

Sheet1

RNLNAME,C,40	KING,C,30
1 STUFFED PEPPERS -- MICROWAVE	peppers/beef/rice/tomato
2 MEATLOAF -- MICROWAVE	meat/dressing mix/eggs/bread
3 CHICKEN PARMESAN -- MICROWAVE	chicken/parmesan/milk/egg
4 ZUCCHINI PARMESAN -- MICROWAVE	zucchini/parmesan/basil
5 SAVORY CAULIFLOWER -- MICROWAVE	cauliflower/mayo/cheese
6 THERESA MERKLING (ADDRESS)	none
7 STEPHAN CHENEY'S CREAMED POTATO SOUP	bacon/onion/potato/spices
8 PAN FRIED PORK MEDALLIONS W/RAGOUT	pork/mushroom
9 MUSHROOM RAGOUT	mushrooms/cream/stock
10 SMOKED PORK TENDERLOIN	pork/dried fruit
11 SAUTEED SAVOY CABBAGE	cabbage/red onion/sesame
12 SERVING THE PORK TRIO	none
13 PUMPKIN SOUP	pork/stock/pumpkin/onion
14 PUMPKIN SOUP	ham/pumpkin/tomatoes/cream
15 SANGRIA	fruit/wine/brandy/juice
16 SANGRIA	wine/juice/sugar
17 LONG ISLAND ICED TEA	alcohol
18 SANGRIA	juice/wine/sugar
19 THICK PLUM SAUCE	plums/orange/jelly
20 CURRIED CANTALOUPE SAUCE	cantaloupe/onion/ginger
21 GINGERED NECTARINE SAUCE	nectarines/juice/ginger
22 FUDGE PECAN PIE	pastry/cocoa/pecans/eggs
23 HEALTHY COOKING SUBSTITUTES (TEXT)	none
24 SCALLOP AND PESTO FETTUCCINI	pasta/scallops/tomato/cheese
25 PESTO SAUCE	basil/olive oil/pine nuts
26 WEI'S SPICY TOFU STIR-FRY	tofu/wine/soy/chili
27 PEANUT BUTTER CHOCOLATE FUDGE	chocolate/milk/butter/peanut
28 PEANUT BUTTER BREAD	peanut butter/flour/milk
29 CHILLED TOMATO-CARROT SOUP	carrot/tomato/stock/milk
30 ICED PEA AND POTATO SOUP	peas/potatoes/cream/stock
31 VICHYSOISE	potato/stock/cream/leeks
32 HOMEMADE EGG SUBSTITUTE	egg/milk/oil/food coloring
33 CABBAGE STEW	chicken/potato/cabbage/onion
34 SCRIPTURE CAKE	flour/sugar/eggs/raisins/nuts
35 EVERT MEULIE (ADDRESS)	none
36 SEAFOOD CREOLE	tuna/shrimp/crab/celery/tomat
37 THE PLANTATION COOKBOOK (INFORMATION)	none
38 HOT & SOUR SOUP	tofu/meat/soy/sherry/stock
39 MOO SHU PORK	pork/soy/egg/spinach/soy
40 BASIC CHINESE CHICKEN STOCK	chicken/ginger/celery/onion
41 BAKED FISH	fish/margarine/wine/lemon
42 WATERMELON RIND PRESERVES	watermelon/lemon/ginger/suga
43 CHOCOLATE CHOCOLATE MOUSSE TORTE	chocolate/raspberries/cream
44 DARK CHOCOLATE TORTE #1	chocolate/eggs/cream/almond
45 WHIPPED CREAM #25	cream/sugar/vanilla
46 BOURBON-APRICOT FILLING #15	apricots/whiskey/sugar
47 SPICED GROUND ORANGE PEEL	oranges/ginger
48 PINA COLADA	juice/cream/alcohol

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49 MELON COLADA	juice/cream/alcohol
50 YULE LOG	cake mix/eggs/coconut/pecans
51 CRISP CORN PANCAKES	cornmeal/eggs/flour/milk
52 CORNMEAL PANCAKES	cornmeal/egg/flour/milk
53 CLEAR BROTH (CHINESE)	chicken/ham bones/pork
54 LEMON-BUTTER-SOY CHICKEN	chicken/butter/lemon/soy
55 LUBY'S BAKED CHICKEN	chicken/seasoned salt/butter
56 FUNNEL CAKES	flour/egg/milk/sugar/oil
57 CHOUX PASTRY	flour/butter/water/eggs
58 WARM CHOCOLATE SAUCE	chocolate/cream/coffee/rum
59 CHEESE DUMPLINGS	parmesan/choux pastry/butter
60 CREAM PUFFS & ECLAIRS	choux pastry/fillings/glazes
61 PASTRY CREAM	egg/sugar/cream/kirsch
62 ROYAL ICING	sugar/chocolate/vanilla/egg
63 THE SAINT-HONORE DESSERT	pastry/choux pastry/caramel
64 CHUNKY CALICO CHICKEN SOUP	chicken/zucchini/potato
65 GLAZED LEMON SQUARES	bisquick/coconut/eggs/lemon
66 CHICKEN-CORN-TOMATO CHOWDER	chicken/tomato/corn/lemon
67 HEARTY CHICKEN CHOWDER	chicken/potato/carrot/egg



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