

Sheet1

RNLNAME,C,40	KING,C,30
1 PINEAPPLE BREAD PUDDING	bread/pecans/pineapple/eggs
2 CARMEL FLUFF	cream/brown sugar/vanilla
3 FRENCH ONION SOUP	onions/stock/wine/butter
4 PEPPER POT STEW	beef/carrots/potato
5 LEFTOVER BEEF STEW	beef/potatoes/green beans
6 POTATO-BEEF PIE	ground beef/potatoes/carrots
7 RAGOUT OF BEEF	beef/mushrooms/tomatoes/pepper
8 SPRING VEGETABLE COBBLER	veggies/potatoes/spices
9 CHEDDAR BISCUITS	flour/cheese/milk/tarragon
10 BECHAMEL SAUCE	butter/flour/broth
11 TOMATO ASPIC	tomato juice/gelatin/celery
12 ICED TEA	loose tea/water
13 MOLE AND CHICKEN	chicken/packaged mole sauce
14 SHRIMP MOUSSE	shrimp/cream
15 ROUX	flour/lard
16 MOM'S SPAGHETTIE SAUCE	beef/tomato/spices
17 EGPLANT PARMIGIANA	eggplant/tofu/tomato/cheese
18 GLORIA PITZER'S SECRET RECIPES (ADDRESS)	none
19 BASIC BREAD AND BUTTER PUDDING	bread/raisins/eggs/cream/sugar
20 CANDIED ORANGE PEEL	oranges/sugar/corn syrup
21 BREAD PUDDING	bread/milk/egg
22 LEMON SAUCE	lemon/sugar/corn syrup
23 SWEET RED BEAN SOUP	adzuki beans/cream/rice
24 OATMEAL FUDGE	oatmeal/coconut/cocoa/nuts
25 SQUASH CASSEROLE	squash/ritz crackers/cheese
26 LEMON FILLING	lemon/eggs/flour/sugar
27 BLITZ TORTE	flour/sugar/eggs/almonds
28 OUT-OF-THIS-WORLD PECAN PIE	oatmeal/eggs/sugar/pecans
29 RUMMED OAT CRUST	oatmeal/sugar/egg
30 ADDRESS FOR BALL BLUE BOOK	none
31 BLINTZ FILLING #1	cottage cheese/raisins
32 BLINTZ FILLING #2	fruit/sugar/cinnamon
33 BLINTZ FILLING #3	apple/almonds/cinnamon
34 BUCKWHEAT CORN MUFFINS	buchwheat/corn meal/sugar/eggs
35 AMY'S DELIGHT (DRINK)	rum/wild turkey/creme de menth
36 LONG ISLAND ICE TEA (DRINK)	gin/rum/tequila/vodka/cola
37 MEATLOAF WITH MUSHROOM SOUP	hamburger/cream soup/mushrooms
38 SPICED PICKLED FRUIT	fruit/sugar/vinegar/spices
39 MARINATED VEGETABLES A LA GRECQUE	veggies/spices/wine/oil
40 SHANGHAI STYLE CHICKEN	chicken/soy/wine/mushrooms
41 CHINESE DRY FRIED BEEF	beef/pepper/soy/carrots/celery
42 PEANUT BUTTER/CHOCOLATE CHIP DROPS	peanut butter/chocolate/nuts
43 OVEN FRIED CHICKEN W/SEASONED CRUMB COA	chicken/crumbs/cheese
44 PEACH POPPYSEED MUFFINS	peaches/flour/sugar/eggs/seeds
45 PASTA WITH BROCCOLI AND TOMATOES	broccoli/tomatoes/pasta/cheese
46 BAKED GRAPEFRUIT	grapefruit/wine/sugar/butter
47 RHUBARB JUICE	rhubarb
48 OMELET ECLAIRE	eggs/chocolate/cookie/cream

Sheet1

49 SALAD DRESSING
50 KASHMIRI SPINACH

mustard/lemon/pepper
spinach/spices/oil

SOURCE,C,40
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