

DUMPLINGS FOR SOUP

FORCE-MEAT FOR KREPLECH

Grind or chop fine 2 cups of any cooked or left-over meat. Season with 1 teaspoon of salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ teaspoon onion juice, and a pinch of ginger or nutmeg. Add an egg and mix well. This may also be rolled into $\frac{1}{2}$ inch balls, roll in flour and cook in boiling soup, or in fat.

NOODLES

Beat 1 large egg slightly with $\frac{1}{4}$ teaspoon salt, add about $\frac{2}{3}$ cup flour, or enough to make a very stiff dough. Knead well, until the dough is smooth. Place on a slightly floured board and roll out very thin. Place the sheet of dough on a clean cloth until it is dry but not too brittle to handle. Fold in tight roll. With a sharp knife cut through the roll in thin threads. Toss the threads lightly with the fingers to separate them, and spread on a board to dry thoroughly. Store in a covered jar. When ready to use, cook in boiling salted water or soup for 10 minutes.

QUICK MEAT KNISHES

Sift 2 cups flour, measure accurately, and sift again with 1 teaspoon of baking powder and $\frac{1}{2}$ teaspoon of salt. Cut 1 tablespoon of fat, add 2 beaten eggs and 2 tablespoons of water. Form into a smooth dough. Roll into a thin sheet on a floured board, cut dough into 6 squares.

Grind 2 cups of cooked meat and add $\frac{1}{2}$ cup of mashed potatoes. Season with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon of pepper. Place some of the meat mixture on each square. Moisten the edges of the dough and fold up over the meat, so that a little of the meat shows in the center of each. Press the edges of dough firmly together. Melt 2 tablespoons of fat in a pan, place the knishes in it, and bake in an oven heated to 350 F., until the crust is nicely browned, about $\frac{3}{4}$ of an hour.

KREPLECH

Roll noodle dough thin, and cut in pieces 2 inches square. Place 1 tablespoon of force-meat on each square, then fold square into 3 cornered pockets, pressing edges well together. Dry 1 hour. Drop in boiling soup or salted water and cook 15 minutes. Serve in soup or with a tomato sauce.

CHEESE BLINTZES

3 eggs	1 cup milk
$\frac{1}{2}$ tsp. salt	1 cup water
$1\frac{1}{2}$ cup flour	

Beat eggs well and mix in flour and salt. Add the milk and water a little at a time so it will not be lumpy. Grease a frying pan very slightly with butter or vegetable fat. Pour in 2 tablespoons of the batter tilting the pan so as to allow the batter to run all over the pan. Fry over low heat on one side only, turn out onto a clean cloth or on brown paper until cool. Fill with the cheese mixture; fold over and tuck the edges well. Fry to a golden brown on both sides and serve hot. You can use the same leaves and fill with chopped meat and fry in fat to a golden brown.

Filling

$\frac{1}{2}$ lb. cottage cheese	1 egg
$\frac{1}{2}$ lb. processed cheese	dash cinnamon and sugar
2 heaping tbsp. sugar	

(Mrs. Bessie Mack)

KNISHES

4 cups flour	1 tsp. sugar (rounding)
1 tbsp. baking powder	Use 3 or $3\frac{1}{2}$ lb. meat for filling
1 tsp. salt (rounding)	

Sift together then add $1\frac{1}{4}$ cups Crisco and blend together with dry ingredients. Add 1 beaten egg and $1\frac{1}{2}$ cups water and

mix together to form soft dough. Put flour on board and work in with dough, lightly to handle. Roll out dough, fill with ground meat and cut to proper size (with hand or knife), then roll in melted shortening. Prick with fork and bake in greased pans in hot oven 450 F. until brown.

Filling

Steam 2 or 3 onions in chicken fat and grind with cooked meat. Season to taste with salt and pepper. Add more fat if too dry. Makes about 70.

(Mrs. Sadie Schatz)

BAGEL OR CHALLA DOUGH

8 cups flour	$\frac{1}{4}$ cup sugar
5c yeast cake	2 tbsp. salt
3 eggs	$\frac{1}{2}$ cup Crisco
2 cups warm water	

Sift flour in a mixing bowl and put in your eggs, salt and sugar. Take some of your water and dissolve the yeast cake. Melt the Crisco and put in the bowl and the hot water together and mix until the dough is thoroughly mixed and the dough should not be too sticky, cover and let rise until double in size. Then roll out on board and cut small pieces and roll out doughnut shape. Have on the stove rapid boiling water in a pot and drop them in until they come to the top and then put them on a board wet down with cold water. Bake in a very hot oven on one side and then on the other. This only takes about 5 minutes on each side—until they are golden brown on both sides. You can put them on a greased cookie sheet to bake or directly on the shelves of the gas oven; or if you have a coal stove, you can put it on the bottom of the stove.

(Mrs. Swonkin)

BANANA BREAD

Cream together $\frac{1}{2}$ cup shortening and 1 cup sugar; add 2 bananas crushed, 2 cups flour, 2 eggs slightly beaten; 1 teaspoon soda, $\frac{1}{4}$ cup nuts. Use loaf tin 12x4 $\frac{1}{2}$. Bake in 325 F. oven.

CHALLA OR WHITE BREAD

6 cups flour
1 tbsp. salt

1 tbsp. sugar

Sift together above ingredients. Make hole in center of flour and rub in 5c Bakers yeast with a little flour; add $\frac{2}{3}$ cup luke warm water and mix with yeast. Cover with little flour and leave for short while. Cover and let rise until double in size. Add 3 tablespoons melted shortening, 3 eggs, or 3 yolks only can be used; $1\frac{1}{2}$ cups lukewarm water.

Mix all together with spoon then add more flour to be able to knead. You can make tea rolls or biscuits with this same dough.

(Mrs. Sadie Schatz)

GRAHAM BREAD

2 cups graham flour
1 cup white flour
1 level teaspoon soda
 $\frac{1}{3}$ cup sugar
salt
2 tbs. butter

1 $\frac{1}{3}$ cups milk
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup nuts, chopped
 $\frac{1}{2}$ cup raisins or 1 cup nuts
1 egg

Sift dry ingredients. Cream butter. Add egg, milk and molasses. Bake one hour at 350 degrees.

ORANGE NUT BREAD

$4\frac{1}{2}$ cups flour
 $7\frac{1}{2}$ tsp. baking powder
 $1\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ cups minced orange peel
 $\frac{3}{4}$ cup orange juice

6 tbsp. shortening
 $\frac{3}{4}$ cup sugar
3 eggs
 $1\frac{1}{2}$ cups milk
 $1\frac{1}{2}$ cups nut meats, chopped

Mix and sift flour, baking powder and salt. Stir in orange peel. Cream shortening, gradually add sugar, cream well. Add eggs and beat well. Add flour and milk alternately, then add orange juice. Bake in loaf pan 1 hour at 400 degrees.

SANDWICH LOAF

1 loaf unsliced whole wheat bread	1½ lbs. cream cheese
	¾ cup salmon salad
1 loaf unsliced white bread	¾ cup egg salad
¼ lb. butter	

$\frac{3}{4}$ cup olive and nut filling

Cut bread lengthwise, removing crusts. Cut 2 strips $\frac{1}{2}$ inch thick of white bread and whole wheat bread. Spread each generously with butter. Alternate layers of bread, first white, then whole wheat. Spread one with each filling, leaving one slice for top. Press together lightly. Mix cream cheese until a very creamy mass, spread over entire loaf. Decorate with colored cream cheese flowers. Garnish with cucumber water lilies.

INGREDIENTS

Shortening—Shortening is used for flavor and to improve the texture. Much shortening retards the growth of yeast. For loaf breads, crisco or butter substitutes can be used. For rich rolls, cake and pastries, butter is preferred.

Eggs—Eggs are used in richer breads and pastries for flavor, color and richness.

Accurate measurements are necessary to obtain uniformly good results.

KNEADING

Knead dough quickly and lightly until it is smooth and elastic and the surface blisters. It should not stick to the fingers or board. Push the dough with the palms of the hands, with fingers curved to prevent dough from flattening out too much. With every push it should be turned one-quarter way round and folded over.

RISING

After kneading, place dough in greased bowl and set in a warm place, free from draft. Brush top of dough with melted shortening and cover bowl to prevent the forming of a crust which would cause a streak in the bread. Let it rise until double in bulk. Cut down by cutting through dough and turning it over with a knife. This checks fermentation, for over rising causes a yeasty taste in the finished bread or rolls.

MOULDING

Shape dough into loaves to half fill greased bread pans, handling as little as possible and using no flour. Let it rise again in warm place, free from draft, until double in bulk. Flour the finger and make an impression in the loaf; if the impression disappears, let it rise a little longer; if it remains, bread will rise no more and is ready to bake.

BAKING

Any yeast mixture may be placed in either a preheated oven or a cold oven. Preference is given to the cold oven method because of the convenience of using only one temperature throughout the entire baking period. When using cold oven, bread and rolls are placed in the oven before they have doubled in bulk, they complete their rising with the gradual heating of the oven.

POP-OVERS

2 eggs	1 teaspoon melted butter
1 cup bread flour	$\frac{1}{4}$ teaspoon salt
1 cup milk	

Sift flour with salt. Beat eggs and combine with milk and melted butter. Combine mixtures and beat until smooth. Fill cold, well-greased custard cups almost half full. Temperature 425 degrees. Time—45 to 60 minutes.