



FOOD FOR A CROWD

How to go about
**planning a menu, purchasing and
preparing food**
for our Night Shelter guests

This cookbook has been compiled for the use of any person seeking inspiration for the preparation of hot, nourishing food by providing meals in large quantities for homeless shelters. We give thanks for you and your willingness to share your time, kitchen talents and compassion to nourish the bodies and souls of the less fortunate among us.

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I Facilities and Equipment

Both the Central Presbyterian Church and Shrine of the Immaculate Conception kitchens have a convection oven, an industrial-size stove, an icemaker, and plenty of accessible pots and pans. Also available for your use are disposable 9-inch plates, 8-ounce cups, 12-ounce bowls, napkins and plastic ware: knives, forks, spoons. Salt, pepper, decaf coffee, sugar and creamer are in stock.

Due to the limited time frame during which dinner is prepared (6:00 PM to 7:15 PM), **it is essential that meals be pre-cooked and meal preparation be limited to reheating food.** There is inadequate time for cooking from scratch.

In order to keep privileges at both sites we must remember to:

- Make sure everything is clean before you leave, including countertops, sinks and floors.
- Due to limited refrigerator/freezer space, you must take leftovers home.

Plan to serve dinner at 7:15 PM each night except for Wednesday when we serve by 7:00 PM to allow access to the Foot Clinic. Following kitchen clean up, your group is free to leave if the overnight volunteers have arrived to take your place. This is usually around 8:15 – 8:30 PM.

II Dietary Concerns

Many of you who have prepared food for our shelter guests are aware that there are dietary concerns among some of the men. For those of you who have always wanted to participate but are unsure about where or how to begin the planning process, hopefully this “cookbook” will be of some assistance.

As a result of the difficult circumstances some of the men have endured, they may have dental issues, so be sure the food is relatively easy to chew. Also, their constitutions can be somewhat delicate. That said, you will notice when you visit the shelter that there is always Tabasco on the tables to spice up the food they are served! While this seems contradictory, it is not when considering their overall diets – some for long periods of time. It is good to be mindful that acidic food over and over again can be hard on the stomach – imagine if you ate spaghetti or lasagna several nights a week! And some taste buds have lost the ability to nuance flavors, so highly seasoned, though not necessarily hot and spicy, is desired.

Volunteers who have prepared dinners for our guests have provided the following recipes. If you do not have time to make casseroles, for example, pre-prepared frozen food such as family-size (Stouffers) macaroni and cheese are highly popular! And, many groceries or food preparers will give significant discounts if you ask and let them know it is for a shelter. That is not to say that the occasional spaghetti or lasagna isn't welcome; just be mindful that it tends to be the “go to” meal of choice more often than not and a change of pace is welcome!

III Menu Tips and Ideas

Dinner

- A basic meal consists of a main dish, vegetable and/or salad, and bread. Extra vegetables, fruit and dessert are optional. Provision of milk/juices is appreciated but also optional.
- Consider that you should double a normal recipe serving to equal a man-size portion. For example, “serves 8” will really feed 4 of our guys or with the enclosed recipes, “serves 50” is about 25-30, so divvy up the main course between two of you and there will be plenty, even seconds.
- **Meal Plan to serve:**
 - 71 at Central Church (65 guests/6 volunteers) – when making a main dish in large foil pans anticipate that you will need FOUR or FIVE.
 - 30 at The Shrine (25 guests/5 volunteers) – when making a main dish in large foil pans anticipate that you will need THREE.
- When bringing fruit remember that hard fruits are difficult for many guests to eat. Consider bananas, oranges, tangerines, raisins, canned fruit, or even juices.
- Large aluminum foil pans are ideal for transporting and heating food.
- Plastic trash bags are ideal for transporting salad greens.
- Large coolers are great for transporting, keeping hot, and serving out soups or chili-style meals. Just clean out the cooler thoroughly, put food directly into it and cover tightly. At mealtime, just open, scoop and serve.
- Foods like meatloaf and lasagna must be thawed prior to reheating. Make sure this is the case if you are preparing food provided by others.

Main dish suggestions:

- Fried Chicken
- Macaroni and Cheese
- Ham, Greens, Black-Eyed Peas (with or without ham or another meat)
- Barbecue Sandwiches
- Sloppy Joes
- Turkey with Dressing
- Red Beans and Rice (with or without meat)
- Hot Dogs with Baked Beans
- Chicken or Turkey Pot Pie
- Chicken and Dumplings
- Chili, Beef Stew, or a Hearty Soup (navy bean, black bean, lentil) with corn bread/muffins
- Meatloaf
- Spaghetti
- Lasagna

This is a list just to get you started. Anything you can think of that is hearty, filling and plentiful will work just fine. Be creative!! In the recipe section there will be a few complete menu ideas with many accompanying recipes (asterisked).

Etc.

Clean up the kitchen. Remember: with limited storage space, perishable food not served should be taken home by volunteers or after all guests have been served, allow them seconds, thirds or however much food is leftover; if you are leaving anything to be served the next night, be sure to leave a note in the log book for the next night's volunteers and label each leftover with the date it was prepared. HELP US KEEP OUR KITCHENS CLEAN AND CLEAR.

Rarely – but occasionally – a meal doesn't show up at Central or the Shrine or both! Blizzards seem to bring this out the most! Fear not...for just such emergencies we have canned loaves and fishes and spaghetti and stuff that can be quickly opened and served located at Central. Worst case: thaw some sandwiches from freezers at Central, whip up some stone soup, and/or declare a night of spiritual growth through fasting. Occasionally the opposite occurs – two meals show up! – but that's a different story!

Sack Lunch Guidelines

- The Central Church location requires 130 sandwiches.
- The Shrine location requires 50 sandwiches.
- The lunches should be delivered to the shelter between 6:00 and 7:30 PM. If volunteers sign up to provide lunches for a night, those lunches will be dispensed the following morning.
- A basic lunch consists of 2 sandwiches. We do not serve guests breakfast and the sandwiches serve as breakfast and lunch. Of course, you are encouraged to add chips, juice, water bottles, soft or canned fruit, etc. to round out the bag. You're also welcome to add in breakfast items such as muffins, doughnuts, etc.
- When preparing the sandwiches for lunch packs, **please do not use mayonnaise**. Use mustard or a little bottled salad dressing so the sandwiches keep better.
- Also, **please do not make sandwiches with peanut butter**. Some of our guests have peanut allergies.
- If you are making your lunches at the shelter please remember to bring your own brown bags; the supply at the shelter are for shelter use.
- Groups are encouraged to make sandwiches for multiple nights. Sandwiches may be frozen and saved for days when fresh lunches are not available.
- The shelter welcomes the gift of extra sandwiches! If you provide sandwiches to the shelter, please contact one of the Food Coordinators with an estimate of the number of sandwiches you've provided. They need to keep track of the number of sandwiches on hand at the shelter.

Thanks you! If you have any questions about your commitment, get stuck for ideas on what to make or bring, or want to pass on information about other potential food volunteers, please feel free to call or e-mail one of the Food Coordinators.

IV Quantities for Pre-prepared Items to Serve 50

(Gratefully borrowed from *Food for 50* compiled by Sina Faye Fowler, Bessie Brooks West, Grace Severance Shugart.)

The first table is for **Food as Purchased to Serve 50**.

Food	Weight/Measure	Serving Portion	Amt. to serve 50	Miscellaneous
BAKERY ITEMS				
Bread, sandwich	1 ½ lbs.	1 –2 slices	3-4 loaves	16 slice/loaf
Cake				
Angel Food/Layer	10" round	12-14/cake	3-4 cakes	
Sheet	12"x20"	2 ½ oz.	1 pan	40-48 pieces
Pies	8"	6 cuts/pie	8-9 pies	
CEREAL PRODUCTS				
Barley, for soup	lb.	14 oz.	3 gal.	
Macaroni	lb.	½-¾ c.	3-4 lbs.	
Rice	lb.	½ c.	3-4 lbs.	
DAIRY PRODUCTS				
Cheddar Cheese	lb.	1 ¼-1 ½ oz.	4-5 lbs.	for sammies
Ice Cream				
brick	qt.	8 slices	6 ½ bricks	dish each
carton	12 portions	3 oz. ea.	4 ½-5 cartons	
FRUITS				
Canned	No. 10	varies	2-3 cans	
Fresh Grapes	lb.	¼ c.	15 lbs.	
VEGETABLES				
Canned	No. 10 can	2 ½-3 oz.	2-3 cans	
Dried				
Beans, kidney	lb.	4 oz.	4-5 lbs.	
Lima or navy	lb.	4 oz.	4-5 lbs.	
Fresh				
Beans, green	lb.	3 oz.	10-12 lbs.	
Broccoli	lb.	3 oz.	16-20 lbs.	
Cabbage				
Shredded	lb.	1-2 oz.	5-8 lbs.	
Carrot strips	lb.	3 strips	2 ½ lbs.	
Lettuce, salad	head	4-5 heads		
Potatoes, scallop	lb.	5 oz.	10 lbs.	
Potatoes, mashed	lb.	4 oz.	12-14 lbs.	
Potatoes, sweet	lb.	4 ½-5 oz.	20-25-lbs.	
Spinach, salad	lb.	1 oz.	4-5 lbs.	
Squash, baked	lb.	4 oz.	20-25 lbs.	
Squash, frozen	40-oz. pkg.	3 oz.	4 pkgs. (10 lbs.)	

The following table is for **Amounts of Prepared Food to Serve 50.**

Food	Serving Unit	Quantity
CEREAL PRODUCTS		
Bread Stuffing	1-1½ oz.	7 ¼ qts.
Rice, as vegetable	4 oz. (½ c.)	6 ¼ qts.
DESSERTS		
Pie crusts, 2-crust	9 oz./pie	4 lb. 8 oz.
Pie crusts, 1-crust	5 oz./pie	2 lb. 8 oz.
Pumpkin filling	3 c./pie	6 qts.
SALADS		
Fruit	1/3 c.	4 ¼ qts.
Potato	½ c.	6 ¼ qts.
Dressing, thin	2 tsp.	1-1/2 pts.
VEGETABLES		
Creamed, diced	½ c.	6 qts.
Potatoes		
Mashed	½ c.	6 ¼ qts.
French fried		12-15 lbs.

Common Container Sizes, Approximate Cup Yield and Principal Products

No. 300 14-16 oz.	1 ¾ c.	pork and beans, baked beans, cranberry sauce: 3-4 servings
No. 303 16-17 oz.	2 c.	principal size for fruits & veg: 4 servings
No. 2 ½ 27-29 oz.	3 ½ c.	fruits, some veg: 5-7 servings
No. 10 6 ½ lb.-7 lb.	12-13 c.	institutional size for fruits, veg: 25 servings

Substituting One Can for Another Size

- 1 No. 10 can = 7 No. 303 (1 lb.) cans
- 1 No. 10 can = 4 No. 2 ½ (1 lb. 13 oz.) cans

V Suggested Menus and Selected Recipes*

*Chicken and Rice Casserole
Canned Carrots
Canned Green Beans
Rolls
*Brownies

**

Turkey and Dressing with Gravy
Mashed Sweet Potatoes
Green Bean Casserole*
Rolls
Pumpkin Pie

**

*Hamburger Stroganoff
Corn
Turnip Greens
Rolls
Angel Food Cake with Frozen, Thawed Strawberries
and Whipped Cream

**

Hamburgers with lettuce and tomatoes
*Carrot Raisin Salad
Potato Chips
Ice Cream Sundaes and Cookies

**

Ham and Canned Asparagus Roll-ups
Macaroni and Cheese
Cornbread
*Apple Crisp
*Creamed Chipped Beef on
Baked Potatoes
Peas
Rolls
*Fudge Cake

**

*Meatloaf
*Scalloped Potatoes

Corn
*Tossed Green Salad
*Gingerbread

**

Fried Chicken
*Macaroni Salad
*Green Bean Salad
Pound Cake

**

*Lentil Soup **OR** *Taco Soup **OR** *Black Bean and Kielbasa Chili
Cornbread
*Tossed Salad
Fruit Cups

**

*Meatballs and Spaghetti
Tossed Salad
Toasted Garlic Bread
Ice Cream

MAIN COURSES

Chicken and Rice Casserole

5 pounds (4, 4 ½ to 5-pound hens), boiled, broth saved
4 pounds rice
5 quarts salted water
8 ounces butter
4 ounces flour
2 ½ quarts milk
2 quarts chicken broth (saved broth from boiling chickens)
2 tablespoons salt
1 pound 12 ounces mushrooms, sliced
4 ounces, pimiento, chopped
8 ounces almonds, sliced, optional
12 ounces bread crumbs
4 ounces butter

Remove chicken from broth and when cooled, remove meat from bones – save broth to make sauce. Cook rice in salted (3 tablespoons) water.

Melt butter and whisk in flour. Cook until slightly browned and slowly add in chicken stock and water slowly, whisking constantly until thickened. Season to taste. When sauce is thickened, add mushrooms, pimientos and almonds (if desired). Mix chicken, rice and sauce together and place in 2 (12 x 20 x 2-inch) pans. Top with bread crumbs mixed with butter. Bake at 350° for 1 hour.

Yields: 50 (6-ounce) portions

NOTES:

Portions of the above amounts are not enough for the Central shelter, so if two people make the above recipe there will be enough portions for seconds and thirds at the Central Shelter. This was extremely popular.

Lentil Soup

2 tablespoons olive oil
3 cloves garlic, minced
1 ½ cups carrots, diced
1 ½ cups celery, diced
2 cups onions
1 pound lentils, picked over
9 cups water or chicken stock
1 tablespoon dried basil
salt and pepper to taste
1 cup green cabbage or fresh spinach, chopped

Heat the oil, add garlic and sauté until brown, being careful not to let it burn. Add and sauté carrots, celery and onions until softened.

Add the lentils, chicken stock or water and herbs. Bring to a boil, then reduce to a simmer. Cook until the lentils are soft, about half an hour or so. When the lentils are done, add the cabbage or spinach. Purée about half the soup. Return to the pot and season with salt and pepper.

Yields about 3 ½ quarts.

NOTES:

Meat Loaf

8 pounds ground beef
2 pounds ground pork
10 ounces bread crumbs, soft
2 quarts milk
12 eggs, beaten
¼ cup salt
2 ounces onion, finely diced
1 teaspoon pepper
pinch cayenne
ketchup to cover

Mix all ingredients together but do not over mix. Top with ketchup, if desired. Press into 5 (4 x 9-inch) loaf pans. Bake at 325° for 1 ½ hours.

Yields: 5 loaves (50, 4-ounce portions)

NOTES:

Hamburger Stroganoff

10 pounds ground beef
8 ounces butter
1 pound 4 ounces onion, chopped
2 tablespoons salt
1 teaspoon pepper
2 ½ quarts beef broth, hot
2 pounds, 8 ounces mushrooms, sliced, drained but reserving liquid
2 quarts sour cream
8 ounces flour
4 pounds noodles

Brown meat in butter. Add onion and seasonings. Add broth and simmer 15 to 20 minutes. Add mushrooms. Blend sour cream with flour and add to meat mixture gradually, stirring constantly. Stir until thickened. Adjust seasonings.

Cook noodles and drain. Serve stroganoff over noodles or add noodles to dish, stirring, and adjust liquidity if sauce is too dry by adding reserved mushroom liquid and/or sour cream.

Yields: 50 portions (5 ounces stroganoff and 5 ounces noodles)

NOTES:

Meat Balls and Spaghetti

8 pounds ground beef
4 pounds ground pork
6 slices bread, crumbled
1 pint milk
2 tablespoons salt
2 teaspoons pepper
3 quarts (2, 50-ounce cans) tomato soup
1 ¼ quarts (1, 46-ounce can) tomato paste
3 ½ quarts water, boiling
2 tablespoons mustard
2 tablespoons paprika
½ cup Worcestershire sauce
2 tablespoon sugar
4 cloves garlic
8 ounces onion, chopped
4 pounds spaghetti

Mix meat, bread, milk and seasonings together but do not over mix. Dip with No. 24 dipper onto baking sheet. Brown in 400° oven.

Combine tomato soup, tomato paste, water, mustard, paprika, Worcestershire, sugar, garlic, and onion and simmer 1 ½ to 2 hours. Pour over browned meat balls. Cover and cook in 375° oven about 30 minutes.

Cook spaghetti.

Yields: 50 portions (3 meatballs and sauce over 5 ounces of spaghetti)

NOTES:

Creamed Chipped Beef

2 pounds 8 ounces chipped beef
1 pound butter
1 pound 4 ounces butter
10 ounces flour
5 quarts milk

50 baked potatoes or 100 slices toast

Chop beef coarsely and brown lightly in butter.

Make a medium white sauce by melting butter, adding flour and whisking until incorporated. Slowly whisk in milk and continue until thickened. Add beef and salt and pepper to taste.

Yields: 6 ¼ quarts (or ½-cup portions for 50)

NOTES:

Hopeton Gordon's Chili

3 pounds ground beef
1 large onion, diced
1 large green pepper, cored, seeded and diced
2 (14- to 15-ounce) cans whole tomatoes
2 garlic cloves, crushed
1 (15-ounce) can tomato sauce
1 tablespoon black pepper
4 beef bouillon cubes
3 tablespoons chili powder
1 tablespoon cayenne pepper
½ tablespoon ground cumin
2 (15-ounce) cans beans, rinsed and drained (use any kind you choose!)
1 to 3 teaspoons sugar (just enough to cut the acid)

In a large Dutch oven over medium-high heat, cook the beef until it is no longer pink, about 10 minutes. Drain off fat. Add the onion and green pepper, stir and cook until soft, about 10 minutes. Add the tomatoes, garlic, tomato sauce, black pepper, bouillon cubes, chili powder, cayenne pepper, cumin and beans. Bring to a boil, reduce heat to low and simmer 30 to 45 minutes.

Yields: 12 cups, approximately 10 Shelter servings

NOTES:

This recipe came out of the AJC years ago. Hopeton Gordon ran a restaurant somewhere where he served a milder version of this prize-winning recipe. It makes a well-spiced chili. If you don't like it spicy, cut down on the cayenne. If you like it real spicy, pass around the Tabasco – but it's pretty spicy as written here.

Black Bean and Kielbasa Chili

½ cup olive oil

9 pounds turkey kielbasa, cut into bite-sized pieces (regular kielbasa has pork in it which some of the guests do not eat)
12 cups chopped onions
12 sweet, red, green, yellow and/or orange bell peppers, cut into bite-sized pieces
2/3 cup chopped garlic
24 (15-ounce) cans black beans, drained
84 ounces (approximately) diced tomatoes in juice
84 ounces (approximately) low-salt chicken broth
1 ½ cups chili powder
12 packets Splenda or 6 tablespoons sugar
1 cup (plus more to taste) red wine vinegar
18 small bay leaves
½ cup dried oregano
4 tablespoons cumin

For garnish: Enough to fill a side bowl for each table of sour cream, shredded cheddar or mozzarella cheese and chopped green onions

Heat olive oil over medium-high heat. Add kielbasa and sauté until beginning to brown. Using a slotted spoon, transfer the kielbasa to a couple large bowls and discard excess oil, leaving enough to sauté the onion, pepper and garlic. Sauté until beginning to brown. Add beans, broth, tomatoes with juice, chili powder, Splenda, vinegar, bay leaves, oregano and cumin. Bring all to a boil, stirring occasionally. Reduce heat to medium, cover, and simmer at least 30 minutes. Return the kielbasa to the pot and reduce heat so that it will not boil. Simmer, uncovered, until chili is thick, stirring occasionally – at least 30 minutes. Season with salt and pepper if needed.

Yields: enough for one meal at the Shrine but should be doubled for Central

NOTES:

You may want to hold back some of the chili until you've had a chance to taste the mixture. Some chilis are hotter than others and it shouldn't be too spicy. Serve in large throw-away sturdy bowls on a plate with sides.

Taco Soup

11 pounds ground beef
7 medium onions, chopped
7 (15-ounce) cans sweet corn, undrained
7 (15-ounce) cans pinto beans, undrained
7 (15-ounce) cans dark red kidney beans, undrained
14 (15-ounce) cans diced or crushed tomatoes
14 packages taco seasoning, divided half and half between regular and low-sodium

For garnish: at least 6 pounds shredded cheddar cheese

Brown the beef with the onions over medium high heat. Drain excess oil. Return to pots and add all remaining ingredients. Simmer an hour or until heated through.

Yields: enough for one meal at the Shrine but should be doubled for Central

NOTES:

Serve in large throw-away sturdy bowls as the ones available at the shelter are not really large enough for the portions enjoyed by the guests; place the bowl on a plate and serve with salad and cornbread.

SIDE DISHES/VEGETABLES

Tossed Salad

6 pounds iceberg lettuce
3 pounds leaf lettuce
1 ¼ quarts dressing of choice (Ranch is most popular)

Break lettuce into pieces in large aluminum pans. Just before serving toss with dressing – be generous with dressing!

Yields: 1 cup salad for each of 50 servings

NOTES:

Addition of cucumbers (4 sliced), shredded carrots, celery (1 pound sliced), and tomato wedges (2 wedges per serving) is always popular.

Carrot Raisin Salad

6 pounds 8 ounces carrots, shredded
8 ounces raisins
1 tablespoon salt
1 tablespoon sugar
2 pints mayonnaise

Mix all ingredients lightly together. Serve with No. 12 dipper.

Yields: 4 ¼ quarts (serves 50 1/3-cup portions)

NOTES:

The addition of apples is good – substitute 3 pounds diced apples for 2 pounds of the shredded carrots or do not substitute one for the other and just add more mayonnaise as needed.

Green Bean Casserole

6 cups milk
1 teaspoon pepper (or more)
8 cans Campbell Cream of Mushroom Soup
16 (14.5-ounce) cans green beans (232 ounces)

6 cups fried onion rings in the can (two 6-ounce cans of French's is 6 cups)

In a large aluminum foil roasting pan (about 20"x12"x3 ½") mix all ingredients. Support it in a box or with a cookie tray and cover with foil. Beans will be heated and the topping of onion rings added just before serving.

Yields: 45 servings

NOTES:

A perennial favorite, just greater proportion of ingredients than usual (unless you have a large gathering at your Thanksgiving dinners!).

Potato Salad

15 pounds potatoes
2 cups vinaigrette dressing ("French")
½ cup vinegar
12 eggs, hard-cooked, diced
4 ounces green bell peppers, chopped
6 ounces pimiento, chopped
1 pound celery, diced
8 ounces onion, chopped
8 ounces pickles, chopped
2 cups mayonnaise

Cook potatoes until tender; dice. Add vinaigrette, salt and vinegar to warm potatoes and mix carefully. Marinate until cold.

Add remaining ingredients and mix carefully. Allow to "season" at least 1 hour before serving. Serve with No. 10 dipper

Yields: 6 ½ quarts (4-ounce portions for 50)

NOTES:

Macaroni Salad

2 pounds 8 ounces elbow macaroni
2 pounds cheddar cheese, diced or shredded
1 pound 8 ounces sweet or dill pickle
18 eggs, hard-cooked, chopped
2 pounds celery, diced
1 ½ tablespoons salt
1 quart mayonnaise

Cook macaroni, drain and chill. Add remaining ingredients and mix. Chill.

Yields: 1 gallon (serves 50 with 1/3-cup portions)

NOTES:

Scalloped Potatoes

12 pounds potatoes, pared and sliced
3 tablespoons salt
2 teaspoons pepper
8 ounces butter
4 ounces flour
1 gallon milk
1 ½ tablespoons salt
6 ounces breadcrumbs
2 ounces butter, melted

Place sliced potatoes in 2 (12 x 20 x 2-inch) baking pans. Sprinkle generously with salt and pepper.

Melt butter in large saucepan and add flour; whisk until incorporated and gradually add milk, whisking until thickened. Pour over potatoes. Sprinkle with buttered breadcrumbs and bake at 350° for 1 ½ to 2 hours.

Yields: 50 (5-ounce) portions

NOTES:

DESSERTS

Apple Crisp

10 pounds apples, sliced
8 ounces sugar
¼ cup lemon juice
1 pound 4 ounces butter, softened
12 ounces flour
12 ounces rolled oats
2 pounds brown sugar

Mix sugar and lemon juice with apples. Arrange in greased 12 x 20 x 2-inch pan. Combine butter, flour, oats and brown sugar in a bowl and mix until crumbly. Spread evenly over apples. Bake at 350° for 45 to 50 minutes. Serve with whipped cream or ice cream.

Yields: 60 (2 x 2 ½-inch) servings

NOTES:

Brownies

12 eggs
2 pounds sugar
1 pound butter, melted
¼ cup vanilla
12 ounces cake flour
8 ounces cocoa
4 teaspoons baking powder
2 teaspoons salt
12 ounces nuts, chopped (optional)

Preheat oven to 325°. Beat eggs on high speed. Add sugar, fat, and vanilla. Mix on medium speed for 5 minutes.

Combine dry ingredients. Add dry ingredients to creamed mixture and mix on low for about 5 minutes. Add nuts. Mix to blend.

Spread mixture ½ inch thick in pan. Bake. Should be soft to the touch when done. DO NOT OVERBAKE.

Yields: 1 (12x20x2") pan of 48 portions

NOTES:

Fudge Cake

12 ounces butter
2 pounds sugar
1 tablespoon vanilla
6 eggs
5 ounces cocoa
1 ½ cups hot water
1 pounds 12 oz. cake flour
1 ½ tablespoons soda
1 teaspoon salt
3 cups buttermilk

Preheat oven to 350°. Cream fat, sugar and vanilla on medium speed of mixer for 10 minutes. Add eggs and mix at medium speed for 5 minutes.

Mix cocoa with hot water.

Mix dry ingredients. Add alternately with cocoa and buttermilk to creamed mixture on low speed. Scrape down bowl. Continue mixing until smooth and ingredients are mixed. Pour into 6 greased 9-in. layer pans. Bake for 25 – 30 minutes.

Yields: 3 2-layer cakes (9-inch) – 14-18 portions per cake

NOTES:

Gingerbread

10 ounces butter
10 ounces sugar
2 ½ cups sorghum
1 lb. 10 ounces cake flour
2 ½ teaspoons cinnamon
2 ½ teaspoons cloves
2 ½ teaspoons ginger
1 ½ tablespoons soda
1 teaspoons salt
2 ¾ cups hot water
5 eggs, beaten

Preheat oven to 350°. Cream fat and sugar on medium speed for 10 minutes. Add sorghum and blend on low speed. Combine dry ingredients. Add dry ingredients alternately with hot water on low speed. Add eggs and mix on low speed for 2 minutes. Pour into greased 12x20x2" baking pan. Bake for 40 minutes.

Yields: 40 portions (2 ¼ x 2 ½ in.) or 48 portions (2 x 2 ½ in.)

NOTES: