

Sheet1

RNLNAME,C,40	KING,C,30
1 GOLDEN CHICKEN STEW WITH APRICOTS	chicken/apricots/mushroom
2 PAT Z'S MONKEY BREAD	canned biscuits
3 GREEN PEPPER STEAK	beef/onion/pepper/sherry
4 MAYLASIAN BROILED MARINATED STEAK	beef/coconut/chili/onion
5 COOKING WITH CHEMISTRY	baking powder vs soda
6 NO KNEAD FRENCH BREAD	yeast/flour/water
7 SOUNDS GROSS - TASTES GREAT	sour cream/grape nuts
8 DIABETIC CHIPPED BEEF DIP	beef/cheese/pepper/almonds
9 EXPRESS CHICKEN LIVER PATE	liver/butter/sherry
10 FOUR SPICE MIXTURE	pepper/clove/ginger/nutmeg
11 TRIPLE ESPRESSO BROWNIES	mix/egg/coffee/nuts/butter
12 MRS. FIELD'S COOKIE RECIPIE	flour/oatmeal/chocolate/egg
13 CHINESE PRESERVED EGGS (INFORMATION)	none
14 MILK CHOCOLATE ORANGE ICE CREAM	chocolate/cream/orange
15 VARIATION OF LEMON MERINGUE PIE	pie/cool whip
16 VARIATION OF HAMBURGER	hamburger/peanutbutter
17 BUTTERMILK CORNBREAD	flour/cornmeal/egg/buttermilk
18 BUTTERNUT SQUASH-WALNUT BREAD	flour/nuts/squash/molasses
19 PAN FRIED PORK CHOPS	pork chops/seasoning
20 BAKED LASAGNE	pasta/beef/cheese/tomato
21 ESCALOPE OF SALMON WITH LEEK SAUCE	salmon/shallots/wine/cream
22 MARINATED SALMON W/GINGER & CORIANDER	salmon/ginger/onion/lime
23 GRAVLAX	salmon/cognac/dill/sugar
24 MUSTARD DILL SAUCE	mustard/dill/sugar/oil
25 BIRNER'S AXIOM, THEOREM & OTHER FUNNIES	none
26 TOMATO SOUP CAKE	flour/tomato/raisins/nuts
27 DON'S CREAM CHEESE FROSTING	cheese/sugar/lemon/butter
28 SWEET-SOUR PORK CHOPS	pork/lemon/orange/vinegar
29 BASIC SCONES & VARIATIONS	flour/egg/buttermilk/sugar
30 MOCK DEVONSHIRE CREAM	sugar/cream/sour cream
31 LEMON WALNUT SCONES	flour/sugar/butter/nuts
32 FRUIT & NUT SCONES	flour/apple/nuts/egg/raisin
33 PENNSYLVANIA DUTCH FUNNEL CAKES	flour/milk/egg/sugar
34 PIEROGI CASSEROLE	potato/cheese/pasta/onions
35 FRIED QUAIL BREAKFAST OR BRUNCH	quail/biscuits/oil/flour/milk
36 FIERY BEEF (BULGOKI)	beef/soy/ginger/sesame/
37 BULGOKI SAUCE	soy/bean paste/sesame/sherry
38 RIGATONI	pork/pasta/tomato/mushroom
39 DEEP FRIED BEEF STRIPS AND ONION	beef/soy/onion/egg/oil
40 VEGETABLE COOKING TIPS	broccoli/cauliflower
41 BAKED POTATOES	potato/butter/foil
42 PRESERVING PORK-CHOPS	chops/oil
43 FREEZING FISH	fish
44 DUCK WITH BLUEBERRIES-LA BELLE AUBERGE	duck/blueberries/stock
45 FRESH TOMATO CHILI SOUP	tomato/onion/stock/chili
46 CHIPOTLE SHRIMP WITH CORN CAKES	shrimp/chili/onion/butter
47 BARBECUED BEEF ON A BUN	beef/buns/onion/soy/catsup
48 BARBECUED CORN	corn/butter/salt/pepper

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49 PEPPERBLAST COLESLAW

cabbage/carrot/pepper/mayo



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