



QUARANTINE CUISINE COOKBOOK

Welcome to Snohomish PUD's

Quarantine Cuisine

cookbook!

It's hard to believe in these times, but using electricity to cook was a novel idea in the late 1960s and 1970s. Like many utilities then, the PUD got innovative and hired home economists to help share information on using electricity for cooking. Our home economists held demonstrations for schools, civic and social groups. These demonstrations covered a number of subjects, all related to the wise and efficient use of electricity in your home. Groups could come to the PUD Electric Building headquarters in Everett, watch our home economists prepare recipes and get to smell – and taste! – the results. Topics also included safety and nutrition. Needless to say, the classes were popular!

With all of us at home and cooking more often during COVID-19, we thought it would be fun to explore some of our vintage and forgotten recipes. Please enjoy the following selection from our home economists, many of which were recently tried by PUD employees. You can also follow us on Facebook for occasional updates and on Pinterest where you can find a wide assortment of additional delectable recipes. Thank you for being our customer!

Breakfast.....	2
Entrees.....	4
Sides	7
Appetizers & Beverages.....	10
Desserts.....	12





BREAKFAST



Peanut Butter Bacon Cakes

- 1 pkg. (6½ oz) buttermilk pancake mix
- 1½ cups milk
- 2 T. creamy style peanut butter
- 2 T. crumbled cooked crisp bacon

Preheat electric griddle to 375°-400°. Griddle is ready when drops of water skitter on surface. Combine all ingredients in bowl. Stir with fork just until blended. Grease hot griddle for first pancakes and as needed. Pour batter in ¼-cup amounts onto griddle. Bake until top is bubbly and edges are dry (about 2 min.). Turn and bake other side until golden brown. Keep pancakes warm in 250° oven on baking sheet. Yield: 10 pancakes (about 4 inches across).

Home on the Range

- ½ lb. mushrooms
- ½ onion, finely chopped
- 1 clove garlic, minced
- 3 T. butter or margarine
- 6 eggs
- ½ tsp. salt
- ¼ tsp. pepper
- ½ cup jack cheese chunks

Cook mushrooms, onion and garlic in butter in electric pan set at medium fry until browned. Meanwhile, combine in blender eggs, salt, pepper and cheese chunks. Blend until cheese is grated. Add egg to mixture in fry-pan and cook in oven at 300° for 3 to 4 minutes or until eggs are set but still soft. Serve immediately. Yield: 4 servings.

Basic Crepes

- 3 T. butter
- 3 eggs, slightly beaten
- ½ cup milk
- ½ cup water
- ¾ cup all-purpose flour
- ½ tsp. salt

Melt butter in 10-inch omelet pan or 8-inch crepe pan. Pour melted butter into bowl with eggs, milk and water and beat ingredients with rotary beater. (Do not rinse buttered pan.) Blend in flour and salt until mixture is smooth. On medium-high heat, re-heat omelet/crepe pan until just hot enough to sizzle a drop of water. For each crepe, pour scant ¼-cup batter in pan*, rotating pan as batter is poured. Cook until lightly browned on bottom; remove from pan or, if desired, turn and brown** other side.

Stack between sheets of paper towels or waxed paper until ready to use. (Crepes may be frozen.) Spread scant $\frac{1}{3}$ cup filling on each crepe; roll. Serve 2-3 crepes per person. Makes approx. 12 crepes.

**Crepes should set to a thin lacy pancake almost immediately. If too much batter is poured into pan, pour off excess immediately. If there are holes, add a drop or two of batter for a patch.*

***Crepes to be filled need only be browned on one side. Use the un-browned side for filling.*



ENTREES



Chicken Tarragon

1 3-lb. fryer chicken, cut in pieces

2 onions, chopped

1½ tsp. tarragon

¼ tsp. poultry seasoning

¼ cup almonds

1 tsp. salt

¼ tsp. pepper

1 can cream of chicken soup

¼ cup milk

Place chicken pieces in baking dish. Mix all ingredients except almonds; pour over chicken. Bake in 375° electric oven for 30 minutes; add almonds and continue baking until chicken is tender – about 10 minutes. Yield: 4 servings.



Barbecued Short Ribs

2½ lbs. short ribs
Salt and pepper to taste
½ cup flour
2 T. olive oil
¼ cup vinegar
3 T. brown sugar
1 small bay leaf
1½ cups hot water
⅓ cup ketchup

1 cup chopped onion
1 clove garlic, sliced

Cut short ribs in serving pieces. Sprinkle with salt and pepper. Dredge with flour. Pour oil into a heavy pan. Brown ribs well on all sides and remove from the pan. Add onions and garlic to pan. Cook until golden. Add short ribs back into the pan. Combine remaining ingredients. Add ½ tsp. salt, pour over ribs. Cover tightly, cook slowly until tender or about 2½ to 3 hours. Remove ribs to warm serving plate. Pour off excess fat from gravy. Stir in 2 T. flour and enough water to dilute to desired strength. Serve over hot buttered noodles, rice or mashed potatoes.

Hawaiian Teriyaki

1 pound top round or sirloin steak ¾-inch thick
1 pound 4-ounce canned pineapple chunks



Marinade:

½ cup pineapple syrup

¼ cup soy sauce

1 clove garlic, chopped fine

¾ tsp. ground ginger

Cut meat into 1-inch cubes; place in shallow dish. Combine marinade ingredients and pour over meat. Marinate about 4 hours; turning meat several times. Thread meat on skewers, alternating with pineapple chunks. Broil until brown. Turn once. Takes about 4 minutes on each side. Yield: 4 servings.

Note: May also use canned ham or hot dogs and marinate 20 minutes.



SIDES



Sour-Cream Potato Salad

6 cups potatoes, cooked and diced

¼ cup chopped green onions and tops

1 tsp. celery seed

1½ tsp. salt

½ tsp. pepper

4 hard-boiled eggs

½ cup mayonnaise

¼ cup vinegar

1 tsp. prepared mustard

¾ cup diced pared cucumber

Combine potatoes, onions, celery seed, salt and pepper. Toss lightly. Separate whites of hard-cooked eggs from yolks; chop whites and add to potato mixture. Chill.



Four Bean Salad

1 1-lb. can each kidney beans, cut wax beans, black-eyed peas, cut green beans, all drained

½ cup sugar

½ cup white wine vinegar

½ cup olive oil

1 tsp. salt

½ tsp. dry mustard

½ tsp. dried tarragon, crushed

½ tsp. dried basil, crushed

2 T. snipped parsley

1 medium onion, thinly sliced, in rings

Place beans in shallow baking dish. Combine all remaining ingredients; except onion rings; pour over beans. Cover and chill several hours or overnight in electric refrigerator. Just before serving, add onion rings; toss lightly; drain. Yield: 12 servings.

Island Fruit Salad

- 1½ cups fresh pineapple chunks
- 3 medium oranges, peeled and sectioned
- 2 bananas, sliced on the diagonal
- 1 cup fresh papaya chunks
- ½ cup sliced dates
- ¼ cup macadamia nuts, coarsely chopped

Papaya Seed Dressing

- 1 cup tarragon vinegar
- 1 cup sugar
- 1 T. salt
- 1 tsp. dry mustard
- 1 cup olive oil
- ½ medium onion, diced
- 3 T. papaya seeds

Place vinegar, sugar, salt and mustard in a blender. Blend on low speed; gradually adding in oil and pieces of onion. Add papaya seeds.



Blend on high until seeds resemble coarse ground pepper. Chill to blend flavors. Yield: 3 cups.

Combine fruits; chill thoroughly. Place in crisp lettuce cups. Sprinkle nuts over top. Serve with papaya seed dressing. Yield: 6 servings.

Corn-Cheese Casserole

6 T. butter
3 cups corn kernels, cut from cob
2 T. onion, diced
¼ T. black pepper
1 cup Swiss cheese, shredded
½ cup heavy cream
½ tsp. salt

Preheat electric oven to 375°. Dot bottom of 2-qt. casserole with 3 T. butter. Combine corn, onion, salt, pepper and ½ cup cheese; pour into casserole. Sprinkle with remaining cheese; dot remaining butter on mixture. Pour cream over entire casserole and bake, uncovered, until corn is tender and cheese is melted, about 20 minutes. Yield: 4 servings.



APPETIZERS AND BEVERAGES



Spinach El Dorado

6 slices bacon, diced
2 10 oz. pkgs. creamed spinach frozen in flavor-tight cooking pouch
1 3½ oz. can French fried onions

Fry bacon until nearly crisp; drain. Slip pouches of spinach into boiling water. Bring to a second boil; continue cooking until cream sauce

is melted. Do not cover pan. Open pouches of spinach; ease into a greased 1½-qt. casserole. Stir in French fried onions; top with bacon. Bake at 350° in electric oven for 20 minutes. Yield: 6 servings.



American Beauty Punch

8 cups (2 quarts) cranberry juice cocktail, chilled
1 can (6 ounces) frozen concentrated lemonade, undiluted
⅓ cup grenadine syrup
3 cups soda, chilled (use raspberry or grape)

Combine all ingredients just before serving time. Add ice cubes and stir until well chilled. Pour into tall glasses and serve at once. Serves 12. Optional: Add 1 cup bourbon or whiskey to above mixture.

Holiday Eggnog

¼ cup sugar
¼ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. ground cloves
6 well-beaten eggs
2 quarts orange juice, chilled
½ cup lemon juice, chilled
1 quart vanilla ice cream
1 quart ginger ale, chilled
Ground nutmeg

In mixing bowl, beat the sugar, ground cinnamon, ground ginger, and ground cloves into the well-beaten eggs. Stir in the chilled orange juice and the chilled lemon juice. Cut the vanilla ice cream into chunks and place in a punch bowl. Gradually pour the chilled ginger ale over the ice cream chunks. Add the egg-fruit mixture and stir gently. Sprinkle the eggnog with ground nutmeg. Makes 20 servings.



DESSERTS



Bourbon Cream Pie

1 9" chocolate wafer pie crust or baked pie shell cooled
5 egg yolks
¾ cup sugar
1 envelope unflavored gelatin

¼ cup water
½ cup bourbon rum or cream sherry
2 cups heavy cream, whipped
½ square unsweetened chocolate (shaved as garnish)

Beat yolks and gradually add sugar. Beat constantly until mixture is thick and light yellow. Soften gelatin in water and heat over boiling water until dissolved. Add to yolk mixture. Mix well and add bourbon. Fold in whipped cream and pour into pie shell. Sprinkle with chocolate shavings. Chill at least 6 hours. Yield 6-8 servings.

Quick & Easy Almond Roca

2 cups butter
2 cups granulated, white sugar
2 T. water

Melt butter and add sugar; combine. Bring to a gently, rolling boil over medium heat of electric oven. Stir constantly. Continue to boil, stirring constantly, until mixture reaches 290 degrees on candy thermometer – just as mixture starts to caramelize (turn a light brown). Pour into buttered jelly roll pan.

1 12-oz. package semi-sweet chocolate chips
1 cup sliced almonds

Sprinkle chocolate chips over hot mixture in jelly roll pan. As chocolate chips melt, spread evenly over entire surface of candy. Before chocolate hardens, sprinkle with sliced almonds. Break into pieces and cool.

Deep South Butterscotch Pecan Pie

- 8" pie shell
- ½ cup corn syrup
- 2 eggs
- ½ cup pecan halves
- 1 6-oz. pkg. butterscotch morsels
- ¼ tsp. salt

Preheat electric oven to 350°. Melt butterscotch morsels over hot (not boiling) water. Combine and beat well the corn syrup, eggs and salt. Slowly add the melted butterscotch morsels, stirring rapidly. Add pecan halves. Pour into prepared pie shell. Bake 45 minutes. Serve warm or cool with whipped cream, if desired.

Choco-Peanut Breakaways

- 1 cup butter, softened
- 1½ cups brown sugar (packed)
- 2 cups flour
- ¼ cup dark corn syrup
- 1 egg
- 1 6-oz. pkg. semi-sweet chocolate morsels
- 1 cup salted peanuts

Heat oven to 375°. Grease jelly roll pan, 15½" x 10½" x 1"; line with waxed paper. Cream butter and sugar. Stir in remaining ingredients. Spread in pan. Bake 20 to 25 minutes or until light brown. Loosen layer from sides or pan; invert layer onto baking sheet. Carefully remove waxed paper. Cool, break into pieces.





Two-Layer Danish Pastry

Filling:

1 cup water

½ cup butter

1 cup flour

3 eggs

1 tsp. almond flavoring

Make filling first. Place water and butter in sauce pan. Bring to a boil. Remove from heat and immediately stir in flour. Beat in eggs, one at a time. Add almond flavoring. Let cool while making crust.

Powdered Sugar Icing:

2 cups powdered sugar
2 T. margarine or butter, softened
1 tsp. vanilla
3 to 4 T. milk or half-and-half

Next, prepare powdered sugar icing. In medium bowl, combine all ingredients until smooth, adding enough milk for desired glaze consistency.

Crust:

½ cup butter
1 cup all-purpose flour
2-3 T. cold water

Mix ingredients and divide into 2 parts. On an ungreased baking sheet, pat each half into an oblong-shaped crust (3" x 12"). Cover each with filling (about 1" thick). Bake at 350° for one hour.

Immediately upon removing from the oven, ice generously with the powdered sugar icing. Sprinkle with chopped nuts (½ cup). Yield: 2 3"x12" pastries.

Hawaiian Cheesecake

2 cups grated fresh coconut
1 8½-oz. can crushed pineapple
¼ tsp. salt
1 T. lemon juice
2 pkg. (3-oz. each) cream cheese
3 T. butter or margarine, melted
2 eggs, separated
¾ cup sugar
1 envelope unflavored gelatin
1 cup heavy cream, whipped

Mix 1½ cups coconut and the butter and press on bottom of 8" or 9" spring-form pan. Bake in moderate oven (350°) about 10 minutes; chill. Drain pineapple, reserving syrup. Add enough water to syrup to measure 1 cup. In top part of double boiler, beat egg yolks and add salt, ½ cup sugar, lemon juice and liquid. Put over hot water and cook, stirring until mixture coats spoon. Soften gelatin in ¼ cup cold water, add to hot mixture and stir until dissolved. Beat cheese until smooth and very slowly beat in custard mixture. Chill but do not allow to set. Fold in pineapple. Beat egg whites until almost stiff. Gradually add remaining sugar, beating until stiff. Fold into cheese mixture, pour into crust and chill until firm. To serve, remove the side of the spring-form pan and top with whipped cream. Sprinkle with remaining coconut. Yield: 8 servings.

Swedish Toffee

Electric saucepans or skillets with high sides are excellent for cooking candies.

3 cups sugar
2 T. cocoa
2 T. instant coffee
1 cup corn syrup
¼ cup butter or margarine
2 cups evaporated milk
⅛ tsp. salt

Mix all ingredients in 4-quart saucepan. Cook on medium heat to 252°. Stir occasionally at the beginning and almost constantly after mixture begins to thicken. Pour into buttered 9 x 9-inch pan. Cool. Turn out on cutting board. Cut. Yield: 2¼ pounds.

Hint: Wrap each piece in waxed paper. Store in covered container in cool place.



Quick Peanut Butter Fudge

- 1/3 cup butter
- 1/2 cup light karo syrup
- 3/4 cup peanut butter (creamy or chunky)
- 1/2 tsp. salt
- 1 tsp. vanilla

4½ cups sifted confectioners' sugar
¾ cup peanuts, chopped

With an electric mixer, blend butter, corn syrup, peanut butter, salt and vanilla in a large mixing bowl. Stir in sifted confectioners' sugar gradually. Turn onto board and knead until smooth. Add nuts gradually; knead into candy. Press into square ½-inch thick. Cut into serving pieces. Yield: about two pounds.

Delicate Lemon Squares

Squares:

1 cup all-purpose flour
¼ cup confectioners' sugar
½ cup butter

Topping:

2 eggs
¾ cup granulated sugar
3 T. lemon juice
2 T. all-purpose flour
½ tsp. baking powder

Confectioners' sugar (to sprinkle on top)

Squares: Stir together 1 cup flour and ¼ cup confectioners' sugar. Cut in butter until mixture clings together. Pat into ungreased 8"x8"x2" baking pan. Bake at 350° for 10 to 12 minutes.

Topping: In mixing bowl, beat eggs. Add granulated sugar and lemon juice. Beat until slightly thick and smooth, 8 to 10 minutes. Stir together 2 T. flour and baking powder; add to egg mixture. Blend just until all is moistened. Pour over baked layer.

Bake at 350° for 20 to 25 minutes. Sift confectioners' sugar over top. Cool; cut cookies into 1-inch squares.



