

Idaho is known for her abundance of scenic beauty, natural resources, and rich soil which produces the best foods in the world including our famous potatoes, beef, lamb, fish, dairy products, fruit and vegetables.

However, hospitality is the hallmark of the Gem State and Idaho is equally known for the fine cooks who grace her kitchens.

Good food deserves good cooking—and the combination means good eating. It is always a pleasure to share a recipe with a neighbor and it is my desire to become better acquainted with you, another Idaho housewife, by sharing some of my favorites. I have found much pleasure in serving them to my family and friends, and hope that you find them equally enjoyable.

LIGHT DUMPLINGS

- 2 cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup milk

Sift dry ingredients, add milk. Beat until a soft textured dough is formed. Place by teaspoonful on top of meat and vegetables. Dumplings should never be immersed. Cover pan tightly and simmer 12 minutes. Never lift lid. These dumplings are good with chicken or a hearty meat broth.

SPOON BREAD

- ½ cup yellow corn meal
- ¼ cup flour
- 1 tablespoon sugar
- ¾ teaspoon salt
- 1 teaspoon baking powder
- 1 egg
- 1½ cups milk
- 2 tablespoons butter

Combine dry ingredients. Stir in egg and 1 cup milk. Beat until well mixed. Melt butter in 8 x 8 baking dish and pour in batter. Pour over remaining milk and bake at 375° for 45 minutes or until crusty.

PORK CHOPS AND POTATO SCALLOP

- 4 pork chops
- 1 can condensed mushroom soup
- ½ cup dairy sour cream
- ¼ cup water
- 2 tablespoons chopped parsley
- salt, pepper
- 4 cups thinly sliced Idaho potatoes

Brown pork chops. Blend soup, cream, water and parsley. In 2-quart casserole alternate layers of 4 cups potatoes, salt, pepper and soup mixture. Top with chops. Cover and bake at 375° for 1½ hours or until chops and potatoes are tender. This is an easy recipe to double, and a good busy day dish.

CHESS PIE

- 4 eggs beaten
- 1½ cups sugar
- 1 cube butter
- 2 tablespoons lemon juice
- 1 tablespoon corn meal
- 1 teaspoon vanilla
- 2 tablespoons flour

Combine sugar, flour and meal. Toss lightly. Mix eggs, milk and butter and juice and add to dry ingredients. Beat with rotary blender until thoroughly blended. Pour into unbaked pie shell and bake at 350° for 35-40 minutes, or until it is set and top is light golden brown.

APPLESAUCE COOKIES

- 1 cup shortening
- 1 cup brown sugar
- 1 cup white sugar
- 3 eggs
- 2 cups canned applesauce

Sift together:

- 4 cups flour
- 2 teaspoons soda
- ½ teaspoon salt
- 1 teaspoon nutmeg
- 1½ teaspoons cinnamon
- ½ teaspoon cloves

- 2 cups raisins
- 2 cups nuts

Bake in moderately hot oven (400°) 10 to 12 minutes.

CHILDREN'S SUGAR COOKIES

- 2 eggs
- 2 cups sugar
- 1 cup shortening
- 2 teaspoons baking powder
- 1 teaspoon soda
- ¾ cup sour milk
- 1 teaspoon vanilla
- 5 cups flour—or enough to make a stiff batter

Cream sugar, shortening and eggs, add vanilla. Stir soda into milk and add to mixture. Sift flour and add baking powder to flour. Stir enough flour to make a very stiff batter.

Flour dough board and knead small portions. Cut into desired shapes and bake on sheets about a quarter of an inch apart. Have oven hot and bake about ten minutes. These are excellent cookies for frosting and are especially good for children to work with for holiday decorations and their own special treats.

GEM CAKE

- 6 eggs
- 2 cups sugar
- 1 cup butter
- 2 cups blackberry jam
- 6 tablespoons buttermilk
- 2 teaspoons vanilla
- 2 teaspoons soda
- 2 teaspoons nutmeg
- 2 teaspoons cinnamon
- 1 teaspoon cloves
- 3 cups flour

Cream butter, sugar and eggs, one at a time. Add flour mixed with spices, alternating with buttermilk to which soda has been added. Add jam and vanilla. Bake in layers at 350°. When done, stack with the following filling:

- 4 eggs
- 3 cups sugar
- 2 cups raisins
- 2 cups milk
- 2 tablespoons flour
- 2 cups coconut
- 2 cups nuts

Cook until thick and spread between layers and on top. This cake was our traditional Christmas cake when I was a child. It is rich and tasty and keeps very well.