

# Favourite Recipes



Towers Head Office  
November 1986

## INDEX

### Page Nos.

BACHELOR RECIPES.....	1
BREAKFAST/LUNCHES.....	2-3
APPETIZERS AND DIPS.....	4-5
SALADS.....	6-7
MAIN DISHES - Beef.....	8-9
- Cheese.....	10
- Pasta.....	11-12
- Pork.....	13-14
- Poultry.....	15
- Seafood.....	16-17
- Vegetables.....	18
- Other.....	19-21
DESSERTS - Bars & Squares.....	22-27
- Biscuits.....	28-29
- Breads & Loaves.....	30-32
- Cakes & Frostings.....	33-42
- Cookies.....	43-47

### BACHELOR DIP

- Step 1 - Some Fish
- Step 2 - Some Cream Cheese
- Step 3 - Mash up and Serve

### BACHELOR SOUP

- Step 1 - Some Chicken
- Step 2 - Some Water
- Step 3 - Boil and Serve

### BACHELOR STEW

- Step 1 - Some Meat
- Step 2 - Some Potatoes
- Step 3 - Some Water
- Step 4 - Some Salt
- Step 5 - Boil and Serve

## BACHELOR PUDDING

Ingredients - 1 can Mixed Fruit  
- 1 openor

Step 1 - Open Can and Serve.

*These recipes come from Ron Ferguson's Bachelor Cook Book. I understand his wings have since been clipped and he is being 'forced' to eat more exotic dishes!*

## WILD RICE DRESSING

Yield: 3 cups  
(For duck, chicken, pheasant or  
double for 10 lb. turkey)

2 tbsp. butter  
1 tbsp. onion, freshly chopped  
2 tbsp. celery, finely chopped  
1 tbsp. chopped parsley  
1 1/2 tsp. savory (or sage)  
1 tsp. Worcestershire sauce  
Salt and Pepper to taste  
2 cups cooked wild rice

Brown onion in butter, add celery and  
saute a few minutes. Combine with  
parsley, worcestershire sauce, savory,  
salt and pepper. Toss with wild rice.

## WILD RICE DRESSING

Yield: 3 cups  
(For duck, chicken, pheasant or  
double for 10 lb. turkey)

2 tbsp. butter  
1 tbsp. onion, freshly chopped  
2 tbsp. celery, finely chopped  
1 tbsp. chopped parsley  
1 1/2 tsp. savory (or sage)  
1 tsp. Worcestershire sauce  
Salt and Pepper to taste  
2 cups cooked wild rice

Brown onion in butter, add celery and  
saute a few minutes. Combine with  
parsley, worcestershire sauce, savory,  
salt and pepper. Toss with wild rice.

## CRANBERRY STUFFING

3 cups fresh cranberries  
3/4 cup sugar  
3/4 cup butter, melted  
12 cups bread crumbs  
1 1/2 cups raisins  
1 tbsp. salt  
Grated rind of 2 lemons  
1 tbsp. salt  
3/4 tsp. cinnamon  
3/4 cup broth or water

Chop cranberries and blend in sugar.  
Blend butter and bread crumbs. Combine  
these two mixtures with remaining  
ingredients. Mix well.

Yield: Stuffing for 12 to 14 lb. turkey.

## HOW TO BAKE A CAKE

Light oven. Get out bowls, spoons and ingredients. Grease pan and crack nuts. Remove 18 blocks and 17 toy automobiles from kitchen table. Measure out 2 cups of flour. Remove Johnny's hands from flour and wash his hands. Put flour, baking powder and salt in sifter. Get dustpan and sweep up pieces of bowl Johnny knocked on floor. Get another bowl. Answer Doorbell. Return to kitchen and remove Johnny's hands from bowl. Wash Johnny and get out egg. Answer phone. Return and take out greased pan. Remove 1/4 inch of salt from pan. Look for Johnny. Return to kitchen and find Johnny. Remove his hands from bowl. Wash shortening, etc. from him. Take up greased pan and find 1/4 inch of nutshell in it. Head for Johnny who flees, knocking bowl off table. Wash kitchen floor, wash walls, wash dishes and call bakery. Lie down.

## CHICKEN AND FRUIT SALAD

### Orange-Yogourt Dressing:

- 1 container (175g) BEATRICE light plain yougourt
- 2 tbsp. frozen orange juice concentrate, thawed
- 1/2 tsp. lemon juice
- 1/2 tsp. fresh or dried chopped chives
- 1/4 tsp. dried rosemary
- Freshly ground pepper to taste

### Salad:

- 8 cups torn lettuce (romaine, leaf or iceberg)
- 1/2 cup mandarin orange segments, drained
- 1/2 cup fresh or canned pineapple chunks, drained
- 1/3 cups seedless red grapes
- 1/4 lb. low-fat mozzarella cheese, cut in bite-size strips (1 cup)
- 1/2 lb. cooked boneless chicken, cut in bite-size strips (1 1/2 cups)

In small bowl, stir together all dressing ingredients until well belended; refrigerate until serving time.

To prepare salad, toss lettuce with mandarin orange segments, pineapple chunks, and grapes. Divide salad mixture among 4 serving plates. Top with mozzarella cheese and cooked chicken strips. Serve with orange-yogourt dressing.

Makes 4 servings. Preparation time: 20 min.