



## MUNCHY PUFF PASTRY CHEESE STRIPS

1 box frozen puff pastry

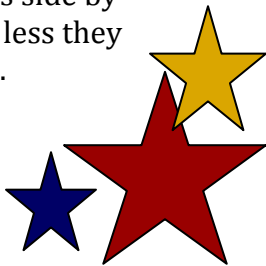
Grated Parmesan cheese

Herbs to taste- chili powder, oregano, dill, coarse salt, etc.

Defrost puff pastry. Roll out on pastry board to 1/8 or less thick. Dust with Parmesan and herbs as you like. Cut into strips, fold strips double and twist into a tight corkscrew. Lay strips side by side on ungreased cookie sheet. The closer they are, the less they will tend to unravel. Bake till golden—10 minutes or so.

*The Admiral Loves to Cook* by Marlene E. Haffner

U.S. Dept. of Health and Human Services, 1997





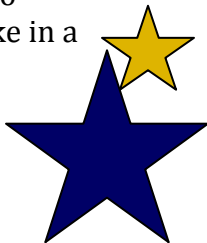
**GREAT- GREAT GRANDMOTHER'S GINGER COOKIE**  
**RECIPT**

1 cup sugar  
1 cup molasses  
1 cup shortening  
2 beaten eggs

1 teaspoon soda dissolved in  
4 tablespoons of buttermilk  
1 tablespoon ginger

Stir in enough flour with spoon to make dough stiff enough to mold with the hand. Roll the dough, cut into shapes, and bake in a quick oven. \* *equivalent of a 400-425 degree oven today*

(From *Queen of the Household*, 1889) Reprinted in  
*Celebrating the Tradition: The Victorian Christmas Booklet*  
USDA Forest Service, 2001





*The Hekman Library – Calvin College and Calvin Theological Seminary*

## SUGAR AND SPICE NUTS

*About 3 ½ cups*

1 tablespoon butter or margarine, melted

1 egg white slightly beaten

1 cup sugar

½ teaspoon salt

1½ teaspoons cinnamon

¾ teaspoon nutmeg

¾ teaspoon allspice

2 cups mixed nuts (almonds, English walnuts, and pecans)

Stir cooled fat into egg whites. Add nuts. Mix in the sugar and spice. Spread about ¼ of mixture in large shallow baking pan. Coat a few nuts at a time with the remaining sugar and arrange in pan. Sprinkle rest of sugar on nuts.

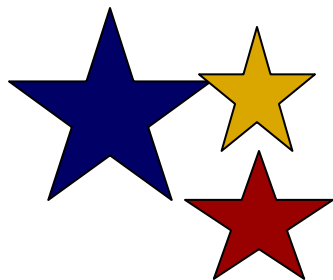


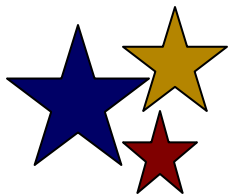
Bake at 300 degrees F –about 18 minutes until lightly browned.  
Stir gently to separate and coat nuts. Cool and store in closed  
containers.

*Food for Us All*

*The Yearbook of Agriculture 1969*

United States Department of Agriculture





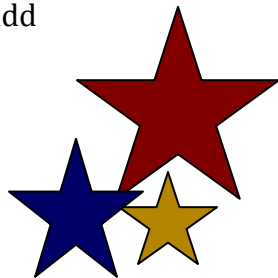
## CRANBERRY APPLE PUNCH

*12 servings, about ½ cup each*

- 1 quart apple cider
- 1 cup sweetened cranberry juice
- 1 teaspoon lemon juice
- 2 cups chilled ginger ale

Combine fruit juices and chill. Just before serving add ginger ale.

*Food for Us All*  
*The Yearbook of Agriculture 1969*  
United States Department of Agriculture





## CARROT RAISIN BARS

*24 bars, 60 calories per bar*

1/3 cup sugar

1/3 cup softened margarine

1 large egg

1 teaspoon vanilla

1/4 cup water

3/4 cup flour

1 teaspoon baking powder

3/4 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup quick cooking rolled oats

1/4 cup raisins, chopped

1/2 cup carrot, shredded

Preheat oven to 350 degrees. Lightly grease 8-inch by 8-inch baking pan.

Beat sugar and margarine with an electric mixer at medium speed until well blended – about 2 minutes. Add egg and vanilla. Beat well. Mix in water.



Mix flour, baking powder, cinnamon, and salt. Add to egg mixture.  
Mix until blended.

Mix in oats, raisins, and carrot.

Spread dough in pan.

Bake until toothpick inserted into center comes out clean – about 25 minutes.

*Thrifty Meals for Two: Making Food Dollars Count*  
Home and Garden Bulletin 244  
U.S. Department of Agriculture, 1985

