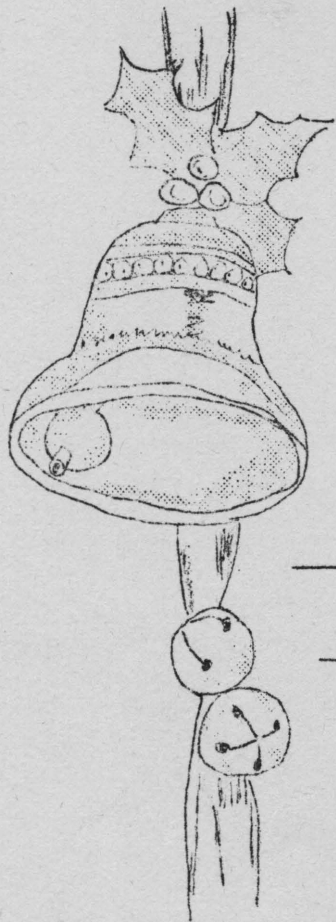


file copy

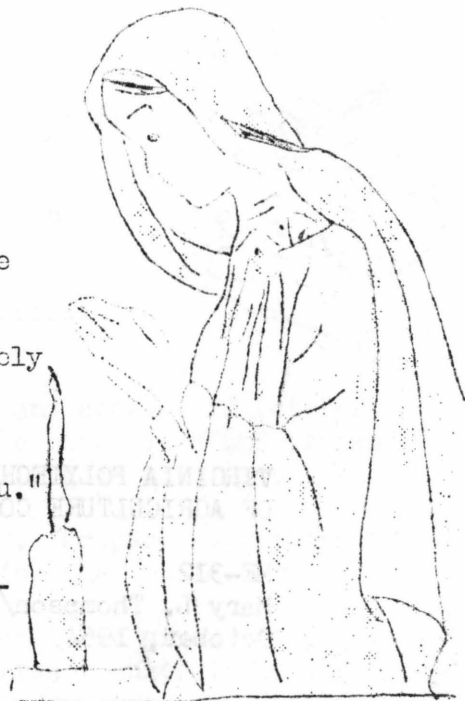


CHRISTMAS
BEGINS IN
THE KITCHEN
BUT

--CAN ONLY BE KEPT IN THE HEART

Last year in a small shop in one of our large cities, there appeared one September morning a fully trimmed Christmas Tree. People passing by stopped in amazement, then they saw a small crudely hand printed sign which said, "My Christmas may seem early, but I wish I could have it twelve months of the year because it keeps the door to my heart open and I hope it does the same for you."

As the Christmas Season approaches with its sparkle, gaiety, laughter, with our special celebrations; for family and friends, may each of us remember to open the door of his heart a little bit wider for the true Christmas Spirit, the Spirit of Christ to enter.



TX
739.2
C45
C475
1954
VPI
Spec

VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT
OF AGRICULTURE COOPERATING. EXTENSION SERVICE, BLACKSBURG, VA.

MF-312

Mary L. Thompson/s

October, 1954

BEGIN EARLY

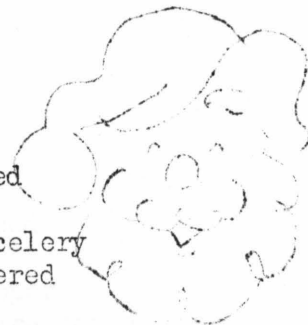
1. Bake Fruit Cakes and Plum Pudding in October or early November.
2. Plan Food Gifts from kitchen that can be made in advance.
3. Plan your Christmas Dinner and your other special affairs in October.
4. If you have a freezer, bake Christmas breads and cookies in October and freeze. Many vegetable dishes may also be made ahead and frozen until the big day, sweetpotatoes are especially good this way.
5. Keep your entertainment simple, plan it early. Prepare everything possible in advance, be rested so you can enjoy the fun too.
6. Keep the sweets simple and nutritious, such as those given here. Too much rich food and concentrated sweets often results in colds and indigestion. Well balanced holiday meals keep everybody feeling good to enjoy the activities.
7. Make a rule for the children--sweets only eaten at the end of a meal!



BUFFET SUGGESTIONS FOR MAIN DISH

Chicken or Turkey Souffle Salad

- | | |
|---|--|
| 1 three oz. pkg. lemon-flavored gelatin | 1 1/2 cups diced cooked chicken or turkey |
| 1 cup hot water | 1/2 cup finely diced celery |
| 1/2 cup cold water | 1/3 cup toasted, slivered blanched almonds |
| 1/2 cup mayonnaise | 1/4 cup chopped pimiento |
| 2 tbsp. lemon juice, fresh, frozen, or canned | 1/4 cup chopped green pepper |
| 1 1/4 tsp. salt | 1 tsp. grated onion |
| Dash pepper | |



1. Dissolve gelatin in hot water.
2. Add cold water, mayonnaise, lemon juice, salt, and pepper.
3. Beat with electric or rotary beater until blended.
4. Pour into refrigerator tray. Quick-chill in freezing unit 15 to 20 minutes, or until firm about 1 inch from edge but soft in the center.
5. Turn into bowl and beat till fluffy.
6. Fold in remaining ingredients.
7. Place in $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ inch loaf pan.
8. Chill till firm. Unmold on bed of curly endive.
9. Decorate top with Christmas tree made of pimiento pieces. Make 6 to 8 servings.

Ham Loaf



2 3/4 lbs. smoked ham	1 clove garlic, minced
2/3 cup tomato juice	1 tsp. paprika
1 cup bread crumbs	1/2 tsp. cayenne pepper
2 eggs	1 tbsp. Worcestershire sauce
1 tsp. prepared mustard	Cranberries and Pimientos
1 tbsp. monosodium glutamate(optional)	
2 tbsp. grated onion	

1. Grind ham(may be done by your butcher) and add to all except the last two ingredients. Stir well until thoroughly mixed.
2. Let stand several hours and pack into an oblong glass baking dish. (This will fill a 7-cup-capacity dish.) Pack firmly.
3. Bake 1 hour in a slow--300°F.--oven. (Better put a shallow baking pan or metal tray under dish because the fat sometimes boils out during baking.)
4. Cool a little, invert on baking tray, lift off baking dish and wipe away fat that will run out on tray. Cool and put in refrigerator. Garnish with cranberries or pimientos cup in shape of bells.



Jellied Ham Loaf

5 tbsp. unflavored gelatin	1/4 cup green pepper
1 cup cold water	3/4 cup mayonnaise
1 1/2 cups cooked salad dressing	1 tbsp. lemon juice
1 1/2 cts. coarsely ground lean cooked ham	3/4 tsp. prepared mustard
3 cups chopped celery	3/4 cup sliced stuffed olives
1 1/2 tsp. onion juice	2 hard cooked eggs
3/4 tsp. powdered horseradish (optional)	1/4 cup chopped pimiento

1. Soak gelatin in cold water for 5 minutes. Place over hot water until dissolved, add to salad dressing. Combine all ingredients. Mix well.
2. To serve immediately. Place in a loaf pan of desired size. Garnish with sliced hard-cooked eggs. Chill until firm, slice, and serve on crisp salad greens.
3. To freeze. Place in loaf pans or freezer containers. Chill until firm. Cover with lids or wrap in freezer packaging material. Seal and freeze.
4. To prepare for serving. Thaw, without unwrapping, at room temperature for 3 to 4 hours, depending on size of loaf. Garnish with green peppers. Christmas trees decorated with both red pimiento and hard cooked eggs. Serve on crisp salad greens.

Oven-fried Holiday Chicken

1 young chicken, 3 to 3½ lbs. ready to cook weight, disjointed	1/2 tsp. rosemary
1/2 tsp. thyme	2 tbsp. fresh minced parsley
1/2 tsp. marjoram	1 tsp. salt
Flour	1/4 tsp. pepper
Fat	1/2 cup hot water

1. Sprinkle the chicken with thyme and marjoram; let stand $\frac{1}{2}$ to 1 hour.
2. Roll in flour and fry in $\frac{1}{4}$ inch hot fat just long enough to brown on both sides.
3. Remove each piece as it browns, and place shallow baking pan.
4. Sprinkle with rosemary, parsley, salt, and pepper.
5. Pour the hot water into skillet; stir thoroughly.
6. Pour the hot liquid over chicken.
7. Bake uncovered in moderate oven (375°) about 45 minutes.
Makes 6 servings.

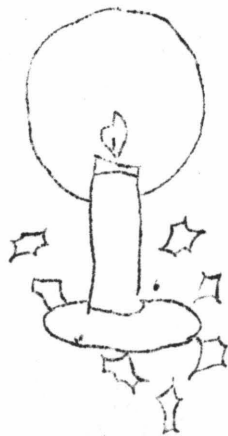


Christmas Creamed Turkey

1/4 cup butter or margarine
1/4 cup enriched flour
2 cups milk
1/2 tsp. salt
Dash pepper
1/4 cup pimiento
1/4 cup green peppers

1 tsp. Worcestershire sauce
2 cups cooked turkey slices or cooked
 cubed chicken
1 cup mushrooms or 1 can mushroom soup
1 tbsp. grated onion

1. Melt butter; blend in flour.
2. Stir milk in gradually.
3. Cook, stirring constantly till thick.
4. Add seasonings and chicken.
5. If you like a thinner sauce, add more milk.
6. Heat thoroughly.
7. Serve with Star Rice Molds or crisp toast.
Serves 6.



Star Rice Molds

3 cups hot cooked rice
1/2 cup finely chopped parsley
2 tbsp. grated onion
1 tsp. salt

1. Combine all ingredients.
2. Mix thoroughly and spoon into well-greased custard cups or a large mold.
3. To keep hot till serving time, place over low heat in covered saucepan containing small amount of water.
4. Unmold on platter.
5. Decorate with red stars cut from pimiento.
Makes 5 to 6 servings.



Orange Honey Loaf

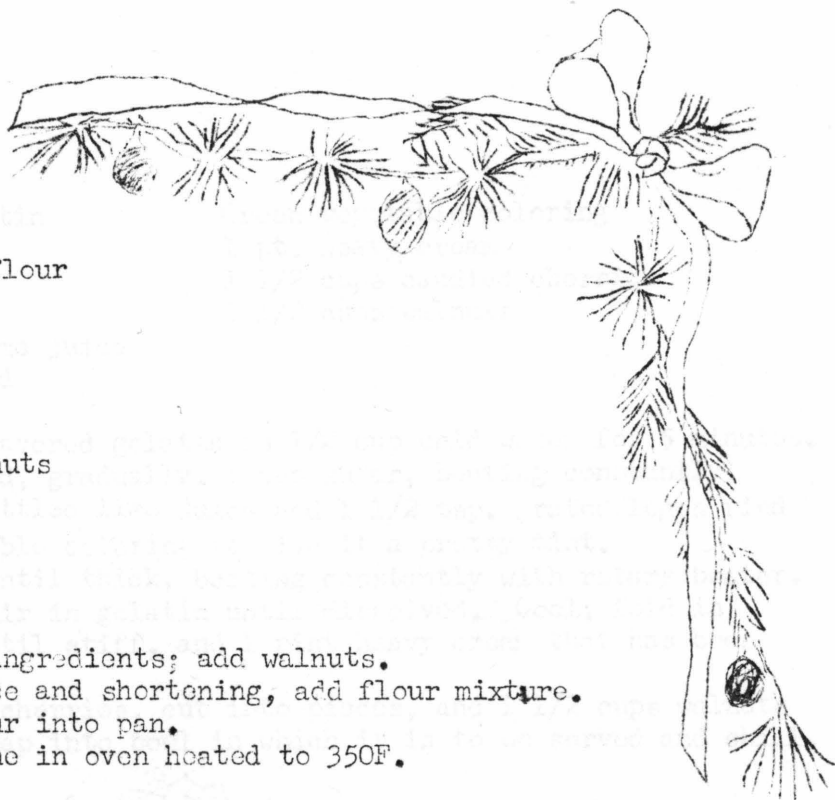
1 pkg. active dry or 1 cake com- pressed yeast	1 tsp. salt
1/4 cup water	2 well-beaten eggs
1 cup milk, scalded	1/4 cup orange juice
1/2 cup shortening	2 tbsp. grated orange peel
1/3 cup honey	5 cups sifted enriched flour
1/2 cup candied cherries	1/2 cup pecan chopped

1. Soften active dry yeast or compressed yeast in lukewarm water.
2. Combine milk, shortening, honey, and salt in a large mixing bowl. Cool to lukewarm. Add yeast mixture.
3. Add eggs, orange juice, and orange peel, cherries and nuts. Beat well.
4. Add flour, mix to soft dough. Cover; let stand 10 minutes.
5. Knead dough 5 to 10 minutes on lightly floured surface. When dough is satin-smooth and pliable (it will show small blisters under surface when dough is drawn taut,) place it in greased bowl; turn once to grease surface.
6. Cover with damp cloth and let rise in warm place till double in bulk (2 hr.) Punch down; let stand for about 15 minutes. Make two small or one large loaf.
7. Cover; let rise till double. Bake in hot oven (400F) 12 minutes; reduce to 325F. Bake until done. - 30 to 50 minutes depending on size.
8. Ice with Orange Icing: Blend 2 tbsp. orange juice, 1 tsp. grated orange peel, and 1 cup sifted confectioners' sugar. Brush the icing on with a pastry brush to obtain a smooth, even glaze.

Applesauce-Nut Bread

2 cups sifted all-purpose flour
3/4 cup granulated sugar
3 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
1/2 tsp. cinnamon
1 cup coarsely chopped walnuts
1 egg
1 cup canned applesauce
2 tbsp. melted shortening

1. Sift together first 6 ingredients; add walnuts.
2. Beat egg, add applesauce and shortening, add flour mixture.
3. Stir until blended, pour into pan.
4. Bake 1 hr. or until done in oven heated to 350F.
5. Cool on rack.



Cherry Cake



2 1/4 cups sifted cake flour
3 1/4 tsp. double action baking powder
1 tsp. salt
1/2 cup shortening (at room Temp.)
1 cup milk
1/4 tsp. almond extract
4 egg whites, unbeaten
2 tbsps. finely cut maraschino cherries
3/4 cup chopped nuts

1. Measure sifted flour, baking powder, salt, and sugar into sifter. Place shortening in mixing bowl and stir just to soften. Sift in dry ingredients.
2. Add 3/4 cup of the milk and the flavorings. Mix until all flour is dampened. Then beat 2 minutes in mixer at a low speed.
3. Add egg whites and remaining milk and beat 1 minute in mixer. Fold in cherries and nuts.
4. Pour batter into two round 8 or 9 inch pans which have been lined on bottoms with paper. Bake in moderate oven (350°F) 25 to 30 minutes, or until done. Cool, then frost with seven-minute frosting. Garnish with plump maraschino cherries and twigs of pine branches.

Lime-Chiffon Pudding

3 envelopes unflavored gelatin
1/2 cup cold water
6 egg yolks
1 cup sugar
3/4 cup fresh or bottled lime juice
1 1/2 tsp. grated lemon rind

Green vegetable coloring
1 pt. heavy cream
1 1/2 cups candied cherries
1 1/2 cups walnuts

1. Soften 3 envelopes unflavored gelatin in 1/2 cup cold water for 5 minutes.
2. Beat 6 egg yolks and add, gradually, 1 cup sugar, beating constantly.
3. Add 3/4 cup fresh or bottled lime juice and 1 1/2 tsp. grated lemon rind and enough green vegetable coloring to give it a pretty tint.
4. Cook in double boiler until thick, beating constantly with rotary beater. Remove from heat and stir in gelatin until dissolved. Cool, fold in 6 egg whites, beaten until stiff, and 1 pint heavy cream that has been whipped.
5. Add 1 1/2 cups candied cherries, cut into pieces, and 1 1/2 cups walnuts broken into pieces. Heap into bowl in which it is to be served and chill.



Nibbles

6 oz. pkg. pretzel sticks
1 lb. (2-8 oz. cans) salted peanuts
1 pkg. crisp rice cereal
1 pkg. crisp oat cereal
1 1/2 cups butter or margarine or fresh bacon fat
1 tsp. Tabasco sauce
1/4 cup Worcestershire sauce
1 tbsp. garlic salt
1 tbsp. onion salt
1 tbsp. celery salt

1. Start your oven at 225 F. or very slow.
2. Break the thin pretzel sticks into even smaller pieces and mix with peanuts and both dry cereals (the rice cereal looks like baby waffles; oat cereal like baby doughnuts) in a large roasting pan.
3. Heat butter or margarine until melted and stir in Worcestershire sauce, garlic, onion, and celery salts. Pour over cereal mixture and mix thoroughly.
4. Cover and bake 1 hour. Remove cover, add peanuts and bake another hour, stirring occasionally. Makes 4 qts. of flavorful nibbles.



Walnut Squares

1/3 cup shortening	3/4 cup sifted all-purpose flour
1 1/2 cups brown sugar, firmly packed	1 tsp. baking powder
1/2 tsp. salt	3/4 cup chopped walnuts
1 1/4 tsp. vanilla extract	
1 egg	

1. Start your oven at 325F. or slow. Grease a 7" x 11" baking pan.
2. Mix the shortening, 1 cup brown sugar, salt, 1 tsp. vanilla extract and unbeaten egg yolk together until you have a smooth, creamy batter.
3. Sift flour and baking powder together, then beat it into the creamed mixture along with 1/2 cup chopped walnuts. Spoon dough into the baking pan evenly.
4. Beat the egg white until it stands in points and beat in remaining sugar and vanilla extract until smooth. Spread this topping over batter. Sprinkle with remaining walnuts and bake 35 to 40 minutes. Cool in the pan and cut into 24 squares.



Molasses Spice Crisp

2 1/2 cups flour
2 tsp. soda
2 tsp. cloves
1 tsp. nutmeg
2 tsp. cinnamon

2 tsp. ginger
1 cup sugar
3/4 cup shortening
1 egg, unbeaten
4 tbsp. molasses

1. Measure flour after being sifted. Add soda and spices and sift three times.
2. Cream sugar and shortening until light. Add egg, beat thoroughly, add molasses and flour gradually, mix well after each addition.
3. Chill dough and shape into balls size of hickory nut, dip in granulated sugar, place sugar side up on greased sheet and bake in moderate oven. Do not stack while **hot** or store until cool.



SEVEN KINDS OF COOKIES - ONE BASIC DOUGH

2 cups butter or margarine
3 cups sugar
4 eggs
1/4 cup milk

4 tsp. vanilla
5 cups sifted flour
1 tsp. baking powder
1 tsp. salt

1. Cream butter and sugar. Add eggs, stir in milk and vanilla.
2. Sift dry ingredients together and stir into mixture until well blended.
3. Divide dough: $\frac{1}{2}$ to use "as is"; $\frac{1}{4}$ - spiced; $\frac{1}{4}$ - chocolate. Chill the plain dough. Roll only part of it at a time. (Dough for rolled cookies should always be well chilled.) Use these ways:

Scalloped Cookies. Roll part of dough and cut. Trim with small colored candies. Bake about 6 minutes.

Crescents. Add coconut to part of dough. Shape into $1\frac{1}{4}$ " crescents. Chill. Bake 8 minutes. Ice and trim with tinted coconut.

Green-Striped. Roll out balance of dough; sprinkle with finely chopped nuts. Roll again and cut. Bake 7 minutes. Frost in stripes with green powdered sugar frosting.



Seven Kinds of Cookies (Continued)



SPICED DOUGH. Blend $\frac{1}{4}$ tsp. ground cloves and 1 tsp. ground cinnamon into the $\frac{1}{4}$ of the basic dough for special cookies.

Frosted Spice Cookies. Chill half of the spiced dough. Roll and cut. Bake 7 minutes. Cool; frost.

Cherry Drops. To rest of spiced dough, add 20 glazed cherries, quartered, and $\frac{1}{2}$ cup coarsely cut nut meats. Drop by spoonfuls on cooky sheet, top with half of cherry. Bake 10 to 12 minutes.

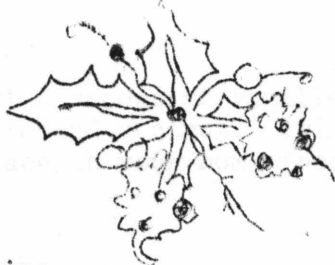
CHOCOLATE DOUGH. Just add $\frac{1}{4}$ cup cocoa to the last $\frac{1}{4}$ of the basic dough.

Pecan Crisps. To $\frac{1}{2}$ of chocolate dough, add $\frac{1}{2}$ cup chopped pecans and 2 cups corn flakes. Drop by spoonfuls onto cooky sheet. Top each with pecan half. Bake about 10 minutes.

Date Wrap-Ups. Press dough around a pitted date. Bake 10 minutes. Cool; sprinkle with confectioners' sugar.

NOTE: Bake all cookies on cooky sheet in a hot oven (425F.) to a light brown. Be careful not to burn them.

French Chocolate Cream



1 lb. large potatoes
5 sq. (5oz.) unsweetened
chocolate
3/4 cup butter or margarine
1 1/2 cups sugar

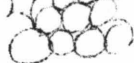
1 tsp. vanilla extract
1 tsp. instant or frozen
coffee concentrate
2 egg yolks

1. Boil potato in its jacket until tender when tested with a fork. Meanwhile, butter a 1 qt. deep casserole or loaf pan well; melt chocolate over hot water.
2. Work butter or margarine until creamy, then work in the sugar gradually until mixture is smooth. Flavor with vanilla extract and coffee. Drop in unbeaten egg yolks and beat well; add the melted chocolate and beat again.
3. Now work the cooked potato, skin and all, through a sieve or food mill. Add the hot potato to the chocolate mixture and mix well. Spoon into casserole and chill in refrigerator about 3 hours or until solid.

TO SERVE: Dip casserole or pan in warm water until dessert loosens, arrange on platter and cut in thin, thin slices. Keeps beautifully, unsliced, in refrigerator.

Cherubs are made of marshmallows - clove eyes and bit of cherry for mouth; halo cut from candied orange peel; wings from marshmallow, pressed flat with fingers and cut in half. A wooden pick is thrust through head and wings to body; halo on top point.

Frozen Coconut Snowballs



For each serving, put 2 scoops of vanilla ice cream together to form ball. Roll in moist, shredded coconut. Trim with a fresh holly sprig. (Make these ahead and place in your home freezer.)

Snow Men

Make like snowballs; use two balls, make one smaller, put on top of and put on raisins for eyes and nose and a cherry for his mouth. Scatter moist coconut around to look like snow. Put an oblong sucker over his shoulder for a snow shovel.

Sugar Plum Lollipop

1/2 cup light corn syrup	1 tbsp. butter or margarine
1/2 cup confectioners' sugar	1/2 tsp. ground cinnamon
2 tbsp. dry skim milk and 2 tbsp. water (or 4 tbsp. fresh or canned milk)	4 cups semisweetened rice cereal

1. Mix together all except cereal.
2. Boil 5 minutes stirring constantly.
3. Add cereal, for in 6 balls.
4. Garnish with red and green drops.
5. Insert skewer sticks in each ball.
6. The mixture may be pressed in well-greased cake pan and cut in bars.

