or american cheese	2.00
14028	Broccoli;bunch, medium	1.00
14028	-cut into small florets	0.00
14028	Crab meat;fresh or frozen	0.50 lb
14028	-trimmed of cartilage	0.00
14028	Eggs	3.00
14028	Whipping cream	0.75 c
14028	Milk	0.75 c
14028	-salt & ground white pepper	0.00
14028	Nutmeg, ground	1.00 pn
14028	LEMON BUTTER SAUCE -----	0.00 -----
14028	White wine	0.50 c
14028	Shallot, dry;finely chopped	1.00
14028	Butter; cut in pieces	1.00 c
14028	Whipping cream	0.25 c
14028	Lemon;juice of	1.00
14028	LEMON BUTTER SAUCE -----	0.00 -----
14029	Oil	2.00 tb
14029	Chopped Garlic Clove	1.00
14029	Cooked Crabmeat	1.00 c
14029	Beaten Eggs	2.00
14029	Cooked Rice	3.00 c
14029	Maggi Seasoning	2.00 tb
14029	Fish Sauce (Nam Pla)	2.00 tb
14029	Sugar	2.00 tb
14029	Chopped Green Onion/Scallion	1.00
14029	SAUCE -----	0.00 -----
14029	Fish Sauce (Nam Pla)	0.25 c

Sheet1

14029	Finely Chopped Green Thai	5.00
14029	- Peppers (Prik Kee Noo)	0.00
14029	GARNISH -----	0.00 -----
14029	Sliced Tomato	1.00
14029	Sliced Cucumber	0.50 c
14029	Cilantro/Coriander Leaves	0.00
14029	Lemons, Cut In Wedges	4.00
14029	SAUCE -----	0.00 -----
14029	GARNISH -----	0.00 -----
14030	Crab Meat	0.50 lb
14030	Jarlsberg Or Swiss Cheese	0.25 lb
14030	Mayonnaise Or Whipped Salad	0.25 c
14030	Dry Mustard	0.25 ts
14030	Melba Toast Rounds	30.00
14030	Sliced Pitted Ripe Olives	0.50 c
14030	Rosemary Or Watercress	0.00
14031	Shallot,finely minced	1.00 tb
14031	Butter	2.00 tb
14031	Flour	1.00 ts
14031	Milk,warm	5.00 c
14031	Worcestershire sauce	0.25 ts
14031	White pepper	0.12 ts
14031	Crab meat,flaked	1.00 lb
14031	Egg yolk,beaten	1.00
14031	Salt	0.00
14031	Sherry,at room temperature	0.50 c
14031	Lightly salted whipped cream	0.00
14031	Paprika	0.00
14032	8-oz cream cheese	1.00 pk
14032	Crabmeat	1.00 cn
14032	Chili sauce	0.50 c
14032	Horseradish	1.00 ts
14032	Worcestershire sauce	1.00 ts
14032	Tobasco sauce	0.25 ts
14032	Chopped chives	1.00 ts
14032	Parsley	0.25 ts
14032	Salt	1.00 ts
14033	Crab-apples	2.00 lb
14033	Sugar	3.00 c
14034	Crab-apples	3.00 lb
14034	Sugar	0.00
14035	Crabmeat(or imitation) chop	4.00 oz
14035	Water Chestnuts, chop finely	0.25 c
14035	Fine dry Bread Crumbs	2.00 T
14035	Mayonnaise or salad dressing	2.00 T
14035	Snipped Parsley	1.00 T
14035	Dijon-style Mustard	0.25 t
14035	Med Chicken Breast halves *	6.00 x
14035	White Wine Worcestershire	2.00 T

Sheet1

14036	Stick of butter	1.00 ea
14036	Bunch of green onions (chop)	1.00 ea
14036	Evaporated milk	1.00 cn
14036	Swiss cheese (five slices)	0.50 lb
14036	Dry white wine	4.00 T
14036	Crab meat	1.00 lb
14037	Cracked wheat	0.50 c
14037	Boiling water	1.50 c
14037	Dry yeast	1.00 pk
14037	Warm water	0.33 c
14037	Shortening	0.25 c
14037	Salt	1.50 ts
14037	Molasses	2.00 tb
14037	Honey	2.00 tb
14037	Warm water	1.00 c
14037	Wholewheat flour	1.00 c
14037	All-purpose flour	4.00 c
14038	Oyster crackers	1.50 lb
14038	Finely chopped onions	0.25 c
14038	Clarified butter (about 1.5	2.00 c
14038	-pounds butter)	0.00
14038	Minced parsley	0.25 c
14038	Dried thyme or herbes de	2.00 ts
14038	-Provence	0.00
14039	Plus-year-old	80.00
14039	Eggs, separated	2.00
14039	Granulated sugar	0.67 c
14039	Milk	1.00 qt
14039	Saltine crackers, coarsely	0.25 c
14039	-broken	0.00
14039	3./4 cup coconut, grated	0.00
14039	-(optional)	0.00
14039	Vanilla	1.00 ts
14039	Sugar	3.00 tb
14040	Sugar	2.00 c
14040	Water	0.50 c
14040	Butter	2.00 tb
14040	Corn syrup; white	3.00 tb
14040	Baking soda	0.75 ts
14041	Cornmeal	2.00 c
14041	All-purpose flour	0.50 c
14041	Baking powder	1.00 tb
14041	Salt	2.00 ts
14041	Egg, beaten	1.00
14041	Milk	2.00 c
14041	Cracklings	1.00 c
14042	Oil,vegetable	1.00 T
14042	Onions	3.00
14042	Pepper	1.00

Sheet1

14042	Beef,coarse grind	1.25 lb
14042	Cloves garlic	2.00
14042	Red chile,hot,ground	2.00 T
14042	Red chile,mild,ground	1.00 T
14042	Cumin	1.00 t
14042	Oregano,dried,pref. Mexican	1.00 t
14042	Bay leaves	1.00
14042	Pepper	0.50 t
14042	Tomatoes	4.00 c
14042	Red wine vinegar	1.00 T
14042	Chile caribe	0.25 t
14043	FOR THE CAKE -----	0.00 -----
14043	Macadamia nuts	1.25 c
14043	Cake flour	0.25 c
14043	Egg yolks	6.00
14043	Sugar	0.75 c
14043	Vanilla	3.00 dr
14043	Kirsch	1.00 ts
14043	Egg whites	7.00
14043	Salt	0.12 ts
14043	Cream of tartar	0.50 ts
14043	FOR THE FILLING -----	0.00 -----
14043	Macadamia nuts	2.00 c
14043	Sugar	0.50 c
14043	-Water	3.00 tb
14043	Corn syrup	2.00 tb
14043	Unsalted butter	1.00 tb
14043	Whipping cream	1.00 tb
14043	FOR THE ICING -----	0.00 -----
14043	Flaked unsweetened coconut	2.00 c
14043	Whipping cream	1.00 c
14043	Sugar; to taste	2.00 tb
14043	Vanilla extract	1.00 ts
14043	FOR THE CAKE -----	0.00 -----
14043	FOR THE FILLING -----	0.00 -----
14043	FOR THE ICING -----	0.00 -----
14044	Unsifted all-purpose flour	2.50 c
14044	Baking soda	1.50 ts
14044	Cinnamon	1.00 ts
14044	Baking powder	0.50 ts
14044	Salt	0.25 ts
14044	Unsweetened applesauce	1.25 c
14044	Light-brown sugar firm pack	1.00 c
14044	Large eggs - whites	2.00
14044	Vegetable oil	0.50 c
14044	Frozen cranberries, halved	1.00 c
14044	Red cooking apple shredded	1.00 c
14044	FROSTING -----	0.00 -----
14044	Butter, softened	2.00 tb

Sheet1

14044	Milk	1.00 tb
14044	Vanilla	0.25 ts
14044	Confectioners sugar	1.25 c
14044	FROSTING -----	0.00 -----
14045	Cooking apples	1.50 lb
14045	Raw sugar	0.25 c
14045	Fresh cranberries	1.50 c
14045	Crumble	0.00
14045	Butter or margarine	0.33 c
14045	Sunflower seeds	0.50 c
14045	Raw cane or demerara sugar	0.25 c
14045	Whole-wheat flour	1.25 c
14045	Oatmeal	1.00 c
14046	Graham cracker crumbs	1.00 c
14046	Quick oatmeal	0.33 c
14046	Brown sugar	0.25 c
14046	Butter	0.33 c
14046	FILLING -----	0.00 -----
14046	Cream cheese	8.00 oz
14046	Sugar	0.25 c
14046	Egg	1.00
14046	TOPPING -----	0.00 -----
14046	Thinly sliced apples	2.00 c
14046	Chopped cranberries	1.00 c
14046	Sugar	1.00 tb
14046	FILLING -----	0.00 -----
14046	TOPPING -----	0.00 -----
14047	Cleaned cranberries, chopped	4.00 c
14047	Apples	1.00 lb
14047	Brown sugar	2.50 c
14047	Water	1.00 c
14047	Cinnamon	0.50 ts
14047	Chopped walnuts	0.50 c
14048	Yeast	2.00 ts
14048	Cranapple sauce	1.33 c
14048	Margarine	2.00 tb
14048	Sugar	1.00 tb
14048	Salt	1.00 ts
14048	Bread flour	3.00 c
14048	Yeast	2.50 ts
14048	CRANAPPLESAUCE -----	0.00 -----
14048	Cranberries	1.25 c
14048	Golden delicious apples*	4.00
14048	Ginger root	1.00 ts
14048	Cinnamom	0.25 ts
14048	Grated zest of lemon	0.50 ts
14048	Sugar +	0.50 c
14048	Water	2.00 tb
14048	CRANAPPLESAUCE -----	0.00 -----

Sheet1

14049	Fresh Cranberries coarsely	5.00 lb
14049	-ground	0.00
14049	Fresh orange juice	1.00 qt
14049	Fresh lemon juice	2.00 tb
14049	Sugar	4.00 lb
14049	Melted butter or marg.	2.00 c
14049	Cinnamon	4.00 ts
14049	Soft bread crumbs	1.00 ga
14049	Water	1.00 c
14049	Light brown sugar	1.00 lb
14049	Allspice	2.00 ts
14050	Margarine	0.25 lb
14050	Sugar	1.00 c
14050	Eggs	2.00 x
14050	Flour	2.00 c
14050	Sour Cream	0.50 pt
14050	Baking Powder	1.00 ts
14050	Baking Soda	1.00 ts
14050	Salt	0.25 ts
14050	Vanilla	1.00 ts
14050	Whole Cranberry Sauce	1.00 cn
14050	Walnuts	0.50 c
14051	Cranberries	1.00 qt
14051	Vinegar	1.50 c
14051	Cloves	1.00 ts
14051	Brown sugar	2.00 c
14051	Water	1.50 c
14051	Allspice	1.00 ts
14051	Mace	0.50 ts
14051	Inch stick cinnamon	1.00
14052	Cherries, canned or fresh	1.00 c
14052	Cranberries	1.50 c
14052	Brown sugar	2.00 c
14052	Raisins	1.50 c
14052	Cinnamon	0.50 ts
14052	Cloves	0.50 ts
14052	Orange	1.00
14052	Lemon	1.00
14052	Vinegar	0.50 c
14052	Stick cinnamon	0.50
14052	Nutmeg	0.50 ts
14053	Cranberries	2.00 qt
14053	Raisins	0.50 lb
14053	Diced orange pulp	1.00 c
14053	Chopped nuts	0.50 c
14053	Sugar	6.00 c
14054	All-purpose flour	3.00 c
14054	Baking powder	1.00 ts
14054	Baking soda	0.25 ts

Sheet1

14054	Salt	0.50 ts
14054	Margarine	0.50 c
14054	Granulated sugar	1.00 c
14054	Brown sugar, firmly packed	1.00 c
14054	Egg	1.00
14054	Milk	0.25 c
14054	Lemon juice	2.00 tb
14054	Cranberries, fresh or frozen	3.00 c
14054	Walnuts, chopped	1.00 c
14055	Butter	0.25 c
14055	Minced onion	0.50 c
14055	Minced celery	0.25 c
14055	Dry mustard	0.50 ts
14055	Salt and pepper to taste	0.00
14055	Whole berry cranberry sauce	0.50 c
14055	Cornbread, corn muffin or -johnnycake crumbs	4.00 c 0.00
14055	Boned and rolled smoked ham	5.00 lb
14055	***NOT A READY TO SERVE	0.00
14055	-HAM**	0.00
14055	GLAZE:	0.00
14055	White corn syrup	0.50 c
14055	Fresh lemon juice	1.00 tb
14055	Whole berry cranberry sauce	1.00 c
14056	Cranberries	1.00 lb
14056	Water	1.00 c
14056	Sugar	1.50 c
14056	Few grains salt	0.00
14056	Evaporated milk	1.00 c
14057	Margarine	0.50 c
14057	Granulated sugar, divided	1.25 c
14057	Vanilla	1.00 ts
14057	Eggs	3.00
14057	All-purpose flour	2.00 c
14057	Baking powder	2.00 ts
14057	Baking soda	0.50 ts
14057	Salt	0.50 ts
14057	Sour cream	1.25 c
14057	Chopped cranberries	2.00 c
14057	Topping:	0.00
14057	Lightly packed brown sugar	0.25 c
14057	All-purpose flour	2.00 tb
14057	Chopped almonds	2.00 tb
14057	Margarine	1.00 tb
14057	Cinnamon	0.50 ts
14058	(20-ounce) can crushed	1.00
14058	-pineapple	0.00
14058	Water	1.00 c
14058	(6-ounce) package strawberry	1.00



Sheet1

14058	-gelatin	0.00
14058	(16-ounce) can whole	1.00
14058	-cranberry sauce	0.00
14058	Fresh Lemon juice	3.00 tb
14058	Fresh grated Lemon peel	1.00 ts
14058	Nutmeg	0.25 ts
14058	Chopped pecans	0.50
14059	Orange	1.00 sm
14059	Cranberries *	3.00 c
14059	Sugar	1.25 c
14060	CRISCO Pastry for double-	1.00 pk
14060	Crust pie (see pkg. recipe)	0.00
14060	Eggs	2.00
14060	Granulated Sugar	0.50 c
14060	Salt	1.00 pn
14060	Corn Syrup	0.67 c
14060	GOLDEN CRISCO SHORTENING	3.00 tb
14060	Vanilla	1.00 ts
14060	Coarsely Chopped Pecans	0.67 c
14060	Chopped Cranberries	0.50 c
14061	Apples	2.00 md
14061	Sugar	3.00 c
14061	Water	0.75 c
14061	Cranberries	4.50 c
14061	Grated lemon peel	1.00 tb
14061	Creme de cassis	0.25 c
14062	Cranberries, cut in half	2.00 c
14062	-lengthwise	0.00
14062	Dark molasses	0.25 c
14062	Dark corn syrup	0.25 c
14062	Sugar	1.00 c
14062	Hot water	0.50 c
14062	Baking soda	1.00 ts
14062	Flour	1.33 c
14062	Salt	0.50 ts
14063	Cranberries	2.00 qt
14063	Water	3.00 qt
14063	Quinces	6.00
14063	Sugar	0.00
14064	Cranberries	4.00 c
14064	Sugar	2.00 c
14064	Water	1.00 c
14065	Flour, all-purpose	2.25 c
14065	Reserve 2 tablespoons	1.00 ea
14065	Sugar, granulated	0.33 c
14065	Sugar, granulated	2.00 ts
14065	Orange peel, grated	2.00 tb
14065	Baking powder, double-acting	2.25 ts
14065	Baking soda	0.50 ts

Sheet1

14065	Margarine, reduce-cal	0.50 c
14065	Cranberries, coarse chopped	1.00 c
14065	Currants	0.25 c
14065	Buttermilk, skim	0.50 c
14065	Extract, vanilla	1.00 ts
14066	Cranberry juice	1.00 qt
14066	Sugar	2.00 c
14066	Rind of 1 lemon, cut in thin	0.00
14066	-strips	0.00
14066	White vinegar OR 2/3 cup	0.50 c
14066	-lemon juice	0.00
14066	Bottle (1 liter) club soda,	1.00
14066	-optional	0.00
14066	Tart fruit ice or sherbet,	1.00 pt
14066	-optional	0.00
14067	Bulk pork sausage	1.00 lb
14067	Chopped celery	0.50 c
14067	Chopped onion	1.00 c
14067	Fresh parsley, minced	2.00 tb
14067	Herbed seasoned stuffing	7.00 oz
14067	-croutons	0.00
14067	Fresh cranberries, halved	0.75 c
14067	Eggs, well beaten	2.00
14067	Chicken broth.	1.50 c
14068	Butter;	0.00
14068	-or non-stick vegetable oil	0.00
14068	Cranberries	2.00 c
14068	Sugar	1.75 c
14068	Water	0.50 c
14068	Cake flour	1.00 c
14068	Baking powder	1.50 ts
14068	Applesauce	0.50 c
14068	Thawed frozen nonfat	0.25 c
14068	-egg substitute	0.00
14068	-(equivalent to 1 egg)	0.00
14068	Nonfat milk	0.25 c
14068	Freshly squeezed orange juic	0.25 c
14068	Grated orange zest	1.00 ts
14068	Vanilla	0.50 ts
14068	Low-fat whipped topping	1.00 c
14068	Orange liqueur	1.00 tb
14069	Flour	1.33 c
14069	Baking soda	1.00 ts
14069	Salt	1.25 ts
14069	Sugar	0.75 c
14069	Orange; grated peel only	1.00
14069	Butter; cut into 1" pieces	6.00 tb
14069	Eggs	2.00 lg
14069	Orange; Juice only	1.00

## Sheet1

14069	Fresh cranberries, chopped	1.25 c
14069	Walnuts or pecans, chopped	1.00 c
14070	Chopped Onion	0.25 c
14070	Clove Garlic Minced	1.00 sm
14070	Cranberries	1.00 c
14070	Sugar	3.00 tb
14070	Water	1.00 tb
14070	Cider Vinegar	1.00 ts
14071	Thin Skin Orange	1.00 md
14071	Seeded & Coarsely Chopped	0.00
14071	Red Apple, Unpeeled &	1.00 md
14071	Coarsely Chopped	0.00
14071	Cranberries	1.50 c
14071	Sugar OR Use A Sugar	0.25 c
14071	Substitute Equal To 1/4 C	0.00
14071	Sugar	0.00
14071	Ground Nutmeg	0.25 ts
14071	Ground Ginger	0.25 ts
14072	Sugar	2.00 c
14072	Water	1.00 c
14072	Cinnamon Stick	1.00
14072	Whole Clove	4.00
14072	Cranberries	1.00 lb
14072	Orange Zest	2.00 ts
14073	Eggs	2.00 lg
14073	Ground Fully Cooked Smoked	1.00 lb
14073	-Ham	0.00
14073	Lean Ground Pork	1.00 lb
14073	Whole Wheat Flake Cereal	3.00 c
14073	Milk	1.00 c
14073	Salt	1.00 ts
14073	Pepper	0.12 ts
14074	Water	0.75 c
14074	Sugar	1.00 ts
14074	Evaporated milk	0.50 c
14074	(14 oz) active dry yeast	1.00 pk
14074	All-purpose flour	3.50 c
14074	Egg	1.00
14074	Bacon drippings	2.00 tb
14074	Medium garlic cloves	3.00
14074	Chopped green pepper (med.)	0.50
14074	Green onions, chopped	5.00
14074	Salt	1.00 ts
14074	Black pepper	0.25 ts
14074	Cayenne pepper	0.25 ts
14074	Creole mustard	1.00 ts
14074	Peeled crawfish tails	0.50 lb
14074	Vegetable oil	0.00
14075	Flour	3.00 c

Sheet1

14075	Sugar	2.00 c
14075	Baking soda	2.00 ts
14075	Salt	1.00 ts
14075	Cocoa	0.50 c
14075	Oil	0.75 c
14075	Vanilla	1.00 ts
14075	Vinegar, preferably cider	2.00 tb
14075	-vinegar	0.00
14075	Water	2.00 c
14075	FOR THE ICING:	0.00
14075	Butter (3/4 stick)	6.00 tb
14075	Milk	4.00 tb
14075	Cocoa	3.00 tb
14075	Confectioners' sugar (3/4 of	2.67 c
14075	-a one-pound box)	0.00
14076	Chicken pieces (3 lb cut-up	9.00
14076	-broiler/fryer w/skin on)	0.00
14076	Chicken broth	0.00
14076	Lemon juice	0.33 c
14076	Lime juice	0.33 c
14076	Canola OR vegetable oil	0.33 c
14076	Ground turmeric (don't leave	1.00 ts
14076	-this out! It adds a yellow	0.00
14076	Color and a little nip.)	0.00
14076	Garlic salt	0.50 ts
14076	Black pepper	0.25 ts
14077	Sugar	1.00 c
14077	Sweet cream	0.33 c
14077	Eggs, well beaten	4.00
14077	Salt	0.12 ts
14077	Cake flour	1.25 c
14077	Baking powder	2.00 ts
14077	Lemon flavoring	1.00 ts
14078	Butter or margarine	0.50 c
14078	8 oz package cream cheese	1.00
14078	Vanilla	2.00 ts
14078	(1lb) confectioner's sugar	1.00 pk
14079	Cream Cheese	8.00 oz
14079	Butter, unsalted	6.00 tb
14079	Vanilla Extract	1.00 tb
14079	Sifted Icing Sugar	3.00 c
14080	Eggs	2.00
14080	All purpose flour	5.00 ts
14080	Sugar	1.50 ts
14080	Butter, melted	1.00 ts
14080	Cream cheese, softened	8.00 oz
14081	Butter	0.50 lb
14081	Cream cheese	0.50 lb
14081	Vanilla	2.00 ts

Sheet1

14081	Flour	2.00 c
14082	Sugar	3.00 c
14082	Crisco oil	0.50 c
14082	Eggs	6.00
14082	Vanilla	1.00 ts
14082	Flour	3.00 c
14082	(8oz) pkg cream cheese	1.00
14082	Margarine sticks	2.00
14083	Regular or light cream	1.00 pk
14083	-cheese (8 oz)	0.00
14083	PACE Picante Sauce	0.00
14083	Chopped fresh cilantro (opt)	0.00
14084	9" pastry shell, baked, cool	1.00
14084	Eggs	2.00
14084	Unflavored gelatin envelope	1.00
14084	Water, cold	0.25 c
14084	1-1/2oz Snickers Bars,	6.00
14084	- cut into pieces	0.00
14084	Peanut butter, chunky	0.25 c
14084	Cream cheese, softened	8.00 oz
14084	Powdered sugar, unsifted	1.50 c
14084	Cocoa	1.00 ts
14084	Evaporated milk	3.00 tb
14084	Vanilla	1.00 ts
14084	Salt	0.50 ts
14084	Heavy cream, whipped	1.00 c
14084	Peanuts, salted, chopped	0.00
14084	Sweetened whipped cream	0.00
14085	Grated Carrot	0.25 c
14085	Chopped Nuts	0.25 c
14085	Radishes, Chopped Fine	2.00 x
14085	Chopped Onion	1.00 tb
14085	Chopped Green Pepper	1.00 tb
14085	Cream Cheese	4.00 oz
14086	Cream cheese,softened(8oz)	1.00 pk
14086	Deviled ham(4 1/2oz)	1.00 cn
14086	Dry red wine	0.25 c
14086	Finely chopped dill pickle	3.00 tb
14086	Instant minced onion	1.00 ts
14086	Worcestershire sauce	1.00 ts
14086	Instant minced garlic	0.25 ts
14086	Dry mustard	0.25 ts
14087	Jim Vorheis	0.00
14087	Onion, grated	1.00 lg
14087	Tart apple, unpeeled and	1.00
14087	-grated	0.00
14087	Beef consomme	31.50 oz
14087	Heavy cream	1.50 c
14087	Paprika	0.50 ts

Sheet1

14087	Imported curry powder	0.50 ts
14087	Red apple, unpeeled and	1.00
14087	-chopped, for garnish	0.00
14087	Fresh lemon juice	2.00 tb
14088	Sugar	0.33 c
14088	Flour	2.00 tb
14088	Corn starch	1.00 tb
14088	Milk	1.50 c
14088	Egg and 1 egg yolk	1.00
14088	Vanilla	1.00 ts
14089	Sugar	0.75 c
14089	Flour	0.33 c
14089	Salt	0.12 ts
14089	Eggs, well beaten	2.00
14089	Milk, scalded	2.00 c
14089	Vanilla	0.50 ts
14089	Butter or butter substitute	2.00 tb
14090	Celery stalk; minced	1.00
14090	Garlic clove	1.00
14090	- peeled and crushed	0.00
14090	Butter	2.00 tb
14090	Chicken stock	3.00 c
14090	Ground almonds	0.67 c
14090	Mace	0.12 ts
14090	Heavy cream	1.00 c
14090	Salt and pepper	0.00
14090	Toasted slivered almonds	2.00 tb
14091	Butter	1.00 tb
14091	Onion, finely chopped	1.00 sm
14091	Stalk celery, finely chopped	0.50
14091	Chicken stock	2.00 c
14091	(see index)	0.00
14091	Asparagus tips, chopped	1.00 lb
14091	Salt & pepper to taste	0.00
14091	Mace	0.25 ts
14091	Whipping cream	0.75 c
14091	Hard-cooked eggs, chopped	3.00
14092	Head cauliflower	1.00 sm
14092	Salt	0.00
14092	Leek, white part only	1.00 lg
14092	Fresh ground white pepper	0.00
14092	Butter	2.00 tb
14092	Creme Fraiche	0.50 c
14092	Flower	2.00 tb
14092	Croutons	1.00 c
14092	Boiling water	3.50 c
14093	Chopped celery	1.50 c
14093	Chopped onion	0.33 c
14093	Salt	0.50 ts

Sheet1

14093	Water	1.00 c
14093	Milk	2.50 c
14093	Milk	0.50 c
14093	All-purpose flour	3.00 tb
14093	Salt	0.50 ts
14093	White pepper	0.12 ts
14093	Butter	2.00 tb
14094	Plain yogurt	3.00 c
14094	Loose-packed leaves cilantro	2.00 c
14094	Half and half	1.00 c
14094	Chopped green onion	0.50 c
14094	Minced fresh parsley	1.00 tb
14094	Chicken broth	3.00 c
14094	Garnish sprigs cilantro	0.00
14094	Freshly ground pepper	0.00
14095	Corn	1.00 c
14095	Milk, scalded	2.00 c
14095	Melted butter or butter	3.00 tb
14095	-substitute	0.00
14095	Boiling water	1.00 c
14095	Flour	3.00 tb
14095	Minced onion	0.50 tb
14095	Chopped celery leaves	1.00 tb
14095	Salt and pepper	0.00
14096	Stuart Talkofsky	0.00
14096	Corn kernels	4.00 c
14096	Onion ;chopped	1.00
14096	Butter	2.00 tb
14096	Flour	2.00 tb
14096	Curry powder	1.00 ts
14096	Salt	0.00
14096	Pepper	0.00
14096	Chicken stock	2.00 c
14096	Half and half	2.00 c
14096	GARNISH -----	0.00 -----
14096	Popcorn	0.00
14096	GARNISH -----	0.00 -----
14097	Eggplant	1.00 lb
14097	Salt	0.00
14097	Butter	2.00 oz
14097	Onion, finely diced	1.00 md
14097	Stalks celery, diced	2.00
14097	Curry powder	1.00 ts
14097	Thyme	1.00 pn
14097	Basil	1.00 pn
14097	Chicken stock	4.00 c
14097	Potato, diced	1.00 c
14097	Cream	0.50 c
14098	Chicken broth	1.50 c

Sheet1

14098	Chopped onion	0.50 c
14098	Desired vegetable and	0.00
14098	-seasonings (see chart	0.00
14098	-below)	0.00
14098	Butter	2.00 tb
14098	All-purpose flour	2.00 tb
14098	Salt	0.50 ts
14098	Few dashes White Pepper	0.00
14098	Milk	1.00 c
14099	Garlic cloves, peeled (about	3.00 oz
14099	-3/4 cup)	0.00
14099	Olive oil	3.00 tb
14099	Chicken stock or canned low	2.50 c
14099	-salt broth	0.00
14099	Dry white wine	1.00 c
14099	Milk (do not use low fat or	2.50 c
14099	-non fat)	0.00
14099	Whipping cream	1.00 c
14099	Russet potato, peeled	4.00 oz
14099	-coarsely chopped	0.00
14100	Med. leeks	12.00
14100	Butter	4.00 tb
14100	Garlic - finely minced	1.00 tb
14100	Flour	6.00 tb
14100	Chicken broth - homemade or	8.00 c
14100	-canned	0.00
14100	Milk	2.00 c
14100	Salt and freshly ground	0.00
14100	-pepper to taste	0.00
14100	Freshly grated nutmed	0.25 ts
14100	Whipping cream	1.00 c
14100	Chervil sprigs - OR 3	0.33 c
14100	-Tablespoons chopped fresh	0.00
14100	Chives	0.00
14101	Dried lima beans	1.00 c
14101	Cold water	6.00 c
14101	Onion, diced	2.00 sl
14101	Carrot, diced	4.00 sl
14101	Paprika	0.50 ts
14101	Butter or butter substitute	4.00 tb
14101	Flour	2.00 tb
14101	Cream or milk	1.00 c
14101	Salt	1.00 ts
14102	Onions, chopped very fine	2.00 md
14102	Butter	0.25 c
14102	Flour	0.50 c
14102	Clear chicken broth	1.00 cn
14102	Can evaporated milk	1.00 lg
14102	Water	1.50 c



Sheet1

14102	Thyme	0.50 ts
14102	Bay leaves	2.00
14102	Salt	0.50 ts
14103	Butter	4.00 tb
14103	Chopped celery	0.50 c
14103	Chopped onion	0.50 c
14103	Diced carrots	0.50 c
14103	White pepper	0.25 ts
14103	Oyster liquor	0.00
14103	10-12 oz can cream of	1.00
14103	-mushroom soup	0.00
14103	Milk	0.50 c
14103	Chopped parsley	0.25 c
14103	Maryland Oysters, standards	1.00 pt
14104	Onions	2.00 sm
14104	Heavy cream	2.00 c
14104	Stalks celery	3.00
14104	Sour cream	1.50 c
14104	Butter	3.00 tb
14104	Salt to taste	0.00
14104	Flour	3.00 tb
14104	Coarsely crumbled	0.75 c
14104	Chicken broth	6.00 c
14104	Tostados (or Fritos)	0.00
14104	Peanut butter	0.75 c
14105	Unsalted butter	2.00 tb
14105	Onion; roughly diced	1.00 md
14105	Pureed pumpkin	4.00 c
14105	- (canned or fresh)	0.00
14105	Chicken stock	3.00 qt
14105	-or low-sodium chicken broth	0.00
14105	Salt	1.00 ts
14105	Ground coriander	1.00 ts
14105	Curry powder	0.50 ts
14105	White pepper	0.50 ts
14105	Milk and/or whipping cream	3.00 c
14105	Walnut oil	0.33 c
14106	Milk; whole, low-fat or skim	1.00 qt
14106	Onion; peeled and stuck with	1.00 sm
14106	Cloves	2.00
14106	Whole peppercorns (or more)	6.00
14106	Salt	1.00 pn
14106	BOUQUET GARNI -----	0.00 -----
14106	:Tie in cheesecloth,	0.00
14106	Fresh parsley stems,	6.00
14106	Dried leaf thyme	0.50 ts
14106	Bay leaf	0.50
14106	SOUP, CON'T -----	0.00 -----
14106	Rice flour	4.00 tb

Sheet1

14106	-(or barley or oat flour)	0.00
14106	Cold milk (about)	4.00 tb
14106	Shiitake mushrooms	8.00 oz
14106	OPTIONAL -----	0.00 -----
14106	Heavy cream	6.00 tb
14106	Madeira	2.00 tb
14106	Reserved mushroom slices	0.00
14106	BOUQUET GARNI -----	0.00 -----
14106	SOUP, CON'T -----	0.00 -----
14106	OPTIONAL -----	0.00 -----
14107	Milk; whole, low-fat or skim	1.00 qt
14107	Onion; peeled and stuck with	1.00 sm
14107	Cloves	2.00
14107	Whole peppercorns (or more)	6.00
14107	Salt	1.00 pn
14107	BOUQUET GARNI -----	0.00 -----
14107	:Tie in cheesecloth:	0.00
14107	Fresh parsley stems	6.00
14107	Dried leaf thyme	0.50 ts
14107	Bay leaf	0.50
14107	SOUP, CON'T -----	0.00 -----
14107	Rice flour	4.00 tb
14107	-(or barley or oat flour)	0.00
14107	Cold milk (about)	4.00 tb
14107	Sun-dried tomatoes (3 oz)	1.00 pk
14107	Water	2.00 c
14107	OPTIONAL -----	0.00 -----
14107	Heavy cream	6.00 tb
14107	Chopped Herbs for garnish*	0.00
14107	-(basil, chervil or parsley)	0.00
14107	BOUQUET GARNI -----	0.00 -----
14107	SOUP, CON'T -----	0.00 -----
14107	OPTIONAL -----	0.00 -----
14108	Celery	1.00 tb
14108	Salt & pepper to taste	0.00
14108	Onion	1.00 tb
14108	Milk	1.00 c
14108	Butter	1.00 tb
14108	Worcesterhire sauce to	0.00
14108	-taste	0.00
14108	Flour	2.00 ts
14108	Any cooked vegetable	0.50 c
14108	Chicken bouillon	0.25 ts
14109	Cake flour, sifted	3.75 c
14109	Baking powder	1.00 ts
14109	Salt	0.25 ts
14109	Shortening	1.00 c
14109	Butter or margarine	0.75 c
14109	Sugar	2.00 c

Sheet1

14109	Eggs	8.00 ea
14109	Vanilla	1.00 ts
14109	Heavy cream, whipped	0.50 pt
14110	Shortening	0.50 c
14110	Salt	0.12 ts
14110	Water; boiling	1.00 c
14110	Flour; sifted	1.00 c
14110	Eggs; unbeaten	3.00
14111	Unsalted butter	0.25 c
14111	Whipping cream	1.00 c
14111	Salt and WHITE pepper	0.00
14111	To taste	0.00
14111	Freshly grated Parmesan	0.25 c
14111	Cheese	0.00
14112	All purpose flour	2.00 c
14112	Sugar	2.00 ts
14112	Salt	1.00 ts
14112	Baking powder	1.00 tb
14113	Cream cheese, softened	3.00 oz
14113	Heavy cream	1.00 ts
14113	Confectioners' sugar	2.00 c
14113	Unsweetened chocolate,	2.00 oz
14113	-melted	0.00
14113	Vanilla extract	0.50 ts
14113	Salt	1.00 ds
14113	Chopped nuts	1.00 c
14114	WAFFLES -----	0.00 -----
14114	Sugar	0.25 c
14114	Plus 2 TB warm milk (110°)	2.00 c
14114	Active dry yeast	2.00 pk
14114	All-purpose flour	3.50 c
14114	Pinch salt	0.00
14114	Plus 1 tbsp. butter	0.50 c
14114	Eggs	4.00
14114	Grated peel of 1/2 lemon	0.00
14114	Oil	0.00
14114	FILLING -----	0.00 -----
14114	Whipping cream	1.25 c
14114	Powdered sugar,sifted	0.25 c
14114	Add. powdered sugar, sifted	0.00
14114	WAFFLES -----	0.00 -----
14114	FILLING -----	0.00 -----
14115	Frozen broccoli	40.00 oz
14115	Stalks celery, thinly sliced	2.00
14115	Onion, thinly sliced	1.00 lg
14115	Boiling chicken bouillon,	4.00 c
14115	-1/2 strength	0.00
14115	Good pinch ground cloves	0.00
14115	Salt & freshly ground pepper	0.00

## Sheet1

14115	Lemon juice	0.00
14115	Tabasco	0.00
14115	To 2 cup heavy cream	1.50
14116	Fettuccine noodles(6oz)	1.00 pk
14116	Large chicken breasts	2.00
14116	Egg	1.00
14116	Flour,all-purpose	0.00
14116	Salt	0.00
14116	Pepper	0.00
14116	Butter or margarine	0.00
14116	Mushrooms,sliced	0.25 lb
14116	Milk	1.50 c
14116	Sherry,dry	2.00 tb
14116	Parmesan cheese,grated	0.25 c
14116	Parsley,chopped,for garnish	1.00 tb
14117	Butter, margarine or	2.00 tb
14117	-vegetable oil	0.00
14117	Flour	2.00 tb
14117	Milk	1.50 c
14117	Cream of mushroom soup (but	1.00 cn
14117	-I used cream of	0.00
14117	Chicken, which was just as	0.00
14117	-tasty)	0.00
14117	Cooked cubed chicken (I used	3.00 c
14117	-a pound of	0.00
14117	Skinned and boned chicken	0.00
14117	-breast)	0.00
14117	A little grated cheddar	0.00
14117	-cheese (I used colby)	0.00
14117	Recipe cornbread (use your	1.00
14117	-favorite)	0.00
14118	Stick butter	1.00
14118	Cream cheese (8 ounces)	1.00 pk
14118	Box powdered sugar	1.00
14118	Finely chopped pecans	1.00 c
14119	Butter or margarine	0.25 c
14119	Flour	0.25 c
14119	Salt	0.50 ts
14119	Pepper	0.25 ts
14119	Milk	2.00 c
14119	Tuna Fish (drained)	1.00 cn
14120	Or 4 oz wax-coated paper	3.00
14120	-cups	0.00
14120	Pkg orange flavored gelatin	3.00 oz
14120	Boiling water	0.75 c
14120	Orange juice	0.33 c
14120	Ice cubes	0.00
14120	Container non-dairy whipped	4.00 oz
14120	-topping (about	0.00

Sheet1

14120	Cups)	1.75
14121	Artichoke hearts	2.00 c
14121	Oysters; jar, or fresh	12.00
14121	Butter	4.00 tb
14121	Flour	4.00 tb
14121	Milk	1.00 c
14121	Green onions; chopped	3.00
14121	Cl Garlic	1.00
14121	Parsley; chopped	0.25 c
14121	Generous pinch of thyme	0.00
14121	Cream	1.00 c
14121	Salt and freshly ground pepp	0.00
14121	-er to taste	0.00
14122	Cooked basmati rice	2.00 c
14122	Milk	2.00 c
14122	Half-and-half	2.00 c
14122	Currants	0.25 c
14122	Honey	0.50 c
14122	Vanilla extract	1.00 ts
14122	Cardamon	0.75 ts
14122	Cinnamon	0.50 ts
14122	Salt	0.50 ts
14122	Arrowroot or cornstarch	5.00 tb
14123	Blocks (6 oz.) unsweetened	6.00
14123	Evaporated milk	1.00 c
14123	Baking chocolate	0.00
14123	Vanilla	1.00 ts
14123	Sugar	1.50 c
14123	Margarine	6.00 tb
14124	Precooked dried cannelloni	22.00
14124	-shells (see note)	0.00
14124	Chopped tomatoes	2.00
14124	Freshly grated Parmesan	2.00 tb
14124	-cheese	0.00
14124	SAUCE:	0.00
14124	Butter	3.00 tb
14124	Chopped onion	1.00
14124	Flour	3.00 tb
14124	Chicken stock	1.50 c
14124	Light cream	1.00 c
14124	Salt and pepper to taste	0.00
14124	Grated Swiss cheese	0.75 c
14124	FILLING:	0.00
14124	Diced cooked chicken	1.50 c
14124	Frozen spinach, thawed and	1.00 pk
14124	-drained	0.00
14124	Ricotta cheese	0.75 c
14124	Toasted slivered almonds	0.33 c
14124	Freshly grated Parmesan	0.25 c

Sheet1

14124	-cheese	0.00
14124	Egg	1.00
14124	Grated nutmeg	0.25 ts
14125	Carrots, peeled & chopped	8.00 md
14125	-in 2 inch chunks	0.00
14125	Yellow onions, quartered	2.00 md
14125	Sprigs parsley	2.00 ea
14125	Whole cloves	3.00 ea
14125	Rosemary	0.25 ts
14125	10 1/2 oz cans condensed	2.00 ea
14125	-chicken broth	0.00
14125	Milk	2.00 c
14125	Pepper	0.12 ts
14125	Minced parsley	2.00 tb
14126	Boned chicken breasts	4.00
14126	Swiss cheese	4.00 sl
14126	Cream of chicken soup	1.00 cn
14126	White wine	0.25 c
14126	Crushed Pepperidge Farm Herb	2.00 c
14126	-Stuffing	0.00
14126	Melted butter	0.50 c
14127	Sheets fresh or frozen	4.00
14127	-(thawed) phyllo (about 1/4	0.00
14127	-lb.)	0.00
14127	Butter or margarine	0.00
14127	Medium-sized mushrooms	0.25 lb
14127	Red pepper	1.00 sm
14127	Watercress	1.00 bn
14127	Whole large	1.00
14127	-skinless,boneless chicken	0.00
14127	-breast	0.00
14127	Salt	0.00
14127	Half and half	0.75 c
14127	Minced fresh basil or 1 tsp.	2.00 tb
14127	-dried basil	0.00
14127	Tomato paste	1.00 tb
14127	Basil sprigs for garnish	0.00
14128	Chicken broth or bouillon	8.00 c
14128	To 2 cups diced cooked	1.00
14128	-chicken	0.00
14128	Milk	1.00 c
14128	Quartered, thinly sliced	1.00 c
14128	-carrot	0.00
14128	Sliced celery, including	0.50 c
14128	-some leaves	0.00
14128	Chopped green pepper	0.50 c
14128	Chopped onion	0.50 c
14128	Clove garlic, minced	1.00
14128	Dried marjoram leaves,	0.50 ts

Sheet1

14128	-crushed	0.00
14129	Long grain rice (not	0.50 c
14129	-converted)	0.00
14129	Vanilla bean, split	1.00
14129	-lengthwise	0.00
14129	Milk	4.00 c
14129	Sugar	0.75 c
14129	Salt	0.75 ts
14129	Two 3" cinnamon sticks,	0.00
14129	-halved	0.00
14129	Egg yolks	3.00 lg
14129	Cornstarch	1.00 tb
14129	Vanilla	0.25 ts
14129	Unsalted butter	1.00 tb
14129	Heavy cream	0.50 c
14129	Diced pineapple	1.00 c
14129	Diced papaya	1.00 c
14129	Raspberries	1.00 c
14130	FOR THE CAKE -----	0.00 -----
14130	All purpose flour	2.50 c
14130	Salt	0.50 ts
14130	Granulated sugar	2.00 c
14130	Milk	1.00 c
14130	Baking powder	2.50 ts
14130	Butter, softened	1.00 c
14130	Eggs	4.00
14130	Vanilla	1.00 ts
14130	FOR THE FILLING -----	0.00 -----
14130	Whipped cream, stiff	8.00 oz
14130	Confectioners sugar	0.25 c
14130	Chopped walnuts	0.50 c
14130	Coconut	0.50 c
14130	Vanilla	1.00 ts
14130	FOR THE FROSTING -----	0.00 -----
14130	3 oz ea cream cheese, soft	2.00 pk
14130	Butter, softened	2.00 tb
14130	Vanilla	2.00 ts
14130	Confectioners sugar	4.00 c
14130	Chopped walnuts	1.00 c
14130	8 oz coconut	1.00 pk
14130	FOR THE CAKE -----	0.00 -----
14130	FOR THE FILLING -----	0.00 -----
14130	FOR THE FROSTING -----	0.00 -----
14131	Water	0.25 c
14131	Sugar	0.50 c
14131	Egg yolks	6.00
14131	Heavy cream	2.00 c
14131	Vanilla	2.00 ts
14131	In small saucepan, combine	0.00

Sheet1

14131	-water and sugar, stirring,	0.00
14131	-boil	0.00
14131	Minutes. Beat egg yolks at	2.00
14131	-high speed. Continue	0.00
14131	-beating	0.00
14132	Defatted beef or chicken	2.00 c
14132	-stock (Or bouillon	0.00
14132	From cubes)	0.00
14132	Fennel bulb, about 1 pound	1.00
14132	Sliver garlic	1.00
14132	Chopped shallots	2.00 tb
14132	Lemon juice (or more to	1.00 tb
14132	-taste)	0.00
14132	Lemon zest	1.00 pn
14132	Dried dillweed (or 1 1/2	0.50 ts
14132	-teaspoons fresh)	0.00
14132	Ground coriander	1.00 ts
14132	Nonfat yogurt	1.00 qt
14133	Chopped Fruit *	4.00 c
14133	Skim Milk	0.50 c
14133	Lemon Or Lime Juice	1.00 tb
14133	Honey Or Maple Syrup	1.00 tb
14133	Almond Extract	1.00 ts
14134	Package frozen	1.00 oz
14134	-raspberries,blueberries,	0.00
14134	Strawberries, peaches, or	0.00
14134	-mixed fruit, thawed	0.00
14134	Water	1.00 c
14134	Sugar	0.25 c
14134	Inches stick cinnamon	2.00
14134	Ground nutmeg	1.00 ds
14134	Ground cloves	1.00 ds
14134	Water	1.00 tb
14134	Cornstarch	1.00 tb
14134	Lemon juice	2.00 tb
14134	Dairy sour cream	1.00 c
14134	Milk	0.50 c
14135	Head of garlic	1.00
14135	- cloves separated, unpeeled	0.00
14135	Water	2.00 qt
14135	Salt	2.00 ts
14135	Pepper	1.00 pn
14135	Cloves	2.00
14135	Thyme	0.25 ts
14135	Bay leaf	0.50
14135	Parsley sprigs	4.00
14135	Olive oil	3.00 tb
14135	Egg yolks	3.00
14135	Olive oil	4.00 tb



Sheet1

14135	French bread rounds, toasted	0.00
14135	Grated Swiss or Parmesan	1.00 c
14136	Bunch spinach, stalks	1.00 lg
14136	-removed	0.00
14136	Chicken broth (preferably	4.00 c
14136	-home-made)	0.00
14136	Carrots, grated	2.00 lg
14136	Onion, chopped	1.00 lg
14136	Cloves fresh garlic, finely	8.00
14136	-chopped	0.00
14136	Butter (1 stick)	0.50 c
14136	Flour	0.25 c
14136	Light cream	0.50 c
14136	Whipping cream	0.50 c
14137	Med. green pepper chopped	1.00
14137	-(1/2 cup)	0.00
14137	Sm. onion chopped (1/4 cup)	1.00
14137	Water	0.25 c
14137	(10 3/4-ounce) condensed	1.00 cn
14137	-cream of celery soup	0.00
14137	Milk	1.75 c
14138	Uncooked bow tie or rotini	3.50 c
14138	-pasta (7 oz)	0.00
14138	Frozen peas	1.00 c
14138	Turkey ham, sliced thin &	6.00 oz
14138	-cut into thin strips	0.00
14138	Light cream cheese (3/4 c)	6.00 oz
14138	Skim or 1% milk	0.50 c
14139	USED ON ROAST BEEF, POT -----	0.00 -----
14139	ROAST AND VEGETABLES -----	0.00 -----
14139	Horseradish	0.25 c
14139	Sugar	0.50 tb
14139	Dijon mustard	2.00 ts
14139	White vinegar or lemon juice	1.00 ts
14139	Heavy cream, whipped	1.00 c
14139	Salt	0.50 ts
14139	Paprika	1.00 pn
14139	USED ON ROAST BEEF, POT -----	0.00 -----
14139	ROAST AND VEGETABLES -----	0.00 -----
14140	Butter	1.00 tb
14140	Leeks, white part only,	2.00 lg
14140	-cleaned and sliced	0.00
14140	Cloves Garlic, minced or put	2.00
14140	-through a press	0.00
14140	Vegetable stock	3.00 c
14140	Stale French whole wheat	0.50 lb
14140	-bread, crusts removed and	0.00
14140	-diced	0.00
14140	Of Cayenne	1.00 pn

Sheet1

14140	Sea salt and pepper to taste	0.00
14140	Plain yogurt or cream	0.50 c
14141	(8- or 9-inch) baked pastry	1.00
14141	Shell or graham cracker	0.00
14141	Crust	0.00
14141	Egg yolks*	3.00
14141	(14 oz) can sweetened	1.00
14141	Condensed milk	0.00
14141	ReaLemon Lemon Juice from	0.50 c
14141	Concentrate	0.00
14141	Yellow food coloring	0.00
14141	Whipped topping or whipped	0.00
14141	Cream	0.00
14142	Egg (see note)	1.00
14142	Vinegar	1.00 tb
14142	Salad oil	1.00 c
14142	Sour cream	0.33 c
14142	Japanese soy sauce	2.00 tb
14142	Mirin or dry sherry	2.00 tb
14142	Beef broth	0.33 c
14143	Cocoa	0.50 c
14143	Icing sugar	3.50 c
14143	Whipping cream	0.25 c
14143	Butter	0.50 c
14143	Coffee; very strong	2.00 T
14143	Pecans; coarsely chopped	0.50 c
14144	Finely chopped onion	0.25 c
14144	Finely chopped carrot	0.25 c
14144	Garlic cloves; minced	2.00
14144	Olive oil	3.00 ts
14144	Curry powder	0.50 ts
14144	Chicken broth	4.00 c
14144	Fresh rosemary sprig	1.00
14144	Coarsely chopped mushrooms	2.00 c
14144	Minced shallot	1.00 tb
14144	Fresh lemon juice	1.00 ts
14144	Minced fresh tarragon or 1 t	2.00 ts
14145	Ingredients:	0.00
14145	Cooked quinoa, amaranth or	1.00 c
14145	-buckwheat	0.00
14145	OR	0.00
14145	Diced, cooked sweet potato	0.00
14145	-or butternut squash	0.00
14145	Brazil or other nuts	0.33 c
14145	Water	0.33 c
14145	Vanilla, optional	0.50 ts
14146	Onion, finely sliced	1.00 ea
14146	Butter	1.00 ea
14146	Flour	3.00 tb

Sheet1

14146	Milk,whole,	1.50 qt
14146	Pepper	1.00 ea
14146	Egg yolks	3.00 ea
14146	Heavy cream	0.67 c
14146	Salt	1.00 ea
14147	Water	0.67 c
14147	Sugar	1.00 c
14147	Orange rind	1.00
14147	Egg whites	3.00
14147	Orange juice	1.75 c
14147	Lemon juice	1.00 tb
14147	Heavy cream	0.50 c
14148	Sugar	3.00 c
14148	Evaporated milk	1.00 c
14148	Salt	0.12 ts
14148	Peanut butter	1.00 lb
14148	Marshmallow fluff	0.50 lb
14148	Butter	1.00 tb
14148	Vanilla	2.00 ts
14149	Cream cheese,softened(8oz)	1.00 pk
14149	Mayonnaise	0.50 c
14149	Milk	0.25 c
14149	Tarragon vinegar	4.00 ts
14149	Sugar	1.00 ts
14149	Tarragon	0.75 ts
14149	Salt	0.75 ts
14149	Pepper	0.12 ts
14149	Carrot sticks	0.00
14149	Chinese pea pods	0.00
14149	Romaine lettuce leaves	0.00
14149	Cauliflowerets	0.00
14149	Zucchini slices	0.00
14150	Onions, chopped	0.75 c
14150	Defatted chicken stock	3.00 tb
14150	Pureed fresh tomatoes, or	2.00 c
14150	-canned unsalted tomatoes	0.00
14150	Sweet basil	1.00 ts
14150	Garlic cloves, pressed, or 1	1.00 md
14150	-Tbs garlic powder	0.00
14150	Coarsely ground pepper	0.25 ts
14151	Unsweetened chocolate, chopp	16.00 oz
14151	Magarine or butter	0.50 c
14151	All-purpose flour	1.00 c
14151	Nuts, chopped & toasted	0.50 c
14151	Baking powder	0.25 ts
14151	Sugar	1.50 c
14151	Eggs	3.00
14151	Vanilla	1.00 ts
14151	TOPPING -----	0.00 -----

Sheet1

14151	Bittersweet chocolate, chopp	3.00 oz
14151	Cream cheese	6.00 oz
14151	Egg	1.00
14151	Sugar	0.25 c
14151	Milk	1.00 tb
14151	Vanilla	0.50 ts
14151	GLAZE -----	0.00 -----
14151	Semisweet chocolate	2.00 oz
14151	Shortening	1.00 ts
14151	Fresh raspberries	0.00
14151	TOPPING -----	0.00 -----
14151	GLAZE -----	0.00 -----
14152	c	0.00 1/2
14152		1.00
14152	----	1.00
14152	-----	1.00
14152	ONION -----	0.00 1
14152	Chopped onion	0.50 1
14152	Onion powder	0.50 2
14152	Minced dried onion	1.00 t 1/4
14152	MEAT -----	0.00
14152	Cubed cooked beef	2.00
14152	Cubed fully cooked ham	2.00
14152	Cubed cooked turkey	2.00
14152	Cubed cooked pork	2.00
14152	Cubed cooked chicken	2.00
14152	PASTA -----	0.00
14152	Cooked elbow macaroni	2.00
14152	Cooked tiny shell macaroni	2.00 c
14152	Cooked cavatelli	2.00 c
14152	Cooked fine noodles	2.00 c
14152	Cooked rigatoni	2.00 c
14152	CHEESE -----	0.00 -----
14152	Shredded mozzarella cheese	0.50 c
14152	Shredded Monterey Jack	0.50 c
14152	Shredded American cheese	0.50 c
14152	Shredded cheddar cheese	0.50 c
14152	Shredded brick cheese	0.50 c
14152	USE ALL OF THESE -----	0.00 -----
14152	Butter or margarine	1.00 tb
14152	16-oz can (stewed) tomatoes	1.00
14152	Dash of pepper	1.00 ds
14152	All-purpose flour	2.00 tb
14152	Water	0.25 c
14152	SAUCE -----	0.00 -----
14152	ONION -----	0.00 -----
14152	MEAT -----	0.00 -----
14152	PASTA -----	0.00 -----
14152	CHEESE -----	0.00 -----

Sheet1

14152	USE ALL OF THESE -----	0.00 -----
14153	Milk	2.00 c
14153	Egg yolks	4.00
14153	Sugar	0.50 c
14153	Vanilla extract	1.00 tb
14153	ALTERNATE FLAVORINGS (use	0.00
14153	-one of following):	0.00
14153	Vanilla extract plus 1 Tbsp	1.00 ts
14153	-powdered instant coffee	0.00
14153	Freshly ground espresso	1.00 ts
14153	Liqueur of choice	1.00 ts
14153	Freshly grated citrus zest	1.00 ts
14154	Milk	2.00 c
14154	Egg yolks	4.00
14154	Sugar	0.50 c
14154	Vanilla extract	1.00 tb
14154	ALTERNATE FLAVORINGS (use	0.00
14154	-one of following):	0.00
14154	Vanilla extract plus 1 Tbsp	1.00 ts
14154	-powdered instant coffee	0.00
14154	Freshly ground espresso	1.00 ts
14154	Liqueur of choice	1.00 ts
14154	Freshly grated citrus zest	1.00 ts
14155	Egg yolks	4.00
14155	Sugar	0.25 c
14155	Vanilla	1.00 ts
14155	Cream	2.00 c
14156	Ingredients:	0.00
14156	Heavy cream	3.00 c
14156	Egg yolks	6.00
14156	Sugar	0.33 c
14156	Vanilla	1.00 ts
14156	Brown sugar	0.25 c
14157	Eggs, separated	7.00
14157	Vanilla	1.00 tb
14157	Sugar	0.33 c
14157	Whipped heavy cream	0.50 c
14157	Regular milk, scalded	2.00 c
14157	White cream de menthe	2.00 tb
14158	Chicken stock	1.50 qt
14158	(1-1/2 sticks) butter	0.75 c
14158	Diced onion	0.75 c
14158	Diced potato	1.50 c
14158	Peeled diced tomato	0.75 c
14158	Diced carrot	0.75 c
14158	Green beans	0.75 c
14158	Broccoli, coarsely chopped	0.75 c
14158	Minced leek	0.75 c
14158	Minced zucchini	0.75 c

Sheet1

14158	Clove garlice	1.00
14158	Sugar, or to taste	1.50 ts
14158	Sald and freshly ground	0.00
14158	- pepper to taste	0.00
14158	Heavy cream	0.50 c
14159	Red kidney beans, cooked	3.00 c
14159	Cayenne pepper	0.50 ts
14159	Allspice	0.25 ts
14159	Scallions	3.00 ea
14159	Cucumber, peeled & sliced	1.00 ea
14159	Tomatoes, chopped	2.00 ea
14159	Fresh parsley	0.75 c
14159	Vegetable oil	0.25 c
14159	Cider vinegar	3.50 tb
14159	Tabasco oil	1.00 ds
14159	Vegetable oil	3.00 tb
14159	Onion, chopped	1.00 lg
14159	Garlic cloves, minced	4.00 ea
14159	Celery stalks, chopped	3.00 ea
14159	Carrot, diced	1.00 lg
14159	Green peppers, chopped	2.00 ea
14159	Tomato paste	0.33 c
14159	Cider vinegar	1.00 ts
14159	Brown sugar	1.50 ts
14159	Dijon mustard	1.00 ts
14159	Salt	1.00 pn
14159	Oregano	2.00 ts
14159	Cayenne	0.12 ts
14159	Allspice	0.12 ts
14159	Rice, cooked	2.50 c
14160	Bell pepper, chopped	1.00
14160	Grated carrot	0.33 c
14160	Minced onion	1.00 tb
14160	Bacon drippings	3.00 tb
14160	All purpose flour	2.00 tb
14160	Chicken broth	0.75 c
14160	Tomato soup, undiluted	0.50 c
14160	Chopped celery	1.00 c
14160	Salt	0.50 ts
14160	Black pepper	0.25 ts
14160	Red pepper	0.12 ts
14161	Chicken Wings	3.00 lb
14161	Cloves Garlic, Minced	4.00
14161	Dry Mustard	2.00 ts
14161	Paprika	2.00 ts
14161	Dried Thyme	1.00 ts
14161	Granulated Sugar	1.00 ts
14161	Cayenne Pepper	1.00 ts
14161	Salt	0.50 ts

Sheet1

14161	Black Pepper	0.50 ts
14161	Lemon Juice	0.25 c
14161	PEACH MUSTARD SAUCE -----	0.00 -----
14161	Peach Jam	0.50 c
14161	Dijon Mustard	1.00 tb
14161	Pimiento, diced	2.00 ts
14161	Cider Vinegar	1.00 ts
14161	PEACH MUSTARD SAUCE -----	0.00 -----
14162	Lean ground beef	1.50 lb
14162	Cooked white rice	0.50 c
14162	Chopped onion	0.50 c
14162	Chopped bell pepper	0.50 c
14162	Salt	1.00 ts
14162	Crushed thyme (to taste)	0.50 ts
14162	Egg	1.00
14162	Tomato sauce (8 oz size)	2.00 cn
14162	Cooking oil	1.00 tb
14162	Chopped celery	0.50 c
14162	Finely chopped parsley	1.00 tb
14163	Pork chops	6.00
14163	Peanut oil	3.00 tb
14163	Onions, sliced	2.00 md
14163	Garlic, minced	2.00 cl
14163	Chopped green pepper	0.25 c
14163	Dry white wine	0.50 c
14163	Tomatoes	1.00 cn
14163	Lemon juice	3.00 tb
14163	Worcestershire sauce	1.50 tb
14163	Salt	1.00 ts
14163	Pepper	0.25 ts
14163	Bay leaf	1.00
14163	Hot cooked rice	3.00 c
14163	Tabasco sauce to taste	0.00
14164	Fresh pork	7.00 lb
14164	Onions, chopped	2.00 lg
14164	Clove garlic, crushed	1.00
14164	Salt	2.00 tb
14164	Freshly ground black pepper	2.00 ts
14164	Crushed chili pepper	1.00 ts
14164	.50 t paprika	0.00
14164	.50 t cayenne	0.00
14164	-pepper	0.00
14164	Sprigs parsley, chopped	3.00
14164	.50 t allspice	0.00
14164	.25 t powdered bay	0.00
14164	-leaf	0.00
14164	Yards sausage casing	5.00
14165	Oregano	2.00 T
14165	Salt	0.12 c

Sheet1

14165	Cloves garlic, (see note)	5.00 ea
14165	Fresh ground black pepper	0.25 c
14165	Cayenne pepper	0.33 c
14165	Thyme	2.00 T
14165	Paprika	0.33 c
14166	Flour	1.00 c
14166	Milk	1.25 c
14166	Snow, fresh, hard packed	1.00 c
14166	-Salt	0.50 ts
14166	Oil	1.00 c
14167	Thin sliced ham	12.00 sl
14167	Brick Jack cheese cut in	1.00
14167	-chunks	0.00
14167	Whole green chilis	1.00 cn
14167	Doz. tortillas (corn or	1.00
14167	-flour)	0.00
14168	Hearty red wine	1.00 c
14168	Red raspberry preserves	0.50 c
14168	1" x 3" piece of orange zest	1.00
14168	Cinnamon stick	1.00
14168	Whole cloves	5.00
14168	Frozen sliced peaches	20.00 oz
14168	- (unsweetened)	0.00
14168	Prepared crepes (8-10/pkg)	1.00 pk
14168	Warmed vanilla yogurt, opt.	0.00
14168	--OR-- Whipped cream, opt.	0.00
14169	Eggs	3.00
14169	All purpose flour	0.67 c
14169	Salt	0.25 ts
14169	Sugar	1.00 tb
14169	Cream sherry	1.00 tb
14169	Milk	1.00 c
14169	Melted butter for cooking	0.00
14170	Oil; olive	4.00 ts
14170	Onion; chopped	1.00
14170	Green pepper; diced	1.00
14170	Garlic cloves; pressed	2.00
14170	Tomatoes; 20 oz with juice	1.00 c
14170	Tomato paste	4.00 tb
14170	Basil	1.00 ts
14170	Oregano	0.50 ts
14170	Rosemary	1.00 ts
14170	Bay leaf	1.00
14170	Honey	1.00 ts
14170	Eggs	4.00 lg
14171	Leaf lard or fatback pork, f	0.50 lb
14171	-inely chopped	0.00
14171	Ground pork	2.00 lb
14171	Water	1.00 c



Sheet1

14171	Onion, chopped	1.00 c
14171	Garlic cloves, crushed	2.00
14171	Salt	2.00 ts
14171	Dried savory	0.50 ts
14171	Pepper	0.25 ts
14171	Cinnamon	0.25 ts
14171	Cloves	0.25 ts
14172	Onions, thinly sliced	2.00
14172	Fresh red chillies, sliced	2.00
14172	-diagonally	0.00
14172	Oil	2.00 tb
14172	Ground dried prawns	1.00 oz
14172	Desiccated coconut	0.25 lb
14172	Two-inch piece lemon grass,	1.00
14172	-sliced or:	0.00
14172	Grated lemon rind	1.00 ts
14172	Salt, to taste	0.00
14173	Low-sodium soy sauce	0.50 c
14173	Dry sherry	2.00 tb
14173	Dijon-style mustard	2.00 tb
14173	Prepared chili sauce	1.00 tb
14173	Hot red pepper sauce	0.50 ts
14173	Medium-size chicken	8.00
14173	-drumsticks (about 1 3/4 lb)	0.00
14173	Fresh breadcrumbs, about 2	1.00 c
14173	-slices bread,	0.00
14173	Preferably day old	0.00
14173	Chopped fresh parsley	0.25 c
14173	Paprika	1.00 ts
14173	Fresh herb sprigs, optional	0.00
14174	Chinese vermicelli	1.75 oz
14174	Oil	0.00
14174	Oil	0.50 ts
14174	Grated fresh ginger	1.00 ts
14174	Chopped coriander	0.50 tb
14174	Garlic clove	0.50
14174	Onion	0.50
14174	Red pepper	0.50
14174	Green pepper	0.50
14174	Carrot	0.50 lg
14174	Baby corn	7.00 oz
14174	Straw mushrooms	7.00 oz
14174	Soy sauce	0.25 c
14174	Malt vinegar	0.12 c
14174	Brown sugar	1.00 ts
14174	Coriander leaves	0.25 c
14174	Preserved chopped chili	0.50 ts
14175	Packed dark brown sugar	1.50 c
14175	Margarine, melted	0.75 c

Sheet1

14175	Milk mixed with 3/4 tsp	0.33 c
14175	-lemon juice OR cider	0.00
14175	-vinegar	0.00
14175	Vanilla extract	0.75 ts
14175	Flour	1.50 c
14175	Baking soda	0.75 ts
14175	Salt	0.50 ts
14175	Quick OR old-fashioned oats	3.00 c
14176	Vegetable oil	0.50 c
14176	Thinly sliced shallots	0.50 c
14177	+ 1 t. reduced-calorie tub	1.00 tb
14177	-margarine	0.00
14177	Corn flakes	1.50 oz
14177	Grated Parmesan cheese	1.00 tb
14177	Onion powder	1.00 ts
14177	Salt	0.25 ts
14177	Ground red pepper	0.12 ts
14177	Chicken drumsticks	8.00 oz
14177	Chicken breasts, split	8.00 oz
14178	Whole medium chicken	2.00
14178	-breasts,skinned,halved	0.00
14178	-lengthwise,and boned	0.00
14178	( 1 pound)	0.00
14178	Egg	1.00
14178	Ritz round crackers	16.00
14178	Butter or margarine	2.00 tb
14178	Bottles barbecue sauce,	0.50 c
14178	-sweet sour sauce or	0.00
14178	-mustard-	0.00
14179	Butter Flavor Crisco	0.50 c
14179	Onion salt	1.00 ts
14179	Pepper	0.50 ts
14179	Chicken wings	3.00 lb
14179	All-purpose flour	1.00 c
14180	Seasoned Dry Bread Crumbs	0.50 c
14180	Parsley; Chopped	1.00 tb
14180	Garlic Clove; Minced	1.00 sm
14180	Olive Or Salad Oil	0.00
14180	Coarsely Ground Black Pepper	0.00
14180	Dijon Style Mustard	2.00 tb
14180	Chicken Breast Halves; W/	2.00 lg
14180	-Skin And Bones, About	0.00
14180	-1 1/2 Pounds	0.00
14180	Plum Tomatoes; About 3/4 Lb	3.00 md
14180	Parmesan Cheese; Grated	2.00 tb
14180	Dried Oregano Leaves;	1.00 ts
14180	-Crushed	0.00
14180	Salt	0.50 ts
14180	WaterCress	1.00 bn

Sheet1

14180	Bottled Olive Oil And	0.00
14180	-Vinegar Salad Dressing	0.00
14181	Broiler-fryer chickens (2 to	2.00
14181	-3 lbs.	0.00
14181	Each), cut up or 16 pieces	0.00
14181	-of chicken	0.00
14181	Salt, divided	3.50 ts
14181	Lemon, juice of	1.00 md
14181	Flour	1.00 c
14181	Paprika	1.00 ts
14181	Pepper	0.12 ts
14181	Cooking oil	0.00
14181	Water	2.00 tb
14182	Potato (8 ounces), peeled	1.00 lg
14182	Dijon-style mustard (or	3.00 tb
14182	-more)	0.00
14182	Clove garlic, minced	1.00 lg
14182	Whole chicken breasts (1	2.00
14182	-pound), skinned	0.00
14182	And split in halve	0.00
14182	Olive oil or cooking oil	1.50 ts
14182	Ground black pepper	0.00
14182	Snipped fresh parsley,	0.00
14182	-cilantro, rosemary,	0.00
14182	Or chives	0.00
14183	Lean ground beef	1.00 lb
14183	Chopped onion	0.50 c
14183	Clove garlic, minced or	1.00
14183	-pressed, optional	0.00
14183	Salt	1.00 ts
14183	Chili powder	0.50 ts
14183	Diced tomatoes	2.00 c
14183	Wheat flour tortillas	4.00 lg
14183	Oil for trying tortilla	0.00
14184	Lean ground beef	1.00 lb
14184	Chopped onion	0.50 c
14184	Clove garlic, minced or	1.00
14184	-pressed, optional	0.00
14184	Salt	1.00 ts
14184	Chili powder	0.50 ts
14184	Diced tomatoes	2.00 c
14184	Wheat flour tortillas	4.00 lg
14185	Ground Beef	1.50 lb
14185	Chopped Celery	0.50 c
14185	Chopped Mushroom	0.50 c
14185	Chopped Onion	0.75 c
14185	Bay Leaf	1.00
14185	Chili Powder	2.00 tb
14185	Garlic Powder	1.00 ts

Sheet1

14185	Salt	1.00 ts
14185	Paprika	1.00 ts
14185	BBQ Sauce	0.50 c
14185	Tomato Sauce	16.00 oz
14185	Stewed Tomatoes	28.00 oz
14185	Kidney Beans	15.50 oz
14185	Red Cayenne Pepper	1.00 ts
14186	Scalded milk	2.00 c
14186	Eggs, slightly beaten	3.00
14186	Sugar	0.33 c
14186	Vanilla	1.00 ts
14186	Salt	0.12 ts
14187	(20 oz) 15-bean soup mix	1.00 pk
14187	-(throw away the flavor	0.00
14187	-packet!)	0.00
14187	Onion, chopped	1.00 lg
14187	Garlic	1.00 ts
14187	Celery salt	1.00 ts
14187	Stalks chopped celery	2.00
14187	Bay leaf	1.00
14187	Cayenne pepper	1.00 ds
14187	Ground pepper to taste	0.00
14187	Polska kielbasa, sliced into	1.00 pk
14187	-coins (we prefer turkey	0.00
14187	-kielbasa)	0.00
14188	Brown sugar	0.25 c
14188	Raisins	0.25 c
14188	Cooking apples; unpeeled;	8.00
14188	Cored	0.00
14188	Cinnamon	2.00 ts
14188	Butter	1.50 tb
14189	Stew beef; trim, bite size	1.00 lb
14189	Stewed tomatoes; sliced	1.00 cn
14189	Potatoes; peeled, diced	3.00
14189	Carrots; peeled, pennied	2.00
14189	Garlic clove; crushed	1.00
14189	Peppercorns	3.00
14189	Bayleaf	1.00
14189	Celery stalk; chopped	1.00
14189	Small onion; diced	1.00
14189	Water	4.00 c
14189	Salt and pepper to taste	0.00
14189	Thyme	0.50 ts
14189	Parsley; chopped	1.00 ts
14189	Beef bouillon cubes	2.00
14189	Worcestershire sauce	1.00 tb
14189	Frozen mixed vegetables	2.00 c
14190	Margarine	1.00 c
14190	Onion, chopped	2.00 c

Sheet1

14190	Celery, chopped	2.00 c
14190	Parsley sprigs	0.25 c
14190	Mushrooms, 8 oz., drained	2.00 c
14190	Bread cubes, slightly dry	12.00 c
14190	Poultry seasoning	1.00 ts
14190	Eggs, well beaten	2.00
14190	Salt	1.50 ts
14190	Sage	1.50 ts
14190	Thyme	1.00 ts
14190	Pepper	0.50 ts
14190	Marjoram, optional	0.50 ts
14190	Chicken broth	3.50 c
14191	Cooking apples diced	10.00
14191	Water	0.50 c
14191	Sugar	0.75 c
14191	Cinnamon to taste	0.00
14192	Pork loin chops;	4.00
14192	Cut 3/4 inch thick	1.00
14192	Sm. onion; thin sliced	1.00
14192	Cream mushroom soup	1.00 cn
14192	White wine	0.75 c
14192	Mushroom pieces	1.00 cn
14192	Quick tapioca; (heaping)	2.00 tb
14192	Worcestershire sauce	2.00 ts
14192	Beef bouillon granules	1.00 ts
14192	Dried thyme; crushed	0.25 ts
14192	Garlic powder	0.50 ts
14192	Rice; Hot cooked	1.00
14193	Margerine	0.33 c
14193	Chopped onion	1.00 c
14193	Chopped celery	1.00 c
14193	Poultry seasoning	0.50 ts
14193	Chopped parsley	2.00 tb
14193	Salt	0.50 ts
14193	Sage	0.50 ts
14193	Thyme or marjarom	0.25 ts
14193	Canned mushrooms	8.00 oz
14193	Bread cubes, dry	6.50 c
14193	Can cream of chicken soup	10.50 oz
14193	WITH WATER ADDED TO EQUAL -----	0.00 -----
14193	2 CUPS -----	0.00 -----
14193	Egg, well beaten	1.00
14193	WITH WATER ADDED TO EQUAL -----	0.00 -----
14193	2 CUPS -----	0.00 -----
14194	Boiling water	6.00 c
14194	Orange juice	1.50 c
14194	Bags	6.00 ts
14194	Pineapple juice	1.50 c
14194	Sugar	0.33 c

Sheet1

14194	Orange sliced (unpeeled)	1.00
14194	Honey	2.00 tb
14195	Milk	1.00 c
14195	Butter	1.00 tb
14195	Sugar	1.00 tb
14195	Salt	1.00 ts
14195	Dry yeast	1.00 pk
14195	Warm water	0.25 c
14195	Unbleached flour	2.50 c
14195	Butter; cold	1.00 c
14196	Dark corn syrup	1.00 c
14196	Dozen small cream puffs,	5.00
14196	-custard filled(from the	0.00
14196	-bakery or home made)	0.00
14196	Icing sugar	0.25 c
14197	Hulled, raw sunflower seeds	0.67 c
14197	- (optional)	0.00
14197	Cooked and drained chickpeas	2.00 c
14197	Uncooked couscous	1.00 c
14197	Tomato juice	0.50 c
14197	Dry red wine	0.50 c
14197	Soy sauce	3.00 tb
14197	Dijon mustard	2.00 tb
14197	Red wine vinegar	2.00 tb
14197	Dried rosemary	2.00 ts
14197	Dried thyme	1.00 ts
14197	Black pepper	0.50 ts
14197	Minced fresh parsley	3.00 tb
14197	Garlic cloves; pressed	3.00
14197	Olive oil	1.00 tb
14198	Tumeric, ground	2.00 ts
14198	Coriander Seeds	2.00 ts
14198	Black Peppercorns	1.00 ts
14198	Cloves, whole	12.00
14198	Cumin Seeds	1.50 ts
14198	Cardamom Seeds	1.00 ts
14198	Cinnamon, ground	1.00 ts
14198	Fennel Seeds	1.00 ts
14198	Fenugreek	1.50 ts
14198	Ginger, ground	0.50 ts
14198	Cayenne Pepper Flakes	0.50 ts
14198	Chili Powder, ground	1.00 ts
14199	Flour	7.00 oz
14199	Sugar	2.50 oz
14199	Salt	1.00 pn
14199	Butter	3.50 oz
14199	Egg yolks	2.00
14199	Lemon rind, grated	0.25 ts
14199	FILLING	0.00

Sheet1

14199	Strawberries, and so forth	0.00
14199	CREMA PASTICCERA (PASTRY	0.00
14199	-CREAM)	0.00
14199	Egg yolks	3.00
14199	Sugar	0.33 c
14199	Flour	2.00 oz
14199	Vanilla, pinch or drop	0.00
14199	Milk	1.50 c
14200	Day old bread	0.00
14201	Pork loin	6.00 lb
14201	Strips pork back fat	6.00
14201	Butter	0.25 c
14201	Fine dry bread crumbs	1.00 c
14201	Whole cauliflower	1.00 md
14201	Broken into florets	1.00 md
14201	-cauliflower	0.00
14201	Ripe tomatoes	5.00
14201	Butter	2.50 ts
14201	Sprig chopped fresh rosemary	1.00
14201	Dried morel	12.00
14201	Butter	0.25 c
14201	Rich beef broth	2.00 c
14201	Cornstarch	2.00 tb
14201	Cognac	2.00 tb
14201	Garnish watercress	0.00
14202	Egg, well beaten	1.00
14202	Melted butter or butter	1.00 tb
14202	-substitute	0.00
14202	Nutmeg	0.25 ts
14202	Flour	0.00
14202	Salt	0.12 ts
14202	Sugar	3.00 tb
14202	Cinnamon	0.25 ts
14203	TOPPING -----	0.00 -----
14203	Sugar	0.25 c
14203	Brown Sugar	0.25 c
14203	Cinnamon	2.00 ts
14203	Flour; Unbleached, Unsifted	1.00 c
14203	Butter Or Margarine	0.50 c
14203	CAKE -----	0.00 -----
14203	Flour; Unbleached, Unsifted	2.25 c
14203	Sugar	0.25 c
14203	Salt	0.25 ts
14203	Yeast; Dry	1.00 pk
14203	Milk	0.75 c
14203	Butter Or Margarine	0.50 c
14203	Egg; Large	1.00
14203	TOPPING -----	0.00 -----
14203	CAKE -----	0.00 -----

Sheet1

14204	Butter Or Other Shortening	1.00 c
14204	Sugar	2.00 c
14204	Baking Powder	4.00 ts
14204	Eggs, Separated	4.00
14204	Milk	1.00 c
14204	Flour	4.00 c
14204	Butter, Melted	0.00
14204	Cinnamon	0.00
14205	Of butter,	325.00 g
14205	Of flour,	700.00 g
14205	Of sugar,	325.00 g
14205	Eggs,	2.00
14205	A little bit of salt,	0.00
14205	Baking powder,	4.00 ts
14205	Milk, and	1.00 c
14205	Cinnamon.	0.50 ts
14205	Alternate topping:	0.00
14205	Butter,	100.00 g
14205	Sugar or vanilla sugar,	200.00 g
14205	Milk, and	2.00 tb
14205	Sliced or slivered almonds.	250.00 g
14206	TOPPING -----	0.00 -----
14206	Brown sugar	0.25 c
14206	White sugar	0.25 c
14206	Cinnamon	2.00 ts
14206	Unsifted flour	1.00 c
14206	Butter	0.50 c
14206	CAKE -----	0.00 -----
14206	Unsifted flour	2.50 c
14206	White sugar	0.25 c
14206	Salt	0.25 ts
14206	Active dry yeast	1.00 pk
14206	Butter	0.50 c
14206	Egg	0.00
14206	Milk	0.75 c
14206	TOPPING -----	0.00 -----
14206	CAKE -----	0.00 -----
14207	Sugar	1.00 c
14207	Shortening	0.50 c
14207	Flour	2.00 c
14207	Salt	0.25 ts
14207	Sour milk	1.00 c
14207	Baking soda	0.50 ts
14207	Baking powder	1.00 ts
14207	Chopped raisins	1.00 c
14207	Cinnamon	1.00 ts
14208	Brown Sugar, Firmly Packed	1.33 c
14208	Cinnamon Or To Taste	2.00 ts
14208	Butter or Margarine	0.75 c



Sheet1

14208	Unbleached Flour	1.00 c
14208	Nutmeg	0.50 ts
14209	All-purpose flour	2.00 c
14209	Sugar	0.67 c
14209	Baking powder	3.00 ts
14209	Baking soda	0.50 ts
14209	Salt	1.00 ts
14209	Eggs	2.00
14209	Milk	1.00 c
14209	Butter or margarine, melted	0.50 c
14209	Lemon juice	2.00 tb
14209	Fresh blueberries *	2.00 c
14209	Sugar	0.67 c
14209	All-purpose flour	0.50 c
14209	Cinnamon	0.50 ts
14209	Soft butter or margarine	4.00 tb
14209	Chopped walnuts	1.00 c
14210	Butter or margarine	0.50 c
14210	(4Tbs) honey	0.25 c
14210	Sugar	0.25 c
14210	Oatmeal, uncooked	4.00 c
14210	Raisins (optional)	1.00 c
14211	Pork and beans(21oz)	1.00 cn
14211	Wieners;sliced	0.50 lb
14211	Molasses	2.00 tb
14211	Catsup	2.00 tb
14211	French-fried onion rings(3oz)	1.00 cn
14212	Chicken wings	4.00 lb
14212	Flour	0.50 c
14212	Paprika	0.50 ts
14212	Salt and pepper	0.25 ts
14212	Eggs	4.00
14212	Greshly grated parmesan	2.00 c
14212	-cheese	0.00
14212	Dry bread crumbs	0.50 c
14212	Each dried basil and oregano	1.00 ts
14213	Butter stick	0.75
14213	Sugar	1.50 c
14213	Milk	2.00 c
14213	Peanut butter,crunchy	1.50 c
14213	Vanilla	1.00 ts
14214	3 oz skinless chickn breasts	4.00
14214	Chopped scallions or onions	1.00 c
14214	Chopped red pepper	1.00 c
14214	Chopped celery	0.50 c
14214	+ 1 t local margarine	1.00 tb
14214	Stewed tomatoes	1.50 c
14214	Taco shells, crushed coarse	4.00
14214	Pimento-stuffed olives, chop	20.00 sm

Sheet1

14214	-ped	0.00
14214	Shredded cheddar cheese	1.50 oz
14215	Red chillis	2.25 lb
14215	Salt	3.00 ts
14216	Dry yeast	1.00 tb
14216	Warm water	0.50 c
14216	Salt	1.00 ts
14216	Vegetable oil	2.00 tb
14216	Sugar	0.25 ts
14216	White flour	3.00 c
14216	Cornmeal	0.00
14217	Dry yeast	1.00 tb
14217	Warm water	1.00 c
14217	Salt	1.00 ts
14217	Vegetable oil	2.00 tb
14217	Crushed garlic cloves	6.00 ea
14217	Unbleached white flour	4.00 c
14217	Wheatgerm	3.00 tb
14218	1/2" thick ham steaks	2.00
14218	Egg white	1.00
14218	Crushed cheese crackers	1.00 c
14218	Peach halves	4.00
14218	Cranberry sauce	0.25 c
14218	Potato	1.00
14218	Olive oil	2.00 ts
14219	Grated Parmesan cheese	1.00 c
14219	Dry fine bread crumbs	0.50 c
14219	Paprika	1.50 ts
14219	Golden Italian dressing	0.75 c
14219	Chicken drummettes or whole	3.00 lb
14219	-wings	0.00
14220	Sugar	2.00 c
14220	Water	0.50 c
14220	Corn syrup, light	1.00 c
14220	Food coloring, if desired	0.25 ts
14221	Cucumbers, Sliced	4.00 lb
14221	Salt	1.00 c
14221	Ater	1.00 ga
14221	Alum	1.00 ts
14221	Powdered Ginger	1.00 tb
14221	Water	2.00 c
14221	Sugar	6.00 c
14221	Vinegar	1.00 qt
14221	Cinnamon Sticks, Broken	1.00 tb
14221	Whole Celery Seed	1.00 tb
14221	Whole All Spice	1.00 tb
14221	Whole Cloves	1.00 tb
14222	Gingerroot, fresh, young	1.50 lb
14222	Sugar	3.50 c

Sheet1

14223	Roasting chicken, cut into	3.00 lb
14223	-quarters, or serving	0.00
14223	-pieces, or 3 lbs chicken	0.00
14223	Breasts and thighs	0.00
14223	Salt and pepper to taste	0.00
14223	To 4 cloves garlic	3.00
14223	Ground cumin	0.50 ts
14223	Sour (seville) orange juice	0.50 c
14223	-mixed with 1/8 cup each,	0.00
14223	-fresh lime and	0.00
14223	Lemon juice	0.00
14223	Pure spanish olive oil or	0.25 c
14223	-vegetable oil	0.00
14223	Dry sherry	0.50 c
14223	Onion, thinly sliced	1.00 lg
14223	Chicken stock or canned	0.50 c
14223	-chicken broth	0.00
14223	Flour, optional	1.00 tb
14223	Finely chopped fresh parsley	2.00 tb
14224	Pkg pure chocolate wafers	12.00 oz
14224	Pkg peanut butter chips	12.00 oz
14224	Pkg crushed regular potato	7.00 oz
14224	-chips	0.00
14224	Chopped peanuts	1.00 c
14225	Cucumber	1.00 md
14225	Salt	1.00 tb
14225	Dark walnut oil	2.00 tb
14225	Fresh lemon juice	2.00 tb
14225	Finely chopped fresh mint	1.00 tb
14226	Thinly sliced cucumbers	4.00 c
14226	Thinly sliced red onions	1.00 c
14226	Kosher salt	3.00 tb
14226	Sour cream	1.00 tb
14226	White wine or cider vinegar	0.25 c
14226	Sugar	1.00 ts
14226	Chopped fresh dill	1.00 tb
14227	Cream Cheese, Softened	8.00 oz
14227	Miracle Whip	1.00 c
14227	Cucumbers *	2.00 md
14227	Sliced Green Onion	2.00 tb
14227	Lemon Juice	1.00 tb
14227	Snipped Fresh Dill Or	2.00 ts
14227	Dried Dill Weed	0.50 ts
14227	Tabasco Sauce	0.50 ts
14228	Cucumbers	4.00 lg
14228	Chopped onion	0.50 c
14228	Distilled white vinegar	0.50 c
14228	Minced fresh dill	4.00 ts
14228	Salt	2.00 ts

## Sheet1

14228	Freshly ground pepper	1.00 ts
14228	Garnish fresh sprigs dill	0.00
14229	(6 ot 7 inch) whole wheat	3.00
14229	-pocket (pita) breads	0.00
14229	Lowfat plain yogurt	0.75 c
14229	Light sour cream	2.00 tb
14229	Garlic clove, minced	1.00
14229	Cucumber, peeled and	1.00
14229	-shredded (about 2 cups)	0.00
14229	Chopped fresh mint leaves	1.00 tb
14229	Chopped fresh cilantro	2.00 ts
14229	-(Chinese parsley or fresh	0.00
14229	-coriander)	0.00
14230	Dozen green cucumbers, 4	5.00
14230	-inches long	0.00
14230	Vinegar	5.00 c
14230	Onions, sliced	20.00 sm
14230	White mustard seed	0.50 ts
14230	Celery salt	1.50 tb
14230	Salad oil	1.00 c
14230	Salt	0.00
14231	English cucumbers, peeled,	2.00
14231	-diced	0.00
14231	Salt	1.50 ts
14231	Tamarind paste	1.00 tb
14231	Green chiles, finely chopped	2.00
14231	Brown sugar	1.00 tb
14231	Chopped cilantro	4.00 tb
14231	Corn oil	1.00 tb
14231	Mustard seeds	1.00 ts
14231	Fenugreek seeds	0.50 ts
14231	Dried red chiles	2.00
14231	Asafetida	0.25 ts
14232	Cucumber	24.00 ea
14232	Salt	1.00 c
14232	Pepper	3.00 T
14232	Cider vinegar	3.00 pt
14232	Onion	1.00 qt
14232	Olive oil	0.50 pt
14232	Mustard, dry	0.25 lb
14233	Pickles, sour	6.00 ea
14233	Cloves, whole	0.50 t
14233	Sugar	2.00 c
14233	Cinnamon	1.00 ea
14234	Dairy Sour Cream	1.00 c
14234	Yogurt; Plain	1.00 c
14234	Parsley; Snipped	0.25 c
14234	Cilantro; Fresh, Snipped	0.25 c
14234	Cumin; Ground	1.00 t

Sheet1

14234	Salt	0.50 t
14234	Cucumbers; Medium *	2.00 ea
14235	Olive oil	1.00 tb
14235	Leek (white part plus 1 inch	1.00
14235	-of green) chopped	0.00
14235	Stalk celery with leaves,	1.00
14235	-chopped	0.00
14235	Cucumbers, peeled, halved,	1.00 lb
14235	-seeded, and chopped	0.00
14235	Lemon juice	2.00 ts
14235	Chicken stock	4.00 c
14235	Pistou:	0.00
14235	Cloves garlic, finely minced	2.00
14235	Minced fresh basil	0.25 c
14235	Finely chopped walnuts	4.00 ts
14235	Parmesan cheese	2.00 ts
14235	Olive oil	4.00 ts
14235	Sized tomato, peeled,	0.50 md
14235	-seeded, and chopped	0.00
14236	Lean boneless pork	8.00 oz
14236	Light soy sauce	2.00 ts
14236	Dark soy sauce	1.00 ts
14236	Rice wine or dry sherry	1.00 ts
14236	Sesame oil	1.00 ts
14236	Cornstarch	0.50 ts
14236	Cucumber	1.00 lb
14236	Peanut oil	1.50 tb
14236	Chili bean sauce	1.00 tb
14236	Finely chopped garlic	2.00 ts
14236	Sichuan peppercorns	1.00 ts
14236	-(Roasted, ground)	0.00
14236	Chili flakes or chili powder	0.50 ts
14236	Salt	0.50 ts
14236	Light soy sauce	2.00 ts
14236	Rice wine	2.00 ts
14236	White rice vinegar	2.00 ts
14236	Sugar	1.00 ts
14237	Cucumber, Peeled, Seeded	1.00 md
14237	And Shredded	0.00
14237	(8 Oz.) Carton Plain Low	1.00
14237	Fat Yogurt	0.00
14237	Green Onions, Finely	2.00
14237	Chopped	0.00
14237	Fresh Chopped Parsley	1.00 tb
14237	Vinegar	1.00 ts
14237	Dried Dillweed	0.50 ts
14237	Garlic Powder	0.12 ts
14238	Pickling cucumbers	11.00 lg
14238	- peeled, scored, cut into	0.00

Sheet1

14238	- equal lengths to fit	0.00
14238	- feed tube vertically	0.00
14238	Diced (1/4-in) red onion	0.67 c
14238	Seasoned rice vinegar	0.75 c
14238	-(See NOTE)	0.00
14238	Safflower oil	1.00 tb
14238	Salt	0.00
14238	Freshly ground white pepper	0.00
14238	Bunches watercress; washed,	3.00 lg
14238	- crisped, stems removed	0.00
14238	Snipped fresh chives	2.00 tb
14238	- for garnish	0.00
14239	Cucumbers, peeled, seeded,	3.00 md
14239	-and chopped (3 cups)	0.00
14239	Onion, chopped (1/4 cup)	1.00 sm
14239	Butter or margarine	3.00 tb
14239	All-purpose flour	0.25 c
14239	Chicken broth	3.00 c
14239	Whipping cream	1.00 c
14240	Peanut oil	1.50 c
14240	Creamy peanut butter	1.50 tb
14240	Soy sauce	2.00 ts
14240	Cider vinegar	0.50 c
14240	Dijon mustard	2.00 ts
14240	Freshly chopped herbs	2.00 ts
14240	Salt and pepper to taste	0.00
14240	Cucumbers, peeled	8.00
14240	Head red leaf lettuce	1.00
14240	Cooked ham, julienned	6.00 oz
14240	Unsalted, roasted peanuts	0.75 c
14241	All purpose flour	2.00 c
14241	Active dry yeast	1.00 ts
14241	Sugar	1.00 tb
14241	Salt, optional	1.00 ts
14241	Garlic cloves, minced	3.00 ea
14241	Cold pressed corn oil	1.00 tb
14241	Packaged mash potato flakes	0.33 c
14241	Whole cumin seeds, toasted	1.00 ts
14241	Warm water	1.00 c
14241	-----Glaze-----	0.00
14241	Corn oil	1.00 tb
14241	Garlic cloves, minced	2.00 ea
14242		1.50
14242	Virgin olive oil	2.00
14242	Butter	1.00
14242	Eggplant (10-12 oz)	1.00
14242	- cut in 1/2-inch cubes	0.00
14242	Onion	1.00 md
14242	- cut into 1/4-inch squares	0.00

Sheet1

14242	Salt	0.00
14242	Green bell pepper;	1.00 sm
14242	- cut into 1/2-inch squares	0.00
14242	Red or yellow pepper	1.00 sm
14242	- or a mixture,	0.00
14242	- cut into 1/2-inch squares	0.00
14242	Tomatoes; peeled, seeded and	2.00 md
14242	-cut into large pieces -OR-	0.00
14242	-Canned Tomatoes, drained	15.00 oz
14242	-and cut into large pieces	0.00
14242	Ground cumin	4.00 ts
14242	Turmeric	0.50 ts
14242	Ground ginger	0.25 ts
14242	Ground cinnamon	0.25 ts
14242	Freshly ground pepper	0.50 ts
14242	Chopped parsley or cilantro	0.25 c
14242	Water	3.00 c
14242	Dried provolone (optional)	1.00 c
14242	-=OR=- Monterey Jack	0.00
14242	-=OR=- Muenster cheese	0.00
14243	Chicken breasts, poached,	3.00 lb
14243	-skin and bones discarded	0.00
14243	-and the meat	0.00
14243	Cut into bite-sized pieces	0.00
14243	-(about 4 cups)	0.00
14243	Fresh lemon juice	2.00 tb
14243	Monagoes, peeled, pitted and	2.00
14243	-cut into 3/4" pieces	0.00
14243	Chopped celery	1.00 c
14243	Scallions including the	4.00
14243	-green part, minced	0.00
14243	Plain yogurt	0.25 c
14243	Mayonnaise (I used Weight	0.25 c
14243	-Watchers' brand...no fat)	0.00
14243	1 1.2 tsp curry powder	0.00
14243	Ground cumin	0.50 ts
14243	Roasted cashew nuts, chopped	1.00 c
14243	-(I used 1/2 cup...it was	0.00
14243	-fine)	0.00
14243	Chopped fresh coriander, if	2.00 tb
14243	-desired	0.00
14244	Dried fruit	0.25 lb
14244	Candied peel	4.00 oz
14244	Warm water	1.00 pt
14244	Mixed spice	0.50 ts
14244	Plain flour	2.00 lb
14244	Salt	2.00 ts
14244	Lard	6.00 oz
14244	Fresh yeast	1.00 oz

Sheet1

14244	Demerara sugar	0.50 lb
14244	Eggs	2.00
14245	Butter or butter substitute	1.00 c
14245	Sugar	2.00 c
14245	Eggs	4.00
14245	Milk	1.00 c
14245	Cake flour	3.50 c
14245	Salt	0.25 ts
14245	Cream of tartar	2.00 ts
14245	Baking soda	1.00 ts
14245	Grated lemon rind	1.00 tb
14245	Lemon juice	1.00 tb
14245	Currants	1.00 c
14246	Sugar	1.00 lb
14246	Egg	6.00 ea
14246	Salt	0.25 t
14246	Lemon, juice of	1.00 ea
14246	Butter	1.00 lb
14246	Flour	0.75 lb
14246	Currants	0.50 lb
14246	Lemon, rind of	1.00 ea
14247	Currants	5.00 lb
14247	Seeded raisins	2.00 lb
14247	Sugar	5.00 lb
14247	Oranges	3.00
14247	Raspberry juice	2.00 c
14248	Currants	3.00 lb
14248	Sugar	0.00
14249	Currant jelly	0.67 c
14249	Water	1.00 ea
14249	Half and half	1.00 ea
14250	Cottage cheese and oil	0.00
14250	Pastry (1)	0.00
14250	FOR BRUSHING:	0.00
14250	(30g) soft butter or marg.	1.00 oz
14250	FILLING:	0.00
14250	(heaping) sugar	2.00 tb
14250	Vanillin sugar	1.00 pk
14250	(50g) currants (washed and	1.75 oz
14250	Well drained)	0.00
14250	(70g) sultanas (washed and	2.50 oz
14250	Well drained)	0.00
14250	(50g) almonds (blanched	1.75 oz
14250	And finely chopped)	0.00
14250	ICING:	0.00
14250	(170g) icing sugar	6.00 oz
14250	(about) hot water	2.00 tb
14251	Cooking Apples	2.00 lg
14251	Lemon Juice	0.00



Sheet1

14251	Curry Powder	2.00 ts
14251	Butter Or Vegetable Oil	3.00 tb
14251	Chicken Stock	5.00 c
14251	Salt	1.00 ts
14251	Apple Juice	0.67 c
14251	Whipping Cream	1.25 c
14251	Ground Ginger	0.00
14252	Red Delicious Apples	2.00 md
14252	Granny Smith Apple	1.00 md
14252	+ 2 T. Lemon Juice	0.33 c
14252	Divided	0.00
14252	Diced Celery With Leaves	2.00 c
14252	Chopped Walnuts	2.00 tb
14252	Salt, 1/4 t. Pepper	0.50 ts
14252	Curry Powder	0.50 ts
14252	Water	0.25 c
14252	Vegetable Oil	1.00 tb
14252	Boston Lettuce Leaves	0.00
14253	Medium-ripe dark-skinned	2.00
14253	-(Haas) avocados	0.00
14253	Vegetable stock	2.25 c
14253	To 2 ts curry powder	1.50 ts
14253	Salt	0.75 ts
14253	To 1/4 ts white pepper	0.12 ts
14253	Heavy cream	0.50 c
14253	Fresh lemon juice	2.00 tb
14254	Beef Top Round steak	0.75 lb
14254	Beef broth	0.50 c
14254	Salt	0.25 ts
14254	Chopped Green or Red Pepper	0.75 c
14254	Curry powder	1.00 ts
14254	Sm Potatoes, halved *	2.00 x
14254	Cornstarch	2.00 ts
14254	Chopped Onion	0.75 c
14254	Cooking oil	1.00 tb
14254	Med Tomato, coarsely chopped	0.00
14255	Broccoli	2.00 lb
14255	Salt	0.00
14255	Chicken Stock	3.75 c
14255	Butter Or Vegetable Oil	1.00 tb
14255	Onion, Finely Chopped	1.00 md
14255	Curry Powder	2.00 ts
14255	Cayenne Pepper	1.00 pn
14255	Cornstarch	1.00 tb
14255	Whipping Cream	0.67 c
14255	Fresh Watercress, Finely	0.50 c
14255	-Chopped	0.00
14256	(1 1/2 oz. each) chicken	2.00 pk
14256	-gravy mix	0.00

Sheet1

14256	Curry powder	1.00 tb
14256	Water	1.00 c
14256	Chicken breast halves	6.00
14256	Salt	0.00
14256	Pepper	0.00
14256	Paprika	0.00
14257	Cooked chicken breast, diced	2.00 c
14257	Scallions, sliced	4.00
14257	Water chestnuts, sliced	1.00 c
14257	Cooked rice, at room	2.00 c
14257	-temperature	0.00
14257	Mayonnaise	1.00 c
14257	Prepared chutney	0.50 c
14257	Curry powder	1.00 ts
14257	Salt	1.00 ts
14257	Freshly ground black pepper	0.00
14257	-to taste	0.00
14257	Bananas	2.00
14257	Lemon juice	0.25 c
14257	Chopped peanuts	1.50 c
14258	Flaked coconut	0.75 c
14258	Cream cheese, at room	3.00 oz
14258	-temperature	0.00
14258	Mayonnaise	2.00 tb
14258	Chopped cooked chicken	1.00 c
14258	Chopped walnuts	1.00 c
14258	Minced onion	2.00 tb
14258	Curry powder, to taste	1.50 tb
14258	Salt	0.50 ts
14259	Sm. onion, chopped (1/4 cup)	1.00
14259	Curry powder	1.00 ts
14259	Water	0.25 c
14259	Milk	3.00 c
14259	Flaked coconut	1.00 c
14259	Whole cloves	2.00
14259	Salt	0.50 ts
14259	Beaten egg yolks	2.00
14259	Toasted coconut (optional)	0.00
14260	Seedless English cucumber,	1.00 md
14260	-peeled	0.00
14260	Ripe tomato, peeled	1.00 md
14260	Chopped onion	1.00 tb
14260	Clove garlic, chopped	1.00 sm
14260	Curry powder	0.25 ts
14260	Pinch each of nutmeg, salt	0.00
14260	-and pepper	0.00
14260	Water	0.50 c
14260	Cider or wine vinegar	1.00 tb
14260	To 4 drops hot pepper sauce	2.00

Sheet1

14260	Sugar	2.00 ts
14261	Mayonnaise	1.00 c
14261	Hard Cooked Egg *	1.00
14261	Ground Ginger	1.00 ts
14261	Clove Garlic	1.00
14261	Salt	0.50 ts
14261	Chopped Green Onion & Tops	2.00 tb
14261	Curry Powder	1.00 ts
14261	Lemon Juice	1.00 ts
14261	Cooked Shrimp	0.00
14262	Firm ripe pears	3.00 md
14262	Soft butter/margerine	3.00 tb
14262	Firmly packed brown sugar	3.00 tb
14262	Curry powder	1.00 tb
14262	Grated lemon peel	0.50 ts
14262	Salt	0.25 ts
14262	Water	0.25 c
14263	Pairs of jumbo frog's legs	4.00
14263	-(about 1 pound), trimmed	0.00
14263	Stalk fresh lemon grass,	1.00
14263	-or 1 tablespoon dried	0.00
14263	-lemon grass	0.00
14263	Fresh red chile peppers,	2.00
14263	-seeded and sliced	0.00
14263	Shallots, sliced	2.00
14263	Garlic cloves, crushed	2.00
14263	Sugar	1.50 ts
14263	Curry paste	1.00 ts
14263	Curry powder	2.00 ts
14263	Salt	0.25 ts
14263	Nuoc nam	2.00 tb
14263	-(Vietnamese fish sauce)	0.00
14263	Cellophane (bean thread)	2.00 oz
14263	-noodles	0.00
14263	Vegetable oil	2.00 tb
14263	Small onion, chopped	1.00
14263	Chicken broth or water	1.00 c
14263	Coconut milk or heavy cream	0.50 c
14263	Cornstarch	1.00 ts
14263	Freshly ground black pepper	0.00
14263	Coriander sprigs,	0.00
14263	-for garnish	0.00
14264	Pairs of jumbo frog's legs	4.00
14264	Stalk fresh lemon grass, or	1.00
14264	Dried lemon grass	1.00 tb
14264	Fresh red chilies, seeded	2.00
14264	-and sliced	0.00
14264	Shallots, sliced	2.00
14264	Garlic cloves, crushed	2.00

Sheet1

14264	Sugar	1.50 ts
14264	Curry paste	1.00 ts
14264	Curry powder	2.00 ts
14264	Salt	0.25 ts
14264	Nuoc mam (fish sauce)	2.00 tb
14264	Cellophane noodles	2.00 oz
14264	Vegetable oil	2.00 tb
14264	Onion, chopped	1.00 sm
14264	Chicken broth or water	1.00 c
14264	Coconut milk or heavy cream	0.50 c
14264	Cornstarch	1.00 ts
14264	Fresh ground black pepper	0.00
14264	Coriander sprigs for garnish	0.00
14265	Peaches, peeled and sliced	3.00 lb
14265	Apricots, peeled and halved	2.00 lb
14265	Fresh pineapple, peeled and	1.00
14265	-cut into chunks (about 5	0.00
14265	-pounds)	0.00
14265	Cantaloupe, cut into chunks	1.00
14265	-or balls (about 4 pounds)	0.00
14265	Thinly sliced lime (about 1	0.50 c
14265	-small)	0.00
14265	Water	4.00 c
14265	Sugar	3.00 c
14265	Lemon juice	0.25 c
14265	Curry powder	3.00 tb
14266	Lamb chops, preferably from	8.00
14266	-the rack, about 2 lbs	0.00
14266	Salt and freshly ground	0.00
14266	-pepper to taste	0.00
14266	Curry powder	1.00 tb
14266	Peanut oil	1.00 tb
14266	Butter	1.00 tb
14266	Finely chopped shallots	2.00 tb
14266	Dry white wine	0.33 c
14266	Fresh or canned chicken	0.50 c
14266	-broth	0.00
14266	Tomato paste	1.00 ts
14266	Finely chopped parsley	1.00 tb
14267	Pastry for 2 crust pie	0.00
14267	Oil	2.00 tb
14267	Onion, chopped	1.00 lg
14267	Garlic cloves, chopped	2.00 ea
14267	Potato, diced	1.00 md
14267	Carrot, sliced	1.00 md
14267	Green bell pepper, diced	1.00 sm
14267	Coriander powder	1.00 tb
14267	Cumin powder	1.00 ts
14267	Ginger powder	1.00 ts

## Sheet1

14267	Turmeric	1.00 ts
14267	Green lentils	1.00 c
14267	Water	2.00 c
14267	Tomato paste	2.00 tb
14267	Salt & pepper	0.00
14268	Lentils	1.00 c
14268	Olive oil	1.00 tb
14268	Garlic cloves, minced	2.00 ea
14268	Spinach leaves, washed,	0.50 lb
14268	-- stemmed & chopped	0.00
14268	Can plum tomatoes	14.00 oz
14268	Tamari	2.00 tb
14268	Curry powder	2.00 ts
14268	Grated ginger	0.25 ts
14268	Cinnamon	0.25 ts
14268	Nutmeg	0.25 ts
14269	Mayonnaise	0.25 c
14269	Mild Indian curry powder.	1.00 ts
14270	Chutney sauce	0.00
14270	Pound ground turkey	1.00
14270	Crushed cracker crumbs	0.50 c
14270	Evaporated skim milk	0.33 c
14270	Finely chopped green	2.00 tb
14270	Onions (with tops)	0.00
14270	To	1.50
14270	Curry powder	2.00 ts
14270	Salt	0.25 ts
14270	Chutney sauce	0.00
14270	Nonfat plain yogurt	0.50 c
14270	Finely chopped chutney	1.00 tb
14270	Curry powder	0.25 ts
14271	Mussels; scrubbed clean	96.00
14271	- and beards removed	0.00
14271	Dry white wine	0.25 c
14271	Curry powder	1.00 tb
14271	Finely minced garlic	1.00 tb
14271	Chopped tomatoes	1.00 c
14271	- (Peeled and seeded)	0.00
14271	Chopped fresh dill; -=OR=-	0.50 tb
14271	-Dried dill	0.25 ts
14271	Whipping cream	0.50 c
14271	Salt	0.00
14272	Peanut oil	1.00 tb
14272	Onion, halved, sliced	1.00 md
14272	Minced garlic cloves	3.00
14272	Curry powder	3.00 tb
14272	(or more) chicken stock or	4.00 c
14272	-canned broth	0.00
14272	Rice	0.33 c

Sheet1

14272	Carrots, peeled, sliced	3.00	md
14272	Creamy peanut butter (do not	0.50	c
14272	-use old-fashioned style or	0.00	
14272	-freshly	0.00	
14272	Ground)	0.00	
14272	Sugar	1.50	ts
14273	(8-oz) fine noodles	1.00	pk
14273	Salt	0.25	ts
14273	Water	0.00	
14273	Few drops of oil	0.00	
14273	Oil	2.00	ts
14273	Purple onion, peeled, sliced	1.00	sm
14273	To 2 cups water	1.00	
14273	Catsup	0.50	c
14273	Worcestershire sauce	1.00	ts
14273	Salt	0.50	ts
14273	Sugar	0.50	ts
14273	Curry powder	1.00	tb
14273	Chicken or beef broth	0.50	c
14273	Shredded cooked pork	1.00	c
14273	Tomato, cut in wedges	1.00	
14274	Steaks salmon	4.00	
14274	Onion chopped	1.00	c
14274	Butter	0.25	c
14274	Curry powder	2.00	tb
14274	Cream sour	2.00	c
14274	Salt to taste	0.00	
14274	Pepper to taste	0.00	
14274	Curry to taste	0.00	
14275		6.00	
14275		0.50	
14275		1.00	
14275		0.75	
14275	Light cream or milk	1.00	10
14275	Lemon juice	1.00	
14275	Freshly grated ginger	3.00	16
14275	Garlic cloves	3.00	l
14275	- peeled and crushed	0.00	
14275	Curry powder (hot or mild)	2.00	
14275	Ground red pepper	0.12	
14275	Salt	0.00	
14275	Freshly ground black pepper	0.00	1
14275	Chopped flat-leaf parsley	0.50	1
14275	Meat from a 1 1/4 lb lobster	0.50	
14275	- steamed or boiled	0.00	
14275	- 5 minutes to loosen,	0.00	
14275	- then removed and chopped	0.00	
14275	Large shrimp	1.50	lb
14275	- peeled and deveined	0.00	

Sheet1

14275	Young carrots; scraped,	0.75 lb
14275	- trimmed, cut into	0.00
14275	- 2-in lengths, blanched	0.00
14275	- for 2 minutes	0.00
14275	Shiitake mushrooms	4.00 oz
14275	- stems removed	0.00
14275	- and cut into thick slices	0.00
14275	Slivered almonds; toasted	1.00 c
14275	Frozen "petite" peas	10.00 oz
14275	- defrosted	0.00
14275	Frozen pearl onions	16.00 oz
14275	- defrosted	0.00
14275	All-butter puff pastry	1.00 lb
14275	- defrosted in the	0.00
14275	- refrigerator if frozen	0.00
14275	Egg; mixed with	1.00
14275	-Water, for egg wash	1.00 tb
14276	Pork spareribs, cut into	3.00 lb
14276	-serving size pieces	0.00
14276	Brown sugar	2.00 tb
14276	Prepared mustard	2.00 tb
14276	Cider vinegar	2.00 tb
14276	Water	2.00 tb
14276	Curry powder	1.00 ts
14276	Garlic powder	1.00 ts
14276	Salt	0.00
14277	Red bell pepper	1.00 lg
14277	Chunk light tuna	3.25 oz
14277	- packed in water or oil,	0.00
14277	- drained & slightly mashed	0.00
14277	Canned garbanzo beans	0.50 c
14277	- drained	0.00
14277	2-in piece of cucumber	1.00
14277	- preferably English	0.00
14277	- hot-house peeled,	0.00
14277	- and cut into fine dice	0.00
14277	Dried currants	3.00 tb
14277	Slivered almonds	2.00 tb
14277	- lightly toasted	0.00
14277	Scallions; thinly sliced	2.00
14277	Plain low-fat yogurt	4.00 tb
14277	Curry powder	1.00 ts
14277	Ground ginger	0.50 ts
14278	Mayonnaise	2.00 c
14278	Catsup	3.00 tb
14278	Honey	3.00 tb
14278	Grated onion	3.00 tb
14278	Lemon juice	1.00 ts
14278	Drops Tabasco sauce	8.00

Sheet1

14278	Curry powder	1.50 ts
14279	Chick peas	1.25 c
14279	Water	5.50 c
14279	Bay leaf	1.00 ea
14279	Ghee	5.00 tb
14279	2" cinnamon stick	1.00 ea
14279	Black peppercorns	6.00 ea
14279	Black cardamom seeds	0.50 ts
14279	Whole cloves	8.00 ea
14279	Whole cumin seeds	1.00 tb
14279	Grated ginger	1.00 tb
14279	Minced green chili	1.00 ts
14279	Turmeric	1.00 ts
14279	Hungarian paprika	1.50 ts
14279	Coriander	1.00 tb
14279	Cayenne	0.50 ts
14279	Asafetida	0.12 ts
14279	Large tomato, diced	1.00 ea
14279	Salt	1.00 ts
14279	Lemon juice	3.00 tb
14279	Coarsely chopped coriander	3.00 tb
14280	Zucchini, chopped	2.00 lb
14280	Scallions, sliced	2.00
14280	Carrots, chopped	2.00
14280	Curry powder	1.00 tb
14280	Butter or margarine	2.00 tb
14280	(13.75 oz) chicken broth	1.00 cn
14281	Hellman's Mayo	1.00 c
14281	Curry powder	1.00 ts
14281	Garlic salt	1.00 ts
14281	Fresh grated onion	2.00 ts
14281	Horseradish	1.00 ts
14281	Tarragon vinegar	1.00 ts
14282	Commercial curry powder	1.00 tb
14282	Ground turmeric	1.00 tb
14282	Ground cumin	2.00 ts
14282	Ground ginger	2.00 ts
14282	Ground coriander	2.00 ts
14282	Fennel seed, ground	2.00 ts
14283	Cumin seeds	2.00 tb
14283	Fenugreek	2.00 tb
14283	Mustard seeds	1.50 ts
14283	Black peppercorns	1.00 tb
14283	Coriander seeds	0.50 c
14283	Poppy seeds	1.00 tb
14283	Ground ginger	1.00 tb
14283	Hot chili powder	1.50 ts
14283	Ground turmeric	0.25 c
14284	Coriander seeds	1.00 oz



Sheet1

14284	Cumin seeds	0.50 oz
14284	Fennel seeds	1.00 tb
14284	Fenugreek seeds	1.00 ts
14284	Small piece of cinnamon	0.00
14284	Green cardamoms	6.00
14284	Cloves	6.00
14284	Fresh curry leaves	6.00
14284	Cayenne	1.00 ts
14285	Coriander seeds	3.00 tb
14285	Cumin seeds	2.00 tb
14285	Tumeric	2.00 tb
14285	Mustard seeds	1.00 tb
14285	Fennel seeds	2.50 ts
14285	Pods cardamon seeds	8.00
14285	Cloves	8.00
14285	Ground ginger	1.50 ts
14285	Black peppercorns	1.50 ts
14285	Freshly grated nutmeg	0.25 ts
14285	Cayenne	0.25 ts
14286	Ground Tumeric	1.00 c
14286	Coriander Seeds	1.33 c
14286	Cumin Seeds	1.00 c
14286	Dried Root Ginger	2.00 oz
14286	Peppercorns	2.00
14286	Cardamom Pods	1.00 oz
14286	Fennel Seeds	0.25 c
14286	Dried Red Chilis	0.25 c
14286	Blades Of Mace	0.25 c
14286	Whole Cloves	1.50 tb
14286	Mustard Seeds	2.00 tb
14286	Poppy Seeds	2.00 tb
14287	Ground Cinnamon	0.25 c
14287	Ground Coriander	2.50 tb
14287	Ground Tumeric	2.50 tb
14287	Ground Cumin	3.00 tb
14287	Ground Fenugreek	1.00 tb
14287	Dry Mustard	2.00 tb
14287	Ground Cardamom	2.00 tb
14287	Garlic Salt	2.00 tb
14287	Ground Poppy Seeds	2.00 tb
14287	Ground Dried Chilis	2.50 tb
14287	Ground Black Pepper	2.50 tb
14287	Ground Ginger	1.00 tb
14288	Coriander Seeds	2.50 tb
14288	Garlic Powder	2.00 ts
14288	Ground Cumin	1.00 tb
14288	Ground Tumeric	2.00 ts
14288	Ground Ginger	1.00 ts
14288	Chili Seasoning	1.00 ts

Sheet1

14288	Ground Allspice	0.50 ts
14288	Salt	1.00 tb
14288	Ground Black Pepper	1.00 tb
14288	Dry Mustard	0.50 tb
14288	Saffron	0.25 ts
14289	Coriander seeds	3.00 tb
14289	Cumin seeds	2.00 tb
14289	Tumeric	2.00 tb
14289	Mustard seeds	1.00 tb
14289	Fennel seeds	2.50 ts
14289	Pods cardamon seeds	8.00
14289	Cloves	8.00
14289	Ground ginger	1.50 ts
14289	Black peppercorns	1.50 ts
14289	Freshly grated nutmeg	0.25 ts
14289	Cayenne	0.25 ts
14290	Coriander seeds	0.75 c
14290	Mustard seeds	0.75 c
14290	Fennel seeds	0.25 c
14290	Celery seeds	2.00 tb
14290	Ground mace	2.00 tb
14290	Ground turmeric	2.00 tb
14290	Ground cloves	1.50 ts
14290	Crushed red pepper flakes	1.00 tb
14290	Fresh ground black pepper	1.50 ts
14290	Coins dried ginger	15.00
14290	Cloves dried garlic	3.00
14291	Red lentils	1.00 c
14291	Water	4.00 c
14291	Turmeric	0.25 ts
14291	Canned crushed tomatoes	2.00 c
14291	Cumin	1.50 ts
14291	Ground coriander	2.00 ts
14291	Cayenne pepper	0.50 ts
14291	Minced onion	1.00 ts
14291	Minced garlic	1.00 ts
14291	Salt to taste	0.00
14291	Lemon juice	1.00 tb
14291	Vegetable oil	1.00 tb
14291	Black mustard seeds	1.00 ts
14291	Chopped fresh coriander	2.00 tb
14292	Eggs	2.00
14292	Milk, scalded	2.00 c
14292	Sugar	6.00 tb
14292	Vanilla	1.00 ts
14292	Salt	0.12 ts
14292	Evaporated milk or cream	1.50 c
14293	Milk	1.50 c
14293	Stick cinnamon	1.00

## Sheet1

14293	Egg yolks	4.00
14293	Sugar	3.00 tb
14293	Vanilla extract	0.50 ts
14294	Milk	1.50 c
14294	Egg yolks	4.00
14294	Sugar	0.33 c
14294	Vanilla (or other flavor)	2.00 ts
14294	-extract	0.00
14294	Tbl. butter, softened	1.00
14295	Jim Vorehis	0.00
14295	Bacon slices	5.00
14295	(1/4 stick) butter	2.00 tb
14295	Medium-large boiling	3.00
14295	-potatoes, peeled and	0.00
14295	-chopped	0.00
14295	Celery stalks, chopped	4.00 md
14295	Carrot, chopped	1.00 lg
14295	Onion, chopped	0.50 md
14295	Water	3.00 c
14295	Salt	2.00 ts
14295	Freshly ground pepper	0.12 ts
14295	Milk	2.00 c
14295	Cornstarch dissolved in 1/2	2.00 tb
14295	-cup cold water	0.00
14296	Turkey cutlets	1.00 lb
14296	Flour	0.25 c
14296	Paprika, sweet	2.00 ts
14296	Black pepper, ground	0.25 ts
14296	Thyme, dried	0.25 ts
14296	Red pepper, ground	0.12 ts
14296	Salt to taste	0.00
14296	Oil, vegetable	2.50 tb
14296	Onions, thinly sliced	0.50 c
14296	Broth, chicken	14.50 oz
14296	Tomato paste	2.00 ts
14296	Sour cream alter. fat free	0.25 c
14296	Parsley, fresh, minced	1.00 tb
14297	Red cinnamon candies(see tip)	1.00 tb
14297	Boiling water	1.00 c
14297	Apples,peeled, cored and	6.00 md
14297	-thinly sliced	0.00
14297	DH*Moist Deluxe White Cake	1.00 pk
14297	-Mix	0.00
14297	Light brown sugar,firmly	1.00 c
14297	-packed	0.00
14297	Butter or margarine, melted	0.50 c
14297	Frozen whipped topping(thaw)	0.00
14297	Crushed red cinnamon candies	0.00
14297	Mint leaves, for garnish	0.00

## Sheet1

14298	Trimmed beef tenderloin	1.00
14298	- (3-1/2 to 5 lb)	0.00
14298	MARINADE AND SAUCE -----	0.00 -----
14298	Soy sauce	2.00 c
14298	Dark sesame oil	0.67 c
14298	Garlic cloves; chopped	6.00 lg
14298	Fresh chopped ginger	2.00 tb
14298	MARINADE AND SAUCE -----	0.00 -----
14299	Yeast	1.00 pk
14299	Sugar	1.00 ts
14299	Milk; scalded and cooled	0.50 c
14299	Milk; warm	1.00 c
14299	Egg	1.00
14299	Salt	0.50 ts
14299	Flour	3.50 c
14299	Slices white bread; cubed	3.00
14300	Potatoes	6.00 md
14300	Egg yolk	1.00
14300	Salt	1.50 ts
14300	All-purpose flour	0.50
14301	Chicken liver	1.00 lb
14301	Bread	5.00 sl
14301	Onion	1.00 md
14301	Parsley	0.00
14301	Egg	1.00
14301	All-purpose flour	6.00 tb
14301	Salt	1.50 ts
14301	Pepper	0.25 ts
14301	Marjoram	0.75 ts
14301	Cloves garlic	2.00
14301	Garlic powder to taste	0.00
14302	Butter/margerine	4.00 tb
14302	Eggs beaten	2.00
14302	Salt	1.00 ts
14302	Cooked potatos, riced and	2.00 c
14302	-chilled	0.00
14302	(approximately) sifted	2.00 c
14302	-all-purpose flour	0.00
14302	To 16 sugar cubes	14.00
14302	To 16 small blue plums,	14.00
14302	-pitted	0.00
14302	Ground cinnamon	0.00
14302	Fine dry bread crumbs	0.67 c
14303	Unsifted all purpose flour	1.50 c
14303	Sugar	1.00 c
14303	Unsweetened cocoa powder	3.00 tb
14303	Baking soda	1.00 ts
14303	Salt	0.50 ts
14303	Butter, melted	5.00 tb

Sheet1

14303	Distilled white vinegar	1.00 tb
14303	Vanilla extract	1.00 ts
14303	Cold water	1.00 c
14303	Semisweet chololate	1.00 c
14303	-minichips	0.00
14304	All-purpose flour	1.25 c
14304	Lightly packed brown sugar	1.50 c
14304	Baking powder	1.50 ts
14304	Salt	0.12 ts
14304	Eggs at room temperature	2.00 lg
14304	Plus 2 Tbsp unsalted butter,	0.50 c
14304	-melted	0.00
14304	Vanilla extract	2.00 ts
14304	Chopped walnuts	0.50 c
14305	Japanese soy sauce	0.50 c
14305	Vinegar	0.25 c
14305	Grated daikon	0.25 c
14305	Togarashi (see note)	1.00 ds
14305	Water as needed	0.00
14306	Minced green onions	0.50 c
14306	Olive oil or water for	2.00 tb
14306	-sauteeing	0.00
14306	Whole wheat pastry flour	1.00 tb
14306	Nutritional yeast	3.00 tb
14306	To 2 cups water	1.50
14306	Sesame tahini	2.00 tb
14306	"chicken"-flavored vegetable	2.00 ts
14306	-broth or light miso	0.00
14306	Soymilk	0.50 c
14306	Fresh ground pepper to taste	0.00
14306	Ground rock salt	0.00
14307	Active dry yeast	1.00 pk
14307	Honey	0.25 c
14307	Warm water (105-115F)	0.50 c
14307	Bread flour	2.50 c
14307	Whole wheat flour	0.50 c
14307	Wheat germ	0.25 c
14307	Rye flour	0.25 c
14307	Rolled oats	0.25 c
14307	Salt	1.00 ts
14307	Cottage cheese	0.50 c
14307	Egg	1.00 lg
14307	Vegetable oil	2.00 tb
14307	Oil and cornmeal for pan	0.00
14307	Egg white; frothed with fork	1.00
14307	- for glaze	0.00
14307	Additional wheat germ	0.00
14307	--OR-- Oats, for top of loaf	0.00
14308	-----	0.00

Sheet1

14308		2.50
14308		1.00
14308	-----	1.00
14310	Beef brisket,coarse grind	6.00 lb
14310	Red chile,hot,ground	4.00 T
14310	Red chile,mild,ground	1.00 T
14310	Chile caribe	0.50 T
14310	Cayenne pepper	1.00 t
14310	Oregano,dried,pref, Mexican	2.00 T
14310	Garlic cloves,crushed	8.00
14310	Bay leaves	4.00
14310	Gumbo file(ground sassafras)	1.00 t
14310	Cumin,ground	3.00 T
14310	Woodruff or	3.00 T
14310	Chocolate,unsweetened	2.00 oz
14310	Paprika	1.00 t
14310	Salt	1.00 T
14310	Bacon drippings	0.33 c
14310	Lemon juice	2.00 T
14310	Lime juice	2.00 T
14310	Dijon mustard	1.00 T
14310	Corn flour(masa harina)	2.00 T
14310	Beer(12oz ea)	4.00 cn
14310	Worcestershire sauce	1.00 T
14310	Sugar	1.00 T
14310	Chicken fat(opt)	1.00 T
14310	Hot pepper sauce,liquid(opt)	0.00
14311	-----	8.00
14311	4-rib sections	0.00
14311	DRY INGREDIENTS -----	0.00
14311	Powdered ginger	1.00 tb
14311	Powdered mustard	1.00 tb
14311	Paprika	1.00 tb
14311	Salt	0.50 tb
14311	Chinese five-spice powder	0.50 tb
14311	Black pepper	1.00 ts
14311	Chili powder	1.00 ts
14311	Powdered sage	1.00 ts
14311	Crushed red pepper	1.00 ts
14311	BASTING SAUCE -----	0.00 -----
14311	Tomato juice	0.50 ts
14311	Peach preserves	1.00 c
14311	Commercial barbecue sauce	2.00 tb
14311	Melted butter or margarine	2.00 tb
14311	Wine vinegar	1.00 tb
14311	Finely minced onion	1.00 tb
14311	Finely minced bell pepper	1.00 tb
14311	(red or green)	0.00
14311	Juice of one and one-half	0.00

Sheet1

14311	Limes	0.00
14311	Two or three dashes of	0.00
14311	Tabasco sauce	0.00
14311	DRY INGREDIENTS -----	0.00 -----
14311	BASTING SAUCE -----	0.00 -----
14312	Dandelion blossoms	1.00 qt
14312	Water	2.00 qt
14312	Fresh lemon juice	2.00 tb
14312	Powdered fruit pectin	1.75 oz
14312	Sugar	5.50 c
14313	Tender dandelion leaves	0.75 lb
14313	Chicken consommé	1.50 qt
14313	Egg yolks	4.00
14313	Romano cheese, freshly	0.50 c
14313	-grated	0.00
14314	All purpose flour	1.50 c
14314	Baking powder	2.00 ts
14314	Salt	0.50 ts
14314	Sugar	1.00 tb
14314	Eggs, separated	2.00
14314	Milk	1.00 c
14314	Oil	0.00
14314	Aebleskiver pan	0.00
14314	Bananas	2.00
14315	Cherries (3 pounds pitted)	4.50 lb
14315	Water	1.00 c
14315	Sugar	1.50 c
14315	Corn syrup	0.75 c
14315	Sticks cinnamon	3.00
14315	Almond extract	1.50 tb
14316	Clear-jel	0.00 tb
14316	Flavoured gelatin	0.25 c
14316	Sugar	0.33 c
14316	Juice or water	0.00 c
14316	Salt	0.25 ts
14317	Butter or margarine	0.50 c
14317	(1/4 lb.)	0.00
14317	Large onions, finely	2.00
14317	Chopped	0.00
14317	Peeled cooked potatoes,	2.00 c
14317	Cut in 1/2 inch cubes	0.00
14317	Cooked lean beef, cut in	3.00 c
14317	1/2 inch cubes	0.00
14317	Regular strength beef broth	0.25 c
14317	Worcestershire	1.00 ts
14317	Salt	0.50 ts
14317	Pepper	0.12 ts
14317	Eggs	4.00
14317	Butter lettuce and cherry	0.00

Sheet1

14317	Tomatoes for garnish	0.00
14317	Coarse (kosher-style) salt	0.00
14317	(optional)	0.00
14318	Hamburger	1.00 lb
14318	Catsup	0.33 c
14318	Worcestershire sauce	2.00 ts
14318	Salt	0.50 ts
14318	Pepper	0.12 ts
14318	3-4 dashes tabasco	0.00
14318	Green pepper (minced fine)	0.50
14318	SAUCE -----	0.00 -----
14318	Catsup	0.75 c
14318	Water	0.50 c
14318	Cider vinegar	0.25 c
14318	Brown sugar	3.00 tb
14318	Salt	1.50 ts
14318	Pepper	1.00 ts
14318	3-4 dashes tabasco	0.00
14318	Soy sauce	2.00 ts
14318	Sugar	2.00 ts
14318	SAUCE -----	0.00 -----
14319	Warm water	1.00 c
14319	Maple syrup	0.25 c
14319	Yeast	2.00 tb
14319	Eggs, at room temperature	4.00
14319	Molasses	0.25 c
14319	Instant coffee	1.00 tb
14319	Carob powder	2.00 tb
14319	Whole wheat pastry flour	4.00 c
14319	Rye flour	1.50 c
14319	Corn meal	0.50 c
14319	Egg	1.00
14319	Water	1.00 tb
14320	Unsalted butter	0.67 c
14320	Unsweetened chocolate	2.00 oz
14320	- cut into small pieces	0.00
14320	Semisweet chocolate	2.00 oz
14320	- cut into small pieces	0.00
14320	Granulated sugar	1.00 c
14320	Light brown sugar, packed	0.75 c
14320	Jumbo eggs	3.00
14320	Sifted all-purpose flour	1.50 c
14320	Salt	0.50 ts
14320	Vanilla	2.00 ts
14320	Coarsely chopped walnuts	1.50 c
14320	- OR pecans	0.00
14321	Ghirardelli Sweet Dark	4.00 oz
14321	-Chocolate	0.00
14321	Butter	3.00 tb



Sheet1

14321	Milk	1.00 tb
14321	Light corn syrup	1.00 tb
14321	Vanilla	0.25 ts
14321	Ground or chopped almonds or	0.33 c
14321	-walnuts	0.00
14322	Chocolate, dark	1.00 lb
14322	Butter, unsalted	1.00 c
14322	Eggs	8.00
14322	Sugar	2.00 tb
14322	Heavy cream	0.50 c
14323	Chocolate, dark	1.00 lb
14323	Butter, unsalted	1.00 c
14323	Eggs	8.00
14323	Sugar	2.00 tb
14323	Heavy cream	0.50 c
14324	Squares (4 Ounces)	4.00
14324	-Unsweetened Chocolate,	0.00
14324	-Broken Into	0.00
14324	Pieces	0.00
14324	Butter Or Margarine	0.33 c
14324	Sugar	1.50 c
14324	Vanilla Extract	1.50 ts
14324	Eggs, Separated	3.00 lg
14324	Unbleached All Purpose Flour	0.50 c
14324	Water	3.00 tb
14324	Finely Chopped Pecans	0.75 c
14324	Cream Of Tartar	0.12 ts
14324	Salt	0.12 ts
14324	Chocolate Glaze	0.00
14324	Powdered Sugar	1.00 c
14324	Vanilla Extract	0.50 ts
14324	Butter	2.00 tb
14324	Water	2.00 tb
14324	Square (1 Ounce) Unsweetened	1.00
14324	-Chocolate	0.00
14324	Hot Water	0.00
14325	Heavy cream	1.50 c
14325	Dark brown sugar, packed	0.67 c
14325	Bittersweet chocolate, chopp	4.00 oz
14325	-d	0.00
14325	Unsweetened chocolate, chopp	3.00 oz
14325	-d	0.00
14325	Unsalted butter, softened	0.25 c
14325	Amaretto, or to taste	3.00 tb
14326	Chocolate, dark	8.00 oz
14326	Butter, unsalted	0.50 c
14326	Eggs	5.00
14326	Sour cream	0.33 c
14326	Vanilla	1.00 tb

## Sheet1

14326	Almond extract	1.00 ts
14326	Almonds, blanched, toasted	0.50 c
14326	Flour, cake	1.00 tb
14326	Sugar	0.50 c
14327	Walnut pieces	1.50 c
14327	Bars (8-oz. each) dark	2.00
14327	-chocolate candy, chopped	0.00
14327	White chocolate	2.00 oz
14327	-confectionary, chopped	0.00
14327	-(from a 3-oz.	0.00
14327	Bar)	0.00
14328	White peppercorns	10.00
14328	Mace	0.00
14328	Thai shrimp paste	1.00 ts
14328	To 5 long red dried chillies	3.00
14328	Cloves shallots	4.00
14328	Stalk lemon grass	0.50
14328	Galangal	1.00 ts
14328	Kaffir Lime Zest	0.50 ts
14328	Chopped Coriander Root	1.00 tb
14328	Salt	0.50 ts
14328	Coconut Cream	250.00 ml
14328	To 3 tb Red Curry Paste	2.00 tb
14328	Fish Sauce	1.00 tb
14328	Palm Sugar	0.50 tb
14328	Coffin Bay Scallops	24.00
14328	Coconut Milk	125.00 ml
14328	Kaffir Lime Leaves	5.00
14328	Fresh Red Chilli, Julienned	1.00 lg
14328	Coriander Leaves	2.00 tb
14328	Jasmine Rice	0.00
14329	Flour	1.00 c
14329	Baking powder	2.00 ts
14329	Salt	0.00
14329	Sugar	1.00 c
14329	Butter	1.00 tb
14329	Vanilla	1.00 ts
14329	Lemon	1.00 ts
14329	Water; hot	3.00 tb
14329	Dates	1.00 c
14329	Pecans	1.00 c
14329	Eggs; well beaten	2.00 ea
14330	Oat cereal	1.50 c
14330	Cake flour	1.50 c
14330	Baking soda	0.50 ts
14330	Water	0.50 c
14330	Brown sugar	1.25 c
14330	Butter or butter or	0.67 c
14330	-substitute	0.00

Sheet1

14330	Pitted and chopped dates	1.33 c
14330	Vanilla	1.00 ts
14331	Sugar	3.00 c
14331	Butter or butter substitute	1.00 tb
14331	Pitted and chopped dates	1.00 c
14331	Sweetened condensed milk	0.50 c
14331	Water	0.50 c
14331	Chopped candied cherries	1.00 c
14331	Vanilla	1.00 ts
14331	Chopped marshmallows	1.00 c
14331	Salt	0.25 ts
14332	Dates; finely chopped	1.00 c
14332	Water; hot	1.00 c
14332	Sugar	1.00 c
14332	Butter	2.00 ts
14332	Egg	1.00
14332	Baking soda	1.00 ts
14332	Flour	1.50 c
14332	Salt	0.25 ts
14332	Vanilla	1.00 ts
14332	Walnut meats	1.00 c
14333	Chopped dates	0.50 c
14333	Chopped preserved figs	1.00 c
14333	Lemon juice	0.25 c
14333	Sugar	0.50 c
14333	Fig sirup	0.33 c
14333	Whipping cream	1.00 c
14333	Few grains salt	0.00
14334	Brown sugar	2.00 c
14334	Shortening	1.00 c
14334	Egg	1.00
14334	Vanilla	1.00 t
14334	Salt	0.50 t
14334	Flour	3.50 c
14334	Baking soda	1.00 t
14334	Hot water	0.25 c
14334	Dates	1.50 c
14334	White sugar	2.00 T
14334	Water	0.50 c
14335	Butter	4.00 tb
14335	Sugar	1.00 c
14335	Dates (chopped)	1.00 c
14335	Eggs (beaten)	2.00
14335	Nuts	1.00 c
14335	Rice Krispies	2.00 c
14335	Coconut	1.00
14336	Eggs, Well Beaten	2.00
14336	Brown Sugar	1.00 c
14336	Dates, Chopped	1.00 c

Sheet1

14336	Baking Powder	1.00 ts
14336	Flour	2.00 tb
14336	Nuts, Chopped	1.00 c
14337	Chopped dates	1.00 c
14337	Chopped nuts	1.00 c
14337	Flour	2.00 ts
14337	Salt	0.25 ts
14337	Eggs	4.00
14337	Sugar	0.50 c
14337	Baking-powder	1.00 ts
14337	Vanilla	1.00 ts
14338	Eggs, well beaten	3.00
14338	Ground suet	0.50 c
14338	Sugar	1.00 c
14338	Salt	0.50 ts
14338	Cinnamon	0.50 ts
14338	Bread crumbs	1.00 c
14338	Dates, pitted	1.00 lb
14338	Sweet milk	0.50 c
14338	Chopped nuts	1.00 c
14338	Baking-powder	1.00 ts
14339	Eggs	3.00
14339	Sugar	1.00 c
14339	AP flour	0.25 c
14339	Baking powder	1.00 ts
14339	Salt	0.25 ts
14339	Chopped dates	2.50 c
14339	Chopped nuts	1.00 c
14339	Vanilla ice cream or	0.00
14339	Whipped cream	0.00
14340	Eggs	3.00
14340	Sugar	1.00 c
14340	AP flour	0.25 c
14340	Baking powder	1.00 ts
14340	Salt	0.25 ts
14340	Chopped dates	2.50 c
14340	Chopped nuts	1.00 c
14340	Vanilla ice cream or	0.00
14340	Whipped cream	0.00
14341	Dates (chopped)	1.00 c
14341	Butter	0.25 c
14341	Egg	1.00
14341	Sugar	1.00 c
14341	Rice Krispies	1.00 c
14341	Nuts (chopped)	0.50 c
14341	Coconut	1.00
14342	Butter; or margarine,	1.00 c
14342	- softened	0.00
14342	Cream cheese; softened	8.00 oz

Sheet1

14342	Flour; all purpose	2.00 c
14342	Salt	0.25 ts
14342	Pitted dates	2.00 pk
14342	Confectioners' sugar; sifted	0.00
14343	Pitted dates; coarsely chop	1.00 c
14343	Baking soda	1.50 t
14343	Butter	3.00 T
14343	Boiling water	0.75 c
14343	Eggs	2.00
14343	Sugar	1.00 c
14343	Flour	1.50 c
14343	Salt	0.50 t
14343	Vanilla	1.00 t
14343	Walnuts; coarsely chopped	1.00 c
14344	Butter, softened	1.00 tb
14344	Corn syrup	0.25 c
14344	Vanilla extract	0.50 ts
14344	Nonfat dry milk	3.00 tb
14344	Salt	0.25 ts
14344	Sifted confectioners' sugar	2.00 c
14344	Finely cut dates	1.00 c
14344	Chopped nuts	1.00 c
14345	Whipping Cream	0.50 c
14345	Granulated Sugar	0.50 c
14345	Water	2.00 tb
14345	Fresh Dates, medium sized	20.00
14345	Poppy seeds, toasted	1.00 tb
14346	FILLING -----	0.00 -----
14346	Sugar	2.00 c
14346	Whipping cream	1.00 c
14346	Chopped walnuts	1.00 c
14346	EGG PASTRY -----	0.00 -----
14346	Butter or margarine	1.00 c
14346	Sugar	0.50 c
14346	Egg	1.00
14346	Flour	1.75 c
14346	FILLING -----	0.00 -----
14346	EGG PASTRY -----	0.00 -----
14347	Coarse ground beef chuck	2.50 lb
14347	-(leaner the better)	0.00
14347	Coarsely chopped & boned	1.00 lb
14347	-chicken(turkey will do too)	0.00
14347	Stewed chopped tomatos	3.00 c
14347	Tomato paste	1.50 c
14347	Chili powder	4.00 tb
14347	Whole Jalapeno peppers	6.00
14347	Cayenne flakes	1.50 ts
14347	Salt	1.50 ts
14347	Blackstrap molasses	1.00 tb

Sheet1

14347	Onions coarsely chopped	3.00 md
14347	Green &/or red Bell pepper	0.25 c
14347	Cloves garlic minced	6.00
14347	Masa harina (fine yellow	0.25 c
14347	-cornmeal)	0.00
14347	Beer (not lite)	12.00 oz
14347	Angostura Bitters	1.00 ts
14347	Tequila	2.00 oz
14347	Sour mash whiskey	4.00 oz
14347	Bay leaves	3.00
14347	Ground cumin (freshly ground	4.00 tb
14347	-is best)	0.00
14348	Chocolate Wafer crumbs	1.50 c
14348	Sweet Butter	6.00 tb
14349	Boiling water	1.00 c
14349	Unsweetened chocolate	3.00 oz
14349	Sweet butter (1 stick)	8.00 tb
14349	Vanilla	1.00 ts
14349	Sugar	2.00 c
14349	Eggs, separated	2.00
14349	Baking soda	1.00 ts
14349	Sour cream	0.50 c
14349	Less 2 T flour	2.00 c
14349	Baking powder	1.00 ts
14349	Chocolate frosting*	0.00
14349	*see below	0.00
14350	Onion, boiled	1.00 lg
14350	Cooked meat or fish	1.00 lb
14350	Salt	1.00 ts
14350	Lemon juice	1.00 ts
14350	Butter	2.00 oz
14350	Cayenne pepper	0.00
14350	Mace	0.00
14351	Butter or shortening	0.33 c
14351	Confectioners sugar	2.00 c
14351	Vanilla	0.50 ts
14351	Cool milk or cream	2.00 tb
14352	Quick-cooking tapioca	0.33 c
14352	Salt	0.25 ts
14352	Molasses	0.25 c
14352	Hot water	2.50 c
14352	Tart apples, thinly sliced	3.00
14352	Raisins	1.00 c
14352	Sugar	0.50 c
14352	Nutmeg	0.25 ts
14352	Cinnamon	0.25 ts
14352	Butter	2.00 tb
14353	MAIN INGREDIENT -----	0.00 -----
14353	Mashed potatoes	2.00 c

Sheet1

14353	Salt and pepper, to taste	0.00
14353	Cheese, any type (optional)	0.00
14353	BATTER -----	0.00 -----
14353	Flour	0.50 c
14353	Egg	1.00
14353	Salt	1.00 ts
14353	Milk	0.50 c
14353	DEEP FRYER -----	0.00 -----
14353	Oil or lard, sufficient	0.00
14353	For deep frying	0.00
14353	MAIN INGREDIENT -----	0.00 -----
14353	BATTER -----	0.00 -----
14353	DEEP FRYER -----	0.00 -----
14354	Cornmeal	1.50 c
14354	All-purpose flour	0.50 c
14354	Baking powder	1.00 tb
14354	Salt	1.00 ts
14354	Milk	1.50 c
14354	Vegetable oil	0.25 c
14355	Broiler-fryers, cut-up	5.00 lb
14355	Pepper	0.50 ts
14355	Marjoram leaves	0.50 ts
14355	Water	0.00
14355	Salt	0.00
14355	Carrots, large, sliced	2.00
14355	Celery stalk, large, sliced	1.00
14355	Onions, small, white	0.75 lb
14355	Flour, all-purpose	0.00
14355	Half-and-half	1.75 c
14355	Lima beans, baby, frozen(10oz)	1.00 pk
14355	Mushrooms, small	0.50 lb
14355	Shortening	1.00 c
14355	Shortening	2.00 tb
14355	Egg yolk	1.00
14356	c	0.50 1/4
14356	-Pastry (without sugar)	0.00
14356	Hot Italian (or Louisiana)	1.00
14356	-sausage	0.00
14356	Vegetable oil	0.25 c
14356	Onion, chopped (1 cup)	1.00 lg
14356	Stalks celery, chopped	2.00
14356	Green bell pepper, halved,	1.00 lg
14356	-seeded, and chopped	0.00
14356	Eggplant, pared and cubed	1.00 sm
14356	Eggplant, pared and cubed	1.00 sm
14356	Salt	0.75 ts
14356	Paprika	1.00 ts
14356	Dried thyme	1.00 ts
14356	Dried oregano	1.00 ts

Sheet1

14356	Mild chili powder	0.25 ts
14356	Cayenne	0.12 ts
14356	Garlic cloves, minced	2.00 lg
14356	Unbleached flour	1.00 tb
14356	Water	0.67 c
14356	Canned crushed tomatoes in	0.50 c
14356	- tomato puree	0.00
14356	Worcestershire sauce	1.50 tb
14356	Medium-size shrimp, shelled	0.50 lb
14356	- and deveined	0.00
14356	Chopped fresh parsley	0.25 c
14356	Freshly ground black pepper	0.00
14357	Cakes bean curd	1.50
14357	Vegetable oil	0.00
14357	-- for deep-frying	0.00
14357	Chinese dried mushrooms	6.00 md
14357	Onion	1.00 md
14357	Broccoli	8.00 oz
14357	Vegetable oil	3.00 tb
14357	Ginger root	3.00 sl
14357	Vegetarian stock	4.00 tb
14357	SAUCE -----	0.00 -----
14357	Light soy sauce	2.00 tb
14357	Hoisin sauce	1.00 tb
14357	Chili sauce	2.00 ts
14357	Sugar	1.00 ts
14357	SAUCE -----	0.00 -----
14358	Glutinous rice powder	0.50 lb
14358	Boiling water	0.67 c
14358	Chinese brown slab sugar	2.00
14358	-(sticks)-	0.00
14358	--OR--	0.00
14358	Dark brown sugar	0.50 c
14358	Sweet red bean paste	0.50 c
14358	Sesame seeds	0.50 c
14358	Peanut oil for deep-frying	0.00
14359	Tofu, cut in 1/2 inch cubes	1.00 lb
14359	Wheat germ	0.50 c
14359	Cornstarch	3.00 tb
14359	Vegetable oil for deep fry	0.00
14359	Soy sauce ->OR<-	0.00
14359	Sweet and sour sauce	0.00
14360	Cold water	0.50 c
14360	Yellow cornmeal	6.00 tb
14360	Boiling water	1.00 c
14360	Crisco	1.00 tb
14360	Salt	2.00 ts
14360	Dry yeast+ 1 t. (or 1 cake)	1.00 tb
14360	Rye flour	2.50 c



Sheet1

14360	Unbleached flour	1.50 c
14360	Cold mashed potatoes	1.00 c
14360	Caraway seeds	1.00 tb
14360	Cornmeal; quantity sufficien	0.00
14360	Water	0.25 c
14360	Cornstarch	0.50 ts
14360	Caraway seeds	1.00 ts
14361	Corned beef,cooked and cut	1.00 lb
14361	Into pieces	0.00
14361	(14 oz) sauerkraut	1.00 cn
14361	Water	1.50 c
14361	Caraway seed	0.75 ts
14361	Dry rice	1.50 c
14361	Prepared Thousand Island	0.50 c
14361	Dressing	0.00
14361	Swiss cheese,cut into	3.00 oz
14361	Strips	0.00
14362	Flour, whole wheat pastry	1.00 c
14362	Flour, unbleached	1.00 c
14362	Salt	1.00 ts
14362	Eggs, large	2.00
14362	Olive oil	2.00 ts
14362	Water, more as necessary	2.00 tb
14363	10-in prebaked quiche shell	1.00
14363	Hazelnuts	1.50 c
14363	Granulated sugar	1.25 c
14363	Cream of tartar	1.00 pn
14363	Heavy cream	1.50 c
14363	Confectioners' sugar	2.00 tb
14363	Vanilla	0.50 tb
14363	Eggs	2.00 lg
14364	Brown Sugar	1.00 c
14364	Sugar	1.00 c
14364	Milk, Condensed	0.67 c
14364	Unsweetened Chocolate	2.00 oz
14364	Butter	2.00 tb
14364	Corn Syrup	2.00 tb
14364	Vanilla	1.00 ts
14364	Nuts, Chopped	1.00 c
14365	Melted butter	0.25 c
14365	Thinly sliced potatoes	7.00 c
14365	Finely chopped garlic	1.00 ts
14365	Finely minced onions	0.25 c
14365	Salt	1.00 ts
14365	White pepper	0.50 ts
14365	Milk	1.00 c
14365	Grated Swiss cheese	1.00 c
14365	Egg	1.00
14366	1/8" thick raw potato slices	6.00 c

Sheet1

14366	Thinly slice onion	1.00 c
14366	Water	2.00 c
14366	Salt	1.00 ts
14366	10 oz can cream of mushroom	1.00
14366	-soup	0.00
14366	Milk	1.00 c
14366	Prepared mustard	1.00 tb
14366	Chopped parsley	1.00 tb
14366	Pepper	0.25 ts
14366	Diced cooked ham	2.00 c
14367	Brown sugar	1.00 c
14367	Sugar	0.75 c
14367	Margaine or butter; softened	1.00 c
14367	Vanilla	1.00 t
14367	Eggs	2.00
14367	Flour	2.50 c
14367	Baking soda	0.75 t
14367	Salt	0.75 t
14367	Walnuts; chopped	1.00 c
14367	Semisweet or milk chocolate;	12.00 oz
14367	-coarsely chopped or semi-	0.00
14367	-sweet chips or 1 pk (10 oz)	0.00
14367	-chocolate deluxe baking pcs	0.00
14368	Boneless pork	12.00 oz
14368	Vegetable oil, divided	2.00 tb
14368	Soy sauce, divided	1.50 tb
14368	Clove garlic, minced	1.00
14368	Fresh ginger, grated	0.50 ts
14368	Wine vinegar	1.00 ts
14368	Corn starch, divided	4.00 ts
14368	Ground black pepper	0.12 ts
14368	Carrot, peeled and diagonal	1.00
14368	-sliced 1/2 inch	0.00
14368	Bell pepper, 1/4-inch strips	1.00
14368	-(red or green)	0.00
14368	Yellow squash, sliced	1.00 sm
14368	Zucchini, sliced	1.00 sm
14368	Green onions with tops,	0.25 c
14368	-sliced	0.00
14368	Chinese pea pods (fresh or	3.00 oz
14368	-thawed frozen)	0.00
14368	Broccoli flowerets	1.00 c
14368	Beef bouillon	0.33 c
14368	Dry white wine	2.00 tb
14368	Sugar	0.25 ts
14368	Hot cooked rice	0.00
14369	Frozen Sliced Peaches	2.00 c
14369	Brown Sugar, Packed	1.00 c
14369	Cornstarch	5.00 tb

Sheet1

14369	Ground Mace	0.25 ts
14369	Water	0.75 c
14369	Butter	1.00 tb
14369	PASTRY TOPPING:	0.00
14369	Unbleached Flour	1.25 c
14369	Salt, Optional	0.50 ts
14369	Shortening	0.33 c
14369	Ice Water	3.00 tb
14370	Brown sugar	1.00 c
14370	Water	1.25 c
14370	Seeded raisins	1.00 c
14370	Lard	0.33 c
14370	Nutmeg	1.00 ts
14370	Cinnamon	1.00 ts
14370	Flour	2.00 c
14370	Baking powder	5.00 ts
14370	Salt	0.25 ts
14371	Low-cal cottage cheese	1.00 pt
14371	Cloves of fresh garlic,	3.00 lg
14371	-minced	0.00
14371	Finely chopped parsley	1.50 tb
14371	Mayonnaise	1.00 tb
14371	Wine vinegar	1.00 tb
14372	Eggs	2.00
14372	Milk	0.33 c
14372	Water	0.33 c
14372	Grand Marnier	3.00 tb
14372	-(or any other liqueur	0.00
14372	-of your choice)	0.00
14372	Flour	0.75 c
14372	Melted butter	1.00 tb
14372	Sugar	2.00 tb
14373	Bacon slices	5.00
14373	Sliced Italian sausage links	8.00 oz
14373	Medium Onions	2.00
14373	Small Green Pepper	1.00
14373	Diced Beef Chuck Steak	1.50 lb
14373	Garlic Clove, minced	1.00
14373	Dried Red Chili Peppers	2.00
14373	Jalapeno Peppers	2.00
14373	Chili Powder	1.50 tb
14373	Dried Oregano, crushed	0.50 ts
14373	12-oz can Tomato Paste	1.00
14373	16-oz can Pinto Beans	1.00
14373	16-oz can Garbanzo Beans	1.00
14374	All purpose flour	1.75 c
14374	Cocoa powder	3.00 ts
14374	Salt	0.50 ts
14374	Baking soda	1.00 ts

Sheet1

14374	White vinegar	1.50 ts
14374	Water	1.00 c
14374	Vanilla	1.50 ts
14374	Vegetable oil	6.00 ts
14375	Squares (1 oz each)	2.00
14375	-unsweetened chocolate	0.00
14375	Flour	1.75 c
14375	Granulated sugar	1.33 c
14375	Salt	1.00 ts
14375	Baing soda	0.75 ts
14375	Milk	0.75 c
14375	Vegetable shortening	0.67 c
14375	Vanilla	1.00 ts
14375	Eggs	4.00 lg
14376	Sifted cake flour	1.75 c
14376	Cocoa powder (not a mix)	0.50 c
14376	Baking soda	1.00 ts
14376	Salt	0.50 ts
14376	(1 stk) unsalted butter	0.50 c
14376	Granulated sugar	1.25 c
14376	Vanilla	1.50 ts
14376	Eggs	2.00 lg
14376	Boiling water	1.00 c
14376	FROSTING:	0.00
14376	(1/2 stk) unsalted butter	0.25 c
14376	Unsifted confectioners'	2.00 c
14376	-(10X) sugar	0.00
14376	Squares (1 oz each)	2.00
14376	-unsweetened chocolate,	0.00
14376	-melted	0.00
14376	Vanilla	1.50 ts
14376	Half-and-half, milk or	2.00 tb
14376	-evaporated milk	0.00
14377	CAKE -----	0.00 -----
14377	Sifted cake flour	1.75 c
14377	Cocoa powder (not a mix)	0.50 c
14377	Baking soda	1.00 ts
14377	Salt	0.50 ts
14377	Unsalted butter	0.50 c
14377	Granulated sugar	1.25 c
14377	Vanilla	1.50 ts
14377	Eggs	2.00 lg
14377	Boiling water	1.00 c
14377	FROSTING -----	0.00 -----
14377	Unsalted butter	0.25 c
14377	Confectioners' sugar	2.00 c
14377	Unsweetened chocolate	2.00 oz
14377	- melted	0.00
14377	Vanilla	1.50 ts

Sheet1

14377	Half and half OR milk OR	2.00 tb
14377	- evaporated milk	0.00
14377	CAKE -----	0.00 -----
14377	FROSTING -----	0.00 -----
14378	Butter	2.00 tb
14378	Chili Sauce	1.00 tb
14378	Worcestershire Sauce	1.00 tb
14378	Walnut Catsup <??>	1.00 tb
14378	Made mustard	1.00 ts
14379	Chicken legs	8.00
14379	Liquid red pepper	0.25 ts
14379	Prepared mustard	2.00 ts
14379	Garlic salt	0.12 ts
14379	Worcestershire sauce	2.00 ts
14379	Pepper	0.12 ts
14379	Catsup	3.00 tb
14379	Parsley flakes	0.50 ts
14380	Butter	2.00 tb
14380	Chili sauce	0.50 c
14380	Catsup	0.50 c
14380	Worcestershire sauce	2.00 tb
14380	Prepared mustard	4.00 tb
14380	Salt	1.00 ts
14380	Cayenne pepper	0.12 ts
14380	Pork chops, 1 inch thick	6.00
14380	Water	0.25 c
14381	Sifted powdered sugar with 1	0.50 c
14381	-Tbs. honey and 2-3 tsp warm	0.00
14381	-water to	0.00
14382	Butter	0.75 c
14382	Sugar	2.00 c
14382	Eggs, well beaten	4.00
14382	Milk	1.00 c
14382	Baking powder	2.00 ts
14382	Shredded almonds	2.00 tb
14382	Rose water	1.00 ts
14382	OR 1 tsp almond flavoring	0.00
14382	Candied orange peel	0.25 c
14382	OR 1/2 cup chopped nuts	0.00
14382	Salt	0.50 ts
14382	Cake flour	3.00 c
14383	Stong white bread flour	0.50 lb
14383	Easy-blend yeast	1.00 ts
14383	Salt	0.50 ts
14383	Sugar	1.00 tb
14383	Butter; melted	1.00 oz
14383	Milk; warmed	0.25 pt
14383	TO FINISH -----	0.00 -----
14383	Icing sugar	0.00

Sheet1

14383	Clotted cream	0.00
14383	Good jam	0.00
14383	TO FINISH -----	0.00 -----
14384	Mixed legumes	1.00 c
14384	Water	3.00 c
14384	Mixed vegetables	1.00 lb
14384	Ghee	4.00 tb
14384	Onion, diced.	1.00 sm
14384	Garlic cloves, chopped	2.00 ea
14384	Green chili, chopped	1.00 ea
14384	Turmeric	0.50 ts
14384	Garam masala	2.00 ts
14384	Salt to taste	0.00
14384	Lemon juice	1.00 tb
14384	Chopped cilantro	3.00 tb
14385	Rhubarb;diced	2.00 c
14385	Corn syrup	1.00 c
14385	Sugar	0.33 c
14385	Lemon; grated rind of	1.00
14385	BATTER -----	0.00 -----
14385	Shortening	4.00 tb
14385	Sugar	6.00 tb
14385	Egg; beaten	1.00
14385	Lemon extract	0.50 ts
14385	Flour, all purpose; sifted	1.50 c
14385	Baking powder	2.50 ts
14385	-Salt	0.33 ts
14385	Milk	0.50 c
14385	BATTER -----	0.00 -----
14386	Oil,vegetable	1.00 T
14386	Onions,finely chopped	2.00
14386	Beef,coarse grind	2.00 lb
14386	Red chile,hot,ground	2.00 T
14386	Red chile,mild,ground	3.00 T
14386	Garlic clove	1.00
14386	Oregano,dried,pref. Mexican	1.00 t
14386	Cumin	1.50 t
14386	Salt	0.50 t
14386	Tomatoes,coarsely chopped	5.00
14386	Green chiles,whole	12.00 oz
14387	-JUDY GARNETT PJXG05A	0.00
14387	Egg	1.00
14387	Env. unflav. gelatin	1.00
14387	Cornstarch	1.00 tb
14387	Cold water	1.00 tb
14387	Boiling water	1.00 c
14387	Instant coffee granules	2.00 tb
14387	Part-skim ricotta cheese	0.50 c
14387	Skim milk; cold	0.50 c

Sheet1

14387	Cocoa	2.00 tb
14387	Salt	0.25 ts
14387	Artificial sweetener	9.00 pk
14388	Chicken breast halves,	4.00
14388	-skinned and boned	0.00
14388	Butter	2.00 tb
14388	VEG-ALL Mixed Vegetables	1.00 cn
14388	-(16 oz)	0.00
14388	Chicken broth (12 oz)	1.00 cn
14388	Light cream	0.50 c
14388	Flour	0.25 c
14388	Dijon mustard	1.00 tb
14388	Cooked noodles	1.50 c
14388	White pepper	0.12 ts
14389	BEST FOODS mayonnaise	0.75 c
14389	Sliced green onions	0.25 c
14389	Dijon mustard	1.00 tb
14389	Dried dill	1.00 ts
14389	Salt	0.50 ts
14389	Cubed chicken	2.00 c
14389	Lettuce	0.00
14389	Tomato	0.00
14390	Mayonnaise	0.75 c
14390	Dijon mustard	0.25 c
14390	Drambuie Liqueur	0.25 c
14391	Jim Vorheis	0.00
14391	Dry white wine	2.00 c
14391	Chopped onion	1.00 c
14391	Cloves garlic, minced	2.00
14391	Dry mustard	4.00 oz
14391	Honey	2.00 tb
14391	Vegetable oil	1.00 tb
14391	Salt	2.00 ts
14391	Tabasco sauce	4.00 dr
14392	Lean boneless pork chops	4.00
14392	Dry bread crumbs	0.50 c
14392	Dijon mustard	3.00 tb
14392	Lemon juice	3.00 tb
14392	Vegetable oil cooking spray	0.00
14393	Olive oil	2.00 tb
14393	Pork tenderloins	4.00
14393	Chicken stock	0.50 c
14393	-OR low-sodium chicken broth	0.00
14393	Dijon mustard	2.00 tb
14393	Whipping cream	0.25 c
14393	Caraway seeds	2.00 ts
14393	Chopped fresh dill	2.00 tb
14394	Yeast; Active Dry	1.00 pk
14394	;Warm Water(110-120 degrees)	0.25 c

Sheet1

14394	Cottage Cheese; Creamed *	1.00 c
14394	Sugar	2.00 tb
14394	Onion; Minced	1.00 tb
14394	Butter; Melted	1.00 tb
14394	Egg; Large	1.00
14394	Salt	1.00 ts
14394	Dillseed	2.00 ts
14394	Flour; Unbleached Or Bread	2.25 c
14395	Basic mayonnaise recipe	1.00 c
14395	Dijon mustard	2.00 ts
14395	Salt & pepper to taste	0.00
14395	Sour cream or plain yogurt	0.50 c
14395	Dill; finely chopped, fresh	1.00 tb
14396	Medium cucumbers	3.00
14396	Onion; grated	0.25 c
14396	Pepper	0.50 ts
14396	Salt	1.50 ts
14396	Cider vinegar	0.25 c
14396	Dill seed	1.00 ts
14397	Sweet mustard	1.00 c
14397	Sour cream	1.00 c
14397	Chopped fresh dill	0.50 c
14398	Small Cucumbers	4.00 lb
14398	Water	4.00 qt
14398	Vinegar	1.00 qt
14398	Salt	1.00 c
14398	Dill Weed	0.00
14398	Garlic Cloves	0.00
14398	Alum	0.00
14399	Sweet Butter	0.25 lb
14399	Finely Chopped Fresh Dill	1.00 ts
14399	Salt To Taste	0.00
14402	Long Grain Rice, Uncooked	4.00 c
14402	Dill Weed Or Dill Seed	4.00 ts
14402	Instant Chicken Bouillon	8.00 ts
14402	Dried Grated Lemon Peel	5.00 ts
14402	Salt	2.00 ts
14403	Vegetable cooking spray	0.00
14403	Vegetable oil	1.00 tb
14403	Whole chicken breasts (about	2.00
14403	-14-1/2 oz),	0.00
14403	Skinned, boned, and cut into	0.00
14403	-1-inch pieces	0.00
14403	Mushrooms, fresh, sliced	1.00 c
14403	Onion, chopped	0.50 c
14403	Chicken broth	0.50 c
14403	Paprika	2.00 ts
14403	Dillweed, fresh, chopped	2.00 ts
14403	Pepper	0.25 ts



Sheet1

14403	Cornstarch	1.00 tb
14403	Cold water	2.00 tb
14403	Crtn plain low-fat yogurt	1.00
14403	-(8-oz)	0.00
14403	Hot cooked noodles (cooked	2.00 c
14403	-without salt or fat)	0.00
14403	Parsley, fresh, chopped	1.00 tb
14403	-(optional)	0.00
14404	Zucchini	4.50 lb
14404	Pickling salt	3.00 tb
14404	White vinegar	2.50 c
14404	Sugar	1.25 c
14404	Celery seed	1.00 ts
14404	Dill seed	1.00 ts
14404	Cooking onion, thinly sliced	1.00 md
14404	Cloves garlic	4.00
14404	Sprigs dill weed	4.00
14405	Plain lowfat yogurt	1.00 ea
14405	Light mayonnaise	3.00 ea
14405	Green onion, minced	2.00 ea
14405	Dill weed	0.50 ts
14405	Onion salt	0.25 ts
14405	Lemon juice	2.00 ts
14405	Dijon-style mustard	0.50 ts
14405	Sugar	1.00 ea
14406	Ground beef	1.50 lb
14406	Soft bread crumbs	1.00 c
14406	Milk	0.75 c
14406	Chopped onions	0.50 c
14406	Parmesan cheese	0.50 c
14406	Egg, slightly beaten	1.00
14406	Salt	1.50 ts
14406	Pepper	0.25 ts
14406	Oregano	0.25 ts
14406	Can tomato sauce	1.00 sm
14406	Slices Mozzarella cheese	3.00
14407	Wallaroo Bacon	500.00 g
14407	Vegetable Oil	2.00 tb
14407	Red Kangaroo Shank, Chopped	1.00 kg
14407	Gray Kangaroo Steak, Chopped	500.00 g
14407	Ground Emu Ham	500.00 g
14407	Tasmanian Light Red Chili	31.50 g
14407	Wooroorooks Chili	31.50 g
14407	Mount Isa Dark Red Chili	26.50 g
14407	Oregano	140.00 g
14407	Cumin	1.00 tb
14407	Brown Sugar	3.00 tb
14407	White Onion, Chopped	1.00
14407	Brown Onion, Chopped	1.00

Sheet1

14407	Celery Stalks, Chopped	2.00
14407	Green Pepper, Diced	1.00
14407	Garlic Cloves, Minced	2.00
14407	Australian Beer	740.00 ml
14407	Whole Tomatoes #411	1.00 cn
14408	Raw diced potatoes	2.00 c
14408	Minced onion	0.75 c
14408	Deiced celery	0.50 c
14408	Salt	2.50 ts
14408	Boiling water	2.50 c
14408	Corn oil	4.00 tb
14408	Flour	4.00 tb
14408	Pepper	0.25 ts
14408	Dry mustard	0.50 ts
14408	Bottled meat sauce (????)	1.50 ts
14408	Milk	2.00 c
14408	Grated cheddar cheese	1.00 c
14408	Minced parsley	1.00 tb
14408	Canned tomatoes, drained and	1.00 c
14408	-chopped.	0.00
14409	Ham hocks	4.00
14409	Sweet Italian sausage	0.50 lb
14409	German sausage	0.50 lb
14409	Water	1.00
14409	Medium potatoes - quartered	4.00
14409	Medium carrots - large chunk	4.00
14409	Small cabbage - quartered	1.00
14409	Large onion, sliced	1.00
14409	Parsley flakes	0.25 c
14409	Bay leaves	2.00
14409	Salt	1.00 ts
14409	Thyme leaves	0.25 ts
14409	Pepper to taste	1.00
14410	Leek or vegetable soupmix	1.00 pk
14410	Chopped spinach, frozen	1.00 pk
14410	Sour cream	2.00 c
14410	Mayonnaise	1.00 c
14410	Garlic clove, minced	1.00 lg
14410	Water chestnuts, chopped	1.00 cn
14410	Sour dough loaf, round	1.00 lg
14411	Ground Oat Flour	1.50 c
14411	Grated Parmesan cheese	0.75 c
14411	Paprika or sage	0.50 ts
14411	Salt	0.50 ts
14411	Pepper	0.25 ts
14411	Milk	0.33 c
14411	Egg	1.00
14411	Butter or margarine, melted	0.25 c
14412	No Ingredients	0.00

Sheet1

14413	Pouch LIPTON 7 vegetable	1.00
14413	-soup	0.00
14413	Sour cream	2.00 c
14413	Grated cheddar cheese	1.00 c
14414	Soy sauce	3.00 tb
14414	Minced garlic	1.50 ts
14414	Water	2.50 tb
14415	Stick (1/2 cup) butter or	1.00
14415	-margarine, softened	0.00
14415	Cottage cheese	1.00 c
14416	Oreo cookies	1.00 lb
14416	Butter or margarine	0.25 c
14416	8 oz package cream cheese	1.00
14416	Powdered sugar	1.00 c
14416	Milk	3.50 c
14416	(3 1/2 oz) instant French	2.00 pk
14416	-vanilla pudding	0.00
14416	Frozen whipped topping	12.00 oz
14416	8-inch plastic flower pot	1.00
14416	-(very clean)	0.00
14417	Cold milk	2.00 c
14417	JELL-O chocolate pudding	4.00 oz
14417	Chocolate COOL-WHIP	8.00 oz
14417	Chocolate sandwich cookies	16.00 oz
14417	7 ounce plastic cups	10.00
14417	SUGGESTED DECORATIONS -----	0.00 -----
14417	Gummy worms	0.00
14417	Gummy frogs	0.00
14417	Candy flowers	0.00
14417	Chopped peanuts	0.00
14417	SUGGESTED DECORATIONS -----	0.00 -----
14418	- seasoning mix;-----	1.00 x
14418	Mustard, dry	1.00 t
14418	Cumin ground	1.00 t
14418	Thyme leaves, dried	0.50 t
14418	Oregano leaves, dried	0.50 t
14418	Chicken fat or vegetable oil	2.00 T
14418	Chicken gizzards, ground	0.50 lb
14418	Pork, ground	0.25 lb
14418	Bay leaves	2.00 ea
14418	Onion, finely chopped	0.50 c
14418	Celery, finely chopped	0.50 c
14418	Cayenne, ground	2.00 t
14418	Salt	1.50 t
14418	Black pepper	1.50 t
14418	Paprika	1.25 t
14418	---- the rice;-----	1.00 x
14418	Green pepper finely chopped	0.50 c
14418	Garlic, minced	2.00 t

Sheet1

14418	Butter unsalted	2.00 T
14418	Chicken stock	2.00 c
14418	Chicken livers, ground	0.33 lb
14418	Rice uncooked (converted)	0.75 c
14419	Butter or margarine	0.25 c
14419	Egg	1.00 ea
14419	Flour	0.75 c
14419	Salt	0.25 t
14419	Vanilla	0.50 t
14419	Brown sugar, packed	13.00 c
14419	Baking powder	1.00 t
14419	Mini marshmallows	1.00 c
14419	Chocolate chips	1.00 c
14419	Chopped nuts	0.25 c
14420	CHOCOLATE PIE SHELL -----	0.00 -----
14420	Unbleached Flour; Sifted	1.00 c
14420	Vegetable Shortening	0.33 c
14420	Cold Water	2.00 tb
14420	Salt	0.25 t
14420	Semi-Sweet Chocolate; Grated	0.50 oz
14420	PIE -----	0.00 -----
14420	Sugar	0.25 c
14420	Salt	0.25 t
14420	Eggs; Lg, Separated	3.00 ea
14420	Vanilla	0.50 t
14420	Sugar	0.25 c
14420	Unflavored Gelatin; 1 Env.	1.00 x
14420	Milk	1.00 c
14420	Baking Chocolate; Cut Up	3.00 oz
14420	Cream Of Tartar	0.25 t
14420	Heavy Cream; Whipped	1.00 c
14420	GARNISH -----	0.00 -----
14420	Sweetened Whipped Cream	1.00 x
14420	Semi-Sweet Chocolate	0.50 oz
14420	CHOCOLATE PIE SHELL -----	0.00 -----
14420	PIE -----	0.00 -----
14420	GARNISH -----	0.00 -----
14421	Sugar	3.00 c
14421	Light Corn Syrup	0.50 c
14421	Water	0.50 c
14421	Egg Whites At Room Temp.	2.00 lg
14421	Vanilla Extract	1.00 ts
14422	BASIC DIVINITY -----	0.00 -----
14422	Light corn syrup	0.50 c
14422	Sugar	2.50 c
14422	Salt	0.25 ts
14422	Water	0.50 c
14422	Egg whites	2.00
14422	Vanilla extract	1.00 ts

Sheet1

14422	Coarsely chopped nuts	1.00 c
14422	HOLIDAY DIVINITY -----	0.00 -----
14422	Chopped candied cherries	0.25 c
14422	Chopped candied pineapple	0.25 c
14422	CHOCOLATE DIVINITY -----	0.00 -----
14422	Semisweet chocolate chips	6.00 oz
14422	Nut halves (instead of	1.00 c
14422	-chopped nuts)	0.00
14422	GINGER DIVINITY -----	0.00 -----
14422	Water \ Instead of the	6.00 tb
14422	Preserved-ginger syrup / 1/2	2.00 tb
14422	-cup water	0.00
14422	Finely diced ginger	0.50 c
14422	BASIC DIVINITY -----	0.00 -----
14422	HOLIDAY DIVINITY -----	0.00 -----
14422	CHOCOLATE DIVINITY -----	0.00 -----
14422	GINGER DIVINITY -----	0.00 -----
14423	Sugar	3.00 c
14423	Water	0.75 c
14423	Egg whites	2.00 ea
14423	Corn syrup; light	0.50 c
14423	Vanilla	1.00 ts
14423	Salt	0.50 ts
14423	Nut meats	0.50 c
14424	White sugar	1.50 c
14424	Brown sugar	1.00 c
14424	Corn syrup	0.50 c
14424	Water	0.75 c
14424	Of salt	1.00 pn
14424	Egg white	1.00
14424	Of vanilla and almond	1.00 ts
14424	-flavouring	0.00
14425	Sausage meat	1.00 lb
14425	Ready-mix Corn-bread	2.00 pk
14425	Stuffing (8 oz. each)	0.00
14425	Onions, diced	2.00 lg
14425	Celery, diced	2.00 c
14425	Water	1.25 c
14425	Parsley	0.50 c
14426	All-purpose flour	2.00 c
14426	Red pepper	1.00 ts
14426	Egg (slightly beaten)	1.00
14426	Milk	0.50 c
14427	Cooked, diced chicken	2.00 c
14427	(or small can) sliced olives	1.00 c
14427	Can sliced mushrooms	4.00 oz
14427	Chopped onions, sauted	0.50 c
14427	Mayo	0.50 c
14427	Sour cream	1.00 c

Sheet1

14427	Thin white bread, trimmed	12.00 sl
14427	-and cubed	0.00
14428	Slices bread*	4.00
14428	Parmesan cheese	2.00 tb
14428	Oregano	0.25 ts
14428	Celery salt	0.25 ts
14428	Garlic salt	0.25 ts
14428	Salad oil	2.00 tb
14429	Freshly roasted peanuts	1.00 c
14429	Peanut oil	0.00
14429	Salt	0.50 ts
14430	Pie crust; for deep dish pie	1.00
14430	Peach, fresh; sliced	4.00 c
14430	Sugar	1.00 c
14430	Flour	3.00 ts
14430	Butter	1.00
14430	;Water, boiling	0.50 c
14431	Long grained rice	0.50 lb
14431	Olive oil	0.50 c
14431	Water	1.00 c
14431	Tomato	1.00 lg
14431	Onion	1.00 md
14431	Few sprigs dill & parsley	0.00
14431	Pine nuts (pignoli)	1.00 oz
14431	Sugar (more to taste)	1.00 ts
14431	Thyme	1.00 pn
14431	Salt and pepper	0.00
14431	Currants	1.00 oz
14432	Butter	0.50 c
14432	Sugar	1.00 c
14432	Eggs	2.00
14432	Sour cream	1.00 c
14432	Flour, sifted	2.00 c
14432	Baking powder	1.00 ts
14432	Baking soda	1.00 ts
14432	Salt	1.00 pn
14432	Vanilla	1.00 ts
14432	TOPPING -----	0.00 -----
14432	Sugar	0.50 c
14432	Walnuts, chopped fine	0.50 c
14432	Cinnamon	1.00 ts
14432	ICING -----	0.00 -----
14432	Confectioners sugar	1.00 c
14432	Milk	2.00 tb
14432	Almond extract	1.00 ts
14432	TOPPING -----	0.00 -----
14432	ICING -----	0.00 -----
14433	Lean rough ground	3.00 lb
14433	-chuck steak	0.00

## Sheet1

14433	Lean pork shoulder	1.00 lb
14433	Medium onions chopped	3.00
14433	Green Bell pepper chopped	1.00
14433	Red Bell pepper chopped	1.00
14433	Fresh Jalapeno peppers	8.00
14433	-(2 seeded & chopped)	0.00
14433	-balance gashed	0.00
14433	Fresh ground cumin	2.00 T
14433	All Spice	1.00 t
14433	Blackstrap molasses	1.00 T
14433	(1 can) beer(not Lite)	12.00 oz
14433	Sour mash whiskey	2.00 oz
14433	Vietnamese hot sauce	1.00 oz
14433	-or Tabasco sauce	0.00
14433	Cloves garlic crushed	5.00
14433	* masa harina (fine yellow	3.00 T
14433	-corn meal)	0.00
14433	Soy sauce	1.00 T
14433	Bay leaves	3.00
14433	Stewed tomatos chopped	2.00 c
14433	Tomato sauce	1.00 c
14433	Tomato paste	1.00 c
14433	-* Items are optional	0.00
14434	Milk	1.50 c
14434	Sugar	1.00 c
14434	Egg yolks	3.00
14434	Cream	2.00 c
14434	Cocoa	0.33 c
14434	Vanilla	1.00 ts
14435	Onions - skinned	2.50 lb
14435	Ghee or vegetable oil	4.00 fl
14435	Lime or lemon juice	2.00 tb
14435	Boneless pork, cubed	1.50 lb
14435	Ground coriander	2.00 ts
14435	Turmeric	2.00 ts
14435	Fenugreek seeds	1.00 ts
14435	Salt	1.00 ts
14435	Chilli powder -more if liked	0.50 ts
14436	Unsalted butter & flour	0.00
14436	- for the cake pan	0.00
14436	Almond paste	0.50 lb
14436	Sugar	1.25 c
14436	Unsalted butter	1.00 c
14436	- at room temperature	0.00
14436	Eggs	5.00
14436	Sour cream	1.00 c
14436	Vanilla extract	2.00 ts
14436	Almond extract	0.25 ts
14436	Unbleached white flour	3.00 c

Sheet1

14436	Baking powder	1.50 ts
14436	Baking soda	1.00 ts
14436	Salt	0.25 ts
14436	FOR GARNISH -----	0.00 -----
14436	Raspberry jelly	0.00
14436	Whole raspberries	0.00
14436	Powdered sugar	0.00
14436	FOR GARNISH -----	0.00 -----
14437	Superfine sugar	1.50 c
14437	Cake flour	0.75 c
14437	Cocoa	0.33 c
14437	- preferably Dutch process	0.00
14437	Instant espresso powder	2.00 tb
14437	Egg whites	2.00 c
14437	-(1 C equals about 8 large)	0.00
14437	Cream of tartar	1.50 ts
14437	Salt	0.25 ts
14437	Vanilla extract	2.00 ts
14437	CAPPUCCINO FLUFF FROSTING -----	0.00 -----
14437	Egg whites	2.00 lg
14437	Superfine sugar	0.50 tb
14437	Light corn syrup	0.75 c
14437	Marshmallows	12.00
14437	- each cut into 8 pieces	0.00
14437	- (use scissors)	0.00
14437	Vanilla extract	2.00 ts
14437	Cocoa	2.00 tb
14437	- preferably Dutch process	0.00
14437	Instant espresso powder	2.00 ts
14437	Salt	1.00 pn
14437	CAPPUCCINO FLUFF FROSTING -----	0.00 -----
14438	Sugar	0.33 c
14438	Milk	2.00 c
14438	Caramel powder (recipe	0.67 c
14438	-above)	0.00
14438	Eggs	6.00 lg
14438	Vanilla	1.00 ts
14439	(14 oz.) sweetened condensed	1.00 cn
14439	-milk	0.00
14439	(12 oz.) semisweet chocolate	2.00 c
14439	-chips	0.00
14439	Unsweetened chocolate	1.00 oz
14439	Vanilla	1.00 ts
14439	Chopped nuts	1.50 c
14440	(2 cups) semi-sweet chocolat	12.00 ea
14440	Margarine	0.50 c
14440	Sugar	0.50 c
14440	Egg	1.00 ea
14440	Vanilla	0.25 ts



## Sheet1

14440	Quick Quaker Oats	0.75 c
14440	Flour	0.75 c
14440	Baking powder	1.00 ts
14440	Salt	0.25 ts
14440	Baking soda	0.25 ts
14441	Butter or margarine,	0.50 c
14441	Room temperature	0.00
14441	Brown sugar	0.75 c
14441	Granulated sugar	0.75 c
14441	Squares (4 oz.) unsweetened	4.00
14441	Chocolate, melted	0.00
14441	Eggs	4.00
14441	Cake flour	2.50 c
14441	Baking soda	0.50 ts
14441	Buttermilk	1.00 c
14441	Vanilla	2.00 ts
14441	Chocolate chips coated in	1.00 c
14441	All-purpose flour	2.00 tb
14442	Squares unsweetened	2.00
14442	-chocolate, chopped or	0.00
14442	-grated	0.00
14442	Minus 2 Tbsp sugar	1.00 c
14442	Milk	1.67 c
14442	Salt	0.12 ts
14442	Cornstarch	3.00 tb
14442	Unsweetened cocoa	3.00 tb
14442	Cold milk	0.33 c
14442	Cold unsalted butter, cut	2.00 tb
14442	-into small pieces	0.00
14442	(if you use salted butter,	0.00
14442	-eliminate salt from recipe)	0.00
14442	Vanilla	0.50 ts
14443	All-purpose flour	1.67 c
14443	Packed light brown sugar	1.00 c
14443	Hershey's cocoa	0.25 c
14443	Baking soda	1.00 ts
14443	Salt	0.25 ts
14443	Water	1.00 c
14443	Vegetable oil	0.33 c
14443	Vinegar	1.00 ts
14443	Vanilla extract	0.75 ts
14443	Hershey's Semi-Sweet	0.50 c
14443	-chocolate chips	0.00
14444	Chopped semisweet chocolate	9.00 oz
14444	Framboise	3.00 tb
14444	Milk	2.00 tb
14444	Unsalted butter	14.00 tb
14444	Sugar	1.00 c
14444	Sifted cake flour	13.00 tb

Sheet1

14444	Separated, room temp eggs	5.00
14444	Salt	1.00 pn
14444	Cream of tartar	1.00 pn
14444	Whipping cream	6.00 tb
14444	Framboise	2.00 tb
14444	Chopped semisweet chocolate	8.00 oz
14444	Whipped whipping cream	0.00
14445	Large Lemons	2.00 ea
14445	Sugar	2.00 c
14445	Salt	0.50 t
14445	Eggs	4.00 ea
14445	Pastry Crusts	2.00 ea
14446	Flour	5.00 c
14446	Sugar	1.00 c
14446	Baking powder	4.00 ts
14446	Baking soda	2.00 ts
14446	Salt	0.25 ts
14446	Butter or margarine	0.50 lb
14446	Crisco	2.00 tb
14446	Egg yolks	4.00
14446	Sour cream	1.00 c
14446	Vanilla	1.00 ts
14446	Ground walnuts	2.00 c
14446	Sugar	0.50 c
14446	Jars Bakers Apricot filling*	2.00
14447	Long-grain & wild rice	2.00 pk
14447	(6 oz. each)	0.00
14447	Butter or margarine	6.00 tb
14447	Water	4.50 c
14447	Chopped celery	3.00 c
14447	Onion chopped	1.00 lg
14447	(1 jar) Pimento-stuffed	7.00 oz
14447	Olives, drained & sliced	0.00
14447	Salt	1.00 ts
14447	Pepper	0.25 ts
14448	FOR ONE LOAF -----	0.00 -----
14448	Starter	2.00 c
14448	Sugar	2.00 tb
14448	Salt	1.50 ts
14448	Dry yeast	1.00 tb
14448	Pwd milk..dry	3.00 tb
14448	Warm water	1.00 c
14448	Melted shortg or oil	2.00 tb
14448	Etter for Bread flour.	3.50 c
14448	FOR ONE LOAF -----	0.00 -----
14449	Cake of fresh compressed	1.00
14449	-yeast	0.00
14449	Of warm water	1.75 c
14449	Of sugar	0.75 c

Sheet1

14449	Baking powder	1.00 ts
14449	Unsifted all purpose flour	6.50 c
14450	2 1/2 pound spring chicken	1.00
14450	Milk	0.00
14450	Salt	0.00
14450	Pepper	0.00
14450	Flour	0.00
14450	Water	0.25 c
14451	Jim Vorheis	0.00
14451	Butter	0.50 c
14451	Unsweetened chocolate	1.00 oz
14451	Eggs	2.00 lg
14451	Sugar	1.00 c
14451	All-purpose flour	2.00 tb
14451	Vanilla	1.00 ts
14451	Chopped pecans	1.00 c
14451	Scoops vanilla ice cream	4.00
14452	And 1/2 quarts water or	2.00
14452	-vegetable stock and stir	0.00
14452	-into it	0.00
14452	Black beans and 2 bay	2.00 c
14452	-leaves.	0.00
14453	Dark sweet cherries, pitted,	2.00 cn
14453	- drained, reserving syrup	0.00
14453	JELLO MIXTURE -----	0.00 -----
14453	Reserved cherry syrup	0.75 c
14453	Dr. Pepper	0.25 c
14453	Cherry Jello, 3oz size	1.00 pk
14453	Almond extract	0.12 ts
14453	BATTER MIXTURE -----	0.00 -----
14453	Yellow cake mix	1.00 pk
14453	Cherry Jello, 3oz size	1.00 pk
14453	Vegetable oil	0.50 c
14453	Dr. Pepper	0.75 c
14453	Eggs	4.00
14453	Minature marshmallows	2.00 c
14453	JELLO MIXTURE -----	0.00 -----
14453	BATTER MIXTURE -----	0.00 -----
14454	Crushed Pineapple (large	1.00 cn
14454	-can)	0.00
14454	Lemon or Orange Jello (3 oz	2.00 pk
14454	-pkg)	0.00
14454	Miniature Marshmallows	3.00 c
14454	Angel Food Cake, cubed	0.50
14454	Dream Whip	1.00 c
14454	Boiling Water	2.50 c
14455	Dried Apples, Chopped	0.50 lb
14455	Water	4.00 c
14455	Sugar	1.00 c

Sheet1

14455	Recipe Dry Baking Mix	0.00
14455	Sourdough Starter	1.50 c
14455	Brown Sugar	0.50 c
14455	Cinnamon	1.00 ts
14455	Nutmeg	0.50 ts
14455	Butter	0.25 c
14456	Dried apples	5.00 c
14456	Water	8.00 c
14456	Sugar	0.00
14456	Lemon juice	0.00
14457	Mixed dried fruit such as	250.00 g
14457	Apricot, peaches, pears and	0.00
14457	Prunes. Pieces of pared	0.00
14457	Orange or lemon rind.	0.00
14458	Kingfish, 1 to 1-1/2lb	1.00
14458	Finely sliced shallot	1.00 tb
14458	Shredded green mango	2.00 tb
14458	Shredded hot chilli	1.00 ts
14458	Fish sauce	2.00 tb
14458	Lime juice	3.00 tb
14458	Palm sugar	1.00 ts
14458	Cooking oil	2.00 c
14459	Onion powder	0.50 ts
14459	Salt	0.50 ts
14459	Sugar	0.25 ts
14459	Kitchen Bouquet	0.25 ts
14459	Dried onions, chopped/minced	0.50 c
14460	Med-skinned oranges or	12.00
14460	-lemons	0.00
14461	Dried prawns	2.00 oz
14461	Onions, thinly sliced	2.00
14461	Oil	2.00 oz
14461	Fresh chillies, ground	0.25 lb
14461	Lemon, juice only	1.00
14462	Dried Prawns	1.00 lb
14462	Onion	1.00 lg
14462	Fresh red chillies	20.00
14462	Salt	1.00 tb
14462	Oil	0.50 c
14462	Very thick coconut milk	0.50 c
14462	-(type I)	0.00
14462	Lemon, juice only	0.50
14463	+ 3 T flour	3.00 c
14463	Baking powder	6.50 ts
14463	Milk	10.00 ts
14463	Dried tart cherries; cut up	0.50 c
14463	Sugar	0.50 c
14463	Chilled butter; cut up	0.50 c
14463	Egg; beaten	1.00

## Sheet1

14463	Orange or lemon rind;grated	1.00 ts
14464	Milk	1.00 pt
14464	Heavy cream	1.00 pt
14464	Sugar	1.00 c
14464	Egg yolks	12.00
14464	Flour	1.00 tb
14465	Reduced-fat baking mix	1.00 c
14465	Non-fat milk	0.25 c
14465	4-fruit all-natural conserve	1.00 tb
14466	Sour milk	2.00 c
14466	Baking soda	1.00 ts
14466	Egg, well beaten	1.00
14466	Melted shortening	2.00 tb
14466	Flour	0.00
14466	Nutmeg	0.50 ts
14466	Cinnamon	0.50 ts
14466	Sugar	1.00 c
14466	Salt	0.50 ts
14467	Oil	2.00 tb
14467	Garlic clove; finely chopped	1.00
14467	Fresh red or green chilis	2.00 sm
14467	-- finely chopped	0.00
14467	Sen yai noodles	4.00 oz
14467	Onion; cut into segments	1.00 sm
14467	Tomato; cut into segments	1.00 md
14467	Kaffir lime leaves	4.00
14467	-- roughly chopped	0.00
14467	Sweet basil leaves	6.00
14467	Dark soy sauce	1.00 ts
14467	Light soy sauce	2.00 tb
14467	Sugar	0.50 ts
14467	Sweet red or green pepper	1.00 sm
14467	-- finely chopped	0.00
14468	Salt	2.50 lb
14468	Sugar	1.25 lb
14468	Cure	11.00 oz
14469	Ground Dried Chilies	3.00 ts
14469	Ground Coriander Seeds	2.00 ts
14469	Ground Cumin Seeds	1.00 ts
14469	Garlic Powder Or 5 Garlic	0.50 ts
14469	-Cloves, Crushed	0.00
14469	Dried Crushed Oregano	2.00 ts
14469	Ground cloves (optional)	0.75 ts
14470	Onion flakes	1.00 tb
14470	Onion powder	1.00 tb
14470	Ground thyme	2.00 ts
14470	Salt	2.00 ts
14470	Ground allspice	1.00 ts
14470	Ground nutmeg	0.25 ts

Sheet1

14470	Ground cinnamon	0.25 ts
14470	Sugar	2.00 ts
14470	Coarsely ground black	1.00 ts
14470	Pepper	0.00
14470	Cayenne pepper	1.00 ts
14470	Dried chives or green	2.00 ts
14470	Onions	0.00
14471	Spareribs, cut short	3.50 lb
14471	Soy sauce	0.50 c
14471	Apple juice	1.00 c
14471	Red wine vinegar	2.00 tb
14471	Ginger powder	1.00 ts
14471	Garlic powder	0.50 ts
14471	Drops of hot pepper sauce	5.00
14471	All-purpose flour	0.00
14471	Far for deep frying	0.00
14472	Salt	6.00 tb
14472	Sugar	6.00 tb
14472	Dry lemon powder	1.00 tb
14472	MSG (Accent)	2.00 tb
14472	Black pepper	2.50 tb
14472	Paprika	1.00 tb
14473	Mayonnaise	1.00 c
14473	Mixed fresh greens, such as	3.00 c
14473	-spinach, parsley,	0.00
14473	-watercress, or	0.00
14473	Fresh dill, washed and	0.00
14473	-patted dry	0.00
14473	Chopped green onion	0.25 c
14473	Clove Garlic, minced	1.00
14473	Sour Cream or yogurt	1.00 c
14473	Hot pepper sauce	1.00 ds
14474	Water	2.25 c
14474	Margarine or Butter	3.00 tb
14474	Salt	0.50 ts
14474	Milk	0.50 c
14474	Mashed Potatoe Flakes	2.50 c
14474	Egg	0.00
14474	Dairy Sour Cream	0.50 c
14474	Shredded Cheddar Cheese*	2.00 oz
14475	Warm water	2.00 c
14475	Salt	0.25 ts
14475	Coffee creamer	2.00 c
14475	Frozen sliced peaches	1.00 c
14475	-w/juice	0.00
14475	Eggs	6.00
14475	Melted margarine	0.25 lb
14475	Of dried white bread	10.00 sl
14475	Sugar	1.00 c

Sheet1

14475	Raisins (optional)	0.50 c
14475	Vanilla	1.00 ts
14475	Nutmeg Sauce:	0.00
14475	Sugar	0.50 c
14475	Milk	1.00 c
14475	Cornstarch	1.00 tb
14475	Margarine	0.25 c
14475	Nutmeg	0.50 ts
14475	Vanilla	1.00 ts
14476	Potatos, new, diced	0.25 lb
14476	Ea. bacon slices, diced	4.00
14476	Butter	6.00 tb
14476	Ea. celery ribs, diced	3.00
14476	Ea. onion, medium, peeled	1.00
14476	-and diced	0.00
14476	Chopped fresh basil	2.00 ts
14476	Dried marjoram	1.00 ts
14476	Dried Italian seasoning	1.00 ts
14476	Dried thyme	0.50 ts
14476	Bay leaves	2.00 ea
14476	Pinch chopped fresh garlic	1.00 ea
14476	White, black and Cayenne	0.00
14476	-peppers to taste	0.00
14476	Flour	0.33 c
14476	Whipping cream	4.00 c
14476	Half and half	0.50 c
14476	Clam nectar or broth	1.25 c
14476	Clam concentrate (or 1	2.00 oz
14476	-addtl. c. clam nectar)	0.00
14476	Clams, chopped, fresh or	1.50 c
14476	-frozen	0.00
14476	Dill	0.25 ts
14476	Parsley, fresh, chopped	2.00 tb
14477	Cherry pie filling	2.00 cn
14477	Yellow cake mix	1.00
14477	Grated coconut	0.50 c
14477	Chopped nuts	0.75 c
14477	Melted butter or margarine	0.50 c
14478	Bisquick baking mix	2.00 c
14478	Milk	0.67 c
14479	Flour	2.00 c
14479	Baking powder	1.25 t
14479	Milk	1.00 x
14479	Butter	1.00 T
14479	Salt	0.75 t
14480	Flour	2.00 c
14480	Baking powder	4.00 t
14480	Egg	1.00 ea
14480	Milk	1.00 x

## Sheet1

14480	Salt	1.00 t
14480	Pepper	0.25 t
14480	Butter, melted	3.00 T
14481	Flour	2.00 c
14481	Baking-powder	4.00 ts
14481	Shortening	2.00 tb
14481	Salt	1.00 ts
14481	Milk	0.00
14482	Butter	3.00 tb
14482	Onion, minced	1.00
14482	Clove	1.00 c
14482	Raw shrimp	1.50 lb
14482	Pork sausages	3.00
14482	Cooked ham	0.25 lb
14482	All-purpose flour	1.00 tb
14482	Tomato paste	6.00 cn
14482	Parsley springs, minced	4.00
14482	Hyme springs, minced	2.00 ts
14482	Water	2.00 ts
14482	Uncooked rice	0.33 c
14482	Salt and pepper	0.00
14483	Sultanas, cleaned	110.00 g
14483	Currants, cleaned	110.00 g
14483	Raisins, cleaned and stoned	110.00 g
14483	Mixed peel, chopped	50.00 g
14483	Glace cherries, chopped	75.00 g
14483	Ground almonds	50.00 g
14483	Butter	225.00 g
14483	Baking powder	1.00 ts
14483	Caster sugar	225.00 g
14483	Eggs	3.00
14483	Sherry	1.00 tb
14483	Almonds, blanched and	3.00 tb
14483	-halved	0.00
14483	Plain flour	250.00 g
14483	Grated rind of 1 lemon	0.00
14484	Vanilla bean, split	0.50 lg
14484	Skim milk	2.25 c
14484	Sugar	0.50 c
14484	Envelope unflavoured gelatin	0.25 oz
14484	Salt	1.00 ds
14484	Plain low-fat yogurt	1.50 c
14484	Corn syrup	0.25 c
14484	Durian seed pod	1.00
14485	Shortening	3.00 T
14485	Flour	1.50 c
14485	Milk, sour	0.25 c
14485	Sugar	1.00 c
14485	Baking soda	1.00 t



Sheet1

14486	Graham cracker pie crust	1.00
14486	Large egg yolk,slightly beat	1.00
14486	Salt	0.25 ts
14486	Ground cinnamon	0.50 ts
14486	Ground nutmeg	0.25 ts
14486	All-purpose flour	0.75 c
14486	Peeled,sliced cooking apples	5.50 c
14486	Lemon juice	1.00 tb
14486	Sugar	0.50 c
14486	Light brown sugar,packed	0.25 c
14486	Sugar	0.25 c
14486	Light brown sugar,packed	0.25 c
14486	Butter, room temperature	0.33 c
14486	All-purpose flour	3.00 tb
14487	BATTER -----	0.00 -----
14487	Milk	0.75 c
14487	Unbleached all-purpose flour	0.50 c
14487	Eggs	2.00 lg
14487	Sugar	1.50 tb
14487	Pure vanilla extract	0.50 ts
14487	Unsalted butter	3.00 tb
14487	TOPPING -----	0.00 -----
14487	Confectioners' sugar	1.00 tb
14487	Thinly sliced peaches	1.50 c
14487	--OR-- Nectarines or	0.00
14487	- Strawberries and/or	0.00
14487	- Raspberries & Blueberries,	0.00
14487	- or Lemon, cut in wedges	0.00
14487	BATTER -----	0.00 -----
14487	TOPPING -----	0.00 -----
14488	Canadian-style bacon	2.00 oz
14488	Water, divided	2.00 c
14488	Green split peas, sorted and	1.50 oz
14488	-rinsed	0.00
14488	Pared potatoes, diced	6.00 oz
14488	Chopped leeks	0.50 c
14488	Celeriac, pared and diced	0.50 c
14488	Celery leaves	2.00 tb
14488	"precooked" kielbasa,	4.00 oz
14488	-1/4-inch thick rounds	0.00
14488	Summer savory leaves	0.12 ts
14488	Pepper to taste	0.00
14489	Egg, well beaten	3.00 ea
14489	Salt	0.50 t
14489	Flour	0.50 c
14489	Milk	0.50 c
14490	Dried green split, peas	2.00 c
14490	Water	2.00 qt
14490	Diced celery	0.50 c

## Sheet1

14490	Shredded carrots	0.50 c
14490	Chopped leeks (white parts	0.50 c
14490	-only)	0.00
14490	Cubed cooked ham	1.00 c
14490	Seasoned salt	0.50 ts
14490	Freshly ground pepper	0.50 ts
14491	Chopped green tomatoes	1.00 qt
14491	Cauliflower, chopped	1.00 lg
14491	Salt	1.00 c
14491	Turmeric	1.00 tb
14491	Vinegar	2.00 qt
14491	Chopped onions	1.00 qt
14491	Cabbage, chopped	1.00 sm
14491	Mustard	1.00 tb
14491	Flour	1.00 c
14491	Sugar	3.00 c
14492	Ghirardelli Semi-Sweet	4.00 oz
14492	-Chocolate	0.00
14492	Water	0.50 c
14492	Butter	1.00 c
14492	Sugar	2.00 c
14492	Eggs, separated	4.00 lg
14492	Vanilla	1.00 ts
14492	Unsifted flour	2.00 c
14492	Baking soda	1.00 ts
14492	Buttermilk or strong cold	1.00 c
14492	-coffee	0.00
14492	Salt	0.50 ts
14493	Butter	4.00 tb
14493	Tightly packed brown sugar	0.33 c
14493	Pared, cored, and sliced	2.00 c
14493	-fresh apples	0.00
14493	Chopped walnuts	0.75 c
14493	Egg	1.00
14493	Granulated sugar	0.50 c
14493	Milk	0.33 c
14493	Salt	0.12 ts
14493	Baking powder	1.00 ts
14493	All-purpose flour	1.00 c
14493	Whipped cream or ice	0.00
14493	-cream	0.00
14494	Flour	1.50 c
14494	Sugar	1.00 tb
14494	Salt	0.50 ts
14494	Baking powder	2.25 ts
14494	Buttermilk	0.50 c
14494	Milk	0.67 c
14494	Egg; beaten	1.00
14494	Cooking oil	2.00 tb

## Sheet1

14494	Oil for pan	0.00
14494	Milk; as needed for thinning	0.50 c
14495	Yellow corn meal	1.00 c
14495	Baking soda	0.50 ts
14495	Flour	0.33 c
14495	Egg	1.00
14495	Baking powder	2.00 ts
14495	Buttermilk	1.00 c
14495	Salt	1.00 ts
14495	Bacon drippings	4.00 tb
14496	Large dried lima beans	0.25 c
14496	Light vegetable oil	0.50 tb
14496	Cumin seeds	0.25 ts
14496	Chopped onion	0.50 c
14496	Garlic cloves, peeled,	2.00
14496	-crushed	0.00
14496	Half-inch piece fresh	1.00
14496	-ginger, peeled	0.00
14496	Peeled, chopped tomato	0.50 c
14496	Flaked coconut	2.00 tb
14496	Chopped fresh cilantro	2.00 tb
14496	Water	2.50 c
14496	Cayenne pepper	0.25 ts
14496	Paprika	0.50 ts
14496	Salt, or to taste	0.50 ts
14496	Chopped fresh dill	1.00 tb
14497	Yeast, quick rise	2.00 pk
14497	Sugar	0.50 c
14497	Salt	1.50 ts
14497	Flour	4.50 c
14497	Margarine	6.00 tb
14497	Eggs, lg	2.00 x
14497	Kisses, milk chocolate	8.00 x
14497	Sugar, confectioners'	1.00 tb
14498	Butter	0.25 lb
14498	Cream cheese	8.00 oz
14498	Add:	0.00
14498	Salt	0.50 ts
14498	Vanilla	1.50 ts
14498	Peanut butter or coconut	1.50 c
14498	Confectioner's sugar	4.00 c
14499	-Jo Ferry cmsj69b	0.00
14499	Confectioners sugar	1.00 lb
14499	Water	2.00 tb
14499	Light corn syrup	1.00 tb
14499	Butter; softened	1.00 tb
14499	Vanilla	1.00 ts
14499	Salt	0.25 ts
14499	Almond extract	0.25 ts

Sheet1

14499	Cream of tartar	1.00 pn
14499	Flaked coconut	1.33 c
14499	CHOCOLATE COATING -----	0.00 -----
14499	Squares semi-sweet chocolate	8.00
14499	CHOCOLATE COATING -----	0.00 -----
14500	Soft butter	0.33 c
14500	Light corn syrup	0.33 c
14500	Salt	0.50 ts
14500	Flavoring	1.00 ts
14500	( 1 lb ) sifted	3.50 c
14500	-confectioner's sugar	0.00
14500	Large bowl	0.00
14500	Wooden spoon	0.00
14500	Paper plates	0.00
14500	Pencils	0.00
14501	PHILLY.INQUIRER -----	0.00 -----
14501	FOR THE CRUST -----	0.00 -----
14501	Crisco	0.75 lb
14501	Flour	2.50 c
14501	Egg yolks	5.00
14501	Or 3 of sugar	2.00 tb
14501	FOR THE FILLING -----	0.00 -----
14501	Ricotta	3.00 lb
14501	Whole eggs	7.00
14501	Extra whites	5.00
14501	Sugar or more	0.50 c
14501	Grated rind of 1 or more	1.00
14501	Lemons	0.00
14501	Vanilla	1.00 tb
14501	Liqueur	2.00 tb
14501	PHILLY.INQUIRER -----	0.00 -----
14501	FOR THE CRUST -----	0.00 -----
14501	FOR THE FILLING -----	0.00 -----
14502	Chocolate Chips	6.00 oz
14502	Sweetened condensed milk	1.00 cn
14503	FIRST STEP -----	0.00 -----
14503	Apples, Peeled And Sliced	4.00 x
14503	Sugar	0.25 c
14503	Cinnamon	0.50 ts
14503	SECOND STEP -----	0.00 -----
14503	Sugar	0.50 c
14503	Soft Butter Or Margarine	2.00 tb
14503	Egg	0.00
14503	Vanilla	0.25 ts
14503	Flour	1.00 c
14503	Baking Powder	1.00 ts
14503	FIRST STEP -----	0.00 -----
14503	SECOND STEP -----	0.00 -----
14504	Apples, pared, cored	4.00

Sheet1

14504	Granulated sugar	3.00 tb
14504	Cinnamon, optional	1.00 ds
14504	Topping	0.00
14504	Granulated sugar	2.00 tb
14504	All-purpose flour	0.50 c
14504	Baking powder	0.25 ts
14504	Egg, beaten	1.00
14504	Melted butter or	4.00 tb
14504	Margarine	0.00
14504	Chopped walnuts	2.00 tb
14504	Grated orange rind	1.00 tb
14504	1. Prepare apples. Make some	0.00
14504	-slits in each apple.	0.00
14505	Medium MacIntosh apples,	6.00
14505	Pared	0.00
14505	Unbaked 9" pie shell	0.00
14505	(can) Sweetened condensed	14.00 oz
14505	Milk	0.00
14505	Ground cinnamon	0.00
14506	Fresh cranberries	2.00 c
14506	Apples	2.00 x
14506	Orange, peeled and seeded	1.00 x
14506	Sugar	2.00 c
14507	Pork and beans(16oz)	1.00 cn
14507	Chicken pieces	4.00
14507	Catsup	0.25 c
14507	Peach preserves	2.00 tb
14507	Onion,instant minced	2.00 ts
14507	Soy sauce	0.25 ts
14507	Brown sugar	0.25 c
14508	Onion and mushroom or beef	1.00 pk
14508	Flavor mushroom soup mix	0.00
14508	Water	0.25 c
14508	Ground beef	1.00 lb
14508	Soft bread crumbs	0.50 c
14508	Ketchup	0.25 c
14508	Egg	1.00 md
14508	Hot mashed potatoes	3.00 c
14508	Shredded Cheddar cheese	0.00
14509	Cream of mushroom soup	1.00 cn
14509	French onion soup	1.00 cn
14509	Beef tips	1.00 lb
14510	ADD IN ORDER GIVEN -----	0.00 -----
14510	Karo	0.33 c
14510	Granulated sugar	1.00 c
14510	Brown sugar	1.00 c
14510	Eggs	4.00 x
14510	Salad oil	1.50 c
14510	Cinnamon	1.00 ts

Sheet1

14510	Cloves	0.25 ts
14510	Ginger	0.25 ts
14510	Nutmeg	0.25 ts
14510	Raw carrots, grated fine	3.00 c
14510	Vanilla	1.00 ts
14510	Sifted flour	2.00 c
14510	Baking soda	2.00 ts
14510	Salt	0.75 ts
14510	Pecans, chopped	1.00 c
14510	ADD IN ORDER GIVEN -----	0.00 -----
14511	Velveeta, cubed	0.50 lb
14511	Milk	0.25 c
14512	Artichoke hearts (14 oz)	1.00 cn
14512	Pace Picante Sauce	0.50 c
14512	-OR	0.00
14512	Pace Thick & Chunky Salsa	0.50 c
14512	Mayonnaise (light or reg)	0.75 c
14512	Freshly grated Parmesan	1.00 c
14513	Pasteurized process cheese	1.00 cn
14513	-spread (8 oz)	0.00
14513	Pace Thick & Chunky Salsa	0.50 c
14513	Dairy sour cream	0.25 c
14513	OPTIONAL TOPPINGS -----	0.00 -----
14513	Sliced green onion tops	0.00
14513	Chopped cilantro	0.00
14513	Diced red bell peppers	0.00
14513	OPTIONAL TOPPINGS -----	0.00 -----
14514	Converted rice	1.00 c
14514	Condensed cream of chicken	1.00 cn
14514	-soup (10 3/4 oz)	0.00
14514	Dry sherry	0.33 c
14514	Water	0.67 c
14514	Pkge frozen Italian-style	1.00
14514	-vegetables (16 oz)	0.00
14514	Skinless, boneless chicken	4.00
14514	-breast halves	0.00
14514	Drops Worcestershire sauce	8.00
14514	Paprika	0.00
14515	Frozen spinach	1.33 c
14515	Boneless, skinless chicken	2.00
14515	-breasts, cut into 1/2 inch	0.00
14515	-cubes	0.00
14515	Nonfat yogurt	0.33 c
14515	Nutmeg	0.12 ts
14515	Salt	1.00 ds
14515	Pepper	1.00 ds
14515	Corn starch	1.00 ts
14516	No.2 Cans Pinto Beans	4.00
14516	Coarsely Ground Chuck	4.00 lb

Sheet1

14516	Large Onion, Chopped	1.00
14516	Cloves Garlic, Crushed	2.00
14516	Oregano	1.00 ts
14516	Chili Powder	4.00 tb
14516	Salt	2.00 ts
14516	Hot Water	2.00 c
14516	Cumin Seed, Unground	1.50 tb
14517	Flour	2.67 c
14517	Baking soda	2.00 ts
14517	Cocoa powder	0.67 c
14517	White sugar	2.00 c
14517	Salt	1.00 ts
14517	Water	2.00 c
14517	Vanilla	2.00 ts
14517	Vegetable oil	0.67 c
14517	White vinegar	2.00 ts
14518	Chocolate mousse light	1.00 pk
14518	-dessert mix	0.00
14519	Sugar or 2 pck Sweet'n Low	0.25 c
14519	Cocoa	2.00 tb
14519	Cornstarch	3.00 tb
14519	Salt, Pinch	0.00
14519	Milk, skim	2.00 c
14519	Vanilla	1.00 ts
14520	Egg Yolks	3.00 lg
14520	Sweetened Condensed Milk; 1	14.00 oz
14520	-Can	0.00
14520	;Water	3.00 tb
14520	Vanilla Extract	1.00 tb
14520	Semi-Sweet Mini Chocolate	1.00 c
14520	-Chips	0.00
14520	Whipping Cream; Chilled	2.00 c
14521	Miniature marshmallows	2.00 c
14521	-(optional)	0.00
14521	Can condensed milk	14.00 oz
14521	Salt	1.00 ds
14521	Semi-sweet chocolate chips	12.00 oz
14521	Milk chocolate chips or	6.00 oz
14521	-semi-sweet chocolate chips	0.00
14521	To 1 c nuts	0.50 c
14521	Vanilla	1.50 ts
14522	All purpose flour	2.00 c
14522	Sugar	3.00 tb
14522	Salt	0.25 ts
14522	Butter, softened	0.50 c
14522	Active dry yeast	2.00 pk
14522	Warm water (110F)	0.25 c
14522	Milk	0.50 c
14522	Egg yolk	1.00

Sheet1

14522	Yogo-Cheese filling (see	0.00
14522	-below)	0.00
14522	Thin Icing, (see below)	0.00
14522	Yogo Cheese Filling:	0.00
14522	Yogo Cheese (recipe posted	1.00 c
14522	-separately)	0.00
14522	Powdered sugar	3.00 tb
14522	Vanilla extract	0.50 ts
14522	Salt	0.12 ts
14522	Thin Icing:	0.00
14522	Powdered sugar	1.00 c
14522	Plain yogurt, room temp.	2.00 tb
14523	Plain low fat yogurt	2.00 c
14523	Frozen orange juice	0.25 c
14523	-concentrate	0.00
14523	Vanilla extract	1.00 ts
14524	Baked cheese pizza crust;	16.00 oz
14524	-such as Baboli	0.00
14524	Olive oil	0.00
14524	Mayonnaise	0.50 c
14524	Parmesan cheese; grated	0.50 c
14524	Red onion; chopped	0.50 c
14524	Basil; chopped, or 1 T dry	0.25 c
14524	Garlic cloves; minced	4.00 lg
14525	Vegetable oil	2.00 tb
14525	Clove garlic, minced	1.00
14525	Lean pork (pork chop meat,	2.00 lb
14525	-ham, etc.), fat removed	0.00
14525	Eggplant, peeled and cubed	1.00 md
14525	Cornstarch dissolved in 1/4	2.00 ts
14525	-cup warm water	0.00
14525	Cans mild or medium hot	3.00 sm
14525	-green chilies, diced	0.00
14525	Jar pimentos	1.00 sm
14525	Water	7.00 c
14525	Salt, to taste	0.00
14525	Black pepper, to taste	0.00
14526	Eggs,slightly beaten	3.00
14526	Karo corn syrup	1.00 c
14526	Sugar	1.00 c
14526	Margarine, melted	2.00 tb
14526	Vanilla	1.00 ts
14526	Pecan halves	1.50 c
14526	9" unbaked pie shell	1.00
14527	Ground beef	1.00 lb
14527	Chopped onion	0.50 c
14527	Spaghetti sauce	32.00 oz
14527	Parsley flakes	1.00 tb
14527	Oregano	1.00 ts



## Sheet1

14527	Bisquick	3.00 c
14527	Creamed cottage cheese	1.00 c
14527	Parmesan cheese	0.25 c
14527	Milk	0.75 c
14527	Parsley flakes	1.00 tb
14527	Basil	1.00 ts
14527	Shredded zucchini	1.00 c
14527	Shredded mozzarella	1.00 c
14528	Converted rice	1.00 c
14528	Water	1.67 c
14528	Onion (chopped)	1.00 md
14528	Skinless, chicken breast	4.00
14528	-halves	0.00
14528	Salsa (the one you like)	1.00 c
14528	Salt to taste	0.00
14528	Chicken bullion cubes	2.00
14529	Butter or margarine	2.00 tb
14529	Evaporated milk, undiluted	0.67 c
14529	Sugar	1.50 c
14529	Salt	0.25 ts
14529	Miniature marshmallows	2.00 c
14529	Semi-sweet chocolate morsels	1.50 c
14529	Vanilla extract	1.00 ts
14529	Chopped pecans or walnuts	0.50 c
14530	21 oz. cherry pie filling	1.00 c
14530	Lemon juice	4.00 ts
14530	1 1/2 oz. milky way bars	4.00
14530	Chopped nuts	0.33 c
14530	9" pie crust, chilled	1.00
14531	BELLE BESTOR DFPF73A	0.00
14531	Flour	3.75 c
14531	Yeast	1.00 pk
14531	Dried dill; or sage or basil	0.50 t
14531	Milk	1.25 c
14531	Butter; or margarine	0.25 c
14531	Sugar; to 4 T	2.00 T
14531	Salt	0.50 t
14531	Egg white; or 2	1.00
14532	Chicken Stock*	3.00 c
14532	Scallions (green onion)	3.00
14532	-sliced	0.00
14532	Slice fresh ginger	1.00 sm
14532	Sliced fresh mushrooms	1.50 c
14532	Apple Juice or Cider	2.00 tb
14532	Salt and pepper to taste	0.00
14533	Milk; scalded	1.25 c
14533	Butter or regular margarine	2.00 t
14533	Active dry yeast; or	2.00 pk
14533	Lukewarm water; 110 deg. f.	0.25 c

Sheet1

14533	Butter or margarine; melted	2.00 t
14533	Sugar	3.00 t
14533	Salt	0.75 t
14533	Active dry yeast; bulk	2.00 t
14533	Unbleached flour	4.50 c
14534	Chopped basil leaves,	1.00 c
14534	Cleaned and dried	0.00
14534	Cloves garlic	3.00
14534	Pine nuts or walnuts	0.50 c
14534	Parmesan cheese, grated	0.50 c
14534	Good quality olive oil	0.50 c
14535	Sliced cucumbers	7.00 c
14535	Sugar	2.00 c
14535	Sliced sweet onions	1.00 c
14535	White vinegar	1.00 c
14535	Bell pepper, finely sliced	1.00
14535	Salt	1.00 tb
14535	Celery seed	1.00 ts
14536	Yellow cake mix	1.00 pk
14536	Chopped fresh or frozen	5.00 c
14536	-rhubarb	0.00
14536	Sugar	1.00 c
14536	Heavy cream	1.00 c
14537	Chili sauce	0.50 c
14537	Catsup	0.50 c
14537	Horseradish	0.25 c
14537	Lemon juice	1.00 tb
14537	Worchestershire sauce	1.00 tb
14538	Ground beef	1.50 lb
14538	Ground pork	0.50 lb
14538	Green bell pepper	1.00 md
14538	Onion	1.00 md
14538	Can jalapeno peppers	1.00 sm
14538	Pack Monterey Jack cheese	1.00 sm
14538	Can spicy tomato sauce	1.00 sm
14538	Meat loaf mix	1.00 pk
14539	Medium, extra-ripe Dole	2.00
14539	-Bananas, peeled	0.00
14539	(20 ounces) Dole Pineapple	1.00 cn
14539	-Slices	0.00
14539	(3 ounces) Jell-) Brand	1.00 pk
14539	-strawberry flavor gelatin	0.00
14539	(8 ounces) strawberry yogurt	1.00 ct
14539	Whipping cream, whipped	2.00 c
14540	Chopped parsley	2.00 tb
14540	Pitted nicoise olives	0.50 c
14540	-=OR=- Calamata olives	0.00
14540	Anchovies	8.00
14540	Lemon juice	1.00 tb

Sheet1

14540	Olive oil	3.00 tb
14541	Soda crackers with unsalted	35.00
14541	-tops	0.00
14541	Butter or regular margarine	1.00 c
14541	Brown sugar, packed	1.00 c
14541	Semisweet chocolate pieces	6.00 oz
14542	Ground turkey	1.50 lb
14542	Ketsup	0.50 c
14542	Onion, diced	1.00 md
14542	Dijon mustard	2.00 T
14542	Seasoning salt	0.50 t
14542	Garlic powder	0.25 t
14542	Non stick spray	0.00
14542	Large hamburger rolls or	4.00
14542	-rolls of your choice, split	0.00
14543	FOR 1 -----	0.00 -----
14543	Yeast	1.00 pk
14543	Whole wheat flour	0.75 c
14543	Bread flour	2.50 c
14543	Salt	1.00 ts
14543	Honey	2.00 tb
14543	Butter; at room temperature	2.00 tb
14543	Egg; at room temperature	1.00
14543	Plus 1 Tbsp. warm water	1.00 c
14543	FOR 1 -----	0.00 -----
14544	Frozen pearl onions	16.00 oz
14544	Vegetable oil	2.00 tb
14544	Sugar	3.00 tb
14544	Beef stock	1.50 c
14544	Red wine vinegar	4.00 tb
14544	Salt	0.00
14544	Freshly ground black pepper	0.00
14545	Boiling water	0.33 c
14545	Sugar	0.67 c
14545	Milk, nonfat dry	1.00 c
14545	Corn syrup	2.00 tb
14545	Rolled oats	2.50 c
14545	Wheat flakes	1.00 c
14545	Wheat germ, toasted	0.50 c
14545	Almonds; chopped	0.25 c
14545	Coconut,unsweetened shredded	0.25 c
14545	Salt	1.00 ts
14545	Oil, vegetable	2.00 tb
14545	Raisins	1.00 c
14545	Prunes, pitted; chopped	0.50 c
14545	Apricots, dried; chopped	0.50 c
14546	Water	1.00 c
14546	Unsalted butter, in pieces	8.00 tb
14546	Flour	1.00 c

## Sheet1

14546	Salt	1.00 ts
14546	Eggs	4.00
14546	Beaten egg yolk	1.00
14546	Creme Patissiere	0.00
14546	Milk	1.00 qt
14546	Butter	0.25 lb
14546	Eggs	4.00
14546	Sugar	1.25 c
14546	Cornstarch	0.75 c
14546	Unsweetened Chocolate	2.00 oz
14546	Fondant	0.00
14546	Sugar	2.00 c
14546	Water	0.50 c
14546	Light Corn Syrup	3.00 tb
14546	Sugar	3.00 tb
14546	Water	0.25 c
14546	Semi-Sweet Baking Chocolate	1.00 oz
14547	Pkg. Berry Blue flavor Jello	3.00 oz
14547	Boiling water	0.75 c
14547	Cold water	0.50 c
14547	Ice cubes	0.00
14547	Gummy fish	0.00
14548	Dried black beans, washed, -picked over	0.50 c 0.00
14548	Packaged 13-bean soup mix, -washed, picked over	2.00 c 0.00
14548	Smoked pork shoulder, or -meaty ham bone	1.00 lb 0.00
14548	Onion	1.00 md
14548	Dried thyme	1.00 ts
14548	Bay leaf	1.00
14548	Freshly ground black pepper	0.00
14548	Cold water	3.00 qt
14548	Salt	0.00
14548	Fresh or canned tomatoes, -peeled, seeded, and chopped	1.00 c 0.00
14549	Pk puff pastry sheets, -thawed	17.25 oz 0.00
14549	Thin slices Canadian bacon -or 5 thin ham slices	8.00 0.00
14549	Eggs	8.00
14549	Salt	0.25 ts
14549	Chopped parsley	0.25 c
14549	Chopped dried onion	1.00 ts
14550	Bread, day old	0.50 ea
14550	Egg, well beaten	3.00 ea
14550	Salt & pepper	1.00 x
14550	Butter	0.50 c
14550	Milk	0.50 c

## Sheet1

14551	Pork sausage (bulk)	1.50 lb
14551	Eggs	9.00
14551	Milk	3.00 c
14551	Dry mustard	1.50 ts
14551	Salt	1.00 ts
14551	Slices white bread, cubed	4.00
14551	In 1/4" squares	0.00
14551	Grated cheddar cheese	2.00 c
14552	Chicken broth	3.00 c
14552	Salt	1.00 ts
14552	Dash of white pepper	0.00
14552	Green onion with top	1.00 md
14552	Chopped	0.00
14552	Egg slightly beaten	2.00
14553	Egg whites	6.00 ea
14553	Instant nonfat dry milk p	0.25 c
14553	Water	2.00 tb
14553	Vegetable oil	1.50 ts
14553	Tumeric, ground	0.25 ts
14554	Evaporated milk (5.33 oz)	1.00 cn
14554	Vegetable oil	1.00 c
14554	Juice of one lemon	0.00
14554	Chicken-like seasoning	0.50 ts
14554	Garlic calt	0.00 ds
14554	Seasoning salt	0.00 ds
14555	Sour milk	1.00 c
14555	Sugar	1.00 c
14555	Flour	2.00 c
14555	Shortening	0.50 c
14555	Salt	0.25 ts
14555	Baking powder	1.00 ts
14555	Baking soda	0.50 ts
14555	Cinnamon	1.00 ts
14555	Allspice	1.00 ts
14555	Nutmeg	1.00 ts
14556	Flour	3.00 c
14556	Baking Soda	2.00 ts
14556	Salt	2.00 ts
14556	Cocoa	0.67 c
14556	Sugar	2.00 c
14556	Vinegar	2.00 ts
14556	Vanilla	2.00 ts
14556	Butter or Margarine, melted	0.67 c
14556	Cold Water	2.00 c
14557	Edensoy (Original)	1.00 c
14557	Oil	2.67 c
14557	Cider Vinegar	2.00 tb
14557	Maple Syrup (or sugar)	1.00 tb
14557	Salt	1.00 ts

Sheet1

14557	NOW TRY THIS -----	0.00 -----
14557	NOW TRY THIS -----	0.00 -----
14558	Evaporated milk	3.00 tb
14558	Salt	0.25 ts
14558	Paprika	0.25 ts
14558	Prepared mustard	0.25 ts
14558	White pepper	1.00 pn
14558	Vegetable oil	0.50 c
14558	Lemon juice	4.00 ts
14559	Sifted flour	2.00 c
14559	Baking powder	2.00 ts
14559	Baking soda	1.00 ts
14559	Salt	0.50 ts
14559	Eggs, well beaten	2.00
14559	Eggnog	2.00 c
14559	Vegetable oil	6.00 tb
14559	Chopped nutmeats, pecans or	1.00 c
14559	English walnuts	0.00
14560	Pkg frozen puff pastry; thaw	17.25 oz
14560	Eggplants; unpeeled, cut	2.00 md
14560	1/8" thick rounds	0.00
14560	Salt	0.00
14560	Plum tomatoes; unpeeled, cut	5.00
14560	-1/8" thick slices	0.00
14560	Ricotta cheese; part-skim	15.00 oz
14560	Garlic; finely chopped	2.00 t
14560	Basil; chopped, or 2 t dried	6.00 T
14560	Rosemary; minced, or 2/3t dry	2.00 t
14560	Oregano; minced, or 1 t dry	1.00 T
14560	Crushed red pepper flakes	0.25 t
14560	Black pepper to taste	0.00
14560	Mozzarella cheese; grated	12.00 oz
14560	To 4 T olive oil	2.00 T
14560	Parmesan cheese; grated	0.50 c
14560	Basil leaves; garnish	0.00
14561	Eggplants, halved	2.00 md
14561	Finely chopped onion	0.50 c
14561	Green chilies, chopped	2.00 ea
14561	Salt	0.25 ts
14561	Cilantro, chopped	0.25 c
14561	Ghee	1.00 tb
14561	Oil	0.50 ts
14562	Japanese or round eggplants	2.00 lb
14562	Oil for frying	0.00
14562	Virgin olive oil	3.00 tb
14562	Red onion; finely chopped	1.00
14562	Garlic clove; finely chopped	1.00
14562	Herbes de Provence	0.50 ts
14562	Ripe tomatoes	2.50 lb

Sheet1

14562	- peeled, seeded and chopped	0.00
14562	Salt	0.00
14562	Pepper, freshly milled	0.00
14562	Sugar, if needed	0.00
14562	Saffron threads	0.12 ts
14562	Eggs	2.00
14562	Ricotta cheese	1.00 c
14562	Milk or whipping cream	0.33 c
14562	Grated Parmesan cheese	0.50 c
14562	Basil leaves; cut or torn	10.00 lg
14562	- into small pieces	0.00
14562	Gruyere cheese	3.00 oz
14562	- shredded or thinly sliced	0.00
14563	Long, narrow eggplants	2.00
14563	(about 1 lb. each), sliced	0.00
14563	Crosswise 1/4-inch thick	0.00
14563	Salt	1.50 ts
14563	Extra-virgin olive oil	2.25 c
14563	Freshly ground pepper	0.25 ts
14563	Fresh mozzarella cheese,	6.00 oz
14563	Sliced 1/8-inch thick	0.00
14563	(2 oz.) anchovy fillets	1.00 cn
14563	Fresh basil leaves plus	0.25 c
14563	Several sprigs for garnish	0.00
14563	Eggs	3.00
14563	All-purpose flour	0.50 c
14563	Fresh Italian bread crumbs	3.00 c
14563	Marinara Sauce as	0.00
14563	Accompaniment (optional)	0.00
14564	Eggplant (about 2 lbs),	1.00 lg
14564	Sliced lengthwise 1/4-inch	0.00
14564	Thick	0.00
14564	Salt	1.00 tb
14564	Olive oil	2.00 c
14564	Dry bread crumbs	0.25 c
14564	Minced garlic (3 medium	2.00 ts
14564	Cloves)	0.00
14564	Chopped parsley	0.50 c
14564	Grated mozzarella cheese	1.75 c
14564	(8 oz.)	0.00
14564	Freshly grated Parmesan	0.50 c
14564	Cheese (2 oz.)	0.00
14564	Freshly ground pepper	0.00
14564	Marinara Sauce	1.00 c
14565	Olive oil	6.00 tb
14565	Finely chopped fresh oregano	3.00 ts
14565	Finely chopped fresh basil	1.50 ts
14565	Salt	0.00
14565	Freshly ground pepper	0.00

Sheet1

14565	Eggplant, (12-oz)	1.00
14565	-sliced 1/2-in thick	0.00
14565	Zucchini, (8-oz)	1.00
14565	- sliced 1/2-in thick	0.00
14565	Mozzarella cheese, sliced	8.00 oz
14565	Ricotta cheese, drained	1.00 c
14565	Spaghetti sauce	2.00 c
14565	Fennel seed; crushed	2.00 tb
14565	Freshly grated Parmesan	1.00 c
14565	- (imported)	0.00
14566	Eggplant	1.00 md
14566	Lemon; juiced	0.50
14566	Salt	0.00
14566	Unbleached flour	0.25 c
14566	Cornmeal	0.25 c
14566	Oregano	0.50 ts
14566	Garlic powder	0.50 ts
14566	Black pepper	0.12 ts
14566	Oil	2.00 tb
14566	RICOTTA -----	0.00 -----
14566	Firm tofu	1.50 lb
14566	Lemon juice	0.25 c
14566	Dried basil; -=OR=-	2.00 ts
14566	-Fresh chopped basil	2.00 tb
14566	Honey	2.00 ts
14566	Salt	1.00 ts
14566	Garlic clove	1.00
14566	Tomato sauce	1.50 c
14566	RICOTTA -----	0.00 -----
14567	Eggplant (1 Lb. About)	1.00 md
14567	Garlic Sliced	2.00 cl
14567	Red Bell Pepper	1.00
14567	Plum Tomatoes	3.00 lg
14567	Dried Thyme	1.00 tb
14567	Salt	0.25 ts
14567	Cooked Manicotti Shells	8.00
14567	Vegetable Cooking Spray	0.00
14567	Tightly Packed Fresh	3.00 c
14567	Spinach (About 1/4 Lb.)	0.00
14567	Low Fat Cottage Cheese	0.50 c
14567	Pepper	0.25 ts
14567	Lemon Juice	1.00 tb
14567	Grated Parmesan	3.00 tb
14568	Of eggplant	2.00 lb
14568	Of sugar (2 pounds)	4.00 c
14568	Of water	4.00 c
14568	Ground nutmeg	1.00 ts
14568	Ground cinnamon	1.50 ts
14568	Juice of 2 large lemons	0.00



Sheet1

14568	Grated rind of 1/2 lemon	0.00
14569	Eggplant ;sliced short side	1.00 lg
14569	Shredded Mozzarella Cheese	1.00 pk
14569	Parmesian Cheese ;(optional)	0.00
14569	Jar Tomato Sauce (Ragu	1.00
14569	-Today's Recipe Mushroom I	0.00
14569	-use)	0.00
14569	Oil ;enough for frying	0.00
14569	-slices	0.00
14569	Flavored Bread Crumbs ;	0.00
14569	-enough to cover all egg-	0.00
14569	-plant slices	0.00
14570	Eggplants; unpeeled	2.00 sm
14570	-cut into 1/4-in rounds	0.00
14570	Eggs; lightly beaten	2.00
14570	Bread crumbs	1.50 c
14570	Salt	0.50 ts
14570	Pepper	0.12 ts
14570	Garlic cloves	1.00
14570	- peeled and halved	0.00
14570	Olive oil	0.75 c
14570	Tomatoes, canned	20.00 oz
14570	Tomato paste	0.33 c
14570	Minced basil	2.00 tb
14570	Salt	1.00 ts
14570	Pepper	0.12 ts
14570	Grated Parmesan cheese	1.00 c
14570	Mozzarella cheese	0.50 lb
14570	- thinly sliced	0.00
14571	Uncooked brown rice	1.50 c
14571	Olive oil	1.00 tb
14571	Saffron	1.00 pn
14571	Water	3.00 c
14571	Salt	1.50 ts
14571	-----	0.00
14571	Olive oil	2.00 tb
14571	Eggplants	3.00 md
14571	Water	0.25 c
14571	Sherry	0.25 c
14571	-----	0.00
14571	Olive oil	2.00 tb
14571	Minced onions	3.00 c
14571	Red bell pepper, minced	1.00 lg
14571	Sherry	1.00 tb
14571	Cayenne	0.50 ts
14571	Tomatoes, chopped	2.00 md
14571	Dried currants	0.50 c
14571	Chopped fresh parsley	0.50 c
14571	Black pepper	0.25 ts

Sheet1

14571	-----	0.00
14571	Tomato juice	0.50 c
14571	Toasted slivered almonds	0.50 c
14571	Chopped fresh parsely	0.00
14572	Chinese eggplant; -=OR=-	6.00
14572	-Italian eggplant	1.00 lg
14572	Salt	2.00 ts
14572	Peanut or corn oil	4.00 tb
14572	-(or more if needed)=-	0.00
14572	Soy sauce	1.00 tb
14572	Sugar	1.00 tb
14572	Chicken stock	0.25 c
14572	Grated fresh peeled ginger	2.00 ts
14572	Minced garlic	1.00 tb
14572	Dried red chile flakes	0.25 ts
14572	Chopped water chestnuts,	0.25 c
14572	-(peeled), preferably fresh	0.00
14572	Green onions	3.00
14572	- trimmed and chopped	0.00
14572	Red wine vinegar	1.00 tb
14572	Sesame oil	1.00 tb
14572	Toasted black sesame seeds	1.00 tb
14572	- (for garnish) -	0.00
14573	Eggplants (1 lb ea.)	3.00 md
14573	Olive oil	0.25 c
14573	Chopped scallions	0.33 c
14573	-=OR=- Shallots	0.00
14573	Garlic clove; sliced (opt.)	1.00
14573	Chopped fresh parsley	0.25 c
14573	Chopped fresh fennel or dill	2.00 tb
14573	Allspice; more if necessary	0.50 ts
14573	Dry white wine	0.25 c
14573	Tomato paste; MIXED WITH:	2.00 tb
14573	Water	0.50 c
14573	Salt & freshly ground pepper	0.00
14573	Bread crumbs	0.50 c
14574	Eggplant (about 350 g)	4.00
14574	Chopped ginger	0.50 tb
14574	Chopped garlic	1.00 ts
14574	Hot bean paste	1.00 tb
14574	Soy sauce	2.00 tb
14574	Brown vinegar	0.50 tb
14574	Sugar	1.00 ts
14574	Salt (optional)	1.00 ts
14574	Soup stock	0.50 c
14574	Sesame oil	0.50 tb
14574	Peanut oil	6.00 tb
14574	Chopped green onion	1.00 tb
14575	Recipe tart dough	1.00

Sheet1

14575	Japanese eggplants	4.00
14575	Olive oil	0.33 c
14575	Salt	0.00
14575	Pepper	0.00
14575	Tomatoes	3.00
14575	Whole eggs	2.00
14575	Egg yolk	1.00
14575	Light cream or half and half	1.50 c
14575	Nutmeg	0.00
14575	Basil leaves, loosely packed	0.50 c
14575	-and thinly sliced	0.00
14575	Guyere or Provolone, grated	0.50 c
14576	Eggplants (sm. to med.)	2.00
14576	-water to fill large pot	0.00
14576	Quinoa	1.00 c
14576	Water	2.50 c
14576	Water	0.25 c
14576	Onion; peeled, chopped, -OR-	1.00 sm
14576	-Onion, peeled and chopped	0.50 lg
14576	Garlic cloves; minced	2.00
14576	Poblano pepper	1.00
14576	- seeded and chopped fine	0.00
14576	Banana or hungarian pepper	1.00
14576	- seeded and chopped fine	0.00
14576	Tomato puree or tomato sauce	0.50 c
14576	Salt	0.50 ts
14576	Freshly ground pepper	0.00
14576	- to taste	0.00
14576	Ground walnuts	0.25 c
14576	Cooked chickpeas	1.00 c
14576	Wheat flour	1.00 tb
14576	Gluten flour	1.00 tb
14577	Japanese eggplant	0.75 lb
14577	- (about 3 cups sliced)	0.00
14577	Tofu	0.25 lb
14577	Oil	6.00 tb
14577	-to	2.00
14577	Garlic cloves; crushed	3.00
14577	-to	1.00
14577	Red chili peppers	5.00
14577	-- seeded and chopped	0.00
14577	-to	10.00
14577	Sweet basil leaves	15.00
14577	-to	1.00 tb
14577	Yellow bean sauce	3.00 tb
14577	- (SEE NOTE)	0.00
14578	Oil	2.00 tb
14578	Garlic cloves, diced	2.00 ea
14578	Onions, sliced	3.00 lg

Sheet1

14578	Tamari	4.00 tb
14578	Garlic powder	0.50 ts
14578	Basil	0.50 ts
14578	Salt	0.50 ts
14578	Wholewheat flour	3.00 tb
14578	Nutritional yeast	0.50 c
14578	Water	1.00 c
14578	Tahini	3.00 tb
14578	Eggplant, peeled & cut into	1.00 lg
14578	-- 1/4 inch thick rounds	0.00
14578	Paprika	0.25 ts
14579	Eggplant, cubed	1.00 md
14579	Salt	0.00
14579	Spanish onion, chopped	1.00 lg
14579	Ghee	2.00 tb
14579	Grated ginger	1.00 tb
14579	Cumin	1.00 tb
14579	Coriander	2.00 ts
14579	Cinnamon	1.00 ts
14579	Turmeric	0.50 ts
14579	Cayenne	0.12 ts
14579	Ground cardamom	0.12 ts
14579	Salt	0.50 ts
14579	Apple juice	0.50 c
14579	Water	1.00 c
14579	Spinach, washed, stemmed	10.00 oz
14579	Red bell peppers, cubed	2.00 ea
14579	Lemon juice	1.00 tb
14580	Elbow macaroni	6.00 oz
14580	Grated Parmesan cheese	2.00 tb
14580	Minced scallions	2.00 tb
14580	+ 1 t. olive oil	1.00 tb
14580	Black pepper	0.25 ts
14580	Sliced eggplant, 1/2" thick	2.00 c
14580	Sliced tomatoes, 1/2" thick	2.00 md
14580	Basil	0.50 ts
14580	Shredded cheddar cheese	3.00 oz
14580	Paprika	0.25 ts
14581	Oil	0.25 c
14581	Black mustard seeds	1.00 ts
14581	Garlic cloves; minced	12.00
14581	Spinach; rinsed, dried,	2.00 lb
14581	- and finely chopped	0.00
14581	Eggplant	1.00 md
14581	- cut into 1/2" cubes	0.00
14581	Piece ginger root (1-inch)	1.00
14581	-peeled and grated	0.00
14581	Jalapeno chiles, minced	0.25 ts
14581	Tumeric powder	0.25 ts

Sheet1

14581	Paprika	0.25 ts
14581	Ground coriander	0.50 ts
14581	Ground cumin	0.50 ts
14581	Tomatoes; finely chopped	2.00 md
14581	Salt	0.00
14581	Cilantro sprigs, for garnish	0.00
14582	Olive or vegetable oil	2.00 tb
14582	Onion, chopped	1.00 md
14582	(about 1/2 cup)	0.00
14582	Cl Garlic, crushed	2.00
14582	Eggplant, pared and cubed	1.00 md
14582	Salt	0.50 ts
14582	Tomatoes, seeded and chopped	2.00 md
14582	Chopped parsley	0.25 c
14582	Currants	0.25 c
14582	Tarragon vinegar	2.00 tb
14583	Olive oil	1.00 ts
14583	Dry sherry	0.75 c
14583	Onion, finely chopped	1.00 sm
14583	Garlic cloves, minced	2.00 ea
14583	Celery, chopped	0.25 c
14583	Peeled, cubed eggplant	1.00 c
14583	Minced red bell pepper	0.50 c
14583	Nutmeg	0.50 ts
14583	Plum tomatoes, chopped	3.00 c
14583	Fresh basil	1.00 tb
14583	Salt & pepper	0.00
14584	Onion; Chopped, 1 Sm.	0.25 c
14584	Vegetable Oil	2.00 tb
14584	Chorizo Sausage; Bulk	8.00 oz
14584	Eggs; Large	8.00
14584	Half and Half	0.25 c
14584	Oregano Leaves; Dried	0.50 ts
14585	Mayonnaise	2.00 tb
14585	Lemon; med, juiced	1.00
14585	Salt	0.50 ts
14585	Sugar	0.50 ts
14585	Sour cream; *	1.00 c
14585	Eggs; large, hard cooked	9.00
14585	Pepper	0.25 ts
14585	Fresh herbs; chopped **	1.50 c
14586	Black Beans; Dry, 8 oz	1.50 c
14586	Water	3.00 c
14586	Onion; Chopped, 1 Sm.	0.25 c
14586	Clove Garlic; Minced	1.00
14586	Salt	1.00 ts
14586	Tomatoes; Finely Chopped,1Cn	8.00 oz
14586	Onion; Finely Chopped	2.00 tb
14586	Salt	0.50 ts

Sheet1

14586	Cayenne Pepper	0.12 ts
14586	Vegetable Oil	0.00
14586	Peas; Frozen, 1 Pk	10.00 oz
14586	Ham; Chopped	1.50 c
14586	Corn Tortillas; 8" Diameter	8.00
14586	Eggs; Large	8.00
14586	Monterey Jack Cheese; *	2.00 oz
14587	Or 2 English muffins, open,	1.00
14587	-buttered and toasted	0.00
14587	To 4 slices Canadian bacon	2.00
14587	To 6 cups grated mozzarella	4.00
14587	-cheese	0.00
14587	To 4 poached eggs	2.00
14587	To 4 cups Hollandaise sauce	3.00
14587	SPINACH MIXTURE:	0.00
14587	Spinach	3.00 lb
14587	Mushrooms, sliced	1.00 lb
14587	Large white onion, chopped	0.00
14587	Garlic powder	1.00 tb
14587	White pepper	1.00 tb
14587	Chicken base	2.00 tb
14588	Whole chicken	2.00
14588	-breasts--skinned and boned	0.00
14588	Yogurt	1.00 tb
14588	Salt	0.25 ts
14588	Tumeric	0.25 ts
14588	Dry mustard	0.12 ts
14588	Curry powder	0.50 ts
14588	Ground cardamom	0.12 ts
14588	Lemon juice	1.00 ts
14588	Vinegar	1.00 ts
14588	Thin onion slices	8.00
14588	Tomatos--halved	4.00 sm
14589	FOR 1 -----	0.00 -----
14589	Yeast	1.00 pk
14589	Bread flour	3.00 c
14589	Yellow cornmeal	0.75 c
14589	Whole kernel canned corn;	0.50 c
14589	-drained	0.00
14589	Canned Ortega chillies;	1.00 tb
14589	-chopped	0.00
14589	Cheddar cheese, shredded	0.50 c
14589	Egg	1.00
14589	Soft butter	1.00 tb
14589	Salt	0.50 ts
14589	Sugar	2.00 ts
14589	Warm water	1.25 c
14589	FOR 1 -----	0.00 -----
14590	Sweet potatoes, cook/mash	3.50 c

Sheet1

14590	Butter, softened	0.50 c
14590	Sugar	2.00 c
14590	Eggs	4.00
14590	Salt	0.50 ts
14590	Nutmeg	0.50 ts
14590	Evaporated Milk	13.00 oz
14590	Lemon extract	2.00 ts
14590	Deep dish unbaked pie shells	2.00
14591	Elderberries	3.00 lb
14591	Half-ripe grapes	3.00 lb
14591	Sugar	0.00
14592	Sifted confectioners sugar	1.25 c
14592	Plus 1 tb sifted flour	0.25 c
14592	Salt	0.50 ts
14592	Baking cocoa	5.00 tb
14592	Eggs, separated	6.00
14592	Cream of tartar	0.25 ts
14592	Vanilla	1.25 ts
14592	Water	1.00 tb
14592	Heavy cream	1.00 c
14592	Sugar	2.00 tb
14592	Marshmallows, cut up	12.00
14592	Unsweetened chocolate,	1.00 oz
14592	-melted and cooled	0.00
14592	Sifted confectioners sugar	2.00 c
14592	Light cream	0.00
14592	Chopped pecans	0.25 c
14593	Butter	0.50 c
14593	Granulated sugar	1.00 c
14593	Egg	1.00
14593	Cream	1.00 T
14593	Vanilla	1.00 t
14593	Flour	2.00 c
14593	Baking powder	0.50 t
14594	Freshly baked bagels,	2.00
14594	-lightly toasted	0.00
14594	Natural cream cheese,	4.00 oz
14594	-softened	0.00
14594	Raspberry jam	0.25 c
14595	Broccoli	1.50 lb
14595	Red onion; chopped	0.50
14595	Sunflower seeds	1.00 c
14595	Raisins	0.50 c
14595	Sliced fresh mushrooms	1.00 c
14595	Mayonnaise	1.00 c
14595	Red wine vinegar	2.00 tb
14595	Sugar (optional)	0.25 c
14595	Bacon	0.50 lb
14595	-cooked crisp & crumbled	0.00

Sheet1

14596	CAKE -----	0.00 -----
14596	Butter or Margarine,	0.50 c
14596	-softened	0.00
14596	Sugar	1.00 c
14596	Eggs	2.00
14596	Flour	1.75 c
14596	Baking Powder	2.00 ts
14596	Salt	0.50 ts
14596	Milk	0.50 c
14596	GLAZE -----	0.00 -----
14596	Powdered Sugar	1.00 c
14596	Milk	1.50 tb
14596	Green Food Coloring Drops	2.00
14596	Slivered Almonds, sliced	0.00
14596	CAKE -----	0.00 -----
14596	GLAZE -----	0.00 -----
14597	Butter or margarine,	0.50 c
14597	-softened	0.00
14597	Sugar	1.00 c
14597	Eggs	2.00
14597	Vanilla extract	1.00 ts
14597	All purpose flour	1.75 c
14597	Baking powder	2.00 ts
14597	Salt	0.50 ts
14597	Milk	0.50 c
14597	GLAZE:	0.00
14597	Confectioner's sugar	1.00 c
14597	To 2 tb milk	1.00 tb
14598	Paprika	2.50 tb
14598	Salt	2.00 tb
14598	Garlic powder	2.00 tb
14598	Black pepper	1.00 tb
14598	Onion powder	1.00 tb
14598	Cayenne pepper	1.00 tb
14598	Dried leaf oregano	1.00 tb
14598	Dried leaf thyme	1.00 tb
14599	FILLING -----	0.00 -----
14599	Ground Beef	1.00 lb
14599	Garlic Cloves, Minced	2.00
14599	Hard Boiled Eggs	2.00
14599	Cold, Chopped	0.00
14599	Milk	0.25 c
14599	Salt & Black Pepper	0.00
14599	Raisins, To Taste	0.00
14599	Green Olives, Chopped	0.00
14599	Crushed Red Pepper	1.00 pn
14599	Cooking Oil	0.00
14599	Onion, Chopped	1.00 lg
14599	Pastry Dough	0.00



Sheet1

14599	FILLING -----	0.00 -----
14600	DOUGH -----	0.00 -----
14600	Flour	6.00 c
14600	Salt	1.00 t
14600	Sugar	1.00 T
14600	Shortening	0.75 c
14600	Water	1.50 c
14600	FRUIT FILLING -----	0.00 -----
14600	Mixed dried fruit	20.00 oz
14600	Raisins	0.50 lb
14600	Sugar	0.75 c
14600	Cloves	0.50 t
14600	Cinnamon	1.00 t
14600	Nutmeg	0.50 t
14600	Pinon nuts(other nuts okay)	1.00 c
14600	DOUGH -----	0.00 -----
14600	FRUIT FILLING -----	0.00 -----
14601	Chilled margarine	8.00 ts
14601	All-purpose flour	0.75 c
14601	Ice water	3.00 tb
14601	Cooked ground pork, crumbled	2.00 oz
14601	-(OR finely chopped	0.00
14601	Cooked ham)	0.00
14601	Monterey Jack or Cheddar	2.00 oz
14601	-cheese, shredded	0.00
14601	Prepared spicy brown mustard	1.00 ts
14601	Crushed red pepper	1.00 ds
14601	Egg separated	1.00
14601	Skim milk	1.00 tb
14602	INGREDIENTS:	0.00
14602	Sifted cake flour	1.50 c
14602	Ghirardelli Sweet Ground	1.00 c
14602	-Chocolate	0.00
14602	Sugar	0.75 c
14602	Baking soda	1.50 ts
14602	Cream of tartar	0.25 ts
14602	Salt	0.50 ts
14602	Shortening	0.67 c
14602	Buttermilk	1.00 c
14602	Eggs	2.00
14602	Vanilla	1.00 ts
14603	INGREDIENTS:	0.00
14603	Half & half	0.33 c
14603	Butter, cut up	0.50 c
14603	Sugar	2.00 tb
14603	Ghirardelli Sweet Ground	1.50 c
14603	-Chocolate	0.00
14603	Vanilla	1.00 ts
14604	Ancho Chiles	3.00

Sheet1

14604	Pasilla Chiles	3.00
14604	Cloves garlic, crushed	2.00
14604	Onion, minced	1.00 sm
14604	Lard or margarine (lard is	4.00 tb
14604	-better for the taste buds,	0.00
14604	-if not	0.00
14604	For your body)	0.00
14604	Flour	4.00 tb
14604	Chicken or beef stock (use	3.00 c
14604	-chicken for cheese or	0.00
14604	Chicken enchiladas, beef for	0.00
14604	-beef enchiladas)	0.00
14604	Mexican oregano	1.00 ts
14604	Cumin	0.50 ts
14605	Corn tortillas	18.00
14605	Red chili sauce	1.00 qt
14605	Grated cheddar	1.00 lb
14605	Large onion chopped	1.00
14605	Fried eggs (optional)	6.00 x
14606	Corn tortillas	12.00 ea
14606	Clove garlic	1.00 ea
14606	Green chili sauce	4.00 c
14606	Grated cheddar or jack chees	2.00 c
14606	Oil or lard	4.00 T
14606	Flour	1.00 T
14606	Salt to taste	1.00 ea
14606	Minced onion	0.25 c
14607	Raw Beets, trimmed	0.50 lb
14607	Heads of Belgian Endives, md	3.00
14607	Red onion	1.00
14607	Dijon Mustard	1.00 tb
14607	Red Wine Vinegar	1.00 tb
14607	Vegetable oil	3.00 tb
14607	Finely Chopped Parsley	4.00 tb
14608	French bread, crust removed,	6.00 c
14608	-diced 1/4"	0.00
14608	+ 1/2 c milk	2.00 c
14608	Semisweet chocolate, chopped	9.00 oz
14608	-coarsely	0.00
14608	Unsalted butter, softened	0.75 c
14608	Plus 1 Tbsp sugar	1.00 c
14608	Eggs	7.00
14608	Vanilla	0.75 ts
14608	Cinnamon	1.00 ds
14608	Berries, mint sprigs, and	0.00
14608	-powdered sugar (optional)	0.00
14608	Creme Anglaise:	0.00
14608	Vanilla bean, split and	1.00
14608	-scraped	0.00

## Sheet1

14608	Whipping cream	2.00 c
14608	Milk	1.00 c
14608	Egg yolks	8.00
14608	Sugar	0.50 c
14609	Stephen Ceideburg	0.00
14609	Unsalted butter, cut up	6.00 tb
14609	Sugar	6.00 tb
14609	Egg yolks	3.00 lg
14609	Freshly squeezed lemon juice	3.00 tb
14610	English cucumbers	4.00 lg
14610	Of sugar (4 pounds)	8.00 c
14610	Piece of ginger root the	0.00
14610	-size of a lemon	0.00
14611	Warm water	1.00 c
14611	Dry yeast	1.00 tb
14611	Vegetable oil	2.00 tb
14611	Salt	1.00 ts
14611	Unbleached white flour	2.00 c
14611	Whole wheat flour	1.00 c
14612	Oranges	4.00
14612	Grapefruit	0.50
14612	Lemon	0.33
14612	Sugar	0.00
14613	Sugar	1.00 c
14613	Corn syrup; light brown	0.75 c
14613	Cream; thin	0.75 c
14613	Salt	0.12 ts
14614	Unsweetened baking chocolate	2.50 oz
14614	-(2-1/2 squares)	0.00
14614	Milk	0.50 c
14614	Granulated sugar	0.67 c
14614	Egg yolks, beaten	5.00
14614	Butter	1.00 c
14614	Confectioners' sugar	1.00 c
14614	Egg whites	5.00
14614	Graham-cracker crumbs	1.00 c
14614	Pecans, chopped	1.00 c
14614	Whipped topping	1.00 c
14615	Chanterelles; trimmed	0.50 lb
14615	Butter	4.00 tb
14615	Parsley stems;finely chopped	8.00
14615	Scallions; finely chopped	5.00
14615	Clove garlic; finely chopped	1.00
14615	Snails	16.00
14615	Flour	2.00 tb
14615	Chicken stock	2.00 c
14615	Dry white wine	1.00 c
14615	Basil	1.00 ts
14615	Cloves	2.00

Sheet1

14615	Thyme	1.00 ts
14615	Bay leaf	1.00
14615	Salt and white pepper	0.00
14615	Egg yolks	3.00
14615	White vinegar	1.00 tb
14615	Cream	3.00 tb
14616	White beans	0.25 lb
14616	Chicken broth	5.00 c
14616	Olive oil	2.00 tb
14616	Minced garlic	2.00 tb
14616	Onion; finely diced	1.00 sm
14616	Chopped escarole	2.00 c
14616	Salt and pepper; to taste	0.00
14617	Kidney beans	2.00 c
14617	Olive oil or	0.33 c
14617	Lard	0.33 c
14617	Beef brisket,1/2" cubes	5.00 lb
14617	Onions,lg,coarsely chopped	2.00
14617	Garlic cloves,lg,fine chop	6.00
14617	Bell pepper(s)	2.00
14617	Basil,dried	2.00 T
14617	Bay leaves	1.00
14617	Red chile,mild,ground	2.00 T
14617	Cayenne pepper	1.00 T
14617	Chile caribe	1.00 T
14617	Cumin,ground	2.00 T
14617	Corn flour(masa harina)	2.00 T
14617	Canned tomatoes,chopped	6.00 c
14617	Freshly brewed coffee	0.50 c
14617	Salt	0.00
14617	Black pepper,freshly ground	0.00
14618	Active dry yeast	1.00 tb
14618	Warm water	0.25 c
14618	Ground coriander	2.00 tb
14618	Ground cardamom	1.00 ts
14618	White pepper	0.50 ts
14618	Ground fenugreek	1.00 ts
14618	Salt	2.00 ts
14618	Vegetable oil	0.33 c
14618	Lukewarm water	1.25 c
14618	Unbleached flour	5.00 c
14618	Cayenne	1.00 tb
14618	Oil	2.00 tb
14618	Ground ginger	0.25 ts
14618	Ground cloves	1.00 pn
14618	Cinnamon	0.12 ts
14619	Sugar	3.00 c
14619	European Style Cocoa	0.67 c
14619	Salt	0.12 ts

Sheet1

14619	Whole milk	1.50 c
14619	Butter	0.25 c
14619	Vanilla extract	1.00 ts
14620	Salt	0.50 ts
14620	Sugar	1.00 c
14620	Baking powder	1.00 ts
14620	Shortening	0.50 c
14620	Bananas; mashed(1 1/4 cups)	3.00
14620	Eggs	2.00
14620	Walnuts	1.25 c
14620	Flour	2.00 c
14620	Vanilla	1.00 ts
14620	Baking soda	1.00 ts
14620	Sour; or buttermilk	0.50 c
14621	Chocolate squares,unsweetene	3.00
14621	Cake flour,sifted	2.50 c
14621	Baking soda	2.00 ts
14621	Salt	0.50 ts
14621	Butter,at room temperature	0.50 c
14621	Brown sugar,firmly packed	2.50 c
14621	Egg,at room temperature	3.00
14621	Vanilla	1.50 ts
14621	Sour cream	1.00 c
14621	Water,boiling	0.75 c
14622	Rice Vinegar	0.50 c
14622	Vegetable Oil OR Olive Oil	2.00 tb
14622	Soy Sauce	1.00 tb
14622	Water	1.00 tb
14622	Dijon Mustard	0.50 ts
14622	Garlic Clove Minced	1.00
14622	Dillweed OR Basil	0.25 ts
14622	Pepper	0.12 ts
14622	Low Calorie Sweetener To	0.00
14622	Taste	0.00
14623	Raisins	1.00 lb
14623	Water	1.33 c
14623	Sugar	1.50 c
14623	Shortening	0.25 c
14623	Flour	2.50 c
14623	Salt	1.00 ts
14623	Cloves, ground	0.50 ts
14623	Nutmeg, ground	0.50 ts
14623	Allspice	0.50 ts
14623	Cinnamon	1.00 ts
14623	Baking soda	1.00 ts
14623	Baking powder	1.00 ts
14623	Salt	1.00 ts
14623	Chopped walnuts	0.50 c
14623	Holiday fruit	1.00 lb

## Sheet1

14623	Eggs	2.00
14624	Sirloin Steaks (6 oz ea)	4.00
14624	Butter	2.00 tb
14624	Shallots, finely chopped	4.00
14624	Worcestershire sauce	2.00 tb
14624	Salt,pepper	0.00
14624	Parsley	0.00
14625	Cut up chicken or such	1.00
14625	-pieces as you prefer (I	0.00
14625	-used breasts)	0.00
14625	Honey for each piece of	2.00 ts
14625	-chicken	0.00
14625	Canned peaches for each	4.00 sl
14625	-piece of chicken	0.00
14626	Whole chicken breasts (about	3.00
14626	-2 1/2 lbs)	0.00
14626	Apple cider vinegar	1.50 tb
14626	Honey (I used a local	3.00 tb
14626	-wildflower honey so try a	0.00
14626	-strong one)	0.00
14626	Samll garlic cloves, minced	6.00
14626	-or mashed	0.00
14626	Finely grated ginger root	2.50 tb
14626	-(do not use powdered)	0.00
14626	To 1/4 tsp cayenne pepper (I	0.12
14626	-liked it with 1/4 tsp)	0.00
14626	Salt	1.50 ts
14627	Egg pasta recipe(above)	2.00
14627	Ricotta cheese	1.00 lb
14627	Garlic, minced	2.00 cl
14627	Frozen chopped spinach,	10.00 oz
14627	Thawed and drained	0.00
14627	Egg	1.00
14627	Salt	1.00 ts
14627	Seasoned Italian tomato	4.00 c
14627	Sauce	0.00
14627	Grated provolone cheese	2.00 c
14627	Grated mozzarella	2.00 c
14627	Freshly grated Parmesan	1.00 c
14627	Cheese	0.00
14628	Semi-Sweet Chocolate Chips	6.00 oz
14628	Evaporated Milk	0.67 c
14628	Butter Or Regular Margarine	2.00 tb
14628	Eggs; Lg, Slightly Beaten	2.00
14628	Sugar	1.00 c
14628	Unbleached Flour	2.00 tb
14628	Salt	0.25 ts
14628	Vanilla	1.00 ts
14628	Pecans; Chopped	1.00 c

Sheet1

14628	Unbaked 9-inch Pie Shell	1.00
14629	Diced cooked ham	2.00 c
14629	Yellow onion, grated fine	1.00 sm
14629	Sweet green pepper, cored,	1.00 sm
14629	-seeded and minced	0.00
14629	Can cream-style corn	1.00 lb
14629	Can whole kernel corn	8.00 oz
14629	-drained	0.00
14629	Light cream	0.50 c
14629	Seasoned bread croutons	1.50 c
14629	Melted butter	0.25 c
14629	Worcestershire sauce	1.00 tb
14630	Chicken breasts	2.00
14630	Chicken broth	1.00 c
14630	Sliced sweet onion	0.50
14630	Parsley	2.00 tb
14630	Clove chopped garlic	1.00 sm
14630	Cucumber Glaze *	0.00
14631	Pineapple; crushed (20 oz)	1.00 c
14631	Margarine	1.00 c
14631	Brown sugar; packed	1.00 c
14631	Granulated sugar	1.00 c
14631	Eggs	3.00
14631	Carrots; shredded	4.00 c
14631	Raisins	1.00 c
14631	Vanilla extract	2.00 ts
14631	All purpose flour	3.00 c
14631	Baking soda	2.00 ts
14631	Ground cinnamon	1.00 ts
14631	Ground ginger	1.00 ts
14631	Salt	0.50 ts
14632	16 oz bag of frozen peas,	1.00
14632	Thawed	0.00
14632	Can medium hot green chilis	1.00 sm
14632	Chopped onion	0.25 c
14632	Garlic powder	0.75 ts
14632	Red chili powder	1.00 tb
14632	Your favorite salsa (or	4.00 tb
14632	Chopped	0.00
14632	Tomatoes)	0.00
14632	"Imo"	1.00 tb
14632	Cumin to taste	0.00
14632	Salt and pepper to taste	0.00
14632	Any other spices you enjoy	0.00
14632	In guacamole	0.00
14633	Good Seasonings Italian or	2.00 pk
14633	-Mild Italian Salad Dressing	0.00
14633	-mix	0.00
14633	Used right from the package.	0.00

Sheet1

14633	Flour	3.00 tb
14633	Salt (that's not too much)	2.00 ts
14633	Lemon juice (or vinegar)	0.25 c
14633	Margarine or cooking oil	2.00 tb
14634	Chick peas; (soaked for 24 h	1.00 lb
14634	Onion	1.00 md
14634	Potato; peeled	1.00 md
14634	Garlic cloves	4.00
14634	Ground coriander	1.00 ts
14634	Cumin	1.00 ts
14634	Salt	2.00 ts
14634	Pepper	0.50 ts
14634	Cayenne	0.50 ts
14634	Flour	1.00 tb
14634	Vegetable oil for frying	0.00
14634	Baking soda	2.00 ts
14635	Chickpeas; soaked overnight,	1.00 lb
14635	- cooked, and drained.	0.00
14635	Garlic cloves; minced	3.00
14635	Baking powder	0.50 ts
14635	Ground cinnamon	2.00 ts
14635	Ground cumin	2.00 ts
14635	Parsley; minced	1.00 bn
14635	Onion; grated	1.00 md
14635	Scallions; minced	4.00
14635	Fresh cilantro, chopped	2.00 tb
14635	Vegetable oil	3.00 c
14635	Pita breads; warmed	4.00
14635	Tomato; finely chopped	1.00
14635	Lemons; juiced	2.00
14635	TAHINI SAUCE -----	0.00 -----
14635	Tahini (sesame paste)	0.67 c
14635	-Water (or as needed)	3.00 tb
14635	Lemons, juiced	2.00
14635	Garlic cloves; minced	2.00
14635	Fresh parsley, minced	1.00 tb
14635	Black pepper	0.00
14635	TAHINI SAUCE -----	0.00 -----
14636	Sugar	1.50 c
14636	Firmly packed brown sugar	0.50 c
14636	Cinnamon	2.00 ts
14636	Baking soda	2.00 ts
14636	Salt	0.50 ts
14636	Nutmeg	0.25 ts
14636	Ginger	0.25 ts
14636	Vegetable oil	1.00 c
14636	Vanilla	0.50 ts
14636	Eggs	4.00
14636	Flour, sifted	2.00 c



Sheet1

14636	Canned pumpkin	16.00 oz
14636	Lg. apple, peeled and	1.00
14636	-chopped	0.00
14636	Black walnuts, chopped	1.50 c
14636	Icing:	0.00
14636	Box powdered sugar, sifted	1.00 lb
14636	Butter, softened	0.50 c
14636	Cream cheese, softened	8.00 oz
14636	Vanilla	2.00 ts
14637	Handfuls chicory greens	8.00
14637	-(hearts of escarole or	0.00
14637	- curly endive, raddichio,	0.00
14637	- Belgian endive)	0.00
14637	Bartlett or Comice pears	3.00
14637	Whole walnuts	12.00
14637	Walnut oil (optional)	0.00
14637	Gorgonzola Dolcelatte	4.00 oz
14637	- crumbled	0.00
14637	Branches chervil or parsley	10.00
14637	Freshly milled pepper	0.00
14637	VINAIGRETTE -----	0.00 -----
14637	Pear or champagne vinegar	1.50 tb
14637	-or to taste	0.00
14637	Salt	0.00
14637	Virgin olive oil	3.00 tb
14637	Walnut oil	3.00 tb
14637	VINAIGRETTE -----	0.00 -----
14638	Ground beef; lean	0.50 lb
14638	Onion; medium, chopped	1.00
14638	Water; cold	3.00 tb
14638	Salt	0.50 ts
14638	Mustard; prepared	1.00 ts
14638	Hard cooked eggs; peeled	3.00
14638	Vegetable oil	4.00 tb
14638	-----sauce-----	0.00
14638	Cornstarch	1.00 ts
14638	Sour cream	0.50 c
14638	Ground pork; lean	0.50 lb
14638	Bread crumbs	3.00 tb
14638	Eggs; large	2.00
14638	Paprika	1.00 ts
14638	Parsley; chopped	2.00 tb
14638	Bacon; strips	4.00
14638	Beef broth	1.00 c
14638	Water; hot	0.25 c
14638	Water	0.25 c
14639	Flour	3.00 c
14639	Desiccated coconut	1.00 c
14639	Curry leaves *	6.00

Sheet1

14639	Crushed dried shrimp	2.00 tb
14639	Onion, chopped	0.50
14639	Green chilies, chopped	10.00
14639	Warm water (approx., just	1.00 c
14639	-enough to moisten the	0.00
14639	-dough)	0.00
14639	Vegetable oil	0.00
14639	FILLING -----	0.00 -----
14639	Green onions or leeks,	0.50 c
14639	-finely chopped	0.00
14639	Crushed, dried red chilies	1.00 ts
14639	Cabbage, finely chopped	0.50 c
14639	Kale, finely chopped	0.50 c
14639	A few curry leaves*	0.00
14639	-(optional)	0.00
14639	Salt	0.00
14639	Black pepper	0.00
14639	Vegetable oil for frying	0.00
14639	FILLING -----	0.00 -----
14640	Butter	1.00 c
14640	Sugar	1.50 c
14640	Eggs, separated	4.00
14640	Sour cream	1.00 c
14640	All-purpose flour	2.50 c
14640	Baking soda	1.00 ts
14640	Salt	1.00 ts
14640	Confectioners' sugar	0.50 c
14640	Vanilla	1.00 ts
14640	Can poppy seed filling	12.50 oz
14641	(1-1/2 sticks) Parkway	0.75 c
14641	-Margarine	0.00
14641	Sugar	3.00 c
14641	Evaporated milk	0.67 c
14641	(12 oz) Baker's Semi-Sweet	1.00 pk
14641	-Real Chocolate Chips	0.00
14641	Jar (7 ounces) Kraft	1.00
14641	-Marshmallow Creme	0.00
14641	Chopped nuts	1.00 c
14641	Vanilla	1.00 ts
14642	Peck ripe tomatoes	1.00
14642	Chopped onions	2.00 c
14642	Salt	2.00 tb
14642	Celery seed	1.00 tb
14642	Apples, chopped	2.00
14642	Red pepper	0.25 ts
14642	Whole cloves	1.00 ts
14642	Water	2.00 c
14642	Brown sugar	1.33 c
14642	Broken stick cinnamon	1.00 tb

Sheet1

14642	Mustard	1.00 tb
14643	Sourdough starter	1.00 c
14643	Warm water (105 - 115 F)	2.00 c
14643	Sifted flour	2.50 c
14643	Active dry yeast	1.00 pk
14643	Warm water (105 - 115 F)	0.25 c
14643	Milk	1.00 c
14643	Sugar	3.00 tb
14643	Salt	2.00 ts
14643	Butter or margarine	3.00 tb
14643	Sifted flour	9.00 c
14643	Butter or margarine, melted	1.00 tb
14644	-----INGREDIENTS-----	0.00
14644	4-6 pound Beef Round	1.00
14644	Shortening	2.00 tb
14644	Salt	1.00 tb
14644	Whole cloves of garlic	2.00
14644	Onions; sliced	2.00 lg
14644	Carrots; sliced	2.00 lg
14644	(16 oz) Stewed Tomatoes	2.00 cn
14644	- Water	0.50 c
14644	Flour	2.00 tb
14644	- Cold water	0.25 c
14645	Potatoes; medium	4.00
14645	Eggs; large	3.00
14645	Salt	0.50 ts
14645	Tomatoes; medium, peeled	2.00
14645	Bacon; strips, cubed	4.00
14645	Milk	3.00 tb
14645	Ham; cooked, small cubes	1.00 c
14645	Chives; chopped	1.00 tb
14646	Onions,large,chopped	2.00
14646	Butter or margarine	0.25 c
14646	Carrots,large,sliced	2.00
14646	Potatoes,large,diced	2.00
14646	Cabbage head,small,chopped	1.00
14646	Chicken broth(14oz)	1.00 cn
14646	Pork,cooked,diced	3.00 c
14646	Angostura aromatic bitters	1.00 tb
14646	Salt to taste	0.00
14646	White pepper to taste	0.00
14646	Pastry for 9" pie	1.00
14646	Caraway seeds	2.00 ts
14647	Butter, softened	0.50 c
14647	Packed brown sugar	0.50 c
14647	Mashed,cooked sweet potatoes	1.00 c
14647	Eggs,lightly beaten	3.00
14647	Corn syrup	0.33 c
14647	Milk	0.33 c

Sheet1

14647	Salt	0.50 ts
14647	Vanilla extract	1.00 ts
14647	Unbaked pie shell	1.00
14648	To 3 lb. chicken pieces	2.50
14648	Sliced celery	0.75 c
14648	Salt	0.00
14648	Sliced green onions	0.75 c
14648	Pepper	0.00
14648	Cooked rice	3.00 c
14648	Butter	2.00 tb
14648	Can corn w/ peppers	12.00 oz
14648	Pork sausage	4.00 oz
14648	Lemon juice	2.00 ts
14649	Ground beef	2.00 lb
14649	Catsup	0.50 c
14649	Diced onions	0.50 c
14649	Oat meal	0.50 c
14649	Milk	0.50 c
14649	Egg	1.00
14649	Celery salt	0.50 ts
14649	Garlic salt	0.50 ts
14649	Dash salt & pepper	1.00
14650	Bag of frozen	750.00 g
14650	-strawberries/rhubarb	0.00
14650	Envelope unflavored gelatin	1.00
14650	Recipe custard (Bird's)	1.00
14650	Strawberry schnapps, divided	6.00 tb
14650	(6) Vanilla Jam rolls	1.00 pk
14650	Whipping cream	2.00 c
14650	Sugar	3.00 tb
14651	Ripe, red tomatoes, washed	3.00 lb
14651	-and halved	0.00
14651	To 6 jalapeno peppers,	3.00
14651	-stemmed and seeded	0.00
14651	Cloves garlic, minced	4.00
14651	-through a garlic press	0.00
14651	White onion, minced	0.50 c
14651	Ground chili powder (New	2.00 tb
14651	-Mexican, if possible)	0.00
14651	Ground cumin	0.25 ts
14651	Cider vinegar	0.25 c
14652	Flour	1.25 c
14652	Sugar	1.00 c
14652	Unsweetened cocoa	0.50 c
14652	Corn starch	0.25 c
14652	Baking soda	0.50 ts
14652	Salt	0.50 ts
14652	Egg whites	4.00
14652	Water	1.00 c

Sheet1

14652	Karo Light or Dark Corn	0.50 c
14652	-Syrup	0.00
14653	No-Stick cooking spray	0.00
14653	Brown sugar, packed	0.33 c
14653	Light corn syrup (Karo)	2.00 tb
14653	Lemon juice	1.00 tb
14653	Canned pineapple rings	7.00
14653	- well-drained	0.00
14653	Flour	1.00 c
14653	Cornstarch	0.25 c
14653	Baking powder	1.50 ts
14653	Salt	0.50 ts
14653	Sugar	1.00 c
14653	Skim milk	0.67 c
14653	Egg whites	2.00
14653	Light corn syrup (Karo)	0.33 c
14653	Vanilla	1.00 ts
14654	Non-stick cooking spray	0.00
14654	Flour	1.67 c
14654	Sugar	0.67 c
14654	Nonfat dry milk	0.25 c
14654	Baking soda	1.00 ts
14654	Baking powder	0.50 ts
14654	Salt	0.50 ts
14654	Pumpkin pie spice	2.00 ts
14654	Raisins	0.50 c
14654	Egg whites	2.00
14654	Canned solid-pack pumpkin	1.00 c
14654	Corn syrup, light or dark	0.33 c
14654	Orange juice	0.33 c
14654	FAT -----	0.00 -----
14654	Nonfat vanilla yogurt	1.00 c
14654	Confectioners' sugar	0.50 c
14654	FAT -----	0.00 -----
14655	Pastry flour	2.50 c
14655	Baking soda	1.00 ts
14655	Salt	0.25 ts
14655	Cinnamon	2.00 ts
14655	Cloves	0.50 ts
14655	Nutmeg	0.25 ts
14655	Butter or other shortening	0.50 c
14655	Sifted brown sugar, firmly	1.00 c
14655	-packed	0.00
14655	Eggs	2.00
14655	Sweet milk	0.75 c
14655	Vinegar	2.00 tb
14656	Pastry for 9" pie	1.00
14656	Butter	1.00 tb
14656	Sugar; brown	1.00 c

Sheet1

14656	Corn syrup	1.00 c
14656	Eggs; well beaten	3.00
14656	Vanilla	1.00 ts
14656	Pecans; halved or pieces	1.00 c
14657	Squares (2 1/2 Ounces)	2.50
14657	-Unsweetened Baking	0.00
14657	-Chocolate Broken	0.00
14657	Into Pieces	0.00
14657	(6 Ounces) Butter Or	0.75 c
14657	-Margarine, Softened	0.00
14657	Sugar	2.00 c
14657	Vanilla Extract	1.00 ts
14657	Eggs	2.00 lg
14657	Unbleached All-Purpose Flour	2.25 c
14657	Baking Soda	1.25 ts
14657	Salt	0.50 ts
14657	Water	1.33 c
14658	Cake flour, sifted	3.50 c
14658	Baking soda	1.25 ts
14658	Salt	0.50 ts
14658	Butter or margarine,	0.67 c
14658	-softened	0.00
14658	Sugar	1.75 c
14658	Eggs, unbeaten	2.00 ea
14658	1-oz squares unsweetened	2.50 ea
14658	-chocolate, melted and	0.00
14658	-cooled	0.00
14658	Ice water	1.25 c
14658	Vanilla	1.00 ts
14658	HUNGARIAN FROSTING:	0.00
14658	Unsweetened chocolate,	3.00 oz
14658	-melted	0.00
14658	Confectioners' sugar, sifted	1.50 c
14658	Hot water	2.50 tb
14658	Egg	1.00
14658	Butter or margarine	4.00 tb
14659	Dried Chick Peas Cooked OR	1.00 c
14659	(15-Oz) chick peas, drained	2.00 cn
14659	Egg Beaten	1.00
14659	Onion Finely Chopped	1.00 lg
14659	Chopped Parsley	2.00 tb
14659	Garlic Clove, Crushed	1.00
14659	Ground Coriander	1.00 ts
14659	Ground Cumin	1.00 ts
14659	A Pinch Of Chili Powder	0.00
14659	Black Pepper	0.00
14659	Unbleached White Flour for	0.00
14659	Coating	0.00
14659	Oil for Shallow Frying	0.00

Sheet1

14660	Fennel seeds	0.50 ts
14660	Cream cheese, softened	1.00 c
14660	Sour cream	1.00 c
14660	White onion; minced	0.25 c
14660	Salt	0.50 ts
14660	Black pepper	0.25 ts
14660	Paprika	1.00 ts
14661	Garlic clove	1.00
14661	Coarse sea salt	0.25 ts
14661	Lemon juice	2.50 tb
14661	Lemon peel strip; minced	2.00
14661	Fennel seeds	0.12 ts
14661	- crushed under a spoon	0.00
14661	- or in a mortar	0.00
14661	Extra-virgin olive oil	5.00 tb
14661	Mushrooms, large, firm	8.00 oz
14661	- wiped clean	0.00
14661	Pepper	0.00
14661	Fennel bulb	1.00
14661	Fennel greens, chopped	1.00 tb
14661	Italian parsley, chopped	1.00 tb
14661	Salt	0.00
14661	Parmesan Reggiano; shaved	3.00 oz
14661	- into paper-thin slices	0.00
14662	Fennel bulbs	2.00 ea
14662	Capers;drained	1.00 tb
14662	Dill, fresh; chopped	1.00 tb
14662	DRESSING -----	0.00 -----
14662	Orange; seeded	0.25 ea
14662	Red wine vinegar	2.00 ts
14662	Dijon mustard	1.00 tb
14662	Sugar	2.00 ts
14662	-Salt	0.50 ts
14662	Olive oil	4.00 tb
14662	DRESSING -----	0.00 -----
14663	Bread flour (or more)	2.50 c
14663	Active dry yeast	1.00 pk
14663	Warm water (105F-to-115F)	0.25 c
14663	Sugar	1.00 tb
14663	Butter	4.00 tb
14663	Salt	2.00 ts
14663	Warm milk (105F-to-115F)	0.50 c
14663	Egg; lightly beaten	1.00
14663	Fennel seeds	1.00 tb
14663	Pine nuts	0.33 c
14663	Black raisins or currants	0.33 c
14663	GLAZE -----	0.00 -----
14663	Egg; beaten, mixed with	1.00
14663	Water	1.00 ts

Sheet1

14663	GLAZE -----	0.00 -----
14664	(2-layer size) package	1.00
14664	-yellow cake mix (without	0.00
14664	-pudding)	0.00
14664	(4-serving size) box	1.00
14664	-vanilla, lemon or pistachio	0.00
14664	-instant pudding	0.00
14664	Eggs	4.00
14664	Oil	0.67 c
14664	Orange extract	2.00 ts
14664	Fruit from Fermented Fruit	1.50 c
14664	-Starter	0.00
14664	Chopped nuts	1.00 c
14664	Golden raisins	1.00 c
14665	Yellow cake mix, 2 layer	1.00
14665	Pudding mix	1.00
14665	Eggs	4.00
14665	Oil	0.67 c
14665	Orange extract	2.00 ts
14665	Fermented Fruit Starter	1.50 c
14665	Chopped nuts	1.00 c
14665	Golden raisins	1.00 c
14665	Fermented Fruit Starter:	0.00
14665	Sliced peaches, chopped	20.00 oz
14665	Sugar, divided	7.50 c
14665	Package dry yeast	1.00
14665	Pineapple, crushed	20.00 oz
14665	Maraschino cherries	10.00 oz
14665	Fruit cocktail, cut	30.00 oz
14666	Sliced peaches, chopped	20.00 oz
14666	Sugar, divided	7.50 c
14666	Package dry yeast	1.00
14666	Pineapple, crushed	20.00 oz
14666	Maraschino cherries	10.00 oz
14666	Fruit cocktail, cut	30.00 oz
14667	Percent brine solution made	10.00
14667	-by dissolving 1 cup salt in	0.00
14667	-2 quarts	0.00
14668	Beef top sirloin steak,1"	1.50 lb
14668	Thick	0.00
14668	Mushrooms,thinly sliced	5.00 md
14668	Red onion,sliced and	1.00
14668	Separated into rings	0.00
14668	Romaine lettuce leaves,torn	1.00 pk
14668	MARINADE -----	0.00 -----
14668	Fresh lemon juice (about 2	0.25 c
14668	Lemons)	0.00
14668	Orange juice	0.50 c
14668	Red wine vinegar	0.25 c



Sheet1

14668	Garlic,minced	1.00 cl
14668	Honey	1.00 tb
14668	Light olive oil	3.00 tb
14668	Ground white pepper	0.25 ts
14668	Salt	0.25 ts
14668	Thyme	0.50 ts
14668	GARNISH -----	0.00 -----
14668	Artichoke, orange and lemon	1.00
14668	Slices	0.00
14668	MARINADE -----	0.00 -----
14668	GARNISH -----	0.00 -----
14669	Unbleached flour; sifted	2.00 c
14669	Baking powder	1.50 t
14669	Baking soda	0.50 t
14669	Egg; lg, beaten	1.00 ea
14669	Orange rind; grated	1.00 t
14669	Walnuts; chopped	0.25 c
14669	Sugar	1.00 c
14669	Salt	1.00 t
14669	Shortening	0.25 c
14669	Orange juice; fresh	0.75 c
14669	Raw cranberries; coarse chop	1.00 c
14669	Unbleached flour	1.00 t
14670	Plain dried bread crumbs	0.75 c
14670	Thinly sliced chicken	8.00
14670	-cutlets	0.00
14670	Flour	0.25 c
14670	Eggs, lightly beaten	2.00
14670	Vegetable oil, divided	0.25 c
14670	Pecan halves	1.50 oz
14670	Canned chicken broth	1.00 c
14670	Honey	0.50 c
14670	Lemon juice	2.00 tb
14670	Minced fresh parsley	2.00 ts
14670	Cornstarch	1.00 ts
14670	Grated orange peel	0.25 ts
14670	Salt	0.25 ts
14670	Pepper	0.12 ts
14670	Orange, cut crosswise into	1.00 sm
14670	-thin slices	0.00
14671	Cream Cheese; Softened, 1 Pk	8.00 oz
14671	Cinnamon; Ground	1.00 t
14671	Salt	0.50 t
14671	Eggs; Lg	3.00 ea
14671	Milk	1.00 c
14671	Unbaked 9-inch Pie Shell	1.00 ea
14671	Sugar	2.00 tb
14671	Brown Sugar; Firmly Packed	0.75 c
14671	Ginger; Ground	0.50 t

Sheet1

14671	Cloves; Ground	0.25 t
14671	Pumpkin; Mashed, Canned	1.00 c
14671	Vanilla	1.00 t
14671	Dairy Sour Cream	1.00 c
14672	Butter or margarine	3.00 tb
14672	Feta cheese 1/2" cubes	4.00 oz
14672	Pepper, black	0.12 ts
14672	Lemon, juice of	1.00
14672	Parsley, minced (optional)	1.00 tb
14672	Ricotta cheese	1.00 c
14673	Prosciutto	6.00 oz
14673	Butter	4.00 oz
14673	Minced onion	2.00 tb
14673	Salt	0.00
14673	Freshly ground black pepper	0.00
14673	Fresh fettuccine	1.00 lb
14673	Freshly grated Parmesan	0.67 c
14674	Butter	4.00 T
14674	Heavy cream	0.50 c
14674	Parmesan cheese	6.00 T
14674	Salt and pepper to taste	1.00 x
14674	Fettuccine	8.00 oz
14675	Fettuccine	12.00 oz
14675	Butter or margarine	0.50 c
14675	Cream, heavy or light	1.00 c
14675	Parmesan, grated	1.50 c
14675	Salt	0.50 ts
14675	Pepper, white, dash	0.00
14675	Romano cheese to taste	0.00
14676	Servings	2.00
14676	Asparagus, cleaned and	0.25 lb
14676	-trimmed	0.00
14676	Olive oil	2.00 tb
14676	Shallot, minced	1.00 lg
14676	Cooked ham, cut into	0.25 lb
14676	-1/4-inch dice	0.00
14676	Chopped walnuts	0.25 c
14676	Chopped fresh sage, or 2 tsp	2.00 tb
14676	-dried sage, crumbled	0.00
14676	Fettuccine noodles	6.00 oz
14676	White cheddar cheese, grated	0.25 lb
14677	Spinach fettuccine	8.00 oz
14677	Non stick spray coating	0.00
14677	Broccoli flowerets	1.50 c
14677	Sweet red or green pepper	1.00
14677	Onion, chopped	1.00 md
14677	Cooking oil	1.00 tb
14677	Skinless, boneless chicken	0.75 lb
14677	-breast halves, cut into	0.00

## Sheet1

14677	-strips	0.00
14677	Can sodium reduced,condensed	10.75 oz
14677	-cream of chicken or celery	0.00
14677	-soup	0.00
14677	Dried basil, crushed	1.00 ts
14677	Shredded reduced-fat cheddar	0.50 c
14677	-or Swiss cheese	0.00
14678	Bacon slices; chopped thick	4.00
14678	Whipping cream	0.50 c
14678	Or:	0.00
14678	Basil; chopped fresh	0.33 c
14678	Salt and freshly ground pepp	0.00
14678	Romano; freshly grated	0.00
14678	Green onions; chopped	4.00
14678	Parmesan; freshly grated	0.50 c
14678	Romano; freshly grated	0.50 c
14678	Fettuccine	0.50 lb
14678	Parmesan; freshly grated	0.00
14679	Red Onion; Md, Sliced	1.00
14679	Garlic Clove; Minced	1.00
14679	Regular Margarine	0.50 c
14679	Tuna In Water; Drain, Flake	6.50 oz
14679	Black Pepper	0.25 ts
14679	Fettuccine; Cooked, Drained	8.00 oz
14679	Red Leaf Lettuce; Torn	3.00 c
14680	Bacon, cut into 1" pieces	3.00 sl
14680	Onion, diced	3.00 tb
14680	Garlic cloves, crushed	4.00
14680	White wine	0.75 c
14680	Half-and-half	0.75 c
14680	Romano cheese, grated	0.50 c
14680	Egg yolk	1.00
14680	Servings fettucini, cooked	2.00 x
14680	Chopped parsley for garnish	0.00
14681	Olive oil	1.00 tb
14681	Cloves garlic, crushed	3.00
14681	White wine	0.50 c
14681	Half-and-half	0.75 c
14681	Romano cheese, grated	1.00 c
14681	Servings spinach fettucini,	2.00 x
14681	Cooked	0.00
14681	Chopped parsley for garnish	0.00
14682	Oil	3.00 tb
14682	Coils of fideo ( coil	4.00
14682	Vermicelli)	0.00
14682	Minced onion	2.00 tb
14682	Clove garlic, minced	1.00
14682	Canned tomato sauce	0.50 c
14682	Water	3.00 c

Sheet1

14682	Salt, pepper	0.00
14683	Uncooked Oatmeal	1.00 c
14683	Hot Water or Meat Juices	1.50 c
14683	(1 cup) Grated Cheese	4.00 oz
14683	Egg, Beaten	1.00
14683	Wheat Germ	1.00 c
14683	Margerine	0.25 c
14683	Powdered Milk	0.50 c
14683	Salt	0.25 ts
14683	Cornmeal	1.00 c
14683	Whole Wheat Flour	3.00 c
14684	Uncooked Oatmeal	1.00 c
14684	Bouillon Granules	1.00 ts
14684	Powdered milk	0.75 c
14684	Egg, Beaten	1.00
14684	Margerine	0.33 c
14684	Hot Water	1.50 c
14684	Cornmeal	0.75 c
14684	Whole Wheat Flour	3.00 c
14685	Dry Yeast	1.00 pk
14685	Warm Chicken or Beef Broth	2.00 c
14685	Margerine or Hamb. Grease	0.25 c
14685	Egg, Beaten	1.00
14685	All Purpose Flour	2.00 c
14685	Wheat Germ	1.00 c
14685	Whole Wheat Flour	4.00 c
14685	Warm Water	0.50 c
14685	Powdered Milk	0.50 c
14685	Honey	0.25 c
14685	Salt	0.25 ts
14685	Cornmeal	1.00 c
14685	Cracked Wheat	2.00 c
14686	Hot Water or Meat Juices	0.75 c
14686	Powdered Milk	0.50 c
14686	Egg, Beaten	1.00
14686	Margerine	0.33 c
14686	Salt (optional)	0.50 ts
14686	Whole Wheat Flour	3.00 c
14687	Beef filet or sirloin	2.00 lb
14687	Sugar	1.50 ts
14687	Toasted sesame seed *	1.00 tb
14687	Light soy sauce	4.00 tb
14687	Water	2.00 tb
14687	Oil	1.00 tb
14687	Minced scallions	2.00 tb
14687	Tabasco sauce to taste	0.00
14687	Clove garlic, minced	1.00
14687	Freshly grated ginger	0.50 ts
14688	Fresh hot red chiles	5.00 oz

Sheet1

14688	Mustard seeds	1.00 tb
14688	Garlic cloves, peeled	4.00
14688	Green mango, peeled,	1.00 sm
14688	-shredded	0.00
14688	Salt, or to taste	1.00 pn
14689	Ground beef	2.00 lb
14689	Shredded cheddar cheese	8.00 oz
14689	Onions, chopped	2.00 md
14689	Taco seasoning mix	1.00 pk
14689	Tortilla chips	1.00 lb
14689	Tomato sauce	16.00 oz
14690	Whole Chicken Breasts *	3.00
14690	Whole Green Chiles, Canned	4.00 oz
14690	All-Purpose Flour	0.25 c
14690	Yellow Cornmeal	0.25 c
14690	Dash Garlic Powder	0.00
14690	Dash Red Pepper	0.00
14690	Egg	1.00
14690	Milk	3.00 tb
14690	Cooking Oil	0.25 c
14690	Cooking Oil	3.00 tb
14690	Chopped Onion	2.00 tb
14690	Cloves Garlic	2.00
14690	Canned Tomatoes	8.00 oz
14690	Chicken Broth	0.50 c
14690	Chili Powder	2.00 tb
14690	Vinegar	2.00 ts
14690	Crushed Red Pepper	0.75 ts
14690	Cumin	0.25 ts
14690	Oregano	0.25 ts
14690	Milk	0.50 c
14690	All-Purpose Flour	2.00 tb
14690	Shredded Cheddar Cheese	0.50 c
14690	Pitted Black Olives	0.25 c
14691	Can Tomato Sauce	8.00 oz
14691	Orange juice	0.50 c
14691	Finely chopped Onion	0.50 c
14691	Raisins	2.00 T
14691	Chopped Pimento	2.00 T
14691	Oregano, crushed	0.50 t
14691	Chili powder	0.50 t
14691	Clove Garlic, minced	1.00 x
14691	Chicken Breast Halves *	12.00 oz
14691	Cornstarch	2.00 t
14691	Water	1.00 T
14691	Snipped Parsley	0.25 c
14691	Hot cooked Rice	3.00 c
14692	Cocoa	0.50 c
14692	Flour; Unbleached	1.00 T

Sheet1

14692	Dark Brown Sugar; Packed	0.25 c
14692	Milk	4.00 c
14692	Cloves; whole	3.00 ea
14692	Cinnamon Stick;Broken In 1/2	1.00 ea
14692	Powdered Sugar	2.00 T
14692	Vanilla	1.50 t
14692	Whipped Cream	1.00 x
14692	Cinnamon Sticks	4.00 ea
14693	Jumbo Vidalia onion, chopped	1.00
14693	-(with green tops if in	0.00
14693	-season) OR	0.00
14693	Vidalia onion, chopped (with	2.00 md
14693	-green tops if in season)	0.00
14693	Sliced black olives	3.00 tb
14693	Chopped green chili peppers	3.00 tb
14693	Tomato, peeled or chopped OR	1.00 lg
14693	Tomatoes, peeled or chopped	2.00 md
14693	Olive oil	3.00 tb
14693	Wine vinegar	1.50 ts
14693	Cumin	0.12 ts
14693	Worchestershire sauce	1.00 ds
14693	Tabasco sauce	1.00 ds
14693	Salt and pepper to taste	0.00
14694	Pasta, ziti	16.00 oz
14694	Turkey or beef, cooked, cut	16.00 oz
14694	Into thin strips	1.00 x
14694	Cheese, mozzarella, shredded	2.00 c
14694	Onion, red, lg, coarse chop	1.00 ea
14694	Pepper, green, lg, coarse ch	1.00 ea
14694	Olived, ripe, pitted, sliced	0.50 c
14694	Italian salad dressing, prep	1.00 c
14695	Onion finely chopped	1.00 md
14695	Green pepper, chopped	0.50 sm
14695	Margarine or butter	3.00 tb
14695	Stewed tomatoes	16.00 oz
14695	Salt	1.00 ts
14695	Pepper	0.12 ts
14695	Cooked rice	3.00 c
14696	Shrimp, Rinsed And Drained	9.00 oz
14696	- Or 10 Ounces Frozen,	0.00
14696	- Cooked, Shelled, Thawed	0.00
14696	Cream Cheese, Softened	3.00 oz
14696	Thousand Island Dressing	0.50 c
14696	Mayonnaise	0.25 c
14696	Pace Picante Sauce	0.33 c
14696	Grated Onion	2.00 tb
14696	Horseradish	1.00 ts
14696	Thinly Sliced Green Onion	2.00 tb
14696	- Tops	0.00

## Sheet1

14697	Good-quality imported	3.00 oz
14697	-bittersweet chocolate,	0.00
14697	Broken into squares	0.00
14697	Unsweetened baking	1.00 oz
14697	-chocolate, chopped	0.00
14697	Almond-flavored macaroons (2	12.00 lg
14697	-1/2 ounces)	0.00
14697	Blanched almonds (sliced or	0.75 c
14697	-slivered)	0.00
14697	Unsalted butter, at room	0.50 c
14697	-temperature (1 stick)	0.00
14697	Granulated sugar	0.50 c
14697	Eggs	3.00
14697	Cocoa powder OR 10 X	0.00
14697	-(confectioners') sugar, for	0.00
14697	Dusting (Optional)	0.00
14697	Heavy cream, whipped to soft	1.00 c
14697	-peaks, OR 1 pint	0.00
14697	Heavy cream, whipped to soft	1.00 c
14697	-peaks, OR 1 pint vanilla	0.00
14697	-ice cream	0.00
14698	Sugar	1.50 c
14698	Butter	0.75 c
14698	Milk	1.00 c
14698	Egg whites	4.00
14698	Chopped figs	1.50 c
14698	Molasses	1.00 tb
14698	Flour	3.00 c
14698	Salt	0.50 ts
14698	Baking powder	4.00 ts
14698	Lemon flavoring	1.00 ts
14698	Cinnamon	1.00 ts
14699	Chopped dried figs	1.00 c
14699	Sugar	0.75 c
14699	Butter	2.00 tb
14699	Water	1.00 c
14699	Lemon juice	4.00 tb
14699	Salt	0.12 ts
14700	Sugar	1.00 c
14700	Shortening	0.50 c
14700	Eggs	2.00
14700	Corn sirup	1.00 c
14700	Sour milk	0.50 c
14700	Cake flour	3.00 c
14700	Baking powder	1.00 ts
14700	Ginger	1.00 ts
14700	Cloves	0.50 ts
14700	Cinnamon	0.50 ts
14700	Lemon flavoring	1.00 ts

Sheet1

14700	Cooked dried figs	1.50 c
14700	Chopped nuts	0.50 c
14700	Salt	0.50 ts
14700	Baking soda	1.00 ts
14701	Mashed figs (about 9 heaping	6.00 c
14701	Sugar	6.00 c
14701	Pkg strawberry flavored gela	4.00 ea
14701	Lemon, sliced	0.50 ea
14702	Text Only	0.00
14703	Dried figs, chopped	0.50 lb
14703	Ground suet	1.00 c
14703	Flour	0.50 c
14703	Dry bread crumbs	2.00 c
14703	Nutmeg	0.50 ts
14703	Salt	0.75 ts
14703	Baking-soda	0.50 ts
14703	Milk	0.50 c
14703	Eggs, well beaten	2.00
14703	Sugar	0.50 c
14703	Molasses	0.50 c
14704	Chopped figs	1.00 c
14704	Raisins	1.00 c
14704	Boiling water	1.00 c
14704	Shortening	0.50 c
14704	Brown sugar	1.00 c
14704	Baking powder	2.00 ts
14704	Cinnamon	2.00 ts
14704	Salt	0.25 ts
14704	Eggs, well beaten	2.00
14704	Flour	2.00 c
14705	Perfectly ripe figs	6.00
14705	- beginning to show milky	0.00
14705	- at the seams	0.00
14705	Handfuls of green	2.00
14705	- such as tender Arugula	0.00
14705	- Leaves and their Blossoms,	0.00
14705	- Red Oak Lettuce Leaves,	0.00
14705	- tendrils of Frizzy Endive	0.00
14705	- or a Buttery Limestone	0.00
14705	- Lettuce, some Chervil	0.00
14705	- sprigs	0.00
14705	Rounds of mild goat cheese	3.00
14705	Fresh walnuts, shelled	6.00
14705	- and left in large pieces	0.00
14705	Freshly ground pepper	0.00
14705	THE VINAIGRETTE -----	0.00 -----
14705	Shallot; finely diced	1.00 sm
14705	Champagne vinegar	2.00 ts
14705	Salt	1.00 pn



Sheet1

14705	Extra-virgin olive oil	2.00	tb
14705	--OR-- Walnut oil	0.00	
14705	THE VINAIGRETTE -----	0.00	-----
14706	Figs	1.00	c
14706	Crystallized ginger	0.33	c
14706	Powdered sugar	1.00	c
14706	Lemon juice	2.00	tb
14706	Toasted coconut	1.00	c
14706	Salt	0.25	ts
14706	Nuts	0.75	c
14707	Fresh-frozen or fresh fish	500.00	g
14707	-filets(say that 5 times,	0.00	
14707	-fast)	0.00	
14707	Milk	0.25	c
14707	Flour	0.25	c
14707	Butter or margarine	2.00	tb
14707	O' salt and pepper	1.00	ds
14707	Mozzarella cheese (each cut	4.00	sl
14707	-into 1-inch strips)	0.00	
14707	Ham(each cut into thirds>	4.00	sl
14707	Chopped fresh parsley	0.00	
14708	Mulato peppers	5.00	
14708	Tomatoes, coarsely chopped	3.00	
14708	Cl Garlic	2.00	
14708	Oregano	1.00	ts
14708	White pepper	0.50	ts
14708	Beef tenderloin, sliced	1.50	lb
14708	1/4 in. thick	0.00	
14708	Fresh mushrooms, sliced	0.50	lb
14708	Red wine	0.50	c
14708	Chopped parsley	1.00	tb
14708	Butter, melted	2.00	tb
14708	Olive oil	1.00	ts
14709		250.00	
14709		225.00	
14709		0.00	
14709	Of flour,	250.00	
14709	Egg,	1.00	
14709	A pinch of salt,	0.00	
14709	Baking powder,	2.00	75
14709	About 2 cups milk,	0.00	
14709	Of sliced, or slivered,	100.00	
14709	-almonds, and	0.00	
14709	Of Dr. Oetker Vanilla	0.50	1
14709	-pudding.	0.00	100
14709	INSTRUCTIONS	0.00	
14709	First, let's prepare the	0.00	
14709	-cake. Cream:	0.00	
14709	Of butter.	75.00	g

Sheet1

14709	Then add, in order,	0.00
14709	Sugar,	75.00 g
14709	Egg, and	1.00
14709	A pinch of salt.	0.00
14709	Then alternately parts of:	0.00
14709	Of flour sifted with	250.00 g
14709	Baking powder	2.00 ts
14709	And	0.00
14709	To 7 TBSP milk.	4.00
14709	Spread the resulting batter	0.00
14709	-into a greased spring-form	0.00
14709	-pan.	0.00
14709	Now let's prepare the	0.00
14709	-topping. Melt:	0.00
14709	Of butter	75.00 g
14709	Then add:	0.00
14709	Sugar, or vanilla sugar,	100.00 g
14709	Milk,	1.00 tb
14709	Of sliced, or slivered,	100.00 g
14709	-almonds.	0.00
14710	Beef, ground	1.50 lb
14710	Corn flakes	1.00 c
14710	Salt	0.50 t
14710	Tomato soup, can	1.00 ea
14710	Rice, uncooked	3.00 T
14710	Egg, well beaten	2.00 ea
14710	Bell pepper, green	6.00 ea
14711	Fillet of beef, trimmed	0.50
14711	- (about 2-1/2 to 3 lbs.)	0.00
14711	Olive oil	2.00 tb
14711	Cracked black pepper	1.00 tb
14711	CILANTRO SAUCE -----	0.00 -----
14711	Cilantro leaves	1.00 c
14711	Parsley leaves	0.50 c
14711	Limes; juice & zest only	2.00
14711	Garlic clove; crushed	1.00
14711	Dijon mustard	1.00 tb
14711	Cornichons	1.25 c
14711	Ground coriander	1.00 ts
14711	CILANTRO SAUCE -----	0.00 -----
14712	Fillet of beef, about 3-3-1/	1.00
14712	- lb, tied, room temp	0.00
14712	Olive oil	1.75 tb
14712	Unsalted butter, softened	0.33 c
14712	Dijon mustard	3.67 tb
14712	Shallots, minced	0.38 c
14712	Dry white wine	1.67 c
14712	Fresh tarragon, minced	2.67 tb
14712	Heavy cream	1.75 tb

Sheet1

14712	Cornichons, julienned	13.33
14713	Unsalted butter	3.00 tb
14713	Onions - chopped	0.75 c
14713	Scallions - chopped	0.75 c
14713	Carrots - chopped fine	0.50 c
14713	Celery - chopped fine	0.25 c
14713	Red bell pepper - minced	0.25 c
14713	Green bell pepper - minced	0.25 c
14713	Garlic - minced	2.00 ts
14713	Black pepper	1.00 ts
14713	White pepper	0.50 ts
14713	Cayenne pepper	0.25 ts
14713	Cumin	1.00 ts
14713	Nutmeg - grated	0.50 ts
14713	Eggs - well beaten	3.00
14713	Sausage meat	12.00 oz
14713	Half and half dairy cream	0.50 c
14713	Ground beef - lean	2.00 lb
14713	Ketchup	0.50 c
14713	Breadcrumbs - toasted	0.75 c
14713	Salt to taste	0.00
14714	Butter	1.12 c
14714	Sugar	0.50 c
14714	Flour	3.50 c
14715	Butter	1.12
14715	Sugar	0.50
14715	Flour	3.50
14716	Pinto Beans	100.00 lb
14716	Onions, Chopped	48.00 lg
14716	Jalapeno Chiles With Juice	4.00 c
14716	Meat (Ham, Sausage, Pork,	40.00 lb
14716	Bacon, Ground Beef, Etc)	0.00
14716	Chili Powder	4.00 c
14716	Salt To Taste	0.00
14717	Paprika	6.00 tb
14717	Turmeric	2.00 tb
14717	Dried chili peppers	1.00 tb
14717	Cumin	1.00 ts
14717	Oregano	1.00 ts
14717	Cayenne	0.50 ts
14717	Garlic powder	0.50 ts
14717	Salt	0.50 ts
14717	Ground cloves	0.25 ts
14718	Cooking Oil	2.00 tb
14718	Onions, Chopped Finely	2.00 lg
14718	Coarsely Ground Lean Beef	3.00 lb
14718	Cloves Garlic	6.00
14718	Chili Powder	6.00 tb
14718	Ground Cumin	1.00 tb

Sheet1

14718	V8 Juice	6.00 oz
14718	Salt	1.00 ts
14718	Water As Needed	0.00
14719	Lard	1.00 tb
14719	Onion	1.00
14719	Garlic cloves	2.00
14719	Beef, coarse grind	1.00 lb
14719	Red chili, ground, hot-mild	2.00 tb
14719	Celery salt	1.00 ts
14719	Cayenne pepper	0.25 ts
14719	Cumin	1.00 ts
14719	Basil	0.50 ts
14719	Salt	1.00 ts
14719	Tomatoes, plum	16.00 oz
14719	Bay leaves	1.00
14719	Water	3.00 c
14719	Cinnamon stick, small	1.00
14719	Whole cloves	2.00
14719	Bell pepper(s)	1.00
14719	Kidney beans	16.00 oz
14720	Stock fish	2.00 qt
14720	Cod or whiting chopped	0.50 lb
14720	Egg whites	3.00
14720	Leek chopped fine	1.00
14720	Parsley sprigs	2.00
14720	Gelatin	4.00 tb
14720	Water	0.50 c
14721	Fillets, or whole small	6.00
14721	Pan-dressed fish	0.00
14721	(about 2 lbs.)	0.00
14721	Sheets heavy aluminum foil	6.00
14721	Salt	0.00
14721	Seasoned pepper	0.00
14721	Dried dill seed, parsley,	0.00
14721	Or rosemary, if desired	0.00
14721	Butter	0.00
14721	Lemon or lime slices	6.00
14721	Dry white wine	12.00 tb
14722	SEASONING MIX -----	0.00 -----
14722	Whole bay leaf	1.00 ea
14722	Salt	0.50 t
14722	Garlic powder	0.50 t
14722	White pepper	0.25 t
14722	Dried oregano leaves	0.25 t
14722	Dried thyme leaves	0.25 t
14722	Ground cayenne pepper	0.12 t
14722	MAIN INGREDIENTS -----	0.00 -----
14722	Vegetable oil	2.00 T
14722	All-purpose flour	3.00 T

Sheet1

14722	Finely chopped onions	0.25 c
14722	Canned tomatoe sauce	4.00 t
14722	Worcestershire sauce	1.00 t
14722	Hot basic seafood stock	2.00 c
14722	Burgundy wine	2.00 T
14722	Unsalted butter, softened	2.00 T
14722	SEASONING MIX -----	0.00 -----
14722	MAIN INGREDIENTS -----	0.00 -----
14723	Tuna fish, or:	4.00 oz
14723	Eel or:	3.00 oz
14723	Ikan teri	3.00 oz
14723	Thick santen (coconut milk)	1.00 c
14723	Cloves garlic	4.00
14723	Shallots, peeled and chopped	3.00
14723	Kemiri (candlenuts)	4.00
14723	Cabe rawit or:	3.00
14723	Chilli powder	2.00 ts
14723	Tamarind water or	2.00 tb
14723	Tomato puree	2.00 ts
14723	Brown sugar	1.00 ts
14723	Salt	0.00
14723	Vegetable oil	2.00 tb
14724	Information	0.00
14725	Crushed hot red pepper	1.00 ts
14725	Table spoon distilled white	1.00
14725	-vinegar	0.00
14725	Fish sauce (nuoc mam	0.50 c
14725	-(Available at Asian	0.00
14725	-Markets))	0.00
14725	Fresh lime juice	0.25 c
14725	Carrot-finely shredded,	1.00 sm
14725	-rinsed and squeezed dry	0.00
14725	Garlic cloved, minced	2.00 sm
14725	Sugar	0.50 c
14726	-----	1.00
14726	Cornstarch for dredging fish	0.00
14726	Oil for deep frying	0.00
14726	+ dried chile peppers	2.00
14726	Thin slice of ginger, minced	1.00
14726	To 3 cloves of garlic	2.00
14726	Scallions, chopped coarsely	2.00
14726	Dried shiitake mushrooms	2.00
14726	MARINADE -----	0.00 -----
14726	Salt	0.50 ts
14726	White pepper	0.12 ts
14726	Sugar	0.25 ts
14726	Dry sherry	2.00 tb
14726	Freshly minced ginger	1.00 ts
14726	Beaten egg	1.00

Sheet1

14726	SAUCE -----	0.00 -----
14726	White vinegar	1.00 tb
14726	Sugar	4.00 ts
14726	Black soy sauce	3.00 tb
14726	Rice wine	2.00 tb
14726	Chicken broth	1.00 c
14726	Cornstarch mixed with 3 TB	2.00 tb
14726	- water	0.00
14726	Sesame oil	1.00 ts
14726	MARINADE -----	0.00 -----
14726	SAUCE -----	0.00 -----
14727	Flounder	1.00 lb
14727	Bones from fish	0.00
14727	Bay leaf	1.00
14727	Parsley stalks	4.00
14727	Lovage stalks	2.00
14727	Cold water	6.25 c
14727	Sea salt	0.00
14727	Black peppercorns	6.00
14727	Small onion	1.00
14727	Carrot	1.00
14727	Leek	1.00
14727	Hake	0.50 lb
14727	Butter	2.00 tb
14727	Flour	1.00 tb
14727	Sour cream	2.00 tb
14727	Chopped fennel leaves	2.00 tb
14728	Leaves Napa cabbage	12.00
14728	Salmon fillets, skinned	1.00 lb
14728	Sole fillets, skinned	1.00 lb
14728	Olive oil	2.00 tb
14728	Lemon juice	1.00 tb
14728	Minced garlic	1.00 ts
14728	Minced shallots or scallions	0.25 c
14728	Pepper	0.25 ts
14728	Salt	0.50 ts
14728	Chopped fresh thyme (1/4 t d	1.00 ts
14728	Chopped fresh basil (1/4 t d	1.00 ts
14728	FOR THE SAUCE -----	0.00 -----
14728	Seafood stock	0.50 c
14728	Red bell peppers roasted pee	2.00
14728	Lemon juice	1.50 ts
14728	Anchovy paste or salt	1.00 ts
14728	White pepper	1.00 pn
14728	FOR THE SAUCE -----	0.00 -----
14729	Ketchup	0.50 c
14729	Worcestershire sauce	1.50 ts
14729	Sugar, brown, packed	1.00 tb
14729	Fish fillets, (white fish)	1.00 lb

Sheet1

14729	Buns, hamburger, whole-wheat	4.00 ea
14729	OR large sourdough rolls	1.00 x
14729	Lettuce leaves, large	8.00 ea
14729	Tomato, sliced	1.00 ea
14730	Navy beans; dried	0.50 c
14730	Lima beans; white dried	0.50 c
14730	Chick peas; dried (garbanzo	0.50 c
14730	Red beans; dried (kidney be	0.50 c
14730	Black beans; dried	0.50 c
14730	Water; or beef stock	3.50 c
14730	Salt	0.00
14730	Vegetable oil	2.00 tb
14730	Onion; chopped	1.00
14730	Dry sherry	2.00 tb
14730	Cl Garlic; minced	3.00
14730	Green bell pepper; cored, s	1.00
14730	Carrot; diced	1.00
14730	Celery; diced	1.00
14730	Cumin; ground	1.50 ts
14730	Coriander seeds; coarsely g	1.00 ts
14730	Orange peel; grated	1.00 ts
14730	Freshly ground pepper	0.25 ts
14730	Red pepper flakes; dried (o	0.25 ts
14730	Rice; freshly cooked (optio	0.00
14730	Sour cream; or yogurt	0.00
14730	Cilantro; fresh, chopped	0.00
14731	Lowfat dessert whipping	3.00 oz
14731	-cream mix (i.e. Dream Whip)	0.00
14731	Ice water	0.50 c
14731	Cocoa	1.00 tb
14732	Cornstarch	1.50 ts
14732	Skim milk	0.50 c
14732	Rounded tbsp semisweet	1.00
14732	-chocolate morsels	0.00
14732	Salt	1.00 pn
14733	Sugar	4.50 c
14733	Can evaporated milk	12.00 oz
14733	Butter	0.25 lb
14733	Jar marshmallow creme	1.00
14733	Semi-sweet chocolate chips	12.00 oz
14733	Milk chocolate bar	12.00 oz
14733	Chopped pecans or walnuts	2.00 c
14733	Vanilla	2.00 ts
14734	Ground anise (aniseed)	5.00 ts
14734	Star anise	5.00 ts
14734	Cinnamon stick (5") in	1.00
14734	-cassia bark	0.00
14734	Whole cloves	2.00 tb
14734	Fennel seeds	7.00 ts

Sheet1

14735	28-ounce can whole tomatoes	1.00 ea
14735	-tomato puree, undrained	1.00 x
14735	Fresh hot green chili pepper	2.00 ea
14735	-seeded and minced,	1.00 x
14735	-or 1/2 c chopped canned gre	1.00 x
14735	-chili peppers	1.00 x
14735	Finely chopped white or yell	0.50 c
14735	-onion	1.00 x
14735	Garlic cloves; minced	2.00 ea
14735	Lime juice	2.00 T
14736	Strawberries	2.00 pt
14736	(12 ounces) ENTENMANN'S All	1.00 pk
14736	-Butter Pound Loaf cut into	0.00
14736	-16 slices	0.00
14736	Blueberries	1.33 c
14736	Container (8 ounces) COOL	1.00
14736	-WHIP Whipped Topping	0.00
14736	-(thawed)	0.00
14737		0.00
14737		0.50
14737	----	0.67
14737	-sugar	0.00
14737	Heavy cream	0.50
14737	Praline flavored liqueur	1.00
14737	Ground cinnamon	1.00
14737	Ground nutmeg	1.00 p
14737	Whole pecan halves, roasted	0.50
14737	MISCELLANEOUS -----	0.00
14737	Andouille sausage, cut in	0.50 lb
14737	-half lengthwise (opt)	0.00
14737	PAIN PERDUE -----	0.00 -----
14737	Eggs	3.00 lg
14737	Milk	0.75 c
14737	Sugar	6.00 tb
14737	Vanilla extract	2.00 tb
14737	Ground cinnamon	1.00 pn
14737	Ground nutmeg	1.00 pn
14737	Butter or margarine	2.00 tb
14737	Inch thick, diagonally cut	12.00
14737	-slices day-old	0.00
14737	French bread	0.00
14737	GARNISH -----	0.00 -----
14737	Fresh strawberries	0.00
14737	-(optional)	0.00
14737	Fresh blackberries	0.00
14737	-(optional)	0.00
14737	Mint sprigs (optional)	0.00
14737	PRALINE PECAN SAUCE -----	0.00 -----
14737	MISCELLANEOUS -----	0.00 -----



Sheet1

14737	PAIN PERDUE -----	0.00 -----
14737	GARNISH -----	0.00 -----
14738	(10-oz.) Hungry Jack	1.00 cn
14738	- Refrigerated Flaky	0.00
14738	- Biscuits	0.00
14738	Sugar	0.67 c
14738	Cinnamon	0.75 ts
14738	Nutmeg	0.25 ts
14738	Chopped, peeled apples	1.25 c
14738	Margarine or butter, melted	0.25 c
14739	Olive or vegetable oil	2.00 tb
14739	Frozen chopped onions	1.25 c
14739	Olive or vegetable oil	2.00 tb
14739	White mushrooms; trimmed,	1.00 lb
14739	- wiped, & finely chopped	0.00
14739	- (See NOTE)	0.00
14739	Grated Parmesan cheese	0.67 c
14739	Dried chervil leaves	2.00 ts
14739	- crumbled	0.00
14739	Salt	0.00
14739	Freshly ground black pepper	0.00
14739	All-butter puff pastry	1.00 lb
14739	- defrosted according to	0.00
14739	- package directions	0.00
14740	Flour	1.50 c
14740	Shortening	6.00 tb
14740	Salt	1.00 ts
14740	Water	0.00
14741	Unbleached Flour	12.50 c
14741	Vegetable Shortening	5.00 c
14741	Salt	2.00 tb
14741	FLAKY PIE CRUST -----	0.00 -----
14741	Flaky Pie Crust Mix	2.50 c
14741	Large Egg, Beaten	1.00
14741	ICE Water	0.25 c
14741	White Vinegar	1.00 tb
14741	FLAKY PIE CRUST -----	0.00 -----
14742	All-purpose flour	1.33 c
14742	Salt	0.50 t
14742	Crisco	0.50 c
14742	Or 4, ice water	3.00 tb
14743	Butter/margerine	0.50 c
14743	Brown sugar--firmly packed	1.50 c
14743	Eggs	2.00
14743	Vanilla	1.00 ts
14743	Peeled and grated carrots	1.00 c
14743	Peeled and grated apples	1.00 c
14743	Raisins	0.50 c
14743	Pecans--coarsely chopped	1.00 c

Sheet1

14743	Sifted flour	1.00 c
14743	Baking soda	1.00 ts
14743	Salt	0.50 ts
14743	Fine dry, white bread crumbs	1.00 c
14744	Eggs	6.00
14744	Vanilla	0.50 ts
14744	Sugar	9.00 tb
14744	Milk	3.00 c
14744	Sugar	1.00 c
14744	Salt	0.50 ts
14744	Water	2.00 tb
14745	Sugar, divided	2.00 tb
14745	Cream cheese, softened	8.00 oz
14745	Egg yolks, beaten	5.00
14745	Evaporated milk	13.00 oz
14745	Sweetened condensed milk	1.00 cn
14745	Can water measured in milk	13.00 oz
14745	-can	0.00
14745	Vanilla	1.00 ts
14745	Of salt	1.00 pn
14746	Graham wafer crumbs	1.25 c
14746	Sugar, granulated	0.25 c
14746	Cinnamon	0.50 ts
14746	Butter;melted	0.25 c
14746	FILLING -----	0.00 -----
14746	Sugar, granulated	0.25 c
14746	Cornstarch	3.00 tb
14746	Milk	2.00 c
14746	Egg yolks;lightly beaten	2.00
14746	Vanilla	1.00 ts
14746	MERINGUE -----	0.00 -----
14746	Egg whites	2.00
14746	Cream of tartar	0.25 ts
14746	Sugar, granulated	2.00 tb
14746	FILLING -----	0.00 -----
14746	MERINGUE -----	0.00 -----
14747	Vegetable Oil	2.00 c
14747	Gingerroot, chopped, fresh	2.00 tb
14747	Red Pepper Flakes	2.00 tb
14747	Garlic Cloves, fresh, sliced	5.00
14748	BASIC RIBS -----	0.00 -----
14748	Country Ribs or other	3.00 lb
14748	Cider Vinegar	1.00 c
14748	Black Pepper fine ground	2.00 T
14748	Garlic Salt	2.00 T
14748	SAUCE FOR RE -----	0.00 -----
14748	Open Pit small bottle	1.00 ea
14748	Small Bottle A-1 Sauce	1.00 ea
14748	Molasses	0.25 c

Sheet1

14748	Supply of Hickory Chips	1.00 ea
14748	BASIC RIBS -----	0.00 -----
14748	SAUCE FOR RE -----	0.00 -----
14749	BASIC RIBS -----	0.00 -----
14749	Country Ribs or other	3.00 lb
14749	Black Pepper fine ground	2.00 tb
14749	Cider Vinegar	1.00 c
14749	Garlic Salt	2.00 tb
14749	SAUCE FOR RE -----	0.00 -----
14749	Open Pit small bottle	1.00
14749	Molasses	0.25 c
14749	Small Bottle A-1 Sauce	1.00
14749	Supply of Hickory Chips	1.00
14749	BASIC RIBS -----	0.00 -----
14749	SAUCE FOR RE -----	0.00 -----
14750	Package (6 oz) semisweet	1.00 sm
14750	-chocolate baking chips	0.00
14750	Light corn syrup	1.00 tb
14750	Butter/margarine	1.00 tb
14751		2.00
14751	-pieces	0.00
14751	Shelled shrimp	1.00
14751	Softshell turtles, cleaned	2.00
14751	-and parboiled until tender.	0.00
14751	-Cut into	0.00
14751	Small pieces	0.00
14751	Blue crabs, boil and remove	6.00
14751	-meat, or one 7-1/2 oz. can	0.00
14751	-crabmeat	0.00
14751	Clams or one 7-1/2 oz. can	12.00
14751	-chopped clams	0.00
14751	Onion, sliced and 1/2 cup	1.00 md
14751	-diced green onions	0.00
14751	Chopped celery	0.50 c
14751	Green pepper	0.50 c
14751	Sliced mushrooms	0.50 c
14751	Chopped parsley	0.25 c
14751	One lb. cans tomatoes	2.00
14751	Cloves minced garlic	2.00
14751	Thyme	0.50 ts
14751	Saffron	0.50 ts
14751	Bay leaves	2.00
14751	Oil	0.50 c
14751	White wine	1.00 c
14751	Hot sauce to taste	0.00
14751	Fish stock	2.00 c
14752	Chicken;cut up	1.00
14752	-or favorite parts	0.00
14752	Rice	1.00 c

Sheet1

14752	Orange Juice	1.00 c
14752	Cream of Mushroom Soup	1.00 cn
14753	-----c-----	0.00
14753	Graham cracker crumbs	1.25 c
14753	Sugar	2.00 tb
14753	Butter, melted	0.33 c
14753	-----f-----	0.00
14753	Large egg yolks	5.00
14753	Freshly squeezed lime juice	0.50 c
14753	Sugar	0.33 c
14753	Salt	0.12 ts
14753	Coarsely grated lime peel	2.00 tb
14753	Heavy cream	2.50 c
14753	Small lime,sliced,optional	1.00
14754	Milk	2.67 c
14754	Sugar	3.00 tb
14754	Long-grain rice	3.00 tb
14754	Sugar	0.50 c
14754	Whipping cream	2.00 c
14754	Ground cinnamon	1.50 ts
14754	All-purpose flour	0.67 c
14754	Salt	0.50 ts
14754	Milk, scalded	3.00 c
14755	All purpose flour	4.00 c
14755	Baking powder	1.50 t
14755	Warm water	1.50 c
14755	Salt	1.50 t
14755	Lard or shortening	4.00 T
14756	Almonds, with skins	1.00 c
14756	Carrots, peeled and trimmed	2.00 lg
14756	Finely grated zest of 1/2	0.00
14756	-lemon	0.00
14756	Juice of 1/2 lemon	0.00
14756	Vanilla	1.00 ts
14756	Eggs, separated	3.00 lg
14756	Sugar	0.67 c
14756	Cornstarch	4.00 tb
14756	Baking powder	0.50 ts
14756	Pine nuts	1.00 tb
14757	Eggs	6.00
14757	Sugar	0.50 c
14757	Semi-sweet chocolate; melted	1.00 lb
14757	Strong coffee	0.25 c
14757	Vanilla extract	1.00 ts
14758	Egg yolks	6.00 lg
14758	Plus 1/4 c superfine or	0.67 c
14758	-strained sugar	0.00
14758	Vanilla extract	1.00 ts
14758	Freshly grated navel orange	1.00 ts

Sheet1

14758	-rind	0.00
14758	Fresh orange juice	2.00 tb
14758	Strained Dutch-process cocoa	0.50 c
14758	Egg whites	6.00 lg
14758	Water	1.00 tb
14758	Cream of tartar	0.25 ts
14758	Whipped Apricot Souffle:	0.00
14758	Dried apricots	3.00 oz
14758	Plus 1 Tbsp water	1.00 c
14758	Confectioner's sugar	0.75 c
14758	Unflavored gelatin	0.50 ts
14758	Heavy cream, well-chilled	1.00 c
14758	Grand Marnier	1.00 tb
14759	Pillsbury Plus Cake Mix;	1.00 pk
14759	-Desired Flavor (any flavor)	0.00
14759	Water	1.25 c
14759	Oil	0.33 c
14759	Eggs	3.00
14759	Nuts; chopped fine	0.50 c
14759	Ice Cream Cones with flat	36.00
14759	Bottoms	0.00
14759	Pillsbury Ready To Spread	1.00 cn
14759	Frosting Supreme; Any Flavor	0.00
14759	Pillsbury Decorator Icing or	0.00
14759	Pastry tube and tips and	0.00
14759	Tinted frosting	0.00
14759	Assorted Candies	0.00
14760	Small Yellow Cake Layer	1.00
14760	Ice Cream Or Sherbet	1.00 pt
14760	Clay Flower Pots	8.00
14760	Large Soda Straws	8.00
14760	Meringue	1.00
14760	Egg Whites	3.00
14760	Sugar	6.00 tb
14760	Vanilla	0.50 ts
14761	Ground beef	1.00 lb
14761	(6 oz.) tomato paste	1.00 cn
14761	Oatmeal	0.50 c
14761	Finely chopped green pepper	3.00 tb
14761	Or celery	0.00
14761	Bran	2.00 tb
14761	Wheat germ	2.00 tb
14761	Onion, finely chopped	1.00 sm
14761	Freshly chopped parsley	1.00 tb
14761	Egg, lightly beaten	1.00
14761	Finely chopped garlic	0.25 ts
14761	Salt	0.50 ts
14761	Freshly ground pepper	0.25 ts
14761	Chili sauce	0.00

## Sheet1

14762	Egg whites	2.00
14762	Sugar	1.50 c
14762	Light corn syrup	1.50 ts
14762	Pink grapefruit cocktail	0.33 c
14762	Vanilla	2.00 ts
14762	To 3 drop red food coloring	2.00
14763	4 serving strawberry gelatin	1.00 pk
14763	Cold milk	0.75 c
14763	Boiling water	0.75 c
14763	Cool whip whipped topping	3.50 c
14763	Ice cubes	0.50 c
14763	Strawberries,hulled & sliced	1.00 pt
14763	Vanilla instant pudding	1.00 pk
14763	Baked 9" pie shell,cooled	1.00
14764	Butter or butter substitute	6.00 tb
14764	Boiling water	2.00 tb
14764	Powdered sugar	1.00 c
14764	Vanilla	1.00 ts
14764	Salt	0.50 ts
14764	Eggs	3.00
14765	Water, tepid	2.00 c
14765	Quick Yeast	2.00 pk
14765	Sugar	2.00 tb
14765	Olive Oil	4.00 tb
14765	Salad oil	0.50 c
14765	Flour	5.50 c
14765	Salt	1.00 ts
14766	Milk	1.00 c
14766	Sugar	2.00 ts
14766	Salt	1.00 ts
14766	Dry Yeast Or 1 Packet	1.00 tb
14766	Warm Water (115 - 120°F.)	0.50 c
14766	Unbleached White Flour,	3.00 c
14766	Sifted	0.00
14766	Whole Wheat Flour, Sifted	1.00 c
14766	Ground Beef	1.50 lb
14766	Peeled Chopped Onion	0.50 c
14766	Chopped Celery	0.25 c
14766	Salt	2.00 ts
14766	Pepper	0.25 ts
14766	Garlic Powder	0.25 ts
14766	Ground Cumin	0.12 ts
14766	Tomato Sauce	1.00 cn
14766	Shredded Cheddar Cheese	0.50 c
14766	Cooked Rice	0.50 c
14767	Sugar	2.00 c
14767	Salt; dash	0.00
14767	Corn syrup; light	1.00 tb
14767	Cream; heavy	0.50 c

Sheet1

14767	Milk	0.25 c
14767	Vanilla	0.50 ts
14768	Water	2.00 c
14768	Sugar	4.00 c
14768	Cream of tartar	0.12 ts
14768	Corn syrup	6.00 ts
14768	Mint flavoring to taste	1.00
14768	Coloring as desired	1.00
14769	Sugar	3.00 c
14769	Water	1.33 c
14769	Salt	0.25 ts
14769	Light corn syrup	0.33 c
14769	Vanilla extract	1.00 ts
14770	Filling:	1.00 x
14770	Spinach; chopped, frozen, c	1.00 pk
14770	Parmesan; freshly grated (a	0.50 c
14770	Mushrooms:	1.00 x
14770	Pancetta; *, or bacon, chop	2.00 oz
14770	Crumbled	1.00 x
14770	Assembly:	1.00 x
14770	Tomato, porcini & pancetta s	1.00 x
14770	Parmesan; freshly grated (a	0.75 c
14770	Rosemary; fresh, minced or	2.00 t
14770	Ricotta; 2 15-oz. container	30.00 oz
14770	Package directions, drained,	1.00 x
14770	Eggs	2.00 ea
14770	Olive oil	1.00 T
14770	Rosemary; fresh, minced or	2.00 t
14770	Mushrooms; button, sliced	12.00 oz
14770	Lasanga noodles; about	12.00 ea
14770	Fontina cheese; grated	1.00 lb
14770	Tomato; seeded, chopped	1.00 ea
14770	Crumbled	1.00 x
14771	Active dry yeast	1.00 pk
14771	Warm water (105F-to-115F)	0.25 c
14771	Bread flour	2.33 c
14771	Sugar	0.33 c
14771	Butter	0.75 c
14771	- cool but not hard-chilled	0.00
14771	Eggs	3.00
14771	GLAZE -----	0.00 -----
14771	Egg yolk; beaten, mixed with	1.00
14771	Water	2.00 tb
14771	GLAZE -----	0.00 -----
14772	Active dry yeast	1.00 pk
14772	Light brown sugar, packed	0.25 c
14772	Warm water (105F-to-115F)	1.00 c
14772	Bread flour	3.00 c
14772	Whole wheat flour	0.50 c

## Sheet1

14772	Salt	1.00 ts
14772	Walnut or vegetable oil	3.00 tb
14772	Walnut pieces; toasted	1.50 c
14772	FOR GLAZE, COMBINE -----	0.00 -----
14772	Egg; frothed with fork	1.00 lg
14772	Salt	0.50 ts
14772	FOR GLAZE, COMBINE -----	0.00 -----
14773	BAKA LAVA -----	0.00 -----
14773	Filo Sheets (17"x12" sheets)	2.00 lb
14773	Unsalted Butter	1.00 lb
14773	Walnuts, finely chopped	2.00 lb
14773	Sugar	0.75 c
14773	SYRUP -----	0.00 -----
14773	Sugar	3.00 lb
14773	Water	4.00 c
14773	Lemon, juice and peel	0.50
14773	Cinnamon Sticks	2.00
14773	Whole Cloves	3.00
14773	Honey	3.00 tb
14773	BAKA LAVA -----	0.00 -----
14773	SYRUP -----	0.00 -----
14774	Chocolate instant pudding	1.00 pk
14774	Cool Whip or Whipped Cream	1.00
14775	(6 ounce) pkg. semi-sweet	3.00
14775	-chocolate chips (3 cups)	0.00
14775	(14-ounce) can Eagle Brand	1.00
14775	-sweetened condensed milk	0.00
14775	Salt	1.00 ds
14775	To 1 cup chopped nuts	0.50
14775	Vanilla extract	1.50 ts
14776	Seedless raspberry jam	0.33 c
14776	Dark chocolate curls	1.00
14776	Fresh raspberries	0.50 c
14776	10X sugar	1.00 tb
14777	Egg whites	2.00
14777	Salt	0.00 ds
14777	Sugar	0.75 c
14777	Vanilla extract	1.00 ts
14777	Semisweet chocolate morsels	6.00 oz
14777	Pecans; chopped	1.00 c
14778	Cloves fresh garlic	40.00
14778	Dry white wine	0.50 c
14778	Dry vermouth	0.25 c
14778	Olive oil	0.25 c
14778	Stalks celery, cut in one-in	4.00
14778	-ch pieces	0.00
14778	Oregano	1.00 ts
14778	Dry basil	2.00 ts
14778	Sprigs minced parsley	6.00



Sheet1

14778	Pinch of crushed red pepper	0.00
14778	Lemon	1.00
14778	Salt and pepper to taste	0.00
14779	Chopped onion, divided	3.50 c
14779	Chopped green pepper	1.00 c
14779	Garlic, minced	2.00 cl
14779	Ground round	1.00 lb
14779	Ground cinnamon	2.00 ts
14779	Paprika	2.00 ts
14779	Chili powder	1.00 ts
14779	Ground cumin	1.00 ts
14779	Ground allspice	0.50 ts
14779	Dried whole marjoram	0.50 ts
14779	Ground nutmeg	0.25 ts
14779	Stick cinnamon	1.00
14779	Salt	0.75 ts
14779	Pepper	0.25 ts
14779	Whole tomatoes, undrained &	2.00 cn
14779	-chopped (14.5 oz ea)	0.00
14779	Hot cooked spaghetti	4.50 c
14779	Shredded reduced fat cheddar	0.75 c
14779	-cheese	0.00
14779	Oyster crackers	36.00
14780	-----first l-----	0.00
14780	Flour	1.50 c
14780	Vegetable oil	0.50 c
14780	Sugar, (heaping)	2.00 tb
14780	Milk	5.00 tb
14780	-----second l-----	0.00
14780	Cream cheese, softened	8.00 oz
14780	Whipped topping	4.00 oz
14780	Powdered sugar	1.00 c
14780	-----third l-----	0.00
14780	Instant lemon pudding mix	6.00 oz
14780	Milk	3.00 c
14780	-----fourth l-----	0.00
14780	Whipped topping	4.00 oz
14781	Large red bell peppers;	2.00 ea
14781	-seeded and finely chopped	1.00 x
14781	Large green bell peppers;	2.00 ea
14781	-seeded and finely chopped	1.00 x
14781	Large yellow bell peppers;	2.00 ea
14781	-seeded and finely chopped	1.00 x
14781	Small fresh hot chile pepper	2.00 ea
14781	-seeded and finely chopped	1.00 x
14781	Medium red onions, finely ch	2.00 ea
14781	White wine vinegar	1.33 c
14781	Sugar	1.00 c
14781	-1/2 chopped fresh coriander	1.00 x

Sheet1

14781	Salt	2.00 t
14782	Golden raisins	1.00 c
14782	Cake flour	2.00 c
14782	Baking soda	1.00 ts
14782	Ground nutmeg	1.00 ts
14782	Ground cinnamon	1.00 ts
14782	Ground allspice	0.50 ts
14782	Ground cloves	0.50 ts
14782	Salt	0.50 ts
14782	Light-brown sugar, packed	1.00 c
14782	Egg whites	2.00
14782	Low-fat buttermilk	1.00 c
14782	Date Puree	0.00
14782	Orange Syrup with orange	0.00
14782	Slices	0.00
14782	ORANGE SYRUP -----	0.00 -----
14782	Sugar	2.00 tb
14782	Water	0.25 c
14782	Orange flower water	0.25 ts
14782	Orange, sliced thinly, (opt)	1.00
14782	ORANGE SYRUP -----	0.00 -----
14783	Yellow Or Chocolate Cake Mix	1.00 pk
14783	Fresh Blueberries	2.00 pt
14783	Fresh Strawberries	3.00 pt
14783	Whipping Cream (DO NOT use	3.00 c
14783	-whipped topping	0.00
14783	Aerosol can)	0.00
14783	Confectioners Sugar	0.50 c
14784	Oil	1.00 tb
14784	Peanuts, unsalted, shelled	0.50 c
14784	-and roughly chopped	0.00
14784	Dessicated coconut	1.00 tb
14784	Coconut milk	1.00 c
14784	Water	2.00 c
14784	Lemon grass stem, 10 cm long	1.00
14784	Curry leaves	8.00
14784	Spring onions, cut in 2 mm	2.00
14784	-slices	0.00
14784	Ground cumin	1.00 ts
14784	Ground cardamom	0.50 ts
14784	Ground turmeric	0.50 ts
14784	Long grain rice	2.50 c
14785	Peanut oil	2.00 tb
14785	Finely chopped onion	0.50 lb
14785	Long-grain rice, cooked	2.00 c
14785	Tumeric	1.00 ts
14785	Salt	2.00 ts
14785	Fresh or canned coconut milk	2.00 c
14785	Stock (chicken or vegetable)	0.67 c

Sheet1

14785	Whole cloves	2.00
14785	Whole cinnamon stick	1.00
14785	-OR- Chinese cinnamon bark	0.00
14785	Bay leaves	2.00
14786	Gingerbread cake and cookie	1.00 pk
14786	-mix	0.00
14786	Vanilla ready to spread	1.00 c
14786	-frosting	0.00
14786	Drops red food color	6.00
14786	Drops yellow food color	3.00
14786	Black gumdrops	18.00 lg
14787	INGREDIENTS:	0.00
14787	Fresh raspberries	4.50 c
14787	Sugar	3.00 c
14787	Framboise	0.25 c
14788	Milk	0.75 c
14788	Fresh cake yeast	1.00
14788	Sugar	0.25 c
14788	Shortening	3.00 tb
14788	Salt	1.00 ts
14788	Egg	1.00
14788	Flour	3.50 c
14788	Lukewarm water	0.25 c
14789	Eggs, separated	4.00
14789	Sugar	1.00 tb
14789	Chocolate Bits	6.00 oz
14789	Boiling Water	0.25 c
14789	Frangelica	0.25 c
14789	- (Hazel Nut Liquor)	0.00
14790	PASTRY MIX -----	0.00 -----
14790	Flour - all-purpose	4.00 c
14790	Baking powder	2.00 ts
14790	Crisco shortening	0.50 c
14790	Eggs	2.00
14790	Milk - whole milk	2.00 c
14790	MEAT MIXTURE -----	0.00 -----
14790	Crisco oil	2.00 tb
14790	Flour - all-purpose	2.00 tb
14790	Ground pork - lean	0.50 lb
14790	Ground beef - lean	1.50 lb
14790	Onions - extra-finely	2.00 c
14790	-chopped	0.00
14790	Shallots - finely chopped	0.50 c
14790	Bell peppers - finely	0.25 c
14790	-chopped	0.00
14790	Celery - finely chopped	0.50 c
14790	Parsley - finely chopped	2.00 tb
14790	Salt	1.50 ts
14790	Cayenne - or more to taste	1.00 ts

Sheet1

14790	Sweet basil	0.12 ts
14790	PASTRY MIX -----	0.00 -----
14790	MEAT MIXTURE -----	0.00 -----
14791	Frankfurters	1.00 lb
14791	Butter or margarine, melted	2.00 tb
14791	Onion, minced	2.00 tb
14791	Sauerkraut, drained	2.00 c
14791	Sour cream	0.50 c
14791	Paprika	0.50 ts
14791	Parsley	1.00 tb
14792	Hot Dogs	1.00 lb
14792	Butter	2.00 tb
14792	Celery Rib, finely chopped	1.00
14792	Onion, finely chopped	1.00 sm
14792	Flour	2.00 tb
14792	To 1/2 T Curry Powder	0.25
14792	Chicken Broth	2.00 c
14792	Peanut Butter	0.50 c
14792	+ 2 T Half and Half	0.25 c
14792	Roasted Peanuts. chopped as	0.50 c
14792	-garnish	0.00
14793	Text Only	0.00
14794	Milk	1.00 qt
14794	Sugar, Pulverized	0.50 c
14794	Eggs, Separated	5.00
14794	Cream	1.00 c
14794	Butter, Melted	0.25 c
14794	Nutmeg, Grated	0.25 ts
14794	* Pastry	0.00
14795	Beef brisket, 1" cubes	2.50 lb
14795	Lean pork, ground	1.00 lb
14795	Large onion, chopped fine	1.00 x
14795	Wesson oil	2.00 T
14795	Garlic cloves, minced	3.00 x
14795	Diced green chilies	2.00 T
14795	Tomato sauce	8.00 oz
14795	Salt and pepper to taste	1.00 x
14795	Beef bouillon cube	1.00 x
14795	Budweiser beer	12.00 oz
14795	Water	1.25 c
14795	Chili powder	6.00 T
14795	Ground cumin	2.50 T
14795	Dry mustard	0.12 t
14795	Brown sugar	0.12 t
14795	Oregano, pinch	1.00 x
14796	Flour	2.00 c
14796	Baking powder	2.00 ts
14796	Baking soda	0.50 ts
14796	Salt	1.00 ts

Sheet1

14796	Ground cinnamon	1.00 ts
14796	Ground nutmeg	0.50 ts
14796	Libby's pumpkin	1.00 c
14796	Sugar	1.00 c
14796	Milk	0.50 c
14796	Eggs beaten slightly	2.00 lg
14796	Chopped nuts	1.00 c
14796	Butter	0.25 c
14797	Sugar	4.00 c
14797	Frozen Orange Juice *	1.00 cn
14797	Watermelon, Cut Into Balls	1.00
14797	Crenshaw Melons, Chunked	2.00
14797	Peaches, Cut into Chunks	3.00 lb
14797	Water	2.00 qt
14797	Frozen Lemonade *	1.00 cn
14797	Canateloupes,Cut into Chunks	2.00
14797	Green Grapes	3.00 lb
14797	Blueberries, Fresh Or Frozen	1.00 lb
14798	Sliced cucumbers	3.00 qt
14798	Chopped celery	3.00 c
14798	Onion, sliced	1.00 lg
14798	Green peppers, cut in strips	2.00
14798	Head cauliflower, cut in	1.00
14798	-bite sized pieces	0.00
14798	Carrots, sliced	6.00 md
14798	Salt	0.25 c
14798	Sugar	4.00 c
14798	Vinegar	6.00 c
14799	Ripe strawberries	1.00 qt
14799	Sugar	4.00 c
14799	Lemon juice	2.00 tb
14799	Bottle of liquid pectin	0.50 ea
14800	Margarine	2.00 tb
14800	Sugar	1.00 c
14800	Egg	1.00
14800	White flour	2.00 c
14800	Baking powder	2.50 pt
14800	Skim milk mixed with 1 ts	1.00 c
14800	Granny Smith apples	6.00
14800	TOPPING	1.00
14800	Brown sugar	0.33 c
14800	Cinnamon	0.50 ts
14800	Freshly ground nutmeg	0.25 ts
14800	Margarine, no salt	3.00 tb
14800	GLAZE	1.00
14800	Apricot jam	0.50 c
14800	Lemon juice	1.00 ts
14800	About 1 tsp water	1.00
14801	FOR 1 -----	0.00 -----

Sheet1

14801	Yeast	1.00 pk
14801	Bread flour	2.00 c
14801	Salt	1.00 ts
14801	Sugar	1.00 ts
14801	Soft butter	1.00 ts
14801	Plus 1 Tbsp. warm water	1.00 c
14801	FOR 1 -----	0.00 -----
14802	Pieces of skinned chicken	9.00 ea
14802	Garlic puree	2.00 tb
14802	Wedge Roquefort cheese	1.00 ea
14802	Strips of Bacon	12.00 ea
14802	Onion, sliced	1.00 ea
14802	Whole garlic cloves	4.00 ea
14802	Cream or sour cream	3.00 tb
14802	Olive oil as needed	1.00 ea
14802	Liquor	3.00 tb
14802	Salt & pepper to taste	1.00 ea
14803	Semisweet chocolate	7.00 oz
14803	Butter or margarine	14.00 tb
14803	Eggs	4.00
14803	Sugar	0.75 c
14803	Flour	1.00 c
14803	Hazelnuts, coarsely chopped	0.33 c
14803	Baking powder	1.00 ts
14804	Milk	2.00 c
14804	Sugar	0.25 c
14804	Grated sweet chocolate	3.00 oz
14804	Pour part of these	0.00
14804	-ingredients over:	0.00
14804	Beaten egg yolks	4.00
14805	Sugar	0.25 c
14805	Dry Mustard	1.00 ts
14805	Onion Powder	0.12 ts
14805	Paprika	1.50 ts
14805	Salt	1.50 ts
14806	Milk, scalded	1.00 c
14806	Butter (1 stick)	0.50 c
14806	Sugar, granulated	0.50 c
14806	Salt	1.00 ts
14806	Yeast, active, dry (2 pkgs)	2.00 tb
14806	Water (105- to 115-degrees)	0.25 c
14806	Eggs, beaten	4.00 lg
14806	Butter extract (DON'T OMIT!)	0.50 ts
14806	Lemon extract (optional)	0.12 ts
14806	Bread flour (approximately)	6.00 c
14806	Butter, melted	0.25 c
14807	Butter or margarine	4.00 tb
14807	Flour	4.00 tb
14807	Milk	1.50 c

Sheet1

14807	Salt	1.00 ts
14807	Cayenne pepper	0.25 ts
14807	Cheese,grated	1.00 c
14807	Chives,finely chopped	0.25 c
14807	Ham,finely ground	1.00 c
14807	Eggs,separated	6.00
14808	Honey	2.00 ts
14808	Olive oil	2.00 ts
14808	Bread flour	2.00 c
14808	Water	0.75 c
14808	Salt	0.67 ts
14808	Sugar	0.67 ts
14808	Salt	1.50 ts
14809	French market soup mix	2.00 c
14809	Water	2.00 qt
14809	Ham hock	1.00
14809	Salt	1.25 tb
14809	Pepper	0.25 tb
14809	Can whole tomatoes;	16.00 oz
14809	-coarsely chopped,	0.00
14809	- don't drain	0.00
14809	Chopped onion	1.50 c
14809	Clove garlic; minced	1.00
14809	Chili pepper; chopped	1.00
14809	Lemon juice	0.25 c
14810	Each of the following	1.00 lb
14810	Navy beans	0.00
14810	Great northern beans	0.00
14810	Green split peas	0.00
14810	Yellow split peas	0.00
14810	Black-eyed peas	0.00
14810	Lentils	0.00
14810	Baby limas	0.00
14810	Black beans	0.00
14810	Red beans	0.00
14810	Soy beans	0.00
14810	Barley pearls	0.00
14811	Sugar	2.00 c
14811	White syrup	1.00 c
14811	Water	0.25 c
14811	Combine ingredients. Boil	0.00
14811	-to brittle stage (300 F)	0.00
14811	PART 2 -----	0.00 -----
14811	Water	0.50 c
14811	Egg whites	3.00
14811	Cocoa	2.00 tb
14811	Chopped candied cherries	0.50 c
14811	Sugar	1.00 c
14811	Vanilla	1.00 ts

Sheet1

14811	Coconut	0.50 c
14811	Chopped nuts	0.50 c
14811	PART 2 -----	0.00 -----
14812	Bartlett Pears; *	6.00 c
14812	Lemon Rind	0.50 t
14812	Orange Juice; Frozen, Conc.	3.00 tb
14812	Unbaked 9-inch Pie Shell	1.00 ea
14812	SPICY CRUMB TOPPING -----	0.00 -----
14812	Unbleached Flour	0.75 c
14812	Cinnamon; Ground	1.00 t
14812	Salt	0.12 t
14812	Sugar	0.50 c
14812	Ginger; Ground	0.50 t
14812	Butter Or Regular Margarine	0.25 c
14812	SPICY CRUMB TOPPING -----	0.00 -----
14813	Frzn hashbrown potatoes,	1.50 c
14813	-partially thawed or 1 1/2	0.00
14813	-c grated potatoes	0.00
14813	Finely diced cooked turkey	1.00 c
14813	Sliced green onion	0.50 c
14813	Lour	4.00 ts
14813	Parsley flakes	1.00 tb
14813	Dried chervil or summer	0.50 ts
14813	-savory leaves	0.00
14813	8 oz (1 c) frozen fat free	1.00 ct
14813	-egg product, thawed (or	0.00
14813	2 eggs	0.00
14813	Coarsely chopped ripe olives	2.00 tb
14813	Dijon mustard	1.00 ts
14813	Olive oil	4.00 ts
14814	Marrow from beef bones	0.25 lb
14814	Rib steaks, about 1 1/2 lbs	2.00
14814	Salt to taste	0.00
14814	Fresh ground pepper	0.00
14814	Corn,peanut or vegetable	1.00 tb
14814	Oil	0.00
14814	Butter	5.00 tb
14814	Finely chopped shallots	3.00 tb
14814	Dry red wine	1.50 c
14814	Red wine vinegar	1.00 tb
14814	Sugar	0.25 ts
14814	Fresh or canned beef broth	0.50 c
14815	Yeast; (or 1 1/2 tsp)	1.00 pk
14815	Bread flour	3.00 c
14815	Salt	1.00 ts
14815	Sugar	1.00 ts
14815	Cornmeal	1.00 tb
14815	Gluten	1.00 tb
14815	Baking soda	0.25 ts



Sheet1

14815	Sourdough starter	0.50 c
14815	Olive oil or butter	2.00 ts
14815	Warm water	1.00 c
14816	Medium green cabbage	1.00
14816	Butter or margarine	1.00 tb
14816	Minced onion	0.25 c
14816	Egg	1.00
14816	Pork-sausage meat	0.25 lb
14816	Cooked lamb, chopped	1.00 c
14816	Cooked rice	1.00 c
14816	Garlic clove, minced	1.00
14816	Fresh bread crumbs	2.00 tb
14816	Salt	0.50 ts
14816	Dash pepper	0.00
14816	Carrot, sliced	1.00
14816	Onion, thinly sliced	1.00
14816	Bacon slices	2.00
14816	Canned tomatoes	16.00 oz
14817	Sugar	5.00 c
14817	Hot water	0.67 c
14817	Sweet cream	1.00 c
14817	Any flavoring desired	0.00
14818	Medium(8 to 10 oz. each)	2.00
14818	-Spanish onions	0.00
14818	Chicken,cut into	3.00 lb
14818	-serving pieces and skinned	0.00
14818	Salt	1.00 ts
14818	Ground pepper	0.50 ts
14818	Clove garlic,minced	1.00 lg
14818	Dried thyme	0.50 ts
14818	Flour	0.25 c
14818	Olive oil	2.00 tb
14818	Chicken stock or broth	1.00 c
14818	Bay leaf	1.00
14818	Chopped fresh parsley	0.00
14819	8 oz soft cream cheese	1.00 pk
14819	Margarine or butter, soft	0.25 c
14819	Clove garlic, minced	1.00
14819	Snipped parsley	1.00 T
14819	Water	1.00 T
14819	White wine vinegar	2.00 t
14819	Worchestershire sauce	1.00 t
14819	Herbes de Provence, crushed	1.00 t
14819	Seasoning salt	0.25 t
14819	Fresh thyme (optional)	0.00
14819	Assorted crackers	0.00
14820	Sugar	3.00 c
14820	Butter	0.50 lb
14820	Vegetable Shortening	0.50 c

## Sheet1

14820	Eggs; Large	6.00 ea
14820	Cake Flour; Sifted	3.00 c
14820	Fresca; Soda Pop	7.00 oz
14820	Baking Powder	1.00 t
14820	Vanilla Extract	1.00 t
14820	Lemon Rind; Grated	1.00 T
14820	Lime Rind; Grated	1.00 T
14820	ICING -----	0.00 -----
14820	Egg Whites; Large	2.00 ea
14820	Sugar	1.00 c
14820	;Water	1.00 T
14820	Maraschino Cherry Juice	2.00 T
14820	Light Corn Syrup	1.00 T
14820	Cream Of Tartar	0.25 t
14820	Maraschino Cherries; Chopped	10.00 ea
14820	ICING -----	0.00 -----
14821	Oil	1.00 c
14821	Sugar	2.00 c
14821	Eggs	2.00
14821	Vanilla	1.00 ts
14821	Fresh Apples Chopped	3.00 c
14821	Chopped Nuts	1.00 c
14821	Flour	3.00 c
14821	Baking Soda	1.00 ts
14821	Salt	1.00 ts
14821	Cinnamon	1.00 ts
14822	All purpose flour	1.50 c
14822	Sugar	1.00 c
14822	Baking soda	1.00 ts
14822	Cinnamon	1.00 ts
14822	Mace or nutmeg	0.50 ts
14822	Salt, optional	0.50 ts
14822	Orange rind, grated	0.50 ts
14822	Nonfat yogurt,plain	1.50 c
14822	Cornstarch, disolved in	1.00 tb
14822	Nonfat milk	0.25 c
14822	Large apple,peeled choped	1.00
14822	Vanila extract	2.00 ts
14822	Oil to grease pan	0.00
14823	Strawberries, hulled and	0.50 pt
14823	-halved	0.00
14823	Blueberries	0.50 pt
14823	Blackberries	0.50 pt
14823	Raspberries	0.50 pt
14823	Granulated sugar	0.33 c
14823	Quick-cooking tapioca	2.00 tb
14823	Lime juice	1.00 ts
14823	Butter, melted	2.00 ts
14823	Brown sugar, packed	2.00 ts

Sheet1

14823	DROP BISCUIT SWIRL -----	0.00 -----
14823	Reduced-fat baking mix	1.00 c
14823	Non-fat milk	0.25 c
14823	4-fruit all-natural conserve	1.00 tb
14823	DROP BISCUIT SWIRL -----	0.00 -----
14824	Fresh strawberries or	1.50 c
14824	-raspberries	0.00
14824	Powdered sugar	0.33 c
14824	Eagle Brand Sweetened	0.67 c
14824	-Condensed Milk	0.00
14824	Lemon juice	2.00 tb
14824	Egg whites	2.00
14825	Strained cherry preserve	16.00 oz
14825	Kirsch	1.50 tb
14825	Apple cider jelly	20.00 oz
14825	Fresh lemon juice	2.00 tb
14825	Pitted sweet cherries	3.00 lb
14825	Fresh blueberries	8.00 c
14826	Butter	3.50 tb
14826	Flour	4.00 tb
14826	Milk	1.50 c
14826	Sugar	0.50 c
14826	Egg yolks	6.00
14826	Egg whites	8.00
14826	Salt	1.00 pn
14826	Cream of tartar	0.12 ts
14826	Fresh red or black	1.00 c
14826	-raspberries, or	0.00
14826	-strawberries	0.00
14826	Framboise or other raspberry	3.00 tb
14826	-liqueur (opt)	0.00
14826	Melba sauce	0.00
14827	CAKE -----	0.00 -----
14827	Fresh blueberries	1.25 c
14827	Sugar	0.33 c
14827	Cornstarch	2.00 tb
14827	Butter; softened	0.50 c
14827	Sugar	1.00 c
14827	Eggs	2.00
14827	All-purpose flour	2.00 c
14827	Baking powder	1.00 ts
14827	Baking soda	1.00 ts
14827	Salt	0.50 ts
14827	Sour cream	8.00 oz
14827	Almond extract	0.75 ts
14827	Finely chopped pecans	0.50 c
14827	GLAZE -----	0.00 -----
14827	Sifted powdered sugar	0.75 c
14827	Warm water	1.00 tb

Sheet1

14827	Almond extract	0.50 ts
14827	CAKE -----	0.00 -----
14827	GLAZE -----	0.00 -----
14828	Envelope unflavored gelatin	1.00
14828	Cold water	1.25 c
14828	Fresh blueberries	2.00 c
14828	Sugar	0.50 c
14828	Fresh lemon juice	1.00 tb
14828	Egg white, unbeaten	1.00
14828	Whipped cream	0.00
14829	Fresh red or green chillies	0.50 c
14829	Chopped fresh mint	0.50 c
14829	Lime or lemon juice	1.00 tb
14829	Chopped fresh ginger	1.00 ts
14829	Salt	0.00
14830	Lemon	0.50
14830	Piece fresh ginger ( 1 x 3/4	1.00 sm
14830	-inch)	0.00
14830	Chopped nectarines or apples	3.00 c
14830	Clove garlic	1.00
14830	Raisins	0.50 c
14830	Packed light brown sugar	0.33 c
14830	Cider vinegar	0.25 c
14830	Curry powder	0.50 ts
14830	Flaked coconut	0.25 c
14830	Cream of coconut	0.75 c
14831	c	1.00 1/4
14831		0.00
14831		2.25
14831	Eggs	4.00
14831	Milk	1.50 /2
14831	Coconut extract	2.00 1/2
14831	Cake flour, sifted	3.75 1/2
14831	Baking powder	4.00 t 4
14831	Salt	1.00
14831	FOR GLAZE	0.00
14831	Sugar	0.33 c
14831	Water	0.33 c
14831	Coconut liqueur (such as	0.33 c
14831	-CocoRebe)	0.00
14831	FOR COCONUT CUSTARD	0.00
14831	Sugar	0.33 c
14831	Salt	0.50 ts
14831	Cornstarch	2.00 tb
14831	Coconut, liquid reserved and	1.00
14831	-meat flaked	0.00
14831	Half-and-half	1.00 c
14831	Eggs, separated	4.00
14831	Coconut liqueur	0.25 c

Sheet1

14831	FOR COCONUT CUSTARD FILLING	0.00
14831	Whipping cream	2.00 c
14831	Sugar	0.25 c
14831	Of the coconut custard	0.33
14831	FOR FROSTING	0.00
14831	Sugar	1.50 c
14831	Water	0.50 c
14831	Cream of tarter	0.50 ts
14831	Egg whites	4.00
14831	Flaked coconut meat	0.75 c
14832	Sugar	2.00 c
14832	Coconut milk and water	1.00 c
14832	Vanilla extract	0.50 ts
14832	Green & red food coloring	0.00
14832	Grated fresh coconut	1.00 c
14832	Candied cherries	0.00
14833	Ears of fresh corn	6.00
14833	Butter	2.00 tb
14833	Onion	1.00 sm
14833	Flour	1.00 tb
14833	Rich milk	3.00 c
14833	Salt and pepper	0.00
14834	Ears fresh corn	5.00
14834	Eggs, beaten	3.00
14834	Milk	0.75 c
14834	Plus 1 1/2 t bacon drippings	0.25 c
14834	Sugar	1.50 tb
14834	Baking powder	1.00 tb
14834	Salt	0.75 ts
14834	Plus 1 T all purpose flour	0.50 c
14835	Cranberries	1.00 lb
14835	Orange; unpeeled	1.00
14835	Orange; peeled	1.00
14835	Granulated sugar	1.00 c
14835	Grand Marnier or cognac	2.00 tb
14836	Rice vinegar	4.00 tb
14836	Sugar	2.00 ts
14836	Salt	0.50 ts
14836	Cucumber; finely chopped	1.00 oz
14836	Shallots; finely chopped	2.00 sm
14836	Carrot; finely chopped	1.00 sm
14836	Red or green chili	1.00 sm
14836	-- finely chopped	0.00
14837	Unsalted butter, room	10.00 tb
14837	-temperature	0.00
14837	Plus 1-1/2 tbs sugar	0.33 c
14837	Egg yolk	1.00
14837	Vanilla extract	1.00 ts
14837	Flour	1.75 c

Sheet1

14837	FILLING	0.00
14837	Half and half	1.50 c
14837	Honey	1.50 tb
14837	Vanilla bean, split	1.00
14837	-lengthwise	0.00
14837	Sugar	7.00 tb
14837	Plus 1 tsp cornstarch	3.00 tb
14837	Egg	1.00 lg
14837	Egg yolk	1.00 lg
14837	Fresh ripe figs	3.00 pt
14838	Fresh figs, peeled and	12.00
14838	-quartered	0.00
14838	Cognac	1.00 tb
14838	Heavy cream, whipped	1.00 c
14838	Curacao	0.33 c
14839	Butter	0.50 c
14839	Cream cheese	4.00 oz
14839	Granulated sugar	0.25 c
14839	Egg	1.00
14839	All purpose flour	1.75 c
14839	FILLING	0.00
14839	Peaches or nectarines,	6.00 lg
14839	-peeled and pitted	0.00
14839	Lightly packed brown sugar	0.33 c
14839	Raisins	0.25 c
14839	Butter, softened	2.00 tb
14839	Cinnamon	0.50 ts
14839	Cloves	0.25 ts
14839	SYRUP	0.00
14839	Packed brown sugar	1.00 c
14839	Boiling water	0.67 c
14839	Maple syrup	0.25 c
14839	Lemon juice	1.00 tb
14840	Watermelon; Cut Up	1.00 c
14840	Cantaloupe Or Honeydew; *	1.00 c
14840	Pineapple; Cut Up	1.00 c
14840	Mango; Cut Up	1.00 c
14840	Strawberries; Halved	1.00 c
14840	Sugar	0.25 c
14840	Orange Juice	1.00 c
14840	Crushed Ice	1.00 x
14841	Flour	3.50 c
14841	Sugar	2.50 c
14841	Baking soda	2.00 ts
14841	Salt (optional)	1.50 ts
14841	Baking powder	0.25 ts
14841	Cinnamon	1.00 ts
14841	Eggs	3.00
14841	Nutmeg	0.75 ts

Sheet1

14841	Ground cloves	0.50 ts
14841	Shortening	0.75 c
14841	Fresh orange juice	0.75 c
14841	Shredded apple (1 large)	1.00 c
14841	Shredded pear (1 large)	1.00 c
14841	Chopped nuts	1.00 c
14842	Sugar	3.00 tb
14842	Cornstarch	3.00 tb
14842	Salt	0.12 ts
14842	Water	1.00 c
14842	Rose wine	1.25 c
14842	Cranberry juice	1.50 c
14842	Fresh fruit	3.00 c
14843	Nonfat cottage cheese	1.50 c
14843	Honey	2.00 tb
14843	Vanilla	1.00 ts
14843	Nonfat yogurt cheese	1.50 c
14843	Sheets phyllo dough	4.00
14843	Starfruit, thinly sliced	1.00
14843	Mango, peeled and cut into	1.00
14843	-thin wedges	0.00
14843	Papaya, peeled and cut into	1.00
14843	-thin wedges	0.00
14843	All fruit apricot preserves	2.00 tb
14844	Broiler-fryer (2 1/2 to 3	1.00
14844	-lb), quartered or	0.00
14844	Cut up	0.00
14844	Salt and pepper	0.00
14844	Bottled salsa	1.00 c
14844	Lime juice	2.00 tb
14844	Finely chopped cucumber	0.50 c
14844	Chopped green bell pepper	0.25 c
14844	Snipped fresh cilantro	1.00 tb
14845	Unpeeled ginger root	2.00 oz
14845	Sugar	0.75 c
14845	Lemon zest	2.00 tb
14845	- with some white pith	0.00
14845	Sugar	3.00 tb
14845	Butter; room temperature	8.00 tb
14845	Eggs	2.00
14845	Buttermilk	1.00 c
14845	All-purpose flour	2.00 c
14845	Salt	0.50 ts
14845	Baking soda	0.75 ts
14846	Shelled walnuts	1.00 c
14846	Golden delicious apples,	2.00
14846	-peeled, cored and diced	0.00
14846	Sweet wine	0.50 c
14847	Sifted cake flour	2.00 c

Sheet1

14847	Sugar	1.25 c
14847	Baking powder	2.00 ts
14847	Salt	0.50 ts
14847	Eggs, separated	5.00
14847	Fresh squeezed grapefruit	0.25 c
14847	-juice	0.00
14847	Water	0.33 c
14847	Salad oil	0.33 c
14847	Fresh grated grapefruit peel	1.00 tb
14847	Cream of tartar	0.25 ts
14848	Butter	3.00 tb
14848	Mushrooms - sliced	1.00 lb
14848	All-purpose flour	3.00 tb
14848	Half and Half	4.00 c
14848	Egg yolk - beaten to blend	1.00
14848	Lemon juice	2.00 tb
14848	Salt and pepper	0.00
14849	Peaches; ripe, sliced 3/4"	2.00 lb
14849	Granulated sugar	2.00 tb
14849	Fresh lemon juice	1.00 tb
14849	Unsifted all-purpose flour	0.50 c
14849	Packed light-brown sugar	0.50 c
14849	Cinnamon	0.12 ts
14849	Butter; cut into bits	0.25 c
14849	Rolled oats	0.50 c
14849	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
14849	Calories	282.00 x
14849	G protein	3.00 x
14849	G carbohydrate	51.00 x
14849	G fat	8.00 x
14849	Mg cholesterol	21.00 x
14849	Mg sodium	84.00 x
14849	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
14850	Apples (4 cups sliced)	4.00 ea
14850	Firm Pears (4 cups sliced)	4.00 ea
14850	Lime Juice	2.00 T
14850	Brown Sugar, firmly packed	0.67 c
14850	Cornstarch	0.25 c
14850	Cinnamon	0.50 t
14850	Nutmeg	0.25 t
14850	Butter	2.00 T
14850	Pastry for a 9 inch pie	1.00 x
14851	Sugar	0.75 c
14851	Dry white wine	0.75 c
14851	Balsamic vinegar	3.00 tb
14851	Fresh rosemary plus	0.25 c
14851	Whole sprigs for garnish	0.00
14851	Bay leaf	1.00
14851	Whole black peppercorns	0.50 ts



Sheet1

14851	Ripe pears (2 lbs.)	4.00
14851	Peeled and sliced	0.00
14851	Kiwis, peeled and	2.00
14851	Sliced crosswise	0.00
14851	Navel oranges	4.00
14851	Peeled and sliced	0.00
14852	Cloves garlic, sliced	3.00
14852	Olive oil	2.00 tb
14852	Fresh Basil leaves	2.00 c
14852	Water	0.25 c
14852	Light-colored miso	1.00 ts
14852	Lemon juice	1.00 tb
14852	Toasted Pine nuts	6.00 tb
14852	Dry durum wheat pasta	9.00 oz
14852	Sweet red pepper, cut	1.00
14852	Into slivers	0.00
14853	Fresh pineapple	1.00 lg
14853	Sugar	0.50 c
14853	Cornstarch	1.00 tb
14853	Port	1.00 c
14853	Lemon juice	1.00 tb
14853	Grated orange rind	1.00 tb
14853	Orange or pineapple sherbet,	1.00 qt
14853	-optional	0.00
14854	Fresh pinto beans	1.00 lb
14854	--OR-- other shell Beans	0.00
14854	Fruity olive oil	0.25 c
14854	Onion	1.00
14854	- finely diced or grated	0.00
14854	Ripe tomatoes; peeled,	2.00 lg
14854	- seeded and chopped	0.00
14854	Sweet paprika	0.25 ts
14854	Ground cumin	1.00 pn
14854	Garlic clove; minced	1.00 lg
14854	Salt and pepper	0.00
14854	Sugar; if necessary	0.00
14854	Water	1.00 c
14854	Lemon juice	1.00 tb
14854	Parsley, chopped	1.00 tb
14854	Cilantro, chopped	1.00 tb
14855	Or 3 bunches of fresh	2.00
14855	-spinach or a bag of the	0.00
14855	-spinach that has already	0.00
14855	Been cleaned and picked over	0.00
14855	-for you that equals 3	0.00
14855	-bunches	0.00
14855	Of low-fat, low salt ham,	6.00 sl
14855	-deli-sliced	0.00
14855	Thin slices of Jack Cheese	4.00

Sheet1

14855	Of large loaf Sourdough	4.00 sl
14855	-French bread (the kind that	0.00
14855	-comes in a 1	0.00
14855	Square loaf)	0.50 lb
14856	All-Purpose Flour	1.75 c
14856	Baking Soda	1.00 ts
14856	Sugar	1.00 c
14856	Chopped Walnuts	0.50 c
14856	Eggs	2.00 x
14856	Vegetable Oil	0.50 c
14856	Almond Or Vanilla Extract	0.50 ts
14856	Frozen Strawberries *	10.00 oz
14857	Pie shell; baked & cool*	1.00
14857	Heavy cream; whipped	1.00 c
14857	Sugar	1.00 c
14857	Fresh strawberries	3.00 pt
14857	Butter	1.00 tb
14857	Cornstarch	2.50 tb
14857	Lemon juice	1.00 tb
14857	Confectioners; sifted	2.00 tb
14857	Cointreau or orange juice	2.00 tb
14857	Red food coloring	2.00 dr
14857	Juice:	0.00
14858	Strawberries	1.00 pt
14858	Sugar or to taste	2.00 tb
14858	Strawberry fruit spread	0.25 c
14858	Non-fat yogurt	2.00 tb
14859	Well-ripened strawberries	2.00 c
14859	Sugar	1.50 c
14860	Dark brown sugar	1.00 c
14860	Shortening	0.50 c
14860	Eggs	2.00
14860	Flour	3.00 c
14860	Baking powder	2.00 ts
14860	Baking soda	1.00 ts
14860	Nutmeg	1.00 ts
14860	Salt	1.00 ts
14860	Fresh ripe tomatoes, peeled,	2.00 c
14860	-seeded, and chopped	0.00
14860	Chopped nuts	0.50 c
14860	Chopped dates	0.50 c
14860	Chopped raisins	0.50 c
14861	Tomatoes - medium	8.00
14861	Garlic clove - minced	1.00
14861	Hot chili powder or cayenne	0.50 ts
14861	Chicken broth	1.00 c
14861	Green onions - chopped	0.00
14861	Cilantro - chopped	0.00
14861	Cumin seed - crushed	0.00

Sheet1

14861	Lime - fresh, wedges	0.00
14861	Tortilla chips	0.00
14862	Onion	1.00 md
14862	Unsalted butter	2.00 tb
14862	Red, ripe tomatoes,	12.00
14862	-preferably plum	0.00
14862	Clove garlic	1.00 sm
14862	Salt and freshly ground	0.00
14862	-pepper	0.00
14862	Heavy cream	1.00 c
14862	Fresh sweet basil	1.00 bn
14862	Sour cream, if serving cold	0.25 c
14863	Uncooked fettuccine	4.00 oz
14863	Slices bacon	3.00
14863	Chopped onion	0.25 c
14863	(1 medium) chopped tomato	1.00 c
14863	Chopped fresh basil OR	1.00 tb
14863	Dried basil leaves	0.50 ts
14864	Unsalted butter	3.00 tb
14864	Oil	1.00 tb
14864	Onion, sliced or chopped	1.00
14864	Leek, cleaned and finely	1.00 md
14864	-chopped	0.00
14864	Carrot, finely chopped	1.00 md
14864	Stalk celery, finely chopped	1.00 md
14864	Bouquet garni (see note)	0.00
14864	Chopped fresh basil or 2	2.00 tb
14864	-teaspoons dried leaf	0.00
14864	Ripe medium tomatoes,	4.00
14864	-coarsely chopped	0.00
14864	Tomato paste	3.00 tb
14864	All-purpose flour	2.00 tb
14864	Chicken stock	2.50 c
14864	Half and half or heavy cream	0.50 c
14864	Salt and finely ground	0.00
14864	-pepper to taste	0.00
14865	Oil olive	0.25 c
14865	Onion chopped	1.00
14865	Garlic cloves chopped	3.00
14865	Tuna steaks (6-8 oz)	4.00
14865	Potatoes sliced	1.00 lb
14865	Tomatoes skinned chopped	2.00
14865	Peppers red cleaned sliced	2.00
14865	Salt	0.50 ts
14865	Pepper Cayenne	1.00 ts
14865	Parsley chopped	1.00 tb
14865	Bayleaf	1.00
14865	Bread slices toasted	4.00
14866	Eggs	3.00 ea

Sheet1

14866	Oil	1.00 c
14866	Flour	2.00 c
14866	Baking powder	0.25 ts
14866	Sugar, brown or white	2.00 c
14866	Zucchini, peeled and grated	2.00 c
14866	Salt	1.00 ts
14866	Cinnamon	3.00 ts
14866	Vanilla	3.00 ts
14867	Zucchini, ground	10.00 c
14867	Onions, ground	4.00 c
14867	Salt	5.00 tb
14867	Vinegar, white	2.25 c
14867	Sugar	4.50 c
14867	Nutmeg	1.00 tb
14867	Mustard, dry	1.00 tb
14867	Tumeric	1.00 tb
14867	Cornstarch	1.00 tb
14867	Pepper	0.50 ts
14867	Celery seeds	2.00 ts
14867	Pepper, green, chopped	1.00 ea
14867	Pepper, red, chopped	1.00 ea
14868	Boneless, skinless chicken	1.00 lb
14868	-breasts, cut	0.00
14868	Into 1-inch pieces	0.00
14868	Plum tomatoes, peeled and	3.00
14868	-chopped	0.00
14868	Cloves garlic, thinly sliced	2.00
14868	Minced leeks	0.25 c
14868	Chicken stock	2.00 tb
14868	Bay leaves	3.00
14868	Olive oil	1.00 ts
14868	Minced fresh basil	2.00 tb
14868	Light cream or milk	1.00 tb
14869	Chickens, 3 1/2-to-4 lb each	2.00
14869	- cut up, -=OR=-	0.00
14869	-Chicken pieces	8.00 lb
14869	Salt	0.00
14869	Freshly ground black pepper	0.00
14869	Unsalted butter or margarine	3.00 tb
14869	Onions	2.00 lg
14869	- peeled and roughly diced	0.00
14869	Carrots; coarsely chopped	2.00 lg
14869	Celery stalk; roughly sliced	1.00
14869	Bay leaves	4.00
14869	Sprigs fresh thyme; -=OR=-	6.00
14869	-Dried thyme	1.00 ts
14869	Flour	3.00 tb
14869	Chicken stock	3.00 c
14869	-OR low-sodium chicken broth	0.00

Sheet1

14869	Milk	3.00 c
14869	Ground nutmeg	0.12 ts
14870	Onion; chopped	1.00
14870	Butter	3.00 tb
14870	Salted herbs;*	2.00 tb
14870	-Water	4.00 c
14870	Potatoes; diced	3.00 c
14870	-salt and pepper	0.00
14870	Flour	1.00 tb
14870	DUMPLINGS:* THIS IS ONE OF -----	0.00 -----
14870	-several possible dumpling	0.00
14870	-recipes given	0.00
14870	Flour	1.00 c
14870	-Salt	0.50 ts
14870	-Cold water	0.50 c
14870	DUMPLINGS:* THIS IS ONE OF -----	0.00 -----
14871	Vegetable oil	0.25 c
14871	Olive oil	0.25 c
14871	Eggs, beaten	2.00 ea
14871	Eggplant, cut into 1/2 inch	1.00 lg
14871	-- rounds	0.00
14871	Salt to taste	0.00
14872	Cornstarch	1.50 ts
14872	Stock	3.00 tb
14872	Stock	0.75 c
14872	White vinegar	3.00 tb
14872	Sugar	3.00 tb
14872	Tomato ketchup	1.00 tb
14872	Soy sauce	2.00 tb
14872	Salt	0.50 ts
14872	Cayenne	0.25 ts
14872	Freshly ground black pepper	0.00
14872	Oil	1.00 tb
14872	Garlic clove, peeled	1.00
14872	Ginger root	1.00 sl
14872	Carrot, sliced	1.00
14872	Red bell pepper, cut into	0.50 sm
14872	-- strips	0.00
14872	Green bell pepper, cut into	0.50 sm
14872	-- strips	0.00
14872	Scallions, sliced	2.00
14872	Tofu, cubed	0.75 lb
14872	Salt	2.50 ts
14872	Vegetable oil	2.00 tb
14873	INGREDIENTS:	0.00
14873	Butter or margarine	0.50 c
14873	Fine soft bread crumbs	2.00 c
14874	Oil	2.00 tb
14874	Garlic clove; finely chopped	1.00

Sheet1

14874	Plain boiled rice	2.00 c
14874	Potato; diced small	1.00 sm
14874	Onion; diced small	1.00 sm
14874	Peas	0.25 c
14874	Light soy sauce	3.00 tb
14874	Sugar	0.50 ts
14874	Curry powder	1.00 ts
14874	Ground white pepper	0.50 ts
14874	TO GARNISH -----	0.00 -----
14874	Piece of cucumber (1-inch)	1.00
14874	-- thinly sliced into rounds	0.00
14874	Coriander leaves	0.00
14874	TO GARNISH -----	0.00 -----
14875	*cornmeal mush	1.00 x
14875	Flour	1.00 x
14875	Oil	1.00 x
14876	Flour	2.00 c
14876	Shortening	0.50 c
14876	Fruit, stewed	1.00 x
14876	Salt	1.00 t
14876	Water, cold	0.33 c
14877	Jim Vorheis	0.00
14877	Tomatillos	1.50 lb
14877	To 5 chilies serranos (to	4.00
14877	-taste)	0.00
14877	Garlic clove, peeled and	1.00
14877	-roughly chopped	0.00
14877	Loosely packed, roughly	0.25 c
14877	-chopped cilantro	0.00
14877	Lard or safflower oil	2.00 tb
14877	Finely chopped white onion	3.00 tb
14877	Sea salt to taste	0.00
14877	Chicharron, broken into	6.00 oz
14877	-squares abut 1 1/2 inches	0.00
14878	Garlic clove; finely chopped	1.00
14878	Fresh red or green chilis	3.00 sm
14878	-- finely chopped	0.00
14878	Fresh button mushrooms	1.00 c
14878	-- halved	0.00
14878	Onion; chopped	1.00 sm
14878	Cooked rice	2.00 c
14878	Bundle long beans	1.00 sm
14878	-OR- French/snap beans	0.00
14878	-- cut into 1/2" pieces	0.00
14878	Red or green pepper; diced	1.00 sm
14878	Sugar	0.50 ts
14878	Light soy sauce	3.00 tb
14878	Sweet basil leaves	15.00
14879	Sugar	0.00

Sheet1

14879	Water	0.00
14879	Sweet Peppers	0.00
14879	Salt	0.00
14879	Vinegar	0.00
14879	Pineapple Juice	0.00
14879	Cornstarch	0.00
14879	Paprika	0.00
14880	Rump Steak	6.00 oz
14880	Onion	1.00 md
14880	Black Pepper	1.00 ts
14880	Fish Sauce (Nuoc Mam)	1.50 tb
14880	Cornstarch	1.00 tb
14880	Fresh Spinach	1.00
14880	Large Tomato	1.00
14880	Clove Of Garlic	1.00
14880	Oil	3.00 tb
14881	Firm Chinese tofu	7.00 oz
14881	Oil for deep-frying	0.00
14882	Whole Snapper, Rockfish, -Porgy, or similar fish	1.50 lb 0.00
14882	Salt	0.00
14882	Onion or 1/4 pound shallots, -chopped	1.00 md 0.00
14882	Cloves garlic, chopped	2.00
14882	Stalk lemongrass, thinly -sliced	1.00 0.00
14882	Shrimp paste (optional)	0.50 ts
14882	Fresh red or green chiles, -seeds and veins removed, -chopped, or:	3.00 0.00 0.00
14882	Chili powder	0.50 ts
14882	Fresh galangal or 1 teaspoon -ground	2.00 sl 0.00
14882	(approximately) cornstarch	0.33 c
14882	Oil, for deep frying	0.00
14882	Yellow bean sauce, mashed	2.00 tb
14882	Tamarind Water	0.33 c
14882	Sugar	1.00 pn
14882	Fresh Basil for garnish	0.00
14883	TH DAY: Add 2 9oz. jars	20.00
14883	-marashino cherries drained	0.00
14883	-and diced...I use both	0.00
14883	Red and green ones	0.00
14883	STIR DAILY FOR 10 DAYS	0.00
14883	TH DAY: Drain fruit- save	30.00
14883	-liquid- you will have	0.00
14883	-enough for yourself and 2	0.00
14883	Friends (1 1/2 cups each).	0.00
14883	-You are ready to bake 3	0.00

Sheet1

14883	-cakes.	0.00
14883	CAKE	0.00
14883	Box yellow cake mix	1.00
14883	Box vanilla instant pudding	1.00 sm
14883	Oil	0.67 c
14883	Eggs	4.00
14883	Fruit only...no juice	1.50 c
14883	Nuts- pecans are best	1.00 c
14884	Bacon	4.00 sl
14884	Jalapeno chiles, stems and	3.00
14884	-seeds removed, diced	0.00
14884	Onion, diced	1.00 sm
14884	Cooked pinto beans along	1.00 qt
14884	-with juice	0.00
14884	Tomato, chopped	1.00 lg
14884	Garlic powder	0.25 ts
14884	Freshly ground black pepper	0.00
14884	Chopped cilantro	2.00 tb
14885	Onion, minced	2.00 ea
14885	Lard	2.00 tb
14885	Pinto beans, cooked	3.00 c
14885	Bacon, minced	6.00 ea
14885	Ham, diced (optional)	1.00 ea
14885	Sausage, chorizo or hot I	0.50 c
14885	Tomatoes, drained and choppe	16.00 oz
14885	Chilis, serrano, minced (	6.00 ea
14885	Cumin	1.00 ts
14886	Water	4.50 qt
14886	Dried black beans, washed	1.33 lb
14886	-and soaked overnight	0.00
14886	White onions, halved	2.00
14886	Heads garlic, halved, OR 10	3.00
14886	-cloves garlic, whole	0.00
14886	Salt to taste	0.00
14886	Epazote OR cilantro leaves	30.00
14887	Green Onions/Tops; Sliced	1.00 c
14887	Chorizo Sausage; Bulk	0.50 lb
14887	Pinto Beans; *	32.00 oz
14887	Poblano Chiles; Roasted, **	3.00
14887	Tomato; Chopped, 1 Lg.	1.00 c
14887	Salt	0.25 ts
14888	FROSTED BANANA POPS -----	0.00 -----
14888	Firm bananas	6.00
14888	Posicle sticks or molds	12.00
14888	Chocolate sauce	1.00 c
14888	Shredded coconut	0.50 c
14888	PEANUT BUTTER BANANAS -----	0.00 -----
14888	Firm bananas	6.00
14888	Popsicle sticks or molds	12.00



Sheet1

14888	Sweetened condensed milk	0.50 c
14888	Chopped nuts or crunchy	0.00
14888	-cereal	0.00
14888	Peanut butter	6.00 tb
14888	FROSTED BANANA POPS -----	0.00 -----
14888	PEANUT BUTTER BANANAS -----	0.00 -----
14889	Egg white, lightly beaten	1.00
14889	Water	1.00 ts
14890	Butter, Softened	1.00 c
14890	Sugar	2.00 c
14890	Eggs	4.00 lg
14890	Jam (Blackberry Is	2.00 c
14890	Recommended)	0.00
14890	Unbleached Flour	3.00 c
14890	Baking Powder	1.00 ts
14890	Baking Soda	1.00 ts
14890	Ground Allspice	2.00 ts
14890	Ground Cinnamon	2.00 ts
14890	Buttermilk	1.00 c
14890	Seedless Raisins	1.00 c
14890	Chopped Nuts	0.67 c
14891	Heavy Cream	1.00 c
14891	Sugar	2.00 c
14891	Butter	1.00 tb
14891	Whole Pecan Halves	24.00
14892	Cream cheese	8.00 oz
14892	Mint, finely chopped	2.00 tb
14892	Milk	2.00 tb
14892	Cantalope or honeydew mel	1.00 ea
14892	Bananas	1.00 ea
14892	Apples	1.00 ea
14892	Grapes	1.00 ea
14892	Toasted coconut	0.75 c
14892	Paprika	0.50 ts
14892	Dry mustard	0.50 ts
14892	Lemon juice	0.25 c
14892	Vinegar, cider	1.00 tb
14892	Salad oil	1.00 c
14892	Toasted sesame seeds	2.00 tb
14893	Butter	0.67 c
14893	Sugar	1.00 c
14893	Eggs	2.00
14893	Vanilla	1.50 ts
14893	Sifted cake flour	3.00 c
14893	Baking powder	2.50 ts
14893	Salt	1.00 ts
14893	Pink grapefruit cocktail	0.50 c
14893	Milk	0.75 c
14894	Halved & pitted Santa Rosa	1.50 lb

Sheet1

14894	-plum	0.00
14894	Dry white wine	0.50 c
14894	Water	0.50 c
14894	Half and half	0.50 c
14894	Pure maple syrup	0.33 c
14894	Cinnamon	0.25 ts
14895	Sugar	1.50 c
14895	Sour cream	0.50 c
14895	Vanilla	1.50 ts
14895	Walnuts or pecans	1.00 lb
14895	Cinnamon	1.00 ts
14895	Nutmeg	1.00 ts
14896	Granulated Sugar	0.50 c
14896	Water	3.00 tb
14896	Egg Whites	2.00
14896	Whipping cream	0.50 c
14896	Vanilla	0.50 ts
14897	Fresh lemon juice (about 8 -	1.00 c
14897	-10 lemons)	0.00
14897	Water	3.00 c
14897	Sugar	1.75 c
14898	Flour	1.00 c
14898	Sugar	2.00 tb
14898	Butter, melted	0.50 c
14898	Chopped walnuts	0.50 c
14898	Filling:	0.00
14898	Cream cheese softened	8.00 oz
14898	Sugar	0.50 c
14898	Peanut butter	0.25 c
14898	Vanilla	1.00 ts
14898	Eggs	2.00
14898	Frozen whipped topping,	2.00 c
14898	-thawed	0.00
14898	Chocolate chips	1.00 c
14898	Crust:	0.00
14898	Packed brown sugar	0.25 c
14898	Butter, softened	0.33 c
14898	Peanut butter	0.33 c
14898	Graham cracker crumbs	1.50 c
14899	Vanilla ice cream	1.00 qt
14899	Canned pumpkin	1.00 c
14899	Granulated sugar	0.25 c
14899	Pumpkin pie spice	1.00 ts
14899	9" baked graham crust	1.00
14899	Heavy cream, stiffly beaten	1.00 c
14899	Walnut chocolate candies, opt	0.00
14900	6oz orange juice concentrate	1.00 c
14900	Vanilla ice cream, softened	1.00 pt
14900	Ricotta cheese	1.00 c

Sheet1

14900	Raspberry jam	0.67 c
14900	Non dairy whipped topping	3.00 c
14900	Graham cracker pie crust	2.00
14900	Orange food coloring (opt.)	0.12 ts
14901	Sugar	0.50 c
14901	Water	0.25 c
14901	Instant espresso coffee	1.00 tb
14901	Crystals	0.00
14901	Ground cinnamon	0.50 ts
14901	Egg whites	2.00
14901	Of salt	1.00 pn
14901	Of cream of tartar	1.00 pn
14901	(1/2 recipe) Mock Whipped	1.50 c
14901	Cream	0.00
14901	Optional Garnish:	0.00
14901	Amaretti cookies	2.00 tb
14902	Milk chocolate peices or	0.50 c
14902	-semisweet chocolate pieces	0.00
14902	Wooden sticks	2.00
14902	Banana, halved crosswise	1.00 lg
14902	Chopped peanuts or flaked	0.25 c
14902	-coconut.	0.00
14903	Knox Unflavored Gelatin	1.00 pk
14903	Milk	1.50 c
14903	Vanilla extract	1.00 ts
14903	Sugar	0.25 c
14903	Semisweet chocolate chips	6.00 oz
14903	Whipping cream (whipped)	1.00 c
14904	6 oz. lemonade concentrate	1.00 c
14904	Vanilla ice cream,softened	1.00 pt
14904	Thawed whipped topping	3.50 c
14904	Ready graham cracker crust	1.00
14904	Yellow food coloring,opt.	0.00
14905	Strawberries	1.75 c
14905	Can crushed pineapple	1.00 lg
14905	Bananas (cut in cubes)	5.00
14905	Frozen orange juice	12.00 oz
14905	-concentrate	0.00
14905	Water	1.50 c
14906	Homemade yogurt	2.00 c
14906	Frozen or fresh fruit:	1.00 c
14906	-banana, orange, strawberry,	0.00
14906	-rasberries, or a combo.	0.00
14906	Honey	0.25 c
14907	(3 3/4 oz.) chocolate fudge	1.00 pk
14907	-pudding & pie filling	0.00
14907	Sugar	2.00 tb
14907	Milk	3.00 c
14908	Cookie crumbs	2.50 c

Sheet1

14908	Melted butter	2.00 tb
14908	Yolks only egg	6.00
14908	Sugar	0.75 c
14908	Whites only egg	4.00
14908	Sugar	0.25 c
14908	Whipping cream	1.00 c
14908	Grand Marnier	0.25 c
14908	Chopped crystallized ginger	0.50 c
14909	Avocados (2)	1.50 lb
14909	Onion, finely chopped	0.25 c
14909	Canned chilli peppers	1.00 tb
14909	- chopped	0.00
14909	Tomato, peeled and chopped	1.00 md
14909	White vinegar	1.50 tb
14909	Salt	1.00 ts
14910	Egg whites, free of yolk	3.00 lg
14910	Sugar	0.75 c
14910	Light corn syrup	0.25 c
14910	Fresh orange juice, chilled	0.50 c
14910	Fresh lemon juice, chilled	0.33 c
14910	Finely grated lemon zest	2.00 ts
14910	Evaporated skim milk,	0.25 c
14910	-chilled in the freezer for	0.00
14910	-1/2 hour	0.00
14910	Blackberry sauce:	0.00
14910	Fresh blackberries	3.00 c
14910	To 1/3 cup sugar (use	0.25
14910	-smaller amt if berries are	0.00
14910	-very sweet)	0.00
14910	Lemon zest	1.00 pn
14911	Package cream cheese	8.00 oz
14911	-softened	0.00
14911	Mayonnaise or salad dressing	0.25 c
14911	Lemon sherbet	1.00 pt
14911	Can mandarin orange	11.00 oz
14911	-sections, drained and cut	0.00
14911	-up	0.00
14911	Can peach slices, drained	8.00 oz
14911	-and chopped	0.00
14911	Slivered almonds, toasted	0.25 c
14911	Lettuce	0.00
14912	Crushed pineapple (29 1/2	1.00 cn
14912	-oz.) DON'T drain	0.00
14912	3 oz pkg. Lime Jello	1.00
14912	(6.5 oz) mini marshmallows	1.00 pk
14912	Butter mints, crushed (see	1.00 c
14912	-Marcy's note)	0.00
14912	Cool Whip, unthawed	9.00 oz
14913	CHOCOLATE SAUCE -----	0.00 -----

Sheet1

14913	Whipping cream	1.00 c
14913	Sugar	0.50 c
14913	Unsweetened cocoa powder	0.33 c
14913	Unsalted butter	3.00 tb
14913	Vanilla extract	1.00 ts
14913	Instant coffee powder	0.50 ts
14913	MOUSSE -----	0.00 -----
14913	1/2-inch pieces milky way	1.50 c
14913	-bars (about 8-1/4 oz.)	0.00
14913	Semisweet chocolate,	6.00 oz
14913	-chopped	0.00
14913	Unsweetened chocolate,	3.00 oz
14913	-chopped	0.00
14913	Unsalted butter	4.00 tb
14913	Sugar	0.50 c
14913	Water	3.00 tb
14913	Egg whites	3.00
14913	Cream of tartar	0.25 ts
14913	Whipping cream, chilled	1.25 c
14913	Vanilla extract	1.00 ts
14913	CHOCOLATE SAUCE -----	0.00 -----
14913	MOUSSE -----	0.00 -----
14914	Chocolate sauce:	0.00
14914	Whipping cream	1.00 c
14914	Sugar	0.50 c
14914	Unsweetened cocoa powder	0.33 c
14914	Unsalted butter	3.00 tb
14914	Vanilla extract	1.00 ts
14914	Instant coffee powder	0.50 ts
14914	Mousse:	0.00
14914	1/2-inch pieces milky way ba	1.50 c
14914	-rs (about 8-1/4 oz.)	0.00
14914	Semisweet chocolate; choppe	6.00 oz
14914	-d	0.00
14914	Unsweetened chocolate; chop	3.00 oz
14914	-ped	0.00
14914	Unsalted butter; (4 tablesp	0.50
14914	-oons)	0.00
14914	Sugar	0.50 c
14914	Water	3.00 tb
14914	Egg whites	3.00
14914	Cream of tartar	0.25 ts
14914	Whipping cream; chilled	1.25 c
14914	Vanilla extract	1.00 ts
14915	Ladyfingers; split	12.00
14915	Instant coffee powder	2.00 tb
14915	Boiling water	1.00 tb
14915	Vanilla ice cream; softened	1.00 qt
14915	Choc.-covered toffee bars	4.00

Sheet1

14915	- frozen and crushed	0.00
14915	Whipping cream	0.50 c
14915	Coffee liqueur	2.00 tb
14915	Additional toffee bars OR	0.00
14915	- shaved chocolate	0.00
14915	- (optional)	0.00
14916	Package semisweet chocolate	12.00 oz
14916	-pieces	0.00
14916	(1 stick) butter/margarine	0.50 c
14916	Egg yolks	4.00 lg
14916	Milk	0.75 c
14916	Instant espresso coffee	1.00 tb
14916	-powder	0.00
14916	Coffee-flavor liqueur	3.00 tb
14916	Heavy or whipping cream	1.50 c
14916	Strawberries	1.00 pt
14916	Sugar	2.00 tb
14917	Pudding mix	0.50 c
14917	Light cream	0.50 c
14917	Popsicle sticks or molds	10.00
14918	8 oz pkgs cream cheese,	2.00
14918	-softened	0.00
14918	Sour cream	0.50 c
14918	Sugar	0.75 c
14918	Egg yolks	2.00
14918	Egg whites, beaten	2.00
14918	Fresh raspberries, mashed	3.00 c
14918	-(2-300 grams pkgs frozen)	0.00
14919	Cream cheese, softened	2.00 pk
14919	Sour cream	0.50 c
14919	Sugar	0.75 c
14919	Eggs, separated	2.00
14919	(300gr) frozen unsweetened	2.00 pk
14919	-raspberries, thawed and	0.00
14919	-drained.	0.00
14920	Egg yolks	12.00
14920	Sugar	2.25 c
14920	Strained pureed raspberries*	1.00 c
14920	Framboise	0.67 c
14920	Whipping cream; whipped	2.00 c
14920	Egg whites; room temperature	8.00
14920	Salt	1.00 pn
14920	TO GARNISH -----	0.00 -----
14920	Sweetened whipped cream	0.00
14920	Fresh raspberries	0.00
14920	TO GARNISH -----	0.00 -----
14921	Rice	0.50 c
14921	Milk	1.00 qt
14921	Sugar	1.00 c

Sheet1

14921	Eggs, separated	4.00
14921	Apricots, minced	0.50 c
14921	Lemon juice	1.00 tb
14922	Swiss Meringue recipe	1.00
14922	Heavy cream **	2.50 c
14922	Almonds, blanched & sliced	0.50 c
14922	Strawberry, sliced sweetened	1.00 c
14923	Swiss Meringue recipe	1.00
14923	Heavy cream **	2.50 c
14923	Almonds, blanched & sliced	0.50 c
14923	Strawberry, sliced sweetened	1.00 c
14924	Frozen loaf of bread dough	1.00
14924	-Let thaw. Roll out dough	0.00
14924	-like a pie crust.	0.00
14924	Fill with the following:	0.00
14924	Ham	0.25 lb
14924	Cooked salami	0.25 lb
14924	Hard salami	0.25 lb
14924	Onion, sliced	1.00
14924	Green peppers, sliced	0.00
14924	Tomatoes, sliced	4.00
14924	Mushrooms, sliced	0.00
14924	Garlic salt	0.25 ts
14924	Oregano	0.50 ts
14924	Salt	0.25 ts
14924	Pepper	0.25 ts
14925	Egg yolks	6.00
14925	Granulated sugar	0.50 c
14925	Marsala wine	0.75 c
14925	Whipping cream	1.50 c
14925	SAUCE:	0.00
14925	(14oz) peaches, drained	1.00 cn
14925	Amaretto	2.00 tb
14925	Juice and grated rind of 1	0.00
14925	-lemon	0.00
14925	Cupslivered almonds	0.25
14925	GARNISH:	0.00
14925	To 8 strawberries	6.00
14926	Sugar	3.00 c
14926	Water	1.00 c
14926	Egg whites, stiffly beaten	3.00
14926	Chopped dried figs	0.25 c
14926	Dried apricots	0.25 c
14926	Orange flavoring	1.00 ts
14926	Cream of tartar	0.25 ts
14926	Chopped pecans	0.50 c
14926	Salt	0.12 ts
14926	Chopped raisins	0.50 c
14926	Chopped maraschino cherries	0.25 c

Sheet1

14926	Vanilla	1.00 ts
14927	FRUIT SALAD -----	0.00 -----
14927	Types melon - cut up	2.00
14927	Banana - sliced	1.00
14927	Berries - fresh	1.00 c
14927	Grapes - red or green,	1.00 c
14927	-seedless	0.00
14927	ORANGE CREME -----	0.00 -----
14927	Whipping cream	1.00 c
14927	Orange liqueur - or orange	2.00 tb
14927	-juice concentrate	0.00
14927	Salad dressing	0.25 c
14927	FRUIT SALAD -----	0.00 -----
14927	ORANGE CREME -----	0.00 -----
14928	Fresh fruit (strawberries,	4.00 c
14928	-blueberries, peaches,	0.00
14928	-bananas)	0.00
14928	Soft or whipped light cream	4.00 oz
14928	-cheese	0.00
14928	Vanilla lowfat yogurt	0.50 c
14928	Brown sugar	3.00 tb
14929	Raisins	1.00 c
14929	Water	2.00 c
14929	Sugar	2.00 c
14929	Shortening	0.67 c
14929	Baking soda	1.00 ts
14929	Baking powder	2.00 ts
14929	White flour	4.00 c
14929	Cinnamon	0.50 ts
14929	Allspice	1.50 ts
14929	Cloves	1.00 ts
14929	Mixed fruit	1.00 c
14929	Currants	1.00 c
14930	Flour	4.00 c
14930	Brown sugar	1.00 c
14930	Golden syrup	1.00 c
14930	Eggs	4.00
14930	Butter	1.00 c
14930	-or drippings	0.00
14930	Currants	1.00 lb
14930	Sultana raisins	1.00 lb
14930	Candied orange peel	0.50 lb
14930	Nut meats, chopped	4.00 tb
14930	Baking powder	3.00 ts
14930	Salt	0.25 ts
14930	Fruit juice	0.50 c
14930	Cinnamon	1.00 ts
14930	Cloves	1.00 ts
14930	Allspice	1.00 ts



## Sheet1

14930	Ginger	2.00 ts
14930	Nutmeg	0.50 ts
14931	Pitted dates	1.00 c
14931	Raisins	1.00 c
14931	Chopped nuts	1.00 c
14931	Macaroon(?) coconut	1.00 c
14931	Salt	0.25 ts
14932	Watermelons (regular kind)	2.00 lg
14932	Jade watermelon ( yellow	1.00 lg
14932	-fruit, black seeds)	0.00
14932	-wonderful!! 5 pounds	0.00
14932	Green seedless grapes,	0.00
14932	-washed and drained	0.00
14932	Red seedless grapes, washed	5.00 lb
14932	-and drained	0.00
14932	Maraschino cherries, cut in	2.00 lb
14932	-half	0.00
14932	Peaches, peeled and sliced	10.00 lb
14932	Fresh cherries, washed and	2.00 lb
14932	-pitted	0.00
14932	Pears, peeled and sliced	10.00 lb
14933	Sugar	1.50 c
14933	(1 1/2 sticks) Margraine	6.00 oz
14933	Pecans	0.50 c
14933	Coconut	0.50 c
14933	Undiluted Evaporated Milk	1.00 c
14934	Mixed dried apricots,	1.00 lb
14934	-apples and peaches	0.00
14934	Rasins	1.00 c
14934	Water	4.00 c
14934	Honey	0.50 c
14934	Lemon	1.00
14934	Oreange	1.00
14935	Can peach slices	29.00 oz
14935	Dried apricots [approx. 6	1.00 c
14935	-oz]	0.00
14935	Packed brown sugar	0.50 c
14935	Water	0.50 c
14935	Grated orange peel	1.00 ts
14935	Orange juice	0.33 c
14935	Grated lemon peel	0.50 ts
14935	Lemon juice	2.00 tb
14935	Can pitted dark sweet	16.00 oz
14935	-cherries, drained	0.00
14936	Long grain brown rice	2.00 c
14936	Water	4.00 c
14936	Sea salt	1.00 ts
14936	Onions, chopped	2.00
14936	Sea Salt	1.00 ts

## Sheet1

14936	Safflower oil	4.00 tb
14936	Zucchini, sliced in rounds	1.00
14936	Eggplant, cubed	1.00 c
14936	Green apples, cored and	3.00
14936	-sliced into rings	0.00
14936	Peaches, peeled and sliced	2.00
14936	Raisins	0.50 c
14936	Apple juice	0.50 c
14936	Hpg tbs Curry powder	2.00
14936	Red wine vinegar	2.00 tb
14936	Fresh lemon juice	2.00 tb
14936	Lemon peel	1.00 ts
14936	Raw peanuts, chopped	0.25 c
14936	Bananas, diagonally sliced	2.00
14937	Apples peeled, cored, and	2.00
14937	-diced	0.00
14937	Pears peeled, cored, and	2.00
14937	-diced	0.00
14937	Sweet butter for saute	2.00 tb
14937	Cinnamon, ginger, and	0.00
14937	-all-spice to taste	0.00
14937	Sweet sherry or sauterne(for	0.25 c
14937	-you rich people)	0.00
14937	Cranberry juice	1.00 c
14938	Egg whites, at room	2.00
14938	-temperature	0.00
14938	Maple syrup	2.00 tb
14938	Lemon juice	0.50 ts
14938	Cream of tartar	0.12 ts
14938	Chopped or sliced peaches	3.00 c
14938	Sliced strawberries	3.00 c
14939	Flour	2.00 tb
14939	Juice of 3 lemons	1.00
14939	Sugar	1.00 c
14939	Pineapple (20 oz)*	1.00 cn
14939	Egg yolks	2.00
14939	Pecans chopped	0.50 c
14940	Flour	1.00 tb
14940	Sugar	1.00 c
14940	Hot water	1.00 c
14940	Gelatine	1.00 tb
14940	Orange juice	0.50 c
14940	Passion-fruit pulp	0.50 c
14940	Lemon juice	1.00 tb
14941	Envelope Unflavored Gelatin	1.00
14941	Sugar	0.25 c
14941	Water	0.50 c
14941	Of Salt	1.00 pn
14941	Fruit Juice	1.50 c

Sheet1

14942	Popped popcorn	5.00 qt
14942	Sugar	2.00 c
14942	(6 oz) can frozen grape	1.00
14942	-juice concentrate	0.00
14942	Water	0.75 c
14942	Light corn syrup	0.50 c
14942	Vinegar	1.00 ts
14942	Slat	0.50 ts
14943	Whipping (heavy) cream	1.00 c
14943	Frozen orange juice	3.00 tb
14943	-concentrate, partially	0.00
14943	-thawed	0.00
14943	Honey	3.00 tb
14943	Ground ginger	0.25 ts
14943	Kiwifruit, pared and cut	3.00
14943	-into 1/4-inch slices	0.00
14943	Banana, sliced	1.00 md
14943	Whole strawberries	6.00
14944	Strained fresh raspberry	0.50 pt
14944	-juice	0.00
14944	Loaf sugar	1.00 lb
14944	Powdered gelatin	1.00 oz
14944	Colouring if necessary	0.00
14944	Cold water	2.00 tb
14944	Drops lemon juice	10.00
14945	Juice, fruit, cold	4.00 c
14945	Gelatine, unflavored (enve)	4.00 ea
14946	Cantaloupe, medium, cut into	0.50 ea
14946	1-inch cubes	1.00 x
14946	Strawberries, hulled	1.50 c
14946	Kiwi fruits, cut into 1-inch	3.00 ea
14946	Cubes	1.00 x
14946	Grapes, seedless	1.00 c
14946	Bananas, large, cut into	2.00 ea
14946	1/2-inch slices	1.00 x
14946	Figs, lg, dried or fresh,	3.00 ea
14946	Sliced	1.00 x
14946	Bamboo skewers (12-inch)	6.00 ea
14946	Yogurt, vanilla	1.00 c
14947	Tray Ice Cubes	0.50
14947	Vanilla Or Fruit Ice Cream	1.00 c
14947	Fresh Or Frozen Fruit	1.00 c
14947	-(Blueberries, Strawberries,	0.00
14948	Raisins	1.00 c
14948	Suet, Chopped	1.00 c
14948	Molasses	1.00 c
14948	Milk	1.00 c
14948	Salt	1.00 ts
14948	Soda Dissolved In:	1.00 ts

Sheet1

14948	Boiling Water	0.25 c
14948	Cinnamon	0.50 ts
14948	Nutmeg	0.50 ts
14948	Allspice	0.50 ts
14948	Cloves	0.25 ts
14948	Flour	0.00
14949	Flour	1.00 c
14949	Baking-powder	3.00 ts
14949	Water	7.00 tb
14949	Cooked drained sweetened	0.50 c
14949	-fruit	0.00
14949	Salt	0.50 ts
14950	6" flour tortillas	4.00
14950	Peaches; peeled, diced	1.50 c
14950	Strawberries; diced	1.50 c
14950	Sugar	2.00 tb
14950	Crystallized ginger; finely	1.00 tb
14950	- chopped	0.00
14950	Grated lime peel	0.50 ts
14950	Vanilla ice cream	4.00 oz
14951	Strawberries; mashed	1.00 c
14951	Sugar; granulated	1.00 c
14951	Egg white	1.00 ea
14952	Milk	2.50 c
14952	Sugar	0.67 c
14952	Fruit juice or puree	1.00 c
14952	Lemon juice	1.00 tb
14953	Sugar	4.00 c
14953	Frozen Orange Juice *	1.00 cn
14953	(46 oz) Pineapple Juice	1.00 cn
14953	Water	4.00 c
14953	Lemon Juice	0.50 c
14954	Gelatin	2.00 tb
14954	Cold water	0.33 c
14954	Sour milk	2.00 c
14954	Sugar	0.50 c
14954	Vanilla	1.00 ts
14954	Crushed fruit	1.00 c
14954	Egg white	1.00
14954	Salt	0.12 ts
14954	Lemon juice	2.00 tb
14955	Apple, unpeeled finely diced	1.00 c
14955	Raisins	0.25 c
14955	Dates, chopped	0.25 c
14955	Egg, beaten	1.00
14955	Brown sugar, lightly packed	0.33 c
14955	Vegetable oil	0.25 c
14955	Vanilla	0.50 ts
14955	Flour	0.50 c

Sheet1

14955	Baking soda	0.50 ts
14955	Cinnamon	0.50 ts
14956	Sheets filo (phyllo) dough	12.00
14956	-(I found it in the frozen	0.00
14956	-dessert section) 3/4	0.00
14957	8 oz. cream cheese,softened	1.00 pk
14957	Sugar	0.33 c
14957	Cool whip whipped topping	1.75 c
14957	Graham cracker crumb crust	1.00
14957	Canned cherry pie filling	1.00 c
14958	Fruit,unsweetened	2.50 c
14958	-crushed or pureed	0.00
14958	-or frozen, thawed	0.00
14958	-up to 3 cups	0.00
14958	Arrowroot; or Cornstarch	2.00 tb
14958	-up to 3 T	0.00
14958	Honey;to taste	0.00
14958	-optional)	0.00
14958	Ground Cinnamon	0.00
14958	-to taste;optional	0.00
14959	PASTRY -----	0.00 -----
14959	Flour; Unbleached	2.00 c
14959	Sugar	0.25 c
14959	Butter; NO Margarine, Unsalt	1.00 c
14959	Egg Yolks	2.00
14959	FILLING -----	0.00 -----
14959	Fruit; Fresh, Canned, Frozen	4.00 c
14959	Sugar;If Fresh Fruit Is Used	0.50 c
14959	;Water, If Needed	0.25 c
14959	Cornstarch	2.00 tb
14959	ALMOND COATING -----	0.00 -----
14959	Egg White	1.00
14959	Sugar	1.00 tb
14959	Almonds; Toasted, Sliced	0.50 c
14959	TOPPING -----	0.00 -----
14959	Sugar	2.00 tb
14959	Vanilla Extract	1.00 ts
14959	Cream; Heavy, Whipped	1.00 c
14959	PASTRY -----	0.00 -----
14959	FILLING -----	0.00 -----
14959	ALMOND COATING -----	0.00 -----
14959	TOPPING -----	0.00 -----
14960	Pound cake	1.00
14960	Strawberry jam	0.75 c
14960	Pitted apricots (1 lb,14 oz)	1.00 cn
14960	- drained and pureed	0.00
14960	Mandarin oranges, canned	11.00 oz
14960	- drained	0.00
14960	Marsala or cream sherry	0.50 c

Sheet1

14960	Vanilla custard	2.00 c
14960	Heavy cream	1.00 c
14960	Superfine sugar	0.25 c
14961	Sifted flour	3.00 c
14961	Sugar	2.00 tb
14961	(2 sticks) butter/margarine	1.00 c
14961	Sour cream	1.00 c
14962	White wine vinegar	1.00 ts
14962	Fresh fruit ***	2.00 c
14962	Piece of lemon rind	2.00
14963	Strawberries, with caps if	1.00 pt
14963	-possible	0.00
14963	1/2 lb large green seedless	1.00
14963	-grapes, cut in half	0.00
14963	Saga* cheese, softened	0.25 lb
14963	Creme Fraiche (recipe	1.00 c
14963	-follows)	0.00
14964	Dates, pitted	0.50 c
14964	Raisins, dark or golden	0.50 c
14964	Cocoa -or- Carob Powder	2.00 tb
14964	Walnuts	0.50 c
14964	Sunflower Seeds	0.50 c
14964	Walnuts, ground	0.00
14965	Milk	0.67 c
14965	Vegetable oil	1.00 tb
14965	Egg	1.00
14965	Bisquick baking mix	2.00 c
14965	Sugar	2.00 tb
14965	Fruit preserves (any flavor)	0.25 c
14965	GLAZE -----	0.00 -----
14965	Powdered sugar	0.67 c
14965	Water	4.00 ts
14965	GLAZE -----	0.00 -----
14966	Finely chopped onion	1.00 c
14966	Clove garlic, minced	1.00
14966	(20 oz) crushed pineapple,	1.00 cn
14966	-drained	0.00
14966	Dark molasses	0.50 c
14966	Prepared mustard	2.00 tb
14966	Grated lemon zest	2.00 ts
14966	Instant chicken broth	2.00 ts
14966	-grnules	0.00
14966	Ground ginger	1.00 ts
14966	Salt	1.00 ts
14966	Ground red (cayenne) pepper	1.00 ds
14966	Broiler-fryer chickens (2	2.00
14966	-1/2 to 3 lbs ea), cut up	0.00
14966	Bananas	4.00
14967	Whole wheat pastry flour	2.00 c

Sheet1

14967	Baking powder	2.00 ts
14967	Baking soda	0.25 ts
14967	Butter, small pieces	0.50 c
14967	Maple syrup	4.00 tb
14967	Peach or nectarine, diced	1.00
14967	Orange peel, grated	0.50 ts
14967	Buttermilk	0.50 c
14967	Nutmeg	0.25 ts
14968	Pear halves(16oz)	1.00 cn
14968	Boiling water	0.00
14968	Lime-flavored gelatin(3oz)	1.00 pk
14968	Sweet white wine	1.00 c
14969	Rib, loin, or shoulder pork	4.00
14969	-chops or smoked pork chop,	0.00
14969	To 3/4-in thick	0.50
14969	Salt	1.00 ts
14969	Pepper	0.12 ts
14969	Ginger, ground	0.12 ts
14969	Apple, unpeeled, cored, and	1.00 md
14969	-cut crosswise into 4 thick	0.00
14969	Slices	0.00
14969	Lemon or orange, cut into 4	1.00 md
14969	-slices with seeds removed	0.00
14969	Lemon or orange, cut into 4	1.00 md
14969	- slices with seeds removed	0.00
14969	Brown sugar	2.00 tb
14969	COCA-COLA CLASSIC	0.50 c
14969	Cornstarch	1.00 tb
14969	Water	2.00 tb
14970	-Robbie Shelton	0.00
14970	Long-grain White Rice;	3.00 c
14970	-uncooked	0.00
14970	Dried onion; minced	3.00 tb
14970	Curry powder	1.50 tb
14970	Instant Chicken Bouillon	4.00 tb
14970	Salt	1.00 tb
14970	Dried Apples; crushed	1.00 c
14970	Golden Raisins	0.33 c
14970	Slivered Almonds; toasted	0.33 c
14971	Lrg peaches OR assortment of	4.00
14971	-8-12 smaller fresh fruits	0.00
14971	-(apricots.	0.00
14972	Fry's Cocoa	1.00 c
14972	Sugar, divided	1.75 c
14972	Water	0.67 c
14972	All-purpose flour	2.00 c
14972	Baking soda	1.00 ts
14972	Salt	1.00 ts
14972	Butter, softened	0.75 c

Sheet1

14972	Eggs	3.00
14972	Vanilla	2.00 ts
14972	Milk	0.50 c
14972	Chocolate Frosting Royale	0.00
14973	Sugar	2.00 c
14973	Salt	0.50 ts
14973	Milk	1.00 c
14973	Squares unsweetened choc.	2.00
14973	Butter	2.00 tb
14973	Vanilla	1.00 ts
14973	Chopped walnuts (Opt.)	0.50 c
14973	Chopped candied cherries	0.12 c
14974	Firmly Packed Light Brown	2.00 c
14974	Sugar	0.00
14974	White Sugar (Or You Can Use	2.00 c
14974	All White Sugar)	0.00
14974	Milk	1.00 c
14974	Butter	1.50 tb
14974	Unsweetened Chocolate	2.00 oz
14975	Miniature marshmallows	2.00 c
14975	Can condensed milk	14.00 oz
14975	Salt	1.00 ds
14975	Semi-sweet chocolate chips	12.00 oz
14975	Milk chocolate chips	1.00 c
14975	Nuts	0.50 c
14975	Vanilla	1.50 ts
14976	Sugar	4.00 c
14976	Squares dark baking	3.00
14976	-chocolate	0.00
14976	Milk	1.33 c
14976	Butter, plus extra for	2.00 tb
14976	-greasing platters	0.00
14976	Chopped nuts	1.00 c
14976	Vanilla	1.33 ts
14977	Sugar	1.00 c
14977	Low-fat milk	0.50 c
14977	Margarine	6.00 tb
14977	Unsweetened cocoa	0.25 c
14977	Vanilla	1.00 ts
14977	Uncooked rolled oats	3.00 c
14978	Semi-sweet chocolate chips	0.67 c
14978	Butter	6.00 oz
14978	Vanilla extract	1.25 ts
14978	Eggs; large	4.00
14978	Sugar	1.50 c
14978	All-purpose flour	1.00 c
14978	Filling:	0.00
14978	Cream cheese, softened	8.00 oz
14978	Sugar	0.25 c



Sheet1

14978	Egg, beaten; large	1.00
14978	Semi-sweet chocolate chips	0.50 c
14979	Bittersweet chocolate,	1.00 lb
14979	-finely chopped	0.00
14979	Unsalted butter, cut into	1.00 c
14979	-tablespoons (2 sticks)	0.00
14979	Strong brewed coffee	0.33 c
14979	Eggs at room temperature	4.00 lg
14979	Granulated sugar	1.50 c
14979	All purpose flour	0.50 c
14979	Walnuts, coarsely chopped	8.00 oz
14979	-(about 2 cups)	0.00
14980	Unsweetened chocolate (6-1	6.00 oz
14980	-oz. squares)	0.00
14980	Butter	2.00 tb
14980	Sugar	2.00 c
14980	Light corn syrup	0.33 c
14980	Half and half	0.67 c
14980	Eggs	2.00
14980	Vanilla extract	2.00 ts
14980	Half and half	1.33 c
14980	Whipping cream	2.00 c
14981	Butter or vegan margarine	4.00 tb
14981	Water	3.00 tb
14981	Confectioners' sugar	1.67 c
14981	Vanilla extract	3.00 dr
14982	Sugar	2.00 c
14982	Milk	0.67 c
14982	Vanilla	1.00 ts
14982	Squares chocolate	2.00
14982	Butter	1.00 tb
14982	Chopped raisins	0.50 c
14982	Few grains salt	0.00
14983	9" unbaked pie shell	1.00
14983	Butter or margarine	0.33 c
14983	Hershey's cocoa	0.33 c
14983	Sugar	0.67 c
14983	Salt	0.25 ts
14983	Eggs,slightly beaten	3.00
14983	Light corn syrup	0.75 c
14983	Chopped pecans,optional	1.00 c
14983	Pecan halves	1.00 c
14984	Evaporated milk (1 can)	12.00 oz
14984	Sugar	1.75 c
14984	Unsweetened chocolate (4	4.00 oz
14984	-squares)	0.00
14984	Margarine	0.25 c
14984	Vanilla extract	1.50 ts
14984	Salt	0.25 ts

Sheet1

14985	-----	0.00
14985	Margarine	0.50
14985	Unsweetened Chocolate	1.00
14985	Sugar	1.00
14985	Flour	1.00 c
14985	Baking Powder	1.00 ts
14985	Vanilla	1.00 ts
14985	Eggs	2.00
14985	Chopped Nuts (Opt)	0.50 c
14985	FILLING -----	0.00 -----
14985	Cream Cheese	6.00 oz
14985	Sugar	0.50 c
14985	Flour	2.00 tb
14985	Margarine, softened	0.25 c
14985	Egg	1.00
14985	Vanilla	1.00 ts
14985	Semi-Sweet Chocolate Chips	6.00 oz
14985	Mini-Marshmallows	2.00 c
14985	FROSTING -----	0.00 -----
14985	Margarine	0.25 c
14985	Unsweetened Chocolate	1.00 oz
14985	Milk	0.25 c
14985	Powdered Sugar	1.00 lb
14985	Vanilla	1.00 ts
14985	Cream Cheese	2.00 oz
14985	BASE -----	0.00 -----
14985	FILLING -----	0.00 -----
14985	FROSTING -----	0.00 -----
14986	Cocoa powder	0.75 c
14986	Baking soda	0.50 t
14986	Oil	0.67 c
14986	Boiling water	0.50 c
14986	White sugar	2.00 c
14986	Eggs	2.00
14986	Flour	1.33 c
14986	Vanilla	1.00 t
14986	Salt	0.25 t
14987	Flour	2.00 c
14987	Dutch-processed cocoa	0.67 c
14987	Baking soda	1.00 ts
14987	Unsalted butter or margarine	0.75 c
14987	Sugar	2.00 c
14987	Eggs	2.00
14987	Buttermilk	1.50 c
14987	Vanilla	2.00 ts
14988	Milk	1.00 c
14988	Butter	0.50 lb
14988	Sugar	4.00 c
14988	Vanilla	1.00 ts

## Sheet1

14988	Cocoa	7.50 tb
14988	Rolled oats	6.00 c
14988	Peanut butter	1.00 c
14989	Butter	0.50 c
14989	Unseetened chocolate; choppd	4.00 oz
14989	Eggs	3.00 lg
14989	Sugar	1.50 c
14989	Vanilla	1.00 t
14989	Plus 2 Tabs. flour	0.75 c
14989	Walnuts; chopped	1.00 c
14990	Can condensed milk	14.00 oz
14990	Instant pudding mix	4.00 oz
14990	Milk	4.00 c
14991	Flour,	1.33 c
14991	Salt,	0.25 ts
14991	Soda,	0.50 ts
14991	Sugar,	2.00 tb
14991	Baking powder,	0.75 ts
14991	Egg, beaten,	1.00
14991	Milk, or more as needed,	0.67 c
14991	Oil for frying, and	0.00
14991	Powdered sugar.	0.00
14991	Into a large bowl, sift	0.00
14991	-together:	0.00
14991	Flour,	1.33 c
14991	Salt,	0.25 ts
14991	Soda,	0.50 ts
14991	Sugar, and	2.00 tb
14991	Baking powder.	0.75 ts
14991	Next, in another bowl, blend	0.00
14991	-together:	0.00
14991	Egg, beaten, and	1.00
14991	Milk, or more as needed.	0.67 c
14992	Unsifted flour	1.25 c
14992	Sugar	2.00 tb
14992	Baking soda	1.00 ts
14992	Baking powder	0.75 ts
14992	Salt	0.25 ts
14992	Egg	1.00
14992	Milk	0.75 c
14993	Olive Oil	3.00 tb
14993	Lemon Juice	1.00 tb
14993	Parmesan Grated	4.00 tb
14993	Small Zucchini, Cut Into	0.50 lb
14993	In Thick Slices, 1/4.	0.25
14993	Broth	0.00
14993	Ripe Plum Tomatoes Diced OR	0.50 lb
14993	Canned Diced Tomatoes	1.25 c
14993	Chopped Fresh Parsley	0.33 c

Sheet1

14993	Chopped Fresh Basil OR	0.25 c
14993	Dried	2.00 ts
14993	Garlic minced	2.00 cl
14993	Shallots Minced	2.00 md
14993	Marjoram	0.50 ts
14993	Salt	0.50 ts
14993	Fusilli OR Short Pasta	0.50 lb
14994	Peaches, sliced, w or wo jui	16.00 oz
14994	Peach schnappes	0.50 c
14994	Sugar	1.00 c
14994	Orange juice	0.25 c
14994	Yellow cake mix	1.00
14994	Vanilla pudding, small	1.00 pk
14994	Eggs	4.00
14994	Vegetable oil	0.67 c
14994	Pecans, chopped	1.00 c
14994	Reserved liquid	0.25 c
14994	Powdered sugar	1.50 c
14995	Bell peppers; chopped	3.00 md
14995	Onions; chopped	3.00 md
14995	Fresh Jalapenos; deveined &	2.00
14995	Seeded	0.00
14995	Garlic cloves	4.00
14995	Chuck; coarsely ground	4.00 lb
14995	Venison; coarsely ground	5.00 lb
14995	Drops Tabasco	6.00
14995	Green chiles; diced	7.00 oz
14995	Stewed tomatoes	28.00 oz
14995	Water	0.00
14995	Salt and pepper to taste	0.00
14996	Mayonnaise	0.25 c
14996	Hard-cooked eggs,finely	8.00
14996	-chopped	0.00
14996	Chicken	4.00
14996	-breasts,boned,skinned and	0.00
14996	-halved	0.00
14996	Freeze-dried chives,divided	2.50 tb
14996	Tarragon leaves,crushed	1.50 ts
14996	Egg,beaten	1.00
14996	Salt	0.50 ts
14996	Butter,melted	2.00 tb
14996	Lemon juice,divided	1.50 tb
14996	Paprika	0.00
14996	Dijon mustard	2.00 tb
14997	Catsup	2.00 c
14997	Chili Sauce	1.00 c
14997	Liquore Galliano	0.50 c
14997	Worcestershire Sauce	2.00 tb
14997	Dark Brown Sugar	0.50 c

Sheet1

14997	Lemon Juice	0.50 c
14998	Plus 1 tsp cardamom seeds	1.00 tb
14998	Inch cinnamon sticks,	2.00
14998	-crushed	0.00
14998	Whole cloves	2.00 ts
14998	Plus 1 tsp black peppercorns	1.00 tb
14998	Cumin seeds	3.00 tb
14998	Coriander seeds	3.00 tb
14999	Black Cumin	1.00 ts
14999	Whole Cloves	1.00 ts
14999	Black Peppercorns	1.00 ts
14999	Nutmeg	0.25 ts
15000	Green cardamoms, pods	10.00
15000	-cracked, seeded	0.00
15000	-OR	0.00
15000	Black cardamoms, pods	6.00
15000	-cracked, seeded	0.00
15000	Black peppercorns	1.00 tb
15000	Cumin seeds	2.00 ts
15000	Coriander seeds	0.50 ts
15000	Dried red chilies, seeded	2.00 sm
15001	Coriander Seeds	2.50 c
15001	Cumin Seeds	1.00 c
15001	Large Cardamoms	0.25 lb
15001	Cinnamon	0.50 c
15001	Cloves	0.67 c
15001	Peppercorns	1.00 c
15001	Grated Nutmeg	1.00 ts
15002	Black Pepper	0.50 c
15002	Dark Caraway Seeds	6.00 tb
15002	Ground Cinnamon	2.50 tb
15002	Coriander	0.50 c
15002	Ground Cloves	2.50 tb
15002	Cardamom Seeds	2.00 tb
15003	Coriander Seeds	4.00 oz
15003	Bay Leaves	5.00
15003	White Cumin Seeds	4.00 oz
15003	Cardamoms	1.00 oz
15003	Cloves	1.00 oz
15003	2" Stick Cinnamon	0.00
15003	Ground Chili (Not "Chili	2.00 oz
15003	-Powder"!!)	0.00
15003	Black Pepper	2.00 oz
15003	Freshly Grated Nutmeg	1.00 ts
15004	Rice	1.00 c
15004	Butter (or double amount)	2.00 tb
15004	Bay leaf	1.00
15004	Garlic clove	1.00
15004	- thinly sliced	0.00

Sheet1

15004	Thyme sprigs; -=OR=-	3.00
15004	-Dried Thyme	1.00 pn
15004	Tomatoes; peeled, seeded	2.00 lg
15004	- and finely chopped	0.00
15004	Cooked garbanzo beans	1.50 c
15004	Salt and pepper; to taste	0.00
15004	Water	2.00 c
15004	Chopped parsley	0.00
15005	Olive oil	1.25 tb
15005	Coarsely chopped parsnips	2.00 c
15005	Finely diced onions	0.75 c
15005	Minced garlic	1.00 tb
15005	Garbanzo flour	0.50 c
15005	Gluten flour	0.25 c
15005	Nut yeast	2.00 ts
15005	Salt	1.00 ts
15005	White pepper	0.25 ts
15005	Peanut oil; for frying	0.00
15006	Parsley, dried	3.00 tb
15006	Basil, dried	3.00 tb
15006	Thyme, dried	3.00 tb
15006	Marjoram, dried	3.00 tb
15006	Rosemary, dried	2.00 tb
15006	Chives, dried	2.00 tb
15006	Paprika	2.00 tb
15006	Garlic powder	0.50 ts
15007	Egg White	1.00 x
15007	Fine dry bread Crumbs	0.25 c
15007	Finely shredded Carrot	0.25 c
15007	Finely chopped Onion	0.25 c
15007	Finely chopped Green Pepper	0.25 c
15007	Salt	0.50 t
15007	Pepper	0.12 t
15007	Grated Parmesan Cheese	2.00 T
15007	Ground Turkey or Lean Beef	1.00 lb
15007	Med Tomato, sliced	1.00 x
15008	Chicken breast halves,	4.00
15008	-skinless, boneless	0.00
15008	Garlic cloves,minced	2.00
15008	Juice from 1 lemon	0.00
15008	Olive-oil, extra virgin	4.00 tb
15008	Tomatoes, medium ripe,	2.00
15008	-chopped	0.00
15008	Watercress or arugula leaves	0.33 c
15008	-(packed)	0.00
15008	Basil leaves, fresh,	2.00 tb
15008	-shredded	0.00
15008	Balsamic vinegar	1.00 tb
15009	Cooking Oil	2.00 tb

Sheet1

15009	Cloves Garlic, minced	2.00
15009	Med. Sweet Red Pepper,	1.00
15009	-chopped	0.00
15009	Med. Green Pepper, chopped	1.00
15009	Fresh Mushrooms, sliced	1.50 c
15009	Onion, chopped	0.50 c
15009	28 oz Can Whole Tomatoes,	1.00
15009	-cut-up, undrained	0.00
15009	15 oz Can Tomato Sauce	1.00
15009	Chili Powder	2.00 tb
15009	Sugar	2.00 ts
15009	Ground Cumin	1.00 ts
15009	16 oz Can Kidney Beans,	1.00
15009	-rinsed and drained	0.00
15009	Sliced Zucchini	2.00 c
15009	10 oz Package Frozen Sweet	1.00
15009	-Corn, defrosted	0.00
15009	Cheddar Cheese, shredded (6	1.50 c
15009	-oz) (optional)	0.00
15010	Cucumbers	2.00 ea
15010	Medium-sized onions	12.00
15010	Green peppers	4.00
15010	Medium-sized carrots	2.00
15010	Salt	0.25 c
15010	Granulated sugar	6.00 c
15010	Apple cider vinegar	4.00 c
15010	Whole cloves	12.00
15010	Mustard seed	1.00 T
15010	Turmeric	2.00 T
15011	10 oz pkg. Green Giant	1.00
15011	-Microwave Garden Gourmet	0.00
15011	-Sherry Wild	0.00
15011	Rice or Asparagus Pilaf	0.00
15011	Slivered almonds	1.00 tb
15011	Whole chicken	2.00 lg
15011	-breasts,skinned,halved	0.00
15011	-(about 2 lbs.)	0.00
15011	To 1/4 - tsp. salt	0.12
15011	Paprika	1.00 ds
15011	9 oz pkg. Green Giant	2.00
15011	-Harvest Fresh Frozen	0.00
15011	-Chopped spinach	0.00
15011	Sauce:	0.00
15011	Chicken broth	1.00 c
15011	Half and half	0.50 c
15011	Flour	2.00 tb
15011	Dijon mustard	2.00 ts
15011	Swiss cheese,shredded (about	2.00 oz
15011	-1/2 cup)	0.00

Sheet1

15012	Lima beans, fresh or canned	1.00 qt
15012	Chopped string beans	1.00 qt
15012	Shredded cabbage	2.00 qt
15012	Small onions, chopped	2.00 qt
15012	Chopped green tomatoes	2.00 qt
15012	Brown sugar	2.00 lb
15012	Vinegar	1.00 ga
15012	Green corn	1.00 qt
15012	Small cucumbers, sliced	2.00 qt
15012	Celery, diced	3.00 bn
15012	Carrots, chopped	6.00 lg
15012	Dozen green peppers, chopped	1.00
15012	Red pepper, chopped	1.00
15012	Mustard seed	3.00 ts
15012	Celery seed	3.00 ts
15013	Water	6.00 c
15013	Salt	1.00 tb
15013	Med Head Cabbage, Shredded	1.00
15013	Chopped Celery	3.00 c
15013	(10 oz) Frozen Corn	1.00 pk
15013	Garlic Powder	0.25 ts
15013	Dried Basil	1.50 ts
15013	Fresh Green Beans	1.00 lb
15013	Chopped Carrots	2.00 c
15013	(10 oz) Frozen Peas	1.00 pk
15014	Garlic head, peeled/minced	1.00
15014	Jalapeno peppers, seeded and -finely chopped	2.00 0.00
15014	Cilantro, finely chopped	2.00 bn
15014	Lime juice	0.50 c
15014	Extra virgin olive oil	0.25 c
15014	Salt	1.00 ts
15015	Soft butter or margarine	0.25 c
15015	Garlic, crushed	1.00 cl
15016	Head of garlic, unpeeled	1.00 sm
15016	Chopped fresh Italian -parsley	0.25 c 0.00
15016	Salt and pepper	0.00
15016	Chicken breast halves, boned -but not skinned	4.00 0.00
15016	Unsalted butter	2.00 tb
15016	Fresh lemon juice	0.25 c
15017	Olive oil	2.00 tb
15017	Chicken thighs	4.00
15017	New potatoes	6.00 sm
15017	EACH;dried rosemary,oregano	0.50 ts
15017	EACH;water,minced fresh	2.00 tb
15017	-garlic	0.00
15017	Carrot,sliced into 1/4"	1.00 lg



Sheet1

15017	-rounds	0.00
15017	String beans,cut into 2"	0.25 lb
15017	-pieces	0.00
15017	Salt,pepper	0.00
15018	Heads garlic, split into	4.00
15018	-cloves and smashed	0.00
15018	Canned chicken broth	0.25 c
15018	Olive oil	2.00 tb
15018	Heavy cream	1.00 c
15018	Eggs	3.00
15018	Kosher salt	1.00 ts
15019	Cloves garlic	2.00
15019	Tomatoes	6.00 lg
15019	Onion	1.00 lg
15019	Green pepper	1.00
15019	Cucumber	2.00 sm
15019	Olive oil	0.50 c
15019	Lemon juice	0.50 c
15019	Tomato juice	3.00 c
15019	(salt)	0.00
15019	Cayenne pepper	0.00
15020	Unflavored gelatin	1.50 ts
15020	Cold water	0.25 c
15020	Milk	2.00 c
15020	Sugar	1.00 c
15020	Salt	0.12 ts
15020	Lemon juice	2.00 tb
15020	Garlic cloves; minced	2.00
15020	Whipping cream	2.00 c
15021	Fresh garlic, finely chopped	0.50 c
15021	White wine vinegar	2.00 c
15021	Sugar	5.50 c
15021	Water	3.00 c
15021	(2 oz.) powdered pectin	1.00 pk
15021	Teas. butter or oil	0.25
15021	Drops food coloring	2.00
15021	-(optional)	0.00
15022	Broiler fryer chicken	4.00
15022	-breasts, skinned, boned and	0.00
15022	-halved	0.00
15022	Soy sauce	0.50 c
15022	Fresh lime juice	0.25 c
15022	Worcestershire sauce	1.00 tb
15022	Cloves garlic,minced	2.00
15022	Dry mustard	0.50 ts
15022	Coarsely ground black pepper	0.50 ts
15023	Olive Oil	3.00 tb
15023	Onion; Minced, 1 Md.	0.50 c
15023	Green Pepper; Minced	0.50

Sheet1

15023	Cloves Garlic; Large, Minced	3.00
15023	Water	1.50 c
15023	Tomato Paste; 1 Cn	6.00 oz
15023	Basil; Dried	0.50 ts
15023	Oregano; Dried	0.50 ts
15023	Parsley; Dried	1.00 ts
15023	Salt & Pepper; To Taste	0.00
15024	8 oz can italian plum	1.00
15024	Tomatoes	0.00
15024	Cl Garlic, crushed	2.00
15024	Olive oil	2.00 tb
15024	Oregano	2.00 pn
15024	Chopped parsley	1.00 ts
15025	Vegetable oil	0.50 c
15025	Minced garlic	2.00 tb
15026	Finely chopped garlic	0.50 c
15026	-OR- Shallots	0.00
15026	White wine vinegar (about)	3.00 c
15026	Water	2.00 c
15026	Sugar	6.00 c
15026	Liquid pectin; OR	6.00 fl
15026	Dry pectin	4.00 oz
15026	Food coloring (optional)	0.00
15027	Plain nonfat yogurt	0.50 c
15027	Chicken boullion powder	1.00 ts
15027	Black pepper	0.50 ts
15027	Garlic powder	0.50 ts
15027	Skinless, boneless chicken	6.00
15027	-breast halves	0.00
15028	Heads garlic	2.00
15028	Red potatoes, small	2.00 lb
15028	Chopped parsley	3.00 tb
15028	Butter	2.00 tb
15028	Salt	0.00
15028	Milk or cream	8.00 tb
15028	Additional butter (optional)	0.00
15028	Freshly ground pepper	0.00
15029	Sweet Butter	0.25 lb
15029	Mashed Cloves Garlic	2.00
15030	Chicken broth	1.25 c
15030	Olive oil	2.00 ts
15030	Clove garlic or 1/2 large,-	1.00 sm
15030	-peeled and crushed	0.00
15030	Cuban or French bread	1.00 sl
15030	Egg	1.00 ea
15030	Salt and freshly ground-	0.00
15030	-pepper to taste	0.00
15030	Minced parsley	1.00 ts
15030	Grated hard queso blanco-	2.00 ts

Sheet1

15030	-(see Note) or Parmesan-	0.00
15030	-cheese	0.00
15031	Garlic cloves	40.00
15031	Chopped onions	2.00 c
15031	Chopped peppers	1.00 c
15031	Chopped carrots	0.50 c
15031	Chopped celery	0.50 c
15031	Bread crumbs	1.00 c
15031	Can Italian plum tomatoes,	28.00 oz
15031	-chopped	0.00
15031	Rich chicken stock	5.00 c
15031	Cayenne pepper	0.50 ts
15031	Curry	0.50 ts
15031	Black pepper	0.50 ts
15031	Salt	1.00 ts
15031	Oregano	1.00 tb
15031	Thyme	1.00 tb
15031	Olive oil	0.50
15031	Heavy cream	1.00 c
15031	Flour	1.00 c
15031	Skim milk	2.00 c
15032	Whole chicken, disjointed	1.00
15032	Carrots, minced	2.00
15032	Stalks celery, minced	2.00
15032	Whole onion	1.00 lg
15032	Whole head garlic, broken	1.00
15032	Into uppeeled cloves	0.00
15032	Chopped fresh parsley	0.00
15032	Salt and pepper to taste	0.00
15032	Cloves garlic, peeled	10.00
15032	Butter	4.00 tb
15032	Flour	2.00 tb
15033	Cloves garlic, crushed	3.00
15033	Vinegar	0.25 c
15033	Brown sugar	2.00 tb
15033	Pork spareribs	6.00 lb
15033	Honey	0.50 c
15033	Can tomato sauce	14.00 oz
15033	Soya sauce	0.25 c
15033	Salt	2.00 ts
15034	Mushrooms	12.00 md
15034	Unsalted Butter	3.00 tb
15034	Scallions, Sliced	2.00
15034	Coarsely Ground Pecans	1.50 tb
15034	Fresh Parmesan Cheese *	1.50 tb
15034	Bread Crumbs	1.50 tb
15034	Garlic Bechemel	0.25 c
15034	Salt (To Taste)	0.00
15034	Freshly Ground White Pepper	0.00

Sheet1

15034	Cayenne Pepper	0.00
15034	Unsalted Butter	4.00 tb
15034	Unbleached All-Purpose Flour	4.00 tb
15035	Long loaf of Italian bread	1.00
15035	- or French bread,	0.00
15035	- (about 10 oz)	0.00
15035	Unsalted butter	0.50 c
15035	- slightly softened	0.00
15035	Garlic cloves	2.00 md
15035	- peeled and crushed	0.00
15035	Freshly grated Parmesan	2.00 tb
15035	Crumbled marjoram	0.50 ts
15035	Crumbled basil	0.50 ts
15035	Freshly ground black pepper	0.25 ts
15036	Sifted all-purpose flour	0.33 c
15036	Sugar	4.00 ts
15036	Salt	0.25 ts
15036	Pepper	0.25 ts
15036	Eggs; beaten until frothy	5.00 lg
15036	Ground pork shoulder	0.50 lb
15036	Scallions; trimmed	6.00 md
15036	- sliced thin	0.00
15036	- (include some green tops)	0.00
15036	Garlic cloves	3.00 lg
15036	- peeled and minced	0.00
15036	Oriental sesame oil	2.00 ts
15036	Tender young asparagus	0.50 lb
15036	-trimmed of coarse stem ends	0.00
15036	- peeled and cut into	0.00
15036	- moderately fine julienne	0.00
15036	Vegetable oil	2.00 tb
15036	DIPPING SAUCE -----	0.00 -----
15036	1" cube ginger	1.00
15036	- peeled and minced	0.00
15036	Soy sauce	0.33 c
15036	Cider vinegar	1.00 tb
15036	Mirin (sweet rice wine)	1.00 tb
15036	Hot sesame oil	1.00 ts
15036	DIPPING SAUCE -----	0.00 -----
15037	Pie shell, 9" or 10"	1.00
15037	Chocolate Pudding (double	2.00
15037	-recipe)	0.00
15037	Whipping Cream	1.00 pt
15037	Vanilla extract	1.00 ts
15037	Confectioner's Sugar	3.00 tb
15037	Chocolate shavings (semi-sw	0.00
15038	Egg whites at room	6.00
15038	-temperature	0.00
15038	Sugar	2.00 c

Sheet1

15038	Ground pecans or walnuts	6.00 oz
15038	White wine vinegar	1.50 ts
15038	Vanilla extract	0.50 ts
15038	FOR THE FILLING & ICING:	0.00
15038	Semisweet chocolate	3.00 oz
15038	Heavy cream	1.00 c
15039	Cake flour	2.50 c
15039	Baking powder	2.00 ts
15039	Baking soda	1.00 ts
15039	Salt	1.00 ts
15039	Butter,softened	0.75 c
15039	Packed brown sugar	1.00 c
15039	-[unspecified whether dark	0.00
15039	-or light]	0.00
15039	Granulated sugar	1.50 c
15039	Vanilla extract	2.00 ts
15039	Eggs, room temperature	4.00
15039	Unsweetened chocolate,	6.00 oz
15039	-melted, cooled	0.00
15039	(2 cups) dairy sour cream	1.00 pt
15040	-----	0.00
15040	Butter	0.50
15040	Sugar, granulated	0.50
15040	Eggs;beaten	2.00
15040	Milk	1.00 c
15040	White vinegar	1.00 tb
15040	Baking soda	1.00 ts
15040	Flour;all purpose	2.00 c
15040	Baking powder	1.00 ts
15040	Cocoa powder;unsweetened	0.25 c
15040	-Salt	0.50 ts
15040	Vanilla	1.50 ts
15040	VANILLA FILLING -----	0.00 -----
15040	Egg whites	2.00
15040	Sugar, granulated	0.50 c
15040	-Salt	1.00 pn
15040	-Water	2.00 tb
15040	Vanilla	1.00 ts
15040	CHOCOLATE ICING -----	0.00 -----
15040	Butter	2.00 tb
15040	Cocoa powder;unsweetened	2.00 tb
15040	Light cream; up to 3 T	2.00 tb
15040	Vanilla	0.50 ts
15040	Icing (Confectioner's) sugar	0.50 c
15040	-approximate	0.00
15040	CAKE -----	0.00 -----
15040	VANILLA FILLING -----	0.00 -----
15040	CHOCOLATE ICING -----	0.00 -----
15041	Zucchini	0.00

Sheet1

15041	Green pepper, small	0.00
15041	Onion, small	0.00
15041	Cucumber	0.00
15041	Tomato, large	0.00
15041	Garlic, cloves	3.00 x
15041	Cumin	0.50 ts
15041	Chili powder	0.25 ts
15041	Olive oil	4.00 tb
15041	V8 or tomato juice	12.00 oz
15042	Med. Onion	1.00
15042	Green Bell Pepper, chopped	1.00
15042	Sm. Cucumber, peeled,	1.00
15042	-seeded, and chipped	0.00
15042	Cloves Garlic, minced	1.00
15042	Tomato Sauce	0.25 c
15042	Sugar	1.00 tb
15042	Olive Oil	3.00 tb
15042	Red Wine Vinegar	3.00 tb
15043	Package lime or lemon	3.00 oz
15043	-gelatin	0.00
15043	Roquefort cheese, crumbled	3.00 oz
15043	Apple, peeled, cored, and	1.00
15043	-diced	0.00
15043	Chopped nuts	0.25 c
15044	Unflavored gelatin (2 1/2 ts	1.00 pk
15044	Cold water	2.50 ea
15044	Sugar	0.25 ea
15044	Instant coffee granules	3.00 ts
15044	Kahulua or other coffee liqu	1.00 ea
15045	Sugar	0.67 c
15045	Yolks	4.00 c
15045	Milk; at room temperature	1.00 c
15045	Instant espresso powder	4.00 tb
15045	Whipping cream	1.00 c
15046	Sugar	0.67 c
15046	Egg yolks	4.00
15046	Milk; at room temperature	1.00 c
15046	Salt	1.00 pn
15046	Lemon peel strip (2-in)	1.00
15046	Whipping cream	1.00 c
15047	Sugar	0.67 c
15047	Egg yolks	4.00
15047	Milk; at room temperature	1.00 c
15047	Salt	1.00 pn
15047	Lemon peel strip (2-in)	1.00
15047	Fresh blueberries; pureed	2.00 c
15047	Heavy cream	1.00 c
15048	Sugar	1.00 c
15048	Fully ripe peaches,	1.25 lb

Sheet1

15048	- peeled (optional),	0.00
15048	- halved and pitted	0.00
15048	Lemon juice	0.50 ts
15048	Whipping cream	1.00 c
15049	Powdered sugar	0.50 c
15049	Marsala	2.00 tb
15049	-(or substitute Madeira	0.00
15049	- or sherry)	0.00
15049	Part-skim milk ricotta	1.00 lb
15049	Whipping cream	0.50 c
15050	Ripe watermelon	0.25
15050	Sugar	0.67 c
15050	Cornstarch	0.50 c
15050	Vanilla extract	1.00 ts
15050	Chopped, blanched pistachios	2.00 tb
15050	Semisweet chocolate	0.50 oz
15050	- coarsely grated	0.00
15050	Candied citron	3.00 tb
15050	- rinsed and chopped	0.00
15050	Cinnamon; for finishing	0.00
15051	Chicken Breast	1.00
15051	*MARINADE*	0.00
15051	Soy Sauce	1.00 tb
15051	Cornstarch	1.00 ts
15051	*SAUCE*	0.00
15051	White Vinegar	1.00 tb
15051	Soy Sauce	1.00 tb
15051	Dry Sherry	1.00 tb
15051	Sugar	0.50 ts
15051	Salt	0.50 ts
15051	Cornstarch past	1.00 ts
15051	Vegetable Oil for blanching	1.00
15051	Dried Red Chili Pods	3.00
15051	*SEASONINGS*	0.00
15051	Green Onion (white part)	1.00
15051	Ginger, fresh, minced	0.50 ts
15051	Garlic Clove, minced	1.00
15051	Sesame Oil	2.00 ts
15052	Egg	1.00
15052	Cornstarch	1.00 tb
15052	Boned, skinned chicken thigh	1.00 lb
15052	-or breast cut into 2 inch	0.00
15052	-chuncks	0.00
15052	Green onions, cut diagonally	4.00
15052	-into 1 inch pieces	0.00
15052	Vegetable oil	0.00
15052	Dried Chiles	16.00 sm
15052	Clove garlic, minced	1.00
15052	Grated fresh ginger	0.25 ts

Sheet1

15052	SAUCE -----	0.00 -----
15052	Cornstarch	4.00 ts
15052	Sugar	4.00 ts
15052	Rice vinegar	4.00 ts
15052	Soy sauce	6.00 tb
15052	Chicken broth	0.25 c
15052	Water	0.25 c
15052	Dry sherry	0.25 c
15052	SAUCE -----	0.00 -----
15053	Oil	2.00 tb
15053	Chili meat *	2.00 lb
15053	Onion, chopped med.	1.00 lg
15053	Garlic, minced	2.00 cl
15053	Cumin	2.00 ts
15053	Chili powder	2.00 tb
15053	Canned tomatoes, w/juice	3.00 c
15053	Beer **	12.00 oz
15053	Salt/pepper to taste	0.00
15054	Eggs	3.00 lg
15054	Egg yolks	3.00 lg
15054	Sugar	0.67 c
15054	Cake flour	0.67 c
15054	Cornstarch	0.33 c
15055	Lean beef or venison, coarse	1.33 kg
15055	Pearl or Lone Star beer *	170.12 g
15055	Tomato paste	85.00 g
15055	Ground cumin seeds	29.67 ml
15055	Ground. oregano leaves	14.75 ml
15055	Cloves garlic, crushed	3.00 md
15055	Med. onion, finely chopped	1.00
15055	Salt	14.75 ml
15055	Long red chili pods	6.00
15056	Brown sugar	1.00 lb
15056	Evaporated milk	0.67 c
15056	Pecans	1.00 c
15057	8 oz Cream Cheese	3.00 pk
15057	Sugar	1.00 c
15057	Vanilla	1.00 tb
15057	Eggs	3.00
15057	Sour cream	1.00 c
15057	Custard Cups	0.00
15058	Oil	1.00 c
15058	Vinegar	0.33 c
15058	Eggs	4.00
15058	Bell's seasoning	1.00 tb
15058	Salt	1.00 ts
15058	Pepper	0.25 ts
15058	Parsley flakes	1.00 tb
15058	Oregano	0.00



Sheet1

15059	Butter	0.33 c
15059	Molasses	1.00 c
15059	Egg, unbeaten	1.00
15059	Flour	1.25 c
15059	Soda	0.50 ts
15059	Baking powder	1.00 ts
15059	Salt	0.50 ts
15059	Ginger	0.50 ts
15059	Cinnamon	1.00 ts
15059	Cloves	0.25 ts
15059	Milk	0.50 c
15059	FILLING	0.00
15059	Gelatine	1.00 tb
15059	Cold water	0.25 c
15059	Milk	1.00 c
15059	Sugar	1.00 c
15059	Salt	0.00 ds
15059	Corn starch	2.00 tb
15059	Egg, well beaten	1.00
15059	Vanilla	0.50 ts
15059	Finely chopped apricots	0.50 c
15060	c	1.00 1/2
15060	Thyme,dried	0.50
15060	Bay leaves	2.00
15060	Garlic cloves,med,fine chop	4.00
15060	Black pepper,freshly ground	0.50 ts
15060	Beef,coarse grind	6.00 lb
15060	Chicken breasts,large	2.00
15060	Water	0.00
15060	Salt	2.00 ts
15060	Oil,vegetable	2.00 tb
15060	Onions	2.00
15060	Pork chops,coarse grind	3.00
15060	Red chile,mild,ground	10.00 tb
15060	Cayenne pepper	1.00 ts
15060	Oregano,dried,pref. Mexican	1.00 ts
15060	Cumin	0.50 ts
15060	Rosemary	0.00
15060	Tomatoes,Italian-style	1.50 c
15060	Tomato sauce	16.00 oz
15060	Tomato sauce,Mexican hot	8.00 oz
15060	Chiles,green,mild,whole	1.00 cn
15060	Jalapeno peppers,pickled	1.00 cn
15060	Hot pepper sauce,liquid	2.00 tb
15060	Butter	1.00 tb
15060	Chiles,fresh whole green	3.00
15060	Mushrooms	0.50 c
15060	Sauterne	0.50 c
15060	Beer	12.00 oz

Sheet1

15061	Country ham*	1.00
15061	Water	0.00
15061	Apple,large,tart,quartered	1.00
15061	Onion,large,peeled/quartered	1.00
15061	Molasses,dark	0.75 c
15061	Brown sugar	0.00
15061	Dry mustard	0.00
15061	Worcestershire sauce	0.00
15061	Pineapple slices,drained	0.00
15061	Whole cloves	0.00
15061	Juice from canned pineapple	0.00
15061	Cola,bottled	0.00
15062	Butter or margarine, divided	6.00 tb
15062	Sliced fresh mushrooms	2.50 c
15062	-(about 8 ounces)	0.00
15062	All-purpose flour	3.00 tb
15062	Homemade chicken stock or	3.00 c
15062	-canned chicken	0.00
15062	Broth, preferably low sodium	0.00
15062	Heavy cream	1.50 c
15062	Cooked crabmeat, fresh,	12.00 oz
15062	-canned, or frozen,	0.00
15062	Thawed if frozen (about 1	0.00
15062	-1/2 cups)	0.00
15062	Freshly grated Parmesan	0.75 c
15062	-cheese	0.00
15062	Good-quality dry sherry,	0.25 c
15062	-Optional	0.00
15062	Salt and pepper to taste	0.00
15062	Chopped fresh parsley	0.00
15063	Cucumbers,medium-sized	6.00
15063	Gelatin,unflavored	3.00 pk
15063	Water,cold	0.50 c
15063	Water,boiling	2.00 c
15063	Apple cider vinegar	0.25 c
15063	Onion,grated	1.00 ts
15063	Salt	0.25 ts
15063	Green food coloring	2.00 dr
15063	Pimientos,chopped	0.25 c
15064	Peaches,ripe,coarse chopped	5.00 c
15064	Sugar	2.00 c
15064	Orange,medium,seeded/chopped	1.00
15064	Lemon,seeded/chopped	0.25
15064	Seedless raisins	0.50 c
15064	Pecans,chopped	0.50 c
15065	Half and half	2.00 c
15065	Whipping cream	2.00 c
15065	Vanilla beans, split	2.00
15065	Plus 6 Tablespoons firmly	1.00 c

Sheet1

15065	-packed brown sugar	0.00
15065	Egg yolks	8.00
15065	Peaches, peeled and pitted	4.50 lb
15065	Sour cream	3.00 c
15066	-----c-----	0.00
15066	All-purpose flour	2.00 c
15066	Salt	0.25 ts
15066	Butter	0.75 c
15066	-----f-----	0.00
15066	Peaches,peeled,1" slices	8.00
15066	Sugar	0.50 c
15066	All-purpose flour	0.25 c
15066	Freshly squeezed lemon juice	2.00 tb
15066	Grated lemon peel	1.00 ts
15066	Milk	2.00 tb
15067	Lg. ripe peaches	8.00
15067	Sifted flour	3.00 c
15067	Baking powder	4.00 ts
15067	Salt	1.00 ts
15067	Cinnamon	1.00 ts
15067	(packed) brown sugar	0.50 c
15067	Margarine	0.75 c
15067	Pecan peices	0.50 c
15067	Egg	1.00
15067	Milk	0.75 c
15067	Sugar	0.00
15067	Heavy cream, whipped	1.00 c
15067	Almond flavoring	0.25 ts
15068	FILLING -----	0.00 -----
15068	Ripe peaches; peeled	2.00 lb
15068	Sugar	0.33 c
15068	Fresh lemon juice	2.00 tb
15068	Quick-cooking tapioca	1.00 tb
15068	Freshly grated nutmeg	0.25 ts
15068	CRUMB TOPPING -----	0.00 -----
15068	Unbleached all-purpose flour	0.50 c
15068	Light brown sugar	6.00 tb
15068	Unsalted butter; chilled	4.00 tb
15068	Cinnamon	0.25 ts
15068	CAKE -----	0.00 -----
15068	Sour cream	6.00 tb
15068	Baking soda	0.25 ts
15068	Egg	1.00 lg
15068	Sugar	0.33 c
15068	Unsalted butter; softened	4.00 tb
15068	Pure vanilla extract	1.50 ts
15068	Unbleached all-purpose flour	0.75 c
15068	Baking powder	0.50 ts
15068	Salt	0.25 ts

Sheet1

15068	FILLING -----	0.00 -----
15068	CRUMB TOPPING -----	0.00 -----
15068	CAKE -----	0.00 -----
15069	Dry yeast	2.00 pk
15069	Sugar	0.00
15069	Lukewarm milk	1.25 c
15069	Flour	0.00
15069	Salt	2.00 ts
15069	Butter, softened	0.50 c
15069	CHEESE FILLING -----	0.00 -----
15069	Muenster Cheese	1.00 lb
15069	Butter	2.00 tb
15069	Egg, beaten	1.00
15069	CHEESE FILLING -----	0.00 -----
15070	Chicken wings	2.00 lb
15070	Butter	0.50 c
15070	Honey	0.50 c
15070	Prepared mustard	0.25 c
15070	Salt	1.00 ts
15070	Curry (mild or hot)	1.00 tb
15071	Margarine	0.33 c
15071	Sugar	0.33 c
15071	Egg	1.00
15072	Hard roll; large, dry	1.00
15072	Vegetable oil	4.00 tb
15072	Ground beef; lean	1.00 lb
15072	Pepper	0.25 ts
15072	Water	0.50 c
15072	Onion; medium, chopped	1.00
15072	Salt	0.50 ts
15072	Onion; medium, sliced	4.00
15073	Butter	0.50 c
15073	Yeast	1.00 c
15073	Water, lukewarm	0.25 c
15073	Egg, well beaten	2.00 ea
15073	*to:	1.00 x
15073	Bread crumbs, soft	1.25 c
15073	Cinnamon	1.00 t
15073	Butter, melted	2.00 T
15073	Sugar	0.75 c
15073	*dissolved in:	1.00 x
15073	Milk, scalded	1.00 c
15073	Flour, bread	2.50 c
15073	Flour, bread	3.00 c
15073	Brown sugar, light	3.00 T
15073	Salt	0.25 t
15074	Flour	1.75 c
15074	Celery seed	2.00 ts
15074	Baking powder	1.00 tb

Sheet1

15074	Cabbage; grated	2.00 c
15074	Salt	1.00 ts
15074	Eggs	2.00
15074	Sugar	1.00 tb
15074	Low-fat milk	0.75 c
15074	Onion flakes	2.00 ts
15074	Butter; melted	6.00 tb
15075	Skim milk	2.75 c
15075	Whole-wheat bread crumbs	1.75 c
15075	-(fresh)	0.00
15075	Dijon mustard	2.00 ts
15075	Muenster cheese, shredded	1.00 c
15075	Nutmeg (garnish)	0.00
15075	Paprika (garnish)	0.00
15075	Minced parsley (garnish)	0.00
15076	Ghirardelli Sweet Dark	4.00 oz
15076	-Chocolate	0.00
15076	Water	0.50 c
15076	Butter	1.00 c
15076	Sugar	2.00 c
15076	Eggs, separated	4.00 lg
15076	Vanilla	1.00 ts
15076	Unsifted all purpose flour	2.00 c
15076	Baking soda	1.00 ts
15076	Buttermilk	1.00 c
15076	Salt	0.50 ts
15077	Sugar	3.00 c
15077	Baking Cocoa	7.00 tb
15077	Evaporated Milk	13.00 oz
15077	Eggs: Lg, Beaten	4.00
15077	Butter Or Regular Margarine	0.50 c
15077	Vanilla	1.00 ts
15077	Coconut; Flaked	2.00 c
15077	Pecans; Chopped	1.00 c
15077	Unbaked 9-inch Pie Shells	2.00
15078	Flour, rye	400.00 g
15078	Water, 40°C	400.00 cc
15079	Vegetable oil	3.00 tb
15079	All-purpose potatoes,	1.00 lb
15079	Scrubbed and sliced, about	0.00
15079	3 1/2 cups	0.00
15079	Head red cabbage, about	0.50 sm
15079	8 oz., cored and coarsely	0.00
15079	Sliced	0.00
15079	Onion, diced, about 1/2 cup	1.00 sm
15079	Lean ground veal	8.00 oz
15079	Lean ground pork	8.00 oz
15079	Fresh bread crumbs	1.00 c
15079	Grated lemon peel	0.50 ts

Sheet1

15079	Chopped fresh parsley	2.00 tb
15079	White wine	2.00 tb
15079	Worcestershire sauce	0.00
15079	Salt and black pepper,to	0.00
15079	Taste	0.00
15079	All-purpose flour	2.00 ts
15079	Fresh lemon juice	1.00 tb
15079	Capers,drained	1.00 tb
15080	Ground beef	1.00 lb
15080	Ground pork	0.50 lb
15080	Finely chopped onion	0.50 c
15080	Fine dry bread crumbs	0.75 c
15080	Snipped fresh parsley	1.00 tb
15080	Salt	1.50 ts
15080	Pepper	0.12 ts
15080	Worcestershire sauce	1.00 ts
15080	Egg, beaten	1.00
15080	Milk	0.50 c
15080	Vegetable oil	3.00 tb
15080	Sauerkraut (27 oz.),	1.00 cn
15080	Undrained	0.00
15080	Water, optional	0.50 c
15080	Parsley	1.00
15081	Flour	0.50 c
15081	Milk	0.50 c
15081	Eggs, slightly beaten	2.00
15081	Pinch nutmeg	1.00
15082	Sugar	2.00 c
15082	Butter	4.00 T
15082	*dissolved in:	1.00 x
15082	Milk	4.00 c
15082	Flour	1.00 x
15082	Egg, well beaten	4.00 ea
15082	Yeast	1.00 c
15082	Water, lukewarm	0.50 c
15082	Salt	1.00 t
15083	Cake flour	2.50 c
15083	Baking soda	1.00 ts
15083	Unsalted butter	0.50 lb
15083	Sugar	1.50 c
15083	Eggs, separated	4.00 lg
15083	White chocolate, melted in	4.00 oz
15083	-1/2 c boiling water and	0.00
15083	-cooled	0.00
15083	Vanilla extract	1.00 ts
15083	Buttermilk	1.00 c
15083	Shredded unsweetened coconut	1.00 c
15083	Chopped pecans	1.00 c
15083	Frosting	0.00

Sheet1

15083	Evaporated milk	1.00 c
15083	Sugar	1.00 c
15083	Unsalted butter	0.25 lb
15083	Egg yolks	3.00 lg
15083	Vanilla extract	1.00 ts
15083	Chopped pecans	1.00 c
15083	Shredded unsweetened coconut	1.00 c
15084	Sweet Chocolate (Baker's	4.00 oz
15084	-German's brand)	0.00
15084	Boiling water	0.50 c
15084	Butter/margarine	1.00 c
15084	Sugar	2.00 c
15084	Eggs, separated	4.00
15084	Vanilla	1.00 ts
15084	Sifted flour OR 2-1/2 sifted	2.25 c
15084	-cake flour	0.00
15084	Baking soda	1.00 ts
15084	Salt	0.50 ts
15084	Buttermilk	1.00 c
15085	Uncooked Rice	0.50 c
15085	Corn Oil	2.00 ts
15085	Diced Onion	0.25 c
15085	Scallions, sliced	2.00
15085	Snow Peas	0.50 c
15085	Fresh Bean Sprouts	0.50 c
15085	Honey Roast Ham	0.33 lb
15085	Soy Sauce	2.00 ts
15085	Sugar	1.00 ts
15085	Peanut Oil	1.00 tb
15085	Egg	1.00
15085	Salt	0.00
15086	Unsalted Butter	3.00 lb
15087	Ghirardelli Semi-Sweet	4.00 oz
15087	-Chocolate	0.00
15087	Butter	4.00 tb
15087	Powdered sugar	3.00 c
15087	Hot milk	0.33 c
15087	Vanilla	1.00 ts
15087	Salt	0.12 ts
15088	Powdered sugar	1.00 lb
15088	Cocoa	0.50 c
15088	Butter (no imitation)	0.50 c
15088	Milk	0.25 c
15088	Vanilla	1.00 ts
15088	Chopped walnuts (optional)	0.50 c
15089	1 lb package of powdered	1.00
15089	-sugar	0.00
15089	Cocoa	0.50 c
15089	Cube margarine (1/2 cup)	1.00

Sheet1

15089	Milk	0.25 c
15089	Vanilla	1.00 ts
15089	Chopped walnuts	0.50 c
15090	Small carrots (2cm diam)	1.00 kg
15090	Celery	1.00 bn
15090	Capsicums	4.00
15090	Cauliflower (1 kg)	1.00 lg
15090	Small white onions, peeled	1.00 kg
15090	Salt	1.00 c
15090	Cold water	4.00 l
15090	White vinegar	2.00 l
15090	Mustard seed	0.25 c
15090	Celery seed	2.00 tb
15090	Dried chillies	3.00
15090	Sugar	500.00 g
15091	Liver	1.00 x
15091	Heart	1.00 x
15091	Flour	1.00 x
15091	Gizzard	1.00 x
15091	Water	1.00 x
15091	Salt & pepper	1.00 x
15092	(2-layer) yellow cake mix	1.00 pk
15092	(4-serving) jell-o vanilla	1.00 pk
15092	-flavor instant pudding	0.00
15092	Water	1.33 c
15092	Eggs	4.00
15092	Oil	0.25 c
15092	FROSTING:	0.00
15092	Strawberry preserves	1.00 c
15092	Thawed Cool WHip whipped	3.50 c
15092	-topping	0.00
15092	Coconut	2.67 c
15092	Real food coloring	0.50 ts
15093	Active dry yeast	1.00 pk
15093	Sugar	0.25 c
15093	Warm water (105F-to-115F)	0.25 c
15093	Butter; at room temperature	0.75 c
15093	Lemon; Grated peel only	1.00
15093	-(no white attached)	0.00
15093	Orange; Grated peel only	1.00
15093	- (no white attached)	0.00
15093	Dried mace	0.50 ts
15094	Water	1.25 c
15094	Sugar, More If Desired	4.00 tb
15094	Gillyflowers (Clove Pink)	0.50 c
15094	(Dianthus Caryophyllus)	0.00
15094	Lemon Verbena (Optional)	0.00
15094	Finely Chopped	0.00
15094	Lemon, Juice Only	1.00



Sheet1

15094	Egg White, Beaten To	1.00
15094	Frothy Peaks	0.00
15095	To 3 lbs Granny Smith Apples	2.50
15095	Inch piece of vanilla bean	2.00
15095	Sugar	0.50 c
15095	Chopped crystallized ginger	0.50 c
15095	Water	0.25 c
15096	Whole medium chicken	2.00
15096	-breasts(about 1 1/2	0.00
15096	-lbs.)skinned,boned	0.00
15096	And halve lengthwise	0.00
15096	Margarine or butter	2.00 tb
15096	16 oz can peach slices	1.00
15096	Cornstarch	1.00 tb
15096	Grated gingerroot	1.00 ts
15096	8 oz can sliced water	1.00
15096	-chestnuts,drained	0.00
15097	Finely minced crystallized	0.25 c
15097	-ginger	0.00
15097	Heavy cream	1.00 c
15097	Sour cream	0.33 c
15097	Confectioner's sugar	2.00 tb
15097	Vanilla	1.00 tb
15098	White sugar	0.50 c
15098	Shortening	0.33 c
15098	Egg	1.00
15098	Molasses	0.50 c
15098	Water	1.00 c
15098	Flour	2.00 c
15098	Ginger	1.00 t
15098	Salt	0.50 t
15098	Baking soda	0.50 t
15098	Nutmeg	0.50 t
15098	Ground cloves	0.50 t
15098	Cinnamon	0.50 t
15098	Oleo	0.25 c
15098	Powdered sugar	2.00 c
15098	Milk	1.00 T
15098	Vanilla	1.00 t
15099	Firm tofu	1.00 lb
15099	1" slice ginger, peeled	1.00 ea
15099	Cloves garlic	2.00 ea
15099	Water	6.00 tb
15099	Peanut butter	2.00 tb
15099	Soy sauce	1.00 tb
15099	Mild curry powder	2.00 ts
15099	Cayenne	1.00 pn
15099	Oil	1.00 tb
15099	Onion, chopped	1.00 md

Sheet1

15099	Soy milk	2.00 c
15099	Salt	0.50 ts
15099	Black pepper	0.25 ts
15099	Green peas, fresh/frozen	0.67 c
15099	Toasted almonds	0.33 c
15100	Water	0.50 c
15100	Sugar	0.33 c
15100	Grated peeled fresh ginger	2.00 tb
15100	-root	0.00
15100	Milk	1.25 c
15100	Heavy cream	1.00 c
15100	Sugar	0.33 c
15100	Egg yolks	3.00
15100	Finely chopped crystallized	1.00 tb
15100	-ginger	0.00
15101	Sugar	2.00 c
15101	Water	0.75 c
15101	Egg whites, stiffly beaten	2.00
15101	Salt	0.25 ts
15101	Finely minced preserved or	2.00 tb
15101	-candied ginger	0.00
15101	Lemon flavoring	1.00 ts
15102	Finely chopped peeled ginger	0.75 c
15102	Apple peeled	1.00
15102	- cored and finely chopped	0.00
15102	Sugar	0.75 c
15102	Water	1.00 c
15103	Whole Chicken Breasts *	2.00
15103	All-Purpose Flour	0.25 c
15103	Salt	0.25 ts
15103	Fresh Ground Pepper	0.25 ts
15103	Unsalted Butter	1.00 tb
15103	SAUCE -----	0.00 -----
15103	Chicken Broth	0.75 c
15103	Minced Fresh Ginger	2.00 ts
15103	Dijon Mustard	2.00 ts
15103	Grainy Mustard	2.00 ts
15103	Minced Scallions	4.00
15103	Salt And Pepper To Taste	0.00
15103	SAUCE -----	0.00 -----
15104	Sharon Stevens	0.00
15104	Light cream cheese	1.00 c
15104	Orange juice	2.00 tb
15104	Ginger marmalade or chopped	2.00 tb
15104	-preserved ginger	0.00
15104	Honey	2.00 ts
15104	Grated orange rind	1.00 ts
15105	Prepared fruit (about 3 1/4	4.50 c
15105	-lbs fully ripe peaches)	0.00

Sheet1

15105	Finely chopped crystallized	0.25 c
15105	-ginger	0.00
15105	Sugar	6.00 c
15105	Box SURE-JELL fruit pectin	1.00
15106	Diced fresh peaches	0.75 c
15106	Diced fresh plums	0.75 c
15106	Water	2.00 tb
15106	EQUAL sugar substitute	0.33 c
15106	Ground ginger	0.50 ts
15107	Unsalted Butter, softened	1.00 tb
15107	Bosc Pears (about 3 pounds)	4.00
15107	Lemon Juice, fresh, strained	3.00 tb
15107	Gingerroot, minced	1.00 ts
15107	Pure Maple Syrup	0.33 c
15107	Apple Cider, Apple Juice	0.25 c
15107	--or- Water	0.00
15107	Arrowroot	1.00 tb
15107	Pear Liqueur (optional)	2.00 tb
15107	TOPPING:	0.00
15107	Pecans, chopped (about 3	0.50 c
15107	-ounces)	0.00
15107	Brown Sugar, firmly packed	0.50 c
15107	Whole Wheat Pastry Flour	0.50 c
15107	Wheat Germ	0.25 c
15107	Unsalted Butter, melted	2.00 tb
15108	Preserved ginger	1.00 qt
15108	Lemons, juice only	5.00
15108	Lemons, rind	5.00
15108	Pears	8.00 lb
15108	Sugar	6.00 lb
15108	Oranges	2.00
15108	Hot water	0.00
15109	Jar (12 oz.) damson plum	1.00
15109	-preserves	0.00
15109	Dark corn syrup	1.00 c
15109	Soy sauce	0.50 c
15109	Finely chopped green onion	0.67 c
15109	Cloves galic, minced	2.00
15109	Ground ginger	2.00 ts
15109	Spareribs, cut into 4"	4.00 lb
15109	-riblets	0.00
15110	Shortening - (or margarine)	0.50 c
15110	Brown sugar - packed	0.50 c
15110	Salt	1.00 ts
15110	Milk	0.50 c
15110	Molasses - blended with milk	0.50 c
15110	Wholewheat flour	1.00 c
15110	All-purpose flour	1.00 c
15110	Baking powder	1.00 tb

Sheet1

15110	Ground ginger	2.00 ts
15110	Cinnamon	0.50 ts
15110	Nutmeg	0.50 ts
15110	Raisins	1.00 c
15111	Molasses	1.00 pt
15111	Lard	1.00 pt
15111	Sugar	1.00 pt
15111	Vinegar	2.00 tb
15111	Ginger	1.00 tb
15111	Soda; in molasses	1.00 ts
15111	Egg	1.00 ea
15111	Flour; to roll	0.00
15112	Soy sauce	0.50 c
15112	Ginger	1.50 ts
15113	Butter	2.00 tb
15113	Onion, chopped	1.00
15113	Garlic Clove, chopped	1.00
15113	Gingerroot, fresh, grated	1.50 ts
15113	All Purpose Flour	2.00 tb
15113	Chicken Stock	1.50 c
15113	Cooked Squash	2.00 c
15113	Orange Juice	0.50 c
15113	Orange Rind, grated	2.00 ts
15113	Salt	0.00
15113	Black Pepper, freshly ground	0.00
15113	Nutmeg, fresh, grated	0.00
15113	Parsley, fresh, chopped	0.00
15114	Eggplants	6.00 md
15114	Onions, chopped	2.00 ea
15114	Oil	0.00
15114	Tamari	0.00
15114	Grated ginger	0.25 c
15114	Celery stalks, sliced	9.00 ea
15114	Red peppers, sliced	3.00 ea
15114	Peanut butter	6.00 tb
15114	Curry powder	1.00 ts
15114	Cayenne	1.00 ds
15114	Nutmeg	1.00 ds
15115	Medium dry sherry	2.00 tb
15115	Brown sugar	3.00 tb
15115	Large pinch of nutmeg	0.00
15115	Large pinch of ground ginger	0.00
15115	Juice of 1/2 lemon	0.00
15115	Heavy whipping cream	0.50 pt
15115	To 3 pieces crystallized	2.00
15115	-stem ginger, minced	0.00
15116	Soft tofu	1.00 lb
15116	Sliced green onion	0.25 c
15116	Minced fresh ginger	1.00 tb

Sheet1

15116	Clove garlic, pressed or	1.00
15116	-minced	0.00
15116	Oriental sesame oil	1.00 tb
15116	Soy sauce	2.00 tb
15116	Cayenne	0.25 ts
15117	Tomato, green	6.00 lb
15117	Sugar	5.00 lb
15117	Cloves, whole	1.00 t
15117	Tomato	2.00 lb
15117	Lemon, sliced	3.00 ea
15117	Ginger root	3.00 pn
15118	Ginger, minced	1.00 tb
15118	Shallot minced	2.00 tb
15118	Vinegar rice wine	1.00 tb
15118	Lime juice	2.00 tb
15118	Soy sauce	2.00 ts
15118	Oil, olive	0.25 c
15118	Oil, sesame	0.50 ts
15118	Pepper black to taste	0.00
15119	Unbaked 7 1/2 x 11-inch pate	1.00
15119	-brisee tart shell, well	0.00
15119	Chilled	0.00
15119	Eggs	4.00
15119	Packed dark brown sugar	1.00 c
15119	Salt	0.25 ts
15119	Molasses	0.25 c
15119	Light corn syrup	0.25 c
15119	Unsalted butter, melted and	3.00 tb
15119	-cooled	0.00
15119	Vanilla	1.00 ts
15119	Grated rind of 1 lemon or	0.00
15119	-orange	0.00
15119	Chopped pecans	1.50 c
15119	Perfect pecan halves	1.25 c
15120	(100g) Crystallised Ginger	1.00 pk
15120	Cooking apples	2.00 md
15120	Place in bowl:	0.00
15120	Self raising flour, sifted	2.00 c
15120	Salt	0.25 ts
15120	Castor sugar (*)	0.50 c
15120	Natural low-fat yoghurt	0.75 c
15120	Butter, melted	60.00 g
15120	Eggs	2.00
15121	Onions, chopped	1.00 lb
15121	Ripe bananas, put through a	6.00
15121	Food mill	0.00
15121	Pitted dates, chopped	0.75 lb
15121	Cider vinegar	1.50 c
15121	Crystallized ginger, minced	0.25 lb

Sheet1

15121	Raisins, chopped	0.50 lb
15121	Fresh or unsweetened canned	2.00 c
15121	Pineapple juice	0.00
15121	Salt	1.00 ts
15121	Curry powder	2.00 ts
15122	Plus 2 tb, unsalted butter	0.25 c
15122	Carrots, peeled, thinly	2.00 lb
15122	-sliced	0.00
15122	Onions, chopped	2.00 lg
15122	Minced peeled fresh ginger	1.00 tb
15122	Grated orange peel	2.00 ts
15122	Ground coriander	0.50 ts
15122	Chicken stock or canned	5.00 c
15122	-broth	0.00
15122	Half and half (light cream)	1.00 c
15122	Minced fresh parsley	0.50 c
15123	Fresh or frozen rhubarb	1.00 lb
15123	- cut in 1-in pieces	0.00
15123	Orange juice	1.00 c
15123	Sugar	0.25 c
15123	Orange (zest only)	1.00
15124	Pork tenderloin	1.00 lb
15124	Pineapple tidbits (juice	8.00 oz
15124	-pack) (1 can)	0.00
15124	Orange juice	0.67 c
15124	Cornstarch	1.00 tb
15124	Soy sauce	1.00 tb
15124	Fresh ginger, grated	0.50 ts
15124	Ground red pepper (cayenne)	0.00
15124	Green onions, bias-cut into	4.00
15124	-1-inch pieces	0.00
15124	Carrot, cut into thin strips	1.00 md
15124	Clove garlic, minced	1.00
15124	Margarine or butter	1.00 tb
15125	(3 oz.) any flavor gelatin	1.00 pk
15125	Boiling water	1.00 c
15125	Lemon juice	1.50 ts
15125	Ginger ale	1.00 c
15125	Diced fresh pears	1.00 c
15126	Blueberries	1.00 qt
15126	Inch slice ginger root	1.00
15126	Bunch green grapes	1.00 md
15126	Paper cups	3.00 oz
15127	Blanched almonds	1.00 c
15127	Sugar	0.75 c
15127	(1/4 lb.) butter/margarine	0.50
15127	Dark molasses	0.50 c
15127	Minced fresh ginger	0.25 c
15127	Eggs	3.00 lg

Sheet1

15127	All-purpose flour	3.00 c
15127	Baking powder	1.50 ts
15127	Ground cinnamon	1.00 tb
15127	Ground nutmeg	1.00 ts
15127	Each ground cloves and	0.50 ts
15127	-ground allspice	0.00
15128	Butter	0.33 c
15128	Molasses	1.00 c
15128	Egg, unbeaten	1.00
15128	Flour	1.25 c
15128	Soda	0.50 ts
15128	Baking powder	1.00 ts
15128	Salt	0.50 ts
15128	Ginger	0.50 ts
15128	Cinnamon	1.00 ts
15128	Cloves	0.25 ts
15128	Milk	0.50 c
15128	FILLING	0.00
15128	Gelatine	1.00 tb
15128	Cold water	0.25 c
15128	Milk	1.00 c
15128	Sugar	1.00 c
15128	Salt	0.00 ds
15128	Corn starch	2.00 tb
15128	Egg, well beaten	1.00
15128	Vanilla	0.50 ts
15128	Finely chopped apricots	0.50 c
15129	Gingerbread mix	14.00 oz
15129	Coffee, instant	1.00 tb
15129	Orange peel, grated	1.00 tb
15129	Orange juice	0.25 c
15129	COCA-COLA CLASSIC	0.75 c
15129	Shortening	0.00
15129	Flour	0.00
15130	Melted solid Crisco	1.00 c
15130	Granulated sugar	1.00 c
15130	Light or dark Karo	1.00 c
15130	Large eggs	2.00 x
15130	Flour	5.75 c
15130	Baking soda	1.00 t
15130	Salt	1.00 t
15130	Ginger	2.00 t
15130	Cinnamon	2.00 t
15130	Cloves	1.00 t
15130	Nutmeg	1.00 t
15131	Unbleached Flour	8.00 c
15131	Baking Powder	0.25 c
15131	Baking Soda	1.00 ts
15131	Ginger	1.00 tb

Sheet1

15131	Vegetable Shortening	2.00 c
15131	Sugar	2.00 c
15131	Salt	1.00 tb
15131	Cloves	1.00 ts
15131	Cinnamon	1.00 tb
15132	Shortening	1.00 c
15132	Sugar	1.00 c
15132	Molassas	1.00 c
15132	Eggs	4.00
15132	Baking soda	2.00 ts
15132	Buttermilk	1.00 c
15132	All-purpose flour	4.00 c
15132	Ground ginger	2.00 ts
15132	Cinnamon	0.50 ts
15132	Cloves	0.50 ts
15132	Pecans; chopped	0.50 c
15132	Raisins	1.00 c
15133	Buttermilk baking mix (such	2.00 c
15133	As Bisquick)	0.00
15133	Milk	1.00 c
15133	Egg	1.00
15133	Molasses	0.33 c
15133	Packed light brown sugar	0.25 c
15133	Ginger	1.00 ts
15133	Cinnamon	0.75 ts
15133	Nutmeg	0.25 ts
15133	(16 oz) sliced Cling	1.00 cn
15133	Peaches in heavy syrup	0.00
15133	Cornstarch	1.00 tb
15133	Lemon juice	1.00 tb
15134	Country Pride Boneless	1.00 pk
15134	-Chicken Tenders	0.00
15134	11 oz can mandarin oranges	1.00
15134	Grated fresh ginger or 1 1/2	1.00 ts
15134	-tsp. ground ginger	0.00
15134	Cooking oil	1.00 tb
15134	Snow peas or 1 - 16 oz. pkg.	0.25 lb
15134	-frozen snow peas	0.00
15134	Oriental Stir Fry Sauce	0.25 c
15134	Servings hot cooked rice	4.00
15135	Dried apricots	8.00 oz
15135	Apricot juice	1.50 c
15135	Scallions, finely chopped	3.00
15135	Soft whole wheat bread	2.00 c
15135	-crumbs	0.00
15135	Chopped mixed nuts (your	0.50 c
15135	-choice)	0.00
15135	Butter, softened	1.00 tb
15135	Egg	1.00



## Sheet1

15135	Chopped stem ginger in syrup	1.00 tb
15135	-or candied ginger (wipe	0.00
15135	-clean)	0.00
15135	Salt and pepper to taste	0.00
15135	2 lb chickens or 1 4 lb	2.00
15135	-chicken, cleaned	0.00
15135	Ground ginger	2.00 ts
15135	Sherry	0.33 c
15135	Honey	1.00 tb
15136	Pink grapefruits	6.00
15136	Vanilla ice cream or frozen	0.00
15136	Yogurt	0.00
15136	Firmly packed golden brown	0.33 c
15136	Sugar	0.00
15136	Finely chopped peeled fresh	4.50 ts
15136	Ginger	0.00
15136	Fresh mint leaves (optional)	0.00
15137	Brown sugar	2.00 c
15137	Chopped grn pepper	1.00 c
15137	Vinegar	0.75 c
15137	Chopped sweet red	1.00 c
15137	Salt	0.50 ts
15137	Pepper	0.00
15137	Cinnamon	0.25 ts
15137	Chopped onion	1.00 c
15137	Ground red pepper	0.25 ts
15137	Chopped candied ginger	1.00 tb
15137	Lime	1.00
15137	Lemon	1.00
15137	Light raisins	1.00 c
15137	Anjou pears *	1.00 lb
15138	Firm tofu; patted dry	0.50 lb
15138	Tamari (soy) sauce	1.00 tb
15138	Natural style peanut butter	0.67 c
15138	Lemon juice	1.00 tb
15138	Minced fresh ginger	0.50 ts
15138	Garlic clove; minced	1.00
15138	Water	2.00 tb
15139	Can chicken broth	14.50 oz
15139	Dry sherry	1.00 tb
15139	Ground ginger	0.25 ts
15139	Loose-pack frozen mixed	1.00 c
15139	-vegetables	0.00
15139	Cubed cooked chicken	1.00 c
15140	Peaches or nectarines,	2.00 lb
15140	Peeled, pitted and sliced	0.00
15140	Firmly packed	2.00 tb
15140	Light brown sugar	0.00
15140	Gingersnap cookies	8.00

## Sheet1

15140	Chopped walnuts	2.00 tb
15140	Vegetable oil	2.00 ts
15141	Flour;all purpose*	3.50 c
15141	Baking powder	6.00 T
15141	-salt	1.00 t
15141	Sugar;granulated	1.00 T
15141	Shortening or lard	0.25 c
15141	Egg	1.00
15141	Milk	1.50 c
15142	Sugar	1.00 c
15142	Water	0.50 c
15142	Cream of tartar	0.12 ts
15143	Fryer, cut into 8 pieces	2.50 lb
15143	Flour	1.00 c
15143	Salt	1.00 tb
15143	-(sounds like a lot but	0.00
15143	- it's key to the taste)	0.00
15143	Freshly ground pepper	1.00 ts
15143	Vegetable oil	0.00
15143	- to 1 1/2-in depth	0.00
15143	- (Gladys prefers corn	0.00
15143	- or peanut oils)	0.00
15144	Mung bean noodles	4.00 oz
15144	Med shrimp	6.00 oz
15144	- shelled and deveined -	0.00
15144	Vegetable oil	1.00 tb
15144	Whole chicken breast	1.00
15144	- boned, skinned, chopped	0.00
15144	Salt	0.00
15144	Fresh ground black pepper	0.00
15144	Red fresh serrano chile	1.00
15144	- chopped	0.00
15144	Green fresh serrano chile	1.00
15144	- chopped	0.00
15144	Lime juice	3.00 tb
15144	Nam pla (Thai fish sauce)	2.00 tb
15144	Sugar	1.00 ts
15144	Shallots	3.00
15144	- peeled and thinly sliced	0.00
15144	Fresh coriander leaves	0.25 c
15144	Lettuce for garnish	0.00
15144	Crisp fried shallots (opt.)	0.00
15144	- for garnish	0.00
15145	Red Currant Jelly	1.00 c
15145	Prepared Mustard	2.00 ts
15145	Prepared Horseradish	1.00 ts
15146	Mc Intosh apples; about	3.00
15146	-1 1/2 lb., cored and cut	0.00
15146	-into quarters	0.00

Sheet1

15146	-Water	0.25 c
15146	Lemon peel; fresh, 2" strip	1.00
15146	Unsalted butter; softened	0.50 c
15146	Sugar	1.00 c
15146	Large egg	1.00
15146	All purpose flour	2.25 c
15146	Baking soda	2.00 ts
15146	Cinnamon	1.00 ts
15146	Nutmeg; fresh grated	0.50 ts
15146	Cloves; ground	0.25 ts
15146	Salt	0.25 ts
15146	Pecans; finely chopped,	0.50 c
15146	-toasted	0.00
15146	Granny Smith apples	2.00
15146	Apricot jam; strained	0.25 c
15146	GARNISH -----	0.00 -----
15146	-Whipped cream; optional	0.00
15146	GARNISH -----	0.00 -----
15147	All-purpose flour	1.50 c
15147	Salt	0.00 pn
15147	Butter	0.50 c
15147	Sugar	3.00 tb
15147	Egg yolk	1.00
15147	Cold water	2.00 ts
15147	Granny Smith apples	4.00
15147	Finely grated lemon peel	0.50
15147	Cornstarch	0.50 ts
15147	Ground cinnamon	0.50 ts
15147	Ground nutmeg	2.00 pn
15147	Apricot jam	5.00 tb
15147	Lemon juice	2.00 tb
15147	Whipped cream	0.00
15147	Fresh mint sprigs (opt)	0.00
15148	Boned,skinless chicken	4.00
15148	-breast halves (about 1	0.00
15148	-pound total)	0.00
15148	Broken walnuts, pecans or	0.25 c
15148	-almonds	0.00
15148	Margarine or butter	2.00 tb
15148	Salt and black pepper	0.00
15148	Apricot or peach preserves	0.33 c
15148	Vinegar	1.00 tb
15148	Ground ginger	0.25 ts
15149	Whole Canadian bacon	5.00 lb
15149	Apple cider	1.00 c
15149	Maple syrup	0.50 c
15149	Dry mustard	2.00 ts
15150	Head cauliflower	1.00 sm
15150	Light vegetable oil	4.00 tb

Sheet1

15150	Coriander seeds	1.00 ts
15150	Shredded fresh ginger	1.50 tb
15150	Green chilies, chopped	2.00 ea
15150	Turmeric	0.50 ts
15150	Salt	0.50 ts
15150	Lemon juice	1.00 ts
15150	Chopped fresh coriander	2.00 tb
15151	All-purpose flour(see NOTE)	1.00 c
15151	Salt	0.50 ts
15151	Shortening	0.33 c
15151	Shortening	1.00 tb
15151	Lard	0.33 c
15151	Cold water	3.00 tb
15151	Cornstarch	4.50 ts
15151	Sugar	0.33 c
15151	Salt	0.12 ts
15151	Ground cinnamon	0.12 ts
15151	Tart red cherries(16oz)	1.00 cn
15151	Sweet red wine	0.67 c
15151	Red food color	0.00
15151	Cream cheese,softened(3oz)	1.00 pk
15151	Sweet red wine	1.00 tb
15151	Chilled whipping cream	0.50 c
15151	Sugar	1.00 tb
15152	(5/16-oz) yeast	1.00 pk
15152	Unbleached flour	1.50 c
15152	Bread flour	0.50 c
15152	Cinnamon	1.00 tb
15152	Sugar	2.00 tb
15152	Margarine	1.00 tb
15152	Salt	1.00 ts
15152	Dry milk	1.00 tb
15152	Water	0.88 c
15152	GLAZE -----	0.00 -----
15152	Powdered sugar	0.50 c
15152	Milk	2.00 ts
15152	GLAZE -----	0.00 -----
15153	Post Grape Nuts	0.50 c
15153	Sugar	0.50 c
15153	Maxwell House instant coffee	2.00 ts
15153	Cinnamon	2.00 ts
15153	Flour	1.75 c
15153	Flour	1.00 c
15153	Baking soda	1.00 ts
15153	Calumet baking powder	0.50 ts
15153	Salt	0.50 ts
15153	Sour cream	1.00 c
15153	Butter, softened	0.50 c
15153	Eggs	2.00

Sheet1

15153	Vanilla	0.50 ts
15154	Corned beef	3.00 lb
15154	Orange marmalade	1.00 c
15154	Prepared Dijon mustard	4.00 tb
15154	Brown sugar	4.00 tb
15155	Strawberries; Fresh, Hulled	3.00 pt
15155	Cornstarch	3.50 tb
15155	Red Food Coloring; A Few Dr	1.00 x
15155	Sweetened Whipped Cream	1.00 x
15155	Sugar	1.00 c
15155	Water	0.50 c
15155	Baked 9" Pie Shell	1.00 ea
15156	Butter	1.00 tb
15156	Maple syrup	0.25 c
15156	Cinnamon	0.12 ts
15156	Cloves	0.12 ts
15156	Small acorn squash	1.00
15156	Ham slices	2.00
15156	Orange juice	0.25 c
15157	Butter	2.00 tb
15157	Cider Vinegar	0.25 c
15157	Brown Sugar - (dark brown)	10.00 tb
15157	Maple Syrup	6.00 tb
15157	Flour	0.00
15158	Ham, 10 - 14 pounds, cooked	1.00
15158	Whole Cloves	1.00
15158	Apple Cider	1.00 qt
15159	Olive oil	1.00 tb
15159	Pork chops 1/2" thick	6.00
15159	Campbell's Cream of Celery	1.00 cn
15159	Soup	0.00
15159	Water	0.25 c
15160	Split chicken breasts	4.00
15160	Low-sodium chicken broth	1.00 cn
15160	Yellow onion	1.00 lg
15160	Red potatoes	8.00 sm
15160	Mushrooms	0.00
15160	Whole garlic Cloves, peeled	10.00
15160	-and smashed slightly	0.00
15161	Glutinous Rice	0.00
15161	Water	0.00
15161	Cane steaming basket	0.00
15161	Pot to suit	0.00
15162	Fresh goat cheese	6.00 oz
15162	Walnuts	0.50 c
15162	Walnut or safflower oil	2.00 tb
15163	Yellow split mung beans	1.00 c
15163	Finely choeped onions	0.67 c
15163	Grated ginger	1.00 tb

Sheet1

15163	Minced garlic	2.00 ts
15163	Turmeric	0.33 ts
15163	Potatoes, peeled, quartered	3.00 md
15163	Head cauliflower cut into	0.33 sm
15163	-- florets	0.00
15163	Salt	1.00 ts
15163	Ghee	12.00 tb
15163	Cumin seeds	1.00 ts
15163	Green chilies, seeded. shred	2.00 ea
15163	Red pepper	0.50 ts
15163	Lemon juice	2.00 ts
15163	Chopped coriander leaves	2.00 tb
15164	Sugar	1.00 c
15164	Shortening	6.00 tb
15164	Egg yolks	0.50 c
15164	Salt	0.25 ts
15164	Milk	0.50 c
15164	Baking powder	3.00 ts
15164	Grated lemon rind	2.00 tb
15164	Flour	2.00 c
15165	Egg Whites	6.00
15165	Egg Yolks	3.00
15165	Sugar, Fine Granulated	0.75 c
15165	Pastry Flour	0.50 c
15165	Cream Of Tartar	0.50 ts
15165	Vanilla	0.50 ts
15166	Cinnamon	1.00 ts
15166	Nutmeg	0.50 ts
15166	Allspice	0.50 ts
15166	Chopped raisins	0.67 c
15166	Chopped nuts	0.67 c
15167	Butter	0.75 ts
15167	Whole apricots; pitted,split	8.00
15167	Light cream cheese	4.00 oz
15167	Minced crystallized ginger	2.00 ts
15167	Sugar	1.00 c
15167	Non fat milk	0.67 c
15167	Finely crushed gingersnaps	2.00 tb
15167	Sugar	0.50 ts
15167	Vanilla	1.25 ts
15167	Apricot puree (4-5 apricots)	0.50 c
15167	Frozen egg substitute;thawed	0.25 c
15167	Ginger juice	1.00 tb
15167	Cake flour	0.33 c
15167	Baking powder	1.00 ts
15167	Baking soda	0.50 ts
15168	Unbleached all-purpose flour	2.00 c
15168	-(10 oz or 290 grams)	0.00
15168	Baking soda	0.25 ts

## Sheet1

15168	Baking powder (5 grams)	1.00 ts
15168	Salt	0.25 ts
15168	Sugar (4.75 oz or 132 grams)	0.67 c
15168	Scant Tbs orange zest,	2.00
15168	-finely chopped (see note)	0.00
15168	Eggs (3 fluid oz, oer 3.5 oz	2.00 lg
15168	-weighed without the shell)	0.00
15168	Flavorless vegetable oil	0.25 c
15168	Pure vanilla extract	1.50 ts
15168	Pure almond extract	0.50 ts
15168	Unblanched sliced almonds	1.67 c
15168	Unblanched whole almonds	0.33 c
15168	Topping:	0.00
15168	Sugar (1 oz or 25 grams)	2.00 tb
15168	Ground cinnamon	0.12 ts
15168	Egg white (2 Tbs or 2 oz	1.00 lg
15168	-weighed)	0.00
15169	Egg yolks	3.00 ea
15169	Heavy cream	0.50 c
15169	Vanilla	0.75 ts
15169	Sifted cake flour	1.50 c
15169	Sugar	0.75 c
15169	Baking powder	1.25 ts
15169	Salt	0.25 ts
15169	UNSALTED butter (must be	10.50 tb
15170	Butter	0.25 c
15170	Sliced medium onion	1.00
15170	Minced clove garlic	1.00 sm
15170	Water	5.00 c
15170	Sliced carrots	2.50 c
15170	Long grain rice	0.25 c
15170	Chicken bouillon mix	2.00 tb
15171	Broiler fryer chicken,cut up	3.00 lb
15171	Can condensed cream of	10.75 oz
15171	-mushroom soup	0.00
15171	Velveeta Pasteurized Process	0.75 lb
15171	-Cheese Spread,cubed	0.00
15171	Dry instant rice	2.25 c
15171	Cold water	0.50 c
15171	Chopped onion	0.33 c
15171	Jar chopped pimento,drained	2.00 oz
15171	Paprika	0.00
15172	Chopped onion	1.00 c
15172	Olive oil	1.00 ts
15172	Canned tomatoes, cut up	1.00 lb
15172	Well-seasoned chicken broth	2.00 c
15172	Spaghetti, broken up	12.00 oz
15172	Diced cooked chicken	2.00 c
15172	Shredded cheddar cheese	12.00 oz

Sheet1

15173	Cornmeal	1.50 c
15173	All-purpose flour	0.25 c
15173	Baking powder	2.00 ts
15173	Baking soda	0.25 ts
15173	Salt	1.00 ts
15173	Buttermilk	1.00 c
15173	Eggs, beaten	2.00
15173	Shortening, melted	2.00 tb
15174	Sifted all-purpose flour	3.00 c
15174	Sugar	3.00 c
15174	Baking powder	2.00 ts
15174	Baking soda	1.00 ts
15174	Cinnamon	1.50 ts
15174	Salt	0.50 ts
15174	Eggs	4.00
15174	Vegetable oil	0.50 c
15174	Zucchini, cut into 1" cubes	3.00 c
15174	Walnuts or pecans; whole	1.00 c
15175	(4 Oz.) Shredded Cheddar	1.00 c
15175	Cheese, Divided	0.00
15175	Slices Reduced Calorie	4.00
15175	Whole Wheat Bread Toasted	0.00
15175	Golden Delicious Apple,	1.00
15175	Cored & Thinly Sliced,	0.00
15175	Divided	0.00
15175	Finely Chopped Green	4.00 tb
15175	Onions, Divided.	0.00
15176	FOR 1 -----	0.00 -----
15176	Yeast	1.00 pk
15176	Bread flour	3.00 c
15176	Sugar	4.00 tb
15176	Eggs; room temperature	2.00
15176	Vegetable or corn oil	6.00 tb
15176	Salt	1.50 ts
15176	Warm water	0.75 c
15176	FOR 1 -----	0.00 -----
15177	-Elaine Radis BGMB90B	0.00
15177	Yeast	1.00 pk
15177	Flour	3.00 c
15177	Sugar	4.00 tb
15177	Eggs	2.00
15177	Vegetable oil	6.00 tb
15177	Salt	1.50 ts
15177	Water; warm	0.75 c
15178	Chicken breasts,about 2 lbs.	4.00
15178	Oranges	2.00
15178	Honey	1.00 tb
15178	Dijon style mustard	0.50 tb
15178	Curry powder	0.25 ts



Sheet1

15178	Paprika	0.00
15178	Water	0.00
15178	Cornstarch	1.00 ts
15179	Chicken thighs	6.00
15179	Golden mushroom soup	1.00 cn
15180	Ripe peaches;	4.00 lb
15180	Pitted and quartered	1.00 x
15180	-(about 3-1/2 quarts)	1.00 x
15180	Water	2.00 c
15180	Sugar	2.00 c
15180	Lemon juice	0.25 c
15180	-Grated zest of 2 lemons	1.00 x
15180	Ground cinnamon	2.00 t
15180	Ground cloves	0.50 t
15181	Sugar	2.00 c
15181	Syrup; light	0.50 c
15181	Water; hot	1.00 c
15181	Salt	0.25 ts
15182	Vegetable oil	0.00
15182	Clove garlic, crushed	1.00
15182	Boneless port, lean, cut int	0.50 lb
15182	Broccoli flowerets	2.00 c
15182	Red or green pepper, cut int	1.00
15182	Golden delicious apple, core	1.00
15182	Sliced napa cabbage	1.00 qt
15182	Sweet and sour cooking sauce	0.00
15183	FOR 1 -----	0.00 -----
15183	Yeast	1.00 pk
15183	Bread flour	2.00 c
15183	Whole wheat flour	1.00 c
15183	Wheat germ	0.25 c
15183	Brown sugar	0.25 c
15183	Salt	1.00 ts
15183	Soft butter	2.00 tb
15183	Golden raisins	0.75 c
15183	Ground ginger	0.25 ts
15183	Cinnamon	0.50 ts
15183	Warm water	1.50 c
15183	FOR 1 -----	0.00 -----
15184	Whole wheat flour; stirred	2.00 c
15184	Active dry yeast; or	2.00 pk
15184	Salt	1.00 t
15184	Water	0.75 c
15184	Buttermilk	0.50 c
15184	Raisins; golden	1.50 c
15184	Vegetable oil	1.00 x
15184	Confectioners' sugar	2.00 c
15184	Milk	2.50 t
15184	Sugar	0.25 c

Sheet1

15184	Active dry yeast; bulk	2.00 t
15184	Cinnamon; ground	2.00 t
15184	Butter or regular margarine	0.33 c
15184	Eggs; lg	2.00 ea
15184	Unbleached flour; sifted	2.50 c
15184	-----vanilla frosting-----	1.00 x
15184	Vanilla	0.25 t
15185	Turkey	16.00 lb
15185	Butter or Margarine, Melted	1.00 c
15185	Salt	0.25 t
15185	Pepper	0.25 t
15186	Butter or margarine	0.25 lb
15186	Fresh lemon juice	2.00 tb
15186	Dried rosemary leaves	1.00 ts
15186	Salt	0.75 ts
15186	Freshly ground black pepper,	0.00
15186	-to taste	0.00
15186	Chicken (2 1/2 to 3 pounds),	1.00
15186	-quartered	0.00
15187	Butter,softened	1.00 tb
15187	Non-fat milk	0.67 c
15187	Saffron threads	1.00 ts
15187	Cake flour	1.33 c
15187	Sugar	1.75 c
15187	Baking powder	1.00 ts
15187	Baking soda	0.50 ts
15187	Thawed frozen non-fat	0.25 c
15187	-Egg substitute	0.00
15187	Rose water	2.00 tb
15187	Vanilla	1.50 ts
15187	Water	0.75 c
15187	Chopped pistachio nuts	1.00 tb
15188	Med. yellow summer squash,	3.00
15188	-sliced (3 cups)	0.00
15188	Med. carrots, sliced (1 cup)	2.00
15188	Med. onion, chopped (1/2	1.00
15188	-cup)	0.00
15188	(13 3/4-ounce) chicken broth	1.00 cn
15188	Salt	0.50 ts
15188	(13-ounce) (1 2/3 cups)	1.00 cn
15188	-evaporated milk	0.00
15188	Snipped parsley	0.00
15189	Soy sauce	0.25 c
15189	Rice Wine Vinegar	2.00 tb
15189	Sugar	1.00 ts
15189	Clove garlic, chopped	1.00
15189	Slivers of ginger and green	0.00
15189	Onion	0.00
15189	Of crushed chili peppers	0.25 ts

Sheet1

15189	*OR*	0.00
15189	1/4 cup oriental hot chili	0.00
15189	Oil	0.00
15190	+ 1 ts reduced-calorie	1.00 tb
15190	-margarine	0.00
15190	Chopped onion	1.00 c
15190	Cloves garlic, coarsely	2.00
15190	-chopped	0.00
15190	Chopped carrots	0.50 c
15190	Chopped celery	0.25 c
15190	Tomatoes, blanched, peeled,	8.00 md
15190	-seeded,	0.00
15190	And chopped	0.00
15190	Chicken broth	6.00 c
15190	Uncooked rice	1.00 oz
15190	Tomato paste	2.00 tb
15190	Worcestershire sauce	1.00 tb
15190	Black pepper to taste (1/4	0.00
15190	-to 1/2 teaspoon)	0.00
15190	Dried thyme	0.50 ts
15190	Drops liquid red pepper	5.00
15190	-sauce	0.00
15191	Whole wheat flour	1.75 c
15191	Oatmeal	0.50 c
15191	Cornmeal	0.50 c
15191	Liver powder (available at	0.25 c
15191	Health food stores)	0.00
15191	Brewer's yeast powder	2.00 tb
15191	Bone meal powder	0.25 c
15191	Powdered milk	3.00 tb
15191	Eggs, lightly beaten	2.00
15191	Wheat germ oil (you may	3.00 tb
15191	Substitute bacon drippings	0.00
15191	Or vegetable oil)	0.00
15191	Water	0.50 c
15192	Eggs, separated	4.00 ea
15192	Butter or margarine	0.50 c
15192	Sugar	2.00 c
15192	Squares unsweetened	4.00 ea
15192	-chocolate (4-oz), melted	0.00
15192	Vanilla	2.00 ts
15192	All-purpose flour, sifted	0.67 c
15192	Whipped cream	0.00
15193	Lentils	0.33 c
15193	White beans	0.50 c
15193	Red kidney beans	0.50 c
15193	Dried peas	0.33 c
15193	Black eyed peas	0.50 c
15193	Salt	1.00 ts

Sheet1

15193	Cut up ham or ham bone	1.00 lb
15193	Onion, sliced	1.00 lg
15193	Can tomatoes, cut up, with	16.00 oz
15193	-liquid	0.00
15193	Mashed clove of garlic	1.00
15193	Lemon juice	2.00 tb
15193	Salt and pepper	0.00
15194	Yellow Cake Mix	1.00 pk
15194	Nuts	1.00 c
15194	Stick Butter/Margarine	1.00
15194	Powdered Sugar (1 Lb Box)	1.00 pk
15194	Cream Cheese	1.00 pk
15195	Gooseberries	1.00 pt
15195	-Water	2.00 tb
15195	Sugar	0.50 c
15195	Unsalted butter	2.00 tb
15195	Eggs	2.00
15195	Egg yolk	1.00
15196	Ripe gooseberries,	1.00 qt
15196	-strawberries, blackberries	0.00
15196	-OR raspberries.	0.00
15196	Sugar	1.00 c
15196	Grated lemon rind	1.50 ts
15196	Heavy cream	1.50 c
15196	Crumbled macaroons	0.50 c
15197	Gooseberries	1.00 lb
15197	Sugar	0.75 lb
15198	Green gooseberries	3.00 lb
15198	Sugar	0.00
15199	Gooseberries	5.00 c
15199	Brown sugar	1.00 c
15199	Raisins	1.50 c
15199	Onion, peeled and sliced	1.00
15199	Salt	3.00 tb
15199	Cayenne pepper	0.25 ts
15199	Mustard	1.00 ts
15199	Ginger	1.00 ts
15199	Turmeric	1.00 ts
15199	Vinegar	1.00 qt
15200	Karen Mintzias	0.00
15200	All-purpose flour	2.00 c
15200	Salt	1.00 pn
15200	Caraway seeds (heaped)	1.00 ts
15200	Butter	0.75 c
15200	Superfine sugar; to coat	0.00
15201	Heavy or whipping cream	1.50 c
15201	Aged gorgonzola cheese,	6.00 oz
15201	Crumbled	0.00
15201	Fresh thyme OR	1.00 ts

Sheet1

15201	Dried thyme	0.50 ts
15201	Generous grates nutmeg OR	3.00
15201	Ground nutmeg	0.12 ts
15201	Salt	0.00
15201	White pepper	0.00
15201	Hot cooked pasta	0.00
15202	Beef; cubed in 1" cubes	1.00 lb
15202	Lemon juice	0.00
15202	Salt	2.00 ts
15202	Onion, large; chopped fine	1.00
15202	Garlic clove; chopped fine	2.00
15202	Chiles, dried; chopped fine	2.00
15202	Coriander; ground	2.00 tb
15202	Cumin, ground	1.00 ts
15202	Turmeric	1.00 tb
15202	Ginger, powdered	1.00 ts
15202	Pepper, black	2.00 ts
15202	Tomato paste	4.00 oz
15202	Beef stock	1.25 c
15202	Ghee	0.25 c
15202	Garam masala	2.00 tb
15203	Water	1.00 c
15203	Butter	0.50 c
15203	Salt	0.50 ts
15203	Pepper	0.25 ts
15203	Sifted flour	1.00 c
15203	Eggs	4.00
15203	Grated Gruyere cheese	4.00 oz
15203	Dijon mustard	2.00 tb
15204	All purpose flour	1.00 c
15204	Yellow corn meal	1.00 c
15204	Sugar	3.00 tb
15204	Baking powder	2.00 ts
15204	Butter, melted and cooled	3.00 tb
15204	Milk	0.75 c
15204	Egg, lightly beaten	1.00
15204	Grated cheddar cheese	0.50 c
15204	Chopped chilies, or to	2.00 ts
15204	Taste	0.00
15205	Red wine vinegar	3.00 c
15205	Whole cloves	3.00
15205	Bay leaf, crumbled	1.00
15205	Marjoram, chopped	0.25 c
15205	Basil, chopped	0.25 c
15205	Dill, chopped	0.25 c
15205	Fresh ground pepper	0.00
15205	Allspice	0.25 ts
15206	Unsalted butter	0.00
15206	-cut into pieces	0.00

Sheet1

15207	Eggs	4.00 lg
15207	Sugar	0.67 c
15207	Flour	0.67 c
15207	Salt	0.50 ts
15207	Vanilla	1.00 ts
15207	Clarified butter, melted and	0.25 c
15207	-ooled to lukewarm	0.00
15208	Dry black beans	3.00 c
15208	Crushed garlic	1.00 ts
15208	Salt	1.00 ts
15208	Hot red pepper (optional)	0.00
15208	Freshly ground black pepper	0.00
15208	Extra virgin olive oil	0.00
15208	Yellow onion; minced	1.00 lg
15209	COOKIE -----	0.00 -----
15209	Graham crackers	1.00
15209	Butter	0.25 lb
15209	Milk	0.50 c
15209	Sugar	1.00 c
15209	Egg	1.00
15209	Coconut	1.00 c
15209	Nuts	1.00 c
15209	FROSTING -----	0.00 -----
15209	Butter	1.00 c
15209	Powdered sugar	2.00 c
15209	Vanilla	1.00 ts
15209	COOKIE -----	0.00 -----
15209	FROSTING -----	0.00 -----
15210	Graham cracker crumbs;	2.00 c
15210	- 25 crackers	0.00
15210	Sweetened condensed milk;	1.00 cn
15210	- 15 oz	0.00
15210	Semi-sweet chocolate pieces	6.00 oz
15210	Nuts; chopped	1.00 c
15210	Vanilla extract	1.00 ts
15211	Double graham crackers,	25.00
15211	-broken (3 1/3 cups)	0.00
15211	Shredded desiccated coconut	0.50 c
15211	-(unsweetened, if desired)	0.00
15211	Baking powder	2.50 ts
15211	(1 stick) unsalted butter	0.50 c
15211	Superfine or strained sugar	1.00 c
15211	Egg yolks	4.00 lg
15211	Vanilla extract	1.00 ts
15211	Milk	1.00 c
15211	Egg whites	4.00 lg
15211	Cream of tartar	0.12 ts
15212	Sugar	1.00 c
15212	Evaporated milk	0.50 c

Sheet1

15212	Butter	0.25 lb
15212	Large marshmallows	10.00
15212	Graham crackers (crushed)	16.00
15212	Nuts (chopped)	1.00 c
15213	COOKIE -----	0.00 -----
15213	Graham crackers	1.00
15213	Butter	1.00 c
15213	Sugar	1.00 c
15213	Milk	0.33 c
15213	Egg (lightly beaten)	1.00
15213	Coconut (fine)	1.00 c
15213	Nuts (chopped)	1.00 c
15213	Graham cracker crumbs	1.00 c
15213	FROSTING -----	0.00 -----
15213	Butter	1.00 c
15213	Powdered sugar	2.00 c
15213	Cream	1.00
15213	COOKIE -----	0.00 -----
15213	FROSTING -----	0.00 -----
15214	Double graham crackers	12.00
15214	Butter	1.00 c
15214	Sugar	0.50 c
15214	2 1/2 oz pk sliced almonds	1.00
15215	FOR 1 -----	0.00 -----
15215	Yeast	1.00 pk
15215	Sugar	1.00 tb
15215	Whole wheat flour	2.00 c
15215	Rye flour	0.75 c
15215	Wheat germ	0.75 c
15215	Unprocessed bran	0.75 c
15215	Nonfat dry milk powder	0.50 c
15215	Sunflower seeds	0.50 c
15215	Salt	1.00 ts
15215	Whole egg	1.00
15215	FOR 1 -----	0.00 -----
15216	Mustard seeds	0.25 c
15216	Mustard powder	2.00 ts
15216	Water	0.25 c
15216	Dry white wine	0.25 c
15216	White-wine vinegar	0.33 c
15216	Salt	0.50 ts
15216	Light corn syrup	0.25 c
15217	Mustard seeds	0.25 c
15217	Mustard powder	2.00 ts
15217	Water	0.25 c
15217	Dry white wine	0.25 c
15217	Raspberry vinegar	0.33 c
15217	Salt	0.50 ts
15217	Raspberry jam,seedless	0.50 c

Sheet1

15218	Mustard seeds	0.25 c	
15218	Mustard powder	2.00 ts	
15218	Water	0.25 c	
15218	Sherry	0.25 c	
15218	Sherry wine vinegar	0.33 c	
15218	Salt	0.50 ts	
15218	Light corn syrup	0.25 c	
15219	Sugar	1.00 c	
15219	White Karo syrup	0.50 c	
15219	Peanuts	2.00 c	
15219	Margarine or butter	1.00 tb	
15219	Vanilla	1.00 ts	
15219	Soda	1.00 ts	
15219	Salt; optional	0.12 ts	
15220	Freshly opened oysters	8.00	
15220	Worcestershire	1.00 ts	
15220	Butter	2.00 tb	
15220	Of clam juice	1.00 oz	
15220	Oyster liquor	0.25 c	
15220	Paprika	0.50 ts	
15220	Of celery salt	1.00 ds	
15220	Half-and-half	1.00 c	
15221	INGREDIENTS:	0.00	
15221	Unsifted cake flour	2.00 c	
15221	Sugar	1.75 c	
15221	Ghirardelli Cocoa	0.75 c	
15221	Baking powder	1.00 ts	
15221	Baking soda	1.00 ts	
15221	Salt	0.50 ts	
15221	Butter or margarine, very	1.00 c	
15221	-soft	0.00	
15221	Milk	0.75 c	
15221	Water	0.50 c	
15221	Eggs	2.00	
15221	Vanilla	2.00 ts	
15222		0.00	1
15222	-	8.00	
15222	-Chocolate	0.00	
15222	Butter	0.50	
15222	Sugar, divided	0.75	
15222	Egg yolks	6.00	
15222	Grand Marnier (orange	2.00 tb	
15222	-liqueur)	0.00	
15222	Vanilla	0.50 ts	
15222	Very finely chopped pecans	1.33 c	
15222	Dry bread crumbs	0.25 c	
15222	Egg whites	7.00	
15222	CHOCOLATE GANACHE GLAZE -----	0.00 -----	
15222	Ghirardelli Semi-Sweet	4.00 oz	



Sheet1

15222	-Chocolate	0.00
15222	Heavy whipping cream	0.50 c
15222	Grand Marnier (orange	2.00 ts
15222	-liqueur)	0.00
15222	Very finely chopped pecans	0.33 c
15222	Grand Marnier Whipped Cream	0.00
15222	DECORATION -----	0.00 -----
15222	Heavy whipping cream	0.75 c
15222	Powdered sugar	2.00 tb
15222	Grand Marnier (orange	2.00 ts
15222	-liqueur)	0.00
15222	Fresh orange, thin skin	1.00
15222	-variety	0.00
15222	FOR TORTE -----	0.00 -----
15222	CHOCOLATE GANACHE GLAZE -----	0.00 -----
15222	DECORATION -----	0.00 -----
15223	Graham wafer crumbs	2.00 c
15223	Coconut, unsweetened, flaked	1.00 c
15223	Pecans; toasted, chopped	0.50 c
15223	Butter	0.67 c
15223	Cocoa powder; unsweetened	0.33 c
15223	-sifted	0.00
15223	Sugar, granulated	0.25 c
15223	Egg; beaten	1.00
15223	GRAND MARNIER LAYER -----	0.00 -----
15223	Icing Sugar	2.00 c
15223	Butter; softened	0.25 c
15223	Grand Marnier;or orange	0.25 c
15223	-liqueur	0.00
15223	Orange rind; coarsely grated	1.00 tb
15223	CHOCOLATE TOPPING -----	0.00 -----
15223	Butter	1.00 tb
15223	Semisweet chocolate; melted	4.00 oz
15223	GRAND MARNIER LAYER -----	0.00 -----
15223	CHOCOLATE TOPPING -----	0.00 -----
15224	Onions, diced	0.50 c
15224	Green peppers, diced	0.33 c
15224	Ground turkey	8.00 oz
15224	Canned black beans, drained	8.00 oz
15224	Tomato sauce	8.00 oz
15224	Taco seasoning mix	1.00 pk
15224	Cornmeal	1.00 c
15224	Sugar	2.00 ts
15224	Salt	0.50 ts
15224	Egg, beaten	1.00
15224	Milk	0.33 c
15224	Vegetable oil	2.00 tb
15224	Canned corn, drained	1.00 c
15224	Grated cheddar cheese	4.00 oz

Sheet1

15225	Eggs,separated	3.00
15225	Salt	0.12 ts
15225	Maple syrup	0.75 c
15225	Kool whip	2.00 c
15225	Walnut meats,chopped	1.00 c
15225	Semi-sweet chocolate,shaved	2.00 tb
15225	Chocolate crumb pie shell	1.00
15226	MM BY H. PEAGRAM -----	0.00 -----
15226	Cranberries, fresh or frozen	4.00 c
15226	Water	1.00 c
15226	Sugar	2.00 c
15226	MM BY H. PEAGRAM -----	0.00 -----
15227	Rhubarb rib, cut into 1"	1.00 c
15227	Pieces	0.00
15227	Pie crust	0.50
15227	Sugar	0.50 c
15227	Eggs	2.00
15227	Sugar	0.50 c
15227	Milk	1.00 c
15227	Cinnamon	0.00
15228	Chocolate chips	3.00 pk
15228	Butter or margarine	0.50 lb
15228	Miniature marshmallows (1	10.00 oz
15228	-package)	0.00
15228	Chopped nuts	2.00 c
15228	Sugar	4.50 c
15228	Can evaporated milk	1.00 lg
15228	Vanilla	1.00 tb
15229	Chicken liver	1.00 lb
15229	Bread	5.00 sl
15229	Onion	1.00 md
15229	Parsley	0.00
15229	Egg	1.00
15229	All-purpose flour	6.00 tb
15229	Salt	1.50 ts
15229	Pepper	0.25 ts
15229	Marjoram	0.75 ts
15229	Cloves garlic	2.00
15229	Garlic powder to taste	0.00
15230	Potatoes	6.00 md
15230	Egg yolk	1.00
15230	Salt	1.50 ts
15230	All-purpose flour	0.50
15231	Bacon, diced	0.50 lb
15231	Onion, minced	1.00 md
15231	Water	1.00 ga
15231	Molasses	0.50 c
15231	Brown sugar	0.50 c
15231	Ketchup	2.00 c

Sheet1

15231	Prepared mustard	2.00 tb
15231	Navy beans, picked over,	1.50 lb
15231	Rinsed, and soaked	0.00
15231	Overnight in water to cover	0.00
15231	Salt and freshly ground	0.00
15231	Pepper to taste	0.00
15232	Flour, unbleached	3.00 c
15232	Sugar	2.00 c
15232	Soda	1.00 ts
15232	Salad oil, (canola)	1.00 c
15232	Salt	1.00 ts
15232	Cinnamon	1.00 ts
15232	Eggs, beaten	3.00
15232	Apples, chopped small	4.00 c
15232	Nuts, chopped (pecan, walnut	1.00 c
15232	ICING -----	0.00 -----
15232	Confectioners' sugar	0.50 c
15232	ICING -----	0.00 -----
15233	Butter*	1.00 tb
15233	Chopped shallot (about 2 tb)	1.00 sm
15233	Flour	2.00 tb
15233	Warm milk*	1.50 c
15233	Salt	0.25 ts
15233	White pepper	0.12 ts
15233	Fresh ground nutmeg*	0.12 ts
15234	Cut-up chicken	1.00
15234	Cloves	3.00
15234	Qt. cold water	3.00
15234	Bay leaf	1.00
15234	Med. onions, quartered	2.00
15234	Thyme	0.50 ts
15234	Carrots, cut in 1/3's	2.00
15234	Butter	1.00 tb
15234	Celery rib, cut in 1/3's	1.00
15234	Med. carrots, diced	2.00
15234	Cloves garlic, minced	3.00
15234	Med. celery ribs, diced	2.00
15234	Parsley sprigs	3.00
15234	Or 10 peppercorns	8.00
15235	Sifted Unbleached Flour	2.25 c
15235	Baking Powder	1.00 ts
15235	Baking Soda	0.50 ts
15235	Salt	0.50 ts
15235	Butter Or Regular Margarine	0.75 c
15235	Sugar	1.50 c
15235	Eggs	2.00 lg
15235	Vanilla	1.00 ts
15235	Unsweetened Chocolate,	2.00 oz
15235	-Melted And Cooled (2 Sqrs)	0.00

Sheet1

15235	Cold Water	1.00 c
15235	Dark Chocolate Icing (Below)	0.00
15236	Currants	1.50 c
15236	Margarine or butter	1.00 lb
15236	Sugar	2.00 c
15236	Mace	1.00 ts
15236	Eggs; separated	9.00
15236	Flour, all purpose; sifted	4.25 c
15236	Lemon extract	1.00 ts
15236	Vanilla	1.00 ts
15237	Sugar	2.00 c
15237	Butter	0.67 c
15237	Eggs	3.00
15237	Salt	0.12 ts
15237	Baking powder	2.00 ts
15237	Flour	2.50 c
15237	Milk	1.00 c
15237	Vanilla	1.00 ts
15237	Hickory nuts, chopped	1.00 c
15237	-(reserve a few for	0.00
15237	Garnish)	0.00
15237	PENUCHE FROSTING:	0.00
15237	Butter	0.50 c
15237	Brown sugar	1.00 c
15237	Milk or cream	0.25 c
15237	Powdered sugar	2.00 c
15237	Vanilla extract	1.00 ts
15238	Cucumbers, 2-4 Inches Long	30.00
15238	Vinegar	1.00 ga
15238	Salt	1.00 c
15238	Sugar	1.00 c
15238	Dry Mustard	1.00 c
15239	Water; boiling	1.00 c
15239	Margarine	2.50 tb
15239	Salt	1.50 ts
15239	Honey	3.00 tb
15239	Molasses, dark, un sulphured	1.00 tb
15239	Oats	0.50 c
15239	Egg, extra large, lightly be	1.00
15239	Bread flour	3.00 c
15239	Yeast, sprinkled over flour	2.00 ts
15240	Small beets (10 oz cans)	2.00 cn
15240	White vinegar	0.50 c
15240	White sugar	0.75 c
15240	Pinch of salt	0.00
15240	Pinch of pepper	0.00
15241	Box (1 lb.) prunes	1.00
15241	Salt	0.25 ts
15241	Water	3.00 qt

Sheet1

15241	Flour	3.00 tb
15241	Pt. sour cream	0.50
15242	Milk	1.50 c
15242	Eggs, or 3 egg yolks,	2.00
15242	-slightly beaten	0.00
15242	Granulated sugar	0.75 c
15242	Flour	2.00 tb
15242	Vanilla extract	1.50 ts
15242	Salt	1.00 ds
15242	Heavy cream	1.50 c
15243	Bread flour	3.00 c
15243	Sugar	0.25 c
15243	Butter	6.00 tb
15243	Salt	1.00 ts
15243	Powdered buttermilk	3.00 tb
15243	Water	0.88 c
15243	Active dry yeast	2.00 ts
15243	Quick rising yeast.	1.50 ts
15243	Cardomon; + -	1.50 ts
15243	-or a dash or 2 of nutmeg	0.00
15243	For a change of taste	0.00
15244	Flour	6.75 c
15244	Salt	1.50 ea
15244	Baking powder	2.00 ea
15244	Baking soda >>>	1.50 ea
15244	Nutmeg	1.50 ea
15244	Oil	3.00 ea
15244	MASHED POTATOES	1.50 c
15244	Sour milk	1.50 c
15245	Molasses	1.00 c
15245	Sugar, granulated	0.50 c
15245	Brown sugar	0.50 c
15245	-Water	0.33 c
15245	Butter	2.00 tb
15245	Baking soda	0.25 ts
15245	-Salt	1.00 pn
15246	CAN TOMATO PUREE	30.00 oz
15246	WHOLE BAY LEAF	1.00
15246	CAN WHOLE PLUM TOMATOES	30.00 oz
15246	HAND SQUASHED	0.00
15246	DRIED OREGANO	2.00 ts
15246	DRIED BASIL	2.00 ts
15246	CAN TOMATO PASTE	6.00 oz
15246	GARLIC POWDER	1.00 ts
15246	MEDIUM ONION CHOPPED	1.00
15246	LARGE CLOVES GARLIC, CRUSHED	3.00
15246	HOPPED MUSHROOMS	2.00 c
15246	SUGAR	1.00 ts
15246	PORK CHOPS WITH BONES	2.00 lb

Sheet1

15246	RED PEPPER	1.00 pn
15246	DRY WHITE WINE	1.00 c
15246	SALT AND PEPPER TO TASTE	0.00
15247	Onions, coarsely chopped	2.00 md
15247	Red potatoes, diced (skin	2.00 lg
15247	-optional)	0.00
15247	Granny Smith apples, peeled,	3.00
15247	-cored and chopped	0.00
15247	Celery root, peeled and	1.00 md
15247	-diced	0.00
15247	Vegetable oil	2.00 tb
15247	Chicken stock	1.00 ga
15247	Salt and pepper	0.00
15247	Chopped chives for garnish	0.00
15247	- (optional)	0.00
15248	Shortening pie dough:	0.00
15248	Flour	2.33 c
15248	Salt	0.50 ts
15248	Shortening, cold, cut into p	0.75 c
15248	-eces	0.00
15248	Pie filling:	0.00
15248	Sugar	14.50 tb
15248	Flour	3.00 tb
15248	Cinnamon	0.75 ts
15248	Nutmeg	0.25 ts
15248	Ginger	0.25 ts
15248	Salt	0.25 ts
15248	Lemon zest	0.75 ts
15248	Apples (granny smiths, of co	2.50 lb
15248	-rse)	0.00
15248	Lemon juice	1.00 ts
15248	Unsalted butter, cut into bi	3.00 tb
15248	-s	0.00
15248	Half&half	1.00 tb
15248	Honey spiced whipped cream:	0.00
15248	Heavy cream, well chilled	0.75 c
15248	Honey	1.00 tb
15248	Cinnamon	0.25 ts
15248	Ginger	0.25 ts
15248	Nutmeg	0.12 ts
15249	FOR 1 -----	0.00 -----
15249	Yeast	1.00 pk
15249	Whole wheat flour	0.75 c
15249	Bread flour	2.00 c
15249	Granola; grind finely in	1.00 c
15249	-blender	0.00
15249	Salt	0.75 ts
15249	Sugar	1.50 ts
15249	Warm water	0.75 c

Sheet1

15249	Buttermilk	0.50 c
15249	Sweet butter; warm	2.00 tb
15249	Honey	2.00 tb
15249	Egg	1.00
15249	FOR 1 -----	0.00 -----
15250	Old Fashioned Rolled Oats	10.00 c
15250	Shredded Coconut	0.50 lb
15250	Sesame Seeds	1.00 c
15250	Brown Sugar, Firmly Packed	1.50 c
15250	Vegetable Oil	1.50 c
15250	Molasses	0.50 c
15250	Cinnamon	2.00 ts
15250	Raisins Or Other Dried Fruit	0.00
15250	Wheat Germ	1.00 c
15250	Shelled Raw Sunflower Seeds	2.00 c
15250	Chopped Nuts	3.00 c
15250	Water	1.50 c
15250	Honey	0.50 c
15250	Salt	1.50 ts
15250	Vanilla	3.00 ts
15251	Grapes	3.00 lb
15251	Sugar	1.00 lb
15252	Ripe grapes	3.00 lb
15252	Chopped nuts	2.00 c
15252	Sugar	2.50 lb
15252	Lemon	0.50
15253	Text Only	0.00
15254	Grape nuts	1.00 c
15254	Beaten eggs	2.00 ea
15254	Milk	1.50 c
15254	Chopped nuts	0.75 c
15254	Grated onion	1.00 ts
15254	Chopped celery	1.00 c
15254	Salt	1.00 ts
15254	Margarine	2.00 tb
15255	Fine oatmeal	1.00 lb
15255	Baking powder	0.50 ts
15255	Ground ginger	4.00 ts
15255	Allspice	1.00 pn
15255	Pale muscovado sugar	0.50 lb
15255	Butter	0.50 lb
15255	Golden syrup	2.00 tb
15256	9-in springform pan	1.00
15256	CHOCOLATE COOKIE CRUMB CRUST ---	0.00 -----
15256	Chocolate cookie crumbs	1.50 c
15256	Melted butter	0.25 c
15256	Cinnamon	0.25 ts
15256	CHEESE FILLING -----	0.00 -----
15256	Cream cheese	1.00 lb

Sheet1

15256	-at room temperature	0.00
15256	Sugar	1.00 c
15256	Green creme de menthe	0.33 c
15256	Creme de cacao	3.00 tb
15256	Flour	2.00 tb
15256	Salt	0.50 ts
15256	Eggs; separated	6.00
15256	Sour cream	1.00 c
15256	Semisweet chocolate	2.00 oz
15256	- grated to garnish	0.00
15256	- the top of the cake	0.00
15256	CHOCOLATE COOKIE CRUMB CRUST ---	0.00 -----
15256	CHEESE FILLING -----	0.00 -----
15257	Turnips; peeled	4.00 md
15257	- and sliced paper thin	0.00
15257	Yellow onion	1.00 md
15257	- peeled and finely sliced	0.00
15257	Melted butter	4.00 tb
15257	Whipping cream	0.50 c
15257	Anchovy fillets	4.00
15257	- finely chopped	0.00
15257	Nutmeg	0.25 ts
15257	- preferably freshly ground	0.00
15257	Freshly ground pepper	0.25 ts
15257	Crumbled Roquefort	0.50 c
15257	- OR Stilton	0.00
15257	- or other blue cheese	0.00
15258	Fresh Poblano chilies	12.00 lg
15258	Monterey Jack or Chihuahua	0.50 lb
15258	-cheese, cubed	0.00
15258	Yellow onion, coarsely	0.25 sm
15258	-chopped	0.00
15258	Garlic clove, halved	1.00 lg
15258	Eggs	6.00
15258	Salt	0.75 ts
15258	Crema Fresca:	0.00
15258	Whipping cream	1.50 c
15258	Sour cream	3.00 tb
15259	Butter	0.50 c
15259	Granulated sugar	1.00 c
15259	Large eggs	2.00 x
15259	Milk	1.00 T
15259	KNEAD IN 1/4 C FLOUR LATER -----	0.00 -----
15259	All-purpose flour,save 1/4 c	2.50 c
15259	Baking powder	2.00 t
15259	Salt	0.25 t
15259	Vanilla	0.50 t
15259	Almond	0.50 t
15259	KNEAD IN 1/4 C FLOUR LATER -----	0.00 -----



## Sheet1

15260	Skinless, boneless chicken	4.00
15260	-breast halves	0.00
15260	Olive oil	1.00 tb
15260	Freshly ground pepper, to	0.00
15260	-taste	0.00
15260	Dry red wine	0.50 c
15260	Fresh or canned plum	4.00
15260	-tomatoes, seeded and	0.00
15260	Coarsely chopped	0.00
15260	Dried basil	0.50 ts
15260	Dried marjoram	0.50 ts
15260	Pitted, sliced black olives	0.50 c
15260	Minced fresh parsley	0.25 c
15261	Brown lentils	0.50 l
15261	Water	2.00 l
15261	Finely chopped spring onions	0.25 l
15261	Garlic clove (opt.); crushed	1.00
15261	Finely chopped coriander *	0.50 dl
15261	Olive oil	0.75 dl
15261	Cold water	0.50 dl
15261	Flour	1.00 tb
15261	Vinegar (or to taste)	0.50 dl
15261	Salt	0.00
15261	Freshly ground black pepper	0.00
15262	Chicken	2.00
15262	-breasts,halved,skinned	0.00
15262	Olive oil	2.00 tb
15262	Onion,chopped	1.00
15262	Cloves garlic,minced	3.00
15262	Red pepper,cored,seeded,cut	1.00
15262	-into strips	0.00
15262	(1 1/2 oz.) dried tomato	1.00 c
15262	-halves	0.00
15262	Dry white wine	0.50 c
15262	Sliced,pitted ripe olives	0.33 c
15262	Lemon,sliced	1.00
15262	Cinnamon	1.50 ts
15262	Honey	1.00 ts
15262	Pepper	0.50 ts
15262	Salt,chopped parsley	0.00
15263	Dried chick peas	1.00 c
15263	-Cold water	6.00 c
15263	Onions,thinly sliced	2.00
15263	Olive oil	1.00 tb
15263	Salt	1.00 ts
15263	Lemon juice or wine vinegar	0.00
15264	Green bananas	3.00 lb
15264	Chicken Stock	2.00 c
15264	Butter	2.00 tb

Sheet1

15264	Small Onion, chopped	1.00
15264	Light cream or milk	1.00 c
15264	Eggs, beaten	2.00
15264	Salt	0.00
15264	Ground Nutmeg	0.00
15264	Cinnamon	1.00 pn
15264	Grated Cheddar Cheese	1.00 c
15264	Fresh Bread Crumbs	0.50 c
15265	Fresh green beans	1.00 lb
15265	Thai Curry Paste	2.00 tb
15265	Vegetable oil	2.00 tb
15265	Bamboo shoots (optional)	0.00
15265	Chicken broth	6.00 c
15266	Butter	0.50 c
15266	Onions, diced	2.00 md
15266	Fresh cut green beans	2.00 c
15266	Flour	0.50 c
15266	Bouillon	5.00 c
15266	Sour cream	1.00 pt
15267	Tofu cakes	2.00 ea
15267	Oil	4.00 tb
15267	Soy sauce	2.00 tb
15267	Dry sherry	1.00 tb
15267	French beans	0.50 lb
15267	Salt	1.00 ts
15267	Cornflour	1.00 ts
15267	Stock	2.00 tb
15268	Soy sauce	4.00 ts
15268	Sugar	1.00 ts
15268	Dry sherry/water	1.00 tb
15268	Sesame seeds	1.00 tb
15268	Salad oil	1.50 tb
15268	Cloves garlic minced/pressed	3.00
15268	Minced fresh ginger	1.00 tb
15268	Green beans cut diagonally	1.00 lb
15268	-into 2 inch lengths	0.00
15269	Green beans	1.00 lb
15269	-=OR=- a mixture of	0.00
15269	-Green and Yellow Wax Beans	0.00
15269	Boiling onions	8.00
15269	- about an 1-1/2" wide	0.00
15269	Garlic clove; thinly sliced	1.00 lg
15269	Virgin olive oil	2.00 tb
15269	Salt	0.00
15269	Ripe tomatoes; peeled	2.00 lg
15269	- seeded and chopped	0.00
15269	Chopped dill or basil	1.00 tb
15269	Chopped parsley	1.00 tb
15269	Water; -=OR=-	0.00

Sheet1

15269	Juice from the Tomatoes	0.00
15270	Beans	1.00 lb
15270	-(blue lakes, yellows,	0.00
15270	- haricot verts)	0.00
15270	Walnut oil	1.00 tb
15270	Olive oil	1.00 tb
15270	Shallot; finely diced	1.00
15270	Fresh tarragon, minced	1.00 ts
15270	New-crop walnuts; cracked	4.00
15270	- and broken into quarters	0.00
15270	Salt and pepper	0.00
15270	Tarragon vinegar	0.00
15270	-=OR=- Champagne vinegar	0.00
15270	- (to taste)	0.00
15271	Virgin olive oil	3.00 tb
15271	Garlic clove; sliced	1.00
15271	Dried red chile peppers	2.00 sm
15271	-=OR=- Double amount	0.00
15271	Swiss chard (about 1 1/2 lb)	1.00 bn
15271	Carrots	3.00 md
15271	Salt and pepper	0.00
15271	Vinegar	0.00
15271	-=OR=- Sliced Lemon Wedges	0.00
15272	Spam (8 oz.), rinsed and	2.00 cn
15272	-diced	0.00
15272	Onion powder	1.00 ts
15272	Chili powder	1.00 ts
15272	Vegetable oil	2.00 tb
15272	Salt & pepper to taste	0.00
15272	Potatoes, diced	2.00 c
15272	Carrots, diced	2.00 c
15272	Water	0.50 c
15272	Onion, diced	1.00 md
15272	Chopped red bell pepper	0.25 c
15272	Cloves garlic, minced	3.00
15272	Stalks celery, chopped	2.00
15272	(4 oz.) can chopped green	1.00
15272	-chile	0.00
15272	Picante sauce	0.25 c
15272	To 2 cups water	1.00
15272	Milk	1.00 c
15272	Cornstarch	1.00 tb
15273	Strips bacon, diced	6.00
15273	Onion, chopped	1.00 lg
15273	Vermicelli or thin spaghetti	8.00 oz
15273	Can Italian-style tomatoes	16.00 oz
15273	Can beef broth	14.00 oz
15273	Can diced green chilies	4.00 oz
15273	Red wine vinegar	2.00 tb

Sheet1

15274	MEXICAN CHILE;ROASTED,PEELED	0.00
15274	;STEMS REMOVED CHOPPD;	0.00
15274	PORK;CUBBED	1.00 lb
15274	VEGETABLE OIL	1.00 tb
15274	ONION;CHOPPED;LARGE	1.00
15274	GARLIC;MINCED;CLOVES	2.00
15274	CHICKEN BROTH	1.00 qt
15275	Oil or lard	2.00 T
15275	Minced onion (optional)	0.50 c
15275	Water	1.00 c
15275	Salt to taste	1.00 ea
15275	Clove garlic (optional)	1.00 ea
15275	Flour	1.00 T
15275	Diced green chili	1.00 c
15276	Boneless pork, cubed 1/2"	3.00 lb
15276	Peanut oil	3.00 tb
15276	Stalks celery, chopped	3.00
15276	Medium tomatoes, diced	2.00
15276	Green chiles, roasted,	7.00
15276	-peeled, seeded, chopped	0.00
15276	Cloves garlic, peeled and	4.00
15276	-crushed	0.00
15276	Chicken stock or water to	0.00
15276	-cover	0.00
15276	Salt to taste	0.00
15276	Jalapeno salsa (optional)	0.00
15277	Butter or margarine	2.00 tb
15277	Oil	1.00 tb
15277	Garlic cloves; minced	4.00 lg
15277	Onion; chopped	1.00 md
15277	Paprika	2.00 ts
15277	Chicken broth	4.00 c
15277	Tomatoes; chopped	1.50 lb
15277	Canned diced green chiles	4.00 oz
15277	Chili powder	0.25 ts
15277	Salt, pepper	0.00
15277	Plain low-fat yogurt	2.00 c
15277	Jack or cheddar cheese	4.00 oz
15277	- shredded	0.00
15277	Chopped cilantro	1.00 tb
15278	Tomatillos, *	12.00
15278	Yellow Onion, Chopped	0.50 c
15278	Jalapeno Peppers **	5.00
15278	Garlic, Minced	1.50 ts
15278	Fresh Tarragon, Chopped, OR	1.50 ts
15278	Dried Tarragon, Crushed	0.50 ts
15278	Sugar	0.50 ts
15278	Salt	0.50 ts
15278	Black Pepper	0.12 ts

Sheet1

15278	Fresh Cilantro, Chopped	3.00 tb
15278	Lime Juice	2.00 tb
15278	Olive Oil	2.00 tb
15279	Boneless Lamb Shoulder	3.00 lb
15279	Onion, Chopped	1.00 c
15279	Cloves Garlic, Fine Chopped	3.00
15279	Vegetable Oil	0.25 c
15279	Chicken Broth	2.00 c
15279	Salt	1.00 ts
15279	Crushed Juniper Berries, Dry	1.00 ts
15279	Pepper	0.75 ts
15279	Unbleached Flour	1.00 tb
15279	Water	0.25 c
15279	Poblano Chiles *	4.00
15279	Lemon Peel, Finely Shredded	2.00 tb
15280	Olive oil	0.50 c
15280	Chicken stock or canned brot	5.00 c
15280	Onions, chopped, yellow	4.00 c
15280	Tomatoes, italian plum,	28.00 oz
15280	Garlic cloves, chopped	8.00 x
15280	Jalapeno peppers,	8.00 x
15280	Potato, peeled and grated	0.00
15280	Fresh stemmed and minced	0.00
15280	Poblano chilies (1 1/2 lb),	12.00 x
15280	Carrots, sliced crosswise,	3.00 x
15280	1/2" pieces	0.00
15280	Green chilies,	28.00 oz
15280	Oregano, dried	1.50 tb
15280	Pork,boneless shoulder,	3.00 lb
15280	1/2" cubes	0.00
15281	Ears of fresh white or	12.00
15281	Yellow corn	0.00
15281	Monterrey Jack cheese,	1.00 lb
15281	Grated	0.00
15281	Pure lard	1.00 lb
15281	Butter	0.50 lb
15281	(scant) sugar	0.50 c
15281	Light cream, or more	0.25 c
15281	Green chiles, parched and	2.00
15281	Peeled	0.00
15281	Cheddar or Longhorn cheese	1.00 lb
15281	Salt	0.00
15282	Fresh Green Chillies OR	4.00 lg
15282	Fresh Green Chillies	8.00 sm
15282	Purple Shallots OR	0.50 c
15282	Onion, Chopped	1.00 md
15282	Chopped Garlic	1.00 tb
15282	Chopped Fresh Coriander	0.50 c
15282	-(Cilantro/Chinese Parsley)	0.00

## Sheet1

15282	Including Roots, Stems. And	0.00
15282	-Leaves	0.00
15282	Finely Sliced Lemon Grass OR	0.25 c
15282	The Thinly Slice Rind Of 1	1.00 md
15282	-Medium Lemon	0.00
15282	Chopped Galangal, Fresh Or	1.00 tb
15282	-Frozen	0.00
15282	Ground Coriander	2.00 ts
15282	Ground Cumin	1.00 ts
15282	Black Peppercorns	1.00 ts
15282	Ground Turmeric	1.00 ts
15282	Dried Shrimp Paste	1.00 ts
15282	Vegetable Oil	2.00 tb
15283	Fresh Green Chillies,	10.00 md
15283	-Chopped	0.00
15283	Cloves Garlic, Crushed	4.00 md
15283	Onion, Chopped	1.00 lg
15283	Fresh Coriander, Chopped	0.50 c
15283	Salt	2.00 ts
15283	Ground Coriander	2.00 ts
15283	Ground Cumin	1.00 ts
15283	Shrimp Paste (Kapi)	1.00 ts
15283	Ground Galangal (Kha) OR	1.00 ts
15283	Inch Dried Galangal (Kha)	1.00
15283	Ground Lemon Grass OR	1.00 ts
15283	Stalk Lemon Grass, Fresh	1.00
15284	Cumin seeds	1.00 ts
15284	Coriander seeds	1.00 ts
15284	Fresh green chillies,	6.00
15284	Chopped	0.00
15284	Chopped lemon grass	1.00 tb
15284	Chopped coriander root	1.00 ts
15284	Chopped shallots	1.00 tb
15284	Chopped garlic	1.00 tb
15284	Chopped galangal	1.00 ts
15284	Peppercorns	7.00
15284	Salt	1.00 ts
15284	Shrimp paste	1.00 ts
15285	Green Jalapeno Peppers	10.00
15285	Green Thai Chili Peppers	5.00
15285	Sliced Cilantro/Coriander	0.50 c
15285	-Root Or Stems	0.00
15285	Cloves Garlic	8.00
15285	Chopped Shallots Or:	0.25 c
15285	-Purple Onions	0.00
15285	Chopped Lemon Grass Or:	0.25 c
15285	Dried Lemon Grass	1.00 tb
15285	Thin Slices Fresh Galangal	5.00
15285	-Or 1 ts Dried Galangal	0.00

Sheet1

15285	-Powder	0.00
15285	Cumin	1.00 ts
15285	Shrimp Paste	1.00 ts
15286	Cumin seeds	1.00 ts
15286	Coriander seeds	1.00 ts
15286	Fresh green chilies,	6.00
15286	Chopped	0.00
15286	Chopped lemon grass	1.00 tb
15286	Chopped coriander root	1.00 ts
15286	Chopped shallots	1.00 tb
15286	Chopped garlic	1.00 tb
15286	Chopped galangal	1.00 ts
15286	Peppercorns	7.00
15286	Salt	1.00 ts
15286	Shrimp paste	1.00 ts
15287	Basic Green Sauce; *	2.00 c
15287	Dairy Sour Cream	1.00 c
15287	Flour Or Corn Tortillas; **	10.00
15287	Cooked Chicken; Shredded	3.00 c
15287	MontereyJack Cheese;Shredded	1.00 c
15287	Dairy Sour Cream	0.00
15288	Butter	2.00 tb
15288	Watercress; bunch	1.00
15288	Lettuce; head	0.50
15288	Scallion; with tops	3.00
15288	Cabbage leaf	2.00
15288	Celery top	4.00
15288	Thyme, fresh; sprig	0.00
15288	Parsley; handful	1.00
15288	Chicken broth	4.00 c
15288	Egg yolk	1.00
15288	Cream, heavy	0.50 c
15288	Seasoning; to taste	0.00
15289	Green lentils	8.00 oz
15289	Hot water	1.00 pt
15289	Margarine	2.00 oz
15289	Onion, finely chopped	1.00
15289	Carrot, chopped	1.00
15289	Green bell pepper, diced	1.00
15289	Garlic cloves, crushed	2.00
15289	Cayenne	0.25 ts
15289	Coriander	0.50 ts
15289	Cumin	0.50 ts
15289	Curry powder	0.50 ts
15289	Tomato paste	2.00 ts
15289	Salt & pepper	0.00
15289	Parsley	1.00 tb
15289	Oats	2.00 oz
15289	Breadcrumbs	2.00 oz

Sheet1

15289	---Yogurt sauce	0.00
15289	Oil for frying	0.00
15289	Yogurt	0.50 pt
15289	Parsley	2.00 tb
15289	Chives	1.00 tb
15289	Garlic clove, crushed	1.00
15289	Cumin	0.25 ts
15289	Lemon juice	0.00
15289	Salt & pepper to taste	0.00
15290	Shredded Green Mango	8.00 oz
15290	Cloves Garlic, Minced	6.00
15290	Shrimp Paste	2.00 tb
15290	Fish Sauce (Nam Pla)	0.25 c
15290	Lime Juice	2.00 tb
15290	Sugar	2.00 tb
15291	Mayonnaise	2.00 c
15291	Parsley chopped	2.00 tb
15291	Chives chopped	1.00 tb
15291	Tarragon leaves chopped	1.00 tb
15291	Chervil chopped	1.00 ts
15291	Dill weed chopped	1.00 ts
15292	CRUST -----	0.00 -----
15292	Macaroon crumbs; soft	1.75 c
15292	- about 7, 2" cookies	0.00
15292	Butter flavor Crisco; melted	0.25 c
15292	FILLING -----	0.00 -----
15292	Lime sherbet; softened	2.00 pt
15292	Vanilla ice cream; softened	1.00 qt
15292	Macaroon crumbs; soft	1.50 c
15292	CRUST -----	0.00 -----
15292	FILLING -----	0.00 -----
15293	Green olives, pitted	2.00 c
15293	Olive oil	3.00 tb
15293	Yellow onion, peeled and	0.50 md
15293	-sliced	0.00
15293	Cloves garlic, crushed	2.00
15293	Chicken stock	1.00 qt
15293	Whipping cream	1.00 c
15293	Flour cooked with 3 Tbsp	6.00 tb
15293	-olive oil to make roux	0.00
15293	Black pepper, freshly	0.00
15293	-ground, to taste	0.00
15293	Shots Tabasco	4.00
15293	Dry sherry	0.33 c
15293	Garnish:	0.00
15293	Sliced pimento-stuffed green	0.00
15293	-olives	0.00
15293	Garlic-bread croutons	0.00
15294	Garlic cloves; peeled	2.00 lg



Sheet1

15294	Salt	1.00 ts
15294	Chopped basil	1.00 tb
15294	Chopped parsley	2.00 tb
15294	Dried thyme	0.25 ts
15294	Sweet paprika	2.00 ts
15294	Tomato paste	1.00 tb
15294	Fruity olive oil	2.00 tb
15294	Bay leaves	2.00
15294	Onion; cut in 6ths	1.00 lg
15294	-and sliced thinly crosswise	0.00
15294	Saffron threads (generous)	1.00 pn
15294	Ripe tomatoes; peeled,	2.00 lb
15294	- seeded and chopped,	0.00
15294	- juice reserved	0.00
15294	Green bell peppers	2.00 md
15294	- chopped into small squares	0.00
15294	Water	6.00 c
15294	White rice	0.33 c
15294	Freshly ground pepper	0.00
15294	Chopped basil; for garnish	0.00
15294	-=OR=- Chopped Parsley	0.00
15294	Fresh grated Parmesan cheese	0.00
15295	Green Peppers, Seeded And	4.00 lg
15295	-Diced Small	0.00
15295	Vinegar	0.50 c
15295	Cayenne Pepper (Scant Or To	1.00 tb
15295	-Taste)	0.00
15295	Sugar	6.00 c
15295	White Vinegar	1.00 c
15295	Certo (Or Bottle)	1.00 pk
15295	To 4 Drops Red Or Green Food	3.00
15295	-Coloring	0.00
15296	Dry white wine	0.50 c
15296	All-purpose broth	0.75 c
15296	-OR low-sodium chicken broth	0.00
15296	Raspberry preserves	2.00 tb
15296	-OR frozen raspberry sauce	0.00
15296	GIBLETS from roasted duck	0.00
15296	-OR from roasted goose,	0.00
15296	- roughly chopped	0.00
15296	Whipping cream	0.50 c
15296	Butter	1.00 tb
15296	Green peppercorns in water	2.00 tb
15296	- drained	0.00
15297	Tomatillos; husks removed	10.00
15297	Serrano chile; -=OR=-	1.00
15297	-Jalapeno peppers,	2.00
15297	- cut lengthwise, seeded	0.00
15297	Onion; finely diced	0.50

Sheet1

15297	Chopped cilantro	2.00 tb
15297	Lemon juice	2.00 tb
15297	Olive oil	2.00 tb
15297	Salt; as desired	0.00
15298	Whole chicken legs w/thighs	4.00
15298	Salad oil	2.00 tb
15298	Fresh tomatillos*	1.00 lb
15298	Large onion,chopped	1.00
15298	Large fresh jalapeno chilies	2.00
15298	Garlic clove,presse d/minced	1.00
15298	Fresh cilantro leaves	0.50 c
15298	Salt	0.00
15298	Pepper	0.00
15299	Firm green tomatoes (approx)	1.00 lb
15299	Cornmeal or flour	0.00
15299	Eggs	6.00
15299	Chopped scallions	3.00 tb
15299	Basil leaves	3.00
15299	- torn or finely sliced	0.00
15299	Salt	0.00
15299	Freshly ground pepper	0.00
15300	Green tomatoes	1.00 kg
15300	Lemon	1.00 ea
15300	Water	1.00 c
15300	Sugar	3.00 c
15301	Green tomatoes	1.00 lb
15301	- sliced 1/2-in thick	0.00
15301	Cornmeal or flour	0.00
15301	Light olive oil; for the pan	0.00
15301	-=OR=- Butter	0.00
15301	Eggs	6.00 lg
15301	Chopped scallions	3.00 tb
15301	Fresh basil or lovage leaves	2.00 tb
15301	- torn or finely sliced	0.00
15301	- (or more if desired)	0.00
15301	Salt & freshly ground pepper	0.00
15301	Sprigs of basil or lovage	0.00
15301	- (for garnish)	0.00
15302	Sliced green tomatoes	4.00 qt
15302	Sliced onions	2.00 qt
15302	Pickling spice	0.50 c
15302	Brown sugar	3.00 c
15302	Vinegar	4.00 c
15302	Pickling salt	0.00
15303	Pastry for 9' pie with lid	0.00
15303	Tomatoes; green	3.00 c
15303	Brown sugar	0.75 c
15303	Molasses	0.50 c
15303	Water	0.25 c

Sheet1

15303	Flour	2.00 tb
15303	Cinnamon	1.00 ts
15303	Nutmeg	0.25 ts
15304	Green Tomatoes	6.00 lb
15304	Med. Onions	3.00
15304	Pickling Salt	4.00 tb
15304	Thin Slices Lemon	5.00
15304	Sweet Red Pepper *	0.75 c
15304	Brown Sugar	1.50 c
15304	Vinegar	1.50 c
15304	White Peppercorns	2.00 ts
15304	Whole Allspice	2.00 ts
15304	Whole Cloves	2.00 ts
15304	Celery Seeds	2.00 ts
15304	Mustard Seeds	2.00 ts
15304	Dry Mustard	2.00 ts
15305	Tomatoes, green	1.00 lb
15305	Pepper, red for contrast	1.00
15305	Cream	0.50 c
15305	Butter or oil for frying	0.00
15305	Salt and pepper to taste	0.00
15306	Pitted,cured Green Olives	0.25 c
15306	Minced Garlic	1.00 ts
15306	Med. Red Onion, diced small	0.50
15306	Chopped fresh Parsley	0.25 c
15306	Olive Oil, extra-virg. pref.	0.25 c
15306	Fresh Lemon Juice	0.25 c
15306	Salt and freshly ground	0.00
15306	- Black Pepper to taste	0.00
15307	Ripe Peaches (about 4 cups	2.00 lb
15307	- roughly chopped, reserve	0.00
15307	- the juice)	0.00
15307	Sour cream	1.50 c
15307	Reserved peach juice	1.00 c
15307	Pineapple juice	0.50 c
15307	Orange juice	0.50 c
15307	Lemon juice	0.25 c
15307	Dry Sherry	0.25 c
15307	Mint sprigs	8.00
15308	Green peppers	4.00
15308	Water,salted,boiling	0.00
15308	Pork and beans(21oz)	1.00 cn
15308	Smoked link sausages,chunks	6.00
15308	Onion,minced,dried	1.00 ts
15308	Brown sugar	2.00 tb
15308	Catsup	0.25 c
15308	Mustard,prepared	1.00 ts
15308	Cheddar cheese,grated(opt)	0.00
15309	Beef sirloin steak, cut	1.00

Sheet1

15309	1-inch thick	0.00
15309	Salt	0.00
15309	Pepper	0.00
15310	Ripe nectarines	6.00 ea
15310	Powdered sugar	3.00 tb
15310	Grated zest of 1 lemon	0.00
15310	Juice of 1/2 a lemon	0.00
15310	Angel food cake	6.00 sl
15310	Fresh blueberries	1.00 pt
15311	White or wheat bread	4.00 sl
15311	Pureed chipotle chiles	2.00 ts
15311	Cheese	5.00 oz
15311	- shredded or thinly sliced	0.00
15311	Ripe tomato; sliced	1.00
15311	Thinly sliced red onion	0.00
15311	Cilantro leaves	0.00
15311	- coarsely chopped	0.00
15311	Soft butter	0.00
15312	Chicken breasts	2.00
15312	Freshly ground black pepper	0.25 ts
15312	Sauce:	0.00
15312	Green onion; chopped	1.00 c
15312	Celery; minced	0.25 c
15312	Cl Garlic; minced	1.00
15312	Dry blond roux	1.00 tb
15312	Water	0.50 c
15312	Grapes; green seedless, hal	0.50 c
15312	-ved	0.00
15312	Sherry	1.00 tb
15312	Red currant jelly	1.00 tb
15312	Thyme	0.12 ts
15312	Freshly ground black pepper	0.00
15312	-to taste	0.00
15313	Chicken breasts*	4.00
15313	Olive oil	0.33 c
15313	Lemon juice	0.25 c
15313	Tarragon	1.00 tb
15313	Salt and pepper to taste	0.00
15314	Vegetable oil	0.25 c
15314	Fresh lemon juice	0.25 c
15314	Freshly ground pepper	0.50 ts
15314	Skinless, boneless chicken	6.00
15314	-breast halves	0.00
15314	Tarragon vinegar	3.00 tb
15314	Dry white wine	2.00 tb
15314	Dried tarragon	1.00 ts
15314	Butter or margarine	4.00 tb
15314	Dijon-style mustard	2.00 tb
15315	Limes	2.00

Sheet1

15315	Lemon	1.00
15315	Orange	1.00
15315	Of water	0.50 c
15315	Or more sugar	1.00 tb
15315	Garlic powder	1.00 ts
15315	Basil	2.00 tb
15315	Thyme	1.00 ts
15315	Salt & pepper	0.00
15315	Avocado oil (any will do)	0.25 c
15315	Chicken breast	2.00 lb
15316	Unsalted butter	6.00 tb
15316	Dark soy sauce	2.00 tb
15316	Sichuan peppercorn	1.00 ts
15316	-(roasted and finely ground)	0.00
15316	Finely chopped fresh chiles	2.00 ts
15316	Salt to taste	0.00
15316	Ears sweet fresh corn	8.00
15316	- (shucked)	0.00
15317	Firm Japanese eggplant	2.00 lb
15317	Olive oil	0.00
15317	Salt and pepper	0.00
15317	Balsamic vinegar	0.00
15317	Garlic cloves, plump	3.00
15317	- thinly sliced	0.00
15317	Basil leaves (about)	1.00 c
15317	- torn into small pieces	0.00
15318	Eggplant	1.00 lg
15318	Salt	1.00 ts
15318	Hoisin sauce	3.00 tb
15318	Tamari	2.00 tb
15318	Balsamic vinegar	2.00 tb
15318	Sugar	1.00 ts
15318	Hot pepper sauce	0.25 ts
15318	Sesame oil	2.00 tb
15318	Minced ginger root	0.50 tb
15318	Scallions, thinly sliced	4.00 ea
15318	Sesame seeds, toasted	1.00 tb
15319	Chopped onion	0.25 c
15319	Clove Garlic, minced	1.00 x
15319	Chili powder	0.50 t
15319	Margarine	1.00 T
15319	Tomato sauce	0.50 c
15319	Vinegar	2.00 T
15319	Honey	1.00 T
15319	Salt	0.25 t
15319	Pepper	0.25 t
15319	Beef flank Steak, 3/4" thick	1.50 lb
15320	Lime	2.00
15320	Salt	1.00 ts

Sheet1

15320	Pepper	0.50 ts
15320	Chilli powder	0.50 ts
15320	Amchoor *	0.50 ts
15320	Corn ear, husked	4.00
15321	Unsweetened orange juice	0.25 c
15321	Unsweetened pineapple juice	2.00 tb
15321	Minced cilantro leaves	1.00 ts
15321	Salt	0.25 ts
15321	(4 oz) chicken breast	4.00
15321	-halves, skinned	0.00
15321	Finely chopped pineapple	0.75 c
15321	Chopped red bell pepper	2.00 tb
15321	Jalapeno pepper, seeded and	1.00
15321	-chopped	0.00
15321	Minced cilantro leaves	2.00 tb
15321	White wine vinegar	1.50 ts
15321	Unsweetened orange juice	1.00 ts
15321	Pepper	0.50 ts
15322	Large button mushrooms	1.00 lb
15322	-- wiped clean	0.00
15322	MARINADE -----	0.00 -----
15322	Olive oil	1.00 c
15322	Garlic cloves; minced	4.00
15322	Red pepper flakes; crushed	1.00 ts
15322	Fresh parsley, chopped	1.00 tb
15322	Fresh cilantro or basil	1.00 tb
15322	-- (chopped)	0.00
15322	Salt	0.50 ts
15322	Freshly ground pepper	0.25 ts
15322	COLD TOMATO DRESSING -----	0.00 -----
15322	Tomatoes; peeled, seeded	3.00
15322	-- and chopped	0.00
15322	Shallots; minced	3.00
15322	Sherry wine vinegar	0.25 c
15322	Tomato juice	0.25 c
15322	Extra virgin olive oil	0.25 c
15322	Lime; juiced	1.00
15322	Chopped fresh parsley	2.00 tb
15322	Chopped fresh cilantro	2.00 tb
15322	-OR- basil	0.00
15322	MARINADE -----	0.00 -----
15322	COLD TOMATO DRESSING -----	0.00 -----
15323	Chicken breasts	4.00 lg
15323	Packed brown sugar	0.50 c
15323	Water	0.50 c
15323	Soy sauce	0.50 c
15323	Cooking sherry	0.50 c
15323	Cooling oil	2.00 tb
15323	Vinegar	2.00 ts

Sheet1

15323	Ground ginger	1.00 ts
15323	Clove garlic,minced	1.00
15323	Pineapple or 1 fresh	1.00 cn
15323	-pineapple (preferred)	0.00
15324	Olive oil	0.50 c
15324	Clove garlic	1.00
15324	Fresh sprigs rosemary	3.00
15324	Tenderloin pork	1.00 lb
15325	Pork tenderloin, trimmed of	1.50 lb
15325	-any membrane	0.00
15325	Vegetable oil	0.75 c
15325	Dry white wine	0.25 c
15325	Garlic cloves, crushed	3.00
15325	-lightly	0.00
15325	For the sauce: 3/4 cup dry	0.00
15325	-white wine	0.00
15325	Minced shallots	1.00 tb
15325	Heavy cream	1.00 c
15325	Dijon-style mustard	3.00 tb
15326	Red bell pepper roasted seed	1.00
15326	Jalapeno pepper roasted seed	1.00
15326	Shallots, peeled and minced	2.00
15326	Minced garlic	1.00 ts
15326	Cayenne pepper	0.25 ts
15326	Dijon mustard	1.00 tb
15326	Salt	0.50 ts
15326	Butter, softened	0.25 lb
15327	Finely ground lean chuck	1.75 lb
15327	Beef	0.00
15327	Grated onion	2.00 tb
15327	Grated ran green bell	2.00 tb
15327	Pepper	0.00
15327	Garlic,mashed	1.00 cl
15327	Finely chopped chives	1.50 tb
15327	Salt	0.00
15327	Black pepper	0.00
15327	Paprika	0.00
15327	Pinch of powdered thyme	0.00
15327	BELMONT SAUCE -----	0.00 -----
15327	Butter	3.00 tb
15327	Tomato ketchup	0.33 c
15327	Lemon juice	1.00 tb
15327	Worcestershire sauce	1.00 ts
15327	Generous dash Tabasco sauce	0.00
15327	Prepared mustard	1.00 ts
15327	Salt	0.00
15327	Black pepper	0.00
15327	A little mace to taste	0.00
15327	Dry sherry wine	0.00

Sheet1

15327	BELMONT SAUCE -----	0.00 -----
15328	Roasted Tomato Sauce; *	0.00
15328	Crab Meat; **	8.00 oz
15328	Green Onions w/tops; Sliced	0.50 c
15328	Butter Or Margarine	1.00 tb
15328	Dairy Sour Cream	0.50 c
15328	Monterey Jack Cheese; Shred	0.50 c
15328	Artichoke Hearts; ***	14.00 oz
15328	Flour Tortillas; ****	10.00
15328	Butter Or Margarine	4.00 tb
15329	Unsweetened white grape	0.50 c
15329	-juice	0.00
15329	Reduced-sodium soy sauce	0.25 c
15329	Dry white wine	0.25 c
15329	Sesame seeds	1.00 tb
15329	Vegetable oil	2.00 tb
15329	Garlic powder	0.25 ts
15329	Ground ginger	0.25 ts
15329	Boneless chicken breast	1.00 lb
15329	-halves, skinned	0.00
15330	Sweetbreads	1.75 lb
15330	Powdered mustard	1.00 ts
15330	Soy sauce	4.00 tb
15330	Pernod (optional)	2.00 tb
15330	Honey	2.00 tb
15330	Ground allspice	1.00 pn
15330	Lemon wedges	0.00
15331	-----	3.00
15331	Red onion	6.00
15331	Eggplants; sliced into	2.00
15331	- 1/3" thick rounds	0.00
15331	Olive oil	0.00
15331	Whole wheat bread	12.00 sl
15331	Arugula	1.00 bn
15331	RED WINE MARINADE -----	0.00 -----
15331	Red wine	1.00 c
15331	Olive oil	4.00 tb
15331	Garlic cloves	2.00 lg
15331	- sliced into ovals	0.00
15331	Rosemary leaves; -OR-	1.00 tb
15331	-Dried rosemary	1.00 ts
15331	Fennel seeds	0.25 ts
15331	Coarsely ground black pepper	0.00
15331	SWEET LEMON MAYONNAISE -----	0.00 -----
15331	Mayonnaise	0.50 c
15331	Lemon juice	2.00 tb
15331	Dijon-style mustard	1.00 ts
15331	Honey	1.00 ts
15331	Garlic clove	1.00



Sheet1

15331	- minced to a paste	0.00
15331	Salt	0.00
15331	Freshly ground pepper	0.00
15331	RED WINE MARINADE -----	0.00 -----
15331	SWEET LEMON MAYONNAISE -----	0.00 -----
15332	1-in slabs marinated tofu	2.00
15332	White or whole wheat bread	4.00 sl
15332	Mayonnaise	0.00
15332	Horseradish to taste	0.00
15332	Tomato, sliced	1.00 lg
15332	Salt and pepper	0.00
15332	Lettuce	0.00
15332	Thinly sliced red onions	0.00
15332	- (optional)	0.00
15333	Peanut oil	0.50 c
15333	Sesame oil	0.50 c
15333	Red wine	0.50 c
15333	Mushroom soy sauce	0.25 c
15333	Black vinegar	0.25 c
15333	Cloves garlic, minced	6.00
15333	Chinese five-spice powder	1.00 ts
15334	Firm Chinese tofu; cubed	16.00 oz
15334	Teriyaki sauce	0.75 c
15334	Mushrooms; halved	12.00 lg
15334	Red bell pepper	1.00
15334	-cut into 1" pieces	0.00
15334	Green bell pepper	1.00
15334	- cut into 1" pieces	0.00
15334	White onion	1.00 lg
15334	- cut into 1" pieces	0.00
15334	Bamboo skewers	12.00
15334	- soaked in water for 1 hour	0.00
15334	Canola or safflower oil	2.00 tb
15334	Barbecue Sauce	2.00 c
15334	-- (see separate recipe)	0.00
15335	Mushrooms,dried cepes or	0.25 c
15335	-porcini	0.00
15335	;Boiling water	0.33 c
15335	Thyme leaves	0.50 ts
15335	Rosemary leaves; crushed	0.25 ts
15335	Onion; minced	2.00 tb
15335	Garlic; minced	0.50 ts
15335	Fontina cheese; in 8 slices	0.25 lb
15335	Bunch watercress or arugula	1.00
15335	-(leaves only)	0.00
15336	Lard,butter,or bacon dripins	2.00 t
15336	Onion,med,coarsely chopped	0.50
15336	Beef round,coarse grind	1.00 lb
15336	Red chile,hot,ground	2.00 T

Sheet1

15336	Red chile,mild,ground	1.00 T
15336	Oregano,dried,pref. Mexican	0.25 t
15336	Cumin,ground	0.25 t
15336	Garlic cloves,med,fine chop	2.00
15336	Tomato soup(10-1/2oz ea)	2.00 cn
15336	Onion soup(10-1/2oz ea)	1.00 cn
15336	Kidney beans(16oz ea)	2.00 cn
15337	Water	1.50 c
15337	Garlic powder	0.25 ts
15337	Quick-cooking grits	0.50 c
15337	All-purpose flour	0.25 c
15337	(2 ozs) cheddar cheese,	0.50 c
15337	Shredded	0.00
15337	Egg, lightly beaten	1.00 lg
15337	Ground beef	0.75 lb
15337	(1.75 oz) taco	1.00 pk
15337	Seasoning mix	0.00
15337	(4 ozs) Monterey jack	1.00 c
15337	Cheese, shredded and	0.00
15337	Divided	0.00
15337	Fresh tomatoes, chopped	0.33 c
15337	Ripe black olive, sliced	0.25 c
15337	Green bell pepper, cored,	3.00 tb
15337	Seeded, and finely chopped	0.00
15337	Eggs, lightly beaten	2.00 lg
15337	Milk	2.00 tb
15338	Ground chuck	2.00 lb
15338	Shortening	4.00 tb
15338	Sage	0.50 ts
15338	All-purpose flour	3.00 tb
15338	Salt	2.00 ts
15338	Pepper	0.25 ts
15338	Unstrained tomatoes	2.00 c
15338	Onion, sliced, fried	10.00
15338	Buttered crumbs	0.00
15339	Miracle Whip	0.50 c
15339	Avocado, Peeled And Mashed	1.00 lg
15339	Chopped Tomato	1.00 sm
15339	Minced Onion	0.25 c
15339	Diced Green Chilies, Drained	0.25 c
15339	Lemon Juice	1.00 tb
15339	Salt	0.50 ts
15340	To 3 lb chicken wings	2.00 lb
15340	Salt	1.50 ts
15340	Cornstarch	7.00 tb
15340	Cloves garlic, minced	2.00
15340	Flour	4.00 tb
15340	Eggs	2.00
15340	Soy sauce	5.00 tb

Sheet1

15340	Sugar	4.00 tb
15340	Toasted sesame seeds	1.00 tb
15340	Green onions, chopped	2.00
15340	Oil for frying	0.00
15341	Basmati rice	1.00 c
15341	-Water	1.00 c
15341	Onion	1.00 lg
15341	Vegetable oil	2.00 tb
15341	Bay leaf	1.00 ea
15341	Cumin seeds	0.50 ts
15341	Cloves	2.00 ea
15341	Cardamom pod	1.00 ea
15341	Cinnamon stick; 1/2 inch	0.50 ea
15341	Peppercorns	0.50 ts
15341	Carrot; grated	2.00 c
15341	-salt to taste	0.00
15342	Mixed dal*	1.00 c
15342	Tomatoes, cut into wedges	3.00 md
15342	Eggplant, sliced into sticks	1.00 sm
15342	-- like french fries	0.00
15342	Zucchini, same as above	1.00 md
15342	Turmeric	0.50 ts
15342	Chopped ginger	1.00 tb
15342	Chopped garlic	1.00 ts
15342	Green chilies, minced	2.00 ea
15342	Ghee	4.00 tb
15342	Black mustard seeds	0.75 ts
15342	Cumin seeds	0.75 ts
15342	Asafetida	0.33 ts
15342	Salt	1.00 ts
15342	Chopped coriander leaves	2.00 tb
15343	Shank Beef	1.50 lb
15343	Oil	1.00 tb
15343	Onion, Sliced	1.00 lg
15343	Garlic Cloves, Sliced	2.00
15343	Thai Chile, Ground	3.00 tb
15343	Paprika	1.00 tb
15343	Coriander Seed, Ground	0.50 tb
15343	Turmeric	1.00 ts
15343	Caraway Seed, Ground	1.00 ts
15343	Ginger, Ground	1.00 ts
15343	Cloves, Whole	5.00
15343	Cinnamon Stick, 2"	1.00
15343	Coconut Milk	2.00 c
15343	Potatoes, Peeled & Chunked	1.00 lb
15343	Salt	0.50 ts
15344	Lamb, Fresh	1.75 lb
15344	Onions	2.00
15344	Thai Chiles	3.00

Sheet1

15344	Ginger, Fresh, 3/4" Knob	0.00
15344	Lemon Grass Root, 1/2" Knob	0.00
15344	Lemon Grass, Stem	1.00
15344	Garlic Cloves	2.00
15344	Macadamia Nuts	8.00
15344	Tomatoes, Ripe	2.00
15344	Oil	0.33 c
15344	Cardamom, Ground	0.50 ts
15344	Cumin Powder	0.50 ts
15344	Turmeric	0.50 ts
15344	Fennel Powder	0.25 ts
15344	Cinnamon Stick, 2"	1.00
15344	Cloves, Whole	4.00
15344	Salt To Taste	0.00
15344	Pepper, Black To Taste	0.00
15344	Coconut Milk	4.00 c
15345	Gelatin	2.00 tb
15345	Cold water	0.50 c
15345	Sugar	2.00 c
15345	Boiling water	0.75 c
15346	Gelatin	2.00 tb
15346	Cold water	0.50 c
15346	Sugar	2.00 c
15346	Boiling water	0.75 c
15347	Eggplants	2.00 lg
15347	Salt	0.00
15347	Zucchini	4.00 sm
15347	Sweet green peppers	3.00 sm
15347	Okra; optional	250.00 g
15347	Green beans	250.00 g
15347	Tomatoes, ripe, peeled	4.00 sm
15347	Olive oil	0.50 c
15347	Onions; sliced	3.00 sm
15347	Garlic cloves; crushed	2.00
15347	Chopped parsley	0.25 c
15347	Freshly ground black pepper	0.00
15347	Water	0.50 c
15348	Pillsbury Best Bread Flour*	5.50 c
15348	Sugar	3.00 tb
15348	Salt	2.00 ts
15348	Active Dry Yeast	2.00 pk
15348	Water	2.00 c
15348	Oil	0.25 c
15349	SHAPING OF BREADS	0.00
15350	DECORATION DIRECTIONS	0.00
15351	Water	10.00 c
15351	Yellow or green dried split	2.00 c
15351	- peas	0.00
15351	Lean salt pork	0.50 lb

Sheet1

15351	-OR-	0.00
15351	Diced smoked ham	2.00 c
15351	Ham hock	1.00
15351	Bay leaves	2.00
15351	Onion, finely chopped	1.00
15351	Carrpts, diced	2.00
15351	Celery with leaves, finely	1.00 c
15351	- chopped	0.00
15351	Salt and pepper to taste	0.00
15352	Cream cheese, softened	1.00 pk
15352	Jar (250 ml) salsa	1.00
15353	Haddock	3.50 lb
15353	Salt pork	0.33 lb
15353	Medium onions, chopped	2.00
15353	Pared, diced potatoes	2.00 c
15353	Whole milk	1.00 qt
15353	Evaporated milk	1.00 cn
15354	Cake flour	1.25 c
15354	Sugar	1.00 c
15354	Baking powder	1.50 ts
15354	Salad oil	0.25 c
15354	Water	0.25 c
15354	Large eggs	5.00
15354	Vanilla	2.00 ts
15354	Cream of tartar	0.25 ts
15354	Milk	1.00 c
15354	Coconut,shredded	3.50 c
15354	Whipping cream	1.00 c
15354	RASPBERRY COULIS -----	0.00 -----
15354	Raspberries	1.00 qt
15354	Sugar	1.00 tb
15354	RASPBERRY COULIS -----	0.00 -----
15355	Red eating apples	12.00 sm
15355	Wooden skewere	12.00
15355	Sugar	3.00 c
15355	Light corn syrup	0.75 c
15355	Water	1.00 c
15355	Few drops oil of cloves	0.00
15355	Red food coloring or:	0.00
15355	Red cinnamon candies	12.00
15356	Brown sugar	2.00 c
15356	Milk	0.67 c
15356	Sesame Tahini	0.67 c
15356	Vanilla	1.00 ts
15357	Virginia ham 3/4" thick and	2.00 sl
15357	-cut into 3/4" cubes	0.00
15357	Apples cut into wedges with	3.00
15357	-peel	0.00
15357	Maple syrup	3.00 tb

Sheet1

15357	Soya sauce	2.00 ts
15357	Catsup	0.50 c
15357	Apple juice	0.25 c
15357	Cinnamon	1.00 ds
15357	Cloves	1.00 ds
15358	Smoked ham, fully cooked, cu	2.00 c
15358	Swiss cheese,shredded	1.50 c
15358	Asparagus,frozen, cut up, th	1.00 pk
15358	Onions, green, sliced	2.00
15358	Milk	1.50 c
15358	Eggs	3.00
15358	Bisquick	0.75 c
15358	Salt	0.25 ts
15358	Pepper	0.12 ts
15359	Onion, chopped	1.00 sm
15359	Margarine	2.00 tb
15359	Frozen Southern-style hash	2.00 c
15359	-brown potatoes	0.00
15359	Ham cubes	1.50 c
15359	(4 oz) shredded cheese	1.00 c
15359	Spicy brown mustard	1.00 tb
15359	(10 oz) refrigerated pizza	1.00 pk
15359	-crust	0.00
15360	Margarine or Butter	2.00 tb
15360	Prepared Mustard	0.50 ts
15360	Slices Rye Bread, Toasted	4.00
15360	Slices Cooked Ham	4.00
15360	Large Tomato, Sliced	1.00
15360	Slices Cheese	4.00
15360	Coleslaw	1.00 c
15361	Onion,minced	2.00 tb
15361	Ham drippings	1.00 tb
15361	Eggs,beaten	3.00
15361	Milk	1.00 c
15361	Ham,diced,cooked	1.00 c
15361	Corn,whole kernel,well-drain	1.00 c
15361	Parsley,minced	1.00 tb
15361	Salt	0.25 ts
15361	Pepper	1.00 ds
15362	Slices bread	4.00
15362	Sprigs parsley	3.00
15362	Medium onion	0.25
15362	Cooked ham	1.00 lb
15362	Cheddar cheese, shredded	2.00 oz
15362	Eggs	2.00
15362	Milk	0.25 c
15362	Prepared mustard	1.00 tb
15362	Pepper	0.25 ts
15363	Fresh asparagus spears or	0.75 lb

Sheet1

15363	- one 10-oz. pkg. frozen	0.00
15363	- asparagus	0.00
15363	(14-1/2-oz.) stewed tomatoes	2.00 cn
15363	- cut up	0.00
15363	Dried parsley flakes	1.00 tb
15363	Dried basil, crushed	0.50 ts
15363	Dried oregano, crushed	0.50 ts
15363	Ground red pepper (optional)	0.12 ts
15363	Evaporated skim milk	1.00 c
15363	10-oz. multicolored pasta	0.00
15363	- such as wagon wheel or	0.00
15363	- corkscrew	0.00
15363	Lean fully cooked ham, cut	6.00 oz
15363	- into bite-size strips	0.00
15363	Red or green sweet pepper	1.00 sm
15363	- cut into strips	0.00
15363	Grated Parmesan cheese (opt)	0.00
15364	Ham (diced)	2.00 c
15364	Onion	1.00 md
15364	Celery stick	1.00
15364	Carrot (grated fine)	1.00 md
15364	Salt and pepper to taste	0.00
15364	Catsup	0.25 c
15364	Hot peppers (optional)	0.00
15364	Keep seeds in for FIRE!	0.00
15365	Cooked rice	1.50 c
15365	10 oz package frozen	1.00
15365	-broccoli, thawed	0.00
15365	Better, melted	3.00 tb
15365	Dried bread crumbs	1.00 c
15365	Chopped onions	1.00 c
15365	Flour	1.50 tb
15365	Pepper	0.12
15365	Milk	1.50 c
15365	Cooked ham, diced	2.00 c
15365	Cheddar cheese, grated	1.00 c
15366	Flour	1.75 c
15366	Rye Flour	0.33 c
15366	Baking Powder	2.00 ts
15366	Salt	0.25 ts
15366	Light Brown Sugar	1.00 tb
15366	Cooked Ham; finely chopped	0.33 c
15366	Swiss Cheese; shredded	0.50 c
15366	Egg; lightly beaten	1.00 lg
15366	Milk	1.00 c
15366	Vegetable Oil	0.25 c
15366	Spicy Brown Mustard	0.75 ts
15366	Worcestershire Sauce	0.50 ts
15366	Drops Hot Sauce	3.00

Sheet1

15367	Sliced peeled potatoes,	2.00 c
15367	-cooked	0.00
15367	Diced cooked ham	1.00 c
15367	Minced onion	1.00 tb
15367	Butter or margarine	0.33 c
15367	All-purpose flour	3.00 tb
15367	Milk	1.50 c
15367	Shredded cheddar cheese (4	1.00 c
15367	-oz.)	0.00
15367	Salt	0.75 ts
15367	White pepper	1.00 ds
15367	Chopped fresh parsley	0.00
15368	White bread	12.00 sl
15368	Cheddar cheese, shredded (6	1.50 c
15368	-oz.)	0.00
15368	Frozen chopped broccoli,	10.00 oz
15368	-thawed	0.00
15368	And well drained	0.00
15368	Ham, chopped	1.00 c
15368	Philadelphia cream cheese,	8.00 oz
15368	-softened	0.00
15368	Eggs	3.00
15368	Milk	1.00 c
15368	Dry mustard	0.50 ts
15369	Chicken stock	6.00 c
15369	Cooked ham; diced	2.00 c
15369	Potatoes; cubed	2.00 c
15369	Onions	8.00 sm
15369	Corn	1.00 c
15369	Cut green beans	1.00 c
15369	Lima beans	1.00 c
15369	Canned tomatoes	1.00 c
15369	Stalks celery w/leaves; chop	2.00
15369	Parsley; minced	1.00 tb
15369	Salt	1.00 ts
15369	Pepper	0.50 ts
15369	Bay leaf	1.00
15370	Can crescent rolls	8.00 oz
15370	Eggs, slightly beaten	2.00
15370	Grated Parmesan cheese	1.00 tb
15370	Salt	0.00
15370	Pepper	0.00
15370	(8 oz.) Monterey Jack cheese	2.00 c
15370	-cut into 1/2 " cubes	0.00
15370	Ham, cut into 1/2" cubes	2.00 c
15371	Slices bread (homemmade	4.00
15371	-whole wheat is best)	0.00
15371	Cream cheese, softened*	3.00 oz
15371	Ham, thinly sliced	4.00



Sheet1

15371	Butter (for cooking)	1.00
15372	Potatoes, peeled, grated,	3.00 lg
15372	Well drained (about 3 cups)	0.00
15372	Chopped cooked ham	1.00 c
15372	Chopped chives or green	0.33 c
15372	Onions	0.00
15372	Chopped fresh parsley	0.25 c
15372	Egg	1.00
15372	All purpose flour	2.00 tb
15372	Vegetable oil	3.00 tb
15373	Ground fully cooked Ham	0.50 lb
15373	Chopped Potatoes	2.00 c
15373	Chopped Onion	0.50 c
15373	Dried Thyme, crushed	0.25 ts
15373	Grated parmesan cheese	1.00 tb
15373	Sliced Celery	1.00 c
15373	Fresh or frz cut Green Beans	1.00 c
15373	Water	0.50 c
15373	Pepper	0.12 ts
15374	Drippings from 4 half-inch	4.00 tb
15374	Baked ham steaks	0.00
15374	Firmly packed *light* brown	0.25 c
15374	Sugar	0.00
15374	*strong* fresh-brewed black	0.50 c
15374	Coffee	0.00
15375	Finely chopped onion	0.25 c
15375	Pepper	0.12 ts
15375	Pkg frozen chopped spinach,	9.00 oz
15375	-thawed, well drained	0.00
15375	Or substitute fresh, steamed	0.00
15375	-chopped spinach	0.00
15375	Sour cream	1.00 c
15375	Pkg cream cheese, softened	250.00 g
15375	Eggs	2.00
15375	Cubed cooked ham	3.00 c
15375	Shredded Cheddar cheese	1.00 c
15376	Ham; finely diced	0.50 lb
15376	Onion; finely chopped	2.00 tb
15376	Nutmeg	0.00 pn
15376	Vegetable oil	1.00 tb
15376	Basic burger recipe	1.00
15376	Swiss cheese; thinly sliced	0.25 lb
15376	Mustard (optl)	3.00 tb
15377	Ham-cooked, diced	2.00 c
15377	Swiss cheese-shredded	1.00 c
15377	Green onions-chopped	0.33 c
15377	Milk	2.00 c
15377	Eggs	4.00
15377	Bisquick	1.00 c

Sheet1

15377	Salt	0.25 ts
15377	Pepper	0.12 ts
15378	Fully cooked boneless ham	5.00 lb
15378	Bottle coca-cola	2.00 qt
15378	Dijon mustard	1.50 tb
15378	Brown sugar	0.25 c
15378	Bread crumbs	1.25 c
15379	15-bean soup beans	10.00 oz
15379	- or other "ham" beans	0.00
15379	Ham scraps or fat; divided	1.50 c
15379	Ham bone (optional)	1.00
15379	Turkey carcass (optional)	1.00
15379	Celery stalk; sliced	1.00
15379	Carrot; sliced	0.50
15379	Bay leaf; crumbled	0.50
15379	Water (or more)	2.50 qt
15379	Onion; chopped	1.00
15379	Garlic cloves; chopped	2.00
15379	Salt	0.00
15379	Freshly ground pepper	0.00
15379	Tabasco (optional)	0.00
15379	Finely chopped fresh herbs	0.00
15379	- (optional) -	0.00
15380	Brown sugar	0.50 c
15380	Dry ground mustard	2.00 tb
15380	Ground ginger	2.00 ts
15380	Black pepper	1.00 tb
15380	Ground allspice	2.00 tb
15380	Ground marjoram	1.00 tb
15381	Ham drippings	6.00 tb
15381	Shredded cheese	0.25 lb
15381	Flour	6.00 tb
15381	Cooked diced ham	1.00 lb
15381	Milk	3.00 c
15381	Cubed cooked potatoes	4.00 c
15381	Salt	1.00 ts
15381	Onions, diced	2.00
15382	Ham, cooked	1.50 lb
15382	Butter	1.00 tb
15382	Onion, chopped	0.50 c
15382	Garlic, finely chopped	1.00 ts
15382	Mushrooms, in small cubes	0.25 lb
15382	Celery, chopped	0.50 c
15382	Salt	1.00
15382	Pepper, freshly ground	1.00
15382	Chicken Broth	1.00 c
15382	Fine Fresh Bread Crumbs	2.00 c
15382	Eggs, lightly beaten	2.00
15382	Pistachios	0.25 c

Sheet1

15382	Sour Cream	0.25 c
15382	Cumin, ground	0.25 ts
15382	Nutmeg, freshly grated	0.25 ts
15382	Parsley, finely chopped	4.00 tb
15383	For the aspic:	0.00
15383	Chicken broth	2.00 c
15383	Onion, sliced	1.00
15383	Egg white, reserving the she	1.00 lg
15383	-l	0.00
15383	Unflavored gelatin	1.00
15383	Med-dry sherry	0.25 c
15383	Garnish:	0.00
15383	Egg white, hard-boiled	0.00
15383	Black truffles	0.00
15383	For the mousse:	0.00
15383	Unflavored gelatin	2.00
15383	Medium dry sherry	0.25 c
15383	Scallions, finely chopped	3.00 tb
15383	Unsalted butter	1.00 tb
15383	Chicken broth	2.00 c
15383	Tomato paste,	2.00 tb
15383	Cooked ham, ground	3.00 c
15383	Nutmeg	0.12 ts
15383	Heavy cream	1.00 c
15384	Ham,smoked fully cooked, cut	2.00 c
15384	Swiss cheese,shredded	1.00 c
15384	Onion, chopped	0.33 c
15384	Milk	2.00 c
15384	Eggs	4.00
15384	Bisquick baking mix	1.00 c
15384	Pepper	0.12 ts
15385	Ground Ham	2.00 c
15385	Ground cooked carrots	1.00 c
15385	Melted butter	3.00 tb
15385	Eggs, beaten	2.00
15385	Milk	2.00 c
15385	Flour	2.00 c
15385	Baking powder	3.00 ts
15385	Salt	0.50 ts
15385	Pepper	0.25 ts
15386	Cooked Ham, Sausage, Bacon	1.00 c
15386	Diced Swiss Cheese	1.00 c
15386	Beaten Eggs	3.00 lg
15386	Milk	1.00 c
15386	Half And Half Or Cream	0.50 c
15386	Salt	0.00 ds
15386	Onion Salt	0.00 ds
15386	Pepper	0.00 ds
15386	Nutmeg	0.00 ds

Sheet1

15387	CORNMEAL QUICHE SHELLS -----	0.00 -----
15387	Shredded mozzarella cheese	0.33 c
15387	Finely chopped green onion	1.00 tb
15387	(with top)	0.00
15387	Eggs	2.00
15387	Milk	0.33 c
15387	Salt	0.25 ts
15387	Drops red pepper sauce	6.00
15387	Finely chopped, fully	2.00 tb
15387	Cooked smoked ham	0.00
15387	CORNMEAL QUICHE SHELLS -----	0.00 -----
15388	French bread,cubed	3.00 c
15388	Cheddar cheese,cubed	0.50 lb
15388	Ham,cubed	3.00 c
15388	B & B mushrooms (1 cup)	1.00 cn
15388	Can ripe olives,sliced	1.00 sm
15388	Flour	3.00 tb
15388	Dry mustard	1.00 tb
15388	Butter, melted	0.00
15388	Eggs, beaten	4.00
15388	Milk	3.00 c
15388	Salt and pepper to taste	0.00
15389	Butter or margarine	6.00 tb
15389	Flour	6.00 tb
15389	Milk	2.00 c
15389	Pepper	0.12 ts
15389	Marjoram	0.25 ts
15389	Cheddar cheese,sharp,grated	0.50 c
15389	Mushrooms,sliced(4oz)	1.00 cn
15389	Pimiento,chopped	2.00 tb
15389	Ham,cooked,diced	2.00 c
15389	Spaghetti	1.00 lb
15389	Water,boiling,salted	0.00
15389	Bread crumbs,buttered	1.00 c
15390	Ham, smoked	3.00 lb
15390	String beans	1.00 qt
15390	Salt & pepper	1.00 x
15390	Water	1.00 x
15390	Med Potato	5.00 ea
15391	Ham, cut 1 inch thick	1.50 lb
15391	Cloves	6.00
15391	Nutmeg	0.00
15391	Honey	0.50 c
15391	Sliced cooked parsnips	2.00 c
15391	Water	0.25 c
15392	Sliced ham	1.00 lb
15392	Pineapple juice	0.50 c
15392	Pineapple	4.00 sl
15392	Marshmallows	12.00

Sheet1

15393	Cooked ham, thinly sliced	2.00 lb
15393	Cherries, dark sweet (can)	16.00 oz
15393	Cornstarch	5.00 ts
15393	Sugar	0.50 c
15393	White vinegar	2.00 tb
15393	Water	2.00 tb
15393	Cinnamon	0.12 ts
15393	Nutmeg	0.12 ts
15393	Allspice	0.12 ts
15393	Rose wine (optional)	0.50 c
15394	Warm water	1.50 c
15394	Instant nonfat dry milk	0.67 c
15394	Lard or vegetable shortening	0.33 c
15394	Salt	1.50 t
15394	Sugar	3.00 T
15394	Dry yeast	2.00 pk
15394	Egg	1.00
15394	Flour; all-purpose (about)	5.50 c
15395	Pepper	0.00
15395	Onions, chopped	3.00 md
15395	Ground chuck	1.00 lb
15395	Water + 2 Tb	1.50 c
15395	Beef bouillion cube	1.00
15395	Pepper	0.00
15396	Ground beef	1.00 lb
15396	Celery,diced	1.00 c
15396	American cheese,diced	0.50 c
15396	Ripe olives,cut up	0.25 c
15396	Uncooked noodles	2.00 c
15396	Salt	1.00 ts
15396	Onion salt	0.25 ts
15396	Ketchup OR	3.00 tb
15396	Canned tomatoes	1.00 c
15397	Beef, ground	1.00 lb
15397	Salt	0.50 t
15397	Onion, minced	1.00 ea
15397	Egg, well beaten	1.00 ea
15397	Pepper	1.00 ds
15397	Bread crumbs	0.25 c
15398	Green Bell Peppers	6.00
15398	Breadcrumbs	1.50 c
15398	Cooked Ham, Chopped	1.00 c
15398	Salt	1.50 ts
15398	Minced Onion	2.00 tb
15398	Butter	2.00 tb
15398	Cooked Tomatoes	1.50 c
15399	Onion,large,chopped	1.00
15399	Mushrooms,sliced	1.00 lb
15399	Butter stick	1.00

Sheet1

15399	Flour	0.33 c
15399	Chicken broth	2.00 qt
15399	Canned pumpkin*	2.00 c
15399	Light cream	2.00 c
15399	Honey	3.00 tb
15399	Nutmeg	2.00 ts
15400	STIR TOGETHER BEFORE HEATING -----	0.00 -----
15400	Cane sugar	2.00 c
15400	Light Karo	0.67 c
15400	Water	0.75 c
15400	Oil flavor* & color	1.00 t
15400	Or more citric acid**	1.00 t
15400	STIR TOGETHER BEFORE HEATING -----	0.00 -----
15401	STIR TOGETHER BEFORE HEATING -----	0.00 -----
15401	Cane sugar	2.00 c
15401	Light Karo	0.67 c
15401	Water	0.75 c
15401	Oil flavor* & color	1.00 t
15401	Or more citric acid**	1.00 t
15401	STIR TOGETHER BEFORE HEATING -----	0.00 -----
15402	Butter or butter substitute	0.25 c
15402	Powdered sugar	1.00 c
15402	Cream	2.00 tb
15402	Crushed fruit	1.00 c
15403	Lemon	1.00
15403	Powdered sugar	1.50 c
15403	Butter or butter substitute	0.50 c
15403	Salt	0.00
15404	Sugar	2.00 c
15404	Corn syrup	0.75 c
15404	Water	1.00 c
15404	Food coloring	0.75 ts
15404	Desired flavored oil extract	0.75 ts
15405	Neck and breast of mutton	1.00 lb
15405	Turnip	1.00 sm
15405	Sticks Celery	2.00
15405	Onion	1.00
15405	Tomato sauce (ketchup)	1.00 tb
15405	Carrot	1.00 sm
15405	Flour	1.00 tb
15405	Drippings	1.00 tb
15405	Stock	1.00 pt
15406	Dried red chilies	1.00 oz
15406	Garlic clove, chopped	1.00
15406	Caraway seeds	1.00 ts
15406	Cumin seeds	1.00 ts
15406	Coriander seeds	1.00 ts
15406	Salt (several)	0.00 pn
15406	Olive oil	0.00

Sheet1

15407	Sour cream	0.50 c
15407	Mayonnaise	0.50 c
15407	Chopped, ripe olives	0.50 c
15407	Worcestershire sauce	1.00 ts
15407	Prepared mustard	0.50 ts
15407	Curry powder	0.50 ts
15408	Boned pork shoulder	1.00
15408	Minced fresh sage	1.00 tb
15408	Lemon juice	3.00 tb
15408	Carrots,peeled/cut into 2"	1.25 lb
15408	Russet potatoes,peel/quarter	1.00 lb
15408	Turnips,peeled and quartered	1.00 lb
15408	Parsnips,peeled & quartered	1.00 lb
15408	Lg hd grn cabbage,core/quart	1.00
15408	Cornstarch	1.50 tb
15408	Water	0.33 c
15408	Salt	0.00
15408	Pepper	0.00
15408	RICH PORK STOCK -----	0.00 -----
15408	Pork bones	0.00
15408	Large onion,chopped	2.00
15408	Large carrots,cut in pieces	2.00
15408	Water	0.50 c
15408	Water	1.00 qt
15408	Celery stalks,cut in pieces	2.00
15408	Dried thyme leaves	0.50 ts
15408	RICH PORK STOCK -----	0.00 -----
15409	Flour	3.00 c
15409	Sugar	3.00 c
15409	Cocoa	1.00 c
15409	Baking powder	3.00 ts
15409	Salt	0.12 ts
15409	Butter, melted	1.00 c
15409	Milk	1.50 c
15409	Vanilla	3.00 ts
15409	Eggs	3.00
15409	Cream, light	0.25 c
15410	Whole Kernel Corn	1.50 c
15410	Chopped Tomato	0.67 c
15410	Chopped Gren Pepper	0.50 c
15410	Finely Chopped Green	0.25 c
15410	Onions	0.00
15410	Brown Sugar	2.00 tb
15410	Jalapeno Pepper, Seeded &	0.50
15410	Minced	0.00
15410	Dilled Vinegar	0.25 c
15410	Salt	0.25 ts
15410	Minced Fresh Dill	0.25 c
15411	Flour	3.50 c

Sheet1

15411	Butter	1.00 c
15411	Sugar	2.00 c
15411	Eggs	4.00
15411	Soda	2.00 ts
15411	Cinnamon	2.00 ts
15411	Salt	1.00 ts
15411	Nutmeg	1.00 ts
15411	Ginger	0.50 ts
15411	Cloves	0.50 ts
15411	Pumpkin	1.50 c
15411	Choc. chips	1.50 c
15411	Walnuts (opt)	1.50 c
15412	Pork shoulder roast	3.50 lb
15412	Oil	2.00 tb
15412	Salt and pepper	0.00
15412	Water	1.50 c
15412	Potatoes, peeled	6.00 sm
15412	Carrots, peeled and cut	6.00 sm
15412	Into 2" pieces	0.00
15412	Onion, cut into wedges	1.00 lg
15412	Size acorn squash, cut in	1.00 md
15412	Half lengthwise, and then	0.00
15412	Seeded and cut into 3/4:	0.00
15412	Crosswise slices	0.00
15412	Chervil leaves	1.00 ts
15412	Size cooking apples, cut	2.00 md
15412	Into wedges	0.00
15412	Cider vinegar	2.00 ts
15412	(3/4 ounces) gravy mix for	1.00 pk
15412	Pork	0.00
15413	Peck Jerusalem Artichokes	1.00
15413	Onions, sliced medium	6.00
15413	-thickness	0.00
15413	Tumeric	3.00 tb
15413	Mustard seed	3.00 tb
15413	Dry mustard	2.00 tb
15413	1 9oz. jar of	0.00
15413	-French's prepared mustard	0.00
15413	Sugar	5.00 c
15413	Apple cider vinegar	0.50 ga
15413	Apple cider vinegar	1.00 pt
15414	Mild Or Hot Italian Sausage*	1.00 lb
15414	Lean Cubed Beef Chuck	1.00 lb
15414	Cubed Lean Pork Shoulder	1.00 lb
15414	Onions, Chopped	2.00 md
15414	Cloves Garlic, Minced	2.00
15414	Whole Canned Tomatoes	28.00 oz
15414	Masa Harina	0.25 c
15414	Beer	12.00 oz



Sheet1

15414	Paprika	1.00 tb
15414	Chili Powder	2.00 tb
15414	Dry Oregano	1.00 ts
15414	Cumin	1.00 ts
15414	Cayenne Pepper	0.12 ts
15414	Chopped Fresh Cilantro	0.50 c
15414	Lemon Juice	3.00 tb
15414	Can Green Chili Salsa	7.00 oz
15414	Chopped Jalapeno Pepper	1.00
15414	Chopped Bell Pepper	1.00
15415	Ground beef / pork	2.00 lb
15415	-(combination)	0.00
15415	Salt	0.50 ts
15415	Pepper (preferably fresh)	0.50 ts
15415	Coarse bread crumbs	0.50 c
15415	Cloves garlic (minced)	2.00
15415	Oyster sauce	2.00 tb
15415	Paprika	1.00 ts
15415	Onion (grated)	1.00 sm
15415	Brown sugar	1.00 tb
15415	Eggs (beaten)	2.00
15416	White chocolate, cut up	8.00 oz
15416	Unsalted macadamia nuts	1.00 c
15416	Flaked coconut	0.50 c
15416	Grated orange zest	1.00 ts
15416	-(optional)	0.00
15417	Yellow Cake Mix	1.00 pk
15417	Instant Vanilla Pudding	1.00 pk
15417	Cold Milk	1.00 c
15417	Cream Cheese, Softened	1.00 pk
15417	Cool Whip, Thawed	1.00 pk
15417	Crushed Pineapple (Drained)	1.00 cn
15417	Chopped Nuts (Optional)	0.50 c
15417	Marachino Cherries, Chopped	1.00 cn
15417	Flaked Coconut	0.50 c
15418	FOR 1 -----	0.00 -----
15418	Yeast	1.00 pk
15418	Bread flour	3.00 c
15418	Salt	2.00 ts
15418	Sugar	1.00 tb
15418	Nonfat dry milk powder	0.25 c
15418	Egg	1.00
15418	Soft butter	0.25 c
15418	Coconut; shredded	0.75 c
15418	Macadamia nuts (whole is	0.75 c
15418	-fine or use almonds)	0.00
15418	Crushed pineapple; well	0.50 c
15418	-drained	0.00
15418	Pineapple juice from above	0.50 c

Sheet1

15418	Warm water	0.25 c
15418	FOR 1 -----	0.00 -----
15419	FRANKS, sliced in 1" pieces	1.00 lb
15419	Pineapple, spears	1.00 c
15419	Green Pepper, cut in 1" pcs.	1.00
15419	Onion,sm. pickling or 1"pcs	1.00 c
15419	Brown Sugar	1.00 c
15419	Lemon Juice	2.00 tb
15419	Mustard	2.00 tb
15419	Cooking Oil,dep.size Fondue	3.00 c
15420	Sugar	0.25 c
15420	Molasses	2.00 tb
15420	Ginger	1.00 ts
15420	Soy sauce	0.25 c
15420	Dry Mustard	1.00 ts
15420	Cooking Oil	0.25 c
15420	Salt	1.00 ts
15420	Water	0.25 c
15420	Cloves Garlic crushed	2.00
15421	White Vinegar	1.00 c
15421	Brown Sugar, Packed	1.75 c
15421	Onion, Chopped	1.00 md
15421	Limes Or lemons, Sliced	2.00
15421	Garlic Clove, Crushed	1.00
15421	Golden Raisins	1.00 c
15421	Tomatoes, Peel & Chopped	2.00 lg
15421	Green Bell Pepper, Chopped	1.00
15421	Ginger, Cut In Strips	0.50 c
15421	Whole Blanched Almonds	0.50 c
15421	Red Pepper Flakes	0.25 ts
15421	Salt	1.50 ts
15421	Dry White Wine	1.00 c
15421	Very Firm Papayas *	3.00
15421	Chopped Fresh Pineapple	2.00 c
15422	Vegetable oil	3.00 tb
15422	Cooked, boned chicken cut	2.00 c
15422	-into small chunks	0.00
15422	Celery, diced	0.50 c
15422	Scallions, finely sliced	0.50 c
15422	Soy sauce	2.00 tb
15422	Macadamia nuts, chopped	0.50 c
15422	Sugar	0.50 ts
15422	Chicken stock	0.50 c
15422	Fresh pineapple, cut in	1.00 c
15422	-chunks	0.00
15423	Large frozen Hawaiian Punch	3.00 cn
15423	Large frozen Lemonade	3.00 cn
15423	Large frozen Orange juice	2.00 cn
15423	Rasberry sherbert	1.00 qt

Sheet1

15423	Ginger ale	2.00 qt
15424	Cornstarch	3.00 tb
15424	Brown sugar	3.00 tb
15424	Salt	0.50 ts
15424	Vinegar	0.25 c
15424	Catsup	0.50 c
15424	Soy sauce	1.00 tb
15424	(9 oz) crushed pineapple	1.00 cn
15424	Spareribs, trimmed	3.00 lb
15425	Hot water	0.67 c
15425	Margarine	2.00 tb
15425	Chicken flavor stuffing mix	2.00 c
15425	Crushed pineapple in syrup	1.00 cn
15425	Chicken breast halves*	4.00
15425	Green pepper,med,chopped**	1.00
15425	Brown sugar	2.00 tb
15425	Vinegar	2.00 tb
15425	Ground ginger	0.25 ts
15426	Ground beef	1.50 lb
15426	Nutmeg	0.25 ts
15426	Salt	1.00 ts
15426	Salad oil	2.00 tb
15426	Brown sugar	0.50 c
15426	Fresh pineapple chunks	2.00 c
15426	Eggs	2.00
15426	Onion, minced	1.00
15426	Pepper	0.25 ts
15426	Green peppers,bite size	2.00
15426	Garlic powder or minced garl	0.25 ts
15426	Cornstarch	4.00 tb
15426	Pineapple juice	1.25 c
15426	Soy sauce	1.00 tb
15426	Water	0.33 c
15426	Vinegar	3.00 tb
15427	Any flavor cake mix	1.00
15427	Instant vanilla pudding	1.00 pk
15427	Syrup drained from fruit	1.33 c
15427	Coconut	0.50 c
15427	9 oz container Cool Whip	1.00
15427	8 oz pkg cream cheese	1.00
15427	Fruit cocktail in syrup	1.00 cn
15427	Crushed pineapple in syrup	1.00 cn
15427	(both 20 oz each)	0.00
15427	Chopped walnuts	0.50 c
15428	Diced onion	0.50 c
15428	Minced fresh celery leaves	1.00 tb
15428	Diced potato	0.75 c
15428	Diced carrot	0.75 c
15428	Diced celery	0.75 c

Sheet1

15428	Chopped cabbage	1.00 c
15428	Fresh, whole, peeled	1.00 c
15428	-tomatoes	0.00
15428	Short ribs, cut into 3 inch	2.00 lb
15428	-pieces	0.00
15428	Water	5.00 c
15428	Bay leaf	1.00
15428	Salt and freshly ground	0.00
15428	-black pepper to taste	0.00
15428	Barley	0.25 c
15429	Peeled, diced vegetables:	2.00 lb
15429	-Carrots, Rutabagas,	0.00
15429	-Turnips, Onions, Celery	0.00
15429	Butter or vegan margarine	0.25 lb
15429	Salt	0.00
15429	Freshly ground black pepper	0.00
15429	Rolled oats	1.00 c
15429	Hazelnuts	0.67 c
15429	-chopped or slivered	0.00
15429	Onion; peeled and grated	1.00 sm
15429	Garlic clove; crushed	1.00
15429	Dried thyme	0.50 ts
15429	-OR- herbes de Provence	0.00
15430	CAKE:	0.00
15430	Semi-sweet chocolate	7.00 oz
15430	Butter	0.50 c
15430	Sugar	0.67 c
15430	Eggs; separated	5.00 ea
15430	Hazelnuts; ground filberts	1.00 c
15430	Vanilla	1.00 t
15430	Vanilla	2.00 T
15430	CUSTARD SAUCE:	0.00
15430	Whipping cream	1.00 c
15430	Egg yolks	2.00 ea
15430	Sugar	0.33 c
15430	RASPBERRY SAUCE:	0.00
15430	Raspberries; frozen,	10.00 oz
15430	Thawed and drained	1.00 x
15430	Seedless raspberry jam	0.50 c
15430	Cherry flavor liqueur;	1.00 T
15430	If desired	1.00 x
15431	Granulated sugar	0.50 c
15431	Chopped toasted hazelnuts	2.00 tb
15432	Eggs; Large, Separated	5.00
15432	Sugar	0.75 c
15432	;Water	6.00 tb
15432	Cake Flour; Sifted	1.75 c
15432	Baking Powder	1.00 ts
15432	Hazelnuts (Filberts);Ground*	1.50 c

Sheet1

15432	Vanilla Extract	1.00 ts
15432	Confectioners' Sugar	2.00 tb
15432	Cream; Heavy, Whipped	1.00 c
15432	Fresh Strawberries,If Desire	0.00
15433	Hog's head	1.00
15433	Sage and chili powder	0.00
15433	Hog's tongue	1.00
15433	Salt and pepper	0.00
15434	Liver, chopped	0.50 lb
15434	Butter	2.00 tb
15434	Carrots, diced	4.00 sm
15434	Celery, diced	0.50 c
15434	Onion, thinly sliced	1.00 lg
15434	Hot water	2.00 c
15434	Sugar	1.00 tb
15434	Fresh or frozen spinach	1.00 c
15434	Can Tomatoes	20.00 oz
15435	Packed, finely shredded	4.00 c
15435	Cabbage (about 1 pound)	0.00
15435	Onion,finely chopped	1.00 md
15435	(1/2 cup)	0.00
15435	Corn oil	1.50 tb
15435	Packed shredded carrot	1.00 c
15435	(2 medium)	0.00
15435	Garlic,minced (1 heaping	1.00 cl
15435	Tablespoon)	0.00
15435	Ground round or lean ground	0.50 lb
15435	Beef	0.00
15435	Egg white	1.00
15435	Whole egg	1.00
15435	Bread crumbs,preferably	0.33 c
15435	Whole wheat	0.00
15435	Dried basil,crumbled	1.00 ts
15435	Oregano,crumbled	0.25 ts
15435	Fresh ground black pepper,	0.50 ts
15435	To taste	0.00
15435	Water	0.25 c
15435	Vinegar	2.00 tb
15435	Packed shredded potatoes	1.00 c
15435	(2 medium)	0.00
15436	Unsalted butter	125.00 g
15436	Brown sugar, firmly packe	1.00 c
15436	Eggs	2.00 ea
15436	Cocoa	0.25 c
15436	Plain flour	1.00 c
15436	Self-raising flour	0.75 c
15436	Milk chocolate,chopped	50.00 g
15436	White chocolate, chopped	50.00 g
15436	Slivered almonds	60.00 g

Sheet1

15436	Dark chocolate, melted, e	50.00 g
15436	White chocolate, melted, ext	50.00 g
15437	Cut up broiler-fryer	1.00
15437	-chicken,skinned	0.00
15437	Uncooked oatmeal	1.00 c
15437	Parmesan cheese	0.33 c
15437	Salt	0.50 ts
15437	Paprika	0.50 ts
15437	Pepper	0.12 ts
15437	Cloves garlic,minced	2.00
15437	Milk	0.33 c
15437	Margarine,melted	0.25 c
15437	Parsley	0.00
15437	Cherry tomatoes	0.00
15438	Smoked ham bones	1.50 lb
15438	Onions, peeled and quartered	3.00 md
15438	Carrots, peeled and	3.00 md
15438	-quartered	0.00
15438	Potatoes, peeled and	3.00 md
15438	-quartered	0.00
15438	Ribs celery (inside stalks),	4.00
15438	-chopped	0.00
15438	Green bell pepper, seeded	1.00
15438	-and sliced	0.00
15438	Bay leaves	2.00
15438	Dried thyme	2.00 ts
15438	Salt	1.00 ts
15438	Freshly ground black pepper	0.25 ts
15438	Water	3.00 qt
15438	Fresh milk	2.00 c
15438	Fresh corn kernels	4.00 c
15438	Bacon, cooked and crumbled	8.00 sl
15439	Pkg Hamm beans or 2 c mixed	20.00 oz
15439	-dried beans	0.00
15439	Ham bone or ham hock (I use	1.00
15439	-1 lb ham chunks)	0.00
15439	Bouquet garni (can buy in	2.33 ts
15439	-the spice section)	0.00
15439	Water	3.00 qt
15439	Can tomatoes	28.00 oz
15439	Onions, chopped (2 cups)	2.00 lg
15439	Ribs celery, chopped (2	4.00
15439	-cups)	0.00
15439	Cloves garlic, minced	2.00
15439	Smoked kielbasa or Polish	1.00 lb
15439	-sausage (optional)	0.00
15439	Salt and pepper	0.00
15439	Chopped fresh parsley	0.00
15440	Olive oil	2.00 tb

Sheet1

15440	To 3 pound chicken, cut into	2.50
15440	-serving pieces	0.00
15440	Pkge frozen corn-on-the-cob	1.00
15440	Pkge frozen snap peas (8	1.00
15440	-ounces)	0.00
15440	Frozen sliced carrots	1.00 c
15440	Envelope onion soup mix*	1.00
15440	Water	2.00 c
15440	Sherry	0.25 c
15440	Prepared country Dijon-style	2.00 tb
15440	-mustard	0.00
15440	All-purpose flour	2.00 tb
15440	Sour cream	1.00 c
15441	Lean ground beef	1.00 lb
15441	Egg	1.00 lg
15441	Fresh bread crumbs,	1.00 c
15441	About 2 slices bread	0.00
15441	Salt	1.00 ts
15441	Freshly ground black pepper	0.25 ts
15441	Vegetable oil	2.00 tb
15441	Carrots,peeled and sliced,	3.00 md
15441	About 1 cup	0.00
15441	Quartered medium-size fresh	2.00 c
15441	Mushrooms, about 8 oz.	0.00
15441	Pearl onions, peeled and	8.00 oz
15441	Halved, about 1 1/2 cups	0.00
15441	All-purpose flour	2.00 tb
15441	Red burgundy or other dry	0.50 c
15441	Red wine	0.00
15441	Envelope instant beef	1.00
15441	Bouillon	0.00
15441	Chopped fresh parsley	3.00 tb
15441	12" loaf French bread	1.00
15441	Sliced	0.00
15442	Leftover chicken carcass	1.00
15442	Bouquet garni (4 parsley	1.00
15442	-sprigs, 1/4 tsp dried	0.00
15442	Thyme, 1 bay leaf, and 10	0.00
15442	-peppercorns tied in	0.00
15442	Cheesecloth)	0.00
15442	Cloves garlic	2.00
15442	Potatoes, peeled and diced	3.00 md
15442	Carrots, sliced	3.00
15442	Ribs celery, chopped	2.00
15442	Onion, chopped	1.00 md
15442	Salt	0.50 ts
15442	Dried marjoram	0.50 ts
15442	Freshly ground pepper	0.25 ts
15442	Scalded milk	2.00 c

Sheet1

15442	Egg yolks	2.00
15442	Dry sherry	2.00 tb
15442	Chopped cooked chicken	1.00 c
15442	Eggs, hard cooked and	2.00
15442	-chopped (Optional)	0.00
15442	Chopped fresh parsley	2.00 tb
15443	Dried kidney beans	1.00 c
15443	Water	4.00 c
15443	Frozen corn	1.00 c
15443	Onion, chopped	1.00
15443	Garlic clove, pressed	1.00
15443	Salt	1.00 ts
15443	Vegetable oil	1.00 tb
15443	Tomato sauce	1.50 c
15443	Chili powder	1.50 tb
15443	Cumin	1.00 ts
15444	Fresh or frozen halibut	2.00 lb
15444	-thawed	0.00
15444	Thinly sliced onion	0.75 c
15444	4 oz. sliced mushrooms,	1.00 cn
15444	-drained, or 1 c fresh slice	0.00
15444	-mushrooms	0.00
15444	Chopped fresh or canned	0.75 c
15444	-tomatoes	0.00
15444	Chopped green pepper	0.25 c
15444	Finely chopped pimento	3.00 T
15444	Dry white wine	0.50 c
15444	White vinegar	2.00 T
15444	Salt	1.00 t
15444	Fresh ground pepper	0.12 t
15444	Light margarine	2.00 T
15444	Minced parsley	0.25 c
15444	Lemon wedges to garnish	0.00
15445	Fresh or frozen halibut	2.00 lb
15445	-thawed	0.00
15445	Thinly sliced onion	0.75 c
15445	4 oz. sliced mushrooms,	1.00 cn
15445	-drained, or 1 c fresh slice	0.00
15445	-mushrooms	0.00
15445	Chopped fresh or canned	0.75 c
15445	-tomatoes	0.00
15445	Chopped green pepper	0.25 c
15445	Finely chopped pimento	3.00 T
15445	Dry white wine	0.50 c
15445	White vinegar	2.00 T
15445	Salt	1.00 t
15445	Fresh ground pepper	0.12 t
15445	Light margarine	2.00 T
15445	Minced parsley	0.25 c



Sheet1

15445	Lemon wedges to garnish	0.00
15446	(5/16-oz) yeast	1.00 pk
15446	Unbleached flour	1.25 c
15446	Bread flour	0.50 c
15446	Rye flour	0.50 c
15446	Sugar	2.00 tb
15446	Dry milk	1.00 tb
15446	Margarine	1.00 tb
15446	Salt	1.00 ts
15446	Caraway seed	2.00 tb
15446	Sauerkraut;drained	2.00 tb
15446	Water	0.88 c
15447	Polish sausage (Kielbasa),	0.50 lb
15447	-cut into 1/2" slices	0.00
15447	Can condensed cream of	10.75 oz
15447	-celery soup	0.00
15447	Water	1.50 c
15447	Can sauerkraut, drained and	8.00 oz
15447	-rinsed	0.00
15447	Brown sugar	1.00 ts
15447	Caraway seed	0.25 ts
15447	Black pepper	0.12 ts
15447	Dry rice	1.50 c
15448	Corn oil	4.00 tb
15448	Venison, cubed	1.00 lb
15448	Sweet Italian sausage	1.00 lb
15448	Can tomatoes	28.00 oz
15448	Water	3.00 c
15448	Chopped onions	1.00 c
15448	Worcestershire sauce	1.00 tb
15448	Potatoes, peeled, cubed	2.00
15448	Celery, sliced	1.00 c
15449	Lamb shanks	3.00
15449	Water (10 cups)	2.50 l
15449	Onion, chopped	1.00
15449	Celery stick, chopped	1.00
15449	Brown lentils	0.50 c
15449	Carrots, chopped	4.00
15449	Potatoes, chopped	2.00
15449	Small turnip, chopped	1.00
15449	Cabbage, small shredded	0.25
15449	Bacon rashers, chopped	2.00
15449	Onion, chopped, extra	1.00
15449	Celery stick, chopped, extra	1.00
15449	Beef stock cubes	2.00
15449	Parsely, chopped	2.00 tb
15449	Red capsicum, chopped	1.00
15450	Butter	0.50 c
15450	Light brown sugar, packed	1.50 c

Sheet1

15450	Sugar	0.50 c
15450	Flour, sifted	2.00 c
15450	Salt	0.25 ts
15450	Buttermilk	1.00 c
15450	Baking soda	1.00 ts
15450	Salt	0.12 ts
15450	Egg, slightly beaten	1.00
15450	Vanilla	1.00 ts
15450	1-1/8oz Heath Bars, finely	2.00
15450	- crushed (chilled)	0.00
15450	Pecans, finely chopped	0.75 c
15450	1-1/8oz Heath Bars, finely	6.00
15450	- crushed (chilled)	0.00
15451	Packed light brown sugar	1.00 c
15451	Sugar	0.50 c
15451	Unsalted butter	0.50 c
15451	Egg, beaten	1.00
15451	Buttermilk	1.00 c
15451	Pure vanilla extract	1.00 ts
15451	Sifted all-purpose flour	2.00 c
15451	Baking soda	1.00 ts
15451	Heath Bars, frozen and	8.00
15451	-chopped	0.00
15451	Chopped pecans	0.50 c
15452	Flour	2.00 c
15452	Brown sugar	1.00 c
15452	Sugar	0.50 c
15452	Butter	0.50 c
15452	Nuts, chopped	1.25 c
15452	Chocolate chips	1.00 c
15452	Heath Bars	9.00
15452	Baking soda	1.00 ts
15452	Buttermilk	1.00 c
15452	Egg	1.00
15452	Vanilla	1.00 ts
15453	Brown sugar	2.00 c
15453	Flour; all purpose, sifted	2.00 c
15453	Butter; or margarine,	0.50 c
15453	- softened	0.00
15453	Egg	1.00
15453	Salt	0.50 ts
15453	Milk	1.00 c
15453	Soda	1.00 ts
15453	Vanilla extract	1.00 ts
15453	Heath candy bars	6.00
15453	Pecans; chopped	0.50 c
15454	Ground cumin	0.25 c
15454	Fennel seeds	2.00 tb
15454	Coriander powder	3.00 tb

## Sheet1

15454	Curry leaves *	25.00
15454	Cardamom pods, crushed	10.00
15454	Whole cloves	6.00
15454	Ground black pepper	1.00 tb
15454	One-inch pieces rampa **	6.00
15454	One-inch pieces cinnamon	3.00
15454	-stick	0.00
15454	Dried, crushed red chilies	1.00 tb
15454	Mustard seeds	1.00 tb
15455	Fish Sauce (Nam Pla)	3.00 tb
15455	Soy Sauce	1.00 tb
15455	Cilantro Powder	1.00 ts
15455	Sugar	3.00 tb
15455	Thinly Sliced Sirloin	1.00 lb
15455	Oil For Deep Frying	2.00 c
15456	Bacon, diced	0.50 lb
15456	Onion, diced	1.00 lg
15456	Celery, diced	1.00 c
15456	#303 cn cream corn	3.00
15456	Potatoes, diced	2.00 lg
15456	Milk to taste	0.00
15457	Sugar	2.00 c
15457	Butter or butter substitute	1.00 tb
15457	Blanched and roasted almonds	0.50 c
15457	Marshmallow cream	2.00 tb
15457	Vanilla	1.00 ts
15457	Chopped pecans	0.50 c
15457	Grated unsweetened chocolate	4.00 tb
15457	Marshmallows	24.00
15457	Cream	1.00 c
15458	Sifted Unbleached Flour	2.00 c
15458	Baking Soda	1.00 ts
15458	Salt	0.50 ts
15458	Ground Cinnamon	1.00 ts
15458	Ground Nutmeg	0.50 ts
15458	Ground Cloves	0.25 ts
15458	Butter Or Regular Margarine	1.00 c
15458	Sugar	1.00 c
15458	Egg	1.00 lg
15458	Sour Milk	1.00 c
15458	Chopped Walnuts	1.00 c
15458	Raisins	1.00 c
15458	Sifted Confectioners Sugar	0.00
15459	Onion, chopped	1.00 md
15459	Celery	0.50 c
15459	Flour	2.00 tb
15459	Green pepper	1.00 md
15459	Fresh parsley	0.25 c
15459	Pepper	0.25 ts

Sheet1

15459	Cooked chicken	3.00 c
15459	Margarine	0.25 c
15459	Medium curry powder	1.00 tb
15459	Tomatoes/ ground tomatoes	14.00 oz
15459	Salt	1.00 ts
15459	Chicken stock *	1.50 c
15459	Raisins	0.33 c
15460	Oil For Deep-Frying	2.00 c
15460	Freshwater Fish Fillets	2.00 lb
15460	Dried Green Thai Chili	1.00 c
15460	-Peppers	0.00
15460	Unpeeled Garlic Cloves	0.50 c
15460	Unpeeled Whole Shallots	0.50 c
15460	Shrimp Paste	2.00 tb
15460	Fish Sauce (Nam Pla)	0.25 c
15460	Palm Sugar	3.00 tb
15461	Dry yeast	1.00 tb
15461	Warm water	0.50 c
15461	White flour	1.75 c
15461	Oregano	1.00 pn
15461	Parsley	2.00 pn
15461	Chives	3.00 pn
15461	Vegetable oil	2.00 tb
15461	Sugar	0.25 ts
15461	Salt	1.00 ts
15462	Chickens,about 2 to 3	2.00
15462	-lbs.each,cut into quarters	0.00
15462	Olive oil	1.00 c
15462	Dry white wine	1.00 c
15462	Clove garlic,crushed	1.00 lg
15462	Crumbled dried thyme	1.00 ts
15462	Salt and Freshly ground	0.00
15462	-black pepper to taste	0.00
15462	Onions,sliced	4.00 md
15462	Pine nuts	1.00 c
15462	Herbed Zahter Pitas	8.00
15463	Butter, softened	1.00 c
15463	Oregano	1.00 ts
15463	Basil	1.00 ts
15463	Garlic powder	1.00 ts
15464	Chopped tarragon	1.00 ts
15464	Chopped thyme (or dbl. amt.)	1.00 ts
15464	Chopped dill	1.00 ts
15464	Salt; or more to taste	1.00 ts
15464	Ground white pepper, or more	1.00 ts
15464	Chopped parsley	1.00 tb
15464	Lemon juice	2.00 tb
15464	Butter; room temperature	6.00 tb
15465	Butter	0.50 c

Sheet1

15465	Paprika	1.00 ts
15465	Green scallions	1.00 tb
15465	Oregano	0.25 ts
15465	Marjoram	0.25 ts
15465	Basil	0.25 ts
15465	Clove garlic, crushed	1.00
15465	Fresh parsley, chopped	3.00 tb
15465	Soy sauce	0.50 ts
15466	INGREDIENTS:	0.00
15466	Finely chopped fresh mint	1.00 c
15466	-(stems & leaves), or	0.00
15466	Sage, marjoram, tarragon, or	0.00
15466	-basil (all	0.00
15466	Including stems & leaves)	0.00
15466	Boiling water	1.00 c
15466	Fresh lemon juice	1.00 ts
15466	Sugar	3.00 c
15466	Cider vinegar	0.50 c
15466	Liquid pectin (1/2 bottle)	3.00 oz
15466	Green food coloring,	0.00
15466	-optional	0.00
15466	Sprigs of the herb used,	4.00
15466	-optional	0.00
15467	Flour	2.00 T
15467	Each ground sage and thyme	0.25 t
15467	Skinless boneless chicken	4.00
15467	* breasts	0.00
15467	Butter	2.00 T
15467	Cream of chicken soup	1.00 cn
15468	Cayenne	0.50 ts
15468	Garlic powder	1.00 tb
15468	Basil	1.00 ts
15468	Marjoram	1.00 ts
15468	Thyme	1.00 ts
15468	Dried parsley	1.00 ts
15468	Savory	1.00 ts
15468	Mace	1.00 ts
15468	Onion powder	1.00 ts
15468	Black pepper	1.00 ts
15468	Sage	1.00 ts
15469	Boiling water	0.25 c
15469	Pulverized herbs (Chamomile,	1.00 T
15469	Lavender, peppermint, rose-	0.00
15469	Mary, sage, thyme, or a	0.00
15469	Combination)	0.00
15469	Drops related essential oil	5.00
15469	Shredded Ivory or Castille	2.00 c
15469	Soap	0.00
15469	Plastic wrap	0.00

Sheet1

15470	Onion, chopped	1.00 lg
15470	Butter or margarine-2 sticks	1.00 c
15470	Celery, finely chopped	1.00 c
15470	Granulated Chicken Bouillon	2.00 ts
15470	Poultry seasoning	1.00 ts
15470	Salt	0.50 ts
15470	Pepper	0.25 ts
15470	Water	1.25 c
15470	White bread, cubed-24 slices	12.00 c
15470	Parsley	0.75 c
15471	Chicken Wings *	2.50 lb
15471	Dry White Wine	0.25 c
15471	Olive Oil	0.33 c
15471	Lemon Rind, Grated	2.00
15471	Lemon Juice	2.00
15471	Cloves Garlic, Chopped	2.00
15471	Parsley, Minced	4.00 tb
15471	Oregano	1.00 ts
15471	Thyme	1.00 ts
15471	Ground Black Pepper	0.25 ts
15472	Low Fat Yogurt	2.00 c
15472	Dried Thyme Leaves	0.50 ts
15472	Dried Basil Leaves	0.50 ts
15472	Salt	0.50 ts
15472	Fresh Ground Pepper	0.25 ts
15473	General info. and some	0.00
15473	Recipes	0.00
15473	Oatmeal	1.00 c
15473	Herbs	0.00 T
15473	Drop essential oil	1.00
15474	Soft butter or margarine	0.25 c
15474	Herbs	0.25 ts
15475	Bacon	4.00 sl
15475	Broiler-fryer, cut up (2 1/2	1.00
15475	-to 3 Lb)	0.00
15475	Onion, chopped (medium	0.50 c
15475	-onion)	0.00
15475	Clove garlic, minced	1.00
15475	Dry white wine	2.00 tb
15475	Dried basil, crushed	0.50 ts
15475	Dried thyme, crushed	0.50 ts
15475	Salt	0.25 ts
15475	Frozen peas (10 oz)	1.00 pk
15475	Tomatoes, cut into wedges	2.00 md
15475	Fresh parsley, snipped	2.00 tb
15476	Dry yeast	1.00 pk
15476	Sugar	1.00 ts
15476	Warm water (105-115F)	1.00 c
15476	Bread flour	2.33 c

Sheet1

15476	Cornmeal	0.33 c
15476	Salt	1.25 ts
15476	Light-tasting olive oil	0.50 c
15476	Garlic cloves; minced	2.00 lg
15476	Dried rosemary	1.00 ts
15476	Dried basil	1.00 ts
15476	Dried oregano	1.00 ts
15476	Kosher salt	0.00
15476	Fresh chives, snipped	1.00 tb
15476	Fresh parsley, minced	1.00 tb
15476	Red pepper flakes	1.00 tb
15477	Onions, thinly sliced	2.00 md
15477	Olive oil or cooking oil	2.00 tb
15477	Water	2.50 c
15477	Tomatoes, peeled and	6.00 md
15477	-quartered (about 2 lbs)	0.00
15477	6 oz can tomato paste	1.00
15477	Snipped fresh basil, or 2	2.00 tb
15477	-tsp dried, crushed basil	0.00
15477	Snipped fresh thyme, or 1	1.00 tb
15477	-Tbl dried, crushed thyme	0.00
15477	Instant chicken bouillon	1.00 tb
15477	-granules	0.00
15477	Sugar	0.50 ts
15477	Salt	0.50 ts
15477	Pepper	0.25 ts
15477	Few dashes bottled hot	0.00
15477	-pepper sauce	0.00
15477	Snipped parsley	0.00
15478	Cider vinegar	0.25 c
15478	Olive oil	0.25 c
15478	Apple juice	0.25 c
15478	Honey	1.00 ts
15478	Parsley leaves	0.50 c
15478	Dried leaf basil, crumbled	2.00 ts
15478	Dry mustard	0.25 ts
15478	Salt	0.75 ts
15478	Ground black pepper	0.12 ts
15479	To 3 to 3 1/2 lb boneless	1.00
15479	-pork loin roast, double	0.00
15479	Paprika	0.00
15479	Snipped fresh parsley	3.00 tb
15479	Snipped fresh oregano	0.50 ts
15479	Snipped fresh tarragon	0.25 ts
15479	Snipped fresh thyme	0.25 ts
15479	Snipped fresh dill	0.25 ts
15479	Snipped fresh chervil	0.25 ts
15480	Red bell pepper	1.00 sm
15480	Yellow bell pepper	1.00 sm

Sheet1

15480	Green bell pepper	1.00 sm
15480	Onion, thinly sliced	1.00 md
15480	Garlic clove, minced	1.00 md
15480	Boneless pork loin chops (4)	1.00 lb
15480	Salt	0.50 ts
15480	Ground black pepper	0.25 ts
15480	Olive oil	2.00 tb
15480	Minced fresh basil (OR 1 tsp	1.00 tb
15480	-dried)	0.00
15480	Minced fresh oregano (OR 1/2	2.00 ts
15480	-tsp dried)	0.00
15480	Balsamic vinegar	2.00 tb
15481	Onion	1.00 md
15481	Scallions	2.00 lg
15481	Tomato	1.00 lg
15481	Red potatoes (6 medium)	1.75 lb
15481	Salt	1.50 ts
15481	Vegetable oil	2.00 tb
15481	Minced fresh basil leaves	1.00 tb
15481	Dried oregano	0.25 ts
15481	Dried thyme	0.12 ts
15481	Ground black pepper	0.25 ts
15481	Bulk Italian sausage (OR	0.75 lb
15481	-other spicy sausage)	0.00
15481	Cheddar cheese	4.00 oz
15481	Sour cream	4.00 oz
15481	Paprika	0.50 ts
15482	Basmati rice	1.00 c
15482	Potatoes, peeled	2.00 md
15482	Fresh ginger	0.50 tb
15482	Green chilies, minced	2.00 ts
15482	Coconut	0.25 c
15482	Parsley, fresh	2.00 tb
15482	Ghee	3.00 tb
15482	Whole cloves	6.00
15482	Inch piece cinnamon stick	1.50
15482	Bay leaf	1.00 sm
15482	Whole cumin seeds	1.50 ts
15482	Frozen peas, defrosted	0.50 c
15482	Salt	1.00 ts
15482	Turmeric	0.75 ts
15482	Lemon juice	1.00 ts
15482	Water	2.25 c
15482	Sugar	1.00 ts
15482	Ghee	1.00 tb
15482	Lemon wedges to garnish	5.00
15483	Strips bacon	5.00
15483	Onion, chopped	1.00
15483	Carrot, diced	1.00



## Sheet1

15483	Ribs celery with leaves,	3.00
15483	-chopped	0.00
15483	Fresh parsley, minced	3.00 tb
15483	Fresh thyme, minced	1.00 tb
15483	Imported bay leaf	1.00 sm
15483	Dried rosemary	0.25 ts
15483	Split peas, picked over	0.50 lb
15483	Worcestershire sauce	1.00 ts
15483	Chicken broth	6.00 c
15483	Salt	0.00
15483	Freshly ground black pepper	0.00
15483	Fresh chives, snipped, for	1.00 tb
15483	-garnish	0.00
15484	Slices Bread	30.00
15484	Instant Minced Onion	3.00 tb
15484	Garlic Salt	2.00 ts
15484	Seasoned Pepper	0.50 ts
15484	Cooking Oil	0.33 c
15484	Parsley Flakes	3.00 tb
15484	Ground Sage	0.75 ts
15485	Crushed basil leaves	2.00 ts
15485	Crushed parsley flakes	2.00 ts
15485	Dried tarragon leaves	1.00 ts
15485	Onion powder	1.00 ts
15485	Salt	1.00 ts
15485	Garlic powder	0.50 ts
15485	Black pepper	0.25 ts
15485	Minature carrot halves	2.00 c
15485	Fresh green beans, cut into	1.00 c
15485	-2 inch pieces	0.00
15485	Water	0.33 c
15485	Cauliflower	2.00 c
15485	Broccoli florets	2.00 c
15485	White zinfandel wine	0.50 c
15485	Sliced fresh mushrooms	1.00 c
15485	Sliced fresh zucchini	1.00 c
15485	Sliced fresh yellow squash	1.00 c
15485	Sliced fresh pattypan squash	1.00 c
15485	Red bell pepper, sliced into	1.00
15485	-strips	0.00
15485	Fresh or frozen peas	1.00 c
15485	Olive oil	0.25 c
15485	Radish halves	1.00 c
15486	Chicken broth	2.00 c
15486	Thinly sliced onion	4.00 sm
15486	Minced fresh parsley	0.25 c
15486	Minced fresh oregano	0.25 ts
15486	Minced fresh chervil	0.25 ts
15486	Salt	0.00

Sheet1

15486	Freshly ground pepper	0.00
15486	Thinly sliced zucchini	4.00 md
15486	Shelled fresh green pea	2.00 c
15486	Sugar	2.00 tb
15486	Prepared horseradish	2.00 ts
15486	Fresh lemon juice	1.00 ts
15486	Half and half	2.00 c
15486	Garnish	0.00
15486	Sliced rounds lemon	0.00
15486	Sliced rounds zucchini	0.00
15487	Shortcrust pastry	1.00
15487	-- (see note)	0.00
15487	Curd cheese	6.00 oz
15487	Cottage cheese	4.00 oz
15487	(generous) mature cheddar	2.00 oz
15487	Eggs	4.00
15487	Milk (or more)	2.00 tb
15487	Fresh mint, parsley & chives	0.00
15487	Beaten egg to glaze	0.00
15488	Dried marjoram	3.00 tb
15488	Dried thyme	3.00 tb
15488	Dried savory	3.00 tb
15488	Dried basil	1.00 ts
15488	Dried rosemary	1.00 ts
15488	Dried sage	0.50 ts
15488	Fennel seeds	0.50 ts
15489	Lime juice	0.50 c
15489	Vegetable oil	0.25 c
15489	Honey	2.00 tb
15489	Fresh thyme, chopped	1.00 ts
15489	Garlic clove, crushed	1.00
15489	Chicken breasts, boned and	4.00
15489	-skinned	0.00
15490	Onion; finely chopped	1.00
15490	Chives; or onion shoots	4.00 c
15490	-cut into 1/2 inch pieces	0.00
15490	Salt	0.50 c
15491	Minutes or so. Dazzit!	15.00
15492	Herman	1.00 c
15492	Salt	0.25 ts
15492	Baking powder	2.00 ts
15492	Flour	1.00 c
15492	Soda	0.25 ts
15492	Oil	0.25 c
15492	Margerine	0.00
15492	Stick butter, melted	0.00
15492	Brown sugar	1.00 c
15492	Nuts	0.50 c
15493	Herman	2.00 c

Sheet1

15493	Flour	2.00 c
15493	Cinnamon	1.50 ts
15493	Baking powder	2.00 ts
15493	Baking soda	0.50 ts
15493	Oil	0.67 c
15493	Mayonnaise	1.00 tb
15493	Chocolate chips	1.00 c
15493	Nuts	1.00 c
15493	Cinnamon	1.00 ts
15493	Brown sugar	1.00 c
15493	Melted butter	0.25 c
15494	Herman	2.00 c
15494	Flour	2.00 c
15494	Sugar	1.00 c
15494	Baking powder	2.00 ts
15494	Soda	0.50 ts
15494	Salt	0.50 ts
15494	Oil	0.75 c
15494	Raisins or dates	1.00 c
15494	Nuts	0.50 c
15494	Cinnamon	1.00 ts
15494	Brown sugar	1.00 c
15494	Melted butter	0.25 c
15495	Herman starter	2.00 c
15495	Cinnamon, ground	1.50 ts
15495	Eggs	2.00 ea
15495	Sugar, granulated	1.00 c
15495	Flour, all-purpose	2.00 c
15495	Oil, vegetable	0.67 c
15495	Baking soda	0.50 ts
15495	Salt	0.50 ts
15495	Baking powder	2.00 ts
15495	Brown sugar	1.00 ea
15495	Cinnamon, ground	0.50 ts
15495	Flour	1.00 tb
15495	Butter	0.25 c
15495	Sugar, brown	1.00 c
15495	Milk	0.25 c
15496	Canned Sliced Pear Sauce*	1.00 lb
15496	Gingerbread Mix	1.00 pk
15496	Herman	0.50 c
15496	Water	0.50 c
15496	Pear Juice	0.25 c
15497	Flour	1.00 c
15497	Baking powder	2.00 ts
15497	Baking soda	0.25 ts
15497	Oil	0.25 c
15497	Salt	0.25 ts
15497	Herman	1.00 c

Sheet1

15498	Dry yeast	1.00 pk
15498	Flour	2.00 c
15498	Salt	1.00 ts
15498	Sugar	3.00 tb
15498	Water 110-115 degrees	2.00 c
15499	Or 2 envelopes active dry	2.00 tb
15499	Yeast	0.00
15499	Warm water	0.25 c
15499	Sugar	1.00 c
15499	All purpose white flour	2.00 c
15499	Milk (see note)	2.00 c
15500	Ginger	1.00 tb
15500	Honey;or brown sugar	0.50 c
15500	Warm water	0.33 c
15500	Dry yeast	2.00 tb
15500	Milk	2.00 c
15500	Whole wheat flour	1.00 c
15500	Flour white;or unbleached	1.00 c
15501	Jar	1.00 ga
15501	Pickling cukes (Kirby's are	4.50 lb
15501	-recommended)	0.00
15501	Level Tbs. + 1 level Tsp.	3.00
15501	-Kosher salt	0.00
15501	Clove thinly sliced garlic	1.00
15501	-...or more depending on	0.00
15501	-your preference	0.00
15501	Heaping Tbs. pickling	1.00
15501	-spices...but remove the red	0.00
15501	-peppers	0.00
15501	Full stalk of dill	1.00
15501	Powdered or granulated alum	0.25 ts
15501	Of white vinegar	1.00 c
15502	Plain Hershey bars	8.00
15502	Hershey syrup	15.50 oz
15502	Sugar	2.00 c
15502	Sticks oleo	2.00
15502	Eggs	4.00
15502	Flour	3.50 c
15502	Buttermilk	1.00 c
15502	Soda	0.50 ts
15502	Chopped pecans	1.00 c
15502	Vanilla	1.00 ts
15503	Graham cracker pie crust	1.00
15503	Milk	0.50 c
15503	1.35 oz. hershey bars w/nuts	6.00
15503	Large marshmallows (18-24)	21.00
15503	9 oz. whipped topping	0.50 pk
15504	Plain Hershey bars	10.00 oz
15504	Soda	0.50 ts

## Sheet1

15504	Margarine or butter	1.00 c
15504	Buttermilk	1.00 c
15504	Sugar	2.00 c
15504	1/2 oz can Hershey Chocolate	5.00
15504	-Syrup	0.00
15504	Eggs	4.00
15504	Vanilla	2.00 ts
15504	Flour	2.50 c
15504	Chopped nuts	2.50 c
15504	Salt	0.25 ts
15505	Flour	1.25 c
15505	Hershey's Cocoa	0.33 c
15505	Baking Soda	1.00 ts
15505	Extra Light Corn Oil Spread	6.00 tb
15505	Sugar	1.00 c
15505	Skim Milk	1.00 c
15505	White Vinegar	1.00 tb
15505	Vanilla Extract	0.50 ts
15506	Unbleached Flour, Unsifted	1.75 c
15506	Baking Powder	1.00 ts
15506	Baking Soda	1.00 ts
15506	Salt	0.50 ts
15506	Vegetable Shortening Or	0.50 c
15506	Vegetable Oil	0.00
15506	Sugar	1.50 c
15506	Eggs	2.00 lg
15506	Vanilla Extract	1.00 ts
15506	Cocoa (Less if using Dutch	0.67 c
15506	Process)	0.00
15506	PLUS 2 to 3 Tbls Hot Water	0.25 c
15506	Milk Mixed With 1 Tbls	1.00 c
15506	Water (To Make Sour Milk)	0.00
15507	Sugar	0.75 c
15507	Light corn syrup	0.33 c
15507	Hershey's cocoa	0.50 c
15507	Butter	0.33 c
15507	Evaporated milk	5.00 oz
15507	Vanilla	1.00 ts
15508	Butter or marge	0.50 c
15508	Brown sugar	1.50 c
15508	Eggs	3.00 x
15508	Flour,white	1.00 c
15508	Flour,wholewheat	1.00 c
15508	Baking soda	1.00 ts
15508	Cinnamon	1.00 ts
15508	Salt	0.50 ts
15508	Nutmeg	0.50 ts
15508	Cloves	0.50 ts
15508	Applesauce	1.50 c

Sheet1

15508	Prepared earthworms	1.00 c
15508	Chopped nuts	0.50 c
15508	Raisins	0.50 c
15509	Butter or shortening	0.50 c
15509	Sugar	1.50 c
15509	Vanilla	1.00 ts
15509	Cake flour; sifted	2.00 c
15509	Baking powder	2.00 ts
15509	Salt	0.25 ts
15509	Milk	0.75 c
15509	Hickory nuts; finely choppe	1.00 c
15509	-	0.00
15509	Egg whites, stiffly beaten	4.00
15510	Cottage Cheese	1.00 c
15510	Sour Cream	0.50 c
15510	Garlic, Minced	0.25 ts
15510	Salt, Hickory Smoked	0.50 ts
15510	Green Onion, Minced, Use All	1.00 tb
15511	Hidden Valley Ranch (R)	1.00 pk
15511	Salad dressing mix	0.00
15511	Dill	0.50 ts
15511	Salad oil	0.75 c
15511	Plain oyster crackers	5.00 c
15512	Cream cheese, softened	6.00 oz
15512	Sugar	0.67 c
15512	Eggs	3.00
15512	Packaged biscuit mix	1.33 c
15512	Pumpkin pie spice	2.00 ts
15512	Carrot; shredded	0.50 c
15512	Zucchini; shredded	0.50 c
15512	Cooking oil	0.25 c
15512	Vanilla	1.00 ts
15512	Powdered sugar	0.00
15513	Medium oatmeal	8.00 oz
15513	Salt	1.00 ts
15513	Dripping or lard	0.50 oz
15513	Hot water (or more)	3.00 tb
15514	CANDY CLASS, SUGARCRAFT -----	0.00 -----
15514	CANDY CLASS, SUGARCRAFT -----	0.00 -----
15515	Cornstarch	2.00 T
15515	Milk	1.00 c
15515	Chocolate cake mix	1.00 pk
15515	Sugar	1.00 c
15515	Shortening	0.50 c
15515	Butter, softened	0.50 c
15515	Vanilla	1.00 t
15515	Plus 2 T melted butter	0.50 c
15515	Baking cocoa	6.00 T
15515	Confectioner's sugar	3.00 c

Sheet1

15515	Egg	1.00
15515	Hot water	2.50 T
15515	Vanilla	1.00 t
15516	Pressed hoarhound	1.33 ts
15516	Boiling water	1.25 c
15516	White corn sirup	0.33 c
15516	Sugar	2.00 c
15516	Salt	0.12 ts
15517	Raisins	2.00 c
15517	Boiling water	2.00 c
15517	Baking soda	4.00 t
15517	Sugar	1.00 c
15517	Salt	0.50 t
15517	Vegetable oil	0.25 c
15517	Flour, or enough to stiffen	3.00 c
15518	Flour	2.00 c
15518	Raisins	1.00 c
15518	Sour milk	1.00 c
15518	Molasses	1.00 c
15518	Meal	1.00 c
15518	Soda	1.00 ts
15518	Butter	3.00 tb
15519	Dark Raisins	1.00 lb
15519	Light Raisins	1.00 lb
15519	Currants	2.00 lb
15519	Citron	1.00 lb
15519	Louisiana Pecans	2.00 lb
15519	All-Purpose Flour	4.50 c
15519	Nutmeg	2.00 ts
15519	Mace	1.00 ts
15519	Cinnamon	1.00 ts
15519	Butter	1.00 lb
15519	Brown Sugar	1.00 lb
15519	Eggs	12.00
15519	Orange Marmalade	6.00 oz
15519	Honey	0.50 c
15519	Sherry	0.50 c
15519	GARNISH -----	0.00 -----
15519	Candied Cherry Halves	0.00
15519	Pecan Halves	0.00
15519	GARNISH -----	0.00 -----
15520	Semisweet chocolate,	8.00 oz
15520	-coarsely chopped	0.00
15520	Whipping cream	0.75 c
15520	Corn syrup	2.00 tb
15520	Containers (each 1 quart)	3.00
15520	-ice cream	0.00
15520	Candy bars (50g)	9.00
15520	Chocolate sandwich cookies	16.00

Sheet1

15520	-(oreo)	0.00
15520	Slivered almonds, toasted	0.25 c
15521	Sugar	2.00 c
15521	Water	0.50 c
15521	Corn syrup	0.50 c
15521	Cream of tartar	0.25 ts
15521	Peppermint flavoring	0.50 ts
15521	Food coloring	1.00
15521	Wintergreen flavoring	0.50 ts
15522	Vanilla wafers (crushed)	1.00 pk
15522	Coconut (grated)	0.75 c
15522	Powdered sugar	0.75 c
15522	Frozen orange juice *	0.50 c
15523	Broth	4.00 c
15523	Cube bouillon	1.00
15523	Fresh pumpkin, peeled,	4.00 lb
15523	Seeded, cooked	0.00
15523	Water	2.00 c
15523	Half & half	2.00 c
15523	Molasses	2.00 tb
15523	Butter	1.00 tb
15523	Ground ginger	0.12 ts
15523	Nutmeg	0.25 ts
15523	Fresh parsley, chopped	0.50 c
15523	Chopped mint for garnish	0.00
15524	(16oz) carton (2 c.) sour	1.00
15524	-cream, lite or regular	0.00
15524	(1.0oz)envelope HIDDEN	1.00
15524	-VALLEY RANCH Original Ranch	0.00
15524	-Party Dip Mix	0.00
15524	(14oz) can artichoke hearts,	1.00
15524	-rinsed, drained, chopped	0.00
15524	(10oz) pkg. frozen chopped	1.00
15524	-spinach, thawed, well	0.00
15524	-drained	0.00
15524	(2 oz) jar diced pimientos,	1.00
15524	-rinsed, drained	0.00
15524	Round loaf bread, sourdough	1.00 lg
15524	-or any variety	0.00
15524	Round loaf bread, sourdough	1.00 lg
15524	-or any variety, cut into	0.00
15525	Butter	12.00 tb
15525	Egg yolks	3.00
15525	Cold water	2.00 tb
15525	Salt to taste	0.00
15525	Lemon juice	2.00 ts
15525	Cayenne pepper	0.12 ts
15526	USE ON MEATS AND VEGETABLES -----	0.00 -----
15526	Butter	0.25 lb



Sheet1

15526	Large egg yolks	3.00
15526	Lemon juice	2.00 tb
15526	Salt	0.50 ts
15526	Pepper	0.25 ts
15526	USE ON MEATS AND VEGETABLES -----	0.00 -----
15527	Flour	2.00 c
15527	White sugar	1.00 c
15527	Cinnamon	1.00 t
15527	Baking powder	0.75 t
15527	Oleo	0.50 c
15527	Slightly beaten egg	1.00
15527	Milk	0.25 c
15527	Raspberry jam	0.67 c
15527	Powdered sugar	2.00 c
15527	Vanilla	0.50 t
15527	Milk	3.00 T
15527	Red cinnamon candies	200.00
15527	Green food coloring	0.00
15528	Head of garlic	1.00 sm
15528	Olive oil	0.50 ts
15528	Fresh poblano chilies	3.00
15528	-OR- pasilla chilies	0.00
15528	Raw, shelled pumpking seeds	0.50 c
15528	Canned tomatillos; drained	10.00 oz
15528	Fresh cilantro, chopped	0.50 c
15528	Chicken or vegetable stock	0.50 c
15528	-OR- Water	0.00
15528	Extra firm, low-fat tofu	1.50 lb
15528	Tamari	0.25 c
15528	Cooked brown rice	3.00 c
15529	Large Eggs	2.00
15529	Apple Cider Vinegar	4.00 tb
15529	Vegetable Oil	1.50 c
15529	Dry Mustard	1.00 ts
15529	Seasoning Salt	1.00 tb
15530	Instant Minced Onion	2.00 ts
15530	Garlic Powder	0.12 ts
15530	Salt	0.50 ts
15530	Parsley Flakes	1.00 tb
15531	Angelica	1.00 lb
15531	Granulated sugar	1.00 lb
15532	Jim Vorheis	0.00
15532	Lard	4.00 tb
15532	Pork, cut into 2-inch cubes	3.00 lb
15532	White onion, roughly sliced	0.50 md
15532	Fresh marjoram sprigs, or	4.00
15532	-scant 1/4 tsp dried	0.00
15532	Fresh thyme sprigs, or scant	4.00
15532	-1/4 tsp dried	0.00

Sheet1

15532	California bay leaves,	3.00
15532	-broken up	0.00
15532	Peppercorns, crushed	10.00
15532	Orange, cut into eighths	1.00
15532	Milk	1.00 c
15532	Sea salt to taste	0.00
15533	Olive Oil	2.00 tb
15533	Garlic clove finely chopped	1.00
15533	Can tomato sauce	16.00 oz
15533	Onion - finely chopped	1.00 sm
15533	Fresh Parsley - freshly	2.00 tb
15533	Chopped and divided	0.00
15533	Sugar (optional)	1.00 ts
15533	Basil, Oregano, or Marjoram	1.00 tb
15533	- finely chopped	0.00
15533	Pepper - freshly ground	0.00
15533	Salt to taste (optional)	0.00
15534	Lg. onion, chopped coarsely	1.00
15534	-several stalks of celery,	0.00
15534	-chopped (I like to	0.00
15535	Fresh ginger	2.00 oz
15535	Lemons	2.00
15535	Cream of tartar	1.00 ts
15535	Sugar	1.00 lb
15535	Boiling water	1.00 ga
15535	Yeast	1.00 oz
15536	Soda	1.00 lb
15536	Cream of tartar	1.50 lb
15536	Cornstarch	0.25 lb
15537	Fresh green nasturtium seeds	2.00 c
15537	Water	1.00 c
15537	Salt	0.25 c
15537	Sugar	1.00 c
15537	Cider vinegar	1.00 c
15538	Coarsely Ground Chuck	2.00 lb
15538	Onions	4.00 md
15538	Cloves Garlic	3.00
15538	Canned Tomatoes, Undrained	28.00 oz
15538	Canned Pinto Beans	1.50 lb
15538	Salt	2.00 ts
15538	Chili Powder	0.25 c
15538	Oregano	1.00 tb
15538	Cayenne Pepper	1.50 ts
15538	Cold Water	5.00 c
15539	Sliced unpeeled crab apples	2.00 lb
15539	Water	3.00 c
15540	Rolled oats	4.00 c
15540	Wheat Germ	0.50 c
15540	Sesame Seeds	0.25 c

Sheet1

15540	Shelled Peanuts (or soybeans	0.25 c
15540	Light Sesame oil	2.00 T
15540	Honey	0.25 c
15540	Ground Cinnamon	1.00 t
15540	Grated Nutmeg or Cardamon	0.50 t
15541	Tomatoes (pref. overripe)	10.00 lb
15541	Wine vinegar	1.25 c
15541	Salt	2.00 tb
15541	Cinnamon	1.00 ts
15541	Allspice	1.00 tb
15541	Mustard powder	1.00 tb
15541	Cayenne pepper	1.00 ts
15541	Baking powder	1.00 tb
15541	Dark brown sugar	0.50 c
15542	Egg yolk	1.00
15542	Salt	0.50 ts
15542	Dijon mustard	0.50 ts
15542	-(or more to taste)	0.00
15542	Lemon juice	1.00 tb
15542	-=OR=- White Wine Vinegar	0.00
15542	Light olive oil; -=OR=-	1.00 c
15542	-peanut oil or vegetable oil	0.00
15542	Hot water	0.00
15543	Mustard Seed	2.00 tb
15543	Whole Allspice	1.00 tb
15543	Coriander Seeds	2.00 ts
15543	Whole Cloves	2.00
15543	Ground Ginger	1.00 ts
15543	Dried Red Pepper Flakes	1.00 ts
15543	Bay Leaf, crumbled	1.00
15543	Cinnamon Stick (2 inches)	1.00
15544	Canning tomatoes	12.00
15544	Chopped green chili	1.00 c
15544	Cumino	1.00 ts
15544	Sm onion	1.00
15544	Salt	1.00 ts
15544	Oregano	1.00 ts
15545	-Robbie Shelton	0.00
15545	Chili Powder	6.00 ts
15545	Paprika	5.00 ts
15545	Cumin	4.50 ts
15545	Onion Powder	3.00 ts
15545	Garlic Powder	2.50 ts
15545	Cayenne Pepper	0.12 ts
15546	Peeled and quartered	2.50 c
15546	-tomatoes	0.00
15546	Minced or crushed fresh	1.00 ts
15546	-onion	0.00
15546	Salt	1.00 ts

## Sheet1

15546	Butter or margarine	4.00 ts
15546	Sugar	2.25 ts
15546	Flour	2.00 ts
15546	Of pepper	1.00 ds
15547	Tomatoes (1 peck)	17.00 lb
15547	Brown sugar	1.00 c
15547	Onions	2.00 md
15547	All-purpose flour	1.00 c
15547	Hungarian hot peppers	2.00
15547	Ground allspice	1.00 ts
15547	Bunches celery	3.00 sm
15547	Ground cinnamon	1.00 ts
15547	Bunch fresh parsley	1.00 lg
15547	Ground cloves	1.00 ts
15547	Coarse salt	0.50 c
15547	Black pepper	0.25 ts
15547	( 1 stick) butter	0.50 c
15548	Bulk pork sausage	1.50 lb
15548	Chopped onion	0.50 c
15548	Sugar	1.00 tb
15548	Salt	1.50 ts
15548	Head green cabbage (1-3/4	1.00 md
15548	-pounds), cored, cut into	0.00
15548	-large chunks	0.00
15548	(16 ounces) whole tomatoes,	1.00 cn
15548	-undrained	0.00
15548	Pastry for 9-inch one crust	0.00
15548	-pie (see below)	0.00
15548	All-purpose flour	2.00 tb
15548	Cold water	0.25 c
15549	Ground Beef	1.50 lb
15549	Fresh Mushrooms; chopped	1.00 c
15549	Onion; finely chopped	1.00 md
15549	Carrot; minced	1.00 sm
15549	Clove Garlic; minced	0.00
15549	Dry Red Wine	0.25 c
15549	Nutmeg	0.12 ts
15549	Cayenne Pepper	0.12 ts
15549	(8oz) Mozzarella Cheese *	2.00 c
15549	Egg; lightly beaten	0.00
15549	Parmesan Cheese	0.25 c
15549	Jar Ragu Spaghetti Sauce **	0.00
15549	Lasagna Noodles ***	0.75 pk
15549	Salt and Pepper to taste	0.00
15550	Shoulder pork steaks*	4.00
15550	Chicken broth,reg strength	1.00 c
15550	Large carrots,thinly sliced	4.00
15550	Golden hominy,drained (15oz)	1.00 cn
15550	Chopped parsley	0.00

Sheet1

15550	Salt	0.00
15550	Pepper	0.00
15550	PINK PICKLED ONIONS -----	0.00 -----
15550	Medium-size red onion	1.00
15550	White wine vinegar	0.25 c
15550	Sugar	2.00 tb
15550	Water	0.33 c
15550	PINK PICKLED ONIONS -----	0.00 -----
15551		1.00
15551	- soaked overnight	0.00
15551	Salt	0.00
15551	Cumin seeds	1.00 ts
15551	Dried Mexican oregano	1.00 ts
15551	Cinnamon stick (1" long)	1.00
15551	Whole cloves	3.00
15551	Light olive oil	0.25 c
15551	--OR-- sunflower seed oil	0.00
15551	Onion; cut in 1/4-in squares	1.00 lg
15551	Garlic cloves; minced	2.00
15551	Ground red chile	1.00 tb
15551	--OR--	0.00
15551	-Paprika for milder flavor	0.00
15551	Bean broth or water (about)	2.00 c
15551	Fresh or canned tomatoes	1.00 lb
15551	- peeled, seeded & chopped,	0.00
15551	- juice reserved	0.00
15551	Peeled, cubed banana squash	3.00 c
15551	- (in 1-inch cubes)	0.00
15551	Cooked hominy	2.00 c
15551	Jalapeno chiles	2.00
15551	- seeded and finely diced	0.00
15551	Chopped cilantro for garnish	0.00
15551	Sour cream, optional	0.00
15551	--OR--	0.00
15551	-Shredded Muenster cheese	0.00
15552	Cooked or canned chick-peas;	2.00 c
15552	Tahini (sesame paste)	0.67 c
15552	Lemon juice (to taste)	0.75 c
15552	Cloves garlic	2.00
15552	Parsley sprigs	1.00
15553	Whole blanched almonds	1.00 c
15553	Cakes or packets (6 Oz ea)	2.00
15553	Active yeast	0.00
15553	Warm water (80-85 degrees)	1.00 c
15553	Packed brown sugar	0.25 c
15553	Honey	0.33 c
15553	Eggs, beaten	2.00
15553	Salt	1.00 t
15553	Butter, melted	0.50 c

Sheet1

15553	Grated orange rind	2.00 t
15553	Buttermilk or sour milk	0.50 c
15553	Whole wheat flour, unsifted	2.00 c
15553	White flour, unsifted	2.50 c
15553	Brown sugar filling	0.00
15554	Pork back ribs, cut into 2-3	3.50 lb
15554	-rib portions	0.00
15554	Water, to cover	0.00
15554	Honey barbecue sauce	0.00
15554	Apple cider	0.25 c
15554	Apple jelly	0.67 c
15554	Honey barbecue sauce	0.50 c
15554	Ketchup	0.50 c
15554	Brown sugar	1.00 tb
15554	Sweet pickle relish	1.00 tb
15554	Mustard	1.00 tb
15554	Cinnamon	1.00 ts
15555	Heinz 57 sauce	0.50 c
15555	Honey	0.25 c
15555	- chicken pieces	2.50 lb
15556	Pork spare ribs OR pork	3.00 lb
15556	-loin back ribs	0.00
15556	Lemon juice	3.00 tb
15556	Honey	3.00 tb
15556	Vegetable oil	2.00 tb
15556	Soy sauce	1.00 tb
15556	Instant minced onion	1.00 tb
15556	Paprika	1.00 ts
15556	Salt	1.00 ts
15556	Dried oregano	0.50 ts
15556	Garlic powder	0.12 ts
15557	Raisins	2.00 c
15557	Mixed nuts	1.00 c
15557	Honey	0.25 c
15558	Egg yolks	2.00
15558	Vanilla	1.00 ts
15558	Butter	0.50 c
15558	Cinnamon	1.00 ts
15558	Bland honey	2.00 c
15559	Soft butter or margarine	0.25 c
15559	Honey.	1.00 tb
15560	-Elaine Radis BGMB90B	0.00
15560	Yeast	1.00 pk
15560	Flour; better for bread flo	3.00 c
15560	Salt	1.50 ts
15560	Buttermilk	0.75 c
15560	Margarine	1.00 tb
15560	Honey	3.00 tb
15560	Water	0.50 c

## Sheet1

15561	Eggs	6.00
15561	Honey	1.33 c
15561	Flour, sifted	4.00 c
15561	Baking powder	2.50 ts
15561	Baking soda	0.50 ts
15561	Cardamom; or to taste - gro	1.00 ts
15561	-nd	0.00
15561	Milk	1.67 c
15561	Butter, melted	1.00 c
15562	Honey	4.00 oz
15562	Cinnamon	1.00 ts
15562	Brown sugar	4.00 oz
15562	Egg	0.00
15562	Flour	0.50 lb
15562	Bicarbonate of soda	0.50 ts
15562	Butter or margarine	4.00 oz
15562	Caster sugar	0.00
15562	A little milk	0.00
15563	Chicken wings, disjointed &	2.00 lb
15563	-tips discarded	0.00
15563	Freshly ground pepper	0.00
15563	Honey	1.00 c
15563	Soy sauce	0.50 c
15563	Vegetable oil	2.00 tb
15563	Ketchup	2.00 tb
15563	Garlic clove, crushed	1.00
15564	Sifted Flour	2.50 c
15564	Baking Powder	1.00 ts
15564	Baking Soda	1.00 ts
15564	Salt	0.50 ts
15564	Shortening	0.50 c
15564	Sugar	0.50 c
15564	Honey	0.75 c
15564	Egg, Separated	1.00
15564	Chocolate, Melted	2.00 oz
15564	Water	0.25 c
15564	Sour Milk	0.50 c
15564	Vanilla	1.00 ts
15565	Strained honey	2.00 c
15565	Butter or butter substitute	1.00 tb
15565	Lemon juice	1.00 tb
15565	Baking soda	0.12 ts
15565	Few grains salt	0.00
15566	Sugar	2.00 c
15566	Squares unsweetened	2.00
15566	-chocolate	0.00
15566	Evaporated milk	0.67 c
15566	Salt	0.12 ts
15566	Vanilla	1.00 ts

## Sheet1

15566	Butter or butter substitute	2.00 tb
15566	Honey	0.25 c
15567	Sugar	1.00 c
15567	Honey	0.50 c
15567	Salt	0.12 ts
15567	Diced marshmallows	1.00 c
15567	Water	0.25 c
15567	Egg white, stiffly beaten	1.00
15568	Honey	1.00 c
15568	Hot water	1.00 c
15568	Lemon juice	0.75 c
15568	Cold water	8.00 c
15569	Warm honey	1.00 c
15569	Powdered milk (non-instant)	2.75 c
15569	Drops oil of peppermint	4.00
15569	Green food coloring	0.00
15570	Honey	0.33 c
15570	Dijon style mustard	0.33 c
15570	White wine	2.00 tb
15570	Lemon juice	1.00 tb
15570	Dried marjoram	0.50 ts
15570	Chicken parts,skinned	2.50 lb
15571	Milk	1.00 c
15571	Mayonnaise	1.00 c
15571	Hidden Valley Ranch Style	1.00 pk
15571	-Dressing Mix	0.00
15571	Dijon mustard	1.00 ts
15571	To 4 tb honey	2.00 tb
15572	Dijon	1.00 pt
15572	Honey	1.00 pt
15572	Mayo	1.00 pt
15572	Sour cream	2.00 pt
15573	Honey mustard	3.00 tb
15573	Soy sauce	2.00 tb
15573	White wine vinegar	6.00 tb
15573	Vegetable oil	0.75 c
15573	Chopped fresh dill, optional	3.00 tb
15574	Hazelnuts	1.00 c
15574	Sugar	1.00 c
15574	Water	0.50 c
15574	Honey	0.75 c
15574	Egg white	1.00
15575	Finely shredded orange peel	0.50 ts
15575	Orange juice	0.50 c
15575	Honey	2.00 tb
15575	Soy sauce	1.00 tb
15575	Cornstarch	2.00 ts
15575	To 2 1/2 lbs. meaty chicken	2.00
15575	-pieces	0.00



Sheet1

15576	Sugar	4.00 c
15576	Egg whites	2.00
15576	Chopped nuts	1.00 c
15576	Water	1.00 c
15576	Honey	1.00 c
15576	Peanut butter	0.50 c
15576	Vanilla	1.00 ts
15577	Whole broiler-fryer breasts,	2.00
15577	-halved, boned and skinned	0.00
15577	Pecan pieces, fineluy	0.50 c
15577	-chopped	0.00
15577	Seasoned bread crumbs	0.33 c
15577	Grated orange peel	1.00 ts
15577	Salt	0.25 ts
15577	Paprika	0.25 ts
15577	Honey	0.25 c
15577	Orange juice	1.00 tb
15577	Container (12 oz)	1.00
15577	-cranberry-orange sauce	0.00
15578	Nuts	3.00 c
15578	Margarine	2.00 tb
15578	Cinnamon	0.50 ts
15578	Honey	0.50 c
15578	Grated orange peel	0.50 ts
15579	Ripe cucumbers	12.00
15579	Onions	6.00
15579	Pickling salt	0.50 c
15579	Water	1.00 ga
15579	Pickling vinegar	3.00 c
15579	Water	1.00 c
15579	Honey	2.00 c
15579	Mustard seed	2.00 tb
15579	Celery seed	2.00 ts
15579	Tumeric	2.00 ts
15580	Eggs, separated/room temp	6.00
15580	Granulated sugar	1.00 c
15580	Almond powder (OR	0.25 c
15580	Almond extract)	1.00 ts
15580	Honey	1.00 tb
15580	All purpose flour	1.50 c
15580	Baking powder	1.50 ts
15580	Salt	0.25 ts
15580	Baking soda	0.50 ts
15580	Milk	4.00 tb
15580	Melted butter, cooled	2.00 tb
15580	(OR peanut oil)	0.00
15581	Strained honey	1.00 c
15581	Sugar	1.00 c
15581	Butter or butter substitute	1.00 tb

Sheet1

15581	Few grains salt	0.00
15582	All-purpose flour	1.25 c
15582	Baking powder	2.00 ts
15582	Salt	0.25 ts
15582	Apple pie spice	0.25 ts
15582	Baking soda	0.12 ts
15582	Egg	1.00
15582	Apple juice	0.75 c
15582	Honey	2.00 tb
15582	Cooking oil	1.00 tb
15583	SPAM	1.00 cn
15583	Vinegar	0.50 ts
15583	Whole cloves	0.00
15583	Prepared mustard	1.00 ts
15583	Brown sugar	0.33 c
15583	Water	1.00 ts
15584	Butter or margarine	2.00 tb
15584	Carrot, coarsely grated	1.00 lg
15584	-(about 1 cup)	0.00
15584	Zucchini, coarsely grated	1.00 md
15584	-(about 1 cup)	0.00
15584	Diced onion	0.25 c
15584	Grated part-skim mozzarella	0.50 c
15584	-cheese	0.00
15584	Firm-textured white bread,	2.00 sl
15584	-coarsely grated	0.00
15584	(about 1 cup)	0.00
15584	Egg, lightly beaten	1.00 lg
15584	Salt and freshly ground	0.00
15584	-black pepper to taste	0.00
15584	Split chicken breasts (4	2.00
15584	-pieces with ribs),	0.00
15584	About 2 1/2 pounds	0.00
15584	Honey	0.25 c
15585	Lemon cake mix(18 1/2oz)	1.00 pk
15585	Medium white wine	1.00 c
15585	Sugar	0.50 c
15585	Honey	0.25 c
15585	Cinnamon sticks,3"	3.00
15585	Whole cloves	3.00
15585	Chilled whipping cream	1.00 c
15585	Honey	2.00 tb
15585	Unflavored yogurt	0.50 c
15585	Diced roasted almonds	0.00
15586	Chicken, cut up	1.00 lb
15586	(1 stick) butter or	0.50 c
15586	-margarine, melted	0.00
15586	Honey	0.50 c
15586	Dijon mustard	0.25 c

Sheet1

15586	Salt	0.50 ts
15586	Freshly ground pepper	0.25 ts
15587	Vinegar; white, wine	0.50 c
15587	Lemon juice; fresh	2.00 T
15587	Parsley; finely chopped	2.00 t
15587	Onion; chopped	2.00 t
15587	Dijon mustard	1.00 t
15587	Honey	1.00 t
15587	Pepper; ground	0.00
15587	Vegetable oil	0.33 c
15588	Mayonaise	3.00 c
15588	Sugar	0.50 c
15588	Honey	0.50 c
15588	Grey Poupon mustard	0.25 c
15588	Vinegar; white	0.25 c
15588	Onion powder	1.00 T
15588	Oil	1.00 c
15588	Parsley; fresh/dried	0.00
15589	Cider vinegar	3.00 T
15589	Honey	3.00 T
15589	Mayonnaise	6.00 T
15589	Salt	0.00
15589	Dijon mustard	1.00 T
15589	Onion; minced finely	1.00 T
15589	Parsley; chopped	1.50 T
15589	Vegatable oil	0.75 c
15590	Mayonnaise	1.00 c
15590	Vegetable oil	0.75 c
15590	Honey	0.50 c
15590	Vinegar	0.33 c
15590	Onion, finely chopped	0.25 c
15590	Parsley, chopped fresh	0.25 c
15590	Prepared mustard	0.25 c
15590	Sugar	1.00 T
15590	Salt	0.75 t
15591	Vinegar; white, wine	0.50 c
15591	Lemon juice; fresh	2.00 T
15591	Parsley; finely chopped	2.00 t
15591	Onion; chopped	2.00 t
15591	Dijon mustard	1.00 t
15591	Honey	1.00 t
15591	Pepper; ground	0.00
15591	Vegetable oil	0.33 c
15592	Flour	1.00 tb
15592	Salt	1.00 ts
15592	Pickling spice	2.00 tb
15592	Water	0.50 c
15592	Country-style pork ribs	3.00 lb
15592	Honey	0.33 c

Sheet1

15592	Vinegar	0.25 c
15592	Lemon juice	2.00 tb
15592	Hot sauce	1.00 tb
15592	Dry mustard	2.00 tb
15592	Garlic salt	0.50 ts
15592	Onion powder	0.25 ts
15592	Ground sage	0.25 ts
15593	Vegetable shortening	0.50 c
15593	Liquid honey	0.33 c
15593	Eggs	2.00
15593	Sifted all-purpose flour	1.25 c
15593	Ground nutmeg	0.50 ts
15593	Baking powder	0.50 ts
15593	Baking soda	0.25 ts
15593	Salt	0.25 ts
15593	Seedless raisins	0.67 c
15593	Vanilla	0.25 ts
15594	Firm Tofu Drained	0.25 c
15594	Lemon Juice	2.00 tb
15594	Honey	2.00 tb
15594	Ground Cumin	0.50 ts
15594	Salt	0.25 ts
15594	Plain Yogurt	0.25 c
15595	Peaches, peeled & quartered	3.00 lb
15595	Sugar	4.00 c
15595	Honey	1.00 c
15595	Orange, quartered	0.50
15595	Salt	0.50 ts
15595	Almond extract	0.25 ts
15596	-From the Kitchen of	0.00
15596	-Lawrence & Cindy Kellie	0.00
15596	Butter; softened	1.00 c
15596	Peanut butter	1.00 c
15596	Honey	0.25 c
15596	OPTIONAL -----	0.00 -----
15596	Toasted sesame seeds	2.00 tb
15596	OPTIONAL -----	0.00 -----
15597	Dried Tangerine Peel	0.50 oz
15597	--OR-- citrus peel	0.00
15597	Firm, white-fleshed Fish	3.00 lb
15597	-such as Rock Fish, Cod,	0.00
15597	-Halibut, Haddock, Scrod,	0.00
15597	-Red Snapper, or Sole,	0.00
15597	-(cleaned & left whole)	0.00
15597	Salt	2.00 ts
15597	Cornstarch	4.00 tb
15597	Peanut oil	2.00 c
15597	Finely chopped garlic	2.00 tb
15597	Minced peeled fresh ginger	3.00 tb

Sheet1

15597	Finely chopped scallions	4.00 tb
15597	Rice wine or dry sherry	3.00 tb
15597	Whole bean sauce	1.00 tb
15597	-(yellow bean sauce)	0.00
15597	Dark soy sauce	2.00 tb
15597	Sugar	1.00 tb
15597	Chicken stock or water	6.00 tb
15598	-----c-----	0.00
15598	All-purpose flour	2.00 c
15598	Granulated sugar	2.00 ts
15598	Salt	1.00 ts
15598	Butter flavor shortening	0.75 c
15598	Cold water	0.25 c
15598	Small egg,lightly beaten	1.00
15598	Apple cider vinegar	1.50 ts
15598	Sugar and cinnamon	0.00
15598	-----f-----	0.00
15598	Firmly packed brown sugar	0.33 c
15598	Granulated sugar	0.33 c
15598	Cinnamon	0.50 ts
15598	Butter flavor shortening	1.00 tb
15598	Peeled,sliced tart apples	6.00 c
15598	Apple cider, fresh	3.00 tb
15598	-----g-----	0.00
15598	Milk	0.00
15598	Granulated sugar	0.00
15599	THE FILLING -----	0.00 -----
15599	Butter or margarine	0.50 c
15599	Pet or Carnation evap.	0.75 c
15599	- milk	0.00
15599	Crisco	0.50 c
15599	Sugar, granulated	1.00 c
15599	Vanilla	1.00 tb
15599	THE CAKE -----	0.00 -----
15599	Eggs, large	3.00
15599	Vanilla	1.50 ts
15599	Milk, whole	1.00 c
15599	Butter	0.50 c
15599	Sugar	1.50 c
15599	Salt	1.00 ts
15599	Baking powder	3.50 ts
15599	Flour, all-purpose	2.00 c
15599	THE FILLING -----	0.00 -----
15599	THE CAKE -----	0.00 -----
15600	Margarine	0.50 c
15600	Crisco	0.50 c
15600	Sugar	1.00 c
15600	Evaporated milk	0.75 c
15600	Vanilla	1.00 tb

Sheet1

15600	CAKE -----	0.00 -----
15600	Eggs	3.00 lg
15600	Baking powder	3.50 ts
15600	Vanilla	1.50 ts
15600	Flour	2.00 c
15600	Milk	1.00 c
15600	Butter	0.50 c
15600	Plus 1/2 cup Sugar	1.50 c
15600	Sugar	0.00
15600	Salt	1.00 ts
15600	CAKE -----	0.00 -----
15601	Strips bacon	4.00
15601	Raw rice	0.50 c
15601	Onion	0.25 c
15601	Water	2.00 c
15601	Fresh Blackeye Peas	2.00 c
15601	Salt & Pepper to taste	0.00
15602	Dried black-eyed peas	2.00 c
15602	Piece of fatback	1.00
15602	-or salt pork	0.00
15602	Hot red pepper	1.00
15602	Onions; chopped	2.00 md
15602	Salt	0.00
15602	Freshly ground pepper	0.00
15602	Uncooked rice	1.00 c
15602	Drippings, preferably bacon	4.00 tb
15602	VINAIGRETTE -----	0.00 -----
15602	Red wine vinegar	0.33 c
15602	Dijon mustard	1.00 tb
15602	Peanut oil	1.00 c
15602	Salt and pepper	0.00
15602	Chopped fresh basil	2.00 tb
15602	Bacon	4.00 sl
15602	- crisply fried & crumbled	0.00
15602	VINAIGRETTE -----	0.00 -----
15603	Long Grain Rice	1.00 c
15603	Milk	4.00 c
15603	Sugar	0.50 c
15603	Vanilla	1.00 ts
15603	Cinnamon	0.50 ts
15603	Ice	0.00
15604	Best New Orleans sugar	2.00 c
15604	Horehound tea; strong	0.50 c
15604	Cream of tartar	0.50 ts
15605	Fresh horehound leaves	1.00 c
15605	Water	1.00 c
15605	Sugar	2.00 c
15605	Corn syrup or honey	2.00 tb
15606	Diced or julienne cooked bee	2.00 c

Sheet1

15606	Sugar	0.50 c
15606	Horseradish	0.33 c
15606	Onion juice	2.00 tb
15606	Vinegar	0.50 c
15607	Applesauce	1.00 c
15607	Horseradish	4.00 tb
15608	Chicken pieces	6.00 lb
15608	Fresh lemon juice	0.50 c
15608	Ketchup	0.50 c
15608	Drops of hot pepper sauce	4.00
15608	Salt and pepper	1.00
15608	Butter	1.00 c
15608	Cider vinegar	0.50 c
15608	Worcestershire sauce	2.00 ts
15608	Prepared horseradish	0.33 c
15609	Prepared horseradish	0.25 c
15609	Butter	0.50 c
15610	Sugar	2.00 c
15610	White vinegar	1.00 c
15610	Horseradish	0.75 c
15610	Bottle liquid pectin	0.50
15611	Grated horseradish	1.00 c
15611	White vinegar	0.50 c
15611	Salt	0.25 ts
15612	Lime jello	1.00 ea
15612	Boiling water	2.00 c
15612	Pimento, small	1.00 cn
15612	Cream cheese	8.00 oz
15612	May substitute cottage chees	1.00 ea
15612	Horseradish, moist	3.00 tb
15612	Nuts, finely chopped	1.00 c
15612	Salt	0.25 ts
15612	Lemon jello	1.00 ea
15612	Crushed pineapple, w/juic	1.00 cn
15612	Sweetened condensed milk	1.00 cn
15612	Lemon juice	3.00 tb
15613	Sweet Butter	0.25 lb
15613	Finely Grated Horseradish Or	2.00 ts
15613	Drained Commercial	2.00 ts
15613	Horseradish	0.00
15614	Sweet or sour cream; whipped	0.50 c
15614	Horseradish	0.25 c
15614	Soft bread crumbs	0.00
15615	Envelope unflavored gelatin	1.00
15615	Cold water	0.25 c
15615	Lemon-flavored gelatin	3.00 oz
15615	Boiling water	0.50 c
15615	Sour cream	8.00 oz
15615	Prepared horseradish	5.00 oz

Sheet1

15615	Mayonnaise	0.75 c
15616	Chicken Wings *	2.50 lb
15616	Lemon Juice Only	1.00
15616	Catsup	0.50 c
15616	Prepared Horseradish	5.00 tb
15616	Olive Oil	3.00 tb
15616	Worcestershire Sauce	1.00 tb
15616	Tabasco Sauce	5.50 ts
15616	Ground Black Pepper	0.50 ts
15617	Sweet red peppers cored	1.25 lb
15617	Seeded cut into 1/4 inch	0.00
15617	Dice (3 cups)	0.00
15617	Dried apricots cut into 1/4	12.00 oz
15617	Inch dice	0.00
15617	Raisins	1.00 c
15617	Onion fine chopped	1.00 lg
15617	Garlic thinly slivered	5.00 cl
15617	3-inch piece fresh	1.00
15617	Gingerroot peeled and thin	0.00
15617	Slivered (3 cup)	0.00
15617	Salt	1.50 ts
15617	Cumin seeds	1.00 ts
15617	Crushed red pepper flakes	1.50 ts
15617	Mustard seeds	0.75 ts
15617	Sugar	1.00 c
15617	Red wine vinegar	0.75 c
15618	Artichoke Hearts	14.00 oz
15618	Shrimp, Rinsed And Drained	4.25 oz
15618	Cream Cheese, Softened	3.00 oz
15618	Mayonnaise	0.50 c
15618	Pace Picante Sauce	0.50 c
15618	Grated Parmesan Cheese	0.25 c
15618	Finely Julienned Red Pepper	0.00
15618	- Strips	0.00
15618	Thinly Sliced Green Onion	0.00
15618	- Tops	0.00
15619	DIP -----	0.00 -----
15619	Sour Cream	0.50 c
15619	Mayonnaise	0.50 c
15619	White Wine Vinegar	2.00 ts
15619	Chopped Fresh Parsley	1.00 tb
15619	Chopped Green Onions	1.00 tb
15619	Minced Garlic	0.50 ts
15619	Tabasco Pepper Sauce	0.50 ts
15619	Crumbled Blue Cheese	3.00 tb
15619	Salt & Pepper To Taste	0.00
15619	CHICKEN WINGS -----	0.00 -----
15619	Chicken Wings	12.00
15619	Vegetable Oil For Frying	0.00



Sheet1

15619	Melted Butter Or Margarine	4.00 tb
15619	Catsup	1.00 ts
15619	Tabasco Pepper Sauce	1.00 ts
15619	Celery Sticks	0.00
15619	DIP -----	0.00 -----
15619	CHICKEN WINGS -----	0.00 -----
15620	Cucumbers	1.00 lb
15620	White rice or cider vinegar	0.25 c
15620	Sugar	1.00 tb
15620	Salt	1.00 ts
15620	Fresh red chili	0.50 oz
15620	-- finely sliced	0.00
15620	Finely chopped garlic	1.00 ts
15621	Beef back ribs	7.00 lb
15621	Water,divided	0.75 c
15621	Ketchup	1.00 c
15621	Lemon juice	2.00 tb
15621	Ground cinnamon	1.00 ts
15621	Hot pepper sauce	1.00 ts
15621	Crushed red pepper	0.50 ts
15622	Beef short ribs *	3.00 lb
15622	*cut in 1-in lengths	0.00
15622	Garlic cloves	4.00
15622	- peeled and minced	0.00
15622	1-in cubes ginger	2.00
15622	- peeled and minced	0.00
15622	Scallions; trimmed & minced	3.00 md
15622	Soy sauce	0.67 c
15622	Sesame oil	2.00 tb
15622	Spicy sesame oil	1.50 ts
15622	Sugar	1.00 tb
15622	Cider vinegar	2.00 tb
15622	Mirin (sweet rice wine)	1.00 tb
15622	Freshly ground black pepper	0.25 tb
15622	Toasted sesame seeds	2.00 tb
15623	TOPPING -----	0.00 -----
15623	Apples, red, medium,	4.00
15623	Dessert	0.00
15623	Sugar	3.00 tb
15623	Cinnamon, ground	2.00 ts
15623	MUFFIN BATTER -----	0.00 -----
15623	Flour, all-purpose	2.00 c
15623	Salt	1.00 ts
15623	Baking powder	1.00 tb
15623	Sugar	0.25 c
15623	Eggs	2.00
15623	Milk	0.67 c
15623	Butter, melted	0.25 c
15623	Apples, peeled, chopped,	1.00 c

Sheet1

15623	TOPPING -----	0.00 -----
15623	MUFFIN BATTER -----	0.00 -----
15624	Butter	1.25 c
15624	Sugar	0.67 c
15624	Egg, well-beaten	1.00
15624	Sifted all-purpose flour	2.50 c
15624	Baking powder	3.00 ts
15624	Salt	0.50 ts
15624	Milk	1.00 c
15624	Apples, sliced & pared	3.00 c
15624	Brown sugar	0.25 c
15624	Cinnamon, ground	1.00 ts
15624	Sweetened whipped cream	2.00 c
15625	Sugar	4.00 tb
15625	Dried Apricots	3.00 oz
15625	Water	1.00 c
15625	Fresh Lemon Juice	1.00 tb
15625	Egg Whites, Room Temp.	2.00 lg
15625	Salt	1.00 pn
15625	Almond Extract	2.00 dr
15626	Chicken, 2 1/2 to 3 pounds	1.00
15626	Juice of 1 1/2 lemons	0.00
15626	Cloves garlic crushed with 1	2.00
15626	-tablespoon salt	0.00
15626	Freshly ground black pepper	1.00 tb
15626	Ground cayenne or hot ground	2.00 ts
15626	-pepper	0.00
15626	Paprika	1.00 tb
15626	Butter, melted	2.00 tb
15627	Malt flour	1.00 lb
15627	Red pepper powder	2.00 lb
15627	Wheat flour	5.00 lb
15627	Soy bean flour, fermented	1.00 lb
15627	Water	1.00 ga
15627	Salt	1.00 lb
15628	Bacon slices, cut in half	6.00
15628	Butter	2.00 tb
15628	Flour	3.00 tb
15628	Pepper	0.25 ts
15628	Turkey or chicken broth	0.50 c
15628	Milk	0.50 c
15628	Parmesan cheese	0.33 c
15628	Slices cooked turkey, heated	12.00
15628	Tomato slices	6.00
15628	Paprika	1.00
15629	Dijon mustard	3.00 ts
15629	Flour plain white	3.00 ts
15629	Mustard powder	3.00 ts
15629	Horseradish grated	1.00 ts

Sheet1

15629	Pepper white	0.50 ts
15629	Sugar caster	1.00 ts
15629	Salt	0.25 ts
15629	Water; hot	5.00 oz
15630	Sugar	1.50 c
15630	Half and half	1.00 c
15630	Light corn syrup	0.50 c
15630	Butter or margarine	6.00 tb
15630	Vanilla	0.50 ts
15631	Sugar	1.50 c
15631	Half-and-half	1.00 c
15631	Light corn syrup	0.50 c
15631	Butter or margarine	6.00 tb
15631	Vanilla	0.50 ts
15632	Miracle Whip	0.50 c
15632	Pinto Beans, Drain, Mashed	16.00 oz
15632	Shredded Cheddar Cheese	1.00 c
15632	Diced Green Chilies	4.00 oz
15632	Tabasco Sauce	0.25 ts
15633	Paprika	0.50 ts
15633	Pepper	0.25 ts
15633	Salt	0.12 ts
15633	Boned, skinned chicken	1.00 lb
15633	-breast, cut into bite-sized	0.00
15633	-pieces	0.00
15633	Unsweetened apple cider	3.00 tb
15633	Sliced carrots	1.00 c
15633	Cubed Granny Smith apples	3.00 c
15633	(2 oz) crumbled Gorgonzola	0.50 c
15633	-cheese, divided	0.00
15633	White wine vinegar	2.00 tb
15633	Minced shallots	2.00 ts
15633	Torn fresh spinach	4.00 c
15634	Water	2.00 c
15634	Chilies; *	0.00
15634	Red Wine Vinegar	0.25 c
15634	Dry Mustard	1.00 ts
15634	Clove Garlic	1.00
15634	Olive Oil	0.25 c
15635	Sugar	3.50 c
15635	White Karo Syrup	1.00 c
15635	Boiling Water	1.00 c
15635	Powdered Sugar(how ever much	0.00
15635	-it takes)	0.00
15635	Red Food Coloring(can also	1.00 ts
15635	-use other colors)	0.00
15635	+ Tsp Cinnamin Oil(not	1.00
15635	-extract)if you like it	0.00
15635	-hotter,	0.00

Sheet1

15636	Powdered Sugar	1.00 c
15636	Unsweetened Cocoa Powder	0.50 c
15636	Non-dairy Cream Powder	0.50 c
15636	Salt	0.25 ts
15636	Instant Nonfat Milk Powder	2.75 c
15636	Miniature Marshmallows	1.00 c
15637	Cream Cheese	3.00 oz
15637	Miracle Whip	0.50 c
15637	Drained Crabmeat	6.00 oz
15637	Minced Onion	0.25 c
15637	Lemon Juice	1.00 tb
15637	Tabasco Sauce	0.12 ts
15638	Dry yeast	2.00 tb
15638	Warm water	0.75 c
15638	Vegetable oil	0.50 c
15638	Salt	1.00 ts
15638	White sugar	0.25 c
15638	White vinegar	2.00 tb
15638	Baking powder	1.00 ts
15638	Cinnamon	1.00 ts
15638	White flour	3.50 c
15638	Flour for kneading	0.50 c
15638	Currants	0.67 c
15639	Hot dogs	4.00
15639	Velveeta cheese	2.00 oz
15639	Toothpicks	0.00
15640	Macaroni	2.00 c
15640	Margarine	1.00 tb
15640	Hot dogs	8.00
15640	Chopped onion	0.50 c
15640	12 oz can mexican style corn	1.00
15640	15 oz can tomato sauce	1.00
15640	Chili powder	0.50 ts
15640	American cheese (diced)	1.00 c
15641	Vegetable oil	2.00 tb
15641	Cloves garlic, crushed	2.00
15641	Onions, chopped	2.00 lg
15641	Green pepper, seeded and	1.00
15641	-chopped	0.00
15641	Caraway seeds	1.00 tb
15641	Chopped Tomatoes	32.00 oz
15641	Paprika	1.00 tb
15641	Vegetable frankfurters or	12.00
15641	-sausages	0.00
15642	Skinless hot dogs	12.00 oz
15642	Green peppers, cut into 1 in.	1.00 lb
15642	-squares	0.00
15642	Clove garlic crushed	1.00
15642	Tomato sauce	8.00 oz

Sheet1

15642	Fresh basil leaves or 1 tbs	3.00
15642	-dried	0.00
15642	Red pepper flakes	0.25 ts
15642	Vegetable oil	1.00 tb
15643	Flour	1.00 c
15643	Cocoa	0.33 c
15643	Sugar	0.75 c
15643	Baking Powder	2.00 ts
15643	Salt	0.50 ts
15643	Shortening	0.25 c
15643	Egg	1.00
15643	Milk	0.67 c
15643	*Sauce*	0.00
15643	Sugar	0.75 c
15643	Cocoa	3.00 tb
15643	Water	2.00 tb
15643	HOT water	2.00 c
15644	Flour	1.00 c
15644	Cocoa	0.33 c
15644	Sugar	0.75 c
15644	Baking Powder	2.00 ts
15644	Salt	0.50 ts
15644	Shortening	0.25 c
15644	Egg	1.00
15644	Milk	0.67 c
15644	*Sauce*	0.00
15644	Sugar	0.75 c
15644	Cocoa	3.00 tb
15644	Water	2.00 tb
15644	HOT water	2.00 c
15645	Sugar; granulated	0.75 c
15645	All-purpose flour	1.00 c
15645	Cocoa	3.00 ts
15645	Baking powder	2.00 ts
15645	Salt	0.25 ts
15645	Milk	0.50 c
15645	Butter or margarine; melted	0.33 c
15645	Vanilla extract	1.50 ts
15645	Granulated sugar	0.50 c
15645	Light brown sugar; packed	1.50 c
15645	Cocoa	4.00 ts
15645	Water; hot	1.25 c
15645	Whipped topping	0.00
15646	Sugar	1.50 c
15646	Flour	2.00 tb
15646	Cold water *	0.75 c
15646	- *for a richer sauce,	0.00
15646	- use evaporated milk	0.00
15646	Unsweetened chocolate	3.00 oz

Sheet1

15646	Butter or margarine	3.00 tb
15646	Vanilla	1.00 ts
15647	Flour	1.00 c
15647	Cocoa	2.00 tb
15647	Salt	0.25 ts
15647	Salad Oil	2.00 tb
15647	Chopped Nuts	1.00 c
15647	Hottest Tap Water	1.75 c
15647	Sugar	0.75 c
15647	Baking Powder	2.00 ts
15647	Milk	0.50 c
15647	Vanilla	1.00 ts
15647	Brown Sugar	1.00 c
15647	Ice Cream	0.00
15648	Ripe avocado	1.00
15648	Leaves romaine (or other)	2.00 lg
15648	-lettuce	0.00
15648	Chopped green onions, with	0.25 c
15648	-tops	0.00
15648	Clove garlic, mashed	1.00
15648	Lime or lemon juice	2.00 tb
15648	To 2 Tbsp pure ground chili	1.00
15648	Sprigs fresh coriander	4.00
15648	-(cilantro)	0.00
15648	Chicken stock	4.00 c
15649	Chicken breast, skinned and	6.00
15649	-deboned	0.00
15649	Carrots	3.00
15649	Stalks celery	3.00
15649	Onions	3.00
15649	Walnut halves	0.75 c
15649	Walnut oil (I use regular	0.25 c
15649	-cooking oil)	0.00
15649	Chopped parsley	2.00 tb
15649	Honey	0.25 c
15649	Tomato sauce	1.50 tb
15649	Five spice powder	0.50 ts
15650	Horseradish, grated	0.50 c
15650	*or:	1.00 x
15650	Flour	1.00 t
15650	Butter	1.00 T
15650	Paprika	1.00 x
15650	Cream	0.25 c
15650	Milk	0.25 c
15650	Egg yolk	1.00 ea
15650	Pepper	0.12 t
15651	(5/16-oz) yeast	1.00 pk
15651	Unbleached flour	1.00 c
15651	Bread flour	1.00 c

Sheet1

15651	Or less Jalepeno peppers*	2.00 tb
15651	Monterey cheese;shredded	1.00 tb
15651	Sugar	1.00 tb
15651	Salt	1.00 ts
15651	Water	0.88 c
15652	Dry mustard	0.25 c
15652	Cold water, plus 1 1/2 t	3.00 tb
15653	Chicken wings	4.00 lb
15653	Butter	0.75 c
15653	Water	0.75 c
15653	Brown sugar	1.00 c
15653	Piece star anise	1.00
15653	Dry mustard	1.00 ts
15653	Red pepper flakes	1.00 ts
15653	Soy sauce	1.00 c
15654	Onion, very thinly sliced	2.00 c
15654	Lard	7.00 tb
15654	Cayenne pepper to taste	0.00
15654	Bread flour	2.00 c
15654	Baking powder	1.00 tb
15654	Salt	0.75 ts
15654	Milk	0.67 c
15654	Egg	1.00 lg
15654	Sour cream	0.75 c
15655	Leek, (About 8 Ounces) *	1.00
15655	Olive Oil	2.00 tb
15655	Onion, (About 6 Ounces),	1.00
15655	Peeled And Sliced	0.00
15655	Chicken Stock	6.00 c
15655	Potatoes, Peeled And Cut	1.50 lb
15655	Into 2-Inch Cubes	0.00
15655	Salt To Taste (Depending On	0.00
15655	Saltiness Of Stock)	0.00
15655	Freshly Ground Black Pepper	0.50 ts
15655	Bread Croutons, For Garnish	0.00
15655	FOR COLD SOUP -----	0.00 -----
15655	Cold Milk	2.50 c
15655	Chives, Chopped	6.00 tb
15655	Tabasco Sauce	0.25 ts
15655	FOR COLD SOUP -----	0.00 -----
15656	Hot Red Chiles; seeded	0.50 c
15656	-and coarsely chopped	0.00
15656	Hot green chiles; seeded	0.50 c
15656	-and coarsely chopped	0.00
15656	Chopped onion	1.00 c
15656	Vinegar	1.50 c
15656	Sugar	5.00 c
15656	Pouches liquid pectin	2.00
15657	Green Beans; Whole	4.00 oz

## Sheet1

15657	Celery; Stalks, *	3.00 ea
15657	Carrots; 2 med, **	1.00 c
15657	Cauliflowerets	1.50 c
15657	Broccoli Flowerets	1.00 c
15657	Pearl Onions	1.00 c
15657	Peppers; ***	0.50 c
15657	Coarse Salt	0.50 c
15657	Cider Vinegar	2.00 c
15657	Water	2.00 c
15657	Black Peppercorns	2.00 T
15657	Cloves; Ground	0.25 t
15658	Unbleached All Purpose Flour	5.00 lb
15658	Salt	4.00 ts
15658	Sugar	1.25 c
15658	Instant Non Fat Dry Milk	1.00 c
15659	Habanero chiles; stemmed and	24.00
15659	Tomato; peeled cored seeded	1.00
15659	Chopped red onion	1.00 c
15659	Cloves garlic; peeled	2.00
15659	Fresh lime juice	1.00 ts
15659	Salt	0.50 ts
15659	White vinegar	1.50 c
15660	Vegetable broth	1.00 c
15660	Tomato paste	6.00 tb
15660	Red chili paste	2.00 ts
15660	Fresh lemon juice	1.00 tb
15660	Ground cumin	0.50 ts
15660	Fresh parsley, minced	1.00 tb
15660	Cilantro, minced	1.00 tb
15661	Cloud ears	0.50 c
15661	Tiger lilies	0.50 c
15661	Roast pork shredded	0.50 lb
15661	Cornstarch	7.00 tb
15661	Water	1.00 c
15661	Sherry	0.50 c
15661	Bean curds cut 9 pieces	2.00
15661	Rice wine vinegar	6.00 tb
15661	White pepper	0.25 ts
15661	Hot oil (red chinese)	0.50 ts
15661	Sesame oil dk brown toasted	1.00 tb
15661	Scallions for garnish	4.00
15661	Chicken stock*	12.00 c
15661	Salt	0.50 ts
15661	Light soy	3.00 ts
15661	Eggs beaten	2.00
15661	Shredded chicken cooked	1.00 c
15661	Bamboo strips julliene	1.00 c
15662	Cumin seeds	0.25 c
15662	Dried red chiles	8.00



Sheet1

15662	Black peppercorns	1.00 tb
15662	Cardamom seeds	1.00 tb
15662	Inch cinnamon sticks,	1.00
15662	-crushed	0.00
15662	Plus 1 tsp black mustard	1.00 tb
15662	-seeds	0.00
15662	Fenugreek seeds	1.00 tb
15663	Apple Cider	2.00 qt
15663	Sugar	0.25 c
15663	Whole Cloves	12.00 x
15663	Whole Allspice	6.00 x
15663	3" Cinnamon Sticks	4.00 x
15664	Oil	2.00 tb
15664	Green onions, chopped	2.00 ea
15664	Garlic, chopped	1.00 ts
15664	Green chilies, chopped	1.00 ea
15664	Salted black beans	1.00 tb
15664	Bean curd, cubed	1.00 lb
15664	Soy sauce	1.00 tb
15664	Brown sugar	1.00 ts
15664	Stock	0.50 c
15664	Cornstarch dissolved in 1	1.00 ts
15664	-- tb water	0.00
15665	Mild vegetable oil	1.00 tb
15665	Mustard seeds	0.50 ts
15665	Slivered garlic	1.50 tb
15665	Turmeric	0.50 ts
15665	Cayenne pepper	1.00 ts
15665	Salt	0.50 ts
15665	Ripe tomatoes, blanched,	5.00 md
15665	-peeled, chopped	0.00
15665	Distilled white vinegar	0.25 c
15666	Oil, olive	2.00 tb
15666	Garlic minced	2.00 ts
15666	Ginger, minced	1.00 ts
15666	Onion, chopped	1.00 c
15666	Tomatoes (28oz) whole+puree	1.00 c
15666	Sambal oelek	1.00 ts
15666	Soy sauce	1.00 ts
15667	Onion Thinly Sliced	1.00 md
15667	Oleo	2.00 tb
15667	Flour	3.00 tb
15667	Red Pepper	0.12 ts
15667	Chicken Bouillon Granules	0.50 ts
15667	Water	0.50 c
15667	Skim Milk	0.50 c
15667	(2 Oz.) Cup Shredded	0.50
15667	Monterey Jack Cheese	0.00
15667	(1/2 in. Thick) Slices	6.00

Sheet1

15667	Italian Bread Toasted	0.00
15667	(1/2 Oz.) Slices Turkey	12.00
15667	Breast	0.00
15667	Thin Slices Tomato	12.00
15667	Freshly Ground Black	0.00
15667	Pepper	0.00
15668	Crushed Dried Hot Peppers	1.00 tb
15668	Sweet Red Wine	2.00 c
15668	Sugar	3.00 c
15668	Yellow Food Color	1.00 ts
15668	Red Food Color	0.75 ts
15668	Liquid Pectin	6.00 oz
15669	Lard	1.50 tb
15669	Onion, coarsely chopped	1.00
15669	Garlic clove, finely chopped	1.00
15669	Orange rind, grated	1.00 tb
15669	Beef, coarse grind	2.00 lb
15669	Red chile, hot, ground	3.00 tb
15669	Red chile, mild, ground	1.00 tb
15669	Cumin	1.00 tb
15669	Salt	1.00 tb
15669	Black pepper, freshly ground	0.50 ts
15669	Water	2.00 c
15669	Beef broth	1.00 c
15669	Orange flavored liqueur	3.00 tb
15669	Hot pepper sauce, liquid	1.00 ts
15670	Duckling, (4- to 5-lb)	1.00
15670	Kosher salt	1.00 tb
15670	Ground black pepper	1.00 ts
15671	Text Only	0.00
15673	PEEL A PECK OF PEPPERS -----	0.00 -----
15673	PEEL A PECK OF PEPPERS -----	0.00 -----
15676	Text Only	0.00
15677	Eggs	2.00
15677	Sugar	0.50 c
15677	Milk	1.00 pt
15677	Baking powder	4.00 ts
15677	Melted butter or margarine	0.50 c
15677	Flour	0.00
15678	Fresh or frozen huckleberrie	3.00 c
15678	Grated apple	1.00 c
15678	Sugar, (scant)	1.00 c
15678	Flour	2.00 tb
15678	Almond extract	0.50 ts
15678	Dash of salt	0.00
15678	Pastry for double crust pie	1.00
15679	Oil	0.33 c
15679	Onions; thinly sliced	2.00 md
15679	Canned whole tomatoes	2.00 lb

Sheet1

15679	Canned whole green chiles,	7.00 oz
15679	- cut into strips	0.00
15679	Water	2.00 c
15679	Salt	1.00 ts
15679	Sugar	0.50 ts
15679	Black pepper	0.12 ts
15679	Eggs	8.00
15679	Monterey Jack cheese	3.00 oz
15679	- cut into 8 slices	0.00
15680	Huitlacoche	1.00 lb
15680	Peanut oil	3.00 tb
15680	Onion, med; finely chopped	0.25
15680	Garlic clove; peeled &	1.00
15680	- finely chopped	0.00
15680	Chiles poblanos, small	2.00
15680	Epazote sprig; large	1.00
15680	- (Mexican wormseed)	0.00
15680	Salt	0.25 ts
15681	All-purpose flour	3.00 c
15681	Sugar	2.00 c
15681	Salt	1.00 ts
15681	Tsps. cinnamon	2.00
15681	Eggs, beaten	3.00
15681	Oil	1.50 c
15681	Tsps. vanilla extract	3.50
15681	Can crushed pineapple,with	8.00 oz
15681	-juice	0.00
15681	Pecans, chopped	2.00 c
15681	Bananas, chopped	2.00 c
15681	(8 oz) packages cream cheese	2.00
15681	Butter, softened	1.00 c
15681	(16 oz.) packages powdered	2.00
15681	-sugar	0.00
15681	Tsps. vanilla extract	2.00
15682	Dry chick peas	2.00 c
15682	Jar tahini	1.00 lb
15682	Garlic cloves	3.00
15682	Soy sauce, natural (tamari)	0.25 c
15682	Lemon	1.00
15682	Onion	0.00
15682	Water from cooked beans	0.00
15682	Cumin, powdered (optional)	2.00 ts
15682	Paprika for garnish	0.00
15682	Parsley for garnish	0.00
15683	Can chickpeas	19.00 oz
15683	Baking soda	1.00 ts
15683	Tahini	3.00 tb
15683	Garlic clove, chopped	1.00 ea
15683	Juice of 1 1/2 lemons	0.00

## Sheet1

15683	Salt	0.50 ts
15683	Cold water	2.00 tb
15683	Pine nuts	1.00 tb
15683	Olive oil	1.00 tb
15684	Salad oil	5.00 tb
15684	Minced garlic	1.50 tb
15684	Crushed red pepper	3.00 tb
15684	Each dry sherry & sesame oil	2.00 ts
15684	Fermented black beans,	1.50 tb
15684	-rinsed and drained	0.00
15684	Salt	0.50 ts
15685	Cabbage	1.00
15685	Ground beef	1.50 lb
15685	Onion, chopped	1.00
15685	Rice	1.00 c
15685	Egg	1.00
15685	Salt	1.00 tb
15685	Pepper	0.50 ts
15685	Paprika	1.00 tb
15685	Sauerkraut	2.00 c
15685	Tomato sauce	2.00 tb
15685	Sour cream	1.00 c
15686	Chicken	1.00 lg
15686	Onion, chopped	1.00 md
15686	Vegetable oil	1.00 tb
15686	Salt	1.00 tb
15686	Pepper	1.00 ts
15686	Regular paprika or 3 heaping	11.00 tb
15686	-Tbs Hungarian sweet paprika	0.00
15686	For Dumplings:	0.00
15686	All-purpose flour	3.00 c
15686	Salt	1.00 ts
15686	Eggs	5.00
15686	Water	0.75 c
15686	Sour cream	3.00 c
15687	Chicken, cut into serving	3.00 lb
15687	-pieces	0.00
15687	Carrots, peeled and chopped	4.00
15687	Onion, skinned and chopped	1.00 lg
15687	Parsnips, scraped and chopped	4.00
15687	Salt and pepper	0.00
15687	Water	8.00 c
15687	Apples, peeled, cored and	4.00 lg
15687	-sliced	0.00
15687	Flour	2.00 tb
15687	Sour cream	0.50 c
15687	Paprika	0.25 ts
15687	Sugar	1.00 tb
15688	Round steaks, cut in 1/2"	2.00 lb

Sheet1

15688	-cubes	0.00
15688	Chopped onion	1.00 c
15688	Clove garlic, minced	1.00
15688	Flour	2.00 tb
15688	Salt	1.00 ts
15688	Pepper	0.50 ts
15688	Paprika	1.50 ts
15688	Dried thyme, crushed	0.25 ts
15688	(14 1/2 oz) can tomatoes	1.00
15688	Sour cream	1.00 c
15689	Beef chuck, lean	3.00 lb
15689	Margarine	2.00 tb
15689	Onion, chopped	2.00 c
15689	Garlic, minced	1.00 cl
15689	Paprika	1.00 tb
15689	Salt	2.50 ts
15689	Caraway seeds	0.50 ts
15689	COCA-COLA	0.50 c
15689	Red wine	0.25 c
15689	Ripe tomatoes, peeled	4.00
15689	And chopped	0.00
15689	Flour	3.00 tb
15689	Water	0.00
15689	Noodles, cooked and hot	0.00
15690	Corn oil	2.00 tb
15690	Pork stew meat	1.00 lb
15690	Flour	0.25 c
15690	Onion, minced	1.00 sm
15690	Hungarian paprika	1.00 tb
15690	Water	0.25 c
15690	Caraway seed	0.25 ts
15690	Garlic, minced	1.00 ts
15690	Salt	0.50 ts
15690	VEG-ALL Mixed Vegetables,	1.00 cn
15690	-drained (16 oz)	0.00
15690	Bell pepper, diced	1.00
15690	Tomato, diced	1.00 lg
15690	Beef broth (12 oz)	1.00 cn
15690	Wide noodles or rice	0.00
15691	Beef, ground	1.50 lb
15691	Onion, chopped OR	0.25 c
15691	Onion, instant, minced	1.00 tb
15691	Barbecue sauce	1.00 c
15691	Sugar, brown	1.00 tb
15691	Baked beans	16.00 oz
15691	Hungry Jack Flaky Biscuits	1.00 cn
15691	Cheddar Cheese (2 oz)	0.50 c
15692	Salad oil	0.25 c
15692	Flour	0.50 c

Sheet1

15692	Salt	1.00	ts
15692	Cut up chicken	3.00	lb
15692	Green bell pepper, cut into	1.00	
15692	-strips	0.00	
15692	Onions, quartered	2.00	md
15692	Clove garlic, finely chopped	1.00	
15692	15 oz can tomato sauce	1.00	
15692	Water	0.50	c
15692	Salt	1.00	ts
15692	Oregano	1.00	ts
15692	Black pepper	0.25	ts
15692	Thyme	0.25	ts
15692	Mushroom stems and pieces	1.00	cn
15693	Large 12-1/2-ounce can white	1.00	
15693	Or light meat tuna, drained	0.00	
15693	Vegetable Oil	2.00	tb
15693	Apple; cored and chopped	1.00	
15693	Onion; chopped	1.00	sm
15693	Curry	0.50	ts
15693	Flour	3.00	tb
15693	Milk	0.50	c
15693	Chicken bouillon; (that's	1.00	c
15693	-one cube of bouillon in one	0.00	
15693	-cup of water)	0.00	
15693	(8-ounce) package egg	1.00	
15693	Noodles; cooked & drained	0.00	
15693	Or	0.00	
15693	Cooked rice	1.00	c
15694	Cake flour; sifted	2.00	c
15694	Milk	1.00	c
15694	Vanilla	1.00	ts
15694	Sugar	1.25	c
15694	Baking powder	3.50	ts
15694	Lemon extract	0.25	ts
15694	Salt	1.00	ts
15694	Egg whites; unbeaten	3.00	
15694	Crisco shortening	0.50	c
15695	Green Pepper; Chopped	0.50	c
15695	Butter Or Regular Margarine	0.25	c
15695	Unbleached Flour	0.25	c
15695	Salt	1.00	ts
15695	Cayenne Pepper	1.00	ds
15695	Milk	2.00	c
15695	Cheddar; Sharp, Shredded	2.00	c
15695	Elbow Macaroni; Cook & Drain	2.00	c
15695	Ham; Cubed	1.00	c
15695	Tomato Slices	6.00	
15696	c	1.00	1/2
15696	Thyme, dried	0.50	

Sheet1

15696	Bay leaves	2.00
15696	Garlic cloves,med,fine chop	4.00
15696	Black pepper,freshly ground	0.50 t
15696	Beef,coarse grind	6.00 lb
15696	Chicken breasts,large	2.00
15696	Water	0.00
15696	Salt	2.00 t
15696	Oil,vegetable	2.00 T
15696	Onions	2.00
15696	Pork chops,coarse grind	3.00
15696	Red chile,mild,ground	10.00 T
15696	Cayenne pepper	1.00 t
15696	Oregano,dried,pref. Mexican	1.00 t
15696	Cumin	0.50 t
15696	Rosemary	0.00
15696	Tomatoes,Italian-style	1.50 c
15696	Tomato sauce	16.00 oz
15696	Tomato sauce,Mexican hot	8.00 oz
15696	Chiles,green,mild,whole	1.00 cn
15696	Jalapeno peppers,pickled	1.00 cn
15696	Hot pepper sauce,liquid	2.00 T
15696	Butter	1.00 T
15696	Chiles,fresh whole green	3.00
15696	Mushrooms	0.50 c
15696	Sauterne	0.50 c
15696	Beer	12.00 oz
15697	Bitter chocolate (bakery	5.33 oz
15697	-uses Guittard brand)	0.00
15697	Shortening	0.67 c
15697	Eggs (this is right -- comes	2.67
15697	-from conversion of recipe)*	0.00
15697	Water	1.33 c
15697	Sour milk	0.75 c
15697	Vanilla	1.33 ts
15697	Flour	3.00 c
15697	Sugar	2.75 c
15697	Baking soda	1.33 ts
15697	Salt	1.33 ts
15697	Icing:	0.00
15697	Sugar	0.75 c
15697	Evaporated milk	6.00 tb
15697	Chocolate, unsweetened	3.00 oz
15697	Butter	1.50 ts
15698	Dark Brown Sugar	1.00 lb
15698	Butter	0.50 lb
15698	Egg	1.00
15698	Vanilla	1.00 ts
15698	English Walnuts, Chop Fine	2.00 pk
15698	Sifted Flour	2.00 c

Sheet1

15699	Butter or margerine	0.50 c
15699	Granulated sugar	2.00 c
15699	Cake flour	3.50 c
15699	Salt	0.50 t
15699	Baking powder	3.00 t
15699	Ice water	1.50 c
15699	Almond flavoring; (optional)	0.25 t
15699	Egg whites, stiffly beaten	4.00
15700	Graham crackers	1.00 lb
15700	English walnuts	1.00 lb
15700	Marshmallows	1.00 lb
15700	Dates	1.00 lb
15700	Cream	0.50 pt
15701	Chopped fresh lemongrass	0.25 c
15701	-tops or	0.00
15701	Dried flakes	2.00 tb
15701	Boiling water	4.00 c
15701	Sugar to taste	0.00
15702	Butter	1.00 c
15702	Butter Flavored Crisco	2.00 c
15702	Powdered Sugar	6.00 c
15702	Vanilla	2.00 ts
15702	Almond Extract	1.00 ts
15703	-----c-----	0.00
15703	Level cups all-purpose flour	2.00 c
15703	Salt	0.25 ts
15703	Evel cup crisco shortening	1.00 c
15703	Ice water	0.50 c
15703	Milk	0.25 c
15703	Sugar, white	0.25 c
15703	-----apple f-----	0.00
15703	Tart apples,peeled & sliced	6.00 c
15703	Sugar	0.50 c
15703	Brown sugar	0.50 c
15703	Cinnamon	1.00 ts
15703	Lemon juice	2.00 tb
15703	Salt	0.25 ts
15703	Nutmeg	0.25 ts
15703	Butter	1.00 tb
15704	Almond flavoring	1.00 ts
15705	Broccoli bunch	1.00 lb
15705	Onion; chopped	0.67 c
15705	Water	0.25 c
15705	Eggs; slightly beaten	4.00
15705	Milk	1.25 c
15705	To 6 drops Hot Sauce	4.00
15705	Salt	0.50 ts
15705	Ground pepper; fresh	0.12 ts
15705	Ground nutmeg	0.12 ts



Sheet1

15705	Fresh parsley; minced	1.00 tb
15705	Swiss cheese; fresh\shredded	0.67 c
15705	Parmesan cheese; grated	0.33 c
15706	Bacon	1.00 lb
15706	Green Chili (chopped)	1.00 cn
15706	Grated cheese (Jack)	1.00 c
15706	Milk	1.50 c
15706	Bisquick	1.00 c
15706	Sour cream	6.00 oz
15706	Eggs	3.00
15706	Salt & Pepper to taste	1.00
15707	Bacon;sliced;cooked;crumbled	12.00
15707	Swiss cheese; shredded	1.00 c
15707	Onion; chopped	0.33 c
15707	Milk	2.00 c
15707	Eggs	4.00
15707	Bisquick	1.00 c
15707	Pepper	0.12 ts
15708	Milk	1.00 c
15708	Butter	0.33 c
15708	Vanilla	1.00 t
15708	Eggs	3.00
15708	Sugar; granulated	1.50 c
15708	Bisquick baking mix	0.50 c
15708	Bananas; medium, sliced	2.00
15708	Whipping cream; chilled	1.00 c
15708	Sugar; powdered	2.00 T
15709	Eggs	4.00
15709	Margarine or butter; melted	0.25 c
15709	Chocolate; cooking	4.00 oz
15709	-melted & cooled	0.00
15709	Brown sugar; packed	0.50 c
15709	Bisquick or baking mix	0.50 c
15709	Sugar; granulated	0.50 c
15709	Nuts; chopped	0.75 c
15710	Sugar	1.50 c
15710	Buttermilk	1.00 c
15710	Bisquick	0.50 c
15710	Melted butter	0.33 c
15710	Vanilla	1.00 ts
15710	Eggs	3.00 x
15711	Milk	2.00 c
15711	Butter; melted	0.25 c
15711	Eggs	4.00
15711	Vanilla extract	1.00 ts
15711	Brown sugar; firmly packed	1.00 c
15711	Bisquick baking mix	0.50 c
15711	Flaked coconut; (optional)	0.50 c
15712	Milk	0.75 c

Sheet1

15712	Vanilla	2.00 ts
15712	Eggs	2.00
15712	Sugar	1.00 c
15712	Bisquick	0.50 c
15712	Cream cheese;softened;cubed	2.00 pk
15712	CHEESECAKE TOPPING -----	0.00 -----
15712	Sour cream	1.00 c
15712	Sugar	2.00 tb
15712	Vanilla	2.00 ts
15712	CHEESECAKE TOPPING -----	0.00 -----
15713	Milk	1.00 c
15713	Margarine or butter;softened	2.00 tb
15713	Almond extract	0.25 ts
15713	Eggs	2.00
15713	Bisquick	0.50 c
15713	Sugar	0.25 c
15713	Cherry pie filling	21.00 oz
15713	STREUSEL -----	0.00 -----
15713	Margarine; firm	2.00 tb
15713	Bisquick	0.50 c
15713	Brown sugar; packed	0.50 c
15713	Gr. cinnamon	0.50 ts
15713	STREUSEL -----	0.00 -----
15714	Cherry pie filling	21.00 oz
15714	Milk	1.50 c
15714	Butter; softened	0.25 c
15714	Vanilla	1.50 ts
15714	Eggs	4.00
15714	Sugar	0.75 c
15714	Bisquick	0.50 c
15715	Cream cheese packages; *	2.00
15715	Sugar	0.75 c
15715	Bisquick baking mix	0.67 c
15715	Eggs	2.00
15715	Semisweet chocolate;**	2.00
15715	Kahula;***	2.00 tb
15715	Vanilla extract	1.00 ts
15715	Almond extract	0.50 ts
15715	CHOCOLATE TOPPING -----	0.00 -----
15715	Sour cream; 8-oz carton	1.00
15715	Semisweet chocolate square	1.00 oz
15715	Sugar	2.00 tb
15715	Kahula; ***	1.00 tb
15715	Vanilla extract	1.00 ts
15715	CHOCOLATE TOPPING -----	0.00 -----
15716	Eggs	2.00
15716	Milk	1.00 c
15716	Butter	0.25 c
15716	Vanilla	1.00 ts

Sheet1

15716	Melted chocolate	2.00 oz
15716	Brown sugar	1.00 c
15716	Bisquick	0.50 c
15717	Milk	2.00 c
15717	Butter	0.25 c
15717	Vanilla	1.50 ts
15717	Eggs	4.00
15717	Coconut; flaked or shredded	1.00 c
15717	Sugar	0.75 c
15717	Bisquick	0.50 c
15718	Frozen Cranberry-Orange	10.00 oz
15718	Relish; thawed	0.00
15718	Milk	0.75 c
15718	Margarine or butter;melted	0.33 c
15718	Vanilla	1.00 ts
15718	Eggs	4.00
15718	Sugar	1.50 c
15718	Bisquick Baking Mix	0.75 c
15718	Whipped Cream	0.00
15719	Apples; tart,sliced & pared	6.00 c
15719	Cinnamon; ground	1.25 ts
15719	Nutmeg; ground	0.25 ts
15719	Milk	0.75 c
15719	Margarine or butter;softened	2.00 tb
15719	Eggs	2.00
15719	Sugar	1.00 c
15719	Bisquick or baking mix	0.50 c
15719	STREUSEL -----	0.00 -----
15719	Bisquick or baking mix	1.00 c
15719	Nuts; chopped	0.50 c
15719	Brown sugar; packed	0.33 c
15719	Margarine or butter; firm	3.00 tb
15719	STREUSEL -----	0.00 -----
15720	Zucchini; chopped	1.00 c
15720	Tomato; chopped	1.00 c
15720	Onion; chopped	0.50 c
15720	Parmesan; grated	0.33 c
15720	Milk	1.00 c
15720	Bisquick	0.50 c
15720	Eggs	2.00
15720	Salt	0.50 ts
15720	Pepper	0.25 ts
15721	Broccoli OR Cauliflower	2.00 c
15721	-Fresh, chopped	0.00
15721	Onion; chopped	0.50 c
15721	Green pepper; chopped	0.50 c
15721	Cheddar cheese; shredded	1.00 c
15721	Milk	1.50 c
15721	Bisquick or baking mix	0.75 c

## Sheet1

15721	Eggs	3.00
15721	Salt	1.00 ts
15721	Pepper	0.25 ts
15722	Green onions;chopped	0.50 c
15722	Butter	1.00 tb
15722	Spinach; thaw & drain	1.00 pk
15722	Cottage cheese	0.50 c
15722	Milk	1.00 c
15722	Bisquick	0.50 c
15722	Eggs	3.00
15722	Lemon juice	1.00 ts
15722	Pepper	0.25 ts
15722	Parmesan cheese	3.00 tb
15722	Nutmeg	0.25 ts
15723	Green Beans; Fresh*	8.00 oz
15723	Mushroom: Stems and Pieces*	4.00 oz
15723	Onion; Chopped	0.50 c
15723	Garlic Cloves; Crushed	2.00
15723	Cheddar Cheese; Shredded	1.00 c
15723	Milk	1.50 c
15723	Bisquick Baking Mix	0.75 c
15723	Eggs	3.00
15723	Salt	1.00 ts
15723	Pepper	0.25 ts
15724	Ham; fully cooked, smoked*	2.00 c
15724	Swiss cheese; shredded	1.50 c
15724	Fresh asparagus; cut 1"	1.00 lb
15724	Green onions; sliced	2.00
15724	Milk	1.50 c
15724	Eggs	3.00
15724	Bisquick	0.75 c
15724	Salt	0.25 ts
15724	Pepper	0.12 ts
15725	Ham ; cooked, smoked	2.00 c
15725	- cut up	0.00
15725	Cheese; Swiss, shredded	1.00 c
15725	Green onion; chopped or	0.33 c
15725	- onion, chopped	0.00
15725	Milk	2.00 c
15725	Eggs	4.00
15725	Bisquick or baking mix	1.00 c
15725	Salt	0.25 ts
15725	Pepper	0.12 ts
15726	Mushrooms; fresh\sliced	0.50 lb
15726	Butter or margarine; melted	2.00 tb
15726	Eggs	4.00
15726	Sour cream; commercial	8.00 oz
15726	Parmesan cheese; grated	0.50 c
15726	All-purpose flour	0.25 c

Sheet1

15726	Onion powder	1.00 ts
15726	To 8 drops Hot Sauce	6.00
15726	Monterey Jack cheese; *	8.00 oz
15726	Cooked ham; chopped	0.50 c
15727	CRUST -----	0.00 -----
15727	Bisquick Baking Mix	2.50 c
15727	Active Dry Yeast; Package	1.00
15727	Water; Hot	0.67 c
15727	MEAT MIXTURE -----	0.00 -----
15727	Lean Ground Beef	1.00 lb
15727	Onion; Chopped, 1 Md	0.50 c
15727	Tomato Sauce; 1 Cn	15.00 oz
15727	Oregano Leaves	2.00 ts
15727	Pepper	0.25 ts
15727	TOPPING -----	0.00 -----
15727	Green Pepper; Chopped, Opt.	0.50 c
15727	Mozzarella Cheese; Shredded	2.00 c
15727	Parmesan Cheese; Grated	1.00 c
15727	CRUST -----	0.00 -----
15727	MEAT MIXTURE -----	0.00 -----
15727	TOPPING -----	0.00 -----
15728	Onions;sliced thin-sep.rings	3.00
15728	Butter	0.25 c
15728	Bacon;crisp fried/crumbled	0.50 lb
15728	Milk	1.25 c
15728	Worcestershire	2.00 ts
15728	Eggs	3.00
15728	Bisquick	1.00 c
15728	Dried savory leaves	0.25 ts
15728	Dried basil leaves	0.25 ts
15728	Dried parsley leaves	0.25 ts
15729	Bisquick	1.00 c
15729	Sugar	1.00 c
15729	Unsweetened Cocoa Powder	3.00 tb
15729	Unsweetened Cocoa Powder	0.33 c
15729	Milk	0.50 c
15729	Vanilla	1.00 ts
15729	Hot Water	1.67 c
15730	Cheese; cheddar, shredded	2.25 c
15730	Milk	2.50 c
15730	Bisquick baking mix	0.50 c
15730	Sauce; red pepper	0.25 ts
15730	Macaroni; uncooked	1.00 c
15730	Eggs	4.00
15730	-Salt	0.25 ts
15730	Cheese; cheddar, shredded	0.25 c
15731	Lean Ground Beef	1.00 lb
15731	Salt & Pepper; To Taste	0.00
15731	Cheddar Cheese; Shredded,1 C	4.00 oz

Sheet1

15731	Dairy Sour Cream	1.00 c
15731	Mayonnaise Or Salad Dressing	0.67 c
15731	Onion; Finely Chopped	2.00 tb
15731	Bisquick Baking Mix	2.00 c
15731	Water	0.50 c
15731	Tomatoes; Thinly Sliced, *	0.00
15731	Green Bell Pepper; Chopped	0.75 c
15731	Paprika; Optional	0.00
15732	Butter	1.00 tb
15732	Oil	1.00 tb
15732	Mushrooms; sliced	2.00 c
15732	Green onions; chopped	0.50 c
15732	Swiss cheese; shredded	1.00 c
15732	Tarragon; dried	1.00 ts
15732	Bisquick or baking mix	0.75 c
15732	Salt	0.25 ts
15732	Eggs	3.00
15732	Tomato slices or wedges;opt	0.00
15732	Parsley; opt	0.00
15733	16 oz. cans peaches;drained*	3.00
15733	Gr. cinnamon	1.00 ts
15733	Gr. nutmeg	0.25 ts
15733	Whipping cream	1.00 c
15733	Eggs	2.00
15733	Sugar	0.75 c
15733	Bisquick	0.67 c
15733	Streusel (below)	0.00
15733	Whipped Cream	1.00
15733	STREUSEL -----	0.00 -----
15733	Butter; firm	1.00 tb
15733	Bisquick	0.25 c
15733	Sugar	2.00 tb
15733	Slivered almonds	0.33 c
15733	STREUSEL -----	0.00 -----
15734	Pecans; chopped	1.50 c
15734	Milk	0.75 c
15734	Corn syrup; light or dark	0.75 c
15734	Margarine or butter;softened	0.25 c
15734	Vanilla	1.50 ts
15734	Eggs	4.00
15734	Brown sugar; packed	0.75 c
15734	Bisquick or baking mix	0.50 c
15735	Milk	1.33 c
15735	Butter or margarine	3.00 tb
15735	- softened	0.00
15735	Eggs	4.00
15735	Sugar	0.50 c
15735	Buttermilk biscuit mix	0.50 c
15735	Canned pumpkin	1.00 c

Sheet1

15735	Pumpkin pie spice	0.00
15735	Whipped cream (optional)	0.00
15736	Pumpkin	16.00 oz
15736	Evaporated milk	12.00 oz
15736	Butter -=OR=-	2.00 tb
15736	-margarin	2.00 tb
15736	Egg	2.00
15736	Sugar	0.75 c
15736	Bisquick	0.50 c
15736	Pumpkin pie spice	2.50 ts
15736	Vanilla	2.00 ts
15737	Cooked green beans	1.00 c
15737	Shredded Cheddar Cheese	4.00 oz
15737	Can mushrooms, drained	1.00 sm
15737	Milk	1.50 c
15737	Chopped onions	0.50 c
15737	Bisquick	0.75 c
15737	Chopped ham or chicken *	1.00 c
15737	Eggs	3.00
15738	STREUSEL TOPPING -----	0.00 -----
15738	Butter; firm	2.00 tb
15738	Bisquick	0.50 c
15738	Brown sugar; packed	0.25 c
15738	Nuts; chopped	0.25 c
15738	FILLING -----	0.00 -----
15738	Frozen rhubarb;thawed drain	16.00 oz
15738	Milk	0.75 c
15738	Eggs	2.00
15738	Sugar	1.00 c
15738	Bisquick	0.50 c
15738	Butter; softened	2.00 tb
15738	Ground cinnamon	1.00 ts
15738	Ground nutmeg	0.25 ts
15738	STREUSEL TOPPING -----	0.00 -----
15738	FILLING -----	0.00 -----
15739	Ground beef	1.00 lb
15739	Onion; chopped	0.50 c
15739	Envelopes taco seasoning;dry	2.00
15739	Bisquick	0.75 c
15739	Milk	1.25 c
15739	Eggs	3.00
15739	Cheddar cheese; shredded	1.00 c
15739	Head lettuce; shredded	0.25
15739	Tomato; diced	1.00
15739	Ripe olives; sliced	0.25 c
15740	Turkey; cooked & cut up	2.00 c
15740	Celery; chopped	1.00 c
15740	Onion; finely chopped	0.50 c
15740	Salt	0.50 ts

Sheet1

15740	Sage; ground or 1 tsp dried	0.75 ts
15740	Poultry seasoning	0.50 ts
15740	Pepper	0.12 ts
15740	Milk	1.25 c
15740	Eggs	3.00
15740	Bisquick or baking mix	1.00 c
15741	Cooking apples	1.00 lb
15741	Onion, chopped	1.00 lb
15741	Garlic cloves, crushed	2.00
15741	Golden raisins	0.75 c
15741	Salt	2.00 ts
15741	Sugar	1.50 c
15741	Malt vinegar	2.50 c
15741	Cayenne pepper	0.25 ts
15741	Ground cumin	0.25 ts
15741	Ground ginger	0.25 ts
15741	Mustard seeds	1.00 ts
15741	Dry mustard	0.25 ts
15741	Tomato paste	1.00 tb
15742	Bunch spinach	1.00
15742	Oil	1.00
15742	Black mustard seeds	0.00
15742	Crushed red chillis	0.00
15742	Turmeric	0.00
15742	Mint	0.00
15742	Yoghurt	0.00
15742	Lemon juice	0.00
15743	Besan (chick pea) flour	0.33 c
15743	Mashed tofu	0.25 c
15743	Water	0.75 c
15743	-to	3.00
15743	Margarine	4.00 tb
15743	-to	2.00
15743	Hot green chilies	4.00
15743	Cilantro	0.25 c
15743	Ginger (1/2")	1.00 sl
15743	Chopped onion	2.00 tb
15743	Salt; to taste	0.50 ts
15743	Bread *	4.00 sl
15744	Chicken legs	6.00
15744	Hot chilli powder	0.50 ts
15744	Garam masala	1.00 ts
15744	Crushed garlic	1.00 ts
15744	Crushed ginger	1.00 ts
15744	Salt (if needed)	0.00
15744	Natural yoghurt	5.00 oz
15744	Eggs	2.00
15744	Flour	1.00 ts
15744	Crushed mint leaves	1.00 ts



## Sheet1

15744	Ground coriander	2.00 ts
15744	Vegetable oil	6.00 oz
15745	Flour	2.00 c
15745	Powdered milk	0.33 c
15745	Baking powder	2.00 ts
15745	Salt	1.00 ts
15745	Lard or shortening	2.00 ts
15745	Warm water	0.75 c
15745	Oil for frying	0.00
15746	Ghee	1.00 c
15746	Onions, chopped	2.00 lg
15746	Garlic cloves	4.00 lg
15746	Grated ginger	1.00 ts
15746	Turmeric	2.00 ts
15746	Cayenne	2.00 ts
15746	Garam masala	2.00 ts
15746	Ripe tomatoes	4.00 ea
15746	Yogurt	0.33 c
15746	Salt	0.00
15746	Water	2.50 c
15747	Vegetable oil	2.00 tb
15747	Finely chopped onions	0.67 c
15747	Minced garlic	4.00 ts
15747	Finely chopped ginger	1.50 tb
15747	Hot green chiles, seeded and	2.00
15747	-chopped	0.00
15747	Lean ground lamb, or beef	1.00 lb
15747	Tumeric	0.25 ts
15747	Salt to taste	0.00
15747	Boiling water	0.50 c
15747	Garum masala (Garam Masala	2.00 ts
15747	-is available where	0.00
15747	-specialty spoices	0.00
15747	Lemon juice	2.00 ts
15747	Chopped coriander	2.00 tb
15748	Corn oil or ghee	1.00 tb
15748	Onion, finely chopped	1.00 sm
15748	Curry Powder	2.00 ts
15748	Cayenne pepper	0.25 ts
15748	Piece ginger root, peeled,	1.00
15748	-chopped (1/2")	0.00
15748	Mayonnaise	0.67 c
15748	Tomato paste	1.00 tb
15748	Mango Chutney	1.00 tb
15748	Half-and-half	3.00 tb
15748	-OR	0.00
15748	Plain yogurt	3.00 tb
15748	Cucumber slices, 1/2s (opt)	0.00
15748	Cucumber skin strips (opt)	0.00

Sheet1

15748	Fresh parsley sprig (opt)	0.00
15749	Coriander seeds	1.00 tb
15749	Black peppercorns	1.00 tb
15749	Cumin seeds	1.00 tb
15749	Turmeric	0.50 ts
15749	Dried hot-chili pepper	1.00 sm
15749	Powdered ginger	0.25 ts
15749	Whole cloves	2.00
15749	Of allspice powder	1.00 pn
15750	Sugar	2.00 c
15750	Bacon grease	0.75 c
15750	Water or milk	2.00 c
15750	Raisins	1.00 c
15750	Cloves	1.00 ts
15750	Nutmeg	1.00 ts
15750	Allspice	1.00 ts
15750	Salt	0.50 ts
15750	Flour	3.50 c
15750	Baking soda	1.00 ts
15750	Baking powder	2.00 ts
15750	Nuts; chopped	1.00 c
15751	Water	8.00 c
15751	Fresh lime juice	0.50 c
15751	Fresh lemon juice	0.67 c
15751	Maple syrup	1.33 c
15751	Freshly grated ginger	0.50 tb
15751	Cayenne, optional	0.12 ts
15752	Bunch spinich	1.00
15752	Oil	1.00
15752	Black mustard seeds	0.00
15752	Crushed red chillis	0.00
15752	Turmeric	0.00
15752	Mint	0.00
15752	Yoghurt	0.00
15752	Lemon juice	0.00
15753	Onion	1.00
15753	Butter	2.00 tb
15753	Oil	1.00 tb
15753	Chicken pieces	3.00 lb
15753	Mild curry powder	2.00 tb
15753	Chicken broth	1.25 c
15753	Garlic clove	1.00
15753	Lemon juice	2.00 tb
15753	Salt	0.00
15753	Cayenne pepper	0.00
15753	Light cream	2.00 tb
15754	Lean ground pork, at room	2.00 lb
15754	-temperature	0.00
15754	Dried basil (optional)	1.00 ts

Sheet1

15754	Dried marjoram (optional)	1.00 ts
15754	Finely chopped onion	0.33 c
15754	Chili powder	1.00 ts
15754	Finely minced fresh parsley	2.00 ts
15754	Black pepper	1.00 ts
15754	Salt	2.00 ts
15754	Ground red pepper	0.50 ts
15754	Rubbed sage	1.00 ts
15754	Dried thyme (optional)	0.25 ts
15755	Yellow cornmeal	0.50 c
15755	All-purpose flour	1.00 c
15755	Baking powder	1.00 tb
15755	Salt	1.00 ts
15755	Sugar	1.00 tb
15755	Evaporated milk	1.00 c
15755	Egg, beaten	1.00
15755	Paprika	0.25 ts
15755	Dry mustard	0.50 ts
15755	Of pepper	1.00 ds
15756	Yeast	1.00 pk
15756	Sugar	1.00 t
15756	Lukewarm water	1.25 c
15756	Fine sea salt	2.00 t
15756	Unbleached flour; about	3.75 c
15757	Carrot	0.25 c
15757	Onion	2.00 tb
15757	Eggs	1.00
15757	Bread crumbs	0.25 c
15757	Dried oregano	0.25 ts
15757	Ground pork	0.50 lb
15757	Shredded cheddar cheese	0.25 c
15758	Ham slices, 1-inch thick (re	1.00
15758	Brown sugar	1.00
15758	Mustard, prepared	1.00
15758	Cloves, whole	1.00
15758	Pineapple slices	1.00
15758	Butter or margarine	1.00
15758	Sweet potatoes, pared and qu	1.00
15759	Oil	2.00 tb
15759	Garlic; minced	1.00 ts
15759	Peanut butter	0.50 c
15759	Chicken stock or broth	0.50 c
15759	Cider vinegar	2.00 tb
15759	Karo, light or dark	2.00 tb
15759	Black soy sauce	1.00 tb
15759	Sesame oil	2.00 tb
15759	Red pepper; to taste	0.00
15760	Boneless sirloin steak,	1.50 lb
15760	-trimmed	0.00

Sheet1

15760	Corn oil	3.00 tb
15760	Spanish onion, sliced	1.00 lg
15760	Garlic clove, crushed	1.00
15760	Ground ginger	1.00 ts
15760	Ground cumin	1.00 ts
15760	Ground coriander	1.00 ts
15760	Chili seasoning	1.00 ts
15760	Shredded coconut	0.67 c
15760	Light-brown sugar	2.00 ts
15760	Lemon juice	1.00 tb
15760	Beef stock	1.25 c
15760	Thin slivers red bell pepper	0.00
15760	Chopped green chilies	0.00
15760	Small onion slices	0.00
15761	Shredded coconut	1.00 c
15761	Boiling water	1.67 c
15761	Corn oil	3.00 tb
15761	Onion, quartered, then in	1.00
15761	-thin slices	0.00
15761	Garlic clove, crushed	1.00
15761	Curry Powder	1.00 tb
15761	Turmeric	0.50 ts
15761	Ground coriander	0.50 ts
15761	Hot chili powder	0.50 ts
15761	Cornstarch	1.00 tb
15761	Lemon juice	1.00 tb
15761	Tomato, peeled, seeded	1.00 lg
15761	Green bell pepper, seeded	0.50 sm
15761	Salt to taste	0.00
15762	Ears of Corn	3.00
15762	- scraped & coarsely chopped	0.00
15762	-=OR=- frozen corn	0.00
15762	Medium Shrimp	0.50 lb
15762	- shelled and deveined,	0.00
15762	- coarsely chopped	0.00
15762	Chopped garlic	1.00 ts
15762	Finely chopped shallots	0.50 c
15762	-=OR=- Green onions	0.00
15762	Ground coriander	1.00 ts
15762	Ground cumin	0.25 ts
15762	Chopped coriander leaves	2.00 tb
15762	Flour	2.00 tb
15762	Salt	1.00 ts
15762	Eggs; beaten	2.00
15762	Peanut or vegetable oil	0.00
15762	- for pan-frying -	0.00
15762	Sambal Ulek (chili sauce)	0.00
15762	- for dipping -	0.00
15763	Dried, toasted, flaked,	0.50 c

Sheet1

15763	-unsweetened coconut	0.00
15763	Onions, chopped	2.00
15763	Cloves garlic, chopped	4.00
15763	Peanut oil	0.00
15763	Ground caraway seeds	4.00 tb
15763	Dried cayenne chiles, stems	12.00
15763	-and seeds removed	0.00
15763	Poppy seeds	2.00 ts
15763	Ground nutmeg	0.50 ts
15763	Ground cloves	1.00 ts
15763	Ground tumeric	4.00 ts
15763	Anchovy fillets	8.00
15763	Zest of 3 limes	0.00
15763	3-inch piece peeled,	1.00
15763	-fresh ginger, chopped	0.00
15763	Macadamia nuts	10.00
15764		1.00
15764	-	0.50
15764	Chopped garlic	1.50
15764	Red serrano chiles, chopped	2.00
15764	Shrimp paste (optional)	1.00
15764	-or: Anchovy paste	0.00
15764	Turmeric	0.50 ts
15764	Salt or to taste	1.00 ts
15764	Vegetable oil	3.00 tb
15764	-(or more if needed)	0.00
15764	Med shrimp (41-to-50 per lb)	6.00 oz
15764	- shelled and deveined	0.00
15764	Diced red pepper	0.50 c
15764	Green peas	0.50 c
15764	Shredded purple cabbage	1.00 c
15764	Cooked long-grain white rice	6.00 c
15764	- (cold)	0.00
15764	Ketjap manis	2.00 tb
15764	-or: Dark soy sauce	0.00
15764	Light soy sauce	1.00 tb
15764	Green onions, thinly sliced	3.00
15764	Diced cooked chicken	0.50 c
15764	Chinese barbecued pork	0.50 c
15764	-or: Ham	0.00
15764	GARNISHES -----	0.00 -----
15764	Fresh coriander leaves	0.00
15764	English cucumber	0.50
15764	- thinly sliced	0.00
15764	GARNISHES -----	0.00 -----
15765	Garlic cloves, minced	2.00
15765	Ketjap manis, store bought	0.25 c
15765	-or homemade (below)	0.00
15765	Fresh lime juice	0.25 c

Sheet1

15765	Safflower oil	2.00 tb
15765	Ketjap Manis:	0.00
15765	Sugar	0.75 c
15765	Soy sauce	1.00 c
15765	Water	2.00 tb
15765	Sliced lemon grass	1.00 tb
15765	Clove garlic, minced	1.00
15765	Star anise	1.00
15766	All-Purpose Flour, Sifted	4.00 c
15766	Baking Soda	1.00 ts
15766	Sugar	1.00 tb
15766	Dried Currants	1.00 c
15766	Salt	1.50 ts
15766	Buttermilk	1.00 c
15767	Chuck steak	3.00 lb
15767	Onions, chopped	2.00 md
15767	Garlic, minced	1.00 cl
15767	Crushed coriander	2.00 ts
15767	Salt	1.50 ts
15767	Black pepper	0.50 ts
15767	Dash cayenne pepper	0.00
15767	Lemon juice	2.00 tb
15767	Brown sugar	1.00 tb
15767	Soy sauce	2.00 tb
15768	Freshly Grated Coconut Or	0.25 c
15768	-Desiccated Coconut	0.00
15768	Water	3.00 c
15768	Tumeric	1.00 ts
15768	Salt	0.25 ts
15768	Bouillon Cube	1.00
15768	Water	0.67 c
15768	Long Grain Rice	2.50 c
15768	Strips Of Red Pepper	0.00
15768	Thin Slices Of Cucumber	0.00
15768	Fried Onion Rings	0.00
15768	Strips Of Flat Omelette	0.00
15768	-(Recipe Below)	0.00
15769	Bottles Regular Soy Sauce *	2.00
15769	Bottles Water	3.00
15769	Onions, chopped	4.00 md
15769	Bay Leaves	6.00
15769	Laos **	2.00 ts
15769	Bag Demerara Sugar	0.50
15770	Of sirloin	1.00 lb
15770	Green pepper	1.00
15770	Zucchini	1.00
15770	Pearl onions	12.00
15770	Mushrooms	0.50 lb
15770	MARINADE -----	0.00 -----

Sheet1

15770	Chopped onions	0.50 c
15770	Sesame seeds	2.00 tb
15770	Peanut oil	2.00 tb
15770	Soy sauce	0.50 c
15770	Salt	0.50 ts
15770	Pepper	0.25 ts
15770	Brown sugar	2.00 tb
15770	Lemon juice	1.00 ts
15770	MARINADE -----	0.00 -----
15771	Light corn syrup	0.67 c
15771	Butter or margarine	2.00 tb
15771	Nestle milk chocolate	11.50 oz
15771	-morsels	0.00
15771	Vanilla	1.00 ts
15771	Golden Grahams cereal (about	10.00 oz
15771	-8 cups)	0.00
15771	Miniature marshmallows	3.00 c
15772	Chinese cabbage	1.00
15772	Cloves Garlic	2.00
15772	Hot pepper	1.00 ts
15772	Soy sauce	1.00 ts
15772	Vinegar	1.00 ts
15772	Salt	1.00 tb
15772	Sugar	1.00 tb
15773	STARTER -----	0.00 -----
15773	Dry yeast,	1.00 pk
15773	Sugar	0.50 c
15773	Warm water,	2.00 c
15773	Salt	2.00 tb
15773	Instant potato flakes	0.50 c
15773	FEED -----	0.00 -----
15773	Sugar,	0.75 c
15773	Warm water,	1.00 c
15773	Instant potato flakes	1.00 ts
15773	BREAD -----	0.00 -----
15773	Starter,	1.00 c
15773	Lukewarm water	1.50 c
15773	Salt,	1.00 ts
15773	Sugar	0.25 c
15773	Oil,	0.50 c
15773	Flour	6.00 c
15773	STARTER -----	0.00 -----
15773	FEED -----	0.00 -----
15773	BREAD -----	0.00 -----
15774	No Ingredients	0.00
15775	Oil	1.00 tb
15775	Onion, diced	1.00 sm
15775	Carrot, diced	1.00 sm
15775	Tofu, crumbled	24.00 oz

## Sheet1

15775	Roasted sesame seeds	2.00 tb
15775	Salt	0.50 ts
15775	Shoyu	2.00 ts
15775	Pepper	1.00 ds
15776	Stone Ground	4.00 c
15776	Whole wheat flour	0.00
15776	White flour	2.00 c
15776	Salt	1.50 ts
15776	Baking soda	1.50 ts
15776	Buttermilk or sweet milk	2.00 c
15777	Stone Ground	4.00 c
15777	Whole wheat flour	0.00
15777	White flour	2.00 c
15777	Salt	1.50 ts
15777	Baking soda	1.50 ts
15777	Buttermilk or sweet milk	2.00 c
15778	Stone Ground	4.00 c
15778	Whole wheat flour	0.00
15778	White flour	2.00 c
15778	Salt	1.50 ts
15778	Baking soda	1.50 ts
15778	Buttermilk or sweet milk	2.00 c
15778	Butter	2.00 tb
15778	Sugar	2.00 tb
15779	Stone Ground	4.00 c
15779	Whole wheat flour	0.00
15779	White flour	2.00 c
15779	Salt	1.50 ts
15779	Baking soda	1.50 ts
15779	Buttermilk or sweet milk	2.00 c
15779	Butter	2.00 tb
15779	Sugar	2.00 tb
15780	Potato (about 5 ounces)	1.00 sm
15780	Irish Creme liqueur	3.00 tb
15780	Squares (2 oz) unsweetened	2.00
15780	-chocolate	0.00
15780	Margarine/butter	3.00 tb
15780	Powdered sugar, unsifted	1.00 lb
15780	-(about 3-1/4 cups)	0.00
15780	Walnut pieces	36.00
15781	Boneless pork loin	6.00 lb
15781	Chopped parsley	0.50 c
15781	Minced onion	0.25 c
15781	Finely grated lemon peel	0.25 c
15781	Basil	1.00 tb
15781	Garlic cloves crushed	3.00
15781	Olive oil	0.75 c
15781	Dry sherry	0.75 c
15782	Butter	8.00 oz



Sheet1

15782	Caster sugar	4.00 oz
15782	Plain flour	8.00 oz
15782	Cornflour	2.00 oz
15783	Flour	3.50 c
15783	Sugar	0.50 ts
15783	Salt	0.50 ts
15783	Bicarbonate of soda	0.50 ts
15783	Buttermilk: to 2 1/2 c *	1.25 c
15784	Butter	1.00 tb
15784	White flour	4.00 c
15784	Salt	1.00 ts
15784	Baking soda	1.00 ts
15784	Buttermilk or sweet milk	1.00 c
15785	Butter	1.00 tb
15785	White flour	4.00 c
15785	Salt	1.00 ts
15785	Baking soda	1.00 ts
15785	Buttermilk or sweet milk	1.00 c
15786	Self rising flour	2.00 c
15786	Water or milk	0.75 c
15786	Shortening	3.00 tb
15786	Butter, melted	0.50 c
15787	Condensed milk	1.00 c
15787	Eggs, separated	6.00
15787	Key lime juice	0.50 c
15787	Cream of tartar	1.00 tb
15787	Sugar	1.00 c
15787	10" or 2 8" pie crusts	1.00
15788	Kraft Barbecue Sauce	0.50 c
15788	Pineapple Juice	0.25 c
15788	Garlic clove, minced	1.00
15788	Vanilla	2.00 ts
15788	Ground Allspice	1.00 ts
15788	Pork loin chops, 1/4 inch	6.00
15788	-thick	0.00
15789	Vegetable oil	4.00 ts
15789	Whole chicken, cut into 8	3.00 lb
15789	-pieces, skinned	0.00
15789	Thinly sliced onions	2.00 c
15789	Orange juice (no sugar	1.00 c
15789	-added)	0.00
15789	Honey	2.00 tb
15789	Each salt and paprika	1.00 ts
15789	Each ground ginger and	0.50 ts
15789	-ground nutmeg	0.00
15789	Pitted black olives, sliced	8.00 lg
15789	-or whole	0.00
15789	Water	1.00 tb
15789	Cornstarch	2.00 ts

Sheet1

15789	Oranges, peeled and	2.00 sm
15789	-sectioned (OR 1 cup	0.00
15789	Canned mandarin orange	0.00
15789	-sections	0.00
15790	Gelatine, unflavored (envel)	1.00 ea
15790	Water, cold	1.00 c
15790	Cheese, cream, softened	16.00 oz
15790	Sugar	0.50 c
15790	Vanilla extract (optional)	1.00 ts
15790	Graham cracker crust (9-in)	1.00 ea
15791	Flour	7.00 c
15791	Sugar	1.50 c
15791	Vegetable shortening	1.50 c
15791	Baking powder	2.00 T
15791	Anise seed	2.00 t
15791	Eggs	6.00
15791	Milklla extract	4.00 c
15791	Egg white	1.00
15791	Sesmae seeds	0.00
15792	Japanese eggplants	2.00 sm
15792	Zucchini	1.00 ea
15792	Yellow crookneck squash	1.00 ea
15792	Button mushrooms	0.50 lb
15792	Red bell pepper	1.00 ea
15792	Yellow bell pepper	1.00 ea
15792	Red onions	2.00 sm
15792	Fennel bulb	1.00 ea
15792	Cherry toamtoes	0.50 lb
15792	-----MARINADE-----	0.00
15792	Fresh thyme	0.50 bn
15792	Crushed red pepper	1.00 pn
15792	Grated zest of 1 lemon	0.00
15792	Salt, optional	0.50 ts
15792	Pepper, optional	0.50 ts
15792	Garlic cloves	9.00 ea
15792	Juice of 2 lemons	0.00
15792	Vegetable broth or olive oil	0.25 c
15792	-----PASTA-----	0.00
15792	Tomato sauce	0.50 c
15792	Angel hair pasta	1.00 lb
15793	Sweet Italian sausage	0.50 lb
15793	Sliced fresh mushrooms (4oz)	1.00 c
15793	Carrot, shredded	1.00 lg
15793	Sliced green onions	0.50 c
15793	Eggs, beaten	4.00
15793	Milk	0.25 c
15793	Salt	0.50 ts
15793	Ground black pepper	0.50 ts
15793	Cooked rice	3.00 c

## Sheet1

15793	(1oz) grated Parmesan cheese	0.25 c
15794	Frozen family sized pound	1.00
15794	-cake, (16 oz) thawed	0.00
15794	Orange flavoured liqueur	3.00 tb
15794	-(can subst. orange juice)	0.00
15794	Carton ricotta	15.00 oz
15794	Mini chocolate chips	0.50 c
15794	Candied fruit	3.00 tb
15795	(14 1/2 oz) Stewed Tomatoes	2.00 cn
15795	Water	2.00 c
15795	Instan Minced Onion	2.00 tb
15795	Salt	3.00 ts
15795	Green Pepper Flakes	4.00 ts
15795	Sugar	3.00 ts
15795	(8 oz) Tomato Sauce	4.00 cn
15795	(6 oz) Tomato Paste	2.00 cn
15795	Parsley Flakes	2.00 tb
15795	Cornstarch	2.00 tb
15795	Instant Minced Garlic	1.00 ts
15795	Italian Seasoning	1.50 ts
15796	Butter, softened	0.50 c
15796	Shortening	0.50 c
15796	Sugar	2.00 c
15796	Egg yolks	5.00
15796	Flour	2.00 c
15796	Baking soda	1.00 t
15796	Buttermilk	1.00 c
15796	Vanilla	1.00 t
15796	3 oz coconut	1.00 cn
15796	Chopped walnuts	1.00 c
15796	Egg whites, stiffly beaten	5.00
15796	Cream cheese, softened	8.00 oz
15796	Butter, softened	0.50 c
15796	Confectioners sugar	1.00 lb
15796	Vanilla	1.00 t
15796	Chopped walnuts	0.50 c
15797	Sicilian-style sausage	12.00
15797	-Patties	0.00
15797	Sweet green frying peppers	10.00
15797	-(or 3 small bell peppers),	0.00
15797	-sliced	0.00
15797	Onions, sliced	2.00 md
15797	Cloves garlic, minced	4.00
15797	Dry red wine	4.00 tb
15797	Water	2.00 tb
15797	Salad oil	2.00 ts
15797	Minced fresh (or 1 tsp.	1.00 tb
15797	-dried) oregano (or Italian	0.00
15797	-seasoning)	0.00

Sheet1

15798	Egg, beaten	1.00
15798	Ground beef	1.50 lb
15798	(8 oz) pizza sauce	1.00 cn
15798	(3 oz.) Velveeta Shredded	0.75 c
15798	Pasteurized Process Cheese	0.00
15798	Food	0.00
15798	Old fashioned or quick	0.75 c
15798	Oats, uncooked	0.00
15798	Cold water	0.25 c
15798	Dried oregano leaves,crushed	0.50 ts
15799	Mild Italian Sausage	1.00 lb
15799	Salt	4.00 ts
15799	Instant Minced Garlic	0.50 ts
15799	Medium Carrot, Peeled	1.00
15799	Sweet Basil Leaves	2.00 tb
15799	Thyme	0.25 ts
15799	(10 oz) Frozen Broccoli	1.00 pk
15799	(12 oz) Tomato Paste	1.00 cn
15799	Lean Ground Beef	2.00 lb
15799	Pepper	0.25 ts
15799	Small onion, Peeled	1.00
15799	Water	0.00
15799	Chili Powder	0.25 ts
15799	(10 oz) Frozen Cauliflower	1.00 pk
15799	(29 oz) Tomato Puree	1.00 cn
15799	Water	8.00 c
15800	Sweet onions	4.00 md
15800	Butter	4.00 tb
15800	Of bread	4.00 sl
15800	Salt and pepper	0.00
15800	(8 ounce) cans beef broth	2.00
15800	Italian bread crumbs	1.00 c
15800	(4 inch square) slices	4.00
15800	-mozzarella cheese	0.00
15800	(1/2 ounce) can Parmesan	1.00
15800	-Cheese (shredded)	0.00
15800	Oven tempered soup bowls	4.00
15801	Orzo pasta	1.00 c
15801	Clear chicken broth	3.00 c
15801	Minced fresh parsley	0.25 c
15801	Chopped leeks	0.50 c
15801	Minced prosciutto	0.25 c
15801	Salt and white pepper, to	0.00
15801	-taste	0.00
15801	Fresh or frozen corn	1.50 c
15801	Unsalted butter	2.00 tb
15801	Light cream (Optional)	2.50 c
15801	Maryland oysters with their	1.00 pt
15801	-liquor	0.00

## Sheet1

15802	Loosely packed fresh basil	3.00 c
15802	Olive oil	0.75 c
15802	Pine nuts	0.25 c
15802	Garlic cloves	3.00
15802	Salt	1.00 ts
15802	Parmesan cheese -	0.50 c
15802	Freshly grated	0.00
15802	Romano pecorino cheese OR	3.00 tb
15802	Parmesan cheese	0.00
15804	Hot And Mild Italian Sausage	2.00 lb
15804	Green Bell Peppers	3.00 lg
15804	Red Bell Pepper	1.00 lg
15804	Gold Bell Pepper	1.00 lg
15804	Fresh Sliced Mushrooms	0.50 lb
15804	Clove Garlic, Minced	1.00
15804	Jar Ragu Spaghetti Sauce	4.00 lb
15804	Salt And Pepper To Taste	0.00
15804	Oregano To Taste	0.00
15804	Minced Dry Onion	3.00 tb
15805	Mild Italian Sausage, Cut	1.50 lb
15805	-Into 1/2-Inch Thick Slices	0.00
15805	Cloves Garlic, Minced Or	2.00
15805	-Pressed	0.00
15805	Onions, Chopped	2.00 lg
15805	Pear-Shaped Tomatoes, 1	28.00 oz
15805	-Large Can	0.00
15805	Regular-Strength Beef Broth	43.50 oz
15805	-(Three 14 1/2 Ounce Cans)	0.00
15805	Dry Red Wine Or Water	1.50 c
15805	Dry Basil	0.50 ts
15805	Chopped Parsley	3.00 tb
15805	Green Bell Pepper, Seeded	1.00 md
15805	-And Chopped	0.00
15805	Zucchini, Cut Into 1/2-Inch	2.00 md
15805	-Thick Slices	0.00
15805	Medium-Sized Bow Ties Pasta,	5.00 oz
15805	-(About 3 Cups)	0.00
15805	Grated Parmesan Cheese	0.00
15806	Italian Sausage,Hot Or Sweet	12.00
15806	Bell Peppers *	10.00
15806	Fresh Mushrooms	0.50 lb
15806	Minute Rice	2.00 c
15806	Salt & Pepper To Taste	1.00
15806	Garlic Powder To Taste	1.00
15806	Italian Seasonings To Taste	1.00
15806	Onion Powder To Taste	1.00
15807	Rotini	1.00 lb
15807	Water,boiling,salted	0.00
15807	Italian sausage,1/2" slices	1.50 lb

Sheet1

15807	Mushrooms,fresh,slices	4.00 oz
15807	Green pepper,chopped	0.33 c
15807	Onion,chopped	0.33 c
15807	Butter or margarine	0.25 c
15807	Flour	0.50 c
15807	Salt	1.50 ts
15807	Mustard,dry	1.00 ts
15807	Milk	4.00 c
15807	Cheddar cheese,shredded	1.50 c
15807	Swiss cheese,shredded	1.50 c
15807	Worcestershire sauce	1.00 tb
15809	Lean ground beef	1.00 lb
15809	Italian sausage or spicy	6.00 oz
15809	Bulk sausage	0.00
15809	(14 1/2 oz) Italian style	1.00 cn
15809	Stewed tomatoes	0.00
15809	Fresh bread crumbs	1.00 c
15809	Chopped onion	0.50 c
15809	Chopped green bell pepper	0.50 c
15809	Egg, beaten	1.00
15810	All-purpose flour	0.50 c
15810	Salt, divided	2.00 ts
15810	Pepper, divided	0.50 ts
15810	Olive oil	3.00 tb
15810	To 3-1/2 pounds chicken, 4	3.00
15810	Breasts, 4 thighs, skin	0.00
15810	Removed	0.00
15810	Sliced onion	1.00 c
15810	Sliced mushrooms	1.00 c
15810	Green pepper rings	1.00 c
15810	Cloves garlic, minced	2.00
15810	Dried oregano leaves, crush	2.00 ts
15810	Dried basil leaves, crushed	1.00 ts
15810	(29-oz can) tomato sauce	3.50 c
15810	(14-1/2 oz can) Contadina	1.75 c
15810	Whole Peeled Tomatoes and	0.00
15810	Juice	0.00
15810	Dry pasta, cooked and	1.00 lb
15810	Drained, or 2 cups rice,	0.00
15810	Cooked	0.00
15811	BASIL BUTTER -----	0.00 -----
15811	Fresh basil leaves (about	2.00 oz
15811	- 2 bunches	0.00
15811	Butter, softened	10.00 oz
15811	- (2-1/2 cubes)	0.00
15811	Minced garlic	1.00 ts
15811	Salt	0.25 ts
15811	Black pepper	0.12 ts
15811	Grated parmesan cheese plus	3.00 tb

Sheet1

15811	- additonal for garnish	0.00
15811	Grated romano cheese	1.00 tb
15811	REST OF DISH -----	0.00 -----
15811	Fresh Linguine or angel	1.00 lb
15811	- hair pasta	0.00
15811	Medium shrimp, shelled	1.00 lb
15811	BASIL BUTTER -----	0.00 -----
15811	REST OF DISH -----	0.00 -----
15812	Sugar	2.00 c
15812	Corn sirup	0.50 c
15812	Egg whites	2.00
15812	Chopped nuts	1.00 c
15812	Water	0.50 c
15812	Salt	0.12 ts
15812	Vanilla	0.50 ts
15812	Cream of tartar	0.12 ts
15813	Zucchini	3.00 md
15813	Monterey Jack cheese (with	2.00 oz
15813	Jalapeno pepper)	0.00
15813	Onion	1.00 sm
15813	Ground beef	1.50 lb
15813	Bread crumbs	0.50 c
15813	Ketchup	3.00 tb
15813	Salt	0.00
15813	Butter	1.00 tb
15814	7 oz green chiles, drained	1.00 cn
15814	Shredded Monterey Jack	3.00 c
15814	Cheese and/or cheddar cheese	0.00
15814	Tomatoes, peeled & sliced	2.00 md
15814	Eggs	4.00 lg
15814	Evaporated milk	1.50 c
15814	Flour	0.25 c
15814	Salt	1.00 ts
15814	Sliced avocado and sour	0.00
15814	Cream for garnish	0.00
15815	Jalapeno Peppers; *	1.00 ea
15815	Clove Garlic; Finely Chopped	1.00 ea
15815	Vegetable Oil	2.00 t
15815	Salt	0.12 t
15815	Pepper; Dash Of	1.00 x
15815	QUICK CREME FRAICHE -----	0.00 -----
15815	Whipping Cream	0.33 c
15815	Dairy Sour Cream	0.67 c
15815	QUICK CREME FRAICHE -----	0.00 -----
15816	Jalapeno (or serrano)	0.75 c
15816	-peppers	0.00
15816	Green bell peppers, seeded	2.00 md
15816	-and sliced	0.00
15816	Distilled white vinegar	1.50 c

## Sheet1

15816	Sugar	6.50 c
15816	Bottle liquid pectin	6.00 oz
15816	Dried red pepper flakes	1.00 tb
15816	Green food coloring,	0.00
15816	-optional	0.00
15817	Whole coriander seeds	2.00 ts
15817	Whole yellow mustard seeds	0.25 c
15817	Whole black mustard seeds	0.25 c
15817	Dry powdered mustard	0.25 c
15817	Water, cold	0.75 c
15817	Garlic cloves	3.00
15817	- peeled and chopped	0.00
15817	Onion, peeled & chopped	1.00 sm
15817	Jalpeno peppers, seeded	3.00 sm
15817	Cider vinegar	0.25 c
15817	Dry white wine	0.25 c
15818	Sugar	6.00 c
15818	Jalapeno peppers, ground	0.25 c
15818	Green bell pepper, chopped	1.50 c
15818	Bottle Certo	1.00
15818	White vinegar	1.50 c
15819	Garlic Salt	1.00 c
15819	Celery Salt	0.75 c
15819	Salt	0.25 c
15819	Jalapeno Powder; *	2.00 c
15819	New Mexico Chile Powder; *	0.50 c
15820	To 3 3/4 c all-purpose flour	3.25
15820	Sugar	1.00 c
15820	Salt	1.50 ts
15820	Active dry yeast	2.00 pk
15820	Milk	0.75 c
15820	Water	0.25 c
15820	Margarine	0.50 c
15820	Eggs	3.00
15820	Chopped pecans or other nuts	0.50 c
15820	Cinnamon	0.25 ts
15820	Jam or marmalade	1.00 c
15821	See Below	0.00
15822	Loin pork chops	6.00
15822	Chicken breasts, split,	3.00
15822	Chicken legs 2 oz	6.00
15822	Whole allspice berries	0.00
15822	Fresh grated nutmeg	0.25 ts
15822	Ground cinnamon	0.50 ts
15822	Scallions, chopped	8.00
15822	Clove garlic, chopped	1.00 lg
15822	Hot pepper, chopped	1.00 ts
15822	Red-wine vinegar	3.00 tb
15822	Peanut or vegetable oil	0.25 c



## Sheet1

15822	Salt	0.50 ts
15822	Fresh ground pepper	0.25 ts
15822	Bay leaves, crumbled	2.00
15824	Ham; 8 to 10 lbs	1.00
15824	Apple juice or Maple sap	3.00 qt
15824	Maple sugar	2.00 c
15824	Mustars; hot dry	1.00 ts
15824	Cloves; ground	2.00 ts
15824	-Water	0.25 c
15824	Raisins	2.00 c
15825	Italian sausage	10.00 oz
15825	Water	2.00 ts
15825	Jar James Darren's Pasta	1.00
15825	Sauce with basil and garlic	0.00
15825	Or any pasta sauce	0.00
15825	Heavy cream	0.25 c
15825	Rigatoni, cooked	1.00 lb
15825	Fresh grated Parmesan cheese	0.00
15826	Eggs, separated	3.00
15826	Buttermilk	2.00 c
15826	Flour	2.00 c
15826	Salt	0.50 ts
15826	Baking powder	2.00 ts
15826	Baking soda	1.00 ts
15826	Melted butter	6.00 tb
15827	Chicken Wings Cut Up Buffalo	2.00 lb
15827	-Style	0.00
15827	Whole Serrano Chili Peppers	6.00
15827	Whole Red Chili Peppers	6.00
15827	Whole Jalapeno Peppers	10.00
15827	White Wine	2.00 c
15827	Bottle Tabasco Sauce	1.00
15827	Bottle Worcestershire Sauce	0.50
15827	Cayenne Pepper	10.00 tb
15827	Durkee Red-Hot Sauce	10.00 tb
15827	Salt	1.00 tb
15827	Pepper	3.00 tb
15827	Vinegar	0.50 c
15827	Fire Extinguisher	1.00
15827	-(Optional....)	0.00
15828	Minced fresh ginger	2.00 ts
15828	"natural" apple juice	0.33 c
15828	Freshly squeezed lemon juice	1.00 tb
15828	Light usukuchi soy sauce, or	2.00 tb
15828	-light soy sauce	0.00
15828	Mild honey	1.00 tb
15829	Eggplants	2.00 md
15829	Dry sherry	0.50 c
15829	Tamari soy sauce	0.33 c

Sheet1

15829	Molasses	1.00 tb
15829	Vegetable oil	0.25 c
15829	Tempeh, cubed	8.00 oz
15829	Chopped onions	2.50 c
15829	Ground fennel seeds	2.00 ts
15829	Cayenne	0.25 ts
15829	Ground coriander	1.00 ts
15829	Green bell pepper, diced	1.00 md
15829	Sliced mushrooms	4.00 c
15829	Tomato paste	3.00 tb
15829	Salt to taste	0.00
15829	Brown rice	0.00
15829	Chopped scallions	0.00
15829	Toasted seasmse seeds	0.00
15830	Salad Oil	6.00 oz
15830	Tamari	2.00 oz
15830	Cashews	0.25 c
15831	Cube margarine,melted,cooled	1.00
15831	Sugar	1.00 c
15831	Eggs,beaten	2.00
15831	Vinegar	0.50 ts
15831	Vanilla extract	1.00 ts
15831	Chopped dates	0.50 c
15831	Coconut	0.50 c
15831	Chopped nuts	0.50 c
15831	Unbaked pie shell	1.00
15832	Butter,at room temperature	1.00 c
15832	Sugar	2.00 c
15832	Eggs	4.00
15832	Flour	3.00 c
15832	Salt	0.50 ts
15832	Baking powder	3.00 ts
15832	Milk	1.00 c
15832	Orange rind,grated	1.00 tb
15832	Vanilla	1.00 ts
15832	Allspice	1.00 ts
15832	Ginger	1.00 ts
15832	Raisins	0.50 c
15832	Pecans,chopped	0.50 c
15832	Flour	1.00 tb
15832	Coconut,grated	1.50 c
15832	Candied cherries (opt)	0.00
15832	FRUIT FILLING -----	0.00 -----
15832	Flour	2.00 tb
15832	Juice of 3 lemons	1.00
15832	Sugar	1.00 c
15832	Pineapple (20 oz)*	1.00 cn
15832	Egg yolks	2.00
15832	Pecans chopped	0.50 c

Sheet1

15832	FRUIT FILLING -----	0.00 -----
15833	Karen Mintzias	0.00
15833	DRESSING -----	0.00 -----
15833	Rice wine vinegar	0.67 c
15833	Soy sauce	0.25 c
15833	Vegetable oil	0.25 c
15833	Sugar	3.00 tb
15833	Dry mustard	1.00 ts
15833	Cayenne pepper	1.00 pn
15833	SALAD -----	0.00 -----
15833	Fresh bean sprouts	1.00 lb
15833	Dried chuka soba noodles	14.00 oz
15833	Oriental sesame oil	0.25 c
15833	Cooked bay shrimp	2.00 lb
15833	Cucumbers	3.00 lg
15833	- peeled, halved	0.00
15833	- and thinly sliced	0.00
15833	Green onions, sliced	6.00
15833	Red cabbage leaves	0.00
15833	DRESSING -----	0.00 -----
15833	SALAD -----	0.00 -----
15834	Light soy sauce	1.00 tb
15834	Rice vinegar	2.00 tb
15834	Dashi (Japanese stock)	3.00 tb
15834	Grated fresh ginger	0.50 ts
15835	Oil	0.00
15835	Garlic cloves, fine chopped	3.00 x
15835	Onions, med, finely chopped	3.00 x
15835	Jars Chili powder, (3oz)	2.00
15835	Green peppers, fine chopped	2.00 x
15835	Jalapeno chili,	0.00
15835	Celery, stalks fine chopped	3.00 x
15835	Beef, coarsely ground	8.00 lb
15835	Salt	2.00 tb
15835	Tomato paste, (6oz)	1.00 c
15835	Oregano	0.00
15835	Tomatoes, (1lb-13oz) stewed	2.00 c
15835	Garlic salt	0.00
15835	Tomato sauce, (1lb)	2.00 c
15835	Coarsely ground pepper	4.00 x
15835	Chile salsa, (7oz)	1.00 c
15836	Oil,cooking	1.00 tb
15836	Onions	3.00
15836	Bell pepper(s)	2.00
15836	Celery stalks	2.00
15836	Garlic cloves	3.00
15836	Beef round,coarse grind	8.00 lb
15836	Tomato sauce	40.00 oz
15836	Tomatoes,stewed	40.00 oz

Sheet1

15836	Tomato paste	6.00 oz
15836	Water	5.00 c
15836	Chile salsa	4.00 oz
15836	Jalapeno pepper	1.00
15836	Red chile,hot,ground	8.00 tb
15836	Red chile,mild,ground	4.00 tb
15836	Whole green chiles	4.00 oz
15836	Cumin,ground	1.00 tb
15836	Oregano,dried,pref. Mexican	1.00 ts
15836	Salt	3.00 tb
15836	Pepper	0.00
15837	Vegetable Oil	1.00 tb
15837	Onions, Chopped	3.00
15837	Bell Peppers, Chopped Fine	2.00
15837	Stalks Celery, Chopped Fine	2.00
15837	Garlic Cloves, Chopped Fine	3.00
15837	Coarse Ground Lean Beef	8.00 lb
15837	Tomato Sauce	2.00 cn
15837	Stewed Tomatoes	2.00 cn
15837	Water	2.00 c
15837	Tomato Paste	6.00 oz
15837	Chili Salsa	4.00 oz
15837	Hot Green Pepper	1.00
15837	Chili Powder	6.00 oz
15837	Diced Green Chiles	4.00 oz
15837	Oregano	0.00
15837	Salt To Taste	0.00
15837	Pepper To Taste	0.00
15837	Garlic Salt To Taste	0.00
15838	Pork - ground	1.00 lb
15838	Onion - minced	1.00
15838	Poultry seasoning	1.00 ts
15838	Tomato - small, cooked and	1.00
15838	Mashed	0.00
15838	Salt and pepper	0.00
15838	Pastry for 1 double-crust	0.00
15838	Pie	0.00
15839	Lean boneless pork	0.75 lb
15839	Rice wine or dry sherry	1.00 tb
15839	Light soy sauce	1.00 tb
15839	Salt	0.50 ts
15839	Green bell pepper	1.00 sm
15839	Red bell pepper	1.00 sm
15839	Carrot	1.00
15839	Scallions	2.00
15839	Egg; beaten	1.00
15839	Cornstarch	2.00 tb
15839	Oil, preferably peanut	2.00 c
15839	Canned lychees, drained, OR	3.00 oz

Sheet1

15839	-fresh orange in segments	1.00
15839	SAUCE -----	0.00 -----
15839	Chicken stock	0.67 c
15839	Light soy sauce	1.00 tb
15839	Salt	0.50 ts
15839	Chinese white rice vinegar	1.50 tb
15839	- or cider vinegar	0.00
15839	Sugar	1.00 tb
15839	Tomato paste	1.00 tb
15839	Cornstarch	1.00 ts
15839	Water	1.00 ts
15839	SAUCE -----	0.00 -----
15840	Olive oil	0.33 c
15840	Beef round,lean,1" cubes	3.00 lb
15840	Onions,medium,finely chopped	2.00
15840	Garlic cloves,med,fine chop	3.00
15840	Salt	0.00
15840	Water,boiling	4.00 c
15840	Caraway seeds	1.00 t
15840	Sesame seeds	2.00 t
15840	Oregano,ground,pref. Mexican	0.50 t
15840	Red chile,ground,hot-mild	3.00 T
15840	Olives,green,pitted	1.00 c
15840	Kidney beans(16oz ea)	2.00 cn
15841	White or yellow cake mix	1.00
15841	-(two layer)	0.00
15841	(baked and cooled)	0.00
15841	Boiling water	1.00 c
15841	Jell-O (any flavor - 4	1.00 pk
15841	-serving size)	0.00
15841	Cold water	0.50 c
15842	Concentrated meat broth	0.50 c
15842	Boiling water	2.00 c
15842	Gelatin	2.00 ts
15842	Bay leaf	0.50
15842	Clove	1.00
15842	Worcestershire sauce	1.00 ts
15842	Chopped parsley	0.00
15842	Salt and pepper	0.00
15842	Cold water	1.00 tb
15842	Celery salt	1.00 ts
15843	Beef broth or 2 tablespoons	4.00 c
15843	-instant beef bouillon	0.00
15843	Granules dissolved in 4 cups	0.00
15843	-hot water	0.00
15843	Sm. onion, chopped (1/4 cup)	1.00
15843	Med. green pepper, chopped	0.50
15843	-(1/4 cup)	0.00
15843	Snipped parsley	1.00 tb

Sheet1

15843	Worcestershire sauce	1.00 ts
15843	.....	0.00
15843	Dry sherry	2.00 tb
15843	Water	2.00 tb
15843	Envelope unflavored gelatin	1.00
15843	Whipping cream (optional)	0.50 c
15843	Curry powder (optional)	0.25 ts
15844	Orange juice	1.00 c
15844	Pineapple juice	1.00 c
15844	Sweetened lemon flavored	1.00 pk
15844	-gelatin	0.00
15845	Horseradish	1.00 c
15845	Vinegar	0.50 c
15845	Sugar	3.25 c
15845	Bottle fruit pectin	0.50
15846	Upper jawbone of a moose	1.00
15846	Onion; sliced	1.00
15846	Garlic clove	1.00
15846	Mixed pickling spice	1.00 tb
15846	Salt	1.00 ts
15846	Pepper	0.50 ts
15846	Vinegar	0.25 c
15847	Text Only	0.00
15848	Jell-o berry blue gelatin	4.00 oz
15848	Water, boiling	0.75 c
15848	Water, cold	0.50 c
15849	Granulated sugar	1.50 c
15849	Cake flour	2.00 c
15849	Baking powder	2.00 ts
15849	(3 ounces) jello	1.00 pk
15849	Milk	0.75 c
15849	Oil	0.67 c
15849	Lemon extract	2.00 tb
15849	Eggs separated	4.00
15850	Ice cream	1.00 pt
15850	Jello; small package	4.00 oz
15850	Fruit; frozen w/syrup	8.00 oz
15850	Water; hot	1.00 c
15851	White Cake Mix	1.00 pk
15851	Jello (3 Oz) Any Flavor	2.00 pk
15851	Boiling Water	2.00 c
15851	Cool Whip, Thawed	8.00 oz
15852	IN A SMALL PAN -----	0.00 -----
15852	Dry fruit pectin (Sure Jel)	1.75 oz
15852	Water	0.75 c
15852	Baking soda	0.50 t
15852	IN A 2ND LARGER PAN -----	0.00 -----
15852	Sugar	1.00 c
15852	Light Karo	1.00 c

Sheet1

15852	Flavor/color/citric acid	1.00 ea
15852	IN A SMALL PAN -----	0.00 -----
15852	IN A 2ND LARGER PAN -----	0.00 -----
15853	Onion, finely chopped	1.00
15853	Scallion, finely chopped	0.50 c
15853	Ground thyme	2.00 ts
15853	Salt	1.00 ts
15853	Sugar	2.00 ts
15853	Allspice	1.00 ts
15853	Ground nutmeg	0.50 ts
15853	Hot pepper, finely ground	1.00
15853	Black pepper	1.00 ts
15853	Soy sauce	3.00 tb
15853	Cooking oil	1.00 tb
15853	Vinegar	1.00 tb
15854	Onion, fine chopped	1.00
15854	Scallion, finely chopped	0.50 c
15854	Ground thyme	2.00 ts
15854	Salt	2.00 ts
15854	Allspice	1.00 ts
15854	Ground nutmeg	0.25 ts
15854	Ground cinnamon	0.50 ts
15854	Hot peppers, finely ground	4.00
15854	Black pepper	1.00 ts
15855	Coriander, ground	0.50 ts
15855	Cumin, ground	0.50 ts
15855	Peppercorns, black	0.12 ts
15855	Pepper, crushed red	0.00 pn
15855	Clove, ground	0.00 pn
15855	Gingerroot, chopped	0.50 ts
15855	Allspice, ground	1.00 ts
15855	Salt	0.00 pn
15855	Ketchup	1.00 tb
15855	Hot pepper sauce	0.50 ts
15855	Soy sauce, light	2.00 ts
15855	Brown sugar	1.00 ts
15855	;Hot water	1.00 tb
15855	Vegetable oil	2.00 ts
15855	Parsley; chopped	1.00 tb
15855	Basic burger recipe	1.00
15855	Chutney (any variety)	0.25 c
15856	Allspice	1.00 tb
15856	Cayenne	1.50 ts
15856	Rubbed sage	1.50 ts
15856	Cinnamon	0.75 ts
15856	Garlic powder	2.00 tb
15856	Oil	0.25 c
15856	White vinegar	0.75 c
15856	Juice of one lime	0.00

Sheet1

15856	Green onions, chopped	1.00 c
15856	Thyme	1.00 tb
15856	Fresh-grnd black pepper	1.50 ts
15856	Nutmeg	0.75 ts
15856	Salt	2.00 tb
15856	Sugar	1.00 tb
15856	Soy sauce	0.25 c
15856	Juice of one orange	0.00
15856	Hot pepper, seeded &	1.00
15856	Chopped	0.00
15857	Pork Shoulder Or Ribs	6.00 lb
15857	Scallions, Finely Chopped *	8.00
15857	Onion, Finely Chopped	1.00
15857	Garlic, Minced	4.00
15857	Scotch Bonnet Peppers **	2.00
15857	Minced Fresh Thyme OR	2.00 ts
15857	Dried Thyme, Curshed	1.00 ts
15857	(Scant) Salt	1.00 ts
15857	Raw Cane Sugar OR	1.00 ts
15857	Light Brown Sugar	1.00 ts
15857	Ground Allspice	1.00 ts
15857	Ground Nutmeg	0.50 ts
15857	Ground Cinnamon	0.50 ts
15857	Black Pepper, Freshly Ground	1.00 ts
15857	Cider Vinegar	2.00 ts
15857	Vegetable Oil	0.50 c
15858	Undrained Sauerkraut	1.00 cn
15858	Celery, Chopped	2.00 c
15858	Chopped Olive W/Pimento	1.00 c
15858	Honey	0.50 c
15858	Green Pepper, Chopped (Opt)	0.00
15858	Carrot, Grated (Opt)	0.00
15858	Dill Or Garlic (Opt)	0.00
15859	Water,warm (110 degree)	1.50 c
15859	Yeast, dry	1.00 pk
15859	Sugar	0.50 ts
15859	Salt	4.00 ts
15859	Rye sourdough starter	3.00 c
15859	Measured after stirring down	0.00
15859	At room temperature.	0.00
15859	Flour, gluten	2.00 c
15859	Flour, all-purpose or as	3.50 c
15859	Needed.	0.00
15859	Cornmeal (for sprinkling	0.00
15859	The baking sheets)	0.00
15859	GLAZE:	0.00
15859	Egg white beaten with 2 tbs	1.00
15859	Water.	0.00
15859	OPTIONAL TOPPING:	0.00



Sheet1

15859	Chernushka (black caraway)	2.00 ts
15859	Seeds.	0.00
15861	Flour	3.00 c
15861	Sugar	2.50 c
15861	Applesauce	1.00 c
15861	Eggs	4.00
15861	Orange juice	0.33 c
15861	Vanilla	2.50 ts
15861	Baking soda	3.00 ts
15861	Granny smith apples	6.00
15861	Cinnmaon	2.00 ts
15861	Sugar	5.00 tb
15862	Onions, peeled and sliced	2.00 md
15862	Butter or vegetable oil	2.00 tb
15862	Beef, in one piece	2.00 lb
15862	Beef soup bones	1.00 lb
15862	Chicken wings	2.00 lb
15862	Beef bouillon	12.00 c
15862	Bouquet garni: 2 bay leaves,	1.00
15862	-4 whole cloves, 4 sprigs	0.00
15862	Fresh parsley, 2 sprigs	0.00
15862	-fresh thyme, 6 whole	0.00
15862	-bruised	0.00
15862	Peppercorns	0.00
15862	Leeks, white part only	3.00 md
15862	Carrots, washed, unpeeled,	4.00
15862	-cut in 1-inch pieces	0.00
15862	Turnips, washed only, cut in	4.00 md
15862	-quarters	0.00
15862	Fresh green beans	3.00 c
15862	Parmesan cheese, freshly	0.00
15862	-grated	0.00
15862	Toasted french bread	0.00
15863	Jar, Pineapple Preserves	18.00 oz
15863	Dry Mustard (small can)	1.00 cn
15863	Black Pepper, Cracked	1.00 tb
15863	Jar, Apple Jelly	18.00 oz
15863	HorseRadish (small jar)	0.00
15864	Jicama, Peeled & Finely	0.25 lb
15864	Chopped	0.00
15864	Frozen Whole Corn, Thawed	0.25 c
15864	& Drained	0.00
15864	Chopped Tomato	0.50 c
15864	Chopped Green Pepper	2.00 tb
15864	Chopped Black Olives	1.00 tb
15864	Cider Vinegar	1.00 tb
15864	Commercial Picante Sauce	1.50 ts
15864	Vegetable Oil	1.00 ts
15865	All-purpose flour	2.00 c

Sheet1

15865	Salt	0.75 ts
15865	Butter, chilled,into 8 piece	0.67 c
15865	Yolk of large egg	1.00
15866	Squares unsweetened	2.00
15866	-chocolate	0.00
15866	Sugar	2.00 c
15866	Cold water	0.50 c
15866	Corn sirup	0.33 c
15866	Chopped peanuts	1.00 c
15866	Vanilla	1.00 ts
15867	Seville oranges (about 5)	2.00 lb
15867	Lemon	1.00
15867	Water	6.00 c
15867	Sugar	7.50 c
15868	Cauliflower, broken into	1.00 md
15868	-small flowerets	0.00
15868	Cucumber, quartered length-	1.00
15868	-wise and cut in 1/2" pieces	0.00
15868	Pearl onions, peeled	8.00 oz
15868	Spanish onion, chopped	1.00 lg
15868	Green tomatoes, blanched	4.00
15868	-peeled & cut into chunks	0.00
15868	Pickling salt	1.50 c
15868	Malt vinegar	2.50 c
15868	SAUCE -----	0.00 -----
15868	Malt vinegar	2.50 c
15868	Mustard seed, bruised	3.00 tb
15868	Ginger, 2", peeled & chopped	1.00 sl
15868	Garlic cloves, halved	4.00
15868	Black Peppercorns, bruised	1.00 tb
15868	Turmeric	1.00 tb
15868	Dry mustard	1.00 tb
15868	Sugar	0.50 c
15868	Flour	3.00 tb
15868	Water	4.00 tb
15868	SAUCE -----	0.00 -----
15869	Jimmy Dean Sausage	1.00 lb
15869	Eggs	6.00
15869	Sour cream	0.50 c
15869	Chopped onions	4.00 tb
15869	Chopped bell pepper	4.00 tb
15870	Butterscotch chips	12.00 oz
15870	Chunky peanut butter	0.50 c
15870	Sweetened condensed milk	0.67 c
15870	Walnuts (chopped)	0.50 c
15871	Warm water	0.75 pt
15871	Envelopes dry yeast	2.00
15871	Sugar	1.50 oz
15871	Salt	0.50 oz

## Sheet1

15871	Bread flour	3.50 c
15871	Boiling water	2.00 qt
15871	Sugar	1.00 T
15871	Egg white, beaten	1.00
15871	Salt, sesame, poppy or	0.00
15871	-caraway seeds (optional)	0.00
15872	Ground beef - lean	2.00 lb
15872	HP Fruity Sauce	0.25 c
15872	Saltine crackers - crushed	1.00 c
15872	Worcestershire sauce -	2.00 tb
15872	Lea & Perrins	0.00
15872	Ketchup	0.25 c
15872	Prepared mustard	2.00 tb
15872	Celery salt	1.00 ts
15872	Onion salt	1.00 ts
15872	Garlic salt	1.00 ts
15872	Eggs - large	2.00
15872	Onions - diced	1.00 c
15872	Green olives - sliced fine	0.50 c
15872	Tarragon leaves	1.00 ts
15872	Parmesan cheese - grated	0.25 c
15872	Monterey Jack cheese	2.00 c
15873	Sugar	1.00 c
15873	Light corn syrup	0.50 c
15873	Salt	1.00 ds
15873	To 1/2 C shelled raw peanuts	1.00
15873	Butter or margerine (I use	1.00 tb
15873	-margerine)	0.00
15873	Soda	1.50 ts
15873	Vanilla	1.00 ts
15874	Margarine or butter	3.00 tb
15874	Chicken, cut-up, or your	1.00
15874	-preferred chicken parts	0.00
15874	Mushrooms, sliced	0.50 lb
15874	Seasoned salt	0.50 ts
15874	Chicken flavor Rice A Roni	2.00 pk
15874	Hot water	4.00 c
15874	Parsley	2.00 tb
15874	Golden Mushroom Soup	1.00 cn
15874	Milk	0.50 c
15874	Grated Parmesan cheese	0.25 c
15875	Golden Almond Bars; (5 bars)	1.00 lb
15875	Froot Loops Cereal	1.00 c
15875	Rice Krispies	1.00 c
15875	Miniature Marshmallows	1.00 c
15876	Graham wafer crumbs	1.50 c
15876	Butter - melted	5.00 tb
15876	Sugar	2.00 tb
15876	Chocolate - semisweetened,	2.00 tb

Sheet1

15876	Grated	0.00
15876	Eggs	3.00
15876	Vanilla	1.00 ts
15876	Sugar	1.00 c
15876	Cream cheese - 8-oz.	3.00 pk
15876	Chocolate - semisweet,	12.00 pk
15876	1-oz. squares	0.00
15876	Sour cream	1.00 c
15876	Butter - melted	0.75 c
15876	Whipped cream (optional)	0.00
15877	All-purpose flour	0.75 c
15877	Baking soda	1.00 ts
15877	Sugar	2.00 tb
15877	Salt	0.50 ts
15877	Cornmeal	1.25 c
15877	Eggs, beaten	2.00
15877	Vinegar	0.25 c
15877	Shortening, melted	0.25 c
15878	Lard	1.00 c
15878	Sugar	0.25 c
15878	Eggs, beaten	2.00
15878	Cornmeal	1.75 c
15878	All-purpose flour	1.25 c
15878	Baking powder	2.00 tb
15878	Salt	1.00 ts
15878	Milk	1.25 c
15879	White Candy coating	1.25 lb
15879	Jordan almonds (pastel	0.50 lb
15879	-colored candy-coated	0.00
15879	-almonds)	0.00
15879	Unblanched whole almonds	0.50 c
15880	To 5 lb fresh ham or pork	4.00 lb
15880	- loin	0.00
15880	Or 2 cloves garlic, crushed	1.00
15880	Coarse salt	2.00 tb
15880	Water	4.00 qt
15880	14 oz cans whole hominy	4.00
15881		1.00
15881	-	0.50
15881	Chopped garlic	1.50
15881	Red serrano chiles; chopped	2.00
15881	Shrimp paste (optional)	1.00
15881	-=OR=- Anchovy paste	0.00
15881	Turmeric	0.50 ts
15881	Salt or to taste	1.00 ts
15881	Vegetable oil	3.00 tb
15881	-(or more if needed)	0.00
15881	Med shrimp (41-to-50 per lb)	6.00 oz
15881	- shelled and deveined	0.00

Sheet1

15881	Diced red pepper	0.50 c
15881	Green peas	0.50 c
15881	Shredded purple cabbage	1.00 c
15881	Cooked long-grain white rice	6.00 c
15881	- (cold) -	0.00
15881	Ketjap manis	2.00 tb
15881	=OR= Dark soy sauce	0.00
15881	Light soy sauce	1.00 tb
15881	Green onions; thinly sliced	3.00
15881	Diced cooked chicken	0.50 c
15881	Chinese barbecued pork	0.50 c
15881	=OR= Ham	0.00
15881	GARNISHES -----	0.00 -----
15881	Fresh coriander leaves	0.00
15881	English cucumber	0.50
15881	- thinly sliced -	0.00
15881	GARNISHES -----	0.00 -----
15882	White vinegar	1.00 c
15882	Sugar	1.00 c
15882	Ketchup	1.50 tb
15882	Fresh ginger (quarter-sized)	1.00 sl
15882	- bruised	0.00
15882	Salt	0.25 ts
15882	Tabasco sauce	3.00 dr
15883	Water	1.50 c
15883	Milk	0.50 c
15883	Dijon mustard	2.00 tb
15883	Long grain rice	1.50 c
15883	Cheddar or Swiss	0.50 c
15883	-cheese,grated or shredded	0.00
15883	Boneless chicken breasts,cut	1.00 lb
15883	-into strips	0.00
15883	Frozen broccoli cuts,thawed	1.50 c
15883	Oil	2.00 tb
15883	Can condensed cream of	10.75 oz
15883	-chicken soup	0.00
15883	Chopped pimento	2.00 tb
15884	Fine dry bread crumbs	0.50 c
15884	Milk or water	0.67 c
15884	Egg	1.00
15884	Minced onion	2.00 tb
15884	Salt	1.25 ts
15884	Pepper	0.12 ts
15884	Nutmeg	0.12 ts
15884	Ground beef	0.33 lb
15884	Ground pork	0.33 lb
15884	Ground veal	0.33 lb
15884	Butter or margarine	2.00 tb
15884	Water	0.25 c

Sheet1

15885	Bottle Ketchup	24.00 oz
15885	Dark Brown Sugar	1.00 lb
15885	Prepared Mustard	0.50 tb
15885	Black Pepper	1.00 tb
15885	Onion Juice	0.50 c
15885	Fl. Orange Juice	0.75 c
15885	Pineapple Juice	0.75 c
15885	Mango Juice	0.75 c
15885	Corn Starch	4.00 tb
15886	Dried jujubes	0.50 lb
15886	Ginseng powder	2.00 tb
15886	Glutinous rice flour	0.50 lb
15887	Milk	1.00 c
15887	Frying chicken (2.5-3 lb),	1.00
15887	-cut into 8 pieces	0.00
15887	Salt and freshly ground	0.00
15887	-pepper	0.00
15887	All-purpose flour	0.50 c
15887	To 6 Tb unsalted butter	4.00
15887	Olive oil	2.00 tb
15887	Minced shallot or green	1.00 tb
15887	-onion	0.00
15887	Dry white wine or vermouth	0.25 c
15887	Chicken broth	1.00 c
15888	Kosher salt      OR	1.00 c
15888	Salt	1.33 c
15888	Sugar	3.00 tb
15888	Paprika	1.00 ts
15888	Allspice	2.00 ts
15888	Thyme	2.00 ts
15888	Sage	1.00 ts
15888	Crumbled bay leaves	3.00
15888	Beef or pork roast	8.00 lb
15889	-Eggs	3.00
15889	-Milk	1.00 c
15889	-Butter; melted	2.00 T
15889	-Flour	1.00 c
15889	-Salt	0.25 t
15890	Frozen Raspberries, thawed	20.00 oz
15890	Vanilla Wafer Crumbs	2.00 c
15890	Sugar	0.50 c
15890	Cinnamon	1.00 ts
15890	Butter, melted	5.00 tb
15890	Unflavored Gelatin	1.00 pk
15890	Water, cold	0.25 c
15890	Lemon Peel	0.50 ts
15890	Heavy Cream	0.50 pt
15890	Vanilla	1.00 ts
15891	Pork tenderloin, trimmed	0.50 lb

## Sheet1

15891	Vegetable oil	1.00 ts
15891	Minced garlic (3 cloves)	1.00 tb
15891	Jungle Curry Paste (recipe	3.00 tb
15891	-follows)	0.00
15891	Defatted chicken stock	2.00 c
15891	Chinese eggplant, coarsely	0.50 lb
15891	-chopped	0.00
15891	Long beans, trimmed, cut	0.50 lb
15891	-into 1 inch pieces	0.00
15891	Fish sauce	2.00 tb
15891	Thinly sliced fresh krachai	0.25 c
15891	-or:	0.00
15891	Loosely packed dried *	2.00 tb
15891	Fresh kaffir lime leaves or:	2.00
15891	Dried **	4.00
15891	Chopped fresh basil	0.50 c
15892	Shallots, minced	2.00 lg
15892	Minced garlic (3 cloves)	1.00 tb
15892	Peeled, minced fresh	1.00 tb
15892	-galangal or:	0.00
15892	Two-inch long slice dried *	1.00
15892	Inch piece fresh lemon	1.00
15892	-grass, minced, or:	0.00
15892	Dried, soaked in water for	1.00 tb
15892	-30 minutes, drained and	0.00
15892	-minced	0.00
15892	Dried whole red chilies,	8.00
15892	-with seeds, minced, or:	0.00
15892	Crushed red-pepper flakes	2.50 ts
15892	Minced cilantro root	2.00 ts
15892	Fresh kaffir lime leaf,	1.00
15892	-minced **	0.00
15892	Shrimp paste	0.50 ts
15892	Salt	0.50 ts
15893	Black whole gram beans	1.00 c
15893	Red kidney beans	2.00 tb
15893	Chopped onions	1.00 c
15893	Chopped ginger	2.00 tb
15893	Chopped tomatoes	0.75 c
15893	Water	1.00 c
15893	Ground cardamom	0.50 ts
15893	Ground coriander	1.00 tb
15893	Red pepper	0.50 ts
15893	Salt	2.00 ts
15893	Ghee	6.00 tb
15893	Ghee	4.00 tb
15893	Cumin seeds	1.50 ts
15893	Minced onions	1.00 c
15893	Coriander leaves, chopped	0.25 c

Sheet1

15894	Kangaroo fillet, trimmed	600.00 g
15894	Of English spinach	2.00 bn
15894	Anchovy fillets	12.00
15894	Unsalted butter	200.00 g
15894	Lemon juice	1.00 ts
15894	Black pepper freshly ground	1.00 ts
15894	Sea salt	1.00 ts
15894	Olive oil	0.00
15895	Salt	1.00 ts
15895	Canned beef broth	3.00 c
15895	White vinegar	0.25 c
15895	Worchestershire sauce	0.50 c
15895	Tomato paste	1.00 c
15895	Brown sugar	0.50 c
15895	Honey	0.50 c
15895	Chili powder	1.00 tb
15895	Paprika	3.00 tb
15895	Sage	1.00 tb
15895	Cayenne pepper	1.50 ts
15895	Tumeric	1.00 ts
15895	Garlic, crushed	3.00 cl
15896	Butter	2.00 c
15896	Brown Sugar	2.00 c
15896	Salt	1.00 ts
15896	Karo Syrup	0.50 c
15896	Baking Soda	1.00 ts
15896	Vanilla Extract	1.00 ts
15896	Popped Popcorn	6.00 qt
15897	Eggs	6.00
15897	Bisquick	2.50 c
15897	Cinnamon	0.50 ts
15897	-Salt	1.00 ts
15897	Ground cloves	0.50 ts
15897	Baking powder	0.75 ts
15897	Sugar	2.00 c
15897	Chopped walnuts	2.50 c
15897	Milk	1.50 c
15897	Vegetable oil	1.50 c
15897	Sugar	0.75 c
15897	-Water	0.50 c
15897	2" strip orange peel	1.00
15897	2" strip lemon peel	1.00
15897	Cinnamon stick	0.50
15897	Honey	0.25 c
15897	Lemon; juiced	0.50
15897	Walnuts	0.25 c
15897	Ground cinnamon	1.00 ts
15898	Butter to grease pan	1.00 ea
15898	Egg, whites	3.00 ea



Sheet1

15898	Lemon rind,	0.50 ea
15898	Vanilla	0.12 ts
15898	Sugar	0.67 c
15898	Cornstarch	0.25 c
15898	Cottage cheese, low fat	2.67 c
15899	Chocolate cake crumbs	1.50 c
15899	Cream cheese, softened	12.00 oz
15899	Sugar	2.00 c
15899	Vanilla	1.50 ts
15899	Chocolate, unsweetened	6.00 oz
15899	Egg	1.00 ea
15899	Sour cream	1.00 c
15899	Orange liquer	6.00 tb
15900	Flour	1.25 c
15900	Sugar	1.00 c
15900	Unsweetened cocoa	0.50 c
15900	Corn starch	0.25 c
15900	Baking soda	0.50 ts
15900	Salt	0.50 ts
15900	Egg whites	4.00
15900	Water	1.00 c
15900	Light or dark corn syrup	0.50
15901	Chicken,3-4 lb*	1.00
15901	Buttermilk	2.00 c
15901	Flour	1.00 c
15901	Salt	4.00 ts
15901	Paprika	2.00 ts
15901	Black pepper	0.50 ts
15902	Butter	0.25 c
15902	Celery stalks, chopped	4.00
15902	Carrots peeled and diced	2.00
15902	Onion, diced	1.00 sm
15902	Red onion, diced	1.00 sm
15902	Green onions, sliced	0.50 c
15902	Slivered almonds	0.33 c
15902	Dill weed	1.00 tb
15902	Black pepper	2.00 ts
15902	Garlic salt	2.00 ts
15902	Bay leaves	2.00
15902	Turmeric	0.50 ts
15902	Chicken stock	4.00 qt
15902	Wild rice, well washed	1.50 c
15902	White rice, well washed	0.50 c
15902	Salt	0.50 ts
15902	Egg yolks	4.00
15902	Cooked chicken diced	4.00 c
15902	Mushrooms, sliced	3.00 c
15903	Pinto beans	100.00 lb
15903	Onions, large, chopped	48.00 x

Sheet1

15903	Jalapeno chiles with juice	4.00 c
15903	Meat (ham, sausage, pork,	40.00 lb
15903	Bacon, ground beef, etc)	0.00
15903	Chili powder	4.00 c
15903	Salt to taste	0.00
15904	Lite Karo syrup, 1 cup	1.50 tb
15904	-finely chopped pecans, 2	0.00
15904	-tbs. powdered	0.00
15905	Jim Vorheis	0.00
15905	Ripe cantaloupe, peeled,	1.00
15905	-seeded and cut into chunks	0.00
15905	Dry sherry	0.50 c
15905	Honey	2.00 tb
15905	Fresh lime juice	1.00 tb
15906	Crust:	0.00
15906	Zwieback, crushed fine	18.00 sl
15906	Unsalted butter, cut in bits	1.50 tb
15906	- softened	0.00
15906	Sugar	1.50 tb
15906	Filling:	0.00
15906	Plus	1.00 c
15906	Sugar	2.00 tb
15906	Cream cheese, softened	2.00 lb
15906	Flour	2.00 tb
15906	Vanilla bean, minced	1.00
15906	Eggs, separated	3.00 lg
15906	Sour cream	1.00 c
15906	Thin slices of lemon for gar	0.00
15906	-nish	0.00
15907	Butter	1.00 c
15907	Icing sugar	0.75 c
15907	All-purpose flour	2.00 c
15907	Cornstarch	1.00 ts
15907	Baking powder	1.00 pn
15907	Salt	1.00 pn
15908	Mushrooms	4.00
15908	Onions	2.00
15908	Mange tout	5.00
15908	Chick peas	220.00 g
15908	Tomatoes with chili spices	400.00 g
15908	Cinnamon	0.50 ts
15908	Natural or hazelnut yoghurt	1.00 tb
15908	White wine vinegar	1.00 tb
15908	Brown mustard seeds	2.00 ts
15909	Eggs, hard-cooked	2.00
15909	- peeled, chopped fine	0.00
15909	Flaked finnan haddie	1.50 c
15909	- freshened, boned, skinned,	0.00
15909	- (or any smoked fish)	0.00

Sheet1

15909	-*** (See NOTE) ***	0.00
15909	Cooked basmati rice	3.00 c
15909	-(try brown basmati rice)	0.00
15909	Heavy cream	0.75 c
15909	Curry powder (or to taste)	1.50 ts
15909	Freshly grated nutmeg	0.50 ts
15909	Generous grindings of pepper	0.00
15909	Lemon juice	3.00 tb
15909	Lime wedges	0.00
15910	Graham cracker pie crust	1.00
15910	Cream cheese, softened	8.00 oz
15910	Sugar	0.33 c
15910	Sour cream	1.00 c
15910	Vanilla	2.00 ts
15910	Whipped topping, frozen	8.00 oz
15910	Strawberries, fresh(garnish)	0.00
15911	DOUGH -----	0.00 -----
15911	Glutinous Rice Flour	3.00 c
15911	Sugar	0.50 c
15911	Water	1.00 c
15911	FILLING -----	0.00 -----
15911	Pork loin	4.00 oz
15911	Rice wine	1.00 ts
15911	Cornstarch	0.50 tb
15911	Salt	0.25 ts
15911	Oil	4.00 ts
15911	Small chopped bamboo shoot	1.00 ts
15911	Chopped green onion	1.00 ts
15911	Soy sauce	0.50 ts
15911	Sesame oil	1.00 ts
15911	Salt	0.50 ts
15911	Black pepper	0.25 ts
15911	Monosodium glutamate	0.50 ts
15911	(opt.)	0.00
15911	Sugar	0.25 ts
15911	Cornstarch	1.00 ts
15911	Water	0.50 c
15911	Dry shrimp	4.00 oz
15911	Oil for frying	8.00 c
15911	DOUGH -----	0.00 -----
15911	FILLING -----	0.00 -----
15912	TVP granules or flakes	1.00 c
15912	Boiling water	0.88 c
15912	Olive oil	1.00 tb
15912	Yellow onion, minced	1.00 lg
15912	Garlic clove, minced	1.00 lg
15912	1 inch slice ginger, minced	1.00 ea
15912	Tomato paste	3.00 tb
15912	Stewed tomatoes	1.00 c

Sheet1

15912	Curry powder	2.00 ts
15912	Salt	1.00 ts
15912	Cayenne	0.12 ts
15912	Green peas	1.00 c
15912	Mushrooms, sliced	1.00 c
15913	Plain roasted chicken	1.00
15913	-(about 2 1/2 lb)	0.00
15913	Fresh bean sprouts	8.00 oz
15913	Cucumbers	2.00 md
15913	Carrots (or double amount)	1.00
15913	DRESSING -----	0.00 -----
15913	Sesame paste	3.00 tb
15913	-or peanut butter	0.00
15913	Finely chopped scallions	2.00 tb
15913	Sesame oil	2.00 ts
15913	Chinese white rice vinegar	2.00 tb
15913	--OR-- cider vinegar	0.00
15913	Light soy sauce	3.00 tb
15913	Finely chopped garlic	1.50 tb
15913	Salt	1.00 ts
15913	Sugar	2.00 ts
15913	Chicken stock	0.67 c
15913	Rice wine or dry sherry	1.00 tb
15913	DRESSING -----	0.00 -----
15914	Lean boneless pork	3.00 oz
15914	Dried Chinese mushrooms	1.00 oz
15914	Bean thread noodles	1.00 oz
15914	Fresh bean curd	10.00 oz
15914	Eggs	2.00 sm
15914	Sesame oil	1.00 ts
15914	Chicken stock	1.00 qt
15914	Sugar	2.00 ts
15914	Chinese red vinegar	3.00 tb
15914	--OR-- Cider Vinegar	0.00
15914	White pepper	0.50 ts
15914	Dark soy sauce	2.00 tb
15914	Cornstarch; blended with	1.00 tb
15914	Water	1.00 tb
15914	Finely chopped scallions	2.00 tb
15914	Finely chopped cilantro	2.00 tb
15914	Sesame oil	1.00 ts
15914	Chili oil (optional)	1.00 ts
15915	Chicken stock	1.00 qt
15915	Fresh tomatoes --OR--	2.00 md
15915	-drained, canned tomatoes	1.00 c
15915	Eggs	2.00 sm
15915	Sesame oil	0.50 ts
15915	Light soy sauce	2.00 ts
15915	Salt	1.00 ts

Sheet1

15915	Finely chopped scallions	1.00 tb
15915	- white part only	0.00
15915	- (reserve tops for garnish)	0.00
15916	Sugar	1.50 c
15916	Flour	0.75 c
15916	Eggs	3.00 ea
15916	Sticks of butter	1.50 ea
15916	Pecans	1.50 c
15916	Chocolate chips	1.50 c
15916	Vanilla	1.50 t
15916	Unbaked pie shells	2.00 ea
15917	Shortening	0.33 c
15917	Butter	0.33 c
15917	Flour	2.00 c
15917	Boiling water	0.33 c
15917	Salt	0.50 ts
15917	Baking powder	0.50 ts
15917	-----f-----	0.00
15917	Granny smith apples	7.00
15917	Cinnamon	1.00 ts
15917	Butter	1.50 tb
15918	Seedless raisins	1.00 c
15918	Crushed pineapple (8-1/2 oz)	1.00 cn
15918	All-purpose flour, sifted	2.50 c
15918	Baking soda	1.00 ts
15918	Cinnamon	1.00 ts
15918	Nutmeg	1.00 ts
15918	Cloves	0.50 ts
15918	Shortening	0.50 c
15918	Butter or margarine	0.50 c
15918	Sugar	1.00 c
15918	Eggs	5.00 ea
15918	Seedless blackberry jam	1.00 c
15918	-(12-oz jar)	0.00
15918	Buttermilk	0.67 c
15918	Pecans, chopped	1.00 c
15918	Confectioners' sugar	0.00
15919	Cornmeal	1.00 c
15919	Salt	0.50 ts
15919	Boiling water	0.50 c
15919	Whipping cream	0.50 c
15919	Butter	1.00 tb
15919	Baking powder	1.00 ts
15920	Self Rising Flour	2.50 c
15920	Sugar	2.00 c
15920	Vegetable Oil	1.50 c
15920	Applesauce	1.00 c
15920	Ground Cinnamon	2.50 tb
15920	Hot Water	2.00 tb

Sheet1

15920	Egg Yolks	4.00
15920	Chopped Pecans	1.00 c
15920	Egg Whites	4.00
15920	Powdered Sugar	0.00
15921	Tea leaves	0.25 c
15921	Cold water	4.00 c
15921	Orange juice, fresh	0.33 c
15921	Nutmeg	1.00 ts
15921	Clove	1.00 ts
15921	Sugar	2.00 c
15921	Lemon juice, fresh	0.67 c
15921	Boiling water	12.00 c
15921	Cinnamon	1.00 ts
15921	Allspice	1.00 ts
15922	Pork butt	2.00 lb
15922	Pork back fat	1.00 lb
15922	Kosher salt	1.00 tb
15922	Freshly ground black	2.00 ts
15922	-pepper	0.00
15922	Ground sage (optional)	2.00 ts
15922	Cayenne	1.00 ts
15922	Ground coriander	1.00 ts
15922	Freshly grated nutmeg	0.50 ts
15922	Cold water	0.50 c
15923	Dark Brown Sugar	2.00 c
15923	Water	2.00 c
15923	Soy Sauce, Light	1.50 c
15923	Molasses, Dark	0.75 c
15923	Galangal, Ground	0.50 ts
15923	Cilantro, Ground	0.50 ts
15923	Pepper, Black	0.50 ts
15924	Tomatoes, peeled, seeded and	3.00
15924	-coarsely chopped	0.00
15924	Green pepper, seeded and	0.50
15924	-diced	0.00
15924	Clove garlic, finely chopped	1.00
15924	Onion, finely sliced	1.00 sm
15924	English cucumber, peeled and	0.50
15924	-chopped	0.00
15924	Finely chopped mixed fresh	4.00 tb
15924	-herbs such as chives,	0.00
15924	-parsley,oregano,	0.00
15924	Chervil.	0.00
15924	Olive oil	2.00 tb
15924	Chili sauce	10.00 tb
15924	Lemon juice	2.00 tb
15924	Tomato juice	0.50 c
15925	Plain Yoghurt	0.67 c
15925	Whole Moong Dal (Mung Beans)	0.67 c

Sheet1

15925	Water	3.00 c
15925	Ground Turmeric	0.50 ts
15925	Salt	1.00 ts
15925	Water	3.75 c
15925	Gram (Chickpea) Flour	2.00 tb
15925	Green Chilis	4.00
15925	1/2-inch Ginger	1.00
15925	Ghee	2.00 ts
15925	1-inch Stick of Cinnamon	1.00
15925	Cumin Seeds	0.50 ts
15925	Of Asafetida (optional)	1.00 pn
15925	Sugar	0.50 ts
15925	Chopped Coriander Leaves	2.00 tb
15926	Cooked chick peas, reserve	4.00 c
15926	-- the stock	0.00
15926	Tamarind paste	1.00 tb
15926	Light vegetable oil	0.50 c
15926	Thinly sliced onions	1.50 c
15926	Minced garlic	2.00 ts
15926	Turmeric	0.50 ts
15926	Red pepper	0.50 ts
15926	Chopped tomatoes	1.00 c
15926	Ginger, grated	1.00 tb
15926	Garam masala	1.25 ts
15926	Ground cumin	1.25 ts
15927	Yellow split peas	4.00 oz
15927	Ghee	1.00 tb
15927	Onion, chopped	1.00 ea
15927	Whole coriander seeds	0.50 ts
15927	Whole cumin seeds	0.50 ts
15927	1/2 inch piece ginger, slice	1.00 ea
15927	Turmeric	1.00 ts
15927	Cayenne	0.25 ts
15927	Brown rice	4.00 oz
15927	Green chili, chopped	1.00 ea
15927	Water	0.75 pt
15927	Juice of half a lemon	1.00 ea
15927	Tomatoes, skinned & chopped	2.00 ea
15927	Salt	0.00
15928	STUFFING -----	0.00 -----
15928	Olive oil	2.00 tb
15928	Coarsely ground lamb	1.00 lb
15928	Pine nuts	2.00 tb
15928	Onion; finely chopped	1.00 lg
15928	Salt to taste	0.00
15928	Ground allspice; to taste	0.00
15928	KIBBEE -----	0.00 -----
15928	Fine bulgur	1.50 c
15928	Ground lamb; finely ground	2.00 lb

Sheet1

15928	Cold water	0.25 c
15928	Medium onion; grated	2.00
15928	Salt	2.00 ts
15928	Ground allspice	0.50 ts
15928	Nutmeg; grated, pinch	1.00 pn
15928	Cayenne pepper (optional)	1.00 pn
15928	Butter; room temperature	3.00 tb
15928	STUFFING -----	0.00 -----
15928	KIBBEE -----	0.00 -----
15929	Potatoes	6.00 md
15929	-Water	0.00
15929	Fine burghul	1.50 c
15929	Onion; grated	1.00 md
15929	Finely chopped parsley	0.50 c
15929	Dried mint	1.00 ts
15929	Ground cinnamon	0.50 ts
15929	Salt; more to taste	2.00 ts
15929	Freshly ground black pepper	0.00
15929	Flour, optional	0.50 c
15929	TO FINISH -----	0.00 -----
15929	Onion; halved then sliced	1.00 lg
15929	Olive oil	0.75 c
15929	TO FINISH -----	0.00 -----
15930	Spanish onions, peeled and	1.00 lb
15930	-cut into eighths	0.00
15930	Red wine	0.50 c
15930	Water	1.25 c
15930	Dried thyme or 1/2 tsp	0.25 ts
15930	-chopped fresh	0.00
15930	Salt and pepper to taste	0.00
15930	Lamb kidneys (about 1 1/2	10.00
15930	-lbs)	0.00
15930	Flour	4.00 tb
15931	10" round sour dough bread:	1.00 ea
15931	Butter	1.00 ea
15931	Mayonnaise	1.00 ea
15931	Parmesan cheese	1.00 ea
15931	Dried basil	1.00 pt
15931	Dried oregano	1.00 pt
15931	Minced onion	1.00 pt
15931	Parsley; minced	1.00 pt
15931	Cajun seasoning	3.00 pt
15931	Garlic; minced + -	3.00 pt
15932	Butter; to grease the foil	0.00
15932	Unsalted butter; softened	16.00 tb
15932	Sugar	2.00 c
15932	Bittersweet chocolate	8.00 oz
15932	- melted and slightly cooled	0.00
15932	Vanilla extract	2.00 ts



Sheet1

15932	Eggs	4.00
15932	Unbleached all-purpose flour	1.00 c
15932	Salt	1.00 ts
15932	Chopped walnuts	1.00 c
15932	Semisweet chocolate	2.00 c
15932	Milk chocolate	2.00 c
15932	Butterscotch bits	2.00 c
15933	Head Chinese Cabbage	1.00 lg
15933	Salt	0.00
15933	Green Onion With Tops	4.00
15933	Garlic Clove	1.00
15933	Hot Red Chili, Dried	1.00
15933	Ginger Root, Grated Fresh	1.00 ts
15934	Head napa cabbage (1-1/2 to	1.00 md
15934	- 2 pounds)	0.00
15934	Salt	2.50 tb
15934	Daikon (it's a Asian turnip)	0.25 lb
15934	- peeled and cut into	0.00
15934	- matchstick pieces (option)	0.00
15934	Green onions (including	2.00
15934	- tops), cut itno thin	0.00
15934	- slivers	0.00
15934	Cloves garlic, minced or	3.00
15934	- pressed	0.00
15934	To 2 teaspoons Korean red	1.00
15934	- pepper or ground red	0.00
15934	- pepper (cayenne)	0.00
15934	Sugar	2.00 ts
15935	Chinese celery cabbage (napa	4.00 lb
15935	- cabbage)	0.00
15935	Chinese white radish	0.25 lb
15935	(small ones) flat anchovies	2.00 cn
15935	Cloves garlic	4.00 lg
15935	Scallions (including tops)	3.00
15935	Salt	0.25 c
15935	Hot pepper flakes	4.00 tb
15935	Cayenne pepper	2.00 tb
15936	Napa cabbages, cut up	2.00
15936	Scallion	1.00
15936	Garlic cloves, minced	2.00
15936	1" piece ginger, minced	1.00
15936	Korean red pepper	2.00 ts
15936	Salt, (more or less)	0.50 ts
15936	Water	0.00
15937	Heads Chinese cabbage	2.00
15937	-OR- white cabbage	0.00
15937	Salt	1.00 c
15937	Daikon	1.00 lb
15937	Green (spring) onions	6.00

Sheet1

15937	Garlic cloves	4.00
15937	Piece fresh gingerroot (1")	1.00
15937	Celery stalk	1.00
15937	Hard, semi-ripe pear	1.00
15937	Ground red pepper (cayenne)	4.00 tb
15937	Granulated sugar	1.00 tb
15938	Napa Cabbage	0.67 lb
15938	Daikon radish	0.50 lb
15938	Cucumber	1.00 md
15938	Turnip	1.00 md
15938	Salt	0.50 c
15938	Salt	1.00 tb
15938	Spring onions; sliced	3.00
15938	Garlic cloves; minced	3.00
15938	Fresh ginger, minced	4.00 ts
15938	Dried chili flakes	1.00 tb
15938	Soy sauce/tamari	2.00 ts
15938	Water	1.00 c
15939	Sugar	4.00 ts
15939	Salt	0.50 c
15939	Heads Garlic	4.00
15939	MSG Or Accent	3.00 tb
15939	Carrots	1.00 lb
15939	Bunches Green Onions	2.00 lg
15939	Head Chinese Cabbage	1.00 lg
15939	Heads Regular Cabbage	2.00 sm
15939	Garlic Salt	3.50 tb
15939	Paprika	1.50 tb
15939	Dried Red Pepper Flakes	4.00 tb
15939	Green Bell Peppers	20.00 lg
15940	Napa Cabbage	0.67 lb
15940	Daikon radish *	0.50 lb
15940	Cucumber *	1.00 md
15940	Turnip *	1.00 md
15940	Salt	0.50 c
15940	Salt	1.00 tb
15940	Spring onions; sliced	3.00
15940	Garlic cloves; minced	3.00
15940	Fresh ginger, minced	4.00 ts
15940	Dried chili flakes	1.00 tb
15940	Soy sauce/tamari	2.00 ts
15940	Water	1.00 c
15941	Fresh Kina tongue	2.00 c
15941	Breadcrumbs	1.00 c
15941	Rashers Bacon	2.00
15942	Onion, chopped	1.00
15942	Celery ribs, chopped	2.00
15942	Butter	0.25 c
15942	Flour, all purpose	3.00 tb

## Sheet1

15942	Chicken stock	2.00 qt
15942	Peanut butter, smooth	2.00 c
15942	Light cream	1.75 c
15942	Peanuts, chopped	1.00
15943	Flour, all-purpose	2.25 c
15943	Butter or margarine, chilled	2.00 T
15943	Shortening, well chilled	0.75 c
15943	Or 6 water, well chilled	5.00 T
15944	Spice cake mix	1.00 pk
15944	White cake mix	1.00 pk
15944	White sandwich cookies	1.00 pk
15944	Green food coloring	0.00
15944	Toosie rolls	12.00 sm
15944	Vanilla pudding mix	1.00 pk
15945	Kiwi fruit, peeled	2.00 lb
15945	Juice of 1 lemon	0.00
15945	Sugar	3.00 c
15945	Unsalted butter	2.00 tb
15945	Liquid pectin	1.00 c
15946	Kiwis; peeled and trimmed	4.00
15946	Zest of 1 lime, slivered	0.00
15946	Sugar	0.75 c
15946	Fresh lime juice	2.00 tb
15947	ACTIVE DRY YEAST	2.00 pk
15947	LUKEWARM WATER	0.50 c
15947	LUKEWARM MILK	2.00 c
15947	SUGAR	0.50 c
15947	CAN EVAPORATED MILK	1.00 sm
15947	FLOUR (ABOUT)	8.00 c
15947	EGG YOLKS	5.00
15947	MELTED BUTTER	0.33 c
15947	VEGETABLE OIL	0.33 c
15947	SALT	1.00 tb
15947	DROPS LEMON EXTRACT	3.00
15947	TO 2 1/2 POUNDS COOKED,	2.00
15947	-COOLED SMOKED SAUSAGE	0.00
15948	Oil	1.00 tb
15948	Rice, long grain,	0.67 c
15948	(basmati best)	0.00
15948	Cloves	4.00
15948	Cinnamon stick, 2"	0.00
15948	Turmeric, ground	1.00 tb
15948	Pepper, black, ground	0.50 tb
15948	Chicken broth	1.25 c
15948	Bay leaf	1.00
15948	Cumin, ground	1.00 ts
15948	Chicken thigh,	2.00
15948	Cooked & boned	0.00
15948	Golden raisins	0.33 c

Sheet1

15948	Egg, hard boiled	2.00
15948	Tomato, slices	2.00
15948	Fried onion flakes	0.00
15948	FRIED ONION FLAKES -----	0.00 -----
15948	Oil	1.00 tb
15948	Onion flakes, dried	0.50 c
15948	FRIED ONION FLAKES -----	0.00 -----
15949	Flour	6.00 c
15949	Shortening	2.00 c
15949	Egg yolks	3.00
15949	Evaporated milk	1.00 cn
15949	Vanilla	1.00 ts
15949	Warm water	4.00 c
15950	Dry yeast	1.00
15950	Lukewarm water	0.50 c
15950	Flour	4.00 c
15950	Eggs	2.00
15950	Sugar	0.50 c
15950	Butter	0.50 lb
15950	Vegetable shortening	4.00 tb
15950	Sour cream	0.50 ts
15950	Vanilla	1.00 ts
15951	Butter	1.00 c
15951	Granulated Sugar	2.00 c
15951	Eggs; beaten	4.00
15951	Ripe Bananas; mashed	6.00
15951	Baking Soda	2.00 ts
15951	Salt	1.00 ts
15951	All purpose Flour	2.00 c
15951	Macadamia Nuts chopped	0.50 c
15952	Konbu	1.00 pk
15952	Sugar	0.50 c
15952	Water	6.00 c
15952	Ginger	1.00 tb
15952	Vinegar	0.25 c
15952	Gourmet powder	0.50 ts
15952	Shoyu	2.50 c
15953	Coriander seeds	0.33 c
15953	Cumin seeds	0.25 c
15953	Black cardamom pods,peeled	10.00
15953	Green cardamom pods,peeled	15.00
15953	Cloves	25.00
15953	Cinnamon sticks,broken up	2.00
15953	Black peppercorns	1.00 ts
15953	Freshly ground nutmeg	0.25 ts
15954	Lean Beef Tenderloin	2.00 lb
15954	Light Soy Sauce	0.50 c
15954	Dark Soy Sauce	0.25 c
15954	Water	0.50 c

Sheet1

15954	Finely Chopped Green Onion	3.00 tb
15954	Crushed Garlic	3.00 ts
15954	Finely Minced Fresh Ginger	2.00 ts
15954	Black Pepper	0.50 ts
15954	Sugar	1.00 tb
15954	White Sesame Seeds, Toasted	2.00 tb
15954	- And Ground	0.00
15954	Sesame Oil	1.00 tb
15955	Chinese dried mushrooms	1.00 oz
15955	Chinese dried cloud ears	0.50 oz
15955	Bean thread noodles	0.25 lb
15955	Carrot	2.00 oz
15955	Green pepper	1.00
15955	Onion	1.00 sm
15955	Peanut oil	2.00 tb
15955	Water	0.50 c
15955	SAUCE -----	0.00 -----
15955	Light soy sauce	2.00 tb
15955	Dark soy sauce	2.00 tb
15955	Sesame oil	3.00 tb
15955	Sesame seeds	1.50 tb
15955	Finely chopped garlic	1.00 tb
15955	Sugar	1.00 tb
15955	Freshly ground black pepper	1.00 ts
15955	SAUCE -----	0.00 -----
15956	Beef Or Calves Liver	8.00 oz
15956	Prepared Tripe	8.00 oz
15956	Lean Beef Rump Or Fillet	4.00 oz
15956	Lean Ground Beef Or Pork	4.00 oz
15956	Salt And Black Pepper	0.00
15956	Egg	1.00
15956	Light Soy Sauce	0.00
15956	Carrot	1.00 sm
15956	Dried Chinese Black	6.00
15956	- Mushrooms, Soaked	0.00
15956	Rich Beef Broth	8.00 c
15956	Can Bamboo Shoots, Drained	3.00 oz
15956	Canned Gingko Nuts, Drained	18.00
15956	Pine Nuts, Optional	2.00 tb
15956	Fresh Red Chili, Shredded	1.00
15956	Green Onions, Shredded	3.00
15956	VINEGAR SOY DIPPING SAUCE -----	0.00 -----
15956	Light Soy Sauce	0.75 c
15956	White Vinegar	0.25 c
15956	White Sesame Seeds, Toasted	0.25 c
15956	- And Ground	0.00
15956	Finely Chopped Green Onions	2.00 ts
15956	VINEGAR SOY DIPPING SAUCE -----	0.00 -----
15957	Beef short ribs, 2 1/2" LONG	4.00 lb

Sheet1

15957	Kikkoman Teriyaki sauce	0.67 c
15957	Toasted sesame seeds	1.00 tb
15957	Sugar	1.00 ts
15957	Tabasco sauce	2.00 ts
15957	Lg. cloves garlic, pressed	2.00
15958	Cloves garlic, crushed	4.00 lg
15958	Grated fresh ginger root	2.00 ts
15958	Sugar	2.00 tb
15958	Peanut oil	2.00 tb
15958	Scallions, chopped	2.00
15958	Crushed, dried hot red	0.50 ts
15958	-peppers	0.00
15958	Toasted white sesame seeds	2.00 tb
15958	Soy sauce	6.00 tb
15959	Poultry or meat	1.50 lb
15959	Cashews, almonds or mixture	0.50 c
15959	Inch chopped fresh ginger	0.50
15959	Clove garlic chopped	1.00
15959	Green chillies (optional)	2.00
15959	Saffron	0.50 ts
15959	Warm milk	2.00 tb
15959	Ghee	1.00 tb
15959	Sunflower or corn oil	2.00 tb
15959	Medium onion chopped	1.00
15959	Yoghurt	3.00 oz
15959	Cream	3.00 oz
15959	Chopped fresh coriander	0.50 c
15959	Salt	0.00
15959	Lemon juice (optional)	0.00
15959	SPICES -----	0.00 -----
15959	Whole cardamoms	2.00
15959	Whole cloves	3.00
15959	Inch cassia bark	1.00
15959	Coriander seeds	1.00 ts
15959	Cummin seeds	1.00 ts
15959	SPICES -----	0.00 -----
15960	Head cabbage	1.00 lg
15960	FILLING -----	0.00 -----
15960	Ground beef	2.00 lb
15960	Eggs	2.00
15960	Rice	0.50 c
15960	Ketchup	6.00 tb
15960	Salt and pepper	0.00
15960	SAUCE -----	0.00 -----
15960	#2 1/2 can tomatoes	1.00
15960	Tomato sauce	1.00 cn
15960	Juice of 1 lemon	0.00
15960	Brown sugar	0.50 c
15960	Onions,sliced	2.00 lg

Sheet1

15960	Salt and pepper	0.00
15960	FILLING -----	0.00 -----
15960	SAUCE -----	0.00 -----
15961	Ads iswid (brown lentils)	1.00 c
15961	Water	0.00
15961	Salt	0.00
15961	Small macaroni noodles	1.00 c
15961	Short grain rice	1.00 c
15961	Olive oil	2.00 tb
15961	Tomato puree	1.00 c
15961	TA'LEYA II -----	0.00 -----
15961	Onions	2.00 lg
15961	Olive oil	0.25 c
15961	Garlic clove (or more)	1.00
15961	-- finely chopped	0.00
15961	TA'LEYA II -----	0.00 -----
15962	Chunky peanut butter -18 oz	2.00 c
15962	Rice Krispies	3.00 c
15962	Stick soft oleo	1.00
15962	Posedered sugar	1.00 lb
15962	Chocolate chips	12.00 oz
15962	Cake of paraffin	0.50
15963	Whole kumquats	2.00 c
15963	Granulated sugar	0.75 c
15963	Dark brown sugar, packed	3.00 c
15963	Water	0.50 c
15963	White vinegar	0.75 c
15963	Raisins	0.50 c
15963	Rhubarb; cut in 1-in. pieces	1.00 lb
15963	Chopped celery	1.00 c
15963	Onion; chopped	1.00 lg
15963	Green bell pepper; chopped	1.00
15963	Garlic cloves; crushed	2.00
15963	Slivered citron	0.25 c
15963	Orange	1.00 lg
15963	- juice & grated peel only	0.00
15963	Peeled & chopped gingerroot	1.00 c
15963	Worcestershire sauce	1.00 tb
15963	Salt	2.00 ts
15963	Curry powder	1.00 ts
15963	Ground allspice	1.00 ts
15963	Ground cinnamon	1.00 ts
15963	Ground ginger (optional)	1.00 ts
15963	Black pepper; -=OR=-	1.00 ts
15963	-Red pepper (optional)	0.50 ts
15964	Lobsters	1.00 lb
15964	Palm sugar	1.50 tb
15964	Fish sauce	1.50 tb
15964	Salt	0.50 ts

Sheet1

15964	Chopped coriander root	1.00 tb
15964	Thinly sliced shallot	0.33 c
15964	Chopped coriander greens	0.33 c
15964	Tamarind juice	2.50 tb
15964	To 5 fried dried small	4.00
15964	-chillies	0.00
15964	Vegetable oil	1.50 tb
15964	Finely chopped garlic	1.00 tb
15964	Water	1.00 tb
15965	Sugar	1.00 c
15965	Salt	2.00 ts
15965	Vinegar	0.75 c
15966	Peanut or corn oil	0.50 c
15966	Raw prawns, shelled	1.00 oz
15966	Firm bean curd (tofu); diced	4.00 oz
15966	Preserved sweet white radish	3.00 tb
15966	-- chopped	0.00
15966	Sliced shallots	3.00 tb
15966	Eggs	4.00
15966	Rice or cellophane noodles	11.00 oz
15966	- (sen kel or woon sen),	0.00
15966	- soaked in cold water	0.00
15966	- for 7-10 minutes, if dried	0.00
15966	Chicken stock	0.25 c
15966	Dried shrimps, chopped	3.00 tb
15966	Unsalted peanuts, chopped	0.33 c
15966	Spring onions; sliced	4.00
15966	Bean sprouts	15.00 oz
15966	SAUCE -----	0.00 -----
15966	Water	1.00 c
15966	Tamarind juice	0.50 c
15966	Palm sugar	0.33 c
15966	White soya sauce	1.00 tb
15966	SAUCE -----	0.00 -----
15967	Cooking Oil	2.00 tb
15967	Coarse Ground Beef Sirloin	3.00 lb
15967	Tomato Sauce	8.00 oz
15967	Onions, Finely Chopped	3.00
15967	Cloves Garlic, Fine Chopped	4.00
15967	Shilling Chili Powder	3.00 tb
15967	Gebherdts Chili Powder	3.00 tb
15967	New Mexico Chili Powder	3.00 tb
15967	Cayenne Pepper	0.25 ts
15967	Ortega Diced Green Chili	4.00 oz
15967	Oregano	1.00 ts
15967	Cumin	1.00 tb
15967	Chicken Stock	10.50 oz
15967	Basil	0.25 ts
15967	Salt & Pepper To Taste	1.00



Sheet1

15967	Water	0.00
15968	CRUST -----	0.00 -----
15968	Chocolate Wafer crumbs	1.50 c
15968	Sweet Butter	6.00 tb
15968	FILLING -----	0.00 -----
15968	Semi-Sweet Chocolate	12.00 oz
15968	Heavy Cream	0.50 c
15968	Sweet Butter, Cut Into Bits	0.25 lb
15968	Kahlua Liqueur	2.00 tb
15968	Salt	1.00 pn
15968	SAUCE -----	0.00 -----
15968	Whipping Cream	0.50 c
15968	Sugar	4.00 tb
15968	Butter	0.25 c
15968	Finely Ground Espresso	1.50 ts
15968	- Coffee	0.00
15968	Ingredients:	0.00
15968	Ladyfingers	3.00 pk
15968	Dark rum	0.50 c
15968	Butter (no substitutes)	1.50 lb
15968	Semisweet chocolate chips	27.00 oz
15968	CRUST -----	0.00 -----
15968	FILLING -----	0.00 -----
15968	SAUCE -----	0.00 -----
15969	Onions	2.00
15969	Cloves garlic	2.00
15969	Salt and pepper	1.00
15969	Large peppers	2.00
15969	Green bell pepper	1.00
15969	Red bell pepper	1.00
15969	Small hot red pepper	1.00
15969	Olive oil	3.00 tb
15969	Sugar	0.25 ts
15969	Ham	0.25 lb
15969	Chopped parsley for garnish	1.00 tb
15969	Eggs	6.00
15970	Garlic sausages	2.00
15970	Bacon, in one piece	6.00 oz
15970	Onions; thinly sliced	2.00 md
15970	Garlic cloves; peeled	24.00
15970	Calf's foot, split (opt.)	1.00
15970	Pork stew meat	1.00 lb
15970	Dry great northern beans	0.50 c
15970	Low-sodium chicken broth	5.00 c
15970	-OR- Water	0.00
15970	Sprig rosemary	1.00 sm
15970	Sprig thyme	1.00
15970	Bay leaves	4.00
15970	Pepper; to taste	0.00

Sheet1

15970	Potatoes	2.00 md
15970	Salt; or as desired	1.00 ts
15970	Smoked pork chops	12.00 oz
15970	Head green cabbage	1.00 sm
15970	- cut into strips	0.00
15971	Butter	2.00 oz
15971	Onions	2.00
15971	Corned beef	11.00 oz
15971	Potatoes	2.50 lb
15971	Water	1.00 c
15971	Salt	1.00 ts
15971	Peppercorns	4.00
15971	Sour pickles	1.50
15971	Salt, mustard and vinegar	0.00
15972	Walnut pieces	0.75 c
15972	Unsalted butter; softened	0.75 c
15972	Light brown sugar, packed	1.50 c
15972	Egg	1.00 lg
15972	Vanilla extract	1.00 ts
15972	Cinnamon	1.00 ts
15972	Salt	0.50 ts
15972	Quick-cooking rolled oats	1.00 c
15972	Wheat germ	0.25 c
15972	Cake flour	2.00 tb
15973	Sugar	0.50 c
15973	Brown sugar	0.25 c
15973	Corn sirup	0.38 c
15973	Chopped raisins	0.50 c
15973	Few grains salt	0.00
15973	Evaporated milk	0.38 c
15973	Butter or butter substitute	2.00 tb
15973	Any flavoring	1.00 ts
15973	Chopped nuts	0.50 c
15973	Coconut	0.50 c
15974	Butter or butter substitute	1.00 c
15974	Milk	1.00 c
15974	Cake flour	3.50 c
15974	Vanilla	1.00 ts
15974	Sugar	2.00 c
15974	Salt	0.50 ts
15974	Baking powder	4.00 ts
15974	Orange flavoring	1.00 ts
15974	Egg whites	6.00
15975	Butter or butter substitute	1.00 c
15975	Milk	1.00 c
15975	Cake flour	3.50 c
15975	Vanilla	1.00 ts
15975	Sugar	2.00 c
15975	Salt	0.50 ts

Sheet1

15975	Baking powder	4.00 ts
15975	Orange flavoring	1.00 ts
15975	Egg whites	6.00
15976	Butter or butter substitute	1.00 c
15976	Sweetened condensed milk	0.25 c
15976	Water	0.75 c
15976	Baking powder	4.00 ts
15976	Vanilla	1.00 ts
15976	Cake flour	3.50 c
15976	Salt	0.50 ts
15976	Sugar	1.88 c
15976	Egg whites	6.00
15976	Orange flavoring	1.00 ts
15977	Whole eggs, separated	3.00
15977	Egg whites	2.00
15977	Granulate sugar (divided)	0.67 c
15977	Vanilla extract	1.00 ts
15977	All purpose flour plus 1	0.67 c
15977	-Tbsp	0.00
15977	Tub-style safflower	0.25 ts
15977	-margarine	0.00
15977	Cornmeal	1.00 ts
15978	Pink lentils	1.50 c
15978	Finely chopped ginger	1.00 tb
15978	Turmeric	0.50 ts
15978	Lemon juice	1.00 tb
15978	Boiling water	1.00 c
15978	Salt	2.00 ts
15978	Ghee	5.00 tb
15978	Black cumin seeds	1.00 ts
15978	Minced garlic	1.00 tb
15978	Red pepper	0.50 ts
15979	Rice vermicelli	0.50 lb
15979	Whole fish	3.00 lb
15979	Water	7.33 c
15979	Galangal powder	2.00 ts
15979	Stems lemon grass chopped	3.00
15979	Sprigs fresh mint	5.00
15979	Sprigs fresh basil	5.00
15979	Dried kaffir lime leaves	8.00
15979	Dried red chillies, halved	4.00
15979	Fresh red chillies, halved	8.00 sm
15979	Dried kaffir lime leaves	8.00
15979	-extra	0.00
15979	Coconut cream	3.67 c
15979	Bean sprouts (chinese white)	3.00 oz
15979	Salt	2.00 ts
15979	Caster sugar	2.00 ts
15979	CHILI PASTE -----	0.00 -----

Sheet1

15979	Stems lemon grass, finely	3.00
15979	-chopped	0.00
15979	Shrimp paste	0.25 ts
15979	Water	0.33 c
15979	Galangal powder	3.00 ts
15979	Fresh chillies	3.00 sm
15979	CHILI PASTE -----	0.00 -----
15980	Corn oil	3.00 tb
15980	Onion, coarsely chopped	1.00 lg
15980	Piece ginger root, peeled,	1.00
15980	-chopped (1.5")	0.00
15980	Garlic cloves, crushed	2.00
15980	Ground cumin	1.00 ts
15980	Ground coriander	1.00 ts
15980	Cardamom pods, crushed,	4.00
15980	-seeded	0.00
15980	Turmeric	0.50 ts
15980	Lean lamb, cut in cubes	1.50 lb
15980	Plain yogurt	1.25 c
15980	Button mushrooms, sliced	6.00 oz
15980	Lemon juice	1.00 tb
15980	Salt to taste	0.00
15980	Fresh ground pepper to taste	0.00
15980	Lime slices, 1/4s (opt)	0.00
15980	Fresh cilantro sprigs (opt)	0.00
15980	Nan bread	0.00
15980	Saffron rice	0.00
15981	Recipe chili base	0.50
15981	-(See RECIPE)-	0.00
15981	Lemon	1.00
15981	Artichokes	4.00 lg
15981	Boneless lamb shoulder	1.00 lb
15981	- cut into 1/2-in strips	0.00
15981	Finely minced garlic	2.00 tb
15981	Fresh lime juice	0.25 c
15981	Chicken stock	1.00 c
15981	--OR-- Low-sodium broth	0.00
15981	Salt; as desired	0.00
15981	Cilantro leaves; chopped	0.50 bn
15981	Corn tortillas	12.00
15981	Sour cream	1.00 c
15982	Lamb shoulder	3.00 lb
15982	- cut into 2-in cubes	0.00
15982	Salt; or to taste	0.50 ts
15982	Freshly ground black pepper	0.00
15982	Olive oil	1.00 tb
15982	Onion; quartered	1.00 md
15982	Carrots; peeled	4.00 md
15982	-and cut into 1/2-in rounds	0.00

Sheet1

15982	Celery stalks	2.00
15982	- cut into 4 pieces	0.00
15982	Tomato paste	0.25 c
15982	All-purpose flour	3.00 tb
15982	Dry white wine	1.00 c
15982	Low-sodium chicken broth	6.00 c
15982	-=OR=- Water	0.00
15982	Cayenne pepper	1.00 ts
15982	Ground cumin	1.00 tb
15982	Spicy sausages	6.00
15982	- preferably merguez-style	0.00
15982	Zucchini	2.00 md
15982	- cut into rounds 1-in thick	0.00
15982	Couscous	1.50 c
15983	Lamb stew meat	2.00 lb
15983	Bacon	0.25 lb
15983	Hamburger buns	4.00
15983	Roquefort (heaping measure)	4.00 tb
15983	-=OR=- Blue cheese	0.00
15983	Mustard	0.00
15983	Mayonnaise	0.00
15984	Diced onions	0.25 c
15984	Diced red peppers	0.25 c
15984	Diced tomatoes	0.50 c
15984	Tomato puree	0.50 c
15984	Chili sauce	0.25 c
15984	Paprika	3.00 tb
15984	Chili powder	3.00 tb
15984	Minced garlic	2.00 ts
15984	Black pepper	0.50 ts
15984	Ground lamb	1.50 c
15984	Salt	0.50 ts
15984	Tomato juice	16.00 oz
15984	Of tabasco	1.00 ds
15984	Worcestershire sauce	1.00 ds
15985	Leg of lamb, boned	1.50 kg
15985	Coriander seeds	1.00 tb
15985	Black peppercorns	2.00 ts
15985	Cardomom seeds	2.00 ts
15985	Cumin seeds	2.00 ts
15985	Cinnamon stick, crumbled	0.50
15985	Oil	2.00 tb
15985	Onion, chopped	1.00 lg
15985	Garlic cloves, crushed	2.00
15985	Fresh ginger, grated	2.00 ts
15985	Stem of lemon grass, 10 cm	0.00
15985	-long	0.00
15985	Can tomatoes	15.00 oz
15985	Water	2.00 c

## Sheet1

15985	Coconut milk	1.00 c
15986	Green chile peppers, chopped	4.00
15986	Minced fresh ginger	1.00 tb
15986	Garlic cloves, minced	2.00
15986	Onion, minced	1.00 lg
15986	Ground coriander seeds	2.00 tb
15986	Ground tumeric	2.00 ts
15986	Ground cumin seeds	1.00 ts
15986	Cinnamon,	1.00 ts
15986	Ground mustard seeds	1.00 ts
15986	Unflavored yogurt	4.00 c
15986	Boneless lamb, cubed	2.00 lb
15986	Onion, sliced	1.00 lg
15986	Clarified butter	2.00 tb
15986	Salt to taste	0.00
15987	Lamb cutlets	4.00
15987	Tomatoes	0.75 lb
15987	Onions	2.00
15987	Clove Garlic	1.00
15987	Dry white wine	0.50 c
15987	Butter	2.00 oz
15988	Butter	2.00 tb
15988	Celery stalks; finely diced	2.00
15988	Onion; finely diced	1.00 md
15988	Flour	2.00 tb
15988	Finely minced cooked lamb	1.00 c
15988	Potatoes	2.00 md
15988	Salt	0.50 ts
15988	Ground black pepper	0.00
15988	Poached eggs	12.00
15989	Bulgar wheat, fine ground	0.75 c
15989	Boiling water	2.00 c
15989	Lamb stew meat, ground fine	2.00 lb
15989	Finely chopped yellow onion	0.50 c
15989	Pine nuts	0.50 c
15989	Olive oil	3.00 tb
15989	Eggs, beaten	2.00
15989	Ground coriander	1.00 ts
15989	Ground cumin	2.00 ts
15989	Lemon juice	3.00 tb
15989	Ground fresh dill	2.00 tb
15989	Chopped fresh mint	1.00 tb
15989	Salt	0.50 ts
15989	Ground pepper to taste	0.00
15990	Virgin olive oil; PLUS	0.25 c
15990	Virgin olive oil	2.00 tb
15990	Boneless lamb stew meat	2.00 lb
15990	Celery stalk; finely minced	1.00
15990	Carrot; finely minced	1.00 sm

Sheet1

15990	Finely minced garlic	1.00 tb
15990	Veal, lamb or chicken stock	6.00 c
15990	Dried flageolet beans	0.75 c
15990	-=OR=- Red kidney beans	0.00
15990	Sprigs fresh oregano	4.00
15990	-=OR=- Marjoram, -=OR=-	0.00
15990	-Dried Marjoram	1.00 tb
15990	Plum tomatoes	4.00
15990	Uncooked elbow macaroni	0.75 c
15990	GARNISH -----	0.00 -----
15990	Grated Parmesan cheese	0.50 c
15990	-=OR=- Romano cheese	0.00
15990	Onion; finely minced	1.00 sm
15990	Freshly ground pepper	0.00
15990	Virgin olive oil	0.00
15990	GARNISH -----	0.00 -----
15991	Ground lean lamb	1.50 lb
15991	Paprika	1.00 ts
15991	Crushed dried hot peppers	0.25 ts
15991	Ground black pepper	0.25 ts
15991	Ground cumin	1.00 ts
15991	Chopped garlic	2.00 ts
15991	Grated onion	2.00 tb
15991	Chopped parsley	4.00 tb
15991	Salt to taste	0.00
15991	Vegetable oil	1.00 tb
15991	Harissa sauce	0.00
15992	Finely chopped fresh parsley	0.50 c
15992	Minced garlic	1.00 tb
15992	Bread crumbs	0.50 c
15992	Dijon mustard	1.00 tb
15992	Salt	0.50 ts
15992	Pepper	0.25 ts
15992	Melted butter	2.00 tb
15992	6-bone rack of lamb	2.00
15993	Lamb Steaks - Boneless	4.00
15993	Red wine	0.25 pt
15993	(scant) Red Currant Jelly	3.00 tb
15993	Dried Rosemary	1.00 ts
15993	Garlic	2.00 cl
15993	Black Pepper	0.00
15993	THICK Gravy.	2.00 pt
15994	Boneless lamb shoulder	3.00 lb
15994	Olive oil for pan browning	3.00 tb
15994	Canned / fresh chicken broth	6.00 c
15994	Olive oil	0.50 c
15994	Orzo paste	2.00 c
15994	Peeled/chopped yellow onion	1.50 c
15994	Ripe tomatoes, chopped	2.00 lg

Sheet1

15994	Dried dillweed	2.00 ts
15994	Chopped parsley	0.25 c
15994	Juice of lemon	0.00
15995	Saffron Threads	1.00 ts
15995	Unflavored Yogurt	2.00 c
15995	Caraway Seeds	2.00 ts
15995	Salt	2.00 ts
15995	Ghee (Or Melted Butter)	0.25 c
15995	1" Sticks Of Cinnamon	4.00
15995	Cardamom Seeds	0.50 ts
15995	Whole Cloves	6.00
15995	Chopped Onions	2.00 c
15995	Cloves Garlic, Chopped	3.00
15995	Chopped Fresh Ginger	2.00 ts
15995	Ground Red Chili Pepper	0.50 ts
15995	Coconut Milk	2.00 c
15995	Boiling Water	0.75 c
15995	Cold Water	0.50 c
15995	Cubed Lamb	2.00 lb
15995	Unsalted Almonds	0.50 c
15996	Olive oil	2.00 tb
15996	Butter	1.00 tb
15996	Garlic, minced	3.00 cl
15996	Onions, chopped	2.00
15996	Carrots, cut into small	2.00
15996	Cubes	0.00
15996	Salt	1.00 ts
15996	Pepper	1.00 ts
15996	Lamb stock	6.00 c
15996	Chopped very ripe tomatoes	2.00 c
15996	Or canned tomatoes	0.00
15996	Bay leaf	1.00
15996	Bone from a roast leg of	1.00
15996	Lamb	0.00
15996	Cubed cooked lamb	1.00 c
15996	Tabasco or other liquid hot	0.00
15996	Pepper sauce	0.00
15997	Heaping raw rice	1.00 tb
15997	Dried red chillies	3.00 sm
15997	Water	2.50 c
15997	Ground round or ground	1.00 lb
15997	-sirloin	0.00
15997	Dried lemon grass or:	1.00 ts
15997	Grated lemon rind	1.00 ts
15997	Yellow onion, chopped very	1.00 lg
15997	-fine	0.00
15997	Fresh green chillies, chopped	3.00
15997	-fine	0.00
15997	Green pepper, seeded and	1.00 lg



Sheet1

15997	-chopped	0.00
15997	Mint leaves (about 30)	0.25 c
15997	Lemon juice	3.00 tb
15997	Nam pla or salt to taste	0.00
15998	Rabbit	4.00 lb
15998	- cut into serving pieces	0.00
15998	Thick-sliced bacon	0.25 lb
15998	- cut into 1 1/2-in sticks	0.00
15998	Flour	2.00 tb
15998	Chicken stock	2.00 c
15998	White wine	2.00 c
15998	Garlic cloves; minced	1.00
15998	Bouquet garni	1.00
15998	-(parsley, thyme & bay leaf)	0.00
15998	Tomato paste	2.00 tb
15998	Salt and pepper to taste	0.00
15998	Heavy cream	0.25 c
15999	Eggs	2.00
15999	Lard	0.50 c
15999	Salt	1.00 ts
15999	Evaporated milk *	0.75 c
15999	Sugar	1.50 c
15999	Flour, sifted	2.50 c
15999	Baking powder	1.00 tb
15999	Vanilla	1.50 ts
16000	Uncooked Creamette Lasagna	0.50 lb
16000	Bulk italian sausage	1.00 lb
16000	Ground beef	0.50 lb
16000	Chopped onion	1.00 c
16000	Cloves garlic, minced	2.00
16000	(28 ounces) tomatoes,	1.00 c
16000	Cut up, undrained	0.00
16000	Tomato paste	2.00 c
16000	Sugar	2.00 ts
16000	Salt, divided	2.50 ts
16000	Dried basil, crushed	1.50 ts
16000	Fennel seeds	0.50 ts
16000	Pepper	0.25 ts
16000	Ricotta cheese	15.00 oz
16000	Egg, beaten	1.00
16000	Parsley flakes	1.00 tb
16000	Sliced pitted ripe olives	1.00 c
16000	Shredded mozzarella cheese	4.00 c
16000	Grated Parmesan cheese	0.75 c
16001	Olive oil	1.00 tb
16001	Ground beef	1.00 lb
16001	Finely chopped onion	1.00 c
16001	Cove garlic, finely chopped	1.00
16001	Salt	1.00 ts

Sheet1

16001	Mixed Italian seasoning	0.25 ts
16001	Oregano leaves	0.50 ts
16001	Thyme	0.25 ts
16001	Spanish paprika	0.50 ts
16001	Tomato puree	2.00 c
16001	Lasagne noodles	0.50 lb
16001	Water	2.00 qt
16001	Olive oil	1.00 tb
16001	Salt to taste	0.00
16001	Ricotta cheese	1.50 c
16001	Lg egg	1.00
16001	Tabasco sauce to taste	0.00
16001	Salt	0.75 ts
16001	CHEESES FOR FINAL A -----	0.00 -----
16001	Mozzasrella cheese, sliced	3.00 oz
16001	Grated parmesan cheese	3.00 tb
16001	Grated mozzarella cheese (in	1.00 c
16001	CHEESES FOR FINAL A -----	0.00 -----
16002	(8oz) Lasagna Noodles	1.00 pk
16002	Mild Pork Sausage	1.00 lb
16002	Jar (32oz) Spaghetti Sauce	1.00
16002	Egg; slightly beaten	1.00
16002	Ricotta Cheese	12.00 oz
16002	Dried Parsley Flakes	1.00 tb
16002	Dried Whole Oregano	0.50 ts
16002	Grated Parmesan Cheese	0.25 c
16002	Mozzarella Cheese *	3.00 c
16002	Sliced Mushrooms, drained	4.50 oz
16002	(3 1/2oz) Sliced Pepperoni	1.00 pk
16003	-----	0.00
16003	Olive Oil	4.00
16003	Onions Chopped	2.00
16003	Garlic Cloves Minced	2.00 md
16003	Red Pepper Chopped	1.00 md
16003	Carrot Minced	1.00 md
16003	Dried Basil, 1/2 t. Marjoram	1.00 ts
16003	Pepper, 1/4 t. Rosemary	0.50 ts
16003	Dry White Wine	0.50 c
16003	Tomatoes Undrained (1 lb)	1.00 cn
16003	Tomato Paste	2.00 tb
16003	FILLING -----	0.00 -----
16003	Olive Oil	1.00 tb
16003	Mushrooms Coarsely Chopped	0.50 lb
16003	Leek Coarsely Chopped	1.00 lg
16003	Shallot Coarsely Chopped	1.00 md
16003	Garlic Clove Minced	1.00 md
16003	Marjoram	0.25 ts
16003	Grated Lemon Peel	0.25 ts
16003	Rosemary,	0.12 ts

Sheet1

16003	Mace	0.12 ts
16003	Pepper	0.12 ts
16003	Parmesan Cheese	8.00 tb
16003	Lasagne Noodles (Ruffled	6.00
16003	Edges)	0.00
16003	SAUCE -----	0.00 -----
16003	FILLING -----	0.00 -----
16004	Egg	1.00
16004	Molasses	1.00 c
16004	Bread crumbs, soft	1.00 c
16004	Pastry for 8 inch lattice	0.00
16004	-top pie	0.00
16005	Olive oil	2.00 tb
16005	Onion; chopped	1.00 lg
16005	Water	3.00 c
16005	Summer squashes; 12 oz	2.00
16005	-chopped	0.00
16005	Tomatoes; coarsely chopped	2.00 lg
16005	Red pepper; chopped	1.00
16005	Yellow pepper; shoped	1.00
16005	Zucchini; chopped	1.00
16005	Cloves garlic; minced	3.00 lg
16005	Salt	1.50 ts
16005	Fennel seeds	0.50 ts
16005	Freshly ground pepper	0.25 ts
16005	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
16005	Calories	101.00 x
16005	G protein	3.00 x
16005	G carbohydrate	14.00 x
16005	G fat	5.00 x
16005	Mg cholesterol	0.00 x
16005	Mg sodium	545.00 x
16005	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
16006	Cream of chicken soup	1.00 cn
16006	Milk	0.75 c
16006	Salt, seasoned	0.25 ts
16006	Mixed vegetables	1.00 pk
16006	Onion, french-fried	1.00 cn
16006	Chicken, cooked	10.00 oz
16006	Milk	0.25 c
16006	Biscuit mix	1.00 c
16007	Dry yeast	1.00 pk
16007	Warm water	1.50 c
16007	Salt	1.00 ts
16007	All-purpose flour	2.00 c
16007	Whole wheat flour	2.00 c
16007	Toasted sesame seeds	0.00
16008	Dry champagne	7.00 fl
16008	-OR- dry white wine	0.00

Sheet1

16008	Unsweetened apple juice	7.00 fl
16008	Creme de cassis	2.00 fl
16008	Sugar	0.25 c
16008	Lemon juice	2.00 tb
16008	Lavender flowers	1.00 oz
16008	Gelatine	4.00 ts
16008	-Water	4.00 tb
16009	Unsalted butter	0.50 c
16009	Sugar	0.50 c
16009	Eggs	2.00 ea
16009	Pure vanilla extract	1.00 ts
16009	Salt	0.25 ts
16009	Flour, all-purpose	0.50 c
16009	Unsalted butter	2.00 tb
16009	Sugar, granulated	0.50 c
16009	Flour, all-purpose	1.00 tb
16009	Eggs	2.00 ea
16009	Sour cream	2.00 tb
16009	Vanilla	1.00 ts
16010	(250 gram) spreadable cream	1.00 pk
16010	-cheese	0.00
16010	(454 gram) refried beans	1.00 cn
16010	Jar (250 gram) salsa	1.00
16010	EACH.. grated Cheddar and	1.00 c
16010	-Monterey Jack cheese	0.00
16010	(50 ml) EACH.. chopped	0.25 c
16010	-jalapeno peppers, chopped	0.00
16010	-black olives	0.00
16011	Ground beef	1.00 lb
16011	Egg	1.00
16011	Dry bread crumbs	0.25 c
16011	Salt	1.00 ts
16011	Mixed herbs (oregano,	1.00 ts
16011	Basil, marjoram)	0.00
16011	Dry mustard	1.00 ts
16011	Ground cumin seeds	0.25 ts
16011	Garlic powder	0.12 ts
16011	Sliced potatoes	1.50 c
16011	Onion,sliced into rings	1.00 md
16011	And separated	0.00
16011	Mushrooms	1.25 c
16011	Cheddar cheese	1.00 c
16011	Swiss cheese	0.50 c
16011	Parsley	2.00 tb
16012	Squares semi-sweet chocolate	10.00
16012	Sweetened condensed milk,	1.00 cn
16012	-divided	0.00
16012	Vanilla	2.00 ts
16012	White chocolate squares	1.00 pk

## Sheet1

16012	Peppermint extract	1.00 tb
16012	Green food coloring	6.00 dr
16013	Servings	12.00
16013	Ears fresh yellow unshucked	2.00
16013	-corn	0.00
16013	Masa harina or finely ground	2.00 c
16013	-yellow cornmeal	0.00
16013	Warm water	1.75 c
16013	Vegetable shortening	0.50 c
16013	(1/2 stick) butter, softened	0.25 c
16013	Salt	0.50 ts
16013	Baking powder	0.50 ts
16013	Monterey Jack Cheese,	1.00 c
16013	-shredded	0.00
16013	Chopped mild green chilies,	4.00 oz
16013	-drained	0.00
16013	Fresh parsley	0.25 c
16013	Fresh cilantro	0.25 c
16013	Green onion, chopped	0.25 c
16013	Medium-sized sweet red	1.00
16013	-pepper, chopped	0.00
16013	Chili powder	0.50 ts
16013	Ground cumin	0.25 ts
16013	To 5 drops hot pepper sauce	4.00
16014	Bread	8.00 sl
16014	Sharp cheddar cheese	0.75 c
16014	Ham or Polish sausage	1.50 c
16014	Canned mushrooms	0.50 c
16014	Chopped green pepper	2.00 tb
16014	Chopped pimento	1.00 tb
16014	Milk	3.00 c
16014	Eggs	4.00
16014	Dry mustard	1.00 ts
16015	Lemon	1.00 ea
16015	Chicken	1.00 ea
16015	Lemon juice	1.00 ea
16015	Honey	1.00 ea
16015	Tarragon, short palmful	1.00 ea
16016	Medium eggplant -peel & dice	1.00 ea
16016	Shopped onion	0.50 c
16016	Clove of garlic	1.00 ea
16016	Sliced mushroom	0.50 c
16016	Olive oil	0.25 c
16016	All purpose flour	1.00 T
16016	Tomatoes (drained) 16 oz.	1.00 cn
16016	Salt	0.50 t
16016	Brown sugar	0.50 t
16016	Dried whole basil	0.25 t
16016	Pepper	0.12 t

Sheet1

16016	Grated Parmesean cheese	2.00 T
16017	Shortening	0.25 c
16017	Egg	1.00
16017	Sugar	2.00 tb
16017	Flour	2.00 c
16017	Baking Powder	3.00 ts
16017	Salt	0.50 ts
16017	Milk	1.00 c
16017	TOPPING -----	0.00 -----
16017	Sugar	0.00
16017	Cinnamon	0.25 ts
16017	Fresh Peaches	0.00
16017	TOPPING -----	0.00 -----
16018	Rhubarb	2.50 lb
16018	Water	0.50 c
16018	Sugar	1.50 lb
16018	Orange, rind & juice of	2.00 ea
16019		1.00
16019		2.00
16019	Water; acidulated with	1.00
16019	- the juice of	0.00
16019	Lemon	1.00
16019	Garlic cloves	2.00
16019	Virgin olive oil	1.00 tb
16019	Leek; white part only -=OR=-	1.00 lg
16019	Leeks, white part only	2.00 md
16019	- washed and sliced	0.00
16019	New potato; quartered	1.00 sm
16019	- and thinly sliced	0.00
16019	Leaves butter lettuce	6.00
16019	- sliced into 1/4" strips	0.00
16019	-=OR=- a handful of	0.00
16019	- Sorrel leaves, sliced	0.00
16019	Chopped parsley	1.00 tb
16019	Mint leaves; chopped	2.00
16019	Salt	0.00
16019	Water	5.50 c
16019	Fresh peas; shucked, -=OR=-	1.00 lb
16019	-Frozen peas	1.00 c
16019	GARNISHES -----	0.00 -----
16019	Freshly ground pepper	0.00
16019	Chopped chervil	0.00
16019	-=OR=- Chopped Parsley	0.00
16019	Extra-virgin olive oil	0.00
16019	Parmigiano-Reggiano	0.00
16019	- freshly grated	0.00
16019	GARNISHES -----	0.00 -----
16020	Or 10 in. pastry shell	9.00
16020	Leeks, white part only	0.50 lb

Sheet1

16020	-(about 2 cups) washed and	0.00
16020	-thinly sliced	0.00
16020	Butter	2.00 tb
16020	Ham, cubed	1.00 c
16020	Cheddar or swiss cheese,	0.25 c
16020	-grated	0.00
16020	Eggs, beaten	3.00
16020	Milk or light cream	1.25 c
16020	Nutmeg	0.12 ts
16020	Salt and pepper to taste	0.00
16021	Leek	1.00 ea
16021	Mushrooms	0.50 lb
16021	Salad oil	2.00 tb
16021	Eggs	4.00 ea
16021	Salt	0.50 ts
16022	Butter	3.00 tb
16022	Minced leeks	3.00 c
16022	Flour	3.00 tb
16022	To 6 c hot water	4.00 c
16022	Salt	1.00 ts
16022	Pepper to taste	0.00
16022	Potatoes	4.00 c
16022	To 1/2 cup heavy cream	0.33
16023	Flour	1.50 c
16023	Salt	1.00 pn
16023	Butter, chilled	5.50 tb
16023	Vegetable shortening	3.00 tb
16023	(approx.) ice-cold water	3.00 tb
16023	The Filling:	0.00
16023	Leeks	3.00 md
16023	Olive oil	2.00 tb
16023	Butter	0.50 tb
16023	Cloves garlic, minced	4.00
16023	Cubed cooked ham or pork	1.00 c
16023	Shredded fresh basil	0.33 c
16023	Salt	0.00
16023	Freshly ground black pepper	0.00
16023	Eggs	2.00
16023	Heavy cream	1.00 c
16023	Freshly grated Parmesan	0.25 c
16023	-cheese	0.00
16024	Milk, scalded	2.00 c
16024	Salt	1.00 T
16024	Lard	0.50 c
16024	Flour	4.00 c
16025	Minutes for zucchini or tiny	5.00
16025	-broccoli orcauliflower	0.00
16025	-flowerets.	0.00
16026	Bone-in leg of spring lamb	1.00

Sheet1

16026	Garlic cloves; peeled,	5.00
16026	- cut into 1/4-in slivers	0.00
16026	Olive oil	2.00 tb
16026	Onions; finely sliced	10.00 md
16026	Chopped fresh thyme leaves	0.50 tb
16026	-=OR=-	0.00
16026	-Dried thyme	1.00 ts
16026	Salt; or as desired	0.50 tb
16026	White pepper	0.00
16026	Cooked rice	2.00 c
16026	Whipping cream	0.50 c
16026	Nutmeg, freshly ground	1.00 ts
16027	Butter	0.50 c
16027	Diced onions	3.00 c
16027	Finely grated carrots	0.25 c
16027	Minced garlic	2.00 ts
16027	Flour	0.50 c
16027	Concentrated fish stock	12.00 c
16027	Chowder fish fillets, such	4.00 lb
16027	-as 2 lbs. cod, 1 lb.	0.00
16027	-monkfish and	0.00
16027	Cusk (note from AI: I	1.00 lb
16027	-believe any firm white fish	0.00
16027	-will do)	0.00
16027	Light cream	2.00 c
16027	Finely grated Monterey Jack	0.50 c
16027	-cheese	0.00
16027	Salt	0.00
16027	Freshly ground black pepper	0.00
16028	Pigeon peas, soaked, 20 mins	2.00 c
16028	Water	1.00 qt
16028	Turmeric	0.50 ts
16028	Salt	0.00
16028	Oil	0.25 c
16028	Black mustard seeds	1.00 tb
16028	Cumin seeds	2.00 ts
16028	Onion, finely chopped	1.00 md
16028	Garlic cloves, chopped	6.00 ea
16028	Dried red chillies	0.50 ts
16029	Lemons, thinly sliced and	3.00
16029	- seeded	0.00
16029	Tart apples, peeled, cored	3.00 lb
16029	- and sliced	0.00
16029	Cold water	7.50 c
16029	Sugar	10.00 c
16030	Frying chicken, 3 lbs	1.00
16030	Garlic salt	0.00
16030	Oregano, crushed	1.00 ts
16030	Grated lemon peel	1.00 ts



Sheet1

16030	Fresh lemon juice	0.25 c
16030	Water	0.25 c
16031	Fresh lemon basil, finely	0.50 c
16031	-chopped	0.00
16031	Lemon juice	0.33 c
16031	Dry white wine	2.00 tb
16031	Dijon style mustard	2.00 ts
16031	Salt	0.50 ts
16031	Pepper	0.25 ts
16031	Green onions, sliced thin	3.00
16031	Olive oil	1.00 c
16032	Servings	10.00
16032	(3-oz.) pkg. lemon-flavored	1.00
16032	-gelatin	0.00
16032	Boiling water	1.25 c
16032	Lemon juice	0.50 c
16032	Grated peel of 1 lemon	0.00
16032	Sugar (the TIMES' studied	0.25 c
16032	-adjustment of Ms. Alden's	0.00
16032	Cup. Whatever.)	0.33
16032	(14-oz.) can sweetened	1.00
16032	-condensed milk, partially	0.00
16032	-frozen	0.00
16032	Melted margarine or butter	2.00 ts
16033	Lemon rind (grated)	1.00 ts
16033	Butter	6.00 tb
16033	Confectioners' sugar; sifted	3.00 c
16033	Lemon juice (approximately)	0.25 c
16033	Salt	1.00 ds
16034	Soft butter or margarine	0.25 c
16034	Finely grated lemon rind	0.50 ts
16035	Butter or margarine	0.50 c
16035	Lemon juice	2.50 tb
16035	Grated lemon peel	2.00 ts
16036	Mayonnaise	0.50 c
16036	Lemon peel; minced	1.00 tb
16036	Capers; chopped, drained	1.50 ts
16037	Noodles; no yolk egg type	8.00 oz
16037	Chicken breasts; halved,	2.00
16037	- skinless, boneless	0.00
16037	Olive oil	1.00 tb
16037	Lemon juice	1.00 tb
16037	Paprika	1.00 ts
16037	Pepper	0.25 ts
16038	Deep dish pie shell,baked	1.00
16038	Unflavored gelatin	1.00 ts
16038	Water	0.25 c
16038	Large eggs,separated	3.00
16038	Sugar	1.00 c

Sheet1

16038	Lemon juice	0.50 c
16038	Grated lemon peel	2.00 ts
16038	Drops yellow food coloring	3.00
16038	Whipped topping,thawed	1.00 c
16038	Chocolate shavings,garnish	0.00
16038	Lemon slices,garnish	0.00
16039	Lemon juice	0.25 c
16039	Corn-starch	1.00 tb
16039	Hot water	1.00 c
16039	Sugar	0.50 c
16039	Brown sugar	2.00 tb
16039	Coconut	0.33 c
16039	Salt	0.00
16040	Rice	0.50 c
16040	Sugar	0.50 c
16040	Salt	0.75 ts
16040	Sugar, powdered	2.00 tb
16040	Milk	3.00 c
16040	Lemon juice	1.33 tb
16040	Lemon rind, grated	1.00
16040	Eggs	2.00
16040	Lemon extract	0.25 ts
16041	Water	0.50 c
16041	Sugar	1.33 c
16041	Cream of tartar	0.25 ts
16041	Lemon extract	0.50 ts
16041	Powdered sugar	0.00
16042	Flour	0.25 c
16042	Sugar	1.00 c
16042	Salt	0.25 ts
16042	Water	0.33 c
16042	Egg Yolks, Beaten	2.00
16042	Lemon Rind, Grated	2.00 ts
16042	Butter	1.00 ts
16042	Lemon Juice	0.25 c
16043	Eggs; well beaten	3.00
16043	Sugar	0.50 c
16043	Salt; optional	0.50 ts
16043	Half and half; scalded	1.00 c
16043	Sour cream	1.00 c
16043	Lemon juice; fresh squeezed	0.25 c
16043	Cinnamon	1.00 ds
16043	Nutmeg	1.00 ds
16043	Currants; or raisins	0.75 c
16043	Rice; cooked/cooled	1.25 c
16043	Nutmeg; fresh grated	1.00
16044	PHILLY.INQUIRER -----	0.00 -----
16044	BROILER-FRYER CUT UP	3.00 lb
16044	GARLIC POWDER	2.00 ts

Sheet1

16044	BUTTER	2.00 tb
16044	PAPRIKA	1.00 c
16044	FRESH SQUEEZED LEMON	3.00 tb
16044	LEMON WEDGES,PARSLEY,GARNISH	0.00
16044	SALT AND PEPPER TO TASTE	0.00
16044	PHILLY.INQUIRER -----	0.00 -----
16045	Chicken Wings *	2.50 lb
16045	Lemon Juice	0.50 c
16045	Chopped Garlic Cloves	5.00
16045	Crushed Black Peppercorns	1.00 tb
16045	Salt	2.00 ts
16045	Olive Oil	0.50 c
16046	ts	2.00 1/2
16046	-- coarsely chopped	0.00
16046	Coarsely chopped galangal	1.00 ts
16046	Red shallots	2.00 sm
16046	-- coarsley chopped	0.00
16046	Ready-fried beancurd	3.00 oz
16046	-- finely diced	0.00
16046	Oil; for deep-frying	0.00
16046	Oil	2.00 tb
16046	Finely chopped garlic	1.00 tb
16046	Lemongrass, finely chopped	1.00 tb
16046	-- into rings	0.00
16046	Grated coconut	1.00 tb
16046	Long beans; coarsely chopped	2.00 oz
16046	-- into 1-inch lengths	0.00
16046	Broccoli stem	1.00 md
16046	-- coarsely chopped at an	0.00
16046	-- angle into 1-inch lengths	0.00
16046	Baby sweetcorn	2.00 oz
16046	-- roughly chopped at an	0.00
16046	-- angle into 1-inch lengths	0.00
16046	Carrot; finely chopped	1.00
16046	-- into matchsticks	0.00
16046	Vegetable stock	3.00 tb
16046	Light soy sauce	2.00 tb
16046	Sugar	0.50 ts
16047	Baking potatoes	6.00 sm
16047	Chopped onion	0.50 c
16047	Unsalted margarine	2.00 T
16047	Clove minced garlic	1.00
16047	Hot skimmed milk	0.50 c
16047	Dill weed	1.00 t
16047	White pepper	0.12 t
16047	Grated lemon peel	1.00 t
16047	Parsley	1.00 T
16047	Paprika	0.00
16048	Basil	4.50 tb

Sheet1

16048	Oregano	3.75 tb
16048	Powdered black pepper	1.50 tb
16048	Granulated onion	1.50 tb
16048	Celery seed	1.50 tb
16048	Basil	1.50 tb
16048	Granulated garlic	0.50 ts
16048	Lemon rind, grated	0.50 ts
16049	Lemon jello	1.00 pk
16049	Eggs	4.00 x
16049	Yellow cake mix	1.00 pk
16049	Boiling water	0.75 c
16049	Oil	0.50 c
16050	Thinly Sliced Unpeeled Limes	3.00 c
16050	Thinly Sliced Lemons, Unpeeled, Seeded	1.00 c 0.00
16050	Water	3.00 qt
16050	Sugar	9.00 c
16051	2 lb. sirloin steak, cut 2 To 2 1/2" thick	1.00 0.00
16051	Finely shredded lemon peel	1.00 ts
16051	Lemon juice	0.50 c
16051	Cooking oil	0.33 c
16051	Sliced green onion	2.00 tb
16051	Sugar	4.00 ts
16051	Salt	1.50 ts
16051	Worcestershire sauce	1.00 ts
16051	Prepared mustard	1.00 ts
16051	Pepper	0.12 ts
16052	Lemons - Meyer or regular	3.00 lb
16052	-lemons	0.00
16052	Sugar - granulated (actually -8 to 10 cups)	8.00 c 0.00
16053	Pastry for one pie crust	1.00
16053	LEMON FILLING -----	0.00 -----
16053	Cornstarch	0.25 ts
16053	Flour	3.00 tb
16053	Sugar	1.75 c
16053	Salt	0.25 ts
16053	Egg yolks, lightly beaten	4.00
16053	Lemon juice	0.50 c
16053	Grated lemon peel	1.00 tb
16053	Butter	1.00 tb
16053	MERINGUE -----	0.00 -----
16053	Egg whites	4.00
16053	Cream of tarter	0.25 ts
16053	Sugar	0.50 c
16053	LEMON FILLING -----	0.00 -----
16053	MERINGUE -----	0.00 -----
16054	Molasses	1.00 c

Sheet1

16054	Lemon juice	0.33 c
16054	Butter	2.00 tb
16055	Water	4.00 c
16055	Boneless chicken breast, cut	1.50 lb
16055	-into 1 inch strips	0.00
16055	SAUCE	0.00
16055	Peanut oil	2.00 tb
16055	Finely chopped fresh ginger	2.00 ts
16055	Garlic cloves, minced	4.00
16055	Grated lemon peel	1.00 tb
16055	Grated orange peel	1.00 tb
16055	Fresh lemon juice	0.50 c
16055	Fresh orange juice	0.50 c
16055	Sugar	2.00 tb
16055	Soy sauce	2.00 tb
16055	Cornstarch, mixed with 1	5.00 ts
16055	-tbsp water	0.00
16055	Sesame oil	1.00 tb
16055	Thinly sliced green onions	2.00 tb
16055	-(garnish)	0.00
16056	Lean top or bottom round	1.00 lb
16056	Of beef, about 1" thick	0.00
16056	Yellow bell pepper, cored,	1.00 lg
16056	Seeded, and cut into strips	0.00
16056	Red bell pepper, cored,	1.00 lg
16056	Seeded, and cut into strips	0.00
16056	Bay leaf	1.00
16056	Dry red wine	0.25 c
16056	Freshly squeezed lemon	2.00 tb
16056	Juice	0.00
16056	Salt	0.50 ts
16056	Freshly ground pepper, to	0.00
16056	Taste	0.00
16056	Fresh parsley sprigs,	0.00
16056	Optional	0.00
16057	Sugar	1.50 c
16057	All-purpose flour	4.00 tb
16057	Cornstarch	4.00 tb
16057	Salt	0.50 ts
16057	Boiling water	2.00 c
16057	Egg yolks	4.00
16057	Lemon juice	0.33 c
16057	Grated rind of 2 lemons	0.00
16057	9" baked pie shell	1.00
16058	Presweetened Lemonade Mix	2.50 c
16058	Sugar Or To Taste	1.25 c
16058	Plus 2 T Cornstarch	1.00 c
16058	Salt	1.00 ts
16059	Nonfat milk	0.67 c

Sheet1

16059	Poppy seeds	2.00 tb
16059	Jar (4-ounce) baby food pear	1.00
16059	-puree	0.00
16059	Egg white, lightly beaten	1.00
16059	Vanilla	0.75 ts
16059	Grated zest of 2 lemons	0.00
16059	Cake flour	1.33 c
16059	Sugar	1.00 c
16059	Baking powder	1.00 ts
16059	Lemon juice	0.25 c
16059	Raspberries	0.50 pt
16059	Kiwi fruits, peeled and cut	2.00
16059	-into thin wedges	0.00
16059	Papaya balls	10.00 sm
16059	Lemon zest rose, optional	0.00
16059	Lemon leaves, optional	0.00
16060	Box Yellow Cake mix*	1.00
16060	Instant Lemon pudding	1.00
16060	Water	1.00 c
16060	Eggs	4.00
16060	Poppyseed	0.00
16060	Vegetable oil	0.67 c
16061	-Laurie Martinez CRCX90A	1.00 x
16061	Lemon cake mix	1.00 pk
16061	Instant lemon pudding (sm)	1.00 pk
16061	Crisco oil	0.33 c
16061	Water	1.00 c
16061	Eggs	4.00 x
16061	Almond extract	0.50 t
16061	Poppyseeds	4.00 T
16062	Eggs, separated	4.00
16062	Lemon Juice	0.33 c
16062	Grated Lemon Peel	1.00 ts
16062	Butter or Margarine, melted	1.00 tb
16062	Sugar	1.50 c
16062	Flour	0.50 c
16062	Salt	0.50 ts
16062	Milk	1.50 c
16062	Whipped Cream	0.00
16063	Granulated sugar	1.00 c
16063	Large egg yolks at room temp	3.00
16063	Butter, softened 1/2 stk	4.00 tb
16063	Squeezed lemonjuice,strained	0.33 c
16063	Finely grated lemon rind	2.00 ts
16063	Plus 2 teaspoons flour	3.00 tb
16063	Light cream-room temperature	1.00 c
16063	Large egg whites at room tem	2.00
16063	Pinch cream of tartar	0.00
16063	Fully baked 9" pie shell	1.00

Sheet1

16064	Sugar	3.00 T
16064	Lemon juice	1.00 T
16064	Salt	0.25 t
16064	Water, boiling	1.00 c
16064	Cornstarch	1.00 T
16064	Lemon, grated rind of	0.50 ea
16064	Butter	1.00 t
16065	Lemons	5.00
16065	Grapefruit	1.00
16065	Water	12.00 c
16065	Sugar (4 pounds)	8.00 c
16066	Fresh blueberries	4.00 c
16066	Water	1.00 c
16066	Fresh lemon juice	3.00 tb
16066	Cornstarch	2.00 tb
16066	Sugar	3.00 tb
16066	Lemon sorbet	1.50 pt
16066	Fresh blueberries	2.00 c
16067	Flour; all purpose flour	1.00 c
16067	Butter	0.50 c
16067	Brown sugar; firmly packed	0.25 c
16067	Sugar; granulated	1.00 c
16067	Lemon juice	3.00 tb
16067	Flour; all purpose	2.00 tb
16067	Baking powder	0.50 ts
16067	Eggs, lightly beaten	3.00
16067	Lemon rind; grated (optiona	2.00 ts
16067	Icing sugar	0.00
16068	Butter or margarine	0.50 c
16068	Sugar	1.00 c
16068	Large eggs	2.00
16068	Milk	0.50 c
16068	Vanilla	1.00 ts
16068	All-purpose flour	1.25 c
16068	Chopped pecans	0.50 c
16068	LEMON SAUCE -----	0.00 -----
16068	Grated lemon peel	3.00 tb
16068	Lemon juice	6.00 tb
16068	Sugar	0.25 c
16068	LEMON SAUCE -----	0.00 -----
16069	Carton lemon yogurt	1.00
16069	Cornstarch	1.00 ts
16069	Dill	0.25 ts
16069	Salt & pepper to taste	0.00
16070	Finely shredded zucchini	2.00 c
16070	Salt	1.00 ts
16070	Vegetable oil	1.00 c
16070	Sugar	0.75 c
16070	Room temperature egg	3.00

Sheet1

16070	Honey	0.50 c
16070	Fresh lemon juice	0.25 c
16070	Grated lemon peel	2.00 tb
16070	All purpose flour	2.25 c
16070	Baking soda	2.00 ts
16070	Baking powder	0.50 ts
16070	Chopped almonds	1.50 c
16070	Honey	2.00 tb
16071	Fresh lemon juice	0.25 c
16071	Frying chicken, quartered,	1.00 lb
16071	-or 3-lbs. breasts	0.00
16071	Salt	2.00 ts
16071	All-purpose flour	0.50 c
16071	Egg, lightly beaten	1.00
16071	Dry fine bread crumbs	1.50 c
16071	Vegetable oil	0.00
16071	Lemon wedges	0.00
16072	Margarine	1.50 ts
16072	Lemon juice	1.00 tb
16072	Olive oil	1.50 ts
16072	Clove garlic, mashed	1.00 sm
16072	Oregano leaves	0.50 ts
16072	Each salt and pepper	0.25 ts
16072	Chicken cutlets (5 oz each)	2.00
16073	Lemon	1.00
16073	Box (14.5-oz) angel food	1.00
16073	-cake mix	0.00
16073	Sweetened flaked coconut	1.00 c
16073	Confectioners' sugar	0.75 c
16073	Skim milk	2.00 tb
16074	Sugar	0.75 c
16074	Cornstarch	2.00 tb
16074	Water,boiling	1.00 c
16074	Lemon juice	0.25 c
16074	Coconut grated	0.50 c
16074	Butter	1.00 tb
16075	Basic Sponge Cake Batter	0.00
16075	Lemon Filling	0.00
16075	Fluffy Frosting	0.00
16075	Lemon slices and rind strips	0.00
16075	(to garnish)	0.00
16076	Dijon mustard (or more, to	1.00 tb
16076	-taste)	0.00
16076	Lemon pepper	0.75 ts
16076	Cloves garlic	3.00
16076	Butter or margarine	0.25 c
16077	Lemons	3.00 lg
16077	Cold water	3.75 c
16077	Piece ginger - 4x1-inch,	1.00



## Sheet1

16077	-peeled, cut into thick	0.00
16077	-slices	0.00
16077	Sugar	4.00 c
16078	Chickens,cut into serving	2.50 lb
16078	-pieces,washed and patted	0.00
16078	-dry	0.00
16078	Fresh lemon juice,about 4	0.50 c
16078	-small lemons	0.00
16078	Olive oil	1.00 c
16078	Garlic cloves,crushed	4.00
16078	Onion salt	1.00 ts
16078	Paprika	1.00 ts
16078	Fresh rosemary or thyme or 1	3.00 tb
16078	-tbsp. dried	0.00
16079	Quinoa	1.00 c
16079	Vegetable oil	1.50 tb
16079	-Water	2.00 c
16079	Dried marjoram or oregano	0.75 ts
16079	Dried thyme	0.50 ts
16079	Dried rosemary; crumbled	0.25 ts
16079	Chopped parsley	3.00 tb
16079	Fresh lemon juice	2.00 tb
16079	Salt	0.75 ts
16079	Grated lemon rind	0.50 ts
16079	Pepper	0.25 ts
16080	1/2-oz. envelope butter-	1.00
16080	- flavored mix	0.00
16080	Snipped fresh chives or	1.00 tb
16080	- sliced green onion tops	0.00
16080	Lemon-pepper seasoning	0.50 ts
16080	Water	0.25 c
16080	Small red potatoes (6 to 8),	1.00 lb
16080	- cut into 1 inch pieces	0.00
16081	Egg	1.00
16081	Salt	0.75 ts
16081	Sugar	0.33 c
16081	Oil	0.25 c
16081	Milk	1.00 c
16081	Flour	2.00 c
16081	Baking powder	1.00 tb
16081	Lemons; grated zest only	2.00
16081	Poppy seeds	0.33 c
16082	Fresh tarragon; chopped, or	4.00 ts
16082	Dried tarragon; crushed	4.00 ts
16082	Lemon juice	1.00 ts
16082	Mayonnaise	1.00 c
16082	Capers	2.00 ts
16083	(plus 1 Tbl) softened butter	0.50 lb
16083	(plus 1 Tbl) all-purpose	2.00 c

Sheet1

16083	-butter	0.00
16083	Eggs	4.00
16083	Lemons	2.00 sm
16083	Sugar	1.50 c
16083	Plain yogurt (8 oz)	1.00 c
16083	Baking powder	2.00 ts
16083	Baking soda	0.75 ts
16083	Salt	0.50 ts
16083	LEMON-YOGURT GLAZE:	0.00
16083	Confectioners' sugar	1.00 c
16083	Lemon	1.00 sm
16083	Plain yogurt (2 oz)	0.25 c
16084	Lemons	6.00
16084	Water	1.50 c
16084	Baking soda	0.12 ts
16084	Sugar	5.00 c
16084	Pouch liquid pectin	1.00
16085	Apples, large, Delicious *	4.00
16085	Lemonade, frozen can **	6.00 oz
16085	Brown sugar	4.00 ts
16086	Olive oil	2.00 ts
16086	Minced chicken	250.00 g
16086	Anchovy fillets, chopped	4.00
16086	Grated fresh Parmesan cheese	2.00 tb
16086	Cream	1.00 tb
16086	Ground nutmeg	0.25 ts
16086	Grated lemon rind	1.00 ts
16086	Lemon juice	2.00 tb
16086	Chopped fresh parsley	0.25 c
16086	Quantity plain pasta dough	1.00
16086	-(2 cups flour, 3 eggs)	0.00
16086	Fresh parmesan cheese,	60.00 g
16086	-thinly sliced (optional)	0.00
16086	Creamy Cheese Sauce:	0.00
16086	Butter	30.00 g
16086	Plain flour	2.00 tb
16086	Water	1.00 c
16086	Chicken stock cube, crumbled	1.00 sm
16086	Carton cream	300.00 ml
16086	Grated fresh Parmesan cheese	2.00 tb
16087	Graham cracker crumbs	1.00 c
16087	Sugar	3.00 tb
16087	Butter; or margarine, melted	0.25 c
16087	Cream cheese; softened	8.00 oz
16087	Sugar	0.50 c
16087	Salt	0.12 ts
16087	Milk	0.50 c
16087	Lemon juice	1.00 ts
16087	Vanilla extract	1.00 ts

Sheet1

16087	Frozen whipped topping;	4.00 oz
16087	- thawed	0.00
16087	Lemon slices; optional	0.00
16087	Fresh mint leaves; optional	0.00
16088	Lemon	1.00 md
16088	Chicken drumsticks(about 2	12.00 sm
16088	-1/2 pounds)	0.00
16088	Oil	1.00 tb
16088	Brown sugar	2.00 tb
16088	Very hot water	1.50 c
16088	Butter or margarine	3.00 tb
16088	Pkg.(6 ounces) cornbread	1.00
16088	-stuffing mix	0.00
16089	Bottle (3-3/4 oz) Minute	0.50
16089	-Maid Lemon juice	0.00
16089	Butter or margarine, melted	0.25 c
16089	Crushed thyme leaves	0.50 ts
16089	Liquid pepper sauce	0.12 ts
16089	Broiler fryer (about 2-1/2	1.00
16089	-lbs. quartered)	0.00
16090	To 6 servings	4.00
16090	Chicken wings (about 24	4.00 lb
16090	-pieces)	0.00
16090	Freshly squeezed lemon juice	0.50 c
16090	-(3 large lemons)	0.00
16090	Olive oil	0.50 c
16090	Fresh rosemary, minced, or 3	0.33 c
16090	-tsps dried, crumbled	0.00
16090	Cloves garlic, peeled and	4.00 lg
16090	-minced	0.00
16090	Salt	0.00
16090	Coarsely ground black pepper	0.00
16091	Peach nectar, divided	1.25 c
16091	Light corn syrup	0.75 c
16091	Grated lemon peel	2.00 ts
16091	Lemon juice	3.00 tb
16091	Ground ginger	1.00 ts
16091	Salt	0.50 ts
16091	Corn starch	2.00 tb
16091	Boneless pork roast	1.50 lb
16092	Boneless, skinless chicken	4.00
16092	-breast halves	0.00
16092	Ground black pepper	0.25 ts
16092	Chicken broth	0.50 c
16092	White wine	0.25 c
16092	Lemon juice	2.00 tb
16092	Grated lemon peel	1.00 ts
16092	Lowfat milk	1.00 c
16092	Cornstarch	1.50 tb

Sheet1

16092	Dijon mustard	1.00 tb
16092	Minced fresh parsley	2.00 tb
16092	-(Optional)	0.00
16093	Ground beef	2.50 lb
16093	Garlic powder	1.00 tb
16093	Dried minced onions	3.00 tb
16093	McKormick's Chili Seasoning	1.00 pk
16093	-(regular)	0.00
16093	McKormick's Texas Red Chili	1.00 pk
16093	-Seasoning	0.00
16093	Oregano powder	1.00 tb
16093	Can Contadina (brand)	28.00 oz
16093	-crushed tamatoes in tomato	0.00
16093	-puree	0.00
16093	Cans of Bush's Dark	32.00 oz
16093	-Red Kidney beans	0.00
16093	Can of Campbells	26.00 oz
16093	-Tomato Soup (Family size,	0.00
16093	-condensed)	0.00
16093	Water	8.00 oz
16093	Salt to taste	0.00
16094		0.50
16094	-brown if available	0.00
16094	White onion	0.50 sm
16094	Sea salt to taste	0.00
16094	PORK:	0.00
16094	Boneless stewing pork, cut	1.00 lb
16094	-into 1-inch cubes	0.00
16094	Sea salt to taste	0.00
16094	SEASONING AND FINAL COOKING:	0.00
16094	Chilies anchos, cleaned of	5.00 sm
16094	-veins and seeds and	0.00
16094	Lightly toasted	0.00
16094	Tomatoes, broiled	0.25 lb
16094	Garlic clove, peeled and	1.00
16094	-roughly chopped	0.00
16094	Dried oregano, Mexican if	0.25 ts
16094	-possible	0.00
16094	Whole clove	1.00
16094	Inch cinnamon stick	1.50
16094	Melted lard or safflower oil	1.00 tb
16094	Plantain (about 8-oz),	1.00 md
16094	-peeled and cut into	0.00
16094	Inch cubes	0.25
16094	Thick pineapple slices,	2.00
16094	-peeled, cored, and cut into	0.00
16094	Small triangular wedges	0.00
16095	Roasted Buckwheat	4.00 oz
16095	Carrot	1.00

Sheet1

16095	Onion	1.00
16095	Oil	1.00 ts
16095	Red Lentils	6.00 oz
16095	Veg stock	1.00 pt
16095	Dried herbs	0.00
16095	-(parsley + rosemary	0.00
16095	- are recommended)	0.00
16095	Marmite	1.00 ts
16095	-(for the Brits amongst you)	0.00
16095	Nutmeg	1.00 pn
16095	Salt	0.00
16095	Pepper	0.00
16096	Dried red lentils	2.00 c
16096	-Water, to cook	0.00
16096	Bread crumbs	1.00 c
16096	- (preferably wholewheat)	0.00
16096	Onion; finely chopped	1.00 lg
16096	Garlic cloves; minced	2.00
16096	- more to taste	0.00
16096	Salt & pepper to taste	0.00
16097	Green or brown lentils	2.00 c
16097	Cinnamon stick, 3"	1.00 ea
16097	Bay leaf	1.00 ea
16097	Garlic cloves, peeled, whole	3.00 md
16097	Ginger root, 1" thick	2.00 sl
16097	Turmeric	1.00 ts
16097	Lemon	0.75 ea
16097	Salt	0.50 ts
16097	Black pepper	0.12 ts
16097	Cayenne	0.50 ts
16097	Ghee	3.00 tb
16097	Asafetida	1.00 pn
16097	Whole cumin seeds	0.50 ts
16098	Lentils cooked	1.00 c
16098	Onion, peeled and sliced	1.00 md
16098	Tomato, diced	1.00
16098	Bread crumbs	1.50 c
16098	Grated Parmesan (fresh	1.00 tb
16098	Please!)	0.00
16098	Milk	0.50 c
16098	Corn or peanut oil	1.00 tb
16098	Garlic powder	0.25 ts
16098	Salt	1.00 ts
16099	Red lentils	0.50 c
16099	Olive oil	0.50 ts
16099	Onion	0.50 l
16099	Chopped basil	0.12 c
16099	Tomatoes	2.00 sm
16099	Romano cheese	30.00 g

Sheet1

16099	Ground hazelnuts	0.50 c
16099	Tomato puree	0.25 c
16099	Wholegrain breadcrumbs	0.50 c
16099	SAUCE -----	0.00 -----
16099	Olive oil	0.50 tb
16099	Garlic clove	0.50
16099	Red pepper	0.50
16099	Tomatoes	1.50
16099	SAUCE -----	0.00 -----
16100	Dry Lentils	1.00 lb
16100	Water	12.00 c
16100	Medium Onion, minced	1.00
16100	Bay Leaf	1.00
16100	Carrots, chopped	2.00
16100	Red Wine	0.50 c
16100	Stalks Celery, chop fine	2.00
16100	Tomato Paste	6.00 oz
16100	Ham Hock or Bone	1.00
16100	Diced Cooked Ham	1.00 c
16100	Salt	3.00 ts
16100	Pepper	0.50 ts
16100	Thyme	0.50 ts
16101	Green or brown lentils	1.00 c
16101	Small onion	1.00
16101	Cloves garlic, minced	2.00
16101	Bay leaf	1.00
16101	Water	6.50 c
16101	Salt	1.00 ts
16101	Fresh ground pepper	0.00
16101	Bunch cilantro, chopped	1.00
16101	Plain non-fat yogurt garnish	0.25 c
16102	Red lentils	0.67 c
16102	Vegetable oil	4.00 tb
16102	Green bell peppers	4.00 md
16102	Cumin seeds	1.00 ts
16102	Onions, chopped	2.00
16102	Green chilies	2.00
16102	1 inch piece ginger, grated	1.00
16102	Ground coriander	1.00 tb
16102	Water	1.25 c
16102	Salt & pepper	0.00
16102	Chopped cilantro	2.00 tb
16103	Dried lentils, washed and	0.67 c
16103	-picked over	0.00
16103	Water	4.00 c
16103	Onion, chopped	1.00
16103	Carrots, chopped	4.00
16103	Stalks celery, chopped	2.00
16103	A few Baco-bits (optional)	0.00

Sheet1

16103	Tomato paste	1.00 c	
16104	Dry lentils	0.75 c	
16104	Water	1.50 c	
16104	Cider vinegar	2.00 ts	
16104	Margarine	1.00 tb	
16104	Onion; finely minced	1.00 c	
16104	Garlic cloves; crushed	2.00	
16104	Mushrooms; minced	10.00 lg	
16104	Walnuts; finely minced	0.50 c	
16104	Celery stalk; finely minced	1.00 sm	
16104	Salt	1.00 ts	
16104	Freshly ground black pepper	0.00	
16104	Dry mustard	0.50 ts	
16104	Dry sherry	1.00 tb	
16104	Raw wheat germ	0.50 c	
16105	Olive Oil	0.50 c	
16105	Onions, Chopped	2.00 lg	
16105	Carrots, Chopped	6.00	
16105	Thyme, Dried	0.50 ts	
16105	Marjoram, Dried	0.50 ts	
16105	Chicken Stock	3.00 c	
16105	Lentils, Washed	1.00 c	
16105	Parsley, Chopped	0.25 c	
16105	Tomato Paste	6.00 oz	
16105	Plum Tomatoes	28.00 oz	
16105	Brown Rice, Uncooked	1.00 c	
16105	Vinegar	1.00 ts	
16105	Parmesan, Grated	1.00 tb	
16106		0.00	2
16106	(1 heaped cup) lentils,	0.50	
16106	-brown if available	0.00	
16106	White onion	0.50	
16106	Sea salt to taste	0.00	
16106	The pork:	0.00	
16106	Boneless stewing pork, cut	1.00 lb	
16106	-into 1-inch cubes	0.00	
16106	Sea salt to taste	0.00	
16106	The seasoning and final	0.00	
16106	-cooking:	0.00	
16106	Chilies anchos, cleaned of	5.00 sm	
16106	-veins and seeds and	0.00	
16106	Lightly toasted	0.00	
16106	Tomatoes, broiled	0.25 lb	
16106	Garlic clove, peeled and	1.00	
16106	-roughly chopped	0.00	
16106	Dried oregano, Mexican if	0.25 ts	
16106	-possible	0.00	
16106	Whole clove	1.00	
16106	Inch cinnamon stick	1.50	

Sheet1

16106	Melted lard or safflower oil	1.00 tb
16106	Plantain (about 8-oz),	1.00 md
16106	-peeled and cut into	0.00
16106	Inch cubes	0.25
16106	Thick pineapple slices,	2.00
16106	-peeled, cored, and cut into	0.00
16106	Small triangular wedges	0.00
16107	Shallots; chopped	2.00
16107	Butter	0.00
16107	Whole green lentils (Le Puy)	12.00 oz
16107	Handful of chopped lovage	0.00
16107	Sprig of thyme	1.00
16107	Curl of orange peel	1.00
16107	Light stock or water	0.00
16108	Lentils	0.50 c
16108	Water	2.50 c
16108	Turmeric	0.50 ts
16108	Ghee	3.00 tb
16108	Garlic cloves, chopped	2.00 ea
16108	1/2" piece ginger	1.00 sl
16108	Green chili, chopped	1.00 ea
16108	Zucchini, chopped	1.00 sm
16108	Salt	0.00
16108	Garam masala	0.50 ts
16108	Cumin seeds	1.00 ts
16109	White wine;dry	1.00 c
16109	Fish stock	1.00 c
16109	Carrots;julienne strips of	0.25 c
16109	Turnips;julienne strips of	0.25 c
16109	Leeks;julienne strips of	0.25 c
16109	-Salt & white ground pepper	0.00
16109	Scallops;large fresh	12.00
16110	Milk or cream	0.50 c
16110	Large baking potatoes	3.00 ea
16110	Sour cream	0.50 c
16110	Grated cheddar cheese	0.75 c
16110	Finely minced onion	0.25 c
16110	Worcestershire Sauce	0.50 t
16110	R/G Sauce (see	2.00 tb
16110	Salt and pepper to taste	1.00 ea
16110	Chopped chives	1.00 ea
16111	Chopped Lettuce	3.00 c
16111	Mayonnaise	1.00 c
16111	Mustard	1.00 c
16111	Salt And Pepper	0.00
16112	Minced Onion	2.00 tb
16112	Butter	1.00 tb
16112	Flour	1.00 tb
16112	Salt	0.50 ts



Sheet1

16112	Nutmeg (fresh grated)	0.25 ts
16112	Fresh Ground Pepper	1.00 ds
16112	Chicken Stock	3.50 c
16112	Med. Head Iceberg Lettuce,	1.00
16112	-shredded	0.00
16112	Egg Yolk, slightly beaten	1.00
16112	Heavy Cream	0.50 c
16113	Fresh bacon or pork belly	2.50 lb
16113	Whole scallions	6.00
16113	Fresh ginger	6.00 sl
16113	Salt	1.00 tb
16113	Scallions	6.00
16113	Peanut oil	3.00 tb
16113	Finely chopped garlic	2.00 tb
16113	Minced peeled fresh ginger	1.00 tb
16113	Chili bean sauce	1.50 tb
16113	Rice wine or dry sherry	1.00 tb
16113	Light soy sauce	1.00 tb
16113	Sugar	2.00 ts
16113	Salt	1.00 ts
16114	Eggs,slightly beaten	2.00
16114	Ground cloves	0.25 ts
16114	(16 oz) solid pack pumpkin	1.75 c
16114	Sugar	0.75 c
16114	Salt	0.50 ts
16114	Ground cinnamon	1.00 ts
16114	Ground ginger	0.50 ts
16114	Milk, evaporated 12 oz	1.50 c
16114	9" unbaked pie crust	1.00
16114	Ready- whip topping	1.00 pk
16115	Eggs, slightly beaten	2.00
16115	(16 oz) Libby's Solid Pack	1.00 cn
16115	Pumpkin	0.00
16115	Sugar	0.75 c
16115	Salt	0.50 ts
16115	Ground cinnamon	1.00 ts
16115	Ground ginger	0.50 ts
16115	Ground cloves	0.25 ts
16115	(13 fl oz) evaporated milk	1.00 cn
16115	9-inch unbaked pie shell	1.00
16116	Butter (not margarine)	1.00 c
16116	Sugar	2.00 c
16116	Can (1-1/4 cups) sweetened	14.00 oz
16116	-condensed milk	0.00
16116	Light corn syrup	1.00 c
16116	Salt	0.12 ts
16116	Anise extract	1.00 ts
16116	Black or red coloring paste	0.50 ts
16117	Seedless English cucumber,	1.00 md

Sheet1

16117	-peeled	0.00
16117	Ripe tomato, peeled	1.00 md
16117	Chopped onion	1.00 tb
16117	Clove garlic, chopped	1.00 sm
16117	Curry powder	0.25 ts
16117	Pinch each of nutmeg, salt	0.00
16117	-and pepper	0.00
16117	Water	0.50 c
16117	Cider or wine vinegar	1.00 tb
16117	To 4 drops hot pepper sauce	2.00
16117	Sugar	2.00 ts
16118	Lasagne Noodles	12.00 ea
16118	Olive oil	1.00 tb
16118	Squash, yellow, quartered	8.00 oz
16118	Lenghtwise and sliced	1.00 x
16118	Zucchini, quartered	8.00 oz
16118	Lengthwise and sliced	1.00 x
16118	Pepper, yellow, lg, sliced	1.00 ea
16118	Pepper, red, lg, sliced	1.00 ea
16118	Broccoli, cut into flowerets	1.00 lb
16118	Garlic, cloves, chopped	3.00 ea
16118	Thyme, fresh, chopper OR	4.00 ts
16118	Thyme, dried	1.50 ts
16118	Salt	1.00 ts
16118	CHEESE MIXTURE -----	0.00 -----
16118	Eggs	2.00 ea
16118	Ricotta cheese	15.00 oz
16118	Cottage cheese, low-fat	16.00 oz
16118	Basil leaves, fresh, chopped	0.50 c
16118	Red-pepper seasoning, liquid	0.25 ts
16118	Cheese, mozzarella, shredded	2.00 c
16118	Thyme sprigs, fresh for	1.00 x
16118	Garnish	1.00 x
16118	CHEESE MIXTURE -----	0.00 -----
16119	Frozen cooked shrimp,	10.00 oz
16119	-thawed, rinsed and drained	0.00
16119	Light cream cheese, softened	1.00 pk
16119	-(8 oz)	0.00
16119	Light mayonnaise	0.25 c
16119	Thinly sliced green onions	0.33 c
16119	-with tops	0.00
16119	Pace Picante Sauce	0.67 c
16119	Horseradish, as desired	2.00 ts
16119	Ground cumin	0.75 ts
16120	Small shell macaroni	1.00 lb
16120	Ground beef	2.00 lb
16120	Onion, chopped	1.00 lg
16120	(16 oz) kidney beans	1.00 cn
16120	(16 oz) cream style corn	1.00 cn

Sheet1

16120	(16 oz) tomato sauce	1.00 cn
16120	10 oz. jar chili sauce	1.00
16120	(8 oz) mushroom pieces	1.00 cn
16120	(3 oz) sliced ripe olives,	1.00 cn
16120	Drained	0.00
16120	Shredded Cheddar cheese,	1.00 c
16120	Divided	0.00
16121	Egg Yolks; Large	2.00 ea
16121	Lime Juice	1.00 T
16121	Butter; NOT Margarine	0.50 c
16121	Lime Peel; Grated	0.50 t
16122	Graham Cracker Crumbs	1.25 c
16122	Sugar	2.00 tb
16122	Butter or margarine, melted	0.25 c
16122	Grated Lime Rind	1.00 ts
16122	Softened Cream Cheese (8 oz)	3.00 pk
16122	Sugar	0.75 c
16122	Eggs	3.00
16122	Grated lime rind	1.00 tb
16122	Key Lime Juice	0.25 c
16122	Vanilla Extract	1.00 ts
16122	Sour Cream	2.00 c
16122	Sugar	3.00 tb
16122	Fresh Strawberries (Optional	1.00
16122	Lime slices (Optional)	1.00
16123	Sugar	1.25 c
16123	Cold water	0.67 c
16123	Gelatine	2.00 tb
16123	Hot water	0.25 c
16123	Lime flavouring	0.50 ts
16123	Green colouring	1.00 ts
16123	Castor sugar	0.00
16124	Finely shredded lime peel	0.50 ts
16124	Lime juice	0.33 c
16124	Cooking oil	2.00 tb
16124	Dried thyme,crushed	1.00 ts
16124	Cracked black pepper	1.00 ts
16124	Garlic salt	0.50 ts
16124	To 2 1/2 lbs. meaty chicken	2.00
16124	-pieces(breasts,wings,thighs	0.00
16124	-,legs)	0.00
16125	Pickling cucumbers *	7.00 lb
16125	Vinegar mixture	0.00
16125	Of vinegar	2.00 qt
16125	Salt	3.00 ts
16125	Of sugar	4.50 lb
16125	L tsp. celery seed	0.00
16125	Cloves	1.00 ts
16125	Mixed spices	1.00 ts

Sheet1

16125	Of lime	2.00 c
16126	Skinless, boneless chicken	4.00
16126	-breast halves, about 1 lb.	0.00
16126	Bay leaf	1.00
16126	Vegetable oil	1.00 tb
16126	Distilled white vinegar	1.00 tb
16126	Freshly squeezed lime juice	1.00 tb
16126	Chopped fresh thyme leaves	1.00 ts
16126	-or 1/2 tsp. dried	0.00
16126	Ground coriander	0.12 ts
16126	Freshly ground black	0.00
16126	-pepper, to taste	0.00
16126	Lime, thinly sliced	1.00
16126	Shredded iceberg	0.00
16126	-lettuce, optional	0.00
16126	Radish halves, optional	0.00
16126	Additional lime	0.00
16126	-slices, optional	0.00
16127	Grapefruit	1.00
16127	Limes	2.00
16127	Pineapple	1.00 lg
16127	Approximately 5 cups water	0.00
16127	Approximately 5 cups sugar	0.00
16127	-(2 1/2 pounds)	0.00
16127	Freshly grated orange rind	2.00 tb
16128	Of a medium Lime	0.50 x
16128	Apple juice or cider	0.75 c
16128	Cornstarch	2.00 t
16128	Dry instant Chicken Bouillon	0.50 t
16129	Strong white bread flour	1.00 lb
16129	Easy-blend yeast	0.25 oz
16129	Ground cinnamon	1.00 ts
16129	Ground allspice	1.00 ts
16129	Sugar	4.00 tb
16129	Salt	1.00 pn
16129	Eggs; lightly beaten	2.00
16129	Butter; melted	0.25 lb
16129	Milk; warm	8.00 tb
16129	Prunes; cut into	0.50 lb
16129	- sultana-size pieces	0.00
16129	Currants	2.00 oz
16129	Sultanas	2.00 oz
16130	Crust:	0.00
16130	Vanilla bean	2.00
16130	Flour	1.00 c
16130	Sugar	0.25 c
16130	Lemon zest	1.00 ts
16130	Egg yolk	1.00 lg
16130	Unsalted butter, cut into bi	0.50 c

Sheet1

16130	-s	0.00
16130	Salt	0.25 ts
16130	Filling:	0.00
16130	Cream cheese, softened	2.50 lb
16130	Sugar	1.75 c
16130	Flour	3.00 tb
16130	Orange zest	1.50 ts
16130	Lemon zest	1.50 ts
16130	Vanilla	0.50 ts
16130	Eggs	5.00 lg
16130	Egg yolks	2.00 lg
16130	Heavy cream	0.25 c
16131	Salt	1.00 tb
16131	Oil	1.00 tb
16131	Dried or fresh linguine	1.00 lb
16131	Butter	0.50 c
16131	Grated parmesan cheese	0.50 c
16131	Eggs, well beaten	4.00 lg
16131	Chopped fresh parsley	1.00 tb
16132	Bacon	8.00 ea
16132	Onions, green, chopped	4.00 ea
16132	Cream, whipping	1.00 c
16132	Tomatoes, sun-dried, oil	0.50 c
16132	Linguine	1.00 lb
16132	Cheese, romano or parmesa	0.50 c
16132	Salt	1.00 ea
16132	Pepper	1.00 ea
16132	Cheese, additional for toppi	1.00 ea
16133	Butter	3.00 tb
16133	Mushrooms, sliced	8.00 oz
16133	Garlic cloves, minced	3.00 md
16133	Dried rosemary, crumbled	0.50 ts
16133	Freshly ground pepper	0.00
16133	Whipping cream	0.50 c
16133	Salt	0.00
16133	Dried linguine	4.00 oz
16133	Bel Paese cheese, cut	2.00 oz
16133	Into small cubes	0.00
16133	Chopped fresh parsley	0.00
16134	(6 1/2 Oz. ) Minced Clams,	2.00 cn
16134	Undrained	0.00
16134	Chopped Onion	0.50 c
16134	Fresh Minced Parsley	2.00 tb
16134	Garlic Powder	0.50 ts
16134	Pepper	0.12 ts
16134	Hot Cooked Linguine	4.00 c
16134	Grated Parmesan	2.00 tb
16135	Tomatoes, roasted and	4.00 c
16135	Blended	0.00

Sheet1

16135	Garlic, roasted and	2.00 tb
16135	Chopped	0.00
16135	Salt, to taste	0.00
16135	Pepper, to taste	0.00
16135	Servings linguini, cooked,	6.00
16135	Rinsed in tap water, and	0.00
16135	Set aside	0.00
16135	Roma tomatoes, grilled or	24.00
16135	Oven-roasted and sliced	0.00
16135	Portobello mushrooms (or	6.00
16135	Other large mushrooms)	0.00
16135	Grilled or sauteed and	0.00
16135	Sliced	0.00
16135	Fresh basil leaves	12.00
16136	Linguini, uncooked	4.00 oz
16136	Olive oil	2.00 t
16136	Julienne cut red bell pepper	0.25 c
16136	Thinly sliced garlic	2.00 t
16136	Salt	0.25 t
16136	Crushed red pepper	0.12 t
16136	Tightly packed arugula	1.00 c
16137	Link sausage	1.50 lb
16137	Bread, trimmed and cubed	8.00 sl
16137	Grated cheddar cheese	2.00 c
16137	Eggs	4.00
16137	Milk	2.25 c
16137	Dry mustard	0.75 ts
16137	Cream of mushroom soup	10.50 oz
16137	Mayonnaise	0.50 c
16138	Link sausage	1.00 lb
16138	Onions	6.00 md
16138	Salt and pepper	0.00
16138	Sweet potatoes	6.00 md
16138	Apples	6.00
16138	Paprika	0.00
16139	Env. Vegetable Soup Mix	1.00 ea
16139	Sour Cream; (8 ozs)	0.50 pt
16139	Mayonnaise	0.25 c
16139	Apple Cider Vinegar	1.00 T
16139	Prepared Mustard;Dijon Style	2.00 T
16139	Green Cabbage; Shredded	5.00 c
16139	Red Onion; Small Sliced Thin	1.00 ea
16139	Parsley; Finely Chopped	1.00 T
16139	Pepper; To taste	1.00 x
16140	Env. Recipe Soup Mix; *	1.00 ea
16140	Baked Beans; In Tomato Sauce	24.00 oz
16140	Apple; Medium, Chopped	1.00 ea
16140	Brown Sugar; Packed	0.25 c
16140	Prepared Mustard	1.00 T

## Sheet1

16141	Env. Recipe Soup Mix; *	1.00 ea
16141	;Water	0.50 c
16141	Red Wine; Dry	0.50 c
16141	Olive Or Vegetable Oil	0.25 c
16141	Parsley; Fresh, Fine Chop	1.00 T
16141	Oregano	1.00 t
16141	Pepper	0.12 t
16141	Flank Steak; Beef	2.00 lb
16142	(2oz) anchovies packed in	1.00 cn
16142	Olive oil	0.00
16142	Water	1.50 c
16142	Oregano	1.00 ts
16142	Grape juice	1.00 oz
16142	Salt.	0.50 ts
16143	White flour	3.00 c
16143	Plus 2 tb. Rye Flour	1.00 c
16143	Yeast	1.00 tb
16143	Gluten Flour	4.00 tb
16143	Sugar	4.00 tb
16143	Dry milk	2.50 tb
16143	Veg. oil	2.00 tb
16143	Salt	1.50 ts
16143	Sauerkraut;put in strainer	1.00 c
16143	-pushing with back of spoon	0.00
16143	-to drain; chop fine;loosely	0.00
16143	-packed	0.00
16143	Water; warmed	1.25 c
16144	Liver (beef)	2.00 lb
16144	Flour	2.00 c
16144	Salt to taste	0.00
16144	Pepper	1.00 ts
16144	Milk	2.00 c
16144	Bacon	0.50 lb
16144	Onions	2.00 lg
16144	Canola oil	2.00 tb
16144	Corn flour	2.00 tb
16144	Basil	1.00 pn
16144	Thyme	1.00 pn
16145	Peanut oil, divided	2.00 tb
16145	Chicken livers, trimmed,	1.00 lb
16145	-sliced	0.00
16145	Fermented black beans,	2.00 tb
16145	-rinsed, drained	0.00
16145	Garlic clove, minced	1.00
16145	Finely chopped fresh ginger	1.00 ts
16145	Snow peas, trimmed	0.25 lb
16145	Soy sauce	1.00 tb
16145	Sherry	1.00 tb
16145	Chicken broth	0.50 c

Sheet1

16145	Green onions, finely chopped	2.00
16146	Veal or pork stew meat	0.50 lb
16146	- cut into 1-in pieces	0.00
16146	Chicken livers	0.50 lb
16146	Chopped fresh sage; -=OR=-	4.00 tb
16146	-Dried sage	2.00 tb
16146	Minced garlic	2.00 tb
16146	Drained capers	0.25 c
16146	Ground black pepper	0.25 ts
16146	Dry white wine	0.50 c
16146	Bacon; coarsely diced	0.50 lb
16146	Feet of sausage casing	4.00
16147	Skim milk	0.67 c
16147	Envelope unflavoured gelatin	1.00
16147	Eggs, separated, room temp.	2.00
16147	Low fat cottage cheese	12.00 oz
16147	---chocolate crumb crust---	0.00
16147	Unsweetened cocoa	1.00 tb
16147	Skim milk	0.25 c
16147	Sugar	6.00 tb
16147	Vanilla extract	2.00 ts
16147	Unsweetened cocoa	3.00 tb
16147	Vanilla wafer crumbs	0.50 c
16147	Butter or marg. melted	1.50 tb
16148	Cottage cheese, lo fat	1.00 c
16148	Plain yogurt, low fat	0.50 c
16148	Salt	1.00 ts
16148	Lemon juice	1.00 tb
16148	Green onion, chopped	0.25 c
16148	Pepper	1.00 pn
16149	Slices fr or italian bread	8.00
16149	Olive oil	1.00 ts
16149	Tomato, diced	1.00
16149	Ground pepper	1.00 pn
16149	Garlic cloves, halved	2.00
16149	Onion, minced	2.00 tb
16149	Oregano,dried	1.00 pn
16149	Parmesan cheese, optional	2.00 ts
16150	Lobster (about 1 1/2 Lb)	1.00
16150	Ptoatoes	2.00 md
16150	Onion	1.00 md
16150	Ears fresh corn (OR 2 cups	4.00
16150	-frozen corn kernels)	0.00
16150	Half-and-half	1.00 qt
16150	Butter	4.00 tb
16150	Cayenne pepper	0.12 ts
16150	Salt	0.25 ts
16150	Freshly-ground black pepper	0.25 ts
16151	Lobster, cooked, chunked	1.50 lb



## Sheet1

16151	Milk	1.00 c
16151	Carrot, finely chopped	1.00 tb
16151	Onion, small, chopped	1.00 ea
16151	Sherry	0.25 c
16151	Butter	2.00 tb
16151	Flour	2.00 tb
16152	Butter or margarine	2.00 tb
16152	Shredded sharp Cheddar	2.00 c
16152	-Cheese	0.00
16152	Red pepper sauce	0.25 ts
16152	Dry white wine	0.33 c
16152	Lobster cut into small	5.00 oz
16152	-pieces (you can use canned	0.00
16152	-but drain well)	0.00
16153	Lobster, cooked, chopped fin	1.00 c
16153	Egg	1.00 ea
16153	Flour	1.00 tb
16153	Milk	2.00 tb
16153	Cayenne pepper	1.00 ea
16153	Egg yolks, hard cooked	3.00 ea
16154	Pork, coarsely ground	1.50 lb
16154	Peanut oil	2.00 tb
16154	Fermented black beans	1.50 tb
16154	Coarsely chopped garlic	2.00 tb
16154	Finely chopped fresh ginger	1.00 ts
16154	Scallions, finely chopped	2.00
16154	Light soy sauce	1.50 tb
16154	Chinese rice wine	2.00 tb
16154	--OR-- dry sherry	0.00
16154	Sugar	0.25 ts
16154	Salt	1.00 pn
16154	Chicken broth	0.50 c
16154	Cornstarch; dissolved in	1.00 tb
16154	Chicken broth; (cold)	2.00 tb
16154	Egg; beaten with	1.00
16154	Sesame oil	2.00 ts
16155	Lobster shells	1.00 lb
16155	-(or a little more)	0.00
16155	Fish stock	1.00 c
16155	--OR-- Bottled clam juice	0.00
16155	Wine or malt vinegar	0.50 c
16155	Egg yolk	1.00
16155	Salad oil	0.50 c
16156	Pork Loin	6.00 lb
16156	Terriyaki Sauce	3.00 tb
16156	Honey	3.00 tb
16156	Orange, Juiced	1.00
16156	Five Spices	1.00 pn
16156	Dry Mustard	0.12 ts

Sheet1

16157	LEMON FILLING -----	0.00 -----
16157	Sweetened condensed milk	15.00 oz
16157	Lemon zest	1.00 t
16157	Lemon juice	0.50 c
16157	Egg yolks	2.00 ea
16157	MERINGUE -----	0.00 -----
16157	Egg whites	2.00 ea
16157	Sugar	4.00 T
16157	Cream of tartar	0.25 t
16157	GRAHAM CRACKER CRUST -----	0.00 -----
16157	Graham cracker squares	18.00 ea
16157	Sugar	0.33 c
16157	Butter or margarine,	0.25 lb
16157	Cinnamon	0.12 t
16157	LEMON FILLING -----	0.00 -----
16157	MERINGUE -----	0.00 -----
16157	GRAHAM CRACKER CRUST -----	0.00 -----
16158	Franks	1.00 lb
16158	Flour	1.00 c
16158	Sugar	2.00 tb
16158	Baking powder	1.50 ts
16158	Salt	1.00 ts
16158	Cornmeal	0.67 c
16158	Shortening	2.00 tb
16158	Slightly beaten egg	1.00
16158	Milk	0.75 c
16159	LIGHT CORN SYRUP	1.00 c
16159	WATER	1.00 c
16159	GRANULATED SUGAR	2.00 c
16159	LOLLIPOP STICKS	10.00 ea
16160	Chicken or Turkey - boneless	6.00 oz
16160	-and skinless all fat	0.00
16160	-removed	0.00
16160	# Onion - sliced	0.00
16160	# Green Pepper - sliced	0.00
16160	Clove Garlic - sliced	1.00
16160	Mushrooms - sliced	8.00
16161	Envelope Unflavored Gelatin	1.00
16161	Celery, Diced	2.00 c
16161	Chicken, Cooked, Diced	4.00 c
16161	Stuffed Olives, Sliced	0.50 c
16161	Canned Peas, Drained	1.00 c
16161	Lemon Juice	2.00 tb
16161	Mayonnaise	1.50 c
16161	Salt & Pepper To Taste	0.00
16161	Pecans, Chopped	0.33 c
16161	Leaf Thyme	0.25 ts
16161	Eggs, Hard Cooked, Chopped	2.00
16161	Chicken Broth	1.50 c

## Sheet1

16161	Green Grapes For Garnish	0.00
16161	Oil	0.00
16162	Coconut Milk	0.50 c
16162	Brown bean sauce (dao jio)	0.00 c
16162	Mixed vegetables	0.25 lb
16162	Palm sugar	1.00 tb
16162	Tamarind liquid	1.00 tb
16162	Cucumbers	1.50 sm
16162	Green cabbage	1.50 sl
16162	Green beans	3.00
16162	Shallots	1.50 lb
16163	Dark soy sauce	1.00 c
16163	Thin soy sauce	1.00 c
16163	Sugar	1.00 c
16163	Water	2.00 c
16163	Dried chili peppers 2 sl	3.00
16163	- ginger root	0.00
16163	Five whole flowerets, star	2.00 tb
16163	- anise	0.00
16163	Peanut oil	0.50 c
16163	Cloves garlic, split	2.00
16164		1.00
16164	Paprika	2.00
16164	MSG (monosodium glutamate)	2.00 tb
16164	Gebhardt's Chili powder	11.00 tb
16164	Cumin	4.00 tb
16164	Beef bouillon (instant,	4.00 tb
16164	-crushed)	0.00
16164	Lager beer	36.00 oz
16164	Pork, cubed (thick butterfly	2.00 lb
16164	-pork chops)	0.00
16164	Chuck beef, cut into cubes	2.00 lb
16164	Ground rump	6.00 lb
16164	Onions, finely chopped	4.00 lg
16164	Cloves garlic, finely	10.00
16164	-chopped	0.00
16164	Wesson oil or kidney suet	0.50 c
16164	Mole (powdered), also called	1.00 ts
16164	-mole poblano	0.00
16164	Sugar	1.00 tb
16164	Coriander seed (from Chinese	2.00 ts
16164	-parsley, cilantro)	0.00
16164	Louisiana Red Hot Sauce	1.00 ts
16164	-(Durkee's)	0.00
16164	Tomato sauce	8.00 oz
16164	Masa Harina flour	1.00 tb
16164	Salt to taste	0.00
16165	Oregano	1.00 tb
16165	Garlic Cloves, Fine Chopped	10.00

Sheet1

16165	Paprika	2.00 tb
16165	Wesson Oil Or Kidney Suet	0.50 c
16165	MSG (Optional)	2.00 tb
16165	Mole (Powdered) *	1.00 ts
16165	Gebhardt's Chili Powder	11.00 tb
16165	Sugar	1.00 tb
16165	Cumin	4.00 tb
16165	Coriander Seed	2.00 ts
16165	Beef Bouillon, Crushed	4.00 tb
16165	Louisiana Red Hot Sauce	1.00 ts
16165	Beer	36.00 oz
16165	Tomato Sauce	8.00 oz
16165	Pork, Cubed	2.00 lb
16165	Masa Harina Flour	1.00 tb
16165	Beef, Chuck, Cubed	2.00 lb
16165	Onions, Fine Chopped	4.00 lg
16165	Beef, Ground, Rump	6.00 lb
16166	All purpose flour	1.33 c
16166	Whole wheat flour	1.00 c
16166	Sugar	1.25 c
16166	Baking soda	2.00 ts
16166	Salt	1.00 ts
16166	Cinnamon	1.00 ts
16166	Apples, peeled & sliced thin	5.00 c
16166	(approximately 5 apples)	0.00
16166	Oil	0.50 c
16166	Honey	0.25 c
16166	Vanilla	1.00 ts
16166	Eggs	2.00
16166	Chopped nuts	0.50 c
16167	All purpose flour	1.33 c
16167	Whole wheat flour	1.00 c
16167	Sugar	1.25 c
16167	Baking soda	2.00 ts
16167	Salt	1.00 ts
16167	Cinnamon	1.00 ts
16167	Apples, peeled & sliced thin	5.00 c
16167	(approximately 5 apples)	0.00
16167	Oil	0.50 c
16167	Honey	0.25 c
16167	Vanilla	1.00 ts
16167	Eggs	2.00
16167	Chopped nuts	0.50 c
16168	Mayonnaise, use the real	1.00 c
16168	-thing, like Hellmann's	0.00
16168	Chili sauce	0.50 c
16168	Parsley, fresh, minced	1.00 tb
16168	Lemon juice, fresh, not	1.00 ts
16168	-bottled	0.00

Sheet1

16168	Horseradish, prepared	1.00 ts
16168	Onion, grated	0.50 ts
16168	Salt	0.12 ts
16168	Pepper	0.12 ts
16169	Bacon	2.00 sl
16169	Chopped onion	0.50 c
16169	Green bell pepper,sliced	1.00 sm
16169	Thyme leaves,crushed	0.12 ts
16169	Condensed tomato soup	1.00 cn
16169	Water	0.50 c
16169	Diced cooked chicken	1.50 c
16169	Cooked rice	0.00
16170	Lbchicken	3.00
16170	Fat, butter or bacon fat	4.00 tb
16170	Ham, diced	1.00 lb
16170	Onion, sliced	1.00 md
16170	Salt	1.50 ts
16170	Hot water	1.00 qt
16170	Sliced okra	2.00 c
16170	Sprig thyme	1.00
16170	Dozen oysters	2.00
16170	Cayenne	0.00 ts
16170	File' -OR-	1.00 tb
16170	Sassafras leaves	3.00 tb
16170	Cooked Rice	0.00
16171	Finely chopped onion	2.50 oz
16171	Corsely grated raw potato	10.00 oz
16171	Fresh young lovage leaves	0.00
16171	Chicken or vegetable stock	1.25 pt
16171	Buttermilk, more if desired	0.50 pt
16172	Low fat sour cream	0.50 c
16172	Low fat margarine	2.00 tb
16172	Skim milk	1.00 tb
16172	Horseradish	1.00 tb
16172	Dry mustard	0.50 ts
16172	Worcestershire sauce	0.50 ts
16172	Hot sauce	0.25 ts
16172	8 oz tub lo fat cream cheese	1.00
16172	4 oz shredded lo fat cheddar	1.00 c
16172	Cheese (sharp)	0.00
16172	Fresh lump crabmeat, drained	0.50 lb
16172	Paprika	0.12 ts
16173	LOW FAT COCONUT MILK -----	0.00 -----
16173	Non Fat Plain Yogurt	18.00 oz
16173	Non Fat Milk	8.00 oz
16173	Packets Equal Sweetener	2.00
16173	Imitation Coconut Extract	2.00 ts
16173	CURRY -----	0.00 -----
16173	Low Fat Coconut Milk	3.00 c

Sheet1

16173	Thai Yellow Curry Base	1.00 tb
16173	Mushrooms, Sliced	0.50 lb
16173	Minute Rice	3.00 c
16173	LOW FAT COCONUT MILK -----	0.00 -----
16173	CURRY -----	0.00 -----
16174	Macaroni, cooked	2.00 c
16174	Margarine	2.00 tb
16174	Skimmed milk	2.00 c
16174	Parsley	2.00 ts
16174	Pepper	0.50 ts
16174	Bread crumbs	0.33 c
16174	Onion, chopped	1.00
16174	Flour	0.25 c
16174	Dill weed	2.00 ts
16174	Garlic powder	0.12 ts
16174	Low fat cottage cheese	2.00 c
16174	Paprika	1.00 pn
16175	Flour	1.00 c
16175	Whole wheat flour	1.00 c
16175	Sugar	2.00 T
16175	Rolled oats	1.00 T
16175	Baking soda	1.50 t
16175	Salt	0.25 t
16175	Buttermilk	1.00 c
16175	Buttermilk	2.00 T
16176	Instant Minced Onion	2.00 ts
16176	Instant Horseradish	0.25 ts
16176	Parsley Flakes	2.00 ts
16176	Green Pepper Flakes	2.00 ts
16177	Water	1.00 c
16177	Reduced calorie margarine	1.00 T
16177	Salt	0.25 t
16177	Chopped cabbage	3.00 c
16177	Skim or 1% milk	0.33 c
16177	Instant mashed potato flakes	1.00 c
16177	Green onion, finely chopped	1.00
16178	Skim or 1% milk	2.00 c
16178	3.4 oz instant French van-	1.00 pk
16178	-illa pudding mix	0.00
16178	Cubed frozen fat free	1.50 c
16178	-golden pound cake	0.00
16178	Sherry or fruit juice	4.00 t
16178	Fresh raspberries	1.00 c
16178	Light cool whip	8.00 T
16179	Unflavoured gelatin	1.00 T
16179	Unsweetened concentrated	4.00 T
16179	Apple juice, thawed	0.00
16179	Lemon juice	2.00 T
16179	Grated lemon rind	0.25 T

Sheet1

16179	Unsweetened pineapple juice	0.67 c
16179	Evaporated skim milk	1.00 c
16180	PORK; lean, boneless or	8.00 oz
16180	- GROUND TURKEY	0.00
16180	- WATER	1.00 c
16180	CHILI POWDER	2.00 ts
16180	TOMATOES; CUT UP	16.00 oz
16180	SUGAR	1.00 ts
16180	CELERY; STALKS, SLICED	3.00
16180	GARLIC POWDER	0.25 ts
16180	ONION; CHOPPED	1.00 md
16180	CUMIN; GROUND	0.25 ts
16180	LENTILS	1.00 c
16180	SPICY TOMATO JUICE	0.75 c
16181	Cooking spray	0.00
16181	Boneless top round steak	3.00 lb
16181	Thinly sliced	0.00
16181	Bell pepper thinly sliced	1.50 lg
16181	Water	0.67 c
16181	Beef boullion	1.00 t
16181	Teriyaki sauce	2.00 T
16181	Garlic clove	1.00 md
16181	Plus 1 t cornstarch	1.00 T
16181	Tomato thinly sliced	1.50 md
16181	Hot cooked rice	2.00 c
16181	Onion, thinly sliced	1.00 md
16182	Container lowfat cottage	1.00 oz
16182	Cheese	0.00
16182	Buttermilk	2.00 tb
16182	Lemon juice	1.00 ts
16183	Olive Oil	3.00 tb
16183	Ground Turkey (or turkey	0.75 lb
16183	-sausage, casing removed)	0.00
16183	Gourmet Sausage (or chicken	0.75 lb
16183	-sausage, casing removed)	0.00
16183	Onion, chopped	1.00 c
16183	Green Pepper, chopped	0.50 c
16183	Clove Garlic, minced	1.00
16183	Water	0.33 c
16183	Chili Powder (that's it	0.25 c
16183	-folks - not a typo!)	0.00
16183	Salt (optional)	1.00 ts
16183	Ground Cumin	1.00 ts
16183	Ground Black Pepper	0.25 ts
16183	Tomato Puree (29 oz)	1.00 cn
16183	Pinto or Red Kidney Beans,	4.00 c
16183	-(2 - 15 oz cans, with their	0.00
16183	-liquid)	0.00
16184	Sliced strawberries	4.00 c

## Sheet1

16184	Sugar	0.33 c
16184	Lemon juice	2.00 tb
16184	Envelope unflavored gelatin	1.00
16184	Water	0.50 c
16185	Fettuccine	1.00 lb
16185	Nonfat cottage cheese	0.50 c
16185	Evaporated skim milk	0.50 c
16185	Arrowroot or rice flour	0.50 ts
16185	;salt	0.00
16185	;pepper	0.00
16185	Garlic powder,optional	1.00 ts
16185	Onion powder,optional	1.00 ts
16185	Parsley;minced	2.00 ts
16185	Grated parmesan cheese	0.00
16185	--as garnish	0.00
16186	Pork, lean boneless	1.50 lb
16186	Pineapple, sliced in syrup	1.00 c
16186	Teriyaki sauce	0.50 c
16186	Green onion, finely chopped	0.25
16186	Ground ginger	0.50 ts
16186	Garlic powder	0.25
16186	Rice, raw	1.00 c
16187	Pink lentils	2.00 c
16187	Water	1.50 qt
16187	Salt	0.00
16187	Turmeric	1.00 ts
16187	Tamarind paste	1.00 ts
16187	Oil	0.25 c
16187	Cumin seeds	1.00 ts
16187	Onion, chopped	1.00 lg
16187	Garlic cloves, crushed	6.00 ea
16187	1" piece ginger, chopped	1.00 ea
16187	Dried red chilies	0.50 ts
16188	Non-fat dry milk powder	0.75 c
16188	Non-dairy creamer	0.25 c
16188	Instant chicken bouillon	2.00 tb
16188	-granules	0.00
16188	Dried vegetable flakes	1.00 tb
16188	Dried parsley flakes	0.50 ts
16188	Dried summer savory	0.50 ts
16188	Salt	0.50 ts
16188	Onion powder	0.25 ts
16188	Pepper	0.25 ts
16189	Whole wheat pastry flour	1.75 c
16189	Baking powder	1.00 tb
16189	Ground nutmeg	0.25 ts
16189	Butter, softened, PLUS	0.25 c
16189	Butter, softened	2.00 tb
16189	Honey, warmed	0.50 c



Sheet1

16189	Egg yolks, lightly beaten	8.00
16189	Lemon juice	1.00 tb
16189	Milk	0.50 c
16189	----Lemon Filling----	0.00
16189	Cornstarch, dissolved in 1	2.00 tb
16189	-cup cold water	0.00
16189	Honey	0.50 c
16189	Egg yolks, lightly beaten	2.00
16189	Lemon juice	0.25 c
16189	Butter	1.00 ts
16190	To 5 Pounds Pork Spare Ribs	4.00
16190	Florida Barbecue Sauce (See	0.00
16190	-Bar-B-Q 1 For The	0.00
16190	Recipe)	0.00
16191	Boiling water	0.50 c
16191	Unsweetened cocoa powder	0.50 c
16191	Buttermilk	0.67 c
16191	All-purpose flour	1.67 c
16191	Baking soda	1.00 ts
16191	Baking powder	0.50 ts
16191	Salt	0.25 ts
16191	Butter, softened (1 stick)	0.50 c
16191	Granulated sugar	1.33 c
16191	Eggs	3.00
16191	Vanilla	1.00 ts
16191	RASPBERRY FILLING:	0.00
16191	Granulated sugar	0.50 c
16191	Water	0.25 c
16191	Heavy cream	1.00 c
16191	10 X (confectioners') sugar	2.00 tb
16191	Vanilla	1.00 ts
16191	Egg whites	4.00
16191	Cream of tartar	0.12 ts
16191	Raspberries	1.00 c
16191	Grenadine	1.00 ts
16191	Garnish (Optional): whipped	0.00
16191	-cream, orange zest,	0.00
16191	Fresh raspberries	0.00
16192	Fresh lychee fruit	2.00 lb
16192	- peeled and pitted	0.00
16192	Sugar	0.75 c
16192	Fresh orange juice	0.25 c
16192	RASPBERRY SAUCE -----	0.00 -----
16192	Fresh raspberries	2.00 c
16192	Sugar	0.25 c
16192	RASPBERRY SAUCE -----	0.00 -----
16193	Ricotta Cheese (May Omit)	1.00 c
16193	Grated Romano Cheese	0.50 c
16193	Salt	1.00 ts

Sheet1

16193	Head Cauliflower Florets	1.00 md
16193	Bunch Fresh Broccoli	1.00
16193	Florets	0.00
16193	Olive Oil	1.00 c
16193	Garlic Cloves Minced	6.00
16193	Mushrooms Sliced Thickly	1.00 lb
16193	Salt (If Desired)	2.00 ts
16193	Or Less Crushed Dried	0.50 ts
16193	Red Pepper	0.00
16193	Linguine	1.00 lb
16193	Grated Romano	0.00
16194	Leeks - unblemished, about 1	3.00 lg
16194	-1/2 pounds	0.00
16194	Med. potatoes - about 1 1/4	3.00
16194	-pounds	0.00
16194	Butter	3.00 tb
16194	Water	6.00 c
16194	Salt and freshly ground	0.00
16194	-pepper to taste	0.00
16194	Cheese - preferably Gruyere	0.25 lb
16194	-or Swiss	0.00
16194	Vegetable oil	0.25 c
16194	Bread - white, crustless	3.00 c
16194	-cubed	0.00
16194	Whipping cream	1.00 c
16194	Nutmeg - fresly grated	0.12 ts
16194	Oysters - shucked, with	1.00 pt
16194	-their liquor	0.00
16194	Parsley - finely chopped	0.25 c
16195	TREE ORNAMENTS -----	0.00 -----
16195	Plastic wrap	0.00
16195	Pkg.'s M&M's	0.00
16195	Pipe Cleaner	0.00
16195	Ribbon	0.00
16195	CHRISTMAS WREATH -----	0.00 -----
16195	Same ingredients as ornament	0.00
16195	- but also a wire coat	0.00
16195	- hanger	0.00
16195	TREE ORNAMENTS -----	0.00 -----
16195	CHRISTMAS WREATH -----	0.00 -----
16196	7-up	0.25 c
16196	Buttermilk	0.25 c
16196	Bisquick	2.00 c
16197	Vegetable broth	0.50 c
16197	Hoisin sauce	0.33 c
16197	Rice wine/dry sherry	1.00 tb
16197	Ketchup	0.33 c
16197	Hot sauce	0.50 ts
16197	Sesame oil	1.00 tb

Sheet1

16197	Vegetable oil	1.00 tb
16197	Garlic cloves, minced	3.00 ea
16197	Firm tofu, cut to 1/2" cubes	1.00 lb
16197	Mung bean sprouts	2.00 c
16197	Cornstarch mixed with 2	1.00 tb
16197	-- tablespoons water	0.00
16197	Green onions, slivered	2.00 ea
16198	Butter	0.50 c
16198	Sugar	1.50 c
16198	Evaporated milk (1 can)	5.00 oz
16198	Miniature marshmallows	2.00 c
16198	Pkge semisweet chocolate	1.00
16198	-pieces (6 ounces)	0.00
16198	Macadamia nuts, chopped	0.75 c
16198	Orange-flavored liqueur	1.00 tb
16199	Flaky pastry (3 1/2 oz)	100.00 g
16199	Raspberries (1 oz)	30.00 g
16199	Sugar (3 3/4 oz)	110.00 g
16199	Ground hazelnuts (2 1/2 oz)	75.00 g
16199	Egg whites	2.00 x
16199	Grated rind of 1 lemon	0.00
16199	Caster sugar	0.00
16199	Icing sugar	0.00
16199	Slivered almonds	0.00
16200	Butter (or 1/2 c. butter &	1.00 c
16200	-1/2 c. Crisco)	0.00
16200	Sugar	2.00 c
16200	Eggs	5.00
16200	Sifted flour	2.00 c
16200	Milk or buttermilk	0.50 c
16200	Salt	0.50 ts
16200	Mace	1.00 ts
16200	Vanilla	2.00 ts
16201	Butter	1.00 tb
16201	Eggs, beaten	2.00
16201	Carne asada, shredded	2.00 oz
16201	Onion, minced	0.50 c
16201	Chile poblano, cut in long	1.00
16201	-thin strips	0.00
16201	To 1 chile jalapeño, minced	0.50
16201	-(to taste; optional)	0.00
16202	Skirt steaks, cut into	3.00 lg
16202	-2-inch wide strips	0.00
16202	And long enough to fit in	0.00
16202	-skillet lengthwise,	0.00
16202	Scored at 2-inch intervals	0.00
16202	Oil	2.00 tb
16202	Bell peppers, cut in half	6.00
16202	-and seeded	0.00

Sheet1

16202	Tomatoes, cut in half	8.00 lg
16202	Cloves garlic	13.00
16202	Salt	0.00
16203	Unbleached white flour	1.00 c
16203	Salt	0.38 ts
16203	Cold unsalted butter;	4.00 tb
16203	- cut into small cubes	0.00
16203	Solid vegetable shortening	1.50 tb
16203	Ice water, more if necessary	2.50 tb
16204	Ground chilies (not chili	1.00
16204	- powder)	0.00
16204	Ground coriander seeds	8.50
16204	Ground ginger	0.12
16204	Ground black mustard seeds	1.00
16204	Ground fenugreed seeds	1.00
16204	Ground black pepper	1.00
16204	Ground tumeric	1.67
16204	Curry leaves	4.00
16205	Dried ground red New Mexican	5.00 tb
16205	-chile	0.00
16205	Cayenne pepper	2.00 ts
16205	Ground coriander seeds	4.00 tb
16205	Ground cumin seeds	4.00 tb
16205	Ground ginger	0.50 ts
16205	Ground fenugreek seeds	1.00 ts
16205	Freshly ground black pepper	1.00 ts
16205	Cardamom	1.00 tb
16205	Ground cloves	1.00 ts
16206	Beef round steak	1.50 lb
16206	Vegetable oil	2.00 tb
16206	Onion, finely sliced	1.00 lg
16206	Whole cloves	4.00
16206	Green cardamom pods, bruised	4.00
16206	Green chiles, seeded, finely	3.00
16206	-chopped	0.00
16206	Dry red chiles, seeded,	2.00
16206	-crushed	0.00
16206	Inch piece fresh gingerroot,	1.00
16206	-grated	0.00
16206	Garlic cloves, crushed	2.00
16206	Ground coriander	2.00 ts
16206	Ground turmeric	2.00 ts
16206	Water	0.25 c
16206	Tamarind nectar, see note	0.25 c
16206	-below	0.00
16206	Salt to taste	0.00
16206	Lettuce leaves to garnish	0.00
16207	Ham; *	10.00 lb
16207	Coca-cola	6.00 c

Sheet1

16207	Brown Sugar; Dark, Packed	1.00 c
16207	Mustard; Dry	1.00 T
16207	Mustard; Prepared, Sharp	2.00 T
16207	Bread Crumbs; Fine, Dry	2.00 c
16208	Chicken, cut into pieces	1.00
16208	Clove Garlic	1.00
16208	Cinnamon	1.00 ts
16208	Ginger	1.00 ts
16208	Allspice	1.00 ts
16208	Nutmeg	0.25 ts
16209	Sugar	1.50 c
16209	Butter or butter substitute	1.00 c
16209	Baking soda	1.00 ts
16209	Cocoa	0.50 c
16209	Salt	0.25 ts
16209	Eggs	3.00
16209	Sour milk	1.00 c
16209	Cake flour	2.00 c
16209	Chopped raisins	0.50 c
16209	Chopped nuts	0.50 c
16210	Powdered sugar	2.00 c
16210	Cocoa	4.00 ts
16210	Vanilla	1.00 ts
16210	Strong coffee	2.00 tb
16210	Melted butter	2.00 tb
16211	Butter; softened	0.50 c
16211	Salt	0.50 ts
16211	Pepper	0.12 ts
16211	Parsley; chopped	1.00 tb
16211	Lemon juice	1.00 tb
16212	Sweet butter	0.50 lb
16212	Mizithra (or Feta); grated	0.25 lb
16212	Spaghetti; cooked al dente	1.50 lb
16212	Jumbo Calamata olives *	16.00
16213	Eggs	12.00
16213	Milk	2.00 c
16213	Lemon rind	1.00 ts
16213	Sugar	1.00 ts
16213	Vanilla	1.00 ts
16213	Salt	0.50 ts
16213	Cinnamon	0.25 ts
16213	Slices bread, cut on the	8.00
16213	Diagonal	0.00
16214	Slices bread	18.00 ea
16214	Cup tomato sauce	0.50 ea
16214	Tsp. italian herb se	0.50 ea
16214	Stick melted but	0.50 ea
16214	Cups grated mozzarel	1.50 ea
16214	Cup chopped black o	0.50 ea

Sheet1

16214	Several dashes t	1.00 x
16216	Text Only	1.00
16217	Cucumber, medium pickling	24.00
16217	-3-4" long, 1 1/4" thick	0.00
16217	Horseradish root	1.00 oz
16217	Dill, bunch mature plants	1.00
16217	-with seeds	0.00
16217	Clove garlic	9.00
16217	Parsley, sour cherry and/or	0.25 lb
16217	-black currant leaves	0.00
16217	Salt, non-iodized per 2 qts	3.50 tb
16217	-water	0.00
16218	Ready crust graham cracker p	1.00
16218	Vanilla ice cream,softened	1.00 pt
16218	8 oz. container frozen whipp	1.00 pk
16218	Whoppers candy	8.00 oz
16218	Additional whipped topping f	0.00
16219	Stewing chicken, cut into	1.00
16219	-pieces	0.00
16219	Whole carrots, finely diced	2.00
16219	Chopped parsley (preferably	0.50 c
16219	-Italian parsley)	0.00
16219	To 4 c cooked pastina or	3.00 c
16219	-rice	0.00
16220	Sugar	0.75 c
16220	Bisquick	3.00 c
16220	Egg	1.00 ea
16220	Walnut (or any nuts)	0.75 c
16220	Cherries	1.00 c
16221	Lean ground beef	2.00 lb
16221	Italian sausage	1.00 lb
16221	Cracker crumbs	1.50 c
16221	Eggs, beaten	2.00
16221	Onion, chopped	1.00 md
16221	Bell pepper, chopped	1.00
16221	Salt	0.50 ts
16221	Pepper	0.25 ts
16221	Oregano	1.00 ts
16221	Garlic,minced	1.00 cl
16221	Pizza sauce	1.00 c
16221	FILLING -----	0.00 -----
16221	Boiled ham,sliced thin	0.50 lb
16221	Grated Mozzarella cheese	8.00 oz
16221	(8 oz) mushrooms,drained	1.00 cn
16221	FILLING -----	0.00 -----
16222	Ground Beef	0.75 lb
16222	Italian Sausage, Hot/Sweet	1.00 lb
16222	Onion, Chopped	0.50 c
16222	Garlic Cloves, Crushed	2.00 ea

Sheet1

16222	Sugar	2.00 T
16222	Salt	1.00 T
16222	Basil Leaves, crushed	2.00 t
16222	Fennel Seed	0.50 t
16222	Chopped Parsley	0.50 c
16222	Tomatoes, Undrained	4.00 c
16222	Tomato Paste	12.00 oz
16222	Salt	1.00 T
16222	Lasagna Noodles	12.00 ea
16222	Ricotta or Cottage Cheese	15.00 oz
16222	Egg	1.00 ea
16222	Salt	0.50 t
16222	Mozzarella Cheese,	0.75 lb
16222	Sliced Thin	0.00
16222	Parmesan Cheese, Grated	3.00 oz
16223	(1 1/2 pound) Cornish hens	2.00
16223	Water	0.50 c
16223	Orange juice concentrate,	3.00 tb
16223	-thawed and diluted	0.00
16223	Fines herbs	2.00 ts
16223	Chicken-flavored bouillon	0.50 ts
16223	-granules	0.00
16223	Reduced-sodium soy sauce	2.00 ts
16224	Raw rice	200.00 ml
16224	Water	550.00 ml
16224	Carrot	1.00
16224	Olive oil	2.00 tb
16224	Mandarines, zest and juice	2.00
16224	Slivered almonds	40.00 g
16224	Sugar	100.00 g
16224	Saffron threads	0.50 ts
16224	Sultanas	1.00 tb
16225	Eggs	3.00
16225	Sugar	0.75 c
16225	Cake meal	1.25 c
16225	Nuts, chopped	0.50 c
16225	Coconut	0.25 c
16225	Oil	5.00 T
16225	Grated lemon and orange rind	0.00
16226	Med bowl of mixed greens	1.00 ea
16226	Large can of mandrin oranges	1.00 ea
16226	Chopped pecans	0.50 c
16226	GARNISH -----	0.00 -----
16226	Purple onion rings	1.00 ea
16226	DRESSING -----	0.00 -----
16226	Wine vinegar	0.33 c
16226	Sugar	0.50 c
16226	Salad oil	1.00 c
16226	Salt	1.00 t

Sheet1

16226	Dry mustard	1.00 t
16226	Water	2.00 T
16226	GARNISH -----	0.00 -----
16226	DRESSING -----	0.00 -----
16227	Garlic, minced	1.00
16227	Chopped fresh ginger	2.00 ts
16227	Cider vinegar	2.00 tb
16227	Dark brown sugar	0.50 c
16227	Mangoes (1 pound each)	2.00
16227	Golden raisins	0.50 c
16227	Fresh lime juice	1.00 tb
16227	Coarse Dijon mustard	2.00 ts
16227	Salt	0.25 ts
16227	Cayenne pepper	0.12 ts
16228	Barely ripe mangos	3.00
16228	Corn oil	2.00 tb
16228	Piece ginger root, peeled,	1.00
16228	-chopped (3/4")	0.00
16228	Garlic clove, crushed	1.00
16228	Salt	1.00 ts
16228	Hot chili powder	0.50 ts
16228	Cumin seeds	0.25 ts
16228	Fenugreek	0.50 ts
16228	Malt vinegar	1.25 c
16228	Seedless raisins	0.50 c
16228	Lemon juice	1.00 tb
16228	Light-brown sugar	1.50 c
16229	Fresh firm mangoes	3.00 lb
16229	Brown sugar or jaggery	1.50 lb
16229	Peeled garlic cloves	0.38 lb
16229	Fresh ginger finely chopped	0.38 lb
16229	Sultanas	4.00 oz
16229	Raisins	4.00 oz
16229	Salt	2.00 tb
16229	SPICES -----	0.00 -----
16229	Ground cummin	1.00 tb
16229	Ground coriander	1.00 tb
16229	Chilli powder	1.00 tb
16229	Cloves ground	1.00 ts
16229	SPICES -----	0.00 -----
16230	Barely ripe mangos	3.00
16230	Corn oil	2.00 tb
16230	Piece ginger root, peeled,	1.00
16230	-chopped (3/4")	0.00
16230	Garlic clove, crushed	1.00
16230	Salt	1.00 ts
16230	Hot chili powder	0.50 ts
16230	Cumin seeds	0.25 ts
16230	Fenugreek	0.50 ts



Sheet1

16230	Malt vinegar	1.25 c
16230	Seedless raisins	0.50 c
16230	Lemon juice	1.00 tb
16230	Light-brown sugar	1.50 c
16231	Mango pulp (buy about 6 lb)	4.00 c
16231	Lemon juice	0.25 c
16231	Sugar	6.00 c
16231	Dry pectin	1.00 pk
16232	Plain yogurt	3.00 c
16232	Milk	1.00 c
16232	Water	1.00 c
16232	Mango pulp	1.00 c
16232	Sugar	0.50 c
16232	Pistachios, ground	1.00 oz
16233	Mangoes, peeled, seeded, cut	2.00
16233	-into 1/2 inch pieces	0.00
16233	To 3 md papayas, peeled,	2.00 md
16233	-seeded, cut inot 1/2 inch	0.00
16233	-pieces	0.00
16233	Cider vinegar	1.00 c
16233	Packed brown sugar	1.00 c
16233	Raisins	0.50 c
16233	Finely chopped fresh peeled	2.00 tb
16233	-ginger	0.00
16233	Finely chopped garlic	1.00 ts
16233	Finely chopped fresh hot	1.00 ts
16233	-chillies	0.00
16233	Ground allspice	1.00 ts
16233	Salt	1.00 tb
16234	Green peppers or green	12.00 md
16234	-tomatoes	0.00
16234	Salt	1.00 c
16234	Shredded cabbage (about 1	1.00 qt
16234	-medium head)	0.00
16234	Salt	1.00 ts
16234	White pepper	0.50 ts
16234	Mustard seed	2.00 tb
16234	Vinegar	1.00 qt
16234	Water	2.00 c
16234	Sugar	0.25 c
16235	Bittersweet chocolate	1.00 lb
16235	Eggs	4.00
16235	Butter; diced	1.00 c
16235	Sugar	1.50 c
16235	Strong coffee	0.33 c
16235	Flour	0.50 c
16236	Paprika	2.00 tb
16236	Chili Powder	1.00 tb
16236	Ground Coriander	1.00 ts

Sheet1

16236	Sugar	1.00 ts
16236	Salt	1.00 ts
16236	Ground Cumin	1.00 ts
16236	Curry Powder	0.50 ts
16236	Dry Mustard	0.50 ts
16236	Black Pepper	0.50 ts
16236	Dried Thyme Leaves	0.50 ts
16236	Cayenne Pepper	0.50 ts
16237	Butter	3.00 T
16237	Oil	3.00 T
16237	Clove garlic; minced	1.00 ea
16237	Onion; chopped	1.00 ea
16237	Mixed mushrooms; (oyster,	1.00 lb
16237	-morels, porcini, enoki,	1.00 x
16237	-brown or common - your choi	1.00 x
16237	Chicken broth	3.00 c
16237	White port	0.25 c
16237	Tomato paste	2.00 T
16237	Parsley, minced	0.50 c
16237	Pepper, to taste	1.00 x
16238	-----c-----	0.00
16238	Unbleached flour	2.00 c
16238	Baking powder	0.50 ts
16238	Salt	1.00 ts
16238	Crisco shortening	0.67 c
16238	Maple syrup	1.00 tb
16238	-----apple f-----	0.00
16238	Apples, peeled and sliced	7.00 c
16238	Maple syrup	0.75 c
16238	Cornstarch	2.00 tb
16238	-----nut m-----	0.00
16238	Chopped pecans	0.50 c
16238	Maple syrup	2.00 tb
16238	Butter	1.00 ts
16239	Tart apples	6.00
16239	Maple syrup	1.00 c
16239	Water	1.50 c
16240	Chicken breasts;single	4.00
16240	Flour;all purpose	0.25 c
16240	-Salt & ground black pepper	0.00
16240	Butter	2.00 tb
16240	Maple syrup	0.50 c
16240	Savory,dried	1.00 ts
16240	Thyme, dried	0.50 ts
16240	Sage, dried	0.25 ts
16240	Onion; sliced	1.00
16240	-Water	0.50 c
16241	Soft butter or margarine	0.25 c
16241	Maple flavoring	0.50 ts

Sheet1

16242	Servings	4.00
16242	All-purpose flour	2.00 tb
16242	Salt	0.12 ts
16242	Chicken breasts, boned and	4.00
16242	-halved	0.00
16242	(1/2 stick) butter	0.25 c
16242	Mushrooms, sliced	6.00 lg
16242	Diced onion	1.00 c
16242	Maple syrup	0.25 c
16242	Freshly cooked rice	0.00
16243	Unsalted Butter, softened	1.00 lb
16243	Maple Syrup	2.00 tb
16243	Drops Vanilla	2.00
16243	Cinnamon	0.25 ts
16243	Salt	0.12 ts
16244	Fresh cranberries (1 bag)	12.00 oz
16244	Well washed	0.00
16244	Maple syrup	1.00 c
16244	Cranberry-raspberry juice	1.00 c
16244	Walnut halves	1.00 c
16244	Grated zest of 1 orange	0.00
16245	Maple sirup	2.00 c
16245	Butter or butter substitute	2.00 ts
16245	Salt	0.12 ts
16245	Vanilla	1.00 ts
16245	Chopped nuts	0.67 c
16246	Brown sugar	2.00 c
16246	Cream	0.50 c
16246	Butter	3.00 tb
16247	Flour	1.00 tb
16247	Granulated White Sugar	1.00 c
16247	Maple Syrup	2.00 c
16247	Corn Syrup	0.25 c
16247	Milk or Cream	0.50 c
16247	Butter	1.00 tb
16248	To 1/3 c Hazelnuts, walnuts,	0.25 c
16248	-or pecans 1/2 C Butter	0.00
16248	Oil	0.25 c
16248	Maple syrup	0.25 c
16248	Noninstant powdered milk	0.25 c
16249	FOR 1 -----	0.00 -----
16249	Yeast	1.00 pk
16249	Quick cooking (Quaker) oats	1.00 c
16249	Bread flour	3.00 c
16249	Salt	1.00 ts
16249	Maple syrup	0.33 c
16249	Cooking oil	1.00 tb
16249	Plus 1 Tbsp. very warm water	1.25 c
16249	FOR 1 -----	0.00 -----

Sheet1

16250	Maple syrup	0.75 c
16250	Unsalted butter	0.25 c
16250	Firmly packed brown sugar	0.25 c
16250	Ground mace	0.00 pn
16250	Coarsely chopped pecan	1.75 c
16250	All purpose flour	2.50 c
16250	Baking soda	1.00 ts
16250	Salt	0.00 pn
16250	Room temperature unsalted	0.50 c
16250	-butter	0.00
16250	Sugar	0.75 c
16250	Room temperature egg	2.00
16250	Vanilla	1.00 ts
16250	Grated lemon peel	1.00 ts
16250	Plain yogurt	1.00 c
16250	Dried currants	0.75 c
16251	-----shell-----	0.00
16251	15 oz. pkg. pie crust	1.00
16251	Flour	1.00 ts
16251	-----filling-----	0.00
16251	Sugar	0.50 c
16251	Cinnamon	1.00 ts
16251	Salt	0.50 ts
16251	Raisins	0.25 c
16251	Chopped pecans	0.25 c
16251	16 oz. cans pumpkin filling	2.00 c
16251	Evaporated milk	1.50 c
16251	Maple syrup	1.00 ts
16251	Eggs,slightly beaten	2.00
16251	-----topping-----	0.00
16251	Whipping cream	1.00 c
16251	Powdered sugar	2.00 tb
16251	Maple syrup	0.50 ts
16251	Ecan halves	0.00
16252	White granulated sugar	2.00 c
16252	Whipping cream	1.00 c
16252	Dark brown sugar	1.00 c
16252	Pn salt	0.00
16252	White corn syrup	3.00 tb
16252	Maple flavoring	2.00 ts
16252	Or more cups pecans	3.00
16253	Sifted flour	1.25 c
16253	Maple syrup	1.00 c
16253	Baking powder	0.50 ts
16253	Salt	0.50 ts
16253	Eggs, seperated	6.00
16253	Cream of tartar	1.00 tb
16253	Vanilla	1.00 ts
16254	-Cold water	0.50 c

Sheet1

16254	Flour;all purpose	0.25 c
16254	Maple syrup;pure	1.00 c
16254	Egg;lightly beaten	1.00
16254	Butter	2.00 tb
16254	Pie shell;8 " baked	1.00
16255	Maple syrup	1.50 c
16255	Whipping cream	1.00 c
16255	Cornstarch	0.25 c
16255	-Cold water	0.25 c
16255	Pie shell, 9";baked, crust	1.00
16256	Maple	1.00 c
16256	Butter; softened	1.00 tb
16256	Sugar	3.00 tb
16256	Egg	1.00
16256	Flour, all purpose	1.00 c
16256	Baking powder	2.00 ts
16256	Salt	0.12 ts
16256	Nutmeg or cinnamon	0.25 ts
16256	Milk	0.50 c
16256	Nutmeats, finely chopped (op	0.25 c
16257	CAKE -----	0.00 -----
16257	Unsalted butter; room temp.	0.50 c
16257	Light brown sugar (packed)	0.50 c
16257	Eggs; beaten to blend,	2.00
16257	-- room temperature	0.00
16257	Cake flour	2.50 c
16257	Baking powder	2.00 ts
16257	Baking soda	0.50 ts
16257	Maple syrup	1.00 c
16257	Hot water	0.50 c
16257	MAPLE WALNUT PRALINE -----	0.00 -----
16257	Maple syrup	1.00 c
16257	Chopped walnuts	1.00 c
16257	MAPLE WHIPPED CREAM -----	0.00 -----
16257	Whipping cream	2.00 c
16257	Powdered sugar	6.00 tb
16257	Maple extract; or...	1.00 ts
16257	-- up to double this amount	0.00
16257	CAKE -----	0.00 -----
16257	MAPLE WALNUT PRALINE -----	0.00 -----
16257	MAPLE WHIPPED CREAM -----	0.00 -----
16258	Oleo	0.75 c
16258	Brown sugar - packed	0.75 c
16258	Egg	1.00
16258	Flour	2.00 c
16258	Maple flavoring	0.50 t
16258	Oleo	0.25 c
16258	Powdered sugar	3.00 c
16258	Milk	3.00 T

Sheet1

16258	Maple flavoring	1.00 t
16259	Pitted red cherries	4.50 lb
16259	White sugar	4.50 lb
16259	Water	3.00 c
16259	Juice of 1 lemon	0.00
16259	Almond extract	1.00 oz
16259	Red coloring	1.00 oz
16259	BRINE -----	0.00 -----
16259	Water	2.00 qt
16259	Salt	2.00 tb
16259	Alum	1.00 ts
16259	BRINE -----	0.00 -----
16260	Suar	1.25 c
16260	Shortening	0.50 c
16260	Juice from 5 oz. bottle cher	0.25 c
16260	-ries	0.00
16260	Milk	0.50 c
16260	Egg whites	4.00 ea
16260	Baking powder	3.00 ts
16260	Nut meats	0.50 c
16260	Bottle maraschino cherries	5.00 oz
16260	Flour	2.25 c
16261	Peanut butter, divided	0.75 c
16261	Butter, softened	0.25 c
16261	Corn syrup	0.25 c
16261	Vanilla	0.50 ts
16261	Icing sugar	1.00 c
16261	Chocolate chips, melted	0.25 c
16262	Skinned, blanched whole	2.00 lb
16262	-almonds	0.00
16262	Ice water	0.00
16262	Egg whites	4.00
16262	Confectioners sugar	2.67 c
16262	Orange juice	0.50 c
16263	Diced chicken	2.00 c
16263	Toasted almonds	0.50 c
16263	Grated onion	2.00 ts
16263	Chopped celery	2.00 c
16263	Grated Cheddar Cheese	0.50 c
16263	Crushed potato chips	1.00 c
16263	Lemon juice	2.00 ts
16263	Salt	0.50 ts
16263	Mayonnaise	1.00 c
16264	Yeast	1.00 pk
16264	Warm water	0.25 c
16264	Milk, scalded and cooled	6.00 ts
16264	Flour (to 5 cups)	4.00 c
16264	Butter	0.50 lb
16264	Sugar	0.75 c

## Sheet1

16264	Salt	0.25 ts
16264	Eggs	4.00
16264	Melted butter	2.00 ts
16264	Small plastic doll (or bean)	0.00
16264	Light corn syrup for topping	0.00
16264	Granulated sugar for topping	0.00
16264	- green, yellow, purp	0.00
16265	Water; warm (105-115 degree	0.50 c
16265	-)	0.00
16265	Pkgs active dry yeast	2.00
16265	Flour (to 4 1/2 cups)	3.50 c
16265	Sugar	0.50 c
16265	Nutmeg; freshly grated	0.50 ts
16265	Salt	2.00 ts
16265	Lemon rind; grated	1.00 ts
16265	Water; lukewarm	0.50 c
16265	Eggs	3.00
16265	Egg yolks	4.00
16265	Butter; softened	0.50 c
16265	Egg, lightly beaten with 1 t	1.00
16265	-sp milk	0.00
16265	Dime, dried bean or miniatur	1.00
16265	- doll	0.00
16265	Confectioners sugar	3.00 c
16265	Lemon juice; strained	0.25 c
16265	Water or more	3.00 ts
16265	Green, purple and yellow sug	0.00
16265	-rs*	0.00
16266	Onions, med chopped	2.00 x
16266	Chili powder,hot new mexico	0.50 ts
16266	Garlic cloves, approx.	6.00 x
16266	Cumin	0.50 oz
16266	Kidney suet or lard	2.00 tb
16266	Coriander (optional)	0.50 ts
16266	Gebhardt's chili powder	2.00 oz
16266	Tomato sauce	6.00 oz
16266	Regular dark chili powder	0.50 oz
16266	Oregano tea *	0.50 c
16266	Beef cubed or coarse ground	3.00 lb
16266	Salt	0.50 oz
16266	Beef broth	1.00 c
16266	Pepper, cayenne (if needed)	0.25 ts
16266	Pork sausage bulk	3.00 oz
16266	Tabasco sauce, dash	0.00
16266	Green chili, med, minced	0.00
16267	Butter, softened	1.00 lb
16267	Cream cheese, softened	8.00 oz
16267	Flour	3.00 c
16267	Vanilla	0.50 ts

Sheet1

16267	Egg, beaten	1.00
16267	Solo filling (apricot,	2.00 cn
16267	-poppyseed, raspberry,	0.00
16267	-almond, etc.)	0.00
16268	Extra-virgin olive oil	0.25 c
16268	Garlic cloves, minced OR	2.00 sm
16268	Crushed and peeled*	0.00
16268	Plum tomatoes, peeled,	2.50 lb
16268	Seeded and finely chopped	0.00
16268	OR one 35-oz. can and one	0.00
16268	14-oz. can of Italian plum	0.00
16268	Tomatoes, lightly drained	0.00
16268	And finely chopped	0.00
16268	Salt	0.25 ts
16268	Pepper	0.50 ts
16268	Shredded fresh basil	2.00 tb
16269	Olive Oil	0.50 c
16269	Red Wine Vinegar	0.25 c
16269	Salt	1.00 ts
16269	Pepper	0.25 ts
16269	Clove Garlic, Crushed	1.00
16269	Celery; Chopped	1.00 c
16269	Red Onion; Chopped	0.50 c
16269	Green Bell Pepper; Chopped	0.50 c
16269	Jalapeno Pepper; Chopped	1.00
16269	Black-eyed Peas; Drained,2Cn	30.00 oz
16270	Jim Vorheis	0.00
16270	Boneless chicken breast	2.00 lb
16270	Unsalted butter	3.00 tb
16270	Red bell pepper, cut into	1.00 md
16270	-julienne strips	0.00
16270	Yellow bell pepper, cut in	1.00 md
16270	-julienne strips	0.00
16270	Dry white wine	0.50 c
16270	Chicken broth	0.50 c
16270	Heavy cream	2.00 c
16270	Sliced mushrooms	1.00 c
16270	Unsalted butter	2.00 tb
16270	Salt	0.50 ts
16270	Freshly grated Parmesan	0.75 c
16270	-cheese	0.00
16270	Minced fresh basil	0.25 c
16270	Spinach fettucine, cooked al	12.00 oz
16270	-dente and drained	0.00
16270	Marinade:	0.00
16270	Olive oil	0.50 c
16270	Minced fresh basil	0.25 c
16270	Fresh lemon juice	3.00 tb
16270	Crushed red pepper flakes	1.00 tb



Sheet1

16270	Minced garlic	2.00 ts
16271	Water	2.00 T
16271	Olive oil or cooking oil	2.00 T
16271	Dried Tarragon, crushed	0.50 t
16271	Hot Pepper Sauce	0.25 t
16271	Lemon Juice	2.00 T
16271	Salt	0.12 t
16271	Clove Garlic, minced	1.00 x
16271	Med Zucchini, cut in 1" piec	2.00 x
16271	Med green/Sweet Red Pepper	1.00 x
16272	White Distilled Vinegar	0.33 c
16272	Sugar	0.25 c
16272	Water	0.25 c
16272	Salt	0.25 ts
16272	Cucumber	1.00 lg
16272	Chopped Roasted Peanuts	0.25 c
16273	Beef flank steak	3.00 lb
16273	Maple syrup	0.50 c
16273	Soy sauce	0.50 c
16273	Green onion slices	0.33 c
16273	Orange juice	0.33 c
16273	Dry sherry	0.33 c
16273	Grated fresh ginger OR	1.00 ts
16273	Ground ginger	0.50 ts
16273	Cold water	0.25 c
16273	Cornstarch	2.00 ts
16274	Boneless skinless chicken	4.00
16274	-breasts	0.00
16274	Italian salad dressing	0.50 c
16275	Medium-sized cloves garlic,	2.00
16275	-minced	0.00
16275	Chinese sesame oil	2.00 tb
16275	Soy sauce	2.00 tb
16275	Mirin	1.00 tb
16275	To 2 teaspoons brown sugar	1.00
16275	-(to taste)	0.00
16275	Fresh lemon juice	1.00 tb
16275	Salt	0.25 ts
16275	Crushed red pepper, to taste	0.00
16275	-(optional)	0.00
16275	Nigari tofu	1.00 lb
16276	Pork tenderloins, all fat	2.00 lb
16276	-removed	0.00
16276	Dry Marinade for Pork	2.00 ts
16276	Vegetable oil	2.00 ts
16276	Garlic clove, pressed	1.00
16276	Dried rosemary, crumbled	0.50 ts
16276	Beef consomme	1.00 c
16276	Dry white wine	0.50 c

Sheet1

16276	Green onions, minced	2.00
16276	Water	0.50 c
16276	Dijon mustard	1.00 ts
16276	Corn starch	0.50 ts
16277	Thick flank steak or	1.00
16277	London broil (about 1 1/2	0.00
16277	Pounds)	0.00
16277	Dry red wine	0.67 c
16277	Soy sauce	1.00 tb
16277	Oregano,crumbled	0.12 ts
16277	Marjoram,crumbled	0.12 ts
16277	Pepper	0.12 ts
16278	Firm tofu, 14-to-18 oz each	2.00 pk
16278	Dried wild mushrooms	0.50 oz
16278	- porcini or shiitake	0.00
16278	Water	1.00 c
16278	Dried oregano or marjoram	2.00 ts
16278	Garlic cloves; sliced	2.00
16278	Olive oil	0.50 c
16278	Sherry vinegar	0.50 c
16278	-=OR=- Red Wine Vinegar	0.00
16278	Red wine	0.50 c
16278	Tamari soy sauce	0.50 c
16278	Cloves	4.00
16278	Salt	0.50 ts
16278	Several twists black pepper	0.00
16279	Cornmeal	1.00 c
16279	Boiling water	1.00 c
16279	Bacon drippings	2.00 tb
16279	Salt	0.50 ts
16280	All purpose flour	1.00 c
16280	Baking soda	1.00 ts
16280	Baking powder	2.00 ts
16280	Cinnamon powder	1.00 ts
16280	Salt	0.50 ts
16280	Vegetable oil	0.75 c
16280	White sugar	1.00 c
16280	Grated carrots	2.00 c
16280	Chopped walnuts	0.50 c
16281	Cooked rice	4.00 c
16281	Onion, finely chopped	1.00 lg
16281	Garlic cloves, minced	2.00 ea
16281	Carrot, scrubbed & diced	1.00 lg
16281	Green pepper, diced	1.00 md
16281	Frozen corn &/or peas	0.50 c
16281	3" piece ginger root, sliced	1.00 ea
16281	Chili pieces	0.50 ts
16281	Soy sauce	0.00
16281	Salt & pepper, to taste	0.00

## Sheet1

16282	Butter,at room temperature	0.75 lb
16282	Cream cheese,at room temp.	1.00 pk
16282	Sugar	3.00 c
16282	Egg yolks	6.00
16282	Cake flour	3.00 c
16282	Vanilla	1.00 ts
16282	Egg whites	6.00
16283	Fully-cooked boneless ham	5.00 lb
16283	Orange marmalade	0.50 c
16283	Sweet white wine	0.33 c
16283	Prepared mustard	1.00 tb
16283	Ground cloves	0.12 ts
16284	Bag semisweet chocolate	1.00
16284	-chips	0.00
16284	Bag butterscotch chips	0.50
16284	Regular-size can Eagle milk	1.00
16284	-(evaporated milk)	0.00
16284	Vanilla extract	0.00
16285	Butter/margarine	0.50 c
16285	Sugar	2.00 c
16285	(5 oz.) evaporated milk (2/3	1.00 cn
16285	-cup)	0.00
16285	(12 oz) semi-sweet chocolate	1.00 pk
16285	-morsels	0.00
16285	OR 2 cups milk chocolate	0.00
16285	-morsels	0.00
16285	Jar (7-10 oz) marshmallow	1.00
16285	-cream	0.00
16285	Vanilla	1.00 ts
16285	Nuts, chopped (optional)	1.00 c
16286	Sugar	1.50 c
16286	Butter or butter substitute	1.00 tb
16286	Chopped marshmallows	0.50 c
16286	Milk	0.67 c
16286	Chopped nuts	0.50 c
16286	Chopped raisins	0.50 c
16286	Vanilla	1.00 ts
16286	Salt	0.12 ts
16287	-Robbie Shelton	0.00
16287	Envelopes Unflavored	2.00
16287	-Gelatin	0.00
16287	-Cold Water	2.00 tb
16287	-Boiling Water	0.50 c
16287	Sugar	2.00 c
16287	Salt	0.50 ts
16287	Vanilla	0.50 ts
16287	Flour	0.00
16287	Chocolate for dipping	0.75 lb
16287	Regal Icing	0.00

Sheet1

16288	Brown sugar	2.00 c
16288	Powdered sugar	1.00 c
16288	Chocolate	2.00 oz
16288	Cream of tartar; a pinch	0.00
16288	Water	1.00 c
16288	Marshmallows	0.25 c
16289	Sugar	1.50 c
16289	Cream of tartar	0.12 ts
16289	Diced marshmallows	8.00
16289	OR 1 1/2 Tbsp marshmallow	0.00
16289	-cream	0.00
16289	Boiling water	0.75 c
16289	Egg white, stiffly beaten	1.00
16289	Vanilla	1.00 ts
16289	Few grains salt	0.00
16290	Apples	6.00 c
16290	Lemon juice	1.00 tb
16290	Sugar	0.50 c
16290	Flour	0.25 c
16290	Cinnamon	0.50 tb
16290	Egg whites	3.00
16290	7 oz. jar marshmallow cream	1.00
16291	Envelopoe gelatin	1.00
16291	Cold water	0.33 c
16291	Sugar	0.50 c
16291	Light corn syrup	0.67 c
16291	Vanilla	0.50 ts
16291	Cornstarch	0.25 c
16291	Fine granulated sugar	0.25 c
16292	Squares (1 oz) of	4.00
16292	Unsweetened chocolate	0.00
16292	Sugar	2.00 c
16292	Buttermilk	1.50 c
16292	Flour	2.00 c
16292	Baking powder	1.50 ts
16292	Baking soda	1.00 ts
16292	Salt	1.00 ts
16292	Butter or margarine	0.75 c
16292	Eggs	3.00
16292	Vanilla.	1.00 ts
16293	Unsweetened Chocolate	4.00 oz
16293	Sugar	1.00 c
16293	Buttermilk or sour milk	0.50 c
16293	Cake Flour; sifted	0.50 c
16293	Baking Powder	1.50 ts
16293	Soda	0.75 ts
16293	Salt	0.50 ts
16293	Butter or shortening	0.50 c
16293	Sugar	0.75 c

Sheet1

16293	Eggs; well beaten	3.00
16293	Buttermilk or sour milk	1.00 c
16293	Vanilla	1.00 ts
16294	Sugar	1.50 c
16294	Water	0.75 c
16294	Light corn syrup	1.00 tb
16294	Salt	1.00 ds
16294	Unsweetened Chocolate	4.00 oz
16294	Butter	4.00 tb
16294	Vanilla	1.00 ts
16295	Chopped hot peppers	0.50 c
16295	Chopped green peppers	1.50 c
16295	Vinegar	0.50 c
16296	Inch baked pie shell	8.00
16296	Flour	4.00 tb
16296	Salt	0.25 ts
16296	Raisins	1.00 c
16296	Vanilla	1.00 ts
16296	Sugar	0.50 c
16296	Egg yolks	3.00
16296	Milk	2.00 c
16296	Water	0.25 c
16296	Lemon extract	0.50 ts
16297	Three-pound chicken	1.00
16297	Bread crumbs	1.00 c
16297	Butter or butter substitute	2.00 tb
16297	Eggs, well beaten	2.00
16297	Water	2.00 tb
16297	Minced salt pork	0.50 c
16297	Salt and pepper	0.00
16298	Water	2.00 qt
16298	Chicken seasoned stock base	0.25 c
16298	Stalks celery, including	3.00
16298	-tops, chopped	0.00
16298	Sliced carrots	1.00 c
16298	Diced potatoes	1.00 c
16298	10 oz pkg. frozen corn	1.00
16298	10 oz pkg. frozen peas	1.00
16298	Freeze-dried chopped chives	1.00 tb
16298	Dried minced onion	2.00 tb
16298	Celery salt	0.50 ts
16298	Thyme leaves	0.50 ts
16298	Lemon and pepper seasoning	0.25 ts
16298	Clam juice	2.00 c
16298	Diced cooked chicken	1.50 c
16298	Fresh or canned, ground or	24.00 oz
16298	-minced hard shell clams,	0.00
16298	-including	0.00
16298	Juice	0.00

## Sheet1

16298	Whole pimento, finely	1.00
16298	-chopped	0.00
16298	Parsley flakes	1.00 ts
16299	Baccon	0.50 lb
16299	Beef stew meat	1.00 lb
16299	Frozen mixed vegetables*	2.00 lb
16299	Pck frozen whole kernal	10.00 oz
16299	-corn*	0.00
16299	Celery, diced	1.00 c
16299	Salt & pepper	0.00
16299	Old Bay	2.00 tb
16299	Live crabs	6.00
16299	Water	1.33 qt
16299	Tomatoes, peeled	1.00 cn
16300	Crab meat	1.00 lb
16300	Mayonnaise	0.25 c
16300	- (preferably homemade)	0.00
16300	Minced parsley	2.00 tb
16300	Salt	0.50 ts
16300	Soft bread crumbs	0.50 c
16300	Eggs; beaten	2.00 lg
16300	Butter	8.00 tb
16301	Sugar	250.00 g
16301	Shredded almonds	500.00 g
16301	Dusting sugar (10 x extra	200.00 g
16301	-very fine)	0.00
16301	Beated eggs	2.00
16301	Lemon juice (Real one)	1.00 tb
16301	Almond essence	1.00 ts
16302	Yellow split peas	1.50 c
16302	Turmeric	0.33 ts
16302	Salt	2.00 ts
16302	Ghee	0.50 c
16302	Cumin seeds	1.00 ts
16302	Finely chopped onions	1.50 c
16302	Red pepper	0.25 ts
16302	Chopped coriander leaves	2.00 tb
16303	Ghee	0.25 c
16303	Onion, sliced	1.00 lg
16303	Garlic cloves, chopped	4.00 ea
16303	1" piece ginger, chopped	1.00 ea
16303	Garam masala	1.00 tb
16303	Turmeric	1.00 ts
16303	Dried red chilies	0.25 ts
16303	Potatoes, cubed	2.00 lb
16303	Salt	0.00
16303	Water	0.50 c
16303	Mushrooms, halved	2.00 lb
16303	Peas, fresh or frozen	1.00 c

Sheet1

16304	Dried Red Chillies OR	10.00 md
16304	Chili Powder	2.00 ts
16304	Vegetable Oil	2.00 tb
16304	Onions, Chopped	2.00 md
16304	Chopped Garlic	1.00 tb
16304	Dried Shrimp Paste	1.00 ts
16304	Finely Chopped Lemon Grass	2.00 ts
16304	-OR	0.00
16304	Lemon Zest	2.00 ts
16304	Galangal OR	1.00 tb
16304	Powdered Galangal	2.00 ts
16304	Coriander Seeds Or Ground	2.00 tb
16304	-Coriander	0.00
16304	Cumin Seeds Or Ground Cumin	2.00 ts
16304	Fennel Seeds Or Ground	1.00 ts
16304	-Fennel	0.00
16304	Ground Cinnamon	1.00 ts
16304	Ground Cardamom	0.50 ts
16304	Ground Nutmeg Or Mace	0.50 ts
16304	Ground Cloves	0.25 ts
16305	Pink lentils	1.50 c
16305	Turmeric	0.75 ts
16305	Salt	2.00 ts
16305	Ghee	5.00 tb
16305	Garlic cloves	6.00 lg
16306	Masoor Dal (Pink Lentils)	0.50 lb
16306	Onion,thinly sliced	1.00 md
16306	Cloves Garlic, thinly sliced	2.00
16306	Ghee or Oil	0.25 c
16306	Ground Coriander	2.00 ts
16306	Ground Cumin	2.00 ts
16306	Ground Turmeric	2.00 ts
16306	Ground Chili	1.00 ts
16306	Cardamom Pods	4.00
16306	Cloves	4.00
16306	2-inch Stick of Cinnamon	1.00
16306	Salt	1.50 ts
16306	Desiccated Coconut	4.00 oz
16306	Tomatoes	2.00
16307	Chicken wings (about 4 lbs)	24.00
16307	Butter	0.50 c
16307	Honey	0.50 c
16307	Prepared mustard	0.25 c
16307	Orange marmalade	0.25 c
16307	Red wine vinegar	2.00 tb
16307	Salt	1.00 ts
16307	Curry powder (Madras)	1.00 tb
16307	Turmeric, ground	0.50 ts
16307	Cumin, ground	0.25 ts

Sheet1

16307	Allspice, ground	0.25 ts
16307	Ginger, ground	1.00 ts
16307	Garlic cloves, pressed	2.00 lg
16307	Sesame seeds, toasted	2.00 tb
16307	Cornstarch	2.00 ts
16308	Whipping cream	1.00 c
16308	Semi-sweet chocolate chips	12.00 oz
16308	Instant coffee	1.00 ts
16308	Coffee liqueur	0.12 c
16308	Semi-sweet chocolate pieces	6.00 oz
16308	Cocoa	0.25 c
16309	MAYO SPREAD -----	0.00 -----
16309	Real Mayonnaise	0.25 c
16309	Onion powder	0.25 ts
16309	Celery salt.	0.25 ts
16309	MAYO SPREAD -----	0.00 -----
16310	Flour	2.00 c
16310	Sugar	1.00 c
16310	Cocoa	4.00 tb
16310	Salt	0.50 ts
16310	Baking soda	2.00 ts
16310	Add:	0.00
16310	Mayonnaise	1.00 c
16310	Vanilla	1.00 ts
16310	Water	1.00 c
16311	Raisins	1.00 c
16311	Nuts, Chopped (Optional)	1.00 c
16311	Soda	1.00 ts
16311	(Scant) Hot Water	1.00 c
16311	Mayonnaise	1.00 c
16311	Sugar	1.00 c
16311	Vanilla Extract	1.00 ts
16311	Cloves	1.00 ts
16311	Cinnamon	1.00 ts
16311	Unbleached Flour	2.00 c
16312	Beef round steak, cut 1/2"	0.75 lb
16312	Thick and trimmed of fat	0.00
16312	Cooking oil	1.00 tb
16312	Sliced fresh mushrooms	2.00 c
16312	Dry sherry	0.50 c
16312	Water	0.50 c
16312	Instant beef bouillon	0.50 ts
16312	Granules	0.00
16312	8 ounce carton plain low	1.00
16312	Fat yogurt	0.00
16312	All purpose flour	1.00 tb
16312	Sugar	1.00 ts
16312	Salt	0.50 ts
16312	Dash pepper	0.00



Sheet1

16312	Hot cooked rice	2.00 c
16312	Snipped parsley (opt)	0.00
16313	Beef, ground	1.00 lb
16313	Butter	2.00 T
16313	Egg, well beaten	1.00 ea
16313	Lemon, juice of	1.00 ea
16313	Parsley, minced	1.00 t
16313	Salt & pepper	1.00 x
16313	Rice, uncooked	0.33 c
16313	Onion, finely sliced	1.00 ea
16313	Tomato soup	1.00 c
16313	Sugar	1.00 t
16313	Celery, chopped	0.50 c
16313	Cabbage leaves	6.00 ea
16314	Ground beef	1.00 lb
16314	Bread crumbs	0.50 c
16314	Allspice	0.25 ts
16314	Nutmeg	0.25 ts
16314	Black pepper	0.12 ts
16314	Dash of salt	0.00
16314	(16 oz) sweet potatoes,	2.00 cn
16314	Drained	0.00
16314	Brown sugar	0.25 c
16314	Milk	0.25 c
16314	Eggs	2.00
16314	Butter,softened	1.00 tb
16314	Lemon juice	1.00 tb
16314	Cinnamon	0.25 ts
16315	Ground beef	1.00 lb
16315	Ground veal	0.50 lb
16315	Ground pork	0.50 lb
16315	Worcestershire sauce	1.00 ts
16315	Eggs	2.00
16315	Cracker crumbs	1.50 c
16315	Ketchup	0.75 c
16315	Warm water	0.50 c
16315	Dry onion soup mix	1.00 pk
16315	Bacon strips	4.00
16315	Crescent roll dough	2.00 pk
16315	Egg white,lightly beaten	1.00
16315	With 1 tbsp. water	0.00
16315	Flour	0.00
16316	Red vinegar	1.00 c
16316	Olive oil	3.00 c
16316	Crushed red pepper	1.00 ts
16316	Salt	1.00 tb
16316	Oreg.	1.00 tb
16316	Pepperica	1.00 tb
16317	Oil	1.50 c

Sheet1

16317	Soy sauce	0.75 c
16317	Wostershire sauce	0.25 c
16317	Dry mustard	2.00 tb
16317	Salt	2.50 ts
16317	Parsley	1.50 ts
16317	Pepper	1.00 tb
16317	Wine vinegar	0.50 c
16317	Clove garlic, crushed	1.00
16317	Lemon juice	0.33 c
16318	Sirloin tips	2.00 lb
16318	Flour	2.00 tb
16318	Oil	2.00 tb
16318	Onion; roughly diced	1.00 sm
16318	Celery stalk	1.00
16318	- cut into 1-in pieces	0.00
16318	Turnip; cut into 1" dice	1.00 sm
16318	Carrot; cut into 1/2" slices	1.00 md
16318	Finely minced garlic	0.50 ts
16318	Red wine	0.75 c
16318	Chicken stock	2.00 c
16318	-OR low-sodium chicken broth	0.00
16318	Frozen peas	0.50 c
16318	Salt	0.50 ts
16318	Fresh sage; -=OR=-	1.00 ts
16318	-Dried sage	0.50 ts
16318	Egg; lightly beaten	1.00 sm
16319	Cloves garlic	6.00 ea
16319	Sesame oil	1.00 tb
16319	Ground round steak	1.00 lb
16319	Soy sauce	1.00 c
16319	Soup stock	1.00 c
16320	Vegetable Shortening	0.25 c
16320	Cloves Garlic, Fine Minced	3.00
16320	Carrots, Finely Chopped(opt)	2.00
16320	Salt	5.00 ts
16320	Worcestershire Sauce	3.00 tb
16320	(1 btl) "Hot" Ketchup	14.00 oz
16320	Med. Onions, Sliced	4.00
16320	Celery, Finely Chopped	2.00 c
16320	Lean Ground Beef	5.00 lb
16320	Pepper	0.50 ts
16320	(1 btl) Ketchup	14.00 oz
16321	Lean Ground Beef	4.00 lb
16321	Dry Bread Crumbs	2.00 c
16321	Salt	1.00 tb
16321	Pepper	0.25 ts
16321	Large Eggs, Slightly Beaten	4.00
16321	Onion, Finely Chopped	0.50 c
16321	Cornstarch	2.00 tb

Sheet1

16321	Worcestershire Sauce	2.00 ts
16322	Lean ground beef	1.00 lb
16322	Farina or cream of wheat	0.25 c
16322	Onion, minced	0.25 c
16322	Parsley, dried,	1.00 tb
16322	Parmesan cheese, grated	2.00 tb
16322	Egg	1.00 ea
16322	Tomato paste	2.00 tb
16322	Beef broth	2.00 cn
16322	Water	1.00 cn
16322	Celery, sliced	1.00 c
16322	Carrot, sliced	1.00 c
16322	Onion, sliced	1.00 ea
16323	Chipotle Sauce; *	0.00
16323	Ground Beef	1.00 lb
16323	Ground Pork	1.00 lb
16323	Eggs; Large	2.00
16323	Dry Bread Crumbs	0.50 c
16323	Milk	0.50 c
16323	Onion; Finely Chopped	2.00 tb
16323	Fresh Cilantro; Snipped	2.00 tb
16323	Salt	2.00 ts
16323	Pepper	0.50 ts
16324	Dried Kidney Beans	2.00 c
16324	(5-6 C. Cooked)	0.00
16324	Chopped Onion	0.67 c
16324	Garlic Minced	1.00 cl
16324	Bay Leaf	1.00
16324	(6 Oz.) Tomato Paste	1.00 cn
16324	Oil, 2 1/2 T. Flour	2.00 tb
16324	Chili Powder	2.00 tb
16324	Ground Cumin	1.00 tb
16324	Garlic Powder	0.25 ts
16324	Salt	0.50 ts
16324	Pepper	0.12 ts
16325	Bread slice; crust removed	1.00
16325	Milk	0.25 c
16325	Ground veal or turkey	0.50 lb
16325	Ground pork	0.25 lb
16325	Ground beef	0.75 lb
16325	Egg; beaten	1.00
16325	Ketchup	1.00 tb
16325	Worcestershire sauce	2.00 ts
16325	Mustard, spicy brown	1.00 ts
16325	Onion; finely chopped	1.00 tb
16325	Hamburger buns, or soft	4.00
16325	-Kaiser rolls; split	0.00
16326	Lean Ground Beef	1.50 lb
16326	Unseasoned Dry Bread Crumbs	0.75 c

Sheet1

16326	Egg; Beaten	1.00 lg
16326	Green Chiles; Diced, 1 Can	4.00 oz
16326	Cheddar Cheese; Grated, 2 Oz	0.50 c
16326	Taco Seasoning Mix; 1.25 Oz	1.00 pk
16326	Tomato; Chopped	1.00 md
16326	Green Onions; Sliced	0.50 c
16326	Ketchup	2.00 tb
16326	Salsa	1.00 tb
16326	Seasoned Salt	0.50 ts
16327	Slices boneless loin of	8.00
16327	Pork, 3 oz each, trimmed of	0.00
16327	Fat	0.00
16327	Whole clove	1.00
16327	Red wine	0.50 c
16327	Balsamic vinegar	1.00 ts
16327	Honey	2.00 ts
16327	Olive oil	1.00 tb
16327	Finely chopped shallots	2.00 tb
16327	Butter	2.00 tb
16327	Freshly grated ginger	1.00 tb
16327	Dried thyme OR	0.50 ts
16327	Springs of fresh	2.00
16327	Bay leaf	1.00
16327	Salt and pepper to taste	0.00
16328	Pork tenderloin (approx. 3/4	1.50 lb
16328	-lbs each) cut into 10 or 12	0.00
16328	Pieces, pounded 1/4-in thick	0.00
16328	Salt and white pepper	0.00
16328	Butter	4.00 tb
16328	Green onions, minced	4.00
16328	Mushrooms, chopped	0.50 c
16328	Light cream	1.25 c
16328	Lemon juice	2.00 tb
16328	Prepared horseradish	2.00 ts
16328	Sour cream	2.00 tb
16328	Fresh parsley, minced	2.00 tb
16329	Slices boneless loin of	8.00
16329	Pork, 3 oz each,	0.00
16329	Trimmed of fat	0.00
16329	Whole clove	1.00
16329	Red wine	0.50 c
16329	Balsamic vinegar	1.00 ts
16329	Honey	2.00 ts
16329	Olive oil	1.00 tb
16329	Finely chopped shallots	2.00 tb
16329	Butter	2.00 tb
16329	Freshly grated ginger	1.00 tb
16329	Dried thyme OR	0.50 ts
16329	Springs of fresh	2.00

Sheet1

16329	Bay leaf	1.00
16329	Salt and pepper to taste	0.00
16330	Unsalted butter	2.00 tb
16330	Boneless veal loin, trimmed	4.00 lb
16330	And tied, at room	0.00
16330	Temperature	0.00
16330	Salt and pepper	0.00
16330	PISTACHIO BUTTER SAUCE -----	0.00 -----
16330	Finely chopped shallots	0.25 c
16330	White Burgundy Wine	0.50 c
16330	White wine vinegar	0.25 c
16330	Water	0.50 c
16330	Salt	0.25 ts
16330	Freshly ground white pepper	0.25 ts
16330	Cold unsalted butter, cut	8.00 oz
16330	Into 16 pieces	0.00
16330	Garlic,peeled and mashed	1.00 cl
16330	Coarsely chopped, toasted	0.50 c
16330	Pistachio nuts	0.00
16330	PISTACHIO BUTTER SAUCE -----	0.00 -----
16331	Oil, Olive	1.00
16331	Onion	1.00 md
16331	Garlic	6.00 c
16331	Salt	0.00
16331	Pepper	0.00
16331	Cumin	0.00
16331	Allspice	0.00
16331	Garlic Powder	0.00
16331	Onion, minced	0.00
16331	Chicken Parts	1.00 pk
16331	Water	0.00
16331	Rice, uncooked	0.00
16331	Lemon	1.00
16331	Almonds, slivered	0.00
16331	Raisins	0.00
16332	Fresh rosemary leaves, or 2	2.00 tb
16332	-tsp dried rosemary,	0.00
16332	-crumbled	0.00
16332	Cloves garlic, minced	2.00
16332	Broiler-fryer cut into 8	3.50 lb
16332	-pieces	0.00
16332	Whole heads garlic	4.00 sm
16332	Plus 2 tsp olive oil	2.00 tb
16332	Black pepper	0.12 ts
16332	Minced parsley	2.00 tb
16332	Sized tomatoes, peeled,	2.00 md
16332	-cored, and halved crosswise	0.00
16332	Eggplant, sliced 3/4 inch	1.00 lg
16332	-thick	0.00

## Sheet1

16332	French bread, 1/2 inch thick	8.00 sl
16333	Lentils	5.00 c
16333	Water	3.00 qt
16333	Onions, coarsely chopped	1.50 lg
16333	Vegetable oil, divided	0.50 c
16333	Olive oil	0.50 c
16333	Green bell pepper, seeded,	1.00
16333	-membranes removed, coarsely	0.00
16333	-chopped	0.00
16333	Salt or to taste	1.00 ts
16333	Coarsely ground black pepper	0.25 ts
16333	Ground allspice	1.00 ts
16333	Cumin	1.00 ts
16333	Ground cinnamon	0.75 ts
16333	Cloves garlic, peeled and	6.00
16333	-coarsely chopped	0.00
16333	Chopped fresh cilantro	1.00 c
16333	Lemon juice	0.50 c
16334	Pasta, ziti	16.00 oz
16334	Peppers, red, lg, strips	3.00 x
16334	Onion, lg, chopped	1.00 x
16334	Garlic cloves, lg, minced	2.00 x
16334	Pepper	0.25 ts
16334	Oil, olive	0.33 c
16334	Pepperoni, sliced	4.00 oz
16334	Anchovy fillets, drained and	1.00 x
16334	Chopped (optional)	1.00 x
16334	Olives, ripe, pitted, sliced	0.50 c
16335	Roasting chicken, about 4	1.00
16335	-lbs.	0.00
16335	Dried rosemary, crushed	1.00 ts
16335	Ground sage	0.50 ts
16335	Freshly ground pepper	0.25 ts
16335	Salt	0.25 ts
16335	Fresh lemon juice	0.33 c
16335	Pure Italian olive oil	0.25 c
16336	Boneless beef bottom round	0.50 lb
16336	Water	0.50 c
16336	Red wine vinegar	0.25 c
16336	Minced dried onion	2.00 ts
16336	Pepper	0.25 ts
16336	Ground red pepper	0.12 ts
16336	Linguine	6.00 oz
16336	Butter	2.00 tb
16336	Cornstarch	2.00 ts
16336	Garlic, minced	2.00 cl
16336	Olive or cooking oil	3.00 tb
16336	(16 oz) frozen loose pack	1.00 pk
16336	Broccoli, cauliflower and	0.00

## Sheet1

16336	Carrots	0.00
16336	Sliced fresh mushrooms	1.00 c
16336	Grated Parmesan cheese	0.00
16337	Squash, butternut	1.00
16337	Oil	3.00 tb
16337	Fenugreek seeds	0.50 ts
16337	Hing	0.50 ts
16337	Coriander, ground	1.00 tb
16337	Cayenne pepper	0.50 ts
16337	Salt, kosher; to taste	0.00
16337	Mango powder	1.00 ts
16337	Jaggery, powdered	3.00 tb
16338	Plain yogurt	3.00 c
16338	Sugar	0.67 c
16338	Iced water	0.50 c
16338	Ice cubes, partially cracked	8.00
16339	Long-grain rice;uncooked*	2.00 c
16339	Cloves garlic; crushed	2.00
16339	Corn oil	0.25 c
16339	Chicken broth; **	5.00 c
16340	Ground beef - lean	1.00 lb
16340	Pieces bacon	4.00
16340	Ground pork - lean	0.50 lb
16340	Ground veal	0.50 lb
16340	Breadcrumbs - fresh whole	1.00 c
16340	Wheat	0.00
16340	Eggs - lightly beaten	2.00
16340	Tomato or V8 juice	0.50 ts
16340	Onion - chopped	0.50 c
16340	Marjoram	0.50 ts
16340	Bell pepper - green or red,	0.50 c
16340	Chopped	0.00
16340	Salt	1.00 ts
16340	Black pepper	0.25 ts
16340	Oregano	0.50 ts
16340	Basil	0.50 ts
16340	Worcestershire sauce -	1.00 tb
16340	Lea & Perrins	0.00
16341	Butter	0.25 c
16341	Graham cracker crumbs	1.25 c
16341	Sugar	2.00 tb
16341	16 oz Sliced Peaches,drained	1.00 cn
16341	Cream cheese 8 oz	1.00 pk
16341	Sugar	0.33 c
16341	Sour Cream	0.50 c
16341	Egg	1.00
16341	Almond Extract	0.50 ts
16341	Raspberry Jam	0.33 c
16342	Diced, peeled peaches	6.00 c

Sheet1

16342	Diced cantaloupe	2.00 c
16342	Sugar	6.00 c
16342	Lemon juice	0.25 c
16342	Syrup from preserved ginger	2.00 tb
16342	Chopped, preserved ginger	0.25 c
16342	Chopped pecans	0.25 c
16343	Cantaloupe	1.00
16343	Orange	1.00
16343	Whipping cream	0.50 c
16343	Granulated sugar	1.00 ts
16343	Salt and ginger (each)	1.00 pn
16344	Mesclun salad mix* or	8.00 c
16344	-4 oz bag mixed greens,	0.00
16344	-chilled	0.00
16344	Hearts of palm; drained	14.00 oz
16344	-cut into 1/2 inch slices	0.00
16344	Diced cantaloupe	2.00 c
16344	Prosciutto; thinly sliced	0.25 lb
16344	-or boiled ham cut into 2	0.00
16344	-inch pieces	0.00
16344	Red-wine vinaigrette	0.50 c
16344	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
16344	240 calories	0.00 x
16344	10 g protein	0.00 x
16344	17 g carbohydrate	0.00 x
16344	16 g fat	0.00 x
16344	13 mg cholesterol	0.00 x
16344	467 mg sodium	0.00 x
16344	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
16345	Whole chicken breasts	2.00
16345	Chicken broth	1.50 c
16345	Cream of chicken soup	1.00 cn
16345	Chicken bouillon granules	1.00 tb
16345	Canned peas, drained (1 can)	8.50 oz
16345	Cooked carrot slices	1.00 c
16345	TOPPING:	0.00
16345	Self-rising flour	1.00 c
16345	Buttermilk	1.00 c
16345	Stick margarine, melted	1.00
16346	Milk	2.00 c
16346	Sugar	0.25 c
16346	Active dry yeast; or	2.00 pk
16346	Luke-warm water; (110 deg.f)	0.25 c
16346	Eggs; lg	2.00 ea
16346	Shortening	0.25 c
16346	Salt	2.00 t
16346	Active dry yeast; bulk	2.00 t
16346	Unbleached flour; sifted	7.00 c
16347	Salt, stirring constantly	0.50 ts



Sheet1

16347	-until the mixture leaves	0.00
16347	-the sides of	0.00
16348	Suet;minced (or butter/marg)	0.75 c
16348	Seedless raisins	2.00 c
16348	Currants	2.50 c
16348	Brown sugar	1.75 c
16348	Cinnamon	1.50 ts
16348	Mace or cloves	1.50 ts
16348	Nutmeg	1.50 ts
16348	Salt	0.75 ts
16348	Apples, peeled, grated	4.00
16348	Candied citron	1.00 c
16348	Lemon (rind and juice only)	1.00
16348	Orange (rind and juice only)	1.00
16349	Lean Ground Beef	10.00 lb
16349	Chili Powder	1.50 c
16349	Crushed Tomatoes	64.00 oz
16349	Red Kidney Beans	64.00 oz
16349	Onions, Diced	4.00
16349	Garlic Powder	0.50 c
16349	Salt To Taste	0.00
16350	Egg whites	5.00
16350	Sugar	1.00 c
16350	Cocoa	0.25 c
16350	Vanilla	0.50 ts
16350	Flour	0.50 c
16350	Cream of tartar	0.50 ts
16351	SIFT TOGETHER -----	0.00 -----
16351	Salt icecream salt is finer)	1.00 pn
16351	Meringue powder	6.00 T
16351	Granulated sugar	2.00 c
16351	ADD & BEAT STIFF 7 -----	0.00 -----
16351	Hot water	1.00 c
16351	ADD & BEAT MORE -----	0.00 -----
16351	Warmed glucose*	0.50 c
16351	ADD AT END & BEAT -----	0.00 -----
16351	Or more flavorings**	1.00 t
16351	SIFT TOGETHER -----	0.00 -----
16351	ADD & BEAT STIFF 7 -----	0.00 -----
16351	ADD & BEAT MORE -----	0.00 -----
16351	ADD AT END & BEAT -----	0.00 -----
16352	Butter or margarine	0.75 c
16352	Green onions, chopped	2.00 tb
16352	Lemon juice	3.00 tb
16352	Dash of hot pepper sauce	1.00
16352	Arsley, minced	1.00
16352	Alt	0.25
16352	Hite pepper	0.25
16352	Ash worchestershire sauce	1.00

Sheet1

16353	Butter or margarine	0.75 c
16353	Arsley, minced	1.00
16353	Green onions, chopped	2.00 tb
16353	Alt	0.25
16353	Lemon juice	3.00 tb
16353	Hite pepper	0.25
16353	Dash of hot pepper sauce	1.00
16353	Ash worchestershire sauce	1.00
16354	Ripe avacado, peeled,	1.00
16354	-seeded and mashed	0.00
16354	Pace Thick & Chunky Salsa	1.00 c
16354	Lemon juice	1.00 ts
16354	Salt	0.25 ts
16354	Tomato, chopped	0.50 md
16354	Sour cream	0.75 c
16354	Shredded cheddar cheese	0.50 c
16354	-OR	0.00
16354	Monterey Jack cheese	0.50 c
16354	Thinly sliced ripe olives	0.25 c
16355	Salad oil	2.00 tb
16355	Frankfurters, quartered	1.00 lb
16355	-lengthwise	0.00
16355	Onion, chopped	1.00 md
16355	Clove gaerlic, crushed	1.00 lg
16355	Whole tomatoes (1 pound)	1.00 cn
16355	Pinto beans (15 ounces)	1.00 cn
16355	Chunky salsa	1.00 c
16355	Uncooked long-grain rice	0.67 c
16355	Chili powder	2.00 ts
16355	Shredded Monterey Jack	1.00 c
16355	-cheese with jalapeno	0.00
16356	9" flour tortillas	2.00
16356	Monterey Jack cheese	2.00 c
16356	VEG-ALL Mixed Vegetables,	1.00 cn
16356	-drained (16 oz)	0.00
16356	Chopped tomato	1.00 c
16356	Finely chopped green onion	0.50 c
16356	Finely chopped green pepper	0.50 c
16356	Mild green chilis	3.00 tb
16356	Sliced ripe olives	0.25 c
16357	Dried white beans	2.00 c
16357	Water	0.00
16357	Jalapeno peppers, chopped	3.00
16357	Green or red pepper, chopped	1.00
16357	Onion, chopped	1.00
16357	Garlic powder (or 2-3 minced	1.00 ts
16357	-cloves garlic)	0.00
16357	Can crushed tomatoes	29.00 oz
16357	Chili powder	1.50 tb

Sheet1

16357	Cumin	1.00 ts
16357	Molasses	0.25 c
16357	Salt and pepper to taste	0.00
16358	Butter or margarine	0.33 c
16358	Sugar	0.75 c
16358	Egg	1.00
16358	Unseasoned pinto bean puree*	2.00 c
16358	Vanilla extract	2.00 ts
16358	Flour	1.00 c
16358	Baking soda	1.00 ts
16358	Salt	0.50 ts
16358	Ground cinnamon	1.00 ts
16358	Ground cloves	0.50 ts
16358	Ground allspice	0.50 ts
16358	Peeled and diced apple	2.00 c
16358	Raisins	1.00 c
16358	Chopped nuts	0.50 c
16358	Icing sugar (optional)	1.50 c
16358	Milk or fruit juice	0.00
16359	Slices Bacon, Small Pieces	4.00
16359	Pork & Beans In Tomato Sauce	31.00 oz
16359	Shredded Sharp Cheddar	0.50 c
16359	Garlic Salt	1.00 ts
16359	Chili Powder	1.00 ts
16359	Salt	0.50 ts
16359	Vinegar	2.00 ts
16359	Worcestershire Sauce	2.00 ts
16359	Cayenne Pepper	0.00
16360	Vinegar	1.00 ts
16360	Chili powder (up to 1 tsp)	0.25 ts
16360	Onion powder	0.12 ts
16360	Salad dressing	2.00 ts
16360	Pinto or kidney beans	0.75 c
16360	Chopped celery	3.00 tb
16360	Flour tortillas	2.00
16360	Slices tomato	4.00
16360	Leaves lettuce	2.00
16361	Granulated sugar	2.00 c
16361	Water	0.25 c
16361	Evaporated milk (do not	1.00 c
16361	-dilute)	0.00
16361	Of salt	1.00 pn
16361	Orange peel, grated	2.00 ts
16362	Basic burger recipe	1.00
16362	Spicy salsa; divided use	0.67 c
16362	Chili powder	1.00 tb
16362	Ground cumin	1.00 ts
16362	Chopped cilantro leaves	1.00 tb
16362	Monterey Jack cheese;	0.50 c

## Sheet1

16362	-crumbled	0.00
16362	Lettuce; shredded	0.75 c
16362	Hamburger buns or soft	4.00
16362	-kaiser rolls, split	0.00
16363	Velveeta cheese	2.00 lb
16363	Mayonnaise	1.00 c
16363	Horseradish	6.00 oz
16363	Drops Tabasco sauce	2.00
16364	Chilli powder	1.00 ts
16364	Soft brown sugar	2.00 tb
16364	Worcestershire sauce	2.00 tb
16364	Chicken stock	150.00 ml
16364	Skinless chicken breasts	4.00
16364	Celery salt	1.00 ts
16364	Red wine vinegar	2.00 tb
16364	Tomato ketchup	3.00 tb
16364	Drops tabasco sauce	3.00
16364	Natural yoghurt	150.00 ml
16365	Quaker Oats (quick or	0.50 c
16365	-old-fashioned,uncooked)	0.00
16365	Minced parsley	1.00 tb
16365	Chili powder	0.75 ts
16365	Paprika	0.75 ts
16365	Chicken	2.00
16365	-breasts,split,skinned	0.00
16365	Margarine,melted	3.00 tb
16365	Tomatoes,coarsely chopped	2.00 md
16365	Chopped green pepper	0.50 c
16365	Coarsely chopped onion	0.25 c
16365	Minced parsley	2.00 tb
16365	Clove garlic,minced	1.00 sm
16365	Lemon juice	1.00 tb
16366	Onion; Chopped, 1 Md	0.50 c
16366	Clove Garlic; Finely Chopped	1.00
16366	Margarine Or Butter	2.00 tb
16366	Regular Rice; Uncooked	1.00 c
16366	Currants	0.50 c
16366	Chicken Broth	2.25 c
16366	Cinnamon; Ground	2.00 ts
16366	Salt	0.25 ts
16366	Fresh Cilantro; Snipped, *	0.00
16367	Serrano Chiles; *	1.00
16367	Onion; Chopped, 1 Lg	1.00 c
16367	Margarine Or Butter	2.00 tb
16367	Whole Kernel Corn	2.00 c
16367	Potatoes; Cooked, Cubed	2.00 c
16367	Red Chiles; Ground	1.50 ts
16367	Salt	0.50 ts
16368	Sugar (carmelized)	0.50 c

Sheet1

16368	Milk	0.75 c
16368	Nuts	0.50 c
16368	Sugar	2.50 c
16368	Butter	0.50 c
16368	Salt	0.25 ts
16368	Soda	0.25 ts
16368	Vanilla	0.25 ts
16369	c	0.00 1/4
16369	*-----SAUCE*	0.00
16369	Onion - chopped fine	0.50 c
16369	Garlic clove - crushed	1.00
16369	Olive oil	3.00 tb
16369	Tomato sauce - 10 oz. can	1.00 cn
16369	Water	0.50 c
16369	Flour	1.00 tb
16369	Chili powder	2.00 tb
16369	Salt	1.00 ts
16369	Oregano	0.50 ts
16369	Cumin	0.50 ts
16369	*-----MEAT*	0.00
16369	Boneless beef chuck - cut	1.00 lb
16369	-into 1" cubes	0.00
16369	Kernel corn - 12 oz. can,	1.00 cn
16369	-drained	0.00
16369	Baby lima beans - frozen	10.00 oz
16369	Onion - sliced into rings,	1.00 md
16369	-separated	0.00
16369	Green pepper - sliced into	1.00 md
16369	-rings	0.00
16369	*-----CONDIMENTS*	0.00
16369	Cheddar cheese - finely	1.00 c
16369	-shredded	0.00
16369	Green onion - chopped	0.25 c
16370	Butter	2.00 ts
16370	Mushrooms; sliced	0.50 c
16370	Green pepper; chopped	0.25 c
16370	Tomatoes; chopped & drained	1.00 cn
16370	- (14 oz can)	0.00
16370	Bacon slices; cooked &	6.00
16370	- crumbled	0.00
16370	Eggs	4.00
16370	Salt & pepper to taste	0.00
16371	Of oil	3.00 tb
16371	Coils of fideo ( coil	4.00
16371	-vermicelli) use the ones	0.00
16371	-that come in a	0.00
16371	Yellow box	0.00
16371	Minced onion	2.00 tb
16371	Clove garlic, minced	1.00

Sheet1

16371	Canned tomato sauce	0.50 c
16371	Water	3.00 c
16372	-----	1.50
16372		0.33
16372		0.33
16372	Minced jalapeno peppers	6.00
16372	Minced fresh cilantro	1.00 1
16372	Salt	1.00 2
16372	Fresh ground black pepper	1.00
16372	Linda's Salsa Sauce	1.00 6
16372	Mock tamales	1.00
16372	Fresh lemon slices	0.00
16372	Jalapeno peppers	0.00
16372	Cilantro sprigs	0.00
16372	LINDA'S SALSA SAUCE -----	0.00 -----
16372	Tomatoes, peeled	2.00
16372	Cloves garlic, peeled	3.00 lg
16372	Plum tomatoes finely	2.00
16372	Chopped	0.00
16372	Plum tomatoes, coarsely	3.00
16372	Chopped	0.00
16372	Jalapeno peppers, thin	3.00
16372	Sliced	0.00
16372	Coarsely chopped fresh	0.25 c
16372	Cilantro	0.00
16372	Fresh lemon juice	1.00 tb
16372	Freshly ground black pepper	1.00 ts
16372	MOCK TAMALES -----	0.00 -----
16372	( 4 oz.) grated sharp	1.00 c
16372	Cheddar cheese	0.00
16372	Muenster cheese	1.00 c
16372	Minced green onion with	2.00 tb
16372	Tops	0.00
16372	7" flour tortillas	6.00
16372	8 by 12" pieces of foil	6.00
16372	LINDA'S SALSA SAUCE -----	0.00 -----
16372	MOCK TAMALES -----	0.00 -----
16373	Shredded cheddar cheese	4.00 c
16373	Beaten eggs	4.00
16373	Can chopped green chilies	4.00 oz
16373	Chopped pimiento	2.00 ts
16373	Bacon strips,cook,crumble	2.00
16374	Ground beef	1.50 lb
16374	Taco seasoning mix	1.00 pk
16374	Salt, seasoned	1.00 ts
16374	Tomatoes, diced (fresh or	1.00 c
16374	Tomato sauce	16.00 oz
16374	Chiles, green, dices	4.00 oz
16374	Cheese, ricotta	1.00 c

Sheet1

16374	Eggs, beaten	2.00 ea
16374	Tortillas, corn	10.00 ea
16374	Cheese, monterey jack, gra	2.50 c
16375	Lime juice, fresh-squeezed	1.00 c
16375	Water, enough to make	0.00
16375	- 1/2 gal total	0.00
16375	SIMPLE SYRUP -----	0.00 -----
16375	Sugar, white	2.00 c
16375	Water	1.00 c
16375	SIMPLE SYRUP -----	0.00 -----
16376	Of ground beef	1.50 lb
16376	Old fashioned or quick oats,	0.25 c
16376	-uncooked	0.00
16376	Eggs, beaten	2.00
16376	Tablespoon worcestershire	1.00
16376	-sauce	0.00
16376	Pepper	1.00 ts
16376	Package of Philadelpha cream	8.00 oz
16376	-cheese, softened	0.00
16376	Can chopped green chilis,	4.00 oz
16376	-drained	0.00
16376	Of salsa	0.75 c
16377	Beef Roast *	5.00 lb
16377	Large Onions, Chopped	3.00
16377	(7 oz) Green Chili Salsa	2.00 cn
16377	Flour	4.00 tb
16377	Ground Cumin	1.00 ts
16377	Vegetable Shortening	3.00 tb
16377	(4 oz) Chopped Green Chilis	1.00 cn
16377	Garlic Powder	0.25 ts
16377	Salt	4.00 ts
16377	Juices From Beef Roast	0.00
16378	Lean ground beef	1.00 lb
16378	Ground veal	1.00 lb
16378	Pitted black olives,	0.75 c
16378	-coarsely chopped	0.00
16378	Yellow cornmeal	0.50 c
16378	Eggs, lightly beaten	2.00 lg
16378	Onion, chopped	1.00 md
16378	Pickled sliced jalapenos,	0.25 c
16378	-chopped	0.00
16378	Garlic cloves, chopped	2.00 lg
16378	Best quality chilli powder	1.00 ts
16378	Dried oregano	1.00 ts
16378	Salt	1.00 ts
16379	DOUGH -----	0.00 -----
16379	Recipe basic bread dough	0.50
16379	- that has risen once	0.00
16379	- (SEE RECIPE)	0.00

Sheet1

16379	Oil and cornmeal for pan	0.00
16379	TOPPING -----	0.00 -----
16379	Light-tasting olive oil	2.00 tb
16379	Chorizo; (See NOTE)	4.00 oz
16379	--OR-- Other spicy sausage	0.00
16379	Clove garlic; minced	1.00 lg
16379	Spanish onion	1.00 md
16379	- cut into small dice	0.00
16379	Shredded Monterey Jack	0.75 c
16379	Shredded Muenster cheese	0.75 c
16379	Minced cilantro	3.00 tb
16379	Green onions; thinly sliced	2.00
16379	Salsa; (well drained)	0.00
16379	Cilantro leaves	0.00
16379	DOUGH -----	0.00 -----
16379	TOPPING -----	0.00 -----
16380	Chopped green chilies	4.00 oz
16380	Light cream	2.00 c
16380	Cooked crumbled bacon	6.00 sl
16380	Salt	0.25 ts
16380	Shredded swiss cheese	1.00 c
16380	Cayenne pepper	0.00
16380	Eggs	5.00
16380	Tostaco shells	4.00
16381	Rabbit, disjointed	1.00
16381	Corn	2.00 c
16381	Parsley	1.00 ts
16381	Can tomatoes	10.00 oz
16381	Rosemary	1.00 ts
16381	Minced black olives	1.00 c
16381	Thyme	1.00 ts
16381	Chili powder	2.00 ts
16381	Bay leaf	1.00
16381	Salt and pepper to taste	0.00
16381	Peppercorns	2.00
16381	Yellow cornmeal	2.00 c
16381	Garlic clove, minced	1.00
16381	Egg yolk	1.00
16381	Minced shallots	0.50 c
16382	Ground beef	1.00 lb
16382	(16 oz.) jar salsa	1.00
16382	(11 oz.) can Mexicorn whole	1.00
16382	Kernel corn with red and	0.00
16382	Green peppers	0.00
16382	Water	1.50 c
16382	Chili powder	1.00 ts
16382	Uncooked instant rice	1.50 c
16382	(1 cup) shredded Monterey	4.00 oz
16382	Jack cheese	0.00



Sheet1

16383	Raw Long Grain Rice	4.00 c
16383	Salt	4.00 ts
16383	Dried Basil	1.00 ts
16383	Green Pepper Flakes	0.50 c
16383	Parsley Flakes	5.00 ts
16384	CRUST -----	0.00 -----
16384	Rice,long-grain	1.25 c
16384	Egg whites	2.00
16384	Olives,black,ripe,sliced	2.00 tb
16384	Green onion,sliced	2.00 tb
16384	FILLING -----	0.00 -----
16384	Monterey Jack,shredded	0.33 c
16384	Chicken breast,shredded	1.00 c
16384	Green chilies,chopped	2.00 tb
16384	Green onion,sliced	2.00 tb
16384	Black olives,sliced,ripe	2.00 tb
16384	OPTIONAL TOPPINGS -----	0.00 -----
16384	Dairy sour cream	0.00
16384	Green chilies,chopped	0.00
16384	Black olives,sliced	0.00
16384	Picante sauce	0.00
16384	CRUST -----	0.00 -----
16384	FILLING -----	0.00 -----
16384	OPTIONAL TOPPINGS -----	0.00 -----
16385	Dairy Sour Cream	1.00 pt
16385	Monterey Jack Cheese	0.50 lb
16385	Chopped green peppers, cut	4.00 oz
16385	Into strips (1 cn.)	0.00
16385	Cooked seasoned rice	3.00 c
16385	Parmesan cheese	0.50 c
16386	Peeled ripe tomatoes,	2.00 lb
16386	-chopped	0.00
16386	Olive oil	3.00 tb
16386	Wine vinegar	3.00 tb
16386	Chopped sweet onions	1.00 c
16386	Salt to taste	0.00
16386	Freshly ground pepper to	0.00
16386	-taste	0.00
16386	Coriander to taste	0.00
16386	Or 5 canned green chilis,	4.00
16386	-chopped	0.00
16386	Mexican tomatillas, chopped,	1.00 cn
16386	-or	0.00
16386	Green tomatoes, chopped	3.00 sm
16387	Flour	1.33 c
16387	Yellow corn meal	0.25 c
16387	Salt	0.50 ts
16387	Shortening	0.50 c
16387	Cold water (8tbsp)	0.25 c

Sheet1

16388	Cooked spaghetti (or pasta)	12.00 oz
16388	Chopped olives	0.25 c
16388	Green chili peppers	2.00 tb
16388	Butter	4.00 tb
16388	Chili flakes	1.00 ts
16388	Freshly grated parmesan	0.25 c
16388	Sugar	0.25 ts
16388	Beaten eggs	4.00
16388	Cumin	0.50 ts
16388	Ground beef	1.00 lb
16388	Shredded Monterey, Jack or	0.50 c
16388	-Cheddar cheese	0.00
16388	Chopped onion	0.50 c
16388	Can red kidney beans	19.00 oz
16388	Crushed tortilla chips	6.00 oz
16388	Can tomatoes	19.00 oz
16388	Can tomato paste	6.00 oz
16389	Polenta (Maize Meal)	225.00 g
16389	Salt	1.00 ts
16389	Plain white flour	225.00 g
16389	Lard or margarine	25.00 g
16389	Warm water	300.00 ml
16390	Olive oil	0.25 c
16390	Garlic, minced	4.00 ea
16390	Onions, diced	2.00 ea
16390	Cumin, ground	1.00 ts
16390	Imported plum tomatoes w/jui	28.00 oz
16390	Vegetable stock	8.00 c
16390	Salt	0.50 ts
16390	Carrots, thinly sliced	2.00 ea
16390	Zucchini, 1" chunks	3.00 ea
16390	Kidney beans, can	15.00 oz
16390	Corn kernals	2.00 c
16391	Lemons; grated peel only	2.00
16391	Lemon juice	0.50 c
16391	Sugar	0.50 c
16391	Egg yolks	3.00
16392	Raisins	0.25 c
16392	Boiling water	0.50 c
16392	(1 oz ea) slices white bread	8.00
16392	1% Low fat milk, divided	1.50 c
16392	Peeled, chopped pear	1.00 c
16392	Flour	2.00 tb
16392	+ 2 Tb. sugar, divided	0.25 c
16392	Cornmeal	2.00 tb
16392	Grated lemon rind	1.00 ts
16392	Eggs, lightly beaten	3.00
16392	Seedless red grapes, halved	0.50 c
16392	Chopped fresh rosemary	2.00 ts

Sheet1

16392	Olive oil	2.00 ts
16393	Bananas, sliced	2.00 ea
16393	Oranges, sectioned	2.00 ea
16393	Dates, chopped	0.50 c
16393	Pineapple chunks	20.00 oz
16393	Vinegar, white wine	2.00 tb
16393	Curry powder	1.00 ts
16393	Salt	0.25 ts
16393	Oil, salad	0.25 c
16393	Salad greens, crisp	1.00 ea
16393	Cottage cheese or cooked	1.00 ea
16393	Chicken breast	1.00 x
16393	Peanuts, salted, chopped	1.00 ea
16394	Eggs, slightly beaten	2.00
16394	Milk	0.25 c
16394	Cornflake crumbs (crushed	2.50 c
16394	-but not pulverized)	0.00
16394	Salt	2.00 ts
16394	Freshly ground pepper	0.50 ts
16394	Chicken (3 lbs), cut up	1.00
16394	Butter, melted	5.00 tb
16395	-----	0.00
16395	Onion; finely minced	1.00
16395	Carrot; finely minced	1.00
16395	Celery stalk; finely sliced	1.00
16395	Minced garlic	1.00 tb
16395	Tomato paste	1.00 tb
16395	Baby back ribs	6.00 lb
16395	Salt	1.50 ts
16395	Freshly ground black pepper	1.00 ts
16395	All-purpose stock	4.00 c
16395	-OR low-sodium chicken broth	0.00
16395	Bay leaves	3.00
16395	Sprig fresh thyme; -=OR=-	1.00
16395	-Dried thyme	0.50 ts
16395	BARBECUE RIBS -----	0.00 -----
16395	Braised baby back ribs	6.00 lb
16395	Braising liquid from ribs	0.00
16395	Brown sugar	1.00 tb
16395	Cider vinegar	0.25 c
16395	Catsup	2.00 tb
16395	Dry mustard	1.00 tb
16395	Worcestershire sauce	1.00 ts
16395	Ground cloves	0.25 ts
16395	Chili powder	1.00 ts
16395	Cayenne pepper	0.25 ts
16395	BRAISING SAUCE -----	0.00 -----
16395	BARBECUE RIBS -----	0.00 -----
16396	Egg	1.00

Sheet1

16396	Minced garlic, more to taste	1.00 ts
16396	Ground white pepper	0.25 ts
16396	Anchovy fillets	6.00
16396	Worcestershire sauce	0.50 ts
16396	Grated Parmesan cheese	3.00 tb
16396	-=OR=- Romano cheese	0.00
16396	Olive oil	0.75 c
16396	Red wine vinegar	3.00 tb
16396	Freshly squeezed lemon juice	0.25 c
16397	Vinegar	1.50 c
16397	Brown sugar	1.50 c
16397	Diced or sliced mango	5.00 c
16397	Minced garlic	1.00 tb
16397	Ground ginger	2.00 tb
16397	Ground coriander	1.00 ts
16397	Curry	1.00 tb
16397	Cayenne pepper	0.25 ts
16397	Salt	1.00 ts
16398	Olive oil	0.25 c
16398	Chicken pieces	4.00 lb
16398	Onion; diced	1.00 lg
16398	Red bell peppers; diced	3.00
16398	Chicken stock	5.00 c
16398	-OR low-sodium chicken broth	0.00
16398	Minced garlic	1.00 tb
16398	Short-grain rice	3.00 c
16398	Salt	2.00 ts
16398	White pepper	1.00 ts
16398	Saffron	0.50 ts
16398	Plum tomatoes	3.00 lb
16398	- peeled, seeded & chopped	0.00
16398	Shrimp	16.00 lg
16398	Clams	16.00
16398	Mussels	16.00
16398	Lemon wedges for garnish	0.00
16399	Onions, finely chopped	2.00
16399	Beef Shank	1.00 lb
16399	Cold Water	6.00 c
16399	Salt	0.00
16399	Black Pepper, freshly ground	0.00
16399	Carrots, diced, peeled	2.00
16399	Celery, diced	1.00 c
16399	Rutabagas, diced	0.75 c
16399	Tomato Juice	1.00 c
16399	Broccoli cut in small floret	1.00 c
16399	Small Pasta Shells	0.50 c
16400	Jar cooked great Northern	48.00 oz
16400	-beans	0.00
16400	Lean pork, cut into 1" cubes	1.50 lb

Sheet1

16400	Salt	0.50 ts
16400	Bottle catsup	14.00 oz
16400	Prepared mustard	3.00 tb
16400	Packed brown sugar	1.50 c
16400	Lg. sweet onion, chopped	0.25
16401	Apple juice	1.00 c
16401	Fresh apple chunks	0.50 c
16401	Michigan Dried Cherries	0.50 c
16401	Chopped walnuts	0.50 c
16401	Croutons	2.00 tb
16401	Sugar	1.00 tb
16401	Dry white wine	2.00 tb
16401	Lemon juice	1.00 tb
16401	Ground ginger	0.50 ts
16401	Pork loin chops (1" thick)	6.00
16401	Cooking oil	2.00 tb
16402	Boneless, skinless chicken	0.50
16402	-breast	0.00
16402	Dry white wine	1.00 tb
16402	Coarsely chopped, roasted	1.00 tb
16402	-red pepper	0.00
16402	Extra virgin olive oil	1.00 tb
16402	Minced fresh parsley	2.00 ts
16402	Balsamic or red wine vinegar	1.00 ts
16402	Fresh thyme leaves	0.50 ts
16402	Capers	0.25 ts
16402	Of salt	1.00 pn
16402	Pepper to taste	0.00
16402	Baguette (about 10 inches	1.00 sm
16402	-long), split	0.00
16403	Tortilla (6-8")	1.00
16403	Shredded cheddar	3.00 tb
16403	-OR	0.00
16403	Shredded Monterey Jack	3.00 tb
16403	Pace Picante Sauce	3.00 tb
16403	-OR	0.00
16403	Pace Thick & Chunky Salsa	3.00 tb
16403	OPTIONAL TOPPINGS -----	0.00 -----
16403	Sliced ripe olives	0.00
16403	Green onion slices	0.00
16403	Chopped cilantro	0.00
16403	Guacamole (opt)	0.00
16403	OPTIONAL TOPPINGS -----	0.00 -----
16404	Dry white wine	0.25 c
16404	Cranberry juice	0.25 c
16404	Strip (2x1/2-inch) lemon	1.00
16404	-zest, plus additional	0.00
16404	-strips for garnish	0.00
16404	Minced crystallized ginger	1.00 ts

Sheet1

16404	Dried apricots, cut into	6.00
16404	-thin strips	0.00
16404	Vanilla extract	0.12 ts
16404	Fresh strawberries, hulled,	2.00 c
16404	-quartered	0.00
16405	Brown sugar	1.00 c
16405	Cup margarine (or butter)	0.00
16405	Cup Karo (dark) syrup	0.00
16405	Tspn. Vanilla	1.00
16405	Tspn. Baking soda	0.00
16405	Popped popcorn	4.00 qt
16406	Pitted red cherries	3.00 c
16406	Water	1.00 c
16406	Lemon juice	2.00 ts
16406	Sugar	3.00 c
16406	Powdered pectin	0.25 c
16406	Almond extract	0.50 ts
16407	Pkg frozen long-grain and	10.00 oz
16407	-wild rice	0.00
16407	Whole chicken breasts (1 1/2	2.00
16407	-pounds total)	0.00
16407	Skinned, bined, split in	0.00
16407	-halves lengthwise	0.00
16407	Thin slices fully cooked ham,	2.00
16407	-halved crosswise	0.00
16407	Shredded Swiss cheese (2	0.50 c
16407	-ounces)	0.00
16407	Sliced fresh mushrooms	1.00 c
16407	Margarine or butter	1.00 tb
16407	All-purpose flour	2.00 tb
16407	Instant chicken bouillon	1.00 ts
16407	-granules	0.00
16407	Dried tarragon, crushed	0.75 ts
16407	Light cream or milk	1.00 c
16407	Dry white wine	2.00 tb
16408	Whole chicken breast (about	1.00
16408	-1 pound), halved, boned &	0.00
16408	-skinned	0.00
16408	(I use already deboned	0.00
16408	-chicken breast fillets,	0.00
16408	-4/pkg)	0.00
16408	Of sliced jack cheese	1.00 pk
16408	Of sliced ham	1.00 pk
16408	Butter/margarine	2.00 tb
16408	Salt, pepper & ground nutmeg	0.00
16408	To 6 lg mushrooms, sliced	4.00 lg
16408	Cream Sherry (this is	2.00 tb
16408	-niggardly; I use *more*)	0.00
16408	Chopped parsley	0.00

Sheet1

16409	Chicken parts	3.00 lb
16409	Carrot, chopped coarsely	1.00
16409	Onion, quartered	1.00 sm
16409	Stalks celery, chopped	2.00
16409	-coarsely	0.00
16409	Minced fresh parsley	0.50 c
16409	Bay leaf	1.00
16409	Peppercorns	4.00
16409	Dried thyme	0.25 ts
16409	Water	4.00 c
16410	Hershey's cocoa	0.25 c
16410	Water; hot, divided	0.67 c
16410	All-purpose flour; plus 2 t	0.75 c
16410	-sp	0.00
16410	Sugar	1.00 c
16410	Baking soda	0.50 ts
16410	Baking powder	0.25 ts
16410	Salt	0.25 ts
16410	Vegetable oil; plus 2 tbsp	0.25 c
16410	Egg	1.00
16410	Vanilla extract	2.00 ts
16410	Easy cocoa frosting (recipe	0.00
16410	-ollows)	0.00
16411	Raw cranberries, rinsed and	1.00 c
16411	With stems removed	0.00
16411	Orange marmalade OR	3.00 tb
16411	Orange juice concentrate	2.00 tb
16411	Brown sugar	3.00 tb
16411	Butter	2.00 tb
16411	Lemon juice	1.00 ts
16412	Sugar	1.50 c
16412	Evaporated milk	12.00 oz
16412	Butter or margarine	0.25 c
16412	Miniature marshmallows	2.00 c
16412	Chocolate chips (2 cups)	12.00 oz
16412	Vanilla	1.00 ts
16412	Chopped nuts (optional)	1.00 c
16413	Sugar	3.00 c
16413	Light corn syrup	0.50 c
16413	-Water	0.67 c
16413	-Salt	0.25 ts
16413	Egg white	1.00
16413	-Vanilla	0.25 ts
16413	Chopped pecans	1.00 c
16414	Sugar	3.00 c
16414	Light corn syrup	0.50 c
16414	HOT water	0.67 c
16414	Large egg whites	2.00
16414	Vanilla	0.50 ts

Sheet1

16415	Confectioners' sugar	1.00 lb
16415	Cocoa	0.50 c
16415	Milk	0.25 c
16415	Butter or margarine	0.25 lb
16415	Vanilla	1.00 ts
16415	Chopped nuts	0.50 c
16416	Sugar	1.50 c
16416	Butter	1.00 tb
16416	Evaporated milk	0.50 c
16416	Large Marshmallows	16.00
16416	Chocolate chips	12.00 oz
16416	Nuts, chopped	1.00 c
16416	Vanilla	1.00 ts
16417	Sugar	1.50 c
16417	Butter	1.00 tb
16417	Evaporated milk	0.50 c
16417	Large Marshmallows	16.00
16417	Chocolate chips	12.00 oz
16417	Nuts, chopped	1.00 c
16417	Vanilla	1.00 ts
16418	Butter or margarine	0.50 c
16418	Dark brown sugar; packed	1.00 c
16418	Eggs; large	2.00
16418	Honey	0.50 c
16418	Flour	2.00 c
16418	Baking soda	1.00 ts
16418	Nutmeg; ground	0.50 ts
16418	Cinnamon; ground	0.50 ts
16418	Cloves; ground	0.50 ts
16418	Ginger; ground	0.50 ts
16418	Water; boiling	0.50 c
16418	Lemon extract	2.00 ts
16418	Lemon rind; grated	1.00 ts
16419	(360mL) grape juice	1.50 c
16419	(10mL) lemon juice	2.00 ts
16419	(15mL) powdered pectin	1.00 tb
16419	(420mL) sugar	1.75 c
16420	Ground cinnamon.	0.25 ts
16421	Bisquick baking mix	1.50 c
16421	Shredded Cheddar or process	1.50 c
16421	American cheese	0.00
16421	Milk	0.75 c
16421	Maple flavored syrup	0.25 c
16421	Sugar	1.00 tb
16421	Eggs	2.00
16421	Slices bacon (about 1/2	12.00
16421	Pound) crisply cooked and	0.00
16421	Crumbled	0.00
16422	Sugar	2.50 c



Sheet1

16422	Margarine	0.25 c
16422	Evaporated milk	0.67 c
16422	Marshmallow creme	7.00 oz
16422	Chocolate chips	6.00 oz
16422	Baking chocolate	0.50 oz
16423	Raw Peanuts	1.00 c
16423	Sugar	1.00 c
16423	White Corn Syrup	0.50 c
16423	Salt	0.12 ts
16423	Butter	1.00 ts
16423	Vanilla	1.00 ts
16423	Baking Soda	1.00 ts
16424	Pecan halves	1.00 c
16424	Sugar	1.00 c
16424	Light corn syrup	0.50 c
16424	Salt	0.12 ts
16424	Butter	1.00 ts
16424	Vanilla	1.00 ts
16424	Baking soda	1.00 ts
16425	Margarine	4.00 ts
16425	Light brown sugar	0.33 c
16425	Pineapple slices; can, drai	16.00 oz
16425	- and reserve juice	0.00
16425	Maraschino cherries, cut in	4.00
16425	-alf	0.00
16425	Flour	1.25 c
16425	Sugar	0.75 c
16425	Baking powder	2.00 ts
16425	Salt	0.50 ts
16425	Egg	1.00
16425	Oil	0.33 c
16425	Pineapple juice; reserved	0.50 c
16425	Vanilla extract	0.50 ts
16425	Almond extract	0.50 ts
16426	Canned or fresh pumpkin	1.00 c
16426	-puree	0.00
16426	Applesauce	0.50 c
16426	Honey	2.00 tb
16426	Grated lemon zest	1.00 ts
16426	Pumpkin pie spice	0.25 ts
16427	Spice cake mix; box	1.00
16427	Pumpkin pie filling; spiced	16.00 oz
16427	- can	0.00
16427	Water	0.50 c
16427	Eggs	3.00
16427	Powdered sugar	1.00 c
16427	Pumpkin pie spice	0.25 ts
16427	Milk	1.00 ts
16428	Bottled apple juice	4.00 c

Sheet1

16428	Powdered pectin	1.00 pk
16428	Sugar	4.00 c
16428	Red hot cinnamon candies	0.25 c
16429	Onions,chopped	2.00 md
16429	Garlic cloves,minced	2.00
16429	Water	2.00 tb
16429	11 oz can condensed Zesty	1.00
16429	-Tomato Soup/Sauce	0.00
16429	Firmly packed brown sugar	0.25 c
16429	Soy sauce	0.25 c
16429	Wine vinegar	1.00 tb
16429	Hot pepper sauce	0.50 ts
16429	To 3 lb. broiler-fryer	2.50
16429	-chicken,cut up	0.00
16430	Butter or margarine	0.25 c
16430	All-purpose flour	3.00 tb
16430	Chives, chopped	2.00 ts
16430	Salt	1.00 ts
16430	Dry mustard	0.50 ts
16430	Pepper	0.12 ts
16430	Milk	1.75 c
16430	Medium potatoes, sliced	4.00
16431	Vegetable oil	1.00 tb
16431	Onion, chopped	1.00 lg
16431	Clove garlic, minced (1 tsp)	1.00
16431	Ground beef, lean	1.00 lb
16431	(28-oz.) can tomatoes,	1.00
16431	Chopped, undrained	0.00
16431	6-oz. can tomato paste	1.00
16431	7-oz. can diced green chilis	1.00
16431	16-oz. cans black beans,	2.00
16431	Drained	0.00
16431	Chili powder	1.00 tb
16431	Ground cumin	0.75 ts
16431	Ground cinnamon	0.50 ts
16431	Unsweetened chocolate (half	0.50 oz
16431	Of a 1-oz. square)	0.00
16432	Crushed strawberries	1.00 c
16432	Lemon juice	2.00 ts
16432	Sugar	0.75 c
16432	Butter	0.25 ts
16433	Lean round steak,cut into	1.00 lb
16433	Strips	0.00
16433	Onion,chopped	1.00 sm
16433	Butter or margarine	2.00 tb
16433	10 1/2 oz. condensed beef	1.00 cn
16433	Broth	0.00
16433	Soup can water	0.50
16433	Frozen broccoli, cauliflower	1.50 c

Sheet1

16433	And carrots,thawed	0.00
16433	Raisins	0.25 c
16433	Lemon juice	1.00 tb
16433	Cinnamon	0.12 ts
16433	Dry rice	1.50 c
16433	Sliced almonds	0.50 c
16434	-----c-----	0.00
16434	Crushed thin mint cookies	1.25 c
16434	Melted butter or margarine	0.25 c
16434	-----f-----	0.00
16434	Butter	1.00 c
16434	Sifted powdered sugar	2.00 c
16434	Melted,unsweetened chocolate	4.00 oz
16434	Eggs	4.00
16434	Peppermint extract	1.00 ts
16435	CAKE -----	0.00 -----
16435	Box yellow cake mix	1.00
16435	Inst. pistachio pudding mix	3.00 oz
16435	Eggs	4.00
16435	Plain yogurt	0.50 c
16435	Oil (corn)	0.50 c
16435	Coconut flavoring	0.50 ts
16435	MIDORI GLAZE -----	0.00 -----
16435	Powdered sugar	2.00 c
16435	Midori	0.50 c
16435	Cream cheese	0.50 c
16435	Butter	2.00 tb
16435	Coconut flavoring	0.50 ts
16435	CAKE -----	0.00 -----
16435	MIDORI GLAZE -----	0.00 -----
16436	Beef chuck,coarse grind	3.00 lb
16436	Beef chuck,fine grind	2.00 lb
16436	Onions	2.00
16436	Garlic cloves	5.00
16436	Red chile,hot,ground	1.00 T
16436	Red chile,mild,ground	5.00 T
16436	Cumin	3.00 T
16436	Salt	3.00 t
16436	Water	3.00 c
16436	Tomato sauce	30.00 oz
16436	Tomatoes,whole	56.00 oz
16436	Pinto beans	32.00 oz
16437	Yellow onions	4.00 md
16437	-peeled & coarsely chopped	0.00
16437	Garlic cloves	3.00
16437	-peeled and crushed	0.00
16437	Olive or other cooking oil	0.25 c
16437	Oregano	1.00 ts
16437	Bay leaves; crumbled	2.00

Sheet1

16437	Ground beef	2.00 lb
16437	Chili powder	0.25 c
16437	Tomatoes (1-lb, 12-oz)	1.00 cn
16437	- (do not drain)	0.00
16437	Red kidney beans(1-lb, 4-oz)	3.00 cn
16437	- (do not drain)	0.00
16437	Salt	2.00 ts
16437	Cider vinegar	3.00 tb
16437	Crushd hot red chile peppers	0.12 ts
16437	- (or more to taste)	0.00
16438	White sugar	2.00 c
16438	-Water	1.00 c
16438	Clover blossoms	2.00 c
16438	Wild roses	5.00
16439	RICE AND CHICK PEA STUFFING -----	0.00 -----
16439	Chopped spring onions	1.50 c
16439	Olive oil	0.25 c
16439	Long grain rice	1.00 c
16439	Canned chickpeas; drained	1.00 c
16439	Finely chopped parsley	0.50 c
16439	Chopped, peeled tomatoes	1.00 c
16439	Ground allspice	0.50 ts
16439	Salt	0.00
16439	Freshly ground black pepper	0.00
16439	TO FINISH -----	0.00 -----
16439	Cabbage leaves	24.00
16439	Garlic cloves	3.00
16439	Salt	1.00 ts
16439	Dried mint	1.00 ts
16439	Lemon juice	0.25 c
16439	Olive oil	0.50 c
16439	RICE AND CHICK PEA STUFFING -----	0.00 -----
16439	TO FINISH -----	0.00 -----
16440	Ripe figs--peeled	12.00
16440	Ricotta cheese	1.00 c
16440	Heavy cream	0.25 c
16440	Orange liqueur	2.00 tb
16440	Confectioner's sugar	2.00 tb
16440	Cocoa	0.00
16441	Stewed Tomatoes, Canned	16.00 oz
16441	Pinto Beans, Canned	30.00 oz
16441	Red Kidney Beans, Canned	15.00 oz
16441	Diced Tomatoes, Canned	10.00 oz
16441	Diced Green Chilis, Canned	10.00 oz
16441	Tomatoe Sauce, Canned	29.00 oz
16441	"Chuck Wagon Corn" *	16.00 oz
16441	Sliced Black Olives	2.25 oz
16441	Chili Powder	2.00 ts
16441	Ground Cumin	3.00 ts

Sheet1

16441	Black Pepper	1.00 ts
16441	Garlic Powder	0.50 ts
16441	Large Purple Onion, Sliced	1.00
16441	Ground Beef	3.00 lb
16441	Garlic Powder	0.25 ts
16441	Ground Cumin	1.00 tb
16441	Dried Onion Flakes	1.00 tb
16442	Cocoa, Baking	0.50 c
16442	Hot Water	0.50 c
16442	Baking Soda	2.00 ts
16442	Vegetable Shortening	0.50 c
16442	Sugar	2.00 c
16442	Eggs	2.00 lg
16442	Vanilla Extract	2.00 ts
16442	Flour, Unbleached, Sifted	2.50 c
16442	Buttermilk	1.00 c
16442	COCOA FROSTING -----	0.00 -----
16442	Butter Or Regular Margarine	0.50 c
16442	Baking Chocolate	1.00 oz
16442	Confectioners' Sugar, Sifted	1.00 lb
16442	Egg White	1.00 lg
16442	Vanilla Extract	1.00 ts
16442	Lemon Juice	1.00 ts
16442	Milk	3.00 tb
16442	COCOA FROSTING -----	0.00 -----
16443	Whipping cream	0.50 c
16443	Milk chocolate (imported)	24.00 oz
16443	- finely chopped	0.00
16443	Unsalted butter	2.00 tb
16443	Grated orange peel	1.50 ts
16443	Unsweetened cocoa powder	0.00
16443	Solid vegetable shortening	2.00 ts
16444	Popped popcorn	12.00 c
16444	(12oz can) salted peanuts	2.50 c
16444	Corn syrup	1.00 c
16444	Butter or margarine	0.25 c
16444	11 1/2 oz bag Milk chocolate	2.00 c
16444	Chips	0.00
16445	Sugar	3.00 c
16445	Salt	0.50 ts
16445	Water	0.75 c
16445	Milk Chocolate Morsels	12.00 oz
16445	Corn syrup - light	0.25 c
16445	Pecans - coarsely chopped	1.00 c
16445	Vinegar	1.00 ts
16446	Milky Way candy bars(2.1 oz)	4.00
16446	Butter	0.50 lb
16446	Sugar	2.00 c
16446	Eggs	4.00

Sheet1

16446	Buttermilk	1.00 c
16446	Flour, sifted	2.50 c
16446	Baking soda	0.25 ts
16446	Vanilla extract	2.00 ts
16446	Pecans, coarsely chopped	1.00 c
16447	Milky Way Bars	6.00
16447	Butter, sweet	1.00 c
16447	Sugar	2.00 c
16447	Egg	4.00
16447	Flour	2.50 c
16447	Baking Soda	0.50 ts
16447	Buttermilk	1.25 c
16447	Vanilla	1.00 ts
16447	Nuts, chopped	1.00 c
16448	Milky Way candy bars(2.1 oz)	4.00
16448	Butter	0.50 lb
16448	Sugar	2.00 c
16448	Eggs	4.00
16448	Buttermilk	1.00 c
16448	Flour, sifted	2.50 c
16448	Baking soda	0.25 ts
16448	Vanilla extract	2.00 ts
16448	Pecans, coarsely chopped	1.00 c
16449	Regular-size (or 13	6.00
16449	-individual-size) Milky Way	0.00
16449	-candy bars	0.00
16449	Sticks (1 cup) butter or	2.00
16449	-margarine	0.00
16449	Sugar	2.00 c
16449	Eggs	4.00
16449	All-purpose flour	2.50 c
16449	Baking soda	0.50 ts
16449	Buttermilk	1.25 c
16449	Vanilla	1.00 ts
16449	Chopped nuts	1.00 c
16450	FORMATTED BY S.GRABOWSKI -----	0.00 -----
16450	Millet	4.00 c
16450	Water	6.00 c
16450	Salt	1.50 ts
16450	Diced turnips	4.00 c
16450	FORMATTED BY S.GRABOWSKI -----	0.00 -----
16451	Millet	3.00 c
16451	Water	6.00 c
16451	Oil	2.00 tb
16451	Onions, diced	3.00 ea
16451	Green bell peppers, diced	2.00 ea
16451	Celery stalks, diced	2.00 ea
16451	Garlic cloves, chopped	4.00 ea
16451	Garlic powder	1.00 ts

Sheet1

16451	Oregano	0.50 ts
16451	Basil	0.50 ts
16451	Salt	0.50 ts
16451	Tahini	2.00 tb
16451	Wheat germ	0.25 c
16451	Tomato sauce	2.00 c
16451	Nutritional yeast	3.00 tb
16452	Eagle brand milk	1.00 c
16452	9oz crushed pineappl,drained	1.00 c
16452	Chopped pecans	0.50 c
16452	Lemon juice	3.00 tb
16452	Large carton kool whip	1.00 pk
16453	Butter	0.50 c
16453	Pkg caramels	14.00 oz
16453	Pecans	2.00 c
16453	(1 oz) Hershey bars	8.00
16453	Bar paraffin	0.25
16454	Flowers	1.00 c
16454	Gum arabic	1.00 oz
16454	Water	1.00 c
16454	Corn syrup	1.00 tb
16454	Sugar	1.00 c
16455	Shortening	1.00 c
16455	Sugar	2.00 c
16455	Eggs, well beaten	3.00
16455	To 4 1/2 cups cake flour	4.00
16455	Baking powder	4.00 ts
16455	Salt	0.50 ts
16455	Milk	2.00 tb
16455	Filling:	0.00
16455	Mince-Meat	0.50 c
16455	Sugar	0.50 c
16455	Water	0.33 c
16456	Egg, well beaten	1.00
16456	Sugar	0.50 c
16456	Flour	1.00 c
16456	Baking powder	1.50 ts
16456	Salt	0.12 ts
16456	Brown sugar	0.50 c
16456	Vanilla	1.00 ts
16456	Shortening	2.00 tb
16456	Mince-meat	1.50 c
16456	Butter or butter substitute	2.00 tb
16456	Milk	0.33 c
16457	Fresh pork, shoulder or	1.00
16457	Ham (4 to 6 lbs)	0.00
16457	1/2 tsp. garlic	0.25 ts
16457	Onion (sliced)	1.00
16457	White vinegar	0.50 ts

Sheet1

16457	Salt (or less)	0.25 c
16457	Black pepper	1.00 ts
16457	Red pepper (crushed or	1.00 ts
16457	Cayenne)	0.00
16457	Hot sauce	1.00 tb
16457	Salt	0.50 ts
16457	Sugar	1.00 ts
16458	Oleo - softened	0.50 c
16458	Shortening	0.25 c
16458	Brown sugar - packed	1.00 c
16458	Flour	1.50 c
16458	Salt	1.00 t
16458	Baking soda	0.50 t
16458	Quick oats	1.00 c
16458	Prepared mincemeat	28.00 oz
16458	Walnuts	0.50 c
16459	Pumpkin; Mashed, Canned	1.00 c
16459	Cinnamon; Ground	0.75 t
16459	Salt	0.50 t
16459	Heavy Cream	0.50 c
16459	Unbaked 9-inch Pie Shell	1.00 ea
16459	Brown Sugar; Firmly Packed	0.50 c
16459	Nutmeg; Ground	0.75 t
16459	Eggs; Lg	3.00 ea
16459	Mincemeat; Prepared	1.00 c
16460	Saltine crackers	2.00
16460	Cubed raw beef	1.00 c
16460	1" pieces onion	2.00
16460	Sprigs parsley	2.00
16460	Egg	1.00
16460	Ketchup	1.00 tb
16460	Dashes pepper	2.00
16460	Ketchup	2.00 tb
16461	Ground beef	1.00 lb
16461	Sausage	1.00 lb
16461	Velveeta cheese	1.00 lb
16461	Oregano	1.00 ds
16461	Catsup	2.00 tb
16461	Worchestershire sauce	4.00 dr
16462	Smoked Sausage	0.50 lb
16462	Loaf Party Rye Bread	1.00
16462	Butter	4.00 tb
16462	Thousand Island Dressing	1.00 c
16462	Sauerkraut	16.00 oz
16462	Slices Of Swiss Cheese	10.00
16463	Confectioners sugar	1.00 lb
16463	Sweetened condensed milk	0.67 c
16463	Vanilla	0.50 ts
16463	Almond extract	0.50 ts



Sheet1

16463	Semisweet chocolate pieces	12.00 oz
16463	Butterscotch flavored pieces	12.00 oz
16463	Chopped Spanish peanuts	1.00 lb
16464	Wafers	10.00
16464	Cream cheese	8.00 oz
16464	Granulated sugar	0.33 c
16464	Egg	1.00
16464	Fresh lemon juice	2.00 ts
16464	Grated lemon rind	1.00 ts
16464	Vanilla	0.50 ts
16465	Graham cracker crumbs	1.25 c
16465	Unsalted butter, melted	5.00 tb
16465	Plus 2 T sour cream	0.50 c
16465	Powdered sugar	2.50 tb
16465	Whipping cream	2.00 tb
16465	Plus 2 T creamy peanut	0.50 c
16465	-butter..do not use old-	0.00
16465	Fashioned style or freshly	0.00
16465	-ground!	0.00
16465	Whipping cream (in addition	0.50 c
16465	-to above)	0.00
16465	Simisweet chocolate, chopped	4.00 oz
16466	FOR 1 -----	0.00 -----
16466	Yeast	1.00 pk
16466	Bread flour	3.00 c
16466	Plain yogurt; room temp.	1.00 c
16466	Fresh mint; chopped	3.00 tb
16466	Grated yellow rind of 1	0.00
16466	-fresh lemon	0.00
16466	Honey	2.00 ts
16466	Melted butter	1.00 ts
16466	Plus 1 Tbsp. warm water	0.25 c
16466	FOR 1 -----	0.00 -----
16467	Milk	1.00 c
16467	Mint Leaves, washed and	10.00 lg
16467	-patted dry	0.00
16467	Egg Yolks	6.00
16467	Superfine Sugar	0.75 c
16467	Superfine Sugar	2.00 tb
16467	Bittersweet Chocolate,	8.00 oz
16467	-divided	0.00
16467	Unsalted Butter, room	1.00 c
16467	-temperature	0.00
16467	Unsweetened Cocoa	1.75 c
16467	Whipping Cream	0.75 c
16467	Mint Extract	0.50 ts
16467	For the Creme Anglaise:	0.00
16467	Egg Yolks	4.00
16467	Sugar	4.00 tb

Sheet1

16467	Milk	1.50 c
16467	Creme de Cacao	2.00 tb
16467	Vanilla	0.25 ts
16468	Ripe tomatoes	1.00 lb
16468	Sugar	2.00 c
16468	Onions	12.00 sm
16468	Seeded raisins	1.33 c
16468	Dry mustard	2.00 ts
16468	Tart apples	1.00 lb
16468	Sweet peppers	3.00 lg
16468	Chopped mint leaves	0.50 c
16468	Vinegar	3.00 c
16468	Salt	1.00 ts
16469	Vinegar	0.50 c
16469	Green coloring	0.00
16469	Water	1.00 c
16469	Sugar	3.50 c
16469	Mint leaves	0.50 c
16469	Commercial pectin (boxed)	0.50 c
16470	Sugar granulated	1.00 lb
16470	Soda water	6.00 c
16470	Pure lime juice concentrate	1.25 oz
16470	Lemonade concentrate	8.50 oz
16470	Creme de Menthe topping	0.75 c
16471	Sprigs fresh mint	6.00
16471	Water	1.00 c
16471	Sugar	3.00 c
16472	Mint chocolate chips	10.00 oz
16472	Whipping cream	0.33 c
16472	Butter	0.25 c
16472	Chocolate sprinkles	3.50 oz
16473	Apples, cored, peeled	4.00
16473	Water	0.50 c
16473	Dry mint (3 tb chopped fresh)	1.00 tb
16473	Ascorbic acid color keeper	1.00 ts
16474	Granulated sugar	0.33 c
16474	Sprigs mint	2.00
16474	Water	0.25 c
16474	Fresh, frozen, or	2.00 tb
16474	Diced cantaloupe	1.00 c
16475	Butter	2.00 tb
16475	Med. Onion, diced	1.00
16475	10 oz Cans Chicken Broth	3.00
16475	Water	1.00 c
16475	Peas, fresh or frozen	6.00 c
16475	Curry Powder	1.50 ts
16475	Spearmint Leaves, loosely	0.25 c
16475	-packed	0.00
16475	Black Pepper, freshly	0.00

## Sheet1

16475	-ground, to taste	0.00
16475	Milk	1.50 c
16475	Plain Yogurt, for garnish	0.00
16475	Mint Leaves, for garnish	0.00
16476	Butter, unsalted	4.00 tb
16476	Spinach, fresh, chopped	10.00 oz
16476	Green Peas, frozen	1.00 pk
16476	Whipping Cream	1.00 c
16476	Black Pepper, freshly ground	0.00
16476	Onions, finely chopped	2.00 c
16476	Chicken Stock	3.00 c
16476	Mint Leaves, fresh	2.00 c
16476	Salt	0.00
16477	Sweetened condensed milk	14.00 oz
16477	Mint-chocolate chips;nestles	1.50 c
16477	Marshmallows; miniature	2.00 c
16477	Nuts; coarsley chopped	1.00 c
16478	Sugar; divided	6.00 tb
16478	Cornstarch; and	2.00 tb
16478	Cornstarch	2.00 ts
16478	Mint-chocolate chips; *	1.00 c
16478	Milk	1.50 c
16478	Cream; heavy	1.00 c
16478	Graham cracker crust; 9" **	1.00
16479	Fat or salad oil	2.00 tb
16479	Thinly sliced small onions	4.00
16479	Minced green pepper	1.00 tb
16479	Undiluted condensed cream of	1.00 cn
16479	-mushroom soup (10 3/4 oz	0.00
16479	-can)	0.00
16479	Milk	0.50 c
16479	Leftover chicken or turkey	1.00 c
16479	Cooked vegetables	0.50 c
16480	Peanut butter	1.00 c
16480	Sugar	1.00 c
16480	Egg; beaten	1.00
16480	Vanilla extract	1.00 ts
16481	Flour	2.00 c
16481	Cocoa	3.00 tb
16481	Sugar	1.00 c
16481	Salt	0.50 ts
16482	Arrowroot powder	1.00 tb
16482	-OR- cornstarch	0.00
16482	Water	0.50 c
16482	Barley miso	0.25 c
16482	Mirin	0.50 c
16482	Plum sauce	0.25 c
16482	Brown sugar	1.00 tb
16482	Atsu age cakes	4.00

Sheet1

16482	Japanese eggplants	12.00 sm
16482	Whole shiitake mushrooms	8.00
16482	--(fresh, not dried)	0.00
16482	Whole green onions	1.00 bn
16483	Safflower oil	2.00 tb
16483	Scallions, finely chopped	8.00 ea
16483	Garlic cloves, minced	2.00 ea
16483	Yellow miso	0.25 c
16483	Vegetable stock, warmed	1.00 c
16483	Chopped fresh parsley	4.00 tb
16484	5 pound stewing hen, cut up	1.00
16484	Water	5.00 c
16484	Onion	1.00 sm
16484	Salt	0.50 ts
16484	Recipe pastry	1.00
16484	Potatoes, cooked and cubed	2.00 md
16484	Ribs celery	2.00
16484	Carrots	2.00
16485	Melted margarine	2.00 ea
16485	Eggs	4.00 ea
16485	Sugar	2.00 c
16485	Pecans	1.50 c
16485	Flour	1.50 c
16485	Vanilla	1.00 ts
16485	Cocoa	2.00 tb
16485	Marshmallow creme	1.00 ea
16485	Sugar, confectioners	1.00 ea
16485	Milk, evaporated	0.50 c
16485	Cocoa	0.33 c
16485	Vanilla	1.00 ts
16486	Bacon, chopped	2.00 sl
16486	Uncooked long grain white	1.00 c
16486	-rice	0.00
16486	Green or red bell pepper,	1.00 sm
16486	-chopped	0.00
16486	Onion, chopped	1.00 sm
16486	Chopped mushrooms (about 6	1.00 c
16486	-to 8 medium)	0.00
16486	Peeled carrot, finely	1.00
16486	-chopped	0.00
16486	Chicken stock or low-salt	1.50 c
16486	-bouillon	0.00
16486	Dry white wine	0.50 c
16486	Salt	0.50 ts
16486	Pepper	0.12 ts
16486	Chopped fresh sage	2.00 ts
16486	Chicken thighs, skinned	6.00
16487	Stoneground white cornmeal	2.00 c
16487	Baking soda	1.00 t

Sheet1

16487	Salt	1.00 t
16487	Large eggs	2.00 ea
16487	Buttermilk	2.00 c
16487	Bacon drippings or Crisco	0.33 c
16488	Butter, Softened	0.50 c
16488	Sugar	1.00 c
16488	Eggs	3.00 x
16488	All-Purpose Flour	0.75 c
16488	Baking Powder	0.50 ts
16488	Dash Salt	1.00
16488	+1/2 T Cocoa	0.25 c
16488	Vanilla Extract	1.00 ts
16488	Pecans, Chopped	1.00 c
16488	Marshmallows	10.00 oz
16488	Chocolate Frosting	1.00
16488	Butter	0.25 c
16488	+2 T Cocoa	0.25 c
16488	+3 T Warm Milk	0.25 c
16488	Vanilla Extract	1.00 ts
16488	Powdered Sugar, Sifted	16.00 oz
16489	Sticks butter or margarine	2.00
16489	Sugar	2.00 c
16489	Eggs	4.00
16489	Cocoa	0.50 c
16489	Vanilla extract	1.00 ts
16489	Flour	1.50 c
16489	Chopped pecans,optional	1.00 c
16489	Jar marshmallow creme	0.00
16490		1.00
16490		0.00
16490		2.00
16490		0.00
16491	French style green beans,	16.00 oz
16491	-drained	0.00
16491	Lima or northern beans,	16.00 oz
16491	-drained	0.00
16491	Kidney beans, drained	16.00 oz
16491	Pork and beans	16.00 oz
16491	Onion, chopped	1.00 md
16491	Green pepper, diced	1.00
16491	Spam and cubed	12.00 oz
16491	Worcestershire sauce	1.00 tb
16491	Brown sugar	0.50 c
16491	Vinegar	4.00 tb
16491	Ketchup	1.00 c
16491	Dried mustard	1.00 tb
16491	Mollasses	1.00 tb
16492	Mixed	2.00 c
16492	-blueberries,raspberries and	0.00

## Sheet1

16492	-strawberries	0.00
16492	Add: 2 tsp sugar	0.00
16492	Fresh lemon juice	1.00 tb
16493	Mixed greens; such as	12.00 c
16493	- Mustard, Arugula,	0.00
16493	- Watercress, Dandelion,	0.00
16493	- Kale, Spinach, Chard,	0.00
16493	- Escarole or others	0.00
16493	Garlic cloves	4.00 lg
16493	Salt	0.00
16493	Handfuls Italian parsley	2.00 lg
16493	-(leaves), chopped finely	0.00
16493	Handfuls cilantro leaves,	1.00
16493	- (or more), chopped finely	0.00
16493	Fruity olive oil	3.00 tb
16493	Paprika	2.00 ts
16493	Ground cumin	2.00 ts
16493	Lemon; cut in wedges	1.00
16494	Cinnamon stick (3"), broken	1.00
16494	-in small pieces	0.00
16494	Allspice berries	2.50 ts
16494	Whole cloves	1.00 tb
16494	Freshly grated nutmeg	2.00 ts
16494	Ground ginger	1.00 tb
16495	Red chillis	10.00
16495	Terasi	1.00 sl
16495	Shallots	10.00
16495	Cloves garlic	5.00
16495	Kemiri (candlenuts)	3.00
16495	Vegetable oil	3.00 tb
16495	Salt	0.00
16495	Brown sugar	1.00 ts
16495	Thick santen (coconut milk)	1.00 c
16496	Sugar	4.50 c
16496	Butter	1.00 c
16496	White vinegar	0.25 c
16496	Boiling water	4.00 tb
16496	Glace' nuts and cherries for	0.00
16496	-decoration	0.00
16497	Broccoli (stalk)	1.00 x
16497	Cornstarch	1.00 ts
16497	Soy sauce	2.00 tb
16497	Wine, Shaoxing or dry sherry	2.00 tb
16497	Oil	3.00 tb
16497	Almonds, whole, blanched	0.25 c
16497	Ginger, minced	1.00 ts
16497	Onions, green, trimmed and	4.00 x
16497	Cut into 2-inch lengths	1.00 x
16497	Pepper, red or green, seeded	1.00 ea

## Sheet1

16497	And cut into 1-inch squares	1.00 ea
16497	Celery, stalk, sliced diagon	1.00 x
16497	Corn, ears, Chinese canned	12.00 x
16497	Baby, drained (optional)	1.00 x
16497	Mushrooms, fresh, sliced OR	0.50 c
16497	Dried black mushroom caps	3.00 x
16498	Lentils	2.00 c
16498	Uncooked rice	0.75 c
16498	Onions; chopped	2.00 md
16498	Olive oil	0.50 c
16498	Salt	1.00 tb
16498	Cumin	0.25 ts
16498	Allspice or bhar	0.50 ts
16499	Lentils, washed	1.50 c
16499	Water	4.00 c
16499	Olive oil	3.00 tb
16499	Onions, coarsely chopped	2.00 lg
16499	Salt	0.50 ts
16499	Brown rice	0.75 c
16500	Instant coffee powder	0.25 c
16500	Water	2.00 ts
16500	(1 stick) unsalted butter at	8.00 tb
16500	-room temperature	0.00
16500	Confectioners sugar	0.25 c
16500	Plus 2 Tablespoons heavy	0.75 c
16500	-(whipping) cream, chilled	0.00
16501	Shortening	0.50 c
16501	Brown sugar	1.00 c
16501	Flour	1.75 c
16501	Baking soda	0.50 ts
16501	Allspice	0.50 ts
16501	Salt	0.25 ts
16501	Currents	1.00 c
16501	Eggs, well beaten	2.00
16501	Coffee	1.00 tb
16501	Boiling water	0.50 c
16501	Cinnamon	1.00 ts
16501	Cloves	0.50 ts
16501	Raisins	1.00 c
16501	Finely sliced citron	0.50 c
16502	Dark chocolate, broken into	1.00 lb
16502	Pieces	0.00
16502	Can sweetened condensed milk	1.00 lb
16502	Butter	2.50 oz
16502	Instant coffee	1.00 tb
16502	Boiling water	1.00 ts
16503	Powdered sugar	1.50 c
16503	Coffee	1.00 tb
16503	Salt	0.12 ts

Sheet1

16503	Egg yolk, well beaten	1.00
16503	Cocoa	4.00 ts
16503	Butter	0.25 c
16503	Vanilla	1.00 ts
16504	Honey, or other sweetener	0.50 c
16504	Warm water	0.50 c
16504	Canola oil	0.25 c
16504	Tahini	2.00 tb
16504	Coffee substitute	1.00 tb
16504	Firm tofu, cut into chunks	1.00 lb
16504	Vanilla	2.00 ts
16504	Chocolate glaze, see recipe	0.25 c
16504	Graham cracker crumbs	0.50 c
16505	Chocolate,	6.00 oz
16505	-semi-sweet	0.00
16505	Coffee liqueur	0.25 c
16505	Instant coffee,dry	1.00 tb
16505	Brown sugar	0.50 c
16505	-packed	0.00
16505	Corn syrup	1.00 c
16505	Eggs, beaten	3.00
16505	Butter, melted	0.25 c
16505	Vanilla	2.00 ts
16505	Salt	0.25 ts
16505	Pecans	1.00 c
16505	-coarsly chopped	0.00
16505	9"pie-shell	1.00
16505	-unbaked	0.00
16505	Pecan halves	1.00 c
16506	Unflavored gelatin	1.00 ea
16506	Cold skim milk	0.50 c
16506	Skim milk heated to boiling	0.50 c
16506	Unsweetened cocoa powder	2.00 tb
16506	Instant coffee	2.00 ts
16506	Part skim riccotta cheese	15.00 oz
16506	Sugar	0.50 c
16506	Cinnamon	0.50 ts
16506	Vanilla	1.00 ts
16506	Salt	0.25 ts
16506	Graham cracker crust(9oz)	1.00 ea
16507	Milk chocolate chips	11.50 oz
16507	Whipping cream	0.50 c
16507	Instant coffee granules	2.00 ts
16507	Coffee-flavored liqueur	2.00 ts
16507	Vanilla wafer crumbs	0.67 c
16508	All-purpose flour	0.50 ea
16508	Unsweetened cocoa powder	3.00 pt
16508	Instant espresso powder	1.00 pt
16508	Baking powder	0.50 pt



Sheet1

16508	Salt	0.25 pt
16508	Red.-cal. margarine (tub)	0.33 ea
16508	Melted	1.00 ea
16508	Margarine, melted	2.00 pt
16508	Margarine, melted	2.00 pt
16508	Granulated sugar	3.00 pt
16508	Dk brwn sugar; firmly packed	3.00 pt
16508	Lg. eggs (room temperatur	2.00 ea
16508	Vanilla extract	2.00 pt
16508	Almond extract	1.00 pt
16508	Currants	1.00 ea
16509	All-purpose flour	0.50 ea
16509	Unsweetened cocoa powder	3.00 pt
16509	Instant espresso powder	1.00 pt
16509	Baking powder	0.50 pt
16509	Salt	0.25 pt
16509	Red.-cal. margarine (tub)	0.33 ea
16509	Melted	1.00 ea
16509	Margarine, melted	2.00 pt
16509	Margarine, melted	2.00 pt
16509	Granulated sugar	3.00 pt
16509	Dk brwn sugar; firmly packed	3.00 pt
16509	Lg. eggs (room temperatur	2.00 ea
16509	Vanilla extract	2.00 pt
16509	Almond extract	1.00 pt
16509	Currants	1.00 ea
16510	Sugar	1.00 c
16510	Flour	1.00 c
16510	Baking powder	3.00 ts
16510	Salt	0.50 ts
16510	Vanilla	1.00 ts
16510	Milk; scalded	1.00 c
16510	Egg whites	2.00 ea
16511	Diced cooked pork or veal	2.00 c
16511	Diced celery	1.00 c
16511	Ripe olives, chopped	4.00
16511	Pimento	1.00
16511	Boiled salad dressing	1.00 c
16511	Salt and pepper	0.00
16512	Dried Lentils;	1.00 c
16512	- cooked until soft, drain.	0.00
16512	Green beans	1.00 lb
16512	- boiled or steamed until	0.00
16512	- cooked, but not mushy	0.00
16512	Peanuts (or more)	0.25 c
16512	Chopped walnuts	0.50 c
16512	Diced onions; sauteed in oil	2.00 c
16512	- until very soft	0.00
16512	- and turning brown	0.00

## Sheet1

16512	Garlic cloves (or more)	2.00
16512	- (saute with the onions)	0.00
16512	Unsweetened peanut butter	0.25 c
16512	- (like Laura Scudders)	0.00
16512	- optional	0.00
16512	Salt & pepper to taste	0.00
16512	Spike seasoning	0.00
16512	- (if you have it)	0.00
16513	Yellow cornmeal	1.00 c
16513	All purpose flour	1.00 c
16513	Sugar	1.00 tb
16513	Plus 1 ts baking powder	1.00 tb
16513	Salt	0.50 ts
16513	Milk	1.50 c
16513	Shortening, melted	0.25 c
16513	Egg, beaten	1.00
16513	Slice bacon, cooked/crumbled	10.00
16513	Creole Celery Sauce	0.00
16514	Whipping cream	1.00 c
16514	Powdered sugar	3.00 tb
16514	Sour cream	1.50 c
16515	Potato; cooked, peeled	1.00 lg
16515	-and sliced 1/4 inch thick	0.00
16515	Flour	2.00 tb
16515	Peanut oil; for frying	0.00
16515	Onion; sliced	1.00 sm
16515	Snow peas	0.50 lb
16515	Wood ears; soaked to soften,	10.00
16515	- tough ends removed,	0.00
16515	- cut in slivers	0.00
16515	Salt	0.50 ts
16515	Sugar	0.50 ts
16515	Water	0.33 c
16516	Buttermilk	0.25 c
16516	Salt	0.50 ts
16516	Fresh Ground Pepper	0.50 ts
16516	Ground Nutmeg	0.25 ts
16516	Chicken, Skinned, Cut Up	3.50 lb
16516	Fine Bread Crumbs	1.00 c
16517	Hellmanns real mayonnaise	1.00 c
16517	Egg whites	2.00
16517	Lemon juice	2.00 tb
16517	Dry mustard	0.50 ts
16517	Salt(optional)	0.25 ts
16518	Plus 2 tbsp clour	0.50 c
16518	Cocoa powder (preferably	2.50 tb
16518	-Dutch process)	0.00
16518	Baking soda	0.75 ts
16518	Salt	0.25 ts

Sheet1

16518	Sugar	0.50 c
16518	Water	0.50 c
16518	Vegetable oil	3.00 tb
16518	Distilled white vinegar	1.50 ts
16518	Vanilla extract	1.00 ts
16518	FILLING	0.00
16518	Heavy whipping cream	1.00 c
16518	Finely chopped white	6.00 oz
16518	-chocolate	0.00
16518	GLAZE	0.00
16518	Finely chopped bittersweet	3.00 oz
16518	-chocolate	0.00
16518	Boiling water	3.00 tb
16518	ICING	0.00
16518	Egg white, at room	1.00 tb
16518	-temperature	0.00
16518	Of cream of tartar	1.00 pn
16518	Plus 2 to 3 tbsp	0.50 c
16518	-confectioner's sugar	0.00
16519	Green tomatoes	5.00 c
16519	Sugar	4.00 c
16519	Raspberry jello (2 pkgs)	6.00 oz
16520	Mashed figs	6.00 c
16520	Sugar	6.00 c
16520	Water	1.00 c
16520	Strawberry or raspberry	9.00 oz
16520	-Jello	0.00
16521	Rolled oats	2.00 c
16521	Hot water	2.00 c
16521	Green onions, minced fine	2.00
16521	Eggs	4.00
16521	Cooking oil	2.00 tb
16521	Ground nut meats	2.00 c
16521	(walnut preferred)	0.00
16521	Ground sunflower seeds	1.00 c
16521	Peanut butter	2.00 tb
16521	Poultry seasoning	1.00 ts
16521	Sea kelp	2.00 ts
16522	Fresh tofu	1.00 lb
16522	Natural syrup	3.00 tb
16522	Vanilla extract or flavoring	0.50 ts
16522	-of choice	0.00
16522	Almond buter or sesame	3.00 tb
16522	-tahini	0.00
16522	Soy milk (add as needed)	0.00
16523	White Flour	2.00 c
16523	Wheat Germ	0.50 c
16523	Sugar	1.00 tb
16523	Masa Harina	2.00 c

Sheet1

16523	Quick-cooking Oats	0.50 c
16523	Salt	1.00 tb
16523	Sesame Seeds (optional)	0.00
16523	Seasoned Salt (optional)	0.00
16523	Caraway Seeds (optional)	0.00
16523	Onion Flakes (optional)	0.00
16523	Water	1.75 c
16524	Inch cinnamon sticks,	2.00
16524	-crushed	0.00
16524	Whole cloves	1.00 tb
16524	Black peppercorns	1.00 tb
16524	Grated nutmeg	1.00 ts
16524	Seeds from 2 oz Green	0.00
16524	- Cardomom Pods	0.00
16525	Envelope onion recipe soup	1.00
16525	-mix	0.00
16525	Fine dry bread crumbs	0.75 c
16525	Broiler - fryer	3.50 lb
16525	-chicken,cut in parts	0.00
16525	Real Mayonnaise	0.50 c
16526	Cut Up Chicken	1.00
16526	Favorite Barbecue Sauce	0.00
16526	Bed Of Medium Hot Coals	0.00
16527	Unbleached Flour	5.00 lb
16527	(1 Can) Veg. Shortening	3.00 lb
16527	Unbleached Flour	0.25 c
16527	Salt	2.00 tb
16527	Cold Water	3.00 c
16528	Cake flour	2.00 c
16528	Baking powder	1.00 ts
16528	Baking soda	1.00 ts
16528	Salt	0.50 ts
16528	Plus 2 tablespoons light	1.00 c
16528	Brown sugar, packed	0.00
16528	Thawed, frozen egg	0.25 c
16528	Substitute	0.00
16528	Nonfat palin yogurt	1.00 c
16528	Applesauce	0.50 c
16528	Vanilla	1.00 ts
16528	Coarsely chopped rhubarb	3.00 c
16529	Corn syrurp	1.00 c
16529	Apple	10.00 ea
16529	Sugar	1.00 c
16529	Wood lollypop sticks	10.00 ea
16530	Whole wheat flour; -OR-	1.88 c
16530	Unbleached white	2.00 c
16530	Brown sugar, firmly packed	2.00 tb
16530	Baking soda	0.50 ts
16530	Baking powder	1.00 tb

Sheet1

16530	Ginger	0.50 ts
16530	Butter; cut into bits	4.00 tb
16530	Egg; beaten	1.00 lg
16530	Molasses	2.00 tb
16530	Lowfat yogurt	0.50 c
16530	Raisins	0.25 c
16531	Of molasses, 1 cup of sugar,	2.00 c
16531	Sugar	1.00 c
16531	Vinegar	1.00 tb
16531	Butter, size of a walnut	0.00
16532	Molasses	2.00 c
16532	Brown Sugar	1.00 c
16532	Butter	2.00 tb
16532	Water	0.33 c
16532	Vinegar	1.00 tb
16532	Baking Soda	0.00 pn
16533	LIQUID -----	0.00 -----
16533	Molasses	0.50 c
16533	Egg yolk, well beaten	1.00
16533	Soda	0.50 tb
16533	DISSOLVED IN -----	0.00 -----
16533	Water, boiling	0.75 c
16533	CRUMBS -----	0.00 -----
16533	Flour	0.75 c
16533	Brown sugar	0.50 c
16533	Shortening	2.00 tb
16533	Nutmeg	0.12 ts
16533	Ginger	0.12 ts
16533	Cloves	0.12 ts
16533	Cinnamon	0.50 ts
16533	Salt	0.25 ts
16533	LIQUID -----	0.00 -----
16533	DISSOLVED IN -----	0.00 -----
16533	CRUMBS -----	0.00 -----
16534	Sugar	0.50 c
16534	Butter or butter substitute	0.33 c
16534	Molasses	0.33 c
16534	Water	0.33 c
16534	Few grains salt	0.00
16535	Butter	4.00 tb
16535	Molasses. (clipping has 2-3,	0.67 c
16535	-but I think it's 2/3)	0.00
16535	Sugar (clipping says 1 1-3	1.33 c
16535	-c. sugar..)	0.00
16535	Water	1.00 c
16536	Molasses	2.00 c
16536	Butter	3.00 tb
16536	Sugar	1.00 c
16536	Soda	0.25 ts

Sheet1

16537	Whole wheat flour	1.00 c	
16537	Buttermilk	0.33 c	
16537	All-purpose flour	2.00 tb	
16537	Dark molasses	0.25 c	
16537	Packed brown sugar	2.00 tb	
16537	Vegetable oil	0.25 c	
16537	Fennel or anise seed	1.00 ts	
16537	Beaten	1.00 ea	
16537	Baking powder	1.00 ts	
16537	Raisins	0.25 c	
16537	Baking soda	0.50 ts	
16538	Unflavored gelatin	1.00 pk	
16538	Sugar	2.00 tb	
16538	-Salt	0.25 ts	
16538	11 oz. Mandarin oranges	1.00 cn	
16538	Lemon juice	2.00 tb	
16538	Whole cranberry sauce; 16 oz	1.00 cn	
16538	Finely diced celery	0.50 c	
16538	Chopped walnuts or pecans	0.25 c	
16539	tb	4.00	3
16539		2.00	
16539		3.00	
16539	Shortening (lard if you're	0.25	
16539	-being traditional)	0.00	1
16539	;Water, warm, to cover	0.00	10
16539	*CHICKEN*	0.00	1
16539	Chicken, 4 lb	1.00	1
16539	Shortening (or lard)	4.00	
16539	Carrot; sliced	1.00	
16539	Onion; sliced	1.00	1
16539	Garlic clove; peeled	1.00	2
16539	Salt	1.00	tb
16539	Peppercorns	3.00	
16539	;Water to cover	0.00	
16539	;Water	0.50	c
16539	Shortening (or lard)	0.25	c
16539	Tomatillos; drained	0.25	c
16539	Cloves	2.00	
16539	Peppercorns	5.00	
16539	In Cinnamon stick	0.50	
16539	Cilantro seeds and	0.12	ts
16539	Aniseed, toasted together	0.12	ts
16539	Reserved chili seeds,	0.50	tb
16539	-toasted separately	0.00	
16539	Sesame seeds, toasted	3.00	tb
16539	Garlic cloves, toasted	2.00	
16539	Shortening	3.00	tb
16539	Raisins	1.00	tb
16539	Almonds, unblanched	10.00	

Sheet1

16539	Pumpkin seeds	1.00 oz
16539	Corn tortilla, stale	1.00
16539	Croutons stale French bread	3.00
16539	Mexican chocolate	1.00 oz
16539	Chicken stock	2.00 c
16540	Chichen breast boneless	1.00 pk
16540	Alfredo Sauce	1.00 ea
16540	Mushrooms	1.00 pk
16540	Provolone cheese	1.00 pk
16541	Hamburger meat	1.00 lb
16541	Minced garlic	1.00 ea
16541	Whole basil	1.00 T
16541	Can of tomatoes	1.00 lb
16541	6oz. cans tomatoe paste	2.00 ea
16541	Small mushrooms	1.00 ea
16541	Noodle	12.00 oz
16541	Salt	1.00 t
16541	Water	1.00 c
16542	FOR 1 -----	0.00 -----
16542	Yeast	1.00 pk
16542	Flour	3.00 c
16542	Sugar	1.00 tb
16542	Salt	1.00 ts
16542	Nonfat dry milk powder	2.00 tb
16542	Butter	1.00 tb
16542	Warm water (110 degrees)	1.25 c
16542	FOR 1 -----	0.00 -----
16543	Oil	4.00 tb
16543	Wine Vinegar	3.00 tb
16543	Beef Stew Meat	1.50 lb
16543	Red Wine	1.00 c
16543	Onion Minced	1.00 md
16543	Bay Leaf	1.00
16543	Clove Garlic, Minced	1.00
16543	Oregano	0.50 ts
16543	Tomato Sauce	0.50 c
16543	Potatoes Cubed	4.00 md
16543	Carrots, Sliced	2.00
16543	Salt And Pepper To Taste	0.00
16544	Milk	1.00 c
16544	Water	1.00 c
16544	Sugar	2.00 tb
16544	Salt	0.75 tb
16544	Shortening	1.50 tb
16544	Yeast or 1 env. dry yeast	1.00 pk
16544	St or 1 env. dry yeast	0.00
16545	Butter	1.00 c
16545	Flour	1.00 c
16545	Qt. milk	1.00

Sheet1

16545	Chicken stock	1.25 c
16545	Stewing chickens,cooked	2.00
16545	Jars pimento	2.00 sm
16545	Eggs	2.00
16545	Salt to taste	0.00
16545	Paprika	0.00
16545	Light cream	1.00 c
16546	Stew beef	1.00 lb
16546	Boneless pork	1.00 lb
16546	Boneless chicken breasts	1.00 lb
16546	Flour	0.50 c
16546	Basil	0.50 t
16546	Parsley	0.50 t
16546	Dill	0.50 t
16546	Egg	1.00
16546	Milk	0.50 c
16546	Flour to dredge	0.00
16547	MM BY H PEAGRAM -----	0.00 -----
16547	Ground beef	1.00 lb
16547	Onion, chopped <=OR=>	1.00 md
16547	Instand minced onion	2.00 tb
16547	Garlic powder	0.50 ts
16547	Chili powder (or to taste)	1.00 tb
16547	Ground cumin	2.50 ts
16547	Crushed tomatoes with added	1.00 cn
16547	Puree (28 oz)	0.00
16547	Chili beans (kidney)	1.00 cn
16547	Tomato paste (6 oz)	1.00 cn
16547	MM BY H PEAGRAM -----	0.00 -----
16548	Macintosh apples, sliced	6.00 lg
16548	Light brown sugar	0.50 c
16548	Granulated sugar	0.50 c
16548	Cinnamon	2.00 t
16548	Allspice	1.00 t
16548	Nutmeg	1.00 t
16548	CRUST:	0.00
16548	Flour	2.00 c
16548	Vegetable oil	0.50 c
16548	Milk	0.25 c
16548	Salt	5.00 ds
16549	Macintosh apples, sliced	6.00 lg
16549	Light brown sugar	0.50 c
16549	Granulated sugar	0.50 c
16549	Cinnamon	2.00 t
16549	Allspice	1.00 t
16549	Nutmeg	1.00 t
16549	CRUST:	0.00
16549	Flour	2.00 c
16549	Vegetable oil	0.50 c



Sheet1

16549	Milk	0.25 c
16549	Salt	5.00 ds
16550	Flour	1.00 c
16550	Cocoa	0.33 c
16550	Sugar	0.75 c
16550	Baking Powder	2.00 ts
16550	Salt	0.50 ts
16550	Shortening	0.25 c
16550	Egg	1.00
16550	Milk	0.67 c
16550	*Sauce*	0.00
16550	Sugar	0.75 c
16550	Cocoa	3.00 tb
16550	Water	2.00 tb
16550	HOT water	2.00 c
16551	Sliced Fresh Mushrooms	8.00 oz
16551	Vegetable Oil	0.50 c
16551	Sugar	1.00 tb
16551	Clove Garlic, Minced	1.00
16551	Tarragon Vinegar	0.67 c
16551	Salt (Optional)	2.00 tb
16551	Sliced Ripe Olives	4.00 oz
16551	Sliced Onion	1.00 sm
16551	Pepper	1.00 ds
16552	Haddock Or Firm White Fish	1.00 lb
16552	Potatoes, Diced	8.00 md
16552	Diced Onion	1.00 lg
16552	Condensed Milk	17.00 oz
16552	Butter	0.00
16552	Salt To Taste	0.00
16552	Pepper To Taste	0.00
16553	Dried green split peas	1.00 c
16553	Water	4.00 c
16553	Onion, chopped	1.00
16553	Carrots, pared and chopped	2.00
16553	Celery tops	3.00
16553	Bay leaf	1.00
16553	Salt	2.00 ts
16553	Pepper	0.25 ts
16554	Shortening	0.50 c
16554	Sugar	1.50 c
16554	Vanilla	1.00 ts
16554	Eggs	2.00
16554	Sifted cake flour	2.25 c
16554	Baking powder	2.50 ts
16554	Salt	1.00 ts
16554	Plus 2 tbsp. milk	1.00 c
16555	Ham; diced; cooked	1.00 lb
16555	Brick Cheese; diced	1.00 lb

Sheet1

16555	Bacon; raw, diced	1.00 lb
16555	Green onions; chop;inc tops	1.00 bn
16555	Salt	1.00 ts
16555	Eggs	12.00
16555	Flour	2.50 c
16556	LISA CRAWLEY TSPN00B -----	0.00 -----
16556	-A BIG MOUTHFUL	0.00
16556	Ham; diced; cooked	1.00 lb
16556	Brick Cheese; diced	1.00 lb
16556	Bacon; raw, diced	1.00 lb
16556	Green onions; chop;inc tops	1.00 bn
16556	Salt	1.00 ts
16556	Eggs	12.00
16556	Flour	2.50 c
16556	LISA CRAWLEY TSPN00B -----	0.00 -----
16557	Garlic cloves	4.00 lg
16557	Fresh basil leaves	0.33 c
16557	Minced parsley	0.33 c
16557	Bunch spinach, stemmed	1.00 lb
16557	Ripe tomatoes,	3.00 md
16557	Parmesan cheese	0.50 c
16557	Salt	0.50 ts
16557	Pine nuts	0.50 c
16557	Freshly ground black pepper	1.00 ea
16557	Olive oil for the pasta	1.00 ea
16558	Tripe	1.00 lb
16558	Pigs' Feet, Thoroughly Wash	2.00
16558	Water	1.00 qt
16558	Onion	1.00 lg
16558	Bay Leaf	1.00
16558	Sprig Parsley	1.00
16558	Cloves Garlic	2.00
16558	Peppercorns	8.00
16558	Salt	0.00
16558	SAUCE -----	0.00 -----
16558	Olive Oil	2.00 tb
16558	Tomato Sauce	8.00 oz
16558	Chopped Uncooked Ham	0.25 lb
16558	White Table Wine	1.00 c
16558	Capers Or To Taste	1.00 tb
16558	Pimento Stuffed Olives	3.00 oz
16558	SAUCE -----	0.00 -----
16559	lg	3.00 4
16559		2.00
16559		0.00
16559	-Defatted	0.00
16559	Green Peppers, Seeded And	2.00 2
16559	-Cut Into 1/4-Inch Strips	0.00 3
16559	Cabbage, Shredded, Rinsed,	3.00

Sheet1

16559	-And Dried	0.00	3
16559	Carrots, Peeled And Shredded	3.00	
16559	Onions, Thinly Sliced	2.00	
16559	Bean Sprouts, Rinsed And	0.25	
16559	-Drained	0.00	
16559	Salad Or Peanut Oil	0.00	
16559	GARNISHES -----	0.00	-----
16559	Boiled White Rice	0.00	
16559	Crisp Sesame Seed Buns,	0.00	
16559	-Warmed	0.00	
16559	Middle Eastern Pita Breads	0.00	
16559	Thinly Sliced Crisp French	0.00	
16559	-Bread	0.00	
16559	SAUCE -----	0.00	-----
16559	Dark Soy Sauce	1.50	c
16559	Water	6.00	c
16559	Crushed Black Peppercorns	10.00	
16559	Star Anise	4.00	
16559	Cloves Garlic, Crushed	4.00	lg
16559	Rice Wine Or Sherry	1.00	c
16559	Sugar	1.00	tb
16559	Fresh Ginger Root, Grated	2.00	ts
16559	Scallions Or Leeks, Chopped	3.00	c
16559	-And Divided	0.00	
16559	Chinese Parsley Or Cilantro,	3.00	c
16559	-Minced, Divided	0.00	
16559	GARNISHES -----	0.00	-----
16559	SAUCE -----	0.00	-----
16560	Flank steak	1.00	lb
16560	Peanut oil	2.00	tb
16560	Chopped garlic	2.00	tb
16560	Green onions,slivered	2.00	
16560	Salt	1.00	ts
16560	Sugar	2.00	ts
16560	Hin soy sauce	2.00	ts
16560	Oyster sauce	1.00	tb
16560	Pepper	0.00	
16560	Wine (I suggest sherry)	1.00	tb
16560	Cornstarch	1.50	tb
16560	Chicken stock	0.25	c
16560	Hoisin sauce	2.00	tb
16560	Catsup	2.00	ts
16560	Crushed red chili pepper	0.50	ts
16561	Carrot, diced (1)	1.00	
16561	Onion, diced (1 1/2)	1.00	md
16561	Potato, diced (2)	1.00	
16561	Stalk of celery, diced (2)	1.00	
16561	Minced bacon (3/4 lb.)	0.50	lb
16561	Margarine (I used butter, 1	0.25	lb

Sheet1

16561	-1/2 cubes)	0.00
16561	Cloves fresh garlic, minced	3.00
16561	-(5)	0.00
16561	Clam juice (I used 3- 8 oz	0.50 qt
16561	-bottles)	0.00
16561	Flour (2 1/4 c.)	1.50 c
16561	Milk (3 c.)	2.00 c
16561	Heavy whipping cream (3 c.)	2.00 c
16561	Half-and-half (3 c.)	2.00 c
16561	Black pepper (1 tsp., DON'T	0.50 ts
16561	-SALT!)	0.00
16561	Chopped clams (fresh, frozen	0.50 lb
16561	-or canned) (3 lb. can)	0.00
16561	Clam base (optional,	0.50 ts
16561	-available in most gourmet	0.00
16561	-shops)	0.00
16562	Margarine	2.00 tb
16562	Onion, finely chopped	1.00 c
16562	Pepper, green, finely chop	0.50 c
16562	Milk, skim	2.33 c
16562	Corn, cream style	17.00 oz
16562	Cheese, Monterey Jack, shred	1.25 c
16562	Cornstarch	1.00 tb
16562	Salt	0.50 ts
16562	Pepper, ground black	0.12 ts
16562	Nutmeg, ground	0.12 ts
16563	-----sate-----	0.00
16563	Beef; thinly sliced	2.00 lb
16563	Curry powder	3.00 tb
16563	Ground chillies	0.50 ts
16563	Garlic clove; minced	2.00
16563	Onion, large; minced	2.00
16563	Lemon juice	4.00 tb
16563	Honey	1.00 tb
16563	----peanut dipping sauce----	0.00
16563	Peanut butter	1.00 c
16563	Coconut cream	1.00 c
16563	Lemon juice	1.00 tb
16563	Soy sauce	0.25 c
16563	Worcester sauce	1.00 tb
16563	Tabasco sauce; dash	2.00 x
16563	Salt	0.25 ts
16564	Roasted sesame seed oil	2.00 ts
16564	Green onions; thinly sliced	2.00
16564	Bok choy, thinly sliced	2.00 c
16564	Red bell pepper	0.50
16564	-- thinly sliced	0.00
16564	Carrot; thinly sliced	1.00
16564	Mushrooms, thinly sliced	0.50 c

Sheet1

16564	Mung bean sprouts	0.50 c
16564	Reduced-fat tofu; crumbled	4.00 oz
16564	Fresh ginger, peeled, grated	2.00 ts
16564	Garlic clove; minced	1.00
16564	Tamari or soy sauce	1.00 tb
16564	Hoisin sauce	0.00
16564	Frozen Chinese pancakes	6.00
16564	-OR- whole wheat crepes	0.00
16564	-- (thawed)	0.00
16565	Egg whites	10.00
16565	Egg yolks	7.00
16565	Cream of tartar	1.00 ts
16565	Salt	0.50 ts
16565	Sugar	1.50 c
16565	Cake flour	1.00 c
16565	Lemon extract	1.50 ts
16566	Raw kidney beans	2.50 c
16566	+ water	6.00 c
16566	Salt	1.00 ts
16566	Tomato juice	1.00 c
16566	Raw bulghar	1.00 c
16566	Olive oil for saute	0.00
16566	Cloves crushed garlic	4.00
16566	Chopped onion	1.50 c
16566	Chopped carrots	1.00 c
16566	Chopped celery	1.00 c
16566	Basil	1.00 ts
16566	Chili powder (more? To	1.00 tb
16566	-taste!)	0.00
16566	Ground cumin	1.00 tb
16566	Salt and pepper	0.00
16566	Of cayenne (to taste)	1.00 ds
16566	Chopped green peppers	1.00 c
16566	Chopped fresh tomatoes	2.00 c
16566	Juice of 1/2 lemon	0.00
16566	Tomato paste	3.00 ts
16566	Dry red wine	3.00 ts
16566	Cheese	0.00
16566	Parsley	0.00
16567	Milk	3.00 c
16567	Sugar	1.00 c
16567	*dissolved in:	1.00 x
16567	Flour	6.00 c
16567	Raisins, chopped	0.50 lb
16567	Citron, chopped	0.25 lb
16567	Butter	1.00 c
16567	Yeast	0.50 c
16567	Water, warm	0.25 c
16567	Salt	1.00 t

Sheet1

16567	Currants	0.50 lb
16567	Almond, blanched, sliced	0.50 c
16568	Powdered Sugar	3.00 c
16568	Boiling Water	1.00 c
16568	Peppermint Oil	12.00 dr
16568	* Or:	0.00
16568	Wintergreen Oil	12.00 dr
16569	Butter	1.50 c
16569	Flour	4.00 c
16569	Sugar	0.50 c
16569	Caraway seeds	2.00 t
16570	Sugar	6.50 tb
16570	Butter	0.25 c
16570	Lemon juice	0.25 c
16570	Eggs	2.00
16570	To 1/2 tsp lemon peel	0.25
16571	Jim Vorheis	0.00
16571	Unconverted long-grain rice	1.00 c
16571	Cold water	2.00 c
16571	Touch of sea salt (optional)	0.00
16571	Plain Boiled Rice	0.00
16572	Jim Vorheis	0.00
16572	Lard or safflower oil	2.00 tb
16572	3 to 4 inch chorizo, skinned	6.00 oz
16572	Finely chopped white onion	3.00 tb
16572	Tomatoes, finely chopped,	0.50 lb
16572	-unpeeled (about 1 cup	0.00
16572	Firmly packed)	0.00
16572	Cooked rice	3.00 c
16572	Sea salt to taste	0.00
16572	Boiled Rice with Chorizo	0.00
16573	Butter	2.00 tb
16573	Flour	3.00 tb
16573	Milk; hot	1.00 c
16573	Salt	0.00
16573	Pepper	0.00
16573	Nutmeg	0.00
16573	Grated Gruyere cheese	0.50 c
16575	-----	0.00
16575	Vegetable oil	1.00
16575	Chopped onion	1.50
16575	Garlic cloves; minced	2.00
16575	Salt; divided	0.75 ts
16575	Cinnamon, ground	1.00 ts
16575	Ginger, ground	0.50 ts
16575	Tumeric, ground	0.50 ts
16575	Nutmeg, ground	0.25 ts
16575	Red pepper, ground	0.25 ts
16575	-Water	2.00 c

Sheet1

16575	Cloves, whole	3.00
16575	Sliced carrots	2.00 c
16575	Cubed butternut squash	2.00 c
16575	Chickpeas, cooked or canned	2.00 c
16575	-(drained and rinsed)	0.00
16575	Cubed sweet potato	1.50 c
16575	Raisins	0.50 c
16575	Chopped dried apricots	0.33 c
16575	Brown sugar, packed	3.00 tb
16575	COUSCOUS -----	0.00 -----
16575	Couscous	1.00 c
16575	-Water	1.75 c
16575	TOPPING -----	0.00 -----
16575	Chopped blanched almonds	0.33 c
16575	STEW -----	0.00 -----
16575	COUSCOUS -----	0.00 -----
16575	TOPPING -----	0.00 -----
16576	Apple	4.00 qt
16576	Cider	1.50 qt
16576	Cinnamon	1.00 t
16576	Cloves	1.00 t
16576	Water	2.00 qt
16576	Sugar	1.50 lb
16576	Allspice	1.00 t
16577	Cooking oil	1.00 ts
16577	Meat, cut in strips (beef,	8.00 oz
16577	-chicken, or other)	0.00
16577	To 2 oz black olives	1.00 oz
16577	To 2 oz green olives with	1.00 oz
16577	-pimento	0.00
16577	To 6 lg mushrooms, sliced,	4.00 lg
16577	-or 1 small can (optional)	0.00
16577	Can tomato sauce	8.00 oz
16577	To 3 oz barbeque sauce	2.00 oz
16577	-(Bullseye is my choice)	0.00
16577	Rice	1.00 c
16577	Water	2.00 c
16577	Butter or margarine	1.50 tb
16578	Chicken hearts	1.00 lb
16578	Sweet onion	1.00 lg
16578	Sambal Oelek *	0.50 ts
16578	Sugar	3.00 ts
16578	Soy sauce	0.00
16578	Butter	0.00
16578	Cooked rice	3.00 c
16579	-----	0.00
16579	Beef Sirloin, Cut Into	2.00
16579	- 1-Inch Pieces	0.00
16579	Pork Sausage Links, Cut Into	12.00 oz

Sheet1

16579	- 1-Inch Pieces	0.00
16579	Vegetable Oil	2.00 tb
16579	Hot Chili Salsa	32.00 oz
16579	Beef Consomme	10.50 oz
16579	Beer	1.00 c
16579	Chopped Green Bell Pepper	1.00 c
16579	Chopped Red Bell Pepper	1.00 c
16579	Chopped Onion	1.00 c
16579	Tomato Paste	6.00 oz
16579	Bay Leaves	2.00
16579	Chili Powder	2.00 tb
16579	Ground Cumin	4.00 ts
16579	Minced Fresh Garlic	4.00 ts
16579	Dried Oregano Leaves	1.00 ts
16579	Sugar	1.00 ts
16579	Pepper	0.75 ts
16579	GARNISH -----	0.00 -----
16579	Sour Cream	0.00
16579	Shredded Cheddar Cheese	0.00
16579	Chopped Avocado	0.00
16579	CHILI -----	0.00 -----
16579	GARNISH -----	0.00 -----
16580	Ham, flaked	0.25 lb
16580	Eggs, fresh	8.00 lg
16580	Dijon mustard	2.00 ts
16580	Sour cream	0.50 c
16580	Fresh chives, chopped	2.00 ts
16580	Fresh parsley, chopped	2.00 ts
16580	Shredded sharp Cheddar	0.75 c
16580	- cheese	0.00
16581	Beef suet	0.25 c
16581	Ground round or chuck	1.00 lb
16581	Olive oil	0.12 c
16581	Chopped onions	0.50 c
16581	Oregano	1.00 tb
16581	Hot water	1.00 c
16581	Garlic	1.00 cl
16581	Chili powder	1.00 tb
16581	Paprika	1.00 ts
16581	Salt	1.00 tb
16581	Red pepper crushed	1.00 sm
16581	Fresh ground black pepper	0.00
16582	Eggplant, about 1 1/4 lbs.	1.00 md
16582	Flour	0.00
16582	Margarine	6.00 tb
16582	Chopped onion	0.50 c
16582	Lean ground beef	1.00 lb
16582	Finely chopped parsley	0.25 c
16582	Nutmeg	1.00 ts



## Sheet1

16582	Paprika	0.50 ts
16582	Black pepper	0.25 ts
16582	Salt	0.00
16582	(8 oz) tomato sauce	1.00 cn
16582	Dry white wine	0.50 c
16582	Tomatoes, fresh, thinly	3.00 md
16582	Sliced	0.00
16582	Egg, beaten	1.00
16582	Grated Mozzarella cheese	0.50 c
16583	Rice	1.00 c
16583	Eggplant	1.00 lg
16583	Salt	0.00
16583	Potatoes	2.00 lg
16583	Can tomatoes	14.00 oz
16583	Garlic cloves, chopped	4.00 ea
16583	Onion, chopped	1.00 ea
16583	Pepper	1.00 pn
16583	Olive oil	1.00 c
16583	Ghee	2.00 tb
16583	Flour	2.00 tb
16583	Soya Milk	2.50 c
16583	Nutmeg	1.00 pn
16583	Salt & pepper	0.00
16583	Allspice	1.00 ts
16584	Sifted all purpose flour	5.00 c
16584	Sugar	2.00 c
16584	Salt	0.00
16584	Butter OR oil	3.00 tb
16584	Active dry yeast (use 2	1.00
16584	Packages if time is short)	0.00
16584	Warm water (105 - 115°F)	1.00 c
16584	Egg, slightly beaten	1.00
16584	Melted butter	0.50 c
16584	Ground cinnamon	2.00 ts
16584	Anise extract OR	1.00 ts
16584	Aniseeds	0.25 c
16585	Sugar; Granulated	1.00 c
16585	Brown Sugar; Dark, Packed	1.00 c
16585	Mr. Pibb	1.00 c
16585	Marshmallows; Miniature	1.00 c
16585	Pecan Halves; *	1.00 x
16586	To 20 lbs. fresh or frozen	15.00
16586	-turtle meat	0.00
16586	Carrots	6.00
16586	Onions	4.00
16586	Stalk celery, diced fine	1.00
16586	Gal. Burgundy	0.50
16586	To 5 gals. Povirade sauce	4.00
16586	Gelatin	1.00 lb

Sheet1

16586	Stock pot:	0.00
16586	Marjoram	1.00 tb
16586	Gumbo file	2.00 ts
16586	Coriander	1.00 ts
16586	Bay leaves	6.00
16586	Kitchen spoon ground mace	1.00
16586	Spanish Saffron	0.50 oz
16586	Whole anise	1.00 lb
16586	Whole lemons	10.00
16588	Sugar	4.00 c
16588	Water	1.00 c
16588	Lemon extract	1.00 tb
16588	(around 24) ripe peaches,	6.00 lb
16588	-peeled and sliced	0.00
16589	Baked ham,finely chopped	1.00 c
16589	Chicken,cooked,chopped	1.00 c
16589	Tomato juice	0.00
16589	Fatty bacon slices	2.00
16589	Onion,large,peeled/chopped	1.00
16589	Tomatoes,large,fresh,chopped	6.00
16589	Worchestershire sauce	1.00 tb
16589	Mustard,dry	0.50 ts
16589	Salt	0.00
16589	Pepper	0.00
16590	20 oz can Pineapple Chunks (	1.00
16590	-with Juice )	0.00
16590	Sprinkle over this:	0.00
16590	Bag shredded coconut	8.00 oz
16590	Dump and smooth over this:	0.00
16590	Yellow Cake Mix ( that has	1.00 pk
16590	-been mixed together )	0.00
16591	Sugar	90.00 oz
16591	Butter	30.00 oz
16591	Eggs	24.00
16591	Sugar	48.00 oz
16591	Water	80.00 oz
16591	Milk powder	8.00 oz
16591	Cake flour	13.00 oz
16591	Salt	0.50 oz
16591	Sugar	42.00 oz
16592	Unbleached All-purpose Flour	8.00 c
16592	Baking Powder	0.33 c
16592	Vegetable Shortening	1.00 c
16592	Sugar	0.67 c
16592	Salt	1.00 tb
16593	CHILI CON CARNE -----	0.00 -----
16593	Ground beef	1.00 lb
16593	Medium onions,chopped	2.00
16593	Kidney beans(15 1/2oz)	1.00 cn

Sheet1

16593	Tomatoes(28oz)	1.00 cn
16593	Tomato sauce(8oz)	1.00 cn
16593	Chopped green pepper	1.00 c
16593	Chili powder	4.00 ts
16593	Salt	1.00 ts
16593	Cayenne red pepper	0.12 ts
16593	Paprika	0.12 ts
16593	FIXINGS -----	0.00 -----
16593	Biscuit baking mix	1.00 c
16593	Cornmeal	2.00 tb
16593	Egg	1.00
16593	Milk	0.33 c
16593	Cornmeal	1.00 tb
16593	CHILI CON CARNE -----	0.00 -----
16593	FIXINGS -----	0.00 -----
16594	Warm water (110F)	1.00 c
16594	Sugar	1.00 tb
16594	Active dry yeast	1.00 tb
16594	Bread flour	3.00 c
16594	Salt	1.50 ts
16594	Vegetable shortening	2.00 tb
16594	Sesame seeds	1.00 ea
16595	Fowl	1.00
16595	Onion	1.00 lg
16595	Veal stock	3.00 pt
16595	Lemon juice	1.00 tb
16595	Turmeric	1.00 ts
16596	Oil	1.00 tb
16596	Chicken thighs	8.00
16596	Onions; finely diced	2.00 md
16596	Celery stalks; chopped	2.00
16596	Carrot; sliced	1.00 md
16596	Curry powder	2.00 tb
16596	Water	3.00 c
16596	Unfiltered apple cider	3.00 c
16596	Salt; to taste	0.00
16596	Cayenne pepper; to taste	0.00
16596	Dried lentils	0.33 c
16596	Potatoes; peeled and diced	1.00 lb
16596	Dried dill	1.00 ts
16596	Peeled and chopped apples	1.00 c
16596	Plain yogurt	1.00 c
16596	Sprigs fresh coriander	12.00
16597	Hulled Split Mung Beans *	1.25 c
16597	Finely Diced Ham Or Salt	1.50 c
16597	- Pork	0.00
16597	Chopped Kim Chee	1.50 c
16597	Chopped Green Onions	3.00 tb
16597	Crushed Garlic	2.00 ts

Sheet1

16597	Salt	1.00 ts
16597	Black Pepper	0.50 ts
16597	Eggs	2.00 lg
16597	Vegetable And Sesame Oils	0.00
16598	Er	6.00 ts
16598	Mung dahl washed	0.75 c
16598	Tomato	1.00
16598	Fresh ginger, grated	1.00 tb
16598	Tumeric,	0.50 ts
16598	Salt	1.00 ts
16598	Ghee	2.00 tb
16598	Red chilis	0.50 ts
16598	Cumin seeds	1.50 ts
16598	Mustard seeds	0.75 ts
16598	Cilantro	0.00
16599	Yellow split mung beans	1.00 c
16599	Turmeric	0.25 ts
16599	Grated fresh ginger	0.50 ts
16599	Salt	1.00 ts
16599	Lemon juice	2.00 ts
16599	Ghee	3.00 tb
16599	Black mustard seeds	0.50 ts
16599	Green chilies, seeded &	1.00 ea
16599	-- shredded OR	0.00
16599	-- 1/4 ts black pepper	0.00
16599	Chopped coriander leaves	2.00 tb
16600	Butter	2.00 T
16600	Beef,hamburger grind	2.00 lb
16600	Bay leaves	6.00
16600	Onion,large,finely chopped	1.00
16600	Garlic cloves,med,fine chop	6.00
16600	Cinnamon	1.00 t
16600	Allspice	2.00 t
16600	Vinegar	4.00 t
16600	Red pepper,dried whole or	1.00 t
16600	Chile caribe	1.00 t
16600	Salt	1.50 t
16600	Red chile,ground,hot-mild	2.00 T
16600	Cumin,ground	1.00 t
16600	Oregano,dried,pref. Mexican	0.50 t
16600	Tomato paste(6oz ea)	1.00 cn
16600	Water	6.00 c
16600	Kidney beans,(16oz ea)	1.00 cn
16600	Vermicelli,cooked	0.50 lb
16600	Cheddar cheese,grated	0.50 c
16600	Onion,small,finely chopped	1.00
16601	Olive oil	2.00 ts
16601	Onion, chopped	1.00 md
16601	Green pepper, chopped	1.00 md

Sheet1

16601	Sliced mushrooms	2.50 c
16601	Garlic cloves, minced	2.00 ea
16601	Medium-firm tofu	2.00 lb
16601	Nutritional yeast	2.00 tb
16601	Salt	1.00 ts
16602	Dried mushrooms	1.00 oz
16602	Boiling water	0.50 c
16602	Vegetable oil	1.00 tb
16602	Spanish onions; sliced	2.00 lg
16602	Celery root (about 1 lb)	1.00 lg
16602	- peeled, cut into 1" chunks	0.00
16602	Mushrooms; trimmed	1.00 lb
16602	Pear; peeled, cored,	1.00 lg
16602	- cut into 1-in pieces	0.00
16602	Chicken stock or broth	6.00 c
16602	Whipping cream	3.00 tb
16602	Salt	0.00
16602	Freshly ground pepper	0.00
16603	Olive oil, (or	2.00 ts
16603	White Grape Juice)	0.25 c
16603	Onion, chopped	1.00 md
16603	Green pepper, chopped	1.00 md
16603	Sliced mushrooms	2.50 c
16603	Cloves garlic, minced	2.00
16603	Medium-firm tofu	2.00 lb
16603	Nutritional yeast, optional	2.00 tb
16603	Salt, optional	1.00 ts
16603	Sliced tomatoes for garnish	0.00
16604	Olive oil	0.25 c
16604	Garlic cloves, crushed	4.00 ea
16604	Handful fresh parsley,	1.00 ea
16604	-- finely chopped	0.00
16604	Marjoram	1.00 ts
16604	Sliced mushrooms	1.00 lb
16604	Canned plum tomatoes	2.00 c
16604	Salt & pepper	0.00
16605	Stick butter	0.50
16605	Fresh mushrooms, sliced	12.00
16605	Onion powder	1.00 ts
16605	Garlic powder	1.00 ts
16605	Worcestershire sauce	1.00 tb
16605	Spaghetti sauce with	1.50 c
16605	-mushrooms	0.00
16605	Chicken breasts, boneless	2.00
16605	-and skinless	0.00
16605	Jarlsberg cheese	2.00 sl
16605	Swiss cheese	2.00 sl
16606	Wholemeal cottage loaf rolls	4.00
16606	Small cap mushrooms	1.00 lb

Sheet1

16606	Double cream	0.25 pt	
16606	Butter	3.00 oz	
16606	Garlic clove	1.00 sm	
16606	Fresh rosemary	0.00	
16607	Assorted trimmed mushrooms	1.50 lb	
16607	Unsalted butter	2.00 tb	
16607	Finely minced garlic	1.00 tb	
16607	Finely minced shallots	1.00 tb	
16607	--OR-- Onions	0.00	
16607	Salt	0.50 ts	
16607	Sherry or Madeira	0.25 c	
16607	Whipping cream	0.50 c	
16607	Fresh pasta; --OR--	12.00 oz	
16607	-Dried pasta	8.00 oz	
16607	Grated cheese	0.00	
16608	Fresh mushrooms	1.00 lb	
16608	Green onions	10.00 bn	
16608	Butter or margarine-2 sticks	1.00 c	
16608	Coarse soft white-bread	12.00 c	
16608	Crumbs (24 slices)	0.00	
16608	Salt	1.00 ts	
16609	Beef short ribs	2.00 lb	
16609	Onion; diced	1.00 md	
16609	Minced garlic	2.00 tb	
16609	Celery ribs; finely sliced	6.00	
16609	Water or chicken stock	6.00 c	
16609	Pearl barley	0.67 c	
16609	Dried dill weed	1.00 tb	
16609	Salt and pepper to taste	0.00	
16609	Mushrooms	2.00 lb	
16610	Unsalted butter	4.00 tb	
16610	Onions; finely minced	2.00 md	
16610	:water	4.00 c	
16610	Beef short ribs	0.50 lb	
16610	Barley	6.00 tb	
16610	Sherry	2.00 tb	
16610	Freshly chopped thyme leaves	2.00 tb	
16610	--OR--	0.00	
16610	-Dried thyme	1.00 ts	
16610	Salt	1.00 ts	
16610	Freshly ground pepper	0.00	
16610	-to taste	0.00	
16610	Sliced mushrooms	3.00 c	
16611	x	0.00	829
16611	-	1.00	
16611	Water	3.00	
16611	Low-sodium soy sauce	1.00	
16611	MUSHROOMS -----	0.00	
16611	Yellow onion; chopped	1.00	

Sheet1

16611	Celery stalks; chopped	2.00
16611	Water	0.25 c
16611	White button mushrooms	0.50 lb
16611	-- sliced (about 2-1/2 cups)	0.00
16611	Fresh shitake mushrooms,	8.00
16611	-- chopped	0.00
16611	Oyster mushrooms, chopped	0.50 c
16611	Enoki mushrooms, trimmed	0.25 c
16611	Snow peas; quartered	12.00
16611	Red bell pepper; diced	0.50
16611	Low sodium soy sauce	2.00 tb
16611	Dried sage	0.50 ts
16611	Poultry seasoning	0.25 ts
16611	Fresh ground pepper to taste	0.00
16611	PER SERVING -----	0.00 -----
16611	*cals	152.00 x
16611	*gm protein	6.00 x
16611	*gm fat	0.12 x
16611	*gm carbo	31.00 x
16611	*mg sodium	829.00 x
16611	*gm fiber	3.00 x
16611	RICE -----	0.00 -----
16611	MUSHROOMS -----	0.00 -----
16611	PER SERVING -----	0.00 -----
16612	MARINADE -----	0.00 -----
16612	Chinese rice wine	1.00 tb
16612	-or dry sherry	0.00
16612	Light soy sauce	1.00 tb
16612	Cornstarch	1.00 ts
16612	Boneless pork butt	0.50 lb
16612	-or shoulder, shredded	0.00
16612	Shredded lily stems	0.50 c
16612	Tree ears; soaked,	0.25 c
16612	- squeezed dry and shredded	0.00
16612	Scallions; shredded	4.00
16612	Shredded bamboo shoots	0.25 c
16612	Peanut oil	5.00 tb
16612	Eggs; lightly beaten	4.00
16612	Chicken broth	3.00 tb
16612	Sugar	0.50 ts
16612	Chinese rice wine	1.00 tb
16612	-or dry sherry	0.00
16612	Light soy sauce	1.00 ts
16612	Sesame oil	2.00 ts
16612	Salt to taste	0.00
16612	MARINADE -----	0.00 -----
16613	Bunches cilantro (fresh	2.00 lg
16613	-coriander), stems removed	0.00
16613	Parsley, stems removed	1.00 bn

Sheet1

16613	Red onion, chopped	0.25 lg
16613	Cloves garlic, chopped	2.00
16613	Or 2 serrano peppers, stems	1.00
16613	-removed (Optional)	0.00
16613	Fish stock (or chicken broth	2.00 c
16613	-or half bottled	0.00
16613	Clam juice and half water)	0.00
16613	-(up to 2 1/2 cups)	0.00
16613	Mussels, scrubbed and beards	60.00
16613	-removed	0.00
16613	Dry white wine	1.50 c
16613	Whipping cream	1.50 c
16614	(28 oz.) can tomatoes,	1.00
16614	-undrained	0.00
16614	Olive oil	2.00 ts
16614	Carrots, peeled and sliced	2.00
16614	-diagonally	0.00
16614	Into 1/2 inch slices	0.00
16614	Onion, cut in eighths	1.00
16614	Cloves garlic, sliced	4.00
16614	Dry white wine	0.67 c
16614	Salt to taste	0.00
16614	Freshly ground black pepper	0.25 ts
16614	Mussels, scrubbed, beards	2.00 lb
16614	-removed	0.00
16615	Sugar	1.00 tb
16615	Flour,all-purpose	1.00 tb
16615	Ginger,ground	1.00 ts
16615	Salt	0.50 ts
16615	Water	0.50 c
16615	Dijon-style mustard	2.00 tb
16615	Soy sauce,reduce-sodium	2.00 tb
16615	Rice-wine vinegar	1.00 tb
16615	Garlic clove,finely chopped	1.00
16615	Chicken breast halves	0.75 lb
16615	Vegetable oil	2.00 tb
16615	Green onions	5.00
16615	Snow peas,fresh,stringed	0.25 lb
16615	Pepper,red/yellow,medium	1.00
16616	Chopped scallions	1.00 c
16616	Garlic cloves	4.00
16616	Sprigs fresh thyme	2.00
16616	Salt	0.25 t
16616	Fresh ground black pepper	0.25 t
16616	Horseradish flavoured	2.00 T
16616	-dijon mustard	0.00
16616	+ 1tsp olive oil	1.00 T
16616	Chicken broth	0.50 c
16616	10 oz pork tenderloin	1.00



Sheet1

16617	Water	1.00 tb
16617	Mustard powder	2.00 ts
16617	Sugar	0.50 c
16617	Cider vinegar	0.50 c
16617	Pears,peeled,cored,diced	2.00
16617	Mango,peeled,seeded,diced	1.00
16617	Raisins,dark seedless	0.33 c
16617	Onion,small,finely chopped	1.00
16617	Garlic clove,finely chopped	1.00
16617	Ginger,ground	0.50 ts
16617	Red pepper flakes,crushed	0.25 ts
16617	Salt	0.25 ts
16618	Mustard greens or collard	2.00 lb
16618	-greens	0.00
16618	Green cabbage	2.00 lb
16618	Smoked ham hocks (about 2	3.00
16618	-lbs)	0.00
16618	Water	3.00 qt
16618	Salt	1.00 tb
16618	Freshly ground Black pepper	1.00 ts
16618	Sugar	1.00 ts
16618	Thyme leaves	1.00 ts
16618	Potatoes (about 2 lbs)	4.00 md
16618	-peeled and cut into	0.00
16618	-quarters	0.00
16619	Dijon-style mustard	2.00 tb
16619	Prepared horseradish	2.00 tb
16619	Butter; room temperature	5.00 tb
16619	Salt and pepper to taste	0.00
16620	Butter	1.00 tb
16620	Oil	1.00 tb
16620	Pork steaks (6 oz)	1.00
16620	Onion, finely chopped	1.00
16620	Garlic clove, crushed	1.00
16620	Dijon-style mustard	1.00 tb
16620	Dry white wine	0.25 c
16620	Half-and-half	3.00 tb
16620	Salt to taste	0.00
16620	Fresh ground pepper to taste	0.00
16620	Chopped Mozzarella cheese	1.25 c
16620	Lemon wedges (opt)	0.00
16620	Cucumber slices (opt)	0.00
16620	Sliced celery (opt)	0.00
16620	Watercress sprigs (opt)	0.00
16621	Whole chicken breasts, split	2.00
16621	--OR--	0.00
16621	-Half chicken breasts, split	4.00
16621	- (skinless and boneless)	0.00
16621	- slightly flattened	0.00

Sheet1

16621	- and patted dry	0.00
16621	Flour; seasoned with	0.00
16621	Salt	0.00
16621	Pepper; and	0.00
16621	Crumbled dried tarragon	0.25 ts
16621	- (for dredging)	0.00
16621	Dijon mustard	3.00 tb
16621	Finely chopped pecans	0.50 c
16621	Unsalted butter	2.00 tb
16621	Vegetable oil	1.00 ts
16622	Tomato, green	2.00 qt
16622	Onion, small white	2.00 qt
16622	Cauliflower	2.00 ea
16622	Vinegar, white wine	3.00 qt
16622	Sugar	1.50 c
16622	Celery seed	1.00 oz
16622	Pickles, small sweet	2.00 qt
16622	Bell pepper, green	6.00 ea
16622	Salt	1.00 c
16622	Flour	1.00 c
16622	Mustard, dry	0.25 lb
16622	Turmeric	0.50 oz
16623	Green beans	1.00 lb
16623	Shallots	2.00 lg
16623	Butter	2.00 tb
16623	Salt	0.50 ts
16623	Freshly ground black pepper	0.25 ts
16623	PORK CHOPS:	0.00
16623	Boneless pork loin chops,	1.50 lb
16623	-1/2 inch thick (4)	0.00
16623	Salt	0.50 ts
16623	Freshly ground black (or	0.25 ts
16623	-white) pepper	0.00
16623	Vegetable oil	1.00 tb
16623	Whole grain mustard	2.00 tb
16623	Dry white wine	3.00 tb
16623	Heavy cream	0.50 c
16624	Sweet Butter	0.25 lb
16624	Dijon Mustard	1.00 ts
16624	Dry Mustard	1.00 ts
16625	White vinegar	1.50 c
16625	Water	0.50 c
16625	Sugar	0.25 c
16625	Mustard seeds	2.00 tb
16625	Ripe papayas; peeled, seeded	3.00
16625	- and coarsely chopped	0.00
16625	Curry powder	1.00 tb
16625	Red onion; finely diced	0.50 md
16626	BLETLACH (LEAVES -----	0.00 -----

Sheet1

16626	Salt	0.25 ts
16626	Flour	1.00 c
16626	Water	1.00 c
16626	Egg	4.00
16626	Butter	0.00
16626	FILLING -----	0.00 -----
16626	Cottage cheese	1.00 lb
16626	Egg yolk	1.00
16626	Sugar	1.00 tb
16626	Salt	1.00 pn
16626	BLETLACH (LEAVES -----	0.00 -----
16626	FILLING -----	0.00 -----
16627	DOUGH -----	0.00 -----
16627	Sugar	1.00 c
16627	Butter(luse marg)	1.00 c
16627	Egg	1.00 md
16627	Flour (3-4 cups)	4.00 c
16627	Baking powder	2.50 ts
16627	FILLING -----	0.00 -----
16627	Egg	1.00 md
16627	Wheatlets(Cream of Wheat	0.33 c
16627	.cereal)	0.00
16627	Water	2.50 c
16627	Poppyseeds, ground	1.00 c
16627	Sugar	1.00 c
16627	Vanilla	1.00 ts
16627	Butter	1.00 tb
16627	TOPPING -----	0.00 -----
16627	Butter or marg	1.00 c
16627	Sugar	1.50 c
16627	Flour	2.00 c
16627	Milk	2.00 tb
16627	DOUGH -----	0.00 -----
16627	FILLING -----	0.00 -----
16627	TOPPING -----	0.00 -----
16628		3.50
16628		2.00
16628	Fish sauce	2.50
16628	Tomato paste	3.00
16628	Sugar	2.50
16628	Dried shrimp	0.50 tb
16628	-- pounded to a powder	0.00
16628	Flat rice sticks, 1/8" wide	9.00 oz
16628	Vegetable oil	0.00
16628	Fresh sweet basil leaves	0.33 c
16628	- (Thai or purple basil)	0.00
16628	Red Serrano chili peppers	2.00
16628	-seeded & very finely minced	0.00
16628	Garlic cloves; minced	4.00

Sheet1

16628	Boned chicken breast halves	1.50	lg
16628	- cut crosswise into	0.00	
16628	- 3/8 inch thick strips -OR-	0.00	
16628	-Lean pork, cut into thin	1.00	lb
16628	-slices 3/8 inch by 2 inches	0.00	
16628	Small, cooked shelled shrimp	8.00	oz
16628	Eggs; lightly beaten	2.00	
16628	Fresh bean sprouts	2.00	c
16628	- beans removed	0.00	
16628	Roasted, unsalted peanuts	0.25	c
16628	- coarsely ground	0.00	
16628	Cherry tomatoes; halved	0.00	
16628	Lime wedges	0.00	
16628	Mint sprigs	0.00	
16628	-OR- sliced green onions	0.00	
16629	Dry Yeast OR 2 Pre-	2.00	tb
16629	Measured Packages	0.00	
16629	Nonfat Dry Milk	0.25	c
16629	Aniseed Crushed	2.00	ts
16629	Unbleached Flour	5.50	c
16629	No Sugar Apple Juice	0.50	c
16629	Unsweetened Pineapple Juice	0.75	c
16629	Water	1.25	c
16629	Freshly Grated Orange Rind	2.00	ts
16629	Cinnamon	0.50	ts
16629	Honey	1.00	ts
16629	Oleo + 1/2 t. For Bowl	1.00	ts
16629	Each Whole-Wheat Flour And	0.50	c
16629	Buckwheat Flour	0.00	
16629	Unsalted Corn Oil	0.50	ts
16629	Margarine For Pans OR	0.00	
16629	Use Spray	0.00	
16630	c	1.50	1/2
16630		1.00	
16630	Arrowroot	3.00	
16630	Salt	1.00	
16630	White pepper	0.25	/2
16630	Agar flakes	1.00	2
16630	Dried marjoram	1.00	
16630	Dried thyme	1.00	ts
16630	Minced garlic	1.00	tb
16630	Black pepper	0.50	ts
16630	Cima mix (see below)	2.50	c
16630	CIMA MIX -----	0.00	-----
16630	Finely chopped onions	0.50	c
16630	Olive oil	2.00	tb
16630	Whole wheat bread crumbs	1.00	c
16630	Ground seitan	0.25	lb
16630	Fine soy grits	0.25	lb

Sheet1

16630	Hand crushed frim tofu	0.25 lb
16630	Nutritional yeast	0.33 c
16630	Dried marjoram	2.00 ts
16630	Dried thyme	2.00 ts
16630	Salt	2.00 ts
16630	Water	1.50 c
16630	Chopped spinach, packed	1.00 c
16630	Chopped roasted red pepper	0.25 c
16630	Pistachios	0.50 c
16630	Green peas	1.00 c
16630	Agar flakes	1.00 tb
16630	Gluten flour	0.50 c
16630	Liquid lecithin	2.00 tb
16630	CIMA MIX -----	0.00 -----
16631	Flour	1.00 c
16631	Yeast, dry	1.00 pk
16631	Salt	2.00 ts
16631	Water, hot	1.00 c
16631	Buttermilk; or yogurt	1.00 c
16631	Egg; (room temp)	1.00
16631	Oil	2.00 tb
16631	Honey; or sugar	1.00 tb
16631	Flour	2.50 c
16631	Ghee; (clarified butter)	0.00
16631	Garnishes *	0.00
16632	Flour	4.00 c
16632	Sugar	1.00 tb
16632	Baking powder	1.00 tb
16632	Baking soda	0.25 ts
16632	Salt	0.50 ts
16632	Egg	2.00
16632	Milk	1.00 c
16632	Ghee	4.00 tb
16633	Ornmeal	2.00 tb
16633	Cornbread twists**	1.50 oz
16633	Pinto beans*	15.50 oz
16633	Chili powder	3.00 tb
16633	Jar Sliced Mushrooms; draine	2.50 oz
16633	Alapeno peppers; sliced	0.50 c
16633	Shredded Cheddar cheese	1.00 c
16633	Chopped seeded tomatoes	1.00 c
16633	Light sour cream	1.00 c
16633	Sliced green onions	0.50 c
16633	Sliced ripe olives, drained	2.25 oz
16634	Butter & 1 tbsp	0.75 c
16634	Sugar	5.00 tb
16634	Cocoa	5.00 tb
16634	Peppermint extract	1.00 ts
16634	Egg	1.00

Sheet1

16634	Graham cracker crumbs	2.00 c
16634	Vanilla pudding	0.50 c
16634	Sugar; icing	2.00 c
16634	Chocolate; unsweetened	2.00 oz
16635	Small dried chilies	13.00
16635	Chopped shallots	2.00 tb
16635	Chopped garlic	4.00 tb
16635	Chopped galangal	1.00 tb
16635	Chopped lemon grass	2.00 tb
16635	Chopped kaffir lime rind	2.00 ts
16635	Chopped coriander root	1.00 tb
16635	Peppercorns	20.00
16635	Shrimp paste	1.00 ts
16635	Coriander seed	1.00 tb
16635	Cumin seed	1.00 ts
16636	Small dried chilies	13.00
16636	Chopped shallots	2.00 tb
16636	Chopped garlic	4.00 tb
16636	Chopped galangal	1.00 tb
16636	Chopped lemon grass	2.00 tb
16636	Chopped kaffir lime rind	2.00 ts
16636	Chopped coriander root	1.00 tb
16636	Peppercorns	20.00
16636	Shrimp paste	1.00 ts
16636	Coriander seed	1.00 tb
16636	Cumin seed	1.00 ts
16637	Dried chilies	3.00
16637	Chopped shallots	3.00 tb
16637	Chopped garlic	1.00 tb
16637	Chopped ginger	1.00 ts
16637	Coriander seeds	1.00 tb
16637	Cumin seeds	1.00 ts
16637	Chopped lemon grass	1.00 tb
16637	Shrimp paste	1.00 ts
16637	Salt	1.00 ts
16637	Curry powder	2.00 ts
16638	Dried chilies	3.00
16638	Chopped shallots	3.00 tb
16638	Chopped garlic	1.00 tb
16638	Chopped ginger	1.00 ts
16638	Coriander seeds	1.00 tb
16638	Cumin seeds	1.00 ts
16638	Chopped lemon grass	1.00 tb
16638	Shrimp paste	1.00 ts
16638	Salt	1.00 ts
16638	Curry powder	2.00 ts
16639	Dried chilies	5.00
16639	Chopped shallots	3.00 tb
16639	Chopped garlic	2.00 tb

Sheet1

16639	Chopped galangal	1.00	ts
16639	Chopped lemon grass	1.00	tb
16639	Chopped kaffir lime rind	1.00	ts
16639	Chopped coriander root	1.00	ts
16639	Salt	2.00	ts
16639	Shrimp paste	1.00	ts
16640	Dried chilies	5.00	
16640	Chopped shallots	3.00	tb
16640	Chopped garlic	2.00	tb
16640	Chopped galangal	1.00	ts
16640	Chopped lemon grass	1.00	tb
16640	Chopped kaffir lime rind	1.00	ts
16640	Chopped coriander root	1.00	ts
16640	Salt	2.00	ts
16640	Shrimp paste	1.00	ts
16641	lg	0.00	2
16641	-	8.00	
16641	Long beans; finely chopped	4.00	
16641	Morning glory	4.00	
16641	- (water spinach)	0.00	
16641	-- roughly chopped	0.00	
16641	Bean sprouts	1.25	
16641	NAM PRIK SAUCE -----	0.00	-----
16641	Shallots	10.00	
16641	-- finely sliced into rings	0.00	
16641	Garlic cloves	5.00	
16641	-- finely chopped	0.00	
16641	Dried split moong beans	0.50	c
16641	-- soaked in water for 6 hrs	0.00	
16641	Coriander roots	2.00	
16641	Red curry paste	1.00	tb
16641	Coconut milk	1.25	c
16641	Light soy sauce	2.00	tb
16641	Sugar	1.00	tb
16641	Tamarind juice	1.00	tb
16641	Lemon juice	1.00	tb
16641	Chili powder	0.50	ts
16641	Kaffir lime; cut in half	1.00	
16641	-Water	1.00	c
16641	FRIED DRY CHILIS -----	0.00	-----
16641	Dried red chilis	2.00	lg
16641	-- coarsley chopped	0.00	
16641	Oil; (reserved from above)	0.00	
16641	THE NOODLES AND VEGETABLES -----	0.00	-----
16641	NAM PRIK SAUCE -----	0.00	-----
16641	FRIED DRY CHILIS -----	0.00	-----
16642	Dried chilies	3.00	
16642	Chopped shallots	3.00	tb
16642	Chopped garlic	2.00	tb

Sheet1

16642	Chopped galangal	1.00 ts
16642	Chopped lemon grass	1.25 tb
16642	Cloves	2.00
16642	Coriander seeds	1.00 tb
16642	Cumin seeds	1.00 ts
16642	Peppercorns	5.00
16642	Shrimp paste	1.00 ts
16642	Salt	1.00 ts
16643	Dried chilies	3.00
16643	Chopped shallots	3.00 tb
16643	Chopped garlic	2.00 tb
16643	Chopped galangal	1.00 ts
16643	Chopped lemon grass	1.25 tb
16643	Cloves	2.00
16643	Coriander seeds	1.00 tb
16643	Cumin seeds	1.00 ts
16643	Peppercorns	5.00
16643	Shrimp paste	1.00 ts
16643	Salt	1.00 ts
16644	Cornmeal	1.00 c
16644	Salt	0.25 ea
16644	Water, HOT (boiling)	1.00 c
16644	Eggs	3.00 ea
16644	Milk	1.00 c
16644	Flour	3.00 tb
16644	Sugar	3.00 tb
16645	First layer:	0.00
16645	Butter; unsalted	0.50 c
16645	Sugar	0.25 c
16645	Cocoa powder; unsweetened	5.00 tb
16645	Egg; beaten	1.00
16645	Graham wafer crumbs	1.75 c
16645	Coconut; sweetened	1.00 c
16645	Almonds; finely chopped	0.50 c
16645	Second layer:	0.00
16645	Butter; unsalt, room temp	0.50 c
16645	Cream	3.00 tb
16645	Vanilla custard powder (eg.	2.00 tb
16645	Icing sugar	2.00 c
16645	Icing:	0.00
16645	Chocolate; semisweet (4 sq)	4.00 oz
16645	Butter; unsalted	2.00 tb
16646	Butter & 1 tbsp	0.75 c
16646	Sugar	5.00 tb
16646	Cocoa	5.00 tb
16646	Peppermint extract	1.00 ts
16646	Egg	1.00
16646	Graham cracker crumbs	2.00 c
16646	Vanilla pudding	0.50 c



Sheet1

16646	Sugar; icing	2.00 c
16646	Chocolate; unsweetened	2.00 oz
16647	BOTTOM LAYER -----	0.00 -----
16647	Butter	0.50 c
16647	Sugar, granulated	0.25 c
16647	Cocoa powder;unsweetened	0.33 c
16647	Egg;beaten	1.00
16647	Graham wafer cracker crumbs	1.75 c
16647	Nuts;finely chopped	0.50 c
16647	Coconut;shredded	1.00 c
16647	MIDDLE LAYER -----	0.00 -----
16647	Butter	0.50 c
16647	Light cream	3.00 T
16647	Custard powder;*	2.00 T
16647	Icing Sugar	2.00 c
16647	TOP LAYER -----	0.00 -----
16647	Semisweet chocolate	4.00 oz
16647	Butter	2.00 T
16647	BOTTOM LAYER -----	0.00 -----
16647	MIDDLE LAYER -----	0.00 -----
16647	TOP LAYER -----	0.00 -----
16648	Shortening	0.50 c
16648	Sugar	2.00 c
16648	Sifted flour	2.00 c
16648	Soda	1.00 ts
16648	Coconut (3 1/2 oz)	1.00 cn
16648	Oleo	0.50 c
16648	Eggs, seperated	5.00
16648	Buttermilk	1.00 c
16648	Vanilla	1.00 ts
16648	Pecans	1.00 c
16649	Leeks, cut into 1/2" slices	4.00
16649	Medium diced onion	1.00
16649	Med. potatoes peeled & diced	4.00
16649	Chicken broth	4.00 c
16649	Sour cream	1.00 c
16649	Butter or margarine	1.50 tb
16649	Pepper to taste	0.00
16650	Chicken wings	8.00
16650	Cornstarch	0.25 c
16650	Salt	2.00 ts
16650	White pepper	0.50 ts
16650	Oil; for frying	0.00
16650	WINE DRESSING -----	0.00 -----
16650	Olive oil	1.00 c
16650	Tarragon wine vinegar	1.00 c
16650	Dry white wine	0.75 c
16650	Garlic clove; mashed	1.00
16650	Dry mustard	0.50 ts

Sheet1

16650	Sugar	0.50 ts
16650	Dried basil; crushed	0.50 ts
16650	Dried oregano; crushed	0.50 ts
16650	Dried tarragon, crushed	0.50 ts
16650	Salt, pepper	0.00
16650	Tomato; peeled, seeded	1.00 sm
16650	- & thinly sliced crosswise	0.00
16650	Green bell pepper	0.50 md
16650	- thinly sliced crosswise	0.00
16650	Onion	0.50 sm
16650	- thinly sliced in rings	0.00
16650	WINE DRESSING -----	0.00 -----
16651	Margarine	4.00 tb
16651	Boneless Chicken Breasts	6.00
16651	Fresh Mushrooms, Sliced	0.50 lb
16651	Onion, Chopped	0.50 c
16651	Dry White Wine	1.00 c
16651	Chicken Bouillon	1.00 c
16651	Parsley, Chopped	1.00 tb
16651	Garlic Powder	0.00
16651	Oregano	1.50 ts
16651	Salt	1.00 ts
16651	Pepper	0.00
16651	Flour	4.00 tb
16651	Water	0.50 c
16652	Ghirardelli Bittersweet	16.00 oz
16652	-Chocolate	0.00
16652	Unsalted butter	10.00 tb
16652	Flour	1.00 tb
16652	Eggs	4.00
16652	Sugar	1.00 tb
16652	Sweetened whipped cream	0.00
16652	Raspberry sauce	0.00
16653	Nashi peeled and cored	3.00
16653	Lemon	1.00
16653	Oil	2.00 tb
16653	Beef fillet (thinly sliced	500.00 g
16653	-strips)	0.00
16653	Chokos	2.00
16653	Spring onions chopped	4.00
16653	Garlic cloves chopped	2.00
16653	Grated ginger	1.00 ts
16653	Macadamia halves	0.67 c
16653	Cold water	0.33 c
16653	Corn flour	1.00 tb
16653	Soy sauce	1.00 tb
16653	Chilli sauce	1.00 ts
16653	Sesame seeds	2.00 tb
16654	Onion	1.00 lg

Sheet1

16654	Green pepper	1.00 lg
16654	Ketchup	0.25 ts
16654	Honey	2.00 tb
16654	Brown sugar	2.00 tb
16654	Worcestershire	0.25 ts
16654	Chopped ham	0.12 lb
16654	Campbell's pork and beans	1.00 cn
16654	Dash Louisiana Hot Sauce	0.00
16655	Oil	0.00
16655	Flour; unsifted	2.00 c
16655	Baking powder	4.00 ts
16655	Salt	1.00 ts
16655	Water;warm (maybe more)	0.67 c
16655	Cornmeal	0.00
16656	New Mexican Chile;Dried red;	4.00 x
16656	Small Onion;chopped	1.00
16656	Vegetable Oil	2.00 tb
16656	Beef;ground	0.75 lb
16656	Pinto Beans;cooked	3.00 c
16656	Indian Fry Bread	8.00
16656	Cheddar Cheese;Grated;	0.00
16656	Lettuce;Shredded;	0.00
16656	Tomatoe;Chopped;	0.00
16657	Dried navy beans	0.50 lb
16657	Olive oil	4.00 tb
16657	Onion, chopped	1.00
16657	Garlic cloves, chopped	2.00
16657	Ribs celery, diced	3.00
16657	Turnip, diced	1.00
16657	Imported bay leaf and 5	1.00 sm
16657	-sprigs fresh	0.00
16657	Parsley, tied together with	0.00
16657	-kitchen twine	0.00
16657	Ground allspice	0.25 ts
16657	Crushed red pepper flakes	0.25 ts
16657	Chicken broth	6.00 c
16657	Fresh sausages (mild	4.00
16657	-Italian)	0.00
16657	Salt	0.00
16657	Freshly ground black pepper	0.00
16658	Navy beans	2.00 c
16658	Salt pork, diced	0.33 lb
16658	Salt and pepper	0.00
16659	Sugar	0.75 c
16659	Butter or butter substitute	0.50 c
16659	Egg, well beaten	1.00
16659	Chopped nuts	0.50 c
16659	Raisins	1.50 c
16659	Vanilla	0.50 ts

## Sheet1

16659	Flour	1.67 c
16659	Nutmeg	1.00 ts
16659	Cinnamon	1.00 ts
16659	Allspice	1.00 ts
16659	Baking soda	1.00 ts
16659	Salt	0.50 ts
16659	Hot water	1.00 c
16660	Sugar	0.50 c
16660	Egg, well beaten	1.00
16660	Flour	1.00 c
16660	Baking powder	2.00 ts
16660	Raisins	0.50 c
16660	Shortening	0.25 c
16660	Milk	0.33 c
16660	Salt	0.12 ts
16660	Lemon flavoring	0.50 ts
16661	Of nectarines	3.00 lb
16661	Medium-size oranges	3.00
16661	Of sugar (2 1/4 pounds)	4.50 c
16662	Dried great northern beans	1.00 lb
16662	Chicken breast	2.00 lb
16662	Olive oil	1.00 tb
16662	Medium onions, chopped	2.00
16662	Garlic cloves, chopped	4.00
16662	Mild green chilies 4 oz	2.00 cn
16662	Ground cumin	2.00 ts
16662	Dried oregano, crumbled	1.50 ts
16662	Cayenne pepper	0.25 ts
16662	Chicken broth	6.00 c
16662	Monterey Jack cheese, grated	3.00 c
16662	Sour Cream	0.00
16662	Salsa	0.00
16662	Fresh cilantro, chopped	0.00
16663	Dried white beans	1.00 lb
16663	Chicken stock	1.50 qt
16663	Onions, chopped	1.50 md
16663	Garlic cloves, chopped	2.00
16663	Salt	1.00 ts
16663	Corn oil	1.00 tb
16663	4 oz can green chiles,	1.00
16663	-chopped	0.00
16663	Ground cumin	2.00 ts
16663	Crushed dried oregano	2.00 ts
16663	Ground coriander	2.00 ts
16663	Of ground cloves	1.00 pn
16663	Of cayenne	1.00 pn
16663	Boneless, skinless cooked	4.00
16663	-chicken breasts, diced	0.00
16663	Grated Monterey Jack cheese	0.50 c

Sheet1

16663	Green onions, thinly sliced	4.00
16664	Butter	2.00 c
16664	Granulated sugar	2.00 c
16664	Light brown sugar	2.00 c
16664	Eggs	4.00 ea
16664	Vanilla extract	2.00 ts
16664	All-purpose flour	4.00 c
16664	Oatmeal, blended*	5.00 c
16664	Salt	1.00 ts
16664	Baking powder	2.00 ts
16664	Baking soda	2.00 ts
16664	Chocolate chips	24.00 oz
16664	8 oz. Hershey bar (grated)	1.00 ea
16664	Chopped pecans	3.00 c
16665	Chocolate, unsweetened, squa	1.50 ea
16665	Sugar	1.00 c
16665	Flour	0.50 c
16665	Raisins, chopped	0.50 c
16665	Butter	2.00 T
16665	Egg, well beaten	2.00 ea
16665	Vanilla	1.00 t
16665	Nuts, chopped	0.50 c
16666	Tomato juice	2.00 c
16666	Clam juice	2.00 c
16666	Cucumber; peeled, seeded,	1.00
16666	- and diced	0.00
16666	Scallions; thinly sliced	3.00
16666	Virgin olive oil	2.00 tb
16666	Red wine vinegar	2.00 tb
16666	Sugar	1.00 tb
16666	Fresh dill, chopped	1.00 tb
16666	Garlic clove; crushed,	1.00
16666	- and chopped	0.00
16666	Cream cheese; frozen hard,	4.00 oz
16666	- and then coarsely grated	0.00
16666	Avocado; peeled, pitted and	1.00
16666	- diced medium	0.00
16666	Tabasco sauce	0.50 ts
16666	Bay shrimp, cooked	0.75 c
16667	Anchovy fillets	8.00
16667	Juice of 1 lemon -OR-	0.00
16667	Cognac	1.00 oz
16667	Chopped fresh parsley	1.00 tb
16667	Sweet softened butter	1.00 c
16668	White bread	12.00 sl
16668	Anchovy butter	0.50 c
16669	(to 12) slices cooked beef	6.00
16669	-fillet	0.00
16669	Hard-cooked eggs	3.00

## Sheet1

16669	Dry mustard	1.00 ts
16669	Salt	0.50 ts
16669	Black pepper, freshly	0.50 ts
16669	-ground	0.00
16669	Olive oil	1.50 c
16669	Tarragon vinegar	0.50 c
16669	Chopped sour gherkins	0.50 c
16669	Capers	1.00 tb
16669	Chopped parsley	1.00 tb
16669	Chervil -OR-	1.00 tb
16669	Dried leaves	1.00 ts
16669	Tomato paste	0.50 tb
16670	Medium Onions	3.00
16670	Medium Green Peppers	2.00
16670	Stalks Celery	2.00 lg
16670	Cloves Garlic	2.00
16670	Jalapeno, Seeded & Diced	1.00
16670	Coarsely Ground Fresh Chuck	8.00 lb
16670	Diced Green Chiles	7.00 oz
16670	Stewed Tomatoes	28.00 oz
16670	Tomato Sauce	15.00 oz
16670	Tomato Paste	6.00 oz
16670	Chili Powder	6.00 oz
16670	Cumin	2.00 tb
16670	Tabasco Sauce To Taste	0.00
16670	Beer, Two 6 Oz. Portions	12.00 oz
16670	Mineral Water	12.00 oz
16670	Bay Leaves	3.00
16670	Garlic Salt To Taste	0.00
16670	Salt And Pepper To Taste	0.00
16671	Med onions	3.00
16671	Med green peppers	2.00
16671	Lg stalks celery	2.00
16671	Cloves garlic	2.00
16671	Sm Jalapeno diced	1.00
16671	Lean chuck ground	8.00 lb
16671	Diced gn chiles	7.00 oz
16671	Stewed tomatoes	28.00 oz
16671	Tomato sauce	15.00 oz
16671	Tomato paste	6.00 oz
16671	Chili powder	6.00 oz
16671	Cumin	2.00 tb
16671	Tabasco to taste	0.00
16671	Beer, two portions	12.00 oz
16671	Mineral water	12.00 oz
16671	Bay leaves	3.00
16671	Garlic, salt, pepper	0.00
16672	Lard	0.50 c
16672	Onions,med,coarsely chopped	3.00

Sheet1

16672	Bell pepper(s)	2.00
16672	Celery stalks,coarsely chop	2.00
16672	Jalapeno peppers,pickled	1.00 T
16672	Beef chuck,coarse grind	8.00 lb
16672	Stewed tomatoes(15oz ea)	2.00 cn
16672	Tomato sauce(15oz ea)	1.00 cn
16672	Tomato paste(6oz ea)	1.00 cn
16672	Red chile,hot,ground	8.00 T
16672	Red chile,mild,ground	4.00 T
16672	Cumin,ground	2.00 t
16672	Bay leaves	3.00
16672	Hot pepper sauce,liquid	1.00 T
16672	Garlic salt(to taste)	0.00
16672	Onion salt(to taste)	0.00
16672	Salt(to taste)	0.00
16672	Pepper,fresh grnd(to taste)	0.00
16672	Beer	4.00 oz
16672	Water	0.00
16673	All-purpose flour	1.00 c
16673	Baking powder	1.00 ts
16673	Cornstarch	0.50 c
16673	Water	1.00 c
16673	Salt	2.00 ts
16673	Sugar	1.00 ts
16673	Oil	1.00 ts
16674	Wholewheat Flour	13.00 c
16674	Molasses	0.25 c
16674	Salt	3.00 tb
16674	Vegetable oil	3.00 tb
16674	Dry yeast	2.00 tb
16674	Sugar	2.00 ts
16674	Lukewarm water	3.50 c
16675	Cream	0.67 c
16675	Sugar	2.00 c
16675	Salt	0.25 ts
16675	Corn syrup	2.00 tb
16675	Butter	4.00 tb
16675	Vanilla	1.00 ts
16675	Walnuts or Pecans	0.67 c
16676	Crisco or other GOOD	1.00 c
16676	Shortening	0.00
16676	Boiling water	0.50 c
16676	Pinch of salt	0.00
16676	Flour.	3.00 c
16677	Sprigs parsley	4.00
16677	Leek	1.00
16677	Carrot; cut lengthwise	0.50
16677	Stalk celery; chopped	1.00
16677	Bay leaf	0.25

Sheet1

16677	Sage	1.00 pn
16677	Thyme	1.00 pn
16677	Thick slices bacon, diced	2.00
16677	New corn pulp	1.00 c
16677	Onion; chopped fine	0.50 c
16677	Celery; chopped fine	0.50 c
16677	Chicken broth	4.00 c
16677	Raw potatoes; diced	0.75 c
16677	Tomatoes; peeled & chopped	1.50 c
16677	Cayenne pepper	1.00 pn
16677	Heavy cream	0.50 c
16677	Cornstarch	1.00 ts
16678	Sifted cake flour OR	2.50 c
16678	Sifted all-purpose flour	2.33 c
16678	Sugar	1.00 c
16678	Baking soda	1.00 ts
16678	Cinnamon	1.50 ts
16678	Nutmeg	0.75 ts
16678	Cloves	0.75 ts
16678	Salt	1.00 ts
16678	Brown sugar	1.00 c
16678	Shortening	0.67 c
16678	Buttermilk	1.00 c
16678	Eggs	3.00
16679	Salt pork, diced	0.25 lb
16679	To 7 potatoes	6.00
16679	Flour	1.00 tb
16679	Salt and pepper	0.00
16679	Onions, sliced	2.00 md
16679	To 6 cups milk, scalded	4.00
16679	Melted butter or butter	2.00 tb
16679	-substitute	0.00
16680	All purpose flour	2.00 tb
16680	Salt	1.00 ts
16680	Onion salt	1.00 ts
16680	Pepper	0.25 ts
16680	Pot roast	4.00 lb
16680	Shortening	2.00 tb
16680	Whole cloves	4.00
16680	2" stick cinnamon	1.00
16680	(16 oz) whole cranberry	1.00 cn
16680	Sauce	0.00
16680	Vinegar	1.00 tb
16681	Shortening	1.00 tb
16681	Sugar	1.00 c
16681	Egg, well beaten	1.00
16681	Baking powder	3.00 ts
16681	Milk	1.00 c
16681	Salt	0.50 ts



Sheet1

16681	Flour	2.00 c
16681	Nutmeg	0.50 ts
16682	Butter	2.00 tb
16682	Onion, finely chopped	1.00 lg
16682	Stalks celery, finely	3.00
16682	-chopped	0.00
16682	Carrot, finely chopped	1.00 lg
16682	Potatoes, peeled, diced 1/2	1.00 lb
16682	-inch cubes	0.00
16682	Fish (white) fillet, in 1	1.00 lb
16682	-1/2 inch chunks	0.00
16682	Fish stock or clam juice	2.00 c
16682	Cold water	1.00 c
16682	Bay leaf	1.00
16682	Dried thyme	0.50 ts
16682	To 1 1/2 cups heavy cream	1.00
16682	Corn kernels	1.00 c
16682	Chopped fresh parsley	0.25 c
16683	Eggs	3.00
16683	Sugar	1.50 c
16683	Orange or lemon juice	1.00 ts
16683	Cake flour	1.50 c
16683	Grated orange or lemon rind	1.00 tb
16683	Boiling water	0.50 c
16683	Salt	0.25 ts
16683	Baking powder	1.50 ts
16684	Dry navy beans	1.50 lb
16684	Smoked ham or ham hocks *	1.00 lb
16684	Onion, chopped	0.50 c
16684	(packed) brown sugar	0.50 c
16684	Maple syrup	0.50 c
16684	Salt	1.00 ts
16684	Dry mustard	1.00 ts
16685	Water	0.75 c
16685	3 oz box lemon jello	1.00
16685	Eggs	4.00
16685	Box lemon cake mix	1.00
16685	Crisco oil	0.75 c
16685	Juice of 2 lemons	0.00
16685	Powdered sugar	2.00 c
16686	Corn oil	0.33 c
16686	Large onions, chpd	3.00
16686	Lg garlic cloves, minced	6.00
16686	Mild ground chiles	5.00 tb
16686	HOT ground chiles/Cayenne	1.00 ts
16686	Ground cumin	2.00 tb
16686	Lean pork, ground	1.00 lb
16686	Bnls beef chuck, cubed	5.00 lb
16686	Oregano	2.00 ts

Sheet1

16686	Salt	2.50 ts
16686	Fresh ground black pepper	0.50 ts
16686	Itln tomatoes w/ juice	28.00 oz
16686	Good amber beer	24.00 oz
16686	Beef broth	13.00 oz
16686	Bay leaves	2.00
16686	Kidney beans	34.00 oz
16687	Pork shoulder,1/2" cubes	3.00 lb
16687	Salt	1.00 t
16687	Garlic cloves	2.00
16687	Red chile,mild,ground	8.00 T
16687	Oregano,dried,pref. Mexican	0.50 t
16687	Chicken broth	3.00 c
16687	Pinto beans	4.00 c
16688	Onion; Large, Finely Chopped	1.00 ea
16688	Poblano Chiles; *	4.00 ea
16688	Jalapeno Chile; **	1.00 ea
16688	Clove Garlic; Finely Chopped	1.00 ea
16688	Vegetable Oil	2.00 T
16688	Whipping Cream	0.50 c
16688	Salt	0.25 t
16689	Hot water	0.75 c
16689	Molasses	0.50 c
16689	Milk	0.25 c
16689	Whole wheat flour	2.00 c
16689	All-purpose flour	1.00 c
16689	Sugar	0.75 c
16689	Baking powder	3.00 T
16689	Baking soda	1.00 t
16689	Salt	1.00 t
16689	Chopped dry roasted pecans	1.50 c
16690	New potatoes	8.00 sm
16690	Ghee	0.25 c
16690	Cumin seeds	1.00 ts
16690	Turmeric	0.50 ts
16690	Fresh ginger, minced	1.50 ts
16690	Red chilies, chopped	2.00 sm
16690	Fresh coriander	1.00 c
16690	Salt	1.00 ts
16690	Garam masala	1.00 ts
16690	Coriander seeds	1.00 tb
16690	Lemon juice	0.25 c
16690	Water	6.00 tb
16690	Frozen/fresh peas	0.50 c
16691	(10 Oz. ) Pkg. Chopped	1.00
16691	Spinach, Thawed & Drained	0.00
16691	(12 Oz.) Carton Low Fat	1.00
16691	Cottage Cheese	0.00
16691	Egg Whites Beaten	2.00

Sheet1

16691	Olive Oil	2.00	ts
16691	Minced Onion	0.75	c
16691	Sliced Mushrooms	1.00	c
16691	Garlic Minced	2.00	cl
16691	(14 1/2 Oz.) Cans Tomatoes,	2.00	
16691	Drained & Chopped	0.00	
16691	Fresh Minced Parsley	0.25	c
16691	Burgundy OR Dry Red Wine	0.25	c
16691	Tomato Paste	0.25	c
16691	Dried Basil	2.00	ts
16691	Dried Oregano	1.50	ts
16691	Dark Brown Sugar	1.00	ts
16691	Pepper	0.50	ts
16691	Salt	0.25	ts
16691	Lasagna Noodles, Uncooked	6.00	
16691	Thinly Sliced Zucchini	5.00	c
16691	(5 Oz.) Shredded	1.25	c
16691	Part-Skim Milk Mozzarella	0.00	
16691	Grated Parmesan	2.00	tb
16692	Low-fat cottage cheese	1.00	c
16692	Fresh lemon juice	2.00	tb
16692	Skim milk	1.00	tb
16693	Black-eyed peas,dried	2.00	c
16693	Water,more if needed	2.00	qt
16693	Ham bone with "trimmings"	1.00	
16693	Onion,medium,chopped	3.00	
16693	Bay leaves	2.00	
16693	Salt	1.50	ts
16693	Pepper	1.00	ts
16694	tb	3.00	4
16694	-Flour	0.00	
16694	Calumet Baking Powder	3.00	ts
16694	Salt	0.50	ts
16694	Butter or other shortening	0.67	c
16694	Sugar	2.00	c
16694	Milk	1.00	c
16694	Vanilla	1.50	ts
16694	Egg whites, stiffly beaten	6.00	
16694	Chocolate Cream Filling	0.00	
16694	Squares Baker's Unsweetened	3.00	
16694	-Chocolate	0.00	
16694	Milk	2.00	c
16694	Sugar	0.75	c
16694	Swans Down Cake Flour	4.00	tb
16694	Salt	0.50	ts
16694	Egg yolks, slightly beaten	2.00	
16694	Butter	1.00	tb
16694	Vanilla	1.00	ts
16694	Hungarian Chocolate Frosting	0.00	

Sheet1

16694	Squares Baker's Unsweetened	3.00
16694	-Chocolate	0.00
16694	Sifted confectioners' sugar	1.50 c
16694	Hot water	2.50 tb
16694	Egg yolks	3.00
16694	Butter	4.00 tb
16695	Starter	2.00 ea
16695	Salt	0.50 pt
16695	Sugar	3.00 pt
16695	Eggs;beaten	2.00 ea
16695	Butter;melted	0.50 ea
16695	Cinnamon	0.50 pt
16695	Orange rind;grated	1.00 ea
16695	Flour;white	3.00 ea
16695	Almonds;split	1.00 ea
16696	PASTRY -----	0.00 -----
16696	Flour; sifterd	1.00 c
16696	Sugar	0.25 c
16696	Lemon peel; finely grated	1.00 t
16696	Orange peel; finely grated	1.00 t
16696	Butter	0.50 c
16696	Egg yolk	0.00
16696	Vanilla	0.25 t
16696	FILLING -----	0.00 -----
16696	Cream cheese	2.50 lb
16696	Sugar	1.75 c
16696	Flour	3.00 T
16696	Lemon Peel; fine grated	1.50 t
16696	Orange Peel; fine grated	1.50 t
16696	Vanilla	0.25 t
16696	Eggs	5.00
16696	Egg yolks	2.00
16696	Cream	0.25 c
16696	PASTRY -----	0.00 -----
16696	FILLING -----	0.00 -----
16697	Dozen large hard clams,	1.00
16697	-chopped, and juice	0.00
16697	Salt pork, chopped (**or	0.25 lb
16697	-bacon)	0.00
16697	Onion, chopped	1.00
16697	Cubed potatoes	1.00 c
16697	Carrot, sliced	1.00
16697	Can tomatoes	16.00 oz
16697	Salt (optional)	0.50 ts
16697	Pepper	0.25 ts
16697	Hot water (**clam juice	2.00 c
16697	-makes it better)	0.00
16697	Thyme	1.00 ts
16698	Yeast	2.00

Sheet1

16698	Warm water	0.33 c
16698	Butter	0.25 lb
16698	Sugar	0.50 c
16698	Salt	1.00 ts
16698	Honey	1.00 tb
16698	Egg	1.00
16698	Egg yolks	2.00
16698	Flour	4.00 c
16698	Milk	0.50 c
16698	CRUMB TOPPING -----	0.00 -----
16698	Almond paste	0.25 c
16698	Egg white	1.00 tb
16698	Brown sugar	0.25 c
16698	Sugar	0.25 c
16698	Salt	0.25 ts
16698	Butter	0.25 lb
16698	Cinnamon	1.00 ts
16698	Vanilla	1.00 ts
16698	Flour	1.50 c
16698	CRUMB TOPPING -----	0.00 -----
16699	Turnip	1.00 md
16699	Salt	0.00
16699	Poppy seed	0.00
16699	Olive oil	1.00 tb
16700	Dessert apples	2.00 lb
16700	Cooking apples	1.00 lb
16700	Granulated sugar	0.00
16700	Dry cider	2.00 pt
16700	Orange	0.50
16700	Lemon	0.50
16700	Ground cinnamon & allspice	0.00
16701	Non dairy coffee creamer	0.67 c
16701	Instant coffee granules	0.33 c
16701	Granulated sugar	0.33 c
16701	Ground cardamom	1.00 ts
16701	Ground cinnamon	0.50 ts
16702	Of sugar	2.00 c
16702	Of cocoa	0.25 c
16702	Of milk	0.50 c
16702	Of margarine	0.25 lb
16702	Vanilla	1.00 ts
16702	Salt	1.00 ea
16702	Oatmeal	3.00 c
16702	Peanut butter, chunky	0.50 c
16703	Salt	0.25 ts
16703	Egg whites	2.00
16703	Sugar	0.25 c
16703	Corn syrup, clear	0.75 c
16704	Strawberries, crushed	1.00 c

Sheet1

16704	Blueberries, fresh or frozen	2.00 c
16704	-crushed	0.00
16704	Sugar	5.00 c
16704	Lemon juice	2.00 tb
16704	Certo Liquid (2 pouches)	2.00 pk
16705	Orange	1.00
16705	Peaches, finely chopped	2.50 c
16705	Maraschino cherries, chopped	0.33 c
16705	Lemon juice	2.00 tb
16705	Sugar	5.00 c
16705	Water	0.75 c
16705	Certo Fruit Pectin Crystals	1.00 pk
16706	Crushed strawberries	2.75 c
16706	Peeled, chopped kiwi fruit	1.25 c
16706	Sugar	3.25 c
16706	Box fruit pectin crystals	1.00
16707	PHILLY.INQUIRER -----	0.00 -----
16707	Ricotta	1.50 lb
16707	Cream cheese	1.00 lb
16707	Eggs	6.00
16707	Vanilla	2.00 tb
16707	Flour	6.00 tb
16707	Sour cream	1.00 pt
16707	PHILLY.INQUIRER -----	0.00 -----
16708	Cooked unpared red potatoes	1.00 lb
16708	-cubed	0.00
16708	Chopped celery	0.25 c
16708	Celery seed	0.50 t
16708	Chopped scallions	0.25 c
16708	Seasoning salt	0.50 t
16708	Chopped fresh dill	3.00 T
16708	Low cal ranch dressing	0.25 c
16708	Pepper to taste	0.00
16709	Fast rising yeast	1.00 pk
16709	Sugar	1.00 pn
16709	Thyme	1.00 pn
16709	Warm water	0.25 c
16709	Small curd cottage cheese	1.00 c
16709	Butter	1.50 tb
16709	Honey	2.00 tb
16709	Dill weed	2.00 tb
16709	Salt	0.25 ts
16709	Egg;beaten	1.00
16709	All purpose flour	2.50 c
16710	Red Gold tomatoes	14.50 oz
16710	L large onion	0.00
16710	Or 4 bannana peppers (not	3.00
16710	-hot!)	0.00
16710	Handful fresh cilantro OR	1.00 lg

Sheet1

16710	Dry cilantro	2.00 tb
16710	Clove of garlic	0.50
16710	Lemon juice	1.00 tb
16711	6 oz apple juice concentrate	1.00 c
16711	Cornstarch	2.00 tb
16711	Water	0.50 c
16711	Apple pie spice	0.50 ts
16711	Apples	4.00
16711	Uncooked double pie crust	1.00
16711	Sweet and low, if desired	0.00
16712	Sugar	2.00 c
16712	Milk	0.50 c
16712	Butter	0.25 lb
16712	Cocoa	3.00 tb
16712	Salt	1.00 ts
16712	Rolled oats	3.00 c
16712	Vanilla	1.00 ts
16712	Coconut	1.00 c
16713	Butter	0.50 c
16713	Sugar	1.00 c
16713	Egg (beaten)	1.00
16713	Dates (chopped)	1.00 c
16713	Rice Krispies	2.00 c
16713	Nuts (chopped)	0.50 c
16713	Vanilla	0.50 ts
16713	Dash salt	1.00
16713	Coconut	1.00
16714	Sugar	2.00 c
16714	Butter	0.50 c
16714	Milk	0.50 c
16714	Rolled oats	3.00 c
16714	Soda	1.00 ts
16714	Cocoa	6.00 tb
16714	Coconut	0.50 c
16714	Nuts	0.50 c
16715	Sugar	2.00 c
16715	Cocoa	4.00 tb
16715	Milk	0.50 c
16715	Butter	0.50 c
16715	Peanut butter	0.50 c
16715	Rolled oats	3.00 c
16715	Vanilla	1.00 tb
16716	Rolled oats	3.00 c
16716	Coconut (chopped)	1.00 c
16716	Walnuts (chopped)	1.00 c
16716	Cocoa	0.50 c
16716	Evaporated milk	0.50 c
16716	Butter	0.50 c
16716	Brown sugar	1.00 c

Sheet1

16716	White sugar	1.00 c
16716	Vanilla	0.50 ts
16717	Fully ripe raspberries	3.00 c
16717	Finely ground peeled and	0.50 c
16717	-cored apples	0.00
16717	Sugar	4.00 c
16717	Fresh lemon juice	2.00 tb
16717	Pouch liquid fruit pectin	1.00
16718	Raspberries, crushed	1.00 c
16718	Peaches, peeled & finely	1.00 c
16718	-chopped	0.00
16718	Sugar	3.75 c
16718	Lemon juice	2.00 tb
16718	Certo liquid pouch	1.00
16719	Crushed strawberries	3.00 c
16719	Mashed banana	1.00 c
16719	Sugar	3.00 c
16719	Box CERTO light fruit pectin	1.00
16719	-crystals	0.00
16720	Peaches: Peeled, Pitted And	1.00 lb
16720	-Mashed, 2 Cups	0.00
16720	Sugar	2.00 c
16720	Liquid Fruit Pectin; 1 Pouch	3.00 oz
16720	Lemon Juice	2.00 tb
16721	Peanut butter	1.00 c
16721	Light corn syrup	1.00 c
16721	Dry powdered milk	1.50 c
16721	Sifted confectioners sugar	1.50 c
16721	Bowl and a wooden spoon	1.00 lg
16721	Paper plates and pencils	0.00
16722	Fully ripe strawberries	1.75 qt
16722	Sugar	1.75 c
16722	Sure-Jell Light Fruit Pectin	1.00 pk
16722	Corn syrup	1.00 c
16723	Strawberries; (2 Cups)	1.00 pt
16723	-Mashed	0.00
16723	Sugar	2.00 c
16723	Liquid Pectin; 1 Pouch	3.00 oz
16723	Lemon Juice	2.00 tb
16723	Red Food Coloring; Up To	3.00 dr
16723	-4 Drops May Be Used	0.00
16724	Sifted cake flour	1.00 c
16724	Unsweetened cocoa	0.33 c
16724	Baking soda	1.00 ts
16724	Baking powder	1.00 ts
16724	Egg whites	6.00 lg
16724	Firmly packed brown sugar	1.33 c
16724	Unflavored non-fat yogurt	1.00 c
16724	Vanilla	1.00 ts



Sheet1

16725	Firm tofu; mashed	1.00 lb
16725	Quick rolled oats	1.00 c
16725	Wheat germ	0.50 c
16725	Onion (optional)	1.00
16725	-finely minced	0.00
16725	Onion powder	2.00 tb
16725	Soy sauce	2.00 tb
16725	Salt	0.50 ts
16725	Basil	0.50 ts
16725	Oregano	0.50 ts
16725	Garlic powder	0.50 ts
16725	Black pepper	0.12 ts
16725	Vegetable oil; for frying	0.00
16726	Of flour	2.00 c
16726	Of baking soda	1.00 ts
16726	Of salt	0.50 ts
16726	Of cinnamon	3.00 ts
16726	Eggs beaten	3.00
16726	Of sugar	2.00 c
16726	Of salad oil	0.50 c
16726	Of vanilla	0.50 ts
16726	Of apples (peeled and sliced	5.00 c
16726	Of chopped walnuts (optional	0.50 c
16727	Olive Oil	0.25 c
16727	Yellow Onions, Chopped	4.00 c
16727	Coarsely Ground Beef	2.00 lb
16727	Coarsely Ground Pork	2.00 lb
16727	Salt To Taste	1.00
16727	Mild Chili Powder Unseasoned	0.33 c
16727	Ground Cumin *	3.00 tb
16727	Dried Oregano **	3.00 tb
16727	Unsweetened Cocoa Powder	3.00 tb
16727	Ground Cinnamon	2.00 tb
16727	Cayenne Pepper Or To Taste	1.50 ts
16727	Tomato Juice	4.00 c
16727	Beef Stock	3.00 c
16727	Medium Cloves Garlic ***	8.00
16727	Yellow Cornmeal As Thickener	2.00 tb
16727	Red Kidney Beans ****	32.00 oz
16728	Ripe avocado; peeled, pitted	1.00
16728	Extra firm silken tofu	10.50 oz
16728	Nutritional yeast	2.00 tb
16728	Tamari sauce	2.00 ts
16728	Lemon; juiced	0.50
16728	Water	6.00 tb
16728	Chopped dill weed	2.00 ts
16728	Chopped chives	1.00 tb
16728	Chopped garlic chives	1.00 tb
16729	Unsalted butter	0.50 c

## Sheet1

16729	- cut into small pieces	0.00
16729	Fresh sage leaves; -=OR=-	8.00 lg
16729	-Dried Sage	1.00 ts
16729	Garlic clove; sliced	1.00 lg
16729	Salt	0.00
16729	Potatoes; peeled	0.50 lb
16729	-cut into 1/2-in cubes	0.00
16729	Leeks; white parts only,	3.00 lg
16729	- quartered and sliced	0.00
16729	- 3/8-in thick	0.00
16729	Garlic cloves; minced	2.00
16729	Red pepper flakes	0.50 ts
16729	Savoy cabbage; quartered	1.50 lb
16729	- cut into 1/2-in slices	0.00
16729	Grated Parmesan cheese	0.50 c
16729	- (fresh)	0.00
16729	Fettuccine	1.00 lb
16729	Soft cheese; such as	0.50 lb
16729	-Taleggio, Bel Paese	0.00
16729	-or Fresh Mozzarella, sliced	0.00
16730	Peanut or corn oil	2.00 tb
16730	Chopped pork butt	1.50 lb
16730	Chinese rice wine	2.00 tb
16730	-=OR=- Dry sherry	0.00
16730	Grated ginger	1.00 tb
16730	Minced garlic	1.00 tb
16730	Green onions; chopped	6.00
16730	Hoisin sauce	0.50 c
16730	Hot bean paste	0.25 c
16730	Sugar	2.00 tb
16730	Soy sauce	1.50 tb
16730	Chicken stock	1.00 c
16730	Sesame oil	2.00 tb
16730	Chinese wheat-flour noodles	1.00 lb
16730	- FRESH, (w/ or without egg)	0.00
16730	Cucumber	1.00 lg
16730	- cut into 1/3" cubes	0.00
16730	Toasted black sesame seeds	0.00
16730	- (for garnish)	0.00
16730	Fresh coriander leaves	0.00
16730	- (for garnish)	0.00
16731	Whole wheat pasta	10.00 oz
16731	Salt	0.00
16731	Ricotta cheese	1.00 c
16731	- at room temperature	0.00
16731	Soft butter	4.00 tb
16731	Walnut oil	1.00 tb
16731	Walnuts, finely chopped	0.33 c
16731	Fresh garted Parmesan cheese	0.50 c

Sheet1

16731	Parmesan cheese for garnish	0.00
16731	Half and half;	1.00 c
16731	--OR-- Milk or Pasta Water	0.00
16731	Snipped chives	1.00 tb
16731	Finely chopped chervil	1.00 tb
16731	--OR-- Parsley	0.00
16731	Freshly ground pepper	0.00
16732	Fresh white sen yai noodles	4.00 oz
16732	Beansprouts	0.50 c
16732	Bundle long beans	1.00 sm
16732	-- chopped into 1" lengths	0.00
16732	Broccoli stem	1.00 md
16732	-- sliced lengthwise	0.00
16732	Coconut milk	1.00 c
16732	Red curry paste	1.00 tb
16732	Curry powder	1.00 ts
16732	Sugar	0.50 ts
16732	Tamarind juice	1.00 tb
16732	Roast peanuts, crushed	1.00 tb
16732	Shallot; finely chopped	1.00
16732	TO GARNISH -----	0.00 -----
16732	Potato rounds	0.00
16732	-- extra-finely sliced	0.00
16732	-- deep-fried until golden	0.00
16732	-- brown and set aside	0.00
16732	TO GARNISH -----	0.00 -----
16733	Cactus Shoots	12.00
16733	Clvs Garlic (chopped)	2.00
16733	Onions (chopped)	0.50 c
16733	Corn oil	0.50 c
16733	Salt	0.50 ts
16733	Pepper	0.50 ts
16733	Flour	2.00 tb
16733	Chili powder (mild)	2.00 oz
16733	Water (warm)	1.50 c
16734	Cooked brown rice	2.00 c
16734	Mung bean sprouts	0.50 c
16734	Grated carrot	0.50 c
16734	Cucumber, finely diced	0.50 c
16734	Daikon radish	0.25 c
16734	Fresh parsley	2.00 tb
16734	Tamari	1.00 tb
16734	Soy "mayonnaise"	0.50 tb
16734	Lemon juice	2.00 ts
16734	Freshly chopped umeboshi	3.00
16734	-plums	0.00
16734	Dill weed	1.00 ts
16734	Sheets toasted nori	4.00
16735	Clove garlic, pressed	1.00

Sheet1

16735	Onion, chopped	1.00
16735	Bulk sausage	0.50 lb
16735	Ground turkey	0.50 lb
16735	Ground cumin	1.00 ts
16735	Oregano, crumbled	1.00 ts
16735	To 1/4 tsp cayenne pepper	0.12
16735	Water	2.00 c
16735	(10 oz) frozen chopped	1.00 pk
16735	-spinach, thawed	0.00
16735	(6.5 oz) MINUTE Long And	1.00 pk
16735	-Wild Rice Mix	0.00
16735	DOLE Chopped Dates	1.00 c
16736	Cornmeal	1.00 c
16736	Boiling water	1.25 c
16736	Lard, melted	2.00 tb
16736	Salt	0.50 ts
16737	Corn meal	1.00 c
16737	Soda	0.25 ts
16737	Flour	1.00 tb
16737	Salt	0.25 ts
16737	Sugar	1.00 ts
16737	Buttermilk; *note	0.50 c
16737	Water	0.25 c
16737	Egg; beaten	1.00
16738	Eggplants	2.00 md
16738	Potatoes, cubed	4.00 c
16738	Soya cheese,	8.00 oz
16738	Vegetable oil	2.00 tb
16738	Chopped onions	2.00 c
16738	Ground cumin seeds	2.00 ts
16738	Ground coriander seeds	1.00 tb
16738	Turmeric	1.00 ts
16738	Hot red pepper	0.50 ts
16738	Ground cloves	0.25 ts
16738	Minced ginger	1.00 tb
16738	Garlic cloves, minced	2.00 ea
16738	Carrots, diced	2.00 md
16738	Green bell pepper, diced	1.00 lg
16738	Green peas	1.00 c
16738	Tomato, diced	1.00 ea
16738	Fresh lemon juice	2.00 tb
16738	Seasme seeds	0.00
16739	Vanilla ice cream	1.00 qt
16739	Baked 9" pie shell or crumb	1.00
16739	1 lb. 6 oz. cherry pie filli	1.00 c
16740	Pork tenderloin *	0.25 lb
16740	Vegetable oil	2.00 ts
16740	Minced garlic (3 cloves)	1.00 tb
16740	Shallot, minced	1.00 lg

Sheet1

16740	Serrano chilies, with seeds,	2.00	
16740	-chopped	0.00	
16740	Tiny dried shrimp, minced,	1.00	ts
16740	-or 1/2 tsp. shrimp paste	0.00	
16740	Minced fresh lemon grass **	1.00	ts
16740	Ripe plum tomatoes, chopped	1.00	lb
16740	-or: ***	0.00	
16740	Defatted chicken stock or	0.50	c
16740	-water	0.00	
16740	Fish sauce	1.00	tb
16740	Sugar	1.00	ts
16741	Flour, cake or all-purpose	3.00	c
16741	Boiling water	1.00	c
16741	Cold water	0.25	c
16741	-or more if dough	0.00	
16741	-feels too dry	0.00	
16741	Shortening	3.00	tb
16741	Vegetable oil for pan frying	0.00	
16741	FILLING -----	0.00	-----
16741	Boneless breast of chicken	3.00	oz
16741	- skinned, diced	0.00	
16741	Cornstarch	0.50	ts
16741	Cooking sherry	0.25	ts
16741	Chinese sausage; diced	0.25	lb
16741	Chinese dried shrimp; minced	1.00	tb
16741	Vegetable oil	1.00	ts
16741	Chinese barbecued pork	3.00	oz
16741	- diced	0.00	
16741	Green onions; minced	1.00	bn
16741	Oyster sauce (optional)	1.00	ts
16741	Soy sauce	1.00	ts
16741	Sugar	0.25	ts
16741	Salt	0.25	ts
16741	FILLING -----	0.00	-----
16742	c	2.00	1/2
16742		0.00	
16742	Cashew nuts	0.25	
16742	Mild vegetable oil	3.00	
16742	Two-inch piece cinnamon	1.00	
16742	-stick, broken	0.00	
16742	Whole cloves	4.00	
16742	Cardamom pods	4.00	
16742	Cumin seeds	1.00	ts
16742	Onion, chopped	1.00	lg
16742	Minced fresh ginger	1.00	tb
16742	Garlic cloves, peeled,	3.00	
16742	-crushed	0.00	
16742	Ground coriander	0.50	ts
16742	Turmeric	0.25	ts

Sheet1

16742	Paprika	1.00	ts
16742	Cayenne pepper	0.50	ts
16742	Salt, or to taste	1.00	ts
16742	Tomatoes, peeled, seeded,	2.00	md
16742	-chopped	0.00	
16742	Boiling potatoes, peeled,	3.00	md
16742	-diced	0.00	
16742	Water	1.00	c
16742	Unflavored yogurt	2.00	c
16742	Whipping cream	0.25	c
16742	Fresh peas, or frozen,	0.50	c
16742	-thawed	0.00	
16742	Snipped fresh chives or	0.00	
16742	-green onion tops	0.00	
16743	pn	0.00	1
16743		2.00	
16743		0.00	
16743	Green peas, fresh or frozen	0.50	
16743	Shredded Cheddar cheese	0.25	/2
16743	Fresh hot green chile,	1.00	1
16743	-chopped	0.00	1
16743	Ground coriander	0.50	t 1
16743	Cumin seeds	1.00	
16743	Salt	1.50	
16743	Chopped cashew nuts	0.25	2
16743	Raisins	1.00	tb
16743	Chick-pea flour or corn	0.75	c
16743	-flour (see note)	0.00	
16743	Water	1.00	c
16743	Mild vegetable oil for deep	0.00	
16743	-frying	0.00	
16743	SPICY CREAM SAUCE:	0.00	
16743	Whole cashew nuts	8.00	
16743	Whole cloves	2.00	
16743	Nutmeg	1.00	pn
16743	Inch cinnamon stick	0.50	
16743	Garlic clove, peeled	1.00	
16743	Unsalted butter	2.00	tb
16743	Onion, grated	1.00	lg
16743	Turmeric	1.00	pn
16743	Paprika	2.00	ts
16743	Ground coriander	0.50	ts
16743	Cayenne pepper	0.50	ts
16743	Salt	1.00	ts
16743	Half-and-half	1.00	c
16743	Water	1.00	c
16743	Heavy cream	0.50	c
16743	Chopped fresh cilantro	2.00	tb
16744		2.00	

Sheet1

16744	Cumin seeds	0.50
16744	Half-inch piece cinnamon	1.00
16744	-stick	0.00
16744	Whole cloves	4.00
16744	Green cardamom pods	3.00
16744	Chopped onion	1.00 c
16744	Garlic cloves, peeled,	2.00
16744	-crushed	0.00
16744	Half-inch piece fresh	1.00
16744	-ginger, crushed	0.00
16744	Turmeric	0.25 ts
16744	Lean ground beef	1.00 lb
16744	Peeled, chopped tomato	1.00 c
16744	Ground cumin	0.50 ts
16744	Ground coriander	0.50 ts
16744	Cayenne pepper	0.50 ts
16744	Paprika	1.00 ts
16744	Salt, or to taste	0.50 ts
16744	Water	1.00 c
16744	Unflavored yogurt	1.00 c
16744	Almonds, blanched, ground to	8.00
16744	-a paste with	0.00
16744	Water	2.00 tb
16744	Garam masala, optional (see	1.00 ts
16744	-note)	0.00
16744	Fresh corn kernels *	0.50 c
16744	Chopped cilantro	3.00 tb
16745	To 5 unpeeled apples	4.00
16745	Unflavored gelatin	2.00 tb
16745	Cold water	0.50 c
16745	Sugar	2.00 c
16745	Cornstarch	1.00 tb
16745	Salt	0.12 ts
16745	Coarsely chopped walnuts	0.67 c
16745	Grated lemon peel	1.00 ts
16745	Lemon juice	1.00 tb
16745	Confectioners' sugar (for	0.33 c
16745	-rolling)	0.00
16746	(5-1/2 oz) pkgs. dried	2.00
16746	-apricots (2 cups)	0.00
16746	Warm water	1.00 c
16746	Sugar	2.00 c
16746	Cornstarch	1.00 tb
16746	Salt	0.12 ts
16746	Unflavored gelatin	2.00 tb
16746	Cold water	0.50 c
16746	To 2/3 c. chopped or	0.50
16746	-slivered almonds, or	0.00
16746	-chopped walnuts	0.00

Sheet1

16746	Confectioners sugar (for	0.33 c
16746	-rolling)	0.00
16747	:Boiling water	1.50 c
16747	Butter	2.00 tb
16747	Salt	0.50 ts
16747	Rye flour	1.00 c
16747	All-purpose flour	1.00 c
16747	Whole wheat flour	1.00 c
16748	Chicken breast halves	4.00
16748	-- boned and skinned	0.00
16748	Dry white wine	0.50 c
16748	Garlic cloves; crushed	2.00
16748	Leeks; white part only,	2.00
16748	--washed, cut into 1" slices	0.00
16748	Celery stalks	3.00
16748	Carrots	2.00
16748	Green cabbage	0.50
16748	Potatoes	4.00 md
16748	Tomatoes	2.00
16748	Caraway seeds	1.00 ts
16748	Tarragon	2.00 ts
16748	Bay leaf	1.00
16748	Chicken broth (14 1/2 oz)	3.00 cn
16748	Parsley	0.00
16749	Cayenne pepper	0.50 ts
16749	Chile pepper	3.00 tb
16749	Onion powder	3.00 tb
16749	Ground cumin	0.50 ts
16749	Minced garlic	1.00 tb
16749	Salt	1.00 tb
16749	Dried oregano	1.00 tb
16749	Cinnamon	1.00 pn
16749	Chicken (3-4 lb)	1.00
16749	- cut in pieces	0.00
16750	Sugar, granulated	2.00 c
16750	Lemon juice	2.00 tb
16750	Almonds, blanched,toasted	0.75 c
16750	Filberts, toasted	0.75 c
16751	Potato, cubed	6.00 c
16751	Bread crumbs	1.50 c
16751	Pepper	0.50 ts
16751	Salt	0.50 ts
16751	Poultry seasoning (to	2.00 ts
16751	Taste) OR	0.00
16751	Sage	1.00 ts
16751	Melted margarine	0.50 c
16751	Onion, chopped (to taste)	0.50 c
16752	Rolled oats; not instant	3.00 c
16752	Flour, all purpose;sifted	3.00 c



Sheet1

16752	Brown sugar	1.00 c
16752	Baking soda	1.00 ts
16752	-Salt	2.00 ts
16752	Shortening	1.50 c
16752	-Cold water, up to 3/4 cup	0.67 c
16753	Lean Beef	1.00 lb
16753	Ground Coriander Seeds	2.00 ts
16753	Ground Cumin - Coarse	0.50 ts
16753	Good Quality Fish Sauce	1.00 tb
16753	Sugar	0.50 c
16753	Oil for Frying	0.00
16754	Olive oil	0.25 c
16754	Lg yellow onions chpd	2.00
16754	Coarsely ground beef	2.00 lb
16754	Coarsely ground pork	2.00 lb
16754	Salt	0.00
16754	Mild,unseasoned chile pwdr	0.33 c
16754	Ground cumin	3.00 tb
16754	Dried oregano	3.00 tb
16754	Unswtnd coco pwdr*	3.00 tb
16754	Ground cinnamon	2.00 tb
16754	Cayenne pepper to taste	1.50 ts
16754	Tomato juice	4.00 c
16754	Beef stock or canned broth	3.00 c
16754	Med garlic cloves,pld,minced	8.00
16754	Yellow cornmeal (optional)	2.00 tb
16754	Dark red kidney beans	32.00 oz
16755	Butter or butter substitute	1.00 c
16755	Powdered sugar	1.50 c
16755	Egg yolks	5.00
16755	Egg whites	2.00
16755	Milk	0.75 c
16755	Cake flour	3.00 c
16755	Baking powder	2.50 ts
16755	Salt	0.25 ts
16755	Caraway seed	3.00 ts
16755	Rose water flavoring	2.00 ts
16755	Cinnamon flavoring	0.50 ts
16756	Garlic cloves, minced	2.00
16756	Fresh lime juice	0.25 c
16756	Small shallot, minced	1.00
16756	Vinegar	3.00 tb
16756	Chili, fresh seeded minced	1.00
16756	Water	3.00 tb
16756	Sugar	2.00 tb
16756	Carrot, finely shredded	1.00
16756	Fish sauce	0.25 c
16757	Garlic clove minced	1.00
16757	Lime peel minced	1.00 ts

Sheet1

16757	Pepper flakes red, crushed	0.25 ts
16757	Lime juice	2.00 ts
16757	Fish sauce	2.00 tb
16757	Water	3.00 tb
16757	Sugar	2.00 ts
16758	Cloves garlic	2.00
16758	Fresh chile peppers,	2.00
16758	-preferably Serrano	0.00
16758	Sugar	1.00 tb
16758	Fish sauce	3.00 tb
16758	Fresh lime juice	2.50 tb
16758	Water	4.00 tb
16759	Granulated sugar	1.00 tb
16759	Tuong	2.00 tb
16759	Water	2.00 tb
16759	Fresh hot red chili slices	0.00
16759	-to taste	0.00
16759	Chopped roasted peanuts	1.00 tb
16760	Roasted peanuts, ground	0.25 c
16760	Peanut oil	1.00 tb
16760	Garlic cloves, minced	2.00
16760	Chili paste (tuong ot tuoi)	1.00 ts
16760	Tomato paste	2.00 tb
16760	Chicken broth or water	0.50 c
16760	Sugar	0.50 ts
16760	Peanut butter	1.00 tb
16760	Hoisin sauce	0.25 c
16760	Fresh red chile pepper,	1.00
16760	-seeded and thinly sliced	0.00
16761	Clove garlic, sliced	1.00
16761	Vegetable oil	1.00 tb
16761	Piece of pork liver (see	1.00 sm
16761	-note below), minced	0.00
16761	Ground pork	1.00 tb
16761	Tomato paste	1.00 ts
16761	Tuong	0.25 c
16761	Water	0.50 c
16761	Peanut butter	1.50 ts
16761	Granulated sugar	1.00 tb
16761	Sesame seeds	1.50 tb
16761	Roasted Peanuts, coarsely	10.00
16761	-chopped [See note above.	0.00
16761	-S.C.]	0.00
16761	Thin strips of hot pepper	0.00
16761	-for garnish	0.00
16762	Roasted peanuts ground	0.25 c
16762	Peanut oil	1.00 tb
16762	Garlic cloves, minced	2.00
16762	Chili paste (tuong ot tuoi)	1.00 ts

Sheet1

16762	Tomato paste	2.00 tb
16762	Chicken broth or water	0.50 c
16762	Sugar	0.50 ts
16762	Peanut butter	1.00 tb
16762	Hoisin sauce	0.25 c
16762	Fresh red chile pepper,	1.00
16762	-seeded and thinly sliced	0.00
16763	Tamarind paste	1.00 tb
16763	Plus 3 tablespoons water	0.50 c
16763	Vegetable oil	1.00 tb
16763	Cloves garlic, chopped	2.00
16763	Tuong	0.33 c
16763	Granulated sugar	1.00 ts
16763	Peanut butter	2.00 tb
16763	Roasted Peanuts	2.00 tb
16764	All-purpose flour*	9.00 c
16764	Baking powder	0.25 c
16764	Salt	1.00 tb
16764	Shortening	1.00 c
16765	Sugar	2.00 c
16765	Butter	2.00 tb
16765	Milk	0.50 c
16765	Boiling water	0.25 c
16765	Salt	0.12 ts
16765	Vanilla	1.00 ts
16765	Chopped nuts	1.00 c
16766	GOLDEN CRISCO SHORTENING	0.75 c
16766	Sweetened Condensed Milk	1.00 cn
16766	Vanilla	1.00 tb
16766	Icing Sugar	8.00 c
16766	Chopped Pecans	1.25 c
16766	Ground Pecans	1.00 c
16767	Vegetable oil	2.00 tb
16767	Cumin seeds	1.00 ts
16767	Cardamon seeds	1.00 ts
16767	Poppy seeds	1.00 tb
16767	Black peppercorns	1.00 ts
16767	Garlic cloves, crushed	2.00
16767	Inch piece fresh gingerroot,	1.00
16767	-grated	0.00
16767	Blanched almonds or unsalted	2.00 oz
16767	-cashew nuts, chopped	0.00
16767	Boiling water	0.25 c
16768	Brown sugar	2.00 c
16768	Unbleached flour	2.00 c
16768	Butter	0.50 c
16768	Egg, lightly beaten	1.00
16768	Nutmeg; freshly grated	1.00 ts
16768	Sour cream	1.00 c

Sheet1

16768	Baking soda	1.00 ts
16768	Pecans; chopped	0.75 c
16769	Tart Baking Apples, peeled	6.00 md
16769	-cored and halved	0.00
16769	Water	0.33 c
16769	Sugar	4.00 ts
16769	All-Purpose Flour	4.00 ts
16769	Ground Nutmeg	0.50 ts
16769	Light Cream	1.50 c
16770	Nutritional yeast flakes	0.50 c
16770	Flour	0.50 c
16770	Salt	2.00 ts
16770	Water	2.00 c
16770	Margarine	0.25 c
16770	Garlic powder	0.50 ts
16771	Nutritional yeast flakes	0.25 c
16771	Sesame seeds	0.25 c
16771	Salt	0.25 ts
16772	Dairy caramels	1.00 lb
16772	Hot water	2.00 tb
16772	Popcorn (to 2 1/2 qt)	2.00 qt
16772	Mixed salted nuts	1.00 c
16772	Salted peanuts	0.50 c
16773	Crisco Shortening	0.33 c
16773	Sugar	0.50 c
16773	Egg	1.00
16773	Canned applesause	1.00 c
16773	All-purpose flour	1.75 c
16773	Baking powder	1.00 tb
16773	Baking soda	0.50 ts
16773	Salt	0.50 ts
16773	Cinnamon	0.50 ts
16773	Nutmeg	0.25 ts
16773	Finely chopped nuts	1.00 c
16774	Cornflake crumbs	0.33 c
16774	Finely chopped Pecans	0.50 c
16774	Parsley flakes	1.00 T
16774	Salt	0.12 t
16774	Garlic powder	0.12 t
16774	Chicken Breast Halves *	12.00 oz
16774	Skim Milk	2.00 T
16775	Marshmallow cream; (1 jar)	7.00 oz
16775	Sugar	1.50 c
16775	Evaporated milk	0.67 c
16775	Butter	0.25 c
16775	Salt	0.25 ts
16775	Mint-chocolate chips;nestles	1.50 c
16775	Chopped nuts	0.50 c
16775	Vanilla extract	1.00 ts

Sheet1

16776	Vegetable oil	3.00 tb
16776	Chicken Drumsticks	8.00
16776	Chicken broth	0.75 c
16776	Lemon juice	1.00 tb
16776	Worcestershire sauce	1.00 tb
16776	Chunky Peanut Butter	2.00 tb
16776	Scallions, sliced	2.00
16776	Garlic Powder	0.25 ts
16776	Ground ginger	0.25 ts
16776	Chopped peanuts	0.25 c
16777	Bacon, chpd	1.00 lb
16777	Lean beef chuck roast,cubed	3.00 lb
16777	Hamburger, preferably chuck	1.50 lb
16777	Pork roast,coarsley ground	2.00 lb
16777	Prepared garlic in oil	4.00 tb
16777	Lg onions	3.00
16777	Canned chpd chilies	4.00 oz
16777	Fresh Jalapeno chilies, chpd	6.00
16777	Fshly grnd DRY Anaheim chili	5.00 tb
16777	Fshly grnd DRY Ancho chilis	2.00 tb
16777	Good quality chili pepper	2.00 tb
16777	Hungarian paprika	1.50 tb
16777	Fresh ground cumin seed	4.00 tb
16777	Fresh ground black pepper	1.00 tb
16777	MSG (optional)	2.00 tb
16777	Tabasco sauce	1.00 tb
16777	Worcestershire sauce	2.00 tb
16777	Beef stock	1.00 pt
16777	Canned tomatoes	1.00 pt
16778	FOR THE PASTRY -----	0.00 -----
16778	Oat flakes (rolled oats) *	5.00 oz
16778	Wholemeal flour	2.50 oz
16778	Plain white flour	2.50 oz
16778	Butter	2.50 oz
16778	Lard	2.50 oz
16778	Freshly grated Parmesan	2.50 tb
16778	Paprika & cayenne pepper	0.00
16778	FOR THE FILLING -----	0.00 -----
16778	Onions	1.00 lb
16778	Soured cream	0.25 pt
16778	Butter	2.50 oz
16778	Cheddar cheese	2.50 oz
16778	Whole egg	1.00
16778	Egg yolk	1.00
16778	FOR THE PASTRY -----	0.00 -----
16778	FOR THE FILLING -----	0.00 -----
16779	(5/16-oz) yeast	1.00 pk
16779	Unbleached flour	1.50 c
16779	Bread flour	0.50 c

## Sheet1

16779	Oat bran;hot;cereal	4.00 tb
16779	Sugar	2.00 tb
16779	Margarine	1.00 tb
16779	Dry milk	1.00 tb
16779	Salt	1.00 ts
16779	Water	0.88 c
16780	Sugar	1.00 c
16780	Flaked oat cereal, uncooked	0.50 c
16780	Salt	0.12 ts
16780	Baking soda	0.12 ts
16780	Melted butter	2.00 tb
16782	Oats; quick	3.50 c
16782	-salt	1.00 ts
16782	Flour	2.00 tb
16782	Shortening	0.50 c
16782	-water ,approx.	0.50 c
16783	Oats; quick	3.50 c
16783	-salt	1.00 ts
16783	Flour	2.00 tb
16783	Shortening	0.50 c
16783	-water ,approx.	0.50 c
16784	Oats	2.00 c
16784	Boiling water	2.00 c
16784	Molasses	0.50 c
16784	Brown sugar	0.50 c
16784	Salt	1.00 tb
16784	Shortening	0.50 c
16784	Lukewarm water	0.50 c
16784	Sugar	1.00 ts
16784	Dry yeast	2.00 tb
16784	Flour	6.00 c
16785	Unbleached Flour	4.00 c
16785	Salt	4.00 ts
16785	Baking Soda	2.00 ts
16785	Vegetable Shortening	3.00 c
16785	Whole Wheat Flour	4.00 c
16785	Baking Powder	2.00 ts
16785	Brown Sugar, Firmly Packed	6.00 c
16785	Quick Rolled Oats	8.00 c
16786	Shortening	0.67 c
16786	Sugar, brown	2.00 c
16786	Eggs, beaten	2.00
16786	Raisins	1.00 c
16786	Water. boiling	0.25 c
16786	Soda, baking	1.00 ts
16786	Flour	2.00 c
16786	Oatmeal	2.00 c
16786	Nut meats, chopped	0.50 c
16789	Leek	1.00 sm

Sheet1

16789	Whole (or skim) milk	3.50 c
16789	Freshly ground black pepper	0.25 ts
16789	Salt	0.50 ts
16789	Quick-cooking oats	1.00 c
16790	Unbleached Flour	3.00 c
16790	Salt	1.50 ts
16790	Brown Sugar	1.00 c
16790	Rolled Oats	3.00 c
16790	Baking Powder	3.50 ts
16790	Granulated Sugar	0.50 c
16790	Vegetable Shortening	1.50 c
16791	Quick cooking OR	1.50 c
16791	Old fashioned rolled oats	1.50 c
16791	Whole wheat flour	1.00 tb
16791	Baking powder	1.00 tb
16791	Skim milk	1.50 c
16791	Egg whites	2.00
16791	Vegetable oil	1.00 tb
16792	Butter or margarine	0.25 c
16792	Sugar	0.50 c
16792	Cinnamon	0.50 ts
16792	Cloves	0.50 ts
16792	Salt	0.25 ts
16792	Dark corn syrup	1.00 c
16792	Eggs	3.00
16792	Quick-cooking rolled oats	1.00 c
16793	Hot water	2.50 c
16793	Sticks Butter	3.50
16793	Quaker Oats	2.00 c
16793	Sugar	2.00 c
16793	Brown Sugar	3.50 c
16793	Eggs	4.00
16793	Salt	0.50 ts
16793	Baking Soda	2.00 ts
16793	Cinnamon	2.00 ts
16793	Flour	3.00 c
16793	Pecans	1.50 c
16793	Coconut	2.00 c
16793	Milk	0.50 c
16793	Raisins	1.00 c
16794	Egg Beaters	2.00 oz
16794	Skim milk	1.00 c
16794	Polyunsaturated oil	3.00 ts
16794	Whole wheat flour	1.00 c
16794	Baking powder	3.00 ts
16794	Uncooked rolled oats	1.00 c
16794	Raisins	1.00 c
16794	Peeled, chopped apples	1.00 c
16795	Olive Oil	2.00 tb

Sheet1

16795	Garlic Salt	2.00 ts
16795	Canned Mixed Nuts	2.00 lb
16795	Chili Seasoning Mix (5/8-oz)	1.00 pk
16795	Extra-Hot Chili Powder	2.00 ts
16796	Unbleached flour	2.25 c
16796	Eggs	2.00
16796	Baking powder	2.00 ts
16796	Canned yams, chopped	0.50 c
16796	Baking soda	2.00 ts
16796	Chopped tart green apples	2.00 c
16796	Allspiced	0.25 ts
16796	Walnuts, chopped	0.50 c
16796	Nutmeg	0.25 ts
16796	Raisins	0.50 c
16796	Pure maple syrup	0.67 c
16796	Cream	2.00 T
16796	Orange marmalade OR	2.00 tb
16796	Grand Marnier	2.00 tb
16796	Butter, softened	0.50 c
16797	Eggs; hardboiled	6.00 ea
16797	Butter	0.25 ea
16797	Small cans anchovies	2.00 ea
16797	Firm ripe tomato	1.00 ea
16797	Green bell pepper	1.00 ea
16798	BASE -----	0.00 -----
16798	Oats; quick cooking	4.00 c
16798	Sugar; granulated	0.50 c
16798	Sugar; brown, packed	1.00 c
16798	Butter; melted	1.00 c
16798	TOPPING -----	0.00 -----
16798	Chocolate chips;-6 oz.	1.00 pk
16798	Peanut butter; crunchy	1.00 c
16798	BASE -----	0.00 -----
16798	TOPPING -----	0.00 -----
16799	Oreo cookies	25.00
16799	Flour	3.00 c
16799	Sugar	1.50 c
16799	Milk	1.25 c
16799	Shortening, butter flavored	1.00 c
16799	Salt	1.50 ts
16799	Vanilla extract	1.00 ts
16799	Eggs, large	4.00
16799	Shortening, butter flavored	3.00 tb
16799	Milk	1.00 tb
16799	Corn syrup	1.00 tb
16800	-----crust-----	0.00
16800	All-purpose flour	2.25 c
16800	Salt	0.50 ts
16800	Frozen crisco	5.00 oz



Sheet1

16800	Ice water	0.33 c
16800	-----cherry filling-----	0.00
16800	Brown sugar	0.33 c
16800	White sugar	0.33 c
16800	Cinnamon	0.50 ts
16800	Cornstarch	4.00 tb
16800	Cherry juice	1.50 c
16800	Frozen cherries (with sugar)	3.00 lb
16800	Crisco	1.50 tb
16800	Almond extract	1.00 ts
16800	Vanilla extract	1.00 tb
16800	Milk	0.50 tb
16800	Sugar	2.00 ts
16801	All-purpose flour	1.50 c
16801	Cornmeal	0.75 c
16801	Baking powder	1.00 tb
16801	Baking soda	0.25 ts
16801	Sugar	1.00 ts
16801	Salt	1.00 ts
16801	Shortening	2.00 tb
16801	Egg, beaten	1.00
16801	Buttermilk	1.00 c
16802	Cornmeal	1.75 c
16802	All-purpose flour	0.25 c
16802	Baking powder	1.00 ts
16802	Milk	1.25 c
16803	Onion, thinly sliced	1.00 md
16803	Vegetable oil	2.00 tb
16803	Garlic cloves, minced	3.00 ea
16803	Grated ginger	1.00 tb
16803	Chopped fresh green chilies	1.00 ts
16803	Turmeric	0.25 ts
16803	Ground almond	2.00 tb
16803	Tomato, chopped	1.00 ea
16803	Okra, cut into 3/4" disks	10.00 ea
16803	Salt	0.25 ts
16804	Small okra pods	3.50 lb
16804	Cloves garlic	4.00
16804	Hot peppers, cut in half	2.00 sm
16804	Water	3.00 c
16804	Vinegar	3.00 c
16804	Canning salt	0.33 c
16804	Dill seed	2.00 ts
16805	Onions, coarsely chopped	4.00 md
16805	Garlic cloves, coarsely ch.	5.00 ea
16805	Piece of ginger, 2" long	1.00 ea
16805	Ghee	6.00 tb
16805	Whole cumin seeds	1.00 ts
16805	Whole fennel seeds	2.00 ts

Sheet1

16805	Ground turmeric	1.00 ts
16805	Ground coriander	1.00 ts
16805	Tomato sauce	3.00 tb
16805	Fresh young okra	1.00 lb
16805	Salt	1.00 ts
16805	Garam masala	2.00 ts
16805	Lemon juice	2.00 tb
16806	Fresh young okra	2.00 lb
16806	Onion; sliced thickly	0.75 lb
16806	Olive oil	6.00 tb
16806	Garlic cloves; halved	3.00
16806	Tomatoes; skinned & sliced	1.00 lb
16806	Salt and black pepper	0.00
16806	Lemon (juice only)	1.00
16807	Eggs	8.00
16807	Sugar	2.50 c
16807	All-purpose flour	2.00 tb
16807	Salt	0.50 ts
16807	Milk	2.50 qt
16807	(12 oz) evaporated milk	2.00 cn
16807	Vanilla	2.00 ts
16808	Cream cheese	16.00 oz
16808	Cottage cheese, sm curd,	1.00 pk
16808	Sugar	1.50 c
16808	Eggs, slightly beaten	4.00 ea
16808	Vanilla	1.00 ts
16808	Margarine, melted	0.50 c
16808	Sour cream	1.00 pt
16808	Graham cracker crumbs	0.75 c
16808	Sugar	1.00 tb
16808	Butter, melted	2.00 tb
16809	Goat cheese, softened	0.25 c
16809	Milk	0.25 c
16809	All-purpose flour	0.50 c
16809	Eggs	3.00 lg
16809	Sugar	1.00 tb
16809	Kosher salt	0.25 ts
16809	Butter,unsalted	3.00 tb
16810	Unsalted butter	0.50 c
16810	Wipping cream	0.25 c
16810	Sugar	1.25 c
16810	Baking powder	2.00 ts
16810	Salt	1.00 ts
16810	Granny Smith apples,peel	2.00 c
16810	Cored and coarsley chopped	0.00
16810	Frozen bueberries	2.00 c
16810	Eggs	3.00
16810	Flour	2.33 c
16811	Cake Flour; Sifted	2.50 c

## Sheet1

16811	Baking Soda	1.50 ts
16811	Baking Powder	0.25 ts
16811	Salt	1.00 ts
16811	Ground Cinnamon	1.00 ts
16811	Ground Nutmeg	0.50 ts
16811	Ground Cloves	0.50 ts
16811	Ground Allspice	0.50 ts
16811	Vegetable Shortening	0.50 c
16811	Brown Sugar; Packed	1.75 c
16811	Eggs	2.00 lg
16811	Applesauce	1.50 c
16811	Water	0.50 c
16811	Raisins	1.00 c
16811	Walnuts; Chopped	1.00 c
16811	Confectioners' Sugar	0.00
16812	Butter	2.50 tb
16812	Brown Sugar	2.00 c
16812	Molasses	2.00 tb
16812	Condensed Milk	0.50 c
16812	Unsweetened Chocolate	4.00 oz
16812	Vanilla	1.00 ts
16812	Chopped Nuts	1.00 c
16813	Roasting chicken	1.00
16813	Water	3.00 qt
16813	Salt to taste	0.00
16813	Peppercorns	3.00
16813	Bay leaf	0.25
16813	Sprigs parsley	2.00
16813	Stalk celery, with leaves	1.00
16813	Carrots, cubed	4.00 md
16813	Onion, peeled	1.00 md
16813	Cloves	2.00
16813	Brown rice, raw	1.00 c
16814	Cornmeal	4.00 c
16814	Baking soda	2.00 ts
16814	Salt	2.00 ts
16814	Eggs, beaten	4.00
16814	Buttermilk	4.00 c
16814	Bacon drippings	0.50 c
16815	Chickens	3.00 lb
16815	Water	12.50 c
16815	Onion - unpeeled, pierced	1.00
16815	-with 2 whole cloves	0.00
16815	Stalk celery - with leaves	2.00
16815	Carrots - cut into 2-inch	2.00
16815	-pieces	0.00
16815	Sprig parsley	4.00
16815	Peppercorns - whole black	12.00
16815	Bay leaf	1.00

Sheet1

16815	Thyme - fresh OR 1 teaspoon	1.00 tb
16815	-dried, crumbled	0.00
16815	SOUP:	0.00
16815	Stick unsalted butter - OR	0.50
16815	-olive oil (1/4 cup)	0.00
16815	Onion - white, minced	1.00 lg
16815	Stalk celery - minced	2.00
16815	Flour - all-purpose	0.50 c
16815	Milk	3.00 c
16815	Whipping cream	1.00 c
16815	Dry Sherry	1.00 tb
16815	Green peppercorn mustard	1.00 tb
16816	FOR 1 -----	0.00 -----
16816	Yeast	1.00 pk
16816	Bread flour	2.00 c
16816	Graham flour	2.00 c
16816	Nonfat dry milk powder	0.25 c
16816	Salt	1.00 ts
16816	Honey	1.00 tb
16816	Soft butter	1.00 tb
16816	Warm water	1.50 c
16816	FOR 1 -----	0.00 -----
16817	White Vinegar	0.50 c
16817	Dry Mustard	0.33 c
16817	Water	0.25 c
16817	Brown Sugar	0.75 c
16817	Eggs, beaten	2.00
16818	8 1/2 oz size sliced pine-	3.00 cn
16818	Apple in heavy syrup (12)	0.00
16818	Butter	0.25 c
16818	Light brown sugar, packed	0.67 c
16818	Unsifted flour	1.00 c
16818	Pecan or walnut halves	0.33 c
16818	Sugar	0.75 c
16818	Salt	1.50 t
16818	Shortening	0.25 c
16818	Milk	0.50 c
16818	Egg	1.00
16818	Heavy cream, chilled	1.00 c
16819	Recipe For 9" 2 Crust Pie	1.00 x
16819	Brown Sugar; Firmly Packed	0.75 c
16819	Instant Tang Orange Drink; *	2.00 tb
16819	Lemon Juice	2.00 tb
16819	Butter Or Regular Margarine	2.00 tb
16819	Raisins; 1 Pk, 3 C	15.00 oz
16819	Cornstarch	2.00 tb
16819	Water	1.25 c
16819	Walnuts; Coarsely Chopped	1.00 c
16820	Hamburger	2.00 lb

Sheet1

16820	Can tomatoes	16.00 oz
16820	Lg. onions, chopped separate	2.00
16820	Can kidney beans, drained	16.00 oz
16820	Chili powder (adjust to tast	4.00 tb
16820	Sugar	1.00 t
16820	Salt and pepper to taste	1.00 t
16820	Pkg. corn tortillas	1.00
16820	Cheese, grated	1.00 lb
16821	To 4 c of chopped orange	3.00 c
16821	-rind (took about 7 small	0.00
16821	-oranges)	0.00
16821	Water	10.00 c
16821	Sugar	8.00 c
16821	Chopped oranges (measured	6.00 c
16821	-AFTER food processing)	0.00
16821	Lemon juice	4.00 tb
16822	Butter Or Margarine	3.00 T
16822	Flour; Unbleached	3.00 T
16822	Green Onion; Chopped	0.25 c
16822	Env. Vegetable Soup Mix; *	1.00 ea
16822	Milk	2.00 c
16822	Chicken; Cooked And Cut Up	2.00 c
16822	Broccoli Spears; Frozen, **	10.00 oz
16822	Parmeasan Cheese; Grated	0.25 c
16822	Pepper	0.12 t
16822	Pastry For Single Crust Pie	1.00 x
16822	Egg Yolk; Large	1.00 ea
16822	;Water	2.00 T
16823	-----	5.00
16823	Salt	0.50
16823	Peanut or corn oil	4.00 tb
16823	- (or more if needed)	0.00
16823	Shallots; trimmed	3.00
16823	- cut lengthwise,	0.00
16823	- into thin slices	0.00
16823	Garlic cloves; finely minced	2.00
16823	Fresh snow peas	2.00 oz
16823	- cut diagonally	0.00
16823	- into thin slices	0.00
16823	Bean sprouts; tails removed,	1.00 c
16823	- blanched and drained	0.00
16823	Small bay shrimp	4.00 oz
16823	Barbecued pork; diced	0.50 lb
16823	Chopped Coriander leaves	1.00 tb
16823	-=OR=- Green onions	0.00
16823	EGG FU YUNG SAUCE -----	0.00 -----
16823	Chicken stock	0.75 c
16823	Oyster sauce	1.50 ts
16823	Sugar	0.25 ts

Sheet1

16823	White pepper	1.00 pn
16823	Cornstarch; mixed with	1.00 ts
16823	Water	1.00 tb
16823	Asian sesame oil	3.00 dr
16823	EGG FU YUNG SAUCE -----	0.00 -----
16824	All-purpose flour	1.00 c
16824	Finely chopped pecans	1.00 c
16824	Light corn syrup	0.50 c
16824	Butter	8.00 tb
16824	Brown sugar, firmly packed	0.67 c
16825	(4 sticks) butter	2.00 c
16825	Sifted confectioners sugar	4.00 c
16825	Eggs	6.00
16825	Vanilla extract	2.00 ts
16825	Almond extract	1.00 ts
16825	Sifted cake flour	4.00 c
16825	Salt	0.50 ts
16826	Raisins	1.50 c
16826	Baking Soda	1.50 ts
16826	Boiling Water	1.50 c
16826	Sifted Unbleached Flour	2.25 c
16826	Baking Powder	1.00 ts
16826	Salt	0.50 ts
16826	Shortening	1.00 c
16826	Sugar	1.50 c
16826	Eggs	3.00 lg
16826	Vanilla Extract	1.00 ts
16826	Chopped Walnuts	0.50 c
16826	SEAFOAM ICING -----	0.00 -----
16826	Egg Whites	2.00 lg
16826	Brown Sugar, Firmly Packed	1.50 c
16826	Water	0.33 c
16826	Cream Of Tartar	0.12 ts
16826	Salt	0.12 ts
16826	Vanilla Extract	1.00 ts
16826	SEAFOAM ICING -----	0.00 -----
16827	Ground beef	2.00 lb
16827	Quick-cooking rolled oats	1.00 c
16827	Canned applesauce	1.00 c
16827	Pepper	0.25 ts
16827	Bottled steak sauce	1.00 tb
16827	Eggs	2.00 x
16827	Medium onion, grated	0.00
16827	Salt	2.00 ts
16827	Leaf sage, crumbled	0.50 ts
16828	Split peas	1.00 c
16828	Hambone or pieces of cubed	1.00
16828	- ham	0.00
16828	Carrot; grated	1.00

Sheet1

16828	Onions; minced	2.00 md
16828	Potato; grated	1.00
16828	Diced celery	0.25 c
16828	Green pepper; finely chopped	0.25 c
16829	Split green peas	12.00 oz
16829	Water	1.00 qt
16829	Onion, chopped	1.00 md
16829	Carrots, cut into 2" pieces	2.00
16829	Ribs celery, cut into 2"	2.00
16829	-pieces	0.00
16829	Parsley sprigs (I prefer	2.00
16829	-Italian, flat leafed	0.00
16829	-parsley)	0.00
16829	Clove garlic (I use more)	1.00
16829	Sugar	0.50 ts
16829	Dried thyme leaves	0.12 ts
16829	Chicken stock (homemade or	4.00 c
16829	-prepared...I prefer	0.00
16829	-homemade)	0.00
16829	Fat-free ham, slivered into	1.00 c
16829	-1/4" by 1" pieces)	0.00
16830	Water	5.00 c
16830	Milk	7.00 c
16830	Pork sausage	1.00 lb
16830	Flour	1.50 c
16830	Salt	2.00 tb
16830	Pepper	2.00 tb
16831	Oil-cured black olives	0.50 c
16831	- (pitted)	0.00
16831	Garlic clove; minced	1.00
16831	Drained capers	1.50 tb
16831	Canned anchovies; drained	2.00 oz
16831	Olive oil	4.00 tb
16831	Lemon; juiced	1.00
16831	Pizza Dough (See RECIPE)	0.00
16832	BASIL BUTTER -----	0.00 -----
16832	Fresh basil leaves (about	2.00 oz
16832	- 2 bunches	0.00
16832	Butter, softened	10.00 oz
16832	- (2-1/2 cubes)	0.00
16832	Minced garlic	1.00 ts
16832	Salt	0.25 ts
16832	Black pepper	0.12 ts
16832	Grated parmesan cheese plus	3.00 tb
16832	- additonal for garnish	0.00
16832	Grated romano cheese	1.00 tb
16832	REST OF DISH -----	0.00 -----
16832	Fresh Linguine or angel	1.00 lb
16832	- hair pasta	0.00

Sheet1

16832	Medium shrimp, shelled	1.00 lb
16832	BASIL BUTTER -----	0.00 -----
16832	REST OF DISH -----	0.00 -----
16833	Unbleached white flour	2.00 tb
16833	Water	1.00 c
16833	Liquid from canned black	0.25 c
16833	-- olives	0.00
16833	Tahini	0.33 c
16833	Finely chopped black olives	1.00 c
16833	Juice of 1 lemon	0.00
16833	Thyme	0.25 ts
16833	Black pepper	0.00
16834	Broiler-fryer chicken thighs	8.00
16834	-(about 2 lbs.),skinned	0.00
16834	White vinegar	0.25 c
16834	Soy sauce	3.00 tb
16834	Honey	2.00 tb
16834	Ground ginger	0.25 ts
16834	Cloves garlic,coarsely	6.00
16834	-chopped	0.00
16834	Crushed red pepper	1.00 ts
16835	Frying oil (or more)	0.50 c
16835	Bean sprouts	0.50 c
16835	Celery stalks; thinly sliced	2.00
16835	Snow peas; in fine julienne	8.00
16835	Thinly sliced scallions	0.25 c
16835	Diced ham	0.50 lb
16835	Soy sauce	2.00 tb
16835	Cornstarch	1.00 tb
16835	Eggs; beaten	9.00
16835	Water	0.25 c
16835	Fresh Chinese noodles	0.50 lb
16835	Dark sesame oil	1.00 tb
16835	Minced garlic	1.00 tb
16835	Minced ginger	2.00 ts
16835	Red pepper flakes	0.25 ts
16835	Low-sodium chicken broth	2.00 c
16835	Bottled clam juice	1.00 c
16835	Soy sauce	3.00 tb
16835	Rice or white vinegar	2.00 tb
16835	Dry sherry	0.25 c
16835	Shredded iceberg lettuce	2.00 c
16835	Cilantro	0.00
16836	8 squares semisweet chocolat	1.00 pk
16836	Sweetened condensed milk	0.67 c
16836	Vanilla	1.00 t
16836	Salt	0.12 t
16836	Chopped walnuts	1.00 c
16837	Sifted cake flour	2.00 c



Sheet1

16837	Sugar	1.50 c
16837	Baking soda	2.00 ts
16837	Cream of tartar	0.50 ts
16837	Salt	0.50 ts
16837	Shortening	1.00 c
16837	Buttermilk	1.50 c
16837	Eggs	3.00
16837	Vanilla	1.50 ts
16837	Ghirardelli Unsweetened	4.00 oz
16837	-Chocolate, melted	0.00
16838	COCOA FOR FROSTINGS -----	0.00 -----
16838	For Light Flavor	0.33 c
16838	For Medium Flavor	0.50 c
16838	For Dark Flavor	0.75 c
16838	FROSTING -----	0.00 -----
16838	Butter Or Margarine;	6.00 tb
16838	-Softened	0.00
16838	Confectioners' Sugar	2.67 c
16838	Milk	0.33 c
16838	Vanilla Extract	1.00 ts
16838	COCOA FOR FROSTINGS -----	0.00 -----
16838	FROSTING -----	0.00 -----
16839	Sugar	0.67 c
16839	Shortening	0.25 c
16839	Salt	0.25 ts
16839	Vanilla	1.00 ts
16839	Egg	1.00
16839	Flour	1.50 c
16839	Milk	0.50 c
16839	Baking powder	2.00 ts
16840	Unsalted butter	2.00 tb
16840	Long-grain rice	0.50 c
16840	Onions	6.00 md
16840	- peeled and thinly sliced	0.00
16840	Low-sodium chicken broth	0.75 c
16840	-=OR=- Water	0.00
16840	Ground nutmeg	0.25 ts
16840	Salt; or as desired	0.50 ts
16840	Ground white pepper	0.50 ts
16840	Whipping cream	0.50 c
16841	Calf's feet or soup bones	1.00 lb
16841	Oil or butter	2.00 tb
16841	Yellow onions	5.00 lb
16841	- peeled and roughly chopped	0.00
16841	Minced garlic	2.00 tb
16841	Ground mace	0.25 ts
16841	Chicken stock or water	4.00 c
16841	Bay leaves	4.00
16841	Salt and pepper; to taste	0.00

Sheet1

16842	Chopped sweet onions	2.00 c
16842	Flour	3.00 tb
16842	Salt	0.50 tb
16842	Of pepper	1.00 ds
16842	Milk	4.00 c
16842	Sharp American cheese,	2.00 c
16842	-grated	0.00
16843	(10 ounces) frozen broccoli	1.00 pk
16843	-cuts	0.00
16843	Chopped sweet onions	0.50 c
16843	Grated cheddar cheese	1.00 c
16843	Eggs, slightly beaten	2.00
16843	Mayonnaise	0.50 c
16843	Cream of mushroom soup	1.00 cn
16843	Soup can water	1.00
16843	Converted rice, uncooked	0.75 c
16843	Sliced mushrooms	0.50 c
16843	Chicken breasts (boneless,	6.00
16843	-if desired)	0.00
16843	Paprika	0.00
16844	Crescent Dinner Rolls	8.00
16844	Instant Minced or Chopped	1.50 ts
16844	Onion	0.00
16844	Butter or margerine, melted	1.00 ts
16845	Dry yeast	1.00 tb
16845	Warm water	1.00 c
16845	Wholewheat flour	4.00 c
16845	Olive oil	6.00 tb
16845	Salt	1.00 ts
16845	Bermuda onions, thinly	1.00 lb
16845	-- sliced	0.00
16845	Freshly ground black pepper	0.00
16845	Cornmeal	0.00
16846	Small white "pearl" onions	1.00 lb
16846	Whipping cream	0.67 c
16846	Salt	0.25 ts
16846	Pepper	0.25 ts
16846	Nutmeg	0.25 ts
16846	Butter	1.00 tb
16846	-for greasing gratin dish	0.00
16847	Onions	1.00 lb
16847	Unsalted butter	2.00 tb
16847	Sugar	2.00 ts
16847	Red wine vinegar	2.00 tb
16847	Salt	0.50 ts
16847	Pepper	0.25 ts
16848	SPONGE -----	0.00 -----
16848	Cake yeast;-=OR=-	1.33 oz
16848	Envelopes dry yeast	2.00

Sheet1

16848	Lukewarm water	4.00 fl
16848	Bread flour	4.00 oz
16848	DOUGH -----	0.00 -----
16848	Rye flour	1.00 lb
16848	Bread flour	1.00 lb
16848	Salt	0.50 oz
16848	Lukewarm water	1.00 pt
16848	Oil	1.00 oz
16848	Chopped onion	8.00 oz
16848	SPONGE -----	0.00 -----
16848	DOUGH -----	0.00 -----
16849	Olive oil	1.00 tb
16849	Onion	1.00 md
16849	- peeled and thinly sliced	0.00
16849	Garlic clove	1.00
16849	- peeled and finely minced	0.00
16849	Prepared pizza crusts	2.00
16849	-(See RECIPE)	0.00
16849	Sliced prosciutto; julienned	2.00 oz
16849	Goat cheese, crumbled	4.00 oz
16849	Chopped chives or scallions	2.00 tb
16849	Salt	0.00
16849	Freshly ground black pepper	0.00
16849	Olive oil	1.00 tb
16850	Pkg sliced bacon	12.00 oz
16850	Onion, chopped (1 cup)	1.00 lg
16850	Green pepper, chopped	0.50 c
16850	Dried dillweed	0.50 ts
16850	Pepper	0.25 ts
16850	Loaf frozen bread dough,	16.00 oz
16850	-thawed	0.00
16851	Instant Minced Onion	1.00 tb
16851	Instant Beef Bouillon	0.50 ts
16851	Grated Parmesan Cheese	1.00 tb
16851	Garlic Salt	0.25 ts
16852	Uncooked Long Grain Rice	4.00 c
16852	Parsley Flakes	1.00 tb
16852	(1 1/4 oz) Onion Soup Mix	2.00 pk
16852	Salt	1.00 ts
16853	Envelope Liptons' Onion	1.00
16853	Soup mix	0.00
16853	Potatoes, chunked	2.00 lb
16853	Olive or vegetable oil	0.33 c
16854	Butter	4.00 tb
16854	Onions--sliced	4.00 lg
16854	Sugar	2.00 ts
16854	Espresso coffee	0.75 c
16854	Chicken stock	0.50 c
16855	Bread, Italian	8.00 ea

## Sheet1

16855	Oil, olive or canola for	1.00 ea
16855	Brushing grill rack	1.00 x
16855	Onion, Vidalia, sliced	1.00 ea
16855	Pepper, red bell, sliced	1.00 ea
16855	Pepper, yellow, sliced	1.00 ea
16855	Capers, including liquid	0.25 c
16855	Oil, olive or canola	2.00 tb
16855	Anchovey fillets, drained	2.00 oz
16856	Olive oil	2.00 tb
16856	Trimmed assorted mushrooms	1.50 c
16856	- such as shiitake, oyster,	0.00
16856	- chanterelle, morel	0.00
16856	- and cultivated	0.00
16856	Minced garlic	1.00 ts
16856	Finely diced onion	0.50 c
16856	Red wine vinegar	1.00 tb
16856	Water	1.00 tb
16856	Salt and pepper; as desired	0.00
16856	Finely chopped parsley	2.00 tb
16856	Country bread	4.00 sl
16856	Brie cheese	4.00 sl
16857	Sugar	3.50 lb
16857	Cream	1.00 qt
16857	Cream of tartar	0.12 ts
16857	Caramel recipe	0.50
16857	Nuts	0.50 lb
16857	Vanilla	1.00 ts
16858	Chicken legs -or-	3.00 lb
16858	Chicken cut up	3.00 lb
16858	Cooking oil	2.00 tb
16858	Macadamia nuts	0.25 c
16858	Onion, chopped	1.00 lg
16858	Cloves garlic, minced	2.00
16858	Ground coriander	1.00 ts
16858	Grated gingerroot	1.00 ts
16858	Ground cumin	0.50 ts
16858	Ground turmeric	0.25 ts
16858	Finely snipped dried	0.25 ts
16858	-lemongrass -or-	0.00
16858	Finely shredded lemon peel	1.00 ts
16858	Coconut milk	2.00 c
16858	Sugar	1.00 ts
16858	Salt	0.50 ts
16858	Ground red pepper (up to 1/2	0.25 ts
16858	-t)	0.00
16858	Tamarind paste	1.00 ts
16858	Water	1.00 tb
16859	Butter or margarine	2.00 tb
16859	Cloves garlic, crushed	2.00 lg

## Sheet1

16859	Fresh lemon juice	1.00 c
16859	Grated lemon peel	2.00 tb
16859	Salt to taste	0.00
16859	Freshly ground black pepper	0.00
16859	-to taste	0.00
16859	Split chicken breasts (4	2.00
16859	-pieces with ribs),	0.00
16859	About 2 1/2 pounds	0.00
16859	Orange marmalade	0.25 c
16860	Sweet butter	0.25 lb
16860	Sugar	1.50 c
16860	Egg yolks	3.00
16860	Egg whites stiffly beaten	3.00
16860	Juice of one orange	0.00
16860	Juice of 1/2 lemon	0.00
16860	Whipping cream	0.50 pt
16861	Beef chuck pot roast	4.00 lb
16861	Lemon juice	2.00 tb
16861	Salt	1.00 ts
16861	Slices bacon	3.00
16861	(8 oz) stewed tomatoes	1.00 cn
16861	Orange juice	1.00 c
16861	Chopped onion	0.67 c
16861	Snipped fresh parsley OR	0.25 c
16861	Dried parsley flakes	1.00 tb
16861	Sugar	1.00 ts
16861	Ground cinnamon	0.50 ts
16861	Garlic, minced	1.00 cl
16861	Whole cloves	4.00
16861	Bay leaf	1.00 sm
16861	All-purpose flour	2.00 tb
16861	Cold water	0.25 c
16862	Nonfat yogurt cheese. (see	1.50 c
16862	-note)	0.00
16862	Orange juice concentrate	2.00 tb
16862	Honey	1.00 tb
16862	Grated orange rind	1.00 tb
16862	CAKE	0.00
16862	Sifted unbleached flour	0.75 c
16862	Sifted whole wheat pastry	0.25 c
16862	-flour	0.00
16862	Egg whites, at room	12.00
16862	-temperature	0.00
16862	Orange extract	1.50 ts
16862	Cream of tartar	1.00 ts
16862	Honey	0.50 c
16862	Orange sections	2.00 c
16863	Half chicken breasts,	5.00
16863	-skinned	0.00

Sheet1

16863	Onion, chopped	0.25 c
16863	Dried rosemary, crushed	0.25 ts
16863	Paprika	0.50 ts
16863	Pepper	0.12 ts
16863	Flour	2.00 tb
16863	Orange juice	2.00 c
16864	Chili sauce	6.00 oz
16864	Orange juice	0.25 c
16864	Soy sauce	0.25 c
16864	Molasses	0.25 c
16864	Vinegar, chinese black	2.00 tb
16864	Onion, grated	2.00 tb
16864	Ginger, grated	0.50 ts
16864	Sauce, hot pepper	2.00 ts
16865	Chili sauce	6.00 oz
16865	Soy sauce	0.25 c
16865	Vinegar, chinese black	2.00 T
16865	Ginger, grated	0.50 t
16865	Orange juice	0.25 c
16865	Molasses	0.25 c
16865	Onion, grated	2.00 T
16865	Sauce, hot pepper	2.00 t
16866	-Robbie Shelton	0.00
16866	Powdered Nondairy Creamer	0.50 c
16866	Sugar	0.50 c
16866	Instant Coffee; dry	0.25 c
16866	Dried Orange Peel	1.00 ts
16866	Ground Cinnamon	0.25 ts
16867	Sugar	1.25 c
16867	Orange	1.00
16867	Shortening	0.50 c
16867	Eggs, well beaten	2.00
16867	Salt	0.50 ts
16867	Baking soda	1.00 ts
16867	Pitted dates	1.00 c
16867	OR 1 cup raisins	0.00
16867	Cake flour	2.00 c
16867	Sour milk	1.00 c
16867	Baking powder	0.50 ts
16868	Uncooked long grain white	1.00 c
16868	-rice	0.00
16868	Chicken broth	0.50 c
16868	Orange juice	2.00 c
16868	Dried currants	2.00 tb
16868	Chopped pistachios	2.00 tb
16868	Chicken breasts, skinned,	0.75 lb
16868	-boned	0.00
16868	Plain nonfat yogurt	0.50 c
16868	Dried leaf tarragon	0.50 ts

Sheet1

16868	Paprika	0.00
16868	Mandarin orange slices,	11.00 oz
16868	-drained	0.00
16869	Mayonnaise	0.75 c
16869	Chopped Cooked	3.00 c
16869	Chicken	0.00
16869	Edam Cheese,	8.00 oz
16869	Cubed	0.00
16869	Sliced Celery	1.00 c
16869	Chopped Onion	2.00 tb
16869	Salt	0.25 ts
16869	Can, Mandarin	11.00 oz
16869	Orange slices	0.00
16869	Drained	0.00
16869	Lettuce	0.00
16870	Chicken pieces	4.00 lb
16870	Butter	0.25 lb
16870	Chicken broth	1.00 c
16870	Orange juice	2.00 c
16870	Raisins	1.00 c
16870	Cinnamon	0.25 ts
16870	Salt & pepper to taste	0.00
16870	Flour	1.00 tb
16871	Ground coffee	0.25 c
16871	Grated orange peel	1.00 tb
16871	Vanilla extract	0.50 ts
16871	Cinnamon sticks	1.50
16872	Granulated sugar	1.25 c
16872	Egg whites	2.00
16872	Orange juice; fresh	0.25 c
16872	Light corn syrup	1.00 tb
16872	Orange rind; grated	1.00 ts
16872	Salt	1.00 pn
16872	Coconut;shredded/unsweetened	1.00 c
16873	Graham crackers; fine crush	18.00
16873	- about 1-1/4 cup crumbs	0.00
16873	Sugar	0.25 c
16873	Margarine; melted	0.33 c
16873	Vanilla ice cream; softened	1.00 qt
16873	Orange juice concentrate;	6.00 oz
16873	- thawed	0.00
16873	Cool Whip	0.00
16873	Orange slices	0.00
16874	Cake flour	1.00 c
16874	2% milk	9.00 oz
16874	Egg	1.00
16874	Egg yolk	1.00
16874	Grated zest of lemon	0.00
16874	Vanilla	0.50 ts

Sheet1

16875	Instant Nonfat Dry Milk	4.00 c
16875	Sugar	1.00 c
16875	Powdered Orange Drink Mix	2.00 c
16876	Sifted cake flour	1.50 c
16876	Grated orange zest	1.00 ts
16876	Granulated sugar	1.00 c
16876	Strained fresh orange juice	0.33 c
16876	Baking powder	2.00 ts
16876	Eggs, separated	6.00 lg
16876	Salt	0.50 ts
16876	Vanilla extract	1.00 ts
16876	Unsalted butter, melted	5.00 tb
16876	Cream of tartar	0.50 ts
16876	Glaze:	0.00
16876	Sifted confectioner's sugar	1.00 c
16876	Fresh orange juice	2.00 tb
16876	Grated orange zest	1.00 ts
16877	Deep dish pie shell,baked	1.00
16877	3 oz. orange flavor gelatin	1.00 pk
16877	Boiling orange juice	0.67 c
16877	Vanilla ice cream,softened	1.00 c
16877	11 oz mandarin orang,drained	1.00 c
16877	Whipped topping,thawed	1.00 c
16878	Eggs	8.00
16878	Orange juice	0.75 c
16878	Orange liqueur,optional	1.00 tb
16878	Vanilla	1.00 ts
16878	Loaf Italian bread, cut	1.00
16878	Into 1/2" slices	0.00
16878	Confectioners sugar	3.00 tb
16878	Brown sugar	3.00 tb
16878	Butter or margarine	4.00 ts
16879	Lean pork loin chops	6.00
16879	Orange juice	0.25 c
16879	Each: salt and garlic powder	0.50 ts
16879	Tsps. ground ginger	2.00
16879	Orange peel	6.00 sl
16879	Dairy sour cream	0.50 c
16880	Orange juice	0.25 c
16880	Powdered sugar, sifted	2.00 c
16881	Orange marmalade	1.00 c
16881	Prepared mustard	0.25 c
16881	Dry mustard	1.50 ts
16881	Garlic powder	1.00 ts
16881	Ginger	0.75 ts
16881	To 4 tb orange juice	2.00 tb
16881	Slice of Canadian Bacon	2.00 lb
16881	-(cooked boneless ham can be	0.00
16881	-substituted for the	0.00



Sheet1

16881	-Canadian Bacon)	0.00
16882	Flour, all-purpose	3.50 c
16882	Sugar	1.67 c
16882	Baking soda	2.00 ts
16882	Pumpkin pie spice	2.00 ts
16882	Baking powder	1.00 ts
16882	Salt	0.75 ts
16882	Whole berry cranberry sauce	16.00 oz
16882	Pumpkin, solid pack can	16.00 oz
16882	Pecans	0.75 c
16882	Vegetable oil	0.67 c
16882	Eggs	4.00
16883	Boneless pork loin, cut into	1.50 lb
16883	-1" cubes 3/4 cup orange	0.00
16884	Flour	2.00 tb
16884	Instant chicken bouillon	1.00 ts
16884	Ground cinnamon	0.50 ts
16884	Orange juice	0.67 c
16884	Bnls Pork loin roast	3.00 lb
16884	Thyme leaves	0.50 ts
16884	Salt and Pepper to taste	0.00
16885	Grapefruit	1.00 lg
16885	Orange	1.00 lg
16885	Lemon	1.00 lg
16885	Sugar	4.00 lb
16886	Beets	14.00 oz
16886	Zest and juice of 1/2 orange	0.00
16886	Cornstarch	1.00 tb
16886	To 3 tb EQUAL, sugar	2.00 tb
16886	-substitute	0.00
16887	Flour,all-purpose	0.50 c
16887	Sugar	0.25 c
16887	Mustard powder	0.25 c
16887	Turmeric,ground	2.00 ts
16887	Water	0.50 c
16887	Honey	0.50 c
16887	Cider vinegar	2.00 c
16887	Grated rind of large orange	1.00
16888	Frozen orange juice	0.25 c
16888	-concentrate	0.00
16888	Lemon juice	1.00 tb
16888	+ 1 Tbsp honey	2.00 tb
16888	Finely grated orange peel	0.50 ts
16888	Ginger	0.50 ts
16888	Skinless, boned chicken	4.00
16888	-breast filets (about 1 lb.)	0.00
16888	Fruit juice sweetened orange	2.00 tb
16888	-marmalade	0.00
16889	Whole chicken breasts,	3.00

Sheet1

16889	-(skinned, boned, and split)	0.00
16889	Butter	2.00 tb
16889	Orange juice	0.50 c
16889	Honey	2.00 tb
16889	Chopped onion	2.00 tb
16889	Ground pepper salt to taste	0.12 ts
16889	Dry white wine (or water)	2.00 tb
16889	Flour	1.00 tb
16889	Grated orange peel	1.00 ts
16889	Oranges (peeled and	2.00 lg
16889	-sectioned)	0.00
16889	Orange, sliced Parsley	1.00
16890	Dry mustard ; (3 1/4 oz ca	1.12 c
16890	Orange juice	1.00 c
16890	Emon juice	0.25 c
16890	Zest; grated orange	2.00 ts
16890	Zest ; grated lemon	1.00 ts
16890	Honey	0.50 c
16890	Cinnamon	0.50 ts
16890	Vegetable oil	2.00 tb
16891	Lemon juice	0.75 c
16891	Water	2.25 c
16891	Whole oranges, sliced,	6.00
16891	-peeling & all	0.00
16891	Sugar	0.00
16892	Fresh orange juice	1.00 c
16892	Nonfat dry milk powder	0.50 c
16892	Sugar (or to taste)	2.00 tb
16892	Few drops vanilla	0.00
16892	Crushed or shaved ice	0.50 c
16892	Raw egg (optional)	1.00
16893	(3 3/4 oz) instant vanilla	0.50 pk
16893	Pudding or pudding-pie	0.00
16893	Filling powder	0.00
16893	Egg white	1.00
16893	Lemon juice	1.00 tb
16893	Fresh orange juice	3.00 c
16894	Orange juice	4.00 c
16894	Envelope of Dream Whip	1.00
16894	Powder	0.00
16894	Lemon juice	1.00 ts
16894	Egg OR omit egg and add	1.00
16894	Orange sherbet	0.25 c
16895	(6-oz) orange juice	1.00 cn
16895	Concentrate, thawed	0.00
16895	Cold water	1.00 c
16895	Orange-flavored liqueur,	0.50 c
16895	If desired	0.00
16895	Club soda, chilled	2.00 c

## Sheet1

16896	Can (3/4 cup) frozen orange	6.00 oz
16896	-juice concentrate, thawed	0.00
16896	Flour	2.00 c
16896	Sugar	1.00 c
16896	*each* baking soda, salt	1.00 ts
16896	*each* shortening, milk	0.50 c
16896	Eggs	2.00
16896	Raisins	1.00 c
16896	Chopped nuts	0.33 c
16896	Topping:	0.00
16896	Sugar	0.33 c
16896	Chopped walnuts	0.25 c
16896	Cinnamon	1.00 ts
16897	(1425 mL) water	1.50 qt
16897	(720 mL) thinly sliced	3.00 c
16897	-orange peel (about 4 large)	0.00
16897	(840 mL) chopped orange pulp	3.50 c
16897	-(about 4 large)	0.00
16897	(840 mL) thinly sliced lemon	3.50 c
16897	-(about 4 large?)	0.00
16898	Navel orange	1.00 lg
16898	Very ripe mangoes	3.00 lg
16898	Buttermilk	1.50 c
16898	Fresh orange juice	1.50 c
16898	Honey; or to taste	3.00 ts
16898	Fresh lemon juice	0.00
16898	- if necessary	0.00
16898	Fresh mint leaves	8.00 sm
16899	Sized (or 3 large) unpeeled	4.00 md
16899	-oranges, halved	0.00
16899	And sliced thin	0.00
16899	Unpeeled lemons, sliced thin	4.00
16899	Granulated sugar	0.00
16900	All-purpose flour	1.50 c
16900	Granulated sugar	0.67 c
16900	Cinnamon	1.00 ts
16900	Baking powder	1.00 ts
16900	Salt	0.25 ts
16900	Cloves	0.25 ts
16900	Nutmeg	0.25 ts
16900	Soft butter or margarine	0.67 c
16900	Orange marmalade	0.50 c
16900	Eggs	3.00
16900	Milk	0.33 c
16900	Fresh lemon juice	1.00 tb
16900	Chopped walnuts or pecans	0.50 c
16901	Orange juice	2.50 c
16901	OR 2 1/2 cups lemon juice	0.00
16901	Sugar	6.00 c

Sheet1

16901	Bottle fruit pectin	1.00
16902	Sugar	1.00 c
16902	Flour	2.00 tb
16902	Orange rind and juice	1.00
16902	Boiling water	2.00 c
16902	Butter or butter substitute	2.00 tb
16902	Salt	0.25 ts
16903	Peanut butter	0.50 c
16903	Salad oil	2.00 tb
16903	Orange juice	1.33 c
16903	Egg	1.00
16903	Sugar	0.75 c
16903	Sifted all-purpose flour	2.00 c
16903	Salt	0.50 ts
16903	Baking powder	1.00 tb
16903	Grated orange rind	1.00 tb
16904	Sifted flour	2.67 c
16904	Granulated sugar	1.00 c
16904	Baking soda	2.00 ts
16904	Cinnamon	0.75 ts
16904	Salt	0.25 ts
16904	Brown sugar, packed	0.67 c
16904	Peanut butter	1.00 c
16904	Eggs, large	2.00
16904	Fresh orange juice	1.33 c
16904	Orange	1.00
16904	Brown sugar, packed	0.33 c
16905	Yellow cake mix w/pudding	1.00 pk
16905	Eggs	2.00
16905	Orange juice	0.00
16905	Grated orange peel	2.00 tb
16905	20 oz well drained canned	1.00 cn
16905	-crushed pineapple-reserve	0.00
16905	-juice	0.00
16905	3 1/2 oz sweetened coconut	1.00 cn
16905	Light brown sugar, packed	0.50 c
16905	Chopped pecans or walnuts	0.50 c
16905	Butter, melted	0.25 c
16905	Heavy cream	2.00 c
16905	Maraschino cherries w/stems	6.00
16906	Flour	2.00 c
16906	Salt	0.25 ts
16906	Soft butter	1.00 c
16906	Sugar	1.00 c
16906	Grated orange peel	1.00 tb
16906	Eggs, room temperature	5.00
16906	GLAZE -----	0.00 -----
16906	Orange juice	2.00 tb
16906	Lemon juice	2.00 tb

Sheet1

16906	Powdered sugar	3.00 tb
16906	GLAZE -----	0.00 -----
16907	Orange roughly fillets (4 oz	2.00
16907	-each or use any white fish	0.00
16907	-of your choice)	0.00
16907	Egg white	1.00
16907	Seasoned dried bread crumbs	3.00 T
16907	Olive or vegetable oil	2.00 t
16907	Water	0.33 c
16907	Dry white table wine	0.25 c
16907	Each parsley and fresh lemon	1.00 T
16907	-juice	0.00
16907	Instant chicken broth mix	0.50 t
16907	Garlic clove minced	1.00
16908	Fresh orange juice, strained	3.50 c
16908	Good quality sauterne	1.50 c
16908	Fresh lemon juice	1.00 ts
16908	Sugar	3.25 c
16908	Box powdered light fruit	1.00
16908	-pectin	0.00
16908	Sprigs fresh tarragon,	6.00
16908	-optional	0.00
16909	Gelatin	1.00 tb
16909	Water	0.25 c
16909	Orange juice	0.50 c
16909	Egg whites	3.00
16909	Sugar	0.50 c
16909	Boiling water	1.00 c
16909	Lemon juice	0.25 c
16909	Salt	0.12 ts
16910	Flour, all-purpose	1.25 c
16910	Sugar	0.33 c
16910	Egg yolks	6.00 ea
16910	Orange peel, finely shredded	1.00 tb
16910	Orange juice	0.50 c
16910	Sugar	0.67 c
16910	Salt	0.25 ts
16910	Egg whites	6.00 ea
16910	Cream of tartar	1.00 ts
16910	Sugar	0.50 c
16910	Cream, whipping	1.50 c
16910	Strawberries, fresh, sliced	2.00 c
16910	And sweetened lightly	1.00 x
16911	Sifted cake flour	2.25 c
16911	Baking powder	2.25 ts
16911	Salt	0.25 ts
16911	Shortening (that meant	0.50 c
16911	-Crisco then)	0.00
16911	Orange rind	2.00 ts

Sheet1

16911	Light corn syrup (usually	1.00 c
16911	-Karo)	0.00
16911	Eggs	2.00
16911	Orange juice or milk	0.50 c
16912	Sifted cake flour	1.25 c
16912	Baking powder	1.50 ts
16913	Butter; sweet	0.50 lb
16913	Granulated sugar	2.00 c
16913	Eggs	4.00
16913	Orange,(juice & grated rind)	1.00
16913	All-purpose flour	3.00 c
16913	Baking powder	1.00 ts
16913	Salt	0.25 ts
16913	Walnuts; coarsely chopped	1.00 c
16913	Confectioners' sugar (opt.)	0.00
16914	Yogurt cheese ***	0.67 c
16914	Equal sugar substitute	2.00 tb
16914	Orange juice	2.00 ts
16915	Grapefruit	1.00
16915	Oranges	3.00
16915	Lemons	3.00
16915	Water	0.00
16915	Sugar	0.00
16916	Head romaine lettuce, cut	1.00 md
16916	-into thin shreds	0.00
16916	Sweet juicy orange, cut into	1.00 md
16916	-small pieces	0.00
16916	Radishes, sliced or cut into	1.00 bn
16916	-coarse chunks	0.00
16916	Red bell pepper, cut into	1.00
16916	-rings or small strips	0.00
16916	Red onion, sliced very	0.50
16916	-thinly	0.00
16916	Olive oil to taste	0.00
16916	Lemon/lime juice, to taste	0.00
16916	Salt to taste	0.00
16916	Cumin to taste	0.00
16916	Cayenne pepper or harissa,	0.00
16916	-to taste	0.00
16917		0.33
16917		0.00
16917		0.00
16917	-pieces	0.00
16917	Orange-flavored liqueur	0.50
16917	PLUS 1 2/3 cups sifted cake	1.00
16917	-flour	0.00
16917	Eggs	2.00
16917	Sour cream	0.67
16917	Orange flower water * OR	1.00

Sheet1

16917	-vanilla extract	0.00 3
16917	Sugar	0.67 1/4
16917	Baking powder	1.00 ts
16917	Baking soda	0.50 ts
16917	Salt	0.50 ts
16917	Unblanched sliced almonds,	0.33 c
16917	-toasted, cooled	0.00
16917	And ground fine (1 1/4	0.00
16917	-ounces)	0.00
16917	Grated zest from 1 medium	1.00 tb
16917	-orange	0.00
16917	Unsalted butter, softened	11.00 tb
16917	* NOTE: The orange flower	0.00
16917	-water, which is used to	0.00
16917	-flavor	0.00
16917	The batter, is distilled	0.00
16917	-fromn orange blossoms	0.00
16917	And can be purchased at	0.00
16917	-liquor stores, pharmacies	0.00
16917	And Middle Eastern or Indian	0.00
16917	-food markets.	0.00
16917	ORANGE SYRUP	0.00
16917	Sugar	0.33 c
16917	Orange juice	3.00 tb
16917	Orange-flavored liqueur	0.25 c
16918	Oranges, unpeeled	2.00
16918	Fresh cranberries	1.00 lb
16918	Brown sugar	1.50 c
16918	Chopped walnuts	0.50 c
16919	Korean-style bean paste	0.50 c
16919	- (kochu jang)	0.00
16919	Red wine vinegar	1.00 tb
16919	Fresh orange juice	2.00 tb
16919	Sugar	2.00 tb
16919	Freshly grated peel 1 small	0.00
16919	- orange	0.00
16920	Pork loin roast	4.00 lb
16920	Butter	3.00 tb
16920	Lightly packed brown sugar	0.50 c
16920	Frozen orange juice (6 oz)	1.00 cn
16920	Water	0.50 c
16920	Cornstarch	2.00 tb
16920	Green grapes, seed/halved	1.00 c
16921	Sweet potatoes	1.00 lb
16921	Orange juice	0.75 c
16921	Firmly packed brown sugar	0.50 c
16921	Wheat germ	0.25 tb
16921	Margarine	1.00 tb
16921	Grated orange peel	2.00 tb

Sheet1

16921	Cinnamon	1.00 ts
16921	Fresh grated nutmeg	0.25 ts
16922	Beef tenderloin steaks, cut	4.00
16922	- 1 inch thick	0.00
16922	Coarse grind black pepper	2.00 ts
16922	Orange marmalade	0.50 c
16922	Cider vinegar	4.00 ts
16922	Ground ginger	0.50 ts
16923	-----	0.00
16923	Tahini	0.25
16923	Plain yogurt or soft tofu	0.75
16923	Orange juice	0.25
16923	Ground cumin	2.00 ts
16923	Paprika	2.00 ts
16923	Minced fresh cilantro (opt.)	2.00 tb
16923	FILLING -----	0.00 -----
16923	Unsalted butter	1.00 tb
16923	-OR- avocado oil	0.00
16923	Red onion; chopped	1.00 md
16923	Brown and wild rice blend	1.00 c
16923	-- (uncooked)	0.00
16923	-OR 1/3 brown & 2/3 wildrice	0.00
16923	Vegetable broth or water	2.00 c
16923	Chickpeas; cooked, drained	1.00 c
16923	Raisins	0.25 c
16923	ORANGES -----	0.00 -----
16923	Jumbo navel oranges	2.00
16923	-- halved crosswise	0.00
16923	GARNISH -----	0.00 -----
16923	Sesame seeds	1.00 tb
16923	Chopped scallion whites	1.00 tb
16923	Cilantro leaves (optional)	4.00
16923	ORANGE -----	0.00 -----
16923	FILLING -----	0.00 -----
16923	ORANGES -----	0.00 -----
16923	GARNISH -----	0.00 -----
16924	Peach-Orange Nectar	0.67 c
16924	Pineapple tidbits	1.00 cn
16924	Peach halves	1.00 cn
16924	Pear halves	1.00 cn
16924	Maraschino cherrie	10.00
16924	Melted butter	4.00 tb
16924	Packed brown sugar	0.75 c
16924	Curry powder	4.00 ts
16925	Flour, bread	8.00 ea
16925	Polenta; uncooked	0.75 ea
16925	Parsley flakes [dry]	6.00 pt
16925	Garlic; crushed	3.00 pt
16925	Yeast	2.00 pk



Sheet1

16925	Salt, preferably	2.00 pt
16925	Oregano; dried	4.00 pt
16925	Water	3.00 ea
16925	Pepper; coarse black	0.50 ea
16926	Oreos	25.00 ea
16926	Butter; melted	4.00 tb
16926	Sugar; divided	1.50 c
16926	Flour	2.00 tb
16926	Eggs; room temp.	4.00 ea
16926	Egg yolks; room temp.	3.00 ea
16926	Whipping cream	0.33 c
16926	Vanilla; divided	2.00 ts
16926	Oreos; crushed ; about 15 ea	1.75 c
16926	Sour cream	2.00 c
16926	Cream cheese; room temp.	32.00 oz
16927	Cream filled sandwich cookie	25.00
16927	Flour	3.00 c
16927	Sugar	1.50 c
16927	Milk	1.25 c
16927	Shortening	1.00 c
16927	Baking powder	2.50 ts
16927	Salt	1.00 ts
16927	Vanilla	1.00 ts
16927	Large eggs	4.00
16927	CHOCOLATE GLAZE -----	0.00 -----
16927	Pk semi-sweet choco-chips	6.00 oz
16927	Shortening	3.00 tb
16927	Milk	1.00 tb
16927	Corn syrup	1.00 tb
16927	CHOCOLATE GLAZE -----	0.00 -----
16928	Garbanzo beans (canned, -drained) (chickpeas)	1.00 c 0.00
16928	Kidney beans (canned, -drained)	1.00 c 0.00
16928	Lima beans (canned or fresh)	1.00 c
16928	Mung beans (chinese bean -sprouts) fresh	1.00 c 0.00
16928	Soy beans (fresh)	1.00 c
16928	YA (??) beans (oriental long -beans...12-18" long)	1.00 bn 0.00
16928	Artichoke heart	1.00
16928	Red bell pepper, julienned	0.00
16928	Water chestnuts, sliced	0.00
16928	DRESSING -----	0.00 -----
16928	Chunk tofu	1.00
16928	Soy sauce	0.00
16928	Ginger	0.00
16928	Garlic	0.00
16928	Sesame oil	0.00

Sheet1

16928	DRESSING -----	0.00 -----
16929	Slabs baby back ribs	4.00
16929	-(14 to 16 oz each)	0.00
16929	Star anise, crushed	6.00
16929	Dried tarragon	1.00 tb
16929	Minced garlic	3.00 tb
16929	Dijon mustard	0.25 c
16929	Rice vinegar	0.25 c
16929	Soy sauce	2.00 tb
16929	Chicken stock	1.00 c
16929	-OR low-sodium chicken broth	0.00
16929	Sugar	2.00 tb
16930	Soy Sauce	0.50 c
16930	Sherry Or Rice Wine	0.25 c
16930	Dehydrated Onion	2.00 tb
16930	Cloves Garlic, Crushed	2.00
16930	Hot Oil	1.00 tb
16930	Sesame Oil	1.00 tb
16930	Grated Ginger Root	1.00 tb
16930	Fermented Black Beans	1.00 tb
16931	Medium-sized chicken wings	12.00
16931	Packed dark brown sugar	0.25 c
16931	Soy sauce	0.25 c
16931	Water	0.25 c
16931	Worcestershire sauce	1.00 tb
16931	Dry sherry	1.00 tb
16931	Lemon juice	1.00 ts
16931	Ground ginger	1.00 ts
16931	Cornstarch	1.50 ts
16932	Chicken breast halves,	4.00
16932	-skinned and boned	0.00
16932	Soy sauce	0.25 c
16932	Dry sherry	0.25 c
16932	Garlic clove, minced	1.00
16932	Chopped green onion	2.00 tb
16932	Brown sugar	1.00 tb
16932	Ginger	2.00 ts
16932	Vegetable oil	2.00 tb
16932	VEG-ALL Mixed Vegetables,	1.00 cn
16932	-with liquid (16 oz)	0.00
16932	Water chestnuts (8 oz)	1.00 cn
16932	Quick cooking rice	1.00 c
16933	Plain flour	0.00 c
16933	Salt	1.00 pn
16933	Eggs	1.33
16933	Egg	0.33
16933	SAUCE -----	0.00 -----
16933	Vegetable oil	0.33 ts
16933	Red chili	0.33 sm

Sheet1

16933	Spring onion	0.33
16933	Snow peas	83.33 g
16933	Sesame oil	0.00 ts
16933	Light soy sauce	0.00 c
16933	Malt vinegar	0.00 c
16933	Cashew paste	0.00 c
16933	Lime juice	0.33 tb
16933	Lime rind	0.33 ts
16933	Red Chili	0.33
16933	Roasted Cashews	0.00 c
16933	SAUCE -----	0.00 -----
16934	Chinese egg noodles	175.00 g
16934	Vegetable oil	1.50 tb
16934	Garlic clove, sliced/peeled	0.50
16934	Chopped onion	0.50
16934	Sliced carrot	1.00
16934	Green pepper, diced	0.50
16934	Soy sauce	0.50 tb
16934	Sesame oil	0.50 tb
16934	Peanuts	1.00 tb
16935	Plum sauce, or duck sauce	0.67 c
16935	Hoisin sauce	2.00 ts
16935	Dry sherry	2.00 tb
16935	Soy sauce, low sodium	1.00 tb
16935	Oriental sesame oil	1.00 ts
16935	Peanut oil, asian or	2.00 tb
16935	-domestic cold-pressed	0.00
16935	Ginger root, grated	1.00 tb
16935	Cloves Garlic, minced	2.00
16935	Fresh cilantro chopped	0.25 c
16935	Dried red chili pepper;	0.50 ts
16935	-crushed	0.00
16936	Soy sauce	0.25 c
16936	Honey	3.00 tb
16936	Dry sherry	2.00 tb
16936	Cloves garlic, minced	2.00 lg
16936	Fresh lemon juice	1.00 tb
16936	Hoisin sauce	1.00 tb
16936	Chinese five-spice powder	0.25 ts
16936	Hot pepper sauce	0.25 ts
16936	Country-style pork ribs, cut	3.50 lb
16936	-into single	0.00
16936	Serving sized pieces	0.00
16936	Water	1.00 c
16936	Green onion curls (OPTIONAL)	0.00
16936	Lemon slices, halved	0.00
16936	-(OPTIONAL)	0.00
16937	Fresh grated lemon peel	1.00 ts
16937	Fennel seed, crushed	0.25 ts

Sheet1

16937	Ground cloves	0.25 ts
16937	Anise seed, crushed	0.25 ts
16937	Ground cinnamon	0.25 ts
16937	Ground ginger	0.25 ts
16938	Chicken breasts, boneless	5.00 lg
16938	Buttermilk baking mix	2.00 c
16938	Chopped green onions	0.33 c
16938	Oil	2.00 tb
16938	Minced shrimp	1.00 c
16938	Water chestnuts, drained and	8.00 oz
16938	-chopped	0.00
16938	Bean sprouts, rinsed and	0.75 c
16938	-drained	0.00
16938	Soy sauce	3.00 tb
16938	Instant chicken bouillon	1.00 tb
16938	Cornstarch mixed with 1/4	2.00 tb
16938	-cup water	0.00
16938	Eggs, slightly beaten with 2	2.00
16938	-tablespoons water	0.00
16938	Oil for deep-fat frying	0.00
16938	Sweet-sour Apricot Sauce	0.00
16938	Apricot preserves	0.25 c
16938	Packed brown sugar	0.50 c
16938	Cider vinegar	2.00 tb
16938	Soy sauce	2.00 tb
16938	Dry mustard	0.50 ts
16939	Bunch of spinach	1.00 ea
16939	Water cretnuts(sliced)	1.00 cn
16939	Bean sprouts(drained)	1.00 cn
16939	Hard boiled eggs	2.00 ea
16939	Bacon (fried and crumbled)	0.25 lb
16939	DRESSING -----	0.00 -----
16939	Oil	0.50 c
16939	White vinegar	0.12 c
16939	Med. onion	0.50 c
16939	Sugar	0.25 c
16939	Salt	1.00 t
16939	Ketchup	3.00 t
16939	DRESSING -----	0.00 -----
16940	Lean Beef	3.00 lb
16940	Rendered Beef Suet, Optional	0.12 lb
16940	Chili Peppers *	12.00
16940	Mexican Oregano	1.00 tb
16940	Cumin	1.00 tb
16940	Cayenne	1.00 tb
16940	Tabasco Sauce	1.00 tb
16940	Salt	1.00 tb
16940	Cloves Garlic, Minimum	2.00
16940	Masa Harina	3.00 tb

## Sheet1

16940	Whole Chili Pods	3.00
16941	Water	4.00 c
16941	Salt to taste	1.00
16941	Orzo	0.75 c
16941	Olive oil	2.00 tb
16941	Garlic,finely minced	1.00 ts
16941	Ripe tomatoes,peeled,1/2" cub	0.50 lb
16941	Fresh ground pepper to taste	1.00
16941	Red pepper flakes	0.25 ts
16941	Fresh basil,shred,loose pack	2.00 tb
16942	Dozen clams, shucked;	2.00
16942	-reserve juice	0.00
16942	Onion, diced	1.00 lg
16942	Good fatback, diced	0.33 lb
16942	To 4 md potatoes, cubed	3.00 md
16943	Sifted cake flour	2.00 c
16943	Baking powder	0.50 ts
16943	Salt	0.12 ts
16943	Butter or regular margarine	0.50 c
16943	Sugar	1.50 c
16943	Eggs	2.00
16943	Vanilla	1.00 ts
16943	Unsweetened chocolate,	2.00 oz
16943	-melted and cooled	0.00
16943	Baking soda	1.00 ts
16943	Iced water	1.00 c
16944	Sharon Stevens	0.00
16944	Dry bread crumbs	1.00 c
16944	Freshly grated parmesan	0.50 c
16944	-cheese	0.00
16944	Sesame seeds	0.33 c
16944	Dried oregano	1.00 ts
16944	Each, salt, and black pepper	0.50 ts
16944	Cayenned pepper	0.25 ts
16944	Chicken wings	3.00 lb
16944	Butter, melted	0.50 c
16945	Chili sauce	1.00 c
16945	Firmly packed brown sugar	2.00 tb
16945	Spicy brown mustard	2.00 tb
16945	Liquid red pepper seasoning	1.00 ts
16945	Whole broiler-fryer legs	4.00
16945	-(thigh and drumstick)	0.00
16945	Skin removed (about 2	0.00
16945	-pounds)	0.00
16946	Bite-size cheese crackers	1.50 c
16946	Caraway seeds	1.00 ts
16946	Pepper	0.25 ts
16946	Whole medium chicken breasts	2.00
16946	-(about 1 1/2 lbs.),halved	0.00

Sheet1

16946	-lengthwise	0.00
16946	Milk	2.00 tb
16947	Skinless,boned chicken	4.00 oz
16947	-breasts	0.00
16947	Saltine cracker	18.00
16947	-squares,crushed	0.00
16947	Parmesan cheese	2.00 tb
16947	Black pepper	0.75 ts
16947	EACH: basil,celery	0.50 ts
16947	-seed,onion	0.00
16947	-powder,oregano,paprika	0.00
16947	Salt	0.38 ts
16947	Evaporated skim milk	0.25 c
16947	Vegetable oil	1.00 tb
16948	Potatoes, medium, peeled or	3.00 ea
16948	Unpeeled	1.00 x
16948	Margarine, low-cal, melted	2.00 tb
16948	Oil, olive	1.50 ts
16948	Paprika	1.00 x
16949	Tempeh, cubed	1.00 pk
16949	Tamari	3.00 tb
16949	Oil	2.00 tb
16949	Tamari	0.25 c
16949	Flour	0.25 c
16949	Nutritional yeast	0.25 c
16949	Tahini	0.25 c
16949	Basil	2.00 ts
16949	Rosemary	1.00 ts
16949	Marjoram	2.00 ts
16949	Sage	1.00 ts
16949	Black pepper	0.50 ts
16949	Water	2.50 c
16949	Potatoes, cubed	2.00 c
16949	Carrots, cubed	1.00 c
16949	Celeriac, cubed	0.50 c
16949	Celery, chopped	0.75 c
16949	Onions, coarsely chopped	0.75 c
16949	Mushrooms, halved	0.75 c
16949	Frozen peas	0.50 c
16951	Servings	4.00
16951	Freshly grated Parmesan	0.50 c
16951	-cheese	0.00
16951	Raw wheat germ	0.50 c
16951	Dried rosemary	0.50 ts
16951	Onion powder	0.50 ts
16951	Salt	0.50 ts
16951	Dried thyme	0.25 ts
16951	Garlic powder	0.25 ts
16951	Freshly ground pepper	0.12 ts

## Sheet1

16951	Chicken thighs, wiped with	8.00
16951	-damp cloth	0.00
16951	Buttermilk	0.75 c
16952	Chicken; Cut Up, Fryer	3.00 lb
16952	Eggs; Large, Slightly Beaten	2.00 ea
16952	Milk	4.00 T
16952	Corn Flakes; Crushed *	2.50 c
16952	Salt	2.00 t
16952	Pepper	0.50 t
16952	Butter; Melted	5.00 T
16953	Eggs, beaten	2.00
16953	Milk	0.50 c
16953	Orange juice	1.00 tb
16953	Sugar	1.50 ts
16953	Ts salt	0.12 ts
16953	Ground cinnamon	0.50 ts
16953	Vanilla extract	0.25 ts
16953	3/4" slices French bread	6.00
16953	Butter	2.00 tb
16953	Powdered sugar	0.00
16954	Turkey thighs, skinned,	2.00
16954	-boned and cubed	0.00
16954	Sliced tomatoes, undrained	8.00 oz
16954	Green peppers, seeded	2.00
16954	-and chopped	0.00
16954	Peppers, jalepeno, chopped	3.00
16954	-or 1 T chili powder	0.00
16954	Onion, chopped	1.00
16954	Garlic, clove, minced	1.00
16954	Cilantro leaves, chopped	0.25 c
16954	Cocoa powder, plain	1.00 tb
16954	Cumin seeds	2.00 ts
16954	-or 1/2 t ground cumin	0.00
16954	Cinnamon	0.25 ts
16955	Strips bacon, diced in	3.00
16955	-1/4-inch pieces	0.00
16955	Oyster mushrooms, sliced	0.50 lb
16955	Green onions in 2-inch	6.00
16955	-lengths (use all)	0.00
16955	Salt and pepper to taste	0.00
16955	MSG (optional)	0.00
16955	Soy sauce	1.00 ds
16956	Loaf White Bread, Unsliced	1.00
16956	Butter Or Regular Margarine	0.50 lb
16956	Onions, Chopped	2.00 sm
16956	Stalk Celery, With Tops,	1.00
16956	Chopped	0.00
16956	Minced Parsley	3.00 tb
16956	Fresh Thyme Leaves	1.00 ts

Sheet1

16956	Salt	2.00 ts
16956	Freshly Ground Black Pepper	0.00
16956	Oysters In Liquor	1.00 pt
16957	Oysters	1.00 qt
16957	Oyster liquor	1.00 c
16957	Butter	3.00 tb
16957	Flour	1.00 tb
16957	Milk	1.00 c
16957	Cream	0.50 c
16957	Shallots, minced	2.00 tb
16957	Salt and pepper	0.00
16957	Mushrooms	0.50 lb
16957	Parsley, minced	2.00 ts
16958	White sugar	2.00 c
16958	Margarine	0.50 c
16958	Eggs	2.00
16958	Flour	2.00 c
16958	Baking soda	1.00 ts
16958	Salt	0.50 ts
16958	Nutmeg	0.75 ts
16958	Cinnamon	1.00 ts
16958	Apples; diced	2.00 c
16958	Nuts; chopped	1.00 c
16959	All-purpose flour	1.67 c
16959	Baking powder	2.00 ts
16959	Ground cinnamon	1.00 ts
16959	Ground nutmeg	0.50 ts
16959	Ripe banana	1.00
16959	Peanut butter	0.33 c
16959	Granulated sugar	0.50 c
16959	Eggs	2.00
16959	Sour cream	0.67 c
16960	Velveta Process Cheese	1.00 lb
16960	- Spread, Cubed	0.00
16960	Pace Picante Sauce	0.50 c
16961	Cream Cheese	8.00 oz
16961	Pace Picante Sauce	4.00 tb
16962	Ripe Avocados, Peeled,	2.00 lg
16962	- Seeded And Mashed	0.00
16962	Pace Picante Sauce	0.25 c
16962	Lemon Juice	2.00 ts
16962	Salt	0.25 ts
16963	Kiwifruit	6.00
16963	Skinless, boneless chicken	0.50 lb
16963	-breasts	0.00
16963	Red bell pepper	1.00 lg
16963	Red onion	1.00 sm
16963	Peeled shrimp	16.00
16963	LIME -----	0.00 -----



Sheet1

16963	Lime juice	6.00 tb
16963	Honey	3.00 tb
16963	Rice wine vinegar	2.00 tb
16963	Olive oil	2.00 tb
16963	Chopped cilantro	1.50 ts
16963	Grated ginger root	1.00 ts
16963	Red pepper flakes	0.25 ts
16963	LIME -----	0.00 -----
16964	Minced clams	8.00 oz
16964	Clam nectar and water	1.00 c
16964	Bacon, chopped	3.00 sl
16964	Chopped onion	1.00 c
16964	Diced raw potatoes	2.00 c
16964	Drained whole kernel corn	1.50 c
16964	Milk	3.00 c
16964	Flour	2.00 tb
16964	Butter	1.00 tb
16964	Celery salt	1.00 ts
16964	Salt	1.00 ts
16964	Of white pepper	1.00 ds
16964	Coarse cracker crumbs	0.50 c
16964	-(optional)	0.00
16965	Chicken Thighs or Leg	3.00 lb
16965	-Sections	0.00
16966	Extra firm tofu, drained	1.00 lb
16966	Stalk fresh lemon grass	1.00 ea
16966	Fresh mint, chopped	0.50 bn
16966	Garlic cloves	6.00 ea
16966	Serrano pepper, seeded &	1.00 ea
16966	-- minced	0.00
16966	Cilantro stems, chopped	2.00 tb
16966	Fresh ginger, chopped	2.00 tb
16966	Green onions, chopped	3.00 ea
16966	Peanut butter, optional	1.00 ts
16966	Brown sugar	2.00 tb
16966	Coconut milk, optional	1.00 tb
16966	Juice of 1 lime	0.00
16966	Liquid tamarind	0.25 c
16966	Soy sauce	2.00 tb
16966	-----Brochettes	0.00
16966	Green onions	6.00 ea
16966	Tomatoes, cut into eighths	2.00 md
16966	Jalapeno peppers, optional	6.00 sm
16966	Snow peas	0.25 lb
16966	Button mushrooms	0.25 lb
16966	Cilantro leaves to garnish	0.00
16967	Dried rice noodles 1/8" wide	0.50 lb
16967	-Warm Water	0.00
16967	Shrimp, chicken or pork	0.50 lb

Sheet1

16967	-OR- a combination	0.00	
16967	Fish sauce	0.25 c	
16967	Granulated sugar; plus:	0.25 c	
16967	Granulated sugar	2.00 tb	
16967	White vinegar; plus:	0.25 c	
16967	White vinegar	2.00 tb	
16967	Paprika	1.00 ts	
16967	Green onions	4.00	
16967	Vegetable oil	0.50 c	
16967	- (more if needed)	0.00	
16967	Chopped garlic	1.00 ts	
16967	Eggs	2.00	
16967	Bean sprouts	0.75 lb	
16967	Ground roasted chiles	0.00	
16967	- (see note at end)	0.00	
16967	Unsalted roasted peanuts	0.00	
16967	- ground	0.00	
16967	Lime wedges	0.00	
16968	tb	0.50	4
16968	- (bahn pho), OR rice sticks	0.00	
16968	Oil; for deep-frying	0.00	
16968	Fresh firm bean curd	0.50 lb	
16968	- cut into tiny cubes	0.00	
16968	Peanut oil	0.25 c	
16968	Garlic, chopped	0.50 tb	
16968	Chicken breast meat	0.50 c	
16968	-- (very thinly sliced)	0.00	
16968	Shrimp, peeled	0.25 lb	
16968	- cut in half the long way	0.00	
16968	Eggs; beaten	2.00	
16968	Dried shrimp powder	1.00 tb	
16968	Freshly ground black pepper	0.25 ts	
16968	Finely chopped peanuts	3.00 tb	
16968	- (dry-roasted salted type)	0.00	
16968	Lime juice, freshly squeezed	2.00 tb	
16968	Sugar	1.00 tb	
16968	Thai fish sauce	6.00 tb	
16968	Tamarind sauce	0.25 c	
16968	Red chili paste with garlic	2.00 ts	
16968	Fresh bean sprouts	2.00 c	
16968	Limes; quartered	2.00	
16968	Fresh coriander leaves	0.33 c	
16968	Chopped scallions	3.00	
16968	Finely chopped peanuts	4.00 tb	
16968	- (dry-roasted type)	0.00	
16969	Flat rice stick noodles	0.33 lb	
16969	- (banh pho), 1/4 " wide	0.00	
16969	Peanut oil	0.25 c	
16969	Pork	0.25 lb	

Sheet1

16969	- cut into matchstick strips	0.00
16969	Shrimps, peeled and deveined	6.00
16969	Crushed garlic	1.00 ts
16969	Egg	1.00
16969	Water	2.00 tb
16969	Rice vinegar	2.00 tb
16969	Fish sauce	1.00 tb
16969	Sugar	1.00 tb
16969	Chopped toasted peanuts	0.25 c
16969	Ground dry shrimp	0.25 ts
16969	Freshly ground white pepper	0.00
16969	Asian chili powder	0.25 ts
16969	- (to taste)	0.00
16969	Bean sprouts	1.00 c
16969	- washed & drained	0.00
16969	Scallions, cut 3/4" long	0.25 c
16969	Fresh coriander	0.00
16969	Wedges of fresh lime	0.00
16970	Chantaboon rice sticks	16.00 oz
16970	- medium thread (See note)	0.00
16970	Vegetable oil	1.00 tb
16970	Eggs; beaten	6.00
16970	Vegetable oil	0.25 c
16970	Garlic gloves	8.00
16970	Pork, beef or chicken	1.00 lb
16970	- sliced thin, bite sized,	0.00
16970	-OR-	0.00
16970	Shrimp, shelled and deveined	0.00
16970	White vinegar	0.25 c
16970	Sugar	0.25 c
16970	Sliced salted radish	1.00 c
16970	-- (chai Po)	0.00
16970	Fish sauce (nam pla)	0.25 c
16970	Ground roasted peanuts	1.00 c
16970	-- (coarsely ground)	0.00
16970	Chile powder or paprika	2.00 tb
16970	Bean sprouts	2.00 c
16970	Sliced green onion	1.00 c
16970	Sliced cilantro	1.00 c
16970	Lime	1.00
16971	Rice noodles	16.00 oz
16971	Vegetable oil	0.50 c
16971	Garlic cloves (or more)	5.00
16971	-- finely chopped	0.00
16971	Medium shrimp	1.00 lb
16971	-- shelled and deveined	0.00
16971	Firm-style bean curd squares	2.00
16971	-- cut into 1/2 inch cubes	0.00
16971	Pickled turnips	0.25 c

Sheet1

16971	-- (coarsely chopped)	0.00	
16971	White vinegar	0.50 c	
16971	Fish sauce	0.00 c	
16971	Paprika	1.00 tb	
16971	Sugar	0.25 c	
16971	Eggs; beaten	2.00	
16971	Mung bean sprouts	0.25 lb	
16971	Scallions	3.00	
16971	-- cut into 1/2 inch pieces	0.00	
16971	Ground unsalted peanuts	0.50 c	
16971	Fresh red chili pepper	1.00	
16971	-- seeded & coarsely chopped	0.00	
16971	Lemon; cut into wedges	1.00	
16971	Coriander leaves for garnish	0.00	
16971	Crushed red pepper (opt.)	0.25 c	
16972	Information:	0.00	
16973	Thai fish sauce	0.25 c	
16973	White vinegar; plus:	0.25 c	
16973	White vinegar	2.00 tb	
16973	Sugar (less if desired)	4.00 tb	
16973	Paprika	1.00 ts	
16973	Thai rice noodles	8.00 oz	
16973	-- (about 1/4" thick)	0.00	
16973	Tofu	8.00 oz	
16973	Dried shrimp (optional)	2.00 tb	
16973	Oil	3.00 tb	
16973	Garlic cloves (or more)	2.00	
16973	Eggs	2.00	
16973	Bean sprouts	0.75 lb	
16973	Green onions	3.00	
16973	- sliced on the diagonal,	0.00	
16973	- including white part	0.00	
16973	Ground peanuts	0.75 c	
16973	Roasted red chili peppers *	1.00 tb	
16974		6.00	2
16974		0.00	
16974		4.00	
16974		0.25	
16974	-deveined	0.00	
16974	Boneless chicken breast	1.00	4
16974	-half, skinned, thinly	0.00	
16974	-sliced	0.00	
16974	Garlic cloves, minced	3.00	
16974	Yellow bean sauce	3.00	
16974	Tomato paste	3.00	
16974	Fish sauce	2.00	
16974	To 2 tablespoons distilled	1.00	2
16974	-vinegar	0.00	
16974	Sugar	2.00	

Sheet1

16974	Eggs	3.00
16974	Chopped preserved radish,	2.00 tb
16974	-soaked in warm water for	0.00
16974	Minutes, drained (optional)	10.00
16974	Small dried shrimp	1.00 tb
16974	-(optional)	0.00
16974	Inch cubes fried tofu, cut	1.00
16974	-into 1/2-inch slices	0.00
16974	-(optional)	0.00
16974	Big pinch chile flakes	0.00
16974	Handfuls bean sprouts,	2.00
16974	-tailed	0.00
16974	To 4 tablespoons chicken	2.00
16974	-broth or water, as needed	0.00
16974	Green onions, trimmed, cut	4.00
16974	-into 2-inch lengths	0.00
16974	GARNISHES:	0.00
16974	Coarsely chopped roasted	2.00 tb
16974	-peanuts	0.00
16974	Chile flakes	0.00
16974	Coarsely chopped fresh	2.00 tb
16974	-coriander leaves	0.00
16974	Limes, cut into wedges	2.00
16975	Small size rice noodles	8.00 oz
16975	Tomato sauce	3.00 tb
16975	-OR- tamarind paste	0.00
16975	Vegetable oil	2.00 tb
16975	Pickled radish	1.00 tb
16975	Sugar	3.00 tb
16975	Water or chicken stock	0.33 c
16975	Egg	1.00
16975	Fish sauce	3.00 tb
16975	Shrimp, cleaned and shelled	0.50 lb
16975	Handful bean sprouts (fresh)	1.00
16975	-- chopped once or twice	0.00
16975	Green onions	2.00 oz
16975	-- cut into 1/2 inch pieces	0.00
16975	Finely chopped peanuts	2.00 tb
16976	Quinoa, rinsed	1.50 c
16976	Cooked chicken	2.00 c
16976	- cut in 1"- 2" pieces	0.00
16976	Chicken stock	3.00 c
16976	Olive oil	0.25 c
16976	Garlic cloves, minced	2.00
16976	Onion, chopped	1.00
16976	Black olives	1.00 cn
16976	Peas	1.00 c
16976	Sweet red peppers, sliced	2.00
16976	Saffron (or more to taste)	0.12 ts

## Sheet1

16976	Salt to taste	0.00
16976	Chorizo or other sausage	0.50 lb
16976	Red pepper to taste	0.00
16976	Raw shrimp	6.00 lg
16976	Scrubbed clams in shell	12.00
16977	Dried rice stick noodles	0.25 lb
16977	Vegetable oil	2.00 tb
16977	Coarsely chopped garlic	1.00 tb
16977	Shrimps, peeled and deveined	8.00
16977	Egg; lightly beaten	1.00
16977	Fish sauce	1.00 tb
16977	Sugar	2.00 ts
16977	Coarsely chopped peanuts	2.00 tb
16977	-- (dry-roasted type)	0.00
16977	Bean sprouts	1.00 c
16977	Slender green onions	4.00
16977	-- sliced in 1 inch lengths	0.00
16977	Lime; quartered lengthwise	1.00
16978	Slices White Bread *	20.00
16978	Shrimp, Shelled, Deveined	1.12 lb
16978	Water Chestnuts, Blanched	0.50 c
16978	Egg White, Beaten Lightly	1.00 lg
16978	Lard, Finely Chopped	2.00 tb
16978	Rice Wine	1.00 tb
16978	Ginger root, Minced	1.50 ts
16978	Scallion, Minced	1.50 ts
16978	Salt	1.50 ts
16978	Cornstarch	1.50 tb
16978	Peanut Or Corn Oil For	0.00
16978	-Frying	0.00
16978	Coarse Salt	3.00 tb
16978	Szechwan Peppercorns, Crush	1.00 tb
16979	Lentils	1.00 c
16979	Long grain rice	2.00 c
16979	Chopped onions	1.00 c
16979	Chicken stock	5.00 c
16979	Melted butter	0.33 c
16979	Salt	2.00 ts
16979	Tumeric	1.00 ts
16980	Chick pea flour, sifted	1.33 c
16980	Ghee	2.00 ts
16980	Lemon juice	1.00 tb
16980	Cayenne	0.25 ts
16980	Turmeric	0.50 ts
16980	Garam masala	1.00 ts
16980	Coriander	2.00 ts
16980	Salt	1.00 ts
16980	Cold water, as needed	9.00 tb
16980	Baking powder, optional	0.33 ts

Sheet1

16981	Whole wheat flour	1.50 c
16981	Oat bran	0.50 c
16981	Garlic, minced	1.00 ts
16981	Ginger, minced	1.00 ts
16981	Green chili, seeded and	1.00 ts
16981	-minced	0.00
16981	Cilantro, minced	0.25 c
16981	Salt (optional)	0.25 ts
16981	Turmeric	0.25 ts
16981	Ground cumin	1.00 ts
16981	Canola oil	6.00 ts
16982	Eggs	5.00
16982	Egg yolks	2.00
16982	Sugar	6.50 oz
16982	Vanilla	1.00 ts
16982	Cake flour	6.50 oz
16982	Cornstarch	0.25 ts
16982	Salt - a pinch	0.00
16983	Chinese fermented blk. beans	0.25 c
16983	Sherry	0.25 c
16983	Fish stock	1.00 c
16983	-OR Low-sodium chicken stock	0.00
16983	-OR Water	0.00
16983	Finely minced garlic	1.00 tb
16983	Finely minced fresh ginger	1.00 ts
16983	-=OR=-	0.00
16983	-Powdered ginger	1.00 tb
16983	Whipping cream	0.50 c
16983	Unsalted butter	4.00 tb
16983	Catfish fillets, 6-8 oz each	4.00
16983	Vegetable oil	0.00
16983	- to fill pan to 1" depth	0.00
16983	Cornstarch	0.50 c
16983	Cilantro sprigs	8.00
16984	Soy sauce	3.00 tb
16984	Orange juice	1.50 c
16984	Minced ginger; -=OR=-	3.00 tb
16984	-Powdered ginger	1.00 tb
16984	Catfish fillets, 6-7 oz each	4.00
16984	Unsalted butter	3.00 tb
16984	Grated orange rind	1.00 tb
16984	Cornstarch	0.00
16984	Cooking oil	0.33 c
16984	Finely chopped parsley	1.00 tb
16985	Fresh thin noodles	1.00 lb
16985	Peanut oil	0.00
16985	Chicken broth	0.67 c
16985	PORK & VEGETABLE SAUCE -----	0.00 -----
16985	Peanut oil	2.00 tb

Sheet1

16985	Bok choy	1.00 lb
16985	- cut into 2-in sections	0.00
16985	Barbecued pork strips	0.50 lb
16985	Chicken broth	0.50 c
16985	Thin soy sauce	1.00 tb
16985	Chinese rice wine	1.00 tb
16985	=OR= dry sherry	0.00
16985	Oyster sauce	1.00 tb
16985	Cornstarch; dissolved in	1.00 tb
16985	Cold chicken broth	2.00 tb
16985	PORK & VEGETABLE SAUCE -----	0.00 -----
16986	Clove garlic, thinly sliced	1.00
16986	Minced fresh parsley	1.00 ts
16986	Minced fresh tarragon	1.00 ts
16986	Shallot sliced thin	1.00
16986	Olive oil	1.00 tb
16986	Loin or rib pork chops, 1/2	4.00
16986	-inch thick, weighing	0.00
16986	About 6 ounces each	0.00
16986	TO FINISH:	0.00
16986	Unsalted butter	1.50 tb
16986	Or 5 French cornichons,	4.00
16986	-rinsed and chopped fine	0.00
16986	(about 1 1/2 tablespoons)	0.00
16986	Vegetable oil	2.00 ts
16986	Salt and pepper, to taste	0.00
16986	Sherry vinegar	2.00 tb
16986	Water	2.00 tb
16986	Minced fresh parsley	1.00 ts
16986	Minced fresh tarragon	1.00 ts
16987	Extra virgin olive oil	4.00 tb
16987	Chicken, cut-up	2.50 lb
16987	Cloves garlic, peeled and	6.00
16987	-cut in half	0.00
16987	Inch pieces fresh rosemary	6.00
16987	Salt, to taste	0.00
16987	Freshly ground pepper, to	0.00
16987	-taste	0.00
16987	Dry white wine or chicken	0.50 c
16987	-stock	0.00
16987	Chicken stock	0.25 c
16988	All purpose flour	1.00 c
16988	Butter, melted	0.50 c
16988	Nuts, your choice; chopped	0.50 c
16988	Whipped topping	16.00 oz
16988	Powdered sugar	1.00 c
16988	Cream cheese	8.00 oz
16988	Cold milk, divided	3.00 c
16988	4 oz pkg chocolate pudding m	1.00



Sheet1

16988	-x	0.00
16988	4 oz pkg vanilla pudding mix	1.00
16988	Vanilla	1.00 ts
16988	More chopped nuts	0.00
16989	Bacon, cut into 1/4x1 inch	3.00 oz
16989	-strips	0.00
16989	Pork shoulder or sirloin,	1.50 lb
16989	-cut into 1-1/2 inch cubes	0.00
16989	Flour seasoned with salt and	0.25 c
16989	-pepper	0.00
16989	Onion, chopped (1-1/2 cups)	1.00 lg
16989	Green pepper, cut into small	0.50 lg
16989	-cubes (1/2 cup)	0.00
16989	Stalk of celery, chopped	1.00 lg
16989	-(1/2 cup)	0.00
16989	Vegetable oil	1.00 tb
16989	Red bordeaux wine	1.00 c
16989	Can of Italian plum tomatoes	14.00 oz
16989	-with their juice	0.00
16989	Garlic cloves, minced	2.00
16989	Bay leaf	1.00
16989	Heaping tbsp tomato paste	1.00
16989	Dried oregano	0.50 ts
16989	Pitted, quartered black	0.50 c
16989	-olives, such as Kalamata	0.00
16989	Cayenne to taste	0.00
16989	Mushrooms, quartered,	0.50 lb
16989	-sauteed in 2 tbsp butter	0.00
16990	Ground beef (85-90% lean)	1.00 lb
16990	All purpose flour	0.50 c
16990	Coconut milk	1.00 c
16990	Red curry paste	2.00 tb
16990	Creamy peanut butter	2.00 tb
16990	Fish sauce	1.00 tb
16990	Sugar	1.00 tb
16990	Oil	2.00 tb
16990	Thai or sweet basil leaves	0.25 c
16991	Unbleached All-purpose Flour	10.00 c
16991	Sugar	0.50 c
16991	Salt	2.00 tb
16991	Instant Non Fat Dry Milk	2.50 c
16991	Baking Powder	0.25 c
16992	Basmati rice	2.00 c
16992	Paneer (see recipe)	8.00 oz
16992	Light vegetable oil	4.00 tb
16992	Cauliflower florets	0.50 c
16992	Diagonally sliced carrots	1.00 c
16992	Chopped red or green bell	1.00 c
16992	-pepper	0.00

Sheet1

16992	Cashew halves	2.00 tb
16992	Raisins	2.00 tb
16992	Bay leaves	2.00
16992	Inch piece cinnamon stick	1.00
16992	Whole cloves	8.00
16992	Black peppercorns	0.50 ts
16992	Water	3.00 c
16992	Canned tomato sauce	0.75 c
16992	Salt	2.00 ts
16993	Bouillon cubes	2.00
16993	Hot water	0.50 c
16993	Lean ground beef	1.50 lb
16993	Onion,minced	1.00 sm
16993	Fine dry bread crumbs	0.50 c
16993	Worcestershire sauce or	1.00 tb
16993	Celery salt	0.00
16993	Egg,beaten	1.00 lg
16993	Cream of mushroom soup	1.00 cn
16993	(or cream of celery)	0.00
16993	Soup can milk	1.00
16993	Baking powder biscuits,	0.00
16993	If desired	0.00
16994	Brown sugar	2.50 c
16994	Salt	1.00 ds
16994	Corn Syrup	1.00 tb
16994	Butter	1.00 tb
16994	Milk	0.75 c
16994	Vanilla	1.00 ts
16994	Nutmeats	0.50 c
16995	Cucumbers	5.00 c
16995	Red onions	3.00 c
16995	Sour cream	6.00 c
16995	Salt	2.00 tb
16995	Sugar	3.00 tb
16995	Fresh dill weed- chopped	0.50 c
16995	Lemon juice	0.50 c
16996	Ripe papaya (about 1 pound)	1.00 md
16996	White vinegar	0.25 c
16996	Lemon juice	0.25 c
16996	Chopped fresh cilantro	1.00 tb
16996	Vegetable oil	1.00 tb
16996	Honey	1.00 tb
16996	Grated gingerroot or	2.00 ts
16996	Ground ginger	0.75 ts
16996	Chili powder	0.25 ts
16996	Ground cinnamon	0.12 ts
16997	Finely diced English	2.00 c
16997	-cucumber, unpeeled	0.00
16997	Diced peeled papaya or mango	2.00 c

## Sheet1

16997	Chopped fresh dill	2.00 tb
16997	White wine vinegar or lime	2.00 tb
16997	-juice	0.00
16998	Red Onion; Chopped	0.50 c
16998	Red Bell Pepper; Chopped	0.50 c
16998	Red Chile; Small, *	1.00 ea
16998	Vegetable Oil	1.00 T
16998	Fresh Mint Leaves; Snipped	0.25 c
16998	Lime Juice	2.00 T
16998	Papaya; **	1.00 ea
16999	Salad oil	1.00 tb
16999	Small onion, thinly sliced	0.50
16999	Ground cinnamon	0.25 ts
16999	Cayenne pepper	0.12 ts
16999	Tomatillos, finely chopped	1.00 lb
16999	Papaya cut 1/4 inch chunks	1.00 sm
16999	Cider vinegar	0.33 c
16999	Packed brown sugar	0.25 c
16999	Dried currants	0.25 c
17000	Water	2.25 c
17000	Dry rice	2.25 c
17000	Boned chicken breasts,split	1.50 lb
17000	Onion,sliced	1.00 md
17000	Butter or margarine	2.00 tb
17000	Can condensed cream of	10.75 oz
17000	-chicken soup	0.00
17000	Can stewed tomatoes	8.00 oz
17000	Paprika	2.00 ts
17000	Sour cream	0.50 c
17001	Batch Fricasseed Chicken	1.00
17001	- with sauce, 3-1/3 to 4 lbs	0.00
17001	- (See RECIPE) -	0.00
17001	Low-sodium chicken broth	0.50 c
17001	Red bell peppers	4.00 lg
17001	Paprika	2.00 tb
17001	-(pref. Hungarian sweet)	0.00
17001	Ground coriander	0.50 ts
17001	Tomato paste	1.00 tb
17002	Chicken livers, trimmed,	1.00 lb
17002	-quartered	0.00
17002	Onions, cut into 1/2-inch	2.00 md
17002	-dice	0.00
17002	Green bell pepper, seeded,	1.00 md
17002	-cut into 1/2-inch	0.00
17002	Dice	0.00
17002	Sweet Hungarian paprika	1.00 tb
17002	Salt	1.00 ts
17002	Tomato, peeled, seeded,	1.00 lg
17002	-chopped	0.00

Sheet1

17002	Chicken stock or broth	0.50 c
17002	Dairy sour cream	0.50 c
17002	Cooked wide egg noodles	0.00
17003	Long-grain rice	1.00 c
17003	Water	0.00
17003	Oil	1.00 tb
17003	Salt	0.50 ts
17003	Chicken broth, heated	1.00 c
17003	Water	1.00 c
17003	Hungarian paprika	1.00 ts
17003	Pepper	0.25 ts
17004	Wholewheat flour	4.00 oz
17004	Rolled oats	8.00 oz
17004	Coarse oatmeal	4.00 oz
17004	Salt	1.00 pn
17004	Baking soda	0.50 ts
17004	Baking powder	0.25 ts
17004	Ginger powder	3.00 ts
17004	Butter	4.00 oz
17004	Molasses	0.25 pt
17004	Muscovado sugar*	1.00 oz
17004	Honey	1.00 tb
17004	Milk	3.00 oz
17004	Eggs, beaten	2.00
17004	Apple juice	3.00 oz
17005	Quick rolled oats	0.50 c
17005	Fine fresh bread crumbs	3.00 tb
17005	Freshly grated Parmesan	0.50 c
17005	-cheese	0.00
17005	Whole boneless, skinless	2.00
17005	-chicken breasts, halved and	0.00
17005	-pounded	0.00
17005	Salt to taste	0.00
17005	All-purpose flour	0.25 c
17005	Egg	1.00
17005	Water	1.00 tb
17005	Unsalted butter	2.00 tb
17005	Vegetable oil	1.00 tb
17006	Flour	1.50 c
17006	Baking powder	2.00 ts
17006	Celery seed	1.00 ts
17006	Salt	0.50 ts
17006	Shortening	0.25 c
17006	Cheese, parmesan	0.25 c
17006	Egg, unbeaten	1.00 ea
17006	Milk	0.33 c
17006	Cheese, parmesan	1.00 x
17006	Celery seed	1.00 x
17007	Boneless, skinless chicken	6.00

Sheet1

17007	-breast (about 1 3/4 lbs.)	0.00
17007	Grated Parmesan cheese	0.25 c
17007	Dry bread crumbs	2.00 tb
17007	Olive or vegetable oil	3.00 tb
17007	Dry white wine or chicken	0.33 c
17007	-broth	0.00
17007	Lemon wedges	6.00
17008	Grated Parmesan cheese	4.00 oz
17008	Chopped parsely	2.00 tb
17008	Paprika	2.00 ts
17008	Dried oregano	1.00 ts
17008	Dried basil	0.50 ts
17008	Salt	0.25 ts
17008	Freshly ground pepper	0.25 ts
17008	Butter or margarine, melted	0.50 c
17008	Chicken wings, disjointed &	1.00 lb
17008	-tips removed	0.00
17009	Eggs, lg	3.00 x
17009	Butter or margerine, melted	0.50 c
17009	Flour, all-purpose	1.00 c
17009	Cheese, parmesan, grated	0.25 c
17009	Baking powder	2.00 ts
17009	Chives, finely snipped	3.00 tb
17009	Salt	0.50 ts
17009	Pepper, ground, red	0.12 ts
17010	Red wine vinegar	0.25 c
17010	Lemon juice	0.25 c
17010	Egg yolk	1.00
17010	Anchovy fillets	2.00
17010	Dijon mustard	1.00 ts
17010	Worcestershire sauce	0.50 ts
17010	Grated Parmesan cheese	0.25 c
17010	Olive oil	0.33 c
17010	Salad oil	0.33 c
17011	Chicken breasts - halves,	6.00
17011	-boneless, skinless	0.00
17011	Lemon juice - fresh	5.00 tb
17011	Eggs	2.00
17011	Breadcrumbs - dry	1.25 c
17011	Parmesan - grated	0.50 c
17011	Lemon peel - grated	2.00 ts
17011	Stick butter - (4	0.50
17011	-tablespoons)	0.00
17011	Lemon wedges	0.00
17012	(2 Pound) Fryer, skinned and	1.00
17012	-cut up	0.00
17012	Fresh lemon juice	2.00 tb
17012	Salt and black pepper to	0.00
17012	-taste	0.00

## Sheet1

17012	Low-fat plain yogurt	0.50 c
17012	Lite mayonnaise	0.25
17012	Scallions, sliced	0.25 c
17012	Dijon mustard	2.00 tb
17012	Worcestershire sauce	1.00 ts
17012	Fresh thyme or 1/3 teaspoon	1.00 ts
17012	-dried thyme	0.00
17012	Cayenne pepper	0.25 ts
17012	Parmesan cheese, freshly	0.25 c
17012	-grated	0.00
17013	Prepared juice (2 large	3.00 c
17013	-bunches of parsley and 3	0.00
17013	-cups	0.00
17013	Boiling water)	0.00
17013	P lemon juice	2.00 tb
17013	Sugar	4.50 c
17013	Box SURE-JELL fruit pectin	1.00
17013	Few drops green food	0.00
17013	-coloring	0.00
17014	Parsnips	1.00 lb
17014	Butternut squash or sweet	1.00 lb
17014	-potatoes	0.00
17014	Strips bacon	4.00
17014	Onion, finely chopped	1.00 md
17014	Stalks celery, finely	2.00
17014	-chopped	0.00
17014	Flour	3.00 tb
17014	Chicken stock	5.00 c
17014	Bouquet garni of bay leaf,	0.00
17014	-thyme and parsley	0.00
17014	Cinnamon stick	1.00
17014	Heavy cream	1.00 c
17014	Salt	0.00
17014	Freshly ground white pepper	0.00
17014	Cayenne pepper	0.00
17014	Freshly grated nutmeg	0.00
17014	Chopped fresh chives	3.00 tb
17015	Parsnips	2.00 lb
17015	Salt	0.00
17015	Warm heavy cream (or more)	0.25 c
17015	--OR-- Milk	0.00
17015	Butter (or more)	5.00 tb
17015	Grand Marnier	0.00
17015	Freshly ground white pepper	0.00
17015	Minced fresh parsley	1.00 tb
17016	Knox gelatin	1.50 tb
17016	Cold water	0.25 c
17016	Cream of mushroom soup	1.00 cn
17016	Mayonnaise	1.00 c

Sheet1

17016	(7 oz) cans crab meat	2.00
17016	Celery, finely chopped	1.00 c
17016	Worcestershire sauce	1.00 tb
17016	Onion, minced	1.00 sm
17016	Salt	0.50 ts
17016	(8 oz.) pkg cream cheese	1.00
17017	Lemon pudding	1.00 pk
17017	Sugar	0.67 c
17017	Water	2.25 c
17017	Egg yolks	3.00
17017	Lemon juice	2.00 tb
17017	Butter or margarine	2.00 tb
17017	Baked 9" pie shell,cooled	1.00
17017	Egg whites	3.00
17017	Sugar	6.00 tb
17018	Cherrios	3.00 c
17018	Rice chex	3.00 c
17018	Wheat chex	3.00 c
17018	Corn chex	3.00 c
17018	Thin pretzels	3.00 c
17018	Butter	0.33 c
17018	Worcestershire sauce	4.00 t
17018	Garlic salt	1.00 t
17018	Onion salt.	1.00 t
17018	Celery salt	1.00 t
17019	Grated carrots	2.00 lb
17019	Fresh ginger root	5.00 oz
17019	Sugar (white or brown, your	2.00 lb
17019	-choice)	0.00
17019	Powdered sugar (at least)	4.00 tb
17019	Powdered ginger (optional	0.50 ts
17019	-for more heat)	0.00
17019	Slivered almonds (at least)	4.00 oz
17020	Eggs, separated	12.00
17020	Sugar	1.50 c
17020	Cold water	2.00 tb
17020	Juice and grated rind of 1	0.00
17020	-orange	0.00
17020	Sweet chocolate, grated	0.50 lb
17020	Matzo cake flour	0.75 c
17021	Eggs	4.00
17021	Yolk	1.00
17021	Superfine Sugar	0.75 c
17021	Lemon - juice & zest	1.00
17021	Sifted Potato Starch	0.50 c
17021	Salt	1.00 pn
17021	Sugar	0.75 c
17021	Potato starch	3.00 tb
17021	Orange Juice	0.75 c

Sheet1

17021	Lemon Juice	1.00 tb
17021	Egg Yolks	3.00
17021	Margarine	2.00 tb
17022	To 12 eggs	10.00
17022	Unsweetened chocolate	3.00 oz
17022	Semisweet chocolate pieces	0.50 c
17022	Sugar	0.67 c
17022	Very finely chopped almonds	2.00 c
17022	-or pecans	0.00
17022	Pure vanilla	0.75 ts
17022	Almond extract	0.25 ts
17022	Sugar	0.25 c
17022	DARK CHOCOLATE GLAZE:	0.00
17022	Semisweet chocolate pieces	1.00 c
17022	Butter or margarine	1.00 ts
17022	Instant coffee crystals	0.50 ts
17022	Hot water	1.00 tb
17022	Dairy sour cream	3.00 tb
17022	Maple flavoring	0.25 ts
17023	Egg whites (about 6) at room	0.75 c
17023	-temp	0.00
17023	Lemon juice	2.00 ts
17023	Vanilla	0.75 ts
17023	Almond extract	0.25 ts
17023	Sugar	1.25 c
17023	Whipping cream	1.00 c
17023	Sugar	2.00 ts
17023	Vanilla	1.00 ts
17023	Red raspberries or one 12 oz	3.00 c
17023	-pkg frozen, thawed	0.00
17023	Sugar	1.00 tb
17023	Fresh mint leaves (opt)	0.00
17024	Honey	1.00 c
17024	Orange juice	0.25 c
17024	Grated rind of 1 orange	0.00
17024	Eggs, separated	3.00
17024	Vegetable oil	1.00 ts
17024	Sugar	0.50 c
17024	Ginger	0.50 ts
17024	Matzo meal	1.75 c
17024	Salt	0.50 ts
17024	Coffee; instant	1.00 ts
17024	Cinnamon	1.00 ts
17024	Cloves	0.25 ts
17025	Part Skim Milk Ricotta	1.00 c
17025	Grated Mozzarella	0.50 c
17025	Grated Romano Cheese	0.50 c
17025	Egg Whites (Optional)	3.00
17025	Dried Thyme	0.50 ts



Sheet1

17025	Dried Oregano	0.50 ts
17025	Garlic Powder	0.12 ts
17025	Salt & Pepper	0.00
17025	Broccoli Florets	2.00 c
17025	Minced Onions	1.00 c
17025	Carrots Sliced	3.00 md
17025	Celery Stalks Sliced	2.00
17025	Spaghetti	0.50 lb
17025	Vegetable Oil	1.00 tb
17025	Diced Fresh Tomatoes	1.00 c
17025	Chopped Fresh Parsley	0.50 c
17026	Light margarine	1.00 T
17026	Premincd garlic or	1.00 t
17026	Cloves of minced garlic	2.50
17026	Cooked pasta of your choice	1.00 c
17026	Cooked shrimp	3.00 oz
17026	Dill	1.00 t
17026	Parsley	1.00 t
17026	Basil	0.50 t
17026	Salt and pepper to taste	0.00
17026	Parmesan cheese to taste	0.00
17027	Spaghetti, linguini, or	1.00 lb
17027	Other pasta of your choice	0.00
17027	Peeled italian tomatoes	2.00 cn
17027	Olive oil	0.25 c
17027	Oregano	1.00 ts
17027	Dried red pepper flakes	0.12 ts
17027	Tiny black Nicoise olives	0.50 c
17027	Drained capers	0.25 c
17027	Garlic, peeled and minced	4.00 cl
17027	Anchovie filets, chopped	8.00
17027	Chopped parsley	0.50 c
17027	Salt	2.00 tb
17028	Heavy cream	1.00 c
17028	Butter	0.25 c
17028	Flour	0.25 c
17028	Shallot; chopped	1.00
17028	White wine	0.50 c
17028	Pine nuts; toasted	0.25 c
17028	Dill; or	1.00 tb
17028	Basil	1.00 ts
17028	Salt & Pepper to taste	0.00
17028	Pasta; cooked and drained	8.00 oz
17029	Fusilli (corkscrew) pasta	4.00 oz
17029	Fresh ripe apricots, cut	0.75 lb
17029	-into quarters ( 5-6	0.00
17029	-apricots)	0.00
17029	Whole chicken breast, boned,	1.00
17029	-skinned, cooked and	0.00

## Sheet1

17029	-shredded	0.00
17029	Zucchini, cut into julienned	0.50 lb
17029	-strips (1 large or 2 small)	0.00
17029	Red bell pepper, cut into	1.00
17029	-julienned strips	0.00
17029	Chopped fresh basil or 1	3.00 tb
17029	-tbsp dry basil	0.00
17029	Fresh apricot basil dressing	0.00
17030	Thick-sliced bacon, diced	1.00 lb
17030	Salt	2.00 tb
17030	Linguini	1.00 lb
17030	Eggs	3.00
17030	Chopped Italian parsley	0.33 c
17030	Grated Parmesan cheese	0.00
17030	Fresh ground pepper to taste	0.00
17031	All purpose flour	2.33 c
17031	(for better pasta, use	0.00
17031	AP flour and	1.33 c
17031	Semolina flour)	1.00 c
17031	Eggs	2.00 lg
17031	Olive oil	1.00 tb
17031	Salt	0.50 ts
17031	Water	0.33 c
17032	Dried kidney beans	0.50 lb
17032	Pancetta; chopped	2.00 oz
17032	Bay leaf	1.00
17032	Garlic clove	1.00
17032	Fresh Sage Leaves	6.00
17032	Celery stalks; chopped	2.00
17032	Onions; chopped	2.00 md
17032	Carrots; chopped	2.00 md
17032	Olive oil	5.00 tb
17032	Water	6.00 c
17032	Fresh thyme	0.50 tb
17032	Fresh rosemary sprigs	1.00 tb
17032	- finely chopped	0.00
17032	Salt	0.00
17032	Pepper, freshly ground	0.00
17032	Fresh tagliatelle	0.25 lb
17033	Nonfat Dry Milk	1.00 c
17033	Basil, 1 Clove Garlic	0.50 ts
17033	Salt, Dash Of Pepper	0.25 ts
17033	Grated Parmesan	0.25 c
17033	Diced Zucchini	0.50 c
17033	Broccoli Flowerettes	0.50 c
17033	Sliced Mushrooms	0.50 c
17033	Chopped Onions	0.25 c
17033	Frozen Peas	0.25 c
17033	Fat Free Ham, Julienned	1.00 oz

Sheet1

17033	Sliced Pimentos	1.00 tb
17033	Uncooked Pasta Twists	1.00 c
17034	Cooked pasta	1.00 c
17034	Carrots	0.25 c
17034	Oil-free dressing	0.25 c
17034	Broccoli	1.00 c
17034	Celery	0.25 c
17034	Minestrone soup	1.00 c
17035	Rigatoni	0.75 lb
17035	Olive oil	2.00 tb
17035	Salt	0.00
17035	Freshly ground black pepper	0.00
17035	Black olives, pitted	0.50 c
17035	- roughly chopped	0.00
17035	SWEET PEPPER SAUCE -----	0.00 -----
17035	Red peppers	2.00 lg
17035	Garlic cloves; peeled	4.00
17035	Salt	0.00
17035	Freshly ground black pepper	0.00
17035	SWEET PEPPER SAUCE -----	0.00 -----
17036	Vegetable spiral pasta	16.00 oz
17036	Water for boiling	0.00
17036	Balsamic vinegar	2.00 ts
17036	Thinly sliced onions	1.25 c
17036	Garlic, minced	1.00 tb
17036	Tomato paste	2.00 tb
17036	Halved cherry tomatoes	1.50 c
17036	Cornstarch	2.00 tb
17036	Miso	2.00 tb
17036	Balsamic vinegar	3.00 tb
17036	Chopped fresh parsley	0.50 c
17037	Pasta *	8.00 oz
17037	Peas	1.00 c
17037	CHINESE TAHINI SAUCE -----	0.00 -----
17037	Tahini (sesame butter)	2.00 tb
17037	Rice Vinegar	1.00 tb
17037	Soy sauce	1.00 tb
17037	(pref. toasted) Sesame Oil	1.00 tb
17037	Chili Paste w/garlic (hot)	2.00 ts
17037	Minced Gingerroot	1.00 ts
17037	Vegetable stock or water	2.00 tb
17037	Freshly ground black pepper	1.00 ds
17037	CHINESE TAHINI SAUCE -----	0.00 -----
17038	Red lentils	0.50 c
17038	Wholemeal spaghetti	250.00 g
17038	Butter	7.50 g
17038	Ground nutmeg	0.50 ts
17038	Onion	0.50
17038	Spinach leaves	3.00

## Sheet1

17038	Lemon Juice	0.50 tb
17038	Toasted pine nuts	0.12 c
17039	Cranberry beans (in pods)	1.00 lb
17039	-=OR=-	0.00
17039	-Cooked, Dried Beans	1.00 c
17039	Bay leaf	1.00
17039	Sage leaves; -=OR=-	6.00
17039	-Dried Sage	0.50 ts
17039	Fruity olive oil	5.00 tb
17039	Garlic cloves	4.00
17039	Carrot; finely diced	1.00 md
17039	Salt	0.00
17039	Greens; such as	2.00 lb
17039	-Mustard, Kale, Turnip	0.00
17039	- or a mixture	0.00
17039	Red onion; finely diced	1.00 md
17039	Red pepper flakes	3.00 pn
17039	Penne, ziti or shell pasta	12.00 oz
17039	Freshly ground pepper	0.00
17040	Butter	0.75 c
17040	Cloves garlic minced	2.00 ea
17040	Frozen large shrimp	20.00 ea
17040	Bunch Broccoli Florettes	1.00 ea
17040	Large mushrooms, sliced	4.00 ea
17040	Dried thyme	0.50 t
17040	Dried oregano	0.50 t
17040	Zucchini, thinly sliced	1.00 ea
17040	Dried basil	0.50 t
17040	Parmesan cheese	1.00 x
17040	Cooked drained spaghetti	1.00 lb
17041	Yellow split peas	1.00 c
17041	Olive oil	0.50 tb
17041	Garlic clove	0.50
17041	Chilli powder	0.12 ts
17041	Turmeric	0.25 ts
17041	Ground coriander	0.25 ts
17041	Ground allspice	0.50 ts
17041	Lemon juice	0.12 c
17041	Lemon rind	1.00 ts
17041	Fresh fettucine	250.00 g
17041	Fresh coriander sprigs	0.00
17042	Pasta, rotini	16.00 oz
17042	Garlic clove, minced	1.00 x
17042	Oil, olive	0.33 c
17042	Tomatoes, peeled, seeded and	3.00 lb
17042	Chopped	1.00 x
17042	Mint leaves, fresh, chopped	0.50 c
17042	Salt	1.00 ts
17043	Garlic clove, thinly sliced	1.00

## Sheet1

17043	Olive oil	1.00 tb
17043	Onion, chopped	0.25 c
17043	Pepperoni, coarsely chopped	0.33 c
17043	Plum tomatoes, with juice, c	16.00 oz
17043	-opped	0.00
17043	Basil, crumbled	0.50 ts
17043	Oregano, crumbled	0.25 ts
17043	Hot red pepper flakes	0.25 ts
17043	White beans, canned, drained	0.67 c
17043	-nd rinsed well	0.00
17043	Fresh parsley, minced	1.00 tb
17043	Tubular pasta	0.25 lb
17043	Parmesan cheese, grated	0.00
17044	Dark Green Extra Virgin	1.00 c
17044	Olive Oil	0.00
17044	Dark Green Extra Virgin	3.00 tb
17044	Olive Oil	0.00
17044	Angel Hair Pasta For 6	1.00
17044	Servings	0.00
17044	Julienne Of Fresh Basil	2.00 tb
17044	Salt	0.00
17044	Freshly Ground White	0.00
17044	Pepper	0.00
17044	Freshly Grated Reggiano	0.25 c
17044	Parmesan Cheese	0.00
17044	Fresh White Truffles	2.00 oz
17045	Shortcrust pastry	4.00 oz
17045	Desertspoon full plain flour	0.00
17045	Milk	0.50 pt
17045	Eggs	2.00
17045	Chopped parsley	1.00 tb
17045	Choped steaky bacon	2.00 oz
17045	Seasoning	0.00
17046	Vegetable oil	0.25 c
17046	Popcorn, unpopped	0.50 c
17046	Light corn syrup	0.50 c
17046	Sugar	0.50 c
17046	Salt	0.50 ts
17046	Food coloring	0.00
17047	Beef brisket	6.00 lb
17047	Salt	0.50 c
17047	Saltpeter	1.00 ts
17047	Black pepper; freshly ground	4.00 tb
17047	Brown sugar; firmly packed	2.00 tb
17047	Mixed whole pickling spice	3.00 tb
17047	Ginger; ground	3.00 ts
17048	Shortening or 1/3 cup lard	0.33 c
17048	Cold water	3.00 tb
17048	Salt	0.50 ts

Sheet1

17048	All-purpose flour	1.00 c
17049	Potatoes; to 6 hot	5.00
17049	Milk	0.00
17049	Butter	2.00 ts
17049	Egg yolks	2.00
17049	Onion; finely chopped	1.00
17049	Celery stalk; & leaves	0.25 c
17049	-finely chopped	0.00
17049	Parsley;chopped, fresh	1.00 tb
17049	Savory, dried -OR-	1.00 pn
17049	-Chives, fresh	1.00 pn
17049	-Salt & ground pepper	0.00
17049	Pastry for double crust 9"	0.00
17049	-pie	0.00
17050	Milk	2.00 c
17050	Sugar; divided	4.00 c
17050	Butter	1.00 tb
17050	Pecans; chopped	0.00
17051	CRUST -----	0.00 -----
17051	Flour - sifted	1.00 c
17051	Shortening	0.33 c
17051	Cold water	5.00 tb
17051	Salt - pinch	0.00
17051	FILLING -----	0.00 -----
17051	Rhubarb - cut into 1-inch	2.50 c
17051	Pieces	0.00
17051	Flour	3.00 tb
17051	Sugar	1.00 c
17051	Egg yolks	2.00
17051	Orange juice	0.33 c
17051	Orange rind - from one	0.00
17051	Orange	0.00
17051	Butter	1.00 tb
17051	MERINGUE -----	0.00 -----
17051	Egg whites	2.00
17051	Sugar	4.00 tb
17051	Vanilla	0.50 ts
17051	CRUST -----	0.00 -----
17051	FILLING -----	0.00 -----
17051	MERINGUE -----	0.00 -----
17052	Onion; Chopped, 1 Large	1.00 c
17052	Clove Garlic; Finely Chopped	4.00
17052	Vegetable Oil	2.00 tb
17052	Black Beans; Dried	1.00 lb
17052	Ham; Smoked, Cooked, Cubed	2.00 c
17052	Chicken Broth	6.00 c
17052	New Mexico chile, ground.	2.00 tb
17052	Celery seed	0.50 ts
17052	Oregano Leaves; Dried	1.00 tb

Sheet1

17052	Cumin; Ground	2.00 ts
17052	Celery, chopped	1.00 c
17052	Whole Tomatoes; Undrained	28.00 oz
17052	Chipotle Chile; *	1.00
17052	Whipping Cream	0.33 c
17052	Dairy Sour Cream	0.67 c
17052	Red Bell Pepper; Chopped	1.00
17053	Uncooked bulgur	0.75 c
17053	+ 1/3 cup chopped onion	0.33 c
17053	Chopped dates	0.25 c
17053	+ 1/4 cup fat-free chicken	1.25 c
17053	-broth	0.00
17053	(16 ounces) sliced peaches	1.00 cn
17053	-in juice, undrained	0.00
17053	Fruit juice sweetened peach	0.75 c
17053	-preserves	0.00
17053	Tomato paste	3.00 tb
17053	3Tbsp apple cider vinegar	0.00
17053	Lemon juice	2.00 tb
17053	Cloves + 2 cloves garlic,	2.00
17053	-chopped	0.00
17053	White pepper (optional)	1.00 pn
17053	Prepared mustard, spicy or	1.50 ts
17053	-Dijon	0.00
17053	Skinless, boneless chicken	4.00
17053	-breast filets (about 1 lb.)	0.00
17054	Butter or margarine	0.50 c
17054	Sugar	0.50 c
17054	Orange peel, grated	1.00 ts
17054	Almond extract	0.25 ts
17054	Eggs	2.00
17054	Flour, all-purpose	0.75 c
17054	Peaches, ripe	3.00
17054	Sour cream	1.00 c
17054	Sugar	0.25 c
17054	Egg white	1.00
17054	Almond extract	0.25 ts
17055	Sliced peaches	4.00 c
17055	Sugar	2.00 c
17055	Water	0.50 c
17056	Flour	1.50 c
17056	Sugar	1.00 c
17056	Cocoa powder	0.25 c
17056	Baking soda	1.00 ts
17056	Salt	0.50 ts
17056	Water	1.00 c
17056	Oil	0.25 c
17056	Vinegar	1.00 ts
17056	Vanilla extract	1.00 ts

Sheet1

17056	Peach slices	2.00 c
17057	Peaches	1.00 lb
17057	Sugar	1.50 c
17057	Lemon	0.33
17058	Graham cracker pie shell	9.00 ea
17058	Cream cheese	12.00 oz
17058	Eggs	2.00 ea
17058	Cinnamon sugar	0.50 c
17058	Peaches, fresh	5.00 ea
17058	Peach preserves	0.25 c
17058	Grand Mariner or other orang	1.00 tb
17059	Peaches; ripe	2.00 ea
17059	Coconut; grated	0.33 c
17059	Golden raisins -OR-	0.33 c
17059	-Dried cherries	0.33 c
17059	Orange juice concentrate-OR-	2.00 tb
17059	Grand marnier liqueur	2.00 tb
17059	Mint, fresh; chopped	1.00 tb
17060	Sugar	0.50 c
17060	Butter	0.33 c
17060	Baking powder	3.00 t
17060	Milk	1.00 c
17060	Vanilla	0.50 t
17060	Whipping cream	1.00 x
17060	Egg, well beaten	2.00 ea
17060	Flour	2.00 c
17060	Salt	0.50 t
17060	Lemon juice	0.50 t
17060	Peaches, chopped	1.50 c
17061	Prepared fruit	4.00 c
17061	Bottle fruit pectin	1.00
17061	Sugar	7.50 c
17062	All-purpose flour	1.50 c
17062	Granulated sugar	0.50 c
17062	Baking powder	2.00 ts
17062	Cinnamon	1.00 ts
17062	Salt	0.25 ts
17062	Butter, melted	0.50 c
17062	Milk	0.25 c
17062	Egg	1.00
17062	Med peaches, peeled & diced	2.00
17062	Pecans, chopped	0.50 c
17063	Whole wheat pastry flour	0.75 c
17063	Soy flour	0.25 c
17063	Sesame seed	0.25 c
17063	Each;salt,baking powder	0.50 ts
17063	Cold margarine	0.33 c
17063	Cold water	0.25 c
17063	-----f-----	0.00



Sheet1

17063	Peach nectar	6.00 oz
17063	1 scant t unflavored gelatin	1.00 pk
17063	Orange juice concentrate	0.33 c
17063	Vanilla	0.25 ts
17063	Dash almond extract	0.00
17063	Plain low fat yogurt	1.00 c
17063	Peaches,peeled and sliced *	1.00 lb
17064	Peaches	2.00 lb
17064	Sugar	3.00 c
17064	Water	0.50 c
17065	Qt. Sliced or fresh rhubarb,	2.00
17065	-1 inch pieces	0.00
17065	Sugar	4.00 c
17065	Peach pie filling (21 oz.)	1.00 cn
17065	Orange flavored gelatin	1.00 pk
17066	Stick pastry mix	1.00
17066	Fresh peaches	6.00
17066	Sugar	0.50 c
17066	Salt	0.50 ts
17066	Cinnamon	0.25 ts
17066	Butter	1.50 tb
17067	Peaches, about 8 medium	2.00 lb
17067	Ascorbic acid color keeper	1.00 ts
17067	Water	2.00 c
17067	Allspice berries	7.00
17068	Ripe peaches	2.00 lg
17068	Chicken thighs	6.00
17068	Salt	0.50 ts
17068	Freshly ground pepper	0.25 ts
17068	Olive oil	2.00 ts
17068	Honey	2.00 ts
17068	Red wine vinegar	1.00 tb
17068	Sliced scallion green	2.00 tb
17069	Peaches	8.00
17069	Sugar	0.75 c
17069	Water	0.33 c
17069	White wine	0.33 c
17070	White Karo Syrup	0.50 c
17070	Sugar	1.00 c
17070	Salted, roasted Peanuts	1.00 c
17070	Vanilla	1.00 ts
17070	Butter	1.00 ts
17070	Baking Soda	1.00 ts
17071	Sugar	2.00 c
17071	Light corn syrup	1.00 c
17071	Water	1.00 c
17071	Margarine or butter	1.00 tb
17071	Peanuts	2.00 c
17071	Vanilla	1.00 ts

Sheet1

17071	Baking soda	1.00 ts
17072	-----	6.00
17072	Onion; peeled and chopped	1.00
17072	Celery stalk; finely chopped	1.00
17072	Dried herbes de Provence	1.00 ts
17072	Whole-wheat flour	1.00 tb
17072	Light Vegetable Stock	0.50 c
17072	-(generous measure)	0.00
17072	Soy sauce	1.00 tb
17072	Yeast extract	1.00 ts
17072	Roasted, unsalted peanuts	1.00 c
17072	-(generous measure)	0.00
17072	-fairly finely ground	0.00
17072	Cashew nuts (scant)	0.50 c
17072	-fairly finely ground	0.00
17072	Fresh breadcrumbs	0.67 c
17072	-(whole-wheat)	0.00
17072	Salt	0.00
17072	Freshly ground black pepper	0.00
17072	Dried breadcrumbs	0.00
17072	-(for coating)	0.00
17072	Oil; for shallow frying	0.00
17072	TO GARNISH -----	0.00 -----
17072	Lettuce leaves	0.00
17072	Tomato slices	0.00
17072	Cucumber slices	0.00
17072	TO GARNISH -----	0.00 -----
17073	Peanut butter,	1.33 c
17073	-smooth or crunchy style	0.00
17073	Granulated sugar	0.67 c
17073	All purpose flour	2.00 tb
17073	Egg whites	2.00
17073	Chopped walnuts, divided	1.25 c
17073	1.65oz milk chocolate bars	5.00
17074	Flour; all purpose	3.00 c
17074	Sugar	1.00 c
17074	Baking powder	1.50 ts
17074	Butter; or margarine,	0.50 c
17074	- softened	0.00
17074	Peanut butter	0.50 c
17074	Eggs; slightly beaten	2.00
17074	Grape jelly	1.00 c
17075	Semisweet chocolate pieces	12.00 oz
17075	Peanut butter	0.50 c
17075	Pineapple chunks, drained	8.00 oz
17075	Bananas cut into 1" pieces	2.00 lg
17075	Lemon juice	0.00
17075	Seedless grapes	0.00
17075	Cubed pound cake or angel	0.00

## Sheet1

17075	-food cake	0.00
17075	Marshmallows	0.00
17075	Strawberries	0.00
17075	Apple slices	0.00
17076	Flour, all-purpose	2.50 c
17076	Sugar	0.67 c
17076	Baking powder	4.00 ts
17076	Salt	0.50 ts
17076	Sugar, brown	1.00 c
17076	Shortening	0.33 c
17076	Peanut butter	0.33 c
17076	Milk	1.25 c
17076	Eggs	3.00
17076	Vanilla extract	1.00 ts
17076	Peanut butter (layer)	0.25 c
17076	Jelly, red (layer)	0.50 c
17076	FLUFFY FROSTING -----	0.00 -----
17076	Sugar	0.75 c
17076	Corn syrup, light	0.25 c
17076	Water	2.00 tb
17076	Egg whites	2.00
17076	Salt	0.25 ts
17076	Cream of tartar	0.25 ts
17076	Vanilla extract	1.00 ts
17076	FLUFFY FROSTING -----	0.00 -----
17077	Peanut butter	1.50 c
17077	Icing sugar	2.00 c
17077	Butter/margarine , softened	0.25 c
17077	Vanilla	1.00 ts
17077	Semi-sweet chocolate chips	2.00 c
17077	Grated Parowax (sealing wax)	0.33 c
17078	Margarine	1.00 lb
17078	Peanut butter	2.00 c
17078	Confectioners' sugar	3.00 lb
17078	Vanilla	3.00 ts
17078	Package semi-sweet chocolate	6.00 oz
17078	-chips	0.00
17078	Paraffin wax	0.25 lb
17079	Creamy peanut butter	18.00 oz
17079	White sugar	1.25 c
17079	Eggs	2.00 lg
17079	Chocolate kisses	48.00
17080	Sugar	2.00 c
17080	Chunky Peanut Butter	0.33 c
17080	Light Corn Syrup	0.50 c
17080	Baking Powder	1.00 ts
17080	Water	0.50 c
17081	Shortening	1.00 c
17081	Brown sugar	1.00 c

Sheet1

17081	Sugar	1.00 c
17081	Peanut butter	1.00 c
17081	Eggs	3.00
17081	Milk	0.75 c
17081	Vanilla	2.00 ts
17081	Salt	1.00 ts
17081	Baking soda	0.50 ts
17081	Flour	2.00 c
17082	Eggs	4.00
17082	Butter sticks	2.00
17082	Sugar	2.00 c
17082	Flour,self-rising	3.00 c
17082	Milk	1.25 c
17082	Peanut butter,smooth	1.00 c
17082	PEANUT BUTTER FROSTING -----	0.00 -----
17082	Butter stick	0.75
17082	Sugar	1.50 c
17082	Milk	2.00 c
17082	Peanut butter,crunchy	1.50 c
17082	Vanilla	1.00 ts
17082	PEANUT BUTTER FROSTING -----	0.00 -----
17083	Banana	1.00 x
17083	Peanut Butter	2.00 T
17083	Grape	1.00 x
17084	BASE -----	0.00 -----
17084	Graham cracker crumbs	1.50 c
17084	Sugar	3.00 tb
17084	Butter flavor Crisco, melte	0.25 c
17084	Milk	1.00 tb
17084	FILLING -----	0.00 -----
17084	Cream cheese, 3 oz, softened	1.00 pk
17084	Creamy Peanut Butter	0.25 c
17084	Sugar	0.25 c
17084	Milk	0.25 c
17084	Egg	1.00
17084	Chopped peanuts (optional)	0.50 c
17084	DRIZZLE -----	0.00 -----
17084	Semi-sweet chocolate chips	0.25 c
17084	Butter Flavor Crisco	1.00 ts
17084	BASE -----	0.00 -----
17084	FILLING -----	0.00 -----
17084	DRIZZLE -----	0.00 -----
17085	Sugar	0.50 c
17085	Corn syrup	0.50 c
17085	Bring to a rolling boil.	0.00
17085	-Remove from heat and add:	0.00
17085	Butter	2.00 tb
17085	Peanut butter	1.00 c
17085	Corn flakes	3.00 c

Sheet1

17086	Sugar	0.50 c
17086	Unflavored gelatin	2.00 ts
17086	Nutmeg	0.50 ts
17086	Salt	0.25 ts
17086	Water	1.00 c
17086	Peanut butter	0.50 c
17086	Egg yolks,slightly beaten	2.00
17086	Vanilla	1.00 ts
17086	Egg whites	2.00
17086	Sugar	2.00 tb
17086	Whipping cream	0.50 c
17086	Fully ripened banana (opt.)	1.00
17086	9" baked pastry shell,cooled	1.00
17087	Pkg peanut butter chips	12.00 oz
17087	Can condensed milk	14.00 oz
17087	Butter	0.25 c
17087	Chopped peanuts (optional --	0.50 c
17087	-I leave these out)	0.00
17087	Pkg semi-sweet chocolate	16.00 oz
17087	-chips	0.00
17088	PEANUT BUTTER	1.00 c
17088	LIGHT BROWN SUGAR	1.00 c
17088	GRNULATED SUGAR	1.00 c
17088	BUTTER	0.50 c
17088	FLOUR	2.00 c
17088	EGGS	2.00 ea
17088	BAKING SODA	2.00 t
17088	SALT	0.50 t
17089	Pie crust, baked	1.00
17089	FILLING -----	0.00 -----
17089	Peanut butter	0.33 c
17089	Confectioners' sugar	0.50 c
17089	Pudding, vanilla instant mix	1.00 pk
17089	Cool whip	1.00 pk
17089	FILLING -----	0.00 -----
17090	Packed Brown Sugar	1.00 c
17090	Crunchy Peanut Butter	0.67 c
17090	Vanilla	1.00 ts
17090	Baking Soda	0.50 ts
17090	Crushed Whole Wheat Flakes	0.75 c
17090	Margarine or Butter,Softened	1.00 c
17090	Large Egg	1.00
17090	Unbleached All-purpose Flour	1.50 c
17090	Salt	0.25 ts
17091	9 oz pkg chocolate cooky	1.00
17091	-wafers	0.00
17091	Butter, melted	4.00 T
17091	8 oz pks soft creamcheese	4.00
17091	Sugar	1.00 c

Sheet1

17091	Eggs	4.00
17091	Flour	3.00 T
17091	Milk	0.33 c
17091	Vanilla	1.50 t
17091	1.8 oz pkgs peanut butter	6.00
17091	-cups (2/pkg) chopped	0.00
17091	Heavy cream, whipped	1.00 c
17092	9 oz pkg chocolate cooky	1.00
17092	-wafers	0.00
17092	Butter, melted	4.00 T
17092	8 oz pks soft creamcheese	4.00
17092	Sugar	1.00 c
17092	Eggs	4.00
17092	Flour	3.00 T
17092	Milk	0.33 c
17092	Vanilla	1.50 t
17092	1.8 oz pkgs peanut butter	6.00
17092	-cups (2/pkg) chopped	0.00
17092	Heavy cream, whipped	1.00 c
17093	Creamy peanut butter	0.33 c
17093	Powdered sugar	0.25 c
17093	Vanilla	1.00 t
17093	Milk chocolate chips	8.00 oz
17093	Creamy peanut butter	0.50 c
17094	Chocolate chips	2.00 c
17094	Box graham crackers (22	0.33
17094	-crackers)	0.00
17094	Creamy peanut butter	1.00 c
17094	Powdered sugar	1.00 lb
17094	MELTED butter	1.00 c
17095	Peanut Butter	5.00 c
17095	Jam (flavour is at the	2.00 c
17095	-maker's discretion)	0.00
17095	Molasses	2.00 c
17095	Vinegar	1.00 c
17095	Sesame Seeds	1.50 c
17096	Margarine	1.00 c
17096	Cream cheese	8.00 oz
17096	Salt	0.50 ts
17096	Vanilla	1.50 ts
17096	Powdered sugar	2.00 lb
17096	Peanut butter, chunky	2.25 c
17097	Peanut butter	0.75 c
17097	Soft butter or margarine	0.50 c
17097	Light corn syrup	0.50 c
17097	Vanilla	1.00 ts
17097	Salt	0.50 ts
17097	Sifted confectioners' sugar	4.00 c
17097	Chopped peanuts, or other	0.75 c

Sheet1

17097	-nuts	0.00
17098	Graham crackers	18.00 oz
17098	Peanuts; salted cocktail	0.75 c
17098	Butter or margarine, melted	4.00 ts
17098	Sugar	4.00 ts
17098	Vanilla ice cream, softened	1.00 qt
17098	Peanut butter; chunk-style	0.50 c
17098	Chopped salted cocktail pean	0.00
17098	-ts for garnish	0.00
17099	Peanut butter; smooth or	1.50 c
17099	-crunchy	0.00
17099	Semisweet chocolate; 5 sq	5.00 oz
17099	-chopped	0.00
17099	Butter	2.00 tb
17099	Marshmallows; miniature	1.00 pk
17100	Cream Cheese	8.00 oz
17100	Crunchy Peanut Butter	1.00 c
17100	Whipped Topping	16.00 oz
17100	Sifted Powdered Sugar	1.50 c
17100	9-in Graham Cracker Crusts	2.00
17100	Garnish: chocolate shavings	0.00
17101	Jar - Chunky Peanut Butter	8.00 oz
17101	Powdered Sugar	1.00 c
17101	Cool Whip	20.00 oz
17101	Cream Cheese	3.00 oz
17101	9" baked pie shell	1.00
17101	Chopped Peanuts	0.00
17102	Cold Mashed Potatoes	0.50 c
17102	Salt	0.12 ts
17102	Vanilla	0.50 ts
17102	Icing Sugar	4.00 c
17102	Peanut Butter	1.00 c
17103	Apple	1.00 x
17103	Peanut Butter	2.00 T
17103	Grapes	5.00 x
17104	Fudge Marble Cake Mix; (	1.00 pk
17104	-18.25 to 19.75 Oz)	0.00
17104	Eggs	3.00 lg
17104	Vegetable Oil: PLUS	0.33 c
17104	Vegetable Oil; Divided	2.00 tb
17104	Water	0.00
17104	Peanut Butter Chips; Reese's	1.00 c
17105	Peanut Butter	0.50 c
17105	Butterscotch Chips	6.00 oz
17105	To 8 c cereal (Corn Flakes,	4.00 c
17105	-Wheatees, you name it)	0.00
17106	Butter softened	0.50 c
17106	Packed brown sugar	0.75 c
17106	Chunky peanut butter	0.50 c

Sheet1

17106	Eggs	2.00
17106	Flour	1.50 c
17106	Baking soda	1.00 ts
17106	Salted peanuts	1.00 c
17106	Semi-sweet chocolate chips	6.00 oz
17106	(or) butterscotch chips	6.00 oz
17107	Flour	2.50 c
17107	Baking powder	1.00 ts
17107	Butter or butter substitute	0.33 c
17107	Raisins	1.00 c
17107	Salt	0.12 ts
17107	Coconut	0.50 c
17107	Chopped peanuts	0.50 c
17107	Sugar	1.00 c
17107	Egg, well beaten	1.00
17107	Sour milk	1.00 c
17107	Baking soda	0.50 ts
17108	Boned chicken breast halves,	6.00
17108	-split	0.00
17108	Salt	0.50 ts
17108	Garlic salt	0.50 ts
17108	Ground white pepper	0.25 ts
17108	All-purpose flour	3.00 tb
17108	Eggs	2.00
17108	Water	2.00 tb
17108	Roasted peanuts, ground	2.00 c
17108	Butter or margarine	0.25 c
17109	Boned chicken breasts,cut	1.50 lb
17109	-into strips	0.00
17109	Chopped onions	1.00 c
17109	Crushed red pepper flakes	0.25 ts
17109	Oil	2.00 tb
17109	Can condensed cream of	10.75 oz
17109	-chicken soup	0.00
17109	Can tomatoes,drained and cut	8.00 oz
17109	-up	0.00
17109	Milk	0.50 c
17109	Chili powder	1.00 ts
17109	Creamy peanut butter	2.00 tb
17109	Water	2.25 c
17109	Dry rice	2.25 c
17110	Country-style Dijon mustard	0.50 c
17110	Sour cream	0.25 c
17110	Creamy peanut butter	2.00 tb
17110	Low-sodium soy sauce	2.00 tb
17110	Grated fresh ginger (or 1	1.00 tb
17110	-teaspoon ground ginger)	0.00
17110	Freshly ground black pepper	0.00
17110	Chicken wings	2.00 lb



## Sheet1

17110	Unsalted dry-roasted peanuts	12.00 oz
17110	-(very finely chopped)	0.00
17111	Shelled peanuts	2.00 c
17111	Toasted bread crumbs	1.50 c
17111	Melted butter	2.00 tb
17111	Egg yolk	1.00
17112	Yellow cake mix	1.00 pk
17112	Peanut butter,crunchy	0.33 c
17112	Nutmeg,ground	0.50 ts
17112	Eggs*	0.00
17112	Butter,melted	0.33 c
17112	Brown sugar,firmly packed	1.00 c
17112	Peanuts,dry-roasted,chopped	0.50 c
17113	Butter,soft	1.00 lb
17113	Peanut butter	0.50 c
17113	Confectioners' sugar	1.00 lb
17113	Social tea biscuits (11 oz)	1.00 pk
17113	Coffee,cold,strong	1.00 c
17113	Cocoa	0.25 c
17113	Peanuts,salted,chopped	0.50 c
17114	Vegetable oil	0.00
17114	-- for deep-frying	0.00
17114	Whole shelled peanuts	4.00 oz
17114	Terasi*	1.00 sl
17114	Shallots; peeled and chopped	2.00
17114	Garlic clove	1.00
17114	-- peeled and chopped	0.00
17114	Salt	0.00
17114	Chilli powder	0.50 ts
17114	-OR- sambal ulek*	0.00
17114	Brown sugar	0.50 ts
17114	Water	14.00 fl
17114	Creamed coconut* (optional)	1.00 oz
17114	Lemon juice	1.00 tb
17115	Chunky peanut butter	1.00 c
17115	Hot chili sauce (from the	2.00 ts
17115	-Oriental Market)	0.00
17115	Cloves garlic, minced	3.00
17115	Honey	3.00 tb
17115	Ground cayenne	1.00 ts
17115	Lime juice	0.25 c
17115	Soy sauce	0.25 c
17115	Peanut oil	0.50 c
17116	Peanut oil	0.50 c
17116	Raw peanuts	0.50 c
17116	Fresh jalapeno peppers	2.00
17116	Fresh ginger	1.00 sl
17116	Garlic cloves	4.00
17116	Unsweetened coconut milk	0.33 c

Sheet1

17116	Dark soy sauce	2.00 ts
17116	Fish sauce	4.00 ts
17116	Sugar	1.00 ts
17116	Fresh lime juice	1.00 tb
17116	Salt	1.00 pn
17116	Minced cilantro leaves	0.50 c
17117	Chunk-style peanut butter	0.50 c
17117	Soy sauce	1.50 tb
17117	Water	1.00 tb
17117	Sugar	0.50 ts
17117	Tabasco sauce	2.00 dr
17117	Clove garlic, minced	1.00
17117	Water	0.50 c
17118	Coconut Milk	1.75 c
17118	Red Curry Paste	2.00 tb
17118	Fish Sauce (Nam Pla)	0.25 c
17118	Sugar	3.00 tb
17118	Ground Roasted Peanuts	1.00 c
17119	Strawberries, frozen, thawed	10.00 oz
17119	And drained	1.00 x
17119	Cheese, cream, softened	8.00 oz
17119	Sugar	0.25 c
17119	Gelatine, unflavored (envel)	1.00 ea
17119	Milk, skim	0.25 c
17119	PEANUTTY CRUST -----	0.00 -----
17119	Margarine	1.00 tb
17119	Peanut butter	2.00 tb
17119	Marshmallows (4 oz) regular	2.00 c
17119	Or mini	1.00 x
17119	Cereal, rice, oven toasted	2.00 c
17119	PEANUTTY CRUST -----	0.00 -----
17120	-----	0.00
17120	Unbleached all-purpose flour	3.00
17120	Unsalted butter; chilled	18.00
17120	- cut into small pieces	0.00
17120	Eggs	2.00
17120	Milk	1.00 tb
17120	Vanilla extract	2.00 ts
17120	Sugar	4.00 tb
17120	Salt	1.00 ts
17120	Finely chopped almonds	0.50 c
17120	Flour	0.00
17120	FOR THE FILLING -----	0.00 -----
17120	7-oz tubes almond paste	3.00
17120	Eggs	2.00
17120	Amaretto liquor	2.00 tb
17120	Canned pear halves, in juice	14.00
17120	-OR in extra light syrup	0.00
17120	- drained or blotted dry	0.00

Sheet1

17120	Canned apricot halves	14.00
17120	- in extra-light syrup or	0.00
17120	- juice, drained	0.00
17120	- and blotted dry	0.00
17120	Apple jelly	0.50 c
17120	Low-fat vanilla yogurt	8.00 oz
17120	Sour cream	4.00 oz
17120	FOR THE ALMOND PASTRY -----	0.00 -----
17120	FOR THE FILLING -----	0.00 -----
17121	Pared, chopped pears	5.00 c
17121	Lemons	2.00
17121	Sugar	5.00 c
17121	Orange	1.00
17121	Raisins	2.00 c
17122	Dried pears	2.00 c
17122	Water	3.00 c
17122	Cranberries	2.00 c
17122	Sugar	3.00 c
17123	Pears	6.00
17123	Apples	2.00
17123	Orange	1.00
17123	Sugar	1.50 lb
17125	Flour	2.50 tb
17125	Apple pie spice	0.75 ts
17125	Ground cinnamon	0.12 ts
17125	Salt	0.12 ts
17125	Pears,peeled and sliced	4.00 c
17125	Unbaked pie crusts	2.00
17125	Brown sugar	6.00 tb
17125	Vanilla extract	1.50 ts
17125	Margarine	1.00 tb
17125	Milk	1.00 tb
17125	Brown sugar	0.00
17126	Peck pears	1.00
17126	Brown sugar	2.00 lb
17126	Onions, chopped	3.00
17126	Raisins	1.00 lb
17126	Vinegar	2.00 c
17126	Spices	0.00
17127	(9-in) pre-baked tart shell	1.00
17127	Sugar	1.50 c
17127	2" piece of vanilla bean	1.00
17127	- split open	0.00
17127	Strips of lemon zest	2.00
17127	-(1" x 2" each)	0.00
17127	Freshly squeezed lemon juice	2.00 tb
17127	Ripe pears	3.00 lg
17127	-(Bosc, if possible)	0.00
17127	Whole blanched almonds	0.50 c

Sheet1

17127	Milk	2.00 c
17127	2" piece of vanilla bean	1.00
17127	Eggs	2.00
17127	Egg yolks	2.00
17127	Sugar	0.75 c
17127	Flour	1.00 c
17127	Butter; in 1/2-in bits	6.00 tb
17127	Dry or stale macaroons	0.50 c
17127	- pulverized	0.00
17127	Kirsch	0.50 c
17127	Apricot jam	1.50 c
17127	Kirsch	0.25 c
17127	Finely chopped pistachios	3.00 tb
17127	- (blanched)	0.00
17128	Butter	0.25 c
17128	Sugar	0.50 c
17128	Egg	1.00
17128	Flour	1.00 c
17128	Baking powder	0.50 ts
17128	Baking soda	0.50 ts
17128	Salt	0.25 ts
17128	Sour cream	0.50 c
17128	Pears, peeled, cored, diced	1.50 c
17128	Vanilla	1.00 ts
17128	NUT TOPPING -----	0.00 -----
17128	Brown sugar	0.50 c
17128	Cinnamon	0.75 ts
17128	Soft butter	2.00 tb
17128	Walnuts, chopped	0.50 c
17128	NUT TOPPING -----	0.00 -----
17129	Pears	4.00 md
17129	Ascorbic acid color keeper	2.00 ts
17129	Red plums	5.00
17129	Whole cloves	1.00 ts
17129	Piece fresh ginger, optional	1.00 sm
17129	Cinnamon stick 3"	1.00
17129	Water	0.50 c
17129	Artificial sugar = to sugar*	9.00 ts
17130	Rye Flour	3.50 c
17130	Unsweetened Cocoa	0.50 c
17130	Sugar	0.25 c
17130	Caraway Seed	3.00 tb
17130	Active Dry Yeast OR	2.00 pk
17130	From A Bulk Jar	2.00 tb
17130	Instant Coffee (Powder Or	1.00 tb
17130	Crystals)	0.00
17130	Salt	2.00 ts
17130	Hot Water (120-130° F.)	2.50 c
17130	Vinegar	0.25 c

## Sheet1

17130	Dark (Blackstrap) Molasses	0.25 c
17130	Vegetable Oil Or Melted	0.25 c
17130	Butter	0.00
17130	Unbleached Or Bread Flour	4.50 c
17131	Chinese tofu cake	1.00
17131	Corn OR peanut oil	3.00 tb
17131	Onion, sliced (1/4 cup)	1.00 sm
17131	Rutabaga, peeled, cut into	1.00 sm
17131	-1/4-inch-thick	0.00
17131	Slices (2/3 cup)	0.00
17131	Chopped ripe tomato, fresh	0.25 c
17131	-or canned	0.00
17131	Thin-sliced fresh hot green	1.00 ts
17131	-chili	0.00
17131	Soy sauce	2.00 ts
17131	Ground cuminseed	0.25 ts
17131	Salt	0.50 ts
17131	Water	0.25 c
17132	Eggs, separated	6.00
17132	Granulated sugar	1.50 c
17132	Baking powder	1.00 ts
17132	Flour	2.50 tb
17132	Ground pecans (reserve some)	3.00 c
17132	Heavy cream, whipped	3.00 c
17132	Vanilla	1.00 ts
17133	Yeast	0.50 oz
17133	Sugar	1.00 tb
17133	Lukewarm water	1.00 c
17133	Salt	1.00 ts
17133	Milk	1.00 c
17133	Oil	6.00 tb
17133	Sugar	0.50 c
17133	Eggs	3.00 ea
17133	Flour	7.00 c
17133	Brown sugar	1.00 ea
17133	Light karo syrup	1.00 ea
17133	Chopped walnuts or pecans	1.00 ea
17134	Flour	2.00 c
17134	Salt	0.75 ts
17134	Pecan pieces	1.00 c
17134	Butter; + 2 T	1.00 c
17134	Light brown sugar	0.33 c
17134	Sugar; + 3 T	0.75 c
17135	Butter; stick	0.50
17135	Sugar	1.00 c
17135	Corn meal	3.00 tb
17135	Salt; pinch	1.00
17135	Pie shell	1.00
17135	Egg	3.00

Sheet1

17135	Karo; white	1.00 c
17135	Vanilla	1.00 ts
17135	Pecans; chopped	1.00 c
17136	Butter or margarine	2.00 tb
17136	Dark corn syrup	0.50 c
17136	Unbleached flour	2.00 ts
17136	Pecan pie pastry shell	0.00
17136	Large beaten eggs	2.00
17136	Sugar	0.33 c
17136	Vanilla	0.25 ts
17136	Pecan halves	0.50 c
17137	Flour	1.25 c
17137	Brown sugar	3.00 T
17137	Oleo	0.50 c
17137	Eggs	2.00
17137	Brown sugar - packed	0.50 c
17137	Pecans - chopped	0.50 c
17137	Light corn syrup	0.50 c
17137	Oleo - melted	2.00 T
17137	Vanilla	2.00 t
17138	Sugar	2.00 c
17138	Light corn syrup	0.50 c
17138	Water	0.50 c
17138	Pecan halves	2.00 c
17138	Butter	0.25 c
17138	Vanilla	1.00 T
17139	Heavy cream	2.00 c
17139	Raw or brown sugar	4.00 c
17139	Vanilla	1.00 t
17139	Pecan halves	2.00 c
17139	Butter	2.00 T
17140	Sticks unsalted butter	1.50 ea
17140	Sugar	1.00 c
17140	Packed, light brown sugar	1.00 c
17140	Heavy cream	0.50 c
17140	Milk	1.00 c
17140	Chopped pecans	1.00 c
17140	Pecan halves	2.00 c
17140	Vanilla extract	2.00 T
17141	Pecans	6.00 oz
17141	Garlic clove	1.00 lg
17141	Chicken stock	4.00 c
17141	Heavy cream	0.50 c
17141	Salt & freshly ground pepper	0.00
17142	DOUGH -----	0.00 -----
17142	Butter	0.50 lb
17142	Cream cheese	0.50 lb
17142	Vanilla	2.00 ts
17142	Flour	2.00 c

Sheet1

17142	FILLING -----	0.00 -----
17142	Pecans	1.00 c
17142	Unsalted butter	4.00 tb
17142	Eggs	2.00
17142	Dark corn syrup	1.00 c
17142	Molasses	0.25 c
17142	Brown sugar	0.50 c
17142	Vanilla extract	1.00 ts
17142	Chocolate chips (or more)	0.25 c
17142	DOUGH -----	0.00 -----
17142	FILLING -----	0.00 -----
17143	FOR 1 -----	0.00 -----
17143	Yeast	1.00 pk
17143	Bread flour	3.00 c
17143	Sugar	1.50 ts
17143	Salt	1.50 ts
17143	Plus 1 Tbsp. warm milk	1.00 c
17143	Soft butter	0.25 c
17143	Chopped fresh red onion	0.50 c
17143	Chopped pecans or walnuts	0.75 c
17143	FOR 1 -----	0.00 -----
17144	Lard	2.00 tb
17144	Onion	1.00
17144	Beef,coarse grind	3.00 lb
17144	Garlic cloves	3.00
17144	Red chile,hot,ground	4.00 tb
17144	Red chile,mild,ground	4.00 tb
17144	Cumin,ground	2.00 ts
17144	Water	3.00 c
17144	Salt	1.50 ts
17145	Lard	3.00 T
17145	Beef,coarse grind	4.00 lb
17145	Onion	1.00
17145	Garlic cloves	2.00
17145	Salt	3.00 t
17145	Oregano,dried,pref. Mexican	1.00 t
17145	Cumin	1.00 t
17145	Water	2.00 c
17145	Tomatoes,whole	32.00 oz
17145	Red chile,hot,ground	4.00 T
17145	Red chile,mild,ground	2.00 T
17146	Lean beef, ground coarse	5.00 lb
17146	Suet, ground	1.00 lb
17146	Water	1.50 qt
17146	Chili powder	3.00 oz
17146	Salt	2.00 tb
17146	Garlic powder	1.00 tb
17146	Cumin	1.00 tb
17146	Oregano	1.00 tb

Sheet1

17146	Paprika	1.00 tb
17146	Cayenne pepper	0.50 ts
17147	FORMATTED BY S.GRABOWSKI -----	0.00 -----
17147	Penne or ziti	12.00 oz
17147	Olive oil	2.00 tb
17147	Chopped onion	1.50 c
17147	Minced cloves garlic	3.00
17147	Chopped plum tomatoes	3.00 c
17147	Water	0.50 c
17147	Salt	0.50 ts
17147	Sugar	0.50 ts
17147	Broccoli florets	2.00 c
17147	Chopped zucchini	2.00 c
17147	Sugar snaps (remove string)	1.00 c
17147	->OR<-	0.00
17147	Snow peas	0.00
17147	Jullien carrots	0.50 c
17147	Chopped parsley	2.00 tb
17147	Grated Parmesean	0.50 c
17147	FORMATTED BY S.GRABOWSKI -----	0.00 -----
17148	Crushed red chile	4.00 tb
17148	Sun-dried tomatoes, cut in	0.50 c
17148	Slivers	0.00
17148	Black olives, cured in oil,	1.00 c
17148	Pitted and halved	0.00
17148	Fresh basil, chopped	0.50 c
17148	Fresh Italian parsley,	0.50 c
17148	Chopped	0.00
17148	Grated lemon peel	1.00 tb
17148	Garlic, minced	3.00 cl
17148	Olive oil	0.50 c
17148	Oil from the tomatoes	2.00 tb
17148	Freshly ground black pepper	2.00 ts
17148	Parmesan cheese, grated	0.75 lb
17148	Penne pasta	1.00 lb
17149	Crushed red chile	4.00 tb
17149	Sun-dried tomatoes,	0.50 c
17149	Cut in slivers	0.00
17149	Black olives, cured in	1.00 c
17149	Oil, pitted and halved	0.00
17149	Fresh basil, chopped	0.50 c
17149	Fresh Italian parsley,	0.50 c
17149	Chopped	0.00
17149	Grated lemon peel	1.00 tb
17149	Garlic, minced	3.00 cl
17149	Olive oil	0.50 c
17149	Oil from the tomatoes	2.00 tb
17149	Freshly ground black pepper	2.00 ts
17149	Parmesan cheese, grated	0.75 lb



Sheet1

17149	Penne pasta	1.00 lb
17150	Crushed red chile	4.00 tb
17150	Sun-dried tomatoes, cut in	0.50 c
17150	Slivers	0.00
17150	Black olives, cured in oil,	1.00 c
17150	Pitted and halved	0.00
17150	Fresh basil, chopped	0.50 c
17150	Fresh Italian parsley,	0.50 c
17150	Chopped	0.00
17150	Grated lemon peel	1.00 tb
17150	Garlic, minced	3.00 cl
17150	Olive oil	0.50 c
17150	Oil from the tomatoes	2.00 tb
17150	Freshly ground black pepper	2.00 ts
17150	Parmesan cheese, grated	0.75 lb
17150	Penne pasta	1.00 lb
17151	(2-1/4 sticks) butter, room	18.00 tb
17151	-temperature	0.00
17151	Pecans, toasted and chopped	0.50 c
17151	-finely	0.00
17151	Egg yolks	2.00 lg
17151	Cloves garlic, minced	2.00
17151	Heavy cream	1.00 tb
17151	Freshly ground black pepper	1.00 tb
17151	Goat cheese, soft	4.00 oz
17151	Chicken breast, skinless,	0.75 lb
17151	-boneless and cut into 1/2	0.00
17151	-inch strips	0.00
17151	Dried penne, cooked and	12.00 oz
17151	-drained	0.00
17152	Tomatoes - large, ripe OR	8.00
17152	Roma tomatoes	2.00 cn
17152	Scallops	1.00 lb
17152	Garlic - chopped fine	1.00 tb
17152	Salr	1.00 ts
17152	Dried penne	1.00 lb
17152	Italian parsley	2.00 tb
17152	Olive oil	0.33 c
17152	Crushed chilli pepper	0.25 ts
17152	Lemon zest - grated	1.00 ts
17152	Fresh basil leaves	0.50 c
17152	Parmesan cheese - grated	4.00 tb
17153	Penne or Fusilli	1.00 lb
17153	Olive Oil	1.00 tb
17153	Garlic, minced	1.00 ts
17153	Tomatoes, large, wedges	4.00
17153	Black Olives, halved	0.33 c
17153	Feta Cheese, crumbled	0.50 c
17153	Parsley, fresh, chopped	0.50 c

Sheet1

17153	Basil, fresh, chopped	2.00 tb
17153	Parmesan cheese, grated	0.25 c
17154	Swiss Cheese, julienned	8.00 oz
17154	Boiled ham, julienned	8.00 oz
17154	Mayonnaise	1.00 c
17154	Can sauerkraut, well drained	8.00 oz
17154	Scant teaspoon caraway seed	0.00
17154	-(optional)	0.00
17154	Dark rye bread	12.00 sl
17155	Brown sugar	2.00 c
17155	Cream	0.50 c
17155	Butter	2.00 tb
17155	Coconut	0.33 c
17155	Chopped dates	0.33 c
17155	Chopped nuts	0.33 c
17156	Brown sugar, firmly packed	1.00 ea
17156	Milk	0.25 ea
17156	Shortening	0.25 ea
17156	Salt	0.12 ea
17156	Vanilla	0.50 ea
17156	Nuts, coarsely chopped	0.50 ea
17157	Lemon juice, fresh	0.50 c
17157	Onion, chopped	0.50 c
17157	Jalapeno pepper, chopped	4.00
17157	Garlic cloves, crushed	2.00
17158	Ancho chiles; -=OR=-	2.00 sm
17158	Ground red chile (or more)	1.00 ts
17158	Olive or sunflower seed oil	3.00 tb
17158	Red onions; thinly sliced	2.00 md
17158	Bay leaves	2.00
17158	Ground cloves	0.12 ts
17158	Ground coriander	0.25 ts
17158	Parsley sprigs; chopped	5.00
17158	Garlic cloves	4.00
17158	- peeled & coarsely chopped	0.00
17158	Salt	0.00
17158	Red peppers or pimientos	1.00 lb
17158	- thinly sliced	0.00
17158	Chopped savoy; -=OR=-	0.50 lb
17158	-Smooth-Skinned Cabbage	0.00
17158	Water or stock	6.00 c
17158	Very ripe tomatoes; peeled,	1.00 lb
17158	-seeded and chopped	0.00
17158	-(juice reserved)	0.00
17158	Creme fraiche	0.00
17158	Chopped cilantro	0.00
17158	- for garnish	0.00
17159	All purpose flour	2.50 c
17159	Baking powder	1.00 T

Sheet1

17159	Salt	0.50 t
17159	Coarse cracked black pepper	1.00 T
17159	Baking soda	0.50 t
17159	Shortening	0.75 c
17159	Buttermilk	1.00 c
17160	Mayonnaise	1.00 c
17160	-(preferably homemade)	0.00
17160	Whipping cream	0.25 c
17160	White wine vinegar	2.00 tb
17160	Whole green peppercorns	1.00 tb
17160	Salt and pepper to taste	0.00
17161	Halibut steaks-2 lb	6.00
17161	Flour	0.25 c
17161	Pepper black,ground	2.00 ts
17161	Butter	0.25 c
17161	Oil	2.00 tb
17161	Salt	1.00 ts
17161	Wine ,white	0.25 c
17162	Sugar	3.50 c
17162	Cider vinegar	1.00 c
17162	Sweet pepper slices	0.75 c
17162	Hot pepper slices	0.50 c
17162	Packet (1/2 bottle) Certo	1.00
17162	-liquid pectin	0.00
17163	Beef	1.00 lb
17163	Pork	1.00 lb
17163	Cow heel	1.00 lb
17163	Pig tail	0.50 lb
17163	Cassereep	0.50 c
17163	Spice	0.00
17163	Clove	0.00
17163	Onions, mediumsized	2.00
17163	Pepper, hot	1.00
17163	Sugar	1.00 tb
17164	Bell pepper, red	16.00 ea
17164	Sm Onion	10.00 ea
17164	Sugar	1.50 c
17164	Bell pepper, green	16.00 ea
17164	Vinegar	1.00 qt
17164	Salt	2.50 t
17165	FOR 1 -----	0.00 -----
17165	Yeast	1.00 pk
17165	Bread flour	3.00 c
17165	Salt	0.50 ts
17165	Sugar	0.25 c
17165	Nonfat dry milk powder	0.25 c
17165	Soft butter	0.25 c
17165	Egg	1.00
17165	Honey	2.00 tb

Sheet1

17165	Corn syrup	2.00 tb
17165	Pecans (or other nuts)	0.25 c
17165	Freshly ground black pepper	0.50 ts
17165	Whole anise seed	1.00 ts
17165	Cinnamon	0.25 ts
17165	Allspice	0.25 ts
17165	Very warm water	0.75 c
17165	FOR 1 -----	0.00 -----
17166	Finely chopped shallots	2.00 tb
17166	Vinegar	2.00 tb
17166	Mayonnaise	1.25 c
17166	Salt	0.25 ts
17166	Garlic powder	0.50 ts
17166	Sour cream	0.25 c
17166	Lemon juice	1.00 tb
17166	Cream or half and half	0.25 c
17166	Worcestershire sauce	0.75 ts
17166	Finely ground pepper	1.50 ts
17166	Cracked peppercorns	2.50 ts
17166	Freshly grated Parmesan	0.25 c
17166	Cheese	0.00
17167	Sour cream	1.50 c
17167	Shredded Cheddar cheese	1.00 c
17167	Finely chopped onions	0.25 c
17167	Minced green pepper	3.00 tb
17167	Salt	0.25 ts
17167	Red pepper sauce	0.12 ts
17167	Milk	1.00 tb
17168	Butter	7.00 tb
17168	Garlic cloves,med,fine chop	2.00
17168	Onions,finely chopped	4.00
17168	Bell pepper(s)	1.00
17168	Beef round,hamburger grind	1.25 lb
17168	Oil,vegetable	1.00 tb
17168	Beef shoulder,2"x1/2" strips	1.50 lb
17168	Red chile,mild,ground	3.00 tb
17168	Tomatoes,lg,chopped	3.00
17168	Sugar	1.00 ts
17168	Bay leaves	1.00
17168	Basil leaves,fresh,chopped	4.00
17168	Thyme,dried	0.00
17168	Paprika	0.50 ts
17168	Cayenne pepper	0.50 ts
17168	Allspice	0.50 ts
17168	Chile caribe	2.00 tb
17168	Soy sauce	1.00 ts
17168	Hot pepper sauce,liquid	0.50 ts
17168	Serrano chiles,frsh,fin chop	6.00
17168	Red wine,dry	0.50 c

Sheet1

17168	Beef broth	0.75 c
17168	Salt	1.00 ts
17168	Black pepper,freshly ground	0.50 ts
17168	Kidney beans,cooked,drained	3.00 c
17169	Boneless pork loin chops *	4.00
17169	Worcestershire sauce	2.00 ts
17169	Ground black pepper	2.00 ts
17169	Dried thyme	0.50 ts
17170	Sugar	3.00 c
17170	Corn syrup; white	2.00 tb
17170	Peppermint	7.00 dr
17170	Water	1.00 c
17170	Cream of tartar	0.12 ts
17171	Evaporated milk	0.67 c
17171	Sugar	1.67 c
17171	Butter	2.00 tb
17171	Salt	0.50 ts
17171	Marshmallows (mini's)	2.00 c
17171	Chocolate chips	1.50 c
17171	Peppermint extract	0.50 ts
17171	Chopped walnuts	0.50 c
17172	Peppermint stick candy	0.50 lb
17172	Cream; or top milk	0.75 c
17172	Salt	0.25 ts
17172	Unflavored gelatine	0.50 ts
17172	Eggs	2.00 ea
17172	Sugar	2.00 tb
17172	Cream; whipped	1.00 c
17173	Water	2.00 tb
17173	(3 oz) packages liquid fruit	2.00
17173	-pectin	0.00
17173	Baking soda	0.50 ts
17173	Sugar	1.00 c
17173	Light corn syrup	1.00 c
17173	Peppermint extract	0.50 ts
17173	Drops green food color	3.00
17173	Sugar or coarse sugar	0.00
17174	Eggs	6.00 lg
17174	Milk	0.25 c
17174	Dried basil leaves, crushed	0.25 ts
17174	Salt	0.25 ts
17174	Pepper	0.12 ts
17174	Salad oil	3.00 tb
17174	Pkge frozen O'Brien potatoes	1.00
17174	-with onion and	0.00
17174	Pepper (24 ounces)	0.00
17174	Pepperoni, thinly sliced	0.25 lb
17174	Shredded mozzarella cheese	0.50 c
17174	-(2 ounces)	0.00

Sheet1

17174	Tomatoes, cut into wedges	2.00 md
17175	Brown rice	2.00 c
17175	Chicken broth	4.00 c
17175	Green onion, chopped	0.25 c
17175	Red peppers, chopped	0.25 c
17175	Salt	0.50 ts
17175	Garlic powder	0.25 ts
17175	Cayenne pepper	0.25 ts
17175	White pepper	0.25 ts
17176	Lean ground beef	0.75 lb
17176	Picante sauce	0.75 c
17176	Cumin OR	0.50 ts
17176	Chili powder	1.00 ts
17176	6-inch flour tortillas	8.00
17176	Picante sauce	0.50 c
17176	Shredded cheddar cheese	0.50 c
17177	Cucumber wedges quartered 1"	4.00 c
17177	Cloves garlic, optional	2.00
17177	Pickling salt	2.00 tb
17177	Ice cubes	2.00 c
17177	Cider vinegar	1.00 c
17177	Water	1.00 c
17177	Dill seed	1.00 tb
17177	Crushed red pepper	0.50 ts
17178	All purpose flour	2.00 c
17178	Sugar	2.00 c
17178	Butter	0.50 lb
17178	Unsweetened cocoa	2.00 ts
17178	Pepsi cola	1.00 c
17178	Buttermilk	0.50 c
17178	Eggs, beaten	2.00
17178	Baking soda	1.00 ts
17178	Vanilla extract	1.00 ts
17178	Miniature marshmallows	1.50 c
17178	Peanut butter frosting; rec	1.00
17178	-pe	0.00
17179	CAKE -----	0.00 -----
17179	Flour; Unbleached	2.00 c
17179	Sugar	2.00 c
17179	Butter	0.50 lb
17179	Cocoa; Unsweetened	2.00 T
17179	Pepsi	1.00 c
17179	Buttermilk	0.50 c
17179	Eggs; Large, Beaten	2.00 ea
17179	Baking Soda	1.00 t
17179	Vanilla Extract	1.00 t
17179	Marshmallows; Miniature	1.50 c
17179	FROSTING -----	0.00 -----
17179	Butter	6.00 T

Sheet1

17179	Brown Sugar; Dark, Packed	1.00 c
17179	Peanut Butter	0.67 c
17179	Milk	0.25 c
17179	Peanuts; Chopped	0.67 c
17179	CAKE -----	0.00 -----
17179	FROSTING -----	0.00 -----
17180	-----cake-----	1.00 x
17180	Sugar	2.00 c
17180	Cocoa; unsweetened	2.00 T
17180	Buttermilk	0.50 c
17180	Baking soda	1.00 t
17180	Marshmallows; miniature	1.50 c
17180	Butter	6.00 T
17180	Peanut butter	0.67 c
17180	Peanuts; chopped	0.67 c
17180	Flour; unbleached	2.00 c
17180	Butter	0.50 lb
17180	Pepsi	1.00 c
17180	Eggs; large, beaten	2.00 ea
17180	Vanilla extract	1.00 t
17180	-----frosting-----	1.00 x
17180	Brown sugar; dark, packed	1.00 c
17180	Milk	0.25 c
17181	CAKE -----	0.00 -----
17181	Flour; Unbleached	2.00 c
17181	Sugar	2.00 c
17181	Butter	0.50 lb
17181	Cocoa; Unsweetened	2.00 tb
17181	Pepsi	1.00 c
17181	Buttermilk	0.50 c
17181	Eggs; Large, Beaten	2.00
17181	Baking Soda	1.00 ts
17181	Vanilla Extract	1.00 ts
17181	Marshmallows; Miniature	1.50 c
17181	FROSTING -----	0.00 -----
17181	Butter	6.00 tb
17181	Brown Sugar; Dark, Packed	1.00 c
17181	Peanut Butter	0.67 c
17181	Milk	0.25 c
17181	Peanuts; Chopped	0.67 c
17181	CAKE -----	0.00 -----
17181	FROSTING -----	0.00 -----
17182	Cocoa	1.00 c
17182	Boiling water	2.00 c
17182	Butter, softened	1.00 c
17182	Sugar	2.50 c
17182	Eggs	4.00
17182	Flour (I used cake flour and	2.75 c
17182	-suggest others do so also)	0.00

Sheet1

17182	Baking soda	2.00 ts
17182	Baking powder	0.50 ts
17182	Salt	0.50 ts
17182	Vanilla	1.50 ts
17182	Whipped Cream Filling:	0.00
17182	Whipping cream,	1.00 c
17182	Vanilla, and	1.00 ts
17182	Sifted powdered sugar	0.25 c
17182	Perfect Chocolate Frosting:	0.00
17182	(6 oz) package seme-sweet	1.00
17182	-chocolate morsels,	0.00
17182	Half and half,	0.50 c
17182	Butter	0.75 c
17182	Sifted powdered sugar	2.50 c
17183	Giblets, wing tips, and neck	0.00
17183	Bones from turkey	0.00
17183	Cold water	2.00 qt
17183	Onion, chopped	1.00 lg
17183	Ribs, celery, chopped	2.00
17183	Shopped parsley	3.00 tb
17183	Fat can be poultry fat,	0.00
17183	Oleo, or butter	0.00
17183	Flour	0.00
17183	Salt	0.00
17183	Freshly ground pepper	0.00
17184	;Ice water	0.25 c
17184	Ground chuck,round,sirloin	1.50 lb
17184	-or any combination	0.00
17184	Salt and pepper; to taste	0.00
17184	Hamburger buns or soft	4.00
17184	-Kaiser rolls; split	0.00
17185	-----c-----	0.00
17185	All-purpose flour	1.00 c
17185	Salt	0.12 ts
17185	Crisco shortening	0.50 c
17185	Water	3.00 tb
17185	-----f-----	0.00
17185	Butter or margarine, softene	0.25 c
17185	Sugar	1.00 c
17185	Eggs	4.00
17185	Light corn syrup	0.75 c
17185	Vanilla	2.00 ts
17185	Pecan halves	1.25 c
17186	Pernilíto De Cuerdo (Pork	1.00
17186	-Shoulder)	0.00
17186	Packet Sazón Con Azafrán	1.00
17186	Adobo	2.00 tb
17186	Ajo Puro (Pure Garlic)	2.00 tb
17186	Pepper	1.00 ds



Sheet1

17186	Salt	1.00 ts
17186	Water	4.00 c
17187	Heads garlic	4.00
17187	Red wine vinegar	2.00 c
17187	Water	2.00 c
17187	Sugar	1.00 c
17187	Whole cloves (the spice)	6.00
17187	Black peppercorns	2.00 tb
17188	Pudding	0.00
17188	Persimmon pulp	1.00 c
17188	Sugar	1.00 c
17188	Flour	1.00 c
17188	Soda	1.00 ts
17188	Cinnamon	1.00 ts
17188	Butter	1.00 tb
17188	Salt	0.50 ts
17188	Chopped dates (or raisins if	1.00 c
17188	-your prefer)	0.00
17188	Chopped walnuts	1.00 c
17188	Lemon Sauce	0.00
17188	Water	2.00 c
17188	Sugar	1.00 c
17188	Cornstarch	2.00 tb
17188	Salt	0.12 ts
17188	Lemon (grate rind and	1.00
17188	- squeeze juice)	0.00
17188	Egg	1.00
17188	Butter	1.00 tb
17189	Miracle Whip	1.00 c
17189	Sour Cream	1.00 c
17189	Frozen Chopped Spinach *	10.00 oz
17189	Grated Parmesan Cheese	0.33 c
17189	Walnut Pieces	0.25 c
17189	Dried Basil	1.00 ts
17189	Salt	0.25 ts
17189	Clove Crushed Garlic	1.00
17190	Tender young basil leaves	1.00 qt
17190	- (tightly packed)	0.00
17190	- washed and patted dry on	0.00
17190	- paper towels	0.00
17190	Garlic cloves	2.00 md
17190	- peeled and halved	0.00
17190	Pignoli (pine nuts)	0.33 c
17190	Unsalted butter	6.00 tb
17190	- at room temperature	0.00
17190	Good, fruity olive oil	2.00 tb
17190	Salt	0.50 ts
17190	Freshly ground black pepper	0.12 ts
17191	Large Cloves Garlic	5.00

Sheet1

17191	Bunch Parsley	1.00
17191	Olive Oil	1.50 c
17191	Dried Basil	2.00 tb
17191	Bottle Pignoli (Pine Nuts)	2.00 oz
17191	Or A Small Package Of	0.00
17191	Fresh Pignoli	0.00
17191	Parmesan Cheese, Grated	4.00 oz
17191	(Plus More For Dusting	0.00
17191	Pasta)	0.00
17191	Salt	0.50 ts
17192	Tightly packed spinach,	2.00 c
17192	Washed and stemmed	0.00
17192	Broken pine nuts or	2.00 tb
17192	Shelled walnuts	0.00
17192	Cloves of garlic, peeled	2.00 lg
17192	Salt	0.00
17192	Olive oil	0.50 c
17192	Freshly grated	0.50 c
17192	Parmesan cheese	0.00
17192	Freshly grated	2.00 tb
17192	Romano cheese	0.00
17193	Unbleached Flour	3.00 c
17193	Sugar	2.00 c
17193	Baking Powder	3.00 ts
17193	Pinch Of Salt	0.00
17193	Butter	0.50 c
17193	Regular Margarine	0.50 c
17193	Eggs, Well Beaten	2.00 lg
17193	Pet Milk (1 Can)	12.00 oz
17193	Vanilla Extract	1.00 ts
17193	TOPPING -----	0.00 -----
17193	Cake Crumbs From The Cake	0.50 c
17193	Recipe	0.00
17193	Brown Sugar, Firmly Packed	0.50 c
17193	Chopped Nuts	0.50 c
17193	Cinnamon	2.00 ts
17193	TOPPING -----	0.00 -----
17194	Box chocolate cake mix	1.00
17194	Chocolate frosting.	1.00 cn
17194	Marshmallows	20.00
17194	Coconut	1.00 pk
17194	Evaporating milk	1.00 c
17194	Sugar	1.00 c
17195	Deep chocolate cake mix	1.00
17195	Milk	1.00 c
17195	Sugar	1.00 c
17195	Marshmallows	24.00 lg
17195	Coconut	14.00 oz
17195	-!!!-ICING-!!!-	0.00

Sheet1

17195	Sugar	1.50 c
17195	Evaporated milk	0.50 c
17195	Stick (1/2 cup) butter or	1.00
17195	-oleo	0.00
17196	Head cauliflower	1.00
17196	Egg	1.00 lg
17196	Whipping cream (or more)	0.25 c
17196	Butter	1.00 tb
17196	-for greasing gratin dish	0.00
17196	Butter; broken into dots	7.00 tb
17196	Grated cheese	0.50 c
17196	-(Parmesan or Gruyere)	0.00
17196	Salt to taste	0.00
17196	Pepper	0.25 ts
17196	Nutmeg	0.25 ts
17197	Safflower oil	1.00 ts
17197	Pumpkin, fresh	1.00 lb
17197	-cut in chunks,	0.00
17197	--OR-- Canned Pumpkin	0.00
17197	Yellow onion	1.00
17197	- peeled and chopped	0.00
17197	Garlic clove	1.00 sm
17197	- peeled and crushed	0.00
17197	Celery stalks; chopped	2.00
17197	Stalk fresh thyme; --OR--	1.00
17197	-Dried thyme	0.50 ts
17197	Bay leaf	0.50
17197	Chicken broth	5.00 c
17197	Low-fat white cheese	1.50 tb
17197	-Such as cottage cheese,	0.00
17197	- farmer's cheese,	0.00
17197	- cream cheese or ricotta	0.00
17197	Non-fat powdered milk	1.00 tb
17197	Parsley, chervil and chives	0.50 c
17197	- (minced)	0.00
17198	Pork Tenderloin	1.50 lb
17198	Sour Cream (about 3 c)	24.00 oz
17198	Madras Curry	1.00 tb
17198	Olive oil	2.00 tb
17198	Ketjap Benteng Soy Sauce OR	2.00 tb
17198	-Any sweet soy sauce	0.00
17198	Bananas OR 1 cn peach halves	4.00
17198	-with syrup	0.00
17198	Herbal salt	0.00
17199	Whipping cream	0.50 c
17199	White chocolate, finely	1.00 lb
17199	-chopped	0.00
17199	Frangelico liqueur	3.00 tb
17199	Semisweet chocolate, finely	10.00 oz

Sheet1

17199	-chopped	0.00
17199	Toasted hazelnuts, ground	1.00 c
17200	CRUST -----	0.00 -----
17200	Flour	3.00 c
17200	Baking powder	2.00 tb
17200	-Salt	1.00 ts
17200	Sugar	1.00 ts
17200	Lard	0.50 c
17200	Milk	1.00 c
17200	FILLING -----	0.00 -----
17200	Butter; softened	2.00 tb
17200	Brown sugar	1.00 c
17200	Cinnamon	1.00 ts
17200	-Water	1.00 c
17200	CRUST -----	0.00 -----
17200	FILLING -----	0.00 -----
17201	Chicken breast	4.00
17201	Thin slices of ham	4.00
17201	Slices of Fontina	4.00
17201	-or Gruyere cheese	0.00
17201	Small slices of truffles	4.00
17201	Seasoned flour	2.00 oz
17201	Beaten eggs	3.00
17201	Oil for frying	0.00
17201	Salt and pepper	0.00
17201	Bread crumbs	0.00
17202	Molasses	0.33 c
17202	Butter	0.25 c
17202	Flour	2.00 c
17202	Brown Sugar - packed	0.25 c
17202	Baking soda	0.50 t
17202	Cinnamon	0.75 t
17202	Cardamon	0.25 t
17202	Ground allspice	0.25 t
17202	Pepper	0.12 t
17202	Egg - beaten	1.00
17203	Dried red chilies	9.00 lg
17203	Shallots, chopped	7.00
17203	Garlic	6.00 cl
17203	Coriander roots	2.00 ts
17203	Pepper corns	15.00
17203	Slivers galangal	3.00
17203	Stalks lemon grass, chopped	2.00
17203	Coriander seeds	1.00 tb
17203	Cumin seeds	1.00 tb
17203	Shrimp paste	1.00 ts
17203	Salt	1.00 ts
17204	Oil	2.00 tb
17204	Pheasants; quartered	2.00

Sheet1

17204	Finely minced onion	1.00 tb
17204	Sherry vinegar	3.00 tb
17204	Tomato paste	1.00 ts
17204	Chicken stock	1.00 c
17204	-OR low-sodium chicken broth	0.00
17204	Salt	0.50 ts
17204	Freshly ground pepper	0.25 ts
17204	Cinnamon stick; -=OR=-	1.00
17204	-Ground cinnamon	1.00 ts
17204	Finely chopped fresh basil	4.00 tb
17204	- leaves only	0.00
17204	Unsalted butter	3.00 tb
17205	Pheasant	1.00
17205	- cut into serving quarters	0.00
17205	Olive oil	0.25 c
17205	Garlic cloves; unpeeled	12.00
17205	Chicken stock	2.00 c
17205	-OR low-sodium chicken broth	0.00
17205	Fresh lemon juice	0.25 c
17205	Salt; or as desired	0.50 ts
17205	Lemon; yellow zest only	1.00
17205	Sugar	0.33 c
17205	Water	0.50 c
17205	Whipping cream	0.25 c
17206	-----p-----	0.00
17206	Flour	1.50 c
17206	Stick butter,cut in pieces	1.00
17206	Ice water	4.00 tb
17206	Salt	0.25 ts
17206	Cinnamon	0.00
17206	-----f-----	0.00
17206	Apples, sliced	7.00
17206	Egg	1.00
17206	Sugar	1.00 c
17206	Sour cream	1.50 c
17206	Vanilla	2.00 ts
17206	Flour	0.33 c
17206	Salt	0.12 ts
17206	-----t-----	0.00
17206	Brown sugar	0.33 c
17206	Melted butter	0.25 lb
17206	Granulated sugar	0.33 c
17206	Pinch salt	0.00
17206	Flour	0.33 c
17206	Cinnamon	1.00 ts
17206	Chopped walnuts	1.00 c
17207	Lean bony pork	2.00 lb
17207	Water	2.00 qt
17207	Salt	1.00 tb

Sheet1

17207	Pepper to taste	0.00
17207	Sage or poultry seasoning	0.50 ts
17207	Mace	0.12 ts
17207	Fine cornmeal	1.00 c
17207	Buckwheat flour	0.50 c
17208	-DIANA LEWIS VGWN37A	0.00
17208	-ELAINE RADIS BGMB90B	0.00
17208	Bread flour	3.00 c
17208	Sugar	0.25 c
17208	Butter	6.00 tb
17208	Salt	1.00 ts
17208	Powdered buttermilk	3.00 tb
17208	Water	0.88 c
17208	Active dry yeast	2.00 ts
17208	Quick rising yeast.	1.50 ts
17208	Cardomon; + -	1.50 ts
17208	BOTTOM 'ICING -----	0.00 -----
17208	Pecans; whole	0.50 c
17208	Butter	0.50 c
17208	Brown sugar	0.50 c
17208	BOTTOM 'ICING -----	0.00 -----
17209	Chicken Breasts, skinned	6.00
17209	Water	1.00 c
17209	Vinegar	0.50 c
17209	Soy sauce	0.25 c
17209	Garlic cloves; chopped	2.00
17210	Boneless pork shoulder,	1.25 lb
17210	-2-inch cubes	0.00
17210	Water	1.00 c
17210	White vinegar	0.50 c
17210	Soy sauce	2.00 tb
17210	Garlic cloves, minced	6.00
17210	Pepper	0.25 ts
17210	Vegetable oil	4.00 ts
17211	8 oz packages Philadelphia	2.00
17211	Cream cheese, softened	0.00
17211	Sugar	0.50 c
17211	Vanilla	0.50 t
17211	Eggs	2.00
17211	Keebler ready crust graham	1.00
17211	Cracker pie crust	0.00
17212	8 oz pkg. Cream Cheese,	1.00
17212	-cubed	0.00
17212	Milk	0.33 c
17212	Unsweetened Chocolate	1.00 oz
17212	-Squares	0.00
17212	Sifted powdered sugar	2.00 c
17212	Vanilla	1.00 ts
17213	Chicken Breasts	2.00

Sheet1

17213	Egg	1.00
17213	Glop of milk	1.00
17213	Salt and Pepper	0.00
17213	Flour	0.50 c
17213	Cornflakes	0.00
17213	Olive Oil	0.00
17213	Margarine (or Butter)	3.00 tb
17213	Cheap White Wine	0.00
17213	Oregano	0.00
17213	Sweet Basil	0.00
17213	Cream of Mushroom Soup	1.00 cn
17213	Paper Sack (for shaking up	1.00
17213	-chicken)	0.00
17213	Stool (for seeing over the	1.00
17213	-stove)	0.00
17215	Olive oil	2.00 ts
17215	Cooked ground beef (sirloin	8.00 oz
17215	-or top round)	0.00
17215	Diced onions	0.25 c
17215	Garlic clove, minced	0.50
17215	Tomato, blanched, peeled,	1.00 md
17215	-seeded,	0.00
17215	And chopped	0.00
17215	Apple, pared, cored and	1.00 sm
17215	-chopped	0.00
17215	Canned jalapeno pepper,	1.00
17215	-drained, seeded, and	0.00
17215	Thinly sliced	0.00
17215	Raisins	2.00 tb
17215	Pimiento-stuffed olive,	2.00 lg
17215	-sliced crosswise	0.00
17215	Pitted black olives, sliced	2.00
17215	-crosswise	0.00
17215	Each salt and pepper	0.25 ts
17216	Olive oil	2.00 ts
17216	Cooked ground beef lean	8.00 oz
17216	Diced onions	0.25 c
17216	Garlic clove, minced	0.50
17216	Tomato chopped and seeded	1.00 md
17216	Apple, pared and chopped	1.00 sm
17216	Sliced canned jalapeno	1.00
17216	Raisins	2.00 tb
17216	Large stuffed olives, sliced	2.00
17216	Pitted black olives, sliced	2.00
17216	Each salt and pepper	0.25 ts
17216	Dash each cinnamon & cloves	0.00
17217	Tomato, green	4.00 ea
17217	Horseradish, grated	1.00 c
17217	Cloves, ground	2.00 T

Sheet1

17217	Mustard, dry	2.00 T
17217	Vinegar	1.00 x
17217	Salt	0.67 c
17217	Cinnamon	2.00 T
17217	Allspice	2.00 T
17217	Pepper	4.00 T
17217	Brown sugar	2.00 c
17218	Medium onion, chopped	1.00
17218	Cloves garlic, minced	3.00
17218	Vegetable oil	1.00 tb
17218	Chicken breast	0.50 lb
17218	- skinless, boneless	0.00
17218	- cut into 1-inch pieces	0.00
17218	Sage, or 3 ts as desired	2.00 ts
17218	Salt	0.25 ts
17218	Picante Sauce	0.75 c
17218	Kidney or pinto beans	1.00 cn
17218	- 16-ounce can, undrained	0.00
17218	Dry vermouth	0.25 c
17218	Bay leaf	1.00
17218	Green or red bell pepper	1.00
17218	- cut into 1/2-inch pieces	0.00
17218	Large tomato	1.00
17218	- seeded, coarsely chopped	0.00
17218	OPTIONAL TOPPINGS -----	0.00 -----
17218	Chopped cilantro	0.00
17218	Sour cream	0.00
17218	Shredded cheddar cheese	0.00
17218	OPTIONAL TOPPINGS -----	0.00 -----
17219	Can Whole Tomatoes	28.00 oz
17219	Medium onion, chopped fine	1.00
17219	Jalapeno peppers, chopped	4.00
17219	-fine	0.00
17219	Apple cider vinegar	2.00 tb
17219	Garlic powder	1.00 ts
17219	Salt	0.50 ts
17220	Plain flour	1.00 lb
17220	Baking powder	1.00 ts
17220	Mixed spice	1.00 ts
17220	Margarine	4.00 oz
17220	Lard	4.00 oz
17220	Caster sugar	6.00 oz
17220	Currants	4.00 oz
17220	Eggs	2.00
17220	Milk	0.00
17221	Lard or oil	1.00 tb
17221	Onion; finely diced	1.00
17221	Sauerkraut; chopped	1.00 c
17221	Shredded dill pickles	1.00 c



## Sheet1

17221	Chicken stock	4.00 c
17221	-OR low-sodium chicken broth	0.00
17221	Ham hock	1.00
17221	Salt and pepper; to taste	0.00
17222	Water	1.50 qt
17222	White vinegar	1.00 qt
17222	Plain salt (non-iodized)	5.00 tb
17222	Pickling spice	2.00 tb
17222	Fresh asparagus	7.00 lb
17222	Garlic cloves (1 per quart)	0.00
17222	Hot chili peppers (1 per	0.00
17222	-quart)	0.00
17223	Mixed pickling spice	1.50 ts
17223	Sugar	1.75 c
17223	Cider vinegar	1.50 c
17223	Water	0.75 c
17223	Cinnamon stick	1.00
17223	Blueberries, washed and	2.00 pt
17223	-picked over	0.00
17224	Cabbage	1.00 lg
17224	Salt	0.50 c
17225	Sugar	2.00 c
17225	Vinegar	2.00 c
17225	Water	2.00 c
17225	Whole mixed spices	1.00 tb
17225	Small carrots	0.00
17225	Salt	0.00
17226	Carrots	3.00
17226	Rice vinegar	0.50 c
17226	Sugar	1.00 tb
17226	Salt	0.25 ts
17227	Sweet black cherries, with	10.00 c
17227	- stems and pits	0.00
17227	Water	2.00 c
17227	Cider vinegar	1.00 c
17227	Brown sugar, firmly packed	0.50 c
17227	Pickling salt	2.00 tb
17228	Text Only	0.00
17229	Beets	1.00 x
17229	Brown sugar	0.25 c
17229	Water, cold	0.50 c
17229	Cloves	3.00 ea
17229	Egg, hard boiled	1.00 x
17229	Vinegar	0.50 c
17229	Cinnamon	1.00 ea
17230	Heads Fresh Garlic, Unpeeled	10.00
17230	White Vinegar	0.50 c
17230	Sugar	0.75 c
17230	Salt	1.00 tb

## Sheet1

17231	Text Only	0.00
17232	Bushel medium size green	8.00
17232	Tomatoes	0.00
17232	Garlic	0.00
17232	Celery	0.00
17232	Hot Pepper	0.00
17232	Dill	1.00 ts
17232	Water	2.00 ts
17232	Vinegar	1.00 ts
17232	Salt	1.00 c
17232	Pepper	0.00
17233	Clove garlic	1.00
17233	Sprig Mexican Oregano	1.00
17233	Vinegar	0.00
17233	Jalapeno Peppers	0.00
17234	Beef tongue or pork	4.00 lb
17234	Salt	2.00 tb
17234	Mixed whole pickling spices	3.00 ts
17234	Brown sugar; firmly packed	1.00 tb
17234	Cloves garlic;finely minced	3.00
17234	Saltpeter	1.00 ts
17235	Lemon juice	0.50 c
17235	Water	1.00 qt
17235	Mushrooms, small, button	6.00 c
17235	Salt	1.00 ts
17235	Vinegar, white distilled	2.00 c
17235	Oregano, dried	0.50 ts
17235	Basil, dried	0.50 ts
17235	Bay leaves, broken in half	2.00 ea
17235	Garlic, cloves	2.00 ea
17235	Oil, olive	1.50 c
17236	Nastutium seed pods	2.00 qt
17236	Salt	0.00
17236	Tarragon leaves	0.00
17236	Grated horesradish	0.00
17236	Spiced vinegar:	0.00
17236	White wine vinegar	2.00 qt
17236	Shallots sliced	2.00
17236	Salt	60.00 g
17236	White peppercorns	30.00 g
17236	Each of ground mace and	15.00 g
17236	-grated nutmeg	0.00
17237	White vinegar	1.00 qt
17237	Water	1.00 c
17237	Uniodized salt	0.50 c
17238	Red onion	1.00 lg
17238	Salt	0.50 ts
17238	Sugar	0.25 c
17238	White vinegar	0.50 c

## Sheet1

17239	Salt	3.00 lb
17239	Saltpeter	0.50 ts
17239	Molasses or brown sugar	0.50 c
17239	Baking soda	0.50 ts
17239	Water	2.00 ga
17240	Peaches	4.00 lb
17240	White wine vinegar	15.00 oz
17240	Dried red chilies	6.00 ea
17240	Cloves	1.00 ts
17240	Allspice berries	1.00 ts
17240	4 inch cinnamon stick	1.00 ea
17240	Brown sugar	1.50 lb
17241	Peaches, small	7.00 lb
17241	Sugar	3.00 lb
17241	Vinegar, cider	1.50 c
17241	Water	0.50 c
17241	Cinnamon, ground	1.00 ts
17241	Cloves, whole	0.00
17242	Pear	14.00 lb
17242	Sugar	6.00 lb
17242	Cinnamon, stick	1.00 t
17242	Cider vinegar	1.00 qt
17242	Cloves, whole	1.00 t
17243	Long red, green or	4.00 qt
17243	-yellow peppers (Hungarian,	0.00
17243	-Banana or other varieties	0.00
17243	Salt	1.50 c
17243	Water	4.00 qt
17243	Sugar	0.25 c
17243	Prepared horseradish	2.00 tb
17243	Cloves garlic	2.00
17243	Vinegar	10.00 c
17243	Water	2.00 c
17244	Red or green sweet peppers	2.50 lb
17244	-or fresh hot chilies	0.00
17244	(about 4 quarts)	0.00
17244	Vinegar	1.00 qt
17244	Guart water	1.00
17244	Salt (to make 8 pints)	4.00 ts
17244	Olive oil (optional)	0.00
17245	Red or green sweet peppers	2.50 lb
17245	-or:	0.00
17245	Fresh hot chilies	2.50 lb
17245	Vinegar	1.00 qt
17245	Water	1.00 qt
17245	Salt	4.00 ts
17246	Water	4.00 qt
17246	Alum	1.00 tb
17246	Distilled white vinegar	2.00 c

Sheet1

17246	Granulated sugar	2.00 c
17246	Salt	1.00 ts
17246	Pigs' ears	2.00 lb
17247	Pigs' feet	4.00 ea
17247	Onion	1.00 ea
17247	Cloves	6.00 ea
17247	Salt	1.00 T
17247	Vinegar	3.00 c
17247	Peppercorns, black	12.00 ea
17247	Bay leaf	1.00 ea
17248	Minutes, pour over plums and	10.00
17248	-let stand several hours.	0.00
17248	-Bring to boiling	0.00
17249	Young radishes, greens only	1.00 bn
17249	Salt	2.00 ts
17249	Sugar	1.00 ts
17249	Water	0.50 c
17249	Soy sauce to taste	0.00
17250	Cabbage, red	1.00 x
17250	Vinegar	1.00 x
17250	Celery seed	1.00 x
17250	Mace	1.00 x
17250	Cinnamon	1.00 x
17250	Salt	1.00 x
17250	Sugar	1.00 x
17250	Pepper	1.00 x
17250	Allspice	1.00 x
17251	String beans, fresh or	4.00 qt
17251	-canned	0.00
17251	Sugar	1.00 c
17251	Vinegar	1.00 qt
17251	Mixed spices	2.00 tb
17252	Sliced red or white radishes	1.00 c
17252	Sliced English (hothouse)	0.50 c
17252	-cucumber	0.00
17252	Diagonally sliced carrot	0.50 c
17252	Salt	0.50 ts
17252	Umeboshi vinegar *	2.00 tb
17252	Water	6.00 tb
17252	Lettuce leaves	0.00
17253	Mace blades	2.00 tb
17253	Allspice berries	1.00 tb
17253	Whole cloves	1.00 tb
17253	Cinnamon sticks (3"), broken	2.00
17253	-into small pieces	0.00
17253	Black peppercorns	12.00
17253	Dried bay leaf, crumbled	1.00
17254	Buttermilk	1.00 c
17254	Pepper	1.00 tb

Sheet1

17254	Chicken pieces	2.00 lb
17254	Flour	0.50 c
17254	Oil for frying	0.00
17255	Tomatoes, diced (1/2 lb)	2.00 sm
17255	Onion, chopped	1.00 sm
17255	Diced cucumber	0.67 c
17255	Radishes, diced	6.00 sm
17255	Loosely packed cilantro	0.50 c
17255	-leaves, coarsely chopped	0.00
17255	Or 4 serrano chiles or other	3.00
17255	-small hot chilies, seeded,	0.00
17255	-finely chopped	0.00
17256	Diced Ripe Tomatoes	1.00 lb
17256	Chopped White Onion	0.50 c
17256	Fresh Cilantro Leaves	1.00 c
17256	Fresh Serranos Or Jalapenos	4.00 lg
17256	Chopped Fine, Seeds And All	0.00
17256	Ice Water	0.50 c
17256	Salt To Taste	0.00
17256	Fresh Lime Juice To Taste	0.00
17257	Tomatoes, diced	2.00 lg
17257	Onions, chopped finely	2.00 lg
17257	Tomatillos, chopped	3.00 md
17257	Serrano peppers finely	2.00 ea
17257	-chopped	0.00
17257	Tb oil	1.00 ea
17257	White vinegar	0.50 ts
17257	Salt	1.00 ts
17257	Pepper	0.50 ts
17257	Cilantro leaves, finely	0.33 c
17257	-chopped	0.00
17258	Cups	2.00 c
17258	Serrano or Jalapeno chiles,	6.00
17258	-stems and seeds removed,	0.00
17258	Finely chopped	0.00
17258	Onion, finely chopped	1.00 lg
17258	Tomatoes, finely chopped	2.00 md
17258	Cloves garlic, finely	3.00
17258	-chopped	0.00
17258	Finely chopped cilantro	0.25 c
17258	Oil	0.25 c
17258	Red wine vinegar	3.00 tb
17259	Oatmeal	2.00 c
17259	Flour	1.00 c
17259	Brown sugar	1.00 c
17259	-Salt	1.00 ts
17259	Shortening	0.75 c
17259	Baking soda	0.25 ts
17259	-boiling water	0.25 c

Sheet1

17260	Flour	5.00 lb
17260	Crisco butter shortening	1.00 c
17260	Water	3.00 c
17260	Flour	0.25 c
17261	Eggs,separated	4.00
17261	14 oz. sweet condensed milk	1.00 c
17261	Key or persian lime juice	0.50 c
17261	Cream of tartar	0.50 ts
17261	9" graham cracker crust	1.00
17261	-----m-----	0.00
17261	Egg whites	4.00
17261	Sugar	4.00 tb
17263	Yellow Cake Mix (disregard	1.00
17263	-instructions on box)	0.00
17263	Oil	1.00 c
17263	Eggs	4.00
17263	Can Mandrian Oranges (juice	1.00 sm
17263	-included)	0.00
17264	Almonds; ground fine	1.25 lb
17264	Butter	1.00 c
17264	Sugar	0.50 c
17264	Vanilla	1.00 ts
17264	Salt	0.50 ts
17264	Flour, or a little less	2.00 c
17264	-(See NOTE)	0.00
17264	Pine nuts, chopped	1.00 c
17264	Granulated sugar	0.00
17264	Sweetened milk, optional	0.00
17265	Red sweet peppers	24.00
17265	Whole cloves	1.00 tb
17265	Blade mace	1.00
17265	Inch stick cinnamon	3.00
17265	Allspice	1.00 tb
17265	Piece ginger root	1.00 sm
17265	Whole mustard seed	1.00 tb
17265	Vinegar	4.00 c
17265	Sugar	7.00 c
17266	Vinegar	0.33 c
17266	Fine herbs	0.50 ts
17266	Sugar	2.00 tb
17266	Water	0.67 c
17266	Whole pimentos, quartered (4	1.00 cn
17266	-oz.)	0.00
17266	Vidalia onion, thinly sliced	1.00 md
17266	-(about 1 cup)	0.00
17267	Pork sausage links(12oz)	1.00 pk
17267	Pimientos(7oz)	1.00 cn
17267	Butter or margarine	3.00 tb
17267	Flour	2.00 tb

Sheet1

17267	Milk	1.00 c
17267	Salt	0.50 ts
17267	Nutmeg,ground	0.25 ts
17267	American cheese,shredded	0.00
17267	Parsley sprigs(opt)	0.00
17268	Red sweet peppers	24.00
17268	Whole cloves	1.00 tb
17268	Blade mace	1.00
17268	Inch stick cinnamon	3.00
17268	Allspice	1.00 tb
17268	Piece ginger root	1.00 sm
17268	Whole mustard seed	1.00 tb
17268	Vinegar	4.00 c
17268	Sugar	7.00 c
17269	Sugar	0.50 c
17269	Pineapple Juice	3.00 c
17269	Lime Juice	0.50 c
17269	Sparkling Water; Chilled	1.00 qt
17270	Butter; unsalted	0.50 c
17270	Sugar	1.00 c
17270	All-purpose flour	1.50 c
17270	Baking powder	1.00 ts
17270	Milk	0.50 c
17270	Eggs; separated	2.00
17270	Vanilla flavored sugar	2.00 ts
17270	Pine nuts	0.50 c
17271	Olive oil	2.00 tb
17271	Onion, thinly sliced	1.00 lg
17271	Garlic clove, chopped	1.00 ea
17271	Brown rice	8.00 oz
17271	Cumin	2.00 ts
17271	Turmeric	1.00 ts
17271	Stock	20.00 oz
17271	Currants	2.00 oz
17271	Pine nuts	2.00 oz
17272	Duncan Hines Pineapple	0.00
17272	Supreme cake mix	0.00
17272	Instant vanilla pudding mix	1.00
17272	Bottle 7-Up	10.00
17272	Eggs	4.00
17272	ICING -----	0.00 -----
17272	Sugar	1.50 c
17272	Stick margarine	1.00
17272	Crushed pineapple in juice	2.00 cn
17272	Angel Flake coconut	1.00
17272	ICING -----	0.00 -----
17273	Dried apricots	2.00 lb
17273	Crushed pineapple	2.00 c
17273	Sugar	3.25 c

Sheet1

17274	All-purpose flour	3.00 c
17274	Granulated sugar	2.00 c
17274	Baking soda	1.00 ts
17274	Salt	1.00 ts
17274	Cinnamon	1.00 ts
17274	(14 oz) can crushed	1.00
17274	-pineapple, divided	0.00
17274	Eggs	3.00
17274	Oil	1.50 c
17274	Mashed ripe bananas (about	2.00 c
17274	-6)	0.00
17274	Walnuts, chopped	1.50 c
17274	Vanilla	2.00 ts
17274	Icing:	0.00
17274	Crushed pineapple, well	0.33 c
17274	-drained	0.00
17274	Margarine, softened	0.25 c
17274	Sifted icing sugar	3.00 c
17274	To 3 tb pineapple juice	2.00 tb
17275	Lamb spare ribs	3.00 lb
17275	Pineapple,crushed(8oz)	1.00 cn
17275	Vinegar	0.25 c
17275	Garlic clive,finely chopped	1.00
17275	Honey	0.25 c
17275	Worcestershire sauce	1.00 ts
17275	Salt	1.00 ts
17275	Pepper	0.12 ts
17275	Ginger	0.25 ts
17276	Whole wheat flour	1.00 c
17276	Salt	0.25 ts
17276	Egg	1.00
17276	Skim milk	0.33 c
17276	Can crushed pineapple w juic	8.00 oz
17276	Baking powder	1.00 tb
17276	Brown sugar	1.50 tb
17276	100% all-bran cereal	1.00 c
17276	Vegetable oil	0.25 c
17277	Cake flour; sifted	2.33 c
17277	Baking Powder	2.25 ts
17277	Salt	0.75 ts
17277	Soda	0.50 ts
17277	Butter or shortening	0.67 c
17277	Sugar	1.25 c
17277	Egg; unbeaten	1.00
17277	Egg yolks; unbeaten	2.00
17277	Unsweetened chocolate;melted	3.00 oz
17277	Milk	0.75 c
17277	Vanilla	1.00 ts
17277	Boiling water	0.33 c



Sheet1

17278	Shortening	0.67 c
17278	Brown sugar	0.50 c
17278	White sugar	0.50 c
17278	Flour	2.00 c
17278	Baking powder	1.00 ts
17278	Soda	0.25 ts
17278	Egg	1.00
17278	Crushed pineapple	0.67 c
17278	Nuts	0.50 c
17278	Vanilla	1.00 ts
17279	Butter	1.00 c
17279	Brown sugar	1.00 c
17279	White sugar	1.00 c
17279	Vanilla	1.50 ts
17279	Eggs	2.00
17279	#2 drained pineapple	1.00 cn
17279	Flour (sifted)	4.00 c
17279	Salt	0.50 ts
17279	Soda	1.00 ts
17279	Baking powder	0.50 ts
17280	Sugar; white	1.00 c
17280	Brown sugar	0.50 c
17280	Pineapple; pulp & juice	0.50 c
17280	Lemon extract	1.00 ts
17280	Butter	1.00 ts
17280	Marshmallows	12.00 ea
17280	Nut meats	1.00 c
17281	10" baked pie shell	1.00
17281	Sugar	1.00 c
17281	Pineapple juice	0.50 c
17281	Large eggs, separated	4.00
17281	Pineapple, #2 cn crushed & d	1.00 c
17281	Whipping cream	1.00 c
17281	Unflavored gelatin mixed w/	2.00 ts
17281	Cold water (let thicken)	3.00 tb
17282	BASIC RECIPE -----	0.00 -----
17282	Digestive biscuits	8.00 oz
17282	Butter	4.00 oz
17282	Sugar	1.00 oz
17282	BUTTER ICING -----	0.00 -----
17282	Butter	4.00 oz
17282	Icing sugar	6.00 oz
17282	TOPPING -----	0.00 -----
17282	Drained crushed pineapple	1.00 cn
17282	Whipped fresh cream	0.50 pt
17282	BASIC RECIPE -----	0.00 -----
17282	BUTTER ICING -----	0.00 -----
17282	TOPPING -----	0.00 -----
17283	Pineapple; run through food	1.00 ea

Sheet1

17283	-processor, chopped	0.00
17283	Corn syrup; light	2.00 c
17283	Water	4.00 c
17283	Sugar	6.00 c
17284	Pineapple, crushed; drained	0.67 c
17284	Sugar	2.00 c
17284	Egg whites	3.00
17284	Light corn syrup	0.25 ts
17284	Pineapple, crushed; drained	0.50 c
17285	Fresh pineapple	1.00 lg
17285	Cooked long-grain white rice	2.00 c
17285	Chinese dried mushrooms	1.00 oz
17285	Onion; finely chopped	1.00 sm
17285	Oil, preferably peanut	2.00 tb
17285	Chinese long beans	0.25 lb
17285	-(OR Green Beans),	0.00
17285	-trimmed and diced	0.00
17285	Eggs	2.00
17285	Dark soy sauce	2.00 tb
17285	Fish sauce (optional)	1.00 tb
17286	Whole chicken breasts, split,	2.00
17286	Skinned and boned	0.00
17286	Salt	0.25 ts
17286	Dash of black peper	0.00
17286	Dry sherry	1.00 tb
17286	LEMON SAUCE -----	0.00 -----
17286	Canned pineapple, cut into	2.00 sl
17286	Quarters	0.00
17286	Fresh lemon juice	0.25 c
17286	Water	0.25 c
17286	Packed brown sugar	3.00 tb
17286	Rice vinegar	2.00 tb
17286	Butter	1.00 tb
17286	Vegetable oil	2.00 ts
17286	Cornstarch	1.25 ts
17286	Grated lemon peel	1.00 ts
17286	Minced fresh ginger	1.00 ts
17286	Bread crumbs	1.00 c
17286	Sesame seeds	0.25 c
17286	Egg, lightly beaten	1.00
17286	LEMON SAUCE -----	0.00 -----
17287	Pineapple preserves	10.00 oz
17287	Apple jelly	10.00 oz
17287	Horseradish	6.00 oz
17287	Dry mustard	1.50 oz
17287	Black pepper	1.00 ts
17288	Can crushed pineapple	14.00 oz
17288	All purpose flour	2.50 c
17288	Salt	0.50 ts

Sheet1

17288	Baking soda	1.00 ts
17288	White sugar	1.50 c
17289	Gelatin, unflavored, envelop	2.00 x
17289	Orange juice	2.50 c
17289	Pineapple, crushed *	20.00 oz
17289	Pears, medium **	2.00 x
17289	Green pepper, optional ***	3.00 T
17290	Raisins	0.50 c
17290	Crushed pineapple	0.75 c
17290	Brown sugar (packed)	1.00 c
17290	Butter	0.50 c
17290	Egg	1.00
17290	Vanilla	1.00 ts
17290	Flour (sifted)	2.00 c
17290	Baking powder	1.00 ts
17290	Soda	0.50 c
17290	Salt	0.50 ts
17290	Walnuts (chopped)	0.50 c
17291	Diced rhubarb	5.00 lb
17291	Sugar	5.00 lb
17291	Pineapples	3.00 lg
17291	Lemons	2.00
17291	Chopped figs	2.00 c
17291	Water	4.00 c
17292	12-oz cool whip	1.00 cn
17292	Condensed sweet milk	1.00 cn
17292	Lemon juice	0.33 c
17292	Crushed pineapple	1.00 cn
17293	(20-oz) crushed drained	1.00 cn
17293	Pineapple	0.00
17293	Red bell pepper seeded	1.00 sm
17293	And chopped	0.00
17293	Red onion	2.00 tb
17293	Fresh jalapeno pepper	1.00
17293	Seeded and minced	0.00
17293	Chopped cilantro	1.50 tb
17293	Salt	0.25 ts
17293	Pepper	0.12 ts
17294	Pineapple juice	1.00 c
17294	Sugar	0.50 c
17294	Flour	1.00 tb
17294	Diced pineapple	1.00 c
17294	Marshmallows, diced	12.00
17294	Lemons	2.00
17295	Pineapple slices; save juice	20.00 oz
17295	Brown sugar	0.50 c
17295	Yellow mustard	0.33 c
17295	Ground cloves	0.25 ts
17295	Cornstarch	2.00 ts

Sheet1

17296	Gelatin	1.00 tb
17296	Egg whites	4.00
17296	Sugar	0.75 c
17296	Banana, diced	1.00
17296	Salt	0.25 ts
17296	Orange, peeled and diced	1.00
17296	Crushed pineapple	0.50 c
17296	Chopped nuts	0.75 c
17296	Cold water	0.25 c
17296	Lemon juice	2.00 tb
17297	Baking Cocoa	0.75 c
17297	Boiling Water	1.00 c
17297	Sifted Unbleached Flour	2.50 c
17297	Baking Soda	1.00 ts
17297	Salt	1.00 ts
17297	Vegetable Shortening	0.50 c
17297	Sugar	2.00 c
17297	Eggs, Separated	2.00 lg
17297	Vanilla Extract	1.00 ts
17297	Cold Water	1.00 c
17297	PINEAPPLE TOPPING -----	0.00 -----
17297	Cornstarch	1.00 tb
17297	Sugar	0.50 c
17297	Pinch Of Salt	0.00
17297	Crushed Pineapple,	8.75 oz
17297	Undrained (1 can)	0.00
17297	COCOA ICING -----	0.00 -----
17297	Sifted Confectioners' Sugar	0.67 c
17297	Baking Cocoa	4.00 ts
17297	Milk	4.00 ts
17297	PINEAPPLE TOPPING -----	0.00 -----
17297	COCOA ICING -----	0.00 -----
17298	Granulated sugar	0.67 c
17298	Unsalted butter	0.75 c
17298	Vanilla	1.00 ts
17298	Ground nutmeg or mace	0.25 ts
17298	Eggs	2.00
17298	Egg yolks	2.00
17298	Milk	1.50 c
17298	Baking powder	2.00 ts
17298	Salt	0.25 ts
17298	Flour	1.50 c
17298	Yellow cornmeal	1.00 c
17298	Madeira	0.33 c
17298	Pineapple; peeled	1.00 lb
17298	- cut into 1/2" thick slices	0.00
17298	- core removed	0.00
17298	Dark brown sugar, packed	0.75 c
17299	Pineapple Slices In Syrup	1.00 cn

Sheet1

17299	(1 pound 4 ozs)	0.00
17299	Butter	0.25 c
17299	Brown Sugar, Firmly Packed	0.67 c
17299	Maraschino Cherries	0.00
17299	Unbleached Flour, Unsifted	1.00 c
17299	Granulated Sugar	0.75 c
17299	Baking Powder	1.50 ts
17299	Salt	0.50 ts
17299	Milk	0.50 c
17299	Vegetable Oil (Or Solid	0.25 c
17299	Vegetable Shortening)	0.00
17299	Egg	1.00 lg
17299	Grated Lemon Rind	0.25 ts
17299	Lemon Juice	1.00 ts
17299	Vanilla Extract	1.00 ts
17300	Cottage Cheese	1.00 c
17300	Pineapple, Crushed	1.00 c
17300	Lemon Juice	0.50 ts
17300	Sour Cream	0.50 c
17300	Walnuts; Chopped	1.00 c
17300	Lemon Zest	0.25 ts
17301	20 oz can sliced pineapple	1.00
17301	Half chicken breasts	5.00 lg
17301	Butter	2.00 tb
17301	Salt	1.00 ts
17301	Mayonnaise	1.50 c
17301	Sliced green onion	0.50 c
17301	Dill weed, crumbled	1.00 ts
17301	English	5.00
17301	-muffins, split, toasted	0.00
17301	Shredded Cheddar cheese	1.50 c
17302	Canned milk (or light cream)	0.67 c
17302	Mini marshmallows	1.50 c
17302	Strained pinto beans	1.50 c
17302	Vanilla	1.00 ts
17302	Sugar	1.67 c
17302	Nuts	0.50 c
17302	Chocolate chips	1.50 c
17303	Pinto or Anasazi beans	2.00 c
17303	- soaked overnight	0.00
17303	Sunflower or light olive oil	1.00 tb
17303	Onion; finely minced	1.00 sm
17303	New Mexican red chile	1.00 ts
17303	Water	10.00 c
17303	Salt	0.00
17303	Half and half	1.00 c
17303	Chopped cilantro	2.00 tb
17303	Chopped parsley	2.00 tb
17303	Chives, minced; -=OR=-	2.00 tb

Sheet1

17303	-Scallions; finely sliced	4.00
17303	Pine nuts	2.00 tb
17303	- toasted in a dry pan	0.00
17304	Water	4.00 c
17304	Pinto Or Black Beans; 1 lb	2.00 c
17304	Onion; Chopped, 1 Md	0.50 c
17304	Vegetable Oil	0.25 c
17304	Salt	1.00 ts
17304	Cumin Seed	1.00 ts
17304	Cloves Garlic; Crushed	2.00
17304	Bacon; Slice	1.00
17305	Pork sausage links(12oz)	1.00 pk
17305	Water	3.00 tb
17305	Sauerkraut,chopped(16oz)	1.00 cn
17305	Dairy sour cream	1.00 c
17305	Milk	0.50 c
17305	Butter or margarine,melted	2.00 tb
17305	Poppy seeds	1.00 tb
17305	Onion salt	1.00 ts
17305	Pepper	0.25 ts
17305	Cooked noodles	2.00 c
17306	Basmati white rice	1.00 c
17306	Water	2.00 c
17306	Salt	1.00 ts
17306	Ghee	3.00 tb
17306	Raw cashew pieces	0.50 c
17306	Yellow split peas	0.50 tb
17306	Black mustard seeds	1.00 ts
17306	Turmeric	0.50 ts
17306	Lemon juice	0.33 c
17306	Coarsely chopped coriander	3.00 tb
17306	Shredded coconut	0.25 c
17307	Ground beef	1.50 lb
17307	Salt	1.00 ts
17307	Pepper	0.12 ts
17307	Paprika	0.25 ts
17307	Oregano	0.25 ts
17307	Thyme	0.25 ts
17307	Garlic powder	0.12 ts
17307	Chili powder	0.12 ts
17307	Parsley flakes	1.00 ts
17307	Evaporated milk	0.75 c
17307	Egg	1.00
17307	Cracker crumbs	0.50 c
17307	Onions - chopped	0.25 c
17307	SAUCE -----	0.00 -----
17307	Mushrooms - sliced	0.25 lb
17307	Unsalted butter	3.00 tb
17307	Flour	2.50 tb

Sheet1

17307	Onions - chopped	1.00 ts
17307	Paprika	0.50 ts
17307	Salt	0.50 ts
17307	Cream	0.75 c
17307	Beef broth	0.75 c
17307	SAUCE -----	0.00 -----
17308	Corn oil	2.00 tb
17308	Onion, quartered, then in	1.00
17308	-thin slices	0.00
17308	Carrot, cut in julienne	1.00
17308	-strips	0.00
17308	Green bell pepper, seeded,	0.50
17308	-cut in thin strips	0.00
17308	Piece ginger root, peeled,	1.00
17308	-chopped (1-1/2")	0.00
17308	Five Spice Powder	3.00 pn
17308	Pineapple slices	8.00 oz
17308	Sugar	1.00 tb
17308	Dark soy sauce	1.00 tb
17308	Dry sherry	1.00 tb
17308	Malt vinegar	1.00 tb
17308	Catsup	1.50 tb
17308	Cornstarch	1.00 tb
17308	Chicken stock	0.67 c
17308	Fresh pineapple leaves (opt)	0.00
17309	Tomato sauce	0.25 c
17309	Lime juice	3.00 tb
17309	Light brown sugar	2.00 tb
17309	Chinese chili sauce	0.25 ts
17309	Garlic clove, minced	1.00
17309	Fresh mint leaves, coarsely	2.00 ts
17309	-chopped	0.00
17309	Lime peel, grated or minced	1.00 ts
17309	Cornstarch mixed with	1.00 tb
17309	Cold water	1.00 tb
17310	Chili Peppers	6.00
17310	Coarse salt	1.00 ts
17310	Olive oil	1.00 c
17310	Cider Vinegar	0.33 c
17311	Chopped onion	4.00 tb
17311	Olive oil	2.50 tb
17311	Fresh peas; shelled	2.00 lb
17311	Tomato paste	1.50 ts
17311	Salt	0.25 ts
17312	Large pkg white cake mix	1.00
17312	Small pkg pistachio instant	2.00
17312	-udding mix	0.00
17312	Eggs	3.00
17312	Oil	1.00 c

## Sheet1

17312	7-up	1.00 c
17312	Nuts	0.50 c
17312	Milk	1.50 c
17312	Small container cool whip	1.00
17313	(3-oz.) cream cheese	1.00 pk
17313	(14-oz.) sweetened condensed	1.00 cn
17313	-milk, divided	0.00
17313	Vanilla	0.50 ts
17313	(6-oz. each) semisweet	3.00 pk
17313	-chocolate pieces	0.00
17313	Sweet butter or margarine	1.00 tb
17313	Coarsely chopped pistachio	0.50 c
17313	-nuts	0.00
17314	Sugar	2.00 c
17314	Water	3.00 c
17314	Tartaric acid	0.25 ts
17314	Cornflour	0.75 c
17314	Icing sugar mixture	1.75 c
17314	Rosewater	1.00 ts
17314	Drops pink food colouring	2.00
17314	Shelled pistachios	0.50 c
17314	Cornflour, extra	0.50 c
17314	Icing sugar, extra	0.50 c
17315	5-lb pork shoulder roast	1.00
17315	Hickory chips	1.00
17315	Cider vinegar	1.00 c
17315	Prepared mustard	0.50 c
17315	Sugar	0.33 c
17315	Hot chili peppers, chopped	2.00 tb
17315	Butter or margarine	2.00 tb
17315	Worcestershire sauce	2.00 ts
17315	Salt	1.00 ts
17315	Chili powder	1.00 ts
17316	5-lb pork shoulder roast	1.00 ea
17316	Hickory chips	1.00 ea
17316	Cider vinegar	1.00 c
17316	Prepared mustard	0.50 c
17316	Sugar	0.33 c
17316	Hot chili peppers, chopped	2.00 tb
17316	Butter or margarine	2.00 tb
17316	Worcestershire sauce	2.00 ts
17316	Salt	1.00 ts
17316	Chili powder	1.00 ts
17317	Garlic	2.00 cl
17317	Lightly Packed Parsley	0.50 c
17317	Torn Spinach	4.00 c
17317	Grated Parmesan	0.50 c
17317	Dried Whole Basil	1.50 tb
17317	Lemon Juice	1.00 tb



Sheet1

17317	(6 Inch) Whole Wheat Pitas	2.00
17317	Chopped Red Bell Pepper	1.00 c
17317	(2 Oz.) Shredded Part-	0.50 c
17317	Skim Mozzarella Cheese	0.00
17318	THE DOUGH -----	0.00 -----
17318	Fast-rising dry yeast	1.00 pk
17318	All-purpose white flour	3.00 c
17318	Hot water (120F-to-130F)	1.00 c
17318	Salt	0.50 t
17318	TOPPING COMPONENTS -----	0.00 -----
17318	Mozzarella or other melting	0.50 c
17318	-cheese, thinly sliced or	0.00
17318	-cut into 1-inch cubes	0.00
17318	Tomato sauce or 1 1/2 lb	1.00 c
17318	-fresh tomatoes, seeded,	0.00
17318	-drained roughly chopped	0.00
17318	Garlic cloves, peeled and	2.00
17318	-minced, (optional)	0.00
17318	Dried oregano, or 5-to-6	0.50 t
17318	-fresh basil leaves,	0.00
17318	-shredded	0.00
17318	Freshly ground black pepper	0.00
17318	Olive oil	2.00 T
17318	THE DOUGH -----	0.00 -----
17318	TOPPING COMPONENTS -----	0.00 -----
17319	Mild italian sausage	2.00 ea
17319	Loaf (1 lb.) unslice	1.00 ea
17319	P. italian seasoning	1.00 ea
17319	Shredded provolone c	0.25 ea
17319	P water	0.50 ea
17319	. pizza sauce	15.00 ea
17319	P. garlic powder	0.50 ea
17319	Ps (8 oz.) shredded mo	2.00 ea
17320	Fresh yeast; -=OR=-	1.00 oz
17320	- Instant dry yeast granules	2.00 pk
17320	Milk; at room temperature	0.50 c
17320	Warm water (125F)	0.75 c
17320	Salt	0.50 ts
17320	Unbleached white flour	3.00 c
17321	Water	1.00 c
17321	Undiluted condensed chicken	1.00 c
17321	-broth	0.00
17321	Tomato juice	1.00 c
17321	Peeled fresh or canned	1.00 c
17321	-tomatoes, diced (with	0.00
17321	Juices)	0.00
17321	Onion, sliced	1.00 sm
17321	Bell pepper, chopped	1.00
17321	Clove garlic, minced	1.00

Sheet1

17321	Dried basil	0.75 ts
17321	Dried oregano	0.75 ts
17321	Thin rounds Italian bread,	4.00
17321	-toasted	0.00
17321	Part-skim-milk mozzarella	4.00 sl
17321	-cheese (1 ounce each)	0.00
17322	Pillsbury soft breadsticks	1.00 cn
17322	-(11 oz size)	0.00
17322	Pepperoni slices, thin	24.00
17322	Parmesan cheese, grated	2.00 tb
17322	Italian seasonings	0.50 ts
17322	Garlic powder	0.25 ts
17322	Pizza sauce, heated	0.50 c
17323	Pork, bite size pieces	3.00 lb
17323	Onions, chopped	3.00 md
17323	Chicken broth	49.00 oz
17323	Celery, chopped	1.00 c
17323	Tomatillo entero	18.00 oz
17323	Salsa verde	1.00 pt
17323	Green chiles	8.00 oz
17323	Beef broth	14.00 oz
17323	Poblanos, skinned & seeded	6.00
17323	Red bell pepper	1.00 lg
17323	Green chile salsa, Ortega	2.00 cn
17323	Serrano chiles, cut in rings	8.00
17323	Garlic powder	2.00 tb
17323	Corn starch	4.00 tb
17323	Salt and pepper to taste	0.00
17323	Cumin, ground	1.00 tb
17323	Oregano	1.00 tb
17324	Egg	6.00
17324	Salt; pepper to taste	0.00
17324	Margarine; parve or	0.25 lb
17324	-butter if dairy is OK	0.00
17324	Noodles,	1.00 lb
17325	Flour	2.00 c
17325	Sugar	0.25 c
17325	Salt	0.50 ts
17325	Baking soda	0.50 ts
17325	Baking powder	2.00 ts
17325	Eggs	2.00
17325	Buttermilk	1.00 c
17325	Vegetable oil	0.50 c
17326	Foot of sausage casing,	8.00
17326	- packed in salt	0.00
17326	Boneless pork	1.50 lb
17326	Fresh pork fat	0.50 lb
17326	Salt	1.00 tb
17326	Freshly ground black pepper	0.50 ts

Sheet1

17326	Fennel seeds	2.00 ts
17326	- lightly crushed	0.00
17326	Dry red wine	2.00 tb
17327	Prepapred fruit	0.00
17327	Sugar	0.00
17328	Peaches,ripe	0.00
17328	Light brown sugar	0.00
17329	Salmon fillet (skin 1 side)	4.00 lb
17329	Pepper ground to taste	1.00
17329	Oil	1.00
17329	Butter melted	0.50 c
17330	Pork butt	1.00 lb
17330	Veal shoulder	1.00 lb
17330	Pork back fat	0.75 lb
17330	Bread crumbs from	1.00 c
17330	-day-old bread	0.00
17330	Grated lemon zest	2.00 tb
17330	Kosher salt	1.00 tb
17330	Freshly ground black pepper	1.50 ts
17330	Ground sage (optional)	1.00 ts
17330	Dried marjoram	0.75 ts
17330	Dried thyme	0.75 ts
17330	Dried summer savory	0.25 ts
17330	Ground mace	0.50 ts
17330	Cold water	0.50 c
17331	Pears, peeled, cored, and	12.00
17331	Minced	0.00
17331	Sweet wine	2.00 c
17331	Water	2.00 c
17331	Honey	3.00 oz
17332	Onion; Chopped, 1 small	0.25 c
17332	Butter Or Margarine	0.25 c
17332	Chile Sauce	0.25 c
17332	Mustard; Dijon-style	2.00 t
17332	Purple Plums; 1 cn, *	16.50 oz
17332	Frozen Lemonade; Thawed,1 cn	6.00 oz
17333	Text Only	0.00
17334	Plums	25.00 lb
17334	Onions	8.00 lb
17334	Apples	4.00 lb
17334	Currants	5.00 lb
17334	Brown sugar	8.00 lb
17334	White vinegar	7.00 c
17334	Chunks fresh ginger	2.00
17334	Dry mustard	7.00 ts
17334	Curry powder	7.00 ts
17334	Salt	7.00 ts
17335	Plum	3.00 lb
17335	Raisins	1.00 lb

Sheet1

17335	Orange	2.00 ea
17335	Sugar	3.00 lb
17335	Walnuts, chopped	0.50 lb
17336	Suet, finely chopped	1.00 c
17336	Bread crumbs, soft	2.00 c
17336	Egg, well beaten	2.00 ea
17336	Orange juice	0.25 c
17336	Cinnamon	2.00 t
17336	Salt	0.50 t
17336	Raisins	1.00 c
17336	Nuts, chopped	0.50 c
17336	Lemon rind, finely chopped	0.25 c
17336	Sugar	1.00 c
17336	Flour	1.00 c
17336	Milk	1.00 c
17336	Cloves	1.00 t
17336	Mace	1.00 t
17336	Soda	1.00 t
17336	Currants	1.00 c
17336	Orange rind, finely chopped	0.25 c
17337	Apples	2.00 lb
17337	Onions	4.00 md
17337	Vinegar	1.00 qt
17337	Grated ginger root	2.00 tb
17337	Cloves	2.00 tb
17337	Plums, pitted	6.00 lb
17337	Garlic salt	1.00 ts
17337	Salt	2.00 tb
17337	Red pepper	0.50 ts
17337	Brown sugar	2.00 lb
17338	Pea beans	1.00 pt
17338	Water	4.00 qt
17338	Chicken	3.00 lb
17338	Cooked potatoes, sliced	3.00
17338	Corned beef	2.50 lb
17338	Yellow turnip, cooked &	1.00 sm
17338	-cubed	0.00
17338	Salt pork	0.50 lb
17338	Whole hominy	1.50 qt
17339	Skinned, boned chicken	4.00 oz
17339	-breast halves	0.00
17339	Chablis or other dry white	0.75 c
17339	-wine	0.00
17339	Sliced fresh mushrooms	2.50 c
17339	Chopped fresh parsley	2.00 tb
17339	Dried whole tarragon	0.50 ts
17339	Salt	0.50 ts
17339	Pepper	0.25 ts
17339	Cornstarch	1.00 tb

Sheet1

17339	Water	2.00 ts
17340	Olive oil	2.00 tb
17340	Sliced scallions	1.00 c
17340	Garlic cloves, crushed	2.00
17340	Hot pepper sauce	0.12 ts
17340	Tomatoes, peeled, seeded,	4.00 md
17340	-chopped	0.00
17340	Red wine vineagr	1.00 tb
17340	Bay leaf	1.00
17340	Ground cloves	0.50 ts
17340	Worcestershire sauce	0.50 ts
17340	Ground saffron (optional)	0.12 ts
17340	Freshly ground pepper	0.12 ts
17340	Skinless, boneless chicken	2.00 lb
17340	-breast halves	0.00
17341	Canned chicken broth plus	1.00 c
17341	-1/2 cup water	0.00
17341	Fruity red wine, such as	0.75 c
17341	-hearty burgundy	0.00
17341	Tarragon	2.00 tb
17341	Skinless, boneless chicken	6.00
17341	-breast halves	0.00
17341	Cornstarch dissolved in 2	2.00 ts
17341	-tbsp water	0.00
17342	Defatted chicken stock	2.00 tb
17342	Finely chopped onion	0.25 c
17342	Chopped mushrooms	0.25 c
17342	Apple, peeled and chopped	0.50 sm
17342	Raisins	1.00 tb
17342	Whole wheat bread, crumbled	0.50 sl
17342	Chopped parsley	1.00 tb
17342	*each* salt and pepper	1.00 ds
17342	Italian herbs	0.25 ts
17342	Inch thick pork loin chops	1.00
17342	Unsweetened applesauce	0.50 c
17342	Boiling water	0.00
17343	-VIVIAN THIELE NRHF19C	0.00
17344	Polenta	8.00 oz
17344	Stoned olives (optional)	3.00 oz
17344	FOR THE TOMATO SAUCE -----	0.00 -----
17344	(generous) canned tomatoes	1.25 lb
17344	Onion	1.00 lg
17344	Olive oil	1.00 tb
17344	Garlic, bay, rosemary, thyme	0.00
17344	-- (or herbs of your choice)	0.00
17344	FOR THE TOMATO SAUCE -----	0.00 -----
17345	SOURDOUGH STARTER:	0.00
17345	Cold water	2.00 c
17345	Rye flour	6.00 c

Sheet1

17345	Active dry yeast	1.00 ts
17345	=====	0.00
17345	BREAD:	0.00
17345	Warm water (105-110 F)	4.00 c
17345	Rye flour	5.50 c
17345	All purpose flour	5.50 c
17345	Salt	2.00 tb
17345	Dry yeast dissolved in 1/4	4.00 pk
17345	-cup warm water (105-110F)	0.00
17345	Ground cornmeal	0.25 c
17345	Caraway seeds	2.00 ts
17346	Medium-sized onion, chopped	1.00
17346	To 5 green onions, thinly	4.00
17346	-sliced	0.00
17346	Medium-sized green bell	1.00
17346	-pepper, diced	0.00
17346	To 4 jalapenos, thinly	3.00
17346	-sliced	0.00
17346	Cumin	2.00 ts
17346	Vegetable oil	3.00 tb
17346	French rolls, broken up	2.00
17346	-(total 3 to 4 ounces)	0.00
17346	Corn tortillas, torn or cut	6.00
17346	-up into small pieces	0.00
17346	Tomatillos, quartered fresh	20.00
17346	-or 2 cans (13 oz each),	0.00
17346	-drained	0.00
17346	Chicken broth	3.00 c
17346	Chicken (about 3 1/2	1.00
17346	-pounds), cut into serving	0.00
17346	-pieces*	0.00
17346	Cilantro, coarsely chopped	2.00 bn
17346	Juice of 1/2 lemon or lime	0.00
17346	Salt and pepper to taste	0.00
17346	Sour cream	1.00 c
17347	Butter or margarine	0.50 c
17347	Flour	1.00 c
17347	Seasoned salt	1.00 ts
17347	Chicken pieces	4.00 lb
17347	Orange juice	1.00 c
17347	Lemon juice	2.00 tb
17347	Brown sugar	0.50 c
17347	Cornstarch	1.00 tb
17347	Soy sauce	1.00 tb
17347	Salt	0.50 ts
17347	Sliced papaya	2.00 c
17348	Lean pork, cubed	0.75 lb
17348	Vegetable oil	0.50 tb
17348	Pineapple, chunk or crushed	0.75 c

Sheet1

17348	Soy sauce	0.50 tb
17348	Ginger	0.50 ts
17348	Pepper	1.00 pn
17348	Cornstarch	1.00 ts
17348	Water	0.50 tb
17348	Green pepper	0.50 sm
17348	Coconut, shredded, optional	1.00 ts
17349	Essential oil	0.50 t
17349	All-clay litter	2.00 T
17349	Glass jar	0.00
17350	Ground chuck	1.00 lb
17350	Med onion, chopped	1.00
17350	Green pepper (optional)	0.50 md
17350	Tomato sauce	16.00 cn
17350	Tomatos, drained and	16.00 cn
17350	Smooshed	0.00
17350	Garlic	4.00 cl
17350	Onion, chopped (again)	1.00 md
17350	Bay leaf	1.00
17350	Lots oregano, basil,	0.00
17350	Marjoram	0.00
17350	Dashes Worcestershire	0.00
17350	Dash tobasco or cayenne	0.00
17350	Splash red wine	0.00
17350	Lots parmesan	0.00
17350	Mushrooms, halved & sauteed	8.00 oz
17350	Macaroni, cooked al dente	4.00 oz
17350	Slices American cheese	6.00
17350	Sprinkles chives	0.00
17351	Lasagna noodles	1.00 pk
17351	Margarine or butter	1.50 c
17351	Onions, diced	4.00 ea
17351	Medium potatoes	11.00 ea
17351	Velvetta	1.00 lb
17351	Parmesan cheese, grated	1.00 x
17352	Flour	4.00 c
17352	Cayenne pepper	2.00 ts
17352	Bran flake cereal, crushed	1.00 c
17352	Parsley flakes	2.00 tb
17352	Garlic powder	2.00 ts
17352	Onion powder	1.00 tb
17352	Chili powder	2.00 ts
17352	Taco seasoning	2.00 tb
17352	Season pepper	1.00 ts
17352	Curry (or more)	1.00 ts
17352	Sweet basil	1.00 ts
17352	Oregano	1.00 ts
17353	Popped corn	5.00 qt
17353	Sugar	2.00 c

Sheet1

17353	Light corn syrup	0.50 c
17353	Water	1.50 c
17353	Salt	0.50 ts
17353	Vinegar	1.00 ts
17353	Vanilla	1.00 ts
17354	Karo syrup	0.50 pt
17354	Brown sugar	1.50 pt
17354	Butter	2.00 tb
17354	Vinegar	1.00 ts
17354	Baking soda	0.50 ts
17354	Popcorn; about	6.00 qt
17355	Qt. popped corn	4.00
17355	Gum drops	0.50 lb
17355	Peanuts	0.50 lb
17355	Marshmallows	1.00 lb
17355	Melted margarine	0.50 c
17355	Corn oil	0.50 c
17356	Molasses	1.00 c
17356	Sugar	1.00 c
17356	Popped corn	3.00 qt
17356	Salt	0.50 ts
17356	Butter	1.00 tb
17357	Popped corn	2.00 qt
17357	Pecan halves	1.50 c
17357	Whole almonds	0.67 c
17357	Sugar	1.33 c
17357	Light corn syrup	0.50 c
17357	Margarine	1.00 c
17357	Dipping Chocolate (optional)	0.00
17358	Popped corn	8.00 c
17358	Sugar	1.00 c
17358	Corn sirup	0.50 c
17358	Water	0.25 c
17358	Butter	1.00 tb
17358	Salt	1.00 ts
17359	Popped corn	8.00 c
17359	Sugar	1.00 c
17359	Light corn syrup	0.33 c
17359	Hot water	0.33 c
17359	Salt	0.12 ts
17359	Vanilla	0.50 ts
17359	Chocolate coating	1.00 lb
17360	Corn oil	2.00 tb
17360	Olive oil	2.00 tb
17360	Garlic cloves, split	2.00
17360	Popping corn	0.75 c
17360	Salt	0.00
17360	Grated aged provolone	0.25 c
17360	Finely chopped oil-cured	6.00



## Sheet1

17360	-sun-dried tomatoes	0.00
17360	Oil from the tomatoes	1.00 tb
17360	Finely chopped basil leaves	12.00
17360	Ds cayenne pepper	0.00
17361	Ground Beef; Lean	0.75 lb
17361	Onion; Minced	1.00 tb
17361	Brown Sugar	2.00 tb
17361	Biscuits; *	12.00
17361	Barbecue Sauce; **	0.50 c
17361	Cheddar; Sharp, Shredded	0.75 c
17362	Box of yellow cake mix	1.00 ea
17362	Eggs	4.00 ea
17362	Oil	1.00 c
17362	Sour cream	8.00 oz
17362	Cooking sherry	0.50 c
17362	Small vanilla inst. pudding	1.00 ea
17362	Poppy seed	0.25 c
17363	Poppyseeds	0.25 c
17363	Buttermilk	1.00 c
17363	Preheat oven to 350. Butter	0.00
17363	-WELL a 10 " bundt pan	0.00
17363	Margerine cream well, add	1.00 c
17363	Sugar Beat until fluffy	1.50 c
17363	Eggs add one at a time, beat	4.00
17363	-well after each	0.00
17363	Vanilla beat in	1.00 ts
17363	Sift together:	0.00
17363	Flour	2.50 c
17363	Salt	0.50 ts
17363	Soda	1.00 ts
17364	Butter or Margarine	1.00 tb
17364	Fresh Mushrooms, sliced	8.00 oz
17364	Chicken, cooked, cubed	5.00 c
17364	Cream of Chicken Soup,	1.00 cn
17364	-undiluted (10 3/4 Oz.)	0.00
17364	Sour Cream (8 Oz.)	1.00 c
17364	Jar Pimiento, drained and	1.00
17364	-diced (2 Oz.)	0.00
17364	TOPPING:	0.00
17364	Butter or Margarine	0.50 c
17364	Butter flavored Crackers,	1.33 c
17364	-finely crushed	0.00
17364	Poppy Seeds	2.00 ts
17365	Flour	2.50 c
17365	Baking powder	2.00 ts
17365	Baking soda	1.00 ts
17365	Salt	0.25 ts
17365	Butter	1.00 c
17365	Sugar; + 4 T	1.00 c

Sheet1

17365	Vanilla	2.00 ts
17365	Cinnamon	1.00 ts
17365	Eggs; separated, room temp	4.00
17365	Buttermilk; room temp	1.00 c
17365	Semisweet chocolate chips	1.00 c
17365	-coarsely chopped	0.00
17365	Unsweetened chocolate; grate	1.50 oz
17365	Poppy seeds	0.25 c
17365	Confectioners sugar; garnish	0.00
17366	Light veg. oil spray	0.00
17366	Apricot halves (from 8 1/4	5.00
17366	- oz. can)	0.00
17366	Cake flour, sifted	1.00 c
17366	Poppy Seeds	2.00 tb
17366	Baking Powder	1.00 ts
17366	Salt	0.25 ts
17366	Granulated sugar	1.00 c
17366	Whites of 5 large eggs at	0.00
17366	- room temperature	0.00
17366	Fresh squeezed lemon juice	2.00 tb
17366	Confectioner's sugar	1.00 c
17367	Unsalted butter; softened	0.50 lb
17367	Sugar	0.50 c
17367	Salt	0.25 ts
17367	Eggs	2.00
17367	Prepared poppyseed paste	1.50 c
17367	Flour	2.75 c
17367	TO DUST THE COOKIES -----	0.00 -----
17367	Powdered sugar	0.25 c
17367	TO DUST THE COOKIES -----	0.00 -----
17368	Salad oil	1.00 c
17368	Sugar (I use less)	0.50 c
17368	Cider vinegar	0.33 c
17368	Poppyseeds	1.00 tb
17368	Grated onion	1.00 tb
17368	Salt	1.00 ts
17368	Dry mustard	1.00 ts
17369	Milk, scalded	2.00 c
17369	Ground poppyseeds	1.00 lb
17369	Sugar	1.50 c
17370	Poppyseeds	1.25 T
17370	Milk	0.25 c
17370	Eggs; separated	6.00
17370	Butter; softened	1.00 c
17370	Sugar	2.50 c
17370	Buttermilk]	1.00 c
17370	Vanilla	1.00 t
17370	Lemon extract	1.00 t
17370	Baking soda	0.25 t

Sheet1

17370	Flour	3.00 c
17370	Baking powder	1.00 t
17370	LEMON -----	0.00 -----
17370	Powdered sugar	1.50 c
17370	Lemon extract	1.00 t
17370	Orange juice; strained	0.50 c
17370	LEMON -----	0.00 -----
17371	Yeast	2.00 T
17371	Milk; lukewarm	1.50 c
17371	-Sugar	0.25 c
17371	-Sugar; for sprinkling	0.00
17371	-Salt	1.00 T
17371	-Eggs	3.00
17371	-Butter; softened	0.25 c
17371	-Butter; melted	4.00 T
17371	Flour; to 7 1/2 c	7.00 c
17371	Poppyseeds; generous sprinkl	0.00
17372	Lean pork	12.00 oz
17372	Peanut oil	1.00 tb
17372	Soya sauce	1.00 ts
17372	To 2 tb Oyster sauce	1.00 tb
17372	Cornflour	2.00 ts
17372	Fresh ginger	0.25 oz
17372	Spring onions	0.50 oz
17372	Sugar	0.25 ts
17372	Salt	0.25 ts
17372	Bean sprouts	4.00 oz
17373	Can Boston Baked Beans	1.00 sm
17373	Liquid Smoke	1.00 ts
17373	Dry Mustard	0.25 ts
17373	Can Pork And Beans	1.00 sm
17373	Brown Sugar	1.00 tb
17374	1" Thick Pork Chop	1.00
17374	Salt	0.12 ts
17374	Black Pepper	1.00 ds
17374	Acorn Squash 1/2" Thick	3.00 sl
17374	Butter	1.00 tb
17374	Brown Sugar	1.00 tb
17374	Honey	1.00 tb
17375	Vegetable oil	1.00 tb
17375	Pork butt; cut into 2" cubes	2.00 lb
17375	Onion; finely diced	1.00 sm
17375	Chicken stock	5.00 c
17375	-OR low-sodium chicken broth	0.00
17375	Dried Lima beans	0.75 c
17375	Caraway seeds	1.00 ts
17375	Salt; or to taste	0.50 ts
17375	Corn kernels	1.00 c
17375	Red peppers; seeded & diced	3.00 md

## Sheet1

17375	Plain yogurt	0.50 c
17375	Salt; or to taste	0.50 ts
17375	Freshly ground pepper	0.00
17375	- to taste	0.00
17376	All purpose flour	2.00 c
17376	Shortening	0.75 c
17376	Salt	1.00 ts
17376	Pork (ground)	1.00 lb
17376	Veal (ground)	0.75 lb
17376	Onion, chopped	1.00 lg
17376	Poultry seasoning	1.00 tb
17376	Thyme	0.50 ts
17376	Cloves (ground)	0.25 ts
17376	Dry red wine, beef stock-OR-	0.25 c
17376	Water	0.00
17376	Bread crumbs (fresh)	0.50 c
17377	Trimmed/boned loin pork	0.75 lb
17377	Ground veal	0.50 lb
17377	Minced shallot	1.00
17377	Fennel seed	1.00 ts
17377	Crumbled dried sage	1.00 ts
17377	Salt	0.75 ts
17377	Crumbled dried thyme	0.50 ts
17377	Freshly ground pepper	0.50 ts
17378	Sweet potatoes,medium,peeled	5.00
17378	Apples	6.00
17378	Salt to taste	0.00
17378	Pepper to taste	0.00
17378	Honey	0.33 c
17378	Soy sauce	0.25 c
17378	Water	0.50 c
17378	Pork chops	6.00
17378	Butter or margarine	2.00 tb
17379	Bacon drippings	3.00 T
17379	Parsley; fresh, chopped	1.00 c
17379	Water	1.00 c
17379	Cooked pork; chopped (lefto	4.00 c
17379	Salt; depending on salt in	1.50 t
17379	Onions; chopped	1.00 c
17379	Garlic; chopped	1.00 T
17379	Cooked rice	2.00 c
17379	Cayenne pepper; to taste	1.00 x
17380	Fatty salt pork *	0.50 lb
17380	Flour	5.00 c
17380	Salt	0.50 ts
17380	Nutmeg	1.00 ts
17380	Cinnamon	1.00 ts
17380	Sugar	0.50 c
17380	Minced currants	1.00 c

## Sheet1

17380	Boiling water	1.25 c
17380	Baking soda	1.25 ts
17380	Baking powder	2.50 ts
17380	Ground cloves	1.00 ts
17380	Eggs	2.00
17380	Molasses	1.50 c
17381	Southwest Guacamole; *	0.00
17381	Poblano Chiles; **	4.00
17381	Onion; Medium, Cut in halves	1.00
17381	Center Loin Roast; ***	1.00 lb
17381	Clove Garlic; Finely Chopped	1.00
17381	Vegetable Oil	2.00 tb
17381	Tomato Paste	2.00 tb
17381	Red Wine Vinegar	1.00 tb
17381	Salt	0.25 ts
17381	Italian Plum Tomatoes; ****	1.33 c
17381	Flour Or Corn Tortillas	0.00
17381	Dairy Sour Cream	0.00
17382	Campbell's Golden Corn Soup	1.00 cn
17382	Celery, finely chopped	0.25 c
17382	Onion, finely chopped	0.25 c
17382	Paprika	0.50 ts
17382	Corn bread stuffing	1.50 c
17382	Pork chops, boneless 3/4"	4.00
17382	Thick	0.00
17382	Packed brown sugar	1.00 tb
17382	Spicy brown mustard	1.00 ts
17383	Flour; for dredging	0.00
17383	8 oz bone-in loin pork chop	1.00
17383	Vegetable oil	2.00 ts
17383	Salt	0.00
17383	Freshly ground black pepper	0.00
17383	Vegetable oil	2.00 ts
17383	Granny Smith; sliced	1.00 sm
17383	- or other tart apple	0.00
17383	Onion; peeled and sliced	1.00 sm
17383	Coarsely shredded cabbage	2.00 c
17383	Madeira	0.33 c
17383	Apple cider	0.50 c
17383	Sour cream (optional)	2.00 tb
17384	Pork blade,rib or loin chops	4.00
17384	Salt	1.00 ts
17384	Small onion,thinly sliced	1.00
17384	Rose wine	0.50 c
17384	Grated peel of large orange	0.00
17384	Juice of large orange	0.00
17384	Brown sugar	2.00 tb
17384	Ground allspice	0.25 ts
17384	Small orange,thinly sliced	1.00

Sheet1

17385	Pork chops, trimmed of fat	4.00
17385	Pepper	0.00
17385	Paprika	0.00
17385	Oil	1.00 tb
17385	Flour	1.00 tb
17385	Ground cloves	0.12 ts
17385	Envelope onion soup mix	1.00
17385	Water	2.25 c
17385	Can chick peas (garbonzo)	20.00 oz
17385	Chinese cabbage	0.00
17386	Pork Chops, 1/2" Thick	4.00
17386	Oil	2.00 tb
17386	Onion, Chopped	1.00 md
17386	Caraway Seed	2.00 ts
17386	Beef Bouillon Cube	1.00
17386	Water	0.50 c
17386	Sherry, Optional	2.00 tb
17386	Mixed Vegetables *	16.00 oz
17387	Pork Chops	6.00
17387	Uncooked Rice	6.00 tb
17387	Onion	1.00 lg
17387	Green Pepper	1.00
17387	Fresh Tomatoes	2.00
17387	Salt And Pepper To Taste	0.00
17388	Pork chops	4.00
17388	Salt and pepper	0.00
17388	Water	0.50 c
17388	Ketchup	0.67 c
17388	Green onion; chopped	2.00 tb
17388	Mushrooms; sliced	0.50 c
17388	Green pepper; sliced	0.33 c
17388	Tabasco sauce	0.25 c
17388	Worcestershire sauce	1.00 tb
17388	Granulated sugar; optional	1.00 ts
17389	Pork chops; sliced 1/4" thic	14.00
17389	Salt, pepper	0.00
17389	Flour	0.00
17389	Butter	0.50 c
17389	Cream of mushroom soup	1.00 cn
17389	Parmesan cheese;grated	0.50 c
17389	Paprika	0.00
17390	Pork chops; sliced 1/4" thic	14.00
17390	Salt, pepper	0.00
17390	Flour	0.00
17390	Butter	0.50 c
17390	Cream of mushroom soup	1.00 cn
17390	Parmesan cheese;grated	0.50 c
17390	Paprika	0.00
17391	Sweet potatoes	3.00

Sheet1

17391	Pork chops	4.00
17391	Salt	0.50 ts
17391	Pepper	1.00 ts
17391	Flour	0.25 c
17391	Shortening	2.00 tb
17391	Butter	2.00 tb
17391	Currant jelly	0.50 c
17391	Orange juice	0.50 c
17391	Lemon juice	1.00 tb
17391	Lemon rind	1.00
17391	Dry mustard	1.00 ts
17391	Paprika	1.00 ts
17391	Ginger, ground	0.50 ts
17392	Vegetable Oil	2.00 tb
17392	Pork Loin Or Rib Chops; *	6.00
17392	Salt	1.00 ts
17392	Pepper	0.25 ts
17392	Tomatoes; Chopped, 2 Medium	2.00 c
17392	Hot Cooked Rice	0.00
17392	RADISH AND CILANTRO RELISH -----	0.00 -----
17392	Radishes; Thinly Sliced	2.00 c
17392	Onion, Chopped, 1 Medium	0.50 c
17392	Orange Juice	3.00 tb
17392	Lime Juice	2.00 tb
17392	Fresh Cilantro; Snipped Fine	2.00 tb
17392	Vegetable Oil	2.00 tb
17392	Salt	0.25 ts
17392	Pepper; Freshly Ground	0.25 ts
17392	RADISH AND CILANTRO RELISH -----	0.00 -----
17393	Sage	1.00 ts
17393	1" thick pork chops	4.00
17393	Rosemary	1.00 ts
17393	Butter	2.00 tb
17393	Salt	1.00 ts
17393	Olive oil	1.00 tb
17393	Garlic cloves chopped	2.00
17393	Dry white wine	0.75 c
17393	Freshly ground pepper	0.00
17394	Catsup	1.00 c
17394	Maple syrup	1.00 c
17394	White wine	0.67 c
17394	Water	0.25 c
17394	Bouillon cube	1.00
17394	Bay leaf	1.00
17394	Cloves garlic, minced	2.00
17394	Ground ginger	0.25 ts
17394	Thyme	0.75 ts
17394	Basil	1.50 ts
17394	Dry mustard	0.50 ts

Sheet1

17394	Salt	0.50 ts
17394	Pepper	0.25 ts
17394	Pork chops, 1 1/2" thick	4.00
17395	1/2 in thick boneless pork	8.00
17395	Chops	0.00
17395	Cooking apples (granny	2.00
17395	Smiths), about 1 lb.	0.00
17395	Flour	0.25 c
17395	Oil	2.00 tb
17395	Finely chopped shallots (or	2.00 tb
17395	Onions)	0.00
17395	Red wine vinegar	2.00 tb
17395	Chicken broth	0.75 c
17395	Honey	1.00 tb
17395	Tomato paste (just to give	1.00 ts
17395	Red color, sometimes I	0.00
17395	Substitute	0.00
17395	Catsup)	1.00 tb
17395	Salt and pepper to taste	0.00
17396	Butter	0.25 c
17396	Onions, chopped	0.50 c
17396	Apples, parred and chopped	3.00
17396	Raisins	0.50 c
17396	Curry powder	1.00 ts
17396	To 3/4 c bread crumbs	0.50 c
17396	Pork chops, butterflied	6.00
17396	Coating:	0.00
17396	Eggs, beaten	2.00
17396	To 2 c bread crumbs	1.00 c
17396	Finely chopped almonds	0.50 c
17397	Reduced-calorie margarine	4.00 ts
17397	Apple, cored and sliced	1.00 sm
17397	Sliced onion	0.25 c
17397	Drained sauerkraut (plastic	0.75 c
17397	-bag, not can)	0.00
17397	Canned chicken broth	0.25 c
17397	Dry white wine	4.00 ts
17397	Country Dijon-style mustard	2.00 ts
17397	Caraway seed	0.50 ts
17397	Coarsely ground pepper	0.12 ts
17397	Pork loin chops (6 oz each,	2.00
17397	-1/2 inch thick)	0.00
17398	1/2 in thick boneless pork	8.00
17398	Chops	0.00
17398	Cooking apples (granny	2.00
17398	Smiths), about 1 lb.	0.00
17398	Flour	0.25 c
17398	Oil	2.00 tb
17398	Finely chopped shallots (or	2.00 tb



Sheet1

17398	Onions)	0.00
17398	Red wine vinegar	2.00 tb
17398	Chicken broth	0.75 c
17398	Honey	1.00 tb
17398	Tomato paste (just to give	1.00 ts
17398	Red color, sometimes I	0.00
17398	Substitute	0.00
17398	Catsup)	1.00 tb
17398	Salt and pepper to taste	0.00
17399	Olive oil	2.00 tb
17399	Pork chops,loin,1/2" thick	4.00
17399	Freshly ground pepper	0.00
17399	Chopped onion	0.25 c
17399	Apple juice concentrate,froz	3.00 tb
17399	Brown sugar	3.00 tb
17399	Cranberries	1.00 c
17399	Apple,small,tart	1.00
17399	Ground cinnamon	0.12 ts
17399	Cloves,ground	0.00 ts
17399	Nutmeg,grated	1.00 ds
17400	Large center-cut Pork Chops	4.00
17400	Salt	0.00
17400	Freshly Ground White Pepper	0.00
17400	Butter	5.50 tb
17400	Chopped Fresh Tarragon	2.00 ts
17400	Chopped Onions	4.00 c
17400	Thyme (fresh or dried)	0.00
17400	Dry White Wine	0.67 c
17400	Chicken Stock	0.67 c
17400	Fresh homemade Bread Crumbs	0.67 c
17400	Freshly Grated Parmesan	0.67 c
17401	Pork chops	4.00
17401	Clear honey	3.00 tb
17401	Chopped marjoram	3.00 tb
17401	Chopped thyme	3.00 tb
17402	Pork chops (1/2-inch thick,	6.00
17402	-about 8 ounces each)	0.00
17402	Salt and freshly ground	0.00
17402	-black pepper	0.00
17402	Ground mace	0.25 ts
17402	Minced orange zest	2.00 tb
17402	Unsalted butter	1.00 tb
17402	Mild vegetable oil, such as	1.00 tb
17402	-safflower	0.00
17402	Tart apples, such as	4.00 lg
17402	-Gravensteins, Granny	0.00
17402	-smiths, or Winesaps,	0.00
17402	Peeled, cored, and cut into	0.00
17402	-eighths	0.00

Sheet1

17402	Dry white wine (or apple	0.33 c
17402	-juice)	0.00
17403	Leeks, white part only,	2.00
17403	-split lengthwise, washed	0.00
17403	-and chopped,	0.00
17403	*OR*	0.00
17403	Spanish onion, finely diced	1.00
17403	Vegetable oil	0.25 c
17403	Medium-sized Idaho potatoe,	1.00
17403	-grated, with skin	0.00
17403	Strig fresh rosemary, leaves	1.00
17403	-removed and finely chopped,	0.00
17403	Or 1/2 tsp. dried rosemary	0.00
17403	Rome apple, peeled, cored	1.00
17403	-and diced	0.00
17403	Firm white or whole wheat	1.00 sl
17403	-bread, crumbled	0.00
17403	Salt and pepper	0.00
17403	Pork chops (perferably loin	8.00
17403	-chops)	0.00
17404	Pork blade	1.00 lb
17404	Arm steak	1.00 lb
17404	Dry red wine	1.00 c
17404	Water,boiling	1.00 c
17404	Sliced celery	1.00 c
17404	Finely chopped onion	0.50 c
17404	Soy sauce	3.00 tb
17404	Instant beef bouillon	2.00 ts
17404	Monosodium glutamate	1.00 ts
17404	Sliced mushrooms,drained	2.50 oz
17404	Dry red wine	0.00
17404	Cornstarch	0.25 c
17404	Chinese vegetables(16oz)	1.00 cn
17404	Brown gravy sauce	2.00 tb
17404	Chow mein noodles	3.00 c
17405	Pork shoulder	4.00 lb
17405	- trimmed of fat,	0.00
17405	- cut into 1-in cubes	0.00
17405	Salt	0.50 tb
17405	Ground black pepper	0.50 ts
17405	Vegetable oil	0.25 c
17405	Onion	1.00 md
17405	- peeled and roughly chopped	0.00
17405	Flour	2.00 tb
17405	Dry white wine	2.00 c
17405	Tarragon vinegar	0.25 c
17405	Grated horseradish	2.00 tb
17405	Grainy mustard	2.00 tb
17405	Fresh lemon juice	0.50 c

Sheet1

17405	All-purpose broth	4.00 c
17405	-OR low-sodium chicken broth	0.00
17405	Bay leaves	2.00
17405	Sprigs fresh thyme; -=OR=-	4.00
17405	-Dried thyme	0.50 ts
17405	Whipping cream	0.50 c
17405	Parsnips; peeled	3.00 md
17405	- and cut into 1-in rounds	0.00
17406	Boneless butterfly pork	4.00
17406	-chops, 1/4 inch thick	0.00
17406	Swiss cheese	4.00 sl
17406	Canadian bacon (thin)	4.00 sl
17406	Butter or margarine	3.00 tb
17406	All-purpose flour	2.00 tb
17406	Salt	0.12 ts
17406	Ground black pepper	1.00 ds
17406	Light cream or milk	1.00 c
17406	Fresh sage (or dash dried	0.12 ts
17406	-sage)	0.00
17407	Vegetable Oil	3.00 tb
17407	Onion, thinly sliced	1.00 sm
17407	Piece ginger, chopped	1.50
17407	Celery stalks, sliced on the	2.00
17407	-diagonal	0.00
17407	Carrots sliced diagonal	2.00 sm
17407	Chinese or savoy cabbage	0.50
17407	-shredded	0.00
17407	Cooked roast pork strips	1.00 c
17407	Black pepper	0.50 ts
17407	Cooked long-grain rice	3.00 c
17407	Eggs slightly beaten	2.00
17407	Salt	0.50 ts
17407	Soy Sauce	2.00 tb
17408	Lean Boneless Pork, Cut Into	2.50 lb
17408	-1 1/2-inch Cubes	0.00
17408	Low-sodium Soy Sauce	2.00 tb
17408	Cloves Garlic, Minced	3.00
17408	Onion, Minced	1.00 md
17408	Fresh Thyme OR	1.00 ts
17408	Dried Thyme, Crushed	0.50 ts
17408	Fresh Oregano OR	1.00 ts
17408	Dried Oregano, Crushed	0.50 ts
17408	Salt And Freshly Ground	0.00
17408	-Black Pepper	0.00
17408	Vegetable Oil	0.25 c
17408	Fresh Or Canned Chicken	2.00 c
17408	-Stock	0.00
17408	Tamarind Sauce	3.00 tb
17408	Dry Sherry	1.00 tb

Sheet1

17408	Celery Rib, Chopped	1.00 md
17408	Cornstarch	1.00 ts
17408	Cold Water	1.00 tb
17409	Coriander seeds	0.25 c
17409	Fresh bread crumbs	1.00 c
17409	Cloves garlic, peeled	2.00 lg
17409	Salt	0.50 ts
17409	Extra virgin olive oil, or	0.25 c
17409	-more if needed	0.00
17409	Boneless pork loin (2-3/4	1.00
17409	-pounds)	0.00
17409	Freshly ground black pepper	0.00
17409	Water	0.50 c
17409	1. Preheat oven to 400	0.00
17409	-degrees F.	0.00
17410	Cubed pork	2.00 lb
17410	Sticks butter or margarine	2.00
17410	Onion, chopped	1.00 lg
17410	Bell pepper chopped	1.00 lg
17410	Ribs celery, chopped	3.00
17410	Whole kernel corn, fresh	2.00 lb
17410	-from the cob, if possible.	0.00
17410	Can whole tomatoes, crushed	16.00 oz
17410	-in their juice	0.00
17410	Cream	1.00 pt
17411	Pork tenderloin	1.50 lb
17411	Flour	2.00 tb
17411	Salt	0.50 ts
17411	Ground pepper	0.12 ts
17411	Unsalted butter	1.00 tb
17411	Oil	1.00 tb
17411	Balsamic vinegar	0.67 c
17411	Chicken stock	0.25 c
17411	Chopped fresh sage or	1.00 tb
17411	Dried sage	1.00 ts
17412	Sliced boneless smoke pork	1.00 lb
17412	-butt, cut into thin strips	0.00
17412	Bottled barbecue sauce	1.00 c
17412	Yellow onion, finely chopped	1.00 sm
17412	10 oz pkg frozen cut green	1.00
17412	-beans, thawed and drained	0.00
17412	Pkg, frozen corn kernels,	10.00 oz
17412	-thawed and drained	0.00
17412	Hamburger buns or large	4.00
17412	-rolls, split and toasted	0.00
17413	Lard	150.00 g
17413	Plain Flour Sifted	450.00 g
17413	Pinch of salt	1.00
17413	Egg	1.00

Sheet1

17413	Powdered Gelatin	1.00 ts
17413	Chicken Stock	500.00 ml
17413	Boneless Lean Pork chopped	675.00 g
17413	Fine	0.00
17413	Onion Peeled and chopped	1.00
17413	Dried Mixed Herbs	3.00 ts
17413	Salt	1.00 ts
17414	Pita loaves	2.00
17414	Boneless pork	1.00 lb
17414	Olive oil	4.00 tb
17414	Lemon juice	4.00 tb
17414	Prepared mustard	1.00 tb
17414	Cloves garlic, minced	2.00
17414	Dried oregano	1.00 ts
17414	MARINADE -----	0.00 -----
17414	Plain yogurt	1.00 c
17414	Cucumber	1.00
17414	Crushed garlic	0.50 ts
17414	Dill weed	0.50 ts
17414	MARINADE -----	0.00 -----
17415	Navy beans (soak overnight)	1.50 c
17415	White cabbage	0.75 lb
17415	Pork belly	2.00 lb
17415	Celery ribs, chopped	6.00
17415	Carrots, peeled and chopped	0.75 lb
17415	Small white onions, peeled	8.00
17415	Garlic cloves, peeled and	4.00
17415	-chopped	0.00
17415	Turnips, peeled and cubed	0.75 lb
17415	Potatoes, peeled and cubed	1.00 lb
17415	Chicken stock	2.50 c
17415	Dried thyme or 1 tsp chopped	0.50 ts
17415	-fresh	0.00
17415	Dried marjorum or 1 tsp	0.50 ts
17415	-chopped fresh	0.00
17415	Bay leaves	2.00
17415	Salt and Pepper	0.00
17415	Hot pepperoni or other thin	0.50 lb
17415	-spicy sausage, cooked,	0.00
17415	-sliced and	0.00
17415	Hot pepperoni or other thin	0.50 lb
17415	-spicy sausage, cooked,	0.00
17415	-sliced and skinned.	0.00
17416	Pork shoulder or other lean-	0.50 lb
17416	-pork	0.00
17416	Scallions	2.00 ea
17416	Clove garlic	1.00 ea
17416	Sesame oil	1.00 tb
17416	Sesame seeds	1.00 tb

Sheet1

17416	Sugar	1.00 tb
17416	Dash black pepper	0.00
17416	Kochu chang	4.00 tb
17417	Pork shoulder roast, deboned	3.00 lb
17417	Italian sausage, removed	0.50 lb
17417	From casing	0.00
17417	Bunch fresh spinach, OR	1.00
17417	Frozen leaf spinach	1.00 pk
17417	Eggs, hard-boiled and sliced	2.00
17417	Ricotta cheese	0.50 lb
17417	Medium onion, chopped	1.00
17417	Olive oil, for frying	0.00
17417	Salt and pepper to taste	0.00
17418	Pork **	20.00 lb
17418	Clear fat pork	10.00 lb
17418	Sugar	2.00 ts
17418	Ginger	1.00 ts
17418	Salt, kosher	0.50 lb
17418	Pepper	2.00 tb
17418	OPTIONAL INGREDIENTS -----	0.00 -----
17418	Sage	1.00 tb
17418	OPTIONAL INGREDIENTS -----	0.00 -----
17419	Thin Pork Scallops	1.00 lb
17419	All-purpose flour	0.25 c
17419	Salt	0.00
17419	Freshly Ground Black Pepper	0.00
17419	Olive Oil	2.00 tb
17419	White Wine	0.50 c
17419	Fresh Lemon Juice	2.00 tb
17419	Grated Lemon Rind	1.00 ts
17419	Fresh Chopped Parsley	2.00 tb
17419	Dried Basil	0.50 ts
17419	Dried Thyme	0.25 ts
17419	Dried Oregano	0.25 ts
17420	Rice-long grain & wild mix	6.00 oz
17420	Water, boiling	0.50 c
17420	Apricots-chopped, dried	0.50 c
17420	Onions-green, finely	2.00
17420	Mushrooms-chopped fresh	0.50 c
17420	Green pepper-chopped	0.25 c
17420	Butter/margarine, melted	2.00 tb
17420	Pecans-chopped	3.00 tb
17420	Parsley, chopped fresh	1.00 tb
17420	Garlic salt	0.12 ts
17420	Pepper	0.12 ts
17420	Red pepper	1.00 ds
17420	Pork loin roast-rol'd bonele	5.00 lb
17420	Bacon slices	4.00
17420	Apricot halves (optional)	1.00 cn

Sheet1

17420	Parsley sprigs (optional)	0.00
17421	Pork blade steaks,cut 1/2"	3.00
17421	Lard	1.00 tb
17421	Salt	1.00 ts
17421	Pepper	0.12 ts
17421	Onion,medium-size,chopped	1.00
17421	Bread cubes,dry	6.00 c
17421	Corn,cream-style(16oz)	1.00 cn
17421	Sage	1.00 ts
17421	Paprika	0.00
17422	PIG TAILS CUT INTO 2-3 IN	2.00 lb
17422	-PIECES	0.00
17422	FAT OR LARD	2.00 tb
17422	ONIONS SLICED	2.00 sm
17422	CARROT CUT IN THICK SLICES	1.00 lg
17422	CELERY DICED	0.25 c
17422	FLOUR	6.00 tb
17422	HOT WATER	2.00 c
17422	CANNED TOMATOES	1.00 c
17422	WHOLE CLOVES	3.00
17422	BAY LEAVES	3.00
17422	SALT AND PEPPER	0.00
17423	Pork tenderloin	3.00 lb
17423	Granny Smith Apples	2.00
17423	Chopped onion	2.00 c
17423	Garlic cloves,peeled	8.00
17423	Olive oil	3.00 tb
17423	Chicken broth	0.75 c
17423	Wine vinegar	2.00 tb
17423	Honey	1.00 tb
17424	PESTO -----	0.00 -----
17424	Garlic; minced	1.00 tb
17424	Ginger; minced	2.00 tb
17424	Green onions; minced	0.25 c
17424	Cilantro; minced	1.00 tb
17424	Jalapeno; minced	1.00 ts
17424	Freshly ground pepper	0.50 ts
17424	Lime juice	2.00 tb
17424	Olive oil	2.00 tb
17424	Pork tenderloin	1.50 lb
17424	Hot pepper cheese; grated	0.50 c
17424	Pine nuts; toasted	0.25 c
17424	PESTO -----	0.00 -----
17425	Pork Tenderloin	6.00 lb
17425	Reduced Pork Broth	2.00 qt
17425	Brown Mustard	1.00 c
17425	Yellow Mustard	1.00 c
17425	Horseradish	0.33 c
17425	Catsup	0.33 c

Sheet1

17425	Brown Sugar	0.33 c
17425	Cloves Minced Garlic	4.00 lg
17425	Salt	0.33 c
17425	Cummin	0.33 c
17425	Black Pepper	0.33 c
17425	Small Red Potatoes	16.00
17425	Carrots (Stripped)	4.00
17425	Pineapple Rings	1.00 c
17426	Pork Tenderloin; 2 pieces	8.00 oz
17426	Salt	0.25 ts
17426	Onion; Chopped	0.25 c
17426	Green Pepper; Chopped	0.25 c
17426	Water	0.25 c
17426	Dijon Style Mustard; PLUS	1.00 tb
17426	Dijon Style Mustard	1.00 ts
17426	Unbleached Flour	1.00 ts
17427	Whole pork tenderloins	2.00
17427	-(about 12 oz each) trimmed	0.00
17427	-of visible fat	0.00
17427	Olive oil	2.00 ts
17427	Each dried rosemary and	0.50 ts
17427	-thyme	0.00
17427	Freshly ground pepper	0.50 ts
17427	Thinly sliced onions	1.00 c
17427	Water	3.33 c
17427	Converted white rice	1.50 c
17427	Salt	1.50 ts
17427	GRAVY:	0.00
17427	Red-wine vinegar	2.00 tb
17427	Jar (12 oz) au jus gravy	1.00
17427	Each dried rosemary and	0.25 ts
17427	-thyme	0.00
17428	Lean pork	2.50 lb
17428	Oil	1.00 c
17428	Mustard	0.50 ts
17428	Vinegar	1.00 c
17428	Green chillies chopped	5.00
17428	Half-inch cube ginger	1.00
17428	-chopped	0.00
17428	Turmeric	1.00 ts
17428	Salt	2.00 ts
17428	Sprig curry leaves	1.00
17428	Spices to be ground	0.00
17428	-together	0.00
17428	Red chillies	30.00
17428	Garlic	0.50 oz
17428	Half-inch cube ginger	1.00
17428	White cummin	2.00 ts
17428	Mustard	2.00 ts



## Sheet1

17428	Onion	1.00 lg
17428	(2/3-inch) stick cinnamon	1.00
17428	Cloves	3.00
17429	Oil	2.00 tb
17429	Kosher salt	2.00 ts
17429	White pepper	1.00 ts
17429	Ground allspice	0.50 ts
17429	Boneless pork loin roast	3.00 lb
17429	Dried black figs	24.00
17429	Marsala wine	1.00 c
17429	Pearl onions	1.00 pt
17429	Low-sodium chicken broth	0.50 c
17429	Honey	3.00 tb
17429	Hot mustard	6.00 tb
17429	Chopped parsley	1.00 tb
17429	Butter	3.00 tb
17430	All-Purpose Flour	0.25 c
17430	Lemon-Herb Seasoning	1.00 ts
17430	Salt Free	0.00
17430	Pork Tenderloin Medallions	1.00 lb
17430	Vegetable Cooking Spray	0.00
17430	Vegetable Oil	1.00 ts
17430	Fresh Arugula	0.50 lb
17430	Margarine, Reduced Calorie	1.00 ts
17430	Balsamic Vinegar	3.00 tb
17430	Chicken Broth, No Salt	2.00 tb
17430	Fresh Chives, Minced	1.00 tb
17431	Pork Shoulder; Boneless, *	2.00 lb
17431	Unbleached Flour	0.25 c
17431	Vegetable Oil	0.50 c
17431	Onion; Chopped, 1 Medium	0.50 c
17431	Bacon; Slices, cut up	2.00
17431	Water	0.50 c
17431	Orange Juice	2.00 tb
17431	Lime Juice	2.00 tb
17431	Chicken Bouillon; (Dry)	2.00 tb
17431	Cumin Seed	2.00 tb
17431	Oregano Leaves; Dried	1.00 ts
17431	Salt	0.50 ts
17431	Pepper	0.25 ts
17431	Tomatoes; Chopped, 4 Medium	4.00 c
17431	Potatoes; Diced **	2.00 c
17431	Dairy Sour Cream	0.50 c
17432	Boneless Lean Pork Butt	3.00 lb
17432	Vegetable Oil	2.00 tb
17432	Onions, chopped	2.00 lg
17432	Garlic Cloves, minced or	2.00
17432	-pressed	0.00
17432	Chili Powder	6.00 ts

Sheet1

17432	Cumin	1.00 ts
17432	Oregano	1.50 ts
17432	Water	1.25 c
17432	Honey	1.00 ts
17432	Salt	0.50 ts
17432	Tomato Paste	3.00 tb
17433	Pork loin center rib roast	3.00 lb
17433	-(8 ribs)	0.00
17433	Salt	0.25 ts
17433	Coarsely-ground pepper	0.25 ts
17433	Fresh rhubarb, chopped (2	0.50 lb
17433	-cups)	0.00
17433	Frozen apple juice	0.25 c
17433	-concentrate, thawed	0.00
17433	Honey	2.00 tb
17433	Ground nutmeg	0.00
17433	Water	2.00 tb
17433	Cornstarch	1.00 ts
17434	Cored, sliced apples	4.00 c
17434	Apple juice	1.50 c
17434	Cooked, peeled, sliced sweet	4.00 c
17434	-potatos	0.00
17434	Cubed, cooked pork butt or	2.00 c
17434	-shoulder	0.00
17434	Allspice	0.25 ts
17434	Cinnamon	0.50 ts
17434	Cornstarch	4.00 ts
17434	Cold water	2.00 tb
17435	Boneless pork shoulder or	1.00 lb
17435	-loin, cut in 1/2 inch	0.00
17435	-slices 1 cup chicken broth	0.00
17435	Fresh or defrosted medium	10.00
17435	-shrimp, peeled and cleaned	0.00
17435	Onion	1.00 sm
17435	Carrot	1.00 md
17435	Seedless English cucumber	0.50
17435	Bean sprouts	1.00 c
17435	Grapefruit	1.00 sm
17435	Toasted sesame seeds	2.00 tb
17435	Soy sauce	2.00 tb
17435	Sugar	1.00 ts
17435	Lettuce leaves	12.00 sm
17436	INGREDIENTS:	0.00
17436	Port wine	1.00 c
17436	Fresh grape juice, or fine	1.00 c
17436	-quality commercially	0.00
17436	Canned grape juice	0.00
17436	Sugar	3.50 c
17436	Liquid pectin (1/2 bottle)	3.00 oz

Sheet1

17437	Flour	1.00 lb
17437	Currants	0.50 lb
17437	Raisins	0.50 lb
17437	Mixed peel	0.25 lb
17437	Brown sugar	0.75 lb
17437	Mixed spice (nutmeg&cinnamon	2.00 tb
17437	Rind of one lemon	0.00
17437	Butter	0.50 lb
17437	Bicarbonate of soda	1.00 ts
17437	Bottle Guinness or stout	0.00
17437	Eggs	4.00 x
17438	Unsalted butter, softened	1.00 c
17438	-(no substitutions)	0.00
17438	Sugar	1.00 c
17438	Eggs, at room temperature	4.00 lg
17438	Vanilla extract	1.00 ts
17438	All-purpose flour	1.50 c
17438	Salt	0.25 ts
17438	Coffee Buttercream	0.00
17438	Milk	0.75 c
17438	Egg yolks	6.00 lg
17438	Sugar	1.00 c
17438	Instant coffee powder	4.00 ts
17438	Vanilla extract	1.00 tb
17438	Unsalted butter, softened	2.00 c
17438	-(no substitutions)	0.00
17439	(10-lb) fresh turkey	1.00
17439	Coarse (kosher) salt	2.00 lb
17439	Unsalted butter	0.25 lb
17439	Olive oil	3.00 tb
17439	Garlic cloves	2.00 lg
17439	- peeled and minced	0.00
17439	French or Italian bread	1.00 lb
17439	Salt	0.50 ts
17439	Freshly ground black pepper	0.50 ts
17439	Chicken stock	3.50 c
17439	Egg yolks	2.00 lg
17440	Hot Italian style sausages	6.00
17440	Onions; roughly diced	2.00 md
17440	Green (unripe) tomatoes	3.00
17440	Tomato paste	1.00 tb
17440	Cooked hominy	2.00 c
17440	Oregano	1.00 ts
17440	Salt; or as desired	0.50 ts
17440	Black pepper; or to taste	0.50 ts
17440	Hominy liquid	1.50 c
17440	Chopped parsley	2.00 tb
17440	Lime slices	0.00
17441	Fatty beef; up to 3 lb	2.00 lb

Sheet1

17441	-Salted water	5.00 c
17441	Potatoes; sliced or cut in	5.00
17441	-large pieces	0.00
17441	Onion; up to 2 onions	1.00
17441	-chopped	0.00
17441	-salt & pepper	0.00
17441	Summer savory; to taste	0.00
17441	POUTINES (DUMPLINGS -----	0.00 -----
17441	Flour	1.00 c
17441	-Salt	0.50 ts
17441	Baking powder	1.00 tb
17441	-Cold water	0.50 c
17441	POUTINES (DUMPLINGS -----	0.00 -----
17442	Oil	1.00 tb
17442	Turkey breast, about 3.5 lbs	0.50
17442	Water	3.00 c
17442	Whipping cream	0.33 c
17442	Onion; studded with	1.00
17442	Cloves	2.00
17442	Minced garlic	1.00 tb
17442	Bay leaves	3.00
17442	Fresh thyme; -=OR=-	1.00 tb
17442	-Dried thyme	1.00 tb
17442	Pearl barley	0.75 c
17442	Salt; or as desired	0.50 ts
17442	Ground white pepper	0.50 ts
17442	Leeks; white part only,	5.00 lg
17442	- sliced in thin rounds	0.00
17442	Unsalted butter	2.00 tb
17443	Sirloin tri-tip	2.00 lb
17443	Salt and pepper; as desired	0.00
17443	Oil	2.00 tb
17443	Onion; peeled and quartered	1.00 md
17443	Carrot; cut up	1.00
17443	Celery stalk; chopped	1.00
17443	Flour	2.00 tb
17443	Red wine	1.00 c
17443	Chicken broth	3.00 c
17443	Thyme	1.00 ts
17444	Soy sauce	0.50 c
17444	Rice vinegar or distilled	0.25 c
17444	White vinegar	0.00
17444	Granulated sugar	2.00 ts
17444	Clove garlic, peeled and	1.00
17444	Minced	0.00
17444	Finely minced fresh ginger	2.00 ts
17444	Green onion, including	1.00
17444	Green part, finely chopped	0.00
17444	A few drops hot chili oil	0.00

## Sheet1

17445	Olive oil	0.25 c
17445	Chopped shallots	1.00 tb
17445	Ground rosemary	0.50 ts
17445	Salt	1.00 ts
17445	Freshly ground pepper	0.50 ts
17445	Veal round roast	5.00 lb
17445	Lemon juice	0.25 c
17445	White wine	0.50 c
17445	Unsalted butter	2.00 tb
17446	Jim Vorheis	0.00
17446	Butter	2.00 tb
17446	Finely chopped onions	0.75 c
17446	Finely chopped carrots	3.00 c
17446	Chicken stock	1.00 qt
17446	Tomato paste	2.00 ts
17446	Raw white rice	2.00 tb
17446	Salt to taste	0.00
17446	Heavy cream	0.50 c
17446	Softened butter	1.00 tb
17446	To 12 carrot curls for	8.00
17446	-garnish	0.00
17447	-Water	2.00 c
17447	Milk	2.00 c
17447	Corn kernels; fresh	4.00 c
17447	-frozen may be used if out	0.00
17447	-of season	0.00
17447	-Salt	1.00 ts
17447	Butter	2.00 tb
17447	Celery;chopped	0.33 c
17447	Onion;chopped	0.25 c
17447	Leek;chopped,white part only	0.25 c
17447	Flour	2.00 tb
17447	Whipping cream	0.50 c
17447	-Salt & ground black pepper	0.00
17448	Baking potatoes, well	6.00 md
17448	-scrubbed	0.00
17448	Onion, cut in half	1.00 md
17448	-lengthwise, cut crosswise	0.00
17448	-into thin slices	0.00
17448	Butter or margarine, melted	3.00 tb
17448	Salt to taste	0.00
17448	Pace Picante Sauce	1.00 c
17448	Shredded cheddar cheese,	1.00 c
17448	-as desired	0.00
17449	Bacon,chopped	1.00 lb
17449	Onion; chopped	1.00
17449	Large eggs,beaten	8.00
17449	Potatoes,peeled and grated	1.00 lb
17449	Grated sharp cheddar	2.75 c

Sheet1

17449	Black pepper	0.50 ts
17450	Butter	0.25 c
17450	Sweet onions, sliced	1.00 lg
17450	Potatoes, sliced	2.00 md
17450	Water	2.00 qt
17450	Salt	1.00 tb
17450	Butter	0.25 c
17450	Cream	0.50 c
17450	Chives	3.00 tb
17451	Olive oil	1.00 tb
17451	Onion, chopped	1.00 md
17451	Cloves garlic, chopped	3.00
17451	Chicken stock or canned	4.00 c
17451	-chicken broth	0.00
17451	Potatoes, peeled and sliced	4.00 md
17451	-thin	0.00
17451	Italian tomatoes, fresh or	1.00 lb
17451	-canned, roughly	0.00
17451	Chopped, with their liquid	0.00
17451	Fresh basil leaves, coarsely	0.50 c
17451	-chopped	0.00
17452	Carrots; peeled, diced	1.50 pt
17452	Celery; trimmed, diced	1.50 pt
17452	Butter; or margarine	3.00 oz
17452	Russet Potatoes;	3.00 qt
17452	-peeled, diced	0.00
17452	Flour	3.00 tb
17452	Fennel seed	1.50 ts
17452	Black Pepper	0.75 ts
17452	Chicken Stock; prepared	3.00 qt
17452	Scottish Ale	1.50 c
17452	Milk	1.50 pt
17452	Cheddar Cheese; sharp	1.50 lb
17452	-shredded	0.00
17453	Butter	0.50 c
17453	Potatoes, mashed	1.00 c
17453	Cream cheese	0.25 c
17453	Sugar	0.33 c
17453	Sour cream	0.25 c
17453	Orange rind, grated	1.00 ts
17453	Egg yolks	3.00
17453	Lemon rind, grated	1.00 ts
17453	Vanilla	1.00 ts
17454	Shortening	0.25 c
17454	Squares unsweetened	2.25
17454	-chocolate	0.00
17454	Egg	1.00
17454	Evaporated milk	6.00 tb
17454	Baking powder	2.00 ts

Sheet1

17454	Vanilla	1.00 ts
17454	Sugar	1.00 c
17454	Mashed potatoes	0.50 c
17454	Salt	0.25 ts
17454	Flour	1.25 c
17454	Chopped nuts	0.50 c
17455	Mashed potatoes	1.00 c
17455	Sugar	1.00 c
17455	Melted shortening	2.00 tb
17455	Eggs, well beaten	2.00
17455	Vanilla	1.00 ts
17455	Evaporated milk	0.50 c
17455	Water	0.50 c
17455	Salt	0.50 ts
17455	Baking powder	4.00 ts
17455	Nutmeg	0.50 ts
17455	Flour	0.00
17456	Potato, mashed, hot	2.00 c
17456	Egg, well beaten	1.00 ea
17456	Onion, minced	1.00 ea
17456	Poultry seasoning	0.50 t
17456	Celery, diced	0.50 c
17456	Parsley, minced	1.00 T
17456	Butter, melted	2.00 T
17456	Salt	1.00 t
17456	Bread, stale, cubed	1.00 qt
17456	Pepper	1.00 pn
17457	Unsweetened chocolate	3.00 oz
17457	Butter or regular margarine	3.00 tb
17457	Unseasoned mashed potatoes	0.33 c
17457	Vanilla	1.00 ts
17457	Salt	1.00 ds
17457	Confectioners sugar	1.00 lb
17457	To 2 ts milk	1.00 ts
17457	Flaked coconut	0.00
17457	Chopped walnuts	0.00
17458	Sugar	2.00 c
17458	Salt	1.00 ts
17458	Flour	2.00 c
17458	Milk	1.00 c
17458	Mashed potatoes	1.00 c
17458	Cocoa	0.67 c
17458	Baking powder	3.00 ts
17458	Butter	0.67 c
17458	Eggs, separated	4.00
17458	Chopped nuts	1.00 c
17459	Boiling potatoes; --OR--	3.00 lb
17459	-Mashed potatoes	5.50 c
17459	Flour (or more)	0.75 c

Sheet1

17459	Egg yolks	5.00
17459	Nutmeg	0.12 ts
17459	Salt; or as desired	1.00 ts
17459	White pepper; to taste	0.00
17459	Olive oil	0.33 c
17460	Fist-sized potatoes	3.00
17460	Cleaned, chopped leeks	3.00 c
17460	Stalk celery, chopped	1.00
17460	Carrot, chopped	1.00 lg
17460	Butter	4.00 tb
17460	Salt	0.75 ts
17460	Stock or water	0.50 c
17460	Milk	3.00 c
17461	FOR 1 -----	0.00 -----
17461	Yeast	1.00 pk
17461	Bread flour	3.00 c
17461	Sugar	1.00 tb
17461	Salt	1.50 ts
17461	Sweet butter	2.50 ts
17461	Instant mashed potato flakes	2.00 tb
17461	Hot milk	1.00 c
17461	FOR 1 -----	0.00 -----
17462	Potatoes; (2 large) *	2.50 c
17462	Lemon juice	1.00 ts
17462	Egg; large, beaten	1.00
17462	Salt	0.50 ts
17462	;water	3.00 c
17462	Potato; boiled, mashed	1.00
17462	Milk	2.00 tb
17462	Vegetable oil; as needed	0.00
17463	Orange sweet potatoes (yams)	2.00 lb
17463	Hot chiles such as jalapenos	2.00 ea
17463	Chunky peanut butter	3.00 ea
17463	Salt	1.00 ea
17464	Flour, all purpose	1.50 c
17464	Sugar, granulated; approx	0.25 c
17464	Baking powder	1.00 tb
17464	-Salt	1.00 ts
17464	Butter; or shortening	2.00 tb
17464	Currants	0.25 c
17464	Eggs	2.00
17464	Milk	0.33 c
17464	Potatoes; mashed	0.75 c
17465	Text Only	1.00
17466	Dry yeast	1.00 pk
17466	-warm water	4.00 c
17466	Sugar	2.00 tb
17466	Flour	4.00 c
17466	Potato; raw quartered	1.00



Sheet1

17467	Fresh broccoli flowerets	1.50 c
17467	Sliced fresh mushrooms	0.50 c
17467	Sliced green onion	0.25 c
17467	Chopped sweet red pepper	0.25 c
17467	Diced fully cooked turkey	1.00 c
17467	-ham	0.00
17467	Baked potatoes	4.00 lg
17467	Nonfat plain yogurt	0.50 c
17467	Skim milk	0.25 c
17467	Cornstarch	2.00 ts
17467	Dijon style mustard	1.00 ts
17467	Ground nutmeg	1.00 ds
17467	Grated parmesan cheese	2.00 tb
17468	Shredded green cabbage	6.00 c
17468	-(about 3/4 lb)	0.00
17468	Onion, chopped	1.00 lg
17468	Slab bacon (Shannon	0.25 lb
17468	-traditional Irish brand if	0.00
17468	-available) cut into 1/4	0.00
17468	Inch cubes	0.00
17468	Chopped parsley	2.00 tb
17468	Leaf thyme	0.25 ts
17468	Salt and pepper	0.00
17468	Boiling potatoes, pared and	1.00 lb
17468	-thinly sliced	0.00
17468	Defatted chicken broth	0.75 c
17468	(1/2 cup) shredded lowfat	2.00 oz
17468	-cheddar cheese	0.00
17468	Non stick cooking spray	0.00
17469	Onion; diced	1.00 lg
17469	Celery stalks; diced	2.00
17469	Garlic cloves; minced	4.00
17469	Vegetable oil	0.25 c
17469	Beef or chicken stock	3.00 qt
17469	Pearl barley; rinsed	0.50 c
17469	Carrots; diced	2.00
17469	Idaho potatoes	2.00 lg
17469	- peeled and diced	0.00
17469	Pepper	0.25 ts
17469	Salt to taste	0.00
17470	Chopped potatoes (about 5 to	4.00 c
17470	-6)	0.00
17470	Bacon, cut into pieces	4.00 sl
17470	Onion, chopped	1.00 lg
17470	Water	2.50 c
17470	Chicken bouillon cubes	2.00
17470	Curry powder	0.50 ts
17470	To 2 c frozen broccoli,	1.50
17470	-chopped small	0.00

Sheet1

17470	Worcestershire sauce	1.00 ds	
17470	Lowfat or nonfat milk	0.75 c	
17471	Butter	4.00 tb	
17471	Water	7.00 c	
17471	Leeks; the white parts only	3.00 md	
17471	- chopped or cut	0.00	
17471	- into 1/4-inch rounds	0.00	
17471	Loosely packed sorrel leaves	6.00 c	
17471	-the stems removed and	0.00	
17471	- leaves roughly chopped	0.00	
17471	Salt (to taste)	0.50 ts	
17471	Red potatoes; quartered	1.50 lb	
17471	- lengthwise & thinly sliced	0.00	
17471	Freshly ground pepper	0.00	
17471	Creme fraiche	0.00	
17471	Chives	1.00 tb	
17471	- thinly sliced or snipped	0.00	
17472		1.00	1
17472		1.00	
17472	Chili powder	1.00	
17472	Cumin seeds	0.50	
17472	Small tomatoes,peeled,diced	2.00	1
17472	Green onions, thinly sliced	2.00	1
17472	Tomato sauce	1.50 tb	
17472	Grated Monterey Jack	1.67 c	
17472	Egg	1.00	
17472	Chopped fresh cilantro	1.00 tb	
17472	Minced jalapeno chili*	1.00 tb	
17472	Cayenne pepper	1.00	
17472	Olive oil	1.00	
17472	6-in corn tortillas	8.00	
17472	*ENCHILADA SAUCE*	0.00	
17472	Olive oil	2.00 tb	
17472	Onions, carsley chopped	1.50	
17472	Large garlic cloves, chopped	5.00	
17472	Cumin seeds	1.50 ts	
17472	Chili powder	1.50 ts	
17472	Dried oregano, crumbled	1.50 ts	
17472	Ground cinnamon	0.25 ts	
17472	Canned enchilada sauce	1.50 c	
17472	Tomato sauce	0.75 c	
17472	Fresh lime juice	1.00 tb	
17472	Cayenne pepper	1.00	
17472	*TOPPING*	0.00	
17472	Feta cheese, crumbled	6.00 oz	
17472	Sour cream	1.00	
17472	Minced green onions	1.00	
17473	Potatoes	6.00 md	
17473	Egg yolk	1.00	

## Sheet1

17473	Salt	1.50 ts
17473	All-purpose flour	0.50
17474	Vegetable oil	0.25 c
17474	Polish sausage cut	1.00 lb
17474	-diagonally 1/2-inch thick	0.00
17474	Idaho potatoes, pared,	1.50 c
17474	-thinly sliced (about 3)	0.00
17474	Onion, sliced	0.50 c
17474	Caraway seed	1.00 ts
17474	Apple, cored and chopped	1.00
17474	Fresh parsley, minced	2.00 tb
17474	Chives, chopped	1.00 tb
17474	Salt	1.00 ts
17474	Ground black pepper	0.12 ts
17475	Oil	2.00 tb
17475	Onions, sliced	2.00 lg
17475	Celery stalk, sliced	1.00 ea
17475	Carrot, diced	1.00 ea
17475	Garlic powder	0.25 ts
17475	Salt	0.25 ts
17475	Tamari	4.00 tb
17475	Cheesy gravy	1.25 c
17475	Potatoes, baked, peeled &	10.00 ea
17475	-- sliced	0.00
17475	Paprika	0.50 ts
17475	Nutritional yeast	1.00 tb
17476	Potatoes, cubed & cooked	5.00 md
17476	Ginger	1.00 sl
17476	Coriander	1.00 tb
17476	Cumin	1.00 ts
17476	Tomato sauce	6.00 tb
17476	Vegetable oil	6.00 tb
17476	Fennel	1.00 ts
17476	Fenugreek	1.00 ts
17476	Black mustard seeds	0.50 ts
17476	Whole dried red chilies	3.00 ea
17476	Salt	1.00 ts
17476	Lemon juice	1.50 ts
17476	Garam masala	1.00 ts
17477	Garlic clove	1.00
17477	Potatoes, sliced thin	3.00 md
17477	Tomatoes (1 1/2 lbs)	3.00 lg
17477	Sprigs fresh parsley	3.00
17477	Salt	2.00 t
17477	Crumbled tarragon leaves	0.25 t
17477	Crumbled basil leaves	0.25 t
17477	Ground nutmeg	0.25 t
17477	Red onions (1 lb)	3.00 md
17477	Low fat margarine	2.00 T

Sheet1

17477	Or more shredded low fat	0.25 c
17477	Swiss or Cheddar cheese	0.00
17478	Potatoes, cubed	1.00 lb
17478	Cooking oil	0.50 tb
17478	Green pepper, cut in strips	0.50
17478	Green chili, diced	1.00
17478	Cloves, garlic, diced	4.00
17478	Finely minced chives	1.00 tb
17478	Stewed tomatoes	8.00 oz
17478	Black pepper	0.12 ts
17478	Cheddar cheese, shredded	0.50 c
17478	Parsley, minced	1.00 tb
17479	Meat	1.00 x
17479	Cayenne	1.00 x
17479	Butter, melted	1.00 x
17479	Salt & pepper	1.00 x
17479	Mustard	1.00 x
17480	Smoked Tongue, Cooked	1.00 lb
17480	Butter, Melted	0.75 c
17480	Nutmeg, Grated	0.50 ts
17480	Cloves, Ground	0.25 ts
17480	Sage, Dried	0.12 ts
17480	Parsley, Minced	0.25 ts
17480	Salt & Pepper To Taste	0.00
17480	Clarified Butter Or Lard	0.00
17481	Cooking apples, large	3.00
17481	-or 6 small	0.00
17481	-peeled, cut into chunks	0.00
17481	Maple syrup	1.00 c
17481	Egg; beaten	1.00
17481	Melted butter	1.00 tb
17481	Lemon juice	2.00 ts
17481	All-purpose flour	0.50 c
17481	Baking powder	1.00 ts
17481	-salt	1.00 pn
17481	Raisins	0.50 c
17481	Unsweetened whipped cream	0.00
17481	-(optional)	0.00
17482	Blueberries;fresh -OR-	2.00 c
17482	-Blueberries, 300 g	1.00 pk
17482	-individually frozen,	0.00
17482	-unsweetened	0.00
17482	Sugar,granulated	0.75 c
17482	Lemon rind;grated	1.00 ts
17482	Flour;all purpose	1.25 c
17482	Baking powder	1.50 ts
17482	-Salt	0.25 ts
17482	Shortening	0.25 c
17482	Egg;beaten	1.00

Sheet1

17482	Vanilla	1.00 ts
17482	Milk	0.67 c
17482	Whipped cream -OR-	0.00
17482	Ice cream; opt	0.00
17483	Whole large, boned and	3.00
17483	-skinned chicken breasts	0.00
17483	Cut in half	0.00
17483	Thin slices of Prosciutto	6.00
17483	-ham	0.00
17483	Thin slices Gruyere cheese	6.00
17483	Butter	6.00 tb
17483	Fine, dry breadcrumbs	0.75 c
17483	Paprika	0.12 ts
17484	Salt	1.00 tb
17484	Thyme	1.00 tb
17484	Marjoram	1.00 tb
17484	Freshly ground pepper	1.00 ts
17484	Rind of 2 lemons, thinly	0.00
17484	-shredded	0.00
17484	Parsley flakes	0.50 c
17485	Salt	1.00 tb
17485	Freshly Ground Black Pepper	2.00 ts
17485	MSG (Optional)	1.00 ts
17485	Paprika	1.00 ts
17485	Dry Mustard	1.00 ts
17485	Bay Leaves, Finely Crumbled	3.00
17485	-And Stems Removed	0.00
17485	Clove Garlic, Minced	1.00
17486	9-inch layers of choc. Cake	2.00
17486	Fudge Icing (Recipe)	1.00
17486	Caramel Sauce (Recipe)	1.00
17486	Cashews, roasted, unsalted	1.50 c
17486	Heavy Cream	2.00 c
17486	Semisweet Chocolate	2.50 lb
17486	Light Corn Syrup	0.33 c
17486	Brown Sugar, firmly packed	1.00 c
17486	Butter	2.00 ts
17486	Salt	0.12 ts
17486	Heavy Cream	0.33 c
17487	9-Inch Layers Of Choc. Cake	2.00
17487	Fudge Icing (Recipe)	1.00
17487	Caramel Sauce (Recipe)	1.00
17487	Cashews, Roasted, Unsalted	1.50 c
17487	Heavy Cream	2.00 c
17487	Semisweet Chocolate	2.50 lb
17487	Light Corn Syrup	0.33 c
17487	Brown Sugar, Firmly Packed	1.00 c
17487	Butter	2.00 ts
17487	Salt	0.12 ts

Sheet1

17487	Heavy Cream	0.33 c
17488	9-inch layers of choc. Cake	2.00
17488	Caramel Sauce (Recipe)	1.00
17488	Heavy Cream	2.00 c
17488	Light Corn Syrup	0.33 c
17488	Butter	2.00 ts
17488	Heavy Cream	0.33 c
17488	Fudge Icing (Recipe)	1.00
17488	Cashews, roasted, unsalted	1.50 c
17488	Semisweet Chocolate	2.50 lb
17488	Brown Sugar, firmly packed	1.00 c
17488	Salt	0.12 ts
17489	Cake:	0.00
17489	Box butter cake mix	1.00
17489	Eggs	2.00
17489	Butter	0.50 c
17489	Topping:	0.00
17489	Light brown sugar	16.00 oz
17489	Butter	0.50 c
17489	Eggs	2.00
17489	Flour	2.00 ts
17489	Pecans; chopped	1.50 c
17489	Vanilla	1.00 ts
17490	c	0.00 1 3/4
17490		0.50
17490	All-purpose flour	0.25
17490	Egg yolks, room temperature	8.00
17490	Sugar	0.25 2
17490	Egg whites, room temperature	6.00 1/2
17490	Sugar	0.33 1
17490	Butter, melted	0.25 c
17490	Syrup:	0.00
17490	Sugar	0.75 c
17490	Water	0.50 c
17490	Praline liqueur	2.00 ts
17490	Pecan crust:	0.00
17490	Pecan pieces	1.00 c
17490	Pastry flour	1.00 c
17490	Butter, room temperature	1.00 c
17490	Light brown sugar; firmly p	0.50 c
17490	-cked	0.00
17490	Egg, room temperature	1.00
17490	Praline panache:	0.00
17490	Whipping cream	1.00 c
17490	Bittersweet or semi-sweet ch	12.00 oz
17490	-colate, coarsely chop	0.00
17490	Praline liqueur	2.00 ts
17490	Buttercream:	0.00
17490	Butter, room temperature	1.75 c

Sheet1

17490	Powdered sugar, sifted	0.25 c
17490	Solid vegetable shortening	1.00 ts
17490	Praline liqueur	2.00 ts
17490	Egg whites	0.50 c
17490	Sugar	1.00 c
17491	Popped popcorn	12.00 c
17491	Firm-pack brown sugar	1.00 c
17491	Margarine	0.50 c
17491	Honey	0.25 c
17491	Baking soda	0.50 ts
17491	Vanilla	0.50 ts
17491	Pecan halves	1.00 c
17492	Packed dark brown sugar	0.25 c
17492	Cornstarch	1.00 tb
17492	Skim milk	1.00 c
17492	Low cal margarine	1.00 ts
17492	Vanilla	1.00 ts
17492	Chopped pecans, toasted	3.00 tb
17493	Bunches leeks	2.00
17493	Canned tomatoes or tom.juice	1.00 c
17493	Stock or broth	1.00 c
17493	Onion; chopped	1.00
17493	Celery stalk; chopped	1.00
17493	Bunch parsley; chopped	1.00 sm
17493	Dried thyme or oregano	1.00 pn
17493	Butter or oil	3.00 tb
17493	Salt & freshly ground pepper	0.00
17493	Lemon juice	2.00 tb
17494	Chicken, Cut Up	1.00
17494	Salt	1.00 ts
17494	Pepper	0.25 ts
17494	Water	0.00
17494	Bay Leaf	1.00
17494	Cloves To Taste	0.00
17494	Celery Seed	0.50 ts
17494	Gelatin Softened In:	1.00 tb
17494	Cold Water	2.00 tb
17495	Cooked meat or poultry	8.00 oz
17495	- diced or sliced	0.00
17495	Long loaves French bread	2.00
17495	--OR-- Italian bread	0.00
17495	Bacon rashers	8.00
17495	Olive oil	0.25 c
17495	Onion	1.00 md
17495	- peeled & thinly sliced	0.00
17495	Brie cheese, 2 oz each	4.00 sl
17496	Boneless beef roast	4.00 lb
17496	Oil	2.00 tb
17496	Onion; chopped	1.00 sm

Sheet1

17496	Salt	2.00 ts
17496	Pepper	0.50 ts
17496	Red wine	1.00 c
17496	Beef stock	2.50 c
17496	Flour	6.00 tb
17497	PRETZELS -----	0.00 -----
17497	Yeast	2.50 ts
17497	Flour	4.00 c
17497	Salt	0.67 ts
17497	Sugar	1.33 tb
17497	Margarine; or butter	2.50 tb
17497	-Water	1.33 c
17497	WATER FOR 'BATH -----	0.00 -----
17497	-water; at a simmer	4.00 c
17497	Baking soda	5.00 ts
17497	PRETZELS -----	0.00 -----
17497	WATER FOR 'BATH -----	0.00 -----
17498	Price Chopper Sour Cream	2.00 c
17498	Price Chopper Mayonnaise	1.00 c
17498	Price Chopper Barbecue Sauce	0.50 c
17498	-with Onions	0.00
17498	Green Onions, chopped fine	0.25 c
17499	Chortening, creamed with	0.75 c
17499	Sugar	2.00 c
17499	Grated orange rind	1.50 ts
17499	Eggs yolks, well beaten	2.00
17499	Blend together,then sift:	0.00
17499	Cake flour,sift once	3.25 c
17499	Baking powder	4.50 ts
17499	Salt	0.50 ts
17499	Add to first mixture with:	0.00
17499	Orange juice	0.50 c
17499	Water	0.75 c
17499	Beat enough to make batter	0.00
17499	Smooth. blend in:	0.00
17499	Moist, shredded coconut	0.50 c
17499	Eggs whites, beaten stiff	4.00
17500	Bacon fat	2.00 tb
17500	Flour	3.00 tb
17500	Of boiling water	1.00 qt
17501	Unbleached (wheat) Flour	1.50 c
17501	Bran	0.50 c
17501	Rolled Oats *	0.25 c
17501	Soy Flour(in health stores)	0.25 c
17501	Baking powder	1.00 t
17501	Baking Soda	0.25 t
17501	Milk (or more)	1.50 c
17501	Eggs	2.00 x
17501	Plain Yogurt	3.00 T



Sheet1

17501	Light Sesame Oil	2.00 T
17502	Whole Chicken Breasts *	2.00
17502	All-Purpose Flour	0.25 c
17502	Salt	0.25 ts
17502	Fresh Ground Pepper	0.25 ts
17502	Unsalted Butter	1.00 tb
17502	PROVENCAL SAUCE -----	0.00 -----
17502	Dry White Wine	0.50 c
17502	Italian Plum Tomatoes	14.00 oz
17502	Julienned Red Bell Pepper	0.50 c
17502	Clove Garlic, Minced	1.00
17502	Minced Fresh Parsley	1.00 tb
17502	Dried Thyme	0.12 ts
17502	Salt And Pepper To Taste	0.00
17502	Black Olives	0.25 c
17502	Drained Capers	1.00 tb
17502	PROVENCAL SAUCE -----	0.00 -----
17503	Olive oil	2.00 tb
17503	Tomato paste	1.00 ts
17503	All-purpose potato; scrubbed	1.00 lg
17503	- and cut into slices	0.00
17503	- 1/16-in thick	0.00
17503	Plum tomato	1.00
17503	- cut into thin slices	0.00
17503	Salt	0.00
17503	Freshly ground black pepper	0.00
17503	Parmesan cheese	2.00 ts
17503	Chopped flat-leaf parsley	0.50 ts
17504	Brown Sauce	0.00
17505	Cream	1.25 c
17505	Eggs	2.00
17505	Flour	2.00 c
17505	Salt	0.50 ts
17505	Cooked prunes	1.00 c
17505	Vanilla	1.00 ts
17505	Sugar	0.75 c
17505	Squares bitter chocolate	2.00
17505	Baking powder	3.00 ts
17506	Prunes	3.00 lb
17506	Apples	5.00 md
17506	Chopped nuts	2.00 c
17506	Oranges, peeled and diced	5.00
17506	Quinces	3.00
17506	Diced watermelon rind	4.00 c
17506	Raisins	1.00 c
17506	Sugar	0.00
17507	Prunes	1.00 lb
17507	Chopped nuts	0.25 lb
17507	Orange	1.00

Sheet1

17507	Sugar	1.00 c
17508	Prunes	1.00 lb
17508	Sugar	4.00 c
17508	Lemon juice	2.00 tb
17508	Water	2.00 c
17508	Chopped nuts	1.00 c
17509	Prunes	1.00 lb
17509	Stick cinnamon	1.00 tb
17509	Whole cloves	1.00 ts
17509	Vinegar	0.50 c
17509	Sugar	1.50 c
17509	Whole allspice	1.00 ts
17510	Sugar	1.50 c
17510	Oil	1.00 c
17510	Eggs	3.00 ea
17510	Buttermilk	1.00 c
17510	Flour	2.00 c
17510	Soda	1.00 t
17510	Salt	1.00 t
17510	Nutmeg	1.00 t
17510	Cinnamon	1.00 t
17510	8oz baby jar strained Prunes	1.00 ea
17510	Chopped Pecans	1.00 c
17510	Vanilla	1.00 t
17511	All-purpose flour, sifted	2.25 c
17511	Sugar	1.33 c
17511	Baking powder	2.00 ts
17511	Baking soda	0.25 ts
17511	Salt	1.00 ts
17511	Cinnamon	0.50 ts
17511	Nutmeg	0.25 ts
17511	Allspice	0.25 ts
17511	Shortening	0.50 c
17511	Prune juice, drained from	0.50 c
17511	-cooked prunes	0.00
17511	Milk	0.50 c
17511	Eggs	2.00 ea
17511	Vanilla	1.00 ts
17511	Prune butter frosting	0.00
17511	-(recipe below)	0.00
17512	Sugar	5.50 c
17512	Salt	1.00 ts
17512	Unbleached Flour	2.75 c
17512	Instant Nonfat Dry Milk	1.50 c
17513	Sugar	0.50 c
17513	Butter	2.00 T
17513	Vanilla	1.00 t
17513	Flour	1.00 T
17513	Water, boiling	2.00 c

Sheet1

17514	Stale bread crumbs	2.00 c
17514	Scalded milk	1.00 qt
17514	Sugar	0.33 c
17514	Melted butter	0.25 c
17514	Egg	1.00
17514	Salt	0.50 ts
17515	Red chili pods	10.00
17515	Oil	1.00 tb
17515	Water	3.00 c
17515	Barbecue sauce	0.25 c
17515	Round steak, cut into small	0.50 lb
17515	-pieces	0.00
17515	Garlic salt	1.00 ts
17516	Chopped onion	0.50 c
17516	Clove garlic, minced	1.00
17516	Water	2.00 tb
17516	Tomatoes, peeled, seeded,	2.00
17516	-and chopped	0.00
17516	Bell pepper (red or green),	1.00
17516	-chopped	0.00
17516	Cooked ham, finely chopped	0.25 c
17516	Tomato puree	0.33 c
17516	Paprika	0.75 ts
17516	Dried oregano, crushed	0.25 ts
17516	Ground coriander	0.25 ts
17516	Salt	0.25 ts
17516	Long-grain rice	0.67 c
17516	Chicken broth	2.00 c
17516	Cooked chicken, coarsely	2.00 c
17516	-chopped	0.00
17516	Frozen peas	1.00 c
17516	Pimiento-stuffed olives,	2.00 tb
17516	-sliced	0.00
17516	Capers	2.00 ts
17517	Molasses	1.00 c
17517	Sugar	1.00 c
17517	Vinegar	2.00 tb
17517	Butter	2.00 tb
17517	Puffed rice	0.67 pk
17518	Eggs, separated	2.00 x
17518	Dry White Wine	1.00 tb
17518	Cubed French bread	1.50 c
17518	Skim Milk	1.00 c
17518	Salt	0.25 ts
17518	Sliced Swiss cheese	2.00 oz
17519	Butter Or Vegetable Oil	0.33 c
17519	Onion, Grated	1.00 md
17519	Curry Powder	1.00 ts
17519	Clove Garlic, Crushed	1.00

Sheet1

17519	Chicken Stock	2.00 c
17519	Pineapple Juice	1.25 c
17519	Raisins	0.33 c
17519	Pistachio Nuts, Chopped	0.33 c
17519	Long Grain Rice	1.75 c
17519	Salt	1.00 ts
17520	Long Grain Rice	1.33 c
17520	Ghee Or Butter	0.25 c
17520	Onion, Sliced	2.00 md
17520	Clove Garlic, Crushed	1.00
17520	Salt	1.50 ts
17520	Peas	1.50 c
17520	Hot Water	2.50 c
17521	Sugar	2.00 c
17521	Butter	4.00 tb
17521	Water	1.00 c
17521	Powdered sugar	0.00
17521	Peppermint flavoring	0.50 ts
17522	Eggs,slightly beaten	2.00
17522	Pumkin (16 oz)	1.00 cn
17522	Sugar	0.67 c
17522	Cinnamon	1.00 ts
17522	Salt	0.50 ts
17522	Ginger	0.50 ts
17522	Half-and Half	1.33 c
17522	9 inch Pieshell	1.00
17522	SOUR CREAM LAYER	0.00
17522	Sour Cream	1.00 c
17522	Brown Sugar	2.00 tb
17522	Lemon Juice	1.00 tb
17522	Grated Peel of 1 Lemon	0.00
17522	Pecans chopped	0.25 c
17523	Compressed yeast; --OR--	0.67 oz
17523	-Envelope Dry Yeast	1.00
17523	Water	1.00 pt
17523	Bread crumbs	1.00 oz
17523	Wheat germ	2.00 oz
17523	Whole wheat flour	10.00 oz
17523	Bread flour	1.00 lb
17523	Salt	0.50 oz
17523	Caramel	1.00 oz
17523	--OR-- Bitter chocolate	0.00
17523	--OR-- cocoa mixed w/ water	0.00
17523	Rye starter	0.50 pt
17523	RYE STARTER -----	0.00 -----
17523	Water	1.00 pt
17523	Rye flour	1.00 lb
17523	All-purpose flour	3.00 oz
17523	RYE STARTER -----	0.00 -----

Sheet1

17524		0.00
17524	Salt	0.50
17524	Flour, divided	2.25 c
17524	Sugar	0.50 c
17524	Flour	1.00 tb
17524	Ground cinnamon	1.00 ts
17524	Salt	0.50 ts
17524	Ground cloves	0.25 ts
17524	Butter	2.00 tb
17524	12 oz. can evaporated milk	1.00 c
17524	Water	1.00 c
17524	Butter, softened	4.00 tb
17524	Pecans,coarsely chopped	0.67 c
17524	Lard or shortening,softened	0.67 c
17524	Boiling water	0.33 c
17524	-----pumpkin f-----	0.00
17524	Light brown sugar	0.50 c
17524	Bitters,optional	1.00 tb
17524	Ground ginger	0.50 ts
17524	Ground nutmeg	0.25 ts
17524	Egg,slightly beaten	1.00
17524	29 oz. can pumpkin puree	1.00 c
17524	Sweet milk	0.25 c
17524	-----p-----	0.00
17524	Light brown sugar	0.67 c
17524	Whipped topping,optional	0.00
17525	Sugar	2.00 c
17525	Vegetable oil	1.25 c
17525	Eggs	4.00
17525	Flour	2.00 c
17525	Salt	1.00 ts
17525	Baking soda	2.00 ts
17525	Cinnamon	3.00 ts
17525	Pumpkin	1.50 c
17525	Chopped walnuts	1.00 c
17526	Package(18.25)spice cake mix	1.00
17526	Libby's Pumpkin pie mix	1.50 c
17526	Med. eggs	4.00
17526	Envelope (1.25oz) whipped	1.00
17526	Topping mix	0.00
17526	FROSTING -----	0.00 -----
17526	Milk	1.00 c
17526	Flour, all purpose	5.00 ts
17526	Butter	1.00 c
17526	Sugar, powdered; sifted	1.00 c
17526	Vanilla	1.00 ts
17526	FROSTING -----	0.00 -----
17527	Package(18.25)spice cake mix	1.00
17527	Libby's Pumpkin pie mix	1.50 c

Sheet1

17527	Med. eggs	4.00
17527	Envelope (1.25oz) whipped	1.00
17527	Topping mix	0.00
17528	Eggs	3.00
17528	Sugar	1.00 c
17528	Pumpkin	0.67 c
17528	Lemon juice	1.00 ts
17528	Flour	0.75 c
17528	Nutmeg	0.50 ts
17528	Ginger	1.00 ts
17528	Cinnamon	2.00 ts
17528	Baking powder	1.00 ts
17528	Salt	0.50 ts
17528	Powdered sugar	1.00 c
17528	Cream cheese	6.00 oz
17528	Butter or margarine	4.00 ts
17528	Vanilla extract	0.50 ts
17529	-----c-----	0.00
17529	Graham cracker crumbs	1.00 c
17529	Ground pecans	0.50 c
17529	Sugar	2.00 tb
17529	Ginger	0.12 ts
17529	Butter or margarine, melted	0.25 c
17529	-----f-----	0.00
17529	Brown sugar, firmly packed	0.75 c
17529	8 oz. pkg. cream cheese	1.00 pk
17529	16 oz. can pumpkin pie filli	1.00 c
17529	Heavy cream	0.50 c
17529	Cinnamon	1.00 ts
17529	Ginger	0.50 ts
17529	Salt	0.50 ts
17529	Nutmeg	0.25 ts
17529	Clove	0.25 ts
17529	Dash black pepper	0.00
17529	Eggs	3.00
17529	-----g-----	0.00
17529	Pecan halves	0.00
17529	Sweetened whipped cream	0.00
17530	Shortening	0.50 c
17530	Sugar	1.50 c
17530	Egg	1.00
17530	Pumpkin	1.00 c
17530	Crushed pineapple (drained)	0.50 c
17530	Rolled oats	1.00 c
17530	Nuts (chopped)	1.00 c
17530	Flour	2.00 c
17530	Baking powder	0.50 ts
17530	Soda	0.50 ts
17530	Salt	2.00 ts

Sheet1

17530	Cinnamon	1.00 ts
17530	Milk	0.25 c
17531	Shortening	1.00 c
17531	Nuts	1.00 c
17531	Vanilla	2.50 ts
17531	Flour	4.00 c
17531	Salt	1.00 ts
17531	Sugar	2.00 c
17531	Raisins	1.00 c
17531	Pumpkin	2.00 c
17531	Baking powder	2.00 ts
17531	Cinnamon	4.00 ts
17532	Milk	2.00 c
17532	Vanilla inst pudding	2.00 pk
17532	Canned pumpkin	1.00 c
17532	Pumpkin pie spice	1.00 ts
17532	Cool whip whipped topping	1.00 c
17532	Baked 9" pie shell, cooled	1.00
17533	All-purpose flour, sifted	1.25 c
17533	Salt	1.50 ts
17533	Baking powder	1.00 ts
17533	Baking soda	0.25 ts
17533	Oats, old-fashioned or quick	0.75 c
17533	Brown sugar, firmly packed	1.00 c
17533	Sugar	0.75 c
17533	Shortening	0.50 c
17533	Cinnamon	1.00 ts
17533	Nutmeg	0.50 ts
17533	Egg	1.00
17533	Pumpkin, canned or fresh	1.00 c
17533	Figs, dried, chopped	1.00 c
17533	Walnuts, chopped	0.75 c
17533	Orange peel, grated	1.00 tb
17534	Unsweetened Apple Juice -or-	0.50 c
17534	-Orange Juice	0.00
17534	Raisins, dark or golden	0.50 c
17534	Dried Figs, chopped	1.00 c
17534	Pumpkin, canned or cooked	1.00 c
17534	Sugar	2.00 tb
17534	Vegetable Oil	0.25 c
17534	Whole Wheat Flour	1.50 c
17534	Baking Soda	1.00 ts
17534	Baking Powder	1.00 ts
17534	Baking Powder	1.00 ts
17534	Ground Cinnamon	1.00 ts
17534	Ground Nutmeg	0.50 ts
17534	Ground Allspice	0.25 ts
17534	Ground Cloves	0.12 ts
17534	Walnuts, chopped	0.50 c

## Sheet1

17534	Orange, grated rind	1.00
17535	Granulated sugar	1.50 c
17535	Eggs	2.00
17535	Pumpkin puree	1.00 c
17535	Vegetable oil	0.50 c
17535	Buttermilk	0.50 c
17535	All-purpose flour	1.75 c
17535	Baking soda	1.00 ts
17535	Ginger	1.00 ts
17535	Each salt, cinnamon,	0.50 ts
17535	Nutmeg, ground	0.00
17535	Cloves and allspice	0.00
17535	Baking powder	0.25 ts
17535	Icing sugar	0.00
17536	Half and half cream or milk	1.50 c
17536	Vanilla instant pudding	1.00 pk
17536	Cool whip whipped topping	3.50 oz
17536	Each: pecans and gingersnaps	1.00 c
17536	Canned pumpkin	0.50 c
17536	Pumpkin pie spice	1.50 tb
17536	Graham cracker crumb crust	1.00
17537	Pumpkin	5.00 lb
17537	Raisins	1.00 lb
17537	Dried apricots	1.00 lb
17537	Sugar	2.50 lb
17538	Pumpkin; Canned, Mashed	1.50 c
17538	Cinnamon; Ground	1.00 t
17538	Cloves; Ground	0.25 t
17538	Eggs; Lg, Separated	3.00 ea
17538	Unbaked 9-inch Pie Shell	1.00 ea
17538	Sugar	6.00 tb
17538	Sugar	0.50 c
17538	Nutmeg; Ground	0.25 t
17538	Salt	0.50 t
17538	Evaporated Milk	1.00 c
17538	Salt	0.12 t
17539	Dry milk	0.67 c
17539	Pumpkin pie spice	1.00 ts
17539	Cinnamon	1.00 ts
17539	Equal or Sweet and Low	8.00 pk
17539	Baking soda	1.00 ts
17539	Flour	7.00 tb
17539	Grated carrot	0.50 c
17539	Eggs	2.00
17539	Pumpkin	1.00 c
17539	Vanilla	1.00 ts
17539	Raisins	4.00 tb
17540	(9-in) pie shell, unbaked	1.00
17540	Half and half	1.00 c



Sheet1

17540	Milk	0.50 c
17540	Dark brown sugar	0.75 c
17540	Ground cloves	1.00 ts
17540	Cinnamon	1.00 ts
17540	Eggs	3.00 lg
17540	Cognac	2.00 tb
17540	Pureed pumpkin, canned	1.50 c
17540	-=OR=- freshly cooked	0.00
17540	Minced candied ginger	1.00 tb
17541	9" unbaked pastry pie shell	1.00
17541	16 oz. can pumpkin	1.00 c
17541	14 oz. can condensed milk	1.00 c
17541	Eggs	2.00
17541	Ground cinnamon	1.00 ts
17541	Ground nutmeg	0.50 ts
17541	Ground ginger	0.50 ts
17541	Salt	0.50 ts
17541	Pecan halves	0.00
17541	Dark brown sugar	3.00 tb
17541	Whipping cream	3.00 tb
17542	Pumpkin (prepared)	4.00 lb
17542	Lemons	3.00
17542	Sugar	4.00 lb
17542	Salt	0.50 ts
17542	Mixed spices *	1.00 tb
17543	Eggs	3.00
17543	Sugar	1.00 c
17543	Mashed, cooked pumpkin	0.67 c
17543	Lemon juice	1.00 ts
17543	All-purpose flour	0.75 c
17543	Baking powder	1.00 ts
17543	Salt	0.25 ts
17543	Ground cinnamon	1.00 ts
17543	Pumpkin pie spice	1.00 ts
17543	Ground nutmeg	0.25 ts
17543	Chopped pecans	1.00 c
17543	To 2 Tbsp powdered sugar	1.00
17543	Pkg cream cheese, softened	8.00 oz
17543	Butter or margarine,	0.33 c
17543	-softened	0.00
17543	Sifted powdered sugar	1.00 c
17543	Vanilla extract	1.00 ts
17544	Pumpkin Seeds; Shelled	1.00 c
17544	Onion; Chopped, 1 sm	0.25 c
17544	Bread; White, Slice *	1.00 ea
17544	Clove Garlic; Crushed	1.00 ea
17544	Vegetable Oil	2.00 T
17544	Green Chiles; Chopped,Canned	2.00 T
17544	Chicken Broth; Canned	14.00 oz

Sheet1

17544	Whipping Cream	0.50 c
17544	Dash Salt	1.00 x
17545	Jim Vorheis	0.00
17545	Extra large eggs	4.00
17545	Vegetable oil	1.00 c
17545	Sugar	2.00 c
17545	Solid pack pumpkin	2.00 c
17545	All-purpose flour	2.00 c
17545	Baking powder	2.00 ts
17545	Baking soda	1.00 ts
17545	Salt	0.50 ts
17545	Ground cinnamon	2.50 ts
17545	Ground ginger	1.00 ts
17545	Ground cloves	1.00 ts
17545	Ground nutmeg	1.00 ts
17545	Cream Cheese Frosting:	0.00
17545	Cream cheese, softened	3.00 oz
17545	Butter, softened	6.00 tb
17545	Whole milk	1.00 tb
17545	Vanilla	1.00 ts
17545	Powdered sugar	3.00 c
17546	Eggs	4.00
17546	White sugar	2.00 c
17546	Oil	1.00 c
17546	Pumpkin	16.00 oz
17546	Flour	2.00 c
17546	Baking powder	2.00 t
17546	Cinnamon	2.00 t
17546	Baking soda	1.00 t
17546	Salt	0.75 t
17546	Ground ginger	0.50 t
17546	Ground cloves	0.25 t
17546	Raisins	0.50 c
17546	Chopped nuts (opt)	0.50 c
17547	SEEDLESS RAISINS	1.00 c
17547	WALNUTS	1.00 c
17547	ALL-PURPOSE FLOUR	2.00 c
17547	BAKING SODA	2.00 t
17547	BAKING POWDER	0.25 t
17547	SALT	0.50 t
17547	GROUND CLOVES	2.00 t
17547	GROUND CINNAMON	2.00 t
17547	GROUND GINGER	1.00 t
17547	EGGS	4.00 ea
17547	GRANULATED SUGAR	2.00 c
17547	SALAD OIL	1.00 c
17547	Canned PUMPKIN	16.00 oz
17548	Vanilla Wafer Crumbs	2.00 c
17548	Vanilla	1.00 ts

Sheet1

17548	Margarine, Melted	0.25 c
17548	Eggs	3.00
17548	Neufchatel Cheese, Softened	16.00 oz
17548	Canned Pumpkin	1.00 c
17548	Cinnamon	0.75 ts
17548	Ground Nutmeg	0.25 ts
17548	Sugar	0.75 c
17549	Pie crust, single crust	0.00
17549	Cream cheese, softened	8.00 oz
17549	Corn syrup, light	0.50 c
17549	Vanilla	1.00 ts
17549	Pumpkin	1.00 c
17549	Eggs	2.00
17549	Evaporated milk	0.50 c
17549	Sugar	0.25 c
17549	Pumpkin pie spice	1.50 ts
17549	Salt	0.25 ts
17550	Brown Sugar; Firmly Packed	0.33 c
17550	Cinnamon; Ground	0.50 t
17550	Water	0.33 c
17550	Apple; Pared, Thinly Sliced	3.00 c
17550	Sugar; Granulated	0.33 c
17550	Cinnamon; Ground	0.50 t
17550	Clove; Ground	0.12 t
17550	Evaporated Milk	0.75 c
17550	Cornstarch	1.00 tb
17550	Salt	0.25 t
17550	Butter Or Regular Margarine	2.00 tb
17550	Egg; Lg	1.00 ea
17550	Pumpkin; Mashed, Canned	0.75 c
17550	Ginger; Ground	0.25 t
17550	Salt	0.25 t
17550	Unbaked 9-inch Pie Shell	1.00 ea
17551	Pumpkin; Mashed, Canned	2.00 c
17551	Cinnamon; Ground	1.00 t
17551	Cloves; Ground	0.25 t
17551	Eggs; Lg	2.00 ea
17551	Unbaked 9-inch Pie Shell	1.00 ea
17551	Sugar	0.75 c
17551	Ginger; Ground	0.50 t
17551	Salt	0.50 t
17551	Evaporated Milk; 1 Cn	13.00 oz
17551	CRUNCHY PECAN TOPPING -----	0.00 -----
17551	Butter Or Regular Margarine	3.00 tb
17551	Pecans; Coarsely Chopped	0.67 c
17551	Brown Sugar; Firmly Packed	0.67 c
17551	CRUNCHY PECAN TOPPING -----	0.00 -----
17552	PIE FILLING -----	0.00 -----
17552	Pumpkin; Mashed, Canned	2.00 c

Sheet1

17552	Granulated Sugar	1.00 c
17552	Cornstarch	1.00 tb
17552	Cinnamon; Ground	1.50 t
17552	Ginger; Ground	0.50 t
17552	Nutmeg; Ground	0.50 t
17552	Allspice; Ground	0.50 t
17552	Cloves; Ground	0.50 t
17552	Salt	0.50 t
17552	Eggs; Lg	2.00 ea
17552	Evaporated Milk; 1 Cn	13.00 oz
17552	Unbaked 9-inch Pie Shell	1.00 ea
17552	CRUNCHY PECAN TOPPING -----	0.00 -----
17552	Butter Or Regular Margarine	3.00 tb
17552	Brown Sugar; Firmly Packed	0.67 c
17552	Pecans; Coarsely Chopped	0.67 c
17552	PIE FILLING -----	0.00 -----
17552	CRUNCHY PECAN TOPPING -----	0.00 -----
17553	Basil	3.00 ts
17553	Summer savory	2.00 ts
17553	Celery seed	2.00 ts
17553	Ground cumin	2.00 ts
17553	Sage	2.00 ts
17553	Thyme	1.00 ts
17553	Marjoram	2.00 ts
17555	Dried dates	1.00 c
17555	Water	6.00 tb
17555	Vanilla	1.00 ts
17556	Fresh purple prune plums	1.25 lb
17556	Water	0.25 c
17556	Sugar	1.00 c
17556	Lemon juice	1.00 tb
17556	Envelopes unflavored gelatin	1.50 pk
17556	Water	0.25 c
17556	Egg whites	2.00
17556	Dash salt	0.00
17556	Heavy cream,whipped	0.50 c
17556	Baked pastry shell (9")	1.00
17556	Whipped cream for garnish	0.00
17557	FOR THE DOUGH -----	0.00 -----
17557	Active dry yeast	1.00 pk
17557	Warm milk	1.33 c
17557	Flour	3.75 c
17557	Sugar	0.50 c
17557	Eggs	3.00
17557	Butter; melted	6.00 tb
17557	Lemon; grated peel only	1.00
17557	Salt	1.00 pn
17557	FOR THE FILLING -----	0.00 -----
17557	Golden raisins	2.00 oz

Sheet1

17557	Breadcrumbs	2.00 tb
17557	Butter	4.00 tb
17557	Walnut meats	4.00 oz
17557	Blanched almonds	1.00 oz
17557	Candied citron	1.00 oz
17557	Candied orange peel	1.00 oz
17557	Pine nuts	2.00 oz
17557	Lemon; grated peel only	1.00
17557	Orange; grated peel only	1.00
17557	Egg yolks	2.00
17557	Egg white	1.00
17557	Granulated sugar	0.00
17557	FOR THE DOUGH -----	0.00 -----
17557	FOR THE FILLING -----	0.00 -----
17558	See below	0.00
17559	Stalks celery, thinly sliced	3.00
17559	Potatoes, peeled and finely	2.00 md
17559	-chopped	0.00
17559	Leeks or 1 medium onion,	2.00
17559	-thinly sliced	0.00
17559	Zucchini, cut in half	1.00 md
17559	-lengthwise and sliced	0.00
17559	Frozen green peas	1.00 c
17559	Chicken broth	3.00 c
17559	Shredded spinach or leaf	1.00 c
17559	-lettuce	0.00
17560	Quails, about 4 oz apiece	8.00
17560	Blanched bacon	8.00 sl
17560	-(or Italian-style pancetta)	0.00
17560	Butter	3.00 tb
17560	Fresh or dried sage leaves	3.00
17560	Salt	0.00
17560	Freshly ground black pepper	0.00
17560	Dry white wine	0.33 c
17561	Pastry for 9"pie (lard is tr	0.00
17561	Pork; lean ground	1.00 lb
17561	Onion; medium, chopped	1.00
17561	-Salt & pepper	0.00
17561	Savory	0.50 ts
17561	Cloves; ground	0.00
17561	-Water; boiling	0.25 c
17562	-Boiling water	1.00 c
17562	Dates;chopped	1.00 c
17562	Baking soda	1.00 ts
17562	Butter	0.50 c
17562	Sugar,granulated	1.00 c
17562	Egg	1.00
17562	Vanilla	1.00 ts
17562	Flour,all purpose	1.50 c

Sheet1

17562	Baking powder	1.00 ts
17562	-Salt	0.50 ts
17562	BROILED TOPPING -----	0.00 -----
17562	Butter	0.25 c
17562	Brown sugar;packed	0.50 c
17562	Light cream	0.25 c
17562	Coconut;shredded;half nuts	0.75 c
17562	-if desired	0.00
17562	BROILED TOPPING -----	0.00 -----
17563	-Boiling water	1.00 c
17563	Dates;chopped	1.00 c
17563	Baking soda	1.00 ts
17563	Butter	0.50 c
17563	Sugar,granulated	1.00 c
17563	Egg	1.00
17563	Vanilla	1.00 ts
17563	Flour,all purpose	1.50 c
17563	Baking powder	1.00 ts
17563	-Salt	0.50 ts
17563	BROILED TOPPING -----	0.00 -----
17563	Butter	0.25 c
17563	Brown sugar;packed	0.50 c
17563	Light cream	0.25 c
17563	Coconut;shredded;half nuts	0.75 c
17563	-if desired	0.00
17563	BROILED TOPPING -----	0.00 -----
17564	BATTER -----	0.00 -----
17564	Dates	1.00 c
17564	Boiling water	1.00 c
17564	Vanilla	1.00 ts
17564	Margarine	0.25 c
17564	Sugar	1.00 c
17564	Egg, beaten	1.00
17564	Flour	1.50 c
17564	Baking powder	1.00 ts
17564	Baking soda	1.00 ts
17564	Salt	0.50 ts
17564	TOPPING -----	0.00 -----
17564	Brown sugar	6.00 tb
17564	Butter	3.00 tb
17564	Canned milk	4.00 tb
17564	Coconut	1.00 c
17564	Salt	1.00 pn
17564	BATTER -----	0.00 -----
17564	TOPPING -----	0.00 -----
17565		0.00
17565	Almonds; blanched, toasted	1.00
17565	Sugar	16.00
17565	All-purpose flour	0.50

Sheet1

17565	Cocoa powder	0.25 c
17565	Baking powder	1.00 ts
17565	Eggs, separated, room temper	6.00
17565	-ture	0.00
17565	Cream of tartar	0.25 ts
17565	Butter, melted and cooled	0.33 c
17565	Chocolate parfait:	0.00
17565	Bittersweet chocolate, coars	12.00 oz
17565	-ly chopped	0.00
17565	Milk	1.00 c
17565	Egg yolks, room temperature	8.00
17565	Sugar	1.33 c
17565	Whipping cream, well-chilled	2.00 c
17565	Amaretto liqueur	0.50 c
17565	Water	0.25 c
17565	Chocolate whipped cream:	0.00
17565	Bittersweet chocolate, coars	2.00 oz
17565	-ly chopped	0.00
17565	Whipping cream, well-chilled	1.00 c
17565	Sugar	4.00 ts
17565	Vanilla	1.00 ts
17565	Almonds; whole, blanched	0.00
17565	Chocolate garnishes, optiona	0.00
17565	-	0.00
17566	Butter	25.00 g
17566	Grated cheddar cheese	275.00 g
17566	Beaten egg	1.00
17566	Sliced button mushrooms	100.00 g
17566	Uncooked 15cm tortillas	12.00
17567	Chorizo Sausage; Bulk	0.50 lb
17567	Whole Green Chiles; *	8.00 oz
17567	Monterey Jack Cheese; **	4.00 oz
17567	Eggs; Large	5.00
17567	Milk	0.50 c
17567	Pepper	0.25 ts
17568	Unbaked 9-in pastry shell	1.00 ea
17568	Slices of bacon	4.00 ea
17568	Finely chopped onion	0.25 c
17568	Shredded cheddar cheese	1.50 c
17568	Eggs slightly beaten	4.00 ea
17568	Milk	1.33 c
17568	Salt	0.75 t
17568	Dry mustard	0.50 t
17568	White pepper	0.12 t
17568	Ground nutmeg	0.12 t
17569	Unbaked 9-in pastry shell	1.00 ea
17569	Slices of bacon	4.00 ea
17569	Finely chopped onion	0.25 c
17569	Shredded cheddar cheese	1.50 c

Sheet1

17569	Eggs slightly beaten	4.00 ea
17569	Milk	1.33 c
17569	Salt	0.75 t
17569	Dry mustard	0.50 t
17569	White pepper	0.12 t
17569	Ground nutmeg	0.12 t
17570	Evaporated skim milk	0.50 c
17570	Egg	1.00
17570	Swiss cheese, shredded	1.00 oz
17570	Imitation bacon bits	1.00 t
17570	Grated parmesan cheese	1.00 t
17570	Dash of pepper	0.00
17571	Evaporated skim milk	0.50 c
17571	Egg	1.00
17571	Swiss cheese, shredded	1.00 oz
17571	Imitation bacon bits	1.00 t
17571	Grated parmesan cheese	1.00 t
17571	Dash of pepper	0.00
17572	Yellow cake mix	1.00 pk
17572	(single layer size)	0.00
17572	Egg	1.00
17572	Water	0.00
17572	Lemon extract	0.50 ts
17572	Vanilla pudding (regular)	1.00 pk
17572	Milk	1.50 c
17572	Vanilla	1.00 ts
17572	Chocolate frosting	1.00 cn
17573	Dijon Mustard	8.00 oz
17573	Fresh Chopped Dill Or:	1.00 tb
17573	Dried Dill Weed	1.00 ts
17573	Olive Oil	3.00 tb
17574	Velvetta salsa Dip	1.00 c
17574	Ground beef, cooked drained	0.50 lb
17574	Taco shells	10.00
17574	Lettuce	1.00 c
17574	Tomato	0.75 c
17575	Butter	0.33 c
17575	Powdered sugar	0.25 c
17575	Egg	1.00
17575	Salt	0.12 ts
17575	Flour	1.33 c
17575	Granny Smith apples; pared	2.00 md
17575	-and sliced	0.00
17575	Sugar	4.00 ts
17575	Orange marmalade; melted	4.00 ts
17576	Frozen Chopped Spinach *	10.00 oz
17576	Imitation Bacon Bits OR	0.50 c
17576	Crisp Bacon, Crumbled **	0.50 c
17576	Mayonnaise	1.00 c



Sheet1

17576	Fresh Dill, Chopped, OR	2.25 ts
17576	Dried Dill, Crushed	0.75 ts
17576	Garlic Powder	0.50 ts
17576	Cayenne Pepper	0.12 ts
17577	Dry black beans	1.50 c
17577	- rinsed and soaked	0.00
17577	- 6 hrs or overnight	0.00
17577	Onion; diced	1.00 sm
17577	Garlic clove; finely chopped	1.00
17577	Chipotle chile; minced -OR-	0.50
17577	-Smoked Chile Salsa	1.00 tb
17577	Canned peeled tomatoes	16.00 oz
17577	- chopped, juice reserved	0.00
17577	Cilantro	0.50 bn
17577	GARNISHES -----	0.00 -----
17577	Sour cream	0.00
17577	Grated muenster cheese	0.00
17577	-=OR=- Monterey Jack cheese	0.00
17577	Chile pequins; -=OR=- other	0.00
17577	-Small dried Red Chiles	0.00
17577	GARNISHES -----	0.00 -----
17578	Stewing or frying chicken	1.00
17578	Italian style stewed	1.00 cn
17578	-tomatoes	0.00
17578	Linguini	0.50 pk
17578	Olives, chopped	1.00 cn
17578	Dry red wine	1.00 c
17578	Water	2.00 c
17578	Basil	1.00 ts
17578	Oregano	1.00 ts
17578	Olive oil	3.00 tb
17578	Vinegar	0.25 c
17578	Tomato soup	1.00 cn
17578	Cloves garlic	3.00
17578	Tomato sauce	1.00 cn
17579	Chicken Breast Halves,	2.00
17579	-boned, cubed to 3/4" size	0.00
17579	Cooking Oil (I used peanut	1.00 ts
17579	-oil)	0.00
17579	Can Cream of Mushroom Soup	10.75 oz
17579	Sliced Mushrooms	3.00 oz
17579	Green Bell Pepper, med size	0.50
17579	White Onion, med size	0.50
17579	Seasonings:	0.00
17579	Salt	3.00 ds
17579	Coarse Black Pepper	2.00 ds
17579	Celery Salt	2.00 ds
17579	Garlic Powder	2.00 ds
17579	Zatarains Creole Seasoning	3.00 ds

Sheet1

17580	Chicken bones and backs	5.00 lb
17580	Onions; peeled	2.00 md
17580	Leek	1.00 lg
17580	Carrot	1.00 lg
17580	Celery stalks	2.00 md
17580	Parsley sprigs	8.00
17580	Bay leaf	1.00
17580	Whole cloves	2.00
17580	Dried thyme	1.00 ts
17581	Butter	2.00 T
17581	Brown sugar	1.00 T
17581	Pecan halves	24.00
17581	DOUGH -----	0.00 -----
17581	Butter; softened	2.00 T
17581	Sugar	0.25 c
17581	Egg	1.00 lg
17581	Flour	1.00 c
17581	Baking powder	1.00 t
17581	Salt	0.00 pn
17581	Cinnamon; ground	0.50 t
17581	Milk	0.25 c
17581	Butter; melted	1.00 T
17581	Brown sugar	1.00 T
17581	Cinnamon	0.00
17581	Dried currants	2.00 T
17581	DOUGH -----	0.00 -----
17582	Diced tomatoes	2.00 c
17582	Salad oil	2.00 tb
17582	Chopped onion	0.50 c
17582	Green pepper, cut in 1/2"	0.50 c
17582	-squares	0.00
17582	Curry powder	1.00 ts
17582	Cooked chicken chunks	2.00 c
17582	Raisins	0.25 c
17582	Salt	1.00 ts
17582	Thyme leaves, crushed	0.50 ts
17582	Water	0.50 c
17583	Box confectioner's sugar	1.00 lb
17583	Butter or margarine	6.00 tb
17583	Milk	0.25 c
17583	Salt	0.50 ts
17583	Vanilla	1.00 ts
17583	To 1/2 cup cocoa, depending	0.25
17583	-on how rich you want it	0.00
17584	Box confectioner's sugar	1.00 lb
17584	Butter or margarine	6.00 tb
17584	Milk	0.25 c
17584	Salt	0.50 ts
17584	Vanilla	1.00 ts

Sheet1

17584	To 1/2 cup cocoa, depending	0.25
17584	-on how rich you want it	0.00
17585	Garlic cloves	2.00 lg
17585	Onions (5 medium)	1.50 lb
17585	Butter	2.50 tb
17585	Red wine	0.25 c
17585	Dried thyme	0.25 ts
17585	Salt	0.25 ts
17585	Freshly ground black pepper	0.25 ts
17585	Chicken stock (or canned	1.00 qt
17585	-chicken broth)	0.00
17585	RED-WINE CROUTONS:	0.00
17585	Loaf French bread	0.50
17585	Olive oil	5.00 tb
17585	Red wine	0.25 c
17585	Swiss cheese, thinly sliced	3.00 oz
17585	Grated Parmesan cheese (1/2	2.00 oz
17585	-cup)	0.00
17586	Tomatoes (about 1 3/4 lb)	7.00 md
17586	Italian bread (3/4-inch	3.00 sl
17586	-thick)	0.00
17586	Garlic clove	1.00 md
17586	Red wine vinegar	2.00 tb
17586	Olive oil	0.33 c
17586	Tomato juice, chilled	4.00 c
17586	Canned beef broth, chilled	2.00 c
17586	Fresh basil leaves, minced	2.00 tb
17586	-(or 2 tsp dried)	0.00
17586	Green bell pepper	1.00 lg
17586	Onion	1.00 md
17586	Cucumber	1.00 md
17586	Worcestershire sauce	2.00 ts
17586	Hot rep pepper sauce	0.50 ts
17586	Salt	0.25 ts
17586	Freshly ground black pepper	0.25 ts
17587	Chinese turnip	1.50 lb
17587	Chinese cabbage	1.50 lb
17587	Water	1.00 c
17587	Salt	0.25 c
17587	Scallions	4.00 lg
17587	Cloves Garlic or 6 sm clove	4.00 lg
17587	Chopped fresh ginger	2.00 tb
17587	Cayenne pepper	7.00 ts
17588	Onion, quartered	1.00 md
17588	Celery stalks, quartered	2.00
17588	Carrot, quartered	1.00 md
17588	Bay leaf	1.00
17588	Thyme sprig	1.00
17588	Whole chicken	3.00 lb

Sheet1

17589	Unbleached All-purpose Flour	8.50 c
17589	Salt	1.00 tb
17589	Baking Soda	1.00 ts
17589	Vegetable Shortening	2.25 c
17589	Baking Powder	3.00 tb
17589	Cream Of Tartar	2.00 ts
17589	Instant Non Fat Dry Milk	1.50 c
17590	Confectioners sugar	1.00 lb
17590	Cocoa	0.50 c
17590	Salt	0.50 ts
17590	Chopped pecans	1.00 c
17590	Butter	6.00 tb
17590	Milk	4.00 tb
17590	Vanilla	1.00 tb
17591	Topping:	0.00
17591	Peanuts; finely chopped	3.00 ts
17591	Brown sugar	1.00 ts
17591	Wheat germ	1.00 ts
17591	Cinnamon	0.50 ts
17591	Cake:	0.00
17591	Pkg pillsbury microwave yell	1.00
17591	-w cake mix with pan	0.00
17591	Water	0.50 c
17591	Oil	0.33 c
17591	Dairy sour cream	0.25 c
17591	Egg	1.00
17591	Egg yolk	1.00
17591	Filling:	0.00
17591	Peanuts; finely chopped	0.33 c
17591	Peanut butter chips	0.33 c
17592	Vegetable oil	0.25 c
17592	Broiler-fryer, cut into	1.00
17592	-pieces	0.00
17592	Celery salt, divided	1.00 ts
17592	Chili powder, divided	1.00 ts
17592	Green bell peppers, sliced	2.00 lg
17592	-into strips	0.00
17592	Red bell pepper, sliced into	1.00 lg
17592	-strips	0.00
17592	Onions, sliced into rings	2.00 lg
17593	Water	2.00 c
17593	White wine vinegar	1.00 c
17593	Kosher salt	2.00 tb
17593	Red pepper	1.00 lg
17593	Yellow pepper	1.00 lg
17593	Green bell pepper	1.00 lg
17593	Clove garlic	1.00
17593	Leafy inner rib of celery	1.00
17593	Sprig fresh basil or oregano	1.00

Sheet1

17594	Rhubarb; cut bite-size	3.00 c
17594	Sugar	0.33 c
17594	Quick oatmeal	0.67 c
17594	Flour	0.33 c
17594	Brown sugar; packed	0.75 c
17594	Nutmeg	0.50 ts
17594	Cinnamon	0.50 ts
17594	Margarine	0.25 c
17595	Oil	2.00 tb
17595	Chicken breast	3.00
17595	-halves,skinned,boned,cut	0.00
17595	-into 1" pieces	0.00
17595	Broccoli flowerets	1.00 c
17595	Cauliflowerets	1.00 c
17595	Salad Dressing or Mayonnaise	0.50 c
17595	2" julienne cut carrots	0.25 c
17595	Soy sauce	1.00 tb
17595	Green onion slices	0.25 c
17595	Ground ginger	0.50 ts
17595	Clove garlic,minced	1.00
17595	Hot cooked rice	2.00 c
17596	Bread flour	4.50 c
17596	Wheat germ	2.00 tb
17596	Sugar	1.00 tb
17596	Salt	2.00 ts
17596	Ginger	0.50 ts
17596	Fast-acting dry yeast	2.00 pk
17596	Warm water; (120-130*)	1.00 c
17596	Sour cream; room temp.	1.00 c
17596	Vinegar	2.00 tb
17596	Egg white	1.00
17596	Water	1.00 tb
17596	Poppy seeds	2.00 ts
17597	INGREDIENTS FOR BUNS -----	0.00 -----
17597	Milk	1.25 c
17597	Butter	0.25 ts
17597	Flour	3.25 c
17597	Sugar	0.25 c
17597	Salt	1.00 ts
17597	Yeast	2.00 pk
17597	Egg	1.00
17597	INGREDIENTS FOR TOPPING -----	0.00 -----
17597	Brown sugar	1.00 c
17597	Cinnamon	1.50 ts
17597	Butter	0.75 tb
17597	Corn syrup	2.00 tb
17597	Walnuts	1.00 c
17597	INGREDIENTS FOR BUNS -----	0.00 -----
17597	INGREDIENTS FOR TOPPING -----	0.00 -----

## Sheet1

17598	Olive oil - extra-virgin	2.00 tb
17598	Clove garlic - large,	2.00
17598	-flattened	0.00
17598	Tomatoes - ripe, peeled,	2.00 lb
17598	-seeded & chopped (about	0.00
17598	Tomatoes)	4.00 lg
17598	Sprig basil - fresh	3.00
17598	Salt and freshly ground	0.00
17598	-pepper	0.00
17598	Italian bread - 1/2-inch	2.00 sl
17598	-thick, toasted	0.00
17598	Extra-virgin olive oil	0.00
17598	Julienne of fresh basil	0.00
17599	Orzo pasta or linguine, or	0.50 c
17599	-broken spaghetti	0.00
17599	Italian stewed tomatoes	29.00 oz
17599	Low-sodium chicken broth	1.00 c
17599	Finely chopped parsley	2.00 tb
17599	Dried basil, crushed	0.50 ts
17599	Grated parmesan	6.00 tb
17600	Vegetable Oil	2.00 ts
17600	Onion; Chopped	0.50 c
17600	Green Bell Pepper; Chopped	0.50 c
17600	Garlic; Fresh, Minced OR	1.00 ts
17600	Garlic Powder	0.25 ts
17600	Veal; Ground	10.00 oz
17600	Chili Powder	1.50 ts
17600	Oregano Leaves	0.50 ts
17600	Cumin; Ground	0.50 ts
17600	Salt; Dash of	0.00
17600	Hot Pepper Sauce; Dash Of	0.00
17600	Tomatoes; Crushed, Canned	0.50 c
17600	Tomato Paste; PLUS	1.00 tb
17600	Tomato Paste	1.00 ts
17600	Pinto Beans; Drained, Canned	3.00 oz
17601	Slices bacon	6.00
17601	Onions	2.00
17601	Garlic clove	1.00
17601	Beef broth	1.00 c
17601	Rice, raw	1.00 c
17601	Thyme	1.00 ts
17601	Salt	1.00 ts
17601	Bell pepper	1.00
17601	Kidney beans	2.00 c
17602	Confectioners' sugar	1.00 lb
17602	Cocoa	0.50 c
17602	Milk	0.25 c
17602	Butter/margarine	0.50 c
17602	Vanilla	1.00 ts

Sheet1

17602	Nuts, chopped	0.50 c
17603	Butter or margarine	0.50 c
17603	Salt	0.12 ts
17603	Lemon juice	2.00 tb
17603	Egg yolks	3.00
17604	Quinces	3.33 lb
17604	Orange	1.00
17604	Sugar	4.50 lb
17604	Orange juice	1.00 c
17604	Water	2.00 c
17605	Quinoa	1.50 c
17605	-Water	3.00 c
17605	Sea salt	0.50 ts
17605	Olive oil	2.00 tb
17605	Finely diced celery	2.00 c
17605	Finely diced fennel	0.50 c
17605	Finely diced onions	1.00 c
17605	Minced garlic	4.00 ts
17605	Finely diced red bell pepper	0.50 c
17605	Sea salt	1.00 ts
17605	Sesame seeds	2.00 tb
17605	Cooked pinto beans	1.50 c
17605	Tahini	4.00 tb
17605	Whole wheat flour	4.00 tb
17605	-(stone-ground)	0.00
17605	Gluten flour	4.00 tb
17606	Quinoa	1.00 c
17606	Water	2.00 c
17606	Salt	0.00
17606	Dried apricots; finely diced	6.00
17606	Chives; minced, -=OR=-	2.00 tb
17606	-Scallions, thinly sliced	3.00 sm
17606	Dried currants	4.00 tb
17606	- softened in hot water	0.00
17606	- and squeezed dry	0.00
17606	Yellow or green peppers	3.00 tb
17606	- finely diced	0.00
17606	Pine nuts	3.00 tb
17606	SALAD DRESSING -----	0.00 -----
17606	Lemon, grated zest only	1.00
17606	Lemon juice	1.00 tb
17606	Finely chopped cilantro	2.00 ts
17606	-=OR=- Parsley	0.00
17606	Paprika	0.25 ts
17606	Ground cumin	0.25 ts
17606	Ground coriander seeds	0.25 ts
17606	Salt	0.00
17606	Olive oil	0.25 c
17606	SALAD DRESSING -----	0.00 -----

Sheet1

17607	Quinoa	0.50 c
17607	Oil	2.00 tb
17607	Chopped onion	0.50 c
17607	Vegetable (or chicken) broth	1.25 c
17607	Chickpeas, cooked or canned	0.75 c
17607	- (drained and rinsed)	0.00
17607	Peeled, chopped sunchokes	1.00 c
17607	Peas, fresh or frozen	0.50 c
17607	Pepper	0.25 ts
17608	Of Spam	1.00 cn
17608	Pineapple chunks	1.00 cn
17609	Radishes; Thinly Sliced	2.00 c
17609	Onion; Chopped, 1 Med	0.50 c
17609	Orange Juice	3.00 T
17609	Lime Juice	2.00 T
17609	Fresh Cilantro; Fine Snipped	2.00 T
17609	Vegetable Oil	2.00 T
17609	Salt	0.25 t
17609	Pepper; Freshly Ground	0.12 t
17610	Dried porcini mushrooms	0.50 oz
17610	Lean veal shoulder	0.50 lb
17610	Lean beef round or shin	0.50 lb
17610	Pancetta or blanched bacon	2.50 oz
17610	Large yellow onion	4.00 oz
17610	Carrot	1.00 lg
17610	Celery stalk	1.00 lg
17610	Butter	5.00 tb
17610	Olive oil	3.00 tb
17610	Salt	1.00 tb
17610	Freshly ground black pepper	0.25 ts
17610	Dry red wine	0.50 c
17610	Drained canned plum tomatoes	2.50 c
17610	Heavy cream	0.50 c
17610	Freshly grated parmigiano	0.00
17610	Freshly ground pepper	0.00
17611	Warm water	0.50 c
17611	Dry yeast	1.00 pk
17611	Milk; warmed	2.00 c
17611	Butter; melted	0.50 c
17611	Salt	1.00 ts
17611	Sugar	1.00 ts
17611	All-purpose flour	2.00 c
17611	Eggs	2.00
17611	Baking soda	0.25 ts
17612	Whole wheat pastry flour	1.75 c
17612	Bran	1.25 c
17612	Baking powder	1.00 T
17612	Baking soda	0.25 t
17612	Butter	0.33 c



Sheet1

17612	Buttermilk	1.25 c
17612	Honey	0.25 c
17612	Molasses	3.00 T
17612	Raisins	0.75 c
17613	Tart Cooking Apple,	1.00 lg
17613	Coarsely Chopped	0.00
17613	Whole Cranberry Sauce	8.00 oz
17613	Seedless Golden Raisins	0.50 c
17613	Chopped Dried Apricots	2.00 tb
17613	Lemon, Grated Peel and	1.00 md
17613	Juice	0.00
17613	Salt	0.25 ts
17613	Ground Cinnamon	0.25 ts
17614	Raisins	1.00 lb
17614	Sugar	3.00 c
17614	Shortening	0.25 c
17614	Egg, well beaten	2.00 ea
17614	*pastry	1.00 x
17614	Water, cold	1.50 c
17614	Flour	2.00 c
17614	Milk	1.00 c
17614	Baking powder	2.00 t
17615	Raisins	2.00 c
17615	Water	1.00 c
17615	Shortening	1.00 c
17615	Brown sugar	1.00 c
17615	White sugar	1.25 c
17615	Eggs (beaten)	3.00
17615	Vanilla	1.00 tb
17615	Baking powder	1.00 tb
17615	Flour	4.00 c
17615	Cinnamon	1.00 tb
17615	Nutmeg	1.00 tb
17615	Soda	1.00 tb
17615	Nuts (chopped)	1.00 c
17616	Butter or butter substitute	2.00 tb
17616	Sugar	2.00 c
17616	Molasses	0.25 c
17616	Evaporated milk	0.50 c
17616	Squares chocolate	2.00
17616	Raisins	2.00 tb
17616	Chopped nuts	0.50 c
17616	Vanilla	1.00 ts
17617	Sugar	1.00 c
17617	White corn sirup	0.25 c
17617	Water	0.25 c
17617	Marshmallow cream	0.50 lb
17617	Cocoa butter	2.00 tb
17617	Raisins	1.00 c

## Sheet1

17617	Salt	0.25 ts
17617	Lemon flavoring with yellow	0.50 ts
17617	-coloring	0.00
17617	OR	0.00
17617	Raspberry flavoring with	0.50 ts
17617	-pink coloring	0.00
17618	Peanut butter	0.50 c
17618	Raisins	1.00 c
17618	Lemon juice	1.00 tb
17618	Powdered sugar	0.25 c
17618	Shredded coconut	0.50 c
17618	Salt	0.25 ts
17618	Cinnamon	0.25 ts
17619	Icing sugar	2.00 c
17619	Butter or margarine	1.00 c
17619	Peanut butter.	0.50 c
17619	Chopped salted peanuts	1.00 c
17619	Raisins	1.00 c
17620	Raisins	1.00 c
17620	Sugar	1.50 c
17620	Egg, well beaten	1.00 ea
17620	Lemon rind, grated	2.00 T
17620	*pastry	1.00 x
17620	Water	2.00 c
17620	Flour	4.00 T
17620	Lemon, juice of	1.00 ea
17620	Salt	0.25 t
17621	Seedless raisins	2.00 c
17621	Water	6.00 tb
17621	Vanilla	4.00 ts
17622	Water	1.50 c
17622	Raisins	0.33 c
17622	Sugar	0.25 c
17622	Salt	1.00 pn
17622	Butter	2.00 tb
17622	Flour	1.00 ts
17622	Nutmeg of Lemon	1.00 pn
17623	Brown sugar, firmly packed	1.00 c
17623	Hot water	0.50 c
17623	Seedless raisins	1.00 c
17623	Butter	2.00 tb
17623	Cider vinegar	4.00 tb
17623	Worcestershire sauce	1.50 t
17623	Salt	0.50 t
17623	Black pepper, freshly ground	0.12 t
17623	Ground cloves	0.25 t
17623	Mace	0.12 t
17623	Currant jelly	1.00 c
17624	Raisins	2.00 c

Sheet1

17624	Water	1.50 c
17624	Shortening	0.50 c
17624	Packed Brown Sugar	2.00 c
17624	All-purpose Flour	3.00 c
17624	Ground Cinnamon	1.00 ts
17624	Ground Cloves	1.00 ts
17624	Ground Nutmeg	0.25 ts
17624	Salt	0.50 ts
17624	Buttermilk or sour milk	1.00 c
17624	Baking Soda	1.00 ts
17624	Eggs, beaten	3.00
17624	Confectioner's Sugar	0.00
17625	Seedless raisins	2.00 c
17625	Water	1.50 c
17625	Celery, chopped	2.00 c
17625	Onion, chopped	1.00 lg
17625	Butter or margarine-1 stick	0.50 c
17625	Granulated chicken bouillon	1.00 ts
17625	Salt	1.00 ts
17625	Powdered Sage	1.00 ts
17625	Pepper	0.25 ts
17625	Cubed white bread-16 slices	8.00 c
17625	Walnuts, coarsely chopped	2.00 c
17626	Grated sharp cheddar cheese	1.00 c
17626	Ramp bulbs *	2.00 c
17626	Broth drained from ramp	0.50 c
17626	-bulbs	0.00
17626	Worcestershire sauce	1.00 tb
17626	Wine vinegar	3.00 tb
17626	Butter	3.00 tb
17626	Salt and pepper to taste	0.00
17626	Crisp toast	6.00 sl
17627	Cornmeal	1.00 c
17627	All purpose flour	1.00 c
17627	Plus 1 t baking powder	1.00 tb
17627	Sugar	2.00 tb
17627	Salt	1.00 ts
17627	Milk	1.50 c
17627	Eggs, beaten	2.00
17627	Diced cooked ham	0.50 c
17627	Sharp Cheddar cheese	0.50 c
17627	Bell pepper, chopped	0.50 c
17627	Chopped pimienta	0.25 c
17628	Lard; or salad oil	1.00 tb
17628	Cl Garlic; pureed	1.00
17628	Water	1.00 qt
17628	Ranchera roux	0.00
17628	Tomato paste	1.00 c
17628	Lard; or salad oil	3.00 tb

Sheet1

17628	Chicken base	2.75 tb
17628	Flour; all purpose	3.00 tb
17628	Salt	0.25 tb
17628	Garlic powder	1.00 tb
17628	Cumin	1.00 tb
17628	Brown onion	0.50
17628	Marjoram; ground	1.00 pn
17628	Bell pepper chopped	1.00
17628	Basil	1.00 pn
17628	Celery chopped	2.00
17628	Bay leaf; ground	1.00 pn
17629	Chopped Onions	2.00 md
17629	Cloves Garlic, Chopped	2.00 md
17629	Chopped Bell Pepper	1.00 md
17629	Italian Plum Tomatoes	14.00 oz
17629	Chicken Broth	6.00 oz
17630	Rangpur limes	12.00 sm
17630	Lemons	5.00
17630	Sugar (2 1/4 lbs)	4.50 c
17631	Flour	2.50 c
17631	Sugar	1.75 c
17631	Baking powder	2.00 t
17631	Baking soda	0.50 t
17631	Salt	0.50 t
17631	Buttermilk	2.00 c
17631	Vegetable oil	0.50 c
17631	Eggs	2.00
17631	Bran flakes cereal	8.00 c
17631	Raspberry jam	0.50 c
17632	Sugar	3.00 c
17632	Light corn syrup	0.75 c
17632	Egg whites	3.00
17632	3 oz pkg. raspberry flavor	1.00
17632	-gelatin	0.00
17632	Chopped, blanched almonds	0.67 c
17632	Almond extract	0.50 ts
17633	Crushed raspberries	2.00 l
17633	Sugar	1.00 l
17634	Raspberries	3.00 lb
17634	Apples	3.00 lb
17634	Sugar	0.00
17635	Diced Celery	0.25 c
17635	Diced Carrots	0.25 c
17635	Finely Chopped Green Onions	3.00 tb
17635	Water	0.25 c
17635	Chicken Bouillon Granules	0.12 ts
17635	Cornstarch	1.00 ts
17635	Minced Gingerrot	0.12 ts
17635	Unsweetened Orange Juice	0.25 c

Sheet1

17635	Raspberry Vinegar	1.50 ts
17636	ROBIN HOOD Oats	1.00 c
17636	ROBIN HOOD All Purpose Flour	1.00 c
17636	Buttermilk	1.00 c
17636	Lightly Packed Brown Sugar	0.75 c
17636	Baking Powder	1.00 ts
17636	Baking Soda	0.50 ts
17636	Salt	0.50 ts
17636	Ground Cinnamon	0.50 c
17636	Egg (beaten)	1.00
17636	CRISCO SHORTENING (melted)	0.25 c
17636	Raspberries-fresh or frozen	1.00 c
17637	Package *	1.00
17637	Brown sugar,	2.00 tb
17637	Lemon juice,	1.00 tb
17637	Cornstarch,	2.00 ts
17637	Cinnamon,	0.50 ts
17637	Salt	0.50 ts
17637	Frozen raspberries; or fresh	20.00 oz
17638	-Robbie Shelton	0.00
17638	Instant Tea; dry	6.00 tb
17638	Raspberry Sugar-Sweetened	2.00 pk
17638	-Soft Drink Mix; (5 oz ea)	0.00
17639	(8 oz) raspberry yogurt	2.00
17639	Crushed raspberries (opt.)	0.50 c
17639	Cool whip	1.00
17639	Graham cracker pie crust	1.00
17639	-----v-----	0.00
17639	Other fruits with matching y	0.00
17640	Skinless, boneless chicken	2.00 lb
17640	-breasts cut into 1" cubes	0.00
17640	Freshly ground pepper	0.50 ts
17640	Vegetable oil	2.00 tb
17640	Seedless raspberry preserves	12.00 oz
17640	-(see note)	0.00
17640	Chili sauce	1.00 c
17640	Pineapple chunks, drained	20.00 oz
17641	Olive oil	4.00 tb
17641	Eggplant, cut in 1" cubes	1.00
17641	Zucchini cut in 1" cubes	2.00
17641	Olive oil	1.00 tb
17641	Onions, coarsely chopped	2.00
17641	Green peppers, 1" cubes	2.00
17641	Garlic, chopped	1.00 tb
17641	Sprigs fresh thyme (OR	2.00
17641	1/2 ts Dried thyme)	0.00
17641	Bay leaf	1.00
17641	Tomatoes, cut in 1" cubes	3.00
17641	Pkg Gruyere cheese (opt)	1.00

## Sheet1

17642	Chicken Breasts *	4.00
17642	Olive Oil	1.00 tb
17642	Onion, Chopped	1.00 md
17642	Cloves Garlic, Minced	2.00
17642	Red Bell Pepper, Chopped	0.50
17642	Green Bell Pepper, Chopped	0.50
17642	Eggplant, Cubed	1.00 sm
17642	Chopped Canned Tomatoes	14.00 oz
17642	Yellow Squash, Sliced	1.00
17642	Zucchini, Sliced	1.00
17642	Fresh Oregano	2.00 tb
17642	Pepper To Taste	0.00
17642	Favorite Pasta	0.50 lb
17643	Olive Oil	0.25 c
17643	Garlic Cloves; chopped	4.00
17643	Salt and Pepper to taste	0.00
17643	Dried Red Pepper Flakes	0.25 c
17643	Heavy Cream	1.00 c
17643	Broccoli	1.50 lb
17643	Grated Parmesan Cheese *	0.75 c
17643	Frozen Ricotta Ravioli	15.00 oz
17644	Large red apples	2.00
17644	Juice of 1 lemon	1.00
17644	Medium onion,chopped	1.00
17644	Sliced sweet gherkins	0.25 c
17644	Capers	1.00 tb
17644	Sliced ripe olives	0.25 c
17644	French dressing	0.50 c
17645	Med Potato, raw	3.00 ea
17645	Salt	1.00 t
17645	Baking powder	0.50 t
17645	Egg, separated	2.00 ea
17645	Flour	1.50 T
17646	Lean Ground Beef	4.00 lb
17646	Salt	2.00 ts
17646	Oregano	0.50 ts
17646	Large Onion, Chopped	1.00
17646	Pepper	0.50 ts
17646	Garlic Salt	0.25 ts
17647	Sugar	2.00 c
17647	Water	1.00 c
17647	Cream of tartar	0.25 ts
17647	Confectioner's glycerine;	3.00 dr
17647	-drops!	0.00
17648	Cubed Chuck Steak	3.00 lb
17648	Cloves Garlic	3.00
17648	Cooking Oil	3.00 tb
17648	Chili Powder	6.00 tb
17648	Cumin	1.00 tb

Sheet1

17648	Hot Chili Peppers *	1.00 c
17648	Flour, To Thicken	0.50 c
17648	Beef Broth	1.00 c
17648	Beer	1.00 c
17648	Tomato Juice	1.00 c
17648	Salt To Taste	0.00
17648	Black Pepper To Taste	0.00
17649	Oregano	1.00 tb
17649	Paprika	2.00 tb
17649	Powdered Chili Peppers	8.00 tb
17649	Crushed Red Peppers	5.00 tb
17649	Thyme	1.00 tb
17649	Ground Cumin	4.00 tb
17649	Tabasco Sauce	2.00 tb
17649	Beef Boullion	4.00 tb
17649	Flour	5.00 tb
17649	Beer, 2 For Recipe, 4 For U	72.00 oz
17649	Water	1.00 c
17649	Pork Shoulder, Very Lean	4.00 lb
17649	Olive Oil (38D)	0.50 c
17649	Onions	2.00 lg
17649	Cloves Garlic	10.00
17649	Sugar	1.00 tb
17649	Hot Salsa	3.00 tb
17649	Canned Tomatoes	40.00 oz
17649	Diced Hot Green Chilies	7.00 oz
17649	Salt And Pepper To Taste	0.00
17650	Boneless beef chuck	2.00 lb
17650	Chili powder	1.00 tb
17650	Olive oil	4.00 tb
17650	Onion; chopped	0.50 lg
17650	Garlic clove; minced	1.00
17650	Chili powder	1.00 tb
17650	Ground cumin	0.25 ts
17650	Bay leaf	1.00
17650	Salt	0.50 ts
17650	Pureed tomatoes	1.33 c
17650	-(fresh or canned)	0.00
17650	Water	1.00 c
17651	:warm water (approx 105F)	0.25 c
17651	Dry yeast	1.00 pk
17651	Milk	1.75 c
17651	Butter; softened	2.00 tb
17651	Vegetable shortening or oil	0.00
17651	Sugar	2.00 tb
17651	Salt	2.50 ts
17651	All-purpose flour (or more)	5.50 c
17652	Pkg semi sweet chocolate	6.00 oz
17652	-chips	0.00

Sheet1

17652	Nestles milk chocolate bars	4.00
17652	Peanut butter	1.25 c
17653	Hershey's Milk Chocolate	8.00 oz
17653	Peanut Butter, Divided	1.50 c
17654	Hershey's Chocolate	8.00 oz
17654	Peanut Butter	0.50 c
17654	Peanut Butter	1.00 c
17655	Sugar	0.50 c
17655	Cornstarch	1.50 ts
17655	Frozen red raspberries in sy	10.00 oz
17655	-up	0.00
17655	Lemon juice	2.00 tb
17655	Fresh black raspberries	2.00 c
17655	Unsalted butter, softened	0.50 c
17655	Sugar	0.50 c
17655	Egg, beaten lightly	1.00 lg
17655	Vanilla	1.50 ts
17655	Flour	1.00 c
17655	Baking powder	1.75 ts
17655	Salt	0.25 ts
17655	Milk	0.50 c
17656	Sugar	0.50 c
17656	Cornstarch	1.50 ts
17656	Frozen Red Raspberries *	10.00 oz
17656	Lemon Juice	2.00 tb
17656	Fresh Black Raspberries	2.00 c
17656	Unsalted Butter, Softened	0.50 c
17656	Sugar	0.50 c
17656	Egg, Beaten Lightly	1.00 lg
17656	Vanilla	1.50 ts
17656	Flour	1.00 c
17656	Baking Powder	1.75 ts
17656	Salt	0.25 ts
17656	Milk	0.50 c
17657	Recipe Savory Tart Dough	1.00
17657	Bell pepper	3.00 md
17657	-Bell peppers; mixed	2.00 lg
17657	-colors, but preferably	0.00
17657	-Red and Yellow	0.00
17657	Olive oil	4.00 tb
17657	Red onion; quartered,	1.00 sm
17657	-sliced thinly crosswise	0.00
17657	Garlic cloves; minced	2.00
17657	Salt	0.00
17657	Water or white wine	0.25 c
17657	Pepper	0.00
17657	Basil leaves, loosely packed	1.00 c
17657	- and roughly chopped	0.00
17657	Parmesan or Romano cheese	2.00 tb



Sheet1

17657	- (grated)	0.00
17657	Whole eggs; plus	2.00
17657	Egg yolks	2.00
17657	Light cream	1.50 c
17657	Provolone cheese, grated	1.00 c
17657	Black Nicoise olives, pitted	20.00
17658	Red bean paste	2.00 tb
17658	Powdered red cayenne pepper	2.00 tb
17658	Soy sauce	2.00 tb
17658	Sugar	1.00 ts
17659		1.00
17659	Water to cover beans	0.00
17659	Ham hocks (3 1/2 to 4 lbs)	6.00
17659	-(I usually only put in a	0.00
17659	-couple	0.00
17659	For flavor)	0.00
17659	Water (in all)	16.00 c
17659	Finely chopped celery	2.50 c
17659	Finely chopped onions	2.00 c
17659	Finely chopped green peppers	2.00 c
17659	Bay leaves	5.00
17659	White pepper	2.00 ts
17659	Dried thyme	2.00 ts
17659	Garlic powder (or a couple	1.50 ts
17659	-3,4 crushed garlic cloves)	0.00
17659	Dried oregano	1.50 ts
17659	Ground red pepper	1.00 ts
17659	-(preferably cayenne)	0.00
17659	Black pepper	0.50 ts
17659	Tabasco sauce	1.00 tb
17659	Andouille smoked sausage	1.00 lb
17659	-(preferred) or any good	0.00
17659	-pure smoked pork sausage	0.00
17659	-such as Polish sausage	0.00
17659	-(kielbasa), cut diagonally	0.00
17659	-into 3/4 inch pieces	0.00
17659	Hot cooked rice	4.50 c
17660	Red kidney beans	1.00 lb
17660	Hot smoked sausage, chunks	2.00 lb
17660	Large onions, chopped	2.00 ea
17660	Garlic powder, to taste	1.00 x
17660	Pepper, to taste	1.00 ea
17660	Ham, cubed	0.50 lb
17660	Water	10.00 c
17660	Cooking oil	4.00 tb
17660	Salt, to taste	1.00 ea
17661	Dry red beans	0.75 c
17661	Ripe plum tomatoes; -=OR=-	12.00
17661	-Can whole peeled tomatoes	28.00 oz

Sheet1

17661	Rigatoni	0.50 lb
17661	-=OR=- other tubular pasta	0.00
17661	Swiss Chard leaves	2.00 lg
17661	- (red or green)	0.00
17661	Olive oil	1.00 tb
17661	Italian-style sausages	6.00
17661	- each cut in 2-or-3 pieces	0.00
17661	Minced garlic	1.00 tb
17661	White wine	0.50 c
17661	Fresh oregano leaves; -=OR=-	1.00 tb
17661	-Dried oregano leaves	1.00 ts
17661	Salt; or as desired	0.50 ts
17661	Ground black pepper	0.50 ts
17662	Cups	2.00 c
17662	Dried red chiles such as	1.00 c
17662	-Piquin or Cayenne	0.00
17662	Vegetable oil	2.00 c
17663	Lard or bacon drippings	2.00 tb
17663	Flour	2.00 tb
17663	To 3/4 cup ground red chile	0.25
17663	Cooled beef bouillon or	2.00 c
17663	-water	0.00
17663	Up to 4 ounces of tomato	0.00
17663	-sauce (optional)	0.00
17663	Salt	0.75 ts
17663	Garlic clove, crushed	1.00
17663	Pinch of ground Mexican	0.00
17663	-oregano (optional)	0.00
17663	Of ground comino (optional)	1.00 ds
17664	Dried red chili pods	16.00
17664	Hot Water	1.00
17664	Cloves garlic	2.00
17664	Salt to taste	1.00
17665	Cubed Pork	2.00 lb
17665	Dried Red Chiles	5.00
17665	Oregano	0.50 ts
17665	Garlic Powder	0.25 ts
17665	Salt & Pepper To Taste	0.00
17666	Bean curd	0.50 lb
17666	Chinese cabbage, chopped	1.00 ea
17666	Green onion	1.00 tb
17666	Ginger, chopped	1.00 ts
17666	Garlic, chopped	1.00 ts
17666	Soy sauce	4.00 tb
17666	Stock	0.50 c
17666	Dry sherry	4.00 tb
17666	Broen sugar	2.00 tb
17666	Salt	1.00 ts
17666	Five-spice powder	1.00 ts

Sheet1

17666	Sesame oil	2.00 ts
17667	Coconut Milk	28.00 oz
17667	Red Curry Base	1.00 tb
17667	Beef Steak, Cut Into Strips	2.50 lb
17667	Lemon Zest	1.00 tb
17667	Fish Sauce	0.50 c
17667	Sugar	2.00 ts
17667	Baby Corn	14.00 oz
17667	Peas, Fresh Or Frozen	0.75 c
17667	Garlic Chili Pepper Sauce	1.00 ts
17667	GARNISH -----	0.00 -----
17667	Chopped Sweet Basil, Fresh	0.00
17667	GARNISH -----	0.00 -----
17668	California or New Mexico	1.00 lg
17668	- Chili	0.00
17668	Garlic clove,minced	1.00
17668	Salad oil	2.00 ts
17668	Ground coriander	0.50 ts
17668	Ground cumin	0.25 ts
17668	Seeds of cardamom pod	1.00
17669	Red Fresh Or Dried Chillies	10.00 md
17669	Small Purple Shallots OR	0.50 c
17669	Brown Onions, Chopped	2.00 sm
17669	Garlic, Chopped	1.00 tb
17669	Finely Sliced Lemon Grass OR	0.25 c
17669	Thily Sliced Rind Of Lemon	1.00 md
17669	Chopped Galangal, Fresh Or	1.00 tb
17669	-Frozen OR	0.00
17669	Powdered Galangal	3.00 ts
17669	Chopped Fresh Coriander	1.00 tb
17669	-(Cilantro/Chinese Parsley)	0.00
17669	Roots	0.00
17669	Chopped Fresh Coriander	1.00 tb
17669	-Stems	0.00
17669	Finely Grated Kaffir Lime	1.00 ts
17669	-Rind	0.00
17669	Kaffir Lime Leaves, Mid Ribs	4.00 md
17669	-Removed	0.00
17669	Vegetable Oil	2.00 tb
17669	Shrimp Paste	2.00 ts
17669	Coriander Seeds	1.00 tb
17669	Cummin Seeds	2.00 ts
17669	Black Peppercorns	1.00 ts
17669	Paprika	2.00 ts
17669	Ground Tumeric	1.00 ts
17670	Dried Red Chillies, Soaked	10.00 md
17670	-And Chopped	0.00
17670	Red Onion, Chopped	1.00 lg
17670	Cloves Garlic, Crushed	3.00 lg

Sheet1

17670	Ground Coriander	2.00 ts
17670	Ground Cumin	1.00 ts
17670	Shrimp Paste (Kapi)	1.00 ts
17670	Salt	2.00 ts
17670	Ground Lemon Grass OR	1.00 ts
17670	Stalk Fresh Lemon Grass	1.00
17670	Ground Galangal (Kha) OR	1.00 ts
17670	Inch Dried Galangal (Kha)	1.00
17671	Chopped Onions	0.50 c
17671	Cloves Garlic	8.00
17671	Dried Red Jalapeno Chilies	10.00
17671	Thin Slices Galangal	4.00
17671	Chopped Lemon Grass	2.00 tb
17671	Chopped Cilantro/Coriander	1.00 tb
17671	-Root Or Stems	0.00
17671	Cumin	0.50 ts
17671	Shrimp Paste	1.00 ts
17671	Salt	1.00 ts
17671	Oil	3.00 tb
17672	Bonnet-type chiles	6.00 ts
17672	Onions, diced	3.00 md
17672	Allspice berries, crushed	2.00
17672	Ketchup	1.00 ts
17672	Pickapeppa Sauce	1.00 ts
17672	Distilled vinegar	2.00 c
17673	Vinegar	2.00 tb
17673	Worcestershire sauce	2.00 tb
17673	Salt	1.00 ts
17673	Paprika	1.00 ts
17673	Red pepper (cayenne)	0.50 ts
17673	Black pepper	0.50 ts
17673	Chili powder	1.00 ts
17673	Catsup	0.75 c
17673	Water	0.75 c
17673	Onions	2.00 lg
17673	To 3 lb cracked ribs (or	2.00 lb
17673	-boneless ribs)	0.00
17674	All-purpose flour	1.67 c
17674	Granulated sugar	1.00 c
17674	Packed brown sugar	0.50 c
17674	Shortening	0.50 c
17674	Buttermilk	1.50 c
17674	Baking soda	1.50 ts
17674	Salt	1.00 ts
17674	Vanilla	1.00 ts
17674	Unsweetened chocolate	2.00 oz
17674	Eggs	2.00
17674	Rec. Creamy Vanilla Frosting	1.00
17674	CREAMY VANILLA FROSTING -----	0.00 -----

Sheet1

17674	Powdered sugar	3.00 c
17674	Margarine/butter, softened	0.33 c
17674	Vanilla	1.50 ts
17674	Milk, about	2.00 tb
17674	CREAMY VANILLA FROSTING -----	0.00 -----
17675	Sifted cake flour	1.50 c
17675	Baking powder	1.50 ts
17675	Salt	0.50 ts
17675	Butter	4.00 tb
17675	Sugar	1.00 c
17675	Buttermilk	0.50 c
17675	Eggs, well beaten	2.00
17675	Boiling water	0.50 c
17675	Bitter chocolate	2.00 oz
17675	Soda	1.00 ts
17675	Vanilla	1.00 ts
17676	Adzuki beans, soaked	4.00 oz
17676	Brown rice, soaked	2.00 oz
17676	Water for boiling	0.00
17676	Vegetable oil	1.00 tb
17676	Onion, chopped	1.00 md
17676	Carrots, thinly sliced	8.00 oz
17676	Soy sauce	1.00 tb
17676	Tomato paste	2.00 tb
17676	Parsley	1.00 ts
17676	Garlic powder	1.00 ts
17676	Oregano	0.50 ts
17676	Basil	1.00 ts
17676	Marjoram	0.50 ts
17676	Bean stock	275.00 ml
17676	Salt & pepper	0.00
17676	Mashed potatoes	1.00 lb
17677	Large red chile pods	10.00
17677	Flour	1.50 ts
17677	Garlic cloves	4.00
17677	Cumino	0.25 ts
17677	Cilantro (optional)	1.00 ts
17677	Bacon drippings	1.50 ts
17677	Small onion chopped	1.00
17677	Salt and pepper to taste	1.00
17677	Oregano	1.00 tb
17678	Strong black coffee	0.33 c
17678	Pork drippings	0.00
17679	Beets, trimmed	0.50 lb
17679	Potatoes, peeled	2.00 md
17679	Cubed cooked corned beef	3.00 c
17679	Carrots, peeled and finely	2.00
17679	Chopped	0.00
17679	Green pepper, finely chopped	1.00 sm

## Sheet1

17679	Onion, finely chopped	1.00 lg
17679	Clove garlic,minced	1.00 sm
17679	Chopped fresh parsley	3.00 tb
17679	Butter	2.50 tb
17679	Worcestershire sauce	1.00 ts
17679	Hot pepper sauce	1.00 ts
17679	Tomato juice	0.25 c
17679	Salt and pepper to taste	0.00
17679	Poached eggs	6.00
17680	Potatoes (about 2 medium	1.00 lb
17680	Sized)	0.00
17680	Water	3.00 tb
17680	Chopped onion	0.50 c
17680	Bacon drippings	2.00 tb
17680	(12 oz) corned beef OR	1.00 cn
17680	2 - cups cooked corned beef	0.00
17680	(8 oz) diced beets, drained	1.00 cn
17680	OR 1 cup cooked diced beets	0.00
17680	Milk	0.25 c
17680	Chopped fresh parsley	2.00 tb
17680	Salt and pepper to taste	0.00
17681	Boneless beef sirloin steak	1.00
17681	Cut 1 1/4" thick (about 2	0.00
17681	Lbs.)	0.00
17681	Packed brown sugar	0.25 c
17681	Cider vinegar	4.00 ts
17681	Vegetable oil	1.00 tb
17681	Chili powder	2.00 ts
17681	Salt	1.00 ts
17681	Hot pepper sauce	1.00 ts
17681	8 oz. carton plain low fat	1.00
17681	Yogurt	0.00
17681	Minced green onions and	0.33 c
17681	Tops	0.00
17681	Garlic salt	0.25 ts
17681	Fresh spinach	10.00 oz
17681	Red bell pepper slices	0.00
17681	Paprika	0.00
17682	Cherry Jell-O; (2 Pkgs)	6.00 oz
17682	Red Hots Candy	4.00 oz
17682	;Boiling Water	3.00 c
17682	Pineapple;Crushed, Undrained	20.00 oz
17682	Applesauce	2.00 c
17683	Cooked red kidney beans	16.00 oz
17683	Small onion	0.50 c
17683	Green pepper	0.50 ea
17683	Steamed & mashed carrot	1.00 ea
17683	Picante salsa sauce	0.12 c
17683	Bread crumbs	1.00 c

Sheet1

17683	Wholewheat flour	0.50 c
17683	Salt	1.00 ts
17683	Black pepper	1.00 ts
17683	Chili powder	0.25 ts
17684	Bisquick	2.00 c
17684	Cold water	0.50 c
17684	Grated cheddar	0.75 c
17684	TOPPING -----	0.00 -----
17684	Butter	0.00
17684	Garlic powder	0.00
17684	Italian seasoning	0.00
17684	Parsley	0.00
17684	TOPPING -----	0.00 -----
17685	Garlic powder	0.00
17685	Italian seasoning	0.00
17685	Parsley;- flakes	0.00
17685	Bisquick	5.00 lb
17685	Cold water	44.00 oz
17685	Cheese;cheddar grated	1.00 lb
17686	Granulated sugar	2.50 c
17686	Finely chopped sweet pepper	1.00 c
17686	Vinegar	0.75 c
17686	Liquid pectin (85 ml pouch)	3.00 oz
17687	Red or green curry paste	2.00 tb
17687	-(use more for hotter curry)	0.00
17687	-Mae Ploy brand is excellent	0.00
17687	Vegetable oil	3.00 tb
17687	Boneless chicken meat	0.75 lb
17687	-- cut into 3/4-inch pieces	0.00
17687	(unsweetened) coconut milk	2.00 cn
17687	-- (approx. 1-1/2 c each)	0.00
17687	Water or chicken broth	1.00 c
17687	Baby corns	0.50 c
17687	Straw mushrooms	0.50 c
17687	-OR- other mushroom	0.00
17687	Sliced bamboo shoots	0.50 c
17687	Kaffir lime leaves *	5.00
17687	Salt (more or less to taste)	0.50 ts
17687	FOR GREEN CURRY -----	0.00 -----
17687	Fresh basil leaves	10.00
17687	FOR RED CURRY -----	0.00 -----
17687	Red bell pepper; cut into	0.50
17687	-- matchstick-size strips	0.00
17687	FOR GREEN CURRY -----	0.00 -----
17687	FOR RED CURRY -----	0.00 -----
17688	Red bell peppers; (12 mediu	3.00 lb
17688	-m to large peppers)	0.00
17688	Unsalted butter; (4 tablesp	0.50
17688	-oons)	0.00

Sheet1

17688	Extra-virgin olive oil	0.50 c
17688	Cl Garlic; minced (about 3 r	10.00
17688	-nded tablespoons)	0.00
17688	Fresh ginger; coarsely grat	0.50 c
17688	-ed	0.00
17688	Grated zest of 3 oranges	0.00
17688	Fresh orange juice	0.75 c
17688	Sugar	3.00 tb
17688	Freshly ground black pepper	2.00 ts
17689	Vegetable oil	1.00 tb
17689	Sweet red bell peppers,	4.00
17689	-seeds and ribs removed,	0.00
17689	Chopped	0.00
17689	Chopped onion	0.50 c
17689	Peeled, chopped apple	0.25 c
17689	Peeled, chopped carrot	0.50 c
17689	Chicken stock, preferably	4.00 c
17689	-unsalted	0.00
17689	Corn kernels, fresh or	0.50 c
17689	-frozen	0.00
17689	Crushed hot red pepper	1.00 pn
17689	Tarragon vinegar	0.25 c
17689	Freshly squeezed lime juice	1.00 tb
17689	Chopped fresh parsley or	2.00 tb
17689	-cilantro	0.00
17689	Pinch freshly ground white	0.00
17689	-pepper	0.00
17689	Salt (omit if using salted	0.25 ts
17689	-canned stock)	0.00
17689	Baby shrimp, peeled and	0.25 c
17689	-deveined	0.00
17689	Bay scallops, halved	0.25 c
17690	Bacon	1.00 lb
17690	Pork	4.00 lb
17690	Salt	5.00 ts
17690	Black pepper	1.00 tb
17690	Red pepper	0.50 ts
17690	Sage	1.00 tb
17690	Nutmeg	0.25 tb
17690	Thyme	0.50 ts
17691	To 6 red bell peppers	5.00
17691	Cider vinegar	1.00 c
17691	Lemon juice	0.50
17691	Sugar	5.50 c
17691	Salt	1.00 ts
17691	Chili powder	1.00 ts
17691	Liquid pectin	6.00 oz
17692	Oil, olive	2.00 tb
17692	Onion, chopped	2.00 c



Sheet1

17692	Garlic cloves, minced	2.00
17692	Peppers, red bell	1.00 lb
17692	Chicken stock	2.00 c
17692	Szechuan chili sauce	1.00 ts
17693	Finely chopped sweet red	7.00 c
17693	-peppers (14 to 16 medium)	0.00
17693	Salt (Kosher)	2.00 tb
17693	Sugar (white granulated)	6.00 c
17693	Good vinegar (4% -6%)	1.00 qt
17694	Egg yolks	2.00
17694	Dijon mustard	2.00 ts
17694	Red wine vinegar	1.00 tb
17694	Garlic cloves, peeled	6.00
17694	Fresh basil	2.00 tb
17694	Chili powder	1.00 ts
17694	Red bell peppers roasted pee	2.00
17694	Olive oil	0.50 c
17694	Vegetable oil	0.50 c
17694	Fresh breadcrumbs	0.50 c
17695	Pepper red bell chopped fine	0.75 c
17695	Tomatoes seeded, chopped	1.50 c
17695	Onion minced	2.00 tb
17695	Oil, olive	2.00 tb
17695	Sambal oelek,or to taste	0.50 ts
17696	Red Bell Peppers; *	3.00 ea
17696	Red Jalapeno Pepper; *	1.00 ea
17696	Dairy Sour Cream	0.50 c
17696	Sugar	1.00 t
17697	Oil-packed sun-dried tomato	0.50 c
17697	Fresh Basil	3.00 c
17697	Garlic Cloves	3.00
17697	Fresh grated Romano	0.50 c
17697	Pine nuts	0.50 c
17697	Olive Oil	0.50 c
17697	Salt	0.50 ts
17697	Freshly ground pepper	0.25 ts
17698	New potatoes, scrubbed	2.50 lb
17698	Green beans	1.50 lb
17698	Herb vinegar	0.33 c
17698	Extra-virgin olive oil	0.33 c
17698	Vegetable oil	0.33 c
17698	Granulated sugar	2.00 tb
17698	Paprika	1.00 ts
17698	Salt	0.50 ts
17698	Clove garlic	1.00
17698	Coleman's dry mustard	1.00 ts
17698	Caraway seeds, crushed	2.00 ts
17698	Celery seeds	0.75 ts
17698	Walnut pieces	1.00 c

## Sheet1

17698	Medium sweet red pepper	1.00
17698	Scallions (half green tops)	6.00
17698	Bunch parsley	1.00
17698	Black pepper, or to taste	0.50 ts
17699	New potatoes, scrubbed	2.50 lb
17699	Green beans	1.50 lb
17699	Herb vinegar	0.33 c
17699	Extra-virgin olive oil	0.33 c
17699	Vegetable oil	0.33 c
17699	Granulated sugar	2.00 tb
17699	Paprika	1.00 ts
17699	Salt	0.50 t
17699	Clove garlic	1.00 ea
17699	Coleman's dry mustard	1.00 t
17699	Caraway seeds, crushed	2.00 t
17699	Celery seeds	0.75 t
17699	Walnut pieces	1.00 c
17699	Medium sweet red pepper	1.00 ea
17699	Scallions (half green tops)	6.00 ea
17699	Bunch parsley	1.00 ea
17699	Black pepper, or to taste	0.50 t
17700	Finely mashed or sieved red	3.00 c
17700	-raspberries	0.00
17700	Sugar	6.00 c
17700	Powdered pectin	1.00 pk
17700	Water	1.00 c
17701	Catsup	3.00 tb
17701	Chili sauce	3.00 tb
17701	Prepared horseradish	1.50 tb
17701	Lemon juice	1.00 ts
17701	Tabasco sauce	1.00 ds
17701	Salt and pepper to taste	0.00
17702	Ripe red tomatoes	1.00 qt
17702	Cider vinegar	0.50 c
17702	Sugar	1.00 c
17702	Salt	1.00 ts
17702	Mixed pickling spices	1.00 ts
17703	Ripe tomatoes	4.00 lb
17703	Sugar	5.00 c
17703	Lemon	1.00
17704	Water	0.75 c
17704	Instant beef bouillon (l	1.00 ts
17704	Looked it up and it still	0.00
17704	Looks wrong)	0.00
17704	Vinegar	1.00 tb
17705	10" pastry or graham cracker	1.00
17705	21 oz. blueberry pie filling	1.00 c
17705	8 oz. pkg. cream cheese	1.00 pk
17705	Powdered sugar,sifted	1.00 c

Sheet1

17705	12 oz. whipped topping	1.00 pk
17705	21 oz. tart cherry filling	1.00 c
17706	Firm bean curd (tofu)	1.00 lb
17706	Whole scallions	8.00
17706	Peanut oil	0.50 c
17706	Peanut oil	1.50 tb
17706	Coarsely chopped garlic	2.00 tb
17706	Rice wine	2.00 tb
17706	Hoisin sauce	2.00 tb
17706	Light soy sauce	1.00 tb
17706	Dark soy sauce	1.00 tb
17706	Sugar	1.00 ts
17706	Chicken stock	1.00 c
17706	Sesame oil	1.00 tb
17707	Walnuts	0.25 c
17707	Sifted cake flour	2.50 c
17707	Cinnamon	2.00 ts
17707	Baking powder	2.00 ts
17707	Soda	1.50 ts
17707	Salt	1.00 ts
17707	Eggs	2.00 lg
17707	Egg whites	2.00 lg
17707	Sugar	2.00 c
17707	Vegetable oil	0.33 c
17707	Grated carrots (5 to 6	2.00 c
17707	-small carrots)	0.00
17707	8oz crushed pineapple	1.00 cn
17707	Thoroughly drained	0.00
17707	Low fat cream cheese,	12.00 oz
17707	Softened	0.00
17707	Powdered sugar	0.50 c
17707	Pure vanilla extract	1.50 ts
17707	Pitted prunes	1.00 c
17707	Hot water	6.00 tb
17708	Chocolate	8.00 oz
17708	Peanut butter	12.00 oz
17709	Sharon Stevens	0.00
17709	Melted butter	1.00 c
17709	Icing sugar	2.75 c
17709	Peanut butter	1.00 c
17709	Graham wafer crumbs	2.50 c
17709	Chocolate chips	12.00 oz
17710	-From the Kitchen of	0.00
17710	-Lawrence & Cindy Kellie	0.00
17710	Graham crackers	1.00 pk
17710	-crushed	0.00
17710	Powdered sugar	2.00 c
17710	Margarine	0.75 c
17710	Peanut butter	1.00 c

Sheet1

17710	Chocolate Chips	1.00 c
17710	Peanut butter	0.67 c
17711	Refried Beans	1.00 cn
17711	Tabasco Sauce	3.00 ds
17711	Sour Cream	3.00 tb
17711	Chili Powder	0.50 ts
17711	Chopped Onion	2.00 tb
17711	Salt And Pepper To Taste	0.00
17712	Onion; Chopped, 1 Sm	0.25 c
17712	Jalapeno Chiles; *	2.00
17712	Cloves Garlic;Finely Chopped	2.00
17712	Vegetable Oil	2.00 tb
17712	Black Beans; Undrained, 2 Cn	30.00 oz
17712	Chipotle Chile; **	1.00
17712	Red Chiles; Ground	1.00 ts
17712	Salt	0.50 ts
17713	Graham crackers (crushed)	28.00
17713	Nuts (chopped)	1.00 c
17713	Dates (chopped)	1.00 c
17713	Small marshmallows	0.50 pk
17713	Sweetened condensed milk	1.00 cn
17713	Shredded coconut	1.00
17714	Bottled unsweetened grape	3.00 c
17714	-juice	0.00
17714	Lemon juice	2.00 tb
17714	Envelope unflavored powdered	2.00
17714	-gelatin	0.00
17714	Liquid artificial sweetener	1.00 tb
17715	Cucumbers & onions (sliced)	1.00 ga
17715	White sugar	4.00 c
17715	Pickling salt	0.33 c
17715	White vinegar	4.00 c
17715	Tumeric	1.50 ts
17715	Mustard seed	1.50 ts
17715	Celery seed	1.50 ts
17715	Grn.or red peppers (Sliced)	1.00
17716	Unbleached Flour *	6.50 c
17716	Sugar	2.00 T
17716	Hot Water (130 degrees F.)	2.25 c
17716	Active Dry Yeast	2.00 pk
17716	Salt	1.00 T
17716	Butter or Margarine **	0.25 c
17717	Squares Baker's Unsweetened	2.00
17717	-Chocolate	0.00
17717	Water	0.33 c
17717	Sugar	0.50 c
17717	Margarine or butter	3.00 tb
17717	Vanilla	0.25 ts
17718	Semisweet chocolate	4.00 oz

Sheet1

17718	Slivered almonds	4.00 oz
17718	Confectioners sugar - PLUS 2	0.67 c
17718	-tablespoons	0.00
17718	Cake flour	0.50 c
17718	Eggs	3.00
17718	Stick butter	1.00
17718	Almond extract	0.50 ts
17718	CHOCOLATE GLAZE*	0.00
17718	Semisweet chocolate	3.00 oz
17718	Butter	2.00 oz
17718	Slivered almonds for garnish	0.00
17719	Salt	0.50 ts
17719	Brown sugar, packed	3.00 tb
17719	Dry mustard	0.50 ts
17719	Cider vinegar	0.33 c
17719	Chopped cabbage	2.00 c
17719	Chopped green bell pepper	0.50 c
17719	Chopped celery	1.00 c
17720	Oil,cooking	1.00 c
17720	Beef round,coarse grind	3.00 lb
17720	Beef chuck,coarse grind	3.00 lb
17720	Peppercorns,whole black	0.00
17720	Red chile,mild,ground	12.00 T
17720	Cumin	6.00 T
17720	Garlic cloves	6.00
17720	Onions	2.00
17720	Water	0.00
17720	Red chiles	6.00
17720	Chile caribe	0.75 c
17720	Oregano,dried,pref. Mexican	1.00 T
17720	Paprika	2.00 T
17720	Cider vinegar	2.00 T
17720	Beef broth	3.00 c
17720	Diced green chiles	4.00 oz
17720	Stewed tomatoes	4.00 oz
17720	Hot pepper sauce,liquid	1.00 t
17720	Corn flour(masa harina)	2.00 T
17721	Round steak, coarsely gnd	3.00 lb
17721	Chuck steak, " "	3.00 lb
17721	Wesson oil or suet	1.00 c
17721	Black pepper to taste	0.00
17721	Gebhardt's Chili powder	3.00 oz
17721	Cumin	6.00 tb
17721	MSG	2.00 tb
17721	Sm cloves garlic, minced	6.00
17721	Med onions, chpd	2.00
17721	Drid chili pods bld 30 min*	6.00
17721	Btl of New Mexico pepper*	3.00 oz
17721	Oregano, brewed in.....	1.00 tb

Sheet1

17721	Budweiser beer, like tea	0.50 c
17721	Paprika	2.00 tb
17721	Cider vinegar	2.00 tb
17721	Beef broth	3.00 c
17721	Diced gn chilies	4.00 oz
17721	Stewed tomatoes	14.00 oz
17721	Tabasco sauce, or to taste	1.00 ts
17721	Masa harina flour	2.00 tb
17722	BEANS -----	0.00 -----
17722	Dry red beans *	1.00 c
17722	-Water (approx.)	3.00 c
17722	-Fresh water	3.00 c
17722	Cumin	1.00 tb
17722	Raw sugar	1.00 tb
17722	White vinegar	1.00 tb
17722	Garlic cloves	2.00
17722	- peeled and chopped	0.00
17722	Onion; peeled and chopped	1.00
17722	Salt	0.50 ts
17722	Freshly ground black pepper	0.00
17722	Tabasco	1.00 ds
17722	FOR RICE -----	0.00 -----
17722	Rice	1.00 c
17722	Water	2.50 c
17722	BEANS -----	0.00 -----
17722	FOR RICE -----	0.00 -----
17723	All-purpose flour	3.75 c
17723	Active dry yeast	1.00 pk
17723	Sugar	1.00 tb
17723	Butter or margarine,	1.00 tb
17723	Softened	0.00
17723	Salt	1.00 ts
17723	Warm water (120 to 130	1.00 c
17723	Degrees)	0.00
17723	Thousand Island salad	0.25 c
17723	Dressing	0.00
17723	Thinly sliced corned beef	6.00 oz
17723	Swiss cheese	4.00 oz
17723	Sauerkraut (8 oz.), drained	1.00 cn
17723	Egg white, beaten	1.00
17723	Poppy seeds	0.00
17724	Bulk pork sausage	1.00 lb
17724	Sauerkraut, (14 oz), drained	1.00 cn
17724	Caraway seeds	2.00 ts
17724	Brown sugar	2.00 tb
17724	Spicy brown mustard	2.00 tb
17724	Rye bagels, toasted	2.00
17724	Thousand island dressing	0.25 c
17724	Swiss cheese slices	4.00

Sheet1

17725	Qauhogs (2 cups chopped	16.00 lg
17725	-meat)	0.00
17725	Dry white wine	2.00 c
17725	To 3 cups bottled clam broth	2.00
17725	-(or fish stock)	0.00
17725	Salt pork	0.25 lb
17725	Onion	1.00 lg
17725	Stalks celery	2.00
17725	Cloves garlic	2.00
17725	Flat leaf (Italian) parsley	1.00 bn
17725	Bay leaves	2.00
17725	Sprigs fresh thyme	2.00
17725	Ripe tomatoes	4.00
17725	Tomato puree	1.00 tb
17725	Potatoes	2.00 lg
17725	Salt	0.00
17725	Freshly ground black pepper	0.00
17725	Cayenne pepper	0.00
17726	Lean,meaty beef short ribs	4.00 lb
17726	Water	0.50 c
17726	Seasoned salt	0.50 ts
17726	BARBECUE SAUCE -----	0.00 -----
17726	Sliced rhubarb	1.00 c
17726	Envelope onion soup mix	1.00
17726	(1 1/2 oz.)	0.00
17726	Honey	0.33 c
17726	Chili sauce	0.33 c
17726	Rose wine	0.75 c
17726	Water	0.33 c
17726	Basil	0.50 ts
17726	Pepper	0.12 ts
17726	GARNISH -----	0.00 -----
17726	Red onion	0.00
17726	Greens	0.00
17726	BARBECUE SAUCE -----	0.00 -----
17726	GARNISH -----	0.00 -----
17727	Rhubarb	3.50 qt
17727	Chopped figs	1.00 pt
17727	Sugar	8.00 c
17727	Lemon	1.00
17728	Soft butter	2.00 tb
17728	Light brown sugar	0.75 c
17728	Vanilla	1.00 ts
17728	Egg	1.00
17728	All-purpose flour	1.25 c
17728	Baking powder	0.50 ts
17728	Salt	0.25 ts
17728	Sour cream	0.50 c
17728	Chopped rhubarb	2.00 c

Sheet1

17729	Rhubarb	1.00 lb
17729	Coarsely grated fresh ginger	2.00 ts
17729	Garlic cloves	2.00
17729	Jalapeno chile, (or more)	1.00
17729	- seeds and veins removed	0.00
17729	Paprika	1.00 ts
17729	Black mustard seeds	1.00 tb
17729	Currants	0.25 c
17729	Light brown sugar	1.00 c
17729	Light vinegar	1.50 c
17730	Rhubarb	2.00 lb
17730	Oranges	2.00
17730	Chopped nuts	0.50 c
17730	Lemon	1.00
17730	Sugar	3.50 c
17731	Rhubarb, trimmed weight	14.00 oz
17731	Self-raising flour	10.00 oz
17731	Butter	7.00 oz
17731	Caster sugar	4.00 oz
17731	Pale muscovado sugar	3.00 oz
17731	Orange	1.00
17731	Chopped hazelnut kernels	1.50 oz
17731	Ground cinnamon	0.50 ts
17731	Eggs	2.00 lg
17732	9" pie shell, unbaked	1.00
17732	Rhubarb, 1/2" pieces	4.50 c
17732	Sugar	1.50 c
17732	Flour	0.25 c
17732	Dash of salt	0.00
17732	Eggs	2.00
17732	Vanilla	0.50 ts
17732	-----t-----	0.00
17732	Flour	0.50 c
17732	Sugar	0.50 c
17732	Butter or margarine	0.25 c
17733	Finely chopped rhubarb	4.00 c
17733	Orange	1.00
17733	Lemon rind	1.00
17733	Sugar	7.50 c
17733	Bottle fruit pectin	1.00
17734	Rhubarb, 1" slices	3.00 c
17734	Grated orange peel	0.50 t
17734	Dash salt	1.00 x
17734	Sugar	1.00 c
17734	Flour	3.00 T
17734	Butter or margarine	2.00 T
17735	Rhubarb; fresh	3.00 c
17735	Miniature marshmallows	0.67 c
17735	Margarine	2.00 ts



Sheet1

17735	Cinnamon candies	0.25 c
17735	Margarine	0.75 c
17735	Sugar	1.00 c
17735	Eggs	2.00
17735	Flour	1.50 c
17735	Salt	0.25 ts
17735	Baking powder	1.00 ts
17735	Milk	0.25 c
17736	Rhubarb, trimmed weight	2.00 lb
17736	Small strawberries	1.00 lb
17736	-- slightly underripe	0.00
17736	Highly scented rose petals	0.50 lb
17736	Sugar	1.50 lb
17736	Juicy lemons	4.00 sm
17737	1" pieces fresh Rhubarb	3.00 c
17737	Sugar	1.00 c
17737	Halved fresh Strawberries	1.00 c
17737	Cornstarch	1.00 T
17737	Water	2.00 T
17738	Fresh strawberries	1.00 qt
17738	Rhubarb	1.00 lb
17738	Water	0.25 c
17738	Sugar	6.50 c
17738	Pouch liquid pectin	1.00
17739	Rhubarb	1.50 c
17739	Brown sugar	1.50 c
17739	Oleo	0.50 c
17739	Egg	1.00
17739	Sour milk or buttermilk	1.00 c
17739	Vanilla	1.00 ts
17739	Flour	2.00 c
17739	Baking powder	1.00 ts
17739	Soda	0.50 ts
17740	Butter or sunflower marg.	25.00 g
17740	Light muscovado sugar	100.00 g
17740	Ground cinnamon	0.25 ts
17740	Rhubarb	650.00 g
17740	Self raising wholemeal flour	175.00 g
17740	Sunflower margerine	75.00 g
17740	Ground almonds	2.00 tb
17740	Egg yolk	1.00
17741	Lean pork loin cubed in 1/4	3.00 lb
17741	Lean beef briskit cubed in	3.00 lb
17741	Stewed tomatos, chopped coa	4.00 c
17741	Soy sauce	0.50 c
17741	Tequila	0.25 c
17741	Bottle of beer	1.00
17741	Med. onions chopped coarse	2.00
17741	Green Bell pepper chopped	1.00 c

Sheet1

17741	Dried cayenne flakes	2.00 tb
17741	Tabasco sauce	3.00 tb
17741	Chili powder	2.00 tb
17741	Fresh ground cumin	4.00 tb
17741	Garlic cloves crushed	4.00
17741	Mushrooms chopped fine	0.50 c
17741	Masa harina	0.25 c
17741	Allspice	0.50 ts
17741	Bay leaves	4.00
17741	Tomato paste	0.50 c
17741	Tomato sauce	3.00 c
17741	Molasses	2.00 tb
17741	Salt	2.00 ts
17741	Jalapeno peppers deseeded &	2.00
17741	Jalapenos whole & gashed	8.00
17742	Salt	1.00 tb
17742	Sugar	1.00 tb
17742	Grated Lemon Peel	1.00 ts
17742	MSG (Optional)	1.00 ts
17742	Freshly Ground Black Pepper	1.00 ts
17742	Paprika	1.00 ts
17743	Gelatine	1.00 pk
17743	Graham crackers	18.00 ea
17743	Sugar; powdered	0.50 c
17743	Butter	0.25 c
17743	Egg; separated	1.00 ea
17743	Pineapple; crushed	0.50 c
17743	Walnuts; chopped	0.25 c
17744	Deep dish pie crust shell	1.00
17744	Fresh strawberries,hulled	1.00 qt
17744	Sugar	1.00 c
17744	Cornstarch	0.25 c
17744	Water	1.00 c
17744	Few drops red food coloring	0.00
17744	Whipped topping,any size	1.00 pk
17745	Dried small white beans (8	1.00 c
17745	-ounces)	0.00
17745	Cloves garlic	8.00
17745	Bay leaf	1.00
17745	(3-inch) cube salt pork	1.00 lg
17745	-(optional)	0.00
17745	Crushed Italian-style	14.00 oz
17745	-tomatoes	0.00
17745	Loaf day-old French or	0.67
17745	-Italian bread (8 ounces	0.00
17745	-when fresh)	0.00
17745	Olive oil	2.00 tb
17745	Carrots, pared, trimmed,	2.00
17745	-diced	0.00

Sheet1

17745	Diced red onion (1/2 medium)	0.50 c
17745	Shredded green cabbage	1.00 c
17745	Ribs celery, trimmed, diced	2.00
17745	(or as needed) chicken broth	1.50 c
17745	Frozen chopped spinach,	10.00 oz
17745	-thawed, squeezed dry	0.00
17745	Freshly grated Parmesan	0.25 c
17745	-cheese	0.00
17746	Can sauerkraut	1.00 sm
17746	Head cabbage, sliced thin	1.00 sm
17746	Bacon, fried and diced	4.00 sl
17746	-reserve drippings	0.00
17746	Dill weed	1.00 ts
17746	Onion, thinly sliced	1.00 lg
17746	-margarine	1.00 tb
17746	-water	0.75 c
17746	-salt	1.00 ts
17746	-sugar	1.00 ts
17746	Spareribs or 4 thick pork	4.00 lb
17747	Uncooked brown rice	2.00 c
17747	Unsweetened coconut	0.50 c
17747	Oil	2.50 tb
17747	Water	4.00 c
17747	Cinnamon stick	0.50 ea
17747	Cooked black-eyed peas	2.00 c
17747	Bay leaves	3.00 ea
17747	Onion, chopped	1.00 md
17747	Garlic cloves, minced	3.00 ea
17747	Vegetable oil	0.25 c
17747	Chili	0.50 sm
17747	Red or green bell pepper	0.50 ea
17747	Tempeh, cubed	8.00 oz
17747	Fennel seeds	1.00 pn
17747	Salt	1.00 ts
17747	Black pepper	0.50 ts
17747	Scallions, chopped	2.00 ea
17748	Brown sugar	1.00 c
17748	Water	0.50 c
17748	Butter or butter substitute	2.00 tb
17748	Cream of tartar	0.25 ts
17748	Vinegar	1.00 tb
17748	Vanilla	1.00 ts
17748	Puffed rice	3.00 c
17749	Cooked brown rice (1 1/2	3.00 c
17749	-cups uncooked), cooked with	0.00
17749	Salt and pepper	0.00
17749	Cooked black beans or	1.33 c
17749	-blackeyed peas, pinto	0.00
17749	-beans,	0.00

Sheet1

17749	Etc. (about 1/2 cup	0.00
17749	-uncooked)	0.00
17749	Cloves garlic, minced	3.00
17749	Onion, chopped	1.00 lg
17749	Can chiles, chopped	1.00 sm
17749	Ricotta cheese, thinned with	0.50 lb
17749	-a little low fat milk or	0.00
17749	Yogurt until spreadable	0.00
17749	Shredded Monterrey Jack	0.75 lb
17749	-cheese	0.00
17749	Shredded cheddar cheese	0.50 c
17750	Malt flour	8.00 oz
17750	Glutinous rice	2.00 lb
17750	Water	1.50 ga
17750	Sugar	1.00 c
17751	Confectioners sugar	1.00 c
17751	Crunchy peanut butter	1.00 c
17751	Rice Krispies	2.00 c
17751	Oil	2.00 tb
17751	Vanilla	0.25 ts
17752	Butter	4.00 tb
17752	Marshmallows or 10 oz	4.00 c
17752	Rice krispie cereal	5.00 c
17753	Oil	2.00 tb
17753	Onions, diced	2.00 lg
17753	Stalk celery, diced	1.00
17753	Carrots, diced	2.00
17753	Green pepper, diced	1.00
17753	Garlic cloves, diced	2.00
17753	Tamari	6.00 tb
17753	Garlic powder	0.50 ts
17753	Basil	0.50 ts
17753	Oregano	0.50 ts
17753	Cooked rice	3.00 c
17753	Peanut butter	0.25 c
17753	Flour	0.50 c
17754	Rice	2.00 c
17754	Olive oil	3.00 tb
17754	Onion, chopped	1.00 ea
17754	Bay leaves	2.00 ea
17754	Piece cinnamon	1.00 sm
17754	Salt	1.00 ts
17754	Freshly ground black pepper	1.00 pn
17754	Peas	1.00 c
17754	Water or stock	4.00 c
17754	Parsley, chopped	1.00 tb
17754	Tomato slices	0.00
17754	Cucumber slices	0.00
17755	Rice	1.00 c

Sheet1

17755	Salt	1.00 T
17755	Sugar	0.75 c
17755	Cinnamon	0.50 t
17755	Water, boiling	2.00 qt
17755	Egg	4.00 ea
17755	Raisins	0.50 c
17755	Milk	1.00 qt
17756	Rice	1.00 c
17756	Beef, ground	1.00 lb
17756	Carrots (2-3 re size)	2.00
17756	Potatoes, med	2.00
17756	Onions	2.00
17756	Parsley, chopped	0.50 ts
17756	Garlic, small clove	1.00
17756	Water	1.50 c
17756	Salt	0.00
17756	Pepper	0.00
17757	Vegetable oil	2.00 tb
17757	Black mustard seeds	0.50 ts
17757	Basmati rice	2.00 c
17757	Water	3.00 c
17757	Salt	1.00 ts
17757	Peas, frozen or fresh	1.00 c
17758	Round red beans	0.50 c
17758	Rice	0.50 c
17758	Water	2.00 c
17759	White or brown rice	1.00 c
17759	Salt and pepper; to taste	0.00
17759	Fresh spinach	1.00 lb
17759	Olive oil	1.00 tb
17759	Onion; minced	1.00
17759	Garlic clove; minced	1.00
17759	Chopped thyme	1.00 ts
17759	Minced parsley	0.25 c
17759	Red pepper flakes	1.00 pn
17759	Grated provolone cheese	0.25 lb
17759	Eggs; beaten (optional)	3.00
17760	Olive Oil	1.00 tb
17760	Onion, finely chopped	0.25 c
17760	Red and Green Peppers	0.50 c
17760	Cooked Ham, 1/4" cubes	0.25 c
17760	Converted Rice	1.00 c
17760	Water	1.25 c
17760	Bay Leaf	1.00
17760	Fresh Thyme Sprigs	2.00
17760	Dried Thyme	0.50 ts
17760	Tabasco Sauce	1.00
17760	Salt	1.00
17760	Pepper, freshly ground	1.00

Sheet1

17760	Butter	1.00 tb
17761	Sour cream	1.00 c
17761	Can chopped green chilli,	4.00 oz
17761	-drained	0.00
17761	Dried parsley	1.00 tb
17761	Hot cooked white or brown	3.00 c
17761	-rice	0.00
17761	Monterey jack (cut in	12.00 oz
17761	-strips)	0.00
17762	Cooking apples	4.00 lb
17762	Cider	2.00 c
17762	Granulated sugar	3.00 c
17762	Ground cinnamon	2.00 ts
17762	Ground cloves	1.00 ts
17762	Ground allspice	0.12 ts
17763	Flour	8.00 oz
17763	Margarine	6.00 oz
17763	Sugar	6.00 oz
17763	Currants	4.00 oz
17763	Raisins	4.00 oz
17763	Sultanas	4.00 oz
17763	Mixed spices	1.00 ts
17763	Baking soda	1.00 ts
17763	Ground ginger	0.50 ts
17763	Water	0.50 pt
17763	Large eggs	2.00
17764	Sugar	1.00 c
17764	Cocoa	0.25 c
17764	Buttermilk	0.50 c
17764	Vanilla	0.50 ts
17764	Butter, unsalted	0.25 lb
17764	Egg	1.00
17764	Flour, Cake	1.00 c
17764	Baking Soda	0.50 ts
17764	Salt	1.00 pn
17764	Chocolate, bittersweet	2.00 oz
17764	Cream, Heavy	0.25 c
17764	Vanilla	0.25 ts
17765	Eggs	5.00
17765	Sugar	1.50 c
17765	Salt	0.50 ts
17765	Flour	1.50 c
17765	Baking powder	1.00 ts
17765	Vanilla	1.00 ts
17766	Heavy cream	0.33 c
17766	Butter or margarine	0.25 c
17766	Pkg semisweet chocolate	6.00 oz
17766	-chips	0.00
17766	Grated orange peel	2.00 tb

## Sheet1

17766	Orange extract	1.00 ts
17766	COATINGS	0.00
17766	Ground natural pistachio	0.00
17766	-nuts	0.00
17766	Unsweetened cocoa powder	0.00
17766	Confectioners' sugar	0.00
17766	Chocolate jimmies	0.00
17767	Pork bones	0.00
17767	Large onion,chopped	2.00
17767	Large carrots,cut in pieces	2.00
17767	Water	0.50 c
17767	Water	1.00 qt
17767	Celery stalks,cut in pieces	2.00
17767	Dried thyme leaves	0.50 ts
17768	Milk ;+1 egg = 1 1/8 C	1.00 c
17768	Sour Dough Starter *	4.00 tb
17768	Flour (I use bread flour)	3.00 c
17768	Sugar	3.00 tb
17768	Salt	1.50 ts
17768	Butter	3.00 tb
17768	Yeast	1.00 pk
17769	Lentils - raw, brown	1.00 c
17769	Wheat germ	0.25 c
17769	Breadcrumbs - whole wheat	1.00 c
17769	Brown rice	0.50 c
17769	Onion - small, minced	1.00
17769	Eggs	3.00
17769	Clove - crushed	1.00 c
17769	Thyme	1.00 ts
17769	Soy sauce	1.00 tb
17769	Tomato sauce	4.00 tb
17769	Olive oil	1.00 tb
17769	Tabasco sauce	2.00 tb
17770	Ground elk, moose, beast, or	1.00 lb
17770	-whatever	0.00
17770	Cans of kidney beans	3.00 oz
17770	Cans stewed tomatoes	2.00 oz
17770	Can Money's sliced mushrooms	1.00 oz
17770	-(optional)	0.00
17770	Chili powder	8.00 tb
17770	Cumin	4.00 tb
17770	Crushed chili's	2.50 tb
17770	White onion, diced	0.25 lg
17770	Cloves garlic	3.00
17771	Recipe pizza dough	1.00
17771	Brie; with rind, cut in	4.00 oz
17771	-1/2" chunks	0.00
17771	Ricotta cheese; part-skim	0.75 c
17771	Scallions; minced	2.00 T

Sheet1

17771	Basil; chopped or 2 t dried	2.00 T
17771	Rosemary; chopped or 1/4 t	1.00 t
17771	-dried	0.00
17771	Cayenne pepper	0.25 t
17771	Salt to taste	0.00
17771	Egg; lightly beaten	1.00 lg
17771	Tomato; ripe, chop, seeded	3.00 T
17771	Sprigs basil; for garnish	0.00
17772	Ricotta; drained	3.00 lb
17772	Sugar	2.00 c
17772	Flour; sifted	0.50 c
17772	Graham cracker crumbs	0.00
17772	Egg Yolks	8.00
17772	Grated Rind of Lemon	1.00
17772	Vanilla	1.00 ts
17772	Cream (optional); whipped	0.50 c
17772	Egg Whites	8.00
17773	Drained ricotta cheese	2.00 c
17773	Egg yolks	6.00
17773	Sugar	0.25 c
17773	Flour	6.00 tb
17773	Vanilla	0.50 ts
17773	Egg whites	6.00
17774	CRUST -----	0.00 -----
17774	Butter unsalted	0.25 c
17774	Crumbs from amaretto cookies	0.75 c
17774	Pine nuts	0.50 c
17774	CHEESE FILLING -----	0.00 -----
17774	Ricotta cheese	15.00 oz
17774	Sugar	0.50 c
17774	Sour cream	1.50 c
17774	Four	2.00 tb
17774	Lemon peel	2.00 ts
17774	Eggs	2.00
17774	CRUST -----	0.00 -----
17774	CHEESE FILLING -----	0.00 -----
17775	Part-skim ricotta cheese	3.00 c
17775	Eggs	4.00
17775	Light sour cream	0.75 c
17775	+ 2 t. honey	2.00 tb
17775	Fresh lemon juice	1.00 tb
17775	Grated lemon peel	2.00 ts
17775	Strawberries	1.50 c
17775	+ 2 t. confectioners sugar	2.00 tb
17775	Kiwi fruit, pared and sliced	1.00 md
17776	Part-skim ricotta cheese	3.00 c
17776	Eggs	4.00
17776	Light sour cream	0.75 c
17776	+ 2 t. honey	2.00 tb



Sheet1

17776	Fresh lemon juice	1.00 tb
17776	Grated lemon peel	2.00 ts
17776	Strawberries	1.50 c
17776	+ 2 t. confectioners sugar	2.00 tb
17776	Kiwi fruit, pared and sliced	1.00 md
17777	Pancetta	3.00 oz
17777	Chopped onion	0.25 c
17777	Dried red chile	1.00 sm
17777	Butter	3.00 tb
17777	Olive oil	3.00 tb
17777	Eggs	4.00
17777	Grated Parmesan cheese	0.50 c
17777	Grated pecorino	0.50 c
17777	Salt	1.00 tb
17777	Salt	0.50 ts
17777	Freshly ground black pepper	0.00
17777	Chopped parsley	1.00 tb
17777	Imported Italian spaghetti	1.00 lb
17778	Rigatoni	1.00 lb
17778	Salt	3.00 T
17778	Sweet butter	6.00 T
17778	Sliced fontina cheese	0.50 lb
17778	Nutmeg	2.00 pn
17778	Parmigiano cheese	1.00 c
17778	Black pepper	2.00 pn
17779	Salt	3.00 T
17779	Rigatoni	1.00 lb
17779	Melted sweet butter	3.50 T
17779	Shredded swiss cheese	0.50 c
17779	Shredded fontina	0.50 c
17779	Shredded mozzarella	0.50 c
17779	Heavy cream	1.00 c
17779	Grated parmigiano cheese	0.50 c
17779	Nutmeg	0.50 t
17780	Cream	1.50 c
17780	Milk	0.75 c
17780	Slice bacon, optional,	1.00
17780	Depending on meat chosen	0.00
17780	Butter	1.00 tb
17780	Cubed brioche	0.75 c
17780	Green onion,sliced	1.00
17780	Flour	1.50 tb
17780	Eggs	4.00
17780	Cubed meat	1.50 c
17780	Chopped fresh parsley	1.00 tb
17780	Salt	0.25 ts
17780	Freshly ground black pepper	0.50 ts
17780	Cubed mozzarella cheese	0.50 c
17780	Freshly grated Parmesan	1.00 tb

Sheet1

17780	Cheese	0.00
17781	Sandwich Or Roll Steaks; *	4.00 ea
17781	Mustard; Dijon-style	2.00 t
17781	Salt	0.50 t
17781	Pepper	0.25 t
17781	Pickles; **	2.00 ea
17781	Salt Pork; ** OR	2.00 oz
17781	Bacon; Strips **	2.00 ea
17781	Onion; Large, Chopped	1.00 ea
17781	Vegetable Oil	0.25 c
17781	Beef Broth; Hot	1.50 c
17781	Peppercorns	4.00 ea
17781	Bay Leaf	0.50 ea
17781	Cornstarch	1.00 T
17782	(3 oz) mushrooms	1.00 cn
17782	Ground beef	1.50 lb
17782	Egg, slightly beaten	1.00
17782	Heinz Ketchup 'n Onions	0.33 c
17782	Crushed tortilla chips	0.33 c
17782	Garlic salt	0.50 ts
17782	Red pepper	0.12 ts
17782	Dash pepper	0.00
17783	Red pepper, chopped	1.00
17783	Sugar	2.00 c
17783	Cinnamon	1.00 ts
17783	Chopped onion	1.00 c
17783	Vinegar	4.00 c
17783	Salt	1.00 ts
17783	Cloves	1.00 ts
17783	Pepper	0.12 ts
17783	Ripe cucumbers	0.00
17784	Prepared fruit	4.50 c
17784	Water	0.50 c
17784	Sugar	7.00 c
17784	Bottle fruit pectin	0.50
17785	Juice	4.00 c
17785	Bottle fruit pectin	0.50
17785	Sugar	7.50 c
17785	Water	1.00 c
17786	Medium ripe tomatoes	4.00 lb
17786	Sugar	4.00 c
17786	Whole cloves	1.00 ts
17786	Broken stick cinnamon	0.50 tb
17786	Vinegar	2.00 c
17786	Whole allspice	0.50 ts
17787	Unsalted butter	6.00 tb
17787	Chopped sweet yellow onion	0.50 c
17787	Fennel bulb (1 lb); trimmed	1.00
17787	- quartered, cored	0.00

Sheet1

17787	- and cut into 1/4-in slices	0.00
17787	Salt	0.25 ts
17787	Nutmeg	1.00 pn
17787	- preferably freshly grated	0.00
17787	Light chicken stock; -=OR=-	5.00 c
17787	- Canned broth with	2.50 c
17787	- Water	2.50 c
17787	Arborio rice	1.50 c
17787	Freshly ground pepper	0.25 ts
17787	Freshly grated Parmesan	0.25 c
17788	Links parsley/cheese sausage	3.00
17788	-=OR=-	0.00
17788	- Luganega sausage,	0.50 lb
17788	- (commercially made)	0.00
17788	Meat broth	1.00 qt
17788	Finely chopped onion	0.33 c
17788	Butter	3.00 tb
17788	Dry white wine	2.00 tb
17788	Arborio rice	1.50 c
17788	Grated Parmesan cheese	0.75 c
17788	Salt	0.00
17788	Freshly ground black pepper	0.00
17789	Servings	16.00
17789	Of chicken stock	4.50 c
17789	Unsalted butter	6.00 tb
17789	Onion, finely chopped	1.00 md
17789	Arborio rice	1.50 c
17789	Dry white wine	1.00 c
17789	Freshly grated parmesan	0.50 c
17789	-cheese	0.00
17789	Egg, lightly beaten	1.00 lg
17789	All-Purpose flour	0.50 c
17789	Olive oil	2.00 tb
17790	Ritz Crackers; Crushed *	20.00 ea
17790	Baking Powder	1.00 t
17790	Egg Whites; Large	3.00 ea
17790	Sugar	1.00 c
17790	Vanilla Extract	1.00 t
17790	Pecans; Halves	0.50 c
17790	Milk Chocolate; Fine Shred	3.00 oz
17791	Chopped Lettuce	0.50 c
17791	Chopped Green Pepper	0.50 c
17791	Chopped Tomatoes	0.50 c
17791	Chopped Celery	1.50 c
17791	Sugar	0.50 c
17791	Vinegar	0.50 c
17791	Catsup	0.25 c
17791	Pepper	0.50 tb
17791	Worcestershire Sauce	1.00 ts

Sheet1

17792	White Cornmeal	0.75 c
17792	Yellow Cornmeal	0.75 c
17792	Flour	3.00 tb
17792	Soda	0.25 ts
17792	Baking Powder	1.50 ts
17792	Salt	1.00 ts
17792	Vegetable Shortening; melted	2.00 tb
17792	Buttermilk	1.00 c
17792	Egg; beaten	1.00
17792	Jalapeno; finely chopped	1.00
17792	RO*TEL Tomatoe w/Green Chili	10.00 oz
17793	Ro-Tel Tomatoes w/Chilies	1.00 cn
17793	Green Onions; chopped fine	2.00
17793	Garlic Clove; minced	1.00
17793	Large Tomato; chopped	1.00
17793	Lime; juice only	0.50
17793	Salt	0.50 ts
17794	Chopped celery	0.50 c
17794	Onion, chopped fine	1.00
17794	Mushrooms, sliced	0.25 lb
17794	Butter	0.25 c
17794	Flour	0.50 c
17794	Soy sauce	1.00 ts
17794	Beef bouillon	1.50 c
17794	Sour cream	1.00 c
17794	Thinly sliced roast beef,	2.00 c
17794	Cooked	0.00
17795	Bacon Drippings	0.25 c
17795	Cloves Garlic, Crushed	2.00
17795	Chili Powder	3.00 tb
17795	Ground Cumin Seeds	0.12 ts
17795	Black Pepper	0.25 ts
17795	Saddle Of Wild Boar *	4.00 lb
17795	Black Turtle Beans	1.00 lb
17795	Olive Oil	2.00 tb
17795	Diced Salt Pork	0.50 c
17795	Onions Chopped	2.00
17795	Cloves Garlic, Minced	3.00
17795	Minced Jalapeno Pepper	1.00
17795	Cooked Smoked Ham, Diced	1.00 c
17795	Beef Broth	2.00 c
17795	Bay Leaf	1.00
17795	Chopped Fresh Oregano	1.00 ts
17795	Red Wine Vinegar	1.00 ts
17795	Dark Rum	2.00 tb
17795	Scallions, Thinly Sliced	4.00
17795	Eggs, Hard Cooked, Sieved	2.00
17796	Boston Butt Pork Roast	3.00 lb
17796	Vegetable oil	2.00 tb

Sheet1

17796	Salt and pepper	0.00
17796	Cherry preserves	1.00 c
17796	Lemon juice	1.00 tb
17796	Catsup	1.00 tb
17796	Red wine vinegar	2.00 ts
17796	Dry mustard	0.25 ts
17796	Cinnamon	0.25 ts
17796	Ground cloves	0.25 ts
17796	Of anise (optional)	1.00 ds
17797	Fresh Sage, Chopped	2.00 oz
17797	Cloves Garlic, Chopped	10.00
17797	Roasting Chicken	3.00 lb
17797	Juice Of One Lemon	0.00
17797	Salt And Pepper To Taste	0.00
17798	INGREDIENTS -----	0.00 -----
17798	Chicken, rinse/dry	3.00 lb
17798	Salt	0.00
17798	Freshly ground pepper	0.00
17798	Onion; thickly sliced	1.00 md
17798	Onion; quartered	1.00 sm
17798	Dried thyme	0.50 ts
17798	Butter; softened	2.00 tb
17798	Olive oil	2.00 tb
17798	Carrot; thickly sliced	1.00 md
17798	Red potatoes; peeled, 1/4d	4.00 md
17798	Flour	1.00 tb
17798	Chicken stock; or water	1.00 c
17798	INGREDIENTS -----	0.00 -----
17799	Fillet of beef (5-6 lb)	1.00
17799	- trimmed	0.00
17799	Garlic cloves; slivered	5.00
17799	Salt	1.00 ts
17799	Freshly ground pepper	1.00 ts
17799	Tabasco sauce	0.00
17799	Soy sauce	1.00 c
17799	Olive oil	0.50 c
17799	Port wine	1.00 c
17799	Thyme	2.00 ts
17799	Watercress	1.00 bn
17800	Larding strips 1 1/2 - 2"	10.00
17800	(about 1/4-1/2 lb salt pork)	0.00
17800	Leg of venison	6.00 lb
17800	Cloves garlic, sliced thin	2.00
17800	Butter, softened	0.25 lb
17800	Powdered thyme	1.00 tb
17800	Flour	3.00 tb
17800	Salt & pepper to taste	0.00
17800	Stock or beef broth	2.25 c
17801	Boneless Top Loin Roast;Pork	5.00 lb

## Sheet1

17801	Ground Red Chiles; To Taste	2.00 tb
17801	Lime Juice	0.50 c
17801	Salt	1.00 ts
17801	Cumin; Ground	1.00 ts
17801	Oregano Leaves; Dried	1.00 ts
17801	Pepper	0.50 ts
17801	Cloves Garlic; Crushed	2.00
17801	Frozen Orange Juice; Thawed	6.00 oz
17801	White Wine; Dry	0.25 c
17801	Dairy Sour Cream	0.50 c
17801	Salt	0.50 ts
17802	Yellow bell pepper, seeded,	1.00
17802	-cut in half	0.00
17802	Red bell pepper, seeded,	1.00
17802	-cut in half	0.00
17802	Green bell pepper, seeded,	1.00
17802	-cut in half	0.00
17802	Onion, cut in 1/4s, then	1.00
17802	-in thin slices	0.00
17802	Corn oil	0.33 c
17802	Lemon juice	2.00 tb
17802	Coarsely ground mustard	1.00 ts
17802	Garlic clove, crushed	1.00
17802	Garam Masala	0.50 ts
17802	Sugar	1.50 ts
17802	Salt to taste	0.00
17802	Fresh ground pepper to taste	0.00
17803	Roasting chicken	7.00 lb
17803	Container purchased pesto	7.00 oz
17803	-sauce	0.00
17803	Dry white wine	3.00 tb
17803	Plus 2 tb chicken broth	0.75 c
17803	All-purpose flour	2.00 tb
17803	Whipping cream	3.00 tb
17804	Pork loin roast	2.50 lb
17804	Sage (ground)	0.50 ts
17804	Garlic powder	0.25 ts
17804	Potatoes, cut in wedges	4.00 md
17805	Chicken	3.00 lb
17805	- (roasting, broiling	0.00
17805	- or frying)	0.00
17805	Dry tarragon (or dbl. amt.)	2.00 ts
17805	Freshly ground pepper	0.00
17805	Butter; at room temperature	4.00 tb
17805	Carrot; sliced	1.00 sm
17805	Celery stalk; sliced	1.00
17805	Onion; sliced	1.00 sm
17805	Safflower oil	1.00 tb
17805	Melted butter	2.00 tb

Sheet1

17805	Minced shallots	1.00 tb
17805	Chicken stock	1.50 c
17806	Venison roast;	4.00 lb
17806	-elk,moose,or deer)	0.00
17806	Flour	2.00 tb
17806	Cloves garlic (minced)	2.00
17806	Brown sugar	2.00 tb
17806	Prepared mustard	1.00 ts
17806	Worcestershire sauce	1.00 tb
17806	Vinegar or lemon juice	0.25 c
17806	Onion (sliced)	1.00 lg
17806	Tomatoes (14 oz can)	1.00 cn
17806	MARINADE	0.00
17806	Vinegar	0.50 c
17806	Cloves garlic (minced)	2.00
17806	Salt	2.00 tb
17806	Cold water to cover meat	0.00
17807	Vegetable oil	0.25 c
17807	Cider vinegar	2.00 tb
17807	Salt	1.00 ts
17807	Pepper	1.00 ts
17807	Prepared horseradish	1.00 tb
17807	Garlic;minced	1.00 ts
17807	Chopped fresh parsley	0.25 c
17807	Beef chuck roast	3.50 lb
17807	HORSERADISH CREAM -----	0.00 -----
17807	Dairy sour cream	0.50 c
17807	Mayonnaise	0.50 c
17807	Salt	0.25 ts
17807	Pepper	0.25 ts
17807	Prepared horseradish	1.00 tb
17807	Lemon juice	1.00 ts
17807	Dijon mustard	1.00 ts
17807	Fresh parsley	0.25 c
17807	HORSERADISH CREAM -----	0.00 -----
17808	Small Dried Red Chilies	0.50 c
17808	Unpeeled Shallots, Halved	0.50 c
17808	Lengthwise	0.00
17808	Unpeeled Garlic Cloves,	0.25 c
17808	Halved Lengthwise	0.00
17808	Vegetable Oil	0.50 c
17809	Eggplants (1 pound)	1.00 md
17809	+ tb mild vegetable oil	0.50 ts
17809	Mustard seeds	0.25 ts
17809	Cumin seeds	0.25 ts
17809	Chopped onion	0.50 c
17809	Turmeric	0.12 ts
17809	Fresh hot green chile,	1.00
17809	-minced	0.00

Sheet1

17809	Peeled, chopped tomato	0.50 c
17809	Curry powder	0.25 ts
17809	Salt, or to taste	0.50 ts
17809	Sugar	0.50 ts
17809	Chopped fresh cilantro,	0.00
17809	-for garnish	0.00
17810	Eggplant	2.00 lb
17810	Olive oil	0.50 c
17810	Onion, finely chopped	2.00 c
17810	Tomatoes, chopped	1.00 c
17810	Finely shredded ginger	0.50 c
17810	Salt	1.00 ts
17810	Red chili peppers	0.50 c
17810	Hungarian sweet paprika	1.00 tb
17810	Ground black pepper	0.50 ts
17810	Chopped coriander	0.50 c
17811	Broiling chickens,quartered	3.00 sm
17811	Seasoning salt	0.00
17811	Red pepper flakes	0.00
17811	Juice of 1/2 fresh lime	0.00
17811	Unsalted butter	0.50 c
17811	Heaping tbsp. flour	3.00
17811	Cloves garlic,peeled	6.00
17811	To 4 - cups chicken broth	3.00
17811	Freshly ground pepper	0.00
17812	Currants	0.50 c
17812	Brandy	0.33 c
17812	Heads roasted garlic	3.00
17812	Cream cheese	1.00 lb
17812	Toasted almond, finely	0.75 c
17812	-chopped	0.00
17813	Head Of Fresh Garlic *	1.00
17813	Olive Oil	0.00
17813	Dried Thyme	0.00
17813	Fresh Rosemary	0.00
17813	Butter	0.00
17814	Virgin olive oil	1.00 tb
17814	Virgin olive oil	0.33 c
17814	Ripe plum tomatoes, halved	6.00
17814	Freshly ground black pepper	0.00
17814	Habanero chile peppers	10.00
17814	Lime juice (about 2 limes)	0.25 c
17814	Chopped cilantro	0.25 c
17815	Whole broiler-fryer (3 1/2	1.00
17815	-pounds)	0.00
17815	Fresh lemon juice	2.00 tb
17815	Salt	0.50 ts
17815	Coarse ground black pepper	0.50 ts
17815	Butter or margarine	2.00 tb



Sheet1

17815	Chopped fresh tarragon (Or 1	1.00 tb
17815	-teaspoon dried)	0.00
17816	Chicken	3.50 lb
17816	Garlic cloves	4.00
17816	Lemon, halved	1.00
17816	Cumin, ground	0.50 ts
17816	Coriander, ground	0.50 ts
17816	Paprika	0.50 ts
17816	Pepper, fresh grind	0.50 ts
17816	Cinnamon	0.25 ts
17816	Cayenne pepper	0.25 ts
17816	Salt	0.50 ts
17816	Olive oil	3.00 tb
17817	Oil; for the baking dish	0.00
17817	Red or yellow onions	2.00 lb
17817	- or whatever onion	0.00
17817	- is freshly picked	0.00
17817	Salt	0.50 ts
17817	Fruity olive oil	3.00 tb
17817	Fresh sage leaves; -=OR=-	8.00
17817	-Dried Sage	1.00 ts
17817	Coarsely ground pepper	0.00
17817	Sherry vinegar	2.00 tb
17817	Finely chopped parsley	0.00
17817	-=OR=- Rosemary	0.00
17818	Raw peanuts	0.25 c
17819	Medium Onions, quartered	2.00
17819	Medium Red pepper, sliced	1.00
17819	Medium Green pepper, sliced	1.00
17819	Mushrooms	1.00 c
17819	Medium Potatoes, quartered	2.00
17819	Salt	1.00 ts
17819	Black pepper	2.00 ts
17819	Garlic powder	1.00 ts
17819	Cayenne pepper	1.00 ts
17819	White pepper	0.25 ts
17819	Boneless pork loin roast	4.00 lb
17819	Water	0.50 c
17820	Quails	2.00
17820	Butter	1.00 tb
17820	Dried tarragon (scant)	1.00 ts
17820	Turns of pepper	2.00
17820	-from a pepper mill	0.00
17821	Red wine vinegar	0.33 c
17821	Garlic medium, minced	1.00 cl
17821	Olive oil	1.00 c
17821	Finely chopped fresh chives	0.33 c
17821	Red pepper, medium *OR*	0.00 ts
17821	Prepared roasted red	0.50 c

Sheet1

17821	Peppers	0.00
17821	Salt	0.00
17821	White pepper, freshly	0.00
17821	Ground	0.00
17821	Salt	0.00
17821	Pepper, to taste	0.00
17822	Red bell peppers	1.50 lb
17822	Dry red wine	0.50 c
17822	Drops hot pepper sauce	10.00
17822	Garlic cloves, halved	2.00 md
17822	Cayenne pepper	0.25 ts
17822	Coarse kosher salt	1.00 tb
17822	Imported English-style dry	0.75 c
17822	-mustard	0.00
17822	Crushed black peppercorns	1.00 ts
17822	Crushed whole allspice	0.75 ts
17822	Boiling water	1.25 c
17822	Honey	2.00 tb
17822	Red wine vinegar	0.75 c
17822	Dried thyme, crumbled	1.50 ts
17822	Sherry vinegar	0.50 c
17822	Bay leaves	3.00
17822	Mustard seed	3.00 tb
17822	Fresh thyme sprigs	3.00
17822	Medium-dry Sherry	0.67 c
17823	Whole-wheat bread	1.00 sl
17823	-- crusts trimmed	0.00
17823	Roasted red sweet peppers	12.00 oz
17823	-- drained -OR-	0.00
17823	-Red sweet peppers, roasted	2.00 md
17823	Garlic clove	1.00
17823	Salt	0.25 ts
17823	Olive oil	2.00 tb
17823	Sliced French bread -OR-	0.00
17823	Crackers	0.00
17824	Rice	1.00 c
17825	Raw glutinous rice	0.50 c
17826	Onion; Chopped, 1 Medium	0.50 c
17826	Carrot; Finely Chopped	0.25 c
17826	Vegetable Oil	1.00 T
17826	Tomatoes; Roasted & Peeled	2.00 lb
17826	Basil Leaves; Fresh, Snipped	1.00 T
17826	Sugar	2.00 t
17826	Salt	0.25 t
17826	Ground Red Pepper	0.25 t
17827	To 6 pounds meaty spareribs,	4.00
17827	-cut into individual ribs	0.00
17827	Grated zest of 2 limes	0.00
17827	Freshly squeezed lime juice	0.25 c

Sheet1

17827	Distilled white vinegar	1.00 tb
17827	Dry white wine, or water	2.00 c
17827	Cuyp light soy sauce	0.25
17827	-(usukuchi)	0.00
17827	Cloves garlic, peeled and	2.00
17827	-minced	0.00
17827	Freshly grated nutmeg	1.00 ts
17827	Sprig fresh rosemary, or 2	1.00 lg
17827	-teaspoons crushed dried	0.00
17827	Limes, quartered, for	2.00
17827	-garnish	0.00
17828	Ground beef - lean	1.00 lb
17828	Whole wheat bread crumbs -	1.00
17828	From 1 slice	0.00
17828	Parmesan	0.50 c
17828	White wine - dry	0.50 c
17828	Slice ham, capicollo and	8.00
17828	Pepper salami	0.00
17829	Peck ripe tomatoes	0.50
17829	Sweet peppers - 1/2 green,	12.00
17829	-1/2 red	0.00
17829	Brown sugar	6.00 c
17829	Mustard	1.00 ts
17829	Broken stick cinnamon	1.00 tb
17829	Allspice	1.00 tb
17829	Peck green tomatoes	0.50
17829	Onions	12.00 sm
17829	Or 3 stalks celery	2.00
17829	Vinegar	2.00 qt
17829	Cloves	1.00 tb
17829	Mace	0.25 ts
17829	Salt	1.00 c
17830	Glass jar or drinking glass	1.00
17830	Piece of cotton string	1.00
17830	Pencil or stick	1.00
17830	Paper clip	1.00
17830	Food coloring (optional)	0.00
17830	Water	1.00 c
17830	Sugar	2.00 c
17830	Additional sugar	0.00
17831	Bacon, finely diced	8.00 sl
17831	Onion, finely diced	1.00 sm
17831	Spinach, cooked and	1.50 c
17831	-well-drained	0.00
17831	Of salt and white pepper	1.00 pn
17831	Shake tabasco	1.00
17831	Parmesan cheese, grated	0.50 c
17831	Flour	0.25 c
17831	Heavy cream	0.50 c

Sheet1

17832	Chocolate chips	6.00 oz
17832	Chocolate, unsweet.	1.00 oz
17832	Butter	1.00 tb
17832	Eggs	2.00
17832	Powdered sugar	1.25 c
17832	Vanilla	0.50 ts
17832	Peanuts, salted cocktail	2.00 c
17832	Marshmallows, mini	2.00 c
17833	(1/2 stick) margarine	0.25 c
17833	Package miniature	10.50 oz
17833	-marshmallows 1/2 cup	0.00
17833	-semiswet chocolate chips	0.00
17833	Caramel corn (Can use Joel	5.00 c
17833	-Murphy's recipe for this) 1	0.00
17833	-cup peanuts	0.00
17834	Semi-sweet chocolate chips	0.33 c
17834	4 serving chocolate pudding	1.00 pk
17834	Half and half or light cream	1.50 c
17834	Miniature marshmallows	0.33 c
17834	Chopped nuts	0.33 c
17834	(8 oz.) whipped topping	3.50 c
17834	Graham cracker pie crust	1.00
17835	Flour	2.00 c
17835	Baking powder	4.00 t
17835	Shortening	0.50 c
17835	White sugar	1.00 c
17835	Eggs	2.00
17835	Salt	0.50 t
17835	Vanilla	1.00 t
17836	Head of lettuce	1.00
17836	Vinegar	2.00 c
17836	Water	1.00 c
17836	Salt	3.00 ts
17836	Dill weed or dill seed	2.00 ts
17836	Fennel, fresh or seed	2.00 ts
17836	Rue (optional)	1.00 ts
17837	Unsalted butter	0.75 c
17837	Creamy style peanut butter	0.75 c
17837	Packed brown sugar	2.00 c
17837	Eggs	3.00
17837	Unsifted all purpose flour	2.00 c
17837	Baking powder	1.00 tb
17837	Salt	0.50 ts
17837	Milk	1.00 c
17837	Vanilla	1.00 ts
17837	Peanut Butter Filling:	0.00
17837	Cream cheese, softened	1.00 c
17837	Creamy style peanut butter	0.50 c
17837	Chocolate Glaze:	0.00

Sheet1

17837	Water	0.50 c
17837	Unsalted butter	4.00 tb
17837	Cocoa	0.50 c
17837	Unsifted powdered sugar	1.00 c
17837	Vanilla	1.00 ts
17838	Butter (for pan)	1.50 tb
17838	Breadcrumbs, toasted	0.50 c
17838	Freshly grated Parmesan	0.25 c
17838	Sliced bacon	0.50 lb
17838	Medium onion, minced	1.00
17838	Cream cheese, room temp.	1.75 lb
17838	Roquefort cheese	0.50 lb
17838	Eggs	4.00
17838	Whipping cream	0.33 c
17838	Salt	0.50 ts
17838	To 3 drops hot pepper sauce	2.00
17839	Butter (for pan)	1.50 tb
17839	Breadcrumbs, toasted	0.50 c
17839	Freshly grated Parmesan	0.25 c
17839	Sliced bacon	0.50 lb
17839	Medium onion, minced	1.00
17839	Cream cheese, room temp.	1.75 lb
17839	Roquefort cheese	0.50 lb
17839	Eggs	4.00
17839	Whipping cream	0.33 c
17839	Salt	0.50 ts
17839	To 3 drops hot pepper sauce	2.00
17840	Sugar	2.00 c
17840	Corn syrup,clear	1.00 c
17840	Water	0.50 c
17840	Butter	1.00 c
17840	Peanuts,raw	4.00 c
17840	Baking soda	1.00 ts
17841	Dried rose hips, seeds	0.50 pt
17841	-removed or	0.00
17841	Fresh hips, seeds removed	1.00 pt
17841	Cider vinegar or wine	1.00 pt
17841	-vinegar	0.00
17841	Raisins or sultanas, chopped	0.50 lb
17841	Cooking apples, peeled,	1.50 lb
17841	-cored and chopped	0.00
17841	Ground ginger	2.00 ts
17841	Cayenne pepper	0.75 ts
17841	Ground cloves	1.00 ts
17841	Clove garlic, minced	1.00 lg
17841	Brown sugar	0.50 lb
17841	Fresh lemon juice	0.12 c
17841	Fresh orange juice,	0.12 c
17841	-unsweetened	0.00

Sheet1

17841	Grated orange rind	0.50 ts
17842	Olive oil	2.00 tb
17842	Butter	2.00 tb
17842	Finely chopped shallots	2.00 tb
17842	Dried rosemary	2.00 ts
17842	Lemonade	0.50 c
17842	Black pepper	1.00 ts
17842	Salt	1.00 ts
17842	Chicken wings	12.00
17843	Butterfly Pork Chops	4.00
17843	Cantaloupe, cubed	0.50 sm
17843	Honeydew, cubed	0.50 sm
17843	Orange juice	0.50 c
17843	Lemon juice	0.50 c
17843	Lime juice	0.50 c
17843	Honey	0.33 c
17843	Onion, minced	0.25 c
17843	Vegetable oil	0.25 c
17843	Dijon-style mustard	2.00 tb
17843	Dried rosemary	2.00 ts
17843	Salt	0.50 ts
17843	Coriander	0.50 ts
17843	Ground nutmeg	0.50 ts
17843	Black pepper	0.25 ts
17844	Chicken Breasts	4.00 lg
17844	Lemon Juice	0.50 c
17844	Grated Lemon Peel	1.00 ts
17844	Honey	2.00 tb
17844	Vegetable Oil	2.00 tb
17844	Fresh Rosemary,, Chopped	2.00 tb
17845	Chicken breasts, with skin	4.00 lg
17845	-(1 1/2 Lb)	0.00
17845	Oil	1.00 tb
17845	Fresh rosemary, minced	2.00 tb
17845	Salt	0.00
17845	Pepper	0.00
17845	BLACK-PEPPER and SHALLOT	0.00
17845	-BUTTER:	0.00
17845	Shallot	1.00
17845	Tbl butter, softened	0.00
17845	Cracked black peppercorns	0.50 tb
17845	Lemon	1.00
17846	Lean ground beef	1.00 lb
17846	Cloves garlic, minced	4.00
17846	Onions, chopped	3.00
17846	(28 oz.) tomatoes	1.00 cn
17846	Tomato spaghetti sauce	1.00 c
17846	Water	1.00 c
17846	Chili powder	2.00 tb

Sheet1

17846	Salt	1.00 tb
17846	(19 oz.) kidney beans,	1.00 cn
17846	-drained	0.00
17846	Of a 500 g pkg. of rotini	0.25
17847	Leg of pork,9-11#	1.00
17847	Brown sugar	1.00 c
17847	Flour	2.00 tb
17847	Mustard,dry	1.00 ts
17847	Vinegar	0.25 c
17847	Cloves,ground	0.25 ts
17848	All Purpose Flour	0.50 c
17848	Cooking Oil	0.50 c
17849	Oil	1.00 tb
17849	Onion, minced	0.25 c
17849	Garlic, chopped	1.00 tb
17849	Chiles, serranos, minced	3.00
17849	Tomatoes, canned	28.00 oz
17849	Bay leaf, dried	2.00
17849	Thyme	0.12 ts
17849	Chile, ground, red, new mexi	0.50 ts
17849	Vinegar	1.00 tb
17849	Pepper, black, freshly groun	1.00 ts
17850	Pillsbury Refrigerated*	1.00 cn
17850	Spicy French Dressing	0.50 c
17851	(10 oz.) thawed frozen red	1.00 pk
17851	-raspberries (reserve 1/4	0.00
17851	-cup for	0.00
17852	Ketjap Manis	0.25 c
17852	Thai Chile	0.50
17852	Ginger, Fresh, Peeled	0.50
17852	Lime Juice	1.00 ts
17852	Assorted Fresh Fruit	3.00 c
17853	Hamburger	1.50 lb
17853	Cabbage	0.50 x
17853	Onion	1.00
17853	Partially frozen Bread	1.00
17853	Dough	0.00
17853	Salt+papper	0.00
17853	Cheese (velveeta)	0.00
17854	Lean beef in 1/2 inch cubes	1.00 lb
17854	Beef broth	2.00 cn
17854	Water *	0.00
17854	Tomato paste	6.00 oz
17854	Salt	1.00 ts
17854	White pepper	0.50 ts
17854	Black pepper	0.50 ts
17854	Vegetable oil	1.00 tb
17854	Garlic cloves,minced	3.00 lg
17854	Onions sliced (2 cups)	2.00 lg

Sheet1

17854	Coarsely shredded beets	4.00 c
17854	Coarsely shredded cabbage	4.00 c
17854	Coarsley shredded carrots	2.00 c
17854	Thinly sliced celery	1.50 c
17854	Minced fresh parsley OR	0.25 c
17854	Dried parsley flakes	2.00 tb
17854	Dried dillweed	1.50 ts
17854	Dill seed	1.00 ts
17854	Celery seed	1.00 ts
17854	Bay leaves	2.00
17854	Sugar	1.50 ts
17855	Chuck steak or round	1.50 lb
17855	Steak, boneless	0.00
17855	Flour	3.00 tb
17855	Salt	1.00 ts
17855	Oil or shortening	2.00 tb
17855	Onion, finely chopped	0.50 c
17855	Garlic, minced	1.00 cl
17855	COCA-COLA	0.50 c
17855	Water	0.25 c
17855	Flour	2.00 tb
17855	Water	0.50 c
17855	Worcestershire sauce	1.00 tb
17855	Mushrooms with liquid	1.00 cn
17855	Sour cream	1.00 c
17855	Parsley, minced	2.00 tb
17855	Mashed potatoes, noodles,	0.00
17855	Or rice, cooked and hot	0.00
17856	(8oz) cream cheese soft	2.00 pk
17856	Vanilla extract	1.00 ts
17856	Butter	0.50 c
17856	Chopped red candied cherries	0.33 c
17856	Lg. curd cream style cottage	1.00 c
17856	Golden raisins	0.25 c
17856	Cheese	0.00
17856	Diced candied pineapple	2.00 tb
17856	Sugar	0.50 c
17856	Toasted almonds (optional)	0.25 c
17856	Fine shredded orange peel	1.00 tb
17856	" " lemon peel	1.00 tb
17857	Orange Drink Mix Powder	2.00 c
17857	Sugar	1.33 c
17857	Ground Cloves	0.50 ts
17857	(3 oz) Lemonade Mix *	1.00 pk
17857	Cinnamon	1.00 ts
17858	Vinegar, cider	3.00 tb
17858	Water	3.00 tb
17858	Sugar	2.00 tb
17858	Oil, vegetable	1.00 tb



Sheet1

17858	Horseradish, prepared (can	1.50 ts
17858	Add up to 2 ts)	0.00
17858	Cabbage, red, shredded	2.00 c
17858	Cabbage, green, shredded	2.00 c
17858	Carrots, shredded	1.00 c
17859	Butter/margarine (2 sticks)	1.00 c
17859	Sifted powdered sugar	0.50 c
17859	Vanilla	1.00 t
17859	Almond extract	1.00 t
17859	Sifted flour	2.25 c
17859	Salt	0.50 t
17859	Finely chopped nuts	0.75 c
17861	Yeast; Active Dry	2.00
17861	Warm Water(110-120 degrees)	0.50 c
17861	Cup Milk; Lukewarm	1.50
17861	B Sugar	2.00 tb
17861	Salt	1.00 ts
17861	Molasses	0.50 c
17861	B Butter	2.00 tb
17861	Cup Rye Flour; Unsifted	3.25
17861	Cup Bread Flour; Unsifted	2.50
17862	FOR 1 -----	0.00 -----
17862	Yeast	1.00 pk
17862	Rye flour	2.00 c
17862	Bread flour	2.00 c
17862	Nonfat dry milk powder	2.00 tb
17862	Sugar	1.00 tb
17862	Salt	1.00 ts
17862	Honey	1.00 tb
17862	Margerine	1.00 tb
17862	Ground allspice (optional)	1.00 ts
17862	Caraway seeds (optional)	1.00 tb
17862	Warm water	1.50 c
17862	FOR 1 -----	0.00 -----
17863	Rye meal	3.00 c
17863	Salt	1.00 t
17863	Milk, sour	1.50 c
17863	Soda	1.00 t
17863	Molasses	0.33 c
17863	Egg	2.00 ea
17864	Dry yeast	1.00 pk
17864	Water, tepid (80-degree)	3.00 c
17864	Flour, rye medium	3.50 c
17864	Onion, small, peeled and	1.00
17864	Halved.	0.00
17865	(5/16-oz) yeast	1.00 pk
17865	Bread flour	1.00 c
17865	Unbleached flour	0.75 c
17865	Rye flour	0.50 c

Sheet1

17865	Sugar	1.00 tb
17865	Salt	1.00 ts
17865	Caraway seed	1.00 tb
17865	Chopped tomato	0.25 c
17865	Vegetable oil	1.00 tb
17865	Tomato juice or veg juice v8	0.88 c
17866	MM BY HELEN PEAGRAM -----	0.00 -----
17866	Milk	4.00 c
17866	Long grain rice	0.75 c
17866	Eggs	4.00
17866	White sugar	0.50 c
17866	Vanilla	1.00 ts
17866	Orange rind, finely grated	1.50 ts
17866	RED CURRANT SAUCE -----	0.00 -----
17866	Red currants	3.00 c
17866	Sugar	0.75 c
17866	MM BY HELEN PEAGRAM -----	0.00 -----
17866	RED CURRANT SAUCE -----	0.00 -----
17867	Olive oil	0.33 tb
17867	Onion,finely chopped	0.33
17867	Uncooked rice	0.33 c
17867	Frozen peas (16 oz)	0.33 pk
17867	-or 2 cups shelled fresh	0.00
17867	Salt to taste	0.00
17867	Pepper to taste	0.00
17867	Hot water or vegetable	0.00 c
17867	- broth	0.00
17868	Skinless split moong dhal or	6.00 oz
17868	-yellow split peas	0.00
17868	Heaped ghee	2.00 tb
17868	Onion fine sliced	1.00 lg
17868	Fresh green chili	1.00
17868	Cinnamon sticks, broken up.	2.00
17868	Turmeric	0.50 ts
17868	Garam masala	0.50 ts
17868	Chilli powder	0.25 ts
17868	Salt to taste	1.00 ts
17868	Ground cumin	1.00 ts
17868	Ripe tomatoes, skinned,	2.00
17868	-chopped	0.00
17868	Warm water (Brit pint)	20.00 oz
17868	Cooking oil	2.00 tb
17868	Mustard seeds	0.50 ts
17868	Or 3 cloves garlic, fine	2.00
17868	-chopped	0.00
17868	Or 2 dried hot chillies	1.00
17868	-coarsely chopped	0.00
17868	Frozen or 10 oz fresh	4.00 oz
17868	-spinach, finely chopped.	0.00

Sheet1

17869	Eggs	3.00
17869	Brown sugar	1.00 lb
17869	Vanilla	1.00 ts
17869	Biscuit mix	2.00 c
17869	Chopped nuts	1.00 c
17869	Coconut	1.00 c
17870	Water	10.00 qt
17870	Vinegar	1.00 qt
17870	Dill	5.00 ea
17870	Salt	2.00 c
17870	Pepper	4.00 T
17870	Cucumber	1.00 x
17871	Stephen Ceideburg	0.00
17871	Water	4.00 c
17871	White cornmeal	2.50 c
17872	Cooked chick peas	4.00 c
17872	Chick pea stock	1.00 c
17872	Light vegetable oil	0.25 c
17872	Finely chopped onions	2.00 c
17872	Chopped garlic	2.00 ts
17872	Shredded ginger	2.00 tb
17872	Ground coriander	2.00 ts
17872	Ground cardamom	0.33 ts
17872	Lemon juice	1.50 ts
17872	Red pepper	0.25 ts
17872	Black pepper	0.25 ts
17872	Tomato, chopped	1.00 md
17872	Salt	1.00 ts
17873	Egg	1.00
17873	Red wine vinegar	1.00 ts
17873	Fresh lemon juice	2.00 ts
17873	Dijon mustard	1.00 ts
17873	(or less) salt	0.50 ts
17873	Olive oil	0.25 c
17873	Safflower oil	1.25 c
17874	Saffron threads, crumbled	0.25 ts
17874	Shallot, minced	2.00 tb
17874	White wine vinegar	2.00 tb
17874	Dry white wine	3.00 tb
17874	Heavy cream	3.00 tb
17874	Unsalted butter, cold, cut i	14.00 tb
17874	-to 14 pieces	0.00
17875	Saffron	1.00 pn
17875	Hot water	2.00 tb
17875	Yeast	1.00 tb
17875	Sugar	1.00 ts
17875	Warm water	5.00 oz
17875	Wholewheat flour	1.00 lb
17875	Salt	1.00 pn

## Sheet1

17875	Nutmeg	0.25 ts
17875	Margarine	3.00 oz
17875	Shortening	2.00 oz
17875	Currants	8.00 oz
17875	Candied peel	1.00 oz
17875	Soymilk	5.00 oz
17876	Frankfurter	1.00 x
17876	Mustard (opt, or ketchup)	1.00 ds
17877	Fresh Spinach	1.00 bn
17877	Onion	1.00 lg
17877	Garlic Cloves	3.00
17877	Thai Chile	1.00
17877	Shrimp Paste	0.50 ts
17877	Corn, Creamed	16.00 oz
17877	Salt	1.00 ts
17877	Coconut Milk	4.00 c
17878	Shallot	1.00 sm
17878	Dijon mustard	1.00 tb
17878	Red wine vinegar	1.50 tb
17878	Extra virgin olive oil	5.00 tb
17878	Salt	0.00
17878	Freshly ground black pepper	0.00
17878	Slab bacon	0.33 lb
17878	- cut into 1/2-inch cubes	0.00
17878	Cubes French bread (1/2")	12.00
17878	-(crusts removed)	0.00
17878	Chicory leaves	3.00 c
17878	- torn into 2-inch pieces	0.00
17879	Garlic cloves	2.00
17879	Salt	0.00
17879	Tahini	0.75 c
17879	White vinegar	1.00 tb
17879	Lemon; juiced	1.00
17879	-Water	0.50 c
17879	Ground cumin	0.50 ts
17879	Chopped parsley	0.50 c
17880	Ground round steak	1.50 lb
17880	Ground pork	0.50 lb
17880	Egg	1.00
17880	Whole wheat bread crumbs	0.25 c
17880	Onion,finely chopped	1.00 md
17880	Season to taste	0.00
17880	Mushroom soup	1.00 c
17880	Milk or water	1.00 c
17880	Kitchen Bouquet, optional	1.00 ts
17880	For color	0.00
17881	Broken toasted stale bread	3.00 c
17881	Onion, chopped	1.00 sm
17881	Butter	4.00 tb

Sheet1

17881	Milk or water	0.00
17881	Black pepper	0.25 ts
17881	Thyme	0.50 ts
17882	Fresh salmon	1.00 lb
17882	Black Greek olives	0.50 c
17882	- such as Calamata,	0.00
17882	- pitted and chopped	0.00
17882	Chopped fresh oregano	2.00 tb
17882	Minced shallots	2.00 tb
17882	Chopped parsley	1.00 tb
17882	Fresh lemon juice	3.00 tb
17882	Olive oil	2.00 tb
17882	Lemon wedges	4.00
17882	Toast	8.00 sl
17883	Rice cooked	2.00 c
17883	Apples chopped Gr. Smith	1.50 c
17883	Broccoli frozen spears	1.00 pk
17883	Salmon 6 1/2 oz cans	2.00 cn
17883	Hollandaise sauce mix	1.00 pk
17884	Salmon steaks (4-6 oz)	4.00
17884	Onion sliced in rings	1.00
17884	Bayleaf	1.00
17884	Peppercorns	4.00
17884	Salt to taste	0.00
17884	Steak top round	1.00 lb
17884	Crumbs bread	4.00 tb
17884	Parsley chopped	1.00 tb
17884	Garlic cloves chopped	2.00
17884	Lemon juice to taste	0.00
17884	Butter melted	3.00 tb
17884	Shrimp cooked	0.25 c
17884	Ham slice diced	1.00
17885	Hard-boiled eggs, mashed	3.00
17885	Smoked salmon, flaked	1.00 c
17885	Vinegar	1.00 ts
17885	Mayonnaise	2.00 tb
17885	Pimiento, chopped	3.00 tb
17886	Salmon piece	2.00 lb
17886	Cream light	4.00 c
17886	Bayleaf	0.50
17886	Cloves	2.00
17886	Onion sliced	0.50
17886	Parsley sprigs	4.00
17886	Thyme to taste	0.00
17886	Butter	0.25 c
17886	Flour	0.25 c
17886	Lemon juice	1.00 tb
17886	Salt to taste	0.00
17886	Pepper to taste	0.00

Sheet1

17887	Chestnuts	32.00
17887	Slab bacon	0.50 lb
17887	- cut into 1/2-in cubes	0.00
17887	Red cabbages	2.00 sm
17887	- finely shredded	0.00
17887	Freshly ground pepper	0.50 ts
17887	Whole salmon	5.00 lb
17887	Dry white wine	2.00 c
17887	Unsalted butter	0.50 c
17887	Unsalted butter	2.00 tb
17887	Finely minced shallots	4.00 tb
17887	White vinegar	1.00 c
17887	Salt	0.25 ts
17888	Eggs boiled,chopped	2.00
17888	Salmon 16 oz.drained	1.00 cn
17888	Corn creamed,large	1.00 cn
17888	Stuffing mix dry Herb	1.00 c
17888	Onion chopped	1.00
17888	Pimento diced	0.25 c
17888	Mayonnaise	0.25 c
17889	Pasteurized process cheese	1.00 lb
17889	Spread cubed	0.00
17889	(8-oz) jar salsa OR	1.00
17889	(10-oz) diced tomatos and	1.00 cn
17889	Green chilies drained	0.00
17889	Chopped cilantro opt	2.00 tb
17890	Garlic clove	1.00 lg
17890	- peeled & slightly crushed	0.00
17890	Parsley sprigs	2.00
17890	Fresh basil leaves; -=OR=-	5.00
17890	Oregano	1.00 pn
17890	Flakes diavoleto	3.00
17890	-(Red Pepper Flakes)	0.00
17890	Olive oil; plus	0.25 c
17890	Olive oil	1.00 tb
17890	Tomato paste	1.00 ts
17890	Fresh tomatoes	1.00 lb
17890	- peeled and seeded,-=OR=-	0.00
17890	- Canned peeled tomatoes,	16.00 oz
17890	- drained	0.00
17891	Velveeta Process Cheese	1.00 lb
17891	-Spread, cubed	0.00
17891	Pace Thick & Chunky Salsa	0.50 c
17892	Tomatoes, peeled and	2.00 lg
17892	-chopped.	0.00
17892	Tomatillos, husked and	4.00
17892	-chopped.	0.00
17892	Fresh Anaheim chiles, seeded	2.00
17892	-and chopped.	0.00

Sheet1

17892	Green onions, chopped.	5.00
17892	Fresh jalapeno pepper,	2.00
17892	-seeded and chopped	0.00
17892	Ground cumin	1.00 ts
17892	Fresh lime juice	1.00 ts
17892	Sugar	1.00 ts
17892	Minced fresh cilantro	1.00 ts
17892	Freshly ground black pepper	0.50 ts
17892	-(one half, not 1 to 2!)	0.00
17892	Salt.	0.25 ts
17893	White onion, chopped	1.00 md
17893	Garlic, chopped	5.00 cl
17893	Sour orange juice < OR >	0.50 c
17893	Lime juice (see note)	0.33 c
17893	Oregano	0.50 ts
17893	Cummin seeds	0.50 ts
17893	Salt	0.25 ts
17893	Water	0.50 c
17894	Tomatillos	10.00
17894	Green Tomato, Unripe	6.00 oz
17894	Finely Chopped Scallions	2.00 tb
17894	Serrano Chilies, Chopped	3.00
17894	Chopped Cilantro Leaves	2.00 tb
17894	Sea Salt, To Taste	0.50 ts
17894	Water	0.33 c
17895	Ripe Tomatoes	1.00 lb
17895	Chopped Scallions	0.25 c
17895	Finely Chopped Jalapenos	2.00 md
17895	Fresh Lime Juice	1.00 tb
17895	Ice Water	0.50 c
17895	Salt	0.00
17895	Crushed Oregano Leaves	1.00 ts
17896	Med. Tomatoes, peeled,	4.00
17896	-seeded and chopped	0.00
17896	Onions, finely chopped	0.50 c
17896	Celery, finely chopped	0.50 c
17896	Green Pepper, finely chopped	0.25 c
17896	Olive oil or vegetable oil	0.25 c
17896	To 3 tbls. Green Chiles,	2.00
17896	-(canned) finely chopped	0.00
17896	Red Wine vinegar	2.00 tb
17896	Salt	1.00 ts
17896	Coriander seeds, crushed	1.00 ts
17896	Mustard seeds	1.00 ts
17896	Of Pepper	1.00 ds
17897	Tomato; diced	2.00 ea
17897	Pepper, bell, green;	1.00 ea
17897	-seeded/diced	0.00
17897	Jalapeno; deveined	3.00 ea

Sheet1

17897	Onion, red; chopped	0.25 c
17897	Coriander, fresh; chopped	2.00 tb
17897	Lime juice	1.00 tb
17897	Sugar (opt)	1.00 pn
17897	Salt	0.00
17897	Pepper, black	0.00
17898	Unskinned tomatoes, diced	1.50 c
17898	Finely chopped white onion	0.75 c
17898	Serrano chilies, finely	6.00
17898	-chopped	0.00
17898	Chopped cilantro	0.33 c
17898	Salt, or to taste	0.50 ts
17898	Water	0.50 c
17899	Tomato (6 ounces)	1.00 md
17899	Finely chopped white onion	4.00 tb
17899	Roughly chopped fresh	2.00 tb
17899	-coriander	0.00
17899	Chiles seranos, finely	3.00
17899	-chopped, with seeds	0.00
17899	Salt, or to taste	0.50 ts
17899	Cold water	0.33 c
17900	Tomatoes, canned, with juice	2.00 c
17900	Onion	1.00 sm
17900	Chile serrano	2.00
17900	Sugar	1.00 pn
17900	Salt, to taste	0.00
17901	Large tomato, chopped	1.00 ea
17901	Medium onion, chopped	1.00 ea
17901	Fresh green chilies, chopped	2.00 ea
17901	Or 4 oz can green chili	1.00 ea
17901	Garlic salt	0.50 t
17901	Monosodium glutamate(option)	0.50 t
17901	Salt to taste	1.00 x
17902	Tomatoes	1.00
17902	Pablono peppers	2.00
17903	Garlic cloves	2.00 x
17903	Scallions	3.00 x
17903	Parsley leaves	0.50 c
17903	Cilantro	0.25 c
17903	Pickled jalapeno pepper	0.00
17903	Tomatillos (fresh or canned)	13.00 oz
17903	Mild green peppers (chopped)	4.00 oz
17903	Hot pepper sauce	0.25 ts
17903	Salt (or to taste)	1.00 ts
17904	Onion, finely minced	0.50 md
17904	Minced, fresh cilantro	1.00 tb
17904	Serrano or jalapeno chile,	1.00
17904	-finely minced	0.00
17904	Salt, OR more	0.50 ts



Sheet1

17904	Canned tomatillos, well	10.00 oz
17904	-drained	0.00
17905	Chopped Fresh Cilantro	0.25 c
17905	- Leaves	0.00
17905	Tomatoes, Chopped	2.00 md
17905	Serrano or Jalapeno Pepper	1.00 sm
17905	- Peeled, Seeded and Minced	0.00
17905	Chopped Onion	0.25 c
17905	Minced Garlic Clove	1.00
17905	Red Wine Vinegar	0.50 ts
17906	Servings	4.00
17906	Chicken, cut into 8 pieces,	3.00 lb
17906	-trimmed	0.00
17906	Coarsely cracked peppercorns	0.25 c
17906	Coarse salt	2.00 c
17906	(about) milk	3.00 c
17906	All-purpose flour	1.00 c
17906	Cornmeal	1.00 ts
17906	(about) peanut oil	1.50 c
17907	Soup beans	0.50 lb
17907	Salt pork	0.50 lb
17907	Hominy	0.50 lb
17907	Marjoram	1.00 pn
17908	Onion Powder	5.00 ts
17908	Garlic Powder	2.50 ts
17908	Paprika	2.50 ts
17908	Dry Mustard	2.50 ts
17908	Thyme Crushed	1.25 ts
17908	White Pepper	0.50 ts
17908	Celery Seed	0.25 ts
17909	Onion Powder	5.00 ts
17909	Garlic Powder	2.00 ts
17909	Dry Mustard	2.00 ts
17909	Paprika	2.00 ts
17909	Oregano	2.00 ts
17909	White Pepper	0.50 ts
17910	Sugar	1.00 c
17910	Corn-starch	3.00 tb
17910	Water	0.50 c
17910	Honey	0.67 c
17910	Few grains salt	0.00
17911	Thinly sliced new potatoes	3.50 c
17911	Salt	5.00 ts
17911	Honey	3.00 tb
17911	Yellow cornmeal	2.00 tb
17911	Boiling water	4.00 c
17911	Baking soda	1.00 ts
17911	All-purpose flour	8.00 c
17911	Milk	1.00 c

Sheet1

17911	Olive oil	2.00 tb
17912	Chopped fresh chives	1.00 c
17912	Chopped fresh savoury	1.00 c
17912	Chopped fresh parsley	1.00 c
17912	Chopped fresh chervil	1.00 c
17912	Grated carrots	1.00 c
17912	Chopped celery leaves	1.00 c
17912	Chopped green onions	1.00 c
17912	To 1/2 cup coarse salt	0.25
17913	FOR 1 -----	0.00 -----
17913	Yeast	1.00 pk
17913	Whole wheat flour	1.00 c
17913	Bread flour	2.00 c
17913	Nonfat dry milk	0.33 c
17913	Sugar	3.00 tb
17913	Salt	0.50 ts
17913	Butter	2.00 tb
17913	Egg; room temperature	1.00
17913	Chopped salted peanuts	0.75 c
17913	Hot water	1.00 c
17913	FOR 1 -----	0.00 -----
17914	Salted yellow beans	6.50 oz
17914	Cloves garlic	5.00
17914	Ground ginger	1.00 ts
17914	Tamarind water	0.50 c
17914	Brown sugar	1.00 ts
17914	Green chillis or 1 tsp	4.00
17914	-chilli powder	0.00
17914	Shallots or i onion	6.00
17914	Water	0.50 c
17914	Vegetable oil	2.00 tb
17915	Veal scallops, sliced 1/4"	2.00 lb
17915	Thick, pounded thin	0.00
17915	Salt	0.00
17915	Freshly ground pepper	0.00
17915	Fresh sage, dried sage or	0.00
17915	Ground sage	0.00
17915	Thin slices of prosciutto	0.50 lb
17915	Flour	0.00
17915	Butter	4.00 tb
17915	Marsala or dry white wine	1.00 c
17915	Hot beef bouillon	0.50 c
17916	Garlic powder	2.00 ts
17916	Basil	1.00 ts
17916	Anise seed	1.00 ts
17916	Oregano	1.00 ts
17916	Powdered lemon rind	1.00 ts
17917	Butter	2.00 tb
17917	Butter	2.00 ts

Sheet1

17917	Sugar	2.00 c
17917	Salt	1.00 ts
17917	Light corn syrup	1.00 c
17917	Vanilla extract	1.00 ts
17917	Food coloring as desired	0.00
17918	Yellow split peas	0.50 c
17918	Water	2.50 c
17918	Onion, chopped	1.00 ea
17918	Garlic cloves, chopped	3.00 ea
17918	Ginger, chopped, 1/2-inch	1.00 sl
17918	Red chili	1.00 ea
17918	Ghee	2.00 tb
17918	Cumin	0.50 ts
17918	Coriander	0.50 ts
17918	Turmeric	0.50 ts
17918	Cauliflower, separated into	0.50 sm
17918	-- florets	0.00
17918	Carrots, diced	2.00 md
17918	Eggplant, diced	0.50 md
17918	Cabbage, sliced	0.50 sm
17918	Lemon juice	0.00
17918	Cayenne	0.50 ts
17919	Rice Vinegar	2.00 tb
17919	Sugar	1.00 tb
17919	Salt	0.12 ts
17919	Niban Dashi	2.00 tb
17919	Soy Sauce	1.50 ts
17919	MSG	1.00 pn
17920	Green chillies	0.25 lb
17920	Onions, thinly sliced	2.00
17920	Oil	0.25 c
17920	Salt, to taste	0.00
17920	Green tomatoes, diced	2.00
17920	Tin anchovy fillets in olive	1.00
17920	-oil, chopped	0.00
17921	Dark soya sauce	2.00 tb
17921	A lemon or 1 lime, juice	0.50
17921	-only	0.00
17921	Cabi rawit, crushed, or:	2.00
17921	Chilli powder	1.00 ts
17921	Shallots, sliced very thin	2.00
17921	Clove of garlic, crushed	1.00
17921	Boiled water	1.00 tb
17922	Fresh red chillies	8.00 oz
17922	Salt	1.00 ts
17922	Brown sugar	1.00 ts
17923	Dried prawns, soaked in hot	1.00 oz
17923	-water and rinsed	0.00
17923	Onion, thinly sliced	1.00

Sheet1

17923	Cloves garlic, chopped	2.00
17923	Chillies, thinly sliced	5.00
17923	-diagonally, discard seeds	0.00
17923	One-inch piece ginger,	1.00
17923	-sliced	0.00
17923	Salt, to taste	0.00
17923	Firm tomatoes, diced	2.00
17923	Brown bean sauce	2.00 tb
17924	Red chillies	20.00
17924	Salt	2.00 ts
17925	Chicken breast halves,	6.00
17925	-boned and skinned	0.00
17925	Ground cumin	2.00 ts
17925	Garlic salt	1.00 ts
17925	Vegetable oil	1.00 tb
17925	Black beans, canned, rinsed	1.00 c
17925	-and drained	0.00
17925	Whole kernel corn, drained	1.00 cn
17925	Pace Picante Sauce	0.67 c
17925	Diced red bell pepper	0.50 c
17925	Chopped cilantro	2.00 tb
17926	Coarsely ground meat (chili	3.00 lb
17926	-meat)	0.00
17926	Chili powder	6.00 tb
17926	Oregano	1.00 tb
17926	Cumin	1.00 tb
17926	Salt	1.00 tb
17926	Cayenne pepper	0.50 ts
17926	Large cloves garlic, minced	2.00
17926	Tabasco	1.00 ts
17926	Water	1.50 qt
17926	White corn meal	0.25 c
17927	Fresh Anaheim chillies	6.00 md
17927	Red bell pepper	1.00 lg
17927	Fresh Jalapeno pepper,	1.00
17927	-sliced	0.00
17927	Salt pork, diced	2.00 oz
17927	Boned chicken breast, thinly	0.50 lb
17927	-sliced	0.00
17927	Pork butt steak, thinly	0.50 lb
17927	-sliced	0.00
17927	Butter	6.00 tb
17927	Onion, diced	1.00 md
17927	All-purpose flour	0.50 c
17927	Chili powder	1.50 ts
17927	Ground cumin	1.00 ts
17927	Clove garlic, minced	1.00 sm
17927	Tomato sauce	0.75 c
17927	Chicken broth, warmed	2.00 qt

## Sheet1

17927	Peeled, seeded and diced	0.50 c
17927	-tomatoes	0.00
17927	Minced fresh cilantro	1.00 tb
17927	Garnish:	0.00
17927	Avocado slices	0.00
17927	Sour cream	0.00
17928	Boneless pork shoulder,	8.00 oz
17928	-1-inch cubes	0.00
17928	Each chopped onion and green	0.50 c
17928	-bell pepper	0.00
17928	Seeded and minced jalapeno	1.00 tb
17928	-pepper	0.00
17928	Garlic cloves, minced	4.00
17928	Canned Italian tomatoes,	1.00 c
17928	-drain, seed, and chop	0.00
17928	(reserve liquid)	0.00
17928	White vinegar	2.00 tb
17928	Lime juice (no sugar added)	1.00 tb
17928	Water	1.00 qt
17928	Each sorted uncooked pigeon	0.75 oz
17928	-peas and pink peas	0.00
17928	Pkt instant chicken broth	3.00
17928	-and seasoning mix	0.00
17928	Minced fresh parsley	1.00 tb
17928	Minced fresh cilantro	1.00 tb
17928	Bay leaf	1.00
17928	Oregano leaves	0.50 ts
17928	Each salt and pepper	0.25 ts
17928	Pared sweet potato, 1/4-inch	6.00 oz
17928	-thick slices	0.00
17929	Sandi Brooks wfcj53b	0.00
17929	Butter	0.25 lb
17929	Sugar	1.00 c
17929	Eggs	2.00
17929	+2T sour cream	1.00 c
17929	Flour	2.00 c
17929	Salt	1.00 ts
17929	Baking powder	1.00 ts
17929	Baking soda	1.00 ts
17929	Vanilla	1.00 ts
17929	Pkg semi sweet choc chips	12.00 oz
17929	Cinnamon sugar	0.25 c
17930	Homemade "mayonnaise"	1.00 c
17930	Pimiento; finely chopped	1.50 ts
17930	Parsley; finely chopped	1.50 ts
17930	Celery; finely chopped	2.00 tb
17930	Dill pickle; finely chopped	2.00 tb
17930	Green onion; finely chopped	2.00 tb
17930	George Washington Broth	1.00 pk

## Sheet1

17930	-golden	0.00
17930	Turmeric	0.50 ts
17930	Italian seasoning	0.00 ds
17931	Lentils	1.00 c
17931	Rice	1.00 c
17931	Barley	0.67 c
17931	Onion, chopped	1.00
17931	Bay Leaf	1.00
17931	Corn	2.00 cn
17931	Sweet Basil	1.50 ts
17931	Evaporated Milk	1.50 cn
17931	Salt to taste	0.00
17932	Lard	3.00 tb
17932	Beef chuck,1/2" cubes	2.00 lb
17932	Flour in a paper bag	3.00 tb
17932	Onion	1.00
17932	Garlic cloves	2.00
17932	Red chile,hot,ground	5.00 tb
17932	Red chile,mild,ground	3.00 tb
17932	Salt	1.50 ts
17932	Oregano,dried,pref. Mexican	0.50 ts
17932	Cumin	1.00
17932	Beef broth	4.00 c
17932	Pinto beans,stewed	6.00 c
17933	Guajillo Chiles	3.00
17933	Cloves Garlic;Finely Chopped	2.00
17933	Brown Sugar; Firmly Packed	1.00 tb
17933	Thyme Leaves; Dried	1.00 ts
17933	Salt	0.25 ts
17933	Pepper; Freshly Ground	0.25 ts
17933	Beef Flank Steak	2.00 lb
17934	Boned & fat trimmed pork	3.00 lb
17934	-shoulder coarse ground	0.00
17934	Salt	1.00 ts
17934	Cloves of garlic minced	4.00 md
17934	Chili powder	8.00 tb
17934	Cayenne flakes	1.00 ts
17934	Ground oregano (preferably	0.50 ts
17934	-Mexican)	0.00
17934	Ground cumin	3.00 tb
17934	Beer (not lite)	1.00 qt
17934	Stewed tomatos	3.00 c
17934	Tomato paste	1.00 c
17934	Onions coarsely chopped	2.00 md
17934	Chicken broth	1.00 c
17934	Allspice	0.50 ts
17935	(2 Cans) Tomatoes; OR	29.00 oz
17935	Fresh Tomatoes; Peeled And	3.50 c
17935	Chopped	0.00

Sheet1

17935	Celery; Chopped	0.50 c
17935	Onion; Chopped	0.25 c
17935	Green Pepper; Chopped	0.25 c
17935	Salt	1.50 ts
17935	Prepared Horseradish	1.00 ts
17935	Vinegar	1.00 tb
17935	Sugar	1.00 tb
17935	Worcestershire Sauce	1.00 tb
17935	Pickled Jalapeno; Minced OR	1.00
17935	To Taste	0.00
17936	Saskatoon berries; called	4.00 c
17936	-Serviceberries in the US	0.00
17936	-Water	0.25 c
17936	Lemon juice	2.00 tb
17936	Sugar, granulated	0.75 c
17936	Flour	3.00 tb
17936	Pastry for double crust pie	0.00
17937	Cloves garlic, minced	5.00
17937	Green, red, yellow, or	1.00
17937	-purple bell pepper	0.00
17937	Ripe tomatoes, cored, seeded	4.00 lg
17937	-and diced	0.00
17937	Onion, diced	1.00 md
17937	Hot peppers, such as	2.00
17937	-jalapeno peppers, or	0.00
17937	-serrano, minced	0.00
17937	Cilantro, chopped	1.00 bn
17937	Green onions, sliced into	5.00
17937	-1/8 inch rings	0.00
17937	Olive oil	0.25 c
17937	Red wine vinegar or herbed	0.12 c
17937	-vinegar	0.00
17937	Juice of 1 lime	0.00
17937	Freshly ground pepper	1.00 ts
17937	To 2 tablespoons chili	1.00
17937	-powder	0.00
17937	Of salt	1.00 ds
17938	Oil	0.25 c
17938	Cloves garlic, minced	2.00
17938	Onion, chopped	1.00
17938	Ground dried red chili	1.00 ts
17938	-peppers	0.00
17938	Kaffir lime leaves	3.00
17938	Curry powder	0.50 ts
17938	Chopped fresh lemon grass	1.00 tb
17938	Coconut milk	1.00 c
17938	Milk	0.50 c
17938	Two inch stick of cinnamon	1.00
17938	Tamarind sauce	2.00 ts

Sheet1

17938	Fish sauce	3.00 tb
17938	Brown sugar	3.00 tb
17938	Lemon juice	3.00 tb
17938	Chunky peanut butter	1.00 c
17939	Market steak or beef fillet	1.00 lb
17939	-=OR=- New York steak	0.00
17939	MARINADE -----	0.00 -----
17939	Dark soy sauce	2.00 ts
17939	Shrimp paste	1.00 ts
17939	Cornstarch	2.00 ts
17939	Rice wine	2.00 ts
17939	Chinese broccoli	1.00 lb
17939	Peanut oil; for deep-frying	1.00 c
17939	SAUCE -----	0.00 -----
17939	Shrimp paste	0.50 ts
17939	Chicken stock	1.00 c
17939	Satay sauce; -=OR=-	0.50 ts
17939	-chili bean sauce	2.00 ts
17939	Sugar	1.00 ts
17939	Dark soy sauce	1.00 ts
17939	Rice wine	2.00 ts
17939	Cornstarch; mixed with	0.50 ts
17939	Water	0.50 ts
17939	MARINADE -----	0.00 -----
17939	SAUCE -----	0.00 -----
17940	Pork Loin	2.00 lb
17940	Thai Chile	1.00
17940	Garlic Cloves	4.00
17940	Onions	2.00 md
17940	Ketjap Manis	2.00 tb
17940	Oil, Divided	2.00 tb
17940	BOMBOE SASATE -----	0.00 -----
17940	Cumin	1.00 ts
17940	Cilantro	1.00 ts
17940	Galangal	0.50 ts
17940	Turmeric	0.50 ts
17940	BOMBOE SASATE -----	0.00 -----
17941	Minced onion	1.00 c
17941	Peeled & diced carrots	1.00 c
17941	Diced celery	0.50 c
17941	Garlic cloves	3.00
17941	- pressed or minced	0.00
17941	Water	3.00 c
17941	Tomato paste	1.00 tb
17941	Red wine	1.00 c
17941	Dry red wine vinegar	2.00 tb
17941	Salt; to taste	0.00
17941	Chopped fresh rosemary; -OR-	1.00 tb
17941	-Dried rosemary)	1.00 ts



Sheet1

17941	Dried thyme	0.50 ts
17941	Dried basil	1.00 ts
17941	White pepper	0.50 ts
17941	Cold water	0.33 c
17941	Arrowroot or cornstarch	2.00 tb
17942	Light Soy Sauce	0.25 c
17942	Water	2.00 tb
17942	Rice Wine Or Chinese Brown	1.00 tb
17942	- Vinegar	0.00
17942	Finely Chopped Green Onions	1.00 tb
17942	Crushed Garlic	0.50 ts
17942	Chili Sauce	1.50 ts
17942	White Sesame seeds, Toasted	1.50 ts
17942	- And Ground	0.00
17943	Vinegar	4.00 tb
17943	Water	4.00 tb
17943	Sugar	0.25 c
17943	Salt	1.00 ts
17943	Chili, crushed	2.00
17943	Peanuts	0.25 c
17943	Cucumber, thinly sliced	0.25 c
17944	FOR SPICED KUMQUAT SAUCE -----	0.00 -----
17944	Kumquats	5.00
17944	Bay leaves	3.00
17944	Whole cloves; bruised	9.00
17944	Stock, pref. from tongue	0.75 pt
17944	Orange (juice only)	1.00 lg
17944	Lemon juice	2.00 ts
17944	Tarragon vinegar	1.00 tb
17944	Butter	0.75 oz
17944	Flour	2.00 tb
17944	Salt and pepper	0.00
17944	Thick cream	4.00 tb
17944	FOR PARSLEY & CAPER SAUCE -----	0.00 -----
17944	Garlic clove	1.00
17944	Parsely; chopped	1.00 oz
17944	Chives	0.50 oz
17944	Capers	1.50 oz
17944	Lemon; juice & zest only	1.00 sm
17944	Oil	8.00 fl
17944	Black pepper	0.00
17944	FOR SPICED KUMQUAT SAUCE -----	0.00 -----
17944	FOR PARSLEY & CAPER SAUCE -----	0.00 -----
17945	SWEET ONION AND RAISIN SAUCE -----	0.00 -----
17945	Small, hot fresh peppers	2.00
17945	Butter	0.33 c
17945	Raisins	1.00 c
17945	Cinnamon	2.00 ts
17945	Pepper	1.00 ts

Sheet1

17945	Sugar or honey	1.00 c
17945	SWEET ONION AND RAISIN SAUCE -----	0.00 -----
17946	Ground beef	1.00 lb
17946	Egg slightly beaten	1.00
17946	Finely chopped onion	0.50 c
17946	Fine dry bread crumbs	0.25 c
17946	Ketchup	2.00 tb
17946	Prepared mustard	1.00 ts
17946	Worcestershire sauce	0.50 ts
17946	Black pepper	0.25 ts
17946	10 3/4 oz. condensed	1.00 cn
17946	Mushroom soup	0.00
17946	Water	0.67 c
17946	Bag Minute Rice Boil-in-Bag	1.00
17946	Cooked	0.00
17947	Chopped onion	2.00 tb
17947	Milk	1.50 c
17947	Margarine	0.25 c
17947	Cups(8 oz.)shredded mild	2.00
17947	-cheddar cheese	0.00
17947	Flour	0.25 c
17947	Salt	1.00 ts
17947	Ham cut into 1/8"slices	0.50 lb
17947	Of pepper	1.00 ds
17947	Cooked potato slices	6.00 c
17948	Whole kernel corn,drained	8.75 oz
17948	Shredded zucchini	0.25 c
17948	Salad dressing or mayonnaise	0.50 c
17948	Whole chicken breasts,split	2.00
17948	Butter flavored cracker	1.00 c
17948	-crumbs	0.00
17948	Velveeta Pasteurized Process	0.50 lb
17948	-Cheese Spread,cubed	0.00
17948	Salad dressing or mayonnaise	0.33 c
17948	Milk	3.00 tb
17948	Shredded zucchini	0.25 c
17949	Lean ground beef	1.00 lb
17949	Egg	1.00 lg
17949	Fresh bread crumbs, from	1.00 c
17949	2 slices bread	0.00
17949	Club soda	0.25 c
17949	Chopped fresh dill OR	3.00 tb
17949	Dried dill weed	1.50 tb
17949	Salt	1.25 ts
17949	Freshly ground black pepper	0.75 ts
17949	Butter	3.00 tb
17949	(8 oz) medium egg noodles	1.00 pk
17949	Fresh green beans, cut into	8.00 oz
17949	1 1/2" pieces, about 2 cups	0.00

Sheet1

17949	Sliced fresh mushrooms,	2.00 c
17949	About 8 oz.	0.00
17949	Sour cream	0.33 c
17949	Fresh dill sprigs, optional	0.00
17950	Beef **	4.00 lb
17950	Water	1.00 x
17950	Peppercorns, black	12.00 ea
17950	Carrot	1.00 ea
17950	Sugar	1.00 T
17950	Salt & pepper	1.00 x
17950	Vinegar	1.00 pt
17950	Bay leaf	4.00 ea
17950	Cloves	4.00 ea
17950	Onion	6.00 ea
17950	Gingersnaps	12.00 ea
17951	Golden Delicious apples	3.00
17951	Ground beef	1.50 lb
17951	Soft bread crumbs	0.50 c
17951	Finely chopped onions	0.25 c
17951	Egg	1.00
17951	Salt	1.00 ts
17951	Pepper	0.25 ts
17951	Thyme	0.25 ts
17951	Oil	1.00 tb
17951	Water	1.00 c
17951	Vinegar	3.00 tb
17951	Packed brown sugar	1.00 tb
17951	Crushed gingersnap	0.25 c
17951	Cookies	0.00
17951	Bay leaf	1.00
17952	Ground beef	1.00 lb
17952	Chopped onions	0.50 c
17952	Salt & pepper	1.00 ts
17952	Condensed milk	0.67 c
17953	Dried pink beans, rinsed	1.00 c
17953	Freshly rendered lard or	2.00 tb
17953	Bacon fat or oil	0.00
17953	Boneless pork butt, diced	0.50 lb
17953	Cloves garlic, peeled and	3.00
17953	Chopped	0.00
17953	Yellow onion, peeled and	1.00 md
17953	Chopped	0.00
17953	Quarts beef stock, fresh	2.00
17953	Or canned	0.00
17953	Hungarian paprika	2.00 ts
17953	Bottled sauerkraut, rinsed	3.00 c
17953	And drained	0.00
17953	Salt and freshly ground	0.00
17953	Black pepper to taste	0.00

Sheet1

17953	GARNISH -----	0.00 -----
17953	Sour cream	0.50 c
17953	GARNISH -----	0.00 -----
17954	Flour	2.00 c
17954	Baking powder	2.00 ts
17954	Ground cinnamon	2.00 ts
17954	Baking soda	1.00 ts
17954	Salt	1.00 ts
17954	Ground nutmeg	0.50 ts
17954	Sugar	1.00 c
17954	Firmly packed brown sugar	0.50 c
17954	Eggs	4.00 lg
17954	Vegetable oil	1.00 c
17954	16 oz package sauerkraut,	1.00
17954	-rinsed well, and squeezed	0.00
17954	-thoroughly dry	0.00
17954	Granny smith apple, peeled,	1.00
17954	-cored and coarsley grated,	0.00
17954	-squeezed dry	0.00
17954	Coarsely chopped walnuts or	1.00 c
17954	-pecans	0.00
17955	Butter	0.67 c
17955	Sugar	1.50 c
17955	Eggs	3.00
17955	Vanilla	1.00 ts
17955	Flour	2.25 c
17955	Cocoa	0.50 c
17955	Baking powder	1.00 ts
17955	Baking soda	1.00 ts
17955	Salt	0.25 ts
17955	Water	1.00 c
17955	Sauerkraut, drained	0.67 c
17956	Sauerkraut	1.00 lb
17956	Beef stock	6.00 c
17956	Onions; chopped	2.00 lg
17956	Bacon	3.00 sl
17956	Paprika	1.00 ts
17956	Tomato paste	1.00 tb
17956	Caraway seeds	0.50 ts
17956	Salt	0.00
17956	Potatoes; peeled	2.00
17956	- grated and soaked	0.00
17956	Lean, diced ham	0.25 lb
17956	Beef frankfurters; sliced	2.00
17957	Pork	3.00 lb
17957	Sauerkraut	1.00 qt
17957	Water	1.00 x
17957	Salt & pepper	1.00 x
17958	Pan drippings	0.00

## Sheet1

17958	Thai chile	1.00
17958	Onion	0.50
17958	Garlic clove	1.00
17958	Shrimp paste	0.25 ts
17958	Peanut butter, crunchy	3.50 tb
17958	Salt	1.00 ts
17958	Tamarind water	3.00 tb
17958	Coconut milk	1.00 c
17959	White bread, cubed-16 slices	8.00 c
17959	Sausage meat	1.00 lb
17959	Onion, diced	1.00 lg
17959	Apples, pared, quartered,	2.00 lg
17959	Cored, and chopped	0.00
17959	Water	0.50 c
17959	Salt	1.00 ts
17960	Link sausages	8.00
17960	Chopped onion	0.33 c
17960	Chopped green pepper	0.33 c
17960	Cooked rice	3.00 c
17960	Can tomatoes	1.00 lb
17960	Frozen green peas, cooked	0.50 pk
17960	Salt	1.00 ts
17960	Garlic salt	0.50 ts
17960	Pepper	0.12 ts
17961	Salad dressing	1.00 c
17961	Flour	2.00 tb
17961	Salt	0.50 ts
17961	Milk	1.00 c
17961	Eggs, separated	12.00
17961	(12 oz) bulk pork sausage,	1.50 c
17961	Cooked, drained	0.00
17961	(4 oz.) shredded sharp	1.00 c
17961	Cheddar cheese	0.00
17961	Chopped apple	0.75 c
17962	Pork sausage	0.50 lb
17962	Kidney beans (16 oz.)	1.00 cn
17962	Canned tomatoes	1.50 c
17962	Water	2.00 c
17962	Onion, chopped	1.00 md
17962	Bay leaf	1.00
17962	Salt	0.75 ts
17962	Garlic salt	0.25 ts
17962	Thyme	0.25 ts
17962	Pepper	0.12 ts
17962	Potatoes, diced	0.50 c
17962	Green pepper, chopped	0.25 c
17963	Bread dough*	2.00 lb
17963	Hot sausage	1.50 lb
17963	Grated mozzarella cheese	8.00 oz

Sheet1

17963	Chopped parsley	1.00 tb
17963	Eggs	4.00
17963	Grated Romano cheese	8.00 oz
17963	Salt & pepper	0.00
17964	To 4 tb Olive Oil	3.00 tb
17964	Gourmet Sausage (or Chicken	1.00 lb
17964	-Sausage, casing removed)	0.00
17964	Onion, coarsely chopped	2.00 c
17964	Clove Garlic, minced	1.00
17964	Water ( or defatted chicken	8.00 c
17964	-stock)	0.00
17964	To 2 ts Salt (optional)	1.00 ts
17964	Freshly Ground Pepper	0.00
17964	To 3 Fresh Basil Leaves	2.00
17964	Dried Hot Pepper Flakes	1.00 pn
17964	Fresh Broccoli, trimmed and	1.00 bn
17964	-cut into small pieces	0.00
17964	Potatoes, diced	3.00 c
17964	Italian Parsley	0.50 c
17965	Pork sausage links	1.00 lb
17965	Rice,uncooked	0.75 c
17965	Green pepper,chopped	0.50 c
17965	Onion,chopped	0.50 c
17965	Tomatoes(16oz)	1.00 cn
17965	Mushrooms,sliced(4oz)	1.00 cn
17965	Salt	1.00 ts
17965	Pepper	0.25 ts
17965	Basil	0.25 ts
17966	Fresh pork sausage, removed	1.00 lb
17966	-from the casing	0.00
17966	Yellow cornmeal	1.00 c
17966	Flour	1.00 c
17966	Sugar	0.25 c
17966	Baking powder	4.00 ts
17966	Egg	1.00
17966	Milk	1.00 c
17967	All-purpose flour	2.00 c
17967	Cornmeal	0.75 c
17967	Baking powder	2.00 ts
17967	Sugar	2.00 tb
17967	Salt	0.50 ts
17967	Milk	1.75 c
17967	Egg beaten	1.00
17967	Bulk pork sausage	0.50 lb
17968	Cabbage leaves	4.00
17968	Eggs	1.00
17968	Apple	1.00 c
17968	Cornbread Stuffing Mix	0.33 c
17968	Apple cider or juice	2.00 tb

Sheet1

17968	Bulk pork sausage	0.50 lb
17968	Water	0.25 c
17968	Apple cider or juice	0.33 c
17968	Cornstarch	1.00 ts
17968	Instant Beef Bouillon	0.50 ts
17969	Sausage meat	2.00 lb
17969	Eggs	4.00
17969	Butter	1.00 c
17969	Milk	1.00 c
17969	Cracker or bread crumbs	0.00
17970	Tempeh	8.00 oz
17970	REGULAR SEASONINGS -----	0.00 -----
17970	Sage	0.50 ts
17970	Marjoram	0.50 ts
17970	Thyme	0.50 ts
17970	Cumin	0.50 ts
17970	-Warm water	2.00 tb
17970	Soy sauce	2.00 tb
17970	Oil	2.00 tb
17970	ITALIAN SAUSAGE SEASONINGS -----	0.00 -----
17970	Garlic cloves; pressed	2.00
17970	Red pepper flakes	0.50 ts
17970	Oregano	1.00 ts
17970	Black pepper	0.25 ts
17970	Flour	2.00 tb
17970	Oil	2.00 tb
17970	Soy sauce	2.00 tb
17970	REGULAR SEASONINGS -----	0.00 -----
17970	ITALIAN SAUSAGE SEASONINGS -----	0.00 -----
17971	Or 14 sweet onions	12.00
17971	Sausage	1.00 lb
17971	Garlic clove, minced	1.00
17971	Olive oil	1.00 tb
17971	Chopped parsley	0.25 c
17972	Herb seasoned croutons	12.00 c
17972	Mild bulk sausage	1.50 lb
17972	Eggs	4.00
17972	Milk	2.50 c
17972	Salt	0.50 ts
17972	Cream of mushroom soup	1.00 cn
17972	Grated sharp cheddar cheese	2.00 c
17972	Dry mustard	0.75 ts
17972	Dash of pepper	1.00
17972	Milk	0.50 c
17973	Sausage links	2.00 lb
17973	Butter	2.00 tb
17973	Chives	2.00 tb
17973	Flour	1.00 tb
17973	Thyme leaves	0.25 ts

## Sheet1

17973	Bay leaves	1.00
17973	Marjoram leaves	0.25 ts
17973	Wine, white	3.00 c
17974	Chicken livers	1.00 lb
17974	Pancake flour (more or less)	0.50 c
17974	Salt	0.50 ts
17974	Garlic powder	2.00 ts
17974	Pepper or dried basil	0.50 ts
17974	Onion; coarsely chopped	1.00 lg
17974	Mushrooms; chopped	1.00 c
17974	Margarine OR	0.50 c
17974	Olive oil (give or take)	3.00 tb
17975	Salmon Steaks	4.00 ea
17975	Butter	1.00 T
17975	Soy sauce	1.00 t
17975	Garlic powder	0.25 t
17975	Lemon slices	4.00 ea
17976	Boneless, skinless chicken	4.00
17976	-breasts (1 1/4 lb)	0.00
17976	Salt and ground black pepper	0.00
17976	Flour	2.00 tb
17976	Vegetable oil	2.00 tb
17976	Butter	3.00 tb
17976	Domestic white mushrooms,	3.00 oz
17976	-sliced thin (1 cup)	0.00
17976	Red bell pepper, roasted,	1.00 sm
17976	-peeled, and	0.00
17976	Seeded OR 1 jar (2 ounces)	0.00
17976	-drained roasted red	0.00
17976	Bell pepper, cut into medium	0.00
17976	-dice (1/2 cup)	0.00
17976	Green bell pepper, cut into	0.50 c
17976	-medium dice	0.00
17976	Scallion, sliced thin	1.00 md
17976	-crosswise	0.00
17976	Dry sherry	0.25 c
17976	Chicken stock or canned	0.50 c
17976	-chicken broth	0.00
17976	Cornstarch	1.00 ts
17976	Heavy cream	0.50 c
17976	Loosely-packed parsley,	0.50 c
17976	-minced	0.00
17977	Chicken drumsticks	4.00
17977	Chicken thighs	4.00
17977	Chicken breasts	4.00
17977	Salt and pepper to taste	0.00
17977	Flour to dust the chicken	0.00
17977	Cooking oil	2.00 tb
17977	Madeira or sherry	0.75 c



Sheet1

17977	Whipping cream	0.25 c
17977	Bay leaves	3.00
17977	Branch fresh thyme; -=OR=-	1.00
17977	-Dried thyme	1.00 ts
17977	Chicken livers	2.00
17977	Seedless grapes	1.50 c
17978	Olive or vegetable oil	3.00 tb
17978	Whole chicken breasts,boned	2.00
17978	-and cut in half	0.00
17978	All-purpose flour,spread on	0.75 c
17978	-a dinner plate	0.00
17978	Or on waxed paper	0.00
17978	Dried sage leaves	12.00
17978	Salt	0.50 ts
17978	Dry white wine	0.50 c
17978	Butter	2.00 tb
17978	Freshly ground pepper	0.00
17979	Olive Oil	1.00 tb
17979	Margarine (divided)	5.00 tb
17979	Whole Chicken Breasts,	3.00
17979	-skinned and cut into	0.00
17979	-fillets	0.00
17979	Freshly Ground Pepper	0.00
17979	Juice of 1 Lemon	0.00
17979	Parsley, chopped	3.00 tb
17979	Lemon, thinly sliced	1.00
17980	Chicken, cut into 10 serving	3.50 lb
17980	-pieces	0.00
17980	Salt and freshly ground	0.00
17980	-black pepper	0.00
17980	Flour	2.00 tb
17980	Olive oil	2.00 tb
17980	Small mushrooms, rinsed in	0.50 lb
17980	-cold water and	0.00
17980	Drained well	0.00
17980	Cloves garlic, unpeeled	12.00 lg
17980	Finely chopped onion	0.50 c
17980	Dry white wine	0.50 c
17980	Ripe tomatoes, peeled,	2.00 c
17980	-seeded, and chopped	0.00
17980	Chicken broth	0.50 c
17980	Sprigs parsley	4.00
17980	Bay leaf	1.00
17980	Sprigs fresh thyme, finely	3.00
17980	-chopped (or 1/2 tsp dried)	0.00
17980	Finely chopped basil or	0.25 c
17980	-parsley	0.00
17981	Fresh mushrooms (3/4 cup)	0.25 lb
17981	Chicken thighs (about 2 Lbs)	8.00

## Sheet1

17981	Salt	0.00
17981	Pepper	0.00
17981	Butter	2.00 tb
17981	Dry white wine	0.33 c
17981	Heavy cream	1.00 c
17981	Fresh tarragon, minced	1.00 tb
17982	Eggplant	1.00 md
17982	Salt	0.50 ts
17982	Oil	2.00 ts
17982	Chili powder, optional	1.00 ts
17983	Red bell pepper, quartered	1.00 md
17983	-and seeded	0.00
17983	Tomato, cut in half	1.00 md
17983	Lemon juice	2.00 tb
17983	To 2 tsp fresh basil,	1.00
17983	-chopped	0.00
17983	Black pepper to taste	0.00
17984	Eggplant	1.00 md
17984	Salt	0.50 ts
17984	Vegetable oil	2.00 ts
17984	Green peppers, sliced	2.00 ea
17984	Carrots	2.00 md
17984	Black pepper	1.00 ds
17984	Cinnamon	1.00 ds
17984	Fresh parsley finely chopped	0.25 c
17984	Fresh dill, finely chopped	0.25 c
17984	Tomato, cut into wedges	1.00 md
17985	Finely minced garlic	1.00 tb
17985	Drained capers	3.00 tb
17985	Dry white wine	1.00 c
17985	Fresh lemon juice	2.00 tb
17985	Whipping cream	0.25 c
17985	Unsalted butter	3.00 tb
17985	7-oz pieces whitefish	4.00
17985	-=OR=- Shad	0.00
17985	All-purpose flour	3.00 tb
17985	Vegetable oil	1.00 tb
17986	Drained Artichoke Hearts	9.00 oz
17986	Salt	0.50 ts
17986	Chicken Breasts *	4.00
17986	Fresh Ground Pepper	0.00
17986	Slices Lean Bacon	8.00
17986	Sweet Vermouth	4.00 tb
17986	Italian Plum Tomatoes, Chop	1.00 c
17986	Grated Cheddar Cheese	1.00 c
17987	Oil	0.25 c
17987	Parsnips, diced	2.00
17987	Stalks celery, diced	2.00
17987	Onion chopped	1.00

Sheet1

17987	28 oz can crushed tomatoes	1.00
17987	Beef broth	0.75 c
17987	Thyme, crushed	0.50 ts
17987	Salt	0.25 ts
17987	Chuck stew meat	2.00 lb
17987	Turnips, dices	2.00
17987	Carrot, diced	1.00
17987	Cloves garlic, minced	2.00
17987	Red wine	0.75 c
17987	Rosemary, crushed	0.25 ts
17987	10 oz pkg frozen succotash	1.00
17987	Pepper	0.12 ts
17988	-From the Kitchen of	0.00
17988	Lawrence & Cindy Kellie	0.00
17988	Onion; finely chopped	1.00
17988	Parsley; finely chopped	2.00 tb
17988	Vegetable oil	4.00 tb
17988	Tomato; fresh or canned	1.00 c
17988	Flour	1.00 tb
17988	Egg; lightly beaten	6.00
17988	Seasonings to taste:	0.00
17988	-salt, season salt	0.00
17988	-George Washington Broth	0.00
17989	Green Giant Rice Originals*	2.00 pk
17989	Chopped Onion	0.50 c
17989	Chopped Celery	0.50 c
17989	Margarine or Butter	3.00 tb
17989	Water	0.33 c
17989	Herb Seasoned Stuffing**	1.00 pk
17989	Jar Sliced Mushrooms***	0.00
17990	Part Marjoram	1.00
17990	Part Thyme	0.50
17990	Part Sweet Basil	1.00
17990	Part Sage	0.50
17990	Part Parsley	1.00
17990	Italian Herb (for salads,	0.00
17990	-sauces)	0.00
17990	EQUAL PARTS -----	0.00 -----
17990	Oregano	0.00
17990	Sweet Basil	0.00
17990	Rosemary	0.00
17990	Sage	0.00
17990	Marjoram	0.00
17990	Cajun Spice (for spicy	0.00
17990	-dishes)	0.00
17990	Part Paprika	1.00
17990	Part Turmeric	1.00
17990	Part Cayenne Pepper	0.50
17990	Part Cumin	1.00

Sheet1

17990	Part Black Pepper	0.25
17990	EQUAL PARTS -----	0.00 -----
17991	Round steak	1.00 lb
17991	Size potatoes, peeled and	4.00 md
17991	Cut into quarters	0.00
17991	Flour	0.33 c
17991	Salt	1.00 ts
17991	Onion, cut in slices	1.00 lg
17991	Cream of mushroom soup	1.00 cn
17991	Shortening	3.00 tb
17992	Dried ancho chilies; -OR-	2.00
17992	-Ancho chili powder	1.00 tb
17992	Canola oil	2.00 tb
17992	Corn tortillas	6.00
17992	-- (blue or yellow)	0.00
17992	Onion; chopped	1.00
17992	Garlic cloves; minced	4.00
17992	Chicken stock (reduced-fat)	8.00 c
17992	-OR- vegetable stock	0.00
17992	Tomato puree	2.00 c
17992	Cumin powder	1.00 tb
17992	Oregano	1.00 ts
17992	Salt	0.75 ts
17992	Limes; juiced	2.00
17992	OPTIONAL GARNISHES -----	0.00 -----
17992	Monterey Jack cheese, grated	0.00
17992	-OR- soy cheese	0.00
17992	Avocado; diced	0.00
17992	Nonfat sour cream	0.00
17992	Fresh cilantro; minced	0.00
17992	Cooked chicken; diced	0.00
17992	OPTIONAL GARNISHES -----	0.00 -----
17993	-----	0.00
17993		0.00
17993	----	1.00
17993	LEMON SORBET -----	0.00
17993	Water	1.00
17993	Sugar	0.75
17993	Mineral water	1.50
17993	Lemon juice	1.00 c
17993	Grated lemon rind	1.00
17993	Egg white, beaten until	1.00
17993	-stiff peaks form	0.00
17993	STRAWBERRY SORBET -----	0.00 -----
17993	Sugar	1.00 c
17993	Water	1.00 c
17993	Fresh strawberries, hulled	2.00 pt
17993	-(4 cups)	0.00
17993	Orange juice	2.00 tb

Sheet1

17993	Lemon juice	1.00 tb
17993	BLACKBERRY SORBET -----	0.00 -----
17993	Sugar	1.00 c
17993	Water	1.00 c
17993	Fresh, or 4 cups frozen,	2.00 pt
17993	-blackberries	0.00
17993	Egg whites, beaten until	2.00 lg
17993	-stiff peaks form	0.00
17993	GARNISH -----	0.00 -----
17993	Mint sprigs (optional)	0.00
17993	Flowers for garnish	0.00
17993	-(optional)	0.00
17993	LEMON SORBET -----	0.00 -----
17993	STRAWBERRY SORBET -----	0.00 -----
17993	BLACKBERRY SORBET -----	0.00 -----
17993	GARNISH -----	0.00 -----
17994	Unbleached flour, plus	2.00 c
17994	-additional flour for	0.00
17994	-kneading	0.00
17994	Cold water	0.75 c
17994	Lard, softened	2.00 tb
17994	Minced scallion, with tops *	0.25 c
17994	Cloves garlic, minced	2.00 md
17994	Salt	0.00
17994	Peanut oil	4.00 tb
17995	Karen Mintzias	0.00
17995	All-purpose flour	1.00 lb
17995	Baking powder	0.25 ts
17995	Sugar	0.50 ts
17995	Coarse-grain sea salt	2.00 ts
17995	-OR- kosher salt	0.00
17995	Scallions; coarsely chopped	5.00
17995	Vegetable oil (or more)	5.00 tb
17996	Peanut oil	0.25 c
17996	Scallions, finely sliced	2.00
17997	Potato, Irish, large	4.00
17997	Onion	1.00
17997	Parsley, fresh	0.00
17997	Carrot	2.00
17997	Butter	0.00
17997	Salt; to taste	0.00
17997	Pepper; to taste	0.00
17997	Ham slice, thick	2.00
17997	Milk	0.00
17998	Onions, thin sliced	2.00 md
17998	Potatoes, thin sliced	4.00 md
17998	To 2 cups, smoked ham, cubed	1.50 c
17998	Pepper	0.50 ts
17998	To 2 cups cheddar cheese,	1.50 c

## Sheet1

17998	-grated	0.00
17998	Butter or margarine	4.00 tb
17998	Flour	3.00 tb
17998	Salt	0.50 ts
17998	Paprika to taste	0.00
17998	Milk	1.00 c
17999	Chicken breasts, boneless	2.00 lb
17999	Butter	1.00 c
17999	Wine (dry white)	0.50 c
17999	Cracker crumbs (fine)	3.00 c
17999	Fresh shucked medium --OR--	3.50 c
17999	-small oysters 1 3/4lb(875g)	0.00
17999	-with liquor reserved.	0.00
17999	Whipping cream	0.75 c
17999	Aromatic bitters	2.00 tb
17999	Worcestershire sauce	2.00 ts
17999	Salt	1.50 ts
17999	Pepper	0.50 ts
17999	Thyme, dried	0.50 ts
17999	Hot pepper sauce --OR--	0.00 ds
17999	-pinch of cayenne pepper.	0.00
17999	Fresh parsley sprigs	0.00
18000	Parboiled potatoes	4.00 lg
18000	Thinly sliced onion	1.00
18000	Ham, cut in chunks	2.00 lb
18000	Butter	6.00 tb
18000	+ 2 T. flour	0.25 c
18000	Milk	3.00 c
18000	Shredded cheddar	3.00 c
18000	Powdered mustard	2.00 ts
18000	Worcestershire sauce	1.50 ts
18000	Sherry or vermouth	1.50 tb
18000	Salt to taste	0.00
18000	Black pepper to taste	0.00
18001	Butter	2.00 tb
18001	About 2 tbsp olive oil	0.00
18001	To 1-3/4 lbs lean boneless	1.50
18001	-pork, cut into thin	0.00
18001	Scaloppine-like slices, 1/4	0.00
18001	-to 3/8 inch thick	0.00
18001	Coarse salt	0.00
18001	Freshly ground white pepper	0.00
18001	Flour	0.00
18001	Shallot, chopped	1.00 lg
18001	Cloves garlic, chopped	2.00
18001	Bay leaf, broken	1.00
18001	Sprig fresh rosemary	1.00
18001	Dry white wine	0.50 c
18001	Chicken stock	0.50 c

Sheet1

18001	Lemon, fluted from end to	1.00
18001	-end and thinly sliced	0.00
18001	Frsh mushrooms, cut into	4.00 lg
18001	-thick slices (about 4 oz)	0.00
18001	Chopped fresh parsley	1.00 tb
18002	GARLIC HOLLANDAISE -----	0.00 -----
18002	Garlic head	1.00 x
18002	Oil, olive	2.00 tb
18002	Clam juice	0.75 c
18002	Wine, dry white	0.75 c
18002	Egg yolks, lg	4.00 x
18002	Lemon juice	1.00 tb
18002	Butter, unsalted, melted	1.00 c
18002	RED PEPPER SAUCE -----	0.00 -----
18002	Pepper, red, roasted, well	3.50 oz
18002	Drained	1.00 x
18002	Tomatoes, sun-dried in oil,	4.00 ea
18002	Patted dry	1.00 x
18002	Tomato paste	2.00 tb
18002	SCALLOPS -----	0.00 -----
18002	Bacon, slab or pancetta,	0.25 lb
18002	Diced	1.00 x
18002	Scallops, sea	12.00 ea
18002	Chives, thin	8.00 ea
18002	GARLIC HOLLANDAISE -----	0.00 -----
18002	RED PEPPER SAUCE -----	0.00 -----
18002	SCALLOPS -----	0.00 -----
18003	Vegetable oil	1.00 tb
18003	Bay scallops (nickel-sized)	1.50 lb
18003	-=OR=- large sea scallops,	0.00
18003	-(half-dollar sized),	0.00
18003	- cut in half	0.00
18003	Pine nuts	4.00 tb
18003	Finely minced shallots	1.00 tb
18003	Finely minced garlic	1.00 ts
18003	Dry white wine	0.50 c
18003	Fresh lemon juice	2.00 tb
18003	Dried tomatoes	0.50 c
18003	Unsalted butter	6.00 tb
18003	Finely chopped parsley	2.00 tb
18003	Salt and pepper to taste	0.00
18004	Unsalted butter	4.00 tb
18004	Carrots; peeled	2.00 md
18004	-& finely grated or shredded	0.00
18004	Salad oil	1.00 tb
18004	Small bay scallops	2.00 lb
18004	Finely minced shallots	1.00 tb
18004	Dry white wine	0.50 c
18004	Finely minced fresh ginger	1.00 tb

Sheet1

18004	Chopped fresh mint	2.00 tb
18004	Salt; to taste	0.00
18004	Freshly ground pepper	0.00
18004	- to taste	0.00
18005	Cooked long grain rice	2.00 c
18005	Soy sauce	4.00 tb
18005	Oil	3.00 tb
18005	Onion; finely diced	1.00 sm
18005	Ear of corn, kernels only	1.00
18005	Red pepper; finely chopped	1.00 sm
18005	Snow peas; finely chopped	0.50 lb
18005	Dark sesame oil (optional)	1.00 tb
18005	Bay scallops	1.50 lb
18005	Grapefruit juice	0.50 c
18005	Unsalted butter	2.00 tb
18006	Raw shrimp	1.00 lb
18006	-deshelled and deveined	0.00
18006	Olive oil	2.00 tb
18006	Butter or Margarine	2.00 tb
18006	Chopped parsley	3.00 tb
18006	-(Italian if possible)	0.00
18006	Garlic cloves; chopped	2.00
18006	Crumbled dry mint; OR	0.50 ts
18006	- Fresh Mint, finely chopped	1.00 ts
18006	Salt and Pepper to taste	0.00
18006	Fresh Lemon Juice	1.50 tb
18006	Cooked Fettucine	1.00 lb
18007	Red Raspberries	20.00 oz
18007	Orange Juice	0.50 c
18007	Lemon Juice	0.25 c
18007	Cornstarch	1.00 tb
18007	Chablis Wine	0.75 c
18007	Fresh Orange Sections	0.00
18007	Granishes *	0.00
18007	Sour Cream	0.00
18008	Active dry yeast	1.00 ts
18008	Salt	0.25 ts
18008	Flour, approximately	2.00 c
18008	Egg	1.00
18008	Milk; at room temperature	0.50 c
18008	Chopped prosciutto	0.25 c
18008	Freshly ground black pepper	0.00
18008	Oil	1.00 tb
18009	Sour schnitz, dried **	1.00 lb
18009	Cinnamon	2.00 T
18009	Water, cold	1.00 qt
18009	Orange, rind & juice of	1.00 ea
18009	Sugar	2.00 c
18009	*pastry	1.00 x



Sheet1

18010	Thick slice of ham, 2 to 3	1.00
18010	-lbs.	0.00
18010	(precooked or boiled until	0.00
18010	-tender)	0.00
18010	Country dried apples or	0.00
18010	Unsweetened pie-sliced	0.00
18010	-apples	0.00
18010	Brown sugar	2.00 tb
18010	DUMPLINGS:	0.00
18010	Flour 1 egg	2.00 c
18010	Baking 3 tablespoons	4.00 ts
18010	Powder melted	0.00
18010	-butter	0.00
18010	Pepper milk	0.25 ts
18010	Salt	1.00 ts
18011	Sugar	1.00 c
18011	Water	1.50 c
18011	Cream of tartar	1.00 ts
18011	Nutmeg	0.12 ts
18011	Allspice	1.00 ts
18011	Cinnamon	0.50 ts
18011	Butter	1.00 ts
18011	Lemon juice	1.00 tb
18011	Soda crackers	18.00
18011	-----t-----	0.00
18011	Sugar	0.50 c
18011	Cinnamon	0.50 ts
18011	Allspice	0.25 ts
18011	Nutmeg	0.12 ts
18011	Flour	0.50 c
18012	Hard cooked eggs,peeled	8.00
18012	All-purpose flour	0.25 c
18012	Bulk pork sausage	1.00 lb
18012	Dry bread crumbs	0.75 c
18012	Sage	0.50 ts
18012	Salt	0.25 ts
18012	Eggs,beaten	2.00
18012	Vegetable oil	0.00
18013	Elam's Scotch-style oatmeal	1.50 c
18013	Brown sugar	0.25 c
18013	Baking powder	2.50 ts
18013	Salt	0.75 ts
18013	Milk	1.00 c
18013	Eggs	2.00
18013	Cooking oil	0.33 c
18014	Plain white household flour	0.25 lb
18014	Bicarbonate of soda	1.00 ts
18014	Cream of tartare	1.50 ts
18014	Caster sugar	1.00 oz

Sheet1

18014	Egg	1.00
18014	Milk or cream	0.25 pt
18015	Pack butterscotch chips	6.00 oz
18015	Peanut butter	0.50 c
18015	Rice Krispies	3.00 c
18016	Butterscotch chips	1.00 c
18016	Sweetened condensed milk,	1.00 cn
18016	-divided	0.00
18016	White vinegar	2.00 ts
18016	Pecan halves	4.00 c
18016	Milk chocolate chips	1.00 pk
18016	Vanilla	1.00 ts
18017	Finely ground oat meal	2.00 c
18017	Salt	0.25 ts
18017	Baking soda	0.25 ts
18017	Butter	3.00 tb
18017	Water	0.50 c
18018	All-purpose flour	2.00 c
18018	Old-fashioned rolled oats	1.00 c
18018	Sugar	0.50 c
18018	Baking powder	2.50 ts
18018	Baking soda	0.50 ts
18018	Salt	1.00 ts
18018	Egg	1.00
18018	Oil or shortening, melted	3.00 tb
18018	Vanilla extract	0.50 ts
18018	COCA-COLA	1.00 c
18018	Prunes, very well drained	1.00 c
18018	And coarsely chopped *	0.00
18018	Walnuts, chopped	0.50 c
18018	Prune halves (optional)	0.00
18019	Butter	2.00 ts
18019	Scallions; including a	2.00
18019	- little of the greens,	0.00
18019	- finely chopped	0.00
18019	Cilantro sprigs; chopped	5.00
18019	Ear of corn	1.00 lg
18019	- the kernels removed	0.00
18019	Water	0.00
18019	Eggs	2.00
18019	Salt	0.00
18019	Flour tortilla; -=OR=-	1.00 lg
18019	Corn tortillas	2.00
18019	Grated Muenster cheese	2.00 tb
18019	-=OR=- Monterey Jack cheese	0.00
18020	Chorizo Sausage; Bulk, *	4.00 oz
18020	Eggs; Large	6.00
18020	Milk	0.25 c
18020	Salt	0.25 ts

Sheet1

18020	Pepper	1.00 ds
18020	Tomato; 1 Md., **	0.50 c
18021	Olive or canola oil	1.00 tb
18021	Onion	1.00 lg
18021	- peeled & coarsely chopped	0.00
18021	Garlic cloves	2.00 lg
18021	- peeled & finely chopped	0.00
18021	Scallions; thinly sliced,	6.00
18021	- (keep white & green parts	0.00
18021	- separate)	0.00
18021	Mushrooms; thinly sliced	0.25 lb
18021	Red bell pepper	1.00 sm
18021	- seeded and diced	0.00
18021	Silken or soft tofu; drained	1.00 lb
18021	- mashed or crumbled	0.00
18021	Dried leaf oregano	0.50 ts
18021	Tumeric (optional)	0.25 ts
18021	Finely chopped green olives	0.25 c
18021	-(pitted)	0.00
18021	Sheet nori sea vegetable	1.00
18021	- finely shredded (optional)	0.00
18021	Tamari or soy sauce	0.00
18021	- to taste	0.00
18021	Freshly ground black pepper	0.00
18021	Hot sauce (optional)	0.00
18022	Boiling water	3.00 c
18022	Cornmeal	3.00 c
18022	Bacon drippings	1.00 ts
18022	Salt	1.00 ts
18023	Sugar	2.00 c
18023	Water	0.50 c
18023	Vanilla	1.00 ts
18023	Egg whites	2.00
18023	Salt	0.12 ts
18023	Cream of tartar	0.12 ts
18024	Egg whites	0.25 c
18024	Light brown sugar, packed	1.50 c
18024	Light corn syrup	1.00 tb
18024	Water	0.33 c
18024	Vanilla extract	1.00 ts
18025	Dry white wine	2.00 c
18025	Bay leaf	1.00
18025	Onion, roughly chopped	1.00
18025	Garlic	1.00 cl
18025	Ribs celery	2.00
18025	Lobster (1- 1 1/2 lb)	1.00
18025	Shrimp in the shell	12.00 md
18025	Mussels, well scrubbed	24.00
18025	Sea scallops	12.00

Sheet1

18025	Heavy whipping cream	4.00 c
18025	Milk	1.00 c
18025	Dried thyme	1.00 ts
18025	Minced fresh parsley	1.00 tb
18025	Dried rosemary	0.25 ts
18025	Fresh spinach, chopped	1.00 c
18025	Grated carrot	0.50 c
18025	Salt & pepper to taste	0.00
18025	Fresh lemon juice	0.50 ts
18026	Olive oil	0.25 c
18026	Chpd onions	2.00 c
18026	Leeks, white part chpd	2.00
18026	Lg celery stalk, chpd	1.00
18026	Garlic cloves, minced	8.00
18026	Dried oregano	5.00 ts
18026	Itln tomatoes, undrained	35.00 oz
18026	Clam juice	16.00 oz
18026	Dry red wine	2.00 c
18026	"Santa Cruz Red Chili Paste"	0.50 c
18026	Freshly toasted cumin seed	5.00 ts
18026	Salt	1.00 tb
18026	Cayenne pepper	1.00 ts
18026	Red Bell peppers 1/2" dice	2.00
18026	Littleneck clams	12.00
18026	Mussels, scrubbed ,debearded	12.00
18026	Lean white fish, 1" pieces	1.50 lb
18026	Lg shrimp, peeled deveined	12.00
18026	Bay scallops	0.75 lb
18026	Minced fresh cilantro	0.50 c
18027	Onion; minced	1.00 md
18027	Butter	1.00 tb
18027	Thyme	1.50 ts
18027	Celery salt	1.25 ts
18027	Whipping cream	2.00 c
18027	Haddock or halibut fillets	9.00 oz
18027	Scallops; chopped	6.00 oz
18027	Lobster meat; cooked &	3.00 oz
18027	-chopped	0.00
18027	Sour cream	0.75 c
18027	Potatoes; peeled, cooked and	3.00
18027	-diced	0.00
18027	Milk	1.25 c
18027	-salt	1.00 ts
18027	-pepper	0.50 ts
18027	Paprika for garnish	0.00
18028	Parsley Flakes	2.00 tb
18028	Celery Seed	1.00 tb
18028	Thyme	1.00 tb
18028	Onion Salt	1.00 ts

Sheet1

18028	Dried Grated Lemon Peel	1.00 tb
18028	Savory Salt	1.00 tb
18028	Marjoram	1.00 tb
18028	Bay Leaf, Crushed	1.00
18029	Chili sauce	0.75 c
18029	Lemon juice (or up to 4T)	2.00 T
18029	Horseradish (or up to 2T)	1.00 T
18029	Worcestershire Sauce	2.00 t
18029	Grated onion	0.50 t
18029	Dash of bottled pepper sauce	0.00
18030	Unsalted butter	3.00 tb
18030	Onion; finely minced	0.50 sm
18030	Celery stalk; finely diced	0.50
18030	All-purpose flour	3.00 tb
18030	Milk	0.33 c
18030	Ground nutmeg	0.25 ts
18030	Bread crumbs	0.00
18030	Cooked fish and/or shellfish	1.00 lb
18030	- such as salmon, shrimp,	0.00
18030	- scallops, white fish,	0.00
18030	- or a combination	0.00
18030	Finely chopped parsley	1.00 tb
18030	Chopped chives	1.00 tb
18030	Salt; or as desired	1.00 ts
18030	Cayenne pepper; as desired	0.25 ts
18030	Flavorless cooking oil	0.00
18031	Small shrimp (see notes)	1.75 lb
18031	Unsalted butter	2.00 T
18031	Vegetable oil	1.00 T
18031	Canned tomato sauce	0.50 c
18031	Onions, chopped very fine	3.00 T
18031	Green bell peppers, chopped	2.50 T
18031	Celery, chopped very fine	2.00 T
18031	Minced garlic	1.00 t
18031	Salt	1.00 t
18031	White pepper	1.00 t
18031	Dried thyme leaves	1.00 t
18031	Ground cayenne pepper	0.50 t
18031	Basic shrimp stock	1.50 c
18031	Heavy cream	0.50 c
18031	Basic cooked rice	3.50 c
18031	Green onions finely chopped	0.75 c
18031	Packed, lump crabmeat (1/2lb)	1.00 c
18032	Flounder fillets	4.00 md
18032	-(about 1/4" thick)	0.00
18032	-or other flat fish fillets,	0.00
18032	- such as lemon sole	0.00
18032	Shrimp, shelled & deveined	0.50 lb
18032	Sea scallops	0.50 lb

## Sheet1

18032	Butter	2.00 tb
18032	Flour	4.00 tb
18032	Fish stock	2.00 c
18032	- OR clam juice	0.00
18032	- OR chicken broth	0.00
18032	Dry white wine	0.25 c
18032	Salt	0.00
18032	Freshly ground pepper	0.00
18032	Egg yolks; lightly beaten	2.00
18032	Parchment paper	0.00
18032	Vegetable oil	0.00
18032	Mushrooms; rinsed and sliced	0.25 lb
18032	Green onions	2.00
18032	- sliced on diagonal,	0.00
18032	- with green part saved	0.00
18032	Parsley	2.00 tb
18033	Butter	0.50 c
18033	Flour	0.50 c
18033	Salt	0.50 t
18033	Garlic; crushed	2.00 c
18033	Milk	2.00 c
18033	Chicken broth	2.00 c
18033	Pepper	0.25 t
18033	Basil	1.00 t
18033	Mozzarella cheese, shredded	2.00 c
18033	Green onions, chopped	0.50 c
18033	Lasagna noodles: UNCOOKED	15.00 ea
18033	Cottage cheese; small curd	1.00 c
18033	Cooked shrimp cut bite size	0.67 c
18033	Cooked bay scallops bite siz	0.67 c
18033	Crabmeat cut bite size	0.67 c
18033	Dry white wine	0.33 c
18034	Pepper, red, lg	2.00 x
18034	Peppers, yellow, lg	2.00 x
18034	Pasta, rotini	16.00 oz
18034	Scallops, bay, cooked	1.00 lb
18034	Cheese, blue, crumbled (2oz)	0.25 c
18034	Dillweed, fresh	0.25 c
18034	Italian salad dressing	1.00 c
18035	Fine Dry Breadcrumbs (4 sl)	2.00 c
18036	Egg	1.00
18036	Water	0.25 c
18036	Blue cheese salad dressing	1.00 pk
18036	City chicken*(about 1 1/2lb)	6.00
18036	Dry bread crumbs	0.75 c
18036	Shortening	0.25 c
18036	Salt	1.00 ts
18036	Ground pepper	0.12 ts
18036	Dry red wine	0.25 c

Sheet1

18037	Grated tempeh	8.00 oz
18037	Tamari	2.00 tb
18037	Paprika	1.00 ts
18037	Cayenne Pepper	0.25 ts
18037	Vegetarian Gelatin	0.00
18037	- to make 3 liquid cups	0.00
18037	Green Pepper	1.00
18037	Red Pepper	1.00
18037	Kosher Dill Pickle	1.00
18037	-to	4.00
18037	Cubes of vegetarian bouillon	6.00
18037	- (optional)	0.00
18037	Black Pepper; to taste	0.00
18037	- (optional)	0.00
18038	Cold half and half or milk	1.50 c
18038	4 oz vanilla instant pudding	1.00 pk
18038	(8 oz.) whipped topping	3.50 c
18038	Chopped nuts	1.00 c
18038	Gingersnap cookies	1.00 c
18038	Canned pumpkin	0.50 c
18038	Pumpkin spice pie spice	1.50 tb
18038	Graham cracker pie crust	1.00
18039	Butter or margarine	0.25 c
18039	Onion, chopped	0.50 c
18039	Flour	3.00 tb
18039	Salt	1.00 ts
18039	Tabasco pepper sauce	0.25 ts
18039	Milk	2.00 c
18039	Lemon juice	1.00 ts
18039	Nutmeg	0.12 ts
18039	Spinach, chopped, frozen(10oz)	1.00 pk
18039	Potatoes, Idaho, baked/chilled	4.00
18039	Ham, cooked, chopped(1.5c)	0.50 lb
18040	Garlic powder or granules	5.00 tb
18040	Paprika	0.67 c
18040	Ground black pepper	1.25 c
18040	Chili powder	0.75 c
18040	Brown sugar	1.50 c
18040	White Sugar *	0.50 c
18040	Cumin *	1.00 tb
18040	Crushed red peppers *	1.00 ts
18040	Salt *	1.00 ts
18041	Prepared sea cucumber	1.00
18041	Heavy cream, whipped	1.00 c
18041	Cream cheese	1.00 pk
18042	Sugar	4.50 c
18042	Can evaporated milk	12.00 oz
18042	Pkgs Nestle semi-sweet	3.00 lg
18042	-chocolate chips	0.00

Sheet1

18042	Butter	1.00 c
18042	Vanilla	1.00 ts
18042	Nuts (optional)	2.00 c
18043	Sugar	4.50 c
18043	Chocolate chips (12 oz ea)	3.00 pk
18043	Margarine	0.50 lb
18043	Vanilla	1.00 ts
18043	Evaporated milk	1.00 cn
18043	Marshmallow cream	7.00 oz
18043	Nuts	2.00 c
18044	Whole wheat bread flour	6.00 c
18044	-(Stone-ground), -=OR=-	0.00
18044	-Hi-gluten unbleached white	0.00
18044	Water (or more),	3.00 c
18044	-(depending on the amount	0.00
18044	- of gluten in the flour)	0.00
18044	Tamari	0.50 c
18044	Fresh ginger	12.00 sl
18044	-(each about 1/8" thick)	0.00
18044	Piece kombu, about 3" long	1.00
18045	White bread flour	16.00 c
18045	-to	6.00 c
18045	Water, or more	8.00 c
18045	Tamari	0.75 c
18045	Onion; peeled and sliced	1.00
18045	Piece kombu, about 4" long	1.00
18045	Ginger; sliced -=OR=-	0.25 c
18045	-Ginger powder	2.00 ts
18046	Sliced onions	4.00 c
18046	Minced garlic	2.00 tb
18046	Sesame oil	2.00 tb
18046	-OR- other cooking oil	0.00
18046	Pieces of seitan, 2 oz each	4.00
18046	- fried and simmered	0.00
18046	-(SEE NOTE IN DIRECTIONS)	0.00
18046	Tamari	6.00 tb
18046	Apple juice concentrate	4.00 tb
18046	-Water	1.00 c
18046	Ground, roasted pecan nuts	0.50 c
18046	-(Optional; this dish is	0.00
18046	- more delicate without it)	0.00
18046	Apples; peeled, cored,	3.00 md
18046	- and thinly sliced	0.00
18046	Mirin or calvados or sherry	2.00 tb
18047	Seitan; cut into "steaks"	12.00 oz
18047	Oil; for frying	4.00 tb
18047	Spaghetti sauce	3.00 c
18047	Onion; chopped	1.00 md
18047	-and sauteed in water	0.00



Sheet1

18047	- (optional)	0.00
18047	BATTER -----	0.00 -----
18047	Whole wheat flour	1.00 c
18047	Corn meal	0.25 c
18047	Water	1.50 c
18047	Salt	0.25 ts
18047	TOPPING -----	0.00 -----
18047	Soft silken tofu	10.50 oz
18047	Maple syrup	1.00 ts
18047	Italian herbs	2.00 ts
18047	-(marjoram, sage, oregano,	0.00
18047	- basil, thyme, rosemary)	0.00
18047	Tahini	0.25 c
18047	Miso	1.00 ts
18047	Nutmeg (optional)	1.00 pn
18047	BATTER -----	0.00 -----
18047	TOPPING -----	0.00 -----
18048	Seitan	1.00 lb
18048	Sliced mushrooms	2.00 c
18048	Sliced onions	2.00 c
18048	Tofu scrambler	1.33 oz
18048	Water	4.00 c
18048	Chopped fresh basil leaves	1.00 tb
18048	Chopped fresh sage leaves	1.00 tb
18049	Crushed pineapple in syrup	1.00 cn
18049	-(8 3/4 oz can)	0.00
18049	Shorteing	0.33 c
18049	Sugar	0.50 c
18049	Vanilla	1.00 ts
18049	Egg	1.00
18049	Flour (sifted all purpose)	1.25 c
18049	Baking powder	1.50 ts
18049	Salt	0.25 ts
18049	Coconut (flaked)	0.50 c
18049	Brown sugar	0.33 c
18049	Walnuts	0.33 c
18049	Margarine or butter (melted)	3.00 tb
18051	Tamarind Pulp	2.00 tb
18051	Boiling Water	0.50 c
18051	Oil	0.25 c
18051	Onions, Thinly Sliced	2.00 md
18051	Garlic Cloves, Crushed	3.00
18051	Ginger, 1-1/2", minced	0.00
18051	Nutmeg, Grated	0.25 ts
18051	Chuck Steak	2.00 lb
18051	Salt	1.00 ts
18051	Sugar, Brown	2.00 ts
18051	Molasses	1.00 tb
18051	Soy Sauce, Dark	2.00 tb

Sheet1

18051	Water	0.67 c
18051	Pepper, Black	0.25 ts
18052	Coarsely ground beef	1.00 lb
18052	Dried pinto beans	1.00 lb
18052	Tomato paste	6.00 oz
18052	Chpd onions	2.00 c
18052	Hot unspiced chili powder	3.00 tb
18052	Ground cumin	1.00 tb
18052	Salt	0.00
18052	Water	0.00
18053	Round steak, 1/4" cubes	1.50 lb
18053	Cloves garlic, minced	2.00
18053	Oil	2.00 tb
18053	Flour	1.50 ts
18053	Unspiced chili powder	3.00 tb
18053	Water	2.00 c
18053	Salt	1.00 ts
18054	Coarsely Ground Beef	1.00 lb
18054	Dried Pinto Beans	1.00 lb
18054	Tomato Paste	6.00 oz
18054	Chopped Onions	2.00 c
18054	Hot Unspiced Chili Powder	3.00 tb
18054	Cumin	1.00 tb
18054	Water	1.00
18054	Salt	1.00
18055	Cubed Round Steak	1.50 lb
18055	Cloves Garlic, Minced	2.00
18055	Oil	2.00 tb
18055	Flour	1.50 ts
18055	Unspiced Chili Powder	3.00 tb
18055	Water	2.00 c
18055	Salt	1.00 ts
18056	Butter	4.00 T
18056	Onion,large,coarsely chopped	1.00
18056	Beef,lean,hamburger grind	4.00 lb
18056	Red chile,hot,ground	8.00 T
18056	Red chile,mild,ground	4.00 T
18056	Cumin,ground	3.00 T
18056	Garlic cloves,medium,crushed	3.00
18056	Black pepper,freshly ground	1.00 T
18056	Salt	1.00 T
18056	Sugar	1.00 T
18056	Tomatoes,whole(12oz ea)	1.00 cn
18056	Kidney beans,w/H2O(16oz ea)	4.00 cn
18057	Coconut, Grated	2.00
18057	Onions	1.50 lg
18057	Thai Pepper	1.00
18057	Garlic Cloves	4.00
18057	Galangal, Grated	0.50 ts

## Sheet1

18057	Coriander Powder	1.00 tb
18057	Cumin	0.50 tb
18057	Shrimp Paste	0.50 ts
18057	Sugar, Brown, Dark	2.00 tb
18057	Tamarind Water	3.00 tb
18057	Lime Leaves	2.00
18057	Bay Leaf	2.00
18057	Salt	2.00 ts
18058	Chicken Breasts,	0.75 lb
18058	Skinless and	0.00
18058	Boneless	0.00
18058	Flour	3.00 tb
18058	Sesame Seeds	2.00 tb
18058	Soy Sauce	1.00 tb
18058	Peanut Oil	0.50 ts
18058	Maple Syrup	1.00 tb
18058	Red Lettuce Leaves	0.00
18058	Dry Sherry	1.00 tb
18058	Tomato, ripe	1.00 lg
18058	Fresh Ginger, chopped	1.00 ts
18058	Pepper to taste	0.00
18058	Chinese Five spice	0.50 ts
18058	- powder	0.00
18059	Sesame seeds, toasted	1.00 tb
18059	Grated ginger	2.00 ts
18059	Honey	2.00 tb
18059	Reduced-sodium soy sauce	2.00 tb
18059	(4 oz) skinned, boned	4.00
18059	-chicken breast halves	0.00
18060	Sesame Seeds	6.00 c
18060	Honey	1.50 c
18060	Ginger	1.00 ts
18060	Cinnamon	1.00 ts
18060	Allspice	1.00 ts
18061	Egg yolk	1.00
18061	Lemon juice	2.00 ts
18061	Soy sauce	2.00 ts
18061	Vegetable oil	0.50 c
18061	-(preferably safflower)	0.00
18061	Sesame oil	0.25 c
18062	Sesame seeds	1.00 c
18062	Sea salt	0.50 ts
18063	Egg	1.00
18063	Milk	0.50 c
18063	All-purpose flour	0.50 c
18063	Sesame seeds	2.00 tb
18063	Baking powder	1.00 tb
18063	Paprika	2.00 ts
18063	Garlic powder	1.00 ts

Sheet1

18063	Salt	1.00 ts
18063	To 3-1/2 pound broiler fryer	2.50
18063	-chicken, cut up	0.00
18063	Margarine or butter	0.50 c
18064	Sugar	2.00 c
18064	White vinegar	0.33 c
18064	Water	4.00 ts
18064	Sesame seeds, toasted*	0.50 c
18064	Roasted unsalted skinless	1.50 c
18064	-peanuts	0.00
18065	Toasted white sesame seeds	3.00 oz
18065	Japanese soy sauce	0.25 c
18065	Sesame or vegetable oil	0.25 c
18065	Vinegar	1.00 tb
18065	Water	2.00 tb
18065	Garlic clove, crushed	1.00
18065	Togarashi (see note)	1.50 ts
18065	Chopped white onion	1.00 tb
18066	SAUCE -----	0.00 -----
18066	Chicken stock	3.00 c
18066	Cornstarch; dissolv 2 T watr	1.50 T
18066	Gingerroot; finely minced	2.00 T
18066	Soy sauce	1.50 T
18066	Sesame oil	1.50 T
18066	Butter or margarine	1.50 T
18066	SCALLOPS -----	0.00 -----
18066	Butter or margarine	4.00 T
18066	Vegetable oil; more if need	4.00 T
18066	Sea scallops; about 50 to 60	2.00 lb
18066	-rinsed and patted dry	0.00
18066	Chives or parsley; fine chop	3.00 T
18066	Sesame seeds; toasted	0.75 c
18066	6" wooden skewers	0.00
18066	SAUCE -----	0.00 -----
18066	SCALLOPS -----	0.00 -----
18067	Fryer cut up (or pieces)	1.00
18067	Cube (1/2 cup) margarine	1.00
18067	Dunking stuff:	0.00
18067	Egg	1.00
18067	Milk	0.50 c
18067	Flour mixture:	0.00
18067	Salt	2.00 ts
18067	Flour	1.00 c
18067	Sesame see	2.00 tb
18067	Paprika	2.00 ts
18067	Baking powder	0.50 ts
18068	Butter	0.25 c
18068	Brown sugar	0.50 c
18068	Whole wheat flour	0.25 c

Sheet1

18068	Baking powder	0.50 ts
18068	Salt	0.12 ts
18068	Egg (well beaten)	1.00
18068	Vanilla or almond extract	0.50 ts
18068	Sesame seeds	0.50 c
18070	Light soy sauce	0.25 c
18070	Sesame oil	2.00 ts
18070	Rice vinegar or white	2.00 tb
18070	-vinegar	0.00
18071	Sesame seeds	1.00 tb
18071	Soy sauce	3.00 tb
18071	Oil, sesame	1.00 tb
18071	Onion green chopped	2.00 tb
18071	Chili powder	0.25 ts
18071	Vinegar rice wine	2.00 ts
18071	Sugar	0.50 ts
18072	Grated Parmesan Cheese	1.00 tb
18072	Salt	0.50 ts
18072	Dash Pepper	0.00
18072	Toasted Sesame Seeds	2.00 ts
18072	Celery Seed	0.50 ts
18072	Garlic Powder	0.12 ts
18073	Chicken Stock	4.00 c
18073	Ginger	1.00 sl
18073	Garlic clove, halved	1.00
18073	Shredded chinese cabbage	0.50 c
18073	Coarsely chopped tofu	0.33 c
18073	Thinly sliced mushrooms	0.33 c
18073	Snow peas	0.33 c
18073	Slivered bamboo shoots	0.33 c
18073	Thin sliced water chestnuts	0.33 c
18073	Sliced carrots	0.33 c
18074	Head iceberg lettuce	1.00
18074	Onion, chopped	1.00 md
18074	Green bell pepper, chopped	1.00 lg
18074	Bacon, fried, drained, &	1.00 lb
18074	-chopped	0.00
18074	Frozen green (English) peas,	1.00 lb
18074	-thawed	0.00
18074	Stalks celery, chopped	2.00
18074	Mayonnaise	4.00 c
18074	Sugar	2.00 tb
18074	Milk	0.50 c
18074	Grated cheddar cheese	12.00 oz
18075	Egg whites	2.00
18075	Sugar	1.50 c
18075	Salt	0.12 ts
18075	Cold water	0.33 c
18075	Light corn syrup	1.00 tb

## Sheet1

18075	Vanilla	1.00 ts
18076	Medium-sized cucumbers	7.00 lb
18076	-(about 3" long)	0.00
18076	Boiling water	0.00
18076	Apple cider vinegar	1.00 qt
18076	Granulated sugar	8.00 c
18076	Salt	2.00 T
18076	Mixed pickling spices	2.00 T
18077	Eggs, separated	7.00
18077	Confectioners' sugar	1.00 c
18077	Sifted cake flour	1.00 c
18077	Salt	0.25 ts
18077	Sweet chocolate	0.50 lb
18077	Cold water	3.00 tb
18077	Frosting (filling)	0.00
18077	-ingredients:	0.00
18077	Eggs	3.00
18077	Sugar	1.50 c
18077	Butter	0.50 lb
18077	Vanilla	1.00 ts
18078	Egg white	1.00
18078	Cream of tartar	0.12 ts
18078	Boiling water	0.33 c
18078	Sugar	1.00 c
18078	Few grains salt	0.00
18078	Vanilla	0.50 ts
18079	Regular Margarine	1.00 c
18079	Shortening	0.50 c
18079	Sugar	3.00 c
18079	Eggs	5.00 lg
18079	Unbleached Flour (Cake	3.00 c
18079	Flour Was Not Specified)	0.00
18079	Lemon Extract	2.00 tb
18079	7-Up (Room Temperature)	1.00 c
18080	Set shad roe	1.00
18080	Salt; to taste	0.00
18080	White pepper; to taste	0.00
18080	Flour	1.00 tb
18080	Sliced bacon	0.25 lb
18080	- cut into 1/2-in pieces	0.00
18080	Butter	1.00 ts
18080	Pernod; or Ricard	1.00 tb
18080	Lemon juice	1.00 tb
18080	Finely chopped parsley	1.00 tb
18081	Shad fillets, boned, skinned	1.00 lb
18081	Salt; to taste	0.00
18081	White pepper; to taste	0.00
18081	Dry white wine	0.25 c
18081	Lemon juice	1.00 tb

Sheet1

18081	Chopped sorrel leaves	0.25 c
18081	Unsalted butter	1.00 tb
18082	Pigeon peas, soaked for 20	2.00 c
18082	-- minutes in cold water	0.00
18082	Water	1.50 qt
18082	Turmeric	1.00 ts
18082	Cinnamon stick	1.00
18082	Black peppercorns	0.50 ts
18082	Bay leaves	3.00
18082	Green cardamoms	6.00
18082	Cloves	6.00
18082	Salt	0.00
18082	Ghee	0.25 c
18082	Onion, sliced finely	1.00 md
18082	1 1/2" piece ginger, chopped	1.00
18082	Garlic cloves	4.00
18082	Fresh green chilies, chopped	2.00
18082	Tomato, chopped	1.00 lg
18083	Bread crumbs	1.00 c
18083	Flour	0.50 c
18083	Onion powder	2.00 ts
18083	Dried minced celery	2.00 ts
18083	Poultry seasoning	2.00 ts
18083	Garlic powder	1.00 ts
18083	Paprika	1.00 ts
18083	Cayenne	0.50 ts
18083	Salt	0.50 ts
18083	Pepper	0.50 ts
18084	Bread crumbs	1.00 c
18084	Flour	1.00 c
18084	Dried onion	4.00 ts
18084	Salt	0.50 ts
18084	Pepper	0.50 ts
18084	Sage	0.50 ts
18085	Peaches - or papaya or mango	3.00 c
18085	Shallots - peeled and thinly	3.00 oz
18085	-sliced	0.00
18085	Cider vinegar	1.50 c
18085	Lemon juice	0.25 c
18085	Brown sugar - packed	1.00 c
18085	Raisins - golden	0.50 c
18085	Ginger - fresh, minced	1.00 tb
18085	Clove galirc - minced	2.00
18085	Salt	0.50 ts
18085	Cinnamon - ground	0.50 ts
18086	Papaya, Mango Or Peaches,	3.00 c
18086	- Peeled And Chopped	0.00
18086	Shallots, Peeled And Thinly	3.00 oz
18086	- Sliced	0.00

Sheet1

18086	Cider Vinegar	1.50 c
18086	Lemon Juice	0.25 c
18086	Packed Brown Sugar	1.00 c
18086	Golden Raisins	0.50 c
18086	Minced Fresh Ginger	1.00 tb
18086	Minced Cloves Garlic	2.00
18086	Salt	0.50 ts
18086	Ground Cinnamon	0.50 ts
18087	Sweet Butter	0.25 lb
18087	Finely Chopped Shallots	3.00
18088	Lean ground beef	1.00 lb
18088	Dhal or dried split peas	0.50 c
18088	Cumin seed	1.00 ts
18088	1 in cinnamon stick	1.00
18088	Whole cloves	6.00
18088	1 in ginger root, peeled	1.00
18088	Cloves garlic	8.00
18088	Chili powder	2.00 ts
18088	Salt (optional)	0.50 ts
18088	Water	3.00 c
18088	Onion, chopped	1.00
18088	Cilantro, chopped	0.33 c
18088	Green chillies, chopped	3.00
18088	Liquid egg substitute	0.50 c
18089	Vegetable oil	2.00 tb
18089	Chopped onion	1.00 c
18089	Garlic cloves, finely	2.00
18089	-chopped	0.00
18089	Bacon slices	6.00
18089	Chopped celery	1.00 c
18089	Chopped carrots	1.00 c
18089	Beef stock	2.00 c
18089	Tomato juice	1.00 c
18089	(14oz) can kidney beans,	1.00
18089	-drained	0.00
18089	Basil	2.00 ts
18089	Oregano	0.50 ts
18089	Barley	1.00 c
18089	Chopped parsley	2.00 tb
18090	Sharon Stevens	0.00
18090	Garlic powder	2.00 ts
18090	Green chilis (4-5 oz size)	3.00 cn
18090	Bottle pickled jalepano	0.50
18090	-peppers (not seeded, about	0.00
18090	-10-12 oz jar)	0.00
18090	Green peppers (large fist	5.00 lg
18090	-size)	0.00
18090	Onions (large fist size)	5.00 lg
18090	Tomatoes (large fist size)	16.00 lg



Sheet1

18090	Tomato paste (5oz)	5.00 cn
18090	Water	1.00 c
18090	Cayenne	1.00 ts
18090	Salt	1.00 ts
18091	Butter or margarine	1.00 ts
18091	Lump crabmeat	1.00 lb
18091	Grated onion	0.50 c
18091	Milk	2.00 c
18091	Salt	0.50 ts
18091	Whipping cream	0.50 c
18091	Of Pepper	1.00 ds
18091	Worcestershire sauce	0.50 ts
18091	All-purpose flour	1.00 tb
18092	Sugar	2.00 c
18092	Flour	2.00 c
18092	Butter	0.50 lb
18092	Water	1.00 c
18092	Cocoa	4.00 ts
18092	Buttermilk	0.50 c
18092	Vanilla	1.00 ts
18092	Eggs, beaten	2.00
18092	Baking soda	1.00 ts
18093	Text Only	1.00
18094	Olive oil	4.00 tb
18094	Shrimp	8.00
18094	Scallops	8.00 lg
18094	Clams	8.00 sm
18094	-(littlenecks or Manilas)	0.00
18094	Mussels	8.00
18094	White wine	1.00 c
18094	Sherry vinegar	2.00 tb
18094	Onion; chopped	1.00 sm
18094	Minced garlic	2.00 tb
18094	Cucumber; peeled and seeded	1.00 md
18094	Tabasco sauce (or more)	2.00 ds
18094	Minced garlic	1.00 ts
18094	Tomato juice	3.00 c
18094	Mayonnaise	0.25 c
18094	Salt and pepper; as desired	0.00
18094	Red peppers	2.00 lg
18094	Rounds of French bread	8.00
18095	Cold, leftover roast, lamb,	1.00 lb
18095	Beef, veal, pork orn	0.00
18095	Combination of these meats	0.00
18095	Potatoes	1.50 lb
18095	1 1/2 T butter or margarine	1.50 oz
18095	Flour	0.50 oz
18095	Meat stock or milk	0.25 pt
18095	Salt and pepper to taste	0.00

Sheet1

18095	Milk	0.00
18096		2.00
18096	To lg whole chicken	1.00
18096	Sprigs parsley	2.00
18096	Onion, chopped (save the	1.00
18096	-skin)	0.00
18096	Butter	2.00 tb
18096	Raw carrot, cut into chunks	1.00
18096	Fresh peas	0.50 c
18096	Fresh snap beans, sliced	0.50 c
18096	Carrots, diced	0.50 c
18096	*-----Potato Topping:*	0.00
18096	Boiling potatoes	2.00 lb
18096	Butter	0.25 c
18096	Sour cream	0.50 c
18096	Enough milk to thin to a	0.00
18096	-thick puree	0.00
18096	Salt and pepper to taste	0.00
18096	*-----Cream Sauce:*	0.00
18096	Butter	0.50 c
18096	Flour	0.25 c
18096	Chicken stock	2.00 c
18096	Milk	1.00 c
18096	Fresh tarragon, chopped	0.25 c
18096	Nutmeg	0.50 ts
18096	Sherry	0.12 c
18096	Pastry for 2 single 9-inch	0.00
18096	Pie crusts	0.00
18096	Salt and pepper to taste	0.00
18097	Heat-N-serve sausage patties	1.00 pk
18097	All purpose flour	2.00 tb
18097	Water	2.00 c
18097	Env. vegetable soup mix ( 2	1.00
18097	-to a pkg.)	0.00
18097	Hot mashed potatoes	4.00 c
18097	Crumbled whole wheat wafers	0.50 c
18098	Bacon, cut crosswise in 1/2	3.00 sl
18098	-inch-wide strips	0.00
18098	Chicken livers, cut in	1.00 lb
18098	-halves	0.00
18098	Salt & pepper	0.00
18098	Onion, slivered	1.00 lg
18098	Large mushrooms, sliced or	0.25 lb
18098	-quartered	0.00
18098	Clove garlic, minced	1.00 lg
18098	Dried basil	0.50 ts
18098	Dried oregano	0.50 ts
18098	Dried savory	0.25 ts
18098	(6 oz) tomato paste	1.00 cn

Sheet1

18098	Dry sherry	0.75 c
18098	Chicken stock or broth	0.75 c
18098	Butter	1.00 tb
18098	Olive oil	1.00 tb
18098	Chopped parsley	0.25 c
18098	Grated parmesan cheese, to	0.00
18098	-pass as condiment	0.00
18099	Chicken broth,reg strength	11.00 c
18099	Chopped celery	3.00 c
18099	Chopped carrots	3.00 c
18099	Onions,chopped	3.00 lg
18099	Red or green bell pepper,	1.00 sm
18099	-stemmed,seeded,and	0.00
18099	-finely chopped	0.00
18099	Zucchini,ends trimmed,	1.00 md
18099	-finely diced	0.00
18099	Lentils,sorted for debris	2.00 pk
18099	-and rinsed	0.00
18099	Dry sherry	3.00 tb
18099	Cream sherry	1.50 tb
18099	Thinly sliced green onion,	0.00
18099	-including tops	0.00
18099	Sour cream	0.00
18099	Salt	0.00
18099	Pepper	0.00
18100	Chicken broth	1.50 c
18100	Sherry	2.00 tb
18100	Salt	0.25 ts
18100	Cornstarch	4.00 ts
18100	Soy sauce	1.00 ts
18100	Ginger	0.50 ts
18101	Fresh shiitake mushrooms	8.00 lg
18101	Vegetable oil	2.00 tb
18101	Mirin or sweet sherry	1.00 tb
18101	Soy sauce	1.00 tb
18101	Sugar	0.50 ts
18102	9-inch pie shell	1.00
18102	Flour	1.50 c
18102	Brown sugar	1.00 c
18102	Shortening or butter	0.25 c
18102	Hot water	0.50 c
18102	Baking soda	0.50 ts
18102	Molasses	0.50 c
18103	Chocolate chips	2.00 pk
18103	Butterscotch chips	2.00 pk
18103	Shoestring Potatoes (large)	1.00 cn
18103	Spanish peanuts	1.00 c
18104	Pastry for 9" crust pie	0.00
18104	Baking soda	0.50 ts

Sheet1

18104	Hot water	0.25 c	
18104	Molasses	0.50 c	
18104	Egg yolk,well beaten	1.00	
18104	Flour	0.75 c	
18104	Cinnamon	0.50 ts	
18104	Each: mace,ginger,cloves	0.12 ts	
18104	Brown sugar	0.50 c	
18104	Shortening,melted	2.00 tb	
18104	Salt	0.50 ts	
18105	Flour	1.50 c	
18105	Brown Sugar	1.00 c	
18105	Lard Or:	0.25 c	
18105	Butter	0.25 c	
18105	Molasses	0.50 c	
18105	Hot Water	0.50 c	
18105	Soda	0.50 ts	
18105	* Pastry	0.00	
18106	tb	0.00	2
18106		4.00	
18106	----	0.00	
18106	-----	0.00	
18106	ZESTY CHUTNEY BREASTS -----	0.00 /4	
18106	Butter	1.00	1/4
18106	Orange Juice	0.25	
18106	Mango chutney	2.00 t	
18106	OR: HERBED PARMESAN BREASTS -----	0.00	
18106	Egg, Beaten	1.00	
18106	Bread Crumbs, Dry	0.25	
18106	Parmesan Cheese, Grated	2.00	
18106	Parsley, Fresh, Chopped	1.00	
18106	Butter	1.00	
18106	OR:PAPRIKA STROGANOFF BREAST -----	0.00	
18106	Paprika	0.00 ts	
18106	Black Pepper	1.00 pn	
18106	Onion; minced	0.25 c	
18106	Butter	1.00 tb	
18106	Sour Cream	0.25 c	
18106	OR: PEPPERY MUSTARD BREASTS -----	0.00 -----	
18106	Dijon Mustard	2.00 tb	
18106	Sour Cream	1.00 c	
18106	Green Peppercorns, Rinsed	0.00	
18106	OR: ORANGE HONEY BREASTS -----	0.00 -----	
18106	Butter	2.00 tb	
18106	Orange, Juice Of	1.00	
18106	Honey, Liquid	1.00 tb	
18106	Ginger, Ground	0.25 ts	
18106	Curry Powder	0.25 ts	
18106	START WITH -----	0.00 -----	
18106	AND ADD -----	0.00 -----	

Sheet1

18106	ZESTY CHUTNEY BREASTS -----	0.00 -----	
18106	OR: HERBED PARMESAN BREASTS -----	0.00 -----	
18106	OR:PAPRIKA STROGANOFF BREAST -----	0.00 -----	
18106	OR: PEPPERY MUSTARD BREASTS -----	0.00 -----	
18106	OR: ORANGE HONEY BREASTS -----	0.00 -----	
18107	Beef short ribs	3.00 lb	
18107	Flour	0.33 c	
18107	Salt	1.00 ts	
18107	Black pepper	0.75 ts	
18107	Vegetable shortening	2.00 tb	
18107	Onions; sliced	1.00 c	
18107	Garlic; minced or pressed	1.00 cl	
18107	Hot water	1.00 c	
18107	Bay leaf	1.00	
18107	Brown sugar; packed	2.00 tb	
18107	Vinegar	0.25 c	
18107	Soy sauce	2.00 tb	
18107	Green pepper;cut into rings	1.00	
18107	Flour	0.00	
18108	Envelope country	1.00	
18108	-vegetable-with-noodles soup	0.00	
18108	-mix	0.00	
18108	Boiling water	2.00 c	
18108	Onion, chopped	1.00	
18108	Carrots, peeled and chopped	2.00	
18108	(8-oz.) can tomato sauce	1.00	
18108	Salt	1.00 ts	
18108	Pepper	0.12 ts	
18108	(16-oz) can kidney beans,	1.00	
18108	-drained	0.00	
18108	(16-oz) can whole kernel	1.00	
18108	-corn, with liquid	0.00	
18110		1.00	12
18110		0.00	
18110		1.00	
18110	Vegetable oil	1.00	
18110	Italian sausages	3.00	
18110	- cut into 1-in slices	0.00	
18110	Onion; finely diced	1.00	
18110	Uncooked long grain rice	1.50 c	
18110	Jalapeno peppers	2.00	
18110	- seeded and finely minced	0.00	
18110	Curry powder	4.00	
18110	Thread saffron	0.50 ts	
18110	Ground coriander	0.50 ts	
18110	Fennel seeds	0.25 ts	
18110	Ground cumin	0.25 ts	
18110	Chopped fresh dill; -=OR=-	2.00 tb	
18110	-Dried dill	1.00 tb	

Sheet1

18110	Chicken breast meat	2.00 lb
18110	- cut into 6 pieces	0.00
18110	Unsweetened coconut milk	1.00 c
18110	-Canned or Fresh	0.00
18110	- (if unavailable, use	0.00
18110	- all stock)	0.00
18110	Jumbo shrimp	12.00
18110	- peeled and deveined	0.00
18110	Clams	12.00
18110	Mussels	12.00
18110	CONDIMENTS -----	0.00 -----
18110	Lemon pickle, optional	0.00
18110	Garlic pickle, optional	0.00
18110	Mustard Seeds, optional	0.00
18110	Papaya Chutney, optional	0.00
18110	-(See RECIPE)	0.00
18110	CONDIMENTS -----	0.00 -----
18111	c	1.00 2
18111	Minced shallot	2.00
18111	Minced parsley	0.25 c
18111	Rind of 1 lemon, minced	1.00
18111	Garlic cloves, minced	4.00
18111	Jumbo shrimp **	12.00
18111	Chicken breast ***	0.50 lb
18111	Juice of 1 lemon	1.00
18111	Olive oil	1.00 tb
18111	Large shallot, sliced	1.00
18111	Dried red chili pepper	1.00 ts
18111	Fresh basil leaves, minced	10.00
18111	Fresh mint leaves, minced	10.00
18111	Tomatoes ****	1.50 lb
18111	Small soaked bamboo skewers	4.00
18111	*+=+	0.00
18111	-WILD RICE*	0.00
18111	Sesame oil	1.00 ts
18111	Chopped onion	0.50 c
18111	Stalk celery, chopped	1.00
18111	Minced garlic	0.50 ts
18111	Minced jalapeno pepper	0.50 ts
18111	Wild rice	0.50 lb
18111	Bay leaf	1.00
18111	Toasted pine nuts	2.00 tb
18111	Chicken stock, defatted	2.00 c
18112	Shrimp	2.00 lb
18112	Scotch bonnet or other hot	0.50
18112	-chili, seeded	0.00
18112	Shallots	4.00
18112	Cloves garlic	2.00
18112	Scallions	3.00

## Sheet1

18112	Inch fresh ginger	1.00
18112	Red bell pepper	1.00
18112	Green bell pepper	1.00
18112	Butter	3.00 tb
18112	To 3 tsp curry powder	2.00
18112	Fish stock or bottled clam	6.00 c
18112	-broth	0.00
18112	Coconut milk	2.00 c
18112	Salt and freshly ground	0.00
18112	-black pepper	0.00
18112	Chopped fresh cilantro for	0.50 c
18112	-garnish	0.00
18113	Muenster Cheese (Shredded)	1.50 c
18113	Cooked Shrimp	1.00 c
18113	Green Onion (Slice Thin)	0.25 c
18113	Eggs	2.00
18113	Salt	0.50 ts
18113	Pepper	0.12 ts
18113	Crescent Rolls	1.00 pk
18113	Butter (Melted)	1.00 tb
18113	Egg Yolk W/1 tb Water (Opt.)	1.00
18114	Med size shrimp in shell	3.00 lb
18114	(8 oz) bottles clam broth	3.00
18114	Lg. onion, diced	1.00
18114	Stalks celery, diced	2.00
18114	Butter	0.50 c
18114	Very finely minced onion	0.25 c
18114	Finely minced fresh parsley	0.25 c
18114	Bay leaf	1.00
18114	Chili powder	3.00 tb
18114	Paprika	1.50 ts
18114	Cumin	1.00 ts
18114	Oregano	0.50 ts
18114	Flour	0.33 c
18115	Medium shrimp, raw	1.50 lb
18115	-shelled, deveined	0.00
18115	:boiling water mixed with	1.00 ga
18115	Salt	2.00 tb
18115	Fine, soft bread crumbs	1.75 c
18115	Minced parsley	3.00 tb
18115	Fresh or frozen chives	2.00 tb
18115	Minced fresh tarragon -OR-	1.00 ts
18115	-crumbled leaf tarragon	0.25 ts
18115	Minced fresh marjoram -OR-	1.00 ts
18115	-crumbled leaf marjoram	0.25 ts
18115	Minced fresh chervil -OR-	1.00 ts
18115	-crumbled leaf chervil	0.25 ts
18115	Garlic clove	1.00 md
18115	- peeled and minced	0.00

Sheet1

18115	Shallots; peeled and minced	2.00 md
18115	Unsalted butter	0.50 c
18115	- at room temperature	0.00
18115	Lemon juice	2.00 tb
18115	Dry sherry	2.00 tb
18115	Salt	0.25 ts
18115	Freshly ground black pepper	0.12 ts
18116	Green Thai Chili Peppers	8.00
18116	Cloves Garlic	6.00
18116	Shrimp Paste	2.00 tb
18116	Fish Sauce (Nam Pla)	0.25 c
18116	Lime Juice	0.33 c
18116	Palm Sugar	3.00 tb
18116	Whole Large Dried Shrimp	10.00
18116	-Or Prawns, Rinsed In Warm	0.00
18116	-Water	0.00
18116	VEGETABLES -----	0.00 -----
18116	Snake Beans Or Long String	0.00
18116	-Beans	0.00
18116	Green Onions/Scallions Or	0.00
18116	-Spring Onions	0.00
18116	Tomatoes	0.00
18116	Broccoli	0.00
18116	Sugar Peas/Snow Peas	0.00
18116	VEGETABLES -----	0.00 -----
18117	Green chillis	5.00
18117	Shallot	1.00
18117	Terasi, grilled	1.00 sl
18117	Clove garlic	1.00
18117	Brown sugar (optional)	1.00 ts
18117	Salt	0.00
18117	Lime, juice only	0.50 sm
18118	Ground chilli	2.00 tb
18118	Onion	1.00 sm
18118	Shrimp Paste, lightly	1.00 ts
18118	-grilled	0.00
18118	Salt, to taste	0.00
18118	Lemon, juice only	0.50
18119	Small shrimp *	1.00 lb
18119	*cooked, shelled, deveined	0.00
18119	Finely diced celery	0.50 c
18119	Cucumber, finely diced	0.50 c
18119	-(peeled, seeded)	0.00
18119	Freshly snipped dill or	0.25 c
18119	Dill weed	1.00 ts
18119	Minced shallots	2.00 tb
18119	-or yellow onion	0.00
18119	Mayonnaise	0.50 c
18119	Sour cream	2.00 tb



Sheet1

18119	Lemon juice	2.00 tb
18119	Dijon mustard	1.00 tb
18119	Anchovy paste	1.00 tb
18119	Freshly ground black pepper	0.12 ts
18119	Salt to taste	0.00
18120	Sweet Butter	0.25 lb
18120	Finely Chopped Shrimp	6.00
18120	Salt And Pepper To Taste	0.00
18121	Unsalted butter	2.00 T
18121	Chopped onions	2.25 c
18121	Chopped green bell peppers	1.50 c
18121	Chopped celery	0.75 c
18121	Peeled & chopped tomatoes	3.00 c
18121	Canned tomato sauce	1.00 c
18121	Minced jalapeno (see note)	3.00 T
18121	Bay leaves	2.00 ea
18121	Ground cayenne pepper	5.50 t
18121	White pepper	1.50 t
18121	Ground black pepper	1.00 t
18121	Minced garlic	1.50 t
18121	Basic seafood stock	2.25 c
18121	Dark brown sugar	1.50 t
18121	Salt	0.75 t
18121	Peeled large shrimp	2.00 lb
18121	Hot basic cooked rice	4.00 c
18122	Large shrimp	1.00 lb
18122	Olive oil	2.00 tb
18122	Garlic cloves; minced	2.00
18122	White wine	0.25 c
18122	Minced parsley	2.00 tb
18122	Salt	1.00 ts
18122	Pepper	0.25 ts
18123	Shredded Chinese cabbage	4.00 c
18123	Salt	2.00 ts
18123	Water	6.00 c
18123	Chopped scallions	4.00 oz
18123	Cooked medium sized shrimp,	4.00 oz
18123	-each cut in half	0.00
18123	Sliced celery	0.50 c
18124	Shrimp; *	1.00 lb
18124	Onion; Finely Chopped, 1 Md	0.50 c
18124	Clove Garlic; Minced	1.00
18124	Vegetable Oil	2.00 tb
18124	Flour; Unbleached	2.00 tb
18124	Tomatoes; Cut Up, 1 cn	8.00 oz
18124	Pickled Jalapeno Pepper; **	1.00
18124	Coriander Seed; Ground	1.50 ts
18124	Salt	1.00 ts
18124	Instant Chicken Bouillon	0.50 ts

Sheet1

18124	Sugar	0.50 ts
18124	Pumpkin Seeds, Toasted, ***	0.50 c
18124	Lime Juice	2.00 tb
18124	GARNISH -----	0.00 -----
18124	Rice; Hot, Cooked	0.00
18124	GARNISH -----	0.00 -----
18125	Shrimp, peeled and split	0.50 lb
18125	Salt	1.00 x
18125	Wine, Shaoxing or dry sherry	2.00 tb
18125	Oil for stir frying	1.00 x
18125	Ginger, minced	1.00 tb
18125	Peas, snow, stems and string	0.50 lb
18125	Removed	1.00 x
18125	Water chestnuts, sliced	0.50 c
18125	Soy sauce	1.00 tb
18125	Cornstarch dissolved in	0.50 ts
18125	Water or stock	0.50 c
18126	Bacon; cut in 1/4-in dice	0.25 lb
18126	Dry white wine	1.00 c
18126	Chicken breast meat	1.50 lb
18126	- cut into 1-in strips	0.00
18126	Raw jumbo shrimp	12.00
18126	- peeled and deveined	0.00
18126	Fish stock or chicken broth	5.00 c
18126	Finely minced garlic	1.00 tb
18126	Finely minced onion	2.00 ts
18126	Celery seed	1.00 ts
18126	Aniseed or fennel seed	1.00 ts
18126	Sprigs fresh tarragon	3.00
18126	- leaves only, chopped, -OR-	0.00
18126	-Dried tarragon leaves	1.00 tb
18126	Broccoli florets	2.00 c
18126	Milk	0.75 c
18126	Salt; to taste	0.00
18126	Freshly ground pepper	0.00
18126	- to taste	0.00
18126	Unsalted butter	2.00 tb
18127	*noodles	1.00 x
18127	Egg	3.00 ea
18127	Butter	0.25 lb
18128	Eggplant	1.00 lb
18128	Peanut oil; for deep-frying	2.00 c
18128	BATTER -----	0.00 -----
18128	All-purpose flour	0.25 c
18128	-Water	0.67 c
18128	Salt	0.25 ts
18128	SAUCE -----	0.00 -----
18128	Peanut oil	1.00 tb
18128	Finely chopped scallions	3.00 tb

Sheet1

18128	Finely chopped fresh ginger	1.00 tb
18128	Chili bean sauce	2.00 ts
18128	Stock (chicken or vegetable)	0.67 c
18128	Rice wine or dry sherry	2.00 tb
18128	Chinese black vinegar	1.00 tb
18128	-OR- cider vinegar	0.00
18128	Tomato paste	3.00 tb
18128	Sugar	2.00 ts
18128	Dark soy sauce	2.00 tb
18128	Cornstarch; mixed with:	1.00 ts
18128	-Water	1.00 ts
18128	BATTER -----	0.00 -----
18128	SAUCE -----	0.00 -----
18129	Bean curd	0.50 lb
18129	Green pepper, sliced	1.00 ea
18129	Leek, sliced	1.00 ea
18129	Green chilies, chopped	2.00 ea
18129	Oil	3.00 tb
18129	Red chili peppers	2.00 ea
18129	Soy sauce	1.00 tb
18129	Dry sherry	1.00 tb
18129	Yellow bean paste	2.00 tb
18129	Sesame oil	2.00 ts
18130	All-purpose flour	2.25 c
18130	Sugar	1.67 c
18130	Shortening	0.67 c
18130	Milk	1.25 c
18130	Baking powder	3.50 ts
18130	Salt	1.00 ts
18130	Almond extract or vanilla	1.00 ts
18130	Egg whites	5.00
18131	Firm fresh bean curd	1.00 lb
18131	Oil, preferably peanut	3.00 tb
18131	Sm. fresh button mushrooms	0.50 lb
18131	- (whole)	0.00
18131	Oil, preferably peanut	1.00 tb
18131	Cloves garlic, crushed	2.00
18131	Salt	0.25 ts
18131	SAUCE -----	0.00 -----
18131	Dark soy sauce	1.00 tb
18131	Rice wine or dry sherry	2.00 tb
18131	Sugar	2.00 ts
18131	Chicken or vegetable stock	2.00 tb
18131	Scallions	2.00
18131	- sliced on the diagonal	0.00
18131	SAUCE -----	0.00 -----
18132	Brown rice	1.00 c
18132	Liquid (water, stock, juice)	2.50 c
18132	Butter	1.00 tb

Sheet1

18132	Salt (optional)	1.00 ts
18133	Dried long red chilies	10.00
18133	Dried kaffir lime rind	4.00 sl
18133	-(makrut)	0.00
18133	1/2-in lump fresh galangal	1.00
18133	-=OR=-	0.00
18133	-dried quarter-sized pieces	4.00
18133	Whole coriander seeds	1.00 ts
18133	Whole cumin seeds	1.00 ts
18133	Stalks fresh lemon grass	2.00
18133	-(white bottoms only),	0.00
18133	- cut into 1/2-in pieces	0.00
18133	Shallots	2.00
18133	Cloves garlic	4.00
18133	Fresh coriander roots	2.00 tb
18133	Shrimp paste (kapi)	1.00 ts
18133	Vegetable oil	3.00 tb
18134	-----	0.00
18134	Lean ground lamb	12.00
18134	Garlic cloves	2.00
18134	- peeled and crushed	0.00
18134	Minced onion	4.00 tb
18134	Dried oregano	0.50 ts
18134	Dried basil	0.50 ts
18134	Crushed rosemary	0.25 ts
18134	Thyme leaves	0.25 ts
18134	Ground red pepper	1.00 pn
18134	Fresh lemon juice	3.00 tb
18134	Vegetable oil	2.00 tb
18134	Salt; to taste	0.00
18134	Pitas	4.00
18134	- wrapped in foil and warmed	0.00
18134	Shredded lettuce	1.00 c
18134	FOR THE SAUCE -----	0.00 -----
18134	Garlic clove	1.00
18134	- peeled and minced	0.00
18134	Diced tomato	0.33 c
18134	Diced cucumber; peeled,	0.33 c
18134	- seeded and chopped	0.00
18134	Fresh chopped mint	2.00 tb
18134	Fresh lemon juice	1.00 tb
18134	Plain yogurt	0.75 c
18134	FOR THE SOUVLAKI -----	0.00 -----
18134	FOR THE SAUCE -----	0.00 -----
18135	Sliced Fresh Strawberries	4.00 c
18135	All-Purpose Flour	1.00 c
18135	Baking Powder	0.50 ts
18135	Sugar	1.00 c
18135	Egg, Beaten	0.00

Sheet1

18135	Butter Or Margarine	0.25 c
18136	Butter	0.33 c
18136	Rice	2.33 c
18136	Seeds Of 3 Cardamoms	0.00
18136	Cloves	6.00
18136	Raisins	0.75 c
18136	Blanched Almonds	0.75 c
18136	Sugar	2.00 tb
18136	Blades Mace	2.00
18136	Of Salt	1.00 pn
18136	Good Pinch Of Saffron	0.00
18136	4-Inch Cinnamon Stick	1.00
18137	Onions, cubed	2.00 md
18137	Green bell pepper, cubed	1.00 md
18137	Mushrooms, halved	0.50 lb
18137	Cubed tofu	1.00 lb
18137	Sunflower seeds	0.50 c
18137	Water	1.00 c
18137	Basil	1.00 ts
18137	Sage	1.00 ts
18138	Flour	1.00 c
18138	Salt & freshly ground pepper	0.00
18138	Veal cutlets	1.50 lb
18138	Unsalted butter	8.00 tb
18138	Lemon	1.00
18138	Minced parsley	3.00 tb
18139	Red wine or tarragon vinegar	3.00 tb
18139	Dijon mustard	1.00 tb
18139	Salt and pepper, to taste	0.00
18139	Safflower or Canola oil	12.00 tb
18139	--OR--	0.00
18139	-Safflower or Canola AND	9.00 tb
18139	-Olive oil)	3.00 tb
18140	Wild rice	2.00 c
18140	Boiling water	6.00 c
18140	Olive oil	1.00 tb
18140	Salt	0.00
18141	Oil or unsalted butter	0.00
18141	- for coating	0.00
18141	Pork Shoulder, 4-to-5 lb	1.00
18141	Salt & freshly ground pepper	0.00
18142	Baker's Joy No Stick Spray	0.00
18142	Devil's food cake mix	1.00 pk
18142	-(18.25 oz)	0.00
18142	Cinnamon	0.75 ts
18142	Lowfat cherry yogurt (8 oz)	2.00 ct
18142	Whole eggs	2.00
18142	Egg whites	2.00
18142	2% lowfat milk	0.25 c

Sheet1

18142	Vanilla extract	1.00 ts
18142	TOPPING -----	0.00 -----
18142	Frozen non-dairy whipped	1.00 ct
18142	-topping, thawed (8 oz)	0.00
18142	Cheery pie filling, chilled	1.00 cn
18142	-(21 oz)	0.00
18142	TOPPING -----	0.00 -----
18143	Velvetta Cheese, cubed	1.00 lb
18143	Mayonaise (or Salad	2.00 c
18143	-Dressing)	0.00
18143	To 2 lb pkg Frozen Hash	1.00 lb
18143	-Brown potatoes, defrosted	0.00
18143	-about 15 min.	0.00
18143	Bacon, cooked & crumbled	0.50 lb
18144	German chocolate cake @ pudn	2.00 pk
18144	Chopped nuts	0.50 c
18144	Oleo - melted	0.33 c
18144	Evaporated milk	12.00 oz
18144	Caramels	28.00 oz
18144	Chocolate chips	12.00 oz
18144	Chopped nuts	0.50 c
18144	Oleo - melted	0.33 c
18144	Flaked coconut (opt)	0.50 c
18145	All-purpose flour	1.00 c
18145	Egg	1.00
18145	Milk	0.67 c
18145	Cold water	0.67 c
18145	Corn oil	5.00 tb
18145	Onion, chopped	1.00
18145	Lean ground bbef	8.00 oz
18145	Carrots, grated	2.00
18145	Parsnip, grated	1.00
18145	Curry Powder	2.00 ts
18145	Tomato paste	1.00 tb
18145	Cornstarch	2.00 ts
18145	Beef stock	0.67 c
18145	Egg, beaten	1.00
18145	Vegetable oil 4 deep frying	0.00
18145	Carrot strip (opt)	0.00
18146	;Water	1.25 c
18146	Ketchup	2.00 tb
18146	Brown Sugar; Packed	2.50 ts
18146	Cilantro; Chopped	1.50 ts
18146	Cornstarch	1.00 ts
18146	Seasoned Salt	0.75 ts
18146	Garlic Powder W/Parsley	0.75 ts
18146	Red Pepper; Crushed	0.25 ts
18146	Chunky Peanut Butter	2.50 tb
18146	Green Onions; Sliced	0.25 c

Sheet1

18146	Linguine; Cooked & Drained	8.00 oz	
18146	Red Cabbage; Shredded	1.00 c	
18147		6.00	1
18147		0.00	
18147		0.50	
18147	-1/16-inch thick)	0.00	
18147	Peanut or corn oil	3.00	1
18147	Quarter-size slices fresh	2.00	1
18147	-ginger	0.00	
18147	Salt	0.50 t	4
18147	Medium shrimp, shelled and	0.50	
18147	-deveined	0.00	
18147	Whole chicken breast,	1.00	
18147	-skinned, boned and cut into	0.00	
18147	-shreds	0.00	
18147	Chinese barbecued pork, cut	0.25 lb	
18147	-into match stick strips	0.00	
18147	Onion, cut lengthwise into	1.00 sm	
18147	-thin slices	0.00	
18147	Stalk celery, cut into	1.00	
18147	-diagonal thin slices	0.00	
18147	Fresh snow peas, stems	0.25 lb	
18147	-removed and julienned	0.00	
18147	Green bell pepper, seeded	0.50	
18147	-and thinly sliced	0.00	
18147	Green onions, cut into 1	2.00	
18147	-1/2-inch lengths	0.00	
18147	To 2 tablespoons Indian	1.00	
18147	-Madras-style curry powder	0.00	
18147	Sugar	1.00 ts	
18147	Dark soy sauce	1.00 tb	
18147	Light soy sauce, or more if	1.00 tb	
18147	-needed	0.00	
18147	Chicken stock, or more if	4.00 tb	
18147	-needed.	0.00	
18148	Karen Mintzias	0.00	
18148	Rice noodles or rice sticks	0.50 lb	
18148	-or rice vermicelli	0.00	
18148	Leeks	0.25 lb	
18148	Carrots	0.25 lb	
18148	Red peppers	0.25 lb	
18148	Fresh chilies	1.00 oz	
18148	Scallions	4.00	
18148	Peanut oil	2.00 tb	
18148	Salt	2.00 ts	
18148	Eggs, beaten	2.00	
18148	Sesame oil	2.00 ts	
18148	Salt	0.50 ts	
18148	SAUCE -----	0.00 -----	

Sheet1

18148	Curry paste	2.00 tb
18148	Finely chopped garlic	1.00 tb
18148	Finely chopped fresh ginger	1.00 tb
18148	Stock (chicken or vegetable)	1.33 c
18148	Sugar	1.00 tb
18148	Rice wine or dry sherry	2.00 tb
18148	Light soy sauce	2.00 tb
18148	GARNISH -----	0.00 -----
18148	Fresh coriander leaves	0.00
18148	SAUCE -----	0.00 -----
18148	GARNISH -----	0.00 -----
18149	Butter or margarine	1.00 tb
18149	Boneless sirloin steak,1"	1.50 lb
18149	Thick	0.00
18149	Mushroom onion sauce, Onion	0.00
18149	Butter sauce, or Sour cream	0.00
18149	Sauce	0.00
18150	Pork shoulder, cubed	1.00 lb
18150	Beef flank steak, cubed	1.00 lb
18150	Cumin, divided	1.00 ts
18150	Tomato (diced)	1.00 lg
18150	Onion (diced)	1.00 lg
18150	Stalks of Celery (diced)	8.00
18150	Cloves of garlic (minced)	4.00
18150	Diced green chilies	8.00 oz
18150	Green chili salsa	12.00 oz
18150	Tabasco Sauce	2.00 ts
18150	Oregano	1.00 ts
18150	Mild red chili powder	2.00 tb
18150	Hot chili powder	1.00 tb
18150	Water	1.00 c
18150	Beer	12.00 oz
18151	Baby limas	0.25 c
18151	Small whites	0.25 c
18151	Blackeyes	0.25 c
18151	Garbanzos	0.25 c
18151	Pinks	0.25 c
18151	Light red kidney beans	0.25 c
18151	Salt	1.00 ts
18151	Chopped onion	1.00 c
18151	Shopped celery	1.00 c
18151	Clove garlic, crushed and	1.00
18151	-minced	0.00
18151	Butter/margarine	2.00 tb
18151	Envelopes (2 oz each)	2.00
18151	-chicken noodle soup mix	0.00
18151	Chopped carrot	1.00 c
18151	Chopped green pepper	0.50 c
18151	Minced parsley	0.50 c



Sheet1

18151	Bay leaf, crumbled	0.50
18151	Fines herbes	0.50 ts
18151	Fresh or canned tomatoes,	1.00 c
18151	-chopped	0.00
18152	Garlic, minced	4.00 cl
18152	Lime juice	1.00 tb
18152	Worcestershire or soy sauce	0.33 c
18152	Serrano chilles, stemmed	4.00
18152	And minced	0.00
18152	Apple cider vinegar	0.25 c
18152	Beef broth	14.00 cn
18152	Safflower oil	2.00 tb
18152	Yellow or white onions,	2.00
18152	Thinly sliced	0.00
18152	Bell peppers, thinly sliced	2.00
18152	Limes, cut in half	4.00
18152	Sour cream	1.00 c
18152	Skirt steak, 1/2 inch thick	3.00 lb
18152	MARINADE -----	0.00 -----
18152	Flour tortillas	0.00
18152	Pico de gallo	0.00
18152	Guacamole	0.00
18152	MARINADE -----	0.00 -----
18153	Jim Vorheis	0.00
18153	Vegetable oil	3.00 tb
18153	Round steak, cut into 1-inch	2.00 lb
18153	-cubes	0.00
18153	Can tomato sauce	15.00 oz
18153	Chili powder	2.00 ts
18153	Paprika	2.00 ts
18153	Packed light brown sugar	0.25 c
18153	Salt	1.00 ts
18153	Cider vinegar	0.50 c
18153	Light corn syrup	0.50 c
18153	Peeled and sliced carrots	2.00 c
18153	Chopped onions	2.00 c
18153	Green bell pepper, cut into	1.00 lg
18153	-1-inch squares	0.00
18153	Can pineapple chunks,	4.00 oz
18153	-drained	0.00
18153	Round loaves sourdough bread	6.00 sm
18153	-(optional)	0.00
18154	Butter	2.00 ts
18154	Sugar	1.00 c
18154	Pinch salt	1.00
18154	Eggs (beaten)	2.00
18154	Dates (chopped)	1.00 c
18154	Rice Krispies	3.00 c
18154	Nuts (chopped)	0.50 c

Sheet1

18154	Confectioners' sugar	1.00	
18154	Coconut	1.00	
18155	Butter	0.25 c	
18155	Dates (chopped)	1.00 c	
18155	Eggs	2.00	
18155	Sugar	1.00 c	
18155	Salt	0.25 ts	
18155	Vanilla	1.00 ts	
18155	Walnuts (chopped)	0.50 c	
18155	Rice Krispies	3.00 c	
18155	Shredded coconut	1.00	
18156	Cornmeal	2.00 c	
18156	Baking powder	2.00 ts	
18156	Baking soda	0.50 ts	
18156	Salt	2.00 ts	
18156	Eggs, beaten	4.00	
18156	Buttermilk	1.50 c	
18156	Water	1.00 c	
18156	Shortening	1.00 tb	
18157	ts	0.25	1
18157		0.00	
18157	-until dissolved:	0.00	
18157	To 1 cup packed brown sugar	0.50	
18157	Remove from the pan and add:	0.00	
18157	(1 cup pecan meats) *	0.00	
18157	-optional, I omitted this *	0.00	4
18157	Place over the butter and	0.00	
18157	-sugar mixture:	0.00	
18157	Slices or halves of canned	0.00	
18157	-drained fruit: no. 2 1/2	0.00	
18157	-can	0.00	
18157	* I put half marachino	0.00	
18157	-cherries, curved side down,	0.00	
18157	-in the	0.00	
18157	Spaces *	0.00	
18157	Cover the fruit with the	0.00	
18157	-following batter. Sift	0.00	
18157	-together:	0.00	
18157	Cake flour	1.00 c	
18157	Double-acting baking powder	1.00 ts	
18157	Beat in a separate bowl:	0.00	
18157	Egg yolks	4.00	
18157	Add:	0.00	
18157	Melted butter * I used oil *	1.00 tb	
18157	Vanilla	1.00 ts	
18157	Sift in separate bowl:	0.00	
18157	Sugar	1.00 c	
18157	Whip until stiff, but not	0.00	
18157	-dry:	0.00	

Sheet1

18157	Egg whites	4.00
18158	Butter	0.50 c
18158	Brown sugar; heaping	1.00 c
18158	Pineapple slices, drained	0.00
18158	Yellow cake mix	1.00 pk
18159	Potatoes	4.00 md
18159	Cloves garlic (or more!)	6.00
18159	Olive oil	0.50 c
18159	White vinegar*	0.33 c
18159	Salt	1.00 pn
18160	Potatoes	1.67 kg
18160	Garlic heads	90.00 g
18160	Lemons	4.00
18160	Olive oil	370.00 ml
18160	Black olives	6.00
18160	Lemon slices	3.00
18160	Sea salt to taste	0.00
18160	Pinch of parsley	0.00
18161	Cloves garlic	2.00
18161	Fresh basil leaves or	0.33 c
18161	Dried	2.00 ts
18161	Fresh thyme leaves or	1.50 ts
18161	Dried	0.50 ts
18161	Grated lemon zest	2.00 ts
18161	Lemon juice	0.25 c
18161	Olive oil	0.25 c
18161	Skinless, boneless chicken	4.00
18161	-breast halves	0.00
18161	Plum tomatoes	3.00 md
18162	Olive oil, preferably extra	2.00 ts
18162	-virgin	0.00
18162	Onions (3 ounces each),	2.00 sm
18162	-halved, thinly sliced	0.00
18162	-lengthwise	0.00
18162	Clove garlic, minced	1.00
18162	Diced pared eggplant	1.25 c
18162	Diced bell peppers,	1.00 c
18162	-combination yellow and red	0.00
18162	Diced zucchini (with peel)	0.75 c
18162	Chicken broth	0.25 c
18162	Plus 1 teaspoon balsamic or	1.00 tb
18162	-red wine vinegar	0.00
18162	Plum tomatoes, diced	2.00 md
18162	Dried currants or raisins	1.00 tb
18162	Capers, rinsed, drained	1.00 tb
18162	Salt	0.25 ts
18162	Freshly ground pepper to	0.25 ts
18162	-taste	0.00
18162	Vegetable oil	1.00 ts

Sheet1

18162	Whole, boneless, skinless	1.00
18162	-chicken breast, split	0.00
18162	All-purpose flour	0.25 c
18162	Fresh thyme leaves or large	1.00 ts
18162	-pinch dried	0.00
18163	Flour; all-purpose	2.00 c
18163	Water; lukewarm	0.67 c
18163	Shortening	2.00 tb
18163	Salt	1.00 ts
18164	Regular tofu, frozen, thawed	1.50 lb
18164	-and squeezed	0.00
18164	Oil	3.00 tb
18164	Onion, diced	1.00 lg
18164	Green peppers, seeded and	2.00 md
18164	-diced	0.00
18164	Spanish style tomato sauce	30.00 oz
18164	Chili powder	1.50 tb
18164	Salt	1.00 ts
18164	Pepper	0.12 ts
18164	Dried oregano	0.50 ts
18164	Soy sauce	1.00 tb
18164	Prepared mustard	1.00 tb
18164	Sugar	1.00 tb
18164	Worcestershire sauce	2.00 tb
18164	Oil	3.00 tb
18165	Onion, chopped	1.00 sm
18165	Garlic cloves, minced	4.00 ea
18165	Vegetable oil	1.00 tb
18165	Mushrooms, chopped	3.00 lg
18165	Carrot, grated	1.00 lg
18165	Parsley	0.50 tb
18165	Tofu, crumbled	0.50 lb
18165	Tamari	2.00 ts
18165	Tomato sauce	3.00 tb
18166	Instant Minced Onion	1.00 tb
18166	Salt	1.00 ts
18166	Instant Minced Garlic	0.50 ts
18166	Celery Seed	0.25 ts
18166	Green Pepper Flakes	1.00 ts
18166	Cornstarch	1.00 ts
18166	Dry Mustard	0.25 ts
18166	Chili Powder	0.25 ts
18167	Onions, diced	0.50 c
18167	Green pepper,diced	0.50 c
18167	Jalapeno pepper	2.50 ts
18167	Garlic, minced	1.00 ts
18167	Olive oil	2.00 tb
18167	Ground prime beef	1.00 lb
18167	Salt	0.25 ts

Sheet1

18167	Black pepper	0.50 ts
18167	Fresh ground	0.00
18167	Cumin	1.00 ts
18167	Ketchup	1.00 c
18167	Tomatoes, diced	1.00 c
18167	Burger buns	6.00
18167	Toasted lightly	0.00
18168	Olive oil	1.00 tb
18168	Garlic cloves, minced	2.00 ea
18168	Chopped onion	1.00 ea
18168	Green bell pepper, chopped	1.00 ea
18168	TVP granules or flakes mixed	2.00 c
18168	-- with 1 3/4 c hot water	0.00
18168	Can tomato paste	6.00 oz
18168	Water	0.50 c
18168	Oregano	1.00 ts
18168	Tomato ketchup	0.25 c
18168	Cayenne pepper	0.25 ts
18168	Worcestershire sauce	1.00 ts
18168	Honey, optional	1.00 tb
18168	Salt, optional	0.00
18168	Kaiser rolls, split	8.00 lg
18168	Shredded lettuce	0.00
18169	Ground Beef	2.00 lb
18169	Env. Lipton Soup Mix; *	1.00 ea
18169	Tomato Sauce; (1 cn)	15.00 oz
18169	Pickle Relish; Sweet	0.50 c
18170	-Recipes for Sandwich Maker	0.00
18170	-VIVIAN THIELE (NRHF19C)	0.00
18170	-BASIC BISCUIT BAKING MIX	0.00
18170	Flour; sifted	9.00 c
18170	Baking Powder; double	0.33 c
18170	-acting	0.00
18170	Nonfat Dry Milk plus	1.00 c
18170	Nonfat Dry Milk	2.00 tb
18170	Salt	4.00 ts
18170	Vegetable Shortening	1.75 c
18171	Angel Food Cake; 1" thick	4.00 sl
18171	Margarine or Butter;	0.00
18171	-softened	0.00
18171	*****FILLINGS*****	0.00
18171	Cherry preserves; OR	2.00 tb
18171	Peach Preserves; OR	2.00 tb
18171	Coconut; mixed with	0.25 c
18171	Margarine; OR	1.00 tb
18171	Miniature Marshmallows;	16.00
18171	-PLUS	0.00
18171	Chocolate Chips; OR	16.00
18171	Marshmallow; PLUS	1.00 lg

## Sheet1

18171	Sugar; PLUS	1.00 ts
18171	Cinnamon	0.25 ts
18172	-Recipes for Sandwich Maker	0.00
18172	-BASIC BISCUIT BAKING MIX	0.00
18172	Flour; sifted	9.00 c
18172	Baking Powder; double	0.33 c
18172	-acting	0.00
18172	Nonfat Dry Milk plus	1.00 c
18172	Nonfat Dry Milk	2.00 tb
18172	Salt	4.00 ts
18172	Vegetable Shortening	1.75 c
18174	Flour	1.50 c
18174	Vinegar	1.00 ts
18174	Sugar	1.00 c
18174	Vanilla	1.00 ts
18174	Cocoa	0.25 c
18174	Oil	5.00 tb
18174	Salt	0.50 ts
18174	-Cold Water	1.00 c
18174	Soda	1.00 ts
18175	Angel Food Cake; 1" thick	4.00 sl
18175	Margarine or Butter;	0.00
18175	-softened	0.00
18175	*****FILLINGS*****	0.00
18175	Cherry preserves; OR	2.00 tb
18175	Peach Preserves; OR	2.00 tb
18175	Coconut; mixed with	0.25 c
18175	Margarine; OR	1.00 tb
18175	Miniature Marshmallows;	16.00
18175	-PLUS	0.00
18175	Chocolate Chips; OR	16.00
18175	Marshmallow; PLUS	1.00 lg
18175	Sugar; PLUS	1.00 ts
18175	Cinnamon	0.25 ts
18176	Pork Spareribs *	3.00 lb
18176	Peanut Oil	0.00
18176	Sugar	0.50 c
18176	Chinese Rice Vinegar	0.33 c
18176	Salt	1.00 ts
18176	Dark Soy Sauce	1.00 tb
18177	Dozen fresh red radishes	2.00
18177	Salt	2.00 ts
18177	White vinegar	1.00 ts
18177	Sugar	1.00 ts
18177	Thin soy sause	3.00 ts
18177	Peanut oil	3.00 tb
18177	Sesame oil	1.00 ts
18177	Fresh ginger juice	0.25 ts
18177	Chinese parsley garnish	0.00

## Sheet1

18178	Granulated sugar, 1 cup	1.00 c
18178	-brown sugar--firmly packed,	0.00
18178	-1/4 cup molasses,	0.00
18178	Light cream, 2 squares (2	0.50 c
18178	-oz) unsweetened chocolate,	0.00
18178	Butter	0.25 c
18178	Vanilla	1.50 ts
18179	Unsifted all-purpose flour	2.00 c
18179	Salt	0.50 ts
18179	Baking powder	2.00 ts
18179	Baking soda	0.50 ts
18179	Vegetable shortening	0.50 c
18179	Buttermilk	0.67 c
18179	Smithfield ham, cut into	8.00 sl
18179	-julienne strips	0.00
18180	Hardwood chips	0.50 c
18180	Basic burger recipe	1.00
18180	Bacon strips	4.00
18180	Slices smoked cheese (smoked	4.00
18180	-Mozzarella or Gouda)	0.00
18180	Mustard, whole-grain	3.00 tb
18181	Beef Brisket	7.00 lb
18181	Secret Dry Rub	0.50 c
18182	Chipotle chiles in adobo	1.00 cn
18182	-sauce	0.00
18182	Boiling water	2.00 c
18182	Tomato paste	2.00 tb
18182	Strong red wine or balsamic	1.00 tb
18182	-vinegar or more to taste	0.00
18182	Brown sugar	2.00 tb
18183	Smoked mackerel	2.00 sm
18183	-OR- smoked trout	0.00
18183	Chopped, toasted hazelnuts	2.50 oz
18183	-OR- walnuts	0.00
18183	Seedless grapes	1.00 lb
18183	Brown rice	0.50 lb
18183	Fresh mint or watercress	0.00
18183	Lemons	2.00
18183	A little sunflower oil	0.00
18183	Creamy yoghurt (or more)	0.50 pt
18184	Smoked pork chops, 1/2 inch	2.00
18184	-thick	0.00
18184	Butter, divided	3.00 tb
18184	Thinly sliced celery	0.25 c
18184	Finely chopped onion	2.00 tb
18184	Finely chopped parsley	2.00 tb
18184	Coarsely chopped walnuts	0.25 c
18184	Pkg seasoned croutons	1.00 c
18184	Orange	1.00 lg

Sheet1

18184	Grated orange peel	1.00 ts
18184	Freshly ground pepper	0.25 ts
18185	Thinly sliced pumpernickel	12.00 sl
18185	Thinly sliced smoked salmon	6.00 oz
18185	Cream cheese; soft	8.00 oz
18185	Butter; soft	0.25 c
18185	Grated lemon zest	1.00 tb
18185	Salt and pepper	0.00
18185	Fresh chives, finely chopped	3.00 tb
18186	Salmon smoked large slices	4.00
18186	Oysters small raw	20.00
18186	Stock fish	1.00 c
18186	Wine white	1.00 c
18186	Parsley	1.00 ts
18186	Shallots	1.00 ts
18186	Onion chopped	1.00 tb
18186	Chives	1.00 tb
18186	Peppercorns crushed	4.00
18186	Garlic clove chopped	1.00
18186	Cloves whole	2.00
18186	Cream or cream sauce	0.75 c
18186	Tomato paste	2.00 tb
18186	Mushroom caps large	4.00
18186	Swiss cheese grated	0.33 c
18187	Watercress	1.00 bn
18187	Sour cream	1.00 c
18187	Fresh lemon juice	1.00 tb
18187	Dashes of Tabasco sauce	2.00
18187	Salt and freshly ground	0.00
18187	Black pepper to taste	0.00
18187	Smoked trout, skinned and	3.00
18187	Filletted into 6 pieces	0.00
18187	Lemon wedges	6.00
18187	Watercress sprigs	6.00
18188	Smoked tuna or smoked	1.00 lb
18188	-mackerel skin removed	0.00
18188	Cream cheese, softened	6.00 oz
18188	To 4 Tb mayonnaise	3.00 tb
18188	Juice of 1/2 large lemon	0.00
18188	-(about 2 Tb)	0.00
18188	Salt and freshly ground	0.00
18188	-black pepper	0.00
18188	Very finely diced red onion	2.00 tb
18189	Bacon, diced, cooked crisp,	6.00 sl
18189	-fat reserved	0.00
18189	(1/2 stick) unsalted butter	4.00 tb
18189	Peeled, cut up pumpkin, 1"	6.00 c
18189	-pieces	0.00
18189	Beef stock or canned broth	6.00 c



Sheet1

18189	Marsala	0.50 c
18189	Dried thyme	1.00 ts
18190	Slices bacon	10.00
18190	Crescent rolls, 8 oz.	1.00 pk
18190	Monterey Jack, grated	1.00 c
18190	Eggs, slightly beaten	3.00
18190	Milk	1.00 c
18190	Minced onion	2.00 tb
18190	Parsley	1.00 tb
18191	Chickens	3.00 lb
18191	Lemon	1.00
18191	Minced fresh taragon	0.25 c
18191	Minced fresh parsley	0.25 c
18191	Olive oil	0.50 c
18192	Muskrat	1.00
18192	-Salt	1.00 tb
18192	-Water; Canadian qt=5 cups	1.00 qt
18192	-Salt	1.50 ts
18192	Paprika	0.25 ts
18192	Flour	0.50 c
18192	Fat	3.00 tb
18192	Onions; sliced	3.00 lg
18192	Sour cream	1.00 c
18193	Softened butter	4.00 oz
18193	Finely chopped shallot	0.50 c
18193	Cloves of garlic	2.00
18193	Chopped fresh parsley	2.00 tb
18193	Salt	1.50 tb
18193	Pepper	1.00 ts
18194	Softened butter	4.00 oz
18194	Finely chopped shallot	0.50 c
18194	Cloves of garlic	2.00
18194	Chopped fresh parsley	2.00 tb
18194	Salt	1.50 tb
18194	Pepper	1.00 ts
18195	Land snails	2.00 lb
18195	Water	0.00
18195	Salt	0.00
18195	Cloves garlic finely chopped	2.00
18195	Olive oil	0.25 c
18195	Freshly ground black pepper	0.00
18195	Lemon juice	0.50 c
18196	Sugar snap or snow peas	1.00 lb
18196	Salt	0.00
18196	Sesame oil	0.00
18196	Chopped parsley or cilantro	0.00
18197	Cake mix, German Chocolate	1.00 pk
18197	Butter	0.50 c
18197	Caramels, unwrap first	14.00 oz

Sheet1

18197	Milk	0.33 c
18197	Chocolate chipe	1.00 c
18197	Nut, chopped	1.00 c
18198	Snicker bars	4.00 lg
18198	Oleo	0.50 lb
18198	Sugar	2.00 c
18198	Eggs	4.00
18198	Flour	2.00 c
18198	Buttermilk	1.50 c
18198	Baking soda	0.50 ts
18198	Salt	1.00 ds
18198	Nuts	1.00 c
18199	Snicker bars; king size	5.00
18199	Half & half	1.50 T
18199	Peanut butter	0.50 c
18199	Cool whip	4.00 c
18199	Graham cracker crust *	1.00
18200	German Chocolate cake mix	1.00 pk
18200	Milk	0.25 c
18200	Kraft Caramels	1.00 pk
18200	Chocolate Chips	6.00 oz
18200	Cube Butter or Margarine	1.00
18200	Salted peanuts	1.00 c
18201	Eggs, separated	4.00
18201	1 1/2oz Snickers Bars,	16.00
18201	- cut up	0.00
18201	Water	0.25 c
18201	Peanut butter, smooth	2.00 tb
18201	Flour, unsifted	2.00 c
18201	Baking soda	0.75 ts
18201	Salt	0.25 ts
18201	Butter	1.00 c
18201	Sugar	2.00 c
18201	Vanilla	3.00 ts
18201	Buttermilk, divided	1.25 c
18202	Egg whites, at room temp	3.00 ea
18202	Cream of tartar OR	0.25 ts
18202	Vinegar, white	1.00 ts
18202	Vanilla extract	1.00 ts
18202	Sugar, granulated	0.75 c
18202	Choc. Chips, Semisweet, sm.	0.25 c
18203	Butter or butter substitute	0.50 c
18203	Few grains salt	0.00
18203	Powdered sugar	1.00 c
18203	Nutmeg	0.50 ts
18204	Bell peppers, chopped	2.00
18204	Tomatoes, chopped	2.00
18204	Medium-size onion, chopped	1.00
18204	Cloves garlic, crushed	3.00

Sheet1

18204	Sprigs fresh coriander	2.00
18204	Sprig parsley	1.00
18204	Lard	1.00 tb
18204	Cleaned achiote	1.00 ts
18204	Ham, minced	0.25 lb
18204	Salt pork, minced	0.25 lb
18205	Dried apricots	0.67 c
18205	Dried apples	1.00 c
18205	Cooked, slightly sweetened	1.00 c
18205	-prunes	0.00
18205	Seedless raisins	1.00 c
18205	Shortening	0.75 c
18205	Eggs, well beaten	3.00
18205	Shredded orange peel	2.00 tb
18205	Cinnamon	0.50 ts
18205	Baking powder	3.00 ts
18205	Flour	2.25 c
18205	Water	0.75 c
18205	Dried figs	1.00 c
18205	Peanut butter	0.50 c
18205	Sugar	2.25 c
18205	Milk	0.75 c
18205	Baking soda	1.00 ts
18205	Nutmeg	1.00 ts
18205	Cloves	0.50 ts
18205	Vanilla	2.00 ts
18205	Salt	1.00 ts
18206	Cucumber, medium pickling	5.00 lb
18206	-3-4" long 1 1/4" thick	0.00
18206	Dill plant, bunch mature,	1.00
18206	-seeds included	0.00
18206	Horesradish root	2.00 oz
18206	Head garlic	1.00
18206	Hot red pepper, fresh seeded	0.50 oz
18206	Tarragon, fresh branches	3.00
18206	Salt, non-iodized, per 2 qts	6.00 tb
18206	-water	0.00
18207	3" round section daikon	0.00
18207	Pon-su (equal soy-lemon juic	6.00 tb
18207	Takano Tjume (Whole red pepp	4.00
18207	Spring onions, chopped	2.00
18208	Ground chicken	0.25 lb
18208	Ground pork	0.25 lb
18208	Ground beef - lean	0.25 lb
18208	Whole milk	0.25 c
18208	Eggs - lightly beaten	2.00
18208	Breadcrumbs	0.50 c
18208	Honey	0.50 c
18208	Pepper and salt to taste	0.00

Sheet1

18208	GLAZE -----	0.00 -----
18208	Hot mustard	2.00 tb
18208	Garlic - crushed	1.00 ts
18208	Apricot jam	0.25 c
18208	GLAZE -----	0.00 -----
18209	BUTTER	3.00 tb
18209	ONION	1.00
18209	CANNED TOMATOES	28.00 oz
18209	GARLIC	1.00 ts
18209	CHICKEN BROTH	32.00 oz
18209	CILANTRO	2.00 ts
18209	FRIED TORTILLA CHIPS	12.00
18209	CHILI PEPPERS (OPTIONAL)	4.00
18209	SOUR CREAM	4.00 tb
18209	SHREDDED MONTEREY JACK	0.50 c
18209	AVOCADO	1.00 c
18210	BUTTER	1.00 tb
18210	CHILI POWDER	0.50 ts
18210	CUMIN	0.25 ts
18210	PEPPERS (OPTIONAL),CHOPPED	0.50 c
18210	CORN KERNELS	0.75 c
18210	CHICKEN BROTH	3.00 c
18210	MILK	0.38 c
18210	SALT	0.12 ts
18210	ONION, FINELY CHOPPED	0.12 c
18211	CAN BLACK BEANS	15.00 oz
18211	BUTTER	2.00 tb
18211	STALK OF CELERY	1.00
18211	GARLIC CLOVE,MINCED	1.00
18211	ONION	1.00
18211	CHILI POWDER	1.00 ts
18211	CUMIN	0.50 ts
18211	CILANTRO (OPTIONAL)	1.00 ts
18211	SALT	0.50 ts
18211	CHICKEN BROTH	1.00 c
18211	CAN TOMATO SAUCE	8.00 oz
18211	SOUR CREAM	1.00 c
18212	Dried garbanzos	2.50 c
18212	- washed and sorted	0.00
18212	Cold water	2.00 qt
18212	Garlic cloves	4.00 md
18212	- peeled and minced	0.00
18212	Yellow onions; peeled	4.00 lg
18212	- and coarsely chopped	0.00
18212	Peanut, corn or veg. oil	3.00 tb
18212	Maine or Eastern potatoes	3.00 md
18212	- peeled & coarsely chopped	0.00
18212	Crumbled leaf thyme	0.50 ts
18212	Ground coriander seeds	0.50 ts

Sheet1

18212	Bay leaf; (do not crumble)	1.00 lg
18212	Beef or chicken broth	1.00 qt
18212	-(preferably homemade)	0.00
18212	Pepperoni or chorizo	0.50 lb
18212	- or if available,	0.00
18212	- Portuguese chourico or	0.00
18212	- linguica,	0.00
18212	- sliced about 1/4-in thick	0.00
18212	Finely chopped fresh spinach	1.00 c
18212	- (leaves only)	0.00
18212	Salt	1.50 ts
18212	Freshly ground black pepper	0.25 ts
18212	Olive oil	2.00 tb
18213	Olive oil	2.00 ts
18213	Annatto (achiote) seeds	4.00
18213	Diced onions	0.75 c
18213	Diced green bell pepper	0.50 c
18213	Garlic clove, minced	1.00
18213	Water	1.50 qt
18213	Skinned and boned cooked	6.00 oz
18213	-chicken, diced	0.00
18213	Drained canned Italian	0.75 c
18213	-tomatoes, seeded and diced	0.00
18213	Packets instant chicken	4.00
18213	-broth and seasoning mix	0.00
18213	Oregano leaves	1.00 ts
18213	Pepper	0.50 ts
18213	Lime, cut in half	1.00
18213	Strip grapefruit peel (about	1.00
18213	-2 X 1/4-inch strip)	0.00
18213	Corn tortilla (6-inch	2.00
18213	-diameter each)	0.00
18214	Olive or salad oil	1.00 tb
18214	Large onion, chopped	1.00
18214	Tomatillos*	1.00 lb
18214	Chicken broth, reg strength	6.00 c
18214	Sliced cactus (33 oz)**	1.00 pk
18214	Lime juice	2.00 tb
18214	Fresh cilantro leaves, minced	2.00 tb
18214	Panela/feta cheese, crumbled	2.00 oz
18214	Lime wedges (opt)	0.00
18215	Flour	4.00 c
18215	Sugar	2.00 t
18215	Shortening or lard	0.25 c
18215	Baking powder	1.00 T
18215	Salt	1.50 t
18215	Water or more if needed	1.25 c
18216	Active dry yeast	1.00 pk
18216	Milk	1.50 c

Sheet1

18216	Salt	1.50 t
18216	All purpose flour	4.00 c
18216	Oil	1.00 ea
18216	Warm water (110)	0.25 c
18216	Lard or shortening	3.00 T
18216	Sugar	2.00 T
18216	Whole wheat flour	1.00 c
18217	Flour	4.00 c
18217	Baking powder	1.00 tb
18217	Sugar	2.00 ts
18217	Salt	1.50 ts
18217	Shortening or lard	0.25 c
18217	Water or more if needed	1.25 c
18218	Egg white	4.00
18218	Sugar	1.00 c
18218	Pecans; broken small	1.50 c
18218	Coconut flakes	1.00 c
18218	Vanilla	1.00 ts
18218	Corn flakes	3.00 c
18219	Haricot beans	8.00 oz
18219	Sunflower oil	1.00 tb
18219	Bay leaf	1.00
18219	Onion, thinly sliced	1.00 md
18219	Stock	25.00 oz
18219	Sorrel leaves	6.00 oz
18219	Margarine	1.00 oz
18219	Soy milk	6.00 oz
18219	Salt & pepper	0.00
18219	Freshly chopped parsley	4.00 tb
18220	Water	4.00 c
18220	Potatoes, diced	2.00 md
18220	Sprigs dill	2.00
18220	Scallions, diced	3.00
18220	Sorrel, steamed & chopped	1.00 lb
18220	Fresh lemon juice	0.25 c
18220	Salt	0.25 ts
18220	Black pepper	0.50 ts
18220	Brown sugar	2.00 tb
18220	Eggs	2.00
18220	Cold water	1.00 c
18220	Sour cream	1.00 c
18220	Chopped fresh dill	0.00
18220	Chopped cucumbers	0.00
18221	Sorrel leaves	20.00
18221	- the stems removed	0.00
18221	Butter	3.00 ts
18221	Eggs	3.00
18221	Water	2.00 tb
18221	Salt	0.00

Sheet1

18221	Freshly milled pepper	0.00
18221	Cream	2.00 tb
18222	Young sorrel leaves	2.00 c
18222	Butter	2.00 tb
18222	Cornstarch	2.00 ts
18222	Sprig parsley, minced	1.00
18222	Chicken stock	3.00 c
18222	Egg yolks	2.00
18222	Of salt	1.00 ds
18222	Light cream	1.00 c
18223	Sorrel	1.00 c
18223	Finely minced shallots	4.00 tb
18223	Pine nuts, ground	4.00 tb
18223	Chopped parsley	3.00 tb
18223	Chopped chives	3.00 tb
18223	Grated peel of 4 oranges	0.00
18223	Red onion, chopped	0.25
18223	Dry mustard	1.00 tb
18223	Salt	1.00 ts
18223	Black pepper	1.00 ts
18223	Pinch cayenne	0.00
18223	Olive oil	0.75 c
18224	Sorted uncooked red kidney	1.25 lb
18224	-beans, rinsed	0.00
18224	Sorted uncooked great	1.00 oz
18224	-northern beans, rinsed	0.00
18224	Water	2.00 qt
18224	Each diced onion and sliced	0.50 c
18224	-celery	0.00
18224	Pared potato, 1/4-inch cubes	6.00 oz
18224	Plum tomatoes, peeled,	4.00 sm
18224	-seeded, diced	0.00
18224	Each sliced carrots and	0.75 c
18224	-zucchini	0.00
18224	Diagonally sliced green	0.50 c
18224	-beans	0.00
18224	Tomato paste	2.00 tb
18224	Bay leaves	2.00
18224	Pepper	1.00 ds
18224	Uncooked small macaroni	3.00 oz
18224	-(ditalini, elbows)	0.00
18224	PISTOU:	0.00
18224	Fresh basil leaves	1.00 c
18224	Hot water	1.00 tb
18224	Olive oil	4.00 ts
18224	Garlic cloves, minced	2.00
18224	Grated Parmesan cheese	1.00 oz
18225	Franks - thin sliced	1.00 lb
18225	Margarine	2.00 tb

Sheet1

18225	Onion, diced	1.00 lg
18225	Potatoes, diced	2.00 md
18225	Carrots, sliced	2.00 lg
18225	Water	2.00 c
18225	Salt	0.50 ts
18225	Thyme leaves	1.00 ts
18225	Worcestershire sauce	1.00 tb
18225	Can evaporated milk	1.00 lg
18225	Whole kernel corn	1.00 cn
18225	Chopped parsley	1.00 tb
18226	-----	1.50
18226	Onion, quartered	1.00
18226	Plus 3 tbl. vegetable oil	0.50 c
18226	Corn tortillas, coarsely	4.00
18226	Chopped	0.00
18226	Garlic cloves, finely	6.00
18226	Chopped	0.00
18226	Chicken stock or canned	8.00 c
18226	Low-salt broth	0.00
18226	Tomato paste	0.25 c
18226	Chopped fresh cilantro	1.00 tb
18226	Ground cumin	1.00 tb
18226	Chili powder	2.00 ts
18226	Bay leaves	2.00
18226	-----	0.00 -----
18226	Corn tortillas, cut into	3.00
18226	2-inch-long 1/4-inch-wide	0.00
18226	Strips	0.00
18226	-----	0.00 -----
18226	Diced cooked chicken	1.00 c
18226	Avacado, peeled, pitted,	1.00
18226	Diced	0.00
18226	Shredded cheddar cheese	1.00 c
18226	Sour cream	0.00
18226	-----	0.00 -----
18226	-----	0.00 -----
18227	Salted herbs	2.00 tb
18227	Salt pork, cut into small	0.25 lb
18227	-cubes	0.00
18227	Onions, chopped	3.00 lg
18227	White bread, cubed	6.00 sl
18227	Beef stock	8.00 c
18227	Salt and ground black pepper	0.00
18228	Large, firm onions	9.00
18228	Butter	0.50 c
18228	Water	1.00 qt
18228	White dinner wine ((Note:	0.50 c
18228	-NOT sweet))	0.00
18228	Beef stock base	2.00 tb



## Sheet1

18228	Powdered mushrooms ((Note:	0.25 ts
18228	-We never use this))	0.00
18229	Onions	4.00 lg
18229	Dry vermouth	0.25 c
18229	Butter	1.00 tb
18229	Salt and Pepper to taste	0.00
18229	Oil	1.00 tb
18229	Oil	2.00 ts
18229	Sugar	0.25 ts
18229	Garlic clove	1.00
18229	Flour	2.00 tb
18229	Cognac	2.00 tb
18229	Beef broth	6.00 c
18229	Grated swiss cheese	1.00 c
18229	French bread cut 1/2" thick	4.00 sl
18230	Dried white pea beans	2.00 c
18230	Butter	2.00 tb
18230	Onion, chopped	0.50 c
18230	Leek, chopped, white part	0.25 c
18230	-only	0.00
18230	Smoked ham, plus ham bone	0.25 c
18230	Salt pork	0.50 lb
18230	Garlic clove	1.00
18230	Cold water	8.00 c
18230	Salted herbs, rinsed in cold	2.00 tb
18230	-water	0.00
18231	Flour, divided	8.00 tb
18231	Packets of Chicken noodle	1.50
18231	-soup mix	0.00
18231	Parsley flakes	2.00 ts
18231	Paprika	0.25 ts
18231	To 3 lbs. chicken pieces,	2.50
18231	-skin removed if desired	0.00
18231	Water	2.00 c
18232	Unsalted butter, softened	0.50 c
18232	Light brown sugar, packed	0.25 c
18232	Egg, beaten lightly	1.00 lg
18232	Sour cream	1.00 c
18232	Dark molasses	0.25 c
18232	Raisins	0.50 c
18232	Flour	1.00 c
18232	Baking soda	1.00 ts
18232	Salt	0.25 ts
18232	Miller's bran	1.00 c
18233	All-purpose flour	2.75 c
18233	Sugar	0.25 c
18233	Baking soda	0.50 t
18233	Butter	0.50 c
18233	Sour cream	1.00 c

Sheet1

18233	Creole seasoning	2.00 T
18233	Kosher salt for sprinkling	2.00 T
18234	CAKE -----	0.00 -----
18234	Chocolate,bitter	4.00 oz
18234	Water,hot	1.00 c
18234	Eggs	2.00
18234	Sugar	2.00 c
18234	Sour cream	1.00 c
18234	Bread flour,sifted	2.00 c
18234	Baking soda	1.00 ts
18234	Salt	0.50 ts
18234	Vanilla	2.00 ts
18234	ICING -----	0.00 -----
18234	Sugar	2.00 c
18234	Cocoa	0.25 c
18234	Corn syrup,white	1.00 ts
18234	Milk	0.50 c
18234	Butter or margarine	0.50 c
18234	Pecans,chopped	1.00 c
18234	Vanilla	1.00 ts
18234	CAKE -----	0.00 -----
18234	ICING -----	0.00 -----
18235	(2 sticks) unsalted butter;	1.00 c
18235	-softened	0.00
18235	Sugar	0.75 c
18235	Sifted all-purpose flour	2.00 c
18235	Salt	0.25 ts
18235	Baking soda	1.00 ts
18235	Baking powder	2.00 ts
18235	Large eggs	3.00
18235	Sour cream	1.00 c
18235	Vanilla extract	2.00 ts
18235	Coarsely chopped walnuts	1.00 c
18235	Bittersweet chocolate;	4.00 oz
18235	-coarsely chopped	0.00
18236	Egg	1.00
18236	Salt	1.00 ts
18236	Freshly ground black pepper	1.00 pn
18236	Sugar	1.00 pn
18236	Lemon juice	4.00 ts
18236	Grated onion	1.00 ts
18236	Finely cut dill	2.00 tb
18236	Sour cream	1.50 c
18237	Raisins	1.00 c
18237	Sugar	1.50 c
18237	Shortening	0.50 c
18237	Eggs	2.00
18237	Sour cream	0.67 c
18237	Flour (sifted)	2.50 c

Sheet1

18237	Baking powder	1.00 ts
18237	Soda	0.50 ts
18237	Salt	1.00 ts
18237	Nutmeg	1.00 ts
18237	Vanilla	1.00 ts
18238	All-purpose flour	2.00 c
18238	Baking powder	1.00 tb
18238	Salt	0.50 ts
18238	Sour cream	0.50 c
18238	Butter, melted	0.50 c
18238	Sugar	1.00 tb
18238	Sugar	0.50 c
18238	Grated lemon peel	1.00 ts
18238	Chopped pecans	1.00 c
18238	Milk	0.50 c
18238	Egg beaten	1.00
18239	Eggs	2.00
18239	Sugar	1.00 c
18239	Thick sour cream	1.00 c
18239	Chopped raisins	1.00 c
18239	Nutmeg	0.25 ts
18239	Salt	0.12 ts
18239	Lemon juice	1.00 tb
18239	Unbaked pie shell	1.00
18240	Frozen hash browns,thawed	2.00 lb
18240	Cheddar cheese,grated	8.00 oz
18240	Cream of chicken soup	1.00 cn
18240	Carton sour cream	1.00 lg
18240	Salt	1.00 ts
18240	Onion, diced	1.00
18240	Garlic salt to taste	0.00
18240	Cornflakes,crushed	2.00 c
18240	Stick margarine or butter	1.00
18241	Butter (room temp)	0.50 c
18241	Eggs (room temp)	3.00
18241	Diary Sour Cream (room temp)	0.50 c
18241	Flour	1.50 c
18241	Baking Powder	0.25 ts
18241	Baking Soda	0.12 ts
18241	Sugar	1.00 c
18241	Vanilla	0.50 ts
18241	Powdered Sugar (opt)	0.00
18241	Blue Berries (opt)	0.50 c
18242	Brown sugar	1.50 c
18242	Thick sour cream	1.00 c
18242	Cold water	0.25 c
18242	Baking soda	0.50 ts
18242	Salt	0.50 ts
18242	Cake flour	1.50 c

Sheet1

18242	Eggs, well beaten	2.00
18242	Uncooked pitted prunes	1.00 c
18242	Baking powder	2.00 ts
18242	Cinnamon	1.00 ts
18242	Cloves	1.00 ts
18242	Nutmeg	1.00 ts
18243	Sour cream	1.00 c
18243	Sugar	1.00 c
18243	Eggs	2.00
18243	Flour	2.00 c
18243	Baking soda	0.50 ts
18243	Salt	0.50 ts
18243	Chopped raisins	1.00 c
18243	Nutmeg	1.00 ts
18243	Cloves	0.50 ts
18243	Vanilla	1.00 ts
18243	Baking powder	1.00 ts
18243	Cinnamon	1.00 ts
18244	Raisins	1.00 c
18244	Sour cream	1.00 c
18244	Raisin juice	0.25 c
18244	Sugar	0.50 c
18244	Dash salt	0.00
18244	Cornstarch	2.00 tb
18244	Egg yolks,beaten	2.00
18244	Baked pie crust	1.00
18244	-----m-----	0.00
18244	Egg whites	2.00
18244	Cream of tarter	0.25 ts
18244	Sugar	4.00 tb
18244	Vanilla	0.50 ts
18245	20% sour cream not cultured	1.50 c
18245	Sugar	1.00 c
18245	Cinnamon	1.00 ts
18245	Ground cloves	0.25 ts
18245	Raisins	0.50 c
18245	Nut meats, chopped coarsely	0.50 c
18245	Egg yolks, well beaten	3.00
18245	Flour	2.50 tb
18246	Cornstarch	2.00 ts
18246	Water	2.00 tb
18246	Sour cream	0.50 c
18246	Dill	0.12 ts
18246	Salt to taste	0.00
18247	Flour (sifted)	3.00 c
18247	Salt	1.00 ts
18247	Baking powder	0.50 ts
18247	Soda	0.50 ts
18247	Butter	0.25 lb

Sheet1

18247	Sugar	1.50 c
18247	Eggs	2.00
18247	Vanilla	1.00 ts
18247	Sour cream	1.00 c
18247	Mixed sugar and cinnamon	0.50 c
18248	Sifted cake flour	2.00 c
18248	Salt	0.50 ts
18248	Baking soda	1.00 ts
18248	Cinnamon	1.00 ts
18248	Cloves	0.50 ts
18248	Allspice	0.50 ts
18248	Shortening	0.50 c
18248	Brown sugar	2.00 c
18248	Eggs	2.00
18248	Vanilla	1.00 ts
18248	Vinegar plus sour cream to	2.00 tb
18248	-make 1 cup	0.00
18248	Broken nut meats	0.50 c
18249	Sour cream	2.00 c
18249	Taco seasoning	1.00 pk
18249	Grated monterey jack or mild	0.50 c
18249	-cheddar cheese	0.00
18249	Salsa (mild, med, or hot)	0.50 c
18249	Tomato, finely chopped	1.00
18249	Chredded lettuce	0.75 c
18249	Green onions, finely chopped	2.00
18249	Bag of tortilla chips,	400.00 g
18249	-(taco, or nacho chips	0.00
18250	Mayonnaise	1.00 c
18250	Sour Cream	0.50 c
18250	Dill pickle; finely chopped	2.00 tb
18250	Onion; finely chopped	1.00 tb
18250	Parsley; finely chopped	1.00 tb
18250	Lemon juice	1.00 tb
18250	Thyme	0.25 ts
18250	Terragon	0.25 ts
18250	Pepper	0.12 ts
18251	All-purpose flour	2.00 c
18251	Baking powder	2.50 ts
18251	Baking soda	0.75 ts
18251	Salt	0.50 ts
18251	Sugar; plus	1.00 tb
18251	Sugar	1.50 ts
18251	Eggs; separated	4.00
18251	Sour cream	1.00 c
18251	Milk	1.50 c
18251	Sweet Butter; melted, plus	0.75 c
18251	Sweet Butter; melted	2.00 tb
18251	--OR-- Oil instead of butter	0.00

Sheet1

18252	Sugar	1.00 c
18252	Cornstarch	3.50 tb
18252	Lemon rind, grated	1.00 tb
18252	Fresh lemon juice	0.50 c
18252	Egg yolks, slightly beaten	3.00
18252	Milk	1.00 c
18252	Butter	0.25 c
18252	Cultured sour cream	1.00 c
18252	Baked 9-in pie shell	1.00
18252	Heavy whipping cream,	1.00 c
18252	Whipped	0.00
18252	Lemon twists for garnish	0.00
18253	Dried chilies	10.00
18253	Shallots, chopped	5.00
18253	Shrimp paste	1.00 tb
18253	Salt	1.00 tb
18254	Brown sugar	2.00 c
18254	Shortening	0.50 c
18254	Eggs, well beaten	2.00
18254	Whey or sour milk	1.00 c
18254	Baking soda	1.00 ts
18254	Baking powder	1.00 ts
18254	Cocoa	0.50 c
18254	Vanilla	1.00 ts
18254	Salt	0.25 ts
18254	Flour	2.50 c
18255	Rich sour milk	1.00 c
18255	Baking soda	0.50 ts
18255	Egg, well beaten	1.00
18255	Sugar	1.00 c
18255	Salt	0.50 ts
18255	Nutmeg	0.50 ts
18255	Melted shortening	1.00 tb
18256	Brown sugar	1.50 c
18256	Eggs, well beaten	2.00
18256	Cinnamon	1.00 ts
18256	Sour milk	1.00 c
18256	Baking powder	2.00 ts
18256	Raisins	1.00 c
18256	Shortening	0.50 c
18256	Nutmeg	1.00 ts
18256	Cloves	0.50 ts
18256	Baking soda	0.50 ts
18256	Salt	0.50 ts
18256	Flour	2.75 c
18257	Sour oranges (about 6 med.	2.00 lb
18257	-sized)	0.00
18257	Water	2.00 qt
18257	Sugar	3.00 lb

Sheet1

18257	Salt	0.50 ts
18258	Text Only	0.00
18259	Active Sourdough Starter	1.00 c
18259	Salt	2.00 t
18259	Shortening	2.00 T
18259	Unbleached Flour	2.50 c
18259	Dry Skim Milk	0.50 c
18259	Sugar	3.00 T
18259	Whole Milk	0.50 c
18259	Baking Soda	1.50 t
18260	DAY ONE -----	0.00 -----
18260	Sd starter room temp	1.00 c
18260	Molasses	0.25 c
18260	Potato water room temp	1.00 c
18260	Whole-wheat flour	2.00 c
18260	DAY TWO -----	0.00 -----
18260	Beef broth	1.00 c
18260	Yellow cornmeal	0.25 c
18260	Riced potatoes	1.00 c
18260	Yeast	1.00 tb
18260	Lukewarm potato wate	0.25 c
18260	Salt	1.00 tb
18260	Butter, melted	4.00 tb
18260	Ground mace	0.50 ts
18260	Rye meal (see note)	0.50 c
18260	Nutmeg	0.50 ts
18260	Rye flour	2.00 c
18260	White flour	2.00 c
18260	Egg white wash	0.00
18260	Poppy seeds	0.00
18260	DAY ONE -----	0.00 -----
18260	DAY TWO -----	0.00 -----
18261	Lukewarm evaporated milk	1.00 c
18261	Sourdough starter	1.50 c
18261	Molasses	0.50 c
18261	Honey	0.25 c
18261	Butter melted	4.00 tb
18261	Salt	0.50 tb
18261	Ground allspice	1.00 ts
18261	Unprocessed rolled oats	2.00 c
18261	Raisins*	0.75 c
18261	White flour	2.50 c
18262	-ANNA-LODI (DMSD70C)	0.00
18262	Sourdough starter	1.25 c
18262	Water	0.50 c
18262	Melted butter	4.50 ts
18262	Barley flour	0.50 c
18262	Bread flour w/	1.75 c
18262	Gluten in bottom of cup	1.00 tb

Sheet1

18262	Med rye flour	0.75 c
18262	Salt	1.50 ts
18262	Sugar	1.50 tb
18262	Dry milk	1.50 tb
18262	Caraway seeds	3.00 ts
18262	Dried onion	2.00 ts
18262	Dry yeast	2.00 ts
18263	Rye flour	2.00 c
18263	Yeast	1.00 tb
18263	Lukewarm water	1.50 c
18263	Onion slice optional	0.00
18264	Dry yeast	1.00 tb
18264	Warm water	1.50 c
18264	Sourdough starter	1.00 c
18264	Sugar	1.00 tb
18264	Salt	0.50 tb
18264	Cider vinegar	2.00 tb
18264	White flour	5.50 c
18264	Baking soda	0.50 ts
18264	Yellow cornmeal	0.00
18265	Unbleached all-purpose	3.00 c
18265	Flour, divided	0.00
18265	Active dry yeast	1.00 ts
18265	Hot (120F to 130F) water	2.00 c
18265	Lukewarm (100F) water	1.00 c
18265	SOURDOUGH STARTER	0.00
18266	Sourdough starter	1.25 c
18266	Water	0.50 c
18266	Bread flour	3.00 c
18266	Olive oil	1.00 tb
18266	Sugar	2.00 tb
18266	Salt	1.00 ts
18266	Yeast	2.00 ts
18267	10-INCH flour tortillas	6.00
18267	Cheddar or American Cheese	4.00 oz
18267	Refried beans	1.00 cn
18267	Sliced green onions	0.50 c
18267	Diced green chile peppers	1.00 cn
18267	Chili powder	1.00 ts
18267	Tomato, seeded and chopped	1.00
18267	Sliced green onion	0.00
18267	Taco sauce (optional)	0.00
18268	Vegetable oil	3.00 tb
18268	Corn tortillas cut in 1/2"	3.00
18268	-strips	0.00
18268	Chopped onion	0.33 c
18268	Chopped red and green pepper	0.67 c
18268	Garlic clove	1.00
18268	Flour	0.25 c



Sheet1

18268	Chicken broth (12 oz)	2.00 cn
18268	Chili powder	1.00 ts
18268	Cooked chicken, cubed	2.00 c
18268	VEG-ALL Mixed Vegetables,	1.00 cn
18268	-with liquid (16 oz)	0.00
18269	Crepes	4.00
18269	Ground beef, browned and	1.00 lb
18269	Drained	0.00
18269	Chopped green pepper	0.50 c
18269	(16 oz) refried beans	1.00 cn
18269	8 oz. jar taco sauce	1.00
18269	Shredded Cheddar cheese	0.75 c
18269	Tomato, cut into thin	1.00 md
18269	Wedges	0.00
18270	Sesame seeds	1.00 ts
18270	Fenugreek seeds	0.25 ts
18270	Flaked unsweetened coconut	1.00 tb
18270	Pineapple chunks in	8.00 oz
18270	-unsweetened juice	0.00
18270	Turmeric	0.25 ts
18270	Brown sugar	0.50 ts
18270	Salt	0.25 ts
18270	Cayenne pepper	0.25 ts
18270	Light vegetable oil	0.50 tb
18270	Mustard seeds	0.50 ts
18270	Fresh curry leaves, or	10.00
18270	Chopped fresh cilantro	1.00 tb
18271	All-purpose flour	2.50 c
18271	Sugar	0.25 c
18271	Baking powder	1.50 T
18271	Salt	0.25 t
18271	Plus 2 Tbsp unsalted butter	0.25 lb
18271	Cold milk	1.00 c
18272	Buttermilk ranch dressing	1.00 c
18272	Cider vinegar	3.00 tb
18272	Granulated sugar	2.00 tb
18272	Prepared mustard	1.50 ts
18272	Celery seed	1.00 ts
18272	Whole mustard seed	1.00 ts
18272	Freshly ground black pepper	0.50 ts
18272	Shredded cabbage	6.00 c
18272	Shredded carrots	1.00 c
18272	Chopped fresh parsley	3.00 tb
18273	Buttermilk ranch dressing	1.00 c
18273	Cider vinegar	3.00 tb
18273	Granulated sugar	2.00 tb
18273	Prepared mustard	1.50 ts
18273	Celery seed	1.00 ts
18273	Whole mustard seed	1.00 ts

## Sheet1

18273	Freshly ground black pepper	0.50 ts
18273	Shredded cabbage	6.00 c
18273	Shredded carrots	1.00 c
18273	Chopped fresh parsley	3.00 tb
18274	Frying chicken,cut	3.00 lb
18274	-into serving pieces	0.00
18274	All-purpose flour	0.75 c
18274	Salt	1.00 ts
18274	Pepper	0.25 ts
18274	Crisco	0.33 c
18274	Spicy variation:	0.00
18274	Egg,lightly beaten	1.00
18274	Milk	0.50 c
18274	All-purpose flour	1.00 c
18274	Salt	1.00 ts
18274	Paprika	1.00 ts
18274	Black pepper	1.00 ts
18274	Garlic powder	0.50 ts
18274	Poultry seasoning	0.25 ts
18274	Frying chicken,cut	3.00 lb
18274	-into serving pieces	0.00
18274	Crisco shortening for frying	0.00
18275	Veal round streak, 1/4"	3.00 lb
18275	Thick	0.00
18275	Garlic,preserved	2.00 cl
18275	Pieces ham, sliced thin	12.00
18275	Pieces cheese, sliced thin	12.00
18275	Flour for dredging	0.00
18275	Eggs, beaten	2.00
18275	Milk	3.00 tb
18275	Horseradish	0.50 ts
18275	Bread crumbs	1.00 c
18275	Poultry seasoning	0.25 ts
18275	Condensed cream of mushroom	1.00 cn
18275	Soup	0.00
18275	White wine	2.00 tb
18275	Milk	0.50 c
18275	Sprinkle of paprika	0.00
18276	Olive oil	1.00 tb
18276	Whole chicken breasts, split	2.00 sm
18276	- skinless and boneless	0.00
18276	- flattened slightly,	0.00
18276	- and patted dry	0.00
18276	Salt	0.00
18276	Freshly ground black pepper	0.00
18276	Ripe, flavorful tomato	1.00 md
18276	- cut into 4 slices	0.00
18276	Log goat cheese	1.00 sm
18276	- cut into 4 slices	0.00

Sheet1

18276	Fruity olive oil	0.50 tb
18276	Chopped fresh basil leaves	1.00 tb
18277	Beef instant bouillon	0.50 c
18277	Unsifted flour	1.50 c
18277	Black pepper	0.50 ts
18277	Drippings or margarine	3.00 tb
18277	Milk or water	1.75 c
18278	(4oz) potato chips, crushed	1.00 pk
18278	Garlic salt	0.25 ts
18278	Pepper	1.00 ds
18278	Fryer chicken (2-1/2 to 3	1.00
18278	-lbs) cut up	0.00
18278	Melted marg	0.33 c
18279	Oyster liquor	1.00 c
18279	Dozen oysters	2.00
18279	Milk	6.00 c
18279	Butter	4.00 tb
18279	Mace	0.50 ts
18279	Salt	0.12 ts
18279	Of pepper	1.00 ds
18279	Paprika	0.00
18280	Lean spareribs	6.00 lb
18280	Salt	2.00 tb
18280	Prepared mustard	3.00 tb
18280	Hot Barbecue Sauce (recipe	3.00 c
18280	-separately)	0.00
18281	Young turnip greens with-	1.00 bn
18281	-turnips (1 pound)	0.00
18281	Butter	6.00 tb
18281	Chopped onions	1.00 c
18281	Salt	1.50 ts
18281	Sugar	1.25 ts
18281	Chicken stock	5.50 c
18281	Lemon juice	2.00 tb
18281	Half-and-half	2.00 c
18281	Cooked grits	4.00 tb
18281	Salt and freshly ground-	0.00
18281	-pepper to taste	0.00
18282	Buttermilk	0.33 c
18282	Flour	0.50 c
18282	Salt	1.00 ts
18282	Freshly ground pepper	0.25 ts
18282	Chicken, cut up	3.00 lb
18282	Lard or vegetable oil.	0.67 c
18283	Cucumber Salsa; *	0.00
18283	Southwest Relish; *	0.00
18283	Southwest Cuacamole; **	0.00
18283	Top Round Steak;Boneless,***	1.00 lb
18283	Lime Juice	0.25 c

Sheet1

18283	Vegetable Oil	2.00 tb
18283	Red Chiles; Ground	2.00 ts
18283	Cloves Garlic; Finely Chopped	2.00
18283	Flour Tortillas; ****	8.00
18284	Fresh Tomato Salsa; *	0.00
18284	Ground Beef	1.50 lb
18284	Chopped Green Chiles; **	4.00 oz
18284	Monterey Jack Cheese; Diced	4.00 oz
18284	Pepper	0.50 ts
18284	Salt	0.25 ts
18285	Sugar	3.00 c
18285	Orange juice	2.00 tb
18285	Water	1.00 c
18285	Lemon juice	1.00 tb
18285	Syrup	0.00
18286	Ground beef	1.00 lb
18286	Chopped onion	0.50 c
18286	Chopped green pepper	0.25 c
18286	Vegetable oil	1.00 tb
18286	Crushed tomatoes	30.00 oz
18286	Kidney beans, drained	16.00 oz
18286	Tomato sauce	8.00 oz
18286	Wright's Natural Hickory	1.00 ts
18286	-Seasoning	0.00
18286	1/4 oz package chili	1.00
18286	-seasoning mix*	0.00
18287	Vegetable oil	3.00 tb
18287	Onion, diced, about 3/4 cup	1.00 md
18287	Chili powder	1.00 tb
18287	Lean ground beef	1.00 lb
18287	Fine dry bread crumbs	0.50 c
18287	Egg	1.00 lg
18287	Salt	0.50 ts
18287	16 oz. jar mild taco sauce	1.00
18287	Fresh, ripe tomato, cut	1.00 lg
18287	Into bite-size chunks,	0.00
18287	About 1 cup	0.00
18287	Head iceberg lettuce,	1.00 sm
18287	Cored and shredded, about	0.00
18287	4 cups	0.00
18287	Coarsely grated Monterey	0.25 c
18287	Jack cheese, optional	0.00
18287	Ripe avocado, peeled,	1.00 sm
18287	Pitted and sliced, opt.	0.00
18287	Fresh basil or cilantro	0.00
18287	Sprigs, optional	0.00
18288	All-purpose flour	2.00 c
18288	Baking powder	1.00 tb
18288	Salt	0.50 ts

Sheet1

18288	Vegetable shortening	0.33 c
18288	Diced canned green chilies (	4.00 oz
18288	Grated cheddar cheese	0.50 c
18288	Milk	0.75 c
18288	Black or cayenne pepper	1.00 pn
18289	-----	0.00
18289	Clarified Butter; 1 1/2	6.00
18289	-sticks or 12 tbs.*	0.00
18289	All-Purpose Flour	0.50 c
18289	Chicken Stock	6.00 c
18289	Milk	1.00 c
18289	Heavy Cream	1.00 c
18289	Pasteurized Processed Cheese	6.00 oz
18289	-Spread Loaf; cut in small	0.00
18289	-pieces	0.00
18289	Tomatoes w/Green Chilies;	1.00 c
18289	-diced	0.00
18289	Broccoli; chopped	0.25 bn
18289	Yellow Onion; chopped	1.00 md
18289	Yellow Corn Kernels; cut	1.50 c
18289	-from the cob	0.00
18289	Jicama; peel & julienned	3.00 oz
18289	Nopalitos; grilled &	3.00 md
18289	-julienned (reserve 1/2 of	0.00
18289	-one for garnish	0.00
18289	Cilantro; washed & chopped	0.25 bn
18289	GARNISH -----	0.00 -----
18289	-Reserved Nopalitos	0.00
18289	Sour Cream	0.00
18289	Cilantro; chopped	0.00
18289	GARNISH -----	0.00 -----
18290	Bottom round of beef,	3.00 lb
18290	Trimmed	0.00
18290	Oil	2.00 tb
18290	Onion, chopped	1.00 lg
18290	Garlic, minced	2.00 cl
18290	Flour	0.33 c
18290	(14 1/2 oz) Mexican style	1.00 cn
18290	Stewed tomatoes	0.00
18290	(7 oz) diced green chilies	1.00 cn
18290	Water	0.25 c
18290	Oregano	1.00 ts
18290	Cumin	1.00 ts
18291	Butter; melted	4.00 tb
18291	Tomatoes; peeled	1.00 lb
18291	Granulated sugar	1.00 ts
18291	Salt & freshly ground pepper	0.00
18291	Garlic cloves; crushed	3.00
18291	Dry white wine	0.25 c

Sheet1

18291	Bay leaf	1.00 sm
18291	Lean ground beef	1.00 lb
18291	Bread; crusts removed,	2.00 sl
18291	- soaked in water, and	0.00
18291	- squeezed dry	0.00
18291	Ground cumin	1.00 ts
18291	Egg; lightly beaten	1.00
18291	Parsley; minced	2.00 ts
18291	Salt; (or more to taste)	1.00 ts
18291	Freshly ground pepper	1.00 pn
18291	Oil for frying	0.00
18292	TVP chunks	1.00 c
18292	Ketchup	1.00 tb
18292	Hot water	1.00 c
18292	Cider vinegar	0.50 c
18292	Water	0.50 c
18292	Honey	1.00 tb
18292	Bay leaf	1.00 ea
18292	Whole cloves	0.50 ts
18292	Cornstarch	1.00 tb
18292	Soy sauce	2.00 tb
18292	Soy sour cream	0.50 c
18292	Oil	2.00 tb
18293	Dark soya sauce	2.00 tb
18293	A lemon or 1 lime, juice	0.50
18293	-only	0.00
18293	Cabe rawit, crushed, or:	2.00
18293	Chilli powder	1.00 ts
18293	Shallots, sliced very thin	2.00
18293	Clove of garlic, crushed	1.00
18293	-(optional)	0.00
18293	Boiled water	1.00 tb
18294	Soya sauce	0.50 c
18294	Fresh chillies, cut into	2.00
18294	-ringlets	0.00
18294	Onion, thinly sliced	1.00 lg
18294	Lemon, juice only	0.50
18295	Dry soybeans	0.50 c
18295	Eggplant	1.00
18295	Onion; diced	1.00
18295	Garlic cloves; minced	4.00
18295	Oats	1.00 c
18295	Wheat germ	1.50 c
18295	Salt	0.50 ts
18295	Oil	0.00
18295	MUSHROOM GRAVY -----	0.00 -----
18295	Chopped onions	1.00 c
18295	Garlic cloves; minced	2.00
18295	Chopped mushrooms	1.00 c

Sheet1

18295	Butter or margarine	3.00 tb
18295	Arrowroot	1.00 tb
18295	Water	0.50 c
18295	Tamari	1.00 tb
18295	MUSHROOM GRAVY -----	0.00 -----
18296	Soy milk	1.00 c
18296	Soy milk powder	1.00 tb
18296	Vanilla	0.25 ts
18296	Corn oil	1.00 ts
18296	--(or canola oil or	0.00
18296	--flax seed oil)	0.00
18296	Lecithin	1.00 ts
18296	--(liquid or granules)	0.00
18296	-to	0.12 c
18296	Almonds	0.25 c
18296	Nutmeg	0.25
18296	Carob powder (optional)	1.00 ts
18296	Tumeric (optional)	1.00 pn
18297	Dry soybeans	1.00 c
18297	Pieces kombu or kelp	2.00
18297	- each about two pieces long	0.00
18297	Whole wheat bread flour	2.00 tb
18297	Rolled oats	0.75 c
18297	Canola or light sesame oil	1.00 tb
18297	Soymilk	5.00 tb
18297	Nutritional yeast	2.00 tb
18297	Ground fennel seed	0.25 ts
18297	Black pepper	0.25 ts
18297	Tamari	1.00 tb
18297	Dried oregano	0.25 ts
18297	Salt	0.50 ts
18297	Cayenne	0.12 ts
18297	Garlic cloves; minced	2.00 lg
18297	Onion; finely chopped	0.50 md
18297	Dijon mustard	0.25 ts
18297	Dried sage	1.50 ts
18297	-OR- ground allspice	0.00
18297	Water	0.25 c
18297	Cider vinegar	0.25 c
18297	-TO	4.00
18297	Gluten flour	8.00 tb
18298	Olive Oil	3.00 tb
18298	Minced Onions	0.50 c
18298	Tomato Sauce	1.00 c
18298	Oregano	0.50 ts
18298	Italian Seasoning	0.25 ts
18298	Sliced Mushrooms	0.75 c
18298	Zucchini, Thnly Sliced	0.50 md
18298	Diced Red Pepper	0.50 c

Sheet1

18298	8-Inch Flour OR 6-Inch Corn	4.00
18298	Tortillas	0.00
18298	Black Olives	0.50 c
18298	Grated Mozzarella Cheese	1.00 c
18298	Diced Green Pepper	0.50 c
18299	Layer chocolate cake mix	1.00
18299	Almonds, slivered	2.00 c
18299	Hot water	5.00 tb
18299	Light corn syrup	0.50 c
18299	Margarine, melted	0.25 c
18299	Chocolate chips	2.00 c
18299	Hot Fudge Sauce (can be used	2.50 c
18299	-in place of last 4	0.00
18300	Flour; Unbleached	3.00 c
18300	Salt	1.00 ts
18300	Nutmeg	0.25 ts
18300	Eggs; Large, Beaten	4.00
18300	Water, Or More	0.50 c
18300	Butter	0.25 c
18301	Ground beef	1.00 lb
18301	Italian sausage; bulk	0.50 lb
18301	Onion; chopped	1.00 c
18301	Garlic clove; minced	2.00
18301	Tomatoes; 16 oz, cut-up	2.00 cn
18301	Tomato sauce; 8 oz	2.00 cn
18301	Mushrooms; 4 oz, chopped and	2.00 cn
18301	-drained	0.00
18301	Green pepper; chopped	1.00 c
18301	Tapioca; quick-cooking	4.00 tb
18301	Bay leaves	2.00
18301	Basil, crushed & dry	1.00 ts
18301	Oregano, crushed & dry	1.00 ts
18301	Pepper	0.25 ts
18301	Salt	0.00 ds
18301	Hot cooked spaghetti	0.00
18302	Fresh ripe tomatoes	2.50 lb
18302	Italian olive oil	0.33 c
18302	Chopped onion	0.50 c
18302	Garlic	3.00 cl
18302	Chopped fresh basil	2.00 tb
18302	Salt & pepper to taste	0.00
18302	Spaghetti	1.25 lb
18302	Parmesan cheese	0.75 c
18302	Basil leaves	20.00
18303	Olive oil	2.00 tb
18303	Ripe tomatos, peeled and	4.00
18303	Chopped	0.00
18303	Garlic, finely chopped	3.00 cl
18303	Crushed red pepper	1.00 ts



Sheet1

18303	Chopped parsley	1.00 tb
18303	Spaghetti	1.00 lb
18303	Freshly grated Parmesan	0.50 c
18303	Cheese	0.00
18303	Salt to taste	0.00
18304	Olive oil	2.00 tb
18304	Ripe tomatoes, peeled	6.00 lg
18304	And chopped	0.00
18304	Garlic, finely chopped	3.00 cl
18304	Crushed red pepper	1.00 ts
18304	Chopped parsley	1.00 tb
18304	Salt to taste	0.00
18304	Spaghetti	1.00 lb
18304	Freshly grated Parmesan	0.50 c
18304	Cheese	0.00
18305	Olive oil	0.50 c
18305	Drained canned plum tomatoes	0.75 c
18305	- Italian-style	0.00
18305	Red or green bell peppers	2.00
18305	- washed, seeded, and cut	0.00
18305	- into 2-by-1/4-in strips	0.00
18305	Black olives, pitted	0.25 lb
18305	-(oil-cured or Gaeta)	0.00
18305	Salt	0.00
18305	Freshly ground black pepper	0.00
18305	Imported Italian spaghetti	1.00 lb
18305	Grated pecorino romano	2.00 tb
18306	Spaghetti	1.00 lb
18306	Extra Virgin Olive Oil	3.00 tb
18306	Chopped Onions	0.25 c
18306	Whole Clove of Garlic	1.00
18306	Anchovy Fillets	2.00
18306	Fresh Chili Pepper	1.00
18306	Ripe Plum Tomatoes	4.00
18306	Fresh Basil Leaves	2.00
18306	Fresh Italian Parsley	1.00 tb
18306	Capers	1.00 tb
18306	Pitted Black Olives	12.00
18306	Reggiano Parmigiano cheese	0.00
18307	Tofu, mashed	1.00 c
18307	Nutritional yeast	2.00 tb
18307	Oil	1.00 tb
18307	Tamari	2.00 tb
18307	Cooked spaghetti	2.00 c
18307	Tomato sauce	3.00 c
18308	FOR 1 -----	0.00 -----
18308	Yeast	1.00 pk
18308	Bread flour	3.00 c
18308	Sugar	1.00 tb

Sheet1

18308	Garlic salt	1.00 ts
18308	Grated parmesan cheese	0.33 c
18308	Dried Italian seasoning	1.00 ts
18308	Olive oil	1.00 tb
18308	Warm water	1.50 c
18308	FOR 1 -----	0.00 -----
18309	Bacon cooked and crumbled	1.00 lb
18309	Onion, diced	1.00 md
18309	Green pepper, diced	1.00
18309	Clove garlic crushed	1.00 sm
18309	Bacon fat fom above	2.00 tb
18309	PASTA -----	0.00 -----
18309	Flour	2.00 c
18309	Salt	1.00 ts
18309	Olive oil	2.00 ts
18309	Eggs	2.00
18309	Water	2.00 tb
18309	PASTA -----	0.00 -----
18310	Olive Oil	0.25 c
18310	Butter	2.50 tb
18310	Medium Mushrooms, sliced	8.00
18310	Cloves of garlic, minced	4.00
18310	Crushed Chili Peppers	1.00 ds
18310	Powdered Oregano	2.00 ts
18310	Fresh Chitarra Pasta	1.50 lb
18311	(15oz) Jar spaghetti sauce	0.00
18311	Spaghetti **	4.00 oz
18311	Frozen chopped spinach *	1.00 pk
18311	Cottage cheese	1.50 c
18311	(6oz) Mozzarella cheese slic	1.00 pk
18311	Grated parmesan cheese	0.33 c
18312	Onion slices	0.50 c
18312	Olive oil	2.00 tb
18312	Ground beef	1.00 lb
18312	Garlic cloves; minced	2.00
18312	Canned tomatoes; 4 cups	2.00 lb
18312	Canned tomato sauce; 2 cups	16.00 oz
18312	Canned mushrooms; 2/3 cup	3.00 oz
18312	Parsley	0.25 c
18312	Oregano	1.50 ts
18312	Salt	1.00 ts
18312	Thyme	0.25 ts
18312	Bay leaf	1.00
18312	Water	1.00 c
18313	Instant Minced Onion	1.00 tb
18313	Cornstarch	1.00 tb
18313	Salt	1.50 ts
18313	Sugar	1.00 ts
18313	Parsley Flakes	1.00 tb

Sheet1

18313	Green Pepper Flakes	2.00 ts
18313	Instant Minced Garlic	0.25 ts
18313	Italian Sesonings	0.75 ts
18314	Oil	2.00 tb
18314	Onion, chopped	1.00 sm
18314	Garlic clove, minced	1.00 ea
18314	Dry lentils	0.50 c
18314	Can tomatoes	1.00 lg
18314	Tomato paste	6.00 oz
18314	Water	1.00 c
18314	Basil	0.50 ts
18314	Oregano	0.50 ts
18314	Thyme	0.25 ts
18314	Salt	0.25 ts
18314	Red wine	0.25 c
18314	Cooked spaghetti	8.00 oz
18315	Garlic	12.00 cl
18315	Olive oil	0.25 c
18315	Water	4.00 qt
18315	Salt	1.50 tb
18315	Spaghetti	1.00 lb
18315	Chicken stock	1.50 c
18315	Chopped parsley	1.00 c
18315	Black pepper, fresh ground	0.00
18315	Grated Parmesan cheese	0.00
18316	Medium sized shrimps	1.50 lb
18316	Eggplant (1 pound)	1.00
18316	Olive oil	4.00 tb
18316	Finely chopped garlic	1.00 tb
18316	Imported crushed tomatoes	4.00 cn
18316	Honey	1.00 ts
18316	Hot red pepper flakes	0.25 ts
18316	Coarsely chopped fresh basil	0.25 c
18316	Water	4.00 qt
18316	Spaghetti	0.75 lb
18316	Grated parmesan cheese	0.75 c
18317	Spam, or Spam Lite, minced	1.00 cn
18317	8 oz cream cheese, soft	1.00 pk
18317	Garlic salt	0.50 t
18317	Dill weed	0.50 t
18317	Paprika	0.25 t
18317	Sour cream	1.00 T
18317	Basil	0.50 t
18318	Spam	1.00 cn
18318	Mayonaisse or salad dsg	3.00 T
18318	Lettuce leaves	6.00
18318	Sliced tomatoes	2.00
18318	Cheese of your choice	6.00 sl
18318	Hamburger buns, split	6.00

Sheet1

18319	(12 oz) can Spam	1.00 cn
18319	Cumin	0.50 ts
18319	Garlic powder	0.50 ts
18319	Clove garlic, minced	1.00
18319	Roasted Anaheim chilis (3	6.00
18319	-hot, 3 medium), diced	0.00
18319	Red hot pepper sauce to	0.00
18319	-taste	0.00
18319	Ground black pepper to taste	0.00
18319	Dozen corn tortillas, fried	1.00
18319	-in oil until crisp, drained	0.00
18319	(11 oz.) cream of mushroom	2.00 cn
18319	-soup	0.00
18319	(11 oz.) water	1.00 cn
18319	Velveeta, sliced	0.50 lb
18319	Cheddar cheese, grated	0.50 lb
18319	Garlic powder (optional)	0.50 ts
18319	Cumin (optional)	0.50 ts
18320	Spam, cut in strips	1.00 cn
18320	Carrots, thinly sliced	2.00
18320	Zucchini, thinly sliced	1.00
18320	Finely chopped onion	0.25 c
18320	Garlic clove, minced	1.00
18320	Olive oil, divided	6.00 T
18320	9 oz package linguini,	1.00
18320	-cooked	0.00
18320	Grated parmesan cheese	0.50 c
18320	Lemon juice	2.00 T
18320	White pepper	0.25 t
18321	12 oz cubed SPAM	1.00 cn
18321	Chopped celery	1.00 c
18321	Mayonnaise	0.33 c
18321	Toasted slivered almonds	0.25 c
18321	Chopped onion	2.00 T
18321	Pickle relish	2.00 T
18321	Mustard	1.00 t
18321	8" flour tortillas	5.00
18321	Lettuce leaves	5.00
18322	Water	2.00 c
18322	Small potato, diced	1.00
18322	Chicken broth cube	1.00
18322	Salt	1.00 pn
18322	Garlic powder	1.50 ts
18322	Black pepper	1.00 pn
18322	Sofrito	2.00 tb
18322	Sazon	1.00 pk
18322	Tomato sauce	3.00 tb
18322	Pinto beans	1.00 cn
18323	Brown sugar	1.00 lb

Sheet1

18323	Turmeric	0.50 oz
18323	White mustard seed	2.00 tb
18323	Celery seed	1.00 tb
18323	Cinnamon	1.00 tb
18323	Green peppers	6.00
18323	Red peppers	6.00
18323	Onions	6.00 lg
18323	Cucumbers	6.00
18323	Heads cabbage	2.00
18323	Peck green tomatoes	0.50
18323	Peck ripe tomatoes	0.50
18323	Vinegar	2.00 qt
18324	Uncooked long grain rice	1.00 c
18324	Oil	4.00 T
18324	Diced bell pepper	2.00 T
18324	Diced onion	3.00 T
18324	Dried parsley flakes	1.00 t
18324	Tomato paste	3.00 oz
18324	Cloves garlic, minced	2.00 ea
18324	Cold water	2.50 c
18324	Salt	0.75 t
18325	Olive oil	2.00 tb
18325	Chorizo	1.00 lb
18325	Ham, smoked; finely chopped	7.00 oz
18325	Onion, large; finely chopped	2.00
18325	Bell pepper, green; seeded	1.00
18325	- and finely chopped	0.00
18325	Carrot, med; finely chopped	1.00
18325	Garlic clove; minced	2.00
18325	Bay leaf	1.00
18325	Thyme, fresh	0.75 ts
18325	Cumin, ground	0.50 ts
18325	Chicken stock	9.00 c
18325	Tomato; can	16.00 oz
18325	Lentils, dried	0.50 lb
18325	Salt; to taste	0.00
18325	Pepper; to taste	0.00
18325	Spinach leaf, large	12.00
18326	Mushrooms, sliced	0.50 lb
18326	Margarine	4.00 tb
18326	Salt & pepper	0.00
18326	Sweet wine or sherry	2.00 tb
18326	Onion, chopped	1.00 sm
18326	Garlic clove, minced	1.00 ea
18326	Olive oil	2.00 tb
18326	Long grain rice	1.50 c
18326	Breen bell pepper, diced	1.00 md
18326	Tomatoes, chopped	4.00 md
18326	Hot water	3.00 c

Sheet1

18326	Whole cloves	3.00 ea
18326	Bay leaf	1.00 ea
18326	Cayenne	1.00 ds
18326	Parsley for garnish	0.00
18327	White beans; dried	1.00 lb
18327	Water; split into 4 cups wa	16.00 c
18327	Ham hocks; 4 hocks	2.50 lb
18327	Leeks; diced	1.25 c
18327	Onions; chopped	2.00 c
18327	Garlic; chopped	1.00 ts
18327	Thyme; dried	0.50 ts
18327	Olive oil	1.00 ts
18327	Carrots; chopped	1.50 c
18327	Turnips; cubed	1.50 c
18327	Coriander; fresh, chopped	0.25 c
18328	Pork spare ribs	3.00 lb
18328	Water	0.25 c
18328	Celery,chopped	1.00 c
18328	Onion,chopped	1.00
18328	Butter or margarine	1.00 tb
18328	Apple,small,3/4" pieces	1.00
18328	Cornbread cubes	2.00 c
18328	Sage	0.50 ts
18328	Rosemary,crushed	0.25 ts
18328	Salt	0.00
18328	Pepper	0.00
18328	Chili sauce	3.00 tb
18329	Cornmeal	1.00 c
18329	All purpose flour	0.25 c
18329	Baking powder	2.00 ts
18329	Sugar	0.25 ts
18329	Baking soda	0.25 ts
18329	Salt	1.00 ts
18329	Whole tomatoes, undrained	14.50 oz
18329	Medium onion, chopped	1.00
18329	Egg, beaten	1.00
18329	Shortening, melted	3.00 tb
18330	Basic burger recipe	1.00
18330	Mayonnaise	3.00 tb
18330	Ketchup	2.00 ts
18330	Pickle relish	1.00 ts
18330	Hard Kaiser rolls, in place	4.00
18330	-of hamburger buns	0.00
18330	Lettuce leaves	4.00
18330	Tomato slices	4.00
18330	Coleslaw	0.50 c
18331	Soup stock, chicken	0.50 c
18331	Sugar	0.50 ts
18331	Soy sauce	2.00 ts

Sheet1

18331	Sesame oil	0.25 ts
18331	Cornstarch solution	1.50 ts
18332	Flour	4.00 c
18332	Butter	1.00 c
18332	Brown sugar	1.50 c
18332	Salt	1.00 ts
18332	Baking powder	4.00 ts
18332	Cinnamon	1.00 ts
18332	Cloves	1.00 pn
18332	Nutmeg	1.00 pn
18332	Ginger	1.00 pn
18332	Black pepper	1.00 pn
18332	Milk	0.00
18332	Blanched almonds (opt.); OR	0.00
18332	Candied fruit peel (opt.)	0.00
18333	Smooth or crunchy peanut	0.75 c
18333	-butter	0.00
18333	Semisweet chocolate chips (1	6.00 oz
18333	-cup)	0.00
18333	Miniature marshmallows	2.00 c
18333	Heavy cream or milk	0.25 c
18333	Vanilla extract	1.00 ts
18334	Rosemary	0.50 ts
18334	Thyme	0.50 ts
18334	Tarragon	0.50 ts
18334	Cooking Oil	0.50 c
18334	Lemon Juice	1.00 c
18335	-Robbie Shelton	0.00
18335	Ground Cinnamon	2.00 tb
18335	Ground Nutmeg	1.00 tb
18335	Ground Cloves	1.50 ts
18335	Ground Allspice	1.50 ts
18335	Ground Ginger	1.00 tb
18335	Grated Orange peel*; dried	1.00 tb
18336	Shortening	0.33 c
18336	Sugar	1.33 c
18336	White flour	2.50 c
18336	Baking powder	4.00 ts
18336	Salt	0.50 ts
18336	Nutmeg	0.50 ts
18336	Cinnamon	0.50 ts
18336	Water	1.00 c
18336	Raisins	1.00 c
18337	Small potatoes, cut in	9.00 oz
18337	-quarters	0.00
18337	Water	1.00 qt
18337	Each salt and ground	0.25 ts
18337	-coriander	0.00
18337	Each chili powder, ground	0.12 ts

## Sheet1

18337	-ginger, and ground cardamom	0.00
18337	Ground cumin	1.00 ds
18337	Ground nutmeg	1.00 ds
18337	Ground mace	1.00 ds
18337	Ground cloves	1.00 ds
18337	Vegetable oil	1.50 ts
18337	Margarine	1.50 ts
18338	Black beans, soaked	4.00 oz
18338	Onion, chopped	1.00 ea
18338	Garlic cloves, crushed	2.00 ea
18338	Olive oil	1.00 tb
18338	Grated ginger	1.00 ts
18338	Cumin	0.50 ts
18338	Coriander	0.50 ts
18338	Fresh green chili, chopped	1.00 sm
18338	Green bell peppers, diced	2.00 ea
18338	Carrots, diced	8.00 oz
18338	Roasted peanuts	2.00 oz
18338	Orange, peeled & sliced	1.00 ea
18338	Sherry	1.00 tb
18338	Lemon, juiced	0.50 ea
18338	Shoyu	1.00 ts
18339	Oranges	4.00
18339	Water	0.00
18339	Sticks cinnamon	2.00
18339	Whole allspice	4.00
18339	Whole cloves	6.00
18339	Fresh dark sweet cherries,	4.00 lb
18339	-pitted	0.00
18339	Fresh lemon juice	0.50 c
18339	Sugar	6.50 c
18340	Dried chick peas, soaked	6.00 oz
18340	Water	3.00 pt
18340	Oil	2.00 tb
18340	Onions, diced	2.00 md
18340	Chili powder	0.50 ts
18340	Coriander	1.00 ts
18340	Fresh ginger, minced	1.00 ts
18340	Cumin	1.00 ts
18340	Red or green bell peppers	2.00 ea
18340	-- diced	0.00
18340	Tomato paste	4.00 tb
18340	Stock	0.50 pt
18340	Lemon juice to atste	0.00
18340	Salt & pepper	0.00
18341	Vegetable oil	2.00 tb
18341	Broiler-fryer, cut into	1.00
18341	-pieces	0.00
18341	Salt	0.50 ts



Sheet1

18341	Ground pepper	0.25 ts
18341	Chicken bouillon cube	1.00
18341	Hot water	0.50 c
18341	Sliced peaches in extra	1.00 cn
18341	-light syrup (16 oz)	0.00
18341	Vinegar	3.00 tb
18341	Prepared mustard	1.00 tb
18341	Ground cinnamon	0.25 ts
18341	Ground allspice	0.25 ts
18341	Ground cloves	0.12 ts
18342	Ripe currants	3.00 lb
18342	Sugar	2.00 lb
18342	Cinnamon	1.00 tb
18342	Allspice	1.00 ts
18342	Vinegar	1.00 c
18342	Water	1.00 c
18342	Cloves	1.00 ts
18343	Dill pickles	3.00
18343	Mixed spices	1.50 ts
18343	Chopped onion	0.25 c
18343	Vinegar	0.75 c
18343	Sugar	0.75 c
18344	Olive oil	3.00 tb
18344	Unsalted butter	2.00 tb
18344	Onion, chopped	1.00
18344	Carrots, diced	2.00
18344	Ribs celery, diced	2.00
18344	Green bell pepper, cored,	1.00
18344	-seeded and diced	0.00
18344	"waxy" boiling potato,	1.00 sm
18344	-peeled and diced	0.00
18344	Ground cumin	1.00 ts
18344	Ground pure chili powder	1.00 ts
18344	Ground allspice	0.75 ts
18344	Imported bay leaf and 5	1.00 sm
18344	-sprigs parsley	0.00
18344	Tied together with kitchen	0.00
18344	-string	0.00
18344	Lentils, picked over	0.50 lb
18344	Chicken broth	6.00 c
18344	Salt	0.00
18344	Freshly-ground black pepper	0.00
18345	Bran muffin mix	7.00 oz
18345	Pancake mix	1.00 c
18345	Milk	1.25 c
18345	Eggs, beaten	2.00
18345	Aple pie spice	1.50 ts
18345	Vanilla extract, pure	1.00 ts
18345	*Topping	0.00

## Sheet1

18345	Pancake syrup	1.00 c
18345	Vanilla extract, pure	0.50 ts
18345	Cinnamon, ground	0.25 ts
18345	Orange extract	0.25 ts
18345	Bananas, sliced	2.00
18346	Peach	7.00 lb
18346	Vinegar	1.00 qt
18346	Cinnamon, stick	1.00 T
18346	Brown sugar	4.00 lb
18346	Cloves, whole	1.00 t
18346	Allspice, whole	1.00 t
18347	Coarsely chopped pecans	2.00 c
18347	Packed light brown sugar	0.25 c
18347	Ground cinnamon	2.00 ts
18347	Ground nutmeg	1.00 ts
18347	Unsalted butter	1.00 c
18347	Plus 2 tsp vanilla extract	2.00 ts
18347	Sugar	2.00 c
18347	Sifted all-purpose flour	3.00 c
18347	Baking powder	2.00 ts
18347	Plus 2 tbsp milk	1.00 c
18347	Egg whites	3.00
18348	Granulated sugar	1.50 c
18348	Water	0.75 c
18348	Egg yolks	8.00
18348	Margarine, softened	1.50 c
18348	Powdered sugar	2.50 c
18348	Vanilla extract	4.50 ts
18348	Pecans; coarsely chopped	2.50 c
18349	Water	1.00 c
18349	Sugar	0.50 c
18349	Vanilla extract	1.00 ts
18350	Unsweetened pineapple	9.00 c
18350	Juice	0.00
18350	Cranberry juice	9.00 c
18350	Cocktail	0.00
18350	Water	4.50 c
18350	Brown sugar.	1.00 c
18350	Coffee basket	0.00
18350	Teaspoons whole cloves	4.50
18350	Cinnamon sticks, broken	4.00
18350	Teaspoon salt	0.25
18351	Day lily buds, freshly	2.00 qt
18351	-boiled and drained	0.00
18351	White vinegar	3.00 c
18351	Light brown sugar, packed	0.75 c
18351	Salt	0.50 ts
18351	Whole allspice	0.50 ts
18351	Two-inch sticks cinnamon,	2.00

Sheet1

18351	-broken up	0.00
18351	To 12 whole cloves	10.00
18352	Sm Pickles	200.00 ea
18352	Mustard, dry	2.00 oz
18352	Cider vinegar	1.00 qt
18352	Cinnamon	2.00 oz
18352	Sugar	1.00 lb
18352	Salt	1.00 c
18352	Cloves, whole	2.00 oz
18353	Pork roast	3.00 lb
18353	Apple cider	0.50 c
18353	Dried sage	0.50 ts
18353	Pepper	0.25 ts
18354	Cooked and Mashed pumpkin	4.00 c
18354	(2-ounce) package powdered	1.00
18354	-pectin	0.00
18354	Sugar	4.50 c
18354	Pumpkin pie spice	1.00 tb
18354	Unsalted butter	0.50 ts
18355	Diced fresh or frozen	10.00 c
18355	-rhubarb	0.00
18355	Sugar	4.50 c
18355	Cider vinegar	1.00 c
18355	Ground cinnamon	2.00 ts
18355	To 1 ts Ground cloves	0.50 ts
18355	To 1 ts Ground allspice	0.50 ts
18356	Part skim ricotta cheese	1.50 c
18356	Sugar	2.00 tb
18356	Finely grated orange peel	1.50 tb
18356	Ground nutmeg	0.12 ts
18357	Granulated sugar	1.00 c
18357	Teaspoons ground cinnamon	1.50
18357	Teaspoon nutmeg	0.50
18357	Teaspoon ground cloves	0.25
18357	Teaspoon allspice	0.25
18358	Potatoes	1.50 lb
18358	Broccoli head, include stem	1.00 ea
18358	Carrots, sliced	5.00 lg
18358	Cauliflower, chopped	1.00 sm
18358	Onion, finely chopped	1.00 md
18358	Ghee	0.50 c
18360	Flour, all-purpose	2.00 c
18360	Sugar, granulated	0.50 c
18360	Cinnamon, ground	1.50 ts
18360	Baking powder	2.00 ts
18360	Allspice, ground	0.50 ts
18360	Apple, unpeeled, grated	2.00 c
18360	Apple juice concentrate,	0.50 c
18360	Undiluted	1.00 x

Sheet1

18360	Raisins, optional	0.50 c
18360	Egg, whole OR 2 egg whites	1.00 ea
18360	Oil, vegetable	3.00 tb
18361	Raisins	1.00 c
18361	Applesauce	1.00 c
18361	Baking soda	1.00 t
18361	Cloves; ground	0.12 t
18361	Sugar	1.00 c
18361	Vanilla	1.00 t
18361	Water	0.50 c
18361	Unbleached flour; sifted	1.50 c
18361	Cinnamon; ground	0.50 t
18361	Butter or regular margarine	0.50 c
18361	Egg; lg	1.00 ea
18361	Walnuts; chopped	0.50 c
18362	Applesauce Spice Cake mix	1.00 pk
18362	Water	1.00 c
18362	Vanilla frosting	0.75 c
18362	Oil	2.00 tb
18362	Maple nut, butter brickle,	6.00 c
18362	Or cinnamon ice cream	0.00
18363	Dry pinto beans	2.00 c
18363	Ground cumin	2.00 tb
18363	Cl Garlic	10.00
18363	Jalapeno pepper; minced	2.00 tb
18363	Cider vinegar	4.00 tb
18363	Paprika	2.00 tb
18363	Chili powder	2.00 tb
18363	Tabasco, to taste	0.00
18363	Fresh cilantro; chopped	1.00 c
18364	Beef flank steak	1.00 lb
18364	Nonstick spray coating	0.00
18364	Flour tortillas (7-inch)	6.00
18364	Salsa	1.00 c
18364	Cornstarch	1.00 ts
18364	Instant beef bouillon	0.50 ts
18364	-granules	0.00
18364	Zucchini, cut into thin	1.00 md
18364	-strips (2 cups)	0.00
18364	Green onions, bias cut into	4.00
18364	-1-inch lengths	0.00
18364	Cooking oil	1.00 tb
18364	Monterey Jack cheese,	0.50 c
18364	-shredded (2 oz)	0.00
18365	Salt	2.00 ts
18365	Pepper, white	2.00 ts
18365	Fennel seed, ground	2.00 ts
18365	Pepper, black, ground	2.00 ts
18365	Garlic powder	2.00 ts

Sheet1

18365	Mustard, dry	1.00 ts
18365	Cayenne pepper	1.00 ts
18365	Vegetable spray	0.00
18365	;Water	0.25 c
18365	Worcestershire sauce	3.00 tb
18366	Ground turkey	1.25 lb
18366	Onion; minced	0.50 c
18366	Fresh basil; chopped	0.25 c
18366	Fresh parsley; chopped	0.25 c
18366	Cloves garlic, minced	2.00
18366	Salt	1.00 ts
18366	Thyme leaves; dried	0.50 ts
18366	Ground ginger	0.50 ts
18366	Dried red pepper flakes	0.50 ts
18366	Fresh ground pepper to taste	0.00
18366	Dried bread crumbs	2.00 tb
18366	Egg, lightly beaten	1.00
18366	Vegetable oil	2.00 tb
18367	Spicy Texas Barbecue Sauce;*	0.00
18367	Beef Brisket; **	1.00
18368	Vegetable oil	2.00 tb
18368	Chili powder	1.00 tb
18368	Instant minced onion flakes	1.00 ts
18368	Garlic powder	1.00 ts
18368	Salt	0.50 ts
18368	Red pepper flakes, crushed	0.25 ts
18368	Chicken wings, tips removed	12.00
18368	-(2 pounds)	0.00
18369	Hot water	0.25 c
18369	Smooth peanut butter	0.50 c
18369	Soy sauce	0.33 c
18369	Lemon juice	0.25 c
18369	Cayenne pepper	1.00 ts
18369	Of Tabasco sauce (optional)	1.00 ds
18369	Brown sugar or honey	0.25 c
18369	Sherry	0.25 c
18370	Green chili, chopped	1.00 lg
18370	Chorizo, coarsely chopped	1.00 lb
18370	(or other spicy sausage)	0.00
18370	Onion, chopped	1.00 lg
18370	Butter	3.00 tb
18370	Eggs	3.00
18370	Sour cream	1.00 c
18370	Cornmeal	1.50 c
18370	Whole wheat pastry flour	0.50 c
18370	Baking soda	1.00 ts
18370	Baking powder	1.00 ts
18370	Soy sauce	0.50 ts
18370	Maple syrup	0.50 c

Sheet1

18370	Milk	1.00 c
18370	Monterey Jack, grated	1.00 c
18370	Ears of fresh cooked corn	3.00
18370	Kernels only	0.00
18371	Boneless chicken breasts	0.50 lb
18371	- skinned	0.00
18371	Fresh green or red chiles	2.00 sm
18371	Canned bamboo shoots	8.00 oz
18371	Zucchini	0.50 lb
18371	Red or green bell pepper	1.00 lg
18371	Oil, preferably peanut	2.00 tb
18371	Chicken stock	2.00 tb
18371	Rice wine or dry sherry	2.00 tb
18371	Chili bean sauce (or more)	1.50 ts
18371	Granulated sugar	2.00 ts
18371	Dark soy sauce	2.00 tb
18371	Chinese black rice vinegar	1.00 tb
18371	=OR= Cider vinegar	0.00
18371	Tomato paste	1.00 tb
18372	Pork loin chops	4.00
18372	Salt	0.00
18372	Pepper	0.00
18372	Cranberry sauce,whole-berry	8.00 oz
18372	Raisins,dark seedless	0.25 c
18372	Brown sugar	2.00 tb
18372	Vinegar,red-wine	2.00 tb
18372	Orange juice	2.00 tb
18372	Cinnamon,ground	0.50 ts
18372	Orange peel,grated	0.50 ts
18373	Cranberries,washed	3.00 c
18373	Honey	1.00 c
18373	Water	1.00 c
18373	Naval orange,medium	1.00
18373	Ginger,fresh or ground	1.00 ts
18373	Cinnamon,ground	0.50 ts
18373	Cardamom,ground	0.50 ts
18374	Boneless, skinless chicken	4.00
18374	-breast halves (about 1	0.00
18374	-pound)	0.00
18374	Vegetable oil	1.00 ts
18374	Salt	0.25 ts
18374	Ground red pepper (cayenne)	0.12 ts
18374	Vegetable oil	1.00 ts
18374	Unpared green apple chopped	1.00 md
18374	-(about 1 cup)	0.00
18374	Onion, chopped (about 1/2	1.00 md
18374	-cup)	0.00
18374	Clove garlic, minced	1.00
18374	Curry powder	2.00 ts

Sheet1

18374	Grated orange peel	2.00 ts
18374	Chicken broth or water	1.00 c
18374	Raisins	2.00 tb
18374	Cornstarch	1.00 tb
18374	Cold water	0.25 c
18374	Cooked rice	2.00 c
18375	Boneless chicken pieces	0.75 lb
18375	Oil	2.00 c
18375	All-purpose flour	0.67 c
18375	MARINADE -----	0.00 -----
18375	Chili bean sauce	1.00 ts
18375	-=OR=- Chili powder	0.00
18375	Rice wine or dry sherry	2.00 ts
18375	Light soy sauce	1.00 ts
18375	Dark soy sauce	1.00 ts
18375	Finely chopped ginger root	2.00 ts
18375	Finely chopped scallions	1.00 tb
18375	Granulated sugar	1.00 ts
18375	MARINADE -----	0.00 -----
18376	Fresh whole egg noodles	3.00 oz
18376	-(bamee)	0.00
18376	Garlic Oil (see recipe)	1.00 tb
18376	Fish sauce (nam pla), or to	2.00 tb
18376	-taste	0.00
18376	Kwan's Sweet and Sour Sauce	2.00 tb
18376	-(see recipe)	0.00
18376	Dried hot chile flakes, to	0.00
18376	-taste	0.00
18376	Handful bean sprouts	1.00
18376	Shredded barbecued pork,	0.25 c
18376	-cooked chicken, beef or	0.00
18376	-shrimp	0.00
18376	Chopped green onions for	0.00
18376	-garnish	0.00
18376	Fresh coriander leaves	0.00
18376	Ground peanuts	1.00 ts
18377	1/2-inch-round ball tamarind	1.00
18377	-Boiling water	0.25 c
18377	Thin, long eggplant	1.00 lb
18377	Light vegetable oil	3.00 tb
18377	Minced garlic	1.50 ts
18377	Ground coriander	2.00 ts
18377	Ground cinnamon	0.25 ts
18377	Ground cloves	0.12 ts
18377	Packed flaked coconut	0.50 c
18377	-- fresh or canned,	0.00
18377	-- unsweetened	0.00
18377	Cayenne pepper (or more)	1.00 ts
18377	Coarse salt; or to taste	0.50 ts

Sheet1

18377	Unsulphured molasses	2.00 tb
18377	-OR- Brown sugar	0.00
18377	Black mustard seeds	0.50 ts
18377	GINGER -----	0.00 -----
18377	-Tamarind residue from above	0.00
18377	-Boiling water	0.50 c
18377	Cornstarch	0.50 ts
18377	Shredded fresh ginger	1.00 tb
18377	GINGER -----	0.00 -----
18378	Bulgur	1.50 c
18378	Boiling water	3.00 c
18378	Miso	0.25 c
18378	Water	3.00 tb
18378	Honey	1.00 tb
18378	Sesame oil	2.00 ts
18378	Safflower oil	2.00 tb
18378	Eggplant, peeled & diced	1.00 md
18378	Garlic clove	1.00 ea
18378	Minced fresh ginger	1.00 ts
18378	Pressed tofu, diced	0.25 lb
18378	Green onions, sliced	1.00 bn
18378	Hot red pepper flakes	0.50 ts
18379	Fish fillets such as	6.00 oz
18379	-flounder, sole or cod	0.00
18379	Egg, beaten	1.00
18379	(2-oz.) grated Parmesan	0.50 c
18379	-cheese	0.00
18379	Cornflake crumbs	0.50 c
18379	Ground red pepper	0.25 ts
18380	Pork butt	3.00 lb
18380	To 1 lb pork back fat	0.75 lb
18380	Kosher salt (or use	4.00 ts
18380	-canning salt)	0.00
18380	Coarsely ground black	2.00 ts
18380	-pepper	0.00
18380	Dried sage (ugh, you	2.00 ts
18380	-don't have to use this!)	0.00
18380	Dried thyme	1.00 ts
18380	Sugar	2.00 ts
18380	Red pepper flakes	1.00 tb
18380	Cayenne	1.00 ts
18380	Water	0.50 c
18381	Frying chicken (2 1/2-to-3	1.00
18381	-lb), cut into serving	0.00
18381	-pieces	0.00
18381	All-purpose flour	1.00 c
18381	Salt	1.00 ts
18381	Garlic powder	0.50 ts
18381	Paprika	1.00 ts



Sheet1

18381	Black pepper	1.00 ts
18381	Poultry seasoning	0.25 ts
18381	Milk	0.50 c
18381	Egg, lightly beaten	1.00
18381	Shortening or oil for frying	0.00
18382	Whole Mustard Seed	1.00 ts
18382	Onion; Chopped, 1 Md	0.50 c
18382	Vegetable Oil	1.00 tb
18382	Garbanzo Beans; Drained, 2Cn	30.00 oz
18382	Chicken Broth	0.50 c
18382	Tomato Paste	2.00 tb
18382	Salt	0.50 ts
18382	Cinnamon; Ground	0.25 ts
18382	Cloves; Ground	0.12 ts
18383	Butter (1/2 stick)	0.25 c
18383	Head garlic, cloves	1.00 lg
18383	-seperated, peeled and	0.00
18383	-chopped	0.00
18383	All-purpose flour	3.00 tb
18383	Chicken stock OR	3.00 c
18383	Canned low-salt broth	0.00
18383	Cayenne pepper, or to taste	1.00 ts
18384	Vegetable oil	3.00 tb
18384	Rice vinegar	3.00 tb
18384	Low-sodium soy sauce	1.50 tb
18384	Oriental sesame oil	1.00 tb
18384	Minced peeled fresh ginger	2.00 ts
18384	Garlic cloves; minced	2.00
18384	Sugar	1.00 ts
18384	Chili oil; -OR-	0.50 ts
18384	-Dried crushed red pepper	0.25 ts
18384	Green onions; thinly sliced	2.00
18384	Carrot; peeled, shredded	1.00
18384	Cucumber	0.50
18384	-- peeled, seeded, chopped	0.00
18384	Chopped fresh cilantro	0.25 c
18385	Dijon Mustard	0.25 c
18385	Prepared Mustard	0.25 c
18385	Honey	0.25 c
18386	SAUCE MIXTURE -----	0.00 -----
18386	Cornstarch	1.00 tb
18386	Sugar	2.00 ts
18386	Garlic cloves (or more)	2.00
18386	-- minced	0.00
18386	Hot Bean Paste	1.00 tb
18386	Sherry	1.00 tb
18386	Sichuan Peppercorn powder	0.50 ts
18386	-- (amount may be doubled)	0.00
18386	Red hot pepper oil (or more)	1.00 tb

Sheet1

18386	Vinegar	3.00 tb
18386	Soy sauce	1.00 tb
18386	Salt & pepper; to taste	0.00
18386	OTHER INGREDIENTS -----	0.00 -----
18386	Tofu (firm or soft); diced	1.00 lb
18386	Soy sauce	1.00 tb
18386	Corn or canola oil	2.00 tb
18386	Minced ginger root	1.00 tb
18386	Fresh mushrooms; chopped	0.25 lb
18386	Water chestnuts, chopped	0.25 c
18386	Green onions (or more)	3.00
18386	-- minced	0.00
18386	SAUCE MIXTURE -----	0.00 -----
18386	OTHER INGREDIENTS -----	0.00 -----
18387	Mushrooms; 1 1/2" diameter	24.00 lg
18387	Olive oil; more if needed	6.00 T
18387	Salt to taste	0.00
18387	Hot Italian bulk sausage	0.50 lb
18387	Onions; chopped	0.67 c
18387	Basil dried	1.00 T
18387	Cream cheese; broken sm pcs	6.00 oz
18387	Crushed red pepper flakes;	0.00 pn
18387	-optional	0.00
18388	Chinese cabbage	1.00 lb
18388	Salt	2.00 tb
18388	Cold water	4.00 c
18388	Very hot water	2.00 c
18388	PICKLING MIXTURE -----	0.00 -----
18388	Finely chopped garlic	1.00 tb
18388	Finely chopped fresh ginger	1.00 tb
18388	Finely chopped scallions	1.00 tb
18388	Finely chopped dried chile	2.00 ts
18388	Sugar	2.00 ts
18388	Salt	1.00 tb
18388	PICKLING MIXTURE -----	0.00 -----
18389	(about 10 ounces) kumquats,	2.00 c
18389	-sliced crosswise	0.00
18389	Dried apple chips	0.50 c
18389	Thinly sliced crystallized	2.00 tb
18389	-ginger	0.00
18389	Brown sugar	0.75 c
18389	Honey	2.00 tb
18389	Ground allspice	0.25 ts
18389	Cider vinegar	2.00 tb
18389	Golden raisins	0.25 c
18389	Dried red pepper flakes	0.25 ts
18389	Coarsely chopped dried	0.50 c
18389	-apricots	0.00
18390	Onions Finely Chopped	2.00 lg

Sheet1

18390	Carrots Finely Chopped	2.00
18390	Celery Stalk Finely Chopped	1.00
18390	Olive Oil	2.00 tb
18390	Garlic Clove Crushed	1.00 lg
18390	Dried Green or Brown	1.00 c
18390	Lentils Cooked & Well	0.00
18390	Drained	0.00
18390	Ground Cumin	0.50 ts
18390	Ground Coriander	0.50 ts
18390	Chopped Parsley	6.00 ts
18390	Lemon Juice	1.00 tb
18390	Black Pepper,	0.00
18390	White Flour	0.00
18391	Hard-cooked eggs	2.00
18391	Cooked brown rice	0.50 c
18391	Soft bread crumbs	0.25 c
18391	Chopped green onion	0.25 c
18391	Chopped pitted ripe olives	0.25 c
18391	Dried rosemary, crushed	0.25 ts
18391	Ground cloves	1.00 ds
18391	Ground cinnamon	1.00 ds
18391	Ground beef	0.50 lb
18391	Ground pork	0.50 lb
18391	Raisins	0.00
18391	Beef broth	2.00 c
18391	Can condensed tomato soup	10.75 oz
18391	Chili powder	1.00 tb
18391	Shredded Monterey Jack	0.50 c
18391	-(2 ounces)	0.00
18392	Pinto Beans (15oz), drained,	1.00 cn
18392	-rinsed	0.00
18392	Black Beans (15oz), drained,	1.00 cn
18392	-rinsed	0.00
18392	Corn (16oz)	1.00 cn
18392	Chopped Green Chilies (4oz)	1.00 cn
18392	Onion, chopped	1.00 lg
18392	Green Pepper, chopped	1.00 lg
18392	Flour Tortillas	5.00
18392	Monterey Cheese,	1.00 c
18392	-pre-shredded	0.00
18392	Cheddar Cheese, pre-shredded	1.00 c
18392	Jar Salsa	1.00 lg
18393	Finely chopped onions	1.00 c
18393	Garlic cloves, pressed	2.00 ea
18393	Berbere	1.00 tb
18393	Hungarian paprika	1.00 tb
18393	Ghee	0.25 c
18393	Green beans, sliced	1.00 c
18393	Carrots, chopped	1.00 c

Sheet1

18393	Potatoes, cubed	1.00 c
18393	Tomatoes, chopped	1.00 c
18393	Tomato paste	0.25 c
18393	Vegetable stock	2.00 c
18393	Salt & pepper	0.00
18393	Fresh parsley	0.25 c
18395	Shallots; minced	2.00
18395	Garlic cloves; minced	2.00
18395	Stalk fresh lemon grass	1.00
18395	- finely chopped	0.00
18395	Red curry paste; -=OR=-	1.00 tb
18395	-Cayenne	1.00 ts
18395	Crunchy peanut butter	0.25 c
18395	Palm sugar or brown sugar	1.00 tb
18395	Fish sauce (nam pla)	1.00 tb
18395	Thin coconut milk	1.00 c
18395	-(prepared from	0.00
18395	-Unsweetened coconut milk)	1.00 cn
18396	Firm ripe pears	3.00 lg
18396	Whole cloves	5.00
18396	Thick lemon slices	3.00
18396	Teasp. cinnamon	0.25
18396	Granulated sugar	0.25 c
18396	Teasp. salt	0.12
18397	Large red bell peppers	2.00
18397	Large yellow bell peppers	2.00
18397	Serrano chilies,red or green	8.00
18397	Sugar	1.00 c
18397	Distilled white vinegar	0.67 c
18398	Firm ripe plums	2.00 lb
18398	Allspice berries	4.00
18398	Dried red chilies	4.00 sm
18398	Cinnamon sticks (1")	4.00
18398	Whole cloves	6.00
18398	Blades of mace	4.00
18398	Distilled malt vinegar	3.00 c
18398	Sugar	3.00 c
18399	Black Beans	1.00 lb
18399	Boneless lean pork, cubed	1.50 lb
18399	Garlic Cloves, minced	5.00 ea
18399	Paprika	1.00 tb
18399	Cumin, ground	2.00 t
18399	Tomatoes, chopped 28 oz	1.00 cn
18399	Red Wine Vinegar	2.00 tb
18399	Parsley or Coriander, chop	0.33 c
18399	Black Pepper, freshly ground	1.00 x
18399	Olive Oil	2.00 tb
18399	Onions, large, chopped	2.00 ea
18399	Chili Powder, (or more)	4.00 t

Sheet1

18399	Oregano, dried	2.00 t
18399	Chili Pepper Flakes	0.50 t
18399	Chicken Stock	2.00 c
18399	Green Peppers, diced	3.00 ea
18399	Salt	1.00 x
18400	Sugar	0.25 c
18400	Red Chiles; Ground	1.00 ts
18400	Oregano Leaves; Dried	1.00 ts
18400	Pepper	0.50 ts
18400	Pork Loin Roast; Boneless	2.00 lb
18401	Boneless pork	1.25 lb
18401	Soy sauce	3.00 tb
18401	Water	3.00 tb
18401	Corn starch	1.00 tb
18401	Vegetable oil	2.00 tb
18401	Chili powder	1.00 ts
18401	Ground cumin	0.25 ts
18401	Bok choy, diagonally sliced	2.00 c
18401	Carrots, diagonally sliced	1.00 c
18401	Red bell pepper, cut in	1.00 sm
18401	-3/4-inch pieces	0.00
18401	Broken walnut pieces	0.50 c
18402	Onion, chopped	1.00 lg
18402	Cloves garlic, chopped	2.00
18402	Butter	1.00 tb
18402	Pumpkin puree (16 ounces)	1.00 cn
18402	Chicken stock	4.00 c
18402	Dried ground small red	1.50 ts
18402	-chilies	0.00
18402	Pepper	0.50 ts
18402	Ground allspice	0.25 ts
18402	Sugar	0.50 ts
18402	Dry sherry	0.25 c
18402	Half-and-half	1.00 c
18403	Eggs	4.00
18403	Pumpkin; solid pack (16 oz	1.75 c
18403	-an)	0.00
18403	Sugar	1.00 c
18403	Brown sugar; firmly packed	0.75 c
18403	Oil	1.00 c
18403	Flour	2.00 c
18403	Baking powder	2.00 ts
18403	Baking soda	1.00 ts
18403	Cinnamon	1.00 ts
18403	Ginger	0.50 ts
18403	Nutmeg	0.50 ts
18403	Salt	0.50 ts
18403	Cream cheese frosting- recip	0.00
18403	-	0.00

Sheet1

18404	Jim Vorheis	0.00
18404	Cayenne pepper	1.00 ts
18404	Freshly ground black pepper	1.00 ts
18404	Bay leaves, crumbled	2.00
18404	Ground cumin	1.00 ts
18404	Dry red kidney beans	1.00 lb
18404	Water	3.00 qt
18404	Lean smoked ham hock	1.25 lb
18404	Salt	1.00 tb
18404	Chopped celery, cut into	1.50 c
18404	-1/2-inch pieces	0.00
18404	Cloves garlic, minced	2.00
18404	Tabasco sauce (or to taste)	0.50 ts
18404	Minced fresh parsley	3.00 tb
18405	Olive oil	3.00 tb
18405	Red onions, medium dice	2.00 md
18405	Poblano peppers, charred,	3.00 md
18405	-peeled, deseeded, & medium	0.00
18405	-diced	0.00
18405	Lg. clove garlic, minced	1.00
18405	Mint, finely chopped	1.00 tb
18405	Scallions, finely chopped	1.00 tb
18405	Balsamic vinegar	2.00 tb
18405	White wine	1.00 tb
18406	Green chilies, diced	1.00 c
18406	Green bell pepper, diced	1.00 c
18406	Celery, diced	1.00 c
18406	Onion, diced	1.00 c
18406	Butter	4.00 tb
18406	Honey	1.00 tb
18406	Brown rice	1.50 c
18406	Water	3.00 c
18406	Apple, chopped	1.00
18406	Almonds, chopped	0.50 c
18407	Beef for roasting (eye	3.00 lb
18407	Round, top sirloin or	0.00
18407	Sirloin tip)	0.00
18407	Dry mustard	2.00 ts
18407	Dijon mustard	0.25 c
18407	Garlic,minced	2.00 cl
18407	Soy sauce	1.00 tb
18407	Olive oil	1.00 tb
18407	Fresh onion, sliced	1.00
18408	Can Whole Tomatoes	16.00 oz
18408	Green Pepper, chopped	1.00 sm
18408	Mild Onion, chopped	0.33 c
18408	Green Onion, chopped	3.00 tb
18408	Can Green Chilies, diced,	4.00 oz
18408	-rinsed and drained	0.00

Sheet1

18408	Cilantro, freshly chopped	3.00 tb
18408	Garlic Clove, minced	0.50
18409	Polish sausage,2" pieces	1.00 lb
18409	Kielbasa,2" pieces	1.00 lb
18409	Instant beef bouillon	1.00 ts
18409	Dry white wine	1.00 c
18409	Prepared mustard	1.00 tb
18409	Ground ginger	0.25 ts
18409	Golden raisins	1.00 c
18410	Fully cooked Polish sausage,	0.50 lb
18410	-cut into 1/2" pieces	0.00
18410	Chili powder or adjust to	2.00 ts
18410	-taste	0.00
18410	Oregano leaves	0.50 ts
18410	Salt	0.25 ts
18410	Water	2.50 c
18410	Can stewed tomatoes	16.00 oz
18410	Uncooked elbow macaroni	0.50 c
18410	Can kidney beans, drained	15.00 oz
18411	Smoked sausage, kielbasa or	1.00 lb
18411	-turkey sausage, cut into	0.00
18411	-3/4" slices	0.00
18411	Onion, cut into *" wedges	1.00 md
18411	Red bell pepper, cut into	1.00 sm
18411	-1" squares	0.00
18411	Green bell pepper, cut into	1.00 sm
18411	-1" squares	0.00
18411	Ripe peaches or nectarines,	2.00
18411	-peeled and cut into 1"	0.00
18411	-chunks	0.00
18411	Pace Picante Sauce	1.50 c
18411	Orange marmalade	0.50 c
18411	Grated onion	2.00 tb
18411	Lime or lemon juice	2.00 tb
18412	Stephen Ceideburg	0.00
18412	Medium shrimp	1.00 lb
18412	Vegetable oil	1.00 tb
18412	Fish stock	2.00 qt
18412	Fresh lemon grass stalks,	3.00
18412	-coarsely chopped	0.00
18412	Grated zest from 1 lime	0.00
18412	To 8 kaffir lime leaves	6.00
18412	Unpeeled fresh, galangal	10.00 sl
18412	Fresh Serrano chiles,	2.00
18412	-stemmed, seeded, and	0.00
18412	-chopped	0.00
18412	Mussels or clams in shells	24.00 md
18412	Freshly squeezed lime juice	2.00 tb
18412	Fish sauce	2.00 tb

## Sheet1

18412	Chopped fresh cilantro	3.00 tb
18412	Slivered fresh red hot chile	1.00 tb
18412	Chopped green onion	0.25 c
18412	Salt	0.00
18412	Thin lime slices for garnish	0.00
18412	Fresh lime or other citrus	0.00
18412	-leaves and blossoms for	0.00
18412	-garnish	0.00
18413	Chili powder	3.00 tb
18413	Ground cumin	2.00 ts
18413	Garlic powder	1.50 ts
18413	Dried oregano leaves	0.25 ts
18413	Ground red pepper	0.50 ts
18414	Tender boneless beef, such	0.50 lb
18414	- as sirloin, cut crosswise	0.00
18414	- into scant 1/4 inch slices	0.00
18414	Sesame seeds	1.50 tb
18414	Broccoli stalk	1.00 lg
18414	Yellow bellpepper, thinly sl	0.50
18414	Canned beef broth	0.50 c
18414	Soy sauce	2.00 tb
18414	Ginger, peeled, minced	1.00 tb
18414	Garlic clove	1.00 lg
18414	Cornstarch	1.00 ts
18414	Dried crushed red pepper	0.25 ts
18414	Vegetable oil	3.00 tb
18415	Chopped fresh spinach	3.00 lb
18415	Turnips, cubed	3.00 md
18415	Water	2.00 c
18415	Ghee	0.25 c
18415	Black mustard seeds	1.00 tb
18415	Onion, chopepd	1.00 lg
18415	Garlic cloves, chopped	6.00 ea
18415	1" piece ginger, chopped	1.00 ea
18415	Turmeric	1.00 ts
18415	Red chilies	0.50 ts
18415	Garam masala	1.00 tb
18415	Salt	0.00
18416	Chicken broth	4.00 c
18416	Diced sweet potatoes	2.00 c
18416	Orange juice	3.00 tb
18416	Orange zest	0.25 ts
18416	Heavy cream	3.00 tb
18416	Ground Habanero chile pepper	0.25 ts
18416	Of white pepper	1.00 pn
18417	Boneless chicken breasts	1.00 lb
18417	-skinned	0.00
18417	Cornstarch, divided	4.00 t
18417	Egg white	1.00



Sheet1

18417	Vegetable oil	2.00 T
18417	Thinly sliced drained canned	0.75 c
18417	-bamboo shoots	0.00
18417	Diced green chiles	0.25 c
18417	Shelled roasted peanuts	0.12 c
18417	Clove garlic, minced fine	1.00
18417	Sugar	1.00 t
18417	Light soy sauce	2.00 T
18417	Dry sherry	3.00 T
18417	Finely chopped green onions	2.00 T
18417	Grated peeled fresh ginger	1.00 t
18418	Boneless chicken breasts	1.00 lb
18418	-skinned	0.00
18418	Cornstarch, divided	4.00 t
18418	Egg white	1.00
18418	Vegetable oil	2.00 T
18418	Thinly sliced drained canned	0.75 c
18418	-bamboo shoots	0.00
18418	Diced green chiles	0.25 c
18418	Shelled roasted peanuts	0.12 c
18418	Clove garlic, minced fine	1.00
18418	Sugar	1.00 t
18418	Light soy sauce	2.00 T
18418	Dry sherry	3.00 T
18418	Finely chopped green onions	2.00 T
18418	Grated peeled fresh ginger	1.00 t
18419	Soft tofu	24.00 oz
18419	Oil	2.00 tb
18419	Minced fresh ginger	1.00 ts
18419	Garlic clove, minced	1.00 ea
18419	Chopped scallions	3.00 tb
18419	Szechuan hot bean paste	1.00 tb
18419	Tamari	1.00 tb
18419	Salt	0.50 ts
18419	Sugar	0.50 ts
18419	Stock	0.50 c
18419	Cornstarch dissolved in 2	0.50 tb
18419	-- tb water	0.00
18419	Sesame oil	1.00 ts
18419	Hot chili oil	2.00 dr
18419	Szechuan peppercorn powder	0.25 ts
18420	Soft tofu	24.00 oz
18420	Oil	2.00 tb
18420	Minced fresh ginger	1.00 ts
18420	Garlic clove, minced	1.00
18420	Chopped scallions	3.00 tb
18420	Szechwan hot bean paste	1.00 tb
18420	Tamari	1.00 tb
18420	Salt	0.50 ts

## Sheet1

18420	Sugar	0.50 ts
18420	Stock	0.50 c
18420	Cornstarch dissolved in 2	0.50 tb
18420	-- tb water	0.00
18420	Sesame oil	1.00 ts
18420	Hot chili oil	2.00 dr
18420	Szechwan peppercorn powder	0.25 ts
18421	Spicy Texas Barbecue Sauce;*	0.00
18421	Pork Spareribs; Fresh, **	4.50 lb
18421	Lemon; Sliced	1.00
18421	Onion; Large, Sliced	1.00
18422	Vegetable oil	0.00
18422	Ground pork	1.00 lb
18422	Egg	1.00 lg
18422	Dry-roasted peanuts,	0.50 c
18422	Finely chopped	0.00
18422	Chopped fresh cilantro or	0.25 c
18422	Parsley	0.00
18422	Salt	0.75 ts
18422	Pkg. cellophane noodles	3.75 oz
18422	(see note)	0.00
18422	Chunk-style peanut butter	0.50 c
18422	Grated lemon peel	1.00 tb
18422	Ground red cayenne pepper	0.25 ts
18422	Cucumber,sliced	1.00 sm
18422	Carrot, peeled and thinly	1.00 sm
18422	Sliced or cut into thin	0.00
18422	Sticks	0.00
18422	Fresh cilantro or parsley	0.00
18422	Sprigs, optional	0.00
18423	Karen Mintzias	0.00
18423	Black sesame seeds, toasted	1.00 ts
18423	- and crushed	0.00
18423	Peanut or sesame oil	1.00 ts
18423	Rice vinegar	0.25 c
18423	Tamari	1.00 tb
18423	Honey	2.00 ts
18423	Garlic clove; minced	1.00
18423	Fresh cilantro, minced	1.00 tb
18423	Red pepper flakes	0.25 ts
18423	Tofu steak; thinly sliced	0.25 lb
18423	Fresh shiitake mushrooms	0.50 c
18423	-(OR white button mushrooms)	0.00
18423	-- sliced	0.00
18423	Red bell pepper	1.00 sm
18423	-- sliced into thin strips	0.00
18423	Fresh sugar snap peas	1.00 c
18423	-- OR snow peas	0.00
18423	Green onion, sliced	0.50 c

## Sheet1

18423	Fresh spinach; washed, dried	0.50 lb
18424	Clove finely chopped garlic	1.00
18424	Finely chopped fresh ginger	0.25 ts
18424	Rice vinegar	3.00 tb
18424	Brown sugar	1.00 ts
18424	Soy sauce	1.00 ts
18424	Olive or vegetable oil	0.25 c
18424	Sesame oil	0.50 ts
18424	Red pepper flakes or chili	0.25 ts
18424	-oil	0.00
18425	Tofu (fresh)	1.00 lb
18425	Whole wheat flour	0.25 c
18425	Cornmeal	0.25 c
18425	Wheat germ	0.50 c
18425	Vegetable oil	0.25 c
18425	Soy sauce	2.00 tb
18425	Molasses	1.00 ts
18425	Ground fennel	0.50 ts
18425	Garlic clove; -OR-	1.00
18425	-Garlic powder	2.00 ts
18425	Savory	0.25 ts
18425	Powdered sage	0.25 ts
18425	Allspice	0.50 ts
18425	Oregano	2.00 ts
18425	Dijon mustard, more to taste	2.00 ts
18425	-(or any prepared mustard)	0.00
18426	No Salt Tomato Juice	1.50 c
18426	Lemon Juice	1.00 tb
18426	Hot Pepper Sauce	0.12 ts
18426	Lemon Slices	0.00
18426	Lemon Rind Strips	0.00
18426	Celery Salt	0.25 ts
18427	Inch thick sirlion steaks	2.00 x
18427	Black peppercorns	1.00 T
18427	Cloves garlic, minced	2.00 x
18427	Coarse salt	4.00 c
18427	Water	0.75 c
18428	Flank steak	3.00 lb
18428	Iberian chorizo sausages	2.00 lb
18428	Beer (not LITE)	12.00 oz
18428	Sour mash whiskey	3.00 oz
18428	Salt	1.00 tb
18428	Tabasco sauce	3.00 tb
18428	Thoung Ot Thout	3.00 tb
18428	-Vietnamese Chili sauce	0.00
18428	Garlic cloves minced	5.00
18428	Chopped Green & red Bell	1.00 c
18428	-peppers	0.00
18428	Green jalapenos whole	4.00

Sheet1

18428	-gash sides	0.00
18428	Cayenne pepper flakes	2.00 tb
18428	Soy sauce	0.25 c
18428	Chopped tomatos skinless	3.00 c
18428	-OR	0.00
18428	Stewed tomatos chopped	4.00 c
18428	Tomato paste	8.00 oz
18428	Onions chopped coarsely	2.00
18428	Balsamic vinegar	1.00 tb
18428	Gebhardt's chili powder	3.00 tb
18428	Cumin fresh ground	5.00 tb
18428	All spice	0.50 ts
18428	Mexican oregano	1.00 tb
18429	FOR THE PANCAKES -----	0.00 -----
18429	Buckwheat flour	2.00 oz
18429	Plain white flour	2.00 oz
18429	Eggs	2.00
18429	Butter; melted	2.00 tb
18429	Milk	0.25 pt
18429	Water	0.25 pt
18429	FOR THE FILLING -----	0.00 -----
18429	Fresh spinich	2.00 lb
18429	Onion	1.00 lg
18429	Stilton cheese	3.00 oz
18429	Walnut pieces	2.00 oz
18429	Butter	0.00
18429	Garlic sliver	1.00
18429	FOR THE SAUCE -----	0.00 -----
18429	Butter	1.00 oz
18429	Plain white flour	1.00 oz
18429	Stock	0.50 pt
18429	Double cream	0.25 pt
18429	Freshly grated Parmesan	2.00 tb
18429	(heaped) Dijon mustard	1.00 ts
18429	FOR THE PANCAKES -----	0.00 -----
18429	FOR THE FILLING -----	0.00 -----
18429	FOR THE SAUCE -----	0.00 -----
18430	Frozen chopped spinach	1.00 pk
18430	Chicken broth,reg. strength	4.00 c
18430	Grated lemon peel	2.00 tb
18430	Cornstarch	2.00 tb
18430	Buttermilk	2.00 c
18430	Salt	0.00
18430	Pepper	0.00
18431	Basic burger recipe	1.00
18431	Spinach, frozen; cooked,	10.00 oz
18431	-chopped, squeezed dry	0.00
18431	Garlic clove; minced	1.00
18431	Yogurt, plain	2.00 tb

Sheet1

18431	Parsley; chopped	2.00 ts
18431	Feta cheese; crumbled	6.00 oz
18432	Pork and veal mince, a good	500.00 g
18432	-handful of fresh parsley,	0.00
18432	-basil, thyme	0.00
18433	Lasagna strips	8.00
18433	Spinach	1.75 lb
18433	Margarine	1.00 ts
18433	Marjoram	1.00 ts
18433	Ricotta cheese	12.00 oz
18433	Salt & pepper	0.00
18433	Mushrooms	6.00 oz
18433	Margarine	1.00 oz
18433	Vegetable stock	0.25 pt
18433	Soy sauce	1.00 ts
18433	Cheddar, grated	3.00 oz
18434	Spinach	4.00 c
18434	Potatoes	2.00 md
18434	Chick pea flour	1.00 c
18434	Soy milk or cream	3.00 tb
18434	Salt	1.00 ts
18434	Turmeric	1.00 pn
18434	Garam masala	0.50 ts
18434	Green mango powder	0.50 ts
18434	Cayenne	0.50 ts
18434	Ghee to deep fry	0.00
18434	Dried coconut	0.00
18434	Gravy, see recipe	1.25 c
18434	Chopped cilantro	0.00
18435	9 inch pie shell	1.00
18435	(10 oz) frozen spinach	1.00 pk
18435	Butter	3.00 tb
18435	Flour	1.00 tb
18435	Heavy cream	0.50 c
18435	Grated Monterey Jack OR	1.00 c
18435	Mozzarella cheese	0.00
18435	Salt and pepper	0.00
18436	Frozen Chopped Spinach	10.00 oz
18436	Milk	1.00 c
18436	Margarine Or Butter	0.50 c
18436	Salt	1.00 ts
18436	All-Purpose Flour	1.00 c
18436	Eggs	4.00 lg
18436	Swiss Cheese Shredded	0.25 lb
18436	Grated Parmesan Cheese	0.50 c
18436	Parsley, Beet Or Salad Green	0.00
18437	Fresh spinach	1.50 lb
18437	- washed and trimmed	0.00
18437	Freshly grated fresh ginger	0.50 ts

Sheet1

18437	Garlic clove; mashed	1.00
18437	Minced fresh hot green chili	0.50 ts
18437	-(very finely minced)	0.00
18437	Salt	0.50 ts
18437	Very finely minced cilantro	2.00 tb
18437	Mustard oil	2.00 tb
18438	Spinach; stems removed, -OR-	3.00 lb
18438	-Frozen spinach, defrosted	2.00 pk
18438	Butter	4.00 tb
18438	Salt	0.00
18438	Pepper	0.00
18438	Nutmeg	0.00
18438	Mornay Sauce (see RECIPE)	0.00
18438	Gruyere	4.00 tb
18439	Vegetable oil	3.00 tb
18439	Lasagna noodles	0.50 lb
18439	Garlic cloves, minced	2.00 ea
18439	Onion. chopped	1.00 md
18439	Tomatoes, chopped	2.00 ea
18439	Mushrooms, sliced	10.00 md
18439	Oregano	0.50 ts
18439	Basil	0.50 ts
18439	Rosemary	0.50 ts
18439	Chopped fresh parsley	2.00 tb
18439	Washed spinach	1.00 lb
18439	Cottage cheese	1.00 c
18439	Grated parmesan	0.50 c
18439	Grated mozzarella	8.00 oz
18440	Firm tofu	1.00 lb
18440	Salt	1.00 ts
18440	Lemon juice	4.00 tb
18440	Vegetable oil	2.00 tb
18440	Tahini	2.50 tb
18440	Light miso	1.00 tb
18440	Olive oil	1.50 tb
18440	Onion, chopped	1.00 lg
18440	Garlic cloves, pressed	2.00 lg
18440	Black pepper to taste	0.00
18440	Nutmeg	1.00 ts
18440	Tarragon	2.00 ts
18440	Dill	2.00 ts
18440	Mushrooms	8.00 oz
18440	Spinach	8.00 oz
18440	Fresh parsley	0.50 c
18440	Breadcrumbs, toasted	4.00 tb
18440	Walnuts	0.50 c
18440	Tomato sauce	4.00 c
18440	Lasagna noodles, al dente	9.00 ea
18441	Dry yeast	1.00 tb

Sheet1

18441	Warm water	1.00 c
18441	Sugar	0.50 ts
18441	Oil	1.00 tb
18441	White flour	3.00 c
18441	Salt	0.50 ts
18441	TVP granules or flakes	1.00 c
18441	Boiling water	0.88 c
18441	Oregano	1.00 ts
18441	Basil	1.00 ts
18441	Fennel seeds	0.50 ts
18441	Olive oil	1.00 tb
18441	Sliced mushrooms	2.00 c
18441	Box frozen, chopped spinach,	10.00 oz
18441	-- thawed & drained	0.00
18441	Can tomato paste	6.00 oz
18441	Water	0.25 c
18441	Soy milk or oil for brushing	0.00
18441	-- top crust	0.00
18442	Pkg.(10 oz) spinach	1.00
18442	Low-fat cottage cheese	1.00 c
18442	Lemon juice	1.00 tb
18442	Low-fat plain yogurt	0.50 c
18442	Chopped fresh parsley	0.50 c
18442	Chopped green onion	0.25 c
18442	Salt	1.00 ts
18443	Fresh spinach, cleaned	1.00 lb
18443	Water	0.25 c
18443	Salt	0.50 ts
18443	Garlic clove, minced	1.00 md
18443	Black pepper to taste	1.00 ea
18444	Vegetable oil	2.00 tb
18444	Onion, diced	1.00 sm
18444	Can tomatoes	28.00 oz
18444	Can tomato paste	6.00 oz
18444	Brown sugar	2.00 ts
18444	Oregano leaves	1.50 ts
18444	Salt and pepper to taste	0.00
18444	Pkg. jumbo macaroni shells	12.00 oz
18444	Frozen creamed spinach in	20.00 oz
18444	Boiling bags	0.00
18444	Container ricotta cheese	15.00 oz
18444	Shredded mozzarella cheese	8.00 oz
18445	Tortellini, spinach,	9.00 oz
18445	Cheese, Jarlsberg or Swiss,	6.00 oz
18445	Cheese, Cheddar, bite-size	6.00 oz
18445	Tomatoes, cut into 1/2" p	3.00 ea
18445	Cucumber, peeled,	1.00 ea
18445	Artichoke hearts, marinated,	6.00 oz
18445	Artichoke hearts,	6.00 oz

Sheet1

18445	Olived, medium, pitted	6.00 oz
18445	Caesar dressing, bottled	0.33 c
18446	Onion, chopped	1.00 lg
18446	Cloves garlic, crushed	4.00
18446	Chicken bouillon cubes	3.00
18446	Vegetable bouillon cubes	3.00
18446	Potatos, cubed	3.00
18446	Carrots, sliced	3.00
18446	Tomatos, cubed	2.00
18446	Zucchini, cubed, skin	1.00
18446	-removed	0.00
18446	Dried black-eyed peas	1.50 c
18446	Bag fresh spinach, remove	1.00
18446	-stems and chop	0.00
18446	Salt and pepper to taste	0.00
18446	Bay leaves	2.00
18446	Parsley	1.00 tb
18446	Water	6.00 c
18447	SPINACH -----	0.00 -----
18447	Spinach	2.00 lb
18447	White Sauce	1.00 c
18447	WHITE SAUCE (BECHAMEL -----	0.00 -----
18447	Butter	1.00 tb
18447	Flour	1.50 tb
18447	Milk; warmed	1.00 c
18447	SPINACH -----	0.00 -----
18447	WHITE SAUCE (BECHAMEL -----	0.00 -----
18448		0.00 2
18448		2.00
18448		2.00
18448	-----	2.00
18448	Olive oil	2.00 1
18448	LASAGNE -----	0.00
18448	Mozzarella cheese, fresh	8.00 1
18448	Tomatoes, fresh or canned	2.50 l 1
18448	-peeled, seeded, chopped	0.00
18448	Virgin olive oil	3.00
18448	Onion, finely diced	1.00
18448	Garlic cloves; minced	2.00
18448	Fresh marjoram or oregano	1.50
18448	--OR--	0.00
18448	-Dried marjoram or oregano	0.50
18448	Red wine	0.50
18448	Sugar; if needed	0.00
18448	Red wine vinegar	0.00
18448	SPINACH -----	0.00 -----
18448	Bunches spinach	3.00 sm
18448	Olive oil	2.00 tb
18448	Onion; finely diced	1.00 sm



Sheet1

18448	Garlic cloves; minced	2.00
18448	Salt, pepper and nutmeg	0.00
18448	Ricotta	2.00 c
18448	Eggs	2.00
18448	Parmesan, freshly grated	1.00 c
18448	Parsley; chopped	3.00 tb
18448	Lemon peel, minced or grated	1.00 ts
18448	BECHAMEL -----	0.00 -----
18448	Butter	1.00 tb
18448	Flour	1.00 tb
18448	Milk	1.00 c
18448	Salt, pepper and nutmeg	0.00
18448	EGG PASTA -----	0.00 -----
18448	LASAGNE -----	0.00 -----
18448	SPINACH -----	0.00 -----
18448	BECHAMEL -----	0.00 -----
18449	Spinach	10.00 oz
18449	Small cap mushrooms	10.00 oz
18449	Anchovy fillets (canned)	2.00 oz
18449	Lemons	2.00
18449	Mozzarella cheese	1.00
18449	Olive oil	6.00 tb
18449	French bread, 1/2" thick	12.00 sl
18450	Margarine	2.00 tb
18450	Onion, chopped	2.00 md
18450	(10-oz each) frozen chopped	2.00 pk
18450	Spinach thawed and squeezed	0.00
18450	Dry	0.00
18450	Lightly beaten egg	1.00
18450	Chopped walnuts/almonds/	0.50 c
18450	Pecan	0.00
18450	Raisins	0.33 c
18450	Chopped parsley	0.50 c
18450	Salt	0.75 ts
18450	Fresh ground black pepper	0.00
18450	Dried dill	1.00 ts
18450	Phyllo leaves	1.00 lb
18450	Stick margarine melted	1.50
18450	Poppy seeds	0.00
18451	Recipe pizza dough	1.00
18451	Vegetable oil	1.00 T
18451	Shallots; chopped	0.25 c
18451	Pkg frozen chopped spinach;	10.00 oz
18451	-defrosted and squeezed	0.00
18451	Blue cheese; cut in chunks	4.00 oz
18451	Cream cheese; cut in chunks	2.00 oz
18451	Salt; or to taste	0.25 t
18451	Egg; lightly beaten	1.00 lg
18451	To 5 spinach leaves; flat	4.00

Sheet1

18451	-leaves, for garnish	0.00
18452	Vegetable Cooking Spray	0.00
18452	Chopped Onion	1.00 c
18452	Chopped Fresh Spinach	6.00 c
18452	Minced Cabbage	1.25 c
18452	Chablis OR Dry White Wine	2.00 tb
18452	Part-Skim Ricotta	0.67 c
18452	Minced Fresh Parsley	2.00 tb
18452	Pepper Divided	0.25 ts
18452	Cooked Jumbo Macaroni	15.00
18452	Shells	0.00
18452	(10 1/2 Oz.) Chicken Broth	1.00 cn
18452	(6 Oz.) Tomato Paste	1.00 cn
18452	Salt	0.25 ts
18452	Ground Nutmeg	0.25 ts
18453	*Ingredients:*	0.00
18453	Butter or margarine,	2.00 tb
18453	-softened	0.00
18453	Plus 1 tsp Kirsch or	2.00 tb
18453	-Chambord	0.00
18453	To 3 cups powdered sugar,	2.50
18453	-sifted	0.00
18453	Semisweet chocolate morsels	2.00 pk
18453	-(12-oz pkgs)	0.00
18454	Split peas,green or yellow	1.00 pk
18454	Thinly sliced celery	4.00 c
18454	Large onion,chopped	1.00
18454	Boned lamb shoulder or neck*	0.50 lb
18454	Garlic cloves,chopped	2.00
18454	Large dried bay leaf	1.00
18454	Chicken broth	7.00 c
18455	To 2 T Safflower oil, as	1.00
18455	-necessary	0.00
18455	Onion, chopped	1.00
18455	Cloves Garlic, minced or put	2.00
18455	-through a press	0.00
18455	Carrots, chopped	2.00
18455	Leek, white part only,	1.00
18455	-cleaned and sliced	0.00
18455	Split peas, washed	2.00 c
18455	Water	6.00 c
18455	Bay leaf	1.00
18455	Sea Salt and pepper to taste	0.00
18455	Butter	2.00 tb
18455	Whole Wheat Bread, cut in	6.00 sl
18455	-cubes	0.00
18455	Clove Garlic, minced or put	1.00
18455	-through a press	0.00
18456	Spareribs	3.00 lb

## Sheet1

18456	Water	8.00 c
18456	Yellow or green split peas	1.00 lb
18456	Celery stalks; cut in chunks	2.00
18456	Carrots; cut in chunks	3.00
18456	Leeks; trimmed and diced	4.00
18456	Hickory smoked salt	1.00 ts
18456	Salt	1.00 ts
18456	Ground thyme	0.25 ts
18456	Bay leaves	2.00
18456	Parsley sprigs	10.00
18456	Black peppercorns	10.00
18457	Eggs, Separated	6.00
18457	Sugar	1.00 c
18457	Flour	1.00 c
18457	Cream Of Tartar	0.33 ts
18457	Vanilla	1.00 ts
18457	Lemon, Grated Rind Of	1.00
18457	Salt	0.25 ts
18458	Eggs	6.00
18458	Sugar	1.00 c
18458	Salt	0.25 ts
18458	Grated lemon rind	1.00 tb
18458	Cake flour	1.00 c
18458	Lemon juice	1.00 tb
18459	Eggs	6.00
18459	Sugar	1.00 c
18459	Lemon juice	1.00 tb
18459	Cake flour	1.00 c
18459	Water	0.50 c
18459	Salt	0.25 ts
18459	Grated lemon rind	1.00 tb
18460	Ice water 38-40 degrees F	5.00 ga
18460	Sugar	2.00 lb
18460	Cure	1.00 lb
18460	Salt *	7.50 lb
18461	Broiler/fryers, cut up	3.00
18461	Cooking oil	6.00 tb
18461	Flour	0.25 c
18461	Salt	0.50 ts
18461	Pepper	0.12 ts
18461	Salt pork 1/2-inch thick, -cut in square dice	3.00 sl 0.00
18461	Pinches nutmeg	3.00
18461	Melted butter	0.75 c
18461	Cream or evaporated milk	3.00 c
18461	Paprika	0.00
18461	Parsley sprigs for garnish	0.00
18462	Safflower oil	1.00 tb
18462	Onion; minced	1.00 lg

## Sheet1

18462	Russet potato; peeled,	1.00 lg
18462	- cut into 1-in cubes	0.00
18462	Sweet potato; peeled,	1.00 lg
18462	- cut into 1-in cubes	0.00
18462	Chicken stock	6.00 c
18462	-=OR=- Canned Broth	0.00
18462	-(preferably low-sodium)	0.00
18462	Dried dillweed	1.00 ts
18462	Cayenne pepper	0.12 ts
18462	Frozen peas	1.00 c
18462	Packed sliced Romaine leaves	1.00 c
18462	Salt to taste	0.00
18463	Active dry yeast	2.50 ts
18463	Warm (105-110F) water	1.00 c
18463	Eggs	2.00
18463	Olive oil	2.00 tb
18463	Flour	3.25 c
18463	Salt	1.50 ts
18463	Black pepper	0.50 ts
18463	Fresh Parmesan cheese	1.00 c
18463	Minced prosciutto	2.00 c
18463	Cornmeal for dusting	0.00
18464	Leeks; the white parts only	3.00 md
18464	-sliced in 1/4-inch rounds	0.00
18464	Artichokes	2.00 lg
18464	Lemons; juice only	2.00
18464	Fava beans, shelled	0.75 lb
18464	-(if available)	0.00
18464	Thick asparagus	1.00 lb
18464	Butter	1.00 tb
18464	Virgin olive oil	1.00 tb
18464	Garlic cloves; unpeeled	5.00 sm
18464	Salt	0.00
18464	Water	1.50 c
18464	Turnips; peeled and halved	6.00 sm
18464	Carrots	6.00 sm
18464	- peeled & halved lengthwise	0.00
18464	Fresh peas; shelled, -=OR=-	1.00 lb
18464	-Frozen peas	1.00 c
18464	Additional butter, to taste	0.00
18464	Chopped fresh herbs; such as	0.00
18464	-Parsley, Thyme, Basil,	0.00
18464	-Marjoram	0.00
18464	Freshly milled pepper	0.00
18465	9" layers of sponge cake, us	2.00
18465	-ng your favorite reci	0.00
18465	3 oz boxes vanilla pudding	2.00
18465	3 oz box chocolate pudding	1.00
18465	Almond flavoring	1.00 ts

Sheet1

18465	Pineapple; crushed, drained	0.50 c
18465	Pecans; chopped	0.50 c
18465	Maraschino cherries; choppe	0.50 c
18465	-	0.00
18465	Drops red food coloring	3.00
18465	Whipping cream, whipped	2.00 c
18466	Yellow lentils	1.00 c
18466	Turmeric	0.33 ts
18466	Brussels sprouts	1.00 lb
18466	Green beans, sliced	0.25 lb
18466	Tamarind paste	1.00 tb
18466	Light vegetable oil	3.00 tb
18466	Black mustard seeds	0.75 ts
18466	Fenugreek seeds	0.25 ts
18466	Chopped garlic	2.00 ts
18466	Sambaar powder	1.00 tb
18466	Salt	2.00 ts
18466	Coriander leaves, chopped	2.00 tb
18467	Sprouted rye	2.00 c
18467	Anise seeds, crushed with a	0.25 ts
18467	Rolling pin	0.00
18467	Salt	0.25 ts
18467	Egg, lightly beaten	1.00
18467	Flour	1.00 c
18468	Tang Mix; (1 Jar)	18.00 oz
18468	Instant Tea /Lemon; Lipton's	0.75 c
18468	Sugar	1.50 c
18468	Cloves; Ground	2.00 t
18468	Cinnamon	2.00 t
18469	Peanut butter	1.00 c
18469	Broewn sugar;packed	0.50 c
18469	Corn syrup	0.50 c
18469	Crisp rice cereal	1.00 c
18469	Cornflakes	1.00 c
18469	FILLING -----	0.00 -----
18469	Icing sugar	2.00 c
18469	Butter;softened	0.25 c
18469	Light cream	2.00 tb
18469	Vanilla	1.50 ts
18469	TOPPING -----	0.00 -----
18469	Chocolate; bittersweet or	3.00 oz
18469	-semisweet	0.00
18469	Butter	1.00 tb
18469	FILLING -----	0.00 -----
18469	TOPPING -----	0.00 -----
18470	Milk	1.00 c
18470	Cooked squash	1.00 c
18470	Salt	0.50 ts
18470	Cinnamon	0.50 ts

Sheet1

18470	Nutmeg	0.50 ts
18470	Flour	3.00 c
18470	Sugar	1.25 c
18470	Shortening	2.00 tb
18470	Eggs, well beaten	2.00
18470	Vanilla	1.00 ts
18470	Baking powder	3.00 ts
18471	Butternut squash	6.00 lb
18471	Stock (your choice)	5.50 c
18471	Medium onions, chopped	2.00
18471	Stalks celery, thinly sliced	3.00
18471	Dried sage OR	0.50 ts
18471	Minced fresh sage	1.00 ts
18471	Ground coriander	1.00 tb
18471	Honey	1.00 tb
18471	Ground cumin	1.00 ts
18472	Pork blade steaks,3/4" thk	4.00
18472	Corn oil	2.00 tb
18472	Seasoned salt	0.50 ts
18472	Onions,medium,thinly sliced	2.00
18472	Squash,crookneck,med,sliced	3.00
18472	Cornbread stuffing mix(8oz)	1.00 pk
18472	Cream/mushroom soup(10.5oz)	1.00 cn
18472	Water	0.75 c
18473	FOR 1 -----	0.00 -----
18473	Yeast	1.00 pk
18473	Brown sugar	1.00 tb
18473	Bread flour	2.00 c
18473	Whole wheat flour	1.00 c
18473	Rye flour	1.00 c
18473	Instant nonfat dry milk	0.25 c
18473	-powder	0.00
18473	Salt	1.50 ts
18473	LIQUIFY IN BLENDER -----	0.00 -----
18473	Warm water	1.25 c
18473	Oil	2.75 tb
18473	Honey	2.00 tb
18473	Raisins	2.00 tb
18473	Brown sugar	2.00 tb
18473	FOR 1 -----	0.00 -----
18473	LIQUIFY IN BLENDER -----	0.00 -----
18474	Lean ground beef	2.00 lb
18474	Squid	2.00 lb
18474	Garlic, chopped fine	1.00 ts
18474	Salt	2.00 ts
18474	Soy sauce	1.00 tb
18474	Cayenne pepper	1.00 ts
18474	Dried mint	1.00 ts
18474	Dried parsley	1.00 tb

Sheet1

18474	Chili powder	3.00 tb
18474	(8 oz) tomato sauce	1.00 cn
18474	Dry white wine	1.00 c
18474	Water	0.00
18474	Lemon or lime juice	1.00 ts
18474	Chopped onions	1.00 c
18474	Bacon drippings	0.00
18475	White sugar	3.75 c
18475	Lily white syrup (or Karo,	1.50 c
18475	-must be colorless)	0.00
18475	Water	1.00 c
18475	Food coloring	0.00
18475	Oil based flavorings such as	0.00
18475	- Wiltons	0.00
18475	Tin foil	0.00
18475	Icing sugar, approximately	0.00
18475	- 10 cups, can be reused	0.00
18475	- over and over	0.00
18475	Sharp pair of scisors	0.00
18475	Candy thermometer	0.00
18475	Lots of volunteers to help	0.00
18476		2.00
18476	Shallots; unpeeled	3.00
18476	Onion; unpeeled	1.00
18476	Water	2.50
18476	Oxtails	1.50 lb
18476	- chopped into sections	0.00
18476	Beef shank	1.00 lb
18476	Whole star anise	2.00
18476	Cinnamon stick	1.00
18476	Whole cloves	3.00
18476	Vietnamese fish sauce	0.25 c
18476	-(nuoc mam)-	0.00
18476	Salt; or to taste	1.00 ts
18476	Flat rice-stick noodles	0.50 lb
18476	- soaked in water	0.00
18476	- for 20 minutes	0.00
18476	Sirloin steak	6.00 oz
18476	- trimmed of fat & sliced	0.00
18476	- into paper-thin slices	0.00
18476	Onion; sliced thin	1.00
18476	Bean sprouts	2.00 c
18476	Fresh coriander leaves	0.25 c
18476	- (coarsely chopped)	0.00
18476	Green onions	2.00
18476	- cut into 2-in-long	0.00
18476	- thin julienne slices	0.00
18476	Lime; sliced into 8 wedges	1.00
18476	Red chiles; thinly sliced	2.00

## Sheet1

18478	Flour	2.25 c
18478	Baking soda	1.50 ts
18478	Shortening	0.25 c
18478	Eggs	3.00
18478	Milk	0.75 c
18478	Starlight double delight fro	0.00
18478	-ting; recipe	0.00
18479	18 1/4 oz pkg yellow cake mi	2.00
18479	-	0.00
18479	Medium-size firm, ripe banan	3.00
18479	-s	0.00
18479	Lemon juice; freshly squeez	0.25 c
18479	-d	0.00
18479	Strawberries; fresh, washed	2.00 pt
18479	- dried and hulled	0.00
18479	Heavy cream	24.00 oz
18479	Confectioners sugar	0.33 c
18479	Blueberries; fresh	1.50 c
18480	Basic burger recipe	1.00
18480	Onion; chopped	0.50
18480	Butter	2.00 tb
18480	Steak sauce	2.00 tb
18480	Mustard, brown	1.00 ts
18481	Beef tenderloin steaks, cut	4.00
18481	1" thick (about 4 oz. each)	0.00
18481	Light sesame oil,divided	1.00 tb
18481	Peppercorns,coarsely crushed	3.00 ts
18481	Butter	1.00 tb
18481	Green bell peppers, cut into	2.00 md
18481	1/4" thick julienne strips	0.00
18481	Medium red and yellow bell	1.00
18481	Pepper, cut into 1/4"	0.00
18481	Thick julienne strips	0.00
18481	Green onions, cut into 1/2"	6.00
18481	Pieces	0.00
18481	Soy sauce	0.25 c
18481	Cornstarch	1.50 ts
18481	Balsamic vinegar	0.25 c
18481	Apple juice	0.25 c
18481	Tomato juice	0.25 c
18481	Drops hot pepper sauce	6.00
18482	Margarine, melted	0.50 c
18482	Cayenne pepper	1.00 ts
18482	Black pepper	1.00 ts
18482	Salt	0.50 ts
18482	White pepper	0.25 ts
18482	Ribeye steaks	4.00
18483	Butter	2.00 tb
18483	Onion (or 3-4 green onions	1.00 sm



Sheet1

18483	W/tops)	0.00
18483	Green chilies, chopped	0.50 tb
18483	Green peppercorns	1.00 tb
18483	White wine	0.50 c
18483	Half & half	0.75 c
18483	Sirloin, sliced thinly	0.00
18483	(freshly grilled or	0.00
18483	Leftover)	0.00
18483	Flour tortillas, lg. size	0.00
18483	(warm in microwave to	0.00
18483	Soften)	0.00
18483	SAUCE -----	0.00 -----
18483	Dash of coriander	0.00
18483	Dash of salt	0.00
18483	SAUCE -----	0.00 -----
18484	Diagonally cut carrot	1.00 c
18484	Slices	0.00
18484	Diagonally cut celery	1.00 c
18484	Slices	0.00
18484	Garlic, minced	1.00 cl
18484	Oil	2.00 tb
18484	Beef round steak,cut into	1.00 lb
18484	Thin strips	0.00
18484	(8 oz) sliced water	1.00 cn
18484	Chestnuts, drained	0.00
18484	Soy sauce	3.00 tb
18484	Velveeta Pasteurized	0.50 lb
18484	Process Cheese Spread,cubed	0.00
18484	Hot Cooked Rice	0.00
18485	Boneless chunk steak (about	10.00 oz
18485	-1/2 inch thick)	0.00
18485	Olive oil	2.00 ts
18485	Sliced onion	0.50 c
18485	Garlic cloves, minced	2.00
18485	Canned Italian tomatoes	1.00 c
18485	-(with liquid), drain, seed,	0.00
18485	-and chop	0.00
18485	Tomatoes, reserving liquid	0.00
18485	Minced fresh cilantro	2.00 ts
18485	-(Chinese parsley)	0.00
18485	New potatoes, scrubbed and	6.00 oz
18485	-sliced (1/4-inch-thick	0.00
18485	-slices)	0.00
18485	Seeded and sliced mild green	0.25 c
18485	-chili peppers (1-inch	0.00
18485	-strips)	0.00
18486	Pkg frzn Fish Fillets,thawed	16.00 oz
18486	Chopped Onion	0.50 c
18486	Clove Garlic, minced	1.00 x

## Sheet1

18486	Olive or vegetable Oil	1.00 T
18486	Dry White Wine	0.25 c
18486	Dried Tarragon or Basil	0.25 t
18486	Salt	0.12 t
18486	Pepper	0.12 t
18486	Pkg frozen chopped Spinach *	10.00 oz
18486	Green or Sweet Red Pepper **	1.00 x
18487	Fruit **	4.00 c
18487	Lemon juice	1.00 t
18487	Flour	2.00 c
18487	Salt	1.00 t
18487	Sugar	2.00 c
18487	Butter	1.00 T
18487	Baking powder	4.00 t
18487	Milk	0.75 c
18488	Jasmine Rice	3.00 c
18488	Water	3.00 c
18489	Rice	2.00 c
18489	Water	2.00 c
18490	Rice flour	1.00 lb
18490	Granulated sugar	3.00 c
18490	Coconut milk	3.00 c
18490	Lemon juice	1.00 ts
18490	Active dry yeast	1.00 ts
18490	Water	1.00 ts
18490	Wine rice ball, crushed to a	1.00
18490	-powder	0.00
18491	HOPPED ONIONS	0.25 c
18491	CHOPPED CANNED PLUM TOMATOES	4.00
18491	MINCED GARLIC CLOVES	2.00
18491	SALT AND PEPPER TO TASTE	0.00
18491	GRATED ORANGE ZEST	1.00 tb
18491	4 SKINLESS SALMON FILETS	4.00 oz
18491	ORANGE JUICE	0.50 c
18491	VIRGIN OLIVE OIL	1.00 ts
18491	WHITE WINE	0.50 c
18491	BASIL LEAVES	4.00
18492	Fresh red chillies	5.00
18492	Onion, quartered	1.00
18492	Tomatoes	2.00
18492	Salt, to taste	0.00
18492	Shrimp paste, grilled	0.25 ts
18492	-lightly, or 1 anchovy	0.00
18492	-fillet	0.00
18493	Sticky Rice	4.00 c
18494	Lentils (washed)	1.00 lb
18494	Large onion	1.00
18494	Cloves garlic	3.00
18494	Mushrooms, sliced	4.00 oz

Sheet1

18494	Ribs of celery, sliced diag.	2.00
18494	Carrots, grated	2.00
18494	Oregano or thyme	2.00 ts
18494	Salt to taste	1.00
18494	Pepper to taste	1.00
18494	Small pasta shells, cooked	0.50 lb
18495	To 3 - lb. chicken	2.50
18495	Water	4.00 c
18495	Onion	1.00
18495	Fine,dry noodles	2.00 c
18495	Salt	2.00 ts
18495	Pepper	0.12 ts
18495	Celery tops,carrot,a sprig	1.00 bn
18495	-of parsley	0.00
18495	(all tied together)	0.00
18496	Margarine	2.00 tb
18496	Pitted And Chopped Dates	0.50 c
18496	Granola	0.75 c
18496	Instant Nonfat Dry Milk	3.00 tb
18496	Walnuts, Finely Chopped	0.25 c
18497	Oranges	2.00
18497	Honey	0.25 c
18497	Flour	2.00 c
18497	Uncooked oatmeal	0.50 c
18497	-(not instant)	0.00
18497	Baking powder	1.00 tb
18497	Salt	1.00 ts
18497	Sugar	0.50 c
18497	Eggs; slightly beaten	2.00
18497	Milk	0.67 c
18497	Butter; melted	5.50 tb
18498	Uncooked long or short-grain	4.00 c
18498	-Thai sticky rice	0.00
18499	All-Purpose Flour	2.50 c
18499	Sugar	1.50 c
18499	Cocoa	0.50 c
18499	Soda	2.00 ts
18499	Salt	0.50 ts
18499	Cooking Oil	0.67 c
18499	Vinegar	2.00 tb
18499	Vanilla	1.00 tb
18499	Cold Water Or Coffee	2.00 c
18499	Sugar	0.25 c
18499	Cinnamon	0.50 ts
18500	Soft tofu, cut into 1/2"	0.50 lb
18500	-slices	0.00
18500	Water	0.75 c
18500	Shoyu or tamari	2.00 tb
18500	5-spice powder	0.50 ts

Sheet1

18500	Bok choy, large head	1.00
18500	Garlic cloves	2.00
18500	Slices fresh ginger root	4.00
18500	Whole scallions	3.00
18500	Kuzu or arrowroot	1.00 tb
18500	Sesame seed oil, unrefined	1.00 ts
18500	Toasted sesame seed oil	0.50 ts
18501	Vegetable oil	1.00 ts
18501	Garlic clove	0.50
18501	Onion	0.50
18501	Green pepper	0.50
18501	Button mushrooms	2.25 oz
18501	Mung bean sprouts	0.50 c
18501	Grated carrot	0.25 c
18501	Eggs	4.00 lg
18501	Soy sauce	0.50 tb
18501	SAUCE -----	0.00 -----
18501	Corn flour	0.50 ts
18501	Soy sauce	0.50 tb
18501	Vegetable stock	0.25 c
18501	Sesame oil	1.00 ts
18501	SAUCE -----	0.00 -----
18502	FOR THE SAUCE -----	0.00 -----
18502	Creamy peanut butter	2.00 ts
18502	Fish sauce	2.00 tb
18502	Chicken stock	2.00 tb
18502	Minced garlic	1.00 ts
18502	Red curry paste	1.00 ts
18502	FOR THE CHICKEN -----	0.00 -----
18502	Peanut oil	3.00 tb
18502	Minced garlic	3.00 ts
18502	Minced fresh ginger	1.50 ts
18502	Boneless chicken,diced	9.00 oz
18502	Chopped carrots	1.00 c
18502	Chopped zucchini	1.00 c
18502	Chopped yellow summer squas	1.00 c
18502	Bean sprouts	1.00 c
18502	Chopped roasted peanuts	8.00 tb
18502	Chicken stock,optional	3.00 tb
18502	Chopped fresh coriander	4.00 ts
18502	( cilantro )	0.00
18502	FOR THE SAUCE -----	0.00 -----
18502	FOR THE CHICKEN -----	0.00 -----
18503	Stalks Celery	2.00 x
18503	Scallops	1.00 lb
18503	Apples	2.00 x
18503	Margarine	3.00 tb
18503	Lemon	0.00
18504	Tomatoes	3.00 md

Sheet1

18504	Chicken breasts (8 oz.	2.00
18504	-each),halved,skinned,boned	0.00
18504	Cornstarch,divided	3.00 tb
18504	Salt,divided	1.50 ts
18504	Ground black pepper	0.00
18504	Salad oil,divided	3.00 tb
18504	Onion,sliced	1.00 md
18504	Diced green pepper	1.00 c
18504	White wine	0.75 c
18504	Water	0.50 c
18504	Garlic powder	0.25 ts
18505	Fermented black beans	2.00 tb
18505	Minced garlic	1.00 tb
18505	Grated ginger root	1.00 tb
18505	Sherry/vegetable stock	0.25 c
18505	Thinly sliced onions	0.33 c
18505	Garlic clove, minced	1.00 ea
18505	Sliced bok choy	0.50 c
18505	Julienned red pepper	0.50 c
18505	Napa cabbage, sliced	1.00 c
18505	Honey	1.00 ts
18505	Tamari sauce	1.00 ts
18505	Cornstarch & 2 ts water	1.00 ts
18505	Cooked brown rice	1.00 c
18506	Green beans	12.00 oz
18506	Cakes bean curd	1.50
18506	Garlic cloves	3.00
18506	Vegetable oil	3.50 tb
18506	Salt	0.50 ts
18506	SAUCE -----	0.00 -----
18506	Light soy sauce	1.00 tb
18506	Hoisin sauce	1.00 tb
18506	Yellow bean sauce (paste)	0.50 tb
18506	Chili sauce	2.00 ts
18506	Oil (Chinese chili oil opt.)	2.00 ts
18506	Tomato paste	1.00 tb
18506	SAUCE -----	0.00 -----
18507	Boneless lean beef	0.75 lb
18507	Dark soy sauce	2.00 ts
18507	Rice wine or dry sherry	2.00 ts
18507	Finely chopped ginger root	1.00 ts
18507	Cornstarch	1.00 ts
18507	Sesame oil	1.00 ts
18507	Oil, preferably peanut	0.33 c
18507	Dried red chiles	2.00
18507	- cut in half lengthwise	0.00
18507	Coarsely chopped orange peel	1.00 tb
18507	- (fresh) -=OR=-	0.00
18507	-soaked and coarsely chopped	2.00 ts

Sheet1

18507	- dried citrus peel	0.00
18507	Ground Sichuan peppercorns	0.50 ts
18507	-(Roasted), (optional)	0.00
18507	Dark soy sauce	2.00 ts
18507	Salt	0.25 ts
18507	Sugar	1.00 ts
18507	Sesame oil	0.50 ts
18508	Peanut oil	3.00 tb
18508	Salt	1.00 ts
18508	Garlic cloves	4.00
18508	- lightly crushed & peeled	0.00
18508	Bok choy	1.50 lb
18508	- cut into 1-in pieces	0.00
18509	Chinese celery	1.50 lb
18509	-=OR=- European celery	0.00
18509	Peanut oil	2.00 tb
18509	Salt	1.00 ts
18509	Finely chopped garlic	3.00 tb
18509	Chicken stock	0.50 c
18510	Boneless chicken breasts	0.50 lb
18510	- skinned	0.00
18510	Egg white	1.00
18510	Salt	0.50 ts
18510	Cornstarch	0.50 ts
18510	Fresh bean sprouts	6.00 oz
18510	Snow peas; trimmed	4.00 oz
18510	Fresh water chestnuts; -OR-	6.00
18510	-Canned water chestnuts	4.00 oz
18510	- (drained)	0.00
18510	Oil, preferably peanut	0.67 c
18510	Salt	1.00 ts
18511	Chicken Breast	8.00 oz
18511	Cabbage	0.50
18511	Fried Peanuts	2.00 tb
18511	Chilies	2.00
18511	Oil	5.00 c
18511	Chili Nam Yuey	1.00 tb
18511	Salt	2.00 ts
18512	Eggs; beaten	6.00
18512	Sesame oil	2.00 ts
18512	Salt	1.00 ts
18512	Fresh tomatoes	1.00 lb
18512	Scallions, whole	6.00
18512	Peanut oil	1.50 tb
18512	Salt	0.50 ts
18513	Cooked Lobster	1.50 lb
18513	Oil	2.00 tb
18513	Minced Garlic Cloves	4.00
18513	Sliced Fresh Ginger	2.00 tb

## Sheet1

18513	Sliced Green Jalapeno	0.25 c
18513	- Peppers (Prik Chee Fa)	0.00
18513	Chopped Green Onions,	0.50 c
18513	- Scallions, Spring Onions	0.00
18513	Beaten Eggs	1.00
18513	Freshly Ground Peppercorns	1.00 ts
18513	Oyster Sauce	2.00 tb
18513	Fish Sauce (Nam Pla)	1.00 tb
18513	Sugar	1.00 tb
18514	Cloud ear fungus	1.00 oz
18514	Chinese longbeans	0.50 lb
18514	-=OR=- Green beans	0.00
18514	Silk squash or zucchini	1.00 lb
18514	Peanut oil	2.00 tb
18514	Finely chopped shallots	2.00 tb
18514	Coarsely chopped garlic	2.00 tb
18514	Minced peeled fresh ginger	2.00 ts
18514	Oyster sauce	2.00 tb
18514	Rice wine or dry sherry	2.00 tb
18514	Light soy sauce	2.00 tb
18514	Salt	2.00 ts
18514	Sugar	1.00 ts
18514	Chicken stock	0.50 c
18515	Flat rice stick noodles	16.00 oz
18515	Vegetable oil	4.00 tb
18515	Garlic cloves; crushed	4.00
18515	Yellow onion; chopped	1.00
18515	Pork loin	1.50 lb
18515	-- cut into julienne strips	0.00
18515	Dried shrimp; soaked in:	0.50 c
18515	-Warm water (for 5 minutes)	0.50 c
18515	Fresh red chilies	2.00
18515	-- cut into julienne strips	0.00
18515	White sugar	1.00 ts
18515	Fish sauce	0.12 c
18515	Salt	1.00 ts
18515	Lime juice	2.00 tb
18515	Ketchup	3.00 tb
18515	Ground black pepper	1.00 ts
18515	Fresh bean sprouts	1.00 lb
18515	-- washed, drained	0.00
18515	Green onion, chopped	4.00 tb
18515	Fresh coriander, chopped	4.00 tb
18515	Roasted peanuts, crushed	4.00 tb
18516	Pork tenderloin	0.75 lb
18516	Soy sauce	3.00 tb
18516	Sherry,dry	1.00 tb
18516	Cornstarch	2.50 ts
18516	Sugar	1.25 ts

Sheet1

18516	Gingerroot,minced fresh	0.25 ts
18516	Salad oil	0.00
18516	Broccoli bunch	0.50
18516	Mushrooms,sliced	0.50 lb
18516	Carrot,thinly sliced	1.00
18516	Salt	0.25 ts
18516	Water	2.00 tb
18517	(1/8 inch wide) rice noodles	8.00 oz
18517	Whole chicken breast	1.00
18517	-- boned, skinned	0.00
18517	Shrimp, shelled, deveined	8.00 md
18517	-Water	0.50 c
18517	Fish sauce	0.25 c
18517	Sugar	3.00 tb
18517	Lime juice	1.00 tb
18517	Paprika	1.00 ts
18517	Red (cayenne) pepper	0.12 ts
18517	Bean sprouts	0.50 lb
18517	Green onions	3.00
18517	-- white part only,	0.00
18517	-- cut into 1 inch shreds	0.00
18517	Vegetable oil	3.00 tb
18517	Garlic cloves	4.00 lg
18517	-- finely chopped	0.00
18517	Egg	1.00
18517	Crushed roasted peanuts	4.00 tb
18517	-- (finely crushed)	0.00
18518		0.50
18518	Dried Chinese blk. mushrooms	6.00
18518	Boneless chicken breast	1.00
18518	- cut 1/3-in thick	0.00
18518	Strip Chinese barbecued pork	6.00 oz
18518	Medium shrimp	6.00 oz
18518	Peanut or corn oil	3.00 tb
18518	Finely chopped ginger	2.00 ts
18518	Salt	0.50 ts
18518	Onion; cut lengthwise into	1.00 sm
18518	- thin slices	0.00
18518	Stalk celery; cut into	1.00
18518	- diagonal thin slices	0.00
18518	Small snow peas	0.25 lb
18518	- strings and stems removed	0.00
18518	Green bell pepper; seeded	0.50
18518	- and sliced thin	0.00
18518	Sugar	0.50 ts
18518	Indian Madras curry powder	2.00 tb
18518	-(or to taste)	0.00
18518	Light soy sauce	1.00 tb
18518	-(or more if needed)	0.00



Sheet1

18518	Dark soy sauce	1.00 tb
18518	Chicken stock	0.25 c
18518	Green onions	2.00
18518	- finely shredded	0.00
18519	Fresh scallops	1.00 lb
18519	Leeks	1.00 lb
18519	Oil, preferably peanut	1.50 tb
18519	Scallions; coarsely chopped	2.00 tb
18519	Garlic; coarsely chopped	1.00 tb
18519	Fresh ginger; finely chopped	2.00 ts
18519	Salt	0.50 ts
18519	SAUCE -----	0.00 -----
18519	Dark soy sauce	2.00 tb
18519	Chili bean sauce	2.00 ts
18519	Rice wine or dry sherry	2.00 tb
18519	Sugar	2.00 ts
18519	Sesame oil	2.00 ts
18519	SAUCE -----	0.00 -----
18520	Shredded red cabbage	4.00 c
18520	Seasoned rice vinegar	0.25 c
18520	Chicken broth	2.00 c
18520	Couscous	1.00 c
18520	Salad oil	2.00 tb
18520	Boneless pork loin/shoulder*	1.00 lb
18520	Onion,large,thinly sliced	1.00
18520	Minced fresh ginger	1.00 tb
18520	Garlic cloves,presse d/minced	2.00
18520	Chopped fresh mint leaves	0.25 c
18520	SAUCE -----	0.00 -----
18520	Chicken broth	0.75 c
18520	Orange juice	0.50 c
18520	Cornstarch	4.00 ts
18520	Soy sauce	2.00 tb
18520	Ground coriander	1.00 ts
18520	Ground cumin	0.50 ts
18520	Cayenne	0.25 ts
18520	SAUCE -----	0.00 -----
18521	Miso	1.00 tb
18521	Soy sauce	2.00 tb
18521	Vinegar, wine	1.00 ts
18521	Almonds, sliced	2.00 tb
18521	Oil, sesame	1.00 tb
18521	Ginger, ground	0.50 ts
18521	Spinach, fresh	2.00 lb
18522	Sesame oil	2.00 tb
18522	Green bell peppers, diced	2.00 md
18522	Celery stalk, diagonally	1.00 lg
18522	-- sliced	0.00
18522	Garlic cloves, minced	2.00 ea

Sheet1

18522	Mung bean sprouts	1.50 c
18522	Scallions, chopped	2.00 bn
18522	Toasted sunflower seeds	0.25 c
18522	Dry sherry	0.25 c
18522	Tamari	2.00 tb
18522	Grated ginger	0.50 ts
18522	Cakes of tofu, diced	3.00 ea
18522	Chinese noodles	0.00
18523	Young zucchini	2.00 md
18523	Fresh carrots	3.00
18523	Leeks	2.00 lg
18523	Cloves garlic	3.00
18523	Ginger, minced	1.00 ts
18523	Peanut oil	2.00 tb
18523	Sesame oil	0.25 ts
18523	SEASONINGS:	0.00
18523	Salt	0.50 ts
18523	Sugar	0.50 ts
18523	5-spice powder	0.25 ts
18524	Chicken Breasts, halved,	2.00
18524	-skinned, boned and pounded	0.00
18524	-to 1/4 inch	0.00
18524	Cooking Oil	2.00 tb
18524	Shallots, sliced	0.33 c
18524	Carrots, diced	0.33 c
18524	Celery, diced	0.33 c
18524	Dry White Wine	0.33 c
18524	Chicken Broth	0.50 c
18524	Parsley, finely chopped	2.00 tb
18524	Fresh Basil, finely chopped	2.00 tb
18524	-OR	0.00
18524	Dried Basil	2.00 ts
18524	Worcestershire Sauce	1.00 ts
18524	Pepper	0.25 ts
18524	Cornstarch	1.00 tb
18524	Cold Chicken Broth	2.00 tb
18525	Chicken breast	1.00
18525	Fresh ginger	2.00 sl
18525	Cornstarch	2.00 ts
18525	Walnuts	1.00 c
18525	Salt	0.50 ts
18525	Oil for deep frying	0.00
18525	Sherry	1.00 tb
18525	Oil	2.00 tb
18525	Bamboo shoots	0.50 c
18525	Chicken stock	0.25 c
18526	Boneless chicken, beef, pork	0.25 lb
18526	Cornstarch	1.00 ts
18526	Sherry, wt.wine, apple juice	1.00 tb

Sheet1

18526	Broccoli,celery,1/2 s.pepper	1.00
18526	Vegetable oil	2.00 ts
18526	Clove garlic,minced (1/2 tsp	1.00
18526	Minced fresh ginger root	1.00 ts
18526	SEASONING SAUCE:	0.00
18526	Water	1.00 tb
18526	Sherry, wt.wine, apple juice	1.00 tb
18526	Cornstarch	0.50 ts
18526	Soy sauce	0.50 ts
18527	Shortening	1.00 c
18527	Salt	1.00 ts
18527	Vanilla	1.00 ts
18527	Nutmeg	1.00 ts
18527	Brown sugar (packed)	2.00 c
18527	Eggs	2.00
18527	Flour (sifted)	3.00 c
18527	Soda	1.00 ts
18527	Milk	0.25 c
18527	Nuts	0.50 c
18527	Raisins	0.50 c
18528	Onion; chopped	0.25 c
18528	Garlic clove; crushed and c	1.00
18528	Butter	1.00 tb
18528	Spinach; frozen, thawed (10	1.00 pk
18528	Eggs	3.00
18528	Egg; separated	1.00
18528	Frozen regular or deep dish	2.00
18528	Cooked ham; sliced (175 g)	1.00 pk
18528	Swiss cheese slices; (200 g	1.00 pk
18529	Strawberries	500.00 g
18529	Green apples	3.00 lg
18529	Lemon juice	0.25 c
18529	Water	2.00 c
18529	Sugar, warmed	1.00 kg
18530	10-oz. package frozen	1.00
18530	- strawberries, in syrup,	0.00
18530	- thawed, undrained	0.00
18530	Eggs	2.00
18530	Oil	0.75 c
18530	All-purpose flour	1.50 c
18530	Sugar	1.00 c
18530	Cinnamon	1.00 ts
18530	Baking soda	0.50 ts
18531	Strawberries	2.00 qt
18531	Sugar	2.00 c
18531	Lemon juice	2.00 tb
18532	Eggs	2.00
18532	Buttermilk	2.50 c
18532	Baking soda	1.00 ts

Sheet1

18532	Melted butter or margarine	0.25 c
18532	Flour	2.50 c
18532	Sugar	1.00 tb
18532	Baking powder	2.00 ts
18532	Salt	1.00 ts
18532	Sliced strawberries, fresh	1.00 c
18532	OR frozen (thawed and	0.00
18532	Drained)	0.00
18532	Melted butter or margarine	0.50 c
18533	Cake mix,white or yellow	1.00 pk
18533	Strawberry jello	1.00 pk
18533	Cooking oil	0.75 c
18533	Pecans,chopped	1.00 c
18533	Eggs	4.00
18533	Flour	2.00 tb
18533	Strawberries	1.00 pt
18533	Sugar	0.50 c
18534	Cake:	0.00
18534	Eggs	4.00
18534	Sugar	0.75 c
18534	Vanilla	1.00 ts
18534	Cake flour	0.75 c
18534	Baking powder	0.75 ts
18534	Salt	0.25 ts
18534	Powdered sugar	0.00
18534	Buttercream:	0.00
18534	Butter, softened	0.75 c
18534	Powdered sugar	2.75 c
18534	Egg	1.00
18534	Strawberry preserves	0.50 c
18534	Whipped cream:	0.00
18534	Heavy cream	1.00 pt
18534	Powdered sugar	0.50 c
18534	Vanilla	1.00 ts
18534	Strawberries	1.00 pt
18535	All purpose flour	2.50 c
18535	Packed brown sugar	1.25 c
18535	Carrots; finely shredded	1.00 c
18535	Vegetable oil	0.50 c
18535	Yogurt; low fat, plain	0.50 c
18535	Water	0.33 c
18535	Pecans; chopped	0.50 c
18535	Baking powder	2.00 ts
18535	Ground cinnamon	1.00 ts
18535	Ground nutmeg	1.00 ts
18535	Baking soda	0.50 ts
18535	Salt	0.50 ts
18535	Eggs	2.00
18535	Strawberries; finely choppe	1.00 c

Sheet1

18535	-	0.00
18535	Strawberry cream cheese glaz	0.00
18535	- recipe	0.00
18536	Strawberries	500.00 g
18536	Sugar	1.50 c
18537	9-inch baked pie crust	1.00 ea
18537	Recipe Cream Filling	1.00 ea
18537	Water	0.50 c
18537	Cornstarch	2.00 t
18537	Slivered, blanched almonds	0.50 c
18537	Fresh strawberries	2.50 c
18537	Sugar	0.25 c
18537	Few drops red food coloring	1.00 x
18537	CREAM FILLING -----	0.00 -----
18537	Sugar	0.50 c
18537	Enriched flour	3.00 T
18537	Milk	2.00 c
18537	Heavy cream, whipped	0.50 c
18537	Cornstarch	3.00 T
18537	Salt	0.50 t
18537	Egg, slightly beaten	1.00 ea
18537	Vanilla	1.00 t
18537	CREAM FILLING -----	0.00 -----
18538	Uncooked Oatmeal	1.00 c
18538	All-Purpose Flour	1.00 c
18538	Brown Sugar	1.00 c
18538	Chopped Walnuts	0.25 c
18538	Butter Or margarine	0.50 c
18538	Sugar	0.50 c
18538	Sliced Fresh Strawberries	3.00 c
18539	Sugar	2.00 c
18539	Water	0.50 c
18539	Cream of tartar	0.25 ts
18539	Preserved strawberries	1.00 c
18539	Egg whites	2.00
18540	DOUGH -----	0.00 -----
18540	Flour	1.25 c
18540	Sugar	0.25 c
18540	Baking powder	1.50 ts
18540	Salt	0.25 ts
18540	Butter	0.50 c
18540	Cream cheese	0.33 c
18540	Coconut (flaked)	0.50 c
18540	Strawberry preserves	0.50 c
18540	FROSTING -----	0.00 -----
18540	Powdered sugar (sifted)	1.00 c
18540	Butter (soft)	1.00 tb
18540	Strawberry preserves	0.25 c
18540	DOUGH -----	0.00 -----

Sheet1

18540	FROSTING -----	0.00 -----
18541	Egg whites, unbeaten	2.00
18541	Sugar	1.00 c
18541	Salt	1.00 ds
18541	Sliced fresh strawbwrries or	1.33 c
18541	-1 package frozen sliced	0.00
18542	9" Baked Pie Shell	1.00 x
18542	Fresh Strawberries (1 1/2 qt)	6.00 c
18542	Sugar	1.00 c
18542	Cornstarch	3.00 T
18542	Water	0.50 c
18542	Cream cheese, softened	3.00 oz
18543	Stemmed gooseberries	2.00 qt
18543	Hulled strawberries	2.00 qt
18543	Sugar	4.00 qt
18544	Crushed strawberries	3.00 c
18544	White sugar	5.00 c
18544	Certo crystals	1.00 pk
18544	Water	1.00 c
18545	Pkg white cake mix	1.00
18545	10 oz pkg frozen strawberrie	1.00
18545	-	0.00
18545	Nuts; chopped (not too fine	1.00 c
18545	-	0.00
18545	Salad oil	1.00 c
18545	Flour	3.00 ts
18545	Pkg strawberry flavored gela	1.00
18545	-in	0.00
18545	Eggs	4.00
18546	Strawberry juice	4.00 c
18546	Sugar	7.50 c
18546	Bottle fruit pectin	1.00
18547	Fresh strawberry puree	2.00 c
18547	Applesauce	1.00 c
18547	Lemon juice	1.00 tb
18547	Sugar	0.25 c
18548	Baked 9" Pie Shell	1.00 x
18548	Envelopes unflavored Gelatin	2.00 x
18548	Can frzn Limeade concentrate	6.00 oz
18548	Sugar	0.33 c
18548	Grated Lime rind	1.00 t
18548	Diced Strawberries	1.00 c
18548	Whipping cream, whipped	1.00 c
18548	Green food coloring	1.00 ds
18549	Strawberries	500.00 g
18549	Green apple	1.00 md
18549	Juice of 1 lime	0.00
18549	Sugar	1.75 c
18549	Grand marnier	2.00 tb

Sheet1

18550	GENOISE LAYER -----	0.00 -----
18550	Eggs	4.00 lg
18550	Salt	1.00 pn
18550	Sugar	0.67 c
18550	Cake flour	0.50 c
18550	Cornstarch	3.00 tb
18550	LEMON KIRSCH SYRUP -----	0.00 -----
18550	Water	0.33 c
18550	Sugar	0.25 c
18550	Lemon juice	2.00 tb
18550	Kirsch	2.00 tb
18550	STRAWBERRY FILLING -----	0.00 -----
18550	Strawberries	2.00 pt
18550	Sugar	0.50 c
18550	Lemon juice	1.00 tb
18550	Kirsch	1.00 tb
18550	Cornstarch	2.00 tb
18550	COVERING MERINGUE -----	0.00 -----
18550	Egg whites	6.00 lg
18550	Sugar	1.00 c
18550	Toasted, sliced almonds	0.25 c
18550	GENOISE LAYER -----	0.00 -----
18550	LEMON KIRSCH SYRUP -----	0.00 -----
18550	STRAWBERRY FILLING -----	0.00 -----
18550	COVERING MERINGUE -----	0.00 -----
18551	MERINGUE CRACKER CRUST -----	0.00 -----
18551	Egg Whites	3.00 x
18551	Sugar	1.00 c
18551	Mace	0.12 t
18551	Vanilla	1.00 t
18551	Soda crackers, crushed	12.00 x
18551	Baking Powder	1.00 t
18551	Chopped Walnuts	0.75 c
18551	STRAWBERRY FILLING -----	0.00 -----
18551	Fresh Strawberries, crushed	1.50 c
18551	Sugar	0.25 c
18551	Lemon peel	1.00 t
18551	Envelope unflavored Gelatin	1.00 x
18551	Cold water	0.25 c
18551	Whole, fresh Strawberries	30.00 x
18551	MERINGUE CRACKER CRUST -----	0.00 -----
18551	STRAWBERRY FILLING -----	0.00 -----
18552	Gelatine, unflavored, (enve)	1.00 ea
18552	Water, boiling	1.00 c
18552	Strawberries, frozen	2.00 c
18552	Milk, skim, cold	0.75 c
18552	Sugar	0.50 c
18553	Text Only	0.00
18554	Balsamic vinegar	2.00 tb

Sheet1

18554	Orange juice	2.00 tb
18554	Dijon mustard	1.00 tb
18554	Honey	1.00 tb
18554	Grated orange peel	0.50 ts
18554	Red pepper flakes	0.50 ts
18554	Strawberries, sliced	2.00 c
18554	Raisins	3.00 tb
18554	Walnuts, chopped	3.00 tb
18555	Sliced fresh or frozen	3.00 c
18555	-rhubarb, 1 inch pieces	0.00
18555	Qt. Fresh strawberries,	1.00
18555	-mashed	0.00
18555	Lemon juice	2.00 tb
18555	Sugar	1.00 c
18555	Cornstarch	0.33 c
18555	Cake:	0.00
18555	All-purpose flour	3.00 c
18555	Sugar	1.00 c
18555	Baking powder	1.00 ts
18555	Baking soda	1.00 ts
18555	Salt	0.50 ts
18555	Butter or margarine, cut	1.00 c
18555	-into pieces	0.00
18555	Buttermilk	1.50 c
18555	Eggs	2.00
18555	Vanilla extract	1.00 ts
18555	Topping:	0.00
18555	Butter or margarine	0.25 c
18555	All-purpose flour	0.75 c
18555	Sugar	0.75 c
18556	Uncooked Rice	1.00 c
18556	Milk	3.00 c
18556	Sugar	0.50 c
18556	Beaten Eggs	2.00 x
18556	Vanilla	1.00 t
18556	Heavy cream, whipped *	0.50 c
18556	Sliced fresh/frzn Strawberry	1.50 c
18557	Strawberries (or more)	0.50 c
18557	Honey	2.00 T
18557	Cold Milk	1.00 c
18557	Plain Yogurt	1.00 c
18557	Whole Strawberries	2.00 x
18558	Or more ounces kirsch, to	2.00
18558	-taste	0.00
18558	Heavy cream	1.00 qt
18558	Sugar	0.25 c
18558	Sliced fresh strawberries	4.00 c
18558	Sliced toasted almonds	8.00 oz
18558	To 12 whole strawberries	10.00



Sheet1

18559	Egg whites	9.00 lg
18559	Cream of tartar	1.00 ts
18559	Vanilla extract	1.00 tb
18559	Granulated sugar	0.50 c
18559	+ 2 tablespoons sifted cake	1.00 c
18559	-flour*	0.00
18559	Baking powder	1.00 ts
18559	Sliced strawberries	4.50 c
18559	Reduced-calorie nondairy	0.75 c
18559	-whipped topping (8calories	0.00
18559	-per tablespoon)	0.00
18560	Angel food cake, cut	1.00
18560	Fresh strawberries	1.00 pk
18560	-(use blueberries as a	0.00
18560	-substitute)	0.00
18560	Vanilla pudding	1.00 pk
18560	-(use lemon pudding if	0.00
18560	-using blueberries)	0.00
18560	Cool Whip	1.00 pk
18561	Raspberry vinegar	0.50 c
18561	Vegetable oil	0.50 c
18561	-Water	1.00 c
18561	Shallots; finely chopped	3.00
18561	-freshly ground black pepper	0.00
18561	Strawberries;fresh ; 1 lb	2.00 pt
18561	-sliced	0.00
18561	Spinach;fresh, trimmed(500g)	1.00 lb
18562	Unflavored Gelatin	1.00 ts
18562	Orange Juice	0.25 c
18562	Mashed OR Pureed Fresh	1.00 c
18562	Strawberries	0.00
18562	Packets Equal	6.00
18562	Orange Peel Slivers	1.00 tb
18562	Coriander	0.25 ts
18563	Pkg. strawberry/banana jello	3.00 oz
18563	Boiling water	1.00 c
18563	Pkg. sliced strawberries	10.00 oz
18563	Banana, mashed	1.00
18563	Can crushed pineapple	8.75 oz
18563	Cream cheese	3.00 oz
18563	Sour cream	1.00 c
18563	Walnuts, chopped	0.50 c
18564	Pkg. strawberry/banana jello	3.00 oz
18564	Boiling water	1.00 c
18564	Pkg. sliced strawberries	10.00 oz
18564	Banana, mashed	1.00 ea
18564	Can crushed pineapple	8.75 oz
18564	Cream cheese	3.00 oz
18564	Sour cream	1.00 c

Sheet1

18564	Walnuts, chopped	0.50 c
18565	Cornmeal, yellow, uncooked	0.50 c
18565	Cornmeal, yellow, uncooked	2.00 tb
18565	Flour, all-purpose	0.50 c
18565	Milk, evaporated, skim	1.00 c
18565	Egg, large	1.00 ea
18565	Extract, vanilla	1.00 ts
18565	Strawberries, sliced, divide	2.00 c
18565	Margarine, reduce-cal(tub)	1.00 tb
18565	Margarine, reduce-cal(tub)	1.00 ts
18566	Sliced fresh Strawberries	4.00 c
18566	Sugar	2.00 T
18566	Can Sweetened Condensed Milk	14.00 oz
18566	Lemon Juice	0.25 c
18566	Heavy cream, whipped	0.50 c
18566	Dessert Crepes	12.00 x
18566	Whole Strawberries to garnis	12.00 x
18567	Crushed strawberries	2.75 c
18567	Kiwi fruit, peeled, chopped	1.25 c
18567	Sugar	3.25 c
18567	Certo LIGHT Pectin Crystals	1.00 pk
18568	Pineapple, finely chopped,	2.50 c
18568	-cored, pared, fresh	0.00
18568	Grated orange peel	1.00 ts
18568	Chopped orange pulp	2.50 c
18568	Sugar	7.00 c
18568	Stemmed strawberries	1.50 qt
18569	Eggs, beaten	3.00 ea
18569	Enriched flour	0.25 c
18569	Nutmeg	0.50 t
18569	Strawberries, fresh, sliced	1.50 c
18569	Butter or margarine	1.00 T
18569	Sugar	1.25 c
18569	Salt	0.25 t
18569	Rhubarb, red, 1 inch slices	2.50 c
18569	Pastry for 9" lattice crust	1.00 ea
18570	Potato, mashed	0.50 c
18570	Butter and other shortening,	0.50 c
18570	Flour	3.50 c
18570	*dissolved in:	1.00 x
18570	Egg, well beaten	2.00 ea
18570	Flour	1.50 c
18570	Flour	1.00 c
18570	Egg yolk, well beaten	1.00 ea
18570	Potato water	0.50 c
18570	Sugar	0.50 c
18570	Yeast	1.00 c
18570	Water, lukewarm	0.50 c
18570	Sugar	0.50 c

Sheet1

18570	*topping:	1.00 x
18570	Sugar	0.50 c
18571	Margarine	2.00 tb
18571	Granulated sugar	6.00 tb
18571	Egg, separated	1.00
18571	Flour	0.75 c
18571	Baking powder	0.50 ts
18571	2% milk	0.25 c
18571	Halved plums or other fruit	1.00 c
18571	STREUSEL TOPPING	0.00
18571	Packed brown sugar	0.25 c
18571	Soft margarine	0.50 tb
18571	Cinnamon	0.50 ts
18571	GLAZE (optional)	0.00
18571	Icing sugar	2.00 tb
18571	2% milk	0.50 ts
18571	Vanilla	0.12 ts
18572	Ground beef	1.25 lb
18572	Green pepper, chopped	1.00 md
18572	Onion, chopped	1.00 md
18572	Carrot, shredded	1.00 md
18572	Sour cream	8.00 oz
18572	Flour	2.00 ts
18572	Worcestershire sauce	1.00 ts
18572	Garlic salt	0.12 ts
18572	Of a 17 1/4 oz package	0.50
18572	Frozen puff pastry, 1 sheet	0.00
18572	Thawed	0.00
18572	7 1/2 oz. can semi condensed	1.00
18572	Cream of mushroom soup	0.00
18573	Mushrooms; stems removed,	0.33 lb
18573	-caps quartered	0.00
18573	Yellow onion; cut 2" chunks	0.33 lb
18573	Ground chuck	1.50 lb
18573	Sweet paprika	2.50 t
18573	]Worcestershire sauce	1.00 T
18573	Dry mustard	0.50 t
18573	Kosher salt	2.00 t
18573	Fresh ground pepper; to tast	0.00
18573	SAUCE -----	0.00 -----
18573	Sour cream	1.00 c
18573	Chicken broth	1.00 c
18573	Cornstarch; dissolved in	1.00 T
18573	-2 T cold water	0.00
18573	Kosher salt; to taste	0.00
18573	Black pepper; to taste	0.00
18573	Fresh dill sprigs; packed,	0.25 c
18573	-chopped	0.00
18573	SAUCE -----	0.00 -----

Sheet1

18574	pn	5.00	2
18574	-ded and inner pith	0.00	
18574	Removed, rinsed and drained	0.00	
18574	Garlic and herbs cheese spre	2.00	pk
18574	-ad; (4 oz. pkgs.),	0.00	
18574	Room temperature	0.00	
18574	Shallots; minced	3.00	tb
18574	Celery heart; minced	0.25	c
18574	Anaheim chile; minced (cut	1.00	tb
18574	-one chile up for this)	0.00	
18574	Coarsely ground black pepper	0.50	ts
18574	Anchovy paste	0.25	ts
18574	Imported romano; freshly gr	2.00	tb
18574	-ated	0.00	
18574	Imported parmesan; freshly	1.00	tb
18574	-grated	0.00	
18574	Dried cilantro; crumbled	0.50	ts
18574	Dijon mustard	0.50	ts
18574	Seasoned bread crumbs	4.00	tb
18574	Oregano vinaigrette:	0.00	
18574	Red wine vinegar	3.00	tb
18574	Extra-virgin olive oil	4.00	tb
18574	Dried oregano; crumbled	1.00	ts
18574	Garlic powder	0.50	ts
18574	Black pepper	0.00	pn
18574	Anchovy paste; (pencil-eras	2.00	pn
18574	-er size pieces)	0.00	
18575	To 6 rib pork chops cut at	4.00	
18575	-least 1 inch thick	0.00	
18575	Very fine soft bread crumbs	1.00	c
18575	Onion juice	1.00	tb
18575	Finely chopped parsley	0.50	tb
18575	Of thyme	1.00	pn
18575	Salt	0.25	ts
18575	Pepper	0.12	ts
18576	Beef heart	1.00	ea
18576	*white sauce	0.50	c
18576	Chestnuts, roasted	1.00	c
18576	Cracker crumbs	1.00	c
18576	Salt & pepper	1.00	x
18577	Broiler-fryer chicken,cut up	3.00	lb
18577	Slices white bread	2.00	
18577	Sprigs parsley	6.00	
18577	Egg,beaten	1.00	
18577	Salt	1.00	ts
18577	Ground pepper	0.25	ts
18577	Ground savory	0.25	ts
18577	Butter or margarine,melted	2.00	tb
18577	Flour	1.00	ts

Sheet1

18577	Dry white wine	1.00 c
18577	Water	0.50 c
18577	Cornstarch	1.00 tb
18577	Instant chicken bouillon	1.00 ts
18578	Cabbage	1.00 md
18578	Boiling water	1.50 qt
18578	Salt	3.50 ts
18578	Onion; minced	1.00 lg
18578	Butter	0.25 c
18578	Ground beef	1.00 lb
18578	Cooked rice	0.50 c
18578	Pepper	0.25 ts
18578	Lemon juice	2.00 tb
18578	Flour; mixed with	2.00 tb
18578	Water	2.00 tb
18578	White pepper	0.12 ts
18579	Roasting chicken	1.00
18579	Vegetable oil or butter	3.00 tb
18579	Blanched, slivered almonds	0.50 c
18579	Raw long-grain white rice	0.75 c
18579	Dry white wine	0.50 c
18579	-Water	1.25 c
18579	Salt	0.00
18579	Ground cinnamon	1.00 ts
18579	Granulated sugar	1.00 pn
18579	Currants	0.50 c
18579	Melted butter or veg. oil	0.00
18580	Thin slices French bread	24.00
18580	Cottage cheese	1.00 c
18580	Eggs	4.00
18580	Suggar	3.00 tb
18580	Vanilla	1.00 ts
18580	Pch nutmeg	1.00
18580	Milk	0.67 c
18580	To 6 tb unsalted butter	4.00 tb
18581	DOUGH -----	0.00 -----
18581	Dates (pitted)	1.00 lb
18581	Pecan or walnut halves	3.00 oz
18581	Shortening	0.25 c
18581	Brown sugar	0.75 c
18581	Egg	1.00
18581	Flour (sifted)	1.25 c
18581	Baking powder	0.50 ts
18581	Soda	0.50 ts
18581	Salt	0.25 ts
18581	Sour cream	0.50 c
18581	FROSTING -----	0.00 -----
18581	Butter	4.00 tb
18581	Powdered sugar	1.00 c

Sheet1

18581	Boiling water	2.00 tb
18581	Vanilla	0.50 ts
18581	DOUGH -----	0.00 -----
18581	FROSTING -----	0.00 -----
18582	Eggplants	2.00 lg
18582	Olive oil	0.25 c
18582	Onion, diced	1.00 lg
18582	Garlic cloves, chopped	2.00 ea
18582	Mushrooms, sliced	1.00 c
18582	Bulgur wheat	1.00 c
18582	Vegetable stock	0.75 c
18582	Oregano	1.00 ts
18582	Salt & pepper	0.00
18583	Loaf large diameter french	1.00
18583	Bread	0.00
18583	Milk	0.50 c
18583	Eggs	4.00 lg
18583	Sugar	0.25 c
18583	Cinnamon	1.00 ts
18583	Boiled ham (thinnley sliced	0.50 lb
18583	Package American Cheese	1.00
18583	Breakfast sausage	0.50 lb
18583	Package bacon	0.50
18583	Vanilla	1.50 ts
18584	Edible frogs, skinned, whole	6.00 lg
18584	Finely chopped pork	1.00 c
18584	Head garlic, chopped fine	0.50
18584	Vinegar	0.25
18584	Heaping teaspoon brown sugar	1.00
18584	Salt and pepper to taste	0.00
18585	Water	1.00 qt
18585	Preserved grape leaves	8.00 oz
18585	- stems removed	0.00
18585	Cooked rice	1.00 c
18585	Onion; grated	1.00 md
18585	Fresh parsley, minced	2.00 tb
18585	Tomatoes; finely chopped	2.00
18585	Dried mint	1.00 ts
18585	Allspice	0.50 ts
18585	Garlic clove; minced	1.00
18585	Lemon, juiced	1.00
18585	-water (as needed)	0.00
18586	PEPPER SHELLS -----	0.00 -----
18586	Green Bell Peppers; Lg	3.00 ea
18586	Water; Boiling, Salted	5.00 c
18586	MEAT FILLING -----	0.00 -----
18586	Lean Ground Beef	1.00 lb
18586	Onion; Chopped, 1 Sm	0.25 c
18586	Celery; Chopped	0.50 c

Sheet1

18586	Tomato Sauce; 1 Cn	8.00 oz
18586	Salt	1.00 ts
18586	Garlic Salt	0.25 ts
18586	Worcestershire Sauce	1.00 ts
18586	Instant Rice; Uncooked	0.50 c
18586	Water	0.50 c
18586	PEPPER SHELLS -----	0.00 -----
18586	MEAT FILLING -----	0.00 -----
18587	Flour	1.00 tb
18587	(6 oz. each) tomato paste	4.00 cn
18587	Water	1.00 c
18587	Sugar	1.00 tb
18587	Chopped onion	0.50 c
18587	Garlic,minced	1.00 cl
18587	Ground beef	1.50 lb
18587	Grated Cheddar cheese	1.00 c
18587	Cooked rice	1.50 c
18587	Salt	1.50 ts
18587	Pepper	0.25 ts
18587	Green peppers	6.00 md
18588	Onions; peeled, cored	4.00 lg
18588	Garlic salt	0.50 ts
18588	Butter	4.00 ts
18588	Bacon	1.00 sl
18588	Cream of Mushroom soup	0.00
18589	Rice	1.00 c
18589	Green bell peppers	3.00 lg
18589	Ground meat	1.00 lb
18589	Onion, chopped	1.00
18589	Tomato sauce or spaghetti	8.00 oz
18589	Sauce	0.00
18590	Green peppers	6.00 md
18590	Ground beef	1.00 lb
18590	Chopped onion	0.25 c
18590	Hot cooked rice	2.00 c
18590	8 oz. jar Cheez Whiz	1.00
18590	Process cheese spread	0.00
18590	Dash pepper	0.00
18590	Dash basil	0.00
18590	Dry bread crumbs	0.25 c
18590	Margarine,melted	1.00 tb
18591	Medium-sized green peppers	12.00
18591	Finely-chopped cabbage	2.00 c
18591	Chopped peeled onions	1.00 c
18591	Chopped green peppers	0.50 c
18591	Chopped sweet red peppers	0.50 c
18591	Chopped celery	0.50 c
18591	Mustard seeds	1.00 tb
18591	Celery seeds	0.50 tb

Sheet1

18591	Grated fresh or prepared	0.25 c
18591	-horse-radish	0.00
18591	Salt	0.25 c
18591	(packed) brown sugar	0.25 c
18591	Cider vinegar	1.00 pt
18591	Cayenne	0.50 ts
18591	Paprika	1.00 ts
18591	Dry mustard	0.50 ts
18592	Med Potatoes, baked	4.00 x
18592	Unsalted Butter	1.00 T
18592	Milk	0.50 c
18592	Grated Cheddar Cheese	0.50 c
18592	Salt	0.25 t
18592	Broccoli florets, parboiled	1.00 c
18593	Zucchini, small	6.00
18593	Onion chopped	2.00 tb
18593	Mushrooms chopped	3.00 tb
18593	Green Pepper chopped	3.00 tb
18593	Tomato chopped	0.33 c
18593	Ham cooked chopped	0.25 c
18593	Garlic minced	0.50 ts
18593	Beef cooked chopped	0.50 c
18593	Bread crumbs soft	1.33 c
18593	Lightly piled	0.00
18593	Clove Garlic chopped	0.50
18593	Broth if needed	2.00 tb
18593	Salt	0.12 ts
18593	Black pepper	0.12 ts
18594	Chickens (about 1 1/2 to 3	2.00
18594	-pounds each)	0.00
18594	To 4 cups milk	3.00
18594	Hot red pepper sauce	0.50 ts
18594	Flour	2.00 c
18594	Salt	1.00 tb
18594	Ground black pepper	4.00 ts
18594	Lard OR 2 cups corn oil	1.00 lb
18594	Butter	0.25 lb
18595	Suckling pig, ready for	1.00
18595	-roasting	0.00
18595	Chopped capers	1.00 ts
18595	Salt and pepper	0.00
18595	Sliced lemons	2.00
18595	Oz cream.	10.00 fl
18596	Parts melted fat (bacon fat,	2.00
18596	-suet, or lard)	0.00
18596	Parts yellow cornmeal	2.00
18596	Part peanut butter	1.00
18597	Baked potatoes	4.00
18597	Butter	3.00 tb



Sheet1

18597	Bunch scallions, diced	0.50
18597	Cashews	2.00 c
18597	Tomatoes, diced	2.00
18597	Green bell pepper, diced	1.00
18597	Garlic cloves, diced	2.00
18597	Cheddar cheese, diced	2.00 c
18598	Butter	4.00 tb
18598	Sugar	1.00 c
18598	Egg	1.00
18598	Flour	1.00 c
18598	Baking soda	1.00 ts
18598	Cinnamon	1.00 ts
18598	Nutmeg	0.50 ts
18598	Salt, pinch	0.00
18598	Vanilla	1.00 ts
18598	Apples, finely chopped (2lg)	2.00 c
18598	Nuts	0.50 c
18599	Butter	4.00 tb
18599	Sugar	1.00 c
18599	Egg	1.00
18599	Flour	1.00 c
18599	Baking soda	1.00 ts
18599	Cinnamon	1.00 ts
18599	Nutmeg	0.50 ts
18599	Salt, pinch	0.00
18599	Vanilla	1.00 ts
18599	Apples, finely chopped (2lg)	2.00 c
18599	Nuts	0.50 c
18600	Pastry for 9" pie	0.00
18600	Brown sugar; packed	2.00 c
18600	Flour; all purpose	2.00 tb
18600	Salt; pinch	0.00
18600	Eggs	2.00
18600	Egg yolk	1.00
18600	Milk	1.00 c
18600	Vanilla	1.00 ts
18601	Pastry for 9" pie	0.00
18601	Brown sugar; packed	2.00 c
18601	Flour; all purpose	2.00 tb
18601	Salt; pinch	0.00
18601	Eggs	2.00
18601	Egg yolk	1.00
18601	Milk	1.00 c
18601	Vanilla	1.00 ts
18602	Popcorn	2.00 qt
18602	Butter	2.00 tb
18602	Sugar	2.00 c
18602	Water	0.50 c
18603	Raisins	1.00 c

Sheet1

18603	Water	2.00 c
18603	Egg, beaten	1.00
18603	Shortening	0.50 c
18603	Rolled oats	1.00 c
18603	Vanilla	1.50 ts
18603	Equal or sweet and low	1.50 ts
18603	Flour	1.00 c
18603	Salt	0.50 ts
18603	Baking soda	1.00 ts
18603	Cinnamon	1.00 ts
18604	Mixed fresh fruit	3.00 c
18604	Granulated sugar	3.00 tb
18604	Lemon juice	1.00 tb
18604	Strawberry puree	1.00 c
18604	Whipping cream, whipped	1.00 c
18604	LEMON BISCUITS	0.00
18604	Milk	0.00
18604	Grated rind and juice of 1	0.00
18604	-lemon	0.00
18604	All purpose flour	2.00 c
18604	Granulated sugar	2.00 tb
18604	Baking powder	4.00 ts
18604	Salt	0.50 ts
18604	Shortening	2.00 tb
18604	Butter	2.00 tb
18605	Carrots, in 1/2 inch slices	4.00 c
18605	Green beans	4.00 c
18605	Cauliflour florets	10.00 c
18605	Onion rings	1.00 c
18605	Celery sticks (2 x 1/2 inch)	4.00 c
18605	Green pepper squares, 1 inch	4.00 c
18605	Sweet red pepper squares,	6.00 c
18605	- 1-inch	0.00
18605	Pickling salt	2.00 c
18605	Water	12.00 c
18605	White vinegar	12.00 c
18605	Granulated sugar	2.00 c
18605	Peppercorns	1.00 tb
18605	Coriander seeds	2.00 ts
18605	Mustard seeds	0.33 c
18605	Tumeric	2.00 tb
18605	Small unpitted black olives	2.00 c
18606	Prossciutto Ham Strips	4.00 oz
18606	Green Peas	1.00 c
18606	Cooked Chicken Strips	4.00 oz
18606	Dry Long Grain Rice	1.00 c
18606	Mushrooms Sliced Thick	1.00 c
18606	Chicken Stock	2.00 c
18606	Onion Coarsely Chopped	1.00 lg

Sheet1

18606	Olive Oil	3.00 tb
18606	Chopped Garlic Cloves	2.00 lg
18606	Romano Cheese	0.25 c
18606	Yellow Pepper	1.00 sm
18606	Fresh Parsley	0.25 c
18606	Chopped Tomatoes	1.00 c
18606	White Pepper	0.50 ts
18607	Miracle whip salad dressing	0.33 c
18607	Sliced green onion	0.25 c
18607	Finely chopped red pepper	2.00 tb
18607	Finely shredded green	2.00 c
18607	-cabbage	0.00
18607	Round pumpernickel bread,	1.00
18607	-unsliced	0.00
18607	Lettuce leaves	5.00
18607	Ham slices	10.00
18607	Salami slices	10.00
18607	Swiss cheese	5.00 sl
18608	Vegetable stock	375.00 ml
18608	Potatoes	175.00 g
18608	Onion	0.50 lg
18608	Leeks	1.00
18608	Olive oil	5.00 ml
18608	Basil leaves	25.00 g
18608	Water cress	50.00 g
18608	Ground black pepper	0.00
18609	Stew meat,lean,1" cubes	1.00 lb
18609	Beef knuckle bone,cracked	1.00
18609	Water	4.00 qt
18609	Tomatoes,large,fresh,chopped	8.00
18609	Salt	2.00 ts
18609	Pepper	1.00 ts
18609	Red pepper,hot*	1.00
18609	Bay leaf	1.00
18609	Onions,lg,mild,peeled/choppe	2.00
18609	Celery	1.00 c
18609	Carrots,scraped/sliced	2.00 c
18609	Potato,medium,peeled/diced	1.00
18609	Lima beans,fresh	1.00 c
18609	Cabbage,chopped	1.00 c
18609	Corn,fresh,cut from cob	1.50 c
18611	Lard	2.00 T
18611	Onion	1.00
18611	Celery stalk	0.50
18611	Bell pepper(s)	1.00
18611	Mushrooms	0.50 c
18611	Beef,coarse grind	3.00 lb
18611	Red chile,hot,ground	2.00 T
18611	Red chile,mild,ground	1.00 T

Sheet1

18611	Oregano,dried,pref. Mexican	0.50 t
18611	Cumin	1.00 t
18611	Garlic cloves	3.00
18611	Salt	1.00 t
18611	Tomatoes,whole	16.00 oz
18611	Tomato paste	6.00 oz
18611	Green chiles,whole	4.00 oz
18611	Kidney beans in water	32.00 oz
18612	Text Only	0.00
18613	Basil leaves, fresh, large	10.00
18613	Garlic clove, large	2.00
18613	Sun-dried tomatoes,	4.00
18613	Large, oil-packed	0.00
18613	Olive oil	6.00 tb
18613	Balsamic vinegar, OR	0.25 c
18613	Red wine vinegar	0.00
18613	Salt	1.00 ts
18613	Sugar	0.50 ts
18613	Red pepper flakes, dried	0.25 ts
18614	Sifted Unbleached Flour	2.50 c
18614	Baking Powder	3.00 ts
18614	Salt	0.50 ts
18614	Ground Nutmeg	0.12 ts
18614	Vegetable Shortening	1.00 c
18614	Sugar	2.00 c
18614	Eggs	3.00 lg
18614	Vanilla Extract	1.00 ts
18614	Milk	1.00 c
18614	Brown Sugar, Packed	0.33 c
18614	Ground Cinnamon	1.50 ts
18615	Frying Chickens	2.00 x
18615	Wild and Long Grain Rice	1.00 pk
18615	Dry White Wine	0.33 c
18615	Dry Onion Soup Mix	1.00 pk
18615	Cream of Mushroom Soup	1.00 cn
18615	Water	1.00 cn
18615	Instant Rice	0.50 c
18616	Chopped tomatoes	0.75 c
18616	- (peeled and seeded)	0.00
18616	Dried tomatoes	2.00 oz
18616	- roughly chopped	0.00
18616	Minced garlic	1.00 ts
18616	Dry white wine	0.50 c
18616	Olive oil	3.00 tb
18616	Unsalted butter	6.00 tb
18617	FOR 1 -----	0.00 -----
18617	Yeast	1.00 pk
18617	Unprocessed bran flakes	0.50 c
18617	Bread flour	3.00 c

Sheet1

18617	Sunflower seeds	0.25 c
18617	Salt	1.00 ts
18617	Sugar	1.00 tb
18617	Molasses	3.00 tb
18617	Soft butter	2.00 tb
18617	Warm milk	1.25 c
18617	FOR 1 -----	0.00 -----
18619	Fresh garlic cloves (1 qt)	200.00
18619	Onion; diced	1.00
18619	Red pepper; diced	1.00
18619	Apple cider vinegar	1.25 c
18619	Fresh ginger, minced	0.25 c
18619	Mustard seed	1.00 tb
18619	Salt	1.00 ts
18619	Crushed red pepper	0.25 ts
18620	To 4 tb sugar	2.00 tb
18620	Rice vinegar	0.50 c
18620	Fresh lemon juice	0.25 c
18620	Salt	1.00 ts
18620	Freshly grated ginger	1.00 ts
18620	Wasabi, powdered horseradish	0.25 ts
18620	- dissolved in 1 ts water	0.00
18621	Large Cucumber *	1.00
18621	Salt	0.75 ts
18621	Vinegar	0.75 c
18621	Sugar	0.50 c
18621	Lettuce Leaves (Optional)	0.00
18621	Tomato Slices	0.00
18621	Shrimp And Crab Meat **	0.00
18622	Oranges	2.00 md
18622	Lemon cake mix	1.00 pk
18622	Vegetable oil	0.33 c
18622	Eggs	3.00
18622	Cool whip	0.00
18623	Squash, cooked and mashed	2.00 c
18623	Onions, chopped	3.00
18623	Celery, chopped	1.00 c
18623	Clove garlic, minced	1.00
18623	Rosemary	0.50 ts
18623	Qt. chicken stock	1.00
18623	Black pepper	0.25 ts
18623	Skim milk	2.00 c
18624	Honey	1.00 tb
18624	Beef Broth	0.75 cn
18624	Oregano	2.00 ts
18624	Hot Hungarian Paprika	3.00 tb
18624	Cumin	3.00 tb
18624	Celery Salt	2.00 tb
18624	Hot Chili Powder	8.00 tb

Sheet1

18624	Cayenne Pepper	1.00 tb
18624	Cloves Garlic, Minced	5.00
18624	Crushed Red Pepper Flakes	1.00 ts
18624	Gin	1.00 oz
18624	Cocoa	2.00 tb
18624	Coarse Ground Mustard	1.00 tb
18624	Whole Coriander	1.00 ts
18624	Tomato Sauce	56.00 oz
18624	Chopped Yellow Onions	4.00 c
18624	Chopped Green Chiles	4.00 oz
18624	Jalapenos, Chopped	10.00
18624	Green Peppers, Chopped	2.00
18624	Shredded Roast Beef	4.00 lb
18624	Pork, In Chunks	2.00 lb
18624	Peeled Tomatoes	28.00 oz
18624	Red Kidney Beans	28.00 oz
18624	Hot Salsa	6.00 oz
18625	Semi sweet chocolate chips	1.00 pk
18625	-(350gr)	0.00
18625	Sweetened condensed milk	1.00 cn
18625	Icing sugar	1.25 c
18625	Salt	1.00 pn
18625	Vanilla	1.00 ts
18625	Chopped nuts	0.50 c
18626	V-8 juice	0.50 c
18626	Equal sweetener	1.00 pk
18626	Vinegar	0.25 c
18626	Water	0.25 c
18626	Oil	2.00 tb
18626	Or more lemon juice	1.00 ts
18626	Spices to taste: garlic	0.00
18626	Powder, basil, parsley, salt	0.00
18627	Queso Quesadilla Cacique	2.00 pk
18627	-(Cheese), sliced	0.00
18627	Dozen tortillas, taco size	2.00
18627	Sliced jalapeno peppers	1.00 cn
18627	Milk	0.75 c
18628	Grated Parmesan Cheese	2.00 c
18628	Sesame Seed	0.50 c
18628	Instant Minced Onion	1.00 tb
18628	Dried Dill Seed	0.50 ts
18628	Celery Seeds	3.00 tb
18628	Freshly Ground Pepper	0.50 ts
18628	Salt	2.00 ts
18628	Garlic Salt	0.50 ts
18628	Parsley Flakes	2.00 tb
18628	Poppy Seeds	2.00 tb
18628	Paprika	2.00 ts
18629	Peeled & Chopped Tomatoes	4.00 qt

Sheet1

18629	Chopped Onion	2.00 c
18629	Chopped Jalapenos	1.00 c
18629	Sugar	0.25 c
18629	Salt	2.00 tb
18629	Chopped Garlic	0.25 c
18629	Cornstarch	0.25 c
18629	Water	0.00
18630	-----TEMPEH-----	0.00
18630	Water	0.50 c
18630	Salt	2.00 ts
18630	Coriander, ground	0.50 ts
18630	Garlic clove, minced	1.00 ea
18630	Tempeh, cubed	1.00 pk
18630	Cornstarch	0.25 c
18630	Oil for deep frying	0.00
18630	----Sweet & Sour Sauce----	0.00
18630	Oil	1.00 tb
18630	Onion, chopped	1.00 ea
18630	Water	1.25 c
18630	Honey	2.50 tb
18630	Soy sauce	4.00 ts
18630	White vinegar	1.00 tb
18630	Tahini	1.00 tb
18630	Grated ginger	0.50 ts
18630	Green onion, sliced	1.00 ea
18630	Cornstarch	2.00 tb
18631	Eggs	6.00
18631	Milk	0.33 c
18631	Salt	0.25 ts
18631	Pepper	0.12 ts
18631	Butter or margarine	1.00 ts
18631	SAUCE	0.00
18631	Diced cooked chicken	1.00 c
18631	2 oz can chopped mushrooms	1.00
18631	Chopped green pepper	2.00 tb
18631	Chopped pimento	2.00 tb
18631	Chopped chives	2.00 ts
18631	Chopped ripe olives	1.00 tb
18631	Butter	2.00 tb
18631	Flour	2.00 tb
18631	Salt	0.25 ts
18631	Milk	1.00 c
18632		3.00
18632	-skinned and halved	0.00
18632	Lemon juice, fresh	1.00
18632	-strained	0.00
18632	Salt	0.00
18632	Butter, clarified	4.00 tb
18632	White pepper, freshly ground	0.00

Sheet1

18632	Butter, unsalted	1.00 tb
18632	Butter, unsalted	2.00 tb
18632	-chilled and cut into	0.00
18632	-1/2 inch bits	0.00
18632	Lemon juice, fresh, strained	2.00 tb
18632	Mushrooms, fresh	0.25 lb
18632	-trimmed, wiped with a	0.00
18632	-dampened towel, stems	0.00
18632	-removed and both caps	0.00
18632	-and stems cut into 1/8	0.00
18632	-inch wide julienne strips	0.00
18632	Truffle, black	1.00 lg
18632	-Thinly peeled, sliced	0.00
18632	-1/8-inch thick, and cut	0.00
18632	-into 1/8-inch wide strips	0.00
18632	Flour	1.50 tb
18632	White chicken stock Or:	1.00 c
18632	Chicken stock, canned	1.00 c
18632	-chilled then degreased	0.00
18632	Heavy cream	1.00 c
18633	Butter; or margarine,	1.00 c
18633	- softened	0.00
18633	Sugar	1.50 c
18633	Eggs; beaten	4.00
18633	Flour; all purpose	2.00 c
18633	Vanilla extract	1.00 ts
18633	Lemon extract	1.00 ts
18633	Cherry pie filling; 21 oz	1.00 cn
18634	Water	2.50 c
18634	Grits, regular	0.50 c
18634	Sugar	1.00 c
18634	Butter or margarine	2.00 tb
18634	Eggs, beaten	2.00 lg
18634	Coconut, flaked	0.50 c
18634	Sour cream	0.50 c
18634	6 oz chocolate-graham	1.00
18634	Cracker crust, prepared	0.00
18634	Whipping cream, whipped	0.00
18634	And sweetened (for garnish)	0.00
18634	Maraschino cherries (for	0.00
18634	Garnish)	0.00
18635	Rice - boiled	3.00 c
18635	Sausages - tiny	1.00 lb
18635	Pepper - sweet	1.00
18635	Milk	1.00 c
18635	Onion - small	1.00
18635	Butter / margarine	0.00
18636	Egg, beaten lightly	1.00
18636	Water	1.00 tb



Sheet1

18636	For the filling:	0.00
18636	Yellow onion, chopped	1.00 lg
18636	Or 3 Tbsp. oil or margarine	2.00
18636	Clove garlic, minced	1.00
18636	Raw pork, trimmed of fat and	1.50 lb
18636	-minced or ground,	0.00
18636	Or use 1 lb. pork plus 1/2	0.00
18636	-lb. veal	0.00
18636	Pork gravy or stock or rich	1.00 c
18636	-boullion (chicken or beef)	0.00
18636	(3 medium) potatoes, boiled,	1.00 lb
18636	-peeled and chopped coarsely	0.00
18636	Chopped celery leaves	1.00 tb
18636	-(optional)	0.00
18636	Parsley, chopped	2.00 tb
18636	Each thyme, and either	0.25 ts
18636	-rosemary or savory	0.00
18636	Each ground allspice and	0.12 ts
18636	-pepper	0.00
18636	Ground cloves	0.12 ts
18636	Ground cinnamon	0.25 ts
18636	Salt, or to taste	1.00 ts
18637	Onions - roughly chopped	2.00 lb
18637	Garlic - peeled and chopped	2.00 c
18637	Olive oil	2.00 tb
18637	Butter - unsalted	2.00 tb
18637	Chicken stock	1.50 qt
18637	Loaf French bread - stale	0.50
18637	-and in chunks	0.00
18637	Half & half - or cream	1.00 pt
18637	Bouquet garni tied together	1.00
18637	-with butcher's string	0.00
18637	(or cotton string): 10 3"	0.00
18637	-stems of parsley,	0.00
18637	Stems of fresh thyme* and 1	5.00
18637	-bay leaf.	0.00
18638	Flour; unbleached	1.25 c
18638	Salt	0.50 ts
18638	Vegetable oil	1.00 ts
18638	Raisins	4.00 oz
18638	Sugar	2.00 tb
18638	Butter	1.00 tb
18638	Eggs; large	3.00
18638	Milk	2.00 c
18638	Applesauce; (1 can)	16.00 oz
18638	Oil or butter;to grease dish	1.00 ts
18638	Almonds; sliced and blanched	3.00 tb
18639	White Castle hamburgers	10.00
18639	Diced onion	0.50

Sheet1

18639	Crumbled bacon strips	2.00
18639	Egg	1.00
18639	Milk	0.25 c
18639	Allspice	0.50 ts
18639	Nutmeg	0.50 ts
18639	Ginger	0.25 ts
18639	Brown sugar	1.00 tb
18639	Black pepper	0.50 ts
18639	Salt	0.25 ts
18639	Water	1.50 c
18639	Instant beef bouillion	1.50 ts
18639	Corn starch	1.00 ts
18639	Drops soy sauce	3.00
18639	Spinach noodles	8.00 oz
18639	Butter or olive oil	1.00 tb
18639	Fresh dill	0.00
18639	Corn meal	0.00
18640		0.00
18640	-	6.00
18640	Pork, ground	6.00
18640	Bulgar wheat	0.50
18640	Boiling water	10.00
18640	Egg white	1.00
18640	Each salt and pepper	0.25
18640	Fresh chopped dill	1.00 tb
18640	Nutmeg	0.25 ts
18640	Finely minced shallot	0.25 c
18640	Oil	0.50 ts
18640	Oil	1.00 tb
18640	VEGETABLES -----	0.00 -----
18640	Small new potatoes (red)	12.00
18640	Whole mushrooms, large	12.00
18640	Medium onion, sliced	1.00
18640	Shredded red cabbage	5.00 c
18640	Can Pickled beets (or jar)	1.00
18640	Oil	1.00 ts
18640	SAUCE -----	0.00 -----
18640	Can beef consomme or broth	14.00 oz
18640	Bouquet garni	1.00
18640	Yogurt cheese	1.00 c
18640	Cornstarch	2.00 tb
18640	FINISHING -----	0.00 -----
18640	Chopped parsley	0.00
18640	Cayenne pepper	0.00
18640	MEATBALLS -----	0.00 -----
18640	VEGETABLES -----	0.00 -----
18640	SAUCE -----	0.00 -----
18640	FINISHING -----	0.00 -----
18641	Egg	1.00

Sheet1

18641	Milk	0.75 c
18641	Salt	0.25 ts
18641	All-purpose flour	0.50 c
18641	Baking powder	1.00 ts
18641	Sugar	1.00 tb
18641	Butter,melted	2.00 tb
18641	Lingonberry jam	0.00
18641	Dairy sour cream	0.00
18642	Dry lentils	0.50 c
18642	Water	3.00 c
18642	Vinegar	2.00 tb
18642	Honey	2.00 tb
18642	Tamari	1.00 tb
18642	Grated ginger	0.50 ts
18642	Water	0.50 c
18642	Cornstarch	1.00 ts
18642	Onion, sliced	1.00 sm
18642	Oil	2.00 tb
18642	Celery sliced diagonally	4.00 ea
18643	Lean ground pork	1.25 lb
18643	Water chestnuts	0.25 c
18643	Green onions (scallions)	2.00
18643	Egg white	1.00 lg
18643	Cornstarch	1.50 ts
18643	Dry sherry	2.00 ts
18643	SAUCE	0.00
18643	Vegetable oil	1.00 ts
18643	Minced garlic	1.00 ts
18643	Grated ginger	0.50 ts
18643	Rice wine vinegar	0.25 c
18643	Chicken broth	0.25 c
18643	Brown sugar	0.25 c
18643	Catsup	3.00 tb
18643	Cornstarch	2.00 ts
18643	Soy sauce	2.00 ts
18644	(15 oz.) tomato sauce	1.00 cn
18644	Ground lean beef	2.00 lb
18644	Ground pork	0.50
18644	Light brown sugar	0.50 c
18644	Vinegar	0.25 c
18644	Eggs, slightly beaten	2.00
18644	Prepared mustard	1.00 ts
18644	Minced onions	0.25 c
18644	Soft bread crumbs	0.50 c
18644	Salt	1.00 tb
18644	Pepper	0.25 ts
18645	Pork spare ribs	3.00 lb
18645	Salt	0.00
18645	Pepper	0.00

Sheet1

18645	Oil	2.00 tb
18645	Onion,small,chopped	1.00
18645	Green pepper,cut in strips	0.50
18645	Celery,diagonally sliced	0.25 c
18645	Pineapple tidbits(12oz)	1.00 cn
18645	Cornstarch	1.00 tb
18645	Vinegar	0.25 c
18645	Soy sauce	1.00 tb
18646	Carrots; cut into 1/4" piece	1.50 c
18646	Green Pepper; cut 1" pieces	1.00 lg
18646	Onion; cut into wedges	1.00 md
18646	Tapioca; quick-cooking	2.00 tb
18646	Frozen Pineapple-Orange 6oz	1.00 cn
18646	-juice Concentrate, thawed	0.00
18646	Catsup	0.50 c
18646	Lemon juice	2.00 tb
18646	Tapioca	2.00 tb
18646	Cinnamon Stick; 2 inches	0.00
18646	Brown sugar; packed	0.33 c
18646	Red wine vinegar	0.33 c
18646	Soy sauce	1.00 tb
18646	Chicken bouillon granules	0.50 ts
18646	-broken	0.00
18646	Allspice; whole	8.00
18646	Cloves; whole	4.00
18646	Chicken; skinned, cut up, &	3.00 lb
18646	-frozen	0.00
18646	Hot cooked couscous	0.00
18647	Flank meat sliced thin 1/4	2.00 lb
18647	-inch strips	0.00
18647	Can crushed pineapple	1.00 sm
18647	Green onions (chopped fine)	1.00 bn
18647	Yellow onion (chopped	1.00 sm
18647	-coarse)	0.00
18647	Black pepper	2.00 ts
18647	Hot chili sesame oil	1.00 tb
18647	Soy sauce	0.25 c
18647	Brown sugar	1.00 tb
18647	Clove garlic (diced fine)	1.00
18647	Carrot (shredded)	1.00 lg
18648	Fresh chilies, seeded and	2.00 sm
18648	-finely sliced	0.00
18648	Soy sauce	3.00 tb
18648	Limes, juice only	2.00
18648	Rice vinegar	2.00 tb
18648	Sugar	5.00 tb
18648	Nam pla (fish sauce)	3.00 tb
18649	Peach preserves	1.00 c
18649	Apricot preserves	1.00 c

Sheet1

18649	Onion powder	1.50 ts
18649	Ground ginger	1.00 tb
18649	Grated orange peel	1.00 ts
18649	Ground red pepper	1.00 ds
18649	Safflower oil	0.25 c
18649	White vinegar	2.00 tb
18650	Flour,all-purpose	0.50 c
18650	Sugar	0.25 c
18650	Mustard powder	0.25 c
18650	Turmeric,ground	2.00 ts
18650	Water	0.50 c
18650	Honey	0.50 c
18650	Cider vinegar	2.00 c
18651	Frozen Sliced Carrots	1.00 pk
18651	Green Pepper, Diced	1.00 lg
18651	Onion, Diced	1.00 lg
18651	Condensed Tomato Soup	1.00 cn
18651	Sugar	1.00 c
18651	Vinegar	0.50 c
18651	Oil	0.50 c
18651	Pepper	1.00 ts
18651	Salt	1.00 ts
18651	Dry Mustard	1.00 ts
18652	Chicken breast	0.75 lb
18652	- skinless, boneless	0.00
18652	Rice wine or dry sherry	1.00 tb
18652	Light soy sauce	1.00 tb
18652	Salt	0.50 ts
18652	Green bell pepper	1.00 sm
18652	Red bell pepper	1.00 sm
18652	Carrot	1.00
18652	Scallions	2.00
18652	Egg, beaten	1.00
18652	Cornstarch	2.00 tb
18652	Oil, preferably peanut	2.00 c
18652	Canned leches, drained, or:	3.00 oz
18652	-fresh orange in segments	1.00
18652	SAUCE -----	0.00 -----
18652	Chicken stock	0.67 c
18652	Light soy sauce	1.00 tb
18652	Salt	0.50 ts
18652	Chinese white rice vinegar	1.50 tb
18652	- or: cider vinegar	0.00
18652	Sugar	1.00 tb
18652	Tomato paste	1.00 tb
18652	Cornstarch	1.00 ts
18652	Water	1.00 ts
18652	SAUCE -----	0.00 -----
18653	Clove Garlic, Finely Chopped	4.00 md

## Sheet1

18653	Hot Red Chili Or Cayenne	1.00 tb
18653	-Pepper Flakes, Crushed	0.00
18653	Fresh Lime Juice	6.00 tb
18653	Fish Sauce (Nam Pla)	0.25 c
18653	White Sugar	0.50 c
18653	Warm Water	1.00 c
18654	Lean ground beef	1.00 lb
18654	Green pepper, cut into	1.00 md
18654	Squares	0.00
18654	A-1 Steak Sauce	0.75 c
18654	Plain bread crumbs	0.50 c
18654	Egg, beaten	1.00
18654	Cherry tomatoes, halved	6.00
18654	Fresh mushrooms, halved	6.00
18654	(8 oz) pineapple chunks, in	1.00 cn
18654	Its own juice, undrained	0.00
18654	Hot cooked rice	0.00
18655	Tomato sauce (1 can)	8.00 oz
18655	Brown sugar	0.25 c
18655	Vinegar	0.25 c
18655	Mustard	1.00 ts
18655	Ground beef	2.00 lb
18655	Sliced mushrooms	1.00 c
18655	Egg, slightly beaten	1.00
18655	Onion, minced	0.25 c
18655	Crushed crackers	0.25 c
18655	Salt	1.00 ts
18655	Pepper	0.25 ts
18656	Fresh pork shoulder *	1.50 lb
18656	(1 cn) pineapple chunks	8.00 oz
18656	Cornstarch	3.00 tb
18656	Imported soy sauce	1.00 tb
18656	Pepper	0.12 ts
18656	Small green pepper **	1.00
18656	Med. onion, sliced	1.00
18656	Packed brown sugar	0.25 c
18656	Lemon juice	2.00 tb
18656	Salt	1.00 ts
18656	Ground ginger	0.12 ts
18656	(1 pk) frozen pea pods	6.00 oz
18657	Red bell peppers	1.00 lb
18657	Fruity olive oil	2.00 tb
18657	Garlic clove; thinly sliced	1.00
18657	Salt	0.50 ts
18657	Tomato paste	1.00 tb
18657	-(the kind you squeeze	0.00
18657	- out of a tube)	0.00
18657	Balsamic vinegar	1.00 tb
18657	Small basil leaves	0.00

Sheet1

18657	- left whole, -=OR=-	0.00
18657	-Large Basil leaves	0.00
18657	- shredded	0.00
18658	Ginger marmalade	2.00 tb
18658	Orange marmalade	2.00 tb
18658	Salt	0.25 ts
18658	Chinese white rice vinegar	1.00 tb
18658	-=OR=- Cider vinegar	0.00
18658	Hot water	1.00 tb
18658	Fresh ginger, shredded	1.00 tb
18659	Apricot preserves	0.50 c
18659	French dressing	0.25 c
18659	Finely chopped onion	2.00 tb
18659	Lemon juice	2.00 tb
18659	Packed brown sugar	1.00 tb
18659	Pepper	0.25 ts
18659	Broiler-fryer chicken (about	2.00
18659	-2-1/2 lbs each), cut up	0.00
18660	Env. Onion Soup Mix	1.00
18660	(1 Jar) Apricot Preserves	20.00 oz
18660	(1 C) Salad Dressing *	8.00 oz
18661	Skinless, boneless chicken	4.00
18661	-breast halves	0.00
18661	Light molasses	0.25 c
18661	Dijon mustard	0.25 c
18661	Garlic clove, minced	1.00 md
18661	Minced fresh parsley	1.00 tb
18661	Grated fresh lemon rind	0.25 ts
18661	Ground almonds	0.50 c
18661	Vegetable oil	2.00 tb
18662	Mashed banana	2.00 c
18662	Lemon juice	2.00 tb
18663	Onions	6.00
18663	Ripe tomatoes	30.00 lg
18663	Peaches	6.00
18663	Pears	6.00
18663	Salt	1.00 tb
18663	Red peppers	2.00
18663	Cinnamon	1.00 tb
18663	Celery	2.00 c
18663	Green peppers	2.00
18663	Sugar	1.50 c
18663	Vinegar	1.50 c
18663	Cloves	1.00 tb
18663	Allspice	1.00 tb
18664	Salt	0.50 c
18664	Vinegar	0.25 c
18664	Water	2.00 qt
18664	Dozen 3 to 4 inch cucumbers	2.00

Sheet1

18664	Water	0.00
18664	Stick cinnamon	1.00
18664	Whole cloves	1.50 ts
18664	Mixed pickling spices	1.50 ts
18664	Vinegar	3.00 c
18664	Sugar	6.00 c
18665	Jar prepared chutney (8 1/2	1.00
18665	-ounces)	0.00
18665	Orange marmalade	0.50 c
18665	Fresh lemon juice	3.00 tb
18665	Salt	1.00 ts
18665	Curry powder	1.00 ts
18665	Ground cumin	0.50 ts
18665	Freshly ground black pepper,	0.00
18665	-to taste	0.00
18665	Cornstarch	1.00 tb
18665	Chicken (3 1/2 to 4 pounds),	1.00
18665	-cut in 8 pieces	0.00
18665	Fresh herb sprigs, optional	0.00
18666	Butter	3.00 tb
18666	Onion; chopped	1.00 lg
18666	Celery stalk; chopped	1.00
18666	Carrot; chopped	1.00
18666	Dry mustard	2.00 ts
18666	Canned chicken broth	1.50 c
18666	Potatoes; peel & dice	0.75 lb
18666	Chopped fresh thyme or	1.00 tb
18666	-dried thyme	1.00 ts
18666	Bay leaf	1.00 lg
18666	Corn kernels; fresh or	3.00 c
18666	- frozen	0.00
18666	Half and half or milk	3.00 c
18666	Shredded sharp cheddar	2.00 c
18666	- cheese	0.00
18666	Green onion; thinly sliced	1.00
18667	Fresh corn kernels	2.00 c
18667	Butter, cold, cut into	3.00 tb
18667	-pieces	0.00
18667	Seeded and diced tomatoes	0.25 c
18667	Jalapeno pepper, seeded and	1.00 sm
18667	-minced	0.00
18667	Minced red onion	2.00 tb
18667	Chopped cilantro	2.00 tb
18667	Rice vinegar	0.25 c
18667	Freshly ground black pepper	0.12 ts
18667	Coarse salt	0.25 ts
18668	Firm, ripe figs (about 30)	4.00 qt
18668	Sugar; divided	5.00 c
18668	Water	2.00 qt



Sheet1

18668	Sticks cinnamon	2.00
18668	Whole allspice	1.00 tb
18668	Whole cloves	1.00 tb
18668	Vinegar	3.00 c
18669	Salt	0.50 c
18669	Sugar	8.00 c
18669	Vinegar	6.00 c
18669	Turmeric	0.75 tb
18669	Cucumbers, 3" long or less	5.00 lb
18669	Celery seed	2.00 ts
18669	Mixed pickling spices	2.00 ts
18669	1" pieces cinnamon sticks	8.00
18669	Fennel	0.50 ts
18669	Salt	0.00
18670	Small gherkins 1-2" long	2.00 qt
18670	Sugar	3.00 c
18670	Vinegar	1.00 qt
18670	Whole allspice	2.00 tb
18670	Celery seed	1.00 tb
18670	Broken cinnamon sticks	2.00 tb
18670	Whole cloves	2.00 tb
18670	White mustard seeds	0.50 c
18671	Chili Sauce, Bottled	1.50 c
18671	Sweet Pickle Relish	0.50 c
18671	Ground Black Pepper	1.00 pn
18671	Cayenne Pepper	1.00 pn
18671	Salt	1.00 pn
18671	Cinnamon	1.00 ts
18672	Sugar	1.00 c
18672	Water	0.50 c
18672	White Vinegar	0.50 c
18672	Finely Minced Garlic	2.00 tb
18672	Salt	1.00 ts
18672	Garlic Chili Sauce	1.00 tb
18673	Dry mustard	0.50 c
18673	Malt vinegar	1.00 c
18673	Eggs	3.00
18673	Sugar	1.00 c
18674	-----	2.50
18674	-More flour may be necessary	0.00
18674	Warm milk (105F-to-115F)	1.00
18674	Active dry yeast	1.00 pk
18674	Sugar	0.25 c
18674	Egg; at room temperature	1.00
18674	Salt	0.50 ts
18674	Butter; at room temperature	0.50 c
18674	Glaced cherries	0.50 c
18674	Chopped mixed candied fruit	0.50 c
18674	Date bits	0.50 c

Sheet1

18674	Coarsely chopped walnuts	0.50 c
18674	-or pecans	0.00
18674	GLAZE -----	0.00 -----
18674	Egg; beaten, mixed with	1.00
18674	Milk or water	1.00 ts
18674	DECORATION -----	0.00 -----
18674	Halves of glaceed cherries	7.00
18674	Walnut or pecan halves	7.00
18674	ICING -----	0.00 -----
18674	Confectioners' sugar	0.50 c
18674	Vegetable oil	0.50 tb
18674	Almond extract	0.25 ts
18674	Water	0.00
18674	GLAZE -----	0.00 -----
18674	DECORATION -----	0.00 -----
18674	ICING -----	0.00 -----
18675	Sugar	1.00 c
18675	Melted shortening	2.00 tb
18675	Eggs, slightly beaten	2.00
18675	Milk	1.00 c
18675	Vanilla	0.50 ts
18675	Salt	1.00 ts
18675	Baking powder	3.00 ts
18675	Cinnamon	0.50 ts
18675	Nutmeg	0.50 ts
18675	Ginger	0.12 ts
18675	Flour	4.75 c
18675	Lemon flavoring	0.50 ts
18676	Light brown sugar, firmly	2.00 c
18676	-packed	0.00
18676	Flour	2.50 c
18676	Baking powder	2.00 ts
18676	Butter	4.00 tb
18676	Salt	1.00 ts
18676	Shortening	0.25 c
18676	Eggs	3.00
18676	Chopped sweet onions	2.50 c
18676	Sour cream	1.00 c
18676	Butter	4.00 tb
18676	Baking soda	0.50 ts
18677	Butter, melted	0.50 c
18677	Finely grated sweet onion	0.25 c
18677	Garlic powder	0.50 ts
18678	Loaf frozen "Bake at Home"	1.00
18678	Bread dough	0.00
18678	Butter mixture	1.00
18678	SWEET ONION BUTTER -----	0.00 -----
18678	Butter, melted	0.50 c
18678	Finely grated Vidalia onion	0.25 c

Sheet1

18678	Garlic powder	0.50 ts
18678	Sprigs parsley, minced	2.00 ea
18678	(optional)	0.00
18678	SWEET ONION BUTTER -----	0.00 -----
18679	Chopped sweet onions	1.50 c
18679	All purpose flour	2.00 c
18679	Butter	4.00 tb
18679	Baking powder	2.00 ts
18679	Granulated sugar	1.50 c
18679	Salt	1.00 ts
18679	Stick butter	0.50
18679	Eggs	3.00
18679	Shortening	0.33 c
18679	Milk	1.00 c
18680	Sweet onions, sliced	6.00 md
18680	Butter	4.00 tb
18680	Vegetable oil	2.00 ts
18680	Salt	0.50 ts
18680	Brown sugar	0.33 c
18681	Sweet onions	1.00 qt
18681	Sweet red peppers	2.00 c
18681	Sweet green peppers	2.00 c
18681	Sugar	1.00 c
18681	Vinegar	1.00 qt
18681	Salt	4.00 ts
18681	Chopped cabbage	1.00 c
18682	Onions (1-1/2 to 2-1/2	4.00 qt
18682	-inches in diameter)	0.00
18682	Salt	0.33 c
18682	Distilled white vinegar	3.00 c
18682	Sugar	5.00 c
18682	Tumeric	1.50 ts
18682	Celery seed	1.50 ts
18682	Mustard seed	2.00 tb
18682	Ground cloves	0.50 ts
18682	Ground allspice	0.50 ts
18683	Sweet onions	3.00 md
18683	Garlic powder to taste	0.00
18683	Butter	2.00 tb
18683	Worcestershire to taste	0.00
18683	Ketchup	0.75 c
18684	Sweet onions, sliced	5.00
18684	Ritz crackers, crushed	12.00
18684	Sausage meat, browned in a	1.00 lb
18684	-skillet and drained	0.00
18684	Salt	0.50 ts
18684	Seasoning salt	0.25 ts
18684	Cream of mushroom soup	1.00 cn
18684	Cheddar cheese, grated	0.50 c

## Sheet1

18684	Jar pimento pepper	1.00 sm
18685	Onions, chopped (fine or	4.00
18685	-chunky, your choice)	0.00
18685	Margarine or butter	4.00 tb
18685	Vegetable broth	4.00 c
18685	White wine	1.00 c
18685	Chopped sage	2.00 tb
18685	Chopped thyme	2.00 tb
18686	Pickling Cucumbers	3.00 lb
18686	COLD BRINE -----	0.00 -----
18686	Water	4.00 c
18686	Salt	0.50 c
18686	Vinegar	0.50 c
18686	HOT SYRUP -----	0.00 -----
18686	Sugar	2.00 c
18686	Vinegar	2.00 c
18686	Water	1.00 c
18686	All Spice Balls	8.00
18686	Cloves	6.00
18686	Stick Cinnamon	1.00
18686	COLD BRINE -----	0.00 -----
18686	HOT SYRUP -----	0.00 -----
18687	Medium-sized cucumbers; cut	1.00 ga
18687	-in 1" chunks	0.00
18687	Salt	0.50 c
18687	Boiling water	0.00
18687	Granulated sugar	3.00 c
18687	Apple cider vinegar	3.00 c
18687	Water	1.00 c
18687	Turmeric	0.50 t
18687	Dry mustard	1.00 t
18687	Allspice	1.00 t
18687	Mustard seed	1.00 t
18687	Celery seed	1.00 t
18688	Sweet potato (about 1 lb)	1.00 md
18688	Ham	1.00 lb
18688	Ground white pepper	0.50 ts
18688	Salt	1.00 ts
18688	Butter or margarine	6.00 tb
18688	Poached eggs	8.00
18688	Sour cream	4.00 tb
18689	(12oz) SPAM Luncheon Meat	1.00 cn
18689	(18oz) sweet potatoes,	1.00 cn
18689	-drained	0.00
18689	(8oz) fruit cocktail or	1.00 cn
18689	-mixed fruits	0.00
18689	Cornstarch	1.00 ts
18689	Brown sugar	2.00 tb
18689	Margarine	2.00 tb

Sheet1

18690	Baking soda	1.00 ts
18690	Buttermilk	1.25 c
18690	Cornmeal	2.00 c
18690	Sugar	1.00 tb
18690	Salt	1.00 ts
18690	Cooked mashed sweet potatoes	1.00 c
18690	Egg beaten	1.00
18690	Bacon drippings	2.00 tb
18691	Oranges	2.00
18691	Currants	0.50 c
18691	Jars (4-ounce) sweet	2.00
18691	Potato baby food puree	0.00
18691	Nonfat milk	1.00 c
18691	Thawed frozen egg	0.50 c
18691	Substitute	0.00
18691	Cake flour	2.00 c
18691	Sugar	1.33 c
18691	Baking soda	1.00 ts
18691	Salt	1.00 ts
18691	Ground cinnamon	1.00 ts
18692	Flour	2.00 c
18692	Baking powder	4.00 t
18692	Sugar	2.00 T
18692	Cinnamon	0.25 t
18692	Salt	0.50 t
18692	Vegetable shortening	0.67 c
18692	Sweet potatoes; cooked &	1.50 c
18692	-mashed	0.00
18692	Pecans; chopped	0.50 c
18692	Milk	0.25 c
18693	Cooked sweet potatoes	3.00 c
18693	Butter	0.50 c
18693	Sugar	0.75 c
18693	Bag of marshmallows	0.50 ea
18693	TOPPING -----	0.00 -----
18693	Brown sugar	1.00 c
18693	Flour-plain	0.50 c
18693	Chopped nuts (pecans)	1.00 c
18693	Butter	0.33 c
18693	TOPPING -----	0.00 -----
18694	Sweet potatoes or yams	5.00
18694	Butter, softened	0.50 c
18694	Sugar	0.50 c
18694	Eggs, beaten	2.00
18694	Vanilla	1.00 ts
18694	Milk	0.33 c
18694	Heavy cream	0.50 c
18694	Light brown sugar	1.00 c
18694	Melted butter	0.33 c

Sheet1

18694	Chopped pecans	1.00 c
18695	FOR 1 -----	0.00 -----
18695	Yeast	1.00 pk
18695	Sugar	3.00 tb
18695	Bread flour	3.00 c
18695	Warm milk	0.75 c
18695	Warm water	0.25 c
18695	Eggs; room temperature	2.00
18695	Melted butter; cooled	4.00 tb
18695	Honey	0.25 c
18695	Salt	1.50 ts
18695	Raisins	0.33 c
18695	Golden raisins	0.33 c
18695	Nuts *	0.75 c
18695	FOR 1 -----	0.00 -----
18696	Karen Mintzias	0.00
18696	Water	3.00 c
18696	Sweet brown rice, uncooked	1.50 c
18696	Sea salt	1.00 pn
18696	Raisins	0.75 c
18696	Cinnamon	0.75 ts
18696	Shelled walnuts	2.50 c
18697	Sugar	0.33 c
18697	Salt	1.00 ts
18697	Paprika	1.00 ts
18697	Instant Minced Onion	1.00 ts
18697	Dry Mustard	1.00 ts
18697	Celery Seed	1.00 ts
18698	Cornstarch	3.00 tb
18698	Ground ginger	2.00 ts
18698	Clove minced garlic	1.00
18698	Ground pork	1.00 lb
18698	Sugar	0.25 c
18698	Toasted sesame seeds	0.25 c
18699	Jar currant jelly	10.00 oz
18699	Prepared mustard (French's)	6.00 oz
18700	Vidalia Onions, Sliced	5.00 lg
18700	Crushed Ritz Crackers	12.00
18700	Sausage Meat, Browned And	1.00 lb
18700	- Drained	0.00
18700	Salt	0.50 ts
18700	Seasoning Salt	0.25 ts
18700	Can Cream Of Mushroom Soup	10.75 oz
18700	Grated Cheddar Cheese	0.50 c
18700	Jar Pimento Pepper	1.00 sm
18701	Sweet potatoes; peeled and	1.00 lb
18701	-coarsely shredded	0.00
18701	Onion; coarsely shredded	1.00 sm
18701	Eggs	3.00 lg

Sheet1

18701	Flour	3.00 tb
18701	Vegetable oil; for frying	0.00
18701	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
18701	157 calories	0.00 x
18701	5 g protein	0.00 x
18701	23 g carbohydrate	0.00 x
18701	5 g fat	0.00 x
18701	106 mg cholesterol	0.00 x
18701	217 mg sodium	0.00 x
18701	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
18702	Pork and beans(21oz)	1.00 cn
18702	Wieners;sliced	0.50 lb
18702	Pineapple chunks(8.75oz)	1.00 cn
18702	Green pepper,cut in strips	1.00
18702	Onion,chopped	0.25 c
18702	Brown sugar	0.25 c
18702	Vinegar	2.00 tb
18702	Soy sauce	2.00 tb
18702	Beef bouillon,instant	1.00 ts
18703	Jim Vorheis	0.00
18703	Instant powdered milk	4.00 c
18703	Hot water	1.00 c
18703	Sugar	2.00 c
18703	Butter, melted	4.00 tb
18704	Ground round	2.00 lb
18704	Onion, coarsely chopped	1.50 c
18704	Green pepper, coars chopped	1.50 c
18704	Tomatoes, coarsely chopped	1.50 c
18704	Cheddar cheese, cubed	2.00 c
18704	Salt	1.00 ts
18704	Wheat germ	2.00 tb
18704	Garlic clove, minced	1.00
18704	Mushrooms, sliced	0.50 c
18704	Sliced green onions	1.00 c
18705	Chicken broth	3.00 c
18705	Fresh baby lima beans	3.00 c
18705	Whole kernel corn	3.00 c
18705	Creme fraiche or sour cream	0.25 c
18705	Salt and pepper to taste	0.00
18705	Julienned, ham or	0.25 c
18706	CAKE	0.00
18706	Sugar	0.67 c
18706	Butter	0.50 c
18706	Eggs	2.00
18706	Lemon Juice	2.00 tb
18706	Flour	2.00 c
18706	Baking Powder	2.00 ts
18706	Salt	0.25 ts
18706	Red Raspberry Preserves	0.25 c

## Sheet1

18706	Apples, peeled & thinly	3.50 c
18706	Sliced (approx. 4 apples)	0.00
18706	TOPPING	0.00
18706	Ground Almonds	1.00 c
18706	Sugar	0.50 c
18706	Dairy Sour Cream	0.50 c
18706	Eggs, beaten	2.00
18706	Flour	2.00 tb
18706	Lemom peel, grated	1.00 ts
18706	GLAZE	0.00
18706	Powdered Sugar	0.25 c
18706	Lemon Juice (1 to 2 ts.)	1.00 ts
18707	Jim Vorheis	0.00
18707	Whole milk	5.50 c
18707	Frozen chopped broccoli, or	10.00 oz
18707	Chopped fresh broccoli	1.50 c
18707	Chopped onion	3.00 tb
18707	Butter	2.00 tb
18707	Flour	1.00 tb
18707	Grated Swiss cheese	2.00 c
18707	Salt	0.25 ts
18708	Swiss Vegetable Soup Mix *	1.00 ea
18708	Hottest tap water	3.00 c
18708	Milk or light cream	1.00 c
18708	Swiss cheese	6.00 oz
18709	Almonds-slivered	0.25 c
18709	Sour cream	0.25 c
18709	Mayonaise	0.25 c
18709	Dry mustard	1.00 ts
18709	Lemon juice	1.00 ts
18709	Garlic powder	0.25 ts
18709	Pepper	0.12 ts
18709	Nutmeg-ground	0.12 ts
18709	Bacon-cooked, drained, crumb	0.25 lb
18709	Crabmeat	0.75 lb
18709	Green onions with tops, slic	6.00
18709	Swiss cheese shredded	2.00 c
18709	Rolls-kaiser or french	4.00
18710	Egg whites @ room temp	5.00
18710	Cream of tartar	0.25 ts
18710	Salt	0.25 ts
18710	Vanilla	1.00 ts
18710	Sugar	1.25 c
18711	Egg whites @ room temp	5.00
18711	Cream of tartar	0.25 ts
18711	Salt	0.25 ts
18711	Vanilla	1.00 ts
18711	Sugar	1.25 c
18712	Peppers	12.00 md



Sheet1

18712	Bottle fruit pectin	1.00
18712	Sugar	6.50 c
18712	Vinegar	1.50 c
18713	Swordfish	2.00 lb
18713	Onions	2.00
18713	Celery stalks	2.00
18713	Carrots small	2.00
18713	Garlic clove mashed	1.00
18713	Capers mashed	1.00 tb
18713	Clove	1.00
18713	Bayleaf	1.00
18713	Parsley root 2 inches	1.00
18713	Oil olive	0.25 c
18713	Wine white	1.00 c
18713	Salt to taste	0.00
18713	Pepper to taste	0.00
18714	Steak 2-2 1/2 pounds	1.00
18714	Oil olive	0.25 c
18714	Salt to taste	0.00
18714	Pepper to taste	0.00
18714	Onion medium chopped	1.00
18714	Pepper green chopped	0.50
18714	Tomatoes peeled chopped	4.00
18714	Mushrooms sliced	6.00
18714	Garlic clove chopped	1.00
18714	Bouquet garni	1.00
18714	Wine white or 1/4 c lemon jc	0.50 c
18714	Stock fish to cover fish	0.00
18714	Flour	1.00 tb
18714	Butter	2.00 tb
18715	Swordfish steaks (3-4 lbs)	4.00
18715	Mushrooms chopped	0.50 c
18715	Shallots chopped	1.00 tb
18715	Parsley chopped	1.00 tb
18715	Pepper green chopped	1.00 tb
18715	Pimento chopped	1.00 tb
18715	Onion chopped	1.00 tb
18715	Celery leaves chopped	1.00 tb
18715	Crab cooked	0.50 c
18715	Shrimp cooked	0.50 c
18715	Cod or whiting cooked	0.50 c
18715	Thyme	0.25 ts
18715	Nutmeg	0.25 ts
18715	Mace	0.25 ts
18715	Allspice	0.25 ts
18715	Butter	1.00 tb
18715	Bacon fat	1.00 tb
18715	Salt to taste	0.00
18715	Pepper to taste	0.00

Sheet1

18716	Cocoa	0.50 c
18716	Water,hot	0.75 c
18716	Peanut butter	0.75 c
18716	Vanilla	1.50 ts
18716	Salt	0.25 ts
18716	Confectioners' sugar,sifted	4.50 c
18717	Sugar	2.00 c
18717	Milk	0.25 c
18717	Corn syrup	2.00 tb
18717	Cider vinegar	1.00 ts
18717	Peanut butter	0.50 c
18718	Confectioners' sugar	2.00 lb
18718	Irish potatoes, mashed*	0.50 c
18718	Peanut butter crunchy	1.00 cn
18719	Slabs pork spareribs (about	2.00
18719	-3-1/2 pounds total)	0.00
18719	Salt	1.50 ts
18719	Freshly ground black pepper	0.50 ts
18719	Crushed red pepper flakes	0.50 ts
18719	To 3 cups white wine vinegar	2.00
18720	Vegetable oil	2.00 tb
18720	Onion, chopped	1.00 ea
18720	Garlic cloves, pressed	3.00 ea
18720	Roasted cumin seeds, ground	2.00 ts
18720	Roasted coriander, ground	1.00 ts
18720	Cayenne peppers	2.00 sm
18720	Lentils, washed	2.00 c
18720	Bay leaf	1.00 ea
18720	Water	7.00 c
18720	Salt & pepper	0.00
18720	Broken vermicelli	4.00 oz
18721	Sugar	1.50 c
18721	Nutmeg	1.00 ts
18721	Steen's syrup	1.25 c
18721	Boiling water with	1.00 c
18721	Soda	2.00 ts
18721	Oil	1.33 c
18721	Eggs	3.00
18721	Flour	2.75 c
18721	Cinnamon	1.00 ts
18722	Soy sauce	3.00 tb
18722	Dry sherry or Chinese rice	0.25 c
18722	-wine	0.00
18722	White or brown sugar	1.00 tb
18722	Cider vinegar	1.00 tb
18722	Cornstarch	3.00 tb
18722	Peanut oil	2.00 tb
18722	Onion, thinly sliced	1.00 md
18722	Eggplant, cut into strips,	1.00 lg

## Sheet1

18722	-thinly	0.00
18722	Salt	0.75 ts
18722	Minced garlic	2.00 tb
18722	Minced fresh ginger	1.00 tb
18722	Black pepper	0.25 ts
18722	Cayenne pepper to taste	0.00
18722	Cakes firm tofu, cut into	3.00
18722	-strips	0.00
18722	Scallions: greens minced,	8.00
18722	-whites in strips, keep	0.00
18722	-separate	0.00
18722	Cilantro, minced (optional)	1.00 bn
18723	Vegetable Oil	0.25 c
18723	Lean Beef Chuck, 1" Cubes	3.00 lb
18723	Chopped Onions	1.00 c
18723	Minced Garlic Cloves	3.00
18723	Chili Powder	3.00 tb
18723	Ground Cumin	2.00 ts
18723	Salt	2.00 ts
18723	Tabasco Pepper Sauce	2.00 ts
18723	Water	3.00 c
18723	Chopped Green Chilies, Drain	4.00 oz
18723	Cooked Rice	0.00
18723	Chopped Onion	0.00
18723	Shredded Cheese	0.00
18723	Sour Cream	0.00
18724	Hamburger Sliced Dill	1.00 qt
18724	-Pickles	0.00
18724	Sugar	2.50 c
18724	Tabasco Sauce	1.00 oz
18725	Tabasco(R) sauce	0.33 ts
18725	Filet or Strip steak	8.00 oz
18725	Cracked black pepper	0.00
18726	Chicken, cubed, cooked	8.00 oz
18726	Oil	0.33 c
18726	Lemon juice	0.33 c
18726	Mint, dried	2.00 ts
18726	Salt	0.50 ts
18726	Pepper	0.12 ts
18726	Garlic clove	2.00 ea
18726	Water, boiling	2.00 c
18726	Bulgur wheat	1.00 c
18726	Celery	0.50 c
18726	Carrot	0.50 c
18726	Parsley	0.50 c
18726	Green pepper	0.25 c
18726	Green onion	0.25 c
18726	Cucumber, chopped	1.25 c
18726	Tomato, chopped	2.00 ea

Sheet1

18727	Ground Beef	1.00 lb
18727	Fresh Salsa	1.00 c
18727	Chili Powder	0.50 ts
18727	Cumin	0.25 ts
18727	Salt & Pepper To Taste	0.00
18728	Hamburger	1.00 lb
18728	Envelope taco seasoning mix	1.00
18728	-(Mom uses French's)	0.00
18728	Tomato sauce	1.00 cn
18728	Water	1.50 c
18728	Grated cheese (more if you	1.00 c
18728	-want it)	0.00
18729	Crescent rolls	1.00 pk
18729	Hamburger	1.00 lb
18729	Taco mix	1.00 pk
18729	Water	0.50 c
18729	Crushed corn chips, divided	2.00 c
18729	Sour cream	1.00 c
18729	Shredded cheddar	1.00 c
18730	Lean Ground Beef	2.00 lb
18730	Purple Spanish Onion *	1.00 md
18730	Chili Powder	1.00 ts
18730	Ground Cumin	0.25 ts
18730	Salt	0.25 ts
18730	Eggs	6.00 lg
18730	Dairy Sour Cream	0.50 pt
18730	Avocado, Sliced	1.00 lg
18730	GARNISHES -----	0.00 -----
18730	Whole Ripe Olives	0.00
18730	Chili Salsa, If Desired	0.00
18730	GARNISHES -----	0.00 -----
18731	Ground beef	1.00 lb
18731	Onion, chopped	1.00
18731	Jar salsa (Old El Paso-hot,	16.00 oz
18731	-is our choice)	0.00
18731	(8 oz.) can tomato sauce	1.00
18731	Chicken bouillon cube	1.00
18731	Rice (brown, wild, what ever	1.00 c
18731	-- not white)	0.00
18732	Tomato paste	3.00 c
18732	Water	5.00 c
18732	Cider vinegar	1.00 c
18732	Corn syrup	0.50 c
18732	Chili powder	2.00 tb
18732	Salt	1.00 tb
18732	Cayenne pepper 1/2 tsp. hot	1.00 ts
18732	-pepper sauce	0.00
18733	Instant Minced Onion	2.00 ts
18733	Chili Powder	1.00 ts

## Sheet1

18733	Crushed Dried Red Pepper	0.50 ts
18733	Dried Oregano	0.25 ts
18733	Salt	1.00 ts
18733	Cornstarch	0.50 ts
18733	Instant Minced Garlic	0.50 ts
18733	Ground Cumin	0.50 ts
18734	Ground turkey	0.50 lb
18734	Onion, chopped	1.00 sm
18734	28 oz can tomatoes, slightly	1.00
18734	-blended	0.00
18734	15 oz can kidney beans,	1.00
18734	-undrained	0.00
18734	To 3 Tbsp. taco seasoning	2.00
18734	Whole kernel corn, undrained	17.00 oz
18735	Veg. margarine or peanut oil	1.00 tb
18735	Tahini	1.00 c
18735	Caster sugar	1.00 c
18735	Orange (grated rind only)	1.00
18735	Strained orange juice	0.75 c
18735	Plain flour	2.25 c
18735	Salt	1.00 pn
18735	Baking powder	3.00 ts
18735	Bicarbonate of soda	0.50 ts
18735	Ground allspice	0.50 ts
18735	Finely chopped walnuts	0.50 c
18735	Sultanas (white raisins)	0.50 c
18736	Garlic cloves	2.00
18736	Tahini (sesame seed paste)	0.25 c
18736	Lemon juice	4.00 tb
18736	Salt	0.50 ts
18736	-Cold water	4.00 tb
18737	Tahini	1.50 c
18737	Buttermilk or yogurt	1.50 c
18737	Clove garlic crushed	1.00 md
18737	Lemon juice	0.50 c
18737	Finely minced scallions	0.25 c
18737	Finely minced parsley	0.25 c
18737	Ground cumin (more to	0.50 ts
18737	Taste)	0.00
18737	Dash or two of tamari (mild	0.00
18737	Soy sauce)	0.00
18737	Salt to taste	0.00
18737	Dash or two of cayenne and	0.00
18737	Paprika	0.00
18738	Veg. margarine or peanut oil	1.00 tb
18738	Tahini	1.00 c
18738	Caster sugar	1.00 c
18738	Orange (grated rind only)	1.00
18738	Strained orange juice	0.75 c

## Sheet1

18738	Plain flour	2.25 c
18738	Salt	1.00 pn
18738	Baking powder	3.00 ts
18738	Bicarbonate of soda	0.50 ts
18738	Ground allspice	0.50 ts
18738	Finely chopped walnuts	0.50 c
18738	Sultanas (white raisins)	0.50 c
18739	Poached Chicken thighs and-	2.00 c
18739	-breasts, poached. See note	0.00
18739	Celery, diced.	1.00 c
18739	Half a 93/8-ounce jar chow-	0.00
18739	-chow	0.00
18739	Dash hot pepper sauce	0.00
18739	Mayonnaise, or as needed to-	0.33 c
18739	-moisten	0.00
18739	Garden or Boston lettuce	0.00
18740	Chili Colorado	0.75 c
18740	Frozen whole kernel corn,	10.00 oz
18740	Thawed	0.00
18740	Hominy, drained	1.00 cn
18740	Vegetable shortening	0.75 c
18740	Salt	2.00 ts
18740	Baking powder	2.00 ts
18740	White cornmeal	2.50 c
18741	Dried cornhusks	2.00 pk
18741	Warm water	0.00
18742	Vegetable oil	2.00 tb
18742	Chopped onion	0.25 c
18742	Chopped green pepper	0.25 c
18742	Ground beef	0.75 lb
18742	Stewed tomatoes (16 oz)	1.00 cn
18742	VEG-ALL Mixed Vegetable,	1.00 cn
18742	-drained (16 oz)	0.00
18742	Cornmeal	1.00 c
18742	Basil	1.00 ts
18742	Pepper	0.12 ts
18742	Mild green chilis	2.00 tb
18742	Shredded cheddar cheese	0.50 c
18743	Dried broad beans	2.00 c
18743	Chopped spring onions	1.00 c
18743	Chopped parsley	0.25 c
18743	Chopped coriander leaves	2.00 tb
18743	Garlic cloves	3.00
18743	Salt	1.50 ts
18743	Freshly ground black pepper	0.00
18743	Hot chili pepper	0.25 ts
18743	Bicarbonate of soda	0.25 ts
18743	Sesame seeds, optional	0.00
18743	Oil for deep frying	0.00

## Sheet1

18744	Fish fillets (snapper or	1.00 lb
18744	Grouper)	0.00
18744	Boned and diced cooked	0.50 c
18744	Chicken (skinles)	0.00
18744	Slices of bacon	2.00
18744	Diced potatos	1.00 c
18744	Chopped onion	0.67 c
18744	Garlic minced	1.00 cl
18744	Diced carrots	0.25 c
18744	Dice celery	1.00 tb
18744	Lemon- juice of	1.00 ea
18744	Salt	1.00 ts
18744	Black pepper	0.25 ts
18744	Paprika	0.12 ts
18744	Ground dill	0.25 ts
18744	Half & Half	2.00 c
18744	HOT water(not quite boiling)	2.00 c
18744	Ground cumin	0.25 ts
18744	Ground ginger	0.25 ts
18745	Peanut oil	1.00 tb
18745	Sichuan preserved vegetables	0.25 lb
18745	-- rinsed and finely chopped	0.00
18745	Finely chopped garlic	1.00 tb
18745	Rice wine or dry sherry	2.00 ts
18745	Chili bean sauce	1.00 tb
18745	Chinese sesame paste	1.00 tb
18745	-OR- peanut butter	0.00
18745	Dark soy sauce	1.00 tb
18745	Sugar	1.00 tb
18745	Stock (chicken or vegetable)	2.00 c
18745	Chinese flat thin noodles	0.50 lb
18745	--(dried or fresh,	0.00
18745	-- wheat or egg)	0.00
18746	Chicken legs and thighs	2.00 lb
18746	Vegetable oil	1.50 tb
18746	Red food color	0.50 ts
18746	Salt to taste	0.00
18746	Black pepper	0.50 ts
18746	To 2 - tsp. garlic powder	1.00
18746	Onion(optional)	1.00 md
18746	Yogurt	1.00 c
18746	Garam Masala	1.00 ts
18746	Lemon or lime,sliced	0.50
18747	Inch piece fresh ginger	1.00
18747	Cloves garlic (1 T.)	3.00
18747	Jalapeno or other hot chile	1.00
18747	-(see note)	0.00
18747	Plain lowfat yogurt	2.00 c
18747	Lemon juice (1 lemon)	0.25 c

Sheet1

18747	Bay leaves, crumbled	2.00
18747	Paprika	2.00 tb
18747	Ground cumin	1.00 ts
18747	Ground coriander	1.00 ts
18747	Ground cinnamon	1.00 ts
18747	Turmeric	1.00 ts
18747	Freshly ground black pepper	0.50 ts
18747	Ground cardamom	0.25 ts
18747	* Dash ground cloves	0.00
18747	Salt or to taste	1.50 ts
18748	Cloves garlic	2.00
18748	Chopped fresh ginger root	1.00 tb
18748	Ground roasted cumin seeds	1.00 ts
18748	Ground cardamom	0.50 ts
18748	Red pepper	0.50 ts
18748	Tandoori coloring (or	1.00 ts
18748	-paprika)	0.00
18748	Plain yogurt	0.33 c
18749	Cumin seeds	1.00 tb
18749	Coriander seeds	1.00 tb
18749	Red (cayenne) pepper	1.00 tb
18749	Few drops of red food	0.00
18749	-coloring	0.00
18750	Extra firm tofu, drained	1.00 lb
18750	Green onions	3.00 ea
18750	Fresh ginger, minced	1.00 tb
18750	Garlic cloves	3.00 ea
18750	Brown sugar	1.00 tb
18750	Soy sauce	1.00 tb
18750	Saffron, dissolved in 1/2 c	1.00 pn
18750	-- boiling water	0.00
18750	Soy yogurt	0.50 c
18750	Chili powder	2.00 tb
18750	Paprika	2.00 tb
18750	Garam masala, optional	1.00 tb
18750	Salt & pepper to taste	0.00
18750	-----BROCHETTES-----	0.00
18750	Red onions, unpeeled	4.00 sm
18750	Button mushrooms	0.25 lb
18750	Cherry tomatoes	1.00 pt
18750	Green pepper, seeded & slice	1.00 ea
18750	Cilantro leaves & lemon	0.00
18750	-- wedges for garnish	0.00
18751	Plain low-fat yogurt	1.00 c
18751	Safflower oil	0.25 c
18751	White vinegar	2.00 tb
18751	1/2" piece gingerroot, pared	1.50
18751	Garlic cloves	2.00
18751	Loosely packed cilantro	0.25 c



## Sheet1

18751	-leaves	0.00
18751	Ground cumin	1.00 tb
18751	Paprika	1.00 tb
18751	Dry mustard	1.00 ts
18751	Ground red pepper	1.00 ts
18751	Salt	1.00 ts
18751	Broiler-fryer, cut into 8	3.50 lb
18751	-pieces	0.00
18752	Chicken breasts skin removed	4.00
18752	Tangelo juice	0.67 c
18752	Honey	1.00 tb
18752	Soy sauce	1.00 tb
18752	Grated ginger.	1.00 ts
18753	Tangerine juice	0.50 c
18753	Lemon juice	0.25 c
18753	Tangerines; Grated zest only	2.00
18753	Butter	0.25 lb
18753	Sugar	4.00 oz
18753	Egg yolks	8.00
18754	Sugar	0.33 c
18754	All purpose flour	3.00 tb
18754	Minced tangerine peel	1.00 tb
18754	Fresh tangerine juice	0.67 c
18754	Butter, room temp	1.00 tb
18754	Low-fat milk	0.67 c
18754	Egg yolks	2.00
18754	Egg whites	3.00
18755	Apples, red, small, thinly	2.00 ea
18755	Sliced	1.00 x
18755	Lemon juice	2.00 ts
18755	Celery, thinly sliced	2.00 c
18755	Cheese, cheddar, cubed	3.00 oz
18755	Mayonnaise, light	0.25 c
18755	Salt	1.00 pn
18755	Pepper	1.00 pn
18755	Lettuce	1.00 x
18756	Crisco Oil	0.25 c
18756	Onions, medium, thinly slice	2.00
18756	Fish fillets *	2.00 lb
18756	Salt	0.50 ts
18756	Pepper	0.25 ts
18756	Tomatoes, seeded, chopped	3.00
18756	Lemons, thinly sliced	2.00
18756	Bayleaf	1.00
18756	White vinegar	1.00 tb
18756	Sugar	1.00 tb
18757	Pineapple slices	20.00 oz
18757	Brown sugar,packed	0.33 c
18757	Water	0.25 c

Sheet1

18757	Cornstarch	1.00 tb
18757	Vinegar,red-wine	2.00 tb
18757	Horseradish,prepared white	2.00 tb
18757	Pork sausage meat	32.00 oz
18757	Cocktail frankfurters	16.00 oz
18758	Pineapple, chunked & drained	1.00 c
18758	Plain yogurt	0.50 c
18758	Chopped chicken or turkey	2.00 c
18758	Curry powder	0.50 ts
18758	Red grapes, halved	0.75 c
18758	Oats, uncooked	0.33 c
18758	Sliced celery	0.50 c
18758	Dry roasted peanuts	0.33 c
18759	Onion, chopped	1.00 sm
18759	Honey	1.00 tb
18759	Garlic clove, crushed	1.00
18759	Corn oil	3.00 tb
18759	Catsup	3.00 tb
18759	Tomato paste	1.00 tb
18759	Worcestershire sauce	2.00 ts
18759	Chili sauce	1.00 ts
18759	Five Spice Powder	2.00 pn
18759	Chicken drumsticks	8.00
18759	Fresh watercress sprigs (opt	0.00
18759	Lemon slices (opt)	0.00
18760	Turkey, ground, lean	1.00 lb
18760	Bread crumbs	0.25 c
18760	Milk	0.33 c
18760	Onion, chopped, small	1.00 ea
18760	Salt	1.00 pn
18760	Pepper	1.00 pn
18760	Poultry seasoning	0.50 ts
18760	Catsup	2.00 tb
18760	GLAZE -----	0.00 -----
18760	Sugar, brown	3.00 tb
18760	Catsup	0.25 c
18760	Nutmeg	0.25 ts
18760	Mustard, dry OR A-1 poultry	1.00 ts
18760	Sauce	1.00 x
18760	GLAZE -----	0.00 -----
18761	Chickens,about 3 lbs.	2.00
18761	-each,cut into pieces	0.00
18761	Salt	1.00 ts
18761	Hungarian sweet paprika	1.00 tb
18761	Cayenne pepper	0.25 ts
18761	Dry mustard	0.25 ts
18761	Freshly ground pepper	0.50 ts
18761	Water	0.33 c
18761	Worcestershire sauce	2.00 tb

## Sheet1

18761	Red wine vinegar	0.33 c
18761	Butter, cut into bits	0.25 c
18761	Vegetable oil	0.00
18762	Thin-skinned oranges	3.00
18762	Lemons (or limes)	2.00
18762	Water	1.50 c
18762	Baking soda	0.12 ts
18762	Sugar	6.00 c
18762	Of 6-oz bottle liquid pectin	0.50
18763	Nicoise olives, pitted	0.50 c
18763	Anchovy fillets	6.00
18763	- cleaned, rinsed & drained	0.00
18763	Capers	1.50 tb
18763	Garlic clove	1.00
18763	- peeled and crushed	0.00
18763	Lemon, juiced	1.00
18763	Olive oil	4.00 tb
18763	Freshly ground pepper	0.00
18763	Fresh basil, minced	2.00 tb
18764	Dry red kidney beans (1 1/4	0.50 lb
18764	-cups)	0.00
18764	Sprigs epazote, finely	2.00
18764	-chopped (Optional) *	0.00
18764	Salt	1.00 ts
18764	Toasted ** dry oregano	2.00 ts
18764	White onion, sliced	0.50 lg
18764	Olive oil	1.00 tb
18764	Roma tomatoes	1.00 lb
18764	Cloves roasted *** garlic	2.00
18764	Pureed chipotles in adobo	2.00 tb
18764	-(see recipe)	0.00
18764	Pasilla de Oaxaca chilies	2.00
18764	-(or anchos or mulatos),	0.00
18764	Stemmed	0.00
18764	Peanut oil	0.50 c
18764	Monterey Jack cheese cut	3.00 oz
18764	-into 4 slices.	0.00
18765	Chicken breast halves with	4.00
18765	-skin and bones left	0.00
18765	Intact (about 2 pounds	0.00
18765	-total)	0.00
18765	Salt to taste if desired	0.00
18765	Freshly ground pepper to	0.00
18765	-taste	0.00
18765	Butter	1.00 tb
18765	Plus 1 Tsp chopped fresh	1.00 tb
18765	-tarragon or half the	0.00
18765	Amount dried (2 tsp)	0.00
18765	Dry white wine	0.50 c

Sheet1

18765	Chicken broth, fresh or	0.75 c
18765	-canned	0.00
18765	Heavy cream	0.50 c
18766	Mayonnaise or creamy salad	2.00 c
18766	-dressing	0.00
18766	Minced fresh tarragon	0.67 c
18766	Fresh lemon juice, divided	0.25 c
18766	Skinless, boneless chicken	4.00
18766	-breast halves	0.00
18766	(1 1/2 pounds)	0.00
18766	Vegetable oil	1.00 tb
18766	Coarse ground black pepper	2.00 ts
18766	Fresh asparagus, trimmed	1.00 lb
18766	Fresh spinach leaves,	0.50 lb
18766	-trimmed	0.00
18766	Ripe pear	1.00 lg
18766	In a small bowl, whsk	0.00
18766	-together mayonnaise,	0.00
18766	-tarragon, and	0.00
18766	Of the lemon juice.	3.00 tb
18767	Chicken breasts, poached,	3.00 lb
18767	-skin and bones discarded	0.00
18767	-and the	0.00
18767	Meat torn into shreds (about	0.00
18767	-4 cups)	0.00
18767	Tarragon white-wine vinegar,	2.00 tb
18767	-or to taste	0.00
18767	Finely chopped celery	1.00 c
18767	Mayonnaise	0.33 c
18767	Plain yogurt	0.33 c
18767	Chopped fresh tarragon or 1	1.00 tb
18767	-1/4 tsp crumbled dried	0.00
18767	Walnuts, toasted lightly and	1.00 c
18767	-chopped	0.00
18768	Uncooked linguine	6.00 oz
18768	Stock	1.00 c
18768	Skinned and boned chicken	1.00 lb
18768	-breast	0.00
18768	Onion, sliced crosswise	1.00 sm
18768	Carrots, cut into julienne	2.00
18768	-strips	0.00
18768	Mushrooms, sliced	8.00
18768	Minced fresh parsley	0.25 c
18768	Dried tarragon	0.50 ts
18769	Leg of lamb	4.00 lb
18769	Cream	0.67 c
18769	Tarragon	1.00 ts
18769	Dry white wine	1.25 c
18769	Oil	1.00 tb

Sheet1

18769	Salt and pepper to taste	0.00
18769	Onion sliced	1.00
18770	Sweet Butter	0.25 lb
18770	Dry Tarragon	1.50 ts
18771	Chicken or turkey, ground	1.25 lb
18771	Tomato paste	2.00 ts
18771	Tarragon, dried	0.50 ts
18771	Tomato slices	4.00 x
18771	English muffins, split & toa	3.00 x
18771	Recipe tarragon mustard sauc	1.00
18771	Butter or margarine	1.50 tb
18771	Dijon mustard	1.50 tb
18771	Vinegar, tarragon	1.00 tb
18771	Sour cream, light	0.25 c
18771	Tarragon, dried	0.25 ts
18771	Salt, kosher, add to taste	0.00
18771	Black pepper, ground, add to	0.00
18771	Pepper, red, ground, add to	0.00
18772	Mayonnaise	0.75 c
18772	Lemon juice	1.00 tb
18772	Lemon rind grated	0.50 ts
18772	Parsley; finely minced	1.00 tb
18772	Scallion; green and white	2.00 ts
18772	Finely minced	0.00
18772	Olives; green minced	2.00 ts
18772	Capers; drained; minced	1.00 ts
18772	Egg; cooked hard; peeled	1.00 sm
18772	Finely chopped	0.00
18772	Salt and pepper to taste	0.00
18772	Tiny pinch curry powder	0.00
18773	Mayonnaise	0.75 c
18773	Lemon juice	1.00 tb
18773	Lemon rind grated	0.50 ts
18773	Parsley; finely minced	1.00 tb
18773	Scallion; green and white	2.00 ts
18773	Finely minced	0.00
18773	Olives; green minced	2.00 ts
18773	Capers; drained; minced	1.00 ts
18773	Egg; cooked hard; peeled	1.00 sm
18773	Finely chopped	0.00
18773	Salt and pepper to taste	0.00
18773	Tiny pinch curry powder	0.00
18774	Brown sugar	1.00 c
18774	Flour	1.00 tb
18774	Butter	1.00 tb
18774	Cream	4.00 tb
18774	Pie crust; uncooked	0.00
18775	Diced beef	1.00 lb
18775	Olive oil	0.00

Sheet1

18775	Eggplant, peeled and diced	1.00
18775	Light tomato sauce	3.00 c
18775	Onion,diced	0.50 sm
18775	Basil	0.25 ts
18775	Oregano	0.25 ts
18775	Salt and pepper to taste	0.00
18776	Butter or margarine,	0.50 c
18776	-softened	0.00
18776	Pkg. cream cheese, softened	3.00 oz
18776	Flour	1.00 c
18776	FILLING -----	0.00 -----
18776	Butter, melted	1.00 ts
18776	Brown sugar	0.75 c
18776	Or 2 sm eggs	1.00 lg
18776	Vanilla	1.00 ts
18776	Chopped pecans	0.50 c
18776	FILLING -----	0.00 -----
18777	Flat noodles	0.50 lb
18777	Oil	3.00 tb
18777	Onion, sliced	1.00 sm
18777	Sliced broccoli	1.00 c
18777	Sliced mushrooms	1.00 c
18777	Sliced water chestnuts	0.50 c
18777	Sliced bamboo shoots	0.50 c
18777	Bean sprouts	1.00 c
18777	Garlic cloves, chopped	2.00 ea
18777	Ginger, chopped	1.00 ts
18777	Salt	1.00 ts
18777	Brown sugar	1.00 ts
18777	Soy sauce	2.00 tb
18777	Dry sherry	2.00 tb
18777	Sesame oil	1.00 tb
18777	Bean curd, cubed	1.50 lb
18777	Sesame seeds	2.00 ts
18777	Cashew nuts	2.00 tb
18777	Green onions, chopped	2.00 tb
18777	Green peppers, chopped	2.00 tb
18778	Ground Chuck	2.00 lb
18778	Onion, Chopped	1.00 ea
18778	Sour Cream	12.00 oz
18778	Cream of Chicken Soup	10.75 oz
18778	Cream of Mushroom Soup	10.75 oz
18778	Cheddar Cheese, Shredded	16.00 oz
18778	Bag of Tater Tots	1.00 lg
18779	Cold Tea	12.00 fl
18779	Raisins	6.00 oz
18779	Sultanas	6.00 oz
18779	Self-rising flour	10.00 oz
18779	Soft brown sugar	7.00 oz

## Sheet1

18779	Egg	1.00
18780	Almond Bark; White	2.00 lb
18780	Froot Loops Cereal	3.00 c
18780	Cheerios Cereal	3.00 c
18780	Miniature Marshmallows;color	2.00 c
18781	Plain white household flour	0.50 lb
18781	Baking powder	0.50 ts
18781	Ground cinnamon	1.50 ts
18781	Runny honey	0.25 lb
18781	Runny honey	1.00 tb
18781	Butter	0.25 lb
18781	Caster sugar	0.25 lb
18781	Eggs	2.00 lg
18781	Milk (or double this amount)	1.00 tb
18782	Flour	10.00 oz
18782	Lard	4.00 oz
18782	Sugar	3.00 oz
18782	Egg	0.00
18782	Bicarbonate	0.50 ts
18782	Treacle	1.00 ts
18782	Pinch mixed spice and ginger	0.00
18782	Dried fruit	4.00 oz
18782	Milk	1.00 c
18782	Pinch salt	0.00
18783	Sesame oil, toasted	2.00 tb
18783	Onions, chopped	2.00 lg
18783	Hungarian paprika	2.00 tb
18783	Vegetable stock	2.00 c
18783	Dark miso	2.00 tb
18783	Tempeh, cut to 32 triangles	1.00 lb
18783	Soy sauce	1.00 ts
18783	Cider vinegar	1.00 tb
18783	Tahini	4.00 tb
18783	Chopped scallions to garnish	0.00
18784	Olive or toasted sesame oil	1.00 tb
18784	Onion	2.00 c
18784	Cloves minced garlic	2.00
18784	Fresh tomatoes, chopped	2.00 c
18784	Tomato, pureed to yield 1/2	1.00 sm
18784	-cup	0.00
18784	Sauerkraut	0.50 c
18784	Red or green bell peppers	4.00 md
18784	Soy or 3-5 grain tempeh,	12.00 oz
18784	-grated	0.00
18784	Dark barley or red miso, or	2.00 tb
18784	-tamari or shoyu	0.00
18784	Whole grain bread crumbs,	0.25 c
18784	-cracker crumbs, or rolled	0.00
18784	-oats	0.00

Sheet1

18784	Cooked beans (black, pinto,	0.25 c
18784	-azuki, anazazi, or kidney)	0.00
18784	Dried onion flakes	2.00 tb
18784	Dried garlic flakes OR	2.00 ts
18784	-1-2 cloves garlic, minced	0.00
18784	-finely	0.00
18784	Dried oregano or basil	1.00 ts
18784	Thyme or marjoram	0.50 ts
18785	Carrots, shredded	1.00 c
18785	White Chinese turnip,	1.00 c
18785	-shredded	0.00
18785	White Chinese celery,	1.00 c
18785	-shredded	0.00
18785	Pieces soy spiced bean curd	8.00
18785	-(or Loma Linda brand	0.00
18785	-Vegetable Hamburger)	0.00
18785	Soybean sprouts (NOT mung	3.00 c
18785	-bean sprouts)	0.00
18785	Green onions, shredded	4.00
18785	Nami dried black mushrooms,	0.50 c
18785	-soaked & shredded	0.00
18785	Cloud Ear dried fungus,	0.50 c
18785	-soaked	0.00
18785	Dried lily flowers, soaked	0.50 c
18785	-and hard tips removed	0.00
18785	Bean thread noodles, soaked	2.00 oz
18785	Salt (to taste)	1.00 ts
18785	To 8 tb oil for stir-frying	6.00 tb
18786	Oil	1.00 tb
18786	Chuck roast	3.00 lb
18786	Water	0.50 c
18786	Garlic clove, chopped	1.00
18786	Salt	0.50 ts
18786	Pepper	0.25 ts
18786	Onion, cut up	1.00
18786	Potatoes, cut up	3.00
18786	Flour	1.00 tb
18787	Pork tenderloin	2.00 lb
18787	Creole Seasoning	1.00 tb
18787	Chicken stock	1.50 c
18788	Pork tenderloin	3.00 lb
18788	Large Granny Smith Apples	2.00
18788	Chopped onion	2.00 c
18788	Large garlic cloves,peeled	8.00
18788	Olive oil	3.00 tb
18788	Chicken broth	0.75 c
18788	Wine vinegar	2.00 tb
18788	Honey	1.00 tb
18789	Cornmeal	1.50 c



## Sheet1

18789	Baking soda	1.00 ts
18789	Sugar	1.00 ts
18789	Salt	1.00 ts
18789	Eggs beaten	2.00
18789	Buttermilk	2.00 c
18789	Lard, melted	3.00 tb
18790	Water	3.00 c
18790	Cracklings	1.00 c
18790	Cornmeal	1.50 c
18790	Salt	1.00 ts
18791	Pan drippings & browned bits	4.00 tb
18791	Flour	4.00 tb
18791	Black pepper	1.00 ts
18791	Salt	2.00 ts
18791	Warm water	1.00 c
18791	Evaporated milk	13.00 oz
18792	Light broth	1.00 c
18792	Mirin OR	0.33 c
18792	Sweet sherry OR	0.33 c
18792	Honey	0.33 c
18792	Soy sauce	0.33 c
18792	MSG; (optional)	1.00 ts
18792	Daikon radish; 1" piece	0.00
18792	Horseradish	0.00
18792	Ginger; grated, to taste	0.00
18792	Lemon juice; optional	0.00
18793	Hoisin sauce	2.00 tb
18793	Honey	2.00 tb
18793	Onion; grated	0.25 c
18793	Gingerroot; grated	2.00 tb
18793	Soy sauce, light	4.00 ts
18793	Basic burger recipe	1.00
18794	Frying Chicken Quarters	6.00
18794	Honey	0.25 c
18794	Ground Ginger	0.50 ts
18794	Medium Dry Sherry	0.33 c
18794	Vegetable Oil	2.00 tb
18794	Teriyaki Sauce	0.50 c
18794	Garlic Cloves, minced	2.00
18795	Soy sauce	0.25 c
18795	Dry sherry	0.25 c
18795	Water	0.25 c
18795	Clove garlic, minced	1.00
18795	Gingerroot, grated (or 1/4	1.00 ts
18795	-tsp. ground ginger)	0.00
18795	Whole chicken breasts,	16.00 oz
18795	-skinned, split, boned and	0.00
18795	Cut into 1" cubes	0.00
18795	Lg. green onions, bias	6.00

Sheet1

18795	-sliced into 1" lengths	0.00
18795	Cherry tomatoes	4.00
18796	Brown sugar	1.00 tb
18796	Tomato paste	1.00 tb
18796	Cornstarch	0.25 ts
18796	Water	2.00 tb
18796	Sesame seeds	1.00 ts
18796	Ears fresh corn	6.00 ea
18797	Tamari	0.25 c
18797	Mirin or sherry	2.00 tb
18797	Pineapple juice	0.25 c
18797	Fresh ginger, grated	1.00 tb
18797	Garlic cloves; minced	2.00
18797	Red pepper flakes	1.00 pn
18797	Tempeh burgers	4.00
18797	PINEAPPLE SALSA -----	0.00 -----
18797	Fresh pineapple, diced	2.00 c
18797	Red onion, diced	0.25 c
18797	Green bell pepper, diced	0.25 c
18797	Tomato; seeded, diced	0.50
18797	Garlic clove; minced	1.00
18797	Jalapeno pepper	1.00
18797	-- seeded, minced	0.00
18797	Fresh cilantro, minced	2.00 tb
18797	Ground coriander seed	0.50 ts
18797	Ground cumin	0.25 ts
18797	Salt	0.12 ts
18797	PINEAPPLE SALSA -----	0.00 -----
18798	Egg; hard-boiled	6.00
18798	Butter	8.00 tb
18798	Cream	2.00 c
18798	Salt	0.50 ts
18798	Pepper	0.50 ts
18798	Allspice	0.50 ts
18798	Nutmeg	0.50 ts
18798	Terrapin; cooked & picked	2.00 c
18798	Sherry	0.50 c
18799	Bacon	6.00 sl
18799	Ground beef	1.00 lb
18799	Whole kernel corn, fresh OR	1.00 c
18799	-frozen OR canned	0.00
18799	Chopped green chile	0.25 c
18799	Green onions, chopped	3.00
18799	Cornmeal	0.25 c
18799	Oregano	0.25 ts
18799	Ground pure hot red chile	1.00 ts
18799	Salt	1.00 ts
18799	Freshly ground black pepper	0.00
18799	Ground comino	0.25 ts

Sheet1

18799	Tomato sauce	8.00 oz
18799	Cornmeal Piecrust (recipe	0.00
18799	-follows)	0.00
18799	Egg	1.00
18799	Evaporated milk	0.25 c
18799	Dry mustard	0.50 ts
18799	Grated Monterey Jack cheese	2.00 c
18799	Stuffed olives, sliced	4.00
18800	Fiddleheads; fresh -OR-	1.00 lb
18800	-frozen fiddleheads, 300 g	1.00 pk
18800	Butter	0.25 c
18800	Garlic cloves;finely chopped	6.00
18800	Shallots; finely chopped	2.00
18800	Soya sauce	1.00 tb
18800	Sugar, granulated	1.00 ts
18800	White wine	3.00 tb
18801		3.00
18801		1.00
18801	Chili powder	0.50
18801	Lean ground beef	1.00
18801	Egg	1.00 2
18801	(4 oz) mild green chilies,	1.00
18801	Drained and chopped	0.00 1/2
18801	Fresh bread crumbs, about 4	1.75 c
18801	Slices bread	0.00
18801	Shredded Monterey Jack	0.33 c
18801	Cheese	0.00
18801	Shredded mild Cheddar	0.33 c
18801	Cheese	0.00
18801	Salt	0.75 ts
18801	Corn tortillas, half 10 oz.	6.00
18801	Pkg., cut into wedges	0.00
18801	Zesty Tomato Salsa	1.00
18801	Lettuce leaves, optional	0.00
18801	Tomato wedges, optional	0.00
18801	ZESTY TOMATO SALSA -----	0.00 -----
18801	Vegetable oil	1.00 tb
18801	Red pepper, cored, seeded	1.00
18801	And diced (about 2 cups)	0.00
18801	Green bell pepper, cored,	1.00
18801	Seeded and diced (about 2	0.00
18801	Cups)	0.00
18801	Onion, diced (about 3/4 cup)	1.00 md
18801	Clove garlic,crushed	1.00 lg
18801	Ripe tomatoes, diced (about	2.00 lg
18801	2 cups)	0.00
18801	Hot red pepper sauce	0.50 ts
18801	ZESTY TOMATO SALSA -----	0.00 -----
18802	Onion, chopped	0.75 c

Sheet1

18802	Olive Oil	2.00 tb
18802	Rice, raw	1.00 c
18802	Black Pepper	0.25 ts
18802	Garlic Cloves	2.00
18802	Vegetable Broth	2.50 c
18802	Ground Cumin	1.50 ts
18802	Red Bell Pepper	1.00
18803	To 5 Pounds Pork Spareribs	4.00
18804	Beef chuck 1/2" cubes	2.00 lb
18804	Olive oil	8.00 tb
18804	Med-hot chili powder	5.00 tb
18804	Spanish chorizo 1/4" thick	1.00 lb
18804	Med onions, chpd	3.00
18804	Garlic cloves	8.00
18804	Oregano crumbled	1.00 tb
18804	Cumin, ground	2.00 ts
18804	Salt	2.00 ts
18804	Fresh ground pepper	1.00 ts
18804	Itln tomatoes, chpd	4.00 lb
18804	Beer	24.00 oz
18804	Tomato paste	6.00 oz
18805	Southwest Guacamole; *	0.00
18805	Fresh Tomato Salsa; **	0.00
18805	Chorizo Sausage; Bulk	1.00 lb
18805	Onion; Finely Chopped, 1 Lg	1.00 c
18805	Green Bell Pepper;Medium,***	1.00
18805	Margarine Or Butter	1.00 tb
18805	Eggs; Large, Beaten	12.00
18805	Flour Tortillas; ****	10.00
18805	Cheese; Shredded, *****	6.00 oz
18805	Margarine Or Butter; Melted	2.00 tb
18806	Dried black beans	2.00 c
18806	Ham hock	1.00
18806	Salt and pepper; to taste	0.00
18806	Oil	1.00 tb
18806	Onion	1.00
18806	Green peppers	2.00
18806	Tomatoes	3.00
18806	- peeled, seeded and chopped	0.00
18807	Corn tortillas	12.00
18807	Hortening (lard best)	2.00 x
18807	Cooking oil	4.00 tb
18807	Lour	2.00 x
18807	Yellow onions, large, choppe	2.00
18807	Hile powder or ground	2.00 x
18807	Grated cheese---either Longh	4.00 c
18808	Cubed Chili Beef *	6.00 lb
18808	Turkey Sausage	1.00 lb
18808	Onions, Chopped	1.00 c

Sheet1

18808	Garlic Powder	1.00 tb
18808	Cayenne Pepper	1.00 tb
18808	Tomato Sauce	24.00 oz
18808	New Mexico Chili Powder	3.00 tb
18808	Dried Oragano	1.00 ts
18808	Cumin	2.00 tb
18808	Vegetable Oil	1.00 tb
18808	Tabasco Sauce	1.00 ts
18808	Canned Chopped Jalapenos	8.00 oz
18808	Salt	0.50 ts
18809	Vegetable oil	2.00 tb
18809	Chopped onion	0.50 c
18809	Chopped green pepper	1.00 c
18809	Garlic clove	1.00
18809	Flour	0.25 c
18809	Chili powder	1.00 ts
18809	Basil	0.50 ts
18809	Oregano	0.25 ts
18809	Chopped mild green chilies	2.00 tb
18809	Chicken broth (12 oz)	2.00 cn
18809	Cooked chicken, diced	2.00 c
18809	Chopped stewed tomatoes	1.00 cn
18809	-(8 oz)	0.00
18809	VEG-ALL Mixed Vegetables,	1.00 cn
18809	With liquid (16 oz)	0.00
18810	Pequin chilies	6.00
18810	Ancho chilies	6.00
18810	Stewing beef 1/2" cubes	2.00 lb
18810	Olive oil	1.00 tb
18810	Bay leaves	2.00
18810	Cumin, ground	1.00 tb
18810	Cloves garlic, peeled	2.00
18810	Oregano	2.00 ts
18810	Paprika	2.00 tb
18810	Sugar	1.00 ts
18810	Coarse salt	0.00
18810	Fresh black pepper	0.00
18811	Ground Dried Chili Peppers	76.00 oz
18811	Ground Cumin	13.00 oz
18811	Garlic Powder	4.00 oz
18811	Onion Powder	2.00 oz
18811	Ground Oregano	3.00 oz
18811	Cayenne Pepper	0.50 oz
18811	Black Pepper	1.50 oz
18811	Ground Coriander	0.50 oz
18812	Dried pinto beans	1.00 lb
18812	Onion, chopped	0.75 c
18812	Plus 2 Tbsp Chili powder	0.25 c
18812	Cloves garlic, minced	8.00

Sheet1

18812	Vegetable oil	0.25 c
18812	Boneless chuck, cut into	3.00 lb
18812	-1/2-inch cubes	0.00
18812	Green onion, chopped	1.50 c
18812	Green pepper, large, chopped	1.00
18812	Cloves garlic, minced	8.00
18812	Plus 2 Tbsp chili powder	0.25 c
18812	Tamales (14-1/2 oz each	2.00 cn
18812	-can), undrained (optional)	0.00
18812	Additional chopped onion	0.00
18812	Cheddar cheese, shredded	0.00
18813	Ground beef	1.00 lb
18813	Chopped onions	1.00 c
18813	Chopped green pepper	0.75 c
18813	Can (2 cups) tomatoes,	1.00 lb
18813	-broken up	0.00
18813	Can (2 cups) dark red kidney	1.00 lb
18813	-beans or pinto beans,	0.00
18813	-drained	0.00
18813	Can tomato sauce	8.00 oz
18813	Teaspoons. salt	1.00
18813	To 2 teaspoons. chili powder	1.00
18813	Bay leaf	1.00
18814	Strong black coffee	1.00 c
18814	Tomato catsup	1.00 c
18814	Freshly ground black pepper	1.00 T
18814	Salt	1.00 T
18814	Worcestershire sauce	0.50 c
18814	Butter or margerine	0.25 c
18814	Sugar	1.00 T
18815	Vegetable oil	2.00 tb
18815	Chopped onion	0.50 c
18815	Chopped green pepper	0.50 c
18815	Clove garlic, minced	1.00
18815	Lean ground beef	1.00 lb
18815	Cubed rattlesnake meat or	1.00 c
18815	-chicken	0.00
18815	Chili powder	2.00 tb
18815	Salt	2.00 ts
18815	Ground cayenne pepper	1.00 ts
18815	Tomatoes, undrained	32.00 oz
18815	Tomato paste	6.00 oz
18815	Water	2.00 c
18815	(6 oz) Skinner Lone Star	2.00 c
18815	-Pasta, uncooked	0.00
18816	Vegetable oil	2.00 tb
18816	Chopped onion	0.50 c
18816	Chopped green pepper	0.50 c
18816	Clove garlic, minced	1.00

Sheet1

18816	Lean ground beef	1.00 lb	
18816	Cubed rattlesnake meat or	1.00 c	
18816	-chicken	0.00	
18816	Chili powder	2.00 tb	
18816	Salt	2.00 ts	
18816	Ground cayenne pepper	1.00 ts	
18816	Tomatoes, undrained	32.00 oz	
18816	Tomato paste	6.00 oz	
18816	Water	2.00 c	
18816	(6 oz) Skinner Lone Star	2.00 c	
18816	-Pasta, uncooked	0.00	
18817	Chili	3.00 c	
18817	Butter	0.00	
18817	Eggs, fried or poached	8.00	
18817	Thick slices bread	8.00	
18818	Oil,vegetable	2.00 T	
18818	Beef,coarse grind	3.00 lb	
18818	Garlic cloves	2.00	
18818	Red chile,mild,ground	5.00 T	
18818	Cumin	1.00 T	
18818	Cayenne pepper	1.50 t	
18818	Oregano,dried,pref. Mexican	1.00 T	
18818	Salt	1.00 T	
18818	Tequila	2.00 c	
18818	Water	6.00 c	
18818	Corn flour(masa harina)	0.50 c	
18818	Chile caribe	2.00 T	
18818	Hot pepper sauce,liquid	1.00 t	
18819	Firm-ripe banana	1.00 lg	
18819	Oriental sesame oil	1.00 ts	
18819	Chopped golden raisins	0.50 c	
18819	Chopped fresh cilantro	2.00 tb	
18819	Grated lemon peel	1.00 ts	
18819	Japanese chili spice	1.00 ts	
18820		3.00	1
18820	-	0.00	
18820	Coarsely chopped garlic	0.25	
18820	Cilantro	1.00	
18820	- chop roots & lower stems,	0.00	
18820	- reserve leaves for garnish	0.00	
18820	Ground turmeric	1.00	
18820	Curry powder	1.00 ts	
18820	Ground dried chilis	1.50 ts	
18820	-- (cayenne or equivalent)	0.00	
18820	Sugar	1.00 tb	
18820	Salt	0.25 ts	
18820	Thai fish sauce	3.00 tb	
18820	-- (filipino or	0.00	
18820	-- vietnamese is ok, too)	0.00	

Sheet1

18820	BASTING LIQUID -----	0.00 -----
18820	Coconut milk (canned is ok)	0.50 c
18820	DIPPING SAUCE -----	0.00 -----
18820	Dried chili flakes	0.50 ts
18820	-OR- cayenne	0.00
18820	Garlic cloves	2.00
18820	-- coarsely chopped	0.00
18820	Brown sugar	1.00 tb
18820	Salt	0.25 ts
18820	Chinese red rice vinegar	0.50 c
18820	Green onion; thinly sliced	1.00
18820	Coarsely chopped cilantro	1.00 tb
18820	-- (leaves)	0.00
18820	MARINADE -----	0.00 -----
18820	BASTING LIQUID -----	0.00 -----
18820	DIPPING SAUCE -----	0.00 -----
18821	Peanut oil	4.00 tb
18821	Gloves garlic, peeled and	3.00
18821	-finely chopped	0.00
18821	Jalapeno peppers, seeded and	3.00
18821	-sliced (yes, really 3!)	0.00
18821	Green bell pepper, thinly	1.00 lg
18821	-sliced.	0.00
18821	Beef steak, thinly sliced	1.00 lb
18821	-across the grain	0.00
18821	Thai fish sauce (nam pla or	2.00 tb
18821	-nuoc mam, available in	0.00
18821	-oriental markets)	0.00
18821	Soy sauce	1.00 tb
18821	Sugar	1.00 ts
18821	Ground white pepper	0.25 ts
18821	Chopped fresh basil *	0.50 c
18822	Well-trimmed boneless beef	1.00 lb
18822	-top sirloin, cut 1 inch	0.00
18822	-thick	0.00
18822	Dry sherry	0.25 c
18822	Reduced-sodium soy sauce	1.50 tb
18822	Each grated fresh ginger,	1.00 ts
18822	-minced garlic and Oriental	0.00
18822	-dark-roasted	0.00
18822	Sesame oil	0.00
18822	To 1/2 tsp crushed red	0.25
18822	-pepper pods	0.00
18822	Cooked linguine	2.00 c
18822	Chopped green onion tops or	0.25 c
18822	-fresh cilantro	0.00
18823	Thai fish sauce	6.00 tb
18823	Thinly sliced scallions	5.00 tb
18823	Fresh lime or lemon juice	3.00 tb



Sheet1

18823	Finely chopped cilantro	3.00	tb
18823	Minced serrano chilies	1.50	tb
18823	Roasted chili paste	2.00	ts
18823	Minced garlic	0.50	ts
18824	Dried red chilies with	5.00	sm
18824	Their seeds, broken into	0.00	
18824	Small pieces OR	0.00	
18824	Cayenne pepper	1.00	ts
18824	Heaping whole black	1.00	ts
18824	Peppercorns OR	0.00	
18824	Ground black pepper	1.00	ts
18824	Heaping whole coriander	1.00	tb
18824	Seeds OR	0.00	
18824	Ground coriander	1.00	tb
18824	Heaping whole caraway	1.00	ts
18824	Seeds OR	0.00	
18824	Ground caraway	1.00	ts
18824	Lemon's zest, minced	0.50	
18824	Inch piece ginger root,	2.00	
18824	Peeled and minced	0.00	
18824	Garlic, peeled and minced	8.00	cl
18824	Shallots, peeled and	4.00	
18824	Minced	0.00	
18824	Anchovy paste	1.00	ts
18824	Sprigs coriander, finely	6.00	
18824	Chopped	0.00	
18824	Salt	1.00	ts
18824	Vegetable oil	3.00	tb
18825	Thai Coconut Milk *	14.00	oz
18825	Thai Red Curry Paste **	2.00	tb
18825	Fettuccine Pasta	1.00	lb
18825	Broccoli Florets 1"Diameter	4.00	c
18825	Red, Yellow, Orange Peppers	1.00	
18826	sm	0.50	1
18826	- cut into 1/2-inch slices,	0.00	
18826	-OR- flat dried rice noodles	0.00	
18826	Fresh bean sprouts	1.00	c
18826	Oil	0.33	c
18826	Minced garlic	1.00	tb
18826	Minced shallots	4.00	tb
18826	Shrimp paste (kapee)	2.00	ts
18826	Chopped dried shrimp (opt.)	1.00	tb
18826	Shrimp, shelled, deveined	10.00	md
18826	-OR- substitute pork	0.00	
18826	Fish sauce (nam pla)	3.00	tb
18826	Rice vinegar	1.00	tb
18826	Light brown sugar	2.00	tb
18826	Tomato ketchup	2.00	tb
18826	-TO	0.50	ts

Sheet1

18826	Chili powder (optional)	1.00	ts
18826	Eggs; lightly beaten	2.00	
18826	GARNISHES -----	0.00	-----
18826	Coarsely ground peanuts	0.33	c
18826	-- (unsalted)	0.00	
18826	Dried red chili flakes (opt)	0.50	ts
18826	Green onions; finely sliced	2.00	
18826	Chopped coriander leaves	2.00	tb
18826	Limes; cut into wedges	2.00	
18826	Cucumber; sliced	1.00	sm
18826	GARNISHES -----	0.00	-----
18827	oz	0.00	10
18827		0.00	
18827		0.00	
18827	Flat rice noodles	1.00	
18827	-- (fresh or dried)	0.00	
18827	Fish sauce; -OR-	0.75	1/4
18827	-Soy sauce	6.00	
18827	Rice wine vinegar	4.00	t
18827	-OR- distilled white vinegar	0.00	
18827	Sugar	2.00	
18827	High-quality paprika; -OR-	4.00	
18827	-Catsup or Tomato paste	0.25	
18827	Vegetable oil	0.50	c
18827	-OR more if needed	0.00	
18827	Boneless pork	8.00	oz
18827	-OR- boned & skinned chicken	0.00	
18827	- cut into very small pieces	0.00	
18827	Minced or pressed garlic	2.00	tb
18827	Ground dried red hot chili,	2.00	ts
18827	-OR-	0.00	
18827	Minced fresh hot chile	1.00	tb
18827	Eggs; lightly beaten	4.00	
18827	Medium-sized shrimp	8.00	oz
18827	-- shelled and deveined,	0.00	
18827	-- tails left intact	0.00	
18827	Fresh bean sprouts	10.00	oz
18827	Green onions; thinly sliced	3.00	
18827	Chopped dry-roasted peanuts	0.50	c
18827	-- (unsalted)	0.00	
18827	Chopped fresh cilantro	0.25	c
18827	FOR GARNISH -----	0.00	-----
18827	Finely minced dried shrimp	0.00	
18827	Fresh cilantro sprigs	0.00	
18827	Lemon or lime wedges	0.00	
18827	FOR GARNISH -----	0.00	-----
18828	Vegetable oil	3.00	tb
18828	Garlic cloves	4.00	
18828	-- finely crushed	0.00	

Sheet1

18828	Fish sauce	1.00 tb
18828	-TO	3.00 tb
18828	Lime juice	4.00 tb
18828	Crushed palm sugar	1.00 ts
18828	Eggs; beaten	2.00
18828	Rice vermicelli	12.00 oz
18828	-- soaked in water for	0.00
18828	-- 20 minutes, drained	0.00
18828	Peeled shrimp	4.00 oz
18828	Bean sprouts	4.00 oz
18828	Green onions; sliced	4.00
18828	TO GARNISH -----	0.00 -----
18828	Dried shrimp, ground	2.00 tb
18828	Roasted peanuts	0.00
18828	-- finely chopped	0.00
18828	Cilantro leaves	0.00
18828	Lime slices	0.00
18828	TO GARNISH -----	0.00 -----
18829	Green hot chilies	15.00
18829	Chopped shallots	3.00 tb
18829	Chopped garlic	1.00 tb
18829	Chopped galangal	1.00 ts
18829	Chopped lemon grass	1.00 tb
18829	Chopped kaffir lime rind	0.50 ts
18829	Chopped coriander root	1.00 ts
18829	Peppercorns	5.00
18829	Coriander seeds	1.00 tb
18829	Cumin seeds	1.00 ts
18829	Salt	1.00 ts
18829	Shrimp paste	1.00 ts
18830	Ground Coffee	0.75 c
18830	Water	2.67 c
18830	Ice Cubes	0.00
18830	Cardamom	0.00
18830	Evaporated Milk	0.50 c
18830	Sugar To Taste	0.00
18831	Chinese-Style Red Or Black	8.00
18831	-Tea Bags Or:	0.00
18831	Regular Black Tea	0.25 c
18831	Boiling Water	4.00 c
18831	Ground Cinnamon	0.00
18831	Evaporated Milk	0.50 c
18832	Thai tea (cha thai)	3.00 tb
18832	Boiling water	6.00 oz
18832	Sugar or:	0.00
18832	Sweetened Condensed Milk to	0.00
18832	-taste	0.00
18832	Milk or:	0.00
18832	Half-and-Half	0.00

Sheet1

18833	Chopped cabbage	3.00 c
18833	Onion; chopped	1.00 md
18833	Oil	1.50 ts
18833	Pasta shapes	9.00 oz
18833	-- (shells, bow-ties, etc)	0.00
18833	Crunchy peanut butter	0.25 c
18833	Fresh lime juice	1.00 tb
18833	Brown sugar	1.50 ts
18833	Soy sauce	1.50 ts
18833	Worcestershire sauce *	1.50 ts
18833	Crushed red pepper	0.25 ts
18833	Curry powder	0.50 ts
18833	Ground cloves	0.12 ts
18833	Garlic clove	1.00
18833	-- minced or mashed	0.00
18833	Coconut "milk"	7.00 oz
18833	Chopped fresh cilantro	1.00 tb
18833	Chopped fresh basil	1.00 ts
18834	Fresh pineapple	1.00
18834	Cooked rice - cold	2.00 c
18834	Baby shrimp	0.25 c
18834	Cooked chicken breast half	1.00
18834	Diced cooked ham	0.25 c
18834	Green onions	2.00
18834	Peas	0.25 c
18834	Rice wine	1.00 ds
18835	Pomelo; -=OR=-	1.00
18835	-Grapefruit (sweet ruby red)	1.00
18835	Whole cooked chicken breast	1.00
18835	- hand-shredded	0.00
18835	Chopped red chili	1.00 ts
18835	- (or to taste)	0.00
18835	Fish sauce (nam pla)	1.00 tb
18835	Sugar	1.00 ts
18835	Lime; juiced	1.00 sm
18835	Head of leaf lettuce	1.00
18835	-(for garnish)	0.00
18835	Chopped fresh coriander	1.00 tb
18835	Crisp Fried Shallot Flakes	2.00 tb
18835	- (Instructions follow) -	0.00
18835	Chopped roasted peanuts	0.25 c
18835	CRISP FRIED SHALLOT FLAKES -----	0.00 -----
18835	Shallots; thinly sliced	6.00
18835	Vegetable oil	1.00 c
18835	CRISP FRIED SHALLOT FLAKES -----	0.00 -----
18836	Dried rice noodles	4.00 oz
18836	-- medium size	0.00
18836	Vegetable oil	0.25 c
18836	Garlic cloves; finely minced	2.00

## Sheet1

18836	Chopped raw shrimp	3.00 tb
18836	Lean ground pork	3.00 tb
18836	Sugar	1.00 ts
18836	Fish sauce	1.00 tb
18836	Soy sauce	1.00 ts
18836	Hot chili sauce	2.00 ts
18836	Beaten eggs	2.00
18836	Tamarind sauce	2.00 tb
18836	Bean sprouts	0.25 c
18836	Scallion; sliced	1.00
18836	Salty preserved radish	1.00 tb
18836	Coarsely ground peanuts	2.00 tb
18836	- (salted or unsalted)	0.00
18836	Sliced green onions	2.00 tb
18836	Lemon wedges	2.00
18836	Cucumber	1.00
18837	Thai jasmine rice	0.38 lb
18837	Sunflower oil	0.50 tb
18837	Beaten eggs	1.00
18837	Porcini or cap mushrooms	0.12 oz
18837	Spring onions	2.00
18837	Garlic clove	0.50
18837	Flat mushrooms	4.00 oz
18837	Dry sherry	1.50 tb
18837	Japanese soy sauce	1.50 tb
18837	Sugar	0.50 tb
18837	Cm piece of cucumber	3.75
18838	Size cucumbers, peeled,	2.00 md
18838	-seeded and coarsely chopped	0.00
18838	Teas salt	1.00
18838	Minced basil leaves (fresh)	0.25 c
18838	Coarsely chopped roasted	3.00 tb
18838	-peanuts (or leave whole)	0.00
18838	Fresh jalapeno pepper, stem	1.00
18838	-removed, seeded and chopped	0.00
18838	White vinegar	2.00 tb
18838	Honey	2.00 tb
18838	Sesame oil	2.00 tb
18839	Large Thai dried chilies *	5.00
18839	Chopped coriander roots **	0.50 ts
18839	Minced Galanga (Kha) or ging	1.00 ts
18839	Kaffir lime peel or lime zes	1.00 ts
18839	Minced garlic	2.00 tb
18839	Minced red onions	2.00 tb
18839	Thai shrimp paste	1.00 tb
18839	Cooked and pureed soy beans	1.75 c
18839	Eggs	2.00
18839	Rice flour	1.00 tb
18839	Fish sauce (Nam Pla)	3.00 tb

Sheet1

18839	Finely chopped Kaffir lime l	1.00 ts
18839	Cilantro leaves	2.00 ts
18839	Oil for frying	0.50 c
18839	DIPPING SAUCE -----	0.00 -----
18839	Medium chilies minced	2.00
18839	Salt	2.00 ts
18839	Sugar	4.00 tb
18839	Vinegar	4.00 tb
18839	DIPPING SAUCE -----	0.00 -----
18840	Olive oil	0.25 c
18840	Honey	0.25 c
18840	Minced garlic	0.25 c
18840	Thai sweet black bean sauce	3.00 tb
18840	Thai fish sauce	2.00 tb
18840	Finely chopped cilantro	2.00 tb
18840	Garlic powder	1.00 tb
18840	Minced serrano chilies	2.00 ts
18840	Black pepper	2.00 ts
18840	Ground coriander	2.00 ts
18840	White pepper	2.00 ts
18840	3/4 in thick pork chops	8.00
18840	Thai chili fish sauce	0.00
18840	- (Recipe separate)	0.00
18841	Gemfish	1.50 lb
18841	Green beans	4.00 oz
18841	Button mushrooms	4.00 oz
18841	Fish sauce	2.00 tb
18841	Sugar	1.00 tb
18841	Flour	1.00 tb
18841	Peanuts	1.00 c
18841	Bird's eye chilis	3.00
18841	Capsicum (bell pepper)	0.00
18841	Spring onions	0.00
18841	Lemon grass	1.00 tb
18841	Cloves garlic	4.00
18841	Pepper	2.00 ts
18841	Salt	1.00 pn
18842	Rice vinegar	0.50 c
18842	Sugar	0.25 c
18842	Plum sauce	2.00 tb
18842	Thai fish sauce	1.00 tb
18842	Fresh lime or lemon juice	1.00 tb
18842	Tomato paste	2.00 ts
18842	Minced garlic	1.00 ts
18842	Minced serrano chili	0.50 ts
18842	Ground red chili paste	0.50 ts
18842	Sweet paprika	0.50 ts
18842	Salt	0.50 ts
18842	All-purpose flour*	0.50 ts

Sheet1

18842	Water; *mixed into flour	1.00 tb
18843	Thai or Vietnamese fish	5.00 tb
18843	-sauce (nam pla or nuoc mam)	0.00
18843	Light brown sugar	0.25 c
18843	Canned, unsweetened coconut	0.25 c
18843	-milk	0.00
18843	Tbsfresh lime juice	2.50
18843	Five-spice powder	2.00 tb
18843	Soy sauce	2.00 tb
18843	Crushed dried Asian chilis	1.00 tb
18843	-(about 8 small)	0.00
18843	Plus 1 tsp curry powder	1.00 tb
18843	Chickens, quartered, rinsed,	3.00 lb
18843	-patted dry	0.00
18843	Leaves of butter lettuce	8.00
18843	-(Boston, Bibb, etc)	0.00
18843	Tomatoes, quartered	2.00 md
18843	Cucumbers, sliced 1/4 inch	2.00 md
18843	-thick	0.00
18843	Red onion, sliced and	0.50
18843	-separated into strips	0.00
18843	Amerasian Dipping Sauce	0.00
18843	-(separate recipe)	0.00
18844	Brown sugar	1.00 c
18844	Flour	1.00 T
18844	Milk	1.00 c
18844	Salt	0.25 t
18844	*pastry	1.00 x
18844	Butter	2.00 T
18844	Egg, separated	1.00 ea
18844	Vanilla	1.00 t
18844	Sugar	1.00 t
18845	Tofu	1.50 lb
18845	Arrowroot	2.00 tb
18845	Vogue Vegy Base	3.00 tb
18845	Sea salt	0.75 ts
18845	White pepper	0.25 ts
18845	Agar flakes; -=OR=-	1.50 ts
18845	-Agar powder	1.00 ts
18845	Barley malt syrup	2.00 tb
18845	Water	2.00 tb
18845	SAGE DRESSING -----	0.00 -----
18845	Finely diced onions	0.50 c
18845	Finely diced celery	0.50 c
18845	Finely diced carrots	0.50 c
18845	Garlic cloves; minced	2.00
18845	Unrefined corn oil	2.00 tb
18845	Ground sage	0.50 ts
18845	Dried basil	0.25 ts

Sheet1

18845	Vogue Vegy Base	3.00	tb
18845	Sea salt	1.00	ts
18845	Black pepper	0.12	ts
18845	Water	1.00	c
18845	Cubed dry whole wheat bread	2.00	c
18845	SAGE DRESSING -----	0.00	-----
18846	Orange Juice	16.00	oz
18846	Ice	0.00	
18846	Water	0.00	
18846	Simple or vanilla syrup.	1.00	oz
18846	Instant vanilla pudding mix	1.00	ts
18847	BAKER'S (R) GERMAN'S	1.00	pk
18847	Sweet chocolate	0.00	
18847	Milk	0.33	c
18847	Sugar (opt)	2.00	tb
18847	(3 oz) cream cheese, soft.	1.00	pk
18847	Container COOL WHIP (R)	1.00	
18847	Topping, thawed	0.00	
18847	Graham cracker pie crust	1.00	
18848	c	1.00	1/2
18848	-rinsed, and soaked for	0.00	
18848	Hours or longer in water to	10.00	
18848	-cover by at	0.00	
18848	Least 4 inches	0.00	
18848	Beef broth	6.00	c
18848	Water	8.00	c
18848	Tomatoes with their juice,	1.00	cn
18848	-chopped (28 to 32	0.00	
18848	Ounces)	0.00	
18848	Cumin	2.00	ts
18848	Salt to taste (Optional)	0.00	
18848	Freshly ground black pepper	0.00	
18848	-to taste	0.00	
18848	JALAPENO CREAM:	0.00	
18848	Plain nonfat or low-fat	0.67	c
18848	-yogurt	0.00	
18848	Or 2 fresh jalapenos OR	1.00	
18848	-pickled jalapenos, seeded	0.00	
18848	-and	0.00	
18848	Minced	0.00	
18848	Minced fresh parsley	3.00	tb
18848	Minced fresh cilantro	1.00	tb
18848	-(Optional)	0.00	
18848	GARNISHES (Optional):	0.00	
18848	Chopped red onion	0.50	c
18848	Avocado, peeled, seeded, and	0.50	
18848	-chopped	0.00	
18849	Butter (1 stick)	0.25	lb
18849	Chopped onions	1.00	c



Sheet1

18849	Chopped celery	1.00 c
18849	Flour	0.50 c
18849	Clam juice, heated	4.00 c
18849	Salt pork, scored	2.00 oz
18849	Bouillon cubes	2.00
18849	Chopped clams	12.00 oz
18849	Boiled, diced potatoes	2.00 c
18850	Butter or margarine	4.00 tb
18850	Warmed honey	0.33 c
18850	Whole milk	2.50 c
18850	Unbleached flour	0.50 c
18850	Whole-wheat flour	0.25 c
18850	Eggs	5.00
18851	Bacon, diced	0.50 lb
18851	Green bell pepper, diced	0.25
18851	Red bell pepper, diced	0.25
18851	Onion, chopped	1.00 sm
18851	Eggs, fresh	8.00 lg
18851	Russet potatoes, peeled and	1.00 lb
18851	- grated	0.00
18851	Shredded sharp cheddar	2.75 c
18851	- cheese	0.00
18851	Pepper	0.50 ts
18851	Salt to taste	0.00
18852	Chopped mustard greens or	1.00 c
18852	-Swiss chard	0.00
18852	Coarsely chopped green	0.50 c
18852	-pepper	0.00
18852	Red-ripe tomato, cored,	1.00 lg
18852	-quartered	0.00
18852	Loosely packed chopped	0.25 c
18852	-cilantro	0.00
18852	Fresh hot green chiles,	2.00
18852	-stemmed and seeded	0.00
18852	Garlic cloves, peeled	2.00
18852	Mild olive oil	1.00 tb
18852	Ground cumin	0.50 ts
18852	Ground coriander	0.50 ts
18852	Dijon-style mustard	1.00 tb
18852	Sugar	1.00 ts
18852	Salt, or to taste	0.50 ts
18852	Heavy cream	0.33 c
18853	Crushed raspberries	1.00 c
18853	Peeled, finely chopped	1.00 c
18853	-peaches	0.00
18853	Sugar	3.25 c
18853	Lemon juice	2.00 tb
18853	Pouch liquid fruit pectin	1.00
18854	Jonathan apples (or other	6.00 lb

## Sheet1

18854	-cooking apples)	0.00
18854	Water	4.00 c
18854	Apple cider	8.00 c
18854	Sugar	3.00 c
18855	Boned chicken breasts	4.00
18855	Of barbecue sauce (whatever	1.00 c
18855	-you like)	0.00
18855	Of whole wheat flour or any	1.50 c
18855	-standard chicken	0.00
18855	Breading	0.00
18855	Butter	4.00 tb
18855	Oil	4.00 tb
18855	Barbecue spice (available at	0.00
18855	-any store)	0.00
18855	Fresh high quality kaiser	4.00
18855	-rolls	0.00
18855	Tomato slices	8.00
18855	Washed lettuce leaves	4.00 lg
18856	Ham	4.00 sl
18856	Genoa salami	5.00 sl
18856	Pastrami	4.00 sl
18856	Italian olive salad	0.00
18856	Provalone cheese	3.00 sl
18856	Swiss cheese	2.00 sl
18856	Muffaletta bun	1.00
18857	Raw unblanched almonds	0.50 c
18857	Shelled, unsalted raw	0.50 c
18857	-pistachio nuts	0.00
18857	Butter or mild vegetable oil	2.00 tb
18857	Onion, peeled and grated	1.00 lg
18857	Ground coriander	0.50 ts
18857	Mace	0.25 ts
18857	Freshly ground white pepper	0.50 ts
18857	Green cardamom pods, husked,	2.00
18857	-ground	0.00
18857	Cayenne pepper	0.50 ts
18857	Nutmeg	1.00 pn
18857	Saffron threads *	0.50 ts
18857	Heavy cream	2.00 c
18857	Salt, or to taste	0.75 ts
18858	Jim Vorheis	0.00
18858	Slice filet mignon, about 1	6.00 oz
18858	-1/2 to 3 inches wide	0.00
18858	Fresh lime juice,	0.12 ts
18858	-approximately	0.00
18858	Sea salt	0.00
18858	Freshly ground pepper	0.00
18859	Raw white rice	1.00 ts
18859	Yellow split peas	1.00 tb

## Sheet1

18859	Water	0.25 c
18859	Or 3 fresh hot green chiles,	2.00
18859	-stemmed and seeded	0.00
18859	One-inch piece fresh ginger,	1.00
18859	-peeled	0.00
18859	Mild vegetable oil	1.00 tb
18859	Mustard seeds	0.25 ts
18859	Cumin seeds	0.50 ts
18859	Turmeric	0.12 ts
18859	Fresh curry leaves, or:	10.00
18859	Crushed dried curry leaves,	1.00 tb
18859	-or:	0.00
18859	Minced cilantro	1.00 tb
18859	Coconut milk	2.00 c
18859	Salt	0.50 ts
18859	Lemon juice	1.00 tb
18860	Pastry for double crust pie	0.00
18860	Brown sugar;lightly packed	0.50 c
18860	Corn syrup	0.50 c
18860	Shortening;'golden' flavour	0.25 c
18860	Egg; slightly beaten	1.00
18860	Vanilla	1.00 ts
18860	-Salt	0.25 ts
18860	Raisins	0.75 c
18861	Mild vegetable oil	2.00 tb
18861	Coarsely chopped onion	1.00 c
18861	One-inch piece fresh ginger,	1.00
18861	-peeled	0.00
18861	Red-ripe tomatoes, cored,	1.50 lb
18861	-quartered	0.00
18861	Chopped cilantro	0.25 c
18861	Cayenne pepper	0.50 ts
18861	Salt	1.00 ts
18861	Garam masala or curry powder	1.25 ts
18862	Water	2.00 qt
18862	Salt	2.00 c
18862	Vinegar	1.00 c
18862	Pepper	2.00 tb
18863	Meaty, vine ripened tomatoes	2.00 lb
18863	Butter	2.00 tb
18863	Chopped shallots	2.00 ts
18863	Garlic, chopped	2.00 cl
18863	Shredded basil	2.00 tb
18863	Salt and pepper	0.00
18864	Rice (white or brown)	2.00 c
18864	Water	6.00 c
18864	Salt, to taste	2.00 ts
18864	Parchment paper or wax	0.00
18864	Paper	0.00

Sheet1

18865	Sugar	1.75 c
18865	Light corn syrup	0.33 c
18865	Heavy whipping cream	0.25 c
18865	Butter or margarine	0.75 c
18866	FOR 1 -----	0.00 -----
18866	Yeast	1.00 pk
18866	Rye flour	0.75 c
18866	Bread flour	3.00 c
18866	Yellow cornmeal	0.75 c
18866	Salt	1.50 ts
18866	Honey	0.50 c
18866	Very warm water	1.50 c
18866	FOR 1 -----	0.00 -----
18867	Mayonnaise	0.75 c
18867	Sweet pickle relish	1.00 tb
18867	Chili sauce	2.00 tb
18867	Green pepper; finely chpd	2.00 tb
18867	Onion; finely chpd	2.00 tb
18867	Lemon juice	1.00 tb
18867	Sugar; granulated	0.50 ts
18867	Worcestershire sauce	0.25 ts
18867	Hard cooked egg; chpd.	1.00
18868	Spam, cubed	7.00 oz
18868	Cut green beans, drained	17.00 oz
18868	Yellow wax beans drained	17.00 oz
18868	Kidney beans,	17.00 oz
18868	Chopped onions	0.33 c
18868	Sugar	0.33 c
18868	Cooking oil	0.33 c
18868	Cider vinegar	0.33 c
18868	Pepper	0.25 ts
18868	Stoneground mustard	1.00 tb
18869	Garlic and herb dressing	2.50 tb
18869	Chickpeas	100.00 g
18869	Black eye beans	100.00 g
18869	Flageolet beans	100.00 g
18869	Medium red chilli	1.00
18869	Chives	0.50 tb
18869	Chinese lettuce leaves	4.00
18869	Salt and pepper to taste	0.00
18870	Safflower oil	2.00 T
18870	Large yellow onion, chopped	1.00 ea
18870	Large red onion, quartered	1.00 ea
18870	Dry white wine	2.00 T
18870	Large leeks, white,	2.00 ea
18870	Eggs beaten	2.00 ea
18870	Chop fresh parsley, divided	3.00 T
18870	Chop fresh dill, or 1t dry	1.00 T
18870	Dried tarragon	1.00 t

Sheet1

18870	Crumbled feta	4.00 oz
18870	Pepper	1.00 ea
18870	Plum tomato, thinly sliced	1.00 ea
18870	Dry bread crumbs	1.00 ea
18871	Potatoes (four medium)	1.25 lb
18871	Butter or margerine	1.00 tb
18871	Chopped onion	1.00 c
18871	Boiling water	2.50 c
18871	Chicken bouillion cubes	2.00
18871	Chopped parlsey	2.00 tb
18871	Salt & Pepper	0.00
18872	Basic burger recipe	1.00
18872	Ricotta cheese	0.33 c
18872	Parmesan; grated	0.25 c
18872	Garlic powder	0.50 ts
18872	Provolone; thinly sliced	0.25 lb
18873	Guacamole	8.00 oz
18873	Sour cream	8.00 oz
18873	Pace Picante Sauce	8.00 oz
18873	-OR	0.00
18873	Pace Thick & Chunky Salsa	8.00 oz
18874	Corn oil	2.00 tb
18874	Olive oil	2.00 tb
18874	Garlic cloves, split	2.00
18874	Popping corn	0.75 c
18874	Salt	0.00
18874	Garlic clove, minced	1.00
18874	Ds cayenne pepper	0.00
18874	Black pepper, coarsely	2.00 ts
18874	-ground	0.00
18874	Hot pepper sauce	0.25 c
18874	Butter, melted	2.00 tb
18875	Dry chick peas, soaked	8.00 oz
18875	Elbow macaroni	1.00 lb
18875	Garlic cloves, crushed	2.00 ea
18875	Olive oil	2.00 tb
18875	Basil	1.00 tb
18875	Parsley	1.00 tb
18875	Olive oil for drizzling	0.00
18876	Lean Stew Beef	1.50 lb
18876	Chopped Onion	0.25 c
18876	Red Kidney Beans	32.00 oz
18876	Tomato Sauce	8.00 oz
18876	Water	1.00 c
18876	Chopped Red Chili Pepper	1.00 ts
18876	Salt	0.50 ts
18876	Garlic Salt	0.50 ts
18876	Cayenne Pepper	0.12 ts
18876	Chili Powder	3.00 tb

Sheet1

18876	Molasses	1.00 tb
18877	Chopped shallots	4.00 tb
18877	(about 4 shallots)	0.00
18877	Ground almonds	3.00 tb
18877	(about 24 almonds)	0.00
18877	Grated peel of 4 lemons	0.00
18877	Fresh thyme (heaping)	2.00 tb
18877	Chopped parsley	2.00 tb
18877	Chopped shives	1.00 tb
18877	Salt	0.75 ts
18877	Ground white pepper	0.50 ts
18877	Olive oil	0.75 c
18878	Oil	1.00 ts
18878	Buckwheat	4.00 oz
18878	Onion, diced	4.00 oz
18878	Mushrooms, chopped	8.00 oz
18878	Red wine	0.25 pt
18878	Stock	0.25 pt
18878	Walnuts	4.00 oz
18878	Spinach	8.00 oz
18878	Rosemary	1.00 ts
18878	Sage	1.00 ts
18878	Salt & pepper	0.00
18879	Honey	4.00 oz
18879	Cinnamon	1.00 ts
18879	Brown sugar	4.00 oz
18879	Egg	0.00
18879	Flour	0.50 lb
18879	Bicarbonate of soda	0.50 ts
18879	Butter or margarine	4.00 oz
18879	Caster sugar	0.00
18879	A little milk	0.00
18880	*Ingredients:*	0.00
18880	White chocolate	1.00 lb
18880	Jar chunky peanut butter	1.00
18880	-(12-oz)	0.00
18880	Semisweet chocolate, melted	1.00 lb
18881	Stale cake (pound, angel)	1.00 lb
18881	Jam	3.00 tb
18881	Measure whisky	0.00
18881	Sherry	5.00 fl
18881	Warm custard	1.00 pt
18881	Whipped cream	10.00 fl
18882	Cake flour	1.25 c
18882	Baking powder	1.00 ts
18882	Eggs	3.00
18882	Sugar	1.00 c
18882	Warm milk	0.50 c
18882	Vanilla	0.50 ts

Sheet1

18882	Butter, melted	0.25 c
18882	Sherry Custard Sauce	0.00
18882	Whipping cream	0.50 c
18882	Toasted slivered almonds	0.50 c
18883	Ham	100.00 lb
18883	Salt peter	3.00 oz
18883	Salt, kosher	1.00 pt
18883	Brown sugar	0.50 lb
18883	*ALSO:	0.00
18883	Salt	2.00 pt
18883	Pepper	0.12 lb
18884	Pork **	20.00 lb
18884	Clear fat pork	10.00 lb
18884	Sugar	2.00 ts
18884	Ginger	1.00 ts
18884	Salt, kosher	0.50 lb
18884	Pepper	2.00 tb
18884	*OPTIONAL INGREDIENTS:	0.00
18884	Sage	1.00 tb
18885	Breakfast Sausages	24.00
18885	Eggs	2.00 lg
18885	Milk	1.00 c
18885	Flour	1.00 c
18885	Salt	1.00 ds
18886	Yorkshire pudding mixture	0.00
18886	Pork Sausages	1.00 lb
18887	White bread	3.00 sl
18887	Butter	4.00 tb
18887	Garlic cloves	4.00 md
18887	Olive oil	0.50 c
18887	All-purpose flour	1.00 c
18887	Basic Broth (or canned	2.50 qt
18887	-chicken broth)	0.00
18887	Eggs	4.00
18887	Salt	0.00
18887	Freshly-ground black pepper	0.00
18889	Oleo	1.00 c
18889	Flour	1.00 c
18889	Oatmeal	1.00 c
18889	White sugar	0.50 c
18889	Brown sugar	0.50 c
18889	Egg	1.00
18889	Vanilla	1.00 t
18890	Onion Sliced	1.00
18890	Green Pepper Thinly Sliced	0.50
18890	Mushrooms Sliced	0.50 lb
18890	Spinach Torn Into Bite-	0.50 lb
18890	Sized Pieces	0.00
18890	Mung Bean Sprouts	1.00 c

Sheet1

18890	Block Firm Tofu, Cut Into	1.00
18890	Cubes	0.00
18890	Sesame Seeds	0.25 c
18890	Low Sodium Tamari	2.00 tb
18890	Cooked Brown Rice	4.00 c
18891	Firm tofu	2.00 lb
18891	- cut into 1 in. squares	0.00
18891	Dry red wine	1.50 c
18891	Tamari	0.25 c
18891	Garlic cloves; pressed	4.00
18891	-Water as needed	0.00
18891	Olive oil	2.00 tb
18891	Sliced onions	2.00 c
18891	Sliced mushrooms	4.00 c
18891	Bay leaves	4.00
18891	Thyme	1.00 ts
18891	Tarragon	1.00 ts
18891	Whole wheat pastry flour	4.00 tb
18892	Onion Finely Chopped	1.00
18892	Tofu, Crumbled & Cool	24.00 oz
18892	Water	2.00 c
18892	Fine Dry Bread Crumbs	0.50 c
18892	Worcestershire Sauce	2.00 tb
18892	Pepper	0.12 ts
18893	Tofu	0.50 lb
18893	Oil	1.00 tb
18893	Vinegar OR	1.00 ts
18893	Lemon juice	1.00 ts
18893	Dill	0.50 ts
18893	Tamari	1.00 ts
18893	Nutritional yeast	1.00 ts
18894	Tofu	12.00 oz
18894	Salt	0.50 ts
18894	Caraway seeds	0.12 ts
18894	Dill	0.25 ts
18894	Juice of 3 small limes	0.00
18894	Water	2.00 tb
18895	Firm tofu, cut into	1.00 lb
18895	-matchstick sized pieces	0.00
18895	Onion, thinly sliced	1.50 c
18895	Greenpepper, thinly sliced	1.50 c
18895	4 oz can chopped green	1.00
18895	-chilies, undrained	0.00
18895	Orange juice	0.50 c
18895	Olive oil	1.00 tb
18895	Vinegar	2.00 tb
18895	Cloves garlic, finely	3.00
18895	-chopped	0.00
18895	Ground cumin	1.00 ts



Sheet1

18895	Ground coriander	1.00 ts
18895	Dried oregano	1.00 ts
18895	Inch flour tortillas	6.00
18896	Smooth peanut butter	0.25 c
18896	Soy sauce	0.25 c
18896	-Water	0.25 c
18896	Oriental sesame oil	0.50 ts
18896	Ground ginger	0.50 ts
18896	Rice vinegar	1.00 ts
18896	Brown sugar, firmly packed	1.00 tb
18896	Garlic cloves	2.00
18896	- minced or pressed	0.00
18896	Sesame seed	1.00 tb
18896	Green onions	3.00
18896	-ends trimmed, thinly sliced	0.00
18896	Regular tofu; drained	1.00 lb
18896	Hot cooked rice	0.00
18896	Major Grey chutney	0.00
18897	Firm tofu	4.00 oz
18897	Garlic, minced	1.00 tb
18897	Onion, minced	1.00 tb
18897	Oregano	0.25 ts
18897	Tamari sauce	1.00 ts
18897	Rice vinegar	1.00 tb
18897	Cubed vegetables of choice	1.00 c
18898	Oil	1.00 tb
18898	Garlic cloves, diced	2.00 ea
18898	Onion, diced	1.00 ea
18898	Carrot, diced	1.00 ea
18898	Red bell pepper, diced	1.00 ea
18898	Celery stick, diced	1.00 ea
18898	Tamari	2.00 tb
18898	Tofu, mashed	2.00 lb
18898	Wholewheat bread	4.00 sl
18898	Oil	1.00 tb
18898	Tamari	1.00 tb
18898	Garlic powder	0.50 ts
18898	Nutritional yeast	1.00 c
18898	Tahini	0.50 c
18898	Basil	0.50 ts
18898	Oregano	0.50 ts
18898	Turmeric	0.50 ts
18899	Manicotti shells	8.00 x
18899	Finely chopped Onion	0.50 c
18899	Dried Italian seasoning	1.00 ts
18899	Tofu, drained	10.00 oz
18899	Grated Parmesan Cheese	2.00 tb
18899	Flour	2.00 tb
18899	Shredded lo-fat Cheddar chee	0.50 c

Sheet1

18899	Chopped fresh Mushrooms	0.50 c
18899	Snipped fresh Parsley	1.00 tb
18899	Paprika	0.12 ts
18899	Egg White, slightly beaten	0.00
18899	Skim Milk	1.25 c
18899	Garlic powder	0.12 ts
18900	Soft tofu	0.50 lb
18900	Oil	0.25 c
18900	Lemon juice	1.00 tb
18900	Sugar	1.00 tb
18900	Prepared mustard	1.50 ts
18900	Apple cider vinegar	1.00 ts
18900	Salt	0.50 ts
18901	Tofu	4.00 oz
18901	To 2/3 c water	0.50
18901	Maple syrup	2.00 ts
18902	Water	0.50 c
18902	Egg replacer	1.00 tb
18902	Whole wheat bread crumbs	1.00 c
18902	Roasted almond butter	0.50 c
18902	Walnuts, finely chopped	0.50 c
18902	Sunflower seeds, lightly	0.50 c
18902	-roasted	0.00
18902	Millet or brown rice,	0.50 c
18902	-precooked	0.00
18902	Almond oil	2.00 tb
18902	Parsley	2.00 tb
18902	Onion powder	1.00 tb
18902	Garlic powder	1.00 ts
18902	Thyme	1.00 ts
18902	Marjoram	0.50 ts
18902	Sea salt	0.50 ts
18902	Rosemary, ground	0.12 ts
18902	Tofu, crumbled	0.50 lb
18903	Corn oil, unrefined	0.25 c
18903	Diced onions	1.00 c
18903	Minced garlic	2.00 tb
18903	Minced ginger	4.00 ts
18903	Salt	1.50 ts
18903	Tumeric	1.00 ts
18903	Cayenne pepper	0.12 ts
18903	Ground coriander	2.00 ts
18903	Cilantro	4.00 ts
18903	Garam marsala	2.00 tb
18903	-(see recipe below, or	0.00
18903	- use commercial blend)	0.00
18903	Canned Italian tomatoes	35.00 oz
18903	Firm silken tofu	0.50 lb
18903	Green peas	1.50 c

Sheet1

18903	-(pref. fresh, OR frozen)	0.00
18903	GARAM MARSALA -----	0.00 -----
18903	3" cinnamon sticks	5.00
18903	Whole cardamom pods	1.00 c
18903	Whole cloves	0.50 c
18903	Whole cumin seeds	0.50 c
18903	Whole black peppercorns	0.50 c
18903	Coriander seeds	0.25 c
18903	GARAM MARSALA -----	0.00 -----
18904	Pita Breads, Split	3.00
18904	Into Six Rounds	0.00
18904	Tomato & Garlic Sauce,	1.50 c
18904	Drained	0.00
18904	Tofu, Pressed	1.00 lb
18904	Fresh Mushrooms Sliced	0.50 lb
18904	Chopped Green Pepper	0.50 c
18904	Grated Parmesan	1.50 tb
18905	Firm tofu; patted dry	1.00 lb
18905	-- and cut into 1/2" cubes	0.00
18905	Garlic cloves; minced	3.00
18905	Onions; chopped	2.00 md
18905	Canned plum tomatoes w/juice	35.00 oz
18905	-- (chopped)	0.00
18905	Tomato paste	1.00 tb
18905	Diced green beans	2.00 c
18905	Dried basil	0.50 ts
18905	Dried oregano	0.50 ts
18905	Bay leaf	1.00
18905	Pepper; to taste	0.00
18906	Olive oil	1.00 tb
18906	Lemon juice	0.25 c
18906	Vegetable bouillon	0.50 c
18906	Worcestershire sauce	1.00 ts
18906	Garlic cloves; minced	2.00
18906	Fresh herbs, chopped	1.00 tb
18906	--(thyme, marjoram, -OR-	0.00
18906	-- oregano)	0.00
18906	Black pepper	0.25 ts
18906	Reduced-fat tofu; drained	1.00 lb
18906	Red bell pepper	1.00
18906	-- sliced in rings	0.00
18906	Yellow bell pepper	1.00
18906	-- sliced in rings	0.00
18906	Red onion; sliced in rings	1.00
18906	Arugula or red leaf lettuce	1.00 bn
18906	Loaf French bread	1.00
18906	-- (whole wheat)	0.00
18906	BASIL MAYONNAISE -----	0.00 -----
18906	Reduced-fat mayonnaise	0.50 c

Sheet1

18906	-OR- tofu mayonnaise	0.00
18906	Fresh basil	0.25 c
18906	Garlic powder	0.12 ts
18906	Black pepper	0.12 ts
18906	BASIL MAYONNAISE -----	0.00 -----
18907	FORMATTED BY S. GRABOWSKI -----	0.00 -----
18907	Firm tofu	1.00 lb
18907	Cold pressed oil	2.00 tb
18907	Bamboo skewers	8.00
18907	BBQ sauce as needed	0.00
18907	Soy sauce (marinade)	1.00 c
18907	FORMATTED BY S. GRABOWSKI -----	0.00 -----
18908	Firm tofu	2.00 lb
18908	Lemon juice	0.33 c
18908	Sugar	4.00 ts
18908	Salt	1.00 ts
18908	Oil	4.00 tb
18908	Basil	2.00 ts
18908	Garlic	1.00 ts
18909	Firm tofu	10.50 oz
18909	Vegetable oil	1.00 tb
18909	Nutritional yeast (optional)	1.00 tb
18909	Lemon juice	2.00 tb
18909	Vinegar	3.00 ts
18909	Salt	1.00 ds
18910	Tofu Drained	12.00 oz
18910	Cooked Brown Rice	0.50 c
18910	Green Pepper Chopped	0.50
18910	Catsup	0.25 c
18910	Salt	0.50 ts
18910	Taco Seasoning Mix	0.50 pk
18910	Corn Tortillas	6.00
18910	Chopped Tomato	0.50 c
18910	Chopped Onion	0.50 c
18910	Shredded Lettuce	1.50 c
18911	Firm or extra-firm tofu	1.00 lb
18911	- drained & cut into chunks	0.00
18911	Maple syrup	0.25 c
18911	Vanilla	1.00 tb
18911	Water, or more, optional	1.00 tb
18912	Firm tofu	10.50 oz
18912	Vegetable oil	0.25 c
18912	Confectioners sugar	0.25 c
18912	Lemon juice	0.50 ts
18912	Salt	0.25 ts
18912	Vanilla	1.00 tb
18913	Tofu	1.00 lb
18913	Frozen banana, sliced	1.00
18913	Ripe banana, sliced	1.00

Sheet1

18913	Chopped fruit	0.00
18913	Sugar	2.00 tb
18913	Water	0.25 c
18913	Vanilla	1.00 ts
18913	Raisins	1.00 ts
18914	Soft tofu	10.50 oz
18914	Vegetable oil	0.25 c
18914	Lemon juice	1.00 tb
18914	Syrup	1.00 tb
18914	Dijon mustard	1.00 ts
18914	Salt	0.25 ts
18915	Tofu	1.00 pk
18915	Soy sauce	2.00 tb
18915	A-1 sauce	1.00 tb
18915	Oil	2.00 tb
18915	Garlic, minced	1.00 ts
18915	Onion, chopped	1.00
18915	Chili powder	1.50 ts
18915	Cumin, ground	1.50 ts
18915	Tomatoes, chopped (1 lb)	1.00 cn
18915	Tomato sauce (15 oz)	1.00 cn
18915	Kidney beans, red (1 lb)	2.00 cn
18916	All-purpose flour	2.00 c
18916	Shortening	0.50 c
18916	Salt	1.00 ts
18916	Cold water	4.00 tb
18916	Firm tofu	1.00 lb
18916	Pumpkin, canned	16.00 oz
18916	Cinnamon	1.00 ts
18916	Nutmeg	0.25 ts
18916	Salt	0.50 ts
18916	Vanilla	1.00 ts
18916	Brown sugar	0.75 c
18916	Ground cloves	0.25 ts
18916	Safflower oil	0.33 c
18916	Candied ginger, chopped	5.00 tb
18917	Toheroas	20.00
18917	Onion	1.00
18917	Egg	1.00
18917	Light ale	0.50 c
18917	Flour	1.00 c
18917	Baking powder	1.00 ts
18917	Curry powder	0.50 ts
18918	Flour	2.00 c
18918	Baking Powder	1.00 ts
18918	Baking Soda	1.00 ts
18918	Salt	0.50 ts
18918	Chocolate Chips	1.50 c
18918	Butter,soft	0.50 c

## Sheet1

18918	Sugar	1.00 c
18918	Eggs	3.00
18918	Sour Cream	1.00 c
18918	TOPPING:	0.00
18918	Flour	1.00 tb
18918	Brown Sugar	0.50 c
18918	Soft Butter	2.00 tb
18918	Chopped Nuts	0.50 c
18918	Chocolate Chips	0.50 c
18919	***Cake***	0.00
18919	Butter, softened	1.00 c
18919	Brown sugar, firmly packed	1.00 c
18919	Sugar	0.67 c
18919	Vanilla	2.00 ts
18919	Salt	0.50 ts
18919	Eggs	4.00
18919	Flour, all-purpose	2.00 c
18919	Chocolate chips, "Little	1.00 pk
18919	Bits"semi-sweet,divided 12oz	0.00
18919	***Frosting***	0.00
18919	Butter, softened	0.75 c
18919	Sifted confectioners' sugar	1.50 c
18919	Vanilla	2.00 ts
18920	Canned Tomatillos	10.00 oz
18920	Diced Green Chiles	8.00 oz
18920	Heavy Cream	1.00 c
18920	Egg	1.00 md
18920	Coriander	0.00 pn
18921	Tomatillos (canned is fine)	6.00
18921	Finely chopped onion	3.00 tb
18921	To large avocado, mashed	1.00 md
18921	-coarsely with a fork	0.00
18921	Juice of 1/2 lemon (1	0.00
18921	-Tablespoon)	0.00
18921	To 1 jalapeno, finely	0.50
18921	-chopped, or Tabasco to	0.00
18921	-taste	0.00
18922	Red Onion; chopped	0.25 c
18922	Fresh Cilantro; Snipped	0.25 c
18922	Salt	0.25 t
18922	Tomatillos; Cut Into Halves	0.50 lb
18922	Serrano Chiles; Canned *	2.00 ea
18923	Plum tomatoes	1.00 lb
18923	Oregano	1.00 ts
18923	Olive oil	2.00 tb
18923	Onions; sliced	1.00 lb
18923	Garlic clove; minced	1.00
18923	Dry white wine	0.50 c
18923	Rosemary	1.00 ts

Sheet1

18923	Olive puree	1.00 tb
18923	Pizza Crusts	2.00
18924	(28 oz) tomatoes	2.00 cn
18924	Butter	0.25 c
18924	Onion, finely chopped	1.00
18924	Sugar	1.00 ts
18924	Dried oregano, crumbled	0.25 ts
18924	Whipping cream	0.50 c
18924	Frozen chopped spinach,	10.00 oz
18924	-thawed, well-drained	0.00
18924	Chopped fresh basil or 1 tb	0.25 c
18924	-dried, crumbled	0.00
18924	Milk (optional)	0.50 c
18924	Grated Parmesan	0.50 c
18925	Onions finely chopped	4.00
18925	Cummin	1.00 ts
18925	Green pepper chopped	1.00
18925	Can tomatoes	28.00 oz
18925	Beef stock	4.00 c
18925	Can red kidney beans,	19.00 oz
18925	-drained	0.00
18925	Can chick peas, drained	19.00 oz
18926	Navy beans	2.00 c
18926	Diced bacon or salt pork	0.25 lb
18926	Cooked tomatoes	2.00 c
18926	Salt	0.00
18927	Jim Vorheis	0.00
18927	Ripe tomatoes (or 2 15-oz	2.00 lb
18927	-cans), chopped	0.00
18927	Onion, thinly sliced	1.00 md
18927	Butter	1.00 tb
18927	Bay leaf	1.00
18927	Brown sugar, heaping	1.00 tb
18927	Finely chopped fresh basil	2.00 ts
18927	-(or 1 tsp dried)	0.00
18927	Whole cloves	2.00
18927	Salt	1.00 ts
18927	Black pepper	0.50 ts
18927	Light cream	1.00 pt
18927	Milk	1.00 c
18927	Croutons, buttered	6.00 lg
18927	Chopped chives	2.00 tb
18928	Canned Tomatoes (fresh, 4	1.00 pt
18928	-med peeled, and water)	0.00
18928	Soda 2 Tbsp Flour (sub 1	1.00 ts
18928	-Tbsp Cornstarch)	0.00
18928	Sweet warm milk Salt &	1.00 pt
18928	-Pepper	0.00
18928	Butter	0.00

Sheet1

18929	Canned bouillon	1.33 c
18929	Canned tomato juice	0.67 c
18929	Salt and pepper	0.00
18930	Ripe tomatoes	6.00
18930	Red onion OR 8 green onions	0.50
18930	Clove garlic	1.00
18930	Carrots, peeled and chopped	2.00
18930	Spigs lovage OR 1 stalk	2.00
18930	-celery, with leaves	0.00
18930	Sprig basil leaves OR 1 tsp	1.00
18930	-dry	0.00
18930	Sprig rosemary OR 1 tsp dry	1.00
18930	Bay leaf	1.00
18930	Water	1.00 c
18930	Homemade chicken broth	1.00 c
18930	-(being picky again!)	0.00
18931	Tomato pulp	5.00 qt
18931	Cinnamon	2.00 ts
18931	Paprika	1.00 ts
18931	Mixed spices	1.00 tb
18931	Mustard	1.00 tb
18931	Vinegar	2.50 c
18931	Black pepper	2.00 ts
18931	Salt	3.00 tb
18931	Onion, chopped	1.00 lg
18931	Cold water	3.00 tb
18931	Sugar	1.25 c
18932	Peck half ripe tomatoes	1.00
18932	Diced celery	2.00 c
18932	Onions	6.00 md
18932	Green sweet peppers, chopped	6.00
18932	Vinegar	2.00 qt
18932	Brown sugar	2.67 c
18932	Salt	0.50 c
18932	Nutmeg	0.25 ts
18932	Mustard seed	2.00 oz
18933	Tomatoes	1.50 kg
18933	Glace pineapple	100.00 g
18933	Green apple	1.00 ea
18933	Grated lemon rind	1.00 tb
18933	Lemon juice	0.50 c
18933	Sugar	3.50 c
18934	Can tomato juice	46.00 oz
18934	Salt	2.00 ts
18934	Ground cumin	2.00 ts
18934	Limes, juiced	6.00
18934	Tabasco sauce	8.00 ds
18934	Lime slices for garnish	1.00
18935	Ripe (about 5 or 6 medium)	2.00 lb



Sheet1

18935	-tomatos, rinsed and diced	0.00
18935	Garlic cloves, smashed	2.00 lg
18935	Onion, diced	0.50 sm
18935	(1-ounce) red bell pepper,	0.25 lg
18935	-diced	0.00
18935	Plus 2 Tablespoons light	0.50 c
18935	-corn syrup	0.00
18935	Plus 2 Tablespoons cider	0.50 c
18935	-vinegar	0.00
18935	Salt	1.00 tb
18935	Pickling spices	2.00 ts
18935	Tomato paste	0.25 c
18936	Tomato, green	8.00 qt
18936	Brown sugar	4.00 lb
18936	Salt	1.00 T
18936	Allspice	1.00 t
18936	Ginger	1.00 t
18936	Vinegar	1.00 c
18936	Lemon	2.00 ea
18936	Raisins	2.00 lb
18936	Cloves	2.00 t
18936	Cinnamon	1.00 T
18936	Mace	0.50 t
18937	Very ripe, sweet tomatoes	2.00 lb
18937	Sugar	2.00 lb
18937	Vanilla bean	1.00
18937	Water	10.00 oz
18938	Ripe tomatoes	1.00 qt
18938	Onions	6.00 sm
18938	Green peppers	2.00
18938	Green tomatoes	1.00 qt
18938	Red peppers	3.00
18938	Salt	0.50 c
18938	Vinegar	2.00 c
18938	Sugar	2.00 c
18939	Crushed and peeled tomatoes	4.00 c
18939	Sugar	6.50 c
18939	Bottle fruit pectin	1.00
18939	Lemon juice	0.25 c
18939	Grated rind 1 lemon	0.00
18940	Can tomatoes (cheapest is	1.00 lg
18940	Best here, since they're	0.00
18940	Soupy to start with)	0.00
18940	Dead-ripe, peeled, fresh	2.00
18940	Tomatoes (optional - if	0.00
18940	They're in season, else	0.00
18940	Don't bother)	0.00
18940	Onion, chopped	1.00
18940	Garlic, minced	2.00 cl

## Sheet1

18940	Bell pepper, red or green	1.00 sm
18940	(optional - only if you	0.00
18940	Like it)	0.00
18940	Best olive oil	0.25 c
18940	Contadina tomato sauce	8.00 oz
18940	Can Contadina tomato paste	6.00 oz
18940	Salt	0.50 ts
18940	Dried oregano	0.25 ts
18940	Minced fresh basil, to	0.00
18940	Taste (hard to have too	0.00
18940	Much basil)	0.00
18941	Ripe, sweet tomatoes	6.00 lb
18941	Virgin olive oil	3.00 tb
18941	Red onion; thinly sliced	1.00 sm
18941	Rosemary branch; the leaves	1.00 sm
18941	-removed and chopped	0.00
18941	-=OR=- substitute	0.00
18941	-Bay leaf, some thyme,	1.00
18941	-Basil or marjoram)	0.00
18942	Canned tomatoes	2.00 c
18942	Minced onion	1.00 tb
18942	Milk	2.00 c
18942	Flour	2.00 tb
18942	Bay leaf	0.50
18942	Clove	1.00
18942	Melted butter	2.00 tb
18942	Salt and pepper	0.00
18943	Butter	1.00 oz
18943	Flour	1.00 oz
18943	Chopped onion	1.00 tb
18943	Chopped green pepper	1.00 tb
18943	Brown stock or consomme	1.00 pt
18943	Medium tomatoes	4.00
18943	Macroni rings	2.00 tb
18943	Salt	0.00
18943	Pepper	0.00
18943	Cayenne Pepper	0.00
18943	Vinegar	0.50 ts
18943	Grated horseradish or 2 Tbsp	1.00 tb
18943	-horseradish sauce	0.00
18944	Butter	2.00 tb
18944	Onion, very finely chopped	1.00 md
18944	Clove garlic, finely chopped	1.00
18944	10 oz can Mexican green	1.00
18944	-tomatoes, drained	0.00
18944	Green chilies, chopped and	1.00 c
18944	-peeled	0.00
18944	Sprigs of fresh coriander,	12.00
18944	-chopped	0.00

Sheet1

18944	Salt	0.00
18944	Freshly ground pepper	0.00
18944	Cream cheese	0.50 lb
18944	Heavy cream	0.75 c
18945	Chopped Roma tomatoes	6.00 c
18945	-(peeled and seeded)	0.00
18945	-or canned peeled tomatoes,	0.00
18945	- chopped	0.00
18945	Olive oil	0.50 c
18945	Stale Italian bread	3.00 oz
18945	-or French bread	0.00
18945	Onions; finely diced	2.00 md
18945	Garlic cloves; crushed	8.00
18945	Fresh marjoram leaves -=OR=-	3.00 tb
18945	-Dried marjoram leaves	2.00 ts
18945	Salt and pepper; to taste	0.00
18945	Dry white wine	0.50 c
18945	:Water, -=OR=-	2.00 c
18945	- the juice from	0.00
18945	- canned tomatoes	0.00
18945	Pastina	3.00 tb
18946	Potatoes	1.50 lb
18946	- red or yellow-fleshed	0.00
18946	Fennel bulbs	2.00
18946	Ripe tomatoes; peeled	1.00 lb
18946	-and seeded, juice reserved	0.00
18946	-=OR=-	0.00
18946	-whole canned tomatoes	2.00 c
18946	Salt	0.00
18946	Virgin olive oil	4.00 tb
18946	Leek; white part only,	1.00 lg
18946	- finely diced	0.00
18946	Yellow onion	1.00 lg
18946	- cut into wedges 1/2" thick	0.00
18946	Garlic cloves; minced	2.00
18946	Herbes de Provence	1.00 ts
18946	Saffron threads	3.00 pn
18946	Strip orange zest (2" long)	1.00 lg
18946	Bay leaves	2.00
18946	Dry white wine	1.00 c
18946	Chopped parsley	2.00 tb
18946	Nicoise olives, pitted; -OR-	12.00
18946	- Gaeta or oil-cured	0.00
18946	- Black olives, pitted	0.00
18947	Porcini mushrooms*; dried,	1.00 pk
18947	Olive oil	1.00 T
18947	Med Onion; chopped	1.00 ea
18947	Dried red pepper; crushed	0.12 t
18947	Hot water	1.00 c

Sheet1

18947	Pancetta*; or bacon, choppe	2.00 oz
18947	Rosemary; fresh or 1 teaspo	2.00 t
18947	Tomatos; crushed, with adde	1.00 cn
18948	Corn oil	1.00 tb
18948	Finely chopped onion	1.00 c
18948	Cloves garlic, minced or	2.00
18948	-pressed	0.00
18948	Tomato sauce (8 oz)	1.00 cn
18948	Dark corn syrup	0.50 c
18948	Dry red wine	0.25 c
18948	Stp dried oregano	0.50
18948	Dried basil	0.50 ts
18948	Salt	0.50 ts
18948	Ground black pepper	0.25 ts
18948	Broiler-fryer, cut into	1.00
18948	-pieces (3 Lbs)	0.00
18949	Mozzarella cheese; grated	0.50 lb
18949	-partly skim	0.00
18949	Goat cheese; crumbled	5.50 oz
18949	Hard salami; diced	0.25 lb
18949	Sun-dried tomatoes in oil;	0.50 c
18949	-drained will, chopped	0.00
18949	Pizza dough; thawed if froz.	2.00 lb
18949	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
18949	590 calories	0.00 x
18949	29 g protein	0.00 x
18949	72 g carbohydrate	0.00 x
18949	20 g fat	0.00 x
18949	60 mg cholesterol	0.00 x
18949	648 mg sodium	0.00 x
18949	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
18950	Ripe Tomatoes	4.00 md
18950	Strips Crisply Cooked Bacon	8.00
18950	Ripe Brie, cut into thin	0.50 lb
18950	-bite size pieces	0.00
18950	Dressing:	0.00
18950	Mayonnaise	2.00 tb
18950	Dijon-style Mustard	1.00 ts
18950	Apple Cider or Red Wine	2.00 tb
18950	-Vinegar	0.00
18950	Freshly Ground Black Pepper	0.00
18950	-To Taste	0.00
18950	Olive Oil	0.50 c
18950	Basil, finely shredded	0.25 c
18951	Ground beef (about 1 cup	0.50 lb
18951	Lightly packed)	0.00
18951	Uncooked rolled oats	2.00 tb
18951	Finely chopped onion	1.00 tb
18951	Milk	3.00 tb

Sheet1

18951	Salt	0.50 ts
18951	Pepper as desired	0.00
18951	Water	0.25 c
18951	Tomato sauce	0.50 c
18952	Frozen egg noodles	16.00 oz
18952	Ground beef	1.50 lb
18952	Chopped onion	1.00 c
18952	Cambell's cream of mushroom	1.00 cn
18952	Soup	0.00
18952	Campbell's Cheddar cheese	1.00 cn
18952	Soup	0.00
18952	Sour cream	1.00 c
18952	Italian seasoning	1.00 ts
18953	Top round beef steak, cut	2.00 lb
18953	1 inch thick	0.00
18953	Crushed black (Java) pepper	1.50 tb
18953	Butter	1.00 tb
18953	Garlic powder	0.25 ts
18953	Vegetable oil	1.00 tb
18953	Dry red wine	0.25 c
18953	Cognac	2.00 tb
18953	Heavy cream (optional)	0.50 c
18953	Fresh chopped parsley	2.00 tb
18953	Salt	0.00
18953	Parsley sprigs	0.00
18954	Chick peas	2.00 c
18954	-Cold water	6.00 c
18954	Potatoes; boiled in jackets	2.00 sm
18954	Salt	1.50 ts
18954	Freshly ground white pepper	0.00
18954	FILLING -----	0.00 -----
18954	Onions; halved & sliced	3.00 lg
18954	-Water	2.00 tb
18954	Ground allspice	0.25 ts
18954	Ground cumin	0.50 ts
18954	Pine nuts	0.33 c
18954	Currants	0.33 c
18954	Tahina	0.75 c
18954	Salt	0.00
18954	Freshly ground black pepper	0.00
18954	TO FINISH AND SERVE -----	0.00 -----
18954	-Boiling, salted water	0.00
18954	Olive oil	0.00
18954	Ground cinnamon or paprika	0.00
18954	Lemon wedges	0.00
18954	Parsley sprigs	0.00
18954	FILLING -----	0.00 -----
18954	TO FINISH AND SERVE -----	0.00 -----
18955	Firmly packed brown sugar	0.25 c

Sheet1

18955	Melted butter	1.00 T
18955	Corn syrup	1.00 T
18955	Pecan or walnut halves	0.25 c
18955	Crust for 2 crust pie	0.00
18955	Filling for pie:	0.00
18955	Sugar	0.67 c
18955	Flour	2.00 T
18955	Cinnamon	0.50 t
18955	Sliced apples	4.00 c
18955	Nutmeg	0.50 t
18956	Hot milk	1.25 c
18956	Eggs	3.00 ea
18956	Oil	2.00 T
18957	Milk; scalded, heated till	0.50 c
18957	-bubbles appear around	0.00
18957	-edges	0.00
18957	Butter	2.00 tb
18957	Cake and pastry flour	1.00 c
18957	Baking powder	1.25 ts
18957	-Salt	0.25 ts
18957	Eggs	2.00
18957	Granulated sugar	0.67 c
18957	Vanilla	0.25 ts
18957	Raspberry jam	0.00
18957	Icing sugar	0.00
18958	Shelled hazelnuts	0.50 c
18958	Eggs	2.00
18958	Sugar	6.00 tb
18958	Flour	1.00 tb
18958	Baking powder	1.25 ts
18958	Salt	1.00 pn
18958	Whipping cream	1.00 c
18959	CAKE -----	0.00 -----
18959	Sugar	0.67 c
18959	Margarine, softened	3.00 tb
18959	Egg yolks	2.00
18959	Vanilla	2.00 ts
18959	Yellow cornmeal	1.75 c
18959	Flour	0.75 c
18959	Baking powder	1.00 ts
18959	Baking soda	1.00 ts
18959	Ground nutmeg	0.50 ts
18959	Salt	0.25 ts
18959	Low-fat buttermilk	1.50 c
18959	Vegetable cooking spray	0.00
18959	TWO BERRY SAUCE -----	0.00 -----
18959	Frozen blackberries, divided	0.75 c
18959	Frozen raspberries, divided	0.75 c
18959	Water	0.25 c

Sheet1

18959	Sugar	1.00 tb
18959	Unsweetened orange juice	0.25 c
18959	Cornstarch	2.00 ts
18959	Chambord (raspberry liqueur)	2.00 tb
18959	CAKE -----	0.00 -----
18959	TWO BERRY SAUCE -----	0.00 -----
18960	Olive oil	0.25 c
18960	Onions; roughly chopped	2.00 md
18960	Minced garlic	2.00 tb
18960	Salt; or as desired	1.00 ts
18960	Ground white pepper	0.50 ts
18960	Mace	0.25 ts
18960	Chopped fresh thyme leaves	1.00 tb
18960	Cottage cheese	1.00 lb
18960	Hoop, pot or ricotta cheese	1.00 lb
18960	Mozzarella cheese, grated	1.00 lb
18960	-or shredded	0.00
18960	Eggs; lightly beaten	6.00
18961	Cooked veal, pork or chicken	4.00 lb
18961	Olive oil	0.25 c
18961	Onions; roughly diced	2.00 md
18961	Finely minced garlic	2.00 tb
18961	Chopped fresh oregano leaves	2.00 tb
18961	--OR--	0.00
18961	-Dried oregano	1.00 tb
18961	Ground coriander	1.00 ts
18961	Flour	0.25 c
18961	All-purpose broth	1.00 c
18961	-OR low-sodium chicken broth	0.00
18961	Ground black pepper	0.50 ts
18961	Salt; or as desired	0.50 ts
18962	Assorted vegetables	4.00 c
18962	- cooked or uncooked,	0.00
18962	- fresh or frozen,	0.00
18962	- Such as: Artichoke hearts,	0.00
18962	- Asparagus, Eggplant,	0.00
18962	- Mushrooms, Broccoli	0.00
18962	- or Cauliflower	0.00
18962	Cooked spinach; chopped	2.00 c
18962	Olive oil	2.00 tb
18962	Onions; roughly diced	2.00 md
18962	Flour	6.00 tb
18962	Milk	1.00 c
18962	Egg	1.00
18962	Salt; or as desired	0.50 ts
18962	Ground white pepper	0.50 ts
18962	Fresh rosemary leaves; -OR-	1.00 ts
18962	-Dried rosemary	0.50 ts
18963	Butter	4.00 tb

Sheet1

18963	Heavy cream	1.00 c
18963	Tortellini	48.00
18963	Freshly grated Parmesan	1.00 c
18963	Freshly ground black pepper	0.00
18964	Tortellini; cheese	15.00 oz
18964	Nutmeg; freshly grated pinc	0.00
18964	Peas; frozen tiny thawed dr	0.75 c
18964	Salt and freshly ground pepp	0.00
18964	Whipping cream	1.50 c
18964	Parmesan; freshly grated	6.00 tb
18964	Prosciutto; fat trimmed cut	1.50 oz
18965	Pork - ground	1.00 lb
18965	Onion - minced	1.00
18965	Poultry seasoning	1.00 ts
18965	Tomato - small, cooked and	1.00
18965	Mashed	0.00
18965	Salt and pepper	0.00
18965	Pastry for 1 double-crust	0.00
18965	Pie	0.00
18966	Ground beef	1.00 lb
18966	Onion,small,grated	1.00
18966	Tomato sauce(8oz)	1.00 cn
18966	Water	0.25 c
18966	Chili powder	2.00 ts
18966	Green chilies(8oz)	1.00 cn
18966	Monterey Jack cheese	0.25 lb
18966	Taco shells(4oz)	1.00 pk
18967	Ground beef or pork	0.25 lb
18967	Whole tomatoes, drained and	1.00 cn
18967	-chopped	0.00
18967	Ground cumin	1.00 ts
18967	Salt	0.25 ts
18967	Tortillas, 6-8"	12.00
18967	Pace Thick & Chunky Salsa	1.00 c
18967	Shredded cheddar or	1.50 c
18967	-Monterey Jack cheese	0.00
18967	Shredded lettuce	2.00 c
18967	Tomato, chopped	1.00 md
18967	Ripe avacado, peeled,	1.00
18967	-seeded, sliced	0.00
18968	Flour	1.25 c
18968	Baking powder	1.00 ts
18968	Salt	0.50 ts
18968	Milk	0.50 c
18968	Vegetable oil	2.00 tb
18968	Ground beef	1.00 lb
18968	Taco seasoning mix	1.75 oz
18968	Refried beans	1.00 cn
18968	Shredded American cheese	1.00 c



Sheet1

18968	Taco sauce	8.00 oz
18968	Chopped green chiles	4.00 oz
18968	Chopped onion	0.50 c
18968	Chopped tomatoes	0.50 c
18968	Shredded lettuce (hopefully	1.00 c
18968	-at bargain prices)	0.00
18969	BLENDER CORNMEAL WAFFLES -----	0.00 -----
18969	Egg	1.00
18969	Milk	0.75 c
18969	Vegetable oil	0.25 c
18969	All-purpose flour	1.00 c
18969	Cornmeal	2.00 tb
18969	Baking powder	2.00 ts
18969	Sugar	2.00 ts
18969	Salt	0.25 ts
18969	TACO MEAT SAUCE -----	0.00 -----
18969	Ground lean beef	1.00 lb
18969	Dry Taco Seasoning mix	1.00 pk
18969	TOPPING -----	0.00 -----
18969	Shredded Cheddar cheese	1.00 c
18969	Shredded lettuce	2.00 c
18969	(about 1 c) chopped tomato	1.00 md
18969	Sour cream	0.50 c
18969	Sliced ripe olives	0.00
18969	BLENDER CORNMEAL WAFFLES -----	0.00 -----
18969	TACO MEAT SAUCE -----	0.00 -----
18969	TOPPING -----	0.00 -----
18970	Butter; sweet	0.50 lb
18970	Granulated sugar	2.00 c
18970	Eggs	4.00
18970	Orange,(juice & grated rind)	1.00
18970	All-purpose flour	3.00 c
18970	Baking powder	1.00 ts
18970	Salt	0.25 ts
18970	Walnuts; coarsely chopped	1.00 c
18970	Confectioners' sugar (opt.)	0.00
18971	All-purpose flour	1.50 c
18971	Salt	0.50 ts
18971	Margarine	6.00 tb
18971	Plain low-fat yogurt	0.50 c
18971	FILLING	0.00
18971	Vegetable oil	2.00 ts
18971	Disce onion	0.50 c
18971	Garlic cloves, minced	2.00
18971	Cooked ground pork, crumbled	1.00 lb
18971	Peeled cooked potatoes,	12.00 oz
18971	-mashed	0.00
18971	Salt	1.00 ts
18971	Sage leaves, crumbled	0.50 ts

## Sheet1

18971	Ground nutmeg	0.50 ts
18971	Pepper	0.25 ts
18971	GLAZE	0.00
18971	Egg, beaten	1.00
18972	Mashed potatoes	3.00 c
18972	Lean pork, ground	3.00 lb
18972	Water	1.00 c
18972	Nutmeg	0.25 ts
18972	Allspice	0.25 ts
18972	Salt	1.00 tb
18972	Pepper	0.25 ts
18972	Onion, chopped	0.50 c
18972	Pastry for 2 (2 crust) pies	0.00
18973	Butter	2.00 tb
18973	Onion, thinly sliced	1.00 md
18973	Potato, peeled, thinly	1.00 lg
18973	-sliced	0.00
18973	Ouananiche or salmon, cut	1.00 lb
18973	-into small pieces	0.00
18973	Salt and ground white pepper	0.00
18973	Milk	0.25 c
18973	Light cream	2.00 tb
18973	Water (approximate)	0.33 c
18973	Egg, beaten with 1 Tb milk	1.00
18973	Pastry for double crust pie	0.00
18974	Ground pork	1.25 lb
18974	To 3/4 cup cold water	0.50
18974	Onion, finely chopped	0.50 c
18974	Celery, finely chopped	0.25 c
18974	Ground black pepper	0.50 ts
18974	Bay leaf	1.00
18974	Dried savoury	0.50 ts
18974	Dried rosemary	0.25 ts
18974	Grated nutmeg	0.25 ts
18974	Pinch cinnamon	0.00
18974	Salt	0.00
18974	Old-fashioned rolled oats	0.25 c
18974	Pastry for double crust pie	0.00
18975	Water	0.00
18975	Dry Mustard Powder	0.00
18976	Shucked Maryland Oysters,	1.00 pt
18976	-with liquor	0.00
18976	Milk	1.00 qt
18976	(1/2 stick) margarine or	0.25 c
18976	-butter	0.00
18976	Satl and pepper to taste	0.00
18976	Seafood seasoning, if	0.00
18976	-desired	0.00
18976	Pan, cook oysters, with	4.00 qt

Sheet1

18976	-liquor, over low hear until	0.00
18976	-edges of	0.00
18977	Dates; diced	1.50 c
18977	Eggs, beaten	2.00
18977	Salt	0.50 ts
18977	Baking soda	1.00 ts
18977	Water; hot	1.00 c
18977	Water; hot	3.00 ts
18977	Flour	2.00 c
18977	Cocoa	1.00 ts
18977	Vanilla	1.00 ts
18977	Sugar	1.00 c
18977	Butter or margarine	1.00 c
18977	Chocolate chips; 6 oz	1.00 c
18977	Nuts; chopped	0.50 c
18978	Angel food loaf cake	1.00
18978	Chocolate ice cream; soft	1.00 pt
18978	Raspberry sherbet; soft	1.00 pt
18978	Almond extract	0.50 ts
18978	Whipping cream; whipped and	1.00 c
18978	- sweetened	0.00
18979	Shortening or Peanut Oil	2.00 tb
18979	Salt and Pepper	0.00
18979	Tri-Tip Beef Roast	2.50 lb
18979	Carrots; peeled & parboiled	6.00 md
18979	New Potatoes; parboiled	8.00 md
18979	Dried Rosemary; crumbled, OR	1.00 tb
18979	Fresh Rosemary	2.00 tb
18979	Onions; peeled and sliced	2.00 md
18979	Water	0.75 c
18980		0.00
18980	-	1.00
18980	----	1.50
18980		1.50
18981	-----	0.00
18981	Cake flour	2.50
18981	Baking soda	1.00
18981	Butter	1.00 c
18981	Eggs	3.00
18981	Water	1.33 c
18981	Unsweetened cocoa	0.33 c
18981	Salt	0.50 ts
18981	Sugar	2.00 c
18981	Vanilla	1.00 ts
18981	FILLING -----	0.00 -----
18981	10/12 oz jar apricot preserv	1.00
18981	CHOCOLATE BUTTER CREAM -----	0.00 -----
18981	Butter, softened	0.25 c
18981	Sifted cocoa	0.25 c

Sheet1

18981	Vanilla	0.50 ts
18981	Sifted powdered sugar	1.00 c
18981	Milk	0.25 c
18981	GLAZE -----	0.00 -----
18981	Sugar	1.00 c
18981	Heavy cream	0.25 c
18981	Unsweetened cocoa	0.50 c
18981	Water	0.25 c
18981	CAKE -----	0.00 -----
18981	FILLING -----	0.00 -----
18981	CHOCOLATE BUTTER CREAM -----	0.00 -----
18981	GLAZE -----	0.00 -----
18982	Spareribs, or country-style	4.00 lb
18982	- pork ribs	0.00
18982	Cloves garlic, pressed	3.00 lg
18982	Can (20-oz.) Dole crushed	1.00 lg
18982	- pineapple, undrained	0.00
18982	Onion	1.00 lg
18982	Bottle (12-oz.) chili sauce	1.00
18982	Brown sugar, packed	0.50 c
18982	Ground giner	1.00 ts
18982	Dry mustard	0.50 ts
18983	Sugar	1.25 c
18983	Molasses	0.50 c
18983	Hot water	0.33 c
18983	Butter or margarine	2.00 tb
18983	Salt	0.25 ts
18983	Semisweet chocolate pieces	6.00 oz
18983	Finely chopped Brazil nuts	2.00 c
18983	Flaked coconut	1.00 cn
18983	Finely chopped Brazil nuts	0.50 c
18984	Chocolate	3.00 oz
18984	Butter	1.50 oz
18984	Powdered sugar	2.00 oz
18984	Fresh cream	2.00 tb
18985	Good chocolate	0.50 lb
18985	About 1/2 glass water	0.00
18985	Egg yolks	3.00
18985	Butter	3.00 oz
18985	Praline paste	1.50 oz
18986	Onion	1.00
18986	Cloves garlic, peeled	6.00
18986	Ground beef	2.00 lb
18986	Diced green chilies (4 oz)	1.00 cn
18986	Jalapeno peppers (4 oz)	1.00 cn
18986	Diced tomatoes (12 oz)	1.00 cn
18986	Tomato paste (6 oz)	1.00 cn
18986	Chili powder (or more)	6.00 tb
18986	Ground cumin	3.00 ts

Sheet1

18986	Vinegar	1.00 tb
18986	Brown sugar	2.00 tb
18986	Salad oil	1.00 tb
18986	Pinto or kidney beans,	1.00 lb
18986	-cooked and drained	0.00
18986	Salt	0.00
18986	Pepper	0.00
18986	Grated sharp Cheddar cheese	0.00
18986	-(garnish)	0.00
18986	Sliced green onions	0.00
18986	-(garnish)	0.00
18987	Cream cheese; softened	3.00 oz
18987	Lemon juice	2.00 ts
18987	Minced chives	1.00 tb
18987	Minced fresh dill or mint	1.00 ts
18987	-(Optional)	0.00
18987	Pepper or cayenne	1.00 ds
18987	Crab meat, flaked	1.00 c
18987	Fresh asparagus spears	25.00
18987	Tulip petals	25.00
18988	Tuna	1.00 lb
18988	;Water	1.00 tb
18988	Salt and pepper to taste	0.00
18988	Garlic powder	0.25 ts
18988	Olive oil	2.00 tb
18988	Hamburger buns or soft	4.00
18988	-Kaiser rolls; split	0.00
18989	Tuna steaks, 1 in thick	4.00
18989	Lime juice	2.00 tb
18989	Soy sauce	1.50 tb
18989	Garlic cloves, crushed	2.00
18989	Ginger, grated	2.00 ts
18989	Sesame oil	1.50 ts
18989	Chili pepper, minced	1.00 ts
18989	Sugar	1.00 ts
18990	Cooked or canned tuna,	1.00 c
18990	-salmon, chicken or turkey	0.00
18990	Shredded cheese	1.00 c
18990	Chopped celery	0.25 c
18990	Finely chopped chives, onion	1.00 ts
18990	-or green onion	0.00
18990	Mayonnaise, enough to	0.00
18990	-moisten	0.00
18990	Salt and/or Pepper	0.00
18990	Combine the above.	0.00
18990	Biscuit Dough	0.00
18990	Flour, sifted	2.00 c
18990	Baking powder	1.00 tb
18990	Salt	1.25 ts

## Sheet1

18990	Shortening or cooking oil	0.25 c
18990	Milk	0.75 c
18991	Onion; Chopped	0.50 c
18991	Green Pepper; Finely Chopped	0.50 c
18991	Celery; Chopped	1.00 c
18991	Butter	8.00 T
18991	Cheddar Cheese Soup	1.00 cn
18991	Milk	0.50 c
18991	Mushrooms;Sliced and Drained	8.00 oz
18991	Salt	1.00 t
18991	Green Olives; Stuffed	1.00 c
18991	Tuna; Drained And Flaked	6.50 oz
18991	Corn Flakes; Crushed	1.00 c
18991	Almonds; Slivered	0.50 c
18992	Sticks butter or margarine,	3.50
18992	-softened (14 oz)	0.00
18992	Sugar	1.75 c
18992	Eggs	6.00
18992	Powdered sugar	2.75 c
18992	Flour	2.25 c
18992	Unsweetened cocoa powder	1.00 c
18992	Chopped walnuts (8 oz.) **	2.00 c
18992	(to 2 Tbsp.) milk	1.50 tb
18993	Cut-up turkey or chicken	1.50 c
18993	Hard-cooked egg, chopped	1.00
18993	Mayonnaise	0.25 c
18993	Chopped celery	2.00 tb
18993	Chopped stuffed olives	2.00 tb
18993	Chopped onion	1.00 tb
18993	Sweet pickle relish	1.00 tb
18993	Lemon juice	1.00 ts
18993	Salt	0.12 ts
18993	Pepper	1.00 ds
18994	Turkey carcass	1.00
18994	Bay leaves	4.00
18994	Black peppercorns	1.00 ts
18994	Margarine or butter	4.00 tb
18994	Carrot; diced	1.00
18994	Celery stalk; diced	1.00
18994	Onion; diced	1.00 md
18994	Flour	4.00 tb
18994	Water and/or chicken broth	10.00 c
18994	Potato; peeled and diced	1.00 md
18994	Raw or cooked turkey	1.50 lb
18994	- or the meat which is	0.00
18994	- left on the carcass, diced	0.00
18994	Salt; or as desired	1.00 ts
18994	Vinegar	0.25 c
18994	Sugar	0.12 c

Sheet1

18994	Fresh cranberries	0.50 c
18994	Sour cream	0.50 c
18995	Can Tomatoes, cut up	16.00 oz
18995	Can Tomato Paste	6.00 oz
18995	Powdered Mustard	1.00 ts
18995	Onion, chopped	0.25 c
18995	To 2 ts Chili Powder	1.00 ts
18995	Cooked Turkey, chopped	2.00 c
18996	-----INGREDIENTS-----	0.00
18996	Butter OR Margarine	3.00 tb
18996	Paprika	0.50 ts
18996	Gravy Master	0.25 ts
18996	Or Kitchen Bouquet	0.00
18997	Ground turkey	1.00 lb
18997	Ketchup	2.00 tb
18997	Onion; grated	2.00 tb
18997	Steak sauce	2.00 ts
18997	Bread crumbs, Italian style	3.00 tb
18997	Salt and pepper; to taste	0.00
18997	Hamburger buns or soft	4.00
18997	-Kaiser rolls; split	0.00
18998	Ground Turkey	2.00 lb
18998	Pinto Beans, Uncooked	4.00 c
18998	Chili Powder	0.50 c
18998	Chili Powder	0.25 c
18998	Cayenne Pepper	1.00 tb
18998	Cumin	1.00 tb
18998	Cumin	1.00 ts
18998	Oregano	1.00 ts
18998	Cocoa	1.00 tb
18998	Tomato Paste	8.00 oz
18998	Water	0.00
18999	Bacon, cut up	2.00 sl
18999	Chopped onion	1.00 c
18999	Potatoes, pared and cubed	1.75 lb
18999	-(about 4 cups)	0.00
18999	(10 oz each) frozen	2.00 pk
18999	-whole-kernel corn, thawed	0.00
18999	Butter/margarine	0.25 c
18999	Salt	1.50 ts
18999	Pepper	0.25 ts
18999	Cubed cooked turkey	2.00 c
18999	Milk	2.00 c
18999	Half-and-half	1.00 c
18999	Chopped parsley	2.00 tb
19000	Pan drippings	0.25 c
19000	Flour	0.25 c
19000	Water	1.00 c
19000	Turkey stock	2.00 c

Sheet1

19000	Turkey giblets,cooked,choped	0.00
19000	Salt	0.00
19000	Pepper	0.00
19001	Jalapeno Cream Sauce; *	0.00
19001	Turkey Breasts; **	2.00
19001	Flour Unbleached,All Purpose	0.25 c
19001	Black Peppercorns; Cracked	0.50 ts
19001	Salt	0.25 ts
19001	Margarine Or Butter	0.25 c
19002	Bag cut broccoli (not the	20.00 oz
19002	-chopped kind), cooked 'til	0.00
19002	Crisp-tender and drained	0.00
19002	-well	0.00
19002	Turkey or chicken, cooked &	2.00 c
19002	-cut up	0.00
19002	Cream of mushroom soup	1.00 cn
19002	Cheddar cheese soup	1.00 cn
19002	Curry powder	0.25 ts
19002	Poultry seasoning	0.25 ts
19002	Grinds black pepper	0.00
19002	Cheddar, shredded	1.00 c
19003	Plus 1 tsp low cal margarine	1.00 T
19003	Sliced mushrooms	1.50 c
19003	Broccoli florets	1.50 c
19003	Sliced carrots	0.50 c
19003	Chopped scallions	0.50 c
19003	Cubed cooked turkey	8.00 oz
19003	Flour	2.00 t
19003	Dry mustard	2.00 t
19003	Dried thyme	1.00 t
19003	Chicken broth	0.50 c
19003	Skim or 1% milk	0.25 c
19003	Egg white	1.00 lg
19003	Dijon mustard	2.00 t
19003	Buttermilk baking mix	0.75 c
19004	FILLING -----	0.00 -----
19004	Gravy, turkey	1.00 c
19004	Broccoli, frozen	10.00 oz
19004	Onion, finely chopped	0.25 c
19004	Celery, finely chopped	0.50 c
19004	Marjoram leaves, dried	0.25 ts
19004	Salt	0.25 ts
19004	Turkey, cooked, cubed	2.00 c
19004	POTATO CRUST -----	0.00 -----
19004	Potatoes, instant, mashed (4	2.00 pk
19004	Serving size)	1.00 x
19004	Salt	0.50 ts
19004	Onion, instant, minced	2.00 ts
19004	Butter or margerine	2.00 tb



Sheet1

19004	Pimiento, finely chopped	0.25 c
19004	Egg, slightly beaten	1.00 ea
19004	Cheese, parmesan, grated	2.00 tb
19004	FILLING -----	0.00 -----
19004	POTATO CRUST -----	0.00 -----
19005	Turkey giblets + neck &	1.00
19005	-wings	0.00
19005	Water	3.00 c
19005	Onion, small, sliced	0.50
19005	Garlic clove	0.50
19005	Bay leaf	0.50
19005	Basil, crumbled	0.12 ts
19005	Rosemary, crumbled	0.12 ts
19005	Thyme, crumbled	0.12 ts
19005	Salt	0.12 ts
19006	12-14 defrosted turkey	1.00
19006	Large Oven Roasting Bag	1.00
19006	- (turkey size)	0.00
19006	Recipe Turkey Basting Agent	1.00
19006	(see index)	0.00
19007	(No Ingredients)	0.00
19008	Sliced mushrooms	4.00 c
19008	Chopped onion	0.50 c
19008	Each sliced carrots & celery	0.50 c
19008	Cloves garlic, minced	2.00
19008	Margarine	2.00 tb
19008	All-purpose flour	2.00 tb
19008	Salt	0.25 ts
19008	Dried whole thyme	0.12 ts
19008	Dried whole marjoram	0.12 ts
19008	Skim milk	0.50 c
19008	Dry sherry	1.00 tb
19008	Egg yolk, lightly beaten	1.00
19008	(10 oz) can chicken broth	1.00
19008	Cubed cooked turkey	1.00 c
19008	Cooked regular rice	0.33 c
19008	Diced pimento	1.00 tb
19009	Onion; minced	1.00 md
19009	Butter	2.00 tb
19009	Bay leaf	1.00
19009	Minced thyme	0.50 ts
19009	Chicken or turkey stock	1.00 qt
19009	Tomatoes	2.00 lb
19009	- peeled, seeded, finely	0.00
19009	- chopped (including juice)	0.00
19009	Salt and pepper	0.00
19009	Shredded cooked turkey	2.00 c
19010	Bag cut broccoli (not the	20.00 oz
19010	-chopped kind), cooked 'til	0.00

Sheet1

19010	Crisp-tender and drained	0.00
19010	-well	0.00
19010	Turkey or chicken, cooked &	2.00 c
19010	-cut up	0.00
19010	Cream of mushroom soup	1.00 cn
19010	Cheddar cheese soup	1.00 cn
19010	Curry powder	0.25 ts
19010	Poultry seasoning	0.25 ts
19010	Grinds black pepper	0.00
19010	Cheddar, shredded	1.00 c
19011	Safflower Oil	1.00 tb
19011	Onions, chopped	2.00
19011	Cloves Garlic, chopped	3.00
19011	Raw beets, chopped	1.00 lb
19011	Shredded cabbage	2.00 c
19011	Stalks Celery, sliced	2.00
19011	Potatoes, diced	2.00 md
19011	Green or red pepper, chopped	1.00 md
19011	Water or Vegetable stock	2.00 qt
19011	Tomatoes, chopped	0.50 lb
19011	Sea salt and pepper to taste	0.00
19011	Dill seeds, crushed	0.50 ts
19011	Juice of one lemon	0.00
19011	Chopped fresh dill	3.00 tb
19011	Plain low-fat yogurt	1.00 c
19012	Orange	1.00 lg
19012	Almonds, ground	4.00 oz
19012	Caster sugar	0.50 c
19012	Baking powder	1.00 ts
19012	Almond extract	3.00 dr
19012	Eggs	3.00 lg
19012	Pine kernals	2.00 oz
19012	TO SERVE -----	0.00 -----
19012	Tayberries or loganberries	1.00 lb
19012	Icing sugar	0.00
19012	Oranges	2.00
19012	TO SERVE -----	0.00 -----
19013	Oyster Crackers	10.00 oz
19013	Water	0.25 c
19013	Olive Oil	0.25 c
19013	Granulated Chicken Bouillon	1.00 ts
19013	Garlic Powder	1.00 ts
19013	Dill	1.00 ts
19013	Turmeric	0.50 ts
19014	Unsulfured molasses	2.00 c
19014	Baking soda	1.00 ts
19014	Unsalted butter or margarine	0.50 c
19014	- room temperature	0.00
19014	Sugar	0.50 c

Sheet1

19014	Eggs	2.00 lg
19014	Cake flour, sifted	3.00 c
19014	Salt	0.12 ts
19014	Milk	1.00 c
19014	Confectioners' sugar	1.00 tb
19014	- for garnish	0.00
19014	Sweetened whipped cream	0.00
19014	-=OR=- Vanilla Ice Cream,	0.00
19014	- (for serving)	0.00
19015	Diced turnips	1.50 c
19015	- frozen or fresh	0.00
19015	Granny Smith apples	2.00
19015	- peeled, cored	0.00
19015	- and roughly chopped	0.00
19015	Onion	1.00 lg
19015	- peeled and roughly chopped	0.00
19015	Unsalted butter	1.00 tb
19015	Salt; or as desired	0.50 ts
19015	Ground white pepper	0.25 ts
19016	Chinese turnip	1.00 lb
19016	Scallion	1.00
19016	Fresh ginger	1.00 tb
19016	Water	2.00 c
19016	Salt	2.00 tb
19016	Cloves garlic	2.00
19016	Sugar	1.00 ts
19017	German chocolate cake mix;	1.00
19017	-18 oz.	0.00
19017	Margarine	0.75 c
19017	Evaporaated milk	0.50 c
19017	Caramels; bag	14.00 oz
19017	Pecans	1.00 c
19017	Chocolate chips	6.00 oz
19018	Dry yeast	1.25 t
19018	Warm water	0.25 c
19018	Water; room temperatue	3.00 c
19018	To 5 c Biga	4.00 c
19018	Flour; all purpose	4.50 c
19018	Bread flour	3.00 c
19018	+ 1 tsp. salt	1.00 T
19018	BIGA -----	0.00 -----
19018	Dry yeast	0.25 t
19018	Warm water	0.25 c
19018	+1 T water; room temperature	0.75 c
19018	Flour; all purpose	2.50 c
19018	BIGA -----	0.00 -----
19019	Sugar	2.00 c
19019	Butter	0.50 c
19019	Cocoa	0.25 c

Sheet1

19019	Milk	0.50 c
19019	Vanilla	1.00 ts
19019	Peanut butter	2.00 tb
19019	Coconut	0.75 c
19019	Nuts	0.25 c
19019	Rolled oats	3.00 c
19020	Jim Vorheis	0.00
19020	Butter	6.00 tb
19020	Minced onion	1.00 c
19020	Chopped celery	1.00 c
19020	To 5 cloves garlic, minced	4.00
19020	Flour	0.50 c
19020	To 2 Tbsp curry powder, or	1.00
19020	-to taste	0.00
19020	Salt	0.50 ts
19020	Pepper	0.25 ts
19020	Paprika	1.00 ts
19020	Of cayenne pepper	1.00 ds
19020	Strong beef stock	1.25 c
19020	Light cream	1.00 c
19020	Catsup	3.00 tb
19020	Chicken, stewed, meat cut	3.00 lb
19020	-into bite-size pieces	0.00
19021	Sugar	2.00 c
19021	Corn syrup	0.50 c
19021	Water	0.50 c
19021	Dash salt	1.00
19021	Stiffly beaten egg whites	2.00
19021	Vanilla	1.00 ts
19022	Sharp cheddar cheese, grated	0.75 lb
19022	Roquefort cheese, crumbled	4.00 oz
19022	Clove garlic, pressed	1.00
19022	COCA-COLA CLASSIC	0.75 c
19022	Soft margarine	2.00 tb
19022	Onion, grated	1.00 tb
19022	Worcestershire sauce	1.50 ts
19022	Mustard, dry	1.00 ts
19022	Salt	0.25 ts
19022	Tabasco sauce	0.12 ts
19023	Butter	1.00 x
19023	Twinkies	9.00 ea
19023	Eggs; Large, Seperated	3.00 ea
19023	Cream Of Tartar; Dash of	1.00 x
19023	Sugar	0.50 c
19023	Vanilla Extract	0.50 t
19023	Chocolate Chips; Semisweet	6.00 oz
19023	Pecans; Chopped	1.00 c
19023	Heavy Cream; Whipped	1.00 c
19024	Milk chocolate chips (12 oz)	1.00

Sheet1

19024	Semisweet chocolate (6 oz)	1.00
19024	Sweet condensed milk (14 oz)	1.00 cn
19024	Confectioners sugar	0.33 c
19024	Vanilla	1.00 ts
19024	Chopped nuts	1.00 c
19025	All purpose flour	2.00 c
19025	Sugar	2.00 c
19025	Eggs	2.00
19025	Vanilla	2.00 ts
19025	Baking soda	2.00 ts
19025	Crushed pineapple	1.00 cn
19025	Walnuts chopped	0.50 c
19025	FROSTING:	0.00
19025	(8-oz) cream cheese	1.00 pk
19025	Stick butter	1.50
19025	Sugar	1.00 c
19025	Vanilla	1.00 ts
19026	Chicken stock or broth	4.00 c
19026	Olive oil	1.00 tb
19026	Leeks, white part only,	4.00 c
19026	-carefully washed and	0.00
19026	-chopped	0.00
19026	Garlic, minced	1.00 ts
19026	Ground red pepper	0.50 ts
19026	White potatos, cut into 1/2	2.00 c
19026	-inch cubes	0.00
19026	Sweet potatos, cut into 1/2	1.00 c
19026	-inch cubes	0.00
19026	Curry powder	1.00 ts
19026	Garlic powder	0.50 ts
19026	Turmeric, to taste	1.00 pn
19026	Sprig mint	0.00
19026	Lemon juice	1.00 tb
19027	Chocolate Chips	12.00 oz
19027	Butterscotch Chips	12.00 oz
19027	Chopped Walnuts	0.50 c
19027	Cooking Oil	2.00 tb
19027	Mini Marshmallows	0.00
19028	Acorn squash	4.00 md
19028	Unsalted butter; softened	8.00 tb
19028	Cinnamon	1.00 ts
19028	Grated nutmeg	0.50 ts
19028	Ground cloves	0.25 ts
19028	Real maple syrup	0.50 c
19028	FOR A VEGETABLE -----	0.00 -----
19028	Bacon; cut in quarters	4.00 sl
19028	FOR TIMBALES -----	0.00 -----
19028	Eggs	2.00
19028	FOR A VEGETABLE -----	0.00 -----

Sheet1

19028	FOR TIMBALES -----	0.00 -----
19029	Cream cheese (8 oz)	1.00 pk
19029	Pace Picante Sauce	0.75 c
19029	-OR	0.00
19029	Pace Thick & Chunky Salsa	0.75 c
19029	Smoked turkey, very finely	0.75 c
19029	-chopped (from the deli)	0.00
19029	Sliced green onions w/tops	0.50 c
19029	Grated Parmesan cheese	0.25 c
19030	Ground round (15% lean groun	5.00 lb
19030	-beef)	1.00 x
19030	Hot or sweet Italian sausage	2.00 lb
19030	-removed from casings, crumb	1.00 x
19030	Large onions; chopped	3.00 ea
19030	Medium sweet red bell pepper	2.00 ea
19030	-seeded and chopped	1.00 x
19030	Medium green bell peppers;	2.00 ea
19030	-seeded and chopped	1.00 x
19030	Fresh hot green chili pepper	2.00 ea
19030	-seeded and minced	1.00 x
19030	Garlic cloves; minced	4.00 ea
19030	Chili powder	0.33 c
19030	Salt	1.00 T
19030	Dried oregano	2.00 t
19030	Ground cumin	2.00 t
19030	Bay leaves	2.00 ea
19030	(28-oz) whole tomatoes with	3.00 cn
19030	-tomato puree, undrained	1.00 x
19030	Yellow cornmeal	0.50 c
19030	(16-oz) pink beans, drained	2.00 cn
19030	(16-oz)_black beans, drained	2.00 cn
19031	Ground round (15% lean groun	5.00 lb
19031	-beef)	0.00
19031	Hot or sweet Italian sausage	2.00 lb
19031	-removed from casings, crumb	0.00
19031	Large onions; chopped	3.00
19031	Medium sweet red bell pepper	2.00
19031	-seeded and chopped	0.00
19031	Medium green bell peppers;	2.00
19031	-seeded and chopped	0.00
19031	Fresh hot green chili pepper	2.00
19031	-seeded and minced	0.00
19031	Garlic cloves; minced	4.00
19031	Chili powder	0.33 c
19031	Salt	1.00 tb
19031	Dried oregano	2.00 ts
19031	Ground cumin	2.00 ts
19031	Bay leaves	2.00
19031	(28-oz) whole tomatoes with	3.00 cn

Sheet1

19031	-tomato puree, undrained	0.00
19031	Yellow cornmeal	0.50 c
19031	(16-oz) pink beans, drained	2.00 cn
19031	(16-oz)_black beans, drained	2.00 cn
19032	-Dottie Cross TMPJ72B	0.00
19032	-DIRECTIONS:	0.00
19033	Cucumber	1.00
19033	Onion, grated	2.00 tb
19033	Clove, minced	1.00 c
19033	Sour cream	0.50 c
19033	Yogurt, plain lowfat	0.50 c
19033	Salt	0.00
19033	Pepper, white	0.00
19034	Frozen raspberries	12.00 oz
19034	-(individually quick-frozen)	0.00
19034	- defrosted	0.00
19034	Dutch-process cocoa	0.75 c
19034	Heavy cream	0.75 c
19034	Unsalted butter; softened	4.00 tb
19034	Sugar	1.50 c
19034	Light corn syrup	0.33 c
19035	Graham Cracker crumbs (fine)	1.25 c
19035	Cottage Cheese, small curd	1.00 lb
19035	Softened Cream Cheese	16.00 oz
19035	Sugar	1.50 c
19035	Eggs	4.00 x
19035	Cornstarch	0.50 c
19035	Lemon juice	2.00 T
19035	Margarine or butter	0.50 c
19035	Dairy Sour cream	1.00 pt
19035	STRAWBERRY GLAZE -----	0.00 -----
19035	Cornstarch	1.00 T
19035	Water	0.25 c
19035	Light Corn Syrup	0.33 c
19035	Crushed Strawberries	0.25 c
19035	Lemon juice	1.00 t
19035	Red food coloring(if desired	1.00 ds
19035	STRAWBERRY GLAZE -----	0.00 -----
19036	Confectioners' sugar	2.00 c
19036	All-purpose flour	0.75 c
19036	Baking powder	0.50 t
19036	Egg white	0.50 c
19036	Chopped dried fruit	0.50 c
19036	Chopped pecans	0.25 c
19037	Red wine vinager	0.33 c
19037	Olive oil	0.67 c
19037	Balsamic vinager	1.00 tb
19037	Garlic clove, minced	1.00
19037	Seasoned salt	1.00 ts

## Sheet1

19037	Combined Italian seasoning	1.00 ts
19037	(oregano, basil, rosemary,	0.00
19037	Etc.)	0.00
19037	Crushed red pepper	1.00 ts
19037	Lots of fresh ground pepper	0.00
19038	Can Whole Tomatoes	28.00 oz
19038	Medium onion, chopped fine	1.00
19038	Jalapeno peppers, chopped	4.00
19038	-fine	0.00
19038	Apple cider vinegar	3.00 tb
19038	Garlic powder	0.50 ts
19038	Salt	1.00 ts
19039	Butter	0.50 c
19039	Sugar	1.00 c
19039	Flour	2.00 c
19039	Milk	0.50 c
19039	Baking powder	2.00 ts
19039	Salt	0.50 ts
19039	Blueberries	2.00 c
19039	Vanilla	1.00 ts
19039	Eggs	2.00
19039	Sugar, for topping	0.00
19040	Butter	1.00
19040	Sugar	0.33 c
19040	Cocoa	0.33 c
19040	Vanilla	1.00 ts
19040	Egg (slightly beaten)	1.00
19040	Graham cracker crumbs	2.00 c
19040	Shredded coconut	1.00 c
19040	Nuts (chopped)	0.50 c
19040	Instant vanilla pudding	2.00 tb
19040	Milk	3.00 tb
19040	Confectioners' sugar	2.00 c
19040	Chocolate chips	4.00 oz
19041	Cucumbers	6.00 lg
19041	Onions, Chopped Fine	3.00 sm
19041	Vinegar	1.00 pt
19041	Salt	1.00 tb
19041	Pepper	1.00 ts
19042	Hot water	4.00 qt
19042	Smoked ham hocks	1.50 lb
19042	Small navy pea beans	2.00 lb
19042	Onion, chopped	1.00
19043	Butter	1.00 c
19043	Sugar	2.00 c
19043	Eggs	4.00
19043	Milk	0.50 c
19043	OR 2 Tbsp sweetened	0.00
19043	-condensed milk diluted	0.00



Sheet1

19043	With 6 Tbsp water	0.00
19043	Salt	0.50 ts
19043	Chopped nuts	0.50 c
19043	Vanilla	1.00 ts
19043	OR 1 tsp almond flavoring	0.00
19043	Mace	0.12 ts
19043	Caraway seed	1.00 ts
19043	Chopped candied orange peel	0.50 c
19043	Flour	3.00 c
19044	CRUST -----	0.00 -----
19044	Warm tap water (110-115°)	1.00 c
19044	Active dry yeast	1.00 ts
19044	Flour	3.50 c
19044	Coarse ground cornmeal	0.50 c
19044	Salt	1.00 ts
19044	Vegetable oil	0.25 c
19044	FILLING -----	0.00 -----
19044	Mozzarella, sliced	1.00 lb
19044	Sausage, removed from the	1.00 lb
19044	Casing and crumbled	0.00
19044	Whole tomatos, drained and	1.00 cn
19044	Coarsely crushed	0.00
19044	Cloves, peeled and minced	2.00 c
19044	Dried oregano,OR	3.00 ts
19044	Fresh basil leaves,	5.00
19044	Shredded	0.00
19044	Freshly grated Parmesan	4.00 tb
19044	Cheese	0.00
19044	CRUST -----	0.00 -----
19044	FILLING -----	0.00 -----
19045	Black Beans, Dried	2.00 c
19045	Lean Ground Chuck	1.50 lb
19045	Green Pepper, Chopped	1.00
19045	Onions, Chopped	2.00 md
19045	Olive Oil	2.00 tb
19045	Paprika	4.00 tb
19045	Ground Cumin	2.00 tb
19045	Ground Nutmeg	0.25 ts
19045	Ground Cinnamon	0.33 ts
19045	Oregano	1.00 ts
19045	Garlic Cloves, Minced	4.00
19045	Molasses	3.00 tb
19045	Fresh Ginger, Grated	1.00 ts
19045	Cocoa Powder	2.00 tb
19045	"Squeet" Smoke Flavoring	1.00 tb
19045	Tomato Sauce	8.00 oz
19045	Crushed Tomatoes	16.00 oz
19045	Tomato Paste, small	1.00 cn
19045	Cayenne Pepper, To Taste	0.00

Sheet1

19045	Chicken Stock	0.00
19046	Brown sugar, and a layer of	0.33 c
19046	-slices of well-drained	0.00
19046	-pineapple	0.00
19046	One Egg Cake Batter	0.00
19047	Butter or margarine, melted	0.25 c
19047	Brown sugar, firmly packed	0.50 c
19047	Water	1.00 tb
19047	To 48 walnut halves	36.00
19047	Cake flour, sifted	1.00 c
19047	Cocoa	0.33 c
19047	Baking soda	0.50 ts
19047	Salt	0.25 ts
19047	Butter or margarine	0.25 c
19047	Sugar	0.75 c
19047	Egg	1.00
19047	Vanilla	0.50 ts
19047	Water	0.50 c
19047	Sweetened condensed milk	0.33 c
19047	Semisweet chocolate chips	0.50 c
19047	Butter	1.00 tb
19048	Mung beans - cooked	1.00 c
19048	- (Save the water)	0.00
19048	Onion - chopped fine	1.00 md
19048	1"piece of ginger - grated	1.00
19048	Garlic cloves - minced	3.00
19048	Tomato - chopped	1.00 md
19048	Cumin seeds	1.00 ts
19048	Green chile (opt); chopped	1.00
19048	Cayenne (optional/to taste)	1.00 ts
19048	Turmeric	1.00 pn
19048	Cumin powder; -AND-	0.50 ts
19048	Coriander powder; -OR-	1.00 ts
19048	-curry powder	1.00 ts
19048	GARNISH -----	0.00 -----
19048	Lemon juice	0.00
19048	Cilantro; chopped	0.00
19048	Oil	2.00 ts
19048	GARNISH -----	0.00 -----
19049	Peanut butter	0.50 c
19049	Honey	0.50 c
19049	Wheat germ	1.00 c
19049	Shredded coconut or:	0.00
19049	Chopped nuts	0.00
19050	Ground coffee	0.33 c
19050	Vanilla extract	1.00 ts
19050	Almond extract	0.50 ts
19050	Anise seeds	0.25 ts
19051	Soft butter or margarine	0.25 c

Sheet1

19051	Vanilla extract	0.50 ts
19052	CRUST -----	0.00 -----
19052	Chocolate wafer cookies	23.00
19052	Butter; melted	3.00 tb
19052	FILLING -----	0.00 -----
19052	Vanilla ice cream; softened	3.00 pt
19052	Limeade concentrate; thawed	6.00 tb
19052	Green food coloring	3.00 dr
19052	CRUST -----	0.00 -----
19052	FILLING -----	0.00 -----
19053	Potatoes, mashed	2.00 c
19053	Eggs, well beaten	3.00
19053	Matzah cake meal	0.25 c
19053	Salt & white pepper to taste	0.00
19053	Meat filling (any leftover	1.00 c
19053	Chicken or beef, ground)	0.00
19053	Matzah meal	0.00
19054	Sugar	2.00 c
19054	Squares (2 oz) unsweetened	2.00
19054	-chocolate	0.00
19054	Light cream	1.00 c
19054	Butter	1.00 tb
19055	Boneless veal stew meat	2.50 lb
19055	Low-sodium chicken broth	6.00 c
19055	-OR all or part Water	0.00
19055	Onion; roughly diced	1.00 sm
19055	Celery stalks; sliced	2.00
19055	Carrot; roughly diced	1.00 md
19055	Salt; or as desired	0.50 ts
19055	Whole white peppercorns	0.50 ts
19055	Ground nutmeg	0.25 ts
19055	Lemon	0.50
19055	Unsalted butter	5.00 tb
19055	All-purpose flour	5.00 tb
19055	Dry sherry	0.50 c
19055	Whipping cream	1.00 c
19055	Mushroom caps	24.00 sm
19055	Cooked crayfish tails	24.00
19055	- shelled, -=OR=-	0.00
19055	-Cooked lobster meat	12.00 oz
19056	Vegetable Oil; PLUS	1.00 tb
19056	Vegetable Oil	1.00 ts
19056	Onion; Minced	1.00 c
19056	Garlic; Cloves	4.00
19056	Veal; Ground	1.50 lb
19056	Celery; Minced	1.00 c
19056	Green Bell Peppers; Minced	1.00 c
19056	Tomatoes; Crushed, Canned	1.00 c
19056	Vegetable Juice; Mixed	1.00 c

Sheet1

19056	Chili Powder; Or To Taste	2.00 ts
19056	Cumin; Ground	1.00 ts
19056	Salt	0.50 ts
19056	Hot Sauce; Or To Taste	0.50 ts
19056	Pepper	0.25 ts
19056	Red Kidney Beans; *	12.00 oz
19057	Veal scallops or	4.00
19057	Chicken breasts pounded thin	4.00
19057	Thinly sliced mushrooms	0.50 lb
19057	Hot chicken broth	1.00 c
19057	Seasoned flour	0.50 c
19057	35% cream	2.00 tb
19057	Oil	2.00 tb
19057	Cornstarch	1.00 ts
19057	White wine	0.50 c
19057	Cold water	1.00 tb
19057	Or more of chopped fresh	2.00 tb
19057	-tarragon	0.00
19057	Salt and pepper to taste	0.00
19057	Lemon juice	0.25 ts
19058	Veal cutlets (1/4" thick,	6.00
19058	Sirloin cut)	0.00
19058	Salt and black pepper	0.00
19058	Flour and butter	0.00
19058	Warmed asparagus spears,	24.00
19058	Cooked tender	0.00
19058	Beef stock	3.00 tb
19058	Sauce bernaise	1.00
19058	* Recipe follows *	0.00
19059	Boned veal shoulder	2.00 lb
19059	- cut in 1-in cubes	0.00
19059	Butter	2.00 tb
19059	Onions; minced	2.00
19059	Garlic cloves; minced	1.00
19059	Paprika	2.00 tb
19059	Salt	0.50 ts
19059	Pepper	0.12 ts
19059	White wine	0.50 c
19059	Tomato	1.00
19059	- peeled, seeded and chopped	0.00
19059	Sour cream	1.00 c
19060	Olive oil	5.00 tb
19060	Veal stew meat, 1.5 in cubes	3.00 lb
19060	Carrots, chopped	1.50 c
19060	Onion, chopped	0.50 c
19060	Flour	0.25 c
19060	Chicken stock	4.00 c
19060	Italian plum tomatoes (28oz)	1.00
19060	White wine, dry	1.00 c

Sheet1

19060	Garlic cloves, crushed	2.00
19060	Parsley sprigs	3.00
19060	Bay leaf	1.00
19060	Thyme, dried	1.00 ts
19060	Basil, dried	0.50 ts
19060	Salt and pepper	0.00
19060	Red bell pepper	1.00
19060	Parsley, chopped	0.50 c
19060	Green onions, minced	0.25 c
19060	Garlic, minced	2.00 ts
19060	Lemon peel, grated	2.00 ts
19060	Fettuccine, fresh	1.75 lb
19060	Butter	2.00 tb
19061	Chicken Breasts, boneless,	4.00
19061	-skinless	0.00
19061	Olive Oil	3.00 tb
19061	Cloves Garlic	8.00
19061	Veal Sausage, cut into 2	2.00 lb
19061	-inch pieces	0.00
19061	Jar 12 Oz. Sweet Red or	1.00
19061	-Green Pepper Slices	0.00
19061	Jar 7 Oz. Artichoke Hearts	1.00
19061	-in brine	0.00
19061	Jar 3 Oz. Capers	1.00
19061	Freshly Ground Black Pepper	0.00
19062	Self-rising flour	2.00 c
19062	-(pref. 85% whole-wheat)	0.00
19062	Cocoa powder	0.25 c
19062	Baking powder	3.00 ts
19062	Vanilla sugar	1.33 c
19062	-OR- Superfine sugar	0.00
19062	Sunflower oil	9.00 tb
19062	Water	1.50 c
19062	Vegan margarine	0.00
19062	-for greasing	0.00
19062	TO DECORATE -----	0.00 -----
19062	Qty. Chocolate Fudge Icing	1.00
19062	-OR- Chocolate Buttercream	0.00
19062	Dark chocolate	0.00
19062	-coarsely grated	0.00
19062	Confectioners' sugar	0.00
19062	VEGAN LEMON CAKE VARIATION -----	0.00 -----
19062	-additional flour	0.50 c
19062	-Lemon juice	2.00 tb
19062	-Lemon, rind grated	1.00
19062	TO DECORATE -----	0.00 -----
19062	VEGAN LEMON CAKE VARIATION -----	0.00 -----
19063	100% whole wheat flour	2.50 c
19063	Mixed spice	1.00 ts

Sheet1

19063	Vegan margarine; PLUS:	0.25 lb
19063	Vegan margarine	4.00 tb
19063	Real Barbados sugar	1.00 c
19063	Mixed dried fruit	1.50 c
19063	Mixed candied peel	0.25 c
19063	Glacé cherries	0.25 c
19063	-rinsed and halved	0.00
19063	Orange; rind grated	1.00
19063	Ground almonds	2.00 tb
19063	Blanched almonds; chopped	0.25 c
19063	Soy milk or water	0.50 c
19063	Vinegar	2.00 tb
19063	Baking soda	0.75 ts
19063	Extra vegan margarine	0.00
19063	-for greasing	0.00
19064	Cooked elbow macaroni	3.00 c
19064	Dry sherry	0.25 c
19064	Green onions, thinly sliced	2.00 ea
19064	Plum tomatoes, coarsely	2.00 ea
19064	-- sliced	0.00
19064	Chives, minced	2.00 tb
19064	Cornstarch	1.00 ts
19064	Cold vegetable broth	1.00 c
19064	Shredded tofu cheddar	1.00 c
19064	Dijon	1.00 tb
19064	Freshly black pepper	0.00
19064	Salt to taste	0.00
19064	Toasted bread crumbs	0.50 c
19065	Minced spinach leaves	0.50 c
19065	Minced fresh parsley	0.50 c
19065	Dried basil	1.00 tb
19065	Olive oil, extra-virgin	1.00 tb
19065	Garlic cloves, minced	3.00 ea
19065	Light miso	1.00 tb
19065	Pine nuts, toasted	0.25 c
19066	Stew Meat Or Chuck Roast	2.00 lb
19066	Frozen Stew Vegetables	1.00 pk
19066	Canned Tomatoes	1.00 lb
19066	Beef Broth	2.00 cn
19066	Frozen Mixed Vegetables	10.00 oz
19067	Potatoes, peeled and diced	2.00 md
19067	Carrots, peeled and diced	2.00 md
19067	Beef shank or neck bones	1.50 lb
19067	Onion, peeled and chopped	1.00 md
19067	Whole tomatoes (16 Oz),	1.00 cn
19067	-quartered and undrained	0.00
19067	Whole kernal corn (17 Oz),	1.00 cn
19067	-undrained	0.00
19067	Bay leaf	1.00

## Sheet1

19067	Dried parsley flakes	1.00 tb
19067	Worcestershire sauce	1.00 ts
19067	Dried thyme leaves	0.50 ts
19067	Salt	0.25 ts
19067	Pepper	0.25 ts
19067	Ground savory	0.25 ts
19067	Instant beef bouillon	2.00 ts
19067	Boiling water	3.00 c
19068	Carrots; peeled and cut int	2.00 md
19068	-o 2-inch pieces	0.00
19068	Onions; quartered	2.00 md
19068	Celery; with tops, cut into	3.00
19068	-2-inch pieces	0.00
19068	Tomatoes; peeled or drained	2.00
19068	-, canned italian plum	0.00
19068	Tomatoes	0.00
19068	Bay leaf	1.00
19068	Parsley; small bunch	1.00
19068	Salt	0.50 ts
19069	Bulgur wheat	2.00 oz
19069	Canola oil	0.25 c
19069	Finely chopped mushrooms	1.25 c
19069	Finely chopped carrots	1.50 c
19069	Finely chopped onions	2.00 c
19069	Minced garlic	2.00 tb
19069	Walnuts	0.75 c
19069	Sunflower seeds	0.50 c
19069	Wheat germ	0.50 c
19069	Chopped parsley	0.33 c
19069	Chopped dill	2.00 tb
19069	Tahini (sesame seed paste)	3.00 tb
19069	Cooked chickpeas	1.25 c
19069	Tamari	3.00 tb
19069	Lemon juice	3.00 tb
19069	Cayenne pepper	0.25 ts
19069	Salt	0.50 ts
19069	Freshly ground pepper	0.75 ts
19069	Ground cumin	0.75 ts
19069	Oil	0.00
19069	-for rubbing burgers & grill	0.00
19070	Vegetable oil	1.00 tb
19070	Onions; minced	2.00 md
19070	Carrots; peeled,	4.00 lg
19070	- cut into 1/3-in dice	0.00
19070	Trimmed fennel bulbs	2.00 lg
19070	- cut into 1/3-in dice	0.00
19070	Chicken stock or broth	10.00 c
19070	Dried tarragon	1.00 ts
19070	Dried thyme	1.00 ts

Sheet1

19070	Red pepper	1.00 lg
19070	- cut into 1/3-in dice	0.00
19070	Zucchini	2.00 md
19070	- cut into 1/3-in dice	0.00
19070	Mushrooms	12.00 lg
19070	- trimmed, quartered	0.00
19070	Salt	0.00
19070	Freshly ground pepper	0.00
19070	Grated imported Parmesan	0.00
19070	- for serving	0.00
19071	Water or chicken broth	1.25 c
19071	Butter	2.00 tb
19071	Couscous	1.00 c
19071	Salt	0.00
19071	Freshly ground pepper	0.00
19071	Canned garbanzo beans	1.00 c
19071	- drained	0.00
19071	Zucchini; thinly sliced	2.00 sm
19072	Ghee	1.00 tb
19072	Garlic cloves, chopped	2.00 ea
19072	Cayenne	0.25 ts
19072	Coriander	2.00 ts
19072	Cumin	1.00 ts
19072	Turmeric	1.00 ts
19072	3/4" piece of ginger, sliced	1.00 ea
19072	Eggplants	2.00 md
19072	Cauliflower, divided into	1.00 sm
19072	-- florets	0.00
19072	Potatoes, diced	2.00 md
19072	Green beans, chopped	4.00 oz
19072	Fresh green chili, chopped	1.00 ea
19072	Grated coconut	2.00 oz
19072	Boiling water	4.00 oz
19072	Tomatoes, skinned & chopped	1.00 lb
19072	Salt	0.00
19072	Toasted cashews	4.00 oz
19073	Dried Chives	1.00 tb
19073	Garlic Salt	1.00 ts
19073	Dill Weed	0.50 ts
19073	Paprika	0.50 ts
19074	Corn tortillas	4.00 ea
19074	Salsa sauce	0.50 c
19074	Olive oil	1.00 ts
19074	Thinly sliced onions	0.33 c
19074	Garlic clove, sliced	1.00 ea
19074	Cubed eggplant	0.50 c
19074	Grated zucchini	0.25 c
19074	Sherry, optional	1.00 tb
19074	Diced green chilies	0.25 cn



Sheet1

19074	Minced cilantro	2.00 tb
19075	Ripe avocados	2.00
19075	Juice of one grapefruit	0.00
19075	Juice of one lime	0.00
19075	Shallot or 1 green onion	0.50 sm
19075	Sprigs parsley, coarsely	3.00
19075	-chopped	0.00
19075	Sprigs cilantro	3.00
19075	Hear red or green cabbage,	0.25
19075	-coarsely chopped	0.00
19075	Broccoli florets, broken	1.00 c
19075	-into small pieces	0.00
19075	Ribs of celery, chopped	3.00
19075	Large, tomato coarsely	1.00
19075	-chopped	0.00
19075	Tomatillos, coarsely	5.00
19075	-chopped, optional	0.00
19075	Fresh minced basil	1.00 tb
19075	Fresh minced thyme	1.00 tb
19076	Onion, chopped	1.00
19076	Green pepper, diced	0.50
19076	Ribs Celery, diced	2.00
19076	Garlic clove; minced	1.00
19076	Okra, sliced, fresh, frozen	1.00 lb
19076	Tomatoes, fresh, or canned	1.00 lb
19076	Corn, fresh, frozen, canned	2.00 c
19076	Vegetable Bouillon granules	1.00 ts
19076	White Grape Juice	0.50 c
19076	Water	0.50 c
19076	Tabasco sauce	0.25 ts
19076	Paprika	0.25 ts
19076	Fresh chopped parsley	2.00 tb
19076	Basil or Rosemary, minced	1.00 tb
19076	Vegetable coating spray	0.00
19077	Finely Chopped Green	0.50 c
19077	Onions	0.00
19077	Finely Chopped Green	0.50 c
19077	Pepper	0.00
19077	Chopped Fresh Parsley	3.00 tb
19077	Sesame Seeds	1.00 tb
19077	Low Cal. Mayonnaise	1.00 tb
19077	Oregano	0.50 ts
19077	Garlic Powder	0.50 ts
19077	Red Pepper	0.12 tb
19077	Mint Flakes	0.50 ts
19077	(15 Oz.) Garbanzo Beans	1.00 cn
19077	(Rinsed & Drained)	0.00
19077	(6 Inch) Whole Wheat Pita	4.00
19077	Bread Cut in Half Crosswise	0.00

Sheet1

19077	(2 Oz.) Monterey Jack	0.50 c
19077	Cheese	0.00
19077	Tomato, Cut Into 8	1.00 md
19077	(1/4 Inch) Slices	0.00
19077	Alfalfa Sprouts	2.00 c
19078	Cauliflower florets	3.00 oz
19078	Carrots, julienned	3.00 oz
19078	Green pepper, diced	1.00
19078	Green peas	4.00 oz
19078	Almonds	4.00 oz
19078	Cashews	2.00 oz
19078	Onion, chopped	1.00 md
19078	Water	0.50 c
19078	Vegetable oil	0.50 c
19078	Black pepper	2.00 ts
19078	Chili powder	2.00 ts
19078	Potato, boiled & diced	1.00 lg
19078	Tomato, diced	1.00 lg
19078	Mint	2.00 ts
19078	Salt, to taste	0.00
19079	Lasagne noodles	9.00
19079	-(OR as much as needed)	0.00
19079	Tofu	1.00 lb
19079	Tomato paste (or sauce)	0.50 c
19079	-to:	1.00
19079	Tomato sauce	2.00 c
19079	-(as much as desired)	0.00
19079	Chard (or spinach)	1.00 bn
19079	Nutritional yeast	3.00 tb
19079	Salt	0.50 ts
19079	Thyme	1.00 ts
19079	Basil	1.00 ts
19079	Canola oil	3.00 tb
19079	Onions; -OR-	3.00 sm
19079	Mushrooms	1.00 lb
19079	Celery stalks	3.00
19079	Cauliflower	1.50 c
19080	Fresh noodles	0.75 lb
19080	Chinese mushrooms	6.00
19080	- soaked in warm water	0.00
19080	- and shredded	0.00
19080	Celery stalks	3.00 lg
19080	- shredded to about	0.00
19080	- 3-in lengths	0.00
19080	Bamboo shoots	2.00
19080	- sliced and shredded	0.00
19080	Bean sprouts	1.00 c
19080	Oil	2.00 tb
19080	Salt	0.50 ts

Sheet1

19080	Broth and mushroom water	1.00 c
19080	Sugar	0.50 ts
19081	Vegetable oil	3.00 tb
19081	Garlic cloves, minced	2.00 ea
19081	Onion, diced	1.00 lg
19081	Green pepper, diced	1.00 ea
19081	Celery stalks, diced	2.00 ea
19081	Carrots, diced	2.00 ea
19081	Fresh mushrooms, sliced	0.50 lb
19081	Tamari	0.67 c
19081	Salt to taste, if needed	1.00 ea
19081	Parsley	1.00 ts
19081	Cayenne pepper	0.25 ts
19081	Potatoes, boiled & mashed	4.00 lg
19081	Soy milk	0.25 c
19081	Vegetable oil	0.33 c
19081	Orange juice	3.00 tb
19081	Salt	0.50 ts
19081	Whole wheat flour	1.50 c
19082	Onions, chopped	2.00 lg
19082	Peanut oil	4.00 tb
19082	Squash	2.00 c
19082	Turnips	4.00 ea
19082	Potatoes, quartered	4.00 md
19082	Carrots, chopped	2.00 lg
19082	Cabbage, chopped	0.50 sm
19082	Tomatoes, chopped	2.00 lg
19082	Chard	1.00 bn
19082	Chili peppers	2.00 ea
19082	Tomato sauce	2.00 c
19082	Peanut butter	0.75 c
19083	Red onion, chopped	1.00 md
19083	Carrots, sliced	4.00 md
19083	Stalk celery, sliced	1.00
19083	Corn	0.50 c
19083	Barley	0.25 c
19083	Garlic cloves, minced	5.00
19083	Minced fresh parsley	2.00 tb
19083	Water	5.00 c
19083	Tomatoes	3.00 md
19083	Marjoram	0.50 ts
19083	Peas	1.00 c
19083	Spinach leaves, chopped	1.00 c
19083	Tomato paste	0.50 c
19083	Soy sauce	1.00 tb
19084	Yellow split peas, soaked	0.75 c
19084	Water	1.50 c
19084	Chopped onions	1.00 c
19084	Chopped garlic	2.00 ts

## Sheet1

19084	Minced ginger root	0.50 tb
19084	Cumin	0.50 ts
19084	Cayenne	0.25 ts
19084	Salt	0.50 ts
19084	Black pepper	0.50 ts
19084	Chopped cilantro	0.50 c
19084	Fresh lemon juice	1.00 ts
19084	Wholewheat breadcrumbs	0.50 c
19084	Safflower oil	4.00 tb
19084	Southeast Asian peanut sauce	1.00 ea
19085	Whole mung bean	1.00 c
19085	-- picked over and washed	0.00
19085	Long-grain rice	2.00 c
19085	Vegetable oil	4.50 tb
19085	Whole black mustard seeds	1.00 ts
19085	Onion	1.00 md
19085	-- peeled and finely chopped	0.00
19085	Garlic cloves	4.00 md
19085	-- peeled and finely minced	0.00
19085	Peeled, minced ginger	1.00 ts
19085	String beans; trimmed	0.33 lb
19085	-- and cut into 1/4" pieces	0.00
19085	Garam masala	2.00 ts
19085	Ground coriander	1.50 ts
19085	Salt	2.50 ts
19085	Finely minced parsley	2.00 tb
19085	-- preferably Chinese	0.00
19086	Ripe tomatoes	1.50 kg
19086	Onions	2.00 md
19086	Zucchini	1.00 kg
19086	Red bell peppers	500.00 g
19086	Green bell peppers	500.00 g
19086	Garlic cloves	2.00 ea
19086	Salt	2.00 tb
19086	Cider vinegar	2.00 c
19086	Sugar	2.00 c
19086	Water	1.00 c
19086	Cornflour	0.50 c
19086	Thyme	2.00 ts
19086	Pepper	0.50 ts
19087	Celery sticks, sliced	4.00 ea
19087	Green pepper, chopped	1.00 ea
19087	Carrots, sliced	4.00 oz
19087	Onions, chopped	2.00 lg
19087	Olive oil	2.00 tb
19087	Garlic cloves, crushed	2.00 ea
19087	Walnut pieces	8.00 oz
19087	Long grain rice	6.00 oz
19087	Salt & pepper	0.00

Sheet1

19087	Vegetable stock	1.00 pt
19087	Tomatoes, peeled & quartered	1.00 lb
19087	Black olives	4.00 oz
19087	Sweet corn	4.00 oz
19087	Frozen peas	4.00 oz
19087	Chopped fresh herbs	4.00 tb
19088	Safflower oil	2.00 tb
19088	Garlic cloves; minced	2.00
19088	Sliced shittake mushrooms	0.25 c
19088	Zucchini, sliced	0.50 c
19088	Eggplant, sliced	0.50 c
19088	Yellow pepper, sliced	0.50 c
19088	Scallions; finely chopped	8.00
19088	Miso	0.25 c
19088	Vegetable stock	1.00 c
19088	Fresh chopped parsley	4.00 tb
19088	Cooked linguine	1.00 lb
19089	To 3 Soup bones with meat	2.00
19089	Water	3.00 qt
19089	Onions, divided	2.00 sm
19089	Bay leaf	1.00
19089	Potatoes, peeled and cubed	4.00 md
19089	Canned whole tomatoes, cut	1.50 c
19089	-up, reserve juice	0.00
19089	Cubed Cabbage	2.00 c
19089	Celery Stalks, sliced	2.00
19089	Green Beans, cut	2.00 c
19089	Raw Barley	0.75 c
19089	Chopped fresh Parsley	0.00
19089	Salt and Pepper to taste	0.00
19089	DUMPLINGS:	0.00
19089	All-Purpose Flour	1.00 c
19089	Baking Powder	2.00 ts
19089	Milk	0.50 c
19089	Of salt	1.00 pn
19090	Great Northern beans (about	2.00 c
19090	-14 oz)	0.00
19090	Garlic cloves	4.00 md
19090	Tomato	1.00 lg
19090	Fennel bulb	1.00 sm
19090	Fresh spinach	1.00 lb
19090	Fresh Swiss chard (OR	1.00 lb
19090	-additional spinach)	0.00
19090	Russet potatoes (14 Oz)	2.00 lg
19090	Carrots	2.00 lg
19090	Parmesan cheese	6.00 oz
19090	Fresh or (smoked) ham hocks	2.00
19090	-(1 Lb)	0.00
19090	Olive oil	2.00 tb

Sheet1

19090	Basic Broth (or water)	4.00 qt	
19090	Bay leaf	1.00	
19090	Frozen corn (10 oz) (OR 4	1.00 pk	
19090	-ears fresh)	0.00	
19090	Frozen peas (10 oz) (OR 10	1.00 pk	
19090	-oz fresh)	0.00	
19090	Salt	0.00	
19090	Freshly-ground black pepper	0.00	
19091	Water	6.00 dl	
19091	Yellow onion; chopped	150.00 g	
19091	Turnip; cut in small cubes	150.00 g	
19091	Squash; cut in small cubes	200.00 g	
19091	Carrot; shredded	200.00 g	
19091	Tomato; cut in small pieces	50.00 g	
19091	Tomato juice	4.00 dl	
19091	Water	2.00 dl	
19091	Meat extract cubes; should	2.00	
19091	-be enough to make 1/2 litre	0.00	
19091	-meat broth, but do NOT use	0.00	
19091	-meat broth!	0.00	
19091	Salt	0.00	
19091	White pepper	0.00	
19091	Basil; *	0.00	
19092	Potatoes	0.50 lb	
19092	Parsley sprig	1.00 ea	
19092	Carrots	0.25 lb	
19092	Celery leaf	1.00 ea	
19092	Parsnips	0.25 lb	
19092	Onions	2.00 oz	
19092	Turnips	0.25 lb	
19092	Oil	2.00 tb	
19092	All purpose flour	0.50 tb	
19092	-----DUMPLINGS-----	0.00	
19092	Oil	2.00 tb	
19092	Wholewheat flour	4.00 tb	
19092	Wholewheat breadcrumbs	0.25 c	
19092	Finely chopped walnuts	0.25 c	
19093	ts	0.00	2
19093	-	14.00	
19093	Onion, white; chopped	1.00	
19093	Pepper, green bell; cubed	0.50	
19093	Pepper, jalapeno; seeded and	2.00	
19093	-chopped	0.00	
19093	Tomatoes, chopped canned;	2.00 c	
19093	-drained	0.00	
19093	Pepper, red bell; cubed	0.50 c	
19093	Cheese, sharp cheddar;	6.00 oz	
19093	-grated	0.00	
19093	Olives, ripe; sliced	8.00	

Sheet1

19093	Garlic	0.75 ts
19093	Cumin, ground	0.75 ts
19093	Chile powder	0.75 ts
19093	TAMALE TOPPING -----	0.00 -----
19093	Flour, all purpose	0.50 c
19093	Flour, all purpose; (add to	1.00 tb
19093	-above)	0.00
19093	Baking powder	1.50 ts
19093	Cornmeal, yellow	3.75 oz
19093	Baking soda	0.50 ts
19093	Salt	0.12 ts
19093	Egg; @ room temp	1.00 lg
19093	Yogurt, plain	0.50 c
19093	Margarine; melted & cooled	2.00 ts
19093	Chives; cut to garnish, opt.	1.00 tb
19093	VEGETABLE FILLING -----	0.00 -----
19093	TAMALE TOPPING -----	0.00 -----
19094	Oil	2.00 tb
19094	Chopped green bell pepper	0.75 c
19094	Chopped red bell pepper	0.75 c
19094	Chopped onion	0.50 c
19094	Picante sauce	0.50 c
19094	Green Giant Valley Combo's	16.00 oz
19094	Frozen Broccoli Supreme	0.00
19094	(8-inch) flour tortillas	8.00
19094	Refried beans	16.00 cn
19094	(2cups) shredded Monterey	8.00 oz
19094	Jack cheese	0.00
19094	(2cups) shredded cheddar	8.00 oz
19094	Cheese	0.00
19094	Green bell pepper rings	0.00
19094	Red bell pepper rings	0.00
19094	Ripped pitted olives	0.00
19094	Picante sauce	0.00
19094	Sour cream	0.00
19095	-----	0.00
19095	-Water	3.50
19095	Natural peanut butter	3.00 tb
19095	Cooking oil	2.00 tb
19095	Onion; chopped	1.00 md
19095	Tomatoes; peeled, chopped	4.00 md
19095	Tomato puree	1.00 tb
19095	Green pepper	0.50
19095	Allspice	0.50 ts
19095	Thyme	0.25 ts
19095	Scotch Bonnet pepper	0.00
19095	-- to taste	0.00
19095	Paprika	0.50 ts
19095	Vegetable stock cube	1.00

Sheet1

19095	-- crumbled	0.00
19095	THE VEGETABLES -----	0.00 -----
19095	Yellow plantains	2.00
19095	Peanut oil; for frying	0.00
19095	Butter (or margarine)	1.00 tb
19095	Carrots; cut lengthwise,	2.00
19095	-- then into thin sticks	0.00
19095	Green beans; trimmed	0.50 lb
19095	Onion; sliced	1.00 md
19095	Green onions; to garnish	0.00
19095	THE SAUCE -----	0.00 -----
19095	THE VEGETABLES -----	0.00 -----
19096	White beans (limas, small	1.00 lb
19096	-whites, navies or great	0.00
19096	-northerns)	0.00
19096	Chopped onion	1.00 c
19096	Chopped celery	1.50 c
19096	Pepper	0.12 ts
19096	Milk	3.00 c
19096	(16 oz) tomatoes	1.00 cn
19096	(16 oz) whote kernel corn	1.00 cn
19096	Butter/margarine	0.25 c
19096	Flour	0.25 c
19096	Salt	0.50 ts
19096	Monterey Jack or sharp	0.25 lb
19096	-Cheddar cheese	0.00
19097	Egg roll wrappers	1.00 pk
19097	Or	0.00
19097	*recipe of cheese blintz pan	1.00
19097	Sesame oil	0.00
19097	Celery, finely chopped	1.00 c
19097	Onion, small, finely chopped	1.00
19097	Garlic cloves, minced	2.00
19097	Cabbage, finely shredded	1.00 c
19097	Mushroom, finely chopped	1.00 c
19097	Green pepper, finely chopped	1.00
19097	Water chestnuts, finely chop	0.50 c
19097	Sprouts, bean or seed, fresh	1.00 c
19097	Soybeans, dry cooked and	0.25 c
19097	-pureed	0.00
19097	Soy sauce	3.00 tb
19097	Brown rice, cooked	2.50 c
19098	Celery stalks; chopped fine	2.00
19098	Carrot; grated	1.00
19098	Onion; chopped finely	1.00 lg
19098	Oil	0.50 c
19098	Whole wheat flour	1.25 c
19098	Wheat germ	0.25 c
19098	Paprika	2.00 ts



Sheet1

19098	Garlic powder	1.00 ts
19098	Pepper	1.00 ds
19098	Soy sauce	2.00 tb
19099	TOMATO SAUCE -----	0.00 -----
19099	Oil	2.00 tb
19099	Onion, chopped	1.00 md
19099	Garlic clove, chopped	1.00
19099	Can of tomatoes, chopped	28.00 oz
19099	And undrained	0.00
19099	Tomato paste	6.00 oz
19099	Basil	1.50 ts
19099	Oregano	0.50 ts
19099	Zucchini OR	2.00 md
19099	Yellow squash OR	2.00 md
19099	Eggplant, chopped	1.00
19099	Fresh mushrooms, chopped	8.00 oz
19099	CASSEROLE -----	0.00 -----
19099	Long spinach lasagne	8.00
19099	Noodles	0.00
19099	Parmesan cheese	0.50 c
19099	Ricotta cheese	16.00 oz
19099	Swiss or Mozzarella cheese,	0.50 lb
19099	Grated + more for	0.00
19099	Topping (optional)	0.00
19099	TOMATO SAUCE -----	0.00 -----
19099	CASSEROLE -----	0.00 -----
19100	Dried Chinese blk mushrooms	6.00
19100	3 x 2 x 1-inch pieces tofu	2.00
19100	- cut into 1/2-inch cubes	0.00
19100	Water	8.00 c
19100	Canned preserved vegetable	1.00 tb
19100	--(Szechwan, minced)	0.00
19100	-- rinsed	0.00
19100	Cold water	5.00 tb
19100	Seasoned Vegetable Broth	2.00 tb
19100	Chili oil	4.00 ts
19100	Brown bean sauce	1.00 tb
19100	Cornstarch	1.50 ts
19100	Soy sauce	1.00 ts
19100	Oriental sesame oil	0.50 ts
19100	Sugar	0.50 ts
19100	Ground white pepper	0.50 ts
19100	Vegetable oil	2.00 tb
19100	Finely chopped green onions	0.25 c
19100	Minced garlic	1.50 tb
19100	Finely chopped fresh ginger	2.00 ts
19100	Fresh or frozen peas; thawed	0.75 c
19100	Szechwan Peppercorn Powder	0.25 ts
19101	Olive oil	0.25 c

Sheet1

19101	Long-grain brown rice	1.25 c
19101	Onion; peeled and sliced	1.00 lg
19101	Garlic cloves; crushed	2.00 lg
19101	Saffron strands	1.00 pn
19101	Light Vegetable Stock	3.00 c
19101	-(generous measure) OR water	0.00
19101	Lemon; thinly pared rind,	0.50
19101	- cut into thin shreds	0.00
19101	Salt	0.00
19101	Freshly ground black pepper	0.00
19101	Washed and trimmed leeks	1.00 lb
19101	- cut into 1-inch lengths	0.00
19101	Frozen peas	0.25 c
19101	Black olives, or more	0.25 c
19101	TO GARNISH -----	0.00 -----
19101	Parsley; chopped	0.00
19101	TO GARNISH -----	0.00 -----
19102	Raw Long-grained Rice	4.00 c
19102	Salt	2.00 ts
19102	Onion Flakes	4.00 ts
19102	Red Pepper Flakes	4.00 ts
19102	Instant Vegetarian Bouillon	3.00 tb
19102	Celery Flakes	4.00 ts
19102	Green Pepper Flakes	4.00 ts
19103	Sharp cheddar cheese	2.00 c
19103	Shredded swiss or white	2.00 c
19103	Cheddar cheese	0.00
19103	Chopped black olives	0.67 c
19103	Chopped pine nuts	0.67 c
19103	Onions, chopped	2.00
19103	Garlic	8.00 cl
19103	Dried oregano	2.00 tb
19103	Ground cumin	2.00 ts
19103	Whole kernel corn, drained	1.00 cn
19103	(4-oz each) green chilies,	2.00 cn
19103	Chopped	0.00
19103	Olive oil	2.00 ts
19104	Unsalted butter	10.00 tb
19104	Heads fennel	6.00 lg
19104	- trimmed and thinly sliced	0.00
19104	Unbleached all-purpose flour	6.00 tb
19104	Chicken stock	8.00 c
19104	- preferably homemade	0.00
19104	Egg yolks	4.00
19104	Whipping cream	0.75 c
19104	Salt	0.00
19104	Pepper	0.00
19104	Chopped fresh chives	0.00
19104	- for garnish	0.00

Sheet1

19105	Butter	4.00 tb
19105	Minced onion and/or white of	0.75 c
19105	-leek (recipe says	0.00
19105	3/4 cup to 1-1/2 cups of thi	0.00
19105	-s mixture)	0.00
19105	Flour	0.25 c
19105	Chicken or fish stock and/or	8.00 c
19105	-milk or vegetable	0.00
19105	Cooking liquid (recipe calls	0.00
19105	-for 7 to 8 cups)	0.00
19105	Salt	0.00
19105	White pepper; freshly groun	0.00
19105	-d	0.00
19106	Margarine or Butter	1.00 lb
19106	Velveeta Cheese	1.00 lb
19106	Cocoa	1.00 c
19106	Powdered Sugar	4.00 lb
19106	Nuts, Chopped	2.00 c
19106	Vanilla	2.00 ts
19107	Cake flour	2.75 c
19107	Salt	0.25 ts
19107	Baking powder	2.00 ts
19107	Salt	0.50 ts
19107	Shortening	0.75 c
19107	Sugar	1.75 c
19107	Eggs	3.00 ea
19107	Apricot juice	0.50 c
19107	Water	0.50 c
19107	Apricot pulp	0.33 c
19107	Vanilla	1.00 ts
19108	Ground venison	1.00 lb
19108	Margarine	1.00 tb
19108	Onion, chopped	1.00 md
19108	Clove garlic, minced	1.00
19108	(28 ounce) can whole	1.00
19108	-tomatoes, mashed	0.00
19108	Of tomato juice	18.00 oz
19108	(15 ounce) can tomato sauce	1.00
19108	(15 ounce) can pinto beans	1.00
19108	Worcestershire sauce	1.00 tb
19108	Basil	1.00 ts
19108	Pepper	1.00 ds
19108	Eggs	2.00
19108	Grated Parmesan cheese	0.50 c
19108	Thyme leaves	0.50 ts
19108	Finely rolled saltine	0.50 c
19108	-cracker crumbs	0.00
19108	Shredded cabbage	4.00 c
19109	Vegetable oil	3.00 tb

## Sheet1

19109	Lg onion, chpd	1.00
19109	Lg cloves garlic, minced	2.00
19109	Sm hot gn chilie pepper	1.00
19109	Venison, 1/2" cubes	1.25 lb
19109	Ground venison (ground pork)	0.75 lb
19109	Can of crushed tomatoes	28.00 oz
19109	Red wine vinegar	3.00 tb
19109	Ground chili powder	3.00 tb
19109	Ground cumin	2.00 tb
19109	Worchestershire sauce	2.00 tb
19109	Cayenne pepper, plus a pinch	0.50 ts
19109	Lg green bell pepper, chpd	1.00
19109	Salt or to taste	2.00 ts
19109	Freshly ground black pepper	0.00
19109	Can of red kidney beans, dra	10.00 oz
19109	Masa Harina w/ a little H2O	3.00 tb
19110	Lean venison, cut into 1	5.50 lb
19110	-1/4-inch cubes	0.00
19110	Lard	5.00 oz
19110	Onions, sliced	5.50 lb
19110	Sweet paprika	5.00 oz
19110	Hot paprika	1.00 tb
19110	Red wine	1.25 qt
19110	Water	3.12 qt
19110	Potatoes, peeled and	2.00 lg
19110	-quartered	0.00
19110	Carrots, peeled and	3.00
19110	-quartered	0.00
19110	Apples, peeled, cored and	2.00
19110	-quartered	0.00
19110	Peppercorns	0.00
19110	Juniper berries	0.00
19110	Bay leaves	3.00
19110	A few "Piment" seeds (??)	0.00
19110	Stalks celery, thinly sliced	3.00
19110	Parsley, chopped	2.00 bn
19110	Sour cream to taste	0.00
19111	Cubed venison	5.00 lb
19111	Cubed suet	1.00 lb
19111	Salt	3.00 tb
19111	Black pepper	1.00 tb
19111	Red or cayenne pepper	1.00 ts
19111	Paprika	1.00 ts
19111	Sage	1.00 ts
19111	Garlic powder	2.00 ts
19111	Sausage casings	0.00
19112	Olive oil	2.00 tb
19112	Venison stew meat	3.00 lb
19112	Onion; roughly chopped	1.00 md

Sheet1

19112	Carrots; roughly chopped	2.00 md
19112	Celery stalks	2.00
19112	- roughly chopped	0.00
19112	Finely minced garlic	1.00 tb
19112	Dry red wine	1.50 c
19112	Water	1.00 c
19112	Lemon; cut in half	1.00
19112	Salt	0.50 tb
19112	Raspberry preserves	3.00 tb
19112	Green peppercorns in water	3.00 tb
19112	- drained	0.00
19112	Whipping cream	0.50 c
19112	Unsalted butter	2.00 tb
19113	Plum Barbecue Sauce	0.00
19113	Venison Steaks; *	6.00
19114	Shredded sharp Cheddar	2.00 c
19114	Chopped pecan pieces	2.50 oz
19114	Mayonnaise	0.33 c
19114	Maple syrup	1.00 tb
19114	Worcestershire sauce	0.50 ts
19114	Whole-grain crackers	36.00
19115	Pork Chops	6.00
19115	Chopped Onion	0.25 c
19115	Vinegar	1.00 tb
19115	Chili Powder	0.50 ts
19115	Maple Syrup	0.25 c
19115	Water	0.25 c
19115	Pepper	0.12 ts
19115	Salt	1.50 ts
19115	Worcestershire Sauce	1.00 tb
19116	Eggs, separated	3.00
19116	Cold Water	0.75 c
19116	Sugar	1.25 c
19116	Vanilla	1.00 ts
19116	Flour	1.75 c
19116	Salt	0.25 ts
19116	Baking Powder	2.00 ts
19116	Cream of Tartar	0.50 ts
19117	Chicken, 2 1/2 to 3 lbs.,	1.00
19117	-cut up	0.00
19117	Butter, melted	0.50 c
19117	Maple syrup	0.50 c
19117	Grated lemon rind	0.50 ts
19117	Salt	1.00 ts
19117	Of pepper	1.00 ds
19117	Almonds, chopped	0.25 c
19117	Lemon juice	2.00 ts
19118	Fryer, cut up and sprinkled	2.50 lb
19118	-with salt and pepper	0.00

Sheet1

19118	Evaporated milk	2.00	tb
19118	Water	2.00	tb
19119	Chopped onions	0.75	c
19119	Chopped green peppers	0.50	c
19119	Chopped celery	0.25	c
19119	Vegetable oil	0.25	c
19119	+ 1 Tbsp all-purpose flour	0.25	c
19119	Ground cayenne pepper	0.75	t
19119	White pepper	0.50	t
19119	Black pepper	0.50	t
19119	Bay leaves	2.00	ea
19119	Minced jalapeno peppers(note	0.25	c
19119	Minced garlic	1.00	t
19119	Basic beef stock	3.00	c
19120	White sugar	2.00	c
19120	Corn syrup	0.50	c
19120	Milk or cream	0.50	c
19120	Butter	1.00	ts
19120	Vanilla	1.00	ts
19121	c	0.00	1
19121		10.00	
19121		0.00	
19121	- then blotted dry	0.00	
19121	- on paper towels	0.00	2
19121	Frozen cauliflower,	10.00	1/2
19121	- cooked until tender,	0.00	1
19121	- then blotted dry	0.00	1/8
19121	- on paper towels	0.00	
19121	Vegetable oil	1.00	
19121	Frozen chopped onions	1.00	
19121	Unsalted butter	2.00	
19121	Eggs	2.00	
19121	Grated Parmesan cheese	0.50	c
19121	Dried bread crumbs	0.25	c
19121	Salt; or to taste	1.00	ts
19121	Dried chervil leaves	0.50	ts
19121	- crumbled	0.00	
19121	White pepper	0.25	ts
19121	Lemon juice	1.00	ts
19121	Butter; to grease the pan	0.00	
19121	MUSHROOM -----	0.00	-----
19121	Frozen chopped spinach	10.00	oz
19121	- defrosted & squeezed dry	0.00	
19121	Vegetable oil	1.00	tb
19121	Frozen chopped onions	1.00	c
19121	Frozen sliced mushrooms	8.00	oz
19121	Unsalted butter	2.00	tb
19121	Eggs	2.00	
19121	Dried bread crumbs	0.50	c

Sheet1

19121	Salt; or to taste	1.00 ts
19121	Ground nutmeg	0.12 ts
19121	Ground red pepper	1.00 pn
19121	Freshly ground black pepper	0.00
19121	CARROT -----	0.00 -----
19121	MUSHROOM -----	0.00 -----
19122	Sugar	3.00 c
19122	Sweet cream	0.75 c
19122	Coconut	1.00 c
19122	Chopped candied cherries	0.25 c
19122	Butter	0.25 c
19122	Chopped candied pineapple	0.25 c
19122	Almond or rose flavoring	1.00 ts
19122	Chopped figs	0.25 c
19123	9" Pie shells, baked	2.00
19123	Eggs, beaten	4.00
19123	Sour cream, (generous cup)	1.00 c
19123	Salt & pepper to taste	0.00
19123	Stick of butter	1.00
19123	Vidalia onions, large,	6.00
19123	-sliced thinly	0.00
19123	Grated Parmesean cheese	0.25 c
19123	Shakes of Tabasco sauce	4.00
19123	Grated cheese for top	0.25 c
19124	Vidalia Onions, sliced	4.00
19124	Stick margarine or butter	1.00
19124	Chicken broth	1.00 cn
19124	Beef broth	1.00 cn
19124	Water	2.00 cn
19124	Shredded mozzarella cheese	1.00 c
19124	Slices hard Italian Bread	0.00
19125	Dried Red Chiles	2.00
19125	Cloves Garlic	2.00
19125	Sugar	0.50 ts
19125	Nam Pla (Fish Sauce)	2.00 tb
19125	Vinegar	1.00 tb
19125	Lemon Juice	1.00 tb
19126	Sweetened Condensed Milk	2.00 tb
19126	Strong Black Coffee	6.00 oz
19127	Garlic cloves, minced	2.00
19127	Small shallot, minced	1.00
19127	Chili, fresh seeded minced	1.00
19127	Sugar	2.00 tb
19127	Fish sauce	0.25 c
19127	Fresh lime juice	0.25 c
19127	Vinegar	3.00 tb
19127	Water	3.00 tb
19127	Carrot, finely shredded	1.00
19128	Garlic clove minced	1.00

Sheet1

19128	Pepper flakes red, crushed	0.25 ts
19128	Fish sauce	2.00 tb
19128	Sugar	2.00 ts
19128	Lime peel minced	1.00 ts
19128	Lime juice	2.00 ts
19128	Water	3.00 tb
19129	Carrot; peeled	1.00 md
19129	Head celery	1.00 sm
19129	Leeks	4.00 sm
19129	Turnip; peeled	1.00 md
19129	Parsley roots *	4.00
19129	- peeled	0.00
19129	Minced garlic	2.00 tb
19129	Ground coriander	1.00 ts
19129	:water	2.00 c
19129	Salt	1.00 ts
19129	White wine vinegar	3.00 tb
19129	Chopped fresh dill	1.00 tb
19129	Extra virgin olive oil	0.33 c
19130	Red wine vinegar or lemon	0.33 c
19130	Juice	0.00
19130	Salad oil	0.67 c
19130	Garlic, minced	1.00 cl
19130	Minced parsley	1.00 tb
19130	Dijon mustard	1.00 tb
19130	Salt	1.00 ts
19130	Freshly ground pepper	0.12 ts
19131	Onion, chopped	1.00 md
19131	Ribs of celery, chopped	2.00
19131	Butter	0.25 c
19131	All-purpose flour	3.00 tb
19131	Chicken stock or canned	2.00 qt
19131	-chicken broth	0.00
19131	Smooth peanut butter	2.00 c
19131	Light cream	1.75 c
19132	Lean pork	2.00 lb
19132	Ginger	1.75 oz
19132	Cloves garlic	4.00
19132	Chilli powder	0.50 ts
19132	Turmeric	2.00 ts
19132	Salt	1.00 ts
19132	Cardamoms	5.00
19132	Cloves	5.00
19132	Cm cinnamon stick	2.00
19132	Black peppercorns	6.00
19132	Coriander	0.88 oz
19132	Cumin	0.50 oz
19132	Vinegar	3.33 tb
19132	Sprig curry leaves	0.00



Sheet1

19132	Oil	5.12 tb
19132	Mustard	1.00 ts
19132	Water	10.12 tb
19133	Peanuts, roasted or fried	1.00 oz
19133	Cabe rawit or:	2.00
19133	Chilli powder	0.50 ts
19133	Clove garlic	1.00
19133	White vinegar	3.00 tb
19133	Sugar	0.50 ts
19133	Boiled water	1.00 tb
19133	Salt to taste	0.00
19134	Sugar	1.00 c
19134	Water	0.50 c
19134	Light corn syrup	0.25 c
19134	Salt	0.50 ts
19134	Vinegar	2.00 tb
19134	Vanilla or other flavoring	1.00 ts
19134	-such as orange or lemon, or	0.00
19134	-use:	0.00
19134	Peppermint or:	0.50 ts
19134	Bitter chocolate, grated	1.00 oz
19135	Cornmeal	3.00 c
19135	Baking powder	1.00 ts
19135	Baking soda	0.50 ts
19135	Sugar	1.00 ts
19135	Salt	1.00 ts
19135	Shortening, melted	3.00 tb
19135	Plus 2 T buttermilk	1.00 c
19135	Plus 2 T water	1.00 c
19136	Onion; chopped	1.00
19136	Minced garlic	1.00 tb
19136	Olive oil	10.00 tb
19136	Veal loin or leg roast	2.00 lb
19136	Canned tuna, drained	6.75 oz
19136	Anchovy fillets	24.00
19136	Dry white wine	1.00 c
19136	Water or chicken broth	1.00 c
19136	Thyme leaves	1.00 ts
19136	Bay leaves	2.00
19136	Ground white pepper	1.00 ts
19136	Dry pasta; such as:	0.50 lb
19136	- penne or small shells	0.00
19136	Egg yolks	2.00
19136	Salt to taste	0.00
19136	Capers	0.25 c
19136	Finely chopped parsley	2.00 tb
19137	Sausage, little sizzlers	12.00 oz
19137	Hash browns, loose, frozen	3.00 c
19137	Green onions, chopped	0.50 c

Sheet1

19137	Milk	2.00 tb
19137	Salt	0.50 ts
19137	Pepper	0.25 ts
19137	Cream cheese	8.00 oz
19137	Bisquick	0.75 c
19137	Milk	0.33 c
19137	Egg	2.00 ea
19138	Bean Dip	21.00 oz
19138	Pace Picante Sauce	1.00 c
19138	Finely Chopped Green Onions	6.00
19138	Mayonnaise	1.00 c
19138	Sour Cream	1.00 c
19138	Drained Sliced Olives	4.50 oz
19138	Shredded Monterey Jack	4.00 oz
19138	- Cheese	0.00
19139	Shortening	0.50 c
19139	Sugar	1.50 c
19139	Red food coloring	0.25 c
19139	(Heaping) Cocoa	2.00 tb
19139	Buttermilk	1.00 c
19139	Cake flour	2.25 c
19139	Vanilla	1.00 ts
19139	Salt	1.00 ts
19139	Baking soda	1.00 ts
19139	Vinegar	1.00 ts
19139	Eggs	2.00
19139	Frosting:	0.00
19139	Flour	3.00 tb
19139	Milk	1.00 c
19139	Sugar	1.00 c
19139	Vanilla	1.00 ts
19139	Butter, Must be Butter	1.00 c
19140	CAKE -----	0.00 -----
19140	Shortening	0.50 c
19140	Eggs	2.00
19140	Vanilla	1.00 ts
19140	Salt	1.00 ts
19140	Flour, All-Purpose, Sifted *	2.50 c
19140	Baking Soda	1.00 ts
19140	Sugar	1.50 c
19140	Food Coloring, Red	0.25 c
19140	Cocoa	2.00 tb
19140	Buttermilk	1.00 c
19140	Vinegar	1.00 tb
19140	FROSTING -----	0.00 -----
19140	Milk	1.00 c
19140	Flour, All-Purpose	5.00 ts
19140	Butter	1.00 c
19140	Sugar, Powdered, Sifted	1.00 c

Sheet1

19140	Vanilla	1.00 ts
19140	CAKE -----	0.00 -----
19140	FROSTING -----	0.00 -----
19141	Raisins	3.00 c
19141	Shortening	0.25 c
19141	Sugar	2.00 c
19141	Salt	2.00 t
19141	Walnuts; chopped	1.00 c
19141	Water	3.00 c
19141	Unbleached flour; sifted	5.50 c
19141	Baking soda	4.00 t
19141	Eggs; lg, slightly beaten	2.00 ea
19142	Eggs, separated	10.00
19142	Powdered sugar	1.67 c
19142	Matzo cake flour	0.50 c
19142	Vanilla	1.00 ts
19142	Salt	0.50 ts
19142	Orange peel; grated (option	1.00 ts
19142	-l)	0.00
19142	Walnuts; chopped	1.50 c
19143	Walnuts, coarsely chopped	1.50 c
19143	Butter or margarine	0.67 c
19143	Packed light brown sugar	1.00 c
19143	- 14 oz can sweetened	1.00
19143	-condensed milk	0.00
19143	Vanilla	1.50 ts
19144	Sweetened condensed milk	0.67 c
19144	Sifted confectioners' sugar	4.50 c
19144	Vanilla	1.00 ts
19144	Salt	0.12 ts
19144	Food coloring	0.00
19144	Walnut pieces	0.00
19145	Light brown sugar, packed	1.00 c
19145	Granulated sugar	0.50 c
19145	Light corn syrup	0.25 c
19145	Light cream	0.50 c
19145	Butter	1.00 tb
19145	Vanilla extract	1.00 ts
19145	Coarsely chopped walnuts	1.50 c
19146	Shortening	0.50 c
19146	Milk	1.00 c
19146	Butter	1.00 c
19146	Salt	0.25 ts
19146	Sugar	3.00 c
19146	Baking Powder	0.25 ts
19146	Eggs	5.00
19146	Vanilla	2.00 ts
19146	Flour	3.00 c
19146	Chopped walnuts (fine)	1.00 c

Sheet1

19147	Sesame oil	1.00 tb
19147	Onion	1.00 sm
19147	Quinoa, thoroughly rinsed	1.25 c
19147	Red bell pepper, diced	1.00 sm
19147	Water	3.00 c
19147	Tamari soy sauce	1.00 ts
19147	Fresh rosemary OR	1.00 ts
19147	Dried rosemary	0.50 ts
19147	Fresh or frozen peas	1.00 c
19147	Walnuts, chopped	0.50 c
19148	All-purpose flour	2.00 c
19148	Baking soda	1.25 ts
19148	Ground ginger	1.00 ts
19148	Ground "cinnamon"	1.00 ts
19148	Pepper	0.50 ts
19148	Salt	0.50 ts
19148	Egg	1.00
19148	Sugar	0.50 c
19148	Butter, melted and cooled	0.50 c
19148	Grated lemon peel	1.00 tb
19148	Hot water	0.75 c
19148	Unsulphured molasses	0.33 c
19148	Honey	0.33 c
19148	Chopped walnuts	1.00 c
19148	Purchased Lemon curd	0.00
19149	Walnuts, shelled (about 1	15.00
19149	Cup)	0.00
19149	Ground pepper	0.25 ts
19149	Liquamen (sep. recipe)	2.00 ts
19149	Grape juice or sweet wine	2.00 ts
19149	Olive oil	2.00 ts
19149	Ground cumin	0.50 ts
19149	Garnish of parsley or water	0.00
19149	Cress and walnut halves	0.00
19150	Canned No Salt Chicken	1.00 c
19150	Broth	0.00
19150	Walnut Oil	2.00 tb
19150	Balsamic Vinegar	2.00 tb
19150	Sherry Vinegar	2.00 tb
19150	Dijon Mustard	1.00 ts
19150	Sugar	0.25 ts
19150	Pepper	0.12 ts
19150	Garlic Minced	2.00 cl
19151	Butter	0.50 c
19151	Sugar	1.00 c
19151	Egg	3.00
19151	Milk	0.50 c
19151	Cake flour	2.00 c
19151	Baking powder	2.00 ts

Sheet1

19151	Vanilla	1.00 ts
19152	Butter, softened	0.50 c
19152	Plus 2 tb sugar	1.00 c
19152	Eggs	2.00
19152	Grated lemon peel	1.00 ts
19152	Lemon juice	1.00 tb
19152	All purpose flour	2.00 c
19152	Baking powder	2.00 ts
19152	Salt	0.50 ts
19152	Milk	0.50 c
19152	Blueberries, divided	1.00 c
19152	CREAM -----	0.00 -----
19152	Whipping cream	1.00 c
19152	Sugar	2.00 tb
19152	Lemon or orange liquor	2.00 tb
19152	CREAM -----	0.00 -----
19153	Whole Chicken Breasts	3.00
19153	Walnut Oil	5.00 tb
19153	Oyster Mushrooms	1.00 lb
19153	Leeks, Julienned	2.00
19153	Head Chicory, Washed & Dried	1.00
19153	Head Radicchio	1.00
19153	Washed & Dried	0.00
19153	Arugula, Washed & Dried	1.00 bn
19153	Mache, Washed & Dried	4.00 oz
19153	Beet Greens	4.00 oz
19153	Fresh Grapefruit Juice	0.25 c
19153	Lime Juice	1.00 tb
19153	Lemon Juice	1.00 tb
19153	Pink Grapefruit	1.00
19153	Peeled, Segmented	0.00
19153	FOR GARNISH -----	0.00 -----
19153	Lemon And Lime Zest	0.00
19153	FOR GARNISH -----	0.00 -----
19154	Spinach, Stems Removed,	0.75 lb
19154	-Leaves Rinsed And Crisped	0.00
19154	Red Or Yellow Bell Pepper,	1.00 lg
19154	-Seeded	0.00
19154	Green Onions, Including The	3.00
19154	-Tops	0.00
19154	Italian Sausage, Mild Or	0.50 lb
19154	-Hot, Casings Removed	0.00
19154	Fennel Seeds	0.50 ts
19154	Balsamic Or Red Wine Vinegar	0.33 c
19154	Salt And Pepper	0.00
19155	THE DRESSING -----	0.00 -----
19155	Egg	1.00
19155	Grainy mustard	3.00 tb
19155	Whipping cream	0.25 c

Sheet1

19155	Chopped fresh tarragon	1.00 tb
19155	--OR--	0.00
19155	-Dried tarragon	1.00 ts
19155	Olive oil	3.00 tb
19155	THE SALAD -----	0.00 -----
19155	Sweet potatoes; peeled	1.50 lb
19155	White wine vinegar	0.25 c
19155	Diced cooked turkey	2.00 c
19155	Cooking oil	2.00 tb
19155	Watercress	1.00 bn
19155	Head butter lettuce	1.00
19155	THE DRESSING -----	0.00 -----
19155	THE SALAD -----	0.00 -----
19156	Lentils	1.00 c
19156	Water	2.50 c
19156	Salt	0.00
19156	Garlic cloves	2.00 ea
19156	Green chili, chopped	1.00 ea
19156	Black mustard seeds	1.00 ts
19156	Ghee	3.00 tb
19156	Cumin seeds	1.00 ts
19156	Chili powder	0.00
19157	Apple Cider	1.00 ga
19157	Brown sugar,packed	1.00 c
19157	Frozen Lemonade concentrate	1.00 cn
19157	Frozen Orangejuice concentrd	1.00 cn
19157	Whole Cloves	1.00 tb
19157	Whole Allspice	1.00 ts
19157	Ground Nutmeg	1.00 ts
19157	Cinnamon Sticks	24.00
19158	Fresh Chinese water spinach	2.00 lb
19158	--OR-- European spinach	0.00
19158	Peanut oil	2.00 tb
19158	Chile fermented bean curd	3.00 tb
19158	--OR--	0.00
19158	-plain fermented bean curd	0.00
19158	Rice wine or dry sherry	2.00 tb
19158	Water	3.00 tb
19159	Onion	1.00 sm
19159	Potato, sliced	1.00
19159	Watercress	1.00 bn
19159	Big sprig parsley	1.00
19159	Big sprig dill	1.00
19159	Chicken broth	2.00 c
19159	Egg, or 2 egg yolks	1.00
19159	Heavy cream	1.00 c
19160	White Cake Mix	1.00 pk
19160	Vegetable Oil	0.75 c
19160	Eggs	3.00 lg

Sheet1

19160	7-Up Or Club Soda	1.00 c
19160	Pistachio Instant Pudding	3.00 oz
19160	(1 Package)	0.00
19160	Chopped Nuts (Pecans Are	1.00 c
19160	The Best)	0.00
19160	Coconut	0.50 c
19160	COVER -----	0.00 -----
19160	Whipped Topping Mix (Dry)	6.00 oz
19160	(2 Envelopes)	0.00
19160	Milk	1.50 c
19160	Pistachio Instant Pudding	3.00 oz
19160	(1 Package)	0.00
19160	Coconut	0.50 c
19160	Chopped Nuts (Use Pecans	0.75 c
19160	If That Is What You Used	0.00
19160	In The Cake. Match The	0.00
19160	Nuts)	0.00
19160	COVER -----	0.00 -----
19161	Butter	0.50 c
19161	Sugar	1.00 c
19161	Sweet milk	0.50 c
19161	Egg whites	3.00
19161	Flour, sifted	2.00 c
19161	Baking powder	3.50 ts
19161	Lemon juice to taste	0.00
19161	Dr red food coloring	4.00
19161	Raisins	0.50 c
19162	Chopped melon	10.00 lb
19162	Lemons	2.00
19162	Cold water	2.00 qt
19162	Preserved ginger or ginger	0.25 lb
19162	-root	0.00
19162	Sugar	10.00 lb
19163	Text Only	0.00
19164	Watermelon	1.00
19164	Water	1.00 qt
19164	Lime	1.00 tb
19164	Water	1.00 qt
19164	Sugar	2.00 c
19164	Sliced lemon	0.50
19164	Sticks ginger	2.00
19165	Yellow sugar	4.00 c
19165	Butter	2.00 c
19165	Eggs	10.00
19165	Sour cream	2.00 c
19165	(large)soda	1.00 ts
19165	Baking syrup	0.50 c
19165	Chopped dates	2.00 c
19165	Mixed peel	1.00 lb

Sheet1

19165	Almonds	0.50 lb
19165	Walnuts	0.50 lb
19165	Raisins	3.00 lb
19165	Currants	3.00 lb
19165	Flour	7.00 c
19166	GLORIA PITZERS SECRET RECIPE -----	0.00 -----
19166	Ground round	1.50 lb
19166	Corn oil	2.00 tb
19166	Salt	0.50 ts
19166	Onion soup, 10 oz	1.00 cn
19166	Chili powder	1.00 tb
19166	Cumin powder	2.00 ts
19166	Pepper	0.50 ts
19166	Kidney beans, undrained	21.00 oz
19166	Tomato paste, 6 oz	1.00 cn
19166	Tomato sauce, 8 oz	1.00 cn
19166	GLORIA PITZERS SECRET RECIPE -----	0.00 -----
19167	Oil	2.00 tb
19167	To 2 lbs ground round	1.50
19167	Can French onion soup (not	10.00 oz
19167	-creamy)	0.00
19167	Chili powder	1.00 tb
19167	Ground cumin	2.00 ts
19167	Pepper	0.50 ts
19167	Few drops of Tabasco	0.00
19167	Can red kidney beans	21.00 oz
19167	-undrained	0.00
19167	Can tomato paste	6.00 oz
19167	Can tomato sauce	8.00 oz
19168	3 oz chicken cutlets	2.00
19168	Slices each turkey ham &	2.00
19168	Reduced calorie swiss cheese	0.00
19168	1/2 oz each	0.00
19168	Plus 2 tsp dijon mustard,	1.00 T
19168	- divided	0.00
19168	Honey	1.00 t
19168	+ 2 t. plain bread crumbs	0.33 c
19168	Canned chicken broth	0.50 c
19168	Flour	2.00 t
19168	Sour cream	1.00 T
19168	Vegetable oil	2.00 t
19169	Reduced-calorie margarine	4.00 ts
19169	Prosciutto cut into thin	2.00 oz
19169	-strips	0.00
19169	Sliced scallions	0.50 c
19169	Garlic cloves, minced	2.00
19169	Low-sodium chicken broth	0.50 c
19169	Frozen carrots and zucchini	2.00 c
19169	Frozen peas	0.50 c



Sheet1

19169	Fresh fettuccine	3.00 oz
19169	Tomato, cut into wedges	0.50 md
19169	Grated Parmesan cheese	2.00 ts
19170	Beans, cooked (3-1/2 to 4	0.50 lb
19170	-cups with broth)	0.00
19170	A 10 inch frying pan	0.00
19170	Melted lard or pork	6.00 tb
19170	-drippings	0.00
19170	Onion, finely chopped	0.25
19170	Queso fresco, crumbled (l	2.00 oz
19170	-used shredded Monterery	0.00
19170	-Jack)	0.00
19170	Totopos (fried tortillas, or	12.00
19170	-tortilla chips)	0.00
19170	Some romaine lettuce leaves	0.00
19170	Radish roses	6.00
19171	CAKE -----	0.00 -----
19171	Squares Bakers' unsweetened	4.00
19171	-chocolate	0.00
19171	Water	0.50 c
19171	Sugar, divided	1.75 c
19171	Flour	1.67 c
19171	Baking soda	1.00 ts
19171	Salt	0.25 ts
19171	(1 stick) butter, softened	0.50 c
19171	Eggs	3.00
19171	Cmilk	0.75 c
19171	Vanilla	1.00 ts
19171	Chopped Diamond walnuts	1.00 c
19171	FROSTING -----	0.00 -----
19171	Squares Bakers' Unsweetened	4.00
19171	-chocolate	0.00
19171	Margarine or butter	2.00 tb
19171	Confectioners sugar	4.00 c
19171	Milk	0.50 c
19171	Vanilla	1.00 ts
19171	CAKE -----	0.00 -----
19171	FROSTING -----	0.00 -----
19172	Margarine	0.25 c
19172	Pork cubes, 1/2" diced	0.50 lb
19172	Onions, diced	0.50 c
19172	Salt	0.50 ts
19172	Pepper	0.25 ts
19172	Thyme	1.00 ts
19172	Flour	0.25 c
19172	Chicken broth (12 oz)	1.00 cn
19172	VEG-ALL Mixed Vegetables,	1.00 cn
19172	-drained (16 oz)	0.00
19172	9" refrigerated pie crusts	2.00

Sheet1

19172	Egg beaten with	1.00
19172	Milk	2.00 tb
19173	Ground beef	1.50 lb
19173	Veg oil	2.00 ts
19173	Onion soup	1.00 cn
19173	Chili powder	2.00 ts
19173	Ground cumin	2.00 ts
19173	Pepper	0.50 ts
19173	Cocoa	2.00 ts
19173	Kidney beans, undrained	2.00 cn
19173	Tomato paste	6.00 ts
19173	Tomato sauce	15.00 ts
19173	Brown sugar	2.00 ts
19173	Vinegar	1.00 ts
19173	V8 juice	6.00 c
19174	Dried (large) lima beans or	12.00 oz
19174	-butterbeans	0.00
19174	Med. onion (chopped)	1.00
19174	Ribs celery, including tops	2.00
19174	Carrot (diced)	1.00 lg
19174	Ham stock	4.00 c
19174	Diced ham	0.25 lb
19174	Water	2.00 c
19174	Chili pepin (crushed)	1.00
19174	Cloves garlic (minced)	2.00
19175	Finely chopped venison *	3.00 lb
19175	Medium onion	1.00
19175	Cloves garlic	4.00
19175	Salt to taste	0.00
19175	(or more) Chili powder	0.25 c
19175	Olive oil	2.00 tb
19175	Cumin	1.00 tb
19175	Texas beer	1.00 cn
19175	Water or beef broth	0.50 c
19175	Mexican oregano	1.00 tb
19175	Masa or corn meal **	2.00 tb
19175	Ground coriander	1.00 ts
19176	Thick lean belly pork strips	4.00
19176	-OR	0.00
19176	Spare rib chops	0.00
19176	Rashers unsmoked streaky	6.00
19176	-bacon	0.00
19176	Dry cider	0.25 pt
19176	Cooking apple,	1.00 lg
19176	Peeled, cored and sliced	0.00
19176	Onions, chopped finely	2.00
19176	Cloves garlic, crushed	2.00
19176	Juniper berries, crushed	6.00
19176	Potatoes, thickly sliced	1.50 lb

Sheet1

19177	Dates; cut in half	0.75 lb
19177	Hot water	1.00 c
19177	Soda	1.00 ts
19177	Sugar	1.00 c
19177	Shortening	0.50 c
19177	Salt	0.25 ts
19177	Eggs; beaten	2.00
19177	Vanilla	1.00 ts
19177	Flour	1.75 c
19177	Cocoa	1.00 ts
19177	Pecans; whole	0.50 c
19177	Chocolate chips; small pack	1.00
19177	-ge	0.00
19178		1.00
19178	Coriander seeds	1.00
19178	Mild vegetable oil	1.00 tb
19178	Onion, sliced	1.00 md
19178	Tomato paste	2.00 tb
19178	Whole cashew nuts	10.00
19178	Half-and-half	1.00 c
19178	Ghee	1.00 tb
19178	Whole cloves	5.00
19178	Cardamom pods	5.00
19178	One-inch piece cinnamon	1.00
19178	-stick	0.00
19178	Tomato, peeled, chopped	1.00 md
19178	Cauliflower florets	0.50 c
19178	Broccoli florets	0.50 c
19178	Brussels sprouts, cut in	5.00
19178	-half	0.00
19178	Carrot, cut into 2-inch	1.00 md
19178	-sticks	0.00
19178	Diagonally cut green beans	0.50 c
19178	Water	0.50 c
19178	Cayenne pepper	0.50 ts
19178	Salt, or to taste	0.50 ts
19178	Raisins	0.25 c
19178	Fresh mint sprigs for	0.00
19178	-garnish	0.00
19179	Unsalted butter	4.00 tb
19179	Sliced almonds	0.25 c
19179	Slivered pistachios	0.25 c
19179	Garlic cloves	6.00 lg
19179	One-inch piece fresh ginger	1.00
19179	Coriander	1.00 ts
19179	Green cardamom pods,husked	5.00
19179	Fresh hot green chile	1.00
19179	Black peppercorns	0.25 ts
19179	Whole cloves	5.00

Sheet1

19179	Royal cumin, or regular	0.50 ts
19179	-cumin seeds (see note)	0.00
19179	Ground mace	0.25 ts
19179	Water	0.25 c
19179	Lamb rib chops, 4 ounces	3.00
19179	-each, trimmed of all fat	0.00
19179	Water	0.50 c
19179	Saffron threads, dissolved	0.50 ts
19179	-in 2 tablespoons hot water	0.00
19179	Salt (optional)	0.00
19179	Peas, fresh or frozen	0.50 c
19179	Minced fresh cilantro or	2.00 tb
19179	-parsley	0.00
19180	Mixed white and colored	0.50 lb
19180	-beans	0.00
19180	Clove garlic, minced	1.00
19180	Chopped onion	0.50 c
19180	Olive oil	1.00 tb
19180	Beef broth or stock	2.00 qt
19180	Oregano, crushed	1.00 ts
19180	(8 oz) tomatoes, crushed	1.00 cn
19180	Julienne-cut carrots	0.67 c
19180	Julienne-cut celery	0.50 c
19180	Bite-sized pieces of	1.67 c
19180	-spinach, loosely packed	0.00
19180	Small cooked shell pasta	0.50 c
19180	Salt	0.00
19180	Grated Romano cheese	0.50 c
19181	Beef top round or boneless	1.00 lb
19181	Sirloin steak, cut 1" thick	0.00
19181	Light soy sauce	0.50 c
19181	Honey	2.00 tb
19181	Lemon juice	2.00 tb
19181	Green onions, finely	2.00
19181	Chopped	0.00
19181	Garlic powder	0.25 ts
19181	Asparagus tips, blanched	6.00 oz
19181	(2 1/2" long)	0.00
19181	Diagonally cut carrots,	0.75 c
19181	Blanched	0.00
19181	Frozen peas, blanched	0.50 c
19181	Tomato roses, if desired	4.00
19182	Boneless lean pork, cut into	1.00 lb
19182	-1-inch cubes	0.00
19182	Water	1.50 c
19182	Palm sugar OR Indian jaggery	2.00 ts
19182	-OR commercial brown sugar	0.00
19182	Tamarind paste, dissolved in	1.00 ts
19182	Water, strained	2.00 tb

Sheet1

19182	Salt	0.50 ts
19182	Fish sauce (nam pya ye)	1.00 ts
19183	Wheat kernels,whole	1.00 c
19183	Lard	0.25 c
19183	Onions	2.00
19183	Beef,coarse grind	1.50 lb
19183	Red chile,hot,ground	2.00 T
19183	Red chile,mild,ground	2.00 T
19183	Garlic cloves	3.00
19183	Oregano,dried,pref. Mexican	0.50 t
19183	Cumin	2.00 t
19183	Salt	1.00 t
19183	Chile caribe	0.50 t
19183	Green chiles,diced	8.00 oz
19183	Tomato paste	8.00 oz
19183	Tomato juice	32.00 oz
19184	(5/16-ounce) yeast	1.00 pk
19184	50/50 flour	1.50 c
19184	Bread flour	0.50 c
19184	Cracked wheat cereal	2.00 tb
19184	Wheat germ	2.00 tb
19184	Honey	2.00 tb
19184	Butter or margarine	1.00 tb
19184	Dry milk	1.00 tb
19184	Salt	1.00 ts
19184	Water	0.88 c
19186	Zucchini (shredded)	2.00 c
19186	Eggs	2.00
19186	Vanilla	1.00 ts
19186	Oil	0.75 c
19186	Milk	0.50 c
19186	Sugar	1.00 c
19186	Semisweet chocolate pieces	0.50 c
19186	Wheat germ	0.75 c
19186	Flour	2.00 c
19186	Cocoa	0.25 c
19186	Baking powder	3.00 ts
19186	Salt	0.75 ts
19186	Cinnamon	0.50 ts
19186	Cloves	0.25 ts
19187	Whole-wheat Flour	6.00 c
19187	Instant Non Fat Dry Milk	1.50 c
19187	Sugar	1.00 c
19187	Baking Powder	0.25 c
19187	Unbleached All-purpose Flour	3.00 c
19187	Salt	1.00 tb
19187	Wheat Germ	0.50 c
19187	Vegetable Shortening	2.00 c
19188	FOR 1 -----	0.00 -----

Sheet1

19188	Yeast	1.00 pk
19188	Ginger	0.12 ts
19188	Bread flour	2.50 c
19188	Whole wheat flour	1.25 c
19188	Wheat germ	0.50 c
19188	Salt	1.00 ts
19188	Honey	3.00 tb
19188	Evaporated milk (12 oz.)	1.00 cn
19188	Salad oil	2.00 tb
19188	Cracked wheat	0.50 c
19188	Boiling water	0.50 c
19188	FOR 1 -----	0.00 -----
19189	Heavy cream	1.00 c
19189	Fine granulated sugar (opt)	2.00 tb
19189	Vanilla	1.00 ts
19190	Whipping cream	1.00 c
19190	Sugar	1.00 c
19190	Eggs	2.00
19190	Vanilla	1.00 ts
19190	Cake flour	1.50 c
19190	Baking powder	2.00 ts
19190	Salt	0.50 ts
19191	For Whipped Cream Frosting:	0.00
19191	Heavy whipping cream	1.00 pt
19191	Powdered sugar	6.00 tb
19191	Vanilla, or liqueur	2.00 ts
19191	For Raspberry Sauce:	0.00
19191	Frozen raspberries in syrup	10.00 oz
19191	Cornstarch	1.00 tb
19192	For Whipped Cream Frosting:	0.00
19192	Heavy whipping cream	1.00 pt
19192	Powdered sugar	6.00 tb
19192	Vanilla, or liqueur	2.00 ts
19192	For Raspberry Sauce:	0.00
19192	Frozen raspberries in syrup	10.00 oz
19192	Cornstarch	1.00 tb
19193	FOR WHIPPED CREAM FROSTING -----	0.00 -----
19193	Heavy whipping cream	1.00 pt
19193	Powdered sugar	6.00 tb
19193	Vanilla, or liqueur	2.00 ts
19193	FOR RASPBERRY SAUCE -----	0.00 -----
19193	Frozen raspberries in syrup	10.00 oz
19193	Cornstarch	1.00 tb
19193	FOR WHIPPED CREAM FROSTING -----	0.00 -----
19193	FOR RASPBERRY SAUCE -----	0.00 -----
19194	FOR WHIPPED CREAM FROSTING -----	0.00 -----
19194	Heavy whipping cream	1.00 pt
19194	Powdered sugar	6.00 tb
19194	Vanilla, or liqueur	2.00 ts

Sheet1

19194	FOR RASPBERRY SAUCE -----	0.00 -----
19194	Frozen raspberries in syrup	10.00 oz
19194	Cornstarch	1.00 tb
19194	FOR WHIPPED CREAM FROSTING -----	0.00 -----
19194	FOR RASPBERRY SAUCE -----	0.00 -----
19195	Chilled whipping cream	1.00 c
19195	Powdered sugar	1.00 c
19195	Egg yolks	2.00
19195	Vanilla	1.00 ts
19196	Whipping cream	1.00 pt
19196	Sugar	1.00 tb
19196	16-oz pineapple tidbits	1.00 cn
19196	16-oz black cherries	1.00 cn
19196	Banana sliced	1.00 lg
19196	Dates chopped	1.00 c
19196	Chopped nuts optional	0.50 c
19196	Miniature marshmallows	2.00 c
19197	Popped popcron	2.00 qt
19198	Dried white beans, Great	1.50 c
19198	-Northern, navy, or baby	0.00
19198	-lima	0.00
19198	Water	6.00 c
19198	Cloves garlic, chopped	3.00
19198	Salt	2.00 ts
19198	Beef broth	4.00 c
19198	Freshly ground black pepper	0.25 ts
19198	Rosemary, crumbled	1.00 ts
19198	Fresh green beans (about 3/4	2.00 c
19198	-lb), cut on the	0.00
19198	Diagonal in 1-inch pieces	0.00
19198	Butter	1.00 tb
19198	Juice of 1/2 lemon	0.00
19199	White asparagus	3.00 lb
19199	Boiling water mixed with	2.00 qt
19199	Salt	4.00 ts
19199	Unsalted butter	0.50 c
19199	Fine,soft white bread crumbs	0.67 c
19199	Freshly ground black pepper	0.50 ts
19200	SOUP -----	0.00 -----
19200	Light-tasting olive oil	2.00 tb
19200	Chopped celery	1.00 c
19200	Chopped onion	1.00 c
19200	Mincd garlic	2.00 ts
19200	Dried sage	2.00 ts
19200	Chicken stock or broth	6.00 c
19200	Water	2.00 c
19200	Lamb shanks	1.00 lb
19200	Dried navy beans	1.00 lb
19200	Fresh lemon juice	2.00 ts

Sheet1

19200	Salt	0.00
19200	Freshly ground pepper	0.00
19200	GARNISH -----	0.00 -----
19200	Plum tomatoes; shells only,	3.00 lg
19200	- cut into 1/4-in dice	0.00
19200	Fresh basil leaves	0.25 c
19200	- cut into fine julienne	0.00
19200	SOUP -----	0.00 -----
19200	GARNISH -----	0.00 -----
19201	PHILLY INQUIRER -----	0.00 -----
19201	Onions; large	1.00
19201	Garlic clove; crushed	1.00
19201	Carrots; small	1.00
19201	Sage leaves	0.00
19201	Oil	1.00 tb
19201	Cans, Great northern beans	2.00
19201	15 OUNCE -----	0.00 -----
19201	Can clear chicken broth	14.50 oz
19201	Salt; to taste	0.00
19201	Ground pepper; to taste	0.00
19201	PHILLY INQUIRER -----	0.00 -----
19201	15 OUNCE -----	0.00 -----
19202	Pancetta (Italian bacon)	0.25 lb
19202	- finely diced	0.00
19202	Onion; finely diced	1.00 md
19202	Carrot; finely diced	1.00 sm
19202	Celery ribs; thinly sliced	2.00
19202	Finely minced garlic	1.00 ts
19202	Dried white beans	1.00 c
19202	Low-sodium chicken broth	4.00 c
19202	Chopped fresh thyme leaves	1.00 ts
19202	-=OR=-	0.00
19202	-Dried thyme	1.00 ts
19202	Swiss chard leaves	6.00 lg
19202	Salt and pepper; as desired	0.00
19202	Grated Parmesan cheese	0.00
19202	- as desired	0.00
19203	Yeast	1.00 pk
19203	Unbleached flour;1/2 bread	1.50 c
19203	Sugar	2.00 tb
19203	Salt	1.00 ts
19203	Margarine	1.00 tb
19203	Dry milk	1.00 tb
19203	Water (1 cup minus 2 TAB)	0.88 c
19204	Crisco 3/4 to 1 1/2 c OK	1.00 c
19204	CLEAR Vanilla	0.75 t
19204	CLEAR Almond	0.25 t
19204	CLEAR Butter	0.25 t
19204	Salt	1.00 pn



Sheet1

19204	*<or more>Milk or Water	0.50 c
19204	Confectioners' Sugar	2.00 lb
19204	*Cream Whip Icing Base	0.33 c
19205	Sugar	1.00 c
19205	Shortening	0.50 c
19205	Egg whites	4.00
19205	Almond flavoring	1.00 ts
19205	Cake flour	2.00 c
19205	Baking powder	3.00 ts
19205	Salt	0.25 ts
19205	Milk	0.50 c
19205	OR	0.00
19205	Evaporated milk diluted	0.25 c
19205	-with	0.00
19205	Water	0.25 c
19206	White Castle hamburgers,	10.00
19206	Pickle removed	0.00
19206	Celery, diced	1.50 c
19206	Ground thyme	1.25 ts
19206	Ground sage	1.50 ts
19206	Coarse ground black pepper	0.75 ts
19206	Chicken broth	0.25 c
19207	White Castle hamburgers,	14.00
19207	Chopped fine; buns set aside	0.00
19207	Chopped Vidalia onions	2.50 c
19207	Hellmann's (R) mayonaise	1.75 c
19207	Shredded Swiss cheese	2.00 c
19207	Crumbled bacon	0.50 c
19207	Crushed crackers (topping)	0.00
19208	Large White Beans	1.00 lb
19208	Chicken Broth	6.00 c
19208	Cloves Garlic, Minced	2.00
19208	Onions, Chopped	2.00 md
19208	Oil	1.00 tb
19208	Chopped Mild Green Chiles	8.00 oz
19208	Ground Cumin	2.00 ts
19208	Oregano	1.50 ts
19208	Ground Cloves	0.25 ts
19208	Cayenne Pepper	0.25 ts
19208	Cooked Diced Chicken Breast	4.00 c
19208	Grated Monterey Jack Cheese	3.00 c
19208	Salsa	0.00
19208	Sour Cream	0.00
19209	Cream cheese	2.00 lb
19209	Eggs	4.00
19209	Sugar	1.00 c
19209	White chocolate	12.00 oz
19210	Unsalted butter softened	0.50 c
19210	Sugar	0.33 c

Sheet1

19210	Brown sugar firm packed	0.33 c
19210	Egg	1.00
19210	Vanilla	1.00 ts
19210	All purpose flour	1.00 c
19210	Baking soda	0.50 ts
19210	Salt	0.25 ts
19210	White chocolate, chopped	6.50 oz
19210	Macadamia nuts, halved	0.75 c
19211	(1 stick) unsalted butter,	0.50 c
19211	-cut into 1/4ths, room	0.00
19211	Temperature	0.00
19211	Sugar	0.33 c
19211	Firmly packed golden brown	0.33 c
19211	-sugar	0.00
19211	Egg	1.00 lg
19211	Vanilla extract	1.00 ts
19211	All purpose flour	1.00 c
19211	Baking soda	0.50 ts
19211	Salt	0.25 ts
19211	White chocolate, coursey	6.50 oz
19211	-chopped	0.00
19211	And finally, take out a	0.00
19211	-loan, and get:	0.00
19211	Macadamia nuts, halved	0.75 c
19212	Unflavored Gelatin	1.50 ts
19212	Cold Water	3.00 tb
19212	White Choc.-flav. baking bar	6.00 oz
19212	Whipping Cream	1.25 c
19212	Vanilla Extract	1.00 ts
19213	Half and half	2.00 c
19213	White chocolate;	12.00 oz
19213	- coarsely chopped	0.00
19213	Eggs	4.00
19213	Sugar	1.50 c
19213	Whipping cream	2.00 c
19214	White chocolate	9.00 oz
19214	Gelatin powder	3.00 ts
19214	Soft whipping cream	1.00 qt
19214	Sugar	8.00 oz
19214	Cream cheese	2.00 lb
19214	Caramel DeLites Cookies,	4.00 oz
19214	-diced and crumbled	0.00
19214	Shortbread Cookies, diced	4.00 oz
19214	-and crumbled	0.00
19214	Praline Royale Cookies,	4.00 oz
19214	-diced and crumbled	0.00
19214	Sun-dried cherries	6.00 oz
19214	Melted butter	1.00 oz
19215	GOLDEN CRISCO SHORTENING	1.00 c

Sheet1

19215	Lightly Packed Brown Sugar	2.00 c
19215	Eggs	2.00
19215	Vanilla	2.00 ts
19215	ROBIN HOOD All Purpose Flour	2.50 c
19215	Baking Soda	1.00 ts
19215	Cinnamon	0.50 ts
19215	ROBIN HOOD Oats	3.00 c
19215	Sweetened Condensed Milk	1.00 cn
19215	White Chocolate Chips	1.50 c
19215	GOLDEN CRISCO SHORTENING	2.00 tb
19215	Grated Orange Rind	1.00 tb
19215	Chopped Pecans or Almonds	0.67 c
19216	White chocolate	0.25 lb
19216	Unsalted butter	6.00 tb
19216	Eggs	6.00
19216	Sugar	2.00 tb
19216	All-purpose flour	0.25 c
19216	Raspberries	2.00 pt
19217	Kellogs Rice Bubbles	3.00 c
19217	Icing sugar	0.75 c
19217	Mixed dried fruit	1.00 c
19217	Desiccated coconut	1.00 c
19217	Powdered milk	1.00 c
19217	COPHA, melted, cooled	250.00 g
19218	Quahogs (3 cups chopped meat	24.00
19218	-and liquor)	0.00
19218	Dry white wine	3.00 c
19218	(Approx) fish stock, clam	2.00 c
19218	-broth or water	0.00
19218	Leeks, trimmed and washed	6.00
19218	Onions	2.00
19218	Stalks celery	4.00
19218	Salt pork	3.00 oz
19218	Strips bacon	6.00
19218	Flour	0.33 c
19218	Potatoes, peeled and diced	3.00 lg
19218	Bouquet garni of bay leaf,	0.00
19218	-thyme and parsley	0.00
19218	Salt, pepper and cayenne	0.00
19218	-pepper	0.00
19218	Peanut oil for frying the	2.00 c
19218	-leeks	0.00
19218	Heavy cream	1.00 c
19218	Finely chopped chives or	4.00 tb
19218	-parsley	0.00
19218	Butter	3.00 tb
19219	Chopped onion	0.50 c
19219	Diced celery	0.50 c
19219	Oil	1.00 tb

Sheet1

19219	Chopped nuts (walnuts and	1.00 c
19219	Cashews), finely chopped	0.00
19219	Cottage cheese	1.00 c
19219	Salt	0.50 ts
19219	Bread crumbs	1.00 c
19219	Eggs, lightly beaten	2.00
19219	Poultry seasoning	0.25 ts
19219	Onion powder	1.25 ts
19219	Water	0.67 c
19220	Of white figs	3.00 lb
19220	Oranges	3.00
19220	Sugar (3 3/8 pounds)	6.75 c
19220	Lemons	3.00
19221	Broilers or frying chickens	2.00
19221	Water	5.00 c
19221	Blade mace	1.00
19221	Nutmeg	0.25 ts
19221	Anchovies	2.00
19221	Onion	1.00 sm
19221	Salt	1.00 ts
19221	Pepper	0.00
19221	Sherry or unsweetened sherry	0.50 c
19221	-extract	0.00
19221	Cream	1.00 c
19221	Butter	0.25 c
19221	Flour	0.25 c
19221	Egg yolk	1.00
19222	Sugar	1.00 c
19222	Canned peach juice	0.50 c
19222	Cake flour	3.00 c
19222	Baking soda	0.50 ts
19222	Coconut	1.00 c
19222	Finely cut candied pineapple	1.00 c
19222	Candied cherries	1.00 c
19222	Orange flavoring	1.00 ts
19222	Butter	1.00 c
19222	Eggs, well beaten	2.00
19222	Egg whites	6.00
19222	Baking powder	2.00 ts
19222	Salt	0.50 ts
19222	Thinly sliced citron	2.00 c
19222	Chopped raisins	1.00 c
19222	Nuts	2.00 c
19222	Lemon flavoring	1.00 ts
19223	Sugar	1.00 c
19223	Water	0.00
19223	Egg whites	2.00 ea
19223	Nuts	0.00
19223	Sugar	2.00 c

Sheet1

19223	Corn syrup; white	1.00 c
19223	Vanilla	1.00 ts
19224	Dried Navy Beans	1.00 lb
19224	(14 1/2 oz) Chicken Broth	4.00 cn
19224	Cooked chicken (chopped)	5.00 c
19224	(4 oz) green chiles	2.00 cn
19224	-(chopped)	0.00
19224	Onion (chopped)	1.00 lg
19224	Cloves garlic (minced)	2.00
19224	Water	1.00 c
19224	Jalepeno pepper	1.00
19224	-seeded & chopped	0.00
19224	Ground white pepper	1.00 tb
19224	Dried oregano	1.00 tb
19224	Ground cummin	1.00 tb
19224	Salt	1.00 ts
19224	Ground cloves	0.50 ts
19224	(8 in) flour tortillas	8.00
19224	Monterey Jack (shredded)	1.00 pk
19224	Commercial Salsa	1.00 pk
19224	Sour Cream	1.00 c
19225	Egg yolk, well beaten	3.00 ea
19225	Flour	1.00 T
19225	Sugar	1.00 T
19225	Salt	1.00 t
19225	Cream	1.00 c
19225	Vinegar	0.50 c
19225	Mustard, dry	1.00 t
19225	Olive oil	2.00 T
19226	Milk	2.00 c
19226	Carrot,finely chopped	2.00 tb
19226	Celery,finely chopped	2.00 tb
19226	Onion,finely chopped	4.00 tb
19226	Peppercorns	4.00
19226	Clove	0.00
19226	Bay leaf,crumbled	1.00
19226	Butter	2.00 tb
19226	Flour	2.00 tb
19226	Grating of nutmeg	0.00
19226	Salt to taste	0.00
19226	Fresh,pepper to taste	0.00
19227	Instant Nonfat Dry Milk OR	2.00 c
19227	Unbleached Flour	1.00 c
19227	Butter or Margarine	1.00 c
19227	Regular Non Fat Dry Milk	1.50 c
19227	Salt	2.00 ts
19228	Shortening	0.50 c
19228	Sugar	2.00 c
19228	Egg whites	2.00

Sheet1

19228	Baking powder	1.00 ts
19228	Flour	2.00 c
19228	Salt	1.00 ts
19228	Buttermilk	1.75 c
19228	Vanilla	1.00 ts
19228	Almond flavoring	0.50 ts
19229	Medium-sized white turnips	4.00
19229	Onion	1.00 lg
19229	Butter	3.00 tb
19229	Salt and pepper	0.00
19229	Bread	3.00 sl
19229	Egg yolks	2.00
19229	Cream	0.50 c
19230	White wine	0.75 c
19230	Lemon juice	0.25 c
19230	Olive oil	0.25 c
19230	Minced garlic	2.00 tb
19230	Minced onions	0.25 c
19230	White pepper	1.00 ts
19230	Ground coriander	0.50 ts
19230	Salt	2.00 ts
19230	Squid; body cut into rounds,	1.50 c
19230	- tentacles left whole	0.00
19231	White wine	0.50 c
19231	Dijon mustard	2.00 tb
19231	(7-oz) whitefish fillets	4.00
19231	Salt and white pepper	0.00
19231	- to taste	0.00
19231	Thyme	0.50 ts
19231	Fiddlehead ferns	0.75 lb
19231	-OR- Asparagus	0.00
19231	Onion; finely diced	1.00 md
19231	Unsalted butter	2.00 tb
19232	Arborio rice	1.00 c
19232	Bottled clam juice	4.00 c
19232	- or fresh or canned	0.00
19232	- low-sodium chicken broth	0.00
19232	Anchovies; finely chopped	4.00
19232	Chopped fresh rosemary; -OR-	0.50 ts
19232	-Dried rosemary	0.25 ts
19232	Chopped fresh sage; -OR-	0.50 ts
19232	-Dried sage	0.25 ts
19232	7-oz pieces whitefish fillet	4.00
19232	- or bass fillet pieces	0.00
19232	Leeks	6.00 lg
19232	- sliced into thin rounds,	0.00
19232	Lemon juice	3.00 tb
19232	Dijon-style mustard	1.00 tb
19232	Extra-virgin olive oil	0.33 c

Sheet1

19233	Moose steaks; 1/2 lb each	4.00 lb
19233	Onions; sliced	4.00 lg
19233	Wine vinegar	0.50 c
19233	Tomato paste; small , 5 1/2	1.00 cn
19233	-fluid oz, 156 ml	0.00
19233	-Water, equal amount to	0.00
19233	-the tomato paste	0.00
19233	Salt, pepper & paprika	0.00
19233	Butter; or oil	0.50 c
19233	Garlic cloves; minced	2.00
19233	Pickling spices; tied in a	1.00 tb
19233	-bag	0.00
19233	Bay leaves	3.00
19234	Whole suckling pig	1.00
19234	-(10-14 lb), oven-ready	0.00
19234	-(have your butcher clean	0.00
19234	- and trim it)	0.00
19234	Plain distilled vinegar	0.33 c
19234	Carrots, chopped or sliced	1.50 c
19234	Celery, chopped or sliced	1.50 c
19234	Onions, chopped or sliced	1.50 c
19234	Safflower oil	0.33 c
19234	Coarse salt	1.00 tb
19234	Thyme	1.00 ts
19234	Stuffing (optional) *	0.00
19234	- *(instead of vegetables)	0.00
19234	Olive oil	0.00
19234	Stock	1.00 c
19234	Wine	1.00 c
19234	Red apple	1.00 sm
19234	Watercress	1.00 bn
19234	Flour	2.00 tb
19234	Butter	2.00 tb
19235	Corn Bread Mix (INDEX)	2.00 c
19235	Whole wheat flour	1.00 c
19235	Sugar	0.33 c
19235	Baking powder	1.00 ts
19235	Water	1.25 c
19235	Dark molasses	0.33 c
19235	Egg	1.00
19235	Orange Butter (INDEX)	0.00
19236	Yeast	2.00 tb
19236	Water, warm	0.75 c
19236	Whole wheat pastry flour	1.75 c
19236	Water	0.50 c
19236	Honey	1.50 tb
19236	Butter, 1/2" pieces	2.00 c
19236	Egg	1.00
19236	Water	1.00 tb

Sheet1

19237	Warm water	1.50 c
19237	Veg. oil	2.00 tb
19237	Honey	3.00 tb
19237	Salt	1.00 tb
19237	Whole wheat flour	2.50 c
19237	Gluten flour (opt.)	2.00 tb
19237	White all-purpose flour	1.00 c
19237	(enough to make a satiny	0.00
19237	Dough)	0.00
19237	Yeast	1.00 ts
19237	Cornmeal for shaping surface	0.00
19238	Sugar	3.00 tb
19238	Eggs	2.00
19238	Flour	1.00 c
19238	Whole wheat flour	1.00 c
19238	Baking powder	2.00 ts
19238	Cinnamon	1.50 ts
19238	Baking soda	1.00 ts
19238	Nutmeg	0.50 ts
19238	Salt	0.50 ts
19238	Margarine	0.33 c
19238	Milk	0.50 c
19238	Raisins	0.50 c
19239	Yeast	2.00 ts
19239	Whole wheat bread flour	2.00 c
19239	Unbleached bread flour	1.33 c
19239	Buttermilk powder	2.00 tb
19239	Vital wheat gluten	2.00 tb
19239	Lecithin	2.00 tb
19239	Salt ; lite	2.00 ts
19239	Wheat germ	2.00 ts
19239	Ginger	0.50 ts
19239	Olive oil	2.00 tb
19239	Honey	1.00 tb
19239	Whole wheat s/d starter (you	0.50 c
19239	Water ; (i use bottled h20)	1.00 c
19239	Margarine, room temp.	0.50
19240	Unbleached All-Purpose Flour	1.50 c
19240	Whole Wheat Flour	1.50 c
19240	Baking Powder	0.25 ts
19240	Warm Water (110 F)	1.00 c
19240	Vegetable Oil	2.00 ts
19240	Salt	0.25 ts
19241	FOR 1 -----	0.00 -----
19241	Yeast	1.00 pk
19241	Whole wheat flour	2.50 c
19241	Bread flour	1.00 c
19241	Sugar	1.00 tb
19241	Salt	1.00 ts



Sheet1

19241	Soft butter	2.00 tb
19241	Nonfat dry milk	3.00 tb
19241	Warm water	1.50 c
19241	FOR 1 -----	0.00 -----
19242	Whole wheat flour	1.50 c
19242	Active dry yeast	1.00 ts
19242	Lukewarm water	1.50 x
19243	Sugar	1.00 c
19243	Solid White Vegetable	0.50 c
19243	-Shortening	0.00
19243	Unbleached Flour	2.00 c
19243	Unsweetened Cocoa Powder	0.50 c
19243	Baking Soda	1.50 ts
19243	Salt	1.00 ts
19243	Milk	1.00 c
19243	Vanilla Extract	2.00 ts
19243	FILLING:	0.00
19243	Butter, Softened (1 Stick)	0.50 c
19243	Marshmallow Creme (1 Jar)	7.50 oz
19243	Confectioners' Sugar	0.75 c
19243	Solid White Vegetable	0.25 c
19243	-Shortening	0.00
19243	Vanilla Extract	0.50 ts
19244	CUP CAKE -----	0.00 -----
19244	Flour	1.50 c
19244	Sugar	1.00 c
19244	Baking Soda	1.00 ts
19244	Salt	1.00 ts
19244	Cocoa	6.00 tb
19244	Crisco	3.00 tb
19244	Sour Milk	1.00 c
19244	- (1 T Vinegar + 1 C Milk)	0.00
19244	Vanilla	1.00 ts
19244	FILLING -----	0.00 -----
19244	Flour	2.50 tb
19244	Milk	0.50 c
19244	Vanilla	1.00 ts
19244	Sugar	0.50 c
19244	Crisco	0.25 c
19244	Butter	0.25 c
19244	CUP CAKE -----	0.00 -----
19244	FILLING -----	0.00 -----
19245	Cooking Oil	0.50 c
19245	Diced Yellow Onions	4.00
19245	Cloves Garlic, Minced	4.00
19245	Jalapeno Or Serrano Chiles *	2.00
19245	Chili Powder	3.00 tb
19245	Ground Cumin	2.00 tb
19245	Dried Thyme	1.00 tb

Sheet1

19245	Dried Oregano	1.00	ts
19245	Celery Seed	1.00	ts
19245	Paprika	1.00	ts
19245	Cayenne Pepper	0.50	ts
19245	Anise Seed	0.50	ts
19245	Black Pepper	0.50	ts
19245	Ground Cloves	0.25	ts
19245	Bay Leaves	2.00	
19245	Wild Game **	3.00	lb
19245	Red Chili Sauce	6.00	c
19245	Beef Broth	2.00	qt
19245	Cooked Black Beans	5.00	c
19245	Salt And Pepper To Taste	0.00	
19245	GARNISH -----	0.00	-----
19245	Grated Cheddar Cheese Or	0.00	
19245	Grated Jack Cheese	0.00	
19245	Chopped Red Onion	0.00	
19245	GARNISH -----	0.00	-----
19246	-----	1.00	
19246	Raw rabbits/partridge/	0.00	
19246	Pheasant/duck or other game	0.00	
19246	Cut into 1/4 inch strips	0.00	
19246	MARINADE -----	0.00	-----
19246	Thyme	0.12	ts
19246	Salt	0.25	ts
19246	Pepper	0.25	ts
19246	Allspice	0.12	ts
19246	Finely minced green onions	1.00	tb
19246	STUFFING -----	0.00	-----
19246	Coganc	0.50	c
19246	Very finely minced onions	0.50	c
19246	Butter	2.00	tb
19246	Lean pork and 3/4 lb lean	0.75	lb
19246	Veal finely ground together	0.00	
19246	Eggs lightly beaten	2.00	
19246	Salt	1.50	ts
19246	Pepper	0.12	ts
19246	Allspice	0.25	ts
19246	Thyme	0.50	ts
19246	Garlic crushed	1.00	cl
19246	Bacon blanched to remove	1.00	lb
19246	Salt	0.00	
19246	Bay leaf	1.00	
19246	MARINADE -----	0.00	-----
19246	STUFFING -----	0.00	-----
19247	tb	4.00	5
19247	-	0.00	
19247	- (the inner white ones),	0.00	
19247	- small Spinach Leaves,	0.00	

Sheet1

19247	- Hearts of Romaine	0.00
19247	- or a mixture	0.00
19247	Mixed greens; such as:	4.00 c
19247	- tender Mustard Greens,	0.00
19247	- Radish Leaves, Arugula	0.00
19247	- Leaves, Watercress, Rock	0.00
19247	- Cress or Field Cress,	0.00
19247	- Nasturtium Leaves, tender	0.00
19247	- Dandelion Leaves, Dill or	0.00
19247	- Fennel Greens and Hyssop	0.00
19247	- Leaves and Blossoms	0.00
19247	Mint leaves	20.00
19247	Sorrel leaves	12.00
19247	- torn or sliced	0.00
19247	Scallions; chopped, -=OR=-	4.00
19247	-Newly-pulled Onions, sliced	0.00
19247	Sunflower seeds, toasted	0.25 c
19247	DRESSING -----	0.00 -----
19247	Plain or herbal vinegar	2.00 tb
19247	- such as tarragon vinegar	0.00
19247	Salt	0.00
19247	Sunflower seed oil	5.00 tb
19247	-=OR=-Extra-virgin olive oil	0.00
19247	-=OR=- Walnut oil	0.00
19247	DRESSING -----	0.00 -----
19248	Tart pastry	0.00
19248	Grated cheese*	3.00 oz
19248	Fresh leaf spinach	2.00 oz
19248	Greens **see note	2.00 oz
19248	Leek	1.00 lg
19248	Spring onions	4.00
19248	(heaped) chopped parsley	4.00 tb
19248	Eggs (less 1 white)	5.00
19248	Milk	0.50 pt
19248	Single cream	0.50 pt
19249	Unsalted butter	3.00 tb
19249	Shiitake mushrooms;	4.00 oz
19249	- (or other wild mushrooms),	0.00
19249	- stems removed, sliced	0.00
19249	White mushrooms	4.00 oz
19249	- stems removed, sliced	0.00
19249	Salt	0.00
19249	Freshly ground black pepper	0.00
19249	Unsalted butter	2.00 tb
19249	Oil	1.00 tb
19249	Finely minced onion	0.33 c
19249	Arborio rice	1.50 c
19249	Dry white wine or broth	0.50 c
19249	Broth	5.00 c

Sheet1

19249	Mascarpone cheese	0.25 c
19249	-=OR=- Whipping cream	0.00
19249	-(or substitute skim milk)	0.00
19249	Grated Parmesan cheese	0.25 c
19249	Chopped parsley	1.00 tb
19250	Dried mushrooms	4.00 oz
19250	Assorted fresh mushrooms	12.00 oz
19250	- (chanterelle, cultivated,	0.00
19250	- shiitake, oyster)	0.00
19250	Unsalted butter	2.00 tb
19250	Finely minced garlic	1.00 tb
19250	Finely minced shallots	1.00 tb
19250	-=OR=- Onions	0.00
19250	Salt	0.50 ts
19250	Sherry or Madeira	0.25 c
19250	Whipping cream	0.50 c
19251	Package onion soup mix	1.50 oz
19251	Hot water	0.75 c
19251	Dry yeast	1.00 pk
19251	Sugar	2.00 T
19251	Warm water	2.00 T
19251	Egg	1.00 x
19251	Recipies Dry Baking Mix	2.00 x
19251	Sourdough Starter	1.00 c
19252	Cooked chickens	1.50
19252	- skinned, boned,	0.00
19252	- meat cut into cubes	0.00
19252	Wild Pecan Rice	7.00 oz
19252	- cooked according to	0.00
19252	- package instructions	0.00
19252	- and cooled	0.00
19252	Pecan halves	3.00 oz
19252	- lightly toasted	0.00
19252	- and coarsely chopped	0.00
19252	Thinly sliced scallions,	1.50 c
19252	- including most of the	0.00
19252	- green parts	0.00
19252	Cherry tomatoes; split	12.00
19252	Ripe avocados	2.00 lg
19252	- peeled and cubed	0.00
19252	Cooked or canned chick peas	1.50 c
19252	- drained	0.00
19252	Garlic clove; peeled	1.00 lg
19252	Rice vinegar	0.33 c
19252	Soy sauce	2.00 tb
19252	Sesame oil	0.25 c
19252	Vegetable oil	0.25 c
19252	Salt	0.00
19252	Freshly ground black pepper	0.00

Sheet1

19253	Onion, chopped	2.00 tb
19253	Fresh chives, finely chopped	2.00 tb
19253	Shallot, finely chopped	1.00 ts
19253	Green bell pepper, finely ch	3.00 tb
19253	-pped	0.00
19253	Olive oil	0.25 c
19253	Wild rice, rinsed well and d	2.00 c
19253	-ained	0.00
19253	Chicken broth, heated	4.50 c
19253	Salt, pepper to taste	0.00
19253	Blanched almonds, slivered	0.75 c
19254	Wild rice	0.75 c
19254	Salt	0.50 ts
19254	Hazelnuts	0.50 c
19254	Currants	5.00 tb
19254	Orange, juice only	1.00 lg
19254	Citrus Vinaigrette	0.00
19254	- with Hazelnut Oil	0.00
19254	- (See RECIPE)	0.00
19254	Fennel bulb	1.00 sm
19254	- cut into small squares	0.00
19254	Crisp apple	1.00
19254	Freshly ground black pepper	0.00
19254	Salt	0.00
19255		0.00
19255		2.00
19255		1.50
19255		1.00
19256	Butter Or Bacon Fat	3.00 tb
19256	Salad Oil	1.00 tb
19256	Onion, Chopped	1.00 md
19256	Raw Wild Rice	1.50 c
19256	Broken Walnuts	1.00 c
19256	Chopped Celery	2.00 c
19256	The Giblets, Chopped	0.00
19256	Minced Parsley	1.00 ts
19256	Thyme	1.00 ts
19256	Minced Sage	0.50 ts
19256	Salt	1.00 ts
19256	Freshly Ground Black Pepper	0.00
19256	Boiling Chicken Broth	4.00 c
19257	Oil	1.00 tb
19257	Shallots	5.00 md
19257	- peeled and finely chopped	0.00
19257	Celery ribs; finely chopped	2.00
19257	Wild rice; rinsed	1.00 c
19257	Dried, peeled chestnuts	0.33 c
19257	Dried currants	0.25 c
19257	Aniseed	2.00 ts

Sheet1

19257	Sea salt; or to taste	0.25 ts
19257	Water	4.00 c
19257	Finely chopped orange zest	1.00 ts
19257	-OR- grated	0.00
19258	Wild rice	0.50 c
19258	-Water; cold	1.33 c
19258	Chicken bouillon	1.00 ts
19258	Bacon slice	2.00
19258	Mushrooms; sliced	0.50 c
19258	Green onion	2.00 tb
19258	Thyme; dried	0.00
19258	Parsley; snipped	0.00
19259	Water	2.50 c
19259	Soy sauce	1.00 ts
19259	Wild rice, washed & soaked	0.50 c
19259	Quinoa	0.50 c
19260	Bulk pork sausage	1.50 lb
19260	Eggs, hard-cooked, peeled	12.00
19260	Egg, beaten	1.00
19260	Dry bread crumbs	0.50 c
19261	Sm. tart green gooseberries	0.75 lb
19261	Elderflower blossoms*	5.00
19261	Plain wholemeal flour	0.50 lb
19261	Baking powder	2.00 ts
19261	Eggs	2.00 lg
19261	Butter	6.00 oz
19261	Pale muscovado sugar	6.00 oz
19261	Demerara sugar	0.00
19261	Flowers & leaves to garnish	0.00
19262	Velveeta Cheese; cubed	1.00 lb
19262	Mayonnaise	0.50 ea
19262	Horseradish	0.50 ea
19263	Velveeta Cheese; cubed	1.00 lb
19263	Mayonnaise	0.50 ea
19263	Horseradish	0.50 ea
19264	Vegetable oil	1.00 tb
19264	All-purpose flour	2.00 tb
19264	Pepper	0.25 ts
19264	Salt	0.12 ts
19264	Chicken breasts, about 1	4.00
19264	-lb., skinned and boned	0.00
19264	Mushrooms, sliced	8.00 oz
19264	Chopped onion	0.33 c
19264	Dried tarragon	1.00 ts
19264	Dry white wine	0.50 c
19264	Plain low-fat yogurt	2.00 tb
19264	Chopped parsley	1.00 tb
19265	White Wine; Dry	1.50 c
19265	Sugar	0.50 c

Sheet1

19265	Lemon Juice	1.00 tb
19265	Anise Seed	1.50 ts
19265	Salt	0.25 ts
19265	Cinnamon Stick; Small	1.00
19265	Raisins; Golden Seedless	0.50 c
19265	Purple Plums; Sliced	4.00
19265	Nectarines, Sliced	2.00
19266	Cooking oil	0.50 c
19266	Clove Garlic (minced)	1.00
19266	Onion (grated)	2.00 tb
19266	Salt	1.50 ts
19266	Red or White Wine	0.50 c
19266	Drops Tabasco sauce	4.00
19267	Sugar	0.75 c
19267	Dry mustard	0.75 c
19267	Cider vinegar	0.50 c
19267	Dry white wine	0.50 c
19267	Eggs	3.00
19268	Blade or arm steaks,1/2"	4.00
19268	Vegetable oil	2.00 ts
19268	Medium green pepper	1.00
19268	Clove garlic,crushed	1.00
19268	Fresh mushrooms,sliced	8.00 oz
19268	Dry red wine	0.50 c
19268	Salt	1.50 ts
19268	Ground pepper	0.25 ts
19269	Chicken broth, (College Inn)	1.00 c
19269	Sugar, light brown,	3.00 tb
19269	Lemon juice	2.00 tb
19269	Cornstarch	1.00 ts
19269	Allspice, ground	0.25 ts
19269	Peaches, sliced, drained	16.00 oz
19269	Pineapple chunks, drained	20.00 oz
19269	Cherries, dark sweet pitted,	17.00 oz
19269	Drained	1.00 x
19269	Apricots, dried	6.00 oz
19270	Chicken thighs	10.00 oz
19270	Winter melon or watermelon	0.50 lb
19270	Water	7.00 c
19270	Fresh water chestnuts, peel	6.00
19270	And slice	0.00
19270	Sliced mushrooms, canned	0.50 c
19270	Chicken base (or 1/2 chicken	0.50 ts
19270	Bouillon cube)	0.00
19270	MARINADE -----	0.00 -----
19270	Salt	1.00 ts
19270	Sugar	0.50 ts
19270	Thin soy sauce	0.50 ts
19270	Cornstarch	1.00 ts

Sheet1

19270	MARINADE -----	0.00 -----
19271	Frozen pureed winter squash	24.00 oz
19271	- (butternut), defrosted	0.00
19271	Unsalted butter or margarine	2.00 tb
19271	Unsweetened applesauce	1.00 c
19271	Light cream	1.00 c
19271	Chicken stock	1.50 c
19271	Ground toasted walnuts	0.25 c
19271	Dried chervil; crumbled	2.00 ts
19271	Ground mace	0.50 ts
19271	Salt	0.00
19271	White pepper	0.00
19271	Toasted walnut pieces	0.50 c
19271	- for garnish	0.00
19272	Canned Tomatoes	2.00 lb
19272	To 4 Cloves Garlic	3.00
19272	Safflower or olive oil	1.00 tb
19272	Onion, chopped	1.00
19272	Tomato paste	1.00 tb
19272	Sea salt and pepper to taste	0.00
19272	Thyme	0.25 ts
19272	Marjoram	0.50 ts
19272	Whole wheat vermicelli	4.00 oz
19273	Onion, diced	1.00 lg
19273	Celery, diced	1.00 bn
19273	Carrots, diced or sliced	6.00
19273	Acorn squash, peeled and	1.00 sm
19273	-diced	0.00
19273	Butternut squash, peeled and	1.00 sm
19273	-diced	0.00
19273	Bouquet garni (2 bay leaves,	0.00
19273	-1/2 teaspoon thyme,	0.00
19273	And half of a cinnamon	0.00
19273	-stick)	0.00
19273	Diced red potatoes	6.00 c
19273	Sweet potaotes, peeled and	2.00
19273	-diced	0.00
19273	Parsnips, peeled and sliced	4.00
19273	Red bell peppers, diced	2.00
19273	Cream, approximately	3.00 c
19273	Freshly grated nutmeg	0.00
19274	Fresh Kale	0.50 lb
19274	Leeks (About 1 Lb.)	4.00 md
19274	Carrots, Diagonally	0.50 lb
19274	Sliced	0.00
19274	Thinly Sliced Green Onion	0.33 c
19274	Plain Low Fat Yogurt	0.50 c
19274	Garlic Minced	2.00 cl
19274	Salt	0.50 ts



Sheet1

19274	Pepper	0.25 ts
19274	Red Wine Vinegar	2.00 tb
19275		2.00
19275		1.00
19275	- diced into 1/2-in squares	0.00
19275	Leek greens; roughly chopped	1.00
19275	Carrots; peeled and diced	2.00 /2
19275	Outer stalks of celery; plus	4.00
19275	Celery leaves; diced	0.00
19275	Cubed winter squash	1.00 c
19275	-=OR=- Squash Seeds & Skins	0.00
19275	Chard stems	1.00 c
19275	- cut into 1-in lengths	0.00
19275	Potato; diced, -=OR=-	1.00 md
19275	-Thick Potato Parings	1.00 c
19275	Celery root; scrubbed, diced	0.50
19275	Lentils; rinsed	0.25 c
19275	Thyme sprigs; -=OR=-	6.00
19275	-Dried thyme	0.25 ts
19275	Bay leaves	2.00
19275	Handfuls borage leaves	2.00
19275	-=OR=- Chard leaves, lettuce	0.00
19275	- or nettles	0.00
19275	Sage leaves	3.00
19275	Parsley sprigs	10.00
19275	- roughly chopped	0.00
19275	Garlic cloves	4.00
19275	- peeled and chopped	0.00
19275	Salt	1.00 ts
19275	Nutritional yeast (optional)	2.00 ts
19275	Cold water	8.50 c
19276	Stiff wire	0.00
19276	Thin wire	0.00
19276	Wood bases	0.00
19276	Staple gun	0.00
19277	Pkg cake mix	1.00
19277	9" cake pan	1.00
19278	Container sour cream	1.00 lg
19278	Walnuts, coarsely chopped	1.00 c
19278	Jar chutney	1.00
19279	Peanut oil	2.00 tb
19279	Grated fresh ginger	1.50 tb
19279	Garlic cloves, pressed	2.00 md
19279	Tofu cakes, crumbled	2.00 ea
19279	Finely chopped scallions	0.50 c
19279	Dark sesame oil	2.00 ts
19279	Tamari soy sauce	2.00 tb
19279	Wonton wrappers	50.00 ea
19279	Bowl of lukewarm water	0.00

Sheet1

19279	Cornstarch for dusting	0.00
19280	Slices bacon	4.00
19280	Cabbage leaves (1/4 head)	0.00
19280	Onion, chopped	1.00 md
19280	Rice, cooked	2.00 c
19280	Sauerkraut (large can, well	1.00 cn
19280	Drained)	0.00
19280	Spaghetti sauce	1.00 qt
19280	Chopped beef	1.00 lb
19280	Oregano	0.50 ts
19280	Garlic salt to taste	0.00
19280	Salt and pepper to taste	0.00
19281	Pork loin country-style rib	3.00 lb
19281	Flour	0.33 c
19281	Salad oil	2.00 tb
19281	Apple cider	1.50 c
19281	Water	1.00 c
19281	Salt	1.00 tb
19281	Pepper	0.50 ts
19281	Small new potatoes	2.00 lb
19281	Carrots	16.00 oz
19281	Caraway seeds	1.00 ts
19281	Onion	1.00
19281	Cabbage	1.00
19282	Bonless chicken breasts,	6.00
19282	-skinned	0.00
19282	Cream of chicken soup	2.00 cn
19282	Cream of mushroom soup	1.00 cn
19282	Rice-A-Roni (Chicken flavor)	1.00 pk
19282	Salt and pepper to taste	0.00
19283	(16-oz) refried beans	1.00 cn
19283	(4-oz) diced green chilies	1.00 cn
19283	16-oz carton sour cream	1.00
19283	(mix with taco seasoning)	0.00
19283	Seasoning mix (mix with	1.00 pk
19283	Sour cream)	0.00
19283	Chopped tomato	1.00
19283	Chopped greed/red onions	0.50 c
19283	Guacamole dip	1.00 c
19283	(4-oz) chopped black	1.00 cn
19283	Olives	0.00
19283	Grated cheese	1.00 c
19284	Butter	1.00 c
19284	Sugar	1.00 c
19284	Brown sugar	1.00 c
19284	Egg	1.00
19284	Vegetable oil	1.00 c
19284	Vanilla	1.00 t
19284	Oats; regular	1.00 c

Sheet1

19284	Cornflakes; crushed	1.00 c
19284	Coconut; shredded	0.50 c
19284	Walnuts; or pecans chopped	0.50 c
19284	Flour; sifted	3.50 c
19284	Baking soda	1.00 t
19284	Salt	1.00 t
19285	Green tomatoes, sliced verti	2.50 lb
19285	-cally 1/4 inch thick	0.00
19285	Garlic, clove, sliced	3.00 ea
19285	Flour	0.75 c
19285	Salt	0.00
19285	Pepper	0.00
19285	Olive oil	4.00 tb
19286	Yellow cake mix	1.00 pk
19286	Vanilla instant pudding	1.00 pk
19286	Sour cream	1.00 c
19286	Eggs	4.00 x
19286	Salad oil	0.50 c
19286	Chocolate chips	1.00 c
19286	Broken walnuts	1.00 c
19287	Maple syrup	0.50 c
19287	Dry yeast	2.00 tb
19287	Whole wheat pastry flour	9.00 c
19287	Apple juice	2.00 c
19287	Butter	1.00 c
19287	Egg, separated	1.00
19287	Eggs	2.00
19287	Grated lemon peel	1.00 tb
19287	Almond extract	1.00 ts
19287	Sliced almonds	0.25 c
19287	FLOUR WILL BE USED IN 4 PART -----	0.00 -----
19287	Whole wht pastry flour (1)	2.50 c
19287	Whole wht pastry flour (2)	2.00 c
19287	Whole wht pastry flour (3)	3.25 c
19287	Whole wht pastry flour (4)	0.75 c
19287	FLOUR WILL BE USED IN 4 PART -----	0.00 -----
19288	Beef Broth Mix - WW	1.00
19288	Beans, drained, canned,	12.00 oz
19288	Pinto or red kidney	0.00
19288	Pork, cooked, dice	8.00 oz
19288	Tomatoes, canned, crushed	1.00 c
19288	Pepper, med. green bell,	1.00
19288	Seeded and diced	0.00
19288	Tomato puree	0.50 c
19288	Onion, diced	0.25 c
19288	Garlic cloves, minced	2.00
19288	Oregano leaves	1.00 ts
19288	Cumin, ground	0.12 ts
19289	Flour	1.67 c

Sheet1

19289	Flour	1.00 ts
19289	Uncooked yellow corn meal	1.50 oz
19289	Baking powder	1.00 tb
19289	Apples;cored,pared,finely	0.75 lb
19289	Chopped..wt before cutting	0.00
19289	Corn;thawed frozen	0.50 c
19289	Cheddar;reduced fat,shredded	2.25 oz
19289	Sugar	0.33 c
19289	Cinnamon	1.00 ds
19289	Nutmeg	1.00 ds
19289	Corn oil	0.33 c
19289	Corn oil	2.00 ts
19289	Eggs; lightly beaten	3.00
19290	Applesauce	0.50 c
19290	Apples; diced	0.50 c
19290	Cinnamon	1.00 ts
19290	Cloves	0.12 ts
19290	Eggs	2.00
19290	Flour	6.00 tb
19290	Baking powder	1.00 ts
19290	Powdered milk	0.67 c
19290	Sweet and Low	10.00 pk
19290	Vanilla	1.00 ts
19290	Carrots; grated	0.50 c
19291	Carrots; grated	1.50 c
19291	Cinnamon	1.00 ts
19291	Cloves	0.12 ts
19291	Orange peel	1.00 ts
19291	Eggs	2.00
19291	Raisins	4.00 tb
19291	Vanilla	1.00 ts
19291	Flour	6.00 tb
19291	Baking Powder	1.00 ts
19291	Powdered milk	0.67 c
19291	Amount of brown sugar Twin	1.00
19291	- to equal 20 tsp. sugar	0.00
19292	Buttermilk Biscuits, Refrig.	10.00 oz
19292	-(10 biscuits in "tube")	0.00
19292	Margarine; melted	5.00 ts
19292	Brown sugar; packed, divided	5.00 ts
19292	Cinnamon	1.00 ts
19292	Raisins; dark	0.50 c
19292	Raisins; dark	2.00 tb
19292	Powdered sugar; sifted	5.00 ts
19292	Water	2.00 ts
19293	Brown sugar	1.00 c
19293	Shortening (that meant	0.33 c
19293	-crisco then)	0.00
19293	Raisins	1.25 c

Sheet1

19293	Chopped dates	0.50 c
19293	Salt	1.00 ts
19293	Ground nutmeg	1.00 ts
19293	Ground cinnamon	1.00 ts
19293	All-purpose flour	2.00 c
19293	Baking soda	1.00 ts
19294	Pumpkin	1.00 c
19294	Cinnamon	1.00 ts
19294	Eggs	2.00
19294	Vanilla	1.00 ts
19294	Flour	6.00 tb
19294	Baking powder	1.00 ts
19294	Raisins	4.00 tb
19294	Carrots; grated	0.50 c
19294	Powdered milk	0.67 c
19294	Sweet & Low	10.00 pk
19294	Pumpkin pie spice	2.00 ts
19295	SALAD -----	0.00 -----
19295	Bunches spinach, washed,	2.00
19295	Drained, stems removed	0.00
19295	Onion, thinly sliced	1.00
19295	Eggs, hard cooked, chopped	2.00
19295	Tomatoes, cut into wedges	2.00
19295	Strips bacon, crumbled	4.00
19295	Asparagus spears	1.00 cn
19295	DRESSING -----	0.00 -----
19295	Sugar	0.50 c
19295	Safflower oil	1.00 c
19295	Mustard	1.00 ts
19295	Salt	1.00 ts
19295	Vinegar	0.50 c
19295	Whole celery seeds	1.00 ts
19295	Grated onion	1.00 tb
19295	SALAD -----	0.00 -----
19295	DRESSING -----	0.00 -----
19296	Each dry sherry and canned	2.00 tb
19296	-chicken broth	0.00
19296	Teriyaki sauce	1.00 tb
19296	Clove garlic, thinly sliced	0.50
19296	Pared ginger root, thinly	0.25 ts
19296	-sliced	0.00
19296	Skinned and boned chicken	5.00 oz
19296	-breast, 1-inch pieces	0.00
19296	Chicken livers	5.00 oz
19296	Mushroom caps	8.00 sm
19296	Scallions cut in 1-inch	4.00 md
19296	-pieces	0.00
19297	Winged beans	0.50 lb
19297	Steamed pork sliced into	0.50 c

## Sheet1

19297	-small pieces [They're in	0.00
19297	Julienne slices in the	0.00
19297	-photo. S.C.]	0.00
19297	Coconut milk	0.25 c
19297	Fried sliced shallot	2.00 tb
19297	Coarsely ground roasted	2.00 tb
19297	-peanuts	0.00
19297	Fish sauce	2.00 tb
19297	Sugar	1.50 tb
19297	Lime juice	2.00 tb
19297	Pan-roasted dried chilli	1.00 sm
19297	Roasted shallots	2.00 sm
19297	Roasted garlic bulb	1.00 sm
19298	Lean Ground Beef	1.50 lb
19298	Red Kidney Beans	2.00 cn
19298	Whole Peeled Tomatoes	2.00 cn
19298	Progresso Frijoles Negros	1.00 cn
19298	Cumin	0.00
19298	Chili Powder	0.00
19298	Onion	1.00 lg
19299		3.00
19299	- cut into 2-in cubes	0.00
19299	Salt; or to taste	0.50
19299	Freshly ground black pepper	0.00
19299	- as desired	0.00
19299	Vegetable oil	4.00 tb
19299	Onion; quartered	1.00 md
19299	Carrots; peeled	4.00 md
19299	- and cut into 1/2-in rounds	0.00
19299	Celery stalks	2.00
19299	- cut into 4 pieces	0.00
19299	Finely minced garlic	1.00 tb
19299	Tomato paste	2.00 tb
19299	All-purpose flour	0.25 c
19299	Dry white wine	1.00 c
19299	All-purpose stock	5.00 c
19299	-OR low-sodium chicken broth	0.00
19299	Whole black peppercorns	0.50 tb
19299	Chopped fresh thyme leaves	2.00 tb
19299	--OR--	0.00
19299	-Dried thyme	1.00 ts
19299	Potato; peeled	1.00 md
19299	-and cut into 1/2-in cubes	0.00
19299	Unsalted butter	2.00 tb
19299	Turnips; peeled	2.00 md
19299	-and cut into 1/2-in cubes	0.00
19299	Peas	0.50 c
19300	Env active dry yeast	1.00
19300	Warm water	1.00 c

Sheet1

19300	Warm milk	1.00 c
19300	Flour	3.00 c
19300	Salt	0.50 ts
19300	Pure maple syrup	0.25 c
19300	Baking soda	0.50 ts
19300	Hot water	0.25 c
19300	Melted butter	2.00 tb
19300	Finely chopped walnuts	1.25 c
19301	Yellow bell peppers, cut	10.00
19301	Lengthwise into thirds	0.00
19301	Red bell peppers, cut	10.00
19301	Lengthwise into thirds	0.00
19301	Plus	1.00 c
19301	Olive oil	2.00 tb
19301	Fresh lemon juice	5.00 tb
19301	Garlic cloves, pressed	5.00
19301	Salt and freshly	0.00
19301	Ground pepper	0.00
19301	Albacore tuna packed in	3.00 cn
19301	Water, drained	0.00
19301	Chopped fresh parsley	0.50 c
19301	Drained capers	5.00 tb
19301	Fresh parsley sprigs	0.00
19301	Imported black olives	0.00
19301	(such as Kalamata or	0.00
19301	Nicoise)	0.00
19302	White part:	0.00
19302	Eggs whites	6.00 ea
19302	Sugar	0.50 c
19302	Cake flour	0.50 c
19302	Cream tartar	1.00 ts
19302	Almond extract	0.00
19302	Salt	0.00
19302	Yellow part:	0.00
19302	Egg yolks	6.00 ea
19302	Sugar	0.75 c
19302	Cake flour	0.75 c
19302	Water; boiling	0.25 c
19302	Baking powder	1.00 ts
19302	Vanilla	0.00
19302	Salt; a pinch	0.00
19303	Cumin seeds	1.00 ts
19303	Coriander seeds	1.00 ts
19303	Dried chilies	8.00
19303	Ground cinnamon	0.50 ts
19303	Salt	1.00 ts
19303	Ground cloves	0.50 ts
19303	Chopped lemon grass	1.00 tb
19303	Chopped shallots	2.00 tb

Sheet1

19303	Chopped garlic	1.00 tb
19303	Yellow curry powder	1.00 tb
19304	Sugar	1.25 c
19304	Butter	0.50 c
19304	Milk	0.67 c
19304	Pastry Flour	2.00 c
19304	Baking Powder	2.00 ts
19304	Vanilla	1.00 ts
19304	Salt	0.25 ts
19304	Eggs	3.00
19305	Sifted Unbleached Flour	2.50 c
19305	Sugar	2.00 c
19305	Baking Powder	1.00 ts
19305	Baking Soda	1.00 ts
19305	Butter Or Regular Margarine	0.67 c
19305	Eggs	3.00 lg
19305	Sour Milk	1.00 c
19305	CREAMY CHERRY FROSTING -----	0.00 -----
19305	Sifted Confectioners Sugar	5.50 c
19305	Butter Or Regular	0.75 c
19305	Margarine, Softened	0.00
19305	Maraschino Cherry Juice	6.00 tb
19305	Drops Red Food Coloring	2.00
19305	Vanilla Extract	0.50 ts
19305	Chopped Red Maraschino	0.25 c
19305	Cherries	0.00
19305	CREAMY CHERRY FROSTING -----	0.00 -----
19306	Ghee	3.00 tb
19306	Onion, chopped	1.00 md
19306	Turmeric	0.50 ts
19306	Bay leaves	2.00 ea
19306	Cloves	4.00 ea
19306	Black peppercorns	4.00 ea
19306	1" cinnmaon sticks	2.00 ea
19306	Black cardamom pods	2.00 ea
19306	Brown rice, presoaked	2.00 c
19306	Water	0.75 c
19306	Green peas	3.00 tb
19306	Salt	1.00 ts
19306	Saffron	1.00 pn
19307	Small yellow tomatoes	4.00 lb
19307	Lemons	2.00
19307	Ginger root	1.00 tb
19307	Sugar	3.50 lb
19307	Whole mace	1.00 tb
19308	Onion, diced	1.00 lg
19308	Garlic cloves, minced	5.00
19308	Fruity olive oil	0.50 c
19308	Yellow tomatoes, peeled,	6.00 lb



Sheet1

19308	-seeded and cut into chunks	0.00
19308	-(may use red tomatoes)	0.00
19308	Tomato paste	0.50 c
19308	Canned chipotle chiles,	2.00 sm
19308	-chopped	0.00
19308	Epazote leaves (a pungent	2.00
19308	-Mexican herb available in	0.00
19308	-Latin markets)	0.00
19308	Cilantro, chopped	0.50 bn
19309	Low fat milk	1.00 c
19309	Natural plain yoghurt	2.00 tb
19309	White flour	1.00 c
19310	Fresh Pineapple Chunks	1.00 c
19310	Fresh Mint Leaves	0.50 c
19310	Coarse-Grained Mustard	1.00 tb
19310	Plain Low Fat Yogurt	0.50 c
19310	Fresh Chopped Mint	2.00 tb
19310	Honey	1.00 tb
19310	Grated Orange Rind	1.00 ts
19310	Fresh Mint Sprigs	0.00
19311	Butter or margarine (or a mi	0.50 lb
19311	-ture of both)	0.00
19311	Sugar	1.33 c
19311	Eggs, separated	4.00
19311	Orange	1.00
19311	Yogurt; low fat, plain	1.25 c
19311	Flour; unbleached	2.00 c
19311	Baking powder	2.00 ts
19311	Baking soda	0.50 ts
19311	Salt	0.50 ts
19311	Powdered sugar	1.00 c
19312	Warm water	1.50 c
19312	Dry yeast	2.00 pk
19312	Plain yogurt	1.00 c
19312	9-grain cereal	0.25 c
19312	Bran flakes	1.00 c
19312	Salt	1.50 ts
19312	Butter; softened	4.00 tb
19312	Rye flour	1.00 c
19312	All-purpose flour (Or more)	2.50 c
19312	Fennel seeds	1.00 tb
19312	Cornmeal	2.00 tb
19312	GLAZE -----	0.00 -----
19312	Egg yolk; mixed with	1.00
19312	Water	1.00 tb
19312	GLAZE -----	0.00 -----
19313	Corn oil	1.00 tb
19313	Garlic cloves, crushed	2.00
19313	Cumin seeds	0.50 ts

Sheet1

19313	Plain yogurt	1.00 c
19313	Paprika	0.50 ts
19313	Firm tomatoes, fine chopped	2.00
19313	Green onions, finely chopped	4.00
19313	Chopped fresh mint	2.00 tb
19313	Salt to taste	0.00
19313	Fresh ground pepper to taste	0.00
19313	Fresh mint sprigs	0.00
19314	Plain Yogurt, Beaten With A	0.75 c
19314	Whisk To Stiff Peaks	0.00
19314	Fresh Lemon Juice	2.00 tb
19314	Garlic, Minced	2.00 cl
19314	Walnuts, Chopped, (Or More	2.00 tb
19314	To Taste)	0.00
19314	Fresh Mint Or Basil,	1.00 tb
19314	Chopped	0.00
19314	Salt	0.00
19314	Freshly Ground Pepper	0.00
19315	Plain yogurt	0.50 c
19315	Garlic clove; minced	1.00
19315	Finely chopped oregano; -OR-	1.00 ts
19315	-Dried oregano	0.25 ts
19315	Chopped thyme leaves; -=OR=-	0.50 ts
19315	-Dried Thyme	1.00 pn
19315	Freshly ground pepper	0.00
19315	THE EGGPLANT -----	0.00 -----
19315	Japanese eggplants; -=OR=-	0.50 lb
19315	-Firm shiny eggplant	1.00 md
19315	Garlic clove; thinly sliced	1.00 lg
19315	Bay leaf	1.00
19315	Thyme branches, if available	0.00
19315	Extra-virgin olive oil	1.00 tb
19315	- or more to taste	0.00
19315	Lemon juice	0.00
19315	-=OR=- Red Wine Vinegar	0.00
19315	Salt	0.00
19315	Coarsely ground pepper	0.00
19315	Fresh herbs for garnish	0.00
19315	THE EGGPLANT -----	0.00 -----
19316	Buttermilk complete	2.00 c
19316	Pancake mix	0.00
19316	Sugar	2.00 tb
19316	Cinnamon	0.25 ts
19316	Water	1.50 c
19316	Thinly sliced strawberries	1.00 c
19316	8-oz carton strawberry	1.00
19316	Or vanilla lowfat yogurt	0.00
19317	Beef	5.00 lb
19317	Bay leaf	3.00 ea

Sheet1

19317	Vinegar	1.00 x
19317	Salt & pepper	1.00 x
19317	Onion, sliced	1.00 ea
19317	Peppercorns, black	1.00 t
19317	Water	1.00 x
19318	Three-pound chicken	1.00
19318	Chicken stock	2.00 c
19318	OR 2 cups water and 2	0.00
19318	-bouillon cubes	0.00
19318	Onions, sliced	3.00
19318	Rice	0.75 c
19318	Salt, pepper, and curry	0.00
19318	-powder	0.00
19318	Finely minced onion	0.25 c
19318	Finely minced salt pork	0.75 c
19318	Butter or butter substitute	2.00 tb
19318	Almonds	24.00
19318	Canned peas	2.00 c
19318	Flour	0.00
19319	Pork sausage	1.50 lb
19319	Celery;chopped finely	1.00 c
19319	Onion;chopped	1.00 lg
19319	McIntosh apples;peeled cored	4.00
19319	-chopped	0.00
19319	Dried sage	2.00 ts
19319	Dried parsley	1.00 tb
19319	Dried oregano	1.00 ts
19319	Dried thyme leaves	1.00 ts
19319	Salt ;or to taste	1.50 ts
19319	Walnuts;coarsely chopped	0.67 c
19319	Pepper	0.50 ts
19319	Unseasoned toasted bread	24.00 oz
19319	Cubes	0.00
19319	Butter,melted	0.25 c
19319	Boiling water	2.00 c
19320	Mussels, Raw, Shelled, Clean	1.00 c
19320	Frsh Lemongrass, Sliced Fine	2.00 tb
19320	Shallots, Sliced	0.25 c
19320	Hot Fresh Thai Chili Peppers	10.00
19320	Fresh Mint Leaves	0.00
19320	Fish Sauce	2.00 tb
19320	Lime/Lemon Juice	2.00 tb
19320	Large Mild Red Chili	1.00
19320	Pepper	0.00
19320	Leaf Lettuce	1.00
19321	Fresh Squids.	1.00 lb
19321	Lemongrass, Sliced Fine.	1.00 tb
19321	Lime or Lemon Juice.	3.00 tb
19321	Scallions, Chopped.	1.00 tb

Sheet1

19321	Mint Leaves.	0.50 c
19321	Fresh Ginger Root, Julienne.	1.00 tb
19321	Onion, Chopped.	2.00 tb
19321	Fish Sauce.	3.00 tb
19321	Cilantro, Chopped.	1.00 tb
19321	Crushed Hot Chili Peppers.	10.00
19322	Butter	2.00 tb
19322	Salt	1.00 pn
19322	Flour	1.00 c
19322	Eggs, whole	3.00
19322	Egg yolk	1.00
19322	Vegetable oil	0.00
19322	- for deep frying	0.00
19322	Confectioners' sugar	0.50 c
19323	Tomato juice (or V8)	0.50 c
19323	Lemon juice or vinegar	2.00 T
19323	Minced onion	1.00 T
19323	Salt	0.12 t
19323	Oregano	0.12 t
19323	Dash pepper	0.00
19323	Dash of garlic powder	0.00
19324	Margarine or butter	1.00 tb
19324	Chopped onions	1.00 c
19324	Chopped fresh jalapeno	2.00 tb
19324	-peppers	0.00
19324	Garlic cloves, minced	2.00
19324	Chili sauce	12.00 oz
19324	Honey	0.67 c
19324	To 2 Tablespoons hot pepper	1.00
19324	-sauce	0.00
19325	Cilantro, chopped	0.25 c
19325	1 4oz. can green ortega	0.00
19325	-chilis, diced, drained	0.00
19325	Frozen petite peas, thawed	2.00 c
19325	1 10.5 oz. pkg Mori-Nu	0.00
19325	-Silken Tofu (Firm), drained	0.00
19325	Lemon juice	1.00 tb
19325	Ground cumin	1.50 ts
19325	Freshly ground pepper	0.25 ts
19326	Corn, Whole Kernel, Drained	17.00 oz
19326	Pimento, Chopped, Drained	4.00 oz
19326	Sweet Relish	0.33 c
19326	Bell Pepper, Chopped	0.33 c
19326	Sugar	0.25 c
19326	Onion, Chopped	0.25 c
19326	Vinegar	0.25 c
19326	Mustard, Prepared	1.00 tb
19326	Cornstarch	1.00 ts
19326	Celery Seed	0.50 ts

Sheet1

19327	Corn oi	1.00 c
19327	Vinegar	0.25 c
19327	Pepper	0.12 ts
19327	Salt	1.00 ts
19327	Paprika	0.25 ts
19327	Celery salt	1.00 ds
19327	Sugar	1.00 ts
19327	Ketchup	0.12 c
19327	Lemon juice	3.00 ts
19327	Worcestershire sauce	1.00 ts
19327	Garlic clove	1.00
19328	Green split peas;uncooked	2.00 c
19328	-Water	8.00 c
19328	Bay leaves	2.00
19328	Ground tumeric	0.50 ts
19328	Salt	1.00 ts
19328	Canola oil;(I used 2 Tsp)	2.00 tb
19328	Ginger; peeled & minced	2.00 ts
19328	Jalapenos; seeded & chopped	2.00 ts
19328	Black mustard seeds; ground*	4.00 tb
19328	-Water	3.00 tb
19328	Coconut, shredded sweetened	3.00 oz
19328	Soy margarine (optional)	1.00 pn
19328	FOR GARNISH -----	0.00 -----
19328	Cilantro, chopped (optional)	0.00
19328	FOR GARNISH -----	0.00 -----
19329	Grated peel of lemon	1.00
19329	Ground mace	1.00 tb
19329	Ground cinnamon	2.00 tb
19329	Dried basil leaves,	1.00 tb
19329	-crushed	0.00
19329	Dried thyme leaves, crushed	1.00 tb
19329	Dried rosemary leaves	1.00 tb
19329	-crushed	0.00
19329	Paprika	2.00 ts
19329	Salt + potassium chloride *	1.00 ts
19329	Pepper	1.00 ts
19329	Ground nutmeg	0.50 ts
19329	Ground cloves	1.00 ts
19329	Ground allspice	0.50 ts
19330	Beef bottom roast or	4.00 lb
19330	Boneless chuck roast	0.00
19330	Oil	1.00 tb
19330	Butter or margarine	1.00 tb
19330	Onion, sliced	1.00 lg
19330	(14 1/2 oz) stewed tomatoes	1.00 cn
19330	Beef broth	1.00 c
19330	4 oz. jar prepared	1.00
19330	Horseradish	0.00

Sheet1

19330	Salt	0.50 ts
19330	Flour	3.00 tb
19330	Cold water	0.25 c
19331	Ketchup	1.00 c
19331	Brown sugar, packed	0.67 c
19331	Dry mustard	2.00 ts
19331	Horseradish	2.00 ts
19331	Ground allspice	0.50 ts
19331	Ground cloves	0.50 ts
19332	Zucchini, quartered 14 med.	4.25 lb
19332	Onions, quartered, 5 medium	1.50 lb
19332	Sweet green pepper	1.00 lg
19332	Sweet red peppers	2.00 lg
19332	Pickling salt	0.33 c
19332	Sugar	2.50 c
19332	Ground nutmeg	1.00 tb
19332	Ground tumeric	1.00 tb
19332	White vinegar	2.50 c
19332	Prepared horseradish	4.00 tb
19332	Hot pepper w/seeds chopped	1.00 lg
19333	Grapefruit juice	0.50 c
19333	Apple cider vinegar	0.50 c
19333	Oil	0.50 c
19333	Chopped onion	0.25 c
19333	Egg	1.00
19333	Celery salt	0.50 ts
19333	Ground ginger	0.50 ts
19333	Pepper	0.12 ts
19333	Chicken pieces	3.00 lb
19334	Process chesse spread	1.00 pk
19334	Dry white wine	2.00 tb
19334	Butter or margarine,softened	2.00 tb
19334	Prepare mustard	2.00 ts
19334	Worcestershire sauce	0.50 ts
19334	Ground cayenne red pepper	1.00 ds
19334	Toast rounds or crackers	0.00
19335	Ground Beef	0.50 lb
19335	Pinto Beans, Drained And	16.00 oz
19335	- Mashed	0.00
19335	Salsa	12.00 oz
19335	Chili Powder	1.00 tb
19335	Chopped Green Pepper	0.25 c
19336	Sour cream	2.00 c
19336	Prepared horseradish	0.25 c
19336	Worchestershire sauce	2.00 ts
19336	Celery seed	1.00 ts
19336	Salt	0.50 ts
19336	Paprika	0.50 ts
19336	Chopped stuffed olives	0.25 c

Sheet1

19337	-----INGREDIENTS-----	0.00
19337	Ziti or Mostaccioli	1.00 lb
19337	- Pasta;, cooked and drained	0.00
19337	Ricotta (low-fat)	3.00 lb
19337	Grated Parmesan Cheese	1.33 c
19337	(32 oz) Jars Spaghetti Sauce	2.00
19337	-----OR-----	0.00
19337	Italian Homemade Sauce	2.00 qt
19338	Pasta, ziti	16.00 oz
19338	Cheese, ricotta	15.00 oz
19338	Cheese, parmesan, grated	0.33 c
19338	Parsley, chopped	14.00 c
19338	Basil, fresh, chopped	0.25 c
19338	Oregano leaves	2.00 ts
19338	Salt	0.50 ts
19338	Pepper	0.25 ts
19338	Chicken bouillon cube	1.00 x
19338	Water, boiling	0.50 c
19339	Ground beef	1.00 lb
19339	Green pepper,medium,diced	1.00
19339	Onion,small,diced	1.00
19339	Water	2.00 c
19339	Tomato paste(6oz)	1.00 cn
19339	Pimientos(2oz jar)	2.00 pk
19339	Enchilada-sauce mix(1 1/2oz)	1.00 pk
19339	Ziti macaroni(16oz)	1.00 pk
19340	Margarine	2.00 tb
19340	Medium zucchini,sliced	2.00
19340	Medium onion,sliced	1.00
19340	Unflavored gelatin	1.00 pk
19340	Cold water	0.25 c
19340	Skim milk,heated to boiling	1.00 c
19340	Lite sour cream	0.75 c
19340	Grated parmesan cheese	0.33 c
19340	Dried dill weed	1.00 ts
19340	Salt	1.00 ts
19340	Red pepper	1.00 ds
19341	Flour	2.00 c
19341	Baking powder	2.00 ts
19341	Cinnamon	2.00 ts
19341	Baking soda	1.00 ts
19341	Salt	0.50 ts
19341	Eggs	3.00
19341	Packed brown sugar	1.25 c
19341	Honey	0.25 c
19341	Cooking oil	0.75 c
19341	Plain or vanilla yogurt	0.50 c
19341	Shredded unpeeled zucchini	1.50 c
19341	Chopped walnuts	1.00 c

Sheet1

19341	Finely diced banana	0.50 c
19341	Grated orange peel	1.00 ts
19342	Frozen filo pastry	0.50 pk
19342	Zucchini	6.00 md
19342	Salt	0.50 ts
19342	Pine nuts	0.75 c
19342	Virgin olive oil	2.00 tb
19342	Red onion	1.00 sm
19342	- diced into 1/4-inch pieces	0.00
19342	Pepper	0.00
19342	Garlic clove; minced	2.00
19342	Chopped basil	0.50 c
19342	- (loosely packed)	0.00
19342	Parsley, minced	3.00 tb
19342	White wine or water	0.25 c
19342	Eggs	2.00
19342	Parmesan, grated	0.67 c
19342	Feta cheese, crumbled	3.00 oz
19342	Unsalted butter; melted	8.00 tb
19342	- (or a mixture of	0.00
19342	- butter and olive oil)	0.00
19343	Minced onion	0.25 c
19343	Clove garlic, minced	1.00 sm
19343	Butter	2.00 tb
19343	Salt and pepper to taste	0.00
19343	Zucchini, thinly sliced	1.25 lb
19343	Sliced boiled ham, minced	0.25 lb
19343	Eggs	4.00 lg
19343	Milk	0.75 c
19343	Heavy cream	0.50 c
19343	Inch pie shell, half baked	9.00
19343	Grated Parmesan cheese	0.25 c
19344	Fruity olive oil	3.00 tb
19344	Onion; quartered	1.00 lg
19344	-and thinly sliced	0.00
19344	Garlic cloves; thinly sliced	2.00
19344	Herbes de Provence	0.50 ts
19344	-(If you don't have	0.00
19344	- herbes de Provence, use a	0.00
19344	- little chopped rosemary,	0.00
19344	- thyme and sage)	0.00
19344	Salt and pepper	0.00
19344	Summer squash; sliced into	1.50 lb
19344	- ovals 1/4-in thick	0.00
19344	Tomatoes; sliced into rounds	0.50 lb
19344	-(Roma, plum or lge. cherry)	0.00
19344	Nicoise olives	2.00 tb
19344	Lemon wedges	0.00
19345	Zucchini	4.00 ea



Sheet1

19345	Tomatoes (sliced and peeled)	3.00 ea
19345	Small onion sliced	1.00 ea
19345	Dash of worchestershire	1.00 x
19345	Salt and pepper to taste	1.00 x
19345	Dots of butter	1.00 x
19346	Walnut pieces	1.50 c
19346	Zucchini, unpeeled, ends	2.00 md
19346	-trimmed	0.00
19346	Cornstarch	0.25 c
19346	Brown rice flour	0.25 c
19346	Baking powder	1.00 ts
19346	Salt	1.00 pn
19346	Eggs	3.00 lg
19346	Sugar	0.75 c
19346	Diced candied lemon peel,	2.00 tb
19346	-finely minced	0.00
19347	Eggs	4.00
19347	Corn oil	1.50 c
19347	Sugar	3.00 c
19347	Zucchini; grated	3.00 c
19347	Flour	3.00 c
19347	Baking powder	1.25 ts
19347	Baking soda	1.00 ts
19347	Cinnamon	1.50 ts
19347	Salt	1.00 ts
19347	Nuts	1.00 c
19347	Raisins	1.00 c
19348	Shredded zucchini	1.00 c
19348	Chopped onions	0.25 c
19348	Margarine	1.00 tb
19348	Dried dill weed	0.50 ts
19348	Basil	0.50 ts
19348	Shredded sharp cheddar	1.00 c
19348	-cheese	0.00
19348	Bisquick baking mix (recipe	0.00
19348	-follows)	0.00
19348	Cold water	0.50 c
19348	Bisquick Baking Mix	0.00
19348	Flour	2.25 c
19348	Baking powder	2.00 tb
19348	Dry milk powder	0.25 c
19348	Stick margarine	1.00
19348	Oil	0.25 c
19349	Zucchini, Cut Into	2.00 md
19349	1/2 Inch Slices	0.00
19349	Low Cal. Mayonnaise	2.00 tb
19349	Minced Green Onions	2.00 tb
19349	Dijon Mustard	1.00 tb
19349	Dried Marjoram	0.25 ts

Sheet1

19349	Dried Thyme	0.25 ts
19349	Soft Breadcrumbs	0.75 c
19349	Paprika	0.50 ts
19349	Oleo Melted	1.00 tb
19350	Zucchini	0.50 lb
19350	Chopped dried dates	1.00 c
19350	Grated orange zest	2.00 ts
19350	Flour	2.00 c
19350	Baking powder	2.00 ts
19350	Soda	1.50 ts
19350	Egg whites	2.00
19350	Eggs	2.00
19350	Vanilla	1.00 tb
19350	Sugar	1.25 c
19350	Plain, non-fat yogurt	1.00 c
19350	Almonds (opt.)	0.25 c
19350	Salt	0.50 ts
19350	Cinnamon Orange Icing	0.00
19350	Powdered sugar	1.00 c
19350	Ground cinnamon	1.00 ts
19350	Orange juice	2.00 tb
19350	Orange curacao	1.00 tb
19350	Orange Glaze (opt.)	0.00
19350	Orange juice	3.00 tb
19350	Sugar	2.00 tb
19351	Zucchini	0.00
19351	Bread crumbs	2.00 tb
19351	Milk	2.00 tb
19351	Lemon peel, fresh, grated	0.50 ts
19351	Eggs	6.00
19351	Water	2.00 tb
19351	Parmesan or Romano cheese	3.00 tb
19351	Butter or oil	1.00 tb
19351	Nutmeg	0.25 ts
19351	Salt and Pepper to taste	0.00
19352	Bisquick	5.00 tb
19352	Parmesan Cheese	0.50 c
19352	Salt	0.25 ts
19352	Pepper	0.12 ts
19352	Eggs, Beaten	2.00
19352	Butter	2.00 tb
19352	Zucchini, Grated	2.00 c
19353	Milk	0.50 c
19353	Egg, lightly beaten	1.00
19353	All-purpose flour	1.00 c
19353	Baking powder	1.50 ts
19353	1-ounce package	0.50
19353	-ranch-style dip mix	0.00
19353	(8 ounces) shredded zucchini	2.00 c

Sheet1

19353	Vegetable oil	0.00
19354	c	4.00 1 1/2
19354		0.00
19354	----	1.00
19354	Zucchini	1.00
19354	Cooked ham,diced	1.00
19354	Butter	2.00 4
19354	Recipe Concasse	0.50
19354	Salt and pepper	0.00 2 1/2
19354	Eggs	6.00
19354	Plain yogurt	1.00
19354	Cheddar Cheese Pastry	1.00
19354	CONCASSEE -----	0.00 -----
19354	Celery stalk,cut in 1"	1.00 sm
19354	Pieces	0.00
19354	Garlic	2.00 cl
19354	Shallots	3.00 lg
19354	Butter	2.00 tb
19354	Peeled tomatoes,drained	16.00 oz
19354	Tomato paste	1.00 tb
19354	Salt	1.00 ts
19354	Chopped fresh basil or	2.00 tb
19354	Tarragon	0.00
19354	Freshly ground pepper to	0.00
19354	Taste	0.00
19354	CHEDDAR CHEESE PASTRY -----	0.00 -----
19354	Flour	1.50 c
19354	Salt	1.00 ts
19354	Butter, chilled, cut in 6	0.25 lb
19354	Pieces	0.00
19354	Cheddar cheese, chilled,	4.00 oz
19354	Cut in 6 pieces	0.00
19354	Ice water	2.50 tb
19354	CONCASSEE -----	0.00 -----
19354	CHEDDAR CHEESE PASTRY -----	0.00 -----
19355	Zucchini-peeled and grated	6.00 c
19355	Water	0.25 c
19355	Sure-Jell	1.00 pk
19355	Sugar	5.00 c
19355	Crushed pineapple	13.00 oz
19355	Apricot Jello	6.00 oz
19356	Zucchini, shredded (about	2.00 c
19356	2 to 3 small zucchini)	0.00
19356	Eggs	2.00
19356	Flour	0.50 c
19356	Baking powder	1.00 ts
19356	Parmesan cheese	0.25 c
19356	Or medium onion,grated	0.50 sm
19356	Lots black pepper, freshly	0.00

Sheet1

19356	Grated	0.00
19356	Dill	1.00 ts
19356	Salt (I use garlic and	0.50 ts
19356	Seasoned salt.)	0.00
19356	Sour cream	0.00
19357	Fresh zucchini	2.00 lb
19357	Onions	2.00 sm
19357	Pickling or kosher salt	0.25 c
19357	Sugar	2.00 c
19357	Mustard seed	2.00 ts
19357	Celery salt	1.00 ts
19357	Turmeric	1.00 ts
19357	Vinegar	3.00 c
19358	Zucchini; Shredded	2.00 c
19358	Fresh Cilantro; Snipped	0.25 c
19358	Lime Juice	2.00 T
19358	Vegetable Or Olive Oil	2.00 T
19358	Salt	1.00 t
19358	Sugar	0.25 t
19358	Pepper	0.25 t
19359	Zucchini (or any other	5.00
19359	-variety of summer squash)	0.00
19359	Oil	2.00 tb
19359	Garlic cloves	4.00
19359	Onions, diced	4.00 lg
19359	Carrots, diced	2.00
19359	Green pepper, diced	1.00
19359	Tahini or peanut butter	5.00 tb
19359	Tamari	3.00 tb
19359	Paprika	0.50 ts
19359	Oregano	0.50 ts
19359	Basil	0.50 ts
19359	Sea salt	0.50 ts
19359	Red pepper (optional)	0.12 ts
19359	Sesame seeds	0.50 c
19359	Sunflower seed meal	0.50 c
19359	Corn meal, or flour, or soy	1.00 c
19359	-powder	0.00
19360	Zucchini	4.00 md
19360	Olive oil	0.50 tb
19360	Pressed garlic	0.50 tb
19360	Salt; to taste	0.00
19360	Lemon juice	0.50 tb
19360	Sliced almonds	3.00 tb
19360	- pan toasted until golden	0.00
19361	Chopped onion	0.50 c
19361	Chopped green pepper	0.50 c
19361	Water	0.25 c
19361	(18-ounce) (2 1/4 cups)	1.00 cn

Sheet1

19361	-tomato juice	0.00
19361	Med. zucchini, quartered	2.00
19361	-lengthwise and sliced (2	0.00
19361	-cups)	0.00
19361	(8-ounce) whole kernel corn,	1.00 cn
19361	-drained	0.00
19361	Salt	0.25 ts
19361	Buttermilk	2.00 c
19362	Extra virgin olive oil	4.00 tb
19362	Onions; sliced	4.00 lg
19362	Thyme; fresh, chopped	2.00 ts
19362	Plum tomatoes	8.00 lg
19362	Zucchini; small	1.50 lb
19362	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
19362	120 calories	0.00 x
19362	3 g protein	0.00 x
19362	13 g carbohydrate	0.00 x
19362	7 g fat	0.00 x
19362	0 cholesterol	0.00 x
19362	212 mg sodium	0.00 x
19362	NUTRITIONAL INFORMATION/SERV -----	0.00 -----
19363	Jalapeno, stem and seeds	1.00
19363	-removed, minced	0.00
19363	Cayenne powder	0.50 ts
19363	Crushed red chile	0.25 ts
19363	Ground pork	1.50 lb
19363	Finely chopped onion	0.50 c
19363	Clove garlic, minced	1.00
19363	Ground black pepper	0.50 ts
19363	Fresh parsley, minced	1.00 tb
19363	Salt	0.50 ts
19363	Fresh minced thyme sprig or	1.00 sm
19363	-1/4 tsp. dried	0.00
19363	Bay leaf, crumbled	1.00 sm
19363	Of allspice	1.00 pn
19363	Of mace	1.00 pn
19364	REGULAR LOAF -----	0.00 -----
19364	Water	1.00 c
19364	Wheat bread flour	2.50 c
19364	Dry milk	1.25 tb
19364	Salt	1.00 ts
19364	Butter	1.50 tb
19364	Honey	1.25 tb
19364	Gluten	1.00 tb
19364	Molasses	2.00 ts
19364	Fast-Rise yeast *** OR ***	1.50 ts
19364	Active-Dry yeast	2.00 ts
19364	LARGE LOAF -----	0.00 -----
19364	+ 2 tb Water	1.50 c

Sheet1

19364	Wheat bread flour	3.75 c
19364	Dry milk	2.00 tb
19364	Salt	1.50 ts
19364	Butter	2.00 tb
19364	Honey	2.00 tb
19364	Gluten	1.50 tb
19364	Molasses	1.00 tb
19364	Fast-Rise yeast *** OR ***	2.12 ts
19364	Active-Dry yeast	3.00 ts
19364	REGULAR LOAF -----	0.00 -----
19364	LARGE LOAF -----	0.00 -----
19365	Kohlrabies, peeled, chunks**	4.00 sm
19365	Onion, chopped	1.00 lg
19365	Sweet potatoes, peeled, chunk	2.00
19365	Zucchini, sliced thick	2.00
19365	Fresh tomatoes (16 oz can)	5.00
19365	Can garbanzo beans & liquid*	15.00 oz
19365	Couscous or bulgar wheat	0.50 c
19365	Raisins	0.25 c
19365	Ground coriander	1.00 ts
19365	Ground turmeric	0.50 ts
19365	Ground cinnamon	0.50 ts
19365	Ground ginger	0.50 ts
19365	Ground cumin	14.00 ts
19365	Water	3.00 c
19366	Aunt Jemima (Orig) pancake m	0.75 c
19366	Skim milk	0.75 c
19366	Vegetable oil*	2.00 tb
19366	Jar chunky apple sauce	1.00 ea
19366	Large egg	1.00 ea
19366	Large ripe strawberries	8.00 ea
19366	Powdered sugar	1.00 x
19366	Cinnamon	1.00 x
19367	Beef roast; * see note	1.50 lb
19367	Black pepper	0.50 ts
19367	Garlic cloves; minced	2.00
19367	Onion soup mix	0.50 pk
19367	Worcestershire sauce	2.00 ts
19367	Steak sauce	1.00 ts
19367	Carrots; sliced	3.00
19367	Celery stalks; diced	2.00
19367	Green bell pepper; chopped	1.00
19367	Yellow onion	1.00
19367	Water	0.50 c
19367	Tomato juice	0.50 c
19369	Stewing hen or fowl;	0.50
19369	Chicken stock or broth	2.00 qt
19369	Onion; coarsely chopped	0.25 c
19369	Carrots; coarsely chopped	0.50 c

Sheet1

19369	Celery; coarsely chopped;	0.50 c
19369	Saffron threads; (optional)	1.00 ts
19369	Corn kernels; (fresh/frozen)	0.75 c
19369	Celery; finely chopped	0.50 c
19369	Parsley; fresh chopped	1.00 tb
19369	Egg noddles; cooked	1.00 c
19370	-ROSE RAY DSJN00A-	0.00
19370	Graham cracker crumbs	1.00 c
19370	Sugar	0.00
19370	Cinnamon; divided	1.00 ts
19370	Margarine; melted	3.00 tb
19370	Cream cheese; softened	16.00 oz
19370	Eggs	2.00
19370	Vanilla extract	0.50 ts
19370	Apple slices; thinly sliced,	4.00 c
19370	- peeled, about 2 1/2 lbs	0.00
19370	- apples	0.00
19370	Pecans; chopped	0.50 c
19371	Apples;diced and pared	2.00 lg
19371	Celery;diced	0.50 c
19371	Raisins	0.25 c
19371	Lemon juice	1.00 tb
19371	Mayo;reduced calorie	1.00 tb
19371	Lettuce leaves	8.00
19372	Trimmed Pork Loin Roast	4.00 lb
19372	Salt to taste	0.00
19372	Pepper to taste	0.00
19372	Quartered apples	6.00
19372	Apple juice	0.25 c
19372	Brown sugar	3.00 tb
19372	Ground ginger	1.00 ts
19373	Red Bell Pepper, Roasted and	0.50
19373	-chopped	0.00
19373	Olive Oil	0.00
19373	Onion, Chopped	1.00 sm
19373	Tomato, Chopped	1.00 sm
19373	Jalapeno, Finely minced	1.00
19373	Apricot, Chopped	2.00
19373	Rum, Dark	2.00 tb
19373	Apple Cider	0.00
19374	Bananas; ripe, mashed	2.00
19374	Canola oil like Crisco;	0.50 c
19374	Eggs;	2.00 lg
19374	Frozen orange/pineapp. conc.	2.00 tb
19374	Flour;	1.75 c
19374	Baking powder;	2.00 ts
19374	Baking soda;	0.25 ts
19374	Orange peel;	0.50 ts
19374	Cooking spray;	0.00

Sheet1

19375	Can Harvard Beets	14.00 oz
19375	Pkg orange jello	3.00 oz
19375	Water	0.50 c
19375	Horseradish	1.00 tb
19376	Graham cracker crumbs	1.67 c
19376	Butter, melted	0.50 c
19376	Boiling water	0.50 c
19376	Lemon jello	1.00 pk
19376	Lemon juice	2.00 tb
19376	Cottage cheese	2.00 c
19376	Container frozen whipped	1.00 ea
19376	Topping (about 9 oz.)	1.00 ea
19377	PET RITZ Deep Dish Pie Crust	1.00 ea
19377	Fresh strawberries,washed an	1.00 qt
19377	Sugar	1.00 c
19377	Cornstarch	0.25 c
19377	Water	1.00 c
19377	Few drops red food coloring	1.00 x
19377	Whipped Topping,any size	1.00 ea
19378	All-Purpose Flour	1.50 c
19378	Baking Powder	1.00 ts
19378	Salt	0.50 ts
19378	Margarine	1.00 c
19378	Fry's Cocoa	1.00 c
19378	Sugar	2.00 c
19378	Eggs	4.00 ea
19378	Vanilla	1.50 ts
19378	Nuts, chopped	1.00 c
19378	Strawberry Ice Cream, soft	4.00 c
19378	FRY's Chocolate Sauce	1.00 x
19379	Graham crackers, crushed	1.50 pk
19379	Butter, melted	6.00 ea
19379	Sugar	0.33 c
19379	Cream cheese, unwrapped	24.00 oz
19379	And softened in a microwave	1.00 x
19379	On high	1.00 x
19379	Jumbo eggs separated	5.00 ea
19379	Sugar	1.50 c
19379	Env. knox gelatin	2.00 ea
19379	Cocoa	3.00 tb
19379	Bailey's irish cream	0.50 c
19379	Pt. whipping cream	1.00 ea
19380	Dry yeast	2.00 pk
19380	All-purpose flour,divided	5.75 c
19380	Sugar	0.50 c
19380	Ground cinnamon	1.00 ts
19380	Ground nutmeg	0.50 ts
19380	Margarine,melted and divided	0.25 c
19380	Ground cinnamon	1.00 ts



Sheet1

19380	Warm water (105-115degrees)	0.25 c
19380	Unsweetened applesauce	1.25 c
19380	Margarine	0.33 c
19380	Salt	0.50 ts
19380	Eggs	2.00 x
19380	Sugar	0.50 c
19381	Small squid; cleaned, bodies	1.50 lb
19381	-sliced into 1/4-inch rings,	0.00
19381	-tentacles halved if large	0.00
19381	Plain dried bread crumbs	1.00 c
19381	-(about 4 ounces)	0.00
19381	Oregano; crumbled	1.00 ts
19381	Freshly ground pepper	1.00 ts
19381	Salt	0.00
19381	Olive oil	0.50 c
19381	Olive oil	2.00 tb
19381	Clove garlic; minced	1.00 lg
19381	Anchovy paste	1.00 ts
19381	Dried capellini (or other	0.50 lb
19381	-thin pasta)	0.00
19381	Unsalted butter	1.00 tb
19381	Lemon wedges, for serving	0.00
19382	Dry Lima Beans	1.00 lb
19382	Slices Bacon	4.00
19382	(1 cn) Tomato Juice	18.00 oz
19382	Salt, Or To Taste	0.50 ts
19382	Black Pepper	0.50 ts
19382	Water	6.00 c
19382	Round Steak (cutin 1"strips)	2.00 lb
19382	Packed Brown Sugar	1.00 tb
19382	Dry Mustard	1.00 ts
19383	Maine lobsters, 1-1/4 to	8.00
19383	Each	1.50 lb
19383	Butter, melted	0.50 lb
19383	Dried bread crumbs, ground	2.00 c
19383	-fine	0.00
19383	Worcestershire sauce	2.00 ts
19383	-pinch salt	0.00
19383	-Tomalley and Coral	0.00
19384	Stephen Ceideburg	0.00
19384	Peanut or other vegetable	2.00 ts
19384	-oil	0.00
19384	Carrot, peeled and cut into	1.00 md
19384	-4-inch sticks	0.00
19384	Green onions, cut into	4.00
19384	-3-inch sections	0.00
19384	Quarter-size slices ginger	8.00
19384	-(no need to peel)	0.00
19384	Whole allspice	1.00 ts

## Sheet1

19384	Star anise pods, broken up	3.00
19384	Whole peppercorns	0.50 ts
19384	Dried chiles, any loose	2.00 sm
19384	-seeds removed	0.00
19384	Tilapia, cleaned and scaled	2.00
19384	-(2 1/2 to 3 pounds in all)	0.00
19384	Salt	0.00
19384	White wine	3.00 tb
19384	Fish or poultry stock	0.50 c
19384	Butter (optional)	1.00 tb
19385	Olive oil	0.67 c
19385	Italian plum tomatoes	1.50 lb
19385	-- sliced lengthwise	0.00
19385	Grated Romano cheese	0.25 c
19385	Dry bread crumbs	0.25 c
19385	Garlic cloves	3.00
19385	-- finely chopped	0.00
19385	Dried oregano	1.00 ts
19385	Salt and pepper; to taste	0.00
19385	Penne	0.00
19386	6-8 oz trouts	6.00
19386	Greek strained yoghurt	7.50 fl
19386	Whipping cream	2.50 fl
19386	Fresh chopped parsley	2.00 tb
19386	Chopped chives	2.00 tb
19386	Chopped fennel	2.00 tb
19386	Fresh chopped thyme	1.00 ts
19386	Fresh chopped oregano	1.00 ts
19386	Fresh chopped tarragon	1.00 ts
19386	Clarified or unsalted butter	0.00
19387	(6-serve size) Jello Vanilla	1.00 pk
19387	Pudding and Pie Filling	0.00
19387	Milk	3.00 c
19387	Squares Baker's White	6.00
19387	Chocolate, coarsely chopped	0.00
19387	Cool Whip Frozen Whipped	500.00 ml
19387	Topping, thawed	0.00
19387	Frozen pound cake, thawed	0.50
19387	Orange liqueur or Orange	0.25 c
19387	Juice	0.00
19387	Sliced and sweetened fresh	2.50 c
19387	Strawberries	0.00
19387	Squares Baker's White	5.00
19387	Chocolate, grated	0.00
19387	Whole strawberries for	6.00
19387	Garnish	0.00
19387	Square Baker's White	1.00
19387	Chocolate, melted and cooled	0.00
19388	Butter	0.25 lb

## Sheet1

19388	9" baked pastry shell,cooled	0.00
19388	Almonds; shelled	0.25 c
19388	Sugar, caster	0.25 c
19388	Distilled rose water	1.00 ts
19388	Eggs. large	2.00 g
19388	Raspberries or loganberries	1.50 c
19389	Shortening	0.50 c
19389	All-purpose flour*	2.00 c
19389	Sugar	1.00 tb
19389	Baking powder	3.00 ts
19389	Salt	1.00 ts
19389	Milk	0.75 c
19390	Flour	2.00 c
19390	Baking Powder	3.00 tb
19390	Salt	1.00 ts
19390	Shortening	4.00 tb
19390	Milk, SKIM	0.75 c
19391	All-purpose flour	2.00 c
19391	Double acting baking powder	1.00 tb
19391	Salt	0.50 ts
19391	Unsalted butter	0.25 c
19391	-=OR=- Shortening	0.00
19391	Buttermilk	0.75 c
19392	Flour	2.00 c
19392	Baking powder	3.00 ts
19392	Salt	0.25 ts
19392	Margarine	0.25 c
19392	Lowfat milk	0.50 c
19393	No ingredients	0.00
19394	Granulated sugar	3.50 c
19394	Water	2.50 c
19394	Honey	2.00 tb
19394	Lemon rind	1.00
19394	Stick cinnamon	1.00
19394	Whole cloves	4.00
19394	Walnuts & blanched almonds	1.25 lb
19394	- Chopped medium fine	0.00
19394	Ground cinnamon	2.00 ts
19394	Ground cloves	1.00 ts
19394	Commercial filo sheets	1.50 lb
19394	Sweet butter; melted	1.00 lb
19395	Finely chopped walnuts	0.75 c
19395	Finely chopped pistachios	0.75 c
19395	Chopped blanched almonds	0.50 c
19395	- (lightly toasted)	0.00
19395	Superfine sugar	0.50 c
19395	Cinnamon	1.00 ts
19395	Nutmeg	1.00 ts
19395	Sweet butter; melted	1.25 lb

Sheet1

19395	Commercial phyllo sheets	1.00 pk
19395	Sugar	2.50 c
19395	Water	1.75 c
19395	Orange's rind; finely grated	1.00
19395	Lemon's rind; finely grated	1.00
19395	Whole cloves	5.00
19395	Cinnamon stick	1.00
19395	Honey	1.00 c
19396	Sugar	1.00 c
19396	Water	1.00 c
19396	Honey	1.50 c
19396	Walnuts, finely chopped	2.00 c
19396	Sugar	0.75 c
19396	Cinnamon	2.00 ts
19396	Allspice	1.00 ts
19396	Unsalted butter	1.50 c
19396	Phyllo dough	1.00 lb
19397	Stephen Ceideburg	0.00
19397	Red onions	3.00 md
19397	Virgin olive oil	1.00 tb
19397	Balsamic vinegar	0.50 c
19397	Salt	1.00 ts
19397	Pepper	0.25 ts
19397	Capers	1.00 tb
19398	New Red Potatoes *	2.00 lb
19398	Sour Cream	1.00 c
19398	Balsamic Vinegar	0.25 c
19398	Olive Oil	1.00 tb
19398	Salt	2.00 ts
19398	Fresh Ground Pepper	0.50 ts
19398	Sliced Scallions	1.00 c
19398	Coarsely Chopped Celery	1.50 c
19398	Sliced Radishes	1.00 c
19398	Romaine Lettuce Leaves	0.00
19399	Salt pork	0.50 lb
19399	Cut into 1/4" thick slices	0.00
19399	Crumbled thyme	0.50 ts
19399	Chopped parsley	1.00 tb
19399	Bay leaf	1.00
19399	Boneless lean chuck	1.00 lb
19399	Cut into 1-inch cubes	0.00
19399	Onion; sliced	1.00 lg
19399	Boneless pork	1.00 lb
19399	Cut into 1-inch cubes	0.00
19399	Brandy	0.25 c
19399	Condensed consomme'	1.00 cn
19399	Garlic cloves; chopped	2.00
19399	Mushrooms; chopped	4.00
19399	Burgundy wine	1.00 c

Sheet1

19399	Salt, pepper	0.00
19399	Cornstarch mixed with	3.00 tb
19399	Water	0.33 c
19400	Crushed bananas	1.50 c
19400	Apple	1.00
19400	Bacon slices	4.00
19400	Salt and lettuce	1.00
19401	Banana	1.00
19401	Grape pulp	0.25 c
19401	Chopped pecans	0.50 c
19401	Orange	1.00
19402	All-purpose or unbleached	1.00 c
19402	White flour	0.00
19402	Oat bran	1.00 c
19402	Baking powder	1.00 ts
19402	Baking soda	1.00 ts
19402	Ground cinnamon (I used 1	0.50 ts
19402	-I plan to increase more)	0.00 ts
19402	Ground ginger (I used 1/2	0.25 ts
19402	)	0.00 ts
19402	Salt (I omitted-usual for	0.12 ts
19402	Me)	0.00
19402	Egg white(I omitted-dumb	1.00 lg
19402	Question but what purpose	0.00
19402	Does it serve?)	0.00
19402	Buttermilk (I used 1%-is	1.00 c
19402	There a real difference?)	0.00
19402	Packed light brown sugar	0.25 c
19402	Ripe banana, mashed (I used	1.00 lg
19402	Medium)	2.00
19402	Canola or safflower oil (I	2.00 tb
19402	Used corn oil-Mazola)	0.00
19402	Mild honey, such as clover	1.00 tb
19402	(I omitted)	0.00
19402	Grated orange zest (I	0.50 ts
19402	Omitted-what is it?)	0.00
19403	Stephen Ceideburg	0.00
19403	Palm Sugar	1.00 tb
19403	Pomegranates	2.00
19403	Bananas	3.00
19403	Juice of 2 limes	0.00
19403	Lime Dressing	0.00
19404	Bananas, peeled	4.00
19404	Lemon juice	0.00
19404	Raisins	0.25 c
19404	Finely chopped pecans	0.25 c
19404	Sugar	0.50 c
19404	Light corn syrup	0.25 c
19404	Water	0.25 c

Sheet1

19404	Butter	1.00 tb
19405	Flour; sifted	1.00 c
19405	Salt	0.50 ts
19405	Baking soda	0.50 ts
19405	Baking powder	1.00 ts
19405	Shortening	2.00 tb
19405	Sugar	0.25 c
19405	Egg; well beaten	1.00
19405	Bran; shredded	1.00 c
19405	Milk	2.00 tb
19405	Bananas; thinly sliced	2.00
19406	Flour; all purpose	2.00 c
19406	Butter; or other shortening	0.50 c
19406	Sugar	1.00 c
19406	Baking soda	0.50 ts
19406	Eggs	2.00
19406	Salt	0.50 ts
19406	Baking powder	0.50 ts
19406	Bananas; mashed	3.00
19406	Nut meats; or raisins	0.50 c
19407	Sugar	1.00 c
19407	Margarine or butter,	0.33 c
19407	-softened	0.00
19407	Eggs	2.00
19407	Mashed ripe bananas	1.50 c
19407	Water	0.33 c
19407	All-purpose flour*	1.67 c
19407	Baking soda	1.00 ts
19407	Salt	0.50 ts
19407	Baking powder	0.25 ts
19407	Chopped nuts	0.50 c
19408	Sugar;	0.25 c
19408	Sugar Twin;	0.75 c
19408	Margarine;	0.33 c
19408	Egg;	1.00
19408	Egg whites;	2.00
19408	Baking soda;	1.00 ts
19408	Flour;	2.00 c
19408	Milk;	4.00 tb
19408	Vinegar;	0.75 ts
19408	Bananas; ripe, mashed	3.00
19409	Whole wheat flour	2.00 c
19409	Baking powder	2.00 ts
19409	Baking soda	0.50 ts
19409	Zest of one orange (orange	1.00
19409	Part of peel, finely	0.00
19409	Grated)	0.00
19409	Dried currants OR 1/2_cup	0.50 c
19409	Chopped dried Apricots	0.00

Sheet1

19409	Overripe bananas	2.00 sm
19409	8 ounce canned crushed	1.00
19409	Unsweetened pineapple	0.00
19409	Egg whites (or equivalent)	2.00
19409	Dairy or soy nf milk	0.25 c
19410	Shortening	0.25 c
19410	Sugar	0.75 c
19410	Beaten Eggs	2.00 lg
19410	Vanilla	1.00 ds
19410	Flour	2.00 c
19410	Baking Soda	1.00 ts
19410	Salt	1.00 ts
19410	Sour Milk	3.00 tb
19410	Mashed Bananas	1.00 c
19410	Nutmeats	0.50 c
19411	Whole wheat flour	2.00 c
19411	Baking powder	2.00 ts
19411	Baking soda	0.50 ts
19411	Ground nutmeg	0.50 ts
19411	Eggs	2.00
19411	Vegetable oil	0.50 c
19411	Sugar	2.00 tb
19411	Sliced bananas (2 large)	1.50 c
19412	Self-Raising Flour	8.00 oz
19412	Butter	2.00 oz
19412	Sunflower Oil	2.00 tb
19412	Salt	0.50 ts
19412	Dried Mixed Fruit	6.00 oz
19412	Eggs	2.00
19412	Soft Bananas	1.00 lb
19413	All-purpose flour	1.75 c
19413	Baking powder	1.50 ts
19413	Baking soda	0.50 ts
19413	Salt	0.50 ts
19413	Ground ginger	0.50 ts
19413	Ground allspice	0.25 ts
19413	Grated nutmeg	0.25 ts
19413	Grated lemon peel (optional)	1.00 ts
19413	Ground almonds (optional)	0.25 c
19413	Butter or margarine	0.50 c
19413	Sugar	0.75 c
19413	Eggs	2.00
19413	Mashed banana (4 medium	1.50 c
19413	-bananas)	0.00
19414	Cake Flour; Sifted	2.25 c
19414	Baking Powder	1.25 ts
19414	Baking Soda	1.25 ts
19414	Salt	1.00 ts
19414	Vinegar	2.00 ts

Sheet1

19414	Milk	0.00
19414	Vegetable Shortening	0.67 c
19414	Sugar	1.67 c
19414	Eggs	3.00 lg
19414	Ripe Bananas; Mashed 3 to 4	1.25 c
19414	Walnuts; Chopped	1.00 c
19414	Butter Or Regular Margarine	0.50 c
19414	Brown Sugar; Packed	1.00 c
19414	Milk	0.25 c
19414	Confectioners' Sugar; Sifted	2.00 c
19415	Sugar	1.00 c
19415	Butter, softened	0.50 c
19415	Eggs	2.00
19415	Mashed ripe bananas	1.00 c
19415	Milk	0.50 c
19415	Pure vanilla extract	1.00 ts
19415	All-purpose flour	2.00 c
19415	Baking soda	1.00 ts
19415	Salt	1.00 ts
19415	Semisweet chocolate chips	1.00 c
19415	Nuts (optional)	0.50 c
19416	Very ripe bananas	5.00
19416	Juice of 1 lemon	0.00
19416	Raisins	0.25 c
19417	Sifted flour	3.00 c
19417	Baking powder	1.00 tb
19417	Salt	1.00 ts
19417	Almond extract	0.50 ts
19417	Vanilla	1.50 ts
19417	Banana extract	0.50 ts
19417	Sugar	1.50 c
19417	Heavy cream	2.00 c
19417	Sugar	0.33 c
19417	Water	0.33 c
19417	Creme de banana	4.00 tb
19417	Whipping cream	1.50 c
19417	Mashed fresh strawberries	0.75 c
19417	Grand Marnier	1.00 ts
19417	Powdered sugar	3.00 tb
19417	Banana, sliced	1.00 lg
19418	Banana	1.00
19418	Baked 9" pie shell,cooked	1.00
19418	-or (graham cracker crust)	0.00
19418	(4 serv)Banana or Vanilla	2.00 pk
19418	-instant pudding	0.00
19418	Cold milk	2.50 c
19418	Thawed Cool Whip topping	2.00 c
19419	Vanilla wafer crumb crust	1.00
19419	-(see 2/2)	0.00



Sheet1

19419	Granulated gelatin	1.50 ts
19419	Cold water	0.25 c
19419	Hot skim milk	1.50 c
19419	Of flour	0.25 c
19419	Cold skim milk	0.50 c
19419	Eggs beaten	2.00
19419	Sugar substitute equivalent	0.00
19419	-to 3 tablespoons sugar	0.00
19419	Pure vanilla extract	1.50 ts
19419	Firm-ripe bananas	1.00 lb
19420	To 12 scoops vanilla	6.00
19420	-ice cream	0.00
19420	Bananas	3.00 lg
19420	Brown sugar	0.50 c
19420	Butter	0.50 c
19420	Clove	1.00 pn
19420	Cinnamon	0.50 ts
19420	Rum	1.00 oz
19420	Brandy	1.00 oz
19420	Creme de banana	1.00 oz
19421	Bananas	5.00
19421	Flour for dredging bananas	0.00
19421	Veg oil for deep frying	0.00
19421	Egg	1.00
19421	Ice cold water	250.00 ml
19421	Flour sifted with	125.00 ml
19421	-1/2 tsp. baking soda	0.00
19421	Honey	0.00
19422	Firm, but ripe bananas,	8.00
19422	-thinly sliced	0.00
19422	Melted butter	2.00 tb
19422	Confectioners' sugar	6.00 tb
19422	Vanilla ice cream, frozen	0.00
19422	-vanilla yogurt or whipped	0.00
19422	-cream for serving	0.00
19423	Ripe Banana, Sliced	1.00
19423	Milk	1.00 c
19423	Vanilla	5.00 dr
19424	Sifted all-purpose flour	1.50 c
19424	Baking powder	2.00 ts
19424	Soda	0.50 ts
19424	Salt	1.00 ts
19424	Sugar	0.50 c
19424	Quaker Oats, uncooked	0.75 c
19424	-- (quick or old-fashioned)	0.00
19424	Vegetable oil	0.33 c
19424	Eggs; beaten	2.00
19424	Buttermilk	0.33 c
19424	Mashed bananas	0.67 c

Sheet1

19424	Chopped nutmeats	0.50 c
19425	All-purpose flour	1.33 c
19425	Quick-cooking rolled oats	1.00 c
19425	Sugar	0.50 c
19425	Baking powder	2.00 ts
19425	Ground cinnamon	1.00 ts
19425	Baking soda	0.50 ts
19425	Raisins	0.50 c
19425	Mashed ripe bananas	1.00 c
19425	-(about 2 med; 3/4 lb total)	0.00
19425	Nonfat milk	0.25 c
19425	Egg whites	2.00 lg
19425	Vanilla	1.00 ts
19426	Cabbage, Shredded	2.00 c
19426	Carrots, Shredded	1.00 c
19426	Pineapple, Tidbits Drained *	8.00 oz
19426	Miracle Whip	0.50 c
19426	Sour Cream	0.50 c
19426	Honey	1.00 tb
19426	Pecans, Chopped	0.25 c
19426	Banana, Sliced	1.00
19427	Cream Cheese (softened)	8.00 oz
19427	Milk (cold)	2.00 c
19427	Small, instant banana	1.00 pk
19427	-jello pudding mix (dry)	0.00
19427	9" Graham Cracker Crust	1.00
19428	Stephen Ceideburg	0.00
19428	Bananas	4.00 lg
19428	Caster sugar	200.00 g
19428	Mandarine juice	6.00 tb
19428	White rum	3.00 tb
19428	Eggs, separated	4.00
19428	Salt	1.00 pn
19428	Sugar	3.00 tb
19428	Mandarine juice	210.00 ml
19429	Bananas	2.00 lg
19429	Diced red bell pepper	0.50 c
19429	Diced green bell pepper	0.50 c
19429	Jalapenos, seeded and minced	2.00
19429	Fresh ginger, minced	1.00 tb
19429	Scallions, trimmed and	3.00
19429	-finely chopped	0.00
19429	Chopped cilantro leaves	0.25 c
19429	Fresh lime juice	3.00 tb
19429	Packed light brown sugar	2.00 tb
19429	Ground cardamom	0.25 ts
19429	Olive oil	1.00 tb
19429	Salt and pepper	0.00
19430	All-purpose flour	1.50 c

Sheet1

19430	Budweiser beer	0.75 c
19430	Light brown sugar	6.00 tb
19430	Egg	1.00
19430	Baking powder	2.00 tb
19430	Lemon juice	2.00 ts
19430	Cornstarch	2.00 tb
19430	Walnuts; chopped 1/4" pcs	0.75 c
19430	Salt	0.50 ts
19430	Cinnamon	0.50 ts
19430	Semi-sweet chocolate chips	0.75 c
19430	Medium bananas	1.00 lb
19430	Vegetable oil	6.00 c
19430	Confectioners' sugar	2.00 tb
19431	-JNPM71A	0.00
19431	Honey	0.25 c
19431	Water	0.25 c
19431	Egg	1.00
19431	Oil	0.25 c
19431	Vanilla	0.50 ts
19431	Ripe bananas; sliced	2.00
19431	Salt	0.50 ts
19431	Poppy seeds (optional)	1.00 ts
19431	Bread flour	1.50 c
19431	Wheat flour	1.50 c
19431	Yeast	1.00 tb
19431	Chopped walnuts	0.50 c
19432	Dried, pitted dates,	8.00
19432	Coarsely chopped	0.00
19432	Orange juice	0.25 c
19432	Banana, peeled & sliced	1.00 lg
19432	Unsalted butter	1.00 tb
19432	Fresh lemon juice	1.00 tb
19433	Or 1-2 small bananas per	1.00 lg
19433	Person	0.00
19433	Lemon juice	2.00 tb
19433	Calvados, grand marnier or	2.00 tb
19433	Cointreau	0.00
19433	Oz orange juice	5.00 fl
19433	Molasses sugar	2.00 tb
19433	Egg	1.00
19433	Flour	4.00 oz
19433	Oz lager beer	10.00 fl
19434	Butter	0.50 c
19434	Brown sugar	0.50 c
19434	Dark rum	1.00 tb
19434	Creme de Banana	1.00 tb
19434	Bananas, split and sliced	3.00 lg
19434	Vanilla ice cream	0.00
19434	Cinnamon	0.00 ds

Sheet1

19435	Onion	3.00 lg
19435	Peanut oil	1.00 tb
19435	Beef & chicken bones, meaty;	5.00 lb
19435	-combination	0.00
19435	Ginger slice; julienned	4.00
19435	Carrot; julienned	2.00
19435	Cinnamon stick	1.00 sm
19435	Star anise	1.00
19435	Cloves, whole	2.00
19435	Peppercorn, black; whole	1.00 ts
19435	Garlic clove; smashed	2.00
19435	Fresh bean sprouts	0.50 lb
19435	Beef sirloin; sliced very	0.50 lb
19435	-thin across grain, bitesize	0.00
19435	Scallion; finely sliced	1.00
19435	Cilantro; chopped	0.25 c
19435	Chiles serranos; sliced	4.00
19435	-(wimps only devein them)	0.00
19435	Lime; cut into wedges	2.00
19435	Rice sticks, soaked in hot	8.00 oz
19435	;water for 30 minutes	0.00
19435	;drained	0.00
19435	Nuoc mam	3.00 tb
19435	Fresh black pepper to taste	0.00
19436	Lentils; rinsed	2.33 c
19436	Water	5.00 c
19436	Molasses	0.50 c
19436	Brown sugar	2.00 tb
19436	Vinegar	1.00 tb
19436	Ketchup	0.50 c
19436	Dry mustard	1.00 ts
19436	Worcestershire sauce; or veg	1.00 ts
19436	Tomato sauce	16.00 oz
19436	Minced onions	2.00 tb
19436	Liquid barbecue smoke.; opti	0.25 ts
19437	Beef rump roast	3.00 lb
19437	Flour	3.00 tb
19437	Tomato sauce	15.00 oz
19437	Onions-chopped	0.50 c
19437	Brown sugar, packed	0.33 c
19437	Lemon juice	2.00 tb
19437	Beef instant bouillon	1.00 tb
19437	Chili powder	1.50 ts
19437	Cl Garlic; chopped fine	1.00
19437	Dry mustard	1.00 ts
19437	Hamburger buns	0.00
19438	Bacon	2.00 sl
19438	Onion; chopped	1.00 sm
19438	Garlic clove; minced	1.00

Sheet1

19438	Fresh green beans or	4.00 c
19438	-- canned and drained	0.00
19438	Seasoned salt; or to taste	1.00 ts
19438	Black pepper	0.50 ts
19438	Prepared barbecue sauce	0.75 c
19439	Halibut	2.00 lb
19439	Orange juice	0.25 c
19439	Soy sauce	0.25 c
19439	Ketchup	2.00 tb
19439	Chopped fresh parsley	2.00 tb
19439	Salad oil	2.00 tb
19439	Lemon juice	1.00 tb
19439	Oregano	0.50 ts
19439	Pepper	0.50 ts
19439	Clove garlic, minced	1.00
19440	Light soy sauce	2.00 tb
19440	Sugar	0.50 ts
19440	Salmon steaks	4.00
19440	Parsley	0.50 c
19440	Roughly chopped chives	0.50 c
19440	Capers	2.00 tb
19440	Chopped onion	2.00 tb
19440	Olive oil	0.50 c
19440	Lemon or lime juice	1.00 tb
19440	Hard-boiled egg	1.00
19440	Freshly ground black pepper	0.00
19441	Carrot; finely minced	1.00 md
19441	Celery stalk; finely sliced	1.00
19441	Minced garlic	1.00 tb
19441	Tomato paste	1.00 tb
19441	Salt	1.50 ts
19441	Freshly ground black pepper	1.00 ts
19441	Low-sodium chicken broth	3.00 c
19441	Bay leaves	3.00
19441	Sprig fresh thyme; -=OR=-	1.00
19441	-Dried thyme	0.50 ts
19441	Brown sugar	1.00 tb
19441	Cider vinegar	0.50 c
19441	Ketchup	2.00 tb
19441	Dry mustard	1.00 tb
19441	Worcestershire sauce	1.00 ts
19441	Ground clove	0.25 ts
19441	Chili powder	1.00 ts
19441	Cayenne pepper	0.25 ts
19442	Olive oil	1.00 ts
19442	Onion; chopped	0.50
19442	Tomato paste	0.50 c
19442	Apple juice	0.50 c
19442	Dry mustard	1.00 ts

Sheet1

19442	Cinnamon	0.12 ts
19442	Black pepper, ground	0.25 ts
19442	Garlic clove; chopped	0.50
19442	Paprika	0.25 ts
19442	Soy sauce	2.00 tb
19442	Vinegar	0.25 c
19442	Honey	1.00 tb
19443	Onions, chopped	3.00 c
19443	Honey	0.25 c
19443	Garlic, chopped	1.00 tb
19443	Lemon juice	2.00 tb
19443	Sweet pepper, chopped	1.00 c
19443	Salt	1.00 tb
19443	Parsley, dried	0.50 c
19443	Lea & Perrins	3.00 tb
19443	Dry white wine	1.00 c
19443	Mint, dried	0.50 ts
19443	Vinegar	3.00 tb
19443	Liquid smoke	1.00 tb
19443	Ketchup	2.00 c
19443	Louisiana hot sauce	0.50 tb
19444	Ketchup	1.00 c
19444	Water	1.00 c
19444	Minced onion	2.00 tb
19444	Cider vinegar	2.00 tb
19444	Prepared horseradish	1.00 tb
19444	Mustard	1.00 tb
19444	Coarse cracked black pepper	0.00
19444	Beef brisket	3.50 lb
19444	Onions, sliced	2.00 lg
19444	Carrots, peeled, cut in	5.00
19444	-1-inch chunks	0.00
19444	Red potatoes, unpeeled,	5.00 md
19444	-quartered	0.00
19444	Salt	0.00
19445	Cooked Beef Strips; 2 X 1/4"	4.00 c
19445	Ketchup	1.00 c
19445	Cider Vinegar	0.50 c
19445	Butter Or Regular Margarine	0.50 c
19445	Sugar	0.25 c
19445	Onions; Thinly Sliced	2.00 md
19445	Lemon	2.00 sl
19445	Worcestershire Sauce	2.00 tb
19445	Prepared Mustard	4.00 ts
19445	Salt	1.00 ts
19445	Chili Powder	0.25 ts
19445	Black Pepper	0.25 ts
19445	Water	0.50 c
19445	Hamburger Buns	8.00

Sheet1

19446	Stephen Ceideburg	0.00
19446	Boneless beef round (1 inch	1.00 lb
19446	-thick)	0.00
19446	Stalks fresh lemongrass *	2.00
19446	Shallots	2.00
19446	Cloves of garlic	3.00
19446	Fresh serrano chili	1.00
19446	Sugar	1.00 tb
19446	Vietnamese fish sauce (nuoc	1.00 tb
19446	-mam)	0.00
19446	Asian sesame oil	1.00 tb
19446	Sesame seeds	1.00 tb
19446	Dried rice stick noodles	2.00 oz
19446	Boiling water	0.00
19446	Red lettuce leaves	12.00 lg
19446	English cucumber, peeled and	1.00 sm
19446	-julienned	0.00
19446	Fresh mint leaves	24.00
19446	Fresh coriander leaves, each	36.00
19446	-with a little stem	0.00
19446	Nuoc cham dipping sauce (see	0.00
19446	-below)	0.00
19446	(12-inch) dried rice-paper	12.00
19446	-circles	0.00
19447	Leg of lamb (5-6 lb)*	1.00
19447	Balsamic vinegar	0.75 c
19447	Mint jelly	0.33 c
19447	Minced fresh mint leaves	0.33 c
19447	Fresh mint sprigs (opt)	0.00
19447	Salt	0.00
19447	Pepper	0.00
19447	Small pocket bread**	0.00
19448	Stephen Ceideburg	0.00
19448	Chicken, cut into 8 pieces,	3.00 lb
19448	-skin and fat removed, or:	0.00
19448	Skinless chicken breasts or	8.00
19448	-thighs	0.00
19448	Tomato ketchup	0.33 c
19448	Hoisin sauce	0.25 c
19448	Cider vinegar	1.00 tb
19448	Unsulphured molasses	1.00 tb
19448	Reduced-sodium soy sauce	1.00 ts
19448	Chinese chili paste with	1.00 ts
19448	-garlic	0.00
19449	Water	0.25 c
19449	Ketchup	3.00 tb
19449	Cider Vinegar	2.00 tb
19449	Brown Sugar; Packed	3.00 tb
19449	Worcestershire Sauce	2.00 tb

Sheet1

19449	Butter Or Regular Margarine	2.00 tb
19449	Lemon Juice	1.00 tb
19449	Dry Mustard	2.00 ts
19449	Chili Powder	1.00 ts
19449	Paprika	1.00 ts
19449	Unbleached All-Purpose Flour	0.33 c
19449	Salt	1.00 ts
19449	Pepper	0.25 ts
19449	Broiler-Fryers; Cut Up (2	6.00 lb
19449	3 pound packages)	0.00
19450	(4 lb.) rainbow trout	1.00
19450	Onion	1.00 md
19450	Tomatoes	2.00
19450	Lemon juice	1.00 ts
19450	Salt and pepper; to taste	0.00
19451	Rack pork back ribs, cut	2.00 lb
19451	-lengthwise across bones	0.00
19451	-into halves	0.00
19451	Catsup	0.50 c
19451	Packed brown sugar	2.00 tb
19451	Lemon juice	1.00 tb
19451	Salt	1.00 ts
19451	Garlic powder	0.50 ts
19451	Ground ginger	0.25 ts
19451	Dry mustard	3.00 tb
19451	Cold water	3.00 tb
19452	Salmon steaks (6 to 8 ounces	4.00
19452	-each) thawed if necessary.	0.00
19452	Lemon juice	2.00 tb
19452	Olive oil	2.00 tb
19452	Dried and crushed basil	1.00 ts
19452	Lemon wedges	0.00
19453	Bay or sea scallops	1.25 lb
19453	Red peppers, cut into	2.00 md
19453	-1 1/2-inch squares	0.00
19453	Hoisin sauce	3.00 tb
19453	Soy sauce	1.00 tb
19453	Dry sherry	2.00 tb
19453	Sugar	1.00 tb
19454	3-4 lb beef short ribs, bone	1.00
19454	-less or thin sliced*	0.00
19454	Barbecue sauce of your choic	1.50 c
19454	-e	0.00
19454	Seafood cocktail sauce	0.33 c
19454	Wine vinegar	3.00 tb
19455	Trout, whole	1.00 sm
19455	Flour	0.00
19455	Corn oil	0.00
19455	Salt & pepper; to taste	0.00



Sheet1

19455	Tabasco	0.00
19456	Stephen Ceideburg	0.00
19456	To 13 lb turkey	9.00 lb
19456	Vegetable oil	0.75 c
19456	Chopped parsley	0.50 c
19456	Chopped fresh sage, or:	2.00 tb
19456	Dried sage, crushed	2.00 ts
19456	Chopped fresh rosemary, or:	2.00 tb
19456	Dried rosemary, crushed	2.00 ts
19456	Chopped fresh thyme, or:	1.00 tb
19456	Dried thyme, crushed	1.00 ts
19456	Salt	0.00
19456	Cracked black pepper	0.00
19457	Frozen yogurt, cappuccino	0.50 c
19457	-flavor	0.00
19457	Sparkling water, plain	2.00 oz
19457	Raspberry daiquiri mix	2.00 tb
19457	Splash of non-alcoholic mint	0.00
19457	-flavored liqueur	0.00
19458	Pearled barley	1.50 c
19458	Vegetable broth or stock	3.50 c
19458	Fresh cooked or canned white	2.00 c
19458	Kidney beans	0.00
19458	Fresh mint chopped or 1 tbs	2.00 tb
19458	Dry mint	0.00
19459	Soft margarine	1.00 tb
19459	Onion, chopped	1.00
19459	Mushrooms, sliced	0.75 lb
19459	Pot barley or pearl barley**	1.00 c
19459	Hot chicken stock	3.00 c
19459	Chopped fresh parsley	0.50 c
19459	Freshly ground pepper	0.00
19460	Pearl barley	1.00 c
19460	+ 2 tb. margarine; divided	0.25 c
19460	Pine nuts	0.33 c
19460	Onion; chopped	1.00 md
19460	Fresh parsley; minced	0.50 c
19460	Fresh chives; minced	0.25 c
19460	Each salt and pepper	0.25 ts
19460	Beef broth (14.5 oz. each)	2.00 cn
19460	-- undiluted	0.00
19460	Fresh parsley sprigs	0.00
19461	Onions; large	4.00
19461	Lentils, red; cooked	0.50 c
19461	Yogurt, plain	0.75 c
19461	Dates; stored & finely	2.00 tb
19461	-chopped	0.00
19461	Walnuts; chopped	2.00 tb
19461	Raisins; or sultanas	1.00 tb

Sheet1

19461	Bread crumbs	2.00 tb
19461	Parsley, fresh; chopped	1.00 bn
19461	-salt and pepper	0.00
19462	Water, boiling	2.00 c
19462	Corn oil	3.00 tb
19462	Nutritional yeast (or more)	2.00 tb
19462	Poultry seasoning (or more)	1.00 ts
19462	Mushrooms; chopped	0.50 c
19462	Onions; finely chopped	0.50 c
19462	Vegetable broth powder or	1.00 tb
19462	--bouillon	0.00
19462	Onion salt to taste	0.00
19463	Egg substitutes	4.00
19463	Water	1.25 c
19463	Rice milk	1.00 c
19463	Salt	0.50 ts
19463	Whole wheat pastry flour or	2.00 c
19463	Unbleached white flour	0.00
19464	Flour	2.00 c
19464	Sugar	2.00 tb
19464	Eggs	2.00 lg
19464	Milk	2.00 c
19464	Oil, cooking	2.00 tb
19465	Ferns	1.00 bn
19465	;Boiling salted water	0.00
19465	Butter	0.00
19465	Salt and pepper to taste	0.00
19465	-or-	0.00
19465	Lemon juice or any sauce	0.00
19465	-- for asparagus	0.00
19466	Stephen Ceideburg	0.00
19466	Carrots, peeled and chopped	2.00 md
19466	Yellow onion, peeled,	0.50 lg
19466	-chopped	0.00
19466	Shallot, peeled and chopped	1.00
19466	Olive oil	1.00 tb
19466	Hearty red wine	2.50 c
19466	Red wine vinegar	0.25 c
19466	Whole bay leaves	2.00
19466	Parsley stalks	3.00
19466	Whole juniper berries	8.00
19466	Sea salt or kosher salt	1.00 ts
19466	Whole black peppercorns	6.00
19467	Cornstarch	1.00 tb
19467	Cold Water	2.00 tb
19467	Cream Of Tartar	0.50 ts
19467	Boiling Water	0.50 c
19467	Egg Whites	3.00
19467	Sugar	6.00 tb

## Sheet1

19467	Baking Soda	1.00 pn
19467	Vanilla	1.00 ts
19468	Whole-wheat flour	2.00 c
19468	Baking powder	2.00 ts
19468	Honey	0.25 c
19468	Water; or nut milk	2.00 c
19468	Applesauce	2.00 tb
19468	Vanilla	0.50 ts
19469	Warm tap water (110 to 115	1.00 c
19469	-degrees)	0.00
19469	Active dry yeast	1.00 pk
19469	To 3 1/2 cups flour	3.00
19469	Salt	0.50 ts
19470	Information Text	0.00
19471	--- ENOUGH SMOKE FOR 4 ----	0.00
19471	---- CHICKEN BREAST -----	0.00
19471	Raw brown rice	2.00 tb
19471	Brown sugar	1.00 tb
19471	Whole cloves	4.00
19471	Tea leaves from 2 earl Grey	0.00
19471	- tea bags, removed from	0.00
19471	- packets	0.00
19471	Olive oil	0.25 ts
19471	6oz boneless skinless	2.00
19471	- chicken breasts	0.00
19472	No ingredients	0.00
19473	Egg yolks	3.00
19473	Powdered sugar	0.25 c
19473	Vanilla	1.00 ts
19473	Butter softened	4.00 oz
19473	Butter chilled	4.00 oz
19474	Red wine vinegar	2.00 tb
19474	-- (good quality)	0.00
19474	Dijon mustard	2.00 ts
19474	Garlic clove; crushed	1.00 sm
19474	Olive oil	6.00 tb
19475	Milk	1.00 c
19475	Dry white wine	0.50 c
19475	Day old loaf swiss peasant	1.00
19475	-bread or French bread cut	0.00
19475	-into 1/2 inch slices	0.00
19475	Prosciutto, thinly sliced	8.00 oz
19475	Arugula leaves (1 bunch)	2.00 c
19475	Olive oil	3.00 tb
19475	Basil torta cheese, thinly	1.00 lb
19475	-sliced	0.00
19475	Ripe tomatoes, sliced	3.00
19475	Basic Pesto	0.50 c
19475	Eggs beaten	4.00

Sheet1

19475	Salt and black pepper	0.00
19475	Heavy or whipping cream	0.50 c
19475	Fresh basil leaves	2.00 c
19475	Cloves, garlic chopped	4.00 md
19475	Walnut meats or pine nuts	1.00 c
19475	Olive oil	1.00 c
19475	Freshly grated imported	1.00 c
19475	-Parmesan Cheese	0.00
19475	Fresh grated Romano cheese	0.25 c
19475	Salt and ground black pepper	0.00
19476	Durum semolina	1.00 c
19476	Dried basil	1.00 ts
19476	OR	0.00
19476	Fresh basil, chopped	1.00 tb
19476	Dried oregano	1.00 ts
19476	OR	0.00
19476	Fresh oregano, chopped	1.00 tb
19476	To 1 black pepper, optional	0.50 ts
19476	Egg	1.00
19476	Vegetable oil, optiona;	1.00 tb
19476	To 2 water, if and as	1.00 tb
19476	Needed	0.00
19476	Durum semolina	1.25 c
19476	Dried basil	1.00 ts
19476	Dried oregano	1.00 ts
19476	To 1 black pepper	0.50 ts
19476	Egg	1.00
19476	Vegetable oil, optional	1.00 tb
19477	4 oz red new potatoes,	1.00 lb
19477	-scrubbed and quartered	0.00
19477	Nonfat plain yogurt	0.75 c
19477	Minced scallions	0.25 c
19477	+2 t low cal mayonnaise	2.00 tb
19477	Cider or red wine vinegar	1.00 tb
19477	Dijon or spicy brown mustard	2.00 ts
19477	Basil	1.00 ts
19477	Salt	0.25 ts
19477	White pepper	0.12 ts
19477	Hard cooked eggs, chopped	2.00 lg
19477	Cooked turkey bacon crumbled	2.00 sl
19479	Pinto beans (dried)	2.00 c
19479	Salt	1.00 ts
19479	Pepper	0.50 ts
19479	Bacon slices, cut in squares	4.00
19479	Carrots, chopped	4.00
19479	Celery stalks, chopped	4.00
19479	Thyme (dried)	0.50 ts
19479	Garlic clove, minced	1.00
19479	Can of tomato paste	4.00 oz

Sheet1

19479	Olive oil	2.00 tb
19479	Onion, chopped	1.00
19479	Wine vinegar	1.00 tb
19480	Dried lima beans	1.00 c
19480	-- soaked overnight OR...	0.00
19480	-canned lima beans	30.00 oz
19480	Blackeye peas	1.00 c
19480	-- freshly cooked or canned	0.00
19480	Celery sticks	2.00
19480	-- finely chopped	0.00
19480	Red sweet pepper	1.00 sm
19480	-- seeded and finely chopped	0.00
19480	Roasted cashew nuts	2.00 tb
19480	-- (Or more to taste)	0.00
19480	Green onions; chopped	2.00
19480	Tomato sauce (ketchup)	1.00 tb
19480	Garlic clove; crushed	1.00
19480	Salt and pepper; to taste	0.00
19480	Cumin or jeera, ground	0.25 ts
19480	Balsamic or wine vinegar	3.00 tb
19480	Olive oil	6.00 tb
19481	Fava beans, cooked	2.00 c
19481	Soy Mayonnaise	0.25 c
19481	Garlic clove, finely chopped	1.00
19481	Ground red chiles	1.50 ts
19481	Salt	0.25 ts
19481	Hot pepper	1.00 ds
19481	Tortilla chips	0.00
19482	Pinto Beans; *	2.00 c
19482	Mayonnaise Or Salad Dressing	0.25 c
19482	Clove Garlic; Finely Chopped	1.00
19482	Red Chiles; Ground	1.50 ts
19482	Salt	0.25 ts
19482	Pepper; Dash of	0.00
19483	Pinto beans, 16 oz waterpak	1.00 cn
19483	Brown rice; cooked	1.00 c
19483	Onions; frozen, chopped	0.50 c
19483	Gr. peppers; frozen, chopped	0.50 c
19483	Corn; frozen	0.50 c
19483	Chili powder; dash	0.00
19483	Cumin; dash	0.00
19483	Garlic powder; dash	0.00
19483	Water	0.75 c
19483	Salsa, oil-free, low sodium	0.00
19483	Tortillas, whole wheat	10.00
19483	Lettuce, chopped	0.00
19483	Scallions; chopped	1.00 bn
19483	Tomato; chopped	1.00
19484	Dry small white beans	0.50 lb

Sheet1

19484	-- (navy or great northern)	0.00
19484	-- soaked	0.00
19484	Water	5.00 c
19484	Chopped onion	0.50 c
19484	Salt	0.50 ts
19484	Chicken bouillon granules	1.00 ts
19484	Ground cumin	0.25 ts
19484	Pepper	0.12 ts
19484	Bay leaf	1.00
19484	Hot sausage	8.00 oz
19484	-- sliced 1/2 inch thick	0.00
19484	Canned garbanzo beans	8.75 oz
19484	-- drained	0.00
19484	Canned cream-style corn	8.75 oz
19484	Chopped parsley	0.00
19485	Whole stalks lemongrass	2.00
19485	Laos powder	2.00 ts
19485	Coconut milk	1.00 cn
19485	Firm tofu, diced	1.00 lb
19485	White miso	0.50 c
19485	Chili, seeded	1.00
19485	-- sliced into thin rounds	0.00
19485	Lime, juiced	1.00
19485	Fresh basil and/or mint	2.00 tb
19485	-- (finely chopped)	0.00
19485	Nam pla (OPTIONAL)	1.00 tb
19485	Fresh coriander (as garnish)	0.00
19486	Drained cooked beans	1.67 c
19486	-- (red, pink or pinto)	0.00
19486	-- mashed	0.00
19486	Shredded Cheddar cheese	2.00 c
19486	-- divided	0.00
19486	Chopped onion	0.50 c
19486	Sliced ripe olives	2.25 oz
19486	Tomato sauce, divided	15.00 oz
19486	Diced green chilies	4.00 oz
19486	Garlic salt	2.00 ts
19486	(7 in.) corn tortillas	12.00
19486	Chili powder	1.00 ts
19486	Bottled hot pepper sauce	0.12 ts
19487	Idaho Red Beans	0.50 c
19487	Idaho Pinto Beans	0.50 c
19487	Great Northern Beans	0.50 c
19487	Celery	0.75 c
19487	Sliced radishes	0.50 c
19487	Sliced cucumber	0.50 c
19487	Sliced green onion	0.25 c
19487	Olive or salad oil	0.25 c
19487	Lemon juice	2.00 tb

## Sheet1

19487	Tarragon vinegar	1.00 tb
19487	Salt	0.50 ts
19487	Freshly ground black pepper	0.00
19487	Lettuce	0.00
19487	Skewered cubed cold meat	0.00
19487	Skewered cubed vegetables	0.00
19488	Dried beans, soaked	2.00 c
19488	Onion, chopped	1.00
19488	Carrots, peeled & sliced	2.00
19488	Celery stick, sliced	1.00
19488	Tomatoes, chopped	2.00
19488	Olive oil	0.50 c
19488	Bay leaves	0.00
19488	Salt	1.00 ts
19488	Pepper	1.00 pn
19488	Cumin	1.00 ts
19488	Stock	3.00 pt
19489	Olive oil	0.50 c
19489	Onions, chopped	2.00
19489	Garlic cloves	4.00
19489	Runner beans, trimmed &	2.00 lb
19489	-- sliced	0.00
19489	Tomatoes, chopped	1.00 lb
19489	Sugar	1.00 tb
19489	Salt	1.00 ts
19489	Black pepper	0.50 ts
19489	Basil	1.00 ts
19489	Stock	2.00 c
19490	Dried cannellini beans	1.00 lb
19490	- rinsed	0.00
19490	Vegetable stock or broth	4.00 c
19490	Bay leaf	1.00
19490	Garlic cloves	6.00
19490	- unpeeled, crushed slightly	0.00
19490	Bulbs fennel	2.00 lg
19490	-Olive oil, -OR- up to:	0.50 c
19490	Olive oil	0.67 c
19490	-Pref. Greek extra virgin	0.00
19490	Peeled, seeded, tomatoes *	5.00 c
19490	-(*chopped), with juice	0.00
19490	-fresh or canned	0.00
19490	Chopped fresh parsley	1.00 c
19490	Lemon; juiced	1.00
19490	Salt	0.00
19490	Freshly ground black pepper	0.00
19491	Ground Beef	1.00 lb
19491	Onion; Chopped, 1 Md.	0.50 c
19491	Celery; Thinly Sliced	0.50 c
19491	Cabbage; Shredded	2.00 c

Sheet1

19491	Green Pepper; Chopped	0.33 c
19491	Catsup	0.75 c
19491	Water	0.25 c
19491	Salt	0.25 ts
19491	Mustard; Prepared	1.00 tb
19491	Hamburger Buns; *	8.00
19492	Salad dressing (mayonnaise)	1.00 tb
19492	Cream cheese; softened	3.00 oz
19492	Natural sharp Cheddar cheese	4.00 oz
19492	-- finely shredded	0.00
19492	Chopped pressed beef	3.00 oz
19492	-- finely chopped	0.00
19492	Pecans; finely chopped	0.50 c
19493	Lean Ground Beef	1.00 lb
19493	Onion; Chopped, 1 Md	0.50 c
19493	Clove Garlic; Minced	1.00
19493	Mushroom Stems & Pieces;1 Cn	4.00 oz
19493	Stewed Tomatoes; 1 Cn	16.00 oz
19493	Celery Stalk; Sliced	1.00
19493	Carrot; Lg, Sliced	1.00
19493	Lentils; Uncooked	1.00 c
19493	Water	3.00 c
19493	Red Wine; Optional	0.25 c
19493	Bay Leaf	1.00
19493	Parsley; Snipped	2.00 tb
19493	Salt	1.00 ts
19493	Beef Bouillon; Instant	1.00 ts
19493	Pepper	0.25 ts
19494	Ground beef	1.00 lb
19494	Miracle Whip	0.50 c
19494	Spaghetti sauce (30 oz)	1.00 cn
19494	Cooked macaroni (7 oz)	1.00 pk
19495	Macaroni, raw	1.00 c
19495	Ground beef	0.50 lb
19495	Garlic powder	0.50 ts
19495	Chili powder	1.00 ts
19495	Salt	1.00 pn
19495	Pepper, freshly ground	1.00 pn
19495	Tomato soup	1.00 cn
19495	Mozzarella cheese 15% mf	1.00 oz
19496	Boneless beef top sirloin	1.00 lb
19496	Steak, cut 1 inch thick	0.00
19496	Uncooked bowtie or rotini	8.00 oz
19496	Pasta	0.00
19496	Olive oil	1.00 tb
19496	Cloves garlic, crushed	2.00
19496	Salt	0.25 ts
19496	(8 ounces) frozen vegetable	2.50 c
19496	Mixture, defrosted	0.00



Sheet1

19496	Ready to serve broth	0.50 c
19496	Crushed red pepper	0.25 ts
19496	Cherry tomatoes, cut in half	1.50 c
19496	Lightly packed fresh basil	0.25 c
19496	Leaves, thinly sliced	0.00
19496	Freshly grated Parmesan	0.25 c
19496	Cheese	0.00
19497	Peanut oil	2.00 tb
19497	Minced garlic	1.00 ts
19497	Beef cut for stirfry	1.00 lb
19497	Red pepper flakes	1.00 pn
19497	Sea scallops	0.75 lb
19497	Red pepper flakes	1.00 pn
19497	Sliced green onion	1.25 c
19497	Water	1.00 tb
19497	Fresh ginger	1.00 pn
19497	White pepper	1.00 pn
19497	Salt	1.00 ts
19498	Ground beef	2.00 lb
19498	Kikkoman Soy Sauce	0.25 c
19498	Bread; shredded	4.00 sl
19498	Instant minced onion	3.00 tb
19498	Celery stalks	2.00
19498	-- finely chopped	0.00
19498	Carrot; shredded	1.00 lg
19498	Tomato sauce	8.00 oz
19498	Egg	1.00
19498	Tabasco pepper sauce	0.12 ts
19499	Long grain & wild rice mix	1.00 pk
19499	-- (4 to 6-1/2 ounces)	0.00
19499	Boneless beef sirloin steak	1.00 lb
19499	-- cut in strips	0.00
19499	Salt	0.75 ts
19499	Ground black pepper	0.75 ts
19499	Vegetable oil	1.00 tb
19499	Red pepper strips	1.00 c
19499	Sliced fresh mushrooms	1.00 c
19499	Sliced zucchini squash	1.00 c
19499	Sliced yellow squash	1.00 c
19499	Sliced green onions	0.33 c
19499	-- including tops	0.00
19499	Garlic clove; minced	1.00
19500	Bacon, coarsely chopped	8.00 oz
19500	Well-trimmed boneless beef	3.00 lb
19500	-chuck, cut into 1 1/2	0.00
19500	-inch cubes (from 7-bone	0.00
19500	-chuck roast)	0.00
19500	All purpose flour	0.33 c
19500	Boiling onions, peeled	1.25 lb

Sheet1

19500	Large carrots, cut into	0.75 lb
19500	-1-inch pieces	0.00
19500	Large garlic cloves, peeled	12.00
19500	-(left whole)	0.00
19500	Canned beef broth	3.00 c
19500	Cognac or brandy	0.50 c
19500	(750 ml) bottles red	2.00
19500	-Burgundy wine	0.00
19500	Mushrooms	1.50 lb
19500	Fresh thyme OR	0.33 c
19500	Dried thyme	2.00 tb
19500	Dark brown sugar	1.00 tb
19500	Tomato paste	1.00 tb
19501	Medium onions sliced	5.00
19501	Shortening	2.00 ts
19501	Salt	1.00 ts
19501	Crushed thyme	0.50 ts
19501	Flour	1.50 tb
19501	Red Burgundy	1.50 c
19501	Fresh mushrooms	0.50 lb
19501	Stew meat	2.00 lb
19501	Crushed marjoram	0.50 ts
19501	Pepper	0.12 ts
19501	Beef stock	0.75 c
19502	Beef pot roast; boneless	1.00 lb
19502	Chili sauce	0.75 ts
19502	Potatoes; peel/slice	0.75
19502	Worcestershire sauce	0.75 ts
19502	Onion; sliced	0.25
19502	Vinegar	0.25 ts
19502	Flour	1.50 ts
19502	Sugar	0.25 ts
19502	Mustard	0.75 ts
19503	Peanut oil	1.50 tb
19503	Ginger root (1/2-inch)	1.00 sl
19503	Beef	1.00 lb
19503	-sliced in thin strips	0.00
19503	Sliced bamboo shoots	4.00 oz
19503	Sliced button mushrooms	4.00 oz
19503	Snow peas	3.00 oz
19503	Chicken broth	0.50 c
19503	Soy sauce	0.50 ts
19503	Sesame oil	0.25 ts
19503	Sugar	0.25 ts
19503	Oyster sauce	2.00 tb
19503	Cornstarch	0.50 ts
19503	Water	0.50 ts
19504	All-purpose flour	2.00 tb
19504	Beef stew meat, cubed	1.00 lb

## Sheet1

19504	Vegetable oil	2.00 tb
19504	Vegetable juice cocktail	3.00 c
19504	RO*TEL Whole Tomatoes and	1.00 cn
19504	-Green Chilies (10 oz)	0.00
19504	Chopped onion	0.50 c
19504	Beef bouillon cubes	2.00
19504	Garlic cloves, minced	2.00
19504	Dried basil	0.50 ts
19504	Dried thyme	0.50 ts
19504	Cubed, peeled potatoes	2.25 c
19504	Sliced carrots	2.00 c
19504	Sliced celery	1.00 c
19505	Beef round steak, cubed	2.00 lb
19505	Ketchup	3.00 tb
19505	Flour	2.00 tb
19505	Paprika	1.00 ts
19505	Salt/pepper	0.00
19505	Soy sauce	3.00 tb
19505	Onion, large/sliced	1.00
19505	Sour cream	1.00 pt
19505	Mushrooms, drained	1.00 cn
19506	Beef tenderloin or sirloin	1.50 lb
19506	- cut in 2-by-1-in strips	0.00
19506	Salt	0.50 ts
19506	Pepper	0.25 ts
19506	Onion; in 1/4-in slices	1.00
19506	Butter	4.00 tb
19506	Flour	2.00 tb
19506	Beef stock	1.00 c
19506	Dijon mustard	1.00 ts
19506	Sour cream; room temperature	0.25 c
19507	Taco shells, fully cooked	12.00
19507	Ground beef	1.00 lb
19507	Onion, chopped	0.25 c
19507	Tomato sauce	8.00 oz
19507	Chili powder	2.00 ts
19507	Tomato, chopped	1.00 c
19507	Lettuce, shredded	1.00 c
19507	Natural sharp Cheddar cheese	2.00 oz
19507	-- shredded	0.00
19507	Taco sauce; as desired	0.00
19508	Mushrooms	0.50 lb
19508	Onion	0.50 md
19508	Butter	2.00 tb
19508	Salt and pepper to taste	0.00
19508	Canned foie gras pate	4.00 oz
19508	Oil	1.00 tb
19508	Beef tenderloin	1.50 lb
19508	Salt and pepper to taste	0.00

Sheet1

19508	Frozen puff pastry	1.00 lb
19509	Olive oil	4.00 tb
19509	Chump or braising Steak, cut	1.50 lb
19509	-into large chunks	0.00
19509	Salt and pepper	0.00
19509	Rubesco Wine	0.75 pt
19509	Tomato juice	0.50 pt
19509	Few Sprigs sage and parsley	0.00
19509	Cloves garlic, unpeeled	3.00
19509	Of fat cut from some parma	2.00 oz
19509	-ham, diced into small cubes	0.00
19509	Wild Mushrooms, roughly	12.00 oz
19509	-chopped	0.00
19509	Chopped Fresh Sage or	0.00
19509	-parsley	0.00
19510	Chinese black mushrooms	10.00
19510	Flank steak	0.50 lb
19510	Cornstarch	4.00 ts
19510	Egg white; lightly beaten	1.00
19510	Vegetable oil; plus...	0.50 c
19510	Vegetable oil	2.00 tb
19510	Crushed ginger root	1.00 ts
19510	Crushed fresh garlic	1.00 ts
19510	Bamboo shoots; drained,	1.00 c
19510	-rinse in cold water & cubed	0.00
19510	Cooking wine	1.00 ts
19510	Dark soy sauce	1.00 ts
19510	Chicken stock	0.50 c
19510	--(see wonton soup recipe)	0.00
19510	Salt & pepper; to taste	0.00
19510	Scallion; shredded	1.00
19511	Beef chuck cut in pieces	3.50 lb
19511	Red wine	1.00 c
19511	Golden mushroom soup	1.00 cn
19511	Salt & pepper to taste	0.00
19512	Beets; cooked and peeled	3.00
19512	Tart apples; peeled & cored	2.00
19512	Feta or goat cheese	0.50 c
19512	Walnuts	0.50 c
19512	Thinly sliced scallions	0.33 c
19512	Basic vinaigrette dressing	0.33 c
19514	Oil	1.00 tb
19514	Onion; sliced	1.00 md
19514	Beets	1.00 lb
19514	- peeled and coarsely diced,	0.00
19514	Chicken stock; or canned	1.00 qt
19514	- low-sodium chicken broth	0.00
19514	Salt	1.00 ts
19514	Plain yogurt	0.75 c

Sheet1

19514	Chopped fresh dill	3.00 tb
19515	Small organic beets (about 4	1.00 bn
19515	Or 5 beets)	0.00
19515	(leave the stems on up to 2	0.00
19515	Or 3 inches, but wash well	0.00
19515	Around them)	0.00
19515	Assorted leftover	0.00 x
19515	Cruciferous veggie stems	0.00
19515	(optional, I used broccoli	0.00
19515	And cauliflower stems,	0.00
19515	Peeled)	0.00
19515	Rice vinegar (unsweetened)	0.50 c
19515	One day, or a few hours	0.00 x
19515	(optional)	0.00
19515	Sage leaves	4.00
19515	White zinfandel or other	0.50 c
19515	White wine	0.00
19515	Shallot cloves	2.00 lg
19515	Cloves garlic	4.00 sm
19515	Canola oil	1.00 tb
19515	Salt	0.00 x
19515	Pepper, fresh crushed	0.00 x
19515	Few drops maple syrup	0.00 x
19515	Creme fraiche (similar to	2.00 tb
19515	Sour cream)	0.00
19516	Milk	1.50 c
19516	Eggs	4.00
19516	Pastry flour -=OR=-	3.75 oz
19516	- All-purpose flour -AND-	3.00 oz
19516	- Cake flour	0.75 oz
19516	Salt	1.00 pn
19516	Melted butter	0.50 oz
19516	Chives; blanched	0.00
19516	Caviar	0.00
19516	Sour cream	0.00
19516	-(or creme fraiche)	0.00
19516	Butter; melted	0.00
19517	FLOUR; ALL PURPOSE	1.00 c
19517	Cocount; shredded	0.75 c
19517	Butter	6.00 tb
19517	Sugar	2.00 tb
19517	Egg yolk;large	1.00
19517	Lemon; large	1.00
19517	Butter	6.00 tb
19517	Sugar	0.33 c
19517	Cornstarch	1.00 tb
19517	Heavy or whipping cream	1.00 c
19517	Raspberries*	2.50 pt
19517	Blueberries	1.00 pt

Sheet1

19518	Unflavored nonfat yogurt	1.00 qt
19518	Unflavored gelatin	1.00 pk
19518	Low-fat cottage cheese	2.00 c
19518	Sugar	0.50 c
19518	Grated lime peel	1.50 ts
19518	Lime juice	2.00 tb
19518	Sliced strawberries	2.00 c
19518	Graham cracker crumbs	1.33 c
19518	Sugar	3.00 tb
19518	Butter or margarine,melted	0.33 c
19519	Bunch sorrel leaves (12-15)	1.00 lg
19519	-- stems removed	0.00
19519	Sprigs fresh basil leaves	5.00
19519	Fresh parsley leaves	0.50 c
19519	Olive oil	0.50 c
19519	Garlic clove	1.00
19519	Oranges, fresh juice of	2.00
19519	Salt and pepper to taste	0.00
19520	Melted butter	1.00 tb
19520	Med Sliced onions	2.00
19520	Salt (opt)	0.25 ts
19520	Salad oil	2.00 tb
19520	Fresh lemon juice	1.00 ts
19520	Crushed garlic	2.00
19520	Salt (opt)	0.50 ts
19520	My seasoning (follows)	0.50 tb
19520	Scored flank steak	2.00 lb
19521	Okra, fresh or thawed	2.00 lb
19521	Vegetable oil	4.00 tb
19521	Onion, medium and minced	1.00
19521	Garlic cloves, chopped	4.00
19521	Cumin seed	0.50 ts
19521	Green chilies, chopped	2.00
19521	Coriander leaves-fresh/chopd	0.25 c
19521	Turmeric	0.25 ts
19521	Stewed tomatoes (1 can=8 oz)	16.00 oz
19521	Vinegar	2.00 tb
19521	Water	0.50 c
19521	Black pepper, ground	1.00 tb
19521	Salt	1.00 pn
19522	Loaf sourdough French Bread	1.00
19522	Margarine or butter	1.00 lb
19522	-softened to room temp.	0.00
19522	Kraft Grated American Cheese	0.50 lb
19522	-Food (?)	0.00
19522	Powdered garlic	1.00 tb
19522	Paprika	1.00 tb
19523	Potatoes (2 medium)	0.67 lb
19523	-- cut into 1/2-inch cubes	0.00

Sheet1

19523	Butter; softened	2.00	tb
19523	Gorgonzola cheese	2.00	tb
19523	Dried rosemary	0.25	ts
19523	Dried thyme	0.25	ts
19523	Pepper	0.25	ts
19523	Lowfat milk	0.25	c
19523	Olive oil	1.00	ts
19523	Filet mignon steaks	2.00	
19523	-- (about 4 ounces each)	0.00	
19524	Stephen Ceideburg	0.00	
19524	Pink eye potatoes, peeled	500.00	g
19524	-and diced	0.00	
19524	Head fennel, trimmed and	1.00	
19524	-sliced thinly	0.00	
19524	Mussels in the shell	1.25	kg
19524	Small black olives	4.00	tb
19524	Tomatoes, peeled, deseeded	2.00	
19524	-and diced	0.00	
19524	Leaves basil, torn	8.00	
19524	Virgin olive oil	200.00	ml
19524	To 40 mL white wine vinegar	30.00	ml
19524	Salt, pepper	0.00	
19524	Clove garlic, crushed	1.00	
19524	Saffron stamens	2.00	ts
19525	c	2.00	1/2
19525	-- (picked over and rinsed)	0.00	
19525	-OR-	0.00	
19525	-Canned black beans	30.00	oz
19525	-- (rinsed and drained)	0.00	
19525	Freshly squeezed lime juice	0.33	c
19525	Olive oil	0.50	c
19525	Garlic clove; minced	1.00	
19525	Fine sea salt	1.00	ts
19525	Cayenne pepper	0.12	ts
19525	Ears corn	2.00	
19525	-- (kernals cut off the cob)	0.00	
19525	-OR-	0.00	
19525	-(thawed) Frozen corn	1.50	c
19525	Avocado	1.00	
19525	-- peeled, stone removed,	0.00	
19525	-- cut into 1/2-inch pieces	0.00	
19525	Red bell pepper; seeded	1.00	sm
19525	-- and cut into 1/2" pieces	0.00	
19525	Tomatoes	2.00	md
19525	-- cut into 1/2-inch pieces	0.00	
19525	Green onions, with tops	6.00	
19525	-- finely chopped	0.00	
19525	Fresh hot chile pepper	1.00	
19525	-- seeded and minced	0.00	

Sheet1

19525	Coarsely chopped cilantro	0.50 c	
19525	-- (optional)	0.00	
19526	Cooked or canned black beans	2.00 c	
19526	-- (rinse & drained canned)	0.00	
19526	Cooked rice	2.00 c	
19526	Fresh cilantro	1.50 c	
19526	Lime juice	0.25 c	
19526	Oil	0.75 c	
19526	Chopped onion	0.50 c	
19526	Garlic cloves; crushed	2.00	
19526	Salt	0.00	
19526	Freshly ground black pepper	0.00	
19527	Cooked rice; cooled	2.00 c	
19527	Cooked black beans	1.00 c	
19527	Chopped tomatoes	1.00 c	
19527	Cheddar cheese, shredded; op	0.50 c	
19527	Fresh parsley; snipped	1.00 tb	
19527	Low calorie italian salad dr	0.25 c	
19527	Fresh lime juice	1.00 tb	
19527	Lettuce leaves	0.00	
19528	(15 oz) corn; drained	0.50 cn	
19528	(15 oz) Black beans; drained	0.50 cn	
19528	Celery; chopped	0.75 c	
19528	Green onion; chopped	0.25 c	
19528	Cilantro; chopped	0.12 c	
19528	Salsa;	6.00 oz	
19528	Red wine vinegar;	0.12 c	
19529	ts	0.50	1
19529	Water	2.00	
19529	Bay leaf	1.00	
19529	Light vegetable oil cooking	0.00	
19529	-spray	0.00	
19529	Peeled and chopped broccoli	0.50 c	
19529	-stems	0.00	
19529	Scraped & cubed carrot	0.50 c	
19529	(1 medium carrot)	0.00	
19529	Scraped & cubed celery	1.00 c	
19529	(2 med stalks)	0.00	
19529	Chopped onion (1 medium)	1.00 c	
19529	Dried thyme	1.00 tb	
19529	Dried basil	1.00 tb	
19529	Dry white wine	0.50 c	
19529	Boneless skinless chicken	8.00 oz	
19529	-breast	0.00	
19529	Barbecue sauce (no oil type)	4.00 tb	
19529	Chicken stock, fat skimmed	1.00 c	
19529	Evaporated skim milk	12.00 oz	
19529	Broccoli florets	2.00 c	
19529	Cornstarch dissolved in 2 tb	1.00 tb	



Sheet1

19529	-cold water	0.00
19529	Liquid smoke	1.00 tb
19529	Worcestershire sauce	1.00 tb
19529	Tabasco sauce	1.00 ts
19529	Chopped fresh cilantro	0.25 c
19530	oz	2.00 2
19530		1.00
19530	Cumin seeds	4.00
19530	Dried oregano leaves	4.00
19530	Paprika	4.00
19530	Cayenne pepper	0.50 1/2
19530	Chile negro or ancho chile,	1.00 5
19530	-(for chili powder), -=OR=-	0.00
19530	-Chili powder, or more	2.00
19530	Corn or peanut oil	3.00 tb
19530	Yellow onions	3.00 md
19530	- diced into 1/4-in squares	0.00
19530	Garlic cloves	4.00
19530	- coarsely chopped	0.00
19530	Salt	0.50 ts
19530	Ripe or canned tomatoes	1.50 lb
19530	-peeled, seeded and chopped;	0.00
19530	- juice reserved	0.00
19530	Rice wine vinegar (or more)	1.00 tb
19530	Cilantro, chopped	4.00 tb
19530	Green chiles:	0.00
19530	Poblano or Anaheim,	2.00
19530	- roasted, peeled & diced	0.00
19530	-=OR=-	0.00
19530	-Canned green chiles,	2.00 oz
19530	- rinsed well and diced	0.00
19530	Grated Muenster cheese	0.50 c
19530	- (or more)	0.00
19530	Creme fraiche or sour cream	0.50 c
19530	Cilantro sprigs	5.00
19531	Black Beans; Rinsed And	45.00 oz
19531	-Drained, 3 15-Oz Cans	0.00
19531	Whole Kernel Corn; Thawed	2.00 c
19531	-If Frozen, Drained	0.00
19531	Green Pepper; Chopped, About	1.00 sm
19531	-1/2 Cup	0.00
19531	Green Onions; Sliced, About	0.33 c
19531	-3 Medium	0.00
19531	Fresh Cilantro; Chopped	0.25 c
19531	Fresh Parsley; Chopped	0.25 c
19531	Lime Juice	0.25 c
19531	Pepper	0.50 ts
19531	Ground Cumin	0.50 ts
19531	Ground Cayenne Pepper	0.12 ts

Sheet1

19531	Garlic Cloves; Finely	2.00 md
19531	-Chopped	0.00
19531	Corn Tortillas; 6-inches In	3.00
19531	-Diameter, Each Cut Into	0.00
19531	-6 Wedges	0.00
19532	Black beans; cooked until	0.67 c
19532	- tender and drained	0.00
19532	Cilantro; chopped	0.50 bn
19532	Corn	0.50 c
19532	Red bell peppers; seeded,	0.33 c
19532	- and diced the size	0.00
19532	- of the beans	0.00
19532	Olive oil	2.00 tb
19532	Lime, juiced	1.00
19532	Tabasco sauce (or to taste)	2.00 ds
19532	Salt (to taste)	0.00
19532	Pepper (to taste)	0.00
19533	Black beans, soaked	1.00 lb
19533	Bay leaf	1.00
19533	Red onion, chopped	1.00 lg
19533	Red bell pepper, chopped	1.00 lg
19533	Yellow bell pepper, chopped	1.00 lg
19533	Fresh parsley, chopped	1.00 bn
19533	Chopped cilantro	3.00 tb
19533	Cumin	3.00 ts
19533	Lemon juice	0.25 c
19533	Tabasco	0.50 ts
19533	Salt & pepper to taste	0.00
19534	Dried black beans	2.00 c
19534	Onion; finely diced	1.00 md
19534	Butter or oil	3.00 tb
19534	Carrot	1.00 sm
19534	- peeled and finely diced	0.00
19534	Celery stalk; finely diced	1.00
19534	Chicken broth	6.00 c
19534	Ham hock	1.00
19534	Thyme	1.00 ts
19534	Lemon juice	0.25 c
19534	Dry sherry	0.25 c
19534	Sour cream	0.00
19534	Chopped fresh dill	0.00
19535	Black beans, soaked	1.00 lb
19535	Water	8.00 c
19535	Salt	2.00 tb
19535	Onion, chopped	1.00 c
19535	Green pepper, chopped	1.00 c
19535	Celery, chopped	1.00 c
19535	Carrots, chopped	1.00 c
19535	Olive oil	8.00 tb

Sheet1

19535	Garlic cloves	6.00
19535	Cumin	1.00 tb
19535	White vinegar	4.00 ts
19535	Soy sauce	1.00 ts
19536	15 oz cans black beans, 1/2	2.00
19536	-cup water	0.00
19536	Finely chopped onion, 2	0.25 c
19536	-garlic cloves minced	0.00
19536	Ground red pepper (we used	0.25 ts
19536	-more pepper)	0.00
19536	Cumin, 1/4 cup nonfat plain	0.12 ts
19536	-yogurt,	0.00
19536	Chopped tomato.	0.25 c
19537	Black beans	1.00 c
19537	Water	4.00 c
19537	Bay leaves	3.00
19537	Cloves	4.00
19537	Onions, chopped	2.00
19537	Garlic cloves	2.00
19537	Dry mustard	0.25 ts
19537	Chili powder	1.50 ts
19537	Salt to taste	0.00
19538	Black beans	2.00 c
19538	Water	8.00 c
19538	Vegetable broth/seasoning Mx	2.00 tb
19538	Freshly grnd. pepper	0.00
19538	Leeks, washed and sliced	2.00
19538	Carrots, scrubbed & chopped	2.00
19538	Onion, chopped	1.00
19538	Chopped fresh cilantro	0.25 c
19538	Grated zest of 1 orange	0.00
19539	Ingredients	0.00
19539	(1) pkg dried black beans;	16.00 oz
19539	Size green pepper; chopped	1.00 md
19539	Onion; divided chopped	0.25 c
19539	Qts water; divided	2.50 c
19539	Garlic; minced	2.00 cl
19539	Dried whole oregano;	0.50 ts
19539	Ground cumin;	0.25 ts
19539	Vinegar;	3.00 tb
19539	Salt;	1.00 ts
19539	Rice; cooked hot	3.00 c
19539	-cooked without salt/fat	0.00
19540	Olive oil	5.00 tb
19540	Onion, chopped	1.00 md
19540	Green bell pepper, diced	1.00 md
19540	Garlic cloves, chopped	2.00
19540	Cooked black beans	2.50 c
19540	Rice	2.00 c

Sheet1

19540	Water	4.50 c
19540	Salt	2.00 ts
19540	Bay leaf	1.00
19540	Olive oil	2.00 tb
19540	Cumin	0.25 ts
19540	Black pepper to taste	0.00
19541	Black beans, soaked	1.00 lb
19541	Bay leaf	1.00
19541	Green bell pepper, cut into	1.00 md
19541	-- quarters	0.00
19541	Olive oil	0.67 c
19541	Garlic cloves, chopped	4.00
19541	Onion, chopped	1.00 lg
19541	Green bell pepper, chopped	1.00 md
19541	Cumin	3.00 ts
19541	Cider vinegar	2.00 tb
19541	Chopped green chili	1.00 ts
19542	Chocolate wafer crumbs	1.00 c
19542	Parkay margarine [melted]	3.00 tb
19542	Philadelphia Brand Cream	16.00 oz
19542	-Cheese [softened]	0.00
19542	Sugar	0.67 c
19542	Eggs	2.00 lg
19542	Chocolate chips [melted]	6.00 oz
19542	Almond extract	0.25 ts
19542	Cherry pie filling	21.00 oz
19542	Frozen whipped topping	0.00
19543	Cooking apples	680.00 g
19543	Blackberries	450.00 g
19543	Caster sugar	75.00 g
19543	Juice and rind of 1 lemon	0.00
19543	Arrowroot mixed with	10.00 ml
19543	Cold water	15.00 ml
19543	Unsalted butter	75.00 g
19543	Caster sugar	75.00 g
19543	Egg, lightly beaten	1.00
19543	Baking powder	5.00 ml
19543	Ground almonds	75.00 g
19543	Plain flour	225.00 g
19543	Ground cinnamon	2.50 ml
19543	Whole almonds to decorate	12.00
19544	Cornstarch	2.00 tb
19544	Lemon juice	1.00 tb
19544	Flour	1.00 c
19544	Salt	0.50 ts
19544	Vanilla ice cream	0.00
19544	Sugar	1.50 c
19544	Blackberries, picked over, r	4.00 c
19544	Baking powder	1.00 ts

Sheet1

19544	Unsalted butter, cold, cut i	6.00 tb
19545	Fresh or frozen	1.00 qt
19545	-(loose-pack) blackberries	0.00
19545	Plus 1 tablespoon sugar,	1.00 c
19545	Divided 3/4 teaspoon salt,	1.00
19545	-divided	0.00
19545	Lemon extract	0.50 ts
19545	All-purpose flour	1.50 c
19545	Baking powder	2.00 ts
19545	Ground nutmeg	0.25 ts
19545	Milk	0.67 c
19545	-Cream or whipped cream,	0.00
19545	-optional	0.00
19546	Boneless veal stew meat	3.00 lb
19546	Onion, cut in half	1.00 md
19546	Celery stalks; cut in half	2.00
19546	Carrot; cut in half	1.00 md
19546	Low-sodium chicken broth	6.00 c
19546	Salt; or as desired	0.50 ts
19546	Whole black peppercorns	0.50 ts
19546	Ground nutmeg	0.25 ts
19546	Lemon	0.50
19546	Unsalted butter	5.00 tb
19546	All-purpose flour	5.00 tb
19546	Cauliflower florets	2.50 c
19546	Sour cream	0.75 c
19547	Minced onion	2.50 c
19547	Minced celery	2.00 c
19547	Peeled, seeded and minced	1.25 c
19547	Cucumber	0.00
19547	Cloves fresh garlic, minced	8.00 lg
19547	Butter or margarine	2.00 tb
19547	46 oz. ea. tomato juice	4.00 cn
19547	Lemon juice	1.50 c
19547	Sugar	3.00 tb
19547	Tabasco sauce	0.50 ts
19547	Worcestershire sauce	0.50 ts
19547	Bottle (fifth) Vodka	1.00
19547	Green onion, sliced	0.50 c
19548	Canadian bacon, cut in thin	4.00 sl
19548	-strips	0.00
19548	Skim milk	1.00 qt
19548	Medium-sized potatoes,	2.00
19548	-peeled and cut in 1/2-inch	0.00
19548	-chunks (2 cups)	0.00
19548	Chopped onion	1.00 c
19548	Salt	0.50 ts
19548	Pepper	0.50 ts
19548	All-purpose flour	3.00 tb

Sheet1

19548	Fresh, frozen or canned corn	1.00 c
19548	-kernels	0.00
19548	Coarsely shredded romaine or	4.00 c
19548	-other crisp lettuce	0.00
19548	Large ripe tomato, coarsely	1.00
19548	-chopped (1 1/2 cups)	0.00
19549	Blue cheese or Roquefort	2.50 oz
19549	- crumbled	0.00
19549	Dijon mustard	2.00 tb
19549	Mayonnaise	1.50 c
19549	- OR mayonnaise-type	0.00
19549	- salad dressing	0.00
19549	Worcestershire sauce	1.00 tb
19549	Red wine or Balsamic vinegar	2.00 tb
19550	Roquefort or Blue cheese	0.50 lb
19550	(sharpest flavor)	0.00
19550	Hellmans or Best Foods	1.00 pt
19550	Mayonnaise (regular)	0.00
19550	Milk	0.50 c
19550	Wine Vinegar	0.25 c
19550	Fresh Lemon Juice	2.00 tb
19550	"Pinch" salt	0.00
19550	Sugar	1.00 tb
19550	Worcestershire sauce	0.12 tb
19550	Clove garlic; finely minced	1.00
19550	Large onion; finely minced	0.12
19551	Wholewheat spaghetti (to 12)	10.00 oz
19551	-or-	0.00
19551	Home-made noodles	10.00 oz
19551	Fresh parsley	2.00 tb
19551	-- very finely chopped	0.00
19551	Sesame or walnut oil	2.00 tb
19551	Salt and pepper; to taste	0.00
19551	Blue cheese (to 8 oz.)	6.00 oz
19551	-- crumbled	0.00
19551	Red bergamot flowers	8.00
19551	-- (petals of)	0.00
19552	Sugar	1.00 c
19552	Cinnamon	1.00 ts
19552	Flour	1.75 c
19552	Baking powder	2.00 ts
19552	Cardamom (optional)	1.00 ts
19552	Butter	5.00 tb
19552	Egg	1.00
19552	Cream, light or milk	0.50 c
19552	Blueberry	1.00 c
19553	Lemon juice;	2.00 tb
19553	Unflavored gelatin;	3.00 ts
19553	Salt;	0.12 ts

Sheet1

19553	Arrowroot;	1.50 ts
19553	Frozen blueberries;	2.50 c
19553	-sweetened partially thawed	0.00
19553	Non-nutritive sweetener	0.00
19553	-equivalent to 2 cups sugar	0.00
19554	Flour	1.50 c
19554	Butter; cold	0.50 c
19554	Cheese, cream; cubed	3.00 oz
19554	Extract, vanilla	1.00 ts
19554	Blueberries	2.00 pt
19554	Cornstarch	2.00 tb
19554	Fruit spread, blueberry	0.67 c
19554	Nutmeg, ground	0.25 ts
19554	Egg yolks	1.00
19554	Cream, sour	1.00 tb
19555	Text Only	0.00
19556	Ring bologna, chopped	1.00
19556	Water	4.00 c
19556	Chopped celery	0.50 c
19556	Chopped carrots	0.50 c
19556	Onion, chopped	1.00
19556	Potatoes, diced	2.00 md
19556	Chopped cabbage	1.00 c
19556	Green peppers, chopped	2.00
19556	Canned or fresh tomatoes,	1.00 c
19556	-peeled and chopped	0.00
19557	Med Cabbage	1.00
19557	Garlic	3.00 c
19557	Beet; bunch	0.00
19557	Carrot; few	0.00
19557	Lg Onion	1.00
19557	Celery	0.00
19557	Bone; meat/marrow bones	3.00 lb
19557	Lemon; (fresh, frozen juice	0.00
19558	Whole wheat flour	0.50 c
19558	All-purpose flour	0.25 c
19558	Yellow cornmeal	0.25 c
19558	Baking powder	0.50 ts
19558	Baking soda	0.25 ts
19558	Salt	0.25 ts
19558	Beaten egg	1.00
19558	Molasses	0.25 c
19558	Sugar	2.00 tb
19558	Cooking oil	2.00 ts
19558	Buttermilk	0.75 c
19558	Raisins	2.00 tb
19559	Whole or half ham	1.00
19559	Pineapple juice	2.00 c
19559	Honey	1.00 c

Sheet1

19559	Brown sugar	1.00 c
19559	Hot water	1.00 qt
19559	Currants	1.00 c
19559	Thinly peeled rind of 1	0.00
19559	-orange	0.00
19559	Thinly peeled rind of 1	0.00
19559	-lemon	0.00
19559	Cornstarch dissolved in	0.33 c
19559	-1/2 c water	0.00
19559	Firmly packed brown sugar	0.50 c
19559	Juice of 1 orange	0.00
19559	Juice of 1 lemon	0.00
19559	Red currant jelly	0.33 c
19559	Port wine	0.25 c
19559	Black cherries, if desired	0.00
19560	Olive oil	1.00 c
19560	Bourbon	0.50 c
19560	Honey	3.00 tb
19560	Lemon juice	0.50 c
19560	Minced garlic	1.00 tb
19560	Fresh ginger root	1.50 tb
19560	-- peeled and grated	0.00
19560	Soy sauce	0.25 c
19560	Thinly sliced onion	0.50 c
19560	Fresh sage	2.00 tb
19560	-- coarsely chopped	0.00
19560	Pepper	2.00 ts
19560	Salt	1.00 ts
19560	Pork tenderloins	3.00
19560	Charcoal briquettes	0.00
19560	Wood chips (up to 8)	6.00
19560	-- preferably fruitwood	0.00
19561	Boneless pork butt; cut in	0.50 lb
19561	-1 1/2" cubes	0.00
19561	Medium fresh Pacific oysters	8.00
19561	-(OR 1 10 oz. jar)	0.00
19561	Green onions	4.00
19561	Warm water	1.50 c
19561	Brown bean sauce	1.00 tb
19561	Dark soy sauce	1.00 ts
19561	Fresh ginger; minced	1.00 ts
19561	Piece dried orange peel	1.00
19561	Medium sherry	2.00 tb
19561	Cornstarch paste	0.00
19561	Peanut oil	0.50 c
19561	Chinese or Italian parsley	0.00
19561	-for garnish	0.00
19561	Medium sherry	0.25 c
19561	Thin soy sauce	2.00 ts



Sheet1

19561	Cloves garlic; minced	2.00
19561	5-spice powder	1.00 ts
19561	Lemon juice	1.00 ts
19562	Lean steak, cut 1/4" strips	1.50 lb
19562	All purpose flour	2.00 tb
19562	Salt	0.50 ts
19562	Freshly ground pepper	0.25 ts
19562	Vegetable oil	1.00 tb
19562	Beef broth	1.75 c
19562	Canned tomatoes with juice	1.00 c
19562	Onion, sliced	1.00 md
19562	Clove garlic, finely chopped	1.00
19562	Or 1/2 tsp garlic powder	0.00
19562	Green pepper, cut in strips	1.00 lg
19562	Worcestershire sauce	1.50 ts
19563	Milk	1.00 c
19563	Vegetable oil	2.67 tb
19563	Honey	2.67 c
19563	Salt	0.67 ts
19563	Brown sugar	1.00 ts
19563	Grated orange peel	1.00 tb
19563	"Branola" cereal	2.00 c
19563	Bread flour	2.00 c
19563	Yeast	2.50 ts
19564	Margarine or water	2.00 tb
19564	Onion; finely chopped	1.00 md
19564	Garlic clove; crushed	1.00
19564	Celery stalks	5.00
19564	-- finely chopped	0.00
19564	Cashews, finely ground	0.75 c
19564	Brazil nuts, finely ground	0.75 c
19564	Flaked millet	0.25 c
19564	-- (available at some	0.00
19564	-- health food stores)	0.00
19564	Bread crumbs	0.25 c
19564	Mashed potatoes	0.50 c
19564	Minced fresh parsley	2.00 ts
19564	Dried sage	1.00 ts
19564	Dried oregano	0.50 ts
19564	Ground ginger	0.25 ts
19564	Cayenne pepper	0.25 ts
19564	Curry powder	0.25 ts
19564	Lemon and rind, grated	0.50
19564	Dry wine, veg.broth or water	0.00
19564	Salt and pepper; to taste	0.00
19564	Chestnut puree	1.00 c
19565	Flour	0.75 c
19565	Sugar; plus 2 ts	2.00 tb
19565	Baking powder	1.00 ts

Sheet1

19565	Milk; plus 2 T	0.50 c
19565	Beer	0.25 c
19565	Egg	1.00
19565	Oil; for deep frying	0.00
19565	Bananas; each quartered	4.00
19565	-crosswise	0.00
19565	Powdered sugar	0.00
19565	Mint leaves	0.00
19565	Whipping cream	1.00 c
19565	Sugar	0.50 c
19565	Bourbon	1.50 tb
19566	Pastry for double-crust pie	0.00
19566	Butter	2.00 tb
19566	Finely Chopped Sweet Red	0.75 c
19566	Peppers	0.00
19566	Brie cheese, cut in small	0.50 lb
19566	Cubes	0.00
19566	Bacon, cooked and crumbled	10.00 sl
19566	Eggs	3.00
19566	Whipping cream	1.33 c
19566	Salt and cayenne pepper	0.00
19567	Wheel of ripe brie (~5 lbs.)	1.00
19567	Chopped walnuts	1.00 c
19567	Chopped fresh dill	1.00 c
19567	Poppy seeds	0.50 c
19567	Chopped watercress	1.00 c
19567	Slivered almonds	1.00 c
19567	Chopped chives	1.00 c
19568	Vegetable oil	2.00 tb
19568	Green pepper, finely minced	0.50
19568	Milk	0.50 c
19568	Cooked chicken, chunked	1.00 c
19568	Refrigerator biscuits	1.00 pk
19568	Onions, sliced thin	4.00
19568	Cream of mushroom soup	1.00 cn
19568	Vegetables of your choice	0.50 c
19569	Apples, peeled & sliced thin	2.00
19569	Oranges, peeled & sliced	2.00
19569	Bananas peeled & sliced thin	2.00
19569	Can Mandarin Oranges	1.00 sm
19569	Marachino cherries	0.00
19569	Egg whites	2.00
19569	Sugar	3.00 tb
19569	Thinly sliced almonds	2.00 tb
19569	Rum	1.00 tb
19570	Minced onion	0.50 c
19570	Garlic powder	0.50 ts
19570	Salt	2.00 ts
19570	Paprika	0.25 ts

Sheet1

19570	Cream of mushroom soup	1.00 cn
19570	Margarine	0.25 c
19570	Ground beef or turkey	1.00 lb
19570	Flour	2.00 tb
19570	Pepper	0.25 ts
19570	Sliced mushrooms	1.00 cn
19570	Sour cream or buttermilk	1.00 c
19571	Rainbow Trout (1 per person)	1.00
19571	Fresh rosemary	0.00
19571	Fresh thyme	0.00
19571	Fresh parsley	0.00
19571	Fresh sage	0.00
19571	Rasher of bacon (per person)	1.00
19571	A little butter	0.00
19573	Bunch broccoli	1.00 sm
19573	Salt to taste	0.00
19573	Ripe avocado	1.00 lg
19573	Lemon	0.50
19573	Dijon style mustard	1.00 ts
19573	Finely chopped garlic	0.50 ts
19573	Red wine vinegar	1.00 tb
19573	Freshly ground black pepper	0.00
19573	To taste	0.00
19573	Olive oil	3.00 tb
19574	Broccoli, chopped	2.00 c
19574	Garlic clove	1.00
19574	Mushrooms, chopped	0.25 lb
19574	Yogurt, low fat plain	0.25 c
19574	Vegetable oil	1.00 tb
19574	Onion, chopped	0.50
19574	Cottage cheese, low fat	0.75 c
19574	Salt, pepper	1.00 pn
19575	Grated lemon peel	2.00 ts
19575	Lemon juice	2.00 tb
19575	Rice wine vinegar	1.00 tb
19575	Rice wine vinegar	2.00 ts
19575	Garlic cloves; minced	2.00
19575	Low-sodium soy sauce	1.00 ts
19575	Black pepper; freshly ground	0.12 ts
19575	Olive oil	1.00 tb
19575	Olive oil	1.00 ts
19575	Carrots; thinly sliced	2.00 c
19575	Broccoli florets	4.00 c
19575	Shredded red cabbage	2.00 c
19575	Fresh or thawed frozen peas	1.00 c
19576	Bacon slices, cooked,	6.00
19576	-crumbled	0.00
19576	Eggs	4.00
19576	Heavy cream	0.50 pt

Sheet1

19576	Salt	1.00 ts
19576	Flour	2.00 tb
19576	Cheddar cheese -- shredded	1.00 c
19576	Swiss cheese -- shredded	1.50 c
19576	Mayonnaise	0.33 c
19576	Pkg Knorr asparagus soup	1.00
19576	-mix* -- dry	0.00
19576	Broccoli -- cooked, chopped	1.00 bn
19576	Green onions, including tops	0.33 c
19576	-chopped	0.00
19576	Deep dish pie crust, for	1.00
19576	-quiche	0.00
19576	Pastry for 2 pie crusts, for	0.00
19576	-canapes	0.00
19577	GARLIC CLOVES, CRUSHED	4.00
19577	DRIED THYME	1.00 ts
19577	LEMON JUICE	2.00 tb
19577	PLUS 4 TBS. DRAMBUIE	0.67 c
19577	DIJON MUSTARD	1.00 c
19577	HONEY	2.00 tb
19577	CHICKEN; 1 1/2 INCH CUBES	2.00 lb
19577	SALT AND PEPPER	0.00
19578	Salad oil	2.00 tb
19578	Chopped onion	0.75 c
19578	Water	6.00 c
19578	Chicken bouillon cubes	6.00
19578	Thin egg noodles	8.00 oz
19578	Salt	1.00 ts
19578	Frozen chopped brocolli	20.00 oz
19578	Minced garlic	0.12 ts
19578	Milk	6.00 c
19578	Velvetta cheese	1.00 lb
19579	Eggs; Lg,HardCooked, Chopped	8.00
19579	Cheddar; Sharp, Shredded	2.00 c
19579	Green Bell Pepper; Chopped	1.00 c
19579	Onion; Grated	3.00 tb
19579	Milk; Evaporated	0.67 c
19579	Mustard; Prepared	3.00 tb
19579	Salt	1.50 ts
19579	Pepper	0.25 ts
19579	Sandwich Buns Or Rolls; *	3.00
19580	Sandwich bread	6.00 sl
19580	Swiss cheese (1 oz. each)	6.00 sl
19580	Pears; pared, cored & sliced	2.00 md
19580	Sugar	1.00 tb
19580	Cinnamon	0.50 ts
19581	Prawns	8.00
19581	Oil	0.75 c
19581	Ginger, minced	1.00 tb

Sheet1

19581	Spring Onion, minced	1.00 tb
19581	Garlic, minced	2.00 tb
19581	Tomato Sauce	4.00 tb
19581	Chili Nam Yuey	1.00 tb
19581	Cornstarch Paste	1.00 tb
19581	Wine	1.00 tb
19581	Salt	1.00 tb
19581	Soy Sauce	1.00 tb
19581	Sugar	1.00 ts
19581	Soup Stock	3.00 tb
19582	Cilantro leaves,finely chopp	0.50 c
19582	Garlic clove,lg,fine chopped	1.00
19582	Lime juice	2.00 tb
19582	Olive oil	1.00 tb
19582	Salt	0.50 ts
19582	Salmon steaks,3/4" thick	4.00
19583	Ricotta cheese	16.00 oz
19583	Cream cheese, softened	16.00 oz
19583	Sugar	1.50 c
19583	Eggs	4.00
19583	Juice of 1/2 fresh lemon	0.00
19583	Vanilla	0.25 t
19583	Cornstarch	3.00 tb
19583	Flour	3.00 tb
19583	Melted butter	0.25 c
19583	Sour cream	16.00 oz
19584	(10 ounces) frozen green	1.00 pk
19584	-peas	0.00
19584	Cold cooked brown or white	3.00 c
19584	-rice	0.00
19584	Cut-up cooked chicken	2.00 c
19584	Stalks celery sliced (about	2.00 md
19584	Cup)	1.00
19584	Process sharp American	4.00 oz
19584	-cheese, cut into cubes	0.00
19584	-(about 1 cup)	0.00
19584	Sliced pimienta stuffed	0.33 c
19584	-olives	0.00
19584	Onion, chopped (about 1/4	1.00 sm
19584	-Cup)	0.00
19584	Mayonnaise or salad	1.00 c
19584	-dressing	0.00
19584	Lemon juice or vinegar	2.00 tb
19584	Salt	0.50 ts
19584	Pepper	0.12 ts
19585	Uncooked brown rice	0.75 c
19585	Dry lentils; rinsed	0.50 c
19585	Chopped onions	0.50 c
19585	Sliced celery	0.50 c

Sheet1

19585	Sliced carrots	0.50 c
19585	Snipped fresh parsley	0.25 c
19585	Italian seasoning	1.00 ts
19585	Garlic clove; minced	1.00
19585	Bay leaf	1.00
19585	Chicken broth	2.50 c
19585	Canned peeled whole tomatoes	14.50 oz
19585	-- undrained, chopped	0.00
19585	Cider vinegar	1.00 tb
19586	Brown rice, cooked	1.00 lb
19586	Sweet corn kernels, cooked	0.50 lb
19586	-(or 1 cup frozen corn,	0.00
19586	-or 1 can of corn drained)	0.00
19586	Finely chopped onion	0.50 c
19586	Finely diced red pepper	0.50 c
19586	Finely diced green pepper	0.50 c
19586	Firm guavas, finely diced	2.00 lg
19586	-(try kiwis or tart apples)	0.00
19586	Vegetable oil	4.00 tb
19587	Shrimp, cooked, shelled and	0.50 lb
19587	-deveined	0.00
19587	Bay scallops, cooked	0.50 lb
19587	Cooked brown rice	2.00 c
19587	Red pepper, cut in julienne	0.50 c
19587	-strips	0.00
19587	Peas, cooked	0.50 c
19587	Sunflower seeds	0.25 c
19587	Raisins	0.25 c
19587	Jarlsberg cheese, cut in	1.00 c
19587	-julienne strips	0.00
19587	-Dressing (Recipe below)	0.00
19587	-Crisp salad greens	0.00
19588	Head of Romaine Lettuce	0.00
19588	Tin of Anchovy Filets	0.00
19588	Fresh Ground Black Pepper	1.00 tb
19588	Garlic	4.00 cl
19588	Egg Yolk-use Extra Large Egg	0.00
19588	Worcestershire Sauce	1.00 tb
19588	Olive Oil	0.75 c
19588	Red Wine Vinegar	0.00
19588	Lemon	0.00
19588	Fresh Grated Parmesan	0.00
19588	Cheese	0.00
19588	Prepared Hot Mustard	1.00 tb
19588	Tobasco Sauce	3.00 ds
19588	Croutons	0.00
19588	Bacon	0.50 lb
19589	(1) pkg brussel sprouts;	10.00 oz
19589	(1)cn canned carrots;	16.00 oz

Sheet1

19589	->OR<-	0.00
19589	Carrots;	5.00 md
19589	-sliced and cooked	0.00
19589	Leamon Shaker Dressing;	0.50 c
19590	Chicken drumettes; OR...	30.00
19590	-Chicken wings	20.00
19590	-- (tips discarded)	0.00
19590	Kikkoman Lite Soy Sauce	3.00 tb
19590	Tabasco pepper sauce	2.00 tb
19590	Light sour cream	0.75 c
19590	Minced green onions	2.00 tb
19590	Kikkoman Lite Soy Sauce	1.00 ts
19591	Toasted wheat germ	1.00 c
19591	Garlic powder	1.00 ts
19591	Chili powder	1.00 ts
19591	Cayenne pepper	0.50 ts
19591	Water	0.50 c
19591	Egg white	1.00
19591	Boneless skinless chicken	2.00
19591	-breast halves (about 3	0.00
19591	-oz's. Each)	0.00
19591	Mixed salad greens	3.00 c
19591	Celery sticks	1.00 c
19591	-1/2 cup fat free blue	0.00
19591	-cheese dressing	0.00
19592	Margarine;	1.00 tb
19592	Onion; chopped	0.50 c
19592	Celery; chopped	0.50 c
19592	Buglar wheat;	1.00 c
19592	Chicken broth;	2.00 c
19592	Garlic; or to taste	0.50 ts
19592	Grd white pepper;	0.25 ts
19592	Raisins;	0.50 c
19592	Grd cinnamon;	0.50 ts
19592	Salt;	0.50 ts
19593	Beef tenderloin,	1.00 lb
19593	-sliced very thin	0.00
19593	Cloves fresh garlic, crushed	2.00
19593	Granulated sugar	2.00 tb
19593	Sesame oil	1.00 tb
19593	Black pepper good sprinkling	0.00
19593	Roasted sesame seeds	0.00
19593	-(also a good sprinkling)	0.00
19593	Green onion, finely chopped	1.00
19593	Soy sauce	2.00 tb
19593	Water	3.00 tb
19594	Plus 1 teaspoon veg. oil	1.00 tb
19594	Chopped onions	0.50 c
19594	Bulgur, uncooked	0.67 c

Sheet1

19594	Water	1.33 c
19594	Paprika	0.50 ts
19594	Dried parsley flakes	1.00 tb
19594	Dried thyme	0.00 ts
19594	Dried oregano	0.25 ts
19595	Butter	0.50 c
19595	Icing sugar	2.00 tb
19595	Flour	1.50 c
19595	Brown sugar	1.50 c
19595	Butter, melted	0.25 c
19595	Eggs, beaten	2.00
19595	Vinegar	1.00 tb
19595	Vanilla	1.00 ts
19595	Raisins	1.00 c
19596	Dairy sour cream	1.00 c
19596	Instant dry buttermilk	0.33 c
19596	Dried dill weed	0.50 ts
19596	Salt	0.25 ts
19596	Clove garlic, crushed	1.00
19597	Buttermilk	0.67 c
19597	Olive oil	0.33 c
19597	Lemon juice	1.50 tb
19597	Mayonnaise	0.25 c
19597	Garlic chives; snipped	3.00 tb
19597	Fresh minced tarragon	1.00 ts
19597	Coarsely ground green	2.00 ts
19597	-- peppercorns	0.00
19597	Salt (approximately)	0.50 ts
19597	Sugar	0.25 ts
19598	Butter Flavor Crisco	0.25 c
19598	Butterscotch Chips *	1.00 pk
19598	- 12 ounce package	0.00
19598	Peanut Butter, creamy style	1.00 c
19598	Milk	0.33 c
19598	Graham Cracker crumbs	2.00 c
19598	Peanuts, salted, chopped	1.00 c
19598	Chocolate Chips, semi-sweet	1.00 pk
19598	- 6 ounce package	0.00
19598	Butter Flavor Crisco	3.00 tb
19598	Finely chopped Peanuts	0.00
19599	ts	0.00 2 1/2
19599	Water	0.50
19599	White bread flour	1.33
19599	Wheat bread flour	0.67
19599	Dry milk	2.00 ts
19599	Salt	1.00 ts
19599	Carrots, grated	0.67 c
19599	Honey	1.00 tb
19599	Yogurt, plain	2.00 tb



Sheet1

19599	Molasses	1.00 tb
19599	Walnuts, chopped	2.00 tb
19599	Fast rise yeast **OR**	1.00 ts
19599	Active dry yeast	2.00 ts
19599	LARGE LOAF -----	0.00 -----
19599	Water	0.75 c
19599	White bread flour	2.25 c
19599	Wheat bread flour	1.00 c
19599	Dry milk	1.00 tb
19599	Salt	1.50 ts
19599	Carrots, grated	1.00 c
19599	Honey	2.00 tb
19599	Yogurt, plain	0.25 c
19599	Molasses	2.00 tb
19599	Walnuts, chopped	0.25 c
19599	Fast rise yeast **OR**	1.50 ts
19599	Active dry yeast	2.50 ts
19599	REGULAR LOAF -----	0.00 -----
19599	LARGE LOAF -----	0.00 -----
19600	Nonstick vegetable spray	0.00
19600	Flour	1.00 c
19600	Wheat germ, toasted	2.00 tb
19600	Baking powder	1.50 ts
19600	Baking soda	1.00 ts
19600	Salt	0.50 ts
19600	Brown sugar substitute	2.00 ts
19600	Cinnamon	1.00 ts
19600	Cloves	0.12 ts
19600	Nutmeg	0.12 ts
19600	Carrots, shredded	1.33 c
19600	Raisins, soaked in hot water	0.50 c
19600	Eggs	2.00
19600	Vegetable oil	2.00 tb
19601	Yeast (active dry)	1.00 pk
19601	Bread flour	3.00 c
19601	Nonfat dry milk	0.25 c
19601	Butter, soft	1.00 tb
19601	Salt	1.00 ts
19601	Sugar	2.00 tb
19601	Water, warm	1.25 c
19601	Cheddar Cheese, grated	1.50 c
19601	Extra-sharp	0.00
19602	Sugar	3.00 c
19602	Water	0.75 c
19602	White corn syrup	0.75 c
19602	Egg whites	2.00 ea
19602	Box cherry jello	3.00 oz
19602	Coconut	1.00 c
19602	Chopped nuts	1.00 c

Sheet1

19603	REGULAR LOAF -----	0.00 -----	
19603	Water	0.50 c	
19603	White bread flour	2.00 c	
19603	Salt	0.75 ts	
19603	Cherries, dried	0.50 c	
19603	Cherry yogurt, low fat	0.33 c	
19603	Applesauce, unsweetened	2.00 tb	
19603	Brown sugar	2.00 ts	
19603	Fast rise yeast ***OR***	1.50 ts	
19603	Active dry yeast	2.00 ts	
19603	LARGE LOAF -----	0.00 -----	
19603	Water	0.75 c	
19603	White bread flour	3.00 c	
19603	Salt	1.25 ts	
19603	Cherries, dried	0.75 c	
19603	Cherry yogurt	0.50 c	
19603	Applesauce, unsweetened	0.25 c	
19603	Brown sugar	1.00 tb	
19603	Fast rise yeast ***OR***	2.00 ts	
19603	Active dry yeast	3.00 ts	
19603	REGULAR LOAF -----	0.00 -----	
19603	LARGE LOAF -----	0.00 -----	
19604	ts	0.00	3
19604	Water	0.67	
19604	White bread flour	2.00	
19604	Sugar	2.00	
19604	Salt	0.50 ts	
19604	Olive oil	2.00 ts	
19604	Corn meal	0.67 c	
19604	Creamed corn	0.33 c	
19604	Green chiles, canned/diced	2.00 tb	
19604	Jalepenos, canned/diced	1.00 ts	
19604	Cilantro, dried	1.00 ts	
19604	Fast rise yeast **OR**	1.50 ts	
19604	Active dry yeast	2.00 ts	
19604	LARGE LOAF -----	0.00 -----	
19604	Water	1.00 c	
19604	White bread flour	3.00 c	
19604	Sugar	1.00 tb	
19604	Salt	1.00 ts	
19604	Olive oil	1.00 tb	
19604	Corn meal	1.00 c	
19604	Creamed corn	0.50 c	
19604	Green chiles, canned/diced	0.25 c	
19604	Jalepenos, canned/diced	0.50 tb	
19604	Cilantro, dried	2.00 ts	
19604	Fast rise yeast **OR**	2.00 ts	
19604	Active dry yeast	3.00 ts	
19604	REGULAR LOAF -----	0.00 -----	

Sheet1

19604	LARGE LOAF -----	0.00 -----	
19605	REGULAR LOAF -----	0.00 -----	
19605	Water	0.75 c	
19605	White bread flour	2.00 c	
19605	Dry milk	1.00 tb	
19605	Sugar	1.50 tb	
19605	Salt	1.00 ts	
19605	Butter	1.00 tb	
19605	Fast rise yeast ***OR***	1.00 ts	
19605	Active dry yeast	1.50 ts	
19605	LARGE LOAF -----	0.00 -----	
19605	Water	1.12 c	
19605	White bread flour	3.00 c	
19605	Dry milk	1.50 tb	
19605	Sugar	2.00 tb	
19605	Salt	2.00 tb	
19605	Butter	2.00 tb	
19605	Fast rise yeast ***OR***	2.00 ts	
19605	Active dry yeast	3.00 ts	
19605	REGULAR LOAF -----	0.00 -----	
19605	LARGE LOAF -----	0.00 -----	
19606	Lime jello	1.00 pk	
19606	Boiling water	1.00 c	
19606	Cottage cheese	1.00 pt	
19606	Carrots grated	3.00 ea	
19606	Onion grated	1.00 ea	
19606	Stalks celery grated	3.00 ea	
19606	Salad dressing	0.50 c	
19606	Milk	0.50 c	
19606	Knox geletin	1.00 pk	
19607	ts	0.00	3
19607	Water	0.50	
19607	White bread flour	2.00	
19607	Dry milk	1.00	
19607	Sugar	1.00 tb	
19607	Salt	1.00 ts	
19607	Butter	1.00 tb	
19607	Cottage cheese	1.25 c	
19607	Dry onion	0.50 tb	
19607	Dill seed	0.50 tb	
19607	Dill weed	0.50 tb	
19607	Fast rise yeast **OR**	1.00 ts	
19607	Active dry yeast	2.00 ts	
19607	LARGE LOAF -----	0.00 -----	
19607	Water	0.75 c	
19607	White bread flour	3.00 c	
19607	Dry milk	1.50 tb	
19607	Sugar	2.00 tb	
19607	Salt	1.50 ts	

Sheet1

19607	Butter	1.50 tb
19607	Cottage cheese	0.75 c
19607	Dry onion	1.00 tb
19607	Dill seed	1.00 tb
19607	Dill weed	1.00 tb
19607	Fast rise yeast **OR**	2.00 ts
19607	Active dry yeast	3.00 ts
19607	REGULAR LOAF -----	0.00 -----
19607	LARGE LOAF -----	0.00 -----
19608	Olive Oil	1.00 tb
19608	Shallots or Scallions, chop	1.00 tb
19608	Onions, finely chopped	2.00 tb
19608	Turmeric	0.25 ts
19608	Coriander, ground	0.25 ts
19608	Eggplant, diced	1.00 c
19608	Salt	1.00 x
19608	Black Pepper, freshly groun	1.00 x
19608	Water	1.00 c
19608	Couscous, precooked	1.00 c
19608	Butter	1.00 tb
19608	Lemon Juice, fresh	1.00 tb
19609	-----	0.00
19609	All-purpose flour	1.00
19609	Water	0.50
19609	COUSCOUS -----	0.00
19609	Couscous, not instant	1.00 c
19609	Water	3.00 c
19609	FLAVORING & 2ND STEAMING -----	0.00 -----
19609	Water	1.00 tb
19609	Salt	0.50 ts
19609	Shelled green pistachios	1.50 c
19609	- unsalted and very green	0.00
19609	Almond extract	1.00 ts
19609	Cinnamon	1.00 ts
19609	Almond oil	0.25 c
19609	--OR-- Mild vegetable oil	0.00
19609	FINISHING -----	0.00 -----
19609	Sugar	0.50 c
19609	Water	2.00 tb
19609	Confectioners' sugar	0.25 c
19609	Semisweet chocolate	1.00 oz
19609	- finely grated	0.00
19609	Candied cherries	0.00
19609	--OR-- Other Candied Fruit	0.00
19609	- (to garnish)	0.00
19609	FOR SEALING THE PAN -----	0.00 -----
19609	COUSCOUS -----	0.00 -----
19609	FLAVORING & 2ND STEAMING -----	0.00 -----
19609	FINISHING -----	0.00 -----

Sheet1

19610	Turkey sausage	0.50 lb
19610	Olive oil	1.00 tb
19610	Onion,medium-size,chopped	1.00
19610	Carrot,lg,1/4" thick slices	1.00
19610	Garlic clove,finely chopped	1.00
19610	Water	2.00 c
19610	Chicken broth,reduced-sodium	14.75 oz
19610	Plum tomatoes,in juice	15.00 oz
19610	Shredded cabbage	2.00 c
19610	Dried leaf basil,crumbled	2.00 ts
19610	Dried leaf thyme,crumbled	1.00 ts
19610	Orzo	0.50 c
19610	Salt to taste	0.00
19610	Pepper to taste	0.00
19611	Head cabbage(about 2-1/2	1.00 md
19611	-pounds)	0.00
19611	Carrot	1.00
19611	Mayonnaise	1.00 c
19611	Milk	2.00 tb
19611	Vinegar	2.00 tb
19611	Sugar	3.00 tb
19611	Salt	1.00 ts
19611	Pepper	0.50 ts
19611	Celery seed	0.50 ts
19612	Oil	1.00 tb
19612	Onions; diced	2.00 md
19612	Small-to-med red cabbage	1.00
19612	- cored and shredded	0.00
19612	Chicken broth	1.50 qt
19612	Wine vinegar	3.00 tb
19612	Ham hock	1.00
19612	Salt and pepper to taste	0.00
19612	Sour cream	0.00
19612	Fresh dill	0.00
19613	Finely shredded cabbage	4.00 c
19613	Chopped onion	1.00
19613	Chopped green pepper	0.50 c
19613	Celery seed	1.00 ts
19613	Salt	1.00 ts
19613	Dash pepper	0.00
19613	Miracle whip	0.50 c
19613	Tarragon vinegar	2.00 tb
19613	Prepared mustard	1.00 tb
19613	Sugar	2.00 tb
19614	Low-fat natural yogurt	5.00 fl
19614	Salt and Pepper	0.00
19614	Garlic clove, peeled and	1.00
19614	-crushed	0.00
19614	2 inch length cucumber,	0.00

Sheet1

19614	-peeled and chopped	0.00
19614	Freshly chopped mint	1.00 tb
19614	Freshly chopped parsley	1.00 tb
19614	Extra chopped mint, to	0.00
19614	-garnish	0.00
19615	(14oz) artichoke hearts	1.00 cn
19615	Crumbled feta cheese	1.00 c
19615	Light, creamy-stye Caesar	0.25 c
19615	Dressing or light mayonnaise	0.00
19615	Chopped parsley	2.00 tb
19615	Pepper	0.25 ts
19615	Multigrain bread	16.00 sl
19616	Anchovies	5.00
19616	Cracked black peppercorns	1.00 tb
19616	-(see Note)	0.00
19616	Extra virgin olive oil	0.50 c
19616	Freshly grated Parmesan	0.50 c
19616	-cheese	0.00
19616	Egg	1.00
19616	Red wine vinegar	3.00 tb
19616	Fresh lemon juice	2.00 tb
19616	Pureed garlic (see Note)	1.00 tb
19616	Dry mustard	2.00 ts
19616	Celery salt	1.00 ts
19616	Tabasco	3.00 ds
19616	Worcestershire sauce	3.00 ds
19616	Loaf sourdough, hearty	0.50
19616	-French or Italian bread,	0.00
19616	-with crust, diced	0.00
19616	For croutons	0.00
19616	Heads romaine lettuce	2.00 md
19617	Very fresh egg yolk	1.00
19617	Salt	0.25 ts
19617	Divided olive oil	6.00 tb
19617	Garlic, crushed	1.00 cl
19617	Worcestershire sauce	0.50 ts
19617	Dijon style mustard	0.50 ts
19617	Apple cider vinegar	3.00 tb
19617	Fresh ground black pepper	0.00
19617	Homemade croutons ****	1.00 c
19617	Fresh grated/hand	3.00 tb
19617	Shredded Parmesan cheese	0.00
19617	Fresh lemon juice/	1.00 tb
19617	Concentrate	0.00
19617	Heads romaine lettuce	2.00
19617	Inside leaves only ***	0.00
19618	Head romaine lettuce,	1.00 sm
19618	-leaves torn into bite-size	0.00
19618	-pieces	0.00

Sheet1

19618	Fennel bulbs, thinly sliced	2.00 sm
19618	Red bell pepper, seeded,	1.00
19618	-deveined and thinly sliced	0.00
19618	Coarsely chopped toasted	0.75 c
19618	-walnuts	0.00
19618	Fresh lemon juice	2.00 tb
19618	Cloves garlic, minced	2.00
19618	Anchovy fillets, rinsed,	4.00
19618	-dried, minced	0.00
19618	Egg slightly beaten	1.00
19618	Olive oil	0.50 c
19618	Freshly ground black pepper	0.50 ts
19618	Grated Parmesan cheese	0.33 c
19619	Cream cheese, softened	16.00 oz
19619	Dairy sour cream	2.00 tb
19619	Salt	0.50 ts
19619	Paprika	0.50 ts
19619	Ground red pepper	0.50 ts
19619	Garlic powder	0.25 ts
19619	Ground thyme	0.25 ts
19619	Cooked crabmeat	1.00 c
19619	Finely chopped green pepper	0.25 c
19619	Rye crackers	0.00
19620	-DRESSING:	0.00
19620	Olive oil	0.50 c
19620	Vinegar	0.25 c
19620	Sugar	1.00 tb
19620	Chili powder	1.50 ts
19620	Salt, optional	1.00 ts
19620	-Dash hot pepper sauce	0.00
19620	-SALAD:	0.00
19620	Red potatoes (about 2	4.00 lg
19620	-pounds), peeled and	0.00
19620	-cooked	0.00
19620	Cooked whole kernel corn	1.50 c
19620	Shredded carrot	1.00 c
19620	Chopped red onion	0.50 c
19620	Diced green pepper	0.50 c
19620	Diced sweet red pepper	0.50 c
19620	Sliced pitted ripe olives	0.50 c
19621	Cloves fresh garlic, minced	40.00
19621	Butter	3.00 tb
19621	10 3/4 oz. ea chicken broth	2.00 cn
19621	Water	2.00 cn
19621	Extra dry champagne	0.50 c
19621	Slices French bread	4.00
19621	Slices Gruyere cheese	4.00
19621	Cayenne pepper	0.00
19621	Minced chives	0.00

Sheet1

19622	Camembert cheese, rind	7.00 oz
19622	-removed	0.00
19622	Cream cheese, cut into	4.00 oz
19622	-chunks, room temp.	0.00
19622	Fresh lime juice	1.00 tb
19622	Finely chopped toasted	2.00 tb
19622	-walnuts	0.00
19622	Additional finely chopped	0.00
19622	-walnuts	0.00
19623	16-19 oz each hot roll mix	2.00 pk
19623	Cream of onion soup	1.00 cn
19623	Eggs, slightly beaten	2.00 md
19623	Grated parmesan cheese	0.50 c
19623	Dried dill weed	1.00 tb
19624	(15 1/2 oz.) tiny whole	1.00 cn
19624	-- Blue Lake stringless	0.00
19624	-- green beans	0.00
19624	(15 oz.) Belgian baby	1.00 cn
19624	-- carrots, extra tiny	0.00
19624	(15 oz.)tiny whole beets	1.00 cn
19624	Green onions, diced (white	6.00
19624	-- and green both)	0.00
19624	Cucumber, peeled and diced	1.00
19624	Lemon juice	0.50 c
19624	Tarragon vinegar	0.50 c
19624	Olive oil	0.75 c
19624	Grated peel of one lemon	0.00
19624	Cloves garlic, minced	2.00
19624	Salt to taste	0.00
19624	Freshly ground coarse pepper	0.00
19624	-- to taste	0.00
19625	Fresh green ripe figs	0.00
19625	-- enough for your electric	0.00
19625	-- fry pan (not overripe)	0.00
19625	Soda	1.00 ts
19625	Apple cider	1.25 c
19625	Sugar	3.00 c
19626	Orange; seeded, sliced very	4.00
19626	-thin	0.00
19626	Lemon; seeded, sliced very	4.00
19626	-thin	0.00
19626	Creme de Cassis	2.00 tb
19627	Alba or WW Chocolate Drink	1.00 pk
19627	Coffee	2.00 tb
19627	Peanut Butter	1.00 tb
19627	Raisins	2.00 tb
19627	Oatmeal	2.00 tb
19628	Cantaloupe; 1 Md.	2.00 lb
19628	Orange Juice	1.50 c



## Sheet1

19628	Salt	0.25 ts
19628	Ginger; Ground	0.25 ts
19628	Lime Juice	1.00 tb
19628	Sweetened Condensed Milk;1Cn	5.33 oz
19628	Mint Sprigs	0.00
19628	Lime; Thinly Sliced	0.00
19629	Cooking apples	2.00 md
19629	Apple juice	0.50 c
19629	Caramel candy squares	7.00 oz
19629	Vanilla	1.00 ts
19629	Ground cardamom	0.12 ts
19629	Ground cinnamon	0.50 ts
19629	Cream-style peanut butter	0.33 c
19629	Angel-food cake OR	7.00 sl
19629	-1 qt vanilla ice cream	0.00
19630	Double Cream	1.00 pt
19630	Sugar	11.00 oz
19630	Finely grated rind and juice	0.00
19630	-of two lemons	0.00
19630	Raspberries	44.00
19631	Artichokes	6.00 md
19631	Lemon	0.50
19631	Soft Bread Crumbs	2.00 c
19631	Grated Parmesan Cheese	0.75 c
19631	Chopped Parsley	0.33 c
19631	Cloves Garlic -- chopped	2.00
19631	Salt And Pepper	0.00
19631	Olive Oil	6.00 tb
19632	Carrots; grated	2.00 c
19632	Crushed pineapple (no sugar)	0.50 c
19632	Raisins	2.00 tb
19632	Lemon juice	1.00 tb
19632	Low-fat yogurt	0.25 c
19632	Reduced-calorie mayo	2.00 tb
19632	Equal (sweetener)	1.00 pk
19632	Coconut; shredded	2.00 ts
19633	Onions, coarsely chopped	3.00 md
19633	Cloves garlic, sliced	5.00
19633	Carrots, coarsely chopped	5.00 lg
19633	Dry white wine	1.50 c
19633	Wheat berries	1.00 c
19633	Water, (as needed)	2.00 c
19633	Tomatoes, canned, whole,	28.00 oz
19633	With liquid	0.00
19633	Carrots, coarsely chopped	5.00 lg
19633	Basil, to taste	1.00 tb
19634	Carrots, shredded	4.00 md
19634	Chopped fresh parsley	1.00 tb
19634	Basil	1.00 tb

Sheet1

19634	Scallions	1.00 tb
19634	Lemon juice	3.00 tb
19634	Safflower oil	2.00 tb
19634	Salt & pepper	0.00
19635	Carrots, sliced	5.00 c
19635	Tomato soup	1.00 c
19635	Vinegar, white	0.75 c
19635	Oil	0.50 c
19635	Mustard, dry	1.00 ts
19635	Salt	1.00 ts
19635	Worcestershire sauce	1.00 ts
19635	Onion, cut in rings	1.00
19635	Green pepper, large	1.00
19635	Sugar, white	0.75 c
19636	Carrots	2.00 lb
19636	Potato	1.00
19636	Unsalted butter	3.00 oz
19636	Onion, peeled and diced	1.00 sm
19636	Chopped garlic	1.00 tb
19636	Ground coriander	1.00 ts
19636	Chicken broth	4.00 c
19636	Sugar	0.50 ts
19636	Salt	0.25 ts
19636	Milk	2.00 c
19636	Freshly ground black pepper	0.00
19636	Dry sherry (or 3)	2.00 tb
19636	Sour cream	0.50 c
19636	Chopped fresh cilantro	0.25 c
19637	(scant) maincrop carrots	1.00 lb
19637	Oranges	3.00 sm
19637	Fresh ginger root	0.00
19637	Garlic clove	1.00 sm
19637	Walnut kernals	1.00 oz
19637	Bunch of mint	1.00 sm
19637	Honey	1.00 ts
19637	Lemon juice	1.00 ts
19637	Olive oil	0.00
19638	Chinese cabbage (the long-	4.00 lb
19638	Straight leafed variety)	0.00
19638	Chinese turnip	0.25 lb
19638	Flat anchovies	2.00 cn
19638	Cloves Garlic (or 5)	4.00
19638	Scallions	3.00
19638	Salt	0.25 c
19638	Hot pepper flakes	4.00 tb
19638	Cayenne pepper	2.00 tb
19639	md	2.00 1/2
19639	Green bell pepper	1.00
19639	-- cut in 1" squares	0.00

Sheet1

19639	Red bell pepper	1.00
19639	-- cut in 1" squares	0.00
19639	Large shrimp; cooked	1.00 lb
19639	Basil leaves; cut in strips	13.00
19639	Chive stalks; in 1" lengths	4.00
19639	Few sprigs parsley	0.00
19639	Hard-boiled eggs; sliced	4.00
19639	Sprig oregano	1.00
19639	-- strip the leaves and use	0.00
19639	Sprigs thyme	4.00
19639	-- strip the leaves and use	0.00
19639	Tomatoes; coarsely chopped	6.00
19639	Swiss cheese; diced	1.00 sl
19639	Green onions; incl. tops	4.00
19639	-- diced	0.00
19639	Carrots; chopped	3.00
19639	Head of broccoli flowerets	1.00
19639	Stalks celery (up to 4)	3.00
19639	-- diced	0.00
19639	Yellow summer squash	1.00 lg
19639	-- sliced	0.00
19639	Cucumber; sliced	1.00 lg
19639	Onion; diced	0.50 md
19639	Blue cheese; crumbled	3.00 oz
19640	Cauliflower, cut in florets	1.00 md
19640	Small peas	2.00 c
19640	;fresh or defrosted	0.00
19640	Chicken broth	0.25 c
19640	Celery stalks	2.00
19640	;finely chopped	0.00
19640	Scallions, finely chopped	3.00
19640	Parsley, chopped	2.00 tb
19640	Red bell pepper, chopped	0.33 c
19640	Balsamic vinegar	1.00 tb
19640	Dijon mustard	1.00 tb
19640	Sour cream ("lite")	3.00 tb
19640	Salt	0.33 ts
19640	White pepper	0.33 ts
19640	Ham (opt'l.)	1.00 c
19640	;cooked, chopped	0.00
19640	Chives, chopped (garnish)	0.00
19641	Cauliflowerets	3.00 c
19641	Spinach	0.50 lb
19641	Vegetable oil	6.00 tb
19641	White wine vinegar	3.00 tb
19641	Garlic clove,crushed	1.00 lg
19641	Dry mustard	0.50 ts
19641	Salt	0.50 ts
19641	Dried basil	0.50 ts

Sheet1

19641	Pepper	0.25 ts
19641	Slivered almonds	0.50 c
19642	Italian Dressing; 2 8-Ounce	16.00 oz
19642	-Bottles	0.00
19642	Sugar	2.00 tb
19642	Dry Ground Mustard	1.00 ts
19642	Garlic Cloves; Crushed	4.00 lg
19642	French Style Green Beans;	32.00 oz
19642	-Drained, 2 Cans	0.00
19642	-OR	0.00
19642	Frozen French Style Green	16.00 oz
19642	-Beans; Thawed	0.00
19642	Red Kidney Beans; Rinsed And	32.00 oz
19642	-Drained, 2 Cans	0.00
19642	Green Onions; Chopped, About	1.00 c
19642	-10 Medium	0.00
19642	Fresh Parsley; Chopped	0.50 c
19642	Head Cauliflower; Coarsely	1.00 sm
19642	-Chopped, about 4 cups	0.00
19642	Lettuce	0.00
19643	See Below	0.00
19644	Cream Cheese; Softened	0.50 c
19644	Sour Cream	0.75 c
19644	Red Or Black Caviar	3.00 oz
19644	Lemon Juice	1.00 ts
19644	Fresh Dill; Chopped, OR	1.00 tb
19644	Dried Dill; Crushed	1.00 ts
19644	Purple Onion; Diced	2.00 ts
19644	Egg; Lg, Hard Boiled	1.00
19645	Mayonnaise	0.50 c
19645	Dijon mustard	1.00 tb
19645	Finely minced parsley	2.00 tb
19645	Finely minced tarragon	2.00 tb
19645	Garlic clove; finely minced	1.00
19645	Sweet pickles (optional)	2.00
19645	-- finely chopped	0.00
19645	Young celeriac knobs	2.00
19645	-- peeled & coarsely grated	0.00
19646	Mayonnaise	0.50 c
19646	Dijon mustard	1.00 tb
19646	Parsley; finely minced	2.00 tb
19646	Tarragon; finely minced	2.00 tb
19646	Garlic clove; finely minced	1.00
19646	Sweet pickles (opt'l.)	2.00
19646	-- finely chopped	0.00
19646	Young celeriac knobs*	2.00
19646	-- coarsely grated	0.00
19647	Water	2.00 c
19647	Lemon juice	0.25 c

Sheet1

19647	Olive oil	3.00 tb
19647	Garlic, crushed	1.00 ts
19647	Salt	0.75 ts
19647	-1/2 tsp. tarragon leaves,	0.00
19647	-crushed	0.00
19647	Celery, cut in 1 1/2 inch	2.00 c
19647	-x 1/4 inch pieces	0.00
19647	Carrots, cut 1 1/2 inch x	1.00 c
19647	Inch pieces	0.25
19647	Sweet red bell pepper	1.00 c
19647	-strips	0.00
19647	Onion, quartered	1.00 sm
19648	Olive oil	2.00 tb
19648	Cider vinegar	2.00 tb
19648	Dijon style mustard	1.00 ts
19648	-1/2 tsp. salt	0.00
19648	-1/2 tsp. sugar	0.00
19648	Celery cut in 1 1/2 inch x	2.00 c
19648	Inch sticks, lightly	0.25
19648	-cooked	0.00
19648	Carrots, cut in 1 1/2 inch	1.00 c
19648	-x 1/4 inch sticks, lightly	0.00
19648	-cooked	0.00
19648	(8 oz's.) sliced water	1.00 cn
19648	-chestnuts, drained	0.00
19649	Plum sauce (see recipe)	0.50 c
19649	Dried chinese mushrooms	2.00 lg
19649	Ground chuck	0.50 lb
19649	Oil for deep-frying	0.00
19649	Uncooked shrimp, minced	0.25 lb
19649	Minced water chestnuts	0.25 c
19649	Scallions, minced	3.00
19649	Soy sauce	2.00 tb
19649	Dry sherry	1.00 tb
19649	Salt	1.00 ts
19649	Sugar	0.50 ts
19649	Sesame seed oil	1.00 ts
19649	Cornstarch; dissolved in...	2.00 ts
19649	Cold water	0.25 c
19649	Wonton wrappers, 3" by 3"	30.00
19650	Graham cracker crumbs	1.50 c
19650	Butter; melted	6.00 tb
19650	Sugar	1.00 tb
19650	Ginger, ground	1.00 ts
19650	Ice cream, vanilla; softened	1.00 pt
19650	Pumpkin, canned	1.00 c
19650	Sugar	0.75 c
19650	Ginger, ground	0.50 ts
19650	Cinnamon	0.50 ts

Sheet1

19650	Salt	0.50	ts
19650	Nutmeg	0.25	ts
19650	Cream, whipping	1.00	c
19650	Vanilla	0.50	ts
19650	Pecan halves	0.00	
19651	tb	1.00	2
19651		2.00	
19651	Garlic cloves	2.00	
19651	Shallots	2.00	
19651	Sugar	2.00	4
19651	Black pepper	0.25	6
19651	Toasted rice powder	1.00	
19651	Vietnamese fish sauce (nuoc	1.00	tb
19651	-mam)	0.00	
19651	Ice water	2.00	tb
19651	Vegetable oil to oil your	0.00	
19651	-hands	0.00	
19651	Three 6-inch long canned	0.00	
19651	-sugar cane sections	0.00	
19651	Cucumber, peeled and cut	1.00	
19651	-into thin slivers	0.00	
19651	Fresh mint leaves	1.00	c
19651	Fresh coriander leaves	1.00	c
19651	Twelve butter or red leaf	0.00	
19651	-lettuce leaves	0.00	
19651	Twelve 8-inch round dried	0.00	
19651	-rice papers	0.00	
19651	Garlic cloves	4.00	
19651	Fresh Serrano chiles	2.00	
19651	Sugar	2.00	tb
19651	Vietnamese fish sauce (nuoc	6.00	tb
19651	-man)	0.00	
19651	Fresh lime juice	4.00	tb
19651	To 8 tablespoons water	6.00	
19652	Ham Bone (w/ Some Meat	1.00	
19652	-Still Attached)	0.00	
19652	Okra, Sliced Thin	3.00	c
19652	Tomatoes, Peeled, Seeded &	6.00	lg
19652	-Diced	0.00	
19652	Green Bell Pepper, Cored,	0.50	c
19652	-Seeded & Diced	0.00	
19652	Butter	1.00	tb
19652	Onion, Diced	1.00	sm
19652	Salt	0.00	
19652	Black Pepper, Ground	0.00	
19652	Rice, Cooked	0.00	
19653	Cream cheese; softened	0.50	lb
19653	Fresh sage leaves, chopped	3.00	tb
19653	Whole sage leaves	0.00	

## Sheet1

19653	Sharp cheddar cheese	0.50 lb
19653	-(such as Vermont Cabot)	0.00
19653	-- shredded	0.00
19653	Walnuts, chopped	1.00 c
19653	Whole walnut halves	0.00
19654	Flour	1.50
19654	Baking powder	1.50
19654	Salt	0.25
19654	Eggs	2.00
19654	Sugar	0.75
19654	Maraschino cherries	6.00
19654	Pecans; coarsely chop	0.75
19655	Pastry:	0.00
19655	All-purpose flour	2.00 c
19655	Salt	0.50 ts
19655	Unsalted butter, cut in	0.50 c
19655	-small pieces	0.00
19655	Ice water (or 6 tb)	5.00 tb
19655	Apple filling:	0.00
19655	Cooking apples, peeled,	1.25 lb
19655	-cored and coarsely chopped	0.00
19655	Sugar	8.00 ts
19655	Shredded cheddar cheese	16.00 ts
19656	Finely chopped bacon	1.00 c
19656	Green bell pepper, chopped	0.50
19656	-fine	0.00
19656	Chopped celery	0.50 c
19656	Onion, chopped fine	0.50 md
19656	Flour	0.67 c
19656	Stick butter	1.00
19656	Milk	3.00 qt
19656	Pimiento, drained and	1.00
19656	-chopped	0.00
19656	Chicken bouillon	1.00 c
19656	Garlic powder	0.50 ts
19656	Cheddar cheese, grated	1.50 lb
19656	Provolone cheese, grated	0.50 lb
19656	Beer	0.50 c
19656	Chopped parsley	0.25 c
19656	Salt and pepper to taste	0.00
19657	TEABISK (BISQUIK)	3.00 c
19657	ROLL SAUSAGE MEAT	1.00
19657	GRATED CHEDDAR CHEESE	1.00 lb
19657	-(ORANGE)	0.00
19657	SPANISH ONION FINELY CHOPPED	1.00
19657	MILK	0.75 c
19658	Butter or margarine	1.00 tb
19658	Chopped onion	1.00 c
19658	(4 medium) potatoes	1.33 lb

Sheet1

19658	-- cut into 3/4-inch cubes	0.00
19658	Water	2.50 c
19658	Chicken bouillon cubes	2.00
19658	Frozen chopped broccoli	10.00 oz
19658	-- thawed and drained	0.00
19658	Shredded Cheddar cheese	1.50 c
19658	Salt and pepper, to taste	0.00
19659	Cream cheese	16.00 oz
19659	Crumbled blue cheese	4.00 oz
19659	Shredded sharp theddar	4.00 oz
19659	-cheese	0.00
19659	Onion, finely chopped	1.00 sm
19659	Worcestershire sauce	1.00 tb
19659	Finely snipped parsley	0.00
19660	Graham Cracker Crumbs; *	1.50 c
19660	Brown Sugar; Firmly Packed	0.25 c
19660	Butter or Margarine; Melted	0.33 c
19660	Cream Cheese; Softened, PLUS	8.00 oz
19660	Cream Cheese; Softened	3.00 oz
19660	Sugar	0.50 c
19660	Vanilla	0.50 ts
19660	Egg Whites; Stiffly Beaten	2.00
19660	Cherries; Pie, In Water	16.00 oz
19660	Red Food Coloring	0.00
19660	Sugar	0.25 c
19660	Cornstarch	1.00 tb
19661	Softened Cream Cheese	8.00 oz
19661	Sugar	0.50 c
19661	Thawed Cool Whip	2.00 c
19661	9" Graham Cracker Crust	1.00
19661	Cherry Pie Filling	1.00 cn
19662	Graham cracker crumbs	2.00 c
19662	Sugar, divided	1.00 c
19662	(1/2 stick) butter OR	14.00 c
19662	Margarine, melted	0.00
19662	Cream cheese, softened	3.00 pk
19662	Vanilla	1.00 ts
19662	Eggs	2.00
19662	Can (20 oz) cherry pie-	1.00
19662	Filling	0.00
19663	PREBAKED SINGLE PIE CRUST	0.00
19663	16 OZ UNSWEETNED RED CHERRYS	2.00 cn
19663	LIQUID FROM THE CHERRIES	1.00 c
19663	CORNSTARCH	1.00 tb
19663	ALMOND FLAVORING	0.25 ts
19663	SUGAR SUBSTITUTE	1.00 c
19663	INSTANT DRY MILK	0.50 c
19663	COLD WATER	0.50 c
19663	LEMON JUICE	2.00 tb



Sheet1

19663	SUGAR	2.00 tb
19663	DRY SUGAR SUBSTITUTE (OPT)	0.25 c
19663	VANILLA	0.50 ts
19664	Chestnuts (about 50 nuts)	1.50 lb
19664	Fresh tangerines; peel of	2.00 lg
19664	-- pith removed	0.00
19664	-- in large chunks	0.00
19664	Sugar	0.75 c
19664	;Water	1.25 c
19664	Light corn syrup	0.33 c
19664	Orange zest; finely slivered	1.00 tb
19664	Cointreau or	0.33 c
19664	Other orange-flavor liqueur*	0.00
19665	Water	2.00 c
19665	Barley; uncooked quick-	0.67 c
19665	-cooking barley	0.00
19665	Chicken; diced cooked	2.00 c
19665	Celery; diced	0.50 c
19665	Tomatoes; chopped	0.50 c
19665	Red onion; chopped	0.50 c
19665	Lemon juice; fresh	2.00 tb
19665	Dijon mustard;	1.00 tb
19665	Lettuce; leaves	5.00
19666	"Thin" coconut milk	5.00 c
19666	Chicken, sectioned and cut	1.00 sm
19666	-into bite-sized pieces	0.00
19666	-(bone-in)	0.00
19666	Stalks lemon grass, bruised	3.00
19666	-and cut into 1" lengths	0.00
19666	Laos powder (Ka)	2.00 ts
19666	Green onions, finely chopped	3.00
19666	Coriander leaves, chipped	2.00 tb
19666	To 6 fresh Serrano	4.00
19666	-chillies, seeded and	0.00
19666	-chopped	0.00
19666	Juice of 2 limes	0.00
19666	Fish sauce (Nam Pla)	3.00 tb
19667	Chicken stock or water with	10.00 fl
19667	Chicken stock cube	0.50
19667	Eggs	2.00
19667	Semolina	0.50 tb
19667	Grated Parmesan or other	1.00 tb
19667	-strongly flavoured cheese	0.00
19667	Chopped parsley	1.00 tb
19667	Salt and black pepper	0.00
19668	Butter	0.50 oz
19668	Oil	1.00 tb
19668	Onion, finely chopped	1.00
19668	Boneless chicken thighs,	4.00

Sheet1

19668	-skinned	0.00
19668	Cooked ham, diced	4.00 oz
19668	Courgettes, sliced	2.00
19668	Plain flour	1.00 tb
19668	Fresh parsley, chopped	2.00 tb
19668	Milk	5.00 fl
19668	Salt and black pepper	0.00
19668	Puff pastry, thawed if	8.00 oz
19668	-frozen	0.00
19668	Soured cream	5.00 fl
19668	Eggs	2.00 md
19668	Beaten egg to glaze	0.00
19669	Chicken breast fillet	1.00
19669	-skinned and sliced thinly.	0.00
19669	Courgettes	2.00 md
19669	Mushrooms	1.50 oz
19669	Ham chopped	1.50 oz
19669	Onions chopped	2.00
19669	Chicken stock made with	0.75 pt
19669	-liquid concentrate.	0.00
19669	Light soy sauce	2.00 ts
19669	Corn flour.	1.00 ts
19670	Shortcrust pastry	6.00 oz
19670	Chicken, about 4 lb*	0.00
19670	Slices ham steak	4.00 x
19670	Large leeks, cleaned/chopped	4.00 x
19670	Med. onion	0.00
19670	Salt and pepper	0.00
19670	Ground mace or nutmeg	1.00 pn
19670	Chicken stock	300.00 ml
19670	Double cream	125.00 ml
19671	Scallions Or Green Onions; *	2.00 tb
19671	Lime Juice	2.00 tb
19671	Salt	0.25 ts
19671	Cooked Chicken; Cut Up	2.00 c
19671	Green Peas; Cooked	1.00 c
19671	Mayonnaise Or Salad Dressing	1.00 c
19671	Carrot; Finely Chopped	0.25 c
19671	Celery; Finely Chopped	0.25 c
19671	Fresh Cilantro;FinelySnipped	0.25 c
19671	Orange Juice	3.00 tb
19671	Salt	0.50 ts
19671	Cinnamon; Ground	0.50 ts
19671	Pepper; Freshly Ground	0.25 ts
19671	Lettuce Leaves	0.00
19671	Oranges; **	3.00
19671	Avocados; ***	2.00
19672	14oz Cans Chicken Consomme	2.00
19672	Skinless Chicken Breast	1.00

Sheet1

19672	-fillet, cut into thin	0.00
19672	-strips.	0.00
19672	Cornflour	1.00 tb
19672	Peeled Prawns, thawed if	2.00 oz
19672	-using frozen.	0.00
19672	Clove Garlic, peeled and	1.00
19672	-chopped	0.00
19672	Soy Sauce	0.00 ds
19672	Black Pepper	0.00
19672	Egg, Beaten	1.00
19673	Chunk white chicken, well	1.00 cn
19673	-drained (10 oz)	0.00
19673	S&W Ready-Cut Tomatoes, well	1.00 cn
19673	-drained	0.00
19673	Unpeeled, diced cucumber	0.75 c
19673	Zucchini, diced	1.00 md
19673	Chopped onion	0.25 c
19673	S&W Extra Large Black	10.00
19673	-Olives, pitted, cut in half	0.00
19673	Crumbled feta cheese	0.25 c
19673	S&W Vintage Lites White Wine	0.25 c
19673	-Vinegar & Herb Dressing	0.00
19673	Romaine lettuce leaves,	0.00
19673	-chilled	0.00
19674	Aubergine, Sliced	1.00 sm
19674	Salt and Pepper	0.00
19674	Cloves Garlic, Peeled and	2.00
19674	-Crushed	0.00
19674	Finely grated rind and juice	0.00
19674	-of half a lemon	0.00
19674	Chopped Fresh Mint	1.00 tb
19674	Olive Oil	6.00 tb
19674	Boneless Chicken Breasts	4.00
19674	Courgettes, Sliced	2.00 md
19674	Yellow Pepper, deseeded and	1.00 md
19674	-quartered	0.00
19674	Fennel Bulb, thickly sliced	1.00 sm
19674	Red Onion, Peeled and	1.00 lg
19674	-Thickly Sliced	0.00
19674	Ciabatta Loaf, Sliced	1.00 sm
19674	Extra Olive Oil	0.00
19674	Fresh Mint Sprigs to garnish	0.00
19675	Bite-size pieces mixed	4.00 c
19675	-salad greens	0.00
19675	-(iceberg, Bibb, romaine or	0.00
19675	-spinach)	0.00
19675	Cut-up cooked chicken	2.00 c
19675	Raspberries *	0.50 c
19675	Sliced strawberries	0.50 c

Sheet1

19675	Thinly sliced leek	0.25 c	
19675	Sliced almonds, toasted	0.25 c	
19675	-Freshly ground pepper	0.00	
19676	Cabbage finely chopped	5.00 c	
19676	Carrots finely sliced	2.00 c	
19676	Celery chopped	1.00 c	
19676	V-8 vegetable juice (lg)	1.00 cn	
19676	Chicken broth	2.00 c	
19676	Pepper (white)	0.25 t	
19676	Onion finely chopped	1.00 md	
19676	Chicken breast, skinned and	3.00 lb	
19676	Boned, cut into 1 in. cubes	0.00	
19676	Paprika (sweet)	1.00 t	
19677	Rotini; uncooked	4.00 oz	
19677	Plain low fat Yogurt	8.00 oz	
19677	Wheat germ	0.33 c	
19677	White wine vinegar	3.00 tb	
19677	Dijon mustard	1.00 tb	
19677	Black pepper	0.12 ts	
19677	Chicken breast, cooked and	1.00 c	
19677	-diced	0.00	
19677	Broccoli flowerets; diced	0.75 c	
19677	Tomato; chopped & seeded	0.50 c	
19677	Red onion; chopped	0.33 c	
19678	c	0.00	1
19678		2.00	
19678		1.00	
19678		1.50	
19678	-chilled and cut into thin	0.00	
19678	-slices	0.00	1
19678	Shortening	3.00	
19678	Ice water	0.33 c	
19678	-FILLING:	0.00	
19678	Broiler/fryer chicken (3 to	1.00	
19678	Pounds), cut up	4.00	
19678	Water	2.00	
19678	Bay leaf	1.00	
19678	Garlic clove, minced	1.00	
19678	Fresh or frozen cut green	1.50	
19678	-beans	0.00	
19678	Thinly sliced carrots	1.50	
19678	Diced peeled potatoes	1.00 c	
19678	Dried basil	0.50 ts	
19678	Sliced fresh mushrooms	0.50 c	
19678	(10 ounces) frozen peas	1.00 pk	
19678	(16 ounces) whole tomatoes,	1.00 cn	
19678	-drained and chopped	0.00	
19678	Butter or margarine	4.00 tb	
19678	All-purpose flour	0.25 c	

## Sheet1

19678	Heavy cream	1.00 c
19678	Egg yolks Salt and pepper	2.00
19678	-to taste	0.00
19678	-GLAZE:	0.00
19678	Egg yolk 1 tablespoon cold	1.00
19678	-water	0.00
19678	-OTHER MATERIALS NEEDED:	0.00
19678	New clay flowerpots (4-inch	6.00
19678	-diameter)	0.00
19678	-Vegetable oil	0.00
19678	-Aluminum foil	0.00
19678	-Decorative seed packets	0.00
19678	-glued onto wooden craft	0.00
19678	-sticks	0.00
19679	Uncooked rigatoni (about 4	2.00 c
19679	-ounces)	0.00
19679	1/4 inch slices zucchini	2.00 c
19679	-(about 2 medium)	0.00
19679	Chopped onion	0.33 c
19679	Carrot, cut into julienne	1.00 md
19679	-strips	0.00
19679	Olive or vegetable oil	2.00 ts
19679	Cut-up cooked chicken	3.00 c
19679	-Pesto	0.00
19679	Olive oil	2.00 tb
19679	Plain non fat yogurt	1.00 tb
19679	Lemon juice	2.00 ts
19679	Grated Parmesan cheese	14.00 c
19679	Pine nuts	1.00 tb
19679	To 3 cloves garlic	2.00
19679	Firmly packed fresh basil	1.00 c
19679	-leaves	0.00
19680	Egg	1.00
19680	Grainy mustard	3.00 tb
19680	Whipping cream	0.25 c
19680	Chopped fresh tarragon; -OR-	1.00 tb
19680	-Dried tarragon	1.00 tb
19680	Olive oil	3.00 tb
19680	Medium potatoes	1.50 lb
19680	White wine vinegar	0.25 c
19680	Diced cooked chicken	2.00 c
19680	Cooking oil	2.00 tb
19680	Fresh spinach; cleaned	4.00 c
19681	Chicken; dice & boil	3.00 c
19681	Lemon Juice; fresh	3.00 tb
19681	Mayonnaise	1.00 c
19681	Salt	1.00 ts
19681	Dry mustard	1.00 ts
19681	Curry Powder	1.00 ts

Sheet1

19681	Grapes; seedless	1.50 c
19681	Pineapple; tidbits drained	1.00 c
19681	Slivered Almonds; toasted	0.50 c
19681	Water Chestnuts; diced	0.25 c
19682	Chicken; cooked & diced	3.00 c
19682	Pecans; toasted	0.50 c
19682	Celery; chopped	1.00 c
19682	Coconut	0.50 c
19682	Grapes, seedless; halved	0.50 c
19682	Sour cream	0.25 c
19682	Mustard	1.00 ts
19682	Salt	0.50 ts
19682	Mayonnaise	0.50 c
19682	Lemon; (juice from half)	0.50
19683	Cut-up cooked chicken	3.00 c
19683	Seedless grapes	1.50 c
19683	Sliced green onions (with	0.25 c
19683	-tops)	0.00
19683	Chopped green bell pepper	0.25 c
19683	(8 ounces) water chestnuts,	1.00 cn
19683	-drained and chopped	0.00
19683	Oranges, pared and	2.00
19683	-sectioned	0.00
19683	Head lettuce, torn into	0.25
19683	-bite size pieces (about 3	0.00
19683	-cups)	0.00
19683	Slivered almonds, toasted	0.25 c
19683	-**	0.00
19684	Celery ribs	3.00
19684	Cubed cooked chicken	3.00 c
19684	Fat-free mayonnaise	0.50 c
19684	Fat-free sour cream	0.50 c
19684	Dried rosemary, crumbled	1.00 ts
19684	-OR	0.00
19684	Fresh rosemary	1.00 tb
19685	tb	6.00 1 1/4
19685		3.00
19685		1.00
19685	Peanut oil	6.00
19685	Green onions	5.00 /2
19685	-(tops & bottoms)	0.00 1/2
19685	Head iceberg lettuce; cut	1.00 1/2
19685	-into strips 1/4" x 2"	0.00 1/4
19685	Carrots; cut into strips	0.75
19685	Picked scallions	2.25
19685	-(tops & bottoms)	0.00
19685	- cut into strips	0.00
19685	Picked red ginger	2.50 oz
19685	-cut into long, thin strips	0.00

Sheet1

19685	Chinese pickles	1.50 oz
19685	-cut into thin strips	0.00
19685	Peanuts, roasted & ground	2.50 tb
19685	Coconut, roasted and ground	2.50 tb
19685	Sesame seeds	1.25 tb
19685	Salt	0.25 ts
19685	Sugar	0.25 ts
19685	Black pepper	0.12 ts
19685	Powdered hot mustard,	0.50 ts
19685	-mixed with...	0.00
19685	Water	0.50 ts
19685	Hoisin sauce	1.25 tb
19685	Chinese barbecue sauce	1.25 tb
19685	Oyster sauce	1.25 tb
19685	Soy sauce	0.50 ts
19685	Sesame oil	0.50 ts
19685	Parsley, chopped fine	0.50 c
19685	Won ton pastry; cut in	0.25 lb
19685	-long strips & deep fried	0.00
19686	Chicken legs with thighs	8.00
19686	- attached	0.00
19686	Lemon juice	0.33 c
19686	Meat tenderizer	2.50 ts
19686	- unseasoned; natural	0.00
19686	Red food coloring	1.00 tb
19686	Yellow food coloring	2.00 tb
19686	Yogurt; plain	1.00 c
19686	Garlic cloves	2.00 lg
19686	Ginger root; fresh; chopped	1.00 tb
19686	Cumin seeds; roasted;ground*	1.00 ts
19686	Cardamom; ground	0.50 ts
19686	Red cayenne pepper	0.50 ts
19686	Ghee or vegetable oil;	0.00
19686	- for basting	0.00
19687	All-purpose flour	0.33 c
19687	Cooking oil	0.33 c
19687	Water	3.00 c
19687	Fully cooked smoked	12.00 oz
19687	Sausage links	0.00
19687	(sliced and quartered	0.00
19687	Chopped cooked chicken	2.00 c
19687	Sliced okra	2.00 c
19687	Or one 10-oz package frozen	0.00
19687	Whole okra-slice 1/2 inch th	0.00
19687	Chopped onion	1.00 c
19687	Chopped green pepper	0.50 c
19687	Chopped celery	0.50 c
19687	Cl Garlic; minced	4.00
19687	Salt	1.00 ts

## Sheet1

19687	Pepper	0.50 ts
19687	Ground red pepper	0.25 ts
19687	Hot cooked rice	0.00
19688	Oil	3.00 tb
19688	Cloves garlic, chopped fine	3.00
19688	Red curry paste	1.00 tb
19688	Chili paste in bean oil	1.00 tb
19688	Chicken breast, sliced	1.00 lb
19688	-bite size	0.00
19688	Fish sauce	2.00 tb
19688	Roasted cashew nuts.	0.50 c
19688	Stems green onions, sliced	2.00
19688	-into small bits.	0.00
19689	Uncooked macaroni	1.00 c
19689	Mayonnaise or salad	0.75 c
19689	-dressing	0.00
19689	Finely chopped onion	1.00 tb
19689	Salt	0.50 ts
19689	Pepper	0.25 ts
19689	L/2 Cups cut-up cooked	1.00
19689	-chicken	0.00
19689	Chopped cucumber	1.00 c
19690	-To toast sesame seed, heat	0.00
19690	-in ungreased skillet over	0.00
19690	-medium heat about	0.00
19690	Minutes, stirring	2.00
19690	-occasionally, until golden	0.00
19690	-brown.	0.00
19691	-Piquant Dressing *	0.00
19691	Soy sauce	2.00 tb
19691	Vinegar	1.00 tb
19691	Vegetable oil	1.00 tb
19691	Instant minced onion	0.50 ts
19691	Sugar	0.25 ts
19691	Pepper	0.12 ts
19691	-SALAD *	0.00
19691	Cut-up cooked chicken	2.00 c
19691	Spinach, torn into	5.00 oz
19691	-bites-size pieces (about 2	0.00
19691	Cups)	0.50
19691	Broccoli flowerets, cut	2.00 c
19691	-into 1/4 inch pieces	0.00
19691	(8 ounces) sliced water	1.00 cn
19691	-chestnuts, drained	0.00
19691	Bacon, crisply cooked and	4.00 sl
19691	-crumbled	0.00
19691	-Crated Parmesan cheese, if	0.00
19691	-desired	0.00
19692	(1 cn) chickpeas;	15.00 oz



Sheet1

19692	-(garbanzos beans)	0.00
19692	Celery stalk; chopped	1.00
19692	Green onion; chopped	2.00
19692	Garlic; minced	1.00 cl
19692	Hot pepper flakes;	0.25 ts
19692	-or to taste	0.00
19692	Tasty Tahini Dressing;	4.00 tb
19693	Vegetable oil	1.00 tb
19693	Onion; peeled and sliced	1.00 md
19693	Beets; peeled, roughly diced	0.50 lb
19693	Chicken stock	4.00 c
19693	-OR Low-sodium chicken broth	0.00
19693	Salt	1.00 ts
19693	Diced seeded watermelon	2.50 c
19693	- (rind removed)	0.00
19694	Vegetable oil	4.00 tb
19694	Onion; roughly diced	1.00 md
19694	Carrots; roughly chopped	1.00 lb
19694	Chicken stock	4.00 c
19694	-OR low-sodium chicken broth	0.00
19694	Diced cantaloupe	1.00 c
19694	Salt	1.00 ts
19694	Ground coriander	2.00 tb
19694	Ground cumin	0.50 ts
19694	Milk	2.00 tb
19694	Plain yogurt	3.00 tb
19695	Butter, Melted	2.00 oz
19695	Chocolate Digestive biscuits	6.00 oz
19695	-crushed	0.00
19695	Full-fat cream cheese	1.00 lb
19695	Soft light or dark brown	5.00 oz
19695	-sugar	0.00
19695	Double Cream, Whipped	5.00 fl
19695	Sachet of gelatine	11.00 g
19695	Orange Juice	3.00 tb
19695	Plain chocolate, melted	8.00 oz
19695	Reserved Cream	0.00
19695	Mandarin Orange Segments	0.00
19695	Melted Chocolate	0.00
19696	Chocolate wafers, crushed	6.00
19696	Light cream cheese	1.50 c
19696	Sugar	1.00 c
19696	Low fat cottage cheese	1.00 c
19696	Chocolate morsels	2.00 tb
19696	+ 2 T unsweetened cocoa	0.25 c
19696	Flour	0.25 c
19696	Amaretto	0.25 c
19696	Vanilla	1.00 ts
19696	Salt	0.25 ts

## Sheet1

19696	Egg	1.00
19696	Chocolate curls	0.00
19697	Vegetable cooking spray;	0.00 x
19697	Cookie, chocolate graham;	0.50 c
19697	-teddy bear shapped, crumbed	0.00
19697	Cheese, cream, fat-free	32.00 oz
19697	Sugar, granulated	2.00 c
19697	Cocoa, unsweetened	0.67 c
19697	Flour, all-purpose	0.67 c
19697	Amaretto	3.00 tb
19697	Vanilla	2.00 tb
19697	Egg substitute	0.50 c
19697	Cream, whipped, instant;	0.00 x
19697	=low fat, refrigerated	0.00
19697	Almonds; sliced	2.00 tb
19698	Skim Milk	0.25 c
19698	Envelope Unflavored Gelatin	1.00
19698	Skim Milk	0.67 c
19698	Eggs, Separated	2.00 lg
19698	Sugar	6.00 tb
19698	Unsweetened Cocoa	1.00 tb
19698	Vanilla	1.00 tb
19698	Low Fat Cottage Cheese	1.50 c
19698	Graham Cracker Crumbs	0.33 c
19698	Cinnamon	0.12 ts
19699	Vanilla wafers,in crumbs	36.00
19699	Confectioners' sugar	0.33 c
19699	Cocoa	0.33 c
19699	Butter or margarine,melted	0.33 c
19699	Cream cheese,softened	8.00 oz
19699	Condensed milk,sweetened	14.00 oz
19699	Chocolate chips,semi-sweet	1.00 c
19699	Eggs	2.00
19699	Vanilla extract	1.50 ts
19700	Chocolate wafers (8 1/2-oz)	1.00 pk
19700	Unsalted butter; melted	2.00 tb
19700	Butter or margarine	1.00 tb
19700	Unsweetened chocolate	3.00 oz
19700	Semisweet chocolate	9.00 oz
19700	Cream cheese (3-oz)	4.00 pk
19700	- softened	0.00
19700	Vanilla	2.00 tb
19700	Whipping cream	1.00 c
19700	Eggs	6.00
19700	Sugar (up to double amount)	0.50 c
19700	Whipped cream (optional)	0.00
19701	Chocolate Wafers, Fine Crush	8.50 oz
19701	Butter, Melted	0.50 c
19701	Semi-sweet Chocolate Chips	12.00 oz

Sheet1

19701	Heavy cream	1.50 c
19701	Cream Cheese, Softened	16.00 oz
19701	Sugar	0.25 c
19701	Large Eggs	4.00
19701	Cherry Flavored Liqueur	0.75 c
19701	Vanilla Extract	1.00 t
19701	Cherry Pie Filling	1.00 lb
19701	Heavy Cream Whipped (Opt.)	0.50 c
19702	c	0.00 1/2
19702	-	0.00
19702	All-purpose flour	1.00
19702	Granulated sugar	0.50
19702	Unsalted butter *	6.00
19702	Chopped walnuts	0.50
19702	Chopped bittersweet or	3.00
19702	-semisweet chocolate	0.00
19702	Egg yolk	1.00
19702	Whipping cream	1.00 tb
19702	Vegetable oil	0.00
19702	Cream cheese, softened	2.00 lb
19702	Firmly packed brown sugar	1.00 c
19702	Eggs, at room temperature	5.00
19702	Sour cream	0.75 c
19702	All-purpose flour	3.00 tb
19702	Vanilla	1.00 ts
19702	Almond extract	0.12 ts
19702	Bittersweet or semisweet	4.00 oz
19702	-chocolate, chopped	0.00
19702	Sour cream, softened	1.00 c
19702	Firmly packed brown sugar	0.33 c
19702	Whipping cream	0.50 c
19702	Bittersweet or semisweet	3.00 oz
19702	-chocolate, chopped	0.00
19703	Crust	0.00
19703	Whole graham crackers	6.00
19703	Unsalted butter (melted)	0.25 c
19703	Filling	0.00
19703	Cream cheese, room temp.	24.00 oz
19703	Sugar	7.00 tb
19703	All purpose flour	1.00 tb
19703	Eggs	2.00 lg
19703	Plus +	0.25 c
19703	Sour cream	2.00 tb
19703	Plus +	0.25 c
19703	Baileys cream	2.00 tb
19703	Vanilla extract	1.00 ts
19703	Glaze	0.00
19703	Whipping cream	0.50 c
19703	Semisweet chocolate chopped	9.00 oz

Sheet1

19704	Oreo cookie crumbs, fine	1.50 c
19704	Soft cream cheese	32.00 oz
19704	Large eggs	3.00
19704	Vanilla	1.00 ts
19704	Strained raspberry preserves	0.33 c
19704	Whipping cream	0.25 c
19704	Melted butter	2.00 tb
19704	Sugar	1.25 c
19704	Sour cream	1.00 c
19704	Semisweet chocolate chips*	6.00 oz
19704	Semisweet chocolate chips	6.00 oz
19705	Semi-sweet chocolate ships	1.00 c
19705	Graham-cracker crumbs	1.25 c
19705	Butter, melted	0.25 c
19705	Sugar	0.75 c
19705	Vanilla extract	1.00 ts
19705	Sugar	0.50 c
19705	Sugar	2.00 tb
19705	Cream cheese, soft 8 oz size	2.00 pk
19705	Sour cream	0.50 c
19705	Eggs	4.00
19706	Butter	0.25 c
19706	Chocolate wafer crumbs or:	1.25 c
19706	Chocolate graham wafer crumb	0.00
19706	Sugar; granulated	2.00 tb
19706	Chocolate; semisweet	2.00 oz
19706	Cream cheese; softened	12.00 oz
19706	Sugar; granulated	0.50 c
19706	Eggs	3.00
19706	Sour Cream	1.00 c
19706	Vanilla	1.00 ts
19707	Graham cracker crumbs	1.25 c
19707	Package caramels	14.00 oz
19707	Chopped pecans, toasted	1.00 c
19707	Sugar	0.50 c
19707	Vanilla extract	1.00 ts
19707	Pecan halves	0.00
19707	Butter or margarine, melted	0.25 c
19707	Can evaporated milk	5.00 oz
19707	8 oz packages cream cheese,	2.00
19707	Eggs	2.00
19707	Semisweet chocolate morsels,	0.75 c
19708	Oranges; halved; pulp	0.00
19708	Removed	0.00
19708	Brown sugar	0.00
19708	Cinnamon sticks	0.00
19708	Whole nutmeg	0.00
19708	Whole clove	2.00
19708	Tissue paper	0.00

Sheet1

19708	<<<OR>>>	0.00
19708	Colored plastic wrap	0.00
19709	Crust:	0.00
19709	Butter	0.50 c
19709	Sugar	0.33 c
19709	Flour	1.00 c
19709	Cheesecake filling:	0.00
19709	Cream cheese; 8 oz at room	2.00 pk
19709	Sugar	0.50 c
19709	Eggs	2.00
19709	Vanilla	1.00 ts
19709	Cinnamon-apple topping:	0.00
19709	Apples; golden delicious, l	3.00
19709	Sugar	0.33 c
19709	Cinnamon; ground	1.00 ts
19709	Orange marmalade; melted	0.50 c
19710	Asian pear	1.00 lg
19710	Orange, navel	1.00 lg
19710	Grapefruit, pink	1.00 lg
19710	Mixed greens	0.00
19710	Water chestnut, slices	0.00
19710	Onion, purple, sliced	0.00
19710	Ginger, candied	0.00
19710	Walnuts, roasted	0.00
19710	Oil, sesame	2.00 tb
19710	Oil, walnut	2.00 tb
19710	Veinegar, raspberry	4.00 tb
19710	Honey OR	1.00 ts
19710	Sugar, brown	1.00 ts
19711	Dried apricots	1.00 lb
19711	Water (or more)	2.00 c
19711	Sugar	0.25 c
19711	Blanched almonds; halved	2.00 tb
19711	Cardamom pods; cracked	4.00
19711	Ginger (thin)	3.00 sl
19711	3-inch cinnamon stick	1.00
19711	-- halved	0.00
19712	Graham crackers	16.00
19712	Stick butter, softened	0.50
19712	Sugar	1.00 tb
19712	8oz cream cheese, softened	5.00 pk
19712	Sugar	1.75 c
19712	All-purpose flour	3.00 tb
19712	Grated lemon peel	1.00 ts
19712	Salt	0.25 ts
19712	Vanilla	0.25 ts
19712	Eggs	5.00 lg
19712	Egg yolks	2.00 lg
19712	Sour cream	0.25 c

Sheet1

19712	Strawberries	2.00 pt
19712	Water	1.00 c
19712	Sugar	0.50 c
19712	Cornstarch	1.50 tb
19712	Red food coloring	3.00 dr
19713	Fresh asparagus	1.00 lb
19713	Toasted sesame seeds*	1.00 tb
19713	Garlic clove	1.00 sm
19713	Fresh ginger, grated	1.00 ts
19713	Rice vinegar	2.00 tb
19713	Orange juice	2.00 tb
19713	Soy sauce	2.00 ts
19713	Vegetable oil	2.00 tb
19713	Sugar	1.00 ts
19713	Red chile flakes	0.25 ts
19713	Sesame oil	0.25 ts
19714	Onion	1.00 lg
19714	Margarine/butter melted or	0.25 lb
19714	-use Butter Buds equivalent	0.00
19714	Cottage cheese, fatfree	2.00 lb
19714	Corn Flakes cereal	5.00 c
19714	Chopped nuts (optional)	0.50 c
19714	Chicken style seasoning	1.00 T
19714	-or more to taste	0.00
19714	Eggs, or Egg Beaters equiv.	6.00
19715	Fresh mushrooms; sliced	0.50 lb
19715	Pine nuts	0.25 c
19715	Unsalted butter	0.50 c
19715	-- melted and divided	0.00
19715	Onion; chopped	1.00 c
19715	Celery; chopped	0.50 c
19715	Fresh parsley; chopped	0.50 c
19715	Garlic cloves; minced	2.00
19715	Currants; dried	0.25 c
19715	Each salt and pepper	0.50 ts
19715	Herbes de Provence	0.50 ts
19715	Canned chicken broth	3.00 c
19715	-- diluted	0.00
19715	Package couscous	16.00 oz
19716	8" pate brisee or	1.00
19716	-regular pie crust	0.00
19716	Crab meat, chopped	1.00 c
19716	Milk, scalded	1.75 c
19716	Eggs, beaten	3.00
19716	Asparagus spears,	10.00
19716	-tips reserved	0.00
19716	Parmesan cheese	4.00 oz
19716	Nutmeg and cayenne pepper	0.00 ds
19716	Salt to taste	0.00

Sheet1

19717	Fresh cranberries	1.00 c
19717	Apples, peeled, cored,	8.00
19717	-chopped	0.00
19717	Sugar	0.50 c
19717	Stick cinnamon, halved	1.00
19717	-crosswise	0.00
19717	Whole cloves	6.00
19717	Ground nutmeg	0.00
19718	Whole cranberries washed	2.00 c
19718	Peeled, cored, thinly sliced	3.00 c
19718	-apples	0.00
19718	Sugar	1.50 c
19718	Quick-cooking tapioca	2.67 tb
19718	Ground cinnamon	0.50 ts
19718	Ground nutmeg	0.25 ts
19718	Butter or margarine	2.00 tb
19718	Double crust 9 inch pie	1.00
19718	-pastry	0.00
19719	Flour; sifted	2.00 c
19719	Baking powder	0.50 tb
19719	Salt	1.00 ts
19719	Orange juice	0.75 c
19719	Egg; beaten	1.00
19719	Cranberries; chopped	2.00 c
19719	Sugar	1.00 c
19719	Baking soda	0.50 ts
19719	Shortening	0.25 c
19719	Orange zest	1.00 tb
19719	Almonds, sliced	0.50 c
19720	Cranberry juice	1.00 c
19720	Dry red wine	0.50 c
19720	Granulated sugar	0.50 c
19720	(1 pouch) Certo Liquid Fruit	85.00 ml
19720	Pectin	0.00
19721	Cranberries (3 cups)	0.75 lb
19721	Finely chopped dried figs	1.00 c
19721	Chopped onion	1.00 c
19721	Packed brown sugar	0.25 c
19721	Grated orange rind	1.00 tb
19721	Pepper	0.25 ts
19721	Water	0.50 c
19721	Red wine vinegar	0.50 c
19721	Maple syrup	0.25 c
19722	Whole Wheat Flour	2.00 c
19722	Sugar	0.75 c
19722	Baking Powder	1.50 ts
19722	Salt	0.50 ts
19722	Baking Soda	0.50 ts
19722	Orange Juice	0.75 c

Sheet1

19722	Grated Orange Peel	1.00 tb
19722	Shortening	2.00 tb
19722	Egg; Large, Well Beaten	1.00
19722	Cranberries; *	1.50 c
19722	Nuts; Chopped, Optional	1.00 c
19723	Cranberries	0.75 lb
19723	Orange juice	1.00 c
19723	Packed brown sugar	1.00 c
19723	Grated fresh ginger	2.00 ts
19724	Fresh cranberries	12.00 oz
19724	Sugar	0.75 c
19724	Sugar, if necessary	0.25 c
19725	Sugar	1.00 c
19725	Water	1.00 c
19725	Cranberries (12 ounce)	1.00 pk
19726	Cranberry sauce	1.00 c
19726	Red currant jelly	0.50 c
19726	Freshly squeezed lemon juice	1.00 tb
19726	Port	1.00 tb
19726	Dijon mustard	1.00 tb
19727	-FILLING-Vanilla	0.00
19727	Sugar.	0.50 c
19727	All-purpose flour.	6.00 tb
19727	Salt.	0.25 ts
19727	Milk.	2.50 c
19727	Egg yolks.	3.00
19727	Butter or margarine.	1.00 tb
19727	Vanilla.	1.00 ts
19727	-inch baked pastry shell.	9.00
19728	Oil	2.00 ts
19728	Onion, peeled and chopped	1.00 sm
19728	Can tomatoes in juice	8.00 oz
19728	Can Corned Beef	7.00 oz
19728	Cheese and Onion Crisps	1.00 pk
19728	Green Vegetable to Serve	0.00
19729	Ground beef or pork sausage	1.00 lb
19729	Garlic; minced	2.00 cl
19729	Or 4 tsp. chili powder	3.00
19729	Ground cumin	0.50 ts
19729	(15 1/2 oz.) can red kidney	1.00
19729	-beans drained	0.00
19729	Chopped celery	1.00 c
19729	Chopped onion	1.00 c
19729	Chopped green pepper	0.50 c
19729	(16 oz.) can tomatoes; cut	1.00
19729	-up	0.00
19729	10 can rotel tomatoes and	1.00
19729	-chilies	0.00
19729	V8 juice or tomato juice	1.00 c



Sheet1

19729	(6 oz.) can tomato paste	1.00
19729	Salt	0.25 ts
19729	Shredded cheddar cheese	0.00
19729	Sour cream	0.00
19730	Apple Cider	1.00 ga
19730	Whole cloves	12.00
19730	3-inch cinnamon sticks	3.00
19730	Whole nutmegs	2.00
19730	Chunks crystalized ginger	2.00
19731	Pot roast or rump roast	5.50 lb
19731	Seasoned salt	0.00
19731	Potatoes; quartered	7.00
19731	Carrots; pared; cut 2" piece	7.00
19731	Onions; peel/halve	5.00 md
19731	Water	0.75 c
19731	Beef bouillon cubes	3.00
19732	Round steak; lean	2.00 lb
19732	Green peppers; sliced thin	2.00
19732	Dried onions; minced	2.00 tb
19732	Beef broth	1.00 c
19732	Low sodium soy sauce	2.00 tb
19732	Ground ginger	0.50 ts
19732	Garlic clove; minced	1.00
19732	Worcestershire sauce	1.00 ts
19733	Chicken; cut-up	3.00 lb
19733	Oil	0.25 c
19733	Onion; chopped	0.00
19733	Tomato sauce (8oz each)	2.00 cn
19733	Oregano	1.00 ts
19733	Thyme	0.25 ts
19733	Salt	1.00 ts
19733	Pepper	0.25 ts
19733	Garlic; minced	1.00 cl
19733	Red wine	2.00 tb
19733	Sliced mushrooms	1.00 cn
19733	Cooked spaghetti	0.00
19733	Killet; brow chicken in	0.00
19733	Oil. drain. combine	0.00
19733	Th onion; sa ces, spices,	0.00
19733	Garlic and wine in crock	0.00
19733	And cook on low 4-5	0.00
19733	-hours. stir in	0.00
19733	Drained	0.00
19733	Spoon over hot spaghetti	0.00
19734	Chicken breasts	6.00 md
19734	Salt & pepper	0.00
19734	Paprika	0.00
19734	Dry white wine or vermouth	0.50 c
19734	-(opt)	0.00

## Sheet1

19734	Cream of mushroom soup	1.00 cn
19734	Mushrooms, sliced; drained	4.00 oz
19734	Sour cream; mixed with	1.00 c
19734	Flour	0.25 c
19735	Boneless Chicken Breasts	6.00
19735	Sour cream	16.00 oz
19735	Cream of Mushroom soup	1.00 cn
19735	Onion Soup mix, Lipton's	1.00 pk
19736	Stuart Talkofsky	0.00
19736	Chicken thighs;boneless &	1.50 lb
19736	;skinless	0.00
19736	Lentils	1.50 c
19736	Onion ;chopped	1.00 lg
19736	Celery ribs ;sliced	3.00
19736	Tomato paste	2.00 tb
19736	Turmeric	1.00 ts
19736	Cinnamon	0.75 ts
19736	Chicken broth	7.00 c
19736	Corn kernels ;cooked	1.00 c
19736	Lemon juice	2.00 tb
19736	Salt	0.00
19736	Pepper	0.00
19737	Corned beef brisket	4.50 lb
19737	Onions -- quartered	2.00 md
19737	Cabbage head	1.00
19737	Cut in small wedges	0.00
19737	Pepper	0.50 ts
19737	Vinegar	3.00 tb
19737	Sugar	3.00 tb
19737	Water	2.00 c
19738	Crabmeat; flaked and picked	2.00 c
19738	Milk, whole	2.00 c
19738	Half-and-half	2.00 c
19738	Butter, unsalted	3.00 tb
19738	Lemon peel strips	2.00
19738	Mace; ground	0.50 ts
19738	Salt; to taste	0.00
19738	Pepper, black; to taste	0.00
19738	Sherry, dry; (optional)	2.00 tb
19738	Crackers, saltine	0.50 c
19739	Beef round steak*	2.00 lb
19739	Flour	0.50 c
19739	Curry powder	1.00 tb
19739	Garlic cloves; minced	2.00
19739	Raisins	1.00 c
19739	Apples;peeled, cored; sliced	2.00
19739	Diced onion	1.00 c
19739	Salt	2.00 ts
19739	Pepper	0.50 ts

Sheet1

19739	Beef broth (14 oz)	1.00 cn
19739	Apples**	2.00
19739	Fluffy rice	1.00
19740	Lamb, boneless; cubed,	2.00 lb
19740	-browned & drained	0.00
19740	Salt	2.00 ts
19740	Pepper	0.25 ts
19740	;Water	2.00 c
19740	Bay leaf	1.00 sm
19740	Carrots; pared & cut in 1/2"	2.00 md
19740	-slices	0.00
19740	Onions, thinly sliced	2.00 sm
19740	Potatoes, pared & quartered	4.00 md
19740	Quick-cooking tapioca; (opt)	0.25 c
19740	Peas, frozen; OR	10.00 oz
19740	Mixed vegetables, frozen	10.00 oz
19741	Chicken parts or cut up	4.50 lb
19741	-fryer	0.00
19741	Salt and pepper	0.00
19741	Ginger; ground	0.25 ts
19741	Garlic; minced	1.00 c
19741	Chicken broth or boullion	1.00 c
19741	Pineapple slices; 8 1/2 oz	1.00 c
19741	Water chestnuts; drain	1.00 c
19741	Green onions; diag slice	4.00
19741	Cornstarch	0.25 c
19741	Soy sauce	0.25 c
19741	Vinegar	1.00 tb
19742	Chicken	3.00 lb
19742	Lemon juice	0.50 c
19742	Garlic cloves; crushed	0.50 c
19742	Seasoned salt	1.00 ts
19742	Poultry seasoning	1.00 ts
19742	Tabasco	2.00 ds
19742	White wine	1.00 c
19743	Jo Ferry	1.00
19743	Hamburger	2.00 lb
19743	Breadcrumbs	1.00 c
19743	Egg	1.00
19743	Grated parmesan cheese	0.00
19743	Parsley and oregano	0.00
19743	Onion and garlic powder	0.00
19743	Milk	0.00
19743	Beer	1.00 cn
19743	Ketchup; regular size	1.00 pk
19744	Whole milk	0.50 c
19744	Slices white bread	2.00
19744	Ground beef	1.50 lb
19744	Eggs	2.00

## Sheet1

19744	Onion, peeled	1.00 sm
19744	Salt	1.50 ts
19744	Pepper	0.50 ts
19744	Dry mustard	1.00 ts
19744	Whole tomatoes canned	12.00 oz
19745	Chicken breasts *	3.00
19745	Pepper	0.00
19745	Paprika	0.00
19745	Pineapple **	20.00 oz
19745	Mustard; Dijon-style	2.00 tb
19745	Soy sauce	0.00
19745	Garlic clove; minced	1.00
19745	Cholesterol; 153 mg	73.00 mg
19745	Sodium. R	0.00
19746	To 4 lb	3.00
19746	Env Lipton "Golden Onion Soup Mix"	1.00
19746	Env Water	0.00
19746	Env Water	1.00
19746	Pinch garlic powder	0.00 lg
19746	Pork roast -- (not chops)	0.00
19747	Flour	1.00 c
19747	Baking powder	1.50 ts
19747	Pumpkin pie spice	1.00 ts
19747	Brown sugar; firmly packed	0.50 c
19747	Vegetable oil	2.00 tb
19747	Eggs	2.00
19747	Pumpkin (canned)	0.50 c
19747	Raisins or dried currants; f	4.00 tb
19748	Onions, sliced	2.00 lg
19748	Eggplant, sliced	1.00 lg
19748	Zucchini, sliced	4.00 sm
19748	Garlic clove; minced	2.00
19748	Bell pepper, green; seeded & -cut in thin strips	2.00
19748	Tomato; cut in 1/2" wedges	0.00
19748	Basil	6.00 lg
19748	Salt	1.00 ts
19748	Pepper	2.00 ts
19748	Pepper	0.25 ts
19748	Parsley; chopped	2.00 tb
19748	Olive oil	2.00 tb
19749	Sausage, keilbasa	0.25 c
19749	Onions; sliced	1.00
19749	Cabbage, red; shredded	1.00 lg
19749	Apples, pie; sliced	4.00 c
19749	Salt	20.00 oz
19749	Pepper, black	1.00 ts
19749	Caraway seeds; (optional)	0.25 ts
19749	Bay leaf	0.25 ts
19749	Beer	1.00
19749	Beer	0.50 c

Sheet1

19749	Chicken broth, condensed	1.00 cn
19750	Round steak	2.00 lb
19750	Flour	0.25 c
19750	Salt	0.50 ts
19750	Pepper	0.25 ts
19750	Onions	2.00
19750	Worcestershire sauce	1.00 tb
19750	Curry powder	1.00 ts
19750	Molasses	1.00 ts
19750	Powdered ginger	0.50 ts
19750	Water	1.00 c
19750	Sour cream	1.00 c
19750	Horseradish sauce	2.00 tb
19751	Onion, diced	1.00
19751	Green pepper, minced	1.00
19751	Tomatoes, peeled, quartered	2.00
19751	Tomato Sauce	15.00 oz
19751	Water	1.50 c
19751	Chili powder	2.00 ts
19751	Worcester sauce	2.00 ts
19751	Garlic powder	1.50 ts
19751	Brown rice	0.75 c
19751	Salsa	2.00 tb
19752	(1-lb) package split peas	1.00
19752	Ham bone (with some meat Left on) or	0.00
19752	Ham hocks	2.00
19752	Carrot; diced	1.00
19752	Onion; diced	1.00
19752	Stalk celery; diced	1.00
19752	Water	2.00 qt
19752	Salt	1.00 ts
19752	Pepper	0.25 ts
19753	CABBAGE LEAVES	24.00 ea
19753	CHOPPED ONIONS	1.00 c
19753	MINUTE RICE	0.50 c
19753	PEPPER	0.12 ts
19753	NUTMEG	0.25 ts
19753	CAN TOMATO PASTE	6.00 oz
19753	LEAN GROUND BEEF	1.00 lb
19753	MINCED GARLIC	2.00 ea
19753	SALT	0.50 ts
19753	LEAF THYME	0.25 ts
19753	CINNAMON	0.25 ts
19753	WATER	0.75 c
19754	Butter; melted	0.25 c
19754	Onion; finely chopped	1.00 sm
19754	Celery; finely chopped	0.50 c
19754	Bacon croutons	2.50 oz

Sheet1

19754	Chicken bouillon	1.00 c
19754	Parsley, fresh; minced	1.00 tb
19754	Poultry seasoning	0.50 ts
19754	Turkey breast, whole	1.00
19754	-uncooked	0.00
19754	Salt; to taste	0.00
19754	Pepper; to taste	0.00
19754	Cheesecloth (about 24x36"	0.00
19754	-for each turkey breast)	0.00
19754	Wine, white, dry	0.00
19755	Potatoes, wash & slice	2.00
19755	Onion; chopped	0.25 c
19755	Sauerkraut, rinsed &	1.50 c
19755	-drained	0.00
19755	Brown sugar	1.00 tb
19755	Unsweetened pineapple juice	0.50 c
19755	Thick pork chops, trimmed	2.00
19755	Pepper	0.00
19756	Round steak; cut serv. size	1.00
19756	Oregano	1.00 ts
19756	Red pepper flakes	0.25 ts
19756	Pepper	0.25 ts
19756	Tomato sauce	15.00 oz
19756	Onion; sliced	1.00
19757	See directions	0.00
19758	See directions	0.00
19759	Chicken broth	1.00 c
19759	Pam cooking spray	0.00
19759	Turkey breast; frozen	1.00 sm
19759	Salt and pepper; to taste	0.00
19759	Carrots; chunked (opt.)	0.00
19759	Potatoes; chunked (opt.)	0.00
19759	Onions; chunked (opt.)	0.00
19760	To 6 lb Beef or pork or	4.00 lb
19760	-a combination of both.	0.00
19760	Onion soup mix	2.00 pk
19760	12 oz Bot's Chili Sauce	2.00
19760	Brown sugar:more or less	0.50 c
19760	Black molasses';about	0.25 c
19760	Worcestershire sauce;or less	2.00 tb
19760	-water;to cover meat.	4.00 c
19761	Jello Chocolate Instant	1.00 pk
19761	Pudding (4 serving size)	1.00 x
19761	Milk, cold	1.00 c
19761	COOL WHIP, thawed (1L)	1.00 ea
19761	Chocolate Sandwich Cookies,	20.00 ea
19761	Chopped	1.00 x
19761	KRAFT miniature Marshmallows	1.50 c
19761	Prepared Graham Crumb Crust	1.00 ea

Sheet1

19761	9-inch	1.00 x
19761	Gummy worms for decoration	1.00 x
19762	Jello Chocolate or Chocolate	2.00 pk
19762	Flavor Pudding and Pie Filling	1.00 x
19762	Milk	3.50 c
19762	Butter or margarine	2.00 tb
19762	Squares Baker's Semi-sweet c	2.00 ea
19762	Baked 9" pie shell, cooled	1.00 ea
19763	Couscous (10 oz size)*	1.00 pk
19763	Olive oil	0.33 c
19763	Carrot, diced fine	1.00 lg
19763	Red Bell Pepper/Dice Fine	1.00 ea
19763	Yellow Bell Pepper/Dice Fine	1.00 ea
19763	Green Bell Pepper/Dice Fine	1.00 ea
19763	Fresh chives, or	1.00 bn
19763	Chopped green onions, for	1.00 c
19763	-garnish	0.00
19763	Dried cherries**	0.50 lb
19764	Pumpkin puree	4.00 c
19764	Sugar	4.00 c
19764	Salt	1.00 ts
19764	Cinnamon	2.00 ts
19764	Nutmeg	1.00 ts
19764	Eggs, lightly beaten	6.00
19764	Milk	4.00 c
19764	Light cream	1.00 c
19764	Vanilla	1.00 tb
19764	Pastry for 3 9-inch pie	0.00
19764	-shells	0.00
19764	Whipped cream & chopped nuts	0.00
19764	-for garnish	0.00
19765	14Oz Tin chopped plum	1.00
19765	-tomatoes	0.00
19765	Two limes, Juice of	0.00
19765	Some chiles, chopped	0.00
19765	Cloves garlic, crushed	2.00
19765	Spring Onions (scallions),	6.00
19765	-Chopped	0.00
19765	Sugar	1.00 ts
19766	Chicken, in quarters/pieces	3.00 lb
19766	Mustard, prepared	1.00 tb
19766	Salt	0.50 ts
19766	Bread crumbs, freshly made	1.00 c
19766	Butter, softened	1.00 tb
19766	Vinegar	1.00 tb
19766	Cayenne, or to taste	0.25 ts
19767	Cans Sliced Apples	2.00
19767	Drained (Comstock)	0.00
19767	Sweet 'n Low	2.00 ts

## Sheet1

19767	Cinnamon	1.00 ts
19767	Nutmeg	0.50 ts
19767	Butter or marg.	1.00 tb
19767	(optional)	0.00
19767	Flour	2.00 tb
19767	Crushed Unsweetened	1.00 c
19767	Pineapple packed in	0.00
19767	Own juice. Do not	0.00
19767	Drain.	0.00
19767	Your favorite	1.00
19767	Pie crust	0.00
19768	Granulated sugar replacement	0.25 c
19768	Ea unsweetened orange &	1.00 c
19768	Grapefruit juices	0.00
19768	Water	1.00 c
19768	Env unflavored gelatin	1.00
19768	Lemon juice	0.25 c
19769	All purpose flour	1.75 c
19769	Granulated sugar	1.00 c
19769	Unsweetened cocoa powder	0.75 c
19769	Baking soda	1.50 ts
19769	Baking powder	1.50 ts
19769	Salt	1.00 ts
19769	Buttermilk	1.50 c
19769	Light brown sugar, packed	1.00 c
19769	Eggs, lightly beaten	2.00 lg
19769	Canola oil	0.25 c
19769	Vanilla extract	2.00 ts
19769	Hot, strong black coffee	1.00 c
19769	Confectioner's sugar	1.00 c
19769	Vanilla extract	0.50 ts
19769	Buttermilk	2.00 tb
19770	Pie shell, 9", baked	1.00
19770	Sugar, granulated	0.33 c
19770	Cornstarch	0.25 c
19770	Salt	0.25 ts
19770	Milk, whole	2.00 c
19770	Cream of cocnut (8oz)	1.00 cn
19770	Egg yolks; beaten	3.00
19770	Butter/margarineter	2.00 tb
19770	Coconut, flaked	1.00 c
19770	Vanilla	2.00 ts
19770	Egg whites	3.00
19770	Vanilla	0.50 ts
19770	Cream of tartar	0.25 ts
19770	Sugar, granulated	0.33 c
19770	Coconut, flaked	2.00 tb
19771	Double-crust pastry	0.00
19771	-dough	0.00



## Sheet1

19771	Dried apples	0.75 lb
19771	Apple cider	4.00 c
19771	Plus 1 Tbsp sugar	0.25 c
19771	Cornstarch	3.00 tb
19771	Cinnamon	0.50 ts
19771	Freshly grated nutmeg	0.25 ts
19771	Cold unsalted butter,	2.00 tb
19771	-cut into bits	0.00
19771	Cold milk	1.00 tb
19771	To 3 Tbsp heavy cream	1.00
19771	-if desired	0.00
19772	Flour	0.25 c
19772	Quick cooking oats	0.50 c
19772	Cinnamon	0.50 ts
19772	Sliced baking apples	5.00 c
19772	Sweetener equal to 1/2 c	0.00
19772	-sugar	0.00
19772	Unsweetened frozen apple	0.50 c
19772	-juice concentrate	0.00
19772	Pie crust for 1 crust pie	0.00
19772	Flour	0.25 c
19772	Quick cooking oats	0.50 c
19772	Sweetener =to 1/2 c brown	0.00
19772	-sugar	0.00
19772	Cinnamon	1.00 ts
19772	Sugarfree instant vanilla	1.00 pk
19772	-pudding mix	0.00
19772	Butter or margarine	0.50 c
19773	Yeast	1.00 pk
19773	Whole wheat flour	1.25 c
19773	Better for Bread flour	1.25 c
19773	Rolled oats (Quaker Oats)	0.50 c
19773	Oat bran	0.50 c
19773	Gluten	3.00 tb
19773	Salt	1.00 ts
19773	Cinnamon	1.00 ts
19773	Egg whites or 1 egg or 1/4	2.00
19773	Egg substitute	0.00
19773	Warm eggnog	1.25 c
19774	Water	1.25 c
19774	Sugar	2.00 ts
19774	Salt	1.00 ts
19774	Baking Soda	0.25 ts
19774	Bread Flour	3.00 c
19774	Nonfat Dry Milk	3.00 tb
19774	Yeast	2.00 ts
19775	To med. venison roast	1.00 sm
19775	Cream of mushroom soup	1.00 cn
19775	Lipton onion soup mix	1.00

Sheet1

19775	Onion; sliced	1.00 lg
19775	Soy sauce	0.00
19775	Worcestershire sauce	0.00
19775	Garlic salt	0.00
19775	Season all	0.00
19776	Pk Lorna Doone cookies;crush	10.00 oz
19776	Butter; melted	0.25 lb
19776	Sugar	0.25 c
19776	Env Knox unflavored gelatin	1.00
19776	Cream cheese; room temp	16.00 oz
19776	Sour cream	8.00 oz
19776	Eggs	2.00 lg
19776	Butter	2.00 tb
19776	Cornstarch	2.00 tb
19776	Sugar	1.00 c
19776	Vanilla	1.00 ts
19776	Crushed cookie crumbs; for	0.00
19776	-garnish	0.00
19777	Granulated sugar	2.00 ts
19777	Butter; melted	3.00 ts
19777	Filling:	0.00
19777	Cream cheese	1.50 lb
19777	Granulated sugar	1.00 c
19777	Whipping cream	0.50 c
19777	Flour	3.00 ts
19777	Rum	2.00 ts
19777	Nutmeg	0.50 ts
19777	Chocolate cutouts	0.00
19777	Candies	0.00
19778	Yeast	1.00 pk
19778	Whole wheat flour	1.25 c
19778	Better for Bread white flour	1.00 c
19778	Oat bran	0.50 c
19778	Rolled oats (Quaker Oats)	0.50 c
19778	Nabisco 100% bran cereal	0.75 c
19778	(or equivalent)	0.00
19778	Salt	1.00 ts
19778	Brown sugar	1.00 ts
19778	Baking powder	0.50 ts
19778	Cinnamon	1.00 ts
19778	Nutmeg	1.00 ts
19778	Vanilla	1.00 ts
19778	8.25-oz can Libby's Lite	1.00 cn
19778	Sliced Peaches, drained,	0.00
19778	Cut in pieces	0.00
19778	Drained peach juice from ca	1.00 tb
19778	Banana, ripe, sliced	1.00 sm
19778	Raisins, warmed 10 seconds	2.00 tb
19778	In microwave	0.00

Sheet1

19778	Egg	1.00
19778	Nonfat milk, warm	0.25 c
19779	Cucumbers, chopped seeded	3.00 c
19779	-peele	0.00
19779	Green onion, chopped	1.00 c
19779	Radishes, chopped	0.75 c
19779	Fresh mint, chopped	0.25 c
19779	Fresh ginger, minced &	3.00 tb
19779	-peeled	0.00
19779	Fresh lime juice	3.00 tb
19779	Sugar	2.00 tb
19779	Minced garlic	1.00 tb
19779	Minced garlic	1.00 ts
19779	Sesame chili oil	1.50 ts
19780	Whole Chilies	12.00
19780	Whole Chili, Jalapeno	1.00
19780	Whole Tomatillos,Chopped	3.00
19780	Onions, Green, Minced	0.25 c
19780	Whole Garlic,Clove,Raw,	2.00
19780	-Minced	0.00
19780	Salt	0.50 ts
19780	Black Pepper, To Taste	0.00
19780	Sprigs Cilantro	4.00
19781	Apples; sliced 4	4.00 c
19781	Pears; sliced 4 large	4.00
19781	Lime juice	2.00 tb
19781	Sugar; brown, firmly packed	0.67 c
19781	Cornstarch	0.25 c
19781	Cinnamon	0.50 ts
19781	Nutmeg	0.25 ts
19781	Butter	2.00 tb
19781	Pastry for 9 inch pie	1.00
19782	Margarine or butter	3.00 tb
19782	L/2 cups graham cracker	1.00
19782	-crurnbs	0.00
19782	Canned pumpkin	1.00 c
19782	Firmly packed brown sugar	0.25 c
19782	Pumpkm ple spice	1.50 ts
19782	(4 cups) frozen lowfat	1.00 qt
19782	-vanilla yogurt, softened	0.00
19783	Sugar	1.00 c
19783	Butter or margarine,	0.50 c
19783	-melted	0.00
19783	Eggs	2.00
19783	All-purpose flour	0.50 c
19783	Unsweetened baking cocoa	0.33 c
19783	Salt	0.25 ts
19783	Vanilla extract	1.00 ts
19783	Chopped pecans Whipped	0.50 c

Sheet1

19783	-cream, optional	0.00	
19783	-Strawberries, optional	0.00	
19784	ts	0.00	3
19784	Water	0.75	
19784	White bread flour	2.00	
19784	Dry milk	1.00	
19784	Sugar	1.00	tb
19784	Salt	1.00	ts
19784	Butter	1.00	tb
19784	Chives	1.00	ts
19784	Marjoram	1.00	ts
19784	Thyme	1.00	ts
19784	Basil	0.50	ts
19784	Fast-rise yeast ***OR***	1.00	ts
19784	Active-dry yeast	2.00	ts
19784	LARGE LOAF -----	0.00	-----
19784	Water	1.25	c
19784	White bread flour	3.00	c
19784	Dry milk	2.00	tb
19784	Sugar	2.00	tb
19784	Salt	1.50	ts
19784	Butter	2.00	tb
19784	Chives	0.50	tb
19784	Marjoram	0.50	tb
19784	Thyme	0.50	tb
19784	Basil	1.00	ts
19784	Fast-rise yeast ***OR***	2.00	ts
19784	Active-dry yeast	3.00	ts
19784	REGULAR LOAF -----	0.00	-----
19784	LARGE LOAF -----	0.00	-----
19785	Milk	1.25	c
19785	Butter (unsalted)	3.00	tb
19785	Brown sugar	6.00	tb
19785	Active dry yeast	2.25	ts
19785	Bread flour	2.67	c
19785	Rye flour	0.75	c
19785	Salt	1.50	ts
19785	Ginger (ground)	2.00	ts
19785	Cinnamon (ground)	0.75	ts
19785	Nutmeg (grated)	0.25	ts
19785	Cloves (ground)	0.25	ts
19786	tb	0.00	2
19786		0.50	
19786	----	2.00	
19786	Yogurt (plain)	3.00	
19786	Dry milk	2.00	/4
19786	Sugar	1.00	1/4
19786	Salt	1.00	3/4
19786	Butter	2.00	t 1 1/2

Sheet1

19786	Garlic powder	0.00
19786	Black olives; chopped	4.00
19786	Sweet basil	0.50
19786	Dill weed	0.50 ts
19786	Feta cheese	2.50 tb
19786	Cucumber; pureed	2.50 tb
19786	Fast-Rise yeast *** OR ***	0.50 ts
19786	Active-Dry yeast	1.00 ts
19786	LARGE LOAF -----	0.00 -----
19786	Water	0.75 c
19786	White bread flour	3.00 c
19786	Yogurt (plain)	0.25 c
19786	Dry milk	1.00 tb
19786	Sugar	1.50 tb
19786	Salt	1.50 ts
19786	Butter	1.00 tb
19786	Garlic powder	0.25 ts
19786	Black olives; chopped	2.00 tb
19786	Sweet basil	0.75 ts
19786	Dill weed	0.75 ts
19786	Feta cheese	0.25 c
19786	Cucumber; pureed	0.25 c
19786	Fast-Rise yeast *** OR ***	0.75 ts
19786	Active-Dry yeast	1.50 ts
19786	REGULAR LOAF -----	0.00 -----
19786	LARGE LOAF -----	0.00 -----
19787	Sherry	3.00 tb
19787	Soy sauce	3.00 tb
19787	Fresh ginger, finely chopped	1.00 ts
19787	Chicken broth	1.00 c
19787	Vegetable oil	3.00 tb
19787	Cauliflower, cut in florets	1.00 md
19787	Broccoli head	1.00 md
19787	;cut in florets	0.00
19787	Toasted sesame seeds	0.25 c
19787	Sesame oil	1.00 ts
19787	Cornstarch	1.50 tb
19787	;dissolved in 2 tb. water	0.00
19788	Bisquick	1.00 c
19788	Light cream	0.33 c
19788	Hamburger	1.00 lb
19788	Med. onions	2.00 ea
19788	Salt	1.00 ts
19788	Pepper	0.25 ts
19788	Flavor extender	0.50 ts
19788	Bisquick	2.00 tb
19788	Eggs	2.00 ea
19788	Cottage cheese	1.00 c
19789	-----	0.00

Sheet1

19789	Water	0.50
19789	White bread flour	1.50 c
19789	Wheat bread flour	0.50 c
19789	Dry milk	2.00 ts
19789	Honey	2.50 tb
19789	Salt	0.50 ts
19789	Chicken broth, cannd/low slt	0.25 c
19789	Gourmet mustard	1.67 tb
19789	Chives, dried	1.00 ts
19789	Fast rise yeast ***OR***	1.00 ts
19789	Active dry yeast	2.00 ts
19789	LARGE LOAF -----	0.00 -----
19789	Water	0.75 c
19789	White bread flour	2.00 c
19789	Wheat bread flour	1.00 c
19789	Dry milk	1.00 tb
19789	Honey	0.25 c
19789	Salt	1.00 ts
19789	Chicken broth, cannd/low slt	0.50 c
19789	Gourmet mustard	2.50 tb
19789	Chives, dried	2.00 ts
19789	Fast rise yeast ***OR***	2.00 ts
19789	Active dry yeast	3.00 ts
19789	REGULAR LOAF -----	0.00 -----
19789	LARGE LOAF -----	0.00 -----
19790	Orange peel	0.25 ts
19790	- grated	0.00
19790	Couscous	1.00 oz
19790	- uncooked	0.00
19790	Almonds	0.50 oz
19790	- toasted, sliced	0.00
19790	Half-and-Half	1.00 tb
19791	Cooked turkey, 1" cubes	1.00 lb
19791	Can pineapple chunks	8.00 oz
19791	Onion, cut into quarters	1.00 md
19791	Sweet green pepper in chunks	1.00
19791	Cherry tomatoes	10.00
19791	Soy sauce	1.00 tb
19791	Curry powder	0.50 ts
19791	Ground ginger	0.25 ts
19792	Dry milk, warm/reconstituted	2.00
19792	Vegetable oil	2.00
19792	Honey	0.25
19792	Salt	0.75
19792	Active dry yeast	1.00
19792	Whole wheat flour	3.00
19792	All-purpose flour (to 1	0.75
19792	Cup)	0.00
19793	Pineapple, peeled and	1.00 c

## Sheet1

19793	-chopped	0.00
19793	Mango, peeled and chopped	1.00 c
19793	Yellow or red bell pepper,	1.00 c
19793	-chopped	0.00
19793	Kiwi fruit, peeled and	0.67 c
19793	-chopped	0.00
19793	Red onion, finely chopped	0.50 c
19793	Fresh cilantro, finely	0.25 c
19793	-chopped	0.00
19793	Fresh lime juice	1.00 ts
19793	Serrano chili with seeds,	0.50 ts
19793	-minced	0.00
19793	Ground white pepper	0.00
19795	Choc. wafer crumbs	1.33 c
19795	Softened butter	0.25 c
19795	Granulated sugar.	1.00 tb
19795	Semi-sweet choc chips	1.50 c
19795	Kahlua	0.25 c
19795	Butter	2.00 tb
19795	Large eggs	2.00 ea
19795	Sugar	0.33 c
19795	Sour cream	1.00 c
19795	Cream cheese	16.00 oz
19796	Green onions, finely chopped	3.00 ea
19796	Garlic cloves, crushed	4.00 ea
19796	Soy sauce	5.00 tb
19796	Sesame oil	2.00 tb
19796	Sesame seeds	1.00 tb
19796	Sugar	0.25 c
19796	Sherry or mirin (rice wine)	2.00 tb
19796	Black pepper	0.12 ts
19797	Salt	0.50 ts
19797	Pepper	0.25 ts
19797	Sugar	2.00 ts
19797	MSG (if desired)	1.00 ts
19797	Sesame seeds	2.00 tb
19797	Soy sauce	0.25 c
19798	Lamb shoulder	3.00 lb
19798	- cut into 2-in cubes	0.00
19798	Salt; or to taste	0.50 ts
19798	Freshly ground black pepper	0.00
19798	Olive oil	1.00 tb
19798	Onion; quartered	1.00 md
19798	Carrots; peeled	4.00 md
19798	-and cut into 1/2-in rounds	0.00
19798	Celery stalks	2.00
19798	- cut into 4 pieces	0.00
19798	Tomato paste	0.25 c
19798	All-purpose flour	3.00 tb

## Sheet1

19798	Dry white wine	1.00 c
19798	Low-sodium chicken broth	6.00 c
19798	-=OR=- Water	0.00
19798	Cayenne pepper	1.00 ts
19798	Ground cumin	1.00 tb
19798	Spicy sausages	6.00
19798	- preferably merguez-style	0.00
19798	Zucchini	2.00 md
19798	- cut into rounds 1-in thick	0.00
19798	Couscous	1.50 c
19799	Jello Lemon flavored pudding	1.00 pk
19799	Pie filling(4 serving size)	1.00 x
19799	Sugar	0.67 c
19799	Water	2.25 c
19799	Egg yolks	3.00 ea
19799	Lemon juice	2.00 tb
19799	Butter or margarine	2.00 tb
19799	Baked 9" pie shell,cooled	1.00 ea
19799	Egg whites	3.00 ea
19799	Sugar	6.00 tb
19800	All-purpose flour;	0.50 c
19800	Buckwheat flour;	0.75 c
19800	Baking powder	1.00 ts
19800	Sugar substitute	2.00 ts
19800	Egg; beaten slightly	1.00 lg
19800	Water	1.00 c
19800	Margarine; Melted	1.00 tb
19800	Margarine; for cooking	1.00 ts
19801	Chicken stock	0.75 c
19801	Butter	1.00 tb
19801	Salt	0.25 ts
19801	Couscous	0.75 c
19801	Fresh basil leaves; minced	0.50 c
19801	Garlic clove; minced	1.00 md
19801	Olive oil	0.75 c
19801	Salt	0.25 ts
19801	Lobsters (1-1/4 lb each)	2.00
19801	Tomato; peeled, seeded,	1.00 md
19801	- and diced medium	0.00
19801	Cucumber; peeled, seeded,	1.00 md
19801	- and diced medium	0.00
19801	Lemon juice, fresh squeezed	2.00 tb
19802	Head romaine lettuce, torn	0.50
19802	Into small pieces	0.00
19802	Sliced & quartered	0.50 c
19802	Burmuda onion	0.00
19802	Fresh spinach, torn into	1.00 c
19802	Small pieces	0.00
19802	Fresh mushrooms, thinly	0.25 lb



Sheet1

19802	Sliced	0.00
19802	Thinly sliced celery	0.50 c
19802	10 oz. frozen peas thawed	1.00 pk
19802	And drained	0.00
19802	Salt and pepper to taste	0.00
19802	Fat free sour cream	0.50 c
19802	Commercial low fat mayo	0.50 c
19802	Fresh lemon juice	1.50 t
19802	Few drops of hot pepper	0.00
19802	Sauce	0.00
19802	Dried dill weed	0.50 t
19802	Crushed	0.00
19802	Parmesan cheese	1.00 T
19802	Bacon, cut into 1/2 in.	0.25 lb
19802	Pieces, fried crisp and	0.00
19802	Drained	0.00
19802	Hard boiled eggs topping	0.00
19803	(3-1/4 oz.) sole fillets	4.00
19803	Diet margarine, melted	2.00 ts
19803	Lemon juice	2.00 ts
19803	All-purpose flour	2.00 tb
19803	Fresh parsley, chopped	2.00 ts
19803	Pepper	0.12 ts
19803	Paprika	0.12 ts
19804	Unbleached flour	1.00 c
19804	Brown sugar	3.00 tb
19804	Butter or margarine; chille	4.00 tb
19804	Egg	1.00
19804	Cream cheese; 3 oz pkg	0.00
19804	Cottage cheese	0.33 c
19804	Honey	3.00 tb
19804	Lemon rind; grated	2.00 ts
19804	Walnuts; finely chopped	0.50 c
19805	Flour, all purpose	1.00 c
19805	Diet margarine	0.25 c
19805	-Cold water	3.00 tb
19805	Egg yolks	3.00
19805	Cornstarch	1.00 tb
19805	Unflavored gelatin;envelope	1.00
19805	Lemon juice	0.75 c
19805	-Boiling water	0.75 c
19805	Lemon rind;grated	1.00 tb
19805	Diet margarine	1.00 tb
19805	Sugar substitute;*	0.00
19805	-Equivalent to 1/2 cup sugar	0.00
19805	Egg whites	2.00
19805	Low calorie whipped topping;	1.00
19805	- 1 packet	0.00
19805	Skim milk	0.50 c

Sheet1

19805	Lemon; thinly sliced	1.00
19806	Peanut oil, divided	2.00 tb
19806	Chicken livers, trimmed,	1.00 lb
19806	-sliced	0.00
19806	Fermented black beans,	2.00 tb
19806	-rinsed, drained	0.00
19806	Garlic clove, minced	1.00
19806	Finely chopped fresh ginger	1.00 ts
19806	Snow peas, trimmed	0.25 lb
19806	Soy sauce	1.00 tb
19806	Sherry	1.00 tb
19806	Chicken broth	0.50 c
19806	Green onions, finely chopped	2.00
19807	Plain chocolate wafer	24.00
19807	Cookies (half of a 9 ounce	0.00
19807	Box)	0.00
19807	Nonfat cooking spray	0.00
19807	(8 ounce) packages fat-free	2.00
19807	Cream cheese	0.00
19807	Sugar	1.00 c
19807	Cocoa	1.00 c
19807	Pure vanilla extract	1.00 ts
19807	Sugar-free seedless black	3.00 tb
19807	Raspberry preserves	0.00
19807	Fat free egg substitutes	0.50 c
19807	(16 ounce) container	1.00
19807	Fat-free sour cream	0.00
19807	Salt	0.25 ts
19808	Beef stew meat; trimmed	1.00 lb
19808	Tomato paste	6.00 oz
19808	Chopped onions; 2 medium oni	1.00 c
19808	Bell peppers; diced	2.00
19808	Garlic cloves; minced	2.00
19808	Chili powder	1.00 tb
19808	Ground cumin	1.00 ts
19808	Dried oregano; crushed	0.50 ts
19809	Minced pork	2.00 lb
19809	Fat	1.00 T
19809	Onion	1.00 ea
19809	Salt	1.00 t
19809	Pepper	0.25 t
19809	Cloves	0.12 t
19809	Cinnamon	0.50 t
19809	Nutmeg	0.50 t
19809	Water	3.00 pt
19809	Browned flour	0.50 c
19810	Orange or other juice	1.00 c
19810	Instant couscous	1.00 c
19810	Pitted dates, finely chopped	0.25 c

Sheet1

19810	Raisins	0.25 c
19810	Slivered almonds	0.25 c
19810	Cinnamon	1.00 ts
19811	Vegetable oil	1.00 tb
19811	Plus 1 tsp. pure maple syrup	3.00 tb
19811	Water	1.00 c
19811	Unbleached white flour	2.00 c
19811	Whole-wheat flour	1.00 c
19811	Powdered buttermilk	4.00 tb
19811	Salt	1.00 ts
19811	Yeast	1.00 tb
19812	Watermelon,	1.00 c
19812	- diced and seeded	0.00
19812	Honeydew, diced	1.00 c
19812	Cantaloupe, diced	1.00 c
19812	Crushed ice	0.50 c
19812	Fat-free vanilla yogurt	1.00 c
19812	- (may use light yogurt)	0.00
19812	Frozen limeade concentrate	2.00 tb
19812	Pure vanilla extract	0.50 ts
19813	Egg whites, at room temp.	4.00
19813	Lemon juice	1.00 tb
19813	Salt	0.12 ts
19813	Filberts or pecans, chopped	2.00 tb
19813	Non-fat dry milk powder	2.00 tb
19813	Almond flavored liqueur	1.00 tb
19813	Honey	1.00 tb
19814	Apples;chopped	1.00 c
19814	Bananas;sliced	1.00 c
19814	Pineapple chunks;unsweetened	8.00 oz
19814	--drained	0.00
19814	Raisins	0.50 c
19814	Celery;chopped	0.50 c
19814	Mayo;reduced calories	0.33 c
19814	Lemon juice	1.00 tb
19814	Lettuce leaves;optional	16.00
19815	Tofu	1.00 lb
19815	Lemon juice	1.50 tb
19815	Salt	0.25 ts
19815	Honey	0.25 c
19815	Vegetable oil	0.25 c
19815	Vanilla	1.50 ts
19815	Sugar	0.50 c
19815	Baked 9-inch graham cracker	1.00
19815	-crust	0.00
19816	Free Flow Recipe	1.00
19817	Graham crackers*	16.00 ea
19817	Butter	4.00 tb
19817	Cream cheese	1.00 lb

Sheet1

19817	Sour cream	1.00 pt	
19817	Sugar	1.00 c	
19817	Flour	2.00 tb	
19817	Vanilla	1.00 ts	
19817	Lemon juice; fresh is best	2.00 tb	
19817	Eggs	5.00 ea	
19817	Salt	1.00 pn	
19818	Peanut Butter	0.50 c	
19818	Oatmeal	3.00 c	
19818	Sugar	2.00 c	
19818	Shortening	0.50 c	
19818	Milk	0.50 c	
19818	Cocoa	4.00 T	
19818	Vanilla	1.00 t	
19819	Chopped onion	0.50 c	
19819	Dry navy beans	3.50 c	
19819	Packed brown sugar	0.50 c	
19819	Smoked ham or	1.00 lb	
19819	Molasses	0.50 c	
19819	Teasoon salt	1.00	
19819	Bacon	0.50 lb	
19819	Dry mustard	1.00 ts	
19820	ts	0.00	3
19820	Water	0.75	
19820	White bread flour	2.00	
19820	Dry milk	1.50	
19820	Brown sugar	1.50 tb	
19820	Salt	1.00 ts	
19820	Butter	1.00 tb	
19820	Onions, dried	0.25 c	
19820	Onion paste *	0.50 tb	
19820	Black pepper	0.50 ts	
19820	Poppy seeds	0.50 ts	
19820	Yeast, fast rise **OR**	1.00 ts	
19820	Yeast, active dry	2.00 ts	
19820	LARGE LOAF -----	0.00 -----	
19820	Water	1.25 c	
19820	White bread flour	3.25 c	
19820	Dry milk	2.00 tb	
19820	Brown sugar	2.00 tb	
19820	Salt	1.50 ts	
19820	Butter	2.00 tb	
19820	Onions, dried	0.50 c	
19820	Onion paste *	1.00 tb	
19820	Black pepper	1.00 ts	
19820	Poppy seeds	1.00 ts	
19820	Yeast, fast rise **OR**	1.50 ts	
19820	Yeast, active dry	3.00 ts	
19820	REGULAR LOAF -----	0.00 -----	

Sheet1

19820	LARGE LOAF -----	0.00 -----
19821	REGULAR LOAF -----	0.00 -----
19821	Water	0.75 c
19821	White bread flour	2.00 c
19821	Dry milk	1.00 tb
19821	Salt	1.00 ts
19821	Butter	1.00 tb
19821	Honey	1.00 tb
19821	Rolled oats	0.25 c
19821	Fast rise yeast **OR**	1.00 ts
19821	Active dry yeast	1.50 ts
19821	LARGE LOAF -----	0.00 -----
19821	Water	1.25 c
19821	White bread flour	3.00 c
19821	Dry milk	1.50 tb
19821	Salt	1.50 ts
19821	Butter	2.00 tb
19821	Honey	2.00 tb
19821	Rolled oats	0.50 c
19821	Fast rise yeast **OR**	2.00 ts
19821	Active dry yeast	3.00 ts
19821	REGULAR LOAF -----	0.00 -----
19821	LARGE LOAF -----	0.00 -----
19822	Olive oil	1.00 tb
19822	Butter	1.00 ts
19822	Broccoli florets, cut into 1	5.00 c
19822	.inch pieces	0.00
19822	Chopped onions	1.50 c
19822	Julienned carrots	0.75 c
19822	Sliced mushrooms	3.00 c
19822	Halved lengthwise and thinly	1.25 c
19822	.sliced yellow squash	0.00
19822	Finely chopped garlic	1.00 ts
19822	Crushed tomatoes	1.25 c
19822	Sun-dried tomato halves, not	9.00
19822	.oil-packed, minced	0.00
19822	Low-sodium beef boullion	1.00 tb
19822	.granules	0.00
19822	Fresh chopped parsley	1.00 tb
19822	Dried oregano	0.25 ts
19822	Ground rosemary	0.25 ts
19822	Crushed red pepper flakes	0.12 ts
19822	Capellini pasta (angel hair)	9.00 oz
19822	Grated parmesan cheese	2.00 tb
19823	----waldine van geffen vghc	0.00
19823	Margarine	2.00 tb
19823	Chocolate cookie crumbs	2.50 c
19823	Cream cheese; soft	2.00 lb
19823	Sugar	1.00 c

Sheet1

19823	Eggs	4.00
19823	All-purpose flour	1.00 ts
19823	Vanilla	1.00 ts
19823	Sour cream	1.00 c
19823	Refrigerated chocolate chip	1.00 lb
19823	Chocolate chips	2.00 oz
19823	Toppings	0.00
19823	Heavy whipping cream; whip	1.00 pt
19823	Chocolate chips	0.00
19823	Chopped walnuts	0.00
19824	Beef roast, lean (or steak)	1.50 lb
19824	Mushrooms, fresh chopped &	0.50 lb
19824	-sliced	0.00
19824	Celery stalks - centers,	2.00
19824	-diced (ma	0.00
19824	Green pepper, diced	0.25 md
19824	Green onions, chopped (or 4)	3.00
19824	Bean sprouts	0.50 lb
19824	Snow peas	0.25 lb
19824	Fresh green beans	1.00 lb
19824	Can bamboo shoots	1.00 sm
19824	Water chestnuts	1.00 c
19824	Beef bouillon cube (or 2)	1.00
19824	-in 1 cup	0.00
19824	Soy sauce (or more)	0.25 c
19824	Carrot, sliced thinly	1.00 md
19824	Chow mein noodles	1.00
19824	Brown rice	1.00
19825	Water	0.50 c
19825	Salt	0.67 ts
19825	Sugar	0.50 ts
19825	Bread flour	1.50 c
19825	Yeast	1.00 ts
19825	Water	0.67 c
19825	Salt	0.75 ts
19825	Sugar	0.67 ts
19825	Bread flour	2.00 c
19825	Yeast	1.50 ts
19825	Water	1.00 c
19825	Salt	1.25 ts
19825	Sugar	1.00 ts
19825	Bread flour	3.00 c
19825	Yeast	2.50 ts
19826	RECIPE PLAIN PASTRY	1.00 ea
19826	CHICKEN BREAST MEAT (SLICED	0.50 lb
19826	BRANDY (FOR CHICKEN)	2.00 oz
19826	BRANDY (FOR PORK)	2.00 oz
19826	GROUND PORK	1.00 lb
19826	SALT	0.25 t

Sheet1

19826	BLACK PEPPER	0.25 t
19826	COOKED HAM (SLICED IN LONG,	3.00 oz
19826	EGG	1.00 ea
19826	CRACKERS	0.50 lb
19827	tb	0.00 1
19827		0.75
19827	----	2.00
19827	Dry milk	1.00
19827	Sugar	1.00 /4
19827	Salt	1.00 3/4
19827	Butter	1.00 1 1/2
19827	Pepperoni, chopped	0.33 c 2 1/2
19827	Mozzarella, shredded	0.25
19827	Parmesan, grated	2.00
19827	Mushrooms, canned & drained	0.25
19827	Onion flakes	2.00 tb
19827	Garlic powder	0.50 ts
19827	Oregano	0.50 ts
19827	Fast rise yeast **OR**	1.00 ts
19827	Active dry yeast	2.00 ts
19827	LARGE LOAF -----	0.00 -----
19827	Water	1.33 c
19827	White bread flour	3.00 c
19827	Dry milk	2.00 tb
19827	Sugar	2.00 tb
19827	Salt	1.50 ts
19827	Butter	2.00 tb
19827	Pepperoni, chopped	0.50 c
19827	Mozzarella, shredded	0.33 c
19827	Parmesan, grated	1.00 tb
19827	Mushrooms, canned & drained	0.33 c
19827	Onion flakes	0.25 c
19827	Garlic powder	0.75 ts
19827	Oregano	0.75 ts
19827	Fast rise yeast **OR**	1.50 ts
19827	Active dry yeast	2.50 ts
19827	REGULAR LOAF -----	0.00 -----
19827	LARGE LOAF -----	0.00 -----
19828	Cake; yellow or white baked	1.00 ea
19828	Jello;strawberry jello diso	2.00 pk
19828	Hot water; add	1.00 c
19828	Strawberry soda	1.50 c
19829	Ground beef	1.00 lb
19829	Ground veal	0.50 lb
19829	Ground pork	0.50 lb
19829	Crushed corn flakes	2.50 c
19829	Eggs	2.00 ea
19829	Salt	0.50 t
19829	Sage	0.50 t

Sheet1

19829	Evaporated milk	0.50 c
19829	Hot mashed potatoes	1.50 c
19830	Active dry yeast;	1.00 tb
19830	Warm water	0.25 c
19830	Milk; skim	1.00 c
19830	Vegetable oil;	0.25 c
19830	Sugar	2.00 tb
19830	Salt	0.50 ts
19830	Whole wheat flour;	5.00 c
19830	(5 1/2 c)	0.00
19830	Pumpkin; canned	16.00 oz
19830	Cinnamon	1.00 ts
19830	Nutmeg	0.50 ts
19830	Cloves	0.25 ts
19830	Dark raisins or currents;	0.50 c
19830	Margarine	2.00 tb
19830	Honey;	2.00 tb
19831	Walnuts; ground	1.00 c
19831	Graham cracker crumbs	2.00 c
19831	Butter; melted	4.00 tb
19831	Cream cheese	1.50 lb
19831	Dark brown sugar	1.25 c
19831	Vanilla	1.50 ts
19831	Eggs	3.00
19831	Walnuts; finely chopped	1.00 c
19831	Dark brown sugar	0.25 c
19831	Butter	4.00 tb
19831	Heavy cream	0.50 c
19831	Walnuts; chopped	0.50 c
19831	Walnut halves	25.00
19832	Olive oil	0.00
19832	Onion; chopped	1.00 lg
19832	White kidney beans; drained	1.00 cn
19832	Garlic cloves; chopped	5.00
19832	Chicken broth	2.00 cn
19832	Elbow Macaroni; cooked	1.00 c
19832	Can tomatoes	1.00 lg
19832	Grated cheese; to taste	0.00
19832	Chopped parsley; to taste	0.00
19832	Salt and pepper; to taste	0.00
19834	Pineapple, 1/2 dice	0.50 md
19834	Red Bell Pepper, 1/2 dice	1.00 sm
19834	Green Onions, Minced	3.00 md
19834	Serrano Pepper, Minced	1.00
19834	Ginger Root Slice, 1/2-in	1.00
19834	-minced	0.00
19834	Lime Juice	1.00 tb
19834	Salt	0.12 ts
19835	Fresh Pineapple, diced	1.50 c



Sheet1

19835	Red Bell Pepper, minced	0.25 c
19835	Green Bell Pepper, minced	0.25 c
19835	Red Onion, minced	0.25 c
19835	Fresh Cilantro, minced	0.25 c
19835	Fresh Lime Juice	1.00 tb
19835	Jalapeno, seeded and minced	2.50 ts
19835	Lime Peel, grated and minced	0.25 ts
19836	Vegetable oil	2.00 tb
19836	Frozen mixed stir fry	8.00 oz
19836	-vegetables	0.00
19836	Large peeled prawns	4.00 oz
19836	Garlic clove, crushed	1.00
19836	Soya sauce	1.00 tb
19836	Sesame oil	1.00 ts
19836	Ground coriander	1.00 ts
19837	Guero Chiles	3.00
19837	White Onions	1.00 md
19837	Cloves Garlic	8.00
19837	Tomato	1.00 lg
19837	Pumpkin Seeds	0.25 c
19837	Water	1.00 c
19837	Oregano, Toasted	0.25 ts
19837	Salt	0.25 ts
19838	Tomatoes, cored	1.00 lb
19838	Green onions, trimmed and	1.00 bn
19838	-washed	0.00
19838	Fresh cilantro	0.50 bn
19838	Vegetable oil	1.00 tb
19838	Serrano chiles, stemmed	3.00
19838	Garlic puree	1.00 tb
19838	Lime juice	1.00 tb
19838	Salt	1.00 ts
19838	Freshly ground white pepper	0.50 ts
19838	Ground oregano	0.50 ts
19838	Water	1.00 c
19839	10 in. Angel food cake	1.00 ea
19839	Lime jello	1.00 pk
19839	Frozen strawberries,>>>>>	1.00 pk
19839	Partially thawed.	0.00
19839	Mandarin oranges	1.00 cn
19839	Strawberry jello	1.00 pk
19839	Orange-pineapple jello	1.00 pk
19839	Gallon vanilla ice cream>>>	0.50
19839	Softened.	0.00
19839	Crushed pineapple, drained	1.00 cn
19840	REGULAR LOAF -----	0.00 -----
19840	Water	0.75 c
19840	White bread flour	2.00 c
19840	Dry milk	1.00 tb

Sheet1

19840	Sugar	1.00 tb
19840	Salt	1.00 ts
19840	Butter	1.00 tb
19840	Cinnamon	0.50 ts
19840	Raisins	0.50 c
19840	Fast rise yeast **OR**	1.50 ts
19840	Active dry yeast	2.00 ts
19840	LARGE LOAF -----	0.00 -----
19840	Water	1.25 c
19840	White bread flour	3.00 c
19840	Dry milk	2.00 tb
19840	Sugar	1.50 tb
19840	Salt	1.50 ts
19840	Butter	2.00 tb
19840	Cinnamon	1.00 ts
19840	Raisins	1.00 c
19840	Fast rise yeast **OR**	2.00 ts
19840	Active dry yeast	3.00 ts
19840	REGULAR LOAF -----	0.00 -----
19840	LARGE LOAF -----	0.00 -----
19841	Water	1.12 c
19841	Margarine or butter	2.00 tb
19841	Sugar	2.00 tb
19841	Salt	1.00 ts
19841	Bread flour	3.00 c
19841	Yeast	2.50 ts
19841	AT THE BEEP ADD -----	0.00 -----
19841	Raisins	0.75 c
19841	VARIATION:CINNAMON RAISIN -----	0.00 -----
19841	Raisins	0.75 c
19841	Cinnamon	1.00 tb
19841	VARIATION: APRICOT BREAD -----	0.00 -----
19841	Dried diced apricots	0.75 c
19841	VARIATION: MIXED DRIED FRUIT -----	0.00 -----
19841	Dried mixed fruit, diced	0.75 c
19841	VARIATION: ORANGE RAISON -----	0.00 -----
19841	Raisins	0.75 c
19841	Grated orange peel	0.50 ts
19841	AT THE BEEP ADD -----	0.00 -----
19841	VARIATION:CINNAMON RAISIN -----	0.00 -----
19841	VARIATION: APRICOT BREAD -----	0.00 -----
19841	VARIATION: MIXED DRIED FRUIT -----	0.00 -----
19841	VARIATION: ORANGE RAISON -----	0.00 -----
19842	-----crust-----	0.00
19842	Lorna doone cookies; (10	1.00 pk
19842	-ozs) crush	0.00
19842	Butter; melted	0.25 lb
19842	Sugar	0.25 c
19842	Knox unflavored gelatin	1.00

Sheet1

19842	----filling----	0.00
19842	Cream cheese; room temp	16.00 oz
19842	Sour cream	8.00 oz
19842	Eggs	2.00 lg
19842	Butter	2.00 tb
19842	Cornstarch	2.00 tb
19842	Sugar	1.00 c
19842	Vanilla	1.00 ts
19842	Crushed cookie crumbs; for	0.00
19843	Peanut Butter	4.00 T
19843	Water (see directions)	3.00 t
19843	Sesame oil	2.00 t
19843	Soy sauce	1.00 ds
19843	Sugar	0.50 t
19843	Tobasco, to taste	1.00 ds
19843	Cooked Spaghetti noodles	3.00 c
19844	Sourdough Starter	1.50 c
19844	Milk	0.75 c
19844	Margarine/Butter	2.50 tb
19844	Sugar	2.67 tb
19844	Salt	1.33 tb
19844	Bread flour	4.00 c
19844	Yeast	2.50 ts
19845	Butter	0.25 c
19845	Cinnamon, ground	0.25 ts
19845	Cardamom, ground	0.25 ts
19845	Cloves, ground	0.12 ts
19845	Stock, chicken	2.25 c
19845	Currants	0.50 c
19845	Couscous	1.50 c
19845	Butter	2.00 tb
19845	Salt	0.50 ts
19845	Cashews; or pistachios	0.25 c
19850	HATHU (CURRIED MUSHROOMS -----	0.00 -----
19850	Mushrooms	100.00 g
19850	Bell peppers, green	1.00
19850	Onion	1.00
19850	Salt	0.50 ts
19850	Curry powder	1.00 ts
19850	Turmeric	0.25 ts
19850	Chile powder	0.25 ts
19850	Oil	50.00 ml
19850	HATHU (CURRIED MUSHROOMS -----	0.00 -----
19854	KUKUL MAS -----	0.00 -----
19854	Chicken	1.25 kg
19854	Ginger	3.00 sl
19854	Garlic cloves	2.00
19854	Shallots	50.00 g
19854	Chile, fresh	1.00

Sheet1

19854	Cardamom	2.00
19854	Clove	2.00
19854	Chile powder	0.50 ts
19854	Paprika	2.00 ts
19854	Tamarind squeezed in	25.00 g
19854	-water	50.00 ml
19854	Curry powder	25.00 g
19854	Turmeric	0.25 ts
19854	Salt	1.00 ts
19854	Cinnamon stick	1.00 cg
19854	Oil	50.00 ml
19854	Lemon grass stem	0.50
19854	Curry leaf sprigs	0.00
19854	Fenugreek	0.25 ts
19854	Coconut milk, thick	300.00 ml
19854	Curry powder	0.50 ts
19854	Lime, juice of	0.50
19854	KUKUL MAS -----	0.00 -----
19855	Graham wafer crumbs	1.50 c
19855	Margarine	0.33 c
19855	Boiling water	0.75 c
19855	Strawberry jello	1.00 pk
19855	Eagle brand milk	1.00 c
19855	Reallemon lemon juice	0.33 c
19855	Frozen sliced strawberries	1.00 pk
19855	Miniature marshmallows	3.00 c
19855	Whipping cream [whipped]	0.50 pt
19856	Piquin chiles, stems removed	1.00 c
19856	Apple cider vinegar	2.00 c
19856	Cloves garlic	2.00
19856	Olive oil	0.25 c
19856	Dried oregano	1.00 ts
19857	Tomatoes	3.00
19857	Garlic clove	1.00
19857	Chiles serranos	3.00
19857	Peanut/Safflower oil	2.00 tb
19857	Onion	0.25
19857	Salt	0.25 ts
19858	Chiles anchos	8.00
19858	Red wine vinegar	0.50 c
19858	Onion	1.00
19858	Salt	0.50 ts
19858	Garlic cloves, small	4.00
19858	Queso Fresco, crumbled	0.25 c
19858	Olive oil	0.50 c
19859	Tomatillos	0.50 lb
19859	Garlic Clove	1.00
19859	Chiles Serranos	4.00
19859	Water	0.33 c

## Sheet1

19859	White Onions, chopped	2.00 tb
19859	Cilantro, chopped	2.00 tb
19860	Chiles, Dried	4.00
19860	Garlic Clove	1.00
19860	Cumin	0.25 ts
19860	Vinegar	0.50 c
19860	Salt (Or Less)	1.00 ts
19860	Bay Leaf	1.00
19860	Thyme	0.25 ts
19860	Onion, chopped fine	1.00
19860	Zucchini, Cooked, diced	1.00 c
19860	Peas, Coocked	0.50 c
19860	Potato, Cooked, diced	0.50 lb
19860	Olive Oil	2.00 tb
19860	Cream Cheese	0.50 pk
19861	Pasilla, guajillo or ancho	3.00
19861	-chiles, Dried	0.00
19861	Serrano, chile arbol, Thai	3.00
19861	-bird, Dried	0.00
19861	Garlic,Clove,Raw, With Skin	3.00
19862	Clove Garlic, peeled	1.00
19862	Yellow Onion, peeled	0.50
19862	Chiles Serranos, stems	3.00
19862	-removed	0.00
19862	Tomatillos, husked	2.50 lb
19862	Sugar	1.00 pn
19862	Spring Cilantro, Fresh	4.00
19862	Salt	0.00
19862	Water	0.00
19863	Whole Onions,Raw,Chopped	1.00
19863	Whole Tomatoes,Red,Ripe	8.00
19863	Whole Chilies, Jalapeno,	3.00
19863	-Grated or minced	0.00
19863	Whole Cilantro,Fresh,Chopped	0.50
19863	Lime Juice,Fresh	1.00 ds
19863	Lemon Juice,Fresh	1.00 ds
19863	Vinegar	2.00 tb
19863	Salt	1.00 ts
19863	Pepper,Black	1.00 ts
19863	Garlic Powder	1.00 ts
19863	Oregano	1.00 ts
19865	Bread crumbs; dried	3.00 tb
19865	Fresh parsley	1.00 ts
19865	Oregano; each &	0.25 ts
19865	Lemon peel; grated	0.00
19865	Margarine; reduced calorie	1.00 tb
19865	Margarine; reduced calorie	0.50 ts
19865	Scallops; bay or sea	8.00 oz
19865	Lemon juice; freshly squee	1.00 tb

Sheet1

19865	Dry vermouth	1.00 tb
19865	Garlic; minced	1.00 c
19866	Olive oil	1.00 tb
19866	Garlic cloves, chopped fine	2.00 md
19866	Salt-free whole tomatoes	1.00 cn
19866	-(16-ounce)	0.00
19866	Rich, salt-free fish stock	0.50 c
19866	Lemon juice	1.00 tb
19866	Double concentrate tomato	1.00 tb
19866	- paste	0.00
19866	Sugar	2.00 ts
19866	Bay leaf	1.00
19866	Bay scallops	0.50 lb
19866	Spinach leaves (about 1 cup	0.25 lb
19866	-packed), stemmed, ribbed,	0.00
19866	-washed, and cut into 1/2"	0.00
19866	-strips	0.00
19866	Cooked pasta-medium strands	0.00
19867	Apples;firm	6.00 md
19867	Sugar substitute to equal>>>	0.00
19867	Sugar	1.50 c
19867	Sticks cinnamon	2.00
19867	Whole cloves	3.00
19867	Cranberry juice;unsweetened	1.50 c
19867	Lemon juice	0.25 c
19868	Apples;firm	6.00 md
19868	Sugar substitute to equal>>>	0.00
19868	Sugar	1.50 c
19868	Sticks cinnamon	2.00
19868	Whole cloves	3.00
19868	Cranberry juice;unsweetened	1.50 c
19868	Lemon juice	0.25 c
19869	Baby bok choy	1.00 bn
19869	Crab meat, frozen	1.00 c
19869	Salt	0.50 ts
19869	Water	2.00 c
19869	Green onion, minced	0.50 tb
19869	Ginger root, minced	0.50 tb
19869	Cooking wine	0.50 tb
19869	Chicken broth	1.00 c
19869	Cornstarch	2.00 ts
19869	Water	1.00 tb
19869	Egg white	1.00
19870	Sirloin	2.00 lb
19870	Onion	1.00 md
19870	Green bell pepper	1.00 md
19870	Vegetable oil	2.00 tb
19870	Minced clove garlic	2.00
19870	Cooked extra long grain rice	3.00 c

Sheet1

19870	Ketchup	1.00 c
19870	Sugar	0.50 c
19870	Of vinegar	1.00 ds
19871	Yogurt, plain	1.00 c
19871	Strawberries; very ripe	1.00 c
19871	-reserve 2 whole strawberry	0.00
19871	Apple juice; no sugar added	0.33 c
19871	Artificial sweetener; equal	0.00
19871	-to 2 tsp	0.00
19871	Sugar	1.00 ts
19871	Vanilla extract	1.00 ts
19871	-Ice cubes	4.00
19872	Butter	4.00 oz
19872	Graham cracker crumbs	1.50 c
19872	Sugar	3.00 oz
19872	Philadelphia cream cheese	24.00 oz
19872	Eagle Brand sweetened	2.50 cn
19872	Condensed milk	0.00
19872	Fresh lemon juice	6.00 oz
19872	Vanilla extract	2.00 t
19873	REGULAR LOAF -----	0.00 -----
19873	Cranberry juice	0.75 c
19873	White bread flour	2.00 c
19873	Dry milk	1.00 tb
19873	Salt	1.00 ts
19873	Butter	1.00 tb
19873	Cranberries, dried	0.25 c
19873	Orange marmalade	2.00 tb
19873	Fast rise yeast **OR**	1.00 ts
19873	Active dry yeast	2.00 ts
19873	LARGE LOAF -----	0.00 -----
19873	Cranberry juice	1.25 c
19873	White bread flour	3.00 c
19873	Dry milk	2.00 tb
19873	Salt	1.50 ts
19873	Butter	2.00 tb
19873	Cranberries, dried	0.33 c
19873	Orange marmalade	3.00 tb
19873	Fast rise yeast **OR**	2.00 ts
19873	Active dry yeast	3.00 ts
19873	REGULAR LOAF -----	0.00 -----
19873	LARGE LOAF -----	0.00 -----
19874		0.00 8
19874		1.00
19874		1.00
19874	-----	0.25
19875	Cans coconut milk	28.00 oz
19875	Green onion stalks, chopped	2.00
19875	-into small sections.	0.00

Sheet1

19875	Jalapeno peppers, cut into	3.00
19875	-thin strips	0.00
19875	Fish sauce	0.25 c
19875	Chopped zucchini	3.00 c
19875	Chicken breast, cut bite	1.00 lb
19875	-size	0.00
19875	Red curry paste.	2.00 tb
19875	Basil	1.00 bn
19876	Ground pork	3.00 c
19876	Thai red curry paste	1.00 tb
19876	MSG-optional	0.25 ts
19876	Coriander seeds-finely crush	0.50 ts
19876	Fish sauce	0.50 ts
19876	Chpd coriander roots or lvs	1.00 ts
19876	Chpd fresh lemon grass(base)	1.00 tb
19876	Green onion-finely chopped	1.00
19876	Fnly chopd KAFFIR lime leave	1.00 ts
19876	Sausage casings	1.00
19876	Thread or string to close en	1.00
19877	Whole Tomatoes,Red,Ripe,,	4.00
19877	-Chopped	0.00
19877	Whole Chili, Jalapeno,	1.00
19877	-Chopped	0.00
19877	Whole Onion, small, Chopped	0.50
19877	Tomato Paste	6.00 oz
19877	Whole Chili, Chilipetin,	1.00
19877	-Minced	0.00
19877	Clove Garlic,Clove,Raw	0.50
19877	Pepper,Black	0.25 ts
19877	Salt	0.50 ts
19877	Paprika	0.25 ts
19877	Vinegar	1.00 tb
19878	Ground Round	1.00 lb
19878	Minced Onion	0.25 c
19878	Minced Parsley	2.00 ts
19878	Minced Clove Garlic	1.00
19878	Worcestershire sauce	2.00 ts
19878	Oregano	1.00 ts
19878	Egg White	1.00
19878	Bread Crumbs	2.00 tb
19878	(8 oz.) Tomato Sauce	1.00 cn
19878	Water	0.75 c
19878	Soy Sauce	2.00 tb
19878	Lemon Juice	2.00 tb
19878	Granulated Sweetener	4.00 ts
19879	Tomatillos, husks removed	1.25 lb
19879	Fresh cilantro, chopped	0.33 c
19879	Jalapeno or serrano chile,	1.00
19879	-stemmed	0.00



Sheet1

19879	Up chicken broth	34.00
19879	Up lime juice	13.00
19879	Salt, (optional)	0.00
19880	Reduced calorie margarine	6.00 tb
19880	Graham cracker crumbs	1.50 c
19880	Unflavored gelatin (these	2.00 pk
19880	-are the individual en-	0.00
19880	-velopes)	0.00
19880	(8 oz each) fat-free cream	2.00 ct
19880	-cheese *	0.00
19880	1% low-fat cottage cheese**	2.00 c
19880	Sugar ***	1.00 c
19880	Vanilla	1.50 ts
19880	(8 oz) reduced fat nondairy	1.00 ct
19880	-whipped topping; thawed	0.00
19880	Prepared fat-free caramel	0.25 c
19880	-topping	0.00
19880	Prepared fat-free hot fudge	0.25 c
19880	-topping	0.00
19880	Chopped pecans	0.25 c
19881	Pkg frozen strawberries,thaw	16.00 oz
19881	Froz pineapple juice,thaw	6.00 oz
19881	Froz apple juice, thaw	3.00 oz
19881	Froz orange juice, thaw	3.00 oz
19881	Water	1.50 c
19881	Bottle seltzer, chilled	33.00 oz
19882	Crumb crust	0.00
19882	Cream cheese; softened	2.75 lb
19882	Fructose (fruit sugar)	1.00 lb
19882	All-purpose flour	5.00 tb
19882	Salt	0.25 ts
19882	Vanilla	0.50 ts
19882	Nutmeg	1.00 ts
19882	Cinnamon	1.00 tb
19882	Butter	2.00 tb
19882	Eggs	6.00 lg
19882	Pureed pumpkin	1.00 lb
19882	Heavy cream	1.00 c
19883	Water	1.50 c
19883	Salt	0.25 ts
19883	Couscous, uncooked	1.00 c
19883	Canned black beans, drained	15.00 oz
19883	Can no-salt-added whole	8.75 oz
19883	Kernel corn, drained	0.00
19883	Canned sliced water	8.00 oz
19883	Chestnuts, drained	0.00
19883	Jar, roasted red peppers in	7.00 oz
19883	Water, drained and cut into	0.00
19883	Strips	0.00

Sheet1

19883	Minced green onions	0.50 c
19883	Minced pickled jalapeno	2.00 tb
19883	Pepper	0.00
19883	Part-skim ricotta cheese	1.00 c
19883	Balsamic vinegar	2.00 tb
19883	Sesame oil	2.00 ts
19883	Ground cumin	1.00 ts
19883	Vegetable cooking spray	0.00
19883	Fresh spinach leaves	6.00 c
19884	Orange Jello	3.00 oz
19884	Vermont cottage cheese	16.00 oz
19884	Crushed pineapple (1 lb 4 oz	1.00 cn
19884	Mandarin orange segments (1	1.00 cn
19884	Whipping cream, whipped	0.50 pt
19885	Ginger root, finely chopped	0.50 ts
19885	3 cloves garlic,	2.00
19885	Finely chopped	0.00
19885	Crushed red pepper	0.50 ts
19885	(optional)	0.00
19885	Onion, sliced	1.00 md
19885	25 snow peas	20.00
19885	Carrots, sliced on diagonal	2.00 md
19885	Green bell pepper, cored and	1.00 md
19885	Sliced	0.00
19885	Zuchinni (one green, one	2.00 sm
19885	Yellow)	0.00
19885	Sliced on diagonal, thicker	0.00
19885	Than the carrots	0.00
19885	Bean sprouts	1.00 c
19885	8 mushroom, quartered	6.00
19885	Ground pepper to taste	0.00
19886	16Oz Cans whole peeled	2.00
19886	-tomatoes	0.00
19886	Cloves garlic	20.00
19886	Jalapeno peppers	7.00
19886	Ribs celery	2.00
19886	Yellow onion	1.00 md
19886	Nuoc mam	8.00 tb
19886	Apple cider vinegar	5.00 tb
19886	Worcestershire sauce	4.00 tb
19886	Sugar	4.00 tb
19886	Paprika	1.00 tb
19886	Ground hot red pepper,	1.00 tb
19886	-preferably dried tab	0.00
19886	Whole cumin seed	1.00 tb
19887	Water	1.00 c
19887	Margerine or butter	0.25 c
19887	Egg	1.00
19887	Sugar	2.00 tb

Sheet1

19887	Salt	1.00 ts
19887	Bread flour	3.00 c
19887	Nonfat dry milk	0.25 c
19887	Yeast	2.50 ts
19888	Won tons	1.00 pk
19888	Ground Pork	1.00 lb
19888	Egg beaten	1.00 ea
19888	Soy sauce	1.00 T
19888	Salt	0.50 t
19888	Pepper	0.25 t
19888	Chicken broth	6.00 c
19888	Soy sauce	2.00 T
19888	Chopped shallots	2.00 T
19889	Sour pitted cherries	1.00 cn
19889	Drained crushed pineapple-sm	1.00 cn
19889	Cherry Jello (small)	1.00 pk
19889	Chopped nuts	0.25 c
19889	Flour	0.25 c
19889	Sugar	1.00 c
19889	Bananas	3.00
19889	Whipped cream	0.00
19889	9" graham cracker pie crust	0.00
19890	Skirt or flank steak	1.00 kg
19890	Salt	2.00 t
19890	Ground black pepper	0.50 t
19890	Spring onions, sliced	24.00
19890	Sugar	1.00 t
19890	Rice Vermicelli	125.00 g
19890	Sesame oil	2.00 T
19890	Chilli powder(or to taste)	2.00 t
19890	Eggs, lightly beaten	2.00
19891	Zucchini, small	3.00 ea
19891	Parmesan cheese	0.50 c
19891	Egg	9.00 ea
19891	Oregano	0.50 ts
19891	Butter	5.00 tb
19891	Onion, chopped	0.25 c
19891	Salt	0.25 ts
19891	Milk	1.50 c
19891	Bisquick	0.50 c
19892	Acorns	0.00
19892	Water	0.00
19893	Hot cooked rice	1.00 c
19893	Butter	1.00 T
19893	Milk	1.00 c
19893	Lightly beaten eggs	3.00
19893	Cornmeal	0.50 c
19893	Salt	1.00 ts
19894	Chopped unpeeled apples	4.00 c

Sheet1

19894	Raisins, chopped	2.00 c
19894	Snipped dried apricots	1.00 c
19894	6-oz. (3/4 cup) frozen apple	1.00
19894	-juice concentrate, thawed	0.00
19894	Water	0.75 c
19894	Honey	0.25 c
19894	Ground allspice	1.00 ts
19894	Salt	0.50 ts
19894	Brandy	2.00 T
19895	Lime	0.50 c
19895	Water	1.00 g
19895	Salt	1.00 c
19895	Red pepper pod	1.00 ea
19896	Shad (uncleaned) 2 pounds	1.00
19896	Court bouillon	0.00
19896	Sorrel	1.00 lb
19896	Egg yolks	2.00
19896	Or 2, tarragon mustard	1.00 ts
19896	Pinch of nutmeg	0.00
19896	Fresh tarragon leaves	0.00
19896	-(optional)	0.00
19896	Sorrel leaf, chopped	0.00
19896	-(optional)	0.00
19897	Chicken bones (necks, backs, Giblets, wings) or 1 large	5.00 lb
19897	Chicken, cut up	0.00
19897	Water	6.00 qt
19897	Salt	0.00
19897	Chopped carrots	2.00
19897	Choppen onions	2.00
19897	Shredded celeriac	0.50
19897	Sliced leeks	2.00
19897	Chopped cloves of garlic	3.00
19897	Bouquet garni (celery Leaves, thyme sprigs, bay Leaf, rosemary sprigs, Leeks)	0.00
19897		0.00
19898	White wine	3.00 c
19898	Butter	6.00 T
19898	Soy sauce	3.00 T
19898	Peanuts, chopped in a blen- Der or food processor	1.00 c
19898		0.00
19898	Ground hot red pepper	3.00 T
19898	Green onions, chopped	3.00
19899	*****TEXT*****	0.00
19900	Cooking oil	1.25 c
19900	Eggs	3.00
19900	Sugar	2.00 c
19900	Vanilla	1.00 ts

Sheet1

19900	Flour	3.00 c
19900	Salt	1.00 ts
19900	Soda	1.00 ts
19900	Chopped pecans	1.25 c
19900	Chopped peeled raw apples	3.00 c
19900	*****TOPPING*****	0.00
19900	Packed brown sugar	1.00 c
19900	Milk	0.25 c
19900	Stick butter or margarine	1.00
19901	Margarine	1.00 c
19901	Brown sugar	1.50 c
19901	Flour	4.00 c
19901	Eggs	2.00
19901	Vanilla	1.00 ts
19901	Soda	1.00 ts
19901	Salt	0.50 ts
19901	Baking powder	2.00 ts
19901	Rolled oats	1.00 c
19901	****FILLING****	0.00
19901	Sugar	1.00 c
19901	Flour	0.25 c
19901	Chopped apples	2.00 c
19901	Water	1.00 c
19901	Cinnamon	1.00 ts
19902	Sugar	0.50 c
19902	Cinnamon	0.50 ts
19902	Coarsely chopped walnuts	0.75 c
19902	Thinly sliced apples	3.00 c
19902	Thinly sliced apples	3.00 c
19902	Flour	1.00 c
19902	Sugar	1.00 c
19902	Baking powder	1.00 ts
19902	Butter, melted	0.50 c
19902	Salt	0.25 ts
19902	Egg, well beaten	1.00
19902	Evaporated milk	0.50 c
19903	Fresh, young poke shoots	1.50 lb
19903	Slices bacon	8.00
19903	Eggs, beaten	6.00
19903	Salt and pepper to taste	0.00
19904	Vegetable oil	0.00
19904	Onion, thinly sliced	1.00
19904	Green pepper or pimiento cut	0.50
19904	-in strips	0.00
19904	Artichoke hearts	1.00 lb
19904	Dry cider	0.50 c
19904	Salt and pepper	0.00
19905	Stalks asparagus (2 pounds)	30.00
19905	Water	4.00 qt

Sheet1

19905	Salt	1.00 T
19905	Minced onion	0.25 c
19905	Minced parsley	0.25 c
19905	Ground coriander	1.00 ts
19905	Butter	2.00 T
19905	Flour	1.00 T
19905	Chicken broth, heated	2.00 c
19905	Heavy cream	0.50 c
19905	Lemon juice	1.00 T
19905	Salt	0.50 ts
19905	White pepper	0.25 ts
19906	Sugar	2.00 T
19906	Brown sugar	2.00 T
19906	Ground cinnamon	0.25 ts
19906	Ground nutmeg	0.12 ts
19906	Dash ground cloves	0.00
19906	Apple cider or apple juice	0.75 c
19906	Lemon juice	2.00 ts
19906	Apple jelly	0.25 c
19907	Butter or margarine	1.00 T
19907	All-purpose flour	1.50 T
19907	Milk	1.00 c
19907	Egg yolk	1.00
19907	Salt	0.50 ts
19907	Pinch of red pepper	0.00
19907	Can asparagus spears,	15.00 oz
19907	Drained and cut into 1/2-in	0.00
19907	Pieces	0.00
19907	Fine dry breadcrumbs	2.00 c
19908	Mushrooms, thinly sliced	1.00 lb
19908	Onion, chopped	1.00 md
19908	Water	0.50 c
19908	About 1 1/3 cups canned	0.00
19908	Vegetable broth	0.00
19908	Eggs	3.00 lg
19908	Zucchini, about 2 pounds	4.00 lg
19908	Total, shredded	0.00
19908	Fine dry bread crumbs	0.50 c
19908	Grated Parmesan cheese	0.25 c
19908	Dry oregano	0.25 ts
19908	Pepper	0.25 ts
19908	Thinly sliced green onion	2.00 T
19909	Ripe bananas (about 3 lbs.)	12.00
19909	Bermuda onions	2.00 lb
19909	Pitted dates (1 lb.)	2.00 c
19909	Molasses	0.67 c
19909	Water	1.00 c
19909	Ground ginger	0.50 ts
19909	Cider vinegar	2.00 c

Sheet1

19909	Ground allspice	1.00 ts
19909	Salt	1.00 ts
19910	Whole heads elephant garlic	8.00 ea
19910	Sprigs fresh oregano	4.00 ea
19910	Butter	0.25 c
19911	Large beef tongue	1.00
19911	Oranges	2.00
19911	Lemons	2.00
19911	Sugar	1.00 c
19911	Water	2.00 c
19911	Ground beef suet (optional)	0.50 lb
19911	Tart apples, chopped	5.00 lb
19911	Stewed raisins	2.00 lb
19911	Currants	1.00 lb
19911	Ground citron	0.50 lb
19911	Lemon peel	2.00 oz
19911	Orange peel	2.00 oz
19911	Blanched almonds	0.50 lb
19911	Red and green candied	0.00
19911	-cherries	0.00
19911	Juice from oranges and	0.00
19911	-lemons	0.00
19911	Brown sugar	3.00 lb
19911	Salt	1.00 T
19911	Mace	0.50 ts
19911	Allspice	0.50 ts
19911	Nutmeg	0.50 ts
19911	Cinnamon	1.00 ts
19912	Ground beef	1.00 lb
19912	Medium onion, chopped	1.00
19912	(10 3/4 oz.) condensed	1.00 cn
19912	Tomato soup	0.00
19912	Soup can water	1.00
19912	Rice	4.00 T
19912	Chopped cabbage	4.00 c
19913	Medium-sized ripe bananas	10.00
19913	Sugar (2 1/2 lbs.)	5.00 c
19913	Juice of 1 lemon	0.00
19913	6 oz. bottle liquid pectin	1.00
19914	8 inch pie shell	0.00
19914	Baked 15 minutes	0.00
19914	Butter	2.00 T
19914	Sugar	0.75 c
19914	Flour	3.00 T
19914	Cinnamon	2.00 ts
19914	Cloves	0.50 ts
19914	Allspice	0.50 ts
19914	Egg	1.00
19914	Vinegar	2.00 T

Sheet1

19914	Water	1.00 c
19915	16-oz package hot roll mix	1.00
19915	Ground beef	1.00 lb
19915	Finely chopped onion	1.00 c
19915	Shredded cabbage	3.00 c
19915	Milk	0.00
19915	Water	0.25 c
19915	Salt	0.25 ts
19915	Pepper	0.25 ts
19916	Cleaned and skinned eel	1.50 lb
19916	Fresh bay leaves	0.00
19916	Salt and pepper	0.00
19917	Black raspberries	6.00 lb
19917	Sugar	7.00 c
19917	Freshly squeezed lemon juice	1.00 T
19917	6 oz. bottle liquid pectin	1.00
19918	Sifted flour	2.00 c
19918	Firmly packed brown sugar	1.00 c
19918	Butter or margarine	1.00 c
19918	Eggs	4.00
19918	Firmly packed brown sugar	2.00 c
19918	Vanilla	1.00 ts
19918	Flour	2.00 T
19918	Baking powder	0.50 ts
19918	Salt	0.50 ts
19918	Chopped black walnuts	2.00 c
19919	Smoked ham hocks	2.00
19919	Water	5.00 c
19919	Dried black-eyed peas	1.50 c
19919	Chopped onions	1.00 c
19919	Chopped celery	1.00 c
19919	Salt	0.50 ts
19919	Pepper	0.50 ts
19919	Evaporated milk	0.67 c
19919	All-purpose flour	1.00 T
19920	Fresh blackberries	5.00 c
19920	Sugar	1.25 c
19920	Sifted flour	3.50 T
19920	Butter	0.00
19920	*****DOUGH*****	0.00
19920	Flour	2.00 c
19920	Sugar	2.00 T
19920	Baking powder	4.00 ts
19920	Salt	0.50 ts
19920	Cream of tartar	0.50 ts
19920	Butter	0.50 c
19920	Milk	0.50 c
19921	Green peanuts	2.00 pt
19921	Salt	2.00 tb



Sheet1

19922	Bunch dandelion greens with	1.00
19922	-no flower buds or stems	0.00
19922	Bunch pigweed (Chenopodium	1.00
19922	-alba)	0.00
19922	Good handful young horse-	1.00
19922	-radish leaves	0.00
19922	Bunch radish tops with no	1.00
19922	-stems	0.00
19922	Bunch mustard greens	1.00
19922	Thin slices pork jowl	2.00
19922	Salt or more to taste	1.00 ts
19922	Water to cover completely	0.00
19923	Fresh salmon, skinned and	3.00 lb
19923	-boned	0.00
19923	Vegetable oil	0.00
19923	Bourbon	2.00 c
19923	Soy sauce	2.00 c
19923	Fresh ginger	0.33 c
19923	Black pepper	0.33 c
19923	Chili powder	1.00 ts
19923	Minced garlic	1.00 T
19923	Sesame oil	1.50 oz
19924	Nutmeg	2.00 ts
19924	Bourbon	0.50 c
19924	Sifted all-purpose flour,	1.50 c
19924	-divided	0.00
19924	Pecans	2.00 c
19924	Raisins, finely chopped	1.00 c
19924	Butter	0.50 c
19924	Plus 2 tablespoons sugar	1.00 c
19924	Eggs. separated	3.00
19924	Baking powder	1.00 ts
19924	Dash salt	0.00
19924	Pecan halves	0.00
19925	Cleaned pork brains	12.00 oz
19925	Or 4 heaping T. all-purpose	3.00 T
19925	-flour	0.00
19925	Baking powder	1.00 ts
19925	Large egg	1.00
19925	Salt and pepper to taste	0.00
19926	Olive oil	1.00 T
19926	Best-quality pork sausage,	1.00 lb
19926	-cut into 1-inch thick	0.00
19926	-slices	0.00
19926	(2 large) russet potatoes,	1.00 lb
19926	-peeled and cubed	0.00
19926	Sweet red pepper, seeded and	1.00 lg
19926	-cut into 1-inch pieces	0.00
19926	Fennel bulb, trimmed and cut	1.00

## Sheet1

19926	-into 1-inch pieces	0.00
19926	Salt	0.00
19926	Freshly ground black pepper	0.00
19927	Butter	2.00 T
19927	Chopped green onion	2.00 T
19927	Eggs	4.00
19927	Milk	0.25 c
19927	Pepper	0.12 ts
19927	Chopped brie, skin removed	2.00 oz
19927	Slices bacon, cooked,	4.00
19927	Drained and crumbled	0.00
19927	Coarsely chopped toasted	3.00 T
19927	Pecans	0.00
19927	Fresh fruit, if desired	0.00
19928	Or 50 small to med. cukes	40.00
19928	Box whole pickling spice	1.00
19928	Bunches dry dill weed	3.00
19928	White vinegar	1.00 pt
19928	Water	2.00 ga
19928	Salt	1.00 lb
19929	Butternuts, shelled	2.00 c
19929	Olive oil	0.50 c
19929	Juice of 1/2 lemon	0.00
19929	Salt and pepper to taste	0.00
19929	Parsley	2.00 ts
19929	Tarragon	1.00 ts
19930	Soft, ripe cantaloupes	6.00 lb
19930	Sugar	1.50 c
19930	Juice of 1 lemon	0.00
19930	Ground nutmeg	0.25 ts
19931	Chicken broth	4.00 c
19931	Large tomato, peeled, seeded	1.00 ea
19931	Black pepper to taste	1.00 x
19931	Egg whites	2.00 ea
19931	Large garlic cloves, peeled	10.00 ea
19931	Salt, optional	0.25 ts
19931	Thyme	0.25 ts
19931	Grated Monterey Jack cheese	0.50 c
19932	Cranberries	4.00 c
19932	Sugar	2.00 c
19932	Orange	1.00 ea
19933	Shrimp (raw, shelled and	2.00 lb
19933	Deveined, or thawed frozen)	0.00
19933	Eggs	3.00
19933	Milk	3.00 c
19933	Chopped green bell pepper	0.25 c
19933	Chopped small green onions	0.25 c
19933	Chopped celery hearts	0.50 c
19933	Corn scraped from cob, or 2	2.00 c

Sheet1

19933	Cups canned cream style corn	0.00
19933	Tabasco sauce or Bermuda	1.00 ds
19933	Pepper sauce	0.00
19933	Worcestershire sauce	1.00 ts
19933	Prepared mustard	1.00 ts
19933	Butter	0.25 c
19933	Salt	0.00
19933	Pepper	0.00
19933	Unsalted crackers	0.00
19933	Cracker crumbs	0.00
19934	Eel	3.00 lb
19934	Salted water	0.00
19934	Flour	0.50 c
19934	Salt	1.00 ts
19934	Pepper	0.12 ts
19934	Butter	0.25 c
19934	Peeled onions	12.00 sm
19934	Bay leaf	1.00
19934	Water	2.00 c
19934	Mushrooms	1.00 c
19935	Cloves garlic, peeled	16.00 lg
19935	Unsalted Butter	3.00 T
19935	Olive oil	2.00 ts
19935	Spanish onion, peeled and	1.00 lg
19935	-finely minced	0.00
19935	(or 8) chicken stock	6.00 c
19935	Kale, stemmed, washed, and	1.50 lb
19935	-torn into 1-inch pieces	0.00
19935	All-purpose potatoes,	2.00 md
19935	-peeled and finely diced	0.00
19935	Salt and freshly ground	0.00
19935	-white pepper	0.00
19935	Heavy cream, optional	0.50 c
19936	Cattail flour	2.00 c
19936	Salt	1.00 ts
19936	Water	2.00 c
19936	Vegetable oil	0.00
19936	Honey	0.00
19937	Young cattail spikes	0.00
19937	Water	0.00
19937	Butter	0.00
19938	Large bunches of celery,	3.00
19938	Cleaned and cut into 1/2-	0.00
19938	Inch slices (about 3 cups)	0.00
19938	Sugar	1.00 T
19938	Pecan halves	1.00 c
19938	Butter or margarine	0.25 c
19938	All-purpose flour	3.00 T
19938	Half-and-half	1.00 c

Sheet1

19938	Egg, beaten	1.00
19938	Salt	1.00 ts
19938	To 1/2 teaspoon red pepper	0.25
19938	Buttery cracker crumbs	0.50 c
19939	Chanterelle mushrooms	8.00 oz
19939	Eggs	8.00 ea
19939	Butter	2.00 oz
19939	Freshly ground pepper	1.00 x
19940	Lemon juice	1.00 ts
19940	Medium tart apples	2.00
19940	Shredded Cheddar cheese	0.50 c
19940	Halved red grapes	0.33 c
19940	Sour cream	0.75 c
19940	Shredded Swiss cheese	0.50 c
19940	Chopped celery	0.50 c
19940	Chopped walnuts	0.25 c
19941	Butter	0.50 c
19941	Grated sharp cheddar cheese	0.50 lb
19941	All-purpose flour (2 cups)	0.50 lb
19941	Salt	0.50 ts
19941	Cayenne pepper	0.25 ts
19941	Blanched almonds	0.00
19942	Finely chopped onion	1.00 tb
19942	(1 1/4 cups) hot water	0.50 pt
19942	(2 1/2 cups) milk	1.00 pt
19942	Flour	2.00 tb
19942	Seasoning (?) I use a	0.00
19942	-touch of Herbes de	0.00
19942	-Provence.	0.00
19942	Finely grated Stilton cheese	2.00 tb
19943	Lean ground lamb	1.00 lb
19943	Shredded Cheddar cheese	0.25 c
19943	Sweet pickle relish	2.00 T
19943	Finely chopped onion	2.00 T
19943	Finely chopped green pepper	1.00 T
19943	Dijon-style mustard	1.00 ts
19943	Hamburger buns	4.00
19944	Bing cherries	5.00 lb
19944	Orange	1.00
19944	Juice of 1 lemon	0.00
19944	Sugar (2 lbs.)	4.00 c
19944	Chopped almonds or pecans	1.00 c
19944	Seedless raisins	1.00 c
19945	Butter	0.50 c
19945	Sugar	1.33 c
19945	Cake flour	2.00 c
19945	Salt	0.25 ts
19945	Baking powder	2.00 c
19945	Water	0.67 c

Sheet1

19945	Egg whites	3.00
19945	*****SAUCE*****	0.00
19945	20-oz. pitted sour cherries	1.00 cn
19945	Sugar	1.00 c
19945	Red food coloring	1.00 ts
19946	Fresh lump crabmeat, drained	1.00 lb
19946	Chopped celery	0.50 c
19946	Chopped green pepper	1.00 T
19946	Chopped fresh parsley	1.00 T
19946	Capers	0.25 ts
19946	Mayonnaise or salad dressing	0.25 c
19946	Lemon juice	2.00 T
19946	Salt	0.12 ts
19946	Seasoned pepper	0.12 ts
19946	Dash of garlic salt	0.00
19946	Worcestershire sauce	0.12 ts
19946	Or 4 drops hot sauce	3.00
19946	Lettuce leaves	0.00
19947	Soft-shell crabs, fresh or	8.00
19947	Frozen, thawed	0.00
19947	All-purpose flour	1.00 c
19947	Old Bay Seasoning	3.00 T
19947	Pepper	2.00 ts
19947	Red pepper	1.00 ts
19947	Garlic powder	1.00 ts
19947	Egg, beaten	1.00
19947	Milk	0.50 c
19947	Vegetable oil	0.00
19948	Chestnuts, shelled and	3.00 c
19948	-peeled	0.00
19948	Sugar	1.50 c
19948	Water	1.50 c
19948	Egg yolks, well beaten	6.00
19948	Half-and-half	3.00 c
19948	Vanilla	0.50 ts
19948	Candied fruit, finely	0.50 lb
19948	-chopped	0.00
19949	Whole green beans	4.00 lb
19949	Whole Chicken Claw Pepper,	7.00
19949	-dried or fresh	0.00
19949	Fresh dill heads	7.00
19949	Cloves fresh garlic, peeled	7.00
19949	White distilled vinegar, at	5.00 c
19949	-least 5% solution	0.00
19949	Distilled water	5.00 c
19949	Non-iodized pickling salt	1.00 c
19950	Chicken Claw Peppers (enough	0.00
19950	To fill a pint jar)	0.00
19950	Salt	1.00 ts

Sheet1

19950	White distilled vinegar	0.75 pt
19951	Rendered chicken fat	3.00 tb
19951	Sifted flour	2.00 c
19951	Salt	0.50 ts
19951	Chicken cracklings	0.25 c
19951	Baking powder	3.00 ts
19951	Milk (about)	1.00 c
19952	Chicken feet	2.00 lb
19952	Potatoes cut in eighths	5.00
19952	Onions, quartered	4.00
19952	Carrots, sliced	3.00
19952	Green beans	1.00 c
19952	Bay leaves	3.00
19952	Clove garlic, minced	1.00
19952	Salt and pepper	0.00
19953	Mushrooms, chopped, or about	1.00 cn
19953	-half a pint, if fresh	0.00
19953	Water	0.00
19953	Cooked chicken, finely	1.00 lb
19953	-chopped	0.00
19953	Flour	1.00 ts
19953	Butter	1.00 T
19953	Seasonings, as desired	0.00
19953	Toast	0.00
19954	Slices bacon	4.00
19954	Shortening	1.00 T
19954	3-lb. chicken, cut in pieces	1.00
19954	10-oz. pkts frozen okra	2.00
19954	Salt	2.00 ts
19954	Cut up fresh tomatoes	4.00
19954	Chopped green pepper	1.00
19954	Boiling water	1.00 qt
19955	Chicken stock	2.00 qt
19955	Jasmine rice, uncooked	1.50 c
19955	Boneless chicken breasts,	3.00
19955	-cooked and cubed	0.00
19955	Carrots, raw, cubed	2.00
19955	Salt and pepper to taste	0.00
19956	3-lb. chicken, cut up	1.00
19956	Butter	4.00 T
19956	Oil	2.00 T
19956	Chicken stock, fresh or	1.00 c
19956	Canned	0.00
19956	White port or 1/4 cup lemon	0.50 c
19956	Juice	0.00
19956	Salt	0.00
19956	Fresh ground black pepper	0.00
19956	Heavy cream	0.33 c
19956	Choppen pecans or walnuts	1.00 c

Sheet1

19956	Chopped fresh parsley or	2.00 T
19956	Other fresh herb (optional)	0.00
19957	Chitterlings	10.00 lb
19957	Diced onion	1.00 c
19957	Diced celery	1.00 c
19957	Small red peppers	6.00
19957	Cloves garlic, minced	3.00
19957	Salt	2.00 T
19957	Black pepper	1.00 T
19957	Cider vinegar	1.00 c
19957	Sugar	1.00 T
19958	Stick butter (1/4 pound)	1.00
19958	Sugar	4.00 c
19958	Cocoa	1.00 c
19958	Milk (Maybe use Skim to	1.00 c
19958	-keep the Fat/Calories Down)	0.00
19958	Salt	1.00 ts
19958	Peanut butter	1.33 c
19958	Old-fashioned rolled oats	6.00 c
19958	Vanilla	2.00 ts
19959	Unsweetened cocoa powder	0.75 c
19959	All-purpose flour	2.00 c
19959	Baking powder	1.00 ts
19959	Baking soda	1.00 ts
19959	Salt	0.50 ts
19959	Ground cinnamon	1.00 ts
19959	Powdered instant coffee	1.00 ts
19959	(8 oz./2 sticks) butter, at	1.00 c
19959	-room temperature	0.00
19959	Sugar	2.00 c
19959	Eggs	4.00 lg
19959	Vanilla	1.00 ts
19959	Unseasoned, mashed potatoes	1.00 c
19959	-cooled (1 large russet)	0.00
19959	Buttermilk	1.00 c
19959	*****FROSTING*****	0.00
19959	Confectioners' sugar	3.00 c
19959	Unsweetened cocoa powder	0.25 c
19959	Salt	0.12 ts
19959	(4 oz./1 stick) butter, at	0.50 c
19959	-room temperature	0.00
19959	Sour cream	0.25 c
19959	Vanilla	1.00 ts
19959	Grated orange zest	1.00 T
19960	Vegetable shortening (4-oz)	0.50 c
19960	Packed brown sugar	1.00 c
19960	Egg	1.00 lg
19960	Vanilla	1.00 ts
19960	Squares unsweetened	2.00

Sheet1

19960	-chocolate, melted and	0.00
19960	-cooled	0.00
19960	Unseasoned mashed potatoes	0.50 c
19960	-(about 1 medium russet),	0.00
19960	-cooled	0.00
19960	All-purpose flour	1.50 c
19960	Salt	0.50 ts
19960	Baking soda	0.50 ts
19960	Buttermilk	0.75 c
19960	Currants	1.00 c
19961	Lean pork	3.50 lb
19961	Of pork fat	1.50 lb
19961	From your butcher.	0.00
19961	Coriander seeds, ground	1.00 tb
19961	Salt	0.00
19961	Paprika	3.00 tb
19961	Garlic cloves, chopped	2.00
19961	Ground pepper	0.00
19961	Red pepper flakes	0.00
19961	Cayenne pepper	0.00
19961	Cumin	0.00
19961	Oregano	0.00
19961	Cloves	0.00
19961	Red wine vinegar	3.00 tb
19962	Eggnog-flavored skim milk	2.00 c
19962	Egg, slightly beaten	1.00
19962	Cinnamon	0.50 ts
19962	Croissants	6.00
19962	Butter	3.00 T
19963	Butter	0.50 c
19963	Fresh mushrooms, cleaned	1.00 lb
19963	Worcestershire sauce	1.00 T
19963	Garlic salt	0.50 ts
19963	Slices bread, toasted	6.00
19964	Butter	3.00 T
19964	Onion, minced	1.00
19964	Bouquet garni of thyme, bay	0.00
19964	Leaf, parsley	0.00
19964	Cider	2.00 c
19964	Salt and pepper	0.00
19964	Fish heads, bones, tails,	1.00 lb
19964	Skins and trimmings	0.00
19964	Butter	1.00 T
19964	Flour	1.00 ts
19964	Egg yolks, beaten	2.00
19964	Strip lemon peel	0.00
19965	Squirrels (gray, fox, or	4.00 lg
19965	-black), or 2 rabbits	0.00
19965	Flour	0.00



Sheet1

19965	Salt and pepper	0.00
19965	Powdered sage	0.25 ts
19965	Powdered rosemary	0.25 ts
19965	Bacon or sausage fat	3.00 T
19965	Dry cider	1.00 qt
19965	Butter	4.00 T
19965	Heavy cream	1.00 c
19966	Gallons prepared cucumbers	2.00
19966	(peeled, seeded and cut into	0.00
19966	Sticks)	0.00
19966	Water	8.50 qt
19966	Lime	2.00 c
19966	Alum	1.00 T
19966	Vinegar	2.00 c
19966	Water	2.00 c
19966	Red food coloring	1.50 oz
19966	Sugar	10.00 c
19966	Sticks cinnamon	6.00
19966	Red hots (8-10 oz.)	1.00 pk
19967	Packed, finely shredded	2.00 c
19967	Fresh mustard greens	0.00
19967	Egg	1.00
19967	Large cloves garlic	5.00
19967	Red wind vinegar	2.00 T
19967	Vegetable oil	2.67 c
19967	Dijon mustard	2.00 T
19968	Sliced cucumbers	4.00 qt
19968	Sliced onions	6.00
19968	Green bell peppers, chopped	2.00
19968	Cloves garlic	3.00
19968	Mustard seed	2.00 T
19968	Salt	0.33 c
19968	Sugar	5.00 c
19968	Celery seed	1.50 ts
19968	Cider vinegar	3.00 c
19969	Mustard greens, raw	2.00 c
19969	Egg	1.00
19969	Red wine vinegar	2.00 T
19969	Oil	2.67 c
19969	Huge cloves of garlic	5.00
19969	Dijon mustard, heaping	2.00 T
19970	Ground onion	4.00 c
19970	Medium head cabbage	1.00
19970	Green tomatoes	10.00
19970	Green bell peppers	12.00
19970	Red bell peppers	5.00
19970	Salt	0.50 c
19970	NEXT DAY	0.00
19970	Sugar	6.00 c

Sheet1

19970	Celery seed	1.00 T
19970	Mustard seed	2.00 T
19970	Vinegar	4.00 c
19970	Water	2.00 c
19971	Littleneck clams or 1 can	4.00 lb
19971	-(5 oz.) drained, reserving	0.00
19971	-1/2 cup broth	0.00
19971	Water	1.00 c
19971	Peeled, diced russet or	2.00 c
19971	-Yukon gold potatoes	0.00
19971	Butter	2.00 T
19971	Bacon, diced	2.00 sl
19971	Onion, chopped	1.00 md
19971	Potato water from drained	1.00 c
19971	-cooked potatoes	0.00
19971	Bay leaf	1.00 sm
19971	Dried tarragon	0.75 ts
19971	Dried thyme	0.50 ts
19971	Ground savory	0.25 ts
19971	Salt	0.50 ts
19971	Freshly ground black pepper	0.50 ts
19971	Heavy cream	0.75 c
19971	Butter for garnish	0.00
19972	Half and half cream	1.00 pt
19972	Vanilla extract	0.50 ts
19972	Dark chocolate chips	2.00 lb
19972	Unsalted butter, cut in	8.00 oz
19972	-small cubes, at room	0.00
19972	-temperature	0.00
19973	Hellmann's Real Mayonnaise	1.00 c
19973	Prepared mustard	1.00 tb
19973	Salt	1.00 ts
19973	Elbow macaroni, cooked	8.00 oz
19973	Chopped green or red pepper	1.00 c
19973	Vinegar	2.00 tb
19973	Sugar	1.00 ts
19973	Pepper	0.25 ts
19973	Sliced celery	1.00 c
19973	Chopped onion	0.25 c
19974	Hellmann's Real Mayonnaise	1.00 c
19974	Salt	1.50 ts
19974	Pepper	0.25 ts
19974	Sliced celery	1.00 c
19974	Hard-cooked eggs, chopped	2.00 ea
19974	Vinegar	2.00 tb
19974	Sugar	1.00 ts
19974	Cubed, cooked, potatoes(5-6)	4.00 c
19974	Chopped onion	0.50 c
19975	Sugar	1.50 c

Sheet1

19975	Light corn syrup	0.33 c
19975	Cream of tartar	0.12 ts
19975	Water	0.75 c
19975	Drops of flavoring (today,	10.00
19975	-the choices are endless)	0.00
19975	Food coloring	0.00
19976	Cream cheese	2.00 lb
19976	Coco Lopez cream of coconut	4.00 c
19976	Sour cream	8.00 c
19976	Green food coloring	0.25 ts
19976	Fresh fruit	0.00
19977	Butter	2.00 T
19977	Grated onion	2.00 T
19977	Stalk celery, thinly sliced	1.00
19977	All purpose flour	2.00 T
19977	Chicken broth	3.00 c
19977	Creamy peanut butter	0.50 c
19977	Salt	0.25 ts
19977	Lemon juice	2.00 T
19977	Chopped roasted peanuts	2.00 T
19978	Man-sized handfuls young	2.00
19978	-comfrey leaves	0.00
19978	Onion	1.00 md
19978	Butter	2.00 T
19978	Plain flour	1.00 T
19978	Chicken stock	3.75 c
19979	Cleaned, skinned conch meat	0.50 lb
19979	All-purpose flour	0.67 c
19979	Baking powder	1.00 ts
19979	Salt	0.50 ts
19979	Pepper	0.25 ts
19979	Milk	3.00 T
19979	Egg, lightly beaten	1.00
19979	Butter or margarine, melted	1.00 T
19979	Vegetable oil	0.00
19979	Cocktail sauce	0.00
19980	Cleaned, skinned conch meat	0.50 lb
19980	Onion, chopped	1.00 sm
19980	Vegetable oil	3.00 T
19980	All-purpose flour	2.00 T
19980	Water	2.00 c
19980	Potatoes, peeled and cubed	2.00 md
19980	Salt	0.50 ts
19980	Pepper	0.25 ts
19981	Ripe Concord grapes	4.00 lb
19981	Water	1.00 c
19981	Sugar	7.50 c
19981	Powdered pectin	0.25 c
19982	Hominy grits	1.00 c

## Sheet1

19982	Hickory nuts	1.50 c
19983	Fresh corn kernels (about 4	2.00 c
19983	Ears)	0.00
19983	Eggs, beaten	2.00
19983	Melted butter or margarine	2.00 T
19983	Salt	0.50 ts
19983	Milk	2.00 T
19983	Plus 2 tablespoons all-	0.50 c
19983	Purpose flour	0.00
19984	Sifted corn meal	2.00 c
19984	Cold water to mix	1.00 x
19984	Salt	0.50 ts
19985	Package dry yeast	1.00
19985	Warm water (about 110F.)	0.25 c
19985	Butter or margarine	1.00 T
19985	Cottage cheese	1.00 c
19985	Sugar	2.00 T
19985	Salt	1.00 ts
19985	Soda	0.25 ts
19985	Egg, beaten	1.00
19985	Sifted flour	2.50 c
19986	Raw wild rice	1.50 c
19986	Flour	2.00 tb
19986	Salt	0.50 ts
19986	Dash of Tabasco sauce	1.00 x
19986	Fresh crab meat	2.50 c
19986	Butter	3.00 tb
19986	Coffee cream	1.00 c
19986	White pepper	0.25 ts
19986	Sherry	2.00 tb
19986	Parsley	1.00 x
19987	Butter	0.50 c
19987	Lump crabmeat	1.00 lb
19987	Salt	0.50 ts
19987	Pepper	0.25 ts
19987	Juice of 1 lemon	0.00
19987	Chopped fresh parsley	0.50 c
19987	Crusty French bread	0.00
19988	Chestnuts	1.00 qt
19988	Milk	1.00 pt
19988	Flour	2.00 tb
19988	Whipped cream	1.00 x
19988	Chicken or veal stock	1.00 pt
19988	Butter	2.00 tb
19988	Salt & pepper to taste	1.00 x
19988	Minced parsley	1.00 x
19989	Sorrel	1.25 lb
19989	Butter	0.75 c
19989	Salt	0.00

## Sheet1

19989	Creme fraiche or heavy cream	1.00 c
19989	Shallots, chopped	3.00
19989	Frogs' legs	24.00
19989	Pinch of black pepper	0.00
19989	Sylvaner wine	0.33 c
19989	Consomme, beef broth. or	1.50 qt
19989	Chicken stock	0.00
19989	Egg yolks	6.00
19989	Chopped chives	1.00 T
19990	Fat	2.00 T
19990	Diced onions	4.00
19990	Flour	2.00 T
19990	Milk	1.00 qt
19990	Grated cheese	1.00 c
19990	Salt	0.00
19990	Pepper	0.00
19990	Paprika	0.00
19991	Butter	5.00 T
19991	Finely chopped onion	2.00 T
19991	Flour	5.00 T
19991	Milk	4.00 c
19991	Bay leaf	0.50
19991	Scallops, cut into 1/4-inch	2.00 lb
19991	-pieces (4 cups)	0.00
19991	Chopped fresh dill; or 1	1.50 T
19991	-teaspoon dried dill	0.00
19991	Salt and pepper to taste	0.00
19992	Leeks (about 3 pounds)	8.00 lg
19992	Cleaned	0.00
19992	Butter or margarine, divided	0.25 c
19992	All-purpose flour	2.00 T
19992	Milk	1.00 c
19992	Salt	0.50 ts
19992	Pepper	0.25 ts
19993	Heads lettuce or equivalent	2.00
19993	-amount of leftover greens	0.00
19993	-from Boston lettuce,	0.00
19993	-escarole, or romaine	0.00
19993	Butter	4.00 T
19993	(rounded) flour	1.00 T
19993	Cream	0.25 c
19993	Fresh bread croutons	0.00
19993	-(optional)	0.00
19993	Salt, freshly ground pepper,	0.00
19993	-and nutmeg.	0.00
19994	Butter	2.00 T
19994	All-purpose flour	0.25 c
19994	Fresh mushrooms, cleaned	0.50 lb
19994	Milk	1.00 c

## Sheet1

19994	Salt	1.00 ts
19994	Pepper	0.12 ts
19994	Slices bread, toasted	6.00
19994	Paprika	0.00
19995	Turnip greens	1.00 lb
19995	Chopped shallots	1.00 T
19995	Olive oil	0.50 T
19995	Cream	1.00 c
19995	Peppercorns	2.00
19995	White wine	0.25 c
19995	Finely grated Parmesan	3.00 oz
19995	-cheese	0.00
19995	Salt and pepper to taste	0.00
19996	Ripe avocados, seeded and	2.00 lg
19996	-peeled	0.00
19996	Salt	0.50 ts
19996	Half and half	1.00 c
19996	Lemon juice	2.00 ts
19996	Chicken broth	2.00 c
19996	Dry sherry	0.25 c
19997	Can sauerkraut	14.50 oz
19997	Jar drained sliced pimentos	2.00 oz
19997	Chopped onion or thinly	0.50 c
19997	Sliced green onions	0.00
19997	Sliced celery	0.75 c
19997	Coarsely shredded carrots	1.00 c
19997	Medium green bell pepper	1.00
19997	Seeded and sliced	0.00
19997	Cider vinegar	0.25 c
19997	Sugar	0.50 c
19997	Salt	0.75 ts
19997	Pepper	0.12 ts
19997	Iceberg lettuce leaves and	0.00
19997	Chopped parsley (optional)	0.00
19998	Rockfish, halibut, or ling-	2.00 lb
19998	Cod filets (1/2-3/4 inch	0.00
19998	Thick)	0.00
19998	Salt and pepper	0.00
19998	Yellow cornmeal	0.50 c
19998	All-purpose flour	0.50 c
19998	Buttermilk	0.50 c
19998	Butter or margarine	0.25 c
19998	Salad oil or solid vegetable	0.25 c
19998	Shortening	0.00
19998	Tangy Fish Sauce (recipe to	0.00
19998	Follow)	0.00
19999	Kiwi fruit, peeled and	1.00
19999	-sliced	0.00
19999	Diced cucumbers	2.00

Sheet1

19999	Water	0.25 c
19999	Lemon juice	1.00 T
19999	Dash salt	0.00
19999	Ice, finely chopped	1.00 c
20000	Cat	1.00
20000	Strips bacon	3.00
20000	Salt and pepper	0.00
20001	Young tender round radishes	1.00 pk
20001	Boiling salted water	0.00
20001	*****CURRY SAUCE*****	0.00
20001	Butter	2.00 T
20001	Flour	2.00 T
20001	Salt	0.50 ts
20001	Curry powder	0.50 ts
20001	Pepper	0.12 ts
20001	Milk	1.00 c
20002	Shredded red cabbage	1.00 lb
20002	Sticks margarine	1.50 ea
20002	Salt	0.12 c
20002	Peeled and chopped apples	4.00 c
20002	Vinegar	0.25 c
20002	Sugar	0.75 c
20002	Apple jelly	1.50 c
20003	Dates, pitted	1.00 lb
20003	English walnut meats	1.00 lb
20003	Cake flour	1.00 c
20003	Salt	0.50 ts
20003	Baking powder	4.00 ts
20003	Sugar	1.00 c
20003	Eggs, separated	4.00
20003	Vanilla	1.00 ts
20004	Bottle of Red Devil Cayenne	12.00 oz
20004	-Pepper Sauce	0.00
20004	Bottle Italian salad	8.00 oz
20004	-dressing	0.00
20004	Chicken wings or drummettes,	5.00 lb
20004	-rinsed	0.00
20004	2-gallon resealable freezer	1.00
20004	-bag	0.00
20005	Lentils	1.00 c
20005	Soup stock	4.00 c
20005	Butter or margarine	2.00 T
20005	Curry powder	1.00 T
20005	Green spring onions, minced	3.00
20005	Boiled rice	0.00
20006	Table perfect whole green	4.00 lb
20006	-beans	0.00
20006	Crushed dried HOT red pepper	1.75 ts
20006	Dried dill seed, OR 7 fresh	3.50 ts

Sheet1

20006	-dill heads	0.00
20006	Cloves fresh garlic	7.00
20006	Vinegar	5.00 c
20006	Water	5.00 c
20006	Less 1 tablespoon pickling	1.00 c
20006	-salt (non-iodized)	0.00
20007	Medium red potatoes in skin	8.00
20007	Medium onions, diced	2.00
20007	Medium-sized dill pickles,	2.00
20007	Sliced	0.00
20007	Diced parsley	3.00 T
20007	Salt and freshly ground	0.00
20007	Pepper to taste	0.00
20007	***DRESSING***	0.00
20007	Mayonnaise	0.00
20007	Mustard (mittlescharf)	0.00
20007	Sweet cream	0.00
20007	Oil and vinegar (a little)	0.00
20007	Boiling water	0.00
20008	Dried lima beans, soaked and	1.00 lb
20008	Drained	0.00
20008	Pork sausage links	10.00
20008	All-purpose flour	0.25 c
20008	Evaporated milk	1.25 c
20008	Chopped pimienta	2.00 T
20008	Salt	0.50 ts
20008	Minced fresh parsley	0.00
20009	Split peas	1.00 lb
20009	Oil	2.00 T
20009	Onions, chopped	2.00 md
20009	Ribs celery, thinly sliced	2.00
20009	Ham hock, small piece of	1.00
20009	-smoked bacon, or ham bone	0.00
20009	Bay leaves	2.00
20009	Chicken stock, water, or	8.00 c
20009	-combination of the two	0.00
20009	Salt	0.00
20009	Freshly ground pepper to	0.00
20009	-taste	0.00
20010	Boneless Boston butt diced	1.50 lb
20010	-into one-inch cubes	0.00
20010	Russet potatoes, peeled and	5.00
20010	-diced into one-onch cubes	0.00
20010	Turnips, peeled and diced	2.00
20010	Into one-inch cubes	0.00
20010	Large carrots, peeled and	3.00
20010	-sliced into one-inch pieces	0.00
20010	Water to almost cover	0.00
20010	Salt and pepper to taste	0.00



Sheet1

20010	Bay leaves	2.00
20011	Bisquick	3.00 c
20011	Shredded sharp cheese	0.50 lb
20011	Hot sausage (bulk)	1.00 lb
20012	Package of dry yeast	1.00
20012	Warm water	0.25 c
20012	Dried minced onion	1.00 T
20012	Butter	1.00 T
20012	Salt	1.00 ts
20012	Egg	1.00
20012	Cottage cheese, heated to	1.00 c
20012	Lukewarm	0.00
20012	Sugar	2.00 T
20012	Dill seed	2.00 ts
20012	Soda	0.25 ts
20012	Flour	2.50 c
20013	Medium eggplant, peeled	1.00
20013	Ground beef	0.50 lb
20013	Finely chopped celery	4.00 T
20013	Medium onion, chopped	1.00
20013	Green pepper, chopped	1.00 T
20013	Parsley, minced	1.00 T
20013	Salt	0.00
20013	Pepper	0.00
20013	Water	1.00 c
20013	Tomato paste	0.50 c
20013	Small can mushrooms	1.00
20013	Sliced bacon, as needed	0.00
20014	Medium eggplant	1.00
20014	Medium tomatoes, peeled,	2.00
20014	-seeded and diced (about 1	0.00
20014	-cup	0.00
20014	Small garlic clove, minced	1.00
20014	Chopped green onions	0.75 c
20014	Chopped fresh parsley	0.25 c
20014	Red wine vinegar	5.00 T
20014	Olive oil	3.00 T
20014	Ground cumin	1.00 ts
20014	Tabasco pepper sauce	0.75 ts
20014	Salt	0.50 ts
20015	Eggplants, about 1 pound	2.00
20015	-each	0.00
20015	Olive oil	0.00
20015	Chicken broth	4.00 c
20015	Salt and pepper to taste	0.00
20016	Elderberries	2.00 qt
20016	Vinegar to cover	0.00
20016	Sugar	1.00 c
20016	Allspice	1.00 T

Sheet1

20016	Cloves	1.00 T
20016	Cayenne pepper	0.25 ts
20016	Salt	1.00 ts
20016	Cinnamon	1.00 ts
20017	Active dry yeast	1.00 pk
20017	Warm water	0.25 c
20017	Sugar	1.00 T
20017	Flour	1.00 c
20017	Milk, scalded	0.25 c
20017	Butter or margarine	0.50 c
20017	Granulated sugar	1.00 c
20017	Flour	2.50 c
20017	Salt	0.50 ts
20017	Nutmeg	1.00 ts
20017	Egg, beaten	1.00
20017	Raisins	0.50 c
20017	Citron, cut up	0.50 c
20017	Brandy	0.50 c
20018	Diced beets (optional)	8.00 oz
20018	Oranges, peeled, sliced, and	2.00
20018	-quartered	0.00
20018	Jicama, peeled and cubed	1.00 lg
20018	Slices fresh pineapple,	3.00
20018	-cubed	0.00
20018	Head iceberg lettuce,	0.50
20018	-shredded	0.00
20018	Bananas, sliced	2.00
20018	Peanuts, unsalted	0.50 c
20018	Seeds from one pomegranate	0.00
20019	Winter or summer squash,	1.00 lg
20019	-seeded, peeled, and chopped	0.00
20019	Onion, peeled and chopped	1.00 md
20019	Strips country-cured bacon,	1.00
20019	-minced (or 4 tablespoons	0.00
20019	-butter or oil)	0.00
20019	Basic white sauce	0.25 c
20019	Pine nuts	2.00 t
20019	Double recipe for double-	0.00
20019	-crust pie pastry	0.00
20019	Vegetable oil for frying	0.00
20020	Bacon	0.50 lb
20020	Fettuccini	12.00 oz
20020	Softened butter or margarine	0.25 c
20020	Heavy or whipping cream	1.00 c
20020	Grated Parmesan cheese	0.50 c
20020	Eggs, lightly beaten	2.00
20020	Chopped fresh parsley	2.00 T
20021	Fettuccini	10.00 oz
20021	Shredded Swiss cheese	2.00 c

Sheet1

20021	Melted butter	0.50 c
20022	Eggs	2.00 ea
20022	17 oz. can cream style corn	1.00 ea
20022	Margarine	0.33 c
20022	Salt	1.00 ts
20022	4 oz. can diced green chilis	1.00 ea
20022	Yellow cornmeal	1.00 c
20022	Milk	0.25 c
20022	Baking soda	0.50 ts
20022	Shredded cheddar cheese	0.50 lb
20023	1/4 lb filets of horse	4.00
20023	Slices bacon	4.00
20023	Salt and pepper to taste	0.00
20024	Fish fillets (sole or	6.00
20024	Flounder are best)	0.00
20024	Very small zucchini, thinly	6.00
20024	Sliced	0.00
20024	Butter	0.00
20024	Cream	1.75 c
20024	Flour kneaded with 2 ts	2.00 ts
20024	Butter	0.00
20024	Large egg yolks, lightly	2.00
20024	Beaten	0.00
20024	Shallots, peeled and minced	2.00
20024	Minced tarragon	1.00 ts
20024	Minced chervil	1.00 ts
20024	Minced parsley	1.00 ts
20024	Lemon zest	1.00 ts
20024	Dijon-type mustard	1.00 ts
20024	Large lemon	1.00
20025	Fish cheeks from pickerel	0.00
20025	-or lake trout	0.00
20025	Egg, beaten	1.00
20025	Salt and pepper to taste	0.00
20025	Crackers, crumbled (or 8)	6.00
20026	Salt cod	1.50 lb
20026	Medium-sized potatoes	3.00
20026	Water	0.50 c
20026	Melted butter	1.00 T
20026	White pepper	0.12 ts
20026	Flour, more or less	3.00 T
20026	Butter for frying	0.25 c
20026	Slices toast	6.00
20026	Poached eggs	6.00
20026	Slices crisp-cooked bacon	6.00
20027	Tangerines, divided	8.00
20027	Sugar	0.50 c
20027	Cornstarch	1.00 T
20027	Tangerines, sectioned and	2.00

Sheet1

20027	-seeded	0.00
20027	Brandy	3.00 T
20027	Scoops vanilla ice cream	6.00
20028	Stalks celery, cleaned and	6.00
20028	Cut into 3- to 4-inch pieces	0.00
20028	Eggs, beaten	2.00
20028	Salt	0.50 ts
20028	Pepper	0.25 ts
20028	Cracker crumbs	1.00 c
20028	Vegetable oil	0.00
20029	1/2" pieces peeled h'radish	2.00 c
20029	Finely chopped raw beet	0.50 c
20029	Coarse salt	0.50 ts
20029	Distilled white vinegar	0.75 c
20029	Sugar	0.33 c
20030	Tangerines	12.00
20030	Sugar	6.00 c
20031	Cleaned, skinned conch meat	1.00 lb
20031	Eggs, lightly beaten	2.00
20031	All-purpose flour	1.00 c
20031	Cornmeal	0.50 c
20031	Salt	2.00 ts
20031	Pepper	2.00 ts
20031	Vegetable oil	0.00
20031	Cocktail sauce	0.00
20032	Ears corn on the cob	10.00
20032	Fatback (salt pork) cut into	1.00 oz
20032	Thin slices	0.00
20032	Water	1.00 c
20032	Butter	8.00 T
20032	Salt	0.00
20032	Freshly ground black pepper	0.00
20033	Fresh pork melt (spleen)	1.00
20033	Flour	0.00
20033	Salt and freshly ground	0.00
20033	-pepper to taste	0.00
20033	Brown lard	0.00
20034	Cleaned large smelt	12.00
20034	(about 1 1/2 to 2 pounds)	0.00
20034	All-purpose flour	0.25 c
20034	Well beaten egg yolks	2.00
20034	Cold water	2.00 T
20034	Fine dry bread crumbs	0.33 c
20034	Salt	1.00 ts
20034	Fat for frying	0.00
20035	Corn meal	0.33 c
20035	All-purpose flour	0.33 c
20035	Salt	1.00 ts
20035	Freshly ground black pepper	0.00

Sheet1

20035	Shortening or vegetable oil	1.00 c
20035	Watermelon rind, cubed	2.00 c
20036	Dry pinto beans	2.00 c
20036	Water, or more if needed	8.00 c
20036	Lard or oil	2.00 T
20036	Salt	1.00 T
20036	GARNISHES*****	0.00
20036	Chile salsa or minced onion	0.00
20036	-or sour cream; grated	0.00
20036	-queso añejo or Monterey	0.00
20036	-jack cheese	0.00
20037	Grapefruits	12.00
20037	Water	8.00 c
20037	Sugar	8.00 c
20037	Corn syrup	2.00 c
20037	Glycerin	1.00 T
20038	*****SYRUP*****	0.00
20038	Water	1.33 c
20038	Honey	1.00 c
20038	Cinnamon	0.25 ts
20038	Nutmeg	0.25 ts
20038	Stick margarine	1.00
20038	*****DOUGH*****	0.00
20038	Flour	3.00 c
20038	Salt	1.50 ts
20038	Baking powder	3.00 ts
20038	Shortening	1.33 c
20038	Milk	1.00 c
20038	*****FRUIT*****	0.00
20038	Black raspberries	5.00 c
20039	Hazelnuts	0.67 c
20039	Cooked medium-grain white	0.75 c
20039	-rice	0.00
20039	Egg whites at room	4.00
20039	-temperature	0.00
20039	Salt	1.00 pn
20039	Sugar	1.25 c
20040	Small eggplants	2.00
20040	Salt	0.00
20040	All-purpose flour	1.33 c
20040	Salt	1.00 ts
20040	Pepper	0.25 ts
20040	Milk	0.75 c
20040	Egg yolks, beaten	2.00
20040	Butter or margarine	1.00 T
20040	Vegetable oil	0.00
20041	Wasser	200.00 ml
20041	Mehl	20.00 g
20041	Teeloeffel Instantbruehe	2.00

Sheet1

20041	- (ggf.)	0.00
20041	Becher "Schmand"	1.00
20041	Metaxa oder Cognac	20.00 ml
20041	Gouda, Menge nach	0.00
20041	- individuellem Geschmack	0.00
20042	Cooked squash	0.75 c
20042	Milk	1.00 pt
20042	Water	1.00 pt
20042	Butter	2.00 T
20042	Flour	3.00 T
20042	Salt, pepper	0.00
20042	Onion	0.00
20043	Gooseberries	4.00 lb
20043	Medium sized onions	3.00
20043	Brown sugar, tightly packed	3.00 c
20043	Cider vinegar	1.50 c
20043	Dry white wine	1.50 c
20043	Seedless raisins	1.00 c
20043	Salt	1.00 ts
20043	Dry mustard	2.00 ts
20043	Ground ginger	1.00 ts
20043	Turmeric	1.00 ts
20043	Cayenne pepper	0.50 ts
20044	Gooseberries	3.00 lb
20044	Water	0.50 c
20044	Shredded fresh pineapple	2.00 c
20044	Seedless raisins	2.00 c
20044	Sugar	4.00 c
20044	Chopped pecans	2.00 c
20045	Fresh gooseberries	4.00 qt
20045	Heaping handfuls of chopped	3.00
20045	Bergamot leaves	0.00
20045	White sugar per pint juice	12.00 oz
20046	Jerusalem artichokes, well	5.00 lb
20046	Scrubbed and chopped	0.00
20046	Chopped onions	6.00 c
20046	Bunch celery, leaves re-	1.00
20046	Moved, sliced	0.00
20046	Or 4 green bell peppers,	3.00
20046	Chopped	0.00
20046	Salt (scant)	0.50 c
20046	Mustard seed, softened in	2.00 T
20046	1/4 cup hot water	0.00
20046	Brown sugar	1.00 lb
20046	Apple cider vinegar	1.00 qt
20046	Turmeric	1.50 ts
20046	Dash Tabasco	0.00
20046	Flour	0.50 c
20047	Eggs	2.00

## Sheet1

20047	Sifted white cornmeal	2.50 c
20047	Buttermilk	2.00 c
20047	Melted shortening or bacon	3.00 T
20047	-grease	0.00
20047	Salt	1.00 ts
20047	Soda	1.00 ts
20047	Baking powder	3.00 ts
20048	Grape pulp and skins	2.50 c
20048	Sugar	0.75 c
20048	Flour	2.00 T
20048	Melted butter	3.00 T
20048	Pastry for a 10-inch pie	0.00
20049	Grape skins and juice	2.50 c
20049	-drained from pulp	0.00
20049	Sugar	1.00 c
20049	Flour	1.50 T
20049	Pastry for a double-crust	0.00
20049	-10-inch pie	0.00
20050	White turnips	1.00 lb
20050	Lean salt pork	0.50 lb
20050	Water	1.00 qt
20050	Salt & pepper to taste	0.00
20050	White cornmeal or polenta	3.00 T
20050	Heavy cream (minimum 36 %	0.25 c
20050	Milkfat)	0.00
20051	Bunches green onions, sliced	3.00
20051	Plus 2 tablespoons butter	0.25 c
20051	Or margarine	0.00
20051	Unbaked 9-inch pastry shell	1.00
20051	Eggs, beaten	4.00
20051	Whipping cream	1.00 c
20051	Salt	0.75 ts
20051	Pepper	0.12 ts
20052	Veal or beef, 1/2-inch	2.00 lb
20052	Thick, trimmed and cut into	0.00
20052	Small serving pieces	0.00
20052	Vegetable oil	0.25 c
20052	All-purpose flour	0.25 c
20052	Chopped onion	1.00 c
20052	Chopped green pepper	1.50 c
20052	Garlic cloves, minced	2.00
20052	Chopped fresh tomatoes	1.00 c
20052	Dried thyme	0.50 ts
20052	Beef broth	0.75 c
20052	Red wine	0.50 c
20052	Salt	0.75 ts
20052	Bay leaf	1.00
20052	Tabasco pepper sauce	2.00 ts
20052	Worcestershire sauce	1.00 T

Sheet1

20052	Chopped fresh parsley	3.00 T
20053	Mutton	600.00 g
20053	Salt	1.00 ts
20053	Onion	1.00
20053	Celariac (celery root)	0.50
20053	Leek	1.00
20053	Carrot	1.00
20053	Carrots	3.00 md
20053	Fine farina	4.00 ts
20053	Egg yolk	1.00
20053	Cream or milk	2.00 ts
20054	White bread crumbs	1.00 c
20054	Softened margarine	0.25 c
20054	Cooked rice	1.00 c
20054	Chopped heartnuts (Juglans	1.50 c
20054	- sieboldiana cordiformis)	0.00
20054	Eggs, beaten	2.00
20054	Celery salt	0.25 ts
20054	Worcestershire sauce	1.00 T
20054	Dry, crumbled sage	0.50 ts
20054	Dried thyme	0.25 ts
20054	Parsley, fresh or dried	3.00 T
20054	Finely grated onions	2.00 T
20054	Black pepper	0.50 ts
20055	Dried lima beans (about	0.50 lb
20055	-1 1/4 cups)	0.00
20055	Salt pork, sliced 1/2-inch	0.25 lb
20055	-thick	0.00
20055	Cayenne pepper	0.50 ts
20055	Salt	0.50 ts
20055	Water	0.00
20055	(12-ounce) kernel corn	1.00 cn
20056	Reduced Fat Mayonnaise	1.00 c
20056	Salt	1.00 ts
20056	Cubed cooked potatoes	5.00 c
20056	Chopped onion	0.33 c
20056	Vinegar	1.00 tb
20056	Pepper	0.25 ts
20056	Sliced celery	1.00 c
20057	Hard-cooked eggs	6.00
20057	Dry curd cottage cheese	3.00 T
20057	Low-fat plain yogurt	2.00 T
20057	Finely chopped onion	1.00 T
20057	Prepared Dijon mustard	1.00 ts
20057	Dried parsley	0.50 ts
20057	Dill weed	0.25 ts
20057	Garlic powder	0.12 ts
20057	Dash of hot pepper sauce	0.00
20057	Salt & pepper to taste,	0.00



Sheet1

20057	Optional	0.00
20058	Your favorite heritage bean,	1.50 c
20058	Such as Jacob's Cattle,	0.00
20058	Anasazi, or Calypso	0.00
20058	Diced chilies	1.00 c
20058	Diced fresh mushrooms,	2.00 c
20058	Portobellos if available	0.00
20058	Olive oil	0.12 c
20058	Minced garlic	1.00 T
20058	Pepper to taste	0.00
20058	Roma tomatoes, diced	2.00
20059	Butternut squash (or your	3.00 lb
20059	Favorite winter squash)	0.00
20059	Head garlic	1.00
20059	Large onions	2.00
20059	Chicken broth or vegetable	4.00 c
20059	Broth	0.00
20059	Salt and pepper to taste	0.00
20059	Light table cream	1.00 c
20059	OR fat-free sour cream	0.00
20060	Grated potatoes	2.00 c
20060	(approximately 1 pound	0.00
20060	Potatoes)	0.00
20060	Baking powder	1.00 ts
20060	Flour	2.00 T
20060	Finely chopped onion	3.00 T
20060	Chopped parsley	2.00 T
20060	Large eggs, well beaten	2.00
20060	Salt	1.00 ts
20060	Light cooking oil	4.00 T
20061	Hominy grits	0.50 c
20061	Water	0.00
20061	Salt	0.50 ts
20061	Butter or margarine	2.00 T
20061	Beaten eggs	2.00
20061	Milk	2.00 c
20061	White cornmeal	1.00 c
20062	Blackberries	4.00 c
20062	Sugar	1.00 c
20062	Tapioca	3.50 T
20062	All-purpose flour	1.00 T
20062	Lemon juice	1.00 T
20062	Salt	0.12 ts
20062	Sugar	0.00
20063	Sausage	0.25 lb
20063	Butter or margarine as	0.00
20063	-needed	0.00
20063	Flour	3.00 T
20063	Milk	1.50 c

Sheet1

20063	Sausage seasoning, optional	0.25 ts
20063	Salt and pepper, to taste	0.00
20063	Bisquits or toast	0.00
20064	Salmon filets, about 6-oz ea	4.00
20064	Cornbread or corn muffin	0.50 c
20064	Crumbs	0.00
20064	Stems fresh thyme, picked	2.00
20064	And minced	0.00
20064	Zest of 1 orange, minced	0.00
20064	Or 2 finely grated fresh	1.00 T
20064	Horseradish	0.00
20064	Salt	0.50 ts
20064	Melted butter, plus extra	0.50 T
20064	For brushing salmon	0.00
20065	Packed fresh parsley, rinsed	1.00 c
20065	- And dried	0.00
20065	Packed fresh watercress	1.00 c
20065	- Leaves, rinsed and dried	0.00
20065	Packed fresh basil leaves,	1.00 c
20065	- Rinsed and dried	0.00
20065	Pine nuts or almonds,	0.25 c
20065	- Toasted	0.00
20065	Fresh lime juice	0.25 c
20065	Olive oil	0.25 c
20065	Small garlic cloves, minced	2.00
20065	Tabasco pepper sauce	1.00 ts
20066	Chicken	1.00
20066	Chili peppers, fresh or dry	12.00
20066	Butter or cooking oil	3.00 T
20066	Medium onions chopped fine	2.00
20066	Corn meal	1.00 qt
20066	Plenty of large corn husks	0.00
20066	Salt for chicken water	0.00
20067	Ham or beef soup bone	0.00
20067	Dried green split peas	1.00 c
20067	Onions, cut up	2.00 md
20067	Head lettuce, cut up	0.50 md
20067	Salt	1.00 ts
20067	Water	1.50 qt
20067	Lamb steaks, shoulder or leg	4.00
20067	-chops, 3/4-inch thick	0.00
20067	Salt and pepper to taste	0.00
20068	*****	0.00
20069	Information	0.00
20070	Ground beef	1.00 lb
20070	Chopped onion	1.50 c
20070	Salt	0.50 ts
20070	Pepper	0.25 ts
20070	Milk	1.50 c

## Sheet1

20070	Shredded cheddar cheese	1.00 c
20070	(about 4 oz.)	0.00
20070	Bisquick baking mix	0.75 c
20070	Eggs	3.00
20071	Butter or margarine	0.75 c
20071	Sugar	2.00 c
20071	Vanilla	1.00 ts
20071	Eggs	3.00
20071	Sifted flour	1.00 c
20071	Intriguing fortunes written	60.00
20071	-on small strips of paper	0.00
20072	Whipping cream	1.00 c
20072	Coffee cream	1.00 c
20072	Vanilla	0.75 ts
20072	Flour	0.50 c
20072	Sugar	1.00 c
20072	Salt	0.25 ts
20072	Pastry lined 9-inch pie pan	0.00
20072	Butter	1.00 T
20072	Nutmeg	0.50 ts
20073	Ground beef	1.00 lb
20073	Onion	1.00 md
20073	Flour	1.50 T
20073	Ketchup	0.67 c
20073	Pepsi	0.75 c
20073	Vinegar	2.00 T
20073	Worcestershire sauce	1.00 T
20073	Dry mustard	1.00 ts
20073	Salt and pepper to taste	0.00
20074	Head savoy cabbage	1.00
20074	Onion, chopped	1.00 lg
20074	Olive oil	2.00 T
20074	Chicken broth	0.50 c
20074	Black pepper	0.50 ts
20074	Freshly grated nutmeg	0.50 ts
20074	Salt to taste	0.00
20074	Italian sausages	1.00 lb
20074	Onion, sliced	1.00 md
20075	Jerusalem artichokes, well	2.00 qt
20075	Scraped and peeled	0.00
20075	Large onions, quartered	2.00
20075	White vinegar (5% acidity)	1.50 c
20075	Firmly packed brown sugar	1.25 c
20075	Salt	1.50 T
20075	Celery salt	1.00 T
20075	Ground allspice	1.50 ts
20075	Ground turmeric	0.50 ts
20075	Red pepper	0.25 ts
20076	Whole Jerusalem artichokes	1.50 lb

Sheet1

20076	Ripe bananas	2.00 sm
20076	Chablis	4.00 T
20076	Nutmeg	0.00
20076	Salt and freshly ground	0.00
20076	-pepper	0.00
20077	Flour	2.50 c
20077	Crisco	1.00 c
20077	Salt	1.00 ts
20077	Ice water	0.33 c
20078	Dry navy beans	2.00 lb
20078	Sugar	6.00 tb
20078	Dry mustard	2.00 ts
20078	Black pepper	0.50 ts
20078	Smoked pork jowl	1.25 lb
20078	Molasses	0.67 c
20078	Salt	4.00 ts
20078	Hot water	1.00 x
20079	Ripe watermelon	0.33 md
20079	12-oz. frozen lemonade con-	2.00 cn
20079	-centrate	0.00
20079	Lemon	1.00
20079	Sugar	0.50 c
20079	Favorite distilled beverage	2.00 cn
20079	-using lemonade cans	0.00
20080	Flour	2.00 c
20080	Sugar	1.00 c
20080	Baking powder	0.50 ts
20080	Baking soda	0.50 ts
20080	Salt	1.00 ts
20080	Cranberries, sliced in half	1.00 c
20080	Chopped nuts	1.00 c
20080	Juice and grated rind of 2	0.00
20080	-oranges	0.00
20080	Shortening	2.00 T
20080	Boiling water	0.50 c
20080	Egg, beaten	1.00
20081	Large mangoes	10.00
20081	Cloves of garlic	2.00
20081	Onion	1.00
20081	Seedless raisins	1.00 c
20081	Cider vinegar	1.00 c
20081	Freshly squeezed lime juice	1.00 c
20081	Brown sugar (tightly packed)	1.50 c
20081	Crushed dried chili peppers	0.50 ts
20081	Celery seeds	1.00 T
20081	Whole mustard seeds	1.00 T
20081	Grated fresh ginger root	2.00 T
20081	Salt	1.50 ts
20082	Or 3, curly kale	2.00 lb

Sheet1

20082	Potatoes	3.00 lb
20082	Milk	0.00
20082	Salt	0.00
20082	Smoked sausage or	1.00 lb
20082	-Frankfurters	0.00
20082	Fat, butter, or margarine	4.00 T
20082	Pepper	0.00
20083	Cleaned, skinned conch meat	1.50 lb
20083	Salt pork, diced	0.25 lb
20083	Chopped onion	1.00 c
20083	Chopped green pepper	0.33 c
20083	Clove garlic, minced	1.00
20083	Water	3.00 c
20083	14.5 oz. can tomatoes	1.00
20083	-undrained and chopped	0.00
20083	Diced raw potatoes	2.00 c
20083	Bay leaves	2.00
20083	5.33 oz. can evaporated milk	1.00
20083	Salt	1.00 ts
20083	Pepper	0.50 ts
20084	Veal kidney	1.00
20084	Beef bouillon cube	1.00
20084	Boiling water	1.00 c
20084	Flour	2.00 T
20084	Cold water	0.25 c
20084	Cubed potatoes, cooked	1.00 c
20084	Sliced carrots, cooked	0.50 c
20084	Small onion, chopped	1.00
20084	Salt and pepper	0.00
20085	Gallon jar	1.00 ea
20085	Pickling salt	3.75 T
20085	Pickling spices	1.00 T
20085	Powdered alum	0.25 ts
20085	2-3 inch stalk of celery	1.00 ea
20085	Small to med. green tomatoes	4.50 lb
20085	Thinly sliced clove garlic	1.00 ea
20085	Stalk of dill	1.00 ea
20085	White vinegar	1.00 c
20086	Krot	1.00 c
20086	Sugar	1.50 c
20086	Eggs	2.00
20086	Sweet milk	1.00 c
20086	Vanilla or lemon extract	1.00 ts
20086	Flour	3.00 c
20086	Baking powder	1.00 ts
20086	Baking soda	1.00 ts
20087	White vinegar	0.75 c
20087	Vegetable oil	6.00 T
20087	Cloves garlic, finely	4.00

## Sheet1

20087	-chopped and mixed with 1/3	0.00
20087	-cup ice water	0.00
20087	Tabasco sauce, or to taste	0.50 ts
20087	Chili powder	1.50 T
20087	Salt, or to taste	1.50 ts
20087	Head green savoy cabbage,	1.00
20087	-chopped into small pieces	0.00
20088	12-inch Dutch oven	0.00
20088	25 charcoal briquettes (15	0.00
20088	-on bottom, 10 on top)	0.00
20088	Sliced peaches with syrup	2.00 cn
20088	-(29-30 oz. cans)	0.00
20088	Cake mix (white, yellow or	1.00 pk
20088	-spiced)	0.00
20088	Stick margarine	0.33
20088	Ground cinnamon to taste	0.00
20089	Green tomatoes	2.00 lb
20089	Packed, thinly sliced (1/8	0.50 c
20089	Inch) unpeeled lemon (about	0.00
20089	2 medium); reserve seeds	0.00
20089	Grated crystallized ginger	1.00 T
20089	Water	0.50 c
20089	Sugar	2.50 c
20090	Large red potatoes	4.00 ea
20090	(or 3) eggs	2.00 ea
20090	Flour	1.00 x
20090	Pepper	1.00 x
20090	(or more) bulk pork sausage	1.00 lb
20090	Baking powder	2.00 ts
20090	Salt	1.00 x
20091	Catsup	0.50 c
20091	Lemon juice	0.25 c
20091	Worcestershire sauce	2.00 ts
20091	Chopped chives	0.50 ts
20091	Hot sauce	0.50 ts
20091	Salt	0.12 ts
20091	Coarsely chopped, cooked	1.00 c
20091	-lobster	0.00
20091	Lettuce leaves	0.00
20092	Cloves garlic	4.00
20092	Cumin seeds, toasted	2.00 ts
20092	Dried oregano, preferably	2.00 ts
20092	-Mexican	0.00
20092	Salt	1.00 ts
20092	Fresh-ground black pepper	0.50 ts
20092	Chiles de *rbol or cayennes	2.00
20092	Pork Boston butt, cut into	2.50 lb
20092	-bite sized cubes	0.00
20092	Lard or vegetable shortening	0.25 c

Sheet1

20092	Milk	0.25 c
20092	Salsa de *rbol or Jalape*o	0.00
20092	-hot sauce or other salsa or	0.00
20092	-hot sauce	0.00
20092	Corn or flour tortillas,	0.00
20092	-warmed	0.00
20093	Sifted bread flour	4.00 c
20093	Warm water	2.00 c
20093	Cake yeast	0.50
20093	Warm water	2.00 T
20093	Baking soda	1.00 ts
20093	Salt	1.00 T
20093	Melted lard	0.33 c
20093	More cups sifted flour	3.00
20094	Large stewing hen	1.00 ea
20094	Onion	1.00 ea
20094	Leeks	3.00 ea
20094	Cold water	1.00 x
20094	Celery stalks	4.00 ea
20094	Garlic cloves	2.00 ea
20095	Persimmon pulp	1.00 c
20095	Flour	1.00 c
20095	Buttermilk	0.25 c
20095	Stick of Margarine	1.00 ea
20095	Baking powder	1.50 ts
20095	Sugar	1.00 c
20095	Milk	0.50 c
20095	Blackberry wine, Mogen David	0.25 c
20095	Egg	1.00 ea
20095	Salt	1.00 pn
20096	Head cabbage, chopped	1.00
20096	Or 5 slices bacon or salt	4.00
20096	Pork	0.00
20096	Cider vinegar	1.00 T
20096	Sugar	1.00 T
20096	Freshly ground black pepper	0.12 ts
20097	All-purpose flour	1.00 c
20097	Double-acting baking powder	2.00 ts
20097	Salt	0.25 ts
20097	Heavy cream	0.50 c
20098	Slices bacon	3.00
20098	Cherrystone clams in shells	12.00
20098	Worcestershire sauce	2.00 ts
20098	Hot sauce	1.00 ts
20098	Seasoned bread crumbs	2.00 T
20099	3 1/2 to 4-pound chicken	1.00
20099	Salt and freshly ground	0.00
20099	-black pepper	0.00
20099	Vegetable oil for frying	0.00

Sheet1

20099	All-purpose flour for	0.00
20099	-dredging	0.00
20099	Unsalted butter	1.00 T
20099	Flour	1.00 T
20099	Half-and-half	1.50 c
20099	Milk	1.00 c
20100	Sweet potatoes, peeled and	3.00 md
20100	-quartered	0.00
20100	Maple syrup	0.25 c
20100	Margarine or butter	2.00 ts
20100	Salt	0.25 ts
20100	Or 1/3 c half-and-half,	0.25 c
20100	-light cream, or milk	0.00
20101	Mashed potatoes	6.00 c
20101	Hard-cooked and chopped eggs	2.00
20101	Chopped celery	0.50 c
20101	Chopped green onion	0.25 c
20101	Chopped fresh parsley or	1.00 ts
20101	Dried parsley flakes	0.00
20101	Salt	0.50 ts
20101	Black pepper	0.50 ts
20101	Lettuce leaves	0.00
20102	Semisweet cider	2.00 qt
20102	Slices homemade bread, cut	6.00
20102	-into small croutons	0.00
20102	Butter	4.00 T
20102	Salt and pepper	0.00
20102	Eggs	3.00
20102	Brown sugar or 1/4 cup maple	4.00 T
20102	-syrup	0.00
20102	Medium cream	1.75 c
20102	Flour	3.00 T
20102	Dark Jamaican rum	2.00 oz
20102	Nutmeg	0.00
20102	Cinnamon	0.00
20103	*****Pancakes*****	0.00
20103	Flour	1.00 c
20103	Milk	0.50 c
20103	Eggs	2.00
20103	Salt to taste	0.00
20103	Butter or margarine for	0.00
20103	-baking	0.00
20103	*****Filling*****	0.00
20103	Butter or margarine	4.00 T
20103	Flour	0.33 c
20103	Stock or bouillon	2.00 c
20103	Salt	0.00
20103	Pepper	0.00
20103	Nutmeg	0.00



Sheet1

20103	Lemon juice to taste	0.00
20103	Cooked meat, ground or	2.00 c
20103	-minced	0.00
20103	Canned mushrooms	0.50 c
20104	Beef, course ground	30.00 lb
20104	6 lb. can kidney beans	1.00
20104	6 lb. can tomato paste	1.00
20104	6 lb. can crushed tomatoes	1.00
20104	Dried onion chips	1.50 qt
20104	Chili powder	1.25 lb
20104	Cayenne pepper, ground	0.50 c
20104	Whole garlics, peeled and	3.00
20104	-chopped	0.00
20104	Ground cumin	0.50 c
20104	Fennel seed (optional)	0.50 c
20104	Bell peppers, diced	6.00
20104	-(optional)	0.00
20104	Salt to taste	0.00
20104	Water	0.00
20105	Semi-sweet chocolate pieces	1.50 c
20105	Butter or margarine	6.00 T
20105	Honey	0.33 c
20105	Beaten eggs	2.00
20105	Vanilla	1.00 ts
20105	All-purpose flour	0.50 c
20105	Baking powder	0.50 ts
20105	Chopped nuts (optional)	0.50 c
20106	Batch of your favorite tur-	1.00
20106	-key stuffing mixture	0.00
20106	Uncooked popcorn	0.50 c
20107	Margarine or butter	1.00 c
20107	All-purpose flour	3.00 c
20107	Sugar	1.00 c
20107	Eggs	2.00
20107	Baking powder	1.00 ts
20107	Baking soda	0.25 ts
20107	All-Fruit Mincemeat or	2.00 c
20107	-prepared mincemeat	0.00
20107	Chopped walnuts or pecans	0.50 c
20107	Brandy Icing	0.00
20108	Pkg frozen chopped broccoli	1.00
20108	Large onion, minced	1.00
20108	Butter or margarine	8.00 T
20108	6 oz. roll of garlic cheese	1.00
20108	Can mushrooms stems& pieces	1.00
20108	Dash of hot sauce	1.00
20108	Can cream of mushroom soup	1.00
20109	(64 oz.) tomato juice	1.00 cn
20109	To 2 large soup bones (ask	1.00

Sheet1

20109	-butcher to split them)	0.00
20109	Stewing beef, optiona;	1.00 lb
20109	To 2 onions, peeled, halved	1.00
20109	Pepper	1.00 ts
20109	(15 oz.) corn or 10 oz. pk	1.00 cn
20109	-frozen	0.00
20109	(15 oz.) peas or 10 oz. pk	1.00 cn
20109	-frozen	0.00
20109	To 3 large carrots, peeled,	2.00
20109	-sliced 1/2 inch thick	0.00
20109	Head cabbage, sliced	0.50
20109	Parsnips, peeled, sliced 1/2	3.00
20109	-inch thick, optional	0.00
20109	Quick-cooking barley.	0.50 c
20110	12-inch Dutch oven	1.00
20110	Onion, chopped	1.00 md
20110	Bacon, cut into small pieces	0.50 lb
20110	32-oz. hash brown potatoes	1.00 pk
20110	Eggs	12.00
20110	Cheddar cheese, grated	1.50 lb
20110	8-oz. jar of salsa	1.00
20111	Half-ripe (red to purple)	4.00 c
20111	Mulberries	0.00
20111	Water	0.25 c
20111	Fresh lime juice	0.00
20111	Sugar	0.00
20112	Sun dried tomatoes cut in	1.50 oz
20112	-1/4 inch slices	0.00
20112	(14.5-oz.) diced tomatoes	1.00 cn
20112	Sliced mushrooms	2.00 c
20112	Chopped parsley	2.00 T
20112	Tabasco Garlic Pepper Sauce	2.00 ts
20112	-Blend	0.00
20112	Salt	0.25 ts
20112	(10-oz.) refrigerated pizza	1.00 cn
20112	-dough	0.00
20112	Zucchini, thinly slices	1.00 sm
20112	Shredded mozzarella cheese	1.00 c
20113	Small fresh mushrooms,	1.50 lb
20113	Cleaned	0.00
20113	Large onion, chopped	1.00
20113	Plus 2 tablespoons butter	0.25 c
20113	Or margarine, divided	0.00
20113	All-purpose flour	3.00 T
20113	Chicken broth	0.50 c
20113	Madeira or other sweet wine	2.00 T
20113	Salt	0.50 ts
20113	Celery salt	0.50 ts
20113	Pepper	0.12 ts

## Sheet1

20113	Dash of red pepper	0.00
20113	*****	0.00
20113	LATTICE-CRUST PASTRY	0.00
20113	All-purpose flour	2.00 c
20113	Salt	0.50 ts
20113	Plus 2 tablespoons	0.67 c
20113	Shortening	0.00
20113	Or 6 tablespoons cold water	5.00
20114	Cleaned whole morels	1.00 lb
20114	(Morchella esculenta)	0.00
20114	Eggs	2.00
20114	Salt	0.50 ts
20114	Pepper	0.12 ts
20114	Flour	2.00 c
20114	Butter (not margarine)	0.12 lb
20114	Milk	0.25 c
20115	Pastry for 9-inch single	0.00
20115	-crust	0.00
20115	Hot pork sausage	1.00 lb
20115	(1/2 stick) butter	0.25 c
20115	(12 oz.) fresh mushrooms	0.75 lb
20115	Whipping cream, not whipped	1.00 c
20115	Egg yolks, beaten	2.00
20115	Flour	1.00 T
20115	Melted butter	1.00 T
20115	Lemon juice	1.00 T
20115	Salt	0.50 ts
20115	Pepper	0.50 ts
20115	Freshly grated Parmesan	0.50 c
20115	-cheese	0.00
20116	Vinegar	1.00 c
20116	1.12 oz. cans dry mustard	2.00
20116	Eggs, beaten	3.00
20116	Sugar	1.00 c
20117	Turnips, peeled and diced	2.00 lb
20117	Olive oil	4.00 T
20117	Cloves garlic, finely	3.00
20117	-chopped	0.00
20117	Leek (or one large onion),	1.00 lg
20117	-chopped	0.00
20117	Cooked navy beans	2.00 c
20117	Mustard greens (or any	0.50 lb
20117	-bitter greens), washed and	0.00
20117	-coarsely chopped	0.00
20117	Chicken broth	6.00 c
20117	Salt and pepper to taste	0.00
20118	Or 3 bunches of turnip and	2.00
20118	Mustard greens	0.00
20118	Large onion, chopped	1.00

Sheet1

20118	Salt pork or bacon	1.50 lb
20119	Milk	1.00 qt
20119	Honey	0.50 c
20119	Salt	0.50 ts
20119	Vanilla	1.00 ts
20119	Eggs	6.00
20119	Cooked, mashed pumpkin	1.50 c
20120	Bunches fresh mustard greens	2.00
20120	Water	0.00
20120	Bunch green onions, chopped	1.00
20120	Cherry tomatoes	0.50 lb
20120	Crushed black pepper	0.12 ts
20120	Peanut butter	0.50 c
20120	Water	0.25 c
20120	Hot cooked rice	0.00
20121	Potatoes	1.50 lb
20121	Nettle tops	2.00 oz
20121	Butter	2.00 oz
20121	Small onion	1.00 ea
20121	Milk	0.50 pt
20121	Freshly ground black pepper	1.00 x
20122	Pineapple Topping	10.00 oz
20122	Prepared Horseradish	0.33 c
20122	Cream cheese	0.25 lb
20122	Apple Jelly	10.00 oz
20122	Dry mustard	0.25 c
20123	Small head green cabbage,	1.00
20123	Shredded	0.00
20123	New Zealand Braeburn or Fuji	2.00
20123	Apples, cored and thinly	0.00
20123	Sliced	0.00
20123	Large carrot, grated	1.00
20123	Small red bell pepper,	1.00
20123	Chopped	0.00
20123	Small green bell pepper,	1.00
20123	Chopped	0.00
20123	Small red onion, chopped	0.50
20123	Buttermilk Dressing	0.00
20124	Pairs sweetbreads (1 1/4 lb)	2.00 sm
20124	Apples	2.00 lb
20124	Melted butter	7.00 T
20124	Salt and pepper	0.00
20124	Fried croutons	0.00
20124	Apple brandy or Calvados	4.00 ts
20124	Heavy cream	0.50 c
20125	Bacon drippings	2.00 T
20125	Minced onion	2.00 T
20125	Peanut butter	2.00 T
20125	Milk	1.00 c

## Sheet1

20125	Chopped cooked potatoes	1.00 qt
20125	Chopped celery	1.00 c
20125	Broken nut meats	1.00 c
20125	Shredded green pepper	1.00
20125	Salt and pepper to taste	0.00
20126	Finely chopped salt pork	1.00 c
20126	Boiling water	1.00 c
20126	Baking soda	0.50 ts
20126	Molasses	1.00 c
20126	Sugar	1.00 c
20126	Raisins	1.00 c
20126	Cinnamon	1.00 ts
20126	Nutmeg	0.50 ts
20126	Allspice	0.50 ts
20126	Ground cloves	0.50 ts
20126	All-purpose flour	3.00 c
20127	Plum juice	5.50 c
20127	Sugar	7.50 c
20127	Box fruit pectin	1.00
20128	Medium cucumbers, peeled	2.00
20128	And cut into 1/4-inch slices	0.00
20128	Eggs, beaten	2.00
20128	Fine dry breadcrumbs	1.50 c
20128	Vegetable oil	0.00
20129	Cleaned and slice okra	1.50 c
20129	(about 3/4 pound)	0.00
20129	Cooked rice	1.50 c
20129	Chopped tomato	1.00 c
20129	Chopped onion	0.75 c
20129	Sugar	1.00 T
20129	Salt	1.50 ts
20129	Baking powder	1.00 ts
20129	Pepper	0.75 ts
20129	Eggs, beaten	2.00
20129	Cornmeal	1.00 c
20129	All-purpose flour	1.00 c
20129	Vegetable oil	0.00
20130	Cake of yeast	0.50 ea
20130	Milk	1.00 c
20130	Soda	1.00 ts
20130	Syrup	2.00 ts
20130	Tepid water	2.00 c
20130	Buckwheat flour	1.00 x
20130	Salt	2.00 ts
20131	Fresh pork sausage	1.00 lb
20131	Brown sugar, firmly packed	3.00 c
20131	Egg, lightly beaten	1.00
20131	Baking soda	1.00 ts
20131	Cold strong coffee	1.00 c

Sheet1

20131	Raisins	1.00 c
20131	Hickory nuts, walnuts, or	1.00 c
20131	-pecans	0.00
20131	Salt	1.00 ts
20131	Sifted flour	3.00 c
20131	Cinnamon	1.00 ts
20131	Nutmeg	1.00 ts
20131	Allspice	1.00 ts
20132	To 2 dozen chowder clams	1.50
20132	Olive or vegetable oil	2.00 T
20132	Celery rib, diced fine	1.00
20132	Onion, diced fine	0.50 md
20132	To 3, veal broth	2.00 c
20132	Sprig savory or thyme, or	1.00 lg
20132	-1/4 teaspoon dried savory	0.00
20132	-or thyme leaves	0.00
20132	Potatoes, peeled and diced	2.00 md
20132	Carrots, peeled and diced	2.00 md
20132	Corn kernels and/or 1/2 cup	0.50 c
20132	-shelled fresh peas	0.00
20132	-(optional)	0.00
20132	Salt and freshly ground	0.00
20132	-black pepper	0.00
20133	*****SIFT TOGETHER*****	0.00
20133	Flour	1.67 c
20133	Sugar	1.33 c
20133	Baking powder	0.25 ts
20133	Salt	0.75 ts
20133	Ground Cinnamon	0.50 ts
20133	Ground cloves	0.25 ts
20133	Ground allspice	0.25 ts
20133	Baking soda	1.00 ts
20133	*****ADD*****	0.00
20133	Shortening	0.33 c
20133	Water	0.33 c
20133	Applesauce	1.00 c
20133	Raisins	0.67 c
20134	Chicken thighs	8.00 ea
20134	Coarse salt; black pepper	1.00 x
20134	Butter	0.25 c
20134	Fresh bread crumbs	1.00 c
20134	Or high quality Parmesan	1.00 ea
20134	Finely chopped parsley	0.33 c
20134	Large garlic cloves	4.00 ea
20134	Eggs	3.00 ea
20134	Olive oil	0.33 c
20134	Grated Parmagiano-Reggiano	0.50 c
20134	Cheese	1.00 ea
20135	(4 large) russet potatoes,	2.00 lb

Sheet1

20135	-scrubbed	0.00
20135	Bacon slices, diced	5.00
20135	Melted butter	2.00 T
20135	Salt	0.00
20135	Freshly ground black pepper	0.00
20135	About 1/4 cup sour cream	0.00
20135	Whole green onion, finely	1.00 lg
20135	-chopped	0.00
20136	Raw oysters	1.00 pt
20136	Veal	0.25 lb
20136	Suet	0.25 lb
20136	Bread crumbs	0.00
20136	Egg, well beaten	1.00
20136	Salt & pepper to taste	0.00
20137	Large oysters	24.00
20137	Pair sweetbreads (about	1.00
20137	-1 1/2 pounds)	0.00
20137	Lemon slices	3.00
20137	Salt	0.50 ts
20137	Pepper	0.25 ts
20137	Ground mace	0.25 ts
20137	Butter	0.25 c
20137	Flour	0.25 c
20137	Salt	0.50 ts
20137	Light cream	1.00 c
20138	Oysters in shell	20.00
20138	Egg yolk, beaten	1.00
20138	Chopped green pepper	0.50 c
20138	Chopped pimiento	2.00 T
20138	Dry mustard	1.00 ts
20138	Mayonnaise or salad dressing	0.25 c
20138	Salt	0.25 ts
20138	White pepper	0.25 ts
20138	Worcestershire sauce	1.00 T
20138	Fresh lump crabmeat	1.00 lb
20138	(4-lb) package rock salt	1.00
20139	Information	0.00
20140	Masa harina	2.00 c
20140	Warm water	1.50 c
20140	Ground cumin, made from	1.00 T
20140	-lightly toasted cumin seed	0.00
20140	Salt and pepper to taste	0.00
20140	Ranchero cheese, or mild	6.00 oz
20140	-melting cheese such as	0.00
20140	-Monterey jack, grated (2	0.00
20140	-cups)	0.00
20140	Chopped cilantro	0.50 c
20141	Rabbit	1.00
20141	Bread crumbs	0.50 c

Sheet1

20141	Parmesan cheese	0.50 c
20141	Egg	1.00
20141	Salt and pepper	0.00
20141	Butter	0.25 lb
20141	Tomato juice	0.50 c
20142	Chicken, cut up	1.50 lb
20142	Yellow onions; 1 quartered,	4.00 md
20142	-3 chopped	0.00
20142	Bay leaves	2.00
20142	Fresh corn kernels	5.00 c
20142	Milk	1.00 c
20142	Clove garlic, crushed	1.00
20142	Ground beef	0.75 lb
20142	Ground cumin	0.25 ts
20142	Dried oregano	2.00 ts
20142	Sweet paprika	2.00 ts
20142	Roughly chopped raisins	3.00 T
20142	Hard-cooked eggs, cut into	2.00
20142	-wedges	0.00
20142	Black olives, pitted and	6.00
20142	-chopped	0.00
20142	Sugar	2.00 ts
20143	Peeled and diced paw paws	1.50 c
20143	Sugar	1.00 c
20143	Milk	1.00 c
20143	Egg	1.00
20143	Salt	0.25 ts
20144	Milk	3.00 c
20144	Cream	3.00 c
20144	Sugar	3.00 c
20144	Lemons, juice of	3.00
20144	Oranges, juice of	3.00
20144	Mashed pawpaws	2.00 c
20145	Fully ripe peaches	3.00 lb
20145	Chopped almonds	0.50 c
20145	Pouch liquid fruit pectin	1.00 ea
20145	Fresh lemon juice	0.25 c
20145	Sugar (3 lbs.)	7.00 c
20145	Almond extract	0.25 ts
20146	Butter	0.33 c
20146	Diced green bell pepper	0.50 c
20146	Diced celery	0.50 c
20146	Diced onion	0.50 c
20146	All-purpose flour	3.00 T
20146	Chicken broth	4.00 c
20146	Peanut butter	1.00 c
20146	Paprika	0.50 ts
20146	Seasoned salt	0.50 ts
20146	Salt	0.50 ts



Sheet1

20146	White pepper	0.50 ts
20146	Half and half	1.00 c
20146	Chopped green onions	1.00 c
20147	Split peas	1.25 c
20147	Country ham, diced	1.00 c
20147	Carrot, diced	1.00 lg
20147	Savory	0.12 ts
20147	Water	1.00 qt
20147	Salt pork, diced	0.25 lb
20147	Onion, diced	1.00 md
20147	Dry mustard	0.50 ts
20147	Whole cloves	3.00
20147	Salt and pepper to taste	0.00
20148	Pears, peeled, cored, and	15.00
20148	Ground	0.00
20148	Medium onions, ground	12.00
20148	Sweet red peppers, ground	6.00
20148	Green peppers, ground	6.00
20148	Hot peppers, ground	6.00
20148	Celery seeds	2.00 T
20148	White vinegar (5% acidity)	2.00 c
20148	Prepared mustard	2.00 c
20148	Sugar	2.00 c
20148	Salt	1.00 T
20149	Sugar	4.00 c
20149	Persimmon pulp	0.67 c
20149	Stick margarine	1.00
20149	Evaporated milk	1.00 c
20149	Marshmallow cream	0.50 pt
20149	Vanilla	1.00 ts
20149	Chopped nuts	1.00 c
20150	3ggs	3.00
20150	Sugar (see Note)	0.50 c
20150	Ground allspice	0.50 ts
20150	Pinch of salt	0.00
20150	Half and half	2.00 c
20150	Canned sweetened persimmon	1.00 lb
20150	Pulp	0.00
20150	Cointreau	1.00 T
20151	Ripe persimmons	3.00 lb
20151	Sugar (3 1/2 lbs)	7.00 c
20151	Juice of 2 lemons	0.00
20151	6 oz. bottle liquid pectin	1.00
20152	Peppers	4.00 qt
20152	Vinegar	4.00 c
20152	Water	4.00 c
20152	Salt	4.00 ts
20152	Olive oil (optional)	0.00
20153	Pigeons or squabs (about 5	6.00

Sheet1

20153	-pounds drawn weight)	0.00
20153	Livers from birds	6.00
20153	Salt	0.50 ts
20153	Pepper	0.25 ts
20153	Parsley	2.00 ts
20153	Butter or margarine	0.00
20153	Sirloin or round steak cut	1.00 lb
20153	-paper thin	0.00
20153	Mushrooms, chopped	0.50 lb
20153	Chopped parsley	1.00 c
20153	Hard-cooked egg yolks	4.00
20153	Brown gravy (13.4 oz can)	1.50 c
20153	*****PUFF PASTRY*****	0.00
20153	Butter	1.00 c
20153	Sifted cake flour	2.00 c
20153	To 1/2 cup ice water	0.25
20154	Diced onion	0.75 c
20154	Butter or margarine, melted	2.00 T
20154	White corn cut from cob	2.00 c
20154	(about 4 ears)	0.00
20154	Chicken broth	2.00 c
20154	White pepper	0.25 ts
20154	(5-oz) evaporated milk,	1.00 cn
20154	Undiluted	0.00
20154	(4-oz) jar diced pimiento	1.00
20154	Paprika	0.00
20155	Sauerkraut and juice	3.50 c
20155	Lard	1.00 c
20155	Flour	5.00 c
20155	Salt	1.00 ts
20156	Plátantos (plantains or	3.00
20156	-cooking bananas)	0.00
20156	Butter	2.00 T
20156	Brown sugar	2.00 T
20156	Powdered cinnamon	0.00
20156	White wine	2.00 oz
20157	Fresh, young poke shoots	3.00 lb
20157	Salt and pepper to taste	0.00
20158	Fresh, young poke shoots	3.00 lb
20158	Water, divided	3.00 qt
20158	Salt	0.75 ts
20158	Slices bacon	5.00
20158	Bacon drippings	2.00 T
20159	Flour	1.00 c
20159	Sugar	0.25 c
20159	Powdered sugar	0.00
20159	Eggs	3.00
20159	Half and Half	0.00
20159	Jam or jelly (any kind)	0.00

## Sheet1

20159	Cottage cheese	0.00
20160	Ground beef	1.00 lb
20160	Parsley	2.00 ts
20160	Slice white bread	1.00 ea
20160	Grated nutmeg	0.12 ts
20160	Olive oil	0.25 c
20160	Small lemon	1.00 ea
20160	Garlic cloves	2.00 ea
20160	Egg	1.00 ea
20160	Salt and pepper	1.00 x
20161	Chicken broth	4.00 c
20161	Ground cumin	2.00 ts
20161	Canned stewed tomatoes,	2.00 c
20161	-broken up	0.00
20161	Masa harina in 1 cup cold	6.00 T
20161	-water, blended until smooth	0.00
20161	Canned yellow or white	3.00 c
20161	-hominy, drained	0.00
20161	Coarsely chopped iceberg	1.00 c
20161	-lettuce	0.00
20161	Avocado, peeled, pitted, and	1.00
20161	-cut into 1-inch dice	0.00
20161	Salt and pepper to taste	0.00
20162	Glazed huckleberries	1.00 c
20162	Shots gin or moonshine	3.00
20162	Possum	1.00
20162	Pie crust with top	1.00
20162	Sliced carrots & cabbage	0.00
20162	To taste	0.00
20163	Young, fat possum	1.00
20163	Butter	2.00 T
20163	Sweet potatoes	8.00
20163	Sugar	1.00 T
20163	Salt	0.00
20164	Large (8-oz) potato, peeled	1.00
20164	(or 4) Dijon mustard	3.00 T
20164	Large clove garlic, minced	1.00
20164	Whole large chicken breasts	2.00
20164	(1 lb), skinned and split	0.00
20164	Lengthwise	0.00
20164	Olive or cooking oil	1.50 ts
20164	Ground black pepper	0.00
20164	Snipped fresh parsley,	0.00
20164	Cilantro, rosemary or chives	0.00
20165	(4 large) russet potatoes,	2.00 lb
20165	-peeled and thinly sliced	0.00
20165	Salt	0.00
20165	Freshly ground black pepper	0.00
20165	Clove garlic, finely chopped	1.00 lg

## Sheet1

20165	Freshly grated Parmesan	6.00 T
20165	-cheese	0.00
20165	Chicken stock	1.50 c
20166	Raw potatoes	6.00
20166	Onion	1.00 md
20166	Ground pork sausage	2.50 lb
20166	Ground beef	0.50 lb
20166	Ground ginger	1.00 ts
20166	Pepper	1.00 ts
20166	Salt	4.00 T
20166	Scalded milk	1.00 c
20166	1-pound casings	2.00
20167	Baking potatoes, baked	3.00 md
20167	Margarine or melted butter	2.00 T
20167	Chopped fresh mushrooms	1.50 c
20167	Sliced green onion	0.25 c
20167	Finely chopped red sweet	0.25 c
20167	-pepper	0.00
20167	Garlic clove, minced	1.00
20167	Margarine or butter	1.00 T
20167	Finely chopped walnuts	2.00 T
20167	Snipped parsley	2.00 T
20167	Slightly beaten egg yolk	1.00
20167	Ground red pepper	1.00 ds
20168	Peeled and cubed potatoes	1.00 qt
20168	Pared carrot	1.00
20168	Stalks celery	2.00
20168	Chicken bouillon	1.50 qt
20168	Stale bread crumbs	1.00 c
20169	Butter	3.00 T
20169	Chopped white and pale green	2.00 c
20169	-part leeks (previously well	0.00
20169	-rinsed)	0.00
20169	Russet potatoes (3 large),	1.50 lb
20169	-peeled and cubed	0.00
20169	Chicken stock	5.00 c
20169	Salt	1.50 ts
20169	Freshly ground white pepper	0.00
20169	Heavy cream	0.50 c
20169	Crumbled Stilton cheese, at	4.00 oz
20169	-room temperature	0.00
20170	Butter or margarine	1.00 T
20170	Flour	1.00 T
20170	Salt	0.50 ts
20170	Pepper	0.12 ts
20170	Minced onion	1.00 T
20170	Heavy cream	1.00 c
20170	Sliced potatoes, cooked	1.00 qt
20170	Chopped parsley	1.00 ts

Sheet1

20171	Carcass, fresh or cooked,	1.00
20171	With giblets (except liver)	0.00
20171	Cold water	2.00 qt
20171	Small onion, sliced	1.00
20171	Carrots, peeled and sliced	2.00
20171	Stalk celery, sliced	1.00
20171	Bouquet garni	1.00
20171	Salt	1.00 ts
20172	Pitted prunes	0.25 lb
20172	Sour apples, peeled, cored,	5.00
20172	-and quartered	0.00
20172	Breadcrumbs	1.00 c
20172	Poultry seasoning	0.50 ts
20172	Salt and freshly ground	0.00
20172	-black pepper to taste	0.00
20173	Pork from the back, loin, or	3.00 lb
20173	Ribs	0.00
20173	Salt fatback, trimmed of	0.50 lb
20173	Rind and well rinsed	0.00
20173	Chopped garlic cloves	6.00
20173	Or 2, sage	1.00 ts
20173	Or 2, thyme	1.00 ts
20173	Salt	0.00
20173	Freshly ground black pepper	0.00
20174	Dried pumpkin, or 1 cup	0.67 c
20174	-fresh pumpkin puree	0.00
20174	Cornmeal	1.00 c
20174	Honey	0.25 c
20174	Egg	1.00
20174	White flour	0.50 c
20174	Baking powder	1.00 T
20174	Milk or cream	0.00
20175	Cornmeal	1.50 c
20175	Whole-wheat flour	0.50 c
20175	Baking powder	1.00 T
20175	Sugar	3.00 T
20175	Cinnamon	1.00 ts
20175	Salt	1.00 ts
20175	Egg	1.00
20175	Vegetable oil	3.00 T
20175	Canned pumpkin	0.75 c
20175	Milk	1.50 c
20176	Cider vinegar	1.50 c
20176	Onion, sliced	1.00
20176	Dry mustard	1.00 T
20176	Salt	2.00 ts
20176	Pepper	0.50 ts
20176	Rabbits, cut into serving	2.00
20176	-pieces	0.00

Sheet1

20176	All-purpose flour	1.50 c
20176	Ground nutmeg	0.25 ts
20176	Sugar	1.00 ts
20176	Clear bacon fat	0.00
20177	Large domestic rabbit	1.00 ea
20177	Salt	1.00 x
20177	Pints of whipping	1.50
20177	Cream	0.00
20178	Sugar	2.00 c
20178	Light cream	0.67 c
20178	Butter or margarine	1.00 T
20178	Vanilla extract	1.00 ts
20178	Seedless raisins	0.50 c
20179	Raisins	1.00 c
20179	Diced bacon	0.50 c
20179	Chopped onions	0.50 c
20179	Canned vegetable soup	2.00 c
20179	Canned red kidney beans	2.00 c
20179	Liquid from beans	0.50 c
20179	Tabasco sauce	0.00
20179	Salt	0.00
20180	Chopped English walnuts	1.00 c
20180	Cream	0.50 c
20180	Firmly packed brown sugar	0.25 c
20180	Chopped raisins	1.00 c
20180	Salt	1.00 pn
20180	Lemon juice	2.00 T
20180	Unbaked 9-inch pastry shell	0.00
20181	Flour	8.00 oz
20181	Crisco	2.00 oz
20181	Butter or margarine	2.00 oz
20181	Pinch of salt	0.00
20181	Water, maybe 3	2.00 T
20181	Finely dices RAW potato	4.00 oz
20181	Ground beef	4.00 oz
20181	Chopped onion	2.00 oz
20181	Finely diced RAW carrot	2.00 oz
20181	Green peas (optional)	1.00 oz
20182	Head red cabbage thinly	1.00
20182	-sliced	0.00
20182	Burgundy	0.50 c
20182	Butter, soft	2.00 T
20182	Peanut oil	1.00 T
20182	Pears, peeled, cored, and	2.00
20182	-sliced	0.00
20182	Quatre epices	0.12 ts
20182	Onion, thinly sliced	1.00
20182	Brown sugar	1.00 T
20182	Water	0.33 c

## Sheet1

20182	Salt and freshly ground	0.00
20182	-pepper	0.00
20183	Chopped rhubarb	2.00 c
20183	White onions, chopped (2	4.00 md
20183	-cups)	0.00
20183	Vinegar	1.00 c
20183	Salt	1.50 ts
20183	Light brown sugar	2.00 c
20183	Ground cloves	0.50 ts
20183	Allspice	0.50 ts
20183	Cinnamon	0.50 ts
20184	Finely ground cornmeal	125.00 g
20184	Goose fat	100.00 g
20184	Wheat flour	2.00 T
20184	Gruyere cheese	100.00 g
20184	Egg	1.00
20184	Salted water	500.00 ml
20185	Goat meat, cut in 2-inch	3.00 lb
20185	Squares	0.00
20185	Onions, divided	1.50
20185	Curry powder	3.00 T
20185	Dried thyme leaves	1.00 T
20185	Pepper	2.00 ts
20185	Salt	1.00 ts
20185	Crisco Oil	0.25 c
20186	Passenger pigeons	2.00
20186	Country ham, diced fine	0.25 lb
20186	Parsley, chopped	0.75 c
20186	Sweet herbs	1.00 ts
20186	Mace	1.50 ts
20186	Stick butter, softened	1.00
20186	Chestnuts	1.00 c
20186	Chicken livers plus those	2.00
20186	-from pigeons, cooked and	0.00
20186	-chopped	0.00
20186	Cinnamon	2.00 ts
20187	Boneless pork tenderloin	5.00 lb
20187	Pitted prunes	5.00 c
20187	Sugar	0.50 ts
20187	Rubbed sage	1.00 ts
20187	Peeled sliced apples	5.00 c
20187	Salt	1.00 ts
20187	Freshly ground pepper	0.50 ts
20187	Granulated garlic	1.00 ts
20188	Boneless pork roast	4.00 lb
20188	Clove garlic, minced	1.00
20188	Onion, halved and sliced	1.00 md
20188	-thin	0.00
20188	To 3 of fresh barrel kraut	2.00 lb

Sheet1

20188	(the more the merrier!)	0.00
20188	To 6 German knockwurst	4.00
20188	Cracked black pepper	2.00 T
20188	Water	1.00 c
20189	Finely chopped fresh sage	1.50 T
20189	Onions	2.00 lg
20189	White breadcrumbs	4.00 c
20189	Salt and white pepper	0.00
20189	Egg	1.00
20189	Melted butter	2.00 T
20190	Whole garlic heads	4.00 ea
20190	Olive oil	2.00 ts
20190	Milk	1.00 c
20191	Pair of cojones, lamb, beef	2.00
20191	-or other well hung animal	0.00
20191	Eggs	2.00
20191	Cracker crumbs or corn meal	0.00
20191	Salt and pepper	0.00
20192	Sweet or dry sherry or	0.33 c
20192	-Madeira	0.00
20192	Raisins	0.67 c
20192	Sweet potatoes, baked,	2.00 lb
20192	-Boiled or steamed until	0.00
20192	-tender	0.00
20192	Unsalted butter, melted	0.50 c
20192	Eggs	4.00 lg
20192	Milk	2.00 c
20192	Packed brown sugar	1.00 c
20192	Mace	0.50 ts
20192	Pinch of salt	0.00
20192	Grated zest of 1 orange	0.00
20192	Lemon juice	2.00 T
20192	+1 tablespoon dark rum	0.25 c
20193	Flour (heaping)	2.00 c
20193	Salt	0.75 ts
20193	Milk (as needed)	1.00 ea
20193	Eggs	3.00 ea
20193	Baking powder	0.25 ts
20194	Sassafras tea	4.00 c
20194	Sugar	5.00 c
20194	Citric acid or sour salt	0.75 ts
20194	Dry pectin	1.00 pk
20195	Butter	6.00 T
20195	Flour	0.50 c
20195	Good beef consommé	1.25 c
20195	Dry white wine	0.33 c
20195	Tomato pureé	0.50 c
20195	Truffle, finely chopped	1.00
20195	Or 5 mushrooms, sliced or	4.00



Sheet1

20195	Sautéed	0.00
20195	Madeira	2.00 T
20196	Goose fat as needed	0.00
20196	White wine	0.50 c
20196	Cognac	3.00 T
20196	Onion, sliced	1.00 md
20196	Shallots, chopped	3.00
20196	Truffles	3.00
20196	Beef stock	1.00 T
20196	Flour	1.00 T
20196	Salt and freshly ground	0.00
20196	-pepper	0.00
20197	Bulk sausage, hot or mild	2.00 lb
20197	Large chopped onion	1.00
20197	Minced garlic cloves	2.00
20197	Sliced mushrooms	0.25 lb
20197	@ basil, mint and oregano	0.50 ts
20197	Chopped parsley	0.25 c
20197	Eggs, egg beaters are OK.	8.00
20197	Bread crumbs	0.33 c
20197	Grated Parmesan cheese	0.25 c
20197	Shredded Swiss Cheese	4.00 c
20198	Water	8.50 c
20198	Wine vinegar	2.00 ts
20198	Crushed peppercorns	6.00
20198	Stick celery	1.00
20198	Carrot, sliced	1.00
20198	Onion, sliced	1.00
20198	Shallots, chopped	2.00
20198	Cloves	2.00
20198	A bouquet garni	0.00
20199	Shrimp:	1.00 x
20199	Cilantro, washed & chopped	0.50 pk
20199	Oranges, juiced	2.00 ea
20199	Limes, juiced	2.00 ea
20199	Salt	1.00 ts
20199	Skewers	1.00 x
20199	Tangerines peeled,sectionedx	2.00 ea
20199	Small red onion, fine dicedx	1.00 ea
20199	Green onions, diced x	1.00 pk
20199	Serrano pepper,fine choppedx	1.00 ea
20199	Limes, juiced x	2.00 ea
20199	Peeled, deveined shrimp (50)	1.50 lb
20199	Garlic cloves, crushed	2.00 ea
20199	Lemons, juiced	2.00 ea
20199	Olive oil, extra virgin	0.25 c
20199	White pepper	0.25 ts
20199	Pomegranate Salsa:	1.00 x
20199	Pomegranates x	4.00 ea

Sheet1

20199	Fresh cilantro, chopped x	1.00 pk
20199	Clove garlic, crushed x	1.00 ea
20199	Sugar x	1.00 ts
20199	Salt (or more to taste) x	0.12 ts
20200	Slices bread, crust removed	2.00
20200	Melted butter	2.00 T
20200	Cleaned, cooked shrimp or 2	2.00 lb
20200	-7-oz. packages cleaned	0.00
20200	-frozen shrimp, cooked	0.00
20200	White wine	3.00 T
20200	Salt	0.50 ts
20200	Pepper	0.12 ts
20200	Ground nutmeg	0.25 ts
20200	Ground mace	0.25 ts
20202	Olive oil	1.00 T
20202	Onion, chopped	1.00 lg
20202	Smoked kielbasa sausage,	0.50 lb
20202	-casing removed, thinly	0.00
20202	-sliced, then quartered	0.00
20202	Water	5.00 c
20202	(19-oz.) Geat Northern	1.00 cn
20202	-beans, drained	0.00
20202	(2 medium) russet potatoes,	0.75 lb
20202	-peeled and cubed	0.00
20202	Fresh spinach leaves,	2.00 c
20202	-coarsely chopped	0.00
20202	Salt	0.50 ts
20202	Freshly ground black pepper	0.00
20202	Red wine vinegar	1.00 T
20203	Green onions, chopped	4.00
20203	Small green pepper, chopped	1.00
20203	Clove garlic, minced	1.00
20203	Butter or margarine	3.00 T
20203	Tomato, peeled and chopped	1.00 lg
20203	Water	1.50 c
20203	Salt	0.50 ts
20203	Pepper	0.25 ts
20203	Medium eggplant, peeled and	1.00
20203	Cubed	0.00
20203	Medium shrimp, peeled and	0.50 lb
20203	Deveined	0.00
20204	Eggs	5.00
20204	Powdered sugar	1.00 T
20204	Desired flavoring (Jefferson	0.50 ts
20204	-used orange flower or rose	0.00
20204	-water)	0.00
20204	Milk	2.00 c
20204	Sugar	3.00 T
20204	Pinch of salt	0.00

Sheet1

20205	Freshly emerged 17 year	60.00
20205	Cicadas	0.00
20205	Flour	3.00 c
20205	Salt and pepper to season	0.00
20205	Flour	0.00
20205	Eggs, beaten	4.00
20205	Corn oil or slightly salted	1.00 c
20205	Butter	0.00
20206	Lean ground beef	1.00 lb
20206	Onion, diced	1.00 lg
20206	Bell pepper, diced, optional	1.00 lg
20206	Milk	1.00 c
20206	Flour	2.00 T
20206	Salt	0.00
20206	Freshly ground black pepper	0.00
20207	Well-aged Hoosier	180.00 lb
20207	Sugar	1.00 lb
20207	Sage	1.00 pn
20207	Scotch Bonnet peppers	3.00
20207	Hot coffee	32.00 oz
20207	Good balsamic vinegar	0.50 pt
20207	Self-rising flour	3.00 c
20207	Marshmallows	1.00 pk
20207	*****ACCOMPANIMENTS*****	0.00
20207	Well-seasoned Chesapeake Bay	1.00
20207	-Retriever	0.00
20207	Tender young kid	75.00 lb
20208	Stone-ground whole wheat	2.00 c
20208	Flour	0.00
20208	Baking soda	2.00 ts
20208	Salt	0.25 ts
20208	Brown sugar	1.00 T
20208	Buttermilk (1 pint)	2.00 c
20208	Vegetable oil	0.25 c
20208	Sunflower kernels	0.25 c
20208	Sesame seeds	0.25 c
20208	Coarsely chopped walnuts	0.25 c
20209	Ears fresh white corn	12.00
20209	Butter or margarine	0.25 c
20209	Bacon drippings	2.00 T
20209	Water	0.75 c
20209	Salt	1.00 ts
20209	Pepper	0.25 ts
20210	Pickling cucumbers	5.00 lb
20210	5% distilled vinegar	5.00 c
20210	Water	5.00 c
20210	Pickling salt	0.50 c
20210	Whole cloves of garlic	7.00 lg
20210	Serrano, cayenne or other	7.00

Sheet1

20210	-hot peppers	0.00
20210	Fresh heads of dill	7.00
20211	Persimmon pulp	3.00 c
20211	Apple cider	0.75 c
20211	Firmly packed brown sugar	1.25 c
20211	Cinnamon	1.00 t
20211	Ground cloves	0.25 t
20211	Grated nutmeg	0.25 t
20212	Medium-sized okra pods	12.00
20212	Turmeric	2.00 ts
20212	Curry powder (heaping)	2.00 ts
20212	Cayenne	4.00 ts
20212	Salt	2.00 ts
20212	Cloves garlic, crushed	2.00
20212	Lemon juice	4.00 T
20212	Oil	0.25 c
20213	Pkgs frozen chopped spinach	4.00
20213	Pkgs frozen artichoke hearts	2.00
20213	Fresh oysters	2.00 pt
20213	Butter	8.00 T
20213	Lg pkg cream cheese	1.00
20213	Onion	1.00
20213	Bunch green onions	1.00
20213	Parsley	0.00
20213	1-2 lemons	0.00
20213	Italian bread crumbs	0.00
20214	To 5 lbs. squirrel pieces	4.00
20214	Salt	2.00 ts
20214	Fresh tomatoes, chopped; or	2.00 md
20214	-1 cup canned tomatoes	0.00
20214	Onions, thinly sliced	2.00
20214	Frozen green lima beans	1.00 c
20214	Potatoes, peeled and diced	3.00
20214	Corn kernels (fresh, frozen,	1.00 c
20214	-and corn and drained)	0.00
20214	Sugar	1.00 ts
20214	Cayenne pepper	0.25 ts
20215	Vanilla Ice Cream	1.00 pt
20215	Crushed malted milk balls	0.50 c
20215	Milk, divided	2.00 T
20215	9-inch graham cracker crust	1.00
20215	Malted milk powder	3.00 T
20215	Marshmallow creme	3.00 T
20215	Whipping cream	1.00 c
20216	Seafood seasoning	0.50 c
20216	Salt	0.50 c
20216	Vinegar	3.00 c
20216	Flat beer	3.00 c
20216	Live blue crabs	36.00

## Sheet1

20217	Small soft-shell clams in	48.00
20217	Shell -OR- 36 cherrystone	0.00
20217	Clams in shell	0.00
20217	Old Bay Seasoning	3.00 T
20217	Salt	0.50 ts
20217	Pepper	0.25 ts
20217	Water	1.00 c
20217	Melted butter or margarine	0.00
20218	Prunes	0.50 lb
20218	Lemon, sliced	0.50
20218	Sugar	0.25 c
20219	Rhubarb	2.00 lb
20219	Strawberries	2.00 lb
20219	Sugar	7.00 c
20220	Hog maws (cooked)	2.00
20220	Cornbread dressing	4.00 c
20220	Cut up Italian sausage	2.00 lb
20220	Onion	0.50
20220	Salt to taste	0.00
20220	Pepper to taste	0.00
20221	To 10 large morels	8.00
20221	Bread crumbs (from firm	2.00 c
20221	-white bread)	0.00
20221	Chopped cooked chicken	0.50 c
20221	Melted butter	0.33 c
20221	Finely chopped onion	2.00 T
20221	Juice of 1/2 lemon	0.00
20221	Salt	1.00 ts
20221	Pepper	0.25 ts
20221	Light cream	0.50 c
20222	Salmon (14.5 oz.)	1.00 cn
20222	Celery finely chopped	0.50 c
20222	Minced onion	2.00 tb
20222	Lemon juice	1.00 tb
20222	Fine crackers or breadcrumbs	1.00 c
20222	Green pepper finely chopped	0.25 c
20222	Evaporated milk	1.00 c
20222	Egg	1.00 ea
20223	Olive oil	1.00 T
20223	Lean ground beef	1.00 lb
20223	Chopped onions	1.50 c
20223	Cloves garlic, crushed	2.00
20223	(28-oz) crushed tomatoes	1.00 cn
20223	(16-oz) Silver Floss	1.00 cn
20223	-Sauerkraut, drained and	0.00
20223	-rinsed	0.00
20223	(15-oz) pinto beans	1.00 cn
20223	(14 1/2-oz) low-sodium	1.00 cn
20223	-beef broth	0.00

Sheet1

20223	Chili powder	4.00 T
20223	Pepper	0.25 ts
20224	Pair sweetbreads	1.00
20224	Lemon, sliced	1.00
20224	Turnip greens, stemmed and	0.50 lb
20224	Sliced 1-inch wide	0.00
20224	Butter	4.00 T
20224	***	0.00
20224	SAUCE	0.00
20224	Butter	2.00 T
20224	Medium onion, chopped	1.00
20224	Or 1, cloves garlic, chopped	2.00
20224	1-lb. can tomatoes	1.00
20224	Juice of 1 lime	0.00
20224	Chopped fresh lemon balm or	2.00 T
20224	Mint	0.00
20224	Ground cumin seed	1.00 T
20224	Salt and freshly ground	0.00
20224	Black pepper	0.00
20224	***	0.00
20224	Zest of 1 lime (no white)	0.00
20225	Large baking potatoes	2.00
20225	Butter	1.00 T
20225	Shredded Swiss cheese	0.50 c
20225	Plain nonfat yogurt	0.33 c
20225	Salt	0.50 ts
20225	Dask of pepper	1.00
20225	Chopped pimento	1.00 T
20226	Large egg	1.00
20226	Evaporated milk	0.50 c
20226	Salt	1.00 ts
20226	Pepper	0.50 ts
20226	Lean ground beef	1.50 lb
20226	Ritz cracker crumbs	1.00 c
20226	Grated Swiss cheese, divided	0.75 c
20226	Finely chopped onion	0.25 c
20226	Strips bacon, cut into	3.00
20226	1-inch pieces	0.00
20227	Tangelos	6.00 md
20227	Heavy cream	0.67 c
20227	Sugar	1.00 ts
20227	Cinnamon	0.25 ts
20227	Dash nutmeg	0.00
20228	Tangerines (3 medium)	0.75 lb
20228	Plus 2 T. sugar	1.25 c
20229	Cornstarch	2.00 T
20229	Sugar	3.00 T
20229	Salt	0.12 ts
20229	Milk	2.00 c

Sheet1

20229	Grated fresh tangerine peel	1.00 ts
20229	Halved, seeded tangerine	1.50 c
20229	-sections	0.00
20230	Envelope unflavored gelatin	1.00
20230	Sugar, divided	0.75 c
20230	Salt	0.25 ts
20230	Eggs, separated	3.00
20230	Milk	0.75 c
20230	Fresh lemon juice	2.00 T
20230	Grated fresh lemon peel	1.00 ts
20230	Grated fresh tangerine peel	1.00 ts
20230	Diced tangerine sections	1.00 c
20230	Heavy cream, whipped	0.50 c
20230	Baked 9-inch pastry shell	1.00
20231	Sour cream	1.00 c
20231	Buttermilk	2.00 T
20231	Chopped pimento-stuffed	3.00 T
20231	Green olives	0.00
20231	Chopped parsley	2.00 T
20231	Salt	0.25 ts
20231	Paprika	0.12 ts
20232	Eggs	6.00
20232	Pinch of salt	0.00
20232	Freshly milled black pepper	0.00
20232	Chopped tansy leaves	0.50 T
20232	Chopped parsley	1.00 T
20232	Butter for frying	0.00
20233	Oil	1.00 c
20233	Firmly packed brown sugar	1.00 c
20233	Egg yolks	4.00
20233	Ground allspice	2.00 ts
20233	Ground cinnamon	2.00 ts
20233	Ground cloves	1.00 ts
20233	Salt	2.00 ts
20233	Baking powder	1.00 ts
20233	Flour	3.00 c
20233	Fruit juice	1.00 c
20233	Chopped candied cherries	1.50 c
20233	Shaved citron	1.00 c
20233	Chopped figs	1.00 c
20233	Chopped candied pineapple	1.00 c
20233	Raisins	1.00 c
20233	Chopped nuts	3.00 c
20233	Egg whites, stiffly beaten	4.00
20234	Slices cheap white bread	2.00
20234	Kraft Miracle Whip or	1.00 T
20234	-Mayonnaise	0.00
20234	Leaves of crunchy Iceberg	2.00
20234	-lettuce	0.00

## Sheet1

20234	Large slices of well cooked	2.00
20234	-bacon	0.00
20234	Ripe field-grown tomato	1.00 sl
20234	-(at least 10mm thick)	0.00
20235	Large ripe tomatoes	6.00
20235	Large bunch of fresh basil	0.00
20235	Stems included	0.00
20235	Rinds of 1 lemon & 1 lime	0.00
20235	Sugar	6.50 c
20235	Fresh lemon juice	0.25 c
20235	Worcestershire sauce	2.00 T
20235	Ground cinnamon	0.50 ts
20235	Butter	0.50 ts
20235	Pouch liquid pectin	1.00
20236	Fresh tomatoes, skinned and	4.00 lb
20236	Quartered, or 4 1-lb cans of	0.00
20236	Tomatoes with juice, chopped	0.00
20236	Coarse	0.00
20236	Apple cider vinegar	1.00 c
20236	Sugar	0.50 c
20236	Salt to taste	0.00
20236	Freshly ground black pepper	0.00
20236	To taste	0.00
20237	Mixed mushrooms	4.00 c
20237	Butter	4.00 T
20237	Beef consommé	6.00 c
20237	Package Tortellini	1.00
20237	Madeira wine	0.25 c
20238	Leftover chicken, beef,	2.00 lb
20238	Pork, or whatever, ground	0.00
20238	Mayonnaise	2.00 c
20238	Sweet pickle relish	1.00 c
20238	Large onions, chopped	2.00
20238	Large stalks celery, chopped	3.00
20238	Finely	0.00
20238	Small packet sliced almonds	1.00
20238	Capers	2.00 T
20239	Turkey breast, thinly sliced	1.00 lb
20239	Shallots, minced	0.50 c
20239	Butter	0.25 c
20239	White Bordeaux wine	0.50 c
20239	Fresh basil, chopped	0.25 c
20240	1/2 pound ham hock	1.00
20240	Water	2.00 qt
20240	Bunch (about 3 pounds)	1.00
20240	Turnip greens with roots,	0.00
20240	Cleaned	0.00
20240	Salt	1.00 ts
20240	Cornmeal	1.00 c



Sheet1

20240	Salt	0.50 ts
20240	Boiling water	1.00 c
20240	Egg, beaten	1.00
20240	All-purpose flour	0.00
20241	Mayonnaise	0.50 c
20241	Sour cream	3.00 T
20241	Tarragon vinegar	2.00 ts
20241	Prepared mustard	1.00 ts
20241	Sugar	1.00 ts
20241	Dash of salt	0.00
20241	Celery seed	0.25 ts
20241	Pepper	0.25 ts
20241	Chopped fresh dill or 1/2	1.00 ts
20241	-teaspoon dried dill	0.00
20241	White turnip, peeled and	1.00 lb
20241	-shredded (4 cups)	0.00
20242	Twinkies	24.00 ea
20242	Bag miniature marshmallows	1.00 ea
20242	Cinnamon	1.00 ts
20242	Dash of brown sugar	1.00 ea
20242	Large jar caramel topping	1.00 ea
20242	Large jar hot fudge sauce	1.00 ea
20242	Large bag Oreos	1.00 ea
20243	Flour	8.00 c
20243	Solid vegetable shortening	3.00 c
20243	Pork, chop coarsely	0.50 lb
20243	Med carrots, scrape & dice	4.00 x
20243	Small rutabaga, peel & dice	1.00 x
20243	Parsley flakes	1.00 tb
20243	Pepper, to taste	1.00 x
20243	Dash salt	1.00 x
20243	Beef or venison, chop coarse	1.00 lb
20243	Med. potatoes, peel & dice	3.00 x
20243	Small onion, diced	1.00 x
20243	Beef suet, chop fine	0.50 c
20243	Salt	1.00 ts
20243	Butter, melted	2.00 tb
20244	Chicken, cut into pieces	1.00 ea
20244	Mrs. Grass' Onion Soup Mix	1.00 pk
20244	Water	1.00 cn
20244	White rice	1.00 c
20244	Cream of Mushroom Soup	1.00 cn
20245	Ground beef	1.50 lb
20245	Onions, chopped	2.00 md
20245	Salt and pepper to taste	0.00
20245	Flour, approximate	5.00 T
20245	Cooking oil, as needed	0.00
20245	Whole tomatoes, diced, 16-oz	1.00 cn
20245	Undrained	0.00

Sheet1

20245	Tomato juice	5.50 oz
20245	Hot water, approximate	2.00 c
20245	Ground nutmeg to taste	0.00
20245	Sugar to taste	0.00
20246	Ground beef	30.00 lb
20246	Onions, chopped medium	3.00 lb
20246	Flour, hard	2.00 lb
20246	Shortening (optional)	1.00 lb
20246	Tomatoes, canned, chopped	19.00 lb
20246	Nutmeg (or mace)	1.00 oz
20246	Water	0.50 ga
20246	Salt and pepper to taste	0.00
20247	Orville's popcorn, popped	8.00 c
20247	Bran Chex or your choice of	1.50 c
20247	Another Chex, or a combina-	0.00
20247	Tion.	0.00
20247	Pretzel sticks	2.00 c
20247	Liquid diet margarine	3.00 T
20247	Mrs. Dask herb and spice	2.00 ts
20247	Flavor	0.00
20247	OPTIONAL:	0.00
20247	Peanuts	2.00 c
20247	Brown mustard	1.00 T
20248	Or 3, venison roast	2.00 lb
20248	Oil	2.00 T
20248	Raw cranberries	2.00 c
20248	Stalk celery, chopped	1.00 sm
20248	Nutmeg	1.00 ts
20248	Maple sugar	1.50 T
20248	Flour	0.00
20248	Onion, chopped	1.00 sm
20248	Sweet herbs	1.00 T
20248	Whole cloves	2.00
20248	Salt and pepper to taste	0.00
20249	Wild purple violets	4.00 c
20249	Rice vinegar	4.00 c
20250	Shelled English Walnuts	8.00 oz
20250	Salt	3.00 T
20250	Vinegar	1.00 qt
20250	Finely chopped shallots	6.00
20250	Grated horseradish	2.00 ts
20250	Ground mace	0.25 ts
20250	Nutmeg	0.25 ts
20250	Ginger	0.25 ts
20250	Ground cloves	0.25 ts
20250	Pepper	0.25 ts
20250	Port wine	0.50 c
20251	3-pound watermelon	1.00
20251	Sugar (1 1/2 pounds)	3.00 c

Sheet1

20252	Prepared watermelon rind	8.00 c
20252	Pickling salt	0.50 c
20252	Cold water	4.00 c
20252	Whole cloves	4.00 ts
20252	Sugar	4.00 c
20252	White vinegar	2.00 c
20252	Water	2.00 c
20254	(5 large) russet potatoes,	2.50 lb
20254	-peeled and cubed	0.00
20254	(4-oz./1 stick) butter	0.50 c
20254	Fresh shiitake mushrooms,	6.00 oz
20254	-stemmed, quickly rinsed,	0.00
20254	-dried and coarsely chopped	0.00
20254	Warm milk	0.50 c
20254	Salt	1.00 ts
20254	Lots of freshly ground	0.00
20254	-pepper	0.00
20255	9-inch graham craker or	1.00
20255	-chocolate flavored pie	0.00
20255	-crust	0.00
20255	Vanilla ice cream, softened	1.00 pt
20255	8-oz. container frozen	1.00
20255	-whipped topping, thawed	0.00
20255	(approx. 7-oz.) Whoppers (R)	2.00 c
20255	Malted milk balls, crushed	0.00
20255	Whipped topping for garnish	0.00
20255	Whole Whoppers (R) malted	10.00
20255	-milk balls for garnish	0.00
20255	-(approx. 1-oz.)	0.00
20256	Whoppers (R)	0.50 c
20256	Milk	0.50 c
20256	Ice cream	2.00 c
20257	Duck bone scraps	0.00
20257	Onion, quartered	1.00 lg
20257	Carrots, chopped	3.00
20257	Thyme	0.25 ts
20257	Stalk celery and leaves,	1.00
20257	-chopped	0.00
20257	Salt	0.00
20257	Pepper	0.00
20257	Wild rice cooked	1.00 c
20257	Parsley	0.25 ts
20258	Flour	1.75 c
20258	Salt	0.50 ts
20258	White sugar	1.00 c
20258	Raspberries	1.00 c
20258	Baking soda (dissolved in	1.00 ts
20258	-1/2 cup milk)	0.00
20258	Eggs, slightly beaten	2.00

Sheet1

20258	Shortening	0.75 c
20258	Cinnamon	1.00 ts
20259	Cooked wild rice	3.00 c
20259	Diced leeks	1.50 c
20259	Minced garlic	1.00 T
20259	Butter	1.00 T
20259	Cream	0.50 c
20259	Corn	0.75 c
20259	Cilantro	2.00 T
20259	Chives	1.50 ts
20259	Pepper	0.50 t
20259	Salt	1.00 ts
20259	Egg	1.00
20259	Flour	1.25 c
20260	Dried morel mushrooms	2.00 oz
20260	(6-oz) long-grain and wild	1.00 pk
20260	Rice mix	0.00
20260	Small onion, chopped	1.00
20260	Chopped pecans	1.00 c
20260	Butter or margarine, melted	0.25 c
20260	Freshly ground pepper	0.25 ts
20261	Small zucchini, thinly	4.00
20261	Sliced	0.00
20261	Minced fresh thyme	1.00 T
20261	Butter	2.00 T
20261	Eggs	4.00
20261	Milk	1.00 c
20261	Heavy cream	0.50 c
20261	Grated Parmesan cheese	0.75 c
20261	Grated swiss cheese	1.00 c
20261	Tabasco sauce to taste	0.00
20261	Soda crackers	60.00
20262	Butter or margarine	1.00 T
20262	Sliced onion	0.50 c
20262	Chicken broth	2.00 c
20262	Diced unpeeled zucchini	2.00 c
20262	Watercress leaves, washed	0.50 c
20262	Peeled and chopped potato	0.50 c
20262	Parsley sprigs	3.00
20262	Tabasco pepper sauce	0.50 ts
20262	Plain yogurt or sour cream	0.00
20264	TVP granules	1.00 c
20264	Boiling water	1.00 c
20264	Breadcrumbs	0.50 c
20264	Wholewheat flour	0.25 c
20264	Salt	0.50 ts
20264	Cayenne	0.25 ts
20264	Sage	1.00 ts
20264	Fennel	0.50 ts

Sheet1

20264	Oregano	1.00 ts
20264	Garlic powder	0.50 ts
20264	Thyme	0.50 ts
20264	Olive oil	1.00 ts
20264	Submarine rolls (individual)	4.00 ea
20264	Spaghetti sauce, warmed	1.00 c
20264	Green bell peppers, roasted	2.00 md
20264	-- & sliced into strips	0.00
20265	Peanut butter	1.50 c
20265	Rice Krispies	2.00 c
20265	Confectioners sugar	1.00 c
20268	Cooked whole kernel corn	1.50 c
20268	(10 1/2 oz.) condensed	1.00 cn
20268	-chicken-rice soup	0.00
20268	Chicken bouillon cubes	2.00
20268	-Water	0.00
20268	-Salt and pepper	0.00
20268	-Dumpling batter	0.00
20268	--DUMPLING BATTER:--	0.00
20268	All-purpose flour	0.75 c
20268	Salt	0.50 t
20268	Butter	1.00 T
20268	Egg	1.00
20268	Water	0.50 c
20269	Regular all-purpose flour,	1.00 c
20269	-sifted	0.00
20269	Baking powder	1.00 t
20269	Salt	0.50 t
20269	Ground cinnamon	2.00 t
20269	Ground nutmeg	0.50 t
20269	Ground cloves	0.25 t
20269	Butter or margarine	0.25 c
20269	Brown sugar, packed	0.50 c
20269	Orange peel, grated	1.00 T
20269	Evaporated milk, undiluted	0.50 c
20269	Mixed candied fruit,	2.00 c
20269	-chopped	0.00
20269	Walnuts, coarsely chopped	1.00 c
20269	(1 c.) semi-sweet chocolate	6.00 oz
20269	-pieces	0.00
20269	Seedless raisins	1.00 c
20270		1.00
20270		1.00
20270		3.00
20270	3 cloves garlic, minced	2.00
20270	Ground beef chuck	1.00
20270	Ground pork	1.00
20270	4 tbsp. chili powder	3.00
20270	Ground cumin	1.00 T

Sheet1

20270	(28 oz.) can tomatoes,	1.00
20270	-chopped, with juice	0.00
20270	Canned beef broth	1.00 c
20270	Bay leaf	1.00
20270	Cayenne	0.75 t
20270	Tabasco	1.00 t
20270	Oregano	0.50 t
20270	Salt	0.50 t
20270	Freshly ground pepper	0.25 t
20270	Grated semi-sweet chocolate	1.00 oz
20270	-Pinch of cinnamon	0.00
20270	-HAYSTACKS:	0.00
20270	Bag Fritos	1.00
20270	Chopped mild onion	0.00
20270	Chopped green, red or	0.00
20270	-yellow bell pepper	0.00
20270	Chopped ripe tomato	0.00
20270	Chopped cabbage or lettuce	0.00
20270	Chopped canned jalapenos	0.00
20270	Scallions	0.00
20270	Grated sharp cheddar	0.00
20270	-cheese	0.00
20270	Sliced black or green	0.00
20270	-olives	0.00
20270	Sour cream	0.00
20271	Milk chocolate chips	6.00 oz
20271	Semi-sweet chocolate chips	6.00 oz
20271	Peanut butter	1.00 c
20271	Oleo	0.50 c
20271	Box Crispix	1.00
20272	Mashed potatoes	1.00 c
20272	Shredded coconut	2.00 c
20272	Powdered sugar	4.00 c
20272	Almond extract	1.00 t
20272	-Dash of salt	0.00
20272	-Chocolate bark	0.00
20273	Chicken feet, cleaned	1.00 pk
20273	Chicken bouillon cubes	2.00
20273	Black pepper to taste	0.00
20273	White potatoes, cut up	2.00
20273	Tomato, fresh, cut up	1.00
20273	Onion, sliced	1.00
20273	Garlic powder	1.00 tb
20273	Salt to taste	0.00
20273	Oil	0.50 c
20273	Flour	0.00
20273	Water	5.00 c
20275	(8 oz.) pkg. cream cheese	1.00
20275	Powdered sugar (more or	1.50 lb

Sheet1

20275	-less)	0.00
20275	Vanilla	2.00 T
20275	-Dipping chocolate	0.00
20275	-Chopped nuts	0.00
20277		4.00
20277	-searing meat	0.00
20277	Beef roast tied with	5.00
20277	-butcher's cord	0.00
20277	Flour	0.50 c
20277	Cinnamon	1.00 ts
20277	Salt	1.00 ts
20277	Dried sweet basil; crushed	1.00 ts
20277	Dried rosemary; crushed	0.50 ts
20277	Thyme	0.25 ts
20277	Dates; pits removed, cut in	1.00 c
20277	-halves	0.00
20277	Dried figs; stems removed,	1.00 c
20277	-cut in strips	0.00
20277	Dried apple rings; cut in	0.50 c
20277	-halves	0.00
20277	Brown sugar or honey	2.00 tb
20277	Beef stock	1.50 c
20277	Flour	1.00 c
20277	Egg	1.00 ea
20277	Milk	0.67 c
20277	Salt	0.25 ts
20277	(scant) baking powder	0.50 ts
20277	Chopped fresh parsley;	0.25 c
20277	-crushed	0.00
20278	-----eileen lamparelli	0.00
20278	-cgdr39a-----	0.00
20278	Whole chicken breasts; -	0.00
20278	Halved	0.00
20278	Oil	0.25 c
20278	Butter; melted	4.00 ts
20278	Flour	0.25 c
20278	Salt	0.50 ts
20278	Chicken broth	2.00 c
20278	Heavy cream	0.50 c
20278	Tabasco	0.50 ts
20278	Can of asparagus	16.00 oz
20278	Parmesan cheese; grated	0.50 c
20280	Text file	1.00
20281	Yogurt	1.00 c
20281	Salt	1.50 ts
20281	Ground red or black pepper	0.50 ts
20281	Garlic; finely minced	3.00 cl
20281	Chicken breasts; boneless,	1.50 lb
20281	. skinless, cut into kebob	0.00

## Sheet1

20281	. sized pieces	0.00
20281	Flatbread such as lavash,	0.00
20281	. pita or flour tortillas	0.00
20281	Tomatoes; sliced	3.00
20281	Onions; sliced	2.00
20281	Cilantro to taste	0.00
20281	Lemons or 4 limes; quartered	2.00
20282	Chex cereal (Wheat -- Rice	9.00 c
20282	And Corn)	0.00
20282	Semi-sweet chocolate pieces	1.00 c
20282	(chocolate chips)	0.00
20282	Peanut butter	0.50 c
20282	(1/2 stick) margarine or	0.25 c
20282	Butter	0.00
20282	Vanilla	0.25 ts
20282	Powdered sugar	1.50 c
20283	Licorice fern root	2.00 tb
20283	Gewurztraminer icewine	2.00 tb
20283	Water	0.75 c
20283	Dried alder cones	3.00 c
20283	Wild grouse breasts, bone in	2.00
20283	-and skinless	0.00
20283	Juniper & Salal Berry Sauce:	0.00
20283	Water	1.33 c
20283	B.C. Pinot Blanc wine	1.50 c
20283	Salal Berries	3.50 c
20283	Maple syrup	1.50 tb
20283	Black peppercorns	1.50 tb
20283	Juniper berries	8.00
20283	Balsamic vinegar	1.50 tb
20284	Rolled oats	1.50 c
20284	Oat bran	0.25 c
20284	Finely chopped almonds	0.25 c
20284	Ground cinnamon	0.50 ts
20284	Vegetable oil plus	2.00 tb
20284	Vegetable oil	1.00 ts
20284	Honey	0.33 c
20284	Vanilla extract	0.50 ts
20284	Almond extract	0.25 ts
20285	(1 pound) butter	2.00 c
20285	Sugar	2.00 c
20285	Whole almonds	0.50 c
20285	Package chocolate chips	1.00 lg
20285	Walnuts ground in a	0.50 c
20285	-blender	0.00
20286	Chicken pieces; skinned	2.50 lb
20286	Chicken Bouillon cubes;	2.00
20286	-Borden Low Sodium	0.00
20286	Margarine;	1.00 tb



Sheet1

20286	Green pepper; diced (1 med.	1.00 c
20286	-pepper)	0.00
20286	Radishes; thinly sliced	1.00 c
20286	Pineapple chunks; canned,	1.00 c
20286	-unsweetened	0.00
20286	Juice from pineapple;	0.50 c
20286	Light soy sauce;	1.00 ts
20286	Flour;	2.00 tb
20286	Pepper;	0.00 ds
20286	Rice; cooked	4.50 c
20286	Chow mein noodles; optional	0.00
20287	1 pound loaves good quality	2.00
20287	-bread, cut in 1/2" cubes	0.00
20287	-(about 4 quarts)	0.00
20287	Poached chicken thighs	2.00 lb
20287	Minced fresh parsley	0.50 c
20287	Chopped onions	0.75 c
20287	Chopped celery	1.00 c
20287	Shredded carrot	1.00 c
20287	Finely chopped boiled	1.25 c
20287	-potatoes	0.00
20287	Rubbed sage	1.00 T
20287	Celery seed	1.00 T
20287	Dried thyme	1.00 t
20287	Turmeric	0.50 t
20287	Eggs	5.00
20287	12 ounce can evaporated	1.00
20287	-milk	0.00
20287	Homemade chicken broth or	2.50 c
20287	-canned	0.00
20288	Ricotta cheese	1.00 c
20288	Butter	8.00 tb
20288	Slivered or coarsely ground	0.75 c
20288	-almonds	0.00
20288	Oats	0.67 c
20288	Hard-boiled eggs; chopped	4.00 ea
20288	Softened raisins	0.50 c
20288	Raw eggs	6.00 ea
20288	Honey	2.00 tb
20288	Salt	0.50 ts
20288	Fennel seed; crushed	0.50 ts
20288	Oil for sauteing	2.00 tb
20289	Chicken wings	2.50 lb
20289	Butter	0.25 c
20289	Durkees hot sauce	3.00 tb
20289	Vinegar; optional	1.00 tb
20289	Vegetable oil	0.00
20290	Graham crackers	2.00
20290	Chocolate sprinkles	0.00

Sheet1

20291	Walnuts	1.50 c
20291	-	0.00
20291	Dry Apples	0.50 c
20291	Cinnamon	1.00 t
20291	Vanilla	1.00 t
20291	Salt	0.25 t
20291	Firmly packed LightBrown	0.50 c
20291	-sugar	0.00
20291	Dried Apricots	0.50 c
20291	Oatmeal, quick cooking	6.00 c
20291	Unsalted Butter	0.75 c
20291	Honey	0.50 c
20292	Apple juice	2.50 c
20292	Oil	0.25 c
20292	Garlic clove, minced	2.00 ea
20292	Ginger	0.50 t
20292	Soy sauce	0.50 c
20292	Bay leaf	3.00 ea
20292	Onion, large, chopped	1.00 ea
20292	Pepper	0.25 t
20293	Whole wheat flour;	2.00 c
20293	-self-rising	0.00
20293	Margarine;	0.50 c
20293	Cinnamon;	1.00 ts
20293	Walnuts; chopped	1.00 c
20293	Raisins;	0.67 c
20293	Dessert apples; peeled cored	2.00 c
20293	-grated	0.00
20293	Carrot; grated	1.00 c
20293	Grated peel of 1 orange	0.00
20293	Eggs;*	2.00 lg
20293	Fresh orange juice;	4.00 tb
20294	All-purpose flour	0.75 c
20294	Butter or margarine,softened	0.67 c
20294	Firmly packed brown sugar	0.33 c
20294	Egg	1.00
20294	Vanilla	1.00 ts
20294	Cinnamon	0.50 ts
20294	Baking powder	0.50 ts
20294	Salt	0.50 ts
20294	Quaker Oats, uncooked	1.50 c
20294	Shredded Cheddar cheese (1c)	4.00 oz
20294	Raisins	0.75 c
20294	Chopped apple	1.00 c
20295	Soy sauce	2.00 ts
20295	Mashed anchovies	2.00
20296	One chicken or	0.00
20296	Pieces chicken maryland	5.00
20296	Or	2.00 c

## Sheet1

20296	Coconut drink (from	1.00
20296	Coconut water)	1.00
20296	Brown onion and	0.50
20296	Garlic (chopped together)	4.00
20296	Tamarind	0.50 ts
20296	Spoon ground galanga (laos	0.50 ts
20296	Or lengkuas)	0.00
20296	Bay leafs (daun salam)	2.00
20296	Brown sugar	1.00 ts
20296	Salt	0.50 ts
20297	Ripe banana, peeled	1.00
20299	Chicken drummettes	4.00 lb
20299	Butter; or margarine	1.00 c
20299	Parmesan cheese	2.00 c
20299	Parsley; chopped	0.25 c
20299	Oregano	2.00 T
20299	Paprika	4.00 t
20299	Salt	2.00 t
20299	Pepper	1.00 t
20300	Chicken breast halves; boned	4.00
20300	Butter	6.00 tb
20300	Flour	4.00 tb
20300	Light cream	1.00 c
20300	Chicken stock	1.00 c
20300	Salt and pepper; to taste	0.00
20300	Parmesan cheese; freshly	0.50 c
20300	-grated	0.00
20300	Rosemary	0.50 ts
20300	Dried basil	0.50 ts
20300	Mushrooms; sliced	0.25 lb
20300	Toasted almonds; chopped	0.50 c
20300	Avocado	1.00
20301	Chicken drumsticks	8.00 lg
20301	Russet potatoes; 1 inch	2.00 lg
20301	-wedges	0.00
20301	Onion; thinly sliced	1.00 c
20301	Italian plum tomatoes,	1.00 c
20301	-canned -- drained & chopped	0.00
20301	Fresh oregano; minced	1.50 tb
20301	Or 1 1/2 tsp. crumbled dried	0.00
20301	-oregano	0.00
20301	Coarse salt	0.50 ts
20301	Fresh ground black pepper	0.50 ts
20301	Olive oil	4.00 ts
20301	Italian parsley; minced	2.00 tb
20302	Chicken breast; boneless &	1.00 lb
20302	-skinned	0.00
20302	Virgin olive oil;	2.00 ts
20302	Dry white wine;	6.00 tb

Sheet1

20302	Lemon juice;	0.25 c
20302	Leaf tarragon; dried	2.00 ts
20302	Leaf basil; dried	2.00 ts
20302	Hot red pepper flakes;	0.50 ts
20303	Water at 110 to 115 F	1.25 c
20303	Quick-rise yeast (1 pkg)	2.25 ts
20303	All-purpose flour	2.00 c
20303	Salt	1.00 ts
20303	Egg	1.00
20303	Vegetable oil	2.00 tb
20303	Graham flour	1.50 c
20303	FILLING	0.00
20303	Lean ground beef	1.50 lb
20303	Chopped onions	0.50 c
20303	Tomato sauce	1.00 c
20303	Catsup	0.25 c
20303	Garlic salt	1.00 ts
20303	Leaf oregano	0.50 ts
20303	Pepper	1.00 pn
20304	Butter	4.00 tb
20304	Flour	3.50 tb
20304	Milk	2.00 c
20304	Chicken broth	0.50 c
20304	Or turkey broth	0.00
20304	Cooked turkey; diced	2.00 c
20304	Country ham; diced	1.00 c
20304	Fresh bread crumbs	0.25 c
20304	Cheddar cheese; crumbled	0.25 c
20304	Mozzarella cheese; shredded	1.00 c
20304	Madeira	2.00 tb
20304	Eggs	4.00
20305	Chicken pieces (or boneless	2.50 lb
20305	-breasts)	0.00
20305	Butter or margarine	6.00 tb
20305	Flour	2.00 tb
20305	Paprika	1.00 tb
20305	Plain yogurt	2.00 c
20305	Fresh mushrooms; sliced	0.25 c
20305	Fresh lemon juice	2.00 tb
20305	Fresh parsley; chopped	2.00 tb
20306	Ripe banana, peeled	1.00
20306	Orange juice	0.50 c
20306	Cold milk	0.50 c
20306	Orange sherbet	1.00 c
20306	Orange Sherbet	0.00
20306	Ripe banana, peeled	1.00
20306	Pineapple juice	0.50 c
20306	Cold milk	0.50 c
20306	Pineapple sherbet	1.00 c

Sheet1

20306	Pineapple sherbet	0.00
20307	Light cream	0.75 c
20307	Butter	0.50 c
20307	Sugar	0.25 c
20307	Salt	1.00 ts
20307	Yeast	1.00 pk
20307	Water; tepid	0.25 c
20307	Eggs, plus 1 white; lightly	2.00
20307	-beaten	0.00
20307	Nutmeg; freshly grated	0.25 ts
20307	Cinnamon	0.25 ts
20307	Cloves	0.25 ts
20307	Mace	0.12 ts
20307	Sifted unbleached white	4.00 c
20307	-flour; up to 4 1/2 cups	0.00
20307	Currants	0.33 c
20307	Confectioners' sugar;	3.00 tb
20307	-dissolved in	0.00
20307	Milk;and	1.00 tb
20307	Anise extract	0.00 ds
20308	Each peeled peanuts,	0.25 lb
20308	-cashews, brazil nuts,	0.00
20308	-hazelnuts, walnuts, pecans	0.00
20308	-and whole unpeeled	0.00
20308	-almonds, OR 1-1/4 lbs.	0.00
20308	-unsalted, assorted nuts	0.00
20308	Coarsely chopped fresh	2.00 T
20308	-rosemary	0.00
20308	Cayenne	0.50 t
20308	Dark brown sugar	2.00 t
20308	Kosher salt	2.00 t
20308	Butter - melted	1.00 T
20309	Salt	2.00 ts
20309	Black pepper	0.00
20309	Dry mustard	2.00 ts
20309	(2 1/2- to 3-ounce) ostrich	6.00
20309	- fillet steaks	0.00
20309	Clove garlic, chopped	1.00
20309	Vinegar or lemon juice	0.50 c
20309	Grated lemon zest	1.00 ts
20309	Sugar	2.00 ts
20309	Oil	0.50 c
20309	Formatted by Manny Rothstein	0.00
20310	Boneles Chickenbreast	1.00 lg
20310	Green Pepper, cut in strips	1.00
20310	Onion, cut in thick strips	1.00 md
20310	Catsup	0.50 c
20310	Mustard	1.00 tb
20310	Brown Sugar	1.00 tb

Sheet1

20310	Vinegar	1.00 tb
20310	Garlic powder	0.25 ts
20310	Hot Pepper Sauce	2.00 ds
20311	Baking apples (Rome, - Cortland, or Winesap)	4.00 lg 0.00
20311	Water	0.50 c
20311	Apple juice	0.50 c
20312	Boneless leg of lamb	1.75 lb
20312	For the marinade:	0.00
20312	Fresh pomegranate juice (or Pomegranate syrup)	2.00 c 1.00 c
20312	Onion, grated	1.00 sm
20312	Cloves garlic, minced	2.00
20312	Extra virgin olive oil	0.25 c
20312	Freshly ground black pepper	0.00
20312	Chopped fresh cilantro, Plus	0.25 c 0.00
20312	For garnish	0.25 c
20312	Bay leaf, crushed	1.00
20312	Ground coriander	1.00 ts
20312	Freshly ground black pepper	0.00
20312	Salt	0.00
20312	Lemon wedges for serving	0.00
20313	Soy Sauce	0.50 c
20313	Worcestershire Sauce	0.50 c
20313	Ketchup	2.00 T
20313	Pepper (MORE FOR HOT)	0.50 t
20313	Garlic Powder	0.50 t
20313	Onion Salt	0.50 t
20313	Beef Roast	1.00 lb
20314	Soy Sauce	0.50 c
20314	Worcestershire Sauce	0.50 c
20314	Ketchup	2.00 T
20314	Pepper (MORE FOR HOT)	0.50 t
20314	Garlic Powder	0.50 t
20314	Onion Salt	0.50 t
20314	Beef Roast	1.00 lb
20315	Pepper (MORE FOR HOT)	0.50 t
20315	Garlic Powder	0.50 t
20315	Onion Salt	0.50 t
20315	Beef Roast	1.00 lb
20315	Soy sauce	0.50 c
20315	Garlic Salt	0.50 t
20315	Lemon Pepper	0.50 t
20316	Parsley, finely chopped	0.50 c
20316	Onion, finely minced	0.50 c
20316	Hardboiled egg yolks	4.00 ea
20316	Raw beef marrow, minced	4.00 tb
20316	-OR- shredded suet	0.00

Sheet1

20316	Powdered ginger	0.50 ts	
20316	Powdered cinnamon	0.50 ts	
20316	Pepper	1.00 ts	
20316	Salt	1.00 ts	
20316	Steaks, thinly sliced	4.00 ea	
20316	Butter for basting	0.00	
20316	Butter	4.00 tb	
20316	Wine vinegar	1.00 tb	
20316	Verjuice (see rec.) or cider	1.00 tb	
20316	Powdered ginger	0.50 ts	
20316	Powdered cinnamon	0.50 ts	
20316	Hardboiled egg yolks, mashed	2.00 ea	
20317	ea	3.00	1
20317	-	0.00	
20317	Allspice berries	2.00	
20317	Onions	2.00	
20317	Peeled turnips	2.00	
20317	Carrot	1.00 ea	
20317	Butter	4.00 tb	
20317	Flour	4.00 tb	
20317	Gravy or strong beef stock	5.00 c	
20317	Mushroom ketchup	1.00 tb	
20317	Browning (optional)	1.00 tb	
20317	White wine	0.50 c	
20317	A few carrots and turnips;	0.00	
20317	-sliced thinly	0.00	
20317	Chopped parsley	3.00 tb	
20317	Onion; finely chopped	1.00 ea	
20317	Pickled cucumbers or dill	4.00 ea	
20317	-pickles; finely chopped	0.00	
20317	Good gravy or beef stock	2.50 c	
20317	-(from cooking the brisket)	0.00	
20317	Pepper	0.25 ts	
20317	Salt	1.00 ts	
20317	Butter rolled in 1 tsp flour	1.00 ts	
20317	Pickled walnut; crushed	1.00 ea	
20317	Capers	1.00 tb	
20318	Boneless beef roast	4.00 lb	
20318	Bottle of catsup	1.00 sm	
20318	Beer	1.00 cn	
20318	Salt to taste	0.00	
20318	Pepper to taste	0.00	
20318	Garlic to taste	0.00	
20319	Onion	1.00 sm	
20319	Cloves garlic (2 t.)	2.00 sm	
20319	Inch piece fresh ginger	1.00	
20319	Cracked black peppercorns	2.00 ts	
20319	Red pepper flakes or to	1.00 ts	
20319	-taste	0.00	

Sheet1

20319	Coriander seeds	1.00 ts
20319	Cardamom seeds	1.00 ts
20319	Fenugreek seeds, optional	1.00 ts
20319	Ground cinnamon	0.12 ts
20319	Ground cloves	0.12 ts
20319	Ground allspice	0.12 ts
20319	Salt or to taste	1.00 tb
20319	Imported paprika	0.33 c
20319	Olive oil	0.50 c
20320	Berries	1.00 x
20321	Ground chuck	1.00 lb
20321	Hamburger Buns	8.00
20321	Big Buy Hamburger Sauce per	3.00 tb
20321	-patty (see below)	0.00
20321	Lettuce, shredded	0.00
20321	American Cheese	0.00
20321	Pickles (optional)	0.00
20321	Mayonnaise	1.00 c
20321	Heinz Chili Sauce	0.25 c
20321	Ketchup	0.25 c
20321	Sugar	3.00 tb
20321	Pickle relish & do NOT drain	0.50 c
20321	Garlic salt	1.00 ds
20322	Onions, coarsely chopped	3.00 lg
20322	Shallots, chopped	4.00 lg
20322	Stalks celery, chopped, tops	3.00
20322	Included.	0.00
20322	Tarragon wine vinegar	0.75 c
20322	Salt	1.00 T
20322	Garlic, minced	2.00 cl
20322	Crushed peppercorns	12.00
20322	Bay leaves, crumbled	2.00 lg
20322	Bottle dry white wine	1.00
20323	All beef patties	2.00
20323	Special Sauce (see below)	0.00
20323	Lettuce	0.00
20323	Cheese	0.00
20323	Onions	0.00
20323	Pickles	0.00
20323	Sesame Seed Bun	0.00
20323	Miracle Whip Salad Dressing	1.00 c
20323	Creamy French Dressing	0.33 c
20323	Sweet pickle relish	0.25 c
20323	Sugar	1.00 tb
20323	Pepper	0.25 ts
20323	Dry minced onion	1.00 ts
20324	Active dry yeast	1.00 tb
20324	Lukewarm water	1.50 c
20324	Eggs, beaten	2.00



Sheet1

20324	Oil or melted margarine	0.50 c
20324	To 6 c hot roll mix	5.00 c
20324	Egg, beaten	1.00
20324	Coarse salt	2.00 tb
20326	English Muffins	4.00
20326	Pizza Sauce	8.00 oz
20326	Onions, finely chopped	0.50 c
20326	Green Pepper Rings,	8.00
20326	-quartered	0.00
20326	Pepperoni, cut in half	16.00 sl
20326	Mozzarella Cheese; shredded	1.00 c
20326	(reduced-calorie),	0.00
20327	Butter, at room temperature	0.50 lb
20327	Butter, at room temperature	1.00 tb
20327	Sugar	0.67 c
20327	Egg whites	2.00
20327	Flour	4.00 c
20327	Blackberry jam, with seeds	0.00
20327	Bowl	0.00
20327	Mixer	0.00
20327	Pastry brush	0.00
20327	Cookie sheet	0.00
20327	Spatula	0.00
20327	Wire cooling rack	0.00
20327	Spoon	0.00 sm
20328	Head garlic; peeled	0.75
20328	Pureed Chipotle peppers	2.00 tb
20328	Bunch Cilantro (no stems)	0.50
20328	Cumin	0.25 tb
20328	Salt	0.50 tb
20328	Brown sugar	0.50 c
20328	Worcestershire sauce	1.75 oz
20328	Apple cider vinegar	2.50 c
20328	Ketchup	4.50 c
20328	Tabasco	0.50 tb
20328	Whole star anise in cheese-	2.50
20328	Cloth bag	0.00
20329	Mayonnaise	0.50 c
20329	Bleu cheese	3.00 tb
20329	Dijon-style mustard	2.00 ts
20329	Salt	0.25 ts
20329	Pepper	0.25 ts
20329	Broccoli florets	2.00 c
20329	Olive oil	2.00 ts
20329	Red pepper; cubes	1.00 c
20329	Egg noodles; cooked	8.00 oz
20329	Walnuts	3.00 tb
20330	Blueberries; frozen	2.00 c
20330	Maple syrup	0.75 c

Sheet1

20330	Orange peel; grated	1.00 ts
20330	Cornstarch	1.00 tb
20330	;water	2.00 tb
20330	Eggs; beaten	3.00
20330	Milk	0.75 c
20330	Vanilla	1.00 ts
20330	Nutmeg	0.25 ts
20330	Bread	8.00 sl
20330	Margarine	3.00 tb
20330	Sugar, powdered	0.00
20331	Unwaxed paper cup	1.00
20331	Water to fill cup	0.00
20331	Open fire or Candle flame	0.00
20332	Jar cheez whiz	8.00 oz
20332	Green food coloring	0.00
20332	To 30 pretzel sticks	25.00
20332	Waxed paper	0.00
20332	Long handled spoon	0.00
20332	Platter	0.00
20333	Popcorn; popped	4.00 qt
20333	Peanuts, spanish	1.00 c
20333	Butter	4.00 T
20333	Brown sugar	1.00 c
20333	Light corn syrup	0.50 c
20333	Molasses	0.12 c
20333	Salt	0.25 t
20335	(6oz) blueberry jello mix	1.00 pk
20335	(16oz) small curd cottage	1.00 ct
20335	Cheese	0.00
20335	(16 1/2oz) can blueberries	1.00 cn
20335	In syrup -=OR=-	0.00
20335	Frozen blueberries, thawed	0.75 c
20335	Blue food coloring	0.00
20335	Mixing bowls	2.00
20335	Opener	0.00 cn
20335	Spoon	0.00
20335	Salad plates	6.00
20336	Trout	2.00
20336	White wine	0.50 c
20336	Verjuice	1.00 tb
20336	Ginger	0.25 ts
20336	Galingale (opt'l)	0.25 ts
20337	Brie	0.00
20337	Honey	0.00
20337	Sharp Mustard	0.00
20338	Lemons; cut in half	3.00
20338	Kosher salt	1.00 c
20338	Brown sugar	0.75 c
20338	Garlic; crushed	0.33 c

Sheet1

20338	Bay leaves	3.00
20338	Black peppercorns	0.25 c
20338	Jalapenos; split & seeded	5.00
20338	Dried basil	1.00 tb
20338	Dried oregano	1.00 tb
20338	Dried thyme	1.00 tb
20338	Water	1.00 ga
20339	Chicken wings	1.00 lb
20339	Lemon juice	3.00 tb
20339	Soy sauce	3.00 tb
20339	Onion powder	0.12 ts
20339	Salt; to taste	0.00
20339	Pepper; to taste	0.00
20339	Honey	1.00 tb
20339	Catsup	1.00 tb
20341	Boiled Ham, sliced	0.50 lb
20341	Part Skim Mozzarella Cheese,	8.00 oz
20341	Grated	0.00
20341	Eggs	2.00
20341	Low-fat Milk	0.25 c
20341	Dried Oregano	0.00 pn
20341	Pizza Crust, prepared or	0.00
20341	Homemade	0.00
20342	Stewing hen	6.00 lb
20342	(or two 3 lb broilers)	0.00
20342	Onions, sliced	2.00 lg
20342	Okra, cut (optional)	2.00 c
20342	Fresh OR	4.00 c
20342	2(l lb cans tomatoes)	0.00
20342	Lima beans, frozen	2.00 c
20342	Potatoes, diced	3.00 md
20342	Corn cut from cob OR	4.00 c
20342	2 (cans of corn, 1 lb each)	0.00
20342	Salt	3.00 ts
20342	Pepper	1.00 ts
20342	Sugar	1.00 tb
20343	Whole chicken, cut up	1.00
20343	Onion, quartered	1.00
20343	Ribs of celery, diced	2.00
20343	Salt	1.00 ts
20343	White pepper	0.12 ts
20343	Black pepper	0.25 ts
20343	Frozen small limabeans	10.00 oz
20343	Frozen white shoepeg corn	16.00 oz
20343	Canned tomatoes	1.00 lb
20343	Potatoes, cubed	3.00 sm
20343	Ketchup	0.33 c
20343	Vinegar	2.00 tb
20343	Brown sugar	1.00 tb

Sheet1

20343	Worcestershire	1.00 ts
20343	Tobasco	0.50 ts
20343	Marjoram (dried)	0.25 ts
20344	Red wine vinegar	0.75 ts
20344	Olive oil	0.25 c
20344	Parsley, chopped	6.00 tb
20344	Basil, chopped	3.00 tb
20344	Garlic, minced	0.50 ts
20344	Red pepper flakes --OR--	0.12 ts
20344	Red chili, minced	1.00 ea
20344	Fresh breadcrumbs, if needed	2.00 tb
20344	Italian country-style bread,	6.00 sl
20344	-- cut 3/4" to 1" thick &	0.00
20344	-- halved	0.00
20344	Olive oil	1.00 tb
20345	Dish soap or baby shampoo	0.33 c
20345	Water	1.25 c
20345	Sugar	2.00 ts
20345	Food coloring	1.00
20346	Celery stalks	0.00
20346	Peanut butter	0.00
20346	Chocolate chips	0.00
20348	(10oz) rigatoni pasta	1.00 pk
20348	Squirtable cheese spread	2.00 cn
20348	Jar barbecue sauce	1.00 sm
20348	To 20 whole black	16.00
20348	Peppercorns	0.00
20348	Carrot	1.00
20348	Saucepan	0.00 lg
20348	Colander	0.00
20348	Platter	0.00
20348	Carrot peeler	0.00
20348	Knife	0.00
20348	Toothpicks	0.00
20349	Margerine softened	0.25 c
20349	Evaporated milk(unsweetened)	2.00 ts
20349	Butter flavoring	1.00 ts
20349	Powder sugar replacement	1.00 c
20350	Chicken breasts cutlets;	1.00 lb
20350	. thinly sliced	0.00
20350	Buttermilk (divided use)	1.00 c
20350	Yellow cornmeal	0.25 c
20350	+. 2 tsp Flour (divided use	0.25 c
20350	Salt	0.50 ts
20350	Black pepper	1.00 ts
20350	Vegetable oil	0.25 c
20350	Chicken broth	0.75 c
20352	Instant coffee	0.50 c
20352	Sugar	0.75 c

Sheet1

20352	Nonfat dry milk	1.00 c
20352	Dried orange peel	0.50 ts
20353	Instant coffee	0.50 c
20353	Sugar	0.67 c
20353	Nonfat dry milk	0.67 c
20353	Cinnamon	0.50 ts
20354	Chick. wings, wing tips	1.00 kg
20354	-removed	0.00
20354	Plain flour	1.00 c
20354	Salt	2.00 ts
20354	White pepper	2.00 ts
20354	Black pepper	2.00 ts
20354	Cayenne pepper	2.00 ts
20354	Granulated garlic	2.00 ts
20354	Paprika	1.50 tb
20354	Dried thyme	1.00 ts
20354	Dried oregano	1.00 ts
20354	-oil for shallow	0.00
20354	-frying....	0.00
20355	Water	2.00 qt
20355	Ham bone small	1.00
20355	Ham hock	1.00
20355	Northern beans (dry)	0.50 c
20355	Beef short ribs	0.50 lb
20355	Salt	1.00 ts
20355	Potatoes diced	2.00
20355	Bunch collard greens	1.00
20355	- washed & chopped	0.00
20355	Onion chopped	0.50 c
20355	Bacon grease	3.00 tb
20355	Blood sausage (Morzilla)	1.00
20355	- sliced	0.00
20355	Green Bell Pepper chopped	0.33 c
20355	Bay leaf	1.00
20356	Refrigerated pizza dough,	10.00 oz
20356	Egg,	1.00 ea
20356	Grated parmesan cheese(optio	1.00 x
20356	Recipe Filling	1.00 x
20357	-Karen Mintzias	0.00
20357	Part-skim ricotta cheese	15.00 oz
20357	Confectioners' sugar	0.67 c
20357	Grated orange peel	0.50 ts
20357	Vanilla extract	0.50 ts
20357	Minature chocolate chips	2.00 tb
20357	Sugar ice-cream cones	10.00
20358	Split chicken breasts;	2.25 lb
20358	-boneless	0.00
20358	Chili powder	2.00 ts
20358	Canola oil	2.00 tb

Sheet1

20358	Mexican-style tomatoes; 14	1.00 cn
20358	-1/2 ozs	0.00
20358	Green chiles; chopped	1.00 cn
20358	Fresh lime juice	2.00 tb
20358	Hot pepper sauce	1.00 tb
20358	Shredded lettuce	0.00
20358	Monterey jack cheese;	0.00
20358	-shredded	0.00
20358	Lime wedges	0.00
20358	Corn tortillas; warm, option	0.00
20358	-al	0.00
20359	Bite-size shredded wheat	3.00 c
20359	-biscuits	0.00
20359	Round toasted oat cereal	3.00 c
20359	Pretzel sticks, broken	2.00 c
20359	Salted peanuts	1.50 c
20359	Sugar	1.33 c
20359	Butter or margarine	0.75 c
20359	Light corn syrup	0.50 c
20359	Vanilla	1.00 ts
20360	Water	0.25 c
20360	Sugar	2.00 tb
20360	Coarse chopped pecans	1.00 c
20360	Hot ground red chile	1.00 tb
20360	Salt	0.25 ts
20361	Roaster Chicken	1.00
20361	Lemon	1.00
20361	Honey	0.25 c
20361	Orange Juice	0.50 c
20362	Dried cascabel chiles or	4.00
20362	Jalapeo peppers	2.00
20362	Honey	1.00 c
20362	Chicken stock	0.50 c
20362	Tomato pure	3.00 tb
20362	Paprika	1.00 ts
20362	Ground cumin	1.00 ts
20363	Bisquick	1.00 c
20363	Shredded Cheddar cheese	1.00 c
20363	Ground beef, turkey or pork	1.00 lb
20363	Sausage	0.00
20363	Long grain rice	2.00 c
20363	Water	3.75 c
20363	Salt	2.00 ts
20363	Butter or margarine	2.00 tb
20363	Mixing bowl	0.00 lg
20363	Rectangular baking pan	0.00
20363	Deep saucepan with lid	0.00
20363	Fork	0.00
20363	Paper towels	0.00

Sheet1

20363	Spoon	0.00 lg
20363	Stainless steel pooper	0.00
20363	Scooper	0.00
20364	Peanut butter	0.50 c
20364	Ritz crackers	8.00
20364	Banana; cut into 8 slices	1.00
20364	Raisins	8.00
20365	Almonds; coarse-ground	2.00 c
20365	Ale	2.00 c
20365	Water	1.00 c
20365	Saffron	0.25 ts
20365	Brown sugar	0.67 c
20365	Salt	0.50 ts
20365	Toasted bread crumbs	0.50 c
20365	Currants	1.00 c
20365	Fresh basil or dill; snipped	1.00 tb
20365	-finely	0.00
20366	-----	0.00
20366		0.50
20366	----	0.50
20366	Serrano chilies; minced	2.00
20366	Vegetable oil	1.00 /4
20366	Mustard seeds	0.75
20366	Fenugreek seeds	0.75
20366	Salt	0.00
20366	Atta (chapati flour)*	3.00
20366	Vegetable oil	1.00 tb
20366	Turmeric	0.75 ts
20366	Ground cumin	0.75 ts
20366	Salt	0.00
20366	Indian chili powder	0.50 ts
20366	Water (more as needed)	1.00 c
20366	Raw peanuts	0.50 c
20366	Finely grated cauliflower	2.00 c
20366	Grated fresh coconut	0.75 c
20366	Chopped fresh cilantro	2.00 tb
20366	Serrano chilis; minced	2.00
20366	Salt	0.75 ts
20366	Vegetable oil	0.00
20366	-- (for deep-frying)	0.00
20366	Piece compressed tamarind	1.00 ea
20366	-- (2x2-inch)	0.00
20366	Hot water	0.75 c
20367	French bread, toasted	20.00 sl
20367	Jar (6 oz.) marinated	1.00
20367	Artichoke hearts, drained &	0.00
20367	Chopped	0.00
20367	Bottled roasted red peppers	0.25 c
20367	Sliced green onion	2.00 tb

## Sheet1

20367	(10 oz.) CRACKER BARREL	1.00 pk
20367	Extra Sharp Natural cheddar	0.00
20367	Cheese, thinly sliced	0.00
20368	Margarine or butter	3.00 tb
20368	Miniature marshmallows)	1.00 pk
20368	(6 cups) or	0.00
20368	Marshmallows	40.00
20368	Peanut butter smooth or	0.50 c
20368	Crunchy	0.00
20368	Cheerios ceareal	5.00 c
20369	Low-fat cream cheese	1.00 c
20369	Low fat sour cream	0.25 c
20369	Low-fat mayonnaise	2.00 tb
20369	Reduced-fat shredded Swiss	1.00 c
20369	Cheese	0.00
20369	Grated Parmesan cheese	0.25 c
20369	Chopped pimienta	1.00 ts
20369	Garlic clove, minced (or to	1.00
20369	Taste)	0.00
20369	French or Italian bread,	16.00 sl
20369	Toasted	0.00
20370	Whipped Cream Cheese	0.25 c
20370	Peanut Butter	0.25 c
20370	Carrot; Shredded	2.00 tb
20371	Cream cheese, room temp.	0.50 c
20371	Peanuts, unsalted, chopped	0.12 c
20371	Apple, cored, sliced,	0.50
20371	-peeled	0.00
20371	Drops lemon juice	2.00
20371	Date-nut bread slices	2.00
20372	Melted butter or margarine	2.00 tb
20372	Chili powder	0.50 ts
20372	Garlic salt	0.50 ts
20372	Onion powder	0.25 ts
20372	Popped corn	8.00 c
20372	Grated Parmesan	0.25 c
20373	Dried peaches	0.50 c
20373	Pitted whole dates	0.50 c
20373	Dried apriocots	0.33 c
20373	Golden Raisins	0.33 c
20373	Graham cracker crumbs	2.00 tb
20373	Fast & Healthy 9/92	0.00
20373	Carolyn Shaw 6-95	0.00
20374	Chex cereal; any type	9.00 c
20374	Coconut; optional	2.00 c
20374	Peanuts	1.00 c
20374	Brown sugar	1.00 c
20374	Butter	0.50 c
20374	Corn syrup	0.50 c



## Sheet1

20374	Vanilla	1.00 t
20374	Baking soda	0.50 t
20374	Chocolate chips	2.00 c
20374	Raisins	1.50 c
20375	Margarine or melted butter	0.25 c
20375	- (1/2 stick)	0.00
20375	Seasoned salt	1.25 ts
20375	Worcestershire sauce	4.50 ts
20375	Your favorite Chex cereals	8.00 c
20375	-(Corn, Rice, and Wheat)	0.00
20375	Mixed nuts	1.00 c
20375	Pretzels	1.00 c
20376	Chicken; whole	1.00
20376	Ketchup	1.00 c
20376	Cola; regular not diet	1.00 c
20377	Chicken, Cut in pieces	3.00 lb
20377	Uncooked barley	0.50 c
20377	Water	9.00 c
20377	Lemon Juice	2.00 tb
20377	Celery stalks with leaves	3.00
20377	Onion	1.00 sm
20377	Chopped onion	0.50 c
20377	Finely chopped carrot	0.50 c
20377	Chopped fresh parsley	0.50 c
20377	Salt	1.00 tb
20377	Pepper, freshly ground	0.50 ts
20377	Celery seed	0.25 ts
20377	Green beans cut, fresh	1.50 c
20378	Boneless chicken breast	6.00 ea
20378	-filet halves	0.00
20378	Butter	1.50 tb
20378	Sliced fresh mushrooms	1.50 c
20378	Chopped fresh parsley	2.00 tb
20378	Dried chives	2.00 ts
20378	Dried dill weed	0.25 ts
20378	Salt	0.25 ts
20378	Pepper	0.12 ts
20378	Chicken broth	0.50 c
20378	Flour	1.00 tb
20378	Sour cream	0.50 c
20379	Carrot; finely chopped	1.00
20379	Onion; finely chopped	1.00 sm
20379	Mushrooms; finely chopped	3.00 lg
20379	Butter	2.00 tb
20379	Champagne; or dry white wine	1.00 c
20379	Chicken breasts, halved,	2.00
20379	-boned, skinned	0.00
20379	Salt and pepper; to taste	0.00
20379	Sauce:	0.00

Sheet1

20379	Heavy cream	0.50 c
20379	Champagne; or white wine	0.25 c
20379	Salt and pepper; to taste	0.00
20379	Parsley; finely chopped	0.00
20380	Fresh poblano chilies	1.00 lb
20380	. (about 6 medium-large)	0.00
20380	Olive oil	2.50 tb
20380	White onion; sliced	1.00 lg
20380	Garlic; peeled & finely	3.00 cl
20380	. chopped	0.00
20380	Dried oregano	0.50 ts
20380	Dried thyme *OR*	0.75 ts
20380	Fresh thyme; minced	2.00 ts
20380	Whipped cream	1.00 c
20380	Epazote leaves	6.00 lg
20380	Salt	1.00 ts
20380	Cilantro; chopped	0.33 c
20380	Chicken breasts halves	6.00
20380	Mushrooms; sliced	3.00 c
20381	Chicken meat boned, cooked	2.00 c
20381	Onion chopped	1.00 ea
20381	Pot cheese	1.00 c
20381	- OR -	0.00
20381	Large curd cottage cheese	1.50 c
20381	- with liquid removed	0.00
20381	Carrots shredded	0.33 c
20381	Salt to taste	0.00
20381	Chicken stock	6.00 c
20381	Dill freshly snipped	1.00 ts
20381	Tomato paste	1.00 T
20381	Pepper to taste	0.00
20382	Boneless skinless; chicken	4.00
20382	Halves.	0.00
20382	Plain lowfat yogurt	2.00 tb
20382	Soda crackers; crushed	15.00
20382	Dried thyme	1.00 ts
20382	Dried marjoram	0.50 ts
20382	Curry powder	0.25 ts
20382	Salt to taste	0.00
20382	-----dipping sauce-----	0.00
20382	Plain lowfat yogurt	0.50 c
20382	Catsup	2.00 tb
20382	Celery; finely chopped	2.00 tb
20382	Soy sauce	2.00 ts
20382	Garlic, finely chopped; opt.	0.50 ts
20382	Ground black pepper	0.25 ts
20383	Uncooked giblets; of 1 or 2	0.00
20383	-chickens	0.00
20383	Cold water;	6.75 c

Sheet1

20383	Salt or to taste	1.50 ts
20383	Fresh ground pepper;	0.00 ts
20383	Carrot; finely diced	0.75 c
20383	Onion; chopped	0.75 c
20383	Celery; finely chopped even	0.75 c
20383	-the leaves.	0.00
20383	(1 cn) tomato juice	9.00 oz
20383	Parsley flakes; OR	1.50 tb
20383	Fresh parsley; minced	3.00 tb
20383	Paprika	0.38 ts
20383	Quick-cooking oatmeal;	3.00 tb
20384	Chicken breasts boneless	3.00 lb
20384	Vodka heated	2.00 oz
20384	Tomato paste	1.00 tb
20384	Butter	5.00 tb
20384	Flour	1.00 tb
20384	Sour cream or plain yogurt	1.50 c
20384	Feta cheese crumbled	4.00 tb
20384	Pepper	0.50 ts
20384	Salt	0.50 ts
20384	Dried parsley	0.50 tb
20384	Garlic clove minced	1.00
20384	Chicken broth	0.75 c
20384	Onion chopped	0.25 c
20385	Manicotti pasta shells	12.00
20385	Whipped cream cheese	8.00 oz
20385	-w/chives&onion	0.00
20385	Milk	0.67 c
20385	Romano cheese; grated	0.25 c
20385	Cooked chicken; chopped	2.00 c
20385	10 oz pkg frozen broccoli	1.00
20385	-(chopped) -- thawed/drained	0.00
20385	4 oz jar pimiento; chopped/d	1.00
20385	-rained	0.00
20385	Pepper	0.25 ts
20385	Paprika; to taste	0.00
20386	Vegetable oil	0.50 c
20386	Okra; sliced thin	2.00 qt
20386	4-5 lb chicken; cut into	1.00
20386	-pieces	0.00
20386	(seasoned with salt and	0.00
20386	-pepper)	0.00
20386	Vegetable oil	3.00 tb
20386	Flour	3.00 tb
20386	Onion; chopped	1.00 c
20386	Celery; chopped	0.50 c
20386	Bell pepper; chopped	1.00
20386	Garlic; minced	1.00 cl
20386	Tomatoes; chopped	2.00 lg

Sheet1

20386	Or 1 15 oz can tomatoes, cho	0.00
20386	-pped	0.00
20386	Chicken stock	2.00 qt
20386	Salt	1.00 tb
20386	Red pepper	0.50 ts
20386	Black pepper	0.25 ts
20386	Smoked sausage; cut into 1"	1.00 lb
20386	-pieces	0.00
20387	Chicken breast halves;	4.00
20387	-boneless	0.00
20387	Flour	0.50 c
20387	Salt and pepper; to taste	0.00
20387	Butter	4.00 tb
20387	Crabmeat	1.00 c
20387	Asparagus spears; cooked	12.00
20387	Hollandaise sauce	0.00
20388	Strawberries	0.00
20388	Pancake mix	0.00
20388	Bananas	0.00
20388	Powdered sugar	0.00
20388	Knife	0.00
20388	Cutting board	0.00
20388	Mixing bowl	0.00
20388	Flat skillet	0.00 lg
20388	Spatula	0.00
20388	Plates	0.00
20389	Broiler-fryer chicken;	1.00
20389	Salt and Pepper to taste;	0.00
20389	Garlic;	4.00 cl
20389	Dried Rosemary;	1.00 ts
20389	Dry white wine;	0.25 c
20389	Chicken broth;	0.25 c
20390	Chicken; cooked, cubed	2.00 c
20390	Cheese, Monterey Jack; diced	1.00 c
20390	Grapes, white seedless	0.50 c
20390	-halved	0.00
20390	Mayonnaise	0.50 c
20390	Celery; thinly sliced	0.25 c
20390	Sunflower seeds	0.25 c
20390	Salt	0.25 ts
20390	Pepper	0.25 ts
20390	Lettuce; leaves	0.00
20390	Breads, pita; halved or	4.00 x
20390	-8 slices bread	0.00
20391	Chicken backs and necks	3.00 lb
20391	;cold water	3.00 qt
20391	Ribs celery; coarsely	4.00 ea
20391	-chopped	0.00
20391	Carrots; unpeeled, thickly	6.00 ea

Sheet1

20391	-sliced	0.00
20391	Yellow onions; peeled and	2.00 md
20391	-quartered	0.00
20391	Whole black peppercorns	8.00 ea
20392	Rice	0.50 c
20392	Almond milk (see recipe)	1.00 c
20392	Jellied stock, melted	1.00 c
20392	Saffron	0.25 ts
20392	Diced chicken breast	0.50 c
20392	Slivered almonds	0.00
20392	Paprika (opt'l)	0.50 ts
20393	Water	2.00 c
20393	Barley; uncooked quick-	0.67 c
20393	-cooking barley	0.00
20393	Chicken; diced cooked	2.00 c
20393	Celery; diced	0.50 c
20393	Tomatoes; chopped	0.50 c
20393	Red onion; chopped	0.50 c
20393	Lemon juice; fresh	2.00 tb
20393	Dijon mustard;	1.00 tb
20393	Lettuce; leaves	5.00
20394	Chicken	3.00 lb
20394	Salt and pepper	0.00
20394	Cloves garlic, minced	2.00
20394	Powdered marjoram	0.25 ts
20394	Powdered thyme	0.25 ts
20394	Bay leaf	1.00
20394	Dry white wine (optional)	0.50 c
20394	Dairy sour cream	1.00 c
20394	Packaged biscuit mix	1.00 c
20394	Chopped parsley	1.00 tb
20394	Milk	6.00 tb
20394	Small white onions	10.00
20394	Whole cloves	2.00 ea
20395	Chicken pieces; -OR-	6.00
20395	-Whole chicken	1.00 sm
20395	-- skin removed	0.00
20395	Water	3.00 qt
20395	Onion; finely chopped	1.00
20395	Celery stalks	2.00
20395	-- finely chopped	0.00
20395	Carrot (more if desired)	1.00
20395	-- finely chopped	0.00
20395	Cornstarch (optional)	2.00 tb
20395	-- dissolved in:	0.00
20395	Cold water	0.33 c
20395	Sprigs fresh rosemary (3")	2.00
20395	Sprigs fresh rosemary (3")	3.00
20395	Water	1.25 c

## Sheet1

20395	Buttermilk baking mix	2.00 c
20397	Chicken breast halves; boned	4.00
20397	Flour	2.00 tb
20397	Fresh ground black pepper	0.25 ts
20397	Olive oil	1.00 tb
20397	Red onion; thinly sliced	0.50 c
20397	Madeira wine	0.25 c
20397	Artichoke hearts; 14 1/2 oz	1.00 cn
20397	Fresh lemon thyme	1.50 ts
20397	Or 1/2 teaspoon dried lemon	0.00
20397	-thyme	0.00
20397	Salt; optional	0.12 ts
20398	Chicken breasts; whole	3.00
20398	Butter (or marg.)	3.00 tb
20398	Flour, all-purpose	1.00 tb
20398	Accent	0.75 ts
20398	Salt	0.25 ts
20398	Tarragon, dried leaf	1.00 ts
20398	Bouillon cube, chicken	1.00
20398	Water; hot	0.50 c
20398	Mustard, Dijon	1.00 tb
20398	Lemon slices; thin, halved	3.00
20398	Parsley; finely chopped	1.00 ts
20399	Unsalted butter	2.00 tb
20399	Boneless skinned chicken	4.00
20399	-breast halves -- (about 1.5	0.00
20399	Each pounded between sheets	0.00
20399	-of wax paper t	0.00
20399	All-purpose flour; for	0.50 c
20399	-dredging	0.00
20399	Salt and freshly ground pepp	0.00
20399	-er to taste	0.00
20399	Turnips; peeled/diced	2.00
20399	Onion; chopped	1.00 sm
20399	Maple syrup	2.00 ts
20399	Dried thyme leaves	0.25 ts
20399	Chicken broth	0.75 c
20399	Dried sweet cherries	0.25 c
20399	Chopped fresh parsley	1.00 tb
20400	Chicken pieces;	3.00 lb
20400	Water;	8.00 c
20400	Celery with leaves; chopped	0.50 c
20400	Fresh parsley leaves;chopped	0.25 c
20400	Onion;	1.00 sm
20400	Pepper;	1.00 pn
20400	Bay leaf;	1.00
20400	Celery seeds;	0.25 ts
20400	Rice; uncooked	0.50 c
20400	Carrots; diced	1.00 c

Sheet1

20401	Chicken stock	4.00 c
20401	Sliced green onions	3.00 ea
20401	Water	2.00 c
20401	Black pepper	1.00 t
20401	Minced, peeled shrimp	0.25 lb
20401	Cornstarch	1.25 c
20401	Eggs, beaten	6.00 ea
20401	Oil+cornstarch for dusting	1.00 c
20402	-Title: Face Paints	0.00
20402	-Categories: Kids	0.00
20402	Corn starch; divided	6.00 ts
20402	Water; divided	3.00 ts
20402	Cold cream; divided	3.00 ts
20402	-Food coloring	0.00
20402	Muffin tin	6.00 c
20403	2 cups flour	0.00
20403	1 cup salt	0.00
20403	Cup water	0.50
20403	1 teaspoon vinegar	0.00
20403	Food coloring	0.00
20403	Teaspoon peppermint extract	0.25
20404	Peanut oil	0.75 c
20404	Dark sesame oil	0.25 c
20404	Dried red chile flakes	1.50 T
20404	Several whole dried red	0.00
20404	Chiles	0.00
20405	Olive oil	1.50 c
20405	Kahlua liqueur	0.12 c
20405	Chimayo red chile powder (or	0.25 c
20405	-use any other _pure_ chile	0.00
20405	-powder)	0.00
20405	Sugar	0.12 c
20405	Salt	1.00 tb
20405	Whole pecans; shelled	3.00 c
20406	Jalapeno peppers; se	2.00
20406	-eded,minced	0.00
20406	Cream cheese; firm	8.00 oz
20406	Sour cream	0.25 c
20406	Green or red chili salsa	4.00 oz
20406	Avacado; peeled	3.00
20406	Lemon juice	2.00 tb
20406	Onion powder	0.50 ts
20406	Pepper	0.25 ts
20406	Smoked turkey; cut paper	1.00 lb
20406	-thin	0.00
20406	Flour tortillas; warmed	6.00
20406	Salsa	0.00
20406	Or corn relish	0.00
20407	Ground coffee beans	0.33 c

## Sheet1

20407	Nutmeg	0.25 ts
20407	Chocolate extract	0.50 ts
20407	Almond extract	0.50 ts
20407	Toasted almonds	0.25 c
20408	Margarine, softened	0.25 lb
20408	Light brown sugar, packed	0.75 c
20408	Egg	1.00 ea
20408	Vanilla extract	2.00 tb
20408	Flour	1.00 c
20408	Baking soda	0.50 ts
20408	Baking powder	0.25 ts
20408	Grated coconut	0.50 c
20408	Granola	0.50 c
20408	Walnuts, coarsely chopped	0.75 c
20408	Semisweet chocolate chips	1.75 c
20409	Sugar	3.00 c
20409	Milk	1.00 c
20409	Cocoa, or 1 square	0.25 c
20409	-unsweetened chocolate	0.00
20409	To 1-1/2 cup unsalted	1.00
20409	-peanuts	0.00
20409	Vanilla	1.00 t
20410	Margarine	0.25 c
20410	Semisweet chocolate	2.00 oz
20410	Packed brown sugar	1.00 c
20410	Corn syrup	0.75 c
20410	Bourbon	0.25 c
20410	Eggs, slightly beaten	3.00 ea
20410	Chopped pecans, toasted	1.50 c
20410	Chilled whipping cream	1.00 c
20410	Bourbon (optional)	1.00 ts
20411	Envelopes Unflavored Gelatin	3.00
20411	Cold Water	0.75 c
20411	Boiling Water	1.00 c
20411	Granulated Sugar	0.33 c
20411	(12 Ounces) Semi-Sweet	2.00 c
20411	-Chocolate Mini Chips	0.00
20412	Spaghetti Squash	1.00 lg
20412	Cottage Cheese	8.00 oz
20412	Mozzarella (grated)	16.00 oz
20412	Parmesan (grated)	8.00 oz
20412	Spaghetti sauce (w/peppers)	1.00 qt
20413	Plain popped popcorn	8.00 qt
20413	Butter or margarine	1.00 c
20413	Light corn syrup	0.50 c
20413	Red-hot candies	9.00 oz
20414	Whole wheat flour	2.00 c
20414	All-purpose flour	1.00 c
20414	Baking powder	1.00 ts



Sheet1

20414	Baking soda	0.50 ts
20414	Packed brown sugar	0.75 c
20414	Shortening	0.50 c
20414	Honey	0.33 c
20414	Vanilla	1.00 ts
20414	Milk	0.50 c
20414	Granulated sugar	3.00 T
20414	Ground cinnamon	1.00 ts
20415	Granulated sugar replacement	0.25 c
20415	Water	1.00 c
20415	Env unflavored gelatin	1.00
20415	Ea unsweetened orange &	1.00 c
20415	Grapefruit juices	0.00
20415	Lemon juice	0.25 c
20416	Orange juice	0.50 c
20416	Sherry, dry	2.00 T
20416	Green onion, chopped	1.00 ea
20416	Ginger	0.12 t
20416	Soy sauce, light	0.25 c
20416	Oil	1.00 T
20416	Garlic, minced	1.00 t
20417	Head of cabbage; shredded	1.00 ea
20417	Almonds; coarsley chopped	1.00 c
20417	Beef broth	6.00 c
20417	Honey	4.00 tb
20417	Salt	0.50 ts
20417	Dried sweet basil	0.50 ts
20417	Fresh peas	2.00 c
20417	Grated candied red anise	2.00 tb
20417	-(or grated red or black	0.00
20417	-licorice)	0.00
20418	Tea	2.00 T
20418	Cloves	10.00 sm
20418	Cinnamon, crushed not ground	1.00 ts
20418	Orange peel	0.75 ts
20419	Corn cobs	1.00 pk
20419	Water	0.00
20419	Sugar	0.00
20421	Water	0.50 c
20421	Margarine	1.50 tb
20421	Chili powder	0.25 ts
20421	-(or more, if desired)	0.00
20421	Garlic powder	0.12 ts
20421	-(or more, if desired)	0.00
20421	Salt	0.12 ts
20421	Yellow cornmeal	0.67 c
20421	Chips 15 calories per chip	30.00
20422	Flour	1.50 c
20422	Cornmeal	1.50 c

Sheet1

20422	Salt	1.00 c
20422	Water	1.00 c
20423	Chicken boneless & skinless	12.00 oz
20423	Butter	5.00 T
20423	Garlic clove minced	1.00 ea
20423	Onion lg.	1.00 ea
20423	Nutmeg ground fine	0.50 t
20423	Swiss cheese grated	0.50 c
20423	Feta cheese crumbled	0.50 c
20423	Sour cream or plain yogurt	3.00 T
20423	Mushrooms, fresh, washed &	0.50 lb
20423	-coarsely chopped	0.00
20424	(2) cartons low-fat cottage	8.00 oz
20424	-cheese	0.00
20424	Low-fat American Cheese;	1.00 c
20424	-process shredded	0.00
20424	Low-fat yogurt; unsweetened	3.00 tb
20424	-plain	0.00
20424	Prepared horseradish;	2.00 tb
20424	Pepper;	0.50 ts
20424	Salt;	0.25 ts
20424	Onion; minced	2.00 tb
20425	Jar Old English Spread	5.00 oz
20425	Margarine	0.25 c
20425	Can crabmeat, drained	6.00 oz
20425	Mayonaise	1.00 tb
20425	Garlic powder	1.00 ts
20425	Worcestershire sauce	1.00 ts
20425	English muffins	1.00 pk
20426	Fresh crabmeat, cooked	0.50 lb
20426	Salmon, cooked	0.50 lb
20426	Almond milk	1.00 c
20426	Rice flour	2.00 tb
20426	White wine	2.00 tb
20426	Sugar	2.00 tb
20426	Seeds from 1-2 pomegranates	0.00
20426	Black pepper to taste	0.00
20427	Crabmeat	1.00 lb
20427	Butter	2.00 tb
20427	Flour	2.00 tb
20427	Milk	1.00 c
20427	Pepper	0.12 ts
20427	Salt	0.50 ts
20427	New York Cheddar, grated	0.50 lb
20428	Crushed peppercorns	1.00 tb
20428	Salt	1.00 tb
20428	Vegetable oil	0.25 c
20428	Horseradish	2.00 tb
20428	Tabasco sauce	2.00 ts

Sheet1

20428	Tomato juice	2.00 c
20428	Bread flour	7.00 c
20429	Flour; all-purpose	4.00 c
20429	Salt	1.00 c
20429	Water	1.50 c
20429	Food Color	0.00
20429	Colored Writing Gels	0.00
20429	Holiday Sprinkles	0.00
20429	Colored Icings	0.00
20429	Decorating Tips	0.00
20429	Crystal Sugars	0.00
20429	Red & Green Trims	0.00
20430	Flour	1.00 c
20430	Salt	0.50 c
20430	Cooking oil	2.00 tb
20430	Cream of tartar	2.00 tb
20430	Water with desired color of	1.00 c
20430	-food coloring	0.00
20431	Cream cheese	2.00 tb
20431	To 3 ts any of the following	1.00 ts
20431	Walnuts chopped	0.00
20431	Pecans	0.00
20431	Almonds	0.00
20431	Or any other nut	0.00
20431	Carrot grated	0.00
20431	Cucumber diced	0.00
20431	Green &/or red pepper diced	0.00
20431	Celery diced	0.00
20431	Orange diced	0.00
20431	Apple diced	0.00
20431	Pear diced	0.00
20431	Raisins	0.00
20431	Dates chopped	0.00
20431	Clams minced	0.00
20431	Bread (any kind)	2.00 sl
20432	Cream cheese (8 oz each)	2.00 pk
20432	Sugar	0.75 c
20432	Eggs, separated	3.00 ea
20432	Vanilla wafers	18.00 ea
20432	Light sour cream	8.00 oz
20432	Sugar	0.50 c
20432	Vanilla	1.00 ts
20433	Cross tmpj72b	0.00
20433	Ground round (85% lean)	0.50 lb
20433	Small onion; chopped	1.00
20433	Melted butter or olive oil	1.00 tb
20433	(10 oz.) pizza sauce	2.00 cn
20433	Cornstarch	1.00 tb
20433	Dried oregano	2.00 ts

Sheet1

20433	Garlic powder	0.50 ts
20433	Shredded cheddar cheese;	2.50 c
20433	-(about 10 ozs)	0.00
20433	Shredded mozzarella cheese	1.00 c
20433	--- (about 4 ozs)	0.00
20434	Boiling water--do not add	2.50 c
20434	Cold water	0.00
20434	Jell-O brand grape flavor	3.00 pk
20434	Gelatin (4 serving size)	0.00
20434	Jell-O brand orange flavor	1.00 pk
20434	Gelatin (4 serving size)	0.00
20435	Chicken portions; quarters	4.00
20435	-or breasts skinned	0.00
20435	Oil;	1.00 tb
20435	Lemon juice;	1.00 tb
20435	Wholegrain mustard;	1.00 tb
20435	Salt to taste;	0.00
20435	Pepper to taste;	0.00
20435	Dried sage;	1.00 tb
20435	Onion; grated	2.00 tb
20435	Fresh bread crumbs;	1.50 c
20436	Butter	0.33 c
20436	Chili powder	1.00 tb
20436	Paprika	1.00 ts
20436	Onion salt	0.50 ts
20436	Garlic powder	0.25 ts
20436	Crispix	6.00 c
20436	Small corn chips	2.00 c
20436	Parmesan cheese, grated	0.25 c
20437	Chocolate chips	1.00 c
20437	Peanut butter	0.25 c
20437	Peanuts; dry roasted	0.50 c
20437	Powdered sugar	1.00 c
20438	Tube refrigerated crescent	8.00 oz
20438	Rolls	0.00
20438	Brown & serve sausages	8.00
20438	Squeeze bottle yellow	1.00
20438	Mustard	0.00
20438	Frying pan	0.00
20438	Metal tongs	0.00
20438	Paper towels	0.00
20438	Knife	0.00
20438	Cutting board	0.00
20438	Carrot peeler	0.00
20438	Cookie sheet	0.00
20439	Margarine; softened	1.00 c
20439	Sugar	1.00 c
20439	Brown sugar	0.67 c
20439	Eggs; beaten	2.00

## Sheet1

20439	Vanilla	1.00 t
20439	Peanut butter	0.50 c
20439	Flour	2.00 c
20439	Baking powder	1.00 t
20439	Baking soda	1.00 t
20439	Salt	0.50 t
20439	Triples cereal	4.00 c
20439	M & M's	1.50 c
20440	Sugar	1.50 c
20440	Light corn syrup	1.00 c
20440	Butter	2.00 tb
20440	Pumpkin pie spice	1.50 ts
20440	Vanilla	1.00 ts
20440	Salt	0.50 ts
20440	Green food color(optional)	0.50 ts
20440	Popped popcorn; remove any	3.50 qt
20440	-unpopped kernals	0.00
20440	Candy corn	1.00 c
20440	-Licorice ropes;black	0.00
20440	-wooden picks	0.00
20440	-small black gum drops or	0.00
20440	-other small black candies	0.00
20440	-red decorating icing	0.00
20440	-tiny red jaw-breakers candy	0.00
20440	-wormshape candies	0.00
20441	Med Onions, peeled, sliced	2.00
20441	Chicken, cut up	3.00 lb
20441	Cloves garlic, minced	2.00
20441	Tomatoes, 16 oz	1.00 cn
20441	Tomato sauce, 8 oz	1.00 cn
20441	Salt	1.00 ts
20441	Pepper	0.25 ts
20441	Dried oregano, crushed	1.50 ts
20441	Dried basil, crushed	0.50 ts
20441	Bay leaf	1.00
20441	Dry white wine	0.25 c
20441	Spaghetti, cooked	0.00
20442	Turkey breast	6.00 lb
20442	Salt	1.00 tb
20442	Onions	2.00 lg
20442	Garlic powder	0.00
20442	Paprika	0.00
20443	Chickens, about 2-1/2 pound,	2.00 ea
20443	Cut into eighths	0.00
20443	Onion, chopped	1.00
20443	Of garlic, chopped	2.00
20443	Salt & white pepper to taste	0.00
20443	Green pepper, diced	1.00 ea
20443	Very ripe tomato, Peeled,	1.00 md

## Sheet1

20443	Seeded and chopped	0.00
20443	Dry white wine	1.00 c
20443	Pinch of cayenne pepper	0.00
20444	Mushrooms, fresh	0.50 lb
20444	Onions, chopped	0.50 c
20444	Chicken, raw	2.00 lb
20444	Chicken bouillon	1.00 ts
20444	Poultry seasoning	1.00 ts
20444	Salt	0.25 ts
20444	Water	2.00 c
20444	Rice, uncooked	0.75 c
20445	From: Judy Garnett PJXG05A	0.00
20445	Sm Cabbage; cut in wedges	1.00
20445	Mushrooms; canned	1.00 c
20445	Tapioca; quick cooking	2.00 tb
20445	Chicken; broiler or fryer -	1.00
20445	And frozen	0.00
20445	Jars Meatless spaghetti sau	1.00
20445	Parmesan cheese; grated	0.00
20446	Quail [cut up]	8.00
20446	Flour	1.00 c
20446	Peanut oil	0.50 c
20446	Cream of chicken soup	2.00 cn
20446	Cream of celery soup	2.00 cn
20446	Chicken broth	2.00 cn
20446	White wine [dry]	0.50 c
20446	White onions [thinly sliced]	2.00
20446	Bay leaves	2.00
20446	Parmesan cheese	0.33 c
20447	Red bell peppers	3.00 ea
20447	Olive oil	3.00 tb
20447	Garlic cloves, minced	1.50 ea
20447	Salt & pepper	0.00
20447	Parsley, chopped	3.00 tb
20447	Crostini, cut 1/2" thick &	6.00 sl
20447	-- grilled	0.00
20448	Olive oil	4.00 tb
20448	Garlic cloves	2.00 ea
20448	Ripe tomatoes, seeded,	6.00 ea
20448	-- finely chopped & drained	0.00
20448	Salt & pepper	0.00
20448	Parsley	1.50 tb
20448	Polenta, prepared as above	0.00
20448	Olive oil	0.00
20449	Bananas	2.00
20449	Orange juice	0.50 c
20449	Wheat germ, coconut, crushed	0.50 c
20449	-cereal, nuts, or granola	0.00
20450	Margarine	0.25 c

Sheet1

20450	Brown sugar, packed	0.33 c
20450	Egg	1.00 lg
20450	Crumbled shredded wheat bis.	2.00 c
20450	Chopped walnuts	0.50 c
20450	Raisins	1.00 c
20451	Old-fashioned oats	3.50 c
20451	Wheat germ	0.50 c
20451	Coconut	0.50 c
20451	Sesame seeds	0.25 c
20451	Almonds	0.25 c
20451	Sunflower or millet seeds	0.25 c
20451	Honey	0.25 c
20451	Oil	0.25 c
20451	Vanilla	1.00 tb
20451	Raisins, reserve	0.50 c
20452	Butter	0.50 c
20452	Worcestershire sauce	1.00 tb
20452	Italian seasoning	1.00 ts
20452	Garlic powder	0.50 ts
20452	Cereal, Crispix	5.00 c
20452	Cereal, Cheerios	2.00 c
20452	Pretzels, mini	2.50 c
20452	Nuts, mixed, 10 oz	1.00 cn
20452	Cheese, Parmesan, grated	0.25 c
20453	Turkey stock	6.00 c
20453	Peeled apples; chopped	1.00 c
20453	Onion; chopped	1.00 lg
20453	Salt	0.50 ts
20453	Curry powder	2.00 ts
20453	Garlic powder	0.25 ts
20453	Buttermilk	1.00 c
20453	Cooked turkey; diced	1.00 c
20454	Apple, chopped	1.00
20454	Onion, chopped	1.00
20454	Margarine	3.00 tb
20454	Flour	0.25 c
20454	Salt	0.50 ts
20454	Curry powder (2-3 tsptaste)	2.00 ts
20454	Lowfat milk	1.00 c
20454	Diced cooked turkey	2.00 c
20454	Cooked brown rice	0.00
20455	Unbleached white flour	2.00 c
20455	Berbere	2.00 tb
20455	Sugar	1.00 tb
20455	Salt	1.50 ts
20455	Light oil	0.25 c
20456	Onions	3.00 lg
20456	Head lettuce	1.00
20456	Tomatoes, sliced	4.00

Sheet1

20456	Lobster tail	1.00
20456	Eagle talon	1.00
20456	Fish (pref.2-days old)	1.00
20456	Pot spaghetti	1.00
20456	- Cold and gooey	0.00
20456	Bacon (cooked?)	1.00 lb
20456	Meatloaf	1.00
20456	Ham	1.00
20456	Fried egg (over easy)	1.00
20456	String of sausages	1.00
20456	Mayonnaise, gallon	1.00
20456	Jar of pickle relish	1.00
20456	Tin of sardine in oil	1.00
20456	Bottle of ketchup	1.00
20456	Bottle Sweet mustard	1.00
20456	Hot mustard	1.00
20456	Loaf Bread	1.00
20456	Assorted cheese	0.00
20456	Assorted vegetables	0.00
20456	Assorted olives	0.00
20457	-Jo Ferry jynx23a	0.00
20457	Water	2.00 c
20457	Baking soda	1.00 tb
20457	Vinegar	3.00 tb
20457	Long spaghetti noodles	0.00
20457	Tall glass	0.00
20458	As many Dandelion buds as	0.00
20458	-you can collect	0.00
20458	Cold water	0.00
20458	Batter	0.00
20458	Oil from deep frying	0.00
20458	Salt to taste	0.00
20459	Ground beef	2.00 lb
20459	Tomato juice	1.00 qt
20459	Can tomato puree	29.00 oz
20459	Can red beans, drained	15.00 oz
20459	Onion, chopped	1.00 md
20459	Diced celery	0.50 c
20459	Diced green bell pepper	0.25 c
20459	Chili powder	0.25 c
20459	Cumin	2.00 ts
20459	Garlic powder	1.50 ts
20459	Salt	1.00 ts
20459	Black pepper	0.50 ts
20459	Oregano	0.50 ts
20459	Sugar	0.50 ts
20459	Cayenne pepper, or more to	0.12 ts
20459	-taste	0.00
20460	Can frozen lemonade	12.00 oz



## Sheet1

20460	Can frozen pink lemonade	12.00 oz
20460	Can frozen limeade	12.00 oz
20460	Rainbow sherbert	0.50 ga
20460	Ice cream scoop	0.00
20460	Mixing bowl	0.00
20460	Long stirring spoon	0.00
20460	Punch bowl	0.00 lg
20460	Ladle	0.00
20460	Cups	0.00
20461	Celery heart with whitish	1.00
20461	Leafy stalks	0.00
20461	Jar artichoke hearts	1.00 sm
20461	(10 1/2oz) chicken with rice	1.00 cn
20461	Soup	0.00
20461	Blue and green food	0.00
20461	Colorings	0.00
20461	Fish shaped crackers	1.00 c
20461	Knife	0.00
20461	Cutting board	0.00
20461	Saucepan	0.00 lg
20461	Spoon	0.00
20461	Soup ladle	0.00
20461	Soup bowls	4.00
20463	Tofu, pressed	1.00 lb
20463	Garlic cloves, chopped	2.00
20463	Cilantro root, chopped	1.00
20463	Dried red chilies, soaked &	3.00
20463	-- chopped, seeded	0.00
20463	Salt	0.50 ts
20463	Rice vinegar	0.75 c
20463	Sugar	0.25 c
20463	Peanuts, finely chopped	0.50 c
20463	Peanut -=OR=- vegetable oil	2.00 c
20463	Cilantro leaves, chopped	2.00 ts
20463	Red pepper flakes	2.00 ts
20464	Eggs	8.00
20464	Mayonnaise	4.50 tb
20464	Lettuce leaves	6.00 lg
20464	Pimento stuffed olives	16.00
20464	Chocolate sprinkles	1.00 tb
20464	Saucepan	0.00 lg
20464	Knife	0.00
20464	Bowl	0.00
20464	Fork	0.00
20464	Toothpicks	64.00
20464	Platter	0.00
20465	Butter, melted	0.50 c
20465	Worcestershire sauce	2.00 T
20465	Tabasco sauce	1.00 t

Sheet1

20465	Onion juice	1.00 t
20465	Salt	1.00 t
20465	Cayenne pepper	0.50 t
20465	Clove garlic, peeled and	1.00 lg
20465	-crushed	0.00
20465	Shelled roasted pecan	1.00 lb
20465	-halves	0.00
20465	Shelled roasted peanuts	1.00 lb
20465	-(unsalted)	0.00
20466	2 1/2 lb. frying chickens;	2.00
20466	-cut up	0.00
20466	Water	1.00 qt
20466	Bay leaf	1.00
20466	Garlic; crushed	2.00 cl
20466	Peppercorns	0.00
20466	Salt	1.00 tb
20466	Onion; chopped	1.00 c
20466	Oil	0.25 c
20466	28 oz can italian plum	1.00
20466	-tomatoes	0.00
20466	Or 4 fresh tomatoes, chopped	0.00
20466	Green chili peppers; chopped	2.00 sm
20466	Black pepper	0.00
20466	Oregano	0.50 ts
20466	Garlic; finely mashed	4.00 cl
20467	(10 oz) beef broth	1.00 cn
20467	Tube refrigerated biscuits	1.00
20467	(10 oz) chicken broth	1.00 cn
20467	Saucepans	2.00 sm
20467	Knife	0.00
20467	Slotted spoon	0.00
20467	Soup ladle	0.00
20467	Soup bowls	4.00
20468	Crescent Rolls (8 rolls)	1.00 cn
20468	Boiled ham	4.00 sl
20468	American or cheddar cheese	8.00 sl
20468	Milk	0.00
20468	Sesame seeds or poppy seeds	0.00
20469	Chicken large	1.00 ea
20469	Salt pork cubed	0.25 lb
20469	Onions coarsely chopped	2.00 ea
20469	Salt	1.00 T
20469	Butter	2.00 T
20469	Carrots shredded	2.00 ea
20469	Potatos cubed	8.00 ea
20469	Buttermilk	1.00 qt
20469	Garlic clove minced	1.00 ea
20469	Dill freshly snipped &	0.50 t
20469	- chopped	0.00

Sheet1

20470	Flour	1.00 c
20470	Salt	0.50 c
20470	Water	1.00 c
20470	Cream of Tartar	2.00 ts
20470	Salad Oil	1.00 ts
20470	Food Coloring	0.00
20471	Elmer's White Glue (Do NOT	0.00
20471	-substitute)	0.00
20471	Borax	1.00 tb
20471	Food Coloring	0.00
20471	Water	1.00 c
20471	Empty plastic soda bottle	0.00
20471	-with cap	0.00
20471	Zipper-lock bag (quart size)	0.00
20472	Guar Gum	2.00 ts
20472	Borax	1.00 tb
20472	Water	0.00
20472	Mixing bowl	0.00
20472	Food coloring	0.00
20472	Empty plastic soda bottles	2.00
20472	-to store the liquids	0.00
20472	Zipper lock bag	0.00
20473	All purpose flour	2.00 c
20473	Salt	1.00 c
20473	Water	1.00 c
20475	Hand full of hops	0.00
20475	Water	2.00 qt
20475	Spoonfuls of flour	4.00
20475	Spoonful of sugar	1.00
20475	Cornmeal	0.00
20476	CHICKEN WINGS	18.00
20476	GINGER ROOT,GRATED	3.00 oz
20476	GRANULATED GARLIC	1.00 oz
20476	SESAME OIL	1.00 ts
20476	SALT	1.00 ts
20476	TABASCO	4.00 ds
20476	BRANDY	1.00 oz
20476	EGG	1.00
20476	SHRIMP BATTER:	0.00
20476	FLOUR	1.00 c
20476	EGGS	2.00
20476	CORNSTARCH	0.50 c
20476	BAKING POWDER	1.00 tb
20476	WATER	0.00
20477	Dryer lint	3.00 c
20477	Cold or warm water	2.00 c
20477	Flour	0.67 c
20477	Drops oil of cloves*	3.00
20477	Old newspapers	0.00

Sheet1

20477	Saucepan	0.00
20478	Sesame seeds	7.00 tb
20478	Cumin seeds	1.00 tb
20478	Coriander seeds	1.50 tb
20478	Shelled, skinned hazelnuts	0.33 c
20478	Roasted chickpeas (optional)	0.33 c
20478	Salt	1.00 ts
20478	Black pepper	0.50 ts
20479	Vegetable shortening	0.00
20479	Flour	0.00
20479	(16 oz) dark chocolate	1.00 cn
20479	Frosting	0.00
20479	Maraschino cherries	0.00
20479	Fruit roll up for tongue	1.00
20479	(3 1/2 oz) coconut flakes	1.00 cn
20479	Bowl	0.00
20479	Mixer	0.00
20479	(9") cake pans	2.00
20479	Wire cooling rack	0.00
20479	Knife	0.00
20479	Ziploc bag	0.00
20479	Scissors	0.00
20479	Cake plate	0.00
20480	Alice Nelson (DTHJ81A)	0.00
20480	Chicken breast halves	1.00 pk
20480	Cream of mushroom soup	1.00 cn
20480	Cream of chicken soup	1.00 cn
20481	Popcorn; popped	3.00 qt
20481	Mixed nuts; unsalted	3.00 c
20481	Brown sugar	1.00 c
20481	Corn syrup	0.50 c
20481	Margarine	0.50 c
20481	Salt	0.50 t
20481	Vanilla	0.50 t
20481	Baking soda	0.50 t
20482	Chicken -- cut up	3.00 lb
20482	Chicken bouillon broth	0.50 c
20482	Salt	2.00 ts
20482	Pepper	0.50 ts
20482	Poultry seasoning	0.50 ts
20482	Stalks celery -- cut in 1	3.00
20482	-inch pieces	0.00
20482	Carrots cut into 1 inch	3.00 sm
20482	-pieces	0.00
20482	Packaged biscuit mix	2.00 c
20482	Milk	0.75 c
20482	Parsley flakes	1.00 ts
20483	Granulated sugar replacement	0.25 c
20483	Env unsweetened fruit drink	1.00

Sheet1

20483	Mix(your choice)	0.00
20483	Crushed ice	3.00 c
20484	Butter or marg	0.50 c
20484	Sugar	1.00 c
20484	Eggs	2.00
20484	Vanilla extract	1.00 ts
20484	Unsweetened Cocoa	0.50 c
20484	Flour	0.50 c
20485	Flour	2.00 c
20485	Oatmeal	4.00 c
20485	Water	1.00 c
20485	White corn syrup	1.00 c
20485	Peanut butter	1.00 c
20485	Nonfat dry milk	1.50 c
20485	Confectioner's sugar	1.25 c
20486	Powdered milk	1.00 c
20486	Creamy peanut butter	1.00 c
20486	Honey	1.00 c
20487	Active dry yeast(1/4 oz)	1.00 pk
20487	Warm milk (about 110 deg.)	1.50 c
20487	Sugar	1.00 tb
20487	All-purpose flour (4 c may	3.50 c
20487	-be needed)	0.00
20487	Salt	1.00 ts
20487	Water	2.00 qt
20487	Baking soda	2.00 tb
20487	Egg, slightly beaten + 2 tb	1.00
20487	-water for egg wash	0.00
20487	Course salt	0.00
20488	Eel, skinned	1.00
20488	Fish stock	2.50 c
20488	Parsley	4.00 tb
20488	Mint	2.00 tb
20488	Rosemary	1.00 ts
20488	Sage	0.50 ts
20488	Garlic, crushed	2.00 cl
20488	Breadcrumbs	0.50 c
20488	Salt	0.50 ts
20488	Powderfort (2 tbs chives	0.00
20488	-chopped with 1/2 ts	0.00
20488	-powdered mace)]	0.00
20488	Cloves, crushed	4.00
20488	Vinegar	4.00 tb
20489	-A smoking cauldron of punch	0.00
20489	-made with grapes and orange	0.00
20489	-peel	0.00
20489	-masquerading as eyeballs	0.00
20489	-and worms.	0.00
20490	Hard-boiled egg	1.00

Sheet1

20490	Mayonnaise &/or plain yogurt	1.00 ts
20490	Any of these following	0.00
20490	Additional ingredients	0.00
20490	Mustard	0.25 ts
20490	Chicken shredded, ham or	1.00 tb
20490	Other meat	0.00
20490	Avocado mashed	1.00 tb
20490	Onion minced	1.00 ts
20490	To 2 ts celery minced -=OR	1.00 ts
20490	Carrot, cucumber, mushroom,	0.00
20490	Red or green pepper or	0.00
20490	Tomato	0.00
20490	Pickle relish	0.50 ts
20490	Lettuce or spinach leaf	1.00
20490	Toast or thick bread	2.00 sl
20491	Water	4.00 tb
20491	Saffron	0.12 ts
20491	Flour	1.00 c
20491	Sugar	2.00 tb
20491	Salt	0.50 ts
20491	Butter (3 oz)	6.00 tb
20491	Egg yolk	1.00 ea
20491	Beef bone marrow	1.50 tb
20491	Powdered ginger	1.00 ts
20491	Sugar	1.00 ts
20491	Egg yolks (or 8 small ones)	4.00 lg
20492	All-purpose flour	4.00 oz
20492	Bread flour	4.00 oz
20492	Salt	2.00 ts
20492	Fresh yeast	0.25 oz
20492	Sugar	1.00 ts
20492	Warm water	0.50 pt
20492	Vegetable oil	1.00 tb
20492	Bicarbonate of soda	0.50 ts
20492	Warm water	0.25 pt
20493	Sugar	0.33 c
20493	Instant tea	1.00 tb
20493	Grate lemon peel	1.00 tb
20493	Egg white	1.00 ea
20493	Whole blanched almonds	2.00 c
20494	Or 8 ice cubes	7.00
20494	Milk	1.00 c
20494	Scoop vanilla ice cream	1.00 lg
20494	Blue food coloring	0.00
20494	Blender	0.00
20494	Ice cream scooper	0.00
20494	Tall glass	0.00
20495	1 tsp cornstarch	0.00
20495	1/2 tsp water	0.00

Sheet1

20495	1/2 tsp cold cream	0.00
20495	Food coloring	0.00
20495	Muffin pan	0.00
20496	-----	0.00
20496	Chicken pieces	2.50 lb
20496	Onion -- chopped	1.00
20496	Potatoes; peel -- dice	3.00
20496	Carrots sliced	4.00
20496	Stalks celery -- sliced	3.00
20496	Soy sauce	3.00 T
20496	Tabasco sauce	1.00 t
20496	Salt	1.00 t
20496	Water -- or to cover	3.50 c
20497	Joy dishwashing soap	2.00 c
20497	Water	6.00 c
20497	Karo syrup	0.75 c
20498	Mayonnaise	0.50 c
20498	Cranberries, fresh/frozen	0.33 c
20498	-chopped	0.00
20498	Pecans; chopped	2.00 tb
20498	;salt	0.25 ts
20498	Pepper	0.12 ts
20498	Bread slices; crust removed	16.00 x
20498	Chicken slices, thin	16.00 x
20498	-cooked (to 24 slices)	0.00
20498	Lettuce leaves	8.00 x
20499	Nestle's quick	2.00 c
20499	Powdered coffee creamer	2.00 c
20499	Powdered sugar	0.50 c
20499	Cinnamon	0.75 ts
20499	Nutmeg	0.75 ts
20500	Vinegar	1.00 c
20500	Wine	1.00 c
20500	Pepper	0.25 ts
20500	Saffron	0.12 ts
20500	Freshwater fish; cleaned and	2.00 lb
20500	-filleted	0.00
20501	Clam juice	0.00
20501	Water	0.00
20501	Mix in equal parts.	0.00
20502	Flour	1.00 c
20502	Sugar	0.50 ts
20502	Egg	1.00 ea
20502	Ice water	1.00 c
20502	Oil	2.00 tb
20502	Garlic powder	1.00 ts
20502	Fish, chicken, or shrimp	2.00 lb
20503	Celery stalks	2.00
20503	Cream cheese; or other	0.25 c

Sheet1

20503	-cheese spread (tinted	0.00
20503	-green if desired)	0.00
20503	Goldfish crackers	8.00
20504	Ground cinnamon	1.00 ts
20504	Ground cloves	1.00 ts
20504	Fennel seed	1.00 ts
20504	Star anise	1.00 ts
20504	Szechwan peppercorns	1.00 ts
20505	(20oz) refrigerated sugar	1.00 pk
20505	Cookie dough	0.00
20505	To 2 flour	1.00 tb
20505	Red cinnamon candies	0.00
20505	Seedless strawberry jam	0.00
20505	Rolling pin	0.00
20505	Butter knife	0.00
20505	Spatula	0.00
20505	Cookie sheet	0.00
20505	Spoons	2.00
20505	Wire cooling rack	0.00
20506	Potatoes	8.00 oz
20506	Dried yeast	1.25 ts
20506	Warm water	1.50 c
20506	Durum flour	3.75 c
20506	Salt	2.00 ts
20506	Olie oil	3.00 tb
20506	Ripe tomato, cut into small	1.00 lg
20506	-- pieces	0.00
20506	Capers, rinsed	2.00 ts
20506	Salt	0.50 ts
20506	Oregano	0.50 ts
20507	Garlic cloves, crushed	2.00 md
20507	Olive oil	2.00 tb
20507	Dried yeast	2.50 ts
20507	Warm water	1.33 c
20507	Unbleached all-purpose flour	3.75 c
20507	Salt	1.50 ts
20507	Sage leaves, roughly chopped	20.00 ea
20507	Red or yellow bell peppers	3.00 ea
20507	Red onions, thinly sliced	3.00 md
20507	Olive oil	0.25 c
20507	Ripe tomatoes, seeded &	4.00 md
20507	-- squeezed dry	0.00
20507	Basil leaves	0.00
20507	Salt	1.00 ts
20508	Cube of butter or marg	1.00 x
20508	Powdered sugar +	1.00 c
20508	Powdered sugar	2.00 tb
20508	Eggs;beaten	2.00 lg
20508	Nestle's chocolate chips;	12.00 oz



## Sheet1

20508	-melted	0.00
20508	Vanilla	1.00 ts
20508	Capsful flavoring; Mint,rum	2.00 x
20508	-black walnut - your choice	0.00
20509	Pam	0.00
20509	Buttermilk biscuits	10.00 oz
20509	Sesame seeds; or sunflower	0.25 c
20509	-seeds	0.00
20509	Raisins	36.00
20510	Chicken wings	10.00 ea
20510	Finely minced ginger root	1.50 t
20510	Lemon juice	1.00 t
20510	Flour	0.50 c
20510	Vegetable oil	1.00 c
20510	Ground tumeric	0.50 t
20510	Finely minced garlic	1.50 t
20510	Water	1.00 T
20510	Salt	0.50 t
20511	Bananas	3.00
20511	Popsicle sticks, wooden	6.00
20511	Orange or lemon juice	1.00 c
20511	Chocolate chips	1.00 c
20511	Oil	2.00 tb
20511	Peanuts or walnuts; chopped	0.75 c
20511	Coconut	0.75 c
20512	Fruit juice	0.75 c
20512	Vanilla malted milk powder	0.33 c
20512	Vanilla ice cream	1.00 qt
20513	Sm-curd cottage cheese;	3.00 tb
20513	Apple, or pear, or apricot	2.00 tb
20513	-chopped	0.00
20513	Slivered almonds;	2.00 tb
20513	Pineapple crushed	2.00 tb
20513	-in natural juice	0.00
20513	Bread (any kind)	2.00 sl
20514	Medium banana	1.00
20514	Quartered strawberries	0.50 c
20514	Pineapple or mango cut into	0.50 c
20514	Chunks	0.00
20514	Orange juice	0.75 c
20514	Ice	1.00 c
20515	Apple juice, or	3.00 c
20515	Grape juice, or	0.00
20515	Orange juice, or	0.00
20515	Orange-pineapple juice	0.00
20515	Gelatin envelopes	5.00
20516	Firmly Packed Brown Sugar	0.50 c
20516	Sugar	0.50 c
20516	Whipping Cream	0.75 c

## Sheet1

20516	Margarine or Butter	0.33 c
20516	Brandy	2.00 ts
20517		0.00
20517		15.00
20517		1.00
20517		1.00
20518	Water	6.00 c
20518	Tomato juice;	2.00 c
20518	Potato; peeled chopped	1.00 c
20518	Onion; chopped	1.00 c
20518	Lima beans;	1.00 c
20518	Chicken; chopped cooked	0.75 c
20518	Carrots; sliced	0.50 c
20518	Celery; chopped	0.50 c
20518	Chicken bouillon granules;	2.00 tb
20518	-flavored	0.00
20518	Garlic powder;	1.00 ts
20518	Worcestershire sauce;	1.50 ts
20519	Coombes	0.00
20519	Water	2.00 c
20519	3lb chicken; cut into 8 pcs.	1.00
20519	16oz cans stewed tomatoes	2.00
20519	Salt	2.00 ts
20519	Black pepper	0.25 ts
20519	Cooked smoked ham; cubed	0.75 c
20519	Uncooked rice	1.00 c
20519	Onion; sliced	1.00 lg
20519	Cabbage; shredded	3.00 c
20519	Fresh green beans; quartered	0.50 lb
20519	And stems removed or	0.00
20519	10oz pk frozen beans	1.00
20519	Ground cinnamon	0.25 ts
20519	Cayenne pepper	0.25 ts
20520	Pkg yellow cake mix	1.00
20520	Pkg. (7.2 oz) white	1.00
20520	Frostmix	0.00
20520	With pudding	0.00
20520	Water	1.00 c
20520	Eggs	3.00
20520	Salad oil	0.33 c
20520	Water	1.00 c
20520	Sugar cubes	2.00
20520	Licorice string	0.00
20520	Lemon extract	1.00 ts
20521	** British Measurements **	0.00
20521	Almonds; ground	1.00 lb
20521	Caster sugar	8.00 oz
20521	Rose-water	3.00 tb
20521	Rose-water	1.00 tb

## Sheet1

20521	Icing sugar	3.00 tb
20522	Cider-vinegar;	0.25 c
20522	Low-sodium soy sauce;	2.00 tb
20522	Green onion;	2.00
20522	Gingerroot; grated	1.00 tb
20522	Orange juice concentrate;	0.25 c
20522	Fresh lomon juice;	2.00 tb
20523	Rice chex cereal	3.00 c
20523	Corn chex ceral	3.00 c
20523	Mini pretzels	3.00 c
20523	Wheat chex ceral	3.00 c
20523	Peanuts	1.00 c
20523	Brown sugar [packed]	1.00 c
20523	Butter	0.50 c
20523	[light] corn syrup	0.25 c
20523	Vanilla	1.00 ts
20523	Soda	0.50 ts
20524	Great northern dried beans	2.00 c
20524	Boiling water	3.00 c
20524	Onions; chopped	2.00
20524	Garlic cloves; chopped fine	2.00
20524	Pickled jalapeno peppers;	3.00
20524	-chopped	0.00
20524	Ground cumin	1.00 tb
20524	Chili powder	1.00 ts
20524	Chicken breasts; boneless;	1.50 lb
20524	-skinned, cut into 1"	0.00
20524	Summer squash	1.00 lb
20524	Hominy or	15.00 oz
20524	Corn; drained	15.00 oz
20524	Reduced-fat sour cream; plus	0.50 c
20524	For garnish	0.00
20524	Salt	2.25 ts
20524	Lime juice; fresh	1.00 tb
20524	Cilantro leaves; chopped;	0.25 c
20524	-plus leaves for garn	0.00
20524	Plum tomatoes; chopped	2.00
20525	Goose	1.00
20525	Sage	1.00 ts
20525	Parsley	1.00 ts
20525	Hyssop (or mint)	1.00 ts
20525	Savory	1.00 ts
20525	Pear, hard; peeled, cored	1.00
20525	-& chopped	0.00
20525	Quince; pared, cored &	1.00
20525	-chop	0.00
20525	Garlic clove; finely minced	2.00
20525	Grape, seedless	1.00 c
20525	Bread crumbs	0.25 c

Sheet1

20525	Cinnamon	0.50 ts
20525	Ginger	0.25 ts
20525	Vinegar	0.25 c
20525	Wine, red	0.25 c
20525	Salt; or to taste	0.50 ts
20526	Firm ripe tomatoes	8.00 lb
20526	Coarsely chopped	0.00
20526	Lg onions, sliced	4.00
20526	Clove garlic, finely minced	1.00
20526	Bay leaves	2.00
20526	Red pappers, fresh or dried	2.00
20526	Firmly packed brown sugar	0.75 c
20526	Whole allspice	2.00 tb
20526	1" length of stick cinnamon	1.00
20526	Ground cloves	1.00 ts
20526	Salt	1.50 tb
20526	Freshly ground black pepper	1.00 ts
20526	Cider vinegar	2.00 c
20527	-Judi M. Phelps	0.00
20527	Olive oil	2.00 T
20527	Whole chicken breasts; boned	2.00 lg
20527	-skinned, and diced	0.00
20527	Tomato juice	3.00 c
20527	Onion; diced	2.00 c
20527	Celery; diced	0.50 c
20527	Green pepper; diced	0.50 c
20527	Apples; cored and sliced but	2.00
20527	-not peeled)	0.00
20527	Chili powder	2.00 T
20527	No-salt seasoning	1.00 ts
20527	Garlic; minced	2.00 cl
20527	Cumin	0.50 ts
20527	Basil	1.00 ts
20527	Tabasco sauce	3.00 dr
20527	Kidney beans (14 oz each)	2.00 cn
20527	-undrained	0.00
20528	Package lime jello	3.00 oz
20528	Hot water	1.00 c
20528	Sweetened shredded coconut	1.00 c
20528	Butter, softened	0.50 lb
20528	Firmly packed brown sugar	0.67 c
20528	Sugar	0.25 c
20528	Eggs	2.00
20528	Milk	2.00 tb
20528	Vanilla	2.00 ts
20528	Flour	1.75 c
20528	Baking soda	1.00 ts
20528	Salt	0.50 ts
20528	Old fashioned oats	2.50 c

Sheet1

20528	Chopped walnuts	1.00 c
20528	Currants	1.00 c
20528	Bowls	2.00 sm
20528	Mixing bowl	0.00 lg
20528	Slotted spoon	0.00
20528	Paper towels	0.00
20528	Spoon	0.00 lg
20528	Cookie sheet	0.00
20528	Spatula	0.00
20528	Wire cooling rack	0.00
20530	Plum tomatoes; drained and	28.00 oz
20530	Olive oil	0.33 c
20530	White wine	0.25 c
20530	White vinegar	1.00 T
20530	Green onions ; chopped	3.00 ea
20530	Garlic; minced	4.00 c
20530	Salt	0.50 t
20530	Pepper	0.50 t
20530	Celentro; minced	2.00 t
20530	Chicken ; breasts , skin re	8.00 ea
20530	Ground pepper	1.00 x
20531	Sourdough or multigrain	8.00 sl
20531	Bread	0.00
20531	Cranberry sauce	0.50 c
20531	Turkey, cooked and sliced	6.00 oz
20531	Cheddar cheese, mild or	4.00 oz
20531	Sharp, thinly sliced	0.00
20531	Butter	0.00
20532	Olive oil	0.25
20532	Lemon or lime juice	2.00 tb
20532	Garlic; minced	3.00 cl
20532	Honey	1.00 ts
20532	Dried thyme; crushed	0.75 ts
20532	Red pepper flakes	1.00 ts
20532	Salt & pepper to taste	0.00
20532	Chicken breast halves;	4.00
20532	. boneless & skinless	0.00
20533	Olive oil	2.00 c
20533	Fresh lemon juice	0.50 c
20533	Chopped fresh dill	2.00 tb
20533	Fresh horseradish	0.12 c
20533	Dijon mustard	0.12 c
20533	-Salt and freshly ground	0.00
20533	-black pepper to taste	0.00
20533	Fresh salmon fillet,	1.00 lb
20533	-boneless, skinless	0.00
20533	Fresh tuna	1.00 lb
20533	Fresh swordfish	1.00 lb
20533	Large shrimp, peeled and	1.00 lb

Sheet1

20533	-deveined	0.00
20533	Long bamboo skewers	20.00
20534	Chicken thighs; skinned &	6.00
20534	. boned	0.00
20534	Bamboo skewers; soaked in	24.00
20534	. water for 30 minutes	0.00
20534	Red bell pepper; cubed	1.00
20534	Green bell pepper; cubed	1.00
20534	Orange juice; fresh squeezed	0.50 c
20534	Oregano	0.50 ts
20534	Dijon-style mustard	1.00 ts
20534	Olive oil	2.00 tb
20534	Salt	0.12 ts
20534	Black pepper	0.12 ts
20534	Naval orange	1.00
20534	Jellied cranberry sauce	1.00 c
20534	Rice vinegar	1.00 tb
20534	Plum preserves	0.25 c
20534	Prepared horseradish	1.00 ts
20534	Cinnamon	0.12 ts
20534	Salt	0.12 ts
20535	Salmon fillets	1.50 lb
20535	Vinegar, red wine	0.25 c
20535	Salt	0.25 t
20535	Italian seasoning	0.50 t
20535	Pepper	0.12 t
20535	Oil	0.50 c
20535	Garlic salt	0.75 t
20535	Sugar	0.25 t
20535	Garlic clove, large, minced	1.00 ea
20535	Water	1.00 t
20536	Olive oil	2.00 T
20536	Parsley, fresh, chopped	2.00 T
20536	Coriander seeds, ground	2.00 t
20536	Salt, coarse	1.00 t
20536	Black pepper	0.25 t
20536	Shrimp, large (2 lb)	45.00 ea
20536	Lemon juice	2.00 T
20536	Ginger, grated	1.00 T
20536	Skewers	12.00 ea
20536	Pepper, red, crushed	0.25 t
20536	Thyme, dried	0.50 t
20537	Ground beef, lean	3.00 lb
20537	Onion, chopped	1.00 lg
20537	Garlic, minced	2.00 cl
20537	Celery ribs, finely chopped	5.00
20537	Salt	1.50 ts
20537	Pepper	0.50 ts
20537	Cider vinegar	1.00 tb

Sheet1

20537	Prepared mustard	2.00 tb
20537	Brown sugar	0.25 c
20537	Mustard seed	1.00 ts
20537	Catsup	3.50 c
20538	(8-serving) pkg gelatin	1.00
20538	-dessert mix, any flavor	0.00
20538	(8-serving) pkg artificially	1.00
20538	-sweetened gelatin dessert	0.00
20538	-mix of the same flavor	0.00
20538	==PLUS==	0.50 c
20538	Water	2.00 tb
20538	==PLUS==	1.00 tb
20538	Granulated sugar	1.00 ts
20539	Chocolate cake	1.00
20539	Chocolate frosting	0.00
20539	Pkgs gummi worms	2.00
20539	Pkg Oreo cookies	1.00
20540	Minced onion	0.50 c
20540	Clove garlic, minced	1.00
20540	Ground lamb (as lean as you	0.50 lb
20540	Find it)	0.00 cn
20540	Lemon juice	2.00 tb
20540	Each dried oregano and	0.50 ts
20540	Ground cumin	0.00
20540	Seeded and pared cucumber,	0.50 c
20540	Diced	0.00
20540	Non-fat yogurt	0.25 c
20540	Fresh mint, chopped	1.00 tb
20540	Shredded lettuce	0.50 c
20540	Dice tomato	0.00
20540	Pita breads	2.00
20542	Ripe avocado	1.00 lg
20542	Alfalfa sprouts	2.00 c
20542	To 6 carrots, washed peeled	5.00 lg
20542	And grated	0.00
20542	Italian dressing	0.00
20542	Paring knife	0.00
20542	Spoon	0.00
20542	Mixing bowl	0.00
20542	Fork	0.00
20542	Carrot peeler	0.00
20542	Grater	0.00
20542	Salad bowls	4.00
20543	Catsup	0.50 c
20543	Egg whites; beaten	2.00
20543	Ground turkey	6.00 oz
20543	Ground beef	6.00 oz
20543	Onion; chopped fine	1.00
20543	Oatmeal; uncooked	0.67 c

Sheet1

20543	Salt and pepper to taste	0.00
20543	Carrots **	0.00
20543	Spaghetti noodles; uncooked	0.00
20543	Raisins	0.00
20543	Spaghetti sauce, canned	0.00
20544	Slices whole grain bread	12.00
20544	Slices cheddar cheese	4.00
20544	Slices Monterey Jack cheese	4.00
20544	Slices ham, balogna, etc.	4.00
20544	Currants or bits of veggies	0.00 x
20544	Parsley sprigs for garnish	0.00 x
20544	Mustard or Mayo	0.00 x
20545	Vanilla frosting	2.00 T
20545	Vanilla wafers	12.00
20545	Green-tinted coconut	2.00 T
20545	Chocolate-covered round mint	6.00
20545	- cookies or patties	0.00
20545	Honey, warmed	0.00
20545	Sesame seeds	0.00
20546	Cooked brown rice	3.00 c
20546	Cooked turkey	2.00 c
20546	-- (coarsely chopped)	0.00
20546	Pineapple chunks in juice	8.00 oz
20546	-- drain; reserve juice	0.00
20546	Sliced water chestnuts	8.00 oz
20546	-- drained	0.00
20546	Apple; unpeeled	1.00 md
20546	-- cored and chopped	0.00
20546	Chopped macadamia nuts	0.33 c
20546	Salt	0.50 ts
20546	Plain yogurt	0.50 c
20546	Lettuce leaves	0.00
20546	Shredded coconut; toasted	0.25 c
20547	Onion; cubed	1.00 c
20547	Green bell pepper; cubed	0.50 c
20547	Red bell pepper; cubed	0.50 c
20547	Margarine	1.00 tb
20547	Cooked turkey; cubed	2.00 c
20547	Pineapple chunks; drained &	1.00 cn
20547	. juiced reserved	0.00
20547	Orange juice	0.50 c
20547	Lemon juice	1.00 tb
20547	Lemon pepper	1.50 ts
20547	Basil	1.50 ts
20547	Salt	0.50 ts
20547	Lemon yogurt (8oz)	1.00 c
20547	Enough cooked rice or egg	0.00
20547	. noodles for 4 servings	0.00
20548	** British Measurements **	0.00



Sheet1

20548	Watercress	2.00 bn
20548	Mustard greens & cress	1.00 pk
20548	Fresh parsley sprigs	2.00 oz
20548	Leek; finely sliced	1.00
20548	Spring onions; chopped	6.00
20548	Sorrel leaves; chopped	1.00 oz
20548	Dandelion leaves; chopped	1.00 oz
20548	Fennel bulb; sliced into	1.00
20548	. matchsticks	0.00
20548	Daisy leaves; chopped	1.00 oz
20548	Red sage leaves	0.00
20548	Mint leaves	0.00
20548	Fresh rosemary sprig;	1.00
20548	. chopped	0.00
20548	Garlic	1.00 cl
20548	Wine vinegar	1.00 tb
20548	Salt & pepper to taste	0.00
20548	Olive oil	6.00 tb
20548	Violets, primrose, daisies,	0.00
20548	. blue borage flowers,	0.00
20548	. dandelions & alexander	0.00
20548	. buds to decorate	0.00
20549	Butter or margarine	1.00 tb
20549	Onion, chopped	1.00 sm
20549	Ketchup	2.00 c
20549	Vinegar (cider or flavored)	0.50 c
20549	Firmly packed brown sugar	0.25 c
20549	Worcestershire sauce	2.00 tb
20549	Chili powder	2.00 ts
20549	Hot sauce	0.50 ts
20550	Info	1.00
20551	----patti - vdrj67a----	0.00
20551	Margarine or butter	0.50 c
20551	Marshmallows	10.00 oz
20551	Green food color	1.00 ts
20551	Corn flakes cereal	6.00 c
20551	Red cinnamon candies	0.00
20552	Dry red wine	0.50 c
20552	Olive oil or veg. oil	2.00 tb
20552	Minced garlic	2.00 ts
20552	Dried oregano, crushed	0.50 ts
20552	Salt	0.50 ts
20552	Pepper	0.00 ds
20552	Flank steak	1.00 lb
20552	Butter or margarine	1.00 tb
20552	Pitas	4.00
20552	Chopped lettuce	3.00 c
20552	Peeled, seeded, diced	1.00 c
20552	Tomato	0.00

Sheet1

20552	Peeled, seeded diced	1.00 c
20552	Cucumber	0.00
20552	Plain yogurt	1.00 c
20553		2.00
20553	Flour	0.25
20553	Salt	0.50
20553	Pepper	0.50 ts
20553	Garlic powder	0.25 ts
20553	Stew beef cut in one inch	1.00 lb
20553	Chunks	0.00
20553	(14 1/2oz) plain stewed	2.00 cn
20553	Tomatoes	0.00
20553	(10 1/2oz) beef broth	1.00 cn
20553	Thyme	1.00 ts
20553	Bay leaf	1.00
20553	To 4 carrots	3.00 md
20553	Fresh or frozen green beans	1.00 c
20553	Orzo pasta	0.75 c
20553	Sharp knife	0.00
20553	Stew pot with lid	0.00 lg
20553	Ziploc bag	0.00
20553	Long handled cooking spoon	0.00
20553	Carrot peeler	0.00
20553	Saucepan	0.00 lg
20553	Colander	0.00
20553	Slotted spoon	0.00
20553	Soup bowls	8.00
20553	Soup ladle	0.00
20554	Idaho baking potatoes (2-3)	1.00 lb
20554	(to 2 qt) peanut	1.00 qt
20554	-or canola oil for frying	0.00
20554	Pure red chili powder	0.50 ts
20554	Cayenne chili powder	0.50 ts
20554	Salt	0.25 ts
20555	Turkey; cooked & cubed	2.00 c
20555	Marie's Honey Mustard	0.50 c
20555	-Dressing and Dip	0.00
20555	Celery stalk; chopped	1.00
20555	Green onion; chopped	1.00 lg
20555	Dark pumpernickel bread	8.00 sl
20556	16 lb. turkey	14.00
20556	Melted butter	0.25 c
20556	Wine	0.50 c
20556	Honey	0.50 c
20556	Cinnamon	0.25 t
20557	Chicken wings	1.00 kg
20557	Liquid honey	0.25 c
20557	Lime juice	2.00 tb
20557	Finely grated peel of 1 lime	0.00

## Sheet1

20557	Clove of garlic	1.00
20557	Salt	0.25 ts
20557	Pepper	0.25 ts
20558	Honey	0.50 c
20558	Dijon Mustard	0.25 c
20558	Fresh Parsley, chopped, or	2.00 tb
20558	Dried Parsley Flakes	2.00 ts
20558	Sesame Seeds	1.00 tb
20558	Lemon Juice	1.00 tb
20558	Cloves Garlic, minced	2.00
20558	Pepper	0.50 ts
20558	Chicken Breast Halves,	8.00
20558	Skinned and boned	0.00
20558	Onions, cut into 1/2" slices	3.00 md
20559	Margarine or butter, melted	0.25 c
20559	Lea & Perrins Worcestershire	2.50 ts
20559	-Sauce	0.00
20559	TABASCO Pepper Sauce	2.00 ts
20559	Lawry's Seasoned Salt	1.25 ts
20559	Chex cereal	8.00 c
20559	Planters Mixed nuts or	1.00 c
20559	-Peanuts	0.00
20559	Pretzels	1.00 c
20559	Bite-size cheese crackers	1.00 c
20560	Margarine or butter, melted	0.25 c
20560	Lea & Perrins Worcestershire	2.50 ts
20560	-Sauce	0.00
20560	TABASCO Pepper Sauce	2.00 ts
20560	Lawry's Seasoned Salt	1.25 ts
20560	Chex cereal	8.00 c
20560	Planters Mixed nuts or	1.00 c
20560	-Peanuts	0.00
20560	Pretzels	1.00 c
20560	Bite-size cheese crackers	1.00 c
20561	Oleo	2.00
20561	Salt	0.00
20561	Red pepper	0.00
20561	Black pepper	0.00
20561	Garlic powder	0.00
20561	Tabasco sauce	15.00 dr
20561	Worcestershire sauce	0.25 c
20561	Hot garlic sauce	3.00 tb
20561	Pecan halves	1.00 c
20561	Rice chex«	0.50
20561	Corn chex«	0.50
20561	Wheat chex«	0.50
20561	Mixed nuts	1.00 c
20562	Corn beef, canned/chopped	1.00 c
20562	American cheese, shredded	0.50 c

Sheet1

20562	Green olives, chopped	0.50 c
20562	Coney buns	0.00
20562	Catsup	0.25 c
20562	Onion, chopped	2.00 tb
20562	Worcestershire sauce	1.00 tb
20563	Paprika	1.50 tb
20563	Flour	1.00 tb
20563	Garlic powder	2.00 ts
20563	Egg white	1.00 x
20563	Whole natural almonds	2.00 c
20564	Wild rice mix	0.75 c
20564	Water	1.50 c
20564	Butter	1.00 tb
20564	Bacon; 1/4 lb	4.00 sl
20564	Chicken breasts without	4.00
20564	-skin -- boned	0.00
20564	Butter	0.25 c
20564	Mushroom; sliced	2.00 c
20564	Onion; large dice	1.00 c
20564	Thyme	0.50 ts
20564	Garlic; minced	1.00 cl
20564	Sherry	2.00 tb
20564	Chives; sliced	2.00 tb
20564	Bacon; uncooked	4.00 sl
20564	Thyme	0.00
20565	Chicken thigh meat; *	1.00 lb
20565	Sherry or rice wine	0.12 c
20565	Soy sauce [regular soy]	0.12 c
20565	Garlic clove; mashed fine	1.00
20565	Cornstarch; approx **	0.50 c
20565	Dry Hot peppers ***	20.00
20565	Oil for stir-frying ****	0.00
20565	Garlic cloves; mashed @	2.00
20565	Ginger root; [1/4" thick]	10.00 sl
20565	Salt to taste	0.50 ts
20565	Sugar [brown or white]	1.00 tb
20565	Dark soy sauce @@	0.50 c
20565	Chicken broth or more; @@@	0.75 c
20565	Watercress; washed @@@@	2.00 bn
20565	Scallions	2.00
20566	Chocolate cake mix	18.25 oz
20566	Water	1.25 c
20566	Oil	0.50 c
20566	Eggs	3.00
20566	Small flat bottom cones	30.00
20566	Sifted powdered sugar	5.00 c
20566	Shortening	0.75 c
20566	Butter or margarine, soft	0.50 c
20566	Milk	2.50 tb

Sheet1

20566	Almond extract	1.25 ts
20566	Assorted sprinkles & candies	0.00
20567	Maraschino cherries	8.00
20567	Eggnog	1.00 qt
20567	Box lime jello	3.00 oz
20567	Nutmeg	0.00
20567	Knife	0.00
20567	Cutting board	0.00
20567	Blender	0.00
20567	Dessert glasses	8.00 sm
20568	Olive oil	2.00 c
20568	Lemon ;1/4 of 1 lemon peel	0.25
20568	;only coarsely chopped	0.00
20568	Basil leaves ;coarsely chop	0.50 c
20568	Parsely ;coarsely chopped	0.25 c
20568	Garlic cloves ;peeled,crush	3.00
20569	Butter mints, crushed	1.00 pk
20569	Chocolate malt mix	2.00 c
20569	Nestle's quick	0.50 c
20569	Powdered coffee creamer	2.00 c
20570	Oregano	1.00 ts
20570	Marjoram	1.00 ts
20570	Basil	1.00 ts
20570	Rosemary	1.00 ts
20570	Thyme	1.00 ts
20570	Sage	1.00 ts
20571	Chicken; cut up	3.00 lb
20571	Flour	0.50 c
20571	Salt	1.50 ts
20571	Black pepper	0.25 ts
20571	Olive oil	0.50 c
20571	Garlic clove; sliced	1.00 ea
20571	Olive oil	2.00 tb
20571	Marsala wine	2.00 tb
20571	Chopped parsley	1.00 ts
20571	Idaho potatoes	6.00 md
20571	Oil for deep frying	0.00
20571	Salt to taste	0.00
20572	Boiling water	1.00 c
20572	Jell-O orange flavor	1.00 pk
20572	-gelatin	0.00
20572	4 serving size	0.00
20572	Vanilla ice cream; softened	1.00 pt
20572	(2 cups)	0.00
20572	Prepared chocolate flavor	1.00
20572	Crumb crust (6 oz)	0.00
20572	-Thawed Cool Whip	0.00
20572	-Candy Corn	0.00
20572	-Black licorice, cut into	0.00

Sheet1

20572	1 inch pieces	0.00
20573	Flour	2.00 c
20573	Baking powder	2.00 t
20573	Salt	0.50 t
20573	Cayenne pepper	0.25 t
20573	Sharp cheddar cheese, finely	0.50 lb
20573	-grated	0.00
20573	Stick butter (1/2 cup)	1.00
20574	Jello Berry BLUE jelly	1.00 pk
20574	-powder	0.00
20574	Boiling water	1.00 c
20574	Ice cubes	2.00 c
20575	Jello Berry BLUE jelly	1.00 pk
20575	-powder	0.00
20575	Boiling water	1.00 c
20575	Ice cubes	2.00 c
20576	Onion; finely chopped	1.00
20576	Ground nutmeg	0.25 ts
20576	Finely chopped scallions	0.50 c
20576	Ground cinnamon	0.50 ts
20576	Fresh thyme leaves	2.00 ts
20576	Habanero chiles	6.00
20576	Salt	2.00 ts
20576	Black pepper	1.00 ts
20576	Allspice	1.00 ts
20577	Flour	0.75 c
20577	Salt	0.50 c
20577	Cornstarch	0.50 c
20577	Warm Water	0.00
20578	Jicama; diced	0.67 c
20578	Turkey breast; cooked, diced	2.00 c
20578	Stalks celery; diced	2.00
20578	Green onions; thinly sliced	3.00
20578	Red potatoes; cooked & cubed	2.00
20578	Yogurt	1.00 c
20578	Parsley flakes	2.00 tb
20578	Dill weed	2.00 ts
20578	Pepper to taste	0.00
20580	Nabisco oyster crackers	22.00 oz
20580	Olive oil	1.00 c
20580	[10oz] dry salad dressing	1.00 pk
20580	-mix [lite if possible]	0.00
20580	[your choice of flavors]	0.00
20581	To 5 lb Hare or Rabbit;	4.00 lb
20581	-jointed	0.00
20581	Flour	3.00 tb
20581	Bacon drippings	3.00 tb
20581	Onions; sliced	2.00 ea
20581	(1/2 cup) diced Bacon	0.25 lb

## Sheet1

20581	Light game stock	2.50 c
20581	Ground cloves	0.25 ts
20581	Mixed sweet herbs	0.25 c
20581	Mace	0.50 ts
20582	** British Measurements **	0.00
20582	Butter; salted	1.50 oz
20582	Caster sugar	4.00 oz
20582	Rose-water	1.00 tb
20582	Caraway seeds	0.50 oz
20582	Egg; beaten	1.00 lg
20582	Plain flour	8.00 oz
20582	Extra rose-water & caster	0.00
20582	. sugar for glaze	0.00
20583	Garlic and Onion Croutons	1.00 pk
20583	Melted Butter	0.50 c
20583	Sesame Seeds	2.00 tb
20583	Celery Salt	2.00 ts
20583	Sweet Paprika	1.00 ts
20584	Corn, popped	9.00 c
20584	Butter or margarine	1.00 tb
20584	Peanut butter	0.33 c
20585	BJDJ46B	0.00
20585	Chocolate chips; large bag	0.00
20586	Kosher salt	0.50 c
20586	Boiling water	1.00 c
20586	Kirby cucumbers; washed and	2.00 lb
20586	. quartered	0.00
20586	Garlic; peeled & smashed	5.00 cl
20586	. (or more)	0.00
20586	Dill weed; dried	2.00 tb
20586	Dill seed	1.00 ts
20588	To 12 fresh leeks	10.00 ea
20588	Beef broth	1.50 c
20588	White wine	0.50 c
20588	Salt	0.25 ts
20588	Sugar	1.00 tb
20588	Coarsely ground walnuts	1.00 c
20588	Vinegar	1.00 ts
20588	Walnuts; cut in quarters	0.50 c
20589	Lemon juice	0.25 c
20589	Oil	1.00 T
20589	Pepper, black, cracked	0.50 t
20589	Water	0.25 c
20589	Dill, fresh	0.50 t
20589	Salt	0.50 t
20590	Soy sauce	3.00 T
20590	Ginger, fresh, or:	1.00 T
20590	Garlic clove, minced	2.00 ea
20590	Lemon juice	0.25 c

Sheet1

20590	Ginger, ground	0.25 t
20591	Low-sodium chicken broth;	1.00 cn
20591	(13 3/4 oz)	0.00
20591	Pkg Jell-O Lemon gelatin;	2.00
20591	(sugar free, 4 serving size)	0.00
20591	Cold water;	1.00 c
20591	Crushed pineapple;,undrained	1.00 cn
20591	(in unsweetened juice)	0.00
20591	Lemon juice;	2.00 tb
20591	Dried tarragon leaves;	0.50 ts
20591	(crushed);	0.00
20591	Dash of white pepper;	0.00
20591	Cubed cooked chickenbreast;	1.50 c
20591	Chopped parsley;	0.50 c
20591	Chopped red pepper;	0.25 c
20592	Milk; skim	1.00 c
20592	Scoops frozen vanilla yogurt	2.00
20592	Peppermint extract	1.00 t
20592	Green food coloring	3.00 dr
20593	Chicken; broiler-fryer, cut	3.50 lb
20593	Water	6.00 c
20593	Med Onion; quartered	1.00 ea
20593	Celery	1.00 ea
20593	Cilantro; or parsley sprigs	3.00 ea
20593	Peppercorn	6.00 ea
20593	Salt	2.00 t
20593	Thyme	0.50 t
20593	Med Green pepper; chopped	1.00 ea
20593	Vegetable oil	2.00 T
20593	Lime rind ; grated	1.50 t
20593	Lime	2.00 ea
20593	Cilantro; chopped fresh or	3.00 T
20593	Salt & pepper	0.25 t
20593	Corn tortillas	8.00 ea
20593	Vegetable oil	1.00 x
20593	Lime; slices (optional)	1.00 x
20593	Cilantro; fresh (optional)	1.00 x
20594	Eggs	2.00 lg
20594	Sugar	3.00 tb
20594	Milk	1.50 c
20594	Vanilla extract	0.50 ts
20594	Salt	0.00 pn
20594	Mini marshmallows	1.50 c
20594	Mixing bowl	0.00
20594	Electric mixer	0.00
20594	Glass measuring cup	0.00
20594	Custard cups	6.00
20594	Frying pan with lid	0.00 lg
20594	Pot holder	0.00



Sheet1

20595	Mayonaise	1.00 c
20595	Swiss Cheese (grated)	2.00 c
20595	Deli Corned Beef (chopped)	8.00 oz
20595	Sauerkraut	1.00 cn
20595	Rye Bread	0.00
20595	Hellmann's Dijonnaise	0.00
20596	Peanut butter	0.50 c
20596	Marshmallows	12.00 oz
20596	Green food coloring	4.00 dr
20596	Rice krispies; cheerios or	4.00 c
20596	-corn flakes	0.00
20596	Pam	0.00
20596	Raisins	16.00
20597	Crushed ice	3.00 c
20597	Granulated sugar	0.50 c
20597	-replacement	0.00
20597	Lo cal orange drink mix	1.00 pk
20598	Cooked lobster meat,	0.50 lb
20598	-chopped	0.00
20598	Condensed cream of mushroom	0.25 c
20598	-soup	0.00
20598	Bread crumbs	2.00 tb
20598	Mayonnaise	2.00 tb
20598	Worcestershire sauce	0.25 ts
20598	Tabasco sauce	0.12 ts
20598	-Pepper to taste	0.00
20598	Mushrooms, about 1 1/2"	24.00
20598	-diameter, stems removed	0.00
20598	-Grated Parmesan cheese	0.00
20599	Cold boiled rice	2.00 c
20599	Almond milk	0.50 c
20599	Ground ginger	1.00 ts
20599	Cooked lobster, cold	0.75 lb
20600	Biscuit mix	0.50 c
20600	All purpose flour	0.50 c
20600	Season salt	1.00 ts
20600	Sugar	0.50 ts
20600	Egg	1.00
20600	Corn oil	2.00 tb
20600	Club soda	6.00 oz
20600	Or beer	0.00
20600	Lemon rind grated	0.50
20600	Onion salt	0.25 ts
20600	To Prepare Fillets	0.00
20600	Flour	0.00
20600	Milk	0.00
20600	Lemon juice	2.00 tb
20601	Chicken Thighs	12.00
20601	Onion	1.00 lg

Sheet1

20601	Cloves	3.00
20601	Carrot, cubed	1.00 lg
20601	Bouquet Garni	1.00
20601	Fat-Free Chicken Broth	4.00 c
20601	Mushrooms	0.50 lb
20601	Oil	1.00 tb
20601	Salt and Pepper	0.00
20601	Baby Onions, peeled	0.50 lb
20601	Evaporated Skim Milk	0.50 c
20601	Cornstarch	1.00 tb
20601	Lemon Juice	0.00
20601	Lemon Rind, finely grated	0.50 ts
20601	Parsley, chopped	0.00
20602	Nonstick cooking spray	0.00
20602	+ 1 Tbsp flour (divided use)	1.50 c
20602	Quick oats	1.00 c
20602	Sugar (divided use)	2.00 c
20602	Salt	0.25 ts
20602	Liquid egg substitute (du)	1.00 c
20602	Canola oil	2.00 tb
20602	Water	3.00 tb
20602	Vanilla extract (du)	1.00 ts
20602	Cornstarch	0.25 c
20602	Lemon juice	0.50 c
20602	Lime juice	2.00 tb
20602	Lemon rind; grated	1.00
20602	Confectioner's sugar	2.00 tb
20603	Ground turkey; beefalo, or	1.00 lb
20603	-extra lean beef or pork	0.00
20603	Breadcrumbs	0.50 c
20603	Garlic; minced	2.00 cl
20603	Fresh parsley; finely	2.00 tb
20603	-chopped or	0.00
20603	Dried parsley	2.00 ts
20603	Thyme	1.00 ts
20603	Sage	1.00 ts
20603	Marjoram	0.50 ts
20603	Salt	0.50 ts
20603	Fresh ground pepper	0.25 ts
20603	Crushed hot red pepper	0.75 ts
20603	Nonstick cooking spray	0.00
20604	Orange juice, frozen concent	6.00 oz
20604	Chicken breasts; split	3.00
20604	Marjoram	0.50 ts
20604	Ground nutmeg	1.00 ds
20604	Garlic powder	1.00 ds
20604	Water	0.25 c
20604	Cornstarch	2.00 tb
20605	Luce or salmon or flounder	1.00 c

Sheet1

20605	-"Stomachs" or fresh fish	0.00
20605	-fillets, cut small (1/2 lb)	0.00
20605	Or more Beef broth	1.00 c
20605	Grated Cheddar cheese	0.50 c
20605	All-purpose flour	0.50 c
20605	Brown sugar	0.50 ts
20605	Salt	0.25 ts
20605	Powdered ginger	0.50 ts
20605	Egg whites	3.00 ea
20605	Egg yolks	3.00 ea
20605	Whole egg	1.00 ea
20605	Milk	1.00 ts
20605	Oil; for frying	2.00 tb
20605	Butter; for frying	2.00 tb
20605	Fresh dill or parsley;	0.00
20605	-chopped	0.00
20606	Spaghettini	0.50 pk
20606	Butter	7.00 tb
20606	(15oz) small white beans	1.00 cn
20606	Salt	0.50 ts
20606	Pepper	0.00 pn
20606	Flour	4.00 tb
20606	Half and half	2.00 c
20606	Pot	0.00 lg
20606	Colander	0.00
20606	Cooking spoon	0.00
20606	Saucepans	2.00 sm
20606	Serving dish	0.00 lg
20606	Serving forks	2.00
20607	Cornstarch	5.00 tb
20607	Water	3.00 tb
20607	Food coloring	0.00
20607	Measuring spoon	0.00
20607	Mug	0.00
20607	Spoon	0.00
20608	Liver, calf	0.33 lb
20608	Onions; grated	1.00 sm
20608	Lard	4.00 ts
20608	Salt	1.00 pn
20608	Wine, white	0.50 c
20608	Stock, chicken	1.50 qt
20608	Pepper, black	1.00 pn
20608	Flour	1.00 tb
20608	Egg yolks	1.00
20608	Heavy cream	0.25 c
20608	Bread, white; cut into	3.00 sl
20608	-croutons	0.00
20609	Yeast	1.00 pk
20609	Warm water	1.00 c

Sheet1

20609	White whole-wheat flour	2.50 c
20609	All-purpose flour	1.00 c
20609	Salt	1.00 ts
20609	Softened butter	4.00 tb
20610	Real maple syrup	1.00 c
20610	Walnut pieces	0.50
20610	Popped popcorn; plain	9.00 c
20611	Dijon mustard	0.50 c
20611	White wine	2.50 ts
20611	Worcestershire sauce	0.25 ts
20611	Black pepper	0.00 pn
20611	Shallot; finely diced	1.00 ts
20611	Maple syrup; pure	2.50 ts
20611	Chicken breast halves	4.00
20611	-without skin -- boned	0.00
20612	Bacon	0.25 lb
20612	Cloves garlic	2.00 ea
20612	Ground cloves	1.00 pn
20612	Red wine vinegar	3.00 T
20612	Medium onions	6.00 ea
20612	Salt & pepper to taste	1.00 x
20612	Brandy	2.00 T
20612	Sprigs parsley	1.00 ea
20612	Small orange	1.00 ea
20612	Round steak	2.00 lb
20612	Chopped parsley	2.00 T
20612	Allspice	1.00 pn
20612	Red wine	2.50 c
20612	Medium carrots	6.00 ea
20612	Oil	3.00 T
20612	Thyme	1.00 pn
20612	Rosemary	1.00 pn
20614	Salmon steaks; 1-inch thick	4.00 ea
20614	Orange juice	0.33 c
20614	Soy sauce	0.33 c
20614	Parsley; minced	2.00 T
20614	Vegetable oil	2.00 T
20614	Garlic; crushed	1.00 c
20614	Basil; crushed	0.50 t
20615	Lean lamb, cut into small	1.25 lb
20615	Pieces 1/2" by 1/2"	0.00
20615	Pepper	0.25 ts
20615	Salt	0.50 ts
20615	Butter for sauteing	2.00 tb
20615	Chicken broth	1.00 c
20615	Dry lentils	1.00 c
20615	Beef broth	4.00 c
20615	Cinnamon	0.25 ts
20615	Salt	0.25 ts

Sheet1

20615	Dried basil	0.50 ts
20615	Diced turnip or squash	1.00 c
20615	Currants	1.00 c
20615	Coarsely cut figs	0.67 c
20615	'Gold' leaves of any edible	0.00
20615	-plant, such as young	0.00
20615	-celery leaves or 6 to 8	0.00
20615	-dandelion flowers	0.00
20616	Fresh bread crumbs	0.75 c
20616	Beaten egg	1.00
20616	Grated Parmesan OR	6.00 tb
20616	Romona cheese	0.00
20616	Minced fresh parsley	2.00 tb
20616	Finely chopped FRESH basil	2.00 tb
20616	Ground beef	0.75 lb
20616	HOT Italian sausage	0.25 lb
20616	Casing removed	0.00
20616	Salt or to taste	0.00 pn
20616	Pepper or to taste	0.00 pn
20616	Olive oil	1.50 tb
20616	Plus extra for rolls	0.00
20616	Thick Spaghetti Sauce	2.00 c
20616	Hogie rolls	5.00
20616	Mozzarella cheese	10.00 sl
20617	Shortening; for the baking	1.00 tb
20617	-sheets	0.00
20617	Warm Water	1.33 c
20617	Dry Yeast; about 1 tb	1.00 pk
20617	Sugar	1.00 tb
20617	Salt	0.50 ts
20617	Flour	3.25 c
20617	Egg	1.00 lg
20617	Water	1.00 tb
20617	Coarse Salt	2.00 tb
20618	c	1.00 1/2
20618	Grated Monterey jack cheese	3.00
20618	Mayonnaise; divided	0.50
20618	Sour cream	0.25
20618	Chopped cilantro	2.00 tb
20618	Minced garlic	0.50 ts
20618	Chicken breast halves	6.00 ea
20618	-boneless, skinless	0.00
20618	Lettuce leaves	0.00
20618	Watercress or cilantro for	0.00
20618	-garnish	0.00
20618	Corn tortillas	2.00 ea
20618	Corn oil	2.50 c
20618	Vegetable oil	0.33 c
20618	Fresh lime juice	0.25 c

Sheet1

20618	Chopped cilantro	3.00 tb
20618	Minced pickled jalapeno	1.00 tb
20618	Minced garlic	1.00 ts
20618	Ground cumin	0.50 ts
20618	Salt	0.50 ts
20618	Can black beans;drain,rinse	16.00 oz
20618	Chopped red onion	0.50 c
20618	Chopped red bell peppers	0.50 c
20618	Chopped yellow bell peppers	0.50 c
20619	Dried minced onion	1.00 c
20619	Beef bouillon powder	0.33 c
20619	Firehouse hot chili powder	0.33 c
20619	Ground cumin	2.00 tb
20619	Crushed red pepper	4.00 ts
20619	Oregano	1.00 tb
20619	Garlic powder	2.00 ts
20620	Air popped corn	6.00 qt
20620	Brown sugar	1.00 c
20620	White syrup	0.25 c
20620	Salt	0.25 ts
20620	Stick margarine	1.00
20621	Water	3.00 c
20621	Cornstarch	0.50 c
20621	-food coloring	0.00
20622	Flour	2.00 c
20622	Salt	1.00 c
20622	Cornstarch	0.50 c
20622	Powdered alum	1.00 tb
20622	Gradually stir in:	0.00
20622	Water	2.00 c
20622	Oil	1.00 tb
20623	Popped popcorn, no marg/salt	2.00 qt
20623	White karo syrup	0.50 c
20623	Sugar	1.25 c
20623	Margarine	1.00 c
20623	Peanuts/walnuts/almonds	1.00 c
20624	Low-fat turkey kielbasa;	1.50 lb
20624	-cut into 3-inch pieces	0.00
20624	(10-oz. ea) Bavarian-style	3.00 cn
20624	-sauerkraut; rinsed and	0.00
20624	-drained	0.00
20624	Peeled Granny Smith apples;	3.00 lg
20624	-cored and cut crosswise	0.00
20624	-into rings	0.00
20624	Onion, thinly sliced and	1.00 md
20624	-separated into rings	0.00
20624	(14.5 oz.) Fat-free chicken	1.00 cn
20624	-broth	0.00
20624	Caraway seeds	0.50 ts

Sheet1

20624	Peeled red potatoes; (about	8.00 md
20624	-3.5 lbs.), quartered	0.00
20624	(1 oz.) Shredded Swiss	0.25 c
20624	-cheese	0.00
20625	Milk	4.00 c
20625	Egg (well beaten)	1.00 ea
20625	Sm pkg Jello Vanilla	1.00 ea
20625	-Pudding and Pie Filling	0.00
20625	-(not instant)	0.00
20625	Minute Original Rice	1.00 c
20625	Raisins (optional)	0.25 c
20625	Cinnamon (ground)	0.25 t
20625	Nutmeg (ground)	0.12 t
20626	Powdered nondairy creamer	0.25 c
20626	Sugar	0.33 c
20626	Dry instant coffee	0.25 c
20626	Cocoa	2.00 T
20627	Soda crackers;(35 to 40)	1.00 pk
20627	Cubes of marg or butter	2.00
20627	Brown sugar	1.00 c
20627	Chocolate chips	12.00 oz
20627	Walnuts or pecans; crushed	1.00 c
20628	Flour	1.00 c
20628	Water	1.00 c
20628	Oil	1.00 tb
20628	Salt	0.50 c
20628	Cream of tarter	1.00 ts
20628	X Food coloring	0.00
20629	Salt	2.00 c
20629	Water	0.67 c
20629	Cornstarch	1.00 c
20629	Water	0.50 c
20630	Loaf sliced bread	1.00
20630	Frozen orange juice, thawed	6.00 oz
20630	Cinnamon	0.00
20631	Ground cumin seeds	1.50 ts
20631	Salt	0.50 ts
20631	Pepper	0.25 ts
20631	Chicken breasts	0.75 lb
20631	-skinned and boned	0.00
20631	-cut in 1/2" strips	0.00
20631	Water, divided	1.50 c
20631	Bite-sized pitted prunes	20.00
20631	-(about 4 1/2 oz)	0.00
20631	Cooking spray	0.00
20631	Olive oil	1.00 tb
20631	Ground ginger	1.50 ts
20631	Turmeric	1.00 ts
20631	Ground cinnamon	0.50 ts

Sheet1

20631	Onion(s), coarsely chopped	1.50 c
20631	Chicken broth	0.50 c
20631	Hot cooked couscous	4.00 c
20631	Sliced toasted almonds	3.00 tb
20632	Brown bread, very fresh	0.00
20632	Butter	0.00
20632	Prawns, chopped	0.00
20632	Parsley, finely chopped	0.00
20633	Can whole peeled tomatoes	32.00 oz
20633	Chillies, to taste	6.00 ea
20633	Cummin	0.12 ts
20633	Cilantro	0.25 ts
20633	Chopped white onion	0.50 ea
20633	Clove garlic	1.00 ea
20634	Golden Delicious apples	6.00 md
20635	----new york,new york	0.00
20635	-restaurant----	0.00
20635	----west kendall, miami,	0.00
20635	-fl-----	0.00
20635	----miami herald 7/	0.00
20635	-21/94-----	0.00
20635	Chicken breast pieces (3	8.00
20635	-1/2 -- oz ea) boned and ski	0.00
20635	----batter:-----	0.00
20635	Eggs; beaten	1.00 c
20635	Lemon juice	2.00 tb
20635	Parsley; chopped	0.25 c
20635	Salt	0.25 ts
20635	White wine	0.25 c
20635	Garlic; pureed	1.50 ts
20635	Hot pepper sauce	2.00 ds
20635	Parmesan cheese; grated	0.25 c
20635	Margarine or butter for;	0.00
20635	-coating pan	0.00
20635	----wine sauce:-----	0.00
20635	Margarine stick	1.00
20635	White wine	0.50 c
20635	Lemon juice	0.25 c
20636	Parmesan cheese	0.25 c
20636	Dry cheese sauce mix	3.00 T
20636	Dry taco seasoning mix	1.00 T
20636	Crispix cereal	8.00 c
20636	Corn chips	1.00 c
20636	Cheese puff balls	1.00 c
20636	Oil	3.00 T
20637	Tumeric	1.00 ts
20637	-Boiling water	0.67 c
20637	Vinegar	0.25 ts
20637	Instant coffee;heaping Tbsp	1.00 tb



Sheet1

20637	-Boiling water	0.67 c
20637	Vinegar	0.50 ts
20637	Onion skins;(golden orange)	0.00
20637	Beets;(reddish purple)	0.00
20637	Spinach;(pale green)	0.00
20637	Red Cabbage Leaves	0.00
20637	Walnut shells; (buff)	0.00
20637	Grape Juice; (mauve) &	0.00
20637	Vinegar	0.25 ts
20638	Tomatoes	2.00 md
20638	Ground beef	1.00 lb
20638	Burrito or taco seasoning	1.00 pk
20638	(30oz) refried beans	1.00 cn
20638	Or 10 burrito size soft	8.00
20638	Flour tortillas	0.00
20638	(8oz) guacamole	2.00 ct
20638	(16oz) sour cream	1.00 ct
20638	Knife	0.00
20638	Cutting board	0.00
20638	Bowls	3.00
20638	Frying pan	0.00
20638	Spoons	5.00
20638	Spatula	0.00
20638	Saucepan	0.00 sm
20639	Unsalted deluxe mixed nuts	1.00 lb
20639	Unsalted cashews	1.00 lb
20639	Shreddies small box	1.00 pk
20639	Cheerios small box	1.00 pk
20639	Pretzel sticks	8.00 oz
20639	Peanut oil or 1 cup	2.00 c
20639	Butter and 1 cup peanut oil	0.00
20639	Worcestshire sauce	2.00 tb
20639	Garlic	1.00 tb
20639	Seasoned salt	1.00 tb
20639	Celery salt	1.00 ts
20640	Peanuts; chopped	1.00 c
20640	Chocolate chips	6.00 oz
20640	Milk	0.25 c
20640	Bananas	4.00
20640	Popsicle sticks	8.00
20641	Hot dogs	6.00
20641	Hot dog buns	6.00
20641	Chili	1.00 cn
20642	Cooked Pasta wheels	4.00 c
20642	Raw Carrot *	1.00 x
20642	Med onion, chopped	1.00 x
20642	Rib Celery, sliced thin	1.00 x
20642	Green pepper, chopped	0.50 x
20642	Radishes, sliced thin	5.00 x

Sheet1

20642	Can drained Tuna, water pack	6.50 oz	
20642	Dressing (see recipe)	0.75 c	
20643	c	0.00	3
20643	-	25.00	
20643	-ready to cook weight	0.00	
20643	Boiling water, salted	8.00	
20643	White onions; peeled	3.00	
20643	Bunches carrots; chunked	3.00 lg	
20643	Salt	1.00 tb	
20643	Pepper	0.50 ts	
20643	Basil	2.00 ts	
20643	Oregano	2.00 ts	
20643	Celery salt	2.00 ts	
20643	Seasoned salt	2.00 ts	
20643	Poultry seasoning	2.00 ts	
20643	Flour	2.50 c	
20643	Cold water	2.00 c	
20643	Chicken fat skimmed from	1.50 c	
20643	-broth	0.00	
20643	Butter or margarine	0.50 c	
20643	Sifted all purpose flour	8.00 c	
20643	Baking powder	4.00 tb	
20643	Sugar	2.00 tb	
20643	Salt	2.00 ts	
20643	Shortening	0.75 c	
20643	Milk	3.00 c	
20644	Boneless chicken breasts	0.00	
20644	Seasoned bread crumbs	0.00	
20644	Munster cheese; sliced	0.00	
20644	Wine	0.00	
20645	Vegetable oil	4.00 tb	
20645	Onion; diced	1.00	
20645	Celery; peeled & diced	2.00	
20645	Potatoes; peeled & diced	2.00	
20645	Chopped parsley	2.00 tb	
20645	Fresh savory; chopped	2.00 ts	
20645	Or 1 teaspoon dried; optiona	0.00	
20645	-l	0.00	
20645	Flour	2.00 tb	
20645	Milk	1.00 c	
20645	Or light cream	0.00	
20645	Chicken broth	2.00 c	
20645	Cooked chicken; diced	2.00 c	
20645	Salt	0.00	
20645	Fresh ground pepper	0.00	
20645	Corn kernels (fresh, frozen,	1.00 c	
20645	-or canned) -- optional	0.00	
20647	Pepperidge Farms Fat-Free	2.00 pk	
20647	. Goldfish-Pretzel mix;	0.00	

Sheet1

20647	. 9oz each	0.00
20647	Garlic flavored cooking	0.00
20647	. spray	0.00
20647	Flavored seasoning mix;	0.00
20647	. pinto bean or taco for	0.00
20647	. hotter; barbecue for	0.00
20647	. milder	0.00
20647	Crunchy cereal	3.00 c
20647	Worcestershire sauce	0.00
20648	Jars Kraft Roka Blue cheese	2.00
20648	. spread; 5oz each	0.00
20648	Jars Old English cheese	2.00
20648	. spread; 5oz each	0.00
20648	Cream cheese; 8oz each,	2.00 pk
20648	. softened	0.00
20648	Onion; chopped (fresh or	2.00 tb
20648	. dried)	0.00
20648	Seasoned salt	0.50 ts
20648	Worcestershire sauce	1.00 ts
20648	Pecans; finely chopped	1.00 c
20648	Jalapeno; finely chopped	1.00
20648	Paprika, cayenne or parsley	0.00
20648	. for garnish	0.00
20648	Crackers for dippers	0.00
20649	Chopped frozen spinach;	2.00 pk
20649	. 10oz each, thawed &	0.00
20649	. drained	0.00
20649	Parsley; chopped	1.00 c
20649	Parmesan cheese; grated	0.33 c
20649	Onion; chopped	4.00 ts
20649	Mayonnaise	1.00 c
20649	Salt	1.00 ts
20649	Garlic powder	0.25 ts
20649	Pepper	2.00 ts
20649	Dried thyme	0.12 ts
20649	Lemon; juiced	0.50
20649	Hot pepper sauce	0.50 ts
20649	Crackers for dippers	0.00
20650	Finely chopped onion	2.00 c
20650	To 3 tb olive oil	1.00 tb
20650	White wine	2.50 c
20650	Almond milk	2.50 c
20650	Coarsely ground almonds	3.00 tb
20650	French bread; toasted	8.00 sl
20650	-lightly	0.00
20650	A little extra oil & butter	0.00
20651	Dry onion dip mix	1.00 oz
20651	Dry buttermilk mix	3.00 T
20651	Dried chives	2.00 T

## Sheet1

20651	Crispix	8.00 c
20651	Pretzel sticks	2.00 c
20651	Oil	3.00 T
20652	Can of orange juice	0.50 sm
20652	-concentrate	0.00
20652	Vanilla	0.50 ts
20652	Milk	0.50 c
20652	Ice cubes	6.00
20652	Water	0.50 c
20652	Powdered sugar	0.25 c
20653	Milk	1.00 c
20653	Ice cream, vanilla	1.00 pt
20653	Orange juice; frozen concen-	6.00 oz
20653	-trate partly thawed	0.00
20654	Apricot halves packed in	2.00 cn
20654	-light syrup	0.00
20654	Envelopes unflavored	4.00
20654	-gelatin	0.00
20654	Orange juice	2.00 c
20655	FILLING	0.00
20655	Cream cheese; softened	8.00 oz
20655	Egg	1.00
20655	Sugar	0.33 c
20655	-Yellow and red food	0.00
20655	-coloring	0.00
20655	Chocolate chips	6.00 oz
20656	Margarine or butter, melted	0.25 c
20656	Lea & Perrins Worcestershire	4.50 ts
20656	-Sauce	0.00
20656	Lawry's Seasoned Salt	1.25 ts
20656	Chex cereal	8.00 c
20656	Planters Mixed Nuts or	1.00 c
20656	-Peanuts	0.00
20656	Pretzels	1.00 c
20657	Crispix	7.00 c
20657	Mixed nuts	1.00 c
20657	Pretzels	1.00 c
20657	Margarine; melted	3.00 T
20657	Garlic salt	0.25 t
20657	Onion salt	0.25 t
20657	Lemon juice	2.00 t
20657	Worcestershire sauce	4.00 t
20658	Peanut butter	0.33 c
20658	Butter; or margarine	2.00 tb
20658	Cinnamon; ground	1.00 ts
20658	Ginger; ground	0.25 ts
20658	Popped popcorn	5.00 c
20658	Bite-size shredded wheat	2.00 c
20658	Mini pretzels	1.00 c

Sheet1

20658	Multi-colored candy coated	1.00 c
20658	-chocolate pieces; such as	0.00
20658	-M&M's	0.00
20659	Chicken, cooked	2.00 c
20659	-(white or dark meat)	0.00
20659	Sour cream	13.00 oz
20659	Cream of chicken soup	13.00 oz
20659	-(1 can of condensed soup)	0.00
20659	Ritz cracker pieces	1.00 c
20659	-(about 1 "tube" of	0.00
20659	-crackers)	0.00
20659	Butter	2.00 oz
20659	Poppy seeds	2.00 T
20660	Flour	500.00 g
20660	Fresh yeast	25.00 g
20660	Tepid milk	3.00 dl
20660	Egg	1.00
20660	Melted butter	25.00 g
20660	Salt	10.00 g
20661	White bread;	12.00 sl
20661	-crust removed	0.00
20661	Reduced-calorie margarine;	0.12 c
20661	-melted	0.00
20661	Parmesan Cheese, grated	0.25 c
20661	Sesame seeds	2.00 tb
20662	Marshmallows, miniature	2.00 c
20662	Butter; melted	0.50 c
20662	Popcorn; popped, unsalted	3.00 qt
20662	Gelatin, fruit-flavored	3.00 oz
20663	Chicken livers or calves	1.00 lb
20663	- liver cut into strips	0.00
20663	Salt	1.00 t
20663	Onions lg. sliced thin	2.00 ea
20663	Butter	0.33 c
20663	Black pepper	0.25 t
20663	Egg lg.	1.00 ea
20663	White bread slices crustless	2.00 ea
20663	Chicken stock	0.50 c
20663	Garlic clove minced	0.50 ea
20664	Vegetable shortening	0.00
20664	Flour	0.00
20664	Seedless strawberry jam	1.25 c
20664	Whipping cream	0.50 pt
20664	Sugar	3.00 tb
20664	(12 oz) frozen blueberries,	1.00 pk
20664	Partially thawed	0.00
20664	Loaf pan	0.00
20664	Mixing bowl	0.00
20664	Spoon	0.00

Sheet1

20664	Wire cooling rack	0.00
20664	Mixer	0.00
20664	Ziploc bag	0.00
20664	Serving bowls	2.00 sm
20664	Platter	0.00
20665	Peanut butter, crunchy	0.50 c
20665	Applesauce, chunky	0.50 c
20665	Sour cream	0.25 c
20665	Cinnamon	0.25 ts
20665	Assorted cut up vegetables	0.00
20665	Assorted cut up fruit	0.00
20666	Creamy peanut butter	0.25 c
20666	Vegetable shortening	0.25 c
20666	Sugar	1.00 c
20666	Eggs	2.00 ea
20666	Unsifted flour	0.50 c
20666	Unsweetened cocoa	0.50 c
20666	Vanilla extract	0.50 ts
20666	Baking powder	0.25 ts
20666	Chopped peanuts	0.50 c
20667	Popcorn, cooked in oil	3.00 qt
20667	Peanuts, or use crunchy	1.50 c
20667	Peanut butter	0.00
20667	Sugar	1.00 c
20667	Honey	0.50 c
20667	Light corn syrup	0.50 c
20667	Peanut butter	1.00 c
20667	Vanilla	1.00 ts
20668	Kix cereal	5.00 c
20668	Peanut butter	0.25 c
20668	Margarine	2.00 tb
20668	Small pretzel twists	1.00 c
20668	Raisins	1.00 c
20668	Honey roasted peanuts	1.00 c
20669	Peanut butter; smooth or	0.50 c
20669	-crunchy	0.00
20669	Cheese, Cheddar; shredded	1.00 c
20669	Milk; TO 1/3 CUP	0.25 c
20670	Bartlett, Anjou, or Bosc	4.00 md
20670	- pears	0.00
20671	English muffins	6.00
20671	Jar pizza sauce	1.00
20671	Shredded mozzarella cheese	2.00 c
20671	Grated Parmesan cheese	3.00 tb
20671	Yellow, green and red food	0.00
20671	Coloring	0.00
20671	Cookie sheet	0.00
20671	Spoon	0.00
20671	Bowl	0.00

## Sheet1

20671	Plastic sandwich bag	0.00
20672	Chablis or other dry white	0.25 c
20672	-wine	0.00
20672	Dried whole basil	1.00 ts
20672	Dried whole oregano	1.00 ts
20672	Bay leaf	1.00
20672	Garlic clove; , thinly	1.00 lg
20672	-sliced	0.00
20672	Low-sodium chicken broth;	1.00 cn
20672	-(10.5 oz)	0.00
20672	Chicken breasts; , boneless	1.00 lb
20672	Olive oil	1.50 tb
20672	Leek; julienne-cut	4.00 c
20672	All-purpose flour	2.00 tb
20672	Cooked penne; , (no salt)	5.00 c
20672	Pepper	0.50 ts
20672	Salt	0.25 ts
20672	Whole tomatoes, undrained;	1.00 cn
20672	-(28 oz)	0.00
20672	Grated fresh parmesan cheese	0.33 c
20673	Chocolate chips	6.00 oz
20673	Butter or margarine	0.50 c
20673	Creamy peanut butter	0.50 c
20673	Ground cinnamon	0.50 t
20673	Cheerios	8.00 c
20673	To 3 cups powdered sugar	2.00 c
20675	Rice vinegar	0.33 c
20675	Soy sauce; reduced sodium	0.33 c
20675	Honey	0.33 c
20675	Garlic bud spears	20.00 ea
20675	-6 to 8 inches tall	0.00
20675	Water	1.00 c
20677	Pineapple juice, 6 ounce can	0.00
20677	Dark brown sugar	2.00 T
20677	Garlic cloves, run through g	3.00 x
20677	Ginger, ground	0.25 t
20677	Garlic powder	0.50 t
20677	Onion powder	0.50 t
20677	Peanut oil	1.00 T
20677	White pepper, ground	0.25 t
20677	Cayenne pepper (or less, to	0.12 t
20677	Soy sauce	3.00 t
20678	Pineapple;water-packed	0.50 c
20678	-Chunks	0.00
20678	Pineapple juice; unsweetened	0.50 c
20678	Water-packed peach halves;	2.00
20678	-Canned and dice	0.00
20678	Low-fat yogurt;plain,	1.00 c
20678	-unsweetened	0.00

Sheet1

20678	Skim milk;	1.00 c
20678	Sugar substitute to equal 2	0.00
20678	-tablespoons sugar	0.00
20679	Butter	0.50 lb
20679	Catsup	1.00 pt
20679	Vinegar	1.00 pt
20679	Small bottle	1.00 ea
20679	Brown Sugar	1.00 T
20679	Tabasco Sauce	1.00 T
20679	Onion juice	1.00 T
20679	Cloves garlic, fine	1.50 ea
20679	Dash of red pepper	1.00 x
20679	Dash of black pepper	1.00 x
20679	1-3 Tbsp Salt	1.00 x
20680	Lean ground beef	1.00 lb
20680	Can Hunts tomato paste	6.00 oz
20680	Dried Onions	1.00 tb
20680	Basil	0.50 ts
20680	Oregano	0.50 ts
20680	Can re Fridgerated bisquits	10.00 oz
20680	( 12 )	0.00
20680	Shredded part-skim	0.50 c
20680	Mozarella cheese	0.00
20681	Parmesan cheese	0.25 c
20681	Dry spaghetti sauce mix	3.00 T
20681	Basil	2.00 t
20681	Oregano	2.00 t
20681	Garlic powder	2.00 t
20681	Crispix	8.00 c
20681	Pretzel nuggets	4.00 c
20681	Oil	3.00 T
20682	Oyster crackers	2.50 c
20682	Bite-size shredded wheat	2.50 c
20682	-biscuits	0.00
20682	Round toasted oat cereal	1.00 c
20682	Cooking oil	0.50 c
20682	Garlic salt	0.25 ts
20682	Dried oregano; crushed	0.25 ts
20682	Dried basil; crushed	0.25 ts
20682	Drops bottled hot pepper	3.00
20682	-sauce	0.00
20682	Grated Parmesan cheese	2.00 tb
20683	Warm water	0.50 c
20683	Oil	2.00 tb
20683	Food coloring	0.00
20683	Salt	0.50 c
20683	Flour	1.50 c
20684	-Jo Ferry cmsj69b	0.00
20684	Salt	1.00 c



Sheet1

20684	Flour	1.50 c
20684	Water	0.50 c
20684	Oil	2.00 tb
20684	Food coloring	0.00
20685	Fresh whole plaice or cod,	0.00
20685	-about 3 pounds	0.00
20685	Water	3.00 c
20685	Chopped parsley	0.50 c
20685	Salt	0.50 ts
20685	Ale	0.50 c
20685	Spicy mustard	1.00 c
20685	Ale	4.00 tb
20685	Salt	0.50 ts
20685	White bread crumbs	0.50 c
20685	Oil or clarified butter for	0.25 c
20685	-frying instead of boiling	0.00
20686	Chicken, whole (3 lb.)	1.00
20686	Onion, quartered	1.00 sm
20686	Carrot, cut in 1" pieces	1.00
20686	Tomato, quartered	1.00
20686	Sprigs parsley	2.00
20686	Whole black peppercorns	3.00
20686	Water	6.00 c
20687	Marrow bones	4.00 ea
20687	To 2-1/2 lb partridge (Quail	2.00 lb
20687	Peppercorns	6.00 ea
20687	A little flour	0.00
20687	Oil for frying	0.00
20687	Beef stock	2.50 c
20687	Red wine	2.50 c
20687	Ground cloves	0.25 ts
20687	Mace	0.50 ts
20687	Saffron	0.12 ts
20687	Ginger	0.50 ts
20687	Parsley; freshly chopped	1.00 tb
20688	Polenta, cooked as above	0.00
20688	Olive oil	3.00 tb
20688	Rosemary, chopped	2.00 ts
20688	Walnuts, toasted & chopped	0.67 c
20688	Salt & pepper	0.00
20689	Sun-dried tomatoes	4.00 oz
20689	Red wine vinegar	0.75 c
20689	Basil leaves	1.00 c
20689	Red pepper flakes	0.12 ts
20689	Garlic cloves, sliced	1.00 ts
20689	Salt	1.00 pn
20689	Olive oil	1.00 c
20690	Unsalted popped corn;	2.00 c
20690	Egg; whites	3.00

## Sheet1

20690	Baking powder	0.50 ts
20690	Salt	0.25 ts
20690	Cream of tartar;	0.25 ts
20690	Granulated sugarreplacement	2.00 tb
20691	Popped Corn	3.00 c
20692	Fresh spinach; trimmed	1.00 lb
20692	Plain low-fat yogurt;	0.50 c
20692	Low-fat cottage cheese; (1%)	0.50 c
20692	Parmesan cheese; grated	0.25 c
20692	Dried leaf basil;	2.00 tb
20692	Almonds; chopped	0.25 c
20692	Garlic;	2.00 cl
20692	Fresh parsley; stems	0.25 c
20693	Oil	6.00 c
20693	Flour	0.67 cn
20693	Salt	1.00 T
20693	White pepper	2.00 T
20693	Cayenne pepper	1.00 t
20693	Paprika	2.00 t
20693	Eggs	3.00
20693	Frying chicken -- cut up	1.00
20695	Roasting chicken (3-4lb)	1.00 lg
20695	Lemon	0.50 ea
20695	Salt & pepper	0.00
20695	Fresh tarragon OR	1.00 ts
20695	Dried tarragon	0.50 ts
20695	(To 4) Strips bacon	3.00 ea
20695	(To 4) butter; melted	2.00 tb
20695	Fresh watercress garnish	0.00
20696	Shelled walnuts *	220.00 g
20696	Roasting chicken;jointed	2.00 kg
20696	Butter	85.00 g
20696	Walnut oil	3.00 tb
20696	Smoked bacon; cut in strips	110.00 g
20696	Onion; chopped	1.00 md
20696	Shallots; chopped	5.00
20696	Garlic clove; finely chopped	1.00
20696	Small ceps	500.00 g
20696	Bouquet garni	1.00
20696	Salt & pepper	0.00
20696	Brandy or marc	4.00 tb
20696	Port	120.00 ml
20696	Egg yolk	1.00
20696	Cream	2.00 tb
20697	Cognac	2.00 T
20697	Eggs seperated	3.00 ea
20697	Milk	0.75 c
20697	Flour	1.00 lb
20697	Almonds grated or finely	0.75 c

Sheet1

20697	-chopped	0.00
20697	Butter melted	0.50 c
20697	Oil or lard melted	0.75 c
20697	Salt to taste	0.00
20697	Sugar	5.00 T
20697	Vanilla or cinnamon	2.00 ts
20698	Salt;	1.00 ts
20698	Dillweed;	1.00 ts
20698	Dried sweet basil leaves;	1.00 ts
20698	Black pepper;	0.25 ts
20698	White pepper;	0.25 ts
20698	Chicken breasts; boneless	8.00
20698	- skinless, (2 to 3 oz each)	0.00
20698	Cornstarch PLUS;	1.00 tb
20698	Cornstarch;	2.00 ts
20698	Apple juice;	1.00 c
20698	Defatted chicken stock;	1.50 c
20698	Onions; julienned	2.00 c
20698	Fresh lemon juice; in all	0.50 c
20698	Artificial sweetener;	2.00 pk
20698	- (1 gram each), optional	0.00
20699	Pudding, instant chocolate	1.00 pk
20699	Milk	0.00
20699	Evaporated milk	0.50 c
20700	Carrot	1.00 md
20700	Potatoes	4.00 md
20700	Celery stalks	3.00
20700	Frozen green beans	0.50 c
20700	Salt	0.00 pn
20700	Jar chicken or turkey gravy	12.00 oz
20700	Butter	3.00 tb
20700	Milk	0.50 c
20700	Carrot peeler	0.00
20700	Knife	0.00
20700	Cutting board	0.00
20700	Saucepan	0.00 sm
20700	Saucepan	0.00 lg
20700	Potato masher	0.00
20700	Serving dishes	2.00
20701	Jar capers	3.75 oz
20701	Tub whipped cream cheese	4.00 oz
20701	Pumpernickel bread	8.00 sl
20701	Colander	0.00
20701	Bowl	0.00
20701	Spoon	0.00
20701	Toaster	0.00
20701	Bread knife	0.00
20702	Pumpkin pie mix, canned	1.00 c
20702	-not just plain pumpkin	0.00

Sheet1

20702	Unsweetened applesauce	1.00 c
20703	Cinnamon	0.50 ts
20703	Ground ginger	0.12 ts
20703	Ground nutmeg	0.12 ts
20703	Ground mace	0.12 ts
20703	Ground cloves	0.12 ts
20704	Pumpkin; canned puree	1.00 c
20704	Brown sugar	0.50 c
20704	Honey	0.25 c
20704	Cinnamon	1.00 t
20704	Nutmeg	0.50 t
20704	Orange juice	0.50 c
20704	Frozen vanilla yogurt	1.00 qt
20705	Olive paste, see Black Olive	1.00 c
20705	-- Paste Recipe	0.00
20705	Red pepper flakes	0.12 ts
20705	Capers	1.00 tb
20705	Salt, to taste	0.00
20706	Dozen small boiling	1.00
20706	Potatoes	0.00
20706	Frozen broccoli	1.50 c
20706	Salt	0.00
20706	Jar Cheez Whiz	8.00 oz
20706	Saucepan	1.00 lg
20706	Saucepans	2.00 sm
20706	Fork	0.00
20706	Spoon	0.00
20706	Blender	0.00
20706	Mixing bowl	0.00
20706	Platter	0.00
20707	Chicken; cooked diced.	1.50 c
20707	Chicken broth;	1.50 c
20707	Water	1.00 c
20707	Onion; chopped fine	2.00 tb
20707	Celery; diced fine	0.25 c
20707	Thyme;	0.50 ts
20707	Arrowroot;	0.50 tb
20707	Water;	1.00 tb
20708	SEASONING:	0.00
20708	Whole bay leaves	2.00
20708	Salt	1.00 ts
20708	White pepper	1.00 ts
20708	Garlic powder	1.00 ts
20708	Ground red pepper	0.50 ts
20708	Black pepper	0.25 ts
20708	Ground red sandalwood (OPT)	0.25 ts
20708	MAIN INGREDIENTS:	0.00
20708	(about 3-lb) rabbit OR	1.00
20708	-chicken	0.00

Sheet1

20708	Margarine	4.00 tb
20708	Finely chopped onions	1.50 c
20708	Finely chopped celery	1.50 c
20708	Finely chopped green peppers	1.50 c
20708	Tabasco sauce	0.50 ts
20708	Chopped tasso or smoked ham	1.67 c
20708	Canned tomato sauce	0.75 c
20708	Uncooked rice, preferrably	2.00 c
20708	-converted	0.00
20708	Rabbit or chicken stock	3.00 c
20709	Box strawberry jello	3.00 oz
20709	Ice cubes	40.00
20709	(12 oz) strawberry soda	2.00 cn
20709	Mixing bowl	0.00
20709	Shallow 9x12 pan	0.00
20709	Butter knife	0.00
20709	Blender	0.00
20709	Spoon	0.00
20709	Tall glasses	0.00
20709	Iced tea spoons	0.00
20710	Margarine	1.00 c
20710	Envelope of Ranch style	1.00
20710	Dressing mix	0.00
20710	Popped popcorn	6.00 qt
20711	** British Measurements **	0.00
20711	Honey	1.00 lb
20711	Powdered saffron	0.00 pn
20711	Black pepper	1.00 ts
20711	Ground ginger	2.00 ts
20711	Ground cinnamon	2.00 ts
20711	White breadcrumbs	1.00 lb
20711	Box or bay leaves & whole	0.00
20711	. cloves to decorate	0.00
20712	Melted Margarine	1.00 c
20712	Peanut butter	1.00 c
20712	Graham cracker crumbs	2.00 c
20712	Powdered sugar	2.50 c
20712	Chocolate chips	12.00 oz
20713	Butter	0.25 c
20713	Marshmallows	0.50 lb
20713	Kellog's Rice Krispies	5.00 c
20714	Pumpkin	1.00
20714	Vegetable oil	2.00 tb
20714	Salt to taste	0.00
20715	Pumpkin seeds; rinsed &	0.00
20715	-patted dry	0.00
20715	Options: butter,sugar, salt,	0.00
20715	-garlic	0.00
20716	Pumpkin or squash seeds	2.00 c

Sheet1

20716	Worcestershire	0.50 ts
20716	Melted butter or margerine	1.50 tb
20716	Salt	1.25 ts
20717	2 c granulated sugar	0.00
20717	Heavy cord	0.00
20717	1 c water	0.00
20718	Light corn syrup	0.75 c
20718	Sugar	0.50 c
20718	Peanut butter	0.75 c
20718	Triples cereal	6.00 c
20718	Mini marshmallows	2.00 c
20718	Peanuts; coarsely chopped	0.50 c
20718	Chocolate chips	0.50 c
20718	Shortening	1.00 T
20719	Dove breast, halved	1.00
20719	Olive oil	0.00
20719	Chopped onion	0.00
20719	Chopped garlic	0.00
20719	Chopped red bell pepper	0.00
20719	Onion	2.00 sl
20719	Japaleno pepper	2.00 sl
20719	Strip of bacon, halved	0.00
20720	Crispix	7.00 c
20720	Cheez-It	2.00 c
20720	Pretzel sticks	1.00 c
20720	Olive oil	3.00 T
20720	Hot pepper sauce	0.12 t
20720	Italian seasoning	1.00 t
20720	Fennel seeds; crushed	0.50 t
20720	Parmesan cheese; grated	0.50 c
20721	Sm Onion	1.00 ea
20721	Garlic-minced	2.00 c
20721	Vermouth	1.00 x
20721	Soy sauce-dark	1.00 x
20721	Salt and pepper-fresh ground	1.00 x
20721	Garlic powder	1.00 x
20721	Celery seeds	1.00 x
20721	Paprika	1.00 x
20721	Oregano-crushed	1.00 x
20721	Basil	1.00 x
20722	Eggs	2.00
20722	Sugar	1.00 c
20722	Flour	2.50 c
20723	Peanut butter; creamy	0.25 c
20723	Whole wheat bread	2.00 sl
20723	Raisins	16.00
20723	Cherries	4.00
20723	Pretzels; twist style	16.00
20724	Graham cracker crumbs	3.00 c

## Sheet1

20724	Butter; melted	0.75 c
20724	Sugar	0.33 c
20724	Marshmallows, miniature	3.00 c
20724	Chocolate chips, semisweet	2.00 c
20725	Instant chocolate pudding	1.00 ct
20725	(6 oz size)	0.00
20725	Milk	2.75 c
20725	Mini marshmallows	0.75 c
20725	Graham cracker crusts	1.00 pk
20725	(6 single serving size)	0.00
20725	Vanilla Wafer cookies	12.00
20725	Mini marshmallows	18.00
20725	Yellow jelly candy rings	4.00
20725	(3 cut in half, 1 sliced)	0.00
20726	Milk	0.75 c
20726	Saffron	0.25 ts
20726	(1/2 oz) yeast	1.00 pk
20726	Lukewarm water	4.00 tb
20726	Flour	3.50 c
20726	Salt	2.00 ts
20726	Eggs	2.00
20726	Sugar (Opt'l)	0.50 c
20726	Raisins (opt'l)	0.50 c
20727	Egg; hard cooked	1.00
20727	Mayonaise	1.00 T
20727	Parmesan; grated	1.00 t
20727	Celery stalk	1.00
20727	Cheese spread	2.00 T
20727	Cheese slice	1.00
20728	Water	2.00 c
20728	Salt	0.25 c
20728	Pumpkin seeds	2.00 c
20729	Text Only	0.00
20730	Pork filet or	2.00 lb
20730	Boned pork loin	0.00
20730	Onion; rough chop	1.00 md
20730	Clove garlic	1.00 ea
20730	Fresh ginger; chop	1.00 ts
20730	Tamarind liquid =OR=	3.00 tb
20730	Lemon juice	3.00 tb
20730	Dark soy sauce	2.00 tb
20730	Sambal ulek =OR=	1.00 tb
20730	Fresh red chile; seed & chop	2.00 ea
20730	Salt	0.50 ts
20730	Palm sugar =OR=	1.00 ts
20730	Dark brown sugar	1.00 ts
20730	Peanut oil	2.00 tb
20731	Dogmeat	0.00
20731	Pickled hot pepper sauce.	0.00

## Sheet1

20731	Marinade:	0.00
20731	Coconut cream	0.00
20731	Soy sauce	0.00
20731	Garlic	0.00
20731	Onions	0.00
20731	Ground coriander	0.00
20731	Ground cumin	0.00
20731	Salt and pepper	0.00
20732	Filet or rump steak,	1.50 lb
20732	- or pork fillet	0.00
20732	Palm sugar =OR=	1.00 tb
20732	Dark brown sugar	1.00 tb
20732	Clove garlic; crushed	1.00 ea
20732	Salt	0.50 ts
20732	Dark soy sauce	2.00 tb
20732	Oil	1.00 tb
20732	Ground cumin	1.00 ts
20732	Peanut sauce (saus kacang)	0.50 c
20732	Tamarind liquid =OR=	2.00 tb
20732	Lemon juice	2.00 tb
20732	Sambal bajak	2.00 ts
20732	To 4 water	3.00 tb
20733	Bread, rye	2.00 sl
20733	Cheese, provolone, smoked	2.00 sl
20733	Cheese, provolone, aged	2.00 sl
20733	Mushrooms, fresh; sliced	0.25 lb
20733	Onions, green; sliced	0.00
20733	Tomatoes, sun-dried	0.00
20733	Pesto	0.00
20734	Catsup	0.50 c
20734	Tabasco	1.00 ds
20734	Brown sugar	2.00 T
20734	Garlic; finely minced	1.00 c
20734	Worcestershire	2.00 T
20734	Dry mustard	0.25 t
20734	Vinegar	1.00 T
20734	Salt	0.50 t
20735	Mild or hot sausage	1.00 lb
20735	Sharp cheddar cheese,	1.00 lb
20735	Grated	0.00
20735	Bisquick	3.00 c
20736	Margarine	2.00 ts
20736	Hot-air popped popcorn dry	3.00 c
20736	Paprika	0.25 ts
20736	Garlic salt	0.12 ts
20736	Ground red pepper(cayenne?)	0.12 ts
20737	Cauliflower florets	2.00 c
20737	Turkey stock	1.50 c
20737	Wholewh. or all-purp. flour	2.00 ts



Sheet1

20737	Parsley flakes	1.00 ts
20737	Onion flakes	2.00 ts
20737	Salt	1.00 ts
20737	Black pepper	0.25 ts
20737	Turkey breast, cooked	0.50 lb
20738	Dried yeast	2.50 ts
20738	Warm water	1.33 c
20738	Olive oil, optional	1.00 tb
20738	Cornmeal	0.75 c
20738	Unbleached all-purpose flour	3.00 c
20738	Salt	1.50 ts
20738	Walnuts	0.75 c
20738	Olive oil	0.00
20738	Salt	0.00
20739	Walnuts	2.50 c
20739	Sesame seeds	2.00 ts
20739	Sesame oil	2.00 ts
20739	Curry powder	2.00 ts
20739	Salt	1.00 ts
20739	Sugar	2.00 ts
20739	Lemon juice	2.00 ts
20739	Water	1.00 tb
20739	Hot red pepper sauce	1.00 pn
20740	Chocolate chocolate chip ice	1.00 qt
20740	Cream	0.00
20740	Chocolate syrup	0.75 c
20740	Club soda	1.00 l
20740	Spoon	0.00 lg
20740	Tall glasses	4.00
20740	Straws	0.00
20740	Iced tea spoons	0.00
20741	Hot sauce	1.00 tb
20741	Catsup	1.00 c
20741	Tomato sauce	2.00 c
20741	V-8	0.50 c
20741	Chili sauce	1.00 c
20741	Worcestershire sauce	1.00 tb
20741	Sugar	1.00 tb
20741	Stewed tomatoes, 14 1/2 oz	0.50 cn
20741	Onions, chopped	0.25 lb
20741	Celery stalks, cut up	1.50
20741	Bell peppers, chopped	0.50
20741	Salt to taste	0.00
20741	Peeled shrimp or more	1.00 lb
20741	Rice, cooked	0.00
20742	Hot sauce	2.00 c
20742	Catsup	1.00 ga
20742	Tomato sauce	2.00 ga
20742	V-8	1.00 ga

## Sheet1

20742	Chili sauce	1.00 ga
20742	Worchestershire sauce	2.00 c
20742	Sugar	2.00 c
20742	Stewed tomatoes	2.00 c
20742	Onions, chopped	5.00 lb
20742	Celery heads, cut up	3.00
20742	Bell peppers, chopped	6.00
20742	Salt	0.00
20742	Rice, cooked	0.00
20743	To 4 cherry tomatoes per	2.00
20743	Person	0.00
20743	Flavored soft cream cheese	0.00
20743	Spread	0.00
20743	Paper towels	0.00
20743	Carrot peeler or sharp	0.00
20743	Knife	0.00
20743	Butter knife	0.00
20743	Serving platter	0.00
20744	Chicken breasts; who	3.00
20744	-le,boneless	0.00
20744	Crunchy peanut butter	1.00 c
20744	Cilantro; chopped	0.33 c
20744	Salsa	0.75 c
20744	Brown sugar	0.25 c
20744	Soy sauce	0.50 c
20744	Salt	1.00 tb
20744	Lemon juice	0.25 c
20744	Cayenne pepper	0.50 ts
20744	Pepper	0.50 ts
20744	Garlic; minced	3.00 tb
20744	Scallion; chopped	1.00 bn
20744	Red and green bell peppers	2.00
20744	--- cubed	0.00
20745	Chicken breasts	2.00 lb
20745	Crushed garlic	1.00 t
20745	Tumeric	0.25 t
20745	Fish sauce	1.00 t
20745	Lemon juice	1.00 t
20745	Ground lemongrass	1.00 t
20745	Paprika	0.50 t
20745	Salt	0.50 t
20745	Light soy sauce	1.00 t
20745	Oil	1.00 T
20746	Butter or margarine	8.00 tb
20746	Flour	0.25 c
20746	Chicken broth	1.50 c
20746	Sour cream	1.00 c
20746	Nutmeg	0.12 ts
20746	Pepper	0.12 ts

Sheet1

20746	Salt; to taste	0.00
20746	Dry sherry	0.25 c
20746	Broad egg noodles; cooked,	0.50 lb
20746	-drained	0.00
20746	Cooked chicken; cut up	4.50 c
20746	Mushrooms, sauteed; sliced	0.50 lb
20746	Soft bread crumbs	1.00 c
20746	Parmesan cheese; fresh	0.50 c
20746	-grated	0.00
20747	Chicken breast, boneless	1.25 lb
20747	Olive or cooking oil	1.00 tb
20747	Medium onion chopped	0.00
20747	Cloves garlic, minced	2.00 x
20747	Fat-free chicken broth	2.25 c
20747	Uncooked long grain rice	1.00 c
20747	Dried oregano, crushed	1.00 ts
20747	Paprika	0.50 ts
20747	Salt	0.25 ts
20747	Pepper	0.25 ts
20747	Ground saffron or turmeric	0.12 ts
20747	(14 1/2 oz.) stewed tomatoes	1.00 cn
20747	Med. sweet red pepper	0.00
20747	Frozen peas	0.75 c
20748	To 16 raisins	12.00
20748	Bread	2.00 sl
20748	Butter or margarine	0.00
20748	Seedless berry jam	0.00
20748	Toaster	0.00
20748	Plate	0.00
20748	Butter knife	0.00
20749	Beef Brisket	4.00 lb
20750	Cream cheese	3.00 oz
20750	Mayonnaise	1.00 tb
20750	Sherry	1.00 tb
20750	Onion juice	1.00 ts
20750	Lemon juice	1.00 tb
20750	Paprika	0.50 ts
20750	Curry powder	0.50 ts
20750	Smoked oysters dr. & chopped	4.00 oz
20750	Minced chives	1.00 x
20751	Pasta	0.50 lb
20751	(cavatelli or orechiette)	0.00
20751	Olive oil	3.00 tb
20751	Smoked turkey; sliced ,1"	0.50 lb
20751	-pieces	0.00
20751	Mushrooms; sliced	0.50 c
20751	Fresh chives; chopped	1.50 tb
20751	Fresh ground black pepper	0.00
20751	Balsamic vinegar	1.00 ts

Sheet1

20751	Extra virgin olive oil	1.00	tb
20751	Avocado; quartered/sliced	1.00	
20751	Smoked cheese	0.50	lb
20751	(mozzarella or bruder	0.00	
20751	-basil) -- cut in 1/2" cubes	0.00	
20752	Golden Delicious or other	6.00	md
20752	- cooking apples, cooked	0.00	
20752	- as directed in My First	0.00	
20752	- Applesauce recipe	0.00	
20753	tb	0.00	1
20753		5.00	
20753		1.50	
20753		0.00	
20754	Info	1.00	
20755	Cake mix (I use the 1 layer	1.00	
20755	-cake mixes myself) either	0.00	
20755	-yellow or	0.00	
20755	-chocolate	0.00	
20755	-Instant vanilla budding or	0.00	
20755	-marshmallow sauce (I prefer	0.00	
20755	-marshmallow	0.00	
20755	-(creme)	0.00	
20756	(16oz) plain baked beans	2.00	cn
20756	Worcestershire sauce	1.00	ts
20756	Brown sugar	0.25	c
20756	Bbq sauce	2.00	tb
20756	Teriyaki sauce	1.00	tb
20756	Beef knockwursts	8.00	
20756	Saucepans	2.00	sm
20756	Spoon	0.00	lg
20756	Cutting board	0.00	
20756	Knife	0.00	
20756	Carrot peeler	0.00	
20756	Tongs or slotted spoon	0.00	
20756	Paper towels	0.00	
20756	Shallow serving dish	0.00	
20757	Soap flakes	1.00	c
20757	-Food coloring	0.00	
20757	Hot water	2.00	tb
20759	Soaked soybeans	1.00	ea
20759	Seasonings	1.00	ea
20760	Pike/ other firm white fish	1.50	lb
20760	-cut into 4 or 5 chunks	0.00	
20760	Flour	2.00	tb
20760	Olive oil	4.00	tb
20760	Honey	0.50	c
20760	Vinegar	0.75	c
20760	Onion; chopped	1.00	sm
20760	Cloves	3.00	ea

Sheet1

20760	Ground mace	0.50 ts
20760	Black pepper	0.25 ts
20761	** British Measurements **	0.00
20761	Fresh mussels	3.00 lb
20761	Dry white wine	2.00 tb
20761	Onion; finely chopped	1.00 sm
20761	Leeks; thinly sliced	8.00 oz
20761	Olive oil	2.00 tb
20761	Almonds; ground	1.50 oz
20761	Ginger; ground	2.00 ts
20761	Saffron	0.00 pn
20761	Fish stock	0.75 pt
20761	Salt and pepper to taste	0.00
20761	White wine vinegar	1.00 tb
20761	Double cream	4.00 tb
20762	** British Measurements **	0.00
20762	Dry red wine	3.00 pt
20762	Caster sugar	8.00 oz
20762	Ground ginger	1.00 oz
20762	Ground cinnamon	0.25 oz
20762	Ground cloves	0.25 oz
20763	To 2 lb chicken pieces;	1.50 lb
20763	-meaty breast halves, thighs	0.00
20763	-or drumstick	0.00
20763	Bread crumbs; fine dry	0.33 c
20763	Parsley; snipped	2.00 tb
20763	Dried Italian Seasoning;	0.75 ts
20763	-crushed	0.00
20763	Seasoned salt or salt;	0.50 ts
20763	Grd red pepper;	0.12 ts
20763	All-purpose flour;	0.25 c
20763	Skim milk;	3.00 tb
20763	Nonstick spray coating	0.00
20764	Miracle Whip Salad	1.00 c
20764	-Dressing, divided	0.00
20764	Milk	3.00 tb
20764	Each: ground cumin, onion	0.50 ts
20764	-powder	0.00
20764	Each: ground red pepper,	0.25 ts
20764	-garlic powder	0.00
20764	Boneless skinless chicken	4.00
20764	-breasts (approx 1 1/4 lbs)	0.00
20764	-cut into 1 inch chunks	0.00
20764	Crushed sesame crackers	1.00 c
20764	Salsa	0.50 c
20765	Vinegar, rice	1.00 c
20765	Olive oil	0.50 c
20765	Garlic clove, minced	2.00 ea
20765	Salt	1.00 x

## Sheet1

20765	Shrimp, large, cleaned	24.00 ea
20765	Lime juice	0.25 c
20765	Cilantro, chopped	2.00 T
20765	Oil, sesame	1.00 t
20765	Chili paste, red	1.00 t
20766	Red wine vinegar	1.00 c
20766	Water	1.00 c
20766	Onion; sliced	1.00
20766	Garlic cloves; minced	2.00
20766	Cloves	8.00
20766	Parsley sprigs	6.00
20766	Bay leaves	2.00
20766	Celery ribs w/leaves;chopped	2.00
20766	Juniper berries; crushed	2.00
20766	Dried thyme	0.50 t
20766	Dried rosemary	0.50 t
20766	Dried basil	0.50 t
20766	Brown sugar	1.00 T
20767	Bread	2.00 sl
20767	Creamy peanut butter	0.00
20767	Marshmallows	2.00 lg
20767	Butter knife	0.00
20767	Plate	0.00
20768	Split green peas	1.00 c
20768	Water	5.00 c
20768	Green beans	0.25 lb
20768	Onions; sliced	3.00
20768	Olive oil	4.00 tb
20768	Salt	1.00 ts
20768	Ground black pepper	0.25 ts
20769	Fast-fry steaks	0.50 lb
20769	Dijon mustard	1.00 tb
20769	Pepper	0.50 ts
20769	Salt	0.25 ts
20769	Clove of garlic, minced	1.00
20769	Vegetable oil	2.00 tb
20769	Italian rolls, toasted	2.00
20769	Onions, thinly sliced	2.00
20769	Chopped fresh parsley	1.00 tb
20770	Chicken	1.00 kg
20770	Water	1.25 c
20770	Salt	1.00 ts
20770	Pepper	1.00 pn
20770	Lemongrass leaves, chopped	6.00
20770	Cornflour (corn starch)	1.00 tb
20770	Milk	0.00
20771	To 3 lb short ribs of beef	2.00 lb
20771	-separated by rib	0.00
20771	Flour	0.25 c

Sheet1

20771	Oil	0.25 c
20771	Beef stock	5.00 c
20771	Cinnamon	0.50 ts
20771	Ground cloves	0.50 ts
20771	Ground mace	0.50 ts
20771	Cardamom; crushed	1.00 tb
20771	Peppercorns (or 1 tsp fresh	4.00 ea
20771	-green peppercorns)	0.00
20771	Onion, finely chopped	1.00 lg
20771	Sprigs parsley, chopped	6.00
20771	Sage	1.00 ts
20771	Wholewheat bread; crusts	2.00 sl
20771	-removed, or homemade	0.00
20771	-saffron bread (see rec.)	0.00
20771	Tarragon vinegar	0.25 c
20771	A good pinch of saffron	0.00
20772	Chicken wings	1.00 kg
20772	Liquid honey	0.50 c
20772	Soy sauce	0.50 c
20772	Large cloves of garlic	5.00
20773	Chicken breast	0.50 lb
20773	Salt	0.50 tb
20773	Cornstarch	1.00 tb
20773	Egg white	1.00
20773	Peanuts; raw	0.25 lb
20773	Sauce:	0.00
20773	Spring onions	2.00
20773	Chiles de arbol; dried	2.00
20773	Lard	2.00 tb
20773	Vinegar	2.00 tb
20773	Chicken stock	2.00 tb
20773	Soy sauce	1.00 tb
20773	Cornstarch, blended in 3	1.00 tb
20773	-tb. water	0.00
20774	Pk froz sliced strawberries	10.00 oz
20774	-& juice, thawed	0.00
20774	Sour cream	0.25 c
20775	Granulated suagr replacement	0.25 c
20775	Water	1.00 c
20775	Cornstarch	1.00 ts
20775	Strawberries pureed	1.00 c
20775	Lemon juice	1.00 tb
20775	Red food color(optional)	0.00
20776	Strawberries; sliced	1.00 c
20776	Plain nonfat yogurt;	0.50 c
20776	Sparkling mineral water;	1.00 c
20776	Or sletzer or club soda	0.00
20777	Avocado	1.00 lg
20777	Cream cheese	3.00 oz

Sheet1

20777	Milk	2.00 ts
20777	Lemon juice	1.00 ts
20777	Finely chopped almonds	3.00 tb
20777	Fine chopped ripe olives	3.00 tb
20777	Chopped chives	1.00 tb
20777	Salt to taste	0.00 ds
20777	Pepper to taste	0.00 ds
20778	Flour	4.00 c
20778	Salt	1.00 c
20778	Water	2.00 c
20778	Condensed milk	0.00
20779	Chicken breasts and thighs	1.50 lb
20779	Water	0.00
20779	Celery	2.00
20779	Garlic	1.00 cl
20779	Olive oil	0.25 c
20779	Lemon juice	0.25 c
20779	Chopped scallions	0.25
20780	Couscous (about 1 lb)	2.67 c
20780	Water	2.67 c
20780	Sugar	0.50 c
20780	Vegetable oil	0.25 c
20780	Chopped toasted	1.50 c
20780	-mixed nuts such as	0.00
20780	-walnuts, blanched almonds	0.00
20780	-hazelnuts, pistachios	0.00
20780	-and pine nuts	0.00
20780	Box pitted dates	8.00 oz
20780	-cut into pieces	0.00
20780	Hot milk	2.00 c
20780	Extra sugar	0.00
20781	Cake crumbs	20.00 lb
20781	Sugar	5.00 lb
20781	Milk powder	8.00 oz
20781	Shortening	2.00 lb
20781	Baking soda	1.50 oz
20781	Honey	5.00 lb
20781	Sugar	1.00 lb
20781	Cinnamon	3.00 oz
20781	Cloves	1.00 oz
20781	Nutmeg	1.00 oz
20781	Water	2.00 lb
20781	Baking powder	1.00 oz
20781	Cake flour	2.50 lb
20781	Raisins	6.00 lb
20781	Nuts	1.00 lb
20781	Chocolate	1.00 lb
20782	Pretzel sticks;	1.00 c
20782	Peanuts;	0.25 c



Sheet1

20782	Margarine; melted --OR--	1.00 tb
20782	Butter melted	1.00 tb
20782	Sugar substitute equivalent	0.00
20782	To 1 tb sugar	0.00
20782	Air-popped popcorn;	1.50 qt
20782	Honey-flavored bear-shaped	1.00 c
20782	Graham crackers	0.00
20782	Raisins;	0.50 c
20782	Cinnamon	0.00
20783	Whole chicken wings	24.00
20783	Salt	0.50 ts
20783	Freshly ground black pepper	0.50 ts
20783	Garlic powder	0.25 ts
20783	Ketchup	0.50 c
20783	Vinegar	0.50 c
20783	Sugar	0.50 c
20783	Water	0.50 c
20784	Corned beef	4.00 oz
20784	Onions, sweet	2.00 md
20784	Cheese, swiss, grated	2.00 oz
20784	Butter	1.00 tb
20784	Rye bread OR	0.00
20784	English muffins	0.00
20785	Texas beer	1.00 c
20785	Liquid smoke	2.00 tb
20785	Soy Sauce	2.00 tb
20785	Wine vinegar	0.25 c
20785	Tabasco	0.25 ts
20786	Popcorn	3.00 qt
20786	Pecans	1.33 c
20786	Almonds	0.67 c
20786	Sugar	1.33 c
20786	Butter	1.00 c
20786	Vanilla	1.00 t
20786	White syrup	0.50 c
20787	Butter Or Margarine	3.00 tb
20787	Cloves Minced Garlic	3.00
20787	Tabasco Pepper Sauce	2.50 ts
20787	Salt	0.50 ts
20787	Pecan Halves	3.00 c
20788	Yellow cornmeal	0.75 c
20788	Sifted all purpose flour	1.25 c
20788	Salt	1.00 T
20788	Shortening	2.00 T
20788	Boiling water	1.00 c
20789	Sugar cookie dough roll	20.00 oz
20789	Flour	3.00 tb
20789	Cream cheese; softened	8.00 oz
20789	Peanut butter; creamy	0.25 c

## Sheet1

20789	Brown sugar	0.50 c
20789	Vanilla	0.50 ts
20789	Apples, granny smith	2.00 md
20789	Lemon lime soda	1.00 c
20789	Cinnamon	0.00
20789	Caramel ice cream topping	0.25 c
20789	Peanuts; chopped	0.50 c
20790	Egg	4.00
20790	Sugar	2.00 c
20790	Flour	2.00 c
20790	Baking powder	1.00 ts
20790	Milk	1.00 c
20790	Vanilla	1.00 ts
20790	Margarine; room temp	2.00 T
20790	Peanut butter, smooth	1.00 c
20790	Milk chocolate bar, 4 oz	2.00
20791	Cornish game hens	4.00
20791	Tangerines, peeled,	4.00
20791	-seeded, & chopped	0.00
20791	Fresh squeezed orange juice	1.00 c
20791	Zinfandel wine	0.25 c
20791	Or salt to taste	1.00 ts
20791	Butter	4.00 tb
20791	Minced onion	0.25 c
20791	Mushrooms chopped	0.25 c
20791	Pecans chopped	4.00 tb
20791	Soy sauce	1.00 ts
20791	Clove garlic minced	1.00
20791	* honey	1.00 tb
20792	Cornish game hens**	2.00
20792	Salt	0.00
20792	Freshly ground black pepper	0.00
20792	Clarified butter	4.00 tb
20792	Sour cream (see recipe)	0.00
20793	(2 oz) figs	0.50 c
20793	(2 oz) raisins	0.50 c
20793	Apples; peeled, cored, and	4.00 ea
20793	- chopped	0.00
20793	Pears; peeled, cored and	2.00 ea
20793	- chopped	0.00
20793	Wine	1.00 c
20793	Sugar	0.25 c
20793	Pickled salmon, cod, or	0.50 lb
20793	- haddock	0.00
20793	Ginger	0.25 ts
20793	Nutmeg	0.25 ts
20793	Whole allspice	0.25 ts
20793	Cinnamon	0.50 ts
20793	Salt	0.50 ts

## Sheet1

20793	10" pastry shell, 1" deep	1.00 ea
20793	Prunes; stoned and quartered	4.00 ea
20793	Dates; pitted and quartered	4.00 ea
20793	Damsons, stoned & quartered	4.00 ea
20794	Broiler chicken; cut in part	1.00 ea
20794	Small onion; minced	1.00 ea
20794	Can Spanish-style tomato sau	8.00 oz
20794	Can taco sauce	4.00 oz
20794	Molasses	0.25 c
20794	Vinegar	2.00 T
20794	Cooking oil	1.00 T
20794	Salt	1.00 t
20794	Oregano leaves	0.50 t
20794	Pepper	0.12 t
20794	Grated Jack cheese; (optiona	0.50 c
20795	Apple; cored	1.00
20795	Teddy grahams	8.00
20795	Gummi bears	2.00
20795	Peanut butter; creamy	0.25 c
20795	Toothpicks	8.00
20797	Tempeh	8.00 oz
20797	Tamari	2.00 tb
20797	Red wine vinegar	0.33 c
20797	Water	0.33 c
20797	Garlic cloves, pressed	2.00 ea
20797	Black pepper	0.25 ts
20797	Caraway seed	0.50 ts
20797	Dillweed	0.50 ts
20797	Onion powder	1.00 ts
20797	Paprika	0.50 ts
20797	Rye bread	8.00 sl
20797	Sauerkraut, heated	1.00 c
20797	Mustard	0.00
20798	Vegetable oil	1.00 tb
20798	Crookneck squash; sliced	1.00
20798	Mushrooms; sliced	10.00
20798	Chicken breasts; who	2.00
20798	-le, boneless	0.00
20798	Cut in 1/2 inch strips	0.00
20798	Black beans; cooked	1.00 c
20798	Grenadine	1.00 tb
20798	Orange juice	0.25 c
20798	Chili powder	0.12 ts
20798	Tequila; good quality	3.00 tb
20798	Garlic powder	0.25 ts
20798	Chicken stock	1.00 c
20798	Cornstarch	2.00 tb
20798	Cold water	0.50 c
20798	Tomato; diced	1.00

## Sheet1

20798	Flour tortillas; warmed	6.00
20799	Tortillas; cut in	2.00
20799	- quarters	0.00
20799	Cooking spray	0.00
20799	Salt to taste	0.00
20799	To 2 oz cheese; (low-fat)	1.00 oz
20799	Onions, lettuce, tomatoes,	0.00
20799	Jalapnos, etc.	0.00
20800	Dry taco seasoning mix	3.00 T
20800	Crushed red peppers	2.00 t
20800	Dry coriander	2.00 t
20800	Garlic powder	2.00 t
20800	Crispix	8.00 c
20800	Corn chips	1.00 c
20800	Durkee french fried onions	1.00 c
20800	Oil	3.00 T
20801	Cubed chicken breast	1.50 c
20801	Chinese straw mushroom	0.50 c
20801	To-5 c water	4.00 ea
20801	Stalk of lemon grass-cut in	1.00 ea
20801	Dry galanga	1.00 pn
20801	Green onion-cut into 1" pcs	1.00 ea
20801	Small fresh tomato cut up	1.00 ea
20801	To-3 coriander leaves cut u	2.00 ea
20801	Fresh green chili pepper-sl	1.00 ea
20801	Fresh lemon juice	2.00 t
20801	Fish sauce or to taste	1.00 x
20801	Ground red cayenne pepper	0.25 t
20801	To-8 fresh mint leaves	7.00 ea
20802	Steak (read below)	5.00 oz
20802	Water to moisten	0.00
20802	Desired cheese (read below)	2.50 oz
20802	9 1/2-inch hoagie roll	0.00
20802	Fried onions	0.00
20802	Additional Toppings:	0.00
20802	Mushrooms, raw onions,	0.00
20802	Sweet red & green peppers,	0.00
20802	Pizza sauce, lettuce,	0.00
20802	Tomato	0.00
20803	Chicken thighs	8.00 ea
20803	Chicken drumsticks	8.00 ea
20803	Salt	1.00 ts
20803	Basil	1.00 ts
20803	Ac'cent (optional)	1.00 ts
20803	Fresh ground black pepper	0.25 ts
20803	Soy sauce	0.50 c
20803	Ketchup	0.50 c
20803	Honey	0.25 c
20803	Corn oil	0.25 c

Sheet1

20803	Garlic cloves; crushed	2.00 ea
20803	Water	0.75 c
20803	Sugar	1.50 c
20803	Slivered orange rind	3.00 tb
20803	Navel oranges; peeled, cut	6.00 ea
20803	-into wedges	0.00
20803	Orange liqueur (optional)	2.00 tb
20804	Chicken livers	1.00 lb
20804	Frying oil	0.00
20804	Egg; beaten	1.00
20804	Milk	0.50 c
20804	Flour	1.00 c
20804	Salt	1.00 ts
20804	Pepper, black	1.00 ts
20805	Popped Popcorn	1.25 c
20805	Bite-Sized Shredded Wheat	0.50 c
20805	Biscuits	0.00
20805	Round Toasted Oat Cereal	0.50 c
20805	Margarine Or Butter	1.00 tb
20805	Chili Powder	0.25 ts
20805	Onion Salt; To Taste	0.00 ds
20805	Ground Cumin; To Taste	0.00 ds
20806	Pita Bread Pockets	6.00
20806	Garlic Powder (optional)	1.00 ts
20807	Pumpkin	1.00 lg
20807	Butter or margarine, melted	0.00
20807	Salt	0.00
20808	Egg whites	6.00
20808	Sugar	1.00 c
20808	Red food coloring	0.00
20808	Pink or red cake crystals	0.00
20808	Bowls	2.00 sm
20808	Mixing bowl	0.00 lg
20808	Spoon	0.00
20808	Mixer	0.00
20808	Parchment paper	0.00
20808	Cookie sheet	0.00
20808	Popsickle sticks	0.00
20808	Spatula	0.00
20808	Toothpicks	0.00
20809	Cucumber	1.00
20809	Extra large ripe tomato	1.00
20809	(4oz) string cheese	1.00 pk
20809	Container whipped cream	8.00 oz
20809	Cheese	0.00
20809	To 2 salad dressing	1.00 tb
20809	Carrot peeler	0.00
20809	Paring knife	0.00
20809	Cutting board	0.00

Sheet1

20809	Bowl	0.00
20809	Spoon	0.00
20809	Butter knife	0.00
20809	Plate	0.00
20810	8"-10" empty tall clear Jar	1.00
20810	-with lid -- medium-sized	0.00
20810	-spaghetti sauce or	0.00
20810	-mayonnaise jars are perfect	0.00
20810	-Use empty clear pop bottles	0.00
20810	-with lids for younger	0.00
20810	-children.	0.00
20810	Blue Food Coloring (opt.)	0.00
20810	Liquid Dishwashing Detergent	0.00
20811	Ripe tomatoes	2.00 lg
20811	Crumbled blue cheese	2.00 tb
20811	Roquefort dressing	0.00
20811	Serrated knife	0.00
20811	Ziploc bag	0.00
20811	Plate	0.00
20811	Salad bowls	4.00
20811	Spoon	0.00
20812	Rolled oats	4.00 c
20812	Brown sugar	1.00 c
20812	Chopped dates or apricots	1.00 c
20812	Dry roasted nuts	1.00 c
20812	Raisins	1.00 c
20812	Flaked coconut	1.50 c
20813	Tuna fish	1.00 cn
20813	Mayonnaise &/or plain yogurt	0.00
20813	-to taste	0.00
20813	Add any of the following	0.00
20813	Carrots grated	0.00
20813	Celery diced	0.00
20813	Cucumber diced	0.00
20813	Green &/or red pepper diced	0.00
20813	Onion minced	0.00
20813	Pickle relish	0.00
20813	Pickle diced	0.00
20813	Egg chopped	0.00
20813	Alfalfa sprouts	0.00
20813	Margarine or mayonnaise	0.00
20813	Bread (any kind)	2.00 sl
20813	Lettuce leaf	0.00
20814	From The Wall St Journal	0.00
20814	November 27 1996	0.00
20815	Turkey; 20 to 25 lbs	1.00
20815	Duckling; 4 to 5 lbs	1.00
20815	Chicken; 3 to 3.5 lbs	1.00
20816	Recipes Andouille Dressing	4.00

Sheet1

20816	Recipes Cornbread Dressing	2.00
20816	Recipes Oyster Dressing	4.00
20816	Turkey, boned; 20 - 25 lbs	1.00
20816	Duckling, boned; 4 - 5 lbs	1.00
20816	Chicken, boned, 3 - 3.5 lbs	1.00
20816	Creole seasoning	7.00 tb
20816	Recipes Sweet Potato	5.00
20816	- Eggplant Gravy	0.00
20817	Flour	3.00 tb
20817	Fresh ground black pepper	0.50 ts
20817	Turkey breast cutlets; 5 oz	4.00
20817	Olive oil	2.00 tb
20817	Scallion; thinly sliced	0.50 c
20817	Garlic; minced	1.00 ts
20817	Chicken broth	0.33 c
20817	Marsala wine; dry	0.33 c
20817	Coarse salt	0.50 ts
20817	Fresh rosemary; minced	2.00 ts
20817	Or 1/2 tsp. dried crumbled	0.00
20817	-rosemary	0.00
20817	Italian parsley; minced	2.00 tb
20818	Oil	0.00
20818	Canned whole green chilies	8.00 oz
20818	Garlic clove; minced	1.00 lg
20818	Can tomatoes(1-lb,12-oz size	1.00 lg
20818	Chopped onion	2.00 c
20818	Salt; divided	2.00 ts
20818	Dried oregano	0.50 ts
20818	Shredded cooked turkey	3.00 c
20818	Sour cream	2.00 c
20818	Grated Cheddar cheese	2.00 c
20818	Corn tortillas	24.00 ea
20819	Onion; sliced	0.50 c
20819	Garlic clove; minced	1.00
20819	Oil;	1.00 tb
20819	Mushrooms; sliced	1.00 c
20819	Frozen spinach; dry chopped	1.00 c
20819	Lemon juice;	2.00 tb
20819	Ground black pepper	0.12 ts
20819	Turkey; chopped	1.00 c
20819	Eggs; beaten	6.00
20820	Margarine	2.00 tb
20820	Fresh or frozen okra 1" pcs.	0.50 lb
20820	Chopped celery	2.00 c
20820	Onion, chopped	1.00 md
20820	Sweet green pepper, chopped	1.00 sm
20820	Garlic cloves, minced	2.00
20820	Can tomato paste	8.00 oz
20820	Ripe tomatoes peeled OR	4.00

Sheet1

20820	16 oz can peeled tomatoes	0.00
20820	Water	2.00 c
20820	Chopped cooked turkey	2.00 c
20820	Gumbo file powder	0.75 ts
20820	Cooked rice	0.00
20821	Chopped onion	0.25 c
20821	Reduced-cal margarine	2.00 ts
20821	Diced cooked turkey (no skin	1.00 c
20821	Can cream celery soup	10.75 oz
20821	Cooked diced potato	1.50 c
20821	Cooked green peas	0.67 c
20821	Shred.low-fatproc.Am.cheese	0.25 c
20821	Paprika	0.00
20822	Egg, lightly beaten	1.00
20822	Bread crumbs	0.25 c
20822	Fresh parsley or 2 tsp dry	2.00 tb
20822	Poultry seasoning or sage	0.50 ts
20822	Dijon-style mustard	1.00 ts
20822	Freshly ground black pepper	0.25 ts
20822	Fresh basil or 1 ts dry	1.00 tb
20822	Ground turkey, 454 grams	1.00 lb
20822	Chopped onion	0.25 c
20822	SAUCE	0.00
20822	Low-fat yogurt	1.00 tb
20822	Dijoy-style mustard	2.00 ts
20823	Ground turkey	1.00 lb
20823	Cracker meal	0.33 c
20823	Egg beaters	0.25 c
20823	Onion; chopped	0.25 c
20823	Dry mustard	2.25 t
20823	Tarragon	0.50 t
20823	Unsweetened pineapple juice	1.00 c
20823	Honey	2.00 T
20823	Cornstarch	1.00 T
20823	Dry sherry; optional	1.00 T
20824	All bones from roast turkey	1.00
20824	Water	7.00 c
20824	Bay leaf;	1.00
20824	Stalk celery; chopped	1.00
20824	Onion; quartered	1.00
20824	Broken noodles; 1/2" pieces	0.25 c
20824	Celery; Stack & leaves, chop	1.00
20824	Carrot; chopped	1.00
20824	Green onions; sliced	3.00
20824	Zucchini; grated	0.33 c
20824	Dried basil;	1.00 ts
20824	Dried thyme;	1.00 ts
20824	Hot pepper sauce;	1.00 ds
20824	Salt to taste	0.00



Sheet1

20824	Freshly ground pepper	0.00
20825	Ground turkey	1.00 lb
20825	Onion; chopped	1.00
20825	Celery stalk; thinly sliced	1.00
20825	Garlic; minced	1.00 cl
20825	Ketchup	1.00 c
20825	Carrot; grated or shredded	1.00
20825	Vinegar	1.00 T
20825	Sugar	2.00 t
20825	Thyme leaves; dried	0.50 t
20825	Black pepper	0.25 t
20825	Mustard; dry	0.12 t
20825	Hot pepper sauce	3.00 dr
20825	Hamburger buns	5.00
20826	Dried basil	1.00 ts
20826	Dried oregano	1.00 ts
20826	Garlic powder	0.25 ts
20826	Olive oil	3.00 ts
20826	8-inch flour tortillas	6.00
20826	Shredded Mozzarella Cheese	0.75 c
20826	-Healthy Choice Fat Free	0.00
20826	(6-oz) Turkey Breast; diced	1.00 pk
20826	-Healthy Choice Oven Roasted	0.00
20826	Green or red bell pepper	1.00 sm
20826	-diced	0.00
20826	Diced tomatoes; seeded	0.75 c
20827	Box low salt triscuits	1.00
20827	Block sharp cheddar	1.00
20828	Pumpkin seeds, rinse & dry	1.00 c
20828	Salt, optional	0.00
20829	(6 oz) can frozen orange	1.00
20829	-juice concentrate, softened	0.00
20829	Or wuse grape juice,	0.00
20829	-cranberry juice	0.00
20829	(6 oz) can water	1.00
20829	Vanilla ice cream, softened,	1.00 pt
20829	-or 2 containers of	0.00
20829	Plain yogurt	0.00
20829	Popsicle sticks	0.00
20829	Cups	0.00
20830	Frozen cauliflower(10oz)	1.00 pk
20830	Cucumber,pared and sliced	1.00
20830	Tomato,cut into wedges	1.00
20830	Vegetable oil	0.33 c
20830	Dry white wine	0.25 c
20830	Lemon juice	2.00 T
20830	Salt	0.50 t
20830	Ground pepper	0.25 t
20830	Garlic salt	0.12 t

Sheet1

20830	Lettuce cups	6.00
20831	Box lime jello	6.00 oz
20831	Head cabbage	0.25
20831	Carrots, washed and peeled	3.00
20831	(8oz) crushed pineapple,	1.00 cn
20831	Drained	0.00
20831	(11oz) mandarin orange	1.00 cn
20831	Segments, drained	0.00
20831	Grater	0.00
20831	Knife	0.00
20831	Mixing bowl	0.00
20831	Fork	0.00
20831	Plastic wrap	0.00
20832	(scant) dry instant coffee	0.67 c
20832	Sugar	0.67 c
20832	Powdered nondairy creamer	0.75 c
20832	Cinnamon	0.50 ts
20832	Ground allspice	0.00 ds
20832	Cloves	0.00 ds
20832	Nutmeg	0.00 ds
20833	Bottles beer	2.00
20833	Chopped onion	0.25 c
20833	Butter	1.00 T
20833	Prepared mustard	0.33 c
20833	Celery seed	2.00 t
20833	Ground turmeric	1.00 t
20833	Country-style ribs	4.00 lb
20833	Cloves garlic, minced	2.00
20833	Vinegar	0.50 c
20833	Honey	0.25 c
20833	Salt	1.00 t
20834	4lb broiler-fryer	1.00 ea
20834	Salt	1.50 ts
20834	;Water	4.00 qt
20834	Ground beef	0.33 lb
20834	Salt pork	0.25 lb
20834	Potatoes (2-1/2 lbs) peeled	8.00 sm
20834	-and sliced	0.00
20834	Onions, sliced	2.00 lg
20834	Canned crushed tomatoes	1.00 qt
20834	10oz packages frozen baby	2.00 ea
20834	-lima beans	0.00
20834	Sliced carrots	1.00 c
20834	Sugar	0.33 c
20834	Butter or margarine	0.25 c
20834	Paprika	1.50 ts
20834	Lemon juice	1.00 tb
20834	Salt	2.00 ts
20834	Black pepper	1.00 ts

## Sheet1

20834	Red pepper	0.75 ts
20834	11 oz cans shoepeg corn,	2.00 ea
20834	-drained	0.00
20835	Clay -- modeling	0.00
20835	Baking soda	1.00 ts
20835	Food coloring -- red	0.00
20835	Vinegar	1.00 ts
20836	Celery stalks	2.00
20836	Toothpicks	12.00
20836	Carrot rounds	16.00
20836	Peanut butter; cheese spread	0.50 c
20836	-or ranch dressing	0.00
20836	Raisins	20.00
20837	Walnut pieces	1.00 lb
20837	Grated parmesan	2.00 tb
20837	Salt	1.00 ts
20837	Ground coriander	1.00 ts
20837	Ground cumin	1.00 ts
20837	Garlic, crushed	2.00 cl
20837	Balsamic vinegar	2.00 ts
20837	Virgin olive oil	2.00 tb
20838	Apples, peeled and cored as	4.00
20838	- directed in Basic Baked	0.00
20838	- Apples recipe	0.00
20838	Raisins	0.50 c
20838	Chopped walnuts	0.50 c
20838	Water	0.50 c
20838	Apple juice	0.50 c
20838	Honey	0.25 c
20838	Unsalted butter	1.00 T
20839	Lean ground beef	5.00 lb
20839	Baby food strained veal	3.50 oz
20839	Baby food strained beef	3.50 oz
20839	Campbell's beef broth	10.50 oz
20839	Onion salt	1.00 ts
20839	Seasoned salt	1.00 ts
20839	Lemon pepper	0.50 ts
20839	Finely crushed dry minced	0.50 ts
20839	-onions (use a hammer to	0.00
20839	-flatten them)	0.00
20839	Cup of Soup Tomato Flavor	2.00 tb
20839	-Soup Powder	0.00
20840	Bourbon	1.00 c
20840	Brown sugar	1.00 c
20840	Soy sauce	0.67 c
20840	Cilantro ; chopped	1.00 ea
20840	Lemon juice	0.50 c
20840	Worshestershire sauce	1.00 T
20840	Water	2.00 c

Sheet1

20840	Thyme ; chopped	3.00 ea
20841	Onion; Chopped, 1 Large	1.00 c
20841	Clove Garlic; Finely Chopped	1.00
20841	Margarine Or Butter	0.25 c
20841	Chicken; Cooked, *	4.00 c
20841	Chicken Broth	3.00 c
20841	Cilantro; Fresh, Snipped	2.00 tb
20841	Basil Leaves; Dried	1.00 tb
20841	Red Chiles; Ground	2.00 ts
20841	Cloves; Ground	0.25 ts
20841	Great Northern Beans; 2 Cans	32.00 oz
20842	(1 cup) Dried white beans	6.00 oz
20842	(1-1/2 c) Almond milk *	0.50 pt
20842	(1/2 cup) White wine	0.25 pt
20842	Honey	4.00 tb
20842	(3/4 cup) Raisins; plumped	1.00 oz
20842	-in hot vinegar in which you	0.00
20842	-have dissolved a little	0.00
20842	-brown sugar.	0.00
20843	Lean Ground Beef	2.00 lb
20843	Dry Minced Onion	0.25 c
20843	Hot Water	0.25 c
20843	Jar Strained Beef Baby Food	3.00 oz
20843	Clear Beef Broth	0.67 c
20843	Hot Dog Buns	1.00 pk
20844	-Area of Influence: General	0.00
20844	-China	0.00
20844	-Serves/Makes: 10	0.00
20844	Chicken breasts	4.00 lb
20845	Cabbage (about 8 c.)	1.25 lb
20845	Vinegar	0.75 c
20845	Oil	0.50 c
20845	Plus 1 T. sugar	0.50 c
20845	Salt to taste	0.00
20846	Regular oats, uncooked	1.00 c
20846	Whole-wheat flour	0.75 c
20846	Wheat germ	0.50 c
20846	Cinnamon	0.75 ts
20846	Salt (optional)	0.25 ts
20846	Vegetable oil	0.25 c
20846	Honey or substitute	0.25 c
20846	Orange juice	2.00 tb
20846	Flaked coconut	0.25 c
20846	Sliced almonds	2.00 tb
20847	Ground turkey	1.00 lb
20847	Wild rice; cooked	2.00 c
20847	Cooking wine	0.25 c
20847	Cranberry sauce; whole	0.75 c
20847	Bread crumbs	1.50 c

## Sheet1

20847	Onions; chopped	1.00 c
20848	Duck breasts	2.00
20848	Bay leaves	2.00
20848	Hot red pepper flakes [opt]	0.25 ts
20848	Peppercorns; cracked	8.00
20848	Stock; any	6.00 c
20848	Pearl barley	0.33 c
20848	Carrot; peeled and diced	1.00
20848	Potato; peeled and diced	1.00 sm
20848	Onion; peeled and chopped	1.00 sm
20848	Cabbage; chopped OR	0.75 c
20848	Green leaves from a cauli-	0.00
20848	Flower; chopped	0.00
20848	Cayenne [optional]	0.25 ts
20848	Poultry spice OR	0.50 ts
20848	[heaping]prepared mustard OR	1.00 ts
20848	[heaping] Hoisin sauce	1.00 tb
20849	Wild rice, mix; 6 oz	1.00 pk
20849	Cream of chicken soup,	1.00 cn
20849	-condensed -- 10 3/4 oz.	0.00
20849	Chicken, cooked; cubed	4.00 c
20849	Celery; chopped	1.00 c
20849	Onion; chopped	0.25 c
20849	Waterchestnuts, canned; 5 oz	1.00 cn
20849	Mushrooms, drained; 4 oz	1.00 cn
20849	Soy sauce	3.00 tb
20849	Chicken broth	1.00 c
20849	Topping:	0.00
20849	Seasoned bread stuffing;	1.50 c
20849	-dry mix	0.00
20849	Butter or margarine; melted	0.50 c
20850	Wild rice, uncooked	0.25 c
20850	Water	1.00 c
20850	Green onion	1.00
20850	Garlic clove, minced	1.00 sm
20850	Vegetable oil	1.00 ts
20850	Pine nuts or any choppednut	0.25 c
20850	Dried thyme	0.50 ts
20851	Oil, salad	1.00 c
20851	Sherry, cooking; or red wine	1.00 c
20851	Soy sauce	0.50 c
20851	Worcestershire sauce	4.00 ts
20851	Garlic powder	3.00 ts
20851	Pepper; freshly ground	0.00 ds
20852	Mung bean sprouts	1.50 c
20852	Ground beef	1.00 lb
20852	Egg	1.00
20852	Salt and pepper to taste	0.00
20852	Mayonnaise	0.00

Sheet1

20852	Ketchup	0.00
20852	Hamburger buns	6.00
20852	Mixing bowl	0.00
20852	Frying pan	0.00 lg
20852	Spatula	0.00
20852	Aluminum foil	0.00
20852	Platter	0.00
20853	Mangoes, peeled and chopped	2.00
20853	-(yellow-skin, about 1 1/2	0.00
20853	- cups)	0.00
20853	Scotch bonnet chili pepper	1.00
20853	Rum, dark	1.00 tb
20853	Jamaican hot sauce (Pick-a-	1.00 ts
20853	-peppa, Belinda's, or	0.00
20853	-Tabasco	0.00
20853	Garlic cloves, minced or	2.00
20853	-pressed	0.00
20853	Ginger root, grated fresh	1.00 tb
20853	Coconut flakes, dry and	0.25 c
20853	-unsweetened	0.00
20853	Coriander seeds, ground	0.50 ts
20853	Cumin, ground	0.25 ts
20853	Coconut milk, canned	0.50 c
20853	Lime juice, fresh	0.25 c
20853	Cilantro leaves, chopped	2.00 tb
20853	-fresh	0.00
20854	Plain yogurt	1.00 c
20854	Sm Banana	1.00 ea
20854	Frozen orange juice ; or ap	1.00 T
20854	Sugar or honey)	1.00 x
20854	Ice cubes	4.00 ea
20855	Musrooms washed	0.25 lb
20855	Chicken boneless & skinless	8.00 oz
20855	Butter	5.00 T
20855	Onion lg.	1.00 ea
20855	Nutmeg ground fine	0.50 t
20855	Swiss cheese grated	0.50 c
20855	Sour cream or plain yogurt	3.00 T
20856	Onion; coarsely chopped	0.50 lg
20856	Garlic; minced(2tsp)	1.00 cl
20856	Olive oil;	0.50 tb
20856	14 1/2 oz beef broth;	1.50 cn
20856	14 1/2 oz stewed tomatoes;	0.50 cn
20856	Picante sauce or salsa;	0.25 c
20856	Dried basil; crushed	0.50 ts
20856	Cheese-filled tortellini;	4.50 oz
20856	Green bell pepper; diced	0.50
20856	Freshly grated parmesan;	0.00 c
20857	Whole wheat flour	1.00 c

## Sheet1

20857	Egg	1.00
20857	Vegetable oil, optional	1.00 ts
20857	To 2 water, if and as	1.00 tb
20857	Needed	0.00
20857	To 1 1/3 whole wheat flour	1.25 c
20857	Egg	1.00
20857	Vegetable oil, optional	1.00 tb
20857	To 2 water, if and as	1.00 ts
20857	Needed	0.00
20858	Brown rice	1.00 c
20858	Water	1.50 c
20858	Vegetable oil	6.00 tb
20858	Olive oil	2.00 tb
20858	Lemon juice	3.00 tb
20858	Red wine vinegar	1.00 tb
20858	Garlic cloves, minced	3.00 ea
20858	Salt & pepper	0.00
20858	Soy sauce	1.00 tb
20858	Cayenne, to taste	1.00 pn
20858	Basil	1.00 ts
20858	Pineapple, chopped	0.50 c
20858	Scallions, chopped finely	2.00 ea
20858	Green bell pepper, diced	0.25 md
20858	Raisins, optional	0.25 c
20858	Carrot, julienned	1.00 md
20859	Asparagus;* cut diagonally	1.50 lb
20859	-into 1" pieces	0.00
20859	(2 pkg) frozen apaparagus;	10.00 oz
20859	Fresh parsley; snipped	2.00 tb
20859	Lemon juice;	2.00 tb
20859	Salt;	0.25 ts
20859	Bacon; fried and chopped	2.00 sl
20860	Asparapus pieces;	1.00 c
20860	Broccoli flowerets;	1.00 c
20860	Carrots;	1.00 c
20860	Spinach;	1.00 c
20860	Vegetable cooking spary	0.00
20860	Can cream of mushroom soup	11.00 oz
20860	-condensed	0.00
20860	Onions; finely chopped	2.00 tb
20860	Thyme	1.00 ts
20860	Water	0.50 c
20860	Salt to taste	0.00
20860	Pepper; ground fresh	0.00
20861	Text only	0.00
20862	(1-3/4 lb) acorn squash	1.00 ea
20862	Self-rising cornmeal	2.00 c
20862	All-purpose flour	0.25 c
20862	Egg; lightly beaten	1.00 lg

## Sheet1

20862	Milk	0.50 c
20862	Onion; finely chopped	0.50 c
20862	Vegetable oil	0.00
20863	Whole fresh cranberries;	12.00 oz
20863	-1 pkg (DO NOT USE CANNED)	0.00
20863	Thin-skinned orange;	1.00 lg
20863	Unpeeled, seeded and chopped	0.00
20863	Red Delicious apple;	1.00 lg
20863	-unpeeled seeded and chopped	0.00
20863	Water;	0.50 c
20863	Ground cinnamon;	0.50 ts
20863	Ginger;	0.25 ts
20863	Sugar;	3.00 tb
20863	Acorn squash; about 1-1/2lbs	4.00 sm
20863	-to 2-1/4 lbs each	0.00
20864	Olive oil	3.00 tb
20864	Red onion, finely sliced	1.00 ea
20864	Garlic clove, finely minced	0.50 ea
20864	Red bell peppers, roasted,	3.00 ea
20864	-- ribs, membranes & seeds	0.00
20864	-- removed & cut into 1/2"	0.00
20864	-- slices	0.00
20864	Tomatoes, seeded & cut into	2.00 md
20864	-- chunks	0.00
20864	Salt	0.25 ts
20864	Fresh breadcrumbs, optional	0.25 c
20865	Durum semolina	1.00 c
20865	Curry powder	1.00 ts
20865	Cinnamon	0.50 ts
20865	Ground cloves	0.50 ts
20865	Ground cardamom	0.50 ts
20865	Egg	1.00
20865	To 2 water, if and as	1.00 tb
20865	Needed	0.00
20865	Durum semolina	1.33 c
20865	Curry powder	1.25 ts
20865	Cinnamon	0.50 ts
20865	Ground cloves	0.50 ts
20865	Ground cardamom	0.50 ts
20865	Egg	1.00
20865	Vegetable oil, optional	1.00 tb
20865	To 2 water, if and as	1.00 tb
20865	Needed	0.00
20866	Stale bread, crusts removed	2.00 sl
20866	Stock, warmed	2.00 tb
20866	Walnuts, toasted	1.00 c
20866	Parsley, stems trimmed	0.50 c
20866	Garlic cloves, chopped	3.00 md
20866	Salt	0.50 ts



## Sheet1

20866	Black pepper	0.12 ts
20866	Olive oil	6.00 tb
20867	Fresh Italian plum tomatoes	14.00
20867	-- (good-sized)	0.00
20867	Handfuls fresh basil leaves	2.00
20867	-- chopped	0.00
20867	Garlic clove; minced	1.00
20867	Reduced-fat mozzarella	0.33 lb
20867	-- shredded	0.00
20867	Olive oil	1.00 tb
20867	Fusilli (corkscrew) pasta	10.00 oz
20867	-- uncooked	0.00
20868	All-purpose flour	2.00 c
20868	Sugar	0.33 c
20868	Poppy seeds	1.00 tb
20868	Baking powder	1.00 ts
20868	Salt	0.50 ts
20868	Solid vegetable shortening;	0.50 c
20868	. chilled & cut into bits	0.00
20868	Butter; unsalted, chilled &	0.25 c
20868	. cut into bits	0.00
20868	Sour cream	0.33 c
20868	Egg	1.00 lg
20868	Almond extract	2.00 ts
20869	Long-grain brown rice;	1.00 c
20869	Water	2.00 c
20869	Low-sodium bouillon granules	1.00 ts
20869	Almonds; silvered	2.00 tb
20869	--OR--	0.00
20869	Pine nuts;	2.00 tb
20869	Grated lemon zest;	2.00 tb
20870	Pork, lean, ground	1.00 lb
20870	Garlic, minced	1.00 t
20870	Thyme, dried, crumbled	0.75 t
20870	Fennel seeds	0.75 t
20870	Salt	0.50 t
20870	-vegetable cooking spray	0.00
20871	Lean ground pork	1.00 lb
20871	Minced garlic	1.00 t
20871	Thyme	0.75 t
20871	Fennel seeds	0.75 t
20871	Salt	0.50 t
20871	-Vegetable cooking spray	0.00
20872	Durum semolina	0.50 c
20872	Amaranth flour	0.25 c
20872	Barley flour	0.25 c
20872	Egg	1.00
20872	Walnut or vegetable oil,	1.00 tb
20872	Optional	0.00

Sheet1

20872	Water, if and as needed	1.00 tb
20872	Durum semolina	0.67 c
20872	Amaranth flour	0.33 c
20872	Barley flour	0.33 c
20872	Egg	1.00
20872	Walnut or vegetable oil,	1.00 tb
20872	Optional	0.00
20872	Water, if and as needed	1.00 tb
20873	-----	0.00
20873	Durum semolina	1.00
20873	Amaranth flour	0.25 c
20873	Cornmeal	0.25 c
20873	To 1/2 cayenne	0.25 ts
20873	Garlic, minced	1.00 cl
20873	Egg	1.00
20873	Walnut or vegetable oil,	1.00 tb
20873	Optional	0.00
20873	Lime juice	2.00 tb
20873	To 2 water, if and as	1.00 tb
20873	Needed	0.00
20873	Durum semolina	1.00 c
20873	Amaranth flour	0.33 c
20873	Cornmeal	0.33 c
20873	To 1/2 cayenne	0.33 ts
20873	Garlic, minced	1.00 cl
20873	Egg	1.00
20873	Walnut or vegetable oil,	1.00 tb
20873	Optional	0.00
20873	Lime juice	2.00 tb
20873	To 2 water, if and as	1.00 tb
20873	Needed	0.00
20874	Durum semolina	0.75 c
20874	Amaranth flour	0.25 c
20874	Egg	1.00
20874	Vegetable or walnut oil,	1.00 tb
20874	Optional	0.00
20874	To 4 water, if and as	3.00 tb
20874	Needed	0.00
20874	Durum semolina	1.00 c
20874	Amaranth flour	0.33 c
20874	Egg	1.00
20874	Vegetable or walnut oil,	1.00 tb
20874	Optional	0.00
20874	To 4 water, if and as	3.00 tb
20874	Needed	0.00
20875	-Source: The Sausage Making	0.00
20875	-Cookbook, by Jerry Predika	0.00
20875	-FROM :	0.00
20875	-Clarence Fontish	0.00

## Sheet1

20876	-Source: The Sausage Making	0.00
20876	-Cookbook, by Jerry Predika	0.00
20876	-FROM :	0.00
20876	-Clarence Fontish	0.00
20877	-Source: The Sausage Making	0.00
20877	-Cookbook, by Jerry Predika	0.00
20877	-FROM :	0.00
20877	-Clarence Fontish	0.00
20878	Durum semolina	1.00 c
20878	Spelt flour	0.25 c
20878	Quinoa grain	1.00 ts
20878	Amaranth grain	1.50 ts
20878	Egg	1.00
20878	Sunflower or vegetable oil	1.00 tb
20878	To 2 water, if and as	1.00 tb
20878	Needed	0.00
20878	Durum semolina	1.25 c
20878	Spelt flour	0.33 c
20878	Quinoa	1.00 ts
20878	Amaranth grain	1.50 ts
20878	Egg	1.00
20878	Sunflower or vegetable oil	1.00 tb
20878	To 2 water, if and as	1.00 tb
20878	Needed	0.00
20879	Pork (2 lbs fat, 2 lbs	4.00 lb
20879	-lean) [usually Boston	0.00
20879	-butt]	0.00
20879	Inner lining of pork	1.00 lb
20879	-stomach or largest	0.00
20879	-intestine (chitterlings)	0.00
20879	Cloves of garlic	2.00
20879	Bay leaves	3.00
20879	Onions	2.00 lg
20879	Salt (not iodized)	1.00 tb
20879	Pepper	1.00 tb
20879	Cayenne pepper	1.00 ts
20879	Chili pepper	1.00 ts
20879	Ground mace	0.50 ts
20879	Ground cloves	0.50 ts
20879	Ground allspice	0.50 ts
20879	Minced thyme	1.00 tb
20879	Minced marjoram	1.00 tb
20879	Minced parsley	1.00 tb
20880	Yards large sausage casing,	1.50
20880	-approximately (about 2-3	0.00
20880	-inches wide)	0.00
20880	Lean fresh pork	4.00 lb
20880	Pork fat	2.00 lb
20880	Finely minced garlic	3.33 tb

Sheet1

20880	Salt	2.00 tb
20880	Freshly ground black pepper	0.50 ts
20880	Cayenne	0.12 ts
20880	Chili powder	0.12 ts
20880	Mace	0.12 ts
20880	Allspice	0.12 ts
20880	Dried thyme	0.50 ts
20880	Paprika	1.00 tb
20880	Ground bay leaf	0.25 ts
20880	Sage	0.25 ts
20880	Colgin's liquid hickory	5.00 ts
20880	-smoke	0.00
20881	Tomatoes, skinned & coarsely	7.00 md
20881	-- chopped	0.00
20881	Angel hair pasta	8.00 oz
20881	Olive oil	3.00 tb
20881	Basil, chopped	0.33 c
20881	Parsley, chopped	0.25 c
20881	Scallions, minced	2.00 ea
20881	Green olives, sliced	0.33 c
20881	Salt & pepper	0.00
20882	Durum semolina	1.00 c
20882	To 2 anise seeds	1.50 ts
20882	Egg	1.00
20882	Olive oil, optional	1.00 ts
20882	To 2 water, if and as	1.00 tb
20882	Needed	0.00
20882	Durum semolina	1.33 c
20882	To 2 anise seeds	1.50 ts
20882	Egg	1.00
20882	Olive oil, optional	1.00 tb
20882	To 2 water, if and as	1.00 tb
20882	Needed	0.00
20883	Green anaheim chiles	2.00
20883	Unsalted butter	1.00 tb
20883	Shelled and finely chopped	1.00 tb
20883	-acorns or unsalted	0.00
20883	-pistachio nuts	0.00
20883	To 4 oz soft white goat	3.00 oz
20883	-cheese	0.00
20883	Recipe basic Egg Ravioli	1.00
20883	-dough	0.00
20883	Kosher salt	2.00 ts
20883	Water	1.00 qt
20883	Chicken Stock	6.00 c
20883	Scallion, green part only,	1.00
20883	-diagonally sliced	0.00
20883	Azafran	0.50 ts
20884	(1/4 lb) sweet potato or	1.00 lg

Sheet1

20884	-yam	0.00
20884	Melrose or Golden	3.00 md
20884	Delicious apples	0.00
20884	Lemon juice	1.00 ts
20884	Leek	1.00 lg
20884	(1/2 stick) butter or	0.25 c
20884	-margarine, softened	0.00
20884	Salt	0.25 ts
20884	Ground white pepper	0.12 ts
20884	Applejuice	0.25 c
20884	Packaged unseasoned	2.00 tb
20884	-bread crumbs	0.00
20884	Brown sugar	1.00 tb
20885	Size sweet potatoes;	4.00 md
20885	Whipped butter;(not me!!!)	1.00 tb
20885	Frozen apple juice;	2.00 tb
20885	-concentrate	0.00
20885	Salt to taste;	0.00
20885	Pepper to taste;	0.00
20885	-size apple; peeled diced	1.00 md
20885	Whole cloves;	6.00
20885	Ground nutmeg;	0.00
20886	Durum semolina	0.75 c
20886	Amaranth flour	0.25 c
20886	To 1/3 apple juice	0.25 c
20886	Vegetable or olive oil,	1.00 tb
20886	Optional	0.00
20886	Durum semolina	1.00 c
20886	Amaranth flour	0.33 c
20886	To 1/3 apple juice	0.25 c
20886	Vegetable or olive oil,	1.00 tb
20886	Optional	0.00
20887	Butter	4.00 tb
20887	Green onions, cut into	4.00 ea
20887	-julienne	0.00
20887	Carrots, peeled, cut into	12.00 ea
20887	-julienne	0.00
20887	Apricots, dried, cut into	4.00 oz
20887	-julienne	0.00
20887	Honey	1.00 tb
20887	White wine vinegar	1.00 tb
20887	Water	0.50 c
20887	Salt & pepper to taste	0.00
20888	Sm Jerusalem artichokes;	0.50 lb
20888	-(sunchokes). sliced	0.00
20888	Fresh green beans;	0.75 lb
20888	Garlic; minced	2.00 cl
20888	Walnut oil;	2.00 ts
20888	Red pepper; diced	0.50

Sheet1

20888	1Fresh lemon juice;	2.00 tb
20888	Walnuts; chopped	1.00 tb
20888	Pepper to taste	0.00
20889	Asparagus	1.50 lb
20889	Artichokes	4.00 lg
20889	Lemon, Juice of	1.00
20889	Shallots	4.00
20889	Basil Leaves	0.00
20889	Butter, Sweet	3.00 tb
20889	Stock, Chicken	1.50 c
20889	Cream, Heavy	1.00 c
20889	Mustard, Dijon	1.00 tb
20889	Salt	0.00
20889	Pepper	0.00
20889	Pasta, Tagliatelle	0.00
20890	Fresh asparagus;	1.25 lb
20890	Water	1.00 c
20890	Lime juice; fresh	2.00 tb
20890	Pimento;	0.25 c
20890	Pine nuts;	1.00 tb
20891	Water	0.00
20891	Asparagus spears, fresh	24.00
20891	- medium-sized	0.00
20891	Red leaf lettuce; leaves	6.00
20891	Buttermilk mayonnaise;	6.00 tb
20891	-(see Index)	0.00
20891	-=OR=-	0.00
20891	-prepared light mayonnaise;	6.00 tb
20891	Pecans; chopped	2.00 tb
20892	To 1 1/4 lb fresh Asparapus;	1.00 lb
20892	Water	1.00 c
20892	Fresh lime juice;	2.00 tb
20892	Diced pimento;	0.25 c
20892	Toasted pine nuts;	1.00 tb
20893	Asparagus Stalks;	1.00 lb
20893	Large Red Peppers	3.00 lg
20893	Olive Oil	3.50 tb
20893	Balsamic Vinegar	1.00 tb
20893	(you might want to try	0.00
20893	Rice vingegar)	0.00
20893	Fresh Thyme Leaves	0.50 ts
20893	Salt & Pepper	0.00
20894	Large onions*	3.00 ea
20894	Whole allspice	8.00 ea
20894	Salt and pepper	1.00 x
20894	Garlic powder	1.00 x
20894	Hungarian paprika	1.00 x
20895	Butter	1.00 oz
20895	Spring Onions, Green And	2.00

Sheet1

20895	White Parts, Chopped	0.00
20895	Grated Orange Peel	1.00 t
20895	Grated Lemon Peel	1.00 t
20895	Ground Coriander (more	0.50 t
20895	To taste)	0.00
20895	Single (Light) Cream	6.00 oz
20895	Plain Yoghurt	3.00 T
20895	Salt And Freshly Ground	0.00
20895	Black Pepper - to taste	0.00
20895	2 To 3 Avocados	0.00
20896	Potatoes	2.00 lg
20896	Vegetable oil;	1.00 tb
20896	Salt	0.50 ts
20896	Paprika;	0.12 ts
20897	Beans, Great Northern; dried	0.50 lb
20897	Ham hock	1.00
20897	Onions; chopped	2.00 md
20897	Butter (or marg.); melted	1.00 tb
20897	Ground beef	1.00 lb
20897	Tomatoes, pear shaped; lg cn	28.00 oz
20897	Sugar, brown	2.00 tb
20897	Mustard, dry	1.00 tb
20897	Mustard seeds	1.00 tb
20897	Chili powder	1.00 tb
20897	Worcestershire sauce	1.00 ts
20897	Salt; to taste	0.00
20897	Pepper; to taste	0.00
20898	Cabbage	1.00 md
20898	Tomatoes, peeled & chopped	3.00 lg
20898	Garlic powder	0.50 ts
20898	Onion, chopped	1.00 sm
20898	Salt	0.25 ts
20898	Pepper	0.25 ts
20898	Cumin	0.12 ts
20899	Dried scarlet runner beans	1.00 c
20899	-soaked and drained *	0.00
20899	Whole onion(s)	1.00 lg
20899	Carrots, coarsely chopped	2.00 md
20899	Stalk celery with leaves	1.00 md
20899	-coarsely chopped	0.00
20899	Warm water	4.50 c
20899	Sprigs flat-leaf parsley	3.00 lg
20899	Sprigs thyme	3.00
20899	Bay leaf	1.00 lg
20899	Salt to taste	0.00
20899	Fusilli or penne pasta *	6.00 oz
20899	Olive oil	2.00 tb
20899	To 3 garlic clove(s)	2.00
20899	-finely minced	0.00

## Sheet1

20899	Flat-leaf parsley, minced	0.50 c
20899	Pepper to taste	0.00
20899	Butter to grease baking dish	0.00
20899	Butter	3.00 tb
20899	Anchovies, rinsed	3.00
20899	-dried on paper towels	0.00
20899	Fresh bread crumbs	2.00 c
20900	Shell Macaroni, uncooked	12.00 oz
20900	Milk	2.25 c
20900	Eggs	2.00
20900	Dry Mustard	0.50 ts
20900	Salt	0.50 ts
20900	Pepper	0.25 ts
20900	Shredded Sharp Cheddar	2.00 c
20900	-Cheese, divided (8 oz.)	0.00
20900	Paprika	1.00 ds
20901	Potatoes; thinly sliced	3.00 md
20901	Onion; thinly sliced and	1.00 sm
20901	-separated into rings	0.00
20901	Garlic powder	0.12 ts
20901	Parmesan cheese; grated	0.25 c
20901	Pepper	0.12 ts
20902	Pasta; shaped	0.75 lb
20902	(fusilli, orecchiette or	0.00
20902	-conchiglie)	0.00
20902	Zucchini; 1/2-inch slices	5.00 sm
20902	Salt and pepper	0.00
20902	28 oz can italian plum	1.00
20902	-tomatoes -- drained/chopped	0.00
20902	Black olives; sliced	8.00
20902	Parmesan cheese; freshly	3.00 tb
20902	-grated	0.00
20902	Fresh rosemary sprigs	1.00 ts
20902	Mozzarella cheese; cut in	0.50 lb
20902	-1/2' cubes	0.00
20903	Potatoes, scrubbed	6.00 md
20903	Onion; minced	2.00 tb
20903	Fresh parsley; chopped	1.00 tb
20903	Freshly ground pepper	0.12 ts
20903	Whole wheat pastry flour	2.00 tb
20904	Potato;	8.00
20904	Oil;	8.00 tb
20904	Sour half and half;	1.50 c
20904	Salt;	1.50 c
20904	Pepper;	0.12 ts
20904	Chives; snipped	2.00 tb
20905	Egg; hard boiled	6.00 ea
20905	Mushroom ; chopped	6.00 ea
20905	Med Onion ; chopped chopped	1.00 ea



Sheet1

20905	Green pepper ; chopped	0.50 ea
20905	Cayenne pepper	1.00 x
20905	Salt,	1.00 x
20905	Pepper	1.00 x
20905	Butter	2.00 T
20905	Flour	2.00 T
20905	Milk	0.75 c
20905	Heavy cream ;( or whipping	0.50 c
20905	Cheese :grated cheddar	1.00 c
20905	Sauce	1.00 x
20905	Butter	2.00 T
20905	Flour	2.00 T
20905	Milk	0.75 c
20905	Salt & pepper; to taste	0.50 t
20905	Cayenne	1.00 ds
20905	Heavy cream	0.50 c
20906	Spanish onions	6.00 lg
20906	Hot bulk pork sausage	0.50 lb
20906	Green pepper; chopped	0.25 c
20906	Egg; beaten	1.00 ea
20906	Rice; cooked	1.00 c
20906	Soft breadcrumbs	0.50 c
20906	Dried whole oregano	0.50 ts
20906	Fresh parsley; chopped	2.00 tb
20906	Butter or margarine; melted	2.00 tb
20906	Paprika	0.50 ts
20907	(1 pk) brussels sprouts;	10.00 oz
20907	Liquid Butter Buds;*	0.33 c
20907	(I don't about this, load	0.00
20907	-with sodium-try something	0.00
20907	-else)	0.00
20907	Cider vinegar;	2.00 tb
20907	Sugar; (sugar sub)	1.50 ts
20907	Tarragon;	0.25 ts
20907	Marjoram;	0.12 ts
20907	Freshly ground pepper;	0.12 ts
20907	Mushrooms; sliced fresh	0.33 c
20907	Pimiento; chopped	1.00 tb
20907	(red bell pepper will work	0.00
20907	-fine)	0.00
20908	Sweet potatoes	4.00 sm
20908	Butter, melted	1.00 tb
20908	Seasoned salt	0.25 ts
20908	Nutmeg	0.00 ds
20908	Nonstick spray coating; or	0.00
20908	- baking parchment	0.00
20909	Water	4.00 c
20909	Yellow or white cornmeal	1.50 c
20909	Kosher salt	2.00 ts

Sheet1

20909	Unsalted butter (divided	4.00 tb
20909	Use)	0.00
20909	Freshly ground black pepper	0.12 ts
20910	Water	4.00 c
20910	Yellow or white cornmeal	0.75
20910	Kosher salt	2.00 ts
20910	Unsalted butter .	3.00 tb
20910	Freshly ground pepper	0.12 ts
20910	Softened Gorgonzola cheese	0.25 c
20910	Or butter	0.00
20911	Lean beef (fland, round or	3.00 lb
20911	-sirloin tip)	0.00
20911	Catsup	1.00 c
20911	Red wine vinegar	0.50 c
20911	Brown sugar	0.25 c
20911	Worcestershire sauce	2.00 T
20911	Dry mustard	2.00 t
20911	Onion powder	1.00 t
20911	Salt	1.00 t
20911	Cracked pepper	0.25 t
20911	-Dash	0.00
20911	-hot pepper sauce	0.00
20912	Lean beef (fland, round or	3.00 lb
20912	-sirloin tip)	0.00
20912	Catsup	1.00 c
20912	Red wine vinegar	0.50 c
20912	Brown sugar	0.25 c
20912	Worcestershire sauce	2.00 T
20912	Dry mustard	2.00 t
20912	Onion powder	1.00 t
20912	Salt	1.00 t
20912	Cracked pepper	0.25 t
20912	-Dash	0.00
20912	-hot pepper sauce	0.00
20913	Durum semolina	0.75 c
20913	Barley flour	0.25 c
20913	Egg	1.00
20913	To 2 water, if and as	1.00 tb
20913	Needed	0.00
20913	Durum semolina	1.00 c
20913	Barley flour	0.25 c
20913	Egg	1.00
20913	Vegetable oil, optional	1.00 tb
20913	To 2 water, if and as	1.00 tb
20913	Needed	0.00
20914	Butter	1.00 tb
20914	Onion(s), chopped	2.00 tb
20914	Uncooked pearl barley	2.00 c
20914	Chicken stock	2.00 c

Sheet1

20914	Salt and pepper to taste	0.00
20914	Bay leaf	1.00
20915		2.00
20915	Iceberg lettuce; shredded	2.00
20915	Spinach; shredded	1.00
20915	->OR<-	0.00
20915	Swiss chard; shredded	1.00 c
20915	Radishes; whole or sliced	12.00
20915	Endive; curly	1.00 c
20915	Cucumber; sliced	1.00
20915	Stalks celery; diced w tops	2.00
20915	-your own combinations	0.00
20915	Boston or bibb lettuce;	0.00
20915	Red/green cabbage;	0.00
20915	Kale or comfrey;	0.00
20915	Chicory or sorrell;	0.00
20915	Parsley or watercress;	0.00
20915	Turnip, collard, beet greens	0.00
20915	Or mustard or dandelion;	0.00
20915	Onions, tomatoes, sprouts;	0.00
20915	Mushrooms; sliced fresh	0.00
20915	Red/green/gold peppers;	0.00
20915	-sliced	0.00
20915	Flowerettes or broccoli;	0.00
20915	Cauliflower;	0.00
20915	Zucchini or yellow squash;	0.00
20915	-sliced	0.00
20915	Scallions or chives;	0.00
20916	Durum semolina	1.00 c
20916	Water	0.33 c
20916	Durum semolina	1.33 c
20916	Water	0.33 c
20917	Durum semolina	1.00 c
20917	Egg	1.00
20917	To 3 water, if and as needed	2.00 tb
20917	Durum semolina	1.33 c
20917	Egg	1.00
20917	To 3 water, if and as needed	2.00 tb
20918	Durum semolina	1.00 c
20918	Egg	1.00
20918	Vegetable or olive oil	1.00 tb
20918	Water, if and as needed	1.00 tb
20918	Durum semolina	1.33 c
20918	Egg	1.00
20918	Vegetable or olive oil	1.00 tb
20918	Water, if and as needed	2.00 tb
20919	Carrots;	6.00 md
20919	Butter; melted	1.00 tb
20919	-OR-	0.00

Sheet1

20919	Margarine; melted	1.00 tb
20919	Salt;	0.25 ts
20919	Basil leaves; crushed	0.25 ts
20920	Penne pasta, cooked and	8.00 oz
20920	Drained	0.00
20920	Butter or margarine, melted	3.00 tb
20920	Grated Parmesan cheese	3.00 tb
20920	Basil leaves	1.00 ts
20920	Marjoram leaves	0.50 ts
20920	Garlic powder	0.50 ts
20920	Salt	0.25 ts
20920	Black Pepper (Optional)	0.00
20921	For the pasta:	0.00
20921	Packed fresh basil leaves	1.50 c
20921	Clove garlic; chopped	1.00 sm
20921	Eggs; beaten	2.00
20921	Olive oil	0.50 ts
20921	Unbleached flour	1.50 c
20921	Pinch of salt	0.00
20921	For the sauce:	0.00
20921	Garlic clove; split	1.00
20921	Olive oil	1.00 tb
20921	Tomatoes, skinned; and	3.00
20921	-chopped	0.00
20921	Dry vermouth	0.33 c
20921	Pinch of cayenne pepper	0.00
20921	Salt and pepper; to taste	0.00
20921	Chopped fresh basil leaves	2.00 tb
20921	Crumbled feta cheese	6.00 oz
20922	Packed fresh basil leaves	1.00 c
20922	Packed fresh mint leaves	1.00 c
20922	Walnuts	0.50 c
20922	Orange juice concentrate	2.00 tb
20922	-- (frozen), thawed	0.00
20922	Garlic cloves	2.00
20922	Olive oil (or more)	0.25 c
20923	Waxy boiling potatoes	5.00 md
20923	Garlic cloves	4.00
20923	-- peeled & coarsely chopped	0.00
20923	2-inch piece of ginger	1.00 ea
20923	-- peeled & coarsely chopped	0.00
20923	Vegetable oil	6.00 tb
20923	Ground asafetida	1.00 pn
20923	Fenugreek seeds	8.00
20923	Cumin seeds	0.50 ts
20923	Fennel seeds	0.50 ts
20923	Kalonji (nigella seeds)	0.25 ts
20923	Brown mustard seeds	0.25 ts
20923	Bay leaf	1.00

Sheet1

20923	Onion; finely minced	1.00 md
20923	Ripe tomatoes	2.00 md
20923	-- finely chopped	0.00
20923	--(peeled & seeded if fresh)	0.00
20923	Cayenne pepper	0.25 ts
20923	Salt	1.50 ts
20923	Lemon juice	1.50 ts
20923	Garam masala	1.00 ts
20924	Walnut oil;	2.00 ts
20924	Bean sprouts;	1.00 lb
20924	Green onion; chopped	6.00
20924	Low-sodium soy sauce;	1.00 tb
20924	Fresh parsley; chopped	1.00 tb
20924	Sunflower seeds;	1.00 tb
20925	Pasta; pennette or...	0.50 lb
20925	Other small hollow shaped	0.00
20925	-pasta	0.00
20925	Cannellini beans; cooked	1.50 c
20925	Or other small white beans	0.00
20925	Red onion; thinly sliced	1.00 sm
20925	Celery; sliced	1.00
20925	Tomatoes; cut in wedges	2.00 sm
20925	Small black olives	0.50 c
20925	Fresh oregano leaves; for	0.00
20925	-garnish	0.00
20925	Dressing:	0.00
20925	Extra virgin olive oil	0.50 c
20925	Dijon mustard	2.00 ts
20925	Juice of 1 lemon	0.00
20925	Fresh oregano or parsley;	1.00 tb
20925	-finely chopped	0.00
20925	Salt and pepper	0.00
20925	Garlic; crushed	1.00 cl
20926	Yellow squash	5.00 lg
20926	Ground beef	0.50 lb
20926	Onion; chopped	1.00 md
20926	Green pepper; chopped	1.00 md
20926	16-oz can whole tomatoes;	1.00 ea
20926	-drained and chopped	0.00
20926	(2 ounces) shredded Cheddar	0.50 c
20926	-cheese	0.00
20927	Flank steak	1.00 ea
20927	Lemon juice	4.00 T
20927	Clove garlic, minced	1.00 ea
20927	Soy sauce	0.50 c
20927	Honey	0.50 c
20927	Salt	1.00 pn
20927	Pepper	1.00 pn
20928	-3 lb beef	2.00

Sheet1

20928	Soy sauce	0.50 c
20928	Worcestershire sauce	0.50 c
20928	Accent	2.00 t
20928	Garlic powder	0.67 t
20928	Onion powder	2.00 t
20928	Black pepper	0.67 t
20928	Seasoned salt	2.00 t
20929	-Area of Influence: Canton	0.00
20929	-Serves/Makes: 4-6	0.00
20930	-Source:	0.00
20930	-From : Randy Rigg, Date:	0.00
20930	01-94 0:29:, Area: Cooking	3.00
20931	-Keywords: marinade	0.00
20931	Venison/beef roast	8.00 lb
20931	Salt	1.00 T
20931	Black pepper	0.25 t
20931	White pepper	1.00 t
20931	Red pepper	0.50 t
20931	Meat tenderizer	1.00 t
20931	Seasoned salt	2.00 T
20931	Accent	2.00 t
20931	Garlic powder	1.00 t
20931	Kitchen bouquet	1.00 T
20931	Morton tender quick	2.00 T
20931	Worcestershire sauce	0.33 c
20931	Soy sauce	0.33 c
20931	Barbecue sauce	0.33 c
20931	Liquid smoke	0.33 c
20932	Corned beef brisket, cubed	3.00 lb
20932	Ham, cubed, fat included	7.00 lb
20932	Coarsley ground black pepper	1.50 tb
20932	Ground mace	1.00 tb
20932	Crushed mustard seed	1.50 tb
20932	Garlic, finely minced	2.00 ts
20932	Feet large beef casings	4.00
20933	All-purpose flour	1.33 c
20933	Salt	1.00 ts
20933	Pepper	0.25 ts
20933	Oil	1.00 tb
20933	Egg yolks	2.00
20933	Beer	0.75 c
20933	White onions	2.00 lg
20933	-sliced 1/4-in thick	0.00
20933	Oil for deep frying	0.00
20934	Beets; (Beetroots) see note	1.00 bn
20934	Salt to taste	0.00
20934	Nutmeg to taste	0.00
20934	Butter	4.00 tb
20935	Fresh beets with greens	4.00 ea

## Sheet1

20935	Salt	0.50 ts
20935	Red onion, chopped	1.00 ea
20935	Hot banana pepper, chopped	1.00 ea
20935	Garlic cloves, chopped	2.00 ea
20935	Walnuts, toasted	1.00 c
20935	Black pepper	0.00
20936	Beets fresh peeled	1.00 lb
20936	Onion chopped fine	1.00 ea
20936	Sour cream beaten	1.00 c
20936	Butter	3.00 T
20936	Salt to taste	0.00
20937	Sized red bell pepper;	1.00 md
20937	Sized green bell pepper;	1.00 md
20937	Sized yellow bell pepper;	1.00 md
20937	Creamy garlic dressing	0.50 c
20937	Black pepper;	0.25 ts
20937	Capers; rinsed, drained	2.00 ts
20938	Mustard seed	1.00 ts
20938	Coriander seed	1.00 ts
20938	Fenugreek seed	0.50 ts
20938	-- slightly crushed	0.00
20938	Ground turmeric	1.00 ts
20938	Ground cumin	2.00 ts
20938	Paprika	2.00 ts
20938	Heenj (asafoetida)	0.50 ts
20938	Okra	12.00 oz
20938	Mustard oil	3.00 tb
20938	Onion; chopped	1.00 md
20938	Garlic cloves; chopped	2.00
20938	Inch piece ginger; chopped	2.00
20938	Tomatoes	4.00 oz
20938	Green pepper; chopped	1.00
20938	Chiles; chopped	2.00
20939	Bhindi (okra)	0.50 lb
20939	Sesame seeds	2.00 tb
20939	White poppy seeds	1.00 tb
20939	To 2 dried red chili peppers	1.00 ea
20939	Flaked coconut	2.00 tb
20939	Fresh green chili pepper;	1.00 ea
20939	-coarsely chopped	0.00
20939	Cooking oil	3.00 tb
20939	Mustard seeds	0.50 ts
20939	Fenugreek seeds	0.25 ts
20939	Garlic; peeled and finely	2.00 cl
20939	-chopped or crushed	0.00
20939	Salt or to taste	0.50 ts
20940	Feet small (1 1/2") hog or	2.00
20940	-sheep casings	0.00
20940	Veal, cubed	1.75 lb

Sheet1

20940	Pork fat, cubed	0.25 lb
20940	Very finely minced onion	0.25 c
20940	Milk	1.00 c
20940	Egg	1.00
20940	Ground cloves	0.75 ts
20940	White pepper	0.50 ts
20940	Finely chopped Italian	2.00 ts
20940	-parsley	0.00
20940	Salt, or to taste	0.50 ts
20941	Crushed red chile	3.00 ts
20941	Flour	1.00 tb
20941	Butter	1.00 tb
20941	Whole kernel corn	1.00 lb
20941	Eggs; beaten	2.00 ea
20941	Monterey Jack or Swiss	1.00 c
20941	-cheese; grated	0.00
20942	Lean beef	6.00 lb
20942	Salt pork	1.00 lb
20942	Lean fresh pork	3.00 lb
20942	Beef suet	1.00 lb
20942	Ground white peppper	1.00 oz
20942	Ground mace	1.00 ts
20942	Salt	3.00 oz
20942	Cayenne peper	0.25 ts
20942	Onion	1.00 lg
20943	Beef	50.00 lb
20943	Sugar	3.00 lb
20943	Pepper	8.00 oz
20943	Saltpeter	2.50 oz
20943	Salt	2.50 pt
20946	Green squash seeds	2.00 tb
20946	Kosher salt	1.00 ts
20946	Garlic	1.00 cl
20946	Cilantro leaves; packed	2.00 c
20946	Olive oil	0.50 c
20946	Cotija or Romano cheese;	2.00 tb
20946	. grated	0.00
20946	Crema agria           *OR*	1.00 tb
20946	Creme fraiche       *OR*	1.00 tb
20946	Yogurt               *AND*	0.50 tb
20946	Sour cream; mixed until	0.50 tb
20946	. smooth	0.00
20947	Butter	2.00 tb
20947	Onions; finely chopped	0.50 c
20947	Beets, (about 5 cups)	1.50 lb
20947	-- cut into strips	0.00
20947	Red wine vinegar	0.25 c
20947	Sugar	1.00 ts
20947	Tomatoes, peeled, seeded and	2.00



Sheet1

20947	-- coarsely chopped	0.00
20947	Salt	2.00 ts
20947	Black pepper; freshly ground	0.00
20947	Beef stock	2.00 qt
20947	White cabbage, quartered,	0.50 lb
20947	Cored; coarsely shredded	0.00
20947	Boiled ham	0.25 lb
20947	-- cut into 1-in cubes	0.00
20947	All-beef frankfurters	0.25 lb
20947	-- cut in 1/2-in rounds	0.00
20947	Boiled brisket from the stoc	1.00 lb
20947	-- cut into 1-in cubes	0.00
20947	Sprig parsley,	4.00
20947	Tied together w/1 bay leaf	0.00
20947	Dill or parsley	0.50 c
20947	-- finely chopped	0.00
20947	Sour cream	1.00 c
20948	Cucumber large, peeled,	1.00
20948	-halved,seeded, & diced	0.00
20948	Spinach leaves fresh, washed	1.50 lb
20948	Frsh lemon juice	6.00 tb
20948	Sorrel leaves, fresh	1.50 lb
20948	Horseradish root, fresh	3.00 tb
20948	-Grated	0.00
20948	Salt	1.00 ts
20948	Sugar	0.75 ts
20948	Crab meat	0.50 lb
20948	Poached sturgeon, in 1" pcs.	1.50 lb
20948	- or -	0.00
20948	Poached whitefish in 1" pcs.	1.50 lb
20948	Scallions sliced	1.00 c
20948	Onion chopped	0.25 c
20948	Garlic clove minced	1.00
20948	Vodka	2.00 oz
20948	Beer	1.50 qt
20948	- or -	0.00
20948	Kvas <see attached recipe>	1.50 qt
20949	Ham; 14 to 16 pounds, smoked	1.00
20949	And low-salt	0.00
20949	Bourbon; divided	1.00 c
20949	Whole Cloves	0.33 c
20949	Dark Brown Sugar	2.50 c
20949	Dry Mustard	1.50 t
20949	Navel Oranges; to 6, peeled	1.00
20949	And sectioned	0.00
20949	Maraschino cherries; whole	15.00
20949	Watercress OR Parsley for	0.00
20949	Garnish	0.00
20950	Uncooked bow-tie pasta	1.50 c

Sheet1

20950	Olive oil	2.00 ts
20950	Assorted mushrooms, sliced	5.00 oz
20950	Radicchio	0.25 lb
20950	-coarsely chopped	0.00
20950	Heavy cream	1.50 c
20950	Salt and pepper to taste	0.00
20950	Parmesan cheese	0.25 c
20951	Dry yeast	1.00 pk
20951	Lukewarm water	0.25 c
20951	Safflower oil	0.25 c
20951	Thyme	1.00 ts
20951	Mashed sweet potato	1.50 c
20951	Sweetener	3.00 tb
20951	Soymilk	1.00 c
20951	Wholewheat flour	3.00 c
20951	Unbleached white flour	1.00 c
20951	Cornmeal	0.50 c
20951	Salt	1.50 ts
20951	Soymilk for brushing loaves	0.00
20952	Belgian endive; sliced in	0.50 lb
20952	-Rings	0.00
20952	Red Delicious Apple, diced	1.00 sm
20952	Fresh lemon Juice;	2.00 tb
20952	Walnut oil;	2.00 ts
20952	Pinch salt;	0.00
20952	Pepper to taste;	0.00
20952	Water;	0.50 c
20952	Apple cider vinegar;	2.00 tb
20952	Fresh parsley; chopped	1.00 tb
20953	Flavoured vinegar	0.25 c
20953	Garlic clove, minced	1.00 ea
20953	Beet greens, coarsely	1.00 lb
20953	-- chopped	0.00
20953	Water	0.25 c
20953	Cayenne	1.00 pn
20953	Sesame seeds	1.00 tb
20954	Whole Wheat Flour	0.75 c
20954	Bran	0.33 c
20954	Baking Powder	2.00 ts
20954	Baking Soda	0.50 ts
20954	Sugar	1.00 tb
20954	Vegetable Oil	2.00 tb
20954	Egg	1.00
20954	Lowfat Milk	0.50 c
20955	Fresh cranberries	4.00 c
20955	Sugar	2.00 c
20955	Brandy	0.25 c
20955	Sugar	0.25 c
20956	Sweet potatoes (about 4-1/4	5.00 lg

Sheet1

20956	-pounds)	0.00
20956	Sugar	0.25 c
20956	To 1/3 cup brandy	0.25 c
20956	Butter or margarine; melted	3.00 tb
20956	Salt	1.00 ts
20956	Ground nutmeg	0.50 ts
20956	Ground ginger	0.50 ts
20956	Pepper	0.12 ts
20956	Butter or margarine; melted	1.00 tb
20956	Grated orange rind	1.00 tb
20956	Garnish: orange slices	0.00
20957	Hash brown potato mx w/onion	1.00 c
20957	Water; hot	2.00 c
20957	Salt	0.75 ts
20957	Tortillas, flour	8.00
20957	Eggs; well beaten	6.00
20957	Sausage, bulk pork; cooked,	0.50 lb
20957	-crumbled, and drained	0.00
20957	Salt	0.50 ts
20957	Pepper; to taste	0.00
20957	Butter (or marg.)	2.00 tb
20957	Picante sauce; opt.	0.00
20958	Dried cranberries	0.50 c
20958	Currants	2.00 tb
20958	Brown sugar	3.00 tb
20958	Ground cloves	0.12 ts
20958	Fresh ginger root; minced	0.50 ts
20958	Allspice; ground	0.25 ts
20958	Dry mustard	0.25 ts
20958	+ 2 Tbsp water	0.25 c
20958	Kiwifruit; peeled & quarterd	2.00
20958	Pecan pieces	2.00 tb
20958	Wheel Brie cheese	1.00
20958	. about 1 pound	0.00
20959	(1)pkg green beans; french-	9.00 oz
20959	-cut frozen	0.00
20959	Carrot; chopped fine;	1.00 md
20959	Onion; finely chopped	2.00 tb
20959	Lemon Shaker Dressing;	0.12 ts
20960	Fresh broccoli;	2.00 lb
20960	Betty's Butter	1.00 tb
20960	Fresh lime juice;	3.00 tb
20960	Toasted pine nuts(pignoli)	0.25 c
20961	Carrots, thinly sliced on	2.00
20961	-the diagonal	0.00
20961	Stalks broccoli, heads cut	3.00
20961	-into florets, stalks	0.00
20961	-peeled	0.00
20961	-and sliced on the diagonal	0.00

Sheet1

20962	Pk frozen broccoli spears	20.00 oz
20962	Butter or margarine	2.00 T
20962	Flour	1.00 T
20962	Milk	0.50 c
20962	Grated lemon peel	1.00 t
20962	Lemon juice	1.00 T
20962	Salt	0.25 t
20962	Ground ginger	0.25 t
20963	Broccoli;	1.00 lb
20963	Mushrooms; sliced	4.00 oz
20963	-about 1 1/2 cup	0.00
20963	Instant beef bouillon;	0.50 ts
20963	Dried thyme leaves;	1.00 ts
20963	Margarine; or butter	2.00 tb
20963	Onion; (my own idea)	0.25 md
20964	Bunch broccoli;	1.00 lg
20964	Lemon Juice;	1.00 tb
20964	(I use apple cider vinegar)	0.00
20964	Water OR	1.00 tb
20964	-Sugar Free lemon-line soda;	0.00
20964	Sub. sweetener to equal 1 ts	0.00
20964	(if desired)	0.00
20965	Vegetable stock	1.00 qt
20965	Orzo, or other small pasta	12.00 oz
20965	Olive oil	1.00 tb
20965	Garlic cloves, chopped	2.00 ea
20965	Juice of 2 lemons	0.00
20965	Parsley, chopped	0.50 c
20965	Salt & pepper	0.00
20966	Pasta, your choice	1.00 lb
20966	Vegetable stock	1.00 qt
20966	Olive oil	3.00 tb
20966	Kalamata olives, pitted &	25.00 ea
20966	-- diced -=OR=- olive paste	0.00
20966	Parsley, chopped	0.25 c
20967	Green beans	1.50 lb
20967	Vegetable oil	1.00 T
20967	Low-salt chicken broth	0.50 c
20967	Salt	0.25 ts
20967	Pepper	0.12 ts
20967	Fresh lemon juice	1.50 T
20968	Brussel sprouts; washed	2.00 lb
20968	Water, salted	0.00
20968	Soy sauce	1.00 ts
20968	Seasoned salt	0.50 ts
20968	Butter (or marg.)	1.00 tb
20968	Water chestnuts; drain/slice	5.00 oz
20969	(1) pkg brussel sprouts;	10.00 oz
20969	(1)cn canned carrots;	16.00 oz

Sheet1

20969	->OR<-	0.00
20969	Carrots;	5.00 md
20969	-sliced and cooked	0.00
20969	Leamon Shaker Dressing;	0.50 c
20970	Left-over mashed potato	1.00 c
20970	Any green veg, cabbage, etc.	0.50 c
20970	Egg	1.00
20971	Safflower oil;	2.00 ts
20971	Shailots; chopped	2.00
20971	Garlic; minced	1.00 cl
20971	Celery stalk; sliced	1.00
20971	Sliced mushrooms;	0.50 c
20971	Egg white;	1.00
20971	Pinch salt & pepper;	0.00
20971	Buckwheat groats;(kasha)	1.00 c
20971	Chicken broth;	2.00 c
20971	Pine nuts/sunflower seeds;	1.00 tb
20972	Durum semolina	0.75 c
20972	Buckwheat flour	0.25 c
20972	Vegetable oil, optional	1.00 tb
20972	Egg	1.00
20972	To 2 water, if and as	1.00 tb
20972	Needed	0.00
20972	Durum semolina	1.00 c
20972	Buckwheat flour	0.25 c
20972	Vegetable oil, optional	1.00 tb
20972	Egg	1.00
20972	To 2 water, if and as	1.00 tb
20972	Needed	0.00
20973	Ground veal	1.50 lb
20973	Ground turkey	0.50 lb
20973	Eggs	2.00
20973	Soft bread crumbs	1.00 c
20973	Apple juice	0.50 c
20973	Finely chopped onion	0.25 c
20973	Snipped fresh parsley	2.00 tb
20973	Salt	0.75 ts
20973	Ground coriander	0.75 ts
20973	Dried thyme leaves	0.25 ts
20973	Pepper	0.25 ts
20973	Carrots, diagonally sliced	2.00
20973	-(1/2" thick)	0.00
20973	Butter or margarine	2.00 tb
20973	Snipped fresh parsley	1.00 tb
20973	Ready-to-serve beef broth	1.00 c
20973	Apple juice	0.50 c
20973	Cornstarch	2.00 tb
20973	Ground coriander	0.75 ts
20973	Salt	0.50 ts

Sheet1

20973	Pepper	1.00 pn
20974	To 3 large cooking apples;	2.00 ea
20974	-cored and cut into wedges	0.00
20974	1-1/2 lb to 2-pound wild	10.00 ea
20974	-ducks; dressed	0.00
20974	Burgundy wine	2.00 c
20974	;water	1.00 c
20974	Salt	1.00 ts
20974	Pepper	0.50 ts
20974	Butter sauce	0.00
20974	Orange twists (optional)	0.00
20974	Fresh rosemary leaves (opt'l	0.00
20974	Butter; melted	1.00 c
20974	Lemon juice	0.33 c
20974	Fresh parsley; chopped	0.25 c
20974	Green onions; sliced	0.25 c
20974	Worcestershire sauce	1.00 tb
20974	Prepared mustard	1.50 ts
20975	Margarine;	1.00 tb
20975	Onion; chopped	0.50 c
20975	Celery; chopped	0.50 c
20975	Buglar wheat;	1.00 c
20975	Chicken broth;	2.00 c
20975	Garlic; or to taste	0.50 ts
20975	Grd white pepper;	0.25 ts
20975	Raisins;	0.50 c
20975	Grd cinnamon;	0.50 ts
20975	Salt;	0.50 ts
20976	Chicken broth	2.00 c
20976	Clove garlic, minced	1.00 ea
20976	Round slices fresh ginger	2.00 ea
20976	;root	0.00
20976	Cumin	0.00 pn
20976	Sprig mint	0.00
20976	Long strip lemon zest	1.00 ea
20976	Chopped onion	0.50 c
20976	Bulghur (cracked wheat)	1.00 c
20976	(4 oz.) roasted red peppers,	1.00 sm
20976	;chopped or cut into strips	0.00
20977	Mushrooms; fresh sliced	1.00 c
20977	Zucchini; sliced quartered	1.00 c
20977	Water	1.00 c
20977	Buglur Wheat;	0.50 c
20977	Onion; chopped	0.33 c
20977	Carrots; chopped	0.33 c
20977	Green pepper; chopped	0.25 c
20977	Garlic; minced	1.00 cl
20977	Instant chicken bouillion	1.00 ts
20977	Granules;	0.00

Sheet1

20977	Basil; dried crushed	0.50 ts
20977	Celery seed;	0.25 ts
20977	Thyme or marjoram; crushed	0.25 ts
20977	Dash of pepper	0.00
20977	Tomato; chopped seeded	0.50 c
20977	-tomato	0.00
20978	Size buttercup squash;	2.00 md
20978	Ground mase to taste;	0.00
20978	Pepper to taste	0.00
20979	Fresh or frozen	0.25 lb
20979	-medium-sized	0.00
20979	Green onions; shrimp	2.00
20979	Fresh snow peas	0.33 lb
20979	Chicken stock	0.50 c
20979	Fresh or canned water	8.00 lg
20979	Thin soy sauce; chestnuts	2.00 ts
20979	Unpeeled straw mushrooms	0.50 c
20979	Salt	0.50 ts
20979	Fresh ginger; slivered	2.00 ts
20979	Sugar	1.00 pn
20979	Clove garlic; minced	1.00 lg
20979	-Cornstarch paste	0.00
20980	Durum semolina	1.00 c
20980	To 1/3 buttermilk	0.25 c
20980	Durum semolina	1.25 c
20980	Buttermilk	0.25 c
20980	Vegetable oil, optional	1.00 ts
20981	Light brown sugar	1.50 c
20981	Light corn syrup	0.67 c
20981	(1 stick) unsalted butter;	4.00 oz
20981	-cut into tablespoons	0.00
20981	Heavy cream	1.00 c
20981	Brandy	0.25 c
20982	Filling	0.00
20982	Plus 1 1/2 tsp vegetable oil	1.00 tb
20982	Onion; finely chopped	1.00 md
20982	Cabbage; finely chopped	4.00 c
20982	Caraway seed	1.00 ts
20982	Dried dill weed	1.00 ts
20982	Medium-firm tofu	8.00 oz
20982	Salt, plus more to taste	0.50 ts
20982	Lemon juice	2.00 tb
20982	Tahini	1.00 tb
20982	Paprika	0.25 ts
20982	Poppy seeds	1.00 ts
20982	Dough	0.00
20982	Soy milk	0.50 cn
20982	Lemon juice or cider vinegar	1.50 ts
20982	Whole wheat bread flour	0.50 c

Sheet1

20982	Whole wheat pastry flour	0.50 c
20982	Rye flour	0.50 c
20982	Salt	0.25 ts
20982	Baking soda	0.50 ts
20982	Baking powder	1.00 ts
20982	Vegetable oil	2.00 tb
20983	Cabbage (shredded)	3.00 c
20983	Can unsweetened pineapple;	1.00 lb
20983	Sugar replacement;	2.00 tb
20983	Salt;	1.00 ds
20983	Lo-cal whipped topping;	0.50 c
20983	(prepared)	0.00
20984	Durum semolina	1.00 c
20984	Egg	1.00
20984	To 1 1/2 cajun spices	1.00 ts
20984	To 2 water, if and as	1.00 tb
20984	Needed	0.00
20984	Durum semolina	1.25 c
20984	Egg	1.00
20984	To 1 1/2 cajun spices	1.00 ts
20984	Vegetable oil, optional	1.00 tb
20984	Water, if and as needed	1.00 tb
20985	Minced garlic	2.00 T
20985	Kosher salt	2.00 T
20985	Freshly ground black pepper	1.00 T
20985	Red pepper flakes	1.00 t
20985	Cayenne	2.00 t
20985	Paprika	3.00 T
20985	Ground mace	0.25 t
20985	Dried thyme	0.50 t
20985	Sugar	2.00 T
20985	Pork butt, fat and lean	5.00 lb
20985	Separated, cut into 2 inch	0.00
20985	Cubes	0.00
20985	Cold water	0.50 c
20985	Liquid smoke	1.50 t
20985	Medium or wide hog casings	0.00
20986	Whole garlic clove(s)	8.00
20986	Clarified butter	1.00 ts
20986	Sugar	0.50 ts
20986	Pinch of salt	1.00 sm
20987	Hot cooked rice	2.00 c
20987	Canned mandarin oranges	11.00 oz
20987	-- drained, coarsely chopped	0.00
20987	Canned crushed pineapple	8.00 oz
20987	-- drained	0.00
20987	Chopped red pepper	0.50 c
20987	Slivered almonds; toasted	0.50 c
20987	Unsweetened grated coconut	0.50 c



Sheet1

20987	-- toasted*	0.00
20987	Sliced green onions	0.33 c
20987	Mango chutney	2.00 tb
20987	Ground ginger	0.25 ts
20988	Caribou	15.00 lb
20988	Pork; fresh	5.00 lb
20988	Water	3.00 oz
20988	Pepper; black	1.00 oz
20988	Ginger; ground	0.75 oz
20988	Nutmeg; ground	1.25 oz
20988	Allspice; ground	0.50 oz
20988	Coriander; ground	0.50 oz
20988	Paprika	2.00 oz
20988	Garlic powder	2.00 ts
20988	Salt	10.00 oz
20988	Liquid smoke; opt'l	1.00 tb
20988	Sausage casings	0.00
20989	Coarse ground caribou	4.00 lb
20989	Fine ground bacon	1.00 lb
20989	Salt	1.00 tb
20989	Sage ***	1.00 tb
20989	Allspice	1.00 ts
20989	Sugar	2.00 tb
20989	Coriander	1.00 ts
20989	Mustard Seed	1.50 ts
20989	Garlic; minced	6.00 cl
20989	Black pepper	2.00 tb
20989	Cold water	1.00 c
20990	Caribou	15.00 lb
20990	Pork; fresh	5.00 lb
20990	Water	3.00 oz
20990	Pepper; black	1.00 oz
20990	Ginger; ground	0.75 oz
20990	Nutmeg; ground	1.25 oz
20990	Allspice; ground	0.50 oz
20990	Coriander; ground	0.50 oz
20990	Paprika	2.00 oz
20990	Garlic powder	2.00 ts
20990	Salt	10.00 oz
20990	Liquid smoke; opt'l	1.00 tb
20990	Sausage casings	0.00
20991	Coarse ground caribou	4.00 lb
20991	Fine ground bacon	1.00 lb
20991	Salt	1.00 tb
20991	Sage ***	1.00 tb
20991	Allspice	1.00 ts
20991	Sugar	2.00 tb
20991	Coriander	1.00 ts
20991	Mustard Seed	1.50 ts

## Sheet1

20991	Garlic; minced	6.00 cl
20991	Black pepper	2.00 tb
20991	Cold water	1.00 c
20992	Carrots;	0.50 lb
20992	Zucchini;	0.50 lb
20992	Betty's Butter	1.00 tb
20992	Fresh Lemon Juice;	2.00 tb
20992	Salt and pepper to taste;	0.00
20992	Poppy seeds;	1.00 tb
20993	Carrots peeled & grated	2.00 lb
20993	Eggs seperated	3.00 ea
20993	Bread crumbs	1.00 c
20993	Butter	3.00 T
20993	Flour	2.00 T
20993	Sugar	2.00 T
20993	Sour cream beaten	0.67 c
20993	Salt to taste	0.00
20994	Fresh carrots; cut in 1/2"	1.00 lb
20994	-slices	0.00
20994	Crystakube fructose;	1.50 ts
20994	Dijon-style mustard;	1.00 ts
20994	Curry powder;	1.00 ts
20994	Walnut oil;	2.00 ts
20994	Raisins;	2.00 tb
20994	Chopped fresh parsley;	2.00 tb
20995	Carrot; shredded	3.00 c
20995	Low-Calorie Dressing;	0.50 c
20995	Seedless raisins;	0.33 c
20995	(1 1/2-oz box)	0.00
20995	Salt;	0.25 ts
20995	Sugar substitue equivalent	0.00
20995	-to 6 ts sugar	0.00
20995	Lettuce leaves;	0.00
20996	Baking potatoes; peeled	2.00
20996	Carrots; peeled	2.00 sm
20996	Zucchini;	2.00 md
20996	Butter;	2.00 tb
20996	-=OR=-	0.00
20996	Margarine;	2.00 tb
20996	Dried basil;	1.00 ts
20996	Salt	0.00
20996	Black Pepper; freshly ground	0.00
20997	Dried apricots; 11 oz	1.00 pk
20997	Apricot nectar; 12 oz	1.00 cn
20997	Bellgian carrots, drained; 2	2.00 ea
20997	Firmly packed brown sugar	0.50 c
20997	Butter	4.00 T
20997	Slivered almonds	0.25 c
20998	Carrots; peeled	10.00

## Sheet1

20998	Lemon juice;	2.00 ts
20998	Sticks Butter or margarine;	1.67
20998	Crisco;	0.25 c
20998	Dark brown sugar or sub;	0.50 c
20998	-or brown sugar sub....	0.00
20998	Egg or egg replacement;	1.00
20998	Flour;	1.00 c
20998	Baking powder;	1.00 ts
20998	Baking soda;	1.00 ts
20999	-Source: The National	0.00
20999	-Culinary Review, Feb'94	0.00
21000	Cauliflower	1.00 lg
21000	Brussel sprouts; frozen	10.00 oz
21000	Onions, small creamed; frozn	9.00 oz
21000	Margarine	2.00 tb
21000	Flour, all-purpose	2.00 tb
21000	Milk	1.00 c
21000	Salt	0.50 ts
21000	Pepper, whiet	0.25 ts
21000	Worcestershire sauce	1.00 ts
21000	Cheese, Cheddar; shredded	2.00 c
21000	Pimiento, diced; drained	2.00 oz
21000	Breadcrumbs, seasoned	0.25 c
21001	Cauliflower head	1.00
21001	Broccoli	1.00 bn
21001	Onions; sliced and separated	2.00 sm
21001	-into rings	0.00
21001	Mayonnaise	0.50 c
21001	Vegetable oil	0.33 c
21001	Vinegar	0.33 c
21001	Sugar	0.25 c
21001	Salt	0.50 ts
21001	Pepper	0.25 ts
21001	Bacon; cooked and crumbled	2.00 sl
21002	Celery; thinly sliced	3.00 c
21002	Carrots; grated	0.50 c
21002	Apple; unpeeled, cored, and	1.00
21002	-diced	0.00
21002	Mayonnaise;(low-cal)	0.50 c
21002	Sugar(used sugar substitute)	2.00 tb
21002	Salt;	0.50 ts
21002	Vinegar;	2.00 tb
21002	Walnuts; coarsely chopped	0.50 c
21002	-(optional)	0.00
21003	Baking potatoes; peeled and	2.00 lb
21003	-cut into eighths	0.00
21003	Butter or margarine;	0.33 c
21003	-softened	0.00
21003	Egg yolks	5.00 ea

Sheet1

21003	Fresh parsley; finely	2.00 tb
21003	-chopped	0.00
21003	Salt	1.00 ts
21003	Pepper	0.50 ts
21003	Nutmeg	1.00 pn
21003	(8-ounce) package Mozzarella	0.50
21003	-cheese; cut into 10 slices	0.00
21003	All-purpose flour	0.00
21003	Eggs; lightly beaten	2.00 lg
21003	Italian-seasoned breadcrumbs	1.50 c
21003	Vegetable oil	0.00
21004	-I was out of town for a few	0.00
21004	-days and came up with a	0.00
21004	-great gift	0.00
21004	-for my daughter, the book	0.00
21004	-"Food Wizardry for Kids."	0.00
21004	-We	0.00
21004	-tried the recipe for Cheese	0.00
21004	-Eyeballs today -- a fairly	0.00
21004	-appropriate recipe a few	0.00
21004	-days before Halloween!	0.00
21004	-This recipe	0.00
21004	-food processor, and then	0.00
21004	-the child can "roll up" the	0.00
21004	-eyeballs	0.00
21004	-just like playing with	0.00
21004	-clay.	0.00
21005	Whole wheat Lasagna noodles;	6.00 oz
21005	->OR<-	0.00
21005	Enriched lasagna noodles;	6.00 oz
21005	Tomato sauce;	0.50 c
21005	Onion, pepper, & mushrooms;	1.00 c
21005	-mixture of 3 vegetables	0.00
21005	Cottage cheese; low-fat	1.50 c
21005	Eggs;	2.00
21005	Parmesan cheese;	1.00 tb
21005	Mozzarella Cheese; grated	3.00 oz
21005	Parmesan cheese;	2.00 tb
21006	Manicotti shells	8.00
21006	Sm. curd cottage cheese	2.00 c
21006	3 oz pkg softened cream chee	1.00
21006	-se	0.00
21006	Grated parmesan cheese	0.50 c
21006	Chopped parsley	0.25 c
21006	Egg; slightly beaten	1.00
21006	Green onion; sliced	1.00
21006	Salt	0.12 ts
21006	15 oz jar marinara sauce	1.00
21007	Package frozen	2.00 lb

Sheet1

21007	-hashed brown potatoes	0.00
21007	-(partly thawed)	0.00
21007	10-ounce cans Cheddar	2.00
21007	-cheese soup	0.00
21007	13-ounce can evaporated	1.00
21007	-milk, undiluted	0.00
21007	3-ounce can French fried	1.00
21007	-onion rings	0.00
21007	-Salt and pepper	0.00
21008	Frozen hash browns with	24.00 oz
21008	-peppers and onions	0.00
21008	Cheddar cheese; shredded	8.00 oz
21008	Miracle Whip	0.75 c
21008	Parmesan; grated	0.50 c
21009	Corn muffin mix; 8oz	1.00 pk
21009	Onion powder	0.50 ts
21009	Dry mustard	0.25 ts
21009	Cayenne powder	0.12 ts
21009	Jarlsberg cheese	0.75 c
21009	Egg	1.00
21009	Milk	0.33 c
21009	Ripe olives; pitted	30.00
21010	Canned hominy; drained	61.00 oz
21010	Canned chopped green chiles;	6.00 oz
21010	-drained	0.00
21010	Commercial sour cream	24.00 oz
21010	Monterey Jack cheese; shred	8.00 oz
21010	Onion; minced	0.25 c
21010	Jalapeno peppers; seeded	2.00 ea
21010	-and finely chopped	0.00
21010	Fine, dry breadcrumbs	0.25 c
21010	Butter or margarine	0.25 c
21010	Whole green chiles; sliced	0.00
21010	-crosswise	0.00
21010	Pimiento strips	0.00
21011	Flour; all-purpose	2.00 c
21011	Baking powder	1.00 ts
21011	Pumpkin pie spice	1.50 ts
21011	Jar Maraschino cherries;	1.00
21011	. (16oz)	0.00
21011	Mixed dried fruit	8.00 oz
21011	Walnuts; chopped	1.50 c
21011	Butter; softened	1.00 c
21011	Sugar	0.50 c
21011	Eggs	6.00
21011	Vanilla	1.50 ts
21011	Nonstick cooking spray	0.00
21011	Candy spearmint leaves	0.00
21011	. and/or gumdrops	0.00

## Sheet1

21011	Extra Maraschino cherries;	0.00
21011	. halved	0.00
21012	Durum semolina	1.00 c
21012	Chervil	1.00 ts
21012	To 1/3 sour cream or nonfat	0.25 c
21012	Plain yogurt	0.00
21012	Durum semolina	1.33 c
21012	Chervil	1.00 ts
21012	Sour cream or nonfat plain	0.33 c
21012	Yogurt	0.00
21012	Vegetable oil, optional	1.00 tb
21013	Half and half	2.00 c
21013	Plain chevre	8.00 oz
21013	Cloves garlic - minced	2.00
21013	Coarsely chopped	0.75 c
21013	Toasted walnuts	0.00
21013	Finely chopped parsley	0.33 c
21013	Salt and freshly ground	0.00
21013	Pepper to taste	0.00
21014	Feet small hog or sheep	3.00
21014	-casings	0.00
21014	Chicken meat, 15% fat	3.00 lb
21014	Allspice	0.50 ts
21014	Caraway seeds, crushed	0.75 ts
21014	Dried marjoram	0.75 ts
21014	Fine grind white pepper	1.00 ts
21014	Salt, to taste	1.00 ts
21015	Feet small hog or sheep	3.00
21015	-casings	0.00
21015	Chicken meat-15% fat	3.00 lb
21015	Onion powder	1.00 tb
21015	Garlic powder	1.00 ts
21015	Finely fround coriander	1.00 ts
21015	Dried marjoram	0.50 ts
21015	Ground mace	0.50 ts
21015	Finely ground mustard seed	0.50 ts
21015	Paprika	1.00 ts
21015	Fine grind white pepper	1.00 ts
21015	Sugar	1.00 ts
21015	Salt	1.50 ts
21016	Feet small hog or sheep	5.00
21016	-casings	0.00
21016	Chicken meat-15% fat	5.00 lb
21016	Nonfat dry milk powder	1.00 c
21016	Onion powder	1.00 tb
21016	Garlic powder	1.00 ts
21016	Finely ground coriander	2.00 ts
21016	Dried marjoram	1.00 ts
21016	Ground mace	1.00 ts

Sheet1

21016	Finely ground mustard seed	1.00 ts
21016	Paprika	1.00 tb
21016	Sugar	1.00 tb
21016	Ascorbic acid	0.25 ts
21016	-EITHER-	0.00
21016	Salt and -see next line-	3.00 ts
21016	Saltpeter	0.50 ts
21016	-OR-	0.00
21016	Commercial meat cure such as	5.00 ts
21016	-Morton's tender quick	0.00
21017	Chicken breast, whole small	1.00 ea
21017	Clove garlic, minced	1.00 ea
21017	Oil	1.00 tb
21017	Chinese cabbage, chopped	1.00 c
21017	Pea pods, chopped	0.50 c
21017	Water chestnuts, chopped	0.25 c
21017	Onion, chopped	2.00 tb
21017	Crab meat, cooked or canned	0.50 c
21017	Egg, beaten	1.00 ea
21017	Soy sauce	2.00 tb
21017	Dry sherry	1.00 ts
21017	Salt	0.25 ts
21017	Pepper	0.12 ts
21017	Wonton skins or 6 egg roll	40.00 ea
21017	Cooking oil for deep frying	0.00
21018	Uncooked macaroni	1.00 c
21018	Mayonnaise	0.75 c
21018	Onion; finely chopped	1.00 tb
21018	Salt	0.50 ts
21018	Pepper	0.25 ts
21018	Cooked chicken; chopped	1.50 c
21018	Cucumber; chopped	1.00 c
21019	Dried mushrooms	0.50 c
21019	Chicken breast, skin, split	1.00 ea
21019	Clove garlic, minced	1.00 ea
21019	Oil	1.00 tb
21019	16-oz bean sprouts, drained	1.00 cn
21019	Small spinach leaves	2.00 c
21019	Green onion thin sliced	0.50 c
21019	Bamboo shoots, thin sliced	0.50 c
21019	Soy Sauce	2.00 tb
21019	Cornstarch	2.00 ts
21019	Grated ginger root	1.00 ts
21019	Sugar	1.00 ts
21019	Salt	0.25 ts
21019	Egg roll skins	12.00 ea
21019	Oil for deep-fat frying	0.00
21020	Vegetable oil;	1.00 ts
21020	Onion; chopped	0.50 c

## Sheet1

21020	Whole-kernel corn OR;	2.00 c
21020	(10 oz)whole-kernel; thawed	1.00 pk
21020	Red bell pepper; diced	1.00 sm
21020	Green bell pepper; diced	1.00 sm
21020	Hot dried chile pepper;	0.50 ts
21020	Tarragon vinegar OR;	0.25 c
21020	White wine vinegar;	0.25 c
21021	VEGETABLE OIL	1.00 ts
21021	THIN SLICED GINGERROOT	1.00
21021	CLOVE GARLIC, CRUSHED	1.00
21021	CHINESE CABBAGE	2.00 c
21021	-CHOPPED	0.00
21021	SALT	1.00 ts
21021	SUGAR	0.50 ts
21021	MONOSODIUM GLUTAMATE	0.25 ts
21021	-(OPTIONAL)	0.00
21021	CANNED CHICKEN BROTH	0.25 c
21021	PEA PODS	0.50 c
21021	SLICED BAMBOO SHOOTS	0.50 c
21021	THINLY SLICED MUSHROOMS	0.50 c
21022	Chinese peas	1.00 lb
21022	6 1/2 can water chestnuts	1.00
21022	Sliced mushrooms	0.50 c
21023	Dried ancho chilies	2.00
21023	-OR- pasilla chilies	0.00
21023	Red bell pepper	1.00 lg
21023	Canned chipotle chilies	2.00
21023	--(in adobo sauce)	0.00
21023	-- rinsed, seeded	0.00
21023	Pine nuts	0.33 c
21023	Fresh lemon juice	2.00 tb
21023	Garlic cloves	2.00
21023	Olive oil (or more)	0.25 c
21024	Whole almonds	1.50 c
21024	-- blanched or unblanched	0.00
21024	Unsalted butter	0.50 lb
21024	Sugar	1.25 c
21024	Clear corn syrup	3.00 tb
21024	Cream of tartar	0.25 ts
21024	Salt	1.00 pn
21024	Pure vanilla, brandy or	2.00 ts
21024	-cognac vanilla	0.00
21024	To 5 oz. semisweet choc.	4.00
21024	-- melted	0.00
21025	Flour; all-purpose	2.33 c
21025	Light brown sugar; packed	0.67 c
21025	Margarine or butter	0.75 c
21025	Egg; slightly beaten	1.00
21025	Semisweet chocolate chips;	1.00 pk



Sheet1

21025	. 12oz	0.00	
21025	Nuts; chopped	1.00 c	
21025	Eagle Brand sweetened	1.00 cn	
21025	. condensed milk; 14oz	0.00	
21025	Toffee bits; 10oz	1.00 pk	
21026	-----	0.00	
21026	Confectioners' sugar	2.00 lb	
21026	Stick oleo	1.00	
21026	Cream cheese	8.00 oz	
21026	COATING:--	0.00	
21026	Chocolate chips	1.00 pk	
21026	Cake	1.00	
21026	-paraffin wax	0.00	
21027	Pecan pieces; coarsely	2.00 c	
21027	. chopped	0.00	
21027	Salted butter	1.00 lb	
21027	Light brown sugar	1.00 lb	
21027	Vanilla	1.00 ts	
21027	Hershey bars	10.00	
21027	Pecans; finely ground	1.50 c	
21028	tb	0.00	1
21028		2.00	
21028	----	1.00	
21028	Carrots, sliced	1.00	
21028	Acorn squash	1.50	4
21028	-- peeled, seeded & diced	0.00	8
21028	Ground ginger	1.00	
21028	Powdered cinnamon	0.50 t	
21028	Turmeric	0.50	
21028	Ground white pepper, or more	0.25	
21028	Water or vegetable stock	1.50	
21028	Courgettes	1.00 lb	
21028	-- trimmed and sliced	0.00	
21028	Frozen broad beans	1.00 lb	
21028	Salt	0.00	
21028	Squeeze lemon juice	1.00 ea	
21028	Sugar	1.00 ds	
21028	Chopped fresh coriander	0.00	
21028	Couscous	1.00 lb	
21028	Salt	1.00 ts	
21028	Butter	2.00 oz	
21028	Harissa sauce	1.00 tb	
21028	Canned chick peas, drained	15.00 oz	
21028	Olive oil	1.00 tb	
21028	Cumin seeds	1.00 ts	
21028	Raisins	6.00 oz	
21028	Pine nuts	4.00 oz	
21028	Soy yogurt	8.00 oz	
21028	A dusting of paprika	0.00	

Sheet1

21029	Cheese, cream; softened	16.00 oz
21029	Salad dressing mix, ranch	1.00 pk
21029	-(.4 oz)	0.00
21029	Pepper, red sweet; minced	0.50 c
21029	Celery; minced	0.50 c
21029	Onions, green; sliced	0.25 c
21029	Olives, stuffed, sliced	0.25 c
21029	Tortillas, 10"	4.00 x
21030	Cinnamon	1.00 ts
21030	Sugar	1.00 tb
21030	Flour	1.50 c
21030	Baking powder	1.50 ts
21030	Salt	0.50 ts
21030	Sugar	0.25 c
21030	Butter	0.50 c
21030	Dried cranberries --	0.50 c
21030	Chopped	0.00
21030	Sour cream	0.25 c
21030	Orange juice	0.25 c
21030	Orange peel -- grated	2.00 ts
21031	Butter or margarine; softend	0.75 c
21031	Granulated sugar	0.75 c
21031	Eggs	2.00
21031	Vanilla extract	1.00 ts
21031	Flour; all-purpose	3.00 c
21031	Baking powder	1.00 ts
21031	Colored hard candies;	0.33 c
21031	. crushed	0.00
21031	Frosting (opt)	0.00
21031	Candy (opt)	0.00
21032	Milk	1.00 c
21032	Plus 2 Tbsp granulated sugar	0.50 c
21032	Salt	0.50 ts
21032	Active dry yeast	1.00 pk
21032	Warm water	0.25 c
21032	Sifted all-purpose flour	5.00 c
21032	Finely chopped candied	0.50 c
21032	-citron	0.00
21032	Finely chopped candied	0.50 c
21032	-cherries	0.00
21032	Slivered almonds	1.00 c
21032	Grated rind of 1 lemon	0.00
21032	Seedless raisins	1.00 c
21032	Eggs, beaten	2.00
21032	(2 sticks) butter, softened	1.00 c
21032	Nutmeg	0.25 ts
21032	Cinnamon	0.50 ts
21032	Sifted confectioners' sugar	0.67 c
21032	Hot water	2.00 tb

Sheet1

21033	Milk	1.00 c
21033	Butter (or marg.); melted	1.00 c
21033	Water	0.50 c
21033	Flour, all-purpose	5.25 c
21033	Sugar	0.25 c
21033	Salt	1.00 ts
21033	Yeast, dry	2.00 pk
21033	Eggs; beaten	2.00
21033	Lemon rind; grated	0.50 ts
21033	Orange rind; grated	0.50 ts
21033	Raisins, seedless	0.50 c
21033	Fruit, candied; chopped	0.50 c
21033	Nuts; chopped	0.50 c
21033	Butter (or marg.); softened	3.00 tb
21033	Sugar	0.50 c
21033	Cinnamon, ground	1.00 tb
21033	Sugar, powdered	1.00 c
21033	Milk; to 3 tb.	2.00 tb
21033	Vanilla extract	0.25 ts
21033	Cherry halves, candied	0.00
21034	Flour	4.00 c
21034	Sugar	0.75 c
21034	Dry yeast	1.00 pk
21034	Salt	1.00 ts
21034	Cardamom	0.25 ts
21034	Cinnamon	1.00 ts
21034	Grated nutmeg	0.25 ts
21034	Milk	0.67 c
21034	Unsalted butter	0.50 c
21034	Water	0.25 c
21034	Eggs	2.00
21034	Chopped mixed candied fruit	1.00 c
21034	Raisins	0.50 c
21034	Choped walnuts	0.50 c
21035	Active dry yeast	2.00 pk
21035	Warm water	0.50 c
21035	Milk	0.75 c
21035	Butter	0.25 c
21035	Sugar	0.50 c
21035	Salt	2.00 ts
21035	Grated lemon rind	1.00 ts
21035	Sifted all purpose flour	2.00 c
21035	Eggs, beaten	2.00
21035	Sifted all purpose flour	2.75 c
21035	(about - may need more/less)	0.00
21035	Soft Butter (or more)	0.50 c
21035	Sugar	1.33 c
21035	Cinnamon	4.00 ts
21036	Granulated gelatin;	1.00 tb

Sheet1

21036	Cold water;	0.50 c
21036	Chicken broth;	1.00 c
21036	Salt;	0.50 ts
21036	Dried dill weed;	0.50 ts
21036	Sugar;	1.00 ts
21036	Low-fat yogurt;	1.00 c
21036	Green pepper; finely chopped	1.00 c
21036	Radishes; sliced quartered	0.50 c
21036	Green onion; chopped finely	0.25 c
21036	Fresh parsley; snipped	2.00 tb
21036	Crisp lettuce leaves;	0.00
21037	Yellow onions	4.00 sm
21037	Olive oil	2.00 tb
21037	Salt & pepper	0.00
21038	Water	1.50 qt
21038	Salt	2.00 ts
21038	Cornmeal	1.50 c
21038	Gravy, butter, cheese or	0.00
21038	Tomato sauce	0.00
21039	Unsalted butter, softened,	9.00 tb
21039	-divided	0.00
21039	Whipping cream	0.75 c
21039	Half-n-half	0.50 c
21039	Sugar	3.50 c
21039	Vanilla extract	2.00 ts
21039	Shredded coconut; plus 1 tb	0.50 c
21040	Kale;	0.75 lb
21040	--OR--	0.00
21040	Green cabbage;	0.75 lb
21040	Potatoes; peeled & quartered	1.00 lb
21040	Salt & pepper to taste;	0.00
21040	Virgin olive oil;	1.00 tb
21040	Size onion; chopped	1.00 md
21040	Evaporated skim milk;	0.50 c
21041	Pasta; small conchiglie	0.50 lb
21041	Fresh spinach; cooke	0.50 lb
21041	-d/drained	0.00
21041	Or frozen	0.00
21041	Fresh basil; chopped	1.50 tb
21041	Or 1 teaspoon dried	0.00
21041	Fresh parsley; coarsely	0.50 c
21041	-chopped	0.00
21041	Pecorino cheese; grated	1.00 c
21041	Blanched almonds	0.50 c
21041	Garlic; chopped	2.00 cl
21041	Butter; softened	0.25 c
21041	Extra virgin olive oil	0.25 c
21041	Pecorino or pepato cheese;	0.00
21041	-grated	0.00

Sheet1

21042	Mixed cut green & wax beans;	16.00 oz
21042	(1 can)	0.00
21042	Cider vinegar;	0.50 c
21042	Mixed pickling spices;	1.00 tb
21042	Celery; finely chopped	0.25 c
21042	Green pepper; chopped	0.25 c
21042	Onion; chopped	0.25 c
21042	Pimiento; chopped	2.00 tb
21042	Sugar substitute equivalent;	0.00
21042	-to 5 teaspoons sugar	0.00
21042	Crisp lettuce leaves;	0.00
21043	(10 oz) frozen okra, thawed	1.00 pk
21043	Water	2.00 c
21043	Salt	1.00 ts
21043	Yellow cornmeal	1.00 c
21043	Butter	2.00 tb
21044	Chocolate wafer crumbs --	2.25 c
21044	Divided	0.00
21044	Sugar -- divided	0.50 c
21044	Margarine -- melted	0.50 c
21044	Cream cheese -- softened	8.00 oz
21044	Cool Whip -- thawed	12.00 oz
21044	Boiling water	2.00 c
21044	Orange gelatin powder (4	2.00 pk
21044	Serving size)	0.00
21044	Cold water	0.50 c
21044	Ice cubes	0.00
21044	DECORATIONS:	0.00
21044	Assorted rectangle shaped	0.00
21044	Sandwich cookies	0.00
21044	Decorator icing, candy corn,	0.00
21044	Pumpkins	0.00
21045	Milk; divided	2.00 c
21045	Quick-cooking yellow grits	1.00 c
21045	Butter or margarine;	3.00 tb
21045	-softened	0.00
21045	Baking powder	1.00 ts
21045	Salt	1.00 ts
21045	Eggs; lightly beaten	2.00 lg
21045	Red bell pepper; finely	0.25 c
21045	-chopped	0.00
21045	Green onions; finely chopped	0.50 c
21045	To 2 tsp jalapeno pepper;	1.00 ts
21045	-minced and seeded	0.00
21045	Fresh basil; finely chopped	2.00 tb
21045	Fresh or frozen corn; thawed	1.00 c
21045	All-purpose flour	0.25 c
21045	Olive oil; divided	2.00 tb
21045	Garnish: sour cream	0.00

Sheet1

21046	-----from joni's kit	0.00
21046	-chen-----	0.00
21046	Butter	0.50 c
21046	Onions; chopped	2.00 md
21046	Leek+3-inch of greens	1.00
21046	Chopped fine	0.00
21046	Cloves garlic; minced	2.00
21046	Ribs celery; dice fine	2.00
21046	Smoked ham; slice 1/4"thick	0.50 lb
21046	Diced	0.00
21046	Sage; dried and crumbled	1.00 ts
21046	Thyme; dried	1.00 ts
21046	Freshly ground pepper	0.00
21046	8oz pkg plain cornbread	2.00
21046	Stuffing	0.00
21046	Parsley; finely chopped	0.50 c
21046	To 3 cups chicken broth	2.00
21047	White Corn, Canned	1.00 cn
21047	-Creme-Style -- 17 oz.	0.00
21047	White Corn, Shoepeg Or Whole	1.00 cn
21047	-Kernal -- 11 oz (drained)	0.00
21047	Sour Cream -- 8 oz	1.00 ct
21047	Eggs -- beaten	2.00
21047	Margarine -- melted and	0.50 c
21047	-cooled	0.00
21047	Box Corn Muffin Mix -- 8 1/2	1.00
21047	-oz	0.00
21048	Durum semolina	0.75 c
21048	Cornmeal	0.25 c
21048	Egg	1.00
21048	Water, if and as needed	2.00 tb
21048	Durum semolina	1.00 c
21048	Cornmeal	0.25 c
21048	Egg	1.00
21048	Vegetable oil, optional	1.00 tb
21048	Water, if and as needed	1.00 tb
21049	Durum semolina	0.50 c
21049	Rice flour	0.25 c
21049	Cornmeal	0.25 c
21049	Egg	1.00
21049	Walnut or vegetable oil,	1.00 tb
21049	Optional	0.00
21049	Water, if and as needed	0.25 c
21049	Durum semolina	0.67 c
21049	Rice flour	0.33 c
21049	Cornmeal	0.33 c
21049	Egg	1.00
21049	Walnut or vegetable oil,	1.00 tb
21049	Optional	0.00

Sheet1

21049	Water, if and as needed	1.00 tb
21050	Canola oil	1.00 ts
21050	Onion, finely chopped	1.00 sm
21050	Eggs	2.00
21050	Milk	1.00 c
21050	Salt	0.50 ts
21050	Hot pepper sauce	4.00 dr
21050	Cooked kidney or brown beans	2.00 c
21050	Can cream-style corn	14.00 oz
21051	Frozen Silver Queen corn	4.00 c
21051	Peeled, diced pumpkin	4.00 c
21051	Garlic cloves, mashed	2.00
21051	Salt	1.50 ts
21051	White pepper Or to taste	0.50 ts
21051	Water	2.00 c
21051	Ground Pine Nuts OR cashews	0.50 c
21052	Unsalted butter	4.00 tb
21052	Olive oil	1.00 tb
21052	Onion; finely chopped	1.00 sm
21052	Button or cremini mushrooms	4.00 oz
21052	--- 1/2" dice	0.00
21052	Zucchini; 3/4-inch dice	3.00 md
21052	Frozen corn kernels,; thawed	2.00 c
21052	Chopped fresh dill	3.00 tb
21052	Salt and pepper; to taste	0.00
21053	Durum semolina	1.00 c
21053	Nonfat dry milk powder	1.00 tb
21053	Soy flour	1.00 tb
21053	Wheat germ	1.00 tb
21053	Egg	1.00
21053	Vegetable oil, optional	1.00 tb
21053	Water, if and as needed	1.00 tb
21053	Durum semolina	1.25 c
21053	Nonfat dry milk powder	1.00 tb
21053	Soy flour	1.00 tb
21053	Wheat germ	1.00 tb
21053	Egg	1.00
21053	Vegetable oil, optional	1.00 tb
21053	Water, if and as needed	2.00 tb
21054	Cornmeal	2.00 c
21054	Sea salt	1.00 ts
21054	Egg, beaten	1.00
21054	Boiling water	0.00
21054	Rice flour	0.25 c
21055	Durum semolina	0.75 c
21055	Rye flour	0.25 c
21055	Cornmeal	0.25 c
21055	Caraway seeds, optional	1.00 ts
21055	Egg	1.00

Sheet1

21055	Vegetable or olive oil,	1.00 tb
21055	Optional	0.00
21055	To 3 water, if and as needed	2.00 tb
21055	Durum semolina	1.00 c
21055	Rye flour	0.33 c
21055	Cornmeal	0.33 c
21055	Caraway seeds, ground,	1.00 ts
21055	Optional	0.00
21055	Egg	1.00
21055	Vegetable or olive oil,	1.00 tb
21055	Optional	0.00
21055	To 3 water, if and as	2.00 tb
21055	Needed	0.00
21056	Feet small hog casings	5.00
21056	Lean fresh ham, cubed	5.00 lb
21056	Pork skin with fat, cubed	1.00 lb
21056	Salt, or to taste	3.00 ts
21056	Coarse grind black pepper	4.00 ts
21056	Ground nutmeg	2.00 ts
21056	Ground cinnamon	2.00 ts
21056	Cayenne	1.00 ts
21056	Finely ground cloves	1.00 ts
21056	Grated Parmesan cheese	0.25 c
21057	Boneless pork but or	8.00 lb
21057	-shoulder, cut into 1 1/2"	0.00
21057	-cubes	0.00
21057	To 1 - red pepper	0.50
21057	Salt	3.00 tb
21057	Black pepper	2.00 ts
21057	Dried sage	2.00 ts
21058	Reduced sodium chicken broth	14.50 oz
21058	OR	0.00
21058	Vegetable broth	0.00
21058	Finely shredded orange peel	2.00 ts
21058	Finely shredded lemon peel	1.00 ts
21058	Finely shredded lime peel	1.00 ts
21058	Couscous	1.00 c
21058	Chopped dried apricots	0.50 c
21058	Chopped and loosely	0.25 c
21058	Packed FRESH basil	0.00
21059	Dry couscous;*	1.50 c
21059	Boiling water	1.50 c
21059	Carrots;	1.00 c
21059	Bell pepper; green,red, or	1.00 lg
21059	-yellow or all!!	0.00
21059	Green beans; cut into 1"	1.00 c
21059	-pieces	0.00
21059	Red onions; sliced	0.33 c
21059	Currants or raisins;	0.33 c



Sheet1

21059	Almonds; toasted and chopped	2.00 tb
21059	Canola oil;	0.25 c
21059	Orange juice;	0.50 c
21059	Cinnamon;	0.25 ts
21059	Lemmon juice;	3.00 tb
21059	Fresh parsley; chopped	0.50 c
21059	Fresh dill; mixed	1.00 tb
21060	Flour	2.00 c
21060	Baking powder	1.50 ts
21060	Salt	1.00 ts
21060	Baking soda	0.50 ts
21060	Egg	1.00
21060	Soft shortening	0.12 c
21060	Orange juice	0.75 c
21060	Thin rind of 1/2 orange	0.00
21060	Sugar	1.00 c
21060	Cranberries	1.00 c
21060	Nuts	1.00 c
21061	Can jellied cranberry sauce	8.00 oz
21061	Commercial steak sauce	2.50 tb
21061	Brown sugar	1.50 ts
21061	Vegetable oil	1.50 ts
21061	Prepared oil	1.00 ts
21061	Prepared mustard	1.00 ts
21061	1-inch-thick fully-cooked	1.00 ea
21061	-ham slice (about 2 pounds)	0.00
21062	Water	1.50 c
21062	Sugar	0.50 c
21062	Ripe pears; peeled	3.00 md
21062	Dried apricots	12.00
21062	Seedless oranges; peeled,sec	2.00
21062	Cranberries; 1 12 oz bag	3.00 c
21063	Bag cranberries	1.00
21063	Sugar	3.00 tb
21063	Full-bodied red wine	1.33 c
21063	Ground cloves	0.00 ts
21063	Ground ginger	0.00 ts
21063	Grated nutmeg	0.00
21063	Freshly ground black pepper	0.00
21063	Cinnamon stick	1.00
21063	1" strip lemon zest	1.00
21064	Jellied cranberry sauce	1.00 c
21064	Rice vinegar	1.00 tb
21064	Plum preserves	0.25 c
21064	Horseradish	1.00 ts
21064	Cinnamon	0.12 ts
21064	Salt	0.12 ts
21065	Thin-skinned orange; seeded	0.50 ea
21065	-and chopped	0.00

Sheet1

21065	Fresh cranberries	1.50 c
21065	Apple; unpeeled and chopped	1.00 md
21065	Can unsweetened pineapple	8.00 oz
21065	-tidbits; drained	0.00
21066	Butter/margarine	3.00 T
21066	Light cream	1.00 c
21066	Grated parmesan cheese	0.33 c
21066	Pepper	0.12 t
21066	-Pinch ground nutmeg	0.00
21067	Onions; chopped	0.50 c
21067	Cream of celery soup	1.00 cn
21067	Cream cheese; cut into cubes	3.00 oz
21067	Ore Ida Hash Browns,	3.00 c
21067	-to 4 cups (can also use	0.00
21067	-Potatoes O'Brien)	0.00
21067	Cheddar cheese; shredded	0.33 c
21068	Packed fresh cilantro	1.50 c
21068	Pine nuts	0.33 c
21068	Freshly grated Parmesan	0.25 c
21068	Grated lemon peel	1.00 tb
21068	Fresh lemon juice	1.00 tb
21068	Olive oil (or more)	0.25 c
21068	Whipping cream	3.00 tb
21069	Eggless Mayonnaise	0.25 c
21069	Lemon juice	2.00 tb
21069	Cooked noodles	2.00 c
21069	-- (elbow, rotini, or	0.00
21069	-- small shells)	0.00
21069	Green onions, chopped	4.00 ea
21069	Jar artichoke hearts	6.00 oz
21069	-- drained and sliced	0.00
21069	Fresh or dried basil	1.50 tb
21069	Salt	0.50 ts
21070	Milk	1.50 c
21070	Wondra flour	3.00 T
21070	Margarine	3.00 T
21070	Onion; chopped	0.25 c
21070	Red bell pepper; chopped	0.25 c
21070	Salt	0.25 t
21070	Pepper	0.12 t
21070	Garlic; crushed	1.00 cl
21070	Parmesan; grated	0.33 c
21070	Water	6.00 c
21070	Salt	1.00 t
21070	Fettuccine	9.00 oz
21070	Broccoli & cauliflower	1.50 c
21070	-florets	0.00
21071	Beans, red; dried	1.00 lb
21071	Sausage, smoked link; cut 1"	1.00 lb

Sheet1

21071	Ham, smoked; cubed	0.50 lb
21071	Onion; chopped	1.00 lg
21071	Tomatoes; undrained (16oz)	1.00 cn
21071	Garlic clove; crushed	1.00
21071	Salt	1.00 tb
21071	Pepper; to taste	0.00
21071	Rice; hot, cooked	0.00
21072	Yards small sausage casing	3.00
21072	Lean pork (or 2 lb lean	4.00 lb
21072	-pork and 2 lb lean beef)	0.00
21072	Pork fat	2.00 lb
21072	Finely minced garlic	2.00 ts
21072	Freshly ground black	2.00 ts
21072	-pepper	0.00
21072	Salt	3.00 tb
21072	Cayenne	2.00 ts
21072	Ground bay leaf	0.50 ts
21072	Cumin	0.25 ts
21072	Chili powder	0.50 ts
21072	Paprika	4.00 ts
21072	Sugar	0.50 ts
21072	Colgin's liquid hickory	5.00 ts
21072	-smoke	0.00
21073	Red-skinned potatoes (about	6.00 lg
21073	Pounds),	2.50
21073	-peeped and cut into	0.00
21073	-inch pieces	0.50
21073	Paprika	1.00 t
21073	Chili powder	1.00 t
21073	Creole or Cajun seasoning OR	1.00 t
21073	Additional	1.00
21073	-teaspoon chili powder	0.00
21073	Olive oil	0.25 c
21074	Hashbrowns (32 oz)	1.00 pk
21074	Soup, cream of mushroom	1.00 cn
21074	Margarine	0.50 c
21074	Soup, cheddar cheese	1.00 cn
21074	Sour cream	1.00 c
21075	Box	1.00 sm
21075	Cheddar cheese -- shredded	3.00 c
21075	Evaporated milk	1.00 cn
21075	Homogenized milk	1.50 c
21075	Eggs	3.00
21075	Stick Butter	0.50
21075	Salt and pepper -- to taste	0.00
21075	Elbow macaroni	0.00
21076	Potatoes-sliced	4.00
21076	Onion-chopped	1.00
21076	Grated cheese	4.00 oz

Sheet1

21076	Margarine	1.00 T
21076	Bacon-fried or microwaved	4.00 sl
21077	Dried porcini mushrooms	1.00 oz
21077	Olive oil	4.00 tb
21077	Red onion, finely minced	1.00 lg
21077	Fresh brown mushrooms,	1.00 lb
21077	-- cleaned & sliced	0.00
21077	Ripe plum tomatoes, chopped	3.00 sm
21077	Parsley	1.00 tb
21077	Salt & pepper	0.00
21077	Water	6.00 c
21077	Salt	2.50 ts
21077	Cornmeal, finely ground	2.00 c
21077	Olive oil	0.00
21078	Onions	4.00
21078	Milk or buttermilk	0.00
21078	Cornmeal	2.00 c
21078	Salt	1.00 ts
21078	Black pepper	1.00 ds
21078	Oil for deep frying	0.00
21079	Minced garlic	1.00 tb
21079	Minced onion	0.50 c
21079	Vegetable oil, divided use	3.00 tb
21079	Polent (coarse cornmeal)	1.00 c
21079	Canned vegetable broth	3.00 c
21079	Grated Parmesan cheese	0.25 c
21079	Package fresh baby-cut	1.00 lb
21079	Carrots	0.00
21079	Fresh rosemary leaves,	2.00 tb
21079	Minced	0.00
21079	Mixed salad greens	1.00 qt
21080	Cucumbers peeled & chopped	3.00 ea
21080	Scallions chopped	2.00 ea
21080	Yogurt plain	2.00 c
21080	Black pepper	1.00 ts
21080	Dill fresh snipped	2.00 T
21080	Black olives chopped	2.00 T
21081	Vegetable oil	1.00 tb
21081	Unsalted butter	1.00 tb
21081	Red bell peppers; diced in	2.00
21081	-pieces	0.00
21081	(slightly larger than a	0.00
21081	-corn kernel)	0.00
21081	Onion; diced in pieces	1.00 sm
21081	(slightly larger than a	0.00
21081	-corn kernel)	0.00
21081	Ground cumin	1.00 ts
21081	Salt and black pepper; to ta	0.00
21081	-ste	0.00

Sheet1

21081	Frozen corn kernels; thawed	4.00 c
21081	Chopped fresh cilantro	2.00 tb
21082	Uncooked couscous	2.50 c
21082	Olive oil	1.00 tb
21082	Hot water	1.00 c
21082	Butter (1 stick)	0.50 c
21082	Minced onion	0.50 c
21082	Curry powder	3.50 tb
21082	Lemon juice	2.00 tb
21082	Salt	1.00 ts
21082	Tabasco sauce	6.00 ds
21082	Toasted pine nuts	0.50 c
21082	Currants	0.50 c
21083	Idaho potato	1.00 lg
21083	Vegetable oil	1.00 c
21083	-for frying	0.00
21083	Garlic clove(s)	1.00
21083	-finely minced	0.00
21083	Mild curry powder	2.00 ts
21083	Salt	0.25 ts
21084	Flour	1.00 c
21084	Baking powder	1.00 ts
21084	Curry powder	2.00 ts
21084	Salt	1.00 ts
21084	Egg	1.00
21084	Vinegar	1.00 ds
21084	A few dashes hot sauce	0.00
21084	Vidalia onion, peeled	1.00 lg
21084	-halved, thinly sliced	0.00
21084	Vegetable oil for frying	0.00
21085	Durum semoolina	1.00 c
21085	Curry powder	1.00 ts
21085	Egg	1.00
21085	To 2 water, if and as	1.00 tb
21085	Needed	0.00
21085	Durum semolina	1.33 c
21085	Curry powder	1.25 ts
21085	Egg	1.00
21085	Vegetable oil, optional	1.00 tb
21085	To 2 water, if and as	1.00 tb
21085	Needed	0.00
21086	8"x8" pans corn bread	2.00
21086	-crumbled	0.00
21086	Wheat bread	8.00 sl
21086	-toasted and crumbled	0.00
21086	Soda crackers; crumbled	16.00
21086	Eggs; beaten	3.00
21086	Buttermilk	0.25 c
21086	Stick margarine; softened	1.00

Sheet1

21086	Fresh sage	1.00 tb
21086	Sour cream	0.25 c
21086	Vegetable broth	2.50 c
21086	Onions; diced	3.00 lg
21086	Ribs celery; diced	4.00
21087	Olive oil	1.50 tb
21087	Garlic cloves, minced	2.00 ea
21087	Plain soy milk	0.75 c
21087	All-purpose flour	2.00 ts
21087	Nutritional yeast	3.00 tb
21087	Nutmeg	1.00 pn
21087	Fettuccine noodles, cooked	3.00 c
21087	Parsley, for garnish	0.00
21088	Raisins	1.00 c
21088	-Water	2.00 c
21088	Sugar	1.00 c
21088	Shortening	2.00 tb
21088	Cinnamon	2.00 ts
21088	Nutmeg	1.00 ts
21088	Baking soda	1.00 ts
21088	Flour	2.00 c
21089	Part cranberries	1.00 ea
21089	Parts apples *	2.00 ea
21089	Sugar	1.00 ea
21090	Bacon, smoked, unsliced	2.00 lb
21090	Venison, lean	5.00 lb
21090	Sage, rubbed	1.00 T
21090	Smoked salt	1.00 T
21091	Venison, ground	5.00 lb
21091	Pork butt, ground	5.00 lb
21091	Pork fat, ground	1.00 lb
21091	Sausage seasoning	2.50 oz
21092	Macaroni (uncooked)	2.00 c
21092	Pkg. sour cream	8.00 oz
21092	Can cream of chicken soup	10.00 oz
21092	Cheddar cheese, grated	2.00 c
21092	Salt	1.00 ts
21093	Unbleached white flour;	3.00 c
21093	Cracked wheat flour;	2.00 c
21093	Yeast;	2.00 pk
21093	Water	2.00 c
21093	Salt;	1.00 ts
21094	Asparagus, fresh; cooked or	2.00 lb
21094	-2 (15oz) cans asparagus	0.00
21094	Oil, olive	0.50 c
21094	Pickle, dill; liquid of	0.50 c
21094	Pickle, dill; chopped	0.33 c
21094	Garlic clove; crushed	1.00
21094	Lettuce	0.00

Sheet1

21095	Ditalini	12.00 oz
21095	Olive oil	2.00 tb
21095	Flageolet beans, cooked	1.50 c
21095	Garlic clove, chopped	1.00 ea
21095	Pesto	0.75 c
21096	Fresh dove meat (8/10 doves)	1.00 lb
21096	Salt	0.50 ts
21096	Black pepper	0.25 ts
21096	Ground thyme	0.25 ts
21096	Ground sage	0.25 ts
21096	Finely ground ginger	0.50 ts
21097	(1 lb) Italian pannattone	1.00 pk
21097	- bread	0.00
21097	Nutella chocolate-hazelnut	1.00 c
21097	- cream	0.00
21097	Whipping cream	2.00 c
21097	Milk	1.00 c
21097	Eggs	4.00
21097	Egg yolks	3.00
21097	Sugar	0.75 c
21097	Vanilla extract	4.00 ts
21098	Loaves of white bread, 1 lb	5.00 x
21098	-ea., day old, cubed	0.00
21098	Sausage, pork	5.00 lb
21098	;cooked & drained	0.00
21098	Celery; chopped	2.50 c
21098	Onion; finely chopped	0.50 c
21098	Butter/margarine	2.00 lb
21098	Broth, chicken; to 4 1/2 c.	3.75 c
21098	-divided	0.00
21098	;salt	1.00 tb
21098	Sage, rubbed	2.00 ts
21098	Pepper	1.50 ts
21098	Thyme	1.00 ts
21098	Salt, celery	1.00 ts
21098	Poultry seasoning	1.00 ts
21098	Salt, seasoned	1.00 ts
21099	(5 to 5-1/2 pound) ducklings	2.00 ea
21099	-dressed	0.00
21099	Onions; quartered	2.00 md
21099	Apples; quartered	2.00 md
21099	Salt	1.00 ts
21099	Pepper	0.25 ts
21099	Water	1.00 qt
21099	Onion; chopped	2.00 c
21099	Celery; chopped	1.00 c
21099	Carrots; chopped	1.00 c
21099	16-ounce cans blackberries;	2.00 ea
21099	-undrained	0.00

Sheet1

21099	Cointreau	0.25 c
21099	Blackberry jam	0.25 c
21099	Plus 1 tspn all-purpose	1.00 tb
21099	-flour	0.00
21099	Plus 1 tspn butter;	1.00 tb
21099	-softened	0.00
21100	Text recipe	0.00
21101	Raisins	0.50 c
21101	Mixed candied fruit,	0.50 c
21101	-chopped	0.00
21101	Brandy	2.00 tb
21101	All-purpose flour	3.50 c
21101	Sugar	0.75 c
21101	Almonds, ground	0.75 c
21101	Baking powder	2.00 ts
21101	Baking soda	0.25 ts
21101	Salt	0.50 ts
21101	Cardamon, ground	0.50 ts
21101	Nutmeg, ground	0.25 ts
21101	Butter	0.50 c
21101	Cottage cheese	1.00 c
21101	Eggs, slightly beaten	2.00
21101	Vanilla extract	0.50 ts
21101	Walnuts, chopped	0.50 c
21101	Butter, melted	2.00 tb
21101	Powdered sugar	1.50 c
21101	Milk	2.00 tb
21101	-Candied cherries	0.00
21101	-Whole almonds	0.00
21102	-----	0.00
21102	Stick (4 oz.) butter	1.00
21102	Vanilla	1.00 t
21102	Sweetened condensed milk	0.67 c
21102	Confectioners' sugar	6.00 c
21102	Unsweetened chocolate --	8.00 oz
21102	-melted	0.00
21103	1 lb 3 oz white cake mix	1.00 pk
21103	Egg	1.00
21103	Water	0.25 c
21103	Salt	1.00 ts
21103	Lemon extract	1.00 ts
21103	Eggs	3.00
21103	Sifted all purpose flour	0.50 c
21103	Light raisins	1.00 lb
21103	Whole pecans	1.00 lb
21103	Whole candied cherries	0.50 lb
21103	Candied pineapple, cut	0.50 lb
21103	-into strips.	0.00
21104	Bacon	5.00 ea



Sheet1

21104	Margarine	1.00 t
21104	Onion; minced	0.25 c
21104	Condensed crm of potato soup	1.00 c
21104	Water	5.00 oz
21104	Milk	5.00 oz
21104	Cayenne pepper	1.00 x
21104	Salt	1.00 x
21104	Paprika	1.00 x
21105	Lima beans, fresh; about 1lb	2.00 c
21105	Corn, fresh; cut from cob	4.00 c
21105	-about 8 ears	0.00
21105	Butter (or marg.)	3.00 tb
21105	Cream, whipping	0.50 c
21105	Salt	0.50 ts
21105	Pepper	0.12 ts
21106	Graham cracker pie shell	1.00
21106	Cherry or strawberry fruit	1.00 cn
21106	. pie filling or topping	0.00
21106	Cream cheese	8.00 oz
21106	Non-dairy whipped topping	8.00 oz
21106	Powdered sugar	0.25 c
21107	Flour	2.00 c
21107	Baking powder	2.00 ts
21107	Light brown sugar; (1 lb)	1.00 pk
21107	Salt	0.50 ts
21107	Vanilla extract	2.00 ts
21107	Egg whites	1.00 c
21107	Raisins	1.00 c
21107	Nonstick cooking spray	0.00
21107	Confectioners' sugar	0.00
21108	Graham cracker crumbs	1.00 c
21108	Granulated sugar	2.00 T
21108	Butter, melted	3.00 T
21108	Cream cheese	1.50 lb
21108	Granulated sugar	1.00 c
21108	Whipping cream	0.50 c
21108	All-purpose flour	3.00 T
21108	Eggs	3.00
21108	Rum (or 2 T orange juice	2.00 T
21108	And 1 t rum extract)	0.00
21108	Nutmeg	0.50 t
21108	Chocolate cutouts	0.00
21108	Candies	0.00
21109	Butter or margarine;	1.00 c
21109	-softened	0.00
21109	Shortening	0.50 c
21109	Sugar	3.00 c
21109	Eggs	6.00
21109	All-purpose flour	3.00 c

Sheet1

21109	Commercial dairy eggnog	1.00 c
21109	Flaked coconut	1.00 c
21109	Lemon extract	1.00 ts
21109	Vanilla extract	1.00 ts
21109	Coconut extract	0.50 ts
21110	Eggplants	4.00 md
21110	Tomatoes	5.00 lg
21110	Olive oil	4.00 tb
21110	Lemon juice	2.00 tb
21110	Salt & pepper	0.00
21110	Fresh chives, chopped	2.00 ts
21111	Eggplant; cubed	1.00 ea
21111	Phyllo leaves	1.00 x
21111	Onion; diced	1.00 ea
21111	Fines herbs	0.50 tb
21111	Can s/w pre-cut tomatoes	14.50 oz
21111	Oregano	0.50 tb
21111	Parmesean cheese	1.00 c
21111	Garlic powder	0.50 tb
21111	Soft bread crumbs	1.00 c
21111	Basil	0.50 tb
21111	Fresh tomato	1.00 ea
21112	Thin slices Eggplant (50gm)	2.00
21112	Butter (10gm)	2.00 ts
21112	Canned tomatoes (50 gm)	0.25 c
21112	Chives, chopped (2gm)	0.50 ts
21112	Salt and pepper to taste	0.00
21113		1.00
21113	Salt	0.00
21113	Olive oil	2.00 tb
21113	Onion - chopped	1.00 sm
21113	Garlic - minced	2.00 c
21113	White wine - dry	2.00 tb
21113	Parsley - fresh, minced	2.00 tb
21113	Basil - fresh, minced or 1	1.00 tb
21113	-tsp. dried, crumbled	0.00
21113	Freshly ground pepper	0.00
21113	PASTA:	0.00
21113	Flour - all-purpose	3.00 c
21113	Eggs	3.00
21113	Salt	0.50 ts
21113	Water - (about)	3.00 tb
21113	SAUCE:	0.00
21113	Madeira	0.50 c
21113	White wine - dry	0.25 c
21113	Shallots - minced	3.00 tb
21113	Whipping cream	2.00 c
21113	Lemon peel - grated	0.25 ts
21113	Tomatoes - Italian plum,	1.00 c

Sheet1

21113	-peeled, seeded and chopped	0.00
21113	OR drained chopped canned	0.00
21113	-Italian plum tomatoes	0.00
21113	Minced fresh basil	0.00
21114	Eggplant	1.25 lb
21114	Granny Smith apples	2.00 lg
21114	Fennel seeds, ground	0.25 ts
21114	Salt	0.50 ts
21114	Turmeric	0.25 ts
21114	Cayenne	0.25 ts
21114	Mustard oil	0.50 c
21114	Asafetida	0.12 ts
21115	Self-rising cornmeal	3.00 c
21115	Egg	1.00 ea
21115	Milk	0.00
21115	;bacon grease	0.00
21115	Onion; cut up small	1.00 lg
21115	Bell-pepper; cut up small	2.00 tb
21115	Arms off celery stalk; cut	2.00 ea
21115	-up small	0.00
21115	Poultry seasoning	0.00
21115	Black pepper to taste	0.00
21115	Broth- pork, beef or chicken	0.00
21115	;Love	0.00
21116	Olive oil	0.50 c
21116	To 5 garlic cloves; minced	4.00
21116	Red chile pepper	4.00
21116	Seeded and minced	0.00
21116	Spaghetti; cooked al dente	0.75 lb
21116	Salt and fresh grnd pepper	0.00
21116	Fresh parsley; chopped	3.00 tb
21117	Olive oil	0.25 c
21117	Garlic, minced	1.00 cl
21117	Bag (16 oz) frozen cut	1.00
21117	.green beans,thawed & draind	0.00
21117	White vinegar	0.25 c
21117	Dried mint leaves	1.00 ts
21117	Salt	0.25 ts
21117	Pepper	0.12 ts
21117	Chopped walnuts	0.25 c
21117	Feta cheese	0.25 lb
21118	Heads Florence fennel	3.00 lg
21118	-- (Finocchio)	0.00
21118	Onions	2.00 md
21118	Garlic cloves	2.00 ea
21118	Olive oil	5.00 tb
21118	Tomatoes	1.00 lb
21118	Dry white wine	0.25 pt
21118	Thyme	1.00 pn

Sheet1

21118	Salt & pepper	0.00
21119	Durum semolina	1.00 c
21119	To 2 fennel seeds	1.50 ts
21119	Egg	1.00
21119	Olive oil, optional	1.00 ts
21119	To 2 water, if and as	1.00 tb
21119	Needed	0.00
21119	Durum semolina	1.33 c
21119	To 2 fennel seeds	1.50 ts
21119	Egg	1.00
21119	Olive oil, optional	1.00 tb
21119	To 2 water, if and as	1.00 tb
21119	Needed	0.00
21120	Fresh corn kernels, cooked	1.00 c
21120	Ripe papaya, peeled, seeded	1.00
21120	-and cut into 1/4" dice	0.00
21120	Finely diced red onion	0.33 c
21120	Ripe plum tomatoes, seeded	2.00
21120	-and finely diced	0.00
21120	Finely minced garlic	1.50 t
21120	Freshly grated lime zest	1.00 T
21120	Fresh lime juice	0.25 c
21120	Chopped fresh cilantro	0.33 c
21121	Onion; minced	2.00 tb
21121	Celery; chopped	0.67 c
21121	Margarine; melted	3.00 tb
21121	Rice, regular; uncooked	1.00 c
21121	Orange rind; grated	2.00 tb
21121	Orange juice	1.00 c
21121	Water	1.50 c
21121	Salt	1.25 ts
21121	Thyme	0.12 ts
21122	Celery stalks, julienned	2.00 ea
21122	Carrots, julienned	2.00 ea
21122	Fettuccine	12.00 oz
21122	Garlic cloves, chopped	8.00 ea
21122	Olive oil	0.25 c
21122	Mint, chopped	4.00 tb
21122	Salt & pepper	0.00
21123	(12-oz) extra long	1.00 pk
21123	-fettuccine	0.00
21123	Light cream	0.67 c
21123	Sweet butter	0.25 lb
21123	Grated parmesan cheese	0.50 c
21124	Pkg fettuccine uncooked	0.50 lb
21124	Softened butter	0.33 c
21124	Whipping cream room temp	0.75 c
21124	Fresh grated parmesan	0.75 c
21124	-cheese	0.00

Sheet1

21124	Salt	0.50 t
21124	White pepper	0.12 t
21124	-Dash ground nutmeg	0.00
21124	-optional	0.00
21124	-Coarse ground pepper	0.00
21124	-optional	0.00
21124	-Grated parmesan cheese	0.00
21124	-optional	0.00
21125	Fettuccine; whole wheat	1.00 lb
21125	Or 3/4 pound dried	0.00
21125	Garlic; crushed	1.00 cl
21125	Ricotta cheese; (1 1/4	2.50 c
21125	-pounds)	0.00
21125	Milk	1.50 c
21125	Salt	1.50 ts
21125	White pepper	0.00 pn
21125	Red pepper flakes	0.00 pn
21125	Cayenne pepper	0.00 pn
21125	Red bell pepper; chopped	0.50
21125	Fresh dill; chopped	2.00 tb
21126	Noodles, 1/4-inch wide	0.50 lb
21126	Unsalted butter; melted	0.25 lb
21126	Heavy cream; warmed	1.00 c
21126	Parmesan cheese; freshly	0.75 c
21126	-grated	0.00
21126	Salt to taste	0.00
21126	Freshly ground pepper	0.25 ts
21127	Veget-flavored fetucini;	8.00 oz
21127	-or ANY pasta(NO'S comment)	0.00
21127	Virgin olive oil;	3.00 tb
21127	Garlic cloves; minced	2.00 lg
21127	Fresh mushrooms; sliced	0.75 lb
21127	Dry white wine;	0.25 c
21127	Fresh lemon juice;	2.00 tb
21127	To 1/2 ts hot pepper flakes;	0.25 ts
21127	Salt;	0.25 ts
21127	Pepper;	0.50 ts
21127	Chopped fresh parsley;	1.00 ts
21128	Lipton creamy herb soup mix	1.00 pk
21128	Shrimp, partially thawed	8.00 oz
21128	Fettucini, cooked	6.00 oz
21128	Milk	1.75 c
21128	Peas, partially thawed	0.50 c
21128	Parmesan, grated	0.25 c
21130	Sesame seed, toasted	1.00 tb
21130	Distilled white vinegar	2.00 tb
21130	Sugar	2.00 ts
21130	Minced fresh ginger root	1.00 ts
21130	Kikkoman Soy Sauce	4.00 ts

Sheet1

21130	Julienned radishes	1.00 c
21130	Julienned cucumber	1.00 c
21130	Finely shredded lettuce	4.00 c
21130	-- (iceberg)	0.00
21130	Minced fresh cilantro	2.00 ts
21130	-OR- parsley	0.00
21131	Textfile only	1.00
21132	Textfile only	1.00
21133	Butter or margarine; softend	0.75 c
21133	Sugar	1.00 c
21133	Egg	1.00
21133	Vanilla extract	1.00 ts
21133	Salt	0.12 ts
21133	Flour; all-purpose	2.00 c
21134	Cooked, mashed sweet potatos	2.00 c
21134	Bananas, mashed	3.00 ea
21134	Soy milk	1.50 c
21134	Prune juice	0.50 c
21134	Honey	3.00 tb
21134	Allspice	1.00 ts
21134	Chopped candied ginger	2.00 ts
21135	-What a crockpot can do with	0.00
21135	-rice is unbelievable. The	0.00
21135	-rice can literally cook for	0.00
21135	-hours and stay perfect.	0.00
21135	-Even after it's done it	0.00
21135	-stays perfect if left in	0.00
21135	-the	0.00
21135	-pot.	0.00
21136	Ripe tomatoes	3.00 lg
21136	Black mustard seeds	1.00 ts
21136	Olive oil	2.00 tb
21136	Garlic cloves, minced	2.00 ea
21136	Bay leaf	1.00 ea
21136	Turmeric	0.50 ts
21136	Basmati rice, uncooked	1.00 c
21136	Vegetable broth	3.00 c
21136	Chickpeas, cooked	2.00 c
21136	Cilantro	0.25 c
21136	Cayenne	1.00 pn
21137	Feet sheep or small hog	3.00
21137	-casings	0.00
21137	Lean pork, cubed	1.00 lb
21137	Lean beef, cubed	0.75 lb
21137	Pork fat, cubed	0.25 lb
21137	Very finely minced onion	0.25 c
21137	Garlic, finely chopped	1.00 cl
21137	Finely ground coriander	1.00 ts
21137	Dried marjoram	0.25 ts

Sheet1

21137	Ground mace	0.25 ts
21137	Ground mustard seed	0.50 ts
21137	Sweet paprika	1.00 ts
21137	Freshly fine ground white	1.00 ts
21137	-pepper	0.00
21137	Egg white	1.00
21137	Sugar	1.50 ts
21137	Salt, or to taste	1.00 ts
21137	Milk	0.25 c
21138	Potatoes, Kennebecs	5.00 lb
21138	-preferably	0.00
21138	-Kosher or sea salt	0.00
21138	-Peanut oil for frying	0.00
21139	Black olives; sliced	1.00 c
21139	Green chilies; diced	0.25 c
21139	Red onion; sliced	1.00
21139	Celery; finely diced	0.50 c
21139	Cauliflower; diced	0.50 c
21139	Parsley; minced	2.00 ts
21139	Mushrooms; thinly sliced	0.50 c
21139	Garlic; minced	1.00 ts
21139	Red wine vinegar	2.00 tb
21139	Basil leaves	1.00 ts
21139	Green olives; sliced	0.50 c
21139	Capers	1.00 ts
21139	Green pepper; sliced	1.00
21139	Carrot; diced small	0.50
21139	Broccoli; diced	0.50 c
21139	Olive oil	0.25 c
21139	Leaf oregano	1.00 ts
21139	Tarragon leaves	1.00 ts
21139	;Black pepper	1.00 ts
21139	Uncooked pasta spirals,	4.00 lb
21139	- fresh or frozen	0.00
21139	;Vinegar and Oil Dressing	0.50 c
21139	- see recipe	0.00
21140	Egg whites; unbeaten	0.75 c
21140	Sugar	1.67 c
21140	Salt	0.25 ts
21140	Butter; melted	0.75 c
21140	Margarine; melted	0.25 c
21140	Flour	1.00 c
21140	Almonds; finely chopped	0.75 c
21140	Squares unsweetened	4.00
21140	. chocolate	0.00
21140	Margarine	2.00 tb
21140	Confectioners' sugar	1.00 lb
21140	Milk	0.50 c
21140	Vanilla	1.00 ts

Sheet1

21140	Walnuts; chopped	0.00
21140	Chocolate jimmies	0.00
21140	Shredded coconut	0.00
21141	Feet medium hog casings	5.00
21141	Lean pork butt, cubed	3.50 lb
21141	Pork fat, cubed	0.50 lb
21141	Sugar	2.00 ts
21141	Garlic, finely minced	4.00 ts
21141	Black pepper	1.00 ts
21141	Salt, or to taste	1.00 tb
21141	Freshly grated nutmeg	0.25 ts
21141	Freshly grated cinnamon	14.00 ts
21141	Finely chopped ginger	1.00 ts
21141	Ground allspice	0.25 ts
21141	Ground thyme	0.25 ts
21141	Dry white wine	0.50 c
21141	-OR-	0.00
21141	Dry vermouth	0.50 c
21142	Ripe tomatoes; peeled	4.00 md
21142	Sliced fresh okra	3.00 c
21142	Chopped onion	0.25 c
21142	Chopped green pepper	0.25 c
21142	Water	0.50 c
21142	Sugar	1.00 ts
21142	Salt	1.00 ts
21142	Pepper	0.50 ts
21142	All-purpose flour	1.00 tb
21142	Water	2.00 tb
21143	Feet large hog casings	6.00
21143	Lean pork butt, cubed	3.00 lb
21143	Lean beef chuck, cubed	1.00 lb
21143	Veal, cubed	0.50 lb
21143	Pork fat, cubed	0.50 lb
21143	Salt, or to taste	2.50 ts
21143	Black pepper	3.00 ts
21143	Ground marjoram	2.00 ts
21143	Ground summer savory	2.00 ts
21143	Ground allspice	0.50 ts
21143	Garlic, finely minced	3.00 cl
21143	Sweet paprika	2.00 ts
21144	Squash; yellow	2.00 lb
21144	Onion; finely chopped	1.00 md
21144	Salt;	0.50 ts
21144	Sugar;*	0.00 ds
21144	Water	0.50 c
21144	Butter (or marg.); melted	2.00 tb
21145	Tomatoes	6.00 md
21145	Red onions, chopped	0.75 c
21145	Celery, diced, include tops	0.75 c



Sheet1

21145	Olive oil	4.00 ts
21145	Garlic cloves, minced	3.00 ea
21145	Zucchini, diced	0.75 c
21145	Corn kernels	0.75 c
21145	Vegetable broth	4.50 c
21145	Salt	0.75 ts
21145	Basil, chopped	5.00 ts
21145	Small pasta shells, uncooked	0.50 c
21145	Black pepper, to taste	0.00
21146	Ripe tomatoes; diced (1.5#)	5.00 md
21146	Red onion; chopped	1.00 md
21146	Garlic clove; put thru press	1.00 ea
21146	Shredded fresh basil	0.75 c
21146	Chopped parsley	1.00 c
21146	Coarsely crumbled feta	0.33 c
21146	-cheese	0.00
21146	Extra virgin olive oil	3.00 T
21146	Balsamic vinegar	2.00 ts
21146	Salt and pepper (to taste)	0.00 x
21146	Fettucine	1.00 lb
21146	Chopped black olives;	0.25 c
21146	-preferably oil cured (opt.)	0.00
21147	Onion, finely chopped	1.00 sm
21147	Oil	6.00 tb
21147	Tomato, sliced	1.00 lg
21147	Salt	0.50 ts
21147	Curry powder	0.50 ts
21147	Cabbage, shredded	1.00 md
21147	Carrots, sliced into rounds	2.00 ea
21147	Green bell pepper, chopped	1.00 ea
21148	Eggplant	1.00 md
21148	Salt	1.00 ts
21148	Turmeric	0.50 ts
21148	Cayenne	0.12 ts
21148	Black pepper	0.00
21148	Oil for shallow frying	0.00
21148	Lemon wedges	6.00 ea
21149	Wholewheat flour	0.50 c
21149	Sugar	2.00 tb
21149	Salt	1.50 ts
21149	Black pepper	1.00 pn
21149	Cayenne	1.00 pn
21149	Green tomatoes, sliced 1/2"	5.00 lg
21149	-- thick	0.00
21149	Canola oil	2.00 tb
21150	Can whole pickled jalapeno	10.00 oz
21150	-peppers; drained	0.00
21150	Pimiento cheese	0.67 c
21150	All-purpose flour; divided	0.75 c

Sheet1

21150	Plus 2 tablespoons cornmeal;	0.25 c
21150	-divided	0.00
21150	Salt	0.25 ts
21150	Pepper	0.25 ts
21150	Buttermilk	1.00 c
21150	Vegetable oil	0.00
21151	Red tomatoes, peeled	12.00 md
21151	Green apples, sour	5.00 lg
21151	Onion, diced	1.00 lg
21151	Garlic, minced	2.00 cl
21151	Raisins	1.50 c
21151	Apricots, dried, diced	1.00 c
21151	Cider vinegar	1.00 c
21151	Salt	2.00 ts
21151	Cinnamon	1.00 ts
21151	Cayenne pepper	0.00 ds
21151	Candied ginger, finely diced	0.33 c
21152	3-1/2 lb to 4 pound dressed	1.00 ea
21152	-wild goose	0.00
21152	Salt	0.50 ts
21152	Pepper	0.12 ts
21152	Bacon	6.00 sl
21152	Green onions; sliced	1.00 c
21152	Green pepper; chopped	0.25 c
21152	8-ounce pckg herb-seasoned	1.00 ea
21152	-stuffing mix	0.00
21152	;Water	1.25 c
21152	Dried peaches; chopped	1.00 c
21152	Pitted dates; chopped	0.50 c
21152	Egg; slightly beaten	1.00 ea
21153	Garlic cloves, chopped	6.00 ea
21153	Red bell pepper, chopped	1.00 ea
21153	Olive oil	2.00 tb
21153	Broccoli, cut into florets,	1.00 bn
21153	-- stems peeled & diced	0.00
21153	Blanched peas	0.25 c
21153	Tomatoes, chopped	1.00 c
21153	Cayenne, to taste	0.00
21153	Thyme	1.00 pn
21153	Fusilli verde	16.00 oz
21153	Salt, to taste	0.00
21154	Broccoli flowerttes	4.00 c
21154	Olive oil	0.33 c
21154	Garlic; thinly sliced	6.00 c
21154	Salt & pepper; to taste	1.00 x
21155	Fusilli	1.00 lb
21155	Olive oil	0.50 c
21155	Garlic; minced (about 6 c	4.00 t
21155	Capers ; (1 1/2 teaspoons l	0.25 c

Sheet1

21155	Thyme; minced	2.00 T
21155	Red pepper flakes	1.00 t
21155	Parmesan cheese; grated	0.25 c
21156	Pumpkin, peeled & cubed	2.00 c
21156	Sweet potatoes, cubed	2.00 c
21156	Onion, finely chopped	3.00 tb
21156	Oil	1.00 tb
21156	Juice of 1/2 lemon	0.00
21156	Cloves	0.50 ts
21156	Salt	1.00 ts
21156	Coconut milk	1.50 c
21156	Cinnamon	1.00 ts
21157	Strong flour	250.00 g
21157	Eggs	3.00
21157	Water (or a bit less)	50.00 ml
21157	Salt	0.00
21158	Durum semolina	0.75 c
21158	Garbanzo or black bean	0.33 c
21158	Flour	0.00
21158	Onion powder, optional	0.12 ts
21158	Egg	1.00
21158	Olive oil, optional	1.00 ts
21158	Water, if and as needed	2.00 tb
21158	Durum semolina	1.00 c
21158	Garbanzo or black bean	0.33 c
21158	Flour	0.00
21158	Onion powder, optional	0.12 ts
21158	Egg	1.00
21158	Olive oil, optional	1.25 tb
21158	To 2 water, if and as	1.00 ts
21158	Needed	0.00
21159	Cauliflower;	1.00 sm
21159	Virgin olive oil;	1.00 tb
21159	Cloves garlic; minced	2.00 lg
21159	Toasted Sesame Seeds;	1.00 tb
21159	Dash paprika;	0.00
21159	Pepper to taste;	0.00
21160	Collard greens, trimmed	2.00 lb
21160	- washed, cut into 1" slices	0.00
21160	Sliced fresh garlic	0.25 c
21160	Vegetable oil	0.25 c
21160	Salt	0.50 ts
21160	Black pepper to taste	0.00
21160	Tabasco sauce	0.00
21161	Pink potatoes	4.00 lg
21161	Butter;	6.00 tb
21161	--OR--	0.00
21161	Margarine;	6.00 tb
21161	Garlic	3.00 cl

## Sheet1

21161	Salt & pepper to taste	0.00
21162	Pork butt	2.00 lb
21162	Pork fat	0.50 lb
21162	Ham and ham fat	0.33 lb
21162	-	0.00
21162	-cloves,	0.00
21162	10 medium garlic cloves,	8.00
21162	-peeled	0.00
21162	White pepper	1.00 t
21162	Sage	2.00 T
21162	Cayenne	1.00 pn
21162	Black pepper	2.00 t
21162	"quatre epices" (1 part	2.00 t
21162	-nutmeg,	0.00
21162	-ginger, and 7 parts white	0.00
21162	-pepper)	0.00
21162	Salt	2.00 T
21163	Pork (preferably fresh, not	7.00 lb
21163	- cured, ham), cubed	0.00
21163	Cubed pork fat	3.00 lb
21163	Salt	5.00 tb
21163	Finely minced garlic	3.00 tb
21163	Brandy	1.00 c
21163	Finely ground white pepper	1.00 tb
21163	Crushed bay leaf	1.00 ts
21163	Ground cloves	0.50 ts
21163	Mace	0.50 ts
21163	Dried basil leaf	0.50 ts
21163	Cinnamon	0.50 ts
21163	Dried oregano	0.50 ts
21163	Sage	0.50 ts
21163	Thyme	0.50 ts
21163	Summer savory	0.25 ts
21163	Cayenne	0.25 ts
21163	Sweet paprika	1.00 tb
21163	Sugar	2.00 tb
21163	Ascorbic acid	0.50 ts
21163	Saltpeter	1.00 ts
21163	Feet large beef casings	4.00
21164	Almonds	3.00 T
21164	Cloves garlic; peeled	12.00 ea
21164	Peanut oil	3.00 T
21164	Cream cheese; at room temp	8.00 oz
21164	Our cream;	0.25 c
21164	Worcestershire	1.00 t
21164	Dijon mustard	1.00 t
21164	Chopped parsley;fresh---->	2.00 t
21164	Dry rosemary	1.00 t
21164	Shallots; chopped	2.00 ea

Sheet1

21164	Salt and pepper; to taste	1.00 x
21164	Heavy cream	0.33 c
21165	Thin-Skinned Potatoes;	2.00 lb
21165	-scrubbed and cut into 3/4"	0.00
21165	-dice	0.00
21165	Cloves Garlic; peeled and	6.00 lg
21165	-quartered lengthwise	0.00
21165	Extra-Virgin Olive Oil	0.33 c
21165	Wine Vinegar	3.00 tb
21165	Salt	0.00
21165	Pepper	0.00
21165	Watercress Sprigs; rinsed	4.00 c
21165	-and crisped	0.00
21165	Chives; chopped	2.00 tb
21166	Spaghetti	1.00 lb
21166	Garlic cloves, chopped	8.00 ea
21166	Olive oil	0.25 c
21166	Parsley, chopped	0.50 c
21166	Basil, chopped	0.25 c
21166	Chives, chopped	0.25 c
21166	Sage, chopped	4.00 tb
21166	Salt & pepper	0.00
21167	Margarine	3.00 tb
21167	Olive oil	4.00 tb
21167	Lemon juice	1.00 tb
21167	Garlic cloves, minced	3.00
21167	Black pepper	0.00
21167	Fresh portobello mushrooms,	12.00 lg
21167	-- washed & stems removed	0.00
21168	Potatoes, peeled and	4.00 lb
21168	-quartered	0.00
21168	Salt	1.00 tb
21168	Eggs, lightly beaten	4.00 lg
21168	Milk	1.00 c
21168	Unsalted butter	6.00 tb
21168	Plus extra for pan	0.00
21168	Freshly grated pecorino	0.50 c
21168	Romano cheese	0.00
21168	Chopped boiled ham	1.00 c
21168	Napoli salami, chopped	4.00 sl
21168	Provolone cheese, diced	0.50 c
21168	Mozzarella cheese, diced	0.67 c
21168	Freshly chopped Italian	0.50 c
21168	-parsley	0.00
21168	Salt & pepper to taste	0.00 pn
21168	Dried bread crumbs	0.50 c
21169	Beef chuck, round or shank	5.00 lb
21169	Lean pork butt, cubed	3.00 lb
21169	Pork fat, cubed	2.00 lb

Sheet1

21169	Salt	5.00 tb
21169	Brandy, good quality	1.00 c
21169	Sugar	1.50 tb
21169	Whole peppercorns	2.00 tb
21169	Ground white pepper	1.00 tb
21169	Coriander seed-finely ground	1.00 ts
21169	Garlic, finely minced	2.00 ts
21169	Cardamom	1.00 ts
21169	Ascorbic acid	0.50 ts
21169	Saltpeter	1.00 ts
21169	Feet large beef casings	4.00
21170	Idaho potatoes;	1.50 lb
21170	Onion; finely chopped	0.25 c
21170	Salt	1.00 ts
21170	Freshly ground pepper	0.25 ts
21170	Margarine	1.00 tb
21171	Carrots -- Peel, Cut In	1.25 lb
21171	Diagonal Slices	0.00
21171	Orange Peel -- Freshly	1.00 ts
21171	Grated	0.00
21171	Fresh Orange Juice	0.25 c
21171	Margarine -- *Note	2.00 ts
21171	Honey	2.00 ts
21171	Grated Ginger root	1.00 ts
21171	Salt	0.25 ts
21172	Durum semolina	1.00 c
21172	Egg	1.00
21172	Ground ginger	0.50 ts
21172	Garlic, minced	1.00 cl
21172	To 2 water, if and as	1.00 tb
21172	Needed	0.00
21172	Durum semolina	1.25 c
21172	Egg	1.00
21172	Ground ginger	0.50 ts
21172	Garlic, minced	1.00 cl
21172	To 2 water, if and as	1.00 tb
21172	Needed	0.00
21173	Peanut oil	2.00 tb
21173	Fresh ginger; finely chopped	1.00 tb
21173	Garlic; finely chopped	4.00 cl
21173	Shrimp; peeled & deveined	0.50 lb
21173	Asparagus; sliced diagonally	1.00 lb
21173	. *OR*	0.00
21173	Broccoli; separated	1.00 lb
21173	Pasta of your choice;	0.50 lb
21173	. cooked & drained	0.00
21173	Dry sherry	1.00 tb
21173	Lemon juice	1.00 tb
21174	Text file	1.00

## Sheet1

21175	Egg whites, room temp.	3.00
21175	Powdered sugar	1.00 lb
21175	Vanilla	1.00 ts
21175	Cream of tartar	2.00 ts
21176	Sliced scallions	0.50 c
21176	Garlic cloves; minced	2.00
21176	Turmeric	0.50 ts
21176	Olive oil	2.00 tb
21176	Coarsely grated carrots	3.00 c
21176	Celery rib; grated	1.00
21176	Vegetable stock	0.50 c
21176	Grated fresh gingerroot	1.00 ts
21176	Coriander powder	0.50 ts
21176	Grated fresh coconut	0.50 c
21176	Frozen spinach	1.25 c
21176	-- thawed and drained	0.00
21177	Garlic, peeled	48.00 cl
21177	Milk	1.50 c
21177	Unsalted butter	3.00 tb
21177	Sugar	1.00 tb
21177	Salt	0.25 ts
21177	Freshly ground black pepper	0.00
21178	Sweet potatoes (about 3-1/2	6.00 md
21178	-pounds)	0.00
21178	Brown sugar; firmly packed	0.25 c
21178	Honey	0.25 c
21178	Cornstarch	1.00 tb
21178	Ground cinnamon	0.50 ts
21178	Ground nutmeg	0.25 ts
21178	Orange rind, grated	2.00 ts
21178	Butter or margarine; melted	2.00 tb
21178	Pineapple juice	0.50 c
21178	Walnuts; chopped	0.25 c
21179	+1 tsp butter or margarine	1.00 tb
21179	+1 tsp unsweetened orange	1.00 tb
21179	.juice	0.00
21179	Ground cinnamon	1.25 ts
21179	Or 3 med. sweet potatoes	2.00
21179	.boiled, peeled and cut	0.00
21179	.lengthwise in 8 wedges	0.00
21179	Orange slices (optional)	0.00
21180	Fresh sweet potatoes;	2.50 lb
21180	Margarine;	0.25 c
21180	Brown sugar; packed to	2.00 tb
21180	-measure.	0.00
21180	Sweet'n Low brown sugar	2.00 tb
21180	-substitute	0.00
21180	Pecans; chopped	0.50 c
21181	Fontina cheese; grated	0.50 lb

Sheet1

21181	Heavy cream	0.50 c
21181	Butter	5.50 tb
21181	Parmesan cheese; grated	0.25 c
21181	Gnocchi dumplings	1.00 lb
21181	Leaves of fresh sage; for	0.00
21181	-garnish	0.00
21182	Butter or margarine	3.00 tb
21182	Green pepper; chopped	0.50 c
21182	Onion; finely chopped	0.25 c
21182	All-purpose flour	3.00 tb
21182	Milk	1.50 c
21182	(1 cup) Cheddar cheese;	4.00 oz
21182	-shredded	0.00
21182	Salt	0.50 ts
21182	Dry mustard	0.50 ts
21182	Hot sauce	1.00 ts
21182	Can Hominy; drained	15.50 oz
21182	Ripe olives; drained	0.50 c
21182	Soft breadcrumbs	0.50 c
21182	Butter or margarine; melted	1.00 tb
21183	Dry bread crumbs	1.50 c
21183	Onion powder	1.00 ts
21183	Chili powder	1.00 ts
21183	Salt	1.00 ts
21183	Pepper	0.50 ts
21183	Potatoes, cut into quarters	3.00 lb
21183	Melted butter	0.50 c
21184	Baking potato, scrubbed	1.00
21184	Seasonings of your choice	0.00
21185	Sliced onions	3.00 c
21185	Butteer	3.00 tb
21185	Dry sherry	0.25 c
21185	Sugar	0.50 ts
21185	Grated Parmesan cheese	2.00 tb
21186	Box Keebler graham crackers	1.00
21186	Egg whites, room	3.00
21186	Temperature	0.00
21186	Powdered sugar	4.00 c
21186	Cream of tartar	2.00 ts
21186	Vanilla	1.00 ts
21187	Shrimp (16-20 per pound)	2.00 lb
21187	-shell devein/butterfly	0.00
21187	Linguine	1.50 lb
21187	Heavy cream	2.00 c
21187	Butter, softened	4.00 oz
21187	Fresh parsley, chopped	3.00 tb
21187	-white pepper, to taste	1.00 x
21187	-salt, to taste	1.00 x
21187	Grand Marnier	8.00 tb



Sheet1

21187	Chives, for garnish	2.00 tb
21188	Water	2.00 c
21188	Salt	2.00 t
21188	Milk or Half & Half	0.25 c
21188	Butter	3.00 T
21188	Potatos medium	2.00 ea
21188	Onion	1.00 ea
21188	Carrot	1.00 ea
21188	Flour	0.50 c
21189	Dried wild mushrooms	0.67 c
21189	White mushrooms; chopped	1.00 c
21189	Onion; chopped	1.00 sm
21189	Oil	3.00 tb
21189	Carrots; diced	0.25 c
21189	Celery; diced	0.25 c
21189	Barley	1.00 tb
21189	White beans; cooked	0.50 c
21189	Flour	1.50 tb
21189	Dried thyme	0.50 ts
21189	Garlic powder	0.50 ts
21189	White pepper	0.50 ts
21189	Salt to taste	0.00
21189	Vinegar to taste	0.25 c
21190	Cranberry Juice	1.00 qt
21190	Lemonade	1.00 qt
21190	Pineapple juice	1.00 qt
21190	(or less) Lemon Lime Soda OR	1.00 qt
21190	(or less) Ginger Ale	1.00 qt
21191	Waxy boiling potatoes, -sliced 1/4" thick	6.00 lg 0.00
21191	Head and stalks green	2.00
21191	-garlic, thinly sliced	0.00
21191	Salt	2.00 ts
21191	Sprigs fresh thyme	6.00
21191	2% milk	4.00 c
21191	Butter	0.25 c
21192	Small button mushrooms	8.00 oz
21192	Dry white wine	5.00 tb
21192	Water	5.00 tb
21192	Olive oil	5.00 tb
21192	Juice of half a lemon	0.00
21192	Bay leaf	1.00 ea
21192	Chopped onion	1.00 tb
21192	Thyme	1.00 pn
21192	Coriander	1.00 pn
21192	Fennel seeds	1.00 pn
21192	Salt & pepper	0.00
21193	Butter; or margarine*	1.00 c
21193	Phyllo pastry	1.00 pk

Sheet1

21193	Eggs; beaten	2.00 ea
21193	Onion; finely chopped	1.00 ea
21193	Cream cheese; cut in chunks	8.00 oz
21193	Pepper	0.25 t
21193	Feta cheese	0.50 lb
21193	Frozen chopped spinach	20.00 oz
21194	Nonstick spray	0.00
21194	Slivered Almonds; silvered	0.25 c
21194	Fresh green beans; cut into	1.75 c
21194	-1" piece -=OR=-	0.00
21194	Frozen green beans; french	1.75 c
21194	-style	0.00
21194	Lemon juice;	1.00 ts
21194	Low-fat margarine;	1.00 tb
21195	Can cut green beans; drained	16.00 oz
21195	Onion; diced	1.00 sm
21195	Can Italian-style stewed	14.50 oz
21195	-tomatoes; undrained	0.00
21195	(2.5 oz) shredded mozzarella	0.67 c
21195	-cheese	0.00
21196	Green beans; partially	3.00 cn
21196	-drained, 16 oz. each	0.00
21196	Soup, cream of celery;	2.00 cn
21196	-10 3/4 oz. each	0.00
21196	Water chestnuts; drained and	2.00 cn
21196	-sliced, 5 oz. each	0.00
21196	Salt; to taste	0.00
21196	Pepper; to taste	0.00
21196	Olives, ripe; pitted, sliced	0.50 c
21197	Unsalted butter	2.00 tb
21197	Cumin seeds	0.50 ts
21197	To 4 cloves garlic; peeled	3.00 cl
21197	-and crushed or finely	0.00
21197	-chopped	0.00
21197	To 1/2 tsp chili powder	0.25 ts
21197	Whole green beans	3.00 c
21197	Salt or to taste	0.50 ts
21198	Fresh green beans	2.00 lb
21198	;water	3.00 qt
21198	Green onions; finely chopped	0.50 c
21198	Olive oil	0.33 c
21198	Cider vinegar	0.25 c
21198	Fresh parsley; chopped	0.25 c
21198	Fresh dill; chopped	0.25 c
21198	Salt	0.50 ts
21198	Pepper	0.25 ts
21198	Walnuts; toasted & coarsely	0.75 c
21198	-chopped	0.00
21199	Beef stock	7.50 c

## Sheet1

21199	Spinach	1.50 lb
21199	Carrots	2.00
21199	Small turnip	0.50
21199	Medium potato	1.00
21199	Onion	1.00
21199	Sticks celery	2.00
21199	Salt and pepper	0.00
21199	Juice of 1/2 lemon	0.00
21199	Sugar	1.00 ts
21199	Hard boiled eggs	3.00
21199	Sour cream	6.00 tb
21200	Water;	1.00 c
21200	Green peas; fresh or frozen	2.00 c
21200	Vegetable oil;	1.00 ts
21200	Mushrooms; sliced	4.00 lg
21200	Green onions; chopped	3.00
21200	Low-sodium soy sauce;	1.00 tb
21201	Onion; chopped	1.00 c
21201	Celery; finely chopped	1.00 c
21201	Margarine; melted	6.00 tb
21201	Broccoli, chopped; thawed	10.00 oz
21201	Cheese, pasteurized process;	8.00 oz
21201	-cubed	0.00
21201	Soup, cream of mushroom	10.75 oz
21201	Water	0.67 c
21201	Rice, regular; uncooked	2.00 c
21201	Garlic powder	0.00 ds
21201	Parsley flakes	0.00 ds
21201	Salt; to taste	0.00
21201	Pepper; to taste	0.00
21202	Long grain rice	8.00 oz
21202	Fenugreek sprouts	2.00 oz
21202	Watercress	1.00 bn
21202	Fresh parsley, chopped	2.00 tb
21202	Fresh chives, chopped	2.00 tb
21202	Olive oil	4.00 tb
21202	Wine vinegar	2.00 tb
21202	Salt & pepper	0.00
21203	Green tomatoes; sliced	3.00 c
21203	Flour	3.00 tb
21203	Lemon peel; grated	4.00 ts
21203	Fresh lemon juice	6.00 tb
21203	Butter	3.00 tb
21203	Cinnamon	0.75 ts
21203	Sugar	1.33 c
21203	Salt	0.25 ts
21203	9 " double crust pastry	1.00
21204	Zucchini;	0.50 lb
21204	Yellow summer squash;	0.50 lb

Sheet1

21204	Garlic; minced	1.00 cl
21204	Dried Leaf Oregano;	1.00 ts
21204	Pepper;	0.25 ts
21204	Virgin olive oil;	1.00 ts
21205	Kale, Swiss Chard, Mustard	10.00 c
21205	Greens, or a combination of	0.00
21205	Onions, thinly sliced	2.00 md
21205	Olive oil	2.00 t
21205	Water	0.33 c
21205	Salt & pepper to taste	0.00
21205	Juice of 1/2 lemon, optional	0.00
21206	Fresh artichokes	2.00
21206	Lemon	1.00
21206	Garlic cloves, coarsely	2.00
21206	-- chopped	0.00
21206	Olive oil	4.00 tb
21206	Water	8.00 tb
21207	Fettucine sauce:	0.00
21207	Butter or margarine	0.25 c
21207	All-purpose flour	2.00 tb
21207	Evaporated milk	5.00 oz
21207	Shrimp	1.00 lb
21207	Or crabmeat	0.00
21207	Salt	1.00 ts
21207	Red pepper	0.50 ts
21207	Paprika	0.25 ts
21207	Fettucine; *	8.00 oz
21207	Fish:	0.00
21207	Fish fillets; fresh	1.00 lb
21207	Salt	1.00 ts
21207	Lemon pepper	1.00 ts
21207	Creole seasoning	1.00 ts
21207	Butter or margarine	0.25 c
21207	Garlic; minced	2.00 tb
21208	Potatoes ; new not tiny scr	1.00 lb
21208	Garlic	2.00 c
21208	Rosemary ; dried	1.00 t
21208	Olive oil	2.00 T
21208	Salt	1.00 t
21208	Ground pepper	1.00 x
21209	(to 4) portobello mushrooms	3.00 lg
21209	Olive oil	1.00 c
21209	Red or white wine vinegar	1.00 c
21209	Soy sauce	2.00 tb
21209	Sugar	1.00 tb
21209	Fresh herbs, finely chopped	0.50 c
21209	(savory, thyme,	0.00
21209	Oregano, basil) or	0.00
21209	Dried savory	1.00 tb

Sheet1

21210	Head radicchio	1.00 lg
21210	Olive oil for brushing	0.00
21210	Salt and pepper to taste	0.00
21210	1/2-inch thick	2.00 sl
21210	-smoked mozzarella	0.00
21211	Yellow crookneck;	1.00 lb
21211	--OR--	0.00
21211	Zucchini,	1.00 lb
21211	-OR-	0.00
21211	Pattypan squash;	1.00 lb
21211	Margarine;	1.00 ts
21211	Fresh lemon juici;	2.00 tb
21211	Fresh rosemary; chopped	1.00 ts
21211	--OR--	0.00
21211	Crushed dried rosemary;	0.25 ts
21212	Mayonnaise	1.00 c
21212	Catsup	1.00 c
21212	Guava jelly/jam	0.25 c
21212	Mustard	1.00 t
21212	Clv Garlic (chop fine)	1.00
21212	Lemon juice	2.50 t
21212	Drp	3.00
21213	Acorn squash	2.00 md
21213	Butter or margarine	2.00 tb
21213	Celery; chopped	0.50 c
21213	Onion; chopped	0.33 c
21213	Cooked ham; chopped	1.50 c
21213	Light brown sugar	2.00 tb
21213	Ground allspice	0.12 ts
21214	Dried tomatoes	2.00 c
21214	Cloves garlic, peeled	3.00
21214	Olive oil	1.25 c
21214	Romano cheese	0.50 c
21214	Parmesan cheese	0.50 c
21214	Hazelnuts, roasted and	0.50 c
21214	-chopped	0.00
21214	-Coarsely ground black	0.00
21214	-pepper	0.00
21215	No Stick Cooking Spray	0.00
21215	Small Red Potatoes, cubed &	1.00 lb
21215	Cooked	0.00
21215	Onion, chopped	1.00 sm
21215	Red Pepper, diced	1.00 sm
21215	Thyme or Rosemary (optional)	0.25 t
21215	Salt	0.25 t
21215	Ground Black Pepper	0.12 t
21216	Can, whole hearts of palm	16.00 oz
21216	Sweet green pepper, chopped	1.00 sm
21216	Jar sliced pimientos drained	2.00 oz

Sheet1

21216	Celery stalk, chopped	1.00
21216	Green onions sliced thin	2.00
21216	Chopped fresh parsley leaves	1.00 tb
21216	Vegetable oil	2.00 tb
21216	Lemon juice	0.25 c
21216	Lettuce leaves	0.00
21217	Durum semolina	1.00 c
21217	Dried Italian seasonings	1.00 ts
21217	To 1/3 water, if an as	0.25 c
21217	Needed	0.00
21217	Durum semolina	1.33 c
21217	Dried Italian seasonings	1.00 ts
21217	Vegetable or olive oil,	1.00 tb
21217	Optional	0.00
21217	Water, if and as needed	0.25 c
21218	Butter or margarine	1.00 c
21218	Celery; chopped	2.00 c
21218	Onion; chopped	0.33 c
21218	Parsley flakes	2.00 tb
21218	Poultry seasoning	2.00 ts
21218	Sage; rubbed	2.00 ts
21218	Seasoned salt substitute	1.50 tb
21218	Dry bread cubes	12.00 c
21218	Chicken broth; 13oz	1.00 cn
21219	Carrots	3.00 lg
21219	Chopped fresh dill or	0.50 ts
21219	Dillweed	0.25 ts
21219	Water	3.00 tb
21219	Leeks	2.00
21219	Olive oil	1.00 ts
21219	Cider vinegar	1.00 ts
21219	Ground black pepper	0.25 ts
21220	Potatoes; peeled & quartered	3.00 lb
21220	Margarine	0.25 c
21220	Green onions; sliced	0.75 c
21220	Basil; chopped	1.00 T
21220	Chives; chopped	1.00 T
21220	Dill; chopped	1.00 T
21220	Salt	1.00 t
21220	Pepper	0.50 t
21220	Cheddar cheese; shredded	1.50 c
21220	Milk	0.50 c
21221	Cherry tomatoes	1.50 pt
21221	Soft breadcrumbs	0.50 c
21221	Plus 2 tbsp minced onion	0.25 c
21221	Plus 2 tbsp minced fresh	0.25 c
21221	-parsley	0.00
21221	Olive oil	2.00 tb
21221	Garlic clove; minced	1.00 lg

Sheet1

21221	Dried whole thyme	0.50 ts
21221	Salt	0.25 ts
21221	Pepper	0.12 ts
21222	c	0.00 3
21222		1.50
21222		0.50
21222	-----	1.00
21222	Baking powder	2.00 /2
21222	Egg (lightly beaten)	1.00 2
21222	Vegetable oil	3.00
21222	Milk	1.00 c
21222	Vegetable oil	0.00
21222	Turkey neck	1.00
21222	-(skin removed)	0.00
21222	Giblets and gizzard	0.00
21222	-from 1 turkey	0.00
21222	Leaves from 4	0.00
21222	-celery stalks	0.00
21222	Celery stalk	1.00
21222	Onion, quartered	1.00 sm
21222	Water	12.00 c
21222	Bread cubes (herbed)	12.00 oz
21222	Yellow onion,	1.00 lg
21222	-chopped fine	0.00
21222	Celery stalks,	3.00
21222	-chopped fine	0.00
21222	Rice, cooked (cooled	3.00 c
21222	-uncovered overnight	0.00
21222	-in a shallow dish)	0.00
21222	Mushrooms, sliced	0.50 lb
21222	Pecans, roughly chopped	2.00 c
21222	Butter (or margarine)	0.00
21222	Salt	0.00
21222	Black pepper	0.00
21222	Rubbed sage	0.00
21222	Thyme	0.00
21223	See Part 1	0.00
21224	Fat-free, sodium-reduced	1.00 cn
21224	Chicken stock (14 1/2 oz)	0.00
21224	Water	3.00 tb
21224	Freshly ground black pepper	0.25 ts
21224	Quinoa (available at natural	1.00 c
21224	Foods stores)	0.00
21224	Extra-virgin olive oil	1.00 tb
21224	Dried oregano, crushed	0.50 ts
21224	Dried thyme, crushed	0.75 ts
21225	Cheddar cheese; crumbled or	1.00 lb
21225	-coarsely grated	0.00
21225	(1-1/2 sticks) unsalted	0.75 c

## Sheet1

21225	-butter; room temperature	0.00
21225	Dry sherry	2.00 tb
21225	Worcestershire sauce	0.50 ts
21225	Salt and freshly ground	0.00
21225	-pepper	0.00
21225	Walnuts (about 1 cup);	4.00 oz
21225	-coarsely chopped	0.00
21226	Red, green or blue/black	2.00 lb
21226	. grapes	0.00
21226	Pineapple; peeled & cubed	0.50
21226	White wine	3.00 c
21226	Cranberry juice cocktail	3.00 c
21226	Lemon juice	3.00 tb
21226	Sugar	3.00 tb
21226	Club soda, lemon-lime soda	1.00 qt
21226	. or champagne	0.00
21227	2 layer size white cake mix	1.00 pk
21227	-(3oz each)	0.00
21227	Jello, different colors.	2.00 pk
21227	-(raspberry, lime)	0.00
21228	Nonstick cooking spray	0.00
21228	Fresh snow peas; stem and	0.25 lb
21228	-strings removed -=OR=-	0.00
21228	(6 oz)frozen snow peas;	2.00 pk
21228	Scallions; trimmed & sliced	2.00
21228	(1 jar) pimentos; drained	2.00 oz
21228	Sherry -=OR=-	1.00 tb
21228	Sherry vinegar;	1.00 tb
21229	Apple juice	6.00 c
21229	Bottle cranberry-raspberry	32.00 oz
21229	. juice cocktail	0.00
21229	Can frozen orange juice	6.00 oz
21229	. concentrate; thawed	0.00
21229	Can frozen lemonade	6.00 oz
21229	. concentrate; thawed	0.00
21229	Brown sugar; packed	1.00 c
21229	Water	2.00 c
21229	Cinnamon sticks	4.00
21229	Orange; cut into slices	1.00
21229	Whole cloves	1.00 ts
21229	Angostura bitters	1.00 tb
21229	Rum (optional)	2.00 c
21230	Beef, cut in strips	1.00 lb
21230	Soy sauce	0.25 c
21230	Worcestershire sauce	1.00 T
21230	Hickory salt	0.25 t
21230	Onion salt	0.50 t
21230	Garlic powder	0.50 t
21230	Black pepper	1.00 t



Sheet1

21230	-dash hot sauce	0.00
21231	Beef roast	4.00 lb
21231	Curing salt	4.00 tb
21231	Garlic cloves, peeled	6.00 ea
21231	Bay leaves	3.00 ea
21231	Whole cloves (3)	0.12 ts
21231	Whole coriander seeds	2.00 tb
21231	Whole peppercorns	2.00 tb
21231	Whole mustard seeds	1.00 tb
21231	Brown sugar	0.25 c
21232	Boston pork butt, boned	5.00 lb
21232	Salt	5.00 ts
21232	Red pepper	0.75 ts
21232	Black pepper	1.00 tb
21232	Liquid smoke	2.00 tb
21232	Sage	2.00 tb
21232	Nutmeg	0.12 ts
21232	Vanilla	1.00 ts
21232	Brown sugar	2.00 tb
21233	Unpeeled baking potatoe	1.00
21233	Fat free Italian dressing	2.00 T
21234	Lean pork shoulder	1.00 lb
21234	Vinegar	2.00 tb
21234	Crushed oregano	1.00 ts
21234	Garlic clove, mashed	1.00
21234	Ground black pepper	0.50 ts
21234	Salt	1.00 ts
21234	Cumin	0.12 ts
21235	Butter or margarine	3.00 tb
21235	Onion; finely chopped	1.00 c
21235	Ketchup	0.75 c
21235	Water	0.25 c
21235	Worcestershire sauce	3.00 tb
21235	Light brown sugar; packed	0.25 c
21235	Tomato paste	1.00 tb
21235	White vinegar	1.00 tb
21235	Dry mustard	0.25 ts
21235	Hot pepper sauce	0.25 ts
21235	Cocoa	3.00 tb
21235	Chicken winds	3.50 lb
21236	White hominy,drained(29oz)	1.00 cn
21236	Onion,chopped	0.25 c
21236	Chopped pimentos	0.25 c
21236	Butter or margarine	2.00 T
21236	Flour,all-purpose	2.00 T
21236	Salt	1.00 t
21236	Milk	1.00 c
21236	Cheddar cheese,grated	1.00 c
21237	Large red onion	3.00

Sheet1

21237	Honey	0.33 c
21237	Water	0.25 c
21237	Butter or margarine	3.00 T
21237	Paprika	1.00 t
21237	Ground coriander	1.00 t
21237	Salt	0.50 t
21237	Cayenne pepper	0.12 t
21238	Parsnips; peeled and	1.50 lb
21238	-diagonally sliced into	0.00
21238	-1/2" pieces	0.00
21238	Water	0.75 c
21238	Salt	0.50 ts
21238	Butter	2.00 tb
21238	Honey	1.00 tb
21238	Orange Juice	0.25 c
21238	Orange Peel; grated	1.00 ts
21239	Prepared horseradish	0.50 c
21239	Sour cream	0.25 c
21239	Mayonnaise	0.25 c
21240	Egg;	1.00
21240	Milk;	0.75 c
21240	Water;	0.50 c
21240	Unsweetened cocoa powder;	3.00 tb
21240	Ground nutmeg;	0.50 ts
21241	Heavy cream,	1.00 x
21241	Butter,	1.00 x
21241	Reggiano Parmesan; grated	1.00 x
21241	Salt black pepper to taste.	1.00 x
21242	Chili peppers, fresh or	3.00 ea
21242	-- dried, chopped	0.00
21242	Garlic cloves, chopped	9.00 ea
21242	Water	0.50 c
21242	Spaghetti	1.00 lb
21242	Olive oil	0.25 c
21242	Parsley, chopped	0.25 c
21242	Salt, to taste	0.00
21243	Shrimp; peeled & deveined	1.50 lb
21243	Virgin olive oil	1.00 tb
21243	Chicken broth; defatted	0.25 c
21243	Onion; minced	0.25 c
21243	Red pepper flakes; or more	0.50 ts
21243	-to taste	0.00
21243	Tomatoes; peeled,see	5.00
21243	-ded,pureed	0.00
21243	Fresh dill; chopped	1.00 tb
21243	Clam broth	0.33 c
21243	Dry white wine	0.33 c
21243	Salt and pepper; to taste	0.00
21243	Spaghetti	10.00 oz

Sheet1

21243	Asiago cheese; fresh grated	3.00 tb
21244	-1	0.75
21244	-	0.00
21244	To 1 1/2 lbs of turkey per	1.25
21244	-person for generous	0.00
21244	-leftovers	0.00
21244	-lb	0.00
21244	-moderate leftovers	0.00
21245	Corn oil	1.00 tb
21245	Lime juice	1.00 tb
21245	Cumin; ground	0.50 ts
21245	Cinnamon	0.50 ts
21245	Salt	0.25 ts
21245	Garlic; minced	0.50 ts
21245	Carrots; sliced & cooked	4.00 c
21245	Wheat sprouts or cooked	0.50 c
21245	Wheat berries; for garnish	0.00
21246	Dried corn kernels	2.00 c
21246	Water	10.00 c
21246	Culinary ash -=OR=-	1.00 c
21246	Baking soda	2.00 tb
21247	Whole milk	5.50 c
21247	Cornmeal	0.67 c
21247	Butter	4.00 tb
21247	Maple syrup	0.50 c
21247	Molasses	0.25 c
21247	Ginger	1.00 ts
21247	Cinnamon	1.00 ts
21247	Salt	0.50 ts
21247	Raisins	1.00 c
21247	Vanilla ice cream	0.00
21248	Bay leaf;	1.00
21248	Water	1.00 c
21248	Wine vinegar;	2.00 tb
21248	Corn;	0.50 c
21248	Broccoli flowerets;	0.50 c
21248	Carrot;	0.50 c
21248	Cauliflowerets;	0.50 c
21248	Piniento; chopped	0.25 c
21248	Salt to TASTE(very little	0.00
21248	-for me	0.00
21248	Fresh ground pepper;	0.00
21249	Cucumbers	2.00 md
21249	Green pepper; chopped	0.50 c
21249	Shredded lettuce;	2.00 c
21249	Green onion; finely chopped	2.00 tb
21249	Carrot; grated or shredded	0.75 c
21249	Fresh parsley; finely	2.00 tb
21249	-chopped	0.00

## Sheet1

21249	Tomato; fresh diced	1.00 c
21249	Radish;	0.25 c
21249	Vegetable oil;	1.00 tb
21249	Lemon juice; fresh	3.00 tb
21249	Salt;	1.00 ts
21249	Coarsely ground pepper;	0.75 ts
21250	Asparagus spears;	0.50 lb
21250	-cooked or canned	0.00
21250	Tomato sauce;	0.25 c
21250	Water	0.25 c
21250	Oregano;	0.50 ts
21250	Garlic powder;	0.25 ts
21250	Salt and pepper to taste	0.00
21250	Swiss cheese	0.50 c
21251	Bunches carrots; peeled	2.00 sm
21251	Garlic; whole	2.00 cl
21251	Salt;	1.00 ts
21251	Fresh Italian parsley;	0.00
21251	-chopped	0.00
21251	Salt & pepper to taste;	0.00
21252	Crusty Italian loaf	1.00 lg
21252	Clove of garlic; peeled	1.00 lg
21252	Butter	0.00
21253	Fresh spinach;	1.00 lb
21253	Olive oil;	2.00 tb
21253	Chicken broth; (fat-free)	2.25 c
21253	-divided use	0.00
21253	Onion; finely chopped	0.25 c
21253	Celery; finely chopped	0.25 c
21253	Salt; or to taste	1.00 ts
21253	Ground white pepper;	0.12 ts
21253	Rice;	1.50 c
21254	Uncooked rotini pasta	12.00 oz
21254	Mayonnaise	1.50 c
21254	Grated parmesan cheese	2.00 tb
21254	Red wine vinegar	0.25 c
21254	Italian seasoning	1.00 ts
21254	Black pepper	0.50 ts
21254	Hard-boiled eggs, peeled	8.00
21254	& cubed	0.00
21254	Shredded mozzarella cheese	3.00 c
21254	Green or red pepper, chopped	1.00 lg
21254	Or 5 scallions, chopped	4.00
21254	Finely chopped fresh parsley	2.00 tb
21255	Olive oil	0.25 c
21255	Pinches of basil; mint and	0.00
21255	Oergano	0.00
21255	Garlic clove chopped	1.00 lg
21255	Tomato paste	2.00 ts

Sheet1

21255	14 oz can peeld italian	1.00
21255	Plum tomatoes	0.00
21255	8 oz can sweet peas or	1.00
21255	Equivilent frozen	0.00
21255	Small shells; ditalin or	1.00 lb
21255	Macaroni cooked	0.00
21255	Grated romano or parmesan	0.00
21255	Cheese	0.00
21256	Minced onions	2.00 lg
21256	Garlic clove minced	1.00 lg
21256	Anise seeds	5.00
21256	Rosemary crushed	0.50 t
21256	3-inch piece celery	1.00
21256	Sugar	1.50 t
21256	Crushed basil	2.00 t
21256	-Pinch of oregano	0.00
21256	(29-oz each) tomato sauce	2.00 cn
21256	(8-oz) tomato paste	1.00 cn
21256	(12-oz) water	1.50 c
21256	3-lb slab ribs ****	1.00
21257	Lean pork, cubed	8.00 lb
21257	Cubed pork fat	2.00 lb
21257	Salt	5.00 tb
21257	Sugar	1.00 tb
21257	Fennel seed	5.00 ts
21257	Anise seed	2.00 ts
21257	Garlic, finely minced	1.00 tb
21257	Coarse grind black pepper	2.00 tb
21257	Dry red wine	1.00 c
21257	Ascorbic acid	0.50 ts
21257	Saltpeter	1.00 ts
21257	Feet medium hog casings	6.00
21258	Cooked small macaroni; any s	4.00 c
21258	Canned tomatoes; drained/1"	32.00 oz
21258	- reserve liquid	0.00
21258	Wine vinegar	2.00 tb
21258	Garlic powder	0.25 ts
21258	Dried basil	1.00 ts
21258	Dried oregano	1.00 ts
21258	Parmesan cheese	2.00 tb
21259	Red apple(about 4 oz)	1.00 md
21259	Green pepper strips;	0.50 c
21259	Celery sticks;	0.50 c
21259	Cabbage; shredded	0.75 c
21259	Onion; rings sliced thinly	0.25 c
21259	Poppy Seed Dressing;	0.33 c
21259	Crisp lettuce leaves;	0.00
21260	SCALLOPS,SOAKED IN WATER &	1.00 lb
21260	-CUT IN 1/2(IF LARGE), DRIED	0.00

## Sheet1

21260	EGG WHITE	1.00
21260	SALT & PEPPER TO TASTE	0.00
21260	CORNSTARCH	1.00 ts
21260	PLUS	3.00 c
21260	TO 2 ts OIL	1.00
21260	TO 1 c CANNED BABY CORN	0.50
21260	STRINGED SNOW PEAS	0.50 c
21260	SLICED WATER CHESTNUTS	0.50 c
21260	CHUNKED BOK CHOY	1.00 c
21260	CARROT,VERY THINLY SLICED	1.00
21260	-OPTIONAL	0.00
21260	CLOVES GARLIC,CHOPPED	2.00
21260	GINGER,CHOPPED	1.00 sl
21260	CHICKEN BROTH	1.00 c
21260	DRY SHERRY	1.00 tb
21260	CORNSTARCH DISSOLVED IN	2.00 ts
21260	WATER	1.00 tb
21261	Crescent roll dough; 4oz ea	2.00 pk
21261	Brie cheese; 8oz	1.00 pk
21261	Jalapeno sauce	2.00 tb
21261	Egg; beaten	1.00
21262	Durum semolina	1.00 c
21262	To 1 dried jalapeno flakes	0.50 ts
21262	OR	0.00
21262	Or 2 diced jalapenos	1.00
21262	Egg	1.00
21262	To 2 water or jalapeno	1.00 tb
21262	Liquid, if and as needed	0.00
21262	Durum semolina	1.25 c
21262	To 1 dried jalapeno flakes	0.50 ts
21262	OR	0.00
21262	Or 2 diced jalapenos	1.00
21262	Egg	1.00
21262	Vegetable oil, optional	1.00 tb
21262	To 2 water or jalapeno	1.00 tb
21262	Liquid, if and as needed	0.00
21263	Oranges	2.00 lg
21263	Lemons	2.00 lg
21263	Castor sugar	4.00 oz
21263	Water	0.12 pt
21263	Rum	0.50 pt
21263	Bottle of Rose wine	1.00 lg
21264	Water	7.00 pt
21264	Sea or coarse salt	1.50 lb
21264	Dark brown sugar	1.00 lb
21264	Saltpeter	2.00 oz
21264	Bayleaf	1.00
21264	Sprig thyme	1.00
21264	Juniper berries; crushed	10.00

Sheet1

21264	Peppercorns; crushed	10.00
21265	Browned hamburger meat,	1.00 lb
21265	-drained of fat/grease	0.00
21265	Can whole tomatoes, w/juice	15.00 oz
21265	Can Tomato Paste	12.00 oz
21265	Can Tomato Sauce	15.00 oz
21265	Olive oil	3.00 tb
21265	Water	0.50 c
21265	Basil	1.00 ts
21265	Salt	0.50 ts
21265	Pepper	0.50 ts
21265	Oregano	1.00 ts
21265	Garlic powder	1.00 ts
21265	Onion powder	0.50 ts
21265	Worcestershire Sauce	0.50 ts
21265	Lemon juice (concentrate)	0.50 ts
21265	Thyme	0.12 ts
21265	Marjoram	0.25 ts
21265	Rosemary	1.00 pn
21265	Whole bay leaf	1.00 ea
21265	Parsley, dried or flakes	1.00 pn
21265	Heaping, grated Parmesan	2.00 tb
21266	Beef, cut in strips	1.00 lb
21266	Worcestershire sauce	1.00 T
21266	Onion salt	0.50 t
21266	Black pepper	1.00 t
21266	Soy sauce	0.25 c
21266	Hickory salt	0.25 t
21266	Garlic powder	0.50 t
21266	-dash hot sauce	0.00
21267	Beef broth	16.00 c
21267	Carrots; julienned	2.00 lg
21267	Potato; julienned	1.00 md
21267	Turnip; julienned	1.00 sm
21267	Onion; julienned	1.00 sm
21267	Dried marjoram; crushed	0.50 ts
21267	Salt and pepper to taste	0.00
21267	Croutons	0.00
21268	Sugar	0.33 c
21268	Butter	0.50 c
21268	Vanilla	0.50 ts
21268	Almond extract	0.12 ts
21268	Egg yolk	1.00
21268	Flour; all-purpose	1.00 c
21268	Salt	0.00 ds
21268	Grated chocolate or shavings	0.00
21268	Unsweetened cocoa	2.00 tb
21268	Butter; softened	0.50 c
21268	Confectioners' sugar	1.00 c

Sheet1

21268	Coffee flavor liqueur	2.00	tb
21269	Firm, ripe tomatoes	6.00	lg
21269	Salt	0.50	ts
21269	Scallions, thinly sliced	0.50	c
21269	Garlic cloves, minced	2.00	ea
21269	Celery rib, chopped	1.00	ea
21269	Mushrooms, chopped	1.00	c
21269	Olive oil	2.00	tb
21269	Egg replacer, powdered	1.00	tb
21269	Water	0.25	c
21269	Uncooked kasha	1.00	c
21269	Hot vegetable broth	2.00	c
21269	Wheatgerm	0.25	c
21269	Pine nuts, chopped	0.25	c
21269	Italian parsley, chopped	0.25	c
21269	Thyme	0.50	ts
21270	Raisins	2.00	c
21270	Bourbon	0.50	c
21270	Butter; softened	0.25	c
21270	Sugar	1.50	c
21270	Eggs	5.00	ea
21270	Flour; sifted	4.00	c
21270	Baking powder	2.00	t
21270	Baking soda	1.00	t
21270	Salt	1.00	pn
21270	Lemon zest; grated	1.00	t
21270	Lemon juice	1.00	tb
21270	Pecans; chopped	1.00	c
21271	Salt	8.00	ts
21271	Sugar	2.00	ts
21271	Pepper	4.00	ts
21271	Majoram	4.00	ts
21271	Nutmeg	1.00	ts
21271	Allspice	1.00	ts
21271	Garlic	4.00	tb
21271	Pork	4.00	lb
21271	Pork fat	2.00	lb
21271	Beef	2.00	lb
21272	ea	0.00	6
21272		1.50	
21272		1.00	
21272	Ham bone meaty	1.00	
21272	Onion large grated	1.00	/2
21272	Carrot grated	1.00	4
21272	Water	3.00	2
21272	Turnip peeled & grated	1.00	e
21272	Celery rib w/leaves sliced*	1.00	
21272	Dill sprigs*	3.00	
21272	Parsley sprigs*	3.00	3



Sheet1

21272	Black peppercorns whole*	12.00
21272	Bay leaves*	4.00
21272	Beets large peeled grated	3.00 ea
21272	Potatos peeled and cubed 1"	4.00 ea
21272	Plum tomatos skinned &	16.00 oz
21272	- coarsely chopped	0.00
21272	Onion large chopped	1.00 ea
21272	Carrot sliced	1.00 ea
21272	Bell pepper chopped	1.00 ea
21272	Sunflower oil	0.25 c
21272	Salt	1.00 t
21272	Cabbage shredded	4.00 c
21272	Tomato paste	3.00 T
21272	Prunes pitted & chopped	6.00 ea
21272	Honey	1.00 t
21272	Black pepper fresh ground	1.00 t
21272	Sour cream or plain yogurt	0.50 c
21272	Garlic cloves minced	4.00 ea
21272	Bacon strips fried &	2.00 ea
21272	- crumbled	0.00
21272	Parlsey fresh chopped	2.00 T
21272	Dill fresh chopped	3.00 T
21273	Buttermilk baking mix	2.00 c
21273	Sugar	3.00 tb
21273	Milk	0.50 c
21273	Kiwi fruit	6.00
21273	Raspberry sauce (to follow)	1.00 x
21273	Frozen whipped topping; thaw	0.00
21273	Fresh or frozen raspberries	0.00
21273	Mint leaves to garnish	0.00
21273	Frozen red raspberries	1.00 pk
21273	. w/ syrup; (10oz) thawed	0.00
21273	Cornstarch	1.00 ts
21274	Kiwifruit;	2.00
21274	Strawberries; fresh*	2.00 c
21274	Onrange juice; frozen mixed	1.00 tb
21274	-concentrates with 1 tb	0.00
21274	-water	0.00
21274	Pine nuts; toasted	1.00 ts
21275	Flour	2.00 c
21275	Baking powder	4.00 ts
21275	Salt	0.50 ts
21275	Shortening	1.00 tb
21275	Egg	1.00
21275	Milk	0.00
21276	Sugar	1.00 ts
21276	Water, Lukewarm	1.00 c
21276	Dry Yeast	2.00 pk
21276	Sugar	3.00 tb

Sheet1

21276	Milk (About 110 Degrees F.)	2.00 c
21276	Eggs	2.00 lg
21276	Salt	1.00 tb
21276	Oil Or Melted Butter You	2.00 tb
21276	-Can Use Up To 4 Tbs	0.00
21276	Unbleached Flour More	8.00 c
21276	-If Needed	0.00
21276	Egg Beaten With	1.00 lg
21276	Water For Glaze	1.00 tb
21276	Dry Poppy Seeds	2.00 tb
21277	Cucumbers	3.00 lg
21277	Salt	1.50 tb
21277	Scallion (including top)	1.00
21277	Clove garlic	1.00
21277	Red chili pepper	0.50 ts
21277	Water	0.50 c
21278	Lean boneless beef chuck,	8.00 lb
21278	-cubed	0.00
21278	Beef fat, cubed	2.00 lb
21278	Salt	5.00 tb
21278	Finely minced garlic	1.50 ts
21278	Finely ground white pepper	1.00 tb
21278	Coarsely crushed white peppr	1.50 ts
21278	Coarse grind coriander seed	1.00 tb
21278	Sugar	1.50 tb
21278	Dry white wine	1.00 c
21278	Ascorbic acid	0.50 ts
21278	Saltpeter	1.00 ts
21278	Feet large beef casings	4.00
21279	Sweet butter (4 sticks)	1.00 lb
21279	.+ 2 tsp Sugar (divided use	0.50 c
21279	Egg	1.00
21279	Egg yolk	1.00
21279	.to 5 cups Flour	4.50
21279	Walnuts; chopped	1.00 c
21279	Ground cinnamon	1.50 ts
21279	Ouzo or whiskey	2.00 ts
21279	Confectioners' sugar	0.00
21280	Dark lentils	1.00 c
21280	Long-grain rice	1.00 c
21280	Salt	1.00 ts
21280	Onions, chopped	3.00 md
21280	Oil	2.00 tb
21281	Barley	1.50 c
21281	Mushrooms; dried	1.50 c
21281	Water	7.00 c
21281	Salt	2.00 t
21281	Black pepper	0.25 t
21281	Garlic; finely minced	2.00 c

Sheet1

21281	Onion; dried finely choppe	0.75 c
21281	Butter	0.25 c
21281	Marjoram	1.00 t
21282	Wheat berries	2.00 c
21282	Water	3.00 qt
21282	Salt	1.00 ts
21282	Poppy seeds	2.00 tb
21282	Sugar	0.33 c
21282	Honey	0.33 c
21283	Wheat	2.67 c
21283	Water	4.00 qt
21283	Poppy seeds	1.33 c
21283	Sugar	0.88 c
21283	Honey (dissolved in 3/4 cup	0.00 c
21283	-hot water)	0.00
21283	Chopped walnuts	0.67 c
21283	Apple cut into 1/4 inch	1.33
21283	-squares	0.00
21284	Meat stock beef or pork	2.00 c
21284	Sauerkraut juice	2.00 c
21284	Egg large	1.00 ea
21284	Sour cream	1.00 c
21284	Flour	2.00 T
21284	Dill freshly chopped	1.00 t
21284	Potatos mashed	0.50 c
21284	Rye bread croutons	0.00
21285	Vermicelli	180.00 g
21285	Stick celery	1.00
21285	(350g) leek	1.00 md
21285	Carrot	1.00 sm
21285	Red pepper	1.00 sm
21285	Minced lamb	500.00 g
21285	Onion, chopped	1.00 sm
21285	Clove garlic, crushed	1.00
21285	Chopped fresh rosemary	1.00 T
21285	Chopped fresh parsley	1.00 T
21285	Ground cumin	0.50 t
21285	Egg, lightly beaten	1.00
21285	Stale breadcrumbs	0.50 c
21285	Oil	2.00 T
21285	(7 cups) beef stock	1.75 l
21286	Feet sheep or small hog	4.00
21286	-casings	0.00
21286	Lean spring lamb, cubed	2.50 lb
21286	Lamb or pork fat, cubed	0.50 lb
21286	Coarse grind black pepper	1.00 ts
21286	Fresh mint leaves*	2.00 tb
21286	-OR-	0.00
21286	Dried mint leaves*	2.00 ts

Sheet1

21286	Grated lemon zest	0.25 ts
21286	Salt, or to taste	1.00 ts
21287	Feet sheep or small hog	4.00
21287	-casings	0.00
21287	Lean spring lamb, cubed	2.50 lb
21287	Lamb or pork fat, cubed	0.50 lb
21287	Coarse grind black pepper	1.00 ts
21287	Fresh -OR-	1.00 tb
21287	Dried rosemary	1.50 ts
21287	Garlic, finely minced	1.00 cl
21287	Salt, or to taste	1.00 ts
21288	Size leeks, trimmed well	8.00 md
21288	-washed	0.00
21288	Balsamic vinaigrette	1.00 tb
21289	Carrots; sliced	3.00 c
21289	Water	0.75 c
21289	Salt	0.50 c
21289	Lemon peel; freshly grated	0.50 ts
21289	Lemon juice;	2.00 ts
21289	Parsely; fresh chopped	1.00 tb
21289	Butter or Margarine;	2.00 tb
21289	Dash of liquid sweetner;	0.00
21290	Durum semolina	1.00 c
21290	To 1 lemon pepper seasoning	0.50 ts
21290	Dried chives	2.00 ts
21290	Lemon juice	2.00 tb
21290	Water, as needed	0.25 c
21290	Durum semolina	1.33 c
21290	To 1 lemon pepper seasoning	0.50 ts
21290	Dried chives	2.00 ts
21290	Lemon juice	2.00 tb
21290	Vegetable or olive oil,	1.50 ts
21290	Optional	0.00
21290	To 1/3 water, if and as	0.25 c
21290	Needed	0.00
21291	Durum semolina	1.00 c
21291	Dried or liquid oregano	1.00 ts
21291	OR	0.00
21291	Fresh chopped oregano	1.00 tb
21291	Egg	1.00
21291	Lemon juice	2.00 tb
21291	Durum semolina	1.50 c
21291	Dried or liquid oregano	1.00 ts
21291	Vegetable oil, optional	1.00 tb
21291	Egg	1.00
21291	To 2 lemon juice	1.50 tb
21291	Water, if and as needed	1.00 tb
21292	Potato; tiny new or medium	1.50 lb
21292	Parsley	0.25 c

## Sheet1

21292	Lemon juice	1.00 T
21293	Potatoes; 8 to 10-peeled	4.00 lb
21293	-Water	1.00 c
21293	Lemon juice	0.50 c
21293	Oil;olive	0.33 c
21293	Garlic cloves -minced	3.00
21293	Salt	2.00 ts
21293	Oregano;dried	2.00 ts
21293	-Pepper	1.00 ts
21294	Uncooked rice	1.00 c
21294	Water	2.00 c
21294	Butter or margarine	1.00 tb
21294	Parsley flakes	1.50 ts
21294	Salt	0.50 ts
21294	Oregano leaves	0.25 ts
21294	Lemon juice	1.00 tb
21295	Packed stemmed fresh parsley	0.67 c
21295	Pine nuts	0.25 c
21295	Ground dried thyme	1.00 tb
21295	Grated lemon peel	1.00 tb
21295	Fresh lemon juice	1.00 tb
21295	Olive oil (or more)	0.25 c
21296	Summer squash	1.00 lb
21296	Walnut oil;	1.00 tb
21296	Garlic; minced	1.00 cl
21296	Dried rosemary; crumbled	1.00 ts
21296	Fresh lemon juice;	2.00 tb
21297	-----miami herald-----	0.00
21297	Low-salt vegetable stock	2.00 c
21297	Water	1.00 c
21297	Long grain white rice	0.50 c
21297	Lentils	0.50 c
21297	Onion; sliced	1.00 md
21297	Tomatoes; diced	2.00 md
21297	Dried thyme	1.00 ts
21297	Salt and pepper to taste	0.00
21298	Milk	2.50 c
21298	Sized yams	3.00 md
21298	Sugar	2.00 c
21298	Cinnamon	2.00 ts
21298	Eggs	3.00
21298	Butter	2.00 tb
21298	Blanched slivered almonds	0.50 c
21298	Whiskey or rum	0.50 c
21299	Fresh lima beans; shelled	2.00 c
21299	Fresh corn cut from the cob	1.00 c
21299	Butter or margarine	2.00 tb
21299	All-purpose flour	2.00 tb
21299	Milk	1.00 c

Sheet1

21299	Fresh dillweed; minced -OR-	1.00 ts
21299	Dried whole dillweed	0.25 ts
21299	Salt	0.50 ts
21299	Freshly ground black pepper	1.00 ds
21299	Carrots; shredded	1.00 c
21299	Parmesan cheese; grated	0.25 c
21300	Beans, lima; dried	1.00 lb
21300	Sausage, bulk	1.00 lb
21300	Onion; chopped	1.00
21300	Green pepper; chopped	0.50
21300	Celery; chopped	0.50 c
21300	Tomato sauce; (15 oz)	1.00 cn
21300	Sugar, brown	2.00 tb
21300	Salt	1.50 ts
21300	Chili powder	1.00 ts
21300	Cayenne pepper	0.12 ts
21301	Drained oil-packed sun-dried	1.00 c
21301	-tomatoes (about 6 oz)	0.00
21301	Grated Romano cheese or	0.50 c
21301	-Parmesan cheese	0.00
21301	Chopped fresh basil OR	0.25 c
21301	Dried	1.00 tb
21301	Pine nuts, toasted	2.00 tb
21301	Garlic cloves	3.00
21301	Olive oil	0.75 c
21301	Linguine pasta	0.75 lb
21302	Linguine; cooked al dente	1.00 lb
21302	Mushrooms; thinly sliced	1.00 lb
21302	Garlic; sliced thin	4.00 c
21302	Butter	4.00 T
21302	Olive oil	3.00 T
21302	Salt & pepper	1.00 x
21303	Scallops	1.00 lb
21303	Garlic; minced	2.00 cl
21303	Green onion; thinly sliced	3.00 tb
21303	Dry white wine	0.33 c
21303	Virgin olive oil	2.00 ts
21303	Fresh basil; chopped	1.00 tb
21303	Mushrooms; sliced	1.00 c
21303	Clam broth	0.33 c
21303	Nonfat cottage cheese	0.75 c
21303	Sour cream; nonfat	0.25 c
21303	Skim milk	0.25 c
21303	Sweet hungarian paprika	1.00 tb
21303	Hot hungarian paprika; or	0.12 ts
21303	-to taste	0.00
21303	Salt and pepper; to taste	0.00
21303	Linguini	8.00 oz
21303	Fresh parsley; chopped	1.00 tb

Sheet1

21304	Olive Oil	0.50 c
21304	Raw Sunflower Seeds	0.50 c
21304	Light Soy Sauce	3.00 tb
21304	Lemon Juice	1.50 ts
21304	Parsley Leaves, packed	2.00 c
21304	Green Onion, chopped	1.00
21304	Clove Garlic	1.00 lg
21304	Linguine	1.00 lb
21305	Phelps	0.00
21305	All-purpose flour; sifted	3.00 c
21305	Baking soda	1.25 ts
21305	Salt	0.50 ts
21305	Cinnamon	0.50 ts
21305	Nutmeg	0.50 ts
21305	Cloves	0.25 ts
21305	Ginger	0.12 ts
21305	Black raisins	0.50 c
21305	White raisins	0.50 c
21305	Mixed diced candied fruits	1.00 c
21305	Pecans; chopped	1.00 c
21305	Butter or margarine	1.00 c
21305	Sugar	1.50 c
21305	Eggs; well beaten	2.00
21305	Sherry	1.00 c
21305	Honey	0.50 c
21306	Fresh pork liver, cubed	1.00 lb
21306	Lean pork butt, cubed	0.75 lb
21306	Pork fat, cubed	0.25 lb
21306	Finely diced white onion	1.50 c
21306	Powdered milk	3.00 tb
21306	Finely ground white pepper	1.00 ts
21306	Salt, or to taste	1.50 ts
21306	Paprika	2.00 ts
21306	Sugar	1.00 ts
21306	Marjoram	0.50 ts
21306	Finely ground coriander	0.50 ts
21306	Mace	0.25 ts
21306	Allspice	0.25 ts
21306	Ground cardamom	0.25 ts
21307	Butter	4.00 tb
21307	Flour	4.00 tb
21307	Whole milk	1.00 c
21307	Light cream	1.00 c
21307	Salt	1.00 pn
21308	Milk	0.25 c
21308	Egg	1.00 ea
21308	Corn meal	0.50 c
21308	Flour	0.25 c
21308	Baking powder	1.00 ts

Sheet1

21308	Garlic	0.25 ts
21308	Lg. onion	0.50 ea
21309	Butter	0.25 lb
21309	Rice-long grain	1.50 c
21309	Rice-wild	0.50 c
21309	Onions-chopped	1.00 c
21309	Chicken broth	1.00 qt
21310	Eggs	2.00
21310	Sugar	1.00 tb
21310	Ground nutmeg	0.25 ts
21310	Cooked broad noodles	2.50 c
21310	Vegetable oil	1.00 tb
21310	Unsweetened apple juice	1.00 c
21310	Raisins	0.50 c
21310	Chopped walnuts or pecans	0.25 c
21311	Zucchini; chopped	4.75 c
21311	Plus 2 tbsp onion; chopped	0.50 c
21311	Plus 2 tbsp celery; chopped	0.50 c
21311	;boiling water	1.00 c
21311	Unsalted chicken broth	1.00 c
21311	Eggs; slightly beaten	2.00 ea
21311	(8-oz) package herb-seasoned	1.00 ea
21311	-stuffing	0.00
21311	Poultry seasoning	1.00 ts
21311	Butter flavoring	0.50 ts
21311	Rubbed sage	0.25 ts
21311	Pepper	0.12 ts
21311	Vegetable cooking spray	0.00
21312	Butter	1.00 tb
21312	All-Purpose Flour	0.25 c
21312	Low-Fat (1%) Milk	3.00 c
21312	Salt	1.00 ts
21312	Pepper	0.50 ts
21312	Nutmeg	0.00 pn
21312	Grated Parmesan Cheese	0.75 c
21312	Cooked Fettuccine	1.00 lb
21313	Egg whites	4.00
21313	Baking powder	0.12 ts
21313	Cream of tartar	0.12 ts
21313	Sugar (divided use)	1.25 c
21313	Graham cracker squares;	14.00
21313	. broken into pieces	0.00
21313	. (about 2 cups)	0.00
21313	.+ 2 Tbsp Pecan pieces	1.00 c
21313	. (divided use)	0.00
21313	Whipping cream	1.00 c
21313	Vanilla extract	0.50 ts
21314	Feet medium hog casings	4.00
21314	Lean pork butt, cubed	3.50 lb



Sheet1

21314	Pork fat, cubed	0.50 lb
21314	Grated Parmesan cheese	1.00 c
21314	Freshly ground nutmeg	0.50 ts
21314	Finely ground coriander	0.50 ts
21314	Grated lemon peel	1.00 ts
21314	Grated orange peel	1.00 ts
21314	Finely ground black pepper	1.00 ts
21314	Garlic, very finely chopped	1.00 cl
21314	Salt, or to taste	1.50 ts
21314	Dry vermouth	0.50 c
21315	Lumachine, farfalle or	12.00 oz
21315	-- elbow-shaped pasta	0.00
21315	Sun-dried tomatoes, the	15.00 ea
21315	-- unmarinated type, cut	0.00
21315	-- into strips	0.00
21315	Olive oil	3.00 tb
21315	Garlic clove, chopped	1.00 ea
21315	Salt & pepper, to taste	0.00
21315	Thyme, to taste	0.00
21316	Hot Italian sausage; bulk	0.50 lb
21316	Oriental chile paste (opt)	0.50 ts
21316	Sun-dried tomatoes	6.00
21316	Macaroni; cooked	0.50 lb
21316	Fresh basil; chopped	2.00 tb
21316	Freshly-made bread crumbs	0.50 c
21316	Vegetable oil cooking spray	0.00
21316	H	0.00
21316	Cheese Sauce:	0.00
21316	Butter	2.00 tb
21316	Flour	2.00 tb
21316	Milk; heated	1.50 c
21316	White cheddar cheese; grated	0.50 c
21316	Salt and fresh ground pepper	0.00
21316	-to taste	0.00
21317	Elbow macaroni; or ziti	1.00 lb
21317	Cheese sauce:	0.00
21317	Butter	2.00 tb
21317	Flour; sifted	3.00 tb
21317	Milk; hot	3.00 c
21317	Salt and white pepper	0.00
21317	Nutmeg	0.00
21317	Cheddar cheese; grated	1.00
21317	Parmesan cheese; grated	2.00 tb
21317	Onion; grated	1.00 ts
21317	Dijon mustard	2.00 ts
21317	Fresh parsley; chopped	1.50 ts
21317	Crust:	0.00
21317	Parmesan cheese; grated	0.50 c
21317	Bread crumbs	0.50 c

Sheet1

21317	Egg; beaten	1.00
21317	Mozzarella cheese; grated	0.50 lb
21317	Hard-boiled egg; sliced	3.00
21318	Ham; *	10.00 lb
21318	Coca-cola	6.00 c
21318	Brown Sugar; Dark, Packed	1.00 c
21318	Mustard; Dry	1.00 tb
21318	Mustard; Prepared, Sharp	2.00 tb
21318	Bread Crumbs; Fine, Dry	2.00 c
21319	Raspberries fresh	1.00 lb
21319	Claret	2.25 c
21319	Sparkling water<Club soda>	2.00 T
21319	Sugar	0.33 c
21319	Sour cream	6.00 T
21320	14-Inch Square Wafers Or	6.00
21320	-Tortenboden	0.00
21320	;Water	0.50 c
21320	Sugar	1.00 c
21320	Honey	1.00 c
21320	Egg Whites	6.00 lg
21320	Cream Of Tartar	1.00 ts
21320	Powdered Sugar	2.00 tb
21320	Shelled Walnuts	1.00 lb
21320	Vanilla Extract	1.00 tb
21321	Corn	1.50 c
21321	Green bell pepper, diced	0.25 c
21321	Mild red pepper, diced	0.25 c
21321	Oil	3.00 tb
21321	Shallots, chopped	3.00
21321	Salt & pepper	0.00
21322	Manicotti noodles	1.00
21322	Cream style cottage cheese	2.00 c
21322	8 oz pkg cream cheese	1.00
21322	9 oz pkg frozen, chopped spi	1.00
21322	-nach	0.00
21322	Eggs	2.00
21322	Salt	1.00 ts
21322	Pepper	0.12 ts
21322	Tomato sauce	6.00 c
21322	8 oz pk mozzarella	1.00
21322	Sliced pepperoni	0.00
21322	Ground beef; browned	0.50 lb
21323	Olive oil	0.25 c
21323	Canola oil	0.25 c
21323	Balsamic vinegar	3.00 tb
21323	Vegetarian Worcestershire	1.00 ts
21323	-- sauce	0.00
21323	Salt	0.75 ts
21323	Black pepper	1.00 pn

Sheet1

21323	Sweetener	1.00 tb
21323	Garlic cloves, minced	2.00 ea
21323	Basil, chopped	2.00 ts
21323	Thyme	1.00 pn
21323	Tomatoes, thinly sliced	4.00 ea
21324	Asparagus; fresh	1.50 lb
21324	-=OR=-	0.00
21324	(1 pkg) frozen asparagus;	10.00 oz
21324	Orange peel; finely shredded	1.00 ts
21324	Orange juice;	0.25 c
21324	Vegetable oil;	0.25 c
21324	Lemon juice;	2.00 ts
21324	Salt;	1.00 ts
21324	Of cayenne pepper;	0.00 ds
21325	Carrots	1.00 lb
21325	Dry white wine	0.25 pt
21325	Water	0.25 pt
21325	White wine vinegar	1.00 tb
21325	Garlic clove	1.00 ea
21325	Bay leaf	1.00 ea
21325	Olive oil	6.00 tb
21325	Prepared mustard	1.00 ts
21325	Salt & pepper	0.00
21326	Italian dressing;	0.50 c
21326	-commercial low-calorie	0.00
21326	Pepper	0.12 ts
21326	Cucumber; peeled	1.00 md
21326	-thinly sliced	0.00
21326	Onion; thinly sliced	0.50 sm
21326	Radishes; thinly sliced	0.25 c
21326	Fresh parsley; chopped	2.00 tb
21327	Tomatoes	6.00 lg
21327	Vegetable oil	0.33 c
21327	Plus	1.00 tb
21327	Fresh lemon juice	1.00 ts
21327	Minced garlic	0.50 ts
21327	Salt	0.50 ts
21327	Dried oregano; finely rubbed	0.50 ts
21327	Fresh parsley; minced	2.00 tb
21328	Tomato Wedges; peeled	2.00 c
21328	Radishes; sliced	0.50 c
21328	Red onion; thinly sliced	0.50 md
21328	Celery; cescents	0.50 c
21328	Cucumber; chunks	0.50 c
21328	Dietetic Italian dressings;	0.00
21329	Crabmeat; cooked	14.00 oz
21329	Saltine crackers; crushed	12.00 ea
21329	Egg; lightly beaten	1.00 lg
21329	Plus 2 tsp reduced-calorie	2.00 tb

## Sheet1

21329	-mayonnaise	0.00
21329	Fresh lemon juice	2.00 tb
21329	Dried parsley	1.00 tb
21329	Worcestershire sauce	1.00 ts
21329	Hot pepper sauce, or to	0.50 ts
21329	-taste	0.00
21329	Cornmeal	0.25 c
21330	Cream cheese (3 oz)	1.00 pk
21330	Garlic salt	1.00 t
21330	Pepper	0.25 t
21330	Sour cream	0.50 c
21330	Potatoes; bakers	3.00 lb
21330	Butter or margarine	2.00 T
21330	Paprika	1.00 x
21330	Parsley	1.00 x
21331	Butter	0.50 c
21331	Celery ; chopped	0.50 c
21331	Onion;- chopped	2.00 T
21331	Bread; cubes	4.00 c
21331	Saffron ; (optional)	1.00 pn
21331	Boiling water	0.50 c
21331	Egg ; beaten	3.00 ea
21331	Milk	2.00 c
21331	Salt	1.50 t
21331	Potatoes ;-mashed	2.00 c
21332	Winter squash;	1.75 lb
21332	Vegetable oil;	0.50 ts
21332	Margarine; cut into pieces;	1.50 tb
21332	Ground cinnamon for garnish	0.00
21332	-(optional)	0.00
21333	Head Iceberg lettuce;	0.50
21333	Head boston lettuce;	0.50
21333	Head chicory;	0.50
21333	Spinach;	0.50 lb
21333	Head Romaine lettuce;	0.50
21333	Lo-cal Italtan dressing;	5.00 tb
21333	Parmesan cheese	1.00 tb
21334	Eggs; Separated, At Room	8.00 lg
21334	-Temperature	0.00
21334	Butter	6.00 tb
21334	Honey; Clover Or Wild	14.00 oz
21334	Sugar	2.00 c
21334	Unbleached All-Purpose Flour	6.00 c
21334	Baking Powder	2.00 ts
21334	Baking Soda	2.00 ts
21334	Cinnamon	2.00 ts
21334	Zest And Juice Of 1 Orange	0.00
21334	Strong Coffee	1.00 c
21334	Sour Cream	1.00 c

Sheet1

21334	Filberts Or Walnuts; Chopped	1.00 c
21334	-(Optional)	0.00
21335	Oil (for frying)	4.00 c
21335	Rice vermicelli (sen mee)	6.00 oz
21335	Vinegar	0.50 c
21335	Sugar	0.50 c
21335	Salt	1.00 ts
21335	Tomato paste	1.00 ts
21335	Garlic Pickle (kratiem dong)	3.00 tb
21335	-see note below	0.00
21335	Eggs, beaten	2.00
21335	Green onions, chopped	0.25 c
21335	Red bell pepper, chopped	0.25 c
21335	Chives, chopped 1 inch len.	0.12 c
21335	Fried tofu, small pieces	4.00 oz
21335	Coriander leaves, chopped	1.00 tb
21336	Ground beef	0.50 lb
21336	Onion; chopped	0.50 c
21336	Green pepper; chopped	0.25 c
21336	Chili powder	1.00 t
21336	Campbells pork and beans	16.00 oz
21336	Elbow macaroni; cooked	3.00 c
21336	Cheddar cheese; sharp shredden	2.00 c
21336	Milk	0.50 c
21336	Salt	0.50 t
21337	Unsalted butter; cut in 6	3.00 tb
21337	-pcs	0.00
21337	Plus 1 tablespoon reserved i	0.00
21337	-n refrigerator	0.00
21337	Olive oil	3.00 tb
21337	(3 pounds) baking potatoes	6.00 lg
21337	Kosher salt	1.00 ts
21337	Freshly ground black pepper	0.00
21337	--- to taste	0.00
21337	Chicken stock or canned	2.00 c
21337	-broth	0.00
21338	Green anaheim chile	1.00
21338	Sunflower oil	1.00 tb
21338	Garlic cloves, chopped	2.00
21338	Salt	0.50 ts
21338	Black pepper	0.50 ts
21338	Ears sweet yellow corn,	8.00
21338	-- kernels cut from the cob	0.00
21338	Zucchini or yellow squash,	8.00 sm
21338	-- julienned	0.00
21338	Red bell pepper, diced	1.00
21338	Shelled sunflower seeds	0.25 c
21339	Can whole kernel corn,	15.25 oz
21339	-drained	0.00

Sheet1

21339	Can black beans, rinsed and	15.00 oz
21339	-drained	0.00
21339	Can diced green chiles	4.00 oz
21339	Onion, chopped	1.00 md
21339	Red bell pepper, chopped	1.00
21339	Converted white rice	2.00 c
21339	Boiling water	3.50 c
21339	Thawed frozen orange juice	0.50 c
21339	-concentrate	0.00
21339	Fresh lime juice (from about	6.00 T
21339	Limes)	3.00
21339	Ground cumin	1.50 T
21339	Chili powder	1.00 T
21339	Chopped fresh cilantro	0.33 c
21339	Salt	0.50 t
21340	Crescent dinner roll;-- dou	1.00 cn
21340	Refried beans	0.50 c
21340	Cheese; shredded	0.75 c
21340	Jars Chunky salsa; 12 Oz (ho	1.00 ea
21341	4 1/2 lb pork roast, boned	1.00
21341	And cubed	0.00
21341	Onion, finely chopped	1.00
21341	Red wine vinegar	3.00 tb
21341	Red pepper	1.50 tb
21341	Black pepper, coarse ground	1.50 tb
21341	Salt	2.00 tb
21341	Brandy	2.00 tb
21341	Red pepper flakes	1.00 tb
21341	Fennel seeds	1.00 tb
21341	Cloves garlic, minced	5.00
21341	Cumin, ground	1.00 ts
21341	To 9 - feet pork sausage	6.00
21341	Casing	0.00
21342	Lean ground beef;	0.50 lb
21342	Onion; chopped	0.50 c
21342	Green pepper; chopped	0.25 c
21342	Tomato juice; Hunt's No Salt	3.00 c
21342	Raw macaroni;	1.50 c
21342	Garlic powder;	0.25 ts
21342	Pepper;	0.25 ts
21342	Chili powder;	0.25 ts
21343	Durum semolina	1.00 c
21343	Dried cilantro	1.00 ts
21343	OR	0.00
21343	Fresh cilantro, chopped	1.00 tb
21343	Olive or vegetable oil,	1.00 tb
21343	Optional	0.00
21343	To 1/3 water, if and as	0.25 c
21343	Needed	0.00

Sheet1

21343	Durum semolina	1.25 c
21343	Dried cilantro	1.00 ts
21343	OR	0.00
21343	Fresh cilantro, chopped	1.00 tb
21343	Vegetable or olive oil,	1.00 tb
21343	Optional	0.00
21343	To 1/3 water, if and as	0.25 c
21343	Needed	0.00
21344	Ground beef, lean	0.50 lb
21344	Refried beans	1.00 c
21344	Dried oregano; crushed	1.00 ts
21344	Ground cumin	0.50 ts
21344	Manicotti shells	10.00
21344	Water	1.25 c
21344	8 oz jar picante sauce	1.00
21344	8 oz crtn sour cream; option	1.00
21344	-al	0.00
21344	Chopped green onions	0.25 c
21344	Black olives; sliced	0.25 c
21344	Monterey jack cheese;	0.50 c
21344	-shredded	0.00
21345	Eggplant	1.00 md
21345	Onion; chopped	1.00 md
21345	Parsley; chopped	1.00 tb
21345	Garlic; minced	2.00 cl
21345	Mushrooms; sliced	2.00 c
21345	Margarine; unsalted, soft	1.00 ts
21345	Whole wheat bread	2.00 sl
21345	Water	0.50 c
21345	Paprika	1.00 ts
21346	Green beans; drained	1.00 c
21346	Wax beans	1.00 c
21346	Kidney beans; washed and dr	1.00 c
21346	Sauce:	1.00 x
21346	Garlic	2.00 ea
21346	Wine vinegar	1.00 c
21346	Tarragon vinegar	0.25 c
21346	Wesson oil	1.00 c
21346	Olive oil	0.25 c
21346	Sugar	1.25 c
21346	Italian seasoning; dry	2.00 t
21346	Celery seed	1.00 t
21347	Lean beef, cubed	4.00 lb
21347	Lean pork, cubed	4.00 lb
21347	Pork fat, cubed	2.00 lb
21347	Slat	5.00 tb
21347	Brandy	0.50 c
21347	Dry white wine	0.50 c
21347	Coarse grind black pepper	2.00 tb

Sheet1

21347	Finely ground white pepper	1.00 tb
21347	Cayenne pepper	1.00 ts
21347	Sugar	1.00 tb
21347	Garlic, finely minced	1.00 ts
21347	Finely ground nutmeg	1.00 ts
21347	Finely ground coriander seed	1.00 ts
21347	Finely ground fennel seed	1.00 ts
21347	Ascorbic acid	0.50 ts
21347	Saltpeter	1.00 ts
21347	Feet large beef casings	4.00
21348	Milk	6.00 c
21348	Water	2.00 c
21348	Cabbage chopped	0.33 lb
21348	Potatos peeled and chopped	1.50 lb
21348	Carrots sliced	2.00 ea
21348	Butter	2.00 t
21348	Salt to taste	0.00
21349	Durum semolina	0.75 c
21349	Millet flour	0.25 c
21349	Egg	1.00
21349	Vegetable or olive oil,	1.00 tb
21349	Optional	0.00
21349	To 2 water, if and as	1.00 tb
21349	Needed	0.00
21349	Durum semolina	1.00 c
21349	Millet flour	0.33 c
21349	Egg	1.00
21349	Vegetable or olive oil,	1.00 tb
21349	Optional	0.00
21349	To 3 water, if and as	2.00 tb
21349	Needed	0.00
21350	Potatoes; chopped	2.00 lb
21350	Onion; chopped	1.00 ea
21350	Butter	3.00 T
21350	Vegetable oil	4.00 T
21350	Celery; chopped	0.25 c
21350	Parmesan cheese	0.50 c
21350	Milk	2.00 c
21350	Salt	1.00 t
21350	Chicken broth; canned	2.00 c
21350	Parsley	3.00 T
21351	Durum semolina	1.00 c
21351	Dried mint	1.00 ts
21351	Lemon pepper or peel	0.50 ts
21351	Egg	1.00
21351	To 2 water, if and as	1.00 tb
21351	Needed	0.00
21351	Durum semolina	1.33 c
21351	Dried mint	1.25 ts



Sheet1

21351	Lemon pepper or peel	0.50 ts
21351	Egg	1.00
21351	Olive oil, optional	1.00 tb
21351	To 2 water, if and as	1.00 ts
21351	Needed	0.00
21352	Peppermint candy; crushed	1.00 c
21352	White chocolate; finely	0.75 lb
21352	. chopped *OR*	0.00
21352	White chocolate chips	0.75 lb
21352	Bittersweet chocolate;	0.50 lb
21352	. finely chopped	0.00
21353	Beef chuck w/ bones	2.50 lb
21353	Veal kidney	1.00 ea
21353	Ham cubed 1/2"	0.25 lb
21353	Hotdogs sliced 1/4"	0.25 lb
21353	Butter	2.00 T
21353	Water	6.00 c
21353	Onions chopped	2.00 ea
21353	Capers	1.00 T
21353	Black olives pitted, chopped	0.50 c
21353	Tomatos, peeled & chopped	2.00 ea
21353	Tomato paste	1.00 T
21353	Salt	1.00 t
21353	Black pepper	0.50 t
21353	White pepper	0.50 t
21353	Bay leaves	2.00 ea
21353	Lemon sliced	0.50 ea
21353	Pickled mushrooms	4.00 oz
21353	Dill pickles julienned	2.00 ea
21353	Flour	6.00 T
21354	Rice recipe*	1.00
21355	Envelope Orange gelatin;	1.00
21355	-diet or low-cal	0.00
21355	Boiling water;	2.00 c
21355	White cabbage; chopped	0.50 c
21355	Carrots; shredded	0.50 c
21355	Celery; finely chopped	0.50 c
21355	Celery seeds;	0.25 ts
21356	Cream cheese; softened	3.00 oz
21356	Butter; softened	0.50 c
21356	Brown sugar; packed	0.50 c
21356	Salt	0.50 ts
21356	Flavoring; such as vanilla,	1.00 ts
21356	. lemon or almond	0.00
21356	Flour; all-purpose	1.67 c
21356	Candies for decorating	0.00
21356	Confectioners' sugar	3.00 c
21356	Vanilla or almond extract	1.00 ts
21356	Milk	4.00 tb

## Sheet1

21356	Food coloring for pastel	0.00
21356	. colors	0.00
21356	Color paste for brighter	0.00
21356	. colors	0.00
21357	Dry milk; nonfat, 25.6oz pkg	8.50 c
21357	Instant chocolate drink mix;	3.00 c
21357	. for milk, 16oz pkg	0.00
21357	Non-dairy coffee creamer;	1.50 c
21357	. 6oz jar	0.00
21357	Confectioners sugar	1.50 c
21357	Miniature marshmallows	1.50 c
21358	Flour	4.00 c
21358	Milk, warm	0.50 c
21358	OR	0.00
21358	Water	0.50 c
21358	Egg	1.00
21358	Egg Yolk	1.00
21358	Sour cream	2.00 tb
21358	Salt	0.50 ts
21358	Butter (Optional)	1.00 ts
21359	Woodward	0.00
21359	-----texas hill country	0.00
21359	-cookbook-----	0.00
21359	Uncooked rice	1.00 c
21359	4-oz. green chilies; chopped	2.00 cn
21359	Sour cream	2.00 c
21359	Monterey jack; sliced	0.75 lb
21359	Parmesan cheese; grated; opt	0.00
21360	Butter	0.50 lb
21360	Sugar (2 cups)	1.00 lb
21360	Eggs	6.00
21360	Flour (4 cups)	1.00 lb
21360	Baking powder	1.00 tb
21360	Whole nutmeg, grated or	1.00
21360	To 3 tsp. ground nutmeg	2.00
21360	Ground cinnamon	1.00 tb
21360	Milk	0.50 c
21360	Currants	1.00 lb
21360	Seedless raisins	1.50 lb
21360	Hickory nut kernels	2.00 c
21360	Kentucky bourbon (opt'l.)	0.50 c
21361	Leftover rice	2.00 c
21361	Chopped onion	0.50 c
21361	Bacon slices	4.00 ea
21361	Salt to taste	0.00
21361	Pepper to taste	0.00
21361	Paprika	0.00
21362	Mushrooms	1.00 c
21362	Stock	1.00 c

Sheet1

21362	Light cream or	1.00 c
21362	Cornstarch	1.00 tb
21362	Salt and pepper	0.00
21363	Bottle (750 ml) red wine	1.00
21363	Ruby port	5.00 oz
21363	Brandy	3.00 oz
21363	Orange-flavor liqueur	3.00 oz
21363	Cinnamon sticks	2.00
21363	Cloves	4.00
21363	Allspice berries	4.00
21363	Bay leaf	1.00
21363	Brown sugar	2.00 tb
21363	Orange & lemon slices for	0.00
21363	. garnish	0.00
21364	Margarine; softened (2 stick	1.00 c
21364	Brown sugar	1.00 c
21364	Granulated sugar	1.00 c
21364	Egg	1.00
21364	Vanilla extract	2.00 ts
21364	Oil	1.00 c
21364	Oatmeal	1.00 c
21364	Flour	3.50 c
21364	Salt	0.50 ts
21364	Baking soda	2.00 ts
21364	Milk chocolate chips	6.00 oz
21364	White chocolate chips	6.00 oz
21364	Mint chocolate chips	6.00 oz
21364	Pecans; chopped	1.00 c
21365	Durum semolina	1.00 c
21365	Egg	1.00
21365	Water, if and as needed	0.00
21365	Durum semolna	1.25 c
21365	Egg	1.00
21365	Vegetable oil, optional	1.00 tb
21365	Water, if and as needed	0.00
21366	Egg whites	2.00
21366	Cream of tartar	0.12 ts
21366	Salt	0.00 ds
21366	Sugar	0.50 c
21366	Vanilla	0.50 ts
21366	Chocolate chips	0.25 c
21366	Cocoa for sprinkling	0.00
21367	Flour	3.50 c
21367	Pinch of salt	1.00 ea
21367	Eggs	4.00 ea
21367	Oil	2.00 T
21367	Butter; unsalted	1.00 T
21367	Shallot, minced	1.00 ea
21367	Mushrooms, fresh shiitake sl	0.25 lb

Sheet1

21367	Mushrooms, fresh oyster slic	0.25 lb
21367	Wine, port	2.00 T
21367	Whipping cream	0.50 c
21367	Salt & freshly ground black	1.00 x
21367	Chicken stock (part 2)	0.50 c
21368	Chicken bones and trimmings	2.00 lb
21368	Celery, stalk, chopped	1.00 ea
21368	Carrot; chopped	1.00 ea
21368	Onion, chopped	1.00 ea
21368	Bay leaf	1.00 ea
21368	Peppercorns	3.00 ea
21368	Thyme	0.25 t
21368	Salt & pepper	1.00 x
21369	Pastry, 9"	0.00
21369	Onion; chopped	1.00 sm
21369	Mushrooms, fresh; sliced	0.50 lb
21369	Oil, olive	2.00 tb
21369	Eggs; beaten	3.00
21369	Evaporated milk	0.50 c
21369	Sour cream	8.00 oz
21369	Nutmeg, ground	0.50 ts
21369	Salt	1.00 ts
21369	Pepper	0.50 ts
21369	Cheese, Swiss; diced	0.50 lb
21369	Flour, all-purpose	1.00 tb
21370	Iceberg lettuce;	0.50 md
21370	Bostom lettuce;	0.50 lg
21370	Cucumber;	1.00 lg
21370	Green beans;	0.50 lb
21370	Mushrooms;	0.50 lb
21370	Lo-cal french dressing	0.25 c
21371	Mushrooms, sliced	3.00 oz
21371	Butter (or marg.); melted	2.00 tb
21371	Salt	0.50 ts
21371	Pepper, white	0.00 ds
21371	Sherry	0.25 c
21371	Rice; hot, cooked	3.00 c
21372	Fresh Portobello Mushrooms;	1.00 lb
21372	-stemmed, cleaned and thinly	0.00
21372	-sliced	0.00
21372	Unsalted Butter	3.00 oz
21372	Shallots; sliced	4.00
21372	Brandy	1.00 oz
21372	White Truffle Oil	1.00 tb
21372	Salt	0.00
21372	Pepper	0.00
21372	Butter Lettuce; separated	1.00 bn
21372	-into leaves, washed and	0.00
21372	-dried	0.00

## Sheet1

21373	Marinade---	0.00
21373	Soya sauce	0.50 c
21373	Worchestershire sauce	0.25 c
21373	Water	0.50 c
21373	Brown sugar	0.25 c
21373	Black pepper	0.50 t
21373	Red pepper flakes	0.25 t
21373	Salt	0.50 t
21373	To 5 dashes hot pepper	4.00
21373	-sauce	0.00
21373	-I used 'Cajun Sunshine'	0.00
21373	-pepper sauce	0.00
21373	-Water to cover	0.00
21374	Custard powder	3.00 tb
21374	Milk, 2%	4.00 c
21374	Rum flavouring	0.00
21374	Sugar	6.00 tb
21374	Nutmeg	0.00
21375	Kaiser style rolls, day old	5.00
21375	-or equivelent stale bread	0.00
21375	Onions diced and browned	2.00 lg
21375	Sage, powdered	0.25 ts
21375	Rosemary	1.00 pn
21375	Summer savory	1.00 pn
21375	Pepper	0.12 ts
21375	Liquid to 1/4 cup	0.12 c
21376	Slices bacon, halved	4.00
21376	Elk or beef chuck steak,	1.50 lb
21376	-trimmed and cubes	0.00
21376	Water plus 1/2 cup	1.00 qt
21376	Chopped onions	1.25 c
21376	Bay leaves	2.00
21376	Salt	1.00 ts
21376	Potatoes, peeled and diced	3.00
21376	Carrots, peeled and diced	2.00
21376	Turnip, diced	1.00 lg
21376	Acorn meal or finely ground	0.25 c
21376	-hazelnuts	0.00
21376	Acorn meal or finely ground	0.50 c
21376	-hazelnuts	0.00
21376	Whole wheat flour	0.50 c
21376	Baking powder	1.75 ts
21376	Egg, beaten	1.00
21376	Milk	2.00 tb
21376	Vegetable oil	2.00 tb
21377	Nectarines, pitted & cubed	1.00 lb
21377	Sweet Red Pepper, chopped	0.50 c
21377	Green Onions, thinly sliced	0.25 c
21377	Vegetable Oil(or LESS)	0.25 c

Sheet1

21377	Lime Juice	2.00 T
21377	Cider Vinegar	1.00 T
21377	Salt	0.25 t
21377	Black Pepper, ground	0.12 t
21377	Leaf Lettuce	0.00
21378	Onions; sliced thin	2.00 ea
21378	Garlic cloves; mashed	2.00 ea
21378	Olive oil	0.50 c
21378	Ground beef	1.50 lb
21378	Tomato juice	2.50 c
21378	Tomato puree	1.50 c
21378	Tomato paste; italian	1.00 cn
21378	Chili peppers	4.00 ea
21378	Salt	1.00 t
21378	Pepper	0.25 t
21378	Sugar	1.00 t
21378	Green olives; stuffed, slic	12.00 ea
21379	Tiny new potatoes	1.75 lb
21379	Egg; room temperature	1.00 ea
21379	Corn oil	0.67 c
21379	Cider vinegar	0.25 c
21379	Dijon mustard	1.50 ts
21379	Fresh summer savory; minced	1.50 ts
21379	Salt	1.00 ts
21379	Sugar	0.50 ts
21379	White pepper; freshly ground	0.25 ts
21380	Juice, pineapple; 1 can	46.00 oz
21380	Tea; brewed	4.00 c
21380	Juice, apple	3.00 c
21380	Juice, lemon	0.50 c
21380	Ginger ale	2.00 c
21381	-An empty paperboard empty	0.00
21381	-milk carton	0.00
21381	Pound-cake crumbs (an 11-1/4	4.00 c
21381	-oz. cake)	0.00
21381	Miniature marshmallows	1.50 c
21381	Cut-up mixed, candied	1.25 c
21381	-fruits	0.00
21381	Seedless raisins	1.00 c
21381	Finely-cut dates	0.75 c
21381	Chopped walnuts	0.75 c
21381	Cinnamon	0.50 t
21381	Nutmeg	0.50 t
21381	Cloves	0.25 t
21381	Milk	0.33 c
21381	Frozen orange juice	2.00 T
21381	-concentrate, UNDILUTED	0.00
21382	Lingiune	1.00 lb
21382	Onion, diced	1.00

Sheet1

21382	Olive Oil	3.00 tb
21382	Pancetta, diced	0.33 lb
21382	Canned Pumpkin Puree	2.00 c
21382	Cream	1.50 c
21382	Nutmeg	1.00 pn
21382	Fresh Rosemary, minced	1.00 tb
21382	Salt and Pepper	0.00
21382	Italian Parsley, minced	1.00 tb
21382	Parmesean Cheese, grated	0.00
21383	Water	0.50 c
21383	Sparkling apple juice	1.00 pt
21383	Lemon or lime juice	2.00 tb
21383	Superfine sugar	2.00 tb
21383	Dessert apples; peeled &	4.00
21383	. diced	0.00
21383	Cinnamon	0.00
21384	Apple juice	4.00 c
21384	Cranberry juice	0.50 c
21384	Pineapple juice	0.50 c
21384	Lemon; juiced	1.00
21384	Lime; juiced	1.00
21384	Brown sugar	3.00 tb
21384	Cloves	6.00
21384	Cinnamon stick	1.00
21384	Orange and/or lemon slices	0.00
21384	. for garnish	0.00
21385	Cheddar Cheese, cubed	2.00 oz
21385	Milk	0.25 c
21385	Green beans, canned,	0.50 c
21385	-drained	0.00
21385	Noodles, cooked	0.50 c
21385	-Salt	0.00
21385	-Pepper	0.00
21385	-Paprika	0.00
21386	Feet medium hog casings	3.00
21386	Lean pork butt, cubed	2.50 lb
21386	Salt, or to taste	1.50 ts
21386	Coarse grind black pepper	2.00 ts
21386	Finely ground coriander	2.00 ts
21386	Garlic, finely minced	2.00 cl
21386	Crushed red pepper, or to	1.00 ts
21386	-taste for hot sausage	0.00
21387	Brussels sprouts	1.00 lb
21387	Vigin olive oil;	1.00 ts
21387	Toasted hazelnut or almonds;	8.00
21387	-toasted	0.00
21387	Ground cardamom;	0.12 ts
21388	Durum semolina	0.75 c
21388	Oat flour	0.25 c

## Sheet1

21388	Egg	1.00
21388	Vegetable oil, optional	1.00 tb
21388	To 2 water, if and as	1.00 ts
21388	Needed	0.00
21388	Durum semolina	1.00 c
21388	Oat flour	0.25 c
21388	Egg	1.00
21388	Vegetable oil, optional	1.00 tb
21388	To 2 water, if and as	1.00 ts
21388	Needed	0.00
21389	Durum semolina	0.50 c
21389	Oat flour	0.25 c
21389	Soy flour	0.25 c
21389	Egg	1.00
21389	Walnut or vegetable oil,	1.00 tb
21389	Optional	0.00
21389	To 1 1/2 water, if and as	1.00 tb
21389	Needed	0.00
21389	Durum semolina	0.67 c
21389	Oat flour	0.33 c
21389	Soy flour	0.33 c
21389	Egg	1.00
21389	Walnut or vegetable oil,	1.00 tb
21389	Optional	0.00
21389	To 2 water, if and as	1.00 tb
21389	Needed	0.00
21390	.+ 6 Tbsp Flour (divided use	2.00 c
21390	Quick oats	2.00 c
21390	Brown sugar	1.50 c
21390	Baking soda	1.00 ts
21390	Salt	1.00 ts
21390	Butter; melted	1.50 c
21390	Semisweet chocolate chips	1.50 c
21390	Walnuts; chopped	1.00 c
21390	Jar caramel topping; 12oz	1.00
21391	Fresh okra	1.00 lb
21391	Black mustard seeds	1.00 tb
21391	Yellow mustard seeds	1.00 ts
21391	Turmeric	0.50 ts
21391	Cayenne	0.50 ts
21391	Salt	1.00 ts
21391	Oil	3.00 tb
21391	Nigella seed*	0.12 ts
21391	Fresh hot chiles	2.00 ea
21392	Elbow macaroni	3.33 c
21392	Butter; margarine	4.00 T
21392	Flour	4.00 T
21392	Salt	1.00 t
21392	White pepper	0.50 t



## Sheet1

21392	Dry mustard	0.75 t
21392	Milk	3.50 c
21392	Tabasco sauce	8.00 ds
21392	Cheddar cheese; grated shar	5.00 c
21392	Topping:	1.00 x
21392	Butter; margarine - melted	2.00 T
21392	Dry bread crumbs	0.50 c
21392	Paprika	0.25 t
21393	Sifted flour	1.00 c
21393	Baking powder	3.00 t
21393	Salt	0.50 t
21393	Yellow cornmeal	1.00 c
21393	Milk	1.00 c
21393	Eggs; beaten	2.00 ea
21393	Honey ; or maple syrup	0.25 c
21393	Butter; melted or bacon dri	0.25 c
21394	-----waldine van geffen vghc	0.00
21394	Can undrained northern beans	1.00 lb
21394	Sliced-style stewed tomatoes	2.00 cn
21394	Jar prego spaghetti sauce	1.00 lb
21394	Ribs celery; slice thin	2.00
21394	Onion; chopped	1.00 sm
21394	Small spiral pasta; uncooked	2.00 c
21394	Salt and pepper	0.00
21395	Spanish or Vidalia onion;	2.33 c
21395	-chopped	0.00
21395	Butter or margarine; melted	1.00 tb
21395	(3 oz) sharp Cheddar cheese;	0.75 c
21395	Shredded	0.00
21395	Cheesy Crumb Crust (below)	0.00
21395	Eggs; beaten	3.00
21395	Milk	1.00 c
21395	Italian seasoning	0.50 ts
21395	Salt	0.25 ts
21395	Pepper	0.12 ts
21395	Onion rings (optional)	0.00
21395	Parsley sprigs (optional)	0.00
21395	Cheese-flavored cracker	1.75 c
21395	-crumbs	0.00
21395	Plus 2 tablespoons butter or	0.25 c
21395	-margarine; melted	0.00
21396	Onion; sweet	5.00 lb
21396	Olive oil	0.50 c
21396	Brandy	0.25 c
21396	Salt & pepper	0.50 t
21397	Feet medium hog casings	5.00
21397	Opossum, trimmed of all fat	4.00 lb
21397	-cubed	0.00
21397	Pork fat, cubed	1.00 lb

Sheet1

21397	Salt	2.00 ts
21397	White pepper	2.00 ts
21397	Tabasco sauce	1.00 ts
21397	Crushed cumin	1.00 ts
21397	Oregano	1.00 ts
21397	Sweet paprika	2.00 ts
21398	Extra virgin olive oil	2.00 ts
21398	Grated orange peel	1.00 ts
21398	Dried sage	0.50 ts
21398	Ground pepper	0.25 ts
21398	Garlic powder	0.25 ts
21398	Red potatoes; cut in wedges	3.00 md
21399	Sweet potatoes, peeled and	4.00 lb
21399	-cut into 1-inch	0.00
21399	Chunks (about 8 cups)	0.00
21399	Bright-skinned orange	1.00 sm
21399	Butter or margarine	0.33 c
21399	Light brown sugar, firmly	1.00 tb
21399	-packed	0.00
21399	Salt	1.00 ts
21399	Freshly ground black pepper	0.50 ts
21400	Carrots; peeled sliced 1/2"	1.00 lb
21400	-coins	0.00
21400	Orange juice;	0.33 c
21400	Honey;	2.00 tb
21400	Butter	1.00 ts
21400	--OR--	0.00
21400	Margarine;	1.00 ts
21400	Dried tarragon;	0.50 ts
21400	Salt;	0.25 ts
21400	Pepper	0.00 ds
21401	Cream of mushroom soup	1.00 cn
21401	[condensed]	0.00
21401	Milk	0.50 c
21401	Soy sauce	1.00 ts
21401	Pepper	0.00 ds
21401	Cut green beans [cooked]	4.00 c
21401	FRENCH'S French fried onions	1.00 cn
21402	Orzo or other sm pasta;	8.00 oz
21402	-such as mini shells	0.00
21402	Virgin olive oil;	1.00 tb
21402	Pine nuts; pignoli	3.00 tb
21402	Dried leaf basil;	1.00 tb
21402	Salt to taste;	0.00
21402	Pepper to taste;	0.00
21403	Green beans	1.00 ea
21403	Pork & beans	1.00 ea
21403	Kidney beans; (all drained	1.00 ea
21403	Chili; with & without bean	1.00 ea

Sheet1

21403	Green onions; sliced to tas	1.00 x
21403	Bell pepper; diced	1.00 ea
21403	Chili sauce	1.00 c
21403	Brown sugar	0.67 c
21403	Bacon; cooked crisp and cru	4.00 oz
21404	Potato	4.00
21404	Butter	0.25 c
21404	Onion	1.00 T
21404	Salt and pepper	0.00
21404	Paprika	0.00 ds
21404	Grated Parmesan cheese	2.00 T
21405	Egg; lightly beaten	1.00
21405	Dijon mustard	1.00 ts
21405	Paprika	0.25 ts
21405	Salt and pepper to taste	0.00
21405	Potatoes; scrubbed, unpeeled	4.00 md
21405	-cut into 1" thick steak	0.00
21405	-fries	0.00
21406	Cabbage, shredded	1.00 md
21406	Onion, grated	1.00 sm
21406	Green bell pepper, chopped	1.00 md
21406	Carrots, grated	2.00 md
21406	Sugar	0.75 c
21406	Vinegar	0.75 c
21406	Vegetable oil	0.50 c
21406	Celery seeds	1.00 ts
21406	Dry mustard	1.00 ts
21406	Salt	1.00 ts
21406	Black pepper	0.12 ts
21407	Butter	6.00 T
21407	Diced onion	0.50 c
21407	Diced carrot	0.25 c
21407	Shucked oysters; with liquor	1.00 qt
21407	Fish stock	4.00 c
21407	White rice	1.50 c
21407	Salt; plus salt to taste	1.00 t
21407	Heavy cream	2.00 c
21407	Black fresh ground pepper to	1.00 x
21407	Few dashes tabasco sauce	1.00 x
21408	Margarine	0.50 c
21408	Onion; chopped	1.00
21408	Green pepper; chopped	1.00
21408	Whole kernal corn; undrained	17.00 oz
21408	Cream style corn	15.00 oz
21408	Eggs; beaten	2.00
21408	Cornbread mix	8.50 oz
21408	Sour cream	8.00 oz
21408	Cheddar cheese; grated	4.00 oz
21409	Fresh fettuccine; or 1/3 lb	0.50 lb

Sheet1

21409	-dried	0.00
21409	Fresh spinach fettuccine;	0.50 lb
21409	-or 1/3 lb dried	0.00
21409	Peas, frozen; or fresh	0.50 lb
21409	-shelled	0.00
21409	Bacon; cut into strips	0.50 lb
21409	(rinds of bacon reserved)	0.00
21409	Dried porcini mushrooms;	1.00 tb
21409	-optional/see dir's	0.00
21409	Mushroom; sliced	0.50 lb
21409	Garlic; crushed	1.00 cl
21409	Fresh ground black pepper	1.00 ts
21409	Fresh parsley; finely	1.00 bn
21409	-chopped	0.00
21409	Cream	2.25 c
21409	Grated parmesan cheese; for	0.00
21409	-garnish	0.00
21410	Sweet hickory-smoked bacon	2.00 sl
21410	Very thinly sliced green	6.00 c
21410	-cabbage (about 1 pound)	0.00
21410	Sugar	1.00 T
21410	Cider vinegar	3.00 T
21410	Water	2.00 T
21410	Salt	0.50 ts
21410	Celery seeds	0.50 ts
21411	Cooking oil	0.25 c
21411	Garlic cloves, minced	2.00
21411	Onion, minced	1.00
21411	Meat, boiled (pork,	1.00 c
21411	-chicken, or shrimp)	0.00
21411	Carrot, cut into	1.00 lg
21411	-thin strips	0.00
21411	Cabbage, shredded	1.00 sm
21411	Soy sauce	3.00 tb
21411	Broth	3.00 tb
21411	Celery, bunch	1.00
21411	Rice sticks or	8.00 oz
21411	-wheat noodles, cooked	0.00
21411	Salt	1.00 ts
21411	MSG	1.00 ts
21411	Spring onion, chopped	1.00
21412	Red potatoes, small, washed	2.00 lb
21412	Salt	0.00
21412	Water	0.00
21412	Butter	0.25 lb
21412	Garlic, minced	1.00 cl
21412	Parsley, chopped	3.00 tb
21413	Durum semolina	1.00 c
21413	Chives	0.12 ts

Sheet1

21413	Tarragon	0.25 ts
21413	Dried parsley	1.00 ts
21413	Celery seed	0.00 pn
21413	Egg	1.00
21413	Vegetable oil, optional	1.00 tb
21413	To 4 water, if and as	2.00 tb
21413	Needed	0.00
21413	Durum semolina	1.25 c
21413	Chives	0.12 ts
21413	Tarragon	0.25 ts
21413	Dried parsley	1.33 ts
21413	Celery seed	0.00 pn
21413	Egg	1.00
21413	Vegetable oil	1.00 tb
21413	To 4 water, if and as	2.00 tb
21413	Needed	0.00
21414	Md. potatoes, peeled and	6.00
21414	Coarsely grated	0.00
21414	Slices white bread, crust	4.00
21414	Removed	0.00
21414	Cold water or milk	1.00 c
21414	Salt	0.50 ts
21414	Md. onion, peeled and	1.00
21414	Coarsely grated	0.00
21414	Fresh minced, parsley	2.00 tb
21414	Eggs beaten til frothy	2.00
21414	All-purpose flour	0.25 c
21414	Boiling, salted water	2.00 qt
21415	Very new Potatoes;	8.00 sm
21415	Whipped butter;	1.00 tb
21415	Fresh parsley; chopped	0.25 c
21415	Salt and pepper to taste;	0.00
21416	Ronzoni pasta *	16.00 oz
21416	Walnut oil	2.00 ts
21416	- may substitute vegetable	0.00
21416	- oil	0.00
21416	Fresh strawberries; sliced	2.00 pt
21416	- divided	0.00
21416	Toasted coconut **	0.67 c
21416	Heavy cream	1.00 c
21416	Confectioners sugar	4.00 tb
21416	Kirsh (cherry brandy); opt	4.00 ts
21416	Vanilla extract	1.00 ts
21416	Walnut pieces; toasted**	1.00 c
21416	Salad greens	0.00
21417	Oil	3.00 t
21417	Ground beef	2.00 lb
21417	Onion-chopped	12.00 oz
21417	Carrots, slivered	14.00 oz

Sheet1

21417	Celery, diced	14.00 oz
21417	Tomatoes, canned, diced	48.00 oz
21417	Kidney beans, red 15 oz	2.00 c
21417	Jars Kidney beans, white, 48	1.00 ea
21417	Beef stock	88.00 oz
21417	Oregano	3.00 t
21417	Pepper	2.50 t
21417	Parsley (fresh chopped)	5.00 t
21417	Tabasco sauce	1.50 t
21417	Spaghetti sauce	48.00 oz
21417	Shell or elbow macaroni nood	1.00 x
21418	Olive oil	2.00 tb
21418	Onion, yellow; diced small	1.00
21418	Red bell pepper; diced small	1.00
21418	Bananas; sliced	2.00
21418	Pineapple juice	0.25 c
21418	Oranges; juiced (juice only)	3.00
21418	Cilantro; chopped	0.25 c
21418	Lime juice	4.00 tb
21418	Habaneros (hot chili	4.00 tb
21418	;finely chopped or 6	0.00
21418	;"Inner Beauty" ?	0.00
21418	Parmesan; grated	0.25 c
21418	Butter; unsalted	2.00 ts
21418	Fettuccine	1.00 lb
21418	Salt to taste	0.00
21418	Pepper; cracked, to	0.00
21419	Cooked and cooled rotini	3.00 c
21419	Shredded Swiss cheese	2.00 c
21419	10 oz frozen cut green beans	1.00 pk
21419	.thawed and drained	0.00
21419	10 oz frozen green peas,	1.00 pk
21419	.thawed and drained	0.00
21419	Green pepper strips cut in	1.00 c
21419	.half	0.00
21419	Sliced scallions	0.50 c
21419	Chopped cucumber	1.00 c
21419	Mayonnaise	0.33 c
21419	Plain yogurt	0.33 c
21419	Grated parmesan cheese	3.00 tb
21419	Lemon juice	1.00 tb
21419	Dried dill	1.50 ts
21419	Sugar	1.00 ts
21419	Salt	0.25 ts
21419	Pepper	0.25 ts
21420	Small pasta shells	8.00 oz
21420	Tomatoes, quartered	4.00 lg
21420	Red bell pepper, sliced	1.00 ea
21420	Green beans, steamed	4.00 oz

Sheet1

21420	Black olives	8.00 ea
21420	Capers	1.00 ts
21420	Olive oil	4.00 tb
21420	White vinegar	2.00 tb
21420	Garlic cloves, chopped	2.00 ea
21420	Salt & pepper	0.00
21421	Spaghetti; cooked al dente	3.00 oz
21421	Parmesan cheese; grated	2.00 tb
21421	Egg; beaten	1.00
21421	Oregano	0.50 ts
21421	Ricotta cheese, part skim	0.67 c
21421	-milk	0.00
21421	Ground beef, extra lean	6.00 oz
21421	Garlic; minced	2.00 cl
21421	Onion; chopped	0.50 c
21421	Olive oil	2.00 tb
21421	Red bell pepper; chopped	0.50 c
21421	Green bell pepper; chopped	0.50 c
21421	Carrot; chopped	0.50 c
21421	8 oz can tomatoes, low sodiu	1.00
21421	-m	0.00
21421	Tomato paste	2.00 ts
21421	Mozzarella cheese; shredded	4.00 oz
21422	Pasta ; fresh 9 x 12 (appro	2.00 ea
21422	Prosciuttos; thinly slices	6.00 oz
21422	Spinach; leaves only, steam	1.00 lb
21422	Ricotta cheese	4.00 oz
21422	Mozzarella cheese,	2.00 oz
21422	Reggiano parmesan cheese; g	4.00 T
21422	Salt	1.00 x
21422	Pepper	1.00 x
21422	Nutmeg	1.00 x
21422	Creamy tomato sauce	1.00 x
21422	Plum tomato; drained	35.00 oz
21422	Sweet butter	3.00 T
21422	Med Onion; finely chopped	2.00 ea
21422	Dry white wine	1.00 c
21422	Chicken stock	2.00 c
21422	Heavy cream	1.00 c
21423	Angel hair spaghetti	8.00 oz
21423	Olive oil	1.00 T
21423	Olive oil	1.00 t
21423	Low-fat pasta sauce	1.25 c
21423	Sliced black olives	0.25 c
21423	Shredded non-fat	0.50 c
21423	Mozzarella	0.00
21423	Chopped green pepper	0.33 c
21423	Chopped onion	0.25 c
21423	Italian seasoning	0.25 t

Sheet1

21424	Fusilli or other spiral-	3.00 c
21424	--shaped pasta, tri-colored	0.00
21424	--cooked and drained	0.00
21424	Parmesan cheese, grated	0.75 c
21424	Mozzerella cheese, cubed	0.75 c
21424	Italian dressing	1.00 c
21424	Red bell pepper, chopped	0.50
21424	Red onion, sliced	0.50
21424	Snow peas	1.00 c
21424	Cherry tomatoes, halved	1.00 c
21425	Spicy greens: arugula or	3.00 c
21425	Cress coarse chopped	0.00
21425	Fresh spinach leaves	2.00 c
21425	Small shell pasta	2.00 c
21425	Cloves garlic thin sliced	3.00
21425	Red pepper flakes	0.00
21425	Ricotta cheese	6.00 oz
21425	Grated parmesan cheese	4.00 oz
21425	Olive oil	0.00
21426	Large pasta shells	0.75 lb
21426	Olive oil; or vegetable oil	3.00 tb
21426	Onions; peeled&chopped	2.00 md
21426	Garlic; chopped	2.00 cl
21426	Mushrooms; quartered	0.25 lb
21426	Dry vermouth	0.25 c
21426	Mussels; steamed,shelled	3.00 c
21426	Mussel cooking broth	1.50 c
21426	Or 3/4 c clam broth&3/4 c	0.00
21426	-chicken broth	0.00
21426	Fresh basil; chopped	4.00 tb
21426	Or 2 teaspoons dried basil	0.00
21426	Fresh peas; blanched 1 min	2.00 c
21426	Fresh ground black pepper	0.00
21426	Parsley; chopped	2.00
21427	Bow tie pasta	3.00 c
21427	Olive oil	1.00 tb
21427	Red bell pepper, chopped	1.00 c
21427	Frozen cut broccoli, thawed	9.00 oz
21427	Unbleached flour	2.00 ts
21427	Soymilk	0.50 c
21427	Salt	0.25 ts
21427	Pepper	0.25 ts
21428	Anchovies; salted whole or	3.00 ea
21428	Cherrystone clams; in the s	2.00 ea
21428	Olive oil	0.25 c
21428	Butter	3.00 T
21428	Garlic; minced	3.00 c
21428	Shallots; finely chopped	2.00 ea
21428	Parsley; finely chopped pre	0.25 c



Sheet1

21428	Rosemary; chopped	0.50 t
21428	Dry white wine	0.50 c
21428	Freshly ground pepper to tas	1.00 x
21428	Linguine ; other pasta, coo	1.00 lb
21429	Vegetable oil	0.25 c
21429	Broccoli florets	6.00 c
21429	Onions, sliced	2.00 c
21429	Garlic cloves, minced	2.00
21429	Salt	0.25 ts
21429	Crushed red pepper	0.25 ts
21429	Chicken broth	14.00 oz
21429	Thin spaghetti or vermicelli	1.00 lb
21429	Walnuts, roasted, chopped *	0.75 c
21429	Parmesan cheese	0.33 c
21430	Assorted vegetables (see	12.50 lb
21430	Note)	0.00
21430	Olive oil (divided use)	1.00 c
21430	Sea salt	2.00 ts
21430	Black pepper	2.00 ts
21430	Red wine vinegar	6.00 tb
21430	Garlic cloves, finely	2.00
21430	Chopped	0.00
21430	Radiatore (spiral) pasta,	1.50 lb
21430	Uncooked	0.00
21430	Mixed fresh herbs such as	0.50 c
21430	Italian parsley, purple	0.00
21430	Basil and chives	0.00
21430	Freshly grated Parmesan	1.00 c
21430	Cheese	0.00
21431	Whole Wheat Flour	0.50 c
21431	Bran	0.33 c
21431	Baking Powder	2.00 ts
21431	Sugar	1.00 tb
21431	Egg	1.00
21431	Peanut Butter	0.25 c
21431	Lowfat Milk	0.50 c
21431	Peanuts, chopped	0.33 c
21432	Celery; finely chopped	1.50 c
21432	Onion; finely chopped	0.75 c
21432	Fresh parsley; chopped	0.50 c
21432	Butter or margarine; melted	0.75 c
21432	Soft breadcrumbs	12.00 c
21432	Salted peanuts; chopped	2.00 c
21432	Egg; beaten	1.00 ea
21432	Rubbed sage	1.00 tb
21432	Salt	1.00 ts
21432	Pepper	1.00 ts
21432	;water	4.50 c
21433	Milk	0.67 c

Sheet1

21433	Light corn syrup	2.00 t
21433	Sugar	2.00 c
21433	Baking chocolate	2.00 oz
21433	Butter or margarine	2.00 t
21433	Vanilla	1.00 t
21433	Peanuts; salted, chopped	1.00 c
21434	Granulated sugar	2.00 c
21434	Golden corn syrup	1.00 c
21434	Water	0.50 c
21434	Pecans	1.50 c
21434	Butter	2.00 T
21434	Salt	0.50 t
21434	Baking soda	0.50 t
21435	Sun-dried tomatoes	0.25 c
21435	(3-oz.) Log goat cheese	1.00 ea
21435	Cloves garlic; minced	2.00 ea
21435	Freshly ground black pepper	0.50 ts
21435	Arugula or watercress, stems	2.00 c
21435	-removed	0.00
21435	Penne pasta	1.00 lb
21435	Toasted pine nuts (optional)	2.00 T
21436	Rappi	1.00 bn
21436	Links italian sausage	2.00
21436	Olive oil	1.00 T
21436	Garlic; finely chopped	3.00 cl
21436	Black olives; sliced	2.25 oz
21436	Romano cheese; grated	0.50 c
21436	Penne 	0.50 lb
21437	Pasta; penne rigate	1.00 lb
21437	Bacon; cut in narrow strips	0.25 lb
21437	Frozen peas; thawed	0.25 c
21437	Medium shrimp; peelee	0.50 lb
21437	-d/trimmed	0.00
21437	Butter	2.00 tb
21437	Ricotta cheese	0.50 c
21437	Salt and pepper	0.00
21437	Parmesan cheese; grated	1.50 tb
21438	Plum tomatoes, skinned &	12.00 ea
21438	-- coarsely chopped	0.00
21438	Garlic cloves, minced	4.00 ea
21438	Scallions, thinly sliced	0.50 c
21438	Green bell pepper, chopped	1.00 c
21438	Olive oil	2.00 tb
21438	Mushrooms, sliced	2.00 c
21438	Snow peas	1.00 c
21438	Penne	1.00 lb
21438	Cayenne	0.25 ts
21438	Tamari	1.00 tb
21439	Egg, separated	1.00

Sheet1

21439	Granulated sugar	1.00 ts
21439	Frozen whole-kernel corn,	0.75 c
21439	-thawed	0.00
21439	Canned cream-style corn	0.25 c
21439	All-purpose flour	3.00 tb
21439	Chopped chives	1.00 tb
21439	Each salt and pepper	0.12 ts
21439	Vegetable oil	2.00 tb
21440	Durum semolina	1.00 c
21440	Dried chives	0.50 ts
21440	Black pepper	1.00 ts
21440	Egg	1.00
21440	Vegetable oil, optional	1.00 tb
21440	Tb to 4 water, if and as	2.00 tb
21440	Needed	0.00
21440	Durum semolina	1.25 c
21440	Dried chives	0.50 ts
21440	Black pepper	1.33 ts
21440	Egg	1.00
21440	Vegetable oil	1.00 tb
21440	Water to 2 water, if and as	1.00 tb
21440	Needed	0.00
21441	Butter	2.00 T
21441	Potatoes, peeled & thinly	5.00
21441	Sliced	0.00
21441	Pepper Jack Cheese, grated	0.75 c
21441	Cream or Milk	1.50 c
21441	Eggs	3.00
21442	Head cabbage;	0.50
21442	Carrot; chopped fine	1.00
21442	Green pepper; (red/yellow)	0.25 c
21442	Water;	2.00 c
21442	Mayonnaise-type dressing;	1.00 tb
21443	Unflavored gelatin	0.50
21443	Cold water;	0.25 c
21443	Sugar replacement	1.00 tb
21443	Salt	0.50 ts
21443	Hot water	0.75 c
21443	Lemon juice;	1.00 tb
21443	Cucumbers;	2.00
21443	Carrots;	0.25 c
21443	Onions;	0.25 c
21443	Cream cheese;	3.00 oz
21443	Lo-cal Mayonnaise;	2.00 tb
21444	Flour;all purpose	3.00 c
21444	Salt	1.50 ts
21444	Egg	1.00
21444	Water, approx.	0.75 c
21444	Vegetable oil	4.00 ts

Sheet1

21444	Butter	1.00 tb
21444	Onion; finely chopped	0.33 c
21444	Potatoes; cold mashed	1.00 c
21444	Cheddar cheese; shredded	0.75 c
21444	Salt	0.50 ts
21444	Pepper	0.25 ts
21444	Butter	2.00 tb
21444	Onion; sliced	1.00
21444	Sour cream	0.00
21445	-----	0.00
21445	--(See Ingredients Below)--	0.00
21445	-----	0.00
21446	To 3 - cups fresh basil	2.00
21446	-leaves	0.00
21446	Pine nuts	3.00 T
21446	Cloves garlic	2.00
21446	- tsp. salt	0.25
21446	- cup olive oil	0.50
21446	- cup Parmesan	0.50
21446	-cheese,grated	0.00
21446	-Cherry tomatoes for	0.00
21446	-garnish	0.00
21447	Fresh kale	18.00 oz
21447	Garlic cloves, minced	2.00 ea
21447	Salt	1.00 ts
21447	Olive oil	0.75 c
21448	Distilled white vinegar	1.50 c
21448	Light brown sugar	0.50 c
21448	Granulated sugar	0.25 c
21448	Coriander seeds; crushed	2.00 tb
21448	Cinnamon sticks -OR-	2.00
21448	Ground cinnamon	1.00 tb
21448	Whole cloves	7.00
21448	Salt	1.00 ts
21448	Inch piece peeled fresh	2.00
21448	- gingerroot; sliced very	0.00
21448	- thin	0.00
21448	Red or green unseeded	2.00
21448	- jalapeno peppers; sliced	0.00
21448	- thin	0.00
21448	Mixed red & green grapes	3.00 c
21449	Cider vinegar	1.00 c
21449	Water	1.00 c
21449	Brown sugar	3.00 tb
21449	Salt	1.00 ts
21449	Whole peppercorns	1.00 ts
21449	Red onions, very thinly	4.00 md
21449	-- sliced	0.00
21450	Spinach; torn	2.00 c

Sheet1

21450	Tomato; chopped	1.00 c
21450	Green pepper; chopped	0.25 c
21450	Vinegar	0.25 c
21450	Oil, vegetable; to 1/2 cup	0.33 c
21450	Bacon; cooked and crumbled	2.00 sl
21450	Lettuce leaves; opt.	0.00
21451	Flour	2.00 c
21451	Egg	2.00 ea
21451	Salt	0.50 t
21451	Water	0.33 c
21451	Savory cheese filling	1.00 x
21451	Farmer cheese	1.50 c
21451	Lemon juice	1.00 t
21451	Sugar	1.00 t
21451	Egg	1.00 ea
21451	Egg yolk	1.00 ea
21451	Salt	0.25 t
21452	Acorn squash; (2 lbs)	2.00 md
21452	-4 1/2 diameter	0.00
21452	(1 can) pineapple;unsweetened	8.00 oz
21452	-crushed with juice	0.00
21452	Margarine;	2.00 ts
21452	Ground cinnamon;	0.50 ts
21452	Hot water	0.00
21453	WATER (165 ML)	5.50 oz
21453	BREAD FLOUR	1.50 c
21453	NONFAT DRY MILK POWDER	1.00 T
21453	SUGAR	2.00 T
21453	SALT	1.00 t
21453	BUTTER	1.00 T
21453	DRY YEAST	1.50 t
21453	MINCED MEAT	3.50 oz
21453	ONION, SMALL AND CHOPPED	1.00 ea
21453	HARD BOILED EGGS	2.00 ea
21453	PEAS	1.00 oz
21453	BUTTER	1.25 oz
21454	Egg yolks	3.00
21454	Extra virgin olive oil	1.00 c
21454	Salt and pepper	0.00
21454	Juice of 1/2 lemon	0.00
21454	Fresh basil; finely chopped	1.50 tb
21454	Fresh parsley; finely	3.00 tb
21454	-chopped	0.00
21454	Pistachio nuts; ground	3.00 tb
21455	Beets	2.00 lb
21455	Carrots	2.00 ea
21455	Parsnip	1.00 ea
21455	Turnip	1.00 ea
21455	Large Celery Ribs	2.00 ea

## Sheet1

21455	Onions medium finely	2.00 ea
21455	-chopped	0.00
21455	Bay Leaf	1.00 lg
21455	Peppercorns	4.00 ea
21455	Chopped Mushrooms	0.50 lb
21455	Beet Kvas	1.00 qt
21455	Salt	2.00 t
21455	Ground Pepper	1.00 t
21455	Fresh Dill chopped	1.00 T
21456	Green Beans;	2.00 c
21456	Lemon juice;	1.00 tb
21456	Oregano;	0.25 ts
21456	Pimiento; chopped	1.00 ts
21456	Garlic powder;	0.00 ds
21456	Salt;	0.00 ds
21457	Plantains, peeled & sliced	4.00 ea
21457	Salt	0.25 ts
21457	Curry powder	1.00 ts
21457	Cinnamon	0.50 ts
21457	Cloves	0.12 ts
21457	Coconut milk	1.50 c
21458	RED PLUM PRESERVES	1.00 c
21458	APRICOT PRESERVES	0.50 c
21458	APPLESAUCE	0.50 c
21458	HONEY	2.00 tb
21458	CIDER VINEGAR	0.33 c
21458	A FEW DROPS GARLIC JUICE	0.00
21459	Sweet white wine	2.00 c
21459	1" strip orange zest	1.00
21459	Ripe pears	2.00
21460	Raw pearl barley	0.50 c
21460	Large potato cubed 1/2"	1.00 ea
21460	Garlic cloves minced	2.00 ea
21460	Onion med. chopped	2.00 ea
21460	Butter	6.00 T
21460	Lemon juice fresh	1.00 T
21460	Carrots sliced	2.00 ea
21460	Salt	1.00 t
21460	Black pepper	0.50 t
21460	Dill fresh chopped	1.00 T
21460	Mushrooms fresh, sliced	1.00 lb
21460	Sour cream	0.00
21461	Fresh mushrooms	2.00 lb
21461	Juice of 1 lemon	0.00
21461	Shallots, finely chopped	2.00
21461	Butter, melted	2.00 tb
21461	Olive oil	2.00 tb
21461	Heavy cream	1.00 c
21461	Salt, pepper to taste	0.00

Sheet1

21461	Finely chopped parsley	2.00 tb
21461	Soft polenta (see Barbar	0.00
21461	Kafka's Recipe)	0.00
21462	Feet large (2-1/2-inch	6.00
21462	-diameter) hog casings	0.00
21462	Lean pork butt, cubed	3.00 lb
21462	Lean beef chuck, cubed	1.00 lb
21462	Veal, cubed	0.50 lb
21462	Pork fat, cubed	0.50 lb
21462	Salt, or to taste	2.50 ts
21462	Finely ground black pepper	3.00 ts
21462	Ground marjoram	2.00 ts
21462	Ground summer savory	2.00 ts
21462	Ground allspice	0.50 ts
21462	Cloves garlic, finely	3.00
21462	-minced	0.00
21462	Sweet paprika	2.00 tb
21463	Cooked and drained noodles,	0.50 lb
21463	Sour cream,	0.67 c
21463	Cottage cheese,	0.67 c
21463	Minced onion,	2.00 tb
21463	Salt,	2.00 tb
21463	Powdered mustard, and	0.50 ts
21463	White ground pepper.	0.25 ts
21464	Durum semolina	1.00 c
21464	Grated lemon peel	1.00 ts
21464	Poppy seeds	2.00 ts
21464	Egg	1.00
21464	To 2 water, if and as	1.00 tb
21464	Needed	0.00
21464	Durum semolina	1.33 c
21464	Grated lemon peel	1.25 ts
21464	Poppy seeds	2.00 ts
21464	Egg	1.00
21464	Vegetable oil, optional	1.00 tb
21464	To 2 water, if and as	1.00 tb
21464	Needed	0.00
21465	Rack of Pork Ribs (or more)	1.00 lg
21465	Cans (or bags) Saurkraut	2.00 lg
21465	Potatoes	4.00 md
21465	Caraway seed	1.50 tb
21465	Onion	1.00 lg
21465	Cans whole tomatos	2.00 lg
21466	Ground pork	0.50 lb
21466	Garlic clove, minced	1.00 ea
21466	Cooking oil	1.00 tb
21466	Bok choy, finely chopped	2.00 c
21466	Fresh mushrooms, chopped	1.00 c
21466	Onion, finely chopped	0.50 c

## Sheet1

21466	Celery, finely chopped	0.50 c
21466	Water chestnuts, chopped	0.50 c
21466	Carrots, shredded	0.25 c
21466	4 1/2 oz shrimp	1.00 cn
21466	Egg, beaten	1.00 ea
21466	Soy sauce	2.00 tb
21466	Dry sherry	1.00 tb
21466	Sugar	0.50 ts
21466	Salt	0.25 ts
21466	Wonton or 6 egg roll skins	40.00 ea
21466	Cooking oil for deep frying	0.00
21467	Mashed potatoes	2.00 c
21467	Polish sausage	1.00 lb
21467	Green pepper; diced	1.00 ea
21467	Med Onion; diced	1.00 ea
21468	Feet medium hog casings	4.00
21468	Very lean beef, cubed	1.00 lb
21468	Lean pork butt, cubed	0.50 lb
21468	Pork fat, cubed	0.50 lb
21468	Potatoes	5.00 lg
21468	Onion, coarsley chopped	1.00 lg
21468	White pepper	0.50 ts
21468	Black pepper	0.50 ts
21468	Salt, or to taste	2.00 ts
21468	Allspice	0.25 ts
21468	Ground nutmeg	0.25 ts
21468	Garlic, finely minced	1.00 cl
21468	Ground mace	0.25 ts
21468	Chicken broth	0.00
21469	Vegetable oil	0.25 c
21469	Potatoes; peeled and sliced	3.00
21469	Onion; sliced	1.00
21469	Tomatoes; chopped	2.00 c
21469	Salt and freshly ground	0.00
21469	Black pepper to taste	0.00
21469	Dried thyme	1.00 ts
21469	Pinch cayenne pepper	0.00
21470	Potato chips	2.00 c
21470	Hash browns	2.00 lb
21470	Cheddar cheese; shredded	12.00 oz
21470	Margarine	1.00 pk
21470	Am of chicken soup	1.00 c
21470	Sour cream	1.00 pt
21470	Onion; chopped	1.00 ea
21471	Mashed potatoes	1.00 c
21471	Sugar	2.00 c
21471	Melted lard	3.00 T
21471	Eggs	3.00
21471	Flour	3.00 c



Sheet1

21471	Buttermilk	1.00 c
21471	Baking soda	1.00 t
21471	Baking powder	2.00 t
21471	-salt	0.00
21471	-nutmeg	0.00
21472	Leeks, white part only;	2.00
21472	-sliced	0.00
21472	Butter	1.00 ts
21472	Chicken broth; defatted	3.50 c
21472	Russet potatoes; peeled and	3.00 md
21472	-sliced	0.00
21472	Celery; chopped	0.33 c
21472	Carrot; chopped	0.33 c
21472	Sweet red peppers; minced	0.33 c
21472	Canadian bacon; diced small	3.00 oz
21472	Pasta; fusilli	1.00 lb
21472	Parmesan cheese; fresh	2.00 tb
21472	-grated	0.00
21472	Italian parsley; chopped	1.00 tb
21473	Unsalted butter	0.33 c
21473	Onions; sliced	2.00 c
21473	Salt to taste	0.00
21473	Fresh ground black pepper	0.00
21473	Dried Porcini mushrooms	2.00 tb
21473	Mushrooms; sliced	1.00 c
21473	Potatoes; peeled and thinly	3.00 lg
21473	-sliced	0.00
21473	Chicken stock	2.00 c
21474	Firm potatoes	6.00 sm
21474	Oil	6.00 tb
21474	Whole red chiles	3.00 ea
21474	White poppy seeds, ground	0.50 c
21474	Turmeric	0.50 ts
21474	Cayenne	0.25 ts
21474	Salt	1.00 ts
21474	Fresh hot green chiles	3.00 ea
21475	Sugar	0.50 c
21475	Salt	1.00 ts
21475	Butter or margarine	0.25 c
21475	Milk; hot	1.00 c
21475	Active dry yeast	2.00 pk
21475	-warm water (105 F)	0.25 c
21475	Eggs	2.00
21475	All-purpose flour; unsifted	4.50 c
21475	Eggs	3.00
21475	Walnuts, finely chopped	4.00 c
21475	Light brown sugar, packed	1.00 c
21475	Butter	2.00 tb
21475	Butter or margarine; melted	0.33 c

Sheet1

21475	Cinnamon	1.50 ts
21475	Vanilla	1.00 ts
21476	Text	1.00
21477	Cornmeal	1.50 c
21477	Nature's seasonings	1.00 ts
21477	Pepper	0.50 ts
21477	Oil	0.00
21477	Chopped Italian parsley	1.00 tb
21478	Potatoes; mashed (fresh or	2.00 c
21478	-prefared from flakes)	0.00
21478	All-purpose flour; unsifted	0.50 c
21478	(reserve some 1 tb to flour-	0.00
21478	Ing board)	0.00
21478	Salt	0.25 ts
21478	Onion; finely chopped	2.00 tb
21478	Margarine;	2.00 tb
21479	Potatoes, large	3.00 ea
21479	Rolled oats, uncooked	1.00 c
21479	Butter, melted	0.50 c
21479	Salt	1.00 ts
21479	Bacon fat	0.00
21480	About 5 lg potatoes, peeled	2.00 lb
21480	.and cut into medium sized	0.00
21480	.cube	0.00
21480	Mayonnaise	2.00 c
21480	Hard boiled eggs, chopped	2.00
21480	Diced onion	0.50 c
21480	Chopped celery	1.00 c
21480	Mustard	3.00 ts
21480	Salt	2.00 ts
21480	Pepper	1.00 ts
21480	White vinegar	0.50 ts
21480	Sweet relish	1.00 tb
21480	Paprika for sprinkling	1.00 ts
21481	Butter	3.00 tb
21481	Onion; peeled & fine chopped	1.00 md
21481	Cubed, peeled pumpkin*	6.00 c
21481	Dried apricots; chopped	0.75 c
21481	Salt; or to taste	1.00 ts
21481	;Water	0.75 c
21481	Cooked rice	1.00 c
21482	Yellow split peas	0.50 c
21482	Oil	3.00 tb
21482	Spinach, washed	1.25 lb
21482	Potato, peeled & diced	1.00 lg
21482	Onion, coarsely chopped	1.00 md
21482	Tomatoes, chopped	4.00 md
21482	Fresh green chiles	5.00 ea
21482	Salt	1.00 ts

Sheet1

21483	Olive oil	2.00 tb
21483	Ground beef, lean	1.00 lb
21483	Garlic; crushed	2.00 cl
21483	Half and half	0.50 c
21483	Marinara sauce	0.75 c
21483	Penne pasta	0.75 lb
21483	Parmesan cheese; grated	0.25 c
21483	Dried oregano	1.00 ts
21483	Dried rosemary	0.50 ts
21483	Salt and pepper; to taste	0.00
21483	Mozzarella cheese; grated	1.00 c
21483	Or swiss cheese; for topping	0.00
21484	Butter	3.00 T
21484	Clove garlic pressed	1.00 ea
21484	Small onion finely chopped	1.00 ea
21484	Velveeta cheese	1.50 c
21484	Sour cream	0.75 c
21484	Italian seasoning	0.50 T
21484	Oregano, thyme, ginger, etc.	1.00 x
21484	Salt	0.25 T
21484	Fresh black pepper	0.50 T
21484	Fresh pasta	1.00 lb
21484	Seafood	2.00 c
21485	Durum semolina	0.75 c
21485	Quinoa flour	0.33 c
21485	Egg	1.00
21485	To 2 water, if and as	1.00 tb
21485	Needed	0.00
21485	Durum semolina	1.00 c
21485	Quinoa flour	0.33 c
21485	Egg	1.00
21485	Vegetable oil, optional	1.00 tb
21485	To 2 water, if and as	1.00 tb
21485	Needed	0.00
21486	Quinoa	1.75 c
21486	Vegetable stock (or water)	2.67 c
21486	Leeks	4.00 sm
21486	Canned tomatoes (or 2 roma	0.50 c
21486	-size tomatoes)	0.00
21486	(rounded 1/4 cup) currants	5.00 tb
21486	Ground cumin	1.00 tb
21486	Cinnamon	1.00 ts
21486	Garlic powder	1.00 ts
21486	Turmeric	0.50 ts
21487	Feet small hog or sheep	3.00
21487	-casings	0.00
21487	Rabbit, cubed	3.00 lb
21487	Salt	1.00 ts
21487	White pepper	0.50 ts

Sheet1

21487	Black pepper	0.50 ts
21487	Thyme	0.50 ts
21487	Freshly grated ginger	0.50 ts
21487	Chopped fresh chives	2.00 tb
21487	Chopped fresh parsley	2.00 tb
21488	Radishes;	1.00 c
21488	Celery; sliced thin	1.00 c
21488	French Dressing; (low-cal)	0.25 c
21488	Lettuce leaves; torn up	1.00 c
21489	Salt;	1.00 ts
21489	Garlic powder;	1.00 ts
21489	Dijon mustard;	1.00 ts
21489	Wine vinegar;	1.00 tb
21489	Liquid shortening;	2.00 tb
21489	Lemon juice;	2.00 ts
21489	Head iceberg lettuce;	0.50
21489	Red radishes	1.00 bn
21490	Radishes; trimmed	12.00 oz
21490	Sugar or sugar sub:	2.00 tb
21490	Lemon juice;	2.00 tb
21490	Orange flower water;?	1.00 tb
21490	Salt;	0.00
21490	Navel oranges;	2.00
21491	Bulgur	0.67 c
21491	Boiling water;	0.67 c
21491	Golden pr dark raisins;	2.00 tb
21491	Salt;	0.12 ts
21491	Ground cumin;	0.12 ts
21492	Bulgur;	1.33 c
21492	Boiling water	1.33 c
21492	Golden or dark raisins;	4.00 tb
21492	-might try 1/2 n 1/2	0.00
21492	Salt;	0.25 ts
21492	Ground cumin;	0.25 ts
21493	Yellow cornmeal	2.00 c
21493	Flour	1.00 c
21493	Vegetable oil	3.00 T
21493	Egg	2.00 ea
21493	Milk	1.50 c
21493	Salt	1.50 t
21493	Sugar	2.00 T
21493	Baking powder	1.00 T
21494	c	1.00 1/2
21494	Pineapple tidbits(15 1/4 oz)	1.00
21494	Dried figs	1.00 c
21494	Dried peaches	1.00 c
21494	Dried apples	1.00 c
21494	Chopped dates	1.00 c
21494	Dried apricots	1.00 c

Sheet1

21494	Golden raisins	1.00 c
21494	Dried currants	1.00 c
21494	Pecan halves or pieces	1.00 c
21494	Brazil nuts	1.00 c
21494	Almonds	1.00 c
21494	Hazelnuts (filberts)	1.00 c
21494	Walnuts	1.00 c
21494	All purpose flour	6.00 c
21494	Sugar	2.00 c
21494	Salt	4.00 ts
21494	Baking powder	2.00 ts
21494	Cinnamon	1.00 tb
21494	Nutmeg	2.00 ts
21494	Ground cloves	1.00 ts
21494	Ground ginger	1.00 ts
21494	Orange juice	2.00 c
21494	Salad oil	1.00 c
21494	Eggs	8.00
21494	Light karo syrup	0.50 c
21495	Head chicory	1.00 ea
21495	Head curly endive	0.50 ea
21495	Head finocchio	1.00 ea
21495	Head radicchio	1.00 sm
21495	Radishes	8.00 ea
21495	Olive oil	5.00 tb
21495	Red wine vinegar	2.00 tb
21495	Salt & pepper	0.00
21496	Cabbage; thinly sliced	4.00 c
21496	Green apple; peeled cored	1.00
21496	-diced	0.00
21496	Onion; diced	0.25 c
21496	Lemon juice;	2.00 tb
21496	Chicken-flavor bouillon cube	1.00
21496	Allspice;	0.12 ts
21496	Pepper	1.00 ds
21496	Water;	0.75 c
21496	Sweet 'N Low	2.00 pk
21497	Red onions, peeled	2.00
21497	-cut into 1/2" dice	0.00
21497	Butter	1.00 tb
21497	Sugar	2.00 tb
21497	Sherry vinegar	0.25 c
21497	Salt	0.12 ts
21497	Pepper	0.12 ts
21498	Durum semolina	1.00 c
21498	Crushed red pepper	1.50 ts
21498	Egg	1.00
21498	To 2 water, if and as	1.00 tb
21498	Needed	0.00

Sheet1

21498	Durum semolina	1.33 c	
21498	Crushed red pepper	1.75 ts	
21498	Egg	1.00	
21498	Vegetable oil	1.00 tb	
21498	To 2 water, if and as	1.00 tb	
21498	Needed	0.00	
21499	Lard Or Vegetable Oil	0.50 c	
21499	Cooked Pinto Beans	2.00 c	
21499	Chile Powder	2.00 tb	
21499	Cumin; Ground	1.00 tb	
21499	Salt	1.00 t	
21499	Pepper	0.12 t	
21500	tb	0.00	2
21500		2.00	
21500		1.00	
21500	-----	2.00	
21500	Celery; finely diced	0.50 /2	
21500	Olive oil;	2.00	
21500	Sea salt;	1.50	3
21500	White pepper;	0.25 t	2
21500	Basil; chopped fresh	1.00	
21500	Oregano;	1.00	
21500	Parsley;	1.00	2
21500	Black pepper;	1.00	4
21500	Sweetener;	1.50	
21500	Tomato puree;	6.00	
21500	Dry yeast;	0.75	
21500	Warm water	2.50	
21500	Sweetener;	1.00 tb	
21500	Pastry flour;	2.25 c	
21500	Unbleached flour;	2.25 c	
21500	Olive oil;	2.00 tb	
21500	Sea salt;	1.00 ts	
21500	Cornmeal;	0.00	
21500	Basil;	2.00 tb	
21500	Oregano;	2.00 tb	
21500	Parsley;	2.00 tb	
21500	Garlic powder;	0.50 ts	
21500	Black pepper;	0.50 ts	
21500	Onions; halved & sliced	3.00 c	
21500	Mushrooms; thickly sliced	2.00 c	
21500	Broccoli stems & florets;	2.00 c	
21500	Cauliflower pieces;	2.00 c	
21500	Olive oil;	4.00 tb	
21501	Durum semolina	0.50 c	
21501	Rice flour	0.25 c	
21501	Millet flour	0.25 c	
21501	Egg	1.00	
21501	Walnut or vegetable oil,	1.00 tb	

Sheet1

21501	Optional	0.00
21501	Water, if and as needed	1.00 tb
21501	Durum semolina	0.67 c
21501	Rice flour	0.33 c
21501	Millet flour	0.33 c
21501	Egg	1.00
21501	Walnut or vegetable oil,	1.00 tb
21501	Optional	0.00
21501	Water, if and as needed	1.00 tb
21502	Durum semolina	0.75 c
21502	Rice flour	0.25 c
21502	Egg	1.00
21502	Vegetable or olive oil,	1.00 tb
21502	Optional	0.00
21502	To 2 water, as and if	1.00 tb
21502	Needed	0.00
21502	Durum semolina	1.00 c
21502	Rice flour	0.25 c
21502	Egg	1.00
21502	Vegetable or olive oil,	1.00 tb
21502	Optional	0.00
21502	Water to 2 water, if and as	1.00 tb
21502	Needed	0.00
21503	Olive oil	2.00 ts
21503	Garlic clove	1.00
21503	Broccoli flowerets	2.00 c
21503	Sliced zucchini	1.00 c
21503	Sliced fresh mushrooms	1.00 c
21503	Tomato; seeded and chopped	1.00 md
21503	Snipped fresh parsley	0.25 c
21503	Reduced-calorie mayonnaise	0.33 c
21503	-- ("light" mayonnaise)	0.00
21503	Skim milk	0.50 c
21503	Freshly grated Parmesan	0.25 c
21503	Ground white or red pepper	0.25 ts
21503	Cooked rice	3.00 c
21504	All purpose flour	4.00 c
21504	Cinnamon	1.00 tb
21504	Cloves	1.00 tb
21504	Allspice	1.00 tb
21504	Nutmeg	1.00 tb
21504	Mace	0.50 tb
21504	Salt	1.00 ts
21504	Currants	2.50 lb
21504	Raisins	2.50 lb
21504	Citron or chopped candied	1.00 lb
21504	-lemon and orange peel	0.00
21504	Pecan meats [optional]	1.00 lb
21504	Chopped dates or	1.00 lb

## Sheet1

21504	-figs [optional]	0.00
21504	Brown sugar [2 2/3 c packed]	1.00 lb
21504	Egg yolks, beaten	15.00
21504	Liquor or fruit juice*	0.50 c
21504	Egg whites	15.00
21505	Fresh lasagna noodles	1.00 lb
21505	Or 3/4 pound dried	0.00
21505	Butter	4.00 tb
21505	Flour; sifted	2.00 tb
21505	Salt and white pepper	0.00
21505	Nutmeg	0.00 pn
21505	Milk; warmed	2.00 c
21505	Fresh basil; finely chopped	1.50 tb
21505	Ricotta cheese	0.50 c
21505	Parmesan cheese; grated	0.50 c
21505	Fresh basil; chopped	1.50 tb
21506	Rigatoni	1.00 lb
21506	8.5-oz jar sun-dried	1.00
21506	-tomatoes in olive oil with	0.00
21506	-herbs, drained,	0.00
21506	Oil reserved	1.00 tb
21506	Minced garlic	1.00 tb
21506	(28-oz) ready-cut tomatoes	1.00 cn
21506	Kalamata olives,* pitted,	0.50 c
21506	-chopped	0.00
21506	Fresh chopped basil	1.00 c
21506	Crumbled feta cheese (about	1.00 c
21506	-4 oz)	0.00
21506	Freshly grated Parmesan	0.75 c
21506	-cheese (about 2 oz)	0.00
21507	Italian sausages	4.00
21507	Spanish onion; coarsely	1.00 lg
21507	. chopped	0.00
21507	Garlic; peeled & cut into 2	4.00 cl
21507	. or 3 pieces each	0.00
21507	Vegetable oil	2.00 tb
21507	Vodka	0.33 c
21507	Tomatoes; 28oz, crushed	1.00 cn
21507	Half-and-half	0.75 c
21507	Salt & pepper to taste	0.00
21507	Rigatoni	1.00 lb
21507	Basil leaves & black olives	0.00
21507	. optional for garnish	0.00
21508	Onions; thinly sliced	2.00 lg
21508	Beef broth; defatted	6.00 c
21508	Water	2.00 c
21508	Tomato paste	1.00 tb
21508	Dried thyme	1.00 ts
21508	Dried marjoram	1.00 ts



Sheet1

21508	Beef fillet steak; cut into	12.00 oz	
21508	-strips	0.00	
21508	Salt and pepper; to taste	0.00	
21508	Pasta; rigatoni	8.00 oz	
21508	Fresh parsley; chopped	2.00 ts	
21509	Butter	1.50 tb	
21509	Olive oil	2.00 tb	
21509	Onion; chopped	1.00	
21509	Carrot; chopped	1.00	
21509	Bay leaf	1.00	
21509	Bacon; chopped	0.33 c	
21509	Spicy hard italian sausage,	0.50 lb	
21509	-skinned -- sliced	0.00	
21509	14 oz can italian plum	1.00	
21509	-tomatoes	0.00	
21509	Salt and pepper; to taste	0.00	
21509	Beef or chicken stock	0.50 c	
21509	Rigatoni	1.00 lb	
21509	Fresh marjoram; chopped	1.00 tb	
21509	Or fresh oregano; chopped	0.00	
21510	(3-1/2 to 5 pound) dressed	1.00 ea	
21510	-domestic duckling	0.00	
21510	Salt and pepper	0.00	
21510	Apples; cored and quartered	2.00 lg	
21510	Wine jelly (below)	1.00 c	
21510	Grapes (optional)	0.00	
21510	Apple slices (optional)	0.00	
21510	Sugar	3.00 c	
21510	Scuppernong wine	2.00 c	
21510	3-ounce package liquid	1.00 ea	
21510	-pectin	0.00	
21511	(3.5 to 4.5 lb) ducklings;	2.00 ea	
21511	-dressed	0.00	
21511	Salt	1.00 ts	
21511	6-oz packages long grain and	2.00 ea	
21511	-wild rice	0.00	
21511	Orange juice	0.50 c	
21511	Grated orange rind	2.00 ts	
21511	16-oz can pitted dark sweet	1.00 ea	
21511	-cherries; undrained	0.00	
21511	Sugar	1.00 tb	
21511	Cornstarch	1.00 tb	
21511	Port wine	0.25 c	
21511	Lemon juice	1.00 tb	
21511	Orange slices (optional)	0.00	
21511	Seedless green grapes (opt'l	0.00	
21511	Parsley sprigs (optional)	0.00	
21512	c	0.00	2
21512		1.00	

Sheet1

21512	----	2.00
21512	Fresh Gingerroot; finely	1.00
21512	-grated	0.00 1
21512	Garlic; chopped	1.00 1/2
21512	Black pepper; coarsely	0.50
21512	-ground	0.00
21512	To 12 pound domestic goose	10.00
21512	Salt to taste	0.00
21512	Onion; chopped (about 1-3/4	8.00 oz
21512	-cups)	0.00
21512	Celery stalk; chopped (1/2	1.00 ea
21512	-cup)	0.00
21512	Vegetable oil	1.00 tb
21512	Garlic; minced	1.00 tb
21512	Black pepper; cracked	0.50 tb
21512	Fresh thyme; chopped -OR-	1.00 tb
21512	Dried thyme	1.00 ts
21512	Parsley; chopped	1.00 tb
21512	Fresh sage; chopped -OR-	1.00 tb
21512	Dried rubbed sage	0.50 ts
21512	Dried apricots; chopped	1.00 c
21512	Coarsely-crumbled day-old	2.00 c
21512	-corn bread	0.00
21512	Salt to taste	0.00
21512	Egg	1.00 ea
21512	Rich chicken stock	1.50 c
21512	Small apples and grapes for	0.00
21512	-garnish	0.00
21513	Fresh asparagus;	1.00 lb
21513	Olive oil;	2.00 ts
21513	Parmesan cheese; shredded	2.00 tb
21513	Lemon; cut into wedges	1.00
21514	Heads garlic	3.00 lg
21514	To 3 tb olive oil	2.00 tb
21514	Freshly ground pepper	0.00
21515	Olive oil	2.00 tb
21515	To large beets, quartered	6.00 md
21515	Salt	0.00
21515	Ground black pepper	0.00
21515	Heads garlic, peeled,	1.50 lg
21515	Cloves separated	0.00
21515	Balsamic vinegar	1.00 tb
21515	Raspberry vinegar	2.00 tb
21515	Dry red wine, such	2.00 tb
21515	As petite syrrah	0.00
21515	Sugar	1.00 tb
21515	Softened butter	1.00 tb
21516	Garlic heads, broken into	3.00 ea
21516	-- cloves but unpeeled	0.00

Sheet1

21516	Olive oil	4.00 tb
21516	Salt & cayenne	0.00
21516	Eggplant, thinly sliced	1.00 ea
21516	-- lengthwise	0.00
21516	Cumin	2.00 ts
21516	Capellini	12.00 oz
21516	Juice of 1/2 lemon	0.00
21516	Cilantro, chopped	2.00 ts
21517	Leeks	12.00 md
21517	Olive oil	0.12 c
21517	Salt & freshly ground pepper	0.00
21517	-to taste	0.00
21518	Shallots	16.00 lg
21518	Butter, cut in small pieces	1.00 tb
21518	Heavy cream	0.50 c
21518	Madeira or red wine	2.00 tb
21518	Tarragon, chopped or	1.50 ts
21518	Dried tarragon	0.50 ts
21518	Salt	0.25 ts
21518	Black pepper	1.00 pn
21519	Zuchinni (fairly small)	4.00
21519	Red onion	0.50 lg
21519	Or 8 red potatoes (golf ball Sized)	7.00 0.00
21519	Baby carrots	0.33 pk
21519	Montreal Steak Seasoning to Taste	0.00 0.00
21519	Red bell pepper (optional)	1.00
21519	Stick of butter	0.33
21520	Corn; fresh, husks left int	8.00 ea
21520	Water for moistening husks	1.00 x
21520	Butter or margarine	1.00 ea
21520	Limes; juice of	2.00 ea
21520	Salt	0.50 t
21520	Chile powder to taste	0.12 t
21521	Romaine lettuce;	6.00 oz
21521	Fennel bulb; shredded	1.50 c
21521	-(about 1 large bulb)	0.00
21521	Cauliflowerets;	1.00 c
21521	Red onion; sliced	0.50 c
21521	Line juice; fresh	0.50 c
21521	Olive oil;	1.00 tb
21521	Garlic; minced	1.00 c
21521	Salt;	0.25 ts
21521	Ground pepper; fresh	0.25 ts
21521	Paprika;	0.25 ts
21522	Virgin olive oil;	1.00 tb
21522	Garlic; minced	2.00 cl
21522	New potatoes;	1.00 lb

## Sheet1

21522	Salt;	0.25 ts
21522	Pepper;	0.25 ts
21522	Dried rosemary; crumbled	1.00 ts
21523	Potatoes; peeled and diced	2.00 lb
21523	-into 1" chunks	0.00
21523	Olive oil;	3.00 tb
21523	Paprika;	1.00 ts
21523	Crushed rosemary;	2.00 ts
21523	Garlic; minced	1.00 ts
21523	Salt	0.50 ts
21524	10 oz cans of mushroom stems	2.00
21524	-and pieces, drained	0.00
21524	Butter	2.00 tb
21524	Onion; chopped fine	1.00 md
21524	Garlic; minced	1.00 cl
21524	Flour	2.00 tb
21524	Tub of sour cream	1.00 lb
21524	Water	0.50 c
21524	Salt and pepper	0.00
21525	Margarine; softened	1.00 c
21525	Granulated sugar	2.00 c
21525	Eggs; slightly beaten	2.00
21525	Lemon rind; grated, to taste	0.00
21525	. as much as the rind from	0.00
21525	. two lemons	0.00
21525	Vanilla extract	1.00 ts
21525	Baking soda	0.50 ts
21525	Sour cream	1.00 c
21525	Flour; sifted	5.00 c
21525	Baking powder	2.00 ts
21525	Icing in various colors	0.00
21525	Candies for decorating	0.00
21526	Sugar	1.00 c
21526	Cornstarch	2.00 tb
21526	Lemon juice	0.50 c
21526	Rind of 1 lemon, grated	0.00
21526	Butter	0.50 c
21526	Brandy	2.00 tb
21526	Nutmeg or cinnamon	0.25 ts
21526	Light rum	0.50 c
21526	Dark rum	2.00 tb
21527	Egg, hardboiled & chopped	0.50 c
21527	Potato, cooked & diced	1.00 c
21527	Beets, cooked & diced	1.00 c
21527	Green peas, cooked	1.00 c
21527	Carrots, shredded	0.25 c
21527	Yogurt, plain	0.75 c
21527	Salt	0.50 ts
21527	Black pepper	0.50 ts

Sheet1

21527	Cider vinegar	0.50 ts
21527	Scallions chopped	6.00 ea
21528	Lemon lg	1.00 ea
21528	Rice, uncooked	0.25 c
21528	Chicken broth, clear	4.50 c
21528	Butter <real not margerine>	2.00 T
21528	Parsley fresh and chopped	1.00 T
21528	Lemon thin slices	4.00 ea
21528	Cream, heavy	0.50 c
21529	Rutabaga about (1 lb) OR;	1.00
21529	Turnips;	1.00 lb
21529	Size orange sweet potato;	1.00 md
21529	Red (cayenne) pepper;	0.25 ts
21529	Non-fat dry milk powder;	0.50 c
21529	Fresh parsley; chopped	3.00 tb
21530	Durum semolina	1.00 c
21530	Rye flour	0.25 c
21530	Caraway seeds	1.00 tb
21530	Egg	1.00
21530	To 4 water, if and as	2.00 tb
21530	Needed	0.00
21530	Durum semolina	1.25 c
21530	Rye flour	0.33 c
21530	Caraway seeds	1.33 tb
21530	Egg	1.00
21530	Vegetable oil, optional	1.00 tb
21530	To 4 water, if and as	2.00 tb
21530	Needed	0.00
21531	Chopped candied citron	0.50 c
21531	Chopped candied angelica	0.25 c
21531	Golden raisins	0.50 c
21531	:Boiling water	0.00
21531	Butter	8.00 tb
21531	Dry yeast	2.00 pk
21531	Milk; warmed	1.00 c
21531	Salt	1.00 ts
21531	Eggs; slightly beaten	2.00
21531	Granulated sugar	0.67 c
21531	Mace	0.50 ts
21531	Ground cardamom	0.25 ts
21531	All-purpose flour (about)	5.50 c
21531	Chopped blanched almonds	0.75 c
21531	Confectioners' sugar	2.00 tb
21532	-Dottie Cross TMPJ72B	0.00
21532	Bread flour	2.25 c
21532	(1 oz.) rye flour	0.25 c
21532	Brown sugar	2.00 tb
21532	Dry milk	1.00 tb
21532	Salt	1.00 ts

## Sheet1

21532	Butter	1.00 tb
21532	Orange peel; chopped	1.00 tb
21532	Caraway seeds	1.50 ts
21532	Fennel seed	0.50 ts
21532	(7-1/2 fl. oz.) water	0.00 c
21532	Dry yeast	1.00 ts
21533	Olive oil	2.00 tb
21533	Saffron threads	2.00 pn
21533	Linguine or spaghetti,	8.00 oz
21533	Cooked, drained, rinsed in	0.00
21533	Cold water and shaken dry	0.00
21533	Eggs, beaten	2.00
21533	Grated Parmesan or Asiago	0.50 c
21533	Cheese	0.00
21533	Finely chopped parsley	0.50 c
21533	Finely chopped basil or	0.25 c
21533	Marjoram	0.00
21533	Salt and pepper	0.00
21533	Butter or olive oil (or a	2.00 tb
21533	Mixture, divided use)	0.00
21533	To 3 ounces sliced fresh	2.00
21533	Mozzarella or other	0.00
21533	Soft cheese, such as fete	0.00
21533	Chalchouka (recipe follows)	0.00
21534	Yellow bell peppers	4.00 lg
21534	Red bell peppers	2.00 lg
21534	Green bell peppers	2.00 lg
21534	Red wine vinegar	2.00 tb
21534	Salt & freshly ground pepper	0.00
21534	Olive oil	6.00 tb
21535	Ground meat	2.00 lb
21535	Water	1.00 c
21535	Tenderquick morton salt	2.00 T
21535	Liquid smoke	1.50 T
21535	Garlic powder	0.12 T
21535	Brown sugar	0.25 c
21536	Mayoniase, homemade is best	0.50 c
21536	Eggs, hardboiled & chopped	6.00 ea
21536	Garlic clove minced	1.00 ea
21536	Sour cream or plain yogurt	0.33 c
21536	Salt	0.25 t
21536	Pimiento chopped as garnish	1.00 T
21536	Scallion tops finely chopped	2.00 T
21536	Hot mustard <Chinese>	0.25 t
21537	Garlic clove; halved	1.00
21537	Lettuce head; torn into	1.00
21537	- bite-sized pieces	0.00
21537	Celery; chopped	0.50 c
21537	Tomatoes; cut into wedges	3.00

Sheet1

21537	Onion (or scallion)	1.00 sm
21537	Green pepper; sliced	0.50
21537	Radishes; sliced	6.00
21537	Salt	0.00
21537	Pepper	0.00
21537	Oregano	1.00 ts
21537	Olive oil	0.25 c
21537	Vinegar	3.00 tb
21537	Ripe olives (garnish)	0.00
21537	Anchovies (garnish)	0.00
21537	Feta cheese (garnish)	0.00
21538	(1lb) salmon fillet, skinned	450.00 g
21538	(225g/8oz) pasta, such as	3.00 c
21538	- penne or twists	0.00
21538	(6oz) cherry tomatoes, halve	175.00 g
21538	(150ml/1¼ point) low fat	0.67 c
21538	- creme fraiche	0.00
21538	(45ml) fine chopped parsley	3.00 T
21538	Orange, fine grated rind of	0.50
21538	Salt & black pepper	0.00
21539	Onion; chopped	0.33 c
21539	Olive oil	3.00 tb
21539	Flour	0.25 c
21539	Seasoned salt	1.25 ts
21539	Thyme	0.12 ts
21539	Pepper to taste	0.00
21539	Evaporated skim milk	2.00 c
21539	Spaghetti; cooked/drained	6.00 oz
21539	Sherry	1.50 tb
21539	15 oz can salmon; dr	1.00
21539	-ained/flaked	0.00
21539	Black olives; sliced	0.50 c
21539	Green bell pepper; chopped	0.25 c
21539	Parmesan cheese; grated	0.33 c
21540	Garlic clove	1.00 ea
21540	Onions	2.00 ea
21540	Vegetable oil	1.00 T
21540	Tabasco sauce	3.00 t
21540	Jalopeno peppers	3.00 ea
21540	Cayenne pepper; to taste	0.25 t
21541	Flour	4.00 c
21541	Salt	1.00 c
21541	Hot tap water	1.50 c
21542	Corn, fresh or frozen	1.00 lb
21542	French-cut Green Beans	1.00 lb
21542	Chipotle Cream Sauce (see	0.50 c
21542	- recipe)	0.00
21542	15 oz cans black beans	2.00 ea
21542	Tomato; diced	1.00 lg

Sheet1

21543	Butter	4.00 tb
21543	Onion; finely chopped	1.00 sm
21543	Celery; finely chopped	1.00
21543	Carrot; finely chopped	1.00 sm
21543	Pancetta; finely chopped	2.00 oz
21543	Or bacon	0.00
21543	Bay leaf	1.00
21543	Ground beef	0.75 lb
21543	Flour; sifted	1.50 ts
21543	Dry red wine	0.50 c
21543	Beef stock	0.50 c
21543	Dried porcini mushrooms;	0.50 oz
21543	-optional	0.00
21543	Salt and pepper	0.00
21543	Nutmeg; or cloves	0.00 pn
21543	Milk	0.50 c
21543	Cream	2.00 tb
21543	Chicken liver; minced	1.00
21544	Unsalted butter	1.50 tb
21544	Garlic	1.00 cl
21544	Leek; thinly sliced	1.00 lg
21544	(white part only)	0.00
21544	Flour; sifted	3.00 tb
21544	Salt and white pepper	0.00
21544	Nutmeg	0.00
21544	Milk; hot	0.75 c
21544	Heavy cream	2.00 c
21544	Gruyere cheese; grated	0.25 lb
21545	Canned Or Fresh Sauerkraut	0.00
21546	Smoked sausage or Kielbasa	1.00 pk
21546	Fettuccine;uncooked	8.00 oz
21546	Butter or margarine	0.25 c
21546	Onion; finely chopped	0.25 c
21546	Clove garlic; minced	1.00 ea
21546	Carrots, zucchini, red pep.	1.00 c
21546	Peas; frozen	0.50 c
21546	Heavy cream	1.00 c
21546	Parsley; chopped	2.00 tb
21546	Grated parmesan	6.00 tb
21546	Salt and pepper	1.00 x
21547	Prepared packaged stuffing	15.00 oz
21547	Eggs, slightly beaten	2.00
21547	Onions, finely chopped	4.00 md
21547	Stalks celery,finely chopped	6.00
21547	Roll pkg., Pork Sausge,	1.00 lb
21547	Panfried and drained	0.00
21547	Jellied cranberry sauce,	8.00 oz
21547	Beaten until thin	0.00
21547	Apple juice	1.50 c



Sheet1

21549		0.00
21549		1.50
21549	Flour	0.50
21549	Baking powder	2.00
21549	Baking soda	0.50
21549	Salt	1.00
21549	Minced fresh sage	1.00
21549	Nonfat milk	1.50 c
21549	Vinegar	1.00 tb
21549	Egg substitute (equivalent	0.50 c
21549	- to 2 eggs)	0.00
21549	(8-oz) cream-style corn	1.00 cn
21549	Turkey sausage patties	2.00
21549	- (about 2 1/2 ounces)	0.00
21549	Chopped onion	1.00 c
21549	Garlic, minced	2.00 cl
21549	Chopped celery	0.50 c
21549	Coarsely chopped mushrooms	2.00 c
21549	Red bell pepper, roasted,	1.00
21549	- peeled and chopped	0.00
21549	Chopped parsley	0.25 c
21549	Minced fresh sage	0.25 c
21549	Salt, pepper	0.00
21549	Egg substitute (equivalent	0.50 c
21549	- to 2 eggs)	0.00
21549	Defatted turkey or chicken	0.50 c
21549	- broth	0.00
21549	Formatted by Manny Rothstein	0.00
21550	Information Only	0.00
21551	Potatoes	1.50 kg
21551	Olive oil	0.50 c
21551	Red onions,peeled	2.00 ea
21551	Balsamic vinegar	0.50 c
21551	Cherry tomatoes	0.50 pt
21551	Sprigs of fresh rosemary	0.00
21552	Olive oil	2.00 tb
21552	Onions, chopped	0.75 c
21552	Garlic, minced	2.00 ts
21552	Carrots, julienned	0.50 c
21552	Salt	0.50 ts
21552	Cilantro, chopped	1.00 tb
21552	Basil, chopped	1.00 tb
21552	Fiddleheads, trimmed	2.00 c
21553	Red potatoes;	1.00 lb
21553	Olive oil;	1.00 tb
21553	Garlic cloves;	3.00 md
21553	Salt	0.00
21553	Fresh ground black pepper	0.00
21554	Jarlsberg or hickory-smoked	1.00 c

## Sheet1

21554	. Jarlsberg cheese; finely	0.00
21554	. shredded	0.00
21554	Ripe olives; finely chopped	0.50 c
21554	Green onions; finely chopped	0.25 c
21554	Chutney; finely chopped	2.00 tb
21554	Mayonnaise	1.00 tb
21554	Dijon-style mustard	2.00 ts
21555	Vegetable oil	3.00 tb
21555	Mustard seed	1.00 ts
21555	Asafetida	0.25 ts
21555	Dried red chili; halved	1.00 sm
21555	Serrano chili; minced	1.00
21555	Ground cumin	1.00 ts
21555	Dried curry leaves	1.00 ts
21555	Minced fresh ginger	0.50 ts
21555	Whole black peppercorns	6.00
21555	Whole cloves	3.00
21555	Chopped onion	0.75 c
21555	Diced boiling potato	0.75 c
21555	Ground turmeric	0.75 ts
21555	Frozen peas; thawed	0.75 c
21555	Salt	1.50 ts
21555	Sugar	1.00 ts
21555	Fresh lemon or lime juice	0.25 c
21555	Poha (thick flaked rice)	2.00 c
21555	Chopped cilantro	0.33 c
21555	Unsweetened grated coconut	2.00 tb
21556	Cabbage head	1.00 ea
21556	Butter, softened	5.00 tb
21556	Flour, all-purpose	3.00 tb
21556	Milk	2.00 c
21556	Ham, diced	0.25 c
21556	Bacon, crisp, crumbled	4.00 sl
21556	Green bell pepper, chopped	0.25 c
21556	Saltine cracker crumbs	1.00 c
21557	Beets, boiled	2.00 lg
21557	Caraway seeds	1.00 ts
21557	Boiling water	6.00 tb
21557	Vinegar	1.50 tb
21557	Sugar	2.00 ts
21557	Salt	1.00 ts
21558	Boneless pork	1.50 lb
21558	;water	0.00
21558	Salt	2.00 ts
21558	Pepper	0.50 ts
21558	Ground sage	1.00 ts
21558	Yellow cornmeal	1.00 c
21558	Bacon fat	0.00
21559	Spareribs	3.00 lb

Sheet1

21559	Beef broth (2x 14 oz cans)	3.50 c
21559	Salt	1.00 ts
21559	Black pepper	0.12 ts
21559	Onion; chopped fine	1.00 md
21559	Dried parsley	1.00 ts
21559	Bay leaves	2.00 ea
21559	;water	2.00 c
21559	Corn meal	2.50 c
21559	Flour	0.00
21559	Shortening	0.00
21560	Broth	3.00 qt
21560	Cooked pork meat; cut fine	2.00 c
21560	Corn meal	3.00 c
21560	Salt	2.00 ts
21560	Pepper	0.50 ts
21560	Sage, if desired	0.50 ts
21561	Pork shoulder	1.50 lb
21561	Pork liver	0.25 lb
21561	Yellow corn meal	1.00 c
21561	Salt	2.00 ts
21561	Onions; chopped fine	0.25 c
21561	Ground cloves	1.00 ds
21561	Dried thyme	0.25 ts
21561	Dried sage	1.00 ts
21561	Dried marjoram	1.00 ts
21561	Freshly ground pepper	0.50 ts
21562	Pork neck bones or other	2.00 lb
21562	-bony pieces	0.00
21562	;boiling water	1.50 qt
21562	Onion; sliced	1.00 ea
21562	Peppercorns	6.00 ea
21562	Bay leaf (optional)	1.00 sm
21562	Corn meal mush (below)	0.00
21562	Salt, if required	0.00
21562	(or more) onion; grated	1.00 ts
21562	Dried thyme or sage (option)	0.50 ts
21562	A grating of fresh nutmeg	0.00
21562	A little cayenne	0.00
21562	Water-ground cornmeal	1.00 c
21562	;cold water	1.00 c
21562	Salt	1.00 ts
21562	;Liquid from cooking pork	4.00 c
21562	-(above)	0.00
21562	Melted butter or drippings	0.00
21563	Pork; with bones	1.00 lb
21563	Pig's feet	2.00 ea
21563	Salt	0.00
21563	Cornmeal	0.67 c
21563	Onion; chopped	2.00 tb

## Sheet1

21563	Freshly ground pepper	0.00
21564	Spinach; fresh	1.00 lb
21564	Mushrooms; sliced	1.00 c
21564	Low-sodium soy sauce;	1.00 tb
21564	Water	1.00 tb
21564	Walnut oil;	1.00 tb
21564	Sesame oil;	1.00 tb
21564	Toasted Sesame seeds;	1.00 tb
21565	Potatoes	4.00 lg
21565	Oil-free Italian Dressing	1.00 c
21566	Chicken breast; skinned	1.00 c
21566	-bonned & cut into cubes;	0.00
21566	Chicken seasoning;	1.00 c
21566	Paprika;	0.50 ts
21566	Ginger root; minced	1.00 ts
21566	Toasted sesame seeds;	2.00 tb
21566	Onion; chopped	0.50 c
21566	Orange juice; concentrate	5.00 tb
21566	Water	0.25 c
21566	Broccoli; coarsely chopped	1.00 lb
21566	Lemon;	1.00
21567	Fresh green beans;	1.00 lb
21567	-size red bell pepper;	1.00 md
21567	-red or yellow maybe sub;	0.00
21567	-cut in 1/4" strips	0.00
21567	Toasted seasmae seeds;	2.00 tb
21567	Sesame oil;	1.00 ts
21568	Durum semolina	1.00 c
21568	Sesame oil	1.00 tb
21568	To 1/3 water, if and as	0.25 c
21568	Needed	0.00
21568	Durum semolina	1.25 c
21568	Sesame oil	1.33 tb
21568	To 1/3 water, if and as	0.25 c
21568	Needed	0.00
21569	Shallots	16.00 md
21569	Olive oil	2.00 ts
21569	Beef stock; defatted	1.00 c
21569	Salt & pepper to taste	0.00
21570	Olive Oil	0.25 c
21570	Crushed dried red pepper	0.25 t
21570	Thnly slivered dried tomat	2.00 T
21570	Medium Shells	8.00 oz
21570	Garlic cloves crushed	2.00 ea
21570	Shrimp,shelled deveined,chnp	8.00 oz
21570	Italian parsley	2.00 T
21570	Fresh grn beans 1" long	8.00 oz
21571	Butter	1.00 tb
21571	Dry sherry	1.00 tb

Sheet1

21571	Dill, minced	1.00 ts
21571	Garlic clove(s), minced	1.00
21571	1-pt basket	1.00
21571	-cherry tomatoes, hulled	0.00
21571	Salt and pepper to taste	0.00
21572	Brussel sprouts	1.50 lb
21572	Butter	0.25 c
21572	Salt	0.50 ts
21572	Ground white pepper	0.25 ts
21572	Water	2.00 ts
21572	Fresh lime juice	1.00 tb
21573	Cabbage; coarsely shredded	1.00 lg
21573	Butter or margarine;	2.00 tb
21573	Nutmeg	0.50 ts
21573	Salt to taste	0.00
21573	Fresh ground pepper;	0.00
21574	(10-3/4 oz) cream of shrimp	2.00 cn
21574	-soup; undiluted	0.00
21574	Milk	3.00 c
21574	(16-oz) loaf mild Mexican-	0.50 pk
21574	-style process cheese spread	0.00
21574	-cubed	0.00
21574	(14-oz) artichoke hearts;	1.00 cn
21574	-drained and chopped	0.00
21574	Seasoned salt	0.25 ts
21574	Ground white pepper	0.25 ts
21574	Beau Monde seasoning (opt'l)	0.50 ts
21574	(5-oz) frozen cooked small	1.00 pk
21574	-shrimp	0.00
21574	Garnishes: sweet red pepper	0.00
21574	-slices, fresh parsley	0.00
21574	-sprigs	0.00
21575	Asparagus; fresh	1.00 lb
21575	Shrimp; peeled & deveined	1.00 lb
21575	Unsalted butter	4.00 tb
21575	Flour	2.00 tb
21575	Heavy cream; heated	2.00 c
21575	Salt	0.00
21575	White pepper	0.00
21575	Nutmeg	0.00
21575	Noodles; lightly buttered	0.00
21576	Minced garlic	1.00 T
21576	Sesame-seed paste; (tahini)	0.75 c
21576	Steeped black Chinese tea	1.00 c
21576	Dark soy sauce	5.00 T
21576	Chili oil	5.00 t
21576	Sesame oil	3.00 T
21576	Sugar	2.00 T
21576	Red wine vinegar	2.00 T

Sheet1

21576	Chinese egg noodles; thin 1/	1.00 lb
21576	Chopped scallions	0.50 c
21576	Shredded cucumber	0.50 c
21577	Scallions chopped fine	4.00
21577	Minced garlic	1.00 tb
21577	Olive oil	1.00 tb
21577	Peeled fresh tomatoes chop	1.00 c
21577	Fresh basil leaves sliced	8.00
21577	Salt, pepper; dash of hot	0.00
21577	Sauce is optional	0.00
21577	Tilapia fillets; cubed or	3.00
21577	Any firm sweet non oily fish	0.00
21577	Spaghetti cooked	0.50 lb
21577	Parmesan cheese	0.00
21578	Chopped onions	1.00 c
21578	Sliced mushrooms	2.00 c
21578	Garlic cloves; finely choppe	3.00
21578	Uncooked dried lentils	1.00 c
21578	Water	3.00 c
21578	Canned tomato sauce; no salt	16.00 oz
21578	Tomato paste	6.00 oz
21578	Sugar	1.50 ts
21578	Water	0.50 c
21579	Feet medium hog casings	5.00
21579	Lean pork butt, cubed	4.50 lb
21579	Pork fat, cubed	0.50 lb
21579	Salt, or to taste	2.50 ts
21579	Coarse grind black pepper	3.00 ts
21579	Fennel seed	3.00 ts
21579	Crushed red pepper to taste	0.00
21579	-for hot sausage	0.00
21579	Garlic, finely minced	2.00 cl
21579	Anise seed	1.00 ts
21580	Butter or margarine; softend	1.00 c
21580	Brown sugar	1.00 c
21580	Granulated sugar	1.00 c
21580	Baking powder	1.00 ts
21580	Salt	0.25 ts
21580	Eggs; slightly beaten	2.00
21580	Corn flakes; finely crushed	2.00 c
21580	Minute oats	2.00 c
21580	Vanilla *OR*	2.00 ts
21580	Orange peel; grated	2.00 ts
21580	Pecans; chopped	0.50 c
21581	Pork leg (min 5 lbs) boned	1.00
21581	White sea salt **	1.00 lb
21581	Saltpetre	6.00 oz
21581	Granulated sugar	0.50 lb
21581	English brine	0.00

Sheet1

21582	Margarine; softened	0.50 c
21582	Sugar	0.75 c
21582	Eggs	2.00
21582	Dates; (7oz) chopped fine	1.00 pk
21582	Pecans; chopped fine	1.00 c
21582	Rice Krispies	3.00 c
21582	Vanilla	1.00 tb
21582	Salt	0.50 ts
21582	Flaked sweetened coconut	1.50 c
21583	(1 cn) whole tomatoes;	16.00 oz
21583	-undrained chopped	0.00
21583	Fresh okra; sliced	1.50 c
21583	(1 cn)whole-kernel corn;	16.00 oz
21583	-undrained	0.00
21583	Onion; chopped	0.50 c
21583	Celery; chopped	0.50 c
21583	Green pepper	0.25 c
21583	-chopped	0.00
21584	Sliced canned / cooked beets	1.50 c
21584	Bay leaf	1.00
21584	Whole cloves	4.00
21584	Whole allspice	4.00
21584	Grapefruit	1.00 sm
21584	Equal sweetener (2 tsp)	1.00 pk
21585	Bread, day old; cut in cubes	14.00 c
21585	-to 15 cups	0.00
21585	Celery; chopped	3.00 c
21585	Onion; chopped	1.50 c
21585	Sage, rubbed	1.50 ts
21585	;pepper	0.50 ts
21585	Butter; melted	1.25 c
21586	Potatoes;	9.00 md
21586	Nonfat sour cream;	0.50 c
21586	-=OR=-	0.00
21586	Nonfat yogurt;	0.50 c
21586	Evaporated skim milk;	0.25 c
21586	Salt;	0.25 ts
21586	Pepper;	0.50 ts
21586	Butter-flavored sprinkles;	4.00 ts
21586	Fresh chives; chopped	2.00 ts
21587	Fresh snow peas;	2.00 c
21587	(8oz) water chestnuts;	1.00 cn
21587	-(1 cup) sliced	0.00
21587	Walnut oil;	2.00 ts
21587	Sesame oil;	0.00 ds
21587	Salt and pepper to taste;	0.00
21588	Lean beef	3.00 lb
21588	Pork	5.00 lb
21588	Pork fat	2.00 lb

Sheet1

21588	Salt	5.00 tb
21588	Finely ground black pepper	1.00 tb
21588	Finely ground white pepper	2.00 ts
21588	Finely ground coriander	1.00 ts
21588	Finely minced garlic	1.00 ts
21588	Sugar	2.00 ts
21588	Dry white wine	1.00 c
21588	Ascorbic acid	0.50 ts
21588	Saltpeter	1.00 ts
21588	Feet large beef casings	4.00
21589	Durum semolina	1.00 c
21589	Onion powder, optional	1.00 ts
21589	Sour cream	0.25 c
21589	To 3, if and as needed	2.00 tb
21589	Durum semolina	1.25 c
21589	Onion powder, optional	1.00 ts
21589	Sour cream	0.25 c
21589	To 2 water, if and as needed	1.00 tb
21590	Commercial sour cream	0.75 c
21590	Vinegar	1.00 tb
21590	Dill seeds	0.50 ts
21590	Celery seeds	0.25 ts
21590	Salt	0.50 ts
21590	Pepper	0.50 ts
21590	Cabbage; shredded	5.00 c
21590	Green pepper; thinly cut	0.50 c
21590	-into strips	0.00
21591	Giblets from a turkey	0.00
21591	Condensed chicken broth	20.00 oz
21591	Margarine	0.50 c
21591	Onion; chopped	1.00 c
21591	Celery; chopped	1.00 c
21591	Poultry seasoning	3.00 T
21591	Pan of cornbread	1.00 lg
21591	-make a few days in advance	0.00
21591	White bread; stale	4.00 sl
21591	Egg; slightly beaten	3.00
21591	Pepper	1.00 ts
21591	Pan drippings; from cooked	1.00 c
21591	-turkey	0.00
21592	Ears fresh corn	6.00 md
21592	Butter or margarine	0.25 c
21592	Butter	0.25 c
21592	Sugar	1.00 ts
21592	Half-and-half	0.50 c
21592	Cornstarch	2.00 ts
21592	Salt	0.50 ts
21592	Coarsely ground black pepper	0.50 ts
21593	Durum semolina	0.75 c



Sheet1

21593	Cornmeal	0.25 c
21593	Egg	1.00
21593	To 1 1/2 dried cilantro	1.00 ts
21593	Crushed red pepper	0.50 ts
21593	Water, if and as needed	2.00 tb
21593	Durum semolina	1.00 c
21593	Cornmeal	0.33 c
21593	Egg	1.00
21593	To 1 1/2 dried cilantro	1.00 tb
21593	Crushed red pepper	0.67 ts
21593	Vegetable or olive oil,	1.00 tb
21593	Optional	0.00
21593	Water, if and as needed	2.00 tb
21594	Black-eyed peas	1.00 cn
21594	Carrot, diced	1.00
21594	Onion, diced	0.50
21594	Green pepper, diced	0.25
21594	Stalk celery, diced	1.00
21594	Cloves garlic, minced or	3.00
21594	Pressed	0.00
21594	Salt, or to taste	0.50 t
21594	Pepper, or to taste	0.25 t
21594	Tobasco or other hot sauce,	0.25 t
21594	Or to taste	0.00
21595	Lean beef (flank, round or	3.00 lb
21595	-sirloin tip)	0.00
21595	Soy sauce	0.75 c
21595	Worcestershire sauce	0.25 c
21595	Brown sugar	0.25 c
21595	Onion powder	1.00 t
21595	Garlic clove, crushed	1.00 ea
21595	Cracked pepper	0.50 t
21595	Liquid smoke (optional)	0.25 t
21596	Durum semolina	0.75 c
21596	Soy flour	0.25 c
21596	Soy or vegetable oil,	1.00 tb
21596	Optional	0.00
21596	Egg	1.00
21596	To 2 water, if and as	1.00 tb
21596	Needed	0.00
21596	Durum semolina	1.00 c
21596	Soy flour	0.33 c
21596	Soy or vegetable oil,	1.00 tb
21596	Optional	0.00
21596	Egg	1.00
21596	To 2 water, if and as	1.00 tb
21596	Needed	0.00
21597	Eggs	3.00 lg
21597	Flour	2.00 c

Sheet1

21597	Butter	2.00 tb
21597	Milk	1.00 c
21597	Salt	0.50 ts
21598	-JUDI M.PHELPS (BNVX05A)	0.00
21598	Extra-virgin olive oil	0.50 c
21598	Garlic cloves; finely minced	9.00
21598	Pine nuts	0.50 c
21598	Spaghetti; broken in half	1.00 lb
21598	Oil-cured sun-dried tomatoes	3.00 oz
21598	-finely chopped (2-4 oz)	0.00
21598	Parsley; finely chopped	0.67 c
21598	Parmesan cheese; grated	0.50 c
21598	Freshly ground pepper; to	0.00
21598	-taste	0.00
21599	Spaghetti	16.00 oz
21599	Garlic cloves, chopped	10.00 ea
21599	2" piece of ginger, unpeeled	1.00 ea
21599	-- cut into 5 thin slices	0.00
21599	Red pepper flakes	1.00 pn
21599	Olive oil	0.25 c
21599	Salt, to taste	0.00
21599	Basil leaves, thinly sliced	2.00 tb
21599	Mint leaves, thinly sliced	2.00 tb
21600	Spaghetti squash;(about)	3.00 lb
21600	Parsley; chopped	0.25 c
21600	Olive oil;	0.25 c
21600	Margarine;	2.00 tb
21600	Fresh garlic; minced	2.00 ts
21600	Fresh mushrooms; sliced	0.50 lb
21600	Butter or Margarine;	3.00 tb
21600	Grated parmesan cheese;	0.25 c
21600	Salt to taste;	0.00
21600	Freshly ground pepper;	0.00
21601	Size spaghetti squash;	1.00 md
21601	-about 1 1/2 lb	0.00
21601	Minced shallots;	2.00 tb
21601	Unsalted butter;	2.00 ts
21602	Spaghetti	1.00 lb
21602	Garlic cloves, chopped	4.00 ea
21602	Olive oil	3.00 tb
21602	Head endive, trimmed & cut	1.00 ea
21602	-- into bite-sized pieces	0.00
21602	Balsamic vinegar, or to	1.00 tb
21602	-- taste	0.00
21602	Salt & pepper	0.00
21603	Ground beef	2.00 lb
21603	Tomatoes, canned	4.00 ea
21603	Med Carrot; cut in chunks	4.00 ea
21603	Med Onions, quartered	4.00 ea

## Sheet1

21603	Garlic cloves, minced	4.00 ea
21603	Tomato paste, canned	2.00 ea
21603	Parsley, snipped	0.25 c
21603	Bay leaf	2.00 ea
21603	Sugar	2.00 T
21603	Basil; crushed	2.00 t
21603	Salt	1.50 t
21603	Oregano, dried, crushed	1.00 t
21603	Pepper	1.00 ds
21603	Cold water	0.25 c
21603	Corn starch	0.25 c
21603	Hot cooked spaghetti	1.00 x
21603	Grated parmesan cheese	1.00 x
21604	Spaghetti	1.00 lb
21604	Arugula, chopped	2.00 c
21604	Shallots, chopped ==OR==	6.00 ea
21604	Garlic cloves, chopped	4.00 ea
21604	Olive oil	2.00 tb
21604	Tomatoes, chopped	2.00 c
21604	Salt	0.00
21604	Red pepper flakes ==OR==	0.00
21604	Cayenne, to taste	0.00
21605	Spaghetti	0.75 lb
21605	Extra virgin olive oil	1.00 ea
21605	Med eggplant	1.00 ea
21605	Handful ripe pitted olives	1.00 ea
21605	Salt	1.00 ea
21605	Onion diced	0.50 ea
21605	Red, yellow, green peppers	0.33 ea
21605	Ladlefuls tomato sauce	2.00 ea
21606	New potatoes	1.00 lb
21606	Olive oil	4.00 tb
21606	Wine vinegar	1.00 tb
21606	Garlic cloves, crushed	2.00 ea
21606	Red pepper	1.00 sm
21606	Chives, chopped	1.00 tb
21607	Rice	0.50 lb
21607	Ripe tomatoes	2.00 md
21607	Onion	0.50 md
21607	Carrot	0.50
21607	Potato	1.00 md
21607	Fresh peas	0.25 c
21607	Bell Pepper, green or red	0.50
21608	Lean pork, cubed	8.00 lb
21608	Pork fat, cubed	2.00 lb
21608	Salt	5.00 tb
21608	Fine grind black pepper	2.00 tb
21608	Cayenne	3.00 tb
21608	Coarsley crushed red pepper	1.00 tb

Sheet1

21608	Finely minced garlic	2.00 tb
21608	Cumin seed	1.00 ts
21608	Crushed oregano	1.00 ts
21608	Sugar	2.00 tb
21608	Fennel seed	1.00 ts
21608	Red wine vinegar	0.25 c
21608	Brandy	0.75 c
21608	Ascorbic acid	0.50 ts
21608	Saltpeter	1.00 ts
21608	Feet medium hog casings	6.00
21609	-Area of Influence: General	0.00
21609	-China	0.00
21609	-Serves/Makes: 4-6	0.00
21609	Peanut, corn, or other oil	2.00 T
21609	Eggs,beaten	4.00 lg
21609	Peanut, corn, or other oil	1.00 T
21610	Sugar	0.50 c
21610	Ounces unsweetened chocolate	3.00 ea
21610	Ground cinnamon	1.00 ts
21610	Salt	0.25 ts
21610	Ground nutmeg	0.25 ts
21610	Water	1.50 c
21610	Milk	4.00 c
21610	Cinnamon stick stirrers	0.00
21611	Wine vinegar;	0.50 c
21611	(how about rice?)	0.00
21611	Water	0.25 c
21611	Bay leaf;	1.00
21611	Whole clove;	1.00
21611	Black pepper;	1.00 ts
21611	Sugar Replacement	3.00 tb
21611	Beets; sliced	2.00 c
21612	Butter	0.25 c
21612	Pecan halves	4.00 c
21612	Sugar	1.50 c
21612	Ground cloves	0.50 T
21612	Ground cinnamon	1.00 T
21612	Ground nutmeg	1.00 T
21613	Full-bodied red wine	2.00 c
21613	Whole cloves	4.00
21613	Cinnamon stick	1.00
21613	Whole allspice	4.00
21613	Grated nutmeg	0.00
21613	Whole black peppercorns	10.00
21613	Bay leaves	2.00
21613	Ripe pears	2.00
21614	Onion; finely sliced	1.00 lg
21614	Margarine;	4.00 oz
21614	Inch fresh ginger; minced	1.50

Sheet1

21614	Garlic; minced	1.00 cl
21614	Fresh peas;	0.50 lb
21614	Golden raisins;	0.25 c
21614	Cashew nuts; chopped	0.50 c
21614	Basmati rice;	2.00 c
21614	Water	3.00 c
21614	Ripe tomatoes; coarsely	2.00
21614	-chopped	0.00
21614	Salt to taste	0.00
21615	Brown basmati rice;	1.00 c
21615	Vegetable oil;	1.00 tb
21615	Onion; chopped	1.00 sm
21615	Garlic; minced	1.00 cl
21615	Whole cloves;	4.00
21615	Salt;	0.12 ts
21615	Chicken broth broth;	2.00 c
21615	Cinnamon stick;	1.00
21615	Vegetable oil;	1.00 ts
21615	Raisines;	1.00 tb
21615	Almonds; blanched slivered	1.00 tb
21615	--OR--	0.00
21615	Pine nuts	1.00 tb
21616	Channa dhal	1.00 c
21616	-OR- yellow split peas	0.00
21616	Ghee or oil	3.00 tb
21616	Onion; finely sliced	1.00 lg
21616	2-inch cinnamon sticks	2.00
21616	Cardamom pods	6.00
21616	-- split open on the top	0.00
21616	Dried red chili peppers	4.00
21616	-- coarsley chopped	0.00
21616	Ground turmeric	0.50 ts
21616	Chili powder (or more)	0.25 ts
21616	Salt; or to taste	1.25 ts
21616	Warm water	2.50 c
21616	Bay leaves; crumbled	2.00
21616	Flaked coconut	0.25 c
21616	Ripe tomatoes	2.00
21616	-- skinned and chopped	0.00
21616	Chopped coriander leaves	2.00 tb
21617	Collard Greens;	1.00 lb
21617	Vegetable Stock;	2.00 c
21617	To 4 leaves fresh Basil OR:	3.00
21617	Dried leaf basil;	0.50 ts
21617	Virgin olive oil;	2.00 ts
21617	Onion; chopped	0.75 c
21617	Gingerroot; grated	1.00 tb
21617	Jalapono pepper; chopped	1.00 ts
21617	Seesame oil;	0.25 ts

Sheet1

21617	Pepper to taste;	0.00
21617	Sesame seeds;	1.00 ts
21618	Vegetable oil	3.00 tb
21618	Rice vinegar	3.00 tb
21618	Low-sodium soy sauce	1.50 tb
21618	Oriental sesame oil	1.00 tb
21618	Minced peeled fresh ginger	2.00 ts
21618	Garlic cloves, minced	2.00 ea
21618	Sugar	1.00 ts
21618	Dried crushed red pepper	0.25 ts
21618	Green onions, thinly sliced	2.00 ea
21618	Carrot, peeled, shredded	1.00 ea
21618	Cucumber	0.50 ea
21618	-- peeled, seeded, chopped	0.00
21618	Chopped fresh cilantro	0.25 c
21619	Durum semolina	1.00 c
21619	Oregano	0.25 ts
21619	Thyme	0.12 ts
21619	Black pepper	0.25 ts
21619	Dried parsley	0.33 ts
21619	Celery seed	0.00 pn
21619	Egg	1.00
21619	Vegetable oil, optional	1.00 tb
21619	To 4 water, if and as	2.00 tb
21619	Needed	0.00
21619	Durum semolina	1.25 c
21619	Oregano	0.25 ts
21619	Thyme	0.12 ts
21619	Black pepper	0.25 ts
21619	Dried parsley	0.33 ts
21619	Celery seed	0.00 pn
21619	Egg	1.00
21619	Vegetable oil, optional	1.00 tb
21619	To 4 water, if and as	2.00 tb
21619	Needed	0.00
21620	Ground pork	10.00 lb
21620	Lawry's seasoning salt	10.00 tb
21620	White pepper	4.50 tb
21620	Marjoram	2.00 ts
21620	Savory	2.00 ts
21620	All spice	2.00 ts
21620	Coriander	2.00 ts
21620	Mace	2.00 ts
21620	Ground powdered clove	2.00 ts
21620	Sage	2.00 ts
21620	-4 slices bacon	3.00
21621	Onion, diced (about 1 1/2	1.00 lg
21621	-cups)	0.00
21621	Olive oil	1.00 T

Sheet1

21621	Fresh kale (about 2 pounds)	1.00 bn
21621	Vinegar (or to taste)	2.00 t
21621	Crushed red pepper flakes	0.25 t
21621	-(or to taste)	0.00
21621	-Salt and ground black	0.00
21621	-pepper, to taste	0.00
21622	Durum semolina	1.00 c
21622	Cilantro, dried, optional	1.00 ts
21622	OR	0.00
21622	Fresh cilantro, chopped,	1.00 tb
21622	Optional	0.00
21622	Cayenne or chili powder	0.25 ts
21622	Onion powder	0.25 ts
21622	Egg	1.00
21622	Olive oil, optional	1.00 tb
21622	To 2 water, if and as	1.00 tb
21622	Needed	0.00
21622	Durum semolina	1.25 c
21622	Dried cilantro, optional	1.00 ts
21622	Cayenne or chili powder	0.33 ts
21622	Onion powder	0.33 ts
21622	Egg	1.00
21622	Olive oil, optional	1.00 tb
21622	To 2 water, if and as	1.00 tb
21622	Needed	0.00
21623	Durum semolina	0.75 c
21623	Teff flour	0.25 c
21623	Cayenne	0.25 ts
21623	Black pepper	0.25 ts
21623	Ground ginger	0.12 ts
21623	Ground cloves	0.12 ts
21623	Cinnamon	0.00 pn
21623	Egg	1.00
21623	Vegetable or olive oil,	1.00 tb
21623	Optional	0.00
21623	Durum semolina	1.00 c
21623	Teff flour	0.25 c
21623	Cayenne	0.33 ts
21623	Black pepper	0.25 ts
21623	Ground ginger	0.12 ts
21623	Ground cloves	0.12 ts
21623	Cinnamon	0.00 pn
21623	Egg	1.00
21623	Vegetable or olive oil,	1.00 tb
21623	Optional	0.00
21623	Water, if and as needed	1.00 tb
21624	Spinach	1.00 lb
21624	Salt	1.00 ts
21624	Green onions	6.00 ea

Sheet1

21624	Olive oil	2.00 tb
21624	Lemon juice	2.00 tb
21624	Walnuts	2.00 oz
21625	Vidalia onions (or other;	3.00 lg
21625	-sweet onion)	0.00
21625	Package frozen chopped;	10.00 oz
21625	-spinach	0.00
21625	Mayonnaise	3.00 tb
21625	Lemon juice	1.00 tb
21625	Grated parmesan cheese	0.33 c
21625	Seasoned salt	0.50 ts
21625	Nutmeg	1.00 ds
21625	Grinding of black pepper	1.00
21625	Pimiento strips or sliced;	0.00
21625	-stuffed olives	0.00
21626	Pecan	1.00 c
21626	Spinach, washed & drained	8.00 oz
21626	Olive oil	0.50 c
21626	White miso	2.00 tb
21626	Garlic cloves, minced	2.00 ea
21626	Salt & pepper	0.00
21626	Nutmeg	1.00 pn
21627	Spinach, fresh	1.00 lb
21627	Tomato; peeled and cut in	1.00 lg
21627	-thin wedges	0.00
21627	Garlic cloves; crushed	2.00
21627	Oil, salad; to 3 tb.	2.00 tb
21627	Salt; to taste	0.00
21627	Pepper; to taste	0.00
21628	Fresh spinach;	2.00 lb
21628	Margarine;	2.00 tb
21628	Onion;	0.50 c
21628	Each nutmeg, thyme, salt	0.00 ds
21628	Fresh ground pepper;	0.00 ds
21629	Walnuts	0.25 c
21629	Spinach, washed & stemmed	12.00 oz
21629	Basil leaves	0.50 c
21629	Olive oil	3.00 tb
21629	Miso, any variety	2.00 tb
21630	Butterfly or bow-tie pasta	1.00 lb
21630	Butter	3.00 tb
21630	Finely chopped onions	2.00 tb
21630	Asparagus; 1/2" diag. slices	8.00 oz
21630	Carrots, peeled; 1/4" diag.	2.00
21630	Chopped fresh thyme	2.00 ts
21630	[stock]	2.00 c
21630	Frozen peas	10.00
21630	Chopped fresh basil	0.25 c
21630	Salt	1.00 ts



Sheet1

21630	Grated parmesan cheese	0.00
21631	Yellow squash; sliced	2.00 c
21631	Onion; chopped	1.00 md
21631	;water	1.00 c
21631	Cornbread crumbs	2.00 c
21631	(10-3/4 oz) can cream of	1.00 ea
21631	-chicken soup; undiluted	0.00
21631	Butter or margarine; melted	0.25 c
21631	Pepper	0.25 ts
21632	Squid, about 6-7" long	8.00 md
21632	Garlic, finely minced	1.00 cl
21632	Chopped fresh parsley	1.00 c
21632	Oregano	0.50 ts
21632	Salt, or to taste	1.00 ts
21632	Coarse grind black pepper	1.00 ts
21632	Fresh bread crumbs	1.00 c
21632	PLUS -see next ingredient-	1.00 tb
21632	Olive oil	0.25 c
21632	Dry vermouth	0.50 c
21632	Crushed tomatoes	2.00 c
21633	Nape or green cabbage;	1.00
21633	-about 1 1/2 lbs., I often	0.00
21633	- mix red and green together	0.00
21633	Apple cider vinegar;	0.25 c
21633	Crystalline fructose;	1.50 ts
21633	Hot pepper flakes;	0.50 ts
21633	Caraway seeds;	2.00 ts
21633	Salt;	0.25 ts
21633	Black pepper; to taste	0.00
21633	Water	0.25 c
21633	Red bell pepper, dices	1.00
21633	-(if red price high, I use	0.00
21633	-green)	0.00
21634	-----	0.00
21634	Raisins	0.50
21634	Dried currants	0.50 c
21634	Dry sherry	0.50 c
21634	Oil & flour for Bundt pan	0.00
21634	Flour; whole wheat pastry	1.00 c
21634	Flour; all-purpose	0.50 c
21634	Baking soda	1.00 ts
21634	Salt	0.12 ts
21634	Ground cinnamon	1.00 ts
21634	Ground clove	0.25 ts
21634	Fresh nutmeg; grated	0.25 ts
21634	Orange zest; grated	1.50 ts
21634	Lemon zest; grated	1.50 ts
21634	Pecans; toasted & chopped	0.75 c
21634	Pitted dates; chopped	1.00 c

Sheet1

21634	Carrots; finely grated	0.75 c
21634	Apple cider	1.00 c
21634	Black strap molasses	2.00 tb
21634	Cashews; raw, unsalted	0.75 c
21634	Brandy	1.00 tb
21634	Maple syrup	1.50 tb
21634	Vanilla extract	1.00 ts
21635	Firm pears, peeled	6.00
21635	-cored, and chopped	0.00
21635	-in large chunks	0.00
21635	Apple juice	0.50 c
21635	Five-spice powder	0.25 ts
21635	Ground cinnamon	0.25 ts
21635	Lemon, juiced	0.50
21635	Sugar	2.00 tb
21635	Fresh cranberries	0.50 c
21635	-(see note)	0.00
21636	Mustard oil	6.00 tb
21636	Panchporan powder	1.00 ts
21636	Asafetida	0.12 ts
21636	Eggplant, cubed	1.00 md
21636	Coriander, ground	2.00 ts
21636	Cayenne	0.25 ts
21636	Turmeric	0.25 ts
21636	Salt	0.50 ts
21636	Lemon juice	1.00 ts
21637	Collard greens	0.50 lb
21637	Vegetable oil	3.00 tb
21637	Garlic, chopped	1.00 tb
21637	Soy sauce	1.00 tb
21637	Bean paste	1.00 tb
21637	Vegetarian oyster sauce	2.00 tb
21637	Cornstarch dissolved in	1.00 tb
21637	Water	0.25 c
21637	Cilantro leaves, chopped	1.00 tb
21638	Scallions chopped	2.00 ea
21638	Delicious apple cored w/skin	1.00 ea
21638	Green tart apple cored	1.00 ea
21638	- w/skin	0.00
21638	Red skin potatos lg.	4.00 ea
21638	Chicken meat cubed 1/2"	0.50 lb
21638	Carrot lg. scraped	1.00 ea
21638	English peas	0.75 c
21638	Orange peeled	1.00 ea
21638	Hard boiled egg yolks	3.00 ea
21638	Olive oil	3.00 T
21638	Mayonaise	0.75 c
21638	Sour cream or plain yogurt	0.75 c
21638	Cider vinegar	2.00 T

Sheet1

21638	Salt	0.50 t
21638	White pepper ground	0.25 t
21638	White wine vinegar	1.00 T
21638	Parsley fresh chopped	2.00 T
21638	Dill fresh chopped	1.00 T
21639	Raisins (opt.)	1.00 c
21639	Sifted flour	5.00 c
21639	Mixed candied fruit	1.00 c
21639	Eggs	2.00
21639	Orange juice	0.25 c
21639	Lemon peel	1.00 ts
21639	Milk	0.50 c
21639	Mace	0.25 ts
21639	Sugar	0.50 c
21639	Chopped almonds	1.00 c
21639	Butter	1.00 c
21639	Sugar	2.00 tb
21639	Dry yeast	1.00 pk
21639	Cinnamon	0.50 ts
21639	Warm water	0.50 c
21639	-Creamy frosting	0.00
21640	Cakes (0.6 ounce each)	2.00
21640	-compressed yeast	0.00
21640	Plus 2 Tbsp lukewarm milk	1.50 c
21640	Flour	3.33 c
21640	Butter,	4.00 oz
21640	-room temperature	0.00
21640	Margarine,	4.00 oz
21640	-room temperature	0.00
21640	Sugar	0.67 c
21640	Salt	2.00 ts
21640	Flour	3.33 c
21640	-Grated peel of 1 lemon	0.00
21640	Each butter flavoring and	0.50 ts
21640	-almond extract	0.00
21640	Sliced almonds	1.00 c
21640	Raisins, washed and soaked	1.00 c
21640	-in rum overnight	0.00
21640	Each candied lemon and	0.50 c
21640	-orange peels	0.00
21641	Butter	0.50 c
21641	Olive oil	0.25 c
21641	Cloves garlic, peeled and	4.00
21641	-minced	0.00
21641	Spinach linguine	0.50 lb
21641	Regular linguine	0.50 lb
21641	Parmesan cheese	0.33 c
21641	-salt to taste	0.00
21641	-freshly ground pepper to	0.00

Sheet1

21641	-taste	0.00
21641	-additional cheese for	0.00
21641	-topping	0.00
21642	Rotelle Pasta	12.00 oz
21642	Frozen French-Cut Green	9.00 oz
21642	Beans	0.00
21642	Turkey Ham, thinly sliced	0.50 lb
21642	Corn Oil Margarine	2.00 tb
21642	Unbleached Flour	0.25 c
21642	Nonfat Milk	2.00 c
21642	Dry White Wine	0.25 c
21642	Brie Cheese, rind removed,	4.00 oz
21642	Cut into chunks.	0.00
21642	Reduced-Fat Monterey Jack	2.00 oz
21642	Cheese, shredded	0.00
21643	Onion; chopped	1.00
21643	Red bell pepper; chopped	1.00
21643	Ripe tomato; seeded, chopped	1.00 lg
21643	Clove garlic; minced (i use	1.00 lg
21643	Vegetable oil; (i use olive)	0.25 c
21643	Salt to taste	0.00
21643	Ground cumin, dried oregano	0.50 ts
21643	Frozen bread dough, thawed	1.00
21643	Shredded monterey jack chees	2.00 c
21643	Egg; beaten, for glaze	1.00
21644	Mirlitons; found in fresh	3.00
21644	-vegetable section of groc.	0.00
21644	-store	0.00
21644	Rice; cooked	1.00 c
21644	Onion	1.00 lg
21644	Bread crumbs	0.00
21644	Beef, ground; or 1/2 lb. ham	1.00 lb
21644	Bell pepper; chopped	0.00
21644	Onions, green; chopped	0.00
21644	Parsley; chopped	0.00
21644	Salt; to taste	0.00
21644	Pepper; to taste	0.00
21645	Onions large & mild	6.00 ea
21645	Cucumbers peeled & chopped	1.50 c
21645	Tomatos fresh & chopped	3.00 c
21645	Eggs hard boiled & chopped	6.00 ea
21645	Salt & pepper to taste	0.00
21645	Mayonaise	3.00 c
21645	Cider vinegar	2.00 T
21646	-Source: The National	0.00
21646	-Culinary Review, Oct'93	0.00
21646	-Master Chef Karl J.	0.00
21646	-Guggenmos	0.00
21647	Jumbo shells	12.00 oz

Sheet1

21647	Spaghetti sauce	32.00 oz
21647	Cottage cheese	2.00 c
21647	Shredded mozzarella cheese	2.00 c
21647	Parmesan cheese	0.50 c
21647	Onion, diced	1.00 sm
21647	Parsley flakes	2.00 tb
21647	Oregano	1.00 tb
21647	Garlic powder	0.50 ts
21647	Frozen spinach	10.00 oz
21648	Chopped onions	1.00 c
21648	Pureed onions	0.50 c
21648	Chopped celery	2.00 c
21648	Pureed celery	1.00 c
21648	Chopped or grated carrots	1.00 c
21648	Fresh mushrooms or 8 oz	1.00 lb
21648	Canned mushrooms, sliced	0.00
21648	Dried parsley	2.00 tb
21648	Poultry seasonings (I	1.00 ts
21648	Believe this is vegan), more	0.00
21648	To taste	0.00
21648	Ground black pepper to	0.00 x
21648	Taste	0.00
21648	Ground sage to taste	0.00 x
21648	Bag of Pepperidge Farms	1.00 lg
21648	Whole wheat/white bread mix	0.00
21648	Stuffing	0.00
21648	Cubes (the stuff without any	0.00
21648	Seasonings)	0.00
21648	Vegetable broth to add	0.00 x
21648	Moisture, if needed (about 1	0.00
21648	To 2 cups)	0.00
21649	(.9 oz) sugar-free instant	1.00 pk
21649	-vanilla pudding mix	0.00
21649	Skim milk, divided	7.00 c
21649	(to 2 tsp.) vanilla extract	1.00 ts
21649	-or rum flavoring	0.00
21649	- 4 packets sugar substitute	2.00
21649	Evaporated skim milk	1.00 c
21650	Butter	3.00 tb
21650	--OR--	0.00
21650	Margarine	3.00 tb
21650	Brown sugar	2.00 tb
21650	Fresh asparagus,	2.00 lb
21650	-cut into 2" pieces	0.00
21650	- (about 4 cups)	0.00
21650	Chicken broth	1.00 c
21651	Eggplant, unpeeled	1.00 md
21651	-and cubed to bite size	0.00
21651	Tomatoes, fresh; chopped	1.00 lb

## Sheet1

21651	Garlic cloves, chopped	4.00
21651	Basil, fresh	0.50 c
21651	- coarsely chopped	0.00
21651	- and packed	0.00
21651	Oil, olive	1.00 c
21651	Pasta shells	1.00 lb
21651	Salt and pepper to taste	0.00
21652	Garlic cloves, finely chop	4.00 ea
21652	Sun-dried tomatoes, diced	15.00 ea
21652	Ripe tomatoes, blanched,	6.00 ea
21652	-- peeled, seeded & diced	0.00
21652	Olive oil, or as needed	0.33 c
21652	Basil, coarsely chopped	1.00 oz
21653	Sun-dried tomatoes	0.67 c
21653	-- (oil-packed)	0.00
21653	Olive oil	0.00
21653	Packed stemmed fresh parsley	0.75 c
21653	Pitted black olives	0.67 c
21653	-- (canned, drained)	0.00
21653	Pine nuts	0.50 c
21653	Shallots; coarsely chopped	2.00
21653	Garlic cloves	2.00
21653	Red wine vinegar	1.00 tb
21654	Green, red or yellow bell	4.00 md
21654	. peppers	0.00
21654	Ground beef or turkey	1.00 lb
21654	Onion; chopped	0.75 c
21654	Rice; uncooked	0.25 c
21654	Ketchup	2.00 tb
21654	Dried oregano	0.50 ts
21654	Salt	0.50 ts
21654	Pepper	0.25 ts
21654	Italian-style stewed tomato	1.00 cn
21654	. undrained	0.00
21654	Ketchup	1.00 tb
21654	Oregano	0.50 ts
21655	Hash brown potatoes ;frozen	1.00 lb
21655	Onion powder	0.50 t
21655	Sour cream	1.00 c
21655	Cream of mushroom soup	1.00 c
21655	Cheese;cheddar shredded	1.00 c
21655	Parmesan cheese ; for toppi	1.00 x
21656	Milk	2.00 c
21656	Eggs, well beaten	2.00 ea
21656	Salt	0.00
21656	Paprika	0.00 ds
21656	Cheese, grated	1.00 c
21657	Rutabagas; peeled, quartered	1.50 lb
21657	-and sliced 1/4" thick	0.00

Sheet1

21657	Salt	1.00 ts
21657	Brown Sugar	2.00 tb
21657	Ground Ginger	0.50 ts
21657	Pepper	0.25 ts
21657	Butter	2.00 tb
21658	Cornstarch;	2.00 ts
21658	Water	0.50 c
21658	Distilled white vinger;	0.25 c
21658	(1 can) beets; drained	12.00 oz
21658	Packets of sweet 'N Low;	2.00
21659	Size sweet potatoes;	4.00 md
21659	To 2 ts walnut oil;	1.00 ts
21659	Onion powder;	2.00 ts
21659	Garlic powder;	2.00 ts
21659	To 1 ts pepper;	0.50 ts
21659	Hot hungarian paprika;	0.50 ts
21659	--OR--	0.00
21659	Chili powder;	0.50 ts
21660	Sweet potato (about 12 oz),	1.00
21660	-cut into large chunks	0.00
21660	All purpose flour	1.00 c
21660	Baking powder	1.00 T
21660	Sugar	1.00 T
21660	Pumpkin pie spice	0.50 t
21660	Salt	0.50 t
21660	Butter, at room temperature	6.00 T
21661	Fusilli pasta	0.50 lb
21661	Ricotta cheese	0.75 c
21661	Salt	0.00 pn
21661	Sugar	1.00 tb
21661	Vanilla	0.25 ts
21661	Lemon rind; grated	0.25 ts
21661	Cinnamon	0.25 ts
21661	Milk; heated	0.00
21661	Lemon rind; for garnish	0.00
21662	Eggs	2.00
21662	Salt	0.00 pn
21662	Vanilla sugar (recipe below)	0.67 c
21662	Flour; all-purpose, sifted	1.00 c
21662	Whole vanilla bean	1.00
21662	Granulated sugar	2.00 c
21663	Med Red Cabbage, sliced	1.00
21663	Thin	0.00
21663	Red Onion, sliced	1.00
21663	Salt	0.25 t
21663	Pepper	0.25 t
21663	Sugar	0.25 c
21663	Cider vinegar	0.50 c
21663	Water to cover vegetables	0.00

Sheet1

21664	Package Frozen Green Beans	10.00 oz
21664	Water	0.50 c
21664	Bay Leaf	1.00
21664	Whole Cloves	4.00
21664	Wine Vinegar, red or white	2.00 tb
21664	Margarine	1.00 tb
21664	Equal Sweetener	1.00 pk
21665	Potatoes*	2.00 lb
21665	Grated Gruyere cheese	0.50 lb
21665	Butter	0.33 c
21665	Salt and peper to taste	1.00 x
21665	Medium onion; chopped finely	1.00 ea
21666	Asparagus; fresh	1.00 lb
21666	Salt	0.00
21666	Fresh pasta; (tagliatelle)	1.00 lb
21666	Or 3/4 pound dried pasta	0.00
21666	Butter	3.50 tb
21666	Prosciutto	0.50 lb
21666	Or unsmoked ham; cut in 1	0.00
21666	-inch strips	0.00
21666	Heavy cream	1.00 c
21666	Fresh ground black pepper	0.00
21666	Parmesan cheese; freshly	3.00 tb
21666	-grated	0.00
21667	Veal scallops; cut in strips	1.25 lb
21667	Flour; sifted	0.00
21667	(seasoned with salt and	0.00
21667	-pepper)	0.00
21667	Butter	3.50 tb
21667	Onion; sliced	1.00
21667	Dry white wine	0.50 c
21667	Beef or chicken stock	4.00
21667	Heavy cream	0.67 c
21667	Salt and pepper	0.00
21667	Fresh tagliatelle	1.50 lb
21667	Or 1 pound dried	0.00
21667	Parmesan cheese; fresh	0.00
21667	-grated	0.00
21668	Fresh taglierini	0.75 lb
21668	Or 1/2 pound dried	0.00
21668	Extra virgin olive oil	0.33 c
21668	Garlic; crushed	3.00
21668	Fresh mint; finely chopped	1.00 tb
21668	Fresh parsley; finely	1.00 tb
21668	-chopped	0.00
21668	Snow peas; sliced into third	12.00
21668	-s	0.00
21668	Sun-dried tomatoes, rinsed	10.00
21668	-and drained -- sliced thinl	0.00



Sheet1

21668	Juice of 1/2 lemon	0.00
21668	Salt and pepper	0.00
21669	Masoor dhal (red lentils)	0.75 c
21669	Water	2.67 c
21669	Ground turmeric	1.00 ts
21669	Ground cumin	1.00 ts
21669	Salt; or to taste	1.00 ts
21669	Ghee or oil	2.00 tb
21669	Onion; finely chopped	1.00 md
21669	Dried red chili peppers	2.00
21669	-- coarsley chopped	0.00
21670	Flour; all-purpose	1.50 c
21670	Flour; whole wheat	0.50 c
21670	Brown sugar	0.50 c
21670	Granulated sugar	0.75 c
21670	Baking powder	3.00 ts
21670	Baking soda	0.25 ts
21670	Salt	0.50 ts
21670	Pumpkin pie spice	1.00 ts
21670	Cinnamon	0.50 ts
21670	Ginger	0.25 ts
21670	Egg; beaten	1.00
21670	Milk	1.00 c
21670	Canola oil	1.50 tb
21670	Candy to decorate	0.00
21670	Teddy bear baking pan	0.00
21671	Teff	0.50 c
21671	Water	3.50 c
21671	Chopped onion	0.75 c
21671	Jalapeno pepper, seeded &	1.00 ea
21671	-- chopped	0.00
21671	Whole-wheat pastry flour	1.00 c
21671	Sesame oil	1.00 tb
21672	Durum semolina	0.75 c
21672	Teff flour	0.25 c
21672	Egg	1.00
21672	Vegetable or olive oil,	1.00 tb
21672	Optional	0.00
21672	Durum semolina	1.00 c
21672	Teff flour	0.25 c
21672	Egg	1.00
21672	Water, if and as needed	1.00 tb
21673	Deer, elk, moose, etc.,	10.00 lb
21673	-ground	0.00
21673	Curing sugar or curing salt	0.67 c
21673	-in a pinch	0.00
21673	Cardamom	1.00 t
21673	Marjoram	1.00 t
21673	MSG	1.00 T

Sheet1

21673	Cayenne pepper	1.50 t
21673	Black pepper	2.00 T
21673	Liquid smoke	3.00 T
21673	Water	2.00 T
21673	Garlic powder	0.50 t
21674	Tiny new potatoes (about	1.50 lb
21674	-10) or md red potatoes 5)	0.00
21674	Margarine or butter, cut	1.00 tb
21674	-Into pieces	0.00
21674	Teriyaki sauce	1.00 tb
21674	Garlic salt	0.25 ts
21674	Italian seasoning, crushed	0.25 ts
21674	-Dash ground black pepper	0.00
21674	-Dash red pepper	0.00
21674	-Fresh snipped rosemary	0.00
21674	-(optional)	0.00
21675	Tiny new potatoes (about 10)	1.50 lb
21675	-or med. red potatoes (5)	0.00
21675	Margarine or butter; cut	1.00 tb
21675	-into pieces	0.00
21675	Teriyaki sauce	1.00 tb
21675	Garlic salt	0.25 ts
21675	Italian seasoning; crushed	0.25 ts
21675	Ground black pepper	0.00 ds
21675	Ground red pepper	0.00 ds
21675	Fresh snipped rosemary (opt)	0.00
21676	Loaf jalapeno-cheese	0.50
21676	. sourdough bread	0.00
21676	Butter; softened	0.50 c
21676	Cream cheese (3oz)	1.00 pk
21676	Green pepper jelly	0.25 c
21676	Red pepper jelly	0.25 c
21676	. (see note)	0.00
21677	Cloves: (whole)	12.00
21677	Orange	1.00 lg
21677	Honey	1.00 tb
21677	Bottle of port	1.00 md
21677	Rind of a lemon cut into	0.00
21677	Strips	0.00
21678	Olive oil	1.00 tb
21678	Garlic; minced	3.00 cl
21678	Celery rib; chopped	1.00 lg
21678	Green pepper; chopped	1.00
21678	Carrots; sliced	2.00
21678	Red potatoes;unpeeled,sliced	3.00
21678	Yellow squash;coarse chopped	2.00
21678	Zucchini; sliced	2.00
21678	Fresh tomatoes; chopped or	2.00 c
21678	Can stewed tomatoes	16.00 oz

Sheet1

21678	Chicken broth	2.00 qt
21678	Celery leaves; chopped	2.00 tb
21678	Oregano	1.00 ts
21678	Basil	1.00 tb
21678	Cayenne	0.12 ts
21678	Tabasco; to taste	0.00
21678	Spaghetti; broken into	1.00 c
21678	-pieces or macaroni; cooked	0.00
21678	Parmesan cheese; grated, opt	0.00
21680	Pinto beans;cooked drained	0.67 c
21680	Garbanzo bns; cooked,drained	0.67 c
21680	Green beans; sliced, steamed	1.50 c
21680	Celery; diced	0.50 c
21680	Red onion; diced	0.25 c
21680	Pimentos; diced	0.25 c
21680	Parsley; chopped	0.25 c
21680	Natural rice vinegar;	2.00 tb
21680	Lemon juice;	1.00 tb
21680	Olive oil;	4.00 ts
21680	Each salt;	0.25 ts
21680	Freshly ground pepper;	0.00
21680	Lettuce leaves	0.00
21681	8 oz can tomato sauce	1.00
21681	Envelope spaghetti sauce	1.00
21681	-mix	0.00
21681	Shredded mozzarella	2.00 c
21681	Cream-style cottage cheese	1.00 c
21681	Grated parmesan	0.50 c
21681	Eggs, beaten	2.00
21681	Snipped parsley	0.25 c
21681	Salt	0.50 ts
21681	Pepper	0.12 ts
21681	Manicotti shells, cooked	8.00
21681	-and drained	0.00
21682	Durum semolina	1.00 c
21682	Coarse grind black pepper	0.50 ts
21682	Crushed red pepper	0.50 ts
21682	Ground white pepper	0.50 ts
21682	Nonfat plain yogurt	0.25 c
21682	Water, if and as needed	0.00
21682	Durum semolina	1.33 c
21682	Coarse grind black pepper	0.50 ts
21682	Crushed red pepper	0.50 ts
21682	Ground white pepper	0.50 ts
21682	Nonfat plain yogurt	0.25 c
21682	Vegetable oil, optional	1.00 tb
21682	Water, if and as needed	0.00
21683	Durum semolina	1.00 c
21683	Sunflower seeds, ground	1.00 tb

Sheet1

21683	Sesame seeds	1.50 ts
21683	Poppy seeds	1.00 ts
21683	Egg	1.00
21683	Sunflower or vegetable oil,	1.00 tb
21683	Optional	0.00
21683	Water, if and as needed	2.00 tb
21683	Durum semolina	1.25 c
21683	Sunflower seeds, ground	1.00 tb
21683	Sesame seeds	1.50 ts
21683	Poppy seeds	1.00 ts
21683	Egg	1.00
21683	Sunflower or vegetable oil,	1.00 tb
21683	Optional	0.00
21683	To 2 water, if and as	1.00 tb
21683	Needed	0.00
21684	Water	2.00 c
21684	Enriched Hominy Quick Grits*	0.50 c
21684	-- (Quaker or Aunt Jemima)	0.00
21684	Salt (optional)	0.25 ts
21684	Shredded Swiss cheese	2.00 oz
21684	Shredded cheddar cheese	2.00 oz
21684	Grated parmesan cheese	0.25 c
21684	Margarine or butter	2.00 tb
21684	Egg; beaten	1.00
21684	Garlic clove; minced	1.00 sm
21684	Worcestershire sauce	0.50 ts
21685	Beef **	1.00 x
21685	Salt, kosher	1.50 lb
21685	Salt peter	0.50 oz
21685	Water	1.00 x
21685	Brown sugar	0.50 lb
21686	Beef **	20.00 lb
21686	Salt peter	1.00 t
21686	Salt, kosher	1.00 pt
21686	Brown sugar	0.25 lb
21687	Shelled corn	1.00 qt
21687	Cold water	2.00 qt
21687	Soda	2.00 tb
21688	Pork **	20.00 lb
21688	Clear fat pork	10.00 lb
21688	Sugar	2.00 t
21688	Ginger	1.00 t
21688	Salt, kosher	0.50 lb
21688	Pepper	2.00 T
21688	Sage	1.00 T
21689	Bacon **	100.00 lb
21689	Brown sugar	3.00 lb
21689	Water, spring	4.00 ga
21689	Salt, kosher	8.00 lb

Sheet1

21689	Salt peter	3.00 oz
21690	Tomatoes, cut into wedges	4.00 ea
21690	Avocados, peeled & pitted,	2.00 ea
21690	-- cut into thin wedges	0.00
21690	Lime juice	2.00 tb
21690	Balsamic vinegar	0.50 c
21690	Garlic clove, minced	1.00 ea
21690	Onion, grated	3.00 tb
21690	Sweetener	1.00 tb
21690	Olive oil	0.25 c
21691	Tomatoes	1.00 lb
21691	Onions	2.00 md
21691	Salad oil	4.00 tb
21691	Wine vinegar	2.00 tb
21691	Salt & pepper	0.00
21691	Sugar	1.00 pn
21691	Fresh chives, chopped	2.00 tb
21692	Cold water;	0.50 c
21692	Granulated gelatin;	1.00 tb
21692	Tomato juice;	1.50 c
21692	->OR<-	0.00
21692	V-8 juice;	1.50 c
21692	Lemon juice; fresh	1.50 ts
21692	->OR<-	0.00
21692	Hot pepper sauce;	1.50 ts
21692	Onion; minced	0.50 ts
21692	Crisp lettuce	0.00
21692	Green pepper strips	0.00
21692	(red, yellow comb w green)	0.00
21693	Parsley, fresh; chopped	0.25 c
21693	Oil, vegetable	0.25 c
21693	Vinegar, cider	2.00 tb
21693	Mustard, prepared	2.00 ts
21693	Salt	1.00 ts
21693	Sugar	1.00 ts
21693	Pepper	0.25 ts
21693	Garlic clove; minced	1.00
21693	Tomatoes; firm, ripe, sliced	6.00 sm
21694	Tomatoes; peeled	6.00 sm
21694	Oregano;	1.50 ts
21694	Non-nutritive sweetener	0.00
21694	-equivalent to 1 tb sugar	0.00
21694	Malt vinegar;	4.00 tb
21694	Seasoned salt;	0.50 ts
21694	Pepper;	0.25 ts
21694	Lettuce leaves; torn up	1.00 c
21695	To 8 ounces sun-dried	6.00 oz
21695	-tomatoes	0.00
21695	Fresh tomatoes; peeled and	6.00 lg

Sheet1

21695	-cut into 1/8" to 1/4" thick	0.00
21695	-slices	0.00
21695	Fresh basil leaves; coarsely	0.50 c
21695	-chopped	0.00
21696	Margarine or butter	1.00 c
21696	Fresh parsley	0.25 c
21696	-8	4.00
21696	Linguini noodles	1.00 lb
21696	Olive oil	0.25 c
21696	Salt	1.00 T
21696	Cloves garlic	3.00 ea
21696	Peeled raw shrimp	1.00 lb
21696	Red pepper	1.00 t
21696	Salt	1.00 t
21696	-ea	0.00
21697	Butter (or marg.)	0.25 c
21697	Flour, all-purpose	0.25 c
21697	Corn, cream style	2.00 c
21697	Milk	0.33 c
21697	Salt	0.25 ts
21697	Garlic salt	0.12 ts
21697	Worcestershire sauce	0.50 ts
21697	Cheese, Cheddar; shredded	1.50 c
21697	Cheese, provolone; shredded	0.50 c
21697	Egg yolks; slightly beaten	5.00 lg
21697	Egg whites; beaten stiff	5.00 lg
21698	Tortellini or Penne	8.00 oz
21698	Fresh or Frozen Peas	0.50 c
21698	Olive Oil	2.00 tb
21698	Parmesan Cheese; grated	2.00 tb
21698	Carrot *	1.00 md
21698	Fresh Basil or Parsley ***	1.00 tb
21698	Zucchini; sliced thin	1.00 md
21698	-Fresh Ground Pepper To	0.00
21698	-taste	0.00
21698	-Ripe Tomato **	0.00
21699	Butter (NO substitutes)	1.00 c
21699	Cocoa	0.50 c
21699	Light brown sugar; packed	1.00 c
21699	Granulated sugar	0.50 c
21699	Eggs	3.00
21699	Vanilla extract	1.00 ts
21699	Flour; all-purpose	1.00 c
21699	Pecans; chopped	1.50 c
21700	EDEN Lotus Root Soba	1.00 pk
21700	-OR- 40% Buckwheat,	0.00
21700	-Wild Yam or Mugwort Soba	0.00
21700	Water	4.00 c
21700	Strip EDEN Kombu	1.00

Sheet1

21700	EDEN Bonito Flakes	0.50 c
21700	- (optional)	0.00
21700	EDEN Organic Tamari	2.00 tb
21700	EDEN Mirin	2.00 tb
21700	Grated fresh ginger	1.00 tb
21700	- (optional)	0.00
21700	Green onions	2.00
21700	- thinly sliced	0.00
21701	Orange juice	4.50 c
21701	Lemon juice	2.50 c
21701	Cider	6.00 c
21701	Sugar	2.00 c
21701	Water	2.00 c
21701	Allspice	6.00 cl
21701	Cinnamon stick	1.00 lg
21701	Cloves	6.00 cl
21701	Lemon rind	1.00 tb
21701	Orange rind	1.00 tb
21701	Orange juice	1.50 c
21701	Lemon juice	0.75 c
21702	Ale or dark beer	3.00 qt
21702	Bottle (750ml) sweet sherry	1.00 ea
21702	Cognac (Optional)	1.00 c
21702	Brown sugar; packed	2.00 c
21702	Ground ginger	1.00 ts
21702	Grated nutmeg	1.00 ts
21702	Lemon; sliced	1.00
21702	White bread; crust removed	10.00 sl
21702	-toasted, buttered, &	0.00
21702	-quartered (optional)	0.00
21703	Triticale flour	0.75 c
21703	Soy flour	0.25 c
21703	Egg	1.00
21703	Walnut or vegetable oil,	1.00 tb
21703	Optional	0.00
21703	Water, if and as needed	2.00 tb
21703	Triticale flour	1.00 c
21703	Soy flour	0.33 c
21703	Egg	1.00
21703	Walnut or vegetable oil,	1.00 tb
21703	Optional	0.00
21703	Water, if and as needed	1.00 tb
21704	Triticale flour	1.00 c
21704	Egg	1.00
21704	Walnut or vegetable oil,	1.00 tb
21704	Optional	0.00
21704	To 2 water, if and as	1.00 tb
21704	Needed	0.00
21704	Triticale flour	1.25 c

Sheet1

21704	Egg	1.00
21704	Walnut or vegetable oil,	1.00 tb
21704	Optional	0.00
21704	Water, if and as needed	1.00 tb
21705	Bulgur;	0.75 c
21705	Boiling water;	0.75 c
21705	Vegetable oil;	1.00 tb
21705	Fresh lime juice;	4.00 tb
21705	Ground cumin;	1.50 ts
21705	Dried leaf oregano;	1.00 ts
21705	Salt;	0.25 ts
21705	Red (cayenne) pepper	0.00 ds
21705	Green onions; chopped	6.00
21705	Red bell pepper, chopped	1.00 sm
21705	Chopped fresh parsley;	2.00 tb
21705	Romaine lettuce leaves;	4.00
21706	Soy sauce	1.00 c
21706	Mesquite smoke (hickory	4.00 oz
21706	-works well also)	0.00
21706	Water	0.25 c
21706	Cayenne pepper	0.25 c
21706	-3	2.00
21706	-lb's	0.00
21707	Macaroni	1.50 c
21707	Mayonnaise	0.50 c
21707	Mustard, prepared	2.00 ts
21707	Salt	0.50 ts
21707	Black pepper	0.00 ds
21707	Cider vinegar	1.00 ts
21707	Cabbage; shredded	2.00 c
21707	Carrot; grated	1.00 md
21707	Green pepper; slivered	0.25 c
21707	Tuna; flaked and drained	7.00 oz
21707	Onion; shredded	1.50 tb
21708	12 lbs 2 days	8.00
21708	16 lbs 3 days	12.00
21708	20 lbs 4 days	16.00
21708	24 lbs 5 days	20.00
21709	White beans, dried	1.00 lb
21709	Sauerkraut	1.50 lb
21709	Salt pork	0.75 lb
21709	Potatoes, cubed	4.00 ea
21709	Vegetable oil	0.50 c
21709	Flour	1.50 T
21709	Onion, lg. chopped coarsely	1.00 ea
21709	Salt	1.00 t
21709	Black pepper	1.00 t
21709	Bay leaves	4.00 ea
21709	Garlic cloves, minced	3.00 ea



## Sheet1

21709	Peppercorns	2.00 T
21709	Yogurt, plain	0.50 c
21709	Carrot, lg. chopped	1.00 ea
21710	Onion large grated	1.00 ea
21710	Potatos peeled and grated	6.00 ea
21710	Flour	2.00 T
21710	Eggs	2.00 ea
21710	Salt	2.00 t
21710	Black pepper	0.75 t
21710	Sour cream	1.00 pt
21710	Cream	0.50 pt
21711	Cabbage, large, with outer	1.00 ea
21711	- leaves intact	0.00
21711	Onion, large,minced	1.00 ea
21711	Butter	4.00 T
21711	Salt	1.50 t
21711	Milk	0.75 c
21711	Red pepper flakes	0.50 t
21711	White pepper	1.00 t
21711	Marjoram	1.00 t
21711	Egg yolks	3.00 ea
21711	Egg whites	5.00 ea
21711	Sugar	1.00 t
21711	Garlic clove, minced	0.50 ea
21712	Text file	1.00
21713	Text file	1.00
21714	Text file	1.00
21715	Text file	1.00
21716	Spinach, cooked	2.00 lb
21716	Peanuts, coarsely ground	1.00 c
21716	Oil	2.00 tb
21716	Salt	0.50 ts
21716	Pepper	0.25 ts
21717	Potatoes	6.00 lg
21717	-depends what is large!	0.00
21718	Unbleached all-purpose flour	5.00 c
21718	Salt	1.00 ts
21718	Butter	2.00 tb
21718	Evaporated milk; not	1.00 c
21718	Condensed milk	0.00
21718	Water; as needed	0.50 c
21719	Lean veal cubes	5.00 lb
21719	Lean pork, cubed	3.00 lb
21719	Pork fat, cubed	2.00 lb
21719	Salt	5.00 tb
21719	Sugar	2.00 tb
21719	Finely ground balck pepper	1.00 tb
21719	Finely ground white pepper	1.00 tb
21719	Nutmeg	0.50 ts

Sheet1

21719	Crushed anise sed	1.00 ts
21719	Dry vermouth	0.50 c
21719	Brandy	0.50 c
21719	Ascorbic acid	0.50 ts
21719	Saltpeter	1.00 ts
21719	Feet large beef casings	4.00
21720	Veal, cooked, minced	1.00 c
21720	Shallots, finely chopped	2.00 tb
21720	Sage	1.00 ts
21720	Mace or nutmeg	0.25 ts
21720	Spinach, chopped	0.50 c
21720	Black pepper	0.50 ts
21720	Dry sherry	1.00 tb
21720	Parmesan, grated	0.25 c
21721	Silken tofu	20.00 oz
21721	Vanilla soymilk	16.00 oz
21721	Vanilla extract	1.00 tb
21721	Sugar	0.25 c
21721	Brown sugar	2.00 tb
21721	Turmeric	0.25 ts
21721	Brandy or rum, optional	0.50 c
21721	Nutmeg	0.00
21722	All-purpose white flour	1.00 c
21722	Baking powder	1.50 ts
21722	Salt	0.00
21722	Baking soda	0.00
21722	Cream of tartar	0.00
21722	Tofu, mashed	0.25 c
21722	Salt & pepper	0.00
21722	Water, as needed, at least	0.00
21722	-- 1/2 cup	0.00
21723	Uncooked pearl barley	1.00 c
21723	Vegetable oil	1.00 tb
21723	-or olive oil	0.00
21723	Onion(s), diced	1.50 tb
21723	Mushrooms, diced	0.50 c
21723	Zucchini, diced	0.25 c
21723	Carrots, diced	0.25 c
21723	Soy sauce	1.00 tb
21723	Salt to taste	0.00
21724	Quinoa	1.00 c
21724	Water	1.25 c
21724	Zucchini, finely diced	0.33 c
21724	Carrots, finely diced	0.33 c
21724	Radish, finely diced	0.33 c
21724	Garlic, minced	0.75 ts
21724	Juice of 1/2 lemon	0.00
21724	Salt and pepper to taste	0.00
21725	Onion; chopped	0.50 c

Sheet1

21725	Celery; chopped	0.50 c
21725	Fresh mushrooms; sliced	0.50 c
21725	Garlic; minced	1.00 cl
21725	Cooking oil;	1.00 tb
21725	Carrots; sliced	0.50 c
21725	Zucchini; sliced	0.50 c
21725	Chicken/beef/ vegetable	0.50 c
21725	-broth	0.00
21725	Red/green pepper strips;	0.25 c
21725	-(optional)	0.00
21725	Bulgur wheat;	0.25 c
21725	Dried tarragon; crushed	0.50 ts
21725	Salt;	0.25 ts
21726	Green beans; pulverized	1.50 c
21726	-(cooked)	0.00
21726	Hard boiled eggs; grated	2.00 ea
21726	-use 3 or 4 whites instead	0.00
21726	Walnuts; pulverized/toasted	0.25 c
21726	Onion; finely minced	0.50 c
21726	-sauted till soft in oil	0.00
21726	Dry white wine	1.00 T
21726	Salt;	0.00
21726	Black pepper;	0.00
21726	Nutmeg	0.00 pn
21726	Mayonnaise; low cal?	1.00 T
21727		0.00
21727	-	1.00
21727	Garlic cloves, chopped	3.00
21727	Carrot, diced	1.00
21727	Olive oil	2.00
21727	Fennel seeds, ground	0.50 ts
21727	Basil	0.50 ts
21727	Oregano	0.50 ts
21727	Marjoram	0.50 ts
21727	Parsley	1.00 tb
21727	Tomatoes, chopped	3.00 c
21727	Tomato paste	2.00 tb
21727	Sugar, optional	1.00 pn
21727	Salt & pepper	0.00
21727	Olive oil	2.00 tb
21727	Flour	2.00 tb
21727	Soy milk	2.00 c
21727	Salt & pepper	0.00
21727	Nutmeg	1.00 pn
21727	Lots of lasagna noodles,	0.00
21727	-- preferably green & fresh	0.00
21727	Peas, frozen or fresh*	1.50 c
21727	Olive oil	1.00 tb
21727	Thyme, as needed	0.00

Sheet1

21728	Venison	2.00 lb
21728	Soy sauce	1.00 c
21728	Lemon juice	1.00 t
21728	Black pepper	0.50 t
21728	Garlic	0.25 t
21729	Apple cider or juice	1.00 qt
21729	Fresh lemon juice	0.50 c
21729	Superfine sugar	0.25 c
21729	Raisins	0.12 c
21729	Bottle sparkling cider	24.00 oz
21730	Vegetable oil	2.00 ts
21730	Chopped Vidalia or other	2.00 c
21730	.sweet onion	0.00
21730	Garlic cloves, minced	2.00 lg
21730	Arborio or other short-	1.50 c
21730	-grain rice	0.00
21730	14.5 oz ea vegetable broth	2.00 cn
21730	Crumbled feta cheese divided	0.50 c
21730	Chopped fresh parsley	0.33 c
21730	Grated parmesan cheese	0.25 c
21730	Freshly ground pepper	0.00
21731	Feet sheep or small	3.00
21731	-hog casings	0.00
21731	Lean pork, cubed	1.00 lb
21731	Lean beef, cubed	1.00 lb
21731	Veal, cubed	0.50 lb
21731	Pork fat, cubed	0.50 lb
21731	Finely minced onion	2.00 tb
21731	Sugar	1.00 ts
21731	Cayenne pepper	0.50 ts
21731	Paprika	1.00 ts
21731	Finely ground mace	0.50 ts
21731	Finely ground coriander	1.50 ts
21731	Salt, or to taste	1.50 ts
21731	PLUS -see next ingredient-	0.25 c
21731	Flour	1.00 tb
21731	Cold milk	0.50 c
21731	Cold water	0.50 c
21732	Beef or pork stock	2.00 c
21732	Sour cream	1.00 c
21732	Egg	1.00 ea
21732	Flour	2.00 T
21732	Mashed potatos	0.75 c
21732	Dill fresh chopped	1.00 t
21732	Sauerkraut juice	2.00 c
21732	Rye bread croutons	0.50 c
21733	Unbleached All-Purpose Flour	2.00 c
21733	Salt	1.00 ts
21733	Egg Yolk	1.00 lg

## Sheet1

21733	Evaporated Milk; OR	0.50 c
21733	Whole Milk	0.50 c
21733	Oil Or Mrlted Butter	1.00 ts
21734	Pearl Barley;	1.00 c
21734	Water	2.00 c
21734	Celery;	1.00 c
21734	Walnut; chopped OR	0.50 c
21734	-mixed almonds and hazelnuts	0.00
21734	Salt and pepper to taste	0.00
21734	Minced fresh parsley;	2.00 tb
21735	Lady apples	12.00
21735	Brown sugar, firmly packed	2.00 tb
21735	Cinnamon	0.50 ts
21735	Water	1.00 tb
21735	Dark beer	72.00 oz
21735	Sweet sherry	2.00 c
21735	Granulated sugar	1.50 c
21735	Whole allspice berries	3.00
21735	One-inch pieces of cinnamon	2.00
21735	Stick	0.00
21735	Whole cloves	2.00
21735	Whole cardamom pods	1.00
21735	Dried or candied ginger	1.00
21735	Pieces	0.00
21735	One-inch pieces of dried	1.00
21735	Orange peel	0.00
21735	Star anise	1.00
21735	Bay leaves	0.50
21735	Cheesecloth	0.00
21735	Kitchen twine	0.00
21736	Margarine or butter; softend	6.00 tb
21736	Crisco	0.33 c
21736	Sugar	0.75 c
21736	Egg	1.00
21736	Milk	1.00 tb
21736	Vanilla	1.00 ts
21736	Red food coloring	0.00
21736	Flour	2.00 c
21736	Baking powder	1.50 ts
21736	Salt	0.50 ts
21736	Chocolate chips for "seeds"	0.00
21736	Margarine; softened	0.50 c
21736	Confectioners' sugar; sifted	2.00 c
21736	Vanilla	1.00 ts
21736	Milk	1.00 tb
21736	Green food coloring	0.00
21737	Olive oil	1.00 tb
21737	Garlic; minced	1.00 cl
21737	Green bell pepper; sliced	1.00 lg

Sheet1

21737	Green onions; chopped	0.50 bn
21737	Snow peas	4.00 oz
21737	Fresh mushrooms	8.00 oz
21737	Scallops, large	1.00 lb
21737	White wine	0.25 c
21737	Milk	0.50 c
21738	-Pork shoulder	0.00
21738	-Salt	0.00
21738	-Pepper	0.00
21738	-Dry mustard	0.00
21738	-Thyme	0.00
21738	-Sage	0.00
21739	-----	0.00
21739	Durum semolina	1.00
21739	Curry powder	1.00
21739	Ground coriander	0.33 ts
21739	Anise seeds	0.50 ts
21739	Black pepper	0.33 ts
21739	Cinnamon	0.33 ts
21739	Ground ginger	0.33 ts
21739	Ground turmeric	0.33 ts
21739	Egg	1.00
21739	To 2 water, if and as	1.00 tb
21739	Needed	0.00
21739	Durum semolina	1.33 c
21739	Curry powder	1.25 ts
21739	Ground coriander	0.33 ts
21739	Anise seeds	0.50 ts
21739	Black pepper	0.33 ts
21739	Ground cinnamon	0.33 ts
21739	Ground ginger	0.33 ts
21739	Ground turmeric	0.33 ts
21739	Egg	1.00
21739	Vegetable oil, optional	1.00 tb
21739	To 2 water, if and as	1.00 tb
21739	Needed	0.00
21740	Pea beans	1.00 lb
21740	Water	6.00 c
21740	Molasses	0.75 c
21740	Black coffee	0.50 c
21740	Dark-brown sugar; packed	0.25 c
21740	Cider vinegar	1.00 tb
21740	Dry mustard	2.00 ts
21740	Salt	1.50 ts
21740	Ground black pepper	0.25 ts
21740	Onion; peeled, halved; stuck	1.00 md
21740	4 cloves	0.00
21740	Smoked ham hock or	1.00
21740	Slices cooked bacon	4.00

## Sheet1

21741	Summer squash;	3.00 c
21741	Evaporated milk;	0.25 c
21741	Butter(I used Margarine)	2.00 ts
21741	Salt & pepper to taste	0.00
21742	Pork hearts	2.00
21742	Pork kidneys	4.00
21742	Liver	1.00 lb
21742	Shoulder roast	4.50 lb
21742	Bell pepper	1.00
21742	Onions	3.00
21742	Cooked rice	4.00 c
21742	Salt and pepper to taste	0.00
21742	Green onions-chopped	2.00 bn
21742	Parsley-chopped	1.00 c
21743	Flour; all-purpose	3.00 c
21743	Baking powder	1.00 ts
21743	Baking soda	0.25 ts
21743	Salt	0.50 ts
21743	Unsalted butter; softened	1.00 c
21743	. (2 sticks) plus about	0.00
21743	Butter; for greasing pan	1.00 tb
21743	Sugar; plus about	2.00 c
21743	Sugar; for sugaring pan	2.00 tb
21743	Vanilla extract	1.50 ts
21743	Almond extract	0.50 ts
21743	Eggs	5.00 lg
21743	White chocolate; melted &	4.00 oz
21743	. still warm	0.00
21743	Sour cream	1.00 c
21743	White chocolate chunks/chips	4.00 oz
21743	Semisweet chocolate; melt	4.00 oz
21743	. while cake is cooling	0.00
21743	White chocolate; chopped	8.00 oz
21743	Heavy cream	0.50 c
21744	5-inch-long yellow crookneck	8.00 ea
21744	-squash	0.00
21744	Ears corn (preferably white)	2.00 md
21744	Mozarella cheese (preferably	2.00 oz
21744	-fresh); coarsely grated	0.00
21744	Fresh oregano; coarsely	1.25 ts
21744	-chopped	0.00
21744	Salt & freshly ground pepper	0.00
21745	Water	3.75 c
21745	Wild rice, rinsed	0.67 c
21745	Brown rice, rinsed	0.67 c
21745	Seasoned salt	1.00 ts
21745	Margarine	2.00 tb
21745	Chopped red onion	1.00 c
21745	Finely diced celery	0.50 c

## Sheet1

21745	Tart apples, peeled & cored	2.00 md
21745	-- & diced	0.00
21745	Orange juice	0.33 c
21745	Scallions, green parts only	2.00
21745	-- thinly sliced	0.00
21745	Currants	0.25 c
21745	Cinnamon, nutmeg	1.00 ds
21745	Black pepper to taste	0.00
21745	Freshly minced parsley	2.00 tb
21745	Pecans	0.50 c
21746	Wild rice	1.00 c
21746	;boiling water	3.00 c
21746	Salt	0.25 ts
21746	Butter; or margarine	0.25 c
21746	Onion; chopped	1.00 md
21746	Mushrooms; sliced	2.00 c
21746	Sweet basil	1.00 ts
21746	Oregano	1.00 ts
21746	Parsley	1.00 ts
21746	Sharp cheddar cheese; grated	1.00 c
21746	Canned tomatoes	2.00 c
21746	Sweet green peppers	8.00 lg
21747	Wild rice	0.50 c
21747	Chicken stock	4.00 c
21747	Long-grain white rice	0.25 c
21747	Fresh or frozen	0.50 c
21747	-corn kernels, steamed	0.00
21747	Olive oil	1.00 ts
21747	Tomato, peeled	1.00 tb
21747	-seeded and diced	0.00
21747	Salt	2.00 ts
21747	Black pepper	1.00 ts
21747	Parsley, chopped	1.00 tb
21748	Warm water; 110 deg.	0.50 c
21748	Sugar	0.50 t
21748	Yeast	2.00 pk
21748	Warm water; 110 deg.	0.75 c
21748	Sugar	0.50 c
21748	Dry milk	2.00 T
21748	Instant mashed potatoes; dry	0.25 c
21748	Butter; melted	0.50 c
21748	Eggs	2.00 ea
21748	Flour	6.00 c
21748	Brown sugar	1.00 c
21748	Cinnamon	1.00 t
21748	Butter; melted	0.50 c
21750	Durum semolina	1.00 c
21750	Dried oregano	0.50 ts
21750	OR	0.00



Sheet1

21750	Fresh oregano, chopped	1.50 ts
21750	Coarsely ground black	0.50 ts
21750	Pepper	0.00
21750	Nonfat plain yogurt	0.25 c
21750	Lemon juice	1.00 tb
21750	Water, if and as needed	0.00
21750	Durum semolina	1.25 c
21750	Dried oregano	0.50 ts
21750	Coarsely ground black	0.50 ts
21750	Pepper	0.00
21750	Nonfat plain yogurt	3.00 tb
21750	Olive or vegetable oil,	1.00 tb
21750	Optional	0.00
21750	Lemon juice	1.00 tb
21750	Water, if and as needed	0.00
21751	Butter or margarine, melted	1.50 c
21751	(3 sticks)	0.00
21751	Sugar	3.00 c
21751	Vanilla extract	1.00 T
21751	Eggs	5.00
21751	Flour	2.00 c
21751	Hershey's cocoa	1.00 c
21751	Baking powder	1.00 t
21751	Salt	1.00 t
21751	York peppermint patties,	24.00 sm
21751	-unwrapped	0.00
21752	Vegetable oil or margarine	2.00 tb
21752	Lean meat, ground	1.00 lb
21752	Onion; minced or grated	1.00
21752	Salt & freshly ground pepper	0.00
21752	Whole cloves	3.00
21752	Cinnamon stick	1.00
21752	Tomato paste	2.00 tb
21752	-Hot water	1.00 c
21752	Stock (same flavor as meat)	1.00 qt
21752	Kritharaki or orzo	1.25 c
21752	Parsley or watercress	0.00
21753	16oz cans whole green beans	3.00
21753	Garlic powder	2.00 ts
21753	Margarine; melted	1.50 tb
21753	White wine	2.00 tb
21753	Dijon mustard	3.00 tb
21753	Worcestershire sauce	3.00 tb
21754	Thin, 5-inch long zucchini	8.00 ea
21754	Fresh basil leaves; loosely	2.00 c
21754	-packed	0.00
21754	Olive oil	0.25 c
21754	Garlic; crushed	2.00 cl
21754	Salt	0.50 ts

Sheet1

21754	Fresh tarragon; minced	1.00 tb
21754	Fresh thyme; minced	1.00 tb
21754	Fresh oregano; minced	2.00 ts
21754	Nutmeg	1.00 pn
21754	Parmesan cheese; freshly	0.50 c
21754	-grated	0.00
21754	Walnuts; finely chopped	0.25 c
21754	Whipping cream	1.00 tb
21755	Tomato sauce	2.00 c
21755	Sweet Italian sausage	3.00 ea
21755	Ricotta cheese	0.50 lb
21755	Parmesan cheese	0.50 c
21755	Nutmeg	0.25 t
21755	Pepper	0.25 t
21755	Oregano	0.50 t
21755	Sugar	0.50 t
21755	Salt	0.50 t
21755	Chopped parsley	1.00 T
21756	Rum	0.25 c
21756	Eggs	3.00 lg
21756	Salad oil	1.00 c
21756	Brown sugar	2.00 c
21756	Vanilla	1.00 tb
21756	Flour	3.00 c
21756	Soda	2.00 ts
21756	Baking powder	0.50 ts
21756	Cinnamon	1.00 tb
21756	Allspice	2.00 ts
21756	Nutmeg	1.00 ts
21756	Cloves	1.00 ts
21756	Salt	1.00 ts
21756	Zucchini; shredded	2.00 c
21756	Walnuts; chopped	2.00 c
21756	Raisins (light & dark)	2.00 c
21756	Currants	1.00 c
21756	Dried & candied fruit;	2.00 c
21756	-(dates, apricots, fi	0.00
21756	Cherries)	0.00
21756	Rum	8.00 tb
21757	Zucchini	8.00 md
21757	Onion	1.00 md
21757	Garlic clove	1.00 ea
21757	Vegetable oil	6.00 tb
21757	White wine vinegar	2.00 tb
21757	Lettuce leaves	0.00
21757	Capers	1.00 tb
21757	Parsley, chopped	1.00 ts
21757	Marjoram, chopped	1.00 ts
21757	Salt & pepper	0.00

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-Add the  
Milk powder and the  
-all-purpose flour; beat for  
-3 minutes.  
Gradually add the bread  
-flour, and when the dough  
-is  
Workable, transfer to a  
-lightly floured surface (or  
-use the  
Dough hook attachment on  
-your electric mixer) and  
-knead for  
Minutes.

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Frozen Corn Kernels,  
-defrosted  
Unsalted Butter, cut into  
-slivers

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(plus 2 tb)Sourdough starter

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DIRECTIONS FOR 1.5 LB LOAF -----

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Caraway seeds  
Bread flour  
Buttermilk powder

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MEDIUM CAPACITY MACHINE -----  
LARGE CAPACITY MACHINE -----

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TILL CHOCOLATE AND BUTTER -----  
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MEDIUM LOAF -----  
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Egg, optional  
Butter  
Baking soda

Sugar  
Salt  
Cornmeal  
Bread flour  
Yeast  
SMALL LOAF -----  
MEDIUM LOAF -----  
LARGE LOAF -----

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Bread flour  
Yeast  
SMALL LOAF -----  
MEDIUM LOAF -----  
LARGE LOAF -----

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Starter  
Water/milk  
Diced onion  
Fruit juice concentrate  
Molasses/honey  
Salt  
Anise/caraway (optional)  
(to 4 tb) Vital gluten  
Rye flour  
Whole wheat flour  
Yeast  
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Whipping cream  
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Chopped green bell peppers  
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Salt  
White pepper  
Onion powder  
Garlic powder  
Cayenne pepper  
VEGETABLES -----

Julienned zucchini (see note  
Julienned squash (see Note)  
Very Hot Cajun Sauce/Beef  
MEAT SEASONING MIX -----  
VEGETABLE SEASONING MIX -----  
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Margarine  
Peanut butter  
To 3 pounds confectioners'  
-sugar  
Vanilla  
Semi-sweet chocolate chips  
Paraffin wax  
EASTER EGGS -----  
PEANUT BUTTER EGGS -----  
RICE KRISPIE EGGS -----  
PEANUT BUTTER BALLS -----

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Pine twigs  
Candied Cranberries (see  
-recipe below) or fresh  
-currants

Pine twigs  
Candied Cranberries (see  
-recipe below) or fresh  
-currants

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Dry white wine  
Tomato paste  
-Lentils (from above)  
Water, stock or cream  
-(as needed)  
Salt  
Freshly milled black pepper  
Extra-virgin olive oil  
Finely chopped parsley  
Small croutons, fried  
-(in butter or oil)  
-(optional)  
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Melt the butter in a heavy  
-saucepan and add the onion,  
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Medium-hot chili powder  
Masa harina (corn flour)  
Garnish:  
Sour cream  
Shredded Cheddar cheese  
Shredded Monterey Jack  
-cheese

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Dried oregano  
Grated Parmesan cheese  
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-(preferably Dutch process)	b
Confectioners' sugar	c
ASSEMBLY AND CHOCOLATE SYRUP ---	d
Chocolate chips	e
Unsweetened cocoa powder	f
-(preferably Dutch process)	g
Light corn syrup	h
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Butter or margarine  
16-oz can (stewed) tomatoes  
Dash of pepper  
All-purpose flour  
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USE ALL OF THESE -----

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- stems removed
- and cut into thick slices
- Slivered almonds; toasted
- Frozen "petite" peas
- defrosted
- Frozen pearl onions
- defrosted
- All-butter puff pastry
- defrosted in the
- refrigerator if frozen
- Egg; mixed with
- Water, for egg wash

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HOMEMADE GARLIC & HERB CHEES ----a

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Butter; at room temperature

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Spread the resulting batter  
-into a greased spring-form  
-pan.  
Now let's prepare the  
-topping. Melt:  
Of butter  
Then add:  
Sugar, or vanilla sugar,  
Milk,  
Of sliced, or slivered,  
-almonds.

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Fresh blackberries  
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Mint sprigs (optional)  
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-peeled, cored, and cut into  
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MOCK TAMALES -----  
( 4 oz.) grated sharp  
Cheddar cheese  
Muenster cheese  
Minced green onion with  
Tops  
7" flour tortillas  
8 by 12" pieces of foil  
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MOCK TAMALES -----

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BRAISING SAUCE -----  
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Sesame seeds, toasted  
Garlic cloves, toasted  
Shortening  
Raisins  
Almonds, unblanched  
Pumpkin seeds  
Corn tortilla, stale  
Croutons stale French bread  
Mexican chocolate  
Chicken stock

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Cloves Garlic, Crushed  
Rice Wine Or Sherry  
Sugar  
Fresh Ginger Root, Grated  
Scallions Or Leeks, Chopped  
-And Divided  
Chinese Parsley Or Cilantro,

-Minced, Divided  
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Cherry tomatoes; halved  
Lime wedges  
Mint sprigs  
-OR- sliced green onions




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Pistachios  
Green peas  
Agar flakes  
Gluten flour  
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Fresh peas, or frozen,  
-thawed  
Snipped fresh chives or  
-green onion tops

Turmeric  
Paprika  
Ground coriander  
Cayenne pepper  
Salt  
Half-and-half  
Water  
Heavy cream  
Chopped fresh cilantro

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The batter, is distilled  
-fromn orange blossoms  
And can be purchased at  
-liquor stores, pharmacies  
And Middle Eastern or Indian  
-food narkets.  
ORANGE SYRUP  
Sugar  
Orange juice  
Orange-flavored liqueur

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Handfuls bean sprouts,  
-tailed  
To 4 tablespoons chicken  
-broth or water, as needed  
Green onions, trimmed, cut  
-into 2-inch lengths  
GARNISHES:  
Coarsely chopped roasted  
-peanuts  
Chile flakes  
Coarsely chopped fresh  
-coriander leaves  
Limes, cut into wedges

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Feta cheese, crumbled  
Sour cream  
Minced green onions

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Butter, room temperature  
Powdered sugar, sifted  
Solid vegetable shortening  
Praline liqueur  
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Almonds; whole, blanched  
Chocolate garnishes, optiona  
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Flowers for garnish

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Pastry for 2 single 9-inch  
Pie crusts  
Salt and pepper to taste

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Honey, Liquid	c
Ginger, Ground	d
Curry Powder	e
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AND ADD -----	g
ZESTY CHUTNEY BREASTS -----	h
OR: HERBED PARMESAN BREASTS -----	i
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OR: PEPPERY MUSTARD BREASTS -----	k
OR: ORANGE HONEY BREASTS -----	l
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Clams  
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CONDIMENTS -----  
Lemon pickle, optional  
Garlic pickle, optional  
Mustard Seeds, optional  
Papaya Chutney, optional  
-(See RECIPE)  
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To 2 tablespoons Indian  
-Madras-style curry powder  
Sugar  
Dark soy sauce  
Light soy sauce, or more if  
-needed  
Chicken stock, or more if  
-needed.

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Vanilla  
Sift in separate bowl:  
Sugar  
Whip until stiff, but not  
-dry:  
Egg whites

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Parsley; chopped  
Lemon peel, minced or grated  
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Flour  
Milk  
Salt, pepper and nutmeg  
EGG PASTA -----  
LASAGNE -----  
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- thin julienne slices  
Lime; sliced into 8 wedges  
Red chiles; thinly sliced

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Cups)  
Onion, diced (about 3/4 cup)  
Clove garlic,crushed  
Ripe tomatoes, diced (about  
2 cups)  
Hot red pepper sauce  
ZESTY TOMATO SALSA -----

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Green onion; thinly sliced  
Coarsely chopped cilantro  
-- (leaves)  
MARINADE -----  
BASTING LIQUID -----  
DIPPING SAUCE -----

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Cucumber; sliced  
GARNISHES -----

Fresh bean sprouts  
Green onions; thinly sliced  
Chopped dry-roasted peanuts  
-- (unsalted)  
Chopped fresh cilantro  
FOR GARNISH -----  
Finely minced dried shrimp  
Fresh cilantro sprigs  
Lemon or lime wedges  
FOR GARNISH -----

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Chopped red onion  
Avocado, peeled, seeded, and  
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Margarine; melted & cooled  
Chives; cut to garnish, opt.  
VEGETABLE FILLING -----  
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Frozen chopped onions  
Frozen sliced mushrooms  
Unsalted butter  
Eggs  
Dried bread crumbs  
Salt; or to taste  
Ground nutmeg  
Ground red pepper  
Freshly ground black pepper  
CARROT -----  
MUSHROOM -----

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-OR-Extra-virgin olive oil  
-OR- Walnut oil  
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Tomato; chopped  
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Pieces  
Cheddar cheese, chilled,  
Cut in 6 pieces  
Ice water  
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Tabasco sauce  
Chopped fresh cilantro

-Canned green chiles,  
- rinsed well and diced  
Grated Muenster cheese  
- (or more)  
Creme fraiche or sour cream  
Cilantro sprigs  
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Blue cheese; crumbled

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Sugar  
Vietnamese fish sauce (nuoc  
-man)  
Fresh lime juice  
To 8 tablespoons water  
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- Heavy cream
- Egg yolks Salt and pepper
- to taste
- GLAZE:
- Egg yolk 1 tablespoon cold
- water
- OTHER MATERIALS NEEDED:
- New clay flowerpots (4-inch diameter)
- Vegetable oil
- Aluminum foil
- Decorative seed packets
- glued onto wooden craft sticks

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Hoisin sauce  
Chinese barbecue sauce  
Oyster sauce  
Soy sauce  
Sesame oil  
Parsley, chopped fine  
Won ton pastry; cut in  
-long strips & deep fried

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Whipping cream  
Bittersweet or semisweet  
-chocolate, chopped  
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Active-dry yeast  
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Black olives; chopped  
Sweet basil  
Dill weed  
Feta cheese  
Cucumber; pureed  
Fast-Rise yeast \*\*\* OR \*\*\*  
Active-Dry yeast  
REGULAR LOAF -----

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Yeast, active dry  
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Parmesan, grated  
Mushrooms, canned & drained  
Onion flakes  
Garlic powder  
Oregano  
Fast rise yeast \*\*OR\*\*  
Active dry yeast  
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Chopped canned jalapenos

Scallions

Grated sharp cheddar

-cheese

Sliced black or green

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Pickled walnut; crushed  
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Dried thyme; crushed  
Celery salt  
Onion powder

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Rice, cooked (cooled  
-uncovered overnight  
-in a shallow dish)  
Mushrooms, sliced  
Pecans, roughly chopped  
Butter (or margarine)  
Salt  
Black pepper  
Rubbed sage  
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Prunes pitted & chopped  
Honey  
Black pepper fresh ground  
Sour cream or plain yogurt  
Garlic cloves minced  
Bacon strips fried &  
- crumbled  
Parsley fresh chopped  
Dill fresh chopped  
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Oregano;  
Parsley;  
Garlic powder;  
Black pepper;  
MMMMM -----  
Onions; halved & sliced  
Mushrooms; thickly sliced  
Broccoli stems & florets;  
Cauliflower pieces;  
Olive oil;  
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Coarsely-crumbled day-old  
-corn bread

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Rich chicken stock  
Small apples and grapes for  
-garnish  
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Defatted turkey or chicken  
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Formatted by Manny Rothstein  
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