

Sheet1

NAME,C,41	TIME,C,15	YIEI	CALC	Q1,C,6	Q2,CQ3,CQ4,CQ5,CQ6,C
ASPARAGUS STIR FRY	30 MINUTES	6	55	1 1/2	2 1/2
BEANS AND BACON	30 MINUTES	4	170	1	4 2 1/4 1/8 3/4
BROCCOLI JONES	1 HOUR	6	240	1	3 1 2 2 4
BROCCOLI STIR FRY	25 MINUTES	6	95	3	1 1/2 1/4 1/4
COUNTRY CABBAGE	45 MINUTES	6	115	4	1 1 1/2 1/2
DEB'S CARROT DISH	20 MINUTES	4	90	4	2 2 1 1/2
CELERY TREAT	20 MINUTES	4	115	1	1 1/4 1/4 3
CORN FRITTERS	30 MINUTES	6	185		1 1 1/4 1 1/2
CUCUMBER STIR FRY	15 MINUTES	4	120	3	3 1/4 5 1/4
MUSHROOM SAUTE	20 MINUTES	6	135	1 1/2	1 1/4 1/4 1 2
ONION RINGS	40 MINUTES	6	140	3	1/2 1 1/2
AUNT LEON'S POTATO PANCAKES	1 1/4 HOURS	16	205	4	1 2 1/3 2
FRIED GREEN TOMATOES - NOT THE MOVIE	20 MINUTES	4	80	1/4	1/2 1/8 3 1/4

Sheet1

Q7,CQ8Q9,C,6	Q10,C,6	M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,1M6,C,1
		POUND	TBS.	TSP.		
1	1	10 OZ. PKGE.	SLICES	MEDIUM	TSP.	TSP. CUP
		10 OZ. PKGE.	TBS.	SMALL	TBS.	CUPS
		TBS.	BUNCH	TSP.	TSP.	CUP
		SLICES	HEAD		TSP.	CUP
			TBS.	TBS.	TSP.	TSP.
		CUP	BUNCH	ENVELOPE	TSP.	TSP. TBS.
2			16 OZ. CAN	CUP	CUP	TSP. TSP.
		MEDIUM	TBS.	CUP	TSP.	TSP.
1/4		POUNDS		CUP	CUP	TSP. TSP.
		LARGE		CUP	CUP	TSP.
1/8		LARGE		SMALL		CUP TSP.
		CUP	TSP.	TPS.	MEDIUM	CUP

Sheet1

M7,C,12	M8,C,1M9,C,12	M10,C,12	I1,C,47
			ASPARAGUS
			FROZEN LIMA BEANS
ENVELOPE	TSP.		FROZEN CHOPPED BROCOLLI
			VEGATABLE OIL
			BACON, CUT INTO 1 INCH PIECES
			CARROTS
			WATER
			VEGATABLE OIL
			CUCUMBERS
TSP.			MUSHROOMS
			ONIONS
TSP.			POTATOES
			ALL-PURPOSE FLOUR

Sheet1

I2,C,47
VEGATABLE OIL
BACON, DICED
BUTTER
BROCOLLI, CUT INTO 2X1/2 INCH PIECES
GREEN CABBAGE
WATER
CELERY, CUT INTO 2 INCH PIECES
WHOLE KERNAL CORN, DRAINED
VEGATABLE OIL
LEMON
VEGATABLE OIL
COLD WATER
SALT

I3,C,47
SALT
CELERY STALKS, DICED
ONION, MINCED
SALT
ONION, THINLY SLICED
BUTTER
CHICKEN BOUILLON
ALL-PURPOSE FLOUR
WATER
VEGATABLE OIL
MILK
ONION
PEPPER

Sheet1

I4,C,47

SALT
ALL-PURPOSE FLOUR
SUGAR
SALT
SUGAR
DRY MUSTARD
MILK
SOY SAUCE
WATER
ALL-PURPOSE FLOUR
EGGS
GREEN TOMATOES, CUT INTO 1/2 INCH THICK SLICES

I5,C,47

PEPPER
HALF AND HALF
WATER
WATER
SALT
SUGAR
BAKING POWDER
SUGAR
BASIL
SALT
ALL-PURPOSE FLOUR
VEGATABLE OIL

I6,C,47

WATER
EGGS

BUTTER
SALT

SOY SAUCE

SALT

Sheet1

I7,C,47

I8,C,47

I9,C,47

I10,C,47

CHICKEN BOUILLON

SALT

BOILING WATER

EGGS

MAPLE SYRUP

SUGAR

PEPPER

VEGATABLE OIL

Sheet1

ST1,C,142

PREPARE ASPARAGUS. CUT INTO 3 INCH PIECES. IN SKILLET OVER HIGH HEAT, COOK IN VEGATABLE OIL, STIRR

PREPARE BEANS PER LABEL. COOK BACON IN SKILLET, REMOVE TO PAPER TOWEL TO DRAIN.

FINELY CHOP BROCCOLI AND SET ASIDE. PREHEAT OVEN TO 350F. IN 1 QT. SAUCEPAN OVER MEDIUM HEAT, ME

IN 5 QT. DUTCH OVEN OVER HIGH HEAT, COOK BROCCOLI IN VEGATABEL OIL. STIR QUICKLY AND OFTEN UNTIL C

COOK BACON IN SKILLET UNTIL BROWN. ADD CABBAGE, ONION AND SALT. STIR TO COAT CABBAGE EVENLY.

SHRED CARROTS TO MAKE 2 CUPS.

HEAT WATER TO BOILING IN SKILLET OVER HIGH HEAT.

IN SAUCEPAN OVER MEDIUM HEAT, HEAT 1/2 INCH OF VEGATABLE OIL TO 400F.

PEEL AND CUT CUCUMBERS IN HALF LENGTHWISE, REMOVE SEEDS. CUT INTO 1 INCH CHUNKS.

TRIM STEM ENDS. CUT 6 THIN SLICES FROM LEMON AND SQUEEZE 2 TSP. JUICE FROM REMAINING PIECE. SET A

SLICE ONIONS 1/4 INCH THICK. SEPARATE INTO RINGS.

RINSE POTATOES. SHRED POTATOES AND ONION INTO BOWL FILLED HALF WAY WITH WATER. DRAIN THROUGH

COMBINE FLOUR, SALT AND PEPPER INTO BOWL. DIP TOMATO SLICES INTO MIXTURE AND COAT BOTH SIDES. PL

Sheet1

ST2,C,142

SPRINLE WITH SALT, AND CONTINUE COOKING FOR 3 MINUTES.

ADD CELERY, BEANS, SALT AND PEPPER TO SKILLET. COOK ABOUT 10 MINUTES STIRRING OFTEN.

ADD ONIONS AND COOK UNTIL TENDER. STIR IN FLOUR AND COOK 1 MINUTE. SLOWLY STIR IN 1 CUP HALF AND H

ADD SALT, SUGAR AND WATER. REDUCE HEAT TO MEDIUM. COVER AND COOK 2 MINUTES.

ADD WATER, REDUCE HEAT, COVER AND COOK 30 MINUTES, STIRRING OCCASIONALLY OR UNTIL CABBAGE IS LI

HEAT ALL INGREDIENTS TO BOILING IN SAUCEPAN OVER MEDIUM HEAT. REDUCE HEAT, COVER AND SIMMER 3-5

ADD CELERY, BOUILLON, MUSTARD AND SUGAR. HEAT TO BOIL. REDUCE HEAT TO MEDIUM, COVER AND COOK 8

STIR I TBS. VEGATABLE OIL, AND NEXT 6 INGREDIENTS INTO BOWL UNTIL BLENDED. DROP BATTER BY TBS. INTO

IN 4 QT. SAUCEPAN OVER HIGH HEAT, WARM VEGATABLE OIL. COOK CUCUMBERS, STIRING QUICKLY AND OFTEN

HEAT OIL OVER MEDIUM HEAT IN 4 QT. SAUCEPAN. COOK MUSHROOMS, STIR UNTIL EVENLY COATED.

BRING 2 INCHES OF OIL TO HEAT IN 4 QT. SAUCEPAN OF MEDIUM HEAT. PLACE MILK IN SMALL DISH.

WRAP POTATOE AND ONIONS IN TOWEL, SQUEEZE TO REMOVE WATER.

HEAT VEGATABLE OIL OVER MEDIUM HEAT IN SKILLET. COOK TOMATO SLICES, A COUPLE AT A TIME, UNTIL GOL

ST3,C,142

ADD WATER, HEAT TO BOILING, REDUCE HEAT. SIMMER 5 MINUTES.
REMOVE FROM HEAT. GREASE 6 OUNCE CUSTARD CUPS. MIX EGGS, BOUILLON, SALT AND REMAINING HALF & H
UNCOVER AND STIR-FRY 5 MINUTES OR UNTIL TENDER YET CRISP.

DRAIN CELERY AND RETURN TO SKILLET. STIR IN BUTTER.
REMOVE TO PAPER TOWEL TO DRAIN, COVER WITH MAPLE SYRUP.
ADD WATER, SOY SAUCE AND SUGAR. REDUCE HEAT, COVER AND COOK 5 MINUTES, STIR OFTEN.
STIR IN WATER, BASIL, SOY SAUCE, SUGAR, LEMON SLICES AND JUICE. HEAT TO BOILING FOR 3 MINUTES.
IN SMALL BOWL, MIX FLOUR AND SALT. DIP RINGS INTO MILK, THEN FLOUR MIXTURE. REPEAT TO COAT TWICE.
BEAT EGGS IN BOWL, RETURN POTATOES AND ONIONS. ADD FLOUR, SALT AND PEPPER. TOSS UNTIL WELL MIXE
DRAIN ONTO PAPER TOWEL.

ST4,C,142

SPOON MIXTURE INTO BOWL. COVER WITH BACON BITS.

LADEL MIXTURE INTO CUSTARD CUPS. SET CUPS IN 13X9 BAKING DISH. PLAN ON OVEN RACK. POUR BOILING WATER

SERVE OR REFRIGERATE TO SERVE LATER.

COOK ONION RINGS IN SAUCEPAN AND COOK 3-5 MINUTES OR UNTIL GOLDEN BROWN.

PLACE 1/3 CUP OIL IN SKILLET AND DROP IN POTATO MIXTURE IN 4 MOUNDS OVER MEDIUM HEAT. FLATTEN WITH

ST5,C,142

BAKE 35 MINUTES OR UNTIL DONE.

DRAIN AND PAPER TOWELS AND ENJOY!

COOK 4 MINUTES EACH SIDE, OR UNTIL GOLDEN BROWN. REMOVE TO PAPER TOWEL TO DRAIN. PLACE ON COO

Sheet1

ST6,C,142

ST7,C,142

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REPEAT WITH REMAINNG MIXTURE.