**Soft pretzels**

1 pkg. yeast or 1 Tbsp. yeast

1 ½ cups warm water

1 tsp. salt

1 Tbsp. sugar

 4 cups flour

1 egg, beaten

 Coarse salt

Measure warm water into a large mixing bowl. Sprinkle in yeast and stir until it looks soft. Add salt, sugar, and flour. Mix and knead dough 1-2minutes. Take small balls of dough to roll, and twist into pretzels. Grease cookie sheet lightly. Lay twisted pretzels on greased cookie sheets. Brush pretzels with beaten egg and sprinkle with coarse salt. (Optional: cinnamon/sugar, garlic, parmesan cheese, etc.) Bake at 425degrees for 12-15minutes. (They should be golden brown on top.)

Beignets

1 t active dry yeast

¾ c warm water

¼ c white sugar

½ t salt

1 egg

1 t vanilla

1/3 c + 2 T + 1 t evaporated milk

3 1/2 c flour

2 T shortening

2 C vegetable oil for frying

2 T confectioners’ sugar

Honey

In a large bowl, dissolve yeast in warm water. Add sugar, salt, eggs, evaporated milk and blend well. Mix in 2 c flour and beat until smooth. Add the shortening, and then the remaining 1 ½ c flour. Cover and chill for up to 24 hours. Roll dough 1/8 thick. Cut into 2 ½ inch squares. Fry in 360 degree hot oil. If beignets do not pop up, oil is not hot enough. Drain onto paper towels. Shake confectioners’ sugar on to beignets or drizzle honey over them. Serve warm

**Frog Eye Salad**

2/3 c Ronzoni Acini Pepe

1 can (11 oz) mandarin orange drained

½ can (20 oz) pineapple chunks

2/3 c milk

1 2/3 c whipped topping

1/8 c sugar

½ pk (4 serving size) vanilla instant pudding and pie filling mix

½ can (8 oz) crushed pineapple drained

1 ½ c mini marshmallows

¼ c flaked coconut

Cook pasta according to package directions; drain. Rinse with cold water to cool quickly; drain well. Drain juice from pineapple chunks, reserving 1/8 c. In a large bowl, add reserved juice, milk, sugar and pudding mix; beat with a whisk or electric mixer until well blended, about 1 to 2 min. Add pasta to pudding mixture; stir gently. Let stand 10 min. Add crushed pineapple and chunks, oranges, whipped topping, marshmallows and coconut; mix gently and thoroughly. Cover; refrigerate until cold.

Egg Rolls

 1/2 lb. ground pork

1/4 c. shredded carrots

 1/8 head of cabbage, finely shredded

1/2 tsp. salt

 2 green onions

1/2 tsp. pepper

 6 mushrooms, chopped small

1 tsp. sugar

 1/2 c. bean sprouts

1 tsp. soy sauce

 1 stalk celery, chopped small

10 egg roll wrappers

1. Preheat 2-inches of cooking oil in an electric skillet to 375°. Be extremely careful when working around the electric skillet. Both the pan and the oil will be extremely hot.

2. In a regular skillet, cook the ground pork until completely cooked through. Drain the grease from the pork and transfer pork to a large mixing bowl. Add salt, pepper, sugar and soy sauce and mix until well combined.

3. Wash and dry all vegetables. Shred the cabbage until it is in very thin pieces. Add this to the pork mixture. Chop the green onions, mushrooms, bean sprouts, celery and carrots into very small pieces, (almost minced). Add all of the vegetables to the pork mixture.

4. Prepare to wrap the egg rolls by clearing a spot on the counter and filling a custard cup with cold water.

5. Place an egg roll wrapper in a diamond in front of you on the counter. Place a good amount of pork filling the center of the diamond. Fold the bottom of the diamond up and over the filling.

6. Fold the sides of the egg roll wrapper in toward the center. (It should look like an open envelope.) Using your clean fingers or a pastry brush, wet the top point of the diamond and all exposed edges of the egg roll. Fold the top point of the diamond over the filling and seal in all edges.

7. With your tongs, carefully place the egg rolls into the hot oil, seam side down. Cook the egg rolls on each side until golden brown. (About 5-8 minutes.) Watch the egg rolls carefully so they do not burn.

8. When the egg rolls are finished cooking, remove them from the cooking oil and place them on a plate covered with paper towels. Turn off the electric skillet and begin preparing the Sweet and Sour Sauce recipe on the back of this paper.

**Ingredients**

* 3/4 cup white sugar
* 1/3 cup white vinegar
* 2/3 cup water
* 1/4 cup soy sauce
* 1 tablespoon ketchup
* 2 tablespoons cornstarch

**Directions**

1. Place the sugar, vinegar, water, soy sauce, ketchup and cornstarch in a medium saucepan, and bring to a boil. Stir continuously until the mixture has thickened.

**Sweet and Sour Chicken**

½ (8 oz) can pineapple chunks, drained (juice reserved)

1 green bell pepper, cut into 1 inch pieces

2 T cornstarch

¾ c and 2 T water

¼ c and 2 T white sugar

¼ c distilled white vinegar

1 drop orange food color

4 skinless, boneless chicken breast halves- cut into 1 inch cubes

1 c and 2 T self-rising flour

1 T vegetable oil

1 T cornstarch

¼ t salt

1/8 t ground white pepper

½ egg

1 c water

2 c vegetable oil for frying

In a saucepan, combine ¾ c water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 2 T cornstarch and 2 T water; slowly stir into saucepan. Continue stirring until mixture thickens. Combine flour, 1 T oil, 1 T cornstarch, salt, white pepper, and egg. Add ¾ c water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated. Heat oil in skillet or wok to 360 degrees F. Fry chicken pieces in hot oil until golden. Remove chicken, and drain on paper towels. When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.

**Chicken Enchilada Soup III**

½ lb skinless, boneless breast halves

1 – ½ teaspoons vegetable oil

1 1/4 cup diced onion

½ clove garlic, minced

2 cups chicken broth

½ cup mesa harina

1 – ½ cups water, divided

½ cup enchilada sauce

1 cup shredded cheddar cheese

½ teaspoon salt

½ teaspoon chili powder

¼ teaspoon ground cumin

You have scaled this recipe’s ingredients to yield a new amount (4). The directions below still refer to the original recipe yield (8)

1. In a large pot over medium heat, cook chicken breast in oil until well browned on all sides. Remove and set aside.
2. Cook onion and garlic in remaining oil until onions are translucent. Pour in chicken broth.
3. In a bowl, whisk together masa harina and 2 cups of water until well blended. Pour into pot with remaining 1 cup water, enchilada sauce, cheddar, salt, chili powder and cumin. Bring to a boil.
4. Shred cooked chicken and add it to the pot. Reduce heat and simmer 30 to 40 minutes, until thickened.

Lean Bread Dough

2 T active dry yeast

2 c plus 2 T warm water (110’ to 115’)

1/3 c vegetable oil

¼ c sugar

1 egg

1t salt

3 to 3 ½ c all purpose flour

In a large bowl, dissolve yeast in warm water. Add oil and sugar; let stand for 5 min. Add the egg, salt and enough flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 3-5 min. Do not let rise. Divide into 12 pieces; shape each into a ball. Place 3 in. apart on a greased baking sheet. Cover and let rest for 10 min. Bake at 425’ for 8-12 minor until golden brown. Remove from pans to wire racks to cool.

Shrimp and Sausage Gumbo

1 lb hot Italian sausage links (pricked several times with a fork)

3 T vegetable oil

¼ c all-purpose flour

1 medium green pepper chopped

1 medium onion chopped

2 cloves garlic minced

2 medium stalks celery chopped

1 can (14-14 ½ oz) chicken broth

1 can (14 ½ oz) stewed tomatoes

1 c water

1 pakg (10oz) frozen sliced okra (thawed)

1 bay leaf

¼ t dried oregano

¼ t dried thyme

Salt

1 ½ c regular long grain white rice

1 ½ lbs shelled and deveined shrimp

Heat 6 quart dutch oven on medium-high until hot. Add sausage links and cook 8 min or until well browned, turning frequently. Transfer sausages to plate to cool slightly, about 10 min. when cool, cut sausages into ½ inch thick diagonal pieces. While sausages cool, discard all but 1 T drippings from dutch oven. Add oil to Dutch oven and heat on medium. (If your sausages are very lean and you do not get 1 T drippings, add enough additional oil to drippings to equal ¼ c fat total.) Gradually stir flour into drippings until blended, and cook 4 to 5 min or until flour mixture (roux) is deep brown, stirring constantly. Add green pepper, onions, celery, and garlic and cook 5 to 6 min or until all vegetables are tender, stirring occasionally. Return sausages to Dutch oven; stir in broth, tomatoes, water, okra, bay leaf, oregano, thyme, and ¼ t salt; heat to boiling on high. Reduce heat to low; cover and simmer 30 min to blend flavors. Meanwhile, prepare rice as label directs. In medium bowl, toss shrimp with ¼ t salt. Add shrimp to Dutch oven; cook 2 to 3 min or until opaque throughout. To serve, discard bay leaf. Serve gumbo in large bowls, top each serving with a scoop of rice