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## El Paso's Recipes from the Past for the Present

Joseph Longo

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*El Paso's Recipes from the Past for the Present*



*Compiled by Joseph Longo*

*Miss A. M. Tilton  
24 Washington St.*





# *El Paso's Recipes from the Past for the Present*

*Compiled by Joseph Longo*

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## Preface



*Credit: Vintage Kitchen Painting Scene by Karen Arnold, CC0 Public Domain.*

*I want to thank all of our contributors who made this cookbook possible. I would also like to thank Beatriz and Annamaria Longo, Susan Barnum, Sandra Blystone, Kathy Pepper, Sue Stanfield, Trish Long, and Hilda Lewels for assistance with proofreading, collecting recipes, and giving very good advice! Also, special thanks to Barbara Hooten Clawson for sharing family recipes and writing a history of the Burges Christmas Open House held at her former family home at 603 West Yandell Drive. I want to encourage everyone to take a trip to the home now in the hands of the El Paso County Historical Society (EPCHS) and donate to the Society, which maintains and preserves this historical landmark, built in 1912. For more information, contact the society at 915-533-3603 or visit [www.elpasohistory.com](http://www.elpasohistory.com)*

*Additionally, I would like to thank the UTEP Special Collections, Magoffin Historical Homesite, and the El Paso Library Border Heritage Center staff members for their help in my research of historical El Paso cookbooks and recipes. I also encourage readers to visit the Magoffin Historical Homesite at 1120 Magoffin Ave. This book is dedicated to the memory of Jeff Harris, who devoted himself to the Magoffin Home as its site manager for many years; Sylvia Barron of the El Paso Mission Trail; Barbara Rees, a former curator at the El Paso County Historical Society; Betty Stanfield; V.J. Smith; my aunt Ester Fernandez; and my grandmothers, Maria Concepcion Fernandez and Wilma Myra Longo whose recipes are a few of many that make this cookbook a special one. This book is also dedicated to Helen Ward and Richard Field.*

*-Joseph Longo*



*The El Paso County Historical Society (EPCHS)*



*The Burges House, EPCHS HQ*

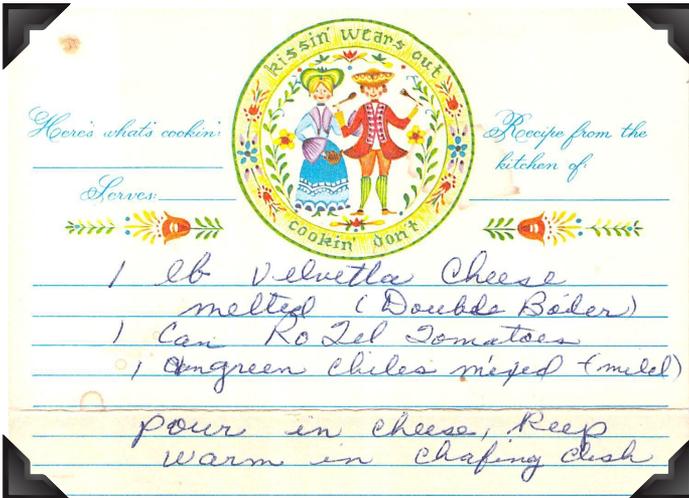
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*Since 1954 the El Paso County Historical Society has been the driving force of the historic scene of El Paso. EPCHS strives to foster research into the history of the El Paso area; share that history with the public; publish and encourage historical writing pertaining to the area; and develop public consciousness of our rich heritage. We strive to fulfill our mission in the following: by hosting and partnering with other organizations for events; maintaining our headquarters, the Burges House, built in 1912; and maintaining an extensive collection of Southwest archives in the Jane Burges-Perrenot Research Center, including over 20,000 photos, thousands of historical documents, and scores of three-dimensional items.*



Cheese Recipe Card, Courtesy of Joseph Longo.



## Introduction

By sharing recipes, we are sharing our own histories and offering insight into family cooking traditions, past and present. Recipes are more than cooking instructions or descriptions of foods. In *Guns and Gumption: The Women of El Paso*, Dr. Meredith Abarca writes, "Recipes convey histories" (the Spanish word for stories and histories) not just nourished by our having our hunger being satisfied by the histories or the stories behind the cooking. It's something we desire; it is as basic as hunger." Frances Hatfield, author of *From Mazie to Mousse: Cookery in El Paso 1598-1986*, echoed Abarca's view with her quote, "Collecting recipes is collecting anecdotes as well."

Keeping all this in mind, I asked the contributors for stories about whoever created or handed down the recipes and how the recipes came about. While some recipes in this book were passed down by a grandmother, aunt, or mother, others were adapted from a favorite cookbook or another publication. Regardless of where each recipe came from, they each have a story and have brought enjoyment to the contributors. This book also includes historical recipes from the El Paso area.

*"We may live without poetry, music, and art;*

*We may live without conscience, and live without heart;*

*We may live without friends; we may live without books;*

*But civilized man cannot live without cooks.*

*He may live without books,—what is knowledge but grieving:*

*He may live without hope,—what is hope but deceiving:*

*He may live without love,—what is a passion but pining:*

*But where is the man that can live without dining?"*

**— Edward Robert Bulwer-Lytt**

*This quote was used in The El Paso Cookbook, 1898. This line came from a light verse novel titled Lucille, published in 1860.*



## *Contributors*

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*Sandra Blystone*  
*Sue Stanfield*  
*Susan Barnum*  
*Verla Jean (V.J.) Rjeske Smith*



## *Fred Harvey and the Harvey Girls*

*Seventeen-year-old Fred Harvey arrived in New York City from London, England. He worked in several restaurants and later started work for several railroad companies, ending up in Leavenworth, Kansas. Rail travel was not pleasant, and the food was terrible. It was Fred Harvey's idea to make it better, and he sold his idea to the Atchison, Topeka & Santa Fe Railway. With a handshake, the two companies formed a partnership that for 92 years provided reasonably priced, ample servings of fresh food, establishing the first fast food restaurant chain. The Harvey Girls were created to help serve and work in the Harvey Restaurants.*

*Tom Gable, Fred Harvey's friend, suggested that Harvey hire women as they work hard, are pretty, and would bring in more business. Women hired to be Harvey Girls were to be unmarried and between the ages of 18 to 30 years. The pay was \$17.50 a month and included room, board, and transportation. Harvey's rules were rigid and were enforced. The Harvey Girls were dispatched all over the restaurant chain's system.*

*El Paso was fortunate to have had a Harvey House Restaurant located in the Union Passenger Station from 1906 to 1948. This historic building still stands, and you can still walk on the original floors. Our Harvey Girls wore all-white uniforms. Large tall coffee urns were dumped every two hours to make sure coffee was fresh when served, a pie was cut in only four slices, ham was always sliced in thicker pieces -- these rules were the same at each Harvey Restaurant no matter where it was located.*

*As far as cookbooks, in the old days there were none written. We could find lots of menus as they were used for advertisement, but recipes were on pieces of paper and kept in box to use when needed or were given between the chefs to use. Now recipes are being sought, and you can find cookbooks that were made in the past few years. In 2014 the Harvey Girls El Paso, Texas was formed to preserve and promote The Fred Harvey Legacy.*

*Pres Dehrkoop, treasurer, Harvey Girls of El Paso, Texas*



*Magoffin Home State Historic Site*



Photo Credit: Texas Historic Commission

*1120 Magoffin Ave.*

*(Visitors Center is at 1117 Magoffin Ave.)*

*El Paso, Texas 79901*

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*Joseph and Octavia Magoffin contributed significantly to the early development of El Paso. A Mexican-American, Joseph Magoffin never lost sight of his cultural heritage and functioned effectively in both communities. The Magoffins left their mark on El Paso during the time it was transforming itself from a sleepy settlement to a bustling southwestern city.*



## *The Burges Christmas Open House*

*By Barbara Hooten Clawson*



The Burges Home - 603 W. Boulevard in 1912 (became West Yandell Drive) Image courtesy of Barbara Clawson.

*Barbara Hooten Clawson, the great-granddaughter of Richard F. Burges who started Burges's Christmas open house, writes about the history of this annual event and provides recipes. Also included in this section are recipes from her grandmothers, Jane Burges Perrenot (Richard Burges's daughter) and Grace Bull Hooten.*

*Two Burges brothers, William and Richard, came to El Paso from Seguin, Texas, in the late 1880s. They were encouraged to come here by their uncle, William M. Yandell, M. D., who was married to their maternal aunt, Nannie Rust. Dr. Yandell came to El Paso in search of a better place to live with his asthma. As the City of El Paso's medical officer and an author published in national medical journals, Dr. Yandell was the reason many came to El Paso for conditions such as asthma and tuberculosis. When the Burges brothers first arrived in El Paso, they lived with the Yandells at 816 N. Kansas. Dr. Yandell died in 1900, leaving the home to Richard and his wife of two years, Ethel Shelton. Richard Burges remained there until 1912 when he moved to his new home at 603 W. Boulevard (later named West Yandell Drive). William and Richard Burges began a new El Paso tradition while at Dr. Yandell's home -- a Christmas open house for friends and family. The annual tradition continued at the Kansas Street house until 1912, when Richard moved to his newly built home at 603 W. Boulevard with his infant daughter, Jane, after Richard's wife died of tuberculosis. In December 1912, 603 W. Boulevard became the new home for the Christmas open house.*

*After her father's death in 1945, Jane Burges Perrenot continued to welcome hundreds of El Paso friends and family to the open house in what was now her home at 603 W. Yandell. Her three children -- Mary Austin, Burges, and Anne -- continued to welcome guests for a short time after Jane's death in 1986. The star of the open house throughout the years was the Burges family's eggnog. Jane Burges Perrenot's home, now the home of the El Paso County Historical Society, offers the famous eggnog each year at the society's holiday celebration on the first Thursday in December.*

### *Behind the Scenes*



*Preparation for the open house began a couple of days before Christmas Day. Jane Burges Perrenot had help each year in the small kitchen: her oldest granddaughter; her housekeeper Maria Terrazas; Mrs. Terrazas's niece Beatrice Esmeralda after Mrs. Terrazas retired; and good friend Birdie Krupp Hewitt. Birdie Hewitt was part of an old El Paso Jewish family; her father was Haymon Krupp (1874–1949), whose biography is available from the Texas State Historical Society. In that bio, we learn that 'El Paso and Texas honored him by naming him 'Most Distinguished Citizen of El Paso' and 'Most Useful Citizen in Texas and by enrolling him in the El Paso Hall of Honor.' The eggnog was prepared two days before Christmas. Though the eggnog was a favorite, it was definitely for adults. Equally as popular were the snail and rum ball cookies served on large silver platters along with little open-faced sandwiches. The recipes are shared below.*



The Hewitt Family. Courtesy of Clawson

### *At the Party*

*As one entered the Burges home, in the living room a large, draped table was to the right and near the French doors to the pergola. It had originally been Richard Burges's law office desk; Barbara Hooten was the grandchild assigned serving responsibilities. To the left, as you entered the front hall, was the home's formal dining room. On the table was the eggnog at one end and a fruit punch for children at the other end. The cookies and sandwiches were also there. The "Back Library," was filled with loud, happy voices. Mostly men took their turn at the bar.*



Christy Burges at an Open House, 1960s.

*Jane Burges Perrenot's only son, Burges Perrenot, served as bartender. He and his friends enjoyed their cigars. Another granddaughter's duty was to navigate through the smoke-filled rooms to empty the ashtrays. Folks did not smoke in the dining room. The sun-lit, smoke-free dining room was the favorite of the Sun Bowl visitors – along with the college students (attending with their parents) home for the holidays. We also enjoyed the officers from Fort Bliss. General Terry Allen was someone I can remember well. The signed picture of the general on the wall in the back library represented General Pershing's friendship. Note: The photo of Christy Burges is courtesy of the El Paso County Historical Society.*

### **TUNA FISH FINGER SANDWICHES**

*celery salt  
mayonnaise*

*ketchup  
tuna fish*

*Cut bread into circles with a glass, spread the tuna mixture, and top with parsley.*

### **CREAM CHEESE FINGER SANDWICHES**

*Mix cream cheese and Italian dressing to taste. Cut bread into circles with a glass, spread mixture, and top with sliced green olives.*



### **SNAIL COOKIES**

1 lb butter

1 lb unblanched ground almonds

7 teaspoons sugar

3 cups flour

*Mix ingredients and form dough into crescent shapes. Bake at 350 degrees for 12-15 minutes. Completely cool before dusting with powdered sugar*

### **BOURBON BALLS**

1 large box of vanilla wafers

1 cup pecans – not fine

dash salt

2 teaspoons cocoa

½ cup light Karo syrup

½ cup bourbon

*Shape into balls and let stand for several hours before storing in the refrigerator. Before serving, roll in powdered sugar.*



## TWO RECIPES: BROWNIES & CRESCENT BUTTER ROLLS

By Barbara Hooten Clawson

Two special grandmothers raised in very different environments brought to El Paso a commitment to the quality of the education of El Pasoans. Grace Bull was born in Clifton, Arizona Territory, in 1899 to Carlton E. Bull and Cynthia Catherine Pearce. A 1922 graduate of the University of Arizona with her bachelor's in education, Grace came to El Paso with her new husband, W. P. Hooten. She taught in El Paso public schools until taking a role in EPISD administration. Jane Rust Burges was born in El Paso in 1900 to R. F. Burges and Ethel Shelton. After schooling in El Paso and Pennsylvania, Jane graduated with her bachelor's in sociology from Bryn Mawr College in 1922. Bill Hooten, Grace's son, married Jane's daughter, Mary Austin Perrenot. Their five children live in El Paso today. They enjoyed beautiful meals prepared by both grandmothers. Grace's crescent butter rolls and Jane's brownies and chocolate sauce are shared below for all to enjoy.

### GRACE BULL HOOTEN'S CRESCENT BUTTER ROLLS



Break up yeast in a mixing bowl. Put one teaspoon sugar over yeast and cream well until melted. Add 5 tablespoons sugar more and cream. Add 1 cube soft butter and cream into yeast ( $\frac{1}{4}$  lb). Add 3 eggs and mix. Add  $1\frac{1}{2}$  cups warm milk. Mix in 4 cups flour. Turn out on a floured board and fold in the flour until smooth. Put batter in a greased bowl and let rise until twice in size or about 1 hour. Divide dough into 4 parts. Roll out each part to the size of the pie pan and cut like a pie. Roll from outside in to form a crescent. Let them double again. Dip in butter. Bake in a  $425^\circ$  oven for 12-15 minutes. Makes about 32 rolls.

### JANE RUST BURGESS PERRENOT'S BROWNIES



3 squares bitter chocolate

$\frac{3}{4}$  cup flour



1 stick butter  
dash of salt  
1 cup sugar  
1 egg

$\frac{1}{2}$  teaspoon baking powder  
1 teaspoon vanilla  
 $\frac{1}{2}$  cup pecans

Melt 3 squares bitter chocolate and 1 stick butter on a stove over low heat. Mix in a dash of salt and 1 cup of sugar. Let cool. Beat 1 egg into mixture. Sift together  $\frac{3}{4}$  cup flour and  $\frac{1}{2}$  teaspoon baking powder. Add 1 teaspoon vanilla and  $\frac{1}{2}$  cup pecans. Pour the mixture into greased and floured 8-inch square baking pan. Bake at 350° for 10 minutes. Notes: Photos are courtesy of Barbara Clawson.

#### Mimi's Chocolate Sauce

$\frac{1}{2}$  cup cocoa  
 $\frac{1}{3}$  cup white Karo syrup  
 $\frac{1}{3}$  cup water  
1 cup milk  
1  $\frac{1}{2}$  cup sugar

$\frac{1}{2}$  teaspoon salt  
3 tablespoon butter  
1 teaspoon vanilla  
 $\frac{1}{2}$  teaspoon mint

Cook Karo, cocoa, and water over low heat until well blended. Stir in sugar, salt, and milk. Cook gently, stirring often until the mixture thickens. Remove from heat, add butter, and beat until color changes. Add vanilla and mint. Notes: Mimi was what the grandchildren called Jane Burges Perrenot. The images are courtesy of Barbara Hooten Clawson. A copy of the photo of Jane Burges Perrenot can also be found in the archives of the El Paso County Historical Society.



*C.L. Sonnichsen Special Collections Department*

*UTEP Library*



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*The C. L. Sonnichsen Special Collections Department is located on the sixth floor of the UTEP Library.*

*The book collections include the Chicano Collection, the Judaica Collection, the S. L. A. Marshall Military History Collection, the Southwest and Border Studies Collection, as well as collections of art and rare books. In addition to published sources, the department houses over 750 archival collections and over 1,600 oral histories. Special Collections is named after former UTEP English professor and historian C.L. Sonnichsen (1901-1991). Services include reference assistance, high resolution scans of images and documents, exhibits, digital resources, tours, and class instruction sessions.*

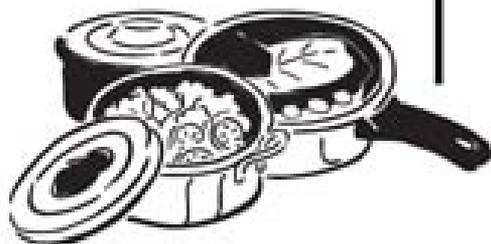


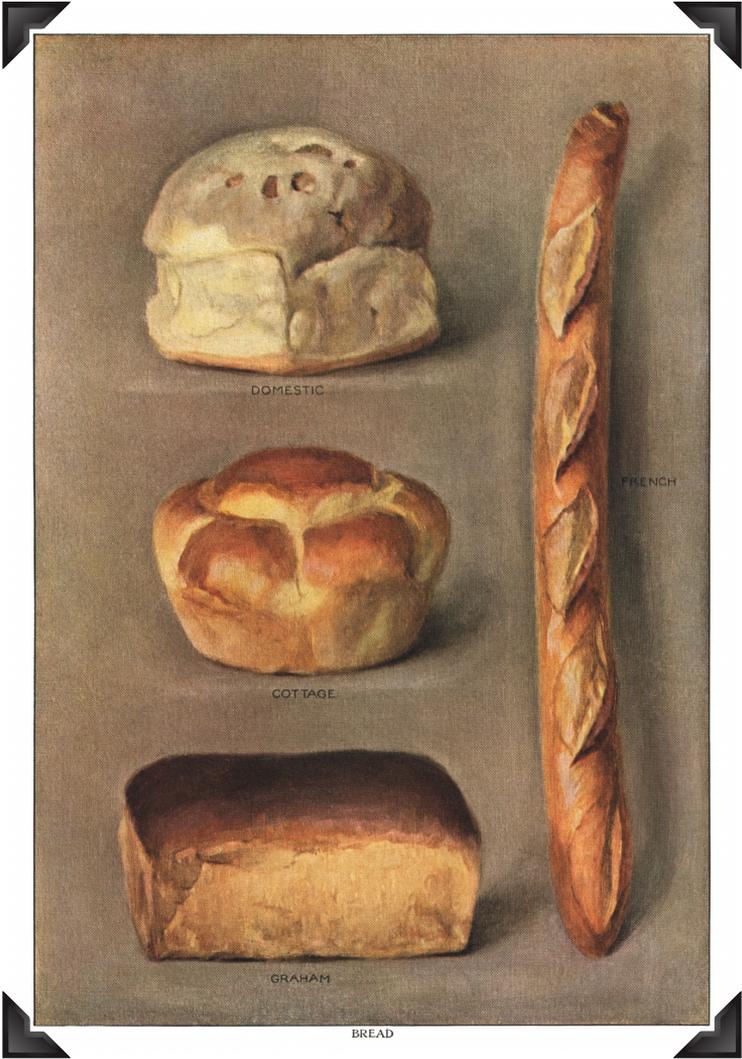
## *Table of Contents*

<i>Bread and Muffins</i> .....	19
<i>Appetizers &amp; Beverages</i> .....	31
<i>Soups, Stews, Salads and Sauces</i> .....	41
<i>Vegetables and Vegetarian Dishes</i> .....	61
<i>Main Courses: Seafood, Poultry, Pasta and Casseroles</i> .....	71
<i>Main Courses: Beef, Pork and Lamb</i> .....	101
<i>Desserts, Pies, Cakes and Cookies</i> .....	115
<i>Historical Recipes</i> .....	145
<i>Index by Category</i> .....	179



*Bread and Muffins*





*Bread Vintage Art Old, Andrea Stöckel, CCO Public Domain.*



## *Banana Fritters*

2 tablespoons sugar  
1½ teaspoons baking powder  
⅓ cup milk

6 tablespoons flour  
½ grated nutmeg

Crush bananas until they are creamed. Combine flour, baking powder, sugar, and nutmeg. Add milk and bananas, then mix. Dip a large spoon in oil and spoon batter into frying pan. Deep fry in a frying pan till brown and crisp on the edges. Drain on paper towels and serve.

## *German Potato Fritters*

*Hilda Lewels*

2¼ lb waxy potatoes  
1 onion  
3 eggs (medium)  
1 level teaspoon salt  
⅔ cup plain all-purpose flour

½ cup cooking oil or sunflower oil  
a few red peppers diced  
chopped chives  
some coarsely chopped parsley

Peel the potatoes, rinse, and leave to drain. Peel the onion. Finely grate the potatoes and onion. Add the eggs, salt, and flour. Heat a small amount of the oil in the pan. Add the dough in small amounts and press flat immediately. Fry (sauté) the potato pancakes on both sides over medium heat for 6-8 minutes (3 to 4 minutes on each side) until crispy brown. Take the pancakes out of the pan and pat away any excess fat with a paper towel. Serve immediately or keep warm. Garnish the pancakes with diced peppers, chopped chives, and small sprigs of parsley before serving.

*"Behind every recipe you love, is a story you want to share!"  
--Family Cookbook Project*



## Popovers

*Joseph Longo*

1 cup flour  
 ½ teaspoon salt  
 2 eggs

1 cup milk  
 2 teaspoons melted fat

Sift flour once. Measure. Add salt and sift again this time into a mixing bowl. Beat eggs until frothy; add milk and melted fat. Add the mixture gradually to flour, stirring out lumps to make a perfectly smooth batter. Pour into hot greased pans or heat-proof custard cups. Bake as directed. Steam puts the pop into popovers, so start heating your oven to hot (450°) before you mix the batter. Bake them at this temperature for about 15 minutes, then lower the heat to moderate oven (375°) and bake for 30-40 minutes. To test, take one out of the oven. If it doesn't collapse when colder air hits it, your popovers are done. Yields 8 large popovers.

**Personal Notes:** *This recipe came from a notebook that belonged to my grandmother Wilma Myra Longo.*

## Grandma Longo's Banana Bread

*Joseph Longo*

2 cups flour  
 1 teaspoon baking soda  
 ½ teaspoon salt  
 ½ cup shortening

½ cup sugar  
 2 eggs  
 ½ cup milk  
 1 cup mashed bananas

Mix and sift the flour, soda, and salt. Cream the shortening and sugar. Add eggs one at a time. Add the flour mixture with milk. Put into well greased pan. Bake for about 1 hour in an oven set at 350°.

**Personal Notes:** *This recipe is from my grandmother Wilma Myra Scully Longo's notebook. She was born and raised in Trenton, New Jersey. She came to El Paso in 1949 with her husband, John Joseph Longo Sr., and died in El Paso in 1998.*



## Apple Bread

*Margie Brickey*

½ cup Crisco	½ teaspoon salt
2 eggs	½ cup fresh milk
¾ cup white sugar	½ cup raisins (optional)
1½ cups flour	⅔ red apples
2 teaspoons baking powder	

Put Crisco in eggs and sugar in a bowl, and mix well in a blender. When the mix is ready, slowly add 1½ cups flour, two teaspoons of baking powder, and salt. Mix in raisins (if you like.) Add in ½ cup milk. If too sticky, add a tiny bit more milk. Place mix in a pan with cooking spray, so it doesn't stick. Peel and place sliced pieces of apples all over the top and poke slightly in the mix. Sprinkle a small amount of sugar and cinnamon all over the top. Bake in the oven for approximately 40 minutes at 350° until golden brown. (Insert a toothpick closer to 40 minutes to ensure it's ready.) The bread is ready when the toothpick comes out clean.

***Personal Notes:** This recipe was passed down to Margie Brickey by her mother.*

*"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."*

*--Jim Davis*



## *Banana Nut Bread*

*Marisa Marocco*

2 cups flour	2 mashed ripe bananas
1 cup sugar	1/3 cup milk
1 tablespoon baking powder	1/4 cup vegetable oil (or substitute with applesauce)
1 teaspoon cinnamon	1 egg
chopped pecans, optional	

Stir wet ingredients well, then stir into dry ingredients. Mix just enough to combine the ingredients. Add batter to a loaf pan coated in cooking spray. Cook at 350° for 60 minutes. Cool on a wire rack.

***Personal Notes:*** *Banana bread became popular during the Great Depression with the mass production of baking soda and powder products. The home cook needed to do something with the overripe bananas they were saving, and ultimately banana bread was created.*

*"Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity."*

*--Voltaire*



## *Corn Tortillas*

2 cups masa (masa harina, masa lista)      1 teaspoon salt  
2 cups water

In a large bowl, stir together the masa and salt. Add the water, and mix well. Turn out onto a lightly floured board and knead for 5 minutes. Divide the dough into  $\frac{1}{4}$  cup portions and form them into balls. Roll each ball into a flat round about 6 inches in diameter and  $\frac{1}{8}$  inches thick. Heat a large heavy skillet over medium-high heat. Place the tortillas one at a time into the dry hot skillet; cook until brown on one side, then turn and brown the other side. Remove from the skillet and keep warm in a cloth towel.

***Personal Notes:** Corn was first cultivated and domesticated by native peoples in Mexico about 9,000 years ago and would in time become one of the most successful staple crops in the Americas. The process of corn tortilla production called nixtamalization might have started no earlier than 2000 B.C. Nixtamalization is when the corn is soaked and cooked in limewater, washed, and then hulled.*

*"Do vegetarians eat animal crackers?"  
--Unknown*



## *Fruitcake Muffins*

*Sue Stanfield*

½ cup butter (1 stick) softened  
½ cup sugar  
2 eggs  
1½ teaspoon vanilla  
1½ teaspoon cinnamon  
½ teaspoon ground nutmeg

1 teaspoon baking powder  
1½ cups flour  
⅓ cup orange juice  
1½ cups dried fruit mix rehydrated  
in 3 tablespoon of brandy  
½ cup maraschino cherries, halved  
½ cup chopped pecans

Preheat the oven to 350°. Line muffin pan with paper cups. In a bowl whisk flour, baking powder, cinnamon, and nutmeg. In a separate bowl, beat together butter and sugar until light and fluffy. Add eggs one at a time. Add vanilla. Add flour mixture until blended, then add orange juice and mix well. Add fruit and pecans and mix until evenly distributed. Spoon batter into muffin cups. Bake for 25 minutes. Cool for 30 minutes.

*"Those who forget the pasta are condemned to reheat it."  
--Unknown*



## McMaw's Angel Biscuit

*Sue Stanfield*

5 cups flour  
1 teaspoon baking soda  
½ cup Crisco  
2 cups buttermilk

1½ teaspoon baking powder  
1 teaspoon salt  
¼ cup sugar  
1 package yeast

Dissolve yeast in 2 tablespoons of water. Mix dry ingredients. Add liquids and Crisco, mixing well. Cover and place in a warm place until dough doubles in size. Knead on a floured surface. Return to a covered bowl and refrigerate until ready to use. When ready, let rise, roll, and form biscuits. Bake at 425° for 16 minutes or until golden brown.

***Personal Notes:*** *Biscuits typically don't require yeast, but its presence in this recipe makes the lightest biscuits ever. My grandmother used to make these — they taste like a mash-up of a traditional biscuit and a dinner roll.*

*"I would like to find a stew that will give me heartburn immediately, instead of at three o'clock in the morning."  
--John Barrymore*



## Mexican Spoonbread

*Alice Lee Dorman*

1 lb creamed corn  
 ¾ cup milk  
 ⅓ cup oil  
 2 slightly beaten eggs  
 1 cup cornmeal

½ teaspoon baking soda  
 1 teaspoon salt  
 1 small green chile  
 1½ cups cheese

Mix together creamed corn, milk, oil, eggs, cornmeal, baking soda, salt, and small green chile, and then pour half of the batter into a greased casserole dish. Grate cheese and sprinkle half over the batter. Pour in the remaining batter and top with the remaining cheese. Bake at 350° for 45 minutes.

***Personal Notes:** Spoonbread is believed to have been adopted from Native American tradition. The first recipe for spoonbread appeared in print in *The Carolinian Housewife* by Sarah Rudge in 1847. There's also an annual spoonbread festival in Berea, Kentucky. The recipe belonged to Mrs. William (Lee) Lawson, Alice Lee Dorman's mother. Alice Lee Dorman's grandfather was Paul Heisig, who was the first president of the El Paso County Historical Society in 1954.*

## Strawberry Bread

*Joseph Longo*

Sift together in a large bowl:  
 3 cups flour  
 1 teaspoon soda  
 1 teaspoon salt  
 1 teaspoon cinnamon  
 2 cups sugar

Combine and mix well:  
 4 eggs, beaten  
 ¼ cup oil  
 2 packages frozen strawberries  
 ¼ cup pecans

Add strawberry mixture to dry ingredients and stir. Bake in 2 greased floured loaf pans for 1 hour at 350°. Cool for 5 minutes before removing it from the pan.



## Sweet Potato & Pecan Biscuits

*Sue Stanfield*

5 cups all-purpose flour	½ teaspoon allspice
1 cup packed light brown sugar	1 cup vegetable shortening
2 tablespoons baking powder	2 cups cooked, mashed, and cooled sweet potatoes (about 2 large potatoes)
1½ teaspoon ground cinnamon	1 cup heavy cream
1 teaspoon ground ginger	½ cup chopped pecans
1 teaspoon salt	

Preheat the oven to 400°. In a large mixing bowl stir together the flour, brown sugar, baking powder, cinnamon, salt, ginger, and allspice. Add the shortening and cut in with a pastry cutter or two knives until crumbly. Stir in the sweet potatoes. Add the cream and pecans and stir until just moistened. Turn the dough out onto a lightly floured work surface. Roll the dough out to 1 inch thick and cut out the biscuits with a floured 2-inch biscuit cutter. Place the biscuits 1 inch apart on ungreased baking sheets. Set the pans in the oven, reduce the oven temperature to 350° and bake for 25 to 30 minutes or until golden brown. Serve warm or cool completely on a wire rack. Makes 2 dozen.

***Personal Notes:*** *From the City Tavern in Philadelphia*

*"No man in the world has more courage than the man who can stop after eating one peanut."*  
--Channing Pollock



## Corn Fritters

*Sandra Blystone*

1 can whole kernel corn  
2 eggs  
Salt and pepper to taste  
Extra seasoning to your liking  
½ cup flour

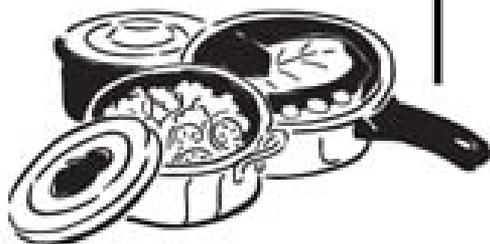
1 teaspoon baking powder  
½ cup shredded cheese  
1 pat butter  
2 teaspoons oil  
a teaspoon parsley

Drain corn and discard liquid. Put eggs, salt, and pepper in a bowl and beat. Add flour and baking powder; whisk until smooth. Add corn and cheese. Stir. Put butter and oil in a frypan, Heat until bubbly over medium heat. Drop corn mixture in spoonfuls into a fry pan. When golden turn and cook another side. Drain on absorbent paper and serve.

***Personal Notes:*** *This recipe was from my mother-in-law, who grew up south of San Antonio in a farming community called Jourdanton.*

*"Red meat is not bad for you. Now blue-green meat, that's bad for you!"*  
*--Tommy Smothers*

*Appetizers & Beverages*





# VICTORIAN KITCHENWARE

*"Vintage Kitchen Utensils Victorian", Karen Arnold, CC0 Public Domain.*



## *Mexican Dip*

*Joseph Longo*

1 8-ounce package cream cheese      ½ teaspoon cumin  
½ cup hot or mild taco sauce      ¼ teaspoon salt  
1 4-ounce can green chile  
2 tablespoons chopped onion

Combine cream cheese, taco sauce, green chile, onion, cumin, and salt in a large bowl and stir until blended.

## *Party Punch I*

*Sue Stanfield*

46 ounce can pineapple juice      2 cups sugar  
2 liters Sprite or ginger ale      2 packages red Kool-Aid

Pour pineapple juice into a punch bowl. Add Kool-Aid packages and sugar and stir until dissolved. Pour in Sprite or ginger ale (make sure they're cold first) and serve.

*Personal Notes: This recipe was part of a menu by Sue Stanfield for the 2019 El Paso County Historical Society Burges Christmas Open House.*

## *Avocado Dip*

*Joseph Longo*

avocado      ½ teaspoon chili powder  
1 small package whipped      ½ small onion, finely chopped  
Philadelphia cream cheese      milk  
1 hardboiled egg, finely chopped

Mash avocado well. Mix in whipped Philadelphia cream cheese, hardboiled egg, chili powder, and onion. Mix with milk to the desired consistency.

*Personal Notes: The avocado originated in south-central Mexico.*



## Cheese Crisps

*Katherine Brennand*

1 cup flour  
¼ teaspoon salt  
¼ teaspoon cayenne pepper

⅔ cup freshly grated Parmesan  
cheese  
½ cup butter at room temperature  
¼ cup milk or cream

Preheat the oven to 350°. Place flour in a mixing bowl and add salt, cayenne, and cheese. Add butter, and work the dough with fingers until it just holds together. Gather dough into a ball and carefully roll out on a lightly floured board to ⅛ inch thickness. Brush dough lightly with milk or cream and slice it into one 1-inch squares. Using a spatula, transfer the squares to a baking dish or a parchment paper-covered cookie sheet. Bake 12 to 15 minutes or until lightly browned. Yield: 4 dozen squares

***Personal Notes:*** *This recipe was made famous by El Charro Cafe in Tucson, Arizona. The dish became popular with tourists. Brennand's father, Howard Fulwiler, founded the Chelmont Motor Bank and opened the first successful Ford dealership in El Paso.*

*"It would be nice if the Food and Drug Administration stopped issuing warnings about toxic substances and just gave me the names of one or two things still safe to eat."*

*--Robert Fuoss*



## Chex Mix

*Katherine Brennand*

6 cups rice Chex  
6 cups corn Chex  
3 cups wheat Chex  
3 cups pretzels  
3 cups peanuts  
6 cups Cheerios

2 cups butter  
1 cup Worcestershire sauce  
1/3 cup Tabasco sauce  
4 teaspoons seasoning salt  
4 teaspoons garlic powder  
3 teaspoons onion powder

Melt butter and combine with Worcestershire sauce, Tabasco sauce, seasoning salt, garlic powder, and onion powder. Pour over cereal mix. Place in a large cooking pan. Place in oven at 250°. Turn every 20 minutes for 2 hours. Yields 27 cups

***Personal Notes:*** *This dish first appeared in a 1952 advertisement in Life Magazine. It was created from the Chex cereal first produced by Ralston Purina. The mix became a very popular party mix. You did not see the mix in pre-packaged form until 1985.*

*"As a child my family's menu consisted of two choices: take it or leave it."  
--Buddy Hackett*



## *Chile Lime Tortilla Chips*

nonfat cooking spray  
½ teaspoon grated lime peel  
4 flour tortillas (8 inch diameter)  
2 tablespoons freshly squeezed  
lime juice

2 teaspoons vegetable oil  
2 teaspoons honey  
chile powder, to taste

Heat oven to 350°. Spray a large cookie sheet with nonfat cooking spray. In a medium-sized bowl, combine lime peel, lime juice, chile powder, oil, and honey. Stir thoroughly. Using a pastry brush, brush the tortillas with the lime mixture. Using a sharp knife or pizza cutter, cut tortillas into 12 wedges. Place wedges on a single layer on a cookie sheet and sprinkle with chile powder to the desired amount. Bake for 8–10 minutes or until golden brown. Store in an airtight container at room temperature.

*Personal Notes: From the Public Health Cookbook by the Seattle & King County Department of Public Health.*

## *Grandma Joyce's Onion Dip*

*Judi Pierce*

4 oz bars of cream cheese  
1 cup Miracle Whip  
2 tablespoons garlic  
3 teaspoons celery salt  
½ cup Worcestershire sauce

½ medium onion, finely shredded  
very fine salt  
pepper  
2 cups milk

In a large mixing bowl combine all ingredients, except milk, using a mixer. When all ingredients are mixed and softened, add 1 to 2 cups of milk until the desired consistency for dipping is met.

*Personal Notes: This onion dip recipe was handed down by Judi Pierce's mother.*



## *Ham and Cheese Balls*

*Joseph Longo*

29 oz package cream cheese	1 teaspoon dry mustard
½ lb sharp cheddar cheese, shredded	½ paprika
2½ oz can deviled ham	½ seasoned salt
2 teaspoons grated onion	2 teaspoons finely chopped parsley
2 teaspoons Worcestershire sauce	2 teaspoons finely chopped pimento, drained
1 teaspoon lemon juice	¾ cup finely chopped pecans

Soften cheese. Mix everything except parsley, pimento, and pecans using an electric mixer. Stir in parsley and pimento. Shape into balls and roll in pecans. Serve with crackers.

## *Homemade Root beer*

*Joseph Longo*

1 teaspoon dry yeast	1 quart hot water
½ cup warm water	4 teaspoon root beer extract
2 cups granulated sugar	

Dissolve yeast in ½ cup warm water. Dissolve sugar in 1-quart hot water. Mix together the yeast, sugar, and root beer extract in a gallon jar. Fill the jar with warm water and stir until all ingredients are well combined. Cover jar. Set in the warm sun for four hours. Chill before serving. The root beer will be ready to drink the next day. Makes 1 gallon of root beer.

*"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating."*

*--Luciano Pavarotti*



## Hot Tea Spiced Mix

*Sue Stanfield*

1  $\frac{1}{3}$  cups Tang  
 $\frac{1}{2}$  cup sugar (optional)  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup instant tea (flavoring  
 and amount depends on taste)

2 teaspoons cinnamon  
 $\frac{1}{2}$  (generous) teaspoons of ground  
 cloves

Combine ingredients and store in a tightly covered jar. For one serving use 2 teaspoons of the mixture, add boiling water, and stir until dissolved.

## Party Punch II

*Helen Ward*

3 quarts water  
 2 $\frac{1}{2}$  cups sugar  
 2 teaspoon vanilla  
 3 teaspoon almond extract

3 teaspoons red color (Adams  
 extract)  
 juice of 3-4 limes or lemons  
 4 trays of ice (2 quarts)

Dissolve the sugar in the water. Add the flavors, color, and lime or lemon juice. Stir and add ice. For a delicious change, add 16 ounces of grapefruit or orange or pineapple juice to the above mixture.

**Personal Notes:** *This recipe comes from a collection of recipes owned by Helen Ward. Did you know that punch is said to have been invented as an alternative to beer by sailors working for the British East India Company in the 17th century?*

## Pina Colada

*Joseph Longo*

1 jigger (1 $\frac{1}{2}$  ounce) rum  
 1 ounce cream of coconut

2 ounces pineapple juice

Shake or blend with a half cup of crushed ice. Pour into a tall glass filled with ice cubes. Add a cherry. Makes one drink.



## Spanish Tapas

*Hilda Lewels*



*Consuela Fernandez De  
Stockmeyer, Courtesy of Hilda*

½ cup extra virgin olive oil  
1 teaspoon chopped garlic  
1 jar artichoke hearts

2 tablespoons lemon juice  
½ cup grated Manchego cheese  
¼ cup minced parsley

Saute garlic in olive oil until soft. Process all ingredients in a food processor.

***Personal Notes:*** *The recipe was adapted from a recipe by Consuelo Fernandez De Stockmeyer, Hilda Lewels's mother. Consuelo, along with her husband, Juan, was a charter member of the El Paso County Historical Society. Juan was a member of the first board of directors. The Society has a collection of archival materials dedicated to the family's legacy, including photographs, documents, a fur coat, and a wedding dress that belonged to Consuelo Fernandez De Stockmeyer.*

*"After all the trouble you go to, you get about as much actual "food" out of eating an artichoke as you would from licking 30 or 40 postage stamps."*

*--Miss Piggy*



## *Strawberry Ricotta Finger Sandwiches*

*Phillip Voight*

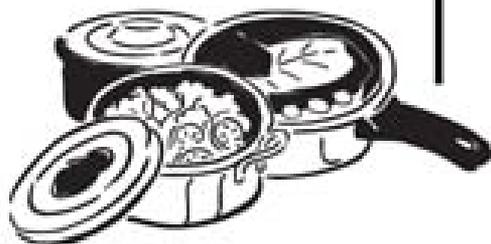
1 cup thinly sliced strawberries  
1 tablespoon white balsamic  
vinegar  
1 teaspoon honey  
pinch of salt

ricotta cheese  
country white bread  
salt and pepper  
baby arugula

Toss 1 cup thinly sliced strawberries with 1 tablespoon of white balsamic vinegar, 1 teaspoon honey, and a pinch of salt. Let sit for 30 minutes and then drain. Spread ricotta on eight slices of country white bread. Season four of the slices with salt and pepper, and then top with a layer of strawberries and baby arugula. Top with the remaining bread, trim the crust, and cut into pieces. A great addition to any party.

*"The belly rules the mind."  
--Spanish Proverb*

*Soups, Stews, Salads and Sauces*





"Salad Vegetable Desert Kitchen", Andrea strokel, CC0 Public Domain



## *Ambrosia Salad*

*Margie Fernandez*

4 cans	½ bag mini marshmallows
2 cans mandarin oranges, drained	4 oz. sour cream
2 jars maraschino cherries	16.oz. Cool Whip
1 can coconut flakes	

Combine the sour cream and Cool Whip. Fold in all other ingredients. Chill and keep covered for at least 2 hours.

## *Italian Sausage and Kale Soup*

*Chuck Stanfield*

1 onion	2 quarts chicken stock
olive oil	1 bunch of kale
1 lb. Italian sausage	⅓ cup heavy whipping cream.

Sweat an onion and then brown a pound of Italian sausage. Once the sausage is browned, drain the grease and return everything to the Dutch oven. Add 2 quarts of chicken stock. As the chicken stock, sausage, and onions heat up, chop a bundle of kale. When you are chopping the kale, cut out the thick parts of the stems, and cut them into pieces roughly 3 inches by 1 inch. Add the kale to the pot and cook until the kale is bright green and soft. Once the kale is done, add about ⅓ cup of heavy whipping cream and stir it in. Let it cook for another 10 to 15 minutes.

*"When baking, follow directions. When cooking, go by your own taste."*

*--Laiko Bahrs*



## *Perfection Salad (1904)*

*Sue Stanfield*

2 envelopes gelatin  
1/3 cup lemon juice  
2 3/4 cups water  
1/2 cup sugar  
1/4 cup cider vinegar  
1/2 teaspoon salt

1/2 teaspoon salt  
2 cups shredded cabbage  
1 cup chopped celery  
1/2 cup chopped green bell pepper  
2 ounces sliced pimiento

Soften gelatin in lemon juice; let stand for 1 minute. Heat over low fire until gelatin dissolves. Add water, sugar, vinegar, and salt; stir until dissolved. Chill until partially set. Gently add the remaining ingredients; pour into a lightly oiled 6-cup mold. Chill until set.

## *Best Green Salad*

*Joseph Longo*

1 hand lettuce (chopped)  
1 package grated mozzarella  
cheese

toasted sesame seeds  
Wishbone Italian dressing

Mix ingredients in a large bowl and serve.

## *Chili Con Carne*

*Beatriz Longo*

1 lb ground beef  
1 cup chopped onion  
2 medium minced garlic cloves  
2 cans (15 1/2 ounces) kidney beans  
undrained  
1 can (10-3 3/4 ounces) tomato soup

1/2 cup water  
1-2 tablespoon of chili powder  
1 tablespoon vinegar  
1/2 teaspoon salt  
dash pepper

Brown beef, cook onion, and garlic. Pour off fat. Add remaining ingredients and simmer for 30 minutes. Serves four.



## *Sopa De Fideo*

*Joseph Longo*

5 ounces vermicelli	¼ cup tomato sauce
⅛ vegetable oil	1½ cup water
1 tablespoon chopped onion	1 teaspoon salt

Heat in oil in skillet. Then fry vermicelli until golden. Add onion and sauté. Add tomato sauce, water, and salt. Cook over low heat until liquid is absorbed. Yields five servings ½ cup each.

***Personal Notes:*** *This noodle soup originated in Spain. Arabic nomads might have brought it to Italy and Spain during the 8th and 9th centuries. Spanish settlers brought it to the Americas. This recipe is from the Handbook of Mexican American foods: recipes, nutritional analysis, diabetic exchanges, and standard practices from the Intercultural Development Research Association in San Antonio in 1982. This recipe is a favorite of my aunts.*

## *Pear Pecan Salad*

*Joseph Longo*

3½ oz. can of pears	1 cup chopped pecans
3 oz. package lemon Jell-O	small bowl whipped cream
8 oz. package cream cheese	

Drain juice from pears and reserve 1 cup of the juice. Bring juice to boil and high heat. Remove from heat; add Jell-O and stir to dissolve. Chill until partially set. Place pears and cream cheese in blender(or mixer) and blend until creamy consistency. Stir in Jell-O mixture, whipped cream, and nuts. Pour into large bowl, chill.



## *Menudo for Smaller Silver Pot*

*Ester Fernandez*



*María Ester Fernández, Courtesy of Joseph Longo.*

2 lbs of pansita (tripe)  
2 containers of red chile

2 cans of hominy

Put pansita in refrigerator day before in an unzipped plastic freezer bag. When ready to use first wash pansita (tripe) by putting it in a pot with water. Let it wash for about an hour, or when gets hot and pansita is not frozen. Empty water and put washed pansita in pot with more than half of water. Add around 2 teaspoons of salt and you may want also add 2 small cubes of beef cubes. Add 1 teaspoon of garlic powder. Let pansita cook on low heat for around four hours. In the morning remove chile from freezer and leave in refrigerator. Defrost chile before adding it to the pansita. After four hours, add two containers of red chile (adding same amount of water as you do for enchiladas.) After chile has been cooking with pansita for around 1 hour, add around two cans of hominy. Cook for around 45 to 60 minutes on low heat.

***Personal Notes:*** Ester Fernandez made it for every new year for her family. She taught for 37 years at Ysleta Elementary



School. She passed away in 2016.

## *Avocado Salad*

*Sue Stanfield*

### *Dressing*

1 ripe avocado, peeled, pit removed, and sliced.	Minced garlic to taste
1 tablespoon of lemon juice	½ teaspoon sugar
½ cup sour cream	½ teaspoon chili powder
⅓ cup vegetable oil	¼ teaspoon salt

Mix in mixer, chill, pour over following salad.

### *Salad*

Mix of romaine and iceberg lettuce	1 ripe avocado
8-10 cherry tomatoes halved	½ cup grated cheddar cheese.
¼ cup of sliced green onions (can substitute sliced red onions)	(Serves 4-5)
1 cup corn chips (Fritos)	

*"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."  
--Lewis Grizzard*



## *Best Ever Spicy Beer-Cheese Soup*

*Susan Barnum*

4 tablespoons butter	Shredded cheese (cheddar is best)
1 large onion, diced	Milk as needed
2 cloves garlic (or use a liberal dash or two of garlic powder)	¼ cup flour
1 or more jalapeños or other peppers you like, diced	Salt and pepper to taste
2 beers (one for the soup, one for you.)	

Melt butter in a soup pot and add the onion and garlic. Sauté until the onion is translucent. Add flour and frequently stir for about 3 minutes. Add beer and stir quickly until everything is combined. The beer usually gets foamy here, so keep stirring. Add jalapeños or other peppers. Keep stirring! Simmer and let the soup thicken. Add milk if you'd like a thinner soup. Add cheese and stir. Add salt and pepper to taste. Serve, and enjoy with the second beer, bread, or tortillas.

***Personal Notes:** I love beer and cheese. Who doesn't? And living in El Paso, I've learned to love hot peppers. Add all these things together and you have a great soup to eat on a cool winter night in our beautiful mountains. (Or during the summer: keep hydrated!) This is a fast recipe and specifies at least 2 beers, one for you and one for the soup. Add more beers if you have more people on hand and increase the other ingredients. This recipe makes about enough for one big bowl of soup or two small ones. Susan Barnum is branch manager at the Sergio Troncoso Library at 9321 Alameda Ave.*

*"I don't think America will have really made it until we have our own salad dressing. Until then we're stuck behind the French, Italians, Russians and Caesarians."*

*--Pat McNelis*



## Caldo De Res

*Imelda Fernandez*

4 ribs	cabbage
1 lb stew meat	corn
Red meat seasoning	4 carrots
paprika	potatoes
garlic	2 turnips
thyme	Mexican squash
1 or 2 boxes of beef broth	zucchini
water	4 stalks of celery
2 large bouillon cubes or 4 small ones.	1 can tomato sauce

Vegetables:

In a large pot place the ribs and stew meat. Cover with water and add 2 large beef bouillon cubes or 4 small cubes. Cook for approximately 3-4 hours. As it cooks, add hot water as needed. Add red meat seasoning, paprika, garlic, and thyme. Add the boxes of beef broth and the vegetables to the meat and add tomato sauce, cooking for approximately 45 minutes longer.

***Personal Notes:** A family recipe made by her mother, Maria Concepcion Casillas Fernandez.*

## Cherry Coke Salad

2 boxes cherry Jell-O	2 ounces Coke
juice from 1 large can pineapple tidbits	1 cup pecans
juice from 1 jar of pitted cherries	

Add enough water to juices to make 2 cups liquid. Bring to boil and dissolve Jell-O. Let cool. When Jell-O is cool, add Coke, cherries, pineapple, and 1 cup pecans. Refrigerate until set.



## *Cranberry Salad*

*Joseph Longo*

1 package cranberries  
2 cup sugar  
1½ cup chopped pecans

1 cup grapes quartered with seeds removed.  
½ cup crushed pineapple  
1 package Cool Whip

Mix the pecans, grapes, pineapple, and Cool Whip with the cranberries. Let stand in refrigerator at least overnight and cover tightly.

*"Chili represents your three stages of matter: solid, liquid, and eventually gas."  
--John Goodman as Dan Conner*



## Easy Soup

*Kathy Pepper*

1 lb cut up meat, such as chicken, steak, ground beef, meatballs, etc.

1 medium-large onion, cut up

Oil, if needed to brown chicken or steak; the meat can also be browned in water to save calories

4-5 cups water

1 lb cut vegetables, fresh or frozen  
½-2 cups starch, such as rice, pasta, or cut-up potatoes (white or sweet)

Flavoring, such as bouillon, garlic, herb, and spices, canned tomatoes, etc

Brown the meat and onion; drain excess fat. Add water, vegetables, starch, and flavoring. Cover and simmer on medium low heat for 1-3 hours, stirring occasionally. To make the stew: mix 2-3 teaspoon cornstarch or twice as much flour with a bit of water, add it to the broth, and then bring it to a boil, uncovered, for several minutes. Serves 4-6

***Personal Notes:*** *This is a great recipe to use up bits of leftover meat, vegetables, and starches, including mashed potatoes; save everything in a container in the freezer until you have enough. Using frozen mixed vegetables makes this super easy; omit the meat to make vegetable soup. By varying the ingredients, this basic recipe can make dozens of completely different soups or stews.*

*"A nickel will get you on the subway, but garlic will get you a seat."*  
*--Old New York Proverb*



## Egg Butter

*Patricia Bevel Kidney*



*Patricia Kidney cooking Egg Butter, courtesy of Patricia*

2 eggs  
2 or 3 tablespoons water

1½ cups sugar  
1 teaspoon sweetening

Cook in a heavy skillet, as it doesn't scorch as easily. Beat the eggs well. Add the water and sugar. Cook over low heat, stirring continually until as thick as honey (or as desired). Remove from heat and add favorite sweetening (vanilla, lemon extract, molasses, maple syrup, Karo syrup). Other versions include decreasing sugar to only ½ cup. Uses  
Breakfast: Serve over toast or stove hot biscuits. Dessert: Serve on bread pudding or cake.

***Personal Notes:*** *Egg butter was the source of many family feuds when the Turner family had reunions. In response to my question in 1970, my Aunt Eula Turner said that there was never a written recipe, only a "dab of this and a pinch of that" and that my grandmother Bertha "learned" the recipe when she married into the Turner Family in 1902. She raised all of her nine children on it, and in turn, my mom (Joy Juanita "Neat" Bevel) raised her five children on it.*



## *Joy's Potato Salad*

*Nancy Schuler*

2 pounds small red potatoes	1/3 cup red wine vinegar
2 teaspoons salt, divided	1/2 teaspoon ground pepper
1 medium-size green bell pepper, diced	2 teaspoons sugar
12 cherry tomatoes, halved	1/2 cup olive oil
1/2 purple onion, diced	Red leaf lettuce
3 tablespoons minced fresh basil	

Cook potatoes in boiling water for 15-20 minutes or until tender, adding 1 teaspoon salt. Plunge into ice water to stop the cooking process; drain. Peel potatoes and cut them in half. Place potatoes, bell pepper, tomatoes, onion, and basil in a large bowl. Process remaining 1 teaspoon salt, vinegar, ground pepper, and sugar in a blender until smooth. Turn blender on high and add oil in a slow, steady stream. Pour over potato mixture; toss gently to coat. Cover and chill for 8 hours. Drain; serve on a lettuce lined dish.

*"Food is an important part of a balanced diet."  
--Fran Lebowitz*



## Mediterranean Lentil Soup

*Guillermina Gina Nunez-Mchiri*

- |  |  |
|--|--|
| 2 cups of orange or brown lentils                                  | 1 teaspoon turmeric  |
| 1 potato peeled and chopped into small pieces                      | 1 teaspoon paprika or chili powder   |
| 2 carrots peeled and chopped into small pieces                     | 1 teaspoon of pepper   |
| ½ chopped onion finely chopped                                     | 2 teaspoons curry powder   |
| 2 cloves of garlic (pressed or finely chopped)                     | 1 teaspoon cumin seeds or ground cumin   |
| 1 inch of grated ginger  | 3-4 cups of water or chicken broth (use water or vegetable broth for a vegan meal) |
| 1 Mexican or Italian squash chopped into small pieces              | 1 tablespoon of olive oil to saute vegetables                                      |
| 1 tomato chopped into small pieces (remove the skin if you prefer) | Salt to taste (if you use chicken bouillon then you don't need more salt)          |
| 1 stalk of celery, chopped into small pieces                       | Juice of one fresh lemon   |
| 2 tablespoons tomato paste or 1 can of tomato sauce                |  |

Soak and wash 2 cups or one small package of lentils and set aside. Sauté the chopped vegetables in olive oil for 3 minutes and then add the spices like turmeric, paprika, cumin, turmeric and curry powder for 12 minutes. Add the washed lentils and the tomato paste. Add chicken broth or water for the liquid. Boil for 35-40 minutes until vegetables are soft to the touch and the lentils have softened. For a smoother soup, you can use a hand blender and puree the soup or serve as is once the lentils and vegetables have cooked through. Top with the juice of one lemon and serve with a dash of cumin.

*"Sleep 'til you're hungry, eat 'til you're sleepy."  
--Unknown*



## *New England Clam Chowder*

*Patricia Stockmeyer*

¼ lb bacon, diced	¼ teaspoon pepper
2 medium onions sliced	¼ teaspoon celery salt
3 dozen canned clams ( reserve liquid)	3 cups milk
2 tablespoons all-purpose flour	1 tablespoon butter
3 cup diced potatoes	parsley for garnish
2 teaspoons salt	

In a 3-quart saucepan, cook bacon over medium heat until lightly browned. Add onions, and cook about 5 minutes, until tender. Add enough water to clam liquid to make 2 cups. Stir flour into onion mixture until blended. Gradually stir in clam liquid until slightly thickened. Stir in potatoes, salt, pepper, and celery salt. Cover and cook for about 10 minutes until potatoes are tender. stir chopped clams, milk, and butter into the mixture. Cover and cook for 5 minutes. Garnish with parsley.

*"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."  
--Alfred E. Newman*



## *Preacher Salad*

*Patricia Bevel Kidney*

- |   |                                    |
|---|------------------------------------|
| 1 large package of lime Jello-O           | 2 cup miniature marshmallows       |
| 2 cup boiling water                       | 1 small jar of maraschino cherries |
| 1 small can crushed pineapple,<br>chilled | 1 cup chopped pecans               |
| 1 cup whipping cream                      |                                    |

Dissolve Jello-O in water; let sit until jiggly. Fold in marshmallows, cut-up cherries, pineapple, nuts, and whipped cream. Let set in the refrigerator.

***Personal Notes:*** *This recipe originates in the Lower Rio Grande Valley, in Rio Hondo, Texas, in the 1950s. My Southern Baptist mother (Joy Juanita "Neat" Turner Bevel) originally made it only when the preacher or visiting evangelist was invited to Sunday dinner. Later, however, she made it for Thanksgiving, Christmas, or Easter!*

*"There is one thing more exasperating than a wife who can cook and won't, and that's a wife who can't cook and will."*  
*--Robert Frost*



## *Sopa Patio Verde*

meat from 20 lb turkey  
chicken or turkey broth  
garlic clove  
flour  
salt

pepper  
red chili powder  
dozen corn tortillas  
grated mozzarella cheese

Grind the garlic clove and add it to the broth. The flour's purpose is to thicken the broth. As a result, the broth should become a thick white sauce. Add salt, pepper, and red chili powder to the sauce. Fry tortillas and break into pieces. Alternate the layers of tortillas and turkey, spooning the sauce over each layer. Bake at 325° in the oven for 1 hour. You will need to reduce the heat to 150°. Cover the sopa with your favorite grated mozzarella cheese and bake for 10 minutes longer.

***Personal Notes:*** *From the Receiving Line Was Eleven Years Long: The Story of El Patio Verde by Mary Margaret Davis, (1975 Guynes Publishing). This recipe has been edited and adapted for this cookbook. The recipe is by Geneva Causey, who was a prominent caterer. In 1949 Causey rented out her home at 1009 Park Road for parties and gatherings, offering catering services and naming her business venture El Patio Verde. It became a popular place. She moved to a more prominent location at 1406 Montana Avenue in 1953. This recipe was used at parties, weddings, and other social gatherings at El Patio Verde. In 1973, when asked about her success by the El Paso Times, Causey said, "Good food, served graciously in an attractive setting with a relaxed carefree hostess, is the vital combination for success."*

*"Everything I eat has been proved by some doctor or other to be a deadly poison, and everything I don't eat has been proved to be indispensable for life. But I go marching on."*  
--George Bernard Shaw



## Spaghetti Sauce Recipe

Beatriz Longo

- |   |                               |
|---|-------------------------------|
| 4 tablespoons olive oil   | 1 teaspoon oregano            |
| 1 (12 oz.) can tomato paste or two<br>6 oz. cans                | 1 teaspoon marjoram leaves    |
| 2 (15 oz.) cans of tomato sauce                                 | ½ teaspoon garlic powder      |
| 4 cups water (add more water if<br>you don't want it too thick) | 1 teaspoon parsley leaves     |
| ½ teaspoon thyme  | ½ teaspoon tarragon leaves    |
| 2 bay leaves (remove after the<br>sauce is done)                | ½ teaspoon pepper             |
| 1 teaspoon basil leaves   | 2 tablespoons Parmesan cheese |

Combine olive oil, tomato paste, tomato sauce, and water in a big pot. Add all the spices. Simmer for about 40 minutes or longer at a low flame, but watch it and keep adding a little water at a time until not too thick. Remember to remove bay leaves. Serve with any pasta you like. You can add grated mozzarella cheese to the dish if you wish.

***Personal Notes:** This recipe mainly came from my mother-in-law, Wilma Myra Longo. Adding both cans of tomato sauce and tomato paste was something she used to do. She also used some spices, but she did not like basil although her husband, John, did. She has likely influenced by her husband, who was the son of southern Italian immigrants and who served as a cook in the Army.*

*"Hunger is the best sauce in the world."  
--Cervantes*



## *Split Pea Soup*

*Joseph Longo*

1¼ ( 6 oz.) package dried green split peas, rinsed.	1 bay leaf
1 meaty hambone, 2 ham hocks, or 2 cups diced ham	¼ cup parsley, chopped, or 2 teaspoons dried parsley flakes
3 carrots, peeled and sliced.	1 teaspoon seasoned salt
½ chopped onion	½ teaspoon fresh pepper
2 ribs of celery plus leaves, chopped	1 ½ quarts hot water
1 or 2 cloves of garlic, minced	

Layer ingredients in the slow cooker in the order given; pour in water. Do not stir ingredients. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours until peas are very soft and ham falls, off the bone. Remove bones and bay leaf. Mash peas to thicken more, if desired. Serve garnished with croutons. Serves 8.

*"Part of the secret of success in life is to eat what you like and let the food fight it out inside."*

*--Mark Twain*



## *Cream of Summer Squash*

*Claudia Rivers*

6 medium yellow squash  
1 medium onion  
2 cloves garlic  
½ cup half and half or heavy  
cream

Salt, black pepper, and ¼  
teaspoon cayenne pepper  
2 teaspoons vegetable oil or butter  
1 quart vegetable bouillon  
Chopped parsley for garnish

Chop and sauté onion, garlic, and squash until tender. Add cayenne pepper and black pepper. Add vegetable stock or bouillon; simmer until squash is soft. Blend in a food processor or blender in batches until it is smooth. Transfer into a saucepan and add half-and-half; add salt if needed. Garnish with a sprinkle of parsley in each bowl when you serve it.

***Personal Notes:*** *This is a recipe I developed when I had a restaurant in Austin called Mariposa Express. We had daily soup specials, and a lot of our customers were vegetarians. Did you know squash was cultivated and domesticated by natives in Mexico around 8,000 years ago? It was grown alongside beans and corn, and the three together were called "the three sisters."*

*"Good bread is the most fundamentally satisfying of all foods; good bread with fresh butter,  
the greatest of feasts!"  
--James Beard*

*Vegetables and Vegetarian Dishes*





*Vegetables Vintage, Karen Arnold, CCO Public Domain.*



## Asparagus

*Hilda Lewels*

¾ pound thin asparagus  
2 teaspoons olive oil  
2 cloves peeled garlic  
2 egg yolks

¼ ground cumin  
4 teaspoon water  
salt  
ground pepper

After snapping off the end of the asparagus, heat the oil, garlic, and cloves in a skillet until the cloves are slightly brown. Add the asparagus and cook uncovered for 20 minutes or longer. Mix and heat the egg yolks, cumin, water, salt, and pepper in a small saucepan. Serve the sauce over the asparagus.

## Frijoles

*Beatriz Longo*

4 cups pinto beans  
water

salt

Sort and clean 4 cups of pinto beans. Put them in a 4-quart Dutch oven and cover them with water. Place Dutch oven on stove burner over medium high heat for about 15 minutes until the water starts boiling. Lower heat to medium/medium-low, add boiling water (if necessary) to cover the beans, and continue cooking beans about 20 minutes. Continue to check water, adding more boiling water to cover beans as needed. Cook 20 minutes longer. Add 4 teaspoons salt and more boiling water if needed to cover beans. Continue cooking and checking water for about 40 minutes until beans are tender.

*"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."*

*--Calvin Trillin*



## *Stir-Fried Corn with Cumin and Coriander*

1 cup frozen or canned whole kernel corn	¼ teaspoon crushed red pepper
1 teaspoon ground cumin	1 medium onion, finely chopped
1 teaspoon ground coriander	3 tablespoons butter
1 clove garlic, minced	1 teaspoon fresh lemon juice
½ teaspoon salt	chopped cilantro for garnish (optional)

If using frozen corn, thaw completely before using. If using canned, drain and set aside. Add the cumin, coriander, garlic, salt, red pepper and onions to a food processor and blend until it turns into a coarse paste. Melt butter in a large skillet over medium-high heat. Add the onion mixture and stir-fry for 5 minutes then add corn and stir-fry for an additional 3 minutes. Stir in the lemon juice. Serve warm garnished with chopped cilantro. Serves four

**Personal Notes:** *From the Public Health Cookbook. There is no doubt maize and its grains were also important to the indigenous culture, not just as a reliable food source but spiritually as well. Ceremonies were conducted when corn was being harvested, and the Mayans worshiped a maize god named Hun Hunahpu.*

## *Lebanese Spinach and Meat*

1 medium onion	2 cups water
1 clove chopped garlic	Salt and pepper to taste
¼ cup olive oil	1 lb chopped fresh spinach
2 cups diced lamb or chuck roast	lemon slices
¼ teaspoon allspice	

Sauté onion and garlic in oil and add meat; add seasoning and water. Simmer until meat is tender. Add spinach and cook for 20 minutes. Garnish with lemons and serve.



## Baked Beans

*Betty Stanfield*

3 slices bacon, fried crisp  
Add to the bacon grease:  
1 small onion (finely chopped)  
1 stalk celery (finely chopped)  
½ cup green pepper (finely  
chopped)  
Sauté until vegetables are cooked  
clear

Empty a 20 oz can of pork and  
beans into a mixing bowl and the  
above vegetables.

Also add:  
1 tablespoon catsup ½ teaspoon  
chili powder  
1 ½ tablespoon brown sugar 1  
teaspoon yellow mustard  
1 ½ tablespoon molasses 1  
teaspoon sweet pickle vinegar

Mix well. Pour into greased baking dish. Cook at 300° for 2 hours. The lower temperature and longer cooking time adds to the flavor of the beans. When done crumble the bacon on top just before serving.

***Personal Notes:** Baked beans have origins in Native American culture. They mixed beans with maple sugar and bear fat in earthen jars and cooked them in pits. Settlers in New England liked the dish and adapted to their tastes. They were using molasses instead of the maple sugar to sweeten the dish and bacon or ham and cooked it over the fire. The method of using molasses became a popular way to sweeten the dish by the 18th century.*

*"We should look for someone to eat and drink with before looking for something to eat and drink.."*  
--Epicurus



## *Brussels Sprouts in Garlic Butter*

*Sandra Blystone*

15 Brussels sprouts, halved  
lengthwise  
1 ½ tablespoons butter

1 ½ tablespoons good oil  
3 cloves garlic, smashed with the  
flat of a knife freshly grated  
parmesan cheese (optional) salt  
and pepper

Melt butter and olive oil in a medium skillet (over medium high heat) until butter is foamy. Reduce heat to medium, add smashed garlic and cook until lightly browned. Remove garlic and discard. Add sprouts cut side down, cover, and cook without stirring on medium low heat 10-15 minutes or until tender when pierced with a knife. The cut side of the sprouts should get nice and browned, with a nutty, buttery flavor enhanced by garlic. Top with freshly grated parmesan and salt and pepper to taste.

***Personal Notes:*** *From my grandmother Van Reet, from Seattle.*

*"After dinner sit a while, and after supper walk a mile."  
--English Saying*



## *Fried Okra*

*Joy Slusher*

1 pound fresh okra  
½ cup white cornmeal

salt and pepper

Wash 1 pound fresh okra and slice into ½ inch rounds (or thaw 1 package (10 oz) cut okra). Toss okra in a plastic bag with ½ cup white cornmeal, seasoned with salt and pepper. Fry in hot oil in a skillet, turning often, and sprinkle with additional salt and pepper as needed. When lightly browned, remove with a slotted spoon and drain on paper towels. To oven fry, spread prepared okra rounds in a single layer on a cookie sheet and bake at 350° until tender and crisp.

*Personal Notes: Another good Southern favorite. Okra was brought over from Africa by the enslaved Africans.*

## *Green Beans*

*Beatriz Longo*

Olive oil  
1 can tomatoes (diced)  
Spices: pepper, turmeric, onion powder, garlic, paprika, basil, parsley oregano, tarragon  
4 cans green beans (drained)

Butter  
Parmesan cheese  
Velveeta cheese (enough to make it look cheesy)

Put olive oil in a frying pan. Add 1 can of tomatoes (diced). Season the tomatoes with pepper, turmeric, onion powder, garlic, paprika, basil, parsley, oregano, and tarragon. Drain 4 cans of green beans. Mix everything and let it boil 15 minutes. Towards the end, add butter, Parmesan cheese, and Velveeta cheese. Let it simmer for 10-15 minutes.



## Mexican Squash

*Imelda Fernandez*



*Maria Concepcion Casillas  
Fernandez, Imelda Fernandez*

(You may use a variety, Mexican, zucchini, yellow squash)  
5 Mexican squash (cut into chunks)  
1 onion(sliced)  
2 tomatoes (cut into small chunks)  
1 bag of frozen corn  
Add olive oil and butter to the skillet. Add squash, tomatoes, onion, corn

Add the following:  
Salt  
Paprika  
Italian seasoning  
Vegetable seasoning

Cover and cook for approximately 25 minutes. Add Velveeta cheese cubes and simmer for about 10 minutes until cheese melts.

***Personal Notes:*** *This recipe came from my mother, Maria Concepcion Fernandez, who was an excellent cook. She was born and raised in El Paso, growing up on Ysleta on a farm on Socorro Road, where her father, an immigrant from Mexico, was a tenant farmer. I like this recipe because it is easy to make. It is also very nutritious and enjoyed by everyone.*



## Peas and Onions

*Kathy Pepper*

Peas; fresh, frozen, or canned

Onion; white, yellow, or pearl

Dice the onion to the approximate size and shape of the peas; use as much of both as you want. Cook in a pot on the stove, or microwave in a microwave-safe container.

## Spinach Madeline

*Alice Lee Dorman*

2 (10 ounces) package frozen  
chopped spinach  
4 tablespoons butter  
2 tablespoons of all purpose flour  
2 tablespoons of chopped onion  
½ cup evaporated milk  
½ cup vegetable oil

½ teaspoon pepper  
¾ teaspoons celery salt  
¾ teaspoons garlic salt  
salt to taste  
1 teaspoon Worcestershire sauce  
1(6 ounces) roll jalapeño cheese,  
cubed

Cook spinach according to package directions; drain and reserve liquor. Melt butter in a saucepan over low heat. Add flour, stirring until blended and smooth but not brown. Add onion and cook until soft, but not brown. Add milk and vegetable liquor slowly, stirring constantly to avoid lumps. Cook until smooth and thick. Add pepper, celery salt, garlic salt, Worcestershire sauce, and cheese. Stir the cheese until is melted. Combine with spinach. May be served immediately or put in a casserole and refrigerated overnight. Also freezes well.

**Personal Notes:** *Recipe of Barbara Heisig Mays, Alice's mother and daughter of Paul Heisig. This recipe was created by Madeline Nevell Reymond by mistake. She published the recipe in the Junior League of Baton Rouge's River Road Cookbook in the 1950s.*



## Tamal Perdido

*Claudia Rivers*

2 ½ cups fresh corn kernels (or frozen corn that has been slightly thawed)

½ cup melted butter

2 eggs

1 cup sour cream

1 cup Monterey jack cheese diced

½ cup longhorn or cheddar cheese also diced (optional)

½ cup yellow cornmeal

14 oz. can of green chiles (or equivalent in fresh roasted and peeled green chiles, chopped)

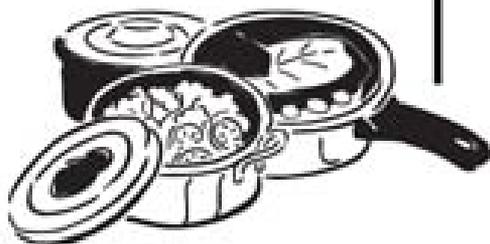
1 teaspoon salt

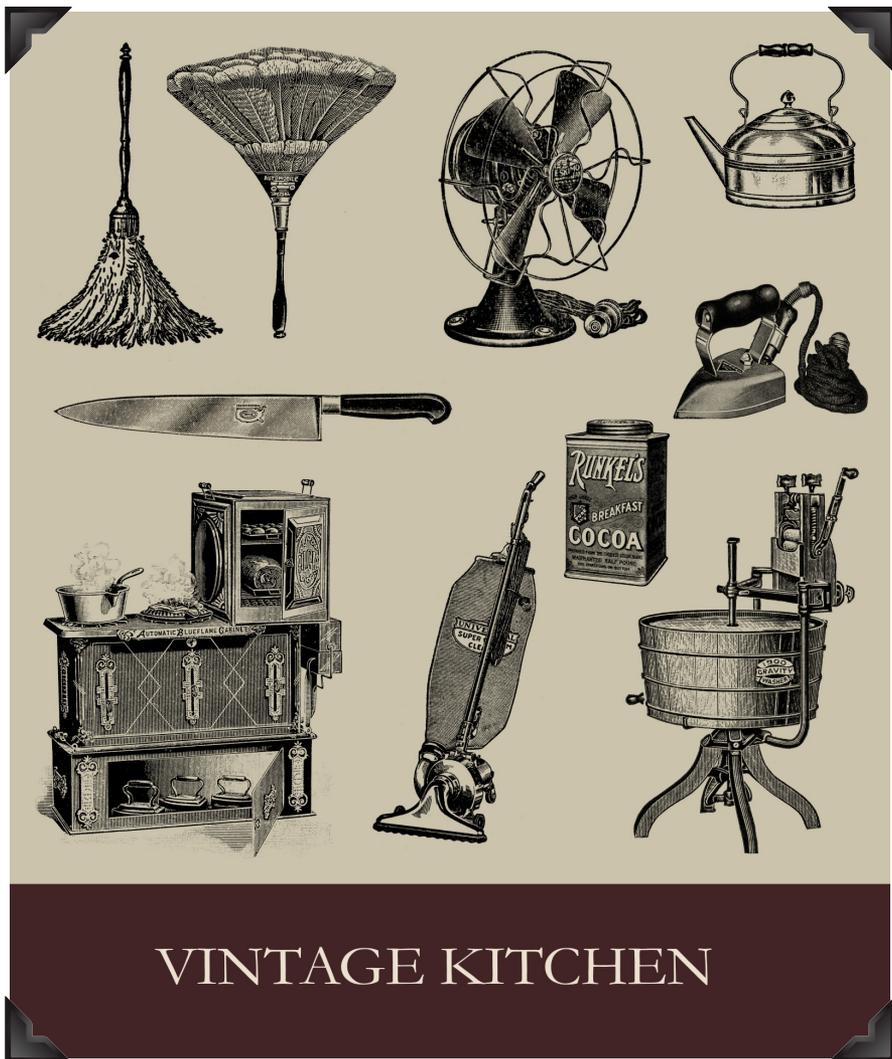
Puree 1 cup corn kernels with butter and eggs. Combine remaining ingredients; blend well. Pour into a 1 qt. buttered casserole dish. Bake in a 350° oven for 50 or 60 minutes until slightly brown on top.

***Personal Notes:*** *I first tasted this dish at a potluck at the Benson Latin American Collection's holiday party. It was a favorite family dish of the then-director of their Mexican American Studies program, Margo Gutierrez. Her mother often made it at their home in Tucson.*

*"If you ate pasta and antipasto, would you still be hungry?"*  
--Unknown

*Main Courses: Seafood, Poultry, Pasta  
and Casseroles*





## VINTAGE KITCHEN

*"Kitchen Vintage Victorian Set", Karen Arnold, CC0 Public Domain.*



## *Chicken Flautas*

*Ester Fernandez*

13 skinless chicken breasts  
1-2 large chicken bouillon cubes  
5 oz lemon juice  
salt to taste  
Spices to taste: paprika, lemon  
pepper, garlic powder, black  
pepper, onion powder, Cajun  
seasoning

olive oil  
butter  
Parmesan cheese  
corn tortillas

Add chicken breasts, water, chicken bouillon cubes (2 cubes for 50 flautas), salt, lemon juice, paprika, lemon pepper, and garlic powder to a large pot. Boil for 2 hours. Remove chicken from pot and shred. Place shredded chicken in a skillet with olive oil. Add the following seasonings and ingredients: Melt 2 serving spoons of butter (or 1 stick of melted butter) and add to chicken. Sprinkle with onion powder, garlic powder, salt, black pepper, paprika, Cajun seasoning, and Parmesan (at the end) Cook for approximately 30 minutes in low heat. Continue to stir chicken and if sticking to pan, add olive oil. Fry corn tortillas (approximately 6 for each person). Spray cooking spray on foil. Bake flautas uncovered for approximately 25-30 minutes at 350°.

*"There is nothing better on a cold wintry day than a properly made pot pie."  
--Craig Claiborne*



## *Mrs. Shuessler's Creamed Chicken Tacos*

2 dozen tortillas	2 small onions
4 cups tomato sauce	$\frac{2}{3}$ cup chopped green chile
4 cups table cream	1 stewed hen (about 3 lb)
4 cups grated American cheese	

Remove skin from the chicken and chop in pieces. Mix the chicken with chopped and sauté onions in 1 teaspoon of butter, 4 cups of tomato sauce with 1 teaspoon of salt, add  $\frac{2}{3}$  cups of chopped green chiles. Then cover and simmer for 30 minutes. Add American grated cheese along with pieces of chicken. Stir until the cheese melted. Cut tortillas in pieces and dip the tortillas in the sauce and make a layer of the tortillas and then layer of sauce until a large casserole is filled. Let the tortillas soak for 2 hours and then heat in a moderate oven ( 350-375°) for 30 minutes.

***Personal Notes:*** *The El Paso County Historical Society was organized at the urging of historian Cleofas Calleros, the Women's Chamber of Commerce Subcommittee, and Civic Improvement led by Mrs. Louise Schuessler. The committee also included Gretchen Gabriel (Rabb), Monica Hunter, Maxine Fuentes, Dollie Lanier, and others. Louise Schuessler presided over the first meeting on March 18, 1954, and she turned over the gravel to Paul Heisig Jr. on July 26, 1954; the Society has a collection related to her family, including some scrapbooks. The Society also has a pair of shoes she wore at her wedding in the 1940s.*

*"The trouble with eating Italian food is that five or six days later you're hungry again."  
--George Miller*

## *Parmesan Bow-Tie Skillet*

3 cups farfalle (bow-tie pasta)  
cooked and drained  
1½ cups marinara sauce  
½ cup ricotta cheese

1 cup mozzarella cheese, divided  
¼ cup grated Parmesan cheese

Combine pasta, sauce, ricotta, ½ cup mozzarella, and 2 tablespoons Parmesan in a large skillet or large saucepan. Cook on medium heat for 10 minutes or until heated through, stirring occasionally. Remove from heat. Sprinkle with the remaining ½ cup mozzarella and the remaining 2 tablespoons Parmesan cheese. Cover and let stand 5 minutes or until mozzarella is melted.

*"When I'm at a Chinese restaurant having a hard time with chopsticks, I always hope that there's a Chinese kid at an American restaurant somewhere who's struggling mightily with a fork."*  
--Rick Budinich



## Red Cheese Enchiladas

Margie Fernandez

Bueno red chile  
water  
1/2 cup flour  
corn tortillas  
garlic powder

salt  
onion powder  
grated cheese  
chopped onion  
cooking oil

Use frozen Bueno red chile. To remove frozen chile from container, hold container under running water. Pour chile into a sauce pan, add two cups water, and heat for 15-20 minutes. Heat cooking oil in a frying pan and add ½ cup flour. Cook flour for about 2 minutes, stirring occasionally. Add flour to heated chile. After you have added flour to chile, add ½ cup water to chile to make it creamy. Keep adding water in small amounts to make chile as thick as you want, stirring occasionally. After chile is creamy and as thick as you want, add garlic powder, salt, and onion powder. Cover and simmer for about 10-15 minutes. Fry corn tortillas and dip tortillas in chile, one tortilla at a time. Add grated cheese and chopped onion to each enchilada.

**Personal Notes:** *The practice of rolling tortillas might have been started by the Mayans in the Yucatan Peninsula, Mexico. The Mayans dipped their tortillas in pumpkin seeds rolled around chopped boiled eggs and covered with tomato sauce. Many credit the Aztec in Tenochtitlán for creating the first true enchiladas using a chile pepper paste as a sauce and stuffed with beans, squash, fish, or eggs.*

*"Fish, to taste right, must swim three times - in water, in butter, and in wine."  
--Polish Proverb*

## *Spanish Rice*

*Margie Fernandez*

2 tablespoons olive oil  
5 ounces diced onion  
1½ cups uncooked white rice

1 can diced tomatoes 14.5 oz  
½ of 8-ounce can tomato sauce  
1 teaspoon salt

Heat oil in a large skillet over medium heat. Mix 1½ cups uncooked rice into skillet, stirring occasionally. When rice begins to brown, add 5 ounces diced onion, sauté for about 1 minute, stirring occasionally. Add the diced tomatoes, tomato sauce, 4½ cups water, 1 teaspoon salt, and stir. Cover and reduce heat to low and simmer for 25-30 minutes.

*"Cooking is like love. It should be entered into with abandon or not at all."*  
*--Harriet van Horne*



## Duvi's Chilaquiles

Meredith E. Abarca

Thin small corn tortillas (3 to 4 per person)	½ cup queso fresco (Mexican fresh cheese), crumbled
1 medium onion	¼ cup Mexican cream (or sour cream)
2 to 3 plum tomatoes, halved	½ to 1 cup vegetable oil
2 to 3 serrano chiles	1 avocado
2 to 3 cloves of garlic	A few fresh epazote leaves (found in most Mexican grocery stores)
Handful of cilantro	Salt to taste

Cut tortillas into quarter-inch strips. In large, heavy saucepan over medium-high heat, warm few tablespoons (two to four) oil. When oil is hot, drop in a few of the tortilla strips; if it sizzles, oil is ready. Drop in a handful of tortilla strips and fry to golden color, but not brown. Remove to platter lined with paper towels and sprinkle with salt. Continue same process until all tortilla strips are fried, drained and salted. Tomato sauce: On another saucepan, add two table tablespoons of oil. When hot, add tomatoes, chilies, and garlic. Cook five to six minutes, stirring occasionally. Transfer to blender, adding cilantro. Chop on medium speed for a few minutes. In same saucepan, add one tablespoon of oil. Dice half of onion and sauté until translucent. Add tomato sauce. Cook for a few minutes. Add fried tortilla strips. Mix well. Add cheese crumbles. Cover until cheese melts (three to four minutes.) To serve: place generous portion of chilaquiles on individual plates, sprinkle with more cheese, cream, a few slices of avocado, raw onions, and a few leaves of epazote (if you have it).

**Personal Notes:** *While you eat, do as I do, and remember your mother's love expressed to her cooking, as I do when I eat my mother's, Duvi, chilaquiles. Dr. Abarca is professor of Food Studies and Literature in the Department of English at the University of Texas at UTEP. She is also curator and editor of the El Paso Food Voices, an open source digital archive, and the El Paso Voices Podcast.*

## *Eleanor Roosevelt's Scrambled Eggs*

6 large eggs  
1 teaspoon butter  
3 tablespoon whipping cream

dash of salt  
dash of pepper

Melt the butter in a skillet and let it sizzle. Beat together the eggs, cream, and seasonings. Pour the mixture into the skillet and stir lightly until done.

***Personal Notes:** In 1938, First Lady Eleanor Roosevelt visited the College of Mines and Metallurgy (UTEP). This was her recipe, and she served it at the White House.*

## *Ashley's Chile Relleno*

6 green chiles  
sharp cheese  
two eggs

flour  
lettuce

Stuff 6 green chiles with sharp cheese. Beat the yolks of two eggs until lemon color. In a separate bowl, beat the whites until stiff, adding one heaping teaspoon of flour. Fold with yolks. Dip stuffed chiles in the batter. Fry in deep fat until golden brown. Serve with finely cut lettuce.

***Personal Notes:** From Foods of Mexico, Ashley's Inc, 1973. Ashley's Mexican Restaurant and Canning was founded in the 1930s by George Ashley with the sole investor being his business-minded mother, Ida Ashley. Some of the dishes were made using recipes from Mr. Ashley's mother-in-law, Thyra.*

*"There is no sight on earth more appealing than the sight of a woman making dinner for someone she loves."  
--Thomas Wolfe*



## *Baked Spaghetti*

*Sandra Blystone*



*Inis Van Reet, courtesy of  
Sandra Blystone.*

- |   |  |
|---|--|
| 1 lb ground beef                            | 2 tablespoons sugar  |
| $\frac{3}{4}$ cup chopped onion             | 1 teaspoon chili powder  |
| 2 tablespoons oil (may use bacon drippings) | 1 teaspoon salt  |
| 1 clove garlic, minced                      | 1 teaspoon basil leaves (chopped)  |
| 1 can (1 lb) diced tomatoes                 | 8-12 oz. spaghetti from package  |
| 1 can (15 oz.) tomato sauce                 | 8-10 oz. grated cheese (sharp cheddar; mild cheddar; Mexican cheese – whatever you like) |
| 2 tablespoons parsley flakes                |  |

Brown onions and garlic in oil. Add ground beef and cook evenly. Drain fat if desired. Add diced tomatoes and tomato sauce. Add salt, chili powder, parsley flakes, sugar, and basil. Stir well and cook on low heat for about 30 minutes. Add about  $\frac{1}{2}$ - $\frac{3}{4}$  cup water and stir. Turn on oven to 325°. Grease a 9 x 13 glass ovenware lightly (or spray with cooking oil spray). Take a large spoonful of the sauce and spread it evenly over the bottom of the glass ovenware (very light, slick coating). Place half of the dry spaghetti lengthwise on the bottom, then cover evenly with about half of the spaghetti sauce. Cover with about half of the cheese. Repeat. You can sprinkle some grated or finely grated Parmesan on top. Bake covered for about 30 minutes. Uncover and bake another 15 or so minutes, until cheese has browned slightly on top. Makes about 46 good sized servings.

***Personal Notes:*** *Recipe from my mother, Inis Van Reet. She*



got it from the Officer's Wives' Club in Germany in about 1955.

## *Bean Chili Casserole*

*Prestene "Pres" Dehrkoop*

Brown in skillet:	1 tablespoon yellow mustard
1 lb lean ground beef	$\frac{3}{4}$ cup brown sugar
$\frac{1}{2}$ lb bacon diced	Stir sauce into the hamburger mixture
$\frac{1}{2}$ cup chopped onion	Drain:
In a separate small bowl mix together:	1 can pork and beans
$\frac{1}{2}$ cup ketchup	1 can dark kidney beans
2 tablespoons apple cider vinegar (be sure to use apple cider)	1 can butter beans

Gently fold beans into hamburger mixture and place in a casserole dish. Bake in a covered casserole dish for 1 hour at 350°. Also may be placed in a Crockpot and cooked on low for 3-4 hours.

***Personal Notes:*** *Wonderful as a side dish for ham, hamburgers, or barbecued meats. Also, can be served alone with corn bread as a delicious chili. This recipe is from my grandmother Martha Jane Young who lived with us in Silver City, New Mexico. Pres is a former chair of the El Paso County Historical Commission and president of the Casa Magoffin Companeros, the friend group of the Magoffin Historical Homesite. Pres is a life member of the El Paso County Historical Society and was inducted into the Society's Hall of Honor in 2019.*

*"When I go to a restaurant, I always ask for a chicken and an egg, to see which comes first."*  
--Unknown



## *Chicken and Wild Rice Casserole*

*Jo Butterfield*

- |   |   |
|---|---|
| 1 regular package of boneless<br>skinless chicken breasts | 1 can chicken gumbo soup                    |
| 1 box of Uncle Ben's original wild<br>rice                | 1 package( 8 ounces) of sliced<br>mushrooms |
| 1 can cream of mushroom soup                              | ¼ stick butter                              |

Take a package of chicken breasts, cut the fat off, and then slice them into about 1.5 inch strips. Using a 9 x 11 pan, dump the rice from an Uncle Ben's Original Wild Rice box in the bottom of the pan. Then in a bowl, mix the rice seasoning packet, 1 can Campbell cream of mushroom soup and 1 can of chicken gumbo soup, with an 8 oz package of sautéed sliced mushroom, and ¼ stick of melted butter. Place the chicken on top of the rice and then pour the soup mix over it. Cover with tin foil and bake at 375° for about 35-45 minutes (until chicken and rice are done). Take the tin foil off to let it brown up a bit for the last 7-10 minutes.

*"As viscous as motor oil swirled in a swamp, redolent of burnt bell peppers nested in by incontinent mice and a finish reminiscent of the dregs of a stale can of Coca-Cola that someone has been using as an ashtray. Not a bad drink, though."  
--Excerpt from "The Moose Turd Wine Tasting" by T. A. Nonymous*

## *Chicken Paprikás with Nokedli*

*Leslie Walters*

### *Chicken Paprikás*

One cut-up whole chicken or four chicken leg quarters	1 hot green pepper
1-2 tablespoon neutral oil	1 teaspoon kosher salt
3 tablespoons sweet Hungarian paprika	½ teaspoon pepper
2 teaspoon hot paprika (optional)	2 tablespoons flour
1 onion, diced	1 cup sour cream
1 tomato	

Add 1 tablespoon of neutral oil to a Dutch oven or wide skillet. Season chicken with salt and pepper and brown the chicken pieces over medium high heat until skin is golden on all sides, then remove from pan and set on a plate. Make sure there's sufficient oil left in the Dutch oven to sauté the diced onion. If not, add a bit more oil to the pan. Cook onion over medium low heat until soft and translucent, then add the paprika taking care not to burn it. (If it does burn, it is best to start the onions over.) Cook the onion and paprika mixture for one minute, then add the chicken back into pan along with any juices that have accumulated on the plate. Add tomato, green pepper, salt, pepper, and water to barely cover the chicken. Cook partially covered until the chicken is tender enough to easily separate from the bone, about 45 minutes. Mix flour and sour cream together in a bowl and slowly add in the liquid from the pan to temper the mixture. (This will ensure the sour cream doesn't separate when it's added to the hot pan.) Once the mixture is tempered, add it to the pan and stir together with the remaining liquid. Then turn off the heat. Discard the tomato and green pepper. Serve the chicken paprikás over Hungarian dumplings called nokedli (see recipe below) or egg noodles with extra sour cream on the side.



## Nokedli (Spaetzle)

1 large egg  
1/8 teaspoon kosher salt  
1 cup all-purpose flour

3/4 cup water

Bring a large pot of well-salted water to a boil. Beat together eggs and 3/4 cup water with a whisk or a fork. Slowly mix in flour until you have a soft, but elastic and moist dough. Place a spaetzle maker, flat cheese grater, or pasta strainer with large holes over the pot of boiling water and push the dough through the holes with the back of a spoon or spatula so that small bits of the dough drop into the boiling water. When the noodles float to the top, boil for another 30 seconds before draining and serving.

**Personal Notes:** *The key to this recipe is treating the paprika as an ingredient more than a spice. It seems like it's a lot of paprika, but that amount is necessary to get the right flavor. There is a lot of leeway in terms of how thick to make the sauce. Some people serve it completely unthickened and others add enough flour and sour cream so that it has a gravy-like consistency.*

*"A man who was fond of wine was offered some grapes at dessert after dinner. "Much obliged," said he, pushing the plate aside; "I am not accustomed to take my wine in pills."*  
--Jean Anthelme Brillat-Savarin, *The Physiology of Taste*



## *Chilaquiles Rojos/Chilaquiles in Red New Mexican Chile Sauce*

*Guillermina Gina Nunez-Mchiri*

Washed and deseeded 10-12 New Mexico red chiles (hot or medium hot)  
2 cups of water  
2 cloves of garlic  
3-4 tortillas per person (12 tortillas cut into triangles and fried in small batches until they are crispy, set aside on top of a napkin to drain the oil)

2 teaspoons of salt or chicken bouillon  
2 slices of white, yellow or red onion to fry  
2 tablespoons of oil to fry the chile  
½ cup of corn oil to fry the tortillas or more if needed

Wash the chiles, boil water, and then turn off the water and soak the washed chiles in it until they soften and cool. Remove any seeds and stems and just use the dehydrated chiles. Saute 2 cloves of garlic until cooked through,(do not burn),add the cooked garlic to the blender along with the rehydrated chiles, about a cup of the water used to soak them in, and a cup of purified water or water from the faucet. Blend chiles, garlic and water and add salt to taste (12 teaspoons) and add a pinch of oregano to the chile once they are done blending for 3-5 minutes until the chile is smooth. Use a strainer and pour the chile mix through to get a fine sauce into a pan. Brown a few slices of red onion in a tablespoon of corn oil and sauté the onion, then add the chile sauce to the hot oil. To flavor the chile, add about a tablespoon of chicken bouillon and thicken the chile by cooking it about 5 minutes more until it boils. In a separate pan, fry the corn tortilla triangles. Cut the corn tortillas with a knife or cut into smaller pieces by hand. Brown the tortillas in corn oil on medium heat and flip them over until they are brown and crispy chips. Lay chips on a paper towel to extra excess oil and return to frying pan. Pour in the red New Mexico chile sauce on top of the the tortilla chips and let them simmer for 1 minute. Serve the chilaquiles for breakfast or lunch with eggs over easy or scrambled and with whole beans or refried beans on the side. Top the chilaquiles with sour cream and your cheese of choice (use shredded Mexican cheese blend or cotija cheese Also top the chilaquiles with chopped red onions. Cook the



chilaquiles with enough sauce to cover each fried tortilla chip and pour extra sauce on top. Enjoy!

## *Easy Chicken and Dumplings*

*Sue Stanfield*

32 ounce carton of chicken broth (I use low sodium)	2 medium carrots
3 cups shredded cooked chicken (about 1 ½ lb. I use chicken breasts)	3 celery ribs
1 can cream of chicken soup (I use two cans and some of the broth from when I cooked the chicken)	½ teaspoon poultry seasoning
1 can Grands Southern Homestyle biscuits.	

In a 4-5 quart Dutch oven, heat broth, chicken, soup and poultry seasoning two boiling over medium high heat. Reduce heat to low. Cover and simmer for five minutes, stirring occasionally. Increase heat to medium-high; add carrots and celery and return to low boil. On lightly floured surface roll or pat each biscuit to ⅛ inch thickness. Cut into ½ inch wide strips. Drop strips, one at a time into boiling chicken mixture. Reduce heat to low. Cover and simmer for 15 to 20 minutes, stirring occasionally to prevent dumplings from sticking.

*"The first zucchini I ever saw I killed it with a hoe."  
--John Gould, Monstrous Depravity, 1963*



## *Fish Tacos*

2 tablespoons taco seasoning	1 cup red cabbage, shredded
1 tablespoon fresh squeezed lime juice	½ cup green onions, chopped
1 tablespoon fresh squeezed orange juice	¾ cup non-fat sour cream
1 pound halibut, cut into bite-sized pieces	¾ cup salsa
1 tablespoon canola oil	8 (6inch) corn tortillas lime wedges
1 cup green cabbage, shredded	

In a medium-sized bowl, combine taco seasoning, lime juice and orange juice and mix well. Add fish and toss to coat. Heat oil in a nonstick skillet to medium high heat. Add fish and sauté for about 5 minutes or until done. In a medium sized bowl, combine green and red cabbage, and green onions. In a separate bowl, stir together sour cream and salsa and mix well. Heat tortillas according to package instructions. Spoon ¼ cup of cabbage mixture in center of tortilla then equally divide fish and place on top of cabbage vegetables. Top with up to 3 tablespoons salsa blend and a squeeze of fresh lime juice. Fold or roll up tortillas and enjoy. 15 minutes and serves 8.

***Personal Notes:*** *This recipe is from the Public Health Cookbook by the Seattle & King County Department of Public Health.*

*"Do not overcook this dish. Most seafoods...should be simply threatened with heat and then celebrated with joy."*  
*--Jeff Smith, The Frugal Gourmet*



## Grilled Orange Chicken

*Katherine Brennand*

1 chicken (2 ½ to 3 lbs), cut into  
serving pieces  
Salt and black Pepper  
¼ cup butter  
2 tablespoons oil  
4 tablespoons orange juice

2 tablespoons grated orange rind  
½ teaspoon rosemary  
1 tablespoon chopped parsley  
Orange slices

Season chicken with salt and pepper. Combine remaining ingredients, except orange slices, and heat, stirring. Place chicken pieces on the grill (or broiler pan in oven) six to eight inches from the charcoal fire. Brush with orange butter mixture and cook (broil) slowly, turning frequently and brushing often with the mixture, until chicken is golden brown and done about 45 minutes. Garnish with orange slices. Also garnish with whole sautéed mushrooms, if desired. Serves 4

*"What I like to drink most is wine that belongs to others."  
--Diogenes, 320 BC, Greek philosopher*

## Healthier Chow Mein Noodles

*Rebecca Freeman-Hendricks*

This recipe will be enough for 12--  
16 ounces noodles and up to 4  
cups uncooked veggies

I use Soba noodles, follow  
package directions for cooking  
Heat 1 tablespoon canola oil in a  
wok or frying pan

Cook each vegetable separately at  
high heat to sear

Best veggies: cabbage, broccoli,  
cauliflower, red bell peppers,  
white onions, zucchini

Sauce Ingredients:

¼ cup hoisin sauce

¼ cup soy sauce (low sodium)

¼ rice vinegar

1 tablespoon sesame oil

1 tablespoon honey

½ cup chicken broth (low sodium  
or sodium free)

¼ teaspoon 1/2 teaspoon red  
pepper flakes

¼ teaspoon 1/2 teaspoon ginger

¼ teaspoon 1/2 teaspoon black  
pepper

2 green onion, diced

1 celery stalk, diced

Mix all ingredients except onions and celery. Sauté onions and celery in 1 teaspoon canola oil until opaque. Add sauce and bring just to a boil, then turn off the heat. Add noodles first, allowing the sauce to soak in, then add veggies.

***Personal Notes:*** *This recipe came about because my children love Panda Express Chow Mein Noodles, which are incredibly high in fat, salt, and sugar. I researched several recipes and this is the result we came up with as a compromise. The kids helped me during the process and each one can make it. This is their go-to recipe if they are asked to make dinner. Still high in sodium, we managed to reduce some of the sodium with low-sodium soy sauce and sodium-free broth.*

*"Wine makes daily living easier, less hurried, with fewer tensions and more tolerance."  
--Benjamin Franklin*



## *Honey Chicken Spaghetti*

*Alice Lee Dorman*

1-5 lb ounces 3-4 chicken breast  
(served well when tender)  
2 onions  
2 bell peppers  
4 celery stalk  
4 clove of garlic  
1 can of peas

2 cans of Rotel  
2 cans of sliced mushrooms  
2 lbs Velveeta.  
2 tablespoons Worcestershire  
Sauce  
¼ lb. butter  
10-12 ounces of thin spaghetti

Sauté vegetables in butter, remove spaghetti from the broth, cut up chicken add to veggies and broth. Mix well and slice up Velveeta cheese and add to mixture. Place in a large casserole dish and mix well. Heat at 350° for ½ hour.

*"Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements."*

*--Marcel Boulestin*



## *Instant Pot Dirty Rice*

*Justin Hammer*

1 lb ground chicken liver	2 cups of chicken stock
1 lb lean ground beef	4 thyme sprigs
1 lb Owens medium ground pork sausage (spicy if you choose)	2 bay leaves
1 cup white diced onion	½ cup thinly sliced green onions
¾ cups of green or red diced pepper	2 tablespoons finely chopped parsley
½ cup diced celery	1 teaspoon of ground pepper
1½ tablespoon Tony Chachere's Bold Creole Seasoning.	1 teaspoon of kosher salt
2 cups long white grain rice	

Prep time: 10 minutes cook time: 35 minutes total time: 45 minutes Using the Sauté setting add the beef, chicken liver, and sausage with onions, peppers, celery, seasoning, and parsley. As the meat begins to brown, start breaking it up and much as you can and cook until it browned thoroughly. Add the rice to the pot along with the chicken stock. Mix sure you mix it very well. Then add the thyme and basil leaves on top. By doing this it will be easier to remove them after the meal is cooked. Lock lid in place, and cook for 12 minutes at low pressure. Once the cooking time is complete, allow the pressure to release naturally. It will take around 10 minutes. Remove the bay leaves and thyme from the top of the mix. When you serve each bowl full of dirty rice, make sure to garnish it on top with green onions. Serves 8. Enjoy!

***Personal Notes:*** *The Southern classic meal is somewhat spicy and delicious. It's super easy to make. It's some comfort food.*

*"Plain fresh bread, its crust shatteringly crisp. Sweet cold butter. There is magic in the way they come together in your mouth to make a single perfect bite."*

*--Ruth Reichl*



## *Kellog Corn Flakes Double Coated Chicken*

*Helen Ward*

7 cups corn flakes cereal, crushed to 1/3 cups	1/4 teaspoon black pepper
1 egg, or 1/4 Eggbeaters	few shakes of poultry seasoning
1 cup skim milk	3 pounds broiler chicken pieces (skinless or with skin) washed and patted dry
1 cup all-purpose flour	3 tablespoons margarine, melted
1/2 teaspoon salt	

Measure crushed corn flakes cereal into shallow dish or pan. Set aside. In a small mixing bowl, beat egg and milk slightly. Add flour, salt, pepper, and poultry seasoning. Dip chicken in the batter. Coat with cereal, place in a single layer, skin side up, in a foillined shallow baking pan. Drizzle with margarine. Bake at 350° about 1 hour or until chicken is tender. Do not cover pan or turn chicken while baking

*Personal Notes: This recipe belonged to Helen Ward.*

*"I have long believed that good food, good eating is all about risk. Whether we're talking about unpasteurized Stilton, raw oysters or working for organized crime 'associates,' food, for me, has always been an adventure."  
--Anthony Bourdain*

## Mom's Cincinnati Chili

*Kathy Pepper*

1 lb ground beef	Seasonings:
1 medium large onion, chopped	Chili powder to taste
(1) 15 oz can tomatoes; whole, chopped or diced	Cumin powder to taste, if desired
(1) 15 oz can tomato sauce	Cayenne powder to taste, if desired
(24) 15oz can beans, with liquid; pinto, kidney, black (rinsed)*, chili, etc	Salsa to taste, if desired
Small to medium handful of dry spaghetti, broken into small pieces	Salt and pepper to taste, if desired

Brown the ground beef with the onion in a stewpot; drain excess fat. Add tomatoes, tomato sauce, beans, spaghetti, seasonings. Cover and simmer on medium low heat for 13 hours, stirring occasionally to make certain chili does not stick to the bottom of the pot. After ground beef is cooked, all ingredients can be cooked in a slow cooker on medium for 4-8 hours. Serve with chopped onions, cheese, and crackers, if desired. Hot sauce or picante can be added for more heat. Serves 68 with 2 cans of beans; estimate about 2 more servings for every additional can. \*Unrinsed black beans will change the appearance of the chili, making it considerably darker. It will taste the same but might look less appealing.

**Personal Notes:** *My paternal grandmother made the above recipe, but I don't know where she got it. My mother, as a new bride, wanted to impress her mother-in-law, so she made this version for my father. My mother made it with red kidney beans only, and I added a variety of beans. Cincinnati chili is a Mediterranean-spiced meat sauce that includes spices such as cinnamon, nutmeg, allspice, clove, cumin, chili powder, bay leaf; it is used as a topping for spaghetti. Ordering Cincinnati chili is based on a specific ingredient series: chili, spaghetti, shredded cheddar cheese, diced onions, and kidney beans. The number before the "way" of the chili determines which ingredients are included in each chili order: 2-way: spaghetti topped with chili 3-way: 2-way plus cheese 4-way onion: 3-way plus onion 4-way bean: 3-way plus beans 5-way: 3-way plus beans and onions.*



## *Noodles Romanoff*

*Eva Ross*

1 package 6 ounces cooked  
noodles  
1 tablespoon Worcestershire  
sauce  
Salt and pepper  
Add paprika to taste  
Add and toss with a cube of butter  
Add loads of chopped green  
onions

Chop parsley and toss in also  
Dash of garlic powder  
1 cup sour cream  
1 tablespoon dry mustard  
1 cup cottage cheese

Grease a casserole, put the noodle mixture in, and cover with grated cheddar cheese and paprika. Bake 40 minutes in a 350° oven or until bubbly.

***Personal Notes:*** *The recipe is by Sister Helen Marie Jageman from Loretto Flavors ... then and now.*

*"Leave the gun. Take the cannolis."  
--Clemenza, in The Godfather*



## *Rigatoni Isabella*

*Beatriz Longo*

4 ounces rigatoni	2 ounces grated or sliced Swiss cheese
2 tablespoons butter	2 ounces cubed fresh mozzarella cheese
2 medium Roma tomatoes	2 tablespoons of fresh basil salt and pepper
4 sliced scallions	Parmigiano Reggiano cheese

First, follow the cooking directions on the package of pasta and then drain. Melt the butter in a large sauté pan while the pasta is cooking, add the sliced scallions and tomatoes; cook for a few minutes until the onions are wilted and tomatoes are warm. Drain pasta and cheese, stirring to mix. When the cheese has melted add chopped basil and a generous amount of fresh black pepper. Served with Parmesan cheese. Serves 2-3. Should be ready in 35 minutes.

***Personal Notes:*** *The recipe is adapted from a favorite dish of mine at the former Cappetto's Italian restaurant. Capetto's were founded in 1954 by Paul Cappetto at 2716 Montana. He sold it in 1956 to Mary and Ed Davis. Their son, Ed Jr., took over in 1982. He tried expanding, but the three locations he built did not last long as Cappetto's on Montana Avenue did. The dish got its name from the cook who created it -- Isabella. My mom had been making her version of the dish since I was young.*

*"He that but looketh on a plate of ham and eggs to lust after it hath already committed breakfast in his heart."*

*--C. S. Lewis*



## Shrimp Marigny

Barbara Dent

3 cups of milk  
1 small jar pimentos  
yolks of 2 eggs  
juice of 2 lemons  
1/3 stick of salted butter

1/4 cup flour  
season with salt and pepper.  
Lowery's seasoning salt to taste.  
5 lbs shelled and deveined  
shrimp\*\*\*

(Native folks from Louisiana and mainly from New Orleans buy their shrimp with heads on. That gives less shrimp per pound. In some places like El Paso we buy our shrimp with heads off, but with the tails and shell on.

Depending on where the recipe is being prepared it makes a difference in the amount of shrimp.)

Make a thick cream sauce, without lumps, Boil 2 cups milk and butter together. Mix four and remaining cup of milk and stir until smooth. Remove boiling milk from the fire and pour and stir the flour and milk mixture into the pot. Use a strainer to avoid lumps. Place back on low fire and stir constantly until real thick. Beat egg yolks with pimentos and lemon juice, then add this mixture to the cream sauce and let boil for about 5 minutes. Add well-drained shrimp and cook on low fire for about 1/2 hour. Serve with an English muffin or with toasted triangular points of bread. Decorate with the plate as you see fit and serve with vegetables.

**Personal Notes:** *The recipe came from Barbara K. Dent's mother, Florence Clerc Keagy. Keagy was born in New Orleans on Dec. 11, 1901. She was the second of nine children born to Florence Carstens and Rene Clerc. Both of her parents were from New Iberia, Louisiana, deep in the heart of Cajun country, with all its traditions and cooking. My mother was an excellent seamstress and a great cook. This is one of her favorite dishes, and I loved it. It was interesting reading her handwritten copy of the recipe. My mother lived in New Orleans all her life. She said she was born in Nola and would die in Nola, and she did in November 1989.*

## Shrimp Mornay

*Katherine Brennand*

2 tablespoons butter	¼ cup heavy cream
2 tablespoons flour	Salt and black pepper to taste
1 cup milk (Use ½ cup fish stock, if available and ½ cup milk)	1 pound shrimp, cooked, peeled, and deveined
½ cup grated Gruyere or sharp Cheddar cheese	2 tablespoon freshly grated Parmesan cheese

Melt butter and blend in flour. Gradually stir in the milk. Bring to a boil, stirring. Stir in Gruyere until it melts. Add cream and season to taste with salt and pepper. Divide shrimp among 4 to 6 greased ramekins or serving shells. Pour sauce over shrimp and sprinkle with Parmesan. Place under broiler, 4 inches from source of heat, and cook until bubbly hot and lightly browned. You may also add sautéed sliced mushrooms to the sauce. This may also be served in a casserole and garnished with parsley. Yield: 4 to 6 servings

***Personal Notes:*** *This is a simple, fast, delightful little recipe. When exactly Mornay sauce was created remained a mystery to this day. Mornay sauce is a béchamel sauce, a white sauce and known as one of the mother sauces of French cuisine.*

*"The tradition of Italian cooking is that of the matriarch. This is the cooking of grandma. She didn't waste time thinking too much about the celery. She got the best celery she could and then she dealt with it."*  
--Mario Batali



## Stuffed Bell Pepper Casserole

*Kathy Pepper*

1 lb ground beef	Salt and pepper to taste, if desired
1 medium-large onion, chopped	15 oz can tomato sauce, for the recipe
4-6 bell peppers, chopped; green, red, orange, or yellow	8 oz can tomato sauce, to pour on top
1 cup cooked rice; long grain white, brown, instant, etc	

Brown the ground beef with the onion and bell peppers in a large frying pan or a stewpot; drain excess fat. Mix in rice and 15 ounces can tomato sauce, put into a 3-quart casserole dish, spread 8 ounces can tomato sauce over the top. Bake at 350° for 1 hour. Variations: Add vegetables, such as zucchini, corn, carrots, celery, diced tomatoes, etc. Substitute ground turkey, pork or turkey sausage, chorizo, drained & rinsed beans, etc. Add seasonings, such as taco, creole, Italian, etc.

***Personal Notes:*** *My husband likes stuffed peppers, but preparing the bell peppers is very time consuming and they sometimes tear, so I created this version. Any favorite stuffed pepper recipe can be altered using this technique.*

*"As I ate the oysters with their strong taste of the sea and their faint metallic taste that the cold white wine washed away, leaving only the sea taste and the succulent texture, and as I drank their cold liquid from each shell and washed it down with the crisp taste of the wine, I lost the empty feeling and began to be happy, and to make plans."*  
--Ernest Hemingway



## *Turkey Stroganoff (reduced fat)*

*Claudia Rivers*

2 turkey breast tenders, cut into medallions about ½ inch thick	¼ teaspoon paprika
1 medium onion	¼ cup light sour cream or nonfat plain yogurt
2 garlic cloves	½ cup flour
1 cup sliced mushrooms	1 teaspoon olive oil
¼ teaspoon white pepper	

Spray heavy skillet with nonstick or olive oil spray. Add the tiny bit of olive oil when hot. Brown turkey tenders medallions. When they are almost done, add chopped onion, garlic, white pepper, and mushrooms. Stir together in a skillet until the onions are translucent. Add wine, reduce heat, and simmer. In a separate dry skillet, stir flour over medium heat until slightly brown. Stirring constantly, add enough water to make a thick gravy. Add water and browned flour mix to turkey in the original skillet. Add paprika and sour cream (or nonfat plain yogurt) and stir until the sauce is smooth. Serve over mashed potatoes or noodles.

***Personal Notes:*** *I developed this recipe when my husband was supposed to cut down on saturated fats. My aunt Bartine Hodge, a rancher who lived near Hico, Texas, gave me the tip about browning flour in a dry cast-iron skillet. She was a real character, with sayings I still remember like, "He was so skinny he had to put rocks in his pockets to keep from blowing away."*

*"He who distinguishes the true savor of his food can never be a glutton; he who does not cannot be otherwise."  
--Henry David Thoreau*



## *Turkey stuffing*

*Judi Pierce*

1 loaf of white of bread  
1 loaf of wheat of bread  
2 pieces of celery stock  
1 egg  
1 slick of butter

1 onion  
Salt  
Pepper  
Turkey neck and gizzards

Put turkey neck and gizzards in a pan with 6 cups of water and boil for about 30 to 40 minutes. Tear both loaves of bread into approximately 2 inch pieces and place in an extra-large mixing bowl. Add chopped celery in quarter-inch pieces, egg, melted butter, and a finely diced onion. Add poultry seasoning salt, and pepper to taste. Add water into bowl from turkey neck and gizzards to an almost liquid consistency. Put stuffing into turkey and cook per directions for stuffed turkey on turkey direction per size.

***Personal Notes:*** *The turkey stuffing recipe was handed down from my great-grandmother.*

*"I went to a restaurant that serves breakfast at any time! So I ordered French Toast during the Renaissance."  
--Steven Wright*

*Main Courses: Beef, Pork and Lamb*





*"Historical Kitchen", Vera Kratochvil, CC0 Public Domain.*



## *Spanish Style Breaded Veal Cutlets*

*Hilda Lewels*

1 egg  
1 teaspoon lemon juice  
Breadcrumbs  
1 tablespoon minced parsley

1 pound thinly sliced veal cutlets  
Salt and fresh ground pepper  
3 tablespoons of olive oil

Beat the egg and lemon juice together. Then combine the bread crumbs with parsley. Sprinkle both sides of the veal cutlets with salt and pepper. Dip the cutlets into the egg mixture, then coat them with breadcrumbs. Let the cutlets dry for 20 minutes. Heat the oil in the skillet until smoking hot. Then, lower the heat and fry the cutlets on both sides until golden.

## *Meat Loaf with Sour Sauce*

*Hilda Lewels*

2 pounds ground meat  
½ cup chopped onion  
½ cup chopped celery  
2 cloves garlic, chopped  
2½ teaspoon salt

1 teaspoon dry mustard  
2 beaten eggs  
¼ cup bell pepper, minced  
cracker crumbs or bread soaked in warm milk if desired for filler

Mixed lightly the above ingredients, form in loaf, and bake at 325° for 30 minutes before adding the following sauce: ½ cup tomato sauce 1 cup water 2 tablespoons brown sugar or molasses 2 tablespoon vinegar. Mix together sauce ingredients and pour over meat loaf in oven. Continue baking 1½ hours longer, basting occasionally. Serves 6.

***Personal Notes:*** Jarred sweet sour sauce available in stores.

*"In spite of food fads, fitness programs, and health concerns, we must never lose sight of a beautifully conceived meal."  
--Julia Child*



## *Alene Mexican Meat Loaf*

*Joseph Longo*

2 lb hamburger meat	1 can cream of mushroom soup
1 onion, chopped	1 can chicken with rice soup
2 small can taco sauce	1 small can tomato sauce
1 small can chopped green chiles	12 frozen tortillas

Cook meat and onion add all ingredients. Tear up tortillas and line 13 x 9 x 2 pan and pour  $\frac{1}{2}$  of the mixture on this and put the tortillas on top, pour the remaining mixture over and bake 20 minutes at 350° put grated cheese on top and place in the oven to melt.

*"Always remember: If you're alone in the kitchen and you drop the lamb, you can always just pick it up. Who's going to know?"*  
*--Julia Child*



## *Beef Stroganoff with White Wine*

*Phillip Voight*

3 tablespoons butter	1½ pounds beef sirloin steak, cut into 1-inch cubes
1 large onion, diced	1 (8 ounces) package sliced mushrooms
Salt and ground black pepper to taste	4 cloves garlic diced
2 cups beef bouillon	1 cup white wine
1 teaspoon dried basil	½ teaspoon dried oregano
2 bay leaves	½ teaspoon ground black pepper
¼ cup all-purpose flour	2 cups half-and-half cream

Melt the butter in a large saucepan over medium high heat. Cook and stir the mushrooms, onion, and garlic in the butter until tender. Reserving the liquid in the saucepan, remove the mushroom mixture to a bowl. Return the butter mixture to medium high heat. Whisk together the flour and half and half until smooth; set aside. Season the beef with salt and pepper; cook the beef in the reserved liquid until browned, about 5 minutes. Stir the wine, beef bouillon, thyme, basil, oregano, bay leaves, and pepper; reduce heat to medium low and simmer 10 minutes. Slowly stir in the flour mixture and simmer, stirring occasionally, until the sauce thickens, 20 to 30 minutes. Add the mushroom mixture and stir. Serves 6.

*"If you're afraid of butter, use cream."  
--Julia Child*



## *Courtney Ward's Beef Stroganoff*

*Phillip Voight*

2 pounds beef chuck roast	½ teaspoon salt
½ teaspoon ground black pepper	4 ounces butter
4 green onions, sliced (white parts only)	4 tablespoons all-purpose flour
1 (10.5 ounces) can condensed beef broth	1 teaspoon prepared mustard
1 (6 ounces) can sliced mushrooms, drained	⅓ cup sour cream
⅓ cup white wine	Salt to taste
Ground black pepper to taste	

Remove any fat and gristle from the roast and cut into strips ½ inch thick by 2 inches long. Season with ½ teaspoon of both salt and pepper. In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips. Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender. Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.

*"First we eat, then we do everything else."  
--M.F.K. Fisher*



## *Grandma Mary's Sauerkraut Pierogi*

*Phillip Voight*

2 slices bacon  
1 teaspoon onion powder  
3 eggs  
½ teaspoon salt  
¼ cup butter, softened  
¼ cup butter, melted

1 20 oz. can sauerkraut, drained  
and rinsed  
3 tablespoons bacon grease  
¼ cup half-and-half cream  
¾ cup milk  
5½ cups all-purpose flour  
1 egg, beaten

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving bacon grease, crumble and set aside. In a medium bowl, combine sauerkraut, onion powder, crumbled bacon, and bacon grease. Stir well; set aside. In a large bowl, beat together 3 eggs, half-and-half, salt, milk, and ¼ cup butter with an electric mixer. Stir in flour to form a soft dough. Cover and let rest 5 minutes in a warm place. Grease hands and dough with butter, and knead on a floured surface for 10 minutes. Divide dough into 4 sections, and grease each with butter to prevent drying out. Melt remaining ¼ cup butter; beat remaining egg, combine egg and butter, and set aside. Roll out a section of dough to a thickness of 1/8 inch. Cut out 4 inch circles with a round cutter or glass. Place one tablespoon sauerkraut filling in the center of each circle, brush the edges of the circle with the butter and egg mixture, fold in half, and press edges together to seal. Repeat with the remaining sections of dough. Bring a large pot of water to a boil. Cook pierogi for 5 minutes, or until they float to the top. 6 servings.

***Personal Notes:*** *Pierogi are filled dumplings that originate from eastern and central Europe.*

*"Age and glasses of wine should never be counted."  
--Unknown*



## *Jan's Meat Hand Pies*

*Phillip Voight*

**Pastry crust:**

2 cups flour  
2/3 cup shortening  
2 teaspoons caraway seeds  
(optional)  
1 teaspoon vinegar  
1 teaspoon salt  
1/2 cup cheddar cheese, shredded  
1/2 cup milk

**Filling:**

1 1/2 lbs hamburger, lean  
1/3 cup chili sauce or BBQ sauce  
2 tablespoons sweet pickle relish  
1 package onion soup mix  
2 tablespoons flour  
1/2 teaspoon salt

Mix flour, salt, and shortening together until shortening is well distributed through the flour. Mix in cheddar cheese. Add vinegar to milk to curdle and add to the flour mixture to form a soft dough. Cover and set aside. Mix hamburger, chili sauce, pickle relish, soup mix, flour, and salt until combined thoroughly. Let sit for about 15 minutes to allow flavors to disperse. Turn on the oven to 400°. Divide the dough into thirds and roll out one at a time into a rectangle. Cut into four pieces. Spoon about two to three tablespoons of filling on one side of each piece of dough, fold over and seal. Prick each pie with a fork to vent steam while baking. Continue with the other two pieces of dough. Place pies on a cookie sheet or baking pan and bake in 400 oven for 25-30 minutes. Remove from pan and cool on a rack or serve on a platter. May be served hot or cooled. serves 12.

*"In wine there is wisdom, in beer there is strength, in water there is bacteria."  
--David Auerbach*



## *Leftover Roast Beef Stroganoff*

*Sandra Blystone*

2-3 cups cooked beef, julienned	⅔ cup milk
1 small onion, chopped	1 cup mushrooms, sliced
2 garlic cloves, minced	2 tablespoons ketchup
1 teaspoon good oil	1 teaspoon beef bouillon
1 (10 ounces) can cream of mushroom soup	

In a saucepan over medium heat, sauté onion in oil for about 5 minutes. Add garlic and cook 2 minutes longer, then add mushrooms and cook till tender. Add roast beef and cook until heated through. In a small bowl, mix soup, milk, ketchup, and bouillon, then add to the meat mixture. Bring just to a boil and then reduce heat to simmer. Cook uncovered 8-10 minutes. If using sour cream, stir in just before serving. I like to add a few tablespoons of sour cream just before serving, but it is up to you. Serve over noodles or mashed potatoes

*Personal Notes: From Grandmother Van Reet, from Seattle*

*"Wine and cheese are ageless companions, like aspirin and aches, or June and moon, or good people and noble ventures."*  
*--M. F. K. Fisher*



## *Mongolian Beef*

*Hilda Lewels*

1 pound flank steak, partially  
frozen  
1 large bunch of green onions  
2 or 3 cloves garlic, crushed  
vegetable or peanut oil

pinch sugar  
salt  
soy sauce  
rice or rice noodles

Slice meat into very thin diagonal pieces. After drying on a paper towel, cut the onions in thirds and shred. Fill a wok (round-bottomed cooking pot with its origins from China); make sure the pot is full with  $\frac{1}{3}$  of oil. Heat until you see a drop of water sizzling. Add half the meat and stir fry for 20 to 30 seconds until brown then remove from the pot. As soon as the oil starts to heat up again, cook the remaining meat. Remove again from the pot. Pour all but 2 tablespoons oil from the pot. Return to heat, add garlic, stir fry for 30 seconds, add green onions, and stir fry until slightly limp. Add the meat, a pinch of sugar, salt, and soy sauce to taste. Serve on rice or rice noodles.

*"You don't need a silver fork to eat good food."  
—Paul Prudhomme*



## *My Mom's Meatloaf*

*Verla Jean (V.J.) Rieske Smith*



*V.J. in between her parents Verla and Bill Rieske, Courtesy of V.J. Smith.*

### *Meatloaf*

1½ lb ground beef  
1 cup fresh bread crumbs  
1 egg, beaten  
1 medium chopped onion

1½ teaspoon salt  
¼ teaspoon black pepper  
½ (8 ounces) can tomato sauce  
Chopped bell pepper, if desired

Lightly mix ingredients and form loaf. Place in a shallow pan at 350°. While starting to bake, combine with the sauce ingredients.

### *Sauce*

½ (8 ounces) can tomato sauce  
2 tablespoons prepared mustard  
2 tablespoons brown sugar or molasses

2 tablespoons vinegar  
Water as needed

Place mixed ingredients over loaf in and bake 1½ hours.

***Personal Notes:*** *Mrs. Smith was a librarian at Pebble Hills Elementary School in the Ysleta Independent School District for many years.*



## *Pan-Fried Meatloaf*

*Kathy Pepper*

1½ lb ground beef  
1 egg, raw  
1 packet onion soup and dip mix,  
such as Lipton's  
⅓ cup dry breadcrumbs\*\* or panko  
1 tablespoon McCormick's Grill  
Mates rub seasoning (Cowboy,  
Applewood, or Sweet & Smokey),  
or other blends  
¼ cup mlk

½ cup ketchup; more or less,  
depending on personal taste  
Optional ingredients:  
Chopped onion  
Chopped bell pepper  
Chopped cooked bacon

Mix all ingredients thoroughly. Form into 36 patties and pan fry over low heat for 15-20 minutes, or until cooked through. Using a lid on the pan will shorten cooking time, reduce grease spatter, and keep the patties moist. Serves 6. To freeze cooked patties: Freeze in an airtight container. For best results, thaw first to prevent the patties from drying out during reheating and then heat in a pan or microwave. To freeze uncooked patties: Prepare a recipe using fresh (never frozen) ground beef; freeze in an airtight container, using a double layer of waxed paper or aluminum foil between each patty. Cook from a frozen or thawed state, and adjust the cooking time accordingly. Never refreeze thawed, raw meat. To make breadcrumbs: Using a blender or food processor, grind bread into small pieces, and then leave it out to dry. Without a blender or food processor, tear bread into small pieces, and leave it out to dry. When the bread is completely dry, put it into a plastic bag and use a rolling pin or straight-sided glass to crush it into smaller pieces. Store in an airtight container in the refrigerator.

***Personal Notes:*** *I took ideas from several different meatloaf recipes until I hit on this recipe. I don't measure the ingredients; I just throw in an amount that looks about right. The patty shape was a flash of inspiration, and I discovered that pan-frying creates a glaze that cannot be duplicated by oven baking.*



## Potato, Beef, and Pork Pierogi

*Phillip Voight*

3 large potatoes – peeled and cubed	2 tablespoons butter
3 slices bacon, finely chopped	3 onions, finely chopped
1½ lbs ground beef	½ pound ground pork
1 (8 ounces) package mushrooms, minced	1 tablespoon chicken bouillon
Salt and pepper to taste	1 tablespoon chopped fresh dill
3¾ cups all-purpose flour	1 cup self-rising flour
2 eggs, lightly beaten	1 pinch salt
1 cup water, or as needed	1 egg, beaten
¼ cup butter	

Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce heat to medium low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two, then mash. Meanwhile, melt 2 tablespoons of butter in a large pot over medium high heat. Add the bacon, and cook until the fat begins to render, and the bacon begins to brown, about 5 minutes. Stir in the onion, and continue cooking until the onion softens and turns translucent about 5 minutes. Stir in the ground beef and ground pork; continue cooking until crumbly and no longer pink, about 10 minutes. Finally, stir in the minced mushrooms, chicken bouillon, salt, pepper, and dill. Cover and cook until the mushrooms soften, about 5 minutes more. Stir in the mashed potatoes, then set the filling aside to cool. Whisk the all-purpose flour and self rising flour together in a large bowl, and make a well in the center. Add the 2 beaten eggs, salt, and enough water to form a soft dough. Knead on a well-floured work surface until smooth and pliable. Roll the dough to ⅛-inch thick, then cut into 5-inch circles. Spoon the filling onto one side of each of the dough rounds, then moisten the edges with the remaining beaten egg, and fold to create half circles. Press the edges together firmly to seal. Bring a large pot of lightly salted water to a boil. Drop the pierogi in a few at a time, and boil until they float to the surface, about 2 minutes. Once the pierogi have cooked, remove with a slotted spoon, and rinse until cold; set aside. Melt the remaining ¼ cup of butter in a large skillet over medium high heat. Add the boiled pierogi, and cook on both sides until hot and golden brown, about 5 minutes. Serve



immediately. Serves 6

## *Sue Turner's Famous Caldillo*

3 cups cubed lean beef	1½ teaspoon salt
2 tablespoon cooking oil	½ teaspoon black pepper
2 cups cubed potatoes	½ comino seed
1 clove garlic, mashed	½ teaspoon dried parsley
14 ounces can taco sauce	1 bay leaf
14 ounces can green chiles	3 cups hot water

Brown meat in oil, 15 to 30 minutes. Add potatoes and continue browning for about 5 minutes. Add the remaining ingredients. Bring to a boil. Reduce heat and let simmer for about 2 hours. One-half to 2 pounds of round steak is needed.

***Personal Notes:*** From Sue Caldwell Turner, *Fun with Food*, 1971. Many recipes like this one came from Turner's family and from "Fun with Food," a cooking segment on KDBC-TV, and "What's Cooking," a local radio program. Turner also co-founded the Border Patrol Museum.

*"I have made a lot of mistakes falling in love, and regretted most of them, but never the potatoes that went with them."  
--Nora Ephron*

*Desserts, Pies, Cakes and Cookies*





"Dining Food Vintage Art", Andrea Stöckel, CCO Public Domain.



## Capirotada

*Imelda Fernandez*

6 cups water	½ cup roasted, salted peanuts
3 piloncillo cones	½ cup chopped pecans or slivered almonds (optional)
3 Mexican cinnamon sticks	12 thick slices of bolillo or French bread (bolillos are small yeast rolls)
3 whole cloves	2 cups of Monterey Jack cheese
1 cup raisins	

Preheat oven to 350 degrees. In a medium-sized stockpot, add the water, piloncillo, cinnamon sticks, and cloves over medium high heat. Allow the piloncillo to completely dissolve and the syrup to thicken (about 10-15 minutes). Slice the bolillos about 1/3 inch thick and assemble on a baking sheet. Place in oven 15-20 minutes to toast. In a deep 9 x 9 inch baking dish, use some cooking spray. In layers, add the toasted bread, sprinkle raisins, peanuts, pecans, and cheese. Continue with the next layer. Spoon the syrup over the assembled dish until all bread is moist. Bake for 40 minutes until golden brown.

***Personal Notes:*** *The recipe is similar to the one her mother, Maria Concepcion Fernandez, would make during Lent. This dish dates back to 15th century Spain and was influenced by the Moorish culture.*

*"The only time to eat diet food is while you're waiting for the steak to cook."*  
*--Julia Child*



## Spice Cake (circa 1910)

*Sue Stanfield*

¾ cup packed brown sugar	½ teaspoon cloves
¼ cup white sugar	½ teaspoon allspice
1 cup butter	½ teaspoon mace
4 eggs, separated	½ teaspoon baking soda
½ cup molasses	¾ cup raisins, chopped
1 teaspoon vanilla	1 cup broken nut meats
2 cups flour	½ cup milk
1 teaspoon cinnamon	⅛ teaspoon salt

Sift sugars together. Beat butter until soft; add sugars gradually. Blend until creamy. Beat in, one at a time, 4 egg yolks. Stir in molasses and vanilla. Sift dry ingredients together in medium bowl. Combine raisins and nuts in small bowl, dust with some of the dry ingredients. Add remaining sifted dry ingredients to batter in thirds alternately with milk, beating until smooth after each addition. Add raisins and nuts. Whip egg whites and salt until stiff, and fold into the batter. Bake in a tube pan in a moderate oven [350-375°] for about 50 minutes.

**Personal Notes:** *This recipe was part of a menu by Sue Stanfield for the 2019 El Paso County Historical Society Burges Christmas Open House.*

*"I cook with wine. Sometimes I even add it to the food."*  
*--W.C. Fields*



## Cinnamon Cupcakes

*Beatriz Longo*

1½ cup sifted all-purpose flour	½ cup (1 stick of butter)
2 teaspoon baking powder	1 cup sugar
pinch of salt	2 eggs
1 tablespoon cinnamon	½ cup milk

Sift together flour, baking powder, salt and cinnamon. Set aside. Work until butter is soft, then gradually work in sugar as thoroughly as possible. Beat in eggs, one at a time, beating hard after each addition. Stir in the flour combination and milk alternately. Spoon into greased muffin pans and bake in a preheated 350° degrees oven for 25 minutes or until a toothpick inserted in center comes out dry.

## Holiday Fruit Cookies

*Beatriz Longo*

1 cup shortening	½ teaspoon nutmeg
2 cup brown sugar	½ teaspoon salt
2 eggs	½ cup milk
½ cup rolled oats	1 cup chopped nuts
3 ½ cup sifted flour	1 cup chopped dates
2 teaspoon baking powder	1 cup mixed candied fruit
1 teaspoon cinnamon	½ chopped candied cherries

Cream shortening and brown sugar together. Beat in eggs. Add rolled oats. Sift flour, baking powder, cinnamon, nutmeg, and salt together, Add to creamed mixture alternatively with milk. Stir in 1 cup chopped nuts, dates, mixed fruit, and ½ cup of cherries. Drop rounded teaspoon of butter on a baking sheet. Top cookies with halved cherries or nuts for decoration. Bake in moderate oven for 375° about 10-12 minutes or until golden brown. Remove cookies to a cooling rack using wide spatula. Cool and store in a closed container.



## Orange Nut Cookies

*Beatriz Longo*

1 stick margarine	½ cup chopped nuts
1 cup sugar	2½ cups sifted flour
1 egg	2 teaspoon powder
shredded rind of 2 oranges	

Cream margarine. Add sugar and cream until light. Beat in egg, orange rind, and chopped nut. Add sifted flour and baking powder and mix well. Chill until firm. Divide dough. Roll dough to ½ inch thickness. Cut into various shape with cookie cutter. Bake on a baking sheet in a moderate oven for 375° for 8-10 minutes or lightly browned on edges.

## Peanut Brittle

*Helen Ward*

1½ teaspoon baking soda	1 cup water
1 teaspoon water	1 cup light corn syrup
1 teaspoon vanilla	3 tablespoon of butter
1½ cup sugar	1 pound unshelled, unroasted peanuts

Butter 2 baking sheets, each 15½ x 12 inches; keep warm. Combine baking soda, teaspoon water, and vanilla; set aside. Combine cup water and corn syrup in a large sauce pan. Stirring occasionally, cook over medium heat (240° on candy thermometer) or until small amounts of syrup dropped into very cold water form a soft ball which flattens when removed from water. Stir in butter and peanuts. Cook, stirring constantly to 300° (or until small mixture dropped into very cold water separates into threads which are hard and brittle.) Watch carefully so mixture does not burn. Immediately remove from heat. Stir in soda mixture. Pour the candy mixture onto each warm baking sheet and quickly spread evenly (¼ inch thick). Cool; break candy into pieces.



## *Lebanese Bread Pudding*

3 eggs, beaten slightly  
½ cup sugar  
1 cup milk  
3 slices bread

1 cup cooked rice  
½ teaspoon vanilla  
¼ stick butter  
½ cup raisins

Preheat oven to 375°. Mix well. Pour into greased pan. Bake 35 minutes.

## *Mexican Wedding Cookies*

*Helen Ward*

Cream ½ lb. oleo with 1 cup butter-flavored Crisco. Add 1 tablespoon almond extract and 1 teaspoon vanilla extract. Mix in 12 tablespoons powdered sugar, 4 cups flour, and 2 cups chopped pecans. Chill mixture for 1 hour. Roll into 1-inch balls and place on an ungreased cookie sheet in a preheated 400° oven for 8-10 minutes. (They should brown only slightly.) Remove from sheets after cooling and roll in more powdered sugar. Yields approximately 8 dozen cookies. These freeze well.

*"We all eat, and it would be a sad waste of opportunity to eat badly."  
--Anna Thomas*



# One Dollar Chocolate Cake

*Beatriz Longo*

## *Cake*

½ cup butter	3 squares chocolate
1½ cup milk	2 cups sugar
2 eggs	2 cups flour
2 teaspoons baking powder	2 teaspoons vanilla
1 cup chopped nuts	

Melt ¼ cup butter with chocolate. Cool. Cream remaining ¼ cup butter with sugar. Add melted chocolate. Add beaten eggs. Add liquid and dry ingredients alternately beginning with dry ingredients. Add vanilla and nuts. Bake 350° for 30 to 35 minutes.

## *Frosting*

½ cup sugar	3 cups powdered sugar
4 teaspoons Carnation evaporated milk	2 teaspoons vanilla
½ cup margarine	
3 squares chocolate	
2 teaspoons white corn syrup	

Melt chocolate and butter on low heat. Add sugar, evaporated milk, and syrup. Bring to boiling point. Add powdered sugar and stir well. Add vanilla. Spread on cake.

*"A balanced diet is a cookie in each hand."  
--Barbara Johnson*



## Sandtarts

*Sue Stanfield*

2 cups flour	½ pound butter, softened
¼ teaspoon salt	1 teaspoon vanilla
1½ cup powdered sugar, divided	½ cup chopped pecans

Preheat oven to 375°. Lightly grease two large cookie sheets (or line with parchment paper). In a large mixing bowl, sift flour, salt and ½ cup of the powdered sugar. Set aside. In mixer, beat butter and vanilla just until the butter is soft. With mixer on low slowly add flour mixture until incorporated and stir in chopped pecans. Form into balls and place 1 inch apart on cookie sheet. Bake about 12-15 minutes or until just lightly brown. Cool slightly on cookie sheet, then roll in remaining 1 cup of powder sugar. Store in an airtight container at room temperature. Makes 3½ dozen.

*Personal Notes: My mom and grandmother made these for Christmas. As a kid, I didn't really like them: no chocolate, and not sweet enough. As an adult I love them — they're perfect with coffee or hot tea.*

## Buttermilk Pie

*Joy Slusher*

One unbaked 9-inch pie shell	1 teaspoon salt
Filling:	1 teaspoon vanilla flavoring
4 eggs	1 cup buttermilk
1 cup sugar	1 stick butter (melted)
1 tablespoon flour	

In a bowl, beat eggs slightly then add sugar, flour, salt, and vanilla. Add melted butter and stir. Add buttermilk and stir. Pour into pie crust. Bake at 350° for about 45 minutes.



## *Carrot Pudding: A Holiday/Christmas Steamed Pudding*

*Sharon Owen*



*Cornelia Dale Owen, Courtesy of Sharon Owen.*

A mold with a tight-fitting lid is preferred, but a 1-pound coffee can or even Mason jars may be substituted.

### Ingredients:

Mix all of these together:

1 cup flour  
1 cup sugar  
1 teaspoon cinnamon  
½ teaspoon nutmeg

½ teaspoon salt  
¼ teaspoon cloves

Next add:

1 cup raisins  
1 cup chopped pecans  
1 cup grated carrots  
1 cup peeled grated Irish potato mixed with ¾ teaspoon baking soda

Be alert that no liquid is added to the mix; it holds together just as it is.

Blend all ingredients and put into a mold. Drop small chunks of butter over the top and fit the lid tightly. Steam 3 hours in a larger pot, preferably with a rack on the bottom, with water level below the lid. Check the water level periodically. Serve with a hard sauce made with butter, powdered sugar, whiskey. Also good with eggnog. For a festive occasion or presenting the pudding at the table, top with sugar cubes dipped in brandy or other alcohol and set alight.

***Personal Notes:*** *Carrot pudding was the traditional Christmas dessert of Cornelia Love Owen, my mother-in-law, and her family, Dr. Jerome and Ollie Love. When I came into the family as a young bride, the idea of “carrot” pudding*



*seemed strange until I realized it was like the old English plum pudding and then actually tasted how delicious it is. It is a moist and flavorful cake with spices and raisins. Every year, Cornelia made several as gifts for friends, who received them happily for the treat they were. The family was from Arkansas and east Texas, so I believe this may be a favored Southern recipe, but it has a long and old history. Cornelia Love Owen was a charter member of the El Paso County Historical Society.*

## *Chocolate Cappuccino Cookies*

*Sue Stanfield*

2 cups butter, softened	¼ cup instant coffee granules
4 cups firmly packed light brown sugar	1 teaspoon baking powder
4 large eggs	1 teaspoon baking soda
5½ cups all-purpose flour	1 teaspoon salt
1 cup cocoa	10 ounces package Hershey's cinnamon chips

Beat butter at medium speed with an electric mixer until creamy. Gradually add brown sugar, beating well. Add eggs, beating until blended. Combine flour and the next five ingredients. Gradually add to butter mixture, beating at low speed just until blended. Stir in cinnamon chips. Drop dough by rounded tablespoonfuls, 2 inches apart onto lightly greased baking sheets (I don't grease them). Bake at 350° in batches for 8-10 minutes. Cool on baking sheets for 5 minutes then remove to wire racks to cool completely. Yield: 8 dozen.

***Personal Notes:*** *This recipe makes a ton of cookies — I typically halve it. I have trouble finding the cinnamon chips except during the holiday season. I have found them available through the King Arthur Baking website. I have been making these cookies since I found the recipe in a magazine in the 1990s. Don't let the coffee put you off — if you like chocolate you will love these cookies.*



## Chocolate Sheet Cake

*Sue Stanfield*



*Betty Stanfield, Courtesy of Sue Stanfield.*

### Cake

Sift together:  
2 cups sugar  
2 cups flour

Bring to a boil in pan. Add to dry ingredients and mix well.  
1 stick oleo (margarine).  
Surprisingly, the margarine works better than butter!

½ cup shortening  
4 tablespoons cocoa powder

1 cup water

Add to the above:  
½ cup buttermilk  
2 eggs, well beaten  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon vanilla

Pour into a greased and floured 11 x 16 inch pan. Bake at 400° for 20 minutes. About 5 minutes before cake is done, prepare the following icing:



## Icing

Bring to a boil and remove from heat.

1 stick oleo (margarine)

6 tablespoons evaporated (canned, but not sweetened condensed) milk

4 tablespoons cocoa powder.

Add to the above:

1 box powdered sugar

1 teaspoon vanilla

1 cup chopped nuts (use pecans — they are delicious in this)

Frost cake when it is removed from the oven.

**Personal Notes:** *This recipe comes from my mother, Betty Stanfield. She said she got the recipe from her cousin when it was served at a bridge party in the late 1960s. This cake is sometimes known as Texas Sheath Cake or Chocolate Sheet Cake. So many recipes feel dated after a few decades. This one is still a hit when I make it and is even better the next day. My mother submitted this recipe to two community cookbooks, one for Bayles Elementary School PTA (Dallas) in 1969 and a little over a decade later for a cookbook created by employees at the place where she worked. I'm excited to see it in a new cookbook.*

*"People who love to eat are always the best people."  
--Julia Child*



## Coffee and Cream Brownies

*Nancy Schuler*

6 tablespoons unsalted butter or margarine	¼ teaspoon baking soda
3 squares (1 oz each) unsweetened chocolate	⅛ teaspoon salt
1½ teaspoon instant espresso powder	Cream Cheese Swirl:
2 large eggs	3 oz packages cold cream cheese
1 cup granulated sugar	⅓ cup granulated sugar
2 tablespoons Kahlua	Yolk of one large egg
½ teaspoon vanilla	2 tablespoons Kahlua
½ cup all-purpose flour	

Position one rack in center of oven and heat the oven to 350°. Lightly grease and flour an 8-inch square pan, tapping out excess flour. **Brownies:** Melt butter in a medium-size saucepan over low heat. Remove from heat and add chocolate and espresso powder. Let stand one minute, then whisk until smooth. Cool ten minutes or until lukewarm. Meanwhile beat eggs and sugar in a medium-sized bowl on high speed, 2 minutes until thickened and light in color, beat in butter mixture, Kahlua, and vanilla. Stir in flour, baking soda, and salt and spread evenly in pan. **Cream Cheese Swirl:** Beat cream cheese and sugar in a small bowl on medium speed one minute or just until smooth. Beat in egg yolk and Kahlua. Drop tablespoonfuls over chocolate batter, then draw a knife through both batters swirling them together for a marbled effect. Bake 40-42 minutes until a toothpick inserted in center comes out with a moist crumb. Cool in pan on wire rack. Cook: 15 min. Chill: 8 hours Yield: 68 servings.

*"My doctor told me I had to stop throwing intimate dinners for four unless there are three other people."  
--Orson Welles*



## Desert Mesquite Sponge Cake

*Barbara Angus*

4 eggs, separated	1 teaspoon baking powder
4 teaspoons honey (or to taste)	Pinch of salt
3 tablespoons cold water	Juice of one key lime
1½ tablespoons cornstarch	¼ cup chopped pecans
1 cup mesquite flour	

Preheat oven to 350°, grease and flour pan. Beat egg yolks until thick; gradually add honey and beat 2 minutes, then add cold water, cornstarch, mesquite flour, baking powder, and salt. Beat whites to a froth and add lime juice, add to egg yolk mixture, then fold in dry ingredients, stirring until smooth. Top with pecans. Bake 15 to 20 minutes in a shallow tin.

**Personal Notes:** *"Accounts of the Chamuscado-Rodriguez Expedition (1581-1582) mention use of ground mesquite by indigenous peoples along the Rio Concho and the Rio Bravo. Both cooked green mesquite pods and ground dried pods would have been a good source of nutrition for any human living in the Chihuahuan desert". Our family was first introduced to mesquite meal in the 1990s after our daughter developed type 1 diabetes. Friends sent us information on a project where the Tohono O'odham of Southern Arizona was utilizing desert foods to combat type 2 diabetes. Mesquite is a low glycemic food, which would also be beneficial in our daughter's case. We ordered packaged mesquite meal from Native Seed Search, a Tucson business, and found we liked the sweet, somewhat nutty flavor. Eventually, we collected mesquite pods from trees on our property, and hand-ground our own flour. This recipe was created as part of a 4-H Food Project, and won a prize for our daughter at the County Fair. The pecans came from trees in the home pasture, and the honey from one of our hives. The recipe lives in our "mesquite notebook," which is filled with all the information we can find on this extremely useful tree. We would welcome hearing from anyone else who uses mesquite meal or has stories of family use in the past.*



## Divinity Candy

*Joseph Longo*



*Wilma Myra Longo*

2 cups sugar  
½ cup light corn syrup  
½ cup cold water

2 egg whites  
1 teaspoon vanilla

Mix sugar, syrup, and water. Cook until it forms a solid ball when dropped in cold water. Have eggs beat stiff. Then add your syrup to your egg whites beating them constantly add vanilla. Beat until cold. Then pour in a buttered pan.

***Personal Notes:*** *This recipe came from a notebook belonging to my grandmother Wilma Myra Longo. Did you know this old Southern American confectionery is believed to have been invented in the early 1900s? The current version of the divinity candy can be traced to 1915. Milk was first used in the candy in 1902.*

*"The secret of success in life is to eat what you like and let the food fight it out inside."  
--Mark Twain*



## *Dutch Apple Pie*

*Joy Slusher*

### *Cake*

7 apples	3 eggs
3 cups all-purpose flour	1½ cups oil
1 teaspoon baking soda	1 cup packed brown sugar
1½ teaspoon ground cinnamon	1 cup granulated sugar
1 teaspoon salt	2½ teaspoons vanilla
½ teaspoon nutmeg	1½ cups chopped pecans

Preheat oven to 325°. Butter and lightly flour 13 x 9 x 2 inch baking pan and set aside. Peel apples, quarter, core, and cut each quarter in half lengthwise and then crosswise. In a medium bowl whisk together flour, soda, cinnamon, salt, and nutmeg and set aside. In a very large mixing bowl whisk eggs to combine. Whisk in oil, sugars, and vanilla until well blended. Gradually whisk in the flour mixture just until well blended. Fold in apples and pecans into the batter (batter will be thick). Turn into pan, spread to edges. Bake about 1 hour or until the toothpick comes out clean. Cool on wire rack and prepare the glaze. serves 16).

### *Caramel Filling*

6 tablespoons unsalted butter	⅓ cup whipping cream
⅓ cup packed dark brown sugar	pinch of salt.
⅓ cup packed light brown sugar	

In a medium skillet melt 6 tablespoons unsalted butter. Add ⅓ cup packed dark brown sugar, ⅓ cup packed light brown sugar, ⅓ cup whipping cream, and a pinch of salt. Cook and stir over low heat for 2 minutes. Increase heat and boil 2 minutes. Remove from heat and cool slightly. The glaze will thicken in about 5 minutes. Spoon glaze over warm cake.



## French Apple Pie

*Nancy Monty*



*Christa Hatwig Jay and her mother, Courtesy of Nancy*

- |                          |                                      |
|--------------------------|--------------------------------------|
| 3 eggs, beaten           | 1 teaspoon cinnamon                  |
| 1 cup vegetable oil      | 1 teaspoon vanilla                   |
| 2 cups sugar             | ½ teaspoon salt                      |
| 3 cups flour             | 3 cups peeled apples cut into chunks |
| 1 teaspoon baking powder | ½ cup pecan pieces                   |

Mix all together with a spoon. Bake in 2 greased loaf pans at 350° for 1 hour and 15 minutes. Cool in pan for 35 minutes before turning out onto a rack to cool. I combine eggs, oil, sugar, spices, first, add heavier ingredients one at a time. Check the cakes after one hour to make sure they are not burning around the edges. Every oven is different, but you do want cakes to be brown and crispy on top. When cakes are completely cool, wrap them in foil. You want the cake to be crusty on the outside and soft in the inside.

***Personal Notes:*** A French friend of my mother's (Christa Hatwig Jay) gave her this recipe when they met in El Paso in the 1960s.



## Fudge

*Hilda Lewels*

3 cups chocolate chips  
1 can Eagle Brand sweetened  
condensed milk  
1 cup nuts

1 teaspoon vanilla  
dash of salt

In a large saucepan, melt chips over medium heat, stirring until melted. Remove from heat. Add vanilla and salt. Pour in a foil-lined 8-inch cake pan. Cool and then refrigerate for 1 hour or more before cutting. Lift fudge out of the pan to cut in squares.

## Ginger Cookies

*Nancy Schuler*

$\frac{3}{4}$  cup butter  
2 teaspoons ground ginger  
 $\frac{1}{2}$  teaspoon salt  
1  $\frac{1}{4}$  cup sugar + additional sugar  
for coating  
 $\frac{1}{4}$  cup molasses

1 large egg  
2 $\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  teaspoon baking powder  
1 teaspoon baking soda  
3 tablespoons finely minced fresh  
ginger root

Preheat oven to 375°. In a large bowl cream together butter, dried ginger, salt and 1 $\frac{1}{4}$  cups sugar. Blend in molasses and egg. In separate bowl combine flour, baking powder, and baking soda; blend into the butter mixture. Stir in minced ginger. (Chill dough slightly, if desired, for easier handling and to reduce cookie spread.) Form dough into 1 inch balls and roll in sugar to coat, then arrange about 2 inches apart on a buttered baking sheet. Bake 10 minutes. Let cool on the cookie sheet for 2-3 minutes before transferring to racks to finish cooling. Store in an airtight container. Makes 5 dozen cookies.



# Honey Crunch Pecan Pie

*Barbara Weaver Johnson*

## Filling

4 eggs, lightly beaten	1 tablespoon bourbon
1 cup light corn syrup	1 teaspoon vanilla
¼ cup firmly packed brown sugar	½ teaspoon salt
¼ cup granulated sugar	1 cup chopped pecans
2 tablespoons butter, melted	

Mix all and spoon into unbaked pie crust. Before topping, bake this filling at 350° for 15 minutes. Cover edge with foil. Bake another 20 minutes, Remove from oven. I used a deep-dish pie pan. The crust will not go completely over the sides, but this keeps the filling from overflowing.

## Topping

⅓ cup firmly packed brown sugar	1½ cup pecan halves
3 tablespoons butter	
3 tablespoons honey	

Cook this topping mixture of sugar, butter, and honey for about 2 minutes or until sugar dissolves. Add pecan halves. Stir spoon mixture over pie. Cover edge again in foil. Bake for 10 to 20 minutes until topping is bubbly and is crust is golden brown. 9 servings.

**Personal Notes:** *Barbara Weaver Johnson is the daughter of Shirley and William R. (Bill) Weaver, founder of Weaver Scopes. She is also a granddaughter of Alice Pruett and Paul Albert Heisig.*



## *Hot Fruit Casserole*

*Alice Lee Dorman*

1 large can pear halves	1 box macaroon cookies, crumbled
1 large can peach halves	¼ cup sherry
1 regular size can pineapple chunks	1 cup cherry
1 regular size can apricots	1 jar applesauce
1 regular size can cherries	1 stick butter
(I prefer to cut fruit into bite-size pieces)	¾ cup brown sugar

Mix all fruit together. Butter 13½ x 8¾ x 1¾ inch pan and layer cookies. Heat cherry, sherry, brown sugar, and the rest of the butter, then pour over the fruit. Pour applesauce over casserole. Cook in 350° oven for 40 minutes.

***Personal Notes:*** *A recipe of Alice Dorman's aunt, Shirley Weaver Murphy, daughter of Paul Heisig.*

*"There is no sincerer love than the love of food."*  
*--George Bernard Shaw*



## Mahogany Chiffon Cake

*Donna Minear*

¾ cup boiling water  
½ cup cocoa  
1¾ cups flour  
1½ teaspoon baking soda  
1¾ cup sugar

1 teaspoon salt  
2 teaspoons vanilla  
½ cup oil  
8 eggs, separated  
½ teaspoon cream of tartar

Mix together the boiling water and cocoa. Set aside. Sift into a bowl the flour, baking soda, sugar, and salt. Make a well in the center and add the vanilla, oil, cocoa-water mixture, and 7 unbeaten egg yolks. Beat until smooth. In a separate bowl, beat together 1 cup egg whites (7 or 8) and cream of tartar until very stiff. Pour the cocoa batter in a thin stream over the beaten egg whites, covering the entire surface. Cut and fold in with rubber spatula until completely blended. Pour into a 10-inch tube pan. Bake at 325° for 55 minutes; then at 350° for an additional 10 to 15 minutes. Remove from oven and invert the pan until cake is cool.

***Personal Notes:*** *Recipe from Martha A. Brant published in the 1976 Midway U.S.A. Favorite Recipes compiled by The Osborne County Genealogical and Historical Society (Kansas).*

*"One cannot think well, love well, sleep well, if one has not dined well."*  
*--Virginia Woolf*



## Mathias Nut Cake

*Jacquelyn Stroud Spier*

7 eggs, separated  
3 cups pecans, ground fine  
2 tablespoons flour sifted 3 times  
with ½ teaspoon baking powder

1½ cup sugar  
1 teaspoon vanilla

Cream egg yolks and sugar. Add, by hand, pecans, flour, and vanilla. Fold in beaten egg whites – this should be done carefully with a knife for maximum aeration. Bake in two greased and floured and papered pans for 25 to 30 minutes at 350°. Cool. Filling frosting of whipped cream (1 pint whipping cream – 2 teaspoons).

**Personal Notes:** *Albert Mathias arrived in El Paso about 1882 at the age of 19. He came from Germany to New York, then traveled to Belen, New Mexico, to earn some money so that he could continue to the largest city on the border, El Paso. However, he overshot El Paso and ended up in Ysleta, where he lived as he could in barns and who knows where else, then purchased a cart and sold housewares, etc. Slowly he got a storefront in El Paso and sold house goods and wares. He then began buying real estate, building on it or selling at a profit. He had land in downtown El Paso and built the Shelton Hotel, which burned down. He rebuilt it and leased it to Conrad Hilton as one of his first hotels. Frieda and Albert Mathias had four daughters: Eleanor (Ellie) Mathias Mayer, whose husband ran Mathias Furniture; Edna Krohn; Hedwig Schwartz; and Gertrude Spier. His home, a Trost home, on 607 W. Yandell, is next door to the Burges House at 603-605. Both were completed in 1912. Multiple generations of the two families have been very close. The society has some business records of Albert Mathias.*



## *Mom's Famous Apple Pie*

*Janine Young*

### *Perfect Pastry*

2 cups sifted all-purpose flour  
1 teaspoon salt

$\frac{2}{3}$  cup shortening  
5-7 tablespoons cold water

Sift flour and salt together; cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of cold water over part of the mixture. Toss with fork and push to side of bowl. Repeat until all is moistened. Form into two balls (for lower and upper crust). Flatten on a lightly floured surface and roll from center to edge until  $\frac{1}{8}$  inch thick. Avoid overhandling the dough. Fit pastry into 9 -inch pie plate and trim even with rim of plate. Fill with apple pie mixture and dot with 2 tablespoons of butter on top. Lift pastry for upper crust by rolling over rolling pin and then unroll loosely over well filled pie. Trim upper crust  $\frac{1}{2}$  inch beyond edge of pie plate and tuck upper crust under edge of lower crust. Flute edge of pastry as desired (either with fingers or a fork).

### *Astounding Apple Pie*

6-8 tart apples, peeled, cored and  
thinly sliced (about 6 cups)

dash ground nutmeg  
2 tablespoons butter

1 cup sugar  
2 tablespoons all purpose flour  
1 teaspoon ground cinnamon

If apples are not tart, sprinkle with 1 tablespoon lemon juice. Combine sugar, flour, spices and dash salt. Combine dry ingredients with apples. Mix well. Fill 9-inch pastry with apple mixture and dot with butter (fill generously as apple mixture will settle as it cooks). Adjust top crust and cut slits for escape of steam. Seal top crust and sprinkle with sugar. Bake at 400° for 50 minutes or until done.

***Personal Notes:*** *Serve warm with homemade vanilla ice cream!*



## *Never Fail Pralines*

*Sue Stanfield*

1 small package butterscotch  
pudding mix  
½ cup evaporated milk  
1 ½ pecan halves  
½ tsp vanilla

1 cup sugar  
¼ cup brown sugar  
1 tablespoon butter

Combine all ingredients except for the pecans. Cook over low heat until sugar is dissolved. Add pecans and cook until candy reaches soft ball stage. Remove from stove and beat until candy begins to get stiff. Drop by spoonful onto lightly greased waxed paper. Cool before removing. Makes 25 pralines.

***Personal Notes:*** *This was a popular recipe for pralines in the 1970s. The use of instant pudding reduces the cooking time and helps the pralines to solidify.*

*"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart."*

*--Cesar Chavez*



## Oatmeal Cake

*Beatriz Longo*

1½ cup boiling water  
1 cup uncooked oats  
½ cup oil  
1 cup white sugar  
1 cup brown sugar  
2 eggs

1 teaspoon vanilla  
1 teaspoon baking soda  
¼ teaspoon salt  
¾ teaspoon cinnamon  
¼ teaspoon nutmeg  
1½ cup flour

Pour boiling water over oatmeal and let set about 20 minutes. Cream sugar and oil, blend in eggs and flavoring. Add oatmeal mixture. Sift flour, salt, soda, and spices together. Add to mixture. Cream well. Pour in a well greased and floured 8 x 10 inch pan. Bake in 350° oven 50 minutes to 1 hour.

***Personal Notes:*** *Used to make it for my father, Ramon Fernandez, and he very much enjoyed it. My father was born and raised in Socorro, Texas. He served in the Pacific Theater during WWII.*

*"My weaknesses have always been food and men — in that order."  
--Dolly Parton*



## Potato Candy

*Trish Long*

1 small potato, peeled (about half a cup mashed)       $\frac{3}{4}$  cup peanut butter  
6 to 8 cups powdered sugar

Some tips before starting: Let the potatoes cool to room temperature. Add sugar as need. If the dough is tacky after refrigerating add more sugar. Dust your surface, and rolling pin with powdered sugar. Boil potato until tender, drain, place in a large bowl. Use a mixer to beat the potato until it is free of lumps. Add 4 cups powdered sugar and mix. Continue to mix powdered sugar in 1 cup intervals until thick. similar to cookie dough. Place mixture on a sheet of wax paper that has been lightly coated with powdered sugar. Add more sugar to the top of the dough, roll the mixture into a 1/4inch thick rectangle Spread evenly with peanut butter. Starting at a long side, roll the dough tightly, as for cinnamon rolls or a yule log. Refrigerate for at least 30 minutes or until ready to serve. Remove wax paper, cut into  $\frac{3}{4}$  inch pinwheel slices.

***Personal Notes:*** *Although this is a very old recipe it is fairly new to me. A few years ago, my dad, Jack Rife, who will be 80 next year, told me about the potato candy his aunt made for him as a child. My dad is from Morgantown, West Virginia, and remembered this as the best candy from his childhood. Being curious as to how one would make candy from a potato and wanting to make this for my dad I started an Internet search for a recipe. It turns out it is a simple, three-ingredient confection.*

*"Cooking is like love. It should be entered into with abandon or not at all."*  
*--Harriet van Home*



## Snow Cream

*Joy Slusher*

1 can evaporated milk  
1/3 sugar (add more if needed)

1 teaspoon vanilla flavoring  
Fresh snow

Mix milk and vanilla and sugar in a mixing bowl or cold pan. Gradually beat in clean snow (skimmed up with a large spoon or scoop) until it is of desired consistency. Serve immediately. Serves 5. Repeat often.

***Personal Notes:** Since people who live in the deep South where it snows only enough to have snow "ice" cream about once in a generation, the recipe must be handed down from parent to child, anticipating the time when it will snow again.*

*"He was a bold man that first ate an oyster."  
--Jonathan Swift*



## Sugar Cookies

*Sue Taylor*

2 cups sugar  
1 cup Crisco  
2 eggs  
½ cup sweet milk

½ teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cream of tartar  
1 teaspoon vanilla

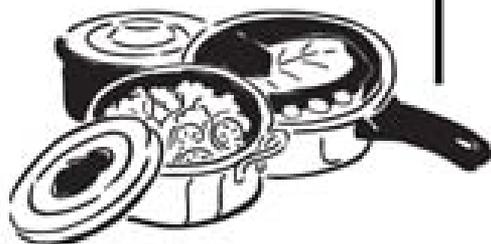
Flour, enough to make a soft dough but stiff enough to roll out. Mix shortening and sugar. Add eggs and salt and beat well. Next add milk, vanilla, and baking soda dissolved in 2 tablespoon of boiling water. Mix all together, then add the flour with cream of tartar (about ½ cup at a time till soft ball forms but is stiff enough to roll out.) Roll and cut.

**Personal Notes:** *From Tamah Snyder Whitehead, my husband's great-grandmother from Pennsylvania When visiting my husband, Dale's, folks in Pennsylvania, his mother would always make these cookies. I bugged her for the recipe and she finally gave it to me. She said that this recipe had come down through the years in the Whitehead family, her father's family, starting sometime in the late 19th to early 20th century with only slight modifications. I have made these cookies with no problem, and they disappear quite quickly.*

*"All you need is love. But a little chocolate now and then doesn't hurt."  
--Charles M. Schulz*



*Historical Recipes*





### ***Recipes from Our Past: El Paso Historical Recipes***

*Recipes in this section range from the 1890s to 1940s. Most of these recipes come from historical El Paso community cookbooks and other sources found in El Paso area archives and libraries. This section also includes recipes from the Notebooks of Josephine Richardson from the Magoffin Historic Homesite and the Helen O'Shea Keleher notebook from the El Paso County Historical Society. The recipes appear as they originally appeared in these historical sources as much as possible to preserve the history and folklore. They show how cooking methods, technologies, and ingredients have changed. These recipes are not necessarily written for general-purpose cooking and should be treated differently from the other recipes in the earlier sections. Many early recipes were written in paragraphs and were very short. They listed the ingredients and gave very basic directions on cooking and preparation. Most lacked exact information about timing and heating because cooks did not have home thermometers.*

*Early cookbook writers also had difficulty explaining the number of ingredients. The standardization of measurements did not arise until the end of the 19th century. Before that time, recipes were very vague, often comparing the size of ingredients to common objects like the "butter size of an egg." Many recipe writers might have assumed the reader already knew how to cook and could easily "connect the dots." Many were not writers, just cooks who did the best they could.*

*Most cookbooks included literary elements like the quote from Edward Robert Bulwer-Lytt found in the El Paso Cookbook (1898). These books often included advice on how to care for the sick, treat wounds, and make medicinal recipes. Other additions were tips for housekeeping and early business advertisements.*

*Women wrote the first community or fundraising cookbooks during the Civil War to raise money for field hospitals in the east. By 1915, there were as many as 6,000 community cookbooks being published by women's clubs, organizations, and churches to raise money for various political and social causes, including suffrage and temperance.*

### ***Early El Paso Community Cookbooks***

*Early El Paso featured recipes were contributed by women who were prominent in the community, often members of the leading families of El Paso at the time. The first community cookbook, the El Paso Cookbook (1898), was compiled by several prominent and pioneer women of El Paso who came to settle in El Paso from all over the country going back to at least the 1850s. The cookbook was published by the El Paso Women's Auxiliary of the Y.M.C.A. This cookbook is considered an early source of cookery and culinary knowledge in the Southwest, being one of the earliest cookbooks published in the region.*

*The different recipes in the El Paso Cookbook represented the various background of these women's recipes. They included selections from the American South, western regions, and New England. There are also German, Russian, English, and Dutch dishes. The cookbook included a Mexican section. Many of the recipes were mostly contributed by non-Hispanic women settlers who were exposed to the Mexican culture and cooking and fell in love with the food and the culture. The recipes were learned from Hispanic women who their own grandmothers and mothers taught. Many recipes in the Mexican Section were published in English for the first time by mostly Anglo-women settlers who adapted the recipes to fit their own cooking styles and interests. Contributors in this cookbook include Octavia Magoffin, Sarah Emma Roberts Stevens, and Maud Doane,*

*The second community cookbook in El Paso was tested and True Recipes (1903) by Frances Coleman Scott. The third El Paso Community Cookbook, How We Cook in El Paso, was compiled by El Paso's*



*Robert E. Lee Chapter of the United Daughters of the Confederacy. This cookbook was first published in 1909 and was republished in 1926 at the time. The book was sold for 75 cents at the El Paso Book Company, located in the Mills Building. It was billed "as a collection of tested recipes by El Paso housewives, including collections of Mexican dishes." El Paso Herald-Post reporter, Bessie Simpson, wrote about the book in 1965: "This interesting cookbook includes treasured recipes submitted by the good ladies of El Paso soon after the turn of the century at a time when automatic ovens and timing devices were yet unknown. When 'store brought' bread, instant mixes were unheard of. When cooking was a true art governed only by the homemaker's skill and experience." How We Cook in El Paso was a fundraiser for relief projects sponsored by the Robert E. Lee Chapter. Their goal was to romanticize the Old South, especially Confederate veterans. They also supported other women's organizations in various charity projects in El Paso.*

*The cookbook is filled with contributions by prominent women, including Willie Word Kelly, Angelina Winkler, Anne Perrien White, Nancy Beall Williams, Louisa Bell Grigsby, Eleanor Sweeney, Jeanie Frank, Elizabeth Kelly, Kate Moore Brown, Anna Burges, and Corrinne Mckie. Willie Word Kelly was the first president of the Robert E. Lee Chapter of El Paso's Robert E. Lee Chapter of the United Daughters of the Confederacy when it was organized in 1907. Willie was a teacher at El Paso High School in the 1890s before her marriage to Charles E. Kelly, who served as mayor of El Paso. Their daughters, including Elizabeth Kelly, who served as El Paso City Librarian Director, also contributed to the cookbook.*

*The book includes classic Southern dishes like Corn Dodgers, Corn pone, gumbo, and chess cake, but it is more diverse than the reader might think. It has Mexican recipes, pies from the Midwest, and brown bread from New England.*

#### ***Also in This Section***

*Other recipes include one for Oatmeal Cakes published in Scorch Dishes Compiled by the El Paso Equal Franchise League, El Paso, Texas, in 1916. This suffrage league was the first suffrage group in El Paso, organized in 1915. The cookbook was one of multiple sold by the league to raise money for the cause of women's suffrage. This cookbook comes from the papers of the El Paso suffragist Belle Christie Critchett. There are also multiple recipes from Favorite Recipes, Church of St. Clements, published in 1949 by the women's auxiliary. These include recipes by Anna Newman and Betty Goetting. Newman served as the first curator of the El Paso International Art Museum when it opened in 1947. As a curator, she was credited with helping to organize the museum, acquiring artifacts, and planning exhibits when the museum had no funds. Betty Goetting served as curator for the EPCJHS for 25 years and was a public librarian and suffragist. She also co-founded El Paso Planned Parenthood. This section also includes recipes from El Paso Herald's La Cocina Mexicana. This cookbook was compiled by El Paso Herald-Post Society Editor Sally Ann in 1947 from recipes contributed by her readers. This cookbook includes a recipe from Mary I. Stanton, who founded the first public library in El Paso in 1894. There is also a recipe from Recipes: A Treasure Chest of Cooking Gems El Paso Section, National Council of Jewish Juniors, 1941 by Olga Kohlberg. Olga Kohlberg founded the first free kindergarten in Texas in 1893. She also served as president of the El Paso Women's Club. Her house is on the historic register and across from the Burges house at 535 Corto Way.*

*Understanding the evolution of recipes and the American kitchen helps us to understand our cookery and culinary culture today. The written format was different, and cooking methods, tools, appliances, and ingredients have evolved.*





## Apple Sauce Cake

1½ cup Crisco	1 cup sugar
1 egg, beaten	4 tablespoons hot water
2½ cups pastry flour	½ teaspoon salt
1½ cup thick cold apple sauce	1 cup raisins (or dates)
1 teaspoon cinnamon and nutmeg	½ teaspoon cloves

Cream the sugar and Crisco, add egg, and beat well. Stir apple sauce in hot water. Add raisins and nuts; then dry ingredients sifted together twice. Bake in a moderate oven for 45 minutes in an hour. Makes two small loaves. A moderate oven is heated at 350°.

**Personal Notes:** *This recipe came from an article cut out from a magazine that probably dates to the mid-1900s. It was found tucked in a copy of the Century Cookbook (1895), which belonged to the Hague Family Collection at the El Paso County Historical Society. This book belonged to El Paso pioneer Flora Brinck Hague. She was also involved in civic affairs, being one of the founders of the El Paso Woman's Club. Her husband, James Hague, was a prominent attorney and political boss, and served as El Paso district attorney for El Paso and Presidio counties. He came to El Paso in 1871 by stagecoach and was joined by Flora and their children in 1873.*

*"Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go."  
--Anthony Bourdain*



## *Capirotada (1947)*

Dry a loaf of sliced slate bread in the oven, then fry it in hot butter. Grate a pound of cheese. Into a well-greased pan, put in a layer of bread, then a layer of cheese, and sprinkle generously with pecans, raisins, and a little cinnamon and cloves. Continue adding layers until the ingredients are used. Make a syrup of three pounds of piloncillo (brown sugar), add cinnamon and cloves when the syrup is hot, and pour over the bread and cheese mixture. Be sure that the syrup completely covers the bread. Bake in a moderate oven for two hours. Note: Moderate oven is usually cooked at 350°.

***Personal Notes:** From El Paso Herald's La Cocina Mexicana, 1947, from Herminia Mateus Harrell. Mrs. Harrell was born in Chihuahua, Mexico. She came to El Paso in 1920 after marrying James Harrell, who owned Harrell Lumber Fuel and Lumber.*

*"Ask not what you can do for your country. Ask what's for lunch."  
--Orson Welles*



## Celery Soup

1½ pint celery stock  
1 small onion  
⅛ lb butter  
1 cup cream  
1½ pint milk

dash paprika  
dash red pepper  
1 teaspoon salt  
1 tablespoon chopped parsley

Add chopped onion to celery stock. Melt butter, add flour, and when well blended add scalded milk. When the starch is cooked and pureed, and red peppers, paprika, salt, and parsley. Add cream and cook slowly for a few minutes before serving.

**Personal Notes:** *From Famous Recipes by Famous Women, Council of Jewish Juniors, 1928 from Fannie Zlabovsky. She worked as a field worker for the Service for Foreign Born committee in 1920. In the 1940s, she worked for the El Paso National Federation of Jewish Women helping immigrants escape Germany during WWII.*

## Cheese Sticks

2 cups flour  
½ teaspoon salt

a pinch of baking powder  
¾ cup shortening

Sift dry ingredients together, mix with shortening and enough ice water to make a rather stiff dough. Have ready 1½ cups grated cheese; mix ½ cup of this with dough. Roll out and cut in strips. Sprinkle a balance of cheese over strips and bake in light brown.

**Personal Notes:** *This is from How We Cook in El Paso, 1926, by Corrine McKie. McKie worked for the El Paso Herald in the 1880s when it was owned by her brother, Alva. She was born in Mississippi and came to El Paso in the 1880s.*



## *Chili Con Queso*

Take a dozen green chile pods, roast and peel them, remove the veins and seeds and chop finely with a bit of garlic. Fry in a teaspoon of hot lard and add a pint of fresh milk and about two ounces of finely chopped cheese. When the mixture boils, add a fourth teaspoon salt and remove it from the fire.

***Personal Notes:*** From Mary I. Stanton from *The El Paso Herald-Post's La Cocina Mexicana: a Sampler of Mexican Cookery*, published in 1947. Chili con queso is part of the Tex-Mex tradition. While this dish probably originated from Mexico, the first published recipe with the term "chili con queso" first appeared in the United States in 1896 in an article published in a magazine called *The Land of Sunshine*; the formula was called "chili verdes con queso." The recipe was a mix of long green chilies, tomatoes, and cheese.

*"Your diet is a bank account. Good food choices are good investments."  
--Bethenny Frankel*



## Corn Dodgers



*The Kelly Family, courtesy of The El Paso County Historical Society.*

One quart of cornmeal, one teaspoonful of salt, and one teaspoon of lard; make a stiff dough with freshly boiling water; dip your hands into cold water and mold the dough quickly into very small loaves; put into a buttered pan and bake in a very hot oven

**Personal Notes:** *From Willie Word Kelly, How We Cook in El Paso, 1909. Corn dodgers date back to the 1800s. They were eaten by cowboys and by settlers traveling west. The early corn dodgers were made from hot cornbread from cornmeal, pork fat, salt, and boiling water.*

*"Seize the moment. Remember all those women on the 'Titanic' who waved off the dessert cart."  
--Erma Bombeck*



## Corn Pone

One quart of water, one tablespoon of lard, one tablespoon of salt, and 1½ cup white pearl corn meal. Put lard and salt in water and let it boil; add the cornmeal slowly, and cook for a few minutes-about three, stirring constantly. Take from the fire, mold into large or small pones, and bake until brown, about ½ hour.

***Personal Notes:** This recipe came from *How We Cook in El Paso, 1909*, by Louisa Bell Grigsby. Mrs. Grigsby was an African American woman who assisted early El Paso physicians. She was born in slavery. Her husband founded one of the earliest African American churches in El Paso.*

## Corn Tortillas

Take as much corn as you need, and wash in cold water. Put into a pot and cover with sufficient water. Put a tablespoon of lime of cup water. Let settle, then pour the water on the corn and boil until tender. Remove from stove and allow to cool. Wash the corn until the last water stays clear; grind to dough on a metate or in a corn mill. Make into thin flat cakes and bake on top of a clean stove.

***Personal Notes:** The recipe is from in *How We Cook in El Paso, 1909*, from Miss Eleanor Sweeney. Her brother Joseph Sweeney served as El Paso mayor and county judge.*

*"Rice is born in water and must die in wine."  
--Italian Proverb*



## *Floating Island*

One quart of milk, four eggs, white, and yolks, are beaten separately. Four teaspoonfuls of sugar; two teaspoons vanilla; one half currant jelly; heat milk to scalding, but not boiling; beat the yolks; stir them in the sugar and pour upon them gradually, mixing well, a cup of hot milk. Return to saucepan and pour into a glass dish; heap up the top meringue of white, whipped until you can cut it, into which you have beaten the jelly a teaspoonful at a time.

***Personal Notes:*** *This recipe is from The El Paso Cookbook, 1898, by Maud Doane, who was a mail clerk for the El Paso post office for 40 years. She came to El Paso in 1883. She and her sister managed and built the Delevan Apartments. The earliest mention of this recipe was in The Art of Cookery Made Plain and Easy by Hannah Glasse, published in 1747. This egg custard is also called eggs in the snow. Even Ben Franklin mentioned it in one of his letters in 1771.*

*"Vegetables are food of the earth, but fruits taste of the heavens."  
--Terri Guillemets*



## Ginger Ice Cream



*Anna Pollard Burges, Courtesy of The El Paso County Historical Society.*

Make a custard of 1 pint milk, 1 cup sugar, and 2 eggs. In this, put  $\frac{3}{4}$  preserved ginger and  $\frac{3}{4}$  cup of maraschino cherries chopped fine, and 3 tablespoons sherry wine. Let stand overnight. Before freezing, add 1 quart whipping cream and 1 cup sugar.

**Personal Notes:** *From How We Cook in El Paso, 1909 by Anna Pollard Burges. Mrs. Burges was the wife of William H. Burges, the brother of Richard Burges and uncle of Jane Burges Perrenot. Mrs. Burges was born in 1872 in Fulton, Calloway County, Missouri. In 1895 she came to El Paso to visit her brother El Paso attorney J.H. Pollard. In 1896 she married William H. Burges. She was active with the Texas Western College Woman's Auxiliary, First Presbyterian Church, and the El Paso Woman's Club. The Burgeses lived at 1302 Montana Ave. She was also well known for her cooking.*



## *Gorditas De Tortillas*

Soak tortillas in milk and mash with half the cheese and the red chili, then add the flour, baking powder, and salt and form into little fat cakes. Fry until crisp in hot fat. Sprinkle the remainder of grated cheese on top and serve with very hot finely cut fired potatoes and finely cut fired Mexican sausage (chorizo)

***Personal Notes:*** From Mrs. H.G.(Luz) Partearroyo, *El Paso Herald's La Cocina Mexicana*, 1947. Mrs. Partearroyo was active in the Pan-American Round Table. She was also involved in the local theater. She was also secretary of the Mexican International Boundary Commission. She was born in Hidalgo del Parrell, Chihuahua, Mexico, and came to El Paso in 1916.

*"Food is like sex: When you abstain, even the worst stuff begins to look good."*  
--Beth McCollister



## McGinty Brunswick Stew

Get a large soup bone and cook for 3 to 4 hours until all the substance is out. Remove all the meat and use the stock for stew; slice ½ pound bacon, fry over medium heat, drain off grease, cut very fine, and add to stock. Disjoint 5 or 6 hens and boil in stock until the meat is ready to pull from the bone. Add four cans of corn (the stew must be stirred constantly from the time the corn is added.) Add 1 pound of okra or lima beans as preferred; 2 or 3 onions, chopped very fine; and a little garlic season to taste with dry chili pequin and pepper. Then add 3 or 4 cans of tomatoes. Keep plenty of hot water ready and add when necessary to prevent stew from drying. When cooked nicely, set the pot in a larger pot of boiling water to keep it hot; no further stirring is necessary. The recipe makes about 3 gallons, which will serve 6 McGintys or 18 ordinary people.

***Personal Notes:** From Catherine Shoupe Watts from How We Cook in El Paso, 1926. The McGinty Club was El Paso's musical group for men in the 1890s. The McGinty's Band played at many gatherings and led many parades. They also held many picnics and put on fireworks shows at mesa garden, the current site of the Burges House on 603 W. Yandell St. This dish was created in 1897 by James J. Watts, one of the earlier members, for the picnics.*

*"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."*

*--Doug Larson*



## *Mothers Tea Cake*

½ cup Crisco (level)  
1 cup sugar  
½ teaspoon salt

2 eggs  
1½ cup milk  
½ teaspoon vanilla

Cream Crisco, sugar, salt, and eggs together. Beat until light and soft; mix and sift flour, baking powder, and add to the first mixture alternatively with the milk. Add vanilla. Beat thoroughly and pour into a well-greased shallow baking pan. Bake in a moderate oven (350°).

***Personal Notes:*** *From Tested Recipes Ashbury Methodist Church by the Women's Missionary Society, 1938 by Mrs. A.J. W. (Luella) Schmid. Her husband served for 32 years as the U.S. Commissioner for El Paso. She was a native of Herman, Missouri, and came to El Paso with her husband and son in 1910. Mrs. Schmid served as the Ashbury Methodist Church Women's Missionary Society president. She served as Most Chief of the Pythian Sisters of Pythian Temple No.6 0 and the Ashbury Methodist's Woman's Christian Service president.*

*"An onion can make people cry, but there has never been a vegetable invented to make them laugh."*

*--Will Rogers*



## Mrs. Marr's Nut Cake

Sift together:

1 cup sugar  
2 teaspoons baking powder  
1 and ½ cups flour  
½ teaspoon salt

Rub ½ cup butter into the above  
Add 2 beaten eggs  
1 cup milk  
¾ cup crushed nuts

If necessary, add flour to make a stiff batter. Spread ½ inch deep into a greased pan. Sprinkle sugar and crushed nuts on top. (This would be in addition to those above). Bake in a moderate (350°) oven for 30 minutes. Serves 8.

**Personal Notes:** *From Southwest Cookery of Old by Frances Hatfield, published in the Summer 1987 edition of the El Paso County Historical Society's Password. This recipe belonged to Katie Knight Marr, the wife of Col. James Marr. She came to El Paso in 1878 from Denver, Colorado, by stagecoach with U.S. Cavalry troops protecting the stage coach because of fear of Indian attacks. She worked with Octavia Magoffin to set up charity organizations in El Paso. She worked closely with her husband in his reform organization that went after vice in El Paso called the Law and Order League.*

*"If I have one addiction in life, it's probably food."  
--Liam Hemsworth*



## Octavia Magoffin's White Cake



*Octavia Magoffin, Courtesy of The Texas State Historical Commission.*

**Cake:** One cup of butter; two cups of powdered sugar; three cups of sifted flour; one cup of milk; whites of seven eggs. Cream sugar and butter; stir in flour and milk; lastly, whites of eggs; one teaspoon of yeast powder. Flavor with vanilla. Bake in a loaf or layers. **Caramel filling:** One pound or block of maple sugar, dissolve in water, one cup of granulated sugar, and one cup of butter; cover with water and boil until thick enough to spread. If too thick, thin it with a bit of cream or milk.

**Personal Notes:** *From The El Paso Cookbook, 1898 from Octavia Magoffin. Mrs. Magoffin came to El Paso in 1869 with her husband, Joseph. She became a prominent civic leader known for her charity work, including organizing a soup kitchen for the city of El Paso and the first Ladies Benevolent Society at the Immaculate Conception Catholic Church. The couple built the Magoffin Homestead on 1129 Magoffin in 1875, which is now a museum. Mr. Magoffin went on to serve as mayor of El Paso.*



## *Peach Ice Cream*

1 qt mellow peaches  
1 lb sugar

1 qt milk  
1 qt whipped cream

Slice enough mellow peaches to make 1 quart. Mix with 1 pound sugar. Let stand for 2 hours, then add 1 quart of milk and 1 quart of whipped cream. Mix and freeze.

***Personal Notes:** Another popular dish from *The El Paso Cookbook 1898*, according to Gloria Diaz in her cooking classes at the Magoffin Home.*

## *Penuche Candy*

3 cups brown sugar  
1 cup milk  
1 cup broken nuts

Butter (size of walnut)  
1 teaspoon vanilla  
pinch of salt

Boil sugar and milk until firm when stirred in cold water. Remove from fire and stir; when partially cool, add vanilla, butter, salt, and nuts.

***Personal Notes:** From *How We Cook in El Paso, 1926*, from Mrs. J.F. Williams. Nancy Beall Williams' dish became in demand among her daughter, Nancy, and her college friends. The Williamses lived at 323 W. Rio Grande St., which is also famous. It was the location of a critical meeting between Pancho Villa and U.S. Gen. Hugh Scott in 1915 during the Mexican Revolution.*

*"Great food is like great sex. The more you have the more you want."  
--Gael Greene*



## Popcorn Balls

Take three large ears of popcorn; after popping, shake it down in a pan so the unpopped corn will settle at the bottom, and put the popcorn in a greased pan for the candy. Take one cup of molasses, one cup of light brown sugar, and one tablespoon of vinegar, and boil until it hardens in water. Pour on the corn, stir with a spoon until thoroughly mixed, then mold into balls with your hands.

*Personal Notes: From a cookbook published by the Crockett School PTA in 1923.*

## Popovers (1898)

1 cup flour  
1 cup milk

1 egg, yolk and white beaten  
separately

Mix salt and flour together; add part of milk slowly until smooth paste is formed; add remainder of milk with yolk and lastly white beaten to stiff forth. Cook in hot buttered gem pans in quick oven one half hour

*Personal Notes: From the El Paso Cookbook from Mrs. Turner.*

*"Laughter is brightest in the place where the food is."  
--Irish Proverb*



## *Postre De Arroz*

Put in boiling in a pint of water one-half pound of rice and leave to cook dry, not burn. Then add one quart of milk; when half done, add one pound of sugar and keep stirring until it becomes thick. Add half spoonful of cinnamon when cooked. This is served in cups and sprinkles a little cinnamon on top.

*Personal Notes: From the El Paso Cookbook, 1898 from Eloisa F. De Green.*

## *Spanish Squash*

3 lbs tender squash  
1 lb ripe tomatoes

3 medium-sized onions  
3 medium-sized green chiles

Wash, peel, and slice the squash in a saucepan with a small amount of water, and cook until tender. Cut onions into small pieces, and fry in hot drippings until it begins to brown. Turn the squash and fry for a few minutes. Halve the tomatoes and chiles cut into small pieces and add to squash; season well with salt and pepper. Let cook until light brown.

*Personal Notes: The recipe is from How We Cook in El Paso, 1926, from El Paso Pioneer Policewoman Kate Farnham. She was appointed to the El Paso police force in March 1919 and served until 1923. Farnham then moved to the position of matron at Washington Park, and later ran the Upson Hotel, a boardinghouse on Upson Street.*

*"Food is not just eating energy. It's an experience."  
--Guy Fieri*



## *Tomato Soup*

Press through a sieve one large can of tomatoes with their juice. Allow to come to a boil. Add a pinch of baking soda. Bring to a boil one quart of milk. Pour tomatoes in, stirring slowly. Season with butter, pepper and salt. Serve immediately with toast

***Personal Notes:*** *From The El Paso Cookbook, 1898 from Septima Price Lackland. Septima Price Lackland's husband, J.C. Lackland, was the cashier and manager for the El Paso National Bank. The first published recipe for tomato soup appeared in 1857.*

*"Food, to me, is always about cooking and eating with those you love and care for."*  
*--David Chang*



## *Watermelon Rind Pickle*

Cut rind into small pieces; trim off all of the pink meat and green rind. Put the rind in weak salt water for twelve hours. Drain off the salt water, cover with cold water and cook until tender and clear. To ten pounds of rind, put two pounds of brown sugar, one quart of vinegar (if vinegar is very strong, add one or two cups of water), half an ounce of cloves (whole), half an ounce of stick cinnamon (broken up) a few allspice. Put vinegar, sugar, and spices in a preserving kettle and when boiling, add the rind and cook for 20 or 30 minutes.

***Personal Notes:*** From Mrs. W.H.(Priscilla) Seamon from *How We Cook in El Paso, 1926*. Priscilla Coleman Seamon was born in Virginia. Her husband, W.H. Seamon, was a well-known geology and mining instructor at the Texas College of the Mines and Metallurgy (UTEP). Mrs. Seamon founded the first female auxiliary at the college. She also served as chair of the El Paso Chapter of the Red Cross. She also headed the El Paso Chapter of The American War Mothers.

*"One should eat to live, not live to eat."*  
--Moliere



## Welsh Rarebit



*Helen O'Shea Keleher, Courtesy of The El Paso County Historical Society.*

1 tablespoon butter	¼ teaspoon mustard
½ lb soft cheese cut into small pieces	1g cayenne
¼ teaspoon salt	½ cup milk

Put butter in a chafing dish. After it melts, add the cheese and seasoning. Add milk gradually, stirring constantly. Serve on toasted crackers. Welsh rarebit likely originated in Wales and goes back to the 1700s. September 3 is Welsh Rarebit Day.

**Personal Notes:** From the Helen O'Shea Keleher Notebook, Circa 1918-1920 at the El Paso County Historical Society. Helen O'Shea Keleher and her mother, Agnes O'Shea, ran the County Poor Farm in Socorro, Texas, (later known as Rio Vista Farm) until her retirement in 1964. She was active in various organizations. In her will, she left a substantial amount of money to the El Paso Cancer Treatment Center. In 1984 she endowed a library and scholarship fund for UTEP. An elementary school in the Socorro Independent



*School District is named after her.*

## *Chicken Tamales*

One cup minced chicken; one tablespoon chile, chopped fine (omit seeds); three spoons chicken stock; and ½ cup chopped olives. Mix well. Take a large spoonful of rather stiff corn meal mush, flatten to half an inch, put on a smooth corn husk, fold ends over, and tie securely. Drop these in boiling fat the same as doughnuts, and cook for about the same length of time.

***Personal Notes:*** *From How We Cook in El Paso, 1898 from Sarah Emma Roberts Stevens. She came to El Paso in 1887 with her husband, Charles Brooks Stevens Sr, who was in the real estate business. Mrs. Stevens went on to serve as president of the El Paso Woman's Club and led the Club's relief efforts during WWI. Tamales can be traced back to 8000 BC. in Mesoamerica. They were considered sacred and called "food of the gods." They are made for special rituals and festivals.*

*"Patience is the secret to good food."  
--Gail Simmons*



## *Ambrosia(1898)*



*Angelina V. Winkler, A Woman of the  
Century, Willard, 1893*

One can grate the pineapple and four large oranges cut up fine and package the coconut. Place alternate layers of pineapple, and coconut in a large glass dish, with powdered sugar sprinkled between, then finish at the top with coconut. Pour over the whole juice of oranges and pineapple.

***Personal Notes:*** From Angelina Winkler from *How We Cook in El Paso*, 1909. The recipe first appeared in 1867 in *The Dixie Cookery: or How I Managed My Table for Twelve Years* by Maria Massey Barringer of Concord, North Carolina. The recipe's appearance was also connected to the increased citrus fruit production during the Civil War. The dish also eventually became associated with holiday meals.



## *Batter Bread*



*Anne P. Kemp White (left) and Hedwig Schwartz,  
courtesy of The El Paso County Historical Society.*

Scald 1 and  $\frac{1}{2}$  cups of white meal, and let stand until cool (not cold); beat 3 eggs separately, add yolks to 1 pint of milk and stir slowly into the scaled meal. Add  $\frac{1}{2}$  teaspoon salt and 2 teaspoons baking powder; add beaten whites of eggs. Pour the mixture into a deep hot, greased pan. Cook in a hot oven. A hot oven is heated at 400-425°.

***Personal Notes:*** From Anne Perrien Kemp White from *How We Cook in El Paso*, 1909. White came to El Paso in 1885 with her parents. Her father was Judge Wyndham Kemp. She grew up in a house on Magoffin Avenue across the Magoffin Homestead. She married Hugh S. White, who was a prominent local physician and later wrote about her life growing up in early El Paso.



## Tamale Pie

1½ veal steak  
½ lean ground pork  
1 large onion, chopped  
1 can tomatoes

1 button of garlic  
1 teaspoon of salt  
2 large tablespoons of lard

Put chopped onion in lard and fry until golden brown; add meat and cook thoroughly. Add 1-½ pint of boiling water, then tomatoes and garlic. When nearly done, add one teaspoon of flour, chili powder (3 tablespoons), then 1 cup of raisins, and 1 cup of chopped olives.

***Personal Notes:** From Favorite Recipes, Church of St. Clement, 1949 from Anna Newman. Tamale pie was invented in the early 1900s or earlier, probably in Texas. Starting in the 1910s, it was taught in American economics classes. During WWI, this dish was also encouraged to make because it could save wheat.*

## Waffles

2 cups flour sifted twice  
4 teaspoon baking powder  
4 tablespoons sugar  
salt

2 eggs  
1½ cup milk  
5 tablespoons oil  
1 teaspoon vanilla

Mix dry ingredients and sift once. Add milk and beat well. Add egg yolks and oil. Fold in stiffly beaten egg whites and vanilla. Bake on a hot griddle until brown on both sides.

***Personal Notes:** From Recipes: A Treasure Chest of Cooking Gems, 1941 from Olga Kolhberg. Waffles are thought to have originated from a hot cake made of cereal pulps that were cooked on heated stones during the Neolithic Age or New Stone Age (10,000-4,500 BCE.) The honeycomb style is believed to have originated during the medieval period.*



## War Cake

1 cup shortening  
 ½ cup brown sugar  
 1 cup maple syrup  
 2 eggs, well beaten  
 2½ cup flour  
 2 teaspoon baking powder

½ cup hot water  
 2 teaspoons of nutmeg or other  
 cooking spice  
 ½ cooking sherry  
 2 cups nut meats  
 ½ teaspoon soda

Cream shortening and sugar. Add maple syrup and eggs, and mix well. Add sifted dry ingredients alternately with water and nutmeg mixed with cooking sherry. Fold in lightly floured nutmeats and bake in greased "9" pan at 350° for 45 minutes. Frost if desired.

***Personal Notes:** From Victory Cook Book: Selected Recipes, 1943 from Amy Cragg Colwell. She was the first woman deputy constable in El Paso. During WWII, everyday products used for baking -- like milk, sugar, flour, and eggs -- were difficult to obtain because they were being rationed. This recipe was created to get around this and to support the effort. The War Cake recipes usually consisted no or little milk, sugar, flour, eggs, and butter.*

*"I think about food literally all day every day. It's a thing."  
 --Taylor Swift*



## Ice Box Cake

1½ cubes butter  
2 cups powdered sugar  
½ granulated sugar  
¼ cup water  
few grains salt

2 teaspoon vanilla  
4 very fresh eggs  
4 square Baker's bitter chocolate  
½ pint whipping cream  
2 dozen lady fingers (or vanilla wafers)

Let granulated sugar, water, and chocolate boil for 5 minutes; beat until smooth, and let cool. Cream butter adds powdered sugar and egg yolks which have been beaten until lemon-colored. Fold the whites of the eggs, beaten dry, into the mixture. Mixed chocolate syrup with whipped cream, add salt. Combine with other mixture, add vanilla, place alternate layers of lady's fingers and mixture in pan; Place in refrigerator for 24 hours. Note: extremely important to use fresh eggs.

**Personal Notes:** From Betty Goetting from *Favorite Recipes, Church of St. Clement, 1949*. This recipe was first introduced in the late 1920s with the invention of electric refrigeration. It became popular in the 1930s because of the promotion of the electric icebox by kitchen appliance companies when this kind of technology became accessible to your average American for the first time. This recipe originated from earlier chilled desserts such as truffles and charlottes.

*"The best comfort food will always be greens, cornbread, and fried chicken."  
--Maya Angelou*



## Oatmeal Cakes (1916)

2 cupfuls oatmeal  
little salt

lukewarm water

Put the oatmeal into a bowl, and add the lukewarm water, mixing all the time with the hand until a nice pliable dough is formed. Put on board and knead well, occasionally sprinkling with oatmeal. Form into round balls, pat out thin or roll thin, cut with a biscuit cutter, and bake on a hot griddle, or toast is done on a board before the fire.

***Personal Notes:** From the Scotch Dishes, Recipes Compiled by the Equal Franchise League, El Paso, Texas, 1916, Belle Christie Critchett papers, 1915 – 1968. Mrs. Critchett served as the El Paso Equal Franchise League president in 1917. She was also the first president of the El Paso League of Women Voters, the successor organization to the El Paso Equal Franchise League in 1919.*

*"Good food is healthy food. Food is supposed to sustain you so you can live better, not so you can eat more. Some people eat to live, and some people live to eat."*  
--Yolanda Adams



## *Albondigas*

*Gloria Diaz*

Two pounds of Hamburg steak; four soda crackers dissolved in water; two eggs; a little chopped onion and tomatoes; season with salt, pepper, and a little sage. Mix well into a stewpan put a little chopped onion and tomatoes; first, having heated a spoon of lard, fry for a few moments; then fill the vessel half full of water; when boiling, make the meat mixture into balls the size of a partridge egg; drop into the water and cook for two hours and a half. Did you know Albondigas originated as an Arab dish and was brought to Spain under Moorish rule?

***Personal Notes:** A favorite recipe of mine is from *The El Paso Cookbook, 1898*, by Octavia Magoffin. I made this in our cooking class, and it received rave reviews; someone even complained that they could not get a third serving! I like this recipe so much I have prepared it a few times in the fall and winter months. My grandmother made albondigas for my mother, and my mother made them for my sisters. I like to add different veggies, use ground sirloin steak, and make the meatballs very small. This recipe can be prepared in a Crockpot to simmer all day.*

*"Food is our common ground, a universal experience."  
--James Beard*



## *Kentucky Sponge Cake*



*Anne Buford Magoffin, Courtesy of the Texas State Historical Commission.*

### *Cake*

Separate the whites and yolks of 10 eggs. Put into the yolks, the grated rind, and juice of 1 lemon and beat hard; add 1 pint of sugar and beat hard; add whites stiffly beaten and beat hard. Add 1 pint of flour, fold all together and bake in a quick oven. Note: A quick oven is heated at 400°, but for baking today usually the oven is heated at 350°

### *Strawberry Icing*

Crush a box of picked and washed strawberries with three-fourths of a cup of sugar. Let this stand for a hour and strain through a cloth. Add enough powdered sugar to make a proper thickness so it can be spread on the cake.

*Personal Notes: From Anne Buford Magoffin from April 23,*



1921, *The El Paso Herald*. This was a Buford family recipe from Kentucky. Mrs. Magoffin was married to Joseph and Octavia Magoffin's only son, James Magoffin. She and her children lived at the Magoffin Home and cared for Joseph Magoffin in his later years. Mrs. Magoffin chaired the Home Service Committee for the El Paso Red Cross and was active in war relief efforts during the World War I. She was also a member of the El Paso Woman's Club and the El Paso Women Pioneer Association.

## *New Orleans Bread Pudding*

*Machelle Wood*

Moisten sponge cake with lemon juice or wine. Beat 6 eggs, very light, and stir them into a pint of milk or cream; adding 4 teaspoons of powdered sugar and half a nutmeg. Mix the whole and bake until brown. When its cold, garnish with beaten whites of eggs thickened with white sugar and a little lemon juice then brown the top slightly.

**Personal Notes:** From Josephine Magoffin Richardson Notebook, Circa 1851-1855. Bread Pudding was invented to use stale or leftover bread back in the early 11th and 12th centuries. Mrs. Richardson was born in Mexico to James Wiley Magoffin and Maria Gertrudis Valdez. She attended the Convent School of Visitation in St. Louis, Missouri. She married Charles Richardson. She died at the Magoffin Home in 1886. Her obituary described her as a "cultured lady" and very charitable to others.

*"Everyone would be healthier if they didn't eat junk food."  
-Robert Atkins*



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## Index of Recipes by Category

### Bread and Muffins

Apple Bread 23  
Banana Fritters 21  
Banana Nut Bread 24  
Corn Fritters 30  
Corn Tortillas 25  
Fruitcake Muffins 26  
German Potato Fritters 21  
Grandma Longo's Banana Bread 22  
MeMaw's Angel Biscuit 27  
Mexican Spoonbread 28  
Popovers 22  
Strawberry Bread 28  
Sweet Potato & Pecan Biscuits 29

### Appetizers & Beverages

Avocado Dip 33  
Cheese Crisps 34  
Chex Mix 35  
Chile Lime Tortilla Chips 36  
Grandma Joyce's Onion Dip 36  
Ham and Cheese Balls 37  
Homemade Root beer 37  
Hot Tea Spiced Mix 38  
Mexican Dip 33  
Party Punch I 33  
Party Punch II 38  
Pina Colada 38  
Spanish Tapas 39  
Strawberry Ricotta Finger Sandwiches 40

### Soups, Stews, Salads and Sauces

Ambrosia Salad 43  
Avocado Salad 47  
Best Ever Spicy Beer-Cheese Soup 48  
Best Green Salad 44  
Caldo De Res 49  
Cherry Coke Salad 49  
Chili Con Carne 44  
Cranberry Salad 50  
Cream of Summer Squash 60  
Easy Soup 51  
Egg Butter 52  
Italian Sausage and Kale Soup 43  
Joy's Potato Salad 53  
Mediterranean Lentil Soup 54  
Menudo for Smaller Silver Pot 46  
New England Clam Chowder 55  
Pear Pecan Salad 45  
Perfection Salad (1904) 44  
Preacher Salad 56  
Sopa De Fideo 45



Sopa Patio Verde 57  
Spaghetti Sauce Recipe 58  
Split Pea Soup 59

#### Vegetables and Vegetarian Dishes

Asparagus 63  
Baked Beans 65  
Brussels Sprouts in Garlic Butter 66  
Fried Okra 67  
Frijoles 63  
Green Beans 67  
Lebanese Spinach and Meat 64  
Mexican Squash 68  
Peas and Onions 69  
Spinach Madeline 69  
Stir-Fried Corn with Cumin and Coriander 64  
Tamal Perdido 70

#### Main Courses: Seafood, Poultry, Pasta and Casseroles

Ashley's Chile Relleno 79  
Baked Spaghetti 80  
Bean Chili Casserole 81  
Chicken and Wild Rice Casserole 82  
Chicken Flautas 73  
Chicken Paprikás with Nokedli 83  
Chilaquiles Rojos/Chilaquiles in Red New Mexican Chile Sauce 85  
Duvi's Chilaquiles 78  
Easy Chicken and Dumplings 86  
Eleanor Roosevelt's Scrambled Eggs 79  
Fish Tacos 87  
Grilled Orange Chicken 88  
Healthier Chow Mein Noodles 89  
Honey Chicken Spaghetti 90  
Instant Pot Dirty Rice 91  
Kellogg Corn Flakes Double Coated Chicken 92  
Mom's Cincinnati Chili 93  
Mrs. Shuessler's Creamed Chicken Tacos 74  
Noodles Romanoff 94  
Parmesan Bow-Tie Skillet 75  
Red Cheese Enchiladas 76  
Rigatoni Isabella 95  
Shrimp Marigny 96  
Shrimp Mornay 97  
Spanish Rice 77  
Stuffed Bell Pepper Casserole 98  
Turkey Stroganoff (reduced fat) 99  
Turkey stuffing 100

#### Main Courses: Beef, Pork and Lamb

Alene Mexican Meat Loaf 104  
Beef Stroganoff with White Wine 105  
Courtney Ward's Beef Stroganoff 106  
Grandma Mary's Sauerkraut Pierogi 107  
Jan's Meat Hand Pies 108  
Leftover Roast Beef Stroganoff 109  
Meat Loaf with Sour Sauce 103



Mongolian Beef	110
My Mom's Meatloaf	111
Pan-Fried Meatloaf	112
Potato, Beef, and Pork Pierogi	113
Spanish Style Breaded Veal Cutlets	103
Sue Turner's Famous Caldillo	114

#### Desserts, Pies, Cakes and Cookies

Buttermilk Pie	123
Capirotada	117
Carrot Pudding: A Holiday/Christmas Steamed Pudding	124
Chocolate Cappuccino Cookies	125
Chocolate Sheet Cake	126
Cinnamon Cupcakes	119
Coffee and Cream Brownies	128
Desert Mesquite Sponge Cake	129
Divinity Candy	130
Dutch Apple Pie	131
French Apple Pie	132
Fudge	133
Ginger Cookies	133
Holiday Fruit Cookies	119
Honey Crunch Pecan Pie	134
Hot Fruit Casserole	135
Lebanese Bread Pudding	121
Mahogany Chiffon Cake	136
Mathias Nut Cake	137
Mexican Wedding Cookies	121
Mom's Famous Apple Pie	138
Never Fail Pralines	139
Oatmeal Cake	140
One Dollar Chocolate Cake	122
Orange Nut Cookies	120
Peanut Brittle	120
Potato Candy	141
Sandtarts	123
Snow Cream	142
Spice Cake (circa 1910)	118
Sugar Cookies	143

#### Historical Recipes

Albondigas	175
Ambrosia(1898)	169
Apple Sauce Cake	149
Batter Bread	170
Capirotada (1947)	150
Celery Soup	151
Cheese Sticks	151
Chicken Tamales	168
Chili Con Queso	152
Corn Dodgers	153
Corn Pone	154
Corn Tortillas	154
Floating Island	155
Ginger Ice Cream	156
Gorditas De Tortillas	157



Ice Box Cake 173  
Kentucky Sponge Cake 176  
McGinty Brunswick Stew 158  
Mothers Tea Cake 159  
Mrs. Marr's Nut Cake 160  
New Orleans Bread Pudding 177  
Oatmeal Cakes (1916) 174  
Octavia Magoffin's White Cake 161  
Peach Ice Cream 162  
Penuche Candy 162  
Popcorn Balls 163  
Popovers (1898) 163  
Postre De Arroz 164  
Spanish Squash 164  
Tamale Pie 171  
Tomato Soup 165  
Waffles 171  
War Cake 172  
Watermelon Rind Pickle 166  
Welsh Rarebit 167

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